



TATCOT NEWS LETTER

DECEMBER 2015

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Principal's Preface



L.B.Mtalo

Ag;Principal -TATCOT

TATCOT as regional training programme in Prosthetics and Orthotics has continued to enroll students coming from a diversity of nationalities for the academic year 2014/2015 of which thirteen (13) were from Tanzania and twenty three (23) were from foreign countries such as Cameroon, Seychelles, Burundi, Malawi, Kenya, Sudan, Gaza and Zambia

As from January 2015 we continued to witness TATCOT new leadership taking up responsibilities of the centre after the retirement of the Mr Harold Shanggali in December 2014.

Furthermore significant progress was made in the pursuit of the Institutional vision to become a centre of excellence in the provision of its services and expansion to a more spacious area to create a conducive environment for teaching and learning. The establishment of ICT Department through partnership with development partners

(ICRC/SFD) is a milestone in the delivery of teaching and learning at TATCOT

TATCOT acknowledges the strong support from dedicated staff, Government and development partners. Finally our gratitude to the entire TATCOT editorial team for having revived the news letter and hope that this motto will be maintained in future.

TATCOT PARTICIPATION IN ROAD SAFETY WEEK 2015 KILIMANJARO REGION EXHIBITION**BACKGROUND**

Statistics from the ministry of home affairs had showed that over 3,534 people have perished in road accidents in the country this year 2015. More alarming, records show that between 2010 and 2014 road accidents have claimed about 19, 264 people. It is because of the staggering statistics that the government must take stern measures to enhance road safety on the country's roads. Road accidents are robbing the country of the most productive segment of the population. According to the police force the leading cause of road accidents among the productive segment of the population is speeding and drink-driving. The statistics tallies with the issue of

speeding and drink-driving, which are the main causes of road accidents.

National-wise the President Jakaya Kikwete on Monday 6th August launched the National Road Safety Week held at the national level in Tanga.

In Kilimanjaro Region the event took place on 17th August 2015

at stand ground near Moshi Bus terminal



where there was Exhibition which Tatcot participated fully.



OBJECTIVES OF THE ROAD SAFETY WEEK THIS YEAR

The purpose for the national road safety week is to sensitize Tanzanians and motorists on safe road use. Police and government created

public awareness on dangers of road accidents, and the need for proper road use to curb road accidents. The government is also introducing an electronic payment system

for traffic fines to address corruption and inefficiencies in the system. This means that no more exchange of cash between motorists and traffic police officers.



EXHIBITION

Tatcot for the first time were invited to participate the event with the intention to show the society what Prosthetics and Orthotics Professions can assist people with disability caused by road traffic accident. Tatcot educated the viewers that there are still hope beyond the disability which caused by road traffic accident. Participant especially polices

got education on how to take care the patients who got spinal cord injury that the possibility of a spinal injury must be considered anytime an accident involves the head, face, neck, or back. Permanent paralysis may be avoided if the injured person is kept from moving (immobilized) and is transported correctly. The other reason for tatcot to participate was to

sensitize the use of orthopaedic assistive device for the post injury community. Orthopaedic assistive device have been not much known to people, society are not aware on how to access the orthopaedic services from the service provider. There is a thought in the community that this orthopaedic services is only found abroad

CONCLUSION

Prosthetic and Orthotic services were well addressed and to some extent community are now aware about the service. The event was successful and the objectives of exhibition was met

DRIVE SAFELY AND SAVE
LIFE



SPINAL ORTHOSIS COURSE

Spinal orthosis is the main non-surgical intervention in the treatment of progressive idiopathic scoliosis (IS) during growth, sometimes applied with a specific exercise program. Spinal orthosis can also be used in adult scoliosis. During growth, Orthosis are also prescribed to patients with hyperkyphosis (HK) (and Scheuermanns disease)] and occasionally for spondylolisthesis. And finally, they are applied in the elderly when pathological curves lead to a forward leaning posture or in adults after traumatic injuries

Diploma in Orthopaedic Technology students of taccot

embarked with this knowledge based on the anatomy and physiology, Pathology, Biomechanics and clinical practice, so that they can be of help when they are out there working in different centre worldwide. Recently they have completed the training of this module and assessed

Two other interesting and significant concepts to explain the actions of the brace have been discussed in the class. One suggests that the Spinal orthosis provides mechanical support to the body (passive component), while the other suggests that the patient

pulls his/her body away from pressure sites (active component) to correct the curve. Such divergent theories illustrate the complexity of this problem, but the most important point of Orthosi treatment is to provide the three dimensional correction of the spinal deformity

One of the case study the used during their practice was Veronica Mushi.

X-ray Evaluation(A-P view)



- Primary curve (thoracic):**
- Apical vertebra : T9
 - Top neutral vertebra:T6
 - Bottom neutral vertebra: L1
 - Cobb angle : 43 degrees
- Secondary curve (lumbar):**
- Apical vertebra : L2
 - Top neutral vertebra:L1
 - Bottom neutral vertebra: L3
 - Cobb angle : 12 degrees

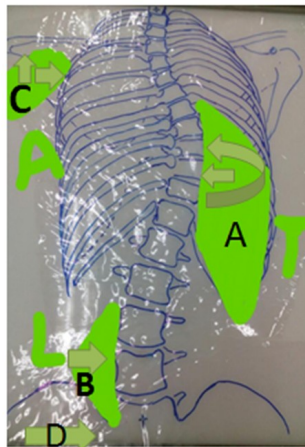
Her case history was this,Theproblem started when Veronika was schooling in Form one in 2006. Her parents

DRIVE SAFELY AND SAVE LIFE

started to recognize her uneven gait characterized by a lateral trunk bending then they took her to KCMC Hospital. There, Idiopathic thoracic scoliosis was diagnosed and was fabricated her first corset to correct the deformity in 2007. She has used about 8 of them up to 2014. Since that time, she started not using the corset

she was performing her daily activities (washing or cooking) which became more serious as time went on. Therefore, she decided to come back to KCMC hospital for medical check-up which, after taking x-ray film, showed that the thoracic scoliosis has increased more than before.

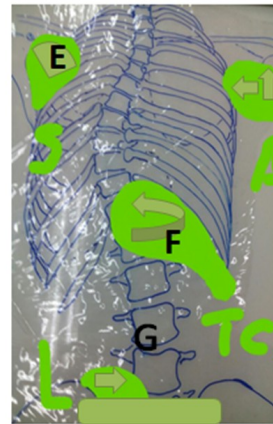
APPLICATION OF FORCES POSTERIOR VIEW



A =Thoracic rotational force applied on ribs posteriorly with greatest pressure directed on the apical vertebra of the curve.
B= lumber supportive force applied on the lumber area posteriorly above the left iliac crest.
C= axillary extension force applied under the left armpit directed upwards and medially.
D=Gluteal supportive forces stabilize the pelvis and give the trapezius shape which works against a rotational movement of the corset on the body.

with reason that it has become too tight and harms her. It is now 1 year and six months ago. Then, an onset of back pain started especially when

APPLICATION OF FORCES ANTERIOR VIEW



E = shoulder reminder force on the right shoulder directed posteriorly.
F= thoracic rotational counter force applied below the xyphoid process.
G=Intra-Abdominal pressure on the abdominal area especially at the level of Anterior superior Iliac spines , directed posterior.

POSITIVE CAST



Anterior view Sagittal view Posterior view

FINAL WORK



Posterior view Sagittal view Anterior view

ACHIEVEMENT

- Veronica can now stand straight with symmetrical shoulder
- She doesn't feel pain anymore
- Expecting to do the follow up to check of correction of the curve after a certain period of time using the corset.

Picture and Events Annual tatcot Staff meeting



December 9

Independence Day

HAPA KAZI TU!-Dk. J.P. Magufuli.



Tatcot Staffs participating in environment cleanness on December 9 2015



TATCOT Staffs annual meeting and get together party



Student Presenting the spinal Orthosis to examiners



Student explaining the functions of spinal Orthosis