



## A Framework for Comprehensive Approaches to Sexual and Reproductive Health and Rights, Including HIV/AIDS

### Background

A user-based framework for comprehensive sexual and reproductive health and rights (SRHR) that is not a mere listing of services has not been fully explored. What combination of services, programs, referral systems, and set of rights protections do people need to achieve optimum sexual and reproductive health?

### Methodology

Researchers traveled to Dominican Republic, Botswana and Ethiopia to learn benefits and challenges to comprehensive SRHR.

NECESSARY COMPONENTS	FAMILY PLANNING	SEXUAL HEALTH	MATERNAL HEALTH
<b>Program Goals and Values</b>	Reduce the number of unplanned pregnancies and allow for optimal spacing of children	Prevent the spread of HIV and STIs, promote the healthy expression of sexual intimacy free from violence and coercion	Reduce maternal mortality and morbidity, reduce obstetric fistula, reduce unsafe abortion
<b>User Centered and Participatory</b>	No external incentives to promote particular method, involvement of beneficiaries in program design, service selection based on user needs	Programs present scientifically correct information on all prevention methods to users without judgment; involvement of beneficiaries in program design	Woman-centered antenatal care—including for HIV-positive women—space for questions, involvement of beneficiaries in program design, service selection based on user needs
<b>Respect</b>	Provision of services free from judgment and stigma	Interventions administered free of judgment and stigma	Choice of health provider; respect for childbearing decisions—including those of HIV-positive women
<b>Informed Choice</b>	Education about all available methods and potential side effects or consequences, education about rights	Education about all available prevention methods and treatment options, education about rights, no disclosure of status to others without consent	Education about all available options—including the option of abortion, education about rights
<b>Freedom from Coercion</b>	No pressure to use particular method, to prevent, continue or end pregnancy, or to conceive	No coercion to undergo testing, to reveal the results of positive tests, to undertake specific treatment	No pressure to prevent, continue or end pregnancy, or to conceive
<b>Equal Access (Race, class, age, gender, sexuality, HIV status, profession)</b>	Reasonable cost of all available methods, range of providers, materials in appropriate languages, make services youth-friendly, use appropriate outreach to marginalized communities	Reasonable cost of all approved prevention methods, range of providers, materials in appropriate languages, ability to incorporate emerging technologies as they are approved, make services youth-friendly, use appropriate outreach to marginalized communities	Reasonable cost, range of providers, materials in appropriate languages, use appropriate outreach to marginalized communities
<b>Quality of Care</b>	Services provided by trained personnel, quality monitoring and evaluation performed regularly	Services provided by trained personnel, quality monitoring and evaluation performed regularly	Services provided by trained personnel, quality monitoring and evaluation performed regularly
<b>Integration of Care</b>	Family planning, sexual health, and maternal health services offered in one location or through seamless referral process, linked as well to services for survivors of gender-based violence. Providers fully trained in all technical aspects, as well as in providing rights-based, judgment-free services with awareness of gender-based violence.		

### Discussion

- What are your reactions to this framework? Does it resonate with you?
- How could this framework be implemented in your locality or country?
- What are the opportunities and challenges?
- What recommendations do you have for governments and international donors, including the U.S. government, to guarantee comprehensive, rights-based sexual and reproductive health care for all?

### Findings

- A user-centered, rights-based approach to SRH care brings together family planning, maternal health, and sexual health—of which HIV/AIDS is a critical component.
- These needs are interwoven in individual lives, and so must be interwoven in treatment and prevention.
- Human rights must be central—both in access to care and within the provision of services.