

The Remnant Generatiⁿ

HEALTH REPORT
MAY 2022



impactnations
- rescuing lives

Introduction

Great is thy faithfulness oh God. Knowing that we can daily wake up to encourage young people and build hope in their lives. We are thankful that in the month of May we had **24 teen moms** receive antenatal care, **8 babies** were immunized, **6 teen moms** were rescued on to TRG support, and **3 babies** were born. Thank you, Impact Nations for furthering the mission of rescuing, restoring, repurposing and supporting girls to thrive in their God given potential. Together we are creating positive change in Uganda.

The report details achievements and general information concerning our Health program in the month of April 2022.

May Highlight

Saved from Severe Vitamin D deficiency



Akram is 18 months old now. He was born to one of our teen moms in the Princess Shelter, Kampala; and she was rescued for psychosocial support and proper protection. Fortunately, the teen mom received psychosocial support and she was enrolled into main stream education in primary six. She is a bright girl and desires to become a Lawyer. However, through our regular growth and development sessions at Maisha in house clinic, it was discovered that Akram had his Anterior Fontanelle not closed. It was a concern to our Health team that the Anterior Fontanelle was still exposed just like that of a 6months old baby; and it was accommodating 5 fingers at ago during the assessment.

The baby was inactive and had failed to exhibit the expected milestones at this stage. This therefore necessitated a pediatric review at our partner hospital. The doctors confirmed a severe lack of Vitamin D3 which is a necessary requirement for closure of fontanelles in babies.

Akram was given vitamin D injections and put on daily Vitamin D supplements in form of syrups and chewable tablets as seen in the photo. He was also put on special feeding with eggs, fish and milk on a daily basis.

After one month of treatment, a review was done on 25th of May and the fontanelle had started to close. Now it is able to accommodate 1 and half fingers instead of 5 fingers like earlier diagnosed.

Akram has improved in his day-to-day activity and achieving his milestones well. Failure to arrest this condition would have caused reduced activity and a mental retardation. He will continue with treatment and special feeding until the anterior fontanelles close completely.

We are so grateful for this healing.



Other activities

Maternal and Child health Care

- **Antenatal care:** 24 teen moms received antenatal care from different health facilities. 2 of the moms were from the Princess Shelter, 20 from Lyantonde and 2 from the Community based care program of Kampala. 6 of the teen moms were new recruits for May and we are glad we reached out to them for easy access to health care services. 5 of these were from Lyantonde while 1 is from Kampala.



The moms received general health assessments including measurement of blood pressure, medical observations for expected dates of delivery, fetal wellbeing advice on nutrition and counselling services.

In the photo the teen mom is being examined

During the antenatal care visits, teen moms receive treatment for any complications or illness that rise as a result of pregnancy and scan services are done to establish the sex of the baby, fetal weight and also rule out any abnormalities.

- **Birth preparedness**

5 teen moms attended lessons for birth preparedness. They received their delivery kits, counselled on the modes of delivery and those who appeared to be worried, they were encouraged with facts about delivery and called upon to be more positive. Out of the 5 pregnant teen moms, 3 delivered their babies and 2 are still waiting on the labor pains.

- **Delivery Reports**

We have had 3 deliveries within this month; 1 C-section and 2 vaginal deliveries. 2 deliveries were done in Lyantonde and 1 from the Princess Shelter in Kampala. We had 1 baby boy and 2 baby girls this month.



Maureen is 17-year-old teen mom Lyantonde. She was referred to TRG by the Parish Chief. Maureen conceived to a 19-year-old man. When she realized that she was pregnant she talked to her brother who also informed their mother. When they had discussions with the man's family, they agreed to enroll Maureen for a hairdressing course and also meet her hospital bill. However, they failed to meet their obligation and instead helped the man to escape so that he is not arrested. It is at this point that Maureen was referred to The Remnant Generation for proper care and protection. All antenatal care was

received at Bulamu Medical Centre. She continued to receive health care and nutritional support until 17th/05/2022 when she started labor pains. She had a C- section delivery due to CPD resulted from malposition to a male term baby with a weight of 3.4kg. Mum and baby are in good condition. They were both discharged and are at the shelter for further support.





Marita is 15 years old. The village chairperson referred Marita to a TRG staff for legal support and crisis pregnancy services. She lived with her mother's friends since their home was near the school where she was studying. During the lockdown, Marita got a boyfriend who deceived her that he will start for her a business. Innocently, Marita accepted to have sex with her boyfriend and so she got pregnant. She was later sent to live with her grandmother who was also lived on the same village. Marita's relatives negotiated with her boyfriend and he promised to enroll her in vocational training institute to learn a skill on condition that he would not be reported to police. It is here that Marita realized that the man who got her pregnant

was married and had children. Marita did not receive any support from the man neither did the man enroll Marita to learn any practical skill as earlier promised. She stays with her grandmother who is a farmer and who struggles to meet the family's basic needs. Upon assessment, Marita was recruited on the program under Community Based Care at the Remnant Generation in Lyantonde. She received medical check-up, antenatal care and scan services at Bulamu medical centre. On 29th April, Marita gave birth normally to a live baby boy and they were discharged from the hospital in a good condition.



On 15th March, Rebecca 17 years old was referred to Remnant Generation by a Probation Officer when she was pregnant. She had been rescued from the national referral Hospital where she had spent 3 weeks, with no place to go back to. She decided to sleep around the hospital premises. Upon assessment, she was welcomed to the Princess Shelter where she received all the maternal services up to when



she started her labor pains. Rebecca reports that she was defiled by a gang of three men while she was going to school. She has been receiving all the maternity services until 19th May when labor started and she went to hospital for to deliver her baby girl. The baby weighed 2.7kgs, APGAR of 9-10 with an episiotomy given which was repaired after delivery. Both mother and baby were discharged in good general condition.

• Post- natal reports

The Nurses monitored the 3 teen moms and their babies on a regular basis under postnatal care. This involved checking their vitals, operation sites, breast feeding technique, cleaning of baby cords. The new moms were encouraged to ambulate to quicken the healing process especially those for C-section delivery.

All other teen moms that delivered last month were also checked and are doing well with their babies. They are being supported in their parenthood journey by the house parents and the Nurses and I am happy to report that they are committed to caring for their babies.

• Child Health Care

One of the new born babies has been suffering from Jaundice but this was managed by photo therapy despite the challenging weather changes. We are hopeful that God will work it out, however, if the jaundice clears not, the baby will be admitted in Lubaga hospital under the phototherapy machine.



All other new born babies are doing well and 2 hourly breast feeding has been achieved.



On the other hand, Baby Promise was admitted to Lubaga Hospital due to inability to breastfeed with a dry nonproductive cough associated with noisy breathing. The baby was diagnosed with Aspiration pneumonia due to the breast milk that would go into the larynx while feeding because of the under developed larynx. She was put on oxygen to support her breathing, nebulized and given I.V treatment for 8 days. The teen mom was advised to start breast feeding the baby while in sit up position to prevent the flow of the milk into the larynx. Baby promise improved and was discharged in good general condition.

Baby promise (LEFT) while in hospital with her teen mom (RIGHT)



There has been a great progress among all our babies who suffered terrible colds and coughs as reported last month and we have been able to eradicate the pneumonias.

- **Immunization**

We have had 10 babies from the shelter and the different communities immunized as per the immunization schedule. 8 were from the shelter in Kampala and 2 were from Lyantonde.

All new born babies and other golden smile babies were immunized, some received BCG, Polio first doses, DPT-Hep B-Hib 2 vaccine second dose others received DPT-Hep B-Hib 2, Polio 2, PCV 2, Rota 2, while others wait for the 6-month doses.

- **Nutritional support**



We have provided monthly cow milk for one baby in Lyantonde and her mom was also provided with food to enable her cope with the side effects of medication as she is in an HIV positive teen mom.

Mama porridge (in the left picture), the best source of nourished breast milk good for babies. In the right picture is the teen mom and her baby in Lyantonde who received food and milk support.



Some teen moms have had challenges with reduced milk production and this month we managed to get them the best local porridge for nursing mothers as recommended by the Pediatricians. We are observing to see the results of this intervention within the next month starting with the new postnatal mothers.

All other babies are achieving their milestones and feeding well with good body weights for their ages.

- **Hospital Medical Care**

We have had 4 teen moms receive medication from hospital due to illness aside from pregnancy.

One of the teen moms who had presented with abscess in the leg the previous month was taken to Corsu hospital where an x-ray was repeated and results showed that the cause was due to Osteomyelitis. The teen mom was given treatment for 3 weeks and is set to be reviewed on 4th July 2022 for she will be set for a surgery in case there is no change after the treatment.

The 2 teen moms were orange clients and one girl who was suffering from leg pain post operatively. These were supported appropriately with their treatment from hospital.

- **Health talks**

Our health team engaged the young mothers on child health care and those that were still pregnant were taught on the drugs used in pregnancy and their importance. There was a question-and-answer moment where we guided teen moms as per the questions they asked.

Concerning mental health care, we are still pursuing feedback from mental health Uganda via the capacity building trainings for staff.

Additionally, our own midwife will be joining the ECUREI institute to study sonography. This has been identified as a big gap within TRG especially during the safe motherhood spaces. Once she graduates, we believe TRG will be able to reach as many girls as possible because we will have reduced on the cost that goes to the Sonographer's facilitation. We thank God that Joan was admitted out of the applications in the whole district.

We will also identify a volunteer to cover up for Joan to ensure timely provision of health care services to the girls while Joan attends her classes for a period of 6 months. This will be a resident midwife to cater for the emergencies that may come up at night.

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.