

AN INTERNSHIP REPORT ON THE ACTIVITIES DONE AT  
KISUGU HEALTH CENTRE III DONE  
BETWEEN JUNE AND AUGUST 2014

BY

WAAKO ANDREW

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AN INTERNSHIP REPORT SUBMITTED TO THE INSTITUTE OF HEALTH POLICY AND  
MANAGEMENT IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE  
AWARD OF A DIPLOMA PUBLIC HEALTH OF INTERNATIONAL HEALTH SCIENCES  
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## DECLARATION

I Waako Andrew hereby declare that, I have successfully done and completed my internship training as according to the placement at the Kisugu health centre III. This internship report therefore is the original copy of the activities that I carried out from 9th June to 31 July 2014.

This is the first ever copy to be produced and no one else has yet done one before apart from me.

Signature. Andrew .....

Date. 30<sup>th</sup> / Sept / 2014 .....

## APPROVAL

This internship report that has been compiled by Waako Andrew has been under my effective supervision from 9th June to 31 July 2014. And I have endeavored to read through it and certified the information in it. Therefore it has been submitted with my approval.

### SENIOR INCHARGE KISUGU HEALTH CENTRE III

Name SR. BUSINE M. M. M. (SNO)

Signature 

Date 30/09/2014

30 SEP 2014

## **DEDICATION**

I dedicate this report to my late grandpa who always told me that, “work hard son and pray at all times because the lord never forgets those that seek him” and to my darling parents that supported diligently whenever I needed financial assistance.

## **AKNOWLEDGEMENT**

I thank the almighty God for giving a sound mind which has helped me accomplish my course with less difficult. I also thank my fully dedicated lectures that gave me knowledge through teaching and counseling, the heads of department at Kisugu health centre III, to my friends too and not forgetting my family which inspired and also gave me financial help in all kinds. May God richly bless them.

## ACRONYMS AND ABBREVIATIONS

ANC	Antenatal care
AIDS	Acquired immune syndrome
ART.	Anti retroviral therapy
BP	Blood pressure
EMTCT	Elimination of mother to child transmission
HCG	Human Chorionic Gonadotrophin Hormone
HCT HIV	counseling and testing
HIV	Human immune virus
HM IS	Health management information system
KSG	Kisumu
MUAC	Mid upper mid circumference
OPD	Outpatient department
PEP	Pre-exposure prophylaxis
SMC	Safe male circumcision
STI	Sexually transmitted infection
VCT	Voluntary counseling and testing

## **ABSTRACT**

My internship according to my placement in the hospital was to acquire skills (practical) as related to the course of public health I was pursuing or undertaking. I was to acquire skills as according to the different activities in the hospital, how to handle several people who are of different cultures, backgrounds, origins and how to handle life issues outside school.

The public health activities that I carried out included voluntary testing and counseling for anyone who came for the service especially the expectant mothers with their husbands. health education for the teenagers and also OPD patients, immunization, taking BP and weights for the patients and lastly giving patients form 5 after their details have been written on it, opening files for the new I-IIV patients and updating the old positively living patients in the HMIS register book supplied by ministry of health, condom distribution and sensitization on how they are used, booking of expectant mothers for antenatal care while recording on the antenatal cards, genuine health education of mothers on the proper breast feeding and nutrition, family planning and proper sanitation, RDT for malaria and HIV, administering of drugs, updating of the stock cards and filling of tally sheets for the store, advising of males to opt for safe male circumcision and also community health education on disease prevention.

Through all the above mentioned activities, I was able to learn skills like counseling, management and also interpersonal, associating with different cultural backgrounds, drug administration, keeping confidentiality and also respect of autonomy of the patients.

Not only did I gain from my internship placement but also were some challenges like the internship time was not enough in order to gain experience in the several activities I was involved in at Kisugu health centre iii, limited work space and resources and few staff at the health centre.

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## **CHAPTER ONE**

### **INTRODUCTION**

This internship was carried out at Kisugu health centre. It's a nonprofit organization and therefore its services are free to all citizens that come to it for treatment and counseling services. It's at a health centre iii level. And it's located in Kisugu in Makindye division which is among the five divisions of Kampala district a capital city of Uganda.

### **VISION**

To be a vibrant, attractive and sustainable city

### **MISSION**

To deliver quality service to the city

### **CORE VALUES**

Excellence

Integrity

Innovativeness

Team work

Quality client care

### **1.5 OBJECTIVES OF THE INTERNSHIP**

- To acquire skills as related to my course of public health.
- To also acquire skills of management and interpersonal according to the health centre level.
- To be able to coordinate with several people of different personalities and backgrounds.
- To find out how public health is related to health centre setting.
- To have an experience of life without books (out of university) while interacting with different people with several clinical problems.
- To learn how different diseases are handled at a health centre level.
- To acquire skills of conducting health education talks in the community. LZ To find out how different wastes are managed in the health centre.

## **DURATION OF THE INTERNSHIP**

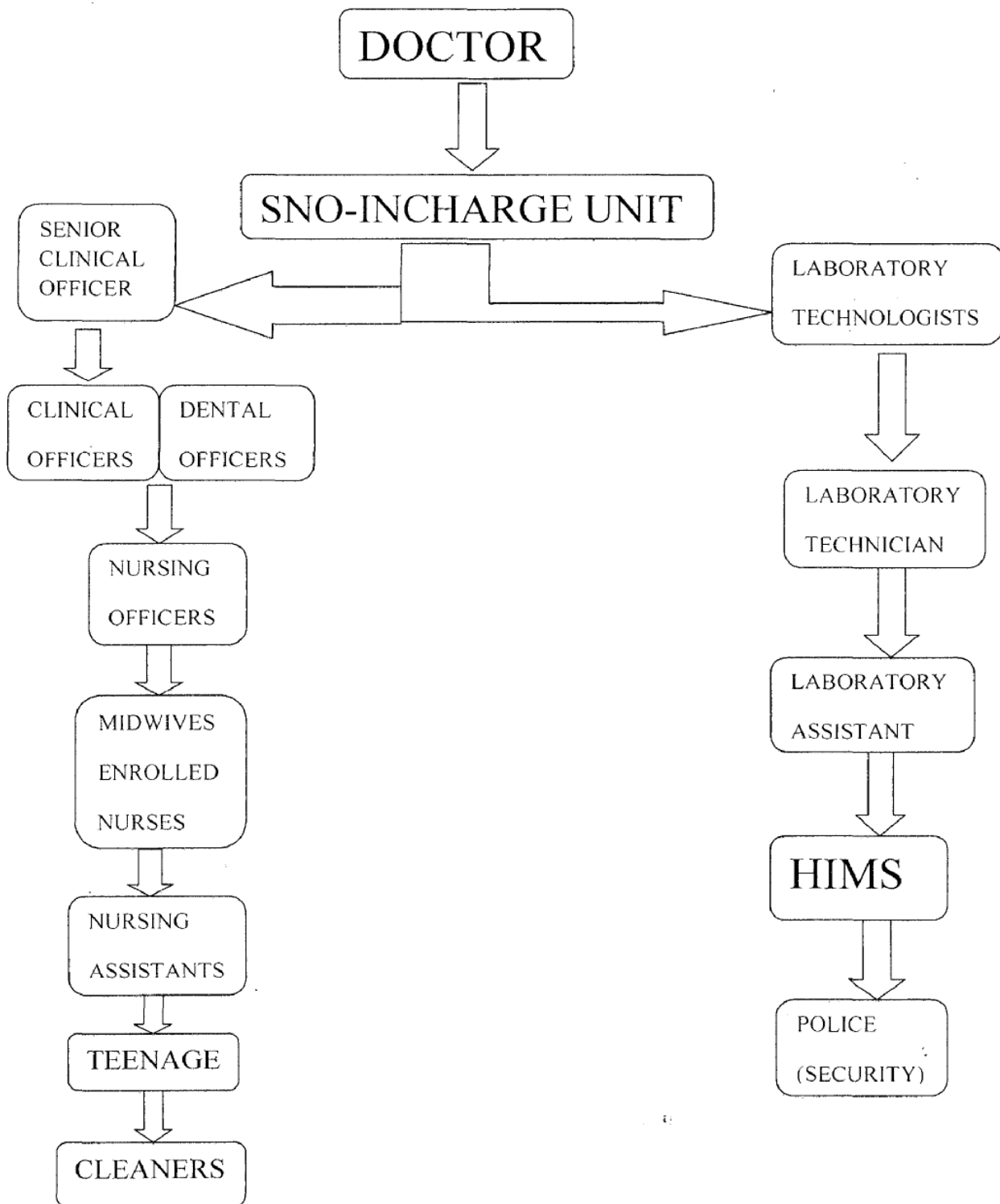
The internship started from 21st June 2014 to 31st July which was a period of two months. It was divided accordingly so that I would be able to visit all the departments in the health centre. This also involved community outreach programs.

## **CHAPTER TWO: BACKGROUND OF THE ORGANISATION**

### **2.1 INTRODUCTION**

This illustrates the flow of power from the top administration to the lower officer(s) in the health centre. It still shows who to refer to in case of any problem or assistance in a given disturbing situation. This also portrays the different departments as according to medical assistance given to the clients that visit the health centre.

## 2.2 KISUGU HEALTH CENTER III ORGANISATION STRUCTURE



## **2.3 DEPARTMENTS IN THE HEALTH CENTRE**

Kisugu health centre iii was comprised of several departments headed by the designated personnel according to their field of operation. It's a routine that, at every end of the month these heads of department are supposed to give a report of the duties carried Out in their fields of operation for assessment of the senior in-charge officer.' These departments include;

Administration department: this was the management body which comprised of governing staff of the health centre. This had the senior officer in-charge and an administrator.

Clinical department; this comprised of the doctors and clinical officers that operate in the clinical rooms where patients are assessed from, OPD, dental clinic for dental care, TB clinic, nutritional clinic, the pharmacy where drugs were dispensed, the laboratory where different tasks were carried and result dissemination, maternal and antenatal which involved immunization, family planning, health education, antenatal care and VCT.

Records department: it comprised keeping files of the positively living patients whenever they come for treatment and also follow up on them so that they do not phase out but stay live. This was normally done by calling the next of kin to find out why they do not come for the drugs if there came a day or week when they missed. The records taken were always recorded in the I-IIMS books provided by the ministry of health.

Counseling department; it was smallest department in the health centre and comprised of the counselors whose role was to encourage patient to test for HIV through counseling them and also do the continuous counseling of the positively living patients.

Teenage department; it looked to be a small department but comprised of many activities like VCT, health education of the teenagers that came for medical assistance at the health centre, those in schools and in the community, clinical rooms in which the teenagers were assessed and a small pharmacy for drug dissemination to the teenagers.

Maintenance department: this comprised of the security which gave good protection to the health centre and the cleaners who made sure that every corner of the health centre was clean at all times the different disposal bins were emptied everyday in order to create room for the next coming wastes the following day.

## **CHAPTER THREE: ACTIVITIES UNDERTAKEN**

### **3.1 INTRODUCTION**

This shows all activities that I was assigned to during my intern at the health centre I was placed.

It also includes how there were carried out in the different departments of Kisugu health centre

III.

### **3.2 ACTIVITIES CARRIED OUT**

- Registering patients on the form 5 at the outpatient department
- Taking patient's weights, heights, BP and MUAC for children
- VCT for pregnant mothers and their partners, teenagers and OPD patients
- Updating HIV positively living patients and newly registered ones on drugs in the HIMS books
- Booking of expectant mothers for ANC
- Health education of mothers on family planning, proper breast feeding and nutrition
- Management of waste disposal
- Health talks on condom use and distribution
- Immunization of the children
- RDT for malaria and HIV
- Nutrition care for the malnourished children
- Registering of TB patients
- Drug dissemination
- Updating tally sheets for the vaccines given
- Child recording on the growth charts
- Carrying out of health education in the community and schools
- Counseling of males on SMC
- Condom distribution

### **3.3 SCOPE OF ACTIVITIES**

The activities I carried out were under the supervision of health practitioners like doctors, clinicians, nurses and nursing assistants, midwives, laboratory technicians and counselors and were carried out in relation with designated departments in Kisugu health centre. These were set to done according to the health centre setting in order not to contradict with its normal or daily activities.

### **3.4 DISCUSSION OF THE ACTIVITIES**

As to be discussed below, the different activities were carried out at departmental level with indication of time per the activity.

#### **Administration department**

My attachment to this department was from 9th June to 13th June and it deals with the administration of the health centre. I was briefed by the senior sister in charge who asked for what I had studied in the course which I told her. She then guided me on how the management and leadership of the health centre works.

I was given an opportunity to put in to practice what I had studied for the stated period like assigning duties and routine check up and monitoring whether the assigns have been carried in the different departments in the health centre.

#### **Clinical department**

The placement in this department was from 16th June to 20th June and 23rd and 27th June and I was again briefed by the sister in charge of this department and instructed on the relevant duties according to my course as I had informed her before. It comprises of sub departments namely;

#### **Outpatient department (OPD)**

I was first required to write the patients on the form 5, take their weights and BP. register them in the 1-IIMS books and direct them to the different departments according to their health conditions.

#### **Dental clinic**

I was involved in the promotion of good dental health through health education to the patients on to carry out proper brushing of their teeth, over eating of sweet foods, regular visit of the dentist for checkups and also the important of good oral health.

### **TB clinic**

This department was concerned with the testing of patients who were presumed to be having the signs of TB and also the HIV patients. We counseled, gave treatment and advised them to take it as instructed to avoid further advancement of the disease under supervision of the experienced health practitioner.

### **Nutritional clinic**

Here I was involved in the nutritional talks to especially mothers who had malnourished children on proper nutrition, measuring weights, heights and MIJAC. Health education of the patients on eating a balanced diet.

### **Pharmacy**

This involved the dissemination of drugs to the patients, recording in the HIMS books the disseminated drugs, advising the patient on how the drugs should be taken and reporting to the store if there are drugs that are out of store under maximum supervision by the head of the pharmacy.

### **Laboratory**

In this department I learnt how to carry out different tests namely; HIV testing, HCG, RDT's for malaria, blood grouping, urinalysis, blood glucose, CD4 count for HIV positive patients and STI tests.

I also got involved in proper waste disposal and management whereby different wastes were disposed off according to them being infectious or non-infectious in the relevant marked bins.

For every test that was carried out in the laboratory, I was recorded in the HIMS books accordingly.

### **Maternal and antenatal clinic**

In this department I was involved in health education of the mothers on family planning methods, proper breast feeding, proper hygiene and EMTCT. This is the only department in the health centre that works 24 hours and has an inpatient ready to receive the expectant mothers.

I also got involved in the immunization, VCT for pregnant mothers and their partners. Booking of expectant mothers for ANC. child recording on the growth charts and updating tally sheets for the vaccines given.



### **Records department**

The placement in this department was from 30th June to 4th July. I was shown the different HIMS books and taught how data is entered.

This department keeps only records of the HIV positively living patients, I therefore I learnt how to register new HIV patients, updating the old HIV positive living patients whenever they came for drugs and counseling and updating their CD4 counts too.

### **Counseling department**

My placement in this department was from 7 July to 11th July and here I got involved in the counseling during SMC, VCT, PEP and ART.

Counseling was still done for the already HIV positively living patients so that they are encouraged to take their drugs and are still productive people in the community. All this was done under the supervision of experienced counselors.

### **Teenage department**

I was placed in this department from 14th July to 18th July and 20th July to 24th July and here I was involved in VCT of the youths, drug and condom dissemination, regular health education of the youth who came to the health centre, those in the community and in schools on several health related topics like family planning methods, relationships, body changes, STI's and many others.

Recording of the carried HIV tests, drug and condom dissemination in the HIMS books.

### **Maintenance department**

The placement in this department was from the 25th July and 28th July to 31st July. I was involved in waste management whereby I did checkups to ensure that both the infectious and non infectious were disposed of in the right bins.

Checking to find out whether all the rooms were always cleaned in the proper order and even the toilets in order to avoid any infection.

### **3.5 SKILLS LEARNT**

The skills I acquired in Kisugu health centre iii were as follows

- Counseling skills
- Administrative skills
- Management skills
- Interpersonal skills
- Record keeping skills
- Administering vaccines
- Carrying of different laboratory tests
- Associating with people of different backgrounds and cultures El Communication skills

## **CHAPTER FOUR: CHALLENGES AND RECOMMENDATIONS**

### **4.1 CHALLENGES**

- i) The staff at the health centre were few and yet many patients frequent it.
- ii) Resources like drugs were not enough and also sits the OPD was always flooded with patients.
- iii) The time for my placement was not enough and therefore it hindered me fully mastering the skills I learnt.
- iv) The space at the health centre is not enough whereby the TB clinic is located outside the building
- v) Some of the patients at the health centre were so ignorant whereby they needed more time to attend to them and yet the time was not enough.

### **4.2 RECOMMENDATIONS**

- a) The health centre should carry out health education monthly so that the people around it are able to have the knowledge to prevent themselves from diseases therefore reduce on the number at health care.
- b) The health centre should set up an extension in order to cater for the TB clinic.
- c) The government should provide enough drugs to the health centre in order to take care of the increasing number of patients.
- d) The government should allocate more health practitioners at the health centre so that the over load is reduced.
- e) The university should at least increase on the time they allocate their students iii the different organizations in order to enable them master the attained skills.

## **CHAPTER FIVE: CONCLUSION**

However during my internship placement at Kisugu health centre iii, I was able to learn a number skills which are relevant in the daily today life we live in that I will be able to apply to promote health in my family, community and anywhere else I will have been placed incase am employed as related to public health.