



# Soft Power Health

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



A very well attended malaria education session prior to second lockdown.

## WHAT'S NEW!

Patient advocate and head driver Joseph Kabagoza is constantly discovering community members in need and acting to help them get care. During Q2, he identified two patients in very difficult situations.

One young woman had a very large abdominal mass and her family searched everywhere to find help without any success.

The young woman was directed to the clinic where Dr. Henry examined her and sent her for a catscan. Examination and imaging strongly suggested an ovarian cyst. Dr. Joseph at the surgery center next door agreed to operate and remove the cyst - no small undertaking as the cyst turned out to be 35 lbs! Thankfully, the surgery went smoothly and the patient is doing very well.



Dr. Henry and Joseph and the patient with her family.

## ALLAN STONE COMMUNITY HEALTH CLINIC

**TOTAL PATIENTS TREATED  
IN 2ND QUARTER: 7,642**

*481 patients referred for  
surgery or tertiary care.*

### Top 10 Diseases Treated

- 1: Hypertension (HTN) = 1,599
- 2: Urinary Tract Infection (UTI) = 1,321
- 3: Respiratory Tract Infection (RTI) = 1,298
- 4: Peptic Ulcer Disease (PUD) = 1,285
- 5: Malaria = 634
- 6: Bacterial Infections = 466
- 7: Diabetes = 398
- 8: Skin Conditions = 261
- 9: Syphilis = 145
- 10: Pelvic Inflammatory Disease (PID) = 90



After developing a terrible ulcer on her foot and ankle, Juliette, a single mother with four children was abandoned by her husband. Unable to work, she could not afford food for her family and her children developed malnutrition.

Following a home visit, the family was brought to the clinic where they were diagnosed with malaria and malnutrition. Juliette immediately began treatment for the foot ulcer and infection, and the children were treated for malaria and malnutrition. We're happy to say, all are doing much better! Thank you Joseph!



Juliette, at home with 3 of her 4 children.

## THE TOUGHEST TIMES UGANDA'S SECOND LOCKDOWN

Through early June, Soft Power Health's full roster of programming was up and running, including all outreach programs and the clinic was seeing and treating a daily average of 120 patients. During this time Covid-19 case numbers had diminished to almost zero. However; by mid-May the Covid-19 Delta variant began spreading across Uganda like a firestorm and the country entered its second official lockdown in mid-June, grinding everything except clinic-based services and family planning outreaches to an abrupt halt.

With only 1.5% of the population of Uganda vaccinated, the Delta variant's incredibly contagious properties caused multiple communities to be infected at the same time. This forced Uganda's already dysfunctional public hospital system in a resource poor setting to completely break down.

While over taxed public hospitals turned patients away in great numbers, essentially telling people to go home and die, many never made it to the hospitals, dying at home from the Delta variant. Patients who made it to private hospitals and could not pay were turned away. Many private health centers raised their prices to extortionary amounts forcing people with little means to sell their land, cows or goats just to gain admission - without even a promise of treatment.

Despite lockdown movement restrictions being enforced throughout Uganda, the clinic remained remarkably busy treating the usual diseases, but with an alarming increase in the number of respiratory tract infections resulting from the Covid-19 Delta variant.

The inundation and break down of the Ugandan government's healthcare system resulting from the Delta variant's spread across the country - forced Soft Power Health to open our own temporary Covid-19 stabilization ward. Once in place, patients suspected of being Covid positive were isolated, tested and if needed, put on oxygen. This was an enormous undertaking, but thankfully with tremendous help from both the Gould Family Foundation and Segal Family Foundation, we did it!





Prior to the Delta variant lockdown, the family planning team added another village to the outreach program, Bubugo Bulongo, to their regular roster of 38 villages – making 39 villages visited quarterly to provide family planning education and long term methods in the field as well as deworming.

In early May before lockdown number 2, the Cure Cervical Cancer team traveled from Los Angeles, CA to visit Soft Power Health and coordinate plans for future training of healthcare staff and collaboration.



L to R: SPH country manager Kirsten, SPH head cook, Irene, Cure Cervical Cancer program manager Christina Hong and executive director, Rebecca Lepsik.

## STAFF SPOTLIGHT

### NURSE JAMES

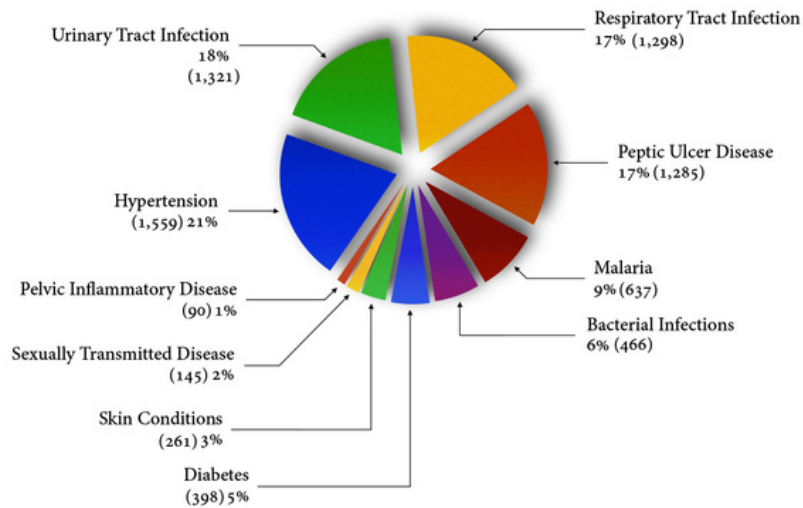
A true role model, James, is one of Soft Power Health's senior nurses. James took the initiative to deliver lifesaving cardiac medicine to some of our sickest patients during the second Covid-19 lockdown. Since these patients were unable to come to the clinic, James delivered medicine directly to their homes, logging over 200 kilometers on his motorbike and on his own time!



Nurse James prepares to deliver essential medicines to Soft Power Health patients at home.



## TOP 10 DISEASES TREATED AT THE CLINIC IN THE SECOND QUARTER



## CLINIC LAB REPORT

1: 69 Hepatitis B antigen tests done with 16 positive tests = 23% positivity rate.

2: 4,107 HIV tests done with 77 positive tests = 1.8% positivity rate.

3: 4,709 malaria tests conducted using the Malaria Blood Smear method (the gold standard of diagnosis) with 340 positive smears = 7% positivity rate.

4: 4,464 malaria rapid tests done with 620 positive tests = 12% positivity rate, almost twice that of the blood smear positivity rate.

## PEDIATRIC TRIAGE

TRIAGE TEAM: SANDRA, JULIANA AND LOY

*Total patients triaged: 1,316*

46% of pediatric triaged patients were new

54% were returning patients

Normal nutritional status recorded in 601 pediatric patients = 46%

493 pediatric patients identified as having severe acute malnutrition = 37%

Pediatric patients identified as needing nutrition counseling only: 242 = 17%

## MOTHER AND CHILD WELLNESS CENTER SOFT POWER HEALTH CLINIC FAMILY PLANNING, MALNUTRITION TREATMENT AND VACCINATION

1: Soft Power Health treated 178 patients for severe acute malnutrition throughout Q2 with each patient receiving an average of 2 doses of prescriptive High Energy Milk.

2: 48% of children receiving high energy milk had cerebral palsy.

3: Clinic based family planning = 16% of all family planning done by SPH. a) 154 long-term methods of family planning placed. b) 864 male condoms were distributed. c) 12 long-term implant removals done.

4: 2,266 de-worming treatments of Albendazole were given.

5: No routine childhood vaccinations were given in Q2 due to refrigerator breakdown and regular vaccines were not available.

## ULTRASOUND

NO SCANS PERFORMED DURING Q2



## PHYSICAL THERAPY

PT TEAM: STEPHEN KATO, FLAVIA AND RACHEL

TOTAL PATIENTS TREATED =1,022

Lower back pain continues to be the most common condition treated. In Q2, 50% of clinic patients were new and 50% were returning. Whereas in outreach, 92% were returning patients in need of long-term care.

945 patients treated at the clinic = 92% and 77 patients were treated in outreach = 8%.

Top Three Physical Therapy Treatments

1: Lower Back Pain = 363

2: Lower Limb Pain = 176

3: Cerebral Palsy = 138

*Especially during the lockdown, PT outreach provides essential care to SPH patients unable to come to the clinic. Though a relatively smaller number, these patients are most often in need of therapy.*

## DENTAL | DR. PAUL

TOTAL PATIENTS TREATED =55

Conditions Treated

1: Periodontal disease = 25

2: Extractions = 15

3: Fillings = 3

4: Patient referrals = 6

Dental care was provided throughout April and May.

Unfortunately all dental services were stopped in June due to the second countrywide lockdown from the Covid-19 Delta variant.

## HEALTH EDUCATION OUTREACH IN Q2

MALARIA, MALNUTRITION, FAMILY PLANNING,  
DOMESTIC VIOLENCE, DIG AND PHYSIOTHERAPY

Prior to the second lockdown, all Soft Power Health's programming was up and running including all outreach programs.

With the usual public health issues like malaria prevention, malnutrition education and treatment, family planning education and implementation, and domestic violence counseling being more urgent needs for communities because of the halt in most of those services during the first part of the pandemic, all outreaches were busy and well attended.

We even added a new village to the family planning roster!



SPH Family planning outreach team educates and administers family planning in Nawampanda.

## SECOND QUARTER STATISTICS

### MALARIA EDUCATION, PREVENTION AND NET SALES

SARAH AND MARIA, EDUCATORS

Prior to Q2 lockdown, SPH reached 483 people through education and follow up sessions.

- 1: Eighteen malaria education sessions were held in Q2.
- 2: 409 people attended education sessions and 34 nets were sold at outreach education sessions.
- 3: 169 nets were sold at the clinic for a total of 203 nets sold.
- 4: 74 malaria net follow-up home visits were conducted in eight villages throughout Jinja district.

### MALNUTRITION EDUCATION AND PREVENTION PROGRAM

NURSES JAMES AND MARGARET

- 1: Twelve villages were visited for malnutrition education outreach and 366 families attended education outreach sessions in Q2.
- 2: 141 individuals received in home follow up visits in eight different villages.
- 3: 920 doses of albendazole deworming treatments were administered during outreaches.
- 4: 698 doses of Vitamin A were given to children in need.
- 5: 5,880 doses of prenatal vitamins were provided to pregnant women.

### FAMILY PLANNING OUTREACH

NURSES JAMES AND ANNET

*84% of all family planning takes place in outreach.*

*During the pandemic this is more important than ever before!*

During Q2, SPH served 39 villages in 3 Districts, continuing throughout the pandemic's second lockdown.

- 1: Long-term family planning methods placed = 815
- 2: Long-term implants removed = 4
- 3: Positive pregnancy using 215 HCG test done = 10 with 1 side effect managed
- 4: Albendazole de-worming treatments administered = 2,589
- 5: Condoms distributed in FP outreach = 1,244





## DOMESTIC VIOLENCE COUNSELING CLINIC BASED AND OUTREACH

### FLORENCE | DOMESTIC VIOLENCE COUNSELOR

Total: 208 patients counseled

Women: 156 = 75% | Men: 52 = 25%

New Clients: 114 = 55% | Returning Clients: 94 = 45%

#### *Most Frequent Types of Violence Counseling*

1. Emotional violence = 135 cases 2: Economic violence = 61 cases 3: Sexual violence = 9 cases 4: Physical violence = 3 cases



Florence enters patient information at the SPH clinic.

*In Uganda the pandemic has exacerbated domestic violence, causing far more incidents than services to help those in need. Florence's work is more important now than ever before.*



## SOFT POWER HEALTH CLINIC HOME GARDEN

The DIG home garden remains productive throughout the year and with food insecurity at an all-time high because of the pandemic, the garden is wonderful and healthy blessing to have as a resource for our staff and patients.



Aerial view of the SPH clinic home garden.

#### Q2 SPH home garden production:

Matoke = 29 bunches, Kale = 18 bunches, Spinach = 43 bunches, Sweet Bananas = 2 bunches, Pumpkin leaves = 10 bunches, Papaya = 12 pieces, Green Peas = 16 bunches, Lemons = 20, Eggplants = 2 kilograms



## *Our Courageous Cruiser*

Through the years our durable 2003 Toyota Land Cruiser has endlessly served many functions. It is Soft Power Health's car, ambulance, staff transporter, patient and medical supply deliverer. Thrust back into full action criss crossing Uganda throughout the second lockdown, we believe it is worthy of being featured in a Toyota ad campaign. Indeed, Courageous Cruiser was built to last!

But, all good things must come to an end and with more than 550,000 kilometers on it's 18-year-old engine and body, we know our courageous cruiser's days are numbered. So we're asking everyone's help raising funds as we undertake the search for a new vehicle.

It's definitely time for a new Cruiser!



Ronald, Aggrey, Sarah and Maria awaiting departure to a malaria education session in the trusty Cruiser!

*We welcome donations of any size and every contribution makes a big difference, especially during this challenging time! Thank you very much for helping to make Soft Power Health what it is today. We would not be where we are without you!*

*Thank You Very Much!!!*

## *Partner With Us! Two Ways to Give*

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

Soft Power Health  
2887 Purchase Street  
Purchase, NY 10577  
USA

**Click the **DONATE** button at: [www.softpowerhealth.org](http://www.softpowerhealth.org)**

*Soft Power Health is a registered 501(c)(3) and all contributions are tax deductible. Tax ID #: 20-6195776*

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