Case Study

Photo Credit – Uganda Rural Fund

COMMUNITY OUTREACH PROGRAMMES TO IMPROVE HEALTH AND WELLBEING – Uganda

Nursing staff and volunteers engaged by the Uganda Rural Fund are dedicated to improving the health and wellbeing of children and adults in Uganda rural communities.

Historically, Uganda had one of the worst health systems in the world. However, much has changed, and the country is steadily progressing in its performance. Some of its biggest hurdles to overcome is access to health services and the resources to provide those services.[39]

The Uganda Rural Fund (URF) seeks to improve the health and wellbeing of children and adults in rural communities. To achieve this, they focus on prevention and less on treatment. Much of this work is conducted through community health talks in villages and local schools.

Nursing staff and volunteers visit villages teaching basic health tips particularly related to personal and household hygiene and sanitation (washing hands, cleaning house and compound to remove stagnant water that usually becomes breeding ground for mosquitoes that transmit malaria, boiling water for drinking, washing hands after using latrines, food preservation, etc.)

The nurses build close relationships with the community and collaborate with the local Village Health Worker.

Village Health Workers are generally the first responders, particularly with basic health education and health monitoring.

In addition to the health promotion and prevention activities, nurses provide clinics where basic health check-ups and treatments are undertaken. Any difficult cases are referred to the hospital.

The clinic facilitates HIV testing and counselling through a partnership with Uganda Cares! URF also engages in the struggle to prevent malaria which is a leading cause of death and disability in Africa. URF also provides a Women's Health Van which facilitates women and children to access treatment.