

# RAYS OF HEALTH UGANDA

## Contents:

Introduction  
Background  
About us  
Our programs  
Donate  
Get involved

## ○ INTRODUCTION

The Rays of health is a healthcare program providing **poor mothers and families in rural areas** with the proper health care they deserve. ROH depends upon reliable donors and dedicated volunteers to ensure the best possible care for our patients and their families.

Access to basic community healthcare is an essential and often forgotten need.

ROH provides:

- Rural poor communities access to healthcare
- visits by volunteer healthcare professionals to remote villages
- Regular health education “prevention is better than cure”
- Routine vaccinations
- Awareness/early detection of health issues
- Transportation means/arranges an ambulance for emergency to the nearest referral hospital.
- Healthcare literature for healthcare professionals and also for service users example “Where there is no doctor”, posters reminding mothers about immunisation e.t.c.

Our work at ROH is simply, **promoting sustainable health care change for the world’s poorest NOT charity.**

- Not only do we seek help from volunteer doctors and nurses; but also train and encourage Ugandan health workers so that they can start to practice in their respective home communities where their skills are most urgently needed. By increasing the total number of trained health workers in high need areas, we improve access to care and the health of the world’s poorest.

Families enrolled with our health centres pay a very minimal amount in form of insurance and receive medical care. The amount charged is used to keep the health centres running by paying nurses and doctors and also to keep the constant flow of medical supplies. Those who cannot afford the insurance participate in local projects to address community-wide health issues and promote service learning; examples include, peer nutrition training and roads clean up, tree planting especially the medicinal NEEM tree that is mosquito repellent, cures several illnesses and also used as herbal tea.

## ○ BACKGROUND ON UGANDA

In many developing countries including Uganda, complications of pregnancy and childbirth are the leading causes of death among women of reproductive age. Almost all births in rural poor communities of Uganda still take place without a medically skilled attendant to aid the mother. These expectant mothers in rural areas mainly rely on traditional birth attendants (TBAs), who have little or no formal health care training.

There are many children suffering from malnutrition. In addition there are many other life-threatening illnesses such as diarrhoea, malaria, respiratory infections, measles and TB, that could be medically treated if those in rural areas had adequate access to healthcare facilities. Besides, poor people in rural areas have difficulty visiting health centres due to long distances and the limited availability of public transport.

Similarly health workers do not have vehicles that can be used to reach the isolated villages within their area of responsibility. As a consequence, many people die due to the absence of health workers, or people delay referring emergency cases to health centres due to limited transport options. Most malaria cases for example if addressed within the first 24 hours, can be treated easily, but waiting even a day or two can dramatically increase the severity of the illness.

## ○ ABOUT US

ROH is a project founded by Moses Kiiza in cooperation with Dr. Byarugaba Paediatric from the Plot II, Bandari Rise, Childrens Medical Center in Kampala.

ROH started 10 years ago as a healthcare program under a grass root organisation in Uganda; GoSmile Uganda (GSU) by helping children and families under the care of GSU. We realised later, this was NOT sustainable and would make greater impact starting our own mobile (Motorcycle) clinics to even go rural where the poorest are underserved.

At ROH we believe everyone is born a doctor and has a role to play in improving healthcare conditions of the poor by educating ourselves and others about the vast unmet needs, volunteering our time and expertise as health care providers and supporting those who work to make a difference in the lives of others.

### **Our partners**

ROH has a partnership/arrangement with most hospitals and universities in Uganda e.g. Mulago National Referral Hospital, Mengo Hospital, Nsambya Hospital, Rubaga Hospital, Children Medical Centre; all in Kampala, Bwindi Community Hospital in Kanungu and Rushere Hospital in Kiruhura District, Western Uganda among others; can easily arrange internship or research for its volunteer students while sparing one or two days a week to help in our rural community projects.

### **Mission**

To recognize the value of life, the dignity and worth of every person and is dedicated to providing quality health care services with compassionate and accessible service for the rural poor.

### **Vision**

We envision a world where the rural poor communities have the power to mobilize and address their evolving maternal and child health needs.

## ○ PROGRAMS AND HOW WE DO IT

Our programs include community-run clinics, health out – reach programs, health leadership training and maternal and child health services for the poor.

### Community run Clinics

ROH runs health clinics in remote areas purposely to help poor families' especially expectant mothers with antenatal services. ROH recruits and trains TBAs in maternal health topics and employ them in our rural health centres in order to improve the chances for better health outcomes among mothers and babies. It's our position in this program, that no mother or child should ever go without access to quality care throughout our care coverage.

### Health Out-reach

We have two projects under the health out-reach program; “mission - action health” and “mission - health cycle”:

**Mission – action health:** Each year large teams of volunteer nurses, doctors, educators and students get together once a year to run two weeks of free mobile medical camps in rural communities. During the camps free checkups, treatment of all sorts of illnesses and basic medicines are supplied.

Such an outreach program costs us about **\$8500** and this treats for free an estimated **5000 children and mothers** during the two weeks camp.

**Mission – Health Cycle:** with the help of volunteers, this program runs every one or two months in our rural health centres or at our partners centres (churches or schools) where families enrolled in the program receive free primary care for children and free prenatal services for women; In exchange, families pay a very minimal amount in form of insurance called **ROH insurance** and receive medical care. Those families that cannot afford insurance participate in local projects to address community-wide health issues and promote service learning. Examples include tree planting especially the medicinal NEEM tree, peer nutrition training and community clean up “**Oburungi-Bwensi**”.

ROH's health ambassadors on motor bikes visit families regularly, providing health education on issues ranging from malaria to malnutrition, while also arranging transport for the seriously sick to the nearest health centres for more care.

## ○ DONATE

In any amount, great or small, you can make a tax-deductible cash donation through our web site, by phone, by faxing or mailing your donation. You can donate by check or by using your Visa, MasterCard or E-check. No matter how you decide to make your contribution, ROH will send you an acknowledgment letter that can be used for tax purposes.

**We are happy about different types of donations:**

Cash, Planned Giving ( *You can leave a lasting legacy at ROH by including us in your estate plans*) or Donate equipment

**Donate by**

eMail: [donate@raysofhealthuganda.org](mailto:donate@raysofhealthuganda.org)

Telephone: +256 414 575 168

Fax: +256 (0) 414253679

Rays of Health  
Plot 9 -10 Chwa 2 Road Mbuya Hill  
P.O. Box 35466 Kampala  
UGANDA

○ **GET INVOLVED**

If you are looking for a unique opportunity to serve others, and at the same time learn new skills and make new friends, consider volunteering with ROH. We would be very happy to work with you in one of our communities here in Uganda!

**Medical/Health Volunteers Needed**

ROH is looking for passionate and motivated individuals or a small group of medical volunteers who must give generously of themselves, to travel to Uganda for even two days and as long they like.

You are welcome any period of the year to help with rural community outreach projects or work at a rural health centre, simply a desire to save the lives of the rural poor.

**Tasks**

- ROH volunteer can participate in the recruitment & training of community nurses and community health promoters (CHPs) about different aspects of health who will take back the knowledge they learn to their respective communities; help/advise in areas of fundraising.
- ROH volunteer will work with local doctors/nurses to provide primary health care services for minor sicknesses.
- Treating minor illnesses
- Looking after pregnant women and caring for children
- Family planning services
- Promotion of sanitation and hygiene

- Screening for communicable diseases
- Performing health education activities
- Collect statistics, maintain records and provide healthcare referrals
- Be part of one of the outreach programs and advice means for funding rural healthcare project facilities; establish new and beneficial partnerships for ROH Volunteers.

We are grateful for any advice and ideas addressing the improvement of our healthcare programs.

### What ROH provides

- ROH provides all its volunteers with accommodation in form of home stays and meals while at the host family.
- ROH has a partnership/arrangement with most hospitals and universities in Uganda e.g. Mulago National Referral Hospital, Mengo Hospital, Nsambya Hospital, Rubaga Hospital, Children Medical Centre; all in Kampala, Bwindi Community Hospital in Kanungu and Rushere Hospital in Kiruhura District, Western Uganda among others; can easily arrange internship or research for its volunteer students while sparing one or two days a week to help in our rural community projects.
- Medical students on internship will be awarded with certificates for University credit at the end of their placements.
- Our volunteer programs are offered year-round from one day to any period that a volunteer would wish to be with ROH.

### Applicant Requirements

- We encourage practicing doctors or nurses, retired doctors or nurses to apply BUT you do not have to be a doctor, nurse or any other medical personnel to serve. Although our outreach teams do have professional medical personnel as their mainstay, there are many roles to be filled by general volunteers that bring their own unique skills to the team. Medical students at university or college on internship are also welcome to participate.
- Cross-cultural understanding, responsiveness and flexibility to changing circumstances (because things are bound to go differently than expected in the field!).
- A letter of reference from a doctor or University/college and a recent medical report (scanned) MUST be sent via mail; at least three weeks before you travel to Uganda.
- Self-starters who have demonstrated the ability to work independently and in collaboration with other team members.
- Apart from the accommodation and meals at home stays, this trip is paid for by the volunteers. As a result, volunteers should be prepared to travel and live inexpensively.

Enjoy a true cultural immersion by staying in a home stay with local families, while working hand-in-hand with local counterparts; this provides rewarding hands-on challenges for volunteers.

Most of all, this volunteer experience will benefit you the Joy of knowing you are making a difference in the lives of the poor\*

❖ **Send application by email to: [info@raysofhealthuganda.org](mailto:info@raysofhealthuganda.org)**