

Introducing Sexual and Reproductive Health (SRH) Clinic for Campus Community in UKM

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INTRODUCTION

We present an initiative undertaken by the University Health Centre of Universiti Kebangsaan Malaysia (UKM) - the establishment of a Sexual and Reproductive Health (SRH) Clinic, the first among the 20 public universities in Malaysia.

SIGNIFICANCE

Sexual and reproductive health is an integral aspect of overall health and well-being, directly influencing academic success, personal development, and future prospects.

By fostering a campus environment that champions open dialogue, education, and accessible healthcare services, we aim to break barriers and eliminate the stigma surrounding SRH.

OBJECTIVE

- To promote sexual health awareness among campus community - ensuring the students and staff are well-informed to make informed decisions about their sexual and reproductive choices.
- To provide comprehensive education on reproductive health, empowering individuals with knowledge that fosters responsible decision-making.
- To improve access of reproductive healthcare services - to ensure campus community have access to the care they need in a safe and confidential setting.

METHODOLOGY



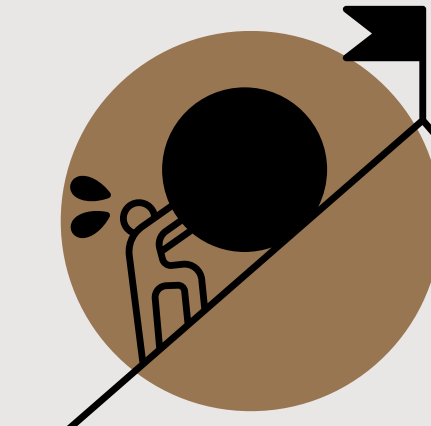
PLANNING AND IMPLEMENTATION

- Thorough assessment - requirements and expectations of campus communities.
- Involved a multidisciplinary team of healthcare professionals, administrators, and student representatives - to form and to design the clinic's services and facilities.
- Extensive research on best practices and guidelines for SRH services - to ensure the clinic's align with international standards.



COLLABORATION

- The successful implementation of the SRH clinic was a result of strong collaboration between various departments within the university.
- The University Health Center worked closely with the Faculty of Medicine, the Department of Student Affairs, and external partners like NGOs and public health organizations.
- The collaboration facilitated resource-sharing, faculty involvement, and an integrated approach to campus-wide health promotion.



OVERCOME THE CHALLENGES

- Several challenges of SRH clinic encountered - cultural taboos regarding sexual health, ensuring patient confidentiality, and securing funding for specialized equipment and training.
- Tackled - open communication, awareness campaigns, and community engagement initiatives.
- Financial support from the university and external grants - really needed to secure to equip the clinic with state-of-the-art facilities.

SERVICES OFFERED

- Contraception counseling and access to a variety of contraceptive methods.
 - Confidential and non-judgmental STI testing, treatment, and counseling services.
- Family planning consultations to assist individuals in making informed reproductive decisions.
 - Holistic sexual health counseling, addressing various aspects of sexual well-being e.g Erectile Dysfunction and Premature ejaculation.

PROMOTION & AWARENESS

- Posters
- Flyers
- Digital media
- Interactive workshops and seminars
- Engaging social media content and informative blog posts
- Collaborative events with academic departments

CHALLENGES

- To sustain the awareness efforts and addressing any remaining stigma related to SRH.
- Future directions include potential expansion of services, such as adding comprehensive LGBTQ support, launching telehealth options for remote counseling, and collaborating with nearby healthcare institutions to enhance resources.

CLINIC UTILIZATION & IMPACT

Data on clinic utilization and impact are fundamental to assessing the clinic's success:

- The clinic has served both students and staff as patients since its inception (November 2022)
- The most common reasons for clinic visits include contraception counseling (12 %), STI testing (63%), family planning consultations (5%), and sexual health counseling (20 %).
- Patient feedback has been overwhelmingly positive, with mostly expressing satisfaction with the services provided.

CONCLUSION

- The establishment of the SRH clinic at UKM marks a transformative step towards prioritizing sexual and reproductive health in higher education. By adopting an inclusive and integrated approach, the clinic has successfully provided essential services to students and staff. Emphasizes the importance of incorporating SRH services in university health centers to foster a healthier, more informed, and empowered campus community.

KEYWORDS

Sexual and Reproductive Health, University Health Center, Campus Community, Undergraduate Students, Malaysia

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