



# A Transcultural Approach to Promoting Women's Health in Rural Zambia

Cheryl A. Corbett, APRN, MSN, FNP-C; Kristen M. Erekson, APRN, MSN, FNP-C; Jessica Allen, NS; Megan Richards, NS; Elizabeth Schetselaar, NS; Hailee Tilton, NS

## PURPOSE:

The purpose of this project was to educate girls in rural Zambia on menstrual health to improve school attendance and provide education and promotion of the HPV vaccine to prevent cervical cancer.



## BACKGROUND

- Women in rural communities of Zambia, Africa face health challenges due to limited access to quality healthcare, inadequate education, and socio-economic barriers.
- Key issues include disproportionately high rates of cervical cancer and menstrual hygiene management in schools.
- Significant strides in improving the well-being of women and their families in rural Zambia can be achieved by empowering women and girls through education.

## INTERVENTIO

- Knowledge about menstrual health can be empowering and promote improved menstrual hygiene management.
- Faculty and undergraduate nursing students participated in a global health practicum teaching menstrual health in five primary and secondary schools in rural Zambia.
- Reusable menstrual hygiene kits were distributed to girls upon completion of the educational program.
- To tackle low HPV vaccine uptake—less than 39% in 2021—education on cervical cancer and HPV vaccination was also integrated.
- Nursing students organized a symposium on HPV and cervical cancer, fostering valuable exchanges with hospital staff.

## CONCLUSION

Transcultural interactions focusing on education and health promotion related to menstrual health and HPV vaccination uptake can make a difference in the lives of women and girls in Zambia and contribute to healthier, more informed, and empowered communities.

