

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



01: INTRODUCTION

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?

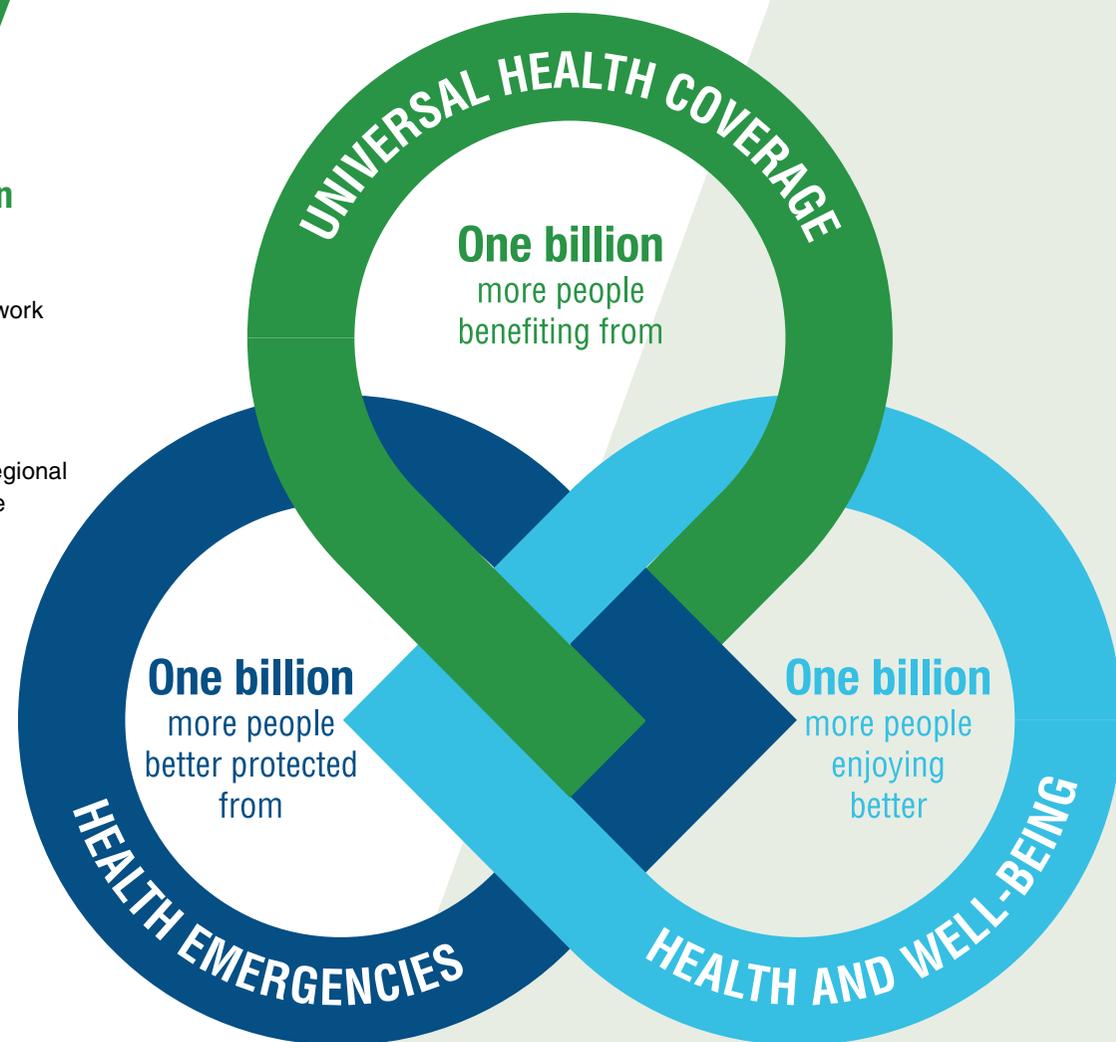
This toolkit is to support WHO colleagues at Regional and Country Offices and UN partners with communication products that can be adapted locally. This will be done by providing some standard language, versatile graphics and tailored resources. The toolkit is also a resource for stakeholders and partners 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

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.

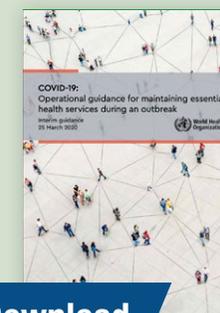
Individuals, communities, and entire societies have been asked to contribute to reducing the transmission of the virus, reduce mortality and morbidities and protect their own health through a range of actions from washing hands, physical distancing, and managing mild symptoms for COVID-19 and other conditions,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



Access

Q&A: Self-care interventions for sexual and reproductive health and rights (SRHR) and COVID-19



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WHO Operational guidance for maintaining essential health services during an outbreak



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



Technical resources



Communications resources

- 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
-  Social media



02: OVERVIEW

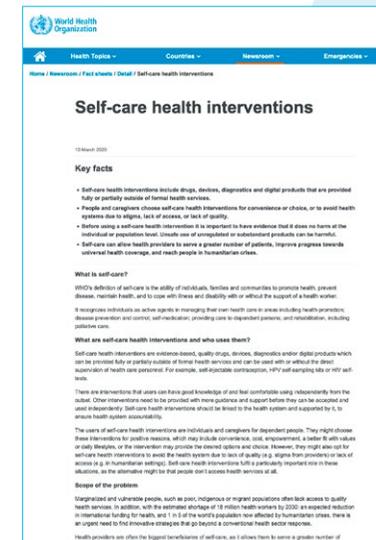
What is self care?

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>

02: OVERVIEW



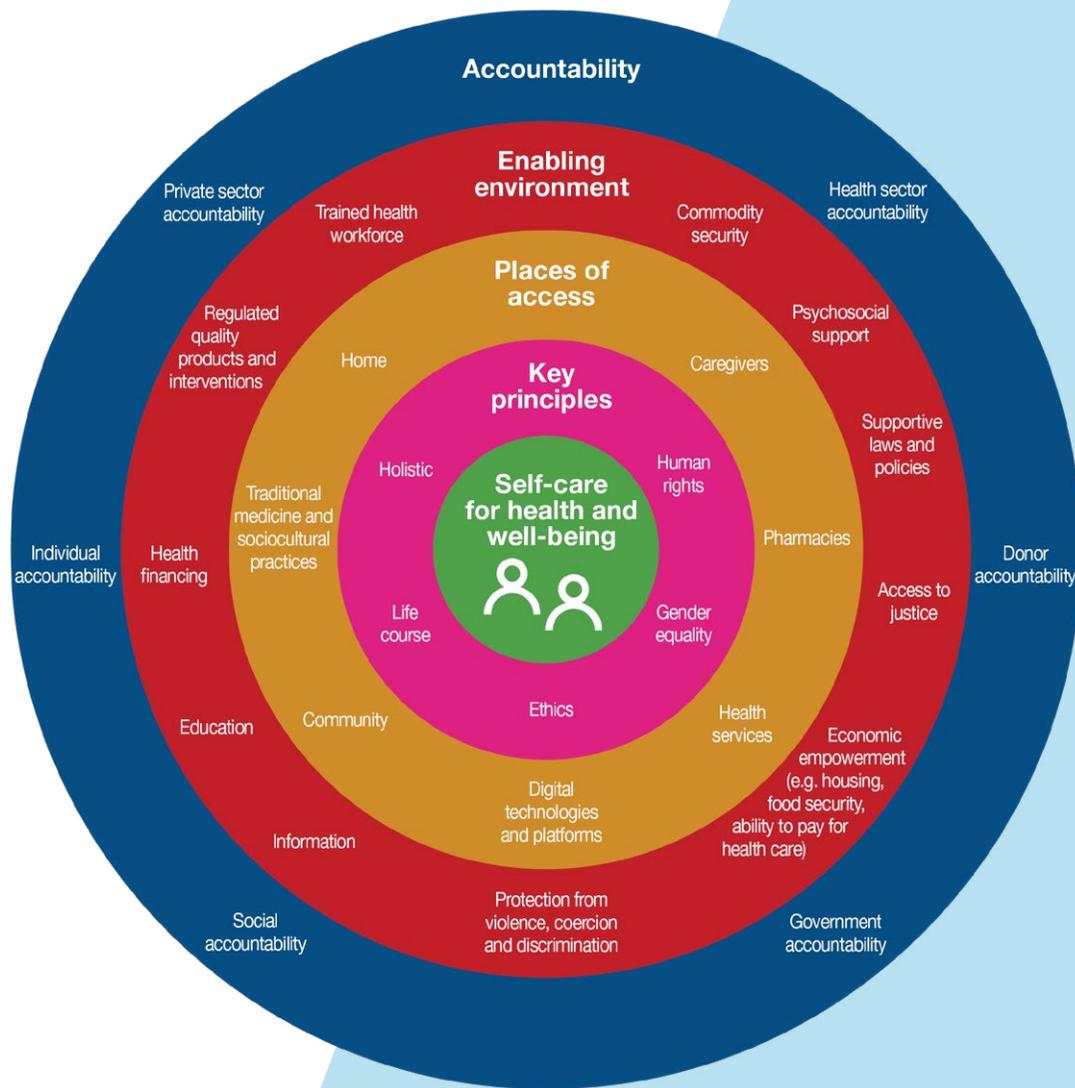
This logo, for use by UN partners on self-care materials, integrates the framework for self-care interventions for health and the Sustainable Development Goals. Inherent in the concept of self care is the recognition that it is the individual person who acts (or does not act) to preserve health. This logo represents the ability of self-care interventions to place power regarding health and well-being in the hands of people.

This graphic is not to be used for any commercial or fundraising purposes. It has been developed to promote the guideline on self-care 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.

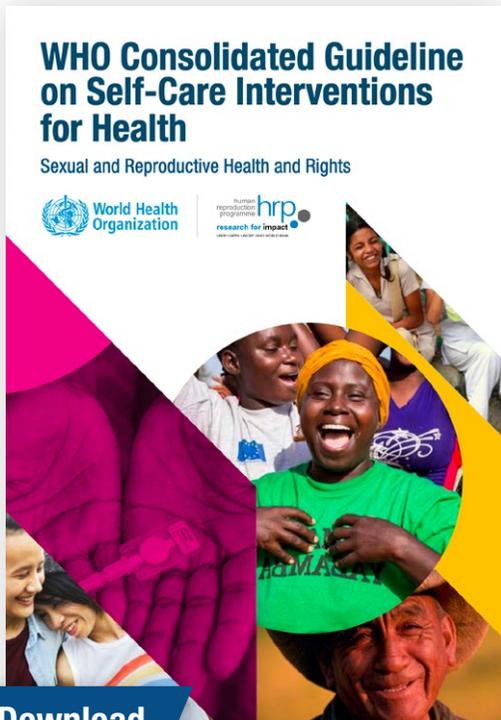
It also supports systematically addressing the broader determinants of health through evidence-informed policies and actions across all sectors. Importantly, it is about acknowledging that individuals, families and communities can optimize their health as advocates for policies that promote and protect 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

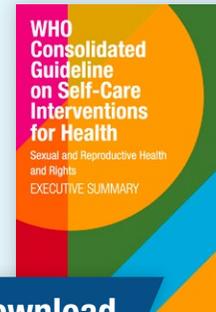
WHO Consolidated Guideline on Self-Care Interventions for Health: Sexual and Reproductive Health and Rights



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Executive Guideline summaries in 6 UN languages:

English



[Download](#)

Arabic



[Download](#)

Chinese



[Download](#)

Spanish



[Download](#)

French



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Russian



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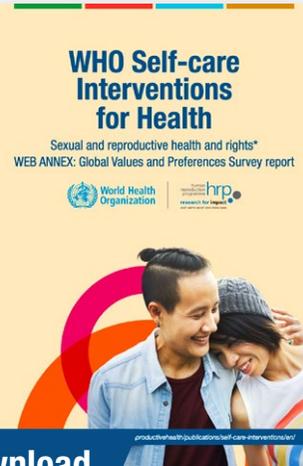


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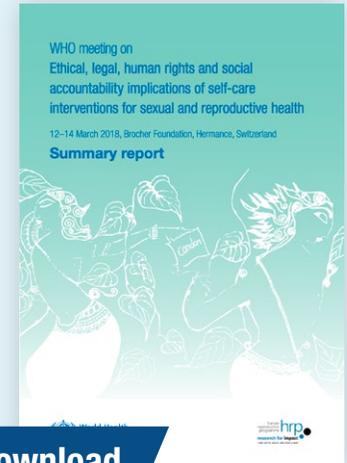
03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS

Global Values and Preferences Survey results



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Ethical, legal, human rights and social accountability implications



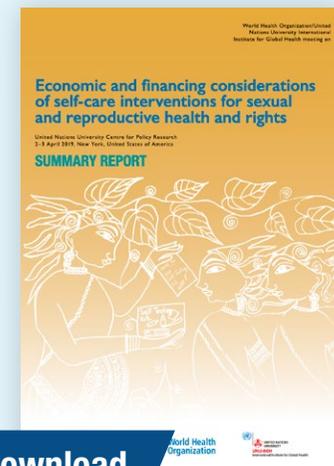
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Policy brief: HIV self-testing



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Economic and financing considerations

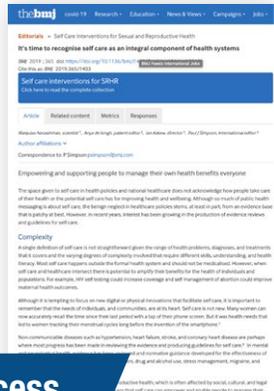


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03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS

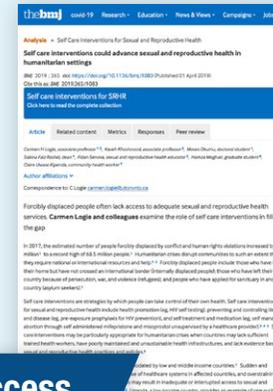
Evidence reviews (The BMJ Supplement):

Editorial: Recognising self care as an integral component of the health system



Access

Reaching populations in humanitarian settings through self-care interventions



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Environmental considerations of self-care waste management



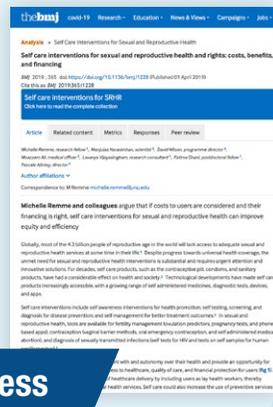
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Self-care interventions to advance health and well-being: a conceptual framework



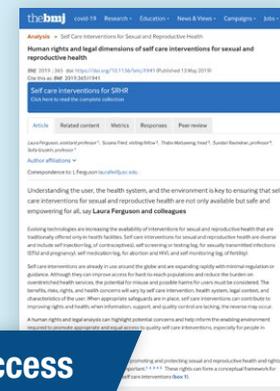
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Financing and economic considerations of self-care interventions to reach universal health coverage



Access

Human rights and legal dimensions of self-care interventions



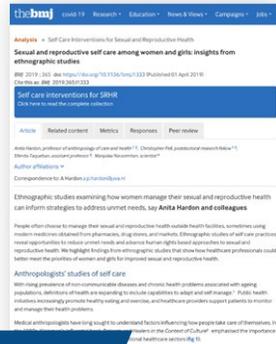
Access



03: TECHNICAL RESOURCES ON SELF-CARE INTERVENTIONS

Evidence reviews (The BMJ Supplement):

Self care among women and girls: insights from ethnographic studies



Access

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



Download

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



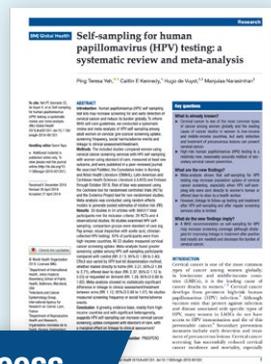
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Self-collection of samples for common STIs



Access

Self-sampling for human papillomavirus testing



Access

Self-administration of injectable contraception



Access



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



View

WHO website: Self-care interventions for health



Access

Powerpoint presentation: on the WHO Consolidated Guideline



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Social media tiles:

Self-care interventions bring health services to people



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Self care is a new approach to primary health care



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Access to self-care interventions improve people's autonomy



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04: COMMUNICATIONS RESOURCES ON SELF-CARE INTERVENTIONS

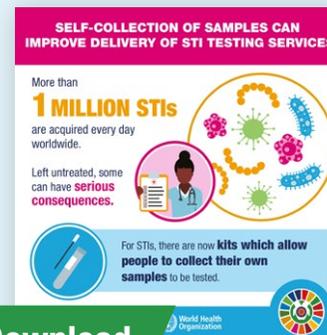
Social media tiles:

Individual can self-manage medical abortion in the first trimester



Download

Self-collection of samples can nearly triple STI testing uptake



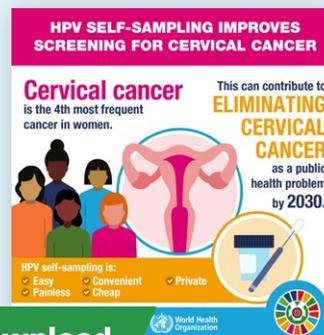
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Self-administration of injectable contraception



Download

HPV self-sampling improves screening for cervical cancer



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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

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04: COMMUNICATIONS RESOURCES ON SELF-CARE INTERVENTIONS

Self-care intervention flyers

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



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



Download

Self-management of medical abortion



Download

Self-administration of injectable contraception



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