

ABSTRACT

Background: Proper menstrual hygiene practice is importance because it has health impact especially on the reproductive tract, therefore, knowledge on menstrual hygiene management and safe practices may help in reducing the suffering of women and girls. In Uganda women and girls in rural settings and in particular girls in schools suffer from stigma because of lack of services and facilities to help them cope up with the challenges of menstruation.

Objectives: The broad objective of the study was to assess the level of knowledge and practice among school girls on menstrual hygiene management.

Methodology: A cross-sectional study design used in which quantitative methods were employed by formulation and use of close and open ended questions on pre-designed a pre- tested questionnaire to collect data.

Findings: Majority of the girls had prior information about menstrual hygiene management though they still needed more information about it. They observed fair personal hygiene during menstruation; most of them used sanitary pads to absorb menstrual flow but don't change them regularly.

Recommendations: From this study, it is of importance that all the involved stakeholders and Health workers raise awareness regarding menstruation and its hygienic management practices, this call for adequate training of health workers and stakeholders on Menstrual Hygiene Management through Refresher courses.