



Sustainable Development Report 2022

Good Health and Well-being

3.3.4: SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES FOR STUDENTS.



At MUST, we recognize the importance of providing comprehensive sexual and reproductive health services, including education, awareness campaigns, and specialized clinics. This part shows our commitment to promoting the sexual and reproductive health of our students by evaluating our dedicated sexual health and family planning clinic, awareness campaigns conducted through student activities, and initiatives aimed at raising awareness about breast cancer through self-examination campaigns and others.

3.3.4.1 Dedicated Sexual Health and Family Planning Clinic.

MUST's dedicated sexual health and family planning clinic serves as a safe, confidential, and accessible resource for our students. It offers a wide range of services, including contraception, STI (sexually transmitted infection) testing and treatment, family planning consultations, and counseling on sexual health matters. This clinic is staffed with qualified healthcare professionals who provide guidance, support, and medical services to students seeking sexual and reproductive healthcare. [Click here](#) for more information.

Mission: Aspire to provide comprehensive and compassionate sexual and reproductive healthcare to women of all ages inside and outside the university.

Vision: To be a trusted leader in women's healthcare, providing high-quality care that is accessible and affordable.

Core-Values:

- **Respect:** We treat all patients with dignity and respect, regardless of their background or beliefs.
- **Compassion:** We provide care that is tailored to the individual needs of each patient.
- **Excellence:** We are committed to providing the highest quality care possible.
- **Accessibility:** We make it easy for patients to access our services by offering affordable rates and flexible appointment times.
- **Advocacy:** We advocate for our patients and their families, ensuring that they have access to the resources they need.
- **Confidentiality:** We Swore to provide our services in a confidential manner with patient dignity in mind.



Figure (1): The Women's health Unit

The services provided at the Women’s Health Unit at Obstetrics and Gynecology department can be summarized as follows:

- 1- Cervical Cancer Screening & Female Cancer Early detection
- 2- Pre-conception care and female health campaigns.
- 3- Maternal Health and Adolescents health
- 4- Gynecological care, such as annual exams, Pap tests, Pelvic organs prolapse screening & management (Urogynecology) and contraception counseling.
- 5- Obstetrical care, such as prenatal care, labor and delivery, and postpartum care
- 6- Breast care, including breast self-exams advocacy and breast cancer screenings.
- 7- Psychosexual Counseling, Sexual health care, including sexually transmitted infection (STI) testing and treatment.
- 8- Awareness campaign for contraceptives, Sexual health, and safe sex.
- 9- Mental health care, such as counseling for depression, anxiety, and other perinatal maternal mental health conditions
- 10- Abortion services in accordance with Egyptian law and Islamic law
- 11- Nutrition and exercise counseling in-coordination and integration with other departments.
- 12- Preventive care, such as vaccinations and management of menopause



Figure (2): Family Planning Clinic

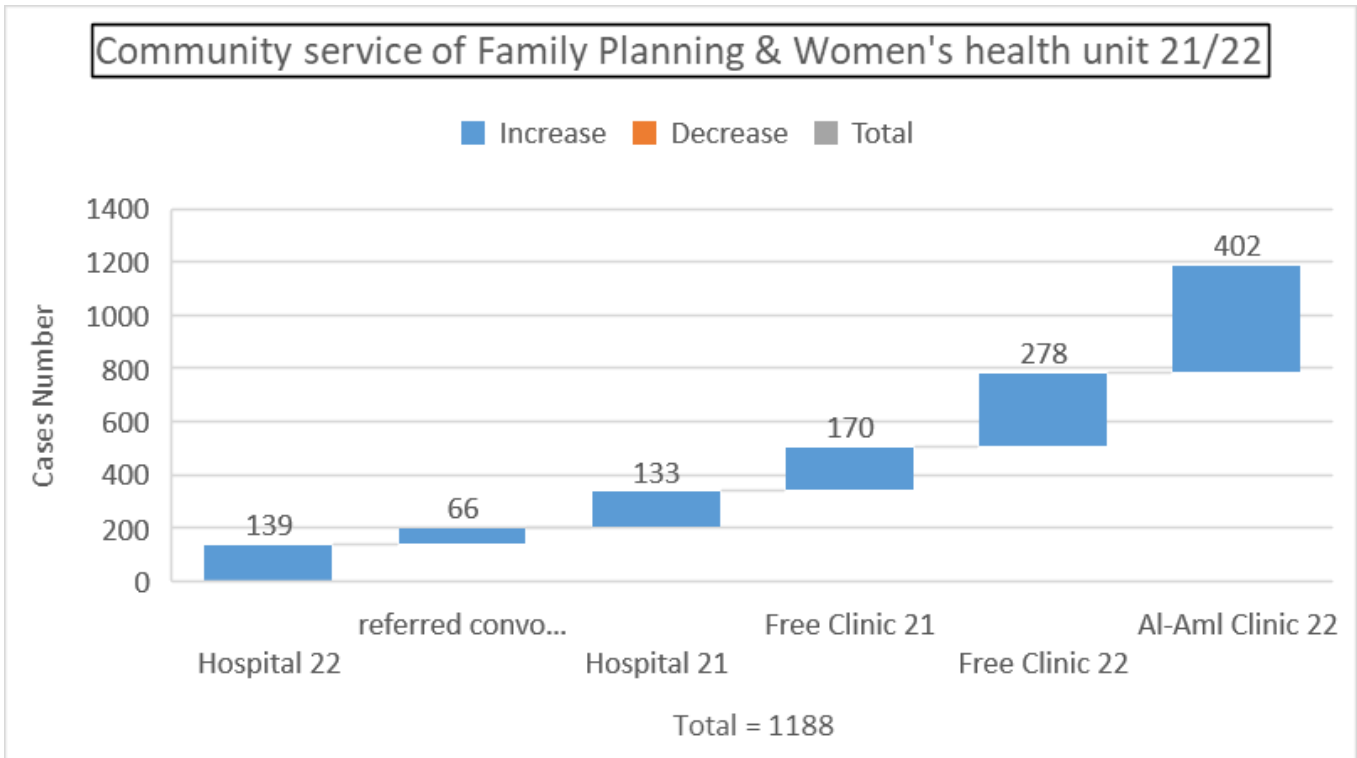


Women’s health Unit Activities:

- 1- Women’s health & fetal medicine unit workshops: basic and advanced scan was provided for patients for 6 months (March 2022-September 2022) for screening of various gynecological conditions in addition to screening for congenital anomalies including soft scan and gross anomaly scan program.
- 2- Endoscopy Workshop: it was held in 3 successive waves including hysteroscopy and laparoscopy cases management.
- 3- International Women’s Day Campaign at SKUH outpatient clinics.
- 4- Family Planning Clinic: Counseling as regards proper contraception and family planning was provided in addition to free contraceptive methods in-coordination.



Figure (3): Endoscopy Workshop Wave-1





3.3.4.2 Awareness Campaigns Through Student Activities.

Our commitment to sexual and reproductive health extends beyond clinical services. MUST actively engages students in awareness campaigns that promote responsible sexual behavior, safe practices, and informed decision-making. These campaigns, organized through student activities and led by our Must Medical Students Association (MMSA), focus on topics like consent, healthy relationships, Importance of early detection, cancer surveys in young females, and the prevention of STIs. These initiatives are designed to create a culture of open dialogue, fight stigma around sexual diseases, and responsible choices around sexual health.



Figure (4): MMSA Preparations for their awareness campaigns on-campus for world cancer day at must university.



Figure (5): MMSA Webinar in Movember, early detection campaign.

The World Cancer Day’22 Activity Brief Summary:

“The World Cancer Day Activity for this year, 2022, under the Theme of “Close The Care Gap”; stated by the WCD Initiative of Union for International Cancer Control (UICC).

Venue: ZOOM

Date: Feb 24th, 2022

No. of Attendees: 22 Facilitator: Kamal El-Qalamawy

Online Campaign:

1. Number of Posts: A Video, & 6 Stories. 2.
2. **Total Outreach: 2,087**



Figure (5): MMSA Webinar on Humen Papilloma Virus (HPV).

The HPV Activity Brief Summary:

“The HPV Activity is a conjoined initiative between the SCOPH & the SCORA, under the relevant Focus Areas; NCDs FA, & HIV & Other STIs FA, to state unchecked issues to focus on, and spot it, using the best methods as possible, to raise the awareness, capacitate the MMSA Members, and last but not least, encourage the females to get vaccinated”.

The HPV Activity Summary in Numbers:

A Webinar titled: “HPV From A to Z” was held on Mar 28th, 2022.

Attended by: 30 of the MMSA Members, mainly, and other MUST Medical Field Students, IFMSA-Egypt Members, and the Public, as well. An Online Questionnaire to assess the MUST Students’ Knowledge about HPV, posted on the MMSA Virtual Platforms, @mmsaeg, and the different MUST Medical Field Students Batches Groups.

5 Posts on the different MMSA Virtual Platforms.

- **11,778 Total Outreach.**



- Participate in FGM Summit OC representing MMSA by:
 - 1- Mohamed Ahmed Gameel [Vice Head of OC].
 - 2- Mariam Esmail Zkria [Logistics Head].

- Attending FGM Summit representing MMSA by:

1- Abdulla Ahmed Kadah.	6- Norhan Gamal.
2- Noran Ashraf.	7- Ahmed Ashraf.
3- Omar Abd El-Aziz.	8- Mohamed Essa.
4- Aya Shaheen.	9- Mahmoud Ahmed.
5- Youssif Elmenir.	10- Ali Aboarab.



Figure (5): MMSA Participation in Anti- Female Genital Mutilation Summit



1- Reproductive Health :

• Activity [Mevember Campaign][20-11-2021 to 25-11-2021] :
 1- Created an online campaign consisting of 2 posts about men's health and discussed the following topics [prostatic cancer - testicular cancer - self examination - Men's mental health - how to get help] and published from [20-11-2021 to 25-11-2021] and reached 2668 person.

• Activity [From peer to peer][20-03-2022 to 27-05-2022]:

-Goal: Prevent the spread of HPV & the diseases it can cause.

-Target Population and Beneficiaries of the campaign: Adolescents of ages 10-16.

-Objectives:

- Create an SWC to participate in the "From peer to peer initiative" consisting of 4-5 SCORA members by the end of 8-3-2022. [Achieved]
- Conduct a CSE / Peer education camp consisting of 2 days for all SCORA members discussing different topics like [Ice break - adolescents health- peer education from theory to practice-relationships- TBL - public speaking- advocacy and approaching sensitive topics - sex positive - masturbation and pornography- safe sex]. [Achieved]
- Create an MMSA profile and adolescent health booklet by the end of 17-3-2022. [Moved over to next year]
- Create a database about 6 October city schools and orphanages by the end of 20-3-2022. [Moved over to next year]
- Reach out to 3-4 schools/orphanages and educate their students about adolescent health and sexuality. [Moved over to next year]
- Create an online campaign consisting of 2-3 posts about [adolescent health - CSE - sexuality]. [Achieved]



2- GBV & GE :

• Activity [16 Days Of Activism][25-11-2021 to10-12-2021] :

-Goal: End all forms of violence against women.

-Target Population and Beneficiaries of the campaign :

- General population.
- Medical students.
- Youth.
- Women.

-Objectives:

- Introducing 20 medical students to the definition of GBV and IPV through an online workshop on December, 10th, 2021.
- Create a post targeting 1000 of the public population showing basic concepts on [sexual harassment- manipulation- child marriage- domestic violence - marital rape - emotional violence] and to be published on 25/11/2021.

-Success Indicators:

- 11: At least 16 medical students will have attended the workshop
- 12 at least attendees showed an improvement of 70% comparing pre and post-assessment forms.
- 2.1: at least the post reach to 800 of the public population.

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Results

Success indicators	Achieved or not	Date
1.1: At least 16 medical students will have attended the workshop	not achieved	December 10, 2021
1.2 at least attendees showed an improvement of 70% comparing pre and post-assessment forms.	achieved	December 10, 2021
2.1: at least the post reach to 800 of the public population.	achieved	November 25, 2021

-Achievements:

- Created an online campaign consisting of 1 post about violence against women and discussed the following topics and showed basic concepts on [sexual harassment- manipulation- child marriage- domestic violence - marital rape - emotional violence][reached to 1236 person][date 25-11-2021]
- Conducted an Online Workshop about GBV and discussed the following topics [Introduction to GBV - sexual harassment - child marriage - FGM - consent] by MR. Ahmed Abdulmonem and MR. Mohamed Gameel [attended by 11 participant] [date 10-12-2021].
- Report link: <https://docs.google.com/document/d/7Qy15hX0aYD3V1-SyQt2Pkq6wKk5mit/edit?usp=sharing&oid=117925841321600637711&rtfpof=true&sd=true>
- Photos <https://drive.google.com/drive/folders/1HBSNoYIsuFXAWySSEYSYXdkKQjEGYw?usp=sharing>



Figure (6): MMSA End of year report showing outreach of tens of thousands for the awareness campaigns conducted in 21/22.

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• Activity [Behind The Silence][26-12-2021 to 30-12-2021]:

-Goal: Taking a role in eradicating violence against women.

-Target Population and Beneficiaries of the campaign :

- General population.
- Medical students.
- Youth.
- Women.

-Objectives:

- 1.1: Introducing 20 medical students to GBV topics like sexual harassment child marriage and FGM overview through an online workshop on December, 28th, 2021.
- 1.2: Raising awareness of about 4000 from the general public on GBV against women and how to combat it from social and professional standpoints through 3 posts from 28 December to 4 January 2022.
- 1.3: Hosting a physical panel discussion on GBV attended by speakers from Al-Azhar, National Council for Women (NCW), ministry of higher education & scientific research, and faculty of Medicine staff targeting 70-80 medical & paramedical university students on December, 29th, 2021.
- 1.4: Introducing 60 from the general public to GBV definition, FGM, consent, and sexual harassment through a physical campaign on December, 29th, 2021.

-Success Indicators:

- 1.1: At least 17 medical students will have attended the workshop and showed an improvement of 70% comparing pre and post-assessment forms [Not Achieved][28th of Dec 2021].
- 1.2: The online campaign will have reached at least 3500 people on different platforms. [Not Achieved][28th of Dec 2021].
- 1.3: At least 60 students will have attended the panel discussion and changed their perspectives, reflecting on feedback. [Achieved][29th of Dec 2021].
- 1.4: At least 50 of the general public will have attended the physical campaign and changed their perspective, reflecting on feedback. [Achieved][29th of Dec 2021].

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• Achievements:

- 1- Conducted an Online Workshop about GBV and discussed the following topics [Introduction to GBV - sexual harassment - child marriage - FGM - consent] by MS.Arwa El-Bagdady and MR. Mohamed Gameel [attended by 14 participant][date 28-12-2021].
- 2- Create an online campaign discussed the following topics [types of violence against women- why women choose violence - society reaction if women speak up] [reached to 823 person][date 28-12-2021].
- 3- Conduct a Physical Panel Discussion about violence against women and discussed the following topics [women in the Employment field - women in The field of scientific research and teaching - Legal opinion on women's issues - Women in Islam - FGM] Conducted By :
 • الشيخ / د. أحمد ممدوح " مدير إدارة الأبحاث الشرعية وأمين الفتوى بدار الإفتاء " / د : دينا شكري أستاذة الطب الشرعي بجامعة القاهرة ورئيس قسم الطب الشرعي بطلب بالقوات المسلحة.
 • الميسشار : أحمد النجار رئيس محكمة الاستئناف ومستشار وحدة مناهضة العنف في المجلس القومي للمرأة.
 • أ.د/ نادية زخاري وزيرة البحث العلمي الأسبق.
 [attended by 125 participant][date 29-12-2021]
- 4- Conducted a Physical Campaign about violence against women and discussed the following topics [Introduction to GBV - sexual harassment - child marriage - FGM - consent] [attended by 63 participant][date 29-12-2021].



3- HIV And Other STIs :

• Activity [WAD][1-12-2021] :

- 1- Created an online campaign consisting of 1 post Celebrating the world AIDS Day and covered the following topics [the difference between HIV & AIDS - transmission - stigma][reached to 908 person][date 1-12-2021].





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4- Family Planning :

1- Created an online campaign consisting of 1 post and interactive Instagram stories discussed the following topics [definition of Family Planning - benefits of Family Planning - misconception about Family planning] [reached to 1129 person][date 25-01-2022].



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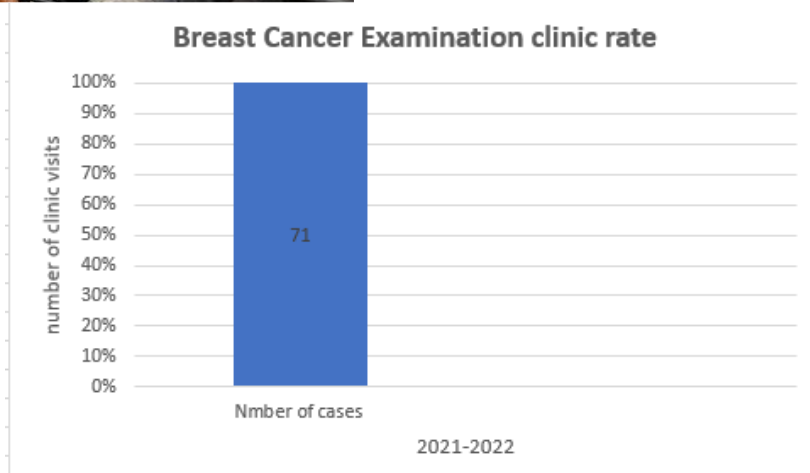
Figure (6): MMSA End of year report showing outreach of tens of thousands for the awareness campaigns conducted in 21/22.

Awareness campaigns included:

- 1- Family Planning
- 2- Sexually transmitted diseases & HIV stigma.
- 3- Introduction to GBV - sexual harassment - child marriage – FGM -consent
- 4- Reproductive Health & Human Papilloma Virus

3.3.4.3 Breast Cancer Awareness and Self-Examination Campaigns.

Breast cancer is a significant health concern, and early detection is crucial. MUST actively promotes awareness of breast cancer and educates our students, especially women, about the importance of regular breast self-examinations. We organize self-examination campaigns in collaboration with our Health and Wellness Center, empowering female students to take charge of their health through self-examination techniques. These campaigns emphasize the importance of early detection when necessary.



Grading and Ongoing Commitment:

We understand the importance of being graded on our commitment to providing comprehensive sexual and reproductive health services to our students. We continually assess and enhance the quality and accessibility of our sexual health and family planning clinic, while also refining our awareness campaigns to address emerging needs and concerns among our student population.

At MUST, we prioritize the sexual and reproductive health of our students by offering education, clinical services, and awareness campaigns. We aim to empower our students with knowledge and access to healthcare resources, ensuring that they can make informed decisions about their sexual health and well-being.

Our commitment to sexual and reproductive health services is unwavering, and we will continue to evolve and adapt our programs to meet the ever-changing needs of our diverse student body. As a responsible and forward-thinking institution, we are dedicated to fostering a campus environment where students can access the support and resources, they need to lead healthy and fulfilling lives.