



Cervical Cancer Prevention Measures for Zambia: a case for Kanyama and Chilenje

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Outline

- Aim & Specific Objectives
- Central Research Questions
- Operationalization
- Data Collection
- Photos
- Research Plan



Aim and Specific Objectives

- Find the optimal cervical cancer prevention procedures that can be practiced in Zambia

Specific objectives:

- Determine the views of Zambians on vaccination (boys & girls, age)
- Determine the views of Zambians on screening and self –screening (cost, age)
- Develop a cervical cancer prevention program based on the Social Ecological Model/Theory of Triadic Influence that can be used in Zambia



Central Research Questions

1. To what extent are screening & vaccination as determined by SEM and TTI different?
 - Systematic Review (BMC Public Health)
2. To what extent is the execution of the two respective prevention programs (SEM, TTI) feasible in Zambia?



Operationalization

SEM

TARGET POPULATION

TTI

Intrapersonal

Women with school going children
Kanyama & Chilenje

Intrapersonal

Questionnaire

Interpersonal

Focus group

Men with school going children
Kanyama & Chilenje

Interpersonal

Organizational

Stakeholders
Healthcare providers: UTH, CDH, Clinics
(Kan. & Chil.)
Headteachers, Pastors (Kan. & Chil.)

Community

Special Interest Groups
CIDRZ/ACEWCC, WHO, THPAZ, PCI,
PPAZ, Media, DDMU, ECZ

Interview

Environmental

Document
Review

Policy

Policymakers
DEO, MoCDMCH, MoH



Data Collection

- January 2016 – ethical clearance
- February 2016 – permits, recruitment
- March to May 2016 – data collection
 - March – interviews (cont. to May)
 - April – questionnaires
 - May – focus group discussions



Data collected

- Questionnaires (600)
 - Socio-demographic characteristics
 - Personality and control
 - Knowledge, attitudes
 - Screening and vaccination practices
 - Quality assessment
- Focus group discussions (11 groups)
 - Knowledge, attitudes, practices
- Interviews (≈ 40 places)
 - Attitudes and practices
 - Documents



Photos

even if they take their ART medications. When the immune system is weak cancers can sometimes grow in the body. Cervical cancer is one of the cancers that HIV infected women have a high chance of getting. **ALL** women, especially those who have HIV, need to be tested for cervical cancer so that they won't get it.

What are the risk factors for cervical cancer?

- Early age at first sexual intercourse
- Increased risk in adolescents due to lack of protective cervical mucus,
- increased cervical ectopy and susceptibility to local trauma
- Multiple sexual partners
- Presence of other STIs (including HIV)
- Immune suppression due to HIV or any other health problem
- Low intake of fresh fruits and vegetables as well as Smoking

What are some of the protective measures put in place?

- One of the best ways to keep away from getting cervical cancer is to undergo a quick and simple screening test in a health clinic. This is the primary goal of **CCPPZ**. We are now establishing free cervical cancer prevention clinics throughout Zambia. Any woman who has ever had sex before is supposed to access cervical cancer screening every year.
- Avoid early sexual intercourse
 - Condom use (Moderate protection cause the HPV can sit on the outer skin of the genital area)
 - Be faithful to your sexual partner/stick to one sexual partner
 - Eat plenty of fruits and vegetables to prevent cancer of the cervix

- Male circumcision
- Life style change (Behavioral change)

What method do you use for cervical cancer screening?

The program uses Visual Inspection with Acetic Acid commonly known as VIA.

Who is eligible for VIA?

Any woman who ever has had sex before is eligible for cervical cancer screening regardless of age. Women who have reached their menopause are also encouraged to go for screening.

Cervical cancer, HIV and antiretroviral therapy (ART)

In the past, because they could not get ART, most women in Africa who got infected with HIV died within a few years. Today, because they can get ART, HIV-infected women in African can live very, very long lives.

The immune systems of HIV infected women are sometimes not as strong as they used to be.

Why is cervical screening important?

- Early detection and early treatment of disease.
- HIV positive women are highly encouraged to come for screening because the pre-cancer lesion progresses faster into invasive cancer.
- Screening has shown reduction in Cervical Cancer incidences in developed countries like Zambia.

Go to any of the following LDHMT and Provincial Clinics and get **free** cervical cancer screening tests and treatment: Bauleni, Chawama, Chelstone, Chilenje, George, UTH, Kalingalinga, Kanyama, Matero Ref, Mtendere, Ng'ombe, Chongwe and also in Monze at the Mission Hospital.

CERVICAL CANCER PREVENTION IN ZAMBIA



"EVERY WOMAN HAS THE RIGHT TO LIVE A LIFE FREE FROM CANCER OF THE CERVIX"

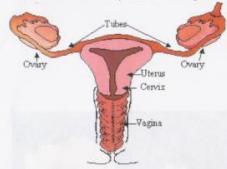
CERVICAL CANCER PREVENTION PROGRAM IN ZAMBIA (CCPPZ)

A collaboration among CIDRZ/MOH/UTH



● Cervical cancer leaflet available at government clinics

What is a cervix?
The cervix is the opening of the womb. Sometimes it is called the mouth of the womb. This is where babies pass when they are born.

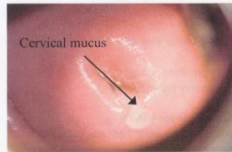


Background

Each year, across the world, cervical cancer is found in 500,000 women and each year it kills 250,000 women. One out of every five women in the world who dies from cervical cancer lives in Africa. The rates of cervical cancer are very high in Zambia, and it kills more women in Zambia than any other cancer.

Burden of cervical cancer in Zambia

- 2nd highest rates in sub-Saharan Africa
- 6th highest rates in the world
- Most common cancer in Zambia regardless of gender
- Most common cancer in women
- Causes more deaths in women than any other cancer
- Most cases are advanced
- More cases are being seen since onset of HIV and are seen in younger women



Healthy Cervix with white mucus

What is cervical cancer?

Cervical cancer begins with a viral infection of the cervix. The name of the virus is the **Human Papillomavirus**, commonly called "HPV."

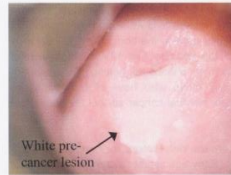
What is HPV?

Human Papillomavirus is a viral infection that can cause different types of infections in the human body and it is one of the leading causes of cervical cancer. HPV is sexually transmitted and can be passed on through sexual intercourse with an infected individual or by skin-to-skin contact with infected areas.

A majority of women with HPV are able to clear the infection within 18 months but those whose immunity is compromised, such as those who are HIV positive; the body's ability to eliminate HPV is weakened.

If the body does not eliminate the HPV virus, it can first turn into pre-cancer and then into cancer in over 10-20 years (this period varies greatly among individuals).

Most people who become infected with HPV do not know that they have it. **You cannot see or feel it.**



Cervix with pre-cancer

What are the signs and symptoms of cervical cancer?

Cancer of the cervix usually has no signs and symptoms in its early stage. Below are some of the symptoms that a woman might experience when the pre-cancer has grown into real cancer: Foul discharge, abnormal vaginal bleeding, bleeding between regular menstrual period, bleeding during or after sex, bleeding after menopause and when douching, pelvic pain, pain during sex.



Cervix with cancer

● Given to all study participants

How many doses of the HPV vaccine are needed?

The vaccine is given as an injection in the upper arm. For a girl to be fully protected, she must receive 3 doses of HPV vaccine. The 2nd dose should be given 2 months after the 1st dose, and the 3rd dose should be given 4 months after the 2nd dose.

Is the HPV vaccine safe?

Yes. The vaccine is safe and it works. The Government of Zambia has approved the vaccine, and the vaccine is being used in more than 50 other countries. However, as with any injection, a girl may experience pain, itching, or swelling at the site of the injected arm after injection.

STAY PROTECTED!

All Grade 4 girls should get the HPV vaccine against cervical cancer from their schools.

What You Need to Know About **CERVICAL CANCER** and the Vaccine Against It



Ministry of Community Development,
Mother and Child Health



Ministry of Health

- Cervical cancer leaflet on the HPV vaccine

- Given to parents by schools



What is Cervical Cancer?

The cervix is the lower part of the womb that connects to the vagina. Cervical cancer is a serious disease of the cervix. It's the most common cancer in Zambia and many women die from it.

A virus called Human Papillomavirus (HPV) causes cervical cancer. HPV is transmitted through sex.

Who can get the HPV infection?

Anyone who has had sex can get the HPV infection. A person that has HPV infection often does not see or feel anything. While both boys and girls can get the HPV infection, only girls can develop cervical cancer later on in their lives. Not all girls who have HPV will develop cervical cancer.

The HPV Vaccine



Can cervical cancer be prevented?

The HPV vaccine can prevent cervical cancer. Regular cervical cancer screening can also prevent cervical cancer. Any woman who has ever had sex before should go for screening.

How does the HPV vaccine work?

The HPV vaccine prevents adolescent girls from getting an HPV infection and developing cervical cancer later in life. The vaccine does NOT affect the ability of girls to have children in the future.

Who should get the HPV vaccine?

All girls in Grade 4 should receive the HPV vaccine at their school. 10 year old girls who are not attending school should receive the vaccine at the nearest clinic or health post.

The HPV vaccine is now available in Lusaka, Kafue, and Chongwe districts. Plans are underway to introduce it to the rest of the country.



Research Plan

- Initiation – Autumn 2014
- Conceptual Framework – June 2015
- Instrument development & data collection plan – December 2015
- Final data – June 2016
- Analysis – December 2016
- Report – Summer 2017



Thank You!

