

Prevention of Disability



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Self-Care

Li et al. *Government health workers as implementers of prevention of disability measures. The sustainability of self-care in two counties of Guizhou province.*

CEBM	
Level of evidence	4
Strength of Recommendation	C

Conclusions: Effective and sustainable

Government programmes can be at least as effective as NGO programmes



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Self-Care

Ebenso et al. *Self-Care Groups and ulcer prevention in Okegbala, Nigeria.*

CEBM	
Level of evidence	4
Strength of Recommendation	C

Chakraborty et al.
Cross and Choudhary

Conclusions:
The efficacy of self-care as an intervention for healing ulcers and preventing recurrence
Social Support
The importance of the role of facilitators



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Self-Care

Key Issue: "Adding Quality to Leprosy Control"

Implementation of POD - generally a challenge

Economic Issues

Model of Health Provision in Developing Countries

Research Required:

Establish what constitutes adequate resources and how can they be used to optimal effect (pragmatic acceptance of limitations)



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Footwear

"The routine use of appropriate footwear is one of the most important POD interventions in leprosy, as loss of sensation in the sole of the foot and plantar ulceration are so common. Anyone with Grade 1 disability should be helped to obtain such footwear, whether this is by purchasing appropriate shoes in the market or through an organized programme."



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Footwear

Cross and Lehman - *The validity and reliability of a simple semantic classification of foot posture.*

CEBM	
Level of evidence	3b
Strength of Recommendation	B

Conclusions: Assessment of foot posture by physiotherapists could identify people at greater risk of foot damage

Knowledge would allow the prescription of foot orthotic appliances which have been shown to be a useful adjunct to other measures to treat plantar ulceration

Usefulness probably restricted



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Footwear

Key Issue: Increasingly difficult to identify "appropriate" footwear

Research Required:

A randomised control trial comparing force attenuating properties of materials commonly used for footwear production could be undertaken.



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Recording and Reporting

"A simple recording and reporting system is vital for the management of prevention of disability. Data collection should be dictated by its use for both clinical and managerial purposes. Measuring and recording Grade 1 disability is necessary for defining the need for protective footwear. Visual acuity and the absence of wounds/ulcers are key indicators for evaluating the efficacy of POD activities."



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Recording and Reporting

The Enhanced Global Strategy for Reducing Leprosy and its Consequences: 2011-2015 .

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CEBM	
Level of evidence	4
Strength of Recommendation	C

Conclusion: Feasibility of monitoring by Govt. health workers was established.



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Recording and Reporting

Key Issue: Why are recording and reporting responsibilities so frequently found to be inadequately accomplished?

Research Required:

Health systems Research to investigate operational factors that influence monitoring activities.



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"Research to address issues of coverage and access should now be the priority, firstly in the area of self-care and footwear provision, and secondly in the area of treatment for reactions and neuritis. Research aimed at improving the efficacy of specific POD interventions is still needed, but it should be seen as a lower priority."



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Other Topics: Cost Effectiveness

Van Veen et al. *Cost effectiveness of interventions to prevent disability in leprosy: A systematic review.*

CEBM	
Level of evidence	1a
Strength of Recommendation	A

Conclusion: The cost perspective of analysis, relevant and accurate costs, analysis of uncertainty in estimates, and issues of availability, affordability and sustainability are inadequately reported or addressed in the studies found.



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Other Topics: Wound Care

L Forsetlund LR. Quality of reporting and of methodology of studies on interventions for trophic ulcers in leprosy: A systematic review.

CEBM	
Level of evidence	1a
Strength of Recommendation	A

Conclusions: *Reporting of both, methods and results suffered from underreporting and disorganization.*

Findings suggested that Phenytoin had potential as an adjunct to wound care.



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Other Topics: Wound Care

Shaw J et al. The clinical effect of topical phenytoin on wound healing: a systematic review.

CEBM	
Level of evidence	1a
Strength of Recommendation	A

Conclusion: *Studies investigating the effect of topical phenytoin on wound healing are of moderate methodological quality, but they do suggest that there may be a positive effect on wound healing in a variety of wound types.*



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Other Topics: Wound Care

Bhatia A and Prakash S. Topical phenytoin suspension and normal saline in the treatment of leprosy trophic ulcers: a randomized double blind comparative study.

CEBM	
Level of evidence	2b
Strength of Recommendation	B

Carneiro PM, Nyawawa ET. Topical phenytoin versus EUSOL in the treatment of non-malignant chronic leg ulcers.

CEBM	
Level of evidence	2b
Strength of Recommendation	B



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Other Topics: Wound Care

Bhatia A and Prakash S.

Conclusions: *Wounds treated with either 2% or 4% phenytoin suspension in normal saline had a significantly quicker healing rate than normal saline. They also reported other favourable indications.*

Carneiro PM, Nyawawa ET.

Conclusion: *Phenytoin group showed significant reduction in mean ulcer surface area at weekly reviews.*



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Other Topics: Wound Care

Key Issue: *Optimal concentrations of phenytoin have not yet been established neither has the best method of delivery (dry or in saline).*

Research Required:
RCT to establish optimal concentrations of Phenytoin as a wound healing agent.



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Other Topics: Nerve Decompression

van Veen NH et al. Decompressive surgery for treating nerve damage in leprosy. A Cochrane review.

CEBM	
Level of evidence	1a
Strength of Recommendation	A

Conclusion: *There was insufficient data for meta analysis, and consequently insufficient evidence to draw robust conclusions regarding the efficacy of neurolysis over medical treatment for nerve function impairment.*



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Other Topics: Nerve Decompression

- Key Issues: There is a need to try and identify:
- factors that may predict favourable responses to neurolysis
 - specific patient types or nerves that may respond favourably

Research Required:

RCT to establish optimal methods to restore nerve function (nerve decompression or medical treatment).

Future RCTs should give greater consideration to non-clinical effects: costs and quality of life.



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Other Topics: Bone Density

Kanaji A. et al. Effects of risedronate on lumbar bone mineral density, bone resorption, and incidence of vertebral fracture in elderly male patients with leprosy.

CEBM	
Level of evidence	1b
Strength of Recommendation	A

Conclusion: Risedronate is useful in the prevention of further disability in elderly male leprosy patients with osteoporosis.



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Other Topics: Bone Density

Jostel A and Jude EB. Medical treatment of Charcot neuroosteoarthropathy.

CEBM	
Level of evidence	3a
Strength of Recommendation	B

Conclusion: Improved symptom control, decline in foot temperature, and a significant increase in bone turnover makers are sufficient indication for greater scrutiny of bisphosphonates as an adjunctive pharmacological therapy for Charcot neuroosteoarthropathy.



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Other Topics: Bone Density

Key Issue: Evidence is still required to establish ideal dosage and long term outcomes of bisphosphonate application for Charcot neuroosteoarthropathy.

Research Required:

Further investigation of the potential of risedronate to arrest and even reverse the affects of neurological bone disorganisation is recommended.



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Thank You



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