

Interests and Preferences Regarding Family Planning Self-care Interventions among Kenyan and Nigerian Women

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BACKGROUND

- Self-care encourages health promotion and improved access to health care for individuals, ensuring people are at the center of their healthcare decisions.
- Self-care interventions, defined as, "evidence-based, quality drugs, devices, diagnostics and/or digital technologies which can be provided fully or partially outside of formal health services and can be used with or without the direct supervision of healthcare personnel" offer tools to improve health and well-being. [WHO guideline on self-care interventions for health and well-being, 2022 revision. Geneva: World Health Organization; 2022.]
- There is increasing interest among many Sub-Saharan African countries in incorporating self-care into FP policies and programs.
- Self-care is multifaceted and context-relative and self-care programming should be informed by an understanding of women's preferences and priorities.

AIMS AND OBJECTIVES

The study aims to generate evidence on women's interests and preferences related to key FP self-care interventions outlined by the World Health Organization, including digital information provision, oral contraceptive pills (OCPs), emergency contraceptives (EC), and self-administered injectables (DMPA self-injection).

- Describe what types of information women want and their interest in receiving it through digital interventions
- Examine preferred places of access for FP self-administered products
- Explore preferences for engaging with formal health services within the context of FP self-administered products.
- Examine factors associated with source preference by product

METHODS

- Descriptive and cross-sectional data were obtained from the third phase (P3) of a mobile phone-assisted longitudinal panel survey conducted by the Performance Monitoring for Action (PMA) program in Kenya and two Nigerian states (Kano and Lagos) between November 2021 and January 2022.
- Mini-module: 21 questions on women's interests and preferences regarding FP information and selected contraceptive methods (OCPs, EC, self-administered injectable contraceptives) that women can administer on their own, without necessarily interacting with healthcare providers.

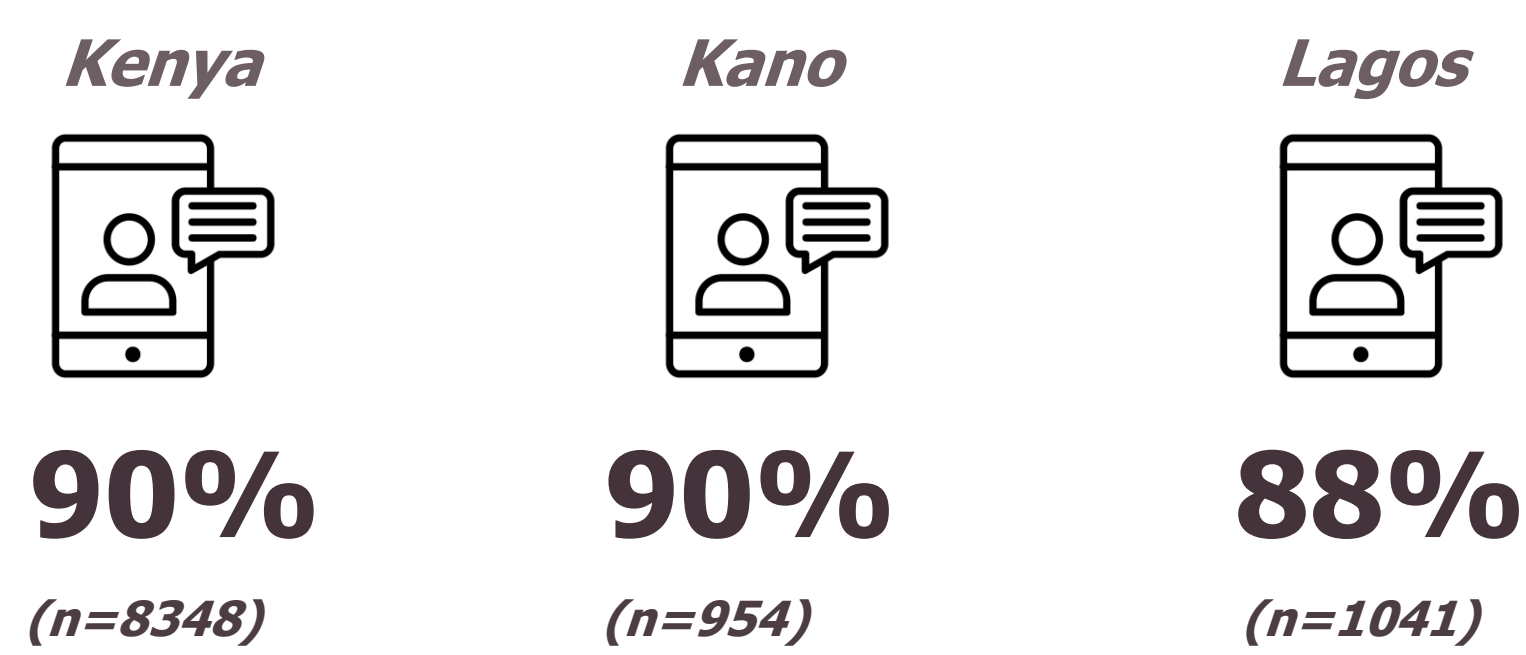
TABLE 1. Data collection and sample

	Kenya	Kano	Lagos
Data collection	Nov. 2021 – Dec. 2021	Dec. 2021 – Jan. 2022	Dec. 2021 – Jan. 2022
Sample size (SC module)	9271	1121	1291
% of completed PMA P3 Cross-sectional sample	98%	98%	91%

RESULTS

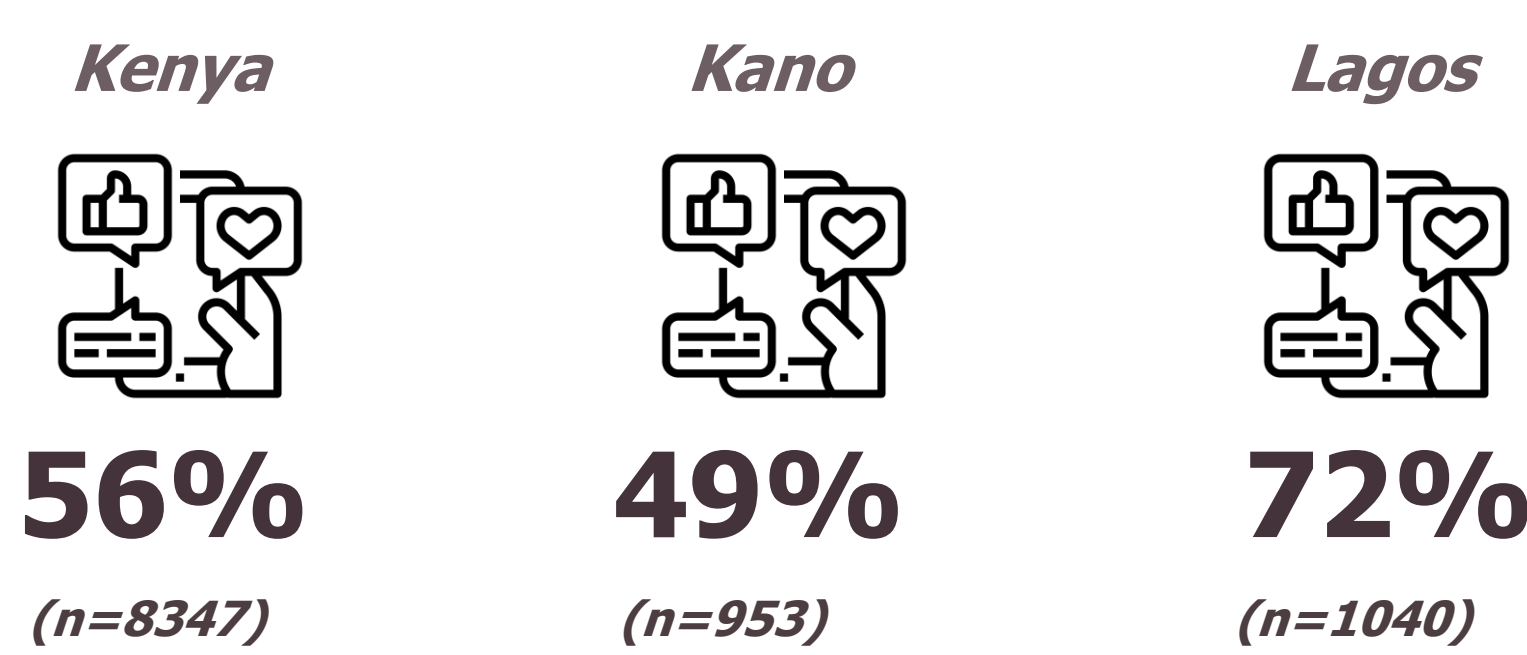
Interest in receiving information through digital interventions

FIGURE 1: Interest in mobile access to information* via voice or text



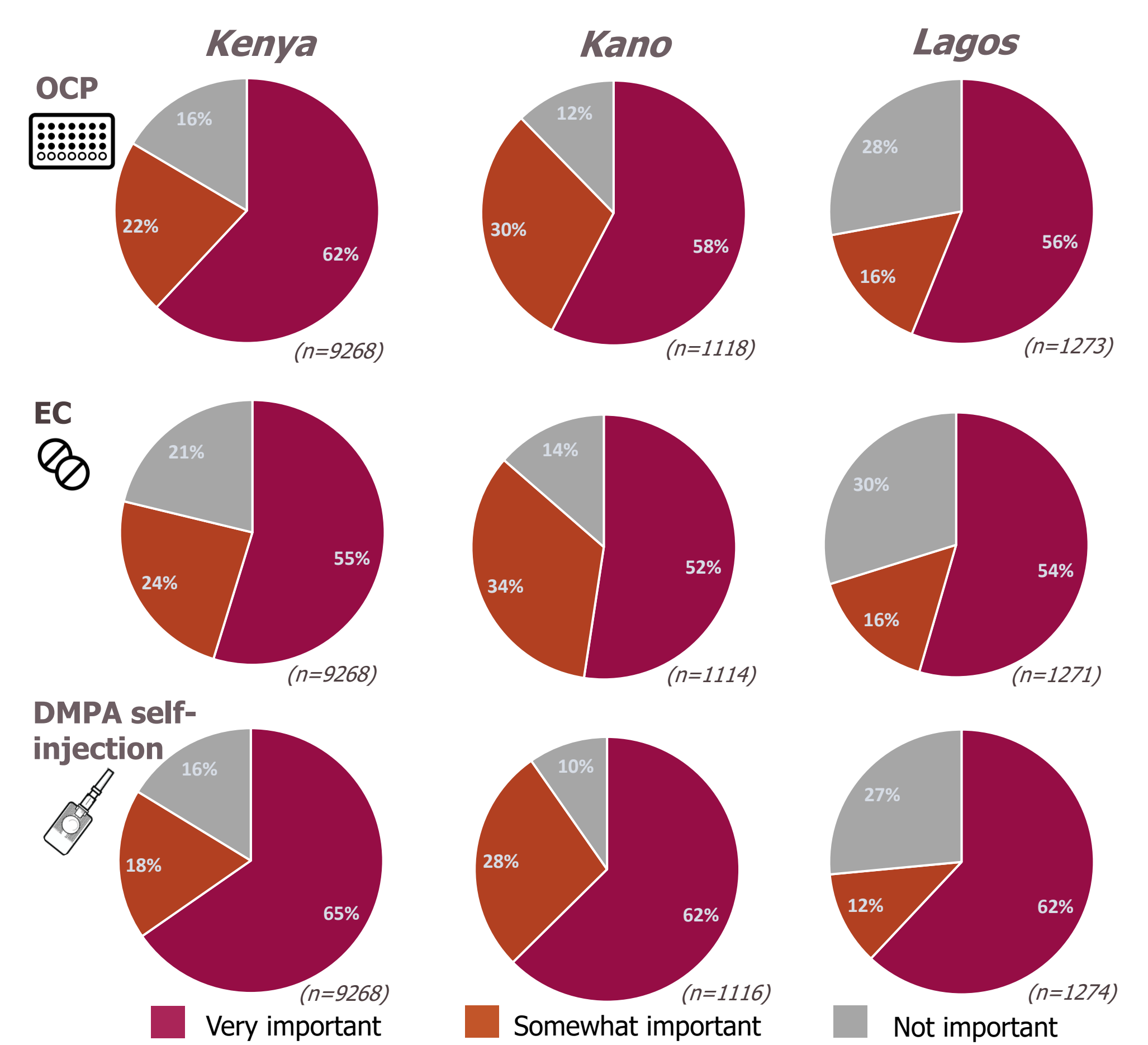
*Information may include: series of questions you could use on your own to confirm if you are pregnant, series of questions you could use on your own to determine return to fertility after giving birth, instructions and materials you could use on your own to track menstrual cycle and determine fertile days, information to manage changes to menstrual bleeding you could use on your own, information to manage side effects you could use on your own.

FIGURE 2: Interest in mobile access to information* via social media



Preferences for engaging providers

FIGURE 3: Importance of engaging with a provider when starting or while using a method



Preferences for source of method

FIGURE 4: Preferred source of supply

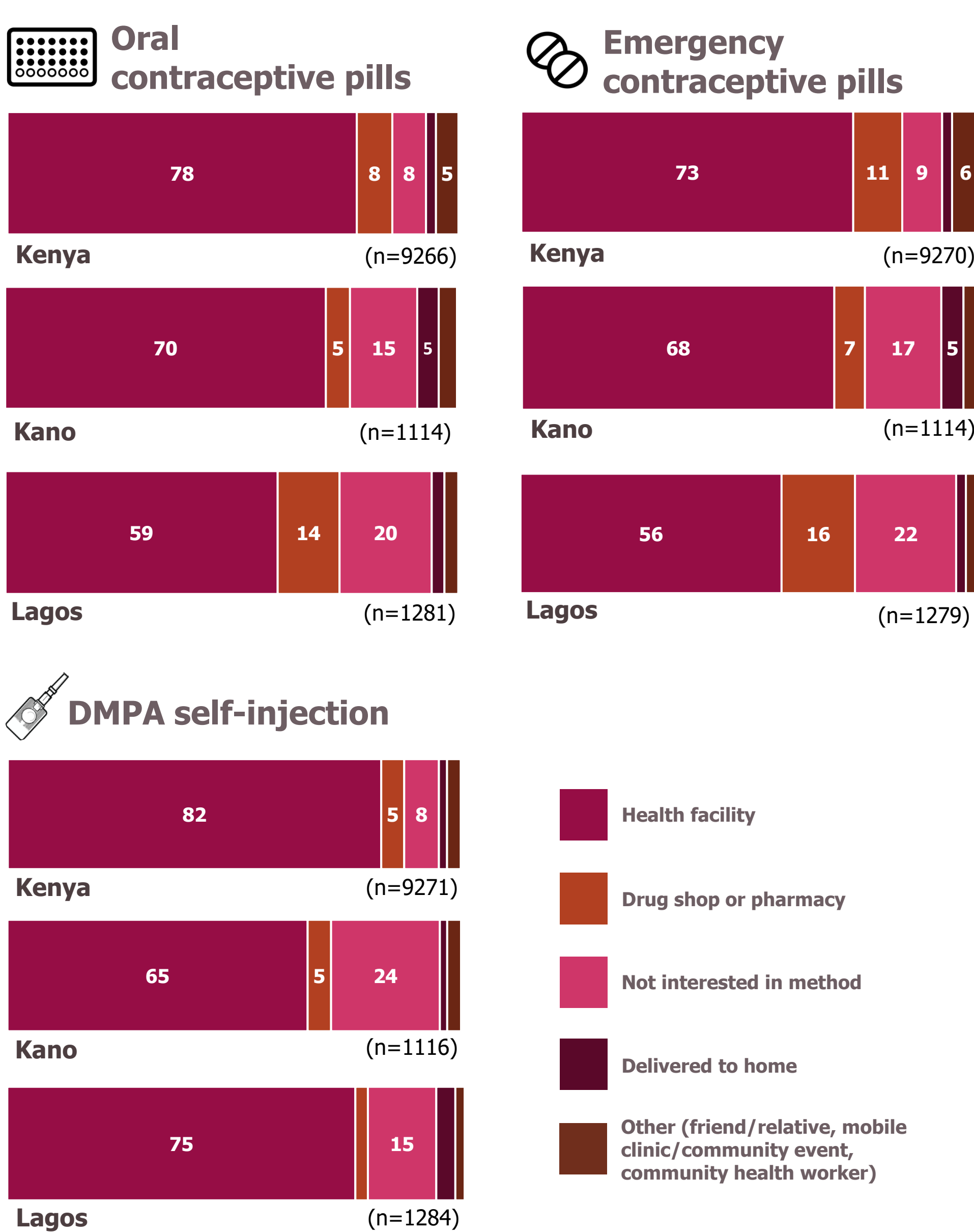
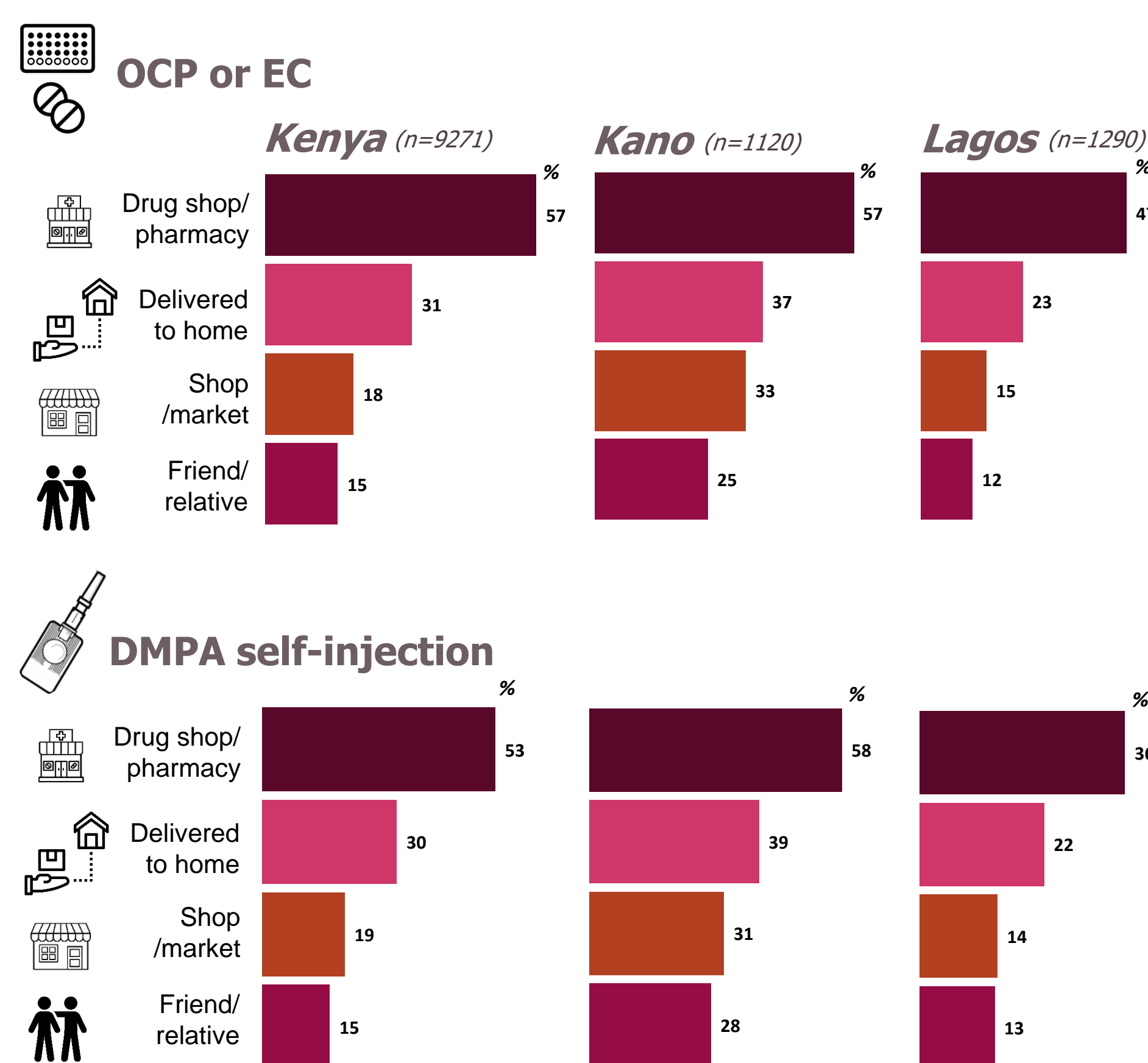


FIGURE 5: Interest in receiving method from other sources apart from the health facility



CONCLUSIONS

- Interest in information related to fertility and FP that can be accessed primarily through voice/text but also through social media
- Very/somewhat important to engage with provider when starting and while using self-administered methods
- Preferred source of supply is health facility
- Interest among women in accessing self-administered products through non-traditional channels such as drug shops and pharmacies and other sources, including through home delivery, market, and friends/family, compared with health facility.

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