

Prevention of disability in Buruli ulcer



World Health
Organization

Health education

Learn how to identify and treat the disease early.

Learn how to prevent disability.



Self-care training

Take care of wounds and skin

Clean, cover, protect.

Lubricate (with oil)
and massage.

Hold in a normal
or "anti-deformity"
position.

Maintain constant
light pressure.



Reduce swelling or oedema

Elevate the affected part.



Use an “anti-deformity” position.

Contract the muscles frequently.

Apply light non-restricting pressure.

Adapt exercises to be done in an elevated position.

Manage scars and adhesions



Lubricate, massage, stretch and move.

Be careful not to be too forceful or cause pain.

Maintain light pressure over the scar.

Use splints at night and during the day.

Improve mobility through “anti-deformity” positioning

Scar tissue contracts as it heals, so position the hand or foot to oppose the development of contractures.

Alternate the splints and position them as necessary to maintain full range of movement.

Teach affected people how to put on and remove splints.



Improve mobility through exercise and activity



Do exercises, participate in daily activities and games.

Avoid sitting in bed or in a chair for long periods with the shoulders, elbows, hips and knees bent.

Adapt daily activities to improve independence and participation



Make sure that canes, crutches, and walkers are correctly adjusted.

Make sure that clothing does not rub over newly healed skin.



Enlarge the handles on eating utensils and work tools.

Take special care with activities involving fire or heat.

Teach when and where to contact a health worker

Encourage awareness of rehabilitation options including:

- the correction of deformities,
- the provision of orthotic and prosthetic devices,
- educational opportunities,
- vocational training.



Encourage affected people and their families to ask questions and seek help if the condition worsens.



PREVENTION OF DISABILITY (POD) IN BURULI ULCER

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*Buruli ulcer disability is preventable:
go to hospital without delay!*

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