

Session 8: Prevention of disability and Rehabilitation

Duration: 240 min

Training objectives:

After completing this session participants will be able to:

1. Enlist common disabilities due to leprosy
2. Describe consequences of impairments
3. Define the criteria for patients at increased risk of disability
4. Describe care of secondary impairments
5. Describe & demonstrate self care procedure for prevention of disability in PAL without disability & worsening of the existing disability
6. List methods for encouraging and monitoring the practice of self care by the PAL
7. Enlist criteria for reconstructive surgery for PAL with disability
8. Describe stake holders and facilities available to establish community based rehabilitation

Skills to be learnt:

1. Identify PAL with risk of developing nerve damage and disabilities
2. Assess PAL with disability
3. Self care procedures
4. Care of injuries and ulcers

Session content:

1. Definition of disability, difference between disability and impairment, consequences of leprosy related impairments 10
2. Characteristics of leprosy patients at increased risk of nerve damage, disabilities and deformities 10
3. Common physical problems associated with nerve damage in leprosy 10 +60
4. Management of disability and activities that can be carried out for prevention of disability / or its worsening 15
5. Characteristics of appropriate foot wear and modification of available foot wears 15

6. Self care – eyes hands and feet including prevention and management of cracks, blisters and ulcers	15+60
7. Criteria for reconstructive surgery for PAL with disability, correctable disabilities & limitations	10
8. indications for referral	20
9. Community based rehabilitation	15

Required educational material:

- Patients with one or more of the following disability: lagophthalmos, insensitive hand, claw hand, insensitive foot, foot ulcer, foot-drop.
- Adequately lighted and ventilated area for group work – examination of PAL and demonstration of procedures
- Black or white board and appropriate writing instrument
- For PP presentation for lessons: Lap top, LCD projector
- Demonstration Kit with sample of materials: grips, sunglasses, drop foot support, locally recommended footwear, splits etc.
- Transparency sheets, appropriate pens
- Training manual, writing pad and pen

Reading material for Trainees:

Chapters from NLEP training manual for Medical Officers in leprosy

1. Prevention of Disability and Medical Rehabilitation
2. Lepra reaction and its management
3. Annexure VI Management of specific conditions in lepra reaction
4. Annexure XV Formats for recording and a Reporting
5. Annexure X Rehabilitation Services available under MOSJ& E
6. Annexure X List of Institutions providing RCS services

Training methods:

- Lecture Discussion using Power point presentation
- Demonstration of clinical assessment of risk status and disability status
- Demonstration of leprosy related problems

- Group work: Clinical examination to identify disabilities, discuss disability status, causes, lifestyle, possible interventions for prevention of occurrence of disability/ its worsening. Each aspect may be described by different participant in a group
- Demonstration of characteristics of appropriate foot wear & modification in available footwear.
- Demonstration of ulcer care
- Group work: formulate messages for educating PAL with disabilities
- Conditions that need referral.
- Slide show with common disabilities

Conduction of session/ Methodology:

1. Power point presentation describing definitions of disability deformity, primary/ secondary impairments, grade I and Grade 2 disabilities, consequences of impairments, common types of disabilities seen in leprosy along with illustrations, interventions at different levels of health system for prevention of disability and rehabilitation ocular involvement along with illustrations.
2. Power point presentation on self care including principles, procedure, training the PAL in self care, monitoring and modification of life style and use of aides and appliances for self care.
3. Structured roles play to explain the self care procedures. Various options to promote self care such as home based self care, self care groups, special clinic or camp approach can be discussed.
4. Demonstrate the recommended protective devices for people with primary impairment and footwear for people with impaired sensation of foot.
5. Demonstrate ISSOD (inspection soaking scraping oiling & dressing), care of Blister, ulcer, splinting for neuritis
6. Power point presentation describing criteria of referring PAL for reconstructive surgery for PAL with disability and concept & procedure to establish community based rehabilitation

Session plan:

1. Lecture Discussion using Power point presentation
2. Slide show for common disabilities
3. Demonstration of cases with disabilities, assessment of risk, assessment of disability status
4. Demonstrate self care
5. Demonstration of recommended footwear and other protective devices
6. Demonstration of ulcer care.
7. PPT for criteria of reconstructive surgery for PAL with disability, concept & procedure to establish community based rehabilitation

Further Reading and relevant website:

The following other reading materials are recommended:

- GOI, DGHS, NLEP; guidelines for Disability prevention and medical rehabilitation for Primary level. GOI, DGHS, NLEP; guidelines for Disability prevention and medical rehabilitation for Primary level.
- GOI, DGHS, NLEP; guidelines for Disability prevention and medical rehabilitation for Secondary level.
- ILEP Guide Four: How to prevent disabilities in leprosy. (Now in 3 volumes):
<http://manlep.wikispaces.com/space/showimage/LG4-1.pdf> and
<http://manlep.wikispaces.com/space/showimage/LG4-2.pdf> and
<http://manlep.wikispaces.com/space/showimage/LG4-3.pdf>
- ILEP Guide Two: Ch4. Long term management of nerve damage:
<http://manlep.wikispaces.com/space/showimage/LG2.pdf>
- Essential action to minimize disability in leprosy patients. Jean M watson:
<http://manlep.wikispaces.com/space/showimage/watson1.pdf> and
<http://manlep.wikispaces.com/space/showimage/watson2.pdf> and
<http://manlep.wikispaces.com/space/showimage/watson3.pdf>
- Prevention of Disability. Guidelines for leprosy control Programme ILEP
- Prevention of disabilities in patients with leprosy. A Practical Guide. H Srinivasan.
- Self Care Booklet SEARO:
<http://manlep.wikispaces.com/space/showimage/SelfCarebooklet.pdf>
- Prevention of Blindness guidelines:
<http://manlep.wikispaces.com/space/showimage/prevention+blindness+1.pdf> and

<http://manlep.wikispaces.com/space/showimage/prevention+blindness+2.pdf> and
<http://manlep.wikispaces.com/space/showimage/prevention+blindness+3.pdf>

- Various books with a focus on disabled people can be found at the Hesperian Foundation (David Werner): <http://www.hesperian.org/index.php>
- Disabled Village Children
<http://www.dinf.ne.jp/doc/english/global/david/dwe002/dwe00201.htm>
- CBR in Africa - Between Evidence and reality: http://www.disabilityworld.org/06-08_04/news/cbrinafrica.shtml
- Stakeholder analysis: <http://heapol.oxfordjournals.org/cgi/reprint/15/3/338>
- The partnership Analysis Tool:
http://www.vichealth.vic.gov.au/assets/contentFiles/VHP%20part.%20tool_low%20res.pdf
- Self care booklet - tips:
<http://manlep.wikispaces.com/space/showimage/SelfCarebooklet.pdf>

Relevant websites:

- NLEP India web site:
<http://www.nlep.nic.in>
<http://www.mosj&e.nic.in>
- ILEP learning guide 1:
<http://www.ilep.org.uk/contnet/documentholder.htm?lg4eng1.pdf>
<http://www.un.org/disabilities/convention/conventionfull.shtml>
<http://www.enablement.nl/>
http://www.asksource.info/res_library/disability.htm
<http://www.yearofmicrocredit.org/>
<http://www.asksource.info/>
<http://www.disabilityworld.org/index.htm>