

Speak Up ! Module 4

Post your questions and thoughts

↻ i am Kuna MAKI from inzone kakuma refujee camp.

May i take this golden opportunity to appreciate all the professor from geneva and as also in other inzone centres. my questiion is at what stage is woman like to lose womd when carried out abortion? and what are the effective advise and sultions to people who have gone through this situation?

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Anonymous 12/8/23 10:13AM

Hello, Kuna, thank you for your question. May i just check - by "womd", I assume you mean womb. When abortions are done safely in an approved health centre, there is virtually NO CHANCE of a woman losing her womb when she has an abortion.

Anonymous 12/8/23 10:19AM

There are 2 types of safe abortions:

- 1) Medical abortions, with tablets that make the womb contract and expel the lining of the womb and the pregnancy. This will lead to some bleeding, but this would be normal, -like a strong menstrual period or a mild labour.
- 2) Surgical abortions, when done by trained health providers in a safe, approved facility, are safe; there may be some complications, but these are VERY RARE.

The risks of complications during or after an abortion are with illegal, unsafe abortions provided by unqualified or 'traditional' practitioners.

Anonymous 12/8/23 10:19AM

Let me know if you have any other questions. Sara Nam.

↻ Chol Dut, InZone Kakuma

Many communities particularly in rural or marginalized areas face challenges in accessing essential reproductive health services. What can be done to reduce long distances to reach healthcare centers?

Regards,
Chol

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Anonymous 12/7/23 12:00PM

Hi Chol, Great question. Some health facilities arrange out reach services, where health professionals travel to villages as a mobile health team to provide FP and SRH services. For example, MSI Reproductive Choices' is an NGO who does a lot of FP outreach. CHWs are of course an important source of SRH in communities (within their scope of work). some CHWs will have additional training to be able to issue FP methods or ART. For pregnant women who live in some settings (not usually camps), there may be 'Maternity Waiting Homes' where pregnant women who live in remote settings can go when they come close to the delivery time. This is so they can be close to a safe delivery facility and avoid a long journey whilst in labour and risk giving birth outside a health facility. In some settings there may be strategies to distribute 'safer birth' kits for pregnant women who live very far from health facilities where women can give birth, in case they cannot make it in time. However, the aim should

always be for women to give birth in a health facility. Do let me know if you have more questions - this is a big topic! (Sara Nam)

↳ Looking forward to hearing from you!

Hello to you all in Diffa, Azraq and Kakuma!
I hope you are enjoying the module this week on SRHR. We are on standby and checking every day this week for any questions, reflections you may have on this page, and look forward to meeting you at the 'Speak up!' session on Thursday.
Very best, Sara Nam

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Anonymous 12/6/23 11:00AM
Good day to you all .

Anonymous 12/6/23 11:08AM
now adays infections became a daily increasing invader especially here in the camp we are; therefore after sensitisation to the general public on regular sanitation ;hygien ,protected sex, use of antibiotics ;avoidance of using public toilets any how. is there any methods or practice to address the situaton ?

Anonymous 12/7/23 10:55AM
Hi - great points to raise, and we will talk about this more with Professor Phillipe Mayaud in the 'Speak up' session shortly. Just to note that antibiotics should ONLY be used if prescribed by a doctor and to treat a confirmed infection - antibiotics should not be used to prevent STIs (although specific antibiotics can be used to prevent other opportunistic infections that are common when someone has advanced HIV - AIDS). Also, you cannot contract STIs from using public toilets. However, the concept of DUAL CONTRCEPTION is important - so it's great if young people use contraceptive methods, but ideally, they should use condoms as well as other forms, because condoms (male or female) are a good way to prevent the transmission of STIs. An important role of CHWs is to make yourself available to talk about SRHR, be non-judgemental and advise your community members where they can go for SRHR services. (Sara Nam)

