

Soft Power Health Third Quarter Update 2013

The third quarter of 2013 has been a busy and eventful one for Soft Power Health. The expanded DIG garden is now up and fully producing thanks to the hard work of Patrick and his team. In July, I sampled produce from the garden (zucchini, kale, and tomatoes) and it was abundant and delicious. Even after providing the lunchtime meal for all staff six days a week, the garden is also producing revenue for Soft Power Health—exciting stuff!



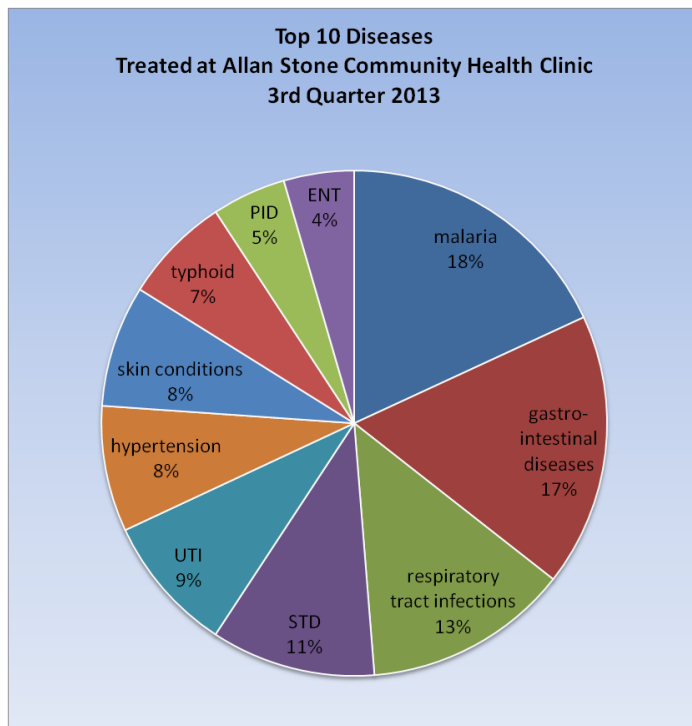
Patrick and an eager student of organic gardening show off the latest harvest from the expanded garden.

Malnutrition Outreach:

Our two visiting medical students, Zach and Stephanie, implemented our malnutrition outreach this summer. They successfully visited 5 villages in Butagaya sub-county and surveyed and assessed 108 people, mostly women, as part of the outreach. Analysis of the survey is currently being done and we look forward to hearing the results soon. Mariam, our clinic's social worker, and Esther, a Soft Power Health outreach educator, directed the outreaches along with Zach and Stephanie, and are currently continuing the program.

The Allan Stone Community Health Clinic

It has been another busy quarter for The Allan Stone Community Health Clinic! In the third quarter of 2013, we treated 4,529 people, referring 178 of them for more complicated treatment in Kampala or elsewhere.



Top 10 conditions this quarter:

This quarter, for the first time since early 2012, malaria (468 cases, including 5 cases of malaria in pregnancy) edged out gastro-intestinal disease (447 cases) as the number one disease we treated at the clinic. It is important to note, however, that the difference is not large, and that the number of patients presenting with both types of disease continues to drop. We are optimistic that our outreaches and the consistent availability of health education and care at the clinic are contributing factors to this development, and that we will continue to make inroads in combating these conditions.

The next most commonly treated conditions in descending order were: respiratory tract infections (364 total — 28 of these infections were pneumonia), sexually transmitted

diseases (269) urinary tract infections (225), hypertension (206), skin diseases (199), typhoid fever (176), pelvic inflammatory disease (121), and ENT conditions (115).

Forty-seven cases of anemia were diagnosed and treated at the clinic, and 1223 people were tested for HIV, with only 105 positive tests. This represents only an 8.6% positive test rate. Finally, Dr. Paul, our dentist, treated 90 patients, performing 59 extractions, and treating periodontal disease and other dental issues. The number of patients coming in for dental care remains consistent and encouraging. We are hoping that access to preventative care will, over time, result in fewer and fewer people coming in with advanced problems and make dental health a given for more local people.

Mother and Child Wellness Center:



Dr. Ian and Wellness Center patients.

At the Mother and Child Wellness Center, 55 children and 3 adults received treatment for malnutrition and 545 children were vaccinated during the third quarter of 2013.

Also this quarter, 124 Depo-Provera injections for three-month birth control were administered at the Center, 19 women received 3-month packs of birth control pills, and 45 new long-term contraceptive implants were inserted and 19 were removed. Also, 17 IUDs were inserted, 4 were removed and 728 condoms were distributed. Finally, at 2013's third quarterly permanent and long-term methods event, held in August and co-organized

with Marie Stopes Uganda (MSU), 2 vasectomies and 9 tubal ligations were performed.

Family Planning Outreach:

Our Family Planning Outreach continues to forge ahead. From July through September 2013, we administered 564 injections of Depo-Provera and provided 123 women with 3-month supplies of birth control pills. One new long-term contraceptive implant was inserted and 2 were removed, and one new IUD was inserted. We also distributed 4397 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 of benefiting from increased cognitive development. Finally, thanks to our ongoing partnership with the Naguru Teenage Center based in Kampala, we were able to distribute 4104 male condoms and 82 female condoms!

Malaria Prevention and Outreach:

This quarter, between the outreach and the clinic, we have sold 2251 nets. In addition to ongoing sales of mosquito nets at the clinic, we visited 19 villages this quarter for malaria education sessions and net sales. We also followed up on the use of 325 nets sold at previous education sessions. We are currently awaiting information from the Ministry of Health in Uganda as to their free mosquito net distribution plan, which is currently being enacted. These free distributions alter our education and prevention efforts. The good news is that these programs leave many gaps behind, which we are happy to fill in.

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