

Soft Power Health

2nd Quarter Update
2017

What's New:

Lots of exciting things have happened this quarter, and, as seems to be the norm these days, we remain very busy! Thanks to some creative space rearranging, we have turned our seed bank into our ultrasound room, and our new ultra sound machine, a very generous donation from the Gould Family Foundation, has been put to good use. At the end of May, we hired Edgar, an ultrasonographer from Makerere University in Kampala, to provide ultrasound scans at the Clinic. This is a wonderful addition to the services we offer our patients. Until now, anyone requiring an ultrasound had to travel to Jinja, spending money on transport and waiting a long time for the scan to be done and read. Edgar's services now allow patients to have immediate access to ultrasound scans and readings without having to spend extra money on transport, which expedites their treatment significantly. To date, Edgar has done 72 ultrasound scans. Thank you Gould Family Foundation for helping us serve our patients better!



Edgar prepares to do an ultrasound scan for a pregnant patient.

Mount Sinai Global Health Students, Jessica and Dominique, joined us at the end of June to help continue the malaria net usage survey we have been conducting for the past 2 summers in our home subcounty of Budondo. Jessica and Dominique have been going home to home to evaluate whether people have mosquito nets and, if so, whether they are being used correctly. This year, the government of Uganda distributed another 24,000,000 free mosquito nets in its third attempt to achieve “universal coverage;” that is, to get all Ugandans sleeping under mosquito nets every night. While the government's desire to achieve this is admirable, the method they continue to use remains questionable. Many net recipients still do not understand how malaria is transmitted and therefore, why they need to sleep under their nets every night for them to be effective. Additionally, many people who have not been educated on malaria transmission and proper net use have found other functions for them, such as covering their gardens, fencing their chickens, and tying up their goats and cows. Unfortunately, although innovative, none of these uses prevent of malaria.

Small miracles do happen. While Sarah, the head of our malaria program, was making a home visit to one of our patients, she was asked to visit their neighbors. There, she met an 11-year-old boy, Kenneth, who had an exposed left radius bone in his forearm. Apparently, his arm had been like this for two years and the family had no idea what to do and had no money to take the boy to a government hospital. Sarah asked his mother to bring him to the Clinic and we were able to refer him to CORSU where both his bone and skin problems can be addressed.

Our DIG demonstration garden in Super Hole village produced another successful harvest this season, despite drought conditions during the planting of the maize seeds. 462 kilograms of maize were produced from the garden and will be available to provide all the contributing families with food during the dry season. Lack of food during the dry season is a very difficult problem that faces all rural subsistence farmers. Now that these farmers have gotten the idea of how the demonstration garden works, we hope they will continue the program on their own with just a little support from us. This garden is the result of the hard work of the DIG cooperative in Super Hole village. It is very encouraging to see this outcome!



Kenneth was referred to CORSU for treatment of his 2-year-old exposed bone.



The 1-year old Super Hole Ladies' Cooperative shows off their mats and bags.

Also in Super Hole village: the ladies' cooperative that started a year ago is going strong! The ladies have worked on their technique and perfected their bags and mats. Now they are moving on to making things like computer bags. With the money they have made and saved, the cooperative has a good plan for a small business idea which will create a regular income stream for all the members. It has been fantastic to see these women work hard, create some financial independence for themselves, and continue to pursue smart small business ideas. Stay tuned for what they do next. It won't disappoint!

Finally, Vincent was a patient of the Clinic for several years. He had a tough situation: chronic osteomyelitis of both lower legs, which led to a double lower limb amputation. Initially,

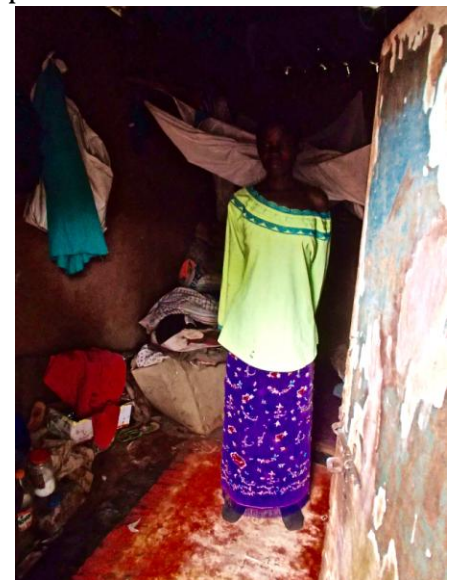
Vincent was wheelchair-bound and without hope; however, after we helped him to procure two lower leg prostheses, Vincent insisted that he wanted to work with us. So the question became, what could Vincent do that would really assist us? Julius Cesar, our assistant manager, came up with a great idea: Vincent could help direct patients to the parts of the clinic where they needed to go. That is, he could guide patients from the doctor's office to the lab, or to the latrine, or to physical therapy, or to the kitchen for high energy milk. Vincent has taken his job very seriously and has been a great help to the flow of patients in our busy clinic.

The Allan Stone Community Health Clinic:

In the second quarter of 2017 the Clinic attendance remained high, with a total of 7,516 patients treated (as in past quarters, 25% returning and 75% new attendees) between April and June. We also referred 329 patients on for more complicated treatment in the Kampala-Entebbe area. This quarter, hypertension edged out peptic ulcer disease as the most commonly treated problem. Malaria moved up to become the third most commonly treated disease, whereas it had held steady in fourth place for the previous two quarters.

Dr. Paul, our dentist, treated 117 people for dental problems. As in the past, periodontal diseases (57) and extractions (40) were the most commonly treated complaints. One patient was referred on for more complicated conditions requiring oral surgery. We are grateful to be able to offer Dr. Paul's expert services to our patients. Good oral health is extremely important to overall health. Oral conditions such as gum disease, left untreated, can increase the risk of health problems like heart attack and stroke, or can contribute to other seemingly-unrelated conditions such as poorly-controlled diabetes. In Uganda, dental care is a much-needed commodity and is in short supply.

The physical therapy services offered by Stephen Kato continue to be popular and extremely useful, and each quarter the number of people helped goes up. Because Stephen's services have been in such high demand, we hired another physical therapist, Flavia, to help him with his work load. Flavia is a recent graduate and Stephen has been able to mentor her and disperse his work load – great for his patients and him. This quarter Stephen treated 750 patients. As in the last quarter, the most common conditions treated were lower back pain (such as lumbar spondylosis, and sciatica), knee pain, and cerebral palsy. This quarter, 49 of the total PT patients were treated via Stephen's community outreach program.



A home visit to assess living conditions and check mosquito net use.

Top 11 conditions this quarter:

The most common diseases treated at the clinic were, in descending order: hypertension, (1307); peptic ulcer disease, (1259); malaria, including 18 cases of malaria in pregnancy, (1085); respiratory tract infections, including 63 cases of pneumonia (869); bacterial infections, (532); musculoskeletal problems, (512); skin conditions, (333); sexually transmitted infections, (240); diabetes, (237); and pelvic inflammatory disease, (194).

Mother and Child Wellness Center:

This quarter, the Mother and Child Wellness Center distributed 737 courses of high-energy milk (HEM) to children and adults in need. In addition, 657 rounds of vaccinations were administered and 248 people received family planning. 89 three-month courses of Depo-Provera injectable birth control were administered, and 72 three-month packages of birth control pills were distributed to women who wanted intermediate-term family planning. 32 long-term implants were placed and 12 were removed. Also, 1 IUD was placed during this quarter. Finally, 1652 male condoms were distributed from the Wellness Center. 2 pregnancy tests were administered and 1 was positive.

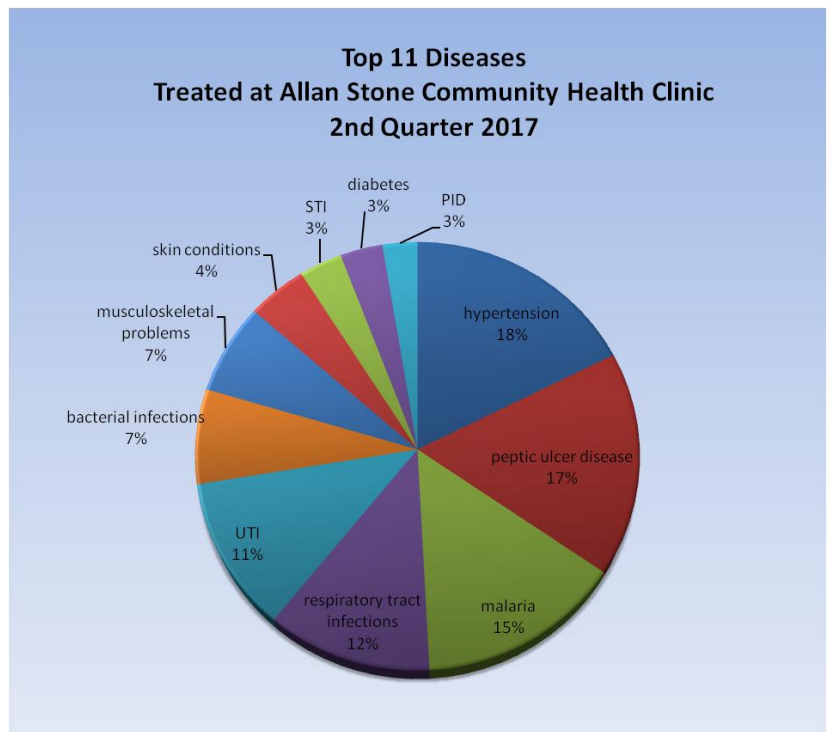
In addition, during our second quarter Marie Stopes collaborative family planning day, 9 women chose tubal ligations and 1 man chose a vasectomy as permanent forms of birth control. 23 women selected long-term birth control implants, and 6 implants were removed. No IUDs were inserted and 1 IUD was removed. Also, 1 woman was counseled about birth control side effects, and 1 was provided with general family planning counseling. Finally, 35 women were screened for HIV, and all but one were negative.

Nutrition/Malnutrition Outreach

During the second quarter of 2017, 592 people participated in 12 malnutrition education outreaches in 12 villages in Butagaya and Budondo sub-counties in our home district of Jinja. Also, we made follow-up visits to 149 former participants in 11 villages in order to measure the program's impact and to see if people retained knowledge from the education sessions and were implementing it. We were also able to distribute 1,375 doses of Albendazole, 904 courses of Vitamin A, and 66 courses of prenatal vitamins to pregnant and lactating women, all thanks to Vitamin Angels donations, at the malnutrition outreaches. Being able to distribute Albendazole, vitamin A, and prenatal vitamins significantly improves the nutritional status of participants in these communities.

Malaria Prevention and Outreach:

This quarter, we sold a total of 764 mosquito nets through our malaria education and prevention outreaches in 13 villages in Jinja, Mayuge, and Kayunga districts and at the clinic – which was truly miraculous based on the ongoing simultaneous distribution of free mosquito nets all over Uganda. 229 people attended our malaria outreach education sessions. Specifically, 576 nets were sold at the clinic while 188 nets were sold during our malaria education outreach sessions. In addition, the malaria outreach team made 282 follow-up visits in 11 villages to evaluate whether previously purchased nets from education sessions were being used correctly and whether people reported having less malaria.



DIG Garden

Soft Power Health started DIG garden outreaches in Butagaya sub county in 2015. We have so far graduated 110 farmers in this community. The lasting impact of this successful outreach is that local farmers are now food secure and are able to make some income from their excess agricultural products. This season, these farmers harvested a bumper crop and are now able to feed their families and to have a food supply that will last for approximately the next 5 months. The DIG team is now getting ready to train more farmers from different communities, including more community patients. Targeted communities include: Bubugo Bulando, Bubugo Budaka, Itanda, Bubugo Central, Super Hole Village, Kivubuka, and Kizinga. The team hopes to develop 40 new gardens in these communities and plans to have completed assessment by the end of July 2017. They will then set the timetable for this outreach. Proposed crops include: bananas, cassava, maize, yams, cabbage, beans, soya, and peanuts. We look forward to helping the new gardens thrive and, ultimately, to seeing these families living healthier, more productive lives through better nutrition.



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

Family Planning Outreach:

This quarter's family planning outreach programs continue to be well attended by both men and women. These outreaches remain a much-needed reliable service to local communities. This quarter, 980 women received three-month birth control injections for intermediate-term family planning. 77 women chose birth control pills during outreach sessions. Also this quarter, 16 new long-term contraceptive implants were placed and 6 were removed. 94 women requested and received pregnancy tests. 17 of these tests were positive. In addition, 10 women requested and received counseling about side effects of birth control. 15,734 male condoms were distributed at family planning outreach sessions. We also gave 4485 doses of Albendazole to children in the field deworming those children for the next 6 months, and improving their cognitive development as well as their chances of gaining weight and being healthier.

Domestic Violence Counseling

In the second quarter, between sensitization sessions at outreaches, follow-up visits, and consultations at the Clinic, 92 people were counseled about domestic violence (DV). Economic violence was again the most common type of abuse people reported and 46 people were counseled related to economic violence. Emotional violence was the second most common type of abuse reported with 39 people reporting emotional violence. Five people sought Florence's assistance for sexual violence, and the last most commonly reported abuse was physical abuse with two cases reported in this quarter. 27 people were counseled at the clinic and 65 people received Florence's help in outreach and community settings. Also, this quarter, 49 follow-up visits were made in 12 villages to check in on people previously counseled to determine if they had been able to implement what they had learned during their counseling sessions.

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

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