



Soft Power Health

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



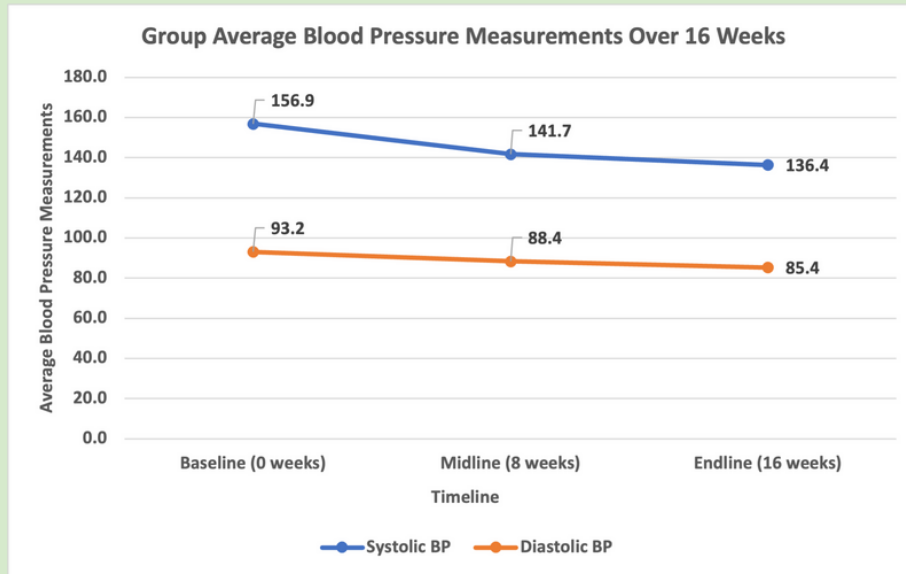
The group setting for the isometric handgrip exercise study created such a positive dynamic for the participants, they celebrated with a party midway through the study to mark their progress.

What's New: Positive Pressure Payoff

In early 2023, we completed the Isometric Handgrip Exercise (IHG) acceptability study and discovered some very impressive results. Though there are numerous articles on the benefits of IHG for lowering blood pressure – witnessing the progress made within our group of study participants was an inspiration.

The results were impressive. Systolic blood pressure dropped by an average of 20mmHg and diastolic blood pressure dropped by an average of 8 mmHg. For both readings, blood pressure was lowered enough to bring participants into healthy and acceptable blood pressure ranges.

Another positive outcome of the study was hearing how much the participants enjoyed the group setting when doing the exercises together.



Patient results from the IHG study show significant drop in both blood pressure measurements.

A huge thanks goes out to Cora, the MPH student, who came from Canada to work on the study and to nurses Milly, Mustafa, and Viola who continued the study to its conclusion through February, including working through the holidays to ensure no one missed an exercise session.

Well done everyone!

Volunteers!

During the month of February doctor and nurse couple Rob and Esther volunteered at Soft Power Health and what a fantastic addition they were. Both were interested in every aspect of Soft Power Health's programming, especially the outreach sessions. In the past, many of our volunteers have become completely absorbed in the daily clinic work. This is understandable as the clinic is always busy with many very ill patients. But Rob and Esther specifically sought us out because of our comprehensive healthcare model – combining education, prevention and treatment. Rob and Esther spent a significant amount of time working in our outreach programs and at the clinic.



Rob records patient information as Dr. Charles interviews a patient.



Esther takes a patient's blood pressure during triage.

Sharing all our work with them was fun. Both provided much needed help, especially on our busiest days.

Thanks for all your help and we hope you'll return and work with us again soon Rob and Esther!



Staff Spotlight: Dr. Oliver



Dr. Oliver at the Soft Power Health clinic.

In 2008, Dr. Oliver began working with Soft Power Health. Since that time she has proved herself to be an invaluable asset. Before Dr. Oliver became a clinical officer, she had been trained as a psychiatric nurse, giving her extra skills to help counsel her patients, extremely valuable, especially in the clinic setting. Over the years, Dr. Oliver has taken on the toughest cases and that often includes a big social component to the health problem. Patients and families of patients seek her out and rely on her sage advice and care.



Dr. Oliver tends to patients and their families in her office at the clinic.



Impressively, Dr. Oliver's ingenuity has led to the creation of much needed medical tools out of material others consider garbage. She has taken discarded water bottles and created spacers that can be attached to asthma inhalers – truly genius!



Dr. Oliver builds asthma inhaler spacers out of discarded water bottles for Soft Power Health patients.

Click on this link: <https://vimeo.com/823707214> to watch Dr. Oliver construct the spacer using a discarded water bottle and medical tape.



Dr. Oliver examines a child suspected of having a rare genetic disease.



Dr. Oliver helps a patient into her office.



Dr. Oliver maintains a treatment log for patients with tuberculosis.

Thank you Dr. Oliver, for your dedication, hard work, and commitment to your patients!



Welcome New Doctors

Two new doctors joined our team this year. Doctors Lucia and Gloria have hit the ground running at Soft Power Health. Both had good training elsewhere and have risen to the occasion of providing excellent care for our patients. Watching them in action, their attention to detail and thoughtful approach to the patients is very impressive. We are very happy to welcome them into the Soft Power Health family.

We are grateful to have so much talent and hard work in our staff!

Emily Jackson returned to volunteer with Soft Power Health for the first time since before the pandemic. With her husband, Nick, and little brother, Dane, 18 years ago Emily had come to help construct our original clinic building and kayak the Nile. Nearly every year since then, Emily has returned to work with us on much needed challenges the clinic faces. While Emily was volunteering this year, two community patients who are orphans needed help with healthcare and school fees. Emily stepped in to cover these costs, ensuring these two children have a bright future.



Emily visits the Bugugo women's cooperative.

Entebbe Children's Surgical Hospital

Soft Power Health is collaborating with a new partner, the Entebbe Children's Surgical Hospital, which provides entirely free surgical care for children needing gastrointestinal, plastic, or genitourinary surgery. This one of a kind hospital is located in Entebbe and is the first such hospital in sub-Saharan Africa. With the option to refer patients who would otherwise wait over a year or more for surgery and have it cost a fortune, this is a much needed service that is now available to children in Uganda.

Dr. Jessie Interview: One Deadly Snail

Dr. Jessie was interviewed on the podcast This Week in Parasitism about Schistosomiasis.

To learn more about this disease click on the link below. Note the interview begins at the 45 minute mark.

<https://podcasts.apple.com/us/podcast/this-week-in-parasitism/id340512495?i=1000597996182>



ALLAN STONE COMMUNITY HEALTH CLINIC

Dr. Charles | Clinic Director

Dr. Henry | Daily Clinic Manager



Total Patients seen in 2023 Q1: 9,934.

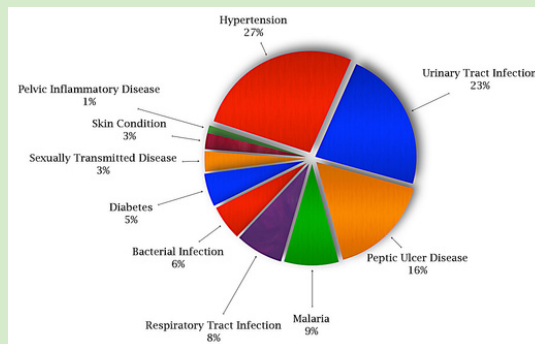
Patients treated: 9,009. Patients referred for surgery or tertiary care = 925.

5,914 (66%) patients are women.

New patients: 7,261 (81%) Returning patients: 1,748 (19%).

TOP 10 DISEASES TREATED AT THE CLINIC IN FIRST QUARTER

- 1. Hypertension: 2,046
- 2. Urinary Tract Infections: 1,736
- 3. Peptic Ulcer Disease: 1,263
- 4. Malaria: 671
- 5. Respiratory Tract Infections: 586



- 6. Bacterial Infections: 430
- 7. Diabetes: 404
- 8. Sexually Transmitted Diseases: 249
- 9. Skin Conditions: 196
- 10. Pelvic Inflammatory Disease: 96



PEDIATRIC TRIAGE

Triage Team: Sandra, Juliana and Loy

Pediatric patients triaged: 1,535 = 17% of all clinic patients.

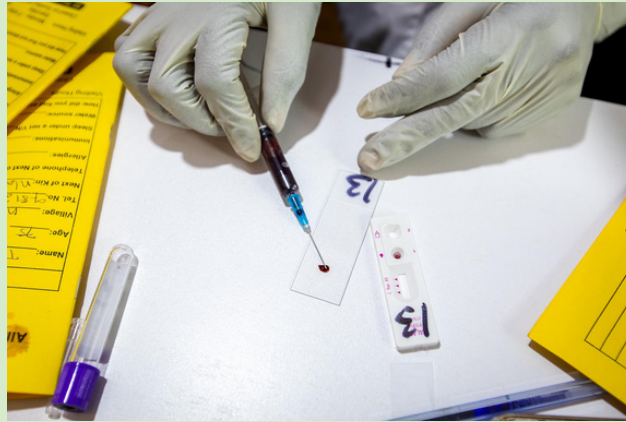


A young patient in triage.

New pediatric patients: 756 = 49% and returning pediatric patients: 779 = 51%
Severe Acute Malnutrition diagnosed in 495 pediatric patients or 32% of all triaged
Normal nutrition = 711 patients (46%) Nutrition counseling = 329 (21%)



CLINIC LAB REPORT
HARUNA | DEPARTMENT HEAD
2023 First Quarter Total Lab Tests: 33,420



A blood smear for malaria being prepared alongside a malaria rapid test.

Complete Blood Count tests = 6,505; Random Blood Sugar tests = 3,691; Urine tests = 5,127

Malaria Blood Smear Tests = 4,815; 336 positive tests (7% positivity rate)

Malaria Rapid Tests = 5,666; 483 positive tests (9% positivity rate)

Syphilis tests = 2,284 tests done; 249 positive tests (11% positivity rate)

H. Pylori tests = 2,142 tests done; 1126 positive tests (52% positivity rate)

HCG (pregnancy tests) = 732 tests done; 42 positive tests (6% positivity rate)

TB – ZN stain = 256 tests done; 11 positive tests done (4% positivity rate)

HIV – 3,141 tests done; 81 positive tests (2.6% positivity rate)

Hepatitis B = 131 tests done; 26 positive tests (20% positivity rate)

Occult blood = 17 tests done; 16 positive tests.

106 Stool tests for other parasites:

1) Giardia = 83, 2) Entamoeba = 11, 3) Hook worm = 3, 4) Schistosomiasis, Taenia = 2

DENTAL | DR. PAUL

85 patients treated in first quarter.



Dr. Paul engages outreach attendee's by having them demonstrate how to brush teeth.

Top Dental Conditions in Descending Order:

1: Periodontal Disease = 44, 2: Extractions = 18, 3: Abscesses = 8, 4: Fillings = 7



CLINIC WELLNESS

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 = 108 | Total HEM treatments given = 201.

70 non-cerebral palsy patients received 130 doses | 38 cerebral palsy patients received 71 doses.

Vaccinations = 187 rounds of childhood immunizations administered.



Aisha prepares to give an infant a shot at the clinic's Friday vaccination days.

Between the clinic and outreach a total of 4,654 Albendazole doses were given for hookworm deworming.

Clinic: 1,594 | Outreach: 3,060

MALARIA EDUCATION AND PREVENTION PROGRAM

SARAH | DEPARTMENT HEAD

Staff: Maria and Ivan



Sarah conducts a malaria net purchase follow-up home visit.

466 people educated in outreach; 389 attendees to malaria education sessions; 77 home follow up visits made. 19 villages visited in 4 districts. 198 nets sold in outreach and 138 nets sold at the clinic.

Total = 336 nets sold in Q1.



PHYSIOTHERAPY DEPARTMENT: CLINIC AND OUTREACH

PT Team: Flavia, Racheal and Sylvester

Total patients treated: 885

Clinic: 773 | Outreach: 125

Clinic

New patients = 407

Returning = 366

1: Lower back pain

2: Cerebral palsy

3: Lower limb pain

4: Knee pain

5: Post stroke complications



Sylvester works with Morgan at the clinic.

Outreach

New patients = 2

Returning = 123

1: Cerebral palsy

2: Hydrocephalus

3: Knee pain

4: Stroke complications

5: Ankle pain

FAMILY PLANNING OUTREACH

AISHA | DEPARTMENT HEAD

943 women received long term methods of family planning through the clinic and outreach programs.



Top: Male and female condoms, birth control pills are prepared for demonstration at a family planning outreach session.
Right: Nurse Annet injects an attendee with Depo-Provera.



Clinic = 139 long-term methods provided.

20 HCG pregnancy tests done, all negative.

1 side effect counseled.

432 condoms distributed to 288 men.

Outreach = 804 long-term methods provided.

202 HCG pregnancy tests done; 69 positive.

3 side effects counseled.

1,628 condoms distributed to 35 people in outreach.

2,060 condoms distributed between clinic and outreach to 323 people.



MALNUTRITION EDUCATION AND PREVENTION PROGRAM

Nurses Annet, Margaret, Mariam + Educators Loy and Naigaga

570 families received nutrition education and malnutrition prevention services.

- 8,820 multivitamins distributed to pregnant and lactating mothers.
- 7,596 pregnant women received multivitamins: 2,410 lactating mothers received vitamins.
 - 1,072 deworming doses of albendazole were distributed.
 - 800 doses of Vitamin A were administered.
- 343 families were educated at 12 community based education outreaches
 - 227 home follow up visits were made in 9 villages.



Nurse Mariam asks questions of the attendee's during a malnutrition outreach education session.

DOMESTIC VIOLENCE PREVENTION DEPARTMENT

Benja, Jennifer, Sarah, Steve, and Ivan

Total people counseled at the clinic and in outreach = 201

139 women, 62 Men; 68 new cases, 133 returning

132 people seen at the clinic and 66 in outreach and home visits.



John and his daughter, Evelyn, listen as Jennifer provides counseling.

Most common types of violence reported:

1: Emotional violence, 2: Economic violence, 3: Sexual violence, 4: Physical violence.



DIG GARDEN PROGRAM AND OUTREACH

Fred | Department Head

Staff: Ali, Paul and the team



Small eggplant from the SPH home garden to be used in the mid-day staff meal.



Peter mulches pineapple in the SPH home garden.



Irene shows off a mid-day meal made with vegetables from the home garden.

Home demonstration garden for mid-day meal:

Matooke = 37 bunches; Spinach = 82 bunches; Eggplants = 37 pieces; Cabbage = 8 heads;
Kale = 78 bunches; Green peas = 9 bundles.

Outreach demonstration garden production = 100 Kgs of Maize flour.



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>

Thank you your support!



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

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**

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

jessie@softpowerhealth.org
www.softpowerhealth.org