



# Soft Power Health

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



The third quarter report features Soft Power Health staff member, Naigaga. Read Naigaga's inspirational story: *The Power of One Woman*, on pages four and five.

## *What's New!*

### Schistosomiasis Prevalence Study Continues

This summer two MPH students from Mt. Sinai's Master's of Public Health program came to work with Soft Power Health on the schistosomiasis prevalence study that was started last summer. This could not be more timely since we are seeing a steady rise in this neglected tropical disease in our area. We are treating more advanced cases of the disease at the clinic.

After discovering that 51% of the population in our home village of Kyabirwa were positive for schistosomiasis from last year's study, we were very curious about what the prevalence of the disease would be in the neighboring village of Bujagali that does not border the Nile. Access to infected water is a major part of the transmission process, and if people have to walk farther to use river water, would there be a big difference in disease rates?





Tsering and Riya's preliminary data shows that distance from the river definitely impacts rates of disease. Approximately 31% of the families tested in Bujagali are positive for schistosomiasis which is still high, but certainly better than those residents of Kyabirwa. Thank you Tsering and Riya for your hard work on this study and helping us learn more about the communities we live and work in.



Tsering and Riya interview a community member in Bujagali during the study.

## Schistosomiasis's Far Reach

Sixteen year-old Betty from Kamuli district was referred to Soft Power Health from our collaborating partner Hospice Jinja. Having been misdiagnosed with end stage cancer and being shuttled around, Betty arrived at the clinic with signs and symptoms of advanced schistosomiasis — including a very large abdomen due to fluid building up from the parasite impairing proper liver function.

In the last 2 years, we have seen many more patients with schistosomiasis. Thanks to Dr. Joseph and Dr. Henry's collaboration and immediate intervention, Betty is now on the path to recovery.



Dr. Joseph reviews Betty's case at the Soft Power Health Clinic.

## DIG Community Garden Records Maize Crop

In the third quarter, the DIG community garden recorded 550 kgs of maize harvested from the garden, the largest amount to date. This abundance will help supply a staple of maize to those patients struggling with food insecurity and malnutrition.

For the patients and families living on the margins, this makes a critical difference to their survival, especially as food prices continue to rise and availability of jobs declines.

We are grateful to the dedicated DIG team lead by Fred and expert garden consultant, Ali and Paul. Without their help, we would not be getting the most out of the garden.



## DAK Foundation

Soft Power Health was fortunate to have a visitor from down under in July. Anubha Rawat from the DAK foundation in Australia came to see our work in action. Country manager Hannah Fromont gave Anubha an in-depth experience of Soft Power Health — showing her all aspects of the clinic's work as well as the long running outreach programs.

We are very grateful to Anubha and DAK Foundation for making the effort to visit us and we hope you will come back again soon!



Anubha with Hannah and nurse Annet at a family planning outreach session.

## Gould Family Foundation Donates New EKG Machine

Long-time donor and supporter of Soft Power Health, the Gould Family Foundation has donated an EKG machine to the clinic to help better monitor the cardiac condition of our patients. With high blood pressure being our top diagnosis at the clinic, this additional screening and monitoring tool will improve care for our patients.

Learning how to read the EKG data is an art and science which takes time, but we are planning for cardiologist Dr. Stella Nybiraye to hold several Continuing Education Medical sessions for the doctors and nurses to help them interpret an EKG.



Medical staff receive training on how to use the new EKG machine.

Thank you Gould Family Foundation for helping us provide the best medical care to our patients!





## Staff Spotlight: Naigaga

### The Power of One Woman

*From Dr. Jessie Stone*

As I walked to the clinic 13 years ago a local woman ran after me, asking if there were jobs available at the clinic. I asked what she could do and she said work very hard and do any job. As I thought about what we could offer her, I realized that as the clinic had gotten busier, we had patients waiting for long periods of time with no food or drinks for sale. The next day, Naigaga appeared with drinks to sell. That was the beginning of a successful clinic based business which continues to thrive today.



Naigaga at her home in Kywabira.

As a single mother of three, Naigaga was very motivated to increase her opportunities and as time went on, she asked about becoming a mobilizer for our outreach programs.



Digging a new garden spot outside her home.





Today, Naigaga works as a mobilizer and educator for the malnutrition outreach program. And to supplement her staff salary, she opened a hostel for patients nearby the clinic for those requiring long-term care. Through it all, Naigaga put all three of her children through school, while building her family a brick home — a vast improvement over her former mud dung dwelling.



Mobilizing for a malnutrition outreach session with nurse Annet.



Leading a question and answer session during outreach.



Naigaga brings breakfast to patients staying at her hostel. The hostel is a short walk to the clinic for patients in need of long-term care.



*With her work ethic and determination, Naigaga is an inspiration for everyone who meets her!*





# ALLAN STONE COMMUNITY HEALTH CLINIC

**Dr. Charles | Clinic Director**

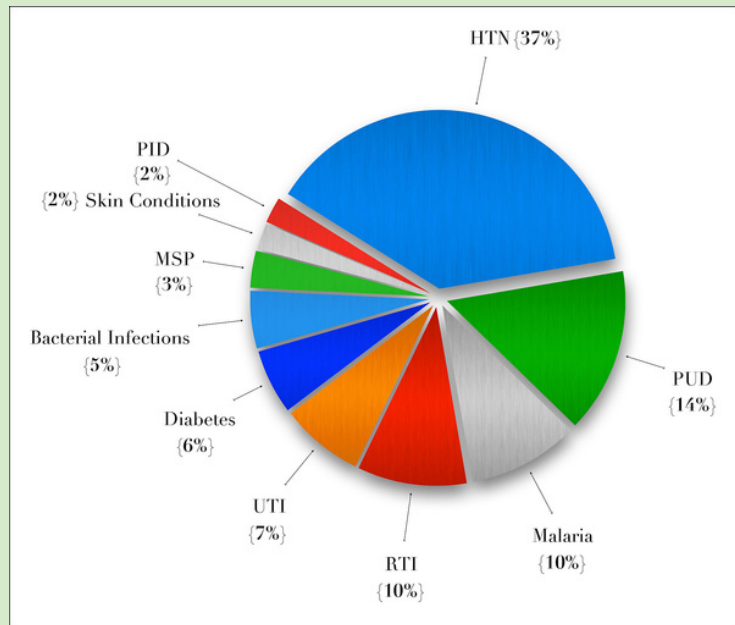
**Dr. Henry | Daily Clinic Manager**

**Total Patients seen: 8,776.**

Patients treated: 8,670. Patients referred for surgery or tertiary care = 692.

## TOP 10 DISEASES TREATED AT THE CLINIC

1. Hypertension: 1,867
2. Peptic Ulcer Disease: 725
3. Malaria: 486
4. Respiratory Tract Infections: 481
5. Urinary Tract Infections: 366
6. Diabetes: 285
7. Bacterial Infections: 253
8. Musculoskeletal Pain: 162
9. Skin Conditions: 118
10. Pelvic Inflammatory Disease: 114



66% patients are women and 34% are men.  
New patients: 77% | Returning patients: 23%.



Dr. Henry examines a pediatric patient at the clinic.



## PEDIATRIC TRIAGE

**Triage Team: Sandra, Juliana and Loy**

**Pediatric patients triaged: 1,302 = 15% of all clinic patients.**



At triage Loy checks every patient for signs of malnutrition.

**New pediatric patients: 880 = 66% and returning pediatric patients: 422 = 34%**

**Severe Acute Malnutrition diagnosed in 287 pediatric patients or 22 % of all triaged**

**Normal nutrition: 785 patients = 60% Nutrition counseling: 230 = 18%.**

## CLINIC LAB REPORT

**HARUNA | DEPARTMENT HEAD**

**Total Lab Tests: 30,182.**



Lab technician, Esther, takes a blood sample at the clinic lab.

**Complete Blood Count tests: 5,961; Random Blood Sugar tests = 4,044 ; Urine tests = 5,296**

**Malaria Blood Smear Tests: 2,797 with 255 positive tests; (9% positivity rate)**

**Malaria Rapid Tests: 3,461 with 712 positive tests; (20% positivity rate)**

**Sexually Transmitted Disease infections: 2,401 tests with 272 positive tests; (11% positivity rate)**

**H. Pylori tests for peptic ulcer disease: 2,114 tests with 1,090 positive tests; (52% positivity rate)**

**HCG (pregnancy tests): 297 tests with 40 positive tests; (13% positivity rate)**

**TB / ZN stain: 309 tests with 32 positive tests; (10% positivity rate)**

**HIV: 2,873 tests with 86 positive tests; (3% positivity rate)**

**Hepatitis B: 167 tests with 16 positive tests; (10% positivity rate)**

**Stool tests for other parasites: 80**

**Entomeba = 37, Gardia = 20, Hookworm = 6, Trichomonas = 4,**

**Ascaris & Strongoloids = 3 each, Tania, Schistosomiasis, Nana = 2 each.**





## CLINIC WELLNESS

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

**Total Number of patients treated: 2,144 | Total HEM treatments given: 52.**

**Vaccinations: 280 rounds of childhood immunizations administered.**



JoJo and Irene prepare high energy milk for malnourished Soft Power Health patients.

**Between the clinic and outreach a total of 1,864 Albendazole doses were given for hookworm deworming.**

## DENTAL | DR. PAUL

**99 patients treated.**



Dr. Paul examines a patient at the clinic.

**Top Dental Conditions in Descending Order:**

**1: Periodontal Disease = 44, 2: Extractions = 30, 3: Referrals = 8, 4: Fillings and dental abscesses = 6.**





## Malaria Education and Prevention Program

**Sarah | Department head**

**Team: Maria and Aggrey**



After a well-attended malaria education session in Kakira, the ensuing net sale was a big success.

**434 people educated during outreach in 18 villages; 507 attendees to malaria education sessions; 73 follow-up visits in 12 villages. 203 nets sold in outreach and 307 nets sold at the clinic.**

**Total: 510 nets sold.**

## PHYSIOTHERAPY DEPARTMENT: CLINIC AND OUTREACH

**PT Team: Flavia, Racheal and Sylvester**

**Total patients treated: 478**

**Clinic: 359 | Outreach: 119**



Flavia provides physical therapy to patient, Pius, at the family home in Itanda.

**Clinic New Attendee's: 59% | Returning: 41%**

### **Clinic Top Five Treatments**

**1: Lower Back Pain - 171, 2: Lower Limb Pain - 45, 3: Knee Pain - 42, 4: Cerebral Palsy - 41 5: Shoulder Pain -14.**

**Outreach New Attendee's: 1% Returning: 99%**

### **Outreach Top Five Treatments**

**1: Cerebral Palsy - 92, 2: Hydrocephalus - 14, 3: Amputee - 8, 4: Knee Pain - 5, 5: Lower Limb Pain - 4.**



## FAMILY PLANNING OUTREACH

**AISHA | DEPARTMENT HEAD**

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

**A total of 990 people were reached with family planning.**



Nurse Mary provides family planning at an outreach session in Ivunamba.

**Clinic: 126 intermediate and long-term methods provided.**

10 implants removed.

6 side effects counseled.

**Outreach: 39 villages visited quarterly.**

**800 intermediate and long-term methods provided.**

19 HCG pregnancy tests recorded.

1 implant removed.

3 side effects counseled.

**1,922 condoms distributed between clinic and outreach to 64 participants.**

## DOMESTIC VIOLENCE PREVENTION DEPARTMENT

**Benja, Jennifer, Annet, Sarah and Steve**



Steve and Benja meet with Jamira at her home.

**Total people counseled at the clinic and in outreach: 200.**

women = 164 (82%) men = 46 (18%) new cases = 86 (43%) returning = 124 (57%).

17 people seen at the clinic. 193 people seen in outreach and home visits.

**Most common types of violence reported: Emotional = 85; Economic = 83; Physical = 25; Sexual = 21.**





## MALNUTRITION EDUCATION AND PREVENTION PROGRAM

**Nurses Annet, Margaret, Mariam + Educators Loy and Naigaga**

**457 families received nutrition education and malnutrition prevention services in 22 villages.**

- 12,070 multivitamins distributed to pregnant and lactating mothers.
  - 827 deworming doses of albendazole were distributed.
  - 1,404 doses of Vitamin A were administered.
- 263 families were educated at 12 community based education outreaches
  - 194 home follow up visits were made in 10 villages.



At a malnutrition home follow-up, Naigaga, interviews community members who attended the outreach session to assess knowledge retention and answer questions.

## DIG Garden Program and Outreach

**Fred | Department Head**

**Staff: Ali, Paul and the Team**



Fred, Samuel and Livingstone, inspect a community patient's maize crop.

### **Clinic home demonstration garden for mid-day meal:**

Kale – 57 bunches; cabbage – 40 heads; Matooke – 29 bunches; Spring Onions – 29 bunches; spinach – 41 bunches; Green peas – 27 bunches; potatoes – 34; Eggplants – 16 pieces; papaya – 14 pieces; cassava – 4 pieces; pumpkin leaves – 3 bunches.

**Community Garden: 550 Kgs of maize flour harvested and milled.**

**Outreach Gardens: 14 community outreach gardens assisted and supervised; 1 member died.**



## PayPal Giving Fund

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

Go to this [link](#) and click on the heart to make us your favorite charity. You'll 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!

The direct link is: <https://tinyurl.com/SPHPaypalGiving>

Thank you for 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!*

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