

# Restoring Joy and Dignity Through Birth Injury Repair

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*A reflection from the Birth Injury Repair Camp at Mt. St. Mary's Hospital, Diocese of Kasese*

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I am Rev. Sr. Ferediana Tuyishime, a member of the Daughters of Our Lady of Fatima (D.O.L.F), Kabale, and the CRSHCI-U Coordinator for Kabale Diocese. I am grateful to share my experience from the Birth Injury Repair Camp held at Mt. St. Mary's Hospital, Diocese of Kasese, from 28 to 30 April 2026.

The camp was organized to restore joy and dignity to mothers living with birth injuries caused by complications during childbirth. Many of these mothers had carried pain, shame, discomfort, and social isolation for a long time. Through this camp, they received care that addressed both their medical condition and their human dignity.

The conditions handled included third- and fourth-degree perineal tears, anal fistula, vaginal fistula, damaged urinary bladder, and prolapse of reproductive organs such as the uterus. These are serious complications that affect a woman's health, confidence, family life, and participation in the community.

During the camp, 30 mothers received surgical repair. The original target was higher, but limited funding reduced the number of mothers who could be operated on. Even with this limitation, the results were deeply encouraging. The mothers who received treatment regained hope, comfort, and dignity.

I was blessed to serve in the operating theatre as an assistant to Rev. Sr. Dr. Florence Nalubega, a senior obstetrician and fistula surgeon. I also worked alongside Dr. Sali, the Deputy Medical Director of Mt. St. Mary's Hospital. The mothers entrusted us with their hope, and this reminded me of the sacred responsibility carried by health workers who serve women in vulnerable situations.

I was especially inspired by the commitment, skill, and devotion shown by Rev. Sr. Dr. Nalubega. Her service showed how religious sisters in medicine and surgery can bring healing to mothers who need specialized care. I therefore appeal to Mother Generals to support and send more religious sisters for training in medicine and surgery, especially in obstetrics and gynecology. The need is great, and the Church has a meaningful role to play in healing and restoring life.

The nursing team at Mt. St. Mary's Hospital also played a vital role. Under the leadership of the Principal Nursing Officer, Rev. Sr. Annet Nyanzi, the team provided strong postoperative care on the ward. Their teamwork contributed to the recovery and healing of the mothers who underwent surgery.

This experience reminded me of Jesus, the greatest healer, who restored sight to the man born blind in the Gospel according to John 9:6-7. In the same spirit, birth injury repair restores more than physical health. It restores confidence, dignity, family life, and hope.

I appeal to the Hilton Foundation to increase support for birth injury repair services so more mothers can receive treatment. I also call upon the health sector in Uganda, Church institutions, development partners, and other stakeholders to consider Mt. St. Mary's Hospital, Diocese of Kasese, as a permanent centre for birth injury repair.

Kasese and the surrounding region need such a centre. The geographical location, poverty levels, and some cultural practices expose many mothers to birth injuries. Many affected women cannot afford surgical repair. A permanent centre would improve access to specialized care, reduce suffering, and restore dignity to more mothers.

Let us continue serving with compassion and skill, guided by Jesus, the greatest healer.