

Soft Power Health

3rd Quarter Update
2018

What's New:



Fishermen below Itanda on the Nile River. Photo © Eli Reichman_

Summer is always an energetic time for Soft Power Health, and the months of July, August, and September 2018 were no exception! For the 11th year in a row, we hosted Global Health students from Mt. Sinai. We hosted three students in total. Two of them, Whitney and Jackie, are part of the Masters of Public Health program, and they continued to work with us on our mosquito net use survey for Budondo Sub-county, our home sub-county. This survey has given us, and continues to give us, the most up-to-date information about how many people have mosquito nets, and whether those who do are using them correctly. It is also a great opportunity for the students to directly learn about Ugandan life and to visit people in their homes. There is no substitute for first-hand experience like this. Our other visiting student

from the Global Health Program at Mt. Sinai was Tish, a medical student. Tish helped us analyze our malnutrition follow-up program. The abstract that she wrote from her experience with us was just accepted into a medical conference in Chicago, a big honor for her. Tish also had the unique experience of going into people's homes to see how their knowledge about nutrition and malnutrition had changed since their attendance at our malnutrition education session. Both of these analysis programs help us to better tailor our outreaches and programs to the needs of the communities we serve and to provide great learning opportunities for everyone involved.

In addition to the students, we had Dr. Emily Hertzberg back to instruct our doctors and our medical imaging technologist in how to use a cavilinear ultrasound probe to its full advantage, including for lung ultrasounds. We hope our relationship with Dr. Emily will prove to be a long-term partnership, and will allow us to keep expanding the knowledge and tools available to the staff at Soft Power Health for the best advantage of our patients. Lung ultrasounds are perfect examples of this and will be a great cost-saving measure, both in terms of money and energy for our staff and our patients. Dr. Emily plans to return soon to continue the educational process!



Some Soft Power Health staff on retreat at Hairy Lemon Island.

This July, we had the unique opportunity to have a staff retreat at the Hairy Lemon, just days before the island was closed and denuded of all vegetation, per orders of the Chinese dam builders, the Chinese Water and Electric Company (formally blacklisted by the World Bank for bad business dealings). Although the dam will flood this part of the Nile by the end of November 2018, the Chinese dam builders insisted that everyone be off the island way in advance. We have no idea why. Although sad, it was still a treat for our staff to visit the island and to see what will be lost with the flooding of their Nile River and its islands. We got a lot accomplished during the retreat and hope, moving forward, that we can continue this process even if we do not have the magical Hairy Lemon to go to.

Other interesting news is that one endangered species, pangolins, lived on the Hairy Lemon. The dam builders insisted on cutting their habitat down before the animals had been rescued. In the end, the pangolins were

rescued but it was no easy feat. Other animals rescued were red tail monkeys, giant monitor lizards (in the same family as Komodo Dragons), and certain snakes. It is completely beyond comprehension why destruction of unique biodiverse habitats is still going on, especially under the guise of helping people develop. In fact, the converse is true: destroying habitats and livelihoods does the opposite for the indigenous people and the native species. World Bank, it's time to wake up and change your policies to be more human, animal and environment friendly! We all live in a natural resource limited world!

Ironically, during August, we learned that the World Bank Inspection Panel is going to undertake a full investigation of the flooding of the Kalagala Offset—the area very soon to be flooded by Isimba Dam. Although this is too little too late, we hope it will have some positive impact on future World Bank policy, at least toward the construction of large, expensive, and damaging hydro-power dams! For those of you who have had the unique privilege of seeing the mighty Nile in its glorious natural state, I hope you can hold that image and memory to share with everyone who has not been so lucky. There is no doubt that the world is about to lose one of its great wonders.

The Allan Stone Community Health Clinic:

From July through September 2018, the Clinic saw a total of 9,544 patients (37% returning and 63% new attendees.) This quarter we also referred 200 patients on for surgeries, advanced testing, or chemotherapy in the Kampala-Entebbe area. For the third 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. Hypertension (i.e., high blood pressure) remains our most commonly treated health problem at the Clinic. It is interesting to note that non-communicable diseases have surpassed infectious diseases as the top diseases we treat. We will be undertaking an analysis to figure out if this is a true measure of what's happening across Uganda or if our clinic is being sought out more because we have reliable and cheaper supplies of medicines for our patients compared to the government health system.

Dr. Paul, our dentist, continues to offer quality dental care to our patients. This quarter, Dr. Paul treated 148 people for dental problems. As in the past, periodontal diseases (65), and extractions (45) were the most commonly treated complaints. Seven patients were referred for more complex dental issues. Dental health remains a completely underserved area of medicine in Uganda and we are grateful for Dr. Paul's dedication to his patients both in the clinic and in outreach.

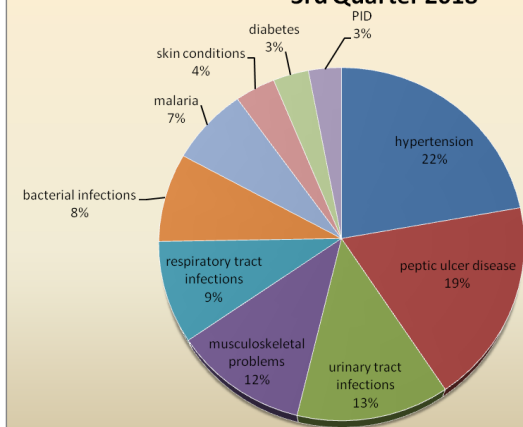
The demand for physical therapy services offered by Stephen Kato and Flavia continues to grow as local people discover that this much-needed intervention is both available and affordable. This quarter, 997 patients were seen and treated, many with multiple visits. As in the past, the most common conditions seen were lower back pain, such as lumbar spondylosis, and sciatica (307), followed by cerebral palsy (161), and lower limb pain (127). Although the majority of PT patients were seen at the Clinic this quarter, 35 of the total were treated via Stephen's community outreach program in Lukolo village. Those 35 patients are among those most in need and cannot afford transport to the clinic but need regular therapy. We thank Stephen for his unwavering dedication his patients. They are incredibly thankful as are we!

We have been making great use of our new ultrasound machine here at the Clinic! In the 3rd quarter of 2018 we provided 143 scans to 138 of our patients. Several patients needed repeat scans to observe how things had changed. Of those ultrasounds, the majority were abdominal (53) and pelvic (60). 34% of scans resulted in a normal diagnosis, and 66% revealed an abnormality that required further treatment.



Happy mother and child at the Allan Stone Community Health Clinic.

**Top 10 Diseases
Treated at Allan Stone Community Health Clinic
3rd Quarter 2018**



Top 10 conditions this quarter:

The most common diseases treated at the clinic were, in descending order: hypertension, (1818); peptic ulcer disease, (1514); urinary tract infections, (1075); musculoskeletal problems, (951); respiratory tract infections, including 28 cases of pneumonia, (793); bacterial infections, (668); malaria, including 4 cases of malaria in pregnancy, (592); diabetes, (302); skin conditions (266); and pelvic inflammatory disease, (246).

Mother and Child Wellness Center:

Between July and September, the triage team counseled 863 individual pediatric patients and their families about nutrition and malnutrition, including the causes of malnutrition. 428 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, 73 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, 337 rounds of vaccinations were administered. 150 women received intermediate term and long term family planning methods: 119 three-month courses of Depo-Provera injectable birth control were administered, and 1 three-month packages of birth control pills were distributed. 30 long-term implants were placed and 17 were removed.

During this quarter, 3,704 people were tested for HIV, with only 131 positive results. This represents an extremely low 3.5% positivity rate. 57 pregnancy tests were taken, and 2 were positive. This quarter one woman requested counseling about birth control side effects.

Finally, during our second quarter Marie Stopes collaborative family planning day, 1 woman chose tubal ligation and no men chose vasectomies as permanent forms of birth control. 4 IUDs were inserted and none were removed.

Nutrition/Malnutrition Outreach

This quarter, 433 people participated in 13 malnutrition education outreaches in 13 villages in Butagaya and Busedde sub-counties in our home district of Jinja. Also, we made follow up visits to 133 former participants' homes 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 1,284 doses of Albendazole, 534 courses of Vitamin A, and 1,718 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 receives them.



Mt. Sinai Global health students attend a malaria education session.

Malaria Prevention and Outreach:

Between July and September, our sale of mosquito nets remained low at educational outreach sessions. This is due to the lasting effect of last year's mass distribution of 24,000,000 free nets by the Ugandan government. However, between the Clinic and our malaria education outreaches, we sold 132 nets. Specifically, 20 nets were sold during educational outreach sessions while 112 nets were sold at the Clinic. However, even as net purchases remain low, the demand for education is holding steady. In the 3rd quarter, 1,056 people attended our malaria outreach education sessions. In addition, the malaria outreach team made 16 follow-up visits in 4 villages to evaluate whether previously purchased nets from education sessions were being used correctly and whether people reported having less malaria.

DIG Garden

From Patrick, our DIG garden coordinator: “We believe that community gardens have power to grow more than just fresh produce. We have seen these gardens become space for fellowship, healing, and education. They have become sources of income for some families and community transformation. Our hope is that these resources will encourage the growing movement towards healthy, sustainable, and thriving communities.”

As of this quarter, there are a total of 30 ongoing local gardens thanks to DIG! This means that families in these communities are learning to grow healthy, nutritious food to feed themselves, as well as to have some surplus to sell. The new gardeners were supported with seeds (i.e. maize, beans, soya, sukuma, and peanuts). However, due to an extremely dry season, the maize, bean, and soya crops have been less successful than the sukuma and peanuts.

Family Planning Outreach:

This quarter, 1,038 women received intermediate and long-term family planning through family planning outreaches in 38 villages. During these family planning outreach sessions, 991 women chose three-month birth control injections for intermediate-term family planning and 47 women chose birth control pills. This quarter, no new long-term contraceptive implants or IUDs were placed or removed. 451 women requested and received pregnancy tests. 18 of these tests were positive. In addition, 7 women requested and received counseling about side effects of birth control. 4,650 male condoms and 260 female condoms were distributed at the family planning outreach sessions. We also gave 5,510 doses of Albendazole, a deworming treatment, to children in the field. This deworming treatment is effective for 6 months, improving those children’s cognitive development as well as their chances of gaining weight and being healthier.

Domestic Violence Counseling

This quarter, between outreaches and Clinic consultations, 299 people accessed Soft Power Health’s domestic violence counseling services. These services consist of sensitization sessions at Family Planning outreaches, follow-up home visits, and consultations at the Clinic. Florence, SPH’s domestic violence counselor met with 232 people this quarter and followed up with 67 people with home visits to determine if they had been able to implement what they had learned during their earlier counseling sessions. Often people require more than two visits to help solve their problem. The most frequently reported domestic violence issue this quarter was emotional violence (117 instances), followed by economic violence (95 instances), sexual violence (18 instances) and physical violence (2 instances).



Open bill stork below Nile Special. Photo © Jessie Stone

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.