

ONE STOP SHOP FOR HEALTH

INTEGRATING AND PROMOTING ADOLESCENT- AND YOUTH-FRIENDLY HEALTH SERVICES IN PRIMARY HEALTH CARE FACILITIES

Adolescent- and Youth-Friendly Health Services (AYFHS) attract young people, respond to their needs, and increase the likelihood that they will use the services available to them.¹ They include family planning services that young people trust and feel are intended for them.²



THE PROBLEM

YOUNG PEOPLE IN NIGERIA LACK ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH (SRH) SERVICES, INCLUDING FAMILY PLANNING, THAT ARE TAILORED TO THEIR NEEDS.



Availability of family planning services in Nigeria that are friendly to adolescents and youth is **inadequate**.³



Service provider attitudes at health facilities are often **biased, judgmental, or hostile** towards young people.⁴



Service providers often **restrict access to contraceptives for youth** by deciding which methods to offer based on their personal observations of a client's age, marital status, and existing family size.⁵

THE SOLUTION

INTEGRATING AYFHS INTO PRIMARY HEALTH CARE (PHC) FACILITIES IS PROVEN TO INCREASE ACCESS TO SRH SERVICES FOR ADOLESCENTS AND YOUTH.

PHC facilities are the **first point of contact** with health services for many Nigerians, including youth.⁶ They are nearest to communities and are easier to access.

About 80% of the health facilities in Nigeria are PHC facilities.⁷



Integrating AYFHS into two PHC facilities in Lagos State increased the number of young people accessing services.

5,000+ young people were reached with SRH information.⁸

>20% of services accessed by young people at the PHC facilities were SRH services.⁹

Health care personnel can serve as a trusted source of SRH information.



WHAT HAS BEEN DONE

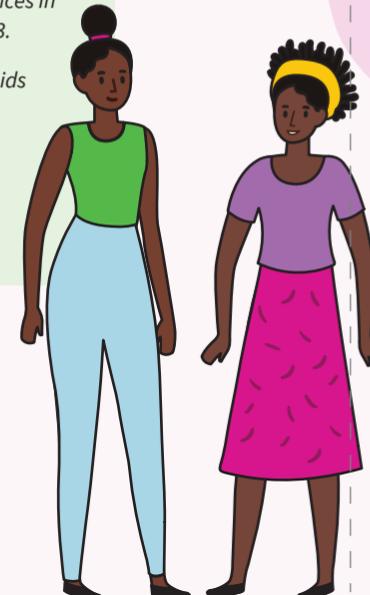
THE FEDERAL MINISTRY OF HEALTH HAS COMMITTED TO INTEGRATING AND PROMOTING AYFHS IN PHC FACILITIES...

...but these policies and guidelines are **not being fully implemented** and many **youth are not aware** of available AYFHS in PHC facilities.¹⁰

Existing Policies

- *National Guidelines for the Integration of Adolescent and Youth Friendly Services Into Primary Health Care Facilities in Nigeria, 2013.*
- *National Guidelines on Promoting Access of Young People to Adolescent and Youth-Friendly Services in Primary Health Care Facilities in Nigeria, 2013.*
- *National Adolescent and Youth Friendly Job Aids for Service Providers in Primary Health Care Facilities in Nigeria, 2015.*
- *National Standards & Minimum Service Package for Adolescent & Youth-Friendly Health Services, 2018.*

See back for details.



WHAT MUST BE DONE

More action is needed to:

ESTABLISH AND ENFORCE EVIDENCE-BASED PRACTICES that ensure AYFHS are integrated into existing routine services in PHC facilities.

PROMOTE AWARENESS AND UTILIZATION among young people of available AYFHS in PHC settings.



HOW TO ACT

STATE LEVEL PRIMARY HEALTH CARE DEVELOPMENT BOARDS SHOULD ACT NOW TO IMPROVE ACCESS TO AND CREATE AN ENABLING ENVIRONMENT FOR AYFHS.

- 1 Implement **SPECIFIC SERVICE DELIVERY GUIDELINES AND PROTOCOLS** for adolescents and youth programs at PHC facilities.
- 2 Build strategic partnerships with relevant government ministries, departments, and agencies; civil society; and other key actors to **CREATE DEMAND FOR AYFHS** through outreach programs and information; education and communication materials development; and other efforts.



The Nigerian government has developed policy goals, actions, and guidelines to support integration and promotion of AYFHS in PHC facilities.



2013

NATIONAL GUIDELINES FOR THE INTEGRATION OF ADOLESCENT AND YOUTH FRIENDLY HEALTH SERVICES INTO PRIMARY HEALTH CARE FACILITIES IN NIGERIA

Provides a framework that the National Primary Healthcare Development Agency operatives nationwide can use for integrating AYFHS into the existing PHCs in Nigeria.

Key implementation actions for integrating AYFHS within the PHC system in Nigeria include:

“...Advocate to stakeholders for their support and buy-in for the integration of AYFHS into existing PHC services.

...Establish governance/management framework and strengthen accountability structure at LGA [local government area] and community levels to provide input for the creation and management of AYFHS at the PHC level.

...Select the ‘model’ PHC facilities (rural- and urban-based) to be used in rolling out the programme in phases with active participation of young people and consultation with other stakeholders.

...Develop and implement human capacity development plan, including training of PHC staff, youth volunteers, community mobilizers and other community resource persons.

...Develop/adapt and supply user-friendly job aids, policies, and guidelines, including clinical service protocol, to health facility and service providers to assist them in providing quality AYFHS. ...

...Establish/strengthen the mechanism for Management and Evaluation (M&E) and research promotion, including the health management information system (HMIS), to strengthen the tracking, reporting and provision of feedback to service providers on coverage, accessibility and quality of AYFHS.

...Develop and implement programme communication plan to publicise the AYFHS service and create demand among young people and their significant others using relevant IEC [information education communication] and BCC [behaviour change communication] approaches. ...”

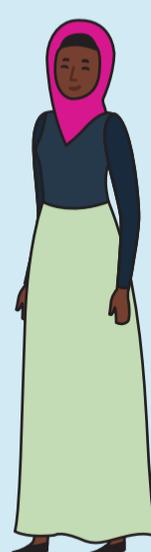
2013

NATIONAL GUIDELINES ON PROMOTING ACCESS OF YOUNG PEOPLE TO ADOLESCENT AND YOUTH-FRIENDLY SERVICES IN PRIMARY HEALTH CARE FACILITIES IN NIGERIA

Provides program planners, implementers, and health managers strategic considerations and broad guidance for actions needed to improve young people’s demand for and utilization of available AYFHS in PHC settings; complements the National Guidelines for the Integration of Adolescent- and Youth-Friendly Services into Primary Health Care Facilities in Nigeria, 2013.

Actions to improve young people’s demand for and utilization of available AYFHS in PHC settings include:

- Establishing a Youth Advisory Group that will offer input into service design and other service and programme-related issues.
- Training and engaging young people as community-based AYFHS promoters and peer educators.
- Engaging young people as volunteers in PHC facilities.



2015

NATIONAL ADOLESCENT AND YOUTH FRIENDLY JOB AIDS FOR SERVICE PROVIDERS IN PRIMARY HEALTH CARE FACILITIES IN NIGERIA

Provides a handy desk reference with precise and step-wise guidance for how health workers and other services providers who provide primary care services can respond to adolescents and youth. It addresses issues common to all adolescents and youth and those specific to the Nigerian context.

Relevant modules include:

- Counselling Adolescents and Youth on Contraception
- Emergency Contraceptive Pills
- Sexually Transmitted Diseases
- Human Immunodeficiency Virus
- Unplanned Pregnancies
- Masturbation

2018

NATIONAL STANDARDS & MINIMUM SERVICE PACKAGE FOR ADOLESCENT & YOUTH-FRIENDLY HEALTH SERVICES

Specifies the standard of health services to be provided by health service delivery points to young people in Nigeria, with the aim of improving their access to a package of quality services that are responsive to their health and development, and which are available, accessible, acceptable, and equitable.

The standards and criteria for AYFHS in Nigeria include:

Standard 1: An enabling environment exists in the community to support the provision and appropriate utilisation of adolescent and youth health services. ...

Standard 2: Young people in the catchment area of the health facility are aware of the services it provides, find the health facility easy to reach, and obtain services from it. ...

Standard 3: Young people find the environment, setting, organisation and procedures of health facilities appealing and acceptable. ...

Standard 4: All young people who visit health service delivery facilities are treated with respect and dignity and in an equitable manner irrespective of their health or socio-demographic or political status.

Standard 5: The services provided by health facilities to young people are evidence-informed and effective and in line with the nationally defined package. ...

Standard 6: Service providers are sensitive to the needs of young people and maintain their privacy and confidentiality. ...

Standard 7: Service providers are skilled and motivated to provide health services that are friendly to young people. ...

Standard 8: Managerial systems are in place to improve and sustain the quality of health services provided to young people by the health service delivery facilities. ...

Standard 9: Young people are actively involved in the design, provision, and monitoring of AYFHS. ...”



REFERENCES

1. World Health Organization (WHO), *Making Health Services Adolescent-Friendly: Developing National Quality Standards for Adolescent-Friendly Health Services* (Geneva: WHO, 2012).
2. International Planned Parenthood Federation (IPPF), *Provide: Strengthening Youth Friendly Services* (London: IPPF, 2008), https://www.ippf.org/sites/default/files/inspire_provide.pdf.
3. In-depth interview with government official, October 2018.
4. Oluwatosin C. Adeyemi et al., “The Sociocultural Environment’s Impact on Contraceptive Access and Use Among Young People in Burkina Faso, Ethiopia, Kenya, Nigeria, and Uganda,” unpublished manuscript, 2020.
5. Hilary M. Schwandt, Ilene S. Speizer, and Meghan Corroon, “Contraceptive Service Provider Imposed Restrictions to Contraceptive Access in Urban Nigeria,” *BMC Health Services Research* 17.1 (2017): 268.
6. Federal Republic of Nigeria, *National Guidelines on Promoting Access of Young People to Adolescent and Youth-Friendly Services in Primary Health Care Facilities in Nigeria*, 2013.
7. Federal Republic of Nigeria, *National Guidelines on Promoting Access of Young People to Adolescent and Youth-Friendly Services in Primary Health Care Facilities in Nigeria*, 2013.
8. Action Health Incorporated (AHI), “Expanding Young People’s Access to Youth Friendly Health Services in Lagos State,” 2018, <https://www.actionhealthinc.org/expanding-young-peoples-access-to-youth-friendly-health-services-in-lagos-state/>.
9. AHI, “Expanding Young People’s Access to Youth Friendly Health Services in Lagos State.”
10. Francis Eremutha and Veronica Chizoba Gabriel, “Barriers Limiting Youth Access to Reproductive Health Services by Primary Health Care Facilities in Nigeria,” *Universal Journal of Public Health* no. 7 (1), (2019): 36-43, <https://www.hrpub.org/download/20190130/UJPH5-17612513.pdf>.

Novel Association for Youth Advocacy (NAYA)

National Secretariat
Plot 49, Behind Revlon Global Academy,
Kuje, Federal Capital Territory (FCT), Nigeria
TELEPHONE: +2349080872558
EMAIL: nayanigeria2000@gmail.com
WEBSITE: www.naya.org.ng
TWITTER: @NayaNigeria
FACEBOOK: NayaNigeria

