

NEWSLETTER
KUMI HOSPITAL UGANDA
QUARTERLY PUBLICATION

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★ Out with the old, in with the new!
★ May the new year bless you with
★ health, wealth, and happiness.

I greet you all in the name of our Lord Jesus Christ. I extend my sincere gratitude to all who love Kumi Hospital and the people we serve. You have been tremendous in offering technical and financial assistance to us especially during the COVID pandemic. Our gratitude goes to the board of governors who have ably guided the administration of the hospital, to the staff who have shown resilience and given patient service, to the local leaders who have always helped in time of need, our partners abroad who despite the difficulties have continued to provide resources for treatment of patients and for procurement of medical equipment.

News from Kumi Hospital

The pandemic has left us struggling in many areas such as preparedness to deal with such a contagious pathogen where we lacked key protective gear to the extent that almost all staff got ill. Thankfully we all recovered and give the glory to God. We have also struggled financially with few patient numbers throughout the year. We have lost many people in our communities and we commiserate with everyone grieving. My God strengthen us all. Despite the many struggles, we have made several achievements, one of which was a successful transition of management. We got a new senior hospital administrator, Mr. James Okweny who has been instrumental in steering the organisation through these turbulent times.

Kumi Hospital

We treat and God heals

We employed a part time general surgeon Dr. Adakun Moses to carry out a surgical clinic and operate on patients who need such services.

We sent Dr. Lazarus Odwar (previous acting medical director) to pursue a masters in general surgery at Nsambya hospital. We continue to support several staff doing various courses in various institutions to pursue further education.

We managed to get an ambulance by refurbishing and converting an old Toyota land cruiser into an ambulance. We made a five year strategic plan for 2022 to 2026 which will guide the hospitals ambitions and direction.

We have been conducting covid vaccination exercises in and around the hospital and we hope the pandemic will be controlled soon.

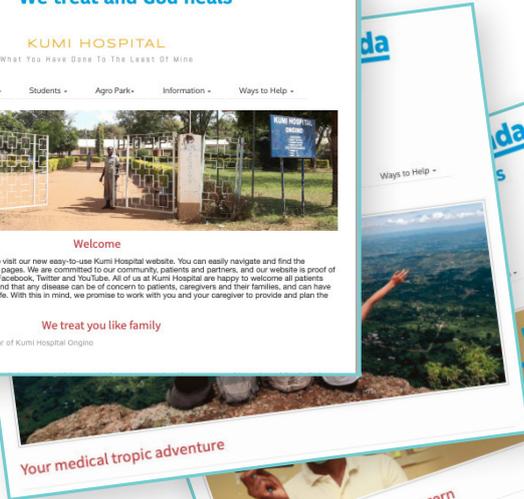
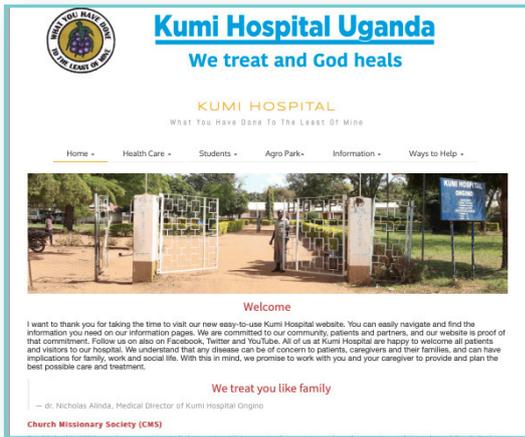
We also were able to carry out an orthopaedic camp after a long time. We thank Dr. Gerrit Jan van Norel for giving his time and skills to the population.

We also renewed a contract with Christian Blind Mission (CBM) which provides funding for disability care focusing on capacity building, inclusive eye health, orthopaedic care and rehabilitation.

I wish you a prosperous new year.

*Dr. Alinda Nicholas Owen.
Medical Director.*





Dear Readers,

It's hard to believe how quickly 2021 has gone by. We hope this year was kind to you and your loved ones despite the uncertainty currently engulfing the entire world!

At Kumi Hospital, we are grateful that with your support, we have continued to provide Medical Care to our patients. During the course of the year Kumi has rebranded its corporate image, we now have a new website, rich in information especially to our Partners and Friends. In 2022, we hope to fully engage our Partners and Friends using our social media pages to show the great work we do.

Please visit our website on www.kumihospital.org. Our web page contains useful information that show cases our identity and the tremendous work we do. We've launched our first newsletter and subsequent editions will follow. Take a look on our first maiden journey!

Abal Alex
Medical Health Informatics Officer



Uganda Institute of Allied Health and Management Sciences

We were a group of 33 Physiotherapy students that set off from UIAHMS Mulago (Uganda Institute of Allied Health and Management Sciences) on 24th of November 2021 to Kumi district for our CBR Program. For the 8 days we spent in Kumi, I rate Kumi region as one of the most amazing places in Uganda with welcoming and hospitable people; with Ongino hospital that welcomed us and gave us good accommodation.

I was so pleased with the morning devotion culture of Ongino hospital that united us with the hospital team every morning irrespective of our different religions.

We were first oriented through the hospital by the hospital staff where we found out that the hospital gives accommodation to patients that reside from far areas, gives free paediatric medical services is to the malnourished children and children with Bilateral Gluteal Fibrosis, a common condition in Kumi region. Great thanks to the NGO'S.

We were privileged to visit the orthopedic workshop, the senior orthopedic technician in the department took the lead in

teaching us how each machine works, we were actively involved in making a negative cast, positive cast, and finally an AFO for a child who had a foot drop; whereas visiting the physiotherapy department to work on pre and post surgical patients became our daily routine before we could set off for the field. Six days were spent in the different Kumi communities carrying out community based rehabilitation, together we assessed, diagnosed patients' conditions, treated and referred patients for further treatment where necessary. Highest population of the disabled consisted of children and a few adults. Throughout our CBR Program we were able to share knowledge and skills, appreciated the role of each CBR personnel in rehabilitation, the challenges faced during CBR, the factors that hinder and those that promote CBR programs, and also the high influence of poverty on disability.

Great thanks to: The CBR team and families with disabled people that actively participated in the activities of CBR such as constructing parallel bars, providing



Student's Experience during their field in Kumi District

the necessary materials such as wood; and also, to UIAHMS and our Principal Tutor School of Physiotherapy for the great efforts in making our CBR Program a success.

Written by,

Namuddu Shadiah (physiotherapy student, UIAHMS, Mulago).



The 33 students are annually affiliated with the Kumi Hospital for the CBR program. The program basically allows the Physiotherapy students to relate the classroom work and the community. Here they are expected to know the individual role of different stakeholders in the rehabilitation (team) i.e. NGOs, Church Leaders, Political Leaders, VHTs, Social Workers, Community Mobilists, Physiotherapists, Orthopedic Technologists, Orthopedic Officer, Orthopedic Surgeon and the whole hospital team.





Kumi Community Foundation UK

The Kumi Community Foundation was started in 2002 by Elspeth Robinson who first went to Kumi Hospital as a physiotherapist. She has continued visiting for about ten weeks each year and now her Foundation supports many families with children with disabilities and malnourishment who are living in extreme poverty in remote areas of the bush. Harriet leads the team which continues with its activities in collaboration with Kumi Hospital whilst Elspeth and team members return to the UK to raise funds and to liaise with the Kumi team by social media.

Our mission is to

“TO HELP OTHERS TO HELP THEMSELVES”

by providing the means to become self-sufficient but also to address issues relating to disability, nutrition and the home situation.

We liaise closely with Kumi Hospital and its rehabilitation team and we rely on our collaboration with the Kumi and UK KCF team.

What do we achieve?

- * provide income generating projects (IGP).
- * fund education for children with disabilities or those with a child with a disability.
- * fund surgeries for children with disabilities.
- * provide mobility aids such as wheelchairs, tricycles.
- * liaise with Kumi Hospital Orthopaedic Workshop for the provision of prosthetic limbs, wooden seating, crutches.
- * build houses for those in need.
- * provide funding for a monthly supply of protein, fresh fruit and vegetables and dried milk when required.
- * link with our UK partners.

Website: www.kumicommunityfoundation.co.uk

Email: kumicomfound@yahoo.com





Kumi Community Foundation UK



Following a request from Kumi Hospital for support during the pandemic and through a recent long period of drought, KCF was happy to supply the following.



3x Oxygen
5 x Pulse Oximeters
5 Suction Machines.
Nasal prongs and tubing.
Soap for hand washing.



Also salt, posho, beans, rice and sugar were delivered in the form of food parcels to our families with disabled children. Thanks to the team in Kumi for there continued hard work and dedication to the families in need



Teamwork provides opportunities



Covid-19 rules the world. Does not take borders into account. A real pandemic. No way to travel. But a lot of people, most of them children, need help in Uganda. Together with local authorities after two years an orthopedic Camp at the Kumi hospital again could be organized. Preventable diseases by far, but disabling in a way one cannot imagine.

Only two weeks, but we saw 134 new patients. Surgery could be done, often on both sides, at 68 of them. Aftercare is done by Oliver, the local orthopedic officer. And if a problem arises, she makes contact by WhatsApp. She is experienced and dedicated. Applies with ease a cast, serial casting method Ponseti at clubfeet, or helps in theatre. Explains what is going on, what options we have and what can be expected. Has prepared the Camp. Knows the real problems of the patients. An excellent mate. The new Medical Director, Doctor Alinda Owen Nicholas, request for help as often as possible. So Tom van Raaij, orthopedic surgeon, will join next time, March 2022. Regarding future, prevention needs attention. In Europe and more areas it has been clear that prevention gave the biggest impact on the burden of disease. It is my

dream prevention gets organized by the hospital. For instance using a kind of coach with nurses driving each month, or as often as needed, to a region close to or far away from the hospital. Recognized by local people and bringing in their children or parents or family, or whatever. Clubfoot can be treated well in most cases without



surgery within a couple of weeks after birth. So the newborn should be presented. Some trauma is easy treatable when done within weeks. Osteomyelitis is a disease of the poorest. Some children only eat mangoes. Legume, pulses eggs prevent a weak skeleton and infection of the bone. Many mothers do not know what food is needed in their growing child. Fish is often possible in the Major Lake District, a major source of proteins. Mothers can be informed about. For this reason Dutch surgeons visiting Kumi help also for education of local high potential nurses getting knowledge of healthcare issues at Uganda. They are able changing life of a lot of people at Uganda and more countries around, more than visiting surgeons can do.

*Gerrit Jan van Norel / Orthopedic surgeon
norelgjv@mac.com*



Like all Teso farmers KHAP experienced the adverse effects of the prolonged dry spell and erratic rains in 2021. The maize harvest completely failed due to drought, diseases and army worm infestation. Sorghum did better, especially in the second season from July-November. different types of grass had been planted to test drought resistance and palatability. The conclusion is that Mulato grass is suitable to plant additional paddock. Till November 2021, around 47 ha (117 acre) of land is covered with Mulato graas now and the milk production is increasing.



Control of the pastures



Plowing the fields



The fence and cattlegrid



Add when necessary

Fencing the farmland had been a wish for long. Finally, approximately 3 km of electrified fence is completed and a cattle grid is fitted at the gate. This fence and cattlegrid will keep cattle from neighbors outside and thus reduces the risk of disease transfers.

Since prolonged droughts are expected to occur more frequently, we now aim at getting maximum grazing lands. By omitting planting crops for silage, mechanization will be reduced and thus costs will decrease accordingly.

For planting and maintaining the Mulato paddocks quite a number of casual laborers from neighboring villages are hired. Sometimes their number rises to 60 and above.



Our trip to Kumi Hospital Uganda.

In Nov 2021 we visited Kumi Hospital. We are May and Doreen and we are both Public Health Nurses from the Netherlands. Together with some colleagues we have been visiting Kumi Hospital for 9 years now. This year was a challenge due to Covid, but we decided to come anyway to give our education on the topics of healthy food, hygiene and family planning.

When we arrived in Kumi we stayed in Anne's guesthouse and again were blown away by the friendliness and



hospitality of Anne and all the people of Kumi Hospital.

We met the new Medical Director Dr. Alinda Nicolas Owen and Mr. James Okweny, the new Hospital Administrator. They were both enthusiastic about our education and the materials we had with us.

Together with staff of Antenatal we joined the immunization programme in the communities and gave our education. We also joined for follow-ups together with staff of the Nutrition Unit. Both the new banner and the folder with the information were given

to Sister Betty of Antenatal en Rose of the Nutrition Unit to be used in the future.



We have had a wonderful time in Kumi and are very glad we came. It is good to see and share enthusiasm in our work and we will be happy to visit Kumi again in the future.

With Love, May and Doreen.



Let's introduce: the Dutch Kumi Hospital foundation



For more than 15 year the Dutch Kumi Hospital Foundation is committed to support Kumi Hospital and the people from Kumi district in enhancing the quality of health, education and in becoming self-sufficient, the three pillars of the foundation.

It all started in 2003, when Steffie Mooren, midwife, came to Kumi to work for 2 months as a volunteer in the hospital. The impression that this left behind prompted her to start the foundation once at home. The foundation now has 4 board members and many donors. Mother and child care is still close to the heart of the foundation. However, the projects already realized relate to a range of subjects within the 3 pillars, such as:

- Providing structural support to the Nutrition Unit for the detection and treatment of malnourished children and their families
- Funding surgeries for children with disabilities. We liaise with the Dutch Orthopedic surgeons who visit Kumi Hospital on a regular basis
- Building an operating room with solar panels near the delivery rooms
- Investing in the training of obstetric and nursing staff and the maternity

- Renovation of the children's ward
- Purchasing oxygen generators and vital function monitors
- In cooperation with Adesso Primary School (a primary school on the hospital compound with more than 1000 pupils), we have renovated classrooms, purchased school inventory, learning and sports equipment, had sanitary facilities built, a water tank and covered cooking area.
- Starting an empowerment project, a micro-credit agricultural project in which a group of people is given a piece of land and they work it on the basis of a cooperative approach.
- Our annual goat project, to generate income for those in need.

For years we work closely together with the hospital management, in mutual respect and great confidence. In addition, we have many enthusiastic and committed donors who have a warm heart for Kumi hospital and who provide financial support.

Thanks to them all, we have been able to achieve these results and we hope to be able to make a positive difference for people in Kumi for many years to come.



Board members Dutch Kumi Hospital Foundation:
Pauline Mooren-Rietra, Steffie Mooren, Wendy Smeets, José Tegels.

Get In Touch

Kumi Hospital Ongino

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East Uganda - East Africa

What are the needs in our Hospital ?

Most studies show that the most important needs of hospitalized patients are: trust, communication, information, education, self-care and self-support. However, access to health care in Uganda is limited due to: poverty, low education, inadequate health care systems and a shortage of health workers.

Improved staff housing, improved healthcare, better infrastructure, fresh water, alternative power sources such as solar energy, internet connection, walkways, oxygen system and further biomedical engineer, training of healthcare professionals such as radiologist, anesthetist, orthopedic officers, physiotherapist and growth of the compassionate fund.

We as a strong Kumi Hospital team do our best every day for the full 100% with the resources we have to provide the patients with the best possible care. We have a Christian compassion that doesn't let the sick die at the gate because they can't pay the hospital bill.

And that is why we are very happy with the support we receive from many Partners and Friends to do our utmost in this difficult corona time.

So thank you again on behalf of our patients and our employees.

Kumi Hospital Ongino Newsletter with contributions from Alex, dr. Alinda, Antony, Shadiah, Benjamin, dr. Norel, Elspeth, Doreen, Emma, Paulien, Sjaak and Jan.

This newspaper edition is also to download on kumihospital.org/information

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