Self-care Interventions for Health: Sexual & Reproductive Health and Rights

Communications Toolkit

Introduction to this toolkit

Overview: Background to self-care interventions and key messages

Technical resources on self-care interventions

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
Self-care interventions during COVID-19

For the public health message of ‘flattening the curve’ and thereby allowing existing health systems to better manage the COVID-19 response, governments and WHO are actively seeking the help of laypeople in fighting the pandemic. This is an unprecedented demand on individuals and communities being made since the start of the COVID-19 outbreak.

Individuals, communities, and entire societies have been asked to contribute to reducing the transmission of the virus, reduce mortality and morbidities and protect their own health through a range of actions from washing hands, physical distancing, and managing mild symptoms for COVID-19 and other conditions, including sexual and reproductive health.

Among ways to adopt healthy self-care practices is the use of quality, evidence-based self-care interventions that could be 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.
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
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.
Consolidated Guideline

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

Executive Guideline summaries in 6 UN languages:

- English
- Arabic
- Chinese
- Spanish
- French
- Russian

Download

Introduction > Overview > Technical resources > Communications resources >
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 well-being: 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
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
Self care is a new approach to primary health care.
Chapter 1
Global values and preferences survey results

Individual can self-manage medical abortion in the first trimester
Self-collection of samples can nearly triple STI testing uptake
Self-administration of injectable contraception
HPV self-sampling improves screening for cervical cancer

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 #COVID19
@WHO @HRP_research

04: COMMUNICATIONS RESOURCES
ON SELF-CARE INTERVENTIONS

Social media tiles:

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Self-care intervention flyers

Self-collection of samples for sexually transmitted infections (STIs)

Human papillomavirus (HPV) self-sampling as part of cervical cancer screening

Self-administration of injectable contraception

What are self-care interventions?

Self-care interventions are evidence-based, covering a range of conditions, products, and technologies. They include self-management of medical conditions, self-collection of samples, and self-administration of medical products. WHO recommendations on self-care interventions are based on extensive consultations and a review of existing evidence.

Each recommendation is published in the WHO consolidated guidelines on self-care interventions, with the first volume focusing on sexual and reproductive health and rights (SRHR). Worldwide, an estimated shortage of 18 million health workers is anticipated by 2030. During humanitarian emergencies, including pandemics, routine health services are disrupted to the most essential health services. WHO's innovative strategy to strengthen primary health care, increase quality drugs, devices, diagnostics and/or digital technologies, which can be provided fully or partially by individuals, families and communities, can be an innovative strategy to strengthen the health workforce and existing health systems.

Self-care interventions can be an important strategy to promote health, prevent disease, and help ensure continuity of a health-care provider. Worldwide, an estimated shortage of 18 million health workers is anticipated by 2030. During humanitarian emergencies, including pandemics, routine health services are disrupted to the most essential health services. WHO's innovative strategy to strengthen primary health care, increase quality drugs, devices, diagnostics and/or digital technologies, which can be provided fully or partially by individuals, families and communities, can be an innovative strategy to strengthen the health workforce and existing health systems. Self-care interventions can be an important strategy to promote health, prevent disease, and help ensure continuity of a health-care provider.