



## PARAY MISSION HOSPITAL AND SCHOOL OF NURSING

Physiotherapy Departement

P.O. Box 2  
Thaba Tseka 550  
Lesotho

### **APPLYING BASIC PHYSIOTHERAPY SKILLS IN RURAL AREAS, IN HOSPITALS AND HEALTH CENTRES**

A 4-DAY PRACTICAL WORKSHOP FOR PHYSIOTHERAPY-NURSES AND REHABILITATION WORKERS.

Date: Sunday 11th - Friday 16th of December 2011

Place: Paray Hospital, Nurse assistant School, Thaba-Tseka

#### **KEY TOPICS OF THE WORKSHOP 2011**

- Physiotherapy with disabled children
- Physiotherapy of the swollen leg
- Physiotherapy of foot deformities



#### Program overview:

Sunday 11. December 2011

Afternoon: arrival, 19.00-20.30 welcome, presentation and introduction to the study days

#### Daily schedule Monday to Thursday:

08.00 morning reflection

08.15 physiotherapy exercise class

09.00 physiotherapy assessment, recording and practical procedures in common clinical conditions

10.00 coffee break

10.15 - 12.00 physiotherapy practical class

12.00 lunch

14.00 applied physiotherapy with case demonstrations

15.15 coffee break

15.30 self treatment and home based physiotherapy in related clinical conditions

16.00 problem solving round-table (group discussion about daily difficulties when applying physiotherapy. Creation of resource based empowerment-strategies to overcome the identified daily obstacles)

16.50 evening reflection

20.00 sharing among us (video and foto documentation, facultative program)

Friday 16. December 2011: Departure

New students will be offered an extended day for individual teachings on basic subjects.

Application and Requirements:

This workshop is designed for participants who have at least some basic experience in applying physiotherapy skills.

A written application to Paray hospital, P.O. Box 2, Thaba-Tseka 550 or a Fax can be sent to (00266) 22900256 till 30th November.

Teacher:

Ntate Thuso Wolfgang Fasser, Switzerland

double qualified physiotherapist SRK, MMAPCP, specialised in basic physiotherapy in rural areas, assessment and rehabilitation for disabled children, music therapy and herbal medicine

Accommodation:

The participants will be accommodated at the compound of Paray hospital.

Requirements:

The participants are kindly asked to bring their professional uniform for teaching on the bedside, suitable clothing for the physiotherapy exercise class and their personal anatomy book.

Costs:

The workshop is free of charge. The costs for board and lodging can be inquired at Paray Hospital Office.

Aims of the 2011 workshop:

It is one of the aims of this workshop to develop further skills in applying physiotherapy. We intend to meet annually for a 4-day workshop at Paray, which allows to explore the potential of physiotherapy and its application in resource-limited settings.

Paray, Physiotherapy Department 2011-09-01

Nt. Thuso W. Fasser and staff