



SOUTHERN ZAMBIA UNION CONFERENCE AND
SOUTHERN AFRICA INDIAN OCEAN DIVISION

YUKA MISSION SPECIALIST OUTREACH REPORT

Theme "I Will Go, Serve With Compassion"

Report by Joshua Kapoma and Mercy Monde Imakando

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Special thanks go to the team of Specialists, Healthcare workers, Evangelists and Medical Missionaries who worked tirelessly and compassionately to minister to the physical and spiritual needs of the community members during the outreach. Additionally, we are grateful to the staff and management of Lusaka Adventist Dental Services for the technical support and logistical support.

Ultimately, we give glory and honour to God Almighty for the gifts of life, good health, strength and His great providence in ensuring that success of this mission.

Outreach Summary

Collaborators/Sponsors	Ebenezer Medical Mission Southern Zambia Union Conference Southern Africa Indian Ocean Division
Theme	“I will go, Serve with Compassion”
Dates	27 th November to 4 th December, 2022
Site	Yuka Mission Hospital
Budget	<u>K97, 791.93</u>
	Transport K25, 235.05
	Insurance K120.00
	Medical Supplies K29, 964.00
	Publicity K10, 360.00
	Food and Groceries K27, 812.88,
	Administrative costs K5,300
Activities/ Deliverables	Number of patients seen: 404
	Surgeries conducted 83
	Nutritional demonstration >150 women
	Health Effort 6 Sermons preached 5 Morning Devotions
	Literature Distribution:: The Final Hope, Over 150 copies were distributed
	Chitenge/wrappers Distributed 30

1. Site Information

The Focus of the outreach was Yuka Seventh Day Adventist Mission Hospital. The Hospital is a first level facility established in 1953. Located in the Western Province of Zambia, Kalabo District, the hospital serves the population of Kalabo and Sikongo Districts, with some referrals coming from across the border in Angola.



Figure 1 Map of Zambia Showing the Location of Yuka Mission Hospital



Figure 2: Yuka Mission Hospital, Front View

2. Team Members

Twenty-five people travelled to Yuka for the mission. The team members together with their specialities and roles that each played are outlined in Table 1 below:

Table 1 Team Members Who Travelled to Yuka Mission and Their Roles

Group	Role/Speciality	Number (n = 25)
Evangelism Team	Chaplain (Pastor)	1
	Evangelists	3
Medical Team	Clinical Officer	1
	Medical Doctors (General Practitioner)	2
	Medical Laboratory Technician	1
	Medical Student	1
	Nurses	2
	Paediatric Cardiologist	1
	Paediatric Nurse	1
	Paediatric Pulmonologist	1
	Pharmacists	1
	Surgical Team	Anaesthesiologist
Dental Surgeon		1
Dental Therapist		1
General Surgeon		1
Gynaecologist		2
Paediatric Surgeon		1
Theatre Nurse		1
Transport Team	Driver and Assistant	2

3. Activities

3.1. Day 1: Travel to Yuka 27/11/2022



Figure 3: Before Departure by Lusaka Conference Offices



Figure 4 Teamwork in loading the bus before departure
The team travelled over 650km to reach Yuka Mission Hospital.

3.2 Activities 28/11/2022 – 02/12/2022

The first day began with a morning devotion, and thereafter introductions and a tour of the facility. The tour was brief as there was a multitude of people lined up waiting for medical attention.



Figure 5: Mission team with Yuka Mission Hospital Staff

Daily activities included morning devotion, clinical + evangelistic activities and an effort in the evening. A total of 404 clients were recorded during the outreach. Of these, 117 (29%) were children and 287 (71%) were adults. 72% of the children were under the age of 5 with an equal distribution of males and females. Among the adults, 81% were female, yielding a male: female ratio of 1:4. The patient ages ranged from 1month to 92years. Religion was indicated in 46% of the patients. Of these, 48% were non Seventh Day Adventists.

Table 2 Patient Demographics

Age Bracket	Male	Female	Sex Not Indicated	SDA	Non-SDA	Religion Not Indicated
Under 5	42	42	0	39	30	48
Children 5- 17yrs	26	7				
Adults	55	221	11	57	57	173
Totals	123 (30%)	270 (67%)	11 (3%)	96 (24%)	87 (22%)	221 (54%)

Table 3 Children's Illnesses

Condition	Number
Cardiovascular	
Heart disease	3
Varicose veins	1
Haematological	
Sickle cell anaemia	1
Anaemia	1
Central Nervous System/ Mental Disorders	
Cerebral Palsy	1
Downs Syndrome	1
Hearing impairment	1
Autism with speech impediment	1
Dental	
Irreversible pulpitis	1
Reversible pulpitis	1
ENT	
Tonsillitis	1
Gastrointestinal	
Jaundice	1
Vitamin deficiency	1
Immunological	
Allergies	3
Respiratory	
Asthmatic	2
Upper Respiratory Tract Infection	
Tumours	
Nasal Mass	1
Tumour	2
Total	23

The statistics indicated in the table 3 includes dental conditions but excludes conditions captured under surgical conditions. The children seen in the Under 5 clinic (69) are not captured as illnesses and therefore not included in the table.

Table 4 Adult Illnesses

Condition	Number
Cardiovascular	
Congestive Cardiac Failure	3
Deep Vein Thrombosis	2
Heart Disease (1 mitral stenosis, 1 suspected heart disease)	2
Hypertension	13
Upper Gastrointestinal bleeding	1
Central Nervous System/ Mental Disorders	
Bipolar Mental Disorder	1
Depression	1
Epilepsy	3
Migraine	1
Suspected Space occupying mass	1
ENT/Eye	
Deafness and Dumbness	1
Cataracts	1
Suspected Glaucoma	1
Gastrointestinal	
Hepatosplenomegaly	1
Splenomegaly	3
Constipation	1
Dyspepsia	5
Chronic Liver Disease	1
Gastritis	6
Abdominal pains	1
worm infection	1
Genitourinary System	
Polycystic Kidneys	1
Gynaecological	
Amenorrhea	1
Bartholin's cyst	1
Cervicitis	1
Chronic Pelvic Pain	8
Cervical incompetence	2
Ectopic pregnancy	1
Fertility Challenges	19
Fibroids	7
Fibroids in pregnancy	1
Galactorrhea	1
Menopausal Symptoms	3
Menstrual Disorder	6
Ovarian Cysts	3
Pelvic Mass	5

Pelvic Prolapse (2 Cystocoele, 2 Procidentia)	4
PID	2
Vaginal Candidiasis	5
Vesico Vaginal Fistula	1
Immunological	
Suspected Systemic Lupus Erythematosus	
Metabolic / Nutritional Diseases	
Diabetes Mellitus	1
Diabetes Mellitus + Hypertension	1
Vitamin B6 deficiency	2
Drug Induced Nutritional deficiency	1
Musculoskeletal/ Integumentary	
Body pains in geriatric	7
Arthritis	3
dermatological disorder	
Respiratory	
Asthmatic	3
Bronchitis	1
Chest pains	1
Suspected Malignancy	
Cervical cancer	1
Prostate cancer	1
Trauma	
Soft Tissue Injury due to trauma	2
Diagnosis not indicated	8
Normal examination findings	3
Infections	
Cystitis	1
Oophoritis	1
Otitis Media	1
Pneumonia	1
Soft tissue Infection	1
Sexually Transmitted Infection	1
Tuberculosis	9
Upper Respiratory Tract Infection	1
Urinary Tract Infection (2 in Pregnancy)	8
Total	181
<hr/>	
Surgical conditions operated on captured under procedures	

The top 5 adult conditions are outlined in Table 5 below.

Table 5 Top 5 Adult Conditions

1. Fertility Challenges	19	10.5%
2. Hypertension	13	7.2%
3. Urinary Tract Infections	9	5.0%
4. Tuberculosis	9	5.0%
5. Chronic Pelvic Pain	8	4.4%

3.3 Procedures

The procedures done included Cardiac Echoes and Surgeries. The cardiologist conducted all the Echoes. The surgeries were divided into Dental, Gynaecological, General and Paediatric Surgeries.

Echocardiograms

Fourteen Echo's were conducted.

Table 6 Echo Diagnoses

S/N	Condition	Number (%)
1	Dilated Cardiomyopathy with hypertension	1 (7)
2	Hypertensive Heart Disease with Arrhythmias	1 (7)
3	Hypertensive Heart Disease with Diastolic Dysfunction	6 (43)
4	Normal Heart	3 (22)
5	Pulmonary Hypertension	1 (7)
6	Ventricular Hypertrophy with diastolic dysfunction	1 (7)
7	Ventricular Septal Defect	1 (7)
	Total	14

Fifty-seven percent of the conditions diagnosed via Echo were associated with hypertension

Table 7 Distribution of Surgical Cases

Department/Discipline	Number	Percentage (%)
Dental	47	57
General Surgery	17	20
Paediatric Surgery	11	13
Obstetrics and Gynaecology	8	10
Total	83	100

Table 8 Surgical Procedures Conducted

Dental Surgery		General Surgery		Paediatric Surgery		Obstetrics and Gynaecology	
Extractions	20	Excisions	5	Cis-trunk operation	1	Anterior colporrhaphy	1
Resin Filling	12	Foreign Body Removal	1	Herniotomy	9	Hysterectomy	1
Scaling and Polishing	14	Ganglion Aspiration	1	Orchidopexy	1	Vaginal Hysterectomy	1
Root Canal Treatment	1	Herniorrhaphy	7			Myomectomy	2
		Haemorrhoid evacuation	1			Laparotomy for ectopic pregnancy	1
		Suprapubic catheterisation	1			Tuboplasty	1
		Change of suprapubic catheter	1			Marsupialisation of Bartholin's cyst	1
Total	47		17		11		8

3.4 Disease Burden

The community surrounding Yuka Mission Hospital have a double burden of both communicable and non-communicable diseases. The commonest communicable diseases were Tuberculosis and Urinary tract Infections. Hypertension topped the list for non-communicable diseases. The need to upscale treatment of the condition is evidenced by complications, particularly Hypertensive Heart Disease which characterised nearly 60% of all the Echo findings. A major challenge expressed by patients and caregivers is the critical shortage in antihypertensive as well as other essential medicines at the facility. This contributes to poor compliance to medications. When available, due to limited stocks, patients are given medication for two weeks and at most, 1 month. Concerning communicable diseases, Tuberculosis (TB) was common. Half of the TB patients had Pulmonary TB, whilst the remainder had Extra-pulmonary TB, with one case of spinal TB. TB medications are readily available and all confirmed cases were on treatment.

For the gynaecological cases, fertility related challenges were very common, accounting for 10% of all non-surgical conditions. These included both primary and secondary sub-fertility. Most of the affected women either were in polygamous marriages (husbands would marry other women to bear children) or separated/divorced. These findings reflect the strong cultural influences in which female virtue is measured by the number of children. Fibroids and

candidiasis were also common gynaecological complications. Additionally, multiple women had to be educated on the menopausal transition and associated symptoms. This allayed fears facing the women approaching or recently menopausal.

Dental extractions were the commonest surgical procedure, accounting for nearly ¼ (24%) of the procedures. The high burden of dental cases reflects the increased need for dental hygiene sensitisation, as well as nutritional education to promote healthy teeth, and use nutrition as a means of fighting diseases. The dental team managed to raise over K13, 000 for the hospital through the National Health Insurance Scheme (NHIMA). This was significant in that it demonstrated a plausible avenue for raising income for the health facility during visits by specialists. Hernia repairs were the second commonest surgical procedure at 19%). More than half of these were in children. More procedures could have been performed, however, logistical challenges, particularly lack of an anaesthetic machine at Yuka Mission, led to most procedures being performed at Kalabo General. Time was therefore lost in transferring patients daily from Yuka to Kalabo General Hospital. Additionally, lack of some anaesthetic consumables and equipment tailored for paediatric patients limited the number of major surgeries performed on the children.

3.5 Nutrition Demonstrations and Evangelism

Women presenting at the Under 5 clinic as well as interested bystanders were taught on how to make nutritional foods using local ingredients. Particularly, how to enrich various porridges, as seen in Figure 6. They were also taught on vegetable combinations and making best use of locally available fruits. This is to curb the high levels of moderate malnutrition noted among children in the Under 5 age bracket within the community. Over 150 people received lessons in nutrition. In addition, the women received fliers (See Appendix 1) and a free missionary book “The Final Hope”. Over 150 copies of “The Final Hope” were distributed during the effort, on Sabbath and to various persons during the journey back to Lusaka. Thirty elderly women were given Chitenges (Wrappers) during the effort.

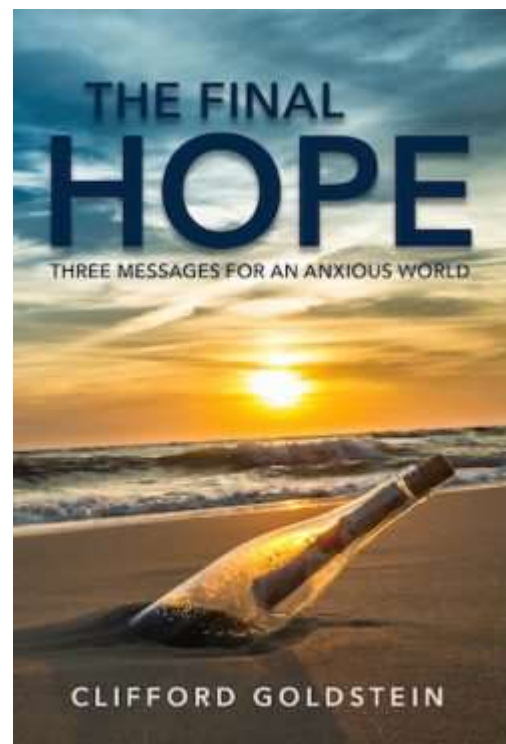


Figure 6 Missionary Book



Figure 7 Nutritional Demonstrations Top to Bottom, Rice Carrot Porridge, Fresh Sweet Potatoe Custard, Kapenta Vegetable Porridge, Mixed Veggies and Fruits

3.6 Sabbath Activities



Figure 9 Team members involved in presenting the Sabbath School



Figure 8 Divine service message preached by Pastor Chilembo

On the Sabbath day, the team participated in activities at Yuka SDA Church, including Sabbath School and preaching of the sermon. All were encouraged to trust God for their health challenges, as God knows, understands and will do something about the situation in the fullness of time. Object lessons were derived from the story of the man by the pool of Bethesda for 38 years. The afternoon was a time to relax and rest from all the weeks labour. The team went to the harbour for a refreshing look at nature.



Figure 10 Team members relaxing in a canoe

4. Challenges


- Inadequate time: It was noted that a two-week period would be ideal to enable screening of patients in the first week and surgeries in the second week.
- Lack of anaesthetic machines, anaesthetic equipment, and cardiac monitors and anaesthetic drugs such as Pancuronium (muscle relaxant). The above posed challenges in conducting procedures under general anaesthesia.
- Limited supply in drugs, including common antibiotics such as amoxicillin, cloxacillin and analgesics. Despite buying several antibiotics, analgesics and antihypertensive, these were inadequate to meet all of the facility needs.
- Electricity outages affected operations in theatre. There was also inadequate lighting in the theatre at Kalabo General Hospital
- Literature for distribution was all in English, disadvantaging some members of the community.
- Lack of a public Address System limited sermon delivery.

5. Recommendations

1. Yuka Mission Hospital to procure anaesthetic equipment and cardiac monitors in order to facilitate future outreach activities
2. Maximise the usage of NHIMA schemes and documentation to widen income base of the facility during Mission outreaches
3. The facility to increase funding directed at procurement of drugs and other essential medical consumables
4. To increase the number of specialist visits to the facility in order to reduce referral burden and economic burden on community members.
5. Production of literature in local languages

Appendix 1:

List of Drugs and Medical Supplies Received by Yuka Mission Hospital



YUKA HOSPITAL

MINISTRY OF HEALTH **GOODS RECEIVED NOTE**

GRN **030**

Institution: Yuka Mission Hosp Received by: Pharmacy In Charge
 Date: 28/11/2022 Name: Edith Cheambe
 From: Karibu pharmaceutical Ltd Sign: [Signature]

Item	Description	Order Supply Voucher No	Unit	Qty	K Price n	K Price n	Remarks
01	Vicryl size 20	CS-52751	1	3			
02	Vicryl size 3/0			2			
03	Vicryl size 2/0			2			
04	Vicryl size Pandy " "			1			
05	Vicryl size 2/0			2			
06	Formalin 2.5A	" "		3			
07	Vicryl size 2			4			
07	Vicryl size 2			6			
08	Gauze Pad			1			
09	Gauze Swab			5			
10	Stay Fresh Pads			5			
11	Malaria Kit			1			
12	Folic Acid 5mg			3			
13	Zinc Sulphate			6			
14	Benzyl penicillin			40			
15	Gentamicin inj			30			
16	Cefotaxime inj			85			
17	Cefotaxime inj			15			
18	Trazol 1G			30			
19	Ciprofloxacin			40			
20	ventolin Inha			10			9 received
21	Carbamazepine			5			
22	Sodium chloride			96			
23	On Call Strips			3			
24	Coartem 18			20			
25	Nifedipine 20mg			10			5 received
26	Metformin Tab			10			
27	Glibenclamide			10			

Entered to Stock Record by:
 Name: Edith Cheambe
 Signature: [Signature]
 Date: 28/11/2022

Verified by: Senior Accountant
 Name: Nakubiyanga J
 Signature: [Signature]
 Date: 28/11/2022

YUKA HOSPITAL



MINISTRY OF HEALTH

GOODS RECEIVED NOTE

GRN 081

Institution: Yuka Mission Hosp

Received by: Pharmacy-In-Charge

Date: 28/11/2022

Name: Edith Chachabe

From: Karibu Pharm Ltd

Sign: [Signature]

Item	Description	Order Supply Voucher No	Unit	Qty	K Price n	K Price n	Remarks
01	Clotrimazole	65-62761	1	10			
02	Simfen Tab 10x18	"	1	10			
03	Diclofenol	"	1	30			
04	Brufen Tab	"	1	10			
05	Surgical gloves	"	1	10			
06	peaceful sleep	"	1	5			
07	perne Activated	"	1	3			
08	Fluconazole	"	1	1			
09	Diclofenac Tab	"	1	60			
10	Examination	"	1	6			
<div style="position: absolute; top: 50%; left: 50%; transform: translate(-50%, -50%); opacity: 0.2; font-size: 4em;">/</div>							

Entered to Stock Record by:
 Name: Edith Chachabe
 Signature: [Signature]
 Date: 28/11/2022

Verified by: Sema Accountant
 Name: Ngũgũ
 Signature: [Signature]
 Date: 28/11/2022

YUKA HOSPITAL

MINISTRY OF HEALTH

GOODS RECEIVED NOTE

GRN

082

Institution: Yuka Mission Hospital

Received by: Pharmacy In Charge

Date: 01/12/2022

Name: Ebita Chumbe

From: Kobeia Pharmaceuticals Ltd

Sign: 02/12/2022

Item	Description	Order Supply Voucher No	Unit	Qty	Price n K	Price n K	Remarks
1	Ketamine 50mg/10ml		GAU	25			
2	ORS		100	1			
3	Examination Glove		100	10			

Entered to Stock Record by:
Name: Ebita Chumbe
Signature: [Signature]
Date: 02/12/2022

Verified by: Accountant
Name: Munatulei Charles
Signature: [Signature]
Date: 02/12/2022

REST

- ⇒ Go to bed at least two hours before midnight
- ⇒ 7 to 8 hours of sleep is recommended
- ⇒ Take your last meal at least two hours before bed time
- ⇒ Sleep and rise the same time every day
- ⇒ Rest on the Sabbath day.

TRUST IN GOD

It reduces risk of anxiety, stress, mental and physical disorders



- ⇒ Pray everyday
- ⇒ Read your Bible daily and meditate on God's word
- ⇒ Read the Sabbath school lesson daily
- ⇒ Claim God's promises daily
- ⇒ Thank God every day for life, health, happiness and making you so beautiful
- ⇒ Let God worry about tomorrow



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EBENEZER MEDICAL MISSION, SOUTHERN ZAMBIA UNION
CONFERENCE AND SOUTHERN AFRICA INDIAN OCEAN DIVISION



Healthy LIVING

key components of healthful living are captured in the eight doctors of nature. These are

- ⇒ **Nutrition**
- ⇒ **Exercise**
- ⇒ **Water**
- ⇒ **Sunlight**
- ⇒ **Temperance**
- ⇒ **Air**
- ⇒ **Rest**
- ⇒ **Trust in God**

Christ came to give us abundant life (John 10:10) that we may prosper and be in good health (3 John 2)





NUTRITION

The essential elements needed for good nutrition are

Carbohydrates: Energy giving foods. eg. wheat, oats, sorghum, maize, potatoes, ripe fruit and sugar.



Sugar removes minerals and vitamin B from the body making it bad for food

Proteins: Body building and repair e.g. Beans, Soy-beans, Peas, Lentils, nuts, milk, eggs and meats.



Meats are secondary sources of proteins. Plant based sources of protein are highly recommended

Fats: Provide the body with fuel and energy e.g. Nuts, Vegetable oils, Butter, milk, olive oil (vegetable oils)

Minerals: essential for body function e.g. calcium, magnesium, potassium, and iron.

Vitamins: Needed in body energy production, repairs of cells and immunity to mention a few (Kloss, 2005). Fruits and veggies are main sources of minerals



EXERCISE

Exercises improves blood flow, helps body prevent and fight diseases and promotes removal of wastes from the body

- ⇒ Exercise at least 150 minutes every week (30 minutes daily for 5 in a week or 50minutes 3 days in a week). Includes aerobics, jogging, brisk walking and gardening.
- ⇒ Be consistent, 5 to 10minutes every day is better than 1 hour once in a while



WATER

Water will keep you well hydrated, maximise concentration and avoid diseases like constipation and kidney stones

- ⇒ Drink 6 to 8 glasses daily
- ⇒ Don't wait until you feel thirsty, schedule your water intake
- ⇒ Bath regularly to keep clean and refresh



SUNLIGHT

- ⇒ Take a sunbath for 10 to 15 minutes at sunrise
- ⇒ Use an umbrella or hat during the hot summer months
- ⇒ Wear sunglasses and use sunscreen when going out in the hot sun.



TEMPERANCE

- ⇒ Eat, rest and work in moderation
- ⇒ Do not take harmful substances such as tobacco, alcohol, caffeine drinks and illicit drugs.
- ⇒ Avoid energy drinks by all means.

AIR

- ⇒ Take daily breathing exercises in fresh air 30 minutes daily
- ⇒ Keep the rooms and houses, offices well ventilated
- ⇒ Open the window for fresh air instead of using an air conditioner.
- ⇒ Plant trees and vegetation in the yard.
- ⇒ Visit the country side often and build your home in the countryside instead of town/city.

