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
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

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02: OVERVIEW

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.
Key messages during the COVID-19 pandemic:

Promoting self-care interventions can ease the burden on health systems in response to the COVID-19 pandemic.

Countries need to urgently adopt policies to implement self-care interventions to maintain essential SRH services.

Access to self-care interventions improve people's autonomy.

Self-care interventions can be accessed through: health facilities; pharmacies; primary care and community services; caregivers; shops; digital platforms and mobile technologies; family, friends and communities.

The COVID-19 pandemic has placed an unprecedented demand on laypersons to manage their health through self-care measures.

Self care and digital health technologies are among the only available options to many people during COVID-19 pandemic to including when needed, referral for clinical care.

WHO defines self care as the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness with or without the support of a health-care provider.

People choose self-care interventions for convenience, cost, empowerment, a better fit with values or daily lifestyles, and during COVID-19 because they cannot access health services.

Self care requires:
(1) Acknowledging people as active participants in informed health decision-making,
(2) A holistic approach to health and well-being across the life course, (3) Respecting human rights, ethical considerations and gender equality, and (4) Quality, evidence-based products and interventions.

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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 Guideline summaries in 6 UN languages:

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

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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

03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS
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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
**04: COMMUNICATIONS RESOURCES ON SELF-CARE INTERVENTIONS**

**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

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

**Film:** Self-care interventions for health

**Social media tiles:** Self-care interventions bring health services to people

Self care is a new approach to primary health care

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04: COMMUNICATIONS RESOURCES ON SELF-CARE INTERVENTIONS

Social media tiles:

Individual can self-manage medical abortion in the first trimester

Self-administration of injectable contraception

Access to self-care interventions improve people's autonomy

Self-collection of samples can nearly triple STI testing uptake

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
Self care

Introduction

Chapter 1

Global values and preferences survey results

Technical resources

Communications resources

Download

Self-care intervention flyers

- Self-collection of samples for sexually transmitted infections (STIs)
- Self-management of medical abortion
- Human papillomavirus (HPV) self-sampling as part of cervical cancer screening
- Self-administration of injectable contraception

What are self-care interventions?

- What is self care?
- WHO’s definition of self care is the ability to promote health, prevent disease, maintain health, and cope with illness of individuals, families and communities.

WHO recommendations on self-care interventions

- Each recommendation is based on extensive consultations and a review of existing evidence.
- During humanitarian emergencies, including pandemics, routine health services are disrupted and existing health systems can be over-stretched.
- At least 400 million people worldwide lack access and help ensure continuity of health services which may otherwise be disrupted due to health emergencies. WHO is developing an innovative strategy to strengthen primary health care, increase universal health coverage (UHC) and help ensure continuity of health services which may otherwise be disrupted due to health emergencies.

Self-care interventions are evidence-based, evidence-informed, and informed by people's preferences.

For select health services, incorporating self care can be an innovative strategy to strengthen primary health care, increase universal health coverage (UHC) and help ensure continuity of health services which may otherwise be disrupted due to health emergencies. WHO is developing an innovative strategy to strengthen primary health care, increase universal health coverage (UHC) and help ensure continuity of health services which may otherwise be disrupted due to health emergencies.

Self-care interventions

- Self-managed care is the ability of an individual, family or community to manage their health care needs in collaboration with health-care providers.
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Sexual and reproductive health and rights (SRHR)

- Self-management of injectable contraception
- Self-administration of injectable contraception
- Self-collection of samples for sexually transmitted infections (STIs)

Self-care interventions

- Self-management of injectable contraception
- Self-administration of injectable contraception
- Self-collection of samples for sexually transmitted infections (STIs)

WHO Recommendations on Self-care Interventions

- WHO recommendations on self-care interventions for sexually transmitted infections (STIs)
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Self-management of medical abortion

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Global values and preferences survey results

Self care