



# Soft Power Health

*Through healthcare service to people in need, we take a step toward making a more just world.*



*Special Delivery of Mosquito Nets arrives at the clinic.*

## What's New!

### *Miracles Really Do Happen*

With the completion of the Isimba dam in 2018 and heavy rainfall throughout Uganda in 2019, malaria rates have been skyrocketing. This has created a huge demand for mosquito nets as well as increased rates of treatment for malaria at the clinic. The Covid lockdown illustrated how serious the malaria infection problem has become. During the first three months of lockdown, malaria was the number one disease we treated at the clinic! Unfortunately, prior to Uganda's lockdown in March, Soft Power Health had run out of mosquito nets to sell.

Thankfully, we were able to secure a new shipment of mosquito nets in July. Even though the land and air borders were technically closed, our container of nets made it into Uganda without any hiccups - what a miracle!

Since Soft Power received our container we have been selling nets at the clinic in large numbers.  
{cont. on page 2}

### **Allan Stone Community Health Clinic**

*Total Patient Cases Treated in 3rd Quarter: 6,620.*

#### *Top 10 Disease Treatments*

1. Hypertension (HTN): 1,737
2. Peptic Ulcer Disease (PUD): 813
3. Urinary Tract Infection (UTI): 807
4. Malaria: 702
5. Respiratory Tract Infections, including pneumonia (RTI): 399
6. Bacterial Infections: 363
7. Diabetes: 272
8. Skin Conditions: 270
9. Pelvic Inflammatory Disease (PID): 102
10. Sexually Transmitted Diseases: 94



As public gatherings are still banned throughout the country, we have had to put our community based malaria outreach program on hold.

Still, during *the third quarter we sold 1,300 mosquito nets. Our largest quarterly sales in several years!* As malaria was the most common disease we treated during early lockdown, we've been thrilled to provide preventative measures to communities in need!



Bales of mosquito nets are unloaded at the clinic.



Daily Operations Manager Julius Cesear with a new net.

## Clinic Update

During the pandemic - Covid itself has not been an enormous health challenge in our part of Uganda. But, the "knock-on" impact from the radical change in daily life has created other health problems such as; increased malaria rates and sequelae of untreated severe high blood pressure.

As in other parts of the world where people have delayed treatment for certain health issues due to the pandemic, we have seen similar health problems at Soft Power Health. Now that transport is more accessible and people can leave home, our numbers have almost returned to normal and with it - the distribution of diseases we treat. High blood pressure is the number one issue and malaria is now number four! We've been fortunate to have a good supply of PPE thanks to our wonderful partners like the *Gould Family Foundation*.

And the Soft Power Health staff continues to provide ongoing education on Covid to patients, which is essential to combat misinformation and promote safe health practices for everyone!





**Dr. Charles Kalumuna | Clinic Director**

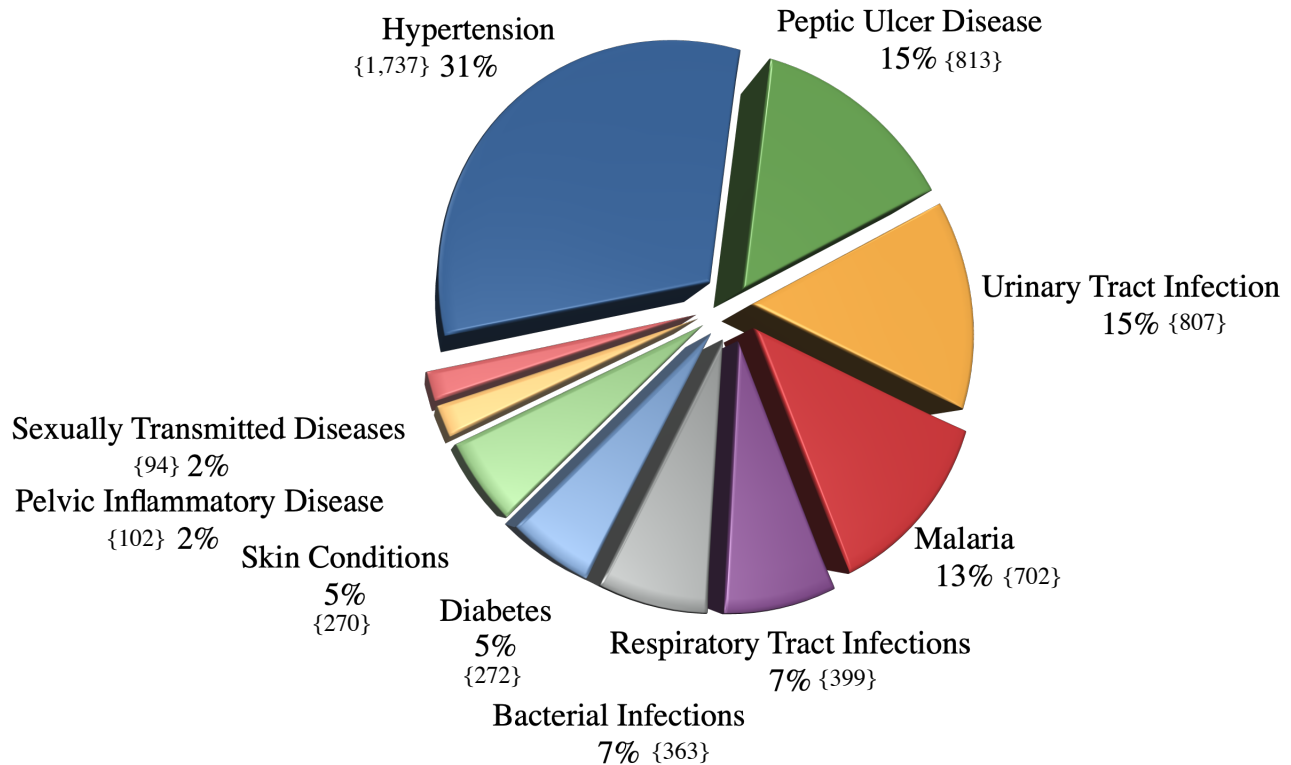
Allan Stone Community Health Clinic

Total patients treated: 6,620. New patients = 74% Former patients = 24%.

Total referrals made: 402.

Of the 1,275 pediatric patients triaged: 523 needed normal nutrition, 205 needed nutrition counseling and 541 needed high energy milk. Pediatric percentage breakdown: 38%: new patients, 62%: former patients.

**Top 10 diseases treated at the clinic in the third quarter.**



Soft Power clinic staff and patients take precautions against Covid-19.



## *Creating Opportunities in Challenging Times*

**G**lobally, Covid's unifying factor is challenging all of us in our daily lives. Ugandans have always shown themselves to be highly adaptive and resilient people in normal times. Looking beyond the stress everyone experiences from fear of the unknown, life in Uganda has returned to normal as much as is possible, even with the massive countrywide shut down. The result: Soft Power Health's clinic is nearly back to pre-lockdown numbers.

In the 3rd quarter, Soft Power treated 6,620 patients at the clinic and referred 402 patients for surgery, chemotherapy or advanced testing during as well.

We've also forged new relationships, while solidifying others. **Dr. Stella**, our in-house cardiologist, has fostered a close relationship with the Uganda Heart Institute and their surgeons specializing in valve replacement surgery for Rheumatic Heart Disease (RHD).



*Dr. Stella giving an EKG exam to a clinic patient prior to Covid-19.*

At the SPH clinic, we see not only many hypertensive patients (our most common diagnosis overall) but a surprising number of RHD patients who need valve replacement surgery. Valvular disease kills most of these patients in early adulthood. The costs of the valves, plus the surgery make this prohibitive in the vast majority of cases. The cost of one surgery is more than most Ugandans will earn in a lifetime! {cont. on page 5}





However, this summer with the collaborative efforts of Dr. Heather Demirci, her husband Matt Demirci, a biomedical engineer working at Edwards (the largest manufacturer of heart valves in the world) Dr. Craig Sable and the Widgeon Point Charitable Foundation, we have put a plan in place to have one of our patients receive life-saving valve replacement surgery.

None of this would have happened without a HUGE team effort! We look forward to future collaborations with Edwards, Dr. Sable, and the Uganda Heart Institute in preventative efforts to treat Rheumatic Heart Disease. Early diagnosis and intervention will save many lives in Uganda!

## *Family Planning Going Strong!*

Family Planning is one of the few outreaches that has been permitted to continue operating during lockdown and thank goodness because demand for these services has been enormous! Soft Power Health has been able to continue meeting this demand, even when the supply chain has been unpredictable at best. Our family planning outreaches have continued exactly as they did pre-lockdown. We received permission from the district medical office to continue outreach sessions even though gatherings of 6 or more are not permitted. Our teams successfully practiced safe social distancing, alongside proper use of PPE. The clinic also delivered a healthy amount of family planning and as a result our numbers are on track for the same number of women reached as in a non-Covid year. This quarter over 1,000 women received intermediate and long-term methods of family planning. This was only accomplished through the dedicated efforts by our entire staff, especially given all the supply chain and delivery difficulties they have encountered.

### **Welcome Dimah Leigh Bunkeddeko!**

Our country manager Kirsten and her husband Juma, welcomed baby girl Dimah Leigh into the world in late August!

Kirsten has continued working hard - even during her maternity leave!

Congratulations on the birth of a healthy baby girl!

### **Life Saving Donor Agnes Gund!**

In the midst of one of the most challenging years in our 17-year history, a life line was thrown to Soft Power Health.

We are the fortunate recipient of an extraordinarily generous donation from Agnes Gund.

Thank you so much Aggie for supporting our work!



## Third Quarter Statistics

### Physical Therapy

Despite the ongoing transportation challenge our physical therapists were still able to treat a robust number of patients at the clinic.

**Total Patients Treated: 902**  
**Outreach Home Visits: 52**

Lower Back Pain: 309  
 Lower Limb Pain: 182  
 Cerebral Palsy: 132  
 Knee Pain: 41  
 Chest Pain (not cardiac): 36

### Dental Services

Due to coronavirus, already sparse dental services remain difficult to deliver throughout Uganda.

Fortunately, Dr. Paul was allowed to treat 79 people during the third quarter.

**Total Dental Treatments: 79**

Periodontal disease: 32  
 Extractions: 24  
 Fillings: 8  
 Referrals: 6  
 Other: 9

**Total intermediate and longterm family planning methods administered in 3rd Quarter: 1,034. Condoms distributed in clinic: 2,632.**

### Mother and Child Wellness Center

1. High Energy Milk administration: 334 patients {248 treatments to children with no cerebral palsy; 86 treatments provided to cerebral palsy patients}
2. Family planning methods administered: 196 {Birth control pills: 4, Injectable DepoProvera: 170, Long-term Implant: 22}
3. Albendazole for deworming, hook worm treatment: 1,550 treatments.

### Family Planning Outreach

**Total Patients Treated: 815**

1. Intermediate and long-term methods administered in outreach. Total: {Injectable depoprovera: 804, Implants: 11}
2. Total condoms distributed: 2,632
3. Total administered including clinic services: 1,034.





## Domestic Violence Counseling

Domestic violence counseling continued during the third quarter under lockdown providing an essential service during Covid as domestic abuse cases continue to increase during these uncertain times.

**Total cases counseled: 180**

Gender: 121 women & 59 men

1. Emotional violence: 119
2. Economic violence: 59
3. Sexual violence: 8
4. New cases = 59, Return cases = 28

## Ultrasound Scans

As a phased lifting of lockdown began we were able to provide 142 patients with necessary scans.

Gender: 121 women & 19 men

Normal: 47

Abnormal: 95

1. Pelvic: 64
2. Abdominal: 35
3. Other: 22
4. Obstetric: 21

## DIG Garden

DIG helped train 17 community patients in garden self-reliance beginning with seed supply, crop management, soil management, veggie growing, crop rotation, harvesting, storage, seed collection and storage. Crops planted included beans, peanuts, soybeans, maize, kale, spinach, and cabbage. Community patients contributed land, cassava stems, potato vines, labour and local trees!

The community demonstration garden in Super Hole village grew 350Kgs of maize and 102 Kgs of soybeans. 250KGs was made into maize meal to distribute to food insecure families during the lockdown! And our clinic garden continues to flourish - supplying most of the lunchtime meal ingredients to the Soft Power staff!



*Irene preparing lunch for the clinic staff from the garden.*



## 3rd Quarter Outreach Report

With the container arrival of new mosquito nets in July,  
*we sold 1,300 nets* at the clinic in the 3rd quarter.

Malaria, Malnutrition outreaches and all large community education gatherings were still suspended throughout Q3 due to Covid-19.

***Again, our heartfelt thanks to everyone  
for your continuous support during this challenging time!***

**[DONATE HERE](#)**

Soft Power Health is a 501 (c) (3) tax-exempt organization and all donations are tax deductible to the extent provided by law.

Soft Power Health's Federal Identification Number (EIN) is: 20-6195776.

All content © [www.softpowerhealth.org](http://www.softpowerhealth.org) 2020. All Rights Reserved.