



Engaging School Nurses to Address the Needs of Survivors of Female Genital Mutilation/Cutting (FGM/C)

July 19th, 2023

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Our Team



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Raise your hand if you are...

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Agenda

01Overview of
FGM/C**02**

Providing Care

03

Resources

04

Evaluation

05Question &
Answer

4

01

Overview of FGM/C

What is FGM/C, who does it occur to, and what are its impacts?



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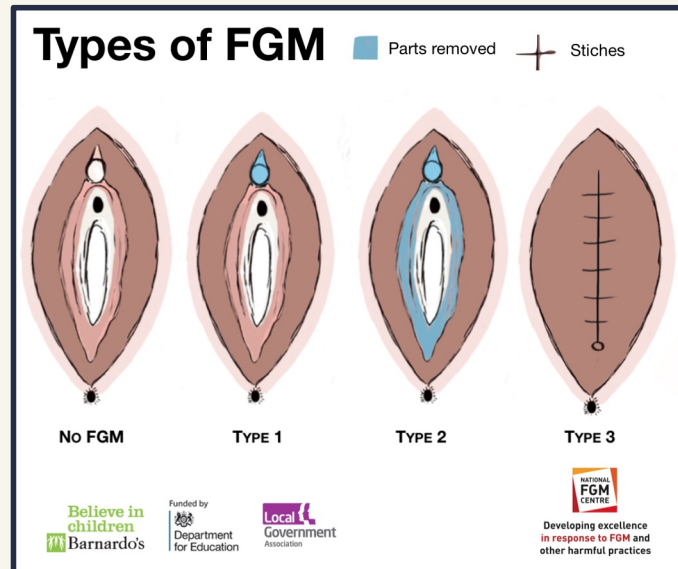
What is Female Genital Mutilation/Cutting

"FGM/C involves the partial or total removal of external female genitalia or other injury to the female genital organs for non-medical reasons." ~ World Health Organization definition



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Types of FGM/C



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Physical Impacts of FGM/C



Short-Term

Shock
Hemorrhage
Urinary Retention
Injury
Infection
HIV
Failure to Heal



Long-Term

Urinary Tract Infections
Difficulty Urinating
Incontinence
Cysts
Scarring
Difficulty menstruating
Fistulas
Difficulty in Childbirth
Infertility
Pelvic Inflammatory Disease

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Finding My Voice by Renee Bergstrom



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Psychological Impacts

Depression
PTSD
Guilt
Anxiety
Shame
Poor sleep
Fatigue
Generalized Body Pain
Limitations in daily activities
Poor self perceived well being
Altered sexual function

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Validation by Maryah Haidery



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Justifications

- To Control Sexuality
- Marriageability
- Tradition and Culture
- 'Cleanliness'
- Religion
- Others...



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Tradition by Severina Lemachokoti

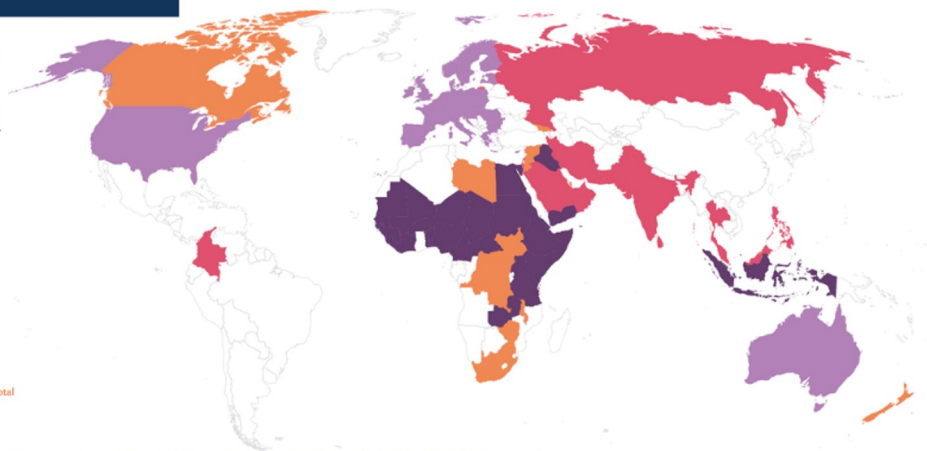


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FGM/C IS GLOBAL

FGM/C is present
in at least 92
countries around
the world.

- CATEGORY 1
Countries with nationally
representative surveys on FGM/C
- CATEGORY 2
Countries with indirect
estimates on FGM/C
- CATEGORY 3
Countries with small-scale
studies on FGM/C
- CATEGORY 4
Countries where media reports and anecdotal
evidence refer to occurrence of FGM/C



Source: FGM/C: A Call For A Global Response (2020) Equality Now, End FGM EU Network, US End FGM/C Network

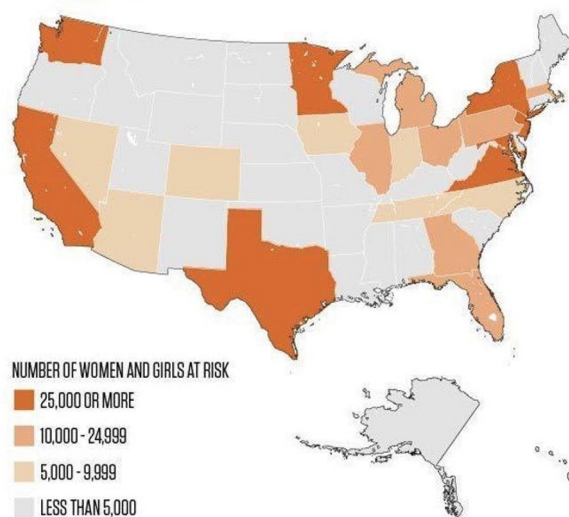
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FGC In The United States

513,000 OR MORE

women and girls in the United States had FGM/C performed on them or were at risk of FGM/C in 2012.

THE NUMBER OF WOMEN AND GIRLS AT RISK OF FGM/C VARIES WIDELY ACROSS THE STATES.



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Female Genital Mutilation or Cutting CARE AND SUPPORT

MILDRINE TULYSSE DNP, MSN, CNP, FNP-BC, SANE



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Considerations

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Considerations

- Individuals who have experienced FGM/C may identify as “victims” or “survivors,” or “an individual who has been impacted by FGM/C,” as none of those or something different.
- Important to understand the spectrum and how they perceive themselves individually and within community.
- Never assume what someone needs or how they feel about their FGM/C.
- A child/family who has migrated here might experience more trauma from their migration, than the experienced FGM/C.
- They may be learning about or disclosing about their FGM/C for the first time.

Johnson-Agbakwu & Manin (2020)

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Considerations

- When working with families we must be respectful, nonjudgmental, keep an open mind for those who may have a history of FGM/C
 - Consider the terms that are used by different communities (i.e. FGM, FGC, both)
- Recognize that FGM/C has different significance among various communities
- In many cultures where FGM/C is practiced, modesty is highly prized
 - Discussion surrounding female genitalia may be off limits or difficult
 - May be uncomfortable talking about certain practices, due to trauma
- Important to build trust and rapport, provide a safe environment
(Goldenstein, 2014; Little, 2015)

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Considerations

- Establish rapport with child or teen and their family to allow for nonjudgmental questions or guidance
 - Ask the term used for FGM/C
- Understand child/family knowledge and perception on FGM/C
- Provide age-appropriate education (i.e. surrounding pelvic anatomy)
- If aware that a child's mother, sibling or other family members have experienced this you may consider asking in non-threatening manner about plans for FGM/C
- Vital opportunity to educate family- provide resources

(Young et al. 2020)

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Considerations

- **Healthcare provider!!** Important to identify structures
- Types I, II, and IV may be difficult to recognize in prepubertal children
- Labial adhesions in prepubertal patient may be miscategorized as FGM/C
- May be difficult to identify or confirm on exam, if more recent FGM/C
- Discuss findings with parent/guardian and if age appropriate discuss with child/teen, if FGM/C identified on exam

(Young et al. 2020)

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Considerations

- Use the language that your patients use to describe their experience. Avoid using the phrase “mutilation” as that can feel derogatory or stigmatizing.
- Learn their specific cultural values and messaging toward their health and FGM/C.
- Knowing about criminalization may help a family decide against FGM/C:
 - Give clear explanation that FGM/C is not legal in US and abroad (“vacation cutting”) and there can be consequences for parents
 - Law can help family avoid FGM/C
 - Let them know that this is an illegal practice and about health risks without blaming the individual

Shell-Duncan, Wander, Hernlund, & Moreau, 2013;
Vissandjee, Denetto, Migliardi, & Proctor, 2014

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Considerations

- **This is NOT just about religion!** FGM/C is practiced in Christian, Jewish, Muslim faiths, and other communities across the globe.
- FGM/C origins are primarily cultural, not religious.
- Avoid stigmatizing or blaming messaging directed to people of faith.
- Faith leaders can play an important role in prevention.
- Support of alternative rituals to replace FGM/C within the communities
 - Coming of age rituals
 - Marriage rituals

Mepukori, Boyd, Piot, & Ariely, 2016

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Considerations

- Mental health support is needed for those who have experienced FGM/C
 - They may experience isolation, frustration, anger
 - They may experience anxiety, depression, and posttraumatic stress disorder
 - Some who experience sexual dysfunction as a result of FGM/C, may be affected psychologically
 - Consider where the patient is developmentally

(Atkinson et al., 2019; Goldenstein, 2014)

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Resources Handout

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Evaluation

Please take a moment to fill out the evaluation form to let us know what you think of our training and what we could improve on for future events!



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Contact Us!

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Question & Answer



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