

## Soft Power Health Second Quarter Update 2013

The second quarter of 2013 has seen many new developments, both in and around the clinic and among the outreach programs. Patrick, our head gardener, has been hard at work on the new land purchased through a generous donation to help us expand our organic garden. Under Patrick's tutelage the clinic's expanded garden is flourishing and already generating income, as well as providing the lunchtime meal for all of the staff.

### The Allan Stone Community Health Clinic

In the second quarter of 2013, The Allan Stone Community Health Clinic treated 4,937 people another busy quarter for the clinic. Of these attendees, we referred 187 patients for more complicated treatment in Kampala or elsewhere.

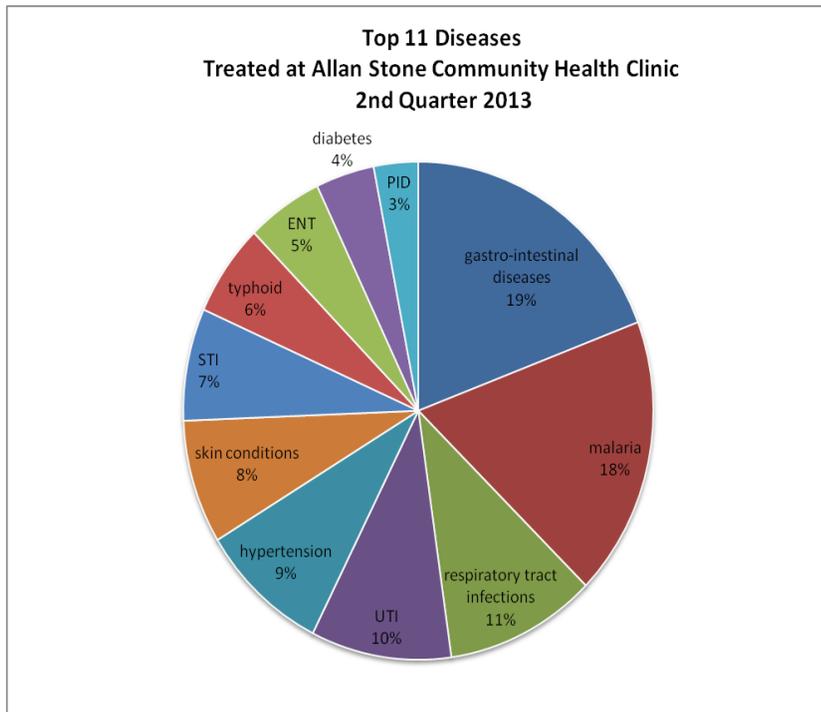


Patrick in the new clinic garden.

### Top 11 conditions we treated this quarter:

It is significant to note that since the first quarter of 2012, malaria has not been the number one disease we are treating. Gastro-intestinal diseases (572 cases) continue to be the most common group of diseases treated at the clinic. As was the case for the last 15 months, malaria (540 cases this quarter) remains at number two. Since this trend

remains consistent, it seems to suggest that increased awareness of malaria prevention and consistent use of mosquito nets are contributing factors.



The next most commonly treated conditions in descending order were: respiratory tract infections (358 total — 49 of these infections were pneumonia), urinary tract infections (288), hypertension (265), skin diseases (239), sexually transmitted infections (217), typhoid fever (179), ENT conditions (156), diabetes (120) and pelvic inflammatory disease (91).

Forty-seven cases of anemia were diagnosed and treated at the clinic, and 1418 people were tested for HIV, with only 107 positive tests. Finally, Dr. Paul, our dentist, treated 93 patients, performing extractions, treating periodontal disease, and dealing with other dental issues, including dry socket

and abscesses. The growing number of patients coming in for dental care is encouraging. In Uganda, there is little access to any dental care, preventative or otherwise and many patients come to Dr. Paul with advanced problems. We anticipate that Dr. Paul's preventative outreach, combined with our expansion project, which will give him his own area in the clinic, is helping to make better dental health a reality for more local people.

**Mother and Child Wellness Center:**

At the Mother and Child Wellness Center, 41 children and adults received treatment for malnutrition and 370 children were vaccinated during the second quarter of 2013.

Also this quarter, 116 Depo-Provera injections for three-month birth control were administered at the Center, and 2 women received 3 months supply of birth control pills each. Also, 5 new long-term contraceptive implants were inserted and 14 were removed, and 1 IUD was inserted, and 3 removed. Finally, 287 condoms were distributed.

This year's second quarterly permanent and long-term methods event, co-organized with Marie Stopes Uganda (MSU), was held in May. At the event, 21 tubal ligations were performed, along with 1 vasectomy. Seventeen long-term contraceptive implants were inserted and 8 were removed, 1 IUDs was removed, and three 3-month injections of Depo-Provera were administered. These comprehensive family planning days continue to garner a very positive response. This is encouraging, as statistics show that planned families are more likely to be healthy families!

**Family Planning Outreach:**

Our Family Planning Outreach remains popular. From April through June 589 injections of Depo-Provera were administered and birth control pills were given to 33 women through our community outreach programs. We also distributed 4599 doses of Albendazole in the field, effectively deworming those children for the next 6 months and improving their chances of gaining weight. Hookworm and other worms are direct competitors with the children they infect for nutrients and calories from any food the children consume. Because of this, deworming remains a simple, but highly effective, intervention, and can have a profound effect on a child's development, both physical and mental. In fact, recent studies done in Uganda indicate that deworming children significantly improved *not only weight gain but also cognitive development*.

Finally, thanks to our continuing partnership with the Naguru Teenage Center based in Kampala we were able to distribute 1808 male condoms and 60 female condoms!

**Malaria Prevention and Outreach:**

This quarter, between the outreach and the clinic, we have sold 2353 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 248 nets sold at previous education sessions. We are anxiously awaiting news about when and where the next mass distribution of free mosquito nets will happen. It has been difficult to get any information from the Ministry of Health on this, and the time and location of the mass distributions will very much affect our efforts.

**Malnutrition Outreach:**

In June, two medical students, Zach and Stephanie, from Mt. Sinai in New York City came to volunteer and to continue the malnutrition project started by their colleagues last summer. Using information that was collected last summer, Zach and Stephanie have helped implement what will now be a permanent new outreach for Soft Power Health. This outreach provides education about nutrition and preventing malnutrition in the communities where we already work. Using the familiar and effective formula of pictorial and diagrammatic posters, along with text translated into English and Lusoga, the program is off to a great start! Stephanie and Zach will be with us through August and we look forward to hearing about the results of their work and the outreach.



Stephanie and Zach at a malnutrition outreach with Mariam.