

## **LOHERU HEALTH POST**

**Medicine and care for poor families in a remote stretch of mountains.**

**- Omilling, Sudan –**



And Jesus went about all the villages and cities, teaching in their synagogues, and preaching the Gospel...and healing every sickness and every disease among the people.

Mathew 9:35

### **Project Synopsis**

**Title:** Give medicines to 15000 villagers in Southern Sudan.

### **Project**

Provide medicine, a staff, water, equipment, and transportation to Loheru Health post – the only place the poor people in this rural area can receive medical treatment that isn't 55 km away.

### **Goals**

- 1) Provide quality healthcare to an isolated people
- 2) Combine treatment with health training to prevent and curtail the spread of infectious disease
- 3) Reduce the maternal and child mortality rates through early detection and treatment of disease

- 4) Provide emergency transportation, which the poor cannot afford, to people who need hospital treatment

**Location**

Omilling – a remote, mountain side community in, Eastern Equatoria State - southern Sudan.



Omilling Mountainside - Sudan

**Cost**

\$22,648 – total cost need in 4 years.

**\$5,662** operates the health post for an entire year – that is only about \$1 per patient.

**Project title:** Give medicines to 15000 villagers in Southern Sudan.



### **Potential Long Term Impact**

Loheru Health Post provides healthcare services and health education to over 15,000 people a year with no other access to services. Health care saves lives and health education prevents future sickness by teaching people practical strategies for protecting health.

**Did you know?**

- It is estimated that only **20 percent** of Sudanese with Malaria get treatment though the disease infects **9 million** a year; **1 in every 5** Sudanese children die from Malaria each year.
- Sudan's government spends on average just **\$3 per person** on healthcare, which is below the average **\$10 per person** spent by other low –income African countries.
- Only **41 percent** of the population has access to public health facilities, and **59 percent** of people live more than **50 miles** from the nearest post or clinic.
- The average life expectancy in Sudan is **46 – 30 years** less than developed countries.

**Sources. UNICEF,WHO, USAID, CDC**

**They Don't Have to Die**

A case of diarrhea, a pregnancy or even a puncture wound – each can be a dead sentence for someone living in Omilling Sudan. This isolated rural community, nestled between the mountains of central of Eastern Equatoria State Sudan, is about 62 kilometer from the closest government health clinic and 7 days' walk from a hospital. It is so remote that public transportation doesn't even go there.



The people are subsistence farmers and goat herders, barely making enough to feed their families and send their children to school, let alone pay for medicine. Hope Ofiriha started serving this rural area from their mission base in Onura, a village 17 miles away from surrounding rural villages, and opens a clinic. Soon people were showing up from far as four hours away to get treatment. Hope Ofiriha soon realized that they needed to expand their medical project with a health post closer where the mountain people lived. Before they started the health post in Onura rural area, people would take their sick to “traditional healer”, or practice blood letting. When that didn’t work, “they would just stay at home and die because they cannot afford to buy expensive medicine or transport to a clinic”, says Dr. Lokong, a native from the area, who runs the health post. It’s unbelievable that things that are so easy for us to fix still kill children here. Without this health post, many will even die”.

### **Top Killers**

Diseases that have been eradicated in the **U.S.** and other developed countries for decades – ones that are easily prevented by vaccines and treated with antibiotics – are among the leading causes of death in Omilling rural areas Sudan and other sub-Saharan African countries.

1. HIV/AIDS
2. Malaria
3. Acute lower respiratory infections
4. Diarrheal diseases
5. Perinatal conditions
6. Measles
7. Pertussis
8. Tetanus
9. Malnutrition
10. War injuries

**A life – Saving Health Post.**

Retired medical Dr.Lokong was interrupted from a dinner by a knock at the door. There had been an accident. A large lorry had crashed and rolled down at a nearby mountain of Nimule, badly injuring 35 passengers. The men, women, and children from the lorry had broken bones, deep cuts, and burns from the gasoline that had ignited after the crash.

“One man came to me and his face was covered with blood, Dr. Lokong recalls.”When he laid down on the examination table the skin on his scalp slid off. All that was left was his skull bone.” He was alone except for a Sudanese new health volunteer woman who had just begun nurses training, but she was too nervous to help.”Good thing there was a wall nearby wall or I would have fainted”, Dr.Lokong says. “But the man needed my help so I had to keep going.” And he did. Dr. Lokong worked until 4 a.m. stitching people up and dressing wounds. His work saved the lives of all but one man that day. This is just one of many dramatic stories Dr. Lokong has to tell about his work as medical officer. He and other local health volunteers treat about 15,000 a year between the two health facilities – people who would otherwise have nowhere to turn to medical care.

On a recent visit to the local Health post Dr. Lokong was approached by a woman whose 1-year-old son was sick with diarrhea. The government –run clinic had given her a prescription but didn’t have medicine to fill it. Hearing Dr. Lokong was in the local Health Post, the woman hurried there to see if he had the re-hydration medicine to give her son desperately needed. “Without the medicine her son could have died,” Dr. Lokong said.

The health post has an exam room built with the local materials, a scale, and a small table where Dr. Lokong takes medical histories and hands out medicines.



The Loheru Health Post, a local two –room building complete with an examination room and a medical closet, began in 2006 as an expansion of Hope Ofiriha medical project in Omilling. It now serves more than 15,000 poor each year.

Every other week Dr. Lokong makes a 7 hour-trip over the narrow, bumpy dirt road footing to Loheru Health Post from His base in Magwi town where he spends three to four days treating people from the mountain community. By the end of his visit he sees more than 300 people.

Loheru Health Post has dramatically changed the lives of these poor, rural people. They started a vaccination program to prevent diseases like measles and tetanus in children; they save the lives of women by providing prenatal care and helping with complicated deliveries. They’ve even nearly eradicated blindness in small children, once a common problem, by giving out vitamin A supplements.

**Hope Ofiriha** is committed to keeping this vital Health Post running so that many thousands can have the gift of health. We hope you will kindly consider joining us in this life-saving project.

**Our promise to You:** 100 percent of the proceeds of this appeal will be used for this project. In the rare event that we receive more than needed to fund this project, additional gifts will be used for other urgent needs for the poor.