

Urology Awareness



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Uro Care Hospital in Kampala..

Local startup Uro Care Hospital emerges as option to treatment abroad

Uro Care hospital opened its doors to the public on 14th May 2017 and has reviewed over 20,000 patients and conducted over 2300 major surgeries.

At the concept development of Uro Care Hospital, Uganda like many sub Saharan countries was experiencing a high demand for urology care due to increase in diseases like cancers of the prostate, bladder and kidney, kidney stones and childhood diseases that affect the kidneys, bladder and the urethra that require surgery. At that time Uganda had 13 urologists.

The urologist to patient ratio was 1:3,000,000, and 89% of the urology patients nationally that needed this service did not have it in time.

We determined that our contribution to reducing urology burden in the country would involve adoption of cost effective surgery through reduced waiting time to surgery, short bed stay after surgery, proficient surgeon's skills in an environment that practiced high volumes and repeatedly upgraded technology of the day.

We set out to meet our objectives of providing quality urology care using latest technology and techniques with a mindset of popularizing short stay after surgery, providing skills training and retraining in urology for surgeons and students of existing urology training institutions. We as well advanced basic, epidemiologi-

ACCREDITATION

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cal and implementation science research to inform policy on prevention, care and treatment for urological conditions.

We expanded our then outpatient urology clinic that was located on Sure House, Bombo Road, into a specialized urology Hospital fully equipped to provide quality and affordable minimally invasive surgery with a laboratory, imaging diagnostic services. In partnerships with our sister Non-Profit organization AMBSO, we set up a training center equipped to provide skills training and retraining in urology and a research unit to conduct basic, epidemiological and implementation science research.

We opened our doors to the public on 14 May 2017, and have reviewed over 20,000 patients, operated over 2300 patients. Our spectrum of care has widely ranged in conditions like cancers, reconstructions of the urinary tract, kidney stones, infertility and disorders of the genital and urinary tract of men, women and children. We conduct endo-urology procedures routinely.

We are now set to open our new block to accommodate the ever rising volume of patients, in it will accommodate out patients, and two (2) floors of wards. We are also strengthening specialties that function hand in hand with us that is nephrology, orthopedics and cardiology. Coming on board is a cathlab and dialysis unit.

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We have established a partnership with the Association of Bladder Exstrophy Community (A-BE-C) to work for a bright future for bladder exstrophy patients in Uganda and the region. A-BE-C is an international support network for patients and families living with bladder exstrophy. The Association is committed to ensuring that all who are affected by bladder exstrophy have the opportunity to realize their greatest life purpose and potential. Under this partnership, we hold annual workshops with the intent of: Creating awareness about exstrophy condition and care; skills transfer; and strengthening partnerships for overall enhancement of care for exstrophy patients in the East African Region.

As we continuously improve on our services, we have recently started tele Consultations and bookings can be made through our website: <http://www.urocare.co.ug/>. This will provide a unique opportunity for people from the region to have unrestricted access to our services.

UROLOGY AWARENESS- SUCCESS STORIES /SAMPLE CLIENT TESTIMONY

To be a centre of excellence in Urology and Nephrology care in the heart of Africa, through facilitation and reduction of urological conditions in Uganda and the region.

My personal experience with prostate cancer

Just about two years to my retirement from a very interesting, rewarding and relatively prestigious employment, it occurred to me that I had, since childhood, been living a bouncing and healthy life for the previous 50+ years without any serious life-threatening medical condition. I had never been admitted to any hospital for any one reason or the other. My only nasty experience had been that of a taxi accident, which, fortunately, I survived in 1979 to tell this story! Naturally, I had taken it for granted that my then admirable state of health would continue to subsist deep into the comfort of my retirement and, eventually, a good old age; so I imagined. Moreover, all that time, I had never undergone any general medical checkup as would probably reveal early warning indicators of potential or hidden ailments. I had come to convince myself that my rural upbringing, its associated lifestyle, coupled with the employer's commendable medical privileges to its staff, had insu-

years after I had retired. [The PSA test result then (6.5ng/ml) was found to be slightly higher than the normal range (0 to 4ng/ml). I was comforted but advised to double the frequency of my annual PSA tests. This was not to be until June 2015 when the statistic was found to be 13.2ng/ml. Once again I was advised not to worry as there were many people living comfortably with extremely higher results than mine! All I needed to do was to maintain the annual monitoring regime. With that expert advice, I found enough, though may be not necessarily sufficient reason, to bother less with the inconveniencing, painful, blood-sacking ritual! After all, I had convinced myself that I was healthy, at least by virtue of my impressive external outlook and satisfactory internal biological/physiological feelings. I defaulted.

In the interim, a Urologist from Uro Care made an educative, informative and moving presentation about Prostate Cancer to the mainly-elderly members of Fathers Union, at my Church. I



A client is received at the Uro Care Hospital in Nansana, Kampala. The Uganda based Urology and Nephrology Centre of Excellence.

with the Urologist unveiled and presented the following options, each with its associated pros and

PROSTATE CANCER CHECKUP

lated me against any imaginable health threats.

Somehow, as a matter of courtesy, I chanced to go to our Staff Clinic for my first-ever general checkup. As it turned out, I was found to be healthy, save for the prostate gland. The scan revealed that it was slightly larger than normal. I was advised not to worry, that the cause could be attributable to many other factors than cancer. However, I needed to carry out a PSA test once a year in order to monitor a possible manifestation of prostate cancer. I defaulted on this annual ritual until some five

was among them. In March 2017, I re-examined my stance and responded to his offer to the members for a free examination at his medical facility then located at Sure House, Kampala. For me, the PSA result of 18.07ng/ml triggered off a series of other tests meant to confirm or dismiss the suspicion of a Prostate Cancer. These tests included; Contrasted Prostate MRI, Prostate Biopsy; Chest X-Ray and Abdominal CT Scan and Bone Scan.

All the prescribed tests were diligently carried out at their appointed times and venue. The ensuing discussion of the results

cons, for resolving the potentially malignant situation; a) Active Surveillance;

b) Surgery (Open, Laparoscopic, Robot Assisted Laparoscopic);

c) Radiation Treatment (Brachy Therapy; External Beam); or

d) Focal Therapy.

Options a) and d) were ruled out, while option c) had mixed reservations but which were generally unpleasant. A further discussion with my family zeroed on Open Surgery for which the necessary facilities were said to be available in Uganda then. In making this decision, the family

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took cognisance of the various implications of having the operation done either in Kenya, South Africa, India or USA. Secondly, a quick market search affirmed that of the three known specialist Uro-Surgeons in the country, the Urologist at Uro Care hospital was but second to none. I accordingly proceeded to fix an appointment with him and, in June, 2017, became one of the first 100 Patients in the one-month-old Ultramodern Uro Care hospital facility at Nansana. The surgical procedure was carried out during the same month, in such a welcoming atmosphere of ambience and sophistication that I was convinced beyond reasonable doubt that we had made a right decision to end up at Uro Care hospital. Indeed, after a successful operation, I was subsequently discharged on day 5 after surgery, to a healthy life generally free of any trace of prostate cancer.

Basing on my protracted experience, it is evident, and hereby recommended, that all caring persons should be keen and take very serious interest in the matter of regular general health checkups. This vigilance would save many a person from the dire consequences of silent killer diseases being diagnosed when it is probably too late to salvage

which would otherwise have been an avoidable or, at least, a manageable hazard.

My thanks and appreciation go to the various medical personnel who carried out the respective tests; to the wonderful and friendly staff at Uro Care hospital; the Hospital competent team of medical experts for demonstrating existence of equally unmatched talents within Uganda's health sector. It would be unforgivable not to recognize my employer (sponsors); my dear wife and the rest of the family for standing by me before, during and after the demystification of the prostate cancer. Because of your unequivocal participation, I now live a normal life.

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Doctors in the theatre at Uro Care Hospital.



In patient facilities at Uro Care Hospital