

Soft Power Health First Quarter Update 2014

The first quarter of 2014 has been filled with all kinds of exciting developments for Soft Power Health!

At the end of January, we hired Sasha Adler as our new Country Manager. Among other things, Sasha brings a strong accounting and numbers background to the position. Also in January 2014, we hired a new physical therapist, Stephen Kato. Two new physicians, Dr. Milly and Dr. Stella, had already joined our staff at the end of 2013. Dr. Stella has specialty training in cardiology, which has been a great addition to the clinic.



Sasha Adler, our new Country Manager, with local recipients at the March 2014 wheelchair distribution

This March, in conjunction with the Walkabout Foundation, we distributed 200 rough-rider wheelchairs to disabled people in the communities we serve, both close to the clinic and far away. In June, we will begin follow up with the wheelchair recipients to measure the impact of this effort. In addition, Soft Power Health received a fantastic donation of individual solar lamps called “Little Suns” in March as well. We are currently field testing them with the Soft Power Health staff.

Nutrition/Malnutrition Outreach



Trevor, a severely malnourished community patient with non-union of his lower left tibia, in his home.

This outreach continues to be surprisingly popular. Its goal is to provide the communities from which the majority of our malnourished patients originate with education about nutrition and malnutrition. Since the response to this outreach has been so positive, we wish to expand the outreach to include more of the surrounding communities so that as many communities and as many people as possible are reached. Part of the educational outreach includes showing people exactly which common local foods should be included in creating nutritionally balanced meals.

Although this may sound like common knowledge, it has become clear from our experience that the vast majority of people in the communities we serve cannot tell you what comprises a nutritionally balanced meal and why. Other important information related to combating malnutrition that the outreach provides is: how to prepare clean water for use in cooking and drinking, the importance of immunizing and deworming children against common and preventable diseases, and hygienic cooking techniques such as washing hands with soap and water before cooking and after using the bathroom.

Prior to every nutrition/malnutrition outreach, a pre-education survey is administered to assess all participants’ baseline knowledge. The second part of the educational assessment will come

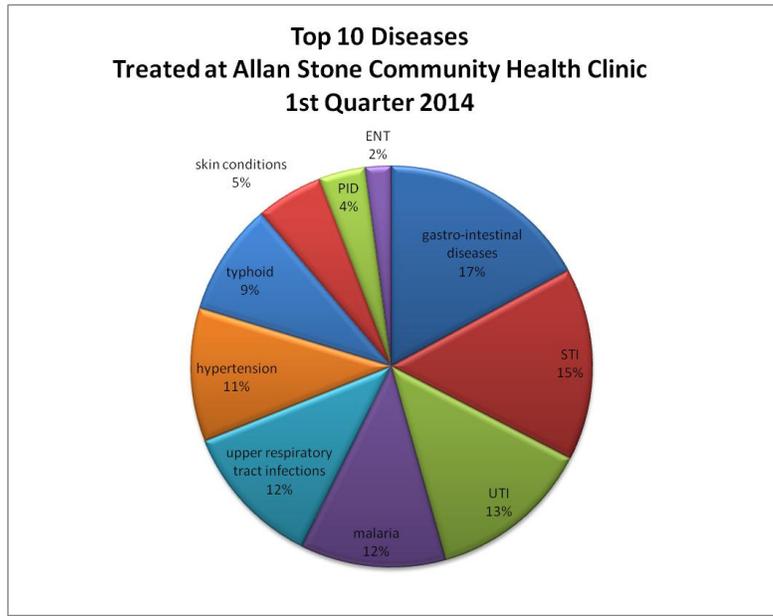
several months after the nutrition/malnutrition outreach. The outreach team will return to the same villages to administer the follow up survey to see if people’s baseline level of knowledge about nutrition and malnutrition has changed. So far we have educated over 400 people, and are in the process of following up.

The Allan Stone Community Health Clinic

In the first quarter of 2014, we treated 4,859 people, referring 159 of them for more complicated treatment in Kampala or elsewhere.

Top 10 conditions this quarter:

This quarter, for the first time in the history of Soft Power Health, malaria (364 cases, including 7 cases of malaria in pregnancy) dropped down to *fourth place* among the diseases we treated at the Clinic. Gastro-intestinal disease (532 cases) was again the number one disease we treated at the clinic. It was followed by sexually transmitted infections (482 cases) and urinary tract infections (407 cases) in third place. After malaria (fourth place!), the next most commonly treated conditions in descending order were: respiratory tract infections (361 total — 24 of these infections were pneumonia), hypertension (335), typhoid fever (282), skin diseases (169), pelvic inflammatory disease (116), and ENT conditions (65).



Forty-one cases of diabetes and twenty-four cases of anemia were diagnosed and treated at the clinic, and 1,989 people were tested for HIV, with only 67 positive tests. This represents a 3.4% positive test rate—a dramatic drop from previous quarters. Finally, Dr. Paul, our dentist, performed 55 extractions and treated 21 cases of periodontal disease among other dental issues.

Mother and Child Wellness Center:



Mothers bringing their children for vaccinations at the Mother and Child Wellness Center

At the Mother and Child Wellness Center, 65 children and adults received treatment for malnutrition and 626 children were vaccinated during the first quarter of 2014.

Also this quarter, 155 Depo-Provera injections for three-month birth control were administered at the Center, 22 women received 3-month packs of birth control pills, and 24 new long-term contraceptive implants were inserted and 42 were removed. Also, 52 IUDs were inserted, 4 were removed and 1513 condoms were distributed. Finally, at 2014’s first quarterly permanent and long-term methods event, co-organized with Marie Stopes Uganda

(MSU), 44 women were offered different methods of family planning. 8 women had tubal ligations performed, 13 had long-term implants placed, 1 had an IUD placed and 4 had Depo-Provera injections. In addition, 14 women had long term implants removed, 2 women had IUDs removed, and 2 women were counseled about side effects they were experiencing from birth control use.

Family Planning Outreach:

Our Family Planning Outreach remains popular and effective. From January through March 2014, we administered 592 three-month injections of Depo-Provera and provided 90 women with three-month supplies of birth control pills. 6 new long-term contraceptive implants were inserted and 2 were removed. No IUDs were inserted or removed. We also distributed 3,903 doses of Albendazole to children in the field, effectively deworming those children for the next 6 months and improving their chances of gaining weight and being healthier overall. Finally, thanks to our ongoing partnership with USAID based in Kampala, we were able to distribute 8,940 male condoms and 365 female condoms!

Malaria Prevention and Outreach:

This quarter we have sold 349 mosquito nets through our outreach and at the clinic. This is lower than where we were last year; however, this is not unexpected. During 2013, the Ugandan government sponsored a free net distribution of 15,500,000 mosquito nets, which significantly changed the immediate demand for mosquito nets. There is however still a large demand for our malaria education sessions. The Ugandan government provided free nets with no education about how malaria is transmitted and how to use mosquito nets. In fact, after the mass free distribution, the government of Uganda started putting out radio messages to tell people what not to do with the mosquito nets, such as using them to squeeze passion fruit juice or to keep chickens contained! We are still moving ahead with our outreaches and follow-ups, as we know that it is not just the distribution of nets, but education and proper usage of them that prevents malaria. We also followed up on the use of 235 nets sold at previous education sessions.

Thank you very much for your continued support of Soft Power Health's work!



Patrick, our head gardener, showing off the first successful crop of *matoke* (plantains) from the Soft Power Health garden