



## JEHOVA RAPHA HEALTH CENTRE- OUTREACH REPORT

Cardiovascular diseases are on steady rise in Uganda particularly among the elderly.

During our first Community health Outreach in Diikwe on 25<sup>th</sup> January 2019, we observed a large number of adult patients with cardiovascular diseases.

We therefore decided to plan for a **cardiovascular risk** assessment camp which was successfully conducted in Diikwe community- Nakifuma on 15<sup>th</sup> March 2019.

### METHODOLOGY

Cardiovascular risk was measured and quantified by assessing the following parameters

1. Weight/Height Ratio (Body Mass Index)
2. Blood pressure
3. Waist circumference
4. Random blood sugar levels

### Results

#### BODY MASS INDEX (BMI)

A total of 130 patients were assessed for cardiovascular risk as shown in the table below:

BMI range	Number of patients	Percentage	Interpretation
< 20	21	16.9	Underweight
20-24	56	42.3	Normal
25-29	34	26.2	Overweight
>30	19	14.6	Obesity
<b>Total</b>	<b>130</b>	<b>100</b>	

Although Majority (42.3%) of the sample population had a normal body mass index (BMI), 26.2% of the population was overweight whereas 14.6 percent had obesity.

#### BLOOD PRESSURE

Blood Pressure	Number of patients	Comment	Percentage
<140/80 mmhg	79	Non-hypertensive	60.8
>140/80mmhg	51	Hypertensive	39.2
<b>Total</b>	<b>130</b>		<b>100</b>

#### BLOOD SUGAR LEVELS

Out of the 64 patients screened for Diabetes, only 2 had high blood sugar levels.

## **SERVICES OFFERED**

- **Sensitization**

We sensitized the community on the risk factors for cardiovascular disease, signs and symptoms for most cardiovascular diseases and prevention measures for cardiovascular disease.

- **Laboratory Investigations**

We also performed some laboratory investigations like malaria test using MRDTs, syphilis Test, Random blood sugar and HIV test.

- **Prescription & Drug dispensing**

The doctors made prescriptions to the sick clients upon consultation and Medicaments were supplied to those found with specific medical conditions.

- **Preaching**

The outreach was opened with prayer and subsequent word of testimony and preaching by the pastor -Fountains of Life Church.

## **CHALLENGES**

- The number of clients for assessment was way too much for the available health professionals.
- Limited time for sensitization since the health workers had to concentrate on examining and assessing the clients.
- Some clients who were previously initiated on High blood pressure medicaments couldn't sustain treatment due to financial constraints.

## **CONCLUSION**

A significant portion of the population has a high risk of cardiovascular disease.

## **APPRECIATION**

We thank the administration Vision for Africa International for material and financial support towards the Outreach

We thank Fountain of life church for the excellent mobilization and feeding the health team

Appreciation also goes to the health team for the work well-done.

## PHOTOS OF THE OUTREACH



Some moments of the outreach in the photos above

Compiled by Dr. Cleophas Turyahabwe