Healthcare and Community in Kabale, Uganda
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Introduction
~ KIHEFO is a Uganda NGO founded in 2001 whose mission is to “fight disease, poverty, and ignorance using a sustainable and innovative approach.”
~ Clinics: General/Dental, HIV/AIDS, Nutrition Center, Maternal and Child Health Hospital
~ Community Initiatives: Rabbit Breeding Project, Garden of Prosperity, Youth Media Project, and many more
~ Students and other visitors learn about KIHEFO’s practices and play an important role in developing and creating new projects.

Objectives
~ My goal for this summer was to develop an understanding of the global health challenges that healthcare providers face in Uganda through shadowing and conversations with locals.
~ I also hoped to work on a project with a physical product that would leave some impact on the organization.

Work Profile
~ Each day, CFHI students shadowed healthcare providers in one of the different clinics, observed both consultations and minor procedures, and had opportunities to ask questions. Some days, we would travel to a rural site to set up an outreach providing a subset of services. Though these operated differently from the clinics in town, the student objectives were similar.
~ I wrote KIHEFO’s Annual Report with another Princeton student. We had to find and synthesize data from different departments’ paper records, interview staff, and design and informative and pleasing report. This was the first time KIHEFO had produced such a document to update and attract donors. It will be used as template for future years.
~ I taught the women of the Garden of Prosperity, KIHEFO’s women empowerment group, how to make plastic brooms out of students’ discarded water bottles. These are comparable to the stick brooms most people use, and we believe that they will generate a profit.
~ I took portraits of all of the staff members to be used on KIHEFO’s website, which is being updated by another partner.

Projects and Reflection
Clinical Experience
I was able to spend several days in each of the four clinics. I felt that I was well exposed to the different challenges that each faced and how they handled them. I started recognizing patterns in the most common patient complaints and how they were treated. Among the most memorable things I observed were a nutrition assessment day attended by about fifty children under observation, two successful births, and care of a very ill, diabetic patient.

Annual Report
More than any of my other projects, writing the Annual Report taught me the most about the day-to-day administrative tasks of NGOs. It was often difficult to reach the people we needed to get different information and even harder to get them to follow through in a timely manner. In addition, we found that many of the records were hard to find, incomplete, or inconsistent, which posed challenges in representing statistics accurately. These obstacles prevented us from completing the last section of our report, and we had to entrust it to next group of students. While frustrating, I believe that we were able to lay the foundation for a successful and appealing product that will help expand KIHEFO’s donor base.

Garden of Prosperity
Another KIHEFO visitor and I came up with the idea of making plastic brooms with Garden of Prosperity after being shocked by the number of plastic bottles all of us students discarded each day. We had both grown close to the women of the Garden during our time in Uganda and wanted to benefit them in some way. We researched and trouble-shooted a design, making it feasible and affordable given the resources available. After testing out the product, the women were hopeful that the brooms will be profitable.

Future Implications
~ This experience has reaffirmed my plan to pursue a medical degree after college. In addition, my interactions with children in Uganda prompted me to consider looking into a pediatric specialty.
~ I have always planned to take a gap year between college and medical school, but following this internship I am certain that I would like to do work in global health for some part of that time.
~ Observing the research being done by KIHEFO and some of the public health student visitors has given me some starting ideas for themes I could pursue in my independent work.
~ I was inspired by some of the principles that the staff apply to their work and interactions with patients. I know that I will carry this into medical school and my own career as a doctor.
~ From my conversations with locals, I came to appreciate how any action, even if small, can have an impact. The people I met take advantage of every opportunity and try to build on any idea, and I hope to work on doing the same.

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