

PREVENTION AND MANAGEMENT OF DISABILITIES COURSE

REPORT



ALL AFRICA LEPROSY TRAINING AND REHABILITATION CENTRE
{ALERT}
ADDIS - ABABA - ETHIOPIA

DURATION: 21ST JANUARY TO 22ND FEBRUARY 2002

PRESENTED BY: KIWANUKA MOSES KASAATTO

OCCUPATIONAL THERAPIST - COMBRA

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ACKNOWLEDGEMENT

I would like to take this golden opportunity to cordially express my heart felt appreciation to the Germany Leprosy Relief Association (GLRA) for the support extended that enabled me attend this educative course without which I wouldn't have succeeded.

I am also indebted to thank my organization - COMBRA that has spear headed the initiative of gloaming me into a valuable asset for the disability movement.

Thank you so very much!

1.0 BACKGROUND ON ALERT

All Africa Leprosy Training and Rehabilitation Center (ALERT) is a training institution found in Adis-Ababa – Ethiopia. This center specializes in the management and prevention of Leprosy and its related complications. It runs a number of short courses for different cadres involved in Leprosy.

The center comprises of a 240-bed hospital, with a specialized surgery department, lecture hall with up – to date teaching equipment.

Alert also houses the Ross Resource center which does have the latest books about Leprosy and T.B. Finally, the center collaborates with the Armauer Hansen Research Institute where some research studies are done.

2.0 INTRODUCTION

The prevention and management of disabilities course focused on leprosy, its causes, diagnosis and the related complication. Information dissemination was both theoretical as well as practical. Which made the course so interesting in that the practical session consolidated the theory component more concretely.

This training attracted 10 participants coming from Ethiopia, Liberia, Nigeria, Sudan, Togo, and Uganda.

2.1 Participant's Expectations

- Learn about causes of leprosy
- How leprosy can be acquired
- Learn about MDT
- Learn how leprosy brings disability
- How CBR can be integrated into leprosy management
- Learn how to make splints for Persons affected by leprosy.
- Learn how to rehabilitate PALS social – economically
- How to prevent disabilities in leprosy

3.0 LEPROSY, CAUSES, AND MODES OF TRANSMISSION

This was covered in week one which built the foundation of the entire course. It was from this that most principles regarding rehabilitation of person affected by leprosy had the core

Leprosy is a chronic infectious disease caused by mycobacterium leprae. This bacterium mainly affects the peripheral nerve system and the skin.

3.1 MODES OF TRANSMISSION:

The leprosy bacteria can be acquired in the following ways:

Droplet Infections

This method involves, coughing, sneezing whereby the germs are got through the air.

Contact

This is another mode whereby there is close prolonged contact for example a mother and baby. It should be clearly noted that the pathogenesis process heavily lays on one's body immunity. The stronger the immunity the lesser chances of manifestation of the germs in the body.

3.2 CLASSIFICATION OF LEPROSY:

Broadly, leprosy is divided into classes:

Pauci Bacilli (PB):

In this type of leprosy, the person presents with one or less than five skin patches/lesions-on the body.

Multi Bacilli (MB):

This category involves presentation of more than five skin lesions, which could be widely spread all over the body. In addition, some times even the nerves could be involved. It should be also noted that these two classifications could further be broken down into more small classifications depending on the presentations and the body part or organs that are involved.

4.0 NERVE DAMAGE IN LEPROSY

The leprosy bacteria specialize in attacking peripheral nerve system and the skin. When the mycobacterium leprae enters the body, attacks the following nerves; these causing numerous deformities as shown below:

NERVES	RELATED DISABILITY
Facial Nerves	- Eye lid weakens
	- Mouth weakens
Trigeminal nerve	- Unable to blink
	- Loss of cornea sensation
Ulnar Nerve	- Claw hand
Radial Nerve	- Wrist drop
Median Nerve	
Common Peroneal Nerve	- Foot drop & Loss of sensation on top of foot
Posterior tibial Nerve	- Claw toes

Nerve damage can take place before, during treatment, or even after treatment. Regular monitoring of the clients, nerve function assessment are a good base line to detect early nerve damage or functional loss. It is often important to ask the clients for any new complaints such as pains, numbness, tingling, and others help to plan early appropriate interventions.

5.0 SELF CARE CONCEPTS

Self-care is an important aspect in rehabilitation. The clients should be encouraged to practice this; it helps to reduce secondary disabilities or complications and quickens the healing process of some body damages.

Under this section, focus should be put onto:

- Self inspection of the whole body to check for any abnormalities
- Soaking of both hands and feet
- Oiling
- Trimming of ulcers, protective wear

6.0 COMPLICATIONS IN LEPROSY

As already mentioned in the above notes when the nerves are damaged, the individual is prone to many complications. *The following is a summary of a few:*

- Lagophthalmas
- Facial paralysis
- Collapsed nose
- Eyebrow loss
- Ulcers
- Foot drops
- Wrist drops
- Skin cracking + dryness
- Digit shortening

7.0 NEW INSIGHTS

The ALERT Training enabled me get a deeper understanding in the following areas:

- Early identification in leprosy
- Sensory testing
- Nerve damage
- Self care for persons with leprosy
- Application of plaster of paris
- Trimming ulcers

- Dangers of silent Neuritis
- Protective wear in leprosy

8.0 RECOMMENDATIONS

The following are some of the recommendations that came up:

- Priority should be given to hands on experience
- Introduce the concepts of CBR on the P.O.D course
- Expand the sessions on socio-economic rehabilitation in future because poverty crosscuts through.
- Physio therapy experience should also be given more time on the course
- Participant should implement the new skills in their areas of work.

9.0 CONCLUSION

In summary, basing on the insights and observations drawn from the field visits and the entire course, it clearly spells out that as long as negative attitude remains a standing block in the rehabilitation process, an holistic dream is far from the reach . Therefore, teamwork is fundamental to create everlasting positive change in leprosy.

APPENDIX I

LIST OF PARTICIPANTS

	Name of Participants	Nationality	Country
1.	Mr. Sule A. Aliyu	Nigerian	Nigeria
2.	Mr. Arkoi F. Gbanoe	Liberian	Liberia
3.	Mr. Yohanna Lako Nathaniel	Sudanese	Juba – Sudan
4.	Mr. Hegnon Komi Delako	Togolese	Togo
5.	Mr. Moses Kasaato Kiwanuka	Ugandan	Uganda
6.	Mr. Ibrahim Isah Ebba	Nigerian	Nigeria
7.	Ms. Asige Elizabeth	Ugandan	Uganda
8.	Mrs. Alemshet Temesgen	Ethiopian	Ethiopia
9.	Mr. Jaleta Begna	Ethiopian	Ethiopia

*Received
9-4-2002*

Tuesday, April 09, 2002

The Acting Executive Director
COMBRA
Seeta
Mukono

Dear Executive Director,

RE : PREVENTION AND MANAGEMET OF DISABILITIES COURSE REPORT

I would like to take this opportunity to submit my report ,which will enlighten and give you some information regarding the training held in ALERT- Ethiopia .It is my strong hope that you will enjoy reading this report

Truly yours

Moses Kiwanuka
Moses Kiwanuka
Occupational Therapist
COMBRA

All Africa Leprosy and Rehabilitation Training Centre, Addis Ababa, Ethiopia

WHO collaborating Centre for training in leprosy



CERTIFICATE

MR. KIWANUKA MOSES KASAATO

has attended the course in

PREVENTION AND MANAGEMENT OF DISABILITIES

From JANUARY 21, 2002 *To* FEBRUARY 22, 2002

Course Facilitator

Director of Training

Executive Director



PREVENTION AND MANAGEMENT OF DISABILITIES, ALERT MON. JAN. 21st TO FEB. 21st, 2002

		TOPICS	FACILITATORS
DATE	TIME		
MON. JAN. 21	9:00 AM	Welcome to ALERT	Dr. Krishnan
	10:30 AM	Introduction - course participants, staff, ALERT facilities, course objectives.	Dr. Krishnan
	1:30 PM	Participant's expectations in the course/individual course objectives	Dr. Krishnan
TUE. JAN. 22	3:30 PM	Introduction to leprosy	Dr. Krishnan
	8:30 AM	Epidemiology of leprosy	Dr. Krishnan
	10:30 AM	Pathogenesis of leprosy	Dr. Krishnan
	10:30 AM	Diagnosis and classification of leprosy	Dr. Krishnan
	1:30 PM	Examine patients	Dr. Krishnan
WEN. JAN. 23	3:30 PM	(Group Work) discuss findings	Dr. Piet
	8:30 AM	Nerve damage in leprosy	Ato Sahilu
	10:30 AM	See patients with nerve damage	Dr. Krishnan
	1:30 PM	Discuss symptoms / diagnosis - disease classification	Dr. Krishnan
THU. JAN. 24	3:30 PM	Investigate factors delaying late reporting for the diagnosis of leprosy, neuritis (Group work)	Dr. Shibru
	8:30 AM	Medical management of neuritis in the field	Dr. Piet
	10:30 AM	Medical management of neuritis in a specialized hospital	Dr. Getu/ Ato Sahilu
FRI. JAN. 25	9:00 AM	Ward Rounds - Medical wards III	Dr. Krishnan
	2:00 PM	Classifications, complications due to leprosy and medical management	Dr. Krishnan
MON. JAN. 28	3:30 PM	Evaluation of the week	Dr. Asrat
	8:30 - 10:00	Introduction to peripheral nerves and it's functions	Dr. Asrat
	10:30 - 12:00	- Anatomy of Foot and it's normal functions	Dr. Roland
	1:30 - 3:00	Bio-Mechanics of Foot /Consequences of Nerve Damage due to leprosy	Dr. Roland
TUE. JAN. 29	3:30 - 5:00	Foot Ulcer formation due to nerve damage in leprosy	Dr. Roland
	8:30 - 10:00	Discussion on Foot Ulcer care and management of Foot Ulcer	Dr. Roland
	10:30 - 12:00	" " " " " " " "	Dr. Asrat
	1:30 - 3:00	Anatomy of Hand - Nerve supply - Normal Functions of Hand	Dr. Asrat
	3:30 - 5:00	Consequences of ulnar/ median paralysis	Dr. Roland/Ato Afework
WED. JAN. 30	8:30 - 10:00	Orthopedic appliances	Dr. Roland/Ato Afework
	10:30 - 12:00	" " " " " " " "	Dr. Roland/Dr. Asrat
	1:30 - 3:00	Examine patients with complications of Hand /Foot	Dr. Roland/Dr. Asrat
THU. JAN. 31	3:30 - 5:00	Discussion	Dr. Asrat
	8:30 - 10:00	Preventive and Rehabilitative Surgery	Dr. Asrat
	10:30 - 12:00	See pre/post operative cases	Dr. Roland
	1:30 - 3:00	Preventive and Rehabilitative Surgery	Dr. Roland
FRI. FEB.1	3:30 - 5:00	See pre/post operative cases	Dr. Taffeswork
	8:30 - 10:00	Anatomy of Eye and Normal Functions of eyes	Dr. Taffeswork
	10:00 - 11:30	Eye complications due to leprosy	Dr. Taffeswork
	1:30 - 3:00	See Patients	Dr. Taffeswork
	3:00 - 4:00	Discuss findings	Dr. Taffeswork
	4:00 - 4:30	Evaluation of the week	

MON. FEB. 4TH	8:30 - 10:00	Nerve functions impairments as a result of leprosy	Mrs. Heather/ Ato Sahilu
	10:30 - 12:00	Nerve functions assessment - Demonstration	"
	1:30 - 3:00	" - Practical session	"
	3:00 - 5:00	Nerve functions impairments affecting quality of life - Interview patients - discuss	"
TUE. FEB. 5TH	8:30 - 10:00	Physiotherapy exercise for eyes, hands, feet	"
	10:30 - 12:00	" "	"
	1:30 - 3:00	Practical sessions	"
	3:30 - 5:00	" "	"
WED. FEB 6	8:30 - 10:00	Plaster of pairs application and splints	"
	10:30 - 12:00	Practical	"
	1:30 - 3:00	"	"
	3:30 - 5:00	"	"
THUR. FEB. 7	8:30 - 10:00	Pre and post operative assessment	"
	10:30 - 12:00	" " " "	"
	1:30 - 3:00	Preparation of patients for surgery - What and How to do?	"
	3:30 - 5:00	" " "	"
FRI. FEB. 8	8:30 - 10:00	Post operative case and follow-up	"
	10:00 - 11:30	" " "	
	1:30 - 3:00	Introduction to programme management	Dr. Piet
	3:00 : 4:00	" " "	"

MON. FEB 11	8.30 - 12.00	Practicals - Physiotherapy Unit	Mrs. Heather/ Ato Sahilu
	1.30 - 3.00	Practicals- "	Mrs. Heather/ Ato Sahilu
	3.30 - 5.00	Situation/Need analysis -Group work - Introduction to Management cycle	Dr. Piet
TUE. FEB 12	8.30 - 12.00	Practicals - Physiotherapy Unit	Mrs. Heather/Ato Sahilu
	1.30 - 3.00	Practicals- "	Mrs. Heather/Ato Sahilu
	3.30 - 5.00	Write programme objectives - Group work	Dr. Piet
WEN. FEB 13	8.30 - 12.00	Practicals - Physiotherapy Unit	Mrs. Heather
	1.30 - 3.00	Practicals- "	Mrs. Heather
	3.30 - 5.00	Work on action plan - Implementation	Dr. Piet
THUR. FEB 14	8.30 - 12.00	Practicals - Physiotherapy Unit/Orthopaedic Workshop	Mrs. Heather/ Ato Sahilu/Ato Afework
	1.30 - 3.00	Practicals- "	Mrs. Heather/ Ato Sahilu/Ato Afework
	3:00 - 5.00	Work on action plan - Supervision	Dr. Piet
FRI. FEB 15	8.30 - 12.00	Practicals Physiotherapy/Orthopaedic Workshop	Mrs. Heather/Ato sahilu/ Ato Afework
	1.30 - 3.00	Practicals	Mrs. Heather/Ato sahilu/ Ato Afework
	3.00 - 4.00	Work on action plan - Evaluation	Dr. Piet

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MON. FEB. 18TH	8:30 - 12:00	Community Based Rehabilitation /Practicals	Ato Tigabu
	1:30 - 5:00	Visit Cheshire Home, CBR project /Practicals /Work on Action Plan	Ato Fasil Ayele
TUE. FEB. 19	8:30 - 12:00	Self Care and Socio-ecomonic rehabilitation	Ato Taffera
	1:30 - 5:00	Work on Action Plan / Practical	
WED. FEB. 20	8:30 - 12:00	Poverty - understanding and implications - What to be done?	Ato Fasil Workul
	1:30 - 5:00	Practical / work on action plan	
THUR. FEB 21	8:30 - 12:00	Practicals / Presentation of Action Plans	Dr. Piet/Dr. Krishnan
	1:30 - 5:00	Course evaluation aid course ends	"