

# Factors associated with lymphoedema management success among podoconiosis patients in Wolaita Zone, Southern Ethiopia

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## 1. Background

In later clinical stages, podoconiosis manifests lymphoedema of the lower legs with mossy and nodular changes to the skin. Lymphoedema due to podoconiosis occurs because of changes in the lymphatics of the lower leg upon long term exposure to irritant soil micro-particles.

## 2. Aim of study

To assess factors associated with lymphoedema management success among podoconiosis patients, based on the patient's self-report.

## 3. Methods

- ❖ Community based cross-sectional study conducted among patients who received podoconiosis treatment at MFI.
- ❖ 845 study subjects were systematically sampled to collect data through questionnaire along with observation.

Key questions asked to measure success rate (Dreyer *et al.*, 2004)

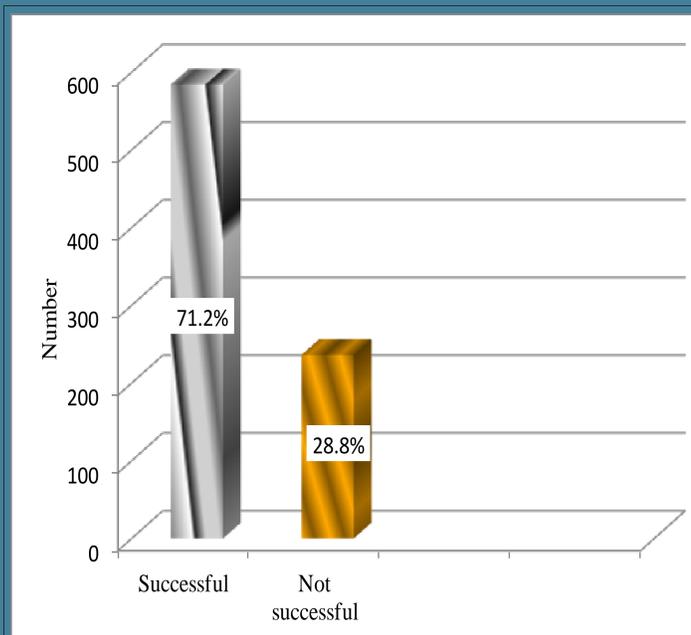
1. Foot swelling reduced
2. Bad odor disappeared
3. Pain subsided
4. Entry lesions disappeared
5. Acute attack reduced
6. Self-confidence gained
7. Future hope gained
8. Back to work/school

Successfully managed when all questions answered "Yes"

## 4. Results and Discussions

Variables	Response		AOR	95% CI	
	Yes	No		Lower	Upper
Age (>35 years)	384	148	4.02**	2.03	7.96
Educational status (Read and write)	368	72	2.64**	1.49	4.67
Adherence to stepwise treatment procedure (Yes)	496	112	3.03**	1.72	5.56
Attitude on podoconiosis management (Positive )	532	80	5.64**	3.18	10.0
Positive community perception (Yes)	564	176	3.29*	1.24	8.73
Duration of follow-up for treatment (> 6 months)	440	152	4.78**	1.95	11.7
Completed treatment regimen (Yes)	368	40	3.61**	1.76	7.42

**Table1:** Predictors of lymphoedema management success among podoconiosis patients.



**Figure 1:** Lymphoedema management success rate

❖ Though achieving success in lymphoedema management is largely dependent on the stage of podoconiosis, patients who had positive responses to the predictor variables showed success in managing their lymphoedema.

❖ Some patients failed to take every-day care for their disease and couldn't manage their lymphoedema. Patients' expectation to see immediate cure after treatment is one reason for discontinuation of lymphoedema management.

❖ Lymphoedema management takes long period, because the condition requires uninterrupted treatment follow-up and life-long care.

❖ The longer treatment regimen required for achieving successful management for lymphoedema has economic implications. It was reported by many patients in the present study area that they lived at a low socio-economic level, and they were therefore unable to afford for the cost of uninterrupted care and treatment.

❖ Providing health education and awareness to the patients in particular and the community in general would reduce the failure of lymphoedema management among people living with podoconiosis.

❖ Organizations working on prevention and control of podoconiosis should focus on follow-up of patients to reinforce the home-based lymphoedema care.

## 5. Acknowledgments

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