

# BETHANY POST

A QUARTERLY NEWSLETTER THAT BRINGS YOU UPDATES AND INSIGHTS FROM THE WORLD OF HEALTHCARE

## July 2023

### Editor's Note

As we reach the midpoint of the year, we reflect upon the numerous achievements and significant milestones attained not only by Bethany Women's Hospital but also by the global health sector as a whole.

One notable accomplishment is the transition of COVID 19 from a global health emergency to a more manageable situation. Additionally, Uganda's passing of the Organ and Transplant law marks a noteworthy advancement.

At Bethany Women's, we have been privileged to contribute to and partake in various milestones. Our affiliated media house, Bethany TV, started live broadcasting in May, expanding our reach and impact.

In June, we had the honour of participating in the Bride and Groom Expo, where we showcased our services and Dr Andabati engaged with couples who were exploring starting a family.

In this issue we also extend our heartfelt appreciation to our dedicated nurses and midwives who tirelessly provide exceptional care and have been instrumental in our journey thus far.

Looking ahead, we embrace the exciting possibilities that lie at the intersection of health and technology like the joys of planning for your future family through cryopreservation and digitising medical insurance management.

As we celebrate these milestones we have achieved thus far, we eagerly anticipate even greater accomplishments in the future. Thank you for joining us on this journey.

Wishing you a delightful reading experience!



[www.bethanywomenhospital.org](http://www.bethanywomenhospital.org)



**BETHANY**  
Women & Family Hospital  
*"Making a difference"*



## Bethany Women's at Bride and Groom Expo

We were truly privileged to participate in this year's Bride and Groom expo, where we provided a range of essential medical services. Our dedicated team offered free vital sign assessments, BMI testing, consultations, counselling services, and even had an on-site ambulance readily available for any emergencies. We took immense pride in being able to contribute to the well-being and peace of mind of the expo attendees, ensuring their health needs were met during this special event.

Furthermore, Dr. Andabati served as a member of the esteemed panel for the Wed Talks. His insightful discussion centred around providing hope to those who are facing challenges with conception but still aspire to have a baby.



Additionally, he took the opportunity to educate soon-to-be-weds on the various options available to them as they embark on their journey towards parenthood.

Dr. Andabati shed light on various fertility treatments, emphasising the potential solutions available to them. He highlighted groundbreaking options such as in vitro fertilisation (IVF), cryopreservation, surrogacy, and even the innovative field of ovary rejuvenation therapy.

Through his presentation, Dr. Andabati offered hope and valuable knowledge to couples, empowering them to explore possibilities and make informed decisions.



## Celebrating Our Heroes

Uganda joined the rest of the international community in celebrating nurses and midwives from May 5th to 15th.

At the celebration of International Nurses Day held in Arua City, nurses passionately urged the government to establish a comprehensive medical scheme dedicated to supporting healthcare workers. The Member of Parliament for Arua, Jackson Atim, wholeheartedly concurred with this urgent plea, emphasizing that the immeasurable contributions of healthcare professionals necessitate the creation of a supportive environment that enables nurses to effectively save lives.

At Bethany Women's Hospital we are grateful for the extraordinary care and unwavering dedication that our nurses and midwives demonstrate every day. Their compassion, tireless efforts, and expertise make a profound difference not only in the lives of patients but to all the staff. at Bethany Women's Hospital.

They are truly the guardians of health and wellness at Bethany Women's Hospital.



## Introducing BETHANY TV

...for Health



Now LIVE on Channels 841 on GoTV & 170 on Free to air!



BethanyTVUganda   

**Bethany TV** is a premier health and wellness TV channel in Uganda.

Tune in to Bethany TV to gain access to comprehensive information about various health topics, including diet, exercise, mental health, and lifestyle, straight from the experts.

The channel also features exclusive interviews with leading medical specialists, the latest news and sports updates as well as educational and inspirational programmes to help you make informed decisions on your health and wellness journey.

Make Bethany TV your go-to destination for educational, inspirational and entertaining wellness content. Now live on channels **841 GOTV** and **170 Free To Air**.

# Health & Tech



## Smart Access App: Digitising Medical Insurance Management

Our director, Dr Andabati was invited to speak at the launch of the Smart Access App on 17th May, 2023.

Smart Applications International is an ICT solutions provider. One of their key services is an automated medical scheme management solution – Smart Access. The Smart Access App offers the insured member (and dependents), the scheme administrator & the medical insurance service provider easy online access to monitor the medical cover.

At the event held at The Sheraton Kampala Hotel, Dr Andabati spoke on the relevance of adoption of digital systems in management of medical data.

He pointed out the vital role played by digitisation of medical data in efficient and effective management of medical data, ultimately cutting on healthcare costs.

“On average, a patient spends about 4-5 hours in hospital, especially at public hospitals that still do manual data processing, the bulk of this time is spent processing patient medical history, test results, billing and receipt.

According to Dr Andabati, digitization also gives doctors more time to engage with and foster a more personal relationship with their patients. “As a fertility specialist, I am able to review and receive real-time updates conveniently from my patients remotely, leveraging the power of technology through effective communication channels such as phone consultations.”

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## The Benefits of Sperm and Egg Freezing in Cryobanks and Why You Should Consider It

Cryopreservation is the process of cooling and storing cells, tissues, or organs at very low or freezing temperatures to save them for future use.

Cryopreservation is commonly used in fertility preservation where eggs, sperm, or embryos are frozen for purposes of preservation.

This process offers many benefits, including the ability to plan for future pregnancies, the assurance that sperm or eggs are viable and healthy, and the convenience of having these stored in a secure facility.

Freezing sperm or egg in a cryobank is becoming increasingly popular as a way to preserve fertility and ensure that one can have children when the time is right. Here are a few more reasons to consider it;

- With cryopreservation one can take control of their reproductive future and make informed decisions about when and how to start a family.
- For couples who have had challenges with conception, cryopreservation allows for the storage of excess embryos generated during IVF cycles, which can be used in subsequent attempts, saving time, effort, and costs associated with repeated ovarian stimulation and egg retrieval.
- Freezing of Eggs, embryos, and sperms in a cryo bank preserves them for extended periods without compromising their quality.
- In addition, the cryopreservation of eggs and sperm offers significant benefits to individuals battling chronic illnesses, such as cancer, by providing the opportunity to preserve their reproductive potential before undergoing treatments like chemotherapy which may potentially compromise their fertility.



Oburu Ivan - Clinical Embryologist at the Bethany Cryobank.





## COVID-19 No Longer A Public Health Emergency

The World Health Organisation (WHO) on Friday 5th May, 2023 declared that COVID-19 is no longer a public health emergency of international concern.

The decision that was reached during the 15th meeting of the International Health Regulations Committee, was informed by decreasing trends in COVID-19 deaths, the decline in COVID-19 related hospitalizations and intensive care unit admissions, and the high levels of population immunity to SARS-CoV-2 – the virus that causes COVID-19.

WHO Director General Tedros Adhanom Ghebreyesus, however, advised that this does not imply that COVID-19 is no longer a global health threat but rather, this is a sign of the progress the world has made in managing the spread of the virus.

The WHO director advised that countries must continue to strengthen their response efforts to the COVID-19 pandemic and prepare mechanisms for responding to future pandemics and other threats. He added, "When the next pandemic comes knocking – and it will – we must be ready to answer decisively, collectively, and equitably."

## Uganda Passes the Human Organ Donation and Transplant Law

On Tuesday May 30th, President Museveni signed into law the Human Organ Donation and Transplant Bill.

The new law serves to regulate the donation and transplant of human organs, cells and tissue in Uganda.

This comes after reports of illicit organ harvesting from Ugandans working in the Middle East and organ trafficking within the country. This law aims to protect Ugandans from exploitation and ensure that organ donation and transplantation are carried out ethically and safely.

Although Uganda currently does not perform organ transplants, Health Minister Ruth Aceng said that the new law will protect Ugandans from organ, cells and tissue trafficking by ensuring that they are not exploited by unscrupulous individuals or organisations..

In addition, the Human Organ Donation and Transplant Law establishes the Uganda Organ and Transplant Council as the regulator and designates Mulago National Referral Hospital as the pioneer transplant centre, with exclusive rights to conduct organ transplants in the country. Mulago Hospital will also be responsible for managing a waiting list for potential organs, cells and donors and recipients.





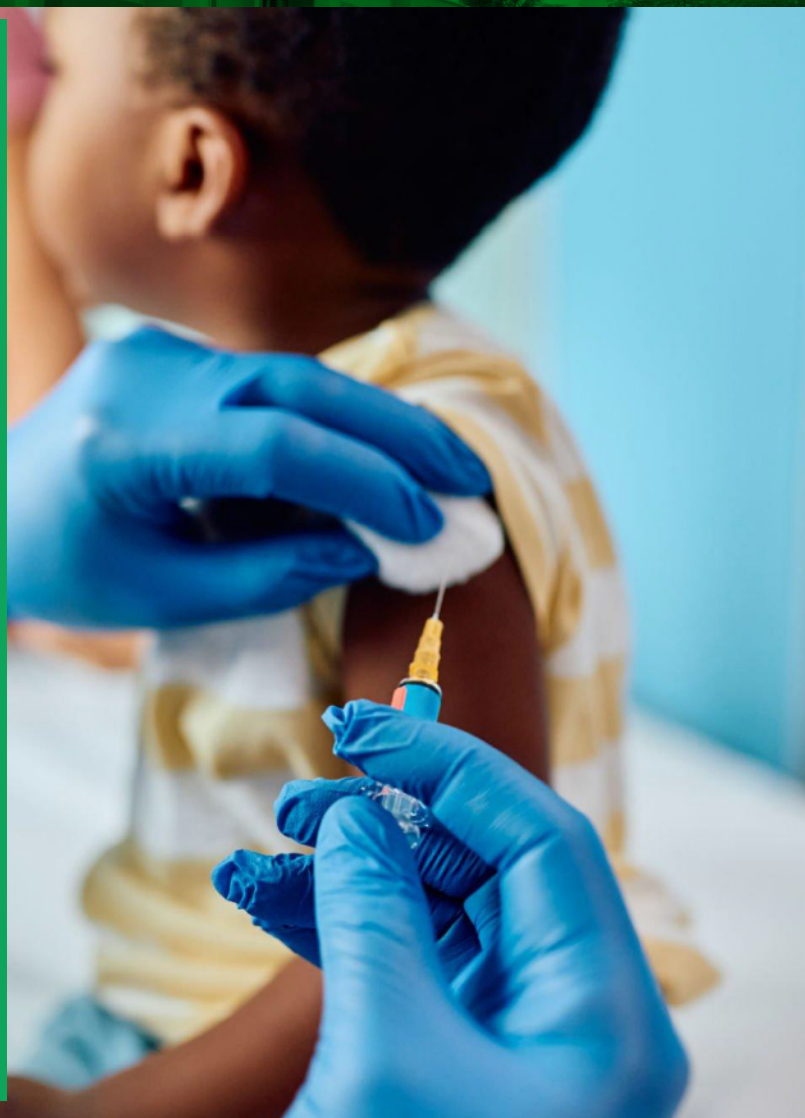
## 33 million African children will need Immunisation

According to the World Health Organisation an estimated 33 million children will need to be vaccinated in Africa between 2023 and 2025 to put the continent back on track to achieve the 2030 global immunisation goals that include reducing morbidity and mortality from vaccine-preventable diseases.

The decline in childhood vaccinations is attributed to the COVID 19-related effects like; service and supply chain disruptions, resource diversion to response efforts, and containment measures that limited immunisation service access and availability.

India, Nigeria, Indonesia, Ethiopia and the Philippines registered the highest numbers of infants that did not receive a single dose of diphtheria, tetanus, and pertussis (DTP3) between 2019 and 2021.

Uganda received praise for maintaining high levels of coverage in routine immunisation programmes despite the healthcare systems, and health workers, being under significant strain amidst the COVID 19 pandemic.



## Bethany Women's Notice Board



### Twitter Space

Every last Wednesday of the month is set aside for in-depth conversations on health topics you won't want to miss!



### Newborn Clinic

Every Wednesday at 12PM.



### Online Antenatal classes

Every Saturday from 11AM - 1PM.



### Immunisation Schedule

Every Wednesday and Saturday, 9AM-3PM at Bethany Children's Clinic, Luzira and Fridays, 9AM-3PM at Bethany Women's Hospital, Entebbe.