

PHYSIOTHERAPY INTERNSHIP REPORT
AT KAGANDO HOSPITAL, KASESE
FOR DECEMBER 2019 TO JANUARY 2020

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. **Interface Uganda** continues to extend assistance to Kagando Physiotherapy department through facilitating a one year 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 7 months in Kagando and I continue to thank the Almighty God plus Interface Uganda for the great opportunity to acquire this great work experience and be part of this KARUDEC community. It has and continues to be of great experience being at Kagando with a lot of learning ranging from professional, cultural, spiritual and social learning. Over the 6 months I have gained a lot of experiences and now I take this opportunity to share a few of the achievements and developments in my clinical, social and interpersonal skills through work based learning.

My objectives for the internship

- To improve my clinical skills in physiotherapy management of different conditions that I have learnt from my previous four years and gain physiotherapy work experience in preparation for future employment.

- To be an integral member of the physiotherapy team to provide high quality, safe, cost effective and evidence based treatments to all patients requiring physiotherapy services within the catchment area of the hospital.
- To continue developing my leadership and managerial skills through caseload management, multidisciplinary team work, self, patient management as well as share knowledge and life experience I have had in life to the hospital staff, practicing students, patients and communities of Kagando.
- To engage in patient care delivery and department quality improvement projects within the physiotherapy department and hospital at large

Benefits for having an intern at kagando

Increase on the manpower to assist the only Physio currently at Kagando hospital as well as provide room for professional discussions and sharing of knowledge.

Cases seen

The table below elaborates some of the cases I managed to handle both independently and sometimes with consultation from my supervisor. The case loads include the new case (minus reviews) received every week constant reviews and appointment for patients who require more than one session a week and more appointments before they get well. Some of Cases seen Physiotherapy and their management included;

CONDITION	MANAGEMENT
Mechanical low back pain	Heat therapy, Spinal mobs, McKenzie therapy, and low back soft tissue mobilization. Lower limb stretches, general body fitness

	Exercises.
Lumbar spondylosis	Back deep tissue massage, heat therapy. Exercises to improve flexibility, strength, core stability and Range Of Motion, Home exercises and Education. Manual therapy
Spastic Cerebral Palsy	Parent education about child's condition, passive range of motion exercises for all joints. Prescribing and fitting a wheelchair or CP seat where necessary.
Generalized body weakness after 1month bed ridden secondary to severe malaria	Passive R.O.M to all joints, Taught caretaker better positioning, early mobility out of bed, strengthening exercises, stretches to tight muscles.
Club feet	Assisted the orthopedic officer in serial casting, and manipulations to correct the feet. Taught mother how to look after the cast.
Patient with cerebral abscess and neurological sequelae.	Positioning and handling education to caretakers and ICU nurses. Passive ROMs. 2hrly turning. Chest physiotherapy.
Left Hemiplegia due to CVA	Facilitated active ROM, training transfers, trunk mobilization and strengthening exercises, gait rehabilitation, Tone management. Taught

	caretakers how to do some of the exercises and handling together positioning.
Cervical spondylotic myelopathy	Cervical manipulations, Neck stretches and strengthening exercises. Upper limb strengthening. Transcutaneous nervous stimulation.
Nonspecific LBP	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.
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
Hip osteoarthritis	Back care education and ergonomics, Heat therapy, Patient Aerobic Exs, lower limb stretches, and general body fitness Exs to minimize falls, encouraged healthy diet
Right CVA secondary to Hypertension – left hemiplegia.(acute phase)	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.
Severe acute malnutrition (SAM) with edema	Passive R.O.M to all joints, taught mother better positioning, early mobility out of bed, Nutritional counseling, and limb elevation
Closed transverse fracture of right Fibular-Tibia bones.	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
Patient with chest secretions and bedridden.	Chest Physio, ROM Exs, early mobility, prevention of secondary complications from immobility
Patient with quadriplegia and grade IV pressure ulcers.	Facilitated active ROMs. 2hrly turning. Daily wound dressing. Sensory and motor stimulation. Prescribed and fitted a wheelchair. Advised on acquiring an air mattress.
Sub-acute ankle sprains after a soccer game	Heat therapy, passive ROM Exs, minimum weight bearing, strengthening and stretches Exs for calf muscles,
Child with delayed Developmental milestones	Education to mother about condition, neck strengthening exercises, motor stimulation with toys, trained sitting and standing balance.
Neck stiffness	Neck manual mobilization. Stretches and strengthening Exs. Heat therapy.

Acute ankle sprains	Cryotherapy and resting the affected ankle. Ambulation with minimal weight bearing through that limb. Then later passive ROM Exs, minimum weight bearing, strengthening and stretches Exs for calf muscles,
Piriformis syndrome.	Heat therapy, deep frictional massage, piriformis muscle stretches, rubber ring in sitting
Patient with sciatica with Back pain	Heat therapy, relaxation massage, sciatic nerve stretches, back stretches and strengthening exercises. Spinal manipulations.
Severe acute malnutrition and cerebral palsy.	Parent education about child's condition, passive range of motion exercises for all joints. Prescribed a wheelchair for mobility at home and in the community.

Achievements

- ❖ I have continued to gain more knowledge and skills in physiotherapy practice. Developed more competence in physiotherapy, assistive devices and Wheelchair service provision.
- ❖ My work experience keeps growing each and every day that passes because of the large numbers of conditions I face on my work day. This has improved my confidence and knowledge at work.

- ❖ I have continued to meet and make new friends within the hospital and in the community thus building my social network.

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 so far offered to the community. I continue to pray for my final months to be fruitful.

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. The friendship and team work has been strong. I have learnt something from everyone.

I continue to extend my sincere heartfelt gratitude to my supervisor, PT. GLORIA NDEKEZI CHIMPAYE and all the Medical rehabilitation colleagues.