Breastfeeding and HIV

Objectives

- Understand the updated guidelines from the Department of Health and Human Services regarding infant feeding in women with HIV
- Learn about the risks and benefits associated with breastfeeding for women with HIV including the risk of HIV transmission to the newborn, side effects from antiretroviral therapy, and challenges related to ongoing management post-weaning
- Discuss the benefits of antiretroviral therapy and HIV prophylaxis for the infant
- Review the importance of HIV testing during pregnancy and counseling on infant feeding options based on HIV status
- Explore the relational decision-making model and intellectual humility as tools to support communication and decision-making when providing care for women with HIV
- Recognize the importance of open communication, patient-centered counseling, and shared decision-making between health care providers and families in discussions about infant feeding options for women with HIV

Content Outline

1. Introduction and Background
   A. Updated guidelines from the Department of Health and Human Services regarding infant feeding in women with HIV
   B. Risks and benefits of breastfeeding for women with HIV

2. Challenges and Motivations for Individuals with HIV Desiring to Breastfeed

3. Management of People with HIV Who Plan to Breastfeed
   A. Role of antiretroviral therapy for HIV in breastfeeding individuals
   B. Recommendations for infant ARV prophylaxis, weaning practices, and monitoring
   C. Significance of HIV testing for HIV affected individuals and infants

4. Strategies for Counseling, Monitoring, and Supporting Individuals with HIV Who Choose to Breastfeed
   A. Studies and research findings
   B. Use relational decision-making model and intellectual humility
   C. Open communication, patient-centered counseling, and shared decision-making

Reading Material Resources

Module WB2640: Breastfeeding and HIV is based on the resources listed below. A copy of each resource is included with the module.

Infant Feeding for Persons Living With and at Risk for HIV in the United States: Clinical Report, Abuogi, et al., Pediatrics, Volume 153, Number 6, June 2024, 1-11

A Review of Updated Guidelines on Breastfeeding with Human Immunodeficiency Virus Using Relational Decision-Making and Intellectual Humility to Support Infant Feeding Choices, Barr, et al., Nursing Clinics of North America, 59 (2024), 309-327

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