



Strengthening Self-Care for SRMH through Collaboration with Professional Healthcare Associations

Overview

White Ribbon Alliance Nigeria (WRA Nigeria) is driving a national movement to integrate self-care for sexual, reproductive, maternal, newborn, child, and adolescent health (SRMNCAH) into Nigeria's health system. In alignment with the Federal Ministry of Health and Social Welfare (FMoH-SW), WRA Nigeria has established formal collaborations with leading professional health associations to institutionalize self-care advocacy, policy reform, and service delivery.

Partner Associations

Through signed Memoranda of Understanding (MoUs), WRA Nigeria is working closely with:

- Society of Gynaecology and Obstetrics of Nigeria (SOGON)
- Medical Women's Association of Nigeria (MWAN)
- Association of Lady Pharmacists (ALPs)
- National Association of Community Health Practitioners of Nigeria (NACHPN)

These partnerships position professional groups as key allies in advancing the National Self-Care Guidelines, expanding provider capacity, and promoting people-centred care across Nigeria.

Key Areas of Collaboration

1. Policy Engagement & Guideline Review

Partners actively contribute expert input to the ongoing 2025 update of the National Self-Care Guidelines for RMNCAEH, ensuring professional perspectives shape national frameworks.



2. Capacity Building & Training

WRA Nigeria supports professional associations to integrate self-care modules into pre-service and in-service training curricula, and to conduct value-clarification workshops for members.

3. Community Engagement

Through networks of pharmacists, doctors, midwives, and community health workers, these associations are extending self-care literacy and awareness campaigns to rural and underserved populations.

4. Representation in National & Sub-national Platforms

Partner associations now participate in National Self-Care Coordination Committees (NSCC), and Sub-national RMNCAH Technical Working Groups—ensuring Nigeria's professional voices influence self-care policy nationally.

Impact and Highlights

- Over 100 professional leaders from MWAN, SOGON, ALP's and NACHPN have participated in WRA Nigeria's Self-Care Value Clarification and orientation Workshops, co-facilitated with FMOH.
- Partner associations have committed to integrating self-care sessions into annual conferences and outreach programs, advocating inclusion of self-care in national training curricula, and supporting state adoption of self-care guidelines and community-based delivery models.

Conclusion

WRA Nigeria's collaboration with professional healthcare associations represents a transformative model of multi-stakeholder engagement, where national leadership, professional expertise, and community networks converge to advance self-care, improve access, and empower individuals to take charge of their health.

“Working with professional associations allows us to transform self-care from an idea into a national movement, driven by the very professionals who safeguard health every day.”

— Tonte Ibraye, Executive Director, WRA Nigeria



Leaders of the National Association of Community Health Practitioners of Nigeria (NACHPN), alongside officials from the White Ribbon Alliance Nigeria (WRA Nigeria) and the Federal Ministry of Health and Social Welfare (FMOH-SW), paid an advocacy visit to the Executive Secretary of the Community Health Practitioners Registration Board (CHPRB), Dr. Bashir Idris, to advocate for the integration of self-care into the training curriculum for community health workers.