

## **MOTIVATION TO CARRY ON:**

*At 28yrs after being diagnosed with HIV in 2007, returning to his normal life seemed difficult, if not impossible. But unlike some patients, Posiano (not real name) was privileged to be with a number of carers around him. At that moment, he did not start on any medication. Later on after a series of complications, he was admitted to Namirembe and he was started on ART.*

*In late 2009, the complications re-occurred like the persistent cough and neuropathy. He was readmitted at Kibuli Hospital where he was at the same time diagnosed with TB. Posiano developed difficulty in breathing but later discharged. On his third encounter to the hospital, he was diagnosed with pneumonia. With all these conditions he also got paraplegia, with severe bilateral oedema in the lower limbs chest pain, insomnia and abdominal distention. All these affected his occupational performance in that he was unable to preach the gospel on Sundays as he used to, and mobility became so hard for him, he was in severe pain but this became history when he was referred to Hospice for pain management and symptom control.*

*Later on with help from different professions at HAU, Posiano's pain was controlled, he begun gaining sensations in the lower limbs and his muscle strength has began to improve with several encounters with the Former Occupational therapist(Emmanuel J Museruka). The occupational therapist helped him to regain his lost abilities (turning in bed, getting up to sitting while in bed, transfer from bed to chair and also utilizing his hands to perform some ADLs by himself as well as actively doing exercises) and also maintain his abilities. He is now happy that the oedema has also reduced with the use of diuretics and the frequently prescribed exercises.*

*Learning to walk is his next big challenge. In rehabilitation, the occupational therapist is helping with exercises of weight bearing in his lower limbs and strengthening his back bone. Posiano is now happy that he can get from lying to sitting by himself, try to do some exercises by himself actively and he is very determined and well motivated to carry on any challenges.*

*Compiled by:*

*Emmanuel J Museruka (Former Occupational therapist)*

