



Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Participants in the Isometric Handgrip Exercise Study doing their exercise regime at the clinic. Study groups practiced 3 times per week together at the clinic for 4 months.

2022 Highlights

Putting the Squeeze on Hypertension

High blood pressure is the most common disease we treat at the clinic. Many of our hypertensive patients have difficulty affording long-term treatment as well as regular medical check-ups and monitoring. In September 2022, we began a long awaited Isometric Handgrip Exercise (IHG) acceptability study, which had been delayed by COVID. University of Montreal MPH student Cora came to Uganda to work on the IHG study with us.



Cora leads an IHG session at the clinic.



Timing an IHG exercise.

In order to see if IHG would be possible in this setting, we began the 4-month study in October.

Nurses Milly, Viola and Mustafa worked with Cora to run the study, training and guiding patients in use of the stress ball in group settings at the clinic. The participants really enjoyed the exercises and doing them together with fellow patients.

By the end of the year, before the conclusion of the study, all participants reported feeling much better and having more energy thanks to doing the stress ball exercises. All reported enjoying the group setting of doing the exercises.

Though the all results won't be analyzed until the end of March 2023, preliminary findings show that the stress ball isometric handgrip exercises were a huge success! With the encouraging outcome of this acceptability study, we hope to roll out a larger study making the isometric handgrip exercise available to many more hypertensive patients at the clinic. With a much cheaper cost and a positive side effect profile, the isometric handgrip exercise regime could be the way forward for helping to manage hypertension in Uganda.



(L) Nurse Milly gives instruction prior to starting an exercise session. (R) Per study protocol, 60% of maximum squeeze.

Neglected Parasitic Infection That Uses Snails Not Mosquitos!

Schistosomiasis (aka Bilharzia) is a neglected tropical disease that is virtually unknown outside the developing world. It causes high morbidity and mortality throughout impacted areas (an estimated 230 million cases exist in the developing world), but it is treatable and preventable with education. Lake Victoria, the source of the Nile, has the highest rates of bilharzia infection in the world.

With the conclusion of the pandemic in Uganda, we were able to resume having volunteers come work with us, picking up projects that we had intended to start, but were forced to delay.

This past summer, we hosted Mt. Sinai Global Health MPH student Sakshi to help us conduct a schistosomiasis prevalence study in our home village of Kyabirwa. Prior to beginning this study, we had seen an uptick in cases of schistosomiasis both in local villages and in Jinja town, all areas that border Lake Victoria and the Nile.

The study found that 51% of residents in our home village of Kyabirwa were infected with the Schistosomiasis parasite. This is a big eye opener for us. We are working together with the district medical office to create an education and treatment plan.

On pages 5 and 6 in this report you'll see and learn more about the life threatening impact Schistosomiasis has on people if not detected and treated in its early stages.

Connecting the Clinic

Thanks to inspired volunteer Luke Bucher's expertise and training of SPH staff, Soft Power Health is making the transition from paper recording to electronic medical records. This is an issue we have been trying to tackle for many years unsuccessfully. Now, we are in the process of making the transition, and we are getting there, slowly by slowly.

This is a massive undertaking which we hope to complete by the end of 2023!



Cables are installed throughout the clinic creating a secure network.



Luke gives a tutorial to Ivan and Paul.

Using the Unlimited Power of the Sun

Thanks to you the clinic now runs entirely on solar power! In July, we installed a comprehensive solar panel system – allowing all our power needs to be met with no interruptions in service. This eliminates the need for a generator and extra diesel fuel consumption – both polluting and expensive, creating a quieter, healthier clinic environment for staff and patients.



The new solar panels on our kitchen roof provide enough reliable energy to power the entire clinic.

New, Slightly Used Wheels

We purchased a new-used Cruiser thanks to YOUR support! We are still using the old cruiser for short journeys. The new cruiser is used for big journeys and outreaches such as: trips to Corsu hospital, Entebbe Children's Surgical hospital and long distance travel to Mayuge and Kamuli districts. Thank you for making this possible!



Maria retrieves mosquito nets from the new cruiser to be sold at a malaria education outreach session in Kakira.

Welcome New Staff

Christine began a newly created Human Resources position in January 2022 and has excellent financial management skills as well. She has provided positive support to management of the clinic and working with the staff. In July 2022 Milly, a nurse-midwife and counselor joined Soft Power Health. And after interning in the SPH drug store with nurse Mariam, Salama joined the nursing and drug management team. With are very grateful to have such terrific new additions to our team.



Top left: Christine meets with Hassan and Living.
Top right: Nurse Milly speaks at clinic vaccination day.
Bottom right: Salama provides medication instruction.



Patient Story: Kiirya Elukana

Last September, 14 year old Kiirya Elukana came to the clinic with extreme abdominal distention, difficulty breathing, an inability to bend over, and severe acute malnutrition. Kirya's mother, Loy, shared that his older sister had died the previous year from a similar mysterious illness. Loy's neighbor Faizo, told her how Soft Power Health helped cure his niece who apparently had the same condition. Kiirya's family lives 500 meters from the shores of Lake Victoria in Mayuge district, a 4+ hour trip to the clinic. The lake has the highest rates of schistosomiasis infection in the world.



Lake Victoria is seen in the distance from the edge of Kiirya's front yard.



Dr. Henry examines Kiirya at the clinic.



Kiirya waits for the next step in his treatment.

Upon talking with Kiirya, Dr. Henry discovered he had a long history of exposure to the lake water, making schistosomiasis a likely diagnosis. Further testing confirmed infection and Dr. Henry began treatment which includes tapping fluid from Kirya's abdomen and treating schistosomiasis with praziquantel, as well as addressing dietary needs.



At the clinic Dr. Henry prepares to drain fluid from Kiirya's abdomen

Since the disease was far advanced at diagnosis, the road to recovery will take time. Kiirya is now 6 months into his treatment and is slowly improving which is great to see. His abdomen has begun shrinking by a number of centimeters – a sign that his previously infected liver is starting to function properly.



Kiirya and his mother Loy stand for a portrait outside their home.



Fazio, who suggested the clinic to Loy, stops by to visit.

Today Kiirya reports feeling much better. He is breathing with less effort and is able to bend over to put his shoes on.

It has been wonderful to witness steady progress toward recovery in a boy who without treatment, was sure to lose his life to this little known deadly disease.



Kiirya walks nearby his home.

Allan Stone Community Health Clinic

Dr. Charles, Clinic Director

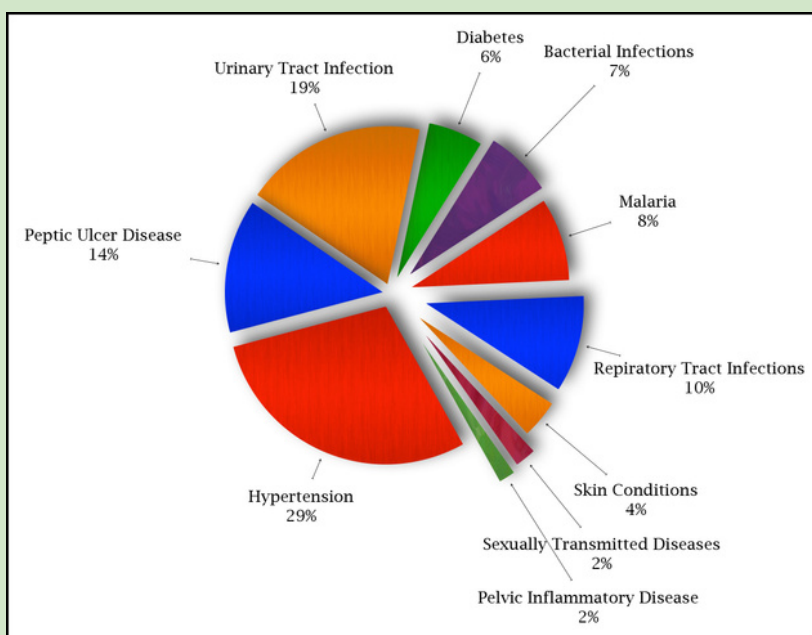
- **Total patients treated = 32,521 patients treated at the clinic in 2022.**
- **Total patients referred = 3,782; 78.5% of patients were new and 22.5% were returning. 64% of patients are women.**
- **Total pediatric patients triaged = 7,893; 24% of all patients are children, of these, 46% are new and 54% are returning.**
- **2,920 cases of malnutrition were diagnosed at the clinic in 2022; 37% of those triaged were diagnosed with severe acute malnutrition (SAM).**



Dr. Charles examines pediatric patients with severe acute malnutrition.

TOP TEN DISEASES TREATED

1. Hypertension = 8,251
2. Urinary Tract Infections = 5,324
3. Peptic Ulcer Disease = 3,890
4. Respiratory Tract Infections = 2,815
5. Malaria = 2,413
6. Bacterial Infections = 1,958
7. Diabetes Mellitus = 1,597
8. Skin Conditions = 1,113
9. Sexually Transmitted Diseases = 611
10. Pelvic Inflammatory Disease = 470



In House Laboratory Statistics

122,481 total lab tests done.



Lab team at work.

1. Complete Blood Count Tests = 23,672.

2. Malaria Diagnosis

a) Malaria Rapid Diagnostic Tests: **20,697 tests** done with a 12% positivity rate.

b) Blood Smear (gold standard of diagnosis): **18,090 tests** done with a 8.3% positivity rate.

3. HIV – 12,431 tests done with a 2.4% positivity rate.

4. TB – 1,130 ZN sputum tests done with a 4.5% positivity rate.

5. Hepatitis B – 490 tests done with a 23.5% positivity rate.

6. H. Pylori (peptic ulcer disease) – 6,782 tests done with a 50% positivity rate.

7. HCG (pregnancy) 1,263 tests done with a 18.5% positivity rate.

Malaria remains the most commonly diagnosed and treated infectious disease.

Nearly 4 times as common as HIV and 3 times as common as TB.

Dental Services

Dr. Paul

450 total dental patients treated in 2022.



Dr. Paul demonstrates good dental hygiene practices during a family planning outreach session.



Top three conditions:

1. Periodontal disease = 173 2. Extractions = 170 3. Fillings = 29

FAMILY PLANNING

Aisha: Department Head

All Nursing Staff

3,723 long-term methods of family planning placed between clinic and outreach in 2022.

503 methods placed at the clinic; **3,171** methods placed in outreach.

13.5% of family planning occurs at the clinic 86.5% occurs in outreach in 39 villages visited quarterly.

20,233 albendazole tablets given in outreach.

5,930 condoms given in outreach.

All methods provided alongside counseling and education.



Aisha leads a family planning outreach education session.



Annet counsels a woman on how to use condoms at a family planning outreach session.

Clinic Wellness

1,282 total prescriptive doses of HEM given in 2022 to a total of **538** patients.

1,199 doses of HEM given to **499** patients with severe acute malnutrition;

83 doses of HEM given to **39** patients with cerebral palsy.

Deworming for hook worm with albendazole – **7,783** treatments given.

272 rounds of childhood vaccinations given through Friday vaccination days at the clinic.



(L) HEM being prepared for a clinic patient. (R) Tabisa immunizes an infant during a childhood vaccination day.

Physical Therapy

Flavia, Rachel, Sylvester and Stephen Kato

4,035 patients treated in 2022.

3,715 were treated at the clinic.

320 were treated in outreach.



Rachael encourages 7 year-old Margaret during a home visit in Itanda.



Stephen works with a patient at the clinic.

Most Common Treatments at the Clinic

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

Most Common Treatments in Outreach

1. Cerebral Palsy
2. Hydrocephalus
3. Developmental Delay

Malnutrition Education and Prevention

Margaret, Loy, Mariam and Annet

2,245 families were educated in 44 village between outreach and education sessions.

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

3,963 deworming treatments for hookworm with albendazole provided.

2,616 doses of Vitamin A given to infants and children.

38,580 doses of prenatal vitamins given to pregnant and lactating mothers.



A child receives Vitamin A during a malnutrition outreach session.

Malaria Education and Prevention

Sarah M, Department Head

Maria and Ivan

- **2,198** people educated at 62 village based education sessions.
- **309** in-home follow-up visits to assess knowledge transfer and proper use of nets.
- **419** nets sold at outreach education sessions.
- **652** nets sold at the clinic for a **total of 1,071** nets sold in 2022.



Children help demonstrate who has the priority of sleeping under a net during an outreach in Kakira.

Domestic Violence Team

Jennifer and Benja

816 patients counseled between the clinic, outreach and home visits in 2022.

614 attendees were women and 202 were men.

Most common types of violence: 1. Economic 2. Emotional 3. Sexual 4. Physical
60% people were new to counseling and 40% were returning clients.



Jennifer stops by for a home visit with Kumuli John.

DIG Organic Garden Program

Fred, Department Head

Ali, Paul, Simon, Samuel, Peter, JoJo

17 community based home gardens cultivated through two growing seasons in 2022.

One community demonstration garden to provide food security in the dry season.

The Soft Power Health clinic home demonstration garden provides food for the lunchtime staff meal and training area for future gardeners.



Fred and Peter water freshly planted seedlings in the home garden.



The DIG outreach team visited Jambusa's wife, Eva, as she picked peanuts.

In addition to providing a hands-on educational setting, the SPH home garden supplied an abundance of crops to the kitchen throughout 2022, including:

Eggplant: 48Kgs, Matooke: 66 bunches, Casava root: 86 pieces, Kale: 155 bunches, Spinach: 154 bunches, Cabbage: 83 heads, Maize: 35 pieces, Pea Leaves: 58 bunches, Cucumbers: 217, Carrots: 122.



*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! 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 2023.

Partner With Us Two Ways to Give

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Click the **DONATE button at: www.softpowerhealth.org**

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