

Reach Vulnerable Mothers Through Birth Injury Camp

At least 25 vulnerable women suffering from birth-related injuries in Kasese District have received free specialized medical treatment and psychosocial support during the third edition of “The Healing Hand” Birth Injury Camp organized by the Catholic Religious Sisters Health Care Initiative Uganda.

The three-day medical camp, held from 28th to 30th April 2026 at Mt. St. Mary’s Hospital, brought together Catholic religious sisters, from the five congregations, specialized medical personnel, counselors, and volunteers to offer treatment and restore hope among women battling complications resulting from childbirth.

The camp specifically focused on women living with birth injuries, particularly fistula and other reproductive health complications commonly associated with prolonged labor, unsafe deliveries, and inadequate maternal healthcare services.

Speaking about the outreach, Sr. Maria Gorett Kabakaali, the National Coordinator of the initiative, said the Birth Injury Camp was established to extend compassionate and affordable healthcare services to vulnerable women who are often neglected due to poverty, stigma, and limited access to specialized treatment.



“The Healing Hand is not just about medicine, but restoring hope, dignity, and the value of life among vulnerable women and young people,” Sr. Kabakaali said.

According to the organizers, the initiative has so far handled 88 women through different editions of the Birth Injury Camp. The first camp benefited 43 women, the second camp reached 20 women, while this one has benefited 25 women in Kasese Diocese

Medical experts who participated in the outreach attributed the increasing cases of fistula and other birth injuries to delayed medical intervention during childbirth and the continued dependence on unskilled traditional birth attendants.

Sr. Dr. Florence Nalubega, DM of Kitovu Hospital emphasized the need for collective community efforts to prevent birth injuries through maternal health education and skilled delivery services.



“To prevent fistula cases, we all need to work together as a team right from the local communities, involving mothers, local leaders, religious leaders, up to the Ministry of Health. Mothers should be encouraged to attend antenatal care and deliver from health facilities under trained skilled medical personnel,” Sr. Dr. Nalubega emphasized.

She however noted that although traditional birth attendants continue to play an important role within communities, there is need for a stronger referral system to ensure mothers with complications access professional healthcare in time.

Some of the beneficiaries narrated the pain, stigma, and financial hardships they endured before accessing the free treatment camp.

Mackline Nzabake from Mitandi recounted how she developed severe complications after childbirth, a condition that forced her to live in distress for a long period due to lack of money for treatment.



“So when I heard about this camp on Guide Radio, I decided to come because the medication was free. They have screened me and promised to work on me today. I

had lost hope because every hospital I visited asked for at least five hundred thousand shillings before treatment,” she explained.

Florence Mbabazi from Mabwe Zone in Bunyangabo, also expressed gratitude to the organizers for supporting her daughter who developed complications after childbirth while still in Senior Two.



“I thank the donors behind this initiative for considering our area. I have moved from place to place searching for treatment for my daughter, but it has been expensive. Now that they are going to work on her, I feel relieved,” Mbabazi said.

In addition to treatment, the outreach also offered counseling and psychosocial support to help the women regain confidence and reintegrate into their communities.

Organizers revealed that the success of the Birth Injury Camp has inspired plans to extend similar services to more districts across Uganda, with Jinja District expected to host the next edition.

The Catholic Religious Sisters Health Care Initiative Uganda says it remains committed to strengthening community-based healthcare interventions as part of the Church’s mission of promoting human dignity, healing, and social transformation among vulnerable communities.

