

**PHYSIOTHERAPY 2MONTHLY INTERNSHIP REPORT AT KAGANDO HOSPITAL**

**FOR 26TH JUNE TO 26<sup>TH</sup> AUGUST, 2017**

**FUNDED BY INTERFACE UGANDA**

**Compiled by**

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## **INTRODUCTION**

Kagando Hospital under Kagando Rural Development Centre (KARUDEC) holds a mission of serving and empowering communities through promotion of quality healthcare, education and spiritual development. KARUDEC is composed of a hospital, Nursing School, Primary School, water project, Electricity project.

In a move to fulfill this mission of professional development of young medical professionals in East Africa, Interface Uganda decided to extend assistance to Kagando Physiotherapy department through facilitating a 3months now extended to 6 months internship placement for newly qualified physiotherapists. The physiotherapist would be an integral part of the Rehabilitation Team and increase man power and gain hands on skills in preparation for future professional experience.

I thank the Almighty God that Interface Uganda gave me the great opportunity to have this experience immediately after school to acquire work experience and be part of this KARUDEC community. The previous 2month so far have been great indeed.

It has been a great experience being at Kagando with a lot learning ranging from professional, cultural, spiritual and social learning.

I started my stay in Kagando on 26<sup>th</sup> June, 2017 just a month having completed my 4years Bachelors of Science in Physiotherapy at and Mbarara University of Science and Technology. This opportunity came in the right time I ever needed it.

## **MY OBJECTIVES FOR THE INTERNSHIP**

- To be an integral member of the physiotherapy team to provide impeccable high quality, safe, cost effective and evidence based treatments to all patients requiring physiotherapy services within the catchment area of the hospital.
- To improve my clinical and hands on skills in physiotherapy management of different conditions that I have learnt from my previous four years.
- To gain physiotherapy work experience in preparation to start future employment.
- To continue developing my leadership and managerial skills through caseload management, multidisplinary team work, self, patient and care taker management.
- To engage in patient care delivery quality improvement projects within the physiotherapy department and hospital at large.

- To share the knowledge and life experience I have had in life to the hospital staff, practicing students, patients and communities of Kagando.
- To create more friends and make connections that might help me in future life.
- To build my spiritual life by engaging in church activities at the hospital.

#### **BENEFITS FOR HAVING AN INTERN AT KAGANDO**

- Increase on the manpower to assist the only Physio currently at Kagando
- Two Physio at a setting gives room for professional discussions and sharing of knowledge in case of challenging cases.
- An intern comes with fresh knowledge and unique experience immediately after school which is a great addition to the team.
- To the intern, it helps to provide more work experience and hands on skills.
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## CASES SEEN

The table below elaborates the cases I managed to handle independently with just occasional consultation from my supervisor. The case loads include the new case (minus reviews) received every week. Bear in mind that there are constant reviews and appointment for patients who require more than one session a week and more appointments before they get well. This makes even the work load become more intense and we have to work sometime for 11hours a day on busy days. However this has been a proper preparation for me for more busy settings to come.

Cases seen	Physiotherapy Case management
<b><u>Week 1 (26<sup>th</sup> June – 30<sup>th</sup> June, 2017)</u></b>	
45year old male with sciatica	Heat therapy, sciatic nerve and stretching Exs, back care advise, stretching Exs for lower
65year old male with pulmonary tuberculosis + general body weakness	Chest Physio, general body strengthening Exs, Patient and care takers education about condition and care
40year old with mechanical Low back pain	Heat therapy, Spinal Mobs, McKenzie Back stretching exercises, back soft tissue massage, Back care advice,
2/12year old with club feet	Passive R.O.M to ankle joints and feet, accessory glides before casting. Assisted the Orthopedic Officer in applying P.O.P cast.
61year old male with lumbar spondylosis	Passive treatment (back deep tissue massage, heat therapy). Active treatments(Exs to improve flexibility, strength, core stability and R.O.M.), Home exercises and Education
65year old male with lateral cruciate ligament instability and mechanical Low back pain	McKenzie Therapy, manual therapy, soft tissue mobs, stability Exs, graded Activity Exs
60year old Lumbar Spondylo-Disc Degenerative Disease	Manual therapy, spinal traction, heat therapy, back strengthening exercises, core stability strengthening, taught better postures and ergonomics.
<b><u>Week 2 (3rd July – 7<sup>th</sup> July)</u></b>	
72year old male with Empyema with chest drain	Lung expansion exercises, positioning to clear secretions and reduce work of breathing, preventing secondary complication caused by

<p>2.5year old female with delayed developmental milestones</p>	<p>immobility, ambulating, simple cardio-pulmonary endurance training.</p> <p>Taught and made mother understand baby's condition, play therapy, supported sitting in a corner sit,</p>
<p>48year old female with fracture of 8<sup>th</sup> rib, hip joint pain</p>	<p>Pain management, Passive then active R.O.M Exs for hip joint, strengthening exercises, trained safe mobility and transfers, better positions for pain free breathing, ambulating.</p>
<p>5year old male with mobility impairment</p>	<p>Parent education about child's condition, I did range of motion Exs for all lower limb joints, weight bearing Exs in standing frame, balance training on gym ball. PRESCRIBED Active Wheelchair for Kids to improve mobility and get to start school which we also provided.</p>
<p>30year old male with left lower limb gunshot wound in the calf muscles, part of calcaneus tendon and Fibular disarticulation</p>	<p>Isometric strengthening Exs for calf muscles, Passive and Active R.O.M Exs to all joints of affected limb, educated ambulating using axially crutches.</p>
<p>6months old female with club feet</p>	<p>Educated mother about the condition of the baby, did passive R.O.M to the feet joints and ankle and assisted the Orthopedic Officer in casting the feet.</p>
<p>23year old male with Transient Synovitis in the right hip joint</p>	<p>R.O.M Exs to the affected hip, accessory Glides</p>
<p>20year old male with mechanical low back pain</p>	<p>Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, general body fitness Exs.</p>
<p>59year old male with mechanical low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs to minimize falls.</p>
<p>32year old man with alcohol intoxication in coma(I.C.U)</p>	<p>Passive R.O.M Exs, positioning to prevent secondary complications from immobility,</p>

<p>1.5year old male with Cerebral Palsy</p> <p>23year old male with Sacral Iliac Joint dysfunction + Coccydynia</p>	<p>chest Physio, care takers education about the condition and need for continued care.</p> <p>Normalizing tone, training milestones, worked on head control, parents education about the baby's condition</p> <p>Heat therapy, Mobilizations (PA glides to the coccyx, deep transverse frictions to affected ligaments, massage for coccygeus muscle, and postural adjustments in sitting and adjustment in ergonomics.</p>
<p><b><u>Week 3(10<sup>th</sup> July- 14<sup>th</sup> July)</u></b></p>	
<p>38year old male with Alcohol Intoxication</p>	<p>Passive R.O.M Exs, positioning to prevent secondary complications from immobility, chest Physio, care takers education about the condition and need for continued care.</p>
<p>3year old female with severe acute malnutrition</p>	<p>Passive R.O.M to all joints, taught mother better positioning, early mobility out of bed, strengthening exercises, stretches to tight muscles, taught and encouraged better positions for feeding.</p>
<p>58year old male with Right CVA secondary to Hypertension – left hemiplegia</p>	<p>Strengthening of affected limb, normalizing tone, stability and balance training, gait training, bed mobility and transfers, hand function rehab</p>
<p>8year old with severe acute malnutrition</p>	<p>Passive R.O.M to all joints, taught mother better positioning, resisted strengthening exercises</p>
<p>49year old female with Sacral Iliac Joint Dysfunction + Degenerative Lumbar Disc Disease</p>	<p>Pain management with heat therapy, Back care education and ergonomics, accessory glides to SCI joints, spinal mobs, back and core stability strengthening Exs, lower limb muscle stretches and strengthening</p>
<p>7year old male with delayed developmental milestones</p>	<p>Retraining of the delayed milestones, parents' education about the condition.</p>

**Week 4(17<sup>th</sup> July- 21<sup>st</sup> July)**

32year old male with alcohol intoxication	Passive R.O.M Exs, positioning to prevent secondary complications from immobility, chest Physio, care takers education about the condition and need for continued care.
3year old with severe acute malnutrition	Passive R.O.M to all joints, taught mother better positioning, early mobility out of bed, strengthening exercises, stretches to tight muscles, taught and encouraged better positions for feeding.
49year old with bilateral sciatica	Sciatic nerve stretch, lower limb muscle stretches, McKenzie back extension Exs, back care education, general low impact aerobics
2weeks old neonate born with anomalies in all the limbs with extensor pattern in Neonatal I.C.U	Passive R.O.M Exs to affected joints, taught mother Exs to perform on daily basis. At one month, with the Orthopedic Officer we casted the limbs with P.O.P in functional position.
50year old female with Parkinson's Disease	Balance and balance training, strengthening Exs, core stability strengthening, Fine motor skills Training, Did Occupation therapy, gait training, endurance training, home Exs
85year old with Pneumonia	
75year old male with coccydynia	Heat therapy, Mobilizations (PA glides to the coccyx, deep transverse frictions to affected ligaments, massage for coccygeus muscle, and postural adjustments in sitting and adjustment in ergonomics.
67year old male with a lung malignancy and mild malnutrition	Chest Physio, strengthening exercise, cardio-pulmonary endurance training, aerobics.
70year old female with Sacral Iliac Joint Dysfunction	Pain management with heat therapy, Back care education and ergonomics, accessory glides to SCI joints, spinal mobs, back and core stability strengthening Exs, lower limb muscle stretches and strengthening
4year old male with contractures in the elbow joints	Passive gentle stretches to the elbow joint.

<p>19year old post operation(contracture release in the neck secondary to burns)</p>	<p>Gentle stretches of the scar tissue, Passive then Active Neck R.O.M Exs, neck muscles strengthening exercises, neck supports.</p>
<p>75year old male with congested heart failure</p>	<p>Passive R.O.M Exs to all joints, positioning to prevent secondary complications, early mobilization out of the bed, core stability exercise, low impact cardio-pulmonary endurance training, care takers education about patient's condition</p>
<p><b><u>Week 5 (24<sup>th</sup> July – 28<sup>th</sup> July)</u></b></p>	
<p>2weeks old female with Mild Cerebral Palsy</p>	<p>Mat Exs, Play Therapy activities, trunk stability training, dynamic balance training, head control improvement, retraining delayed milestones.</p>
<p>44year old male with Sciatica secondary to L5-S1 Disc Prolapse</p>	<p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight back muscles, cardio-pulmonary endurance training, general fitness Exs.</p>
<p>65year old female with spondylolisthesis</p>	<p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight back muscles, cardio-pulmonary endurance training, general fitness Exs.</p>
<p>1year old male with mild cerebral palsy</p>	<p>Mat Exs, Play Therapy activities, trunk stability training, dynamic balance training, head control improvement, retraining delayed milestones.</p>
<p>9year old male with congenital knee sprains</p>	<p>Heat, active gentle R.O.M at the affected knee, strengthening Exs for the Quadriceps and hamstrings, accessory glides at the knee joint structures</p>
<p>44year old male with Spondylosis L5-S1</p>	<p>Pain management by heat therapy, soft tissue massage, exercises to improve spinal flexibility, strength, core stability and range of motion</p>
<p>76year old male with Advanced Cancer of Prostate</p>	<p>R.O.M Exs, early mobility from bed, monitoring for secondary complications from immobility, ambulation, care takers education about patient's condition and prognosis</p>
<p>10year old female with right knee with Septic Arthritis</p>	<p>Heat, active gentle R.O.M at the affected knee, strengthening Exs for the Quadriceps</p>



	and hamstrings, accessory glides at the knee joint structures
58year old female with mechanical Low Back pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs to minimize falls, encouraged healthy diet
66year old male with mechanical Low Back Pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs to minimize falls, encouraged healthy diet
<b><u>Week 6 (31 July- 4 August)</u></b>	
66year old with Parkinson's disease	Balance and balance training, strengthening Exs, core stability strengthening, Fine motor skills Training, Did Occupation therapy, gait training, endurance training, home Exs
43year old female with mechanical low back pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.
55year old female with Pelvic Inflammatory Disease	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs to minimize falls, encouraged healthy diet
90year old female with left hemiplegia secondary to ischemic stroke	Passive movts, training transfers, trunk mobilization exes, gait rehabilitation
69year old female Asthmatic patient with general body weakness and labored breathing	Chest Physio, low impact aerobics, core stability strengthening, cardio-pulmonary endurance training
1 week old baby boy born with club feet	Assisted the Orthopedic Officer in manipulation and casting the feet.
75year old male with right hemiplegia secondary to hemorrhagic stroke	Neuro-Rehabilitation

<p>43year old female with chronic mechanical low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs</p>
<p>53year old female with bilateral sciatica secondary to slip Disc between L4-L5</p>	<p>Patient education, heat therapy, back extension Exs, general body strengthening Exs</p>
<p>53year old female with Spondylosis</p>	<p>Pain management by heat therapy, soft tissue massage, exercises to improve spinal flexibility, strength, core stability and range of motion</p>
<p>60year old female with CVA secondary to uncontrolled Hypertension</p>	<p>R.O.M Exs, prevention of secondary complications from immobility, chest physiotherapy, positioning, early mobility.</p>
<p>69year old with lumbar disc degenerative disease</p>	<p>Dynamic Lumbar stabilization program, back strengthening exercises. Simple aerobics</p>
<p>6year old sickle cell anemia patient with hypertonic upper limbs</p>	<p>Passive range of motion, chest Physio, positioning to break the abnormal patterns and to normalize tone</p>
<p>11year old female with stiff neck</p>	<p>Passive range of motion exercises, neck massage.</p>
<p><b>PARTICIPATED IN WHEELCHAIR OUTREACH TO RWASANDE</b></p>	<p>Participated in assessment of children for wheel chair, offered therapy sessional for Cerebral Palsy and those with mobility impairments.</p>
<p>53year old with Stiff low back muscles</p>	<p>Soft tissue manipulation, manual therapy</p>
<p><b><u>Week 7 (7<sup>th</sup> August- 11<sup>th</sup> August)</u></b></p>	
<p>1month old with tallipes</p>	<p>Worked with Orthopedic Officer to manipulate and cast</p>
<p>60year old with CVA secondary to HTN</p>	<p>R.O.M Exs, prevention of secondary complications from immobility, chest physiotherapy, positioning, early mobility.</p>

24year old with Proximal Radial Ulnar Joint Pain	Accessory glides to the R-U joint, strengthening exercises for the biceps and triceps, forearm muscle stretches and mobs.
53year old with Mechanical Low Back Pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.
75year old with Left Hemiplegia secondary to Ischemic Stroke	Passive movts, training transfers, trunk mobilization exes, gait rehabilitation
35year old female with Pelvic Inflammatory Disease	Relaxation Ex, McKenzie Therapy, Manual Therapy, pelvic flow strengthening Exs
60year old male with mild right side brachial plexus compression at the nerve roots	Manual neck traction, right upper limb fine motor skills training, hand rehabilitation.
30year old female with post operation spinal tumor in the lumbar spine with gait abnormalities	Gait re-education, sciatic nerve, strengthening Exs for lower limb muscles, core stability training, stretching Exs for tight muscles
58year old with chronic mechanic low back pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.
55year old female with Spondylosis and piriformis syndrome	Piriformis muscle stretches, heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.
70year old male with right hemiplegia secondary to a hemorrhagic stroke	Passive mov'ts, training transfers, trunk mobilization exes, gait rehabilitation
65year old female with spontaneous pneumothorax	Chest Physio, R.O.M Exs, general body fitness Exs, endurance training
18year old female with Acute ankle sprain	P.R.I.C.E, Passive to Active R.O.M Exs, accessory glides to the ankle joints, gentle aerobics
66year old female with Parkinson's disease	Balance and balance training, strengthening Exs, core stability strengthening, Fine motor

	skills Training, Did Occupation therapy, gait training, endurance training, home Exs
75year old male with right hemiplegia (hemorrhagic stroke secondary to HTN)	Weight bearing, gait re-education, right lower limb strengthening exes, trunk stabilization exes, hand function training.
60year old with fracture patella secondary to Road Traffic Accident	Accessory glides to the patella, strengthening Exs for the quadriceps, Stretches
60year old with severe malaria with generalized body weakness	Passive to active R.O.M Exs to all joints. Strengthening Exs to all muscles, balance and stability training , core stability strengthening,
60year old male with lumbar Spondylosis	Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.
<b><u>Week 8 (14<sup>th</sup> August-18<sup>th</sup> August)</u></b>	
60year old male with lumbar Spondylosis	Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.
33year old with acute low back pain	Heat therapy, STM, gentle stretches
62year old with lumbar Spondylosis	Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.
70year old with mechanical low back pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.
83year old female with left hemiplegia secondary to ischemic stroke	R.O.M Exs, Dynamic stability training, core stability strengthening, hand rehabilitation, speech and language therapy, occupational therapy.
44year old with advanced rheumatoid arthritis in all joints	Passive R.O.M Exs isometric strengthening Exs, pain management, general fitness Exs
50year old female with lumbar Spondylosis	Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.

<p>62year old female with lumbar spondylolisthesis</p>	<p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight back muscles, cardio-pulmonary endurance training, general fitness Exs.</p>
<p>75year old with left hemiplegia secondary to hemorrhagic stroke</p>	<p>Passive mov'ts, training transfers, trunk mobilization exes, gait rehabilitation, Neuro-rehab.</p>
<p>60year old with mechanical low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.</p>
<p>54year old with L5-S1 slip disc</p>	<p>Patient education, heat therapy, back extension Exs, general body strengthening Exs</p>
<p>45year old female post laparotomy operation</p>	<p>R.O.M Exs, strengthening Exs, cardio-pulmonary endurance training, early mobilization out of bed, stability Exs</p>
<p>11year old with fracture head of the femur</p>	<p>Assisted the Orthopedic Officers to Apply Gallows' Traction, isometric strengthening Exs</p>
<p>19year old with 2<sup>nd</sup> degree burns to the chest</p>	<p>Passive R.O.M Exs for shoulder joints, scar tissue manipulation, ambulation, general fitness Exs, chest Physio</p>
<p>30year old female with piriformis syndrome</p>	<p>Piriformis muscle stretching Exs,</p>
<p><b><u>Week 9 (21 August- 25 August)</u></b></p>	
<p>54year old with lumbar Spondylosis</p>	<p>Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.</p>
<p>50year old with non-specific low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low</p>

<p>36year old with spondylolisthesis</p>	<p>back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.</p> <p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight back muscles, cardio-pulmonary endurance training, general fitness Exs.</p>
<p>30year old with lumbago</p>	<p>Heat therapy, spinal mobs, soft tissue manipulation, stretches.</p>
<p>1month old baby girl with club feet</p>	<p>Assisted in manipulation and casting of feet.</p>
<p>75year old male with injection neuropathy to the right lower limb</p>	<p>Sustained stretches, deep friction massage along course of sciatic nerve, strengthening exercises, gait training</p>
<p>49year old male with left hemiplegia secondary to hemorrhagic stroke</p>	<p>Passive movts, training transfers, trunk mobilization exes, gait rehabilitation, Neuro rehab.</p>
<p>85year old female with congested heart failure</p>	<p>Passive R.O.M Exs, Chest Physio, Positioning, gentle stretches for all tight muscles, prevention and monitoring for secondary complications from immobility, early mobilization</p>
<p>47year old male with compression fracture of 2<sup>nd</sup> lumbar spine</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.</p>
<p>6year old male sickler with multiple strokes with hypertonic quadriplegia + chest problems</p>	<p>Chest Physio, passive R.O.M Ex, stretches for tight muscles, positioning, normalizing tone, relaxation Exs</p>
<p>11year old female with cryptococcal meningitis that affected speech</p>	<p>Relaxation Exs, neck and limbs R.O.M, Speech and Language Therapy session, occupational therapy sessions, gait training, strengthening Exs</p>

<p>60year old with rotator cuff tears grade 1</p>	<p>Passive progressed to active R.O.M Exs, shoulder girdle mobs, accessory glides to shoulder joint, manual therapy</p>
<p>60year old female with CVA secondary to HTN</p>	<p>Passive movts, training transfers, trunk mobilization exes, gait rehabilitation, Neuro rehab.</p>
<p>65year old female with spondylolisthesis and right medial cruciate ligament sprain</p>	<p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight back muscles, cardio-pulmonary endurance training, general fitness Exs.</p>
<p>60year old with chronic mechanical low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.</p>
<p>62year old male with T.I.A due to uncontrolled HTN progressed to Right hemiplegia</p>	<p>Neuro-rehabilitation, Advised patient to remain active, monitor his diet and blood pressure, lifestyle modifications to prevent future strokes, designed an ex program to follow at home</p>
<p>68year old male with osteoarthritis in the lower limb joints and advanced cancer of the prostate</p>	<p>Pain management, Maintaining R.O.M in joints passively, isometric strengthening Exs for lower limbs, bed mobility, early mobility out of bed</p>
<p>85year old with congested heart failure</p>	<p>Positioning to prevent secondary complications due to immobility, Passive R.O.M Exs</p>
<p>70year old with TIA secondary to HTN</p>	<p>Advised patient to remain active, monitor his diet and blood pressure, lifestyle modifications to prevent future strokes, designed an ex program to follow at home</p>
<p>62year old with lumbar spondylolisthesis</p>	<p>Heat therapy, back and core strengthening Exs, isotonic and isometric exercises for lower limbs, low impact aerobics, posture and lifting education, massage therapy for tight</p>

	back muscles, cardio-pulmonary endurance training, general fitness Exs.
44year old with mechanical low back pain	Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.
65year old with general body aches + migraine	General body fitness Exs, relaxation Exs
60year old with shoulder girdle pain	Shoulder and scapular mobs
66year old with left hemiplegia secondary to hemorrhagic stroke	R.O.M Exs, Dynamic stability training, core stability strengthening, hand rehabilitation, speech and language therapy, occupational therapy.

## **ACHIEVEMENTS**

For the last 2months I have managed to be an integral member of Kagando Hospital medical rehabilitation department that is headed by PT. Gloria Ndekezi. Other members include 2orthopedic officers, one enrolled nurse, one Occupational Therapy nurse, and orthopedic technologists. I am glad I have become someone hardworking, reliable, and professional and I have given my best no matter what, how tense and busy the situation has been.

My clinical reasoning and hands on skills have greatly improved over time. As noted from the above number of cases, it is of no doubt that I have enough exposures to different conditions even most that I did not have practice during my time in school. Kagando Physio department is indeed a busy department with one Physiotherapist (GLORIA) who alone has at times been overwhelmed by the massive number of patient per single day. To me, the large numbers have been an advantage. It has helped me in caseload management, clinical skills development and reasoning. Working with other team members like orthopedic team, I have learnt more about club feet management, fracture management, wheel chair service.

Another achievement and one of my objective is the quality improvement projects to improve physiotherapy service delivery at Kagando Hospital. The inadequate funds available to boost high quality therapy services is one of the challenges that the department has faced. However with the



help of my supervisor amidst the challenges, quality service delivery has been our greater focus. We have innovated weights made from sand and bag for muscle strengthening in weak patients as the department lacks modernized weights. Evidenced Based Practice is something that Gloria has emphasized and has made possible for everyone us here to practice. We are all tasked to do more reading on the challenging cases seen throughout the week. More so I have learnt through consultation and asking questions, CMEs for challenging situations.

I am glad I have had the opportunity to share the knowledge and experience I acquired throughout school with the hospital staff, medical interns, nursing students, patients and the community where I have visited and lived. This has been made possible through ward rounds, patients' interactions, community outreaches, and one on one interactions with peers. I am looking forward to conducting physiotherapy CMEs in the coming months.

My spiritual wellbeing has been greatly enriched with the prayer and Christian life around Kagando. This is something I do not take for granted. The morning devotion from Monday to Friday, Wednesday and Thursday Fellowships have made me understand the Lord more and united me with my fellow peers.

I have made friends over the weeks and hope to make more connections over the coming weeks.

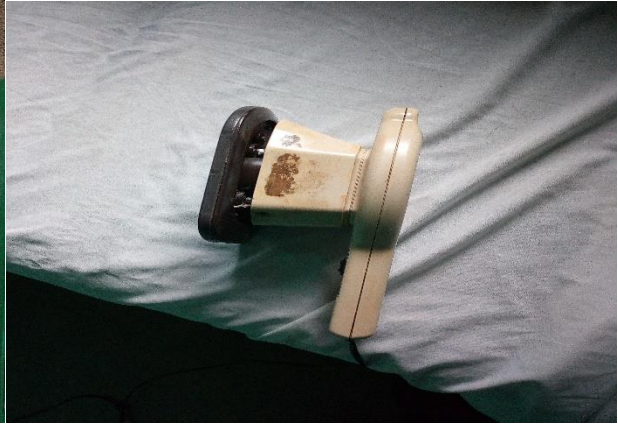
## **CHALLENGES**

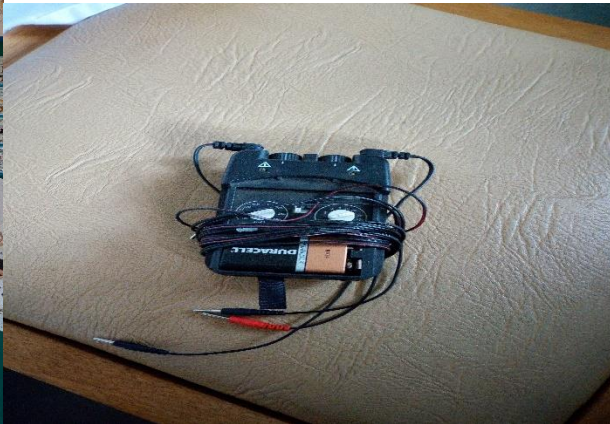
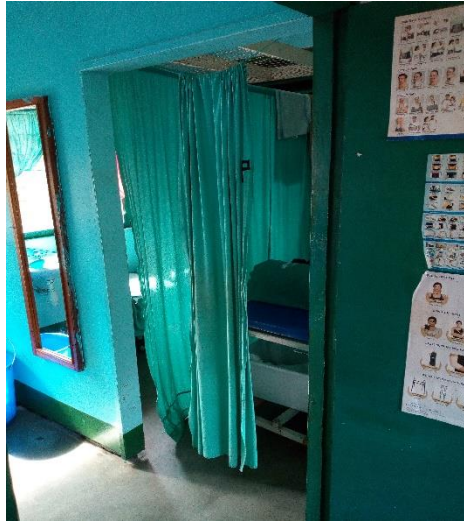
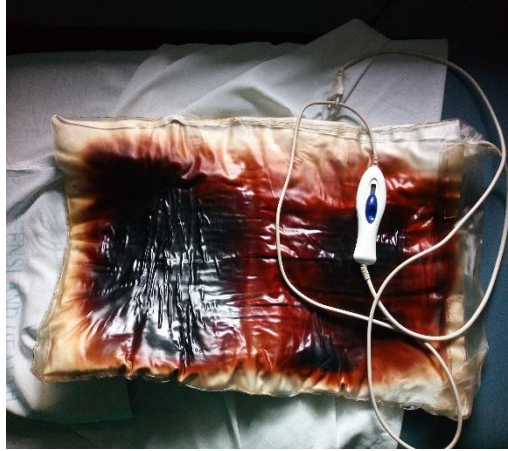
Language has been somewhat a challenge. Most of the community around is Rukonjo speaking and most people are from rural areas where they are not educated to higher level to effectively communicate in English. Effective communication was a challenge for the first weeks. However it has been an achievement on how fast I am picking up and learning the language. Currently I can conduct a therapy session with minimum help of a translator.

Cultural differences has been also been a challenge.

The physiotherapy department at Kagando Hospital is limited with space. It houses an Orthopedic Officer work area, 2 therapy beds and gym area that is inadequate for conducting group therapy sessions. The department lacks also modern Therapy Equipment that would improve on the quality of therapy. Some that are available are now old and others have broken down like the static bicycles, TENS machines. For example, if a Treadmill is acquired, it would improve and give more options for gait training and aerobics to mention but a few.

**Below is a view of Kagando Physiotherapy department and some of the equipment that we continue to use even in their inadequate state.**





Kagando Hospital lacks an Inpatient rehabilitation unit where patient with long lasting disabling conditions like stroke, Spinal Cord Injury, cerebral palsy could receive full rehabilitation before discharge. Kagando hospital wards receive large volumes of patients each day. Medical team finds it hard to keep a medically stable patient on ward for a month even when their functional abilities are inadequate to be discharged and be independent at home which is our major objective as a rehabilitation team. The patients are more often discharged and by the time they come as outpatients for Physio treatment, their condition has already worsened. It is something that seems unfair for such patients but the hospital is still limited with resources to have such a unit established.

Even with a physiotherapy intern at Kagando, work at the Physiotherapy Department remains still much considering the number of patient's received on a daily basis in O.P.D and Inpatient Wards. It's a recommendation in future that Kagando employs a second qualified Physiotherapist for effective service delivery. One physiotherapist in such a big facility is not adequate.

## **RECONMENDATIONS**

The physiotherapy department needs more facilitation in terms of equipment and expansion of the infrastructure and man power.

A well-established **Inpatient Rehabilitation Unit** should be set up at Kagando Hospital. This will boost Kagando to become an excellent rehabilitation Centre in the region and country at large.

## **APPRECIATION**

Great thanks to the Almighty God for the Opportunity that I was granted to come to Kagando community, for my stay in this hospital safe and sound and to the service I have offered to the people around. I continue to pray for my next months to come to become a blessing.

Sincere appreciation goes to **Interface Uganda** for first considering me the best candidate for the 2017 Physiotherapy Internship at Kagando Hospital. Secondly for funding and making my stay at comfortable. Thirdly for the continued funding of Kagando Physiotherapy Department monthly activities like outreaches and equipment.

Great gratitude goes to the KARUDEC administration especially the hospital management. I appreciate the great reception and making work seem easier for everyone around here even when the going gets tough with inadequate funding. I thank the hospital staff from the doctors down to the lowest ranked personnel. The friendship and team work has been strong. I have learnt something from everyone.

I extend thanks to the Head of Physiotherapy Department Kagando Hospital, **PT. GLORIA**. She has been a great mentor, leader, friend and supervisor. Over the weeks I have learnt alot from her knowledge, leadership styles and way of life. She has made my stay so far one to never regret of ever. Thanks to my workmates in the Physio department; Orthopedic officers, JOYCE and DAVID, Occupation Therapy Nurse and In charge Leprosy - Mr. Kaze Jackson, Sister Zelda and Orthopedic Technologist- Kitojo Richard. There is a lot I have learnt from all of them.

**I am now looking forward to how my next months will be go by and what experience they have to offer me.**

*We Care, God Heals*