

# Soft Power Health

## First Quarter Update 2016

### What's New:



Mt. Sinai Global Health volunteers, Dr. Genna and Dr. Liz, take part in a malnutrition outreach follow-up.

This quarter's big news is that the Allan Stone Community Health Clinic celebrated its 10-year anniversary on January 19, 2016! It is really hard to believe that the clinic is 10 years old. The time since our opening has flown by, and certainly, we have gotten much busier since then. In the first year, we saw 10-15 patients per day. Now we see an average of 100 per day, and often well over that. For example, on the last day of March, we saw 187 patients! The past 10 years has also seen the organic growth of Soft Power Health; that is, programs have been added to address the needs expressed by the communities we serve. Among other things, we have added more outreach programs: family planning and malnutrition, as well as domestic violence counseling. Malaria education and prevention was Soft Power Health's first program, and it is still going strong. In fact, it is now in its 12th year. In recent years we also created our own DIG organic garden next-door to the clinic, and opened our

Mother and Child Wellness Center. Over the last 10 years, we have had numerous volunteers, including an ongoing and wonderful partnership with the Mt. Sinai Global Health Program.

Among the Mt. Sinai Global Health volunteers who visited us this year were pediatricians Dr. Genna Abelman and Dr. Liz Berg. During their stay in Uganda, they worked closely with Dr. Emma, Soft Power Health's pediatrician. With their help and guidance, we successfully implemented a triage program for our pediatric patients, which also incorporates a nutrition status evaluation. Since pediatric patients often cannot advocate for themselves, and, if they are very sick, decline much more rapidly than adult patients, this is an area where quick and effective intervention can mean the difference between life and death. Dr. Genna and Dr. Liz also developed a malnutrition triage protocol for all the nurses and doctors to follow in order to help determine who gets which nutritional intervention, and when. Overall, both the triage and malnutrition evaluation have been going very well! Thank you, Dr. Genna and Dr. Liz!



A child is measured as part of the new malnutrition triage protocol.

### The Allan Stone Community Health Clinic:

Once again, this quarter broke Soft Power Health's record for the busiest ever! From January through March, we saw an incredible total of 8,616 patients, and referred 295 patients on for more complicated treatment. In keeping with past quarters, 79% of our patients were new to the clinic, which shows that our reputation continues to spread, probably via word-of-mouth recommendations, as is the norm in Uganda. On our patient cards, we have now included a question about how people have heard about us, so we can learn more about how people access healthcare services.

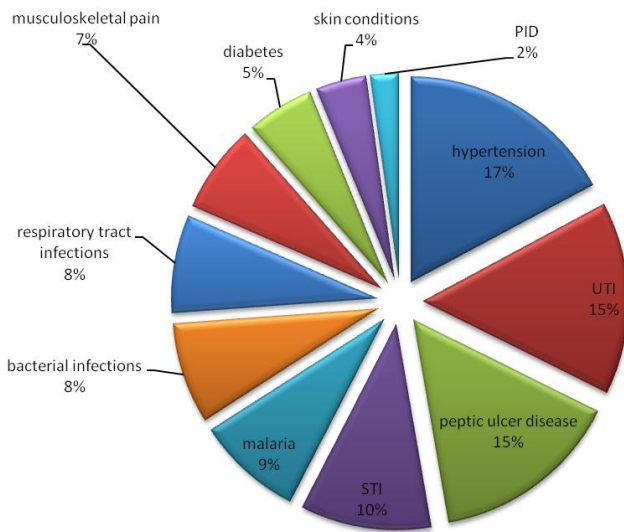
Dr. Paul, our dentist, treated 110 people for dental problems, the most common of which are periodontal diseases and extractions. Two patients were referred for more complicated conditions requiring oral surgery. Each quarter we see more and more patients seeking dental care. As noted many times before, access to dentistry is a rare thing in rural Uganda, and many people lack even basic education about basic

dental care. Along with his ongoing clinical work, Dr. Paul continues to address this lack of education. We are hopeful that better understanding will lead to better self-care and gradually reduce the number of patients with preventable dental problems.

Stephen Kato, SPH's physical therapist, continues to provide a popular and much-needed service. During the first quarter of 2016 Stephen treated 434 patients, an increase from last quarter. As in the past, the most common conditions treated were lower back pain, cerebral palsy, and knee pain. 25 stroke patients were also rehabilitated this quarter. As an aside, since hypertension continues to be the most common disease we treat at the clinic, we see many post-stroke patients who continue to have high blood pressure. We are happy to be able to offer physical therapy to those patients in need who cannot access it elsewhere. This quarter there were almost equal numbers of new and repeat PT patients at the clinic, and the majority of patients seeking physical therapy were females aged 5 and older. In addition to his work at the clinic, Stephen's community outreach program has allowed many patients who would otherwise not make it to the clinic (because of their physical limitations and/or the distance they would be required to travel) to access physical therapy on a regular basis.

Finally, sales of Little Suns Lamps continue to be very strong at the clinic. During this quarter, Ali, our Little Suns salesman, sold 215 lamps to people who have no electricity in their homes (which is the majority of people we treat). For these people, having light at night can make a huge difference in their ability to cook, read, do homework, go to the bathroom, and just plain see at night. Once they have purchased one of these portable solar lamps, it is a free source of light for them – another added bonus!

**Top 11 Diseases  
Treated at Allan Stone Community Health Clinic  
1st Quarter 2016**



**Top 11 conditions this quarter:**

The most common diseases treated were, in descending order: hypertension (1446); urinary tract infections, (1278); peptic ulcer disease, (1258); sexually transmitted infections, (867); malaria, (705); bacterial infections, (668); respiratory tract infections, (649); MSP, (587); diabetes, (448); skin conditions, (78); and pelvic inflammatory disease, (185).

This quarter hypertension reclaimed the top spot among the most common conditions treated at the clinic and malaria remained in fifth place. Also, this quarter 3,958 people were tested for HIV and only 121 were positive. This represents a 3% incidence rate, which is close to what we have seen previously.

**Mother and Child Wellness Center:**

The Mother and Child Wellness Center was well attended again this quarter. 391 courses of high-energy milk (HEM) were distributed among 270 children and adults in need. In addition, 465 rounds of vaccinations were administered in the first quarter, 314 rounds of vaccinations were given during family planning outreach and 151 rounds of vaccinations were given at the Mother and Child Wellness Center. These interventions can be life-saving for the children and adults who receive them. Also, 158 three-month courses of Depo-Provera injectable birth control were administered, and 13 three-month packages of birth control pills were distributed to women who wanted intermediate-term family

planning. 32 long-term implants were placed and 19 were removed. Also, 1 IUD was placed during this quarter.

In addition, during our Marie Stopes collaborative family planning day, 5 women chose tubal ligations as permanent forms of birth control. 8 women selected long term birth control implants and 3 implants were removed. 2 women chose IUDs and 1 IUD was removed. In addition, 5 women chose Depo-Provera as an intermediate term method of birth control. 6 women were screened for cervical cancer and all were negative. 21 women were tested for HIV and only 3 were positive. Finally, 1,630 male condoms and 95 female condoms were distributed from the Wellness Center.

### **Nutrition/Malnutrition Outreach**

During the first quarter of 2016, 492 people participated in 11 malnutrition outreaches in villages in Butagaya and Budondo sub-counties in our home district of Jinja. 1,478 doses of deworming treatments were distributed to children and adults in need. We also made 92 follow-up visits to former participants in 7 villages in order to measure the program's impact. Over time, we hope that the malnutrition educational outreach, coupled with the organic DIG garden program and nutrition education, will help people to make life-changing and life-saving improvements to their health and well being, and the need for acute treatment of this condition will become less frequent.

### **Malaria Prevention and Outreach:**



Mosquito net sale after a malaria outreach session.

This quarter, we sold a total of 1,261 mosquito nets through our malaria education and prevention outreach and at the clinic. 626 nets were sold at education outreach sessions at 10 different villages, and 635 were sold at the clinic. The malaria outreach team made 275 follow-up visits to 7 villages to evaluate whether previously purchased nets from education sessions were being used correctly and whether people reported having less malaria. While net sales remain depressed compared to pre-2014 levels, we are pleased at the healthy demand that remains in the communities we serve. Slow and steady wins the race, as my dear old dad used to

say! Our malaria outreach team continues to visit these communities to educate people about malaria transmission and treatment, and about correct use of mosquito nets for prevention. This education is always well-received and the malaria team will go on providing it as long as there is a demand for it. As experience has shown: education, skin in the game, and proper usage of nets is what prevents malaria—not the mere presence of a free net! Additionally, we are awaiting final analysis of mosquito usage survey conducted last summer with the help of Mt. Sinai and Columbia Global Health students, Jay and Luke. This will be valuable and interesting information to have, as it will help us know how to tailor our malaria outreach program to better suit the communities in which we work.

### **Family Planning Outreach:**

Our family planning outreach continues to be well attended by both men and women, and provides a much-needed service to local communities who would otherwise have no access to education about conception, contraception, and family planning. This quarter, 562 women received three-month birth control injections for intermediate-term family planning. 470 women chose birth control pills during outreach sessions. This quarter, 14 new long-term contraceptive implants were inserted and 3 were removed. 355 women requested and



Nurse Margaret counsels young women about the available family planning methods.



received pregnancy tests, and 20 were positive. 3 women were counseled about side effects of birth control. We also gave 4,531 doses of Albendazole to children and adults in need of deworming. This deworming is good for the next 6 months and improves their chances of gaining weight and being healthier overall. Finally, thanks to our ongoing partnership with USAID based in Kampala, who supplies us with condoms and family planning supplies, we were able to distribute 10,179 male condoms and 491 female condoms.

### **DIG Garden**

Two new demo gardens are being developed in villages in Butagaya sub-county, which neighbors our home sub-county of Budondo. Butagaya also has the highest rates of malnutrition, as demonstrated by the number of patients we treat at the clinic for this condition. The demo gardens will serve to help communities produce extra staple crops for themselves during the dry season, and to produce additional food for income generation. These gardens will produce one or two specific staple crops only, and will supplement the existing DIG gardens that these communities already have.

In addition, there are 34 DIG-founded individual family gardens ongoing in surrounding communities. In December, we had 43 DIG gardens, and we have worked this quarter to graduate the gardens of 9 families. This means that those families can now support themselves independently, without the DIG team's help. The individual DIG gardens were put in place to help needy families whose severely malnourished children have been treated at the clinic. We want the people most in need of education about nutrition and malnutrition (and how to create nutritious meals from their own organic gardens) to be the first beneficiaries of this DIG garden outreach program.

Finally, our own DIG garden in back of the clinic has been very productive in the first quarter. So far the garden has produced: 26 bunches of *matoke*, 18 heads of kale, 54 pineapples, 46 heads of lettuce, 31 pumpkins, 80 pieces of maize, assorted tomatoes, amaranth, basil, arugula, and eggplant!

### **Domestic Violence Counseling**



Florence and Nurse Annette speak about domestic violence at a family planning session.

Florence, our domestic violence counselor, was very busy this quarter, providing counseling in outreach sessions as well as at the clinic. On Mondays, Florence accompanies the family planning outreach team and offers counseling and information about domestic violence to participants in the family planning sessions. The following day she returns to those same communities to offer more comprehensive counseling and evaluation to the people who expressed interest in more in-depth services. On Wednesdays, Florence offers counseling directly from the clinic. She also makes home visits to patients when necessary, and travels far afield to visit some patients who need her services, but have no resources to come see her

or visit the clinic. In the first quarter, Florence counseled at total of 276 people. We are very happy to have such a dedicated counselor working with us.

***It is your help and dedication to Soft Power Health that has made this possible. Thank you so much!***

To learn more about the services we provide and the costs involved, or to make a one-time or monthly donation, please click [here](#).