



# UBUMI CARE CLINIC

## EAST PARK REPORT



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## BACKGROUND

Ubumi Care Clinic's vision is to provide equitable access to cost-effective, quality healthcare services as close to the family as possible. The Ubumi Care Clinic that was held on the 2nd of March 2024 in Lusaka at East Park Mall had a mandate of promoting primary and secondary prevention against Non-Communicable Diseases such as Hypertension and Diabetes Mellitus

We extend our gratitude to our partners and supporters like Hungry Lion Zambia and East Park Mall whose contributions have been instrumental in the success of this endeavour. Together, we are paving the path towards a healthier future, one community member at a time.



# CLINIC OBJECTIVES

- To enhance public awareness of non-communicable diseases (NCDs) and effective prevention measures.
- To offer comprehensive screening services for prevalent NCDs including diabetes mellitus, hypertension, and body mass index (BMI) assessment, aiming to identify at-risk individuals and promote proactive health management.
- To advocate for early detection and timely initiation of treatment for non-communicable diseases, facilitating better health outcomes and improved quality of life for affected individuals.
- To promote improved health-seeking behaviours amongst community members, including encouraging regular checkups at health facilities or with healthcare professionals.



# METHODOLOGY

The Lead Me Back Foundation organized and facilitated the clinic, collaborating with both its staff and volunteer healthcare practitioners. The clinic operated on a walk-in basis, allowing clients to visit at their convenience and select from a range of available tests.



**Available Tests:** Clients were provided with the option to undergo various tests, including BloodType screening, Blood Sugar and Blood Pressure checks, and measurements of Height, Weight, and subsequent Body Mass Index (BMI) calculation.



**Health Counselling and Education:** In addition to conducting tests, clinic attendees received counselling sessions focused on promoting good health practices. These sessions included education about non-communicable diseases (NCDs), emphasizing the significance of regular health checkups for early detection and prevention of conditions like diabetes, hypertension, and obesity.



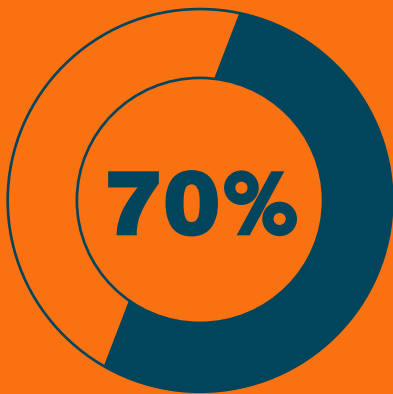
**Risk Assessment and Further Instruction:** Clients identified as 'high-risk' based on screening results were given personalized guidance by licensed medical professionals present at the clinic. This involved additional instructions tailored to their specific health needs and risks.

# CLINIC OUTCOME



**1000**

**1000 people were reached and screened.**



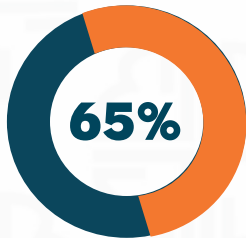
**70% of those screened, said they had never before received such comprehensive information about non-communicable diseases.**



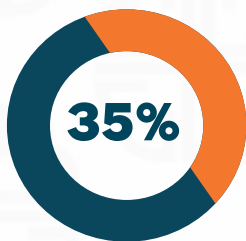
**5000**

**Money was raised to conduct 5000 free screening tests in rural areas.**

# KEY FINDINGS



A **staggering 65%** of individuals screened during the Ubumi Care Clinic lacked adequate knowledge concerning the primary prevention strategies for non-communicable diseases, highlighting a critical gap in public health education.



**35%** of screened individuals exhibited elevated blood pressure parameters, underscoring the urgent need for proactive health interventions and follow-up care.



The Interviews indicated poor attitude towards primary healthcare among the majority of participants, emphasising the importance of addressing behavioural barriers to promote proactive health-seeking behaviours.



Additionally, a notable proportion of individuals demonstrated limited engagement with preventive healthcare measures, indicating the necessity for targeted interventions to foster a culture of proactive health management within the community.





## **FUTURE PLANS**

The Ubumi Care Clinic will expand its reach and impact by implementing the following initiatives.

1. Utilize digital and traditional channels to raise awareness about Non-Communicable Diseases (NCDs).
2. Establish Ubumi Care Clinics in collaboration with corporates to:
  - Raise awareness about NCDs.
  - Promote early diagnosis.
  - Initiate treatment.
3. Collaborate with local healthcare providers to:
  - Facilitate comprehensive care for NCD patients.
4. Enhance clinic capacity to provide:
  - Specialized screenings.
  - Diagnostic services for NCDs..



# CONCLUSION

Our Ubumi Care Clinic highlights our commitment to promoting health equity and empowering communities to lead healthier lives. In a setting where individuals seldom think to seek healthcare services until it is too late, we appreciate the role we play in the fight against Non-Communicable Diseases in our communities.

The clinic not only served as a platform for comprehensive screening and education but also highlighted significant areas for improvement in public health education and proactive healthcare-seeking behaviours. With 70% of attendees acknowledging that they had never before received such thorough information about NCDs, it underscores the critical need for continued efforts in health education and awareness campaigns.

Looking ahead, the Ubumi Care Clinic is poised to expand its impact through strategic initiatives such as leveraging digital and traditional channels for NCD awareness. By continuing to innovate and collaborate, we are steadfast in our mission to pave the path towards a healthier future for all, one community member at a time.



# CONTACT INFORMATION



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