

**REPORT FOR FINAL MONTH'S PLACEMENT AT KAGANDO RURAL DEVELOPMENT
CENTRE; ADRESSED TO INTERFACE UGANDA.**

(17TH/03/2014-20TH/04/2014)

BY

BYONANEBYE ISAAC DICKSON (PHYSIOTHERAPIST)

Introduction.

I greet you yet again in this glorious time; in the Mighty name of our Lord and savior, Jesus Christ. I continue to extend my heartfelt appreciation to you all; for the opportunity you availed me with immense support, to serve the people of the beautiful community of Kagando. This is an opportunity I will always cherish and behold; I present my final month's report.

DATE	NAME	AGE	SEX	CONDITION	TREATMENT GIVEN	NUMBER OF SESSIONS
18 th /03/14		20	Male	Prolapsed intervertebral disc(L ₄ -L ₅)	-Lumbar traction -Heat therapy -S.T.M -Back extension exercises -Self back care education	05
18 th /03/14		3/12	Male	Spastic cerebral palsy	-Bobath muscle relaxation technique -Passive movements for all limbs -Postural re-education -Mother counseling -Rolling and other muscle strengthening techniques	10
21 st /03/14		52	Male	Lower limb bilateral peripheral neuropathy	-Heat therapy -Passive stretching -Encourage ambulation and an active life -General body exercises	05
21 st /03/14		66	Male	Diabetic neuropathy	-Heat therapy -Passive stretching -General body exercises -Limb elevation with calf pump exercises	05

22 nd /03/14		90	Male	Post-operative patient with Hip hemi-arthroplast	-Postural re-education -Progressive assisted active exercises -Passive stretching -Gait re-education	07
24 th /03/14		23	Female	Post-operative patient with abdominal incisional pain	-Posture re-education -Deep breathing exercises -General lower limb exercises -Emphasize wound care practices	05
24 th /03/14		40	Female	Lumbar spondylosis	-Lumbar traction -Heat therapy -S.T.M -Back extension exercises -Self back care education	05
25 th /03/14		47	Male	Mechanical low back pain	-Heat therapy -S.T.M -Back extension exercises -Self back care education	05
25 th /03/14		31	Female	Lumbar stenosis	-Lumbar traction -General back exercises -Recommend back hyper extension brace -Recommend surgical review	10
26 th /03/14		03	Male	Post-operative patient(hallucis longus tendon repair)	-Immobilization of foot in open cast boot -Advise on wound care and surgical review	05
26 th /03/14		1 $\frac{1}{3}$	Male	Cerebral palsy with micro cephalous	-Mother counseling -Passive movements (taught to mother) and other muscle strengthening techniques -Recommend walking aid(C.P chair)	05

27 th /03/14		20	Male	Elbow contracture 2 ^o to extensive medial left arm abrasion	-Posture re-education -Recommend analgesic treatment with oral morphine(5ml o.d) -Passive stretching -Encourage engagement of affected limb in ADL _s (dressing,etc)	06
27 th /03/14		19	Male	Elbow contracture 2 ^o to extensive circumferential left arm abrasion	-Posture re-education -Recommend analgesic treatment with oral morphine(5ml o.d) -Passive stretching -Encourage wholesome engagement of either upper limbs in ADL _s	07
27 th /03/14		10	Male	Post traumatic lower limb weakness	-Progressive assisted active lower limb exercises -Calf pump manipulation -Initiate standing and ambulation with walking frame	05
29 th /03/14		47	Male	Mechanical low back pain	-Heat therapy -S.T.M -General back exercises -Self back care education	05
01 st /04/14		18	Male	Closed head injury with loss of consciousness	-Passive movements -Posture re-education -Encourage two hourly turning in bed -Emphasize skin care practices to prevent pressure sore development	14

2 nd /04/14		42	Female	Right facial palsy	-Facial massage -Electrical muscle stimulation of facial muscles -Facial exercises -Recommend eye protective wear	07
2 nd /04/14		01	Female	Spastic cerebral palsy	-Bobath general relaxation technique -Passive movements -Muscle strengthening and motor training techniques -Mother counseling to actively engage her in her child's treatment programme	06
2 nd /04/14		03	Male	Right upper limb weakness	-Passive movements -Progressive assisted active movements -Arm weight bearing technique with play activities	05
11 th /04/14		6/12	Male	Mixed cerebral palsy type	-Bobath relaxation technique -Passive movements -Motor training -Mother counseling	05
11 th /04/14		56	Female	Right knee joint Chondromalasia Patellae	-Heat therapy -Passive stretching -Bandaging -Recommend rest	05
14 th /04/14		75	Male	Degenerative lumbar spine disease	-Lumbar traction -Heat therapy -S.T.M -General back exercises -Self back care education	07
14 th /04/14		38	Female	Obesity with low back pain	-Dietary advice -General agility exercises -Self back care education -Encourage regular activity in walking, jogging ,etc.	07

14 th /04/14		45	Female	Lumbar spondylosis	-Lumbar traction -Heat therapy -S.T.M -Back extension exercises -Self back care education	05
14 th /04/14		25	Female	Cervical strain	-Cervical traction -Passive neck movements -Cervical mobility and strengthening exercises -Self neck care advice	06
14 th /04/14		44	Male	Calf muscle strain	-Heat therapy -S.T.M -Progressive assisted active lower limb exercises -Calf pump exercises	05
16 th /04/14		40	Male	Bilateral lower limb weakness	-Calf pump exercises -Passive stretching -Lower limb muscle strengthening exercises -Progressive gait re-education	04
16 th /04/14		23	Male	Multiple right hand injuries	-Passive hand movements with stretching -Upper limb elevation -Encourage bilateral hand use in ADL _s -Recommend high protein diet and wound care	06
17 th /04/14		32	Female	Episiotomy	-Ice therapy -Pelvic binding with crepe bandage -Postural re-education -General lower limb exercises	05
17 th /04/14		70	Female	Left hemiparesis	-Passive movements -Muscle strengthening techniques with weight bearing -Provide walking aid -Re-train gait	06

17 th /04/14		66	Male	Debilitate patient	-Passive movements -Postural re-education	04
17 th /04/14		32	Male	Guillian Bare Syndrome	-Passive movements -Coordination exercises -Muscle strengthening exercises -Initiate weight bearing and train gait	05

NOTE: From 6th/04/14 -10th/04/14 , I was not on duty because Kenneth gave me some time off to rest; while on the 15th/04/14, I was absent due to the untimely death of my grandfather and I was thus permitted by Kenneth to attend his burial on that day.

This is my final month's report and I must say that for every goal and expectation I had before taking on this God given opportunity, I have achieved fully and even more. I have truly had a memorable and educative time while at Kagando Hospital all thanks to God and the people He has used to take good care of me that is; Interface Uganda, Ochom Kenneth and the entire community of Kagando.

For all you have done for me, I will always be grateful and I can't make any promises but you surely have a special place in my heart and I will use every opportunity I get to request for God's goodness, love and mercy upon you always. Please forgive me where I have gone astray and I also forgive you.

God bless you all and happy Easter celebrations.

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