



Soft Power Health

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



Patients waiting on a busy Monday morning at the clinic. Patient numbers are back to pre-pandemic range.

WHAT'S NEW!

All Soft Power Health staff have been given the opportunity to be vaccinated against Covid-19 for free! Thanks to COVAX, the Astra Zenca Covid-19 vaccine has reached Uganda and is available for healthcare workers. Like everywhere in the world, misinformation has clouded what people believe, creating the perception that the vaccine is more harmful than helpful, which is far from the truth.

Luckily, the majority of Soft Power Health staff have been vaccinated and at the very least we have created local herd immunity! This is excellent news as clinic patient numbers have returned to pre-lockdown numbers and we are very busy!



Dr. Charles, SPH Clinic Director, receives the Astra Zenca vaccine.

ALLAN STONE COMMUNITY HEALTH CLINIC

**TOTAL PATIENT CASES IN
1ST QUARTER: 8,575**

Top 10 Diseases Treated

- 1: Hypertension (HTN) = 2,167
- 2: Peptic Ulcer Disease (PUD) = 1,341
- 3: Urinary Tract Infection (UTI) = 1,133
- 4: Malaria = 842
- 5: Respiratory Tract Infection (RTI) = 557
- 6: Diabetes = 374
- 7: Bacterial Infections = 337
- 8: Skin Conditions = 295
- 9: Syphilis = 139
- 10: Pelvic Inflammatory Disease and HIV = 98 each



HISTORY REPEATS ITSELF, AGAIN!

MOSQUITO NET SALES REMAINED HIGH UNTIL MASS FREE DISTRIBUTION OF NETS

For the fourth time since Soft Power Health began its malaria education and prevention program 17 years ago, the Ugandan government started a mass distribution campaign of free mosquito nets across the country. As before, the government has provided no education programs to accompany the distributions. The result is our net sales are down, but attendance at our education sessions is high! This is good news as our net supply will last longer and communities will receive excellent education about malaria and best practices for prevention from the SPH staff.



Malaria Education Team of Sarah and Maria teach a community group in Namizi Central on proper net use.

STAFF SPOTLIGHT MARY AKIROR

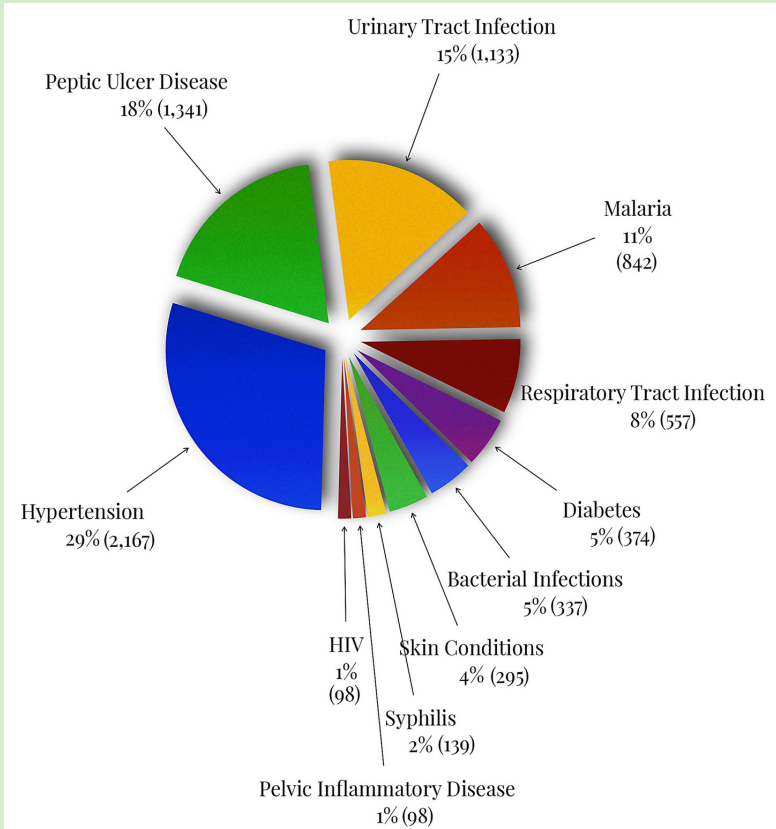
Mary Akiror promoted to daily operations manager. Soft Power Health's own Mary Akiror has demonstrated excellent capability over the few years that she has been working with us and has happily stepped up to fill the position of daily operations manager. We are excited to support Mary in her new role!



Mary hard at work at the clinic office.



TOP 10 DISEASES TREATED AT THE CLINIC IN THE FIRST QUARTER



CLINIC LAB REPORT

1: 4726 malaria blood smears done with 441 malaria positive smears identified, equaling a 9.3% positivity rate. Blood smears are the gold standard of diagnosis for malaria.

2: 4376 rapid malaria tests done with 802 positive tests recorded, representing an 18% positivity rate, nearly double the blood smear, this is not surprising as rapid tests can give a positive result up to 10 days after infection even during convalescence.

3: 2879 HIV tests done with 17 positive tests, representing a 0.6% positivity rate.

4: Hepatitis B tests recorded a 10% positivity rate overall.

MOTHER AND CHILD WELLNESS CENTER SOFT POWER HEALTH CLINIC FAMILY PLANNING, MALNUTRITION TREATMENT AND VACCINATION

- 1: No vaccinations were administered this quarter due to vaccine shortages and problems with our fridge.
- 2: 586 pediatric patients received prescriptive high energy milk to treat severe malnutrition.
- 3: 117 methods of long term and permanent birth control were placed during Q1.
- 4: 1,345 deworming treatments of albendazole were distributed in Q1.
- 5: 1,440 condoms were distributed.

PEDIATRIC TRIAGE

TRIAGE TEAM: SANDRA, JULIANA AND LOY

Total: 1,523 patients triaged
 48% of pediatric triaged patients were new
 52% were returning patients
 Normal nutrition: 671 = 41%
 High Energy Milk: 586 = 38%
 Nutrition counseling only = 18%

ULTRASOUND

ISSAC, MEDICAL IMAGING TECHNOLOGIST

Total: 124 scans done
 102 abnormal and 22 normal
 1: Abdominal scans = 60
 2: Pelvic = 34
 3: Obstetric = 22



PHYSICAL THERAPY

PT TEAM: STEPHEN KATO, FLAVIA AND RACHEL
TOTAL PATIENTS TREATED = 948

Number one condition treated = Lower back pain, majority of patients are women. This isn't surprising as women do most of the garden labor and work fetching jerry cans of water from the bore holes and river. In Q1, this made up 39% of all PT patients seen. Number one problem treated in children is cerebral palsy constituting 7.5% of all conditions treated.

501 patients are returning = 57% and 43% are new patients!

Top Five PT Problems Treated

- 1: Lower Back Pain = 371
- 2: Lower Limb Pain = 196
- 3: Knee Pain = 94
- 4: Cerebral Palsy = 71
- 5: Chest pain, not cardiac = 40

DENTAL | DR. PAUL

TOTAL PATIENTS TREATED = 74

Conditions Treated

- 1: Periodontal = 34
- 2: Extractions = 15
- 3: Abscesses = 8
- 4: Neuropathies = 4
- 5: Dry sockets & fillings = 2 each

HEALTH EDUCATION OUTREACH UPDATE

MALARIA, MALNUTRITION, FAMILY PLANNING,
DOMESTIC VIOLENCE, DIG AND PHYSIOTHERAPY

All health education outreaches were allowed to resume during the first quarter of 2021. As gatherings of more than 6 people are permitted again, malaria education outreaches, malnutrition education and prevention outreaches started back up February 1st.

Family Planning Outreaches can now teach groups instead of doing one on one interaction only. During the pandemic, administration of family planning methods was permitted but gatherings for education about conception and contraception were not.



Family planning Outreach team of nurses Margaret and Mary and mobilizer Stephen educate a community group in Buyala B

FIRST QUARTER STATISTICS

MALARIA EDUCATION, PREVENTION AND NET SALES

- 1: Twelve malaria education and prevention sessions took place in Q1.
- 2: 263 people attended education sessions and 352 nets were sold at outreach education sessions.
- 3: 861 nets were sold at the clinic for a total of 1,213 nets sold.
- 4: 99 malaria net follow-up home visits were done as well.

MALNUTRITION EDUCATION AND PREVENTION PROGRAM

- 1: Seven villages were visited for malnutrition education outreach and 288 people attended education outreach sessions this quarter.
- 2: 825 doses of albendazole for treating hookworm were distributed. 520 doses of vitamin A and 7,680 prenatal and multi vitamin doses were also distributed during outreach.
- 3: 110 follow up visits to former attendees home were done as well.

PHYSIOTHERAPY OUTREACH

PT TEAM: STEPHEN KATO, FLAVIA AND RACHEL

67 patients treated.

Repeat patients = 94%. New patients = 6%.

Most common condition treated in outreach is cerebral palsy: 67% of patients had cerebral palsy - mainly children.



FAMILY PLANNING OUTREACH

39 VILLAGES VISITED ON A QUARTERLY BASIS WITH FP METHODS AND EDUCATION.

1: 79% of family planning users are returning; 21% are new users; 87% of family planning happens in outreach – reaching the communities is essential to this work!

2: 781 mid/long-term methods of family planning were administered during outreach this quarter. Injectable methods of family planning remain the most popular method with 764 doses of injectable FP administered.

3: 5,792 doses of albendazole were distributed at FP outreaches.

4: 2021 condoms were also distributed during outreach.

5: Total mid/long-term Family Planning methods administered during Q1 = 898.



Nurses Annet and Margaret educate women about contraception in Kagera Kidiopo.



Nurse Mary administers Depopovera in the Buyala B.

DOMESTIC VIOLENCE COUNSELING CLINIC BASED AND OUTREACH FLORENCE, DOMESTIC VIOLENCE COUNSELOR

TOTAL: 107 PEOPLE WERE COUNSELED

Women = 87 and Men = 20

15 patients were seen at the SPH clinic and

82 clients were counseled in outreach

Most Frequent Types of Violence Counseling

1: Emotional = 672

2: Economic = 32

3: Sexual = 8



DIG OUTREACH AND SOFT POWER HEALTH CLINIC HOME GARDEN

The DIG Outreach team has been working on 16 home gardens for families most in need in our home village of Kyabirwa and into neighboring Butagaya subcounty.

Education and reinforcement of organic gardening methods are taught during all home visits and the gardens are visited on a weekly basis! During the current economically devastating situation brought on by the pandemic, people's ability to have a reliable source of food and income generation is essential to survival! DIG home gardens are more important than ever!

For the first time ever, a family of monkeys have moved into the clinic compound and may be dining on our garden! They make great entertainment for our patients!

1: Matooke = 42 bunches, 2: Kale = 26 bunches, 3: Dodo = 24 bunches, 4: Casava = 18 pieces,
5: Pumpkin leaves = 17 bunches, 6: Papaya = 9, 7: Eggplant = 3 Kgs, 8: Lemons = 280

*We welcome donations of any size and every contribution makes a big difference, especially during this challenging time! Thank you very much for helping to make Soft Power Health what it is today. We would not be where we are without you!
Thank You Very Much!!!*

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Two Ways to Give

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