

KNOWLEDGE & AWARENESS OF HIV TESTING IN PREGNANT WOMEN AND THEIR HUSBAND ATTENDING OBSTETRICS & GYNAECOLOGY DEPARTMENT AT A TERTIARY CARE CENTRE IN CENTRAL INDIA DURING ANTENATAL CARE

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Abstract

Background: 3.4 million people worldwide are estimated to be living with HIV in 2009. In 2007, only 33 percent of HIV-positive women received antiretroviral drugs to minimise the risk of infection from mother to child.

Aims and Objective: To study Awareness of HIV testing in pregnant women and their husband during ANC attending in OBGY Department.

Methodology: This was a cross-sectional analysis carried out over the one-year period of the ANC women attending the OBGY department. By taking the written consent included in the report, there were 108 ANC women in the one year period. By interviewing the pair, knowledge of HIV testing and HIV transmission was assessed. The responses were noted and evaluated by excel software for Windows 10 in the excel sheet.

Result: In our study we have seen that the majority of the ANC women were in the age group of 26-30 were 32 %. The awareness regarding the various questions like Does HIV transmitted to foetus by mother?- 9 % were Yes, 22 %-No, 69 %-Don't Know; Do you know tests are there for detection of HIV?- 7 %-Yes, 13 %-No, 80 %-Don't know; Are you at a risk of Infection?- 4% were Yes, 52% -No, 44 % were Don't know; Can the disease prevented ? 6 %- Yes, 22 % were No, 72 % were don't know; Is HIV a Sexually transmitted disease? 33 %-Yes, 22 %-No, 45 %-Don't know; Can HIV be transmitted by contaminated blood? 32 %-Yes, 20 %-No, 48 %-Don't know; Can HIV be transmitted by Kissing ?-35 % say Yes, 17 % -No, 48 %-Don't know; Can HIV be transmitted by sharing food ?- 24 % Yes , 35 %-No, 41 %-Don't know. From our research, we found that while there is good understanding of the HIV disease, the availability of preventive services through HIV testing is very poor, so subsequent prevention administration drugs are very low, although some myths about the transmission of the disease still remain, such as transmitting through sharing food or transmitting casual hugging or shaking.

Conclusion: From our research, it can be concluded that the awareness of the PPTCT services with respect to HIV testing during the ANC era was very low, so that the awareness of it should be increased so that HIV transmission from mother to foetus can be effectively carried out.

Key words: HIV testing during pregnancy, PPTCT (Prevention of Parent to Child Transmission)

Introduction

In 2009, 3.4 million people worldwide are believed to be infected with HIV. In 2007, only 33% of HIV-positive women were given antiretroviral medicines to minimise the risk of mother-to-child transmission^{1,2}. When women are diagnosed with HIV, HIV testing during pregnancy provides an entry point for PMTCT, medication, care and support services. Low HIV testing penetration, however, has been a bottleneck for PMTCT and subsequent programmes for HIV prevention, care and support. At the end of 2016, an estimated 30% of people living with HIV were unaware of their HIV status^{3,4,5}. Previous studies have identified multiple obstacles to HIV testing adoption, including poor awareness of

MTCT, low level of maternal education, fear stigma, and poor access to healthcare. As the understanding of HIV testing during pregnancy is very relevant for the prevention of foetal HIV, we have evaluated the awareness of ANC women at the tertiary health centre^{6,7}.

Aims and Objective: To study Awareness of HIV testing in pregnant women and their husband during ANC attending in OBGY Department.

Methodology

This was a cross-sectional analysis performed over the one year period of the ANC women attending the OBGY, i.e. There were 108 ANC women in the one year period via the written consent provided in the report. The semi-structured questionnaire analysed

all women's data, such as age and knowledge of HIV testing and HIV transmission, by interviewing the pair. The responses were noted and evaluated by excel software for Windows 10 in the excel sheet.

The majority of the ANC women were in the age group of 26-30 were 31 %, followed by in 30-34 were 24 %, 34-38 were 20 %, 22-26 were 15 % ; 18-22 were 9 %.

Result

Table 1: Distribution of the patients as per the age

Age	No.	Percentage (%)
18-22	10	9 %
22-26	16	15 %
26-30	34	32 %
30-34	26	24 %
34-38	22	20 %
Total	108	100 %

Table 2: Distribution of the patients as per the awareness of HIV testing

Awareness	Yes (%)	No (%)	Don't know (%)
Does HIV transmitted to foetus by mother?	10 (9%)	24 (22%)	74 (69%)
Do you know tests are there for detection of HIV?	8 (7%)	14 (13%)	86 (80%)
Are you at a risk of Infection?	4 (4%)	56 (52%)	48 (44%)
Can the disease prevented?	6 (6%)	24 (22%)	78 (72%)
Is HIV is Sexually transmitted disease?	36 (33%)	24 (22%)	48 (45%)
Can HIV be transmitted by contaminated blood?	34 (32%)	22 (20%)	52 (48%)
Can HIV be transmitted by casual hugging or shaking hand?	38 (35%)	18 (17%)	52 (48%)
Can HIV be transmitted by sharing food?	26 (24%)	38 (35%)	44 (41%)

The awareness regarding the various questions like Does HIV transmitted to foetus by mother?- 9 % were Yes, 22 %-No, 69 %-Don't Know; Do you know tests are there for detection of HIV?- 7 %-Yes, 13 %-No, 80 %-Don't know; Are you at a risk of Infection?- 4 % were Yes, 52 %-No, 44 % were Don't know; Can the disease prevented ? 6 %- Yes, 22 % were No, 72 % were Don't know; Is HIV is Sexually transmitted disease? 33 %-Yes, 22 %-No, 45 %-Don't know; Can HIV be transmitted by contaminated blood? 32 %-Yes, 20 %-No, 48 %-Don't know; Can HIV be transmitted by Kissing ?-35 % say Yes, 17 % -No, 48 %-Don't know; Can HIV be transmitted by sharing food ?- 24 % Yes , 35 %-No, 41 %-Don't know.

Discussion

In 2016, an estimated 1.8 million HIV infected children worldwide and over 90 percent of infant and child infections occur during pregnancy, labour/delivery, or breastfeeding via mother-to-child transmission (MTCT). In the early 1990s, the efficacy

of zidovudine in the prevention of mother-to-child transmission of HIV (PMTCT) was recognised, and the combination of antiretroviral medicines further decreased vertical transmission of HIV^{8,9}. The National AIDS Control Program (NACP) preventive's initiatives include tailored interventions for high-risk populations and the bridge community, Needle exchange programmes for injection drug users, sexually transmitted disease prevention and control, safer blood transfusion services, HIV counselling and testing services, parent-to-child prevention, promotion of contraceptives, health services^{10,11}. Evaluating knowledge of HIV is therefore significant. In antenatal mothers, understanding of HIV is relevant as they are the sexually active age group and promoting early HIV testing would improve the services of PPTCT. In our study we have seen that The majority of the ANC women were in the age group of 26-30 were 31 %, followed by in 30-34 were 24 %, 34-38 were 20 %, 22-26 were 15 % ; 18-22 were 9 % . The awareness regarding the various questions like Does

HIV transmitted to foetus by mother?- 9 % were Yes, 22 %-No, 69 %-Don't Know; Do you know tests are there for detection of HIV?- 7 %-Yes, 13 %-No, 80 %-Don't know; Are you at a risk of Infection?- 4% were Yes, 52% -No, 44 % were Don't know; Can the disease prevented ? 6 %- Yes, 22 % were No, 72 % were Don't know; Is HIV ia Sexually transmitted disease? 33 %-Yes, 22 %-No, 45 %-Don't know; Can HIV be transmitted by contaminated blood? 32 %-Yes, 20 %-No, 48 %-Don't know; Can HIV be transmitted by Kissing ?-35 % say Yes, 17 % -No, 48 %-Don't know; Can HIV be transmitted by sharing food ?- 24 % Yes , 35 %-No, 41 %-Don't know. From our research, we found that while there is good understanding of the HIV disease, the availability of preventive services through HIV testing is very poor, so subsequent prevention administration drugs are very low, although some myths about the transmission of the disease still remain, such as transmitting through sharing food or transmitting casual hugging or shaking^{12,13}. This was equivalent to study done by Yohannes E et al. The uptake of HIV testing during pregnancy was found to be low. Among women who had antenatal care visits, missed opportunities were very high. Integrating HIV testing with antenatal care services, enhancing the quality and access to HIV testing services are important for increasing HIV testing adoption during pregnancy and achieving the goal of eliminating MTCT¹⁴.

Conclusion

From our research, it can be concluded that the awareness of the PPTCT services with respect to HIV testing during the ANC era was very low, hence the awareness of it should be increased so that HIV transmission from mother to foetus can be effectively prevented. Therefore, routine antenatal human immune virus testing should be highly recommended to become a standard of care to achieve India's 2020 target as a nation. More prenatal visits, mother to child transmission awareness, perceived advantages of human immune virus testing, and knowledge of mother to child transmission prevention have a positive effect on the acceptance of human immune virus testing. Nonetheless, no formal schooling and primary level education negatively impacted the acceptance of testing. Prenatal caregivers should concentrate during a therapy session on reducing

obstacles to testing, such as lack of understanding, expertise and educational history, the value of HIV testing, and the importance of prenatal care.

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