SEXUAL AND REPRODUCTIVE HEALTH SELF-CARE MEASUREMENT TOOL

BRIEF SUMMARY 2023

SELF-CARE
TRAILBLAZER
GROUP

WHY CREATE THIS TOOL?

Self-care aims to place users at the center of health systems, supporting equitable access to health services, and improving health system resilience. Because it is often practiced outside of the formal health system, self-care monitoring and evaluation (M&E) is challenging and requires novel approaches. The World Health Organization has issued and updated global sexual and reproductive health (SRH) self-care guidance, but M&E standards have not yet been developed. Improving the validity, availability, and standardization of SRH self-care data is critical for strengthening evidence-based self-care delivery models. This tool aims to develop a practical and adaptable M&E resource including a set of priority indicators for SRH self-care.

WHO IS THIS TOOL FOR?

The tool is intended to be used by ministries of health, implementers, evaluators, and researchers interested in measuring progress toward fulfilling the potential of self-care and improving the standardization and comparability of priority SRH self-care indicators across various settings.

WHAT DOES THE RESOURE DO?

The SRH Self-Care Measurement Tool is a practical, adaptable resource, which establishes a process for identifying and building consensus around SRH self-care priority indicators. These indicators may serve as a foundation for future efforts to develop priority indicators across an expanded range of self-care interventions.

The first edition of the tool (published online in February 2023) includes indicators specific to three priority self-care interventions (self-injectable progestin-only hormonal contraceptive; HIV self-testing; and self-managed abortion). These indicators are examined across three domains (enabling environment; knowledge, attitudes, and practices; and service delivery and health outcomes).

A total of 69 priority indicators are included. Each indicator is accompanied by a definition and description of calculations, data sources, and relevant references. The authors also specify whether the indicator is known to have already been used in the field. When examples do exist, information is provided of where and how an indicator has been used for decision-making.

WHAT'S NEXT?

As self-care policies expand around the world, consensus on priority measures and measurement approaches for monitoring self-care is critical. The SRH Self-Care Measurement Tool was developed through a replicable process for rapid consensus-driven indicator selection, which may serve as a reference for future efforts to develop standardized indicators across a broader range of self-care interventions. The authors envision that future updates to the tool will incorporate additional self-care interventions and domains of self-care, as the needs of the community of practice evolve.

HOW HAS THIS TOOL BEEN USED?

"In developing Nigeria's National M&E Framework for Self-Care, we sourced for globally relevant tools that would enable us to create a more robust framework from our current indicators. The SRH Self-Care Measurement Tool was identified as a key resource, as it provides measurement and metric guidance that builds on evidence, tools, and frameworks that meet our needs. Adapting the tool to our country's context also allows us to align with global standards and best practices for self-care measurement."

-Jennifer Adebambo, White Ribbon Alliance Nigeria (WRAN)

WHERE CAN I FIND FURTHER INFORMATION?

- Sexual and Reproductive Health Self-Care Measurement Tool

ABOUT THE SELF-CARE TRAILBLAZER GROUP AND ITS EVIDENCE AND LEARNING WORKING GROUP

The Sexual and Reproductive Health Self-Care Measurement Tool is a product of the Self-Care Trailblazer Group (SCTG), a global coalition that aims to advance evidence-based sexual and reproductive health (SRH) self-care policies and programs. The SCTG Evidence and Learning Working Group (ELWG) supports this work through the generation and synthesis of strategic evidence and learning products to strengthen the evidence base for SRH self-care programs, policies, and implementation. The tool is one of many resources published by the ELWG to offer practical and theoretical tools to support increased awareness around sexual and reproductive self-care for health officials, health professionals, and researchers.