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*Find the clinic you are matched with!*

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Dear Partners in Ministry,

As I write to you from the Democratic Republic of Congo, I am thanking God for your heart for the Congolese people and your financial commitment to partnering with them to save lives through the Congo Clinic Initiative.

I am amazed by the perseverance of Congolese doctors and nurses who live and work in remote, rural clinics. They are providing health care and saving lives in challenging settings. I am humbled by God's hand in bringing donors like you to partner with the medical personnel that facilitate these clinics.

Through the Congo Clinic Initiative, we matched you with a clinic to help you **develop a knowledgeable heart for Congo**, understand the realities of medical care, provide needed resources, and to pray for that clinic. Thank you for your generous engagement in this endeavor!

Each clinic is in a Health Zone, where a doctor and a small administrative staff oversee all the clinics in their Health Zone. In this newsletter, we compiled the reports we have received from each Health Zone Director. As you read, please continue to pray for the clinics, patients, medical teams, and church leaders. They are caring for many suffering patients in very difficult contexts, and they know you are giving and praying for them. They have asked us to tell you they are praying for you as well.

At Paul Carlson Partnership, we pray your hearts will be encouraged as you read this newsletter. Thank you for being integral partners in this vital journey to provide health care and save lives through the Congo Clinic Initiative!

*Renée*

Renée N. Hale  
Executive Director





# Bogose Nubea Health Zone Clinics

*"Our prayer is that the Lord grant our partnership good health and peace on both sides for this [water] project to achieve its goals."*

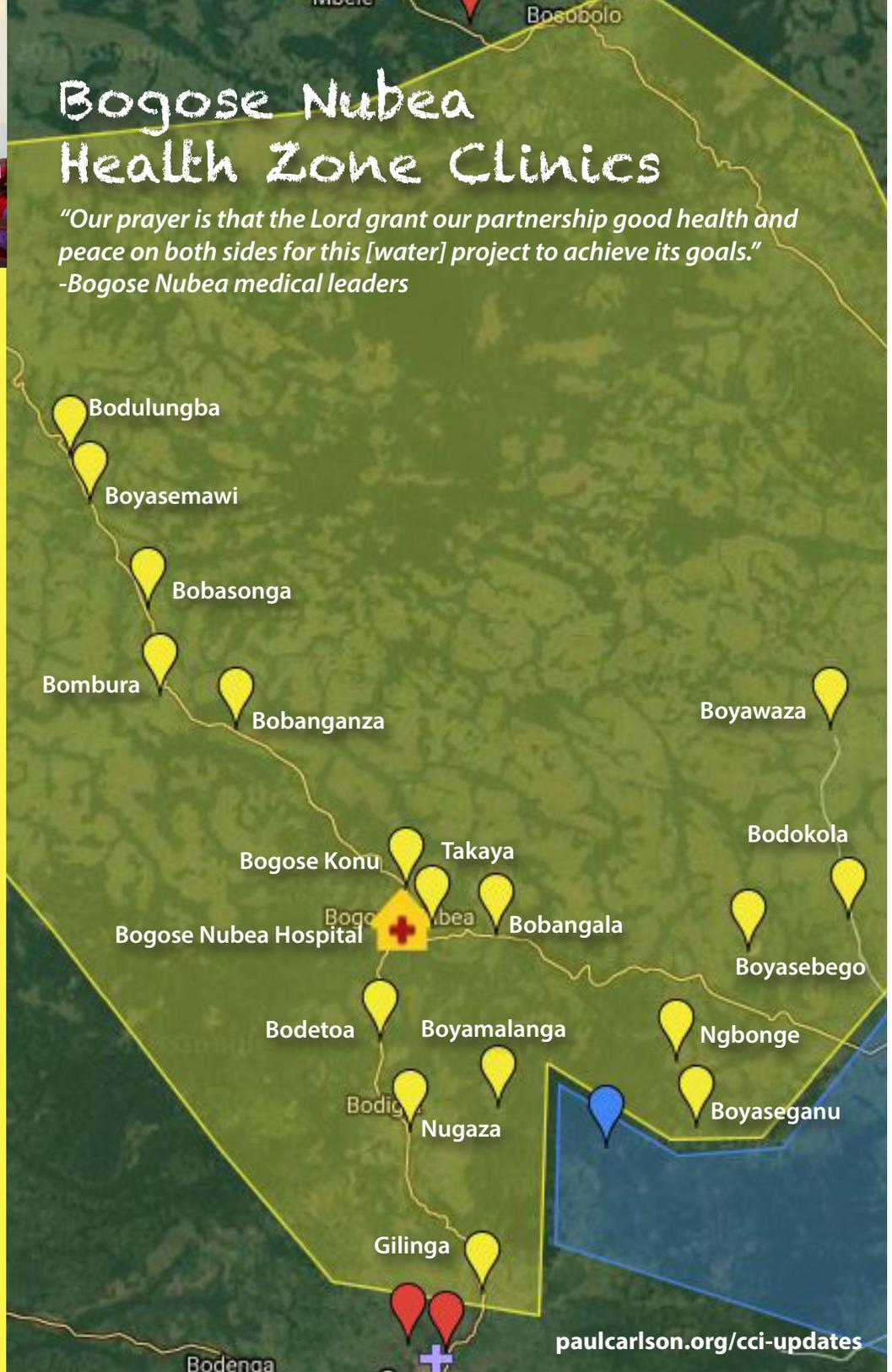
*-Bogose Nubea medical leaders*

## Bogose Nubea Health Zone Report

Thanks to generous donors to PCP, we have been able to do the following in the Bogose Nubea Health Zone:

- solar panels and solar refrigeration kits have been installed or repaired in all clinics;
- administered childhood vaccinations;
- supervised 90% of the clinics;
- increased assisted childbirth from 65% to 75%;
- raised awareness on importance of drinking clean water;
- painted the Health Zone offices;
- purchased medicines for the Health Zone pharmacy;
- monthly clinic nurses meetings were attended by all of the clinic nurses;
- began working with five villages to provide clean water sources;
- dedicated the newly built Gilinga Clinic;
- evaluated repairs needed for capped springs near clinics.

Dr. Gigal  
Bogose Nubea Health Zone Director



*Arrival of the solar fridge at the Boyaseganu Clinic.*



*Medical directors typically travel to clinics via motorcycle.*



*A newly capped spring near the Bogose Konu Clinic.*

# Power of the Blood

Late in the afternoon of September 26, 2017, the wife of a pastor of a Covenant Church in DR Congo went into shock as she hemorrhaged following a miscarriage at home. She was brought to a clinic, but the nurse decided the woman must go to Bogose Nubea Hospital, about eleven miles away. The only means of available transportation was a bicycle.

After a little more than a mile, the local health zone administrator approached her on a motorcycle. He was returning from the dedication of a new clinic in Gilinga. He saw the woman, stopped, and brought her the rest of the way to the hospital. By the time they arrived, she was unconscious and her blood pressure was undetectable. The medical team determined that she had less than two hours to live—she was in immediate need of a blood transfusion and surgery.

Typically, blood transfusions are given from a family member who is present. But the woman did not have her family with her. Fortunately, the hospital staff had a life-saving option.

Thanks to a new solar refrigerator donated by Paul Carlson Partnership, the hospital had been able to store blood, and could give her the transfusion she needed. Soon after surgery, her husband arrived.

The medical staff at Bogose Nubea Hospital would like to thank all of the donors who give through PCP and the Covenant Church of Congo for the gift of refrigerators. **“These are gifts of love and good faith, which help our people.”** Thank you for partnering with us in this important life-saving work!

*“These are gifts of love and good faith, which help our people.”*



*Dr. José Aputaka, Director of Bogose Nubea Hospital, shows the new solar refrigerator received by PCP through generous donations.*



*The pastor and his wife, who was saved by blood stored in the new solar refrigerator.*

# Gilinga Clinic Dedication

The Congo Clinic Initiative seeks to raise the standard of healthcare in the region, which sometimes means certain clinics need to be rebuilt! One such case is the Gilinga Clinic. Due to continual issues with the thatch roof caving in and causing leaks, it was deemed necessary to rebuild the entire clinic and install a tin roof. After several months of construction, the clinic was finally ready. In September 2017, the Covenant Church of Congo celebrated with great joy the dedication of the newly built Gilinga Clinic. Government officials, CEUM leadership, CEUM medical directors, Craig Anderson (PCP Medical Director), and a large crowd attended the celebration with prayer, singing, and dancing. Videos of the celebration can be found at [paulcarlson.org/stories](http://paulcarlson.org/stories).



*The Gilinga Clinic, before*



*The newly built Gilinga Clinic and dedication celebration.*

# Karawa Health Zone Report

Hello everyone,

May grace and peace be given to you by God our Father and the Lord Jesus. We thank you all for your involvement in solving the health problems of God's people in Congo.

We know that you bring us support in prayer but also in financial contribution for the advancement of the work of God in the Congo. That's why each quarter you send funds for activities in several areas including health. We would like to thank you especially for your efforts but also all your churches that contribute to us.

PCP's support for the activities that the health zone carries out is an important part in our fight against diseases and our effort to provide access to quality healthcare. An example is child immunization, which helps protect children from vaccine-preventable diseases. Medicines made available in clinics allow access to quality care. And even PCP's support for monitoring activities improves the quality of work and care.

## What are your achievements this past quarter?

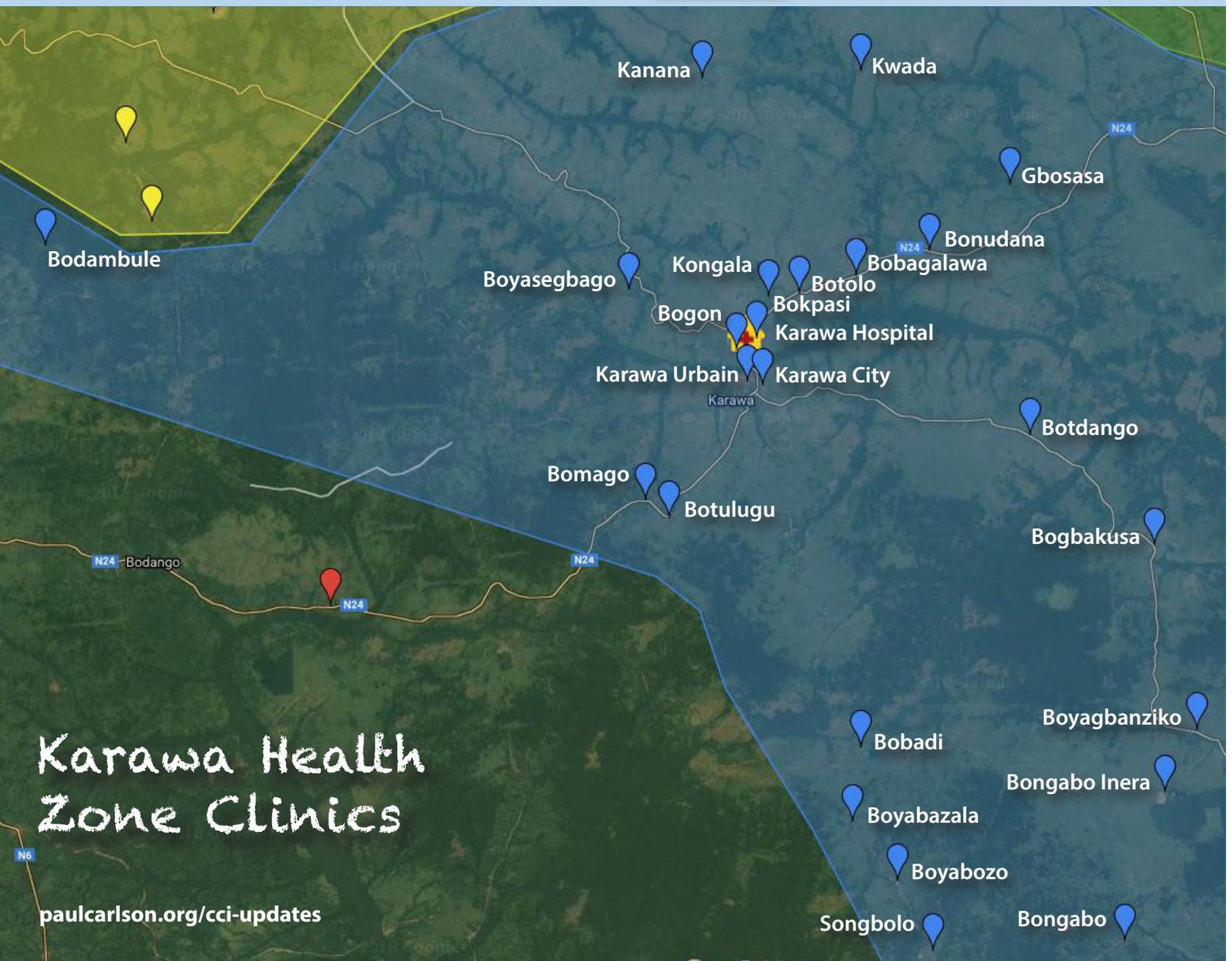
- we organized coaching missions in five clinics;
- we held supervisory meetings;
- we held a briefing meeting on the prevention and management of patients with Ebola virus;
- we managed to organize mobile vaccination sessions in two clinic areas;
- we supplied the 24 clinics with medicines;
- we held three Health Zone Management meetings;
- we are gathering materials to remodel a health zone meeting room;
- 42 clinic nurses received pre-eclampsia/eclampsia training from those who were trained by PCP Medical Ambassadors.



May God bless you,

Dr. Célestin Deambi

Director of the Karawa Health Zone



## Karawa Health Zone Clinics

# Karawa Nurses Receive Pre-Eclampsia/Eclampsia Training

In September 2017, PCP Medical Ambassadors trained a group of nurses in Karawa in a new program called **Helping Mothers Survive: Blood Pressure in Pregnancy (Pre-eclampsia & Eclampsia)**. Below is a report from the nurses in Karawa.

The activities of the day began after breakfast. Regine Teka read the word of God in the book of Luke 17:11–19. She encouraged the participants to consider *gratitude*. She said we must be grateful to God for his goodness in the image of the Samaritan stranger, who among the ten lepers healed, returned to say thank you to Jesus. She reminded us that God is kind to us, for we were in our sins and He gave us his only Son, who did not know sin, that we might be called the sons of God through the covenant blood of Jesus.

At 9:45 am, Dr. Célestin Deambi, Director of the Karawa Health Zone, explained that in partnership with PCP Medical Ambassadors, several nurses were trained as trainers on the management of pre-eclampsia and eclampsia (high blood pressure in pregnancy), along with how to help mothers survive hemorrhaging after childbirth, how to help babies breathe, and how to use intramuscular injections. Today, the team of those who have been trained will teach what they learned. They will begin with the theoretical lessons, then follow with practical application.

Dr. Deambi shared the clinical and biological signs of the disease, treatment, and monitoring of pre-eclampsia and eclampsia. The nurses then divided into four groups. In each group, the trainers explained and helped the participants use the tools in the kit to practice detection and treatment of pre-eclampsia/eclampsia.

When the meeting resumed, Dr. Deambi reminded the nurses the causes of hemorrhage after delivery and how to care for these women. The nurses practiced deliveries, hemorrhages after deliveries, and resuscitation techniques to help babies breathe, under the guide of the nursing supervisors.

After the practice, the participants expressed the desire for the lessons to be repeated regularly to remind the providers of the actions to be taken to save lives.

...ONE OF THEM, WHEN HE SAW HE WAS HEALED, CAME BACK, PRAISING GOD IN A LOUD VOICE. HE THREW HIMSELF AT JESUS' FEET AND THANKED HIM—AND HE WAS A SAMARITAN. JESUS ASKED, "WERE NOT ALL TEN CLEANSED? WHERE ARE THE OTHER NINE? HAS NO ONE RETURNED TO GIVE PRAISE TO GOD EXCEPT THIS FOREIGNER?" THEN HE SAID TO HIM, "RISE AND GO; YOUR FAITH HAS MADE YOU WELL."

LUKE 17:11-19



Trainers train the clinic nurses in the Karawa Health Zone.



Using a baby doll simulator to teach how to resuscitate newborns.



A group photo of the clinic nurses and trainers in Karawa.



## Loko Health Zone Report

The major event that we experienced in the Loko Health Zone is the gift of solar refrigerators from Paul Carlson Partnership. This support will help to improve supply of storing blood and other medicines.

As part of the fight against sexual violence, we were able to implement a communication plan between local authorities and the community, using PCP funding. The implementation of an intensified awareness-raising program and action has resulted in a significant reduction in sexual violence cases.

Also, here is a brief report of our activities:

- women attending post-natal classes increased by 9%;
- solar fridges arrived from PCP;
- screened and vaccinated for tuberculosis, leprosy, and polio;
- found a potential case of polio virus and sent a sample to Kinshasa for further analysis;
- organized HIV/AIDS awareness sessions;
- conducted family planning lessons & malaria awareness;
- the number of cases of sexual violence survivors went from 19 cases in the first semester to 5 cases in the second semester;
- detected rise in yellow fever;
- tuberculosis detection improved from 43% to 50%;
- the level of ownership of community participation in healthcare increased from 65% to 78%.

Dr. Doudou Kanyona Kitenge  
Director of the Loko Health Zone



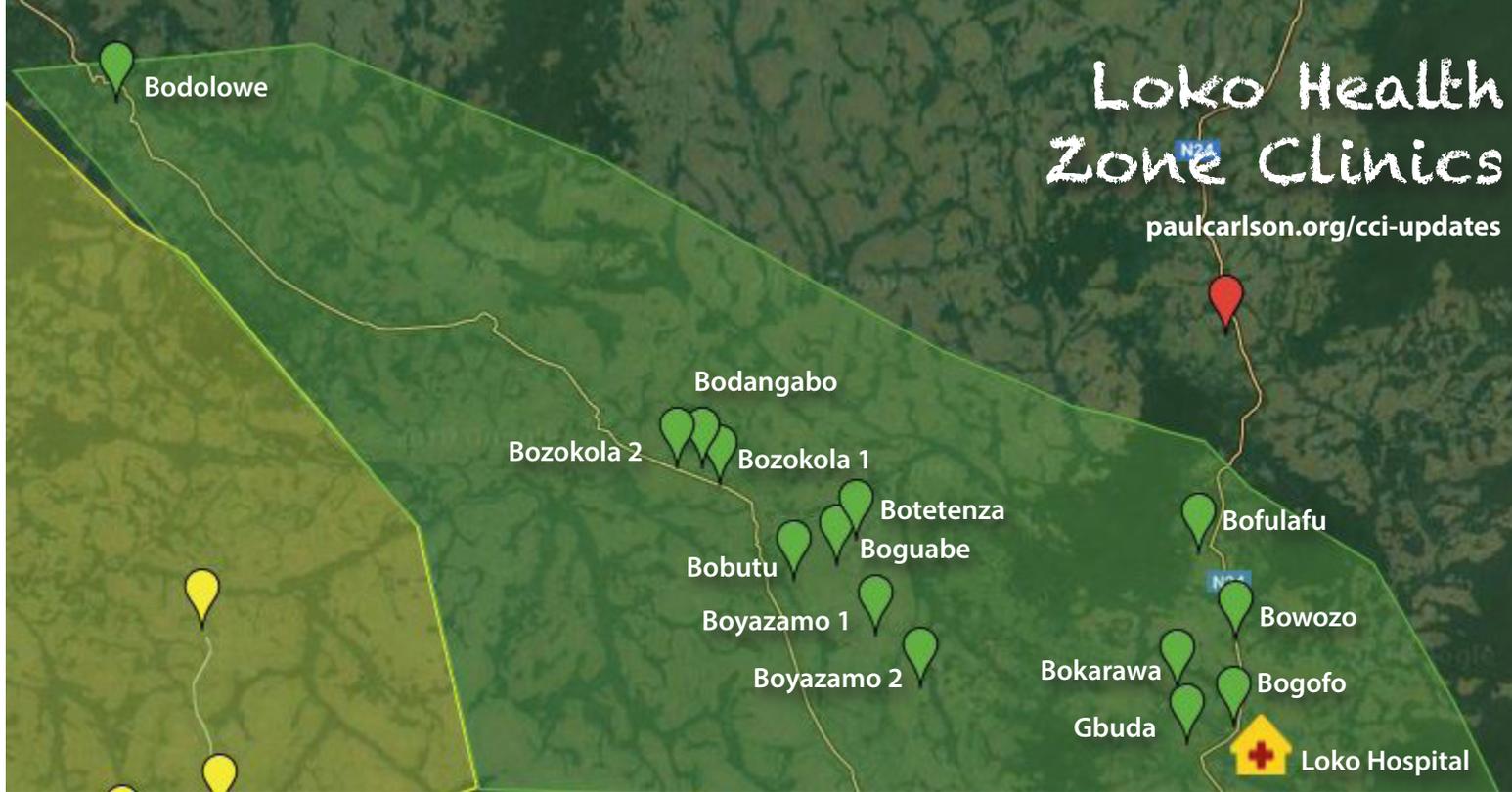
*Gaspy, lead solar technician, has been distributing and installing solar refrigerators to all of the Health Zones.*



*"National Tuberculosis Control Program to Unite to End Tuberculosis"*



*Dr. Doudou Kanyona Kitenge leading the vaccination campaign.*



## Spring Capping 101

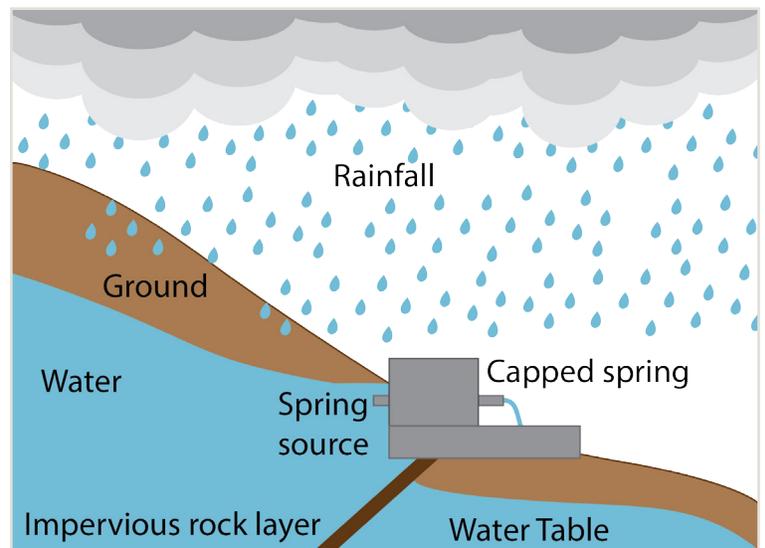
Fresh springs are one of the most effective ways to collect clean water. With high water tables in Congo, natural springs run out of the sides of hills or bubble up through the ground. Pipes are placed back into the source to capture the water supply before it reaches the surface. This is called spring capping.

By the community's involvement in the solution, the people will take ownership and care of the water source on a long-term basis.

Recently, two PCP project supervisors were hired to partner with two Congolese project leaders to expand this clean water approach to clinics. Working together will allow us to come alongside in a more focused and holistic way.

Please be praying for the next steps in this process:

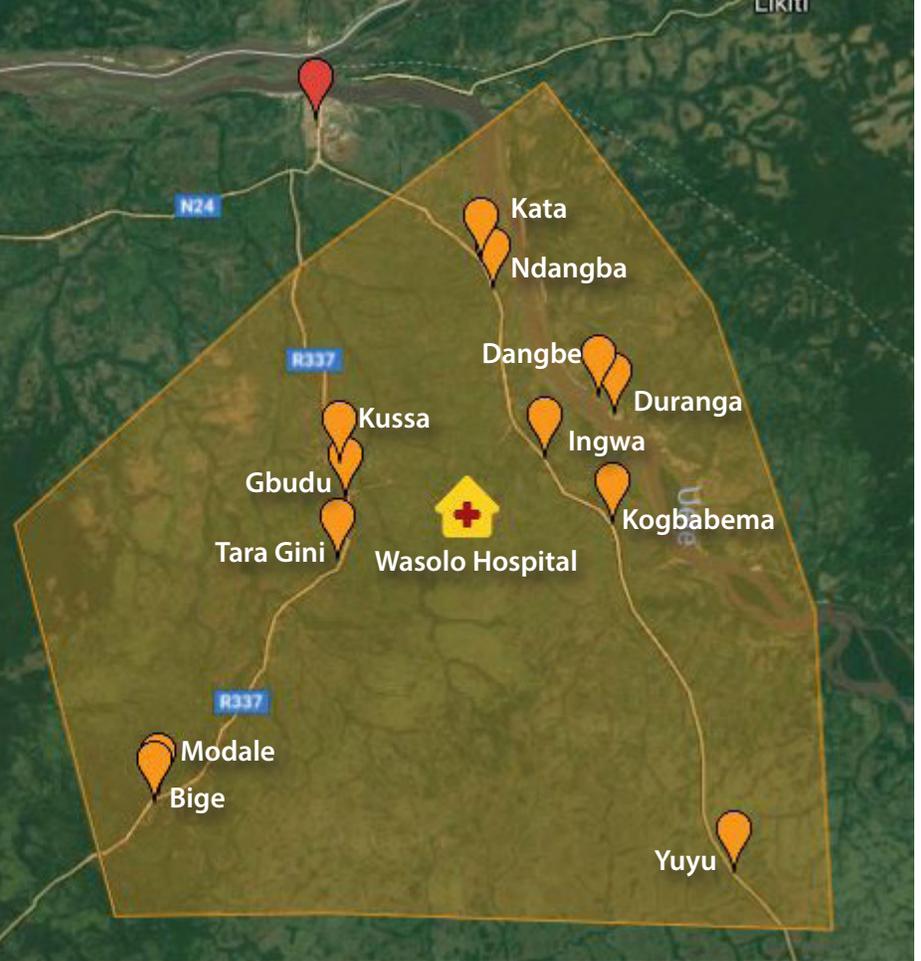
- that we can provide the training and support as needed;
- for medical directors in the Health Zones;
- for community leaders who will care for the water source on a long-term basis and train others to do the same.



An example of a capped spring needing repairs.

# Wasolo Health Zone Clinics

In a recent report to PCP, Dr. Freddy Bekpa, the Director of the Wasolo Health Zone, commented, "We thank PCP for support to facilitate the work in order to improve our performance with regard to the health indicators we are tracking. We were able to carry out supervision activities in all the villages and motivate community leaders. We have organized Monthly Nurses meetings to reduce maternal mortality and create awareness of the issues surrounding high risk pregnancies. We have transformed and improved the conditions for vaccination campaigns in the villages."



[paulcarlson.org/cci-updates](http://paulcarlson.org/cci-updates)

## Wasolo Health Zone Report

Thanks to PCP funding, we were able to carry out several activities:

- ensure regular supervision of all health clinics in the area;
- provided coaching and training to community leaders;
- manage our drug supplies to better prevent periods of little to no drugs available;
- organization of Health Zone Committee meetings to analyze resource management issues and propose possible solutions;
- organize monthly supervision visits at the clinics to confirm the statistics we receive;
- continue to support nurses training to reduce maternal/infant mortality across our health zone;
- keep Health Zone office supplies, fuel, and vehicle spare parts in stock and in good condition;
- ensure the re-training of nurses;
- ensure we receive good data for tracking our common diseases;
- solar lighting and solar refrigeration have been installed and/or repaired in the clinics.

Dr. Freddy Bekpa  
Director of the Wasolo Health Zone



The Wasolo Health Zone office.



Monthly meetings with clinic nurses.



The Health Zones (shaded areas above) are government-recognized clinics and hospitals in which the CEUM (the Covenant Church of Congo) manages. However, the government does not require the CEUM to manage the clinics outside of those areas. Because church members are located in this entire region, the Covenant Church of Congo supports these clinics to care for their people, and as such, so does PCP. Shown above with red markers are the clinics outside of the four main Health Zones.

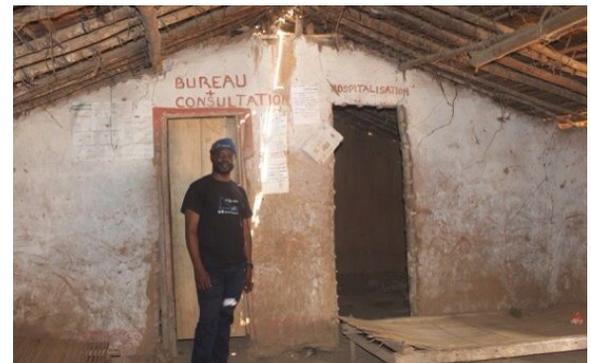
These clinics are supported with medicines, supplies, supervision, solar lighting, and refrigeration, and other needs. Currently, solar systems are being installed, some for the first time receiving solar power! Dr. Gado, the CEUM Medical Director, is supervising the outlying clinics in order to ensure they are receiving support and funding.

Recently, the CEUM assigned a Health Zone administrator, Dr. Ali, to the southern region of these clinics. Dr. Ali will be responsible for facilitating, organizing, and distributing needs and funds to the clinics in the southern region. This will also involve closer communication and reporting back to Dr. Gado.

Thank you for supporting these rural clinics that are further removed from the main Health Zone areas!



Solar power installed at the Ebonda clinic.



In January 2018, Dr. Gado visited the clinics in the southern region.



This mother recently gave birth at the Libende clinic.

# Kids Corner: Learning about Nutrition

Here's an easy lesson plan for kids to learn about malnutrition in Congo and how the doctors at Loko Hospital are using the foods they have to help children and mothers. Children will also learn what kinds of foods are nutritious!

## PREPARE:

1. Large writing pad and markers (or whiteboard).
2. Healthy snacks (fruit, yogurt, nuts, vegetables).
3. If you have time, research what nutrients and vitamins are in each.

**Read the story and ask questions, followed by a short activity and snacks.**



A nurse holds the newborn infant, and mother holds orphaned baby girl.

## STORY:

In the fall of 2017, a young mother came to the hospital after being very sick for six months. She later died, and left an eight month old baby girl who had severe malnutrition. The baby girl was given to another mother who was already four months pregnant with her next child.

The hospital put the orphaned baby on a special moringa-soy-peanut porridge diet and asked the mother to return in a few months. When the mother returned, the health of the orphaned baby girl had improved! After the mother gave birth to her own baby, the hospital gave the newborn the special porridge diet too.



Thanks to the nutrition rich food, the mother and two daughters survived, and are doing well today!

## NUTRITION LESSON:

**Ask: What is malnutrition?** Malnutrition is when a person does not get a good balance of nutrients they need to live. It can happen when someone does not eat enough food or not the right balance of foods.

**Ask: What happens when your body does not get the right kinds of foods?** When children are malnourished, their bodies don't develop and grow like a healthy body would, and can get sick much easier. When kids do not have the right foods, their bodies do not get the right vitamins and minerals to grow up into healthy adults. Malnutrition is common in Congo, and impacts children the most.

**Ask: In the story you heard, what did the doctors do to help the orphaned baby girl?** At Loko Hospital in Congo, the doctors have seen many children with acute severe malnutrition. The doctors are trying to improve and prevent malnutrition in a variety of ways. One way has been making an oatmeal-like mixture of foods that contain nutrients and protein. The doctors made a moringa-soy-peanut porridge. Peanuts and soy are rich in proteins, vitamins, and healthy fats.

**Ask: Do you like peanuts or peanut butter? (If there are allergies to peanuts, ask what other protein rich foods are good for them. Ex., meat, milk, eggs, yogurt, fish, etc.)**

**Ask: What was the other food in the porridge mixture?**

**Moringa.** There is a special plant that grows in Congo called moringa. Moringa is known for being very high in nutrients! The plant grows very well in Congo's tropical climate. Moringa leaves are ideal for mixing with other foods that mothers make for their families.



**Ask: Can you think of some green plants that grow here that are good for you?** Using what they have (moringa, peanuts, and soy) the hospital can care for patients and teach mothers about protein rich foods and how to mix moringa into their diets.

**ACTIVITY: What is good for you?**

Make two columns on a large writing pad or chalkboard:

1. Healthy foods
2. Unhealthy foods

Ask the kids to shout out all the foods they ate today and which column each food should go under. Talk about what's on the list, which are healthy food choices, and why.

**Pass out the healthy snacks.** Share with the kids what kinds of nutrients and vitamins are in what they are eating.

# 2018 Upcoming Events

Join us at one of these upcoming events in your area!



GATHER2018  
COVENANT ANNUAL MEETING

**June 21-23, 2018**

**Gather 2018: ECC Annual Meeting**

Minneapolis, MN

Register at [gather.covchurch.org](http://gather.covchurch.org)



**July 15-20, 2018**

**CHIC 2018**

University of Tennessee at Knoxville

PCP will be sharing with students about global health concerns.

Register at [chicconference.org](http://chicconference.org)



**July 26-August 1, 2018**

**3rd Annual Brothers Biking for Congo Bike Ride**

Team BBC will be riding over 300 miles through Michigan's finest "Rails to Trails" bike paths to raise support for the Congo Clinic Initiative. Join the bike ride for a few days or a few miles! Contact Dennis Carlson at [dmlcarlson@gmail.com](mailto:dmlcarlson@gmail.com) for more info.



**November 4, 2018**

**Paul Carlson Partnership Sunday**

On November 24th, 1964, Dr. Paul Carlson was martyred by Simba rebels in DR Congo. Today, we invite you host a PCP Sunday in November to remember this missionary hero. Download materials, such as kids and family activities, liturgy, Congolese worship songs, and other items for your church service. The kit is available for download at [paulcarlson.org/pcpsunday](http://paulcarlson.org/pcpsunday).

# CCI Updates and Resources

We are so thankful for your support and prayers! Our ultimate hope is for each person to *develop a knowledgeable heart for Congo* and be transformed through this partnership. Please feel free to use these resources in your family, your church, your organization, and with your circle of friends. All of the materials, and more, can be found at [paulcarlson.org/cci-updates](http://paulcarlson.org/cci-updates).



## NEW CCI Video Update!

A few clinic nurses we met asked if we could deliver a message back to the U.S. Of course we said yes!



## CCI Materials

- Newsletters
- Bulletin Inserts
- Posters
- PowerPoint Presentations
- Videos
- Clinic Map
- CCI Experience Kit
- Fundraising Ideas
- Kids Corner
- Upcoming Events



## PCP at Your Church

We would love to visit your church! We could:

- Preach on Sunday morning
- Teach in Sunday school classes
- Give a CCI presentation
- Special music concerts by our Executive Director, Renée Hale
- Meet with mission teams, medical professionals, or small groups



## Promote the Clinic Initiative

Raising support for the Congo Clinic Initiative can be fun! Find creative inspiration from some of our clinic sponsors.

Find these resources and more at [paulcarlson.org/cci-updates](http://paulcarlson.org/cci-updates).