

# **Monthly placement report for Byaruhanga Dennis Mugisa at Kagando hospital physiotherapy department.**

**October, 2014.**

## **Introduction.**

Greetings in the name of our Lord Jesus Christ, am glad once again to communicate but rather this time with a brief report of the wonderful and meaningful experience I have enjoyed amidst a mixture of learning, practicing and innovation here at Kagando hospital during the month of October 2014.

## **Arrival and Orientation.**

My arrival was on the 28<sup>th</sup>/09/2014 after a very long bus drive from the capital Kampala; Ken was waiting for me and immediately directed me to my accommodation - I loved where I was going to stay for the next 3 months.

Monday 29<sup>th</sup>/09/2014 was an orientation day and Ken took me to all offices I needed to know plus all the personnel and administrators of Kagando. It included showing me all hospital departments and department heads, we visited all the wards and lastly we were at the physiotherapy department and Ken did a comprehensive orientation there to include all the norms, dos and don'ts.

## **Review of major goals and objectives.**

As I was choosing to take on this placement I had 3 major objectives;

1. Improving my clinical skills, this included specific objectives of proper assessment of all conditions including differential diagnosis of physical conditions, deciding proper treatment. Yes at school I had studied this but I felt there was still room for improvement.
2. Improving my professional skills; this included ethical conduct, time keeping, relationship with patient and fellow medical staff at Kagando.
3. Establishing contact; this included making useful friends, meeting other physiotherapists and organizations.

## **Relevance of having a student at Kagando hospital physiotherapy department.**

Simply workforce in terms of additional skilled hands will have increased but in view of the real situation here at Kagando it makes treatment of physio patients timely and effective because of the following facts about Kagando hospital;

1. The hospital has only one physiotherapist to assess, treat and review all inpatients from 5 wards plus all the outpatients.
2. The hospital receives many patients at the physiotherapy department each day.
3. Sometimes the physiotherapist is required to go and attend workshops and seminars to refresh his knowledge and skills leaving no one behind to treat the patients.

Therefore in my own opinion it's very important to have a student at Kagando hospital physiotherapy department

### My practice at kagando

#### Assessment and treatment

Am glad to say that this placement has already improved me in terms of patient assessment and condition diagnosis. I must say that am able to properly assess 95% of the conditions I meet and with correct assessment am able to give the right therapy with correct progression however I still get a challenge in assessing some neurological conditions and I feel am steel lacking in this area - am going to put much emphasis on this in the month of November.

#### The patients I have assessed and treated independently.

I have worked with Ken on several patients but I have independently assessed and treated over 32 patients on ward and at the department. A summary of my patients is as below;

no	Name	sex	age	Address	In patient/ out patient	Physiotherapy diagnosis	Physiotherapy treatment	Prognosis
01		female	50	Kagando	in	Rt. side hemiparesis following stroke	Weight bearing strengthening exercises, pnf ,gait re education	Good because the patient has right attitude and is responding to treatment.
02		female	47	Kisnga	in	Lower motor facial palsy	Neuromuscular stimulation, facial exercises	Good, the patient is responding to treatment.
03		female	29	Kisinga	in	Muscular pain in the upper arm	Heat therapy and soft tissue manipulation	Good, immediate response.
04		female	48	Kagando	in	Painful lower jaw with	Heat therapy, facial massage, facial exercises	Good
05		male	80	Bwera	out	Low back pain following prolapsed discs L2-L5	Lumber traction, soft tissue manipulation, back extension exercises and back care education.	Fair,
06		male	59	luhwahwa	out	Left side hemiparesis following hemorrhagic stroke	Stroke rehab including; weight bearing, gait reeducation, s	Good because the therapy has started in time and patient is

							training	responding
07		male	8/12	Kidodo kaese	out	Weak neck and trunk muscles .cp caused by infantry fever and premature birth at 7 months	Neck and back strengthening by positioning, sitting in cp seat, rolling and turning trunk exercises	Fair
08		female	29	Kagando	out	Painful elbow following a fall on the arm	Heat therapy, arm free active mobilization and strengthening exercises	Good , responding
09		male	62	Bwera	out	Low back pain and sciatica following prolapsed disc L4	Lumber Traction, rest, heat therapy ,back strengthening exercises and back care education	Good
10		Male	67	kamugobe	out	Low back pain +stiffness	Heat therapy + back mobilization exercises	Good
11		female	1/12	Maliba	out	Hyper extended stiff knee	Serial casting	responding
12		male	39	Senyi	out	Low back pain + sciatica + reduced lodotic curve	Heat therapy , back extension exercises, use of a roller pillow	Responding
13		female	50	kamugobe	in	Chest pain + left side hemiparesis following stroke.	Stroke rehab, chest mobilization exercises; deep breathing exercises, chest expansion exercises	Good
14		male	32	rwesororo	out	Painful back thigh with Piriformis syndrome	Piriformis stretching, soft tissue manipulation	Good
15		female	45	kihungu	out	Back pain radiating to	Heat therapy, rest, lumber	Good

						the lower limb	traction, back strengthening exercises and back care education.	
16		male	30	kagando	out	Pain due to fractured 2 <sup>nd</sup> metatarsal bone	Immobilization, toe exercises .non weight gait training , mobilization after immobilization phase	Good
17		female	61	rwesororo	out	Sciatica following prolapsed disc L4,L5	Heat therapy, lumber traction, back extension & strengthening exercises	Fair
18		Female	75	kamwenge	in	Knee arthritis	Heat therapy + rest +modulated knee exercises	Fair
19		female	62	Kagando. 1	out	Back pain following prolapsed discs T11-L5	Lumber traction, lumbo-thaoracic cosset , back strengthening exercises	Good
20		male	36	rwesororo	in	Unstable painful knee	Knee stabilization weight bearing exercises, knee brace	Good
21		Male	66	kagando	out	Low back pain	Heat therapy back mobilization exercises, back care education	Fair
22		female	15	kihungu	out	Stiff neck	Heat therapy, cervical traction, neck mobilization exercises	Good
23		female	45	kiburara	out	Knee arthritis	Heat therapy, knee mobilization exercises	Good
24		male	26	Maliba	in	General body weakness	General agility exercises, chest	Very good

						following laparotomy	physio, ambulation	
25		male	37	kagando	in	Painful shoulder	Pendulars free active shoulder exercises	Good
26		male	11	Bwera	in	General body weakness following long hospitalization	Ambulation + agility exercises	Very good
27		Female	08	Kisinga	out	Spastic quadraplegic cerebral palsy	Passive stretching, cp sit , use of a standing frame, active play therapy	Good
28		Female out	70	kagando	out	Lumber spondylosiss	Heat therapy, back extension exercises	Good
29		Male	32	rwesororo	out	Hip pain with reduced joint space	Leg traction +hip mobilization exercises	Good
30		male	42	kyarumba	out	Stroke	Stroke rehab	Responding ,fairly good
31		female	50	kihungu	out	Low back pain		
32		female	58	katoho	out	Left upper limb hemiparesis	Pnf, general upper arm strengthening exercises	S

### Experience gained

I have learned new ways of applying the different physiotherapy treatment modalities. This includes traction, heat therapy techniques, electrotherapy techniques and manual therapy techniques.

### Other participatory initiatives.

I am working with Ken and other volunteers in the wheel chair provision project and this involves assessing, the clients for suitability of a wheel chair, assembling the wheel chair and fitting the clients.

Am also participating in making of wooden crutches in our small orthopaedic workshop known as the “workshop of hope”

In a bid to improve this workshop, “workshop of hope” I have started a small fundraising initiative by making special art crafts in the workshop during my after work evening time. These craft pieces include picture frames, cards, wall pieces etc. We are selling these pieces to any one at any price and the money generated is used to buy missing tools and materials for the workshop of hope.

### **Conclusion and recommendations**

On my own behalf and on behalf of Kagando physiotherapy department I would like to convey my heart most sincere thanks to everyone who has made it possible for me to have a placement here at Kagando hospital. Special thanks to Jackie fowler and your family Interface Uganda and my teacher and supervisor Mr. Kenneth Pascal Ochom from whom am drawing priceless knowledge and inspiration not forgetting the administration of Kagando hospital for the opportunity they have given me to serve in this hospital. I would recommend this initiative to continue because it is not only changing the lives of patient but also the lives of the participant.

### **Thank you**

May the almighty bless you!

**Compiled by; BYARUHANGA DENNIS MUGISA (physiotherapy volunteer student at Kagando hospital)**