

LIVING ONE DAY AT A TIME



Prossy cleaning utensils

After 6 months since Prossy (not real name) was reunited with her extended family, CHIMAMM team went to visit her. This is a 14 year girl, (now 15 or almost year old I guess), that was abandoned by her father in the hospital last year. Prossy captured hearts of many people who learned about her story. She is a product of incest and had been brought to the hospital for a third operation after she suffered intestinal obstruction as a result of a kick in the stomach by her father. The first two operations were done at a lower facility, but they were not successful; then the father was prompted to bring her to a National Referral Hospital for better care.

Even though her father brought her to the hospital, he does not care that much about her wellbeing because of the relationship from which she came into this world. It's a taboo in the Ganda culture for cousins to be intimately involved and the worst of all is; if their intimacy results into a child. The effects of the relationship are unfortunately borne by the children as they become societal rejects and associated to bad luck. This is the circumstance under which Prossy found herself. She did not choose it, it chose her. Interestingly, the rejection she suffers or has suffered from both her parents and extended family, the abuse and physical pain have not broken her down. She seemed hopeless before the third operation, but after healing, she is doing okay much as she experiences seasonal head and back aches.

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THOUSANDS' HOPE RESTORED DURING THE PEAK

Like any other organization, there is always a peak when yields or activities are at the maximum. Likewise CHF experiences its peak during the middle of every year. During normal course of business, CHF assists vulnerable patients who are admitted in Mulago National Referral Hospital. Patients receive assistance in form of running their laboratory investigations, buying prescribed drugs, supplementing their nutrition, counseling and sharing the word of God with them.

Come June every year, CHF holds general medical camps to restore people's hope that is spiritually, psychologically and physically. Thorough preparations are done to ensure that the best is received by all the anticipated beneficiaries. Targeted are the people in the hard to reach areas in Uganda with health problems/ complications and the local health workers in such areas. Patients in those areas get free access to medical services during the camp and the health workers are equipped with skills of handling different medical cases.



Residents of Bududa in eastern Uganda waiting for medication in 2019 Medical Camp

Qualified medical people who are willing to treat Ugandans and transfer skills to the local medical workers voluntarily are coordinated, drugs are bought according to the results of the fiscal study carried out indicating the major common diseases in a selected area.

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At 14, she is in primary three (usually 14 year olds are in secondary school/ high school), but she does not feel embarrassed and she is determined to study.

During the visit, we learned that since April, 2019, when she got reunited with her extended family, she lived in three homes. It's difficult to explain the reasons for this, but as mentioned above, it is associated to nature of the relationship from which she came into existence. She is now living with a 'friend'; let us say a neighbor to her uncle. Prossy loves children and often times; she helped the neighbor with her kids when she started to live with her uncle.



Prossy (centre) standing with chimamm staff (right) and neighbours (left) she lives with.

One time, when the uncle was away, she was locked outside of the house so she went and sought refuge at the neighbor's home. The neighbor lives in a one bedroom house (sitting room and one bedroom) and has three kids. The sitting room is partially a bed room since Prossy joined the family. The uncle continues to pay her tuition, but it has been a struggle for her as he too has a young family. He has been assisted by a charitable organization, but still, the tuition has not been fully paid for past two terms. The neighbor is concerned that Prossy won't go far with her education if no one comes up to help.



Prossy's scars after surgery

I have been hearing the saying "living one day at a time" but hearing Prossy's story made me understand what the statement really means. As I wrote previously, besides the domestic violence she suffered, she is also a victim of rape, but she seems to be indifferent by her situation (or maybe she is good at hiding her emotions) and choosing to approach each day as it comes. I have no idea what her future holds. It was nice to Prossy, but still hard for me and I believe for my colleagues too because we need to figure out how to get her in a better school and it involves quite a lot; a lot more than the obvious.

**Susan Nalugo
Administrator**

KATABALWA'S MISMANAGED SICKNESS

Mid this year, as I was strolling through the corridors of upper Mulago hospital in Uganda (commonly called Old Mulago due to its buildings dating back to 1935) and I heard someone shouting 'musawo', 'musawo' (literary meaning a medic). I didn't pay attention to the caller because it was a hospital setting and patients keep calling medics near them that 'musawo'. However, the caller persisted calling 'musawo' and I heard the voice drawing closer to me; then he tapped on my shoulder and once again said,

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General medical camps are always held covering HIV Testing Services, general medicine, eye department, dental, Ear Nose and Throat department, Pediatrics and Surgery to mention but a few. The camp is a result of combined efforts from various parties that is the leaders of the respective camp venues, participants, pharmacies, individuals and companies which contribute to the cause in different ways.

People with different medical complications some even held for over years turn up for the medical camp to access free medical consultation, treatment and some are operated. Those with severe complications are referred to the nearby regional hospital and others to Mulago where they still find CHF team to guide them.

Evangelism is another activity that is carried out during the camp where the word of God is spread through Various ways like holding crusades, moving door to door and showing religious films in public places in order to pass on the word of God for a week. Many people get a chance to receive the good news of salvation.



Residents of Bududa at the crusade

Many people in the medical camp are left smiling; some accept Christ in their lives, others receive free medication and medics and social workers enhance skills in the different departments of their career during the camp. The peak reminds many of their roles to play in life.

Esther Nabwaami
Assistant Administrator

ELECTROCUTED FROM A FACTORY



Dan in Kiruddu Hospital, Uganda

Dan (not real name), a 22year old young electrician from Mayuge district, (eastern Uganda), had a bright future before him; looking forward to accomplishing his dreams just like any other young man. All this was shattered one day in an accident while performing his daily duties at a factory. He suffered an electrocution which left him with injuries all over the body. His hands were severely injured and partially paralyzed to the extent of hardly moving them or feeling anything. He was immediately rushed to Kirudu hospital by some of his family members and eventually admitted in the hospital burns unit.

Dan was referred to CHIMAMM by the primary team of Kiruddu hospital on the ward where he had stayed close to a week. His family was poor and lived a peasant life; therefore, it run short of funds to take care of Dan's nutritional supplements, bandages and laboratory investigations that he required. On the other hand, doctors were planning to amputate Dan's arms. The CHIMAMM social worker approached Dan, assessed his situation and found him indeed too poor to afford laboratory investigations, nutritional supplements and bandages. CHIMAMM took care of his needs and also enrolled him on CHIMAMM feeding program. Nevertheless, we visited him every Wednesday for three months; providing all that was required and counseling him too. His condition improved steadily and amputation of his arms was cancelled because they healed and functioned normally again.

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'musawo wa Katabalwa' (meaning Katabalwa's nurse). It is upon this, that I turned and realized the caller was the father of an eight year old boy who had been helped by CHIMAMM early this year 2019.

Katabalwa was admitted in Mulago hospital after he was referred by a clinic where he first sought treatment and the swelling on the head was treated as an abscess. When his condition deteriorated, the clinic sent him away to seek further treatment in Mulago national referral hospital.

Most clinics in Uganda love treating patients regardless of the gravity of the sickness because they earn quite good money from them; nonetheless, they don't treat them properly. However, once they realize the patient's condition is worsening and likely to tantamount to death in their precincts, they send away (refer) the patient to Mulago national referral hospital. This is done to avoid investigations and interrogations from health authorities because many of the clinics in Uganda are sub standard and not licensed to manage complex sicknesses.

Likewise, Katabalwa's father had fallen victim to the clinics' mismanagements of patients and used all the money he had from his meager earning to treat the son while at the clinic. Little did he know that his son was receiving sub standard treatment due to the quack procedures that were used in managing his swelling. Then it was after Katabalwa's situation worsened that the clinic referred him to Mulago hospital.

On admission at Mulago hospital, further investigation like a Cscan, eeg were required by the doctors. Katabalwa's father at that moment could not afford paying for the investigations because he had spent the money he had on treatment of his son at the clinic. The Primary Team of Mulago hospital informed Caring Hands team about the boy's condition of needing investigations, but the father was hard up to pay for the investigations. Caring Hands assessed the father and son's predicament and resolved to take up their medical investigations. They were carried out and the diagnosis showed the boy had a tumor.

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JESUS CHRIST OUR HOPE



Pastor Boniface Okello

"For God did not send His Son into the world to condemn the world, but that the world through Him might be saved; (John 3:17), and He has given us this assignment to go into the world and preach the gospel of love and not condemnation because the world is condemned already. Mathew 5:14 "You are the light of the world. A city that is set on a hill cannot be hidden. We should let our light shine so that those who are in darkness without hope can come into light.

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Dan and his family were very grateful for the support CHIMAMM offered them; he was later discharged. I had chance to meet Dan again at the ward; three weeks after he was discharged and he had returned for review. His health was improved; he walked properly and the hands were flexibly normal. He still expressed gratitude towards CHIMAMM for saving his life.

Glory be to God and thanks to CHIMAMM for the support rendered to Dan.

Mawanda John
Social Worker

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Let's bear in mind that we were once sinners, but Jesus came with love, leaving all His glory behind and took our place. He who knew no sin became sin so that we who were sinners might be saved. What a wonderful love for the King of all kings and the Lord of all Lords, the Son of the most high God to bring Himself that low for you and me to be saved today. Let's reach out and demonstrate the love of God to a hurting world. In the event of spreading the word of Jesus, a child was brought in the ward where I do Pastoral care.



She is crippled, doesn't talk and has never experienced parental love, but within a short time, she realised that the people around her were different. She started playing and laughing because of the love & care she was experiencing. Everyone can reach out and demonstrate love of God to a hurting world; touch somebody's life by what you say and do. As I carry out my daily work, I encounter a number of people who are hurting. They think and feel that the world with everything in it has turned against them. While talking to them, I share the gospel of our Lord Jesus Christ and tell them how God loves them very much.

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Fortunately, a visiting neurosurgeon reviewed the boy's case and picked interest in it. We were requested to get the surgical sundries and he was worked on the following day by the visiting surgeon with the neurosurgical team of Mulago hospital.

Therefore, the morning Katabalwa's father called me while I was strolling through corridors and tapped my shoulder; he was going to the cancer institute with the son for his last round of chemotherapy. All he would say was, "Omwana wamwe, wuuyo" (meaning, "Your child is there"). He expressed his gratitude towards Caring Hands for the great assistance we offered his son; he referred to the assistance as rebirth of his child. He said that his son would have died if Caring Hands hadn't helped him.

Katabalwa's father like many other people we meet in the hospital, especially young parents, are unemployed. On the other hand, there are a few who are employed, but in the formal sector and earning meagerly. Then the majority are employed in the informal sector. Most patients we meet in Mulago hospital, are admitted when their meager savings have been exploited by the clinics where they first seek treatment. Then the clinics send them away when their conditions worsen or even having exposed them to wrong treatment, yet all the money has been exploited from them.

Above all this assistance to patients, great thanks go to Caring Hands partners and donors; your generosity puts smiles on patients' faces.

May God bless you all

Rebecca Nakandi
Nurse

NEWSLETTER BIBLE VERSE

Take delight in the Lord and He will give you the desires of your heart. (Psalms 37:4)

HYDROXYUREA DRUG IN MANAGING SICKLE

KF was a 17yr old known sickler who been attending the sickle cell clinic in Mulago. Recently, he was admitted in Kiruddu hospital with symptoms of severe Anaemia, and painful lower limbs. For the past three months and so, KF had so many hospitalizations which ended up interrupting his studies in spite of the fact that he was a candidate who was in preparing for examinations.

Sickle cell disease is a genetichemoglobin disorder in which the red blood cells which carry oxygenated blood around the body changes shape from a smooth doughnut shape into a crescent or half-moon shape. It is sometimes called sickle cell Anaemia. They have different presentations of symptoms like dactyalitis, (swelling of the fingers) lobarpneumonia, recurrent bacterial infections, Anemia, painful crisis and sometimes stroke.

KF has five siblings, and two of them tested for the sickle cell disease and were diagnosed to be carrying the SS gene, to confirm that they were known sicklers. However, both children hadn't been on hydroxyurea not until a year ago when the sister was started on hydroxyurea.

Hydroxyurea is the best drug of choice as per the resent research carried out from the sickle cell clinic in Mulago hospital. It has been known to be anti-cancer drug given in higher doses. However, in sickle cell Anaemia, it's given in smaller doses and the quality of life of these children has improved quite a lot. There's reduction in hospitalization, pain crisis and incidences of stroke thus improving the quality of life for sickle cell individuals.

Caring Hands Foundation visits Kiruddu hospital for a weekly ward rounds with the social work team. During our weekly rounds, the social work team of Kiruddu hospital introduced us to KF and he was in critical a condition; he needed an urgent blood transfusion due to low hemoglobin and also had severe pain crisis.

The primary team decided that after the transfusion, he needed to start on hydroxyurea and the mother expressed her financial constraints to the medics. Caring Hands enrolled KF to its programme and the basic investigations were carried out and

we bought him drugs for three months despite the fact that he needs to have his medications for life.

Currently, we are trying to find ways how KF will keep receiving his medication to sustain him the rest of his life without missing a dose and also receive the basic investigations carried out monthly or every three months.

KF has tremendously improved for the past months when he started on the drugs and he hasn't missed school like it used to be due to pain crisis.

Wetherefore,calluponanyGoodSamaritantohelpKF receivethemedicationwhichcansustainhimtherestofhislife.

May God bless who ever would love to stand with this family.

Norah Kadde
Nurse

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They begin to see the light and realise that in the midst of their predicament, they can still experience the love of God. In the world, there is no hope, but in Jesus Christ we have hope; in this present life and life to come.

God bless you abundantly.

Pastor Boniface.