

Physiotherapy in Lesotho
Wolfgang Thuso Fasser
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Switzerland
www.physioinlesotho.ch

Physiotherapy Advanced Training

From November 11 to 16, 2024

we are offering a continuing education course for advanced physiotherapy assistants.
(They must have attended at least 3 beginner workshops)

Here participants will gain advanced knowledge of the importance of physiotherapy in the hospital setting and learn specific standard practices.

This course is suitable for physio-assistants in the hospital or health center area.

Where will this course be held?
Paray Hospital, Physiocenter, Thaba-Tseka

Who are the teachers?
Wolfgang Fasser, qualified physiotherapist, Switzerland and team, as well as

Jan Jeffrey (MCSP MSC)
Jan is a chartered physiotherapist from the UK with an MSc in pain management. She worked for over twenty years in the National Health Service (NHS) in Wales, first in orthopaedics, and outpatients and finally for Powys paediatric service. In 2016 she volunteered to work in Lesotho with children with disabilities and returned every year before deciding to retire from the NHS at the end of 2021 to become a full-time volunteer.

The costs?
Accommodation and meals will be covered by the Swiss initiative: Physio in Lesotho.

How many participants are planned?
A maximum of 14 people. In order to give all interested institutions the opportunity to participate, please register only one person each. The number of participants is limited to 14 and will be noted after registration.

Where will the participants be accommodated?
All participants will be accommodated for room and board in BnB's close to the hospital.

Arrival: Monday November 11, around lunch
Departure: Saturday 16 November after breakfast

What to bring?
Gymnastic clothes, uniform for patient work, writing material for notes, warm clothes for cold days and a good rain protection.

Program Tuesday November 12, 2024

08.00 Welcome and morning reflection.
08.15 Exercise class: Helpful gymnastics exercises for each day.
09.15 Neurological physiotherapy for stroke patients
10.15 Tea break
10.45 Practice of neurological physiotherapy with stroke patients
11.45 Movement is life - overview of movement practices for stroke patients
12.15 Lunch break
14.00 Practical course: Manual mobilisation of peripheral joints part 1
15.15 Tea break
15.30 Practical: Manual mobilisation of peripheral joints part 2
16.30 Closing reflections

Program Wednesday November 13, 2024

08.00 Welcome and morning reflection.
08.15 Exercise class: 10 golden rules for successful gymnastics with patients
09.15 Respiratory physiotherapy in theory and practice part 1
10.15 Tea break
10.45 Respiratory physiotherapy in theory and practice part 2
12.15 Lunch
14.00 Practical course: Clubfoot child physiotherapy part 1
15.15 Tea break
15.30 Practical course: Clubfoot child physiotherapy part 2
16.30 What's next? - Distant Learning Program overview, online supervision and support, self-study with Physio Video and Audio Database 2024.
17.00 Closing reflections

Program Thursday November 14, 2024

08.00 Welcome and morning reflection.
08.15 Exercise class: 10 golden rules for successful gymnastics with patients
09.15 Cerebral palsy - overview
10.15 Tea break
10.45 Cerebral palsy - practical and case demonstration
12.15 Lunch
14.00 More about cerebral palsy
15.15 Tea break
15.30 Cerebral palsy - family involvement
16.30 Closing reflections

Program Friday November 15, 2024

08.00 Welcome and morning reflection.
08.15 Exercise class gymnastics with patients
09.15 Cerebral palsy - practical and case demonstration - part 2
10.15 Tea break
10.30 Cerebral palsy - practical and case demonstration - part 3
12.15 Lunch
14.00 How to assess a CP child
15.15 Tea break
15.30 How can we support the family with a CP child
16.00 Thanksgiving and closing remarks

Registration:

Registration no later than October 1, 2024.

Please by E-Mail: info@physioinlesotho.ch

For further information about definitive application please do not hesitate to contact us by SMS or WhatsApp +41 79 512 78 21.

Yours sincerely Thuso W. Fasser and team