“TRACK” Impairments & Disabilities – An Innovative Technique to teach Self-Care in the Community Level

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Symposium: Best Clinical practice
17th September 2013
INTRODUCTION

Some of the factors that perpetuate the onset of deformity and make disability permanent and progressive in Leprosy are

- Ignorance
- Lack of knowledge & understanding
- Stigma

of the impairments and the deformities of the patients

Knowledge and understanding of the patients on their impairments and deformities will help deal with the challenges in a better way and become more independent
OBJECTIVE

• To prevent further dehabilitation of those individual/communities affected by Leprosy living in settlements (colonies)

• To improve the skill and knowledge of the person affected by Leprosy on impairment and disability to help them further prevent, suggest and seek appropriate management
METHODOLOGY

• People having recurrent impairments were identified in the settlement and self-care groups formed

Planning/ Identification

Interaction with the local leaders

Training

Partnerships - Government/ NGO’s

• Leaders – Religious/ Political/ heads of individual settlements were taken into confidence

• Government Ministries/ Rehabilitation institutes identified for availing their schemes if any

• A core team facilitated the identified people in the self-care group on “TRACK” approach for 4 months
“TRACK” Approach

• T — Type of Impairment & Disability
• R — Reasons for Impairment & Disability
• A — Adverse effects of Impairment & Disability
• C — Challenges of Impairment & Disability
• K — Knowledge gained on the Impairments & Disability by the individual
“T” – Type of Impairment & Disability

• Identify whether the Impairment/Disability is reversible or irreversible

• Identify whether impairment/disability is simple or needs institutionalized monitoring and referral

Tools used to help identify the impairments
“R” – Reasons for Impairment & Disability

• Identify the reasons for the physical impairments & Disabilities

• Reasons for the neglect of physical impairments & Disabilities

Facilitation to identify
“A & C” – Adverse effects & Challenges of Impairment & Disability

• Screen for any participation restriction or activity limitation for the patient due to the disability/impairment

• The challenges faced in the community & family due to the impairment & Disability

Administering the P/ SALSA Scales
“K” – Knowledge gained on the Impairment & Disability

• Knowledge gained and is able to independently strategize for
  • Preparing for impairment & disability
  • Access to the Government policies and benefits
  • Know the disability rights and is able to access it
RESULTS (1)

- 3 patients identified for reconstructive surgery
- 5 patients were healed of their plantar ulcers by self-dressing & self-care
- 1 Volunteer willing to lead the Self-care group
- 25 patients are wearing suitable protective footwear
Self-Assessment at the end of 4 months (30 patients)

RESULTS (2)

Responses from patients for 20 pictorial questions on Impairments, Causes of Impairments Self-care, Rights

Patients Responses
CONCLUSIONS

• The approach will be effective in facilitating self-care groups for patients affected by Leprosy with impairments.

• Patients will be able to gain knowledge on their impairments and would be able to seek treatment for their impairments and access their rights.

• Shift from dependency to living with dignity.
ACKNOWLEDGEMENT

• All the people affected by Leprosy living in the settlements who had voluntarily participated in the discussions
THANK YOU