



## WHO's Self Care Guidelines

The [World Health Organisation \(WHO\)](#) has launched its first guidelines on self-care interventions for health.

- Self-care intervention guidelines are based on **scientific evidence** for the health benefits of certain interventions that can be done outside the conventional sector.
- Self-care intervention guidelines are not intended to replace **high-quality health** services nor are they a shortcut to achieving [universal health coverage](#).

### Self-Care

- As per WHO “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-care provider”.
- Self-care interventions have a unique potential in reducing **inefficiencies in health expenditure**, improving the **quality** of health coverage and increasing the **agency and autonomy** of even the most vulnerable populations to make informed decisions about their health.
- **Self Care Intervention Guidelines:** in its first volume, the guidelines focus on **sexual and reproductive health and rights**. some of the interventions include:
  - **Self-sampling** for human papillomavirus (HPV) and sexually transmitted infections.
  - **Self-injectable** contraceptives.
  - Home-based ovulation predictor kits.
  - Human immunodeficiency virus (HIV) **self-testing** and **self-management** of medical abortion.

### Need

- Guidelines are a response to an estimate that by **2035** the world will face a shortage of nearly **13 million healthcare workers** and presently at least **400 million** people worldwide **lack access** to the most essential health services.
- According to WHO in the near future, 1 in 5 of the world's population will be living in settings that are experiencing humanitarian crises (series of events that are threatening in terms of health, safety or well being of a community or large group of people) hence self care interventions guidelines will act as the first line of defense and will prevent health crisis.

### Significance

- **Autonomy and timely intervention:** Self-care interventions represent a significant push towards new and greater self-efficacy, autonomy and engagement in health for self-carers and caregivers.
- **Accessibility:** It could expand access to health services, including for vulnerable populations.
- **Right to health:** People will be able to access, control, and have affordable options to manage their health and well-being.

- **Equality:** Self-care is also a means for people who are negatively affected by **gender, political, cultural and power dynamics**, including those who are forcibly displaced, to have access to sexual and reproductive health services, as many people are unable to make decisions around sexuality and reproduction.

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