17. Training package for a family member of a person who has no feeling in the hands or feet

Information about the disability and what you can do about it

- A person who cannot feel pain in the hands or feet can easily injure their hands and feet. So they must protect them from pressure, rough or sharp objects, or heat.

- The person may have lost feeling in the hands and feet because of one of the following reasons:

  The person has a disease which causes him or her to lose feeling in the hands and feet. The loss of feeling causes the disability. The disease can be treated with medicine. If the person gets treatment, the disease can be cured and the person will not lose any more feeling. This means that the disability will not get worse. However, if the person has had the disease for a long time, the medicine cannot make the lost feeling in the hands or feet come back.

  The person had an injury which caused difficulty with feeling and moving in the hands or feet. The difficulty will not get worse if there are no more injuries.

How feeling helps us

- We are able to feel many things with our hands and feet. We can feel pressure on our skin. We can feel if an object is rough, sharp, or smooth. We can feel heat and cold. We can also feel pain.

- We know if we have injured our hands and feet because we feel pain. If we have an injury we protect the injured part because we can still feel pain. In this way pain helps us to protect our hands and feet.

- We feel pain in our hands if we hold something that is hard or if we lift something that is too heavy. The pain tells us that our hands can be injured by pressure.
We feel pain in our hands if they get scratched or cut when we work with rough wood, rope, or cane. The pain tells us that our hands can be injured by rough or sharp objects.

We feel pain in our hands when we touch something that is too hot. The pain tells us that our hands can be injured by heat. We quickly take our hands away from a hot object so that they will not get burned.

We feel pain in our feet if we walk for a long distance. The pain tells us to stop walking and rest our feet for a while because otherwise we may injure our tired feet. In the same way we feel pain when we walk on feet that are injured. The pain tells us that we should not walk on injured feet because then they will get worse.

We feel pain in our feet if we walk on rough ground or if we step on a nail or a thorn. The pain tells us that our feet can be injured by rough or sharp objects.

We feel pain in our feet if we walk on hot sand or hot stones. The pain tells us that our feet can be injured by heat. We quickly move away from the heat so that our feet will not get burned.
When we feel pain in our hands or feet, we stop doing the activity which could injure them. In this way we protect our hands and feet from injury.

How the hands or feet become injured

- A person who has no feeling in the hands or feet can injure them very easily. Sweat and oil on our skin protects it and keeps it strong. The skin of hands and feet with no feeling does not produce sweat and oil. So this skin becomes dry and is injured more easily.

- The injuries to the hands or feet may be blisters, burns, scratches, or cuts. Injuries can also happen from thorns or splinters getting into the skin.

- A person who has no feeling in the hands or feet can injure them and not know that they are injured.

- If the person does not see the injury and take care of it, this injury can become deep and serious.

- The injury becomes a wound which can heal. But even if it has healed the person can get another wound in the same place. This happens because the hard, dry skin from an old wound can crack and cause a new wound.

- A person with no feeling in the hands can get burns on the hands. Skin that has no feeling burns more easily than skin that can feel. So heat that does not burn a hand which has feeling may burn a hand with no feeling.

- The person with no feeling in the hands can also cut or scratch the hands when he or she handles something that is rough.

- A person with no feeling in the feet can injure the feet if he or she walks or stands for a long time.

Or the person may step on a sharp object and get a cut on the feet.
A person who has no feeling in the hands or feet

- The person must protect any injury on the hands and feet so that it can heal.

- If the person does not know about an injury, he or she will continue to use the hand or foot. Then the injury will not heal. It will get worse.

If the person uses an injured hand, the pressure of objects against the wound will make the wound larger and deeper.

If the person walks on an injured foot, the pressure of the floor or ground will make the wound larger and deeper.
Difficulty with the eyes

- People who have no feeling in the hands or feet may also have difficulty with the eyes.

- The person may have no feeling in the eyes. Then the person does not feel when dust, sand, or a small object gets in the eyes. And so he or she does not blink the eyes.

The person’s eyes become dry. The eyes may also become red. Then the person may injure the eyes easily.

- If the eyes are injured they may become wet and more red.

If the eyes are injured often, the person may have difficulty seeing.

- One or both of the person’s eyelids may be weak. If so, the eye does not close completely.

This can also make the eyes dry and red.

How the person can take care of the eyes

- To prevent dry red eyes, the person should blink the eyes as often as possible.

When there is dust or sand in the wind, the person should blink many times and close the eyes as tightly as possible. This will protect the eyes.
The person's eyes must be kept clean at all times.

It is most important to keep flies away from the eyes.

The person's eyes should not be touched with the hands. If the eyes feel red or dry, the person should try to close the eyes. He or she can pull the skin beside the eye towards the ear. This will help to close the eye.

The person's eyes should be protected to keep out dust, sand, or small objects. Tell the person to wear a hat or use glasses to protect the eyes.

To protect the person's eyes from dust at night, the person can sleep with the head covered.

Or the person can use a clean wet cloth to put over the eyes. Another clean dry cloth can tie the wet cloth to the eyes.
Medicine for the person

- The person who has no feeling in the hands or feet may need to be treated with medicine. Medicines will help to cure a disease that is often the cause of lost feeling. Make sure the person you train sees the health worker or the local doctor to find out if he or she needs medicine.

- If the person has to take medicine make sure that the person knows how to take this medicine. The medicine should be taken at the correct times and for the correct number of months or years.

- Make sure the person continues taking the medicine until the health worker or doctor says to stop.

- Before the medicine is finished, get more from the health worker or doctor. In this way, you can make sure that the person is never without medicine.

- If the person’s condition changes, tell the health worker about it. For example, tell the health worker if the person loses more feeling in the feet or hands, gets a new wound, or has a skin rash.

Activities that the person needs to be able to do

- A person who has no feeling in the hands or feet may have difficulty moving the hands and feet. However, the person still needs to be able to do some daily activities.

- The person may not have had schooling as a child. He or she may not do household activities, do a job or join in family and community activities.

- If the person needs to do these activities, speak to your Local Supervisor about it. Your Local Supervisor will give you the Training Package that you can use to help the person to do them.

- The person needs to learn how to take care of the hands and feet because they have no feeling.
Taking care of hands and feet with no feeling

- A person who has lost feeling in the hands or feet needs to take special care of them. The person needs to be able to do the following activities:

  Protect the hands from injuries.

  Protect the feet from injuries.

  Look carefully at the hands and feet several times every day to see if there is any injury.

  Clean, soak, oil, and exercise the hands and feet every day.

  Take care of wounds and rest an injured hand or foot until the wound has healed.

  Use the hands and feet.

- Your Local Supervisor will give you another Training Package which tells you how to do all these activities.

Results

After you have read this package, check your understanding by answering the following questions:

- What causes difficulty with feeling in the hands and feet?

- How does feeling help people?

- When do people feel pain in the hands or feet?

- How does a person with no feeling in the hands and feet injure them?

- What should a person with an injury do about it?

- What should a person who has red and dry eyes do to take care of the eyes?

- How does the person know if he or she should take medicine?

- What should a person with no feeling in the hands and feet do to take care of the hands and feet?

Now check back in the package to see if your answers are correct. If any answer is wrong, read the package again. Then answer the question again and check your answer. If you have any trouble doing this, you can discuss it with your Local Supervisor.
18. Training package for a family member of a person who has no feeling in the hands or feet

How to prevent injuries and deformities of the hands and feet

- A person who has no feeling in the hands or feet may injure the hands and feet because he or she does not feel pain. Such a person may have difficulty moving the hands or feet. The person's hands or feet may also be deformed or stiff. The person should do special activities every day to protect the hands and feet from injuries and deformities.

- You should teach the person to do the following activities:
  
  Protect the hands from injuries.
  
  Protect the feet from injuries.
  
  Look carefully at the hands and feet several times every day to see if there is any injury.
  
  Clean, soak, oil, and exercise the hands and feet every day.
  
  Take care of wounds and rest an injured hand or foot until the wound has healed.
  
  Use the hands and feet.

Protecting the hands

- The person who has no feeling in the hands needs to use them for doing his or her daily activities. The person uses the hands for household activities such as cooking and cleaning the home. Or the person uses the hands for doing a job such as growing fruits and vegetables, looking after animals, or making handicrafts.
The person who has no feeling in the hands can do most activities. But he or she must protect the hands when doing activities.

To protect the hands, teach the person to look at the hands when using them and think about what he or she is doing. Looking at and thinking about the hands when using them helps the person to know what the hands cannot feel.

For example, when the person sees a pot on the fire, he or she knows that it is hot. The person then remembers to hold the pot with gloves or a thick cloth so that it does not burn the hands.

When the person is handling wood, he or she knows that the wood is hard and sees that it is rough. The person then remembers to wear gloves when handling the wood because it can injure the hands.

Teach the person who has no feeling in the hands to take extra care to protect the hands from redness, blisters, burns, bruises, scratches, and cuts. Teach the person also to take extra care to avoid things that can prick and stick in the skin, such as splinters or thorns.
How to protect the hands from burns

- Teach the person to protect the hands when he or she drinks something hot.

Teach the person to do this in any of the following ways:

- Put a hot glass inside a cup holder woven from grass or cane, or a wooden holder.

Hold a hot glass or cup with some cloth.

- Teach the person to protect the hands when he or she is cooking.

Teach the person to do this in the following ways:

- Use gloves or thick cotton or wool cloth when handling hot objects such as pots, kettles, pans, and metal spoons.

Use the gloves or cloth also when handling pots from which steam is rising.

You can make gloves for the person to use from several layers of cloth. Test the layers to see if they are thick enough to protect the hands from hot objects.

The layers of cloth should be wide enough for the hand to spread and grasp an object. The cloth should be long enough to fold over the hand and cover the wrist.

Sew the ends of the cloth together.
Fold the cloth over. Leave one end a little longer than the other. This makes it easier to put the gloves on.

Sew the sides of the glove together.

- Use spoons made of wood. Make the handles of the spoons smooth so they do not scratch the hands.

If metal spoons are used, the person should wear gloves when holding them.

- Use pots and kettles that have covered handles.

Cover the handles of pots and kettles with wood or bamboo. Perhaps the person can get pots and kettles with covered handles in a shop.

- Use a wooden stick to move hot objects, such as a pot, the lid of a pot, or a piece of firewood.

- Use tongs to lift small hot objects, such as coal or firewood. Make tongs from wood or bamboo.
How to protect the hands from scratches and cuts

- Teach the person to protect the hands when working with rough objects or tools.

Teach the person to do this in any of the following ways:

- Use gloves.

Make the gloves from thick layers of cloth. Then sew a piece of leather or strong cloth on the palm side for more protection.

Wear gloves when working with objects such as rocks, wood, or rope.

Wear gloves when working in the field or the garden.

- Pad handles of tools so they are not rough and are easier to hold. Put a piece of soft rubber around the handle. Then wrap cloth around it to hold the rubber on the handle.
**How to protect the hands from blisters**

- Pressure causes blisters. To prevent blisters the person must protect the hands when he or she does activities that put pressure on the hands.

Teach the person to do this in any of the following ways:

- When the person does work such as digging, ploughing, hammering, or chopping, he or she must hold the tool very firmly. To prevent pressure on the hands which can cause redness and blisters, pad the handles of tools with cloth or rubber.

Teach the person to stop working from time to time to look at the hands. If they are red, the person should rest for a while. If there is a blister on the hands, the person should stop working.

- When the person carries a heavy object, there is pressure on the hands. Whenever possible teach the person to carry heavy objects on the head.

If the person must carry or move a heavy object with the hands, the person should wear gloves or put padding on the object.
Protecting the feet

- The person who has no feeling in the feet will use them for standing and walking every day. Teach the person to think about the feet when standing and walking and take extra care to protect them.

Wear shoes or sandals

- Wear shoes or sandals when sitting, standing, or walking.

Ask the health worker if there is a shoemaker who makes special shoes for people who have no feeling in the feet. If so, go to this shoemaker to get shoes or sandals for the person.

- If there is not a shoemaker who makes special shoes, you may find shoes or sandals in a shop.

- The person may be able to make his or her own sandals. Or you may be able to make sandals for the person.

If not, ask a shoemaker to make shoes or sandals for the person. The shoes or sandals should have the following:

A thick, soft inner sole under the person's feet. The shoe in this picture has a soft sole inside.

A strong, hard sole on the bottom.

The correct size so that the shoes or sandals do not rub or press the skin of the feet.

- Sandals can be made in the following way:

Use a pair of rubber slippers. Take off the straps of the slippers. Fill the holes that the straps leave with soft rubber. Then stones will not get into the holes and press on the skin of the feet.
Make straps for the front and the back of the sole of the slippers. The strap at the back will go around the back of the person’s foot and close in front.

The front and back straps should have buckles. Then the straps can be fitted so they do not rub the skin of the feet.

Put a hard sole under the sole of the slippers. The hard sole can be made from tyre rubber. The straps should be glued to the sandals between the soft sole and the hard sole.

**Look after the feet when walking, standing, and sitting**

- The person should only walk for short distances. If the person must walk for a long distance, he or she must stop from time to time to rest the feet. Teach the person to look at the feet when stopping for a rest to make sure that there are no blisters or wounds.

- The person should walk not too fast and not too slowly.

Teach the person to be careful when walking on rough ground. He or she should look out for and avoid stones or plants which may injure the feet.
Teach the person to avoid standing or walking on hot stones or hot sand without shoes or sandals.

The person should not stand for a long time, but sit down from time to time to rest.

Teach the person to think about the feet when sitting. Shoes will give some protection to the feet when the person sits on the floor or the ground.

Teach the person to sit in a way that will not press on the sides of the feet or ankles.

The person can sit on the ground, a log, or a chair and put the feet flat on the ground.
Looking carefully at the hands and feet every day

- Every day the person should look carefully at the skin on the hands and feet. The person should sit where there is good light to see any marks on the skin.

Teach the person to look for redness, blisters, burns, bruises, scratches, and cuts. The person should look for small areas of hard skin that may need to be rubbed off. These areas may be near cracks in the skin or near old wounds. The person should also look for anything in the skin, such as a thorn, a splinter, or a piece of metal or stone.

- The parts of the palms of the hands that are often injured are shown in this picture. Special care should be taken of these parts in looking for redness, blisters, burns, bruises, scratches, cuts, or anything in the skin.

- The parts of the palms of the hands that are often dry and cracked are shown in this picture. These are the parts the person should look at for cracks or breaks in the skin.

The person should also touch these parts of the hand to feel for areas of skin that are hot. If the skin feels hot or warm, there could be an injury under the skin.

If the person has no feeling in the hands, he or she should use the forearm of one hand to feel for hot areas on the other hand. If the person does not have feeling in the forearm, you should feel for hot areas on the person's hands.

Teach the person to treat a hot area as an injury. He or she should protect the hand with special care and use it as little as possible.
The parts of the soles of the feet that are often injured are shown in this picture. These are the parts the person should look at carefully just as he or she looked at the hand.

The parts of the soles of the feet that are often dry and cracked are shown in this picture. These are the parts the person should look at for cracks or breaks in the skin.

The person should also feel these parts of the feet and also the top of the feet just as he or she felt the hands. If there is a hot area, the person should treat it as an injured area. The person should protect the foot and walk as little as possible.

If the person cannot see the soles of his or her feet, you should look carefully at the person's feet. Look for redness, blisters, burns, bruises, scratches, cuts, or anything in the skin.

Also feel the person's feet for hot or warm areas.
Cleaning, soaking, oiling, and exercising the hands and feet every day

- The skin on hands and feet with no feeling becomes dry and breaks open easily. This skin needs special care every day.

If there are no open cracks or wounds, teach the person to take special care of the skin in the following way:

- First soak the hands and feet in water for 5 minutes.

The person can do this when bathing or washing clothes.

- After soaking the hands or feet, rub off any hard skin. Do this with a piece of rough cloth or a stone.

- Then massage each hand and foot with oil for 5 minutes. Use coconut oil, peanut oil, or any cooking oil, or Vaseline.

- Exercise the fingers while massaging the hands with oil or Vaseline.

Exercise the fingers by resting one hand on the legs and using the other hand to gently push the fingers straight.

If the fingers are stiff, gently straighten each finger and the thumb as much as possible.
Exercise the fingers in the following way:

Use one hand to hold the fingers of the other hand in a bent position.

Then straighten the ends of the fingers.

Straighten and bend the fingers 10 times.

Then repeat the exercise with the other hand.

Exercise the toes while massaging the feet with oil or Vaseline.

Gently rub the oil or Vaseline over and under the feet and toes.

Massage each toe and between the toes with oil.

Gently straighten each toe while doing the massage.
Taking care of injuries

How to clean and cover a wound

■ The person may sometimes find a wound on a hand or foot even though he or she has been very careful.

■ Help the person to find out how the hand or foot became injured. If the person knows the cause of the injury, help him or her to prevent further injuries that could be caused in the same way.

■ If the person takes care of the injury immediately, the wound will not get worse. For this reason, teach the person to do the following:

Stop oiling and massaging the hand or foot until the wound is healed.

Gently wash the injured area with soapy or salty water.

Gently dry the area without rubbing the wound.

Cover the wound with a clean cloth. Keep the cloth in place with another piece of clean cloth.

■ Use the injured hand or foot as little as possible for two or three days. Try to think that the injury is painful. This may help to protect the hand or foot.
Preventing injuries and deformities

■ Look at the injury daily. If there is no redness, swelling or pus around the wound, keep a clean cloth over it until it heals.

■ If there is redness, swelling, or pus around the wound, go to the health worker for advice about it.

After the wound is healed, the hand or foot can be soaked, oiled, and massaged as before the injury.

How to rest an injured hand or foot

■ If only one finger is injured, teach the person to use a finger splint to rest it.

■ Make a finger splint from cane, bamboo, a piece of thin wood, thick rubber, or cardboard.

Make the splint a little shorter than the length of the finger to be splinted.

Cover the finger with a thick layer of clean cloth so the edges of the splint do not scratch the skin. Put the splint on the finger.

Fix the splint on to the finger with another strip of clean cloth. Wrap the cloth so it is not too tight.

The splint will prevent the person from bending and moving the finger, and this will allow the injury to heal.

■ Each day take the splint off and look at the wound.

If the wound is healing, clean the wound, cover it, and continue to use the splint until the wound is completely healed.

If the wound is red or swollen, or has pus, the person should go to the health worker for advice.
A person who has no feeling in the hands or feet

- If the hand is injured, wrap it in a clean cloth. Use the hand as little as possible. The person can try to think that the hand is very painful. This will help him or her to rest the hand.

- To rest an injured foot, teach the person to avoid standing and walking as much as possible.

If the person must walk, he or she should try to protect the foot.

The person can try to walk without stepping on the injured part of the foot. The person can try to think that the foot is very painful.

Or the person can use a stick or crutches. Your Local Supervisor has a Training Package that tells you how to make and use a stick or crutches. Ask your Local Supervisor for this package if you need it.

- Look at the wound every day. If the wound is not healing, it needs more rest.

- Every day check the wound on the foot. If it is healing, the person should clean it and cover it, until it is completely healed. If it is red or swollen, or has pus, the person should go to the health worker.
How to take care of a swollen hand or foot

- An injured hand or foot may become swollen.

A swollen hand or foot becomes stiff. The skin may become tight and break open easily.

- A swollen hand or foot should be held up as much as possible. It should not hang down. Rest the hand in a sling.

- The person should rest a swollen foot on a chair or a box when sitting. When the person lies down, he or she can put the foot up on a cushion. If the person has to walk, he or she should use sticks to walk with. The person should walk as though the foot is painful.

The person should keep the hand or foot up as much as possible until the swelling goes away completely.

After the swelling goes away and the wound is healed, soak, oil, and massage the hand or foot every day. The person should also do gentle exercises with the hand or foot.
Using the hands and feet

- Hands or feet with no feeling may be difficult to move. They may also be deformed.

The person may have difficulty moving and using hands that are deformed. The person may have difficulty walking with feet that are deformed or are difficult to move.

The hands

- A person with no feeling in the hands may have lost part of the fingers or may have stiff fingers. The person may have difficulty using the hands to hold a spoon, a comb, or a brush.

Straps will make it easier for the person to do activities.

How to make a leather strap

- Ask a shoemaker to make a leather strap for the person's hand that will help him or her to hold objects.

Use a leather strap which fits around the person's hand. Sew two loops close to the centre of the strap.

These loops will hold the handle of a spoon, comb, or brush.

Sew the strap together so that it fits around the person's hand.

If you cannot get a leather strap for the person, make a cloth strap for the hand.
How to make a cloth strap

■ Tie a strip of heavy cloth around the hand.

In the cloth make a pocket to hold the handle of a spoon or comb.

What you need to make the strap

■ You need a piece of heavy cloth as wide as half the length of your fingers.

It should be long enough to wrap around the person's hand and tie on the back of the hand.

■ You need a piece of cloth for the pocket. This piece should fit the width of the palm of the person's hand.

■ You need a sewing needle and thread.

How to make the strap

■ Cut the ends of the cloth to make them less wide than the middle of the cloth.

This will make it easier to tie the cloth around the hand.

■ Sew the small piece of cloth on to the middle of the longer cloth to make the pocket.

Leave one side open so the handle of a spoon or comb will go into the pocket.

■ Then tie the strap to the person's hand.
A person who has no feeling in the hands or feet

**The feet**

- A person who is not able to lift the front part of the foot up off the ground has a drop foot.

  ![Figure 1](image1.png)  ![Figure 2](image2.png)

This picture shows a person who can lift the foot. This picture shows a person who cannot lift the foot. This is a drop foot.

A person may have a drop foot on one leg or on both legs.

- A drop foot needs exercise. The foot may also need a splint.

**How to exercise a drop foot**

- Teach the person to do these exercises once each day.
- Move the foot up.

  Hold the middle of the foot on the side of the small toe. Then lift the foot up and turn it toward the side of the small toe. The exercise should be done 10 times.
Preventing injuries and deformities

Stand near a wall or a tree. Keep the arms straight. Keep the feet flat on the ground.

Then lean forward, bending the elbows, keeping the knees straight, and keeping the feet flat on the ground.

The exercise should be done 10 times.

Using a splint for a drop foot

The person with a drop foot may drag the foot while walking. If the person has difficulty walking with a drop foot, teach him or her to use a splint for the foot.

How to wear the splint

Two wide straps are buckled firmly on the leg. One should be put above the knee and the other below. A narrow strap is fixed to the two wide ones.

Elastic or inner tube rubber is fixed at the upper end to the middle of the narrow strap. It is fixed at the lower end to the sandal or shoe. The elastic or rubber holds the foot up when the person walks.
What you need to make a splint

- You need two straps of leather, canvas, or thick cloth as wide as three fingers and long enough to buckle around the leg above the knee and below the knee.

- You need a strap of leather, canvas, or thick cloth as wide as one finger. It should be four times the length of your hand.

- You need a piece of elastic or inner tube rubber as wide as one finger and long enough to stretch from the narrow strap to the sandal or shoe.

- You need buckles for the straps above and below the knee.

- You need sewing needle and thread.

How to make the splint

- A splint for the right leg is shown in the picture.

- Lay the two wide straps flat on the ground or table. The distance between them should be the length of your hand.

- Fold the narrow strap in two. Fix the two ends of this strap to the others as shown so that it will lie on either side of the knee.

- Sew buckles to the short side of the two straps as shown. The buckles should be on the outside of the person's leg.

- Fix the elastic or inner tube rubber to the middle of the narrow strap. First fix it by pinning it in place because you may need to change it later.
If the person wears sandals, sew the elastic or tube rubber to the front strap of the sandal. Sew it to the sandal at the middle of the foot, near the third toe.

If the person wears shoes, sew the elastic or tube rubber to the shoe. Sew it to the shoe so that it is on the middle of the foot, near the third toe.

If you cannot sew the elastic or tube rubber to the shoe, make a strap to fit around the person's shoe. The strap can be made from canvas or a thin piece of leather. Sew the elastic or tube rubber to the strap.

The person puts the strap around the shoe with the elastic or tube rubber at the middle of the foot, near the third toe.

Help the person to put on the splint. Remove the pin. Find out how long the elastic or tube rubber should be to prevent the person's foot from dropping when he or she walks. When you have found out the correct length, sew the elastic or tube rubber to the strap.

Teach the person how to put the splint on without help.

First the person puts on the sandal or shoe. Then he or she puts the straps of the splint around the knee and buckles the straps.

Teach the person also to take off the splint without help.
A person who has no feeling in the hands or feet

- Make splints for both feet if necessary.

Results

1. If the person has difficulty feeling, have you trained the person to take care of the hands and feet?

2. If you have trained the person, what is the person doing to take care of the hands?

   - Is the person protecting the hands from injuries?
   - Is the person protecting the feet from injuries?
   - Is the person looking at the hands and feet every day to see if there are any injuries?
   - Is the person cleaning, soaking, oiling and exercising the hands and feet every day?
   - Does the person protect and rest his or her hand or foot if there is an injury?
   - If the person needs a hand strap or a foot splint, does the person have it?

If your answer to Question 1 is "Yes", but some or all of your answers to Question 2 are "No", read the package again. Then train the person to do all of the activities to take care of the hands and feet.

If all your answers to Questions 1 and 2 are "Yes", you and the person have done well. Continue to do the activities you are doing.