



Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Volunteer MPH student Cora Siebert, finishes a successful session with IHE study participant, Zakayo.

Putting the Squeeze on High Blood Pressure

In October, Soft Power Health launched an Isometric Handgrip Exercise (IHE) acceptability study at the clinic. The American Heart Association recommended IHE reduces blood pressure by up to 30% if done regularly. An international collaboration of Drs. Phil Levy, Cheri McGowan, Kate Zinzer, MPH student Cora Siebert together with SPH Drs. Charles, Henry, Jessie, and nurses Milly, Viola, and Musitafah initiated the pandemic delayed study. Thrice weekly exercise sessions allowed monitoring of participants' responses to the regimen. Once this project concludes and data is analyzed, SPH hopes to roll out a larger IHE research study with local communities.

Now half completed, the initial results have been very promising. The participants have embraced this simple exercise and are excited to see measurable improvements in their blood pressure and daily health. For the SPH patient population suffering from high blood pressure, this could reduce the need to take multiple drugs and potentially any medication to control their hypertension. Our goal is to help SPH patients learn to manage their high blood pressure, while spending less money – enabling them to lead healthier and more productive lives.

“The first time I came here my blood pressure was 195 [systolic]. But now when they introduced this exercise with the stress ball, I reached a time that now my blood pressures are low. The stress ball is beyond good, it is amazing”



Cora leads an IHE session with SPH study participant, Joyce and nurse Musitafah joins in the practice.

New Anti-Hypertensive Medication

As hypertension is the most common disease treated at the clinic, it stands to reason that anti-hypertensive medications are the most prescribed. They are also the most expensive to procure. More than half of SPH's yearly drug budget goes towards purchasing these medications. Thus, options to help Soft Power Health reduce medication costs is a huge help. Thanks to Dr. Henry and nurse Miriam, we were able to find less expensive, quality medications, enabling us to treat more patients without spending more money.

A big thanks to Dr. Henry, nurse Miriam, and our new supplier Microlabs.

Kyabirwa Schistosomiasis Study

In July, Mt. Sinai MPH student Sakshi Sawarkar spent 8 weeks working with Dr. Henry, Dr. Charles, and translator Abiola William on a prevalence study of the neglected tropical disease schistosomiasis in our home village of Kyabirwa. The study enlightened everyone with the discovery that 51% of the village was positive for schistosomiasis, requiring treatment as well as education about prevention, transmission and treatment.



Sakshi makes a home survey visit.



William collects a thumb print signature from a survey participant.

Solar Powers the Clinic

Soft Power Health is happy to report the entire clinic now runs fully on solar power. Our own independent power system ensures that there are no interruptions to patient services. We've shortened the waiting time for patients, while creating a healthier facility for staff and patients by having no loud noises or toxic diesel smoke. Equally as important, solar power is environmentally friendly and saves money that can now be used in our daily operating budget. Thank you donors who helped us become independent and more self-sufficient!

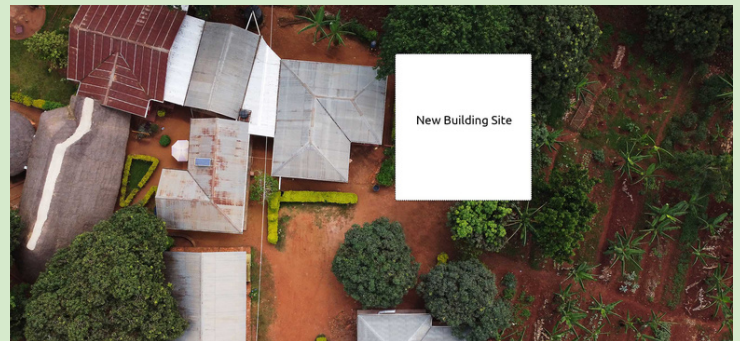


These panels and rack of batteries power the entire clinic.

Cramped Quarters

When Soft Power Health began 19 years ago, we never could have imagined treating up to 200 patients per day and employing a staff of 100. Our top priority remains providing affordable and comprehensive healthcare services to the communities we serve. With an increased patient load, we've had to displace some staff from their work space to provide consultation rooms for patient treatment. Often, this has led to up to 4 people sharing one small office and occasionally treating patients outside. This is a big change from the early days of seeing 10 - 20 patients per day, a task the old clinic infrastructure could easily handle. As the pandemic came to a close in Uganda, Soft Power Health experienced a huge uptick in daily patient numbers. To accommodate this increased demand for SPH services, we've hired another doctor, two nurses and additional administrative staff to keep the clinic operation moving efficiently.

Unfortunately, we have run out of space to accommodate the heavy daily flow of patients, and we must expand the campus. We have chosen a great location for a new building. The new structure will include; 3 doctors consultation rooms, an office / conference room for staff meetings, and another office for administrative staff and additional storage space for everyday clinic supplies.



Since the beginning of 2022, Uganda faced the same inflationary pressures experienced in the developed world. New construction costs have skyrocketed here. The projected budget for this new building is \$40,000 USD. We are asking for your help to raise the money. Please consider an end of year donation earmarked for this new construction project.

*We appreciate your consideration.
Every donation will help make this new space a reality.
Thank you!*

In The Spotlight

For 14 years, nurse Annet has provided excellent patient care in the clinic and superb community education in family planning and malnutrition outreach. Her diligent and dedicated work over time earned respect from colleagues and trust from patients. Annet currently co-heads the nursing department with Sumaya, and we are very grateful that she is part of the Soft Power Health team.



Annet injects birth control at a family planning outreach session.



Annet educates community gardens about the benefits of healthy nutrition.

Domestic Violence Team Expansion

With the death of Florence, head of the domestic violence program, SPH transitioned its domestic violence team approach. This new counseling model allows problems to be comprehensively addressed with patients and in the communities where we work.



Jennifer, Steve and Benja encourage a client during an outreach home visit.

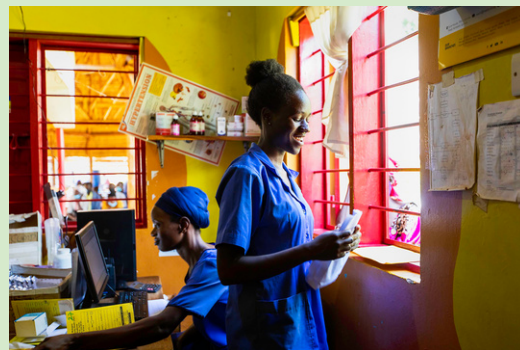
Led by Jennifer and Benja and with the help from Steve Boda, Sarah, and Joseph, our head driver – the team works together, ensuring many people’s needs are being addressed.

Welcome New SPH Staff

This year we welcomed nurse Milly and new pharmacist Salama to our team. They have been training alongside Tabitha and Viola, nurses who joined us at the end of last year, to practice in the clinic and outreach programs. Milly and Viola have both worked closely with the Isometric Hangrip Study as well. Salama supports Miriam in the pharmacy with stock taking and dispensing as well as attending to patients. We are grateful to have them join us!



Nurse Milly works at Friday childhood immunizations.



Salama dispenses medications at the clinic's pharmacy.

Electronic Medical Records Arrive at the Clinic

For several years Soft Power Health has researched the most cost effective transition from the current paper patient record keeping system to an online computerized one. With unreliable power and limited internet access, undertaking a complete system overhaul seemed nearly impossible.

Enter volunteer Luke Buscher, a former Space X employee with three degrees in computer science. Luke worked hard this fall accessing, identifying and overseeing the transition to the new EMR system. His research led us to a local computer and software system that best fits SPH's needs and easily connects throughout the clinic.



Benja, Living and Martin work on their computer literacy as Luke watches.



Ivan instructs Paul how to enter patient information at the registration desk.

Luke has mentored SPH staff – providing training in computer literacy for the new system and preparing for its launch in early 2023. When in place, this transition will make our recording and reporting faster and easier, while ensuring our patients no longer have to worry about losing their patient record cards.

Cervical Cancer Screening — An Unmet Need

Women make up 65% of the clinic patients. As the primary caretakers and bread winners in many households, specialized preventative health care for them is non-existent in Uganda. Cervical cancer screening tests such as pap smears simply aren't accessible for Ugandan women. As a result, cervical cancer is the most common type of cancer occurring in Uganda. Soft Power Health plans to develop a cervical cancer screening program to piggyback off our successful family planning outreach network. With a terrific community network in place, the cervical cancer screening program will focus on educating women and preventing disease — interventions that are always better and cheaper than treating illness.

You can help us get this initiative started by making a specific donation to this program!



Family planning outreach session.

Patient Story: Juliette

When Juliette and her children were identified as needing Soft Power Health’s assistance several years ago, they were in terrible shape. Juliette had an ankle infection she could not afford to treat, preventing her from working, cultivating her garden and caring for her children. Her husband had abandoned the family. With no food or mosquito nets at home, the children had malaria and malnutrition. SPH’s community patient program provided treatment and high energy milk to help Juliette and her children get on their feet again. Today, Juliette’s infection is healing so she can work and walk. Her children are healthy, sleeping under mosquito nets and attending school. Their future looks brighter!



Dr. Jessie and Steve Boda examine Juliette’s wound outside her home.



Juliette pauses before heading to the clinic for treatment.

Kids Kayaking Camp Turns 20

2022 marked the 20-year anniversary since the start of our Inner City Kids Kayaking Camp in NYC! We have taught hundreds of kids, many who don’t know how to swim or even what whitewater paddling is to kayak through our summer program. Sharing a brand new world and access to mother nature continues to be incredibly rewarding and could not be done without the volunteer help of dedicated instructors. For the second year, Green Chimneys School has produced enthusiastic paddlers and repeat students. Thanks to everyone over the past 20 years who has shared their passion for kayaking with those who have limited or no opportunity – it has changed our students’ worlds.



Green Chimney students learn to kayak on the Delaware River.

Allan Stone Community Health Clinic reached 17 years of service in 2022! 34,000 patients will be treated at the clinic in 2022. With outreach programs for family planning, malnutrition, malaria, physical therapy, domestic violence, and organic gardening, health education and prevention helped 25,000 people. Nearly 60,000 people directly benefited from SPH's education, prevention, and treatment in 2022.



Soft Power Health's main intake area.

Juliana, Sandra, and Loy, the pediatric triage team, assessed over 7,500 pediatric patients this year. 37% of these children were diagnosed with severe acute malnutrition! Nearly 1,500 prescriptive doses of high energy milk were administered to treat these severely ill children.



Esther 2 instructs how to use HEM.

With Aisha as the new department head, over 3,800 women received long-term methods of family planning with 86% of methods administered in outreach.



Nurse Mary administering depo-provera at family planning outreach.

Fast Facts

2022 marks the 19th year of malaria education and prevention outreach. Sarah, Ivan, and Maria, Soft Power Health's malaria team, taught close to 2,500 people about malaria transmission and prevention reaching 64 villages and selling over 1,000 mosquito nets.



A lively malaria education outreach session.

Soft Power Health will treat over 8,500 cases of high blood pressure this year, which remains the most common disease we see and treat. In contrast, over 2,400 cases of malaria will be treated in 2022, making hypertension over 3 times more common than the most common infectious disease we see in our patient population.



Dr. Paul treated over 400 dental patients. Periodontal disease, extractions, and fillings were the most common problems seen.



Dr. Paul examines a young patient.

The DIG team headed by Fred, Ali and Paul cultivated 17 outreach gardens while training community patient gardeners to run and maintain them. At the same time, the clinic home garden produced food for the staff's lunch time meal and served as hands on instruction for DIG's training program! Garden bounty this year included 81 bunches of matoke, 172 bunches of spinach, 237 cucumbers, 141 heads of cabbage, 171 bunches of kale, and 86 cassava roots.



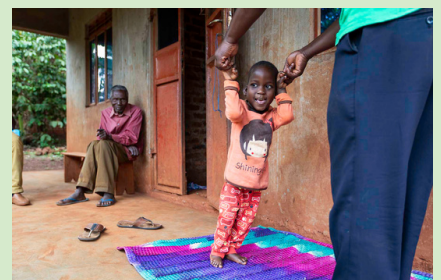
Fred harvests spinach in the SPH home garden.

Malnutrition education and treatment methods reached 3,000 families in 37 community outreaches; 2,100 vitamin A supplements, 4,200 deworming treatments, and 30,000 prenatal vitamins were distributed.



Vitamin A supplementation in action.

The physical therapy department, Flavia, Rachel, Sylvester and Stephen Kato treated nearly 4,000 patients between the clinic and outreach. Lower back pain remains the most common condition seen at the clinic while cerebral palsy is the most common ailment in outreach.



Sylvester works with a young patient in outreach.

Legacy Giving

Soft Power Health is creating a legacy giving program so that anyone interested in donating through estate planning will be easily able to do this. Please ask us about it, we are happy to tell you more.

What Your Donations Pay For

- \$7 = one mosquito net covering 3 children, preventing life threatening malaria for up to 5 years.**
- \$15 = one patient's visit to the clinic including doctor consultation, lab work and all medication.**
- \$17 = one month's supply of anti-hypertensive medicines for one patient.**
- \$22 = 1 month's supply of prescriptive HEM for one patient.**
- \$55 = 1 domestic violence counselor's salary for one month.**
- \$90 = One month's salary for the head malaria educator**
- \$160 = 1 laboratory assistant's salary for one month.**
- \$260 = 1 nurse's salary for 1 month.**
- \$310 = 1 physical therapist's salary for one month.**
- \$350 = the salary of a nurse practitioner for one month.**
- \$600 = corrective surgery for one patient with chronic osteomyelitis.**
- \$950 = the salary of a medical doctor for one month.**
- \$1,200 = the head malaria outreach educator's salary for one year.**
- \$10,000 = the DIG organic garden program for one year; maintenance of 30 outreach gardens, a community demo garden and our home garden - providing staff meals 6 days a week.**
- \$60,000 = one year supply of anti-hypertensive medicine to treat 7,500 high blood pressure cases.**

*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

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