



Soft Power Health

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



Dr. Henry breaks the ice with a pediatric patient prior to consultation.

What's New: Busier Than Ever Before!

Seeing 200 patients per day used to be considered our busiest day at the clinic. The first quarter of 2022 has shown that it is becoming a regular occurrence. We now see 200+ patients per day, 2 to 3 times per week. While SPH can handle this unintended growth temporarily, it underscores our need for more space in the lab, in the doctors' clinic rooms, and for the nurses to triage and treat patients! Since the pandemic limited the availability of medical services for everyone the rebound need for medical care is great and remains an unmet challenge in the health-resource-poor setting of Uganda.

Notably, women's health in the developing world, and Uganda in particular, remains mostly unaddressed. Over the last 20 years, women's health and access to healthcare, including reproductive healthcare, has decreased in the developing world. Sixty-five percent of Soft Power Health's patients are women and thanks to your support, SPH is able to address many of their health problems. Keeping women healthy has never been more important than now, as women are the primary caregivers, as well as the main workers in the gardens providing food and nourishment for their families. Their good health benefits the whole family.



Dr. Henry Promoted to Daily Medical Manager



Dr. Henry enthusiastically teaching a continuing medical education course on malaria for all Soft Power Health staff.

Dr. Henry helped lead the clinic through the toughest times of COVID. As a result of his hard work and dedication, he has now been promoted to the in-house daily medical manager. Dr. Henry sees patients five days a week and helps to train new clinicians, as well as to address any concerns that may come up. He has ably stepped into his new role, and staff and patients appreciate him very much!

Our New "Used" Cruiser!



The new "Bruiser" Cruiser, a converted ambulance!

Thanks to successful fundraising efforts from Giving Tuesday and Soft Power Health's 2021 newsletter, we were able to purchase a good condition used Land Cruiser to offload a major burden of transport needs for SPH. The cruiser was a former ambulance which we converted to an all-use vehicle to transport staff, patients, medicines, lab supplies, and to handle any emergencies SPH may have. We can now continue uninterrupted service for the running of the clinic and outreaches. Thank you very much to everyone who contributed to make this possible!



New Country Manager: Hannah Fromont

New Human Resources Manager: Christine Kabasinguzi

2022 got off to a very productive and organized start with the help of new staff members, Hannah and Christine. Because of Soft Power Health's large team of staff working in various capacities both at the clinic and in outreach, we needed to hire a specialized person to help Hannah in her role as country manager.



Hannah receives a potato peeling lesson from a client in outreach.



Christine staff portrait.

Christine joins the SPH family with years of accounting, financial management, and human resource skills, and helps ensure everything runs smoothly and any issues that come up are addressed properly. She and Hannah working together with Livingstone and Mary in the office have made the transition to a new management team a smooth experience for everyone. Thank you Hannah and Christine for helping SPH start the year on such a positive note!

In Memoriam

In January, we lost our Anti-Domestic Violence Department head and founder, Naikoba Florence. Very sadly, Florence was diagnosed late with malaria which had progressed to cerebral malaria and died after receiving treatment. It was a shock to the Soft Power Health family, and we miss her presence daily. Fortunately, the Anti-Domestic Violence Department has grown with three solid counselors able to work in the field and at the clinic, so Florence's legacy will live on!



Florence during an outreach counseling session, doing what she enjoyed most!



Patient Spotlight: Jambusa Joseph

Jambusa is a longtime community patient of Soft Power Health and an incredibly industrious and motivated individual. Though fully blind from complications of a boda boda accident, you would never know it by the way he works unassisted in his garden.



After walking a quarter mile from his home to the garden without assistance, Jambusa prepares to till.

Through his garden produce, he feeds his family and sells any left over for income generation. In between the harvest seasons, Jambusa and his family struggle to have enough food and need extra help but most of the time are self-reliant, visiting the clinic only for healthcare needs. The DIG Team has trained Jambusa in organic gardening methods and continues to support him with nutrition trainings and garden visits to help address challenges he faces. Jambusa is truly inspirational!



Steve Boda delivers maize meal to the family.



As he cultivates in the garden, Jambusa's neighbor, David Wendell, visits.



Prior to cultivating, Jambusa feels the ground for young plants to ensure he doesn't accidentally damage his crops.



Jambusa recalled the challenges he's had to overcome.



Returning home after spending the morning working in his garden.



Jambusa recently attended Soft Power Health's DIG training seminar to further his organic gardening knowledge.



DIG Training of Outreach Gardeners

During the first quarter, the DIG team collaborated with the malnutrition education team to provide a comprehensive organic gardening and nutrition education program to a group of disadvantaged community families.



Annet explained the importance of a nutritional diet.



Samuel brings a sample of organic dirt to the garden for demonstration.



The importance of well organized seed placement was emphasized .



Attendees prepared and inspected a new garden bed.



Freshly planted seeds are watered in.



The week-long seminar included proper pruning of matoke plants.

Over 5 days at the clinic, these outreach gardeners SPH supports attended interactive lectures and in-garden hands on sessions to soak up as much learning as they could. The week was a huge success.

Thank you DIG and Malnutrition Teams!



Allan Stone Community Health Clinic

Dr. Charles - Clinic Director

Total Patients treated in 2022 Q1: 9,706.

Patients referred for surgery or tertiary care = 674.

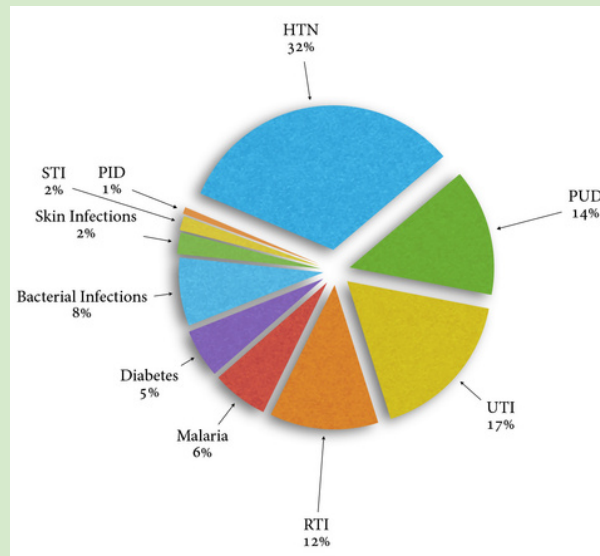
New Patients = 7,616 (78.5%) Returning Patients = 2,090 (21.5%).

Women comprise 65% of all patients.

50% of all patients are women 20 years or older.

TOP 10 DISEASES TREATED AT THE CLINIC IN THE FIRST QUARTER

1. Hypertension: 2,686
2. Urinary Tract Infections: 1,415
3. Peptic Ulcer Disease: 1,180
4. Respiratory Tract Infections: 1,008
5. Bacterial Infections: 633



6. Malaria: 521
7. Diabetes: 451
8. Skin Conditions: 198
9. Sexually Transmitted Diseases: 133
10. Pelvic Inflammatory Disease: 633



PEDIATRIC TRIAGE

TRIAGE TEAM: SANDRA, JULIANA AND LOY

PEDIATRIC PATIENTS TRIAGED: 2,259 = 23% OF ALL PATIENTS IN Q1

- 1,054 patients were new = 47%
- 1,205 were returning patients = 41%
- Normal nutritional = 41%
- Severe Acute Malnutrition = 37%
- Nutrition counseling only = 22%



Juliana measure middle upper arm circumference during triage, a measurement which highlights the nutritional status of patients.



CLINIC LAB REPORT

HARUNA AND GANDHI | CO-DEPARTMENT HEADS

2022 First Quarter Total Lab Tests: 36,033

Malaria retains the highest positivity rate of the major infectious diseases.
Thirty three cases of parasitic worm infections were diagnosed Q1.



Lab assistant, Joseph, draws a blood sample from a patient.

- CBC tests done: 6,903 | Random Blood Sugar Tests: 4,126
- Blood Smears: 5,405 - positivity rate: 6.2%
- Malaria Rapid Tests: 5,999 - positivity rate: 11%
- Syphilis Tests: 2,755 - positivity rate: 4.3%
- HCG Pregnancy Tests: 44 - positivity rate: 10%
- TB Tests: 553 - positivity rate: 4%
- HIV Tests: 3,681 - positivity rate: 2.4%
- Hepatitis B tests: 79 - positivity rate: 6%

MOTHER AND CHILD WELLNESS CENTER

NURSES ANNET, SUMAYA AND DENIS

- 176 patients received 420 doses of prescriptive HEM. On average, patients received two doses per quarter.
- 7738 doses of albendazole were given to deworm children infected with hookworm, the second most common cause of anemia behind malaria.
- 250 rounds of routine childhood vaccinations given this quarter, a major uptick in vaccine access and delivery since the start of the pandemic.



HEM is prepared at the SPH kitchen for patients to administer at home.



Nurse Annet busy immunizing a new young patient!



PHYSIOTHERAPY DEPARTMENT: CLINIC AND OUTREACH

PT TEAM: FLAVIA, RACHEL AND SYLVESTER

TOTAL PATIENTS TREATED =1,093

1,002 PATIENTS TREATED AT THE CLINIC

Top Five Diagnoses at the Clinic:

1: Low Back Pain, 2: Cerebral Palsy, 3: Lower Limb Pain, 4: Knee Pain, 5: Chest Pain



Favor and his mother attend the children's Saturday PT clinic at SPH.

Total patients treated in outreach = 91 patients, 51% are women.

Physiotherapy outreach is essential for those patients unable to travel to the clinic to be treated because of their disabilities. All are limited by lack of means and inability to take transport.

Top Four Conditions Treated in Outreach:

1: Cerebral Palsy, 2: Post Stroke Treatment, 3: Muscular Dystrophy, 4: Hydrocephalus



SPH physical therapist, Rachel, works with a young patient at her home in Itanda.



DENTAL | DR. PAUL

138 DENTAL PATIENTS TREATED IN Q1

TOP DENTAL CONDITIONS IN DESCENDING ORDER:

- 1: Periodontal disease = 59, 2: Extractions = 58, 3: Fillings = 7,
- 4: Abscesses = 3, 5: Neuropathies = 3, 6: Dry socket = 1



Dr. Paul treating a patient that needed a tooth extracted.

MALARIA EDUCATION AND PREVENTION PROGRAM

DEPARTMENT HEAD: SARAH

SUPPORT STAFF: MARIA AND IVAN

- 12 education sessions in 12 villages across Jinja, Buwikwe and Kayunga districts.
- Education sessions were attended by 399 people, where 89 mosquito nets were sold.
 - 168 nets were sold at the clinic for a total of 257 nets sold in Q1.
 - Follow up home visits to former net purchasers = 67.



Sarah demonstrates proper net use during an outreach session near Lukolo.



FAMILY PLANNING OUTREACH AND CLINIC NURSES MARGARET, ANNET, DENIS AND SARAH

A total of 930 long term methods of family planning provided in Q1.

- 86% of family planning takes place in outreach and 14% at the clinic.
- During Q1, 39 villages were visited in outreach, providing education and administration of long-term family planning methods.
- In outreach, a total of 741 long-term birth control methods were provided (718 injectable methods and 23 implants).
- At the clinic, a total of 116 long-term birth control methods were placed (108 injectable methods and 18 implants).
- 5,087 doses of albendazole distributed during family planning outreaches.
 - 716 condoms were given for 26 people at the clinic and 656 condoms for 68 clients in outreach.



Nurse Annet educating women about conception and contraception during family planning outreach in Kyomya.



Sayana Press injectable long-term contraception administered during FP outreach.



Condoms invite closer scrutiny by attendees at FP outreach in Kyomya.



MALNUTRITION EDUCATION OUTREACH AND FOLLOW UP

ANNET, MARGARET, LOY AND NAIGAGA

TWELVE VILLAGE EDUCATION SESSIONS IN JINJA, BUWIKWE AND IGANGA DISTRICTS

- 426 families educated.
- 655 vitamin A tablets distributed.
- 1,049 albendazole deworming treatments provided.
- 9,060 prenatal multivitamins distributed to pregnant and lactating mothers.
- 138 follow-up home visits made in 8 villages to assess knowledge retention.



A true team effort during malnutrition education outreach in Kabowa.



Vitamin A administration in the field.

DOMESTIC VIOLENCE DEPARTMENT

JENNIFER, SARAH AND BENJA

Total: 157 patients counseled at clinic and outreach.

New Clients: 82 | Returning Clients: 75

Women: 110 | Men: 47

- During Q1, 23 villages were visited in addition to counseling at the clinic.
- People seeking counseling often times suffer from multiple types of violence.



Benja, Steve Boda and Jennifer encourage a client to take her daily medication.

Most Common Types of Violence Reported:

1. Physical (new: 37, returning: 23)
2. Economic (new: 27, returning: 30)
3. Emotional (new: 13, returning: 16)
4. Sexual (new: 5, returning: 6)



SOFT POWER HEALTH DIG GARDEN

FRED | DEPARTMENT HEAD

GARDEN STAFF: SAMUEL, SIMON, PETER, JOJO, NDAYE



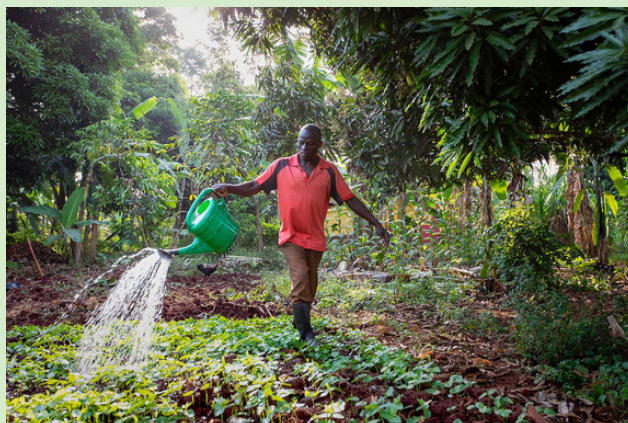
JoJo picks tiny eggplant in the SPH home garden that'll be used in a sauce for the staff mid-day meal prepared in our kitchen.



Tiny eggplant morning harvest.



Fred picks ripe large eggplant.



Simon waters seedlings.

Q1 SPH home garden production:

Kale = 40 bunches, Spinach = 40 bunches, Casava roots = 39, Green Pea leaves = 35 bunches, Matoke = 29 bunches, Eggplant = 23 kilograms, Carrots = 28, Papaya = 12.



PayPal Giving Fund

Soft Power Health is now part of the Paypal Giving Fund.

If you go to this **link** and click on the heart to make us your favorite charity, you will be prompted to donate \$1 each time you pay for goods or services using Paypal.

Every dollar makes a huge difference for the people we serve in Uganda, so this is a quick and easy way to support Soft Power Health and the work we do!

Here is the stand-alone link: <https://tinyurl.com/SPHPaypalGiving>

We appreciate your support!



*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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