

TIPS FOR SELF-CARE OF HANDS FOR PREVENTION OF DISABILITIES



The Leprosy Mission
Trust India

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Introduction

Leprosy puts persons affected by the disease at a great risk of developing disabilities. Their eyes, hands and feet are vulnerable, as they can lose the sensation of pain in these parts of the body due to the disease, and this can lead to damage. Disability can bring them and their family members physical, social, mental and economic suffering. Disabilities can be prevented by practising simple self-care at home and in the community through simple measures.

This manual has been designed to help persons affected by leprosy take care of their hands which have lost sensation. Loss of sensation would mean there is no pain to warn about hot objects, too much pressure, or injuries. This can lead to neglect and cause further damage.

Please regularly follow all instructions given in this booklet. It will help you in preventing any further damage to your hands. If you detect loss of sensation in any other part of your body, please consult your nearest doctor or health worker.

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Examine your hands

**Set aside a definite time each day
for this hand-care routine**

1

Inspect your hand for redness, swelling, hot-spots, blisters, cracks or wounds



These are signs of injury. Think how they were caused.
Avoid further injury



2

To soften the hard skin of hands, **SOAK YOUR HANDS IN WATER** for about 20 minutes.

Loofa/Soft stone/pumice stone ▶



3

SCRAPE-OFF HAND SKIN around cracks and old wound sites with the help of a hard cloth, coconut coir or loofa



4

RUB IN OIL on your wet hands immediately after soaking and scraping



Care for your hands

1

Always cover the wounds with a clean cloth or bandage to protect them against injury, dirt and infection. Rest the hand as much as possible.



Protect your hands

Simple ways to keep your hands protected



1

While cooking food, always hold hot items/utensils from the sides with the help of a thick cloth to protect against heat & fire

2

Always use a pair of tongs to poke the fire or for making chappatis





3

For drinking tea or coffee, Put the Hot Glass inside a cup or simply use a protective padding of cloth, to hold the hot glass



Spoon ▶



4

Hot food can burn your hands. Allow the food to cool and eat with a spoon.





5

Cover the handles of your cycle/rickshaw with a soft cloth to prevent wounds and blisters on your hands



6

Pad or cushion with cloth
all hard and rough objects
of daily use like spade axe
etc



Exercise your fingers

1

Repeat these exercises 3 times a day

Apply oil. Rest the back of hand on your thigh. Use other hand by gently pushing forward, to straighten the fingers as much as they will go. Do this at least 10 times



2

Cup your bent knuckle joints of the affected hand in your other palm. Then straighten the end two joints as firmly as you can. Do this at least 10 times.



Exercise your thumb

Repeat these exercises 3 times a day

3

Use the other hand to straighten the end thumb-joint gently but firmly as much as it will go. Do this at least 10 times.



4

While resting the little finger side of your hand on the thigh, use other hand to firmly support the back of your thumb. Straighten the end joint of thumb as strongly as you can. Do this at least 10 times.



Timely treatment always helps

**Thanks to Reconstructive surgery...
Now clawed hands and Wrist-Drop can be
brought back to normal**



Hand – Before Surgery



Hand – After Surgery

Health worker's report

Date:	Next Visit:	Improvement Record:	Remark:

Local Address:



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