



RUGARAMA HOSPITAL NEWSLETTER

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Greetings!!!

Here at Rugarama hospital we want to wish you a happy new year and thank the good Lord for keeping us all till this day.

This is the newsletter that we intend to deliver every month to you, our special people, receive this with our love and gratitude for all you are to our hospital and the diocese at large.

We look forward to your feedback and more.

May God bless you richly.



GROUND BREAKING OF THE CLASSROOM BLOCK

The Rugarama School of Nursing and Midwifery broke ground on the new classroom complex on February 23, 2023, in a festive ceremony officiated by Bishop Gaddie Akanjuna.

Members of the diocesan council, canons from the diocese of Kigezi, the hospital's board and personnel, as well as leaders from nearby schools and institutions, attended the occasion. Without forgetting the school's students and employees.

Since its founding in 2013, Rugarama School of Nursing and Midwifery has provided certificates in nursing and midwifery, a nursing diploma, and is currently working to obtain a diploma in midwifery. In an effort to boost the number of health care professionals from the region and beyond, the school is inviting applicants for the **JULY 2023** in-take for the above courses.



Progress on site





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THE DENTAL CAMP

In honor of World Oral Health Day, we conducted a terrific dentistry camp. One of the best all-encompassing and holistic dental units in the area is located at Rugarama Hospital.

The dental team, under the direction of department head Mr. Bonanza, proudly ran the two-day camp. Our very own dental staff managed the day, working diligently until about 8 p.m. on March 20th to treat nearly 200 patients without forgetting anyone. Our dental team embodies this, as does the entire Rugarama hospital. The majority of the cases involved root canals, scaling, and cleaning of teeth. Several cases required admission, thus they were given admittance and were kept under observation on the wards. We anticipate having a modernized dental lab soon.



"We serve to the glory of God"



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A COMMUNITY HOSPITAL



Baby Mercy has found a home, for the past three years the Rugarama team has taken care of a baby girl who was abandoned, Baby Mercy, came to us as a disabled toddler with signs of cerebral palsy. We have worked alongside government social workers and finally last month she was accepted by a home in Jinja. We wish her all the best in her life and look forward to when we will see her next.

Baby trust, is a wonderful young girl who was at the hospital in June 2022 with septic burns and after two month she was whisked away by her parents, the department made an effort to search for them and she was found in a local pastors home with extensive burns and severe malnutrition she received all the medical and nutritional care. She was discharged and taken in by a relative of hers.

We are on their behalf seeking any support to clear the medical bill of **UGX 4,386,400/=**



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NON COMMUNICABLE DISEASES

Non-communicable diseases (NCDs) are medical conditions that are not transmitted from one person to another. They are chronic diseases that tend to develop slowly over time and are often caused by lifestyle and environmental factors such as tobacco use, unhealthy diets, lack of physical activity, and exposure to air pollution.

Some common NCDs include cardiovascular diseases (such as heart attacks and strokes), cancer, diabetes, and chronic respiratory diseases (such as asthma and chronic obstructive pulmonary disease). These diseases are responsible for the majority of deaths worldwide and pose a significant burden on healthcare systems and economies.

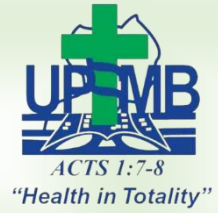
Prevention is key when it comes to NCDs. Adopting healthy lifestyle choices can significantly reduce the risk of developing these diseases. Here are some steps that individuals can take to prevent NCDs:

1. Eat a healthy and balanced diet - this means consuming plenty of fruits, vegetables, whole grains, and lean protein sources. Avoid processed foods, sugary drinks, and foods high in salt and saturated fats.
2. Engage in regular physical activity - aim for at least 30 minutes of moderate-intensity activity on most days of the week. This can include activities such as brisk walking, cycling, swimming, or dancing.
3. Avoid tobacco use - smoking and exposure to secondhand smoke are major risk factors for NCDs, including cancer and cardiovascular disease.
4. Limit alcohol consumption - excessive alcohol consumption can lead to liver disease, cancer, and other health problems. It is recommended that men limit their intake to two drinks per day, and women to one drink per day.
5. Manage stress - chronic stress can increase the risk of developing NCDs. Engage in activities that help you relax, such as meditation, yoga, or deep breathing exercises.



We would like to thank our sponsors **GLOBAL LIVING INSTITUTE** and **BRIDGE OF LIFE**. Encourage the people you know that are with diabetes and hypertension to come join us every last Thursday a month for hypertension and every first Thursday for diabetes clinic.

Stre@mline



Streamline is a social enterprise that leverages technology to enable hospitals to deliver excellent clinical care to vulnerable populations. In partnership with UPMB; streamline launched the Stre@mline Ubuntu move in the revitalization of rural health financing. The



aim is to ensure that health care is accessible and affordable for all by supporting mobilization and strengthening of the community health insurance scheme. As we all know Health care; just like all other sectors, is

continuously getting expensive and yet the quality provided cannot change, therefore health insurance is a one way to increase health seeking behavior before illnesses become extreme and also to receive care for all illnesses without fear of bills.

We would like to thank **UPMB** and **Streamline** for the continued support to Rugarama Hospital.



STAFF NEWS

THE NEW MEDICAL SUPERINTENDENT

We would like to welcome Dr. Rutaremwa Esther as the new hospital superintendent. Her goal is to see Kigezi through Rugarama hospital become an example of quality holistic medical care to meet the community's needs in the region and beyond while showing the love of Christ



NEW BABIES!!

We are excited by the news that the pediatrician, Dr. Micheal Waas and his wife Dr. Ruth Waas along with our Medical Officers Dr. Kevin and Dr. Joan Muheru all have the gift of new children.



BABY ABAHO

Many of you may have heard about Baby Abaho, who was sent to India for cardiothoracic surgery, and who is the child of one of our beloved staff member, Sr. Annet, Baby Abaho had a heart congenital abnormality. We will keep praying for God to grant them healing and sufficiency to see them through to recovery.



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A CALL FOR DONATIONS

TO MAKE A DONATION

ACCOUNT NAME: RUGARAMA HOSPITAL

ACCOUNT NUMBER: 1045200888224

BANK NAME: EQUITY BANK

BRANCH: KABALE, UGANDA

TO CONTACT US

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