



August Medical Report

Like the rest of the world, COVID 19 is still affecting the lives of those in Uganda. According to the John H. and Marie Parrish Medical Clinic, between January 2020 and August 2021, there were 128,489 confirmed cases. However, the highest daily average was reported during the last week of August with 1,643,067 doses of vaccine administered, which is about 2.3 percent of the population.

Uganda has also been subjected to people giving fake vaccines and offering fake vaccination certificates. This has hampered the ability to increase overall population vaccine numbers. The government is trying to overcome these issues.

In the clinic area, few people have been vaccinated, and some of those have complained of side effects from the COVID 19 vaccinations. Side effects like headache, fatigue, muscle and joint pain, coupled with fever, chills, shortness of breath and pain at the injections site. Those who needed extended medical treatment were admitted to hospitals.

Uganda has the third highest number of Malaria cases in the world and the eighth highest level of death rate caused by it. In August Malaria accounted for 34 percent of patients treated at the clinic, and of those, 19 percent needed admission.

The Clinic continues to offer guidelines to patients on management of Malaria by encouraging them to clear bushes from near homes, draining stagnant water, closing windows and doors before dark, using mosquito repellants and to continue sleeping under treated mosquito nets.

Sexual and Reproductive Health (SRH) Services continue serving the area with support from Population Service International (PSI). The Clinic continues to increase access to information and services on improving antenatal, high quality services for family planning, eliminating unsafe abortion and cervical cancer.



John H. and Marie Parrish Medical Clinic, Fort Portal, Uganda

September Medical Report

The Clinic now offers an array of services, such as 1- Medical services: out patient consultations, immunization services, antenatal care, and minor surgeries. 2- Reproductive Health Services: Family Planning, cancer screening, and post abortion care. 3- Laboratory testing for typhoid, brucellosis, syphilis, malaria, HIV, H. Pylori, etc. and 4- Machines used to offer specific services like Ultrasound Scans, Complete Blood Count, ECG machine oxygen concentrator and a Nebulizer. The Clinic is able to provide all services because of the support from the Parrish family, Antioch Church, and Humanitarian Hands Charities.

September was busy for the Clinic, as various diseases, communicable and non-communicable, were managed. Non-communicable diseases diagnosed were cardiovascular diseases, diabetes, chronic respiratory diseases, especially asthma, and injuries.

In September, the clinic saw 5 strokes and exams were done by listening to the heart and checking pressure; however, neurological exams could not be done to see how the stroke has affected the nervous system because the needed equipment was unavailable. Critical clients were referred to other health facilities for further treatment.

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MANY THANKS

The Clinic remains 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. The clinic is especially grateful to HHCharities and the Antioch Fellowship Baptist Church family for giving the essential equipment to the clinic, such as the much needed CBC machine, ECG machine, and Digital BP machines for the Clinic.



(September continued from page 1)

The Clinic also provides rehabilitation for stroke victims. In the rehab program, certain strategies are followed: To accept that physical and emotional recovery will take a long time, but always to become better; to share experiences, exchange information and build friendships with others who are coping with a stroke; letting friends and family know what the stroke patient needs and offer help where possible; trying to have a conversation at least once a day to help the client feel connected and help rebuild confidence; and to use props and communication aids like cards and pictures.

Hypertension (high blood pressure) is also a part of The Clinic's management program. Because hypertension is a primary risk factor for cardiovascular disease, including stroke, heart attack and heart failure, keeping it under control is vital. The Clinic helps clients by helping to manage their high blood pressure and making recommendations, such as exercising at least 150 minutes of moderate exercise each week; managing stress through warm baths, muscle relaxation, and deep breathing; avoiding drinking alcohol, recreational drugs, and smoking; eating a heart healthy diet; managing body weight, blood pressure, and keeping a daily log.

The Clinic offers Asthma Management and in September it treated five clients with asthma. Two cases were allergic asthma, possibly triggered by pet dander from animals, food, mold, pollen, and dust. Two cases were non-allergic asthma, possibly triggered by irritants in the air, and one case that was occupational asthma possibly induced by workplace such as dust, dyes, gases, and fumes.

In each of the cases, the doctor diagnosed the asthma conditions using: health history and a physical exam. However, because of the lack of Pulmonary Function Tests (PFTs) to carry out the breathing tests.

Clients with asthma were treated in two primary ways—breathing exercises and quick relief asthma treatments by an inhaler or nebulizer.

All asthma patients are advised to avoid exposing themselves to triggers that bring on the inflammatory disease. The Clinic advises clients to keep windows closed during pollen season; minimize dust in the house that might worsen at night; maintain optimal humidity in the room especially during the rainy season; prevent mold spores by cleaning damp areas; avoid pets with fur or feathers; wear a mask while cleaning the house regularly and wash the bedding regularly; cover nose and mouth if it's cold out.



The recovery room at the Parrish Medical Clinic

Needed Items

The Clinic still needs an ambulance to transport emergency cases to referral centers.

Along with other items, those topping the list now are a Computerized Tomography (CT) Scan and Magnetic Resonance Imaging (MRI) Machines which are vital for stroke patients.

The Clinic is in critical need of a Chemistry Analyzer, X-ray Machine and Cardiac Beds. 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 are still among the critically needed.

To provide eye care, the center needs a slit lamp with applanation tonometer (AIA-12 Model), Autorefractor model APPA Autorefractometer (AARK-7000-IM, Keeler direct (UK) ophthalmoscope, Trial test and universal trial frame, VA chart 6 meters (E-type and A-type), VA Chart 4 meters (LOGMAR type) and VA-TV model type 1 chart HD/LITE.

Emergency funding for COVID 19 Relief is desperately needed. Anyone with connections to non-government organizations, private companies, individuals and institutions are encouraged to contact HHCharities.



Humanitarian Hands CHARITIES

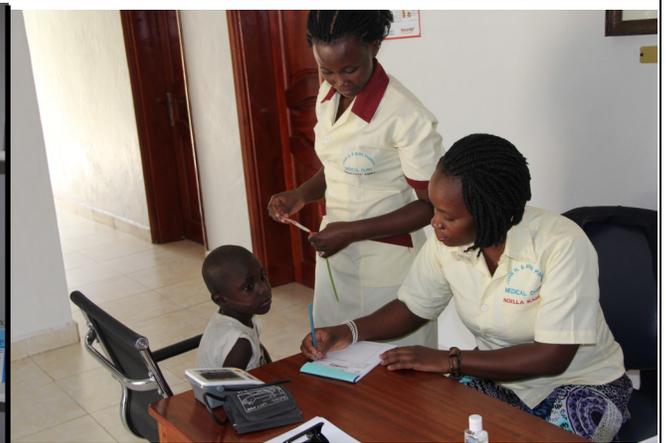
Building Hope...
One Heart, One Life, One Community at a Time

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Third Quarter Report



Advisory Board Member Phyllis Cleaves Examining Medical Supplies



Young patient at Parrish Clinic

Thank You to New Sponsors and Donors!

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.

Thanks to our many sponsors, one of our children is now a college graduate. The way out of poverty is through educa-



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

To donate funds for individual items: x-ray machine, ECG machine, CBC machine, cardiac beds, digital Blood Pressure machines, cryotherapy machine and an ambulance, go to www.hhcharities.org and click on "Donate" and specify which item you are donating towards.