

# THIRD ANNUAL MEMBERS SUMMIT



June 7, 2023

## CHAMPIONING SELF-CARE: MOVING SELF-CARE FROM POLICY TO PRACTICE

### MEMBERS SUMMIT OVERVIEW

The Self-Care Trailblazer Group (SCTG) is a global coalition dedicated to expanding the safe and effective practice of self-care so that individuals can better manage their own health, health outcomes are improved, and health systems are better equipped to achieve universal health coverage. To date, the coalition has over 800 members around the world.

On June 7, 2023, SCTG hosted its third Annual Members Summit. This interactive Summit facilitated by Impact for Health International (IHI) brought together 125 members. This year's Summit theme was Championing Self-Care: Moving Self-Care from Policy to Practice with the aim to elevate members' voices and demonstrate the impact of the coalition and its partners on self-care policy and practice. To achieve this, members were asked to reflect and answer four big questions: (1) WHY are we here? (2) WHO are we? (3) HOW can we move self-care from policy to practice and (4) WHAT can we do next?

### WHY ARE WE HERE?

Members shared that they wanted to 'make new connections and learn from each other;' 'hear about self-care practices across the globe;' 'celebrate self-care' and; 'identify opportunities for collaboration.'

### WHO ARE WE?

Members shared accomplishments and challenges they have experienced in the last year in implementing self-care and moving it from policy to practice, including through this membership video that showcased 13 organizations across eight countries around the world.



### HOW CAN WE MOVE SELF-CARE FROM POLICY TO PRACTICE?

A "wicked questions" three-part panel was facilitated with 17 diverse panelists from around the world, to explore:

#### PANEL 1

*How do you address opposition and build support for self-care?*

#### PANEL 2

*How is SRH self-care currently being measured?*

#### PANEL 3

*Who really pays for self-care?*

### WHAT CAN YOU DO NEXT?

There are several exciting opportunities to engage in the SCTG in the coming months, including:

- Attend the Self-Care Learning and Discovery Series from October 30- November 17, 2023

- Join the Global Coalition United for Self-Care movement toward adopting the World Health Organization's resolution on Self-Care.
- Join the SCTG and one of its working groups, if you're not already a member!

# HOW CAN WE MOVE SELF-CARE FROM POLICY TO PRACTICE?

## EXCERPTS FROM OUR PANELISTS:



**1**

*"We are helping healthcare providers become champions for self-care and are seeing that gynecologists and nurse midwives are already taking up self-care and becoming champions for this issue [...] we bring them to the table, right from the beginning of designing self-care interventions."*

**Nelly Munyasia,  
Reproductive Health Network Kenya**

**2**

*"As the only health providers that many women [in rural Pakistan] see, we ask them 'what do you want to do and how can you do it?' The key for me has always been respectful and client-centered care, in which there's enough time to ask questions, open communication, and for women to feel safe because these are really difficult spaces for women to navigate and we need to give them the tools for it."*

**Neha Mankani, PUSH Campaign**

**3**

*"We need to keep a health system approach to self-care. As much as we can, link it to facility-based services and community-based services and start discussing self-care during preparedness, response, and recovery plans [in humanitarian settings]."*

**Jessica Kakesa,  
International Rescue Committee**

**4**

*"One way that we tried to simplify triangulating of these different data sources is that we came up with five priority indicators. We didn't just tell grantees, 'Measure this type of question around self-injection.' We have specific questions about self-injection use, demand, and awareness, with specific verbiage for them."*

**Erica Sedlander,  
University of San Francisco**

**5**

*"In terms of metrics, they could be anything around awareness, use of a product, satisfaction with use of the product. It could be something – and I think this is where chatbots are uniquely positioned – something around the level of motivation: how likely is someone to follow up on a recommendation, how likely is someone to seek care, or to continue to be adherent on their self-care journey."*

**Ben Bellows, Nivi Inc**

**6**

*"We don't necessarily have to go from policy to practice, rather practice, and the lessons learned from movements, inform policy in self-care [...] we must center the needs of women and girls, especially in contexts where the opposition and anti-rights movements are super strong."*

**Luna Borges, Fòs Feminista**

**7**

*"There is a low evidence base in published literature on financing of self-care in African countries. However, research speaks to ways in which self-care could be financed, including through public sector financing, private sector financing and external assistance, depending on country contexts."*

**Andrea Williams, HEARD,  
University of Kwa Zulu Natal**

**8**

*"The pilot implementation of the National Self-Care Guidelines in Uganda in 2021 was led by the Ministry of Health, supported by the National Self-Care Expert Group, which includes government institutions, civil society organizations and private sector organizations, all of who supported the planning, execution, M&E and financing of the pilot."*

**Fatia Kiyange, CEHURD**

**9**

*"One of the things we did was ensure that their [key stakeholders] views from the beginning were a part of the making of the indicators, which of course helps us to understand how they want information presented. That is an important step to enable policymakers to be able to respond to the interests and the needs of their citizens when questions about monitoring data information comes back."*

**Jennifer Adebambo,  
White Ribbon Alliance Nigeria**