



Self-care in Prevention of Disability



Self care

Persons can do it themselves

Simple procedures

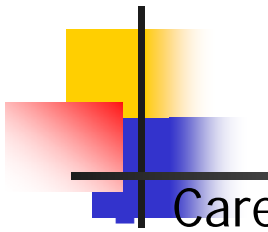
Very effective

Prevent disabilities

Maintain functional limb

Aim of Self Care/

Preventive Care of The Limbs with NFI

- 
- Care of skin to keep it soft & supple to avoid skin cracks by practicing Soaking, Scrubbing and oiling
 - Protect insensitive limbs from injury, burns, blisters & ulcers
 - Early detection of blisters, wounds and injuries by daily inspection of affected hands and feet
 - Provide early and correct wound care
 - Practice active exercise to retain the strength of weak muscles & make weak muscles stronger
 - Practice passive exercise to prevent contracture in paralysed muscles and maintain full range of movement of the joints



Self Care Practices

Demonstrate self care procedures to the person and ensure that S/he practices it.



Advice for Anaesthetic Hands

- Do not hold tools too tightly.
- Do not work too long without rest.
- Use protective implements.
- Tool Handles – Bandage with cloth.
- Practice safe procedures while cooking.



Advice for Anaesthetic Feet

- Walk slowly , with short steps. Avoid running.
- Avoid walking long distances, rest in between.
- Do not walk long distances if you can avoid it- Use any mode of transport.
- Use protective Footwear.

Self care procedures



Awareness: Insensitive part

Keep skin soft and supple: SSO

Soak: 20 minutes /skin becomes soft.

Rub off: Surface layers of keratin
Pumice /rough cloth.

Crack: Thin the edges
Rub along the edges

Rub in oil: Neem/Liquid paraffin
without wiping.

Self care procedures



Tell them to look for:
Signs of impending ulcers

- Redness
- Swelling
- Blister
- Dry hard skin
- Cracks in the skin



Self care procedures



Teach Person to inspect the hands & feet daily/ frequently:

Teach them to Feel for:

- Warm spots by holding insensitive hand against sensitive area like other hand or cheek
- Press gently, to find any sore spot which may occur due to prolonged pressure while working

Self care procedures



Hard calluses: soaking, scraping, oiling

Straighten the fingers / toes to prevent stiffness



Self care procedures

Teach them to avoid injury to insensitive parts:

Sensitize: Avoid using objects liable to injure
Think critically to recognize injurious actions
Practice protective behaviour to avoid injury
Develop alertness recognize injuries promptly
Develop skills to manage injuries

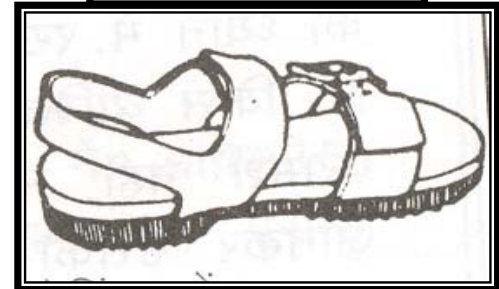
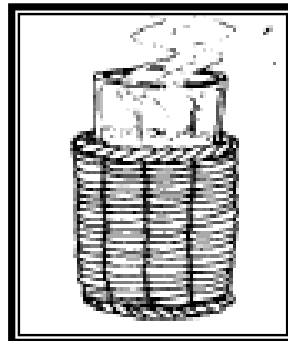
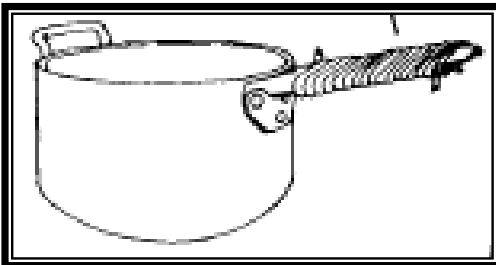
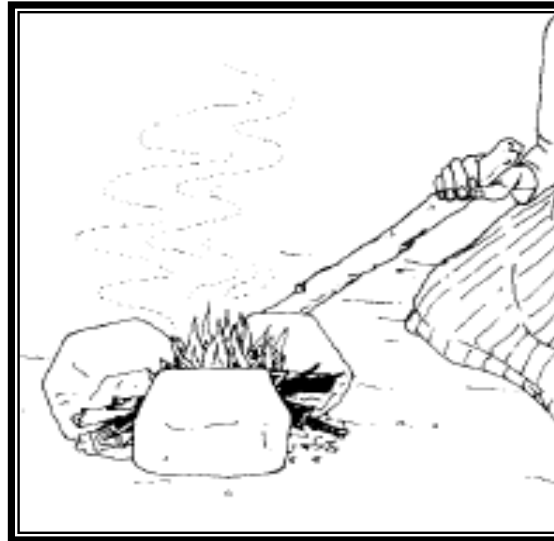
Teach and encourage:

Using Safe methods handling hot, hard or sharp objects
Using simple protective devices
Hand towel,
Insulated handles
Protective gloves
MCR covered handles

Self care procedures (Protective measures)



Self care - hand





Protective AIDS

Provide dressing material, splints and protective aids like MCR footwear, gloves, and goggles to the needy persons and train them in using it.



Self care procedures

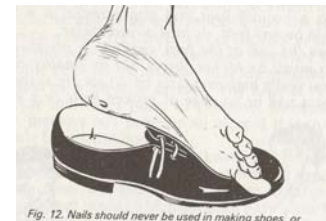
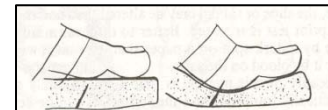
Train them to think critically and learn:

- Why did they get the wound?
- How can they give rest to the injured part?
- How can they avoid the similar injury in future?

Teach them to avoid injury to insensitive parts & care of wound

Ideal footwear for anaesthetic foot

1. Soft insole to provide padding / cushion and back strap.
2. Hard outer sole to prevent stones / thorns from piercing the foot.
3. Adjustable straps to provide space to foot with bandages.
4. No nail in footwear

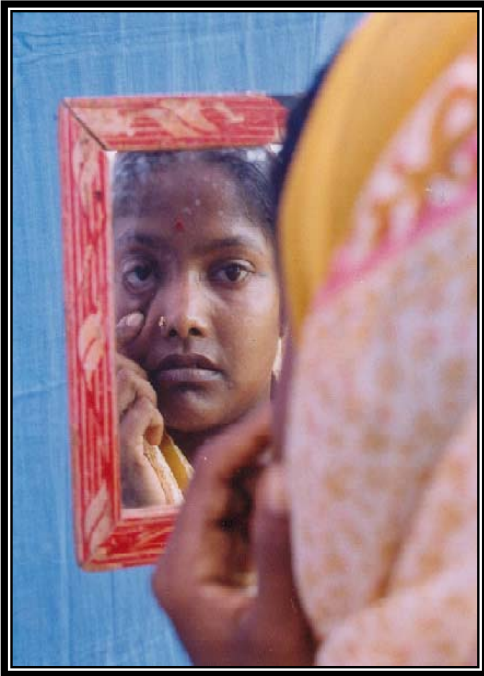




Ideal footwear for anaesthetic foot

5. Well fitting.
6. Culturally and cosmetically acceptable.
7. Severely deformed feet will require specially designed footwear.

Self care procedures care of eye:



Not to rub the eye

Inspect eyes daily to detect

- Any redness of the eye
- Corneal injury
- Foreign body
- Eyelashes touching bulbar conjunctiva /cornea
- Injury to the eye

Teach person

- Wash hands with clean water
- Use mirror/friend redness
- Remove any spec of dirt clean and soft cloth gently
- Epilate the eye lash touching cornea
- Wash frequently with clean water
- Instill oil/ drops to keep eyes moistened

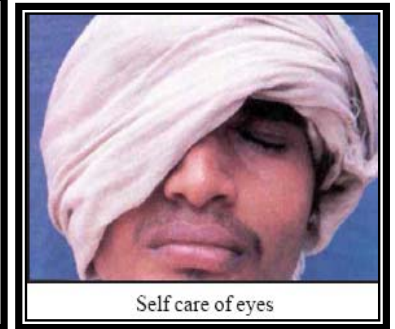
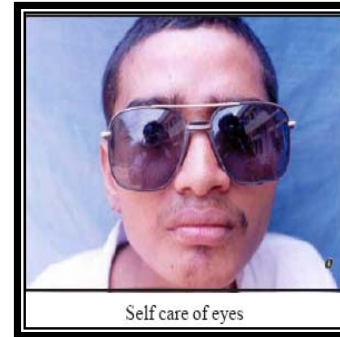
Lagophthalmos – self care

Think- blink:

To protect eyes against dryness and dust,

- Wear sunglasses with large lenses and side pieces.
- Wear a hat/ Use the head cloth to shield
- Use eye shield:

Avoid injury to the eye:

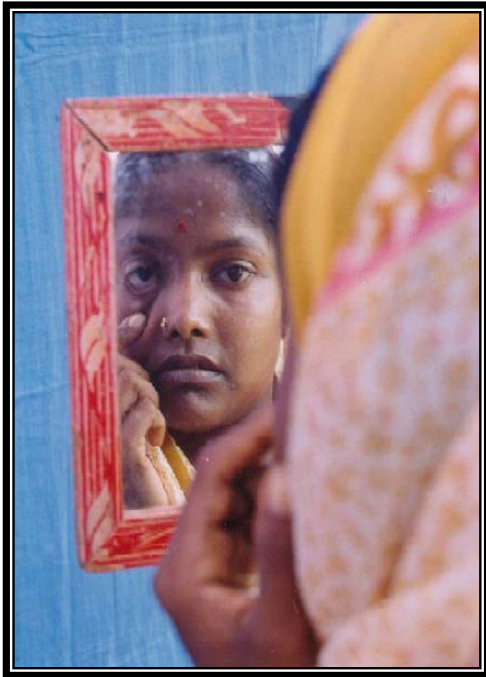


Check vision



नोट : अपनी सारी समस्याएं तुरन्त स्वास्थ्य कर्मचारी को बताईए

Self care procedures care of eye:



Report to the health centre if notice any of the following:

- Itching
- Redness
- Watering
- Unexplained pain - eye
- Difficulty in keeping eyes open in the sunlight
- Any deterioration in vision



Monitor POD

- Keep a record of each PAL
- Assess progress & compare
- Assess management needs
- Counsel as and when required
- Coordinate with surgeon, physio-technician



Monitoring the practice of self care: Why?

- Motivate PAL to practice the preventive measures
- Verify that person has understood what to do, how to do it? knows the reason for doing it
- Identify and correct wrong practices
- Discuss problems and find feasible solutions
- Identify need for aids and appliances
- Help health functionary & PAL to learn from experience



Monitoring the practice of self care:

- Condition of skin: soft and supple / cracks, callosities, ulcers
- Range of movement of the affected joints
- Any stiffness in the movement of the joint
- Observe the person performing activities
- Watch working tools, footwear and assess whether precautions are taken to avoid injury to the affected part.

Monitoring the practice of self

care:

Person not taking required precautions:

Explain why current practice is harmful

How can it be modified as per their needs

- Ask whether facing any problem related to the disease & find a feasible solution with the patient.
- Sometimes, patients find innovative ways utilize for benefit of the other PAL
- Visit to patient shows your concern for them and motivate people



Success of POD depends on

Motivation of health worker

Motivation of PAL

Monitoring of self care practices



Reconstructive Surgery (RCS)

- Select disabled cases fit for RCS.
- Refer them for surgical treatment taking care of pre and post physiotherapy.