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From Preston, England to Lusaka, Zambia: Experiences from a new sexual health project

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UCLan Preston Campus





BSc (Hons) Sexual Health Studies

- UK's first ever non-clinical undergraduate specialised sexual health degree programme available on the Universities and Colleges Admissions Service (UCAS).
- Provides a significant contributio to the education

of those who wish a graduate career in adult and young people's sexual health services





for non nurses or midwives EUROPEAN HIV NURSING CONFERENCE 19-20 October 2014 • Barcelona, Spain

UCLan International Opportunities

- Provide students with a variety of cultural and lived experiences these are often difficult to duplicate in a conventional classroom setting
- The opportunity to experience where possible real life experiences and fully embrace and reflect upon the challenges of HIV and Sexual Health in Zambia.
- Working with Sport in Action Community Peer Leaders delivering sexual health promotion was seen as a positive step which could provide long term HIV education within Zambian communities



Zambia

- Population of 13 million
- Lusaka capital of Zambia
- HIV prevalence rate 12.7%
- Life expectancy of 57 years
- 160,000 children living with HIV

Total 1.1 million people



Aim of the Project

The aim was to develop and establish a project which would:

- Promote good sexual health
- Provide community peer leaders with specific knowledge and skills around HIV and sexual health promotion which they could then deliver within their own communities.



Preparation for the project

- 9 months planning the project
- Working closely with the co-ordinator of the Sport for Development project and Senior Project leaders for Sport in Action (SIA) in Zambia.





Zambia Project

- The BSc SHS students would participate and facilitate the delivery of these through a range of interactive activities mainly sport related
- A 13 day project was planned
- Following successful interview six undergraduate sexual health studies students from the University of Central Lancashire travelled to Lusaka 6-20th May 2014.



Zambia Project 2014

- The student worked in a variety of settings
- Delivering HIV and sexual health promotion and condom demonstrations
- Visited local schools and colleges
- Visited HIV services
- Worked alongside the SIA community peer leaders.





Zambia Experience

- Misconception and myths were common
- Young men wanted advice about whether they should be circumcised and the health benefits this may bring
- Young woman wanted advice about female condoms and how to insert these
- The students recognised their own personal and professional achievements



Zambia Experience

- The students reported it had been an 'amazing life changing experience'
- This was a successful project delivering sex education
- Peer leaders in Zambia are the key link to maintaining the project
- Additional Training Resources needed for May 2015 project condom demonstrators, basic anatomy models and funding!







- Thank you for listening
- Any questions?

