



UGANDA NURSES & MIDWIVES UNION (UNMU)

ANNUAL SCIENTIFIC CONFERENCE AND INTERNATIONAL NURSES DAY CELEBRATION (2023)

THEME

“Our Nurses: Our Future”

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UNMU Vision

“A strong and reputable nurses' and midwives' organization that contributes to the socio-economic welfare of her members and delivery of quality health services”

UNMU Mission

“To promote members' socio- economic and professional welfare to offer quality health services”

UNMU Core values

UNMU's philosophy is driven by the following core values:

- ❖ Unity: is our strength
- ❖ Honesty: in our actions
- ❖ Quality: in delivering our promises
- ❖ Confidentiality: in our dealings
- ❖ Learning: to sustain our quest for better
- ❖ Teamwork: to mobilize professionals

UNMU objectives:

- ❖ To promote and maintain high standards of nursing and Midwifery in Uganda
- ❖ To bargain, lobby and negotiate for better terms and conditions of Service for its members.
- ❖ To promote and protect the social and economic welfare of members.
- ❖ To organize and recruit nurses and Midwives within the Nursing and midwifery fraternity into the union
- ❖ To promote unity and solidarity among member
- ❖ To establish and maintain mutual understanding between nurses, Midwives and their employers.
- ❖ To work together with government and other stakeholders on all issues affecting nursing, midwifery and public health practice.

Mr. Justus Cherop Kiplangat.



Dear colleagues in the nursing and midwives fraternity of Uganda and the world at large, welcome to this 2023 Scientific Conference. Today we are honored to be hosted here at MUNI University – Arua City. Me and my entire team at Uganda Nurses and Midwives Union we wish to thank you for your commitment to acquisition of new knowledge every day intended at improving nursing and midwifery practice. My dear colleagues my office is overwhelmed by the quest for scholarships by nurses and midwives. This exactly highlights to me the desire for our members and colleagues to aspire

for knowledge. This also suits in our year's theme: Our nurses. Our future. The future of a nurse is and nursing profession is very bright if our quest for knowledge keeps on deepening in our souls and systems.

The government of Uganda is in the systemic transition from the Certificate Nursing to Diploma. It has already done this to our sisters in the teaching profession, so it will come to us. The way to go now is for nurses and midwives to go back and pursue higher education. Such a platform is very fundamental for us to build confidence in us but also to be able to put into practice what we learn in class. Such knowledge acquired in such foras should not be kept in vein but used to transform how our profession is being practiced.

To the presenters of the day, I have no words to use to thank you but sincerely you are my heroes and heroines in the profession. No one shall love nursing more than us the nurses ourselves and such love can be exhibited by the desires to bring forward such impotent information that the future shall dwell to make our practices better as we serve humanity

To the Research and Education Committee at National Executive level, I wish to thank you for your time devoted to ensure that you scrutinize the best out of the many to come and present these master class papers. Keep the spirit and focus to the best in the nursing profession.

However, I wish to thank every individual member who contributes his or her salary to ensure that nurses union does these wonderful things we are doing- thank you so much. Take note that we are a welfare and professional organization. We draw our mandate from the constitution of Uganda, the Labour Unions Act 2006, the Employment Act 2006, the Workman's Compensation Act 2000, the Occupational Safety and Health Act 2006, as well as the various ILO conventions and UN human rights declarations on workers' rights- this is why many organizations have been formed to fight us but to no success. So my members out there, don't join the bandwagon that the union is doing nothing- we are doing something fundamental stretching from our salary enhancements to establishment of a University project for nurses. All these we are doing to ensure the nursing profession thrives to the better and make a nurse as proud as any other medic in the health fraternity

Paper presentations are a norm even at ICN. So globally it's the desire of the nursing profession to unearth knowledge and show the world that a nurse is not a subject of others in the health profession but a core of quality health care delivery.

I conclude by calling upon government to support us in this cause to ensure that in future such events are done not only at a cost of members but in a tripartite arrangement since the benefits are both to government, union and individual members

I thank you all and wish you a nice stay in Arua city as we celebrate our day of nurses.

To Love and Serve

Cherop Justus Kiplangat

President- Uganda Nurses and Midwives Union

MESSAGE FROM THE GENERAL SECRETARY UGANDA NURSES AND MIDWIVES UNION (UNMU)



Dear Nurses of Uganda I wish to thank you for travelling long distances from your places of work to come and grace this occasion. Once again thank you for all the support, you have not let us down whenever we call on you to see that we achieve something together. The National Executive Committee and the Research Committee I admire you people for the resilience to the cause of Nursing and Midwifery in Uganda.

The theme of this year's International Nurses day celebration is: Our nurse. Our future. The framers of this theme had in mind the professional aspirations nurses should focus on to achieve with support from the all stakeholders. Historically in Uganda a nurse was like a third class professional in the health care delivery professions. However, with the increasing advocacy by Uganda Nurses and Midwives Union, we have raised the bar so high that today in the health care delivery; the profession that you cannot play around with is Nursing and Midwifery.

Our commitment is that we shall keep focused and set the bar so high that no one will come and shake us down. My prayer is that when we acquire such knowledge, we should use it for the benefit of all Nurses and Midwives in Uganda as well as the clients we serve who are the patients

I conclude by thanking everyone who has put in an effort to see that this function is a success, I will not itemize names but I know you can see it yourselves. I know the mighty God who has brought us this far to the end of Uganda in Arua city will protect us and make us go through our presentations successfully as well as seeing us through our celebrations such that we go to home in peace

May the almighty Lord protect you

To Love and Serve

Kyarisiima Judith

General Secretary – Uganda Nurses and Midwives Union



Historically in Uganda

a nurse was like

a third class professional in the health care delivery

MESSAGE FROM NATIONAL TREASURER- UGANDA NURSES AND MIDWIVES UNION



Brothers and Sisters in the profession I first of all congratulate you for the strides so far achieved together as a group. I also wish to congratulate you for having come to Arua to celebrate with us this International Nurses Day 2023. I wish also to thank God that you have reached this day when we can sit together as Nurses and reflect on our history to know how far so have we gone and where we should go. The theme of this year is: **Our Nurse. Our future.** This theme is the most interesting since I started celebrating International Nurses' days. This is because members; can you imagine the future of health care without a Nurse or Nurse-Midwife!

Sisters and brothers believe me you we are at a center stage where no one in the health care system beats our voice. We are no longer in the bedrooms that we talk in hiding but we are at the podium influencing policies and participating in key decisions of the sector.

What is still a challenge is that our numbers are still small in those offices where decisions are made- we must ensure that we are everywhere for us to be felt. We also have a challenge of divisions amongst ourselves even when we see that people are using our divisions as tool to keep us away from decision making. Me, I still believe the position of the future nurse should be that of decision making and recognition for the works done. For example to the presenters, if such works can be promoted supported we shall be able to create an array of knowledge that the future will know that nursing is not for the meek but the strong minded who focus to be the best in their profession

I conclude by thanking government agencies present and others who may not be here for the chance to be in Arua and for many other benefits that have come on table to the nurses. However, I implore you to sort out issues of scheme of service that are derailing people's promotions, professional development and career growth. It demotivates for one to go to school and still remain earning a salary of the lower cadre yet the positions would be there.

I wish to thank all those who came and wish you a nice stay in Arua as we celebrate the day of a Nurse

To Love and Serve

Birungi Annet

National Treasurer- Uganda Nurses and Midwives Union

MESSAGE FROM SECRETARY FOR RESEARCH AND DOCUMENTATION, UNMU



Dear Distinguished nurses and midwives of Uganda and the world at large, welcome to this 2023 scientific conference in MUNI University – Arua City. Uganda Nurses and Midwives Union appreciates your commitment to learning and acquiring knowledge to improve nursing and midwifery practice. It is exactly 21 years since we were last in Arua for the scientific conference that by then was held under the Association. It was during that meeting that the commissioner of Labour sensitized the nurses and midwives on the importance of forming a Union. A year later the union was born. I can rightfully say that the idea that originated in Arua has contributed greatly to professional and socio- Economic transformation of the nurses of Uganda.

I would like to acknowledge and appreciate the intellectual contribution by the researchers who submitted their abstract to the scientific conference committee for presentation at this conference. Colleagues the trend nursing and midwifery is taking in Uganda is very exciting that we now have nurses and with PHD, Masters, Bachelors and Post graduate diplomas as opposed to what we had 20 years. Our concern right now is to see the publications from Ugandan nurses and midwives in the various journals. UNMU is committed to expedite this through their research agenda with the various partners within and outside Uganda.

I would like to commend the role of our international body the International Council of Nurses (ICN) that selected this year's theme our **Nurses. Our Future** to guide our discussions during the Scientific Conference and International Nurse's Day celebrations. Indeed, I cannot imagine how a world without nurses can survive the epidemics and pandemics diseases that have imaged in this his decade. Which weapon would have successfully managed Ebola, Covid- 19, Murburg disease? Nurses were and are still on the frontline fighting to secure the future of the people and the world at large. I would like to call upon the nurses and midwives of Uganda to impress research so that it can guide their practice. We have so many imaging conditions that require our search for knowledge and relating the management to our own setting.

Lastly, I would like to extend my appreciation to individuals and institutions that have enabled the nurses and midwives to participate in this conference for without their support it would be a night mare. I would like to conclude by wishing everybody a fruitful conference and a multiplier effect as you shall be sharing what you have benefited from this conference with your workmates who have remained to care for our dear patients and clients.

Ready to serve,

Masereka Zakayo Black

Secretary for Research and Documentation UNMU

EVALUATING PATIENT CENTERED CARE DELIVERY AT ARUA REGIONAL REFERRAL HOSPITAL: A PROGRAM EVALUATION

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Background: A patient-centered care (PCC) approach to the delivery of health services is considered a salient component of quality health care. The implementation of this approach has been shown to improve patient satisfaction and patient outcomes. In 2019, Seed Global Health and Muni University (MU) implemented a partnership with the goal to improve patient centered care delivery to patients in the West Nile Region of Uganda. However, we have limited data on how patients perceive patient centered care delivery at Arua Regional Referral Hospital (ARRH). Therefore, this study aimed to evaluate patients' satisfaction with the delivery of patient centered care at ARRH.

Methods: A descriptive cross-sectional study design was used to conduct a survey using the eight dimensions of PCC by the Picker Institute at ARRH. Descriptive statistics were used to evaluate patient perceptions of PCC. 368 patients were surveyed throughout the inpatient wards and outpatient department.

Results: Participants had a mean age of 33.9 years. 80% of patients were satisfied with health care workers respect for patient preferences, values and expressed needs and about 70% were satisfied with coordination of care. The lowest satisfaction rating was in the domain of physical comfort (68%).

Conclusion: The overall satisfaction with PCC at ARRH was higher compared to previous studies.

Implications: Findings from this study may be used to improve quality of care provided to patients and as baseline data for further research. Health training institutions may use these findings in training students about PCC and emphasize the importance of PCC concept in quality patient care.

Recommendation: MU and ARRH continue to partner to develop quality improvement projects to increase PCC satisfaction among patients. Further evaluation to validate these results is needed.

Method of presentation: Power point.

Prevalence and Practices of Self-Medication with Antibiotics among Nursing Students at a Training Institution in Western Uganda

By: Shanitah Nankya

Background:

Self-medication is one of the leading causes of inappropriate antibiotic use practices. This leads to antimicrobial resistance which results into anti-microbial related deaths. The prevalence of self-medication practices with antibiotics in northern Uganda was found to be 75.5% (Ocan et al., 2014) which was still very high. The aim of the study was to determine the self-medication practices and their prevalence among nursing students at certificate and diploma level at a health training institution in south western Uganda.

self-medication. Most students, 50.8% (182) based their choice of the antibiotic to use on own experience with the antibiotic used before. Also 39.9% (143) students reported to have been getting their antibiotics mainly from the community pharmacist and 31.4% (112) from drug shop. The most commonly used antibiotics for self-medication included amoxyl and metronidazole. Change of dosage during course of treatment and switching of antibiotics during course of treatment were some of the self-medication was reported.

Implications of the study; Self-medication is a deadly practice as it leads to improper antibiotic usage and antimicrobial resistance related deaths. The results above imply that the prevalence of self-medication practices among Nursing students are still very high and that there is need to educate Nursing students more about the side effects of self-medication with antibiotics on their health. This will enrich their knowledge and since Nurses are educators, they can provide knowledge to their patients in future and hence prevent Antimicrobial resistance related deaths and other side effects of self-medication

RECOMMENDATION: More emphasis should be put on teaching the nursing students about proper antibiotic use practices and the dangers of self-medication. There is need to do a study the knowledge of nursing students in relation to antibiotic use practices

Conclusion: Self-medication practices are very common among nursing students. It is a major public health problem as it is associated with inappropriate antibiotic use practices, antimicrobial resistance and related deaths.

Key words: *self-medication, nursing students, antibiotics, practices*

Patient's Perception, Knowledge and Self-Care Practices towards Glycemic Control: a Facility Based Study among Diabetic Clients attending Mulago National Referral Hospital Diabetic Clinic

By Sophia Nampijja

Background: Diabetes mellitus (DM) continues to debilitate lives of many people all over the world. Patient's knowledge and perception about DM are key determinants of self-care practices and resultant glycemic control among clients. This study therefore aimed at assessing patients' perception, knowledge and self-care practices towards glycemic control among diabetic clients attending Mulago National Referral Hospital, DM clinic.

Methodology: This was a hospital-based cross-sectional study carried out among 323 randomly selected patients attending the DM-clinic. Good or adequate glycemic control was determined by having a fasting or random blood sugar between 60 mg/dL to 126 mg/dL (3.3mmol/L to 7.0mmol/L) on two separate consecutive tests. Data on perception, knowledge and self-care practices towards glycemic control were collected using researcher administered semi-structured questionnaires. Analyzed using SPSS version 23 and all statistical tests were performed at 95% confidence interval and 5% level of significance.

Findings: Glycemic control was found to be adequate in 68.4% of the study patients. Patients' perception about DM was generally positive; many respondents perceived DM as very serious or serious disease (37.2% and 59.8%) respectively. Knowledge of respondents about DM and self-care practices was moderate in 51.4% respondents. Also, only half (50.2%) respondents had averagely good self-care practices in regards to glycemic control.

Conclusions and Implications to the Nursing practice: Patients' perception, knowledge and DM self-care practices were found predictive of glycemic control among DM clients in this study. That means, there is a need for all nurses to holistically understand patients'

perception and knowledge of DM in order to support the patients' self-care plans.

Recommendations: The study findings suggest the need for routine health education and adequate support from family members to enhance clients' DM knowledge score and self-care practices.

Profile of patients transported by Public motor vehicle Ambulance in Mbarara Region, Uganda

By: Sylvia Natukunda & Jonathan Kajjimu

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Background

The healthcare facilities in Uganda often rely on road transportation for critical traffic accident victims. There are three types of motor vehicle ambulance services in Uganda; but in the Mbarara region of the country, only Type A and Type B ambulances offer these services. Previous research on these public motor vehicle ambulance services tends to focus on traffic accident victims in all of Uganda. The purpose of this research is to describe the characteristics, clinical management, and outcome of traffic accident victims who are transported by public motor vehicles in the Mbarara region of Uganda.

Methods

A retrospective review of healthcare records of traffic accident victims who were transported by public motor vehicle ambulances was conducted from 1st November 2023 to January 31st,2023, in Mbarara region of Uganda. Descriptive statistics were used to summarize data from the Emergency Medical Services (EMS) regional registry of Mbarara to describe the characteristics, clinical management, and outcomes of these traffic accident victims.

Results

8/15 public ambulances were analyzed with a total of 192 transferred patients. The majority of patients transferred were adults 162 (84.4%), having mostly obstetrics cases 94 (49%) and being referred from mostly health Centre IVs 76 (39.6%). Private hospitals and Health Centre IVs had the highest incoming referrals, of whom most patients received were in the red triage category 140 (72.9%), transferred predominantly through the inter facility process. The mortality rate of referred patients by arrival time at the referred site was 2 (1%).

Conclusion:

The public motor vehicle ambulances EMS reports of the Mbarara region lack information on outcomes of referred patients and have insufficient assessment and management of patients in transit.

Recommendations

Ambulance assistants need to capture more data on pre hospital care such as ambulance response time, staffing of ambulances in transit, duration of transit time, EMT or paramedic assessments, and clinical management of patients in transit, reasons for referral amongst inter-facility transported patients, etc. in the ambulance patient care forms.

Implications

Incompletely filled EMS reports limit quality assurance of patients transported in public motor vehicle ambulances.

different categories. Waste segregation has safety implications of which nurses maybe the first victims. Information on clinical waste segregation by health workers in health Centres is scanty in Uganda. A study was done in 2020 to assess the factors affecting waste segregation among Health centres in Kabale district, Uganda.

Methods

A cross-sectional study involving 137 health workers from 21 public Health centres was done from May to June 2020. Pre tested researcher administered questionnaire and observational checklist were used. Purposeful sampling for health facilities and proportionate random sampling for health workers were used.

Results: All waste categories (100%) were not segregated. Sharps and pharmaceutical waste were poorly handled (24.8%). Only 20% colour coded bins with liners were available, 45% segregation charts in areas of waste generation, 5% functional HCWM committees, 10% trained health workers and supervision was at only 35%. Clinical waste segregation of good practice was discovered to match with longer clinical working experience 38%

Discussion:

Health workers with lower-level education did not know waste segregation. Since they were part of the health workers involved in waste handling, this justifies the knowledge gap that was identified during the study. Most of the facilities had no functional IPC committees, which hinders supervision and mentorship. Also, HCWM budget was almost nonexistent in most health facilities.

Nursing Implications

If waste segregation is not improved, there is a likelihood of increased nosocomial infections, increased needle stick injuries, among nurses.

Conclusion:

Among the factors affecting compliance with waste segregation guidelines are Inadequate knowledge, lack of colour coded waste bins and liners, lack of functional HCWM committees, less support supervision and inadequate budget affect HCWM activities. Availability of functional IPC committees, equipment, guidelines and protocols help in clinical waste management. Without adequate knowledge, no proper waste management.

Knowledge and its Predictors on the Signs and Symptoms of Stroke among Clients with Hypertension Attending Care at Mbarara Regional Referral Hospital

By Anyango Stella

Background: Stroke is the second leading cause of morbidity and mortality among cardiovascular diseases after ischemic heart disease with hypertension contributing to 64% of all cases of stroke. In Sub-Saharan countries, mortality from stroke is more common at 85% among patients with hypertension. There is an increase in hypertension with stroke as a complication in Uganda and Africa. However, it's not clear, whether such individuals are knowledgeable on signs and symptom of stroke. This study sought to assess knowledge, and its predictors on signs and symptoms of stroke among clients with hypertension in Mbarara Regional Referral Hospital in south-western Uganda.

Method: A cross-sectional study design was used for the study objectives 1 and 2. The study was conducted among clients with hypertension at the Out Patient Department (OPD) of MRRH. Data were collected from 80 participants using a researcher-

Results: In total, 70 (87.5%) had low knowledge on signs and symptoms of stroke, 10(12.5%) had fairly good knowledge and none of the participants had very good knowledge. Sixty-eight respondents totalling to eighty-five per cent knew about signs and symptoms of stroke. Of these, 62(91%) identified one sided paralysis as a sign of stroke while sudden numbness was the least known to the respondents 3(4%). At a bivariate level there was an observation that, source of information like; internet, radio, consultations with doctors and age had significant importance on knowledge. Respondents who used internet, had a high chance of having fair knowledge on signs and symptoms of stroke versus those who used other sources of information (OR=19.83, p-value=0.024). At a multivariable level, age and using internet as sources of knowledge were associated with fair knowledge on signs and symptoms of stroke versus low knowledge. Age had a substantial effect on the participant's knowledge on signs and symptoms of stroke, the older the participant, the high chance of having fair knowledge on signs and symptoms of stroke (OR=1.08, p-value=0.06).

Conclusion: The overall respondents' knowledge was very low 70(87.5%). The study found that the internet source and respondent age were the main predictors of signs and symptoms of stroke.

Pregnant Women's Knowledge, Attitude and Practice towards the Attendance of Antenatal Care Services at Mukono General Hospital

By Nabaweesi Josephine & Namwanje Regina Germina

Background: Antenatal care is referred to as the totality of care given to pregnant women from

Conception to delivery from a certified health care setting. A number of 8 contacts are recommended throughout pregnancy according to WHO, 2016. Antenatal services are free in Uganda courtesy of the government of Uganda though attendance is still very low, which has continued to cause maternal and infant mortality and morbidity from preventable causes. Early booking has an advantage for proper pregnancy information sharing and pregnancy monitoring. **Objective:** The purpose of this study was to determine pregnant women's knowledge, attitudes and practices towards attendance of antenatal care at Mukono General Hospital.

Method: A sample of 60 pregnant women was used, and a descriptive quantitative design was employed. Data was collected using a structured questionnaire consisting of questions about socio-demographic factors, knowledge, attitude and practice affecting attendance of using structured interview method.

Results: Pregnant women had good practice at 90.2%, positive attitude of 94.6% and slightly less knowledge of 66.7%. Only 12% were knowledgeable about the number of antenatal care visits recommended, 45% had knowledge about when to initiate first antenatal care visit and 79% had a positive attitude towards early booking.

Recommendation: We recommend that pregnant women be given all the necessary information regarding antenatal care with special emphasis on the recommended number of visits, when to initiate their first visit and encourage early booking in order to achieve the 8 contacts WHO policy for antenatal care. When we increase knowledge, we increase antenatal care utilization according to Anderson's behavioural model. We further recommend that as nurse leaders and educators, we should strive for policy implementation at all levels within our scope of power to better health service delivery.

Factors Influencing Modern Contraceptive Use Among Women of Reproductive Age Living in Slums of Arua City

By Ronald Jokindu

Problem Uganda is among low income countries with high population growth rate of 3.35% (UBoS, 2020) with 48.3% of urban population live in slums (World Bank, 2018). West Nile region contraceptive prevalence is 19% (UDHS, 2016) against WHO recommended 100%. This wide gap in modern contraceptive use escalates preventable maternal and under 5 mortality. Contraceptive use in Arua city slum has not been established yet it's largest population among slums in west Nile region.

Objective: To examine the factors influencing modern family planning use among women of reproductive age living in slums of Arua City. The specific objectives include; To determine the proportion of women of reproductive age using modern contraceptives. To establish socio-demographic factors influencing modern contraceptive use. To examine health system factors influencing modern contraceptive use in Arua city slums.

Methods: A Cross-sectional and quantitative study design was adopted. Systematic sampling procedure was used to select every 9th household starting from a random entry point to make sample size of 418 participants. Data analysis was done using SPSS version 20. Bivariate Pearson's Chi-square test statistic and two stages of logistic regression analysis at a p-value <0.05 was used to statistical significance.

Results: (1) Modern contraceptive use among women of reproductive age in the slums of Arua city was slightly high at 61.2%. Most commonly used methods being pills (59.3%) followed by injectable (31.1%). (2) Income generating activity, support from partner, peers, and elders significantly enhanced modern contraceptive use. (3) PNFP health facilities increased contraceptive use and the unfriendly provider attitude was associated with poor contraceptive use. **Conclusion:** Modern contraceptive use in Arua city slums (61.2%) is below WHO recommended 100%. Secondly socio-demographic and health system gaps weaken modern contraceptive use. **Recommendations;** The is need for community sensitization using various media platforms on modern contraceptives use. (2) Support communities with income generating activities (3) escalate social support for better sexual reproductive and maternal and child health innovations (4) Strengthen PNFP facilities with more modern contraceptive methods (5) Conduct CMEs/refresher training for the health workers about attitude change.

Implications

Nursing education

While this study did not examine the educational levels, global agencies especially WHO, ICN and ICM have persistently recommended higher level training of nurses and midwives to provide evidence based care. In developed countries there exist evidence of positive impact of advanced nurse practitioners on clinical and service-related outcomes: patient satisfaction, waiting times, control of chronic disease, and cost-effectiveness (Maung and Whitehead, 2021) Nursing Research.

While research is required to provide evidence, nursing led research is yet to hit ground in Uganda.

Nursing practice: The study has indicated poor attitudes of providers hinders deliver of quality care during nursing practice

Nursing management: While this study did not examine critical management functions of a nurse, it opens the window to ascertain how nurse managers can effectively execute

Key words: Modern Contraceptives, Reproductive age, Slum

Healthcare access for Maternal Mental Health care problems in formal and informal settings in south western Uganda: Lived experiences of patients and caregivers

By Gladys Nakidde, Edward Kumakech and John F. Mugisha

Background: Maternal Mental Health (MMH) disorders are a major public health concern associated with adverse effects to mothers and the children. Healthcare access by vulnerable populations like those with MMH problems is challenging in low resource settings like Uganda. There is a dearth of information on access to healthcare and lived experience of women with MMH in Uganda. This study aimed to explore the experiences of MMH patients and their caregivers regarding access to care in Uganda.

Methods

We used a qualitative study design where in-depth interviews were conducted among women who had received from MMH problems (n=7); their family care givers (n=11) and mental healthcare workers (n=4) to obtain narratives about lived experiences and needs for health care for women with MMH disorders. Data was analyzed by content thematic analysis.

Results

The findings indicated that women with MMH never identify their need to seek healthcare as they reported not understanding what was going on at the time of the illness. They were only helped by their family caregivers, who determined where to take them for care. Women with mental illness are always first taken to witch doctors or for prayers before reaching out for hospital care because they believe mental illness is caused by witch craft and family spirits among others which may not be managed in formal health care facilities. Patients are taken to hospitals as last resort in majority of cases due to persistent and worsening symptoms. Challenges related to care seeking included lack of money to purchase prescribed medications not available at health facility, complications of medicines, delay to seek for health care and lack of insight about the cause and management of MMH problems among patients, caretakers and healthcare workers.

Conclusion: There is need to increase awareness about MMH problems in communities and among healthcare workers to increase diagnostic coverage and improve lived experiences of patients and their caregivers.

Key words: *Health care access, maternal mental health problems, antenatal and postpartum women, family care givers, experiences*

Barriers and facilitators to successful intensive adherence counselling in rural northern Uganda: an exploratory interview with HIV-positive clients using the COM-B framework

By: Humphrey Beja

Background: Intensive adherence counselling (IAC) was introduced to enhance adherence to antiretroviral therapy (ART) among HIV clients with non-suppressed viral loads (VL). There has been sub-optimal VL suppression among HIV clients in Uganda enrolled in IAC. However, there is a scarcity of literature on the barriers to successful IAC.

Aim/Objective: We aim to explore the barriers and facilitators to successful IAC among HIV-positive clients seeking care in public health facilities in northern Uganda.

(COM-B) framework. Data were analysed using the deductive thematic approach following the COM-B framework.

Findings: The majority of the participants were females (60%), married (53%), and attained primary education (47%). Barriers to successful IAC were; *Capability*- alcoholism, multiple sexual partners; *Opportunity*- stigma, discrimination and delayed viral load result; and *Motivation*- deteriorating health and lack of incentives. Facilitators to successful IAC were; *Capability*- good knowledge of ART, reminder alerts; *Opportunity*- social support, availability of ART, and good counselling; *Motivation*-desire to live longer & healthy and the desire to fulfil dreams and goals.

Discussion: The result of this study is consistent with those of other studies in other contexts but we do not have the view of the health care workers on the barriers and facilitators to successful IAC.

Conclusions: Successful implementation of IAC needs to consider the context of the person in care thus the need to strengthen individualized IAC sessions.

Recommendations: HIV care providers can adopt the COM-B framework to perform individualized IAC and use the information to strengthen the counselling sessions.

Implication to nursing education, Nursing Research, Nursing practice, Nursing Management: A similar study needs to be conducted explore the health workers perspectives on the barriers and facilitators to successful IAC

Method of presentation: Oral

Presentation.

Factors affecting utilization of cervical cancer screening services among women of reproductive age in Mid-Eastern Uganda

By: Obaa Francis

Background

Cervical cancer ranks fourth common cancer among women worldwide. According to WHO report 2020, about 604,000 new cases of cervical cancer and 342,000 deaths worldwide, 90% in low and middle income countries? In Uganda cervical cancer is ranked First common cancer in women accounting for 6,959 new cases diagnosed, 4607 deaths occur annually 2020 estimates. 80% of the cases diagnosed annually in Uganda present with advanced disease, cervical cancer screening program can reduce incidence and mortality by 80%.

Objective

To explore the factors affecting utilization of cervical cancer screening services among women of reproductive age in Mid-Eastern Uganda.

Materials and methods

This study employed cross-sectional design where by 355 women of reproductive age 18-49 years in Antenatal clinic were randomly selected. Data was generated through interviewer-administered questionnaire. Descriptive analysis was employed to establish factors affecting cervical cancer screening, bivariate and multivariate logistic regressions were used to establish predictors of cervical cancer screening services.

Results

Factors included being healthy, never thought about screening, fear of pain, fear of embarrassment, fear of results.

Implication to nursing education: Nursing education curriculum should capture and emphasize on cervical cancer screening.

Implication to nursing practice: Continuous professional development (CPD) in hospitals should emphasize on prevention measures of cervical cancer among women.

Implication to nursing Research: Continuous research on cervical cancer and its related effects to generate knowledge base transformable into clinical practice resulting in evidenced based-nursing.

Implication to nursing Management: Nurse Managers should emphasize on routine screening as a measures to mitigate cervical cancer and its related effects.

Factors associated with early initiation of breastfeeding within one hour of birth among postnatal mothers with neonates of one day at Mengo Hospital.

By Justine Nalukwago

Background: Early initiation of breastfeeding was found to have numerous nutritional and immunological benefits, good in the prevention of diarrheal diseases among new born, hence reducing neonatal mortality. The study aimed at determining the factors associated with early initiation of breastfeeding within the first hour after birth among postnatal mothers with neonates of one day at Mengo Hospital.

Method: A total number of 188 mothers, who delivered from Mengo Hospital between January and February 2019, were interviewed through interviewer-administered questionnaires.

Results: 63 (33.5%) were between the age ranges of 25-29years, 3 (1.6%) were in the age ranges of 40-44. 153 (81.4%) were married, 2 (1.1%) never attended school, 109 (58%) had attended up to tertiary institutions. Those who were employed were 75 (41.5%) mothers, 147 (78.2%) were residing in urban. Early initiation of breastfeeding was significantly higher among mothers who had a tertiary level of education 109 (58 %)

Conclusion: 16% babies were initiated on breastfeeding within one hour after birth. The factors associated with early initiation were found to be high education levels and having delivered normally.

The findings will be used by nursing students as source of literature by providing the locally generated information; it will provide a body of knowledge to be used by further researchers. Furthermore, the results will be used by the management team and policy makers to design policies which emphasize initiation of breastfeeding in the first hour. Will contribute knowledge about early initiation of breastfeeding which will be delivered to mothers during health education talks.

Recommendations: Hospital staffs that provide antenatal services and those who conduct deliveries should be equipped with sufficient knowledge, competence and skills to support mothers initiate breastfeeding in the first hour after delivery.

Perceptions and Experiences of Compassionate Care among Mothers at National Referral Hospital, Uganda

By: Rubagumya Kenyonyozi

midwife. **Category two:** Positive experiences with four sub categories; labour and pain management, professionalism, mothers' feelings about the care and environment. **Category three:** Negative experiences with two sub categories; midwife's behaviour, system challenges.

Conclusion: These findings indicate how mothers would like compassionate care to be rendered to them and how they encountered compassionate care.

Impact of the research:

To Nursing Practice: This study provided information to guide incorporation of compassionate care in midwifery practice.

To Nursing Education: The study identified how compassionate care can be incorporated in the midwifery education system, to improve training of the midwifery students in compassionate care skills.

To nursing management: To offer compassionate care to patients and mothers there is need for a compassionate leadership.

To Nursing research: This will contribute to the body of knowledge on compassionate care especially in midwifery services in Uganda and to the whole world

Recommendations

To the government; it should put in place enough resources to enable the midwives offer optimal care.

To the ministry of health; they should advocate for compassionate care to be rendered to mothers. They should also do the supervisory work on the care being rendered.

The midwives; Should try to render compassionate care amidst, because they are the ones that interact with the mothers and the mothers do appreciate this effort.

The mothers; should cooperate with the midwives.

Care talkers; should also be fully involved in the care and this is with the aid of the midwives.

Nursing education; compassionate care starts from training; therefore, it should be incorporated in the training.

The **Hospital administration** should provide the required resources and infrastructure.

A cross-sectional study on knowledge, attitude and practice regarding female condom use among adolescents and young adults attending Naguru teenage information and health centre, Kampala district

By: Sharon Nakirijja & Florence Nabushawo Okecho

Background of the study: Uganda has an adolescent pregnancy growth rate of 25%, one of the highest in Sub Saharan Africa. Appropriate and consistent usage of female condoms has been attributed low pregnancy rates and 95% reduction in the threat of spreading HIV compared to the dual protective efficacy of male condoms. This study determined the level of knowledge, attitude and practice regarding female condom use among adolescents and young adults attending Naguru teenage information and health centre, Kampala district.

female condom. Majority (64.1%) didn't have the knowledge on how to fit a female condom and 88.8% didn't know how to introduce a female condom by self. Slightly above half (51.3%) of the participants strongly disagreed that female condom use reduced sexual pleasure. While majority (84.4%) reported that their religion didn't allow female condoms use and 48.7% strongly disagreed that culture influenced female condom use.

Conclusions and Implications to nursing practice: This survey reflected that many participants had ever-heard of female condoms but very few knew it's proper usage. Despite of their willingness to use the female condoms, the usage of female condoms was still very low. Creating awareness of female contraception in hospitals and sensitization of communities by nurses is needed as it could influence their knowledge, attitude and its proper usage.

Recommendations: More efforts are required in equipping sexually active adolescents and young adults with adequate information about female contraception as it could influence their knowledge, attitude, and female condom use.

Knowledge, attitudes, and practices of comprehensive sexuality education among secondary school teachers

By: Vicent Nemeyimana,

Objective: To assess knowledge, attitudes, and practices of comprehensive sexuality education among secondary school teachers in Bufumbira South, Kisoro, Uganda.

Method: Analytical cross-sectional design was adopted, and a semi-structured questionnaire used to collect data. A sample of 80 participants were purposively selected and interviewed on different aspects of knowledge, attitude, and practice of comprehensive sexuality education. Collected data was cleaned, organized, and analyzed using Statistical Package for the Social Sciences (SPSS) version 26, and presented in tables, and elaborated narratively. Bloom's cut-off point was applied to determine the level of knowledge, attitudes, and practices of CSE.

Results: On Knowledge, most teachers (62.5%) scored 80-100% (good knowledge). Marital status ($P= .038$), level of knowledge ($P= .000$), and religion ($P= .000$) were significantly associated with knowledge. On attitude, most teachers (76.3%) had a poor attitude. Marital status ($P=.009$), subject taught ($P= .018$), level of education ($P= .002$), and having children ($P= .011$) were significantly associated with attitude. On practice, 65% had moderate CSE practices. Only religion ($P= 0.033$) was significantly associated with practice. Both knowledge and attitudes significantly influenced practices of CSE.

Discussion: Findings showed that teachers had good knowledge of CSE, though with gaps on attitude and practice. Training and empowerment of teachers and availing supportive resources are required for effective and efficient school-based sexuality education.

Recommendations: The study recommended prioritization and incorporation of sexuality education into school's learning program. Approach to sexuality education should be comprehensive, offering various healthy options to learners, but in line with Uganda's sexuality education framework 2018 and in respect of learners' religious beliefs.

Conclusion: Findings showed that teachers had good knowledge of CSE and recognized its importance in schools. However, there were gaps on various aspects of attitude and practices of CSE, perpetuated by lack of training, non-inclusion of CSE in the curriculum, shortage of updated teaching resources, and unsupportive school policy on CSE.

about CSE that they deliver to students. Additionally, it means that when designing reach out programs to schools, the target shouldn't be students alone, but their teachers too.

Antimicrobial Resistance and Rational Prescription Practices: Knowledge, Perceptions and Competence of Medical Interns in Uganda

By: Shamim Nabidda

Background: Graduate medical interns are at the frontline of prescribing and using antimicrobials in Uganda however their knowledge and confidence on antimicrobial resistance (AMR) and rational prescription practices is uncertain yet they often work under minimum supervision.

Objective: The study assessed the knowledge, perceptions, and confidence of medical interns in Uganda on antimicrobial resistance and rational prescription practices.

Methods: This was a descriptive cross-sectional, multicenter quantitative survey carried out between October and November 2023 at six tertiary hospitals in Uganda. We recruited medical interns including doctors, nurses, midwives, and pharmacists. Data was collected using online Kobo toolbox software shared by research assistants to the selected participants. Data analysis was performed using STATA (StataCorp) version 16. Bivariate and multivariable logistic regression was performed. A $p < 0.05$ was considered significant.

Results: We recruited 281 participants with a mean age of 27 ± 3.8 years. Few participants ($n=53$, 19%) had good knowledge about AMR and rational prescription. The use of professional organization guidelines as a source of information was significantly associated with good knowledge ($aOR=1.9$, 95% CI: 1.0 – 3.5, $p=0.046$). Nurses had the least knowledge as compared to doctors and pharmacists. Continuous medical education (99%) and availability of clinical guidelines (98%) were identified as the most helpful intervention to improve this knowledge. Most participants were confident in their ability to accurately diagnose infections and selecting appropriate antimicrobials. The overuse of antimicrobials both at health centers and livestock production were perceived as most significant contributors to AMR.

Conclusion: Medical interns have low knowledge on AMR despite high confidence of rational antimicrobial prescription. Continuous medical education and professional organization guidelines should be leveraged to improve their knowledge. Strategies to improve nurses' understanding of AMR like emphasizing those aspects in the nursing curriculum and practice should be prioritized.

Key words: ANC- Antenatal care; WHO-World Health Organization

Knowledge Attitude and Practice of Breast Self-Examination among Female Clients Attending Postnatal Clinic in Eastern Uganda

By: Kulume Mary Goretty, Rcn.

Background; Breast cancer is the second leading cause of cancer deaths in women and poses a global public health concern. Worldwide, it remains the most frequently diagnosed cancer among females accounting for 23% of cancer cases and 14% of the cancer deaths with a 3% annual incidence. In Uganda breast cancer ranks third common cancer with incidence rate of 22 per 100,000 women. Recommended screening methods to reduce

Materials and methods; A cross-sectional study employing quantitative methods was used. A total of 386 women were interviewed using simple random technique. Data was analyzed using SPSS, Univariate and bivariate analysis was done and results with a P-value of less than 0.05 were statistically significant.

Results; Knowledge and practice of breast self-examination was low. Less than half of participants heard about BSE, 24.3% of those reported correctly that BSE should be done on a monthly basis. There was a statistically significant relationship between knowledge and practice of BSE with the participant's address, highest level of education, occupation and religion.

Conclusion; Knowledge of BSE among women in eastern Uganda was found to be inadequate. Participants did not have in-depth knowledge and skill related to BSE. Practice on BSE was low. Few participants' practiced BSE monthly which was closely related to the participant's knowledge and skill of BSE.

Implication to nursing education: Nursing education curriculum should capture and emphasize on Breast Self-examination.

Implication to nursing practice: Continuous professional development (CPD) in hospitals should emphasize on prevention measures of breast cancer among women.

Implication to nursing Research: Continuous research on breast cancer and its related effects to generate knowledge base transformable into clinical practice resulting in evidenced based-nursing.

Implication to nursing Management: Nurse Managers should emphasize on routine screening as a measures to mitigate breast cancer and its related effects.

Presentation: Power point.

UNMU -National Executive Committee (NEC) Members 2018- 2023

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Cherop Justus Kiplangat	President	Sebei
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Assumpta Nakalanzi	Vice President	Western
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Wanyama Regina	Member	Bugisu
-	Special interest group	Police
	Student Rep	
	Retired Rep	

UNMU ANNUAL SCIENTIFIC CONFERENCE, ANNUAL GENERAL MEETING AND INTERNATIONAL NURSES DAY PROGRAM 9th - 12th MAY 2023 AT ARUA UGANDA

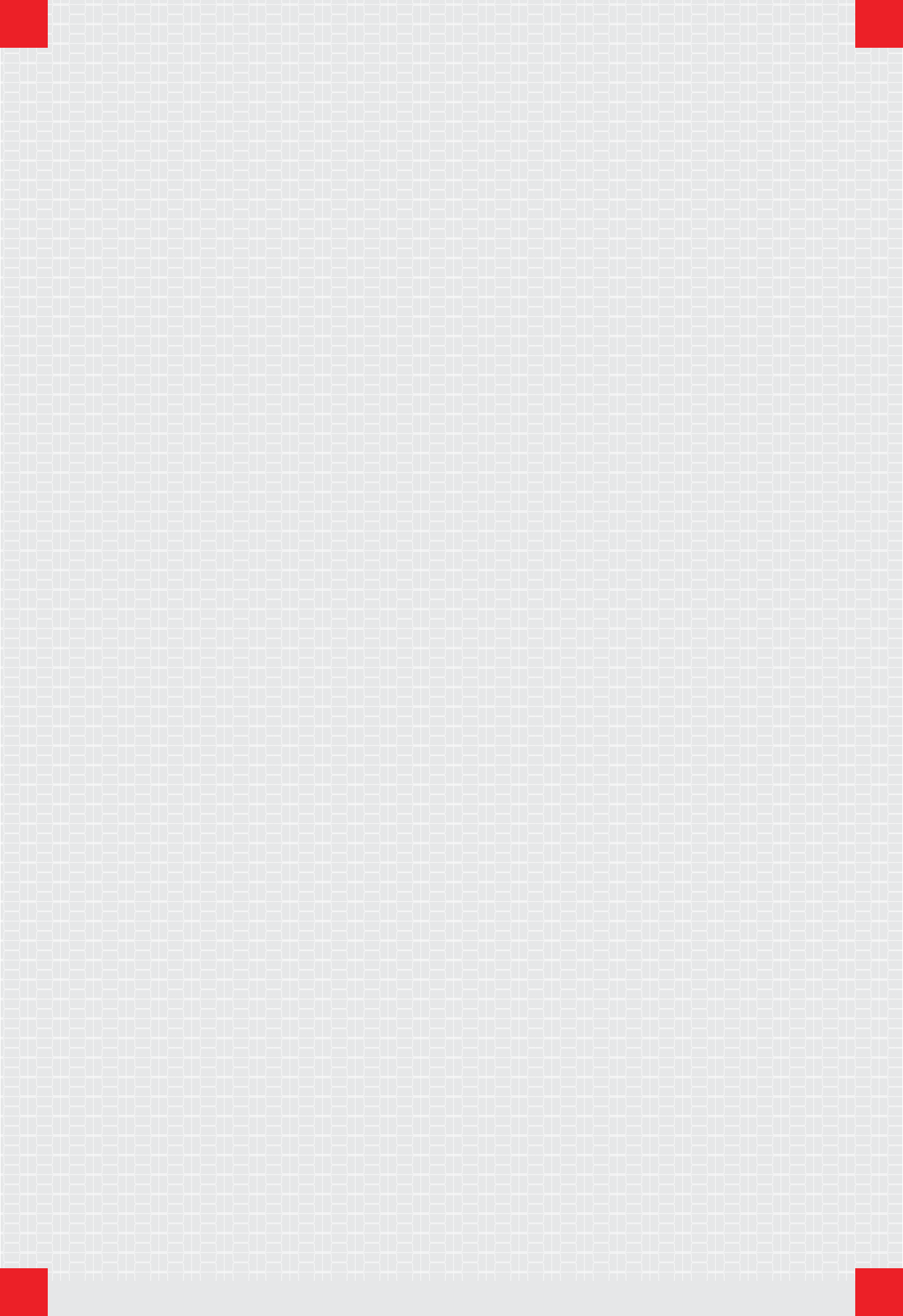
TIME	ACTIVITY/PRESENTATION	PRESENTER	MODERATOR
9/05/2023	DAY ONE		
3:00-7:30 pm	Arrival and Registration of delegates	Secretariat	Secretariat
10/05/2023	DAY TWO		
7:00-8:00 Am	Breakfast and Registration	Secretariat	Secretariat
8:00 - 8:45 AM	Official opening and recognizing of guests (MOLGCD, NOTU, COFTU, ARUA CITY officials, Regional & International Observers)	RCC- Arua City	UNMU President
8:45Am -2:00Pm	AGM	Secretariat	General Secretary
2:00 – 2:20 PM	ICEA presentation		General Secretary
3: 30 Pm – 5 PM	Site visit of Arua City		Mr. Ram
6:00 Pm - 8:00Pm	Personal administration		
11th May 2023	DAY THREE SCIENTIFIC CONFERENCE		
8:30 – 8:45am	Distribution of conference materials		
8:45 -9.55am	Traditional welcoming dance	Arua school of Compressive	Ram Samson
9.55-10:10am	Welcoming Remarks and introduction of guests	UNMU President	G/S UNMU
10:10 -10: 25am	Key note Address	Dr. Diana Atwine, PS MOH	President UNMU
10:25 – 10:35am	Evaluating Patient Centered Care Delivery at Arua Regional Referral Hospital: A Program Evaluation	Aleni Mary	Mr. Black Zakayo
10:35-11:00am	BREAK TEA		
11 Am – 11 :10	Prevalence and Practices of Self-Medication with Antibiotics among Nursing Students at a Training Institution in Western Uganda	Shanitah Nankya	
11:11-11:20 Am	Patient's Perception, Knowledge and Self-Care Practices towards Glycemic Control: a Facility Based Study among Diabetic Clients attending Mulago National Referral Hospital Diabetic Clinic	Sophia Nampijja	
11:21 – 11:30Am	ECSACON Presentation	V/P ECSACON	
11:31- 11:40am	Factors Related to Clinical Waste Segregation among Health Centres in Kabale District	Twongyeirwe Doreen Kagina	Adongo Petua

11:41-11:50pm	Knowledge and its Predictors on the Signs and Symptoms of Stroke among Clients with Hypertension Attending Care at Mbarara Regional Referral Hospital	Anyango Stella	Sr. Kadimala
11:51-12: 00 MD	Pregnant Women's Knowledge, Attitude and Practice towards the Attendance of Antenatal Care Services at Mukono General Hospital	Nabaweesi Josephine	Nsabimaana Justus
12:00 – 12:10PM	Factors Influencing Modern Contraceptive Use Among Women of Reproductive Age Living In Slums of Arua City	Ronald Jokindu	Agembi Stella
12: 11 -12: 20	Healthcare access for Maternal Mental Health care problems in formal and informal settings in south western Uganda: Lived experiences of patients and caregivers	Gladys Nakide	Amede Rose
12:21 - 12:30pm	Barriers and facilitators to successful intensive adherence counselling in rural northern Uganda: an exploratory interview with HIV-positive clients using the COM-B framework	Humphrey Beja	
12:31- 12: 40 Pm	Factors affecting utilization of cervical cancer screening services among women of reproductive age in Mid-Eastern Uganda	Obaa Francis	Michael Mugabo
12:41- 12- 50 Pm	Factors associated with early initiation of breastfeeding within one hour of birth among postnatal mothers with neonates of one day at Mengo hospital.	Justine Nalukwago	
12:51- 1:00 Pm	Perceptions and Experiences of Compassionate Care among Mothers at National Referral Hospitals, Uganda	Rubagumya Kenyonyozi	Achen Ambrose
1:00 – 1: 15 Pm	Presentation from UNMC	Registrar, UNMC	
1:15- 1:25	Entertainment by Nursing and Midwifery students	Arua CSNM	Habyarimana Peter
1:15 - 2:15pm	LUNCH BREAK		
2:15-3:15pm	Two congruent plenary sessions		Agembi Stella & Rhodah
3:25 - 2:35pm	Knowledge, attitude and practice regarding female condom use among adolescents and young adults attending Naguru teenage information and health centre, Kampala district	Sharon Nakirijja	Birungi Annet

3:35 - 2:45pm	Knowledge, attitudes, and practices of comprehensive sexuality education among secondary school teachers	Vicent Nemeyimana	
3:45 – 3:55 Pm	Zambia Union Of Nurses organization transition and sustainability	GS ZUNO	Vicent
3:56 -4:15 Pm	Knowledge attitude and practice of breast self-examination among female clients attending Postnatal Clinic at Eastern Uganda	Kulume Mary Goretty	
4:20 – 5:20 Pm	Plenary session		Joan & Amayo
5:30 - :6:00 Pm	EVENING TEA		
6 : 00 Pm	Closing Remarks		
6: 00 – 8:00	Personal Administration		

DAY Four -12th May 2023 INTERNATIONAL NURSES DAY CELEBRATIONS

TIME	ACTIVITY
8:30am	<i>Nurses and other Celebrants assemble at the venue</i>
830- 10Am	<i>Flag off the match</i>
10:00-10:30Am	<i>Arrival of Invited Guests</i>
10:30am	<i>Arrival of invited Guest of Honor</i>
10: 30- 10:35am	<i>National Anthem, East African Anthem, Nurses Anthem and union Anthem</i>
10:35- 10:55 am	<i>Opening Prayer</i>
10:55- 11:30am	<i>Guest of Honor inspects the Nurses' Parade and Exhibitors' Stalls</i>
11:30- 11:35am	<i>Speech by Chairperson LC1</i>
11:35- 11: 55 am	<i>Speech by UNMU President</i>
11:55-12:05Pm	<i>Speech by the City Mayor</i>
12:05- 12:15 pm	<i>Speech by the MP Arua City Central</i>
12:05- 12:15 pm	<i>Speech by MP – Arua City</i>
12:15- 12:35	<i>Entertainment</i>
12:25-12:35pm	<i>Speech by Minister of Health</i>
12:35- 12:45pm	<i>Speech by the Guest of Honor – H.E. The President of the Republic of Uganda</i>
	<i>Anthems in reverse order</i>





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