

## Soft Power Health Second Quarter Update 2014

The second quarter of 2014 has been busy and productive for Soft Power Health!



Community member making use of his new wheelchair.

Soft Power Health finished the final distribution of wheelchairs to disabled people in need, and at the end of the 2nd quarter, followed up to see how people were doing with their new wheelchairs. We had the help of two spectacular volunteers: Caitlyn from the US, and Mary, an occupational therapist from Ireland. Stephen Kato, Soft Power Health's own physical therapist, worked closely with Mary and Caitlyn to both distribute and follow up on all the wheelchairs. Overall, the distribution and follow up has been a big success thus far. Follow up 6 months from now will let us know more about the long term success and durability of the this program.

In addition, Soft Power Health received a donation of solar lamps called Little Suns, which we distributed to Soft Power Health staff for product testing and home use.

Despite the construction of several large hydro-power dams near our home village of Kyabirwa, electric power has not been delivered to communities in need. Thus, the vast majority of Ugandans have no power at all. The Little Suns lamps are easy to charge, durable, and free to use once acquired. They also can provide up to 8 hours of light after charging. The lights can be easily hung up in homes or used as flashlights. The feedback on these lamps has been great so far and we hope to roll out a full scale sales program of the lamps this Fall.



### **Nutrition/Malnutrition Outreach**

This outreach, the goal of which is to provide education about nutrition and malnutrition to the communities from which the majority of our malnourished patients originate, remains successful and popular. Because of the positive response, we have begun to expand the outreach to include more of the surrounding communities.

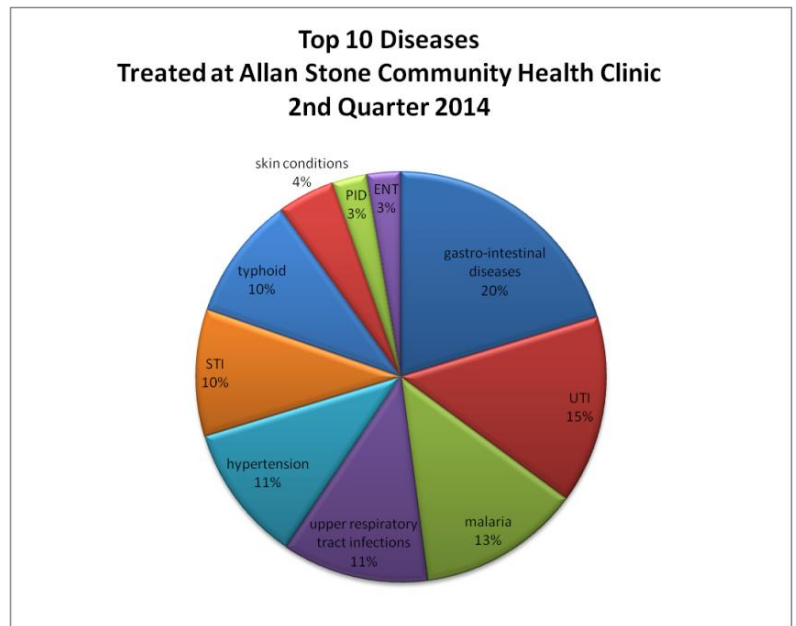
A pre-education survey is administered to assess all participants' knowledge about nutrition and malnutrition prior to every outreach. Several months after the education session, the outreach team returns to the same villages to administer the follow up survey to see if people's baseline level of knowledge has changed. So far over 500 people have participated in our education program, and we are in the process of following up with them. With the help of Mt Sinai Global Public Health students, we will be completing and analyzing follow-up data this summer. With the help of the Deerfield Foundation, we hope to continue and expand our nutrition/malnutrition outreach program. The gist of this program is to help people utilize resources they already have available to them, and food they like to eat, in order to create more nutritionally balanced meals for themselves and their families. It's an educational solution to an enormously underappreciated problem that requires a long term commitment. Our partnership with Serving His Children has also helped us to work more effectively with those severely malnourished children and their families who need long term medical intervention to help treat their malnutrition issues.

## The Allan Stone Community Health Clinic

In the second quarter of 2014, we treated 5,511 people, referring 123 of them for more complicated treatment in Kampala or elsewhere. If the clinic remains this busy, we will be on track to treat over 20,000 patients this year!

### Top 10 conditions this quarter:

This quarter, for the second time in the history of Soft Power Health, malaria (468 cases, including 2 cases of malaria in pregnancy) dropped down to third place among the diseases we treated at the Clinic. Gastro-intestinal disease (741 cases) was again the number one disease we treated at the clinic. It was followed by urinary tract infections (540 cases) and then malaria (468) in third place. After malaria, the next most commonly treated conditions in descending order were: respiratory tract infections (421 total — 53 of these infections were pneumonia), hypertension (397), sexually transmitted infections (364), typhoid fever (356), skin diseases (166), pelvic inflammatory disease (99), and ENT conditions (98).



Sixty-two cases of diabetes and sixty-one cases of anemia were diagnosed and treated at the clinic, and 1,766 people were tested for HIV, with only 84 positive tests. Although not as low a percentage as last quarter, this still represents an under 5% positive rate. Finally, Dr. Paul, our dentist, treated 47 cases of periodontal disease, among other dental issues.

### Mother and Child Wellness Center:



Nurses Annette and Margaret administering family planning during an outreach.

This quarter, 59 children and adults received High Energy Milk as a life saving treatment for malnutrition and 471 children were vaccinated at the Mother and Child Wellness Center.

Also this quarter, 143 Depo-Provera injections for three-month birth control were administered at the Center, 154 women received 3-month packs of birth control pills, and 43 new long-term contraceptive implants were inserted and 18 were removed. This is the first time ever that the birth control pill has surpassed the Depo-Provera injection in popularity at the clinic! Also, 1 IUD was inserted, none were removed and 740 male condoms and 10 female condoms were distributed. Two women were counseled about side effects they were experiencing from birth control use.

At the Second Quarterly Permanent and Long-Term Methods Event, co-organized with Marie Stopes Uganda (MSU), 39 women were offered long term or permanent methods of family planning. 11 women had tubal ligations performed, 28 women had long-term implants placed, and 18 women were screened

for cervical cancer. 30 women were tested for HIV. All screening tests for HIV and cervical cancer were negative. In addition, 4 women had long term implants removed. Finally, 1 vasectomy was preformed. Another very successful day with SPH and MSU!

### **Family Planning Outreach:**

Our Family Planning Outreach remains popular and effective even after 8 years of being in the field. From April through June 2014, we administered 676 three-month injections of Depo-Provera and provided 8 women with three-month supplies of birth control pills. 22 new long-term contraceptive implants were inserted and none were removed. Like last quarter, no IUDs were inserted or removed. We also distributed 3,073 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 7,631 male condoms and 598 female condoms. From the responses both at the Wellness Center and the outreaches, condom uptake is increasing along with the use of all family planning methods, which is great news!

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

This quarter we have sold 476 mosquito nets through our outreach and at the clinic. This year's net sales remain lower than those of 2013; however, we suspect that this is largely due to the Ugandan government's free net distribution of 15,500,000 mosquito nets at the end of last year. Demand remains high for our malaria education sessions, so 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 246 nets sold at previous education sessions.

### **DIG Garden**

The DIG garden continues to be more abundant than we ever anticipated! We have now grown our first crops of *matoke*, and pineapples are well on their way! Patrick, our head gardener, continues to share his amazing knowledge with communities and help them improve their own gardens and nutrition. The DIG team also completed a water collection system for the garden that will help improve irrigation and watering to the garden, making that part of the work easier for all involved.

Thank you very much for your continued support of Soft Power Health's work! We could not do this without your help and we sincerely appreciate your contributions!!



Cooks Irene and Esther with matoke from our garden