



BWINDI COMMUNITY HOSPITAL NEWSLETTER

Volume 3 Issue 2

Feb 2016

Living as an outcast

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Our Vision

A healthy and productive community free from preventable disease and with excellent health services accessible to all.

Our Mission:

Serving Jesus Christ through giving holistic health care and life in all its fullness to the staff, patients, clients and visitors in the Hospital and community



Dr. Verena with her team at BCH



Nakityo Florence at BCH after surgery.

Obstetric fistula is a serious problem in the world's poorest countries, where too many mothers give birth without any medical help. In these cases, if a woman's labor becomes obstructed, she will endure days of painful, prolonged labor. Her baby is unlikely to survive. If the woman survives, her body is literally broken by childbirth. Uncontrollably leaking urine and/or feces, these women are too often shunned by their families and communities.

And the numbers are staggering high. One million women worldwide are currently living in this way, suffering from this heartbreaking, but treatable condition.

In Uganda because more than 30% still have their babies at home, fistulas are still a problem. Bwindi Community Hospital is blessed to partner with Dr. Verena Geissbühler and her team in addressing this problem in Uganda. The team of surgeons from Switzerland together with our team conduct a fistula camp every year that benefits a good number of women. Last year, we worked on 21 cases. The camp was life changing for all the women who were worked on. Nakityo Florence, one of the beneficiaries, has allowed us to share her story in this article.

Florence is 81 years old and she has had a fistula since 1961. Florence once a married woman, has four children whom she delivered at home. Her first deliveries went well with the help of her mother. However on her fifth child, Florence had prolonged

labor that lasted for five days. Her difficult labor left her with a fistula, and Florence began leaking urine. She underwent surgery to repair the damage, but it wasn't successful. Heartbroken, she returned home to her four children and to her husband, who left her soon afterward.

For 54 years, Florence endured the shame and discomfort of her fistula, until one day, when she heard a radio announcement that gave her hope. "I spent a lot of money trying to treat myself but I was wet for so long. I felt like committing suicide. I heard an advert for the fistula camp at Bwindi Community Hospital on the radio and decided to make the journey here". Florence made the journey to Bwindi along with other women where she was worked on. Her operation was a success and for the first time in years, she is hopeful. Her prospects of a healthy recovery are excellent and she is already making plans to start a



Some of the women pose for a group photo with Dr. Julius Nkalubo and Dr. Ben Ocholo after the fistula camp

new life: she will live with her children and start a small retail business to support her family. "I feel like giving everything to the doctors because I am finally cured. But I have nothing to give, so instead, if I see someone with the same problem I share with them about my experience and tell them to come here and be cured."

We are immensely grateful to Dr. Verena, Dr. Kayondo and the entire team for their dedication and commitment towards helping more women to receive the much needed medical care that makes them whole again.



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BCH promotes Safe Motherhood in Kanungu District.

On the 17th October Bwindi Community Hospital (BCH) joined the rest of Uganda and the world to celebrate International Safe Motherhood day with a theme, "Together, Let's make every child birth safe". The weeklong activities were crowned with a national event hosted in Kanungu District.

The main goals of the Safe Motherhood day commemoration were to take stock of efforts to improve maternal health in the country; to encourage stakeholders to renew their commitment to the improvement of maternal and newborn health; and to increase demand and utilization by communities of the available services.

The commemoration was part of efforts to promote safe deliveries with skilled health worker attendance. All stakeholders both at national and district levels were engaged in the appeal through:

- Advocating and promoting greater public awareness and participation in improving maternal and neonatal health through social campaigns.
- Mobilizing men as clients, partners and champions in making all child births safe.
- Finding everyday challenges and opportunities for more effective response to making every child birth safe and promoting maternal health.
- Mobilizing the private sector and donor resources to support efforts to improve maternal and newborn health

The Goal of our Sexual and Reproductive Health Program is to reduce maternal morbidity and mortality, under fives mortality and total fertility rate through quality antenatal and post-natal care, safe deliveries for all women in our catchment area, improved access to treatment for sexually transmitted infections and all individual having access to family planning

- Showcasing the safe motherhood good practices of Kanungu to the rest of the stakeholders.

We showcased our "Waiting Motherhood"

trict.

BCH was represented by a team of 20 staff led by Dr. Julius Nkalubo Gynecologist and head of Clinical Services at BCH, Dr. Scott



BCH team showcasing the hospital services to the Minister of Health, Hon. Chris Baryomunsi

ers' Hostel", which started in 2009, and its success through a coordinated referral effort across health units in the district aimed to reduce service delays and avoidable complications in deliveries.

Through public health interventions in the community (Live At Birth project) aimed at improving maternal and child health, we have been able to increase institutional deliveries from 50% to 85%. This achievement has significantly reduced maternal and neonatal mortalities in the Dis-

Kellermann (the hospital founder), Volunteers, midwives, nurses, and midwifery students from Uganda Nursing School Bwindi.

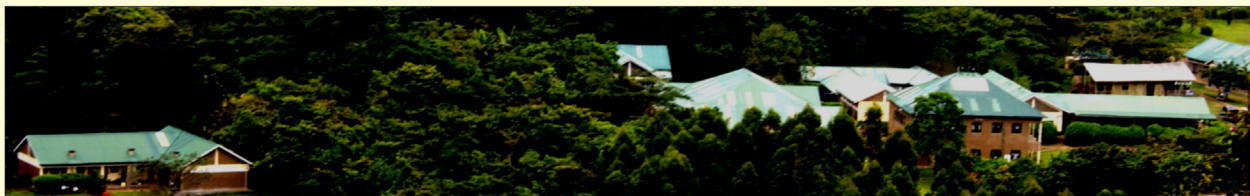
The event was attended by the State Minister for Health who came representing the Prime minister and commended BCH for the services rendered to the district.

We are always grateful to our partners for the support towards maternal health in this region.

BCH Services

Surgery
Child Health
Maternal Health
HIV/AIDS & Tuberculosis care
Community Health & Batwa
Out patients & In- Patients
Diagnostics
Mental Health Services

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UNSB Excels, and Shines.

Uganda Nursing School Bwindi (UNSB) is entering its third year of operations with a growing national and international reputation. Currently, 85 students are enrolled. The first extension class took their national exit exams late in 2015, and all students passed their exams except two who had a retake in one of the papers. These students are now qualified as registered nurses and midwives.

We have also maintained 100 percent-



Students doing examinations last year

success rate in the National Promotional Examinations since we started. To move to the next class, nursing students all over the country are subjected to a national promotional examination at the end of each year of study. Last year, we had two groups sit for these exams and all of them passed.

"I applaud and commend the outstanding job of our nursing students," said Jane Anyango, Principal UNSB. "This accomplishment demonstrates the hard work and the commitment of our school, staff and the quality of our standards. Excellence, Compassion and Competence are key in health care."

UNSB joins in to produce students with these qualities in addition to her core values.

Imaging the World adding value to nursing training at UNSB.



ITW with UNSB management after a support supervision visit.

The Ultra sound training program for nurses at UNSB is moving on well since it was launched last year. The extra course which is being implementing in partnership with University of Vermont, USA, through Imaging the World Africa (ITW-A). The

program enables students not only to graduate with a Diploma in Nursing but, with an additional qualification in Sonography and so far 12 nurses have successfully completed their training.

The program empowers nurses to detect pregnancy related problems early for timely intervention.

We are incredibly grateful to Imaging the Word for this partnership.

Get in touch with us,
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www.unsbwindi.ac.ug
+ 256 (0) 776789151

UNSB finally gets a School Bus.

On Friday 18th December 2015, Uganda Nursing School Bwindi (UNSB), officially received a new school Bus, funded by our benefactors, Steve Wolf and James Jameson. The Students, joined by Bwindi Community Hospital Staff, and the school administration and Board of Governors sang hymns of worship and praise as the Bishop of the Kinkizi Diocese the Rt. Rev Dan Zoreka appreciated the donors and blessed the bus. Our bus will be used on a regular basis to take our students on study trips and placements, and transport our teams to sporting events

The school bus will greatly reduce on the operation costs which we have been incurring. We will also use it as an income generating assert by hiring it to the nearby

schools and organizations.

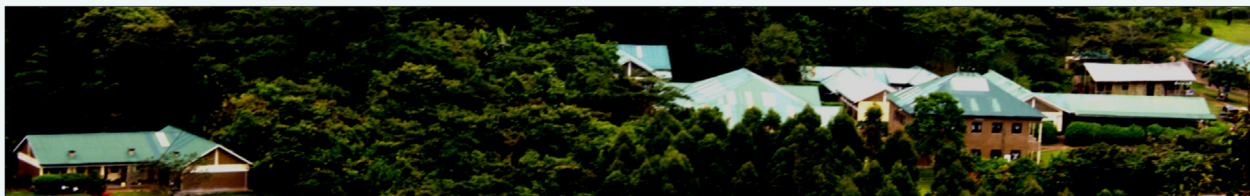
We are forever grateful to benefactors for the Immeasurable support!



Board of governors, students and some of the staff posing in front of the school bus



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Safe water system launched at BCH.

Access to safe drinking water and hygienic sanitation are true necessities for health. In some countries, half the population does not have access to safe drinking water, and hence is afflicted with poor health. This all changes when solutions to access safe water are implemented.

In bid to have universal access to safe water, ASSIST International has installed a Safe water filter system at Bwindi Community Hospital. Implementing the GE Foundation program, Developing Health globally (DHG), which focuses on high-priority health system needs, including safe water. The objective of the project is to improve the quality of water in Uganda healthcare facilities through water filtration system, technical training, and research that will impact child and maternal health outcomes associated with water, sanitation and hygiene.

The BCH water filtration system will provide safe water in all water outlets in the hospital. The community will also be able to collect the water for use in the homes.

We are so grateful for this life changing system from the GE Foundation through ASSIST International.



Some of the BCH board members inspecting the water system

Updates on the U-SHAPE project.

USHAPE (Ugandan Sexual Health and Pastoral Education) is a joint project between BCH and the Royal College of General Practitioners (www.rcgp.org.uk). The project is supported by the Tropical Health & Education Trust (THET) as part of the Health Partnership Scheme, which is funded by the UK Department for International Development (DFID)

In the last 6 months the project has flourished and has led to several successful training and education initiatives for staff, nursing students and community members.

In October, we held a week long Advanced Family Planning Course for the Nursing Students, which led to 21 students graduating as Family Planning Counselors. Later that month we also held several outreach workshops to 172 Village Health Workers across the region.

In November we undertook a research

into barriers of taking up post-partum contraception and the results are being analyzed.

And December, we ventured out to churches in communities across the district to host youth outreach events. Here we met with hundreds of adolescents to discuss the importance of abstinence, avoiding teenage pregnancy, safe sex and contraception as well as conducting concurrent HIV screening.

In January of this year, we held another Family Planning training course, this time targeted at staff in service at BCH and as a result, 11 staff graduated with certificates from the training.



Dr. Clare taking BCH Staff through family planning methods

How you can support our work

You can also make a tax deductible donation to our US charities;

The Kellermann Foundation
P.O. Box 832809
Richardson, TX 75083-2809
Office phone: 214-519-9279
Email: info@kellermannfoundation.org
www.KellermannFoundation.org/donate.htm

Abercrombie & Kent Philanthropy
1411 Opus Place, Executive Towers
West II, Suite 300
Downers Grove, Illinois 60515, USA
Link: <http://www.akphilanthropy.org>
Please earmark the donations for use at Bwindi Community Hospital.

You can also make a gift aided do

nation to our UK charity:

Friends of Bwindi Community Hospital

Details are at:

www.BwindiFriends.co.uk/bwindi/how-to-donate.html

In Canada, you can mail in cheques/ money orders, made out to Buy-A-Net, directly to:

Buy-A-Net Malaria Prevention Group
P.O. Box 1063 Kingston, ON K7L 4Y5

OR make a direct transfer to our bank accounts in Uganda with the following details: Account Name:

Bwindi Community Hospital

Bank: Stanbic

Branch: Kihhi

Account Number: 0240064116501

Sort Code: 040147

Swift Code: SBICUGKX