

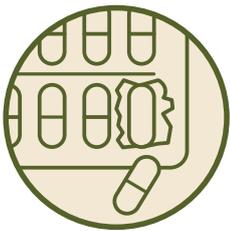
Ten Steps

SUMMARY CARD

A Guide for Health Promotion and Empowerment of People Affected by Neglected Tropical Diseases

By Linda F. Lehman, Mary Jo Geyer and Laura Bolton | July 2015 | www.leprosy.org/ten-steps

The Health Coach and person affected know how to:



Step 1: Suspect, Identify and Treat Disease and/or Health Condition Early

1. Look and feel for painless skin patches, lumps, swelling or ulcers while performing daily hygiene.
2. Complete treatment correctly.
3. Suspect a disease and/or identify a complication and know who to contact and where to go for help.



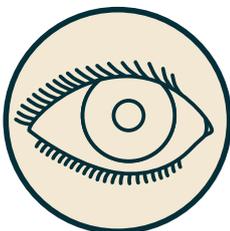
Step 2: Eat Healthily

1. Eat local foods, particularly colorful foods such as red, yellow and green fruits and vegetables and dairy products.
2. Drink 8-10 cups of liquids daily such as clean water, juice, etc.



Step 3: Practice Good Personal and Household Cleanliness

1. Bathe daily and wash face, hands, food and clothing with soap and water.
2. Safely dispose of human, animal and household waste and excess water to discourage flies.
3. Avoid sharing towels and bedding.



Step 4: Care for Eyes

1. Eat foods rich in vitamin A such as sweet potato, butternut squash, dark leafy greens, mango and other tropical fruit.
2. Wash face and practice good personal and environmental hygiene.
3. Check vision and eyes for changes or problems and know who to contact and where to go for help.
4. Protect eyes from injury during daily activities and from getting dry.



Step 5: Care for Skin and Nails

1. Look at skin and nails daily to identify and care for problems such as cracks and wounds. Keep skin soft and flexible and nails cleaned and trimmed.
2. Protect skin from sun exposure, especially scars and skin that has lost sensation. Use long sleeves, trousers, sunscreen, gloves, appropriate footwear, etc.



Step 6: Care for Wounds

1. Follow the key wound care principles, which will help the wound heal faster. Use moisture-retentive dressings.
2. Keep dressing clean and dry and know how to change it.
3. Identify if the wound is getting worse and/or infected (warmth, fever, bad odor, increased pain, swelling, wound size, etc.). Know who to contact and where to go for help.
4. Safely dispose of contaminated wound care materials.
5. Preserve skin and joint mobility by moving the affected part often and positioning it opposite of the contracting pull of healing skin.



Step 7: Care for Scars

1. Keep scars soft, flexible and stretched opposite the “pulling in” forces of a healing wound or healed scar.
2. Move affected part often when scars are at or near a joint to prevent movement limitations.
3. Loosen scars sticking to underlying structures with gentle massage.
4. Protect scars from moisture loss, injury and/or sunburn.



Step 8: Care for Swelling (Edema)

1. Check for swelling and take action to reduce it as quickly as possible to prevent complications, lessen pain and improve mobility.
2. Elevate affected part and improve lymphatic drainage with “belly breathing,” self-massage, frequent exercise and light compression (MEM technique). Seek help if swelling is not reduced.
3. Discontinue elevation if it increases pain.



Step 9: Care for Movement Limitations

1. Check for movement limitations by comparing both sides.
2. Combine good positioning with frequent stretching exercises to improve strength and mobility. If no improvement, seek help.
3. If pain severely increases after exercise/activity, modify the exercise/activity.



Step 10: Use Protective Footwear

1. Identify who needs to use protective footwear and select footwear that protects the feet from injury and infection.
2. Combine good self-care hygiene practices with protective footwear for feet with sensory loss.
3. Know who to contact and where to go for help for unusual foot shapes or special needs requiring custom footwear.