



## FRIENDS OF EAST AFRICA FOUNDATION

### AGALI AWAMU



*Dennis Duase*

Friends used to ask me, “Do you think maybe you and your Ugandan alumni have bit off a bit more than you can chew with your hospital project?” To be completely honest, I would sometimes raise the same question. My East African friends, however, would simply respond: “Agali Awamu,” an African proverb meaning, “Teeth can only bite when

they work together,” and “together, they can crack bone.” Then they would say, “We, with our American friends, and God’s blessing . . . Wait and see.”

Actually, I’m the priest in the group and I should have been the one encouraging them. After all, Jesus did assure us that when we come together in his name, he is always there, and presumably not just as a bystander. He also taught that a little faith is like a tiny mustard seed that becomes a 20-foot-tall mustard tree as wide as it is tall. And “a little faith can move a mountain.”

The Ruth Gaylord Hospital opened March 21, 2013. Last year, 2021, it logged a total of 45,517 patient visits – a 30 percent increase over 2020 when its visits totaled 34,884. Moreover, it’s projecting this year’s growth to be 20 percent.

God is clearly in this effort. ☞

*A little faith can move a mountain.*



## SURGERY PARTNERSHIP RESUMES

The University of Minnesota Medical School and Uganda's Makerere University School of Medicine are preparing to resume an important partnership with the Ruth Gaylord Hospital (RGHM), one that had been suspended due to the Covid 19 pandemic. Resident doctors from Makerere University will take training in general surgery at the U of M's nationally renowned Medical School. Then they will return to Uganda where they will finish their surgery residency at RGHM under the tutelage of Makerere University professors of surgery, making much needed surgery available to Ruth Gaylord Hospital patients.

In a second affiliation, U of M medical students and residents will take clinical education at RGHM which will include training in tropical medicine, a skill set increasingly in-demand in this age of global travel.

This partnership provides a threefold benefit:

- residents of the U of M Medical School learn tropical medicine,
- Makerere University's young resident doctors learn new surgical skills, and
- patients of RGHM receive high-quality, low-cost health care.

The U of M Medical School in collaboration with RGHM is also planning to recommence its program of free surgeries in the spring of 2023. These surgical camps have been very successful and life-changing for Ugandan patients and their families.

When I see the progress the hospital has made in just nine years, I think of another African proverb:  
*"If you want to go fast, go alone. If you want to go far, go together."*

We are grateful beyond words for the support of our American benefactors who are making possible affordable, high quality health care where it is urgently needed. Our Ugandan friends could not have accomplished this without you – since, as they would be quick to tell you,

*"Teeth can only bite when they work together."*

AGALI AWAMU



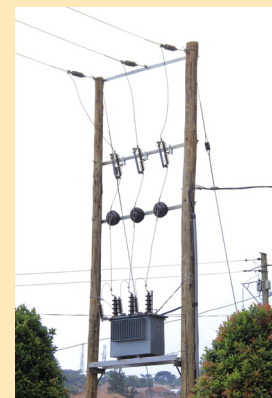
▲ A baby being given oral polio vaccine during routine immunization at the hospital on April 26, 2022



Nursing Officer, ► Zam Zam Naisaza, giving children their semi-annual free deworming and immune boosters on April 26, 2022.



◀ Having her third baby, this mother underwent an elective c-section due to a previous scar. She and her 7 pound baby were both in great condition throughout their hospitalization.



◀ The newly acquired 100KV 3-phase transformer bought exclusively for use by Ruth Gaylord Hospital to address the increased power needs within the hospital.

## .....stories.....FROM THE RUTH GAYLORD



◀ Two years and 7 months old Annella came in with persistent high grade fevers, flu and low appetite. She was managed for viremia, acute tonsillitis and dehydration, and she recovered steadily.

▼ Annella in good spirits after getting started on treatment.



▲ This 15 months old baby girl was being managed for malaria and bacteremia, under the care of Nurses Josephine Namayanja and Joy Wanyenze.



◀ This 27 year old female was being managed for malaria in pregnancy and she recovered well.



▲ This pre-term neonate born on May 2, 2022 at 33 weeks weighed 3.5 pounds. She was managed on CPAP and later weaned to low flow oxygen therapy. She was born to a 13-year-old mother.



◀ Mothers with their babies and infants waiting to receive their free routine vaccinations, dewormers and immune boosters. These services are offered for free at Ruth Gaylord Hospital every Thursday.





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# RUTH GAYLORD HOSPITAL NEEDS 2022-2023

IN ORDER OF PRIORITY

- Power Stabilizer** ..... \$16,232  
3-Phase, 54kva. This will stabilize the 3-phase power, mostly by stepping it down to 240 volts that is safe for use.
- Laparoscopy Equipment** ..... \$59,000  
A surgical procedure in which a fiber-optic instrument is inserted through the abdominal wall to view the organs in the abdomen or permit small-scale surgery.
- Hospital Land Lease Extension to 99 year** (*see images below*)..... \$60,000
- Extension of intercom** to all the new structures.....\$7,963
- Infant Radiant Warmers with Phototherapy (4)**..... \$16,232  
This device helps to maintain the body temperature of the baby and limit the metabolism rate
- Patient Monitors** (1 HDU; 3 NICU; 2 OPD)..... \$10,435
- CPAPS (2)**..... \$13,000  
We already have two of them in the Neonatal ICU and they have performed some wonders. Unfortunately, we have had to refer some babies elsewhere whenever those two are occupied. A CPAP is used in **spontaneously breathing premature infants with respiratory distress** and involves delivering heated and humidified gas to the baby at a set pressure, which keeps the airway open and prevents airway obstruction.
- Security Cameras** for Apartment Residences..... \$12,000
- Incubator for Culture and Sensitivity** .....\$1,667  
A culture is a test to find germs (such as bacteria or a fungus) that can cause an infection. A sensitivity test checks to see what kind of medicine, such as an antibiotic, will work best to treat the illness or infection.



▲ Leased area comprising the seven hospital buildings plus the three residential apartment buildings.

*Our thanks and appreciation for any help you're able to give.*

*No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.*

I THESSALONIANS 5:18

The Friends of East Africa Foundation is a nonprofit corporation designated by the Internal Revenue Service as a 501(c)(3) organization. Contributions are fully tax-deductible.

Checks may be mailed to: The Friends of East Africa Foundation, 2130 Summit Avenue, St. Paul, MN 55105