



Clinical Case 3

HIV-positive women with desire to breastfeed

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Presenter Disclosure Information

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disclosed no conflict of interest.

Antenatal clinic:

- a 38-year-old woman in her 1st pregnancy, no health problems
- tested positive for HIV infection in the 1st trimester

1st visit in HIV Out-Patient's Clinic 22 week of gestation:

- VL HIV 4169 c/mL, CD4 465 cells/ μ L
- cART was dispensed

2nd visit in HIV Out-Patient's Clinic 30 week of gestation:

- she hadn't started cART yet
- limited trust in pharmacological treatment, pro-nature life
- the woman's priority: natural labour and breastfeeding

QUESTION 1: What should we do with Anna?

- a. refer her to a psychologist for emotional support
- b. it's too late for psychologist consultation, you insist she must be treated immediately
- c. do nothing and respect her decision
- d. call the police and inform social service

At the psychologist's office:

- fear, emotional lability
- Anna's HIV negative partner: lack of support, stigmatization
- social expectation about motherhood: natural labour, breastfeeding

At the doctor's office:

- strong, negative feelings against conventional medicine
- fear of side effects to the baby
- poor knowledge about HIV and long-term prognosis

**Agreement between
Anna and her Doctor**



**She will take cART until one day
after labour to have natural
delivery**

Anna

3rd visit in HIV Out-Patient's Clinic 32 week of gestation:

- Ann takes cART regularly
- no side effects
- HIV VL <40 c/mL

4th visit in HIV Out-Patient's Clinic 36 week of gestation:

- HIV clinic's gynecologist: refers her for **natural labour**
- **Anna's biggest problem now is** social pressure to breastfeed

QUESTION 2:

Would you advise Anna to breastfeed her baby after delivery?

- a. NO, breastfeeding is contraindicated for HIV-exposed infants
- b. NO, all guidelines advise against breastfeeding
- c. YES, she should breastfeed without any further assistance
- d. YES, but she is required to stay on cART and to be followed-up with increased clinical and virological monitoring of her and her baby

Anna

Follow-up visit in HIV Out-Patient's Clinic :

- delivered a healthy boy at 40-week of gestation by **natural labour**
- **wasn't breastfeeding** her baby
- **stopped taking cART** immediately after delivery
- lost to follow up for 5 months
- **Her baby:**
 - **HIV-negative:** but the last visit at the age of 2 months
 - **unvaccinated:** lack of parental consent for vaccination

Discussion:

What if Anna got permission to breastfeeding?

- **Would she continue cART after delivery because of necessity of protection her baby from MTCT during breastfeeding?**
- **Would she not take cART – the baby is exposed to medicine?**
- **Would she vaccinate her baby?**

Thank you!

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