

What should I do to prevent neglected Clubfoot?

The general public has a big role to play if neglected Clubfoot is to be prevented. Parents, caretakers and community leaders should do the following:

- Check for any deformities in child's feet from the time of birth.
- Take the child for treatment to the nearest health unit.
- Once the child is started on treatment ensure that the child completes the treatment schedule.

Points to remember:

- Clubfoot can be successfully treated.
- Clubfoot can affect one or both feet.
- Take your child for treatment of Clubfoot immediately after birth.
- Make sure you complete the full treatment course of Clubfoot in order for your child to heal properly.
- Clubfoot leads to disability if not treated.
- Prevent your child from being disabled; take him/her for treatment of Clubfoot to the nearest health unit.
- Always bring the treatment card every time the child is taken for treatment.
- Pregnant women remember to always attend antenatal clinics.

For more information, contact the District Health Officer or the nearest health unit

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THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

Clubfoot

...can be treated



Introduction:

Clubfoot is a foot abnormality that causes the foot to turn inward. It is usually discovered at birth, where a baby's foot is twisted out of shape or position.

Clubfoot is one of the most common birth defects and is usually an isolated problem for an otherwise healthy newborn. Clubfoot occurs in about 1 in 1000 children and if not treated, causes severe disability.

Causes of Clubfoot:

The cause is not known, but there are theories to try to explain.

Risk factors:

- **Being male;** Clubfoot is twice likely to affect males as females.
- **Having a family history of Clubfoot;** If you, your spouse or your other children have Clubfoot, your baby is more likely to have it as well.

- Family and history of the disease.
- Exposure to radioactive agents.

Signs and symptoms of Club foot:

- Clubfoot can be mild or severe.
- affecting one or both feet.
- At birth, the feet turn inward and downward, and will not straighten.
- The affected foot/feet usually appear smaller than the normal foot/feet.
- The foot may be turned so severely that it actually looks as if it's upside-down.



When should you seek treatment for Clubfoot?

As soon as recognised preferably right after birth, by midwives or birth attendants and or during the first immunisation, by the nurse.

It is advisable to start treatment immediately after birth because your newborn's bones and joints are still flexible and are easier to correct. Ensure that you complete the full course treatment of Clubfoot in order for your child to heal properly.

Children detected late should also seek medical treatment.

Remember, if the defect is not treated, your child will have long term disability.

How can Clubfoot be prevented?

Because the cause of clubfoot is unknown, you can not take absolute measures to prevent it. However, if you are pregnant, you avoid radio active agents.