

PREVENTION OF PARENT TO CHILD  
TRANSMISSION OF HIV - A  
16 YEARS OF EXPERIENCE AT  
PAKISTAN INSTITUTE OF MEDICAL  
SCIENCES, ISLAMABAD

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Introduction

Prevention of mother-to-child transmission (PMTCT) of HIV has been amongst the most important global HIV prevention activities since 1998. Prevention of parent to child transmission (PPTCT )center at Pakistan Institute of Medical Sciences is one of the eleven PPTCT Centers established across Pakistan to help couples with HIV to have HIV negative babies.

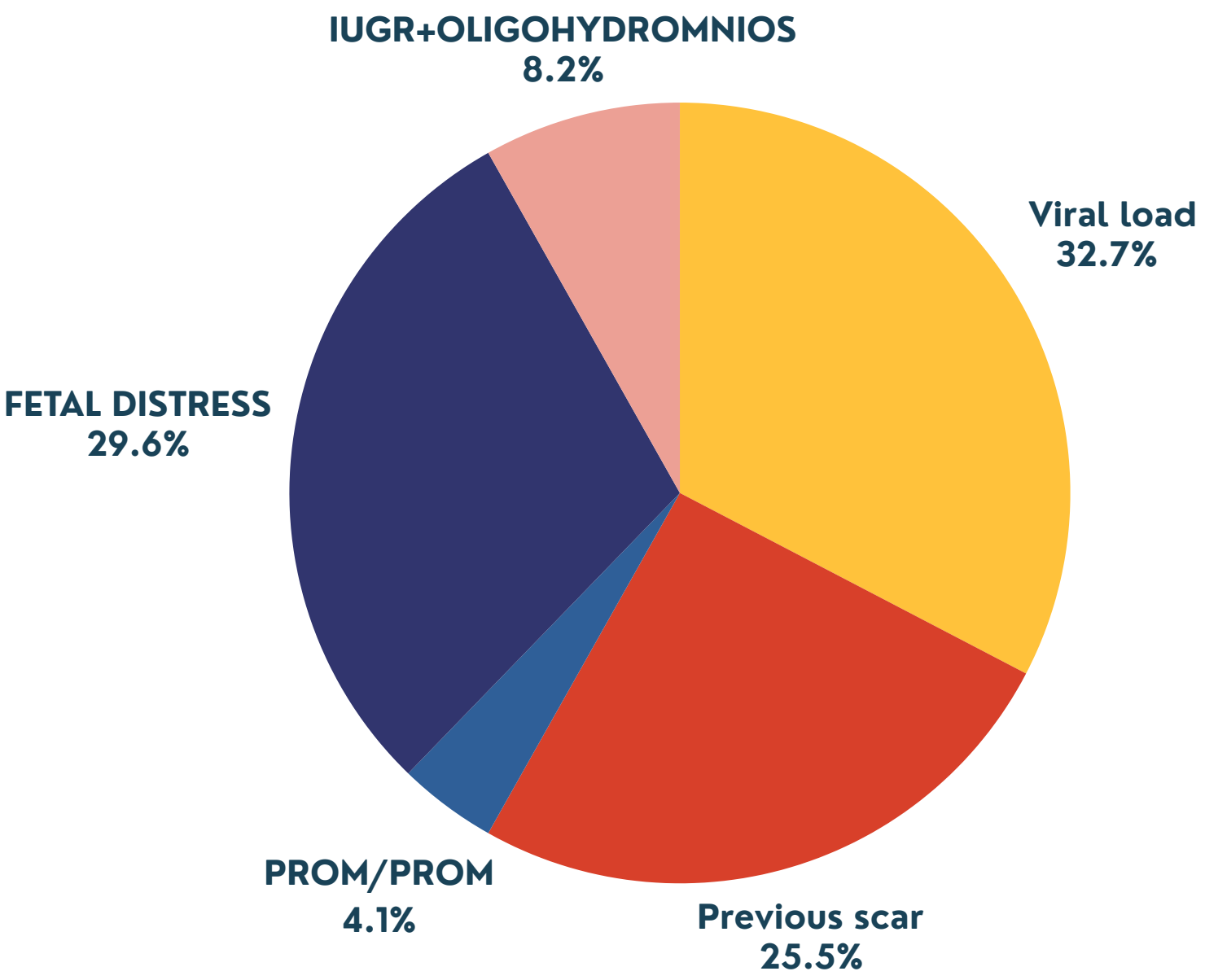
Objective

The objective of this study was to assess the fetomaternal outcomes in pregnancies booked at PPTCT Center, PIMS.  
SCOPE OF STUDY:  
Prevention of mother-to-child transmission (PMTCT) of HIV has been at the one of the most important global HIV prevention activities.  
RELEVANCE OF STUDY:  
This study was carried out to assess the fetomaternal outcome and efficacy ofAntiretroviral(ARV) regimen and infant feeding counseling in prevention of mother to child HIV transmission in pregnancies managed at PPTCT Center, PIMS.

Analysis

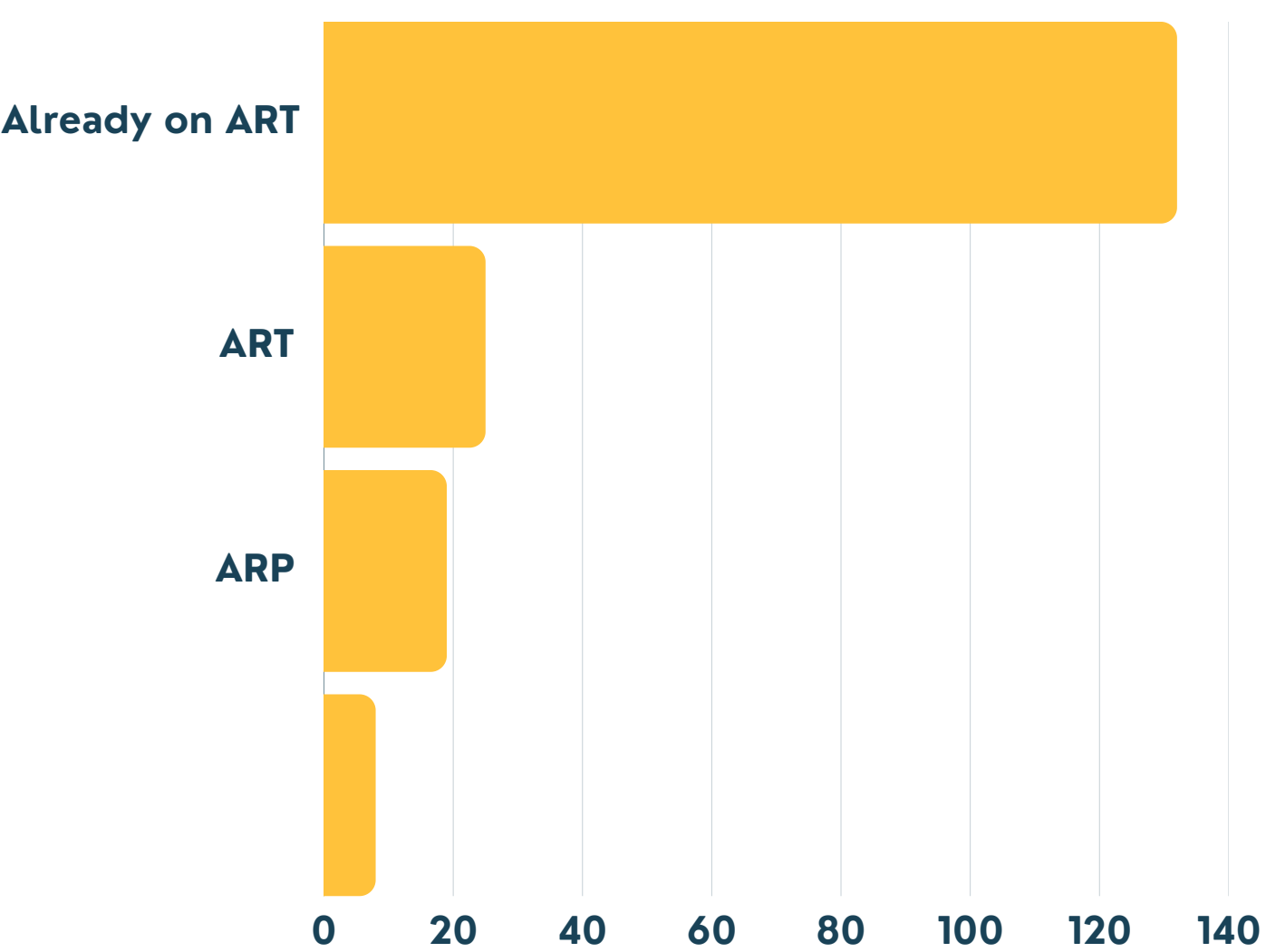
Total no.of patients delivered: 193  
Vaginal deliveries(93): 48.18%  
C-Sections(100):51.18%  
(emlscs:33%, EL-LSCS:67%)

INDICATIONS FOR CAESARIAN SECTIONS



Methodology

It was descriptive retrospective study. All the pregnant women referred from March 2007- December 2023 were included in the study. The obstetric data, antiretroviral regimen, pregnancy complications, mode of delivery, pregnancy outcome, perinatal transmission were recorded and analyzed.



Before December 2013:

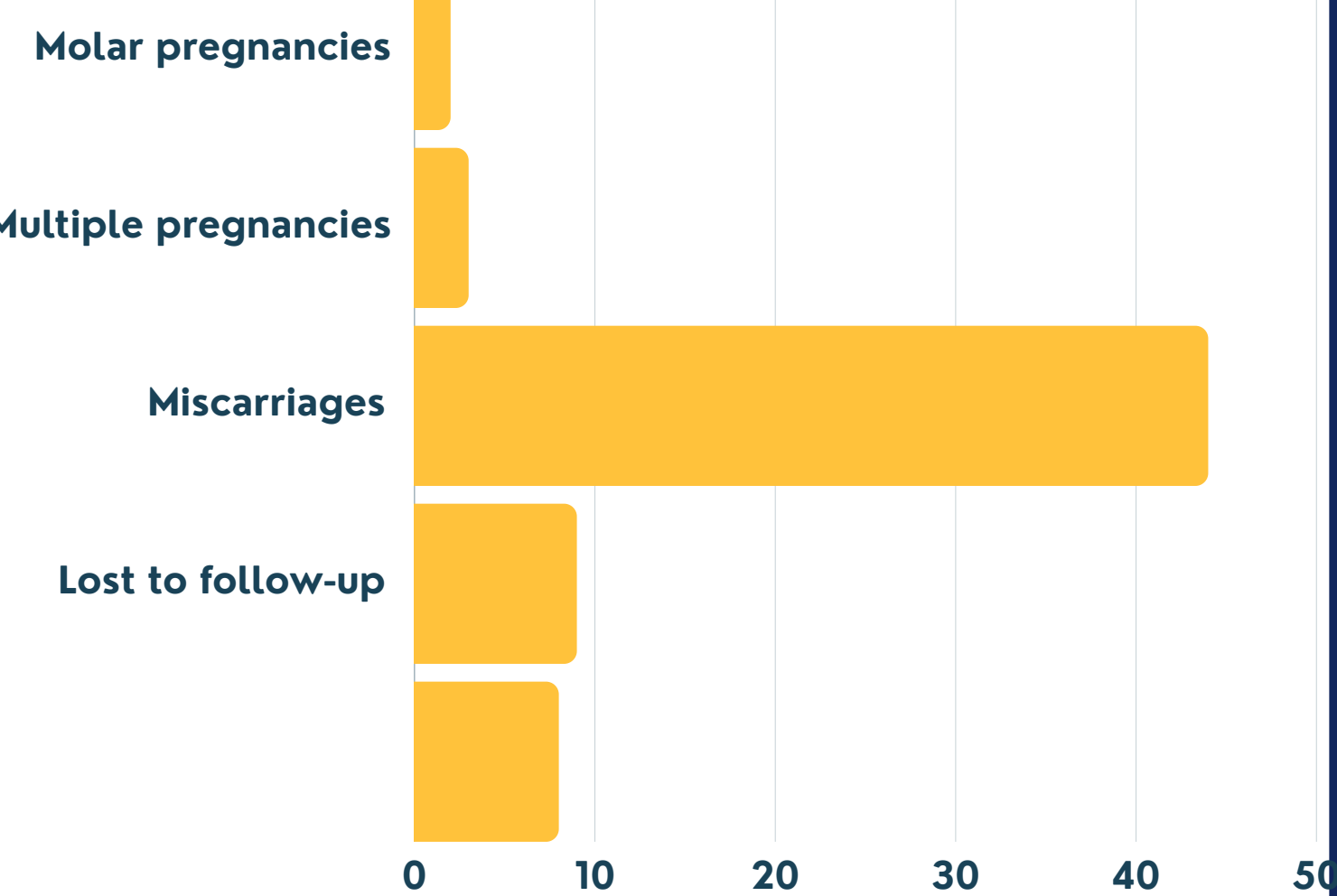
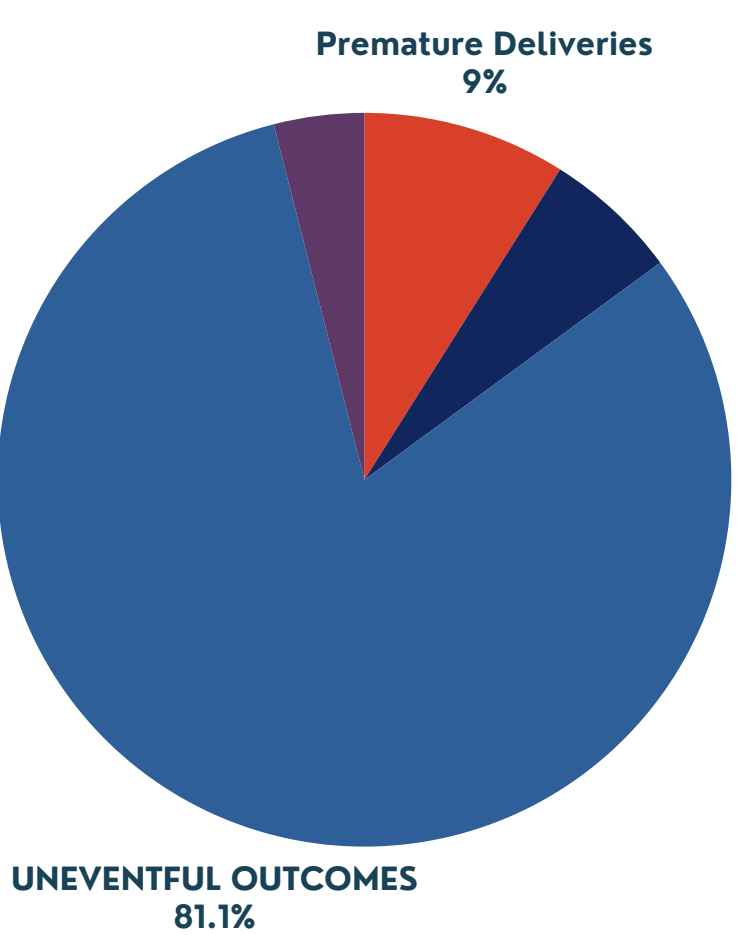
- The regimen followed was based on WHO plan A guidelines.
- 132 pairs already on ART on presentation 25 were already on ART, 19 put on ARP

After December 2013

- all presenting women were started on ART irrespective of CD4 count as per the new guidelines WHO plan B
- syrup nevirapibe given to outcomes till 6 weeks ,3 months in case of high viral load in mother,6 months in case she breasfed the baby

Results/Findings

- Total of 246 pregnancies in 176 women were managed.
- Multiple gestations :3, Miscarriages :44, Molar pregnancies :2
  - Patients lost to follow-up :9
  - Total number of babies delivered :193
  - Preterm deliveries: 18
  - NICU/Nursery admissions:12
  - Rest of the outcomes were normal 163 170 outcomes made it past infancy.



Conclusion

WHO and partners have vouched for "virtual elimination" of MTCT of HIV.Virtual elimination included a primary goal of reducing the number of new child HIV infections by 90% from 2009 to 2015 and reducing MTCT to <5% in breastfeeding and <2% in non-breastfeeding mothers.Our research also showed that with proper patient selection,mode of delivery did not increase perinatal HIV transmission. There was been a trend internationally towards delivering HIV positive patients vaginally to retain their future child bearing potential and lessen Caesarean-related morbidity. Our study has shown availing antiretroviral therapy ensures the virtual elimination that we desire.