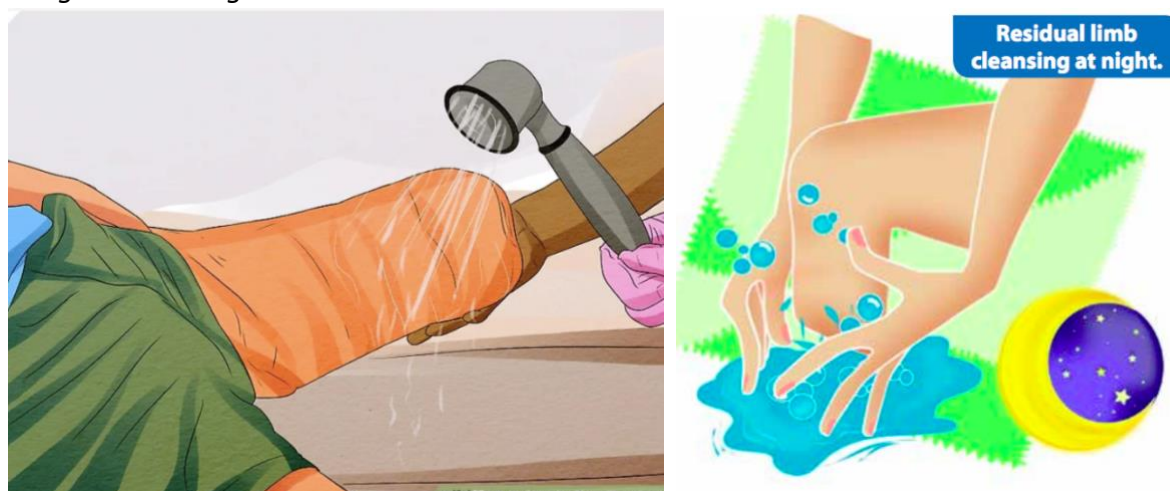


Requirements for illustrated self-care guide for amputees in western Nepal

All images outlined should be in colour and in a style similar to that found at the website <https://www.wikihow.com/Care-for-Your-Prosthesis>. The images should also be representative of the appearance and dress of people in Nepal as well as their rural environment e.g. unpaved roads and without modern western amenities like running water. The people in these illustrations should include a mixture of both men and women.

Image 1: Washing the residual limb



Example image: an amputee washing their residual limb

This illustration should clearly show an amputee washing the skin on their residual limb, or stump, similarly to the above-left example image. The amputee can be an above-the-knee (left image) or a below-the knee (right image) amputee. However, unlike the above-left image, the amputee should not be using a shower or hose to wash their stump. They should be using a bucket of water and possibly some soap.

Image 2: Drying the residual limb

This illustration should clearly show an amputee drying their residual limb with a towel or cloth after it has been washed. As with *Image 1*, the amputee can be an above-the-knee or a below-the-knee amputee.

Image 3: Washing the prosthesis



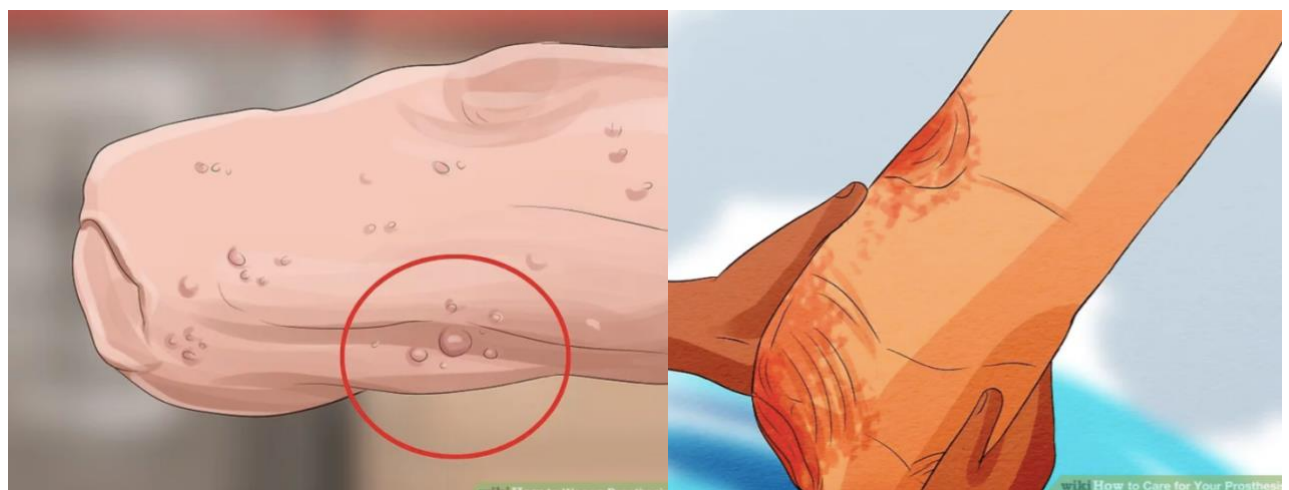
Example image: how to wash a prosthesis and its parts

This illustration should clearly show a prosthetic leg being cleaned with a wet cloth and possibly a small amount of soap. Unlike the above-left image, the prosthetic liner should look like the above-middle image and should not be washed with running water, but with a small amount of warm (not hot) water in a bucket or pot. This liner should be cleaned inside and out.

Image 4: Drying the prosthesis

This illustration should clearly show that after being washed, a prosthesis and the liner must be dried before it is worn again. To dry a prosthesis it must be left to air dry, but not in direct sunlight. If outdoor imagery is included, it must be representative of hill areas in Nepal (see above image).

Image 5: Look for any bruises, sores or blisters on the stump after wearing it



Example image: signs of damage to the residual limb such as blisters and pressure sores

This illustration should be similar to the above example images which show sores, abrasions, bruises or any discolouration or defects on the skin of the residual limb. The sites of these defects are most commonly somewhere around the bottom of the residual limb.

Image 6: Look at your prosthesis for any signs of damage



Example image: an amputee examining their prosthesis for any signs of damage

This illustration should clearly show an amputee examining their prosthesis to see if there are any signs of damage including cracks, tears or broken parts. The image should include examining the bottom of the prosthetic foot, which is susceptible to damage (as can be seen in the above-right photo). Some damage to the prosthesis should be obvious in the image.

Image 7: Listen for any unusual noises coming from your prosthesis



Example image: noises coming from prosthesis (left), a common below-knee prosthesis (right)

This illustration should clearly show a noise coming from a prosthesis when an amputee is walking. The above example image is a good example of how to present a noise from a prosthesis being heard, however, the prosthetic legs in this image are not suitable for a Nepali population. The prosthesis shown in this illustration (above left) should be a simple prosthesis used for walking, not running. Most Nepali men and women wear clothing that extends down to their ankles, but the prosthesis must still be easily recognisable in the illustration. There should always be a shoe on the prosthetic leg as well.

Image 8: Always wear a shoe with the prosthetic leg



This illustration should clearly instruct an amputee to always wear a shoe on their prosthetic leg when they walk outside. The image may show an amputee walking barefoot outside with a cross next to it, as well as an image of an amputee walking with a shoe on the prosthesis and a tick next to it. The shoes worn in Nepal will either be simple sandals or very basic jogging shoes. The outdoors environment should also be representative of the hills of Nepal (see example photo).

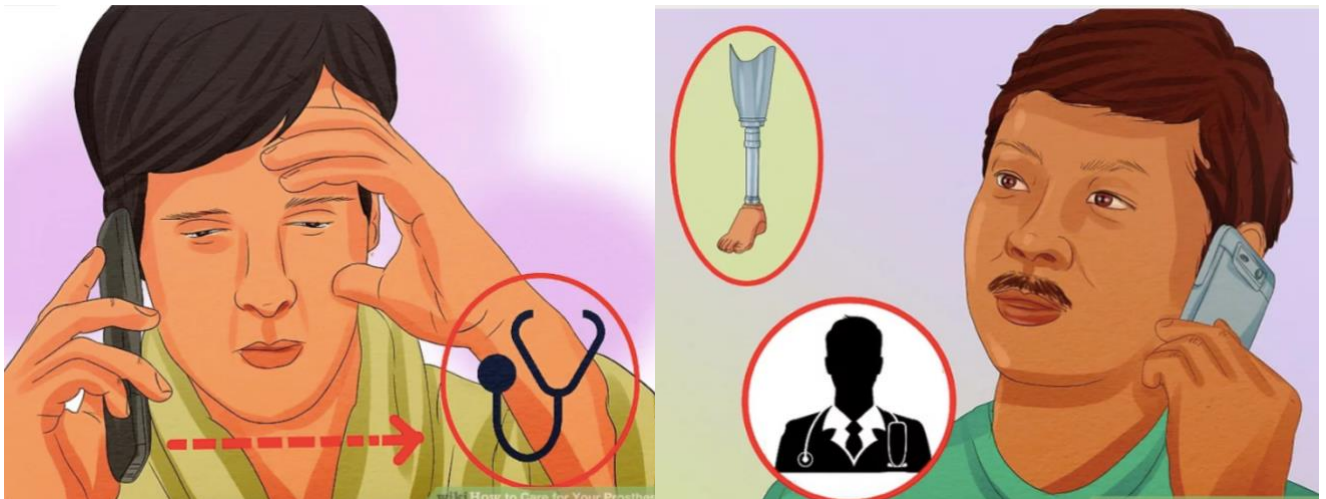
Image 9: Is it difficult to walk with the prosthesis?



Example image: Amputee walking with a prosthetic leg, but finding it difficult to walk

This illustration should clearly show an amputee walking with a prosthesis, but obviously in pain or struggling to maintain their balance. The above example image is a good example of an amputee walking, though it would be preferred if the amputee is struggling to walk in any way.

Image 10: Call your prosthetist when there is a problem or you need help



Example images: making a phone call to the prosthetic care provider to report any issues with their prosthesis or residual limb

This illustration should clearly show someone making a phone call to a medical professional to report any problems with their prosthetic leg or residual limb. The above-right example image is a very good example of what could be illustrated.