

# Soft Power Health

Second Quarter Update  
2015

## What's New:

Our two medical/MPH student volunteers for the summer, Jay and Luke, arrived in Uganda in time to help Stephen Kato, Soft Power Health's physical therapist, and his team of local and volunteer physical therapists, carry out our second wheelchair distribution. During the week of June 15th, 200 Rough-Rider wheelchairs, donated by the London based Walkabout Foundation were distributed to disabled children and adults. The Walkabout Foundation sent their CFO, Andrei, and his close friend and doctor, Florian, to assist in the distribution as well. In addition, we had the help of Caitlyn Ngam, who was with us for our first wheelchair distribution in 2014. She and Stephen Kato were key in helping this distribution go smoothly. These wheelchair distributions have revealed not only a large disabled population in Uganda, but also a large population of completely neglected people. By providing them with wheelchairs, we have been able to give many of these people a lifeline back into the world. We certainly hope that the Walkabout Foundation will be interested and willing to continue working with us in the future.



Stephen Kato and volunteer PT Sauba with a happy wheelchair recipient.

Jay and Luke, our student volunteers, will be helping us conduct a mosquito net usage survey in our home sub-county of Budondo to give us a good idea of what percentage of people actually sleep under mosquito nets every night in our area. In light of the massive free distributions of mosquito nets that have occurred in Uganda in 2013 and 2014, many people who received nets without education about malaria or proper net usage have resorted to all kinds of creative uses for nets. Unfortunately, these uses seldom include sleeping under them every night to prevent malaria. It is my hope that by getting the word out about how these free nets are being misused, and what can be done to change this, we can effect some positive steps to adjust mosquito net distribution policy. Through the survey, we also hope to have a very good idea of actual net use in our community.



Ali selling Little Suns to patients at the Clinic.

Last year we received a wonderful donation of individual solar lamps, called Little Suns, from the Agnes Gund Foundation. After a test run of the lamps with the Soft Power Health staff, in which the lamps were extremely well-used and appreciated, demands for lamps began flooding into the office. Despite the construction of a large hydropower dam in our area, electricity has not been distributed locally, rather exported to Kenya and Tanzania. This means that very few people have light after the sun goes down, even though the need is huge. We spent a lot of time debating the best and most sustainable way to get the lamps to people. Finally, we agreed upon a sales program headquartered at the clinic which would allow both the community and our patients to have easy access to the lamps at a very affordable price. We hired Ali to be our sales representative, and he now has a booming little business at the clinic! To date, Ali has sold 43 Little Suns, and demand has not yet slowed down.

### **The Allan Stone Community Health Clinic:**

The clinic is following up on a busy start to the year with a very active second quarter. From April to June, we saw a total of 4,957 patients. 73% of our patients were new to the clinic and 17% were under 5 years old. In addition, consistent with last quarter, 64% of our patients were women. The clinic also hosted our second wheelchair distribution in June 2015. The Walkabout Foundation donated 200 wheelchairs for people in need in Uganda. We chose to do most of this distribution directly from the clinic, as many of those receiving wheelchairs also have concurrent medical issues that need attention. We also ensured that all recipients contributed a donation towards their wheelchair, a key factor in helping people to have ownership and participation in their own healthcare. Over the last 11 years, we have found that getting community buy-in to whatever service we are offering is key in creating a lasting partnership with both communities and individuals. This also creates more sustainability in whatever service we offer.

Dr. Paul, our dentist, treated 89 people for dental problems ranging from extractions, to dental carries, to periodontal disease, with periodontal disease being the most commonly treated condition. In addition to his clinical work, Dr. Paul's dental outreach continues to address the lack of basic education about dental care which exists in Ugandan life. We are hopeful that more education will lead to more proactive care and eventually reduce the number of patients with preventable dental problems.

Stephen Kato, SPH's physical therapist, continues to offer another much needed service for our patients. Stephen treated 247 patients during the second quarter of 2015. Once again, the most common condition he treated in adult patients was lower back pain and the most common condition he treated in children was cerebral palsy. Stephen generally works with patients over several months, and even years, so he develops excellent continuity of care for these patients as well as referrals when necessary for those in need of other medical services.

### **Top 10 conditions this quarter:**

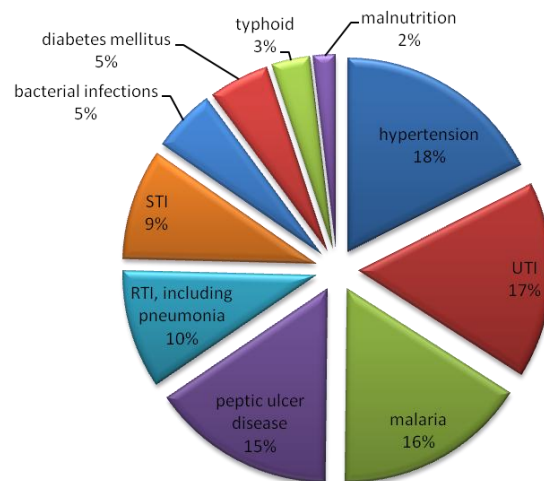
The most common diseases treated were, in descending order: hypertension (968); urinary tract infections, (904); malaria, (888); peptic ulcer disease, (843); respiratory tract infections including pneumonia, (544); sexually transmitted infections, (508); bacterial infections, (290); diabetes mellitus, (278); typhoid, (175); and malnutrition, (103).

Hypertension remains the most common condition we treat at the clinic and malaria has remained in third place. Also, this quarter 2488 people were tested for HIV and only 76 were positive, relaying a 3% incidence rate. Happily, this is lower than what we have seen previously. Because of the prevalence of hypertension, we hope to implement an isometric handgrip exercise program for patients with this condition. Studies have shown that isometric handgrip exercises can reduce blood pressure by 30%. This has huge applications for both the developing world and the developed world.

### **Mother and Child Wellness Center:**

This quarter, the Mother and Child Wellness Center was well attended. 223 courses of high-energy milk (HEM) were given to children and adults in need. Thanks again to the help of Dr. Emma, our pediatrician, we have developed a more sophisticated high-energy milk treatment system for those patients with severe malnutrition. Since the malnutrition/nutrition education outreach program is educating more people than ever, a growing

**Top 10 Diseases  
Treated at Allan Stone Community Health  
Clinic  
2nd Quarter 2015**



number of participants are being referred to the clinic for treatment of severe malnutrition. In addition, 387 rounds of vaccinations were administered in the second quarter, a life-saving intervention for the children who received them. Also, 147 three-month courses of Depo-Provera were administered, and 13 three-month packages of birth control pills were distributed to women who wanted intermediate-term family planning. 33 long-term implants were placed and 18 were removed. 1 IUD was also placed during this quarter. 2432 male condoms and 32 female condoms were distributed from the Wellness Center, and 5 people were counseled about side effects they were experiencing from the use of family planning.

In addition, despite Marie Stopes' temporary closure, Soft Power Health's family planning team worked with Marie Stopes' doctors and nurses to continue our quarterly family planning day in May. Dedication to serving the communities on both sides made this possible. After a very widespread mobilization, 9 tubal ligations and 2 vasectomies were performed. 21 long-term implants were inserted and 12 were removed. 2 women received 3 three-month courses of birth control pills, and 4 women were counseled about side effects of birth control. Overall, another very successful collaborative family planning day with Marie Stopes. Now in our fifth year of working with Marie Stopes, we certainly hope that we will have many more years of this positive service for the community.

### **Nutrition/Malnutrition Outreach**

During the second quarter of 2015, 343 people participated in 11 malnutrition outreaches in villages in Butagaya and Budondo sub-counties in our home district of Jinja. Originally, 2 more outreaches were planned, but had to be cancelled on account of bad weather. At the outreaches that did take place, 764 doses of deworming treatments were distributed to children and adults in need. We continue to make follow-up visits to former participants in the malnutrition outreach in order to measure its impact. As a result, with the help of Dr. Emma, our pediatrician, we are treating more and more malnutrition. In fact, this quarter malnutrition appeared in top 10 conditions we treat at the

clinic for the first time. Unfortunately, one of our partners in the treatment of malnutrition, Serving His Children, was forced to close their doors. This means that their inpatient severe malnutrition treatment and education center are no longer available to community people in need. As a result, we have received more patients to treat. Over time, we hope that the educational outreach, coupled with the organic DIG garden program, will help people to make life changing and life saving improvements in their health and well being.



Driver/Educator Joseph and field patients.

### **Malaria Prevention and Outreach:**



Mama Trevor proudly displays her mosquito net.

During the second quarter of 2015, we sold a total of 863 mosquito nets through our malaria education and prevention outreach and at the clinic. 444 nets were sold at education outreach sessions and 419 were sold at the clinic. The malaria outreach team made 148 follow-up visits to evaluate whether previously purchased nets from education sessions were being used correctly and whether people reported having less malaria. While net sales remain depressed as a result of the Ugandan government's distribution of 15,500,000 free mosquito nets at the end of 2013, there are still communities who have need of our services. Our malaria outreach team continues to visit these communities just to

educate people about the correct use of mosquito nets. (For example, they are not for squeezing juice, protecting seedlings, or fencing chickens!) This education is always well received and the malaria team

will go on providing it as long as there is a demand for it. As experience has shown: education, skin in the game, and proper usage of nets is what prevents malaria—not the mere presence of a free net!

### **Family Planning Outreach:**

Our family planning outreach, now in its 10th year, continues to be well attended (by both men and women) and provides a much-needed service to local communities. This quarter, 750 women received Depo-Provera injections for three-month birth control. 27% of these women were new users. 88 women, 33% of whom were new users, chose birth control pills during outreach sessions. 29 new long-term contraceptive implants were inserted and 8 were removed. As in the previous three quarters, no IUDs were inserted or removed. 301 women requested and received pregnancy tests. 7 women were counseled about side effects of birth control. We also gave 4,145 doses of Albendazole to children in the field, effectively deworming those children for the next 6 months and improving their chances of gaining weight and being healthier overall. Finally, thanks to our ongoing partnership with USAID based in Kampala, we were able to distribute 8,814 male condoms and 277 female condoms.

### **DIG Garden**

Our DIG garden survived the dry season and has now begun to thrive again. The rains have brought a lush productive garden back into action helping to supply the lunchtime meal and those patients in need of emergency food help. Patrick, the head gardener, has been working hard to help families of community patients and the severely malnourished to implement their own DIG gardens. Patrick and Jennifer, an outreach educator and DIG trained gardener, have been doing weekly follow-ups to the 35-plus gardens that communities and individuals have started. The work DIG has implemented is truly impressive! After visiting 20 gardens in a village near the Nile in Butagaya sub-county, I saw real results of their collective hard work: enough produce for nutritious meals and excess to sell. This is exactly what we had hoped would happen. Below and next to this column are photos of the DIG gardens in action!



Mama Jane and her flourishing DIG garden.

It is your help and dedication to Soft Power Health that has made this possible. Thank you so much!



Peter and Patrick with papaya and pineapple from the SPH garden.

To learn more about the services we provide and the costs involved, or to make a one-time or monthly donation, please click [here](#).