

**REQUEST FOR PROPOSAL**  
**CONSULTANCY SERVICES FOR DEVELOPMENT & TRAINING ON SELF CARE COMMUNITY MODULE**  
**INCLUDING TOOLS (FOR PROVIDERS & COMMUNITIES)**

**Mode of Assignment: DEVELOPMENT & TRAINING ON SELF CARE COMMUNITY MANUAL**

**Timelines:** Module Development – 7 Days; Trainings for Developing Master Trainers- 3 days

**Proposal Guidelines:** Interested Candidates / Consultants (Female) are asked to submit a short proposal containing the following:

- A cover letter highlighting the consultant's interest, relevant experience and qualifications
- A CV with references
- An example of a previous relevant piece of work
- Proposed cost/fee for the consultancy
- Proposals will be assessed with the following valuation of importance.
- Qualifications of proponent (60%)
- Cost/fee (40%)

**Note:** Travel and all other out of pocket expenses will be reimbursed to the consultant.

**Deadline for the submission of proposal:** 26<sup>th</sup> March 2021

**Expected date of initiation of consultancy:** 12<sup>TH</sup> April 2021

**Payment schedule:** 40% advance payment will be made on signing of contract for the proposed assignment and 60 % will be paid after completion of the assignment. All payments will be made through cross cheque. Tax will be deducted as per Laws of Government of Pakistan.

Contact person for proposal submission and related queries:

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**BACKGROUND**

Self-care interventions are among the most promising and exciting new approaches to improve health and well-being, both from a health systems perspective and for people who use these interventions. The World Health Organization (WHO) uses the following working definition of self-care: Self-care is 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 healthcare provider. The scope of self-care as described in this definition includes health promotion; disease prevention and control; self-medication; providing care to dependent persons; seeking hospital/specialist/primary care if necessary; and rehabilitation, including palliative care. It includes a range of self-care modes and approaches. While this is a broad definition that includes many activities, it is important for health policy to recognize the importance of self-care, especially where it intersects with health systems and health professionals

**FIGURE 1: SELF-CARE IN THE CONTEXT OF INTERVENTIONS LINKED TO HEALTH SYSTEMS**



Source: adapted from Narasimhan M, Allotey P, Hardon A. Self-care interventions to advance health and well-being: a conceptual framework to inform normative guidance. *BMJ*. 2019;365:i688. doi:10.1136/bmj.i688.

#### **DELIVERABLES**

- Comprehensive Module with Tools in Urdu
- Develop Cohort of Master Trainers

#### **SUPPORT FROM GSM**

- Relevant project documents
- Facilitation in understanding the project specific dimension covering various aspects of assignment
- Provision of background documents

#### **ESSENTIALS OF THE CONSULTANT**

- A female with Post graduate degree in Health, Education, Gender Equality, International Development, Community Development or related field; Extensive experience (at least 7-8 years) in SRHR in humanitarian contexts with special focus to Behaviour Change Communication projects;
- Excellent communication skills, especially in the local languages. And must be familiar with the population being assessed.