



To develop “A Guide for Frontline health workers to support Individual’s Self Care in Sexual and Reproductive health”

Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability. To support evidence-based self-care practices by individuals and families, the front-line health workers/Community health workers need to be well-equipped to provide reliable evidence-based information. An attempt was made by SWACH in the form an Illustrated guide in 2022 to help Community health workers to generate awareness in the community on self-care in relation to safe abortion. Under this project, SWACH revised the illustrated guide developed in 2022 as per the latest guidelines of WHO on Self-care in relation to safe abortion and family planning including Decision Making Tool (DMT) on family planning. In addition, a pictorial booklet was also developed for community on the same theme.

The study was conducted between 10.04.2023 and 09.08.2023 over a period of 4 months with funding from WHO with the following **specific objectives**:

- To develop an illustrated guide for the front-line health workers/community health workers on safe abortion, post-abortion care and contraception.
- To develop a handbook/booklet for the women with information on self-care with pictures.

The **development** of the Illustrated guide and the Pictorial booklet was done as follows:

- The draft of the Illustrated guide prepared by SWACH in 2022 was reviewed and updated in light of the “WHO guidelines on self-care interventions for health and well-being, 2022 revision” and other guidelines of WHO on abortion and family planning including “Decision Making Tool (DMT) for family planning clients and providers, 2023.”
- The text was supported by corresponding illustrations. It was ensured that the illustrations are simple, clear, culture neutral and representative of South East Asian region of WHO.
- The drafts of the illustrated guide and pictorial booklet were then shared with the WHO office for feedback. Virtual meetings were held thrice to discuss the drafts and receive the inputs of WHO.
- The draft was revised in light of inputs of WHO office and field test with 30 community health workers and 30 women from the community.

The study **resulted** in development of two documents:

1. Illustrated guide for Community health workers/volunteers: It is a flipbook.

One side of the flipbook is for the reference of the CHW/CHV and contains text and the other side is for the community and have corresponding illustrations. The Community health workers/volunteers can use the Illustrated guide to counsel the women in the community either in group sessions or individual counselling.

2. Pictorial Booklet for the community: It is a small booklet prepared on the basis of the illustrated guide. It contains mainly illustrations with only relevant text so that it is simple enough to be understood by the women and families. The Community Health Worker can distribute the pictorial booklet to the women in the community after taking the counselling session. This booklet can be kept by women with them for future reference.

Content of the two documents:

Section: Introduction (only in illustrated guide)

- Instructions to use the illustrated guide
- Guiding principles for counselling

Section A: Safe Abortion



- Self-testing of pregnancy
- Estimating duration of pregnancy
- Spontaneous abortion
- Self-care during spontaneous abortion
- Intra-uterine fetal demise
- Induced abortion and their legal aspects
- Medical abortion
- Abortion of pregnancy less than 12 weeks
- Abortion of pregnancy more than 12 weeks
- Harms of traditional practices for abortion
- Myths and facts about abortion

Section B: Post Abortion Care

- Danger signs during abortion and post-abortion
- Self-care during post-abortion period
- Restoration of physical health
- Restoration of reproductive health
- Restoration on mental health

Section C: Post abortion Family planning

- Importance of post-abortion contraception
- Choice of contraceptive method
- Condoms
- Contraceptive pills
- Injectable contraceptives
- Intrauterine devices
- Emergency contraception