

REPRODUCTIVE HEALTH SERVICES IN ASSIUT UNIVERSITY

Assiut University is one of the oldest and largest Egyptian universities. Their medical sector is one of the oldest and most prominent in Upper Egypt, with over 3,000 healthcare providers serving over 20 million people each year. The medical sector at our university contributes significantly to improving health outcomes and making meaningful changes in people's lives. Medical colleges play an important role in serving the community with regard to reproductive health, as the College of Nursing holds many seminars that contribute to raising community awareness about reproductive health, its importance, and all health issues related to women. Moreover, it participated in the main initiative 100 Million Health for early detection of breast cancer. Assiut University has the largest specialized hospital in Upper Egypt designated for Women's Health. The Hospital together with its outreached activities in in Students Hospital deals with outpatients' consultations and minor procedures and refers more complex cases to the main hospital complex. It also provides educational campaigns on sexual and reproductive Health. It is noted that there has been a significant progress in the rates of IUD installation during the year, as the beginning was at a rate of %1.4 and increased to 28.5% By the end of the year.



3.3.4 Sexual and reproductive health care services in 2023

Number of item	title
1	Activities of faculty of Nursing in students access to sexual and reproduction health care services
2	Activities of Women's Health University Hospital in students access to sexual and reproduction health care services

1- Activities of faculty of Nursing in students access to sexual and reproduction health care services

A team from the Faculty of Nursing, Assiut University, participated in the main initiative 100 Million Health for early detection of breast cancer on Wednesday 10/25/2023 in the hall of Professor Dr. Ezzat Abdullah and the medical clinic at the Faculty of Arts, where health education was provided to:

Female employees, workers and students of the Faculties of Arts and the Faculty of Sugar Industry Technology

Themes:

1. Breast cancer

2. Breast self-examination and its importance
3. Risk factors for the disease
4. Stages of breast cancer
5. Bad practices that increase the chances of infection and how to prevent breast cancer.

Detailed training was provided on breast self-examination. At the end of the awareness session, all inquiries from the targeted group were answered, then the forms were filled out and registered, and the clinical examination of the breast was conducted by Dr. Ayat Morsi and the team participating with them

The participants' number:

32 cases were examined, including 10 suspected cases who were sent to the hospital to perform the rest of the required examinations and begin receiving treatment for cases confirmed to have breast cancer.















The internship female students have conducted awareness classes for mothers entitled (Cervical Cancer) for a number of women in the clinics of the University Women's Health Hospital.

- **Lecturer:** Internship Nursing College students, Obstetrics and Gynecology group.
- **Target group:** Women in the clinics of the University Women's Health Hospital
- **Number of attendees:** 70 women in the University Women's Health Hospital.
- **Date:** Sunday 11/1/2024 at 10:00 AM
- **Place:** Women's clinics at the Women's Health Hospital

Objectives:-

1. Educating women about what cervical cancer is
2. Educating women about the symptoms of cervical cancer
3. What are the causative factors and how to avoid it?
4. What are the periodic examinations for reassurance and early detection?
5. The age at risk for cervical cancer
6. Educating women about the vaccine that helps prevent cervical cancer
7. Educating women about the importance of the vaccine and when to receive the dose to prevent cervical cancer
8. Educate the mothers about the period in which the vaccine doses are taken
9. Reassuring women about whether the vaccine involves any risks or side effects

Main topics: -

1. Introduction and definition of cervical cancer
2. Symptoms of cervical cancer

3. What are the risk factors?
4. How to avoid it
5. Age groups most susceptible to it
6. What is the vaccine used to prevent cervical cancer
7. Periodic examinations

• **Attendees' response to the seminar:-**

The attendees expressed their admiration for the topic of mother class as a step in developing and improving women's health, and there was effective participation from women with students, and women also raised a number of questions and students answered all questions.

Recommendations:-

- Conduct other awareness classes on topics related to women's health.
- Identify women's needs and strive to meet them.
- Here are some pictures of the students during the explanation with the ladies.





The internship female students have conducted awareness classes for mothers entitled "Prevention of Premature Birth " for a number of women in the Pregnancy Department on the fourth floor of the University Women's Health Hospital.

- **Lecturer:** Nursing College female students, Obstetrics and Gynecology Group.
- **Target group:** Women in the Pregnancy Department at the University Women's Health Hospital
- **Number of attendees:** 40 women at the University Women's Health Hospital.
- **Date:** Sunday 2/28/2024 at 10:00 AM
- **Place:** Pregnancy Department at the Women's Health Hospital

Objectives:-

1. Educate women about what premature birth is and ways to prevent it and reduce unpleasant symptoms.
2. Educate women about the causes of premature birth.
3. What are the factors that cause and contribute to premature birth and how to avoid it.
4. What are the symptoms of premature birth?
5. The most vulnerable group to premature birth.
6. Maintaining and paying attention to the appointment of visits to the doctor when any symptoms of premature birth occur.

Main topics: -

1. Introduction and definition of prevention of premature birth.
2. Symptoms of premature birth.
3. What are the factors that contribute to premature birth?
4. How to avoid it.
5. The most vulnerable age groups.

- **The attendees' response to the seminar: -**

The attendees expressed their admiration for the topic of awareness classes as a step in developing and improving women's health. There was effective participation from the women with the students. The women also raised a number of questions and the students answered all the questions.

Recommendations: -

Conducting other awareness classes on topics related to women's health.

Identifying women's needs and striving to achieve them.

Here are some pictures of the students during the explanation with the women

The internship female students have conducted awareness classes for mothers entitled “Freezing Eggs “for a number of women in the Pregnancy Department on the fourth floor of the University Women's Health Hospital.

- **Lecturer:** Internship students, Obstetrics and Gynecology Group.
- **Target group:** Women on the fifth floor of the Women's Health University Hospital
- **Number of attendees:** 45 women at the Women's Health University Hospital.
- **Date:** Sunday 1/21/2024 at 10:00 AM
- **Place:** Women's Department, fifth floor, Women's Health Hospital

Objectives:-

1. Educate women about what egg freezing is.
2. Educate women about the purpose of egg freezing.
3. Educate women about the importance of egg freezing.
4. Educate about how to freeze eggs and the problems that may occur when freezing eggs.
5. Educating women on how to prepare for egg freezing.
6. Educating women on the steps of egg freezing.
7. Explaining to women the time period for the freezing process.
8. Educating women on the appropriate age for egg freezing.

Main topics: -

1. Introduction and definition of egg freezing
2. Explaining the preparatory steps for the freezing process
3. Freezing methods
4. Benefits and harms of freezing
5. The appropriate age for the freezing process

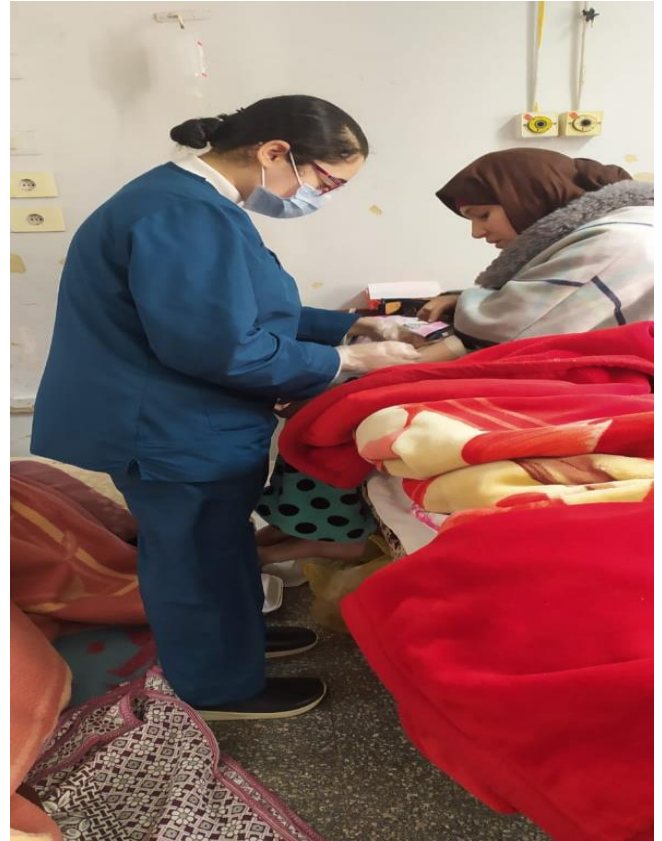
- **Attendees' response to the seminar: -**

The attendees expressed their admiration for the topic explained as a step in developing and improving women's health. There was active participation from women with the students. Women also raised a number of questions and students answered all the questions.

Recommendations: -

Conducting other awareness classes on topics related to women's health.

Identifying women's needs and striving to achieve them.



Activities for Family and Community Health Nursing Department regarding reproductive and community health

The fourth year students have conducted awareness classes for deaf students entitled (menstruation and personal hygiene) in AlAmal School for deaf students

- **Lecturer:** D safaa Rabea Assistant professor of community health nursing and Dr Reham Ahmed Assistant leacturer of community health nursing
- **Target group:** deaf students in AlAmal School for deaf students
- **Number of attendees:** 25 students
- **Date:** Sunday 3/3/2024 at 11:00 AM
- **Place:** AlAmal School for deaf students

Objectives:-

1. Educating the girls students about anatomy of Female Reproductive System
2. Practice healthy habits during your period
3. Menstrual hygiene is important for your health
4. Menstrual problems





Activities for Family and Community Health Nursing Department regarding reproductive and community health

The fourth year students have conducted awareness classes for mothers entitled (breast feeding & weaning) for a number of women in maternal and health centers in Assiut Governorate

- **Lecturer:** The fourth year students with the staff
- **Target group:** Women in maternal and health centers in Assiut Governorate
- **Number of attendees:** 20 women
- **Date:** Wednesday 15/11/2023 at 10:00 AM
- **Place:** Women's clinics at maternal and health centers in Assiut Governorate

Objectives:-

1. Educating women about importance of breast feeding for mother and babies
2. Educating women about the problems of breast feeding
3. What are the difference between breast milk and artificial milk?
4. Educating women about the weaning and how to start?





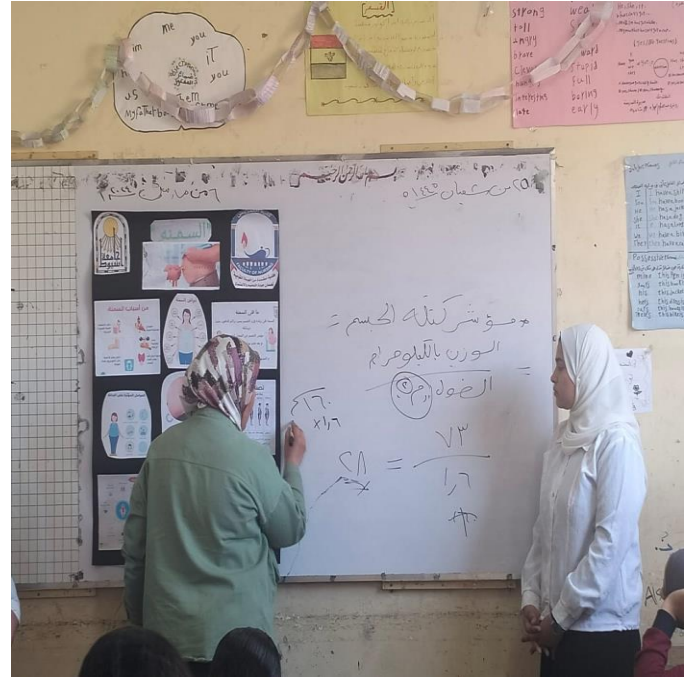
The fourth year students have conducted awareness classes for girls' students entitled (reproductive health and nutrition) for a number of girls at preparatory schools in Assiut Governorate

- **Lecturer:** The fourth year students with the staff
- **Target group:** girls' students at preparatory schools in Assiut Governorate
- **Number of attendees:** 30 students
- **Date:** from 6/3/2024: 9/5/2024 every Wednesday/ week from 10 a.m to 12 p .m
- **Place:** Preparatory schools in Assiut Governorate

Objectives:-

1. Educating the girls about the reproductive health and its importance
2. Elements of nutrition
3. Importance of balanced diet
4. Malnutrition and its effect on reproductive health





2- Activities of Women's Health University Hospital in students access to sexual and reproduction health care services

Women's Health University Hospital is one of the largest hospitals in the Medical City of Assiut University. It is the largest university hospital in Upper Egypt, specializing in providing medical services to women in Assiut Governorate and neighboring governorates. It is visited daily by a very large number of cases in the hospital's various departments, including outpatient clinics, emergency reception, and operating departments.

As for the administration of Assiut University and the administration of university hospitals, due to the university's societal role in solving the population problem, many activities and procedures have been carried out in cooperation with the family planning sector and the Assiut Health Directorate, with the aim of increasing awareness of the importance of using various family planning methods to contribute to reducing population growth.

In this context, an initiative was launched to install an IUD during induced labor, with the aim of providing women with immediate family planning services and to continue using this method. The University Women's Health Hospital is participating in this initiative in a major way, as it is the largest hospital in terms of the number of births that take place daily. There has been a noticeable increase in the percentage of IUD installations.

The IUD during cesarean section and the percentages were as follows:

During the first quarter of 2023, the percentage was as follows:

The month	Number of cesarean section	IUD insertion	Percent
January	500	7	1.4
February	389	37	9.5
March	432	41	9.5

During the second quarter of 2023, the percentage was as follows:

The month	Number of cesarean section	IUD insertion	Percent
April	378	61	16.1
May	371	51	13.7
June	373	52	13.9

During the third quarter of 2023, the percentage was as follows:

The month	Number of cesarean section	IUD insertion	Percent
July	468	54	11.5
August	573	66	11.5

September	474	104	21.9
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During the fourth quarter of 2023, the percentage was as follows:

The month	Number of cesarean section	IUD insertion	Percent
October	558	150	26.9
November	499	142	28.5
December	432	102	23.6
Total	5447	867	15.9

It is noted that there has been a significant progress in the rates of IUD installation during the year, as the beginning was at a rate of %1.4 and increased to 28.5% By the end of the year.

Health education seminars of Women's Health University Hospital

Within the framework of educational seminars, 22 educational seminars were held in cooperation with rural pioneers in the Family Planning Department at the Health Directorate, aiming to increase awareness among women visiting the hospital about the importance of family planning methods throughout the year, divided as follows:

During the first quarter of 2023, the percentage was as follows:

The month	Number of seminars
January	2
February	2
March	2

During the second quarter of 2023, the percentage was as follows:

The month	Number of seminars
April	2
May	2
June	2

During the third quarter of 2023, the percentage was as follows:

The month	Number of seminars
July	2
August	2
September	2

During the fourth quarter of 2023, the percentage was as follows:

The month	Number of seminars
October	2
November	2
December	2
Total	22

Mobile clinic for family planning services

As for the mobile clinic services that aim to provide family planning services to working women at Assiut University or patients, a number of 10 mobile clinics during 2023:

First quarter of 2023:

The month	Number
January	1
February	----
March	2

Second quarter of 2023:

Month	Number
April	1
May	----
June	1

Third quarter of 2023: The

Month	Number
July	----
August	1
September	1

The last quarter of the year 2023: The

Month	Number
October	1
November	1
December	1

As for the outpatient family planning clinic services attached to the outpatient clinic complex of the Women's Health Hospital, the total number of women who visited was 1840 cases during the year 2023:

During the first quarter of 2023, the percentage was as follows:

The month	Frequency
January	48
February	24
March	100

During the second quarter of 2023, the percentage was as follows:

The month	Frequency
April	124
May	217
June	207

During the third quarter of 2023, the percentage was as follows:

The month	Frequency
July	344
August	234
September	148

During the fourth quarter of 2023, the percentage was as follows:

The month	Frequency
October	100
November	185
December	100

Family planning clinic

	The month	Expended means and years of protection							For beneficiaries		
		combined estrogen-progesterone	progesterone-only	Total	IUD	injection	Implanon	Total Years Protection	New	Frequencies	Total
1	January	30	6	36	12	11	0	56	14	45	59
2	February	52	20	72	41	9	4	188	74	32	610
3	March	34	25	59	46	3	6	210	77	37	411
4	April	70	39	109	101	13	9	454	169	57	622
5	May	88	93	181	58	7	21	301	167	100	726
6	June	58	132	190	57	4	16	287	201	66	726
7	July	66	97	163	55	17	14	276	155	94	924
8	August	69	139	208	73	6	10	344	205	92	729
9	September	60	105	165	109	6	0	472	206	74	028
10	October	172	11	183	150	12	10	667	160	97	725
11	November	76	13	89	144	8	0	614	151	90	124
12	December	88	12	100	107	12	0	460	115	104	921
Total		863	692	1555	953	108	90	4329	1694	888	2582

Every services is provided for free