

# BILUGANDA REPORT FOR 2020



*Kiboga Hospital, Uganda*



---

BILUganda. P.O. Box 197, Kiboga ,Uganda:

Email: [biluuganda@gmail.com](mailto:biluuganda@gmail.com)

---

# TABLE OF CONTENTS

INTRODUCTION.....	3
<b>CHAPTER 1: HEALTH .....</b>	<b>5</b>
1.1. PREVENTION OF DIABETES AND HYPERTENSION .....	5
1.2. MAINTAIN WOMEN'S HEALTH.....	6
<b>CHAPTER 2: EDUCATION .....</b>	<b>7</b>
2.1. MENSTRUAL HYGIENE MANAGEMENT IN SCHOOLS .....	10
2.2. THE KIBOGA SCHOOLS CHESS ENRICHMENT PROGRAM .....	11
2.3. FEEL FREE PROGRAMS .....	12
<b>CHAPTER 3: AGRICULTURE .....</b>	<b>13</b>
3.1. FOOD PRODUCTION .....	13
3.2. CROP INTERGRATION AND ROTATION.....	14
<b>CHAPTER 4: THE CENTER FOR RURAL EXCELLENCE.....</b>	<b>16</b>
4.1. HEALTH TARGETS .....	16
4.2. MEDICAL INVOLVEMENT.....	16
4.3. EYEGLASSES PROGRAMS.....	16
4.4. CHILDCARE SERVICES.....	17
<b>APPENDIX.....</b>	<b>18</b>

# THE EXECUTIVE SUMMARY

## Health

Since the inception of BILU, We promoted screening for NCD emphasizing on Diabetes hypertension this increased the flux of patients to the 8 remote clinics by 30%.

## Education

BILUganda focuses its efforts on tackling lifelong learning and education challenges that disproportionately affect children and young adults in rural areas. These include **child and adult literacy, teenage pregnancy and reproductive health, school attendance, emotional resilience, and access to eyeglasses.**

## Agriculture

BILUganda works with growers to ideate new approaches to agriculture involving aquaponics, water treatment, and new crop varieties, food security. These applications developed, help farmers ‘to increase monthly income, productivity with a special focus on local small-scale food producers, seizing the dual opportunities of reinforcing nutrition and generating employment opportunities for the rural population.

# INTRODUCTION

## KIBOGA HOSPITAL

Kiboga Hospital is a government owned hospital with a status of a general hospital. The Hospital started as a Dispensing and Maternity Unit in 1960 situated at the current town council offices. The Member of Parliament Mr. Kalema lobbied for the hospital for Kiboga and the construction of this Hospital kicked off during the Obote 1 regime and opened by Amin Dada on the 7th July 1973. It is situated 76 miles along Kampala Highway.

It has a projected population of 268,100 by 2006 with a service area covering the areas of Kubuya, Kyankwanzi, Kiboga, Kibaale, Part of Luwero, Nakaseke and part of Hoima District. It has a bed capacity of 210 beds with an approximated annual budget of 142 million shillings recurrent and 92 million shillings for drugs all from the Ugandan

Government budget .Partners like the Infectious Disease Institute supplements with funds for HIV Clinic.



*Kiboga Hospital, Uganda*

## Mission

To provide the highest level of quality healthcare to our clients through the delivery of promote, preventive, curative and rehabilitative services.

## Vision

A Healthy and productive population of Kiboga

# BILUGANDA

BILUganda runs a growing roster of programs and activities designed to meet specific social gaps among members of the population, especially among women and teens (male and female alike). Pursuing action along three core thematic pillars - **agriculture**, **education**, and **health** – the organization works to introduce nutritious crop varieties that can be cultivated more productively, improve education attainment and attendance through informal educational programming, and improve health outcomes through health education and disease prevention services. Programs carried target local and rural communities in Kiboga.

Dr. Pintov instituted the organization, his background lies in the provision of pediatric health services. In his capacity as responsible for Israel medicine on the equator and with support from local businesses and the Ugandan government and local authorities, Dr. Pintov coordinates mobile screening to administer preventative health checks, exams, and tests, which enable early detection of diabetes and other chronic diseases. For many in the rural districts, this is the only opportunity for individuals to receive preventative medical screening, attention, and treatment.

BILUganda works with local residents and international organizations to create integrated, sustainable, and transferrable enterprise models for rural community development.

The BILU activities in 2020 focused on the **three categories**; below is the summary of the activities carried out under each category:

## 1. **Health**

- ✓ Primary prevention of diabetes
- ✓ Maintain women health
- ✓ Water And Sanitation
- ✓ Eyeglasses Programs

## 2. **Education**

- ✓ Menstrual Hygiene Management In Schools
- ✓ The Kiboga Schools Chess Enrichment Program
- ✓ Feel Free Programs

## 3. **Agriculture**

- ✓ Food Production
- ✓ Crop Integration And Rotation
- ✓ Food security

# CHAPTER ONE

## HEALTH

In 2021, the organization aims to carry out 25,000 Non Communal Disease screenings among people over 40 yr. old, increase access to papilloma vaccines, reaching between 3,500 – 5,000 teens and young adults each year.

Overall, the organization seeks to increase vaccination rates in the region from 22.5% to 65% over the next 3 years.

### 1.1 DIABETES AND HYPERTENSION

Hypertension and diabetes are widespread in Uganda. 1 in 4 adults suffer from hypertension and 1 in 8 suffers from diabetes.

About 60% of patients are not diagnosed, but only in extreme cases.

In the last quarter of 2020, we started the moves to conduct health surveys. The first survey piloted at SBC site in Hoima, which included more than 500 employees. The cooperation between the company representatives to conduct an efficient survey in a short time of 3 hours. The team spent more days in Uganda to allow repeat tests conduction, to confirm the findings and another visit is intended to start treating patients by the medical staff.

**Survey results to examine the existence of diabetes among the company's employees:**

Age groups	Worker with increased sugar levels	Total	%
20-29	15	91	16.4%
30-39	6	71	8.4%
40-49	5	43	11%
50 =>	1	10	10%

Particularly striking is the presence of high morbidity among healthy young people without disease symptoms.

The cost of this activity is about \$ 400 for every 900 subjects.

This activity continues in the year 2021 and will even increase significantly in light of the demand of the Hoima district.



After the training, a remote clinic was set up and staff and community members freely took diabetes and Blood Pressure check-ups



*Dr. Shay Pintov of BILU Uganda poses with SBC Staff at the Diabetes Campaign Drive*



*Patient having his height measured.*

## 1.2 WOMEN'S HEALTH CLINIC

The clinic began operations in January 2020, which allowed for the first time in a rural province of Uganda, conducting screening tests for cervical cancer, the most common cancer in women. The opening of the clinic followed a long preparation of teamwork of a number of volunteers, an Israeli expert in the field of cervical testing who also donated the unique device. In a period of about a month, he performed about 500 tests.



*A patient examined for cervical cancer – Dr Latko, Gynecologist*

Under his involvement in Israeli medicine on the equator Dr. Pintov promoted the clinic for women's health and the process of early detection of cervical cancer will be expanded by Bilu Uganda to the remote clinics.

- The quantity of women examined: 750
- The cost of the activity: \$ USD 15,000





*Commissioning of the womens clinic by the Israeli ambassador Mr Oded Jospfh, Israeli Honorary Consul Ishta Asimwe and BILUganda president Dr. Christine Ondo - 2020*

Work in the hospital wards-this activity was made possible in the first quarter of the year during this period young doctors worked alongside veterans and enabled better service to be provided to the inpatients. Activity continues at the arrival of Israeli doctors.



*Isreal Ambassodor seated in the middle at Kiboga Hospital – 30<sup>th</sup> October 2020*

## Background story: Hospital screening patients for cervical cancer at no cost

By Vision Reporter

Kiboga Hospital was built in the 1960s by the Government of Uganda and commissioned

in 1973.

The 230-bed facility serves Kiboga, Kyankwandi, Kibaale, Nakaseke, Mubende, Mityana and Hoima districts.

Like most government hospitals, it grapples with challenges such as understaffing, lack of equipment and drug stock-outs.

In the course of its history, a number of organisations have stepped in to help Kiboga Hospital overcome some of the challenges it faces.

This has prevented a bad situation from getting worse. As a result, patients, most of whom are poor, have been able to access services that would

have otherwise cost them an arm and a leg. A number of patients have been able to access cancer screening services.

# Kiboga Hospital takes on CERVICAL CANCER

By Hope Malaranga

**R**esidents of Kiboga, Kyankwandi, Kibaale, Nakaseke, Mityana, Mubende and Hoima districts, no longer travel to Kampala to get diagnosis for diseases such as cervical cancer.

A team of doctors from Israel has been stationed at the hospital to help in the diagnosis of common diseases at no cost, under a project supported by SBI International Holdings (AG), the company constructing Hoima International Airport. The initiative is also supported by Israel Medicine on the Equator, a non-governmental organisation.

"The teams consist of two doctors and a nurse. At times medical students also join the professional teams. Each volunteering team stays at the hospital for three months, when their time is up, another one immediately comes in," Dotan Hameiri, the operations manager of SBI International Holdings (AG), said.

Naboth Mwebesa, a resident of Ntweve village in Kiboga district and his wife Manneon, who had made endless trips to hospital after he suspected her of having cervical cancer, was one of the beneficiaries of this project. The couple went to local clinics and Mulago Hospital without success, until they went to Kiboga Hospital.

"When my wife started complaining of a persistent mounache, I tried to find a solution without success. At Mulago, I was charged sh300,000 for tests but we did not get the results.

When he went to Kiboga, the doctors checked his wife and said she did not have cervical cancer.

Dr Peter Isagara, a senior obstetrician and gynaecologist at the hospital, said the Israeli doctors have trained local medical staff in the use of the cervical and breast cancer diagnosing machines.

"The volunteers work closely with the local staff in the diagnosis, treatment and follow-up of patients. They



Irene Nalubega, a medic at Kiboga Hospital, checking a patient's blood pressure before the cervical cancer screening. Photos by Hope Malaranga

advise the clinical officers and nurses whenever it is necessary," he said.

Isagara said with skills they have acquired, patients will no longer have to travel to Kampala for diagnosis.

Dr Yitzhak Letko, a senior gynaecologist and the managing director of Kiboga Women's Health Clinic at the hospital, said they use high-tech loop electrical excision machine to pre-treat cancer.

"We treat pre-cancerous lesions to prevent the cancer from worsening. We take a biopsy and send it to the Mulago Hospital laboratory in case it is confirmed as a pre-cancerous lesion. If it has developed into cancer, we refer them to Uganda Cancer Institute for treatment," he said.

Letko said cervical cancer can be prevented if women underwent regular medical checkups.

"It is important to be checked for cervical cancer at least once a year. When it is diagnosed



Dr Asuman Kasujja

early, it can be arrested.

"Cervical cancer can take 10 years to progress beyond treatment. If we diagnose it before that, we can prevent it from progressing to stage four," he said.

Dr Asuman Kasujja, the principal medical officer of Kiboga Hospital, said the facility serves over 170,000 people, 34,297 of whom are women in the reproductive age bracket and are vulnerable to cervical cancer.

"For example, we expect 8,489 women to get pregnant

per year in our catchment area and an average of 3,600 deliver at the hospital per year. All these are prone to cervical cancer," he said.

Kasujja said HIV, early sexual intercourse and having many children puts women at the risk of getting cervical cancer.

**Cost**  
Isagara said the loop electrical excision machine is a gift send to Kiboga Hospital.

"This screening costs between sh100,000 and sh130,000 in private hospitals. Someone can spend as much as sh300,000 if you include transport to Kampala. Many cannot afford to pay for this screening yet it can save life," he said.

Dr Henry Ddungu, an official from the Uganda Cancer Institute, said cervical cancer cases are on the increase.

Ddungu said in 2018, cervical cancer accounted for 20% of the cancer cases diagnosed. Forty per cent of those diagnosed with cancer of the

## What is cervical cancer?

Dr Henry Ddungu, an official from the Uganda Cancer Institute, says cervical cancer occurs in the cells of the cervix at the lower part of the uterus that connects to the vagina.

He says various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most of the cervical cancer.

"Women, especially those exposed to early sex, are at a higher risk of getting cervical cancer," he says.



Women waiting for cervical cancer screening at the hospital

## What people say



**SAVED TIME**

**Maureen Mwebesa, resident of Ntweve village:** The clinic has reduced the time I used to waste on the journey to Kampala for cervical cancer screenings.



**DO MORE**

**Christine Namutebi, resident of Bamusota village:** There is need for the clinic to do more village outreaches to get more people on board.



**LESS TIME**

**Grace Mutesi, resident of Kiboga town:** I used not to go for cervical cancer screening because it was expensive. The clinic will help us get treatment without worrying about the cost.



**SENSITISATION**

**Joyce Magezi, resident of Kiwanguzi village:** At the clinic, we are always sensitised about how to prevent different diseases, especially those that attack women.

Kiboga Hospital Publication on cervical cancer. (New Vision, Pg.18 Monday 2 February 2020)



## CHAPTER TWO

### EDUCATION

#### 2.1 MENSTRUAL HYGIENE MANAGEMENT IN SCHOOLS

BILUganda in collaboration with SBC embarked on a mission to address the challenges faced by pupils in Hoima District in managing menstrual hygiene.

The Teams set out to go to Primary School to teach pupils leaders and teachers on the importance of Menstrual Hygiene and Management.

In response to the plight of the pupils, majority of whom do not have access to sanitary products or are unable to afford such products due to high cost, SBC distributed reusable cloth pads to pupils of Kabaale Primary. Reusable pads are affordable and the girls can wash them and use them again. They will not miss out of school due to lack of pads.



*BILU Team, sensitizing teachers and pupils on Menstrual Hygiene and Management*

It is projected that about 24% of adults in Uganda are illiterate. In 2015, youth illiteracy stood at 13%, meaning that over 1 million children read below their age level. School attendance is affected by teenage pregnancy, hearing, or vision challenges – 25% of young women between the ages of 15-19 have given birth to at least one child.

## 2.2 THE KIBOGA SCHOOLS CHESS ENRICHMENT PROGRAM

The Kiboga Schools Chess Enrichment Program runs weekly at local schools providing chess lessons to rural pupils. Through sessions with chess coaches, children from rural villages are acquainted with activities that help build interpersonal skills, teamwork, patience, future planning, and concentration. The trainings also involve techniques that contribute to cognitive skill development.

The program is currently running in four district schools and included 68 pupils in its first year of operation. Over the next year, BILUganda plans to expand to eight additional schools, bringing the total number of schools participating in the program to 12.



*Chess training*

## 2.3 FEEL FREE PROGRAMS

*Feel Free* is an empowerment project for young women and adolescents. BILU Uganda established a women's enterprise that produces thousands of sanitary pads per year and sells these products through the local school system. BILUganda designed sanitary pads to ensure they are affordable among extremely low-income households. (Four pads sold to local residents for 10 NIS/[2.66 US \\$](#)).

After a period of research and exploration, the pads are sized according to the needs and preferences of the local population. Women also trained in delivering women's health education to young teens and adults, adding to women's feelings of wellbeing, health literacy and empowerment.



*Processing of the feel free hygiene pads*



## CHAPTER 3

### AGRICULTURE

#### 3.1 FOOD PRODUCTION

BILUganda works to affect change in several interconnected areas – income generation, agricultural productivity, food security, early childhood development, and learning outcomes.

Through its **CULTIVAID** program, BILUganda works with growers to ideate new approaches to agriculture involving aquaponics, water treatment, and new crop varieties. These applications developed help farmers ‘to increase monthly income, productivity with a special focus on local small-scale food producers, seizing the dual opportunities of reinforcing nutrition and generating employment opportunities for the rural population.

BILUganda will facilitate a partnership between the Israel Agricultural Research Organization’s Volcanic Center, and local growers in Kiboga. Over the long term, BILUganda seeks to set up a training center to upskill over 1,000 local growers, pilot and refine various technologies and techniques according to local conditions, which will in turn increase farmers’ productivity and contribute to higher income

The focus on agriculture also aims at directly addressing the pronounced challenge of food security and malnutrition. By introducing superfoods varieties, such as spirulina, into rotation, the organization seeks to ensure that local residents have access to nutritious food that benefit individuals throughout their life span, from infancy when nutrients help in brain development, all the way through child and adulthood.



*A local fostering crop rotation*

## 3.2 CROP INTERGRATION AND ROTATION

Poor diets are now the main risk factor for the global burden of disease. 66% of children do not have access to three meals a day. It is estimated that 35% of children in Uganda are currently malnourished, meaning they lack access to proper nutrients in their diet. Malnourishment hinders and impedes brain development, leaving consequences that remain well past childhood. Without targeted intervention, by 2025 it is expected that 50% of Ugandan children be projected to be malnourished.

The organization also intends for local crops integration into local school meals, reaching close to 30,000 local children in area schools, ensuring they have access to nutrient-rich foods, which will help them attain better learning outcomes and assist with daily concentration and wellbeing.

**Just Spirulina**, a partnership with Israeli students at local growers, aims to disseminate knowledge about growing Spirulina, nature's most nutritious food, through peer training in a manner that creates local expertise and self-reliance. Toward food security. For example, gains in agricultural output, diversity, and productivity play a role not only in economic development, they also contribute to improved food security, providing individuals with a better chance at life. BILU Uganda has identified latest technologies to improve farmers' output. By introducing more nutritious crop varieties, like Spirulina, a super food, and incorporating new technologies in crop production, local farmers can at once increase productivity and income and boost access to nutrient-rich foods.



*Women carrying out crop rotation*

## CHAPTER 4

### THE CENTER FOR RURAL EXCELLENCE

The center will provide practical training in agriculture, education, health and women's empowerment the goal is to gather resources from our strategic partners, including the local government, the Ministry of Foreign Affairs, and Solel Boneh. Education for more girls.



*Blue print for the Centre for rural excellence.*

In addition, we will increase the number of people vaccinated against HPV in schools, which will prolong and improve the quality of life.



*Injection process.*

Laying the cornerstone for the Center for Rural Excellence - In the presence of a representative from SBI and the Israeli Ambassador H.E. Mr Oded Joseph, the cornerstone was laid for the Center for Rural Excellence.

Through vaccines for HPV, development of agricultural crops while maintaining nutritional security and more.

We hope that in 2021 we will succeed in establishing the center with the help of the strategic partners.





*Laying of the cornerstone*



*Commissioning the diabetes clinic by the Minister of Health Dr. Jane Acheng  
2018*

## **2021 WORK PLAN**

### **4.1 HEALTH TARGETS**

Expand the health surveys in Hoima and Kiboga district to reach an exposure of about 15,000 residents, including training the participants in the subject of a nutritional benefit that reduces the exposure and morbidity to diabetes and hypertension. The goal is to reach about 60% of all children of vaccination age. Today the number of vaccinated in the district stands at 13%. According to Ugandan Ministry of Transportation indices. Improving the quality of food in schools to reach about 3000 in schools.

### **4.2 MEDICAL INVOLVEMENT**

We expect the arrival of a number of doctors in areas of specialization such as gynecology, emergency medicine and glycol donors - starting in the third quarter of the year. Collaboration with NGOs - We expect a joint project with NALA to deploy NTD development infrastructure in Uganda. In addition, we will use them to collaborate with the Hebrew University's "Glycol" program to promote work processes as a cooperative. The goals for 2021 are to reach about 1000-1500 girls who have been vaccinated and use reusable hygienic bandages. Stage in the employment circle about 70 more women who will engage in sewing and training. All medical activity in the hospital and in remote clinics is expected to increase by 25-30% due to the awareness of services and the return of the Israeli staff to the field.

### **4.3 EYEGLASSES PROGRAMS**

Drawing on support from the World Bank, BILUganda will host a program that distributes eyeglasses to schoolchildren. BILUganda's "Glasses for Every Child" Program is to address the unspoken causes of early childhood or grade-school dropouts – blindness or vision impairment; especially among residents of rural communities, BILUganda is currently surveying to understand the level of need.

### **4.4 CHILDCARE SERVICES**

The organization also plans to launch a new program shortly run by local working mothers who will provide **childcare services** for infants on a rotational basis. Schedules are to be placed in which women are o workwomen will take turns running the day care services and will be trained in reading and other activities that will boost their own literacy skills, as well as contribute to infants' early cognition and development.



## APPENDIX

### The staffing norms of Kiboga Hospital

Cadre	Recommended No.	Filled posts	Vacant posts
Accounts Assistant	2	1	1
Anesthetic assistant	2	2	
Anesthetic Attendant/ (Theatre Attendant)	2	0	2
Anesthetic Officer	2	1	1
Artisan	3	1	2
Assistant Field Officer Entomology	1	0	1
Assistant Health Educator	1	0	1
Assistant Health Visitor	1	0	1
Clinical Officer	5	5	
Cold Chain Assistant	1	0	1
Cooks	3	3	
Darkroom Attendant	2	1	1
Dental Attendant	3	3	
Dental Surgeon	1	1	
Dental Technician			
Dental Technologist			
Dispensers	2	1	1
Drivers		1	
Enrolled Midwives	25	5	20
Enrolled Nurse	46	11	
Enrolled Nurse/ Midwife			
Enrolled Psychiatric Nurse	2	2	
ENT Clinical Officer			
Guards/Askari	2	2	0
Health Assistant			
Health Educationist/Educator			
Health Educator	1	0	1
Health Information Assistant (Records Assistant)			
Health Inspector			
Health Inspector			
Hospital Administrator			
Laboratory Assistant	1	1	
Laboratory Technician	2	1	
Laboratory Technologist	1	0	1
Leprosy Assistant			
Medical Entomology Officer			

Medical Officer(General)	3	4	1
Medical Officer(Specialist)			
Medical Officers, special grade(community)			
Medical Social Worker			
Mortuary Attendant	2	2	
Non-Medical Skilled Staff			
Non-Medical Support Staff			
Nursing Aide/Assistant	15	14	1
Nursing Officer(Midwifery)			
Nursing Officer(Nursing)			
Nursing Officer(Psychiatry)	2	1	1
Nutritionist	1		1
Occupational Therapist	1		1
Office Typist	2		2
Ophthalmic Clinic Officer			
Orthopedic Technician			
Orthopedic Technologist			
Orthopedic Officer	2	1	1
Personnel Officer	1	1	
Pharmacist	1	0	1
Physiotherapist			
Porters		10	
Principal Medical Officer	1	0	1
Principal Nursing Officer	1	0	1
Psychiatric Clinic Officer	1	0	1
Public Health Dental Assistant	3	3	
Public Health Dental Officer			
Public Health Nurse	1	0	1
Radiographer	2	1	1
Records Assistant	2	2	
Registered Comprehensive Nurse			
Registered Midwife	17	17	
Registered Nurse	17	8	
Registered Nurse/Midwife			
Registered Psychiatric Nurse			
Senior Accounts Assistant	1	1	0
Senior Clinical Officer	1	1	
Senior Hospital Administrator	1	1	
Senior Laboratory Technologist			
Senior Medical Officer	3	3	
Senior Nursing Officer	5	2	-3
Steno-Secretary			
Stores Assistant	2	1	1
Supplies Officer	1	1	
Theatre Assistant			
Verno-demart Clinical Officer			

**Service Range**

- Laboratory-CD4 Count
- X-ray
- Ultra Sound
- Dental

**Special Clinics in this Hospital**

- Dental
- Eye
- ART
- Diabetic

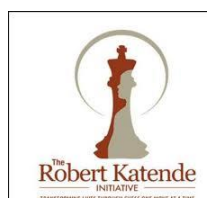
**Special Services in this hospital**

- TB clinic
- ART Clinic
- Diabetic Clinic
- Ophalamic(Eye)
- ENT Clinic

**Health Infrastructure**

Ward Name	Number of Beds
Maternity	50
Female	50
Male	50
Children	60

## BILU Partnership



SBI INTERNATIONAL HOLDINGS AG (UGANDA)