

# REPORT FOR MONTH'S PLACEMENT AT KAGANDO RURAL DEVELOPMENT

CENTRE; ADRESSED TO INTERFACE UGANDA.

(20<sup>TH</sup>/01/2014 -17<sup>TH</sup>/02/2014)

BY

**BYONANEBYE ISAAC DICKSON (PHYSIOTHERAPIST)**

## **Introduction.**

I greet you in the name of Jesus Christ our Lord and saviour. I also wish to extend my heartfelt appreciation to you for considering and entrusting me with the pleasant task of serving the people of Kagando.

I humbly submit to you, my report as regards the placement period so far. This preferably, I will outline in consideration of my placement objectives and expectations; that I submitted to you during my online interview. I started my placement duties on 20<sup>th</sup>/01/2014 under the guidance of Mr. OCHOM KENNETH (STAFF PHYSIOTHERAPIST) and the following are my report proceedings.

**To put my professional knowledge and skills into practice in service of humanity.**

During my first month in service, I have been able to assess and manage patients with a wide variety of conditions on both in and outpatient basis as shown in the table below. Serving these people has been more encouraging to me because; irrespective of the language barrier, they have been cooperative and thus so helpful.

DATE	NAME	AGE	SEX	CONDITION	TREATMENT GIVEN	NUMBER OF SESSIONS
20 <sup>th</sup> /01/14		77	Male	LumbarSpondylosis	-Lumbar traction -Back extension exercises -Self back care education	10

20 <sup>th</sup> /01/14		02	Male	Left Hemiparesis	-Passive movements -Passive stretching -muscle strengthening exercises	10
20 <sup>th</sup> /01/14		31	Male	Fracture femur	-Heat therapy -Joint mobility exercises -Train crutch walking -Advice on selfcare	05
21 <sup>st</sup> /01/14		14	Female	Mild hamstring strain	-Heat therapy -Massage -Rest Advice -Active progressive stretching	04
21 <sup>st</sup> /01/14		48	Male	Mechanical low back pain	-Heat therapy -Massage -General back exercises -Self back care education	02
22 <sup>nd</sup> /01/14		58	Male	Left knee osteo arthritis	-Heat therapy -Knee joint mobility exercises -Static contraction exercises -Limb elevation and self care advice	05
22 <sup>nd</sup> /01/14		81	Female	Lumbar spondylosis	-Heat therapy -Lumbar traction -General back exercises -Self back care education	05
23 <sup>rd</sup> /01/14		67	Female	Lumbar spondylosis	-Heat therapy -Lumbar traction -Back extension exercises -Self back care education	10
24 <sup>th</sup> /01/14		52	Female	Right Hemiparesis	-Passive movements -Passive stretching -Assisted active exercises -Weight bearing techniques -Self care advice to	10

					patient and caretakers	
24 <sup>th</sup> /01/14		01	Male	Right hemiparesis	-Passive movements -Passive stretching -Weight bearing techniques	05
27 <sup>th</sup> /01/14		30	Female	Chest and shoulder pain 2 <sup>o</sup> to fracture ribs	-Immobilization of chest with crepe bandage -Pain free range shoulder girdle mobility exercises -Teach deep breathing exercises -Encourage activity	04
27 <sup>th</sup> /01/14		52	Male	Mechanical low back pain	-Heat therapy -Massage -General back exercise -Self back care education	02
27 <sup>th</sup> /01/14		80	Male	Difficulty in breathing	-Posture re-education -Train deep breathing exercises -Encourage activity	05
28 <sup>th</sup> /01/14		65	Male	Mechanical low back pain	-Heat therapy -Massage -Positional lumbar traction technique -Back extension exercises -Self back care education	05
28 <sup>th</sup> /01/14	Mumbere Delton	02	Male	Spastic Cerebral palsy 2 <sup>o</sup> to cerebral malaria	-Passive movements -Passive stretching -Posture re-education -Train mother on child home care	10
28 <sup>th</sup> /01/14	Masereka Moses	02	Male	Bilateral lower limb weakness	-Passive movements -Passive stretching -Weight bearing techniques	05
29 <sup>th</sup> /01/14		86	Male	General body weakness 2 <sup>o</sup> to debilitation	-Passive movements -Progressive active exercises with passive	05

					stretching.	
30 <sup>th</sup> /01/14		58	Male	Left knee joint contracture with respective limb weakness	-Heat therapy -Knee joint traction -Passive stretching -Progressive muscle strengthening techniques	10
30 <sup>th</sup> /01/14		71	Female	General body weakness with joint pain	-Short lever general body exercises -Passive stretching	05
31 <sup>st</sup> /01/14		50	Female	Left sided pain	-General body exercises. -Recommend blood pressure monitoring and management accordingly. -Nutrition advice to patient	03
3 <sup>rd</sup> /02/14		56	Male	Right knee osteoarthritis	-Heat therapy -Massage -Pain free range joint mobility exercises -Static contraction exercises with raised limb	04
3 <sup>rd</sup> /02/14		08	Male	Quadripareisis with global joint stiffness 2 <sup>0</sup> to sickle cell disease/severe malnutrition	-Refer to nutritionist for nutrition rehabilitation -Counsel mother on child care	04
3 <sup>rd</sup> /02/14		38	Male	Low back pain(radiculopathy)	-Heat therapy -Lumbar traction -Passive stretching -General back exercises -Self back care advice	03

4 <sup>th</sup> /02/14		28	Female	Post operative patient(VVF IIAa)	-General lower limb exercises. -Pelvic floor exercises -Deep breathing exercises -Encourage practice of exercises by patient	05
4 <sup>th</sup> /02/14		48	Female	Post operative patient( urine & fecal incontinence)	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises -Self care advice	05
5 <sup>th</sup> /02/14		33	Female	Post operative patient(VVF II Ba) with right foot drop	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises -Passive stretching with recommendation for foot rest	05
5 <sup>th</sup> /02/14		17	Female	Post operative patient( UVVF IIBa)	-General lower limb exercises -Pelvic floor exercises  -Deep breathing exercises	05
5 <sup>th</sup> /02/14		38	Female	Post operative patient (UVVF II Ba) with sciatic nerve lesion.	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises. -Heat therapy -Passive stretching	07
5 <sup>th</sup> /02/14		57	Female	Left leg discrepancy with associated knee pain 2 <sup>o</sup> to poor gait	-Heat therapy -Provide aid of ambulation(crutch) -Recommend shoe raise	04

6 <sup>th</sup> /02/14		13	Female	Left Hemiparesis	-Electrical muscle stimulation -Passive movements -Passive stretching and weight bearing techniques. -Parent education about child care skills	10
7 <sup>th</sup> /02/14		38	Female	Urine incontinence(post operative-VVF)	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises -Encourage regular practice of exercises by patient	05
7 <sup>th</sup> /02/14		22	Female	Fecal incontinence(Post operative –RVF II/3 <sup>rd</sup> degree tear)	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises -Encourage patient to eat soft foods	05

8 <sup>th</sup> /02/14		45	Female	Urine incontinence(post operative)	-General lower limb exercises -Pelvic floor exercises -Deep breathing exercises -Encourage daily practice of exercises	05
10 <sup>th</sup> /02/14		45	Male	Pressure sores(gluteal and medial right thigh ulcers) 2 <sup>o</sup> to spinal cord injury	-Postural re-education -Encourage two hourly turning of patient by care takers. -Educate care takers about infection precautions -Liaise with social worker for wheel chair -Advise on high protein diet	08

10 <sup>th</sup> /02/14		19	Female	Shoulder joint contracture 2 <sup>o</sup> to partial thickness burns (14%)	-Passive movements -Passive stretching -Postural re-education -Deep breathing exercises -Encourage care takers on regular practice of exercises	10
10 <sup>th</sup> /02/14		63	Male	Right sciatica	-Heat therapy -S.T.M -Progressive passive stretching -Self care advice	03
10 <sup>th</sup> /02/14		14	Male	Left hip joint pain	-Heat therapy -S.T.M -Joint mobility exercises	05
11 <sup>th</sup> /02/14		49	Female	Mechanical low back pain with lumbar scoliosis to left and degenerative features	-Heat therapy -S.T.M -Traction -Postural re-education -Self back care advice	10
11 <sup>th</sup> /02/14		54	Male	Calcaneal pain(idiopathic)	-Heat therapy -Passive stretching -Ankle joint mobility exercises -Encourage activity/ambulation	05
11 <sup>th</sup> /02/14		75	Female	Cervical strain	-Heat therapy -Passive neck movements and stretching -Neck mobility exercises -Postural re-education	05

12 <sup>th</sup> /02/14		44	Female	Right leg edema 2 <sup>o</sup> to cellulitis	-Leg elevation -Static contraction exercises in elevated position -Encourage progressive engagement in activity/ambulation	05
12 <sup>th</sup> /02/14		70	Female	Left Hemiparesis	-Passive movements -Passive stretching -Muscle strengthening techniques with weight bearing -Teach care takers on how to execute passive movements and other techniques	10
13 <sup>th</sup> /02/14		60	Female	Lumbar spondylosis	-Heat therapy -Lumbar traction -S.T.M -Back extension exercises -Self back care advice given	10
14 <sup>th</sup> /02/14		24	Female	Obstetric palsy(right sciatica)	-Heat therapy -Passive stretching -Recommend foot rest	05
14 <sup>th</sup> /02/14		33	Male	Post operative patient with difficulty in breathing	-Postural re- adjustment -Deep breathing exercises -General upper limb exercises with involvement of pectoral girdle	05

I was able to treat a total of 45 patients with various health conditions and obtained varying results on evaluation. A good number had positive results while some negative and believe me when I say that realization of this success is all thanks to GOD and my team mates ; the doctors, nurses, non medical staff, Ken and the patients themselves. These I must say, have been key players and for that, I will always be grateful for their encouragement and support in every step along the way. I have enjoyed serving and I'm expectant for more fruitful time.

**To learn more, make new friends and serve others diligently.**

I must admit that I have encountered a good deal of new health conditions during my placement; faster than I expected. It's not that I have never heard of them but I had never met them practically and with help from my brother, OCHOM KENNETH, I have truly learnt a lot. Thanks a lot again.

In addition, I have met very warm and friendly people here. Everybody in this wonderful community has done nothing less than, love and support me which has made execution of my services; less burdensome.

**To earn a living.**

As regards this objective, my work here has been so rewarding because the results alone, have left me speechless and amazed at GOD'S work. I have been staying with my brother Ken who has really taken good care of me; providing literally everything I have needed, a God send I must confess. I still need some money though; to facilitate some fore made plans but I know that I will receive it when the time is right.

As for now, my focus is on serving the people that GOD has put in my hands.

Finally, I send you greetings from my family who together with me; are profoundly honored by your decision to avail me this opportunity to serve others.

Thank you very much.

**BEST REGARDS,**

**BYONANEYE ISAAC DICKSON (PHYSIOTHERAPIST)**