

MAMMACARE GOES TO UGANDA



MEDICAL MISSION

2015

MAMMACARE MEDICAL MISSION 2015

Breast cancer is the third commonest cancer in Ugandan women. Although incidence is highest in developed regions, mortality rate due to breast cancer has steadfastly remained much higher in less developed countries. Although there is a behemoth of contributing factors lack of knowledge and prevalent competing alternate beliefs contribute significantly to the typical late presentation and subsequent poor out comes ([Grady & Bakyawa, 2013](#); [Obaikol, 2010](#))

IMPORTANT STATISTICS

- 1 in 5 cancer patients has breast cancer
- 450,000 death per year - Breast cancer is the leading cause of cancer mortality in Africa
- Most patients present with advanced disease
- <50% awareness of breast cancer risk factors
- <30% awareness of mammography screening
- Mammography screening generally viewed negatively
- High awareness of BSE (81.5%) low knowledge (8%) low practice (1%)
- Low 5-yr survival 39% in Uganda (64% South Africa-blacks; 82-88 % USA-Caucasians)
- Early tumor detection nearly doubles 5 year-survival (in Uganda 5-year survival with early diagnosis & treatment 74%)

A multitude of thanks goes to Ugandan Community in Greater Chicago UCIGC (the host organization), MammaCare Corporate –Florida and the financial generosity of many individual supporters like you. Over \$6000 raised in funds purchased 30 MammaCare combination teaching model kits and enabled a two-person team to travel to Uganda to conduct community education workshops in various sub-urban communities around Kampala capital.

As a result of your giving all but goal #5 for this trip were also accomplished:

1. Increased # of women who view BSE the way to detect tumors early 80-100%
2. Increased awareness early detection & treatment significantly improve outcomes
3. Disseminate information about preventive healthcare resources available locally to women
4. Increase # of health providers (RN, NP, midwives) conducting breast examinations as part of regular preventive care
5. Increase # of health providers (RN, NP, midwives) proficient in instructing MammaCare method of SBE

MISSION BY THE NUMBERS

Medical Mission Team members	2
Mission duration	8 days
Funds Raised	\$ 6885
MammaCare Teaching Models	30
Healthcare Workers trained as facilitators	37
Workshops / Communities impacted	10 / 13
Women reached	417

MammaCare Model Beneficiaries to continue community outreach:

- UCU Nursing School
- Mengo Hospital Nursing School
- MU-COU Provincial Office Women's Health Desk
- MU-COU Kampala Diocese Women's Health Desk
- Outreach to Survivors Community / TASO Breast & Cervical Cancer prevention Tororo

In Return: commitment to continued outreach

COMMUNITIES	BENEFITED
Facilitator Training Workshop	37
Kawempe, Kazo, Gayaza	49
Kansanga, Luzira, Mengo	41
Bunamwaya, Entebbe, Nateete	44
All Saints Nakasero	70
All Saints Christian Women Fellowship	54
St. Luke Ntinda	30
St. Francis Christian Women Fellowship	55
Namirembe Guest House Staff	20
Destiny Consult Healthcare Providers Forum	17



TRIAD OF EARLY DETECTION



MAMMACARE TEACHING MODEL



RUTH TODD WORKS WITH FACILITATORS TO CONDUCT WORKSHOP



Medical Mission in pictures

By training 37 healthcare workers to facilitate at 10 workshops the 2 person medical mission team to Uganda conducted a 9-day marathon of community education workshops. The mission benefited 417 women from over 13 sub-urban communities around Kampala. The group of facilitators trained included nursing school instructors, students in nursing school, clinic and community outreach nurses and midwives. The medical missionaries also presented workshop content to a handful of healthcare providers among who were physicians, journalists, healthcare worker educators and managers at a forum for leaders of thought on women's health policy organized by Destiny Consult a professionals networking firm based in Kampala.



Facilitator training



Facilitator training



Pre-workshop survey



Kawempe West



St Luke Ntinda



All Saints CWF



Facilitator at work



Facilitator at work



St Francis MUK



HealthCare



Providers



Forum

Endless thanks to you for your belief in, and support of this work. It could not have been done without your help.

How Can I Help Further This Effort

- 1) Support medical mission teams to other parts of the country or region
- 2) Train a women's healthcare provider based in Uganda teaching institution to become MammaCare Specialist (MammaCare, 2014, 2015)
- 3) Facilitate / provide expertise for ongoing work to set up structured Patient Navigation Programs (Freeman, 2015; MCBC, 2013)

FURTHER READING:

Freeman, P. I. H. (2015). About the Harold P. Freeman Patient Navigation Program.

<http://www.hpfreemanpni.org/the-program/>

Grady, D., & Bakyawa, J. (2013). Poverty and Stigma Give an Edge to Disease. (Cover story). *New York Times*, 162(56291), A1-A13.

MammaCare. (2014). MammaCare Certifications *MammaCare Clinical Breast Examiner Training & Certification*
<https://mammacare.com/certifications/mammacare-specialist/>

MammaCare. (2015). Bringing MammaCare to Nigeria - Balancing Research & Community Needs *New Research Reports*
<https://mammacare.com/2015/05/01/bringing-mammacare-to-nigeria-balancing-research-and-community-needs/>

MCBC, Task Force (2013). Metropolitan Chicago Breast Cancer Quality Consortium *MCBC Initiatives*
http://www.chicagobreastcancer.org/site/epage/93669_904.htm

Obaikol, R. G., M; Fualal J;. (2010). Knowledge and Practice of Breast Self Examination among Female Students in a Sub Saharan African University. *East & Central African Journal of Surgery*, 15(1), 22-27.

Messages of Gratitude from the mission field

On behalf of so many women who have called and sent me messages of gratitude for your outreach - Thank you again...Pass on our love, greetings and multitude of thanks to family and friends who helped make the Medical Mission possible.

Vivian Igunduura,
Past Chairperson MU-COU
All Saints Cathedral

...Thank you for these great resources [MammaCare combination teaching kits]. As a nurse, disease prevention and health promotion are core themes of my community education message... I have [already] met people who want us to [teach] them the skill. I will keep in touch with the facilitators so we can continue working together...

Faith R. K. Sebuliba (RN/M, DHT, BNS, MSN)
Lecturer - Health Sciences Dept. - UCU

...the material was rich and resourceful and the format of the presentation good. [Most] women here present with advanced disease and in turn present a challenge of keeping them alive with the limited chemotherapeutic resources at our disposal. I do hope the next time you are in Kampala you can visit with us here at the Uganda Cancer Institute...

Fred Machyo-Okuku MD Heme-oncologist
HealthCare Providers & Leaders of Thought on Women's Health Policy Forum

... It was such a blessing having you train us on breast self-examination. You awakened in me concern for [my] fellow ladies in Uganda. I am prepared to train especially the ladies here at Uganda Christian University UCU where I live and work...thank you for the good work and may God continue using you to bless many more people.

Florence Nabisubi
MammaCare Medical Mission 2015 Facilitator

MAMMA CARE GOES TO UGANDA MEDICAL MISSION 2015 TEAM:

(L) Ruth Todd, RN, BSN, CMS, CN-BN
Breast Health Navigator at
ABMC Cancer Institute
(R) Mirika Sentongo MPH PBT (ASCP)
Public Health Professional

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For more pictures visit UCIGC website
<http://www.ucigc.org/>

