



Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Nurse Doreen takes blood pressure and pulse oximeter readings at adult triage.

Connecting the Clinic in 2023

A year ago, volunteer Luke Buscher came to work with us on an ambitious project; installing and training staff on the implementation of an electronic medical records system in the clinic. The silent behind the scenes driver of the project was our country manager, Hannah Fromont. Among the major obstacles were reliable steady power and lack of computer skills among many at the clinic.

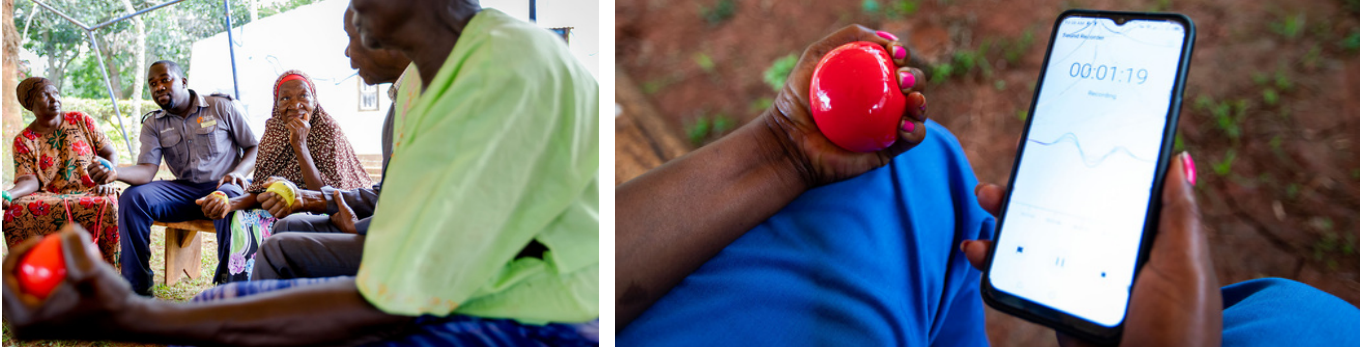
Now one year later, it is nothing short of miraculous to see how this system is fully integrated into the running of the clinic and how much easier it has made everything. Triage to consultation to dispensing of medication is now electronically recorded and organized.

In a world where power is unreliable at best, computer literacy is low, and learning the Streamline electronic medical records system is learning a new language, Soft Power Health has succeeded in making this extraordinary upgrade. The result is shorter waiting times for patients, better record keeping, and improved flow of everything clinic based. Thank you Luke, Hannah, Living, Hassan, and Martin plus the entire staff for making this dream a reality.

Expanded Isometric Handgrip Study

Soft Power Health, in collaboration with doctors; Kate Zinszer, Cheri McGowan, Phil Levy and MPH student Cora Siebert, completed a successful isometric handgrip (IHG) exercise acceptability study in March 2023. Since IHG exercises proved to be effective in the sample study, reducing blood pressures by up to 30 percent, the collaborative team applied for and won a grant to roll out a larger study on patients at the clinic.

This will be the first such study launched in Uganda. Where rates of high blood pressure remain remarkably high and barriers to effective treatment are routine, the IHG intervention could be a game changer for hypertensive patients. Soft Power Health plans to roll out the expanded study in 2024.



IHG study participants practice the stress ball exercises at the clinic, with nurse Milly's guidance.

Schistosomiasis: Deadly Without Treatment

Over the past two summers, Soft Power Health has run two prevalence studies for Schistosomiasis, a neglected parasitic disease, with the help of MPH students from Mt. Sinai in New York. We started in our home village of Kyabirwa which borders the Nile, and included the neighboring village of Bujagali. The results have been a real eye opener. Kyabirwa, has a schistosomiasis prevalence of 51% and Bujagali, one village away from the river, has a prevalence rate is 32%. Both of these percentages are extremely high.

Of the people interviewed, some reported the classic symptoms for early stage disease which are fatigue and weakness. Once patients show symptoms of advanced disease, it is rare that they can recover without treatment. Infected people eventually face liver and kidney failure, resulting in death. All the more reason why early treatment is life saving. During the prevalence studies, Soft Power Health provided education about the disease to create informed communities who can help themselves prevent and treat the disease.



Schistosomiasis patient, Kiirya, receives treatment in December 2022. Afterwards, Dr. Henry measures the circumference of Kiirya's abdomen to track his recovery.

Agnes Gund's Donation Leads Soft Power Health's Fund for the Future Campaign

You never know where or when guardian angels appear, but Agnes Gund has provided unprecedented support not only for Soft Power Health's current day to day work, but also for our future work by making a very generous donation to our Fund for the Future. We can't thank Aggie enough for all that she has done and continues to do for Soft Power Health. Her generosity has not only improved health for thousands of Ugandans but also saved many lives.

From the bottom of our hearts, thank you Aggie, for believing in the importance of Soft Power Health's work.



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Gould Family Foundation Donates CBC and EKG Machines

Long time Soft Power Health supporter, the Gould Family Foundation recently donated a new Complete Blood Count (CBC) machine and EKG machine. The CBC machine takes more samples, processes them rapidly — saving the lab time in the 100 plus samples it runs a day. The EKG machine arrived with training of our staff by Gould. All improved diagnostics improve our patient care.

We are thankful for Gould's unwavering support!



Lab department head, Haruna, runs a blood sample with the new CBC machine at the clinic.



Thank You Partners For Equity



Anuba Rawat visits a family planning outreach session.

Thanks to a timely and important introduction from the Gould Family Foundation, three organizations from Australia forming Partners for Equity stepped in to meet a funding gap for Soft Power Health for 2024. The three are the DAK Foundation, the Cubit Family Foundation, and the Ripple Foundation. In July, Anuba Rawat, from the DAK Foundation visited Soft Power Health. We were thrilled to show her our work. Thank you Partners for Equity for supporting Soft Power Health, allowing us to continue our programming uninterrupted!

Soft Power Health's 20 Year Anniversary

It's hard to believe in 2024 Soft Power Health is celebrating 20 years of serving communities and providing primary and preventative healthcare. Our first program, malaria education and prevention outreach, is turning 20! That is 20 years of education sessions, net sales and follow up home visits. In 2024, we will launch our capital campaign for Soft Power Health's future fund. Because of your support, we have provided care for hundreds of thousands of Ugandans. Thank you for making Soft Power Health's work possible.



Malaria department head, Sarah, leads an education outreach session.



Aisha signs up women for family planning at outreach.

Making Old New Again

As Soft Power Health approaches 20 years of service, we are busier than ever. For the past few years we've experienced cramped quarters. Specifically, there is a shortage of patient waiting areas, exam rooms, space for nurses to treat patients, and laboratory and administrative space. Since Soft Power Health's priority is daily operations, expansion costs were moved to the back burner. A large tent temporarily relieves space demands.

Our neighbor, who ran an education non-profit next to the clinic, recently closed, leaving empty buildings behind. Soft Power Health has been given the buildings, which we can renovate. This reduces the expense of building new, allowing us to repurpose structures rather than letting them sit empty and decay.

Welcome New SPH Staff

This year Soft Power Health had the honor of hiring Dr. Gloria Akanikwasa and nurse Petra Gonza. Dr. Gloria brings significant experience and training to her clinical skills. She is wonderful with patients — always going the extra mile, and they love her! A recent nursing school graduate, nurse Gonza volunteered with us, helping Dr. Dan Jones as a translator and after training by the team of Soft Power Health nurses, she has joined our staff.

Welcome Dr. Gloria and Gonza.



Dr. Gloria consults on a patient as medical intern, Patricia, looks on.



Nurse Gonza records vital statistics at triage.

Livingstone Learns and Leads

When Livingstone (aka: Living) first came to Soft Power Health in 2013, he began in the garden with the DIG team. Motivated to learn more, Living pursued computer technology, taking night and weekend courses. Once completed, he began helping with data entry, while also helping maintain the clinic compound. Over time, Living moved on from the garden, becoming the key data entry person and quarterback to all clinic maintenance projects. This year, Living was essential to implementing electronic medical records at the clinic, training staff how to use and operate the program. Soft Power Health is lucky to have Living on of our team.

Thank you Living for helping us achieve our electronic medical record dream!



Living at work in the SPH garden in 2013.



Living helps Dr. Lucia troubleshoot a computer issue.

Inner City Kids Kayaking Camp x 2!

Since 2002, Soft Power Health has been teaching inner city youth in New York City to whitewater kayak. This past July, we brought our kayaking camp to Columbus, GA. The Chattahoochee river runs through downtown Columbus and Phenix City, Alabama and provides easy access to great whitewater. The natural progression of the rapids in this warm water makes for great teaching opportunities for all levels of paddlers. With the help of Whitewater Express, the Jackson family, Andy Kuhlberg, and the Hargrove family, eight teenagers learned how to kayak. The melting temperatures made the river the only place to be during camp. One week later, we headed back to Green Chimneys in New York to teach a group of students who consisted of new and returning kayakers. The weather and river levels made for perfect conditions for an amazing camp. Thanks to Sean Coffey and his unwavering support as well as Green Chimneys and the Jackson family! This summer we had double the number of kids kayaking and double the fun!

Thanks to Sean Coffey for his support as well as Green Chimneys and the Jackson family!



Kids kayak crew in Columbus, Georgia celebrates after a week on the water.



With Green Chimneys we paddled the Housatonic River.

Patient Story: Najiib

In a world filled with medical extremes and emergencies, it's not often you witness a case that really stands out as astonishing. Last December, we visited 17-year-old Najiib at home, where he was unable to move after being run over by a tractor trailer. Those watching the accident thought him dead after it happened. Somehow Najiib survived but was left with fractures to his legs, pelvis, and shoulder. Several surgeries left him bed bound for three months. Without Soft Power Health's intervention and Najiib's attitude, severe malnutrition would have crushed any hope of recovery. One year later, his improvement is incredible. A team effort of Soft Power Health doctors, physical therapists, malaria head Sarah, drivers Emma and Joseph, and Najiib's own determination, transformed his recovery process.

Thanks to everyone who is making Najiib's healing happen!



Najiib at home after the accident last year.



After multiple surgeries, Najiib began physical therapy.



Dr. Jessie assesses Najiib before surgery to repair his urethra at Entebbe Children's Surgical Hospital.



Dr. Rita Gobet performed a successful surgery on Najiib's urethra.



Thanks to a dedicated team effort, Najiib is looking forward to a healthier future.

Fast Facts

In 2023, Soft Power Health will treat over 36,000 patients at the clinic. 65% percent of these patients are women. Through health education outreach programs for malaria, family planning, malnutrition, physical therapy, domestic violence and organic gardening, another 20,000 people receive direct help. With medical services reaching over 55,000 people, Soft Power Health is one of the top deliverers of healthcare in Uganda.



Patients register at the clinic.

Soft Power Health’s Triage Team of Sandra, Loy, and Juliana assessed over 5,500 pediatric patients for malnutrition in 2023. 27% were diagnostic with acute malnutrition, and over 400 prescriptive doses of high energy milk were given.



Sandra assesses nutrition status.

Nurses Aisha and Mariam head up the family planning outreach which works in 39 villages quarterly delivering long-term family planning to over 3,800 women this year. 87% of family planning occurs in outreach. 13,500 condoms were also distributed in outreach to men and women.



Nurse Aisha explains using birth control methods at family planning outreach.

Malaria outreach is going strong with 20 years of malaria education, net sales and follow up home visits. Sarah, Aggrey, and Maria educated over 2,000 people, reaching over 80 villages in 3 districts and sold over 1,800 nets.



Sarah demonstrates proper net use and care at malaria outreach.

The most common condition treated at the clinic is hypertension (HTN) which makes up 20% of the total patients treated with over 7,000 cases of HTN seen in 2023. This is the 10th year running that high blood pressure has been the number one diagnosis. Malaria held steady as the 4th most commonly treated disease with 2,400 cases treated, nearly 1/3 that of HTN.



Nearly 3,000 physiotherapy patients will be treated this year by the team of Flavia, Rachel, Sylvester and Stephen Kato. 17% are seen in home visits. Lower back pain is most common for clinic patients while cerebral palsy is the most common in outreach.



Stephen Kato works with a stroke patient.

Nearly 800 people were counseled by the domestic violence team of Benja, Jennifer, Sarah, Annet, Steve, and Joseph between the clinic, outreach and home visits. 83% of the domestic violence victims are women with emotional violence being the most reported type of violence.



Nurse Annet counsels for domestic violence.

Malnutrition outreach will visit 73 villages providing education, nutritional interventions, and home follow up visits to over 1,800 families. Specifically, deworming with albendazole will reach over 3,500 children. Prevention of blindness with Vitamin A supplementation will get to over 3,700 children, and over 20,000 pregnant or lactating mothers will receive maternal vitamins.



Nurse Lukia administers Vitamin A in outreach.

Dr. Paul, will treat over 300 patients in 2023, with periodontal disease being the most common diagnosis. Dr. Paul’s education outreach will reach 40 villages and remains essential to helping communities understand the importance of dental hygiene and care.



Dr. Paul demonstrates proper tooth brushing technique at outreach.

Legacy Giving

Soft Power Health created a legacy giving program so anyone interested in donating through estate planning can easily do this. Please ask us about it, we are happy to tell you more.

What Your Donations Pay For

- \$7 = One mosquito net covering 3 children, preventing life threatening malaria for up to 5 years.**
- \$15 = The cost for one patient's visit to the clinic including: doctor consultation, lab work and all medication.**
- \$25 = A month supply of anti-hypertensive medicines for one patient.**
- \$40 = Prescriptive high energy milk for one patient for one month.**
- \$130 = Domestic violence counselor salary for one month.**
- \$140 = Head malaria educator salary for one month.**
- \$230 = Laboratory assistant's salary per month.**
- \$265 = A nurse's salary per month.**
- \$450 = A doctor's salary for one month.**
- \$1,170 = Clinic daily manager doctor salary per month.**
- \$2,000 = One month total to run ALL 40 health education outreach programs.**
- \$3,000 = Yearly DIG garden work: maintenance of 14 outreach gardens, 1 community garden, and 1 demo garden.**
- \$6,500 = Medications for 3,000 patients for one month.**
- \$10,000 = Prescriptive high energy milk to treat severe malnutrition for one year.**
- \$22,000 = Cost to renovate buildings gifted to SPH for more space.**
- \$50,000 = Lab supplies to treat 36,000 patients for one year.**
- \$80,000 = All medications to treat 36,000 patients for the year.**

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**

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