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

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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?