

## SOFT POWER HEALTH ANNUAL REPORT 2011



*Opening day of the Mother and Child Wellness Center, February 2011.*

### **Branches:**

- Allan Stone Community Health Clinic Mukagwa Twekembe
- Mother and Child Wellness Center - New for 2011!
- Malaria Education and Prevention Outreach Program
- Family Planning Education and Outreach Program

### **I) Report on the Programs of Soft Power Health for the year 2011**

#### **A. Allan Stone Community Health Clinic Mukagwa Twekembe 2011**

This December, the clinic marked its nearly six-year anniversary (we opened on January 19<sup>th</sup> 2006) and we continue to offer more services, as well as improved care, to the community. This has been our busiest year yet: from January to December 2011, the Allan Stone Community Health Clinic saw a total of 14,069 patients. Of that number, between 20-35% were under five years old. An average of fifty patients visit the clinic each day—**over 1,000 people a month**. The clinic is open six days per week and staffed solely by Ugandan doctors, clinical officers, nurses, nurse-midwives, laboratory technicians, and nursing assistants. We welcome medical volunteers to work with us and have volunteers rotating throughout the year, with summer being our busiest time. Since we became an official NGO this year, we are now required by the Ugandan Government to pay NSSF and PAYE, the Ugandan social security taxes that comprise 30% of our salary costs per month. While being an officially registered NGO has its benefits, it also has its costs, and has contributed to our increased salaries this year.

In other big news, we hired Dr. Charles Kalumuna, a Ugandan M.D. who holds a Masters of Public Health (MPH), to manage the clinic and bring his vast knowledge to patient care. Dr. Charles was crucial to our initial clinic opening in January 2006, and has worked part-time with Soft Power Health since then. He received his MPH from the London School of Hygiene and Tropical Medicine and he has worked with the Ugandan national Malaria Control Programme (MCP) as

working with us fulltime now. The most common diseases that Dr. Charles and his staff see and treat at the clinic this year have been (in descending order): malaria, hypertension, diabetes, anemia, pelvic inflammatory disease, HIV/AIDS, respiratory tract infections including pneumonia, diarrhea, malnutrition, Peptic ulcer disease, and filarial worm infections.

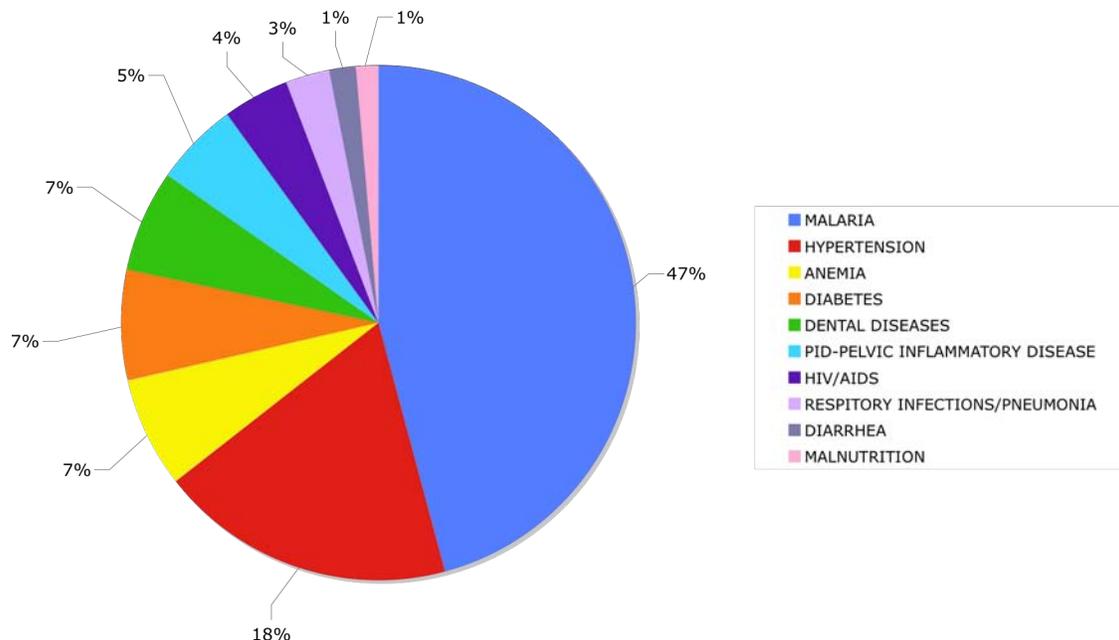


Dr. Charles at the clinic.

Dentistry is another neglected area of patient care in Uganda. As a result, dental problems of all types tied with diabetes and anemia are the third most commonly treated problem at the clinic. To address that issue, we employ a dentist, Dr. Paul SSebowa, who works at the clinic several days a week. This year, Dr. Paul has treated 628 patients, 202 of which were under five years old, and performed 413 tooth extractions.

### Chart of Disease Incidence:

**MOST COMMON DISEASES SEEN AT CLINIC IN 2011**



## ***B. Mother and Child Wellness Center***

In response to the great need for all types of family planning, the treatment of malnutrition, and the need for ongoing vaccinations at our clinic, we opened the Mother and Child Wellness Center on February 23<sup>rd</sup>, 2011. Our “Grand Opening” included a daylong combined permanent and long-term family planning program with one of our partners, Marie Stopes, a family planning organization. For several years, we have been collaborating with Marie Stopes: they come to us on a quarterly basis to perform permanent family planning procedures such as tubal ligations and vasectomies. On the opening day, twenty-four women came for tubal ligations, nineteen women came for long-term contraceptive implants, and eight for IUD placement. In 2011, Marie Stopes made four visits to the clinic. With their help, a total of eighty-two tubal ligations and two vasectomies were performed, and eighty-seven long-term contraceptive implants and twelve IUDs were placed.

The Mother and Child Wellness Center offers short, intermediate, and long-term methods of family planning on an ongoing basis. In addition to the official family planning days we sponsor with Marie Stopes, we also offer contraceptive education throughout the year. This year, we provided 457 injections of Depo-Provera, thirty-one packs of three-month birth control pills, ninety-nine long-term contraceptive implants, and forty-five IUDs.

In addition, the Mother and Child Wellness Center offers lifesaving interventions throughout the year: in 2011, we treated eighty-eight people for malnutrition on an ongoing basis and administered 335 rounds of vaccinations. Because the main power supply is notoriously unreliable and not conducive to storing vaccines on a long-term basis, we are getting a new refrigerator that is powered by both solar and gas which should allow us to vaccinate many more people next year.

Overall, the family planning services offered by the Mother and Child Wellness Center are very popular. This is due in part to the large demand from the communities we serve, and also to the mobilization efforts of our family planning teams, who are critical to educating the communities about the services we offer.

## ***C. Family Planning Education and Outreach Program***

We have three teams of nurse/educators who go out into the field weekly to educate communities about nutrition and family planning, and to administer intermediate-term and short-term contraception. The education sessions are open to all community members who are interested, and we return to the same villages every three months to re-administer contraceptives and to assist anyone who wishes to start family planning for the first time. In 2011, each village received four visits from the Soft Power Health outreach teams. Preceding our education sessions, we also offer a de-worming program for children from these villages. Both have been very popular. Between January and December 2011, our team of nurse/educators provided intermediate-term Depo Provera injections to 2,149 women, distributed 289 packs of birth control pills and gave out over 18,000 condoms in thirty-nine villages.

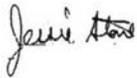
***D. Malaria Education and Prevention, Mosquito Net Outreach*** Program

This year, Sarah Muwanguzi is in charge of our malaria outreach program. Sarah has worked in our program and in our DIG garden for three years. Portion, one of our Laboratory Technicians, is assisting Sarah with the outreach program and the two of them have been incredibly successful. Between January to December 2011, Sarah and Portion traveled with our outreach team to seventy-two different villages in eight districts around Eastern Uganda and sold 9,421 nets in the communities. This year we made a total of 745 follow-up visits to net buyers' homes. During each month in 2011, an average of 150 mosquito nets were also sold out of the clinic. In 2011, the grand total of nets sold was over 50,000. Through Soft Power Health's malaria outreach program, over 150,000 people are sleeping under nets and being protected from getting malaria (an average of three people sleep under one net). There is already enormous demand for the next net shipment, arriving in March.

Thank you so much for your past support of Soft Power Health. Your help makes a huge difference in the lives of the men, women, and children of Uganda.

Thank you very much,

Sincerely,

A handwritten signature in cursive script that reads "Jessie Stone".

Jessie Stone