

SOFT POWER HEALTH ANNUAL REPORT 2012



The very popular striped nets at a malaria education session and net sale.

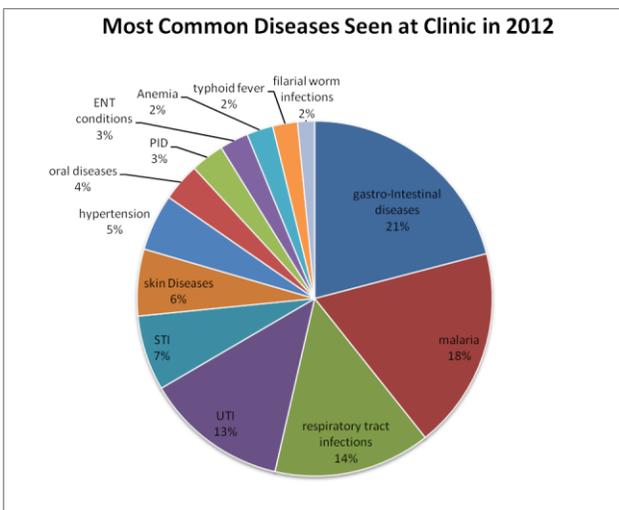
Branches:

- Allan Stone Community Health Clinic Mukagwa Tweekembe
- Mother and Child Wellness Center
- Malaria Education and Prevention Outreach Program
- Family Planning Education and Outreach Program

I. Report on the Programs of Soft Power Health for the year 2012

A. Allan Stone Community Health Clinic Mukagwa Tweekembe 2012

In 2012, attendance at the Allan Stone Community Health Clinic continued to grow exponentially. From January to December we saw a total of 19,706 patients—a 38% increase over 2011! Approximately sixty-five to one hundred patients visit the clinic each day—*an average of 1,600 people a month*. Significantly, for the first time in our seven years of operation, we saw malaria decline from the first most commonly treated disease to the second overall for the year. In 2012, gastro-intestinal disorders replaced malaria as the most commonly treated condition. In fact, in the last quarter of 2012, gastro-intestinal diseases and upper respiratory tract infections replaced malaria as the most commonly treated diseases at the clinic respectively, with malaria dropping to third. We are hoping that the decreased incidence of malaria can be attributed, at least in part, to our substantial efforts in education and prevention in the surrounding communities.



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The top ten most commonly treated diseases at the clinic in 2012 were, in descending order: gastrointestinal diseases, malaria, upper respiratory tract infections, urinary tract infections, sexually transmitted infections, skin diseases, hypertension, oral infections, pelvic inflammatory disease, and ENT conditions.

In addition, our dentist, Dr. Paul, treated 519 patients, performing extractions, treating periodontal disease, draining and treating abscesses, and dealing with other dental issues. Dental health is a completely neglected field in Uganda and many patients come to Dr. Paul with advanced problems. Dr. Paul combines his treatment of patients in the clinic with dental education in the communities. This combined approach helps raise awareness about how to care for teeth and find treatment if necessary.



Shirley Grew and lab technicians Haruna and Mary outside the clinic.

In other big news, this year we were happy to welcome Shirley Grew to Soft Power Health as our new country manager in Uganda. Upon the resignation of Jackie Smith, Shirley ably took over the role. Shirley holds a Masters degree in International Care and Community Development and has extensive managerial experience. She had spent considerable time volunteering in Uganda before she decided to take the plunge and relocate full time. Shirley has been extremely dedicated and has taken on all tasks, great and small, with a determined spirit.

Also, in July, the clinic acquired a new, completely self-contained solar refrigerator. After years of partially-functional solar fridges and ones that run on the unreliable mains power, we were able to purchase and install a reliable fully solar-powered one! Its primary purpose is to keep our vaccines cold, although various reagents for the lab are also stored in the refrigerator. The new refrigerator has vastly improved our ability to provide vaccinations both at the clinic and in the community. In fact, we have added a dedicated nurse to accompany our family planning outreaches and provide vaccinations in the field, thus insuring even more access for those in need.

B. Mother and Child Wellness Center

In 2011, in response to the need for family planning, malnutrition treatment, and ongoing vaccinations at our clinic, we opened the Mother and Child Wellness Center. Now concluding its second year of operation, the Center continues to offer short, intermediate, and long-term methods of family planning to the surrounding community on an ongoing basis. We also continue to collaborate with Marie Stopes, a family planning organization: they come to us on a quarterly basis to perform permanent family planning procedures such as tubal ligations and vasectomies. In 2012, Marie Stopes made quarterly visits to the clinic. With their help, a total of 73 tubal ligations and 2 vasectomies were performed, and 133 long-term contraceptive implants and 9 IUDs were placed.

In addition to the official family planning days we sponsor with Marie Stopes, the Mother and Child Wellness Center also offers contraceptives and family planning education throughout the year. This year, we provided 509 injections of Depo-Provera, 66 packs of three-month birth control pills, 58 long-term contraceptive implants, and 38 IUDs. We also distributed 1427 condoms—no mean feat, considering the ongoing condom shortage in Uganda. This was only possible through the generous donation of condoms from our volunteers. We are extremely grateful for their help!

The Mother and Child Wellness Center also continues to provide lifesaving interventions throughout the year. In 2012, we treated 199 people for malnutrition on an ongoing basis and at the Center. Seventy-three of those people were suffering from severe malnutrition when we began treating them those seventy-three people was life saving, not just life improving. 1,059 rounds of vaccinations were



A local child needing treatment for malnutrition.

administered between our outreach programs and at the Mother and Child Wellness Center. The huge increase in vaccinations this year is due in large part to our new solar refrigerator allowing us to store larger quantities of vaccines for a longer period of time.

The family planning services offered by the Mother and Child Wellness Center are always in demand. This is due in part to the ongoing needs of the communities we serve, but also to the mobilization efforts of our family planning outreach teams, who are critical to making the communities aware of 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 and administration 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 2012, each village received four visits from the Soft Power Health outreach teams. Between January and December, our team of nurse/educators provided intermediate-term Depo Provera injections to 2,526 women, distributed 377 packs of 3 month birth control pills and gave out over 13,168 condoms in thirty-nine villages.

As part of the de-worming program which accompanies our family planning outreach sessions, we were able to distribute 12,667 doses of Albendazole to de-worm 12,667 children. This is extremely important, as studies done in Uganda show that de-worming children significantly improves not only weight gain but also cognitive development.

In addition, we added the treatment of trachoma to our family planning outreach curriculum. Trachoma is a leading cause of blindness in the developing world and is completely preventable. It is caused by the bacteria *chlamydia trachomatis*. A simple and easy treatment using one dose of azithromycin can make the difference between sight and blindness. We treated 1469 individuals for trachoma with azithromycin. The treatment of trachoma is the latest addition to our outreach programs this year.

D. Malaria Education and Prevention Program



Malaria treatment with Coartem.

Last December, Soft Power Health introduced its new striped nets into the field and the response was extremely positive. People really like the brightly colored stripes! In fact, the reaction has been so good that we now have dedicated net sales selling either the new striped nets or the original plain blue ones. Kudos to BestNet, the mosquito net manufacturer, who realized that stripes would make the nets more appealing.

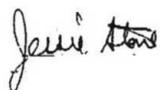
Sarah Muwanguzi is in charge of our malaria outreach program, and under her guidance it has continued to be a wonderful success. Despite a three-month lag in 2012 when we had no nets as we were awaiting our latest shipment of nets, Sarah and our outreach team traveled to 69 different villages in nine districts around Eastern Uganda and sold 8,658 nets in the communities.

In 2012, we made a total of 1,406 follow-up visits to net buyers' homes. As of 2012, the grand total of nets sold is over 60,000. Since an average of three people sleep under each net, we can estimate that approximately 180,000 people are sleeping under nets and being protected from getting malaria.

Thank you so much for your support of Soft Power Health. You are helping to make 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