



SUMMER PROGRESS REPORT

2023



Introduction

We are thankful and proud of our successes in the first year of work as a medical non-profit organization, and we are very excited with the rate we are growing. Though it certainly hasn't been an easy road, we believe we have roots in place and in a good position for further growth. We would not be here without your gracious donations to a great cause. THANK YOU!

Special thanks to Trinity Center for World Mission for sharing space with us and allowing us to offer medical services in conjunction with their amazing mission.

Our projects are locally led and tailored to community needs. Our 2023 project centers around the Kaserem Christian Medical Clinic in Kapchorwa Uganda. From improving skills and clinic function, and updating the facilities and equipment, to boosting the population's health and morale. We are exploring multiple avenues to help the clinic play a more important role in the health of THEIR community.

Our small team landed in Uganda in July with donated products, training aids, and lots of ideas. Once we reached the Kaserem Christian Medical Clinic we immersed ourselves in their work - getting a deeper understanding of the problems they face. We traded training sessions and solidified plans for some major facility upgrades. Our expert team found opportunities to guide protocol, policy and organizational structure. We ended with leadership/mentorship sessions and we set some goals together. We will see some big changes coming this Fall.

From there, we connected with the local district hospital. This facility has outstanding medical providers but is also underfunded and overcrowded. Three districts rely on this facility. We are excited for future projects with their surgical and nursing departments. We learned just how important the Kaserem Clinic is due to its physical location.

The final aspect of our Uganda trip involved two outreach days. It was incredible to be a part of such a concerted effort. We were able to reach nearly 600 patients who may not otherwise receive care.

From there, our director Ben King, went to Rwanda. He participated in a two-day outreach event in collaboration with Trinity Center for World Mission and a district health care team in Kigali. Leaving the highly organized city of Kigali, he went towards the Congo border to the struggling district of Nyabihu. With a heavy burden of disease and poverty and still recovering from recent mudslides, this area has many challenges to their healthcare structure. Spending time in this struggling region with the local leadership, we have started brainstorming some training projects and we have set the framework for a larger scale medical mission trip for 2024.

Message from our Director

THANK YOU all for your support and donations.

As we continue to see instability spread across Africa, I worry about the future. All across the globe, I feel there is a veil of uncertainty, shrouding our vision and our ability to be compassionate. In Uganda in particular, though stable at the current moment, the leadership of the country are focused on things besides improving healthcare for the people. Almost 50% of this country is below 16 years old, and they will inherit the decisions that the current leaders are making. Now is the time to help our medical colleagues in these rural places - because no one else is going to.

Our team - though small - did an amazing job on the ground. We are empowering our friends to become innovative leaders and better providers. Our projects are saving lives and opening new doors. Beyond our tangible efforts to improve facilities and skill sets, we aim to help our friends tell their stories and bring their vision for their own futures into fruition. We will continue to incorporate technology to help our African counterparts achieve their goals and find future success.

We don't put a cap on our own knowledge. We are always learning and improving. Each trip gives us more insight and strengthens our foundations. We are able to give our East African colleagues are new skills, mentorship and empowerment. And we are hopeful that together we will find bold, sustainable solutions that bring prosperity and better health to countless people. Together we share a passion for the practice of medicine and a commitment to helping our neighbors.



Ben King, Director

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Successes for 2023

Kapchorwa, Uganda

We are committed to the Kaserem Christian Medical Clinic and the surrounding district. The region produces significant amounts of food and coffee, but they remain very poor overall. The potential for healthcare development is vast. Our projects are spread across several key areas.

1 Leadership Development

Clinic Level - We focused on capacity-building, team training and protocol development. We are seeing the clinic transform into a more efficient facility. This will lead to better outcomes, increased volume, and more development opportunities.

Community Level - Fostering community leadership with vision and commitment to the immediate area is a key part of our mission. We are mentoring the leadership board, providing them with new tools to connect the clinic to new resources, compete for grants, fundraise, and tap into the growing tourism industry.

2 Improving Community Health

Education - We trained 30 providers (from rescue workers to physician level) in basic life support and trauma management. The feedback was excellent and we left the local rescue squad with important new supplies. We followed up with our Helping Babies Breathe seminar alumni and we are excited with the results and improvements in patient outcomes and capabilities.

Outreach - We were able to provide free healthcare services to nearly 600 patients over the course of 2 days. We have arranged follow up care for several more complicated cases.

3 Facility Updates

It has become very clear that the clinic can serve an important role in the district healthcare system. This is based partly on geography - distance from the Kapchorwa District Hospital. Our first grant - Integra Foundation - has allowed us to develop a minor procedure/wound care room at the clinic. We have begun several projects to improve physical access into the clinic and fix some structural issues. We supplied a back up generator and our clean water project is underway.



July 1 - Arrive in Uganda with the US team. Drive to Kapchorwa

July 2 - Clinic Day 1
Clinic tour/ rounds

Staff presentations and training on common health issues
Problem identification sessions



July 3 - Clinic Day 2
Wound care education with grant presentation
Empowerment and mentorship sessions with staff
Solution session / project planning



July 4 - District Training Day
Basic life support and trauma training - 30 providers from multiple facilities/ hands-on training
District Hospital tour and immersive nursing experience
Planning session for 'Surgical Camp'





July 5 - Outreach Day 1
 Ugandan clinical team w/ 3 US
 personnel
 300 patients received care - general,
 pediatrics, women's health, dental, eye
 Collaborative effort with community
 education sessions



July 6 - Outreach Day 2
 Over 200 patients seen in extremely
 rural and underserved region
 Tour of local school with dental and
 education product donation



July 7 - Mentorship Day
 Hike Sipi Falls with our Ugandan team
 - first time experience for many
 Leadership Development Dinner



July 8 -11 - Team Bonding in Jinja
 Adventures on the Nile River
 Recovery and debrief sessions
 Depart home (Ben to Rwanda)

Measuring Progress

Every month we receive reports that the patient volume is increasing. The clinic is a safe place to receive care at all levels and they now deliver almost 1 child per day. We spent time expanding our understanding of the clinic's day to day needs. As we go forward, we will be able to track specific metrics in more detail. They are now equipped with internet and a facility computer. Slowly, we are helping to sustainably equip the team with better training, diagnostic tools, and, most importantly, strong local leadership, improved team morale and a positive outlook on their valuable potential. This team does amazing work, and they need to know that.

Key Indicator	Activity / Project	Data / Outcome
Transforming the role of the clinic in the community	Direct support for the clinic staff and facility improvements	<ul style="list-style-type: none">• Volume at 400/ mo• Community trust increasing• Improved HIV testing• Preventative med
Developing education foundations at the clinic	In-person and remote training Curriculum development	<ul style="list-style-type: none">• US/ local providers are effectively able to learn/ train here• Community health education center
Improving staff retention and performance	Mentorship and support Expanding leadership roles	<ul style="list-style-type: none">• Zero staff loss over last year• Improved job satisfaction• Improved efficiency

Financial Status

Over 2023 we have been able to raise nearly \$30,000

Because of our amazing donor support, hundreds of people are getting better medical care in the Kapchorwa District of Uganda. The staff at the clinic are experiencing a better quality of life and they have more tools to deliver better care. Our local leadership team are supported and better equipped to find solutions to their problems and lead the clinic into a better future.

- Admin fees - \$300 USD
 - Canva Account
 - Marketing / Website
 - Taxes and fees
- Winter Facility Donation - \$2500
 - Oxygen concentrator
 - Centrifuge
 - 2 exam beds
 - Exam lights
 - Better quality medication restock
 - Initiation of "New Mother Care Package" - i.e. hygiene supplies
- Benevity - Employer-based donation platform
- Helping Babies Breathe Remote Training - \$350 USD
- June Fundraising Event - Raised \$8000 USD, including merchandise sales
 - Merchandise expenses \$3000
 - Bohemian Bull Contribution - \$1000
- Uganda Outreach July 1- July 11th - \$4000 cost
 - 2 full-day events with local physicians, specialists and full pharmacy
 - Transportation fees
 - Community Medical Education Events
 - Facility Upgrades
 - Generator
 - New linens, mattresses and other hygienic products
 - Restock medications, testing items and "New Mother Care Package"
- Integra Foundation Grant - \$500
- Rwanda Outreach - \$1000
- Donated items - estimated value \$6000 USD
 - Wound care supplies
 - Diagnostic supplies
 - Surgical supplies
 - Computer, mouse and external hard-drive
 - Projector

Next Steps

Currently we have a reserve fund of \$19,300 USD. We are preparing to take on major facility upgrades starting with the addition of clean, running water into the clinic facility and available to the surrounding community.

We are so close!

We need at least \$5,000 USD more to ensure these projects can be successful.

1 Clean Water Project - \$15,000 USD

Getting clean water is critical to development and it will save lives. But this is a challenge. Given the rocky terrain and agrarian environment, a deep bore well is untenable. National water is costly and inefficient. The most affordable long-term option is to connect to the Sipi River via gravity and utilize a solar powered pump and chlorinator system to connect clean water to the two buildings and to a public access site.

2 Improving Patient Access - \$3,500 USD

The clinic desperately needs a mode of transportation to conduct community outreach events and to transport non-emergent patients to a higher-level of care. A motorbike is the best place to start.

Currently erosion has washed out a section of the front entrance. We plan to expand the entrance and include a low-grade ramp to allow for wheelchairs and stretchers to be more easily utilized. Adding gravel to the front will prevent further erosion and allow for emergency vehicles to better access the facility.

We are also advocating for necessary improvements to the unimproved feeder road that leads to the clinic.

3 Updating the Facility - \$6,000 USD

In partnership with local leadership, we plan to match funds towards facility upgrades. We will replace light fixtures and repair the ceiling. We are going to create a 'Procedure Room' which will offer a clean, safe place to provide quality wound care - a service that doesn't exist in this immediate area. We spent time with the leadership team mapping out the best use of the clinic space to optimize performance and improve outcomes.

Improving lab equipment and the ability to transfuse blood remains a priority.

We have an opportunity to purchase a Butterfly IQ portable Ultrasound at a discounted rate offered for NGO's.

Once the major renovation projects are completed, interior and exterior walls will be repainted.

Looking to the Future

There are so many barriers to success and the road is not easy. As we continue to support the clinic, we are looking beyond the immediate needs, towards projects that will benefit the thousands of people who live around the area.

1 Research and Grant Opportunities

The Kapchorwa District faces many major health issues across a multitude of medical specialities. We are offering a safe environment for new research and educational projects for local and US medical providers and researchers. One of our 2024 goals is to find academic partners interested in furthering their global health projects. From trauma and surgery, non-communicable disease, infectious disease, and women's health - the issues are complex and under resourced. We believe this is the perfect place to attract bright minds looking to solve global problems.

We are pleased to be able to support local scholars as well. Our clinic team has already taken their ability to teach on the road and out into the community.

2 Microfinance Projects

One mile from the clinic, the lowest (and tallest) of the three Sipi Falls spills over into a picturesque valley. Tourism is expanding in the area. We are encouraging our local leadership team to invest in sustainable development projects. Coffee shops, juice shops, hand-made African products - we are excited to support these ventures through leadership and entrepreneurship advice.

3 Rwanda 2024 - Fundraising Campaign Fall 2023

Nyabihu District is the poorest of all Rwandan Districts. Bordering the Congo, afflicted by mudslides, heavy disease burden, and at high altitudes with complex water access problems - there are many barriers to success. We spent time in the region and visited several clinics. Meeting with key community leaders we have started discussions for a collaboration in 2024 to help find sustainable solutions to improving provider education, system capacity and healthcare access and outcomes.

Conclusion

By empowering our local partners, we have been able to impact positive change that will be lasting. Our commitment to African-driven projects focus on sustainable outcomes and creating strong foundations.



Poised for Success

The clinic is in a position to become a key facility in the region and a critical facility to offset the current healthcare crisis. Our work and your donations are making a big difference



Forging Connections

From joint training events, to medical outreach events, we are connecting local and global community, and it is sparking change and development.



Commitment to Education

Our educational projects have been successful. Lives have been changed. We will continue to base our future projects around educational projects.

We provide financial, logistical, educational, and spiritual support to rural clinics in low-resource settings. Our 2023 partnership is with the Kaserem Christian Medical Clinic in the Kapchorwa District of Eastern Uganda. Our vision is to empower community leaders and healthcare providers in low-resource settings. We want to equip these hard working men and women with new tools, skills, and ideas so that they can become the innovators and problem-solvers.

Acknowledgements

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The Fern Family

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Bohemian Bull

Dr. JL Wilson

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