

# Soft Power Health

2nd Quarter Update  
2018

## What's New:

After putting on all the finishes touches, we are finally moved into our new building, the Rose Rooms. This new building accommodates our kitchen, outreach room, volunteer room, and storage. It has exceeded our expectations in terms of usefulness. It was high time for more space and now we have it. Along with our newly completed building, we received a truly fantastic donation of a curvilinear ultrasound probe. Thank you to pediatric residents, Drs Ashley and Jen, who managed to raise the money to donate it, along with help from the Mt. Sinai Department of Pediatrics. Dr. Emily Hertzberg came back to work with us in June and brought the probe with her. We were thrilled and grateful to have Dr. Emily back, and she showed us



Morning at Hairy Lemon Island, which will soon be underwater.

some amazing uses of our new probe, including lung ultrasounds, which may well, in future, replace the need to send patients for chest x-rays. This use of our ultrasound machine would really benefit our patients on many levels, specifically allowing us to offer both improved care and cost saving. Jessica, Soft Power Health's ultrasound technician, was more than excited about what she learned from Dr. Emily and we hope Dr. Emily will come back and visit again soon!



Dr. Emily demonstrates our new curvilinear ultrasound probe at the Clinic.

Each summer since 2007, we have had Mt. Sinai medical students, residents, or Masters of Public Health students coming to volunteer and work with us on certain projects, both at the Clinic and in the field. This summer, we have two Masters of Public Health students, Whitney and Jackie, and one medical student, Tish, joining us. Whitney and Jackie are helping us with the ongoing mosquito net use survey that we are conducting for our home sub-county of Budondo. Our goal is to establish what percentage of the people in our area own a mosquito net and sleep under it every night. Tish is working to help evaluate our malnutrition follow-up program, as well as spending time with Dr. Charles seeing patients. We are lucky to have such motivated and engaged students with us this summer!

In other news, Stephen Kato, the head of our physical therapy department, has used his ingenuity to create tools for his patients that wouldn't exist in Uganda otherwise. Stephen Kato went to the Internet, found instructions for how to create special chairs that can be used for his cerebral palsy and muscular dystrophy patients, and had them made. This intervention, the specialized bean bag chair, is an easy and effective tool for some of Stephen's really in-need patients. Thank you, Stephen, for taking that extra step for your patients!

Another enterprising development this quarter was from Sarah, the head of our malaria program. In addition to being head of the malaria outreach program, Sarah is trained as a counselor and social worker. This quarter, she formed a women's group with some patients' families: the mothers of children with cerebral palsy. Every Saturday, these mothers come to the clinic so that their children can get physical therapy. Sarah has begun working with the mothers to help eliminate the



Stephen Kato fits a child with cerebral palsy with a specialized bean bag chair as her mother looks on.



Sarah and some of the mothers and children from the new Saturday cerebral palsy group.

stigma that many of them live with. In local culture, it is believed that children who have cerebral palsy are cursed. Their families are often shunned, and many husbands leave the mothers of children suffering from this condition. These women's lives are really tough, so Sarah thought that it would be good to start a group where they could come and share their stories, dispel the myths around cerebral palsy, and become educated about how best to care for their children. So far it has been well received and attended. Well done Sarah!

Finally, a very sad day has come to the Nile. With the construction of Isimba dam, the last wild section of whitewater on this part of the Nile will disappear very soon, and with it will vanish the magical and unique Hairy Lemon Island, home to two endangered species, pangolins and halpochrome fish. Now we are counting the days until something completely unique in the world is gone forever. Not only will the river

environment change forever but thousands are being displaced without proper compensation. Another likely result is that certain diseases and health problems we commonly treat, such as malaria, malnutrition and schistosomiasis, will increase in our patient population. It is hard to understand how this is the World Bank's definition of progress!

### The Allan Stone Community Health Clinic:

In the second quarter of 2018 the Clinic saw a total of 8,649 patients treated (25% returning and 75% new attendees) from April through June. We also referred 232 patients on for surgeries, advanced testing or chemo therapy in the Kampala-Entebbe area. For the second quarter in a row, malaria remained the *seventh* most commonly treated disease at the Clinic! In spite of the Ugandan government's free net distributions, our ongoing educational outreaches on malaria prevention, including proper mosquito net usage, continue to be popular and well-attended. We hope that our effort has played a part in this development.

Dr. Paul, our dentist, continues to offer expert dental care to our patients. This quarter, Dr. Paul treated 157 people for dental problems. As in the past, periodontal diseases, and extractions were the most commonly treated complaints. Eight patients were referred for more complex dental issues.

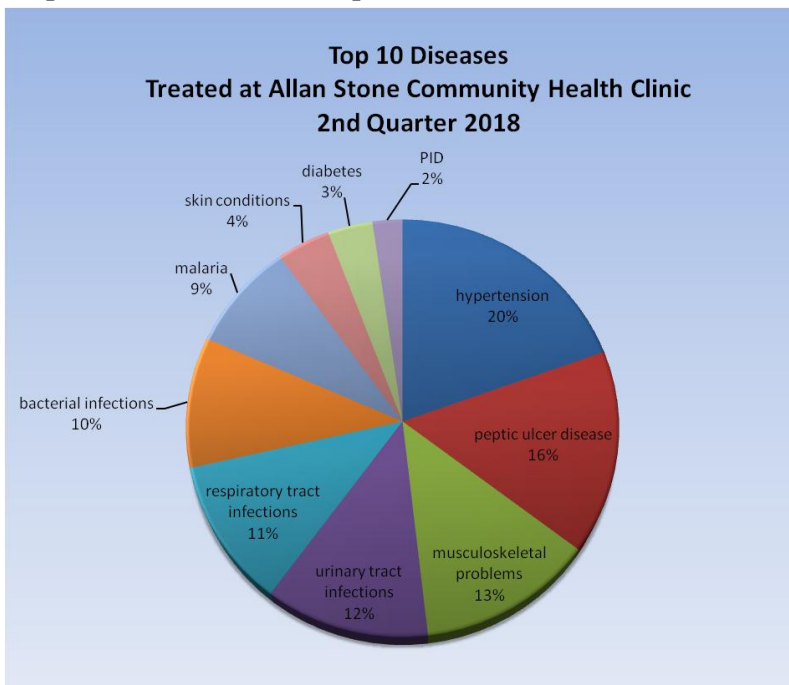
The physical therapy services offered by Stephen Kato and Flavia remain highly in demand. This quarter, 813 patients were treated, a number which continues to grow as local people discover that this much-needed intervention is both available and affordable. As in the past, the most common conditions seen were lower back pain (such as lumbar spondylosis, and sciatica), followed by cerebral palsy, lower limb pain, knee pain, hydrocephalus, developmental delay, and spina bifida. Although the majority of PT patients were seen at the Clinic this quarter, 15 of the total were treated via Stephen's community outreach program in Lukolo village.

We have been making great use of our new ultrasound machine here at the Clinic! Since January, we have been able to provide in-house ultrasounds for 164 patients—106 of them in the 2<sup>nd</sup> quarter! Of those ultrasounds, the majority were abdominal (48) and pelvic (49). 42% resulted in a normal diagnosis and 58% revealed an abnormality that required further treatment.



Dr. Emily and students, Whitney and Tish, make a home visit.

## Top 10 conditions this quarter:



The most common diseases treated at the clinic were, in descending order: hypertension, (1450); peptic ulcer disease, (1171); musculoskeletal problems, (956); urinary tract infections, (888); respiratory tract infections, including 35 cases of pneumonia, (839); bacterial infections, (753); malaria, including 14 cases of malaria in pregnancy, (638); skin conditions (307); diabetes, (258); and pelvic inflammatory disease, (171).

## Mother and Child Wellness Center:

Between April and June, 345 individual pediatric patients and their families were counseled about nutrition and malnutrition, including the causes of malnutrition. 196 of these patients required the intervention of High Energy Milk (HEM). In some instances, the patient's malnutrition was severe and required several courses of HEM. Of the children who received HEM treatment, 67

had cerebral palsy (CP), which virtually guarantees they will be malnourished. In addition to CP's effect on motor skills (including the muscles and movements involved in chewing and swallowing or eating independently) children with this condition may also have gastrointestinal problems that can affect how well they are able to absorb nutrients.

This quarter, 438 rounds of vaccinations were administered. 132 women received intermediate term family planning methods: 126 three-month courses of Depo-Provera injectable birth control were administered, and 3 three-month packages of birth control pills were distributed. Also, 44 long-term implants were placed and 11 were removed, making for a total of 176 women who received intermediate or long term family planning methods at the wellness center this quarter. Finally, 288 male condoms and no female condoms were distributed from the Wellness Center. During this quarter, 3,548 people were tested for HIV, with only 87 positive results. This represents an extremely low 2.5% positivity rate. 79 pregnancy tests were taken, and 2 were positive. This quarter no women requested counseling about birth control side effects.



Our just-completed new building, the Rose Rooms, built through the generosity of the Rose Family.

Finally, during our second quarter Marie Stopes collaborative family planning day, 3 women chose tubal ligations and no men chose vasectomies as permanent forms of birth control. One IUD was inserted and none were removed. In total, 180 women received intermediate to permanent methods of birth control at the mother and child wellness center this quarter.

## Nutrition/Malnutrition Outreach

This quarter, 560 people participated in 13 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 139 former participants to see the education program's impact and to determine whether people had retained and were making use of the knowledge from the education sessions. At these outreaches we were also able to distribute 1,524 doses of Albendazole, 555 courses of Vitamin A, and 810 courses of prenatal vitamins to pregnant and lactating women. This remains possible due to Vitamin Angels' donations. Albendazole, vitamin A, and prenatal vitamins all greatly improve the nutritional status of everyone who participates.

## **Malaria Prevention and Outreach:**

This quarter, our sale of mosquito nets remained low at educational outreach sessions due to last year's mass distribution of free nets by the Ugandan government. However, the clinic did impressive sales of nets given the recent free distributions of nets. Between the clinic and our malaria education outreaches, we sold 181 nets. Specifically, 17 nets were sold during educational outreach sessions while 164 nets were sold at the clinic. However, even as net purchases remain low, the demand for education is holding steady in the villages we serve: between April and June, 654 people attended our malaria outreach education sessions. In addition, the malaria outreach team made 69 follow-up visits in 9 villages to evaluate whether previously purchased nets from education sessions were being used correctly and whether people reported having less malaria.

## **DIG Garden**

In the 2<sup>nd</sup> quarter, the DIG team added 6 new gardens, meaning that 6 more local families will soon have the knowledge and capacity to both feed themselves and to have crops left over to sell. This makes a total of 41 ongoing local gardens thanks to DIG! This quarter, the SPH garden produced kale, *matoke*, cassava, eggplants, sugarcane and pineapples for staff lunches, and also had enough left over to sell. Our garden also produced the ingredients for 9kgs of *posho*, which was donated to the Matiya and Mirabu community patients.



Sunset at Hairy Lemon Island, which will soon be completely flooded due to the Isimba Dam.

## **Family Planning Outreach:**

Family planning outreach programs continue to be popular and well attended by both men and women in our local communities. This quarter, 993 women received intermediate and long-term family planning. During outreach sessions 899 women chose three-month birth control injections for intermediate-term family planning and 56 women chose birth control pills. Also this quarter, 38 new long-term contraceptive implants were placed and 3 were removed. No IUDs were placed or removed. 386 women requested and received pregnancy tests. 20 of these tests were positive. In addition, 22 women requested and received counseling about side effects of birth control. 4,551 male condoms and 83 female condoms were distributed at family planning outreach sessions. We also gave 7,063 doses of Albendazole, a deworming treatment, to children in the field. This treatment will remain effective for the next 6 months, improving those children's cognitive development as well as their chances of gaining weight and being healthier.

## **Domestic Violence Counseling**

Between April and June, 243 people, from 11 villages, accessed Soft Power Health's domestic violence counseling services. These services consist of sensitization sessions at outreaches, follow-up home visits, and consultations at the Clinic. This quarter, the most frequently reported domestic violence issue was economic violence (113 instances), followed by emotional violence (109 instances), and sexual violence (19 instances). Between outreaches and Clinic consultations, Florence counseled 111 people this quarter. In addition, 132 people were seen via follow-up home visits to determine if they had been able to implement what they had learned during their earlier counseling sessions.

***Thank you so much for your help making Soft Power Health's work possible. We really appreciate it!***

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](http://www.softpowerhealth.org/donate.php).