

# RWANDA: STATUS OF SELF-CARE

## The Value of Self-Care

Embedding self-care practices into the health care continuum has the potential to improve health and quality of life while simultaneously supporting health system sustainability. Self-care practices empower individuals by providing them with the information and tools to make decisions about their own health and care. An increased ownership for the own health promotes, at systems level, the efficient use of limited healthcare resources and relieves the burden on healthcare providers - saving 1.8 billion physician hours to attend to more severe health conditions. A related impact of this is the increased focus on improving disease prevention efforts by empowering individuals to address minor ailments at home.

At the global level, current self-care activities are generating substantial monetary savings as well as healthcare workforce savings, totalling at least approximately \$119 billion per year. The above should be coupled with a positive impact on global productivity when over-the-counter treatment is adopted at first, granting approximately 40.8 billion productive days, corresponding to a value of \$1,879 billion in welfare effects. Looking at the future, the cost saving effect is estimated to be approximately \$178.8 billion per annum, with increased productivity gains of 71.9 billion productive days per annum. If we add other positive effects brought by other self-care practices, such as use of preventive care, oral health care and use of vitamins and mineral supplements, the overall gain will increase further.

**There are more proven self-care products and practices available to populations today than ever before**, and it is within our collective power to unleash the benefits of truly self-care enabled health systems around the world, if only we set

up adequate policy frameworks that embed self-care seamlessly into the care continuum. Self-care belongs to individuals, families, communities, health care professionals, and policymakers at different levels and with different responsibilities. However, it is a primary responsibility of policymaker to design the enabling environment for each of the stakeholders to fulfill these responsibilities.

**A deeper international focus on self-care, brought up by a WHO Resolution on Self-Care could help foster the necessary momentum to fully integrate it into health systems for the benefit of individuals and society. This should include a definition of self-care and its enablers, and the self-care interventions countries can undertake according to the WHO Guideline on self-care interventions for health and well-being.[1]**

About \$1 billion per year are currently being saved by healthcare systems in the Sub-Saharan region as a result of people practicing self-care. 141 million hours of individuals' time are being saved and 7 million hours of physicians' time thanks to self-care. In the future, gains from self-care could be doubled (in contrast to current gains). In addition to almost \$4.0 billion in monetary savings from the cost containment, the five billion days saved in productive time may translate into welfare gains of over \$31.5 billion.

Moreover, an estimated 514 million hours will be saved for individuals as a result of not having to see a physician. These time gains can be associated with the elimination of travel and waiting times and may also lead to increased quality of life. The overall impact on quality of life is expected to increase from one million currently to almost three million. [2]

## Rwanda: Overview

To assess the situation in Rwanda, it's useful to take into account the overall African context. The Self-Care Readiness Index, which covers South Africa, Nigeria, and Kenya, suggest that resources, including digital ones, that could support self-care are still rare in the Africa region. In a Digital Self-Care report published by the Self-Care Trailblazer Group, self-care is primarily associated with sexual and reproductive health in this region. [3]

The Economic and Social Value of Self-Care Report suggests that observed self-care practices typically include self-medication, self-testing, self-administration, and self-injection, and is often associated with management of malaria and chronic health conditions such as diabetes, and sexual and reproductive health. The Self-Care Trailblazer Group suggests that healthcare providers in Rwanda and especially midwives are aware and supportive of self-care.

The Self-Care Trailblazer Group published an article with Rwandan healthcare providers dispelling myths about self-care, directed at midwives. [4] The current Ministry of Health's Fourth Health Sector Strategic Plan mentions "self-care", stating that every household should be equipped with a self-care "household service package" that contains "adequate information on healthy nutrition, family and personal hygiene, [and] critical diagnostic equipment that empowers families to monitor their health at home." [5] At policy and legislative level, self-care and its concepts remain largely absent from official documents in the country, though there has been greater focus on prevention more recently.

Despite some awareness for self-care among healthcare providers, barriers remain especially in the pharmacy sector. This is because most of pharmacies are unregistered and operated by unqualified staff, making it harder for registered pharmacists to educate people about their health and elevating self-care through their profession.

## Recommendations

Increase awareness towards responsible self-care by increasing self-care literacy and highlighting a prominent role for nurses, front-line healthcare workers and pharmacists.

Build on the work done on sexual health and self-care to increase awareness about all facets of self-care.

Increase the access to OTCs through harmonized regulatory frameworks.

## End Notes

[1] WHO Guidelines on self-care interventions for health and well-being. World Health Organization, 2022. Available at:

<https://app.magicapp.org/#/guideline/Lr21gL>

[2] Self-Care Socio-Economic Research: The Global Social and Economic Value of Self-Care. Global Self Care Federation, 2022. Available at:

[https://www.selfcarefederation.org/sites/default/files/media/documents/2022-06/FINAL\\_GSCF%20Socio-Economic%20Research%20Report%202022062022.pdf](https://www.selfcarefederation.org/sites/default/files/media/documents/2022-06/FINAL_GSCF%20Socio-Economic%20Research%20Report%202022062022.pdf)

[3] Self-Care Trailblazer Group. Digital Self-Care: A Framework for Design, Implementation, and Evaluation. Population Services International, 2020. Available at: <https://www.psi.org/wp-content/uploads/2020/10/Digital-Self-Care.pdf>

[4] Midwives Dispel Common Myths About Self-Care. Self-Care Trailblazer Group, 2021. Available at: <https://www.psi.org/project/self-care/midwives-dispel-common-myths-about-self-care/>

[5] Fourth Health Sector Strategic Plan July 2018 – June 2024. Republic of Rwanda Ministry of Health. Available at: [https://www.childrenandaids.org/sites/default/files/2018-05/Rwanda\\_Nat%20Health%20Sector%20Plan\\_2018-2024.pdf](https://www.childrenandaids.org/sites/default/files/2018-05/Rwanda_Nat%20Health%20Sector%20Plan_2018-2024.pdf)