

## Accelerating sexual and reproductive health and rights (SRHR) self-care interventions among underserved populations.

### Current Project Brief

#### Objectives and Background

The World Health Organization recognizes self-care interventions for sexual and reproductive health and rights (SRHR) as critical for advancing primary health care and achieving universal health coverage (UHC). Self-care interventions include diagnostics, such as pregnancy self-tests; devices, for instance to self-monitor blood pressure during pregnancy; and drugs, including self- injectable contraception. Self-care interventions for SRHR offer a promising means of addressing persistent gaps in SRHR service access, particularly for underserved individuals and communities.

This two-year generic implementation research protocol has been developed to build the evidence base on how self-care interventions for SRHR can be effectively introduced, scaled, and sustained, particularly for underserved individuals and communities.

Grounded in ecological and realist evaluation approaches, this implementation study aims to generate further evidence to inform the WHO global normative guideline on self-care interventions.

Specifically, the research aims to:

1. Understand context-specific mechanisms that facilitate or constrain access to SRHR self-care interventions for underserved individuals and communities; and
2. Gain insights into how context-specific and priority, selected SRHR self-care interventions can enhance the ability of selected communities to self-care and thereby improve their health and well-being outcomes.

The generic research protocol can be adapted and operationalized at the country level, allowing national research teams to identify priority SRHR self-care interventions, contextualize study tools, target populations, and priority SRHR needs in alignment with local realities and health system capacities.

Ultimately, this implementation research will inform the development of responsive, rights-based, and scalable self-care strategies that strengthen SRH services for those most in need. It aligns with WHO's commitment to gender equality, human rights, and evidence-based public health programming.

#### Geographic location

The protocol is a generic research framework, adaptable to any country aiming to strengthen self-care interventions and improve access to SRHR services for underserved populations.

#### Main deliverables

This implementation study aims to generate further evidence to inform the WHO global normative guideline on self-care interventions.

#### Sources of funding

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