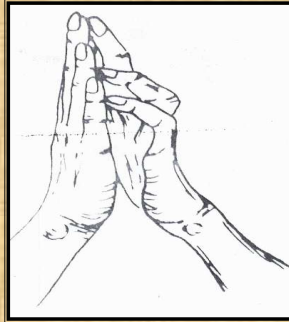


# WELCOME



ANJAN DEY

INDIA

E-mail : [anjanday@hotmail.com](mailto:anjanday@hotmail.com)

## BACKGROUND

LONG AGO IN 1966 DR.PAUL BRAND SAID THE FOLLOWING:

“THERE IS HOPE OF SAVING THE HAND, FEET AND EYE OF LEPROSY PATIENTS ONLY WHEN IT IS WIDELY RECOGNISED THAT THE WHOLE PROBLEM IS REALLY ONE OF MECHANICS NOT OF MEDICINE, THE ADVICE OF PHYSIOTHERAPIST, THE SOCIAL WORKERS, THE FIELD WORKERS ARE LIKELY TO BE MORE SIGNIFICANT THAN THE MEDICINE OF THE PHYSICIAN OR THE KNIFE OF THE SURGEON”.

❖ AS WE KNOW LEPROSY AFFECTED PERSONS NEED :

1. CURE OF LEPROSY
2. PREVENTION OF DISABILITY
3. REHABILITATION

NO DOUBT WE HAVE ACHIEVED THE CURE OF LEPROSY BY MDT.

FOR THE PREVENTION OF DISABILITY NO DOUBT WE ARE ALL WORKING IN OUR LEVEL, BUT WE HAVE TO WORK MORE.

✓ OUR GOALS AND AIMS ARE :-

1. NO DISABILITIES
2. NO NEW DISABILITIES OR DEFORMITIES OTHER THAN THE ONES AT DIAGNOSIS AND
3. NO WORSENING OF EXISTING DISABILITIES OR DEFORMITIES.

➤ **TO ACHIEVE THIS, WE HAVE TO PRACTICE MORE :**

- 1. SKIN CARE**
- 2. NERVES CARE**
- 3. JOINT CARE**
- 4. WOUND CARE**
- 5. EYE CARE**

**FOR THAT WE HAVE TO:**

- 1.TOUCH**
- 2.LISTEN**
- 3.TEST**
- 4.CONVINCE**
- 5.EDUCATE**

AS A ROUTINE PATIENTS HAVE TO FOLLOW SEVEN PRINCIPLES:

1. LOOK
2. SOAK
3. SCRAPE
4. OIL-MASSAGE
5. EXERCISE
6. DRESS
7. PROTECT

## WATER, OIL AND LEPROSY

WATER AND OIL IS VERY IMPORTANT IN THE DAILY CARE BECAUSE IN LEPROSY THE SKIN AFFECTS THE LIMBS IN 4 WAYS :

1. THE SKIN LOSES ITS ABILITY TO SWEAT AND BECOMES DRY.
2. THE SKIN LOSES ITS ABILITY TO FEEL AND BECOMES INJURED.
3. THE SKIN LOSES ITS ABILITY TO MOVE AND BECOMES RIGID.
4. DRY SKIN BREAKS EASILY AND CHANCES OF SECONDARY INFECTION ARE INCREASED.

## **SOAKING IN WATER AND OIL MASSAGE CAN HELP ALL THESE :**

- WATER GIVES BACK MOISTURE TO THE LIMB. OIL SHOULD BE APPLIED AFTER THE SOAKING TO HELP REDUCE THE RATE OF WATER LOSS THROUGH EVAPORATION.
- WATER IS USED TO CLEAN SORES HELPING TO PREVENT INFECTION AND TO HEAL THEM
- WATER HELPS TO REDUCE THE RIGIDITY OF THE SKIN. WHEN THE OIL IS APPLIED AFTER SOAKING SKIN IS MASSAGED GENTLY TO ENCOURAGE BLOOD CIRCULATION AND HEALING.

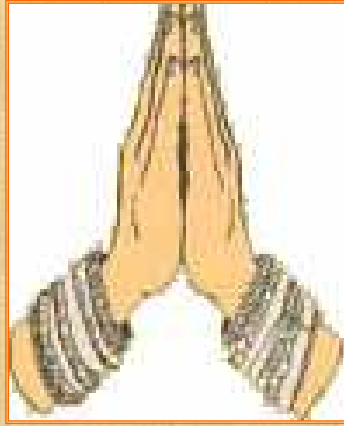
## **HOW CAN WE AS HEALTH WORKERS HELP OUR PATIENTS TO HELP THEMSELVES**

- **PATIENTS MUST BE TAUGHT THE IMPORTANCE OF A DAILY ROUTINE OF SELF CARE AND SKIN CARE. LOOKING AT THE HANDS AND FEET, SOAKING THEM, THEN OILING AND EXERCISING IS VERY ESSENTIAL, REGULAR ASPECTIC DRESSINGS, IMPORTANCE OF MCR FOOTWEAR.  
THIS NEEDS LOT OF ENCOURAGEMENT AND MOTIVATION.**

- **TEAM WORK IS IDEAL AND LET US NOT FORGET THAT THE PATIENT IS AN ESSENTIAL MEMBER OF THE TEAM. NOTHING CAN WE DO FOR THE PATIENT UNLESS HE/SHE UNDERSTAND THE PROBLEM HIMSELF/HERSELF AND ACCEPTS RESPONSIBILITY FOR IT**

**MY SPECIAL THANKS TO :**

**DR. H.SHRINIVASAN,  
MS. YAMAGUCHI (SASAKAWA HEALTH  
FOUNDATION),  
SEVADHAM TRUST  
DR.GORE,DR.JOGAIKAR,  
DR.SHARACHANDRA GOKHALE (ILU) AND  
DR.ATUL SHAH, MUMBAI  
DR.ASHOK LADDA,JOINT DIRECTOR  
(LEPROSY) MAHARASTRA  
Dr.P.GOPAL (IDEA INDIA)  
FOR GIVING ME ALL THE GUIDANCE AND  
SUPPORT TO PREPARE THIS  
PRESENTATION**



THANKS