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FACULTY OF ARTS AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL WORK, SOCIAL ADMINISTRATION AND GOVERNANCE

Report on the outreach carried out at Kisoro District Hospital on Saturday 3rd November, 2018.

1.0 Introduction

The outreach was organized by Department of Social Work and Social Administration, Kabale University. The aim of the outreach is to work with patients and their families in need of psychosocial help and to assess the psychosocial functioning of patients and families and intervene as necessary. The activities are: general cleaning of the hospital, counseling/psychosocial therapy with individual inpatients at Kisoro District hospital, receiving training on hospital based health care system in the community and charitable donation to inpatients at the hospital.

1.1 Briefing from the Hospital Administration

Mr. Benjamin Akankwasa, introduced his colleague and made the following remarks:

- i. The Hospital is a government aided facility which is open to the general public.
- ii The hospital offers free services, in terms of medical care and attention to their clients .
- iii There was a private wing for those interested whereby the patients had to pay 20,000/= only per day.
- iv. There is general Primary Health Care services except surgeries.
- iiv The facility also had 2 ambulances for patients they referred to bigger hospitals and it was a free service as well.
- iiiv. The facility receives about 300 patients per day.

1.2 Activity One

The Activity started at 11:30Am. Students were divided into two groups i.e. out patients ward, and Inpatients ward. They were given using materials like gloves and garbage bags. This exercise took 30 minutes. It was done concurrently with touring the hospital premises. Cleaning was done all over the hospital except the isolation ward to avoid spread of contagious diseases.

1.3 Activity Two

After the cleaning session, students were divided in groups of five and each group had to visit different wards to provide counseling/psychosocial therapy to individual inpatients people under the supervision of a lecturer. In each wards that was visited, students had interactions with patients who expressed views on how they were being served. These views were: **Husbands Neglect**; Most women complained of their husbands' neglect of their responsibilities whenever such cases of sickness arose. They requested if a social worker could reach villages and sensitize the men about their responsibilities in a family. **Medicine phobia**; patients were not comfortable with the medication. **Corruption**; patients complained about in terms of medication, they reported that some medics prefer working on those who are ready to pay them some money. **Long distances**; other patients reported that they had a challenge of travelling distances from their homes to the Hospital. **Neglected patients**; the hospital administration revealed that most of these cases are refugees who abandoned their families. The Hospital also reported that they were in touch with the home countries to have deported back to their home countries. **Early discharge**: some patients were complaining about being discharged before healing but the hospital administration informed us that those cases were mainly for chronic diseases which cannot be cured immediately. In such cases patients are given medication to continue taking at home.

1.3 Activity Three

The facilitators, Mr.Benjamin Akankwasa and Mr. Uragiwenimana Vallence appreciated the cleaning activity done by Kabale University students and staff. The facilitator facilitated student on social work in hospital based health care system by breaking the topics down to sub-themes. The facilitators identified and explained the following:

1. **Posttest services**; he noted that most patients encounter posttest counseling trauma both negative and positive. Therefore, before the results are revealed, there is need for psychosocial support to enable them adapt to the results.

2. Follow up on discordant couples; he reported that this is a very delicate group of people because they do not know what to do. Some couples decide to divorce immediately after the results, others decide to separate beds immediately, others want to deny but all these are not lasting solutions. Therefore, psychosocial support is highly needed for such patients to help them live positively and together because they all need each other.

3. Griefement counseling and support: this is encouragement given to the people after losing their loved ones. Some lost hope, some can even breakdown and therefore, psychosocial support is highly needed in this case. This applies to the people who have miscarriages, still births etc.

4. Infertility. Everyone wants to have a child in life. Now when people can't bear children, it is becomes very sad and therefore, need for psychosocial support becomes very paramount.

5. Community mobilization for social health. A healthy community means a healthy nation. It the role of social workers to sensitize people about healthy life styles which include:

- a. Regular medical checkups
- b. Safe sex practice
- c. Family planning methods
- d. Use of mosquito nets
- e. Sexual Violence among others

6. Mental health support: where as other patients are the ones to seek medical attention, it is instead social workers who seek the mentally disturbed people. When they have started on medication, social workers continue encouraging them to continue with medication since it is continuous. Also reach out to their member's family not to neglect them when they are in problem.

7. Welfare: most stress is work related and therefore people need to cool the stress therewith. This is done through:

- a. Establishing condolences desk to support each other in case a loved one is lost.
- b. Organizing functions to help others kill the stress for example end of year functions
- c. Recreational activities for example sports.
- d. Coordination of partnerships and collaborations with other hospitals.
- e. Coordination membership and belonging to other professional Associations.

- f. Organizing community feedback meetings where by they listen to the people's views on different development in their communities. These guide them on making decisions and deciding on the way forward.

1.3.1 Questions and Answers.

After the lecture, the students were given opportunity to ask few questions and the facilitator answered them accordingly.

Hepatitis B: One student inquired to know if Hepatitis B can be cured; he was informed that hepatitis B is a very dangerous disease which cannot be cured but if detected in early stages it can be treated and the vaccine is for free.

Cervical Cancer: Another student inquired to know if there was a way of preventing the spread of cervical cancer from men to women. The response was that there is no prevention so far but advised men to circumcise instead, to reduce on the chances of harboring the virus (HPV) causing that disease since it is carried by men. Similar to the above early detection is important because it can be treated.

Stigma: Another student also inquired to know if there were some measures that could be adopted to help the patients cope with stigma; it was reported that once people have stepped out to come for checkups, it is rather a blessing but coping with stigma varies from person to person, however sensitization about positive living is being done.

Better family planning methods: One student also noted that there were complaints raised by women on family planning methods, and therefore inquired to know which ones are safer. She was informed that there more than 12 methods of family planning, however not all are compatible to all bodies. Each body can be compatible to one and not the other. Therefore, for one to be safe, she needs to test first to ensure which method is compatible to her body.

1.4 Activity Four

Distribution of Charitable Donations: This exercise was carried out in all the hospital wards that were visited for psycho-social support. One hundred patients (102) were targeted and were given the charitable donations equitably. One hundred and two (102) bars of white bar washing soap were distributed to an equal number of patients in all wards.

1.4.1 Hospital Challenges:

1. The hospital was overwhelmed by the numbers of patients in comparison with the resources available such as; medical staff, medicine and equipment.
2. Patient illiteracy; some patients misinterpreted the medical prescriptions and they ended up taking overdose.
3. Problem of refugees who came without caretakers.
4. The food was not enough for all the patients.

1.4.2 Job opportunity

Mr. Benjamin implored the students to finish their programme in time because job opportunities are waiting them after their graduation, especially in Kisoro hospital.

1.4.3 Media Coverage

Radio Mahabura representative was in attendance and two lecturers were interviewed about this community outreach and it was broadcast live in their radio station. Among the questions raised by a member of public was as to whether Kabale University has just started this outreach and we replied that it has been there but we are now starting on reaching out to other District in Kigezi region and they appreciated our effort.

1.5 Students and Lecturers participated; disaggregated by sex: The total number of 102 students and 5 staff participated in the outreach at Kisoro District Hospital. Students participated in training were Forty-six (46) male and fifty-six (56) female. The staff present were 6 in total, 4 male and 2 female.

1.6 Recommendation

1. The logistics should be made available in time to safeguard delays in the future.

Note: The department thanks the management for their support and I pray they continue in that spirit.

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HOD

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