

- Ongoing supportive counseling and education on infant feeding methods as well as prevention of HIV re-infection during this period
- Family planning services after delivery
- Referral for other HIV/AIDS services which includes care and treatment

#### d) Linkage to ART for Mother–Baby pair

Importance of linking mother-baby pair to HIV Care and Treatment

- Mothers' health improved
- Offered support on feeding practices
- Growth Monitoring services provided
- Better involvement of partner and community
- Quality services provided
- More mothers and babies saved
- Linkage to care and treatment programmes

#### ❖ Key Messages

- ❖ All pregnant women attend atleast four regular Antenatal clinic Visits.
- ❖ Women and newborns need to be seen by the health worker after 6 hours, 6 days, 6 weeks and 6 months. This is important in identifying and responding to the needs and complications in women and newborns after delivery.
- ❖ The only way to know if you have HIV is to be tested. if you are tested and you do not have HIV you will learn how to protect your self and your baby from getting HIV.
- ❖ If you are tested and have HIV, you will learn how to lower the chance of passing HIV to your baby and how to get care and treatment for your self, your baby and your family so you can live health lives
- ❖ you should also plan to deliver your baby in a healthy facility, where there are skilled providers who can help in case of problems.
- ❖ Exclusive Breastfeeding (giving ONLY breast milk for the first 6 months): reduces the chance of passing HIV to your baby by half compared with mixed feeding (giving both breast milk and other milks/foods).

# Prevention Mother to Child Transmission of HIV



## What you need to know?

### a) What is PMTCT?

✱ PMTCT stands for Prevention of Mother to Child Transmission of HIV. It involves interventions carried out to reduce the risk of HIV transmission from an infected mother to her baby during pregnancy, labour, delivery and breastfeeding.

✱ Mother to Child Transmission of HIV is the second major mode of spread in Uganda and the main one among children under two years.

### b) Risks and timing of HIV transmission

✱ Out of 10 HIV infected pregnant mothers, 3 will infect their babies. 2 of these babies will be infected during labour and delivery and the remaining 1 will be infected either during pregnancy or during breastfeeding

### c) Services available for PMTCT

#### •• Comprehensive Antenatal Care

○ Pregnant mothers should attend ANC as early as possible and to attend at least 4 times during pregnancy in order to receive quality antenatal care. Services provided include:

- Routine counseling and testing with same day results for the mothers and their partners
- Preventive counseling for HIV negative women
- Antiretroviral Drugs for HIV positive mothers to prevent transmission of HIV from mother to child. Drugs are started as early as 14 weeks of pregnancy and taken throughout the breastfeeding period
- Early detection and treatment of sexually transmitted infections
- Prevention of other infections using septrin e.g. chest infections
- Vitamin supplements, iron and folate for preventing anaemia and de-worming
- Screening for TB
- Counseling on safe infant feeding methods
- Use of condoms for protection against re-infection during pregnancy and after delivery
- Use of insecticide treated nets for prevention of malaria

#### •• Improved Care during Labour and Delivery

- This period accounts for the greatest risk of HIV transmission from the infected mother to her baby. Improved care during labour and delivery will reduce the risk of transmission and this includes among others:
- Delivering in a clean and safe environment under supervision of a trained health worker. These services are available at the nearest health facility
- Antiretroviral drugs to HIV positive mothers during labour

#### •• Postnatal Care

- Administration of antiretroviral drugs for the child and mother during the breastfeeding period
- Routine immunization, Vitamin A, Iron and Folate supplementation
- Proper care and support, quality growth monitoring, and management of opportunistic infections for mother and child
- HIV testing for babies born to HIV positive mothers at 6 weeks