



MRC/UVRI and LSHTM Uganda Research Unit



REPORT: Menstrual Cup Research Dissemination Meeting
Menstrual Cups: Innovative Menstrual Health Management
28th of June 2018, Metropole Hotel, Kampala, Uganda

"Governments need champions to support innovation and suggested menstrual cup price, quality standards, demand and awareness as areas for focus going forward, drawing an analogy with the rollout and use of female condoms."

Dr Placid Mihayo (Ministry of Health)

The **purpose** of this meeting was to share research updates about Menstrual Health Management (MHM) and experiences about the implementation of menstrual cup (MC) as an innovative MHM solution in East Africa.

The **objectives** were:

1. To promote the sharing of evidence in Uganda to improve MHM across East Africa.
2. To create a platform for dialogue amongst stakeholders working in MHM in Uganda.
3. To identify the main implementation challenges for MCs.
4. To understand the opportunities and challenges of implementation and research.
5. To draw lessons from a variety of tools and approaches for scaling up.
6. To strengthen the understanding of MCs as an innovative MHM solution and implementation thereof, in schools, humanitarian and low-resource contexts.

The one-day meeting was comprised of (1) Presentations of the latest research on MC in schools in East Africa; (2) Presentations on the MC in the market and humanitarian context; (3) A panel discussion; and (4) a small group exercise to develop a roadmap for the next steps of MC research and implementation. This report highlights key findings and recommendations stemming from the meeting.

Organisation/funding: The meeting was organised by the INGO WoMena Uganda, and was generously supported by the Medical Research Council, who funded the meeting.

Power point presentations available upon demand.