



## ISPO Short Course Report (Post-Course)

Please note that this report will be **posted on the ISPO website**. Photos taken during the Short Course are welcome. Please submit the Post-Course Report within 60 days after the end of the Course to the ISPO office (address below).

In order to determine the longer term effect of running its Short Courses ISPO requests Short Course organizers to complete a Short Course Long Term Evaluation (separate form) at 12 and again at 24 months following the completion of the course.

**Short Course Name / Topic:** Orthotic Management of Cerebral Palsy

**Name of Organizing Society / Institution:**

ISPO Rwanda and University of Rwanda – College of Medicine and Health Sciences

**Name of Sponsors / other Funding Bodies:**

ISPO International

ISPO Sweden

Handicap International

Christian blind mission (CBM)

Allard international

HVP Gatagara

**Was the Short Course held on the occasion of another meeting?**      **YES**      **NO**

If yes, please provide more detailed information:

**Was a Hands-on Workshop organized following the Course?**      **YES**      **NO**

If yes, please provide more detailed information:

Yes, the hands-on workshop was on 10-11 Nov 2015. During practical demonstration, thorough assessment of gait, physical examination using various standardized scales was explained. Trainers also provided opportunity to discuss common errors in assessment, treatment planning and importance of interdisciplinary practice etc. Demonstration and hands on were provided to participants on measurement, fabrication and fitting of AFOs, gait training and other considerations were explained.

**Start Date:** 9<sup>th</sup> Nov 2015

**End Date:** 11<sup>th</sup> Nov 2015

**Website:** [www.ispoint.org](http://www.ispoint.org)

**City:** Kigali

**Country:**

**Contact person :** Ngendahayo Desire Providence

**Contact person 2:** Dr. Jeanne KAGWIZA

**E-mail address:** [dngendahayo@khi.ac.rw](mailto:dngendahayo@khi.ac.rw)

**E-mail address:** [jkagwiza@khi.ac.rw](mailto:jkagwiza@khi.ac.rw)

**Phone:** +250788750358

**Phone:** +250788755364

**Fax:** --

**Fax:**

**Speakers:**

**Prof. Jules Becher Paediatric physiatrist** (Course Co-ordinator/Task officer for CP, ISPO)

**Mirjam Van Eck** (Paediatric physiotherapist)

**Nick Meijer** (CPO)

**Tom Gort** (CPO)

**General Description of Program Format:**

The Programme consisted 2 days theoretical sessions and 2 days hands-on workshop demonstrating different orthotic and therapeutic techniques in the management of cerebral palsy.

**Topics covered during theoretical sessions are:**

- ◆ Introduction ISPO and goals of the course
- ◆ Cerebral Palsy: diagnosis and description,
- ◆ The ICF-CY model as a concept for treatment
- ◆ Classification of motor disorders
- ◆ Classification on activity level: GMFM, MACS, CFCS, FMS
- ◆ Description of gait: phases, planes, kinematic
- ◆ Kinetics in normal gait
- ◆ Practising observation of gait
- ◆ Classification and correction of abnormal gait
- ◆ Principles of foot correction in an AFO: 3pp, grf
- ◆ Designs of Ankle Foot Orthosis
- ◆ Physical examination in relation to AFO prescription
- ◆ Making a cast of plaster, correction of the model
- ◆ Manufacturing process, trimlines, Trial of the AFO
- ◆ Tuning a shoe-AFO combination
- ◆ Serial casting to correct deformity
- ◆ Prerequisites of gait
- ◆ Physiotherapeutic treatment
- ◆ Medical management, planning in the course of time

**Topics covered under practical sessions were:****In the Orthopedic Workshop:**

- Selection of children for orthotic treatment
- Casting
- Rectification/Fabrication
- Fitting and gait observation
- Patient presentation by the orthotists

**Therapeutic workshop:**

- Needs/problems of the child and family, level of functioning according to the ICF
- Assessment of gross motor function
- Observation of gait pattern, Physical examination
- Making a plan for treatment
- Observing effect of AFO on gait of child

**Description of Scientific/Educational Impact:**

The course was really useful because for the first time professionals from various rehabilitation disciplines working in different hospitals and rehabilitation centers in Rwanda have come together to interact and share ideas on how Cerebral palsy can be managed. This was a great achievement by ISPO Rwanda and UR-College of Medicine and Health sciences as well as the Participants, this occasion is rare in Rwanda because people seem too busy in their work and limited financial resources is a barrier of attending short courses abroad. This course has been also a better practice of interdisciplinary team work in management of cerebral palsy. We are expecting a tremendous change in the management of cerebral palsy in Rwanda as well as physical rehabilitation in general.

**Number of Participants and Countries Covered** (please provide a breakdown as detailed as possible):

90 participants from 3 East African countries and from different districts of Rwanda participated in the training.

(Rwanda, Uganda, Kenya and Burundi)

**Academic Background of the Participants (PO professionals, orthopaedic technicians, etc.)** (please provide a breakdown as detailed as possible):

Profiles of participant included Medical Doctor, Occupational Therapy, Physiotherapy, Prosthetic & Orthotic, Rehab Coordinators and Special educators for CP Children.

Medical doctor = 01

Physiotherapists=20

Occupational therapists = 02

Prosthetists and Orthotists = 30

Rehab coordinators =02

Special Educators =05

Prosthetics &Orthotics students =16

Occupational Therapy Students =14

**Evaluation of the Course by the Participants or general feedback** (if available):

“It was a highly appreciated course by the participants. Improvements for following courses could be made by the requirement of patient data selected for the course in advance, trying to get more projection sites for the data projection in the theoretical part, hands-out of the main topics in advance.

Remarks about more time for the course are common. In the past, the course took 5 days, but the costs related to a 5 days course are a barrier”. Reported by Prof. Jules Becher from different Evaluation forms from participants

**Did any graduates from an ISPO-recognized course give a lecture?**

No

**Any additional Comments:**

The participants requested for repetition of the course such that all rehabilitation professionals can participate and have knowledge as well as skills on orthotic management of cerebral palsy.

**PLEASE SEND THIS FORM TO :**

**ISPO Head Office  
Birgit Krausse  
Rue du Luxembourg 22-24,  
B-1000 Brussels, Belgium  
Tel. +32 2 213 13 79, Fax. +32 2 213 13 63  
[birgit@ispoint.org](mailto:birgit@ispoint.org)**