

African Diaspora Network Impact and Innovation Forums 2022

The Role of Self-care as a Critical Enabler for Universal Healthcare Coverage

Summary- Highlights - Action Steps

The Role of Self-care as a Critical Enabler for Universal Healthcare Coverage

Thursday, November 17, 2022, 8:00 AM PST, 11:00 AM EST, 4:00 PM GMT

Register @ bit.ly/sanofiadn2022



DR. JOSEPHINE FUBARA
CHIEF SCIENCE OFFICER,
SANOFI CONSUMER HEALTHCARE
(MODERATOR)



IAIN BARTON, MD
FOUNDING PRINCIPAL,
HEALTH 4 DEVELOPMENT



SHAM MOODLEY, PH.D.
VICE CHAIR OF INDEPENDENT
COMMUNITY PHARMACY ASSOC
(ISA) AND EXECUTIVE ON FIP CPS.



KAWALDIP SEHMI
CHIEF EXECUTIVE OFFICER,
INTERNATIONAL ALLIANCE OF
PATIENTS' ORGANIZATIONS (IAPO)



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Context:

The World Health Organization (WHO) defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.” Based on current data, currently 3.6 billion people – half of the world – lack access to essential health services. As a critical path to reaching universal health coverage, the WHO recommends self-care interventions for every country and economic setting by promoting health, keeping the world safe, and serving the vulnerable.

To make self-care a more powerful contributor to healthcare systems sustainability toward stronger health outcomes for individuals and communities, individual empowerment hinges on continued efforts to boost health literacy through credible, consistent sources of information about self-care and aligned healthcare providers supporting it.

What role does self-care play in Africa? Why is self-care literacy so important? What can be done to improve self-care literacy? What is the role of governments, industry, NGOs, and the private sector, and why is their collaboration critical to the improvement and strengthening of self-care? What role can Africans, diasporans, and friends of Africa play in advancing selfcare?

“The Role of Self-care as a Critical Enabler for Universal Healthcare Coverage” session organized by the African Diaspora Network and Sanofi began with some opening remarks



from Josh Ghaim, Ph.D. Chairman of the African Diaspora Network Board, Founder and Managing Partner – IgniteGB Inc., and Co-Founder and CEO - Small World Brands Inc. He shared some important updates and upcoming events including:

- [The United States African Development Foundation](#) authorized

\$25,000 Investments for each of the African Diaspora Network’s 11 Builders of Africa’s Future

- [The Accelerating Black Leadership and Entrepreneurship \(ABLE\)](#) Pitch Day will be January 19, 2023. For more details, please contact Debra Pacio at debra@africandiasporanetwork.org
- March 22-24, 2023, the African Diaspora Investment Symposium (ADIS23) will be in-person in Mountainview, CA. You can learn more and register [here](#).
- Through [The African Digital Health Initiative](#): we are mobilizing nurses and doctors outside of the continent.

Josh then introduced the panel moderator, Dr. Josephine Fubara, Chief Science Officer, Consumer Healthcare, Sanofi and Member of the Board of the African Diaspora Network. Josephine welcomed everyone and added, “This webinar is one that is really important to me; self-care is near and dear to my heart. I have been in the consumer healthcare industry for about 22 years. The focus of the consumer healthcare industry is about increasing access to healthcare for consumers and empowering them to make decisions about their well-being for better health outcomes, giving them the opportunity to



take their health into their own hands. Half of the world's population lacks access to essential health services. The work that we do to advance self-care is really critical.”



Josephine then introduced the panelists and asked them to share their thoughts. According to panelist, Dr. R (Sham) Moodley, Vice Chair of Independent Community Pharmacy Assoc (SA) and Executive on FIP CPS, “Self-care is really in the DNA of community pharmacy and DNA of

pharmacy in general. I think because of our practice models, we, together with the GP's, are probably the first protocol for many aspects of healthcare, and trying to advance that for different nations of the world. Self-care is really an effective tool in supporting the concept of primary healthcare and universal healthcare coverage. That is probably the solution for Africa and the rest of the world. Our strength lies in trying to do the intervention at the primary care model, rather than waiting for the secondary and tertiary care.”

Dr. Iain Barton, Founder of Health4Development, agreed with Sham on the importance of self-care in working toward universal healthcare coverage. Iain shared, “Even in North America and Europe, the current health systems are not necessarily fit for purpose. If we are going to drive to universal healthcare access,



especially in lower-income countries, they are absolutely not fit for place. We cannot be pursuing strategies that are trying to replicate the healthcare systems of the global north. We have to be thinking differently and we have to be looking at what is right for our context, our situation, our cultures, and our capabilities. We have to change the way that patients are able to engage with the healthcare system, we have to change the way that the healthcare system engages with patients, we have to move the point of primary care, not just to community healthcare workers, but all the way into the home.”

Kawaldip Sehmi, Chief Executive Officer, International Alliance of Patients' Organizations (IAPO) added, "It is very important for patients to be driving the changes we need in Universal Healthcare Coverage. It is critical that we have a system that involves us. With a collective voice, we can come up with an optimum solution for Africa which does not need to have heavy investment in tertiary and secondary care. We can do it at the self-care level."

Josh concluded by thanking Josephine and the panelists, "Thank you, Josephine. This was a great discussion. To our incredible panelists, I think you hit a lot of things right in the head, from the discussion around ADN's role and the African diaspora, each person on this call, the role that people need to play from advocacy, to ensuring access, inequities, building that ADN voice to represent what is happening in the continent, investment in Africa, that peer-to-peer support, how do we build a network who is in the African community and friends of Africa that exist around the world, that want to solve some of those issues."

We look forward to continuing this important discussion on self-care and invite you to learn more about the [The African Digital Health Initiative](#) as we are mobilizing nurses and doctors outside of the continent to mobilize digitized healthcare services inside the continent.

Suggested Action Steps:

- **Reframe the conversation around self-care:** There is a preconceived notion that when we talk about self-care, we are trying to push a cheapened level of care to low-income populations. This is not the case self-care is an important tool for everyone and it is important to strengthen self-care literacy and meet communities where they are at with the right healthcare approach.
- **Call out inequities:** Advocate for communities by calling out inequities currently in our healthcare systems. Form committees to address these issues and set up a policy framework around self-care.
- **As a patient, push for universal healthcare:** Patients' voice is critical in this. It is very important for patients to be driving Universal Health Coverage (UHC). It is critical that we have a system that involves us. There should be a global patients' safety action plan. Ask patients to be on the board of every institution of health in the country.

Upcoming ADN Engagement Opportunity:

Save the date for the following convenings:

- On December 13, 2022 the African Diaspora Network and the U.S. Department of State will host, “Beyond Remittances: U.S. High-level Working Lunch” as part of the U.S. Africa Leaders Summit 2022. The event lead sponsor is the Bill & Melinda Gates Foundation. The event is by invitation only. Diasporans represent a powerful constituency in the economic development of Africa and the U.S. African immigrants in the United States earned \$55.1 billion in 2015, contributing significantly to the U.S. economy with \$40.3 billion in spending power and \$14.8 billion in tax payments ([New American Economy 2018](#)). Critical to Africa’s economic development is the creative engagement and strategic collaboration of Africans, African diasporans, and friends of Africa. This session examines new approaches to Diaspora engagement beyond remittances and approaches to sustainable investment.
- [The Accelerating Black Leadership and Entrepreneurship \(ABLE\)](#) Pitch Day will be January 19, 2023. For more details, please contact Debra Pacio at debra@africandiasporanetwork.org
- [African Diaspora Investment Symposium \(ADIS23\)](#): March 22-24, 2023

Learn more on our [website](#) and [subscribe](#) to our newsletter for updates and registration for all African Diaspora Network events!

Highlights

- Self-care is a powerful contributor to healthcare. The role and focus of self-care is increasing access to healthcare for consumers and empowering them to make decisions about their well-being for better health outcomes
- 3.6 billion people in the world today (half of the world’s population) lack access to essential health services (Stat shared at Self-Care Federation Global Conference)
- Self-care is an effective tool in universal health coverage
- When considering healthcare, we have to be thinking differently and we have to be looking at what is right for our context, our situation, our cultures, and our capabilities. We have to change the way that patients are able to engage with the

healthcare system; we have to change the way that the healthcare system engages with patients

- It is important to consider how self-care is already in place in Africa. We recognize the infrastructure and workforce being limited in Africa. How are we surviving then, if this is the only form? There must be something in the cultural DNA – utilizing the concept of self-care. There must be an underlying concept that already exists in the community. We can see how self-care concepts are managed in the community. What is it that communities are doing to survive? How do we empower them to continue their work and give them the requisite knowledge around self-care?
- There is a need to remove preconceived notions of self-care. When we talk about self-care, some people think what we are trying to push is a cheapened level of care. We have to break that paradigm. We are not saying we want to give people a different form of care because they are poor; we are saying we want to give the right form of care because we learn the lessons and stakes.
- One of the many silver linings from the plight of COVID is we realized that with better information and better access to empowering knowledge, either via telemedicine, patients are capable of self-assessing, self-evaluating, self-managing, and self-triaging
- Without literacy, self-care would be difficult to implement. It is important that the literacy in healthcare allows the user of the system to be able to participate in conversation with the healthcare system. If they don't have enough info about that care, they will not be able to have that conversation
- Many individuals may avoid the healthcare system for various reasons – mostly because they don't have enough information about the system, stigma, lack of facilities. It is important that self-care literacy allows these individuals to make informed decisions about their choices
- Patients' voices are critical in this. It is very important for patients to be driving Universal Health Coverage (UHC). It is critical that we have a system that involves us.

There should be a global patients' safety action plan. Ask patients to be on the board of every institution of health in the country

- We mustn't be afraid to call out the inequities currently in our healthcare systems. We need to place on the agenda of each of our organizations to create expert committees around this. There needs to be a policy framework committee around self-care

See the entire session recording [here](#).

Resources:

Click [here](#) to learn more about the African Diaspora Investment Symposium and upcoming sessions.

Get to know the speakers better. Visit their organizations' websites.

- [Sanofi](#)
 - [Health4Development](#)
 - [Independent Community Pharmacy Assoc](#)
 - [International Alliance of Patients' Organizations \(IAPO\)](#)
- Session recording:
https://youtu.be/igaeld_ati0

Chat Recap:

Momeena Omarjee: Thank you Iain, Sham and Josephine. Such an intriguing and insightful discussion. Patient empowerment and knowledge on promoting and maintaining health can definitely unlock the benefits of self-care. It is an imperative tool for advancing universal health coverage and tailoring and localizing the self-care model is key.

Serge-Alain Wandji: I am Serge-Alain Wandji from DiaspoCare. We channel remittances to providers and pharmacists. Investing with our dollars and knowledge can help influence the innovation trajectory.

Thank You!

African Diaspora Network is grateful to the speakers for sharing their insights on self-care.
Thank you to everyone who joined!

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