

PHYSIOTHERAPY 2MONTHLY INTERNSHIP REPORT

AT KAGANDO HOSPITAL, KASESE

FOR 26TH AUGUST TO 27TH SEPTEMBER, 2017

FUNDED BY [INTERFACE UGANDA](#)

Compiled by

PT. JAMES ODINGA

Supervised by

PT. GLORIA CHIMPAYE NDEKEZI

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.

Interface Uganda has been funding me for the last 4months and I continue to 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.

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 26th June, 2017 just a month having completed my 4years Bachelors of Science in Physiotherapy at and Mbarara University of Science and Technology. Just **graduated** on 28th October, 2017. I have so far completed 4 of the 6 months of my internship. 2 months left to spare. Glory goes back to the Almighty.

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.

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 sometimes for 11 hours 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
<u>Week 10 (28th August–1st September, 2017)</u>	
36year old male with sciatica	Heat therapy, sciatic nerve and stretching Exs, back care advise, stretching Exs for lower
40year old with mechanical Low back pain	Heat therapy, Spinal Mobs, McKenzie Back stretching exercises, back soft tissue massage, Back care advice,
1year old female 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.
70year old female 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
6year old Sickler with multiple strokes with quadriplegia	Passive R.O.M, chest Physio, positioning, education of mother about exercises and condition, managing tone
3year old female with delayed developmental milestones	Brain stimulation through play therapy.
<u>Week 11 (4th Sept. – 8th September)</u>	
18year old VVF patient with perineal Nerve damage with foot drop	Pelvic floor Exs, back pain management, gait training, foot splints, general strengthening Exs
56year old male with mechanical low back pain	Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic Exs, lower limb stretches, general body fitness Exs.

<p>7months baby girl ISS 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>48year old with pneumonia, Congested Cardiac Failure confined in bed.</p>	<p>Lung expansion exercises, positioning and manual techniques to clear secretions and reduce work of breathing, preventing secondary complication caused by immobility, ambulating, simple cardio-pulmonary endurance training.</p>
<p>2year old female with delayed developmental milestones</p>	<p>Taught and made mother understand baby's condition, play therapy, supported sitting in a corner sit, prescribed standing frame for weight bearing</p>
<p>10year 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>80year old female with left Hemiplegia due to CVA</p>	<p>Passive ROM, training transfers, trunk mobilization exes, gait rehabilitation, Neuro rehab</p>
<p>3year 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>1.5 year old male with bilateral 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>45year old with lumbar spondylosis</p>	<p>Heat therapy, Spinal mobs, McKenzie therapy, low back soft tissue mob, Aerobic</p>

	Exs, lower limb stretches, general body fitness Exs.
20year 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.
45year 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.
2year old male with Cerebral Palsy(Athetoid type)	Normalizing tone, training milestones, worked on head control, parents education about the baby's condition
33year old female, left hemiplegia CVA secondary to uncontrolled HTN	Normalizing tone, neuro rehabilitation, early mobility, education about condition.
3year old male in I.C.U recovering from a closed Brain injury secondary to RTA with mother impairments.	Normalizing tone, chest, Physio, brain stimulation through play therapy, parent's education about the child's condition, counselling.
<u>Week 12(11th Sept- 15th September)</u>	
83year old female with Hypertension and general body weakness	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, graded strengthening Exs
80year old female with spondylosis and right hip osteoarthritis	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
37year old with Non-specific LBP	Passive R.O.M to all joints, taught mother better positioning, early mobility out of bed,

<p>16year old female with closed transverse fracture of right Fibular-Tibia bones.</p>	<p>strengthening exercises, stretches to tight muscles, taught and encouraged better positions for feeding.</p> <p>Assisted Orthopedic team in reduction and immobilization with P.O.P, taught Isometric strengthening Exs for quads, hams and calf muscles, trained gait with axilla crutches</p>
<p>24year old female with sub-acute ankle sprains</p>	<p>Heat therapy, passive ROM Exs, minimum weight bearing, strengthening Exs for calf muscles, stretches</p>
<p>25year old with male mechanical LBP</p>	<p>R.O.M Exs, play therapy, Retraining of the delayed milestones, parents' education about the condition</p>
<p>8year old male with stiff neck</p>	<p>Neck mobilization Exs</p>
<p>36year old male Right Hemiplegia secondary to a hemorrhagic stroke.</p>	<p>Passive movements, training transfers, trunk mobilization exes, gait rehabilitation</p>
<p>83year old female with chest secretions and bedridden.</p>	<p>Chest Physio, ROM Exs, early mobility, prevention of secondary complications from immobility</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.(acute phase)</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>5year old with resolving 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>1year old with Pneumonia and Congenital Heart Failure</p>	<p>chest Physio, mother education about condition and prognosis, encouraged to</p>

<p>5year old male with Cerebral Palsy and resolving S.A.M</p>	<p>continue Exs, supported sitting, head and trunk control</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, brain stimulation, retraining milestones</p>
<p>42year old male Diabetic patient with neuropathies in the upper limbs</p>	<p>R.O.M Exs, upper limb muscle Strengthening Exs, Hand function rehab, fine motor skills training.</p>
<p>1year and one month baby boy with spastic cerebral palsy</p>	<p>Management of tone, ROM Exs, head control, taught mother better positioning for relaxation, prescribed a Cerebral Palsy sit, home exercises and encouraged mother to continue therapy at home.</p>
<p>4year old male with resolving SAM and mild Cerebral palsy</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, brain stimulation through play therapy.</p>
<p><u>Week 13(18th July- 22st July)</u></p>	
<p>28year old male with 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>3year old with severe acute malnutrition with chest complications</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, chest Physio</p>
<p>48year old with bilateral sciatica</p>	<p>Sciatic nerve stretch, lower limb muscle stretches, McKenzie back extension Exs, back care education, general low impact aerobics</p>
<p>50year old female with Parkinson's Disease</p>	<p>Balance and balance training, strengthening Exs, core stability strengthening, Fine motor</p>

69year old with Pneumonia and bedridden	skills Training, Did Occupation therapy, gait training, endurance training, home Exs
75year old male with coccydynia	Chest Physio, ROM Exs, early mobility, prevented secondary complications
62year old male known Diabetic with left hemiparesis	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.
30year old female with Sacral Iliac Joint Dysfunction	Strengthening Exs, stability, balance and coordination training, simple aerobics, general body fitness Exs, encouraged patient to remain active
12year with stiff neck	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
70year old with severe cerebral malaria and developed right hemiparesis	Passive then Active Neck R.O.M Exs, neck muscles strengthening exercises.
64year old male Diabetic, Hypertension, General body Weakness	Early mobility out of bed, General body fitness Exs, simple aerobic Exs
62year old with shoulder adhesive capsulitis	Early mobility out of bed, General body fitness Exs, simple aerobic Exs
60year old female with Below Knee Amputation	Shoulder mobilization Exs, wall walks, rotator cuff stretches, strengthening Exs for upper limbs muscles, pendulum Exs
12year old with right hip joint abscess	ROM in all joints, strengthening Exs for weak muscles, gait training with walking aids, stump care, phantom limb pain management, psychological support, care taker education about patient's condition
12year old with right hip joint abscess	Hip ROM Exs, mobilization Exs, quads, hamstring strengthening, stretches for thigh muscles

<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>28year old male with crocodile bite on the right arm</p>	<p>Maintained ROM in all joints of affected limb, gentle stretches, mobilization of the scar tissue for flexibility</p>
<p>6year old with epilepsy and delayed developmental milestones</p>	<p>Mat Exs, Play Therapy activities, trunk stability training, dynamic balance training, head control improvement, retraining delayed milestones.</p>
<p><u>Week 14 (25th Sept – 29th September)</u></p>	
<p>(on ONE WEEK LEAVE)</p>	
<p><u>Week 15 (2nd Oct- 6th October)</u></p>	
<p>60year with scoliosis</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>58year old female 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, encouraged healthy diet</p>
<p>84year old male with spondylolisthesis in lumbar spine.</p>	<p>Passive movements, training transfers, trunk mobilization exes, gait rehabilitation</p>
<p>2year old with bacterial meningitis</p>	<p>Chest Physio, passive ROM Exs, positioning, care takers education about child's condition</p>

<p>1 week old baby boy born with club feet</p>	<p>Assisted the Orthopedic Officer in manipulation and casting the feet.</p>
<p>54year old male with mechanical LBP</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 with known DM with Right hemiparesis</p>	<p>Balance and balance training, strengthening Exs, core stability strengthening, Fine motor skills Training, Did Occupation therapy, gait training, endurance training, home Exs</p>
<p>40yearold with mechanical LBP</p>	<p>Pain management by heat therapy, soft tissue massage, exercises to improve spinal flexibility, strength, core stability and range of motion, back care education</p>
<p>90year old female with left hemiplegia secondary to ischemic stroke</p>	<p>R.O.M Exs, prevention of secondary complications from immobility, chest physiotherapy, positioning, early mobility.</p>
<p>75year old male with right hemiplegia secondary to hemorrhagic stroke</p>	<p>Passive range of motion, chest Physio, positioning to break the abnormal patterns and to normalize tone, early mobility, fine motor skills training</p>
<p>43year old female with chronic mechanical low back pain</p>	<p>Dynamic Lumbar stabilization program, back strengthening exercises. Simple aerobics, back care education and ergonomics,</p>
<p>53year old female with bilateral sciatica secondary to slip Disc between L4-L5</p>	<p>Soft tissue manipulation, manual therapy, sciatic nerve stretches, Gait re-education, strengthening Exs for lower limb muscles, core stability training, stretching Exs for tight muscles</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, neuro rehab</p>

70year old with Below Knee Amputation	ROM Exs to all joints, training transfers, trunk mobilization exes, gait training with walking aids, strengthening Exs
53year old with Stiff low back muscles	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.
<u>Week 16 (9th October- 13th October)</u>	
1month old with tallipes	Assisted in manipulation and casting
19year old with stiff neck	Manual neck traction, right upper limb fine motor skills training, hand rehabilitation.
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.
60year old with CVA secondary to HTN	Neuro Rehabilitation
75year old with Left Hemiplegia secondary to Ischemic Stroke	Neuro Rehabilitation
35year old female with Pelvic Inflammatory Disease 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.
30year old female with post operation spinal tumor in the lumbar spine with gait abnormalities	Active Assisted ROM Exs, training transfers, trunk mobilization exes, gait rehabilitation
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	Pain management, manual therapy, core stability and general fitness strengthening Exs, piriformis and sciatic nerve stretch

<p>70year old male with right hemiplegia secondary to a hemorrhagic stroke</p>	<p>Neuro Rehabilitation</p>
<p>80year old female with spontaneous pneumothorax</p>	<p>Chest Physio, R.O.M Exs, general body fitness Exs, endurance training</p>
<p>18year old female with Acute ankle sprain</p>	<p>Passive to Active R.O.M Exs, accessory glides to the ankle joints, gentle aerobics</p>
<p>66year old female with Parkinson’s disease</p>	<p>Balance and balance training, strengthening Exs, core stability strengthening, Fine motor skills Training, Did Occupation therapy, gait training, endurance training, home Exs</p>
<p>75year old male with right hemiplegia (hemorrhagic stroke secondary to HTN)</p>	<p>Neuro Rehabilitation</p>
<p>60year old with severe malaria with generalized body weakness</p>	<p>Passive to active R.O.M Exs to all joints. Strengthening Exs to all muscles, balance and stability training , core stability strengthening,</p>
<p>60year old male with lumbar Spondylosis</p>	<p>Pain management, manual therapy, core stability and general fitness strengthening Exs</p>
<p>22year old male with acute ankle injury after soccer game</p>	<p>P.R.I.C.E, Passive to Active R.O.M Exs, accessory glides to the ankle joints, gentle aerobics</p>
<p><u>Week 17 (16th October-20th October)</u></p>	
<p>60year old male with lumbar Spondylosis</p>	<p>Pain management, manual therapy, core stability and general fitness strengthening Exs</p>
<p>33year old with acute 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 with lumbar Spondylosis</p>	<p>Pain management, manual therapy, core stability and general fitness strengthening Exs</p>

<p>70year 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>83year old female with left hemiplegia secondary to ischemic stroke</p>	<p>Weight bearing, gait re-education, right lower limb strengthening exes, trunk stabilization exes, hand function training, neuro rehab</p>
<p>44year old with advanced rheumatoid arthritis in all joints</p>	<p>Pain management, ROM Exs, strengthening Exs, encouraged to remain active, advised on diet, Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.</p>
<p>50year old female with lumbar Spondylosis</p>	<p>Pain management, manual therapy, core stability and general fitness strengthening Exs</p>
<p>75year old with left hemiplegia secondary to hemorrhagic stroke</p>	<p>Balance and balance training, strengthening Exs, core stability strengthening, Fine motor skills Training, Did Occupation therapy, gait training, endurance training, home Exs</p>
<p>60year old with female with mechanical low back pain</p>	<p>Passive to active R.O.M Exs to all joints. Strengthening Exs to all muscles, balance and stability training , core stability strengthening,</p>
<p>54year old male with L5-S1 slip disc</p>	<p>Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.</p>
<p>34yera old female with hip pains</p>	<p>Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.</p>
<p>30year old female with piriformis syndrome</p>	<p>Manual therapy, piriformis stretch, general strengthening Exs, sciatic nerve stretch</p>

<u>Week 18 (23 October- 27 October)</u>	
54year old with lumbar Spondylosis	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.
50year old with non-specific low back pain	R.O.M Exs, Dynamic stability training, core stability strengthening, hand rehabilitation, speech and language therapy, occupational therapy.
67year old female with severe malaria and generalized body weakness	Passive R.O.M Exs isometric strengthening Exs, pain management, general fitness Exs
44year old male with Sciatica secondary to L5-S1 Disc Prolapse	Heat therapy, soft tissue manipulation, hip joint R.O.M Exs, Stretching Exs for lower limb muscles, strengthening Exs.
44year old male with Spondylosis L5-S1	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.
48year 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 muscle stretches, and general body fitness Exs.
56year old female on appointment for general body fitness training	strengthening Exs, cardio-pulmonary endurance training, aerobics, stability Exs
66year old male with mechanical Low Back Pain	Manual therapy, strengthening ex, Patient education, heat therapy, back extension Exs, general body strengthening Exs
8months old baby girl with club feet	Assisted in casting and manual therapy to correct the anomaly
57old female with non-specific LBP	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>64year old female with Non Specific LBP</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>54year old female with CVA secondary to HTN and pneumonia</p>	<p>ROM ex, training transfers, trunk mobilization exes, gait rehabilitation, Neuro rehab.</p>
<p>89year old bedridden with bacterial meningitis</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>35year old with Non Specific LBP</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>60year old with Left hemiplegia , CVA secondary to HTN</p>	<p>Chest Physio, passive R.O.M Ex, stretches for tight muscles, positioning, normalizing tone, relaxation Exs, neuro-rehab</p>
<p>1year old male with mild cerebral palsy(Athetoid type) with speech difficulties</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 adhesive capsulitis</p>	<p>Passive progressed to active R.O.M Exs, shoulder girdle mobs, accessory glides to shoulder joint, manual therapy</p>
<p>54year old with mechanical low back pain</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>29year old with mechanical low back pain</p>	<p>Back care education and ergonomics, Heat therapy, Spinal mobs, McKenzie therapy, low</p>

47year old male with mild stroke secondary to HTN

back soft tissue mob, Aerobic Exs, lower limb stretches, and general body fitness Exs.

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

ACHIEVEMENTS

- I have continued to become a trusted and integral member of the rehabilitation team in that I can be trusted to run therapy sessions with minimal supervision.
- With my supervisor, we successfully started conducting aerobic classes in group therapy for our patients, this has showed great results in the prognosis of patient's conditions. Though we are still limited with space, but it has been worth starting with less numbers.
- Wheelchair service has been a great achievement in that I can now assess and prescribe for a client the required wheelchair.
- I have managed now to learn the language and culture of the people around here.
- My work experience keeps growing each and every day that passes because of the large numbers of conditions I face on my work day. My confidence and knowledge has greatly improved.
- After 2 months of confirmation classes, I was officially **confirmed** as a mature Christian on 19th October during the annual Bishop's visit to Kagando Hospital. I would have never dreamt that that moment would ever come. I am glad I am continuing to grow in FAITH and I thank God that I came to Kagando.

CHALLENGES

- Kagando, Kasese and surrounding districts are made of mainly peasant and poor communities that depend on farming for their income. Most patients have missed physiotherapy appointments especially OPD patients citing inadequate funds. Kagando Hospital charges 10,000UgX for a therapy session of which most patients still find it too expensive. We in most cases have lost patient follow up.
- As observed from the above listed conditions, you will realized Kagando Hospital is overwhelmed by the increasing numbers of NON-COMMUNICABLE DISEASES like Diabetes, hypertension, strokes. We have had inadequate funding for health promotion and community outreaches especially to sensitize communities about Physiotherapy conditions. The funding for a single physiotherapy outreach is not enough to mobilize the communities and teach about these conditions.
- Time is rushing so fast, just only 2months to go. This is the time when one has just settled in and starting to enjoy work. It's a feeling I get and wish that the internship could be extended for 6 more months such that I can make a year in Kagando.
- The community around is of more illiterate people who still do not understand much about physiotherapy. When a patient comes to hospital is most expectant to be given medication of which physiotherapy treatments are physical and we do not prescribe medications. It takes much to labor hard to explain to a patient for example with stroke that they need only Exercises and therapy modalities to get their condition better. It's a challenge but it has been our obligation to sensitize our patients.

APPRECIATION

I continue to thank 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 final months to become a blessing.

Sincere appreciation goes to **Interface Uganda** for the continued and timely funding and making my stay at comfortable.

Great gratitude goes to the KARUDEC administration especially the hospital management. 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 continue to extend sincere gratitude thanks to my supervisor, **PT. GLORIA** and all the Medical rehabilitation colleagues.

We Care, God Heals