

SUCCESS STORY FOR SYLVIA MPOLOGOMA

Sylvia Mpologoma was a bicycle trader in Katwe before she got a stroke in the month of March 2020 which paralyzed her right side of the body. Sylvia remembers very well what happened though as she is talking, you might not grasp well what she is saying because stroke also affected her speech. In her words, she says “I returned from work and showered. I got a stroke as I was looking for my clothes from the hanging line. I fell in the chair on the back of my head. I felt too much pain and I lost consciousness.” Her daughter Nakanjako Sarah who is 16 years old was in presence when the incident occurred. She says that her mom looked unconscious but there were signs that she was trying to comprehend what they were talking about.

She says that her body was weak. Her mouth had been deformed and out of the normal position. The right side of her body was paralyzed. A doctor was called from a nearby clinic that put her on a drip of glucose hoping she would recover. Nakanjako contacted elder family members to intervene.

An ambulance was sent to take Sylvia to hospital. They rushed her to the nearest health center known as Wanda health center IV from where they were referred to Rubaga hospital to obtain a CT-Scan for the patient. They were referred back to Wanda health center IV from where the doctors told them that the complexity and severity of the patients health challenge had come their limit. They brought her back home still unconscious. And Nakanjako briefed her maternal aunt who lived abroad about her mother’s condition. She was feeding her in tubes and had no experience in using a tube to feed a patient.

Her aunt sent an ambulance to take the patient to Kiruddu hospital from where they were told that the patient’s condition could not be managed. They were referred to Mulago heart institute when they said that her heart had a blood clot. Several tests were made at the heart institute but the beds were expensive for admission. They were sent back to Kiruddu. Her aunt who lives abroad told then that her mother was going to be transferred to kasangati for proper management. They were picked from Mulago heart Institute by Dr .Bukenya to the Stroke Rehabilitation Centre with help of the SFU van. Nakanjako Says that her mother had developed bed sores on her buttocks and on her back because these areas were under pressure from lying in bed. She says that she was initially seeding through a tube. Later, they began feeding her using a syringe.

Other patients she found at the rehabilitation centre gave her hope. She knew she was not alone. Sylvia says that she used to sit to stand exercises and hand daps. Nakanjako’s biggest challenge she got was bathing her mother. She initially felt so shy. She had no experience in taking care of such a patient. At Stroke Rehabilitation Centre, she was trained to use signs to

communicate. She says that it is difficult for her to concentrate on her studies when at home with her mother.

So, when the school term is on, she does not stay at home. Nakanjako teases and disturbs her mother a lot. However, despite her condition when you are in wrong, she will frankly tell you so. After receiving the right treatment, she is able to bathe herself. Most people had lost hope thinking she was going to die. As a culture for Stroke Foundation Uganda, we always visit the stroke patients in their homes to monitor their health and social wellbeing in order to develop further complications

