

Soft Power Health First Quarter Update 2013

The first quarter of 2013 has started out incredibly busy, both at the clinic and with all the outreach programs. We have undertaken some expansion projects in order to accommodate our growing number of patients. This includes expanding our lab, which is under construction as I write this, as well as creating another consultation room and a dedicated dental space for Dr. Paul. In addition, we are looking to reconfigure our current net storage space and kitchen where Esther and Irene cook for the Soft Power Health Staff. This is all very exciting, as we hope all our new changes will accommodate the growing needs of our patients.



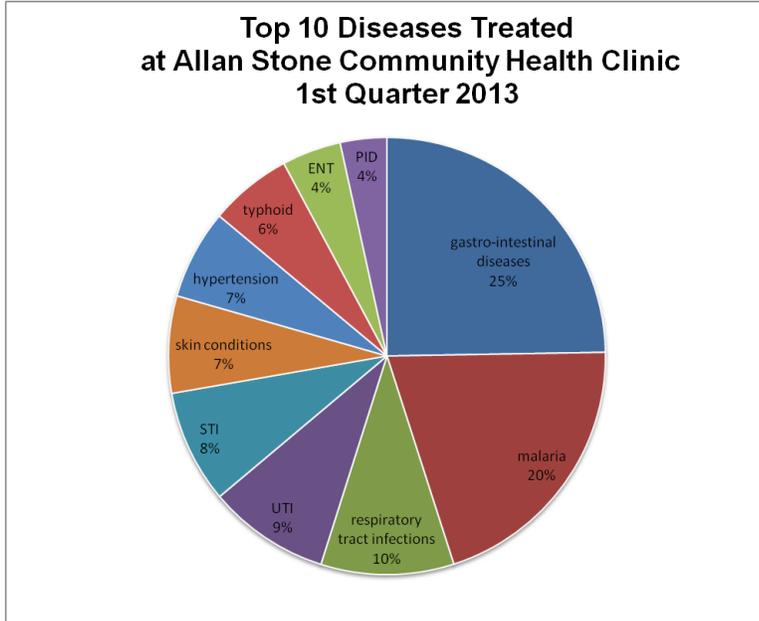
Dr. Charles with a happy patient.

The Allan Stone Community Health Clinic

In the first quarter of 2013, The Allan Stone Community Health Clinic treated 5,497 people. Of that number, we referred 198 patients for treatment in Kampala or elsewhere. If attendance continues at this rate, we will easily surpass last year's 20,000 mark—which is astounding, considering that in 2011 only 12,000 patients kept the clinic busy! It is clear that we are filling a great need in this community, and we are extremely grateful to have the ability and support to do so.

Top 10 conditions we treated this quarter:

As indicated in the chart below, gastro-intestinal diseases continued to be the most commonly treated group of diseases treated at the clinic this quarter followed by malaria (847 and 696 cases, respectively). However, it is significant to note that since the first quarter of 2012, malaria has not been the number one disease we are treating. Since this seems to be a trend, we are hoping it is at least partially a result of increased awareness of malaria prevention and consistent use of mosquito nets.



The next most commonly treated were: respiratory tract infections ((360 total — 23 of these infections were pneumonia), urinary tract infections (308), sexually transmitted infections (287), skin diseases (246), hypertension (227), typhoid fever (209), ENT conditions (150), and pelvic inflammatory disease (118).

In addition, 33 cases of diabetes and 47 cases of anemia were diagnosed and treated at the clinic, and 1987 people were tested for HIV, with only 107 positive tests. Finally, our dentist, Dr. Paul, treated 81 patients, performing extractions, treating periodontal disease, and dealing with other dental issues. There is little access to preventative dental care in Uganda and many patients come to Dr. Paul with advanced problems. This is one of the reasons it has become necessary to expand and reconfigure the clinic this year in order to give Dr. Paul his own area.

Mother and Child Wellness Center:

At the Mother and Child Wellness Center, 40 children and adults received treatment for severe malnutrition and 496 children were vaccinated. Also, 6 pregnant women received tetanus vaccinations.

Since the beginning of January, 113 Depo-Provera injections for three-month birth control were administered at the Center, and 17 women received 3 months supply of birth control pills each. Also, 5 new long term contraceptive

implants were inserted and 4 were removed, and 7 IUDs were inserted, and 2 removed. Finally, 760 condoms were distributed.

This year's first quarterly permanent and long-term methods event, co-organized with Marie Stopes Uganda (MSU), was held in February. At the event, 16 tubal ligations were performed, along with 1 vasectomy. 23 contraceptive implants were inserted and 20 were removed, 2 new IUDs were inserted, and four 3- month injections of Depoprovera were administered. We continue to be encouraged by the positive response we receive to these comprehensive family planning days. We hope to broaden our reach into more communities in need this year.

Family Planning Outreach:

Our Family Planning Outreach continues to thrive. From January through March, 619 injections of Depo-Provera were administered and birth control pills were given to 90 women. Also, we distributed 3369 doses of albendazole in the field, which means that 3369 children received the benefits of deworming this quarter. I cannot stress enough that studies done in Uganda indicate that deworming children significantly improved not only weight gain but also cognitive development. It is amazing to see that so simple a procedure can have so profound an effect on a child's physical and mental development. We also treated 243 individuals for Trachoma with Azithromycin.

Finally, despite the shortage in Uganda, we were still able to distribute 2223 condoms. We made a very fortuitous and lucky partnership with the Naguru Teenage Center based in Kampala and, through them, we will now be able to receive a more dependable supply of condoms, both male and female! We will be interested to see how female condoms are received in the field. Our sincere thanks to Naguru Teenage Center and everyone supporting us in this way.

Malaria Prevention and Outreach:

This quarter we have sold 2627 nets (this number includes 1990 nets sold during outreach and 637 sold at the clinic). We also followed up on the use of 222 nets sold at previous education sessions. We have a new container of nets on the way from India and we are also waiting to see how the latest distributions of free mosquito nets from the government affect our programs for malaria education and net sales. These free distributions are supposed to coincide with World Malaria Day, April 26th.