

Project Title:**Women's Health Empowerment Initiative: Cervical Cancer Awareness and Maternal Support Program****Project Overview:**

The *Women's Health Empowerment Initiative* is a dual-focused community health intervention aimed at improving women's health outcomes in Tamale and surrounding communities through **cervical cancer awareness and screening**, and the **empowerment of pregnant women through education and support**.

Considering the Respectful Maternity Care (RMC), which ensures that women are treated with respect and have control over their reproductive health decisions, there is the need to make available the necessary information and knowledge to equip these women to make right choices for positive health outcomes.

Women who visit the hospital and come for antenatal visits are usually eager to return to their various work places and midwives tend to provide care in a rush due to the huge client-midwife ratio which in the end affects the health and birth outcomes of these women because they have scanty information about their health.

As a trained advocate for AMPATH Ghana and head of the Child Welfare Clinic at SDA Hospital, Tamale, I initiated this comprehensive project to address these key health challenges affecting women by combining cervical cancer prevention efforts with maternal health promotion. This initiative leverages health education, community engagement, and screening services to improve knowledge, encourage preventive behaviors, and enhance the overall well-being of women.

Objectives:

1. To increase awareness and knowledge of cervical cancer prevention among women in Tamale and beyond.
2. To provide accessible cervical cancer screening services through facility-based and outreach programs.
3. To empower pregnant women with accurate information, emotional support, and skills for healthy pregnancy and parenting.
4. To build a community of informed and supported women who are equipped to make proactive health decisions.
5. To ensure timely referrals and follow-up for abnormal screening results and high-risk pregnancies.

Key Components:

A. Cervical Cancer Awareness and Screening:

- Community outreach campaigns in schools, churches, markets, and villages.
- On-site cervical cancer screening services at SDA Hospital and during outreach events.
- Referral system for women with abnormal test results for further evaluation and care.

B. Maternal Support Program:

- **Monthly Health Education Meetings:** Covering pregnancy, childbirth, parenting, nutrition, and postpartum care.
- **Aerobics & Health Walks:** Encouraging physical activity and bonding among expectant mothers.
- **Digital Support Network:** WhatsApp group for continuous education, peer interaction, and emotional support.

Impact Indicators:

1. Number of women reached through cervical cancer awareness and maternal health education campaigns.
2. Number of women screened for cervical cancer.
3. Number of pregnant women enrolled in the Maternal Support Program.
4. Referrals made for abnormal cervical screening or high-risk pregnancy.
5. Participant feedback and observed improvements in knowledge, confidence, and behavior.

Partnership with AMPATH Ghana and Other Stakeholders:

- Received training and certification as a cervical cancer awareness advocate under AMPATH Ghana.
- Actively represent the organization in local engagements and health events.
- Utilize resources and technical support to enhance project quality and outreach.

Outcomes and Sustainability:

- Positive feedback from clients and community members on increased knowledge and access to services.
- Strengthened community trust and engagement in preventive health measures.

- Plans to scale the Maternal Health Program and cervical cancer outreach to nearby communities.
- Exploration of partnerships with NGOs, local assemblies, and faith-based groups for funding, logistics, and wider reach.
- Ongoing monitoring and evaluation of program components to ensure effectiveness and adaptability.

Unique Aspects:

- **Integrated Approach:** Bridging reproductive cancer prevention with maternal support in a single initiative.
- **Holistic Care:** Addressing physical, emotional, and social needs of women.
- **Community-Centered:** Engaging women in familiar and trusted spaces like churches, markets, and clinics.
- **Technology-Enabled:** Using WhatsApp as an accessible platform for follow-up and support.





KT COUPLES CLUB















and strengthens muscles in abdomen.

□ Pelvic floor exercises: Important for strengthening pelvic muscles and preventing urinary issues.

□ Yoga, stretching, and floor exercises: These activities can improve flexibility and reduce stress.



SDA HOSPITAL

PREGNANCY SCHOOL

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