

## ROTOM MEDICAL SERVICES

### FIELD NURSE'S REPORT - 1<sup>ST</sup> QUARTER 2020

#### INTRODUCTION

At the beginning of 2020, ROTOM with support from friends in Canada, USA and United Kingdom hired a full time Field Nurse to coordinate the activities aimed at improving the health of older persons in the community. The nurse has been able to achieve our desired goal through the following objectives and activities:

1. Ensure older persons have access to medical services.
2. Ensure promotion of good health practices by seniors.
3. Coordinate the ROTOM Medical and Friendship (Social Workers') teams to improve the health of older persons.
4. Coordinate ROTOM professional home based care training and services.

#### PROJECT IMPLEMENTATION

**Objective one: Ensure older persons have access to medical services**

**Activity 1: Ensure seniors receive necessary treatment when needed and necessary.**



Seniors accessed medical treatment at OPD over 1,438 times. 72 seniors were admitted in the past 3months. We provided transport to some of the seniors that required it including emergency evacuation using the ROTOM Ambulance.

In the picture is Olivia in the ROTOM ambulance, attending to Senior Ide Kangita. She was picked up from her home using the ambulance, treated and now fully recovered.



#### ROTOM COVID-19 PANDEMIC

##### RESPONSE

As of 18<sup>th</sup> April 2020, Uganda has 55 COVID cases and no deaths. We are under complete lock down as a country. ROTOM suspended all fellowships and other gatherings. Social workers and all other staff at office now work from home. All seniors received soap and those on special food were given food items to take them for 2months. Currently, we are running a fundraising campaign for food and water for all seniors during this lockdown.

Our Health Centers remain open. We refilled and delivered seniors' medicines for chronic illnesses at their homes in first 2weeks of April. The field nurse was also able to perform routine procedures like changing urethral catheters & feeding tubes, wound dressing, physiotherapy among others from seniors' homes.

We have been able to monitor the health status of our seniors through daily phone calls by the field nurse to village volunteers, field assistants and some of the seniors with mobile phones. In case any senior falls sick, the village volunteer informs the field nurse. The field nurse then assesses the senior on phone to decide the next course of action which may be medicines delivery or ambulance pick up of the senior to the health center.

## Activity 2: Home visits.

We conducted over 14 health worker home visits in the first 3 months of the year. These enabled us assess home surroundings for bedridden seniors, deliver medicines for chronic illnesses and also follow up seniors after discharge from a hospital admission.



Olivia attending to senior Kayemba Jacob of Seeta Namuganga (UK supported) during a home visit. This was a follow up visit 2weeks after a hospital admission for stroke. He is now able to walk with minimum support.

Through conducting home visits, patients like Kayemba had an opportunity to have their vital signs monitored, assess their health status and refilling of their routine medication for chronic illnesses. Home visits also enabled us do routine changing of urinary catheters and nasal gastric feeding tubes, treating pressure sores and providing supportive palliative care to bedridden seniors. This has helped us improve their quality of life and reduce on costs of admitting them at the health facility for a very long time

## Activity 3: Organize and participate in community medical outreaches.

We Conducted 2 general medical screening/ outreaches for seniors in Katuba and Namayiba Villages (Canada Sponsored seniors). A total of 78 seniors were screened and given treatment. 17 of Katuba Care point grand children were also screened and received treatment.



About 29 seniors had very high blood pressure readings and 4 seniors with high blood sugars. They all received their treatment and we will ensure that they are reviewed every month with refill of medicines.

4 male seniors have indwelling urinary catheters and need to be changed monthly.

8 seniors are HIV/AIDS positive and they are all taking their medicines regularly.

**Objective three: Ensure promotion of good health practices by seniors.**

**Activity 1: Conduct health education during fellowships**

We conducted sensitization health education talks to seniors in over 14 fellowship centers and The ROTOM School. Health education talks were also conducted during seniors' fellowships about COVID19 to all seniors with the help of other medical staffs, field officers, field assistants and volunteers. Seniors were taught the preventive measures of COVID-19 with more emphasis on proper hand washing procedure.



*Nurse Olivia illustrating the right hand washing procedure during Bajjo fellowship on the left and Magogo fellowship, above.*

**Activity 2: Support field officers to ensure good personal and home hygiene practices.**

All seniors received bar soap every month and made sure that their homes and surroundings were clean. Two house renovations for seniors were done whose houses were in a poor shape and this greatly improved the lighting and ventilation of their houses.

**Activity 3: Support field officers to ensure good nutrition practices among seniors.**

Over 245 seniors received food items. On a monthly basis, some of the seniors receive food items while the very frail that cannot cook for themselves receive cooked food from either ROTOM volunteers or restaurants paid by ROTOM.

**Objective three: Coordinate the ROTOM medical and friendship (social workers) teams to improve health of older persons.**

**Activity 1: Prepare and share timely health updates for seniors.**

Medical annual up dates have all been made by the field nurse and forwarded to the friendship team. Health updates to seniors' friends with acute and life threatening illnesses have been shared with our friends.

## Activity 2: Participate and organize meetings with Field assistants and Village volunteers.

Two volunteer meetings were organized with village volunteers and Field assistants. This targeted volunteers from the USA, Canada and Germany supported villages. They had interactive and educational sessions with the field nurse and were encouraged to emphasize hygiene and sanitation among seniors' homes.

## Objective four: Coordinate ROTOM professional home based care training and services.

The home based care givers' training was conducted last year. All the boys and girls trained are doing well. Out of the 17 trained boys and girls, 7 girls have been able to secure Home based part time jobs and 1 boy is now employed by the main hospital in Mukono district as a care taker. All these employment opportunities were identified and recommended by ROTOM.



Kenneth (dressed in Maroon on the left) is one of the students that were trained last year. He works as a frontline care giver at the main hospital in Mukono. He is privileged to have the opportunity to serve his community and ensure that people in his locality have access to the best medical care. His employers reported that he is very hard working, dedicated and has a positive attitude towards patients and colleagues.

## CHALLENGES.

- Lack of hand washing facilities at senior fellowship centers and seniors' homes.
- Poor medicines adherence mostly seniors with chronic illnesses.

## CONCLUSION

The presence of the field nurse has been so helpful during this COVID - 19 pandemic lock down where public transport was banned until further notice. We are forever grateful to God for the generosity of our friends and partners who have enabled us serve the seniors through their giving to ensure that ROTOM seniors live dignified and fulfilled lives.

Compiled by:

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