



Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Sarah, malaria team head, conducts a malaria prevention and education session during pandemic time.

Soft Power Health 2020 Year In Review

Despite the Covid-19 pandemic and accompanying lockdowns on movement throughout Uganda, Soft Power Health treated over **25,000** patients at the clinic and reached over **15,000** people with health education, prevention, and treatment outreaches during 2020.

Highlights

- **COVID-19 preparation, education, and prevention alongside addressing unintended consequences from the strict pandemic lockdown.**
- **New fuel-efficient stove. Thanks Emily Jackson and friends!**
- **Dr. Laura MacIssac and Price Lowenstein volunteer consultation and visit.**
- **Successful arrival of 14,000 new mosquito nets. Thank you Hillsdale Fund Grant!**
- **Personal protection equipment for COVID-19 provided by Gould Family Foundation. Thank you GFF!**
- **Suspension of all outreaches except family planning, malaria follow-ups, DIG outreach gardens and domestic violence counseling. No malaria and malnutrition education and prevention sessions or net sales in Q2 - Q4 due to COVID-19.**

Between Clinic Healthcare Services and Health Education Outreach Programs, over 40,000 Ugandans benefitted from education, prevention and treatment services in 2020.

During our most challenging year to date, we managed to keep the entire Soft Power Health staff fully employed and kept the clinic running full-time throughout 2020. Additionally, our family planning outreaches proceeded uninterrupted throughout the lockdown. We even added one new village to the roster! This brings the total villages visited for family planning education and implementation to 39 every quarter.

During Uganda's 10-week COVID-19 lockdown, when only foot traffic was permitted throughout country, the Soft Power Health vehicle received special permission to be on the road. Its continuous use was essential to running the clinic and family planning outreaches.

Head driver **Joseph Kabagoza** single-handedly accomplished all essential tasks such as: picking up and dropping off staff, driving patients to and from the clinic, transporting our family planning teams to outreaches and picking up and delivering drugs and lab supplies. Suffice to say, the vehicle put thousands of additional kilometers onto its odometer. Unfortunately, this accelerated wear and tear hastened our vehicle's demise, but it was a true life saver to the very end!



The malaria outreach team with our trusty cruiser before heading to a community outreach session.

Once the strict lockdown was over, we resumed physical therapy, domestic violence and DIG garden outreaches. Soft Power Health was allowed to start these outreaches again as all of these services are done either one-on-one or in small groups of 2 or 3. In October, three months after the arrival of our new container of 14,000 mosquito nets, malaria follow-up visits began again. However, malnutrition education and prevention outreaches, alongside malaria education and prevention outreaches were postponed until 2021 - as they involve large gatherings of people. In addition to COVID-19, the presidential elections placed further restrictions on large public gatherings.

Collaboration, cooperation and safely working together defined 2020. Through work with generous supporters, partners, and colleagues, we acquired a new fuel-efficient stove, steady supply of PPE for staff and patients, and the container of 14,000 new mosquito nets. The nets were badly needed by many in our area with the increased malaria rates and lack of basic medical care once lockdown started. As in the developed world, people in Uganda were worried about going to hospitals and clinics for fear of catching COVID-19, and worse, many had no money to pay for much needed services like malaria tests and treatment. COVID-19 highlighted the enormous disparity in the fragile Ugandan healthcare system.



Irene with our new fuel-efficient stove.



Follow-up home visit to evaluate correct net use.

Thanks to general flexibility of how things work in Uganda, we put together a COVID-19 protocol and education program for staff and patients. As Soft Power Health runs on a trim budget, we have always used home offices, thus we did not need to make any adjustments there and could continue as normal. We did extend our services in a new direction to meet a particularly urgent need of food aid at the height of the pandemic. This effort was directed to patient families and those facing starvation. This food aid was a temporary measure until people could return to their gardens to grow their own food to eat. We found willing supporters in this area, for which we are extremely grateful.

Overall, Soft Power Health is maintaining its strategy to continue to do what we do for as long as we can – without growing. If we can continue maintaining our current services, SPH will positively impact many more people to not only treat immediate health needs, but also facilitate long-term behavioral health changes.

With our comprehensive model of education, prevention and treatment of common diseases, we are helping community members learn to take better care of themselves and their families. Our ultimate goal remains the same: providing essential primary healthcare and constructive education tools to all of our at-risk communities, so they will need less healthcare services over time.

Knowledge is power!

Thank you very much for all your ongoing support.

We are very grateful to still be here at the end of 2020 and beyond.

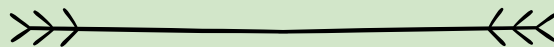
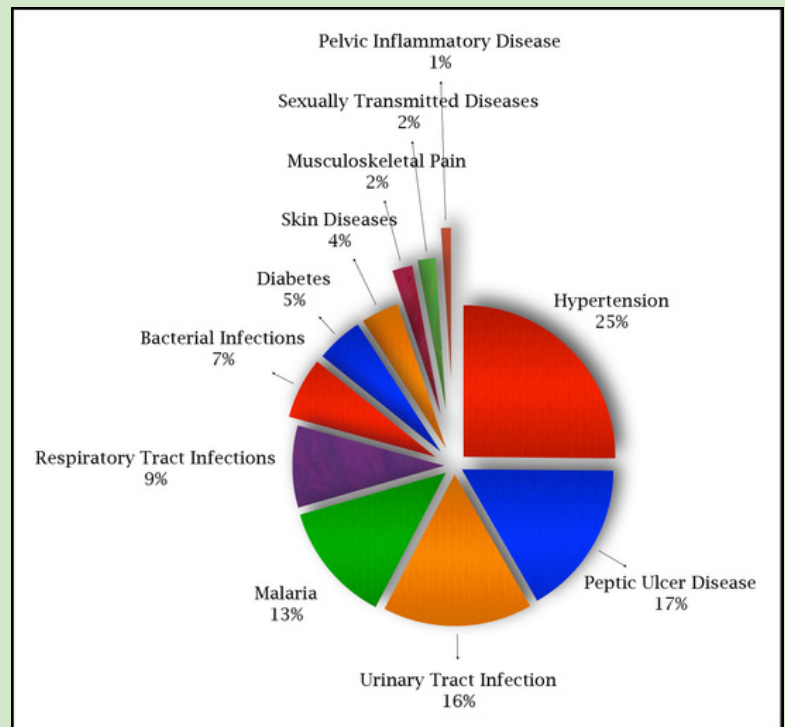
Allan Stone Community Health Clinic

Dr. Charles, Clinic Director

- **Total patients treated = 25,206; total patients referred for surgery or tertiary treatment = 1,453; 72% of patients were new and 28% were returning.**
- **Total pediatric patients triaged = 5,044; 20% of total patients are children, of these 40% are new and 60% are returning.**
- **1,917 cases of severe malnutrition were treated at the clinic in 2020, comprising 38% of total pediatric patients treated. 47% of children had normal nutrition status. 15% needed nutrition counseling only.**

Top Eleven Diseases Treated

1. Hypertension = 5,522
2. Peptic Ulcer Disease = 3,634
3. Urinary Tract Infections = 3,498
4. Malaria = 2,825
5. Respiratory Tract Infections = 1,918
6. Bacterial Infections = 1,435
7. Diabetes = 1,097
8. Skin Diseases = 888
9. Musculoskeletal Pain = 474
10. Sexually Transmitted Diseases = 419
11. Pelvic Inflammatory Disease = 236



Prior to the pandemic, Dr. Paul explains dental hygiene during an outreach session.

Dental Services

Dr. Paul

258 dental patients treated

Top three conditions

Periodontal disease = 116

Extractions = 52

Fillings = 11

Physical Therapy

Stephen Kato, Rachel and Flavia

- 2,863 patients treated at the clinic
- 172 seen in outreach home visits

34% of PT patients are new

66% are returning

Five most common conditions

Lower Back Pain = 997

Lower limb pain = 504

Cerebral palsy = 404

Knee pain = 183

Chest pain = 88

Many patients need several visits to resolve their problems.



Soft Power Health physio therapists Rachel (L) and Stephen Kato (R) work with patients at their homes prior to lockdown.

Family Planning

Outreach

3,347 women received long-term or intermediate-term methods of birth control.

83% of family planning services are delivered in outreach.

Family Planning was allowed to continue despite the COVID-19 ban on public gatherings.

SPH added a new village to the roster, Bubugo Bulongo: aka Super Hole Village.

We now serve a total of 39 villages visited quarterly, providing FP education and services.

Most popular method of birth control is injectable depo-provera.

10,663 condoms were distributed in outreach.

9,617 doses of albendazole dewormed children during these outreaches as well.

Between clinic and outreach FP: 4,042 women received intermediate and long-term family planning services.

Clinic Ultrasound Services Isaac, Ultrasound Technician

394 total scans

Most common:

1. Pelvic
2. Obstetric
3. Abdominal



Prior to the onset of the pandemic, a scan is performed at the clinic.

Mother and Child Wellness Center

Family Planning, Vaccinations, and High Energy Milk

Vaccinations: *242 rounds of vaccinations were administered*, significantly down from previous years due to huge interruptions in supply chain and vaccine storage. Prior to COVID-19, worldwide deaths from Measles are up 200%.

Prescriptive High Energy Milk: *975 prescriptive courses of High Energy Milk were provided to 667 malnourished patients, mostly children.*

Deworming: *2,442 treatments with albendazole* were administered in 2020.

Family Planning clinic-based: *695 intermediate and long-term methods of family planning were provided and 2,366 condoms were distributed.* 17% of family planning occurs at the clinic and 83% occurs in outreach.

Overall, 4,042 women received long-term or intermediate term methods of family planning from SPH in 2020.



Loy evaluates a young patient at triage before lockdown.



High Energy Milk is prepared at the clinic kitchen.

Domestic Violence Florence, Head Counselor

609 people received counseling related to domestic violence issues in 2020.



Florence counseling in the field.

Most common types of violence

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



Domestic violence client during a home visit.

74% = 452 clients were women. 26% = 157 clients were men.

80% of the people were new to counseling.



Malaria Education and Prevention

Sarah Itanda, Head Educator

With generous support from the Hillsdale Fund Grant, a new container of 14,000 mosquito nets arrived in July 2020.

Between the clinic and outreach *4,633 mosquito nets were sold in 2020.*

- **143 follow-up visits** were made during the first and fourth quarters as follow ups were not permitted during Q2 – Q3.
- **360 people** attended malaria education sessions during the first quarter 2020.
- Due to the continued ban on public gatherings, no malaria education sessions and net sales occurred in Q2-Q4 2020.



New nets being unloaded.



Sarah making a follow-up home visit pre COVID-19.

Malnutrition Education and Prevention

Nurses: James and Annet, Head Educators

Active malnutrition outreach occurred only during Q1 due to restrictions imposed by COVID-19. However, emergency food aid occurred throughout the pandemic lockdown. Most of the food was distributed during the initial 10-week stay-at-home order when movement was severely limited.

216 families in 8 villages received nutrition education during Q1.

57 families received follow-up home visits during Q1.

3,331 infants and children received supplementation with Vitamin A.

4,320 supplements of prenatal vitamins were distributed.

Deworming with albendazole, supplementation with Vitamin A and prenatal vitamins continued throughout the year.



James leads a community based malnutrition outreach pre pandemic. Nurse Sarah, distributes albendazole for de-worming pre pandemic.

DIG Outreach

DIG Team

The DIG Team created **28 community gardens to benefit 17 community patient families** in 2020 along with the two pre-existing demonstration gardens at the clinic and Super Hole village.

- The home DIG Demonstration Garden at the clinic provided food crops through 2 growing seasons for the clinic kitchen for lunchtime meals and served as a continued demonstration garden for community members' ongoing learning.
- The Second Demonstration Garden at Super Hole village provided staple crops for food security to needy community members during the dry season and COVID-19 lockdown.
- **350Kgs of maize or corn** and **102Kgs of soy beans** were produced from the Super Hole Demonstration Garden.
- Clinic Demonstration Garden crops included the following: **maize, matoke, cassava, nakati, kale, cabbage, tomatoes, carrots, spinach, oranges, pineapples, jackfruit, mangoes, beans and ground nuts.**

Due to the strict COVID-19 lockdown measures, many Ugandans were left without daily income and the ability to buy food for their families.

In our area, Soft Power Health extended food aid services to 29 patient families and 125 local community families. With staple food items distributed, SPH provided food to bridge the gap between growing seasons - covering roughly 10 weeks and supplying over 700 people with food.



Simon, DIG team member at work in the SPH garden.



Community patient Katherine with her family, received much needed food aid during lockdown.



We welcome donations of any size and every contribution makes a meaningful difference! Despite the big challenges of 2020, we had a very successful year. Thank you very much for your ongoing support. You have made Soft Power Health what it is today. Very best and healthy wishes for 2021.

Partner With Us Two Ways to Give

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

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