

SELF CARE:

"THE ABILITY FOR INDIVIDUALS TO PROMOTE, MAINTAIN HEALTH, PREVENT DISEASE + COPE W/ ILLNESS W/ OR W/O THE SUPPORT OF A HEALTHCARE PROVIDER"
-WHO



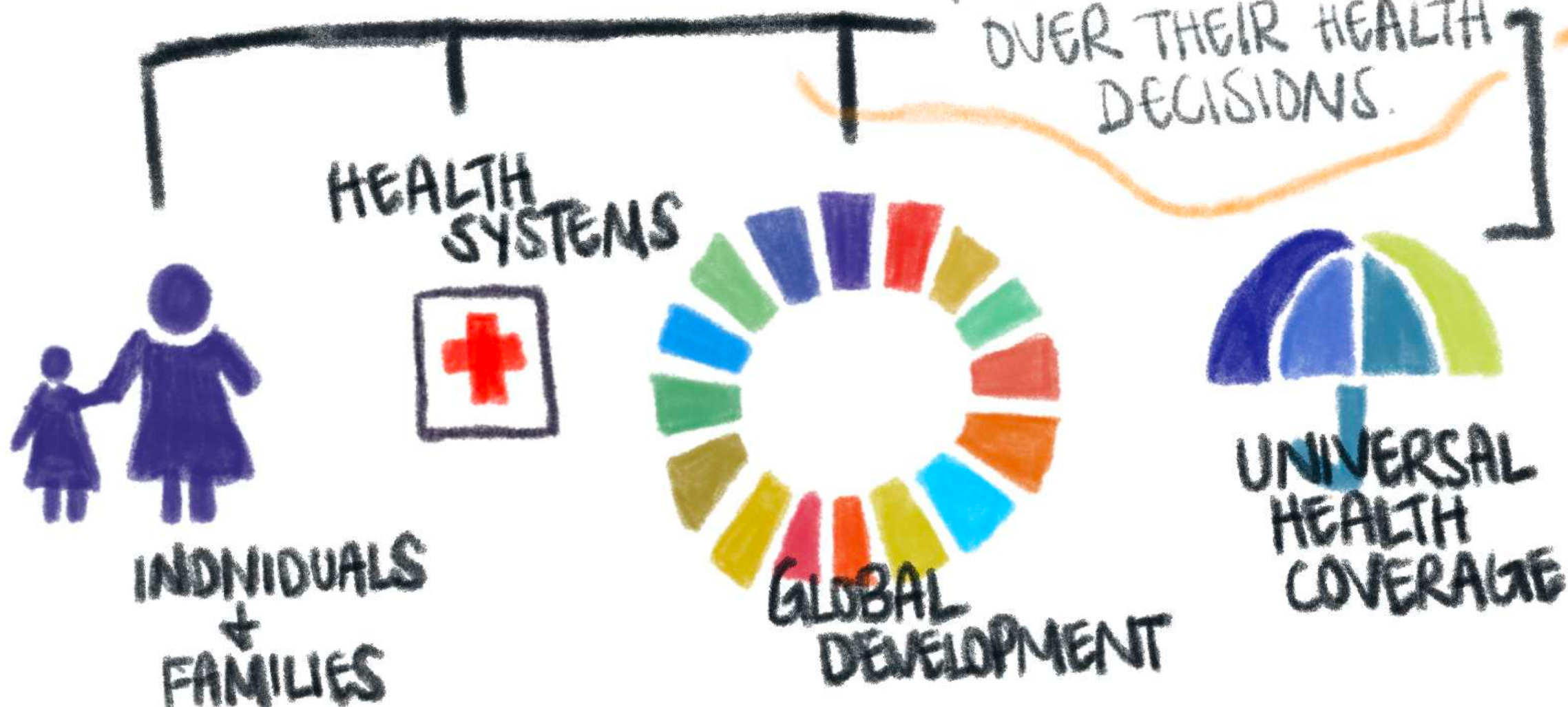
SELF-AWARENESS

SELF-TESTING

SELF-MANAGED CARE

PEOPLE HAVE BEEN MANAGING THEIR HEALTH, WITH MINIMAL SUPPORT FROM HEALTHCARE PROVIDERS FOR CENTURIES. GIVING PEOPLE THE TOOLS THEY NEED TO PRACTICE SELF-CARE CAN LEAD TO IMPROVED HEALTH OUTCOMES.

WIDESPREAD ADOPTION OF SELF-CARE CAN ALLEVIATE PRESSURE ON HEALTH WORKERS + ALLOW INDIVIDUALS TO EXERCISE AUTONOMY OVER THEIR HEALTH DECISIONS.



ABORTION SELF-CARE

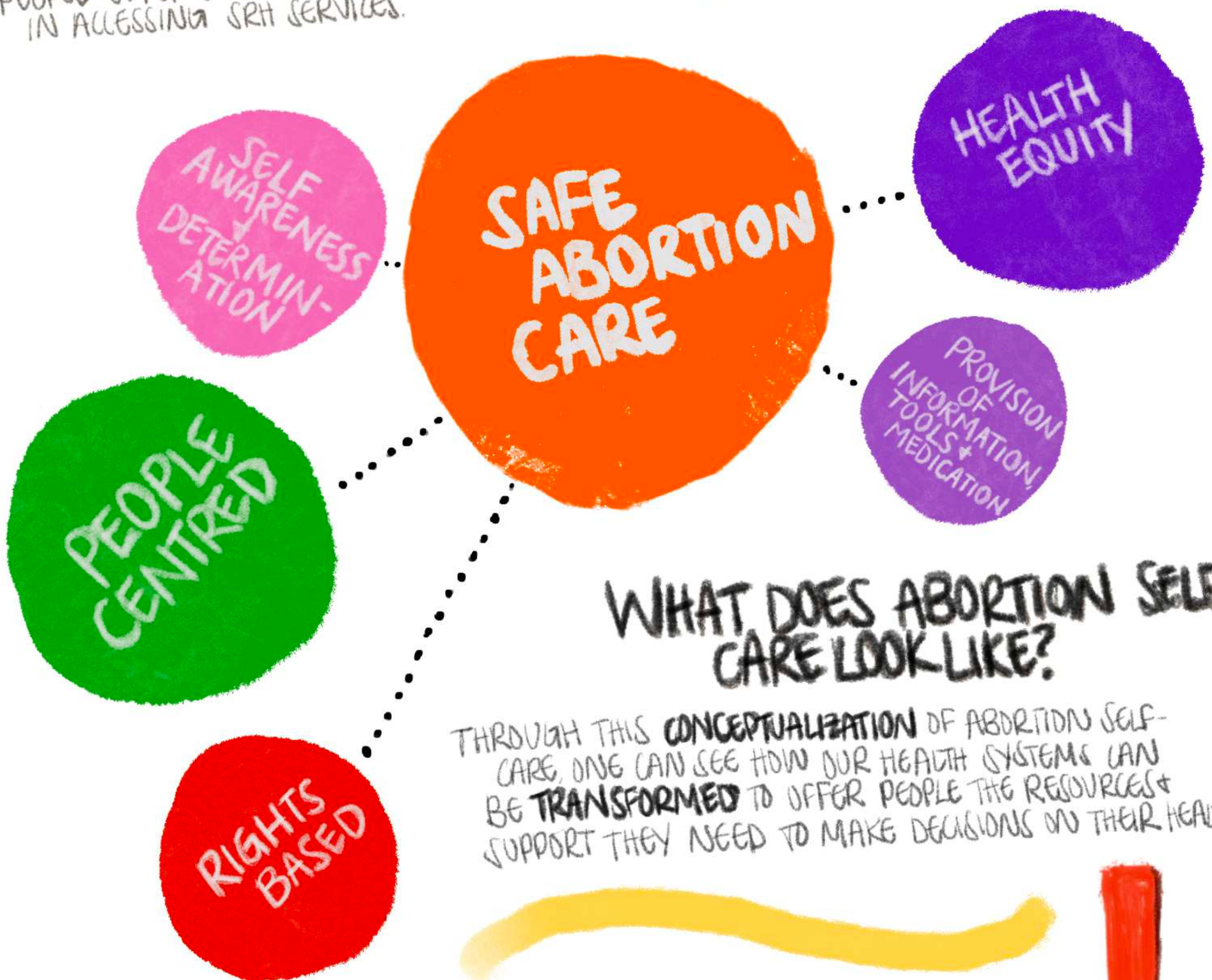
ABORTION SELF CARE IS:

SELF-CARE IS ESSENTIAL WITH REGARD TO **SEXUAL & REPRODUCTIVE HEALTHCARE**, AS MANY PEOPLE AROUND THE GLOBE LACK AUTONOMY & DECISION-MAKING POWER DUE TO ENTRENCHED **GENDER NORMS** & RESTRICTIVE LEGAL ENVIRONMENTS.

FEMINIST COLLECTIVES HAVE BEEN SUPPORTING **ABORTION SELF CARE**, OR SELF-MANAGEMENT USING MISOPROSTOL. SELF-MANAGEMENT ENCOURAGES **BODILY AUTONOMY** & ALLOWS PEOPLE TO KEEP THEIR HEALTH DECISIONS PRIVATE, WHICH CAN BE **TRANSFORMATIVE** IN SETTINGS WHERE ABORTION RELATED STIGMA IS HIGHLY PREVALENT & WHERE PEOPLE EXPERIENCE **DISPROPORTIONATE BARRIERS** IN ACCESSING SRH SERVICES.

☒ **SAFE**
☒ **EFFECTIVE**
☒ **WANTED**

MANY PEOPLE **PREFER** ABORTION OUTSIDE HEALTHCARE SETTINGS DUE TO REDUCED COSTS & TRANSPORTATION & INCREASED PRIVACY.



WHAT DOES ABORTION SELF CARE LOOK LIKE?

THROUGH THIS **CONCEPTUALIZATION** OF ABORTION SELF-CARE, ONE CAN SEE HOW OUR HEALTH SYSTEMS CAN BE **TRANSFORMED** TO OFFER PEOPLE THE RESOURCES & SUPPORT THEY NEED TO MAKE DECISIONS ON THEIR HEALTH.

*ABORTION SELF CARE **DOES NOT** REMOVE HEALTHCARE SETTINGS' **RESPONSIBILITY** TO PROVIDE SURGICAL ABORTION, NOR UNDERMINE **ADVOCACY EFFORTS** TO EXPAND LEGAL ACCESS TO ABORTION.



SELF DIAGNOSIS & TESTING

THE AVAILABILITY OF DIAGNOSTIC TOOLS & SELF-TESTS IS AN IMPORTANT COMPONENT OF SELF-CARE. ADVANCES IN TECHNOLOGY HAVE MADE IT POSSIBLE TO MONITOR ONE'S HEALTH IN THEIR OWN HOMES, W/ MINIMAL TRAINING.

CALENDAR

MISSED PERIOD

S	M	T	W	T	F	S
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	⊙	?
?	?	?	?	?	?	?



NAUSEA



FATIGUE

INCREASED HEALTH LITERACY ALLOWS INDIVIDUALS TO ASSESS THEIR HEALTH & RECOGNIZE UNUSUAL SYMPTOMS.

SELF EDUCATION OR SCREENING TOOLS, LIKE AT-HOME PREGNANCY TESTS, ALLOW PEOPLE TO IDENTIFY CERTAIN CONDITIONS & MAKE DECISIONS ACCORDINGLY



SELF AWARENESS/ EDUCATION

SELF AWARENESS + EDUCATION ARE PROCESSES THAT PEOPLE TAKE TO GAIN INFORMATION ON THEIR HEALTH. THROUGH WORD OF MOUTH, IN COMMUNITIES, & ON DIGITAL PLATFORMS, PEOPLE CAN FIND INFORMATION ON MEDICAL ABORTION, LIKE:

→ WHERE TO GET PILLS

→ HOW TO TAKE THE PILLS CORRECTLY

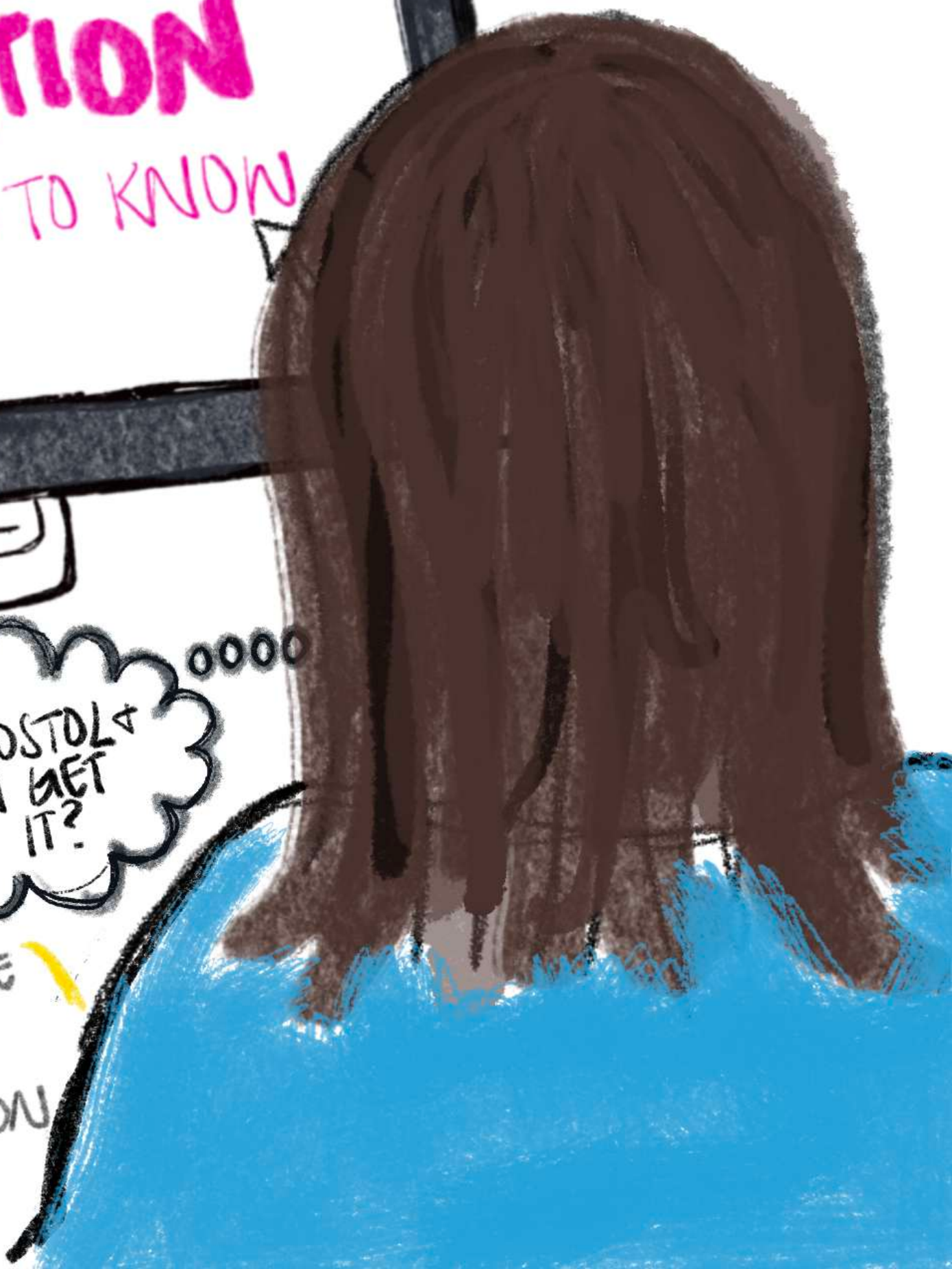
→ HOW TO MANAGE YOUR ABORTION + RECOGNIZE COMPLICATIONS

FAQ: MEDICAL ABORTION

WHAT YOU NEED TO KNOW

WHAT IS MISOPROSTOL & HOW DO I GET IT?

DEALING W/ MISINFORMATION:
INVESTMENTS SHOULD BE MADE IN PROMOTING HEALTH LITERACY & WELL DESIGNED RESOURCES FOR SELF-CARE INFORMATION



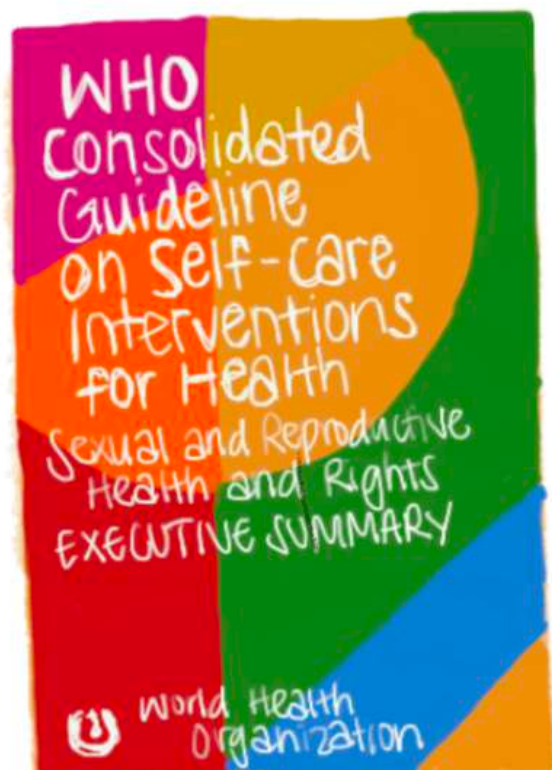
SELF-MANAGEMENT



SELF MANAGEMENT IS WHEN A PERSON OVERSEES THEIR OWN HEALTH CONDITIONS OUTSIDE OF A FORMAL HEALTHCARE SETTING.

SELF MANAGEMENT INCLUDES **SELF-MEDICATION + SELF-MONITORING**, UNDERSTANDING THE CORRECT PROCEDURES + RECOGNIZING SIGNS OF POTENTIAL COMPLICATIONS.

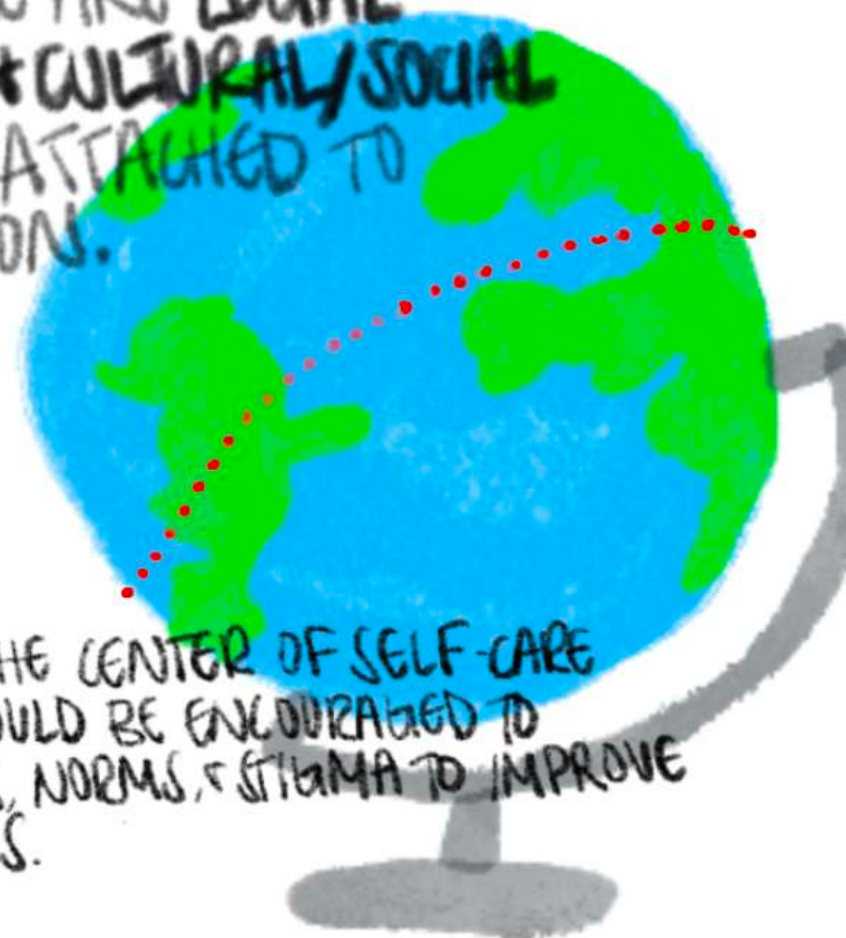
MEDICAL GROUPS, INCLUDING WHO, HAVE ENDORSED SELF-MANAGED ABORTIONS USING **MISOPROSTOL** ALONE OR IN COMBINATION W/ **MIFEPRISTONE**.



PEOPLE ARE USING THESE MEDICATIONS **AROUND THE WORLD**, INCLUDING PLACES WHERE THERE ARE **LEGAL RESTRICTIONS + CULTURAL/SOCIAL STIGMA** ATTACHED TO ABORTION.

SELF-MANAGEMENT OF ABORTION HAS SIGNIFICANTLY REDUCED MATERNAL MORTALITY + MORBIDITY FROM UNSAFE PROCEDURES.

SINCE **COMMUNITIES** ARE AT THE CENTER OF SELF-CARE STRATEGIES, COMMUNITIES SHOULD BE ENCOURAGED TO ADDRESS HARMFUL PRACTICES, NORMS, + STIGMA TO IMPROVE PUBLIC HEALTH OUTCOMES.



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