

2018 SHAHICA, INC MEDICAL OUTREACH SUMMARY REPORT.

Over the course of 4 weeks, a team comprised of members from both the SHAHICA USA, and the SHAHICA Cameroon teams along with ASCOVIME, The women's Association of "Digne Femme du Noun" and numerous local volunteers conducted medical outreaches in 3 different villages, prison, and held an orphan day camp.

MEDICAL OUTREACH

Below is a brief summary and statistics on the number of Patients treated during the outreach per category:

General medical consultation

- 1750 people were successfully screened, treated and received free medications,

HIV Testing

- 450 tests were given
 - 6 HIV tests came back positive including a 3 month old baby. 1 of the positive result was unfortunately at the end stage of the disease. Despite SHAHICA advocating to start treatment, the young man, 17 years old, died at a local hospital from TB and AIDS complication on December 15th.

Hep C testing

- 150 tests were given
 - 2 patients were found positive for Hepatitis C

Glucose Testing

- 250 tests were given
 - 150 tests came back elevated.

Dentistry

- 205 patients were screened and treated many being treated for cavities

Pediatric

- 115 children ranging from a few months to 16 years of age were seen in pediatric care.

Surgery

- 90 patients were screened and found eligible for surgeries

Eye Testing & Treatment

- 65 people were screened, treated and received appropriate glasses.

Total number of workers

- overall 35 people were involved with the team this year
 - 10 Medical Doctors including surgeons
 - 1 Dentist
 - 1 Eye Doctor
 - 1 Pharmacist

The rest of the team were compiled of Nurses, Nurse Aids, Testers, Cooks, Cleaners, and Drivers of the 2 trucks who transported the teams to the villages.

What struck us the most this year was the number of people with elevated blood pressure; more than half of the adult population presented with a blood pressure over 140/105, the average blood pressure for an adult is 120/60. The second alarming finding was the number of people with abnormal blood sugar, more than 60% of people who received glucose tests had a high reading.

Below are few challenges we encountered during the medical outreach and recommendations on how to treat these problems.

1. Insufficient financial resources to procure drugs to sustain a large outreach. Recommendation- SHAHICA needs to seek out additional financial support i.e. grants, and medical donations of supplies and medications.
2. Patients exceeded the estimated target of 1500. Recommendation- recruit additional medical providers willing to get involved with the outreach by raising awareness on the medical needs of the population. Secondly, SHAHICA should try to establish strong relationships and collaborations with local churches, hospitals and organizations to make sure that the venture is a sustainable process that can be conducted twice a year.
3. Transportation of the SHAHICA team within the country. The team struggled a lot this year to get to various locations. SHAHICA is in a great need of a reliable mode of transportation. Recommendation-The Board of SHAHICA should access a way to have a reliable car in Fouban. Estimated budget for this is \$8000

ORPHAN OUTREACH

27 orphans are under the care of SHAHICA.

The children are between the ages of 8 and 19 years old. They are all in school but many are struggling to keep up due to their health status, some because of learning disabilities and some because of truancy related to stigma. The team held the annual day camp, which revealed the need for a support group and/or an educational program that will help increase the children's knowledge of HIV, medication adherence, socialization, stigma and disclosure.

Recommendation- SHAHICA should seek out funding to offer a minimum of 12 meetings in a 12 month period to all the children with a chronic disease who are on lifelong medication. Budget estimate \$2000

This year SHAHICA was joined by the women's association of Digne Femme du Noun who made donations to the children in terms of rice, soap, milk and sugar. They personally visited all the children and were welcomed with open arms by the kids and caretakers.

CONCLUSION

This year, the outreach was made possible first and foremost by the grace of our Lord. Secondly, SHAHICA's Board of Directors to whom we are expressing our gratitude for their contributions and guidance. Our gratitude is also extended to the amazing Dr. George Bwelle, Founder of ASCOVIME. Once again he and his team did a phenomenal job this year. Thank you to everyone who donated prayed and of course volunteered. And last but not least big thanks to my family for all their sacrifices and to the Bamoun people of Fouban.

Raphia Noubissi,

Executive Director of Shahica

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PHOTO GALLERY:











