

**CHAPS TRAINING 2014**

**CASE STUDIES**

Discuss

* Risk Factors of mother to child transmission during Pregnancy
* How to prevent mother to child transmission during Pregnancy
* Risk Factors of mother to child transmission during labour and delivery.
* How to prevent mother to child transmission during Labour and Delivery.
* Risk Factors of mother to child transmission during Breastfeeding
* How to prevent mother to child transmission during breastfeeding.
* What is PMTCT? Option A, B, B+
* ARV is used in the options given.

**Case Study 1**

You are talking with a pregnant woman who just received her CD4 test results, which is 150. You sense that she doesn’t understand why the CD4 test was done or what the number means. She hasn’t disclosed to her partner yet and is very afraid that her baby will have HIV. What things would you talk to her about?

**Case Study :2**

The clinic informed you that a client in your area is not seen in the clinic for quite a long time. She was enrolled in PMTCT-Plus and came to all of her antenatal care appointments, but she has not been seen since she delivered the baby. You are asked to go and may a home visit to this women, what would you tell this women.

**Case Study :3**

You meet a woman with her 8-week old baby. The mom is living with HIV/AIDS. She wants to know if her baby has HIV. She is worried that her husband and mother-in-law will be very angry with her if the baby is HIV-infected. She feels very lonely and afraid. What would you tell the mother about testing the baby, care for the baby and herself, and safe breastfeeding?

**Case Study: 4**

A 40 year-old married man who tested positive for HIV 2 weeks ago comes to you, He knows he should use condoms to prevent HIV from spreading, but is embarrassed to talk about them with his wife and fears she will think he’s cheating on her. He told his wife that he is HIV-positive, but hasn’t discussed condoms with her, and doesn’t know how to use condoms. He asks you for advice.

**Case Study :5**

A pregnant woman tells you she is having trouble breathing sometimes and feels like her heart might jump out of her body because she is so scared her baby will die. She can’t sleep and is having trouble eating. How would you help her?

**Case Study :6**

A patient misses an appointment so you stop by his house on the way home for a visit because he said home visits are ok and the multidisciplinary team asked you to see what’s happening. He is there completely alone, in dirty clothes, lying on a dirty blanket on the floor. He says he is so angry about having AIDS that he doesn’t care if he lives or dies anymore and isn’t going to come to the clinic ever again. He tells you to leave his home right away. What would you say?

**Case Study :7**

A young mother of 3 children just started coming to the ART clinic. She is worried about her children and wants to stay as healthy as she can to take good care of them. What would you tell her about living positively with HIV/AIDS? What should she do? What should she avoid?

**Case Study :8**

A 25 year-old man that’s on ART and is feeling good. He is healthy and wants to have sex with his wife. She is also on ART and feeling really good. He wants to know if he needs to use condoms because they are both HIV-positive and both on ART and doing well. He also says he can’t afford condoms and doesn’t like how they feel. Counsel him on safer sex and condom use.

**Case Study :9**

You learn that a patient at the clinic can often be found at the local bar drinking and smoking into the morning hours. You worry that he may be hurting himself and missing doses because he is drunk when he gets home. What would you say to him about positive living and adherence next time he’s at the clinic?

**Case Study :10**

A pregnant woman comes to you and says her husband refuses to wear a condom. He thinks they are only for sex workers and doesn’t see the point because she’s already pregnant. She is worried that she and the baby will get HIV from him because he tested positive, even though she is still negative. Help her prepare to discuss condoms again with her husband and tell her more about female condoms.

**Case Study :11**

A young man comes to you and tells you that he recently had sex with another man at University. He wants to keep it a secret, but wants to be safe. He asks you how he can be safe and protect himself. Tell him about safer sex and be sure not to be judgmental of his actions.

**Case Study :12**

A 24 year-old pregnant woman tested HIV-positive during her antenatal check-up. She has been attending her clinic appointments and the doctor says she should start ART because her CD4 count is low. She goes to counseling sessions and starts ART. When you meet her, she tells you that she isn’t taking the ART because her partner won’t let her take it. She doesn’t want to go against his wishes, because if he leaves her she won’t have any financial support. How would you counsel her on positive living and ART?

**Case Study :13**

A 25 year old woman named Sibongile is a counselor at the local HIV testing center. She is good at her work and takes pride in helping other people. About one year back, Sibongile decided to test herself and found out she is HIV-positive. Since then, she hasn’t enrolled in the care and treatment program because she doesn’t want anyone to know she’s positive. She’s feeling well, but has started losing weight lately and thinks some of her fellow counselors might be talking about how she has HIV. She feels so badly about herself and thinks she should have known better than to have unsafe sex. Sibongile comes to you for advice. What would you tell her?

**Case Study :14**

A married man named Sipha with 2 children (aged 7 and 3) tested positive for HIV last week after having pneumonia and being referred for HIV counseling and testing. He wants to know if he has AIDS and he has not told anyone about his status because he’s worried about their reactions. He started using condoms, but his wife is acting suspicious. Sipha wants to talk about disclosure with you. What would you talk to him about? Lead him through a disclosure role play.

**Case Study :15**

A pregnant woman named Bongiwe comes to talk with you. She is physically quite well, but just tested positive for HIV during pMTCT services. She is scared to tell anyone and doesn’t think she wants to go to the ART clinic or take any ARVs because someone might see her there and tell her family. Her husband can be violent when he gets upset, and she thinks he gave her HIV because he’s the only person she’s had sex with without condoms. Bongiwe turns to you for help. How would you counsel her?

**Case Study : 16**

A 19 year-old man tested positive for HIV about 2 years ago, but takes good care of himself and feels fine. He got tested because his girlfriend at that time found out she was HIV-positive. He has since changed girlfriends and has not told his new girlfriend about his HIV-status. He comes to the clinic for his regular appointment, but wants to talk with you about how to tell his girlfriend that he is living with HIV. He doesn’t know how to use condoms and is afraid that if he starts using them with his girlfriend she will know he has HIV. How would you try and counsel this young man?

**Case Study :17**

A woman named Hope has been caring for her HIV-infected child for the last 6 years. The child is now ready to start school, but she is afraid to tell the teacher that he has HIV. She is afraid he will be stigmatized in the school, but also that he will learn about his HIV status from schoolmates or the teacher. What would you talk with her about in terms of disclosing to her child and to the teacher at school?

**Case Study :18**

A client comes out of the clinic upset. He tells you he is angry because he traveled for 2 hours to get to the clinic for treatment, but the doctor wouldn’t prescribe any ART. Talk to him about the reasons the doctor may have not prescribed ART and the importance of adherence to the care plan.

**Case Study :19**

You are walking to the market and someone stops you because they know you are an CHA,. She tells you she tested positive for HIV and is going to the clinic to get ART because it will help her live longer. Talk to her about the differences between care and treatment and why not everyone that is HIV-positive needs ART.

**Case Study :20**

A client comes from the clinic very confused. He doesn’t feel well and his CD4 count is only 100, but the doctor wouldn’t give him ART because he said he had concerns about the client’s ability to adhere to ART because of his mobile lifestyle (he’s a mine worker that spends a lot of time away from home and he hasn’t told anyone he works with that he’s HIV-positive). Talk to him about the nonmedical reasons that make someone ready or not ready to be on ART.

**Case Study :21** A pregnant woman says she is angry with the nurse because she said she has a low CD4 count and needs to start taking ART to keep herself and the baby Healthy. She heard from her friends that ART will kill the baby so she isn’t going to start until after the baby is born. Talk to her about the need for eligible pregnant women to start taking ART as soon as possible to save 2 lives.

**Case Study :22**

Muzi is 3 months old. His mother is HIV-positive and has brought him to you. The mother says that she is breastfeeding the baby but complains that he does not feed well, cries a lot, and she is thinking of adding other foods so that the baby can get full and stop crying. When you talk to the mother, she says her partner has bought her formula which she will give in addition to breastfeeding and her mother suggested that she should add some porridge so that the baby can be full and stop crying. You also notice that the baby has got sores in the mouth.

**Case Study :23**

Ncobile is a 5 year-old child who has been on ART for the past 8 months. A caregiver has brought him to the ART clinic. The pharmacist is concerned that there is too much medication left than there should be if the medication was given properly. You are asked to make a home visit and on speaking to the caregiver, she seems to be unclear about how much medication Ncobile takes or how he takes it. You figure out that she is not the same caregiver who brought the child to the ART clinic last time and therefore, does not know much about what should be happening.

**Case Study :24**

A 28 year-old mother has brought her 5 month old baby to the child welfare clinic for immunization where you are doing HIV testing. The mother is living with HIV/AIDS and is exclusively breastfeeding the baby. The baby is on Cotrimoxazole prophylaxis. The mother is happy with the child’s growth and development as indicated on the child’s Road to Health Card. She has also brought along her other son who is 22 months old. However, there is not much information about this child. Talk to the mother about testing for both children.

Case Studies y Group:

GROUP 1.

You walk in a house hold and find a pregnant woman in the house. During the individual testing session, she tells you she has been tested in the Antenatal clinic and she is HIV Negative.

* What document will you use to confirm her HIV status.
* How would you counsel the woman for her pregnancy to ensure healthy mother and baby .

GROUP 2:

Thandi is 7 months pregnant. She goes to her clinic for her first antenatal care visit. At this visit she is offered an HIV test and the result is positive. She tells you she was given some pills from the clinic, ARV.

* As a counsellor, what is your role in support of HIV infected mothers in your community to help them to Prevent Mother to Child transmission of HIV and ensure good health of the mother and baby thereafter

GROUP 3:

Tsipwe’s has a 4 weeks old baby and she has been breastfeeding her baby since birth. During pregnancy, Tsipwe was enrolled in the PMTCT programme

* How would you counsel Tsipwe
* on how to feed her baby
* When to test her baby and what tests?
* What medicine should she give the baby and for how long?

GROUP 4:

 During your door to door testing, you find a breastfeeding woman with 6 months old baby, who tells you she was tested during pregnancy and she was negative.

* What are you going to tell her?
* If she test with you today and she is HIV positive, how would you counsel her in Prevention of mother to child transmission of HIV.