

SUPPORTING YOUR PEERS WHO ARE PREGNANT OR BREASTFEEDING

Your role as a CATS in supporting your clients who are pregnant or breastfeeding:

- Make sure they understand transmission risk and importance of adherence
- Stress the importance of early booking and facility delivery
- Facilitate access to PMTCT services including how and where to access services
- Make sure they are on ART and are adhering
- Facilitate access to viral load testing and CD4 as required
- Make sure they understand the importance of testing their baby and when they should be tested
- Identify when a client or baby is unsafe
- Support them to disclose to trusted others for support (See SRH section)
- Offer HIV testing for partners and other children (See Testing Section)
- Advocate for their SRH rights and access to family planning service
- Give information and support on exclusive breastfeeding for the first six months
- Share experiences of pregnancy, birth and breastfeeding if and when comfortable and appropriate
- Work with clinic staff to support PMTCT services to be targeted to adolescents and young women
- Make referrals and actively link them to enhanced support and services
- Support the enhanced support plan

Note: all pregnant and breastfeeding young women require enhanced support



Supporting Your Peers Who Are Pregnant Or Breastfeeding



Where:

Clinic
Home
Support Group



When:

Weekly



What topics to cover

- **Transmission**
 - How and when mother to child transmission occurs
 - Importance of adherence and viral load testing
- **Relationship with partner**
 - Presence or absence of a partner
 - Disclosure to partner (See SRH section)
 - HIV status of partner
 - Testing for partner
 - ART for partner if positive
 - PrEP if discordant
 - Feeling safe i.e. unwanted sex
- **Pregnancy**
 - Importance of booking early and attending all scheduled PMTCT visits
 - Danger warning signs
 - Importance of delivery at health facility /hospital
- **Infant feeding**
 - Exclusive breastfeeding for the first six months of life
 - Introduction of complimentary feeds after six months
 - Breast care
- **Immunization**
 - Immunization schedule
- **Testing**
 - Importance of testing their baby and collecting the results
 - Importance of testing other children
 - Importance of giving your baby their daily medication
- **Mental Health Check-In** (See Mental Health section)
- Any questions or worries about you and your baby
- Any red flags for referrals

Viral Load Timing For Pregnant And Breastfeeding Women

- At first ANC visit
- 8 months of pregnancy
- 6 weeks after birth
- 1 year after birth
- When you stop breast feeding

HIV Testing For Babies

- 6 weeks old
- 9 – 12 months old
- Three months after you stop breastfeeding





RED FLAG

- Any pregnant or breastfeeding client who:
 - Is not booked for ANC
 - Is not attending ANC visits
 - Is not taking her ART
 - Is not breast feeding her baby
 - Has not taken their baby for testing
 - Is not giving the baby their medication
 - Show any danger warning signs
 - Feels low and unable to care for her baby
 - Feels she or her baby are unsafe
 - Not attending clinic to receive their baby's HIV test result
 - Is identified as 'high risk' for a mental health condition using the **Zvandiri Mental Health Screening Tool**



Urgent

Call the clinic and your ZM if any clients report:

- Their baby is sick or weak
- Not breast feeding their baby
- Feels her life or her baby's life is at risk

Enhanced Support For Pregnant And Breastfeeding Mothers

Work with your client, clinic and your ZM to make an enhanced support plan.

- The clinic and your ZM are responsible for this plan
- As part of this plan, CATS provide a supportive role to the client and may include more frequent home visits and support when accessing other services.



Key Points For Your Peers Who Are Pregnant Or Breastfeeding



**RED FLAG**

Any client who:

- Is identified to be at risk of having an impairment or disability
- Has an impairment or disability but is not engaged in services
- Does not have a caregiver or support system
- Has an impairment or disability and is pregnant or breastfeeding
- Is at risk of neglect or abuse
- Answers yes to 1 or more of the **Social Protection Check-In** questions
- Is identified as 'high risk' for a mental health condition using the Zvandiri **Mental Health Screening Tool** (See Mental Health Section)

Caregivers who:

- Do not want their child to access services
- Need help with communicating about HIV and treatment, including disclosure
- Are not coping with their child's HIV status and/or disability
- Face barriers to supporting their child to attend services

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Useful Contact Information

My Zvandiri Mentor

Name	
Phone Number	

Clinic Staff

Name	
Phone Number	

Name	
Phone Number	

Social Welfare Staff

Name	
Phone Number	

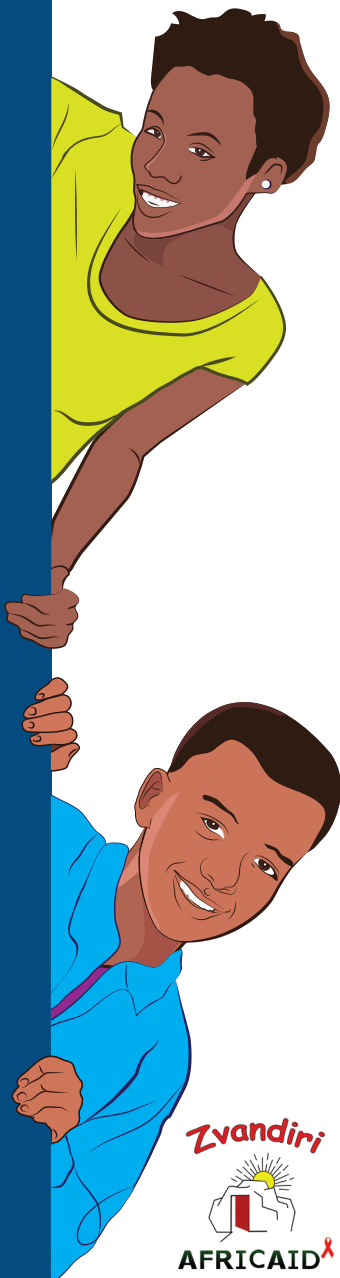
Others



Name	
Phone Number	

Name	
Phone Number	

Notes

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