



Monthly Report October 2019

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Students & Visitors

Grant: Grant is an American student from Westmont College studying abroad for the semester at Uganda Christian University (UCU) in the global health track. He plans to pursue a career in Physical Therapy and hopes to spend time observing in a rehabilitation center while in Uganda. He will be participating in Omni Med core activities three times a week and bring a fresh perspective to our work in the communities. Grant has taken on a project that focuses on mental health awareness in Mukono.

Sophie: Sophie is a senior at Emerson University in Chicago. She is studying at UCU in the global health track for the semester and will be joining Omni Med twice weekly. Sophie plans to apply to nursing school after she graduates this spring! We were happy to meet her health science advisor from Emerson University that visited Omni Med in October. Her focused project entails complications with home births in Mukono district which will be evaluated from the perspective of VHTs at home visits and quarterly trainings.

Anu Bangaley: Anu is a graduate student in Global Health at Northwestern University. She completed her one-month practicum with Omni Med in the month of October. Her project involved the role of community health workers in cervical cancer awareness. She enjoys cooking in her spare time and has prepared many delicious dishes for staff and volunteers!

GW Nursing: This month we hosted 8 nursing students from George Washington University and their leader, Dr. Karen Dawn. The GW nursing students visit Omni Med as part of their "community health medicine" course for a one week immersive experience. Dr. Dawn travels with GW nursing students for bi-annual trips to Omni Med in October and March. The students focused on hypertension prevention and management in Mukono district. They held community blood pressure screenings, trained VHTs on how to take blood pressures and provided 80 blood pressure cuffs, 80 stethoscopes and 300 pairs of eye glasses.

Students: *Karen Dawn, Rahamat Avewa, Diana Belanger, Tara Hanau, Martin Mbakwe, Emily Mellman, Hadiyah Saleem, Emily Young, Kwaku Asante*

School visits



This month, we held a school visit at Seeta Nazigo Seventh Day Adventist Church during the GW nursing week. The nurses taught 92 children on hand washing. The children were from all class years and highly enthusiastic to learn! Through the support of GW, Omni Med was able to provide a new hand washing station for the entire school to practice good hygiene and bring it home to their families.

Hypertension

Community Screening



Rebecca assists GW nursing students in screening community members for high blood pressure in Golomolo.

We continued our hypertension management initiatives with the GW nursing students this month. We held community screening and education sessions to 40 community members in Kilondo and 35 community members in Golomolo. Students took blood pressures on community members then advised them on lifestyle modifications essential to lowering blood pressure. Several villagers with high blood were identified and we were able to inform them which days the local health center offers free medication for blood pressure management. Further, we distributed brochures on stress and blood pressure management which were translated into Luganda.

Hypertension Training

15 October	-Nakisunga – 15 VHTs
	-Mpatta – 16 VHTs
17 October	-Nanga – 5 VHTs
	-Nakifuma-14 VHTs



We held four Hypertension training sessions in collaboration with GW nursing students. At the training, students educated VHTs on high blood pressure and instructed them on how to take blood pressures in their communities. We distributed 85 blood pressure cuffs and stethoscopes for VHTs to use in their villages. As the VHTs practiced the new skill with the nursing students, we distributed eye-glasses to those who were having difficulty reading the dial on the blood pressure cuff.

Cookstoves:



(L) A woman in Nsanga village prepares a kettle of water on a traditional 3 stone fire. During a home visit, the VHT educated her on the importance of a covered cookstove that utilizes less firewood, stays hot longer and has a second sauce pan to boil water. The woman was happy to learn that they are free!

(Below) GW nursing students assist in the preparation of a cookstove with the "cookstove master."



Quarterly Trainings

In total, we trained **143 VHT's** on ICCM and additional topics.

4 October	-Nanga & Kowongo – Hypertension II - 24 VHTs
	-Namaliga – Hypertension II - 26 VHTs
10 October	-Kiyoola – 1 Hypertension II -4 VHTs
	-Katente – Hypertension II -14 VHTs

16 October	-Makukuba – Hypertension II -4 VHTs
	-Bukasa & Kiwafu - Hypertension II -10 VHTs
22 October	-Lulagwe – Hypertension II -6 VHTs
23 October	-Kyetume – Hypertension II -14 VHTs
	-Kyabalogo – Hypertension II -6 VHTs
29 October	-Bamusuuta- Hypertension II - 12 VHTs
	-Wankoba (Mwanyangiri) – Family Planning - 23 VHTs

Home Visits

This month, we held **22 home visits**. During home visits, we visited **44 VHTs**.

Breakdown of Home visits for October:

Average number of houses that VHTs serve: **36**

Most common reason for being a VHT: **1. Enjoyment in helping others 2. Being a model for the community 3. Interest in the health profession and educating community members**

Average number of years each VHT has served in their village: **8.5 years**

Most common occupations of VHTs: **Farmer, Peasant, Business owner**

Common changes in communities: **1. Latrine construction 2. Use of ITNs 3. Boiling water**

2 October	-Kyazi – 2 VHTs
	-Lulagwe – 3 VHTs
	-Miivo – 2 VHTs
3 October	-Buzzu – 4 VHTs
	-Kiyoola – 2 VHTs
	-Banda Nantula – 2 VHTs

7 October	-Taba – 2 VHTs
	-Mpenja – 2 VHTs
11 October	-Kamwanyi – 1 VHT
	-Mengo – 2 VHTs
14 October	-Bumbajja - 1 VHTs
	-Nsonga – 1 VHTs
	-Banda Sunga - 2 VHTs
22 October	-Ssanga – 2 VHTs
24 October	-Kisozi – 2 VHTs
	-Nassaka – 2 VHTs
25 October	-Bukasa – 1 VHT
	-Najja Kileku – 1 VHT
30 October	-Nabaale I – 3 VHTs
	-Nabaale II - 2 VHTs
	-Namasangere – 2 VHTs
31 October	-Gonve – 3 VHTs

Stories from the Field

At a recent home visit in Najja Kileku, Grant, Anu, MacKenzie and Edward met with a VHT, who was the VHT leader in her village. She has been a VHT for 9 years and volunteers regularly at the Health Centres. We were very impressed by her ability to serve as a VHT for 2 hours daily, while being the mother of 7 and working in their farm. She was well educated on HPV vaccination and told us that "prevention is always better than a cure!"

AOB



Rebecca, Allan and MacKenzie attended a conference hosted by the Department of Disease Control and Environmental Health at the School of Public Health of Makerere University presented by Dr. David Musoke on "Experiences of use of photovoice as a Community-Based Participatory Research methodology in Uganda." Dr. James O'Donovan, Dr. David Musoke, Allan, and Rebecca were recently published in the Journal of Global Public Health for their paper "'We are the people whose opinions don't matter". A photovoice study exploring challenges faced by community health workers in Uganda" which utilized photovoice methodology. The audience members were highly interested in the insight of Rebecca and Allan as research assistants on this project. The paper can be accessed with the below link.

<https://doi.org/10.1080/17441692.2019.1663233>

Micah Hughes, professor and coordinator in Global Health at Uganda Christian University (UCU) and founder of the Mango Project visited Omni Med this month. He was accompanied by **Candice Eisenhauer**, a pre-health advisor from Wheaton College in Chicago, who was visiting Uganda for one week. We enjoyed meeting with them both as UCU has partnered with Omni Med for many years to provide field work experience to their students from UCU in Mukono.