Teaching Adolescent Health in Kampala, Uganda

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Teaching Adolescent Health in Kampala, Uganda

Sites Visited
★ Mulago Hospital, Makerere University, Pediatric Infectious Disease Clinic
★ Naguru Teenage Centre

Curriculum
★ Adolescent health education & trivia
★ Teens Teaching Teens
Adolescent Education & Trivia: 
Teaching key topics in an engaging manner

- **Selected topics** – Puberty, Hygiene, Sex, the Menstrual Cycle, Nutrition & Exercise, Living with HIV, Being a teen
- **Small group learning** – introducing, teaching and reviewing the material; Facilitated by HIV counselors, Teen Centre Counselors and Peds Residents.
- **Large group trivia** – Jeopardy style
- **Closing** – a review of lessons learned
Small groups learn about teen issues and health information. Reviewing questions and answers, ensuring accurate information dissemination. Playing Adolescent Jeopardy! The Jeopardy Board HIV counselors and ID Staff The youngest celebrate their win!
Teens Teaching Teens:
*Exploring topics in greater detail, creatively*

- **Selected topics** – Hygiene, Safe Sex, Avoiding HIV, How to use a condom, Living with HIV, Being a teen
- **Teen groups** – creating skits, songs, dances, poems, posters, pamphlets about the topics selected by them. Peds residents assigned to each group as mentors.
- **Group presentations** – performed and demonstrated their presentations on stage
- **Closing** – reviewing the material, clarifying points, answering any questions
Working on skits with pediatric resident mentors.  

Watching friends present their skits, poems.  

A group performs a skit about HIV transmission.
Teaching abstinence.

Performing a skit/song about safe sex.

Reciting a poem about hygiene.

Singing a song about puberty.
Teaching Adolescent Health in Uganda: *a success*

• “… It was a great opportunity for me to associate with you while in Uganda especially when you visited Naguru Teenage Centre. We really appreciated the knowledge and skills you shared with young people and wish to inform you that they are sharing it with their peers. Every week they conduct two outreaches in schools and markets and they share information with their peers…”

– Henry Natale

*Director*, Naguru Teenage Centre
A journey to Uganda: Goals & Accomplishments

- **Clinical skills development** – Became better versed in the medical management of pathology that is relatively rare to the US yet common to Uganda (such as malaria, Tuberculosis, Meningitis). Acquired better physical diagnosis skills and the ability to teach and share these skills and experiences with others.

- **Service** – reinforced the important role that physicians play throughout the world in ensuring adequate and effective care for all children. Broadened our perspective on making a difference, not simply at the local level.
A journey to Uganda:
Goals & Accomplishments

• **Social justice** – Gained a greater sense of social awareness & responsibility in medicine, using few resources including education to benefit a vast number of people. Can now encourage others to think more critically about the tests, exams, medicines, etc. that we order.

• **Redefining medicine** – This elective and the experience abroad has served to help us redefine the underlying themes of medicine. Being a physician is so much more than writing prescriptions and interpreting lab values. The trip reinforced the importance of understanding our patients from multiple perspectives, including social, economic and biologic viewpoints.
A journey to Uganda: 
**Goals & Accomplishments**

- **Cultural competence** – Strengthened our understanding of western medical culture while exploring the medical training and practices of a different region.

- **Awareness/Education** – Being able to share this experience with colleagues, friends and imparting the lessons learned on impressionable medical students will help translate this international experience to a global perspective for many. We also feel better prepared to teach medical students after working with students and clinicians in Uganda.

- **Service Learning/Education** – Being part of unique learning partnerships where we educated the people/children of Uganda and they taught us about Ugandan life, medicine, beliefs and cultural practices.
A journey to Uganda: 
Broadening our education through brilliant experiences

Home HIV testing and health care in rural villages
Visits to the Need for All Orphanage