



# Soft Power Health

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



Read how fourteen-year-old Trevor took it upon himself to travel from his home in Kamuli district to the Soft Power Health clinic for continued treatment on his leg. Trevor's story is on page 3.

## *What's New!*

### *Electronic Medical Records Are Live*

Thanks to country manager Hannah, volunteer Luke, operations manager Livingstone, IT wiz Hassan, and the team from Streamline, we've successfully transitioned recording everything at the clinic from paper (including all patient records) to a fully computerized system. Knowing this required a massive operation, we'd put off taking on the challenge until Hannah and Luke stepped up to facilitate the process.

Several major pieces needed to be in place before undertaking this daunting task, including establishing reliable power and internet access — neither of which the clinic had until last fall. Thankfully, training the entire staff to use the Streamline software went smoothly. Now, every detail of patient interaction at the clinic — from triage to consultation to lab work and ultimately medication prescriptions — is being recorded on our new computerized system. And the Soft Power Health staff can quickly send complete health statistics from the clinic and outreaches to the district medical office every month.



Every patient we treat will have their information readily available to doctors, nurses, triage, and the lab. Lost patient cards are a thing of the past! When needed, all health information and statistics are available right away, throughout the day or night. Fantastic staff teamwork made this happen!

*Soft Power Health has been brought into the computerized modern world.*



High speed coax cable being installed at the clinic.



Luke explains how to use the software to staff who sit at the clinic reception station.

## Medical Resident Training

In April, Dr. Dan Jones, a medical resident from the UK, came to work at the clinic. After completing a tropical medicine diploma at the London School of Hygiene and Tropical Medicine, Dr. Dan began a program that sends general practice medical residents to work at SPH for extended periods of time. Dr. Dan's dedication to his patients has been remarkable and his curiosity to learn everything the clinic and health outreach programs do, left an incredibly positive impression on the entire staff. Dr. Dan worked side by side with Gonza, a newly qualified nurse, who translated for Dan and is the daughter of Samuel, who works on our maintenance staff.



Dr. Dan and nurse volunteer Gonza interview a patient at the clinic.

As a surprise, the staff gave Dr. Dan a going away party complete with cake and celebrations. Dr. Dan, you will be missed. We hope you will come back to work with us in the future!



## Trevor's Journey

One of our chronic osteomyelitis patients who had been receiving treatment at the clinic for nine months disappeared when the clinic closed for the Christmas holiday. Fourteen-year-old Trevor had undergone two lower leg saving surgeries. Trevor's family is from a small village deep in Kamuli district, a several hour drive to the clinic. To ensure he had the best chance of recovery, we arranged for Trevor and his mom to stay at our patient accommodation at Naigaga's house last fall – as his delicate recovery required proper wound care and daily dressing changes.



Trevor at Naigaga's home in Kywabira nearby the clinic.

We sent dressings and detailed instructions with Trevor and his mom when they went home for the holiday. Unfortunately, Trevor did not return in the new year and we feared the worst had happened. Then one day in April, Trevor arrived at the clinic by himself! His leg was in terrible condition as his parents had not kept up with the daily dressing changes and they couldn't afford to send him back to the clinic. Recognizing he needed to get care for his leg, Trevor somehow raised the money for matatu fare – returning to the clinic alone. Though his recovery did take a step back, Trevor is now well on the way to healing and saving his leg!

## A Devoted Role Model

Since 2016, James has been the head of our nursing department.

Always striving to improve care for our patients, James is a powerful example for the entire staff. In 2022, James was accepted into medical school and is working hard to become a doctor. Despite being busy with his studies, James regularly returns to the clinic to work with the nursing department during his vacation time.



James at work in the clinic.

James has become an invaluable bridge between the nurses and doctors – helping the entire staff improve our patient service. With James' positive example, our quality of care continually improves, as does the overall attitude of staff to their work. Thank you James for inspiring the entire staff and helping all of our patients receive the best care!



## Patient Spotlight: Fida's Story



Fida receives support from Jennifer and Benja at her aunt's home in Nawomgoma.

During an outreach session in the village of Nawomgoma, Kafuba Fida was identified by the domestic violence prevention team as an individual in crisis. Prior to the onset of her mental illness, Fida was married and living a stable life. All that ended when mental illness emerged, upending her existence. After assessing the situation, the team spoke with Fida's aunt on the best way SPH could help. Upon completing a medical check-up at the clinic, Fida was given the proper medication to help stabilize her mental state — providing Fida the ability to follow a more productive and healthy daily routine.



During a 2022 home visit Benja checks Fida's medication.



Early in Fida's treatment Jennifer encouraged her to take the medication



The domestic violence team continues to make regular home visits, ensuring Fida takes her medication and helping the family out with nutritional support as well.



Benja and Jennifer listen to Fida explain how some of the medication makes her feel.



Fida's aunt Jamirah provides daily support to help in her recovery.



Benja, Jennifer and Jamirah heading to look at Fida's sleeping area in Jamirah's home.



Steve Boda brought Fida and her aunt Jamirah to the clinic for a health check up. Thanks to the domestic violence team's intervention, Fida is living a healthy recovered life.

It's been a long journey for Fida and her family.  
Now three years into her treatment, Fida is rebuilding her life.



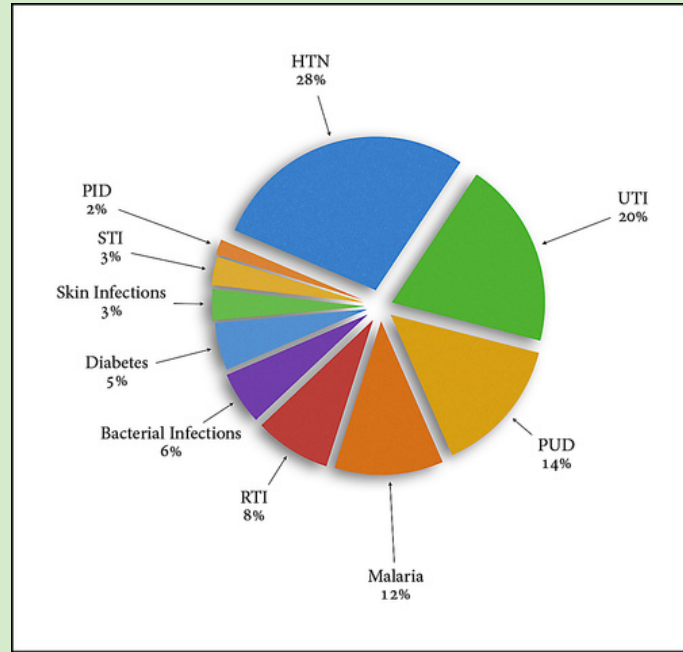
# ALLAN STONE COMMUNITY HEALTH CLINIC

**Dr. Charles | Clinic Director**

**Dr. Henry | Daily Clinic Manager**

## TOP 10 DISEASES TREATED AT THE CLINIC

1. Hypertension: 1,611
2. Urinary Tract Infections: 1,135
3. Peptic Ulcer Disease: 831
4. Malaria: 664
5. Respiratory Tract Infections: 465
6. Bacterial Infections: 322
7. Diabetes: 288
8. Skin Conditions: 188
9. Sexually Transmitted Diseases: 172
10. Pelvic Inflammatory Disease: 91



**Total Patients seen: 9,472.**

**Patients treated: 8,780. Patients referred for surgery or tertiary care = 692.**

**64% patients are women.**

**New patients: 75% | Returning patients: 25%.**



SPH cardiologist, Dr. Stella, performs a cardiac evaluation at the clinic.



Dr. Henry examines a newborn twin at the clinic.



## PEDIATRIC TRIAGE

**Triage Team: Sandra, Juliana and Loy**

**Pediatric patients triaged: 1,302 = 14% of all clinic patients.**



Children have their height and weight measured and recorded at every clinic check up.



A young patient having his nutritional status assessed at triage.

**New pediatric patients: 798 = 61% and returning pediatric patients: 504 = 39%**

**Severe Acute Malnutrition diagnosed in 324 pediatric patients or 25% of all triaged**

**Normal nutrition: 702 patients = 54% Nutrition counseling: 276 = 21%.**

## CLINIC LAB REPORT

**HARUNA | DEPARTMENT HEAD**

**Total Lab Tests: 31,534.**



Lab technician, Joseph, prepares to take a blood sample at the clinic lab.

**Complete Blood Count tests = 6,088; Random Blood Sugar tests = 3,526 ; Urine tests = 4,773**

**Malaria Blood Smear Tests = 4,017; (8% positivity rate)**

**Malaria Rapid Tests = 4,970; (13% positivity rate)**

**Syphilis tests = 2,568 tests done; (9% positivity rate)**

**H. Pylori tests for peptic ulcer disease = 3,028 tests done; (37% positivity rate)**

**HCG (pregnancy tests) = 370 tests done; (2% positivity rate)**

**TB – ZN stain = 331 tests done; (3.4% positivity rate)**

**HIV – 2,848 tests done; (2% positivity rate)**

**Stool tests for other parasites: 34**

1) Entomeba = 19, 2) Hookworm = 6, 3) Gardia Lamblia = 4, 4) Askaris = 3, 5) Schistosomiasis = 2



## CLINIC WELLNESS

**Prescriptive Severe Acute Malnutrition Treatment with HEM (High Energy Milk) administered by Esther, Irene and Esther II at the clinic.**

**Total Number of patients treated = 41 | Total HEM treatments given = 61.**

**Vaccinations = 33 rounds of childhood immunizations administered.**



New mother's with their baby's at the clinics Friday vaccination days.

**Between the clinic and outreach a total of 2,803 Albendazole doses were given for hookworm deworming.**

## DENTAL | DR. PAUL

**48 patients treated.**



Dr. Paul examines a patient at the Soft Power Health clinic.

**Top Dental Conditions in Descending Order:**

**1: Periodontal Disease = 21, 2: Extractions = 17, 3: Referrals = 7, 4: Fillings = 2, 5: Dental access = 1**





# MALARIA EDUCATION AND PREVENTION PROGRAM

**SARAH | DEPARTMENT HEAD**

**Team: Maria and Aggrey**



Maria conducts a malaria net purchase follow-up home visit in Bugobi.

**540 people educated in outreach;** 460 attendees to malaria education sessions; 74 home follow up visits made. 29 villages visited in 4 districts. 315 nets sold in outreach and 250 nets sold at the clinic.

**Total = 565 nets sold.**

## PHYSIOTHERAPY DEPARTMENT: CLINIC AND OUTREACH

**PT Team: Flavia, Racheal and Sylvester**

**Total patients treated: 810**

**Clinic: 734 | Outreach: 76**



Sylvester works with muscular dystrophy patient, Matia, during a home visit in Lukolo.

**Clinic New Attendee's: 44% | Returning: 56%**

### **Clinic Top Five Treatments**

**1: Lower Back Pain, 2: Lower Limb Pain, 3: Knee Pain, 4: Post Stroke Complications, 5: Cerebral Palsy**

**Outreach Returning Attendee's: 100%**

### **Outreach Top Five Treatments**

**1: Cerebral Palsy, 2: Knee Pain, 3: Developmental Delay, 4: Hydrocephalus, 5: Amputee**



## FAMILY PLANNING OUTREACH AISHA | DEPARTMENT HEAD

930 women received long term methods of family planning through the clinic and outreach programs.



At a family planning outreach session, Aisha records family planning information that will be transferred into our new electronic record keeping system.

**Clinic = 131 long-term methods provided.**

1 positive HCG pregnancy test done.

3 side effect counseled.

**Outreach = 852 long-term methods provided.**

11 positive HCG pregnancy tests recorded.

6 side effects counseled.

**6,192 condoms distributed between clinic and outreach.**



Hands on educational pieces being readied for use at an outreach session.



A family planning outreach attendee examines a female condom.



## MALNUTRITION EDUCATION AND PREVENTION PROGRAM

**Nurses Annet, Margaret, Mariam + Educators Loy and Naigaga**

**338 families received nutrition education and malnutrition prevention services in 15 villages.**

- 10,600 multivitamins distributed to pregnant and lactating mothers.
  - 778 deworming doses of albendazole were distributed.
  - 588 doses of Vitamin A were administered.
- 228 families were educated at 8 community based education outreaches
  - 110 home follow up visits were made in 7 villages.



Nurse Mariam leads the education portion at a malnutrition outreach session.



Attendee's learn how to create a nutritious meal and identify signs of malnutrition.



## DOMESTIC VIOLENCE PREVENTION DEPARTMENT

**Benja, Jennifer, Annet, Sarah and Steve**

**Total people counseled at the clinic and in outreach = 178.**

134 women = 75%, 44 men = 25%; 60 new cases = 34%, 118 returning = 66%

96 people seen at the clinic and 82 in outreach and home visits.



Annet counseling John and his daughter at their home.

**Most common types of violence reported:**

**1: Economic, 2: Emotional, 3: Sexual, 4: Physical.**



## DIG GARDEN PROGRAM AND OUTREACH

**Fred | Department Head**

**Staff: Ali, Paul and the team**



Fred compliments Mugwell Derick on a successful maize crop during a DIG team visit at his home in Kizinga.

**Clinic home demonstration garden for mid-day meal:**

Cabbage = 72 bunches; Kale = 44 bunches; Spinach = 48 bunches; Green Pea Leaf = 26 bunches; Matoke = 25 bunches; Maize = 20 ears; Cucumbers = 12; Cassava = 9 pieces; Spring Onions = 9 bundles; Okra = 8 kgs.

**DIG outreach: 15 outreach gardens; each garden growing maize, g-nuts, kale, and beans.**

**Outreach demonstration garden for longterm food security growing maize and soy beans.**



## PayPal Giving Fund

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

Go to this [link](#) and click on the heart to make us your favorite charity. You'll 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!

The direct link is: <https://tinyurl.com/SPHPaypalGiving>

Thank you for your support!



*We welcome donations of any size and every contribution makes a big difference.  
Thank you for helping to make Soft Power Health what it is today.  
We would not be where we are without you.  
Thank You!*

## 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](http://www.softpowerhealth.org)

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

[jessie@softpowerhealth.org](mailto:jessie@softpowerhealth.org)  
[www.softpowerhealth.org](http://www.softpowerhealth.org)