

ACTIVITY REPORT FOR THE HEYDLAUFF FAMILY HEALTH CAMP

HELD ON 25th JULY 2018



In Memory of a Beautiful soul that put a smile on the face of any one that met him.

Luke Heydlauff, 'To know even one life has breathed easier because you have lived. This is to have succeeded.' *Ralph Waldo Emerson.*

Mothers and children suffer the most when a family is poor. With just enough household income to feed the family, health issues are not a priority. Many families resort to visiting traditional medicine men and buying medicine from unlicensed medical practitioners often to treat a misdiagnosed medical condition. This results in disease recurrence often in more severe forms. Little or no access to family planning services by mothers often means more unwanted children will be born into conditions that do not guarantee a good quality of life.

With this background ESHE was started with the aim of supporting poor families improve their quality of life. The Heydlauff Family Health Camp is one of the ways that poor families are able to receive quality health services free of charge. This report highlights some of the activities that took place during the camp.

On 25th July 2018 different people benefitted from the health camp.

One woman aged 55 years came supporting her 25 year old son who had become blind due to unmanaged hypertension. She had come to have his blood pressure reading taken and also take drugs to manage his hypertension.

Another 17 year old girl mother of two girls; one 4 weeks old and another 5 years old, came to seek family planning services because she did not want to get pregnant again while 'looking' for a man to provide for her and her children since she was a single mother.

A policeman who came to donate blood said that his duty was to serve and protect the residents of Kireka Banda 1. By donating blood he was fulfilling his God given responsibility to save life.

We are grateful for having the opportunity to serve where there was most need. The local authorities in Kireka Banda 1 welcomed this partnership with ESHE in providing health services to families in the area.

The medical team included Physicians, clinicians, laboratory technicians, dispensers and nurses from Seventh Day Adventist Hospital in Kireka, Infectious Diseases Institute, Nakasero Blood Bank, Red Cross, Makerere University Joint Aids Program, and CSI medical services. Free physical examination, free blood sugar, Blood pressure and HCG tests were also provided by the medical team.

We had a team of volunteers from Doingoood who helped guide people to the different service points during the camp. The Pastor of Pentecostal Evangelical Ministry the church that hosted us, Uganda Police and the Village council 1 committee chairperson and his team also supported the ESHE team during the Health Camp.

On 25th July 2018 a health clinic was organized for the residents of Kireka Banda 1. Kireka Banda I is a slum area weighed down by the influx of people into Kampala in the past ten years. The few public social services that exist are too few to meet the demand of more than 35,000 people living in the area. This area is often the epicenter of outbreaks of Cholera and dysentery.

With the support of UTOPIA Foundation, The Heydlauff Family Health camp addressed a number of issues; safe male circumcision, blood donation, Hepatitis B testing and treatment, Malaria testing and treatment, sexual and reproductive health issues, child immunization and family planning services.

A total number of 2,255 fathers, mothers, and children were served leaving out clients that had come for dental and eye care services.

Dental and eye care services were referred to another day that would be communicated later because of the overwhelming number of people that showed up.



On 25th July 2018 we had an early start to the day. By 7.00am we had over 40 mothers and their children waiting to get registered for the services on offer. The service providers were all at the church by 8:00a.m and the function was officially opened with a few remarks from the local council 1 area chairperson and the Director of ESHE. The pastor of Pentecostal Evangelical Ministry then said an opening prayer before people went to the different registration points to access the services on offer.



Registering for services during the health camp.

Young mothers were happy that their children could get the scheduled immunizations in their area saving them time and money going to health centers which are often overcrowded.



Meet 20 year old Sida Rebecca. Her name Sida means AIDS. She was raised by friends to her late parents who she lost to HIV/AIDS. These family friends moved from Gulu to Kireka Banda I seeking safety after Kony rebels attacked their village and indiscriminately butchered men, women and children.

With a temporary makeshift structure to provide shelter for Sida and her family at the age of 5years she started quarrying stones together with her family members to make ends meet. She was not able to go to school and 10 years later was encouraged to find a husband who would take care of her. At 16 years of age she had her first child, 18 years her second child and now has a three month old baby. The father of her children is a 40 year old man who also quarries stones for a living. Unfortunately for Sida, she is one of three wives whose mud and wattle hut that her husband was renting for her collapsed on her and the children one rainy night.

When Sida learnt about the Health camp she came to seek family planning services, get tested for Hepatitis b and test for HIV because her greatest fear is contracting the virus; the reason for the stigma she has faced all her life because her parents died of AIDS.

After the Health Camp, Rebecca was happy that her three month old son was immunized, her two year old daughter was treated for cough and flu and she was HIV and Hepatitis B free In addition to having the much needed family planning pills to avoid any unwanted pregnancy. Shelter for her and

the children could wait, a friend had said that Rebecca could move in with her family.





MEDICAL CONSULTATION

During the Health Camp the major health concerns of many of the attendees were, getting treated for various sexually transmitted infections, getting tested and treated for Hepatitis B for which treatment is quite expensive, testing for HIV, dental care, Malaria testing and treatment and testing for pregnancy. The physicians available were able to attend to the people and also gave them their phone contacts so that they would contact them for medical review.

Pictures showing queuing up for laboratory tests, testing in the laboratory, dispensing of prescribed medicine and patients waiting to see a doctor.





BLOOD DONATION

The importance of the availability of adequate safe blood in hospitals cannot be overemphasized. In January 2017, blood shortages in Uganda forced hospitals including Mulago National referral hospital to suspend major operations putting the lives of patients at risk. At the same time, the Uganda Heart Institute had to suspend two major open heart surgeries.

According to Dr. Kyeyune of the Uganda Blood Transfusion services, 1,200 units of blood are needed on a daily basis in Uganda to meet the ever increasing transfusion demands.

One of the activities during the Heydlauff family Health Camp was blood donation.

Nakasero Blood Bank, one of our partners during the camp needed 50 people to donate blood. 45 people donated blood during the Health Camp. It was rewarding to see that despite the poor living conditions that the residents of Kireka Banda 1 have they valued the need to donate blood to save lives that need it.

Conclusively, the ESHE team that worked from 7am until 8pm on Wednesday 25th July 2018 serving the people in need of Kireka Banda I , were happy that it was a rewarding experience.

When Mahatma Gandhi said, 'The best way to find your self is to lose yourself in the service of others' this message was for us.

We were glad that many mothers, whose children's ill-health had given them sleepless nights, would finally rest assured that there were better days ahead.

We are forever grateful for the selfless service of Dr. Masereka the Health team coordinator who did not leave until the last patient was treated and had received the necessary medicine for their condition.

We thank Utopia Foundation, more so Paul and Amy Sutherland for supporting the work in Kireka Banda 1.

To the Heydlauff family; This year, the theme for The World Health day on 7th April was Universal Health coverage. The Heydlauff Family Health camp made it possible for us to treat over 2,000 people with various ailments in one day. Knowing that even one life has breathed easier because you have made it possible, this is to have succeeded. **THANK YOU.**

