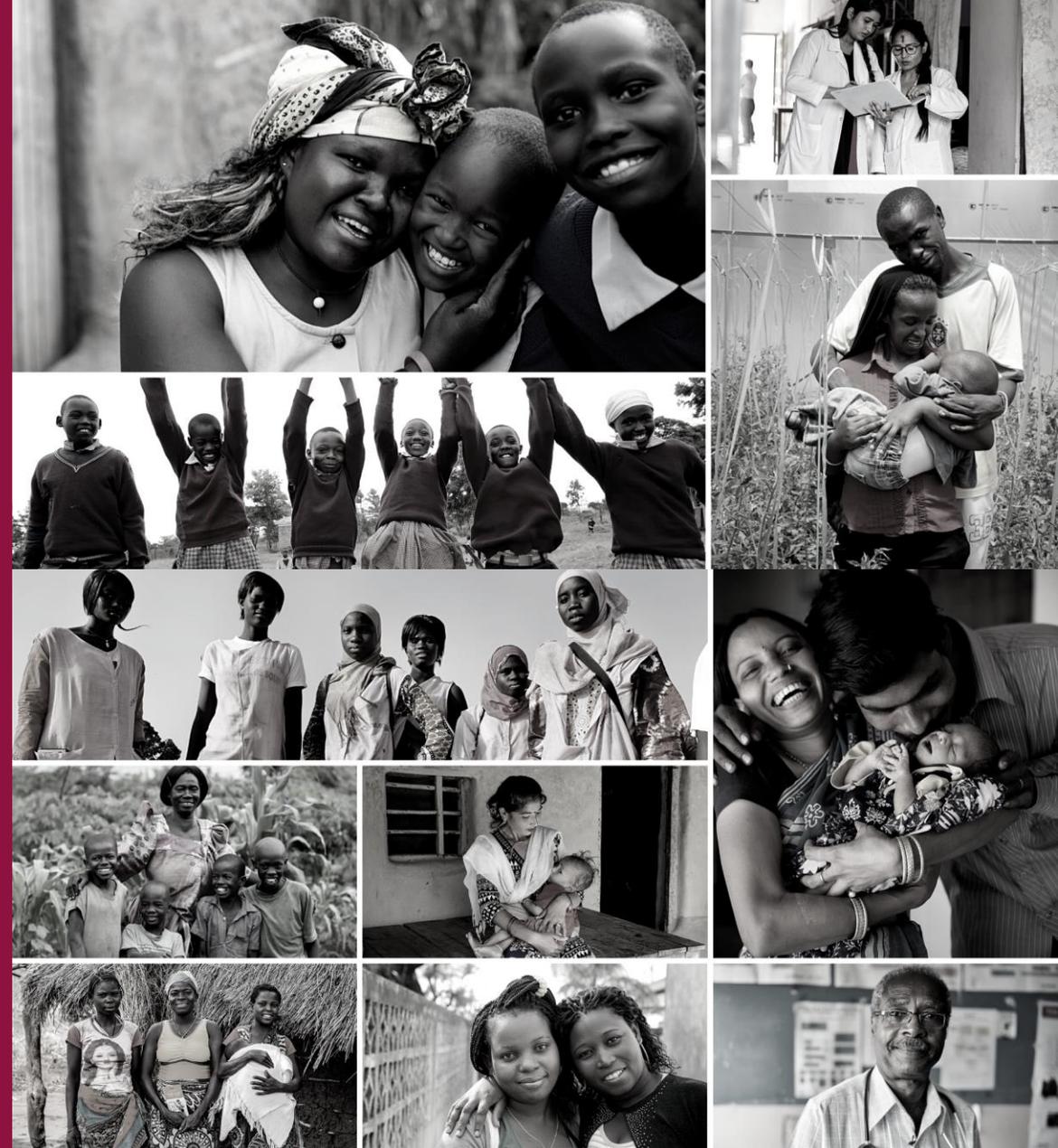


Using holistic, inductive approaches to operationalize measurement of self-care for family planning

Aurélie Brunie





Background

- *Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of a health worker. (WHO)*
- A contextualized understanding of self-care is essential to inform policies and programs.

People centered*

Capacity to make decisions and to make use of available resources

Health system centered*

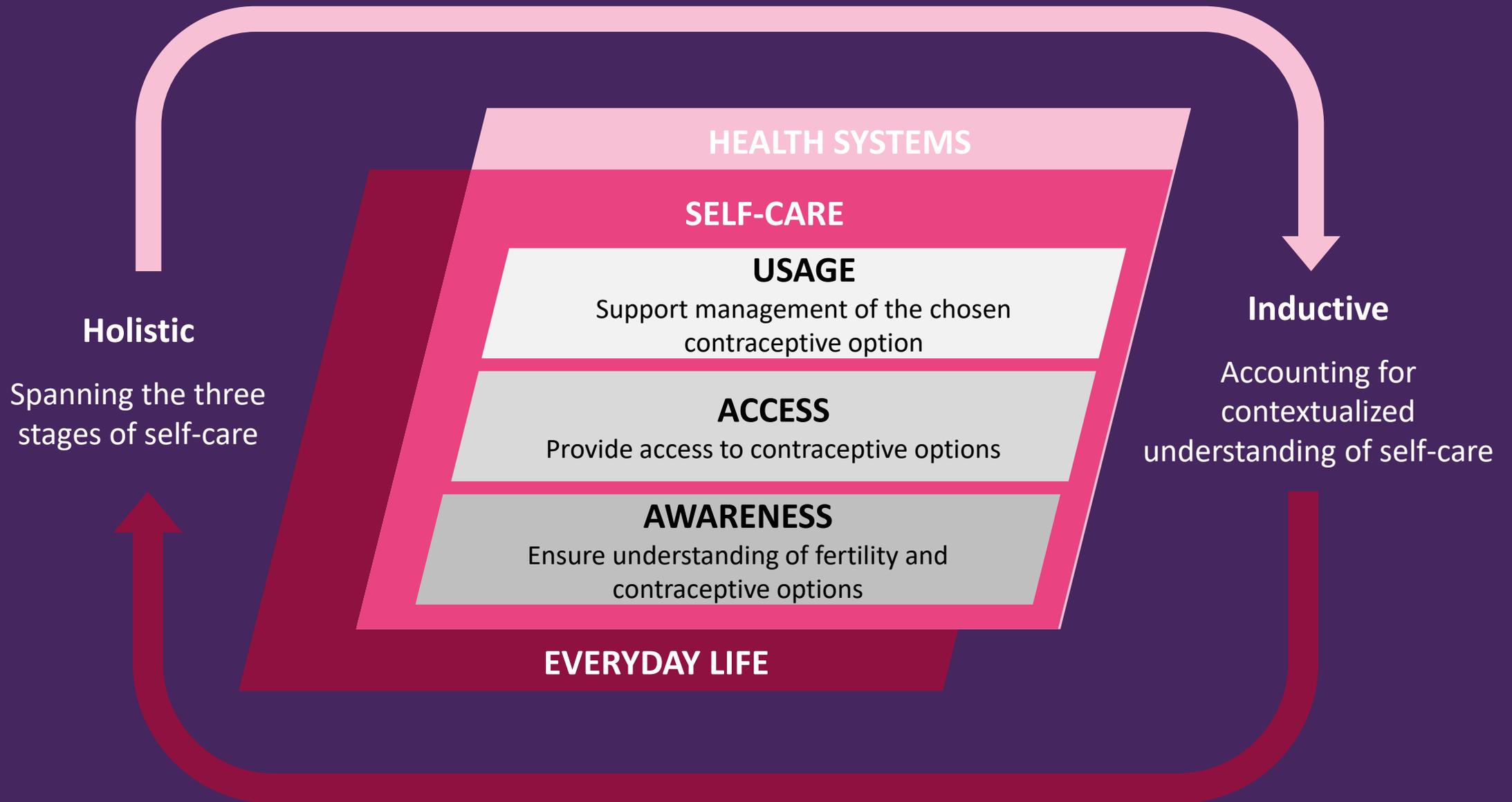
Evidence-based interventions that are fully or partially separate from formal health services and that can be used with or without the support of a health worker

*Narashiman M, Allotey P, Hardon A. Self care interventions to advance health and wellbeing: a conceptual framework to inform normative guidance. *BMJ* 2018;365:l668



Primary focus of on-going measurement efforts

R4S inquiry framework for self-care in family planning



Two approaches to including the community perspective



APPROACH 1

List of FP self-care interventions



Interest and preferences related to self-care interventions



Identify most appropriate FP self-care interventions in a given context



APPROACH 2

Identify most appropriate FP self-care interventions in a given context



Understanding of self-care

Barriers encountered during FP journey



Community perspective



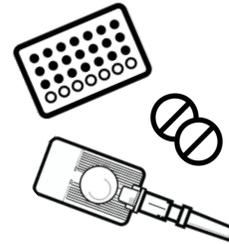
Approach 1: Starting with FP self-care interventions



Mobile access to information

Awareness

- Types of information
- Mobile channels for receiving information



Methods that can be self-administered

Access/Usage

- Interest in receiving methods from specific, non-traditional sources
- Preferred source of supply
- Importance of engaging with providers
- Benefits of engaging/not engaging with a provider



Example: Addition of a mini-module of 21 survey questions to the PMA female questionnaire in Kenya (n=9,271) and in Kano (n=1,121) and Lagos (n=1,291) in Nigeria



Interest in mobile access to information

Via voice or text message on a mobile phone



Kenya (n=8348)

90%

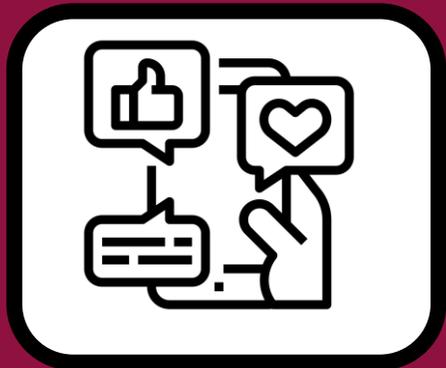
Kano (n=954)

90%

Lagos (n=1041)

88%

Via social media such as Facebook, Viber, Twitter, WhatsApp or others



Kenya (n=8347)

56%

Kano (n=953)

49%

Lagos (n=1040)

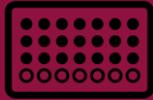
72%

*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.

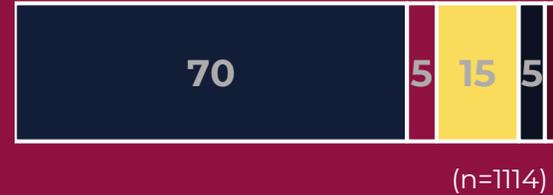


Preferred source of supply

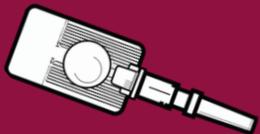
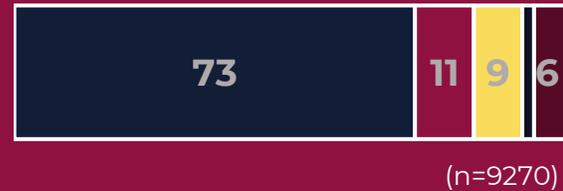
If you didn't have to pay for the product, where would you most like to get the method?



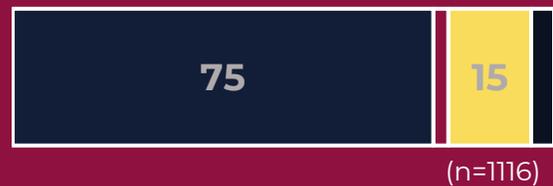
Oral contraceptive pills



Emergency contraceptive pills



DMPA self-injection



Kenya

Kano

Lagos

Health facility

Drug shop or pharmacy

Not interested in method

Delivered to home

Other (friend/relative, mobile clinic/community event, community health worker)



Approach 2: Starting with the community perspective

Qualitative

- Understanding of self-care
- Barriers encountered along FP journey

Core quantitative survey questions

Awareness

- Fertility awareness
- Knowledge of self-administered products
- Knowledge of where to obtain self-administered products
- Sources of FP information

Access

- Contraceptive use
- Method choice
- Source of supply

Usage

- Method satisfaction
- Method continuation
- Side effect management



Example: Cross-sectional, mixed method study including a survey and in-depth interviews with women in Nepal (430 surveys, 35 IDIs), Niger (510 surveys, 30 IDIs), and Uganda (374 surveys, 36 IDIs)



Qualitative exploration of understanding of self-care

- Exploration of self-care perceptions

- When I use the term “self-care”, what does that mean for you?
 - How would you describe it when it comes to family planning?

- Provision of a definition when needed

The ability of individuals, families or communities to promote and maintain sexual health and avoid unintended pregnancies with or without the help of a healthcare provider.



Meaning of self-care

- Set of behaviors to maintain well-being. In the curative domain, the first line of action typically starts at home resorting to the formal health system if needed.
- Use of any method to space or limit births to meet health, financial, and educational goals.

Self-care is what you can personally do to prevent some problems. For instance, the unintended pregnancies. It should be your responsibility. If you have not used family planning, what do you expect? You will become pregnant. So, it should be good to self-care and know that if you don't want to get pregnant at that time, you need to go to the health facility and get a method until the right time when you are ready. You cannot take unboiled water and get typhoid, you have to care for yourself.

40-year old Rural Ugandan Woman



Understanding of self-care

Common themes

Awareness

- Understanding of menstrual cycle and fertile period
- Knowledge of a range of modern methods, including side effects

Access

- Public health facilities prioritized, but range of sources mentioned, and ease of access highlighted

Usage

- Use of some methods enables more autonomous use
- Stopping or switching methods is also self-care

Emerging country differences

- More emphasis on modern spacing methods in Uganda

- Private clinics, pharmacies, CHWs important in Nepal
- Stronger emphasis on traditional vs. modern methods and on role of men in Niger and Nepal

- More emphasis on selecting and using a modern method that did not require partner involvement in Uganda

Reconciling the two approaches



List of FP self-care interventions



Community perspective



Would the practical implications align?

Conclusions

- Options for incorporating end-user perspectives include using either self-care interventions or the community perspective as a starting point.
- There is a gap between community understanding of self-care and national- and global- expert discussions.
- More research is needed to understand the extent to which recommendations emerging from these two approaches may be aligned.
- Future research should consider mixed-method sequential designs.



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For more information on the two studies:

Interests and Preferences Regarding Family Planning Self-care Interventions among Kenyan and Nigerian Women. Oral Flash Presentation. *Research on Universal health coverage and family planning*. November 15, 2022. 02:40 PM – 04:00 PM. Beach Hotel Royal Summit Chamber A.

Understanding the self-care interests, preferences, and opportunities for adolescent girls and young women in Nepal. Oral Presentation. *Self-care*. November 16, 2022. 04:15 PM – 05:35 PM. PEACH Pattaya 3.



Thank you!



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