



CHEPs

CENTRES for
HEALTH &
EDUCATION
PROGRAMMES

Empowering | Promoting Health, Education and Development | Improving lifestyles

2nd CHEPs JAIPUR FOOT PROJECT

10th – 14th MARCH 2014

Nairobi, Kenya

Background

The Centres for Health and Education Programmes (CHEPs) is a registered Non-Governmental Organisation (NGO) in Kenya. Its goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

CHEPs organises health/eye care screening and treatment camps, provides assistance for emergency medical and surgical care, sponsorship and career mentorship to deserving students, emergency relief and rehabilitation efforts in drought/famine disaster affected areas of Kenya, undertakes development and humanitarian projects in underprivileged areas of Kenya.

As part of its health programmes it supports disabled including the visually and hearing impaired as well as provide access to prosthetic limbs to amputees living in remote areas of Kenya..

There are many amputees in remote areas of Kenya who have no access nor do they know that facilities are available to provide them prosthetic limbs. CHEPs undertook the Jaipur Foot project in 2013 by linking with the Rotary Jaipur Foot workshop in Nairobi. In Dec 2013 the first group of 9 amputees were brought from Wajir and fitted with prosthetic limbs and Jaipur Foot. Follow up of several of them in their villages showed that this had very good results on improving their lifestyle. The second group of 8 men and one lady were brought from Wajir County to Nairobi on 9th March 2014 accompanied by 2 CHEPs volunteer and father of a 5year old boy. 8 were fitted with prosthetic limbs and trained on walking with these new legs and 1 whose nature of disarticulation was different was provided with surgical boot . They returned to their villages after a 3 day stay in Nairobi and are doing well, happy with their ability to walk independently without any crutches. Below is the profile of each of the beneficiaries.

BENEFICIARIES BACKGROUNDS

1. Farah Barrow

A 46 years old male, resident of Eldas village, situated 125km from Wajir and 812km from Nairobi traveling through very harsh road conditions. He is a husband, a father of 7 children, and the sole provider of his family. He was amputated 42 years ago (1972), aged 4 years old then, following an attack by a crocodile that left him severely injured. He underwent above knee amputation of his right lower limb that was carried out at Kenyatta National hospital and has all his life lived with one lower limb.

Up to recently, when his manually propelled sewing machine broke down, he has been working as a tailor, an occupation he chose due to his limited mobility. This earns him on average KShs 800 per month, an amount that could fall to zero during famine and other difficult times. He looked forward to regaining his mobility with prosthetic limbs, which he anticipated would enable him to seek better paying occupations so as to fend for his family. He initially had an old wooden prosthetic limb that is falling apart.

Three days after his initial visit to Jaipur foot project, Farah received a new custom made prosthetic limb. He was overjoyed by the new limb, which he indicated was more comfortable than his old damaged one. He however observed that the straps provided were made of weak material that would easily break. He vowed to reinforce the straps with camel leather when he returned home to ensure that the limb lasts him a long time. He looked forward to resuming his tailoring job at higher capacity, thereby earning a better living, as soon as he is able to replace his spoilt sewing machine.



Figure 1: Farah before prosthetic limb fitting

2. Bishar Burale

A 39 year old male resident of Wajir, Bishar is a husband and father of 4 children. He is also the sole provider of his family. He underwent below knee amputation of his left lower limb in the year 1989, at the age of 15 years, following a road accident that severely injured his limb. He was at that time a standard 7 pupil and was forced to take some time away from school for treatment and recovery. He returned to school after some months, completed primary school but later dropped out of school at form 1 due to inability to pay school fees.

He later trained and practiced tailoring due to his limited mobility, an occupation that earns him very little funds on a good month, and nothing at all on a bad month. He previously had a prosthetic limb that was falling apart, hence providing limited function. With his newly fit Jaipur limb that took 3 days to custom make, he felt reenergized, and ready to earn a better living. He was grateful to CHEPs for the noble initiative.



Figure 2: Bishar with previous limb



Figure 3: Bishar with new limb

3. Barre Adan Abdi

A 63 year old male resident of Wajir, Barre is a husband and father of 5 children, all of whom are dependant on him. He underwent a below limb amputation of his left lower limb in the year 1997 following a chronic illness whose nature is unknown. He was initially a stable pastoralists but following his amputation has lost all his animals reducing him to destitute. He has been surviving on hand-outs from well wishers and unable to educate his children apart from the youngest who is currently in standard 6 under the free primary education program.

Three days after the initial visit, Barre was provided a new custom made prosthetic limb. He appeared joyful as he struggled to walk for the first time in 17 years. He expressed gratitude to CHEPs for having brought his dreams to reality and forward to re-establishing his pastoralist occupation, and conducting related business at the market. He anticipates a daily income of 200-300 KShs.



Figure 4: Barre before prosthetic limb



Figure 5: Barre with new limb

4. Yakub Adullahi.

Yakub is a 5 year old boy, who lives with his family in Wajir town. He underwent above knee amputation of his left lower limb in the year 2010, at the tender age of 9 months following a snake bite. He currently attends religious classes, but is unable to play with his peers.

On arrival in Nairobi for his first time, Yakub appeared low in spirit, not aware of the purpose of the visit. Yakub could not hide his joy when a custom made prosthetic limb was fit onto his amputated limb. He had never walked in his life as the amputation took place before he was able to do so. He took his first ever few steps, following encouragement from everyone who was present including total strangers. He felt happy that he was now a “normal boy”, and looked forward to playing with his peers back at home. His father expressed his heartfelt gratitude to CHEPs for taking the initiative to assist his young son. He will however require another limb one year later when he will have outgrown the current one.



Figure 6: Little Yakub before prosthetic limb



Figure 7: Little Yakub's first ever steps



Figure 8: Little Yakub Learning to walk lesson from Dr. Muhsin Sheriff, CHEPs CEO



Figure 7: Little Yakub receives his first driving lesson

5. Feisal Abdi

Feisal is a 15-year-old boy who suffered a fracture of his right shin bone (tibia) while playing football early 2012. He was taken to Wajir district hospital where a Plaster of Paris cast was applied to support the fractured bone and allow it to heal. Back in the village, traditional treatment was used to “supplement” the medical treatment, which caused severe tissue damage of his leg. On return to the hospital, he was referred to Kijabe Hospital where tissue microscopy of the wounds showed cancer transformation. Below knee amputation of the cancerous limb was therefore performed.

He is currently in standard 5 at ICF primary school, the leading primary school in the country. He is however unable to engage in physical activity and misses playing football. He aspires to become a medical doctor in future.

Following the fitting of his prosthetic limb, Feisal expressed happiness, indicating that he felt as though he had regained his natural limb. He anticipated that he would now manage to attend his classes with ease, interact with his age mates, and even engage in physical activity, hoping to play football again in future. His dream of becoming a doctor had just been restored.



Figure 8: Feisal before receiving prosthetic limb



Figure 9: Feisal attempts to walk with new limb

6. **Khamis Osman**

Khamis is a 40-year-old resident of Makaror village, Wajir county. He has 2 wives, 7 children, and is housing an orphan all of whom are dependant on him. He underwent below knee amputation of the left lower limb in 2011 following severe tropical ulcer that had lasted 22 years. During his teenage, he was an athlete who used to run interschool marathon competitions. During one of his races, while running barefoot, a thorn pricked his foot, progressively leading to a wound. The wound was repeatedly treated traditionally using direct fire, red hot galvanized metal and burning camel oil over years but the sessions bore only temporary relief lasting a few months. His foot was progressively distorted following periodic recurrence and the distractive traditional treatment methods.

Ultimately Khamis presented to Wajir district hospital, where he was attended to by visiting flying doctors. A biopsy revealed tropical ulcer, and due to the severity and distortion of his foot, amputation was undertaken.

Despite his ailment, he has worked as a community health worker for many years and is currently pursuing a course in community development at Frontier institute of professional and management studies, a local college in Wajir. He is however faced with difficulty raising his tuition fees and has since last year been unable to sit examinations and therefore progress in his course.

Khamis was fit with prosthetic limbs for his first time. He found it comfortable, and was able to walk with it. He congratulated CHEPs for the great work, and wished the organization all the best. He looked forward to adapting to his new limb so that he could climb staircases with ease, given that his college is on the second floor of a building that has no elevator.



Figure 10: Khamis before receiving prosthetic limb



Figure 11: Khamis attempts to walk

7. Kullai Di'ir

Kullai is a 60-year-old mother of 2 children living in Wajir town. She underwent below knee amputation of her right lower limb in the year 1963, following a bullet wound that she sustained during a military attack in her village that saw the demise of the rest of her family (then aged 20 years old). Due to her disability, she has over the years depended on well wishers and relatives for her family's sustenance, and occasionally attempts small businesses including selling of food, charcoal and poultry farming.

Following the fitting of her prosthetic limb, she was very excited, and grateful. She looked forward to returning home to engage in productive businesses, in which she felt confident to excel given her restored mobility. She believed that she could now earn 3000-5000 KShs per month.



Figure 12: Kullai before prosthetic limb



Figure 13: Kullai after receiving prosthetic limb with Abdinasir and Hamza

8. Warsame Hassan

Warsame is a 33 year old father of 2 children living in Wajir town. He underwent below knee amputation of his right lower limb in June 2013 following a severe bullet injury he sustained when he was attacked by bandits while driving to Garissa. He was working as a driver for a private company before the incident, and has since lost his job and become dependant on his family.

Warsame was fit with his first prosthetic limbs at Jaipur foot project. He complained of discomfort and the limb was repeatedly returned to the workshop. After several attempts to make adjustments, the orthopaedic technologist advised him to practice using the limb for a month to give himself a chance to adapt. Should he fail to adapt after a month, he was advised to return for a special double socket prosthetic limb. CHEPs encouraged him to heed the advice and promised to facilitate his return should the need arise. He was

otherwise very grateful to CHEPs for taking such an initiative to transform lives. With the prosthetic limb he would no longer be dependent for basic needs such as visiting the washroom, and taking showers. He vowed to resume his driving occupation as soon as would be possible, and cease being dependent on family for sustenance.



Figure 14: Warsame before prosthetic limb



Figure 15: Warsame attempts to walk with new limb

9. Jele Osman

A 45 year old male who had his right ankle disarticulated due to a chronic wound, whose nature is unknown, at a private hospital in Wajir 6 years ago. He is a husband, a father of 6 children and the sole provider of his family. He was a pastoralist but following his amputation was no longer able to look after his animals. He has since been forced to sell his animals one after the other for survival, and is currently left with none, leaving him with no source of income.

Due to the nature of his disarticulation, prosthetic limbs could not be made, and surgical boots were recommended instead, which Jaipur were unable to provide. The Association for the Physically Disabled of Kenya (APDK) was therefore contacted to supply the boots at a cost taken up by CHEPs.

Four days after his initial visit to APDK, his surgical boot, and a matching ordinary boot for the normal limb were ready. Jele was seen to be very happy in response to the new boots. He looked forward to returning home to his eagerly waiting family to share the new experience. He however complained that the boots were slipping off, and was advised to tighten the laces by the technician.

He agreed to practice wearing them for a month, and if the complain persists, CHEPs pledged to return him to Nairobi for adjustments.



Figure 16: Jele before surgical boot



Figure 17: Jele with new surgical boots



Figure 18: Dr. Sheriff (second from right) sharing a moment with beneficiaries. All smiles! Eager to get their new legs!

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