

Soft Power Health Annual Report 2017



Members of Soft Power Health team with visiting doctors Emily and Kersha.

In 2017, Soft Power Health kept up its busy pace, in both the number of patients treated at the Clinic and in the numbers of people reached through our health education outreach programs. With Soft Power Health's 70-person staff, we positively impacted 46,109 people with primary and preventative healthcare, health education, or both, at an average cost \$10.84 per person. Now in our 14th year, we are maintaining our low cost/high impact model of delivering

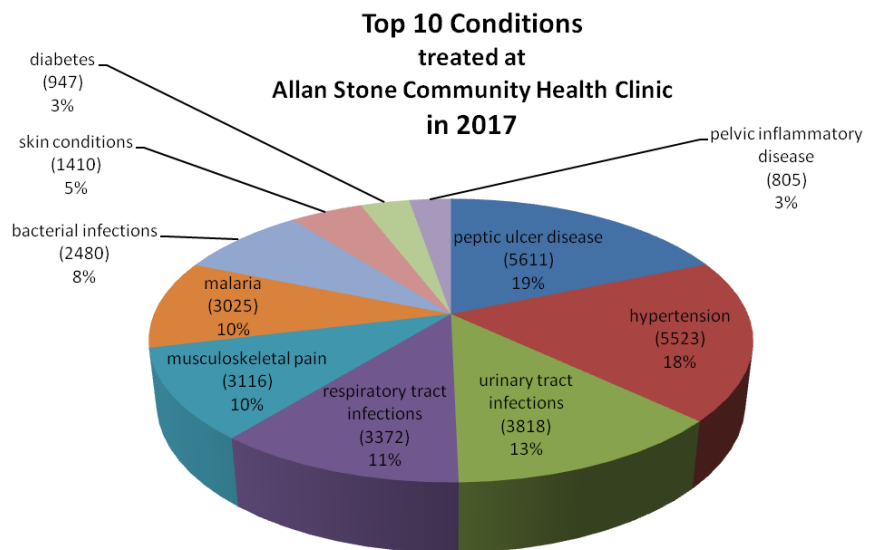
care and education to the people most in need. Overall, we treated 32,962

patients at the Allan Stone Community Health Clinic and referred 1,233 patients to other hospitals for surgeries, cancer treatment, and more sophisticated testing and treatment. Through health education outreach programs for malaria, family planning, malnutrition, domestic violence, physical therapy, and organic gardening, we reached another 11,914 people. This brings our combined impact to 46,109 people who have benefitted from our services in 2017.

ALLAN STONE COMMUNITY HEALTH CENTER – Dr. Charles, Clinic Director

As mentioned above, the Clinic treated 32,962 patients and referred another 1,233 patients on for other more advanced medical services. The top 10 diseases we treated at the Clinic in 2017

were, in descending order: peptic ulcer disease (5611); hypertension (5523); urinary tract infections (3818); respiratory tract infections, including pneumonia (3372); musculoskeletal pain (3116); malaria (3025); bacterial infections (2480); skin conditions (1410); diabetes (947); and pelvic inflammatory disease (805).





Edgar, our new ultrasonographer with our new ultrasound machine donated by the Gould Family.

Notably, non-communicable diseases, peptic ulcer disease and hypertension, topped the list of the most common diseases treated at the Clinic. Malaria has dropped out of the top five diseases seen and treated, and was the 6th most common condition at the Clinic. For the second year in a row, the Clinic remained at its maximum capacity in terms of the number of patients seen and treated. Very luckily, with the help of the Rose Family, we were able to build our new building, and will be able to accommodate these large numbers of patients. Additionally, with the donation of an ultrasound machine by the Gould Family Foundation, we can offer this valuable service in-house to our patients, which improves their care and saves both patients and the Clinic money in the process. With the ultrasound up and running, we no longer have to refer

patients to another facility for these services. Since receiving and implementing the new machine, 420 people have been scanned at the Clinic. As with other basic healthcare needs, there is a high demand for this service and it is wonderful to be able to offer it to our patients in-house!

Also, thanks to a long-term donation from Agnes Gund, another ongoing service we offer our patients at the clinic is the subsidized sale of individual solar lamps called Little Suns. In 2017, we sold 198 Little Suns solar lamps from the clinic. This allows people with limited or no access to electricity to have light in their homes.

MOTHER AND CHILD WELLNESS CENTER

Vaccinations

In 2017 we administered 1,964 rounds of vaccinations through the Mother and Child Wellness Center. This is significant, as these vaccinations are often life-saving for those who receive them. This year we had additional challenges with acquiring and administering vaccines, due to in-country vaccine shortages and power outages at the district medical office level—that is, the location from which vaccines are supplied and stored along the way to us. Power outages mean no refrigeration, so vaccines couldn't be properly stored, and many vaccines were lost! In light of this, these numbers are all the more impressive.

High Energy Milk – Malnutrition Treatment

Another life-saving and life-improving intervention we offer at the Wellness Center is high energy milk (HEM). For malnourished and severely malnourished infants, children, and adults, this simple intervention saves lives. In 2017, we provided 2,982 courses of HEM for malnourished patients. The majority of the patients receiving HEM are children under 5 years old. These



Young patient with severe malaria receives I.V. Artesunate

patients are also the most susceptible to dying from malaria, and frequently, malaria and malnutrition present together in this age group. These children are often very ill when they are brought in for treatment; however, with our expanded triage system, through collaboration with Mt. Sinai pediatric global health residents, we can now more quickly and effectively identify those pediatric patients who are dangerously ill when they arrive at the Clinic. We can then treat them as quickly as possible, leading to better outcomes.

Family Planning at the Mother and Child Wellness Center

Family Planning is offered at the Mother and Child Wellness Center every day the Clinic is open. All methods of short-term to long-term family planning can be obtained and, during our quarterly collaborative days with Marie Stopes, permanent methods of family planning are also offered. Our quarterly collaborative family planning days with Marie Stopes have been ongoing since 2011, and 2017 marks our 7th year of working successfully with Marie Stopes to reach even more women and men that want these services. This year, together with Marie Stopes, 29 tubal ligations and 4 vasectomies were performed. 89 long term implants were also placed during these quarterly collaborative family planning days.

16% of the total family planning that we do occurs at the Mother and Child Wellness Center. The other 84% occurs in the field through outreaches. This year we provided family planning (intermediate-term to permanent methods) to 817 people at the Wellness Center. With the instruction and guidance of Dr. Laura Maclsaac from Beth Israel and Mt. Sinai in NYC, we are working to improve the uptake of IUDs as both a method of long term and permanent family planning, since this method has been shown to be the safest and best method of family planning available for women.

Unfortunately, there has been a lot of inaccurate negative information around the use of IUDs and we are now working to help increase the correct information that people have about this method of family planning. Ultimately, IUDs should replace tubal ligations as a permanent method of birth control, since they pose the least risk to the mother, assuming the IUD is properly placed. The local communities' openness to learning about family planning, and to partaking in all that is offered, has been very encouraging over the years we have been running this outreach. The interest and enthusiasm continues to grow.

PHYSICAL THERAPY – Stephen Kato and Flavia



Crowded physical therapy treatment room, with Stephen Kato attending to patients.

Soft Power Health's physical therapy department has been growing every year since we hired Stephen Kato to be our in-house physical therapist. Physical therapy is a completely neglected, and much needed, area of medicine in Uganda, so it is no surprise that demand is very high for these services. In January 2017, we hired another physical therapist, Flavia, to help Stephen Kato with the workload. Stephen Kato and Flavia worked with 3,220 patients in 2017, both at the Clinic and through weekly outreach in Lukolo village.

Approximately 25% of Stephen's patients were new attendees while the remaining 75% were former patients. The top physical therapy problems Stephen and Flavia treated for in 2017 were, in descending order: low back pain, cerebral palsy, knee pain, developmental delay, chest pain, lower limb pain, neck pain, muscular dystrophy, hydrocephalus, and post stroke complications. With the construction of the new building, we will be able to give Stephen, Flavia and their patients more desperately-needed treatment space.

DENTAL SERVICES – Dr. Paul

Through his dental program, Dr. Paul treated 512 patients in 2017. The most common problems he encountered, in descending order, were periodontal disease, tooth extractions, and dental abscesses. Thanks to Soft Power Health's partnership with Hope Smiles, Dr. Paul is able to continue his dental education and update his knowledge, which is a great benefit to both his clinic and outreach patients. Dr. Paul continues community-based dental education for children and adults alongside of family planning outreaches. Through this dual work, Dr. Paul has reached many people in need of dental care.

MALNUTRITION EDUCATION OUTREACH & FOLLOW UP – Nurses James, Annet, Margaret, and local educator Naigaga

The malnutrition education outreach program reached 2,503 people in 47 villages, with nutrition and malnutrition education and interventions in our home district of Jinja in 2017. The malnutrition team made 586 follow-up home visits in 37 villages where education sessions had occurred to measure the impact of the nutrition and malnutrition education. This year, we received an expanded grant from Vitamin Angels that supplied our deworming, vitamin A, and prenatal supplementation needs for the malnutrition outreach program. This has been extremely helpful and beneficial for our patients and the communities in which we work.

At the outreaches, 6,070 doses of Albendazole were distributed to children for deworming purposes. 2,216 doses of eyesight-essential vitamin A were distributed to many of those same dewormed children and infants in need, and 882 dose bottles of prenatal vitamins were distributed to pregnant mothers who attended the educational outreach. Thus, through a combination of educational outreach, deworming, and nutritional supplementation, over 8,573 people were assisted through the malnutrition outreach program.

MALARIA EDUCATION & PREVENTION PROGRAM – Sarah Itanda



Home visit to young mother-to-be. Her mosquito net is hanging well!

In 2017, Sarah and the malaria team provided 50 malaria education sessions/net sales in 50 different villages throughout our home district of Jinja, and in neighboring districts of Mayuge, Iganga, Kaliro, and Luuka. 1,578 people attended malaria education sessions in 2017. Between outreach education sessions and the Clinic, 3,024 nets were sold this year. In addition, Sarah and her team made 1,099 follow-up visits to net purchasers' homes in 45 villages to assess correct net usage, knowledge retention and self-

reported cases of malaria or, ideally, the lack thereof!

Again this year, for the third time since we began our work in Uganda in 2004, the government of Uganda did mass free mosquito net distributions throughout the country. The 2017 distribution was the largest yet, and over 24,000,000 mosquito nets were given out. Education about malaria and its transmission did not accompany the distributions of nets. As a result, two things happened during 2017 with our malaria outreach program: First, the demand to purchase nets went down significantly, as we expected it would, and second, the demand for education about malaria and correct net use remained the same, and in many cases even increased! As our past experience has shown, people need and want the basic and essential information about how malaria is transmitted also how to prevent malaria and treat it!

FAMILY PLANNING EDUCATION AND OUTREACH PROGRAM – All of the Nurses!

In 2017, between the Clinic, the Mother and Child Wellness Center, and our ongoing outreach in 38 villages, Soft Power Health provided intermediate, long-term, or permanent methods of family planning to 5,091 people. Soft Power Health also distributed 38,729 male condoms and 320 female condoms through the Clinic and outreach sessions.



Counseling about family planning methods during Marie Stopes collaborative day.

During Family Planning Outreach sessions, 4,274 women received intermediate (i.e., Depo-Provera injections or birth control pills), or longer term methods of family planning, such as implants, during the quarterly visits to the 38 villages we serve. All of the family planning interventions are accompanied by education about family planning and its various methods, as well as information about nutrition and child spacing. This is to ensure that the people in these communities, who may have received no or minimal family planning education, understand both conception and contraception. In this way, we help people to make informed decisions about their own health and that of their families.

The nurses who lead the education outreach sessions are extremely well-informed and knowledgeable about all the methods of family planning and their potential side effects. They are also very familiar with the various myths that surround family planning in our local communities, and take extra time to address questions that come up. Both male and female condoms, the short term methods of family planning, are also made available to these same communities. 33,780 male condoms were distributed in outreach and 315 female condoms were distributed as well.

Finally, 13,782 Albendazole deworming tablets were given to children in need through family planning outreaches in 2017. Vitamin Angels supplied a much-needed donation of Albendazole and we are very grateful for all their ongoing support.

DOMESTIC VIOLENCE - Florence

Domestic Violence counseling is a service we added to our programming at Soft Power Health in 2016. In 2017, Florence, our domestic violence counselor, worked with 826 people on all areas of domestic violence from emotional violence, to economic violence, to sexual violence and physical abuse. 78% of her counseling took place in the field and in people's homes, and 22% occurred at the Clinic. The most commonly reported type of violence reported was economic violence, comprising 46% of all cases. The next most commonly reported type of violence was emotional violence, comprising 41% of all reported types of domestic violence. The remaining 13% of cases were comprised of sexual violence and physical abuse.



Florence counsels a domestic violence client during family planning outreach.

Florence counsels at Soft Power Health one day per week and accompanies the family planning outreach one day per week. She follows up and visits people in their homes two days per week. In 2017, Florence visited 52 villages to provide counseling in people's homes and to follow-up visits. Many of Florence's clients require multiple visits to resolve their problems. Not surprisingly, women make up most of Florence's client base, as approximately 87% of Florence's patients are women. This outreach continues to provide a much-needed service for our local communities.

DIG – Organic Gardening Outreach Program – Patrick, Paul, Livingstone, Jennifer, Simon, Peter



Godfrey and Impala stand in front of the Super Hole Demo Garden awaiting its harvest.

The Development In Gardening (DIG) organic gardening program continues to work with families who have severely malnourished children, and in communities where malnutrition is an ongoing problem. Its goal is to identify those most in need and to help them get the organic gardening education and skills they need to create and sustain their own organic gardens. This program assists people with the knowledge, education, and practice to provide healthy meals from their gardens for their families. Productive gardens can be both a food supply and a source of income generation. This educational outreach is an

extremely important part of the work Soft Power Health does to help people help themselves. This year, the DIG team of gardeners, headed by Patrick, created 29 family gardens and initiated 2 demonstration gardens in local communities.

Thank you for your support! To learn more about the services we provide and the costs involved, or to make a one-time or monthly donation, please click [here](#) or go to www.softpowerhealth.org/donate.php.