



Investing in Maternity HDUs Saves Lives
Story on Pg 3

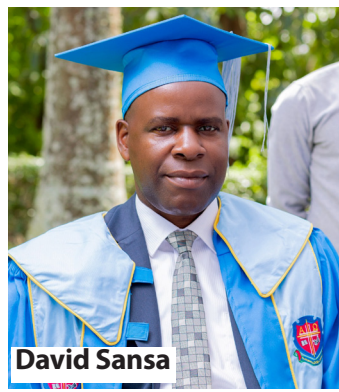
Congratulations July MPHL Graduates Story on page 4



Susan Tabu



Susan Moding



David Sansa



Theresa Nyamwenge

Celebrating UCU Staff Excellence Awards 2026



The awardees with the Vice Chancellor Prof Aaron Mushengyezi (4th left), Deputy Vice Chancellor (DVC) Academic Affairs Rev Prof John Kitayimbwa (1st left) and Mr David Mugawe DVC Finance and Administration (2nd left); 1st right is Prof Ssonko & 2nd right is Josephine.



Josephine Namyalo

Prof Mary

On August 18, 2026, Uganda Christian University (UCU) recognized staff for excellence and innovation. We are proud to celebrate two Master of Public Health Leadership (MPHL) faculty members:

Josephine Namyalo (MPHL Academic Coordinator)— Award for Research Initiatives in Teaching and Learning; **Prof. Mary Nabacwa Ssonko** — Award for Effective Use of the E-Learning Platform.

Congratulations on this well-deserved achievement. Your commitment continues to inspire our students, alumni and partners.

MPHL Updates @ UCU Faculty of Public Health Nursing & Midwifery

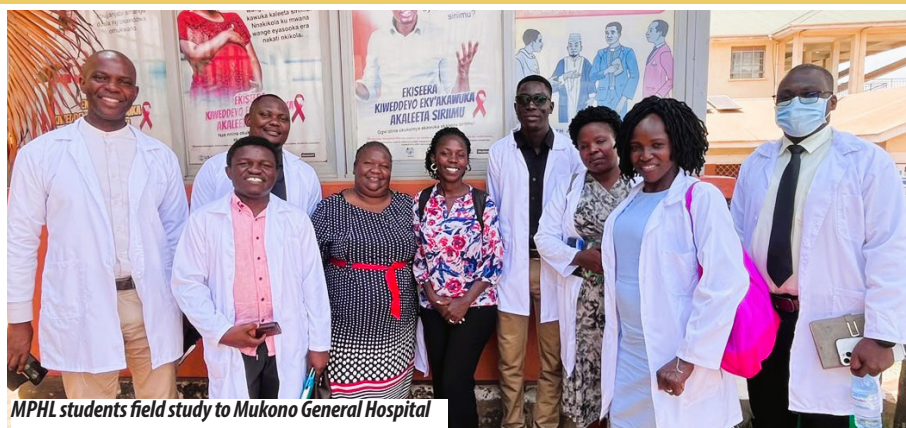
Save the Mothers offers the Master of Public Health Leadership (MPHL) program in collaboration with Uganda Christian University. During this period the following activities were conducted:

Concept Note Writing Seminar

Conducted on 6-7 July 2026 for MPHL year one students in preparation for the commencement of the research work. 10 students presented research concept notes.

Field Studies bridging classroom learning with practice for MPHL students. On 8th July, Year One students visited Mukono General Hospital, where they gained practical insights into maternal and newborn health thus relate academic learning to the realities of service delivery in a health facility.

Year two students visited Communication for Development Foundation Uganda. They were exposed to practical experiences relevant to communication strategies in health promotion.



MPHL students field study to Mukono General Hospital

On 9th July, Year One students visited Butabika Mental Health Hospital and gained further exposure to mental health services and the practical realities of healthcare delivery.

The field studies provided students with an opportunity to connect what they learn in the lectures with real-life experiences in health facility and communities to promote maternal and newborn health.

Vivas: On 3rd August 2026, vivas were conducted. MPHL students defended their research in preparations for graduation.

These interventions demonstrate the Faculty's continued commitment to supporting students throughout their academic and research journeys and ultimately graduating as professionals ready contribute to safe motherhood and public health.

By Brenda Acheng @STMEA

MBFHI Workshop at Mbale Regional Referral Hospital



Dr Nsubuga



Dr Boaz



A cross section of health workers during the CME

Training and mentorship are key in the Mother Baby Friendly Hospital Initiative (MBFHI), which promotes safe, respectful & dignified maternity care. STM implements MBFHI in 15 health facilities that include Mbale Regional Referral Hospital.

As part of its Mother Baby Friendly Hospital Initiative (MBFHI), Save the Mothers (STM) supports the establishment and strengthening of maternity High Dependency Units (HDUs) through infrastructure support, equipment, health worker training & mentorship.



Dr Mugabe Kenneth, Dr Peter Wanyera & Sr Masawi Joyce (in-charge HDU) receive the HDU implementation guide from Dr Nsubuga during the workshop.

In July 2026, STM conducted a workshop on maternity HDU set up and functionalisation, leadership, and effective communication in critical maternity care at Mbale Regional Referral Hospital (MRRH), one of the MBFHI implementation sites.

The workshop brought together about 40 health workers, including midwives, doctors, interns, heads of departments and units.

The STM team, led by Executive Director Dr. Nsubuga Mushin, was received by Dr. Peter Wanyera, Head of the Department of Obstetrics and Gynaecology at MRRH and Coordinator of the Elgon Local Maternal and Newborn Services, together with Dr. Kenneth Mugabe, Consultant Obstetrician and Gynaecologist.

The team was joined by Dr. Boaz Aruho, a Master of Public Health Leadership alumnus and MBFHI Advisor attached to MRRH.

He shared how MPHL strengthened his leadership skills and ability to serve mothers and newborns.

During the workshop, STM handed over the National Implementation Guide for Maternity HDU Set-up and Functionalisation to the Department of Obstetrics and Gynaecology. The guide was developed by STMEA in collaboration with the Ministry of Health to support the establishment and effective operation of maternity HDUs across the country.

The workshop provided an opportunity for shared learning and reflection on strengthening maternal and newborn care services. Participants emphasized the importance of continuous capacity building in leadership and communication plus integrating these in regular clinical reviews. The session reaffirmed the commitment of MRRH and STMEA to quality maternity care for mothers and newborns.

By T Agutu & B Acheng @STMEA

MPHL alumna Spotlight Pascal Mulindwa Bakuru from DRC



From page 1

In June 2026, the Public Health Association of South Africa PHASA acknowledged Pascal's contribution to the proposed amendments to South Africa's Mental Health Care Act of 2002. Through PHASA's Public Mental Health Special Interest Group, Pascal lent his "time, expertise, and thoughtful input" to strengthen policy that will impact millions.

Hailing from Democratic Republic of Congo, Pascal represents what MPHL was built for: raising leaders who contribute to policy at different levels. He showed up with expertise and a voice for vulnerable communities. PHASA wrote: "We are sincerely grateful for your participation in this important process" and thanked him for his "commitment to improving mental health care policy and legislation".

Safe motherhood isn't only in delivery rooms. It's in boardrooms, policy tables, and legislation. When mothers struggle with postpartum depression, anxiety, or trauma, it's mental health policy that determines if they get care.

Pascal's story proves that MPHL training makes impact beyond East Africa. Pascal, we celebrate you.

Pascal is a Program Support Specialist, WHO Regional Office for Africa Brazzaville

By Teopista Agutu

Editor: Have a story about advancing safe motherhood? Share it with us. Your experience could inspire another Save the Mothers network member to step forward and create change.

Growing Livelihoods, Supporting Safe Motherhood

Through the Seed Fund initiative, Save the Mothers (STM) supports 200 women in 10 women's groups in Bukhali Sub-county, Manafwa District, Eastern Uganda, to strengthen their livelihoods and access to Maternal and Child Health (MCH) Services.

In their weekly meetings, the women save money, discuss their MCH needs and support members to access MCH services. During the meeting the women also get a talk on MCH from resource persons who include MPHL alumna.

In July 2026, STM conducted a training for the Seed Fund women's group leaders.

The training focused on financial literacy, savings, bookkeeping, business management, conflict resolution, leadership, and communication. Participants were encouraged to manage resources responsibly, make informed financial decisions and build sustainable livelihoods.

The Seed Fund initiative shows that economic empowerment and support networks are important for improving MCH outcomes.

By strengthening women's financial resilience, the Seed Fund initiative contributes to healthier families, stronger communities, and access to essential MCH services.

By Brenda Acheng @STMEA



Seed Fund women group leaders & STM team led by Dr M Nsubuga ED STMEA (2nd right) during the training.

Investing in Maternity HDUs Saves Lives: Flavia's Story

Save the Mothers (STM) supported the establishment of the Maternity High Dependency Unit (HDU) at Mbale Regional Referral Hospital and continues to strengthen the unit through equipment support and training in clinical care, leadership, and communication. Each month, the HDU provides specialized care to about 50 mothers with life threatening pregnancy- and childbirth-related complications.

Flavia Mugide 22 years old, one of the mothers who has benefited from the care provided



Flavia

at the HDU. Flavia experienced severe shortness of breath throughout pregnancy. She delivered safely at a lower health facility, but shortly afterwards developed excessive bleeding, breathing complications and dangerously low oxygen levels.

She was referred to Mbale Regional Referral Hospital, where she was admitted to the Maternity HDU for specialized monitoring and treatment. The HDU team managed her condition and provided the care she needed during this critical period.

Flavia's case highlights the fact that complications can arise even after an apparently safe delivery. It also demonstrates the importance of timely referral and access to specialized care for mothers experiencing life-threatening complications.

Through its continued support to the Mbale Regional Referral Hospital Maternity HDU, STM is contributing to stronger maternal healthcare services and helping ensure that mothers who develop serious complications can access timely, specialized care. By Teopista Agutu @STMEA



Save the Mothers East Africa (STMEA) Uganda Christian University

<https://savethemothersea.org/> Editor/graphic designer: T. Agutu, Photographers: R Masiga, A Bugembe, T Agutu, Contributors: Brenda Acheng

Reviewer: Dr M Nsubuga <https://x.com/stm-EAfrica> <https://www.facebook.com/savethemothersnetwork>

<https://www.linkedin.com/company/save-the-mothers-east-africa/> <https://www.youtube.com/@stmeastafrica>

On 3 July 2026 Uganda Christian University (UCU) held the 27th graduation ceremony at the Main Campus where 1,274 students graduated.

In his graduation speech, the Vice Chancellor UCU Prof Aaron Mushengyezi urged the graduates to pursue service to others, integrity in leadership & faithfulness in every endeavours. The Guest of Honour Rt Rev Dr Henry Luke Orombi addressing graduates encouraged them to preserve what is good and beautiful, just as UCU has taught them.

Following the ceremony, Save the Mothers (STM) hosted four Master of Public Health Leadership (MPHL) graduates: Susan Moding, David Sansa Ngobi, Tereza Nyamwenge, and Susan Tabu and their families to a luncheon at Dr Jean Chamberlain House, UCU.

The graduates were welcomed by Dr Mushin Nsubuga, Executive Director of STM East Africa, and Dr Francis Mulekya, Head of Department of Public Health at UCU. Dr Mulekya urged them to uphold UCU values and champion positive change.

Celebrating Safe Motherhood Champions



Prof Aaron Mushengyezi - Vice Chancellor UCU



Red Carpet moment for MPHL graduates

In his remarks, Dr Nsubuga encouraged the graduates to use their spheres of influence to demonstrate excellence in promoting safe motherhood. The MPHL Academic Coordinator Josephine Namyalo, challenged the graduates to be change agents for safe motherhood.

During the luncheon, the graduates expressed appreciation to UCU and STM for supporting them throughout the program and shared how the MPHL had influenced their careers.

Susan Tabu, Head Nurse at Arua Regional Referral Hospital, said the program's multidisciplinary approach stood out because it engages professionals from different sectors in addressing safe motherhood challenges.

She noted that the safe motherhood component attracted her to the program and strengthened her commitment to improving maternal and newborn health.

Tereza Nyamwenge, a school director, highlighted how the MPHL's leadership and safe motherhood course units equipped her with knowledge and skills to better support adolescents, who face a range of reproductive health challenges.

David Sansa Ngobi, Prevention Program Coordinator at Uganda Cares, said the community engagement skills gained through the MPHL have strengthened his work with adolescents and young mothers.

Susan Moding, a social worker working in the Karamoja sub-region, credited the program with deepening her contribution to maternal health in a region affected by teenage pregnancy, early marriage, and other challenges affecting safe motherhood.

Congratulations & welcome to the Safe Motherhood Network.

By Brenda Acheng & Kemuel Othieno



Photo Credit: Romano Masiga



Photo Credit: Romano Masiga

Above: Graduation Gift: Dr Nsubuga Mushin Executive Director Save the Mothers East Africa, Dr Francis Mulekya & Josephine Namyalo hand over a gift to Susan Tabu. Each of the MPHL graduates received a Save the Mothers bag. Right: Celebrate it with cake cutting