

December 2014 Monthly report for Dennis (physio intern Kagando hospital)

Introduction

Greetings in the name of our lord Jesus Christ our lord

I am humbled once again to communicate to you with my brief report for the month of December which has been so exciting and full of numerous learning experiences. It has come late simply because of our disappointing internet in this third world country.

I have enjoyed work working out through the festive season and spending Christmas day and New year's day giving hope the patients and have been able to see over 100 patients both at the physio department and the wards here at Kagando hospital. Here I present a summary of over 35 patients I have seen independently assessed and treated.

I must say that over this period of time I have been here I have gained vast experience and knowledge coupled with whole new encounters in the field of physiotherapy

Summary of patients

NO	NAME	AGE	SEX	ADRESS	IN/OUT PATIENT	PHYSIO DIAGNOSIS	TREATMENT	PROGNOSIS
01		10	f	mungunyu	out	Hip pain	Heat therapy, hip mobilization	Good
02		46	m	kagando	out	Post ORIF knee stiffness	Knee mobilization and limb muscle strengthening	Good
03		2	m	kitsutsu	out	cp	Passive exs, active, play, cp seat, cognitive training	Fair
04		43	m	rubirizi	out	Mechanical low back pain	Heat therapy, spinal mobilization and strengthening	Good
05		54	m	bugoye	out	Mechanical low back pain	Heat therapy, spinal mobilization and	Good

							strengthening	
06		4/52	f	isango	out	Injection neuritis	Passive stretching,	Responding
07		10	f	kisinga	in	Pert he's disease	Leg traction hip mobilizations	Good
08		42	m	ntoroko	out	Left hemiplegia following stroke	Stroke rehab	Responding
09		70	m	katwe	out	Right hemiplegia	Stroke rehab	responding
10								
11		50	m	mubende	out	Low back pain	Heat therapy, spinal mobilization and strengthening	Responding
12		8	m	nsenyi	out	Knee stiffness	Knee mobilization	Fair
13		11	m	kasewire	out	Wrist drop	Hand splinting	Fair
14		11	f	nsenyi	out	polio	Given wheel chair	
15		29	f	Kachungiro	out	Low back pain	Heat therapy, spinal mobilization and strengthening	Good
16		55	f	Nyakeya ii	out	Low back pain	Heat therapy, spinal mobilization and strengthening	Good
17		25	m	munkunyu	out	pid	Traction, lumber cosset ,BEE	Responding
18		6	m	kyondo	out	General immobility following cp	Splinting, given wheel chair	
19		4	f	kyondo	out	General	Stretching	

						immobility following cp	exercises, cp seat	
20		20	m	kyondo	out	General immobility following cp	Given wheelchair	
21		47	m	kyondo	out	General immobility fol	Given wheelchair	
22		15	f	kyalunguteout	out	General immobility following cp	Given wheel chair	
23		62	m	kyalerewa	out	PID	Traction, lumber cosset ,BEE	good
24		5	m	bugoye	out	PFC	Splinting and later mobilization exercises	Responding
25		2	f	kinyamaseke	out	Flaccid cp	Weight bearing in a standing frame	
26		54	f	kasese	out	Spinal injury	Wheel chair given	
27		29	f	bugoye	out	Bi above knee amputee	Given wheel chair	
28		80	f	rwanguhya	out	Parkinson's disease	General stretching, coordination training	Fair
29		36	m	kyarumba	out	stroke	Stroke rehab	Responding
30		53	f	kyanduri	Out	stroke	Stroke rehab	good
31		3	m	maliba	out	Unstable left knee	Knee bracing limb muscle strengthening	good
32		39	m	Kagando 1	out	Low back pain	Heat therapy, spinal mobilization and strengthening	Good
33		70	m	kyarumba	in	bronchitis	Chest physio	responding
34		20	m	kisinga	in	Rt. hemiplegia	Stroke rehab	responding

35		50	f	bwera	out	OA	Mobilization & strengthening exercises	Responding
36		48	f	bwera	out	PID	Traction, lumber cosset ,BEE	good

Conclusion

I am very grateful for having this opportunity to serve and help Ken the only physio here at Kagando hospital, I would love so much to continue helping here given the opportunity for the cause of giving hope to the patients through efficient and effective treatment which ken cannot do alone.

I still thank without limit interface, Jackie, for supporting my stay here with funds and also thank Kagando hospital for giving me the opportunity to serve and lastly Ken from whom I draw inspiration, correction and knowledge.

I wish everyone a happy and prosperous 2015.

Compiled by; byaruhanga Dennis mugisa (physio intern Kagando hospital)