



HumanitarianHands CHARITIES

*Building Hope...
One Heart, One Life, One Community at a Time*

Third Quarter Report

Volume 5, Issue 2
JULY 2020

Covid-19 affects clinic

Coronavirus was felt around the world, including Uganda. The John H. and Marie Parrish Medical Center (the Clinic) along with Fort Portal felt it as lockdowns ensued and movement was limited and only with permission.

Although in March the Clinic felt a drop in clientele for fear of contacting the disease, April, May and June showed an increase with people believing it safer than the area health facility. During the pandemic, gender based violence (GBV) increased because families were forced to stay at home, which meant husbands were not working and incomes were lost. Tensions were high resulting in more abuse, and in some cases, even death for wives by their husbands.

June saw an easement of restrictions and more clients were coming to the Clinic for immunizations, antenatal,



John H. and Marie Parrish Medical Clinic, Fort Portal, Uganda
Opened May 17, 2016

and family planning services. As a result of Covid-19, the Clinic is seeing issues, such as depression, insomnia, anxiety, domestic violence, and stress. Counseling services have been added to aid clients with hypertension due to the stress. Rather than coming to the Clinic when they become sick clients wait until they are critically ill. The Clinic realized that health education and counseling were very important to treat clients during this time, but their ability to treat all is hampered by equipment challenges.

Clinic seeing uptick in Malaria cases

April saw a change in the weather, and with it an increase in malaria cases, along with some typhoid and respiratory infections. The Clinic promoted health education on the importance of sleeping under nets, as well as promoting other mosquito controlling preventatives. Many of the nets are torn and the need for new ones is great, especially for the most vulnerable population like pregnant mothers and children less than five years.

In May, the Clinic showed a large increase in treating Peptic ulcer cases, which could have been caused by the decrease in food and the increase in anxiety caused by COVID 19.

June did see an increase in children immunization services for various diseases and conditions from polio to measles. The main challenges, however, are lack of a **vaccine freezer and vaccine thermometer, as well as an automatic generator** to guarantee the freezer remains cool when the electricity fails.



Living
through a
quarantine





HumanitarianHands CHARITIES

*Building Hope...
One Heart, One Life, One Community at a Time*

Third Quarter Report

Volume 5, Issue 2
JULY 2020

Medical equipment needs

Humanitarian Hands Charities and John H. and Marie Parrish Medical Clinic continue to fulfill the needs of area residents in Fort Portal. However, because of the lack of equipment, the challenges can be staggering when trying to treat and save lives.

This quarter, the need for **mosquito nets** is great to reduce the increasing cases of malaria, and although the government and churches provide nets to the community, it is never nearly enough.

Respiratory tract infections are another problem, and the challenges faced while treating them are the lack of a **functional nebulizer, as well as a pulse-oximeter and bedside monitor.**

HHCharities and the Clinic, have continued to ask for help in obtaining an **ambulance** to aid in transporting clients from the Clinic, as well as an **emergency unit equipped with oxygen cylinders, digital blood pressure machine, pulse-oximeter, and a glucometer.**

COVID 19 has proved challenging by itself, but this is not the first pandemic to affect the continent, and it will not be the last; however, having the proper protective equipment can make a huge difference in stopping the spread. The Clinic is in need of a **thermo-flash thermometer, facial masks, and other protective gear, as well as more hand sanitizers, JIK (sodium hypochlorite), and gloves.**

The biggest challenge for the Clinic laboratory during the COVID 19 threat is the lack of **bio safety cabinet equipment** that is used in controlling aerosols from tuberculosis samples so they do not spread to neighboring communities.

Previous equipment requests still needed

The Clinic is in high demand for an X-ray machine, ECG machine, CBC machine, cardiac beds, digital BP machines. The Clinic still needs a **cryotherapy machine and equipment for cervical cancer screening, post abortion care equipment, such as a gynecological set, vaginal speculums, sponge holding forceps, IUD insertion sets, scissors, uterine sounds, tenaculums, artery forceps, gall pots, kidney dishes, drums for sterile equipment and a well-equipped sterilization system.**

Equipment Costs

Particulars	Units	Unit Price USD
Hand sanitizers 1 lit	1 pc	10
ECG machine 3 CH.W / Interpretation complete with accessories	1 pc	839
X-ray machine portable	1 Pc	11,644
BP Digital machine	1 pc	48
Masks - Adult	50 pairs	37
Gloves non sterile - disposable	100 pcs	9
Patient bed with back rest & castors 1950 x 900 x 700	1 pc	292
JIK (Sodium hypochlorite)	5 lit	9

MANY THANKS

The Clinic is very grateful to Roland Parrish and his family for their support, as well as to HHCharities for the support that is always received, along with their continuous supervision and guidance.



HumanitarianHands

CHARITIES

*Building Hope...
One Heart, One Life, One Community at a Time*

Third Quarter Report

Volume 5, Issue 2
JULY 2020

Thank You to Our New Sponsors!

Our school sponsors are true angels for watching over children who have little hope for a better life.

For children in Uganda, they know that escape from their situation, including poverty, is education. Unlike the United States where education is free through a public system, in Uganda, effective education is expensive. Your dollars give these children hope for a new life free of hunger, pain, and poverty.



Notice Address Change:

HHCharities
9535 Forest Lane
Suite 124
Dallas, TX 75243

With your donations, HHCharities can provide the Parrish Medical Clinic with much needed equipment to help clinic clients.

Listed here are larger individual items you can donate towards: x-ray machine, ECG machine, CBC machine, cardiac beds, digital BP machines, cryo-therapy machine and an ambulance. Go to www.hhcharities.org and click on the "Donate" button.

Educate the Children

Three (3) academic terms/semesters in the **2020 Ugandan Public Schools:**

Term I – February 3rd – May 6th (Funds due by January 22nd)

Term II – May 27th – August 26th (Funds due by May 15th)

Term III – September 16th – November 30th (Funds due by September 2nd)

Funds will be used as noted below:

Tuition

Uniform

Lunch Meals

School Supplies

Additional Meals/Clothes

ANNUAL TOTAL-----\$396

Credit Card Payments: via PayPal at www.hhcharities.org

Term Payments: \$132 per term

Monthly payments: \$33 per month (auto payments can be set up via PayPal auto system)

Payments accepted: Cash, Check or

Bank Automatic Draft Payments-personally set up through your bank

***Use your Match Program at your place of employment to maximize your giving. ***

95% of your tuition payments are sent to Uganda for the children

92% if paying via credit card payments-3% for charge fees/5% for administrative costs