



KARIN COMMUNITY INITIATIVE UGANDA INFORMATION PACKAGE

Karin Community Initiatives Uganda (KCIU) (formerly Childcare Development Organisation Uganda) has been operating in Gulu District, Uganda since 2001. We are a local non-profit organisation seeking to improve the socio-economic wellbeing of vulnerable and orphaned children, families and the whole community through primary health care and other community development initiatives.

KCIU is best known for its establishment of the Karin Medical Centre (KMC) in the Unyama Parish, and the Agonga Karin Community Health Centre (AKCHC) in the Agonga Parish. These two centres form the basis of health care and community development services for approximately 21,000 people in an area devoid of any formal health care facilities.

With a total of 21 clinical and administrative staff, we are a compact organization with a tireless commitment to provide quality access to health care and livelihoods to families.



Mission

The overall mission of KCIU is transforming lives, healing the community in a Christ-like way through provision of quality healthcare services.

Services we provide

Our services to the community have expanded exponentially over recent years. While we have always prioritized quality health care for children, we have now expanded our focus to include the whole family. In particular, we are providing:

- maternal and child health care services at both of our clinics;
- integrated outreach services in our communities; and
- general outpatient services in the communities.

We also have other projects that have created livelihood options for rural families:

- Livelihood and women Empowerment
- Health and Nutrition
- Water, sanitation and Hygiene

These projects work together to form our multi-faceted approach to health and development issues within the community.



Agonga Karin Community Health Centre

This expansion of services has required the dedication of our development partners through technical and financial support, for which we are exceedingly thankful, especially during these times of global economic challenges. Our accomplishments also are attributed to the insightful leadership from the Board of Directors, our partners and key stakeholders.

KCIU works with all its partners towards the attainment of the Sustainable Development Goals and aligns its priorities with the Government priorities of the Health Sector Strategic Plan II (HSSP II) and the National Development Plan and the Peace, Recovery and Development Plan (PRDP) for Northern Uganda.

The HSSP II defines the Uganda National Minimum Health Care Package (UNMHCP) and its four clusters namely:

- (i) Health promotion, Disease Prevention and Community Health Initiatives;
- (ii) Maternal and Child Health;
- (iii) Prevention and Control of Communicable Diseases; and
- (iv) Prevention and control of Non-communicable Diseases (NCD).

Set out below is a brief summary highlighting our current services, classified per the four clusters of the UNMHCP.

Health promotion, Disease Prevention and Community Health Initiatives

Increasing health awareness and promoting community participation and utilization of health services

- Clients can come to our medical centres and receive curative care covering wide ranging conditions such as malaria, pneumonia, intestinal worms, skin conditions, urinary tract infections, acute respiratory infections, acute diarrhoea and the common cold. We also provide treatment for physical traumas.
- On specified days, we educate clients on health issues and illness prevention.
- Prices for services are set extremely low to enable general access from the community which lives off less than \$1 USD a day.

Engaging Village Health Teams (VHT) to increase awareness and service outreach

- We acknowledge the significance of VHT participation as they form the key link between local communities and formal health facilities.
- Our outreach program takes our staff into local villages to provide curative and preventative health care.
- VHT's combined with our outreach programs are a vital way of engaging the community in all aspects of health care. People are encouraged to use all services provided by at the time of visiting, and are recommended to visit KMC and AKCHC.
- We have outreaches every week in different villages of the parish where we provide outpatient services.



Village outreach program in action

Deliver basic health and nutrition services education:

- KCIU works to improve the health and nutrition of vulnerable children and mothers in the communities and programs supporting maternal and child health and nutrition (MCHN). KCIU's efforts include promoting optimal dietary and feeding practices, focusing on critical time periods when nutritional needs are greatest. This includes the period from conception until a child turns 2 years old—referred to as the first 1,000 days—as well as a focus on children 2-5 years of age and adolescents who have had early marriages and children. In addition, KCIU is working to integrate services that address prevention and treatment of malnutrition within communities.
- At the clinics we provide diarrhea and dehydration treatment, height and weight tracking for children, and monitor healthy growth.

Maternal and child health

Extensive Immunization program

- We run an extensive immunization program for mothers and new born children. Maternal and child health conditions carry the highest total burden of disease in Uganda with perinatal and maternal conditions accounting for 20.4%. It is one of our core goals to reduce this burden.

Rolling out Sexual and reproductive health interventions (SRU)

- Antenatal Care core interventions have been rolled out in the facilities, however we wish to increase numbers and promote increased use of post natal care.
- Sexual and reproductive health (SRU) interventions especially for the youth groups will reduce the burden especially for young girls have due to sexually transmitted diseases that see them dropping out of school.

Promoting family planning methods across the community

- Family planning is the process of controlling the number of children in a family and the intervals between births, particularly by means of artificial contraception or voluntary sterilization. We try to attend to as many families as possible through VHT outreach programs and asking them to come in to the clinic for a consultation.
- Women are encouraged to bring along their partners, and are given the option of various contractive products: implants, IUCD, condoms, and contraceptive pills.
- Mothers are beginning to understand the importance of family planning and now have confidence in using long term methods since they will be attended to in the event of any concerns.

Communicable disease control

Testing and Treatment for HIV/AIDS

- HIV/AIDS continues to have a high prevalence in the surrounding area.
- We have established reputable testing and counselling services at the health facilities for both expectant mothers and couples seeking HCT service.

Testing and Treatment for Malaria, Tuberculosis and other communicable diseases

- Malaria remains one of the most important diseases in Uganda in terms of morbidity, mortality and economic burden. It is a major risk factor for children under 5 years old.
- We have a laboratory facility that provides testing and treatment services for malaria and other communicable diseases.
- With partner support, we have implemented the distribution of Long Lasting Insecticide treated Nets (LLINs) and ensured early and effective case

management, both of which are effective in reducing the number of malaria outpatient cases.

- Through VHT and outreach programs we educate the community on prevention of malaria and other communicable diseases.

Prevention and control of non-communicable diseases

There is an increasing number of patients attending to the clinic with hypertensive cases and diabetes. With most of them being vulnerable and elderly, they only visit the clinic when they are extremely sick. The challenges that most of them have is the cost of medical fees, driving them to succumb to pain and misery. However, health education and providing medicines to this vulnerable group can improve their quality of life.

In addition to the growth that KCIU is experiencing, technical expertise is therefore, inherent within the organisation for project planning, implementation, training and mentoring, monitoring and evaluation and financial management.

Community Initiatives

In addition to providing health services, we believe that the community requires a multi-faceted range of initiatives to tackle not only health issues, but also education and sustainable income options. By taking a holistic approach to sustainable living, we can work towards maximizing the potential of communities, progressively realizing and sustaining every individual's rights to survival, development, protection and participation.

As a result, we have created other initiatives to promote sustainable livelihood options for rural families.

Savings and microfinance schemes for mothers



The WMI scheme empowers women in the community by providing micro-finance loans to collective groups who are trying to make a living by selling goods or making products for sale. This 'seed capital' enables people to get a start on working their way towards a sustainable livelihood.

Business Training education program

Many people in the community have a small business concept, but lack the required skills and education to maintain it effectively. Our trained and qualified staff members provide training in leadership and business management practices to local entrepreneurs who are trying to manage their business.

Christian Teaching programs

In all that we do we, cannot forget to pass on the love of Christ. The 12 weeks discipleship class to the local out of school children in the community is conducted at the health facilities compound.



Our volunteer program

Looking for something adventurous?

Our volunteers play an integral role in the growth and success of our programs. Whether you joined us to help build the medical center/maternity unit, provided training and mentorship, your impact will live for decades through your investment in quality, affordable care. We couldn't do it without you. Contribute your time, energy, inspiration and expertise to KCIU and in exchange, you will gain experience and in-depth cultural exposure, make invaluable connections and contribute to the lives of local people in Gulu. Are you a skilled workers, researchers, university students or group volunteers? Opportunities range from range from two weeks to a year or more depending on your goal. [Apply today for more details](#)

Future Outlook

We plan to implement a number of exciting new programs in the short to medium term.

1. Construction of maternity wards at KMC and AKCHC;

The maternity centres will enable mothers in hard to reach areas to access these services. While we do provide antenatal and post-natal services, there is a pressing need for dedicated health facilities to assist women during child birth and care for their new born children.



Laying the foundation for the construction of the maternity wards

Enabling peer support among pregnant and post natal mothers.

This is a basic health and nutrition program that can be delivered at the clinic and through the VHT's especially for expectant mothers. The clubs meet monthly to hold dialogue on pregnancy, nutrition and health, hygiene and sanitation, welfare of their children and household members facilitated by VHTs. This program will be incorporated with life skills activities for children.

Final Word

As can be seen, KCIU is dedicated to servicing the surrounding community through a variety of integrated and connected programs. We recognise that no single solution can be used to deal with the multitude of issues that people face in the area.

We are proud of the diversity of services that we have been able to provide since our inception in 2001. Growing from helping people trapped by a senseless war, we are committed to rebuilding the community that still desperately needs our services.

There is so much potential for growth and development in the area, and we are always open to developing new partnerships that can help us move forward. In particular, we greatly appreciate the guidance of external expertise that can

provide the catalyst for new and exciting developments. We are flexible and always on the look-out for new initiatives.

Thank you for taking the time to read about our organisation, we hope that you have enjoyed learning about what we do. If you wish to know more detail about any other aspect of our organisation, please do not hesitate to contact us.

With God's Blessing,



Mrs. Hope Okeny

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