



Uganda Sexual Health & Pastoral Education



USHAPE is a skills exchange to address unmet need for family planning in Uganda

The Challenge

- Only 24% of Ugandan women use modern contraception
- Teenage pregnancy rates are the highest in the world
- 25% of maternal deaths are due to unsafe abortions
- Uganda's population is growing exponentially

USHAPE Achievements

We have developed a comprehensive set of materials for both basic and an advanced level of courses, which have been delivered to 165 health workers. Sixty teachers receive regular training for pastoral work, and three thousand young people have benefitted from sex education lessons in schools and churches. Teachers are now campaigning to introduce comprehensive sex education. Our work has been commended as a 'success story' on WHO website www.fptraining.org.

The Role of Volunteers

USHAPE has evolved over the past 4 years, with contributions from 20 UK doctors and teachers, each contributing their expertise. Volunteers deliver training alongside Ugandan USHAPE trainers, so as to equip nurses and midwives to become confident family planning providers. "USHAPE has provided me with an opportunity to practice skills in leadership, training and education in a resource poor setting" Dr Claire Thomas Dr Ceri Gallivan is returning for a second year. Shorter term opportunities are also available.

Authors; Dr Clare Goodhart, Dr Ceri Gallivan, Dr Claire Thomas, Dr Emma King, Dr Emma Fall, Dr Emily Clark, Dr Sarah Capewell, Dr Merlin Wilcox, Prof Jonathan Graffy.

USHAPE Response

We have created a cascade model, whereby the health staff we train then disseminate positive messages about family planning through village health workers, community leaders and teachers. Since 2013, 6 GPs have volunteered, for up to a year at a time, providing in-country leadership, staff training and outreach from Bwindi. Other doctors join them for shorter periods providing research and educational expertise.

The Spread of USHAPE

The initiative started in 2013 at Bwindi Hospital, which has a catchment of 100,000 in rural south-west Uganda. It has since spread to Kisiizi Mission Hospital "I became aware of the impact of USHAPE, while I was working at Kisiizi. A survey showed more than 50% of women had unmet need for family planning, so with the help of Bwindi volunteers, we ran training. More than 100 staff came forward for basic training, and the advanced course was so popular, I had to return to Uganda to run a second course" Dr Emily Clark.



Want to get involved? Visit our website:
www.ushape.org.uk

USHAPE is a THET funded partnership
between the Royal College of GPs
and Bwindi Community Hospital

