**MMC Process**

**Background**

In the times of King Shaka circumcision was done for cultural purposes and it stopped because men were taking long to heal and they couldn’t fight the battles

Due to the high prevalence of HIV in KZN, king Goodwill Zwelithini Zulu decided to revive this culture in a modern way by giving it to department of health thus MEDICAL MALE CIRCUMCISION

Umkhosi Woselwa is held annually to acknowledge males who have been circumcised and graduated into manhood.

**Reasons for Circumcision**

1. *Religious*

Some religions may circumcise their boys soon after birth, e.g. Jewish and Islamic religions.

2. Cultural

Some cultures circumcise their young men as part of an initiation

Process that marks the passage from boyhood to manhood

3. *Medical*

Some men may get circumcised for health reasons, e.g. because of the tightening of the skin or to reduce the risk of STIs and HIV

**Who should undergo Medical Male Circumcision?**

* Males from the age of 10 years can get circumcised
* Males from the age of 15 – 34 (priority group)
* If HIV positive, the CD4 count should be above 350
* The viral load should be LDL (Lower than Detectable Limit)
* Any other chronic disease should be controlled.
* No abnormalities on the structure (penis).

If under the age of 18, parental consent is needed

**Risks and benefits**

**Health Benefits**

* The foreskin has been completely removed, under medical conditions, from the head of the penis.
* Improves hygiene.
* Cells that attract HIV have been removed.
* Reduces the risk of HIV infection by eliminating small cuts and bruising. (60%)
* Lowers the risk of STIs and other infections.
* Reduces your partner’s risk of cervical cancer

**Risks**

* The foreskin covers the head of the penis and it’s more difficult to keep clean.
* The skin inside the foreskin is soft, and prone to bruising and small cuts during sex that allows an entry point for HIV and can cause discomfort during sex.
* There is a higher risk of HIV infection.
* Higher risk of STIs and diseases that affect uncircumcised men.
* Men are more likely to get the Human Papilloma Virus which they transmit to their partner, which increases their partner’s risk of cervical cancer

1. **MMC Recruitment Process**

**Stakeholders Consultation**

* Visit Local Traditional Councils to share information and ask permission and support
* Visit local churches for information sharing

**Mobilization**

* Work closely with the traditional seconded MMC promoter
* Visit local schools and community meetings for recruitment of participants, speak to the principals who provide space and time to recruit boys

***Content covered during recruitment / Pre-Health Education***

* *Introduction: why they are here today & thank them for coming*
* *The steps to be taken during the day*
* *The stations to be followed in terms of getting assistance*
* *The importance of Male Circumcision as a whole*
* *Define the bearers they might come across that may cause them not to get circumcised*

1. **On the day of the MMC**

* Refer for HCT
* Refer to nurse for medical procedures
* Doctor – actual procedure
* After procedure 🡪repeat vital signs
* Medication for pain
* Recovery room 🡪 post education

**Role players**

* MSF: Recruitment and Transportation to and from the camp
* DOH: provides space and meds for the procedure
* SACTAWU: Provided surgeons for the procedure

1. **Post MMC Process**

**Review period**

* Remove the bandage after 48 hours
* Follow up review is done after 7 days
* Month

**Wound care**

* Keep your penis in an upright position for the first few days. Briefs will help to keep your penis in the correct position.
* Do not wear boxer shorts as your penis will hang loose and may rub against the fabric irritating the wound.
* Clean your wound 3 times a day with warm water

**Recovery**

* It takes six weeks for the wound to completely heal