

Physiotherapy program Nhkotakota, Malawi

Physiotherapy in Malawi



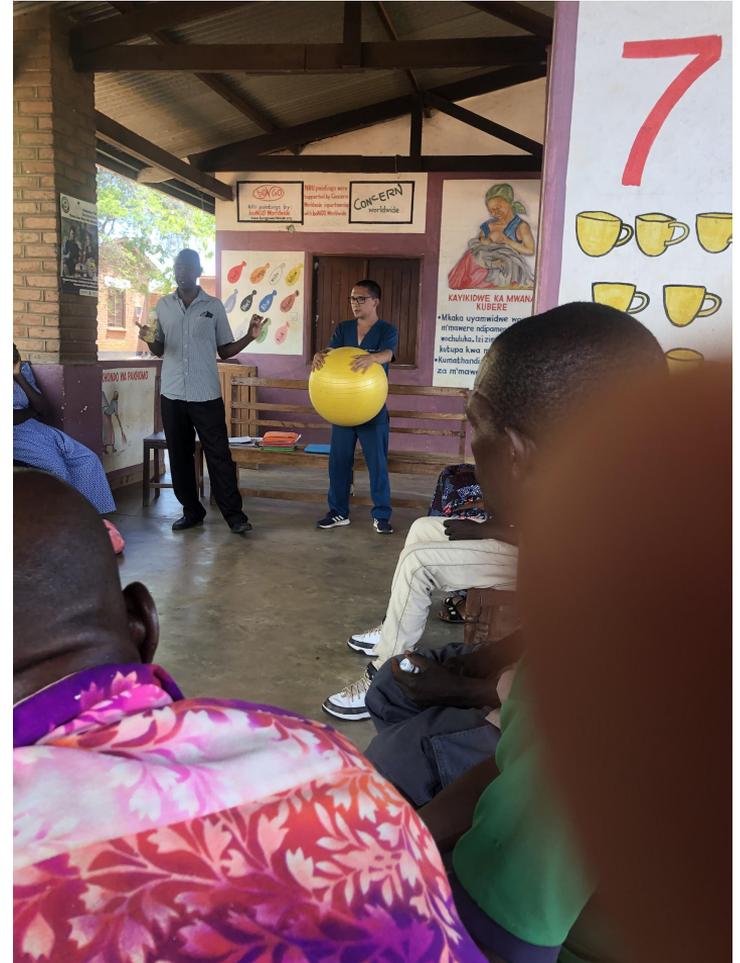


Project description

The project is based in Nhkotakota region, Benga, Alinafe. The project aim is to detect and provide the needs of child with disabilities in the villages of the region. The main structure of the project is to have selected areas of catchment. Providing a service of Physiotherapy. The development of the project is based there 3 hospitals and MACOHA.

The main goal is to provide quality every year, by a efficient service, reactivating outreach clinics and more stations of Physical therapy by the volunteers.

The main objective is also to generate 1 anual assesment, with a total catchment assesment in the areas of the volunteers for formation and for identification of child's with disabilities.





Community's part of the project

The big Pillar of the project is the “education program”, in which through the volunteers we can detect, reach and treat patients that are not near to the hospitals. First meeting was on December of 2022, reaching a total amount of 23 volunteers. This is people part of the Community that they just offer their heart to help others. They have their own needs, but they know the necessity of this child's absence personas with disabilities.



Reach out Strategy of the program

In 2022, we had arrived seen a situation, about 3-6 institutions working apart completely. By this time, it has been arranging by the unification of volunteers and assesment in the villages with other programs, to reach more areas.

Making strong relationships and strategies between health centers we can manage to have multiplural protocols and covered treatments for the children(Clubfoot clinics, Refereal system, orthopedic and Tools provider, formations and educational program, and monthly follow ups and reports)





Teamwork

The team is being guided by the physiotherapy team of Nhkotakota and Salima Hospital, being supervised also by MACOHA. The program is based in Alinafe community hospital, with physiotherapy Clinic with 9 volunteers. The mechanisms of action is a constant communication between the facilities and the volunteers. Providing sustainability and a strong structure of the program





Areas covered

Villages covered in 2021-2022

Nkhanga

Mtalanje

Chongole

Manyamba

Mkuwa

Kandodo

Njewa

Benga II

Kwanya

Chikepe

Muyande

This are the main villages, we're the assesment is being taken. By each of this areas the screening will be made to several areas, all in one screening place distributing the big assesment in each of the main screening assesment areas. The total of areas reached counting the ones that are reunited in the main areas are a total number of 52 villages.

To cover this assesment the planment is to reach this areas befor march of 2022

Alinafe physiotherapy team

The main goal of the team is to provide physical therapy in the Hospital of Alinafe, to promote better service to the people of the villages.

Name of the Volunteer	Clasification
Texon Phiri	Manager of physical therapy program
Angel Makiyi	Volunteer/ward physical therapy
Anne Kaesa	Volunteer/ pediatric physical therapy
Abelo Malenga	Volunteer/ mobility physical therapy
Alice Phiri	Volunteer/ obstetric physical therapy
Francis Charles	Volunteer/ ward physical therapy
Edward Mateche	Volunteer/ Geriatric physical therapy
Giancarlo Lúcar	Volunteer/ supervisor of physical therapy



Timeline of the project

December 2021 Project first assesment, Mettings for planning and educational program with volunteers

January 2022 Opening of Alinafe Physiotherapy Clinic and interdisciplinary meetings with DHO and Clinics

February 2021 Screening in Villages, and Fe-educational program with the community volunteers

March 2022 Final meeting with the Physiotherapy team and reporting of the project

July 2022 Firt follow up of the project and reporting

November 2022 Second follow up of the project and reporting



Annual Screening

The main objective is to have a local basis Clinic to have as head clinic to contact, afford treatment and also deliver and refer patients to other facilities. By the year 2022, is intended to start a project in February of 2022, with the first anual assesment. The aim is to detect and refer patients to their corresponding nearest clinic of physical therapy. As to do a follow up with this patients that were screened in earlier assesments.





Sustainability of th project

The project aim is to mantian in constant communication the physiotherapist and volunteers of the the region. The sustainability of the project is determined by reports and supervision by Physiotherapist of DHO hospitals and two foreign physiotherapist based outside of Malawi

The project main pilar is to mantain the communication without depending on external donors. And making the project in a minimal cost. Between the physiotherapist of the Alinafe Comunity hospital and Macoha, have activities to sustain the project anual screening in further years. Making the catchment área to be always in a surrounding of 20 km. Being extended depending on the resources counted in the moment. The rest of the catchments areas will be managed by MACOHA volunteers and the work of DHO physical therapists. Part of the project is to have an anual meeting in the DHO of Nkhotakota with the Puysocial therapy team of the hospital, to manage, report and sustain news further ideas of the project.





Formation and educational program

All the volunteers of the Hospitals, clinics and programs will be part of an educational program called PTlearning academy. They'll be learning weekly of physical therapy as well as leaning about further teamwork's, programs and courses. The volunteers with no acces of WhatsApp or internet will be part of physical educational data, shared by this who have the access of internet, every part of the educational program will be supervised by Ptleaningacademy.



Justification

The project main problem is the lack of transport and access to school from their villages. Support and adaptations in schools are minimal. The physical therapy is going further. The kids of this villages need assistance and accessibility to enter their schools and to have quality of life.

Supervision of the project

The project is supervised by the volunteer Giancarlo Lúcar Chaverri, the project is directed by Jamex from Macoha and Texon from Alinafe community hospital. The hospital is now providing the physical therapy project with a different areas. They will be a follow up every 6 months for an assessment for new children in the villages.

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Project budget for the screening

Category	Per person	Total amount
Transport	65000	65000
Meals	15000	30000

Thank you

