

Soft Power Health Annual Report 2018



Happy mother and child at the Allan Stone Community Health

2018 was a turning point year for Soft Power Health. It was the busiest year yet in numbers patients treated at the Allan Stone Community Health Clinic, as well as in terms of people reached through health education outreach programs. Soft Power Health discovered that after 15 years of service in Jinja district, we had become the second largest in-district deliverer of healthcare—just behind the regional referral hospital. More than 55,000 people received services through the Clinic and our health education outreach programs.

Overall, we treated 35,991 patients at the Clinic (with an average of 68% new patients and 32% returning) and referred 818 patients to other hospitals for surgeries, cancer therapies, and more sophisticated testing and treatment. Through the health education outreach programs for malaria, family planning, malnutrition, domestic violence, physical therapy, and organic gardening, we reached another 19,095 people. This brings our combined

impact to 55,086 people who have benefitted from our services in 2018.

In 2018, through very generous donations, we were able to offer more services to our patients at very affordable prices. The Clinic now offers all types of ultrasound scans for patients in need. This year our medical imaging technician Jessica performed 432 ultrasound scans. On average 50% of the scans were normal. This was very good news for all the pregnant women who were scanned during the year.

In June, Dr. Emily Herzberg returned to train our staff in the use of a cavilinear ultrasound probe. This probe can be used to perform lung scans that can eliminate the need for chest x-rays in the future. This will be a big benefit to patients and doctors alike. In-house scans will decrease the cost of necessary testing for patients and allow results to be available almost right away. This is better for the patients and better for us. Many thanks to the pediatric residents from Mt. Sinai, Jen and Ashley, who got the new probe for us, and to Dr. Emily, who brought it over to Uganda. We also



Jessica using new ultra sound machine to help a young patient



Fisherman David above Itanda Falls
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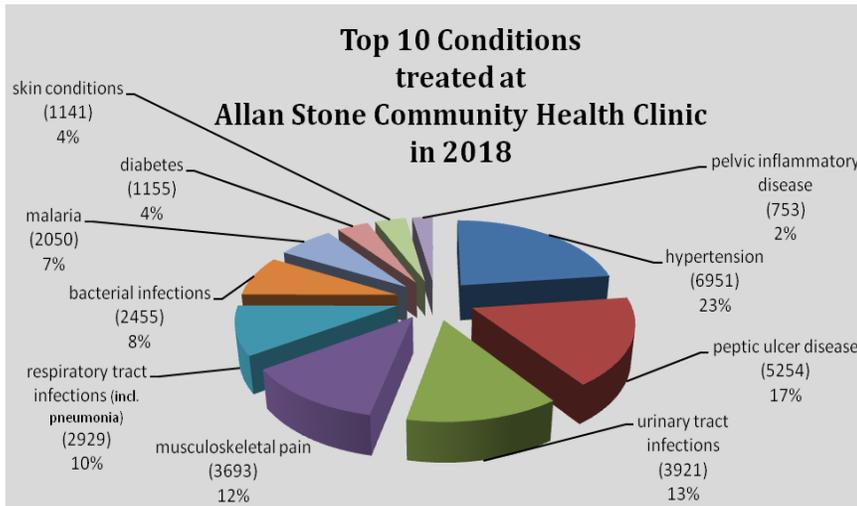
received a new blood chemistry machine in 2018, thanks to help from the Gould Family Foundation. This machine allows us to offer more comprehensive blood testing to our patients in-house, and ultimately improves Soft Power Health's care for our patients.

Also, one of our former Masters of Public Health students from Mt. Sinai, Patricia Moscibrodzki, who helped us conduct our Budondo Sub county mosquito net use survey, had [an article](#) published in the Malaria Journal about her work with us!

Finally, in sadder news, 2018 saw the flooding of the formerly protected Kalagala Offset Area on the Nile by the Chinese-constructed Isimba Dam. This changed the landscape of the Nile for the foreseeable future and caused the displacement of hundreds, if not thousands, of people by the creation of a massive Isimba

dam reservoir. The public health impacts of increased malaria, increased schistosomiasis and increased malnutrition—all diseases of poverty and directly linked to the flooding of the Kalagala Offset Area—are now on the rise in our area.

ALLAN STONE COMMUNITY HEALTH CENTER – Dr. Charles, Clinic Director



As mentioned above, the Clinic treated 35,991 patients and referred another 818 patients on for other more advanced medical services. The top 10 diseases we treated at the Clinic were, in descending order: hypertension (6951); peptic ulcer disease (5254); urinary tract infections (3921); musculoskeletal pain (3693); respiratory tract infections, including pneumonia (2929); bacterial infections (2455); malaria (2050); diabetes (1155); skin conditions (1141); and pelvic inflammatory disease (753).

MOTHER AND CHILD WELLNESS CENTER – All Nurses plus Esther and Irene

In 2018, we administered 1,285 rounds of vaccinations at the Mother and Child Wellness Center and in outreach. These vaccinations decrease morbidity and mortality for those who receive them. The number of vaccines administered in 2018 was lower than last year, as we had a problem with refrigeration in the first quarter, and in the second quarter Uganda ran out of certain vaccines. These two factors impacted the number of vaccines we could administer, but the nurses persisted, acquired vaccines, and continued with the vaccination program!

Another life-saving and life-improving intervention we offer at the Wellness Center is high energy milk (HEM). For malnourished and severely malnourished infants, children, and adults, this simple intervention saves lives. In 2018, we provided 21,387 courses of HEM to malnourished patients. A typical course of high energy milk will last a patient three weeks and is prescribed specifically for each patient just like any other medicine. HEM only works well if accompanied by intensive education of the caregiver, so our nurses, doctors, and kitchen staff who make each prescriptive batch take time to educate both caregivers and, when appropriate, patients.



Dr. Oliver treats a patient with an inhaler spacer made from a recycled water bottle.

Family Planning is also offered at the Mother and Child Wellness Center on every day the Clinic is open. At the Clinic, we offer all methods of family planning, from short-term to long-term. On our quarterly collaborative days with Marie Stopes, we offer permanent methods of family planning. 15% of the total family planning that we do occurs at the Mother and Child Wellness Center. The other 85% occurs in the field through outreaches. This year we provided family planning (intermediate-term to permanent methods) to 645 people at the Mother and Child Wellness Center.

2018 marked the 8th year have partnered with Marie Stopes who visited us quarterly again this year to provide permanent methods of family planning to those wanting that service. This includes both men and women. This year, Marie Stopes performed 14 tubal ligations, but no vasectomies at the Mother and Child Wellness Center, and placed 129 long-term birth control implants. All family planning services, apart from the permanent methods, are available throughout the year at the Mother and Child Wellness Center

in the Clinic. Our nurses have been well trained to offer all non-permanent methods to people in need. This includes injections of Depo-Provera, birth control pills, IUDs, and implants.

PHYSICAL THERAPY – Stephen Kato and Flavia



Stephen Kato fits a child with cerebral palsy with a specialized bean bag chair as her mother looks on.

Stephen Kato and Flavia, Soft Power Health’s physical therapists, worked with 3,652 patients in 2018, both at the Clinic and through weekly outreach programs in Lukolo Village. Of these patients, 109 were treated via outreach. The top physical therapy problems Stephen treated in 2018 were low back pain, cerebral palsy, and lower limb pain. Physical therapy is another neglected and much-needed area of medicine in Uganda, with most patients requiring an average of three visits to realize improvement. Some patients with birth defects or developmental problems require regular weekly treatment for months, or even years. Stephen and Flavia’s work and dedication have helped many patients with pain and movement impairment live better and more comfortable lives!

DENTAL SERVICES – Dr. Paul

In 2018 Dr. Paul treated 592 patients and referred 26 for more complex procedures. As in the past, the most common problems he treated were periodontal disease, tooth extractions, and dental abscesses. On a weekly basis throughout the year, and in partnership with the family planning

outreach, Dr. Paul continues to provide education about teeth brushing and dental hygiene to many people with no knowledge or access.

MALNUTRITION EDUCATION OUTREACH & FOLLOW UP – Nurses James, Annet, Margaret, and local educator Naigaga

The malnutrition education outreach program taught 1,754 people in 47 villages in our home district of Jinja, as well as in the neighboring district of Iganga. The malnutrition team made 554 follow-up visits to attendees of the outreaches to measure the impact of education. At the outreaches, 5,024 doses of Albendazole and 1850 doses of vitamin A were distributed to children for deworming and eye health purposes. Additionally, 2,978 courses of prenatal vitamins were distributed to pregnant women. The ongoing generous donation from Vitamin Angels supported these deworming and vitamin interventions.

Since the impact of “Soft” educational interventions can be hard to measure, we decided to use the help of one of our global health medical student volunteers from Mt. Sinai to evaluate the impact of our malnutrition education program. Tish and her wizardly computer skills, combined with follow-up visits to malnutrition education participants’ homes, helped us see what the impact has been. Tish looked at 445 follow up surveys from 25 different villages in Jinja district between May 2015 and September 2017. Conclusions from Tish’s analysis include the following: Soft Power Health malnutrition outreaches are effective in educating rural villagers about the causes and signs of childhood malnutrition along with what constitutes proper nutrition for children and infants. Knowledge gained from these interventions is long-lasting and is retained for at least one year. Thank you Tish for helping us confirm that the malnutrition outreaches are indeed benefitting the communities we serve!



Laboratory staff getting trained with the new chemistry machine.

MALARIA EDUCATION & PREVENTION PROGRAM – Sarah Itanda and the Team!

In 2018, Sarah and the malaria team educated 3,091 people at malaria education sessions and net sales throughout our home district of Jinja, and in neighboring districts of Mayuge, Kamuli, Luuka, Buikwe, and Kayunga. At malaria outreach education sessions and at the Clinic, a total of 664 nets were sold this year. Specifically, 109 nets were sold at outreaches and 555 were sold at the Clinic. In addition, we made 230 follow-up visits to net purchasers' homes to assess correct net usage, knowledge retention, and self-reported cases of malaria. Despite the recent mass distribution of free mosquito nets, people remain very interested in purchasing mosquito nets. Even more remarkably, they remain interested in attending education sessions that provide information about how malaria is transmitted, who dies from the disease, and how it can be prevented. Thank you Sarah and the team for your dedication to our longest running outreach!



Malaria education session with Mt. Sinai global health students in attendance.

FAMILY PLANNING EDUCATION AND OUTREACH PROGRAM – All of the Nurses!

In 2018, between the Clinic, the Mother and Child Wellness Center, and our ongoing tri-monthly outreaches in 38 villages, Soft Power Health provided intermediate, long-term, or permanent methods of family planning to 4,831 women. 4,186 women received family planning in the field through the ongoing community outreach programs. Birth control pills, injections of Depo-Provera, and the placements of birth control implants are available during outreach programs. Although the overall number of women who received family planning is down slightly this year, it is mostly a reflection of the interruption in the supply chain of family planning supplies. For a variety of reasons, from August 2018 onwards, family planning supplies became very difficult to procure.

Both male and female condoms are available at the Clinic and in outreach as well. This year, we distributed a total of 18,326 male condoms between the Clinic and outreach, the vast majority being in outreach, as well as 496 female condoms.



Nurse Sarah administers Depo-Provera injectable birth control

A special note should be made that the nurses worked extra hard to obtain family planning supplies wherever they could and whenever they could, as there have been ongoing shortages of family planning supplies in Uganda. These shortages began in 2018 and continue to the present moment. It is extremely encouraging to see how ingenuity handles adversity in Uganda—this situation being yet another case in point!



Florence makes a home visit to an elderly couple and their orphaned grandchildren.

In addition, 24,447 doses of Albendazole were distributed to children during the family planning outreaches. As previously mentioned, regular deworming has been shown to improve cognitive function in school age kids as well to help their overall growth and development.

ANTI -DOMESTIC VIOLENCE PROGRAM – Florence and nurse Annet

Domestic Violence counseling is a service that we added to our programming in 2016. In 2018, Florence, our domestic violence counselor, worked with 1,648 people on areas of domestic violence including emotional violence, economic violence, physical violence, and sexual violence.

Florence counsels at Soft Power Health 1 day per week and accompanies the family planning outreach 1 day per week, as well as making follow up visits and visiting people at home 2 days per week. As in past

years, the most common issues people face, in descending order, are: emotional violence, economic violence, sexual violence, and child abuse. The need for this outreach continues to grow in the communities we see and treat.

DIG – Organic Gardening Outreach Program – Patrick, Paul, Livingstone, Jennifer, Simon, Peter, and Loy



The DIG home garden

The Development In Gardening (DIG) organic gardening program continues to flourish in our home garden at the Clinic, as well as among families who have severely malnourished children and in communities where malnutrition is an ongoing problem.

The Clinic home garden serves as a demonstration garden to help show patients and interested community members how to create an organic home garden and to help educate people about what constitutes a nutritious meal. The produce in the home garden is used to help supply the lunchtime meal for staff as well as to help some extremely needy patients obtain food, with any leftover produce sold to generate income.

A very important part of the work Soft Power Health does is identifying those families most in need and helping them get the education necessary to create and maintain productive and healthy gardens. These gardens then become both a food supply and a source of income for the families. In 2018, the DIG team of gardeners, headed by Patrick, nurtured 41 family gardens: 16 were new gardens and 25 were ongoing family gardens. The DIG team is looking for more community land to create a food security demonstration garden for communities in the dry season.

In addition to the staple crops of maize, sweet potatoes, and cassava, the DIG team helps people grow cabbage, kale, beans and peanuts (ground nuts). All of these crops can assist families in making nutritionally balanced meals grown at home!

Thank you so much for your help making Soft Power Health's work possible. We really appreciate it!

To learn more about the services we provide and the costs involved, or to make a one-time or monthly donation, please click [here](#) or go to www.softpowerhealth.org/donate.php.