HIV and Infant Feeding Counselling: A training course
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Overhead Figures
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Defining HIV and AIDS

HIV - Human Immunodeficiency Virus is a virus that destroys parts of the body’s immune system

AIDS - Acquired Immuno-Deficiency Syndrome is the final stage of the disease caused by HIV
Mother-to-Child Transmission of HIV

Most children who get HIV are infected through their mother

- during pregnancy across the placenta
- at the time of labour and birth through blood and secretions
- through breastfeeding.

This is called mother-to-child transmission of HIV or MTCT.
100 mothers and babies
20 mothers and babies
Factors which affect Mother-to-Child Transmission of HIV

Recent infection with HIV
Severity of HIV infection
Infection with sexually transmitted diseases
Obstetric procedures
Duration of breastfeeding
Exclusive breastfeeding or mixed feeding
Condition of the breasts
Condition of the baby’s mouth
Risk of death from diarrhoea with different milks

Infants 8 days to 12 months

- Breast only: 1
- Breast & cow's milk: 3.4
- Breast & formula: 4.5
- Cow's milk only: 11.6
- Formula only: 16.3
- Formula only (age less than 2 months): 23

Relative risk of death

CG Victora et al, Brazil, Lancet 8/8/87
WHO/FCH/CAH/00.5
Policy of supporting breastfeeding

“As a general principle, in all populations, irrespective of HIV infection rates, breastfeeding should continue to be protected, promoted and supported.”

HIV and Infant Feeding: a policy statement, developed collaboratively by UNAIDS, WHO and UNICEF, 1997
Confidentiality
Testing for HIV antibodies in children

Antibodies from mother

Antibodies may be from mother

After 18 months, child's own antibodies
Counselling for infant feeding decisions

Woman/couple in contact with the health services

Educate on HIV and VCT and refer for VCT

Not tested

Does not collect the test result

Collects the test result

Previous positive HIV test

Unknown HIV status

Tested Negative

Tested Positive

Counsel and Encourage breastfeeding

Counsel on infant feeding Discuss all options
Infant feeding options

Following VCT and acceptance of an HIV-positive test result

Feeding options discussed

- Exclusive and continued breastfeeding
- Replacement feeding:
  - Home-prepared formula
  - Commercial formula
- Modified breastfeeding:
  - Stop breastfeeding early
  - Express and heat treat breastmilk
- Breastfeeding by an HIV-negative woman

Adequate complementary foods from about 6 months of age will be needed for all children
Replacement feeding

is the process of feeding a child who is

– not receiving any breastmilk,

– with a diet that provides all the nutrients the child needs,

– until the child is fully fed on family foods.
Where prevention of MTCT of HIV needs to be integrated into MCH care

Health education activities
Treatment of sexually transmitted diseases
Family planning services
Antenatal care
Delivery and postpartum care
On-going health and nutrition care for children
Attachment

Good attachment  Poor attachment
Clean hands

- After using toilet
- After cleaning baby’s bottom
- Before preparing or serving food
- Before feeding children or eating
Clean utensils

- Clean surface (table, mat or cloth)
- Wash utensils immediately after use
- Keep clean utensils covered
- Use clean utensils for baby
Safe water and food

- Boil water for drinking and baby’s feeds
- Keep water in clean covered container
- Boil milk before use
- Give freshly prepared complementary foods
Safe storage

- Keep foods in tightly covered containers
- Store foods dry if possible (e.g. milk powder, sugar)
- Use milk within one day if refrigerated
- Use prepared feeds within one hour

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Disadvantages of feeding bottles

Difficult to clean and sterilise

May cause illness

Less adult attention
Advantages of cup feeding

Less risk of contamination
Infections less likely
Ensures adult attention
For the caregiver

Milk powder

Correctly measured ingredients

Boiled water

Cup for feeding

Clean utensils

Spoon for stirring
Child 1: no milk
Child 1: 500 ml of milk added
Child 2: Three meals

![Diagram showing three meals for a child]

**Percentage of needs, 3 meals**

- Energy: 100%
- Protein: 100%
- Iron: 100%
- Vit A: 100%
- Vit C: 100%

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Child 2: Three meals and two snacks
Active feeding
Child needs own portion