



Soft Power Health

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



The new Covid-19 ward in action.

WHAT'S NEW! COVID-19 DELTA VARIANT HITS UGANDA HARD

In response to the Delta surge, Soft Power Health reconfigured the physiotherapy room into a Covid-19 testing and treatment ward during the country's second lockdown - attending to the medical needs of many patients who otherwise would have been left to fend for themselves.

Without generous financial support from the Segal Family Foundation, the Gould Family Foundation, the Agnes Gund Foundation and wonderful collaboration with local partners, Nama Wellness Center, St. Francis Hospital and the Kamu Clinic, Soft Power Health couldn't have provided life-saving Covid-19 treatment to the communities we serve.

With very sparse vaccination rates throughout Uganda - the highly contagious Delta variant easily overwhelmed most of the country's private and public medical centers. The Soft Power Health staff was very fortunate to have received their vaccinations early in 2021. And we successfully overcame vaccine hesitancy amongst some of the SPH staff through continuous education by our doctors.

Unlike developed countries, Uganda's Covid-19 vaccination rate is estimated at 1.5-2% of the population. By comparison, the current fully vaccinated rate for New York state is 66%.

ALLAN STONE COMMUNITY HEALTH CLINIC

**TOTAL PATIENTS TREATED
IN 3RD QUARTER: 7,025**

*525 patients referred for
surgery or tertiary care.*

1,216 pediatric patients treated.

Top 10 Diseases Treated

- 1: Hypertension (HTN) = 1,821
- 2: Peptic Ulcer Disease (PUD) = 1,123
- 3: Urinary Tract Infection (UTI) = 823
- 4: Diabetes = 379
- 5: Bacterial Infections = 373
- 6: Malaria = 341
- 7: Respiratory Tract Infection (RTI) = 335
- 8: Skin Conditions = 168
- 9: Sexually Transmitted Diseases (STI's) = 121
- 10: HIV Aids = 63



The extremely low Ugandan vaccination rate, coupled with very limited tertiary medical care, created a perfect storm for the Delta variant to easily spread throughout the country. Government healthcare facilities were inundated and private hospitals began charging extortionate rates to admit patients. Hospitals turned patients away, leaving entire communities to fend for themselves. Desperate for help, families sold land and livestock just to gain admission into a private hospital - without even a promise of treatment!

Once our Covid-19 testing and treatment protocol and a Covid-19 ward was established, Soft Power Health was able to isolate, test and stabilized patients with oxygen before transferring them to a hospital bed.

As an outpatient clinic, SPH initially ran into some red tape with the district medical office in setting up the ward, but fortunately we overcame these obstacles and successfully met the dire needs of the community. This was a major collaborative effort which occurred at a time when Soft Power Health's staff and resources were pushed to their limits.



Nurse Mary at the Covid ward.



Lab technician Joseph performs a nasal swab test.

Perseverance Pays Off!

The climate of fear that permeated the Delta lockdown period was like nothing seen before. Everyone knew someone who died from Covid-19, and many watched helplessly as family members succumbed to Covid-19 in a matter of days.

As a result, there was a tremendous amount of fear of treating Covid positive patients. At different times, nurses and lab technicians were hesitant to treat patients, leaving that task to our doctors on duty in the covid ward who did everything for the patients.

Miraculously, we made it through and in the process tested, managed and stabilized 348 Covid-19 patients that would have otherwise had nowhere else to go.

All of this occurred alongside of Soft Power Health's already bustling clinic, which remained busy never seeing less than 70 patients per day during the height of the lockdown. In all, Soft Power Health treated over 7,000 patients during Q3.

Understandably, medical burnout reared its ugly head during this period. Despite that, Dr. Henry maintained weekly continuing medical education talks on Covid-19, the benefits of vaccination, and assuaged concerns.

We never would have made it through this challenging time without the tremendous support of great partners on the ground and abroad.

Thank you to everyone who contributed to our success.



Allan Stone Community Health Clinic

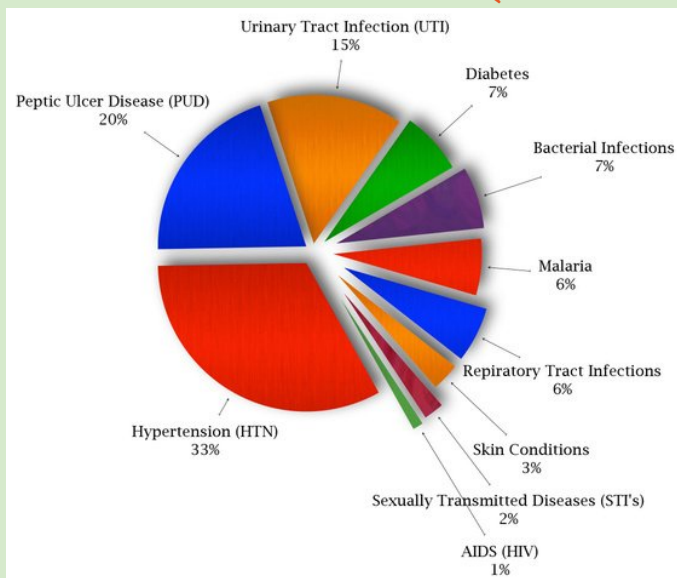
Dr. Charles Clinic Director

Total Patients treated in 3rd Quarter: 7,025

525 patients referred for surgery or tertiary care.

- 348 patients tested, managed, and stabilized for Covid-19.
- High Blood Pressure (Hypertension) remains the most commonly treated condition with 1,821 patients diagnosed and treated making up 32% of our patient population.
- Malaria drops to the 6th most commonly treated disease, with 341 cases treated or 6% of total diseases treated.
- HIV enters the top 10 most commonly treated diseases for the first time ever. However, it still represents a very small portion of our patient population.

TOP 10 DISEASES TREATED AT THE CLINIC IN THE THIRD QUARTER



CLINIC LAB REPORT

- 1: Malaria rapid tests - 4,482 tests done with a 6% positivity rate.
- 2: Malaria blood smear - 4,345 tests done with a 4% positivity rate.
- 3: HIV - 2,792 tests done; 63 positive tests; 2.3% positivity rate..
- 4: TB - 233 tests done; 7 positive tests with a 3% positivity rate.
- 5: Hepatitis B - 87 test done; 8 positive; 9% positivity rate.

PEDIATRIC TRIAGE

TRIAGE TEAM: SANDRA, JULIANA AND LOY



Total patients triaged: 1,216

496 of pediatric triaged patients were new = 46%

720 were returning patients = 59%

Normal nutritional status recorded in 509 pediatric patients = 42%

517 pediatric patients identified as having severe acute malnutrition = 43%

Pediatric patients identified as needing nutrition counseling only: 188 = 15%



During the second lockdown, nurse James re-started the childhood vaccination program at the clinic. Not surprisingly during the pandemic period, childhood routine vaccinations have been down around the globe particularly in the developing world. Uganda was no exception and even in the best of times, measles and tetanus vaccinations are lacking in many parts of Uganda.



James initiated the Friday vaccination days, which were well attended from the start by mothers and infants in need. The SPH team of nurses has continued this work every Friday.

Well done James and the team.

STAFF SPOTLIGHT DR. HENRY

With so much misinformation flying around the internet and the communities, along with the heavy death toll during the Delta variants sweep through Uganda, fear of Covid-19 reached new levels. Dr. Henry became the voice of medical reason at the clinic for staff and patients by providing weekly continuing medical education on Covid-19 testing and vaccinations.



Dr. Henry addressed best safe practices and protocols - reinforcing the value of wearing masks, washing hands and getting vaccinated if and when possible.

Thank you Dr. Henry !



MOTHER AND CHILD WELLNESS CENTER NURSES JAMES AND ANNET

1: 293 prescriptive doses of high energy milk prescribed to severely malnourished children in Q3. 35 patients receiving HEM are cerebral palsy patients with limited capacity to improve nutritional status and 88 patients had no underlying conditions.

2: 2,739 doses of albendazole given for deworming this quarter!

3: 197 rounds of vaccination given during Q3 - Bravo!

4: 1,348 condoms distributed!

5: 155 long-term methods of family planning placed, with a total of 186 women receiving FP methods, education, pregnancy testing, and side effect counseling!

6: Vitamin A supplementation occurred during the third quarter and 1,088 doses of vitamin A given to children in Q3.

ULTRASOUND

NO SCANS PERFORMED DURING Q3

PHYSICAL THERAPY

PT TEAM: STEPHEN KATO, FLAVIA AND RACHEL

TOTAL PATIENTS TREATED = 864

810 PATIENTS TREATED AT THE CLINIC; 54 PATIENTS TREATED IN OUTREACH.

Top three conditions treated in Outreach: Cerebral Palsy 39; stroke 7; muscular dystrophy 4.

Top Five Physical Therapy Treatments at the Clinic:

1: Back Pain = 269

2: Cerebral Palsy = 132

3: Lower Limb Pain = 116

4: Knee Pain = 64

5: Chest Pain = 42

DENTAL | DR. PAUL

DESPITE THE LOCKDOWN PERIOD IN WHICH DENTAL SERVICES WERE SUSPENDED, DR. PAUL MANAGED TO TREAT 94 PATIENTS!

Conditions Treated

1: Periodontal disease = 54

2: Extractions = 22

8 dental abscesses were treated;

5 patients were referred
and 3 fillings were done.



COVID-19 WARD ESTABLISHED

Testing, Management, Stabilization

DR. HENRY, DIRECTOR



Continuing medical education at the clinic.

- 348 patients were tested, managed and treated with Oxygen during Q3.
- The physiotherapy room was turned into the Covid-19 ward where patients could be safely isolated from the rest of Soft Power Health.

Herculean effort by the SPH team helped save many lives!

FAMILY PLANNING AND DOMESTIC VIOLENCE OUTREACHES CONTINUE!

ALL OTHER OUTREACHES WERE SUSPENDED!

For the second time since the pandemic started, lockdowns forced the suspension of most of our health education outreach programs.

However, the good news is that family planning and domestic violence - both hugely needed during this time - were allowed to continue. Family planning reached all 39 regularly scheduled villages during the third quarter, no women in these communities went without their family planning.

Florence, our domestic violence counselor, continued to counsel patients at the clinic and make one on one home visits.



MALARIA, MALNUTRITION AND DIG GARDEN
OUTREACHES WERE ALL SUSPENDED IN Q3
DUE TO THE LOCKDOWN!

*DESPITE THOSE SUSPENSIONS 255 MOSQUITO NETS WERE SOLD
AT THE CLINIC TO PEOPLE IN NEED!*

FAMILY PLANNING OUTREACH

NURSES MARGARET, MARY, ESTHER JANE, ANNET AND SARAH

Overall, 856 women accessed long-term methods of family during Q3.

- *701 long-term methods (684 injectable methods and 17 implants) of family planning placed during 39 community based outreaches.*
 - *915 women and men attended family planning outreach - receiving education, pregnancy testing, and methods of family planning.*
 - *Between the clinic and outreach, 1,101 people received education, testing and methods of family planning during Q3.*
- *5,087 doses of albendazole distributed during family planning outreaches.*
- *1,574 condoms distributed during outreaches.*

DOMESTIC VIOLENCE COUNSELING CLINIC BASED AND OUTREACH

FLORENCE | DOMESTIC VIOLENCE COUNSELOR



Florence listens to a client explain a difficult family situation.

Total: 218 patients counseled

Women: 155 = 71% | Men: 63 = 29%

New Clients: 147 | Returning Clients: 71

Most Frequent Types of Violence Counseling

1. Emotional violence 2: Economic violence 3: Sexual violence 4: Physical violence



SOFT POWER HEALTH DIG GARDEN, FRED HEAD GARDENER

The home garden thrived during the third quarter while outreaches were suspended. Bounty from the garden supplied the lunchtime meal for SPH, extra food for community patients, and income generation.



Weeding the SPH clinic home garden.

Q3 SPH home garden production:

Matoke = 24 bunches, Kale = 87 bunches, Casava = 44 pieces Spinach = 42 bunches, Papaya = 4.



*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!!!*

Partner With Us!
Two Ways to Give

Send check payable to:
Soft Power Health
2887 Purchase Street
Purchase, NY 10577
USA

Click the **DONATE button at: www.softpowerhealth.org**

Soft Power Health is a registered 501(c)(3) and all contributions are tax deductible. Tax ID #: 20-6195776

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