THE SELF-CARE TRAILBLAZER GROUP'S EVIDENCE AND LEARNING WORKING GROUP

SECOND MEMBER MEETING

MEETING OVERVIEW

The Self-Care Trailblazer Group's Evidence and Learning Working Group seeks to generate and synthesize high-quality evidence to support evidence-based sexual and reproductive health (SRH) self-care. This community of practice of over 500 members (65% representing the global south) has produced a series of global goods and tools to advance self-care policy and practice. The second member meeting of the year aimed to **showcase ELWG's value vis-à-vis the development of four frameworks as global goods** (see below). Facilitated by Impact for Health International (IHI), this meeting brought together experiences and voices of over 50 members to:

- **Demonstrate the value of the ELWG frameworks** via a plenary presentation ELWG's contribution to global goods;
- **Showcase examples** of how four key ELWG frameworks have been applied in practice in South Sudan, Uganda, and Nepal; and
- **Encourage participants** to apply an ELWG framework through live discussions and Mentimeter polls.

ELWG'S GLOBAL GOODS

This framework articulates how social and behavior change (SBC) can support sexual and reproductive self-care initiatives and contribute to improved health outcomes. The framework is designed for use by policymakers and government representatives, donors, and self-care program implementers. The framework helps these users understand what drives self-care behavior and make policy and programmatic decisions that use SBC to enable sexual and reproductive health self-care behaviors.
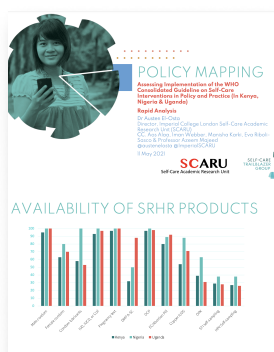
SOCIAL & BEHAVIOR CHANGE SELF-CARE FRAMEWORK

2022 →

This framework is aligned with the WHO Consolidated Guideline on Self-Care Interventions for Health. There are five domains that sit at the core of this framework, and 41 domains that can be adapted for any self-care interventions. These domains and the framework may be applicable to a broader range of primary health care approaches to self-care.

QUALITY OF CARE FRAMEWORK FOR SELF-CARE

2020 →

This tool, commissioned by the Self-Care Academic Research Unit (SCARU) at Imperial College London, is the first of its kind, pragmatic self-care policy and practice mapping tool. The purpose of this tool is to understand the extent to which countries are implementing the 24 recommendations outlined in the 2019 WHO Consolidated Guideline on Self-Care: Sexual and Reproductive Health and Rights (SRHR) in policy and practice.

POLICY MAPPING: ASSESSING IMPLEMENTATION OF THE WHO CONSOLIDATED GUIDELINE ON SELF-CARE INTERVENTIONS

2021 →

With the expansion of mobile phones, smart phone applications, internet access and artificial intelligence people are discovering new ways to engage in self-care. To support this evolution the Self-Care Trailblazer Group partnered with HealthEnabled to facilitate the development of a framework to provide practical guidance for effectively designed, implemented and researched digital health in support of self-care.

DIGITAL SELF-CARE FRAMEWORK

2020 →

WE TRIED SOMETHING NEW THIS TIME!

Alongside a live meeting that took place on June 27, 2023 ELWG hosted a watch party on July 4, 2023, especially designed for members in Asia during their working hours. This watch party shared recordings of the presentations from the live meeting with live discussions for engagement.

SOCIAL AND BEHAVIOR CHANGE SELF-CARE FRAMWORK

HEATHER HANCOCK
Senior Program Officer II
Johns Hopkins Center for Communication Programs

MAMOTHENA MOTHUPI
Health Researcher
International Rescue Committee

Decision makers really want to know about behaviours around storage and disposal of self-injected contraceptives and what works for that context. It helps to reiterate messages around social and behaviour change in general for family planning in that particular context"- **Mamothena Mothupi**

"[The Social and Behavior Change Framework for Self-Care can help] provide evidence of the holistic approach in research, [such as] the human elements about the barriers for use"- **Watch party participant**

QUALITY OF CARE FRAMEWORK FOR SELF-CARE

MILLY KAGGWA
Senior Technical Advisor
Population Services International

DENNIS CHEMONGES
Quality of Care Lead
Population Services International Uganda

"In terms of assuring quality of self-care at the community level, we acknowledge the difficulties of community health workers when it comes to limited skills and knowledge. However, we have been able to adapt materials to suit their level of technical understanding, such as frequently asked questions and being able to identify the clients that need to be seen by providers and those who can be addressed at that level. It's a work in progress but we are seeing it's promising when we look at the big picture regarding universal health coverage. Community health workers show a lot of promise in terms of that." - **Dennis Chemonges**

DIGITAL SELF-CARE FRAMEWORK

PATTY MECHAEL
Co-founder and Policy Lead
HealthEnabled

"The Digital Framework came through an iterative design process with a lot of learning as we go. It can be used for many services and offers scopes for linkages between clients and the health system. The Framework has four domains and a roadmap for users that has a step-by-step guide on how to put it in action […] Digital self-care interventions account for linkages to the health system and are **not seen as something entirely independent"** *- Live event discussant*

"Digital platforms are mainly funded by donors which are rarely sustainable. The Governments therefore need to invest in digital self-care towards sustainability when such grants end."- **Watch party participant**

SELF-CARE POLICY MAPPING TOOL

AUSTEN EL-OSTA
Director
SCARU, Imperial College, London School of Public Health

MIRAK ANGDEMBE
Senior Director of Program and Research
Population Services International Nepal

"The [Policy Mapping] tool is a first of its kind pragmatic tool that addresses a gap because […] there was no baseline or validated method to evaluate the extent to which different countries are implementing recommendation from the WHO [consolidated self-care] guideline. It was piloted in Kenya, Nigeria and Uganda and is now being using Mozambique, Nepal and Malawi. One of its main values is that it's a great way to catalyze conversation and promote continued stakeholder engagement"- **Live event discussant**

"This will help our organization to commence conversation on self-care policy advocacy"- **Watch party participant**

As leaders in this space, we want you to use these frameworks to advance self-care policy and practice. Need support with implementing these frameworks or want an orientation on these tools?

Contact the ELWG leadership team at:
evidence@selfcaretrailblazers.org

JOHNS HOPKINS Center for Communication Programs

health.enabled

SCARU Self-Care Academic Research Unit

IMPACT FOR HEALTH

RESCUE

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SELF-CARE TRAILBLAZER GROUP