

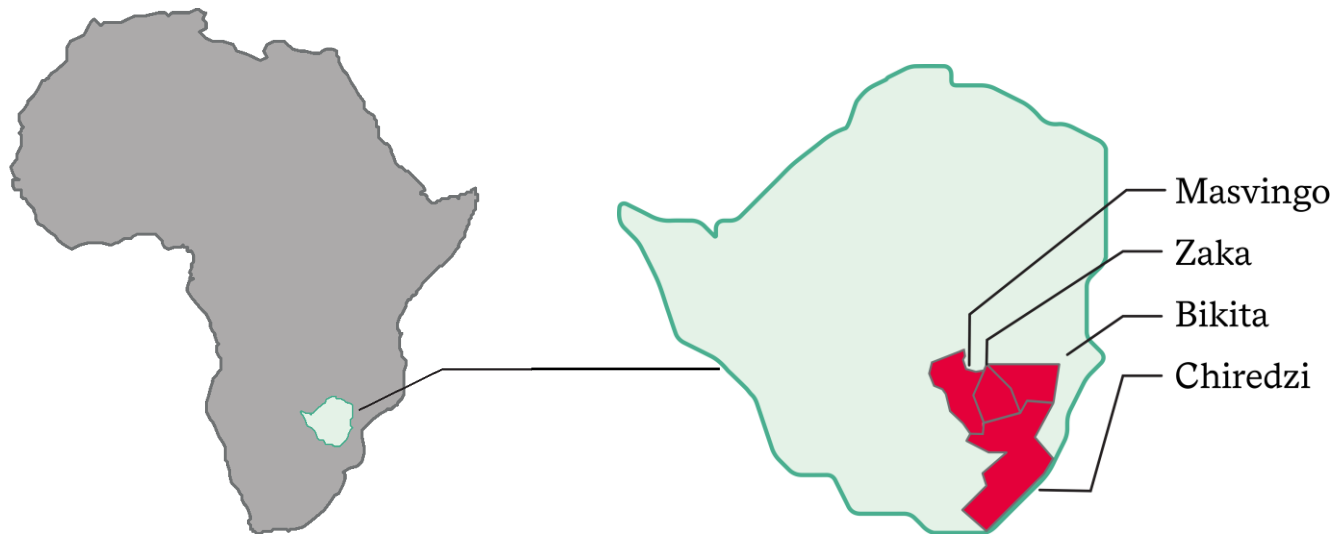
# Co-designed and safe: Digital SRHR platform for adolescents in resource- limited settings

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SolidarMed Zimbabwe



# An introduction to SolidarMed Zimbabwe

- Private Voluntary Organisation
- Working with the Ministry of Health and Childcare
- Dedicated to **improving health service delivery** in four districts of Masvingo Province



# Why adolescent health matters

## Adolescents in Zimbabwe face many health challenges:

- Stigma
- Lack of reliable health information
- Limited youth-friendly health services
- Rarely involved in shaping health services
- ALHIV show lower adherence & poorer treatment outcomes
- High teenage pregnancy rates; teenage mothers face more complications

## Our Research:

- Baseline survey: **272 adolescents & 231 HCWs** interviewed
- Key finding: urgent need for safe spaces for age-appropriate healthcare & information



# How we respond

Project goal: Adolescents have a heightened sense of hope and connectedness, positively impacting their health and well-being



Informative  
dialogue



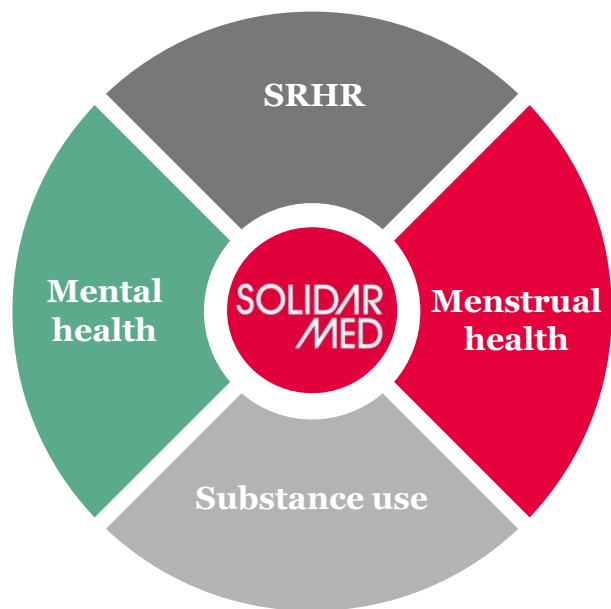
Age-appropriate  
health services



Peer support to  
foster self-belief

# Focus areas and approach

## Focus areas



## Approach



# Key project results to date

## Health system strengthening

- 5 health facilities now offer dedicated adolescent services
- 18 nurses trained to be adolescent-focal nurses
- 49 nurses trained in mental health GAP Action programme

## Empowering adolescents and families

- Created 10 adolescent review committees
- 30 peer educators trained and actively engaged
- 4,685 parents engaged in 493 Parent Child Communication sessions
- >15,000 reached with peer-led health education

## Improving adolescent-health care

- <1,000 ALHIV
- 2,125 pregnant adolescents
- 42 support groups for 446 first time mothers meet regularly

## Creating youth spaces




## Community engagement





# NOW ONLINE: HealthHub

 **HealthHub**

Search

CategoriesItemsSettingsAdmin

### Recently Viewed

- Mental Health
- Family Planning
- Adolescent Sexual and Reproductive Health
- Know your Nurse

### Popular Categories


- Adolescent Sexual and Reproductive Health
- Mental Health
- REPORT CHILD ABUSE
- Family Planning

### New Categories

- REPORT CHILD ABUSE
- Know your Nurse
- Family Planning

## Categories


SortName



### Adolescent Sexual and Reproductive Health

Welcome my Dear Friend. As an adolescent it is important to know and understand the changes that occur within your body and are...


Created 10 months ago  
Updated 10 months ago



### Family Planning

Family planning is the consideration of the number of children a person wishes to have, including the choice to have no children...


Created 10 months ago  
Updated 10 months ago




### Know your Nurse

Hello Dear, it is good that you know your nearest clinic, at all times and develop a relationship with your local Nurse. These N...

Created 10 months ago  
Updated 10 months ago



### Mental Health

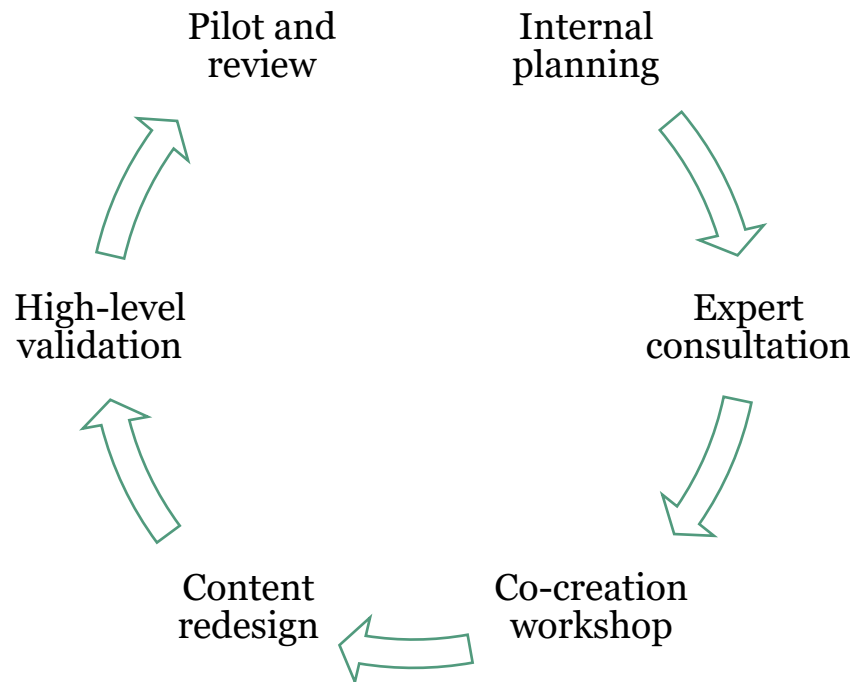


### REPORT CHILD ABUSE

### Actions

- New Category
- List View
- View logs

# Designing the digital HealthHub





# Piloting the digital HealthHub



## **Pilot Period:**

July – October 2024



## **Location:**

Bota Rural Health Centre, Masvingo



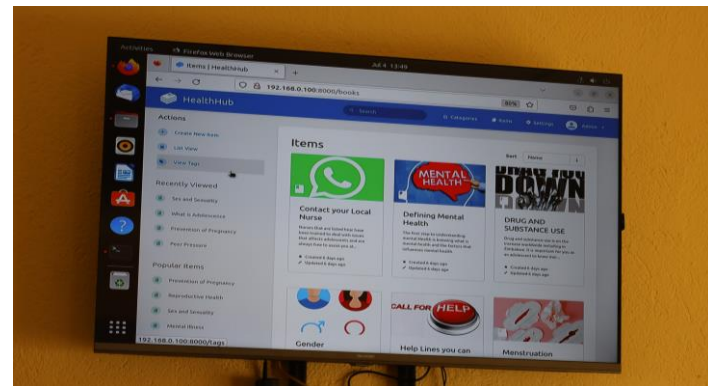
## **Staffing:**

1 adolescent-focal nurse






## **Adolescent Engagement:**

73 adolescents registered



# Individual Q&A with trained nurses

		#4
Can a virgin use a condom during sex		
	Admin commented	#6
Yes a virgin can use a condom during sexual intercourse, the reason being that penetration still occurs whilst one is putting on a condom regardless of being a virgin or not.		
		#2
Is this a condom protect 100 percent from STIs		
	Admin commented	#7
No method is 100% what is important is correct use of condoms. One has to learn how to properly put on a condom and store it in a safely.		

## From the pilot:

- 64 adolescents left 103 comments







# Feedback options

## From the pilot:

- 66% adolescents (48/73) gave feedback

Check the box that corresponds to your answer:

	 Strongly Disagree	 Disagree	 Agree	 Strongly Agree
1. Services were helpful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. The clinic staff were friendly and respectful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I was assured that information will be confidential	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I did not feel judged or discriminated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I would want to use this clinic again in future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I would recommend my friends to come	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Everything was explained to me before it happened	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. My questions were all answered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*"I like that the survey app lets me rate the clinic honestly without stressing about what the staff will think"*

# How we keep adolescents safe?



## **Moderated Content**

All content and Q&A interactions are reviewed by trained staff to prevent misinformation and harmful messaging



## **User Registration & password protection**

Access requires one-time registration to track use and ensure support can be followed up if needed.



## **Nurse Support**

Real-time questions answered by trained nurses. Ensuring reliable, professional health guidance.



## **Encrypted data**

Real-time questions answered by trained nurses. Ensuring reliable, professional health guidance

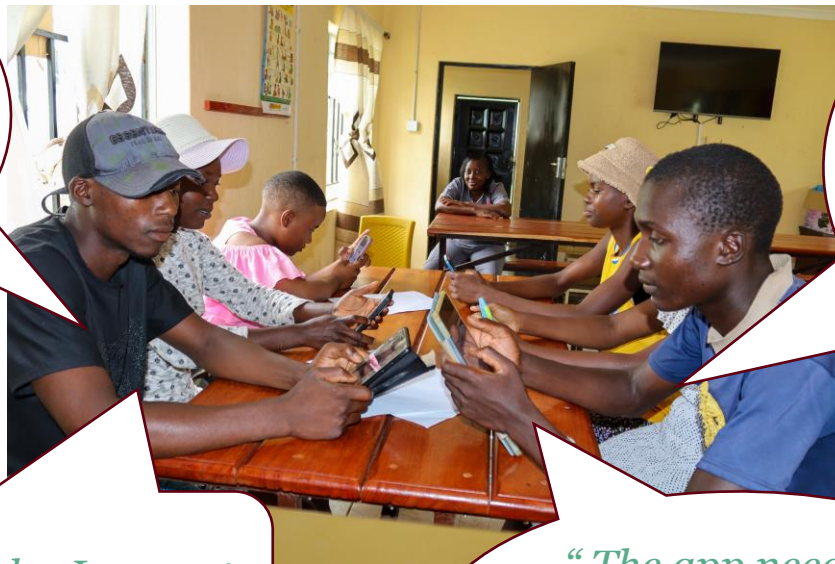


Our safeguarding measures were co-designed with health professionals and reviewed during implementation to ensure adolescent protection at every stage.



# What adolescents said about HealthHub

*“The app should also include short health videos, like TikToks”*



*“Sometimes it’s hard to ask questions in person about something I’ve read, but the app makes it easier because I don’t feel judged”*

*“There is nowhere else I can get this information”*

*“The app needs to have more info about different health topics.”*

# What's next for the HealthHub?

## Conclusion

Despite infrastructure barriers such as

- Unreliable power supply
- Limited access to devices

the pilot demonstrated **strong feasibility and high engagement** highlighting HealthHub's potential as a scalable tool for adolescent health.



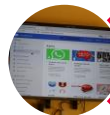
Continue codesign of new content  
(e.g. videos)



Develop social marketing strategy  
to reach target audience



Translate into local languages



Integrate analytics (e.g. clicks per  
page, gender disaggregation)



Expand reach (e.g. tablets in  
schools)





SOLIDAR  
MED

# Digital health for adolescents

## Opportunities:

- Anonymity + privacy = greater willingness to engage
- Scalable reach in underserved areas
- Real-time support and feedback loops
- Offline functionality as a bridge to connectivity gaps

## Threats:

- Misinformation mimicking legitimacy
- Cyberbullying and exploitation risks
- Digital exclusion (gendered, rural, low literacy)
- Ethical concerns: consent, data privacy, surveillance