

Management practices, knowledge and disability of filarial lymphoedema patients in the Colombo District before and after the introduction of interventions recommended in the community home based care programme.

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This study conducted to describe the morbidity management practices, knowledge, disability and impact of filarial lymphoedema in patients in the Colombo district before and after the introduction of a limb-care regime based on the CHBC programme and to ascertain the efficacy of this limb-care regime. Comprise three components viz the pre- interventional study, implementation of interventions and the post- interventional study was carried out on lymphoedema patients attending two filariasis clinics in the Colombo district. interviewer administered questionnaire was administered to 413 patients to ascertain information regarding limb- care practices, acute ADL attacks, knowledge and disability/ impact. One-year limb-care regime based on the CHBC, had a beneficial effect on patients by reducing acute ADL attacks, converting the grades of lymphoedema to lower grades and reducing physical and psychosocial disability. Further follow up of these patients should be done to ascertain the sustainability of this limb-care regime on a longer term. The CHBC programme should be implemented on a formal basis in the Colombo district without delay. Furthermore, psychosocial consequences of lymphoedema should also be targeted.