



POLICY DISSEMINATION BRIEF

National Guideline for Self-Care in Reproductive Health, 2023

Background

Self-care 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 (WHO 2022). It empowers individuals, families, and communities to manage aspects of their health while strengthening the health system to support safe, effective, and equitable self-care. It helps in addressing gaps in access to quality reproductive health (RH) services to align with Universal Health Coverage (UHC) and the Sustainable Development Goals (SDGs).

Goal

The purpose is to provide guidance on self-care to healthcare providers and other stakeholders in reproductive health.

- Three domains of self-care: self-awareness, self-testing, and self-management.
- Guidance on self-referral pathways and reverse referrals.
- Governance and regulatory structures for quality assurance.

Specific Objectives:

- Identify priority RH self-care areas.
- Equip providers to support safe, quality self-care.
- Strengthen governance, accountability, and regulatory mechanisms.
- Enhance demand creation, advocacy, and digital health tools.
- Build monitoring, evaluation, and learning systems.

Guiding Principles

- People-centered & holistic approach.
- Human rights, ethics & gender equality.
- Autonomy & informed decision-making.
- Integration with existing health systems.

Key Components of the Guideline

- Priority RH areas: maternal & newborn health, family planning, infertility, reproductive cancers, HIV/STI prevention and care.

Policy Rationale

- It improves access to quality reproductive health services
- Responds to HRH shortages by enabling clients to safely undertake selected health tasks.

- Enhances autonomy, equity, and dignity in reproductive health.
- Expands access to modern, client-centered self-care interventions.
- Reduces pressure on overstretched health facilities.

Who can use this Policy

- Healthcare providers.
- National & county governments.
- Policy makers & regulators.
- Development & implementing partners.
- Community health promoters (CHPs).
- Individuals and Clients, families.
- CSOs & CBOs for self-care adoption and advocacy.



Call to Action

- National government should strengthen regulation and surveillance.
- Counties should allocate resources and adapt the guidelines for local implementation.
- Partners should support training, dissemination, and demand creation.
- Community based providers should create awareness on self care at community level.



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