



# Soft Power Health

*Through healthcare service to people in need, we take a step toward making a more just world.*



Triage attendant Loy shows a new patient how to wear a mask.

## What's New

### Coronavirus In Uganda

At the beginning of April Uganda joined the rest of the world and underwent a countrywide lockdown. All borders were closed, a curfew was instituted, schools and businesses were shuttered and all public gatherings were banned. People were required to remain at home with their extended families and all transportation except foot traffic was halted. Thankfully, the Allan Stone Community Health Clinic was allowed to remain open and treat patients.

Good fortune again smiled upon Soft Power Health when our vehicle was granted special permission to drive, allowing us to continue our community-based family planning outreaches. We educated our staff about coronavirus, developed a triage protocol, employed protective personal equipment for all clinic staff thereby keeping patients and staff as safe as possible from the beginning of the lockdown to present day.  
{cont. on page 2}

### Allan Stone Community Health Clinic

*Total Patient Cases Treated in 2nd Quarter: 3,672*

#### *Top 10 Disease Treatments*

1. Hypertension (HTN): 655
2. Malaria: 430
3. Urinary Tract Infection (UTI): 391
4. Peptic Ulcer Disease (PUD): 381
5. Bacterial Infections: 200
6. Respiratory Tract Infections, including pneumonia (RTI): 190
7. Skin Conditions: 137
8. Diabetes: 132
9. Pelvic Inflammatory Disease (PID): 49
10. Syphilis: 43



Despite the fact there hasn't been a single coronavirus recorded death in Uganda, the unfamiliar reality of the virus has been frightening to patients and staff alike. Like many other places in the world, the internet's misinformation has promoted a wide range of misunderstanding about the virus in Uganda, raising levels of both anxiety and denial about the diseases deadly potential. The known killers such as malaria, malignant hypertension, and bacterial infections have potentially deadly outcomes if untreated, but are better understood and have medically proven treatment protocols. Although devastating, these diseases are familiar even in remote regions of the country. In contrast, the speed with which the coronavirus pandemic has overtaken the globe has created a tremendous level of fear throughout Uganda.



At Bubugo Bulongo, nurse Miriam instructs a woman in available family planning methods.



Laboratory heads Gandhi and Haruna, receive the Gould Family Foundation donation of personal protective equipment for the clinic.

Surprisingly, during our second quarter the uptake for family planning remained high both at the clinic and in outreach. Our family planning team was able to begin a brand new outreach in the village, Bubugo Bulondo, where there has been an increased demand for this education and services. We were very fortunate to have enough medicines, family planning methods, and PPE during this period as well. Thanks to the Gould Family Foundation, we had a steady supply of N95 masks, gloves, surgical masks, and face shields early on in the lock down. We are deeply grateful for the support of the Gould Family Foundation!

{cont. on page 3}





Community patient Florence's family receives donated food during lockdown.



Elderly patient Nora gratefully receives survival rations during Covid 19 lockdown.

Another unanticipated impact from the pandemic is that many Ugandans are going hungry, and in some cases starving. The most vulnerable have been especially hard hit by the pandemic. As most Ugandans live hand to mouth on a daily wage, no work means no income and thus no ability to buy food during the lockdown. This has created an enormous challenge: hunger and starvation for Ugandans and their families. Additionally, the lockdown hit during the height of the growing season and rural communities were prevented from harvesting their own gardens. In response to this dire situation, Soft Power Health began supplying emergency food aid to help those most in need. Fortunately, we were able to raise grant money for this special service. Our heartfelt thanks go out to the Gould Family Foundation and International Rivers for their support of this initiative!

Additional services that Soft Power Health has been fortunate to continue providing during the lockdown are: domestic violence counseling and DIG garden help to those enrolled with the DIG outreach gardening project. Finally, we've continued taking referral patients in need of surgery to CoRSU Hospital in Entebbe and the Surgery Center next door. This was an enormous help to those who are in desperate need.

Given the extreme economic challenges the ongoing pandemic has created, we've been fortunate to continue providing all of these services. We thank all of you for your continued support of Soft Power Health. It's because of you that we have been able to provide help to the families and communities we serve.

Now more than ever your donations are helping save Ugandan lives.



## Clinic Update

Although clinic patient numbers in April dropped as much as 70% from our normal average of 130 patients per day to 30 patients per day, the clinic continued to provide life-saving treatment on a regular basis. During lockdown the patients we've treated have been incredibly sick and with no public transport permitted, they've been forced to travel to the clinic on foot. By mid-May as various types of transportation were permitted to start again, our attendance numbers have steadily increased and we are now trending closer to regular daily treatment caseloads. During the second quarter, Soft Power Health treated 3,672 patients and referred 282 patients for surgery, advanced testing, and chemotherapy.



Clinic patients observing social distance rules.



Busy during corona lockdown.



Esther preparing food on the new stove during lockdown.





## Second Quarter Statistics

**Dr. Charles Kalumuna | Clinic Director**  
**Allan Stone Community Health Clinic**

**Total patients treated: 3,672**

(70% new patients, 30% former patients)

Total referrals made: 282

Total pediatric patients triaged: 766

21%: patients are children

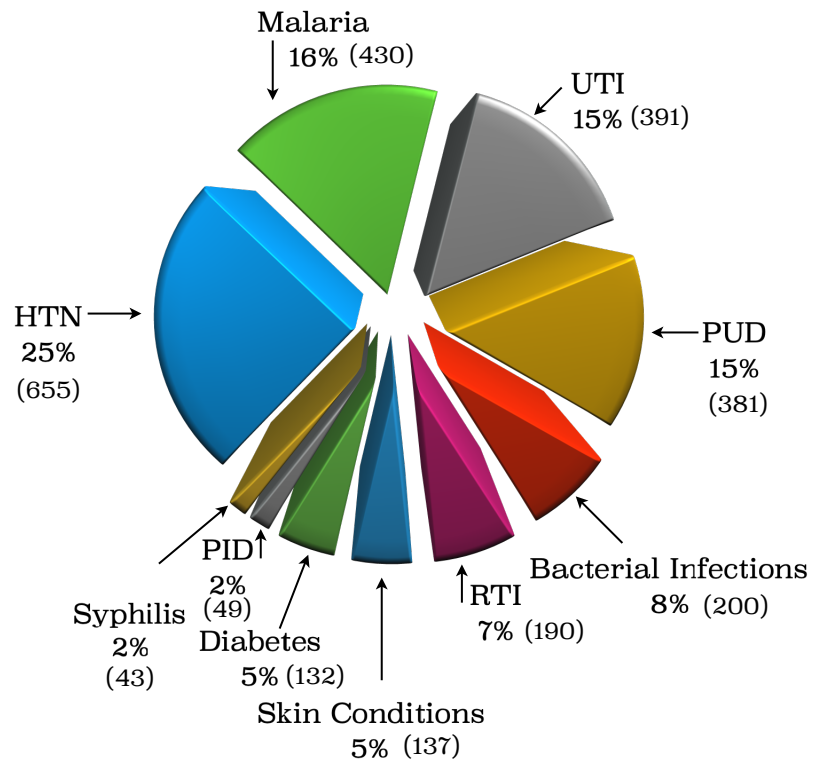
35%: new patients

64%: former patients

Normal nutrition: 320

Nutrition counseling: 151

Need high energy milk: 294



### Physical Therapy

Since all transportation apart from foot transport and special permission that was dispensed on a case by case basis at the district offices weekly, physical therapy outreach was suspended during the second quarter. Despite this challenge, the physical therapists treated a robust number of patients at the clinic.

**Total Patients Treated: 263**

Lower Back Pain: 94

Lower Limb Pain: 43

Cerebral Palsy: 32

Knee Pain: 18

Chest Pain: 14

Developmental Delay: 12

Hydrocephalus: 11

### Dental Services

Due to coronavirus, already sparse dental services in Uganda were suspended in April.

Fortunately, Dr. Paul was allowed to treat patients in May and June. Even with limited transportation and resources available, 54 people received dental services during the second quarter.

**Total Dental Treatments: 54**

Extractions: 24

Periodontal disease: 23

Referrals: 5

Neuropathies: 2



**Family Planning Methods administered including Clinic and Outreach: 999**  
**Condoms distributed including clinic and outreach: 4,215**

## **Mother and Child Wellness Center**

The Mother and Child Wellness Center continued to provide the services of vaccination, deworming, treatment of malnutrition in the form of medically prescribed high energy milk, and family planning during the lockdown.

Interestingly, the uptake of family planning remained at its pre-lock down level!

1. Vaccinations: 96
2. High Energy Milk administration: 141 treatments provided to 67 patients {112 treatments to children with no cerebral palsy; 29 treatments provided to cerebral palsy patients}
3. Family planning methods administered: 190. {Birth control pills: 4, Injectable Depo-Provera: 172, Long-term Implant: 18}
4. Condoms distributed: 1,032
5. Albendazole for deworming, hook worm treatment: 921 treatments.

## **Family Planning Outreach**

Family planning outreach was the only outreach that had permission to continue during the lockdown period.

*Uptake maintained at pre-lockdown levels and the outreach teams were able to successfully visit 39 villages; including one new village, Bubugo Bulongo.*

1. Intermediate and long-term methods administered in outreach. Total: 809 {birth control pills: 1, Injectable depoprovera: 786, Implants: 22}
2. Women tested for pregnancy: 191
3. Condoms distributed in Outreach: 3,183
4. Total condoms distributed: 4,215
5. Family Planning administration break out - Clinic:190 , Outreach: 809.
6. Total administered including clinic services: 999.

## **DIG Garden**

Patrick and the DIG team continued to cultivate and care for the home DIG garden at the clinic as well as visiting farmers at their own gardens. The community demonstration garden in Bubugo village was tended to and will be producing a harvest soon!

1. 30 community gardens ongoing to serve 17 community patients in need
2. One demonstration garden in Bubugo
3. One demonstration garden at the clinic
4. Crops grown : matoke, maize, cassava, nakati, kale, cabbage, tomatoes, carrots, spinach, oranges, pineapples, jackfruit, and mangos!



## Domestic Violence Counseling

Domestic violence counseling continued during the second quarter under lockdown. Florence met with clients at the clinic and made individual home visits once the public and boda transport was permitted again.

### **Total cases counseled: 77**

Gender: 55 women & 22 men

1. Emotional violence: 48
2. Economic violence: 24
3. Sexual violence: 4
4. Physical violence: 1

## Ultrasound Scans

We were not able to provide any scans during the first two months of the coronavirus lockdown.

We began again in June when lockdown was lifted and were able to provide 46 patients with necessary scans.

Gender: 37 women & 9 men

Normal: 14

Abnormal: 32

1. Pelvic: 19
2. Abdominal: 16
3. Obstetric: 7
4. Other: 4

## Malaria Outreach

Since outreaches were not permitted during the second quarter we only sold mosquito nets from the clinic. The timing was good as we had just 66 mosquito nets left in our overall inventory and we were able to sell all of them.

**Due to the countrywide coronavirus lockdown; Malnutrition, Malaria and Physical Therapy Outreaches were all postponed during Q2.**

***Thank you for all your continuous support during this challenging time!***

**DONATE**

Soft Power Health is a 501 (c) (3) tax-exempt organization and all donations are tax deductible to the extent provided by law.

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