



Soft Power Health

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



Everyday Tenwya Denis is in the Nile River setting and retrieving fish traps to provide food for his family. Denis protects himself from schistosomiasis by taking medication every quarter.

What's New: Schistosomiasis Study

Lake Victoria is the largest source of the neglected tropical disease schistosomiasis in the world. Anyone who has contact with the lake or the Nile River is at risk for contracting the disease, as water from both is regularly collected for use in home garden irrigation, cooking, drinking, washing clothes – as well as bathing, swimming and fishing.

Schistosomiasis causes enormous morbidity and mortality, and many are unaware they are infected or that such a disease exists. If untreated, schistosomiasis is fatal through a long slow destruction of the liver and kidney, but it is treatable if caught early.

In July, Soft Power Health welcomed Mt. Sinai Global Health MPH student, Sakshi, to Uganda where she worked with Dr. Henry and translator William Abiola in our home village of Kyabirwa to complete a prevalence study on schistosomiasis.



Moving from home to home in Kyabirwa village, Sakshi and William interviewed and educated 320 families about schistosomiasis. During their visits they discovered that 51% of the village is positive for schistosomiasis, requiring treatment and continuing education about the disease.



(Left photo) Mount Sinai MPH candidate, Sakshi, records data about schistosomiasis in Kyabirwa village.

(Right photo) SPH translator William, gets a consent form "signed" with a thumb print in Kyabirwa village.

Aisha Becomes Head of Family Planning Team



Nurse Aisha furthered her education by completing her registered nursing degree while working and going to school part time. Aisha is an excellent student and has been working both at the clinic and in family planning outreach for some time. Her competence and diligence earned her a promotion to head the family planning program both for the clinic and outreach.

Congratulations Aisha!



Patient Spotlight: Peter Kiwanuka



Peter Kiwanuka has been a Soft Power Health long-term community patient with a non-healing venous stasis ulcer. This means that blood return from his lower leg on one side of his body is very poor, causing swelling of the lower leg and ankle which has lead to an unhealing ulcer around his ankle and lower leg.



Peter's wound is cleaned and treated at the clinic.



Peter puts on the pressure stocking after wound care is complete.

For the past five years, Peter has been diligently commuting on his bicycle to the clinic four days a week for wound dressing changes and wearing a pressure stocking constantly on the affected leg. Peter was so grateful for the treatment we provided — especially because other healthcare facilities said nothing could be done for him — that he continually asked if there was anything he could do to help out at the clinic.



Peter works at perfecting his tailoring skills at a facility nearby the Soft Power Health clinic.

After enrolling himself in a tailoring program, we hired Peter to sew new uniforms for the kitchen staff. What a terrific job he did! After that, we hired Peter to work in the garden and on the Soft Power Health compound. Though Peter's condition is unlikely to improve, he is undeterred and continues working, commuting on his bicycle daily and taking good care of himself.



Peter rides his bike to the clinic for treatment and work.

We are very happy to have Peter as part of the Soft Power Health family!



Solar Panel Installation

Thanks to generous donations, Soft Power Health installed a complete solar power system in Q3! As a result, the clinic's power needs are fully met by the new solar system and no grid power is required for anything. This is a huge help as we no longer have to pay monthly electricity bills, a generator rental fee or its fuel. With the new solar installation, the clinic is now very quiet thanks to no generator noise and much healthier with no more diesel fumes. This was a big win all the way around.

Thank you to everyone who made it possible. We really appreciate your help!



The new solar panel system installed and supplying reliable electricity to power the entire clinic.

SPH web store launching in 2023!

We're excited to announce we'll be offering a few Soft Power Health products for sale on our newly created store launching on the SPH website in January 2023.

Our initial rollout will feature stickers and coffee mugs. All of the items will be a great way to share Soft Power Health with your family, friends and workplace colleagues.

Here is a preview of three sticker designs already in production.





Allan Stone Community Health Clinic

Dr. Charles - Clinic Director

Total Patients treated in 2022 Q3: 7,737

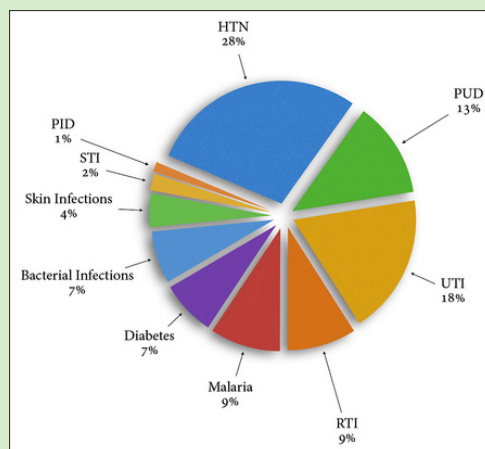
Patients referred for surgery or tertiary care = 880

4,870 patients are women and girls = 63% of all clinic patients.

51% of all clinic patients are woman 20 years and older.

TOP 10 DISEASES TREATED AT THE CLINIC IN THE THIRD QUARTER

1. Hypertension: 1,980
2. Urinary Tract Infections: 1,286
3. Peptic Ulcer Disease: 878
4. Malaria: 646
5. Respiratory Tract Infections: 633



6. Diabetes: 503
7. Bacterial Infections: 480
8. Skin Conditions: 307
9. Sexually Transmitted Diseases: 155
10. Pelvic Inflammatory Disease: 89



PEDIATRIC TRIAGE

TRIAGE TEAM: SANDRA, JULIANA AND LOY

PEDIATRIC PATIENTS TRIAGED: 1,626 = 21% OF ALL CLINIC PATIENTS IN Q3.



Loy measures the oxygen level of a young patient in triage.

New pediatric patients = 45% and returning pediatric patients = 55%

Normal nutrition = 43% | Severe Acute Malnutrition = 36% | Nutrition counseling only = 21%



DENTAL | DR. PAUL

106 DENTAL PATIENTS TREATED IN Q3
62 WOMEN AND 44 MEN WERE TREATED

Top Dental Conditions in Descending Order:

1: Extractions = 41, 2: Periodontal Disease = 38, 3: Referrals = 10, 4: Fillings = 8, 5: Dental Abscesses = 7



Dr. Paul examines a patient at the clinic.

CLINIC LAB REPORT

HARUNA - DEPARTMENT HEAD

2022 Third Quarter Total Lab Tests: 28,976



Blood is drawn from a young patient at the clinic lab.

Complete Blood Count Tests = 5,637; Urine Tests = 4,240; Malaria Blood Smear = 3,990 (9% positivity rate); Malaria Rapid Test = 4,910 (13% positivity rate); H. Pylori = 1,805 (44% positivity rate); HIV = 2,981 Tests at a 2.4% positivity rate; TB = 180 Tests (7% positivity rate); HCG Pregnancy Tests = 402; Hepatitis B = 233 Tests (41% positivity rate)



MOTHER AND CHILD WELLNESS CENTER

FAMILY PLANNING AT THE CLINIC

Prescriptive Severe Acute Malnutrition Treatment with HEM (High Energy Milk) administered by Esther, Irene and Esther II at the clinic.

Total Number of patients treated = 128; Total treatments given total = 262.



Esther II explains to a patients caretaker how to prepare high energy milk.

178 treatments given to 85 non-cerebral palsy patients.

84 treatments given to 43 cerebral palsy patients.



An infant receives oral polio immunization at the clinic's Friday vaccination days.

138 long-term family planning methods administered at the clinic in Q3.

14 implants; 122 injectable methods;

2 pill plans; condoms = 144; albendazole = 2,690.

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

All methods provided alongside counseling and education.



MALARIA EDUCATION AND PREVENTION PROGRAM

SARAH - DEPARTMENT HEAD

SUPPORT STAFF: MARIA AND IVAN



Maria conducts a malaria net purchase follow-up with Juwko Muhammad in Kibibi.

- 585 people attended 19 village sessions in 3 districts: Jinja, Kamuli, and Buikwe.
 - 112 mosquito nets were sold in outreach.
- 115 nets were sold at the clinic for a total of 227 nets sold in Q3.
 - Follow up home visits to former net purchasers = 90.



PHYSIOTHERAPY DEPARTMENT: CLINIC AND OUTREACH

PT TEAM: FLAVIA, RACHEAL AND SYLVESTER

TOTAL PATIENTS TREATED: 961

CLINIC: 890 | OUTREACH: 71

Top Five Clinic Diagnoses

- 1: Lower Back pain, 296
- 2: Lower Limb Pain, 161
- 3: Cerebral Palsy, 103
- 4: Knee Pain, 92
- 5: Chest Pain, 48



Racheal and Flavia work with a young patient during outreach in Itanda.

Top Four Outreach Diagnoses

- 1: Cerebral Palsy, 52
- 2: Hydrocephalus, 10
- 3: Muscular Dystrophy, 2
- 4: Developmental Delay, 2



FAMILY PLANNING OUTREACH

AISHA - DEPARTMENT HEAD

NURSES ANNET AND SUMAYA

A total of 924 long-term family planning methods were administered in outreach and clinic during Q3.



Women inspect male and female condoms during a family planning outreach session.

Outreach in 38 villages; returning to each village quarterly.

All birth control methods provided alongside counseling and education.

Administered in outreach:

786 long-term methods placed: 22 implants; 761 injectable methods;

4 Birth Control pill plans, Condoms = 1,414; Albendazole = 5,451.

8,141 total Albendazole deworming treatments for hookworm.

1,558 total condoms distributed.



MALNUTRITION EDUCATION OUTREACH AND FOLLOW UP ANNET, NAIGAGA AND MARGARET (ON LEAVE FROM OUTREACH)

514 FAMILIES EDUCATED AT THIRTEEN VILLAGE EDUCATION SESSIONS

- 877 vitamin A tablets distributed.
- 1,302 albendazole deworming treatments provided.
- 8,820 multivitamins distributed to pregnant and 2,410 to lactating mothers.
- 194 follow up visits in 8 villages for a total of 708 families educated through the malnutrition program.



Children line up to receive albendazole in Kakira.

DOMESTIC VIOLENCE DEPARTMENT

JENNIFER, BENJA AND TEAM

Total: 208 patients counseled at clinic and outreach in Q3.

Seen at the clinic: new clients, 67 | returning clients, 109.

Seen at outreach: new clients, 23 | returning clients, 25.

Women: 155 | Men: 53



Jennifer visits with clients at their home.

Most Common Types of Violence Reported:

1. Economic 2. Emotional 3. Sexual 4. Physical



DIG GARDEN PROGRAM AND OUTREACH FRED - DEPARTMENT HEAD

GARDEN STAFF: SAMUEL, SIMON, PETER, JOJO, NDAYE

In our DIG Outreach program, 17 community patient gardens grow maize, beans, g-nuts, and kale to create nutritious meals from home gardens.



Samuel picks tiny eggplant in the SPH home garden.



Kale picked fresh from the home garden to be used in the staff mid day meal.

Q3 SPH home garden production:

Cucumbers = 125, Carrots = 94, Kale = 59 bunches, Spinach = 56 bunches, Cabbage = 57 heads,
Tomato = 40, Maize Corn = 35 pieces, Leeks = 12, Pea leaves = 8 bunches.



PayPal Giving Fund

Soft Power Health is now part of the Paypal Giving Fund.

If you go to this [link](#) and click on the heart to make us your favorite charity, you will be prompted to donate \$1 each time you pay for goods or services using Paypal.

Every dollar makes a huge difference for the people we serve in Uganda, so this is a quick and easy way to support Soft Power Health and the work we do!

Here is the stand-alone link: [**https://tinyurl.com/SPHPaypalGiving**](https://tinyurl.com/SPHPaypalGiving)

Thank you your support!



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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