



**PHYSIOTHERAPY INTERNSHIP REPORT  
AT KAGANDO HOSPITAL, KASESE  
FOR FEBRUARY TO MARCH 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 physiotherapist. The physiotherapist becomes an integral part of the Rehabilitation Team and increases man power and gain hands on skills in preparation for future professional experience.

Interface Uganda has been funding me for the last 9 months in Kagando for which 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 time 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 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 develop more clinical skills in rehabilitation management of different conditions and physiotherapy work experience in preparation for future employment.

- 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.

**Cases seen**

The table below elaborates some of the cases managed during the stipulated period. 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 and these included;

<b>CONDITION</b>	<b>MANAGEMENT</b>
Club feet	Assisted the orthopedic officer in serial casting, and manipulations to correct the feet.  Taught mother how to look after the cast.
Adhesive capsulitis	Cryotherapy, active ROM within pain free range, analgesic prescription.
Hip and knee 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

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.
Right 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.
Athroglyposis	Together with the orthopedic officer manipulated and applied a POP cast to bilateral feet. Care taker education on POP care as well as passive exercise to do at home.
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.
Calcaneovalgus	Assisted the orthopedic officer in serial

	<p>casting, and manipulations to correct the feet.</p> <p>Taught mother how to look after the cast.</p>
<p>Right CVA secondary to Hypertension – left hemiplegia.</p>	<p>Self-assisted R.O.M Exs, re-education of transfers, chest Physio, Functional training, care takers education about the condition and need for continued care.</p>
<p>Severe acute malnutrition (SAM) with no edema</p>	<p>Assisted active R.O.M to all joints, taught mother better positioning, early mobility out of bed,</p> <p>Nutritional counseling, and limb elevation</p>
<p>Child with delayed Developmental milestones</p>	<p>Education to mother about condition, neck strengthening exercises, motor stimulation with toys, trained sitting and standing balance.</p>
<p>Down syndrome</p>	<p>Caretaker education on positioning, passive ROM exercises, motor stimulation, prescribed a seat and stand supportive devices.</p>
<p>Left Below knee amputation</p>	<p>Preserved ROM through active and passive exercises. Gait re-education with axilla crutches. Stamp modeling in preparation for artificial limb fitting.</p>
<p>Patient with bilateral sciatica with Back pain</p>	<p>Heat therapy, relaxation massage, sciatic nerve stretches, back stretches and strengthening exercises. Spinal manipulations.</p>

## **Achievements**

I and the entire rehabilitation department continue to record more achievements among which include;

- ❖ There is continuous gain of more knowledge and skills in physiotherapy practice through sharing of ideas. Developed more competence in physiotherapy, assistive devices and Wheelchair service provision.
- ❖ With the COVID-19 pandemic, I have managed to read and understand all available information about the virus so as to prepare myself and design screening guidelines for my practice during this critical moment.
- ❖ In February this year, Kagando hospital launched the jaipar limb project in which this workshop is to produce artificial limbs for the community with a subsidized price. In this I have gained more skills and knowledge as well as expertise in gait training.
- ❖ Through the community outreaches, I have come to appreciate the differences in culture and financial standards from person to person and came to believe that every slight intervention offered to someone can mean a great deal as well as a life changer.
- ❖ Work experience keeps growing each and every day that passes among the team because of the large numbers of conditions we manage daily. This has also improved my confidence and knowledge at work.
- ❖ There is continuing sharing of duties that makes work easy to execute without overwork. I have continued to meet and make new friends within the hospital and in the community thus building my social network.

## Conclusion

Amidst the current trying moments of the corona virus pandemic in the world, we continue to offer therapy services to everyone who seeks our help. This is ongoing via the hospital and online consultations for continuity of care.

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.

*"Stay safe, together we can overcome this COVID-19 pandemic"*

