

World Patient Safety Day 2023

WHO Global Conference: Engaging patients for patient safety



Empowering the patient journey through self-care interventions: an overview of WHO normative guidance

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12 September 2023



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Empowering the patient journey through self-care interventions: an overview of WHO normative guidance

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Terminology

Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health or care worker.



HEALTH SYSTEMS

SELF-CARE

SELF-MANAGEMENT

Self-medication, self-treatment, self-examination, self-injection, self-administration, self-use

SELF-TESTING

Self-sampling, self-screening, self-diagnosis, self-collection, self-monitoring

SELF-AWARENESS

Self-help, self-education, self-regulation, self-efficacy, self-determination

EVERYDAY LIFE

Self-care interventions are evidence-based tools to support self-care

—including diagnostics, devices, drugs and digital technologies —

that are fully or partially separate from formal health services and that can be used with or without the support of a health or care worker.

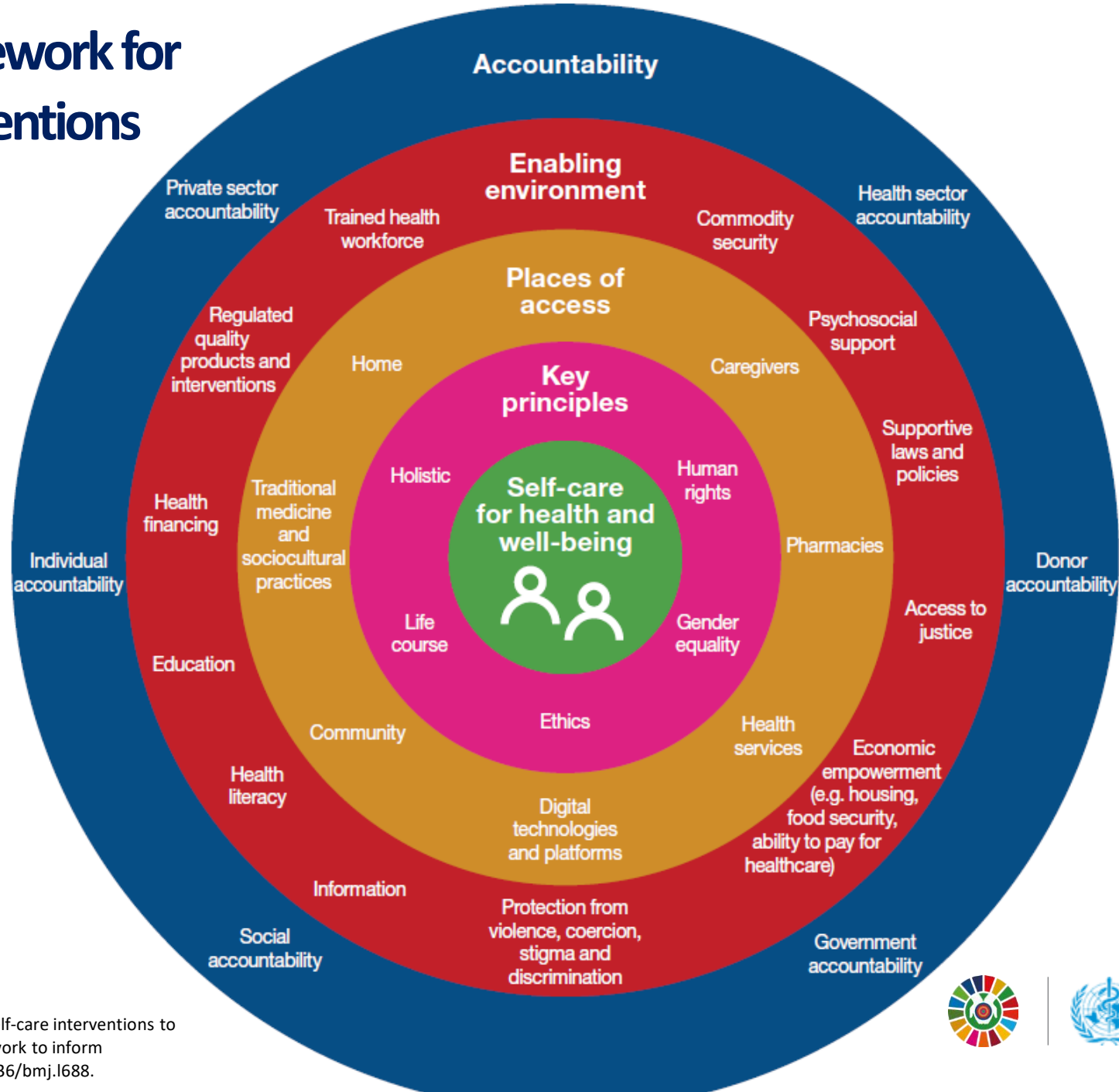


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Conceptual framework for self-care interventions



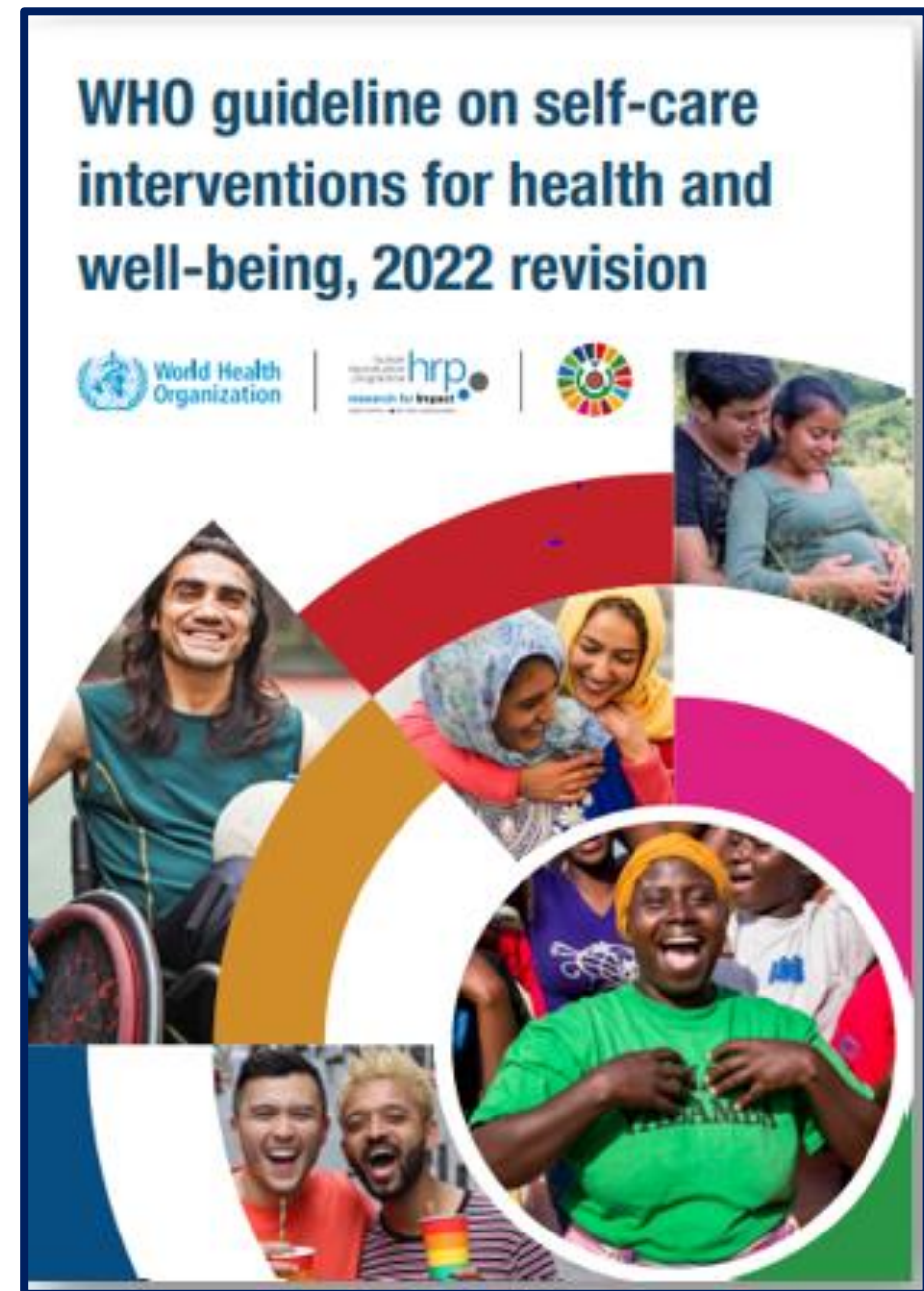
adapted from Narasimhan M, Allotey P, Hardon A. Self-care interventions to advance health and well-being: a conceptual framework to inform normative guidance. *BMJ*. 2019;365:l688. doi:10.1136/bmj.l688.



Empowering individuals, families and communities to optimize their health as advocates for policies that promote and protect health and well-being, as co-developers of health and social services for themselves and in their role as caregivers.

The WHO evidence-based recommendations and good practice statements on self-care interventions are **considered an additional approach to facility based care.**

WHO topic page on self-care interventions:
<https://www.who.int/health-topics/self-care>



<https://www.who.int/publications/i/item/9789240052192>

**HEALTH
SYSTEM
CHALLENGE**
and individual
health need

Insufficient number
of accessible
health facilities
(availability)

**SELF-CARE INTERVENTIONS AND
ENABLING HEALTH SYSTEM ACTIONS**
to address the health system challenge

1.5.1.	Self-testing, including to inform prevention
1.6.1.	Self-care for long-term health conditions
2.4.6.	Provide training for the rational delegation of tasks to lay people
3.6.3.	Develop and promote access points to self-care interventions for self-care users and communities.

**MODES OF
DELIVERY OF
AND PLACES
OF ACCESS TO
SELF-CARE
INTERVENTIONS**

- Over-the-counter availability through pharmacies and drug stores
- Home-based care

**IMPROVED
HEALTH AND
WELL-BEING
OUTCOMES
ACHIEVED**
with self-care
interventions

**Increased
accessibility to
advance the right
to health and well-
being**



THANK YOU



For further information
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