

# Frequency of HIV Infection among Pregnant Females in a Tertiary Care Hospital

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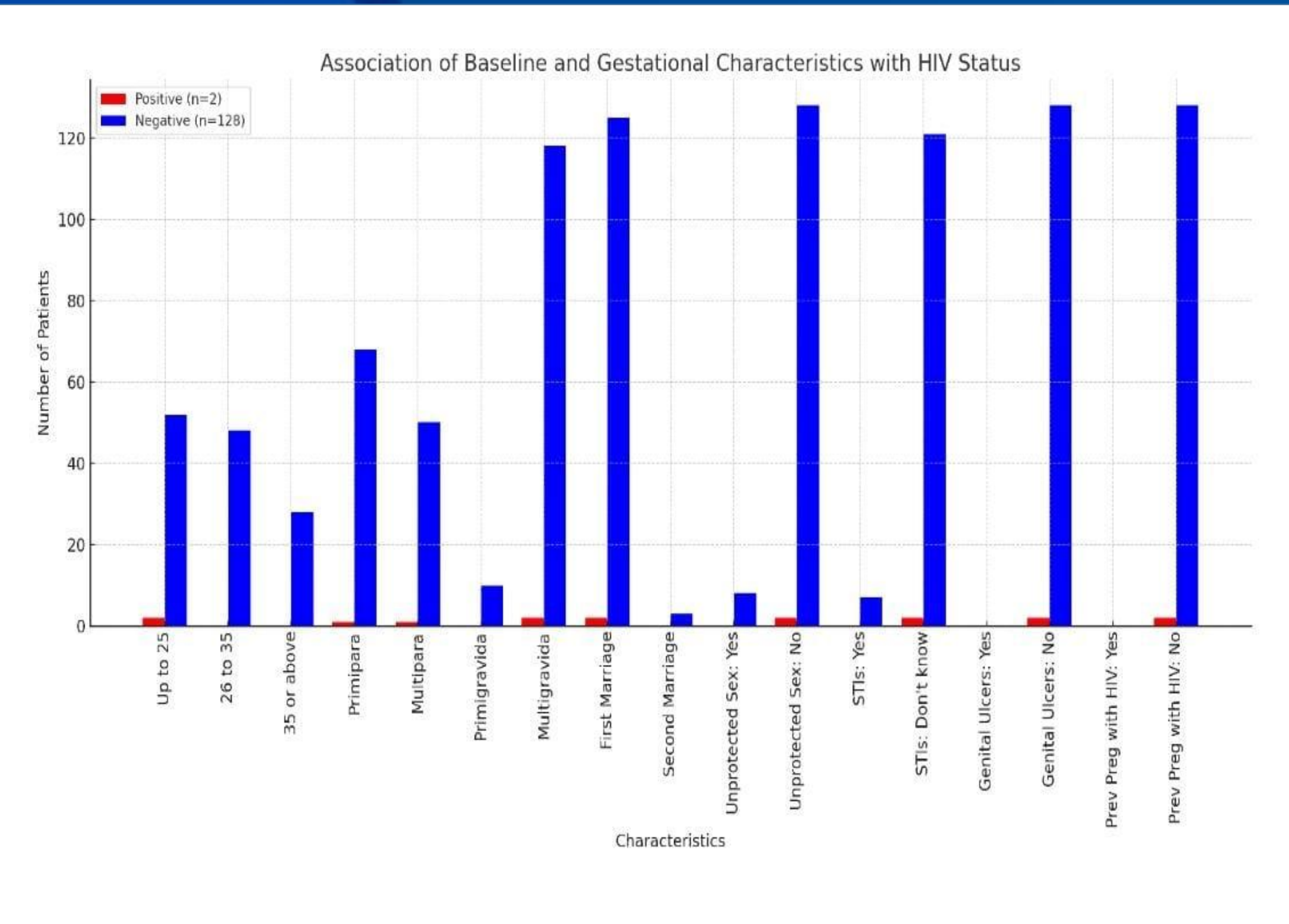
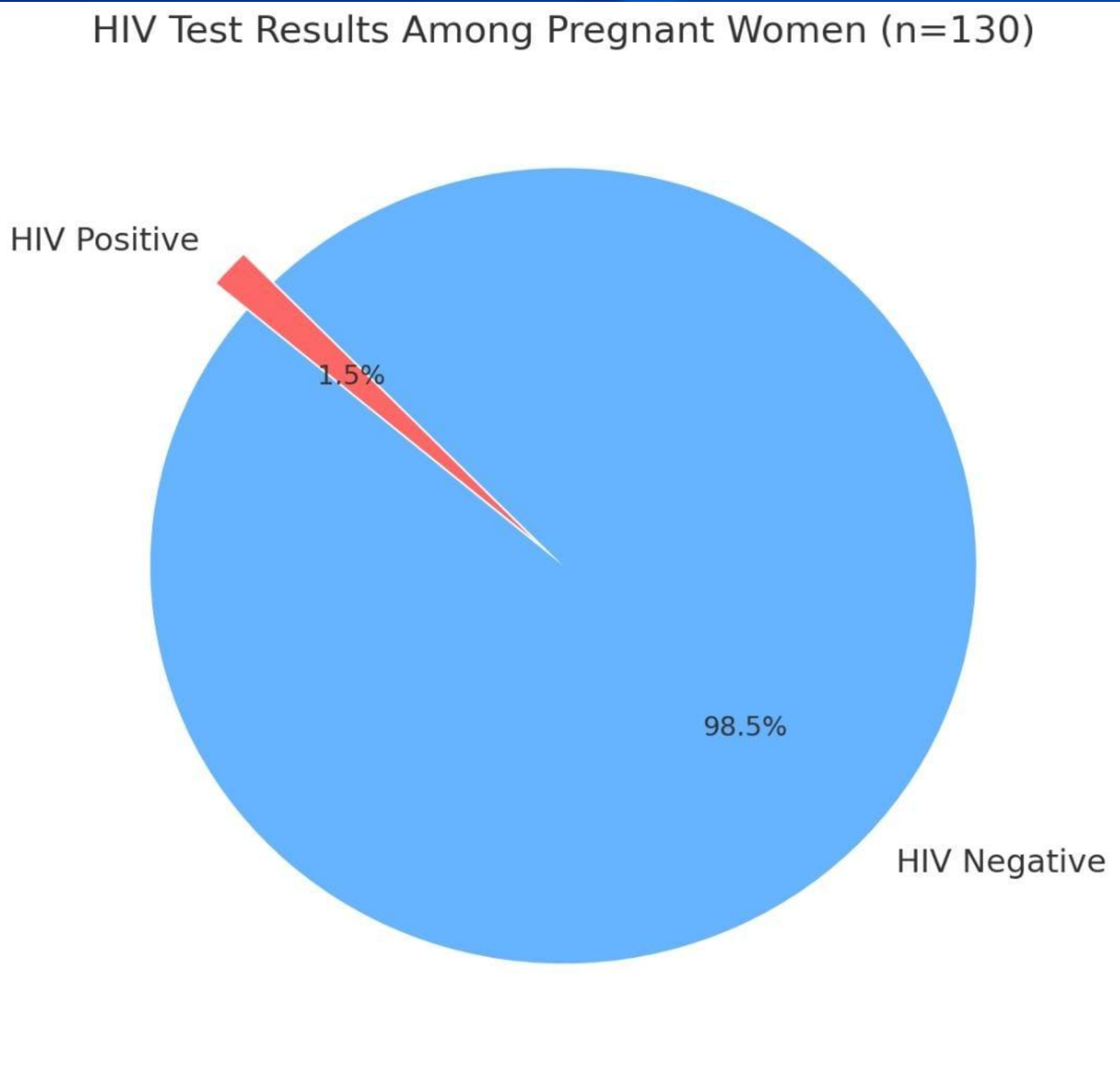
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## Objective

To determine the frequency of HIV infection and assess associated risk factors among pregnant women attending a tertiary care hospital in Islamabad, Pakistan.

## Design

This prospective, cross-sectional study aimed to evaluate the prevalence of HIV and its risk factors among pregnant women. A targeted approach was employed to identify individuals at higher risk of infection.



## Results

The mean age of participants was 26.8 years (range: 17–45 years). Most participants were multigravida (60.8%) and multipara (58.5%). HIV prevalence was 1.5% (2/130). Risk factors included unprotected sexual intercourse with multiple partners (8%), history of sexually transmitted infections (24%), limited knowledge about HIV transmission (22%), and restricted healthcare access during pregnancy (15%). Migration from high-prevalence regions was reported by 6% of participants. Both HIV-positive cases shared risk factors of unprotected sexual practices, history of STIs, and limited access to healthcare.

## Conclusions

This study reports a low prevalence of HIV among pregnant women in this cohort. However, critical risk factors such as unprotected sexual practices and limited access to healthcare highlight the need for targeted antenatal HIV screening, comprehensive health education, and STI management. These findings underscore the importance of strengthening prevention strategies to reduce mother-to-child HIV transmission and improve maternal and neonatal outcomes.

## Method

A total of 130 pregnant women with one or more risk factors for HIV were recruited from Federal Government Polyclinic Hospital, Islamabad. Participants were selected through non-probability purposive sampling after providing informed consent. Women with known HIV-positive status or severe medical conditions were excluded. Demographic and clinical data were collected via structured questionnaires, and HIV testing was performed. Data analysis involved descriptive statistics and chi-square tests, with  $p < 0.05$  considered significant.