

ZOE MEDICAL CENTRE

REPORT ON OUTREACH CLINIC

CONDUCTED AT DZALEKA REFUGEE CAMP

DATE: 17th DECEMBER 2023

1.0 INTRODUCTION

Outreach clinic is a need based model of service delivery.

The outreach clinic was conducted at Dzaleka refugee camp on 17th December 2023 from 1pm to 6pm. Dzaleka was chosen because it is one of the places with poor access to health. This was done as one of the objectives of Zoe Medical Centre. The main focus was to treat out-patients with common communicable and non-communicable diseases affecting the refugees free of charge.

The services were offered at INTEGRITY church building. The outreach team members included 1 medical doctor, 1 clinical officer, 1 nurse, 1 laboratory technician, 1 patient attendant and 1 counsellor. The team was organized to provide the services in the following order: The patient attendant was checking vital signs. Patient examination and prescriptions of medications were done by the clinical officer and medical doctor. Tests were conducted by the laboratory technician and HIV counselling and testing was handled by the counsellor. After all tests were done and diagnosis made, medication was dispensed by a nurse.

This report will present an in-depth overview of Dzaleka refugee camp, health Centre of the camp and services provided, the activities carried out by Zoe Medical Centre outreach clinic services provided, common medical conditions encountered and recommendations made.

2.0 DZALEKA REFUGEE CAMP

Dzaleka refugee camp is located in Dowa district, 35km north of Lilongwe in Malawi. The camp is composed of more than 50 000 people from different countries mainly Rwanda, Burundi, the Democratic republic of Congo, Uganda, Zambia, Sudan, Somalia and Ethiopia. The most commonly spoken languages at this place are French, Swahili and Lingala. The camp is managed by the government of Malawi and United Nation High Commissioner for Refugees

The camp has a health center which provides preventive and curative services to the refugees as well as other 11 surrounding villages with a population of 38,000 people. Some services include outpatient, immunization, child and maternal care, antenatal, growth monitoring of under five children HIV counselling and testing as well as provision of ARVs. Common diseases among the refugees at the camp include malaria, dysentery, tuberculosis, sexually transmitted infections, skin conditions HIV/AIDS, pneumonia, diarrhea, diabetes, hypertension, epilepsy and depression.

The camp has structures which are close to one another. The most common water source is a borehole which serves a lot of people. The camp also has poor drainage systems and waste disposal.

3.0 ZOE MEDICAL CENTRE

Zoe Medical Center clinic was located in Area 49, Proper Lilongwe but closed due to the increase of rentals but now temporarily working at Mkombe village. The clinic was opened in April 2016 and it is managed by Dr Jack Etete. The clinic offers the following services on a fee: outpatient, minor surgeries, under five child care, family planning, and short stay admission, HIV counselling and testing. The clinic works in partnership with North West mission and the support from Dr David Elder and now with Zoe Medical Foundation Australia. As part of missionary work the clinic aims at reaching out to the poor and spreading the word of God. In this regard the clinic organized an outreach campaign to provide free services at Dzaleka refugee Camp. Medication worth MWK 1,000,000 was bought with support of Zoe foundation Australia.

Dr David Elder from Australia has been a great support and a blessing to Zoe Medical center with a monthly donation.

4.0 ACTIVITIES CONDUCTED BY ZOE MEDICAL CENTRE AT DZALEKA

We arrived at Dzaleka Refugee Camp at 10:00am we were welcomed by the pastor of Integrity Church and we attended prayers at the Church. The church service ended at 12:00pm and at 1pm the outreach program was commenced.

Outpatient services were the main focus. Patient vital signs such as blood pressure, pulse rate and temperature were checked. Patients were also examined by the Clinical Officer and Medical doctor.

The tests which were conducted are random blood sugar and malaria rapid diagnostic test. HIV Counselling and testing was also done. Finally prescribed medication were administered to the patients. The medical doctor also supervised the activities.

Total number of patients seen is 238 which comprised of 88 children with age ranges of 1 to 12 and 150 adults within the age ranges of 13-85.

4.1 TABLE OF COMMON MEDICAL CONDITIONS ENCOUNTERED

MEDICAL CONDITION	NUMBER OF PATIENTS CHILDREN	ADULT	TOTAL
RESPIRATORY TRACT INFECTIONS	60	20	80
MALARIA	10	8	18
URINARY TRACT INFECTION		11	11
WORM INFESTATION	7	2	9
EYE INFECTION	10	5	15
SKIN CONDITIONS	20	3	23
DIARRHOEA	8	2	10
GASTRITIS		10	10

PEPTIC ULCER DISEASE		5	5
MUSCULO SKELETAL PAIN		10	10
SEPSIS	5	2	7
STI	-	16	16
ARTHRITIS	-	1	1
DIABETES	-	11	11
HYPERTENSION	-	12	12
HAEMORRHOIDS	-		0
CONSTIPATION	-		0

5.0 CHALLENGES

- Lack of enough medication to treat the conditions other patients presented with. There was no medication such as Nifedipine to treat patients with hypertension. A lot of children were not given proper medication for treating respiratory tract infections which they presented with.
- There were no screens to provide enough visual and audio privacy as such patients were not able to express themselves.
- Communication barrier since some of refugees don't understand English or Chichewa which was a lot of work for Dr Etete who speaks also French and Swahili.
- Other patients were not assisted because they came in large numbers and we were not able to see all of them.

6.0 RECOMMENDATIONS

Some recommendations have been made to address the above challenges encountered.

- Purchasing screens to provide visual and audio privacy.
- Purchasing enough medication to treat the conditions effectively.
- Conducting health education on prevention of risky behaviors.
- Starting the outreach program early in order to assist a lot of patients
- Liaise with nearest Health Centre on follow up of patients with chronic illnesses.
- We will need an ambulance in future for transferring patients from the place of the outreach to a hospital for admission.

7.0 CONCLUSION

The report has presented most of the activities carried out by Zoe Medical Centre team. The outreach clinic program has been significant since the sick refugees have been assisted. It is vital to reach out to the people in need in order to promote their health and share the love of God to others through the act of giving. We hope to do more outreach every month with the support of our donors.