# IMPACT OF THE MEDICAL MISSION NAKASEKE

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# BACKGROUND AND INTRODUCTION

Nakaseke hospital is a general hospital situated in Nakaseke Town Council, within Nakaseke District, Central Region of Uganda. It lies approximately 65km northwest of Mulago National Referral Hospital in Kampala.

It's a general public hospital administered by the Uganda Ministry of Health. Established in 1969.

It primarily serves residents of Nakaseke district and also caters to patients from neighboring districts: Luweero, Wakiso, Nakasongola and Mityana.

It functions as a key healthcare provider in the Luweero triangle. Offers services including **General medicine, Surgery, Maternal** and **Child Health , and Emergency Care.**

# WHY THE MISSION WAS NEEDED

**Mission Collaboration;**

1. The mission was a partnership between **UNAMS, BBNAC** and the **Buganda Kingdom Government.**
2. Created opportunities for member associations to **actively contribute to health initiatives** in Buganda and Uganda at large.

**Strategic goals;**

1. Address **gaps in service delivery** in rural areas.
2. Provide **free, quality medical care** to the community.
3. Support the Buganda Kingdom's efforts in **improving the wellbeing** of its people.

**Community impact vision**

1. Aligns with BBNAC'S objective of strengthening **healthcare access and outcomes** in Buganda.
2. Emphasizes **collaborative development** between diaspora and local institutions

# MEET THE MISSION TEAM: UNAMS & BBNAC

### 👩‍⚕️ Team Composition (15 Health Workers):

**2 Physicians** – from the U.S.

**3 Surgeons** – from the U.S., Canada, and Uganda

**2 Nurses** – from the U.S.

**3 Midwives** – from the Uganda Midwifery Association

**1 Dentist & 3 Dental Assistants** – from Uganda

**1 Senior Clinical Officer & 1 Physiotherapist** – from Uganda

**1 Medical Student** – 2nd year, Makerere University

**1 Special Assistant/Driver** – assisted a physically challenged doctor

**2 Community Organizers** – documented the mission

### 🏥 Support:

Clinical and nursing staff of **Nakaseke Hospital** worked hand-in-hand with the mission team.

# OBJECTIVES OF THE MEDICAL MISSION

1. **Deliver free medical services** to underserved communities in Nakaseke.
2. **Support local health workers** through collaboration and skill-sharing.
3. **Promote disease prevention and health education** in the community.
4. **Strengthen ties** between the diaspora professionals and the local health systems.
5. **Advance Buganda kingdom's goal** of improving community wellbeing.

The first medical mission jointly organized and funded by BBNAC and UNAMS, in collaboration with the Buganda Kingdom Ministry of Health, was held at Nakaseke Hospital from **April 3rd to 7th, 2017**. This marked the first collaborative effort by these partners to deliver free medical services and support healthcare development in Buganda.

# ACTIVITIES CONDUCTED

1. **CLINICS:** Managed cases in **GENERAL MEDICINE, PAEDIATRICS, SURGERY** and **MATERNAL HEALTH.**

➢ **Common Conditions:**

I. **Medicine** :PUD, STIs

II. **Paediatrics:** URTIS, SICKLE CELL DISEASE

III. **MATERNAL HEALTH;** PIDS

IV. **SURGERY**: HERNIORRHAPHIES

- **Outreach:** Community screening and health education in surrounding area.
- **Education**: clinical mentorship for local healthcare staff
- **Donations**: medical equipment, supplies and drugs where provided to the hospital on the last day of the mission.

# SUMMARY OF PATIENT ATTENDANCE

A total of **1,452 patients** were attended to during the 5-day medical mission.

Services were offered in **main clinic, maternity, surgery, and dental care.**

The **main outpatient clinic** managed the highest volume with **1,031 patients.**

**359 women** received care from midwives.

**24 surgical procedures** were performed, mostly for **inguinal hernias.**

**38 dental patients** were treated on the final day of camp.

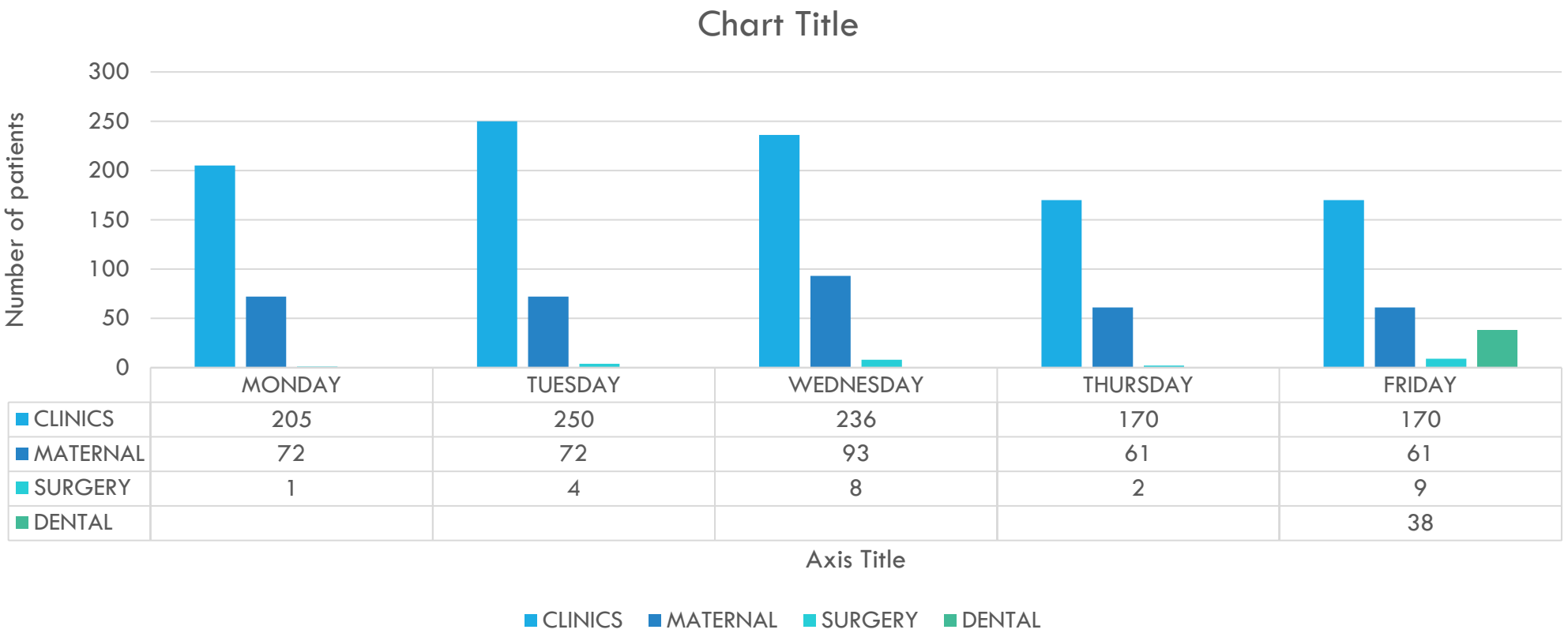
## 👥 Demographics Estimate:

**70% Female**

**20% Male**

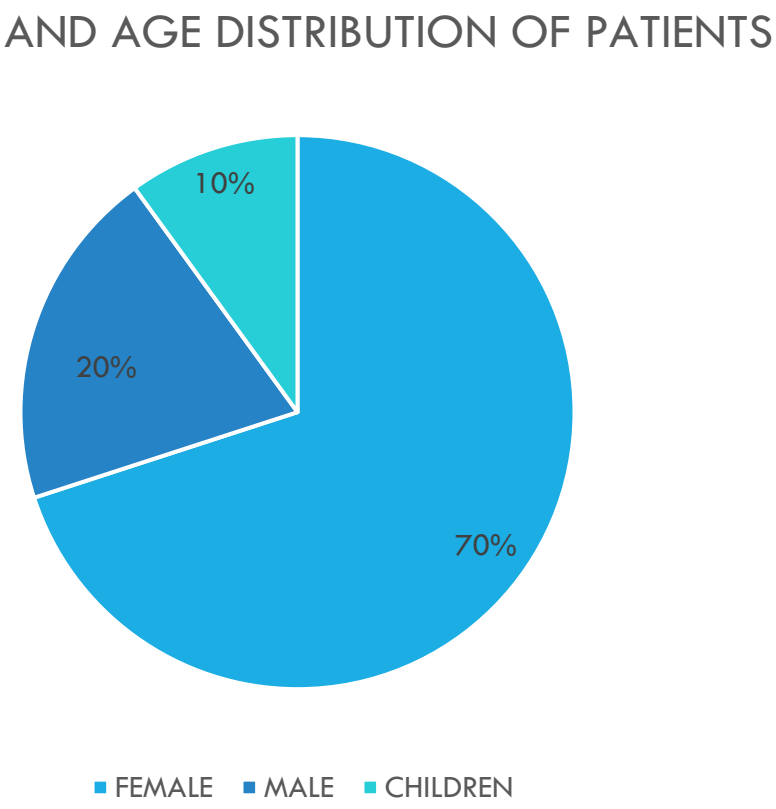
**10% Children under 18**

# QUANTITATIVE IMPACT

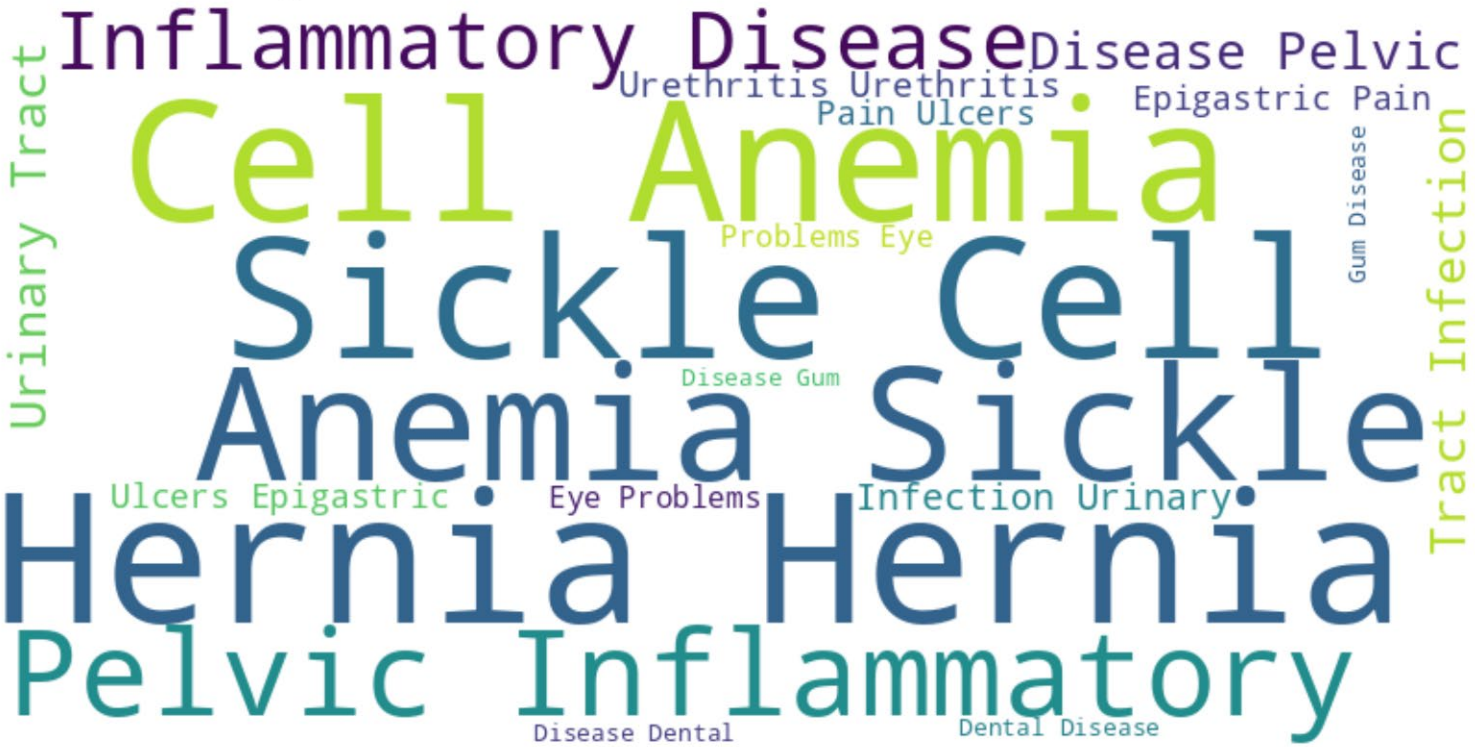



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| CLINICS | 205 | 250 | 236 | 170 | 170 |
| MATERNAL | 72 | 72 | 93 | 61 | 61 |
| SURGERY | 1 | 4 | 8 | 2 | 9 |
| DENTAL | | | | | 38 |

# CONT....


GENDER AND AGE DISTRIBUTION OF PATIENTS
10%
20%
70%
FEMALE
MALE
CHILDREN

Prevailing Diseases Word Cloud - Nakaseke Medical Mission



# QUALITATIVE IMPACT OF MEDICAL MISSIONS

**Increased community trust** in healthcare services

**Empowered local health workers** through collaboration and mentorship

**Strengthened partnerships** with local facilities and leaders

**Personal growth** for volunteers: empathy, resilience, and renewed purpose

**Inspiring stories** of hope, healing, and long-term community engagement

# CHALLENGES FACED

⚠️ **Stock-outs of Essential Supplies**

Frequent shortages of medications and diagnostic tools

👥 **High Patient Load**

Overwhelming turnout strained available manpower and resources

🔁 **Limited Follow-up Capacity**

Inadequate systems for tracking and reviewing patient outcomes

🏥 **Infrastructure Constraints**

Limited space and equipment in local facilities

# LESSONS LEARNED

✅ **Preparedness is Key**

Early planning and supply forecasting reduce stock-outs

🤝 **Collaboration Enhances Impact**

Strong coordination with local health teams improves service delivery

📋 **Need for Sustainable Systems**

Establishing referral and follow-up pathways is crucial for continuity of care

🌍 **Community Engagement Matters**

Involving local leaders and residents boosts participation and trust

👩‍⚕️ **Every Mission is a Learning Opportunity**

Field experience sharpens clinical judgment, adaptability, and cultural sensitivity

# SUSTAINABILITY & FOLLOW-UP

🔁 **Continuity of Care**

Linked patients to local health facilities for long-term management

Emphasized chronic disease follow-up, especially for hypertension and diabetes

🤝 **Local Capacity Building**

Trained local health workers for ongoing care and health education

Promoted task-shifting to ensure services continue beyond the mission

📊 **Data-Driven Planning**

Collected community health data to inform future interventions

📞 **Referral & Follow-Up Systems**

Encouraged creation of referral directories and patient tracking tools

🌱 **Community Ownership**

Engaged local leaders to champion sustained health initiatives

# CONCLUSION & CALL TO ACTION

🩺 **Summary**

Medical missions have a powerful impact on underserved communities

Despite challenges, they foster trust, build local capacity, and inspire service

Sustainability requires strong partnerships and structured follow-up

📣 **Call to Action**

**Health professionals:** Volunteer, mentor, and advocate for equitable care

**Stakeholders:** Invest in long-term health system strengthening

**Communities:** Stay engaged and take ownership of health initiatives

🌍 *Let us move from short-term relief to long-term transformation.*