

REVIEW OF NIGERIA'S NATIONAL SELF-CARE GUIDELINES

BACKGROUND & RATIONALE

Nigeria's National Self-Care Guideline was originally developed to support Sexual, Reproductive and Maternal Health (SRMH). Since its initial release, the global self-care landscape has evolved significantly — including the publication of the updated WHO Consolidated Guideline on Self-Care Interventions (2022) — while Nigeria's own health policy priorities have broadened to encompass the full Reproductive, Maternal, Newborn, Child, Adolescent, Elderly and Humanitarian Health (RMNCAEH+N) continuum. These developments made a comprehensive review both timely and strategically necessary.

The review is driven by the rationale to:

- Expand the guideline's scope beyond SRMH to the full RMNCAEH continuum, incorporating new intervention areas such as adolescent health, elderly care, NCDs, and mental well-being.
- Align with updated WHO recommendations on self-care, including adoption of a life-course approach

KEY RATIONALE:

The 26 original Nigerian recommendations on self-care for SRMH are retained in full. The review expands, not replaces, the existing framework — using a life-course approach to extend self-care coverage from SRMH to RMNCAEH and positioning Nigeria's guideline as fully aligned with global self-care standards.

WRA NIGERIA'S STRATEGIC ROLE IN THE REVIEW PROCESS

White Ribbon Alliance Nigeria (WRA Nigeria) has played a pivotal and sustained role in the guideline review process, and as a key civil society and coordination co-chair of the national self-care network.

Key contributions to the review include:

- Coordination support of the National Self-Care Coordination Committee (NSCC): WRA Nigeria supports the Ministry in convening the NSCC, which serves as the primary governance structure overseeing the review — ensuring sustained stakeholder engagement, continuity between meetings, and alignment of outputs with national and global priorities.
- Supporting key multi-stakeholder involvement in the review process, particularly the active participation of professional healthcare associations, such as SOGON, ALPs, MWAN & NACHPN.

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MULTI-STAKEHOLDER INVOLVEMENT

The review has been designed as a wide multi-stakeholder process. Leadership rests with the FMOH&SW, through the Reproductive Health Division and Department of Family Health, which chairs and convenes the National Self-Care Network (NSCC), and is supported by the Technical Self-Care Support Unit (TSU). Hence, the NSG review process is being led by the FMOH&SW and the TSU.

Beyond the NSN members, professional healthcare associations, the review has drawn participation from: government agencies (NAFDAC, NPHCDA, PCN, State Ministries of Health from Borno, Kaduna, Cross River and others); development and implementing partners (WHO, UNFPA, UNICEF, SFH/PSI, IRC, Ipas, MSI, ARFH, CHAI, Pathfinder); and civil society organisations, reflecting the depth and breadth of multi-stakeholder ownership that characterizes this process.

THE REVIEW PROCESS & TIMELINE

The review is structured across three stakeholder meetings, each building on the last. A lead consultant and a co-consultant have been engaged throughout to provide technical coordination, evidence synthesis, and documentation. Two review meetings have been completed; the third is upcoming. Also, desk reviews and KIIs were conducted to gather evidence, which will support the NSG review process.

Meeting	Dates & Venue	Key Activities & Outputs
1st Review Meeting ✓	2 - 5 Sept 2025, Hotel Seventeen, Kaduna	Review of new WHO guidance in the Nigerian context
2nd Review Meeting ✓	4 - 8 May 2026, Metropolitan Hotel, Calabar	Chapter-by-chapter review of the zero draft of the National Self-Care Guideline & M&E indicators
3rd Review Meeting →	June 2026 (upcoming)	Consolidation of all stakeholder inputs into the revised guideline. Review and agreement on the full M&E plan, including global indicators.
Validation Meeting	Date TBC (post-3rd Review)	Review and validation of the finalized updated National Self-Care Guideline for RMNCAEH
Guideline Launch	Date TBC	The official launch of the revised National Self-Care Guideline is projected to take place during the 2026 National Self-Care Conference.

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EXPECTED OUTCOMES FOR THE NSG REVIEW PROCESS

The primary deliverable is a revised National Self-Care Guideline for RMNCAEH, a substantial expansion of the original SRMH guideline, together with an integrated M&E plan and costed implementation framework. Specifically, the revised guideline will:

- Retain all 26 original Nigerian self-care recommendations for SRMH, while expanding coverage across the full RMNCAEH life-course continuum, from pre-conception through elderly health, including NCDs, mental health, adolescent health, and humanitarian settings.
- Include an integrated M&E chapter, aligned with global indicators (HIV Self-Testing, DMPA-SC Self-Injection, etc.), and possibly linked to DHIS2 platforms to ensure sustainability without parallel reporting.
- Include a costed implementation plan to support resource mobilisation and long-term programmatic sustainability.

APPROVAL & LAUNCH:

The revised guideline is projected to be officially launched at the 2026 National Self-Care Conference, organized by a multi-stakeholder Local Organizing Committee already inaugurated at the 2nd Review Meeting. The launch will mark a landmark milestone in Nigeria's self-care journey.