



Metric 3.3

Saint Louis University

Partnering with government and non-government institutions in support of the local community



3 GOOD HEALTH
AND WELL-BEING





Indicator 3.3.4

Saint Louis University

Empowering the next generation with wise decision making

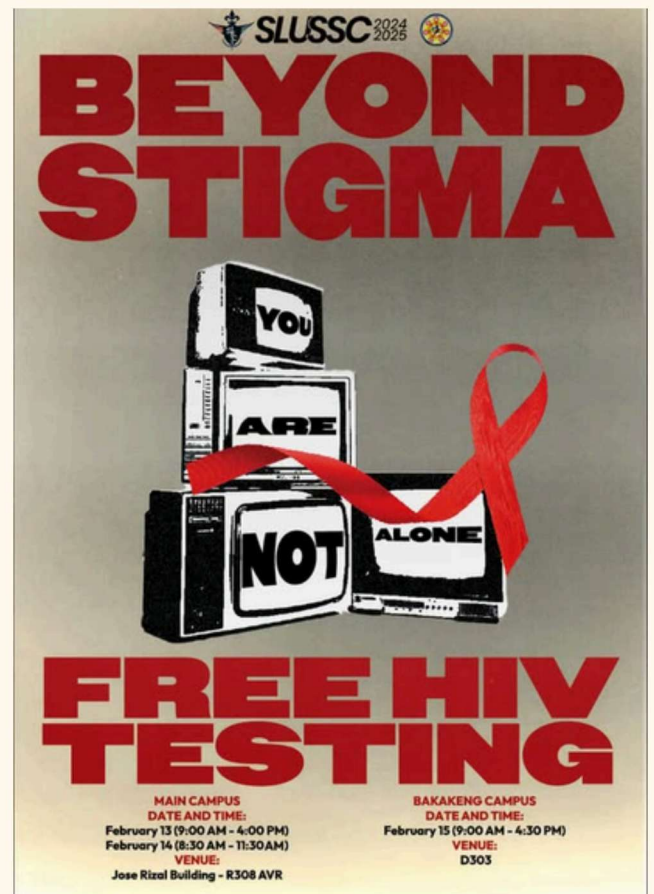
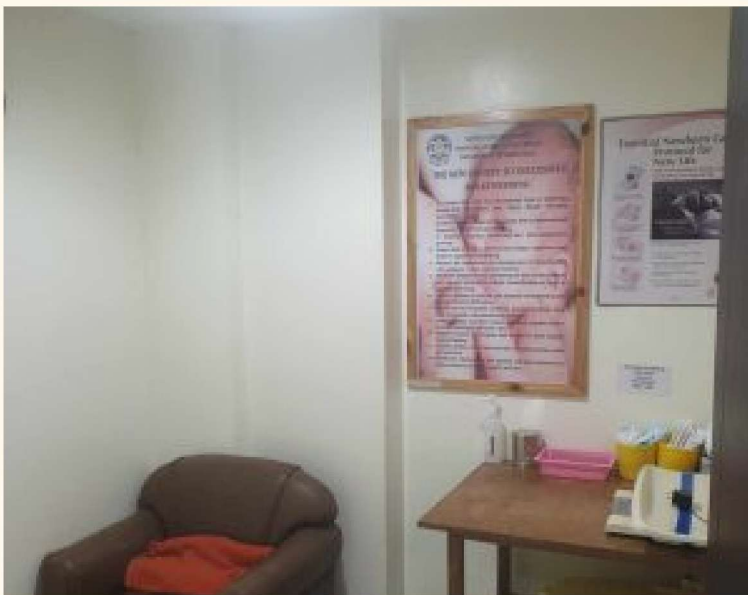


3 GOOD HEALTH AND WELL-BEING



Sexual and reproductive health care services for students and employees

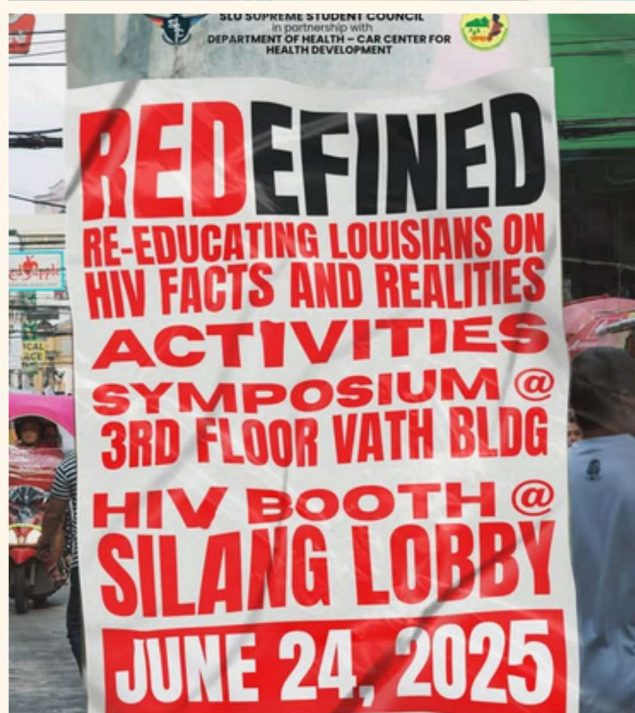
Saint Louis University (SLU) actively promotes sexual and reproductive health in support of UN SDG 3: Good Health and Well-being. Through partnerships with DOH-CAR, SLU launched the “Beyond Stigma: Free HIV Testing” campaign and the Project NAMNAMA: REDefined Symposium to raise awareness, promote prevention, and reduce stigma on HIV. The University also established a Breastfeeding Station and signed a Memorandum of Agreement with Baguio General Hospital and Medical Center (BGHMC) to create a network of human milk storage facilities. These initiatives encourage positive sexual health behaviors, support maternal well-being, and foster secure mother-child attachment, reflecting SLU’s advocacies in building a health-conscious and compassionate community.



Saint Louis University Strengthens Sexual and Reproductive Health Education for Students through Project NAMNAMA Symposium

Published in the SLU Supreme Student Council FB Page:

<https://www.facebook.com/OFFICIALSLUSSC/posts/icymi-project-namnama-a-vision-of-hope-and-empowerment-redefined-symposium-was-c/1162295212601875/>



Saint Louis University (SLU) strengthens its commitment to the United Nations Sustainable Development Goal (SDG) 3: Good Health and Well-being through initiatives that promote sexual and reproductive health, HIV awareness, and responsible health-seeking behavior. A key effort in this advocacy is Project NAMNAMA, which stands for Nurturing Awareness, Mobilizing Networks, and Advocating to Mitigate the Impact of AIDS and sexually transmitted infections in the region. This program serves as a culturally relevant platform for empowering youth with accurate, stigma-free information on HIV, AIDS, and sexual health.

On June 24, 2025, SLU hosted the Project NAMNAMA: REDEFINED Symposium at the Vath Building Audio-Visual Room in partnership with the Department of Health-Cordillera Administrative Region (DOH-CAR). Led by a DOH Health Program Officer, the session delivered comprehensive and culturally sensitive discussions on HIV and AIDS prevention, early testing, treatment adherence, and safe-sex practices, emphasizing the unique health context of communities in the Cordillera region.

The symposium directly addressed misconceptions surrounding HIV and strengthened student awareness of preventive strategies, early diagnosis, and available treatment pathways. By fostering an inclusive, informed environment and promoting responsible decision-making among young people, the initiative contributes meaningfully to sexual and reproductive health literacy.

Through Project NAMNAMA, Saint Louis University directly advances SDG 3.3.4, which highlights the importance of sexual and reproductive health education and HIV awareness programmes. By offering accessible, evidence-based education in collaboration with public health authorities, SLU supports disease prevention, reduces stigma, and enhances the overall well-being of its academic community.



Beyond Stigma: Free HIV Testing Initiative Promotes Sexual and Reproductive Health Awareness at Saint Louis University

Published in the SLU Supreme Student Council FB Page:

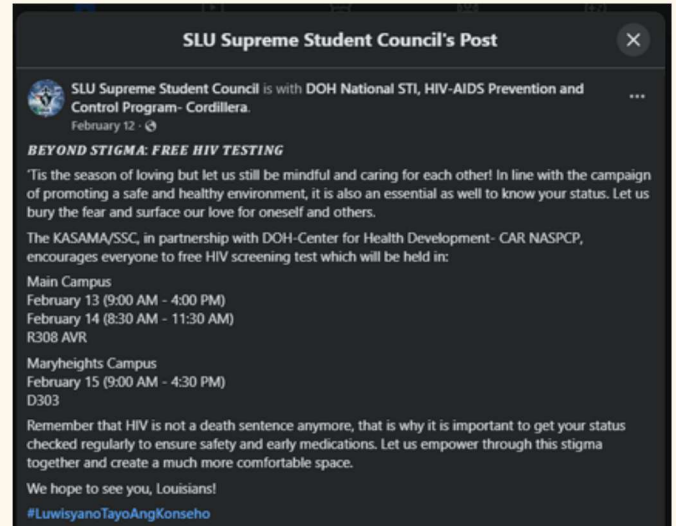
<https://www.facebook.com/OFFICIALSLUSSC/posts/BEYOND-STIGMA-FREE-HIV-TESTINGtis-the-season-of-loving-but-let-us-still-be-mindful/1050026713828726/>

Saint Louis University continues to promote the health and well-being of its academic community through programs that advance sexual and reproductive health education in support of SDG 3: Good Health and Well-being, particularly Indicator 3.3.4, which focuses on HIV awareness, prevention, and access to testing.

In collaboration with the Department of Health – Center for Health Development CAR (NASPCP) through Project NAMNAMA, the KASAMA/SSC Executive Committee launched “Beyond Stigma: Free HIV Testing”, a campus-wide initiative offering free and confidential HIV screening for students and staff. The activity was held on February 13–14, 2025, at the SLU Main Campus and on February 15, 2025, at the Maryheights Campus, ensuring accessible testing across multiple locations.

The campaign emphasized the importance of knowing one’s HIV status, early detection, and timely access to treatment. It also created a safe, supportive, and stigma-free environment where students could engage in dialogue, clarify misconceptions about HIV and other sexually transmitted infections, and practice informed and responsible health behaviors. By normalizing testing and encouraging compassionate peer support, the initiative strengthened community awareness and reduced stigma surrounding HIV.

Through this program, Saint Louis University demonstrates concrete action toward SDG 3.3.4 by providing accessible HIV screening, promoting evidence-based sexual health education, and empowering young people to make informed decisions that protect their health and well-being.



3 GOOD HEALTH AND WELL-BEING



Saint Louis University Advances Maternal and Child Health through Human Milk Bank Partnership and Lactation Support

Published in the Saint Louis University Website:

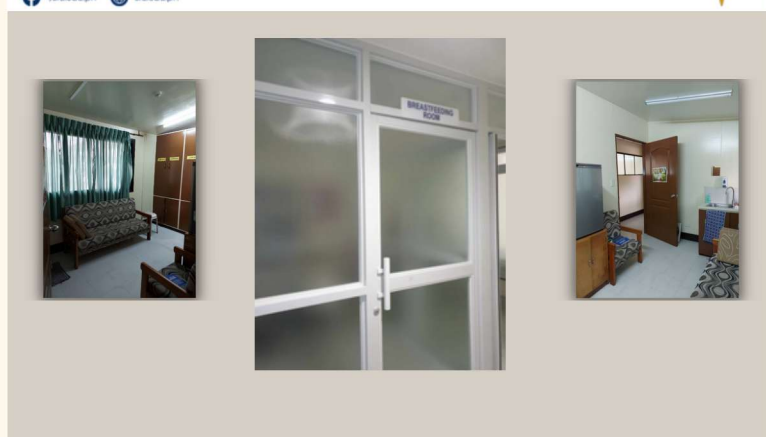
<https://www.slu.edu.ph/2024/02/05/slu-inks-moa-with-bghmc-re-human-milk-storage-facilities/>



**SLU inks MOA with BGHMC
re: Human Milk Storage Facilities**

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In support of the UN Sustainable Development Goal 3 (Good Health and Well-being), Saint Louis University (SLU) strengthened its advocacy for maternal and child health through partnerships and facility-based support for breastfeeding mothers..

On 05 February 2024, SLU signed a Memorandum of Agreement with the Baguio General Hospital and Medical Center (BGHMC) to establish a network of human milk storage facilities, ensuring safe, sustainable, and regulated supply of donor human milk for sick, small, and preterm infants—children who are most vulnerable and most dependent on human milk for recovery and survival. The milk bank network also enhances preparedness during disasters by safeguarding access to safe breast milk when families face displacement or disrupted feeding routines.

Aligned with this effort, the SLU Health Services Unit, through its Medical Clinic, opened a lactation room for faculty, staff, and visitors, a space designed to support breastfeeding and promote maternal well-being, and enables mothers in the workplace to express milk safely and comfortably. This collaboration reflects the CICM advocacy on Justice and SLU's core value of Social Involvement, reinforcing the University's commitment to compassionate, inclusive, and sustainable health care in line with SDG 3.

This partnership with BGHMC and the establishment of university-based breastfeeding facilities reflect the CICM advocacy on Justice and SLU's core value of Social Involvement. Through these actions, SLU demonstrates its commitment to compassionate, inclusive, and sustainable healthcare—directly supporting SDG 3, particularly indicator 3.3.3, which highlights initiatives that improve maternal and child health services in the community.

3 GOOD HEALTH
AND WELL-BEING



Maternal & Child Nursing and Community Health Nursing

BSN Course Catalog published in the Saint Louis University Website:

<https://www.slu.edu.ph/2024/02/05/slu-inks-moa-with-bghmc-re-human-milk-storage-facilities/>

Maternal and child nursing (MCN) and Community health nursing (CHN) are vital subjects in nursing education that equip students with the knowledge and skills essential for addressing the multifaceted realm of sexual and reproductive health. MCN highlights the concept that empowers students to make informed decisions, practice safe sex, foster healthy relationships, and understand diverse sexual identities while reducing unintended pregnancies, STIs, and promoting mental well-being and emotional safety. Moreover, community health nursing highlights the different programs offered by the government along with preventive healthcare, with a strong focus on family planning, vaccinations, and health education. Nursing students are trained to engage and educate families in the care process, acknowledging that family dynamics often play a critical role in sexual and reproductive health decisions. All in all, MCN and CHN courses arm students with the knowledge, skills, and attitudes related to reproductive health care that they can use not only for themselves but also for the client/s they serve.

SAINT LOUIS UNIVERSITY
SCHOOL OF NURSING
Bachelor of Science in Nursing
Effective Academic Year 2018-2019

SECOND YEAR

FIRST SEMESTER							
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE		Units	PRE-REQ
				SL	C		
NCM 104/104A	Community Health Nursing 1 (Individual and Family as Clients)	2		1	1	4	NCM 101, NCM 102, NCM 103
NCM 105/105A	Nutrition and Diet Therapy	2		1			NCM 101, NCM 102, NCM 103, CN 131
NCM 106/106A	Pharmacology	3		1		4	NCM 101, NCM 102, NCM 103, CN 131
NCM 107/107A	Care of Mother, Child, Adolescent (Well Clients)	4		2	3	9	NCM 101, NCM 102, NCM 103
GSTS	Science, Technology, and Society	3				3	
CFE 103	Catholic Foundation of Mission	3				3	
Total Units		17		5	4	26	

SECOND SEMESTER							
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE		Units	PRE-REQ
				SL	C		
NCM 108	Health Care Ethics (Bioethics)	3				3	GETHICS, NCM 104, NCM 105, NCM 106, NCM 107
NCM 109/NCM109A	Care of Mother, Child at Risk or with Problems (Acute and Chronic)	6		1	5	12	NCM 104, NCM 105, NCM 106, NCM 107
NCM 110/110A	Nursing Informatics	2		1		3	NCM 104, NCM 105, NCM 106, NCM 107
GCWORLD	The Contemporary World	3				3	
FIT AQ	Physical Activity Towards Health and Fitness (Aquatics)	2				2	
CFE 104	CICM Missionary Identity	3				3	CFE 103
Total Units		19		2	5	26	

SHORT TERM							
COURSE No.	DESCRIPTIVE TITLE	Lec	Lab	RLE		Units	PRE-REQ
				SL	C		
GRIZAL	The Life and Works of Rizal	3				3	
NSTP-CWTS 2	Social Awareness and Empowerment for Service	3				3	NSTP-CWTS 1
FIT OA	Physical Activity Towards Health and Fitness (Outdoor and Adventure Activities)	2				2	
Total Units		8				8	

Bachelor of Science in Nursing (BSN)
NCM107/NCM107a
Care of Mother, Child, Adolescent (Well Clients)

1	Name of Course	CARE OF MOTHER, CHILD AND ADOLESCENT (WELL CLIENTS)						
2	Course Number	NCM107/NCM107a						
3	Semester and Year Offered	First Semester, Second year						
13. Course Learning Plan								
Topic Learning Outcomes	Topic	Classroom Visual/ Online/ Synchronous/ Asynchronous	Assessment	Learning Strategies				
				TA	Topic Learning Outcomes	Related Learning Experience (SL, RD, Clinical)	TA	Assessment
PRELIMS								
UNIT 1: INTRODUCTION, REPRODUCTIVE AND SEXUAL HEALTH	IA – framework for maternal and child health nursing	Lecture with slides presentation on the Introduction on MCN	Engage: Implication of MMR statistics, Review of anatomy and physiology, and relevance of this module	Week 1 and 2 2 hrs	UNIT 1: REPRODUCTIVE LIFE PLANNING	> Reproductive life planning (Family planning) > Contraception > REPUBLIC ACT 10354 > TYPES OF CONTRACEPTIVE METHODS	Week 1 1.5 hrs	Formative Assessment: SAQ
	A. Goals and Philosophies of MCN	Current global and local maternal, child and adolescent's health status (statistics on current global and local maternal, child and adolescent's health status)	Unit quiz/MCQ, situational questions		1. Describe the common methods of reproductive life planning 2. Differentiate the contraceptive methods according to advantages and disadvantages 3. Identify the risk factors associated to the different contraceptive methods.	A. Rational family planning and fertility awareness B. Hormonal methods of contraception C. Barrier methods D. Permanent methods		Summative Assessment: Activity worksheet - Situational Analysis - MCQ
	B. Nursing theories and their applicability to MCN							
	C. Current global and local maternal, child and adolescent's health status							
	D. Strategic thrust of DCN							
Trace the normal menstrual cycle.								
Integrate the concepts of sexuality in the care of clients.								
Develop awareness to ethical-legal and moral imperatives in relation to sexuality.	IB.Reproductive and sexual health	Lecture - slide presentation		1 hour	4. Assess clients for reproductive life planning needs.			
Utilize the nursing process in the care of women in relation to	a. Female Reproductive System	Lecture - slide presentation		0.5 hour	5. Teach patients how to use various methods of			

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