

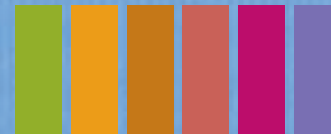
# LEARNER'S GUIDE



Training module on community  
home-based prevention of disability  
due to lymphatic filariasis



World Health Organization  
Geneva







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**Training module on community  
home-based prevention of disability  
due to lymphatic filariasis**



Programme to Eliminate Lymphatic Filariasis  
Control, Prevention and Eradication (CPE/CEE/FIL)  
World Health Organization, Geneva, March 2003

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Design: WHO/CDS/CME  
DTP: Helena Zanelli Creation

Further information can be obtained from the CDS Information Resource Centre  
WHO – 20, avenue Appia – 1211 Geneva 27, Switzerland  
Fax: (+41) 22 791 4285 – E-mail: [cdsdoc@who.int](mailto:cdsdoc@who.int)

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# Preface

The prevention of disability due to lymphatic filariasis (LF) is a component of the Global Programme to Eliminate Lymphatic Filariasis (GPELF), which has two major objectives: (a) to stop transmission of lymphatic filariasis; and (b) to prevent the suffering and disability of individuals already affected by the disease.

The aim of this module is to contribute to the prevention of suffering and disability due to LF by training health and non-health workers (e.g., social workers, teachers, religious leaders) at the district level, who in turn will train others how to teach the principles of home-based self-care to LF sufferers and their relatives in order to prevent the chronic consequences of the disease. It has been developed following extensive field-testing in Zanzibar, United Republic of Tanzania.

The module is in two parts: **Part 1, the LEARNER'S GUIDE**, outlines the main learning objectives and provides the basic information and practical exercises required; and **Part 2, the TUTOR'S GUIDE**, also outlines the main learning objectives and provides guidance on teaching methods and materials to be used. The module is to be used in conjunction with a flipchart providing key messages and illustrations on the management of lymphoedema, and a poster illustrating various measures that can be used in the home to manage lymphoedema is to be given to LF sufferers and their relatives. Thus, this module is part of a complete training package.

The teaching approach to be used during the training of trainers workshop is primarily interactive, that is to say, it encourages the active participation of the learners, which facilitates the learning process. The training workshop using this module should usually take three days to complete (see page 7).

This training module is part of a series of publications on the elimination of lymphatic filariasis produced by the World Health Organization to assist national programmes. Further details on these publications can be obtained from CDS Information Resource Centre, World Health Organization, CH-1211 Geneva 27, Switzerland (fax: (+41) 22 791 4285; e-mail: cdsdoc@who.int).

# Introduction

## **For whom is this training module intended?**

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This training module is intended for health and non-health care personnel (referred to as learners) from different ministries, such as ministry of health or ministry of education, involved in the Programme to Eliminate Lymphatic Filariasis (PELF). The objective of the training workshop is for the learners to become trainers themselves and in turn to teach the principles of prevention of disability due to lymphatic filariasis (LF) to informal carers. This large network of informal carers, chosen by the community and usually already involved in health or educational activities, will then go out into the community to spread health messages to LF sufferers and to their families, friends and neighbours. The ultimate purpose is to help LF sufferers regain confidence in their ability to participate in all aspects of community life.

## **Objectives of the LEARNER'S GUIDE**

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At the end of the workshop you should be able to:

- describe your role and tasks in the implementation of your national programme to eliminate LF and the importance of your role within the community;
- make home visits to LF sufferers;
- assess and manage acute attack;
- manage lymphoedema;

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