

INTERNSHIP REPORT AT HEGAU JUGENDWERK
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BY

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i. ACKNOWLEDGEMENT

First and foremost I would like to express my sincerely appreciation and gratitude to God for granting me His protection and journey mercies to Germany.

Many thanks to the management of Hegau Jugendwerk, Neurologisches Krankenhaus und Rehabilitationszentrum für Kinder, Jugendliche und junge Erwachsene to provide me with the opportunity to work with an organization as the intern .

I am thankful to the head of physiotherapy department and also my Supervisor Mr. Stefan Daub, Mrs. Marika Marian, and the rest of Physiotherapy team Mrs. Christina, Mr. Rarien for welcoming me very kindly and guide me in the working environment. I would like also to thank you all the staff at Hegau Jugendwerk hospital for their openness, patient and warm reception accorded me during my stay with them.

Very important and I cannot forget the huge contribution of Senior Expert Services (SES) and Africa- German Youth Office (AGYO), especially Mrs. Laurence Bayer and her team, for organizing, guiding me step to step from all preparation include the all relevant information and the document required from the Germany embassy in Tanzania to the final step that I come back to Tanzania moreover financing the whole process of internship from the earlier preparation in Tanzania, travel cost and the whole time I stayed in Germany. Thank you very much

Many thanks to Dr. Willy Zink, my caregiver of all time before and during the whole stay in Germany. He was my great company, shows me many thing that impress me in Germany out of the clinical area. I am very grateful for his holistic and generous support.

Finally, I wish to express my sincere thanks to URRC Management, especially the head of SETU department Mrs. Mona Behninger, for her good guidance, advice, support and encouragement before and during my stay in Germany.

ii. OBJECTIVES

- ✚ To be an integral member of the physiotherapy team to provide high quality, safe, effective and evidence based treatments to all patients requiring physiotherapy services within the catchment area of the hospital.
- ✚ Promote cross culture and interpersonal experience.
- ✚ Developing leadership and managerial skills through caseload management, multidisciplinary teamwork, self, patient and caretaker management.
- ✚ To gain knowledge and life experience, to get an insight into life and work with colleagues in the hospital, practicing students and patients.
- ✚ To create friends and make connections across border, that might help me in my work in the future life.
- ✚ Assessment and indication of the most different assistive aids and devices.
- ✚ To get to know the use of some assessment scale in rehabilitation, i.e. GMFM.

1.0 INTRODUCTION

The Hegau-Jugendwerk in Gailingen is a neurological specialized hospital and rehabilitation center that offers children, adolescents, and young adults comprehensive rehabilitation after a neurological illness, an accident or an early childhood brain injury from early rehabilitation to reintegration into school and the workplace.

The implementation of the rehabilitation plan is the multidisciplinary team approach, we work together as a multiprofessional team, include physiotherapist, occupational therapist, medical doctors, speech therapist, sport therapist, psychotherapist, specialized nurse for rehabilitation, social workers, orthopedic technologist, etc.

A patient rehabilitation plan is drawn up for each patient taking into accounts the specific health problems, as well as individual wishes and objectives. In addition to improving or restoring physical and psychological abilities and functions to cope with the demands of everyday life, reintegration into school and/or training or occupation is an equally important goal of each treatment. In order to achieve this, a systematically, structured and organized therapeutic treatment approach is observed, which is guaranteed by the cooperation of the all departments in rehabilitation of every patient.

To ensure good communication and patient to the service provide relationship a regular team conferences (case management) ensure a constant exchange of information and coordination of all necessary medical, educational and pre-vocational treatment and support measures. Necessary medical, educational and pre-vocational treatment and support measures, also in consultation with patients and their relatives.

There are 24 physiotherapists at the hospital, that are providing rehabilitation services to the patient and are located to different departments depend with the condition of the patient.

Mr. Stefan Daub is the head of Physiotherapy department and he was my supervisor.

1.1 The admission indications

Patients are admitted to the hospital depending on the type and time of the injury, the current condition and the specific objectives of each department. The diagnostic and therapeutic offer enables the whole, comprehensive and continuous rehabilitation treatment of patients from the transfer from the acute clinic to their reintegration into school, work and social reintegration. Most of the patient rehabilitated in the hospital fall under one of the following conditions:

1.1.1 Inclusion indication

- ✚ Acquired brain damage and its sequelae due to.
 - Accident
 - Cerebral vascular process (stroke)
 - Brain tumor
 - Cerebral hypoxia
 - Inflammatory diseases of the central nervous system (especially multiple sclerosis)
- ✚ Paraplegia with special questioning
- ✚ Congenital/early childhood damage to the (central) nervous system, e.g. Perinatal/early brain damage, spina bifida
- ✚ Cerebral seizure disorders
- ✚ Diseases/damages of the peripheral nervous system, e.g. Guillain-Barre syndrome or plexus lesions
- ✚ (Neuro-) muscular diseases
- ✚ Degenerative and metabolic diseases of the nervous system
- ✚ School performance problems due to neuropsychological partial performance disorders

1.1.2 Exclusion indications/criteria

- ✚ Endogenous psychoses and manifest addictions
- ✚ Suicide thought, danger to self and others

1.2 WORKING SCHEDULE, WORKING HOURS

The center is opened five days in a week from Monday to Friday; therefore I was working five days in a week. The working hours are from 8.00 am to 4.30 pm. I started my day at 8.30 am to 4.30 pm, as an average of eight hours in a day and 40 hours in a week and add up to a total of (8 x 5) 40 hours in my internship placement.

I started my internship at Hegau Jugendwerk on 09th of November 2021 and finished it on 29th of November 2021

3.0 DEPARTMENT/AREA OF PRACTICES

There are different rehabilitation practice area in the center depending with the age, type of injury and condition of the patient. Divided according to the:

3.1. Early rehabilitation. Haus B

In the early rehabilitation department, we see patients who are at coma stage, as well as patients in early stages of recovery after brain damage, who still require intensive medical monitoring, other require ventilators.

3.2. Severe rehabilitation. Haus C

Patients from the early rehabilitation department are transferred to the severe rehabilitation department soon after they no longer require intensive medical monitoring and are able to participate in active therapy for a limited period of time.

3.3. Kinderhause

We see children who require additional care due to physical or cognitive impairments. This is the department I spend much time together with my supervisor than other department.

3.4. Follow-up rehabilitation.

For this rehabilitation the young patients should be largely independent in the mostly important everyday activities. The admission of wheelchair patients is possible without further argument.

In the case of occupational rehabilitation patients, sufficient mental and physical flexibility is required for the intended measure.

4.0 THE THERAPY

During the 15 days I have spent at the hospital, I have been able to work on a wide variety of cases ranging from pediatric rehabilitation, neurological rehabilitation, orthopedic rehabilitation and many other conditions as per indication of admission above.

For the first two weeks I have been in Kinderhause, a special unit dedicated to children with cerebral palsy, epilepsy, myopathy and others with some developmental delay. I was able to witness and assist the treatment of several patients. I was together with physiotherapist students from Germany and France doing their internship at the hospital for the duration of six weeks. Each day, some of the physiotherapist will show us their preferred technique and explain the concept behind them. Here I learn of sensory stimulation a relatively new concept of treatment from Mrs. Marika. Furthermore there was time to discuss the similarities and difference of Tanzania and Germany approach in neurological rehabilitation. This change of perspective was refreshing and inspiring.

For my free time my caregiver Dr. Willy has a great program planned. Spending a day on a tour around the cities, going for Lake Bodensee, to Konstanz, Rheinfall in Schaffhausen in Switzerland and many other good looking places includes museum, castles and ships etc. Also day tours with the colleague around the cities and to the highest tower in Rotweil and Konstanz or having drinks and lunch with a lots physiotherapist staff was funny and made me feel welcome when I was still getting used to the new environment.

For the third week I was invited in early rehabilitation department by Mrs. Erika Klingert Physiotherapist, speech therapist department by Mrs. Silvja Ernst, and sport therapy department by Mr. Steffen Grotta. They let me watch their practices of their patient and making sure that I will learn from their experience. They were friendly, opened and most importantly invest a lot of time into explaining to me the specialties of their field and answering any question that I might have.

Adding to this I was able to learn a lot about the Germany health system, from the experience of daily life in the clinic, as well as with physiotherapist staff, speech therapist, psychotherapist and physiotherapy students from France and Germany.

5.0 ACHIEVEMENT

Working as an intern at Hegau Jugendwerk neurological hospital and Rehabilitation Center for children, adolescents and young adults, has far reaching benefit as shown below:

i. Improve clinical competence

Having worked on the variety of condition with different age groups my clinical skills and decision making have improved over time. I thank God for the privilege of working with colleagues, whom I learned from their experience.

ii. Team work

Working at Hegau Jugendwerk practices area/departments has strengthened my ability to communicate with and relate better with each of the member of the team.

iii. Adherence to rehabilitation and physical activity recommendation.

Good appointment system and goal setting make simple to achieve the rehabilitation goals with the entire patient. Having so many physiotherapists and other rehabilitation team member, regular meeting with the patient/parents and the regular attendance for the rehabilitation therapy enhance good adherence to rehabilitation services.

iv. Presentation of Usa River Rehabilitation at Hegau Jugendwerk

With the support of head of Physiotherapy department it was my pleasurer to present the work of our center.

v. Adaptability skills. Due to the new environment and some good and new method of approaching patient I learn to be patient and learnt how to adapt to various situations

vi. Communication skills improved as I learn to listen very carefully being patient and find ways of communicating with people who speak a different language.

vii. Training the use of different therapeutic machines, hence make simple for the use of the machine, which we use in our center in Usa River/Tanzania. This machines are from Germany as a donation from Förderverein, organized by Dr. Willy Zink.

viii. Gain contacts and friendship, which help and expand my professional life.

ix. I get to know new technique of casting for the patient with drop foot

x. Language improved

xi. Punctuality

xii. Work motivation increased

xiii. Leadership skills improved

xiv. Exposed and get to know the use of different rehabilitation devices.

xv. Lecture on fasciotomy

“I have a lot of good thing I learned and practice in Germany, that I’m possibly relate it to my community. It’s always going to be a homework that’s ongoing about what can I do in my own community, what can I give back to my community as a result? That I take back from what I did, see and practice internationally? Understandably there are a lot of barriers and limitation that prevent me from doing things exactly as they are done in Germany, but I think there’s just that conversation that needs to start of.”

6.0 CHALLENGES

- i. **Language barrier** can place a tension on our relationship between me, and most of the working colleague and local community, because we were not able to communicate as effectively with one another.
- ii. The different level of rehabilitation in Germany and Tanzania, to see and perceive the different working conditions in rehabilitation, especially the lack of skilled workers.
- iii. **Short stay.** Due to the new environment, new culture and language barriers one month of my clinical area rotation I learn so many new thing, but if it could be much more time I hope it make much better and have the time to learn much more and experiencing using and practicing, contributing much more and make an impact to my home country and community.

7.0 CONCLUSION

If I reflect with the 15 days of my clinical rotation I can say, that I am very happy with the internship placement at Hegau Jugendwerk. I feel that I have grown in my different competences level.

I would be very happy, if some colleagues from the Hegau Jugendwerk would come to visit us in Usa River Rehabilitation Center one day!

Once again thank you to all who made this internship such a success for me.

Karibuni sana – Warm welcome!