

PHYSIOTHERAPY INTERNSHIP REPORT AT KAGANDO HOSPITAL, PRIVATE BAG, KASESE –UGANDA.



FROM 4TH JANUARY TO 19TH MARCH, 2021

COMPLIED BY;

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INTRODUCTION.

Kagando hospital is a mission hospital under Kagando Rural Development Center (KARUDEC) which embraces a mission of empowering communities by promoting quality health care, education and religious development.

In order to achieve the above vision, facilities including hospital, nursing school, primary school, water projects and others were put up to provide services to the needs of the community.

Interface Uganda, a United Kingdom based charity organization has been supporting kagando hospital rehabilitation department over the past years by funding a one year internship placement for a newly qualified physiotherapist. The main purpose of this internship is to provide a platform in adverse environment in general hospital and boost the human resource in rehabilitation department at kagando hospital to the intern. And also for the intern to gain skills and knowledge in preparing for the future professional experience.

Through Interface Uganda whose mission is seeking to support orthopedic and plastic surgery while supporting local specialism in Uganda, I was offered a post for physiotherapist intern after completing a bachelors degree of science in physiotherapy at mbarara university of science and technology for which am grateful for and Interface Uganda has been funding my stay for the past 11 weeks at kagando hospital.

MY OBJECTIVES FOR THIS INTERNSHIP.

To put all the knowledge and skills that I did acquire from my past 4 years in the university into practice given the right scenario.

To become a member of rehabilitation team and provide safe and current evidence physiotherapy treatment with in the hospital and the community

To continue learning and improving my clinical reasoning in physiotherapy management

To be involved in patient care delivery quality improvement projects especially in the rehabilitation department.

To develop my leadership and managerial skills through multidisplinary teamwork, sharing knowledge and learning from other professional's in kagando hospital.

CASES HANDLED

The table below shows some of the major cases I have handled independently with occasional

Consultation from my supervisor. These include inpatient and outpatient reviews.

cases	Physiotherapy management
3/12 female with acute bacterial meningitis	Passive ROM mobilization exercises for the neck and all joints Caretaker education on feeding using NG tube and 1 hourly turning in bed
70yr/male with prolapsed intervertebral disc	McKenzie back extension exercises, heat therapy, core strengthening exercises, lifestyle adjustment.
25yr/female with chronic femur osteomyelitis	Referring for nutritional rehab, active ROM exercises for knee and hip joints bilaterally, wound care, prescribing a walking aid.
1/12 male with bilateral congenital clubfoot	Involved in manipulation and serial casting to correct deformity, assisted in tenotomy after casting.
45yr/female with mechanical low back pain	Heat therapy, bridging exercises, birdog exercises, home exercise programme.
64yr/female with left posterior sacral iliac joint dysfunction	Active resisted exercise for the hip joints
50yr/male with L5-S1 spondylosis	Central and unilateral glides ,birdogs exercises, core strengthening exercise
26yr/female with pott's disease	Prescribing a lumbar cosset, core strengthening exercises, hip strengthening exercises, patient education on lifestyle adjustments.
1yr/male with delayed developmental milestone	Play therapy, prescribed supportive seat, home exercise programme for neck and trunk.
67yr/female with thoracic outlet syndrome	Accessory glides for 1 st rib,neurodynamic nerve stretching for the left upper limb, patient education on posture,cyriax release maneuver, active resisted ROM for the shoulder,pecto stretches
3/12 female with unilateral pesplano valgus	Involved in manipulation and casting of the foot ,passive stretches for the ankle invertors and evertors
52yr/female with left piriformis syndrome	Passive neurodynamic sciatic nerve stretch, active resisted strengthening exercise of the hip flexors

72yr/ female with acute biceps tendinitis	and extensors, passive stretching exercises of the hip flexors
52yr/male with right wrist stiffness secondary to burns	Active resisted movements exercise for elbow flexion and extension, cryotherapy, TENS, patient education
28yr/female with left knee flexion contracture	Passive stretches for shortened muscles, involved in making and prescribing splint, accessory glides for carpal bones.
41yr/female with extensive laparotomy	Accessory glides which include PA's lateral and medial, passive stretches for intraarticular tissue of the left knee, passive stretches of hamstrings of left lower limb, prescribing and application of anti- knee flexion orthotic
4yr/female with downs syndrome	Education wound site care, teaching pillow guarding when coughing, breathing exercises, active resisted strengthening exercise for the lower limbs, assisted walking.
1yr/male with spastic quadriplegic cerebral palsy	Play therapy, standing frame
47yr/male with left CVA neuralagic sequale	Passive ROM exercise for all joints, supportive seat, training head control, supported standing, education on feeding posture
17yr/female with right meniscal tear	Training dynamic balance, core strengthening exercise, squash ball exercises, stretching exercises for wrist flexors and extensors, stepups, advice on nutrition
5yr/female with resolving compartment syndrome for the left wrist extensors	Cythorepay, vmo's exercises, quadricep strengthening exercises
29yr/female with left ankle lateral sprain	Play therapy, functional hand exercises, passive stretching exercises for the wrist extensors, flexors and lumbricals
4yr/male with genu valgum	Cryotherapy, supportive and compression bandage
	Assisted orthopedic officer in serial casting and manipulation, pop cast care, prescribed KAFO'S, assisted orthopedic technologist in making KAFO'S negative

56yr/male with above knee amputation	Pre- operative rehab and education, post-operative rehab including dressing and shaping of the stamp.
2yr/male with sever acute malnutrition	ROM active exercise for all joints ,referral to nutrition rehab
85 yr/female with right hip Osteoarthritis	Heat therapy, active resisted movements of hip joint, cycling, prescribed a walking aid.
2/52 male with arthrogryposis	Mother education on the condition, performed and taught stretching exercises for the lower limbs, involved in casting the upper limbs bilaterally
25yr/female with right CVA neurological sequale	Trunk strengthening exercises, gym ball exercises, training dissociation movements for left upper limb, co-ordination exercises, hip and knee flexor, extensor strengthening exercises using weights, counselling on keeping good adherence on anti-hypertensives.
30yr/male with brachial plexus neuropraxia for the left upper limb following a road traffic accident	Cryotherapy, passive ROM of all joints, prescribed an arm sling and wrist extensor splint, home programme exercise, care taker education on the left upper limb care.
10yr/female with tetanus	Teaching on every 1 hourly turning in bed to prevent pressure sore and back ache, passive ROM mobilization.
21 yr/female with GBS Sequale	Brisk walking, cycling, low intensity aerobics ,setups and stepdown

BENEFITS AND SOME ACHIEVEMENTS DURING THIS INTERNSHIP

I have continuously gained more skills in holistic physiotherapy management and practice, wheelchair fitting, repair and adjustment and other assistive devices through sharing and learning from members in the rehabilitation department.

Currently kagando hospital is running a Jaipur limb project to produce artificial limbs for lower limb amputee, the presence of this project has helped me to gain skills in assessing secondary complications in amputees and gait training after acquiring a limb prosthetic.

I have also improved on my knowledge for quality managerial improvement skills as I am involved in the monthly reporting and attending other project meetings

There is continuation in learning and getting newly information which is evidence based through weekly CME'S together free access to internet which keeps me updated.

I continue to grow spiritually, socially through praying and making new friends.

CHALLENGES

At first it was difficult in assessing patients because of language barrier but I have picked up now and require minimal translation when communicating.

The physiotherapy treatment lacks a few modern therapy equipments that would improve service delivery like treadmill, NMES

APPRECIATION

I give my great thanks to interface Uganda for considering me as the best candidate for physiotherapist intern at kagando hospital and also funding my stay at the site.

Extend my thanks to the head of department kagando hospital PT GLORIA for mentoring, supervising me.

Thanks to the kagando staff for the hospitality and care they have exhibited for my welfare.