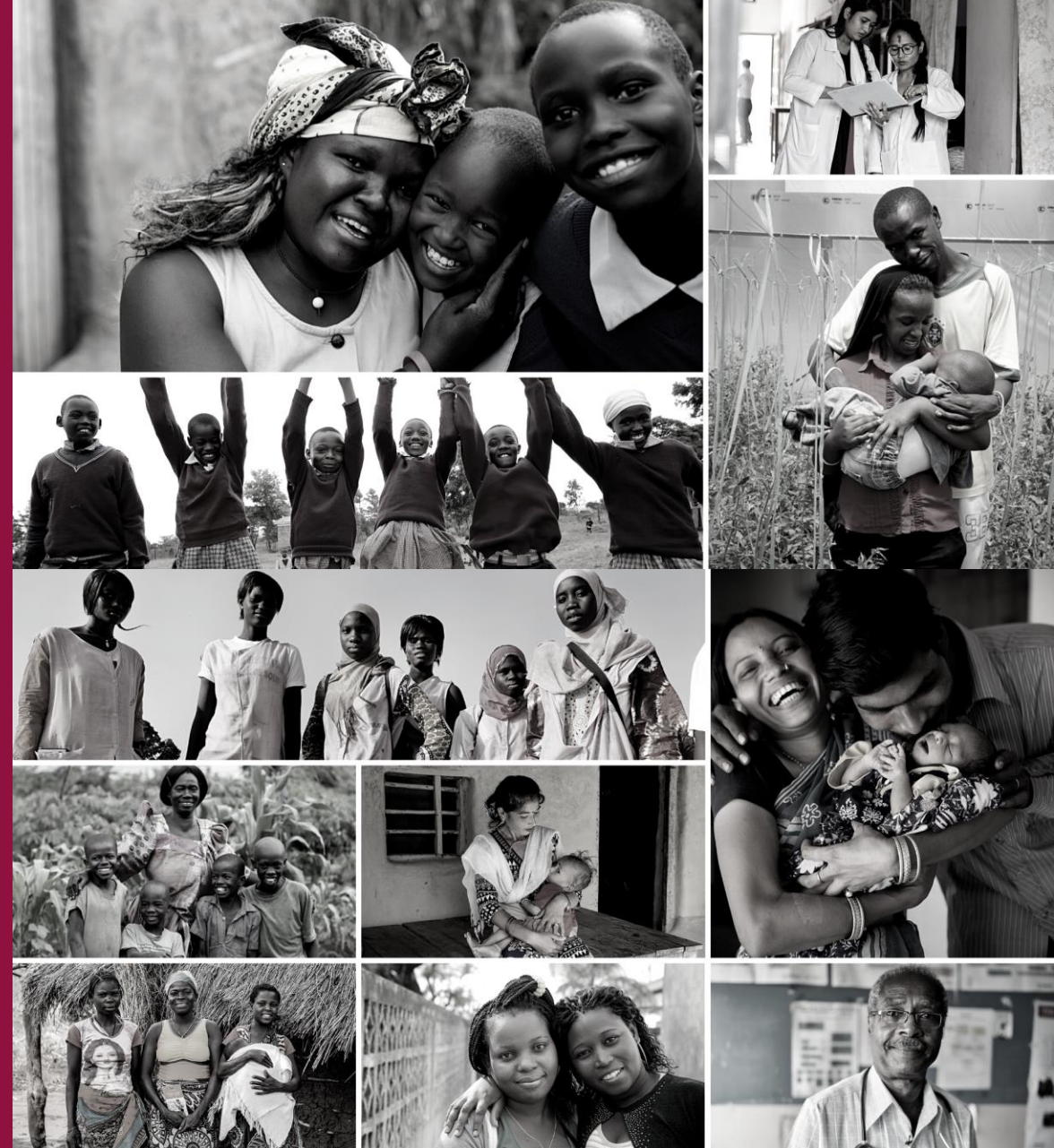


# Interests and Preferences Regarding Family Planning Self-care Interventions among Kenyan and Nigerian Women

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# Background

- Self-care interventions (SCI), 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, 2022).
- Self-care encourages health promotion and improved access to health care for individuals, ensuring people are at the center of their healthcare decisions.
- Increasing interest in incorporating SCIs into FP policies & programs

# Goal and Objectives

Goal: Learn about women's interests and preferences related to key aspects of family planning self-care

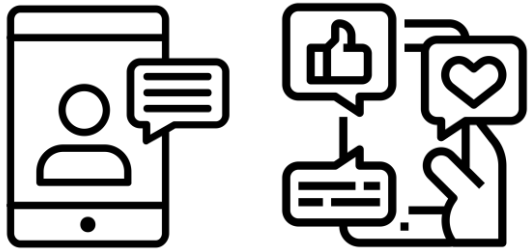
Objectives:

1. To describe interest in mobile access to information
2. To examine perceived importance of engaging with providers
3. To explore interest in accessing self-administered methods through different channels
4. Examine factors associated with source preference, by product

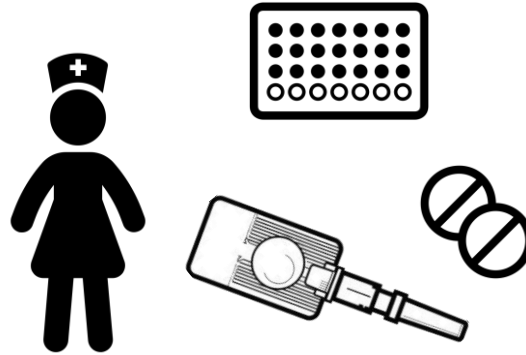
# Methods

- Self-care mini-module with 21 questions added to Performance Monitoring for Action (PMA) Phase 3 surveys in Kenya & Nigeria (Kano & Lagos) between November 2021 & January 2022
- Questions explored women's interests and preferences regarding FP information and selected contraceptives (oral contraceptive pills (OCPs), emergency contraception (EC), self-administered injectable contraceptives) that women can administer on their own, without necessarily interacting with healthcare providers

# Highlights



High interest (49-90%) in information related to fertility and FP accessed through voice/text and through social media



Very/somewhat important (70-90%) to engage with provider when starting and while using self-administered methods across methods and sites



Preferred source of supply is health facility, but interest among women in accessing self-administered products through non-traditional channels, e.g. drug shop (36-58%)



# Thank you!



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