

POLICY MAPPING  
**ASSESSING  
IMPLEMENTATION  
OF THE WHO  
CONSOLIDATED  
GUIDELINE ON SELF-  
CARE INTERVENTIONS**

**BRIEF SUMMARY 2023**



SELF-CARE  
TRAILBLAZER  
GROUP



## WHY CREATE THIS TOOL?

The number of self-care stakeholders is growing internationally, yet no validated methods exist for evaluating the extent to which countries are institutionalizing and implementing the recommendations of the 2019 World Health Organization (WHO) Consolidated Guideline on Self-Care. This tool – Policy Mapping: Assessing Implementation of the WHO Consolidated Guideline on Self-Care Interventions (Policy Mapping Tool) – was developed to provide a replicable methodology for measuring the extent to which countries are implementing WHO’s 24 self-care recommendations related to sexual and reproductive health in policy and practice.

## WHO IS THIS TOOL FOR?

The Policy Mapping Tool is intended for use by health program implementers, advocates, researchers, and policymakers.

## WHAT DOES THE RESOURCE DO?

The Policy Mapping Tool outlines a pragmatic methodology to conduct a policy landscape analysis relevant to self-care for sexual and reproductive health and rights (SRHR), and to assess the implementation of WHO’s 24 SRHR self-care recommendations. It includes a policy mapping tool, a desktop research asset map, stakeholder map, online survey tool, and in-depth interview guides, allowing the user to replicate and adapt these to their own context.

Findings gathered using the Policy Mapping Tool are presented for Kenya, Nigeria, and Uganda. Results cover the availability of SRHR products; antenatal, delivery, postpartum, and newborn care; family planning and infertility; eliminating unsafe abortion; and combatting sexually transmitted infections.

Considerations for refining the tool are presented, reflecting on the ways in which the desktop research, stakeholder engagement, online survey, and interviews could be replicated in other contexts and country settings. A second iteration of the Policy Mapping Tool is also provided and opportunities for national policy reform are highlighted. These include the use of research findings to inform country specific advocacy, work with stakeholders, and addressing the criminal status of abortion.

## WHAT’S NEXT?

Self-care policy analysis results for Kenya, Malawi, and Mozambique are available in this resource while full manuscripts are under development.



## HOW HAS THIS TOOL BEEN USED?

The Maverick Self-Care Project aims to better understand the policy environment, identify key evidence gaps, and provide insights for the scale-up of self-care services and products in Malawi, Mozambique, and Nepal. The project adapted the Policy Mapping Tool by updating it to the most recent WHO Self-Care guidelines and adding a market landscaping element as well as a consultative workshop process to validate insights with stakeholders. The project is developing the refined tool into a public good, including translated data collection instruments in French, Portuguese, and Nepali. The refined policy tool, along with a standard operating procedure, was shared at the International Conference on Family Planning in 2022. Additional outputs, including a manuscript and brief, will be published in 2023.

## WHERE CAN I FIND FURTHER INFORMATION?

**Policy Mapping: Assessing Implementation of the WHO Consolidated Guideline on Self-Care Interventions**

## ABOUT THE SELF-CARE TRAILBLAZER GROUP AND ITS EVIDENCE AND LEARNING WORKING GROUP

The Policy Mapping Tool is a product of the Self-Care Trailblazer Group (SCTG), a global coalition that aims to advance evidence-based sexual and reproductive health (SRH) self-care policies and programs. The SCTG Evidence and Learning Working Group (ELWG) supports this work through the generation and synthesis of strategic evidence and learning products to strengthen the evidence base for SRH self-care programs, policies, and implementation. The tool is one of many resources published by the ELWG to offer practical and theoretical tools to support increased awareness around sexual and reproductive self-care for health officials, health professionals, and researchers.

