Welcome !!!
Karibuni Sana

Executive Director
Reproductive Health Network
Kenya RHNK

SAS webinar 28 July 2020:
Expanding access to medical Abortion (Telehealth)

Topic: MA self Care

Nelly Munyasia
Background RHNK

- National network since 2010
- 587 health providers in 43 of 47 counties
- Providing quality RH care, including safe abortion
- Training, data recording, peer-support
- Rights-based approach
- Advocacy: national, county, community

❖ Partner in the She Makes Her Safe Choice programme led by Rutgers, in partnership with DKT, Ipas and Shujaaz Inc.
❖ Lead partner in SheDecides Kenya movement
Abortion in Kenya

- Vulnerability of adolescents & young women
- 465,000 induced abortions yearly
- 266 Kenyan women die per 100,000 unsafe abortions (Guttmacher 2013)
- Legal context: Article 26 {4}
  Allowed under circumstances:
  - Life of mother in danger
  - By trained health provider
  - Instances of sexual violence (Rape, defilement)
- Study APHRC (2018) on cost of treating unsafe abortions:
  1.237 deaths --- Kshs 5,000 per case
Unsafe Abortion in Kenya

Key Findings of a National Study:
Incidence and Complications of Unsafe Abortion in Kenya

- 54% of sexually active adolescent girls in Kenya did not intend to get pregnant
- 7 women and girls dying each day
- 45% of severe abortion complications reported among adolescent girls
Medical Abortion in Kenya

➢ Implementing 2018 WHO guidelines


➢ Available products in Kenya include:
  • Medabon
  • MA Kare (DKT)
  • Misoprostol (MSK)
  • Mifepristone and misoprostol (MSK)

➢ Cost of MA: USD 30 minimum, USD 150 for second trimester abortion

➢ Availability:
  • Public sector: limited, as providers are scared
  • Private sector: available although not everywhere
  • Pharmacies: sufficient stock
Self care in Kenyan policy

● Kenya National eHealth Policy 2016-2030
  - Digital Afya
  - Create enabling environment for use of eHealth products and services
  - At all levels of healthcare delivery in Kenya

● Kenya Health Policy 2014-2030
  - Improve access to, and quality of, person-centred essential health services

● COVID19 RMHN guidelines (April 2020)
  - Section on PAC
  - Section on Telemedicine: General Recommendations, Clause VII

All women/clients/patients visiting a health facility to be provided with a working telephone number to contact the provider (preferably within same geographical locality) in emergencies/for schedule of visit.
Self care intervention by RHNK

Hotline *Nena na Binti*:
- TeleAbortion Services
- Tele Counselling: RHNK providers
- Doorstep delivery of medicine

**Beneficiaries:**
- Cis women and girls
- LBTQI+ women
- Young people

Already **185** referred clients (May-June 2020)

**Key contributors:**
Providers – Linkage to services
Young people – Referrals and follow ups
NenaNaBinti social media accounts – awareness
RHNK TELEHEALTH ABORTION ENABLES YOUTH, WOMEN AND GIRLS TO ACCESS SAFE ABORTION SERVICES REMOTELY

**RHNK TELEHEALTH MODEL**
Trained healthcare professional, social media and trained young people offering referrals to the hotline

**NEWEBINTI HOTLINE MODEL**
Trained healthcare provider remotely offering Tele-counseling services and Tele-abortion services

**SERVICE PROVISION**
Trained healthcare provider remotely/clinic based offering abortion services or referring to a Healthcare facility

**FOLLOW UP**
Trained healthcare provider remotely offering post abortion counseling, contraceptives and inquiring on the quality of service/care provided.
Responses:

“I was offered confidentiality, the price was reasonable and the provider attended to me quickly.”
(Female client of CAC service, 25 yrs)

“It’s amazing that #NenaNaBinti does telescreening before referring, thus making it easy for me as a provider.”
(George Kihara, RHNK provider)

Challenges faced:
- Insufficient knowledge
- Perceived side-effects
- Stigma
- Affordability
- Covid-19
RHNK vision on MA via self care and tele-health

- Promising way of expanding health care
- Enforces a woman’s right to bodily autonomy
- Universal health coverage by improving access for patients to quality inclusive of safe abortion
- Cost-effective
- Provides health services regardless of location
- Valuable for those in remote areas (especially women and girls)
- Vulnerable groups in Kenya, in particular LBTQI womxn

Joint animation for safe abortion during Covid-19
Safe abortion in Kenya during Covid-19
Thank you for your active participation

Thank you very much

Asanteni sana

Tel: +254 202 220 160
Email: info@rhnk.org
Website: https://rhnk.org/