



ROSE UGANDA

*SENGA SAFE: A Feminine Healthcare Educational
Program for the Ugandan Woman
Module 3: Staying Safe from Cervical Cancer
Cervical Cancer Program Plan*

Buikwe

ROSE ACADEMIES- UGANDA

Introduction:

Rose Academies-Uganda is a recognized international charitable organization that develops and implements educational programs for the rural poor. Since 2014, their mission has been to remove those barriers that prevent vulnerable and oppressed women, youth, and the disabled to access education and healthcare knowledge. Founded on the principles of social justice, human rights, and education for all, Rose Academies-Uganda is committed in its efforts to educate the illiterate with life-saving knowledge. They believe in the power of collaboration and strong partnerships to achieve the objectives of improving the health and wellness of the most vulnerable and oppressed populations.

Rose Academies-Uganda's primary objective is to educate the rural poor about healthcare, disease prevention and nutrition in an effort to reduce preventable deaths from lack of knowledge.

About Rose Academies- Uganda:

Rose Academies-Uganda works in several Ugandan districts in the provision of healthcare education that is implemented by their Rose Uganda Fellows. The fellows are dedicated young Ugandan adults committed to the promotion of health, wellness, and education for all people. This unique fellowship program gives Ugandan youth the opportunity to build their professional skills for employment in a diversity of industries, including healthcare, education, research, and technology. They are trained to teach healthcare application programs that use Android-based technology and have been developed by working partners at *Santa Clara University's Frugal Engineering and College of Arts & Sciences*. Their educational programs have been developed specifically for the illiterate rural poor, are presented in a format that is easier to understand and are taught by their fellows who speak the local dialect.

Considering the complexity of Cervical Cancer, how it is spread and the layers of stigma that need to be addressed, we feel our program plan will be successful as we educate women about this vicious disease using the Senga Safe application program and by promoting active engagement within focus groups

Problem Statement:

- Cervical Cancer is the most common cancer among women in Uganda.
 - High incidence of Cervical Cancer: 56.2 per 100,000
- 33.6% of Ugandan women have the sexually transmitted Human papillomavirus (HPV)
- Every year, >6,000 Ugandan women are diagnosed with Cervical Cancer and >4,300 die from the disease

World Health Organization, (WHO), stated that cervical cancer will kill more than 443,000 women worldwide by 2030 and more than 98% of these deaths will occur in developing countries with most occurring in Sub-Saharan Africa (Mbumba et al., 2017, pg 615). The high incidence rates of cervical cancer in LMICs are attributed to the absence of effective population-level screening and

education programs (Jedy-Agba et al., 2020) which emphasizes the critical need for developing an extensive prevention and screening intervention to halt the increasing number of needless deaths.

Goal:

The goal of Rose Academies' Cervical Cancer Education Program, based upon the Senga Safe Application Program, is to educate Uganda's rural poor population about the severity of Cervical Cancer, to decrease the prevalence of the HPV virus, through the use of increased prevention, vaccination, screening and treatment.

Target Population:

The target population for the Senga Safe mobile application to educate about Cervical Cancer is Ugandan persons who attend Rose Clinics or are involved in Rose Academies and the surrounding community. The start of this Senga Safe Cervical Cancer program will start in Buikwe. Therefore, the target population can be more narrowly defined as persons who live in Buikwe, and those who attend the following clinics, Christ the King, Tongolo Health Center, and Buziika Health Center all located in Buikwe and will be partnered with Rose during this program. The goal is to also target a younger population to educate them about the risks and causes of Cervical Cancer before they become sexually active. By targeting younger school-age persons before they become sexually active they will have a better chance of adopting health behaviors that will prevent the spread of HPV and the development of Cervical Cancer. Targeting school-age persons will also help this program achieve the goal of decreasing the prevalence of Cervical cancer through HPV vaccination which is recommended for children ages 9-14.

Senga Safe: A Feminine Healthcare Education Program for the Ugandan Woman:

The creation of the Senga Safe Application Program is the result of a collaborative effort between Rose Academies, Santa Clara University Frugal Innovation Hub and SCU's College of Arts and Sciences. The application program is designed to run on an Android tablet that works well in low resource settings and does not require internet access. The program revolves around the theme of a Senga, that in Ugandan tradition, is the paternal aunt who is consigned to relate all matters of love and sex to her young niece as she enters puberty and becomes a woman. The graphic intensive program is designed for the low literate learner as they learn about sexual development, menstruation, reproductive health and safe sex.

This app features 3 different modules: Module 1: Becoming a Woman; Module 2: Senga' Story; and Module 3: Staying safe from Cervical Cancer. Our program is based on Module 3 whose goals are to decrease the prevalence of HPV virus and Cervical Cancer by encouraging early diagnosis, screening and treatment.

The application program is basically a teacher's tool as the beneficiaries are of low literacy. The Rose team members and volunteers use the app as a one on one interaction and teach the lesson in the locally spoken dialect. Using this approach, the young woman can visualize and relate to what is

being taught as the graphics are culturally relevant and appropriate to local traditions. The survey tool is also an offline tool which allows the Rose team member to conduct the survey and submit the answers once they are back within wifi access.

Key Objectives:

- By the end of the program activities, participants will be able to identify the causes of Cervical Cancer.
- By the end of the program activities, participants will have increased knowledge of how to prevent Cervical Cancer.
- By the end of the program activities, participants will have increased knowledge of the signs and symptoms of Cervical Cancer.
- By the end of program activities, participants will have increased knowledge about the HPV Vaccine as the primary prevention method for Cervical Cancer
- By the end of program activities, participants will have increased knowledge about screening methods for HPV and Cervical Cancer (secondary prevention method)
- At the end of the program activities, the Rose team will conduct surveys of participants who are educated through the Senga Safe mobile application for knowledge about Cervical Cancer.
- One month after delivering program activities the Rose team will conduct a Cervical Cancer follow-up survey to assess the retention of knowledge delivered by the Senga Safe application.
- One month after delivering program activities the Rose team will conduct a Cervical Cancer follow-up survey to assess health behaviors around Cervical Cancer screening and HPV vaccination.

Location and Timing of Workshops:

- **Timing:** The goal of Rose Academies is to host the Senga Safe Educational Workshops twice a month in the Buikwe District.
- **Location:** The first Senga Safe Workshop will be held at one of the local clinics, so that women can meet and hear from those who conduct the screenings and be reassured about the screening process. Future workshops will be held in the villages in the Buikwe District, to access a larger population. At times, a tent and seating are rented to accommodate larger groups.

Partnering Health Centers:

- **Christ the King Health Centre-** NGO-based facility with subsidized services
- **Tongolo Health Centre 11-** Government health centre
- **Buziika Health Center 11-** Government health centre

Area Background:

Buikwe district lies in the central region of Uganda sharing borders with the district of Jinja in the East, Kayunga along river Sezibwa in the North, Mukono in the west, and Buikwe in L. Victoria.

The district is composed of 12 sub-counties/ town councils, with 65 parishes and 464 villages with a total population of 436,406 people as per 2002 statistical data; out of 12 sub-counties Rose Uganda is operating in one sub-county which is Nyenga.

The district has a total of 53 health facilities including 5 hospitals, 13 Health Centres 111, and 35 Health Centres 11.

Existing Resources:

Supplies:

- Battery-powered Android tablet
- Rented Tent and seating for larger groups

Personnel:

- Rose Fellows
- Rose Volunteers
- VHTs

INTERVENTION: CERVICAL CANCER WORKSHOP

Module 3: Staying Safe From Cervical Cancer

Program Activities

Before the Workshop:

- Rose team decides who will be teaching the Senga Safe program, and will be present for the workshop
- Rose Team teaching the Senga Safe lesson will run through the Cervical Cancer module to get themselves familiar with the material
- Pilot-test delivery of the app: have the Rose team teach each other the module as they would with workshop participants
- Rose team should review the Cervical Cancer Focus Group guide and questions
 - Decide who will conduct the Focus Group by asking questions
 - Decide who will take notes or record answers given by participants during the discussion

During the Workshop:

- Rose team introduce themselves and then explain how the workshop will go
 - Focus group discussion, followed by Senga Safe lesson 1v1
- Rose team will conduct focus group discussion with one member reading the questions and another member taking notes or recording answers during the discussion
 - Once questions/discussions are complete thank the group for their participation in the discussion and begin the transition to the Senga Safe lesson
- Rose team conducts 1v1 sessions with participants through the Senga Safe app
 - Team member conducts one on one survey with participant
- If VHTs are present after the lesson is delivered, have them speak about the screening process
- Ask participants if they have any questions and answer accordingly

- Ask participants if they would like assistance signing up for screening or HPV vaccination services and help accordingly
- Explain Rose team will be back in a month for follow-up surveys about what they have learned and to assist again with signing up for screening or vaccination services

After the Workshop:

- Ensure any survey data is uploaded once the team has returned to online connection
- Identify a date a month in advance to return for additional workshops and to conduct follow-up surveys over those who previously attended.
- For Cervical Cancer follow-up survey:
 - Return to the village and conduct 1v1 Cervical Cancer survey through KoBo toolbox
 - Answer any potential questions about scheduling screening or HPV vaccination
 - Upload survey results once back to an online connection

Below is an overview of key activities to be executed for the fulfillment of the program's goal:

Goal	Intervention	Key Activities
<p>Decrease the prevalence of Cervical Cancer in Ugandan by encouraging screening and treatment of Cervical Cancer</p>	<p>Cervical Cancer Workshops: Senga Safe lesson</p>	<ul style="list-style-type: none"> • Rose fellows who are delivering Senga Safe lesson should run through the module to get themselves familiar with the material • Pilot test delivery of app- have fellows “teach” each other the module as they would with workshop participants • Rose fellows should review Focus group guide questions before delivery • Conduct Focus group questions • Explain the transition to the Senga Safe lesson after Focus Group discussion • Rose fellow teaches Senga Safe lesson 1v1 with participants • If VHTs are present after lesson is delivered let them speak about the screening process • Ask for any questions from participants • Ask participants if they would like assistance signing up for screening or HPV vaccination services and help accordingly • Explain Rose team will be back in a month for follow up surveys about what they have learned and to assist again with signing up for screening or vaccination services

Data Collection Instruments/ Evaluation

All surveys will be conducted one on one (1v1) with an intake coordinator/ Rose fellow and the participant. Those administrating the surveys should inform the participant that all responses are confidential and will not be shared with outside sources.

Surveys will be conducted through a battery-powered tablet. Surveys will be collected offline and once the administrator returns back to a Wi-Fi connection they will be submitted and uploaded.

Senga Safe surveys

- The Senga Safe mobile application has a stand alone survey that works offline/online for ease of use in rural settings. Module 3 which focuses on Cervical Cancer will evaluate participants' knowledge of the information they learned through the app and will ask about the current Cervical Cancer screening and HPV vaccination practices of participants.
- Link to Cervical Cancer Senga safe Module 3 survey
 - <https://ee.humanitarianresponse.info/x/SSMovETM>

Cervical Cancer Follow-up Surveys via KoBo toolbox

- Intake coordinators/ Rose Fellows will conduct follow-up surveys with participants who went through the Cervical Cancer workshop.
- Surveys will be collected 1v1 through the battery-powered tablet and responses will be uploaded once the Rose team returns to an online connection
- The Cervical Cancer follow-up survey will be conducted through KoBo toolbox. The survey will consist of 3 demographic questions followed by 25 questions to assess retention of Cervical Cancer knowledge provided through the Senga Safe app.
- The purpose of the Cervical Cancer follow-up survey is to assess any increase in knowledge around Cervical Cancer and screening, while also helping Rose Academies to track health behaviors around screening and HPV vaccination to prevent Cervical Cancer.
- **Link to Cervical Cancer follow-up Survey**
 - <https://ee.humanitarianresponse.info/x/sXvSZJOm>

Evaluation Plan:

- Rose Team should reference the Cervical Cancer Evaluation plan before and after each workshop session. The evaluation plan is broken up into three aspects, formative, process, and outcome evaluation which will help the team guide quarterly reports and track the success of the program.

Timing of Evaluation Plan:

Formative Evaluation:

- This will occur when Focus groups are conducted and needs are met through taking notes of discussion to inform and improve the program to meet communities' needs.

Process Evaluation:

- These questions should be reviewed before each workshop and Rose team members should take note of the answers during the workshops to then be documented in quarterly reports.

Outcome Evaluation:

- The answers to these questions will come from participant's responses to the follow-up survey and the evaluation questions should be documented in quarterly reports.

Reference the Evaluation Plan for further details and explanations.

References

- Mboumba Bouassa, R. S., Prazuck, T., Lethu, T., Jenabian, M. A., Meye, J. F., & Bélec, L. (2017). Cervical cancer in sub-Saharan Africa: a preventable noncommunicable disease. *Expert review of anti-infective therapy*, 15(6), 613–627. <https://doi.org/10.1080/14787210.2017.1322902>
- Jedy-Agba, E., Joko, W. Y., Liu, B., Buziba, N. G., Borok, M., Korir, A., Masamba, L., Manraj, S. S., Finesse, A., Wabinga, H., Somdyala, N., & Parkin, D. M. (2020). Trends in cervical cancer incidence in sub-Saharan Africa. *British journal of cancer*, 123(1), 148–154. <https://doi.org/10.1038/s41416-020-0831-9>