



# Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Nseko Sakibu, comforts his 8 year old son, Abdu Shaburu Nseko, at the clinic in December 2021.

## 2021. A Year Unlike Any Other

With great adaptability, the Soft Power Health team successfully navigated this extraordinarily difficult year. In Uganda, the Delta variant delivered a severe blow to the country's already fragile healthcare system.

Trying to fill the gaps with no health safety net for the patients we serve was challenging, but Soft Power Health did everything humanly possible to help those in desperate need of care.

The desire to go above and beyond allowed many patients to be treated successfully and in the process kept them from losing their life savings. Unfortunately, this is often the norm in extreme medical need cases treated in Uganda.

Since no official government statistics are publicly available, we may never know the full extent of lives that were lost due to Delta. But thanks to terrific teamwork and leadership at the clinic, patients that came to us with COVID-19 were given a chance at recovery.

Throughout this difficult period, the clinic was allowed to remain open - treating all the usual diseases as well as maintaining regular hours and two of our outreach programs.

Our family planning outreach program continued operating during the countrywide lockdown, along with domestic violence counseling. Both of these vitally-needed services were in high demand during this stress-filled year; however, all other outreaches were suspended during the lockdown.

Despite these interruptions in service delivery, Soft Power Health had a busy year with patient numbers returning to near pre-pandemic levels. At the clinic we treated 31,858 patients and referred another 2,053 for additional care. Close to 20,000 more patients were seen through our health education outreach programs before and after the lockdown.

In 2021, Soft Power Health marked its 18th year of outreach programming and the 16th year of the clinics operation. Now more than ever, we are very thankful to continue doing our work. Your continued support is what makes this possible. We cannot do this without you.

***Thank you very much for supporting Soft Power Health!***

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## **2021 Highlights**

### ***Temporary COVID Ward Established at the Clinic During Delta Lockdown***

Collaborating with partners in Uganda and outside the country (Segal Family Foundation, Gould Family Foundation, Agnes Gund Foundation and Nama Wellness Center) Soft Power Health was able to establish a covid ward, enabling us to test and treat patients who were COVID-19 positive and suffering from low oxygen saturations.



Abdu Shaburu Nseko is stabilized with oxygen and an IV drip at the clinic.

During the 10-week lockdown, when all healthcare resources throughout Uganda were overwhelmed, the ability to conduct these rapid diagnostic tests and provide oxygen, gave patients the critically important bridge between life and death. In total, Soft Power Health tested 348 patients, treating them with oxygen and successfully stabilizing their condition.

### ***Dr. Henry Leads Our Dedicated Staff Through Delta***

Without Dr. Henry's steady leadership throughout the pandemic and the Delta lockdown in particular, Soft Power Health may not have made it through these trying times. Dr. Henry mentored and counseled staff by holding continuing medical education courses to reassure and inform everyone during this difficult time! As fear dominated rational thinking, having a clear voice to support common sense bolstered everyone to keep going!

The traditional channels of medical care – including medical and lab supplies as well as human resources - were almost nonexistent during lockdown. Further, the entire Soft Power Health staff was personally touched by loss due to Delta's rapid and devastating impact. Thankfully, SPH's team remained strong and supported each other, ensuring the clinic ran smoothly on a daily basis.



Dr. Henry reviews the medical history treatment with a young patient at his clinic office.

During the lockdown, our Operations Manager, Mary Aikror and Facilities Manager, Livingstone Lyende, diligently oversaw every aspect of day-to-day operations at the clinic office.

Nurses James, Annet, Sumaya, with the rest of the nursing team stood by to assist Dr. Henry, Dr. Joseph, Dr. Oliver, Dr. Faith and Dr. Charles attend to all patient needs.

Our lab staff Halima, Haruna, Gandhi and the rest of the team patiently processed all samples. Drivers Joseph, Amos, and Ronald were available to transport staff, patients and medications every day.

Last, but not least, the kitchen staff of Esther, Irene, and Jennifer kept everyone well fed and the cleaning staff of Esther 2, Miriam, Laurence and Binasseri kept the clinic clean and covid free!

*Thank you to all staff for helping Soft Power Health make it through the Delta surge.*

### ***Dr. ZamZam, Nurses Tabisa and Denis Join the SPH Family***

Soft Power Health is excited to welcome new medical officer, Dr. ZamZam and nurses Tabisa and Denis. Beginning last October, all three had instantaneous on-the-job training as clinic numbers rose steadily with the easing of the second lockdown. While in medical school, Dr. ZamZam was mentored by Dr. Stella, our own in-house cardiologist!



L to R:

Dr. ZamZam speaks to the mother of a patient during an exam.

Staff portrait of Nurse Tabisa.

Nurse Denis at a Family Planning Outreach session.

With nursing co-head James returning to medical school, Tabisa and Denis are replacing James in his absence. Denis is doing a fantastic job covering James' family planning role and Tabisa is integrating smoothly into the nursing team in all departments.

*All three are a welcome addition to the Soft Power Health team!*

### ***New Country Manager, Hannah Fromont***

With Kirsten Bunkeddeko's departure at the end of 2021, we needed to hire a new country manager. Luckily, Hannah Fromont sent in her CV. After interviewing a number of well-qualified candidates, we agreed Hannah was a wonderful fit for the position.



Hannah helping out at a Malnutrition Outreach session.

With management experience in country and a love for Uganda, Hannah arrived in November for concentrated training to learn everything Soft Power Health. Hannah has approached this important role with calm determination, tenacity and has a fantastic attitude.

*Thank you Hannah. We're happy to have you join the Soft Power Health family!*

## A Day in the Life at the Clinic



Before the clinic opens, our DIG team is hard at work in the garden - weeding, planting, watering and harvesting vegetables to be used in staff meals. Simon shows off freshly harvested cassava the kitchen will use in the staff's mid day meal.



Every day the SPH staff conducts a comprehensive orientation providing information regarding clinic procedures and our outreach programs. Following the presentation, every patient is triaged with their temperature taken and vital signs recorded.





Nurses Mary and Violet record blood pressures before patients are seen by a doctor.



After a doctor's consultation, patients head to the lab for any needed tests. Once tests are ready, the patients return to the doctor's office to conclude and receive prescriptions which are dispensed by nurses at the pharmacy.



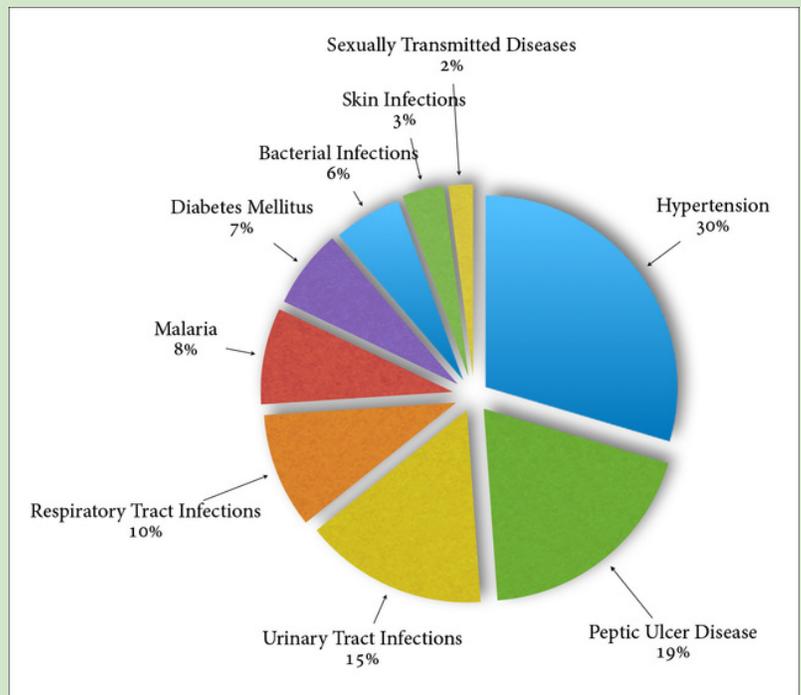
## Allan Stone Community Health Clinic

**Dr. Charles, Clinic Director**

- **Total patients treated = 31,858 patients treated at the clinic in 2021.**
- **Total patients referred = 2,053; 74% of patients were new and 26% were returning.**
- **Total pediatric patients triaged = 8,175; 26% of total patients are children, of these, 44% are new and 56% are returning.**
- **3,270 cases of malnutrition were diagnosed at the clinic in 2021 and 40% of those triaged were diagnosed with severe acute malnutrition (SAM).**

### *Top Ten Diseases Treated*

1. Hypertension = 7,781
2. Peptic Ulcer Disease = 5,072
3. Urinary Tract Infections = 4,052
4. Respiratory Tract Infections = 2,550
5. Malaria = 2,134
6. Diabetes Mellitus = 1,746
7. Bacterial Infections = 1,512
8. Skin Infections = 920
9. Sexually Transmitted Diseases = 539
10. Pelvic Inflammatory Disease = 366



### *In House Laboratory Statistics*

#### **1. Malaria Diagnosis**

- a) Malaria Rapid Diagnostic Tests: **18,050 tests** done with a 11% positivity rate.
- b) Blood Smear (gold standard of diagnosis): **17,903 tests** done with a 6.5% positivity rate.

2. **HIV – 12,769** tests done with a 2% positivity rate.
3. **TB - ZN sputum tests done – 948 tests** done with a 4.5% positivity rate.
4. **Hepatitis B – 300 tests** done with a 17% positivity rate.
5. **H. Pylori – 5,216 tests** done with a 51% positivity rate.

## Dental Services

**Dr. Paul**

328 dental patients treated over three quarters in 2021.

Top three conditions

Periodontal disease = 134

Extractions = 69

Fillings = 22

Referrals = 20



Dr. Paul explains why he had to pull this patients tooth at the clinic in 2021.

## Physical Therapy

**Stephen Kato, Flavia and Rachel**

**4,086 patients treated in 2021**

**3,832 were treated at the clinic = 94%**

**254 were treated in outreach = 6%**

**57% were returning patients | 43% were new patients**



Rachel helps a patient with leg exercises at the clinic.



Sylvester works with 3 year old Morgan at the clinic.

### **Most Common Treatments at the Clinic**

1. Lower Back Pain
2. Lower Limb Pain
3. Cerebral Palsy

### **Most Common Treatments in Outreach**

1. Cerebral Palsy
2. Stroke Rehabilitation
3. Muscular Dystrophy

## Mother and Child Wellness Center

**Vaccinations:** 358 rounds of vaccinations were administered in 2021.

**Prescriptive High Energy Milk:** 1,276 prescriptive courses of High Energy Milk administered to treat severe acute malnutrition in the first three quarters of 2021.

**Deworming:** 8,753 treatments with albendazole were administered in 2021.

**Family Planning clinic-based:** 560 long-term methods of family planning were placed and 5,081 male condoms were distributed.



Nurse Sumaya prepares a syringe at Friday childhood vaccinations at the clinic.



Family Planning outreach client with condoms.

## Family Planning Outreach

**Nurses Annet, Margaret, Mary and Denis**

3,501 long-term methods of family planning were administered.

86% of all family planning takes place in outreach.

*The majority of FP methods used are: Depo-Provera and Savana Press injections.*

**39 villages visited every quarter for education on family planning and administration of methods.**

**Total long-term family planning offered = 4,061**

**14,958 deworming treatments for hookworm with albendazole were provided in 2021.**



Denis records injections at a family planning outreach.



A child receives albendazole during family planning.

## Malnutrition Education and Prevention

**Margaret, Annet, Loy, Mariam and Naigaga**

**949** families were educated in **27** village education sessions.

**383** in-home follow-up visits assessing knowledge durability and transfer made.

**2,431** deworming treatments for hookworm with albendazole provided.

**1,642** doses of Vitamin A given to infants and children.

**26,520** doses of prenatal vitamins given to pregnant and lactating mothers.



Mariam answers questions at a malnutrition session in Kakira.



Loy listens to a client at malnutrition outreach.

## Malaria Education and Prevention

**Sarah M, Department Head**

- **964** clients educated at **45** village based education sessions.
- **242** in-home follow-up visits to assess knowledge transfer and proper use of nets.
- **446** nets sold at education sessions = 26% of all nets sold.
- **1,257** nets sold at the clinic for a total of 1,703 nets sold in 2021.



A village elder asks Sarah a series of questions during a malaria education outreach.

## Domestic Violence

### Florence, Head Counselor

714 patients counseled between the clinic, outreach and home visits in 2021.

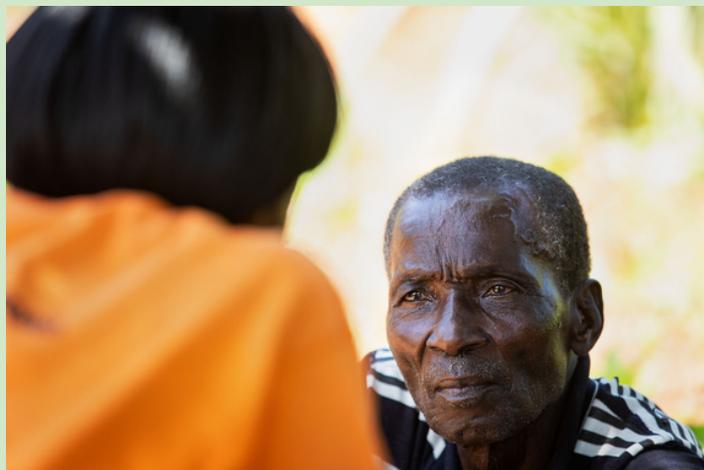
525 clients were women = 74% and 189 clients were men = 26%.

Most common types of violence

1. Economic = 948
2. Emotional = 183
3. Sexual = 38
4. Physical = 6

429 people were new to counseling and 230 were returning clients.

*Most clients experience more than one type of violence and sometimes, several types of violence.*



Domestic violence interventions are an essential part of comprehensive health care.

## High Energy Milk Treatment for Severe Acute Malnutrition

### Esther and Irene

874 doses of prescriptive high energy milk (HEM) for severe acute malnutrition were dispensed to 431 non-cerebral palsy patients in 2021.

402 doses of HEM were prescribed to 242 patients with cerebral palsy, whom do not improve their nutritional status because of their underlying condition except in rare instances.

673 patients received an average of 2 doses HEM per patient = **1,276** total doses of HEM prescribed.



JoJo and Irene prepare HEM for patients to take home.

## DIG Organic Garden Program

**Fred, Department Head**

**16** community based home gardens cultivated through two growing seasons in 2021.

**One** community-based demonstration garden emphasizing food security with maize, yielded **252kgs** of maize meal for staple food during the dry season.

The Soft Power Health clinic garden supplied the mid day meal for all staff, while also serving as a demonstration garden for patients and students!

*In addition to providing a hands-on educational setting, the SPH home garden supplied an abundance of crops to the kitchen throughout 2021, including:*

**109 bushels of matooke, 178 bundles of kale, 171 bunches of spinach, 176 pieces of cassava, 27 bunches of pumpkin leaves, 27 papaya, 11kgs of eggplant, 300 lemons, 16kgs of green peas, 13kgs of carrots, 69 cucumbers, 14 heads of lettuce, 70 heads of cabbage and 22 bunches of coriander.**



DIG Garden department head, Fred, harvests fresh kale for the kitchen staff to use in the mid day meal.

### ***Soft Power Health Receives International Recognition at the Festival of Ethical Photography***

Since 2017, Soft Power Health's clinic services and outreach programs have been documented by photographer, Eli Reichman. In the 2021 NGO Documenting Humanity category, Soft Power Health's work, as seen through Eli's lens, was selected as one of 15 international finalists.

The Festival of Ethical Photography of Lodi was created to bring the general public close to ethically significant content using photography as a means of communication and knowledge, analyzing different nuances of the delicate relationship between ethics, communication and photography.

We were thrilled to have our work recognized by this prestigious competition.

Work of all 15 finalists from the festival can be viewed at this link:

**<https://www.festivaldellafotografiaetica.it/2021-shortlist-nonprofit/>**



*Your support means the world to us.  
It's with a full heart we all say - Thank You!*



*We welcome donations of any size and every contribution makes a meaningful difference! Despite the ongoing challenges of 2021, we had a very successful year. Thank you very much for your continuing support. You have made Soft Power Health what it is today. Our very best and healthy wishes for 2022.*

## *Partner With Us Two Ways to Give*

### **Send check payable to:**

Soft Power Health  
2887 Purchase Street  
Purchase, NY 10577  
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**Click the **DONATE** button at: [www.softpowerhealth.org](http://www.softpowerhealth.org)**

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