SELF-CARE INTERVENTIONS FOR HEALTH: SEXUAL & REPRODUCTIVE HEALTH AND RIGHTS

Communications Toolkit

01 Introduction to this toolkit

02 Overview: Background to self-care interventions and key messages

03 Technical resources on self-care interventions

04 Communications resources on self-care interventions

Click to view the toolkit
Background to this toolkit

This toolkit supports communication on the 2019 WHO Consolidated Guideline on Self-Care Interventions for Health: Sexual and Reproductive Health and Rights. This toolkit is intended to support promotion and implementation of the guideline. The guideline provides a framework for self-care interventions, recommendations, good practice statements and implementation considerations for policymakers, programme managers, donors and researchers.

Self-care interventions offer a solution to support the achievement of all three of WHO’s triple billion goals: to improve universal health coverage, reach people in humanitarian situations, and improve health and well-being.

Who is this toolkit for?

This toolkit is to support WHO colleagues at Regional and Country Offices and UN partners with communication products that can be adapted locally. This will be done by providing some standard language, versatile graphics and tailored resources. The toolkit is also a resource for stakeholders and partners interested in implementing WHO recommendations, principles and framework on self-care interventions for SRHR.

What are the communication objectives for this toolkit?

- To raise awareness and profile the work and goals of WHO around self-care interventions.
- To provide a shared language for communication to support global, regional and national efforts around self-care interventions for SRHR.
- To provide easy access to a comprehensive list of technical and communications resources on self-care interventions.

Access the full guideline >

https://apps.who.int/iris/bitstream/handle/10665/325480/9789241550550-eng.pdf?ua=1
01: INTRODUCTION

Toolkit structure:

03 Technical resources
- Consolidated guideline
- Executive summaries
- Global Values and Preferences survey
- Presentation
- Evidence reviews

04 Communications resources
- WHO website
- Factsheets
- Videos
- Infographics
- Social media tiles
- Hashtags

How to get involved:
- Access each resource online or by downloading
- Make use of each resource in your work environment
- Share widely across your networks
- Use social media tiles, messages and hashtags to spread the word

Introduction > Overview > Technical resources > Communications resources > Back < > Next
What is self-care?

WHO's definition of self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health worker. It recognizes individuals as active agents in managing their own health care in areas including health promotion; disease prevention and control; self-medication; providing care to dependent persons; and rehabilitation, including palliative care.

What are self-care interventions and who uses them?

Self-care interventions are evidence-based, quality drugs, devices, diagnostics and/or digital products which can be provided fully or partially outside of formal health services and can be used with or without the direct supervision of health care personnel. For example, self-injectable contraception, HPV self-sampling kits or HIV self-tests.

There are interventions that users can have good knowledge of and feel comfortable using independently from the outset. Other interventions need to be provided with more guidance and support before they can be accepted and used independently. Self-care interventions should be linked to the health system and supported by it, to ensure health system accountability.

Access the full Self-care Interventions Factsheet >

https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions
What is the WHO framework for Self-care Interventions for Health?

The framework for self-care interventions for health and the guideline itself supports people’s needs through comprehensive and integrated health services throughout the entire life course, prioritizing primary care and essential public health functions.

It also supports systematically addressing the broader determinants of health through evidence-informed policies and actions across all sectors. Importantly, it is about acknowledging that individuals, families and communities can optimize their health as advocates for policies that promote and protect health and well-being, and as co-developers of health and social services and as self-carers and caregivers.
03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS

Consolidated Guideline

WHO Consolidated Guideline on Self-Care Interventions for Health: Sexual and Reproductive Health and Rights

Executive Guidelines

WHO Consolidated Guideline on Self-Care Interventions for Health

Executive Summary

Executive Summary English

Executive Summary Arabic

Executive Summary Chinese

Executive Summary Spanish

Executive Summary French

Executive Summary Russian

Communications Resources

Download

Download

Download

Download

Download

Download
Global Values and Preferences Survey results

Ethical, legal, human rights and social accountability implications

Policy brief: HIV self-testing

Economic and financing considerations

Introduction > Overview > Technical resources > Communications resources > Back < > Next
Evidence reviews (The BMJ Supplement):

- Editorial: Recognising self-care as an integral component of the health system
- Reaching populations in humanitarian settings through self-care interventions
- Environmental considerations of self-care waste management
- Self-care interventions to advance health and wellbeing: a conceptual framework
- Financing and economic considerations of self-care interventions to reach universal health coverage
- Human rights and legal dimensions of self-care interventions

Introduction > Overview > Technical resources > Communications resources > Back < > Next
03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS

Evidence reviews (The BMJ Supplement):

Self-care among women and girls: insights from ethnographic studies

Oral contraceptive pills: A systematic review of over-the-counter and pharmacy access availability

Home-based ovulation predictor kits: A systematic review and meta-analysis

Self-collection of samples for common STIs

Self-sampling for human papillomavirus testing

Self-administration of injectable contraception
Global values and preferences survey results

**Video:** Remarks of WHO Director General on the launch of the first WHO Guideline on Self-Care Interventions

**WHO website:** Self-care interventions for health

**Film:** Self-care

**Powerpoint presentation:** on the WHO Consolidated Guideline

**Interactive infographic:** Self-care interventions

**Interactive infographic:** Self-care

Introduction > 1
Overview > 2
Technical resources > 3
Communications resources > 4

Back <  > Next
Self-care interventions bring health services to people

Self-care is a new approach to primary healthcare

Access to self-care interventions improve people’s autonomy

Social media hashtags:

You can make use of these hashtags to spread the word about self-care and share WHO’s resources widely across your networks:

#SelfCare #SRHR #UHC #@WHO @HRP_research
Chapter 1
Global values and preferences survey results

Self care