Full Name: ________________________________

Email: ________________________________

Title: ________________________________

Organization: ________________________________

Country: ________________________________

What type of virtual session would you like to submit an abstract or session proposal for?

☐ INDIVIDUAL ABSTRACT
A traditional scientific presentation accompanied by a question and answer session.

☐ PRE-FORMED PANEL
A traditional moderated panel format consisting of 3-4 abstract driven presentations.

☐ DISCOVERY EXCHANGE
Creative, discussion-driven session formats that focus on self-care hot topics, tools, reports, and experiences (e.g., fireside chats, talk shows, debates, regional learning exchanges, case study examples, skills-building workshops, storytelling forums, multimedia, live stage, or other innovative virtual format).

INDIVIDUAL ABSTRACT

A traditional scientific presentation accompanied by a question and answer session

Which track is the most relevant to your submission?

☐ Research

☐ Advocacy

☐ Programming

Which theme(s) are you applying to?

☐ INNOVATIVE INTERVENTIONS AND PROMISING PRACTICES IN SELF-CARE (Evidence-based self-care products and practices that are new or emerging; Digital technology to promote self-care quality, access, and uptake; Private sector engagement or marketing shaping approaches for self-care; Task shifting and community-based delivery of self-care; Role of self-care in advancing primary healthcare and universal health coverage).

☐ SELF-CARE QUALITY OF CARE AND USER EXPERIENCE (Self-care technical competency and skills among users and health providers; Approaches for fostering self-care health literacy, including accurate and understandable information; Person-centered, respectful, rights-based self-care).

☐ HEALTH SYSTEMS, HEALTH WORKFORCE, AND SELF-CARE (Integrating self-care into health systems, including linking self-care users with the health system; Supporting health workers to promote and provide self-care interventions among clients; Incorporating self-care into national health information systems or routine surveys; Ensuring commodity security for self-care products, including for last mile distribution; Financing of self-care, including examples of what financing and governance looks like when self-care is integrated into the health system).
ENABLING ENVIRONMENT FOR SELF-CARE FOR ALL (Securing legal, policy, regulatory, social protection, and/or financing changes to advance self-care at the global, national, or sub-national levels; Country experience adapting, adopting, and implementing National Self-Care Guidelines; Approaches for mobilizing communities, addressing stigma and opposition, building champions, and promoting accountability for self-care; Strategies for leaving no one behind (adolescents and young people, women and girls, LGBTQIA+, racial/ethnic minorities, persons with disabilities, refugees and migrants, indigenous people, and more); Multisectoral interventions to enable self-care).

SELF-CARE IN HUMANITARIAN, FRAGILE, AND CRISIS SETTINGS (Innovative or effective models for initiating and expanding access to self-care interventions in humanitarian and fragile settings; Promising approaches for overcoming challenges for integrating self-care in humanitarian and fragile health systems, including supply chain, financing, and health workforce; Measuring and evaluating self-care interventions in humanitarian settings – challenges and opportunities; Examples of collaboration across the humanitarian and development/self-care nexus).

Title (20 words maximum)

Abstract (300 words maximum) In 300 words or less please provide the following description 1) background i.e., context for your research, advocacy or programmatic work, 2) methods i.e., research, advocacy, or programmatic methods or approaches, 3) results i.e., research, advocacy/policy or programmatic outcomes, and 4) conclusions and/or recommendations from your work. If your proposal is accepted, this description may be used or adapted for promotional purposes.

Primary author details Please indicate the primary author, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes)

Co-authors and affiliations Please list all relevant co-authors and associated affiliations (e.g., John Smith - McGill University)

Presenting author details Please indicate who will be presenting, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes).

FOLLOW-UP QUESTIONS

Are you willing to serve as a session moderator or discussant? ☐ Yes ☐ No ☐ Maybe

Are you available to serve as an abstract reviewer in August? ☐ Yes ☐ No ☐ Maybe

We anticipate this will require reviewing no more than 5 abstracts.

If yes or maybe, please confirm that you have expertise in any of the following (check all that apply): ☐ Self-care research ☐ Self-care programming ☐ Self-care advocacy ☐ N/A
If yes or maybe, please confirm which theme(s) you are most interested in reviewing abstracts for (check all that apply):

- Innovative Interventions and Promising Practices in Self-Care
- Self-Care Quality of Care and User Experience
- Health Systems, Health Workforce, and Self-Care
- Enabling Environment for Self-Care for All
- Self-Care in Humanitarian, Fragile, and Crisis Settings
- N/A

**PRE-FORMED PANEL**

A traditional moderated panel format consisting of 3-4 abstract driven presentations

**Which track is the most relevant to you?**

- Research
- Advocacy
- Programming

**Which theme(s) are you applying to?**

- INNOVATIVE INTERVENTIONS AND PROMISING PRACTICES IN SELF-CARE (Evidence-based self-care products and practices that are new or emerging; Digital technology to promote self-care quality, access, and uptake; Private sector engagement or marketing shaping approaches for self-care; Task shifting and community-based delivery of self-care; Role of self-care in advancing primary healthcare and universal health coverage).

- SELF-CARE QUALITY OF CARE AND USER EXPERIENCE (Self-care technical competency and skills among users and health providers; Approaches for fostering self-care health literacy, including accurate and understandable information; Person-centered, respectful, rights-based self-care).

- HEALTH SYSTEMS, HEALTH WORKFORCE, AND SELF-CARE (Integrating self-care into health systems, including linking self-care users with the health system; Supporting health workers to promote and provide self-care interventions among clients; Incorporating self-care into national health information systems or routine surveys; Ensuring commodity security for self-care products, including for last mile distribution; Financing of self-care, including examples of what financing and governance looks like when self-care is integrated into the health system).

- ENABLING ENVIRONMENT FOR SELF-CARE FOR ALL (Securing legal, policy, regulatory, social protection, and/or financing changes to advance self-care at the global, national, or sub-national levels; Country experience adapting, adopting, and implementing National Self-Care Guidelines; Approaches for mobilizing communities, addressing stigma and opposition, building champions, and promoting accountability for self-care; Strategies for leaving no one behind (adolescents and young people, women and girls, LGBTQIA+, racial/ethnic minorities, persons with disabilities, refugees and migrants, indigenous people, and more); Multisectoral interventions to enable self-care).

- SELF-CARE IN HUMANITARIAN, FRAGILE, AND CRISIS SETTINGS (Innovative or effective models for initiating and expanding access to self-care interventions in humanitarian and fragile settings; Promising approaches for overcoming challenges for integrating self-care in humanitarian and fragile health systems, including supply chain, financing, and health workforce; Measuring and evaluating self-care interventions in humanitarian settings – challenges and opportunities; Examples of collaboration across the humanitarian and development/self-care nexus).

**Abstract for panel (300 words maximum)**

In 300 words or less please provide an overview of your proposed pre-formed panel, including overarching research question and individual questions for the panelists. It is expected that panelists represent different organizations. If your proposal is accepted, this description may be used or adapted for promotional purposes.

**Speaker 1 details**

For Speaker 1, please indicate the name, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes)
**Abstract for Speaker 1**

(300 words maximum)

In 300 words or less please provide the following description 1) background i.e., context for your research, advocacy or programmatic work, 2) methods i.e., research, advocacy, or programmatic methods or approaches, 3) results i.e., research, advocacy/policy or programmatic outcomes, and 4) conclusions and/or recommendations from your work.

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**Speaker 2 details**

For Speaker 2, please indicate the name, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes)

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**Abstract for Speaker 2**

(300 words maximum)

In 300 words or less please provide the following description 1) background i.e., context for your research, advocacy or programmatic work, 2) methods i.e., research, advocacy, or programmatic methods or approaches, 3) results i.e., research, advocacy/policy or programmatic outcomes, and 4) conclusions and/or recommendations from your work.

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**Speaker 3 details**

For Speaker 3, please indicate the name, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes)

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**Abstract for Speaker 3**

(300 words maximum)

In 300 words or less please provide the following description 1) background i.e., context for your research, advocacy or programmatic work, 2) methods i.e., research, advocacy, or programmatic methods or approaches, 3) results i.e., research, advocacy/policy or programmatic outcomes, and 4) conclusions and/or recommendations from your work.

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**Speaker 4 details (optional)**

For Speaker 4, please indicate the name, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes)

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**Abstract for Speaker 4**

(300 words maximum) (optional)

In 300 words or less please provide the following description 1) background i.e., context for your research, advocacy or programmatic work, 2) methods i.e., research, advocacy, or programmatic methods or approaches, 3) results i.e., research, advocacy/policy or programmatic outcomes, and 4) conclusions and/or recommendations from your work.

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**Panel moderator details**

Please indicate who the panel moderator will be, associated affiliation, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes).

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**FOLLOW-UP QUESTIONS**

Are you willing to serve as a session moderator or discussant?

☐ Yes  ☐ No  ☐ Maybe

Are you available to serve as an abstract reviewer in August?

☐ Yes  ☐ No  ☐ Maybe

We anticipate this will require reviewing no more than 5 abstracts.

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If yes or maybe, please confirm that you have expertise in any of the following (check all that apply):

☐ Self-care research  ☐ Self-care programming  ☐ Self-care advocacy  ☐ N/A
If yes or maybe, please confirm which theme(s) you are most interested in reviewing abstracts for (check all that apply):

- Innovative Interventions and Promising Practices in Self-Care
- Self-Care Quality of Care and User Experience
- Health Systems, Health Workforce, and Self-Care
- Enabling Environment for Self-Care for All
- Self-Care in Humanitarian, Fragile, and Crisis Settings
- N/A

DISCOVERY EXCHANGE

Creative, discussion-driven session formats that focus on self-care hot topics, tools, reports, and experiences

Can include fireside chats, talk shows, debates, regional learning exchanges, case study examples, skills-building workshops, storytelling forums, multi-media, live stage or other innovative virtual format

Which track is the most relevant to your submission?

- Research
- Advocacy
- Programming

Which theme(s) are you applying to?

- INNOVATIVE INTERVENTIONS AND PROMISING PRACTICES IN SELF-CARE (Evidence-based self-care products and practices that are new or emerging; Digital technology to promote self-care quality, access, and uptake; Private sector engagement or marketing shaping approaches for self-care; Task shifting and community-based delivery of self-care; Role of self-care in advancing primary healthcare and universal health coverage).
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- SELF-CARE IN HUMANITARIAN, FRAGILE, AND CRISIS SETTINGS (Innovative or effective models for initiating and expanding access to self-care interventions in humanitarian and fragile settings; Promising approaches for overcoming challenges for integrating self-care in humanitarian and fragile health systems, including supply chain, financing, and health workforce; Measuring and evaluating self-care interventions in humanitarian settings – challenges and opportunities; Examples of collaboration across the humanitarian and development/self-care nexus).

Title (20 words maximum)

Session organizers

Please provide a list of session organizers and co-organizers (if relevant) and their affiliations.
| **Objectives**  
(150 words maximum) | Please indicate 2-3 key objectives your session will aim to achieve. |
|-----------------|--|
| **Session description / background**  
(300 words maximum) | Please provide an overview of the Discovery Exchange. If your session proposal is accepted, this description may be used or adapted for promotional purposes. |
| **Draft run of show / session format**  
(300 words maximum) | Please describe your proposed Discovery Exchange format and brief run-of-show. |
| **Suggested speakers details** | Please provide a list of proposed speakers, affiliations, country of residence and whether under 35 (yes/no) (e.g., Jane Doe, McGill University, Canada, under 35: yes). We encourage diversity in all forms within your speaker lineup. |
| **Key resources (optional)** | Are there any key resources you would like to share that are relevant to your Discovery Exchange? Please provide hyperlinks to any relevant resources. |

### FOLLOW-UP QUESTIONS

| **Are you willing to serve as a session moderator or discussant?** | Yes | No | Maybe |
| **Are you available to serve as an abstract reviewer in August?** | Yes | No | Maybe |

We anticipate this will require reviewing no more than 5 abstracts.

| **If yes or maybe, please confirm that you have expertise in any of the following (check all that apply):** | Self-care research | Self-care programming | Self-care advocacy | N/A |
| **If yes or maybe, please confirm which theme(s) you are most interested in reviewing abstracts for (check all that apply):** | Innovative Interventions and Promising Practices in Self-Care | Self-Care Quality of Care and User Experience | Health Systems, Health Workforce, and Self-Care |
| | Enabling Environment for Self-Care for All | Self-Care in Humanitarian, Fragile, and Crisis Settings | N/A |
All abstract and session submissions will be evaluated against the following criteria

ALIGNMENT
Degree to which the abstract and/or session proposal aligns with at least one of the five themes:
- Innovative Interventions and Promising Practices in Self-Care
- Self-Care Quality of Care and User Experience
- Health Systems, Health Workforce, and Self-Care
- Enabling Environment for Self-Care for All
- Self-Care in Humanitarian, Fragile, and Crisis Settings

CLARITY
Degree to which the abstract and/or session proposal is clear, coherent and responds to the key fields required.

ENGAGEMENT
Degree to which the research, advocacy or programmatic work outlined in the abstract and/or session proposal is new and insightful (e.g., represents new evidence; challenges existing theories/frameworks/paradigms for self-care) and/or the session format facilitates active engagement and discussion.

DIVERSITY
Degree to which the primary author and/or co-authors; panelists and panel moderator; list of proposed session speakers are diverse (gender, geographies, age, level and nature of experience and occupation).