

## **The 6th Kilimanjaro Parkinson's Support Group Meeting**

**3<sup>rd</sup> August, 2024**

**Machame Hospital**

### **Support Group Facilitators:**

1. Mr. Mathew Shayo - Physiotherapist
2. Mr. Kelvin Haukila – Physiotherapist

### **Total Number of Participants: 31**

The support group session began at 11:30 a.m. Mr. Mathew Shayo welcomed all the attendees and introduced the new members.

After the introductions, we had a 10-minute group exercise session led by one of the patients, Mr. Ernest Ngowi, with support from Mr. Mathew. Mr. Ngowi demonstrated the exercises he does at home and shared some of the challenges he encounters with home exercises.

Following the group exercise, Mr. Mathew introduced the day's topic, which was pain. Group members shared their experiences with various types of pain and how they manage it. Some of the pain experiences discussed included back pain, morning stiffness, knee pain, multiple joint pains, and headaches.

Mr. Mathew provided the group with advice on the best actions to take when experiencing pain. These included exercises, pain medications, and massage. He also explained how good adherence to Parkinson's medication can reduce symptoms associated with pain.

The group members had additional suggestions, such as incorporating blood pressure screening into some of our events. They also proposed discussing a contribution fee at the next meeting to help cover support group operational costs.

### **Attendees:**

1. Douglas Kweka
2. Faustina Makere
4. Emiliana Rite
5. Maria Dominic
6. Husna Salim
7. Aikande Olomi
8. Felister Ezekiel
9. Peter Maruma
10. Varerian Ngowi
11. Maleck Mbowe
12. Nisia Somi
13. Stella Ombeni
15. Judika Shwarieri

18. Yusta Josephat
20. Ramla Athuman
23. Alend Tarimo
24. Gift Frank
26. Paradiso Munisi
27. Samwel Nkya
28. Shawinia Munisi
29. Iddy Said
30. Rahab Makere
31. Ernesta Ngowi







