



Soft Power Health

ALLAN STONE COMMUNITY HEALTH CLINIC



Living helps Dr. Lucia learn the new Streamline software program.

2023 Year In Review

Converting to Electronic Medical Records

After many years of discussion as to how this could happen and with the help of a knowledgeable volunteer, Luke Buscher, and country manager Hannah Fromont's dedication working together with all the Soft Power Health staff — electronic medical records went live in June of 2023.

This conversion eliminated our paper system and has allowed for much faster processing of patients at the clinic, shortening their waiting time for services. The upgrade makes a big difference because on average, Soft Power Health sees 120-150 patients per day; and on our busiest days, 250 patients per day. If needed, we can easily trace where a patient is in the course of their visit, discovering what delays or problems there are.

It has been fantastic watching everyone at the clinic improve their computer skills and learn the new Streamline software system. Thank you Luke, Hannah, Living, and Hassan for connecting us!

Donors Stepping Up to the Challenge



Long-time donor Agnes Gund
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DAK Foundation's, Anubha Rawat, and SPH country manager, Hannah Fromont, at a family planning outreach session with Nurse Annet.

As the saying goes, when one door closes, another opens. In 2023, Soft Power Health lost its single largest donor. Stepping in to meet our need was long-term supporter, Agnes Gund, and a new funder, the DAK Foundation in collaboration with Partners for Equity. Their generous support is life saving.

Last summer Anubha Rawat of the DAK foundation came to visit Soft Power Health and saw our work in action. We are extremely grateful to have their timely support. We could not do it without you!

Isometric Handgrip Exercise Study Success

A group of 25 patients completed a 4-month acceptability study to test whether Ugandans with hypertension would do the Isometric Handgrip Exercise (IHG) regularly using stress balls to reduce their blood pressure.

Since high blood pressure is the number one disease treated at the clinic and negatively impacts so many, the IHG stress ball intervention could be a game changer for the future of hypertensive treatment because of its low cost, proven benefit, and positive side effect profile!



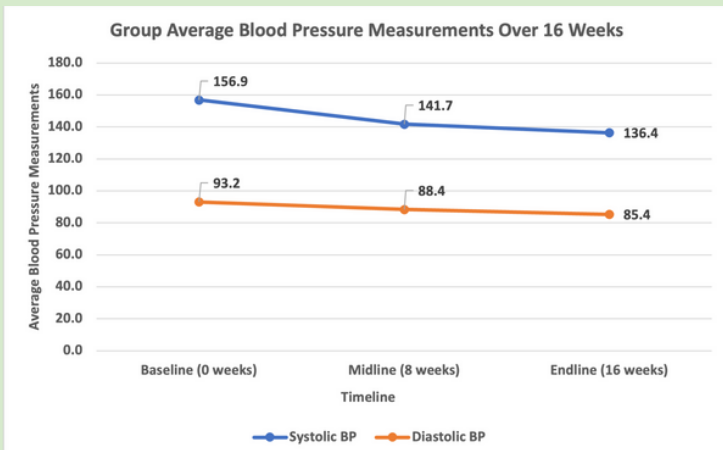
Dr. Henry monitors a patient's blood pressure in his office.



A few of the IHG participants doing the stress ball exercise routine.

Guided by a team of three nurses — Milly, Violet, and Mustafa — and Dr. Henry, along with the help of MPH student Cora, the group of 25 completed the 4-month protocol. An additional outcome that we recorded was the reduction in every participant’s blood pressure by 30%.

The study was a huge success and helped Soft Power Health in collaboration with Drs. Kate Zinzer, Cheri McGowan, and Philip Levy of Canada and the United States to win a long-term grant. This grant will fund a larger study of Soft Power Health’s hypertensive patients with the same exercise regime.



Results of the IHG study show a 30% reduction in blood pressure.

Mustafa and Cora lead an exercise session at the clinic.

The Schistosomiasis Study Continues

The results of our 2022 schistosomiasis prevalence study conducted in Soft Power Health’s home village of Kyabirwa were shocking. We found over 50% of the population was infected with this disease. With that knowledge, we decided it was important to find out if nearby villages not directly abutting the Nile are intensely infected.

In July and August of 2023, Soft Power Health hosted two MPH students from Mt. Sinai, Riya and Tsering, to help us discover the prevalence in neighboring Bujagali village. After the analysis of the data, the prevalence rate was 35% in Bujagali village, still surprisingly high.



MPH students from Mt. Sinai, Riya and Tsering interview a Bujagali resident for the schistosomiasis study in 2023.

Since schistosomiasis has received much less attention and education than HIV, TB, and malaria worldwide, many in the high risk areas know little to nothing about it. If untreated, it is deadly, however both treatment and prevention are widely available. Soft Power Health has achieved success treating late stage patients who make excellent recoveries. We plan to continue the study this summer while helping more people to understand both prevention and transmission.



Dr. Henry measures Kiirya's schistosomiasis treatment progress as Kiirya's mother Loy looks on.

Welcome New Doctors: Lucia and Gloria

Soft Power Health welcomes two exceptional physicians into our family this year with the addition of Dr. Lucia and Dr. Gloria. Both are extremely competent, caring, and have reassuring bedside manners. We are lucky to have them working with us on a regular basis. Dr. Gloria is concurrently doing a training in palliative care, a much needed and underserved area of medicine in Uganda. Thank you Lucia and Gloria for being part of the Soft Power Health team. You make a big, positive difference for our patients!



Dr. Lucia gives patient information to trainee, Dr. Patricia.



Dr. Gloria examines a patient at the clinic.

Staff Feature: Nurse Sumaya



Sumaya brings dedication, compassion and enthusiasm to her work everyday.

Sumaya joined Soft Power Health fresh out of nursing school in 2013, and from day one she came prepared to work hard. Along the way, she attended many continuing education courses with the goal of being the best nurse she could be. Having rotated through every nursing department and all outreaches, Sumaya is well versed in all the services SPH provides.



Sumaya places an IV for a patient with malaria.

In turn, Soft Power Health has benefitted tremendously from Sumaya's dedicated determination. She is not only wonderful with patients, but also is an exemplary leader among the nursing staff, having now reached the position of co-head nurse.

When recognizing potential issues in patient care, Sumaya is proactive in raising concerns. At the same time, she is open to new approaches and medical treatments.

To date, cervical cancer remains the biggest cancer killer of women in Uganda. We are currently working on integrating the HPV vaccine into SPH's routine immunizations with an eye to a future cervical cancer screening program. Recognizing how important this is for all women, Sumaya is working hard to help make this happen.

Thank you Sumaya for your incredible work ethic and commitment to provide the best care.
Soft Power Health is fortunate to work with you.



Preparing to give a vaccination at the clinic's Friday immunization day.



Reviewing a patient's record before computerization.



Assisting nurse James and Dr. Derrick with a procedure in the treatment room at the clinic.

Allan Stone Community Health Clinic

Dr. Charles, Clinic Director | Dr. Henry, Medical Director

Total patients treated = 35,193 at the clinic in 2023.

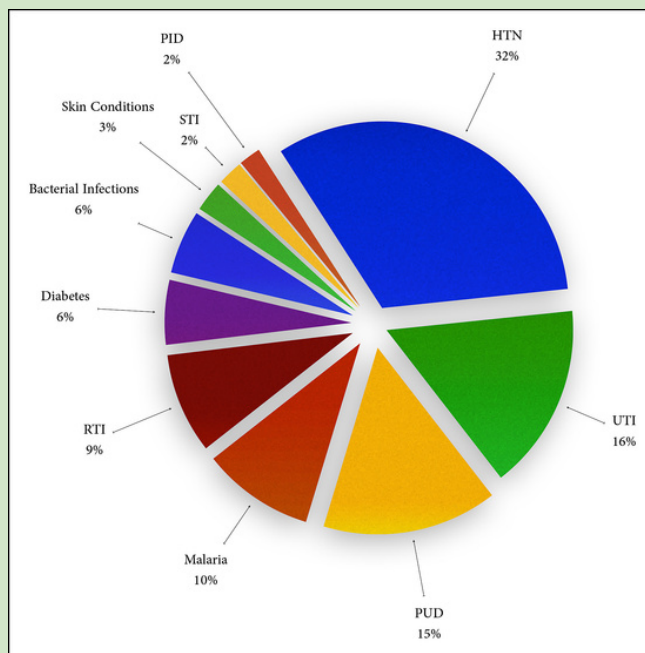
- **Total patients referred = 2,474.**
70% of patients were new and 30% were returning. 64% of patients are women.
- **Total pediatric patients triaged = 5,037.**
14% of all patients are children, of these, 63% are new and 37% are returning.
- **1,310 cases of malnutrition were diagnosed at the clinic in 2023.**
26% of those triaged were pediatric patients diagnosed with severe acute malnutrition (SAM).



Sisters Fazira and Farida comfort their mother, Zilia, while she receives treatment for malaria at the clinic.

TOP TEN DISEASES TREATED

1. Hypertension = 7,154
2. Urinary Tract Infections = 3,554
3. Peptic Ulcer Disease = 3,342
4. Malaria = 2,139
5. Respiratory Tract Infections = 1,916
6. Diabetes Mellitus = 1,232
7. Bacterial Infections = 1,215
8. Skin Conditions = 576
9. Sexually Transmitted Diseases = 471
10. Pelvic Inflammatory Disease = 416



Hypertension remains the most common disease treated and is three times more common than malaria and twice as common as urinary tract infections and peptic ulcer disease.

Laboratory Statistics

121,768 Total Lab Tests Done



Blood drawn is used for numerous rapid tests.



97 year old community patient, Catherine, has her blood drawn.

1. Complete Blood Count Tests = 23,555

2. Urine Tests = 16,352

3. Malaria Diagnosis

a) Malaria Rapid Diagnostic Tests: **17,467 tests** done with a **14%** positivity rate.

b) Blood Smear (gold standard of diagnosis): **14,569 tests** done with a **8%** positivity rate.

4. HIV – 11,351 tests done with a **3%** positivity rate.

5. TB – 1,366 ZN sputum tests done with a **5%** positivity rate.

6. Hepatitis B – 431 tests done with a **13%** positivity rate.

7. H. Pylori (peptic ulcer disease) – **9,186 tests** done with a **48%** positivity rate.

8. HCG (pregnancy) **1,667 tests** done with a **7%** positivity rate.

9. Random Blood Sugar (RBS): 14,746 tests done.

Dental Services | Dr. Paul

285 total dental patients treated in 2023.



Dr. Paul watches an attendee demonstrate brushing technique during an outreach session.

Top three conditions:

1. Periodontal disease = 134 2. Extractions = 76 3. Fillings = 20

Dental hygiene education, tooth brushes, and toothpaste remain unavailable to most Ugandans.

FAMILY PLANNING

Aisha | Department Head

All Nursing Staff

4,156 people received family planning in 2023.

3,734 women received long-term family planning methods.

85% of family planning occurs at the clinic; 15% occurs in outreach in 39 villages visited quarterly.

12,205 albendazole deworming tablets given in outreach.

12,860 condoms distributed in outreach.

Family planning uptake continues to be high despite supply chain interruptions.



A family planning outreach session attendee waits for a Depo-Provera injection.

Clinic Wellness

352 prescriptive doses of high energy milk given to 137 patients in 2023.

Deworming for hook worm with albendazole – **12,860** treatments given.

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



Binisali and Irene prepare high energy milk for a patient.



Nurse Doreen gives an infant oral polio vaccine during clinic immunization.

Physical Therapy

Flavia | Department Head

Team: Rachel, Sylvester, Kenneth and Kato

2,662 patients treated in 2023.

2,281 were treated at the clinic.

381 were treated in outreach.



After a home PT session, Flavia encourages Lovisa and his mother to exercise everyday.

Most Common Treatments at the Clinic

1. Lower Back Pain
2. Knee Pain
3. Lower Limb Pain

Most Common Treatments in Outreach

1. Cerebral Palsy
2. Hydrocephalus
3. Spina Bifida

Malnutrition Education and Prevention

Nurses: Annet, Mariam and Milly

Educators: Naigaga and Loy

1,821 families were educated in 77 village between outreach and education sessions.

308 in-home follow up visits made in 34 villages.

3,159 deworming treatments for hookworm with albendazole provided.

3,231 doses of Vitamin A given to infants and children.

34,110 doses of prenatal vitamins given to pregnant and lactating mothers.



Naigaga leads a malnutrition education outreach session.

Malaria Education and Prevention

Sarah M | Department Head

Team: Maria and Aggrey

- **1,587** people educated at 64 village based education sessions.
- **308** in-home follow-up visits to assess knowledge transfer and proper use of nets.
- **739** nets sold at outreach education sessions.
- **898** nets sold at the clinic for a **total of 1,637** nets sold in 2023.



Sarah reviews the correct way to hang a bed net during a home visit.

Domestic Violence Team

Benja | Department Head

Team: Jennifer, Sarah, Joseph and Amos

793 patients counseled between the clinic, outreach and home visits in 2023.

595 (75%) attendees were women and 198 (25%) were men.

Most common types of violence: 1. Economic 2. Emotional 3. Sexual 4. Physical

34% people were new to counseling and 66% were returning clients.



Dr. Henry examines Zaituna's facial lacerations following a domestic violence incident as Benja looks on.

DIG Organic Garden Program

Fred | Department Head

Team: Ali, Paul, Simon, Samuel, Peter and JoJo

**17 gardens cultivated between the clinic home garden,
15 community outreach gardens, and 1 community demonstration garden.**

700kgs of maize flour from the community demonstration garden.

The clinic home garden produces the lunchtime meal and provides training in organic gardening methods.



The DIG team is hard at work in the home garden before the staff arrives in the morning.



Eggplant from the home garden is prepared for the staff meal.

In addition to providing a hands-on educational setting, the SPH home garden supplied an abundance of crops to the kitchen over 2 growing seasons in 2023, including: Kale: 214 bunches, Spinach: 182 bunches, Cabbage: 179 heads, Matooke: 120 bunches, Eggplant: 91, Pea Leaves: 83 bunches, 38 bunches of spring onions and 33 Papayas.



*Your support means the world to us.
Thank you very much!*



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 2024.

**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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