

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



FROM 4TH JULY TO 5TH OCTOBER, 2021

COMPLIED BY;

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SUPERVISED 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 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 9 months 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 professionals in kagando hospital.

CASES HANDLED

The table below shows some of the major cases I have handled independently with minimal Consultation from my supervisor. These include inpatient and outpatient reviews.

cases	Physiotherapy management
A 28yr/female with anterior cruciate ligament grade 1 sprain for right knee.	Cryotherapy to manage acute pain prescribed and provides knee extension orthotic for 4/7. Started gentle PROM mobilization exercises Instructed active ROM exercises Prescribed VMO'S strengthening exercises in supine, cycling and foot press.
A 3/7 female with erbs palsy involving the left upper limb.	Care taker education on handling the child like no traction forces on the left arm, no pressure under left axilla, carrying child in football hold. Taught mother pinning the sleeve of neonate shirt to hold left elbow in flexed position. Passive ROM exercises of the left upper limb.
A 32yr/female with osteomyelitis involving involving the right knee joint	Active ROM exercise for right knee joint, active resisted movements for right knee. Taught and instructed VMO'S strengthening exercises
35yr/male with paraplegia secondary transverse myelitis.	Strong active resisted moments for the upper limbs, taught wheel chair mobility maneuvers, assessed and fitted wheel chair, standing frame for weight bearing exercise, patient caretaker education on nutrition and lifestyle changes.
22yr/female who is over weight	Counseling session, started weight loss programme, patient education on diet, aerobics cardio fitness, general body strengthening exercise.
4/7 female with calcaneovalgus bilaterally	Patient managed with manipulation and casting into plantigrade position for 1/52, taught mother POP care, removed and SFAB splints for day and night bracing.
1/7 male with mid femoral fracture secondary to breech presentation	Reviewed patient with orthopedic officer, applied pop cast with orthopedic officer, caretaker education.

7/12 male with congenital muscular torticollis	Stretching exercise of the left sternocleidomastoid muscle, taught mother stretches using gravity to assist passive stretches, taught about carrying posture.
13yr/male with right lower lobe lung abscess	Clapping and vibrations to mobilise secretions ,active cycle of breathing exercise, deep breathing exercise, strengthening exercise for accessory muscles of respiration
49yr/m with comminuted right clavicular fracture	Provided and applied arm sling for patient Referred to orthopedic surgeon and occupation therapist.
50yr/m GBS	(ICU)Maintaining clear airway through suction, passive range of motion for all joints, positioning to manage low tone. (POST ICU) weight bearing exercises for both upper and lower limb, balance training using gym balls, gait reeducation, cycling, bench press, hand therapy using therapies, upper extremity strengthening using thera band.
69yr/female with pulmonary TB	Clapping, chest vibrations, active cycle of breathing ,brisk walking, intensive spirometer
39yr/male with transient synovitis in right hip	Heat therapy, active ROM mobilization by cycling, strengthening exercise for hip flexors and extensors, accessory glides for the affected hip joint.
69yr/male with congested heart failure	Mobilisation exercises for upper limbs, core stability strengthening exercises, and low impact cardio pulmonary aerobics.
45yr/m post laparotomy	Isometric contractions of the hip muscles, taught guarding excision site when coughing, ambulate patient.
37yr/male with posterior hip dislocation, pubic fracture and L5 fracture	Stabilized with pelvic binder lumbar corset. Referred patient to neuro and orthopedic evaluation
48yr/male with sciatica	Heat therapy, neurodynamic sciatic nerve stretches, hip strengthening exercises ,home programme exercise, lifestyle adjustments.

7yr/female with left side hemiplegia secondary to CVA	Passive ROM mobilisation exercises for the affected joints, weight bearing exercises, standing frame, constraint induced therapy, hydrotherapy, knee rolling, reaching exercises for trunk strengthening.
24yr/male with lower crossed syndrome	Hip flexor stretching exercises ,knee hanging stretching exercises, core stability strengthening exercises,re-education of posture and body usage.
28yr/female with shoulder bursitis	Pendulum exercises, resisted active movements of the shoulder, accessory glides for the shoulder
9yr/male with paraplegia secondary to spinabifida	Caretaker education about the condition, taught passive ROM exercises for the affected joints, active resisted exercises for the unaffected joints, weight bearing exercises, prescribed active wheel chair for kids, trained wheelchair mobility.
70yr/ male with Parkinson’s disease	Did occupation therapy training with home lifestyle adjustment, balance training, core stability exercises, and fine motor skills training.
3yr/male with spastic quadriplegic cerebral palsy	Care taker education about condition, tone management through posture and passive ROM exercises, supportive seat ,referred to nutritionist
2yr/male with delayed developmental mile stone	4 point kneeling with stimulation to train head control, supportive seat, core strengthening exercises, weight bearing exercise.
58yr/male with chronic low back pain	Heat therapy, TENS, deep friction massage, McKenzie back extension exercises, bridging exercises, 4 point knee lift.
18yr/female with acute ankle sprain	Ice therapy, compression bandage ,referred to medical officer for anti-inflammatory drugs prescription
77yr/male with left hemiplegia secondary to ischemic stroke	Fast passive ROM exercises for tone management, supported sitting and standing

	for weight bearing, hip dissociation movements with fine transfer training, education on antihypertensive adherence
64yr/male with lumbar spine spondylothesis	Heat therapy back extension strengthening exercises, 4 point kneel lift, hip strengthening exercises
52yr/male with unilateral plantar fasciitis	Plantar stretches, plantar can rolls, pressure relief orthotic applied in shoes, plantar fascia night splint
10yr/male with cerebral malaria	Trunk strengthening exercises, gym ball exercises, play therapy, cycling thera band strengthening exercises.

BENEFITS AND ACHIEVEMENTS DURING THIS INTERNSHIP.

I have continuously gained more skills in holistic physiotherapy assesement,diagnosing, management and practice ,wheelchair fitting, repair and adjustment and other assistive devices through sharing and learning from members in the rehabilitation department and out of the hospital through listening to pod casts, attending webinar meeting and also doing online courses at physio plus.

I am confident enough at this time of my carrier growth concerning with teaching as I was given responsibility to supervise a third year physiotherapist student on his first external clinical placement.

My managerial skills are at the peak as I am involved in the budgeting for rehabilitation outreach programme and monthly reporting.

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.

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.

CHALLENGES

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

Most patients are not adherent with their reviews and come only when the symptoms have aggravated making it difficult to follow up with the outcome measures.

APPRECIATION

I give my great thanks to interface Uganda for having given me the opportunity and funding my stay at kagando hospital.

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.