Jinja district is located in Eastern Central Uganda approximately 80km from Kampala, the capital city. It is surrounded by the districts of Iganga, Kamuli and Buikwe. Lake Victoria borders its south side, a popular tourist spot known as the Source of the Nile.

The population in Jinja is approximately 514,300 (Jinja District, 2014), of which approximately 80% live in rural areas (District Work plan, 2012/13).

Health services are broken into four levels: national referral hospitals; regional referral hospitals; district hospitals; and health centres IV, III, II and I, which are non-structured and utilize village health teams (VHT). Within the sub-districts there are 54 government, 15 NGO or Private Not-for-Profit and 5 private facilities. (District Work plan, 2012/13).

The Jinja District Health Office manages the health facilities within the sub districts and consists of 11 individuals forming the District Health Team (DHT). The DHT’s focus ranges from HIV/AIDS, malaria, TB, health education, biostatistics, health inspectors, records management, finance and monitoring/evaluation. The DHT is responsible for a number of tasks including providing technical support for the Health Sub-Districts, planning and performance reviews, surveillance and data collection, control of epidemics, health advocacy, mobilization and allocation of resources for the health sector, monitoring performance of the district health system and preparing the budget for the district.

This practicum experience allowed me to participate in a number of different activities including health education, sensitization re: jiggers, severe malaria education, Yellow Star audits, support supervision at the various health facilities as well as working with the various stakeholders.

Uganda is a beautiful country and offers many unique site seeing opportunities including, Itanda Falls, the Source of the Nile and Murchison Falls National Park. If that’s not enough, you’ll also be getting the best matoke around!