



CHIMAMM

Monthly Newsletter

BIBLE VERSE OF THE MONTH

Proverbs 31:9

"Speak up and judge fairly; defend the rights of the poor and needy."

THE STRENGTH OF A SERVANT



CHIMAMM Administrator offering presents to kids at Kamuli medical camp

"It is one of those moments when I feel like I'm between a hard place and rock" I replied to a friend during a phone conversation. It was a little after 1pm on a Saturday when I got back home, standing just a couple of steps away from the car staring at the sky wondering how it's possible that it looks down on us indiscriminately, yet we are different in many ways. While lost in thought, my phone vibrated, it was one of my friends calling. I answered in a rather low tone that prompted my friend to inquire if I was okay. Not so sure of what to answer, I went silent for about 10 seconds, that my friend called my name even louder, but this time with a worried tone.

I shared some of those sad stories I had heard during the week. The patients supported by Caring Hands are needy in every aspect of the word. The most outstanding story for me that past week was of the 30-year-old man who was recently returned home by our Social Workers. He had been on the ward for quite some time as result of HIV/AIDS. The question that I couldn't answer was how a person with such a humble background could have acquired HIV/AIDS forcing him to stay in Kiruddu hospital for a very long time with no family member /friend to attend to him. How is it possible that he acquired HIV, but had no child nor girlfriend? I couldn't bring myself to understand this. Besides, he acquired the disease, on that particular afternoon, I had been concerned about how he was fairing as the social worker stated that Mr. K had not been to his village in 10 years. He ran away from home because he wanted to better himself, but hey that didn't work out. He went back to his extended family with no money, no business, childless, no wife/girlfriend and no parent, but with a disease that will obligate him to depend on those he abandoned and would sooner or later end his life.

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COMMISSIONING OF THE REFURBISHED ICU, HDU AND SOLAR SYSTEM IN KAMULI HOSPITAL



Staff of Kamuli Hospital, District Officials and CHIMAMM Staff at the commissioning of the ICU and HDU

Kamuli general hospital is one of the government owned high-volume referral hospitals in Uganda located far eastern region of the country. The maternity section covers over 50,000 mothers annually with over 400 deliveries monthly. The unit has for long suffered challenges of scarcity of resuscitation equipment a factor that has greatly contributed to several maternal morbidities and mortalities.

CHIMAMM recently completed a multimillion shilling grant project to restore hopes of both health workers and the community in this hospital. This project was fully funded and implemented by CHIMAMM, over a period of three months from the month of November 2018 to January 2019. The units on maternity upgraded included the high dependency unit, intensive care unit and the major operating theater. The upgrade of HDU & ICU included renovations, installation with state of art patient monitors and resuscitation equipment. In the theater a solar system was installed and a landline phone fixed for effective communication.

These units were commissioned in February 2019 to the community of Kamuli. Members present from the district included the Resident District Commissioner, the District Health Officer and the hospital administration together with the unit In-charges and health care workers. The grand opening was graced by the presence of the president CHIMAMM Dr. Charles R. Holt, CHF medical doctor Dr. Ajuk Philip and the social worker Mr. Ntege Peter Reagan. It was such a happy moment to the hospital staffs and community at large. When these facilities were opened all had an expression of satisfaction of the high expectation. The RDC was first to request his ECG be done which was conducted by Dr. Holt, oh it was such a great moment as all medical staffs wanted to have a monitor stuck on them.

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DOMESTIC VIOLENCE



Joan in Kiruddu Hospital

Joan (not real name) 27years old young lady who initially used to work in a salon as a hair dresser was admitted in Mulago hospital suffering from burns. She came along with her three children since they had nowhere else to stay. Joan explained that a few years ago she had separated with her husband due to family misunderstanding leaving her with a responsibility of three children, but after some period of time he came back and wanted to sell their only house, a decision that Joan did not agree with and this led to a big conflict between them. As a result of all this, the husband ended up pouring hydrochloric acid on Joan which left her with burns. The husband was put in prison and Joan admitted in Mulago hospital Kiruddu- burns unit.

While in the hospital she was completely without any support and besides, she also had three children to take care of. Joan was referred to CHIMAMM by the primary team on the ward when she could not afford bandages, nutrition and milk/food for her children. We intervened by providing bandages and she was also enrolled on the feeding program, but it was unsafe for children to stay in the hospital because they were prone to infections. So, we got in touch with the hospital social work who managed to get them a temporary home in Mpumude. Nevertheless, after progressive discussions in our CHIMAMM weekly meetings we decided that Mpumude home was not the best place for children to stay. Fortunately, we managed to communicate with the grandmother who later on accepted to stay with the children.

We visited Joan for the rest of the four weeks, providing whatever she needed and speaking to her until she was discharged. She was very grateful to what CHIMAMM had done for her. Glory be to God and thanks to the CHIMAMM team for the difference made in Joan's life.

John Mawanda
Social Worker

THE STRENGTH OF A SERVANT (continued)

My head was filled with questions and a feeling of helplessness. Lost in thought, I answered the call. My friend on the other end of the phone inquired in a rather worried tone "Susan, is everything okay". For a moment I didn't know what to answer. How could I say yes with all that was running through my mind about this man who was taken back to the village with no hope of recovery and uncertain health care. How could I say yes if I'm aware of many patients whose lives are hanging between life and death due to lack of money for investigations and treatment? Softly, I answered, "sort of". "What do you mean sort of"? I went through Mr. K's story and at the end I threw a question at her 'how am I supposed to help such a person?'

Discussing Mr. K's story with her helped me feel better about his situation. My friend counseled me and pointed out several areas where CHIMAMM team had supported the patient including taking him back to his relatives. She asked me if I was able to find out how the patient felt about going back home.

As a matter of fact, I hadn't inquired from the team, but when I did, the social worker who took Mr. K back home told me that he (patient)was pleased to go back to his people and that if he passed on to the next life, he would be buried next to his parents. Wow!! Sounds like a small thing, right? I focused on what I thought was bigger and forgot to appreciate what good had already been. How could I have thought that he was pleased to go back home after hearing that he had been left with kids that were found at his uncle's home because there were adults at the time of the arrival and departure of the social workers?!! Well, it was a nice surprise in this story.

Why have I chosen to share this story? I wanted express my gratitude to the "other guys". These are the CHIMAMM staff who get their hands dirty every day, who face the music and have to deal with emotional stories every single day. I have seen them break down at the passing on of a patient who they supported beyond what CHIMAMM expects of them. Perhaps, nobody counsels them, but they continue to do their best. They find their solace and strength in working with an organization that reaches out to the destitute patients; something that would not be possible if there weren't people who donate to support of these patients.

Ms Nalugo Susan
Administrator

JOY OF GIVING A HAND

Mirembe the mother of one of CHF medical beneficiaries who were supported some years back while in Mulago Hospital found herself into CHF office unknowingly. Since the team serves so many people, it is not very easy to identify all of them after a couple of years.

This lady runs a restaurant around Mulago hospital and she was contacted as a food supplier. Her motive in business is to make profits like any other person would in case they start up a business. Quality service delivery is one of the objectives of CHF to ensure that the best is got by the clients; her restaurant was inspected by the team and she was invited to office to make a Memorandum of Understanding for the good of the two parties.

Mirembe came to benefit from CHF the second time as a food provider the moment she got to know the name of the organization. She was shocked and started narrating to the team how Caring Hands had helped her out when her son was admitted in Mulago hospital and she had no single penny by then. Although her business motive is to make profits, she offered a discount of 16.7% per plate given to every patient as a way of giving back to the organization due to the support that was rendered to her when she had no hope. The percentage may seem small, but its impact is negligible.

The grateful food provider made an understanding with CHF and together they support patients in terms of supplementing their diet onto what the hospital provides. Interestingly, she monitors the patients as she provides them food. The extra mile of informing the team of any changes that she gets to know about the patients is out of love to give back to CHF. For many unknowns, she is considered the care taker of those patients due to her frequent visits and monitoring of the patients as she takes them food.

It is so amazing to collaborate with such a food provider who is willing to give back the favour that was once rendered to her. CHF team enjoys working with her due to smoothed service delivery. Favour extended, is received one time in one way. We should always yarn to help for a time when we less expect, such favour will be rendered back to us.

Esther Nabwaami
Assistant Administrator

ONE YEAR AS A DOCTOR AT CARING HANDS FOUNDATION

February 2019 marked my first year at Caring Hands Foundation as a medical doctor and looking back I see areas where I've gained total satisfaction and areas where improvement is at hand.

With the vast majority of patients seen last year by our medical team, am often in awe of what our President and supporters do year in year out and not only so, but often my colleagues are amused how one could only give away such hard-earned money for the sake of another. **Continued on page 4**

COMMISSIONING OF THE REFURBISHED ICU, HDU AND SOLAR SYSTEM IN KAMULI HOSPITAL (continued)



CHIMAMM President Dr. Charles R. Holt demonstrating to Kamuli hospital staff how to use the resuscitation equipment

The president CHIMAMM demonstrated to the medical staffs how to use these monitors and the resuscitation equipment since these were all new to the local team. The theater solar system was as well commissioned and handed over to the unit in-charge and the hospital administration.

The district leaders and the hospital administration expressed their gratitude towards this accomplishment by CHIMAMM. It was such a great day full of happiness, sharing and learning.

I wish to thank the good Lord for what CHIMAMM has done for the community of Kamuli.

Dr. Mundaka JB
Medical Doctor

YOU HAVE SOMETHING TO GIVE

Acts 20:35 I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'

I want to challenge you today about your life and ministry as an individual. What kind of life are you living? Are you in the world just to collect from others or do you think there's something in you to give? In life, you must give before you take, for giving precedes receiving. Some people don't receive because they're not givers. Every good giver is a good receiver.

If you've always had people give to you, and you have never been challenged to give to others, you're on the wrong path. You might say "but I don't even have a home. I have no job; I even have to beg to eat; what could I possibly have in me to give to someone else?" I want you to know that even in that difficult situation you can still be a blessing.

God is not concerned about you getting a house, a car, or a job. He can give all that and more in a heartbeat. What He is more concerned about is what you've done with the love and the life He has given you. **Continued on page 4**

ONE YEAR AS A DOCTOR AT CARING HANDS FOUNDATION (continued)



Dr. Philip (right) with Dr. Holt (centre) and Dr. Mundaka (left) in Kamuli theatre

On the other hand, the president Dr Holt always endeavoured to explain to us that in doing so we lent to God as well as heaped treasures in heaven a phenomenon if explained to a common Doctor, would not see it fit for reason.

Last year I was introduced to the major ward rounds where we saw an average of 8 patients and spent hundreds of dollars on these patients daily and mid-year 2018 we held an annual medical camp that saw us spend thousands of dollars, working on over two thousand persons, a number that quadrupled our total of patients seen a year.

I was privileged to visit the numerous beneficiaries of Carina Hands Foundation at their different schools and this opened my attention to the fact that when working for the organisation it goes beyond the doctors work with expectations often put by directors and the president to extend advice and help to these disadvantaged children, often times escorting them to seek medical attention.

With the year closing, I looked back and saw a successful year, a year I offered myself to actual service in God's kingdom, a year I brought hope, restoration and to the destitute all over Uganda, a satisfaction that improved me as an individual and has dearly affected my perception in life and brought a determination to help beyond the boundaries of Caring Hands Foundation.

Ajuk Philip
Medical Doctor

YOU HAVE SOMETHING TO GIVE (continued)

How much of His light in you is shining on others?

Success is neither about money nor how popular you are in society. Rather, it's the ability to put that which the Lord has given you to work, so that others may benefit through your light.

Therefore, quite saying "I have no job; I have no house; I have no one to help me or give to me". What has God given you? Do you think God loves you? Are you glad about it? Then go share that with someone else. There're people who don't even know God loves them. Share with them the love of God that you have experienced. Wake up and become somebody. Remember the Bible says in Luke 6:38 "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."



Nutritious words from the man of God, Pastor Boniface

Giving is like planting a seed, when you give the little you have, you receive a great harvest in return. Look for someone with a smaller need and become a solution, and God will use someone else to meet your bigger needs. Let's all be like the widow woman at Zarephath who gave her little flour to Elijah and in return she and her child survived on the remaining balance for three and half years 1st Kings 17:10-15 so he arose and went to Zarephath. And when he came to the gate of the city, indeed a widow was there gathering sticks. And he called to her and said, "Please bring me a little water in a cup, that I may drink."

And as she was going to get it, he called to her and said, "Please bring me a morsel of bread in your hand." So she said, "As the LORD your God lives, I do not have bread, only a handful of flour in a bin, and a little oil in a jar; and see, I am gathering a couple of sticks that I may go in and prepare it for myself and my son, that we may eat it, and die." And Elijah said to her, "Do not fear; go and do as you have said, but make me a small cake from it first, and bring it to me; and afterward make some for yourself and your son.

"For thus says the LORD God of Israel: 'The bin of flour shall not be used up, nor shall the jar of oil run dry, until the day the LORD sends rain on the earth.'"

So she went away and did according to the word of Elijah; and she and he and her household ate for many days.

You too have something that look small to you but it can make a big difference in someone's life. Give it out because it is more blessed to give than receive. God bless you.

Pastor Boniface

OCCUPATIONAL HAZARDS

Life is filled with occupational hazards. In January 2019, life presented me with a young electrician who came to us with electrical burns covering his arms and legs. S. J. trained for his profession for several years and, like so many others here in Uganda, could not find a job upon completing his education, so he was forced to find piecemeal work wherever he could find it. He had managed to pay his bills by scrambling at any electrical job he could find sometimes occurring at the most ridiculous times of day or night. S.J. found himself climbing up an electrical pole of a friend who asked him to see what could be done about the instability of his electrical service.

S.J. could not find the power shut off switch and climbed the electric pole that carried a three-phase high voltage wire. He subsequently touched a live wire that shocked him. He miraculously was able break free from the current that was racing through his body, shoved himself off the pole falling to the ground and then lost consciousness. When he gained consciousness, he found himself in a neighborhood medical facility for immediate first aid treatment.



S.J. while in Kiruddu Hospital, Uganda

He was then transferred to Kiruddu Hospital burns unit where CHF team met him. His burns were severe and included his thighs as well. Physicians were grim about the chance of saving his upper limbs. Two days passed and gangrene had set in to such an extent that the doctors determined the only way to save S.J.'s life was to amputate both his upper extremities to mid forearms. That news was difficult to accept for a 29year old young man who made his living with his hands, but he understood the medical situation and agreed to the surgeries. Sometimes we do things in life that we regret, but we have to live with the consequences.

Caring Hands comes on board to help those who have lost hope and if they don't know God, we introduce them to Him. With faith, hope springs eternal, and we along with his supportive family,

were able to encourage him through prayer and remind him that it is a miracle that he survived his electrocution. We didn't stop there but took the next step and contacted local prosthesis companies throughout Kampala and the International Rotary Club who provide such devices in hope that we can offer S.J. Artificial "caring hands" of his own. S.J. has a long road ahead of him, but when he asked our team to pray with him, he acknowledged the universal first step in recovering from any traumatic incident in life and that is to turn to God.

We look forward in the near future to see S.J. as a living testimony who can serve to encourage others.

Kadde Norah
Nurse

SIXYEARS DOWN THE ROAD

11 year old B.F was born normal like any other child. Six years down the road, he lost his sight and this is when his parents sought help from the hospital. He later on lost his hearing after being diagnosed with pineoblastoma. In the quest to find a cure for her child, B.F's mother went to several hospitals until she was referred to Mulago national referral hospital where the diagnosis was made. The long trek to find help had dried up their finances. The Caring Hands team was called and it has been with them along the way. B.F has been through a lot of investigations like magnetic resonance imaging and other laboratory investigations. Last year he underwent surgery to remove the tumour. He was later advised to do chemotherapy. B.F has been able to complete the treatment with the support of his mother. It has not been an easy step for the eleven year old. Although his hearing has been restored, he has to adjust to being blind. But with the continued support from his mother, I know he will make it.

Nakandi Rebecca
Nurse

Medical Camp 2019 at Bukalasi, Eastern Uganda

CHIMAMM medical camp is slated for 21st - 22nd June 2019 in Bududa at Bukalasi Health Center III and preparations are going on.



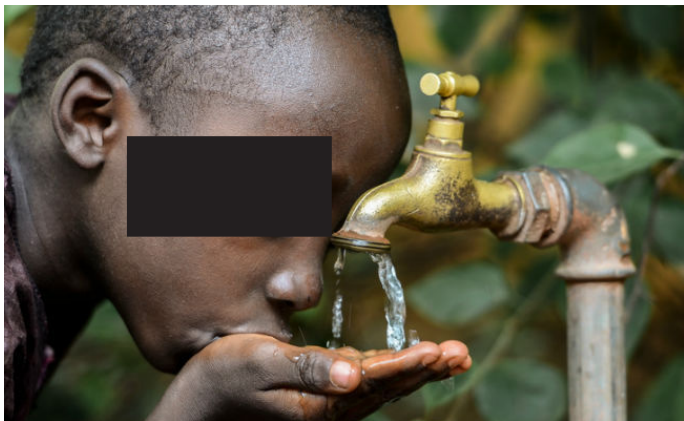
Budduda district officials and CHIMAMM staff after medical camp 2019 preparation meeting

DID YOU KNOW THAT WATER HAS A LOT OF HEALTH BENEFITS?

Water is an important part of all living things. As a matter of fact, up to 65% of the human body is made up of water. Thus, the saying that water is life. Well if you have been taking this for granted. Today I will like to share with you some of the benefits of taking water.

As you may be aware it is advised that an adult person takes at least 8 glasses of water which is about 2 litres per day.

Taking enough water may help to prevent headaches. The brain needs enough water in order for it to function well and lack of it often causes headaches. Taking enough water has been found to help migraine headache.

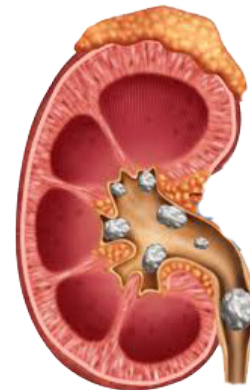


Water is very important for physical performance. It is important that one has enough water particularly if they are going to undertake rigorous activities. Sports and exercises lead to lose of water mainly through sweat. If this is not replaced, one may have poor performance.

If you have been having low energy levels and lack of concentration, consider taking enough water and you may be surprised. Water has been found to improve energy levels as well as brain function. Fluid loss of as little as 1.9% was found to lead to anxiety and fatigue in men and impaired both concentration and mood in women.

Taking enough water may help to prevent and relieve constipation. Carbonated water for some unknown reason may serve better for this purpose.

We are currently seeing a lot of young people presenting with kidney stones (nephrolithiasis) whether this a reflection of the dry spells and global warming or a change in diet is not yet clear. However, we know for sure that taking enough water can help to prevent those very painful kidney stones. I have heard some patients tell me that a kidney stone is more painful than delivering a baby without anaesthesia!



A kidney with stones

A bang for you to know that taking enough water may help in weight loss. This is largely because water improves satiety and also boosts your metabolic rate. It is important that water is taken about 30 minutes before a meal for this to be effective. Don't take too much though as it may ruin your appetite. I think some of you are asking what kind of water is good for this? Well, it is best to take warm water.

Last but not least, water is important in preventing hang-overs. Though it is best to avoid alcoholic drinks in the first place. I hope, you will now make it a habit of taking enough water every day. It is good for your health. Water is life!

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