



May Medical Report

In May, the John H. and Marie Parrish Medical Clinic (The Clinic), reported that Asthma and Liver Cirrhosis were the two most common medical conditions in the community. Although asthma was both non-communicable and hereditary, liver cirrhosis was the one increasingly on the rise in the community. This condition is one with many risk factors associated with low standards of living.

Because asthma is an inflammatory disease of the airways and lungs, it can cause coughing and tightness in the chest, but the most common symptom is wheezing and whistling sound made when breathing. The Clinic, in May, treated 7 clients with 3 types of asthma: occupational, allergic, and non-allergic. Occupational being triggered by workplace environment like dust, dyes, gases, or fumes; allergic caused by dander from pets, food, mold, dust or pollen; and non-allergic which could be triggered by the air like burning wood, cigarette smoke, cold air, air pollution, viral illnesses, air fresheners, or household cleaners.

All clients received treatment with quick-relief inhalers and breathing exercises. The asthma clients were advised to avoid certain items, areas, and environments that would trigger their condition. Some suggestions were keeping windows closed, minimize dust, maintain optimal humidity, prevent mold spores by cleaning damp areas, avoid pets with fur or feathers, clean the home regularly, and cover the nose and mouth if cold outside.

The Clinic did have one case of asthma that was challenging. A 12-year-old female arrived in the emergency room with difficulty breathing. She was a known asthmatic, so after a CBC investigation was ordered, it revealed eosinophilia, with no other abnormalities. Because of the lack of proper equipment, it took longer to stabilize her with an inhaler. An IV hydrocortisone was sent home with her along with prednisolone tablets and antibiotics.

The Clinic emergency room could treat asthmatic patients quicker and more efficiently if they had a nebulizer.



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

The Clinic has seen an increase in liver cirrhosis which is caused by one or a combination of the following: infections such as Hepatitis B, D, and C, alcohol, drugs, or various toxins; infiltrative disorders like non-alcoholic fatty liver disease, Wilson's disease, or hemochromatosis; too much iron; immunological, chronic autoimmune hepatitis; or congestion with blood such as chronic heart failure.

Because of lower standards of living and poor health seeking behavior, Hepatitis B vaccination coverage is low, which is the best way to prevent liver cirrhosis within the community. Patients generally suffer with fatigue, weight loss, features of malnutrition, nausea, vomiting, loss of appetite, along with distension of blood vessels on the abdomen, enlarged spleen and loss of libido. The Clinic had four clients with liver cirrhosis. Liver Function Tests (LFT) must be ordered for diagnosis; however, these conditions and others could be diagnosed earlier if The Clinic had its **own biochemistry machine to conduct LFT and alpha feto protein analysis.**

In May, 87 clients received family planning services, there was an increase in child immunization services, and the laboratory carried out various tests. Most of the tests for malaria, urinalysis and typhoid tests were positive. All HIV tests were negative, but the greatest challenge in the laboratory is the **lack of a CBC machine and a chemistry analyzer.**





June Medical Report

The June report focused a few medical conditions, Malaria, an obstetric emergency, and a Preterm Premature Rapture of Membranes (PPROM). When it comes to Malaria, despite the government supplying free treated mosquito nets to the nationals, people have not used them effectively and most of them no longer sleep under the nets. Tall bushes and forests are perfect breeding sites for mosquitoes; therefore, the environment is the reason for the increase in malaria.

There are five species of Malaria parasites, but plasmodia falciparum and vivax are the most virulent and common in Uganda. Malaria is divided by uncomplicated and complicated/severe. While uncomplicated consists of high grade fever, loss of appetite, etc., it is the complicated that is life threatening and its diagnosis is based on laboratory results.

In June, the medical team managed 32 clients with malaria, 9 male, 11 female, and 12 children. Twelve of those were severe and required intravenous medication, while the remaining were treated with oral anti-malarial.

PPROM is when a pregnant woman goes into labor between 24-27 weeks. The risk factors associated with this condition include low socioeconomic status, tobacco use, low body mass index, prior history of bleeding during pregnancy, history of preterm labor, and urinary tract infection.

To determine the condition, abdominal ultra sound scans are used to show the absence of amniotic fluid. PPRM may not be as common as others, but it is a serious one.



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

The list of items needed by The Clinic continues to grow, including the ongoing **need for an ambulance** to refer emergency cases to referral centers.

The most important now are as follows:

Medical Department: fetal doppler/fetal monitor/CTG, a syringe pump, infusion pump, patient monitor, nebulizer (Lit man), stethoscope, vein finder, and mobile ventilators.

A maternity department equipped with the necessary equipment is badly needed and will help with our efficiency.

The Clinic is in high demand for a Chemistry Analyzer, X-ray machine and cardiac beds. 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.

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. The clinic is especially grateful to HHCharities and the Antioch Fellowship Baptist Church family for providing essential equipment. Our Clinic offers the essential medical services which have saved thousands of lives in the community.



Humanitarian Hands CHARITIES

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One Heart, One Life, One Community At A Time

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

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



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

To donate funds for individual items of: X-ray machine, ECG machine, CBC machine, cardiac beds, digital BP machines, cryotherapy machine, or an ambulance vehicle, and noted items, visit www.hhcharities.org and click on 'Donate'.