



HEALTH REPORT JUNE 2021



Introduction

Despite the countrywide lockdown and the rampant spread of COVID19, we have served more teen moms than in the previous months. Together, we found creative ways of working and reaching out to the vulnerable girls that needed our attention and services, all the while being mindful and observing the standard operating procedures for COVID19.

This report details some of the activities and successes that we have registered this month.

Highlight in Health

Dealing with COVID19 at the Princes Shelter



On the 5th of June we had COVID19 testing done for all the resident teen moms and the staff that work directly with the girls and their babies. Out of 28 people tested, two teen moms were positive for COVID19, but they were not critical. However, we had a 2-months old baby who had difficulty in breathing, and needed to be nebulized. The baby and the two moms were monitored for 24 hours, and were later discharged. They continued receiving their medication for 10 days in the isolation room at our office.

While in the isolation room, they were all put on a more vitamin rich diet – including lots of fruit for vitamin C to boost their

immunity. We also encouraged them to spend some more time in the sun, and to carry out regular exercises to keep fit, as recommended by the Ministry of Health.



COVID19 has been shown to affect the mental health of sufferers, and in order to avoid having another crisis on our hands, our health team has been conducting focus group discussions with the girls to allay their fears, and answer questions on myths about COVID19. They were also kept occupied with indoor games, but most importantly with daily devotions and prayers for encouragement, reminding them that God is their healer and He would heal them of their illness.

Before the end of the 10 days of covid treatment, we noticed tremendous change and improvements in the girls' health. Most of the COVID signs were gone, restoration of smell and taste, and we truly thank God who answered prayers.

However, on the 23rd of June, one of the teen moms had difficulty in breathing and was rushed to the hospital. Thankfully, the chest x-ray showed that her lungs were fine and on testing for COVID19 again, the results were negative. All the other girls will be taken back to hospital for review and to rule out any further infections. We are thankful to the Lord for healing.

All the other teen moms and the staff who work directly with the girls were also given immunity boosting diets and preventive medications as per the Ministry of Health guidelines, to help boost their immunity and encouraged to follow SOPs while at the shelter.

Teen moms sun bathing below and the Nurse (right) attending the isolation wing



Activities implemented within this reporting period

Maternal and Child health Care

1. Antenatal care:

In the month of June, we had sixteen teen moms accessing antenatal care services – 6 at Rubaga Hospital, and 10 at Bulamu Health Centre in Lyantonde. Vital observations were carried out such as blood pressure and weight measurements; medical histories established; general medical observations - ascertaining fetal wellbeing and estimation of the gestation period to guide birth preparedness. Some teen moms who were due this month received a pelvic assessment to evaluate the nature of their pelvis, and from the findings one had a contracted pelvis, which means that she cannot deliver normally, and has been scheduled for a c/section delivery. The rest were given trial for labor.



It is through these visits that we also treat any complications or illnesses that arise as a result of pregnancy. We carry out scans to establish the sex of the baby, rule out any abnormalities, and estimate the fetal weight as this guides the teen mom's nutrition requirements going forward.

All scan findings were normal and all the expectant mothers have no intrauterine complications. We thank God for the good health.

Another COVID19 case:

On Wednesday 23rd June, we received a 15-year-old teen mom, but as has become the norm whenever we receive a new girl, she was taken for a routine antenatal checkup and COVID test before being admitted in our shelter. Results showed that she was COVID19 positive, though had no major signs except a history of a cold 2 days before. Other antenatal test findings were normal; she was 32 weeks pregnant, and is currently being monitored in our isolation wing at the office. She makes the third teen mother with COVID19 under our direct care.



An expectant teen mom receives her delivery kit.

2. Birth preparedness: We ably conducted 8 birth preparedness sessions for our teen pregnant moms who were expected to deliver within the month. We explained the different terminologies used during labour, why they need to push when a midwife or gynaecologist tells them to do so and further emphasized why c/section sometimes happens in case of failure after trial for normal labor.

A prayer was said for all of them and each one was provided with delivery kits which included all the essentials necessary for delivery.

Due to the lockdown and restriction on movement, some of our community teen moms were reached via phone calls, reassured and encouraged to utilize all the family and neighbourhood support systems available when labour commences. This will help in reducing the delay time in accessing medical care in case of emergencies.

3. Child Health Care

Immunization: All babies in the shelter and in the different communities have been immunised according to the immunisation schedule.

All new born babies and all the other babies in our care were immunised; some received BCG, Polio doses, DPT-Hep B-Hib 2 vaccine second dose, others received DPT-Hep B-Hib 2, Polio 2, PCV 2, Rota 2, while others await the 6-month doses.

Medical Care: At Bulamu Medical Centre in Lyantonde, we had an HIV positive teen mom and her baby re-admitted due to severe malaria. They were managed on antimalarial drugs for a few days and discharged.

Early in the month, we received a 10-year-old girl who was defiled and wounded during the abuse. She was rushed to Bulamu Medical Centre for emergency care. Scans were done to examine the extent of the damage and she was put on treatment to heal her wounds. She was also put on post-exposure prophylaxis (PEP) treatment to prevent HIV infection. A few weeks later, the little girl was brought back to hospital with sharp pain in her abdomen, which turned out to be a bad case of peptic ulcers - a side effect of the PEP treatment, since she was not eating the right food in the right quantities, as required for people under that treatment regime. She is currently getting better and on medication for the ulcers too.

Delivery Reports: As indicted above, we had 9 deliveries with 7 baby girls and 2 baby boys. 4 deliveries where in Lyantonde, 3 at the Princess shelter and 1 from the Kampala community and 1 from Fort Portal City.

This is the breakdown of the deliveries:

- On 2/6/2021, a 15-year-old teen mom was admitted at Bulamu Medical Centre in Lyantonde and she delivered normally to a baby girl. Both mother and baby were discharged the next day in a good general condition.
- On the 7/6/2021, another teen mom from Lyantonde gave birth to a baby boy from Bulamu Medical Centre through a C/section delivery. The baby weighed 3.9kgs and both teen mom and baby were discharged after 3 days in a good condition and on medication. These were to be reviewed after a week.
- On this same day the 7/6/2021, A resident teen mom at the Princess Shelter gave birth to a baby girl weighing 3.1kgs through a planned C/section delivery. The reason for the C/section delivery was due to the contracted pelvis. Both mother and baby are in good condition and were discharged on medication.
- On the 9/6/2021, we had another resident teen mom from the Princess Shelter give birth to a baby girl weighing 2.7kgs through C/section delivery. She was given trial of normal labour but due to prolonged latent phase there was early distress and this caused for an emergency C/section. Both teen mom and baby are in a very good healthy condition.
- On 11/6/2021, a teen mom in Lyantonde gave birth to a baby girl weighing 3.1kgs through C/section delivery. She had been given trial for normal labour but due to oblique presentation, the C/section delivery was the only option to save their lives. Both were discharged after three days in a very good condition.
- On 20/6/2021, another teen mom gave birth to a baby girl from Bulamu Medical Centre through a C/section delivery. This teen mom has hepatitis B which was diagnosed earlier during antenatal, she stayed long in hospital due to delayed bowel sounds and failure to do poop. She is currently still in hospital being monitored as she also takes treatment for the liver disease.
- On 17/6/2021, one of our community teen moms in Kampala Makerere Kivulu gave birth normally from Kisenyi Health Centre IV to a baby girl. She was diagnosed with COVID19 during labour after a routine check was done on all mothers on maternity ward that day. She was referred to Entebbe Grade B hospital where she received treatment for her and her attendant. Both were discharged later with mild symptoms and encouraged to continue with home-based care management as they fight the virus. They were supported with emotional health care and are being followed up on a daily to ensure permanent restoration.
- We supported one other teen mom in Fort portal with a delivery kit to help through the labour process. She delivered normally to a baby boy at Kitembe Health Centre. Both mother and baby are doing well.



Pictorial for our June babies and the teen moms with their new born babies.



4. Post- natal reports

Throughout the reporting period, we had daily monitoring of the teen moms and their babies. This involved checking their vitals, operation sites, breast feeding technique and monitoring and cleaning of baby cords. These were encouraged to ambulate to quicken the healing process.

A case of post-partum depression

Fauzia's (not real name) baby seemed to always be crying nonstop and both Mama Sarah, the House mother, to ask Fauzia why she wasn't breastfeeding the baby. Fauzia simply looked at Mama Sarah with an angry look and walked away, leaving the baby still crying. Fauzia was not making any efforts to take care of her hygiene either. Mama Sarah and the Resident Nurse had also noticed with concern that Fauzia wasn't interested in taking care of the baby either, and even got more concerned when she was found trying to suffocate the baby with a pillow to stop her from crying.

In desperation, Mama Sarah and the Resident Nurse implored Fauzia not to kill her baby reminding her that the child was innocent of whatever had happened to Fauzia and that God loved both of them. Fauzia (15) was defiled by her father's friend and was brought to the Shelter when she was about 3 months along. On the 9th of June, Fauzia had a baby girl through c/section, after a long and hard labour, and it was obvious that the trauma of childbirth had rehashed the memories of the abuse, making her resent and reject the baby from the moment she was born.

We intervened urgently and since then Fauzia has been receiving psycho-social support through focus group and individual counselling, sharing the Word of God and the message of the love of Jesus Christ with her daily to strengthen her spiritually. The last two weeks have seen a marked improvement in her treatment of the baby, she has increased the number of times she breastfeeds, and we are also assisting by supplementing with bottle feeding. We continue to pray for Fauzia's complete recovery and we are happy to see that the bond with her baby is growing and she is learning to live in the freedom that forgiveness and the love of Christ bring.

5. Maisha In-house Clinic report

Despite the lockdown, we managed to work with all the 18 resident teen moms and their babies. We handled all first aid emergencies and the outbreak of colds and coughs as explained in the highlights.

We also purchased more drugs to help us serve the needs of the teen moms and their babies.

We are grateful for the **new ultra sound machine which was donated by Project Ultrasound Inc.** in the USA, and we believe that it will help to serve more girls in the different teen safe spaces at no cost. We thank God for the kind hearts that work with us to ensure our teen mothers access all the required health services much easily.



6. Nutritional support

This month we continued to support our “orange” clients (girls with HIV/AIDS) with nutritional and medical support. We are currently supporting only two girls but have already registered at least six (6) girls in Lyantonde who will be needing support, especially with nutrition.

We are happy to report a tremendous improvement in their health because of the support they have received from us.

TRG social worker handing over some items to an “orange” teen mom in Lyantonde

Conclusion

Without your support, we would have not been able to reach out to the girls that have benefited from The Remnant Generation’s services. We, therefore, appreciate you for joining us in the cause to save the lives of these young abused girls, the teenage mothers and their babies. We commit to serve more beneficiaries with quality and excellence as required of us from God.

Together, we are turning stories of desperation into stories of hope and inspiration.