



**Service Priorities and Programmes  
Electronic Presentations**

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**Can anodyne therapy effectively in relieving the condition of diabetic peripheral neuropathy (DPN)?**

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**Keywords:**

Physiotherapy

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**Introduction**

Diabetic peripheral neuropathy (DPN) is a common complication of diabetics. Many people with DPN are asymptomatic but a subset will develop painful symptoms. Pharmacological treatment was commonly used method in treating the symptom. Recently a non invasive device (anodyne) of monochromatic infrared photo energy (MIRE) was used by physiotherapist as one of the modality in treating DPN.

**Objectives**

i) To investigate the potential effect of anodyne therapy in treating patient with suspected DPN ii) To improve the patient awareness of neuropathy problem and foot care

**Methodology**

Suitable patient will refer to physiotherapist for proper explanation and examination by doctor and nurse. They will undergo anodyne therapy for the affected leg for 10 sessions. Emphasis on blood glucose control and active lifestyle by regular exercise was done during treatment session. Proper foot care was reinforced during consultation Outcome evaluation The pain level was assessed by using Visual Analogue Scale (VAS). Numeric Global Change Rating Scale (NGCRS) was assessed at the end for the overall change. Vibration Proprioceptive Test (VPT) by biothesiometer in pre- post test and use of Michigan Neuropathy Screening Instrument (MNSI) questionnaire in pre- post test

**Result**

Twelve patients were recruited for the trial of anodyne therapy in the period of 2012 to 2013. Two of them had bilateral sign and symptoms. Both VAS ( pre score 5/10, post 2/10) and NGCRS (5/10) showed positive change after 10 sessions of treatment. The score in VPT and MNSI questionnaire were also decreased. As the sample size was too small, we had not put it into statistical analysis Conclusion Anodyne therapy might have positive effect on relieving patient symptom. Further exploration of the effectiveness of anodyne therapy was needed.