

Progress of Rev. Nokuthula Dhladhla, South Africa

Dear Friends,

We have not received an update for awhile about the progress of Rev. Nokuthula Dhladhla....and then this came along from the Director of the Rehab Center where Nokuthula was treated for two weeks after her surgery. She continues to make progress and is receiving continued physical therapy on an out-patient basis now.

Again, thank you all for responding to our appeals for help. She still has a ways to go but is clearly making progress. I expect to get an accounting from the hospital, doctor and rehab clinic soon for any outstanding costs. Thank you for all you've made possible—pastors, please thank your congregations and Boards who gave recently to this effort; Nokuthula is so grateful and feels so blessed to have been really rescued from a terrible situation by MCC. She is determined to get back on her feet soon and pick up her ministry again with renewed commitment because of all that so many have done for her. Blessing to all.

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To whom it may concern:

Re: Rev Dhladhla

I assessed Rev. Dhladhla shortly after she was transferred from Sandton Medi-clinic after her surgery to remove her spinal tumour (located in the thoracic spine). She was not walking for 6months prior to her surgery and came to Rosebank Rehab unit wheelchair bound. She needed maximal assistance of two people to transfer her with a sliding board between wheelchair and bed. She was unable to wash and dress herself due to her poor sitting balance and needed assistance with all activities of daily living.

During her two week stay here in Rosebank Rehabilitation unit she received hands on physiotherapy twice a day and occupational therapy once a day. She also did exercises on her own under the physiotherapist's supervision. She progressed to independent transfers using a sliding board and dressing/washing upper body independent during the first week. Her endurance improved considerably and she could manage more than an hours cardiovascular exercise on top of her physio sessions.

On discharge she could walk in the parallel bars with maximal assistance from her upper limbs (15m before she needs a rest). She could stand independently from sitting in a chair using her upper limbs for support. She was independent in washing and dressing upper and lower body. She was referred to Rehab Matters out patient department to continue her physio therapy. She will make a very good recovery with ongoing physiotherapy and should be able to walk with minimal assistance of a walking stick within 4-6weeks.

For any further information regarding her progres please contact me or Carmen Reed carmenreed@webmail.co.za who is continuing her physio at Rehab Matters.

Kind regards

Jana Vosloo
Therapy Manager