

# WHO Guideline on Self-Care Interventions for Health and Well-Being





# WHO Guideline on Self-Care Interventions for Health and Well-Being



WHO guideline on self-care interventions for health and well-being

This publication is the update of the Guidelines published in 2019 entitled “WHO consolidated guideline on self-care interventions for health: sexual and reproductive health and rights”. This publication also expands the scope of the 2019 Guidelines.

ISBN 978-92-4-003090-9 (electronic version)

ISBN 978-92-4-003091-6 (print version)

© World Health Organization 2021

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: “This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition”.

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization (<http://www.wipo.int/amc/en/mediation/rules/>).

**Suggested citation.** WHO guideline on self-care interventions for health and well-being. Geneva: World Health Organization; 2021. Licence: [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/igo).

**Cataloguing-in-Publication (CIP) data.** CIP data are available at <http://apps.who.int/iris>.

**Sales, rights and licensing.** To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <http://www.who.int/about/licensing>.

**Third-party materials.** If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

**General disclaimers.** The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

# CONTENTS

<b>Preface</b>	<b>vi</b>
<b>Foreword</b>	<b>vii</b>
<b>Acknowledgements</b>	<b>viii</b>
<b>Acronyms and Abbreviations</b>	<b>x</b>
<b>Document Overview and Navigation Tools</b>	<b>xi</b>
<b>Executive summary</b>	<b>xii</b>
<hr/>	
<b>1. Introduction</b>	<b>1</b>
<hr/>	
1.1 Background	2
1.2 Objectives	7
1.3 Living guideline approach	7
1.4 Definition of self-care and self-care interventions	8
1.5 Scope	9
1.6 Target audience	11
1.7 Values and preferences	11
1.8 Guideline development and compilation process	12
<b>2. Essential strategies for creating and maintaining an enabling environment for self-care</b>	<b>14</b>
<hr/>	
2.1 Background	16
2.2 People-centred approach for health and well-being	17
2.3 Key principles	17
2.4 Safe and supportive enabling environment	19
2.5 Characteristics of the enabling environment	22
2.6 Places of access to self-care interventions	24
2.7 Accountability	24
<b>3. Recommendations and key considerations</b>	<b>28</b>
<hr/>	
3.1 Improving antenatal, intrapartum and postnatal care	30
3.2 Providing high-quality services for family planning, including infertility services	40
3.3 Eliminating unsafe abortion	46
3.4 Combating sexually transmitted infections (including HIV), reproductive tract infections, cervical cancer and other gynaecological morbidities	47
3.5 Promoting sexual health	50
3.6 Noncommunicable diseases, including cardiovascular diseases and diabetes	55
<b>4. Implementation and programmatic considerations for self-care interventions</b>	<b>64</b>
<hr/>	
4.1 Background	66
4.2 Human rights, gender equality and equity considerations	67
4.3 Financing and economic considerations	69
4.4 Training needs of health workers	72
4.5 Population-specific implementation considerations	78
4.6 Digital health interventions	84
4.7 Environmental considerations	86

## 5. Developing the research agenda for self-care interventions 96

---

5.1 Research on self-care and self-care interventions contributing to the World Health Organization's triple-billion goals	98
5.2 Towards an appropriate approach to research on self-care interventions	98
5.3 Specific research considerations to strengthen the evidence base	99
5.4 Centring human rights and equity in self-care interventions	99
5.5 Ensuring the meaningful engagement of communities in research	102
5.6 Knowledge translation for self-care interventions	102

## 6. Dissemination, applicability and updating of the guideline and recommendations 112

---

6.1 Dissemination	114
6.2 Applicability	115
6.3 Updating the guideline	116

## Annexes 118

---

<b>Annex 1.</b> External experts and WHO staff involved in the preparation of this guideline	118
<b>Annex 2.</b> Methodology: guideline development process	126
<b>Annex 3.</b> Scoping review: WHO self-care definitions	133
<b>Annex 4.</b> Glossary	135
<b>Annex 5.</b> Summary of declarations of interest and the management of conflicts of interest	145
<b>Annex 6.</b> Priority questions and outcomes	147
<b>Annex 7.</b> Published reviews	152
<b>Annex 8.</b> Guideline Development Group judgements on new recommendations	153

The Web Annex, containing the summary tables of the evaluations of the evidence for this guideline, is available at <https://apps.who.int/iris/bitstream/handle/10665/342654/9789240031326-eng.pdf>.

The interactive web-based version of this living guideline is available at <https://app.magicapp.org/#/guideline/Lr21gL>.

SMART Guidelines on self-care interventions for antenatal care, family planning, HIV and other topics is available under: <https://www.who.int/teams/digital-health-and-innovation/smart-guidelines>

## PHOTOGRAPHER CREDITS

**Cover:** © UNICEF/Patricia Willocq, © Shutterstock/AJR\_photo, © Shutterstock/Mila Supinskaya Glashchenko, © Jonathan Torgovnik, © istock/Alessandro Biascioli

**Chapter 1:** © Photoshare/Hari Fitri Putjuk, © Images of Empowerment/Getty © Images/Paula Bronstein

**Chapter 2:** Elmvh CC BY-SA 3, © WHO/Blink Media – Nikolay Doychinov

**Chapter 3:** © UNICEF/Mani, © UNICEF/Shehzad Noorani

**Chapter 4:** © Shutterstock/Rawpixel, © Getty Images/Images of Empowerment/Paula Bronstein

**Chapter 5:** © Richard Liblanc, © Julia Fiedler

**Chapter 6:** © Adobe Stock/poco\_bw, © WHO/Ploy Phutpheng

**Pg v:** © UNICEF/Njokiktjien

**Pg 63:** © Shutterstock/Tooykrub

**Pg 95:** © WHO/Tania Habjouqa

**Pg 111:** © WHO/Anne Sturm Guerrand

**Pg 117:** © Shutterstock/Anton\_Ivanov



# PREFACE

I am driven by the conviction that everyone has a right to health. But today, at least half the world's population has no access to essential health services. The provider-to-client model that is at the heart of health systems must be complemented with a self-care model through which people are enabled to make active, informed health decisions to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of a health worker. Many health issues can already be diagnosed and managed through self-care interventions, and the list continues to grow.

People have been practising self-care for millennia, and new diagnostics, medicines, and interventions, including digital technologies, are changing how health services can be delivered. Self-care and self-care interventions have also played a critical role in individual, community and national responses to the COVID-19 pandemic. In the context of overstretched health systems and shortages of qualified health workers, self-care interventions, prioritized by the World Health Organization (WHO), have contributed to improving health and well-being.

Self-care must work as an extension of the health system, so that while people are using self-care interventions, they can also access the health system and community support for further assistance when needed. It is also important that self-care occurs in a safe and supportive environment, to avoid the stigma, violence and negative health outcomes that can often occur when seeking care in isolation.

This guideline on self-care interventions is based on the core principles of universal health coverage, including a people-centred approach to health that views people as active decision-makers in their own health, not merely passive recipients of health services.

People-centred approaches to healthcare also support health literacy, including digital literacy, so that people can take charge of their own health with evidence-based self-care interventions. This guideline can play an important role in helping people both to access safe and effective self-care interventions and to



预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_23721](https://www.yunbaogao.cn/report/index/report?reportId=5_23721)

