PREVENTING HIV AND UNINTENDED PREGNANCIES: STRATEGIC FRAMEWORK 2011–2015

IN SUPPORT OF THE GLOBAL PLAN TOWARDS THE ELIMINATION OF NEW HIV INFECTIONS AMONG CHILDREN BY 2015 AND KEEPING THEIR MOTHERS ALIVE

THE INTER-AGENCY TASK TEAM FOR PREVENTION AND TREATMENT OF HIV INFECTION IN PREGNANT WOMEN, MOTHERS, AND THEIR CHILDREN
The Inter-agency Task Team for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children would like to thank the following people for their contributions:

Key writers: Lynn Collins, UNFPA, and Andrew Doupe, HIV and Legal Consultant.

Technical writing group members: Mulamba Diese, EngenderHealth; Raoul Fransen, ICSS; Beri Hull, ICW; Manjula Lusti-Narasimhan, WHO; Chris Mallouris, GNP+; Kevin Osborne, IPPF; and Ale Trossero, IPPF.

Reviewers: Members of The Inter-agency Task Team for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children Working Group on Preventing HIV and Unintended Pregnancies; additional review by Luc Debernis, UNFPA; Milen Beyene, UNFPA; Ward Cates, FHI; Rene Ekpini, UNICEF; Mario Esto, WHO; Karuna Kirag, UNAIDS; Susan Kasedde, UNICEF; Chewe Luo, UNICEF; Ying-Ru Lo, WHO; Lucy Stackpool-Moore, IPPF; Jonathan Hopkins, IPPF; Nathan Shaffer, WHO; Rose Wilcher, FHI. Also Harry Strulovici, NYU for initial inputs to the first draft.

Co-leads of PLHIV review: Gina Anderson, ICW; Georgina Caswell, GNP+; and Beri Hull, ICW (see About this Framework).

Global Coordinators, HIV: George Tembo, UNFPA; Jimmy Kolker, UNICEF; Gottfried Hirnshall, WHO; and Director, Department of Reproductive Health and Research, Michael Mbizvo, WHO.
ABOUT THIS FRAMEWORK

This framework supports the ‘Global Plan Towards the Elimination of New HIV Infections among Children by 2015 and Keeping their Mothers Alive’. It is a product of The Inter-agency Task Team (IATT) for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children and was developed by the IATT Working Group on Primary Prevention of HIV and the Prevention of Unintended Pregnancies in Women Living with HIV (now included with the Integration Working Group under the re-configured IATT).

The framework is compliant with the greater involvement of people living with HIV (GIPA) principle. People living with HIV were included in all stages of the framework development process, including conceptualization, drafting, and review. In addition, organizations and networks of people living with HIV, led jointly by GNP+ and ICW, undertook a consultation to provide their input to the framework and share their broader perspectives on how the elimination of mother-to-child transmission of HIV (eMTCT) is impacting upon their lives, and how programming could be strengthened to support a human rights-based response.

NOTE ON TERMINOLOGY

There has been a shift from preventing mother-to-child transmission of HIV to eliminating such transmission as reflected in the global targets 2011–2015 (see Introduction). People living with HIV have indicated that the term ‘elimination’ of mother-to-child transmission is difficult as it fails to recognize that HIV is not just a virus but is part of people’s lives, affecting how the community relates to them on every level. Particularly when used alone (‘elimination’) it is also perceived to be derogatory, since, if taken out of context, without qualifying terms, it can seem to connote an end to the lives of people living with HIV.

The term ‘elimination’ can:
- evoke fear and be disempowering for people living with HIV
- prevent people from accessing necessary services and, subsequently, from being able to prevent transmitting HIV to their child, if these services are associated with the term
- be understood to mean eliminating women living with HIV or infants living with HIV in order to eliminate mother-to-child transmission.

Furthermore, women living with HIV have recently advocated for the terminology ‘comprehensive prevention of vertical transmission’ to replace ‘mother-to-child transmission’, believing that “focusing on the event, rather than the persons involved removes the onus, blame and guilt for transmission of HIV to the baby solely from the mother. This simple change in term from MTCT turns the focus away from women being ‘vectors of transmission’. Women find comprehensive prevention of vertical transmission less accusatory and more conducive to male involvement; it also has the potential to increase access to services.” This viewpoint also prefers the term stopping or ending vertical transmission instead of elimination, which “can be perceived as threatening to one’s existence and, if taken out of context and without qualifying terms, can evoke fear and be disempowering for people living with HIV.”

This framework supports the Global Plan and makes clear that the term ‘elimination’ should not be used alone, as a short-hand or as a slogan. Stakeholders must carefully consider choice of terminology in programming to ensure definitions are clear, not normative, clouded in ambiguity or value laden. This document uses the terms elimination of mother-to-child transmission or eMTCT, never ‘elimination’ on its own.

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ABBREVIATIONS

AIDS Acquired immunodeficiency syndrome
ANC Antenatal care
ART Antiretroviral therapy
ARV Antiretroviral
BCC Behaviour change communication
CBO Community-based organization
CSO Civil society organization
CTX Co-trimoxazole
ECOSOC Economic and Social Council of the United Nations
EID Early infant diagnosis
eMTCT Elimination of mother-to-child transmission (of HIV)
FBO Faith-based organization
FP Family planning
GBV Gender-based violence
GIPA Greater involvement of people living with HIV
GHI Global Health Initiative
GNP+ Global Network of People Living with HIV
H4+ UNFPA, UNICEF, WHO, World Bank and UNAIDS
HBC Home-based care
HCT HIV counselling and testing
HIV Human immunodeficiency virus
HPV Human papillomavirus
HSV Herpes simplex virus
ICW International Community of Women Living with HIV/AIDS
IMAI Integrated management of adolescent and adult illness
IPPF International Planned Parenthood Federation
IATT Inter-agency Task Team (for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children)
IDU Injecting drug user
IEC Information, education and communication
IPPF International Planned Parenthood Federation
LAM Lactational amenorrhea method
M&E Monitoring and evaluation
MCH/MNCH Maternal and child health/maternal, newborn and child health
MDG Millennium Development Goal
MEC Medical eligibility criteria for contraceptive use
MOH Ministry of Health
MSM Men who have sex with men
MTCT Mother-to-child transmission (of HIV)
NGO Non-governmental organization
OI Opportunistic infection
OVC Orphans and vulnerable children
PEP Post-exposure prophylaxis
PHC Primary health care
PICT Provider-initiated HIV counselling and testing
PLHIV People living with HIV
PP Postpartum
PreP Pre-exposure prophylaxis
PMTCT Prevention of mother-to-child transmission (of HIV)
PSM Product and supply chain management
RTI Reproductive tract infection
SPR Selected practice recommendations for contraceptive use
SRH Sexual and reproductive health
SRHR Sexual and reproductive health rights
STI Sexually transmitted infection
SW Sex worker
TasP Treatment as prevention
TB Tuberculosis
UN United Nations
UNAIDS Joint United Nations Programme on HIV/AIDS
UNFPA United Nations Population Fund
UNGASS United Nations General Assembly Special Session on HIV/AIDS
UNICEF United Nations Children’s Fund
VCT Voluntary counselling and testing
WHO World Health Organization
YPLHIV Young people living with HIV
EXECUTIVE SUMMARY

We are at a turning point for delivering on the promise to end child and maternal mortality and improve health – marked by bold new commitments. This strategic framework supports one such commitment, the ‘Global Plan Towards the Elimination of New HIV Infections among Children by 2015 and Keeping their Mothers Alive’. It offers guidance for preventing HIV infections and unintended pregnancies – both essential strategies for improving maternal and child health, and eliminating new paediatric HIV infections.

This framework should be used in conjunction with other related guidance that together address all four prongs of eliminating mother-to-child transmission of HIV. This document focuses on strengthening rights-based policies and programming within health services and the community for:

- **Prong 1**: Primary prevention of HIV in women of childbearing age (with special emphasis on pregnant and breastfeeding women)
- **Prong 2**: Prevention of unintended pregnancies in women living with HIV (as part of rights-based sexual and reproductive health (SRH) of people living with HIV (PLHIV)).

Prongs 1 and 2, together with safer infant feeding (prong 3), and treatment (prong 3 and 4), are essential for improving the lives of women and children and eliminating mother-to-child transmission of HIV (eMTCt). The rationale for prongs 1 and 2 includes:

- Remaining HIV-negative, particularly throughout pregnancy and breastfeeding (period of higher risk) protects infants and children from becoming HIV-positive by eliminating the possibility of HIV transmission from the mother.
- Primary prevention of HIV improves survival and well-being; HIV is the leading cause of death among women of childbearing age, contributing significantly to maternal mortality.
- The benefits of family planning are far-reaching, ranging from fewer maternal and newborn deaths and healthier mothers and children to increased family savings and productivity, better prospects for education and employment, and ultimately improvement in the status of women.
- Unintended pregnancies contribute to maternal morbidity and mortality; 27% of maternal deaths can be prevented by meeting unmet need for family planning.
- HIV-related morbidity and mortality in a mother living with HIV impact critically upon her child’s survival.

- Fewer unintended pregnancies mean fewer infants born to mothers living with HIV, thus resulting in a smaller number of potentially HIV-positive infants.

The principles upon which this framework is based are:

1. Addressing structural determinants of HIV and sexual and reproductive ill-health
2. Focusing on human rights and gender
3. Promoting a coordinated and coherent response (i.e. the Three Ones Principle)
4. Meaningfully involving people living with HIV (i.e. GIPA principle)
5. Fostering community participation by young people, key populations at higher risk, and the general community
6. Reducing stigma and discrimination
7. Recognizing the centrality of sexuality as an essential element in human life and in individual, family and community well-being.

It offers guidance to:

1. Implement a package of services for preventing HIV and unintended pregnancies within stigma-free integrated SRH and HIV services
2. Utilise key entry points to integrating services for HIV and SRH
3. Strengthen national programme implementation, including to deliver prong 1 and 2 interventions
4. Carry out five key strategies:
   - **Strategy 1**: Link SRH and HIV at the policy, systems and service delivery levels
   - **Strategy 2**: Strengthen community engagement
   - **Strategy 3**: Promote greater involvement of men
   - **Strategy 4**: Engage organizations of people living with HIV
   - **Strategy 5**: Ensure non-discriminatory service provision in stigma-free settings.
INTRODUCTION
A new era has dawned for helping women and children lead healthier lives. Joining the global response, a bold commitment has emerged through a ‘Global Plan Towards the Elimination’ of New HIV Infections Among Children by 2015 and Keeping Their Mothers Alive’. Governments and civil society are determined to turn this vision into reality by 2015, the horizon for achieving the Millennium Development Goals (MDGs). The Global Plan charts the course to achieve this urgent goal, directly linked to other ongoing maternal and child health initiatives (see Annex 1). This united response recognizes that HIV contributes significantly to maternal and child mortality. This strategic framework has been developed in support of the Global Plan by offering guidance for preventing HIV infections and unintended pregnancies – both essential strategies for improving maternal and child health (MCH) and eliminating new paediatric HIV infections.

The new goal represents a strategic shift from preventing to eliminating mother-to-child transmission of HIV (PMTCT to eMTCT) (see Note on Terminology, page i), and has spawned robust new targets and indicators to guide national planning. The goal also recognizes the critical importance of improving maternal health to benefit both women and children. Achieving this goal requires that national governments are supported to deliver the full range of MTCT interventions integrated with sexual and reproductive health, particularly maternal, newborn, and child health (MNCH), family planning, and HIV treatment services (see Figures 1 and 2). Eliminating mother-to-child transmission of HIV is an integral part of countries’ efforts to achieve MDGs 3–6 (see Box 1).

**Box 1: How eMTCT contributes to achieving the Millennium Development Goals**

The elimination of new HIV infections among children and keeping their mothers alive contributes directly towards achieving four of the MDGs, where HIV currently holds back progress. Similarly, progress on achieving other MDGs contributes to HIV prevention and treatment for women and children.

**MDG 3: Promote gender equality and empower women**
– by supporting women’s empowerment through access to HIV prevention information, HIV prevention and treatment services, and sexual and reproductive health services; by involving mothers living with HIV as key partners in delivering the plan and engaging their male partners. By empowering women, they are better able to negotiate safer sex and by eliminating gender-based violence women’s vulnerability to HIV is reduced.

**MDG 4: Reduce child mortality**
– by reducing the number of infants infected with HIV; by providing treatment, care and support for uninfected children born to mothers living with HIV and ensuring effective linkages to life-saving treatment for children living with HIV; and, indirectly, by improving maternal health and ensuring safer infant feeding practices. By improving neonatal conditions and family care practices survival rates of children born to women living with HIV are increased.

**MDG 5: Improve maternal health**
– through preventing HIV among women and providing family planning for HIV-positive women of childbearing age; and by ensuring effective care, treatment and support for mothers living with HIV. Strong health systems can help ensure that every birth is safe and pregnant women are able to detect HIV early and enrol in treatment.

**MDG 6: Combat HIV/AIDS, malaria and other diseases**
– by preventing the spread of HIV through preventing infection in women of childbearing age; preventing HIV transmission to children, and treating mothers, and ensuring strong and effective linkages to ongoing care, treatment and support for children and mothers living with HIV. By providing tuberculosis (TB) treatment, deaths among pregnant women living with HIV are reduced. By preventing TB and malaria, child and maternal mortality among women and children living with HIV is reduced.

**The framework for action**
Eliminating new HIV infections among children and keeping their mothers alive is based on a four-pronged strategy. This strategy provides the foundation upon which national plans are developed and implemented, and encompasses a range of HIV prevention and treatment measures for mothers and their children together with essential maternal, newborn and child health, family planning and other SRH services.

**Prong 1:** Prevention of HIV among women of reproductive age within services related to reproductive health such as antenatal care, postpartum and postnatal care and other health and HIV service delivery points, including working with community structures.

**Prong 2:** Providing appropriate counselling and support, and contraceptives, to women living with HIV to meet their unmet needs for family planning and spacing of births, and to optimize health outcomes for these women and their children.

**Prong 3:** For pregnant women, ensuring access to HIV counselling and testing and, for pregnant women living with HIV, ensuring access to the antiretroviral drugs needed to prevent HIV infection from being passed on to their babies during pregnancy, delivery and breastfeeding.

**Prong 4:** HIV care, treatment and support for women, children living with HIV and their families.
Focus of this framework

This framework focuses on what can be done to strengthen programming for prongs 1 and 2 – preventing HIV and unintended pregnancies (see Section 2 Scope). It supports delivering a package of services (see Sections 5 and 6, Tables 2 and 4) within stigma-free integrated SRH and HIV services, and the community. The framework also outlines key strategies for linking SRH and HIV, eliminating stigma and discrimination, and engaging the community, male partners, and people living with HIV (see Section 9 Key Strategies and Actions). The strategies and packages of services primarily aim to reach pregnant women, women living with HIV and their partners (see Figure 2 and Section 2 Scope).

**Figure 1: Four Prongs to Eliminate Mother-to-Child Transmission of HIV and Improve Maternal Health**

- **Prong 1**: Primary prevention of HIV among women of childbearing age
- **Prong 2**: Prevention of unintended pregnancies among women living with HIV
- **Prong 3**: Prevention of HIV from a woman living with HIV to her infant
- **Prong 4**: Provision of appropriate treatment, care and support to women, children living with HIV and their families

**Figure 2: Focus Populations of this Framework (Figure is Not to Scale)**

- **Prong 1**: See Figure 6 and Table 5 for entry points for services
- **Prong 2**: See Figure 7 and Table 6 for entry points for services

* Refers to discussion of future fertility intentions with HIV-positive women during pregnancy.
** Refers to breastfeeding women living with HIV.
Contribution of prongs 1 and 2 to eliminating MTCT and improving maternal health

Two global targets for eliminating MTCT and reducing maternal death by 2015 have been set:\(^5\)

- Reduce the number of new HIV infections among children by 90%
- Reduce the number of AIDS-related maternal deaths by 50%.

Additional targets have been developed for each of the four PMTCT prongs (see Figure 4) with associated indicators (see Section 10 Targets and Indicators). The specific targets for this framework are:

- **Prong 1**: 50% reduction in HIV incidence in women of reproductive age (15–49 years and 15–24)
- **Prong 2**: reduce unmet family planning need to zero (among all women).

Modelling shows that achieving the targets for prongs 1 and 2 would contribute a 13% reduction in new infant infections towards the 90% reduction target (see Figure 3). Preventing HIV and unintended pregnancies would also result in reductions in maternal morbidity and mortality, as well as additional benefits for women (see Sections 5 and 6). Implementing the 2010 WHO PMTCT recommendations\(^6\) to provide HIV-positive pregnant women with more effective ARV prophylaxis or treatment would contribute an additional 60% reduction, with a further 6% decrease resulting from limiting breastfeeding to 12 months.

Clearly, expanding coverage of effective interventions related to all four prongs is required to achieve the goals of eliminating MTCT and improving maternal and child health and survival. This framework’s guidance for preventing HIV and unintended pregnancies will significantly contribute to achieving these goals.

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**Figure 3: New Child Infections in 25 Countries 2009–2015 by PMTCT Prophylaxis**

<table>
<thead>
<tr>
<th>Year</th>
<th>Value in 2015</th>
<th>(% reduction)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>367,000</td>
<td></td>
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<tr>
<td>2010</td>
<td>138,000 (60%)</td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td>95,000 (73%)</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>72,000 (79%)</td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td>96,000</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>123,000</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>153,000</td>
<td></td>
</tr>
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</table>

Number of new child infection if:
- **PMTCT coverage/regimen at 2009 levels**
- **Prong 3 (ARV/ART to 90% of HIV-positive pregnant women)**
- **Prongs 1, 2 and 3 (50% reduction incidence, unmet family planning to zero and 90% ARV/ART)**
- **Prongs 1, 2 and 3 and limit breastfeeding to 12 months**
Towards the elimination of new HIV infections among children by 2015 and keeping their mothers alive

Global Target 1: Reduce the number of new HIV infections among children by 90%

Global Target 2: Reduce the number of AIDS-related maternal deaths by 50%

(see Section 10: Elimination of MTCT monitoring framework for 2015: Targets and indicators)

Prong 1: Primary prevention of HIV among women of reproductive age

**Target:** 50% reduction in HIV incidence in women of reproductive age (15–49 years and 15–24)

**How prong 1 contributes:**
By supporting HIV-negative women to remain HIV-negative especially during pregnancy and breastfeeding (MDGs 5 and 6), this will in turn:
- reduce the number of reproductive age/maternal deaths (MDGs 5 and 6)
- reduce the number of HIV-positive infants (MDGs 4 and 6).

**Key issues prong 1**
- Potentially increased risk of infection (seroconversion) for women during pregnancy, postpartum and breastfeeding period
- Inadequate engagement of male partners for practicing safer sex, ending violence, and supporting partners
- Lack of awareness of the possibility of HIV transmission to children and how to avoid it
- Insufficient levels of HIV counselling and testing coupled with the need to increase access to treatment as prevention.

Prong 2: Preventing unintended pregnancies among women living with HIV

**Target:** reduce unmet family planning need to zero among all women

**How prong 2 contributes:**
By reducing the number of unintended pregnancies in HIV-positive women of childbearing age (MDG 5), this will in turn:
- reduce the number of maternal deaths and improve maternal health (family planning is one of the three pillars for reducing maternal mortality, and improves maternal health) (MDGs 5 and 6)
- reduce the number of HIV-positive infants (MDGs 4 and 6)
- improve child survival (MDGs 4 and 5) by keeping their mothers alive.

**Key issues prong 2**
- High level of unintended pregnancies and unmet need for family planning
- Lack of awareness of reproductive rights
- Stigma in health care settings and community which is a barrier to women living with HIV discussing fertility intentions and accessing family planning services
- Inadequate availability of and access to family planning services.

Prong 3: Preventing HIV transmission from a woman living with HIV to her infant

**Target:** 90% reduction in HIV-attributable deaths among infants and children <5 years

Prong 4: Providing appropriate treatment, care and support to women, children living with HIV and their families

**Target:** 90% reduction in HIV-related maternal deaths up to 12 months postpartum

Global Target 1: Reduce the number of new HIV infections among children by 90%

Global Target 2: Reduce the number of AIDS-related maternal deaths by 50%
PURPOSE, SCOPE AND INTENDED AUDIENCE
Purpose
The purpose of this framework is to contribute to eliminating new HIV infections among children and improving maternal and child health by strengthening policies and programming for (see Introduction, Figure 1):

- **Prong 1:** Primary prevention of HIV in women of childbearing age (with special emphasis on pregnant and breastfeeding women)
- **Prong 2:** Prevention of unintended pregnancies in women living with HIV (as part of rights-based sexual and reproductive health of people living with HIV).

Scope
This framework focuses predominantly on action to be taken within the health sector, with strong links to action within the community. It primarily articulates strategies and interventions that are to be delivered through the continuum of care for pregnant and breastfeeding women, and other integrated sexual and reproductive health and HIV services (e.g. family planning, sexually transmitted infections (STIs), gender-based violence (GBV) prevention and management, and antiretroviral therapy (ART), linked to related strategies for engaging the community (see Section 9 Key Strategies and Actions). As women and their partners cycle between their communities and health services, they will accrue mutually reinforcing benefits from action taken within both spheres (see Introduction, Figure 2).

As articulated in the Global Plan, prong 1 pertains to “Prevention of HIV among women of reproductive age within services related to reproductive health such as antenatal care, postpartum and postnatal care and other health and HIV service delivery points, including working with community structures”. Therefore, this framework, in relation to prong 1, focuses particularly but not exclusively on pregnant and breastfeeding women, recognizing their unique vulnerabilities and the opportunities for impact as they transit through health systems (see Section 5 Prong 1 and Section 7 Entry Points). Additional guidance for primary prevention among all women of childbearing age, young people (15–24 years of age), and key populations (e.g. sex workers, women, people who use drugs, etc.) including within other sectors such as education, social services, and labour, is covered in other publications (see Section 3 Related Programming Guidance).

Similarly, the framework primarily focuses on preventing unintended pregnancies in women living with HIV (see Section 6 Prong 2 and Section 7 Entry Points), although integrating SRH and HIV services will also strengthen family planning programmes and uphold reproductive rights for all women, regardless of HIV status (see Section 3 Related Programming Guidance).

The health sector alone, however, cannot be expected to deliver all the actions required for preventing HIV and unintended pregnancies. While recognizing that education, socio-cultural and economic circumstances affect health and human rights, it is beyond the scope of this framework to fully address all these socio-economic determinants.

Intended audience
The framework is aimed at global, regional and national partners working in SRH and HIV, who are responsible for eliminating new HIV infections among children and improving maternal and child health including:

- national policy-makers and programme managers
- implementing partners (including public and private sectors as well as civil society organizations (CSOs))
- community partners (including non-governmental organizations (NGOs), organizations and networks of people living with HIV, and HIV advocates, including women’s and key populations’ organizations).

It may also be a useful resource for donors as well as health care providers for whom a related job aid will be produced.
3 RELATED PROGRAMMING GUIDANCE
This framework should be used in conjunction with related programming guidance (see Table 1) for:
- implementing comprehensive eMTCT services (all four prongs), maternal health, family planning and HIV prevention
- linking SRH and HIV
- fostering gender equality and empowerment of women and girls.

<table>
<thead>
<tr>
<th>TABLE 1: KEY GUIDANCE DOCUMENTS FOR SCALING UP THE FOUR PRONGS OF COMPREHENSIVE PMTCT/eMTCT BY 2015² (SEE ALSO ANNEX 2 ANNOTATED BIBLIOGRAPHY)</th>
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<tr>
<td><strong>Elimination of new HIV infections among children and improving maternal and child health (MDGs 4, 5 and 6)</strong></td>
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<td>- Global Strategy for Women’s and Children’s Health. UN Secretary-General, 2010.</td>
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<tr>
<td><strong>PRONG 1</strong></td>
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<tr>
<td><strong>Primary prevention of HIV among women of childbearing age</strong></td>
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### Table 1 (Continued)

<table>
<thead>
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<th>PRONG 1</th>
<th>PRONG 2</th>
<th>PRONG 3</th>
<th>PRONG 4</th>
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<td></td>
<td>■ WHO is currently developing health-sector guidance for prevention, treatment and care of sex workers, as well as guidance on couples HIV counselling and testing, and ART as prevention.</td>
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### Table 1: (Continued)

**These interventions are essential for the implementation of each of the four PMTCT prongs**

**MDG 3: Promote gender equality and empower women**

**Ending gender-based violence**

**Supporting women’s reproductive rights and empowering them**

**Increasing access to information and sexual and reproductive health services**
- WHO is currently updating guidelines on sexually transmitted and reproductive tract infections.

**Engaging male partners**
- Engaging Men and Boys in Gender Equality and Health Toolkit. UNFPA, 2010.
4 GUIDING PRINCIPLES
Principles relevant for this framework include those that relate directly to eMTCT and maternal health as well as the guiding principles in Box 2 for linking SRH and HIV of which PMTCT/eMTCT is a key pillar (see Section 9 Key Strategies and Actions, Strategy 1).

For more background information on the Guiding Principles see Annex 3.

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**BOX 2: GUIDING PRINCIPLES FOR LINKING SRH AND HIV**


1. **Address structural determinants**: Root causes of HIV and sexual and reproductive ill-health need to be addressed. This includes action to reduce poverty, ensure equity of access to key health services and improve access to information and education opportunities.

2. **Focus on human rights and gender**: Sexual and reproductive and human rights of all people including women and men living with HIV, need to be emphasized, as well as the rights of key populations at higher risk such as people who use drugs, men who have sex with men (MSM) and sex workers. Gender sensitive policies to establish gender equality and eliminate gender-based violence are additional requirements.

3. **Promote a coordinated and coherent response**: Promote attention to SRH priorities within a coordinated and coherent response to HIV that builds upon the principles of one national HIV framework, one broad-based multi-sectoral HIV coordinating body, and one agreed country level monitoring and evaluation system (Three Ones Principle).

4. **Meaningly involve people living with HIV (i.e. GIPA principle)**: Women and men living with HIV need to be fully involved in designing, implementing and evaluating policies and programmes and research that affect their lives.

5. **Foster community participation**: Young people, key populations at higher risk, and the community at large are essential partners for an adequate response to the described challenges and for meeting the needs of affected people and communities.

6. **Reduce stigma and discrimination**: More vigorous legal and policy measures are urgently required to protect people living with HIV and vulnerable populations from discrimination.

7. **Recognize the centrality of sexuality**: Sexuality is an essential element in human life and in individual, family and community well-being.
PRONG 1: PRIMARY PREVENTION OF HIV: RATIONALE AND PACKAGE OF ESSENTIAL SERVICES
Rationale

Primary prevention of HIV (prong 1) and treatment are both essential for improving the lives of women and children and eliminating mother-to-child transmission of HIV:

 ■ Remaining HIV-negative, particularly throughout pregnancy and breastfeeding, protects infants and children from becoming HIV-positive by eliminating the possibility of HIV transmission from the mother.

 ■ Modelling has demonstrated that elimination of mother-to-child transmission of HIV will not be possible without addressing primary prevention among women of reproductive age (see Introduction, Contribution of Prong 1 to eMTCT).

 ■ Primary prevention of HIV improves survival and well-being. HIV is the leading cause of death among women of childbearing age, contributing significantly to maternal mortality.13

 ■ HIV-related morbidity and mortality in a mother living with HIV impact critically upon her child’s survival.14

 ■ Acute maternal HIV infection during pregnancy and breastfeeding15 is associated with very high rates of MTCT.16

 In addition to supporting broader efforts to prevent HIV, in the context of eMTCT and maternal health, pregnant and breastfeeding women and their partners warrant special attention, and are a key focus of this framework (see Section 2 Scope and Figure 5):

 ■ For most women, pregnancy is a key entry point to the health system, and provides a unique opportunity to address their health needs, including primary prevention of HIV (see Section 7 Entry Points).

 ■ HIV-negative women may be at increased risk of infection during pregnancy and breastfeeding17 due to physiological18 and behavioural risks.19,vi

 ■ Seroconversion during pregnancy has been documented, underscoring the need for enhanced primary prevention efforts during this period and the need for repeat HIV testing.20

 ■ Both parents may be particularly motivated to protect the well-being of their infant as well as their own health, increasing their likelihood of adopting safer practices and new prevention technologies such as treatment as prevention (see Box 4) or post-exposure prophylaxis (PEP) or potentially pre-exposure prophylaxis (PreP).

 vi. Family planning may contribute to HIV prevention not only through condom use but also by reducing the amount of time a woman spends pregnant which may reduce the risk of HIV acquisition and transmission. However, certain hormonal contraceptive methods may increase acquisition and transmission of HIV (see Box 8, page 30).
HIV counselling and testing: pathway to prevention and treatment

Preventing HIV in the context of maternal health requires offering a range of related services for women and their partners, including the four recommended antenatal care (ANC) visits (see Table 2 Package of Essential Services). Several of these services in particular need to be strengthened to maximise their potential impact – HIV counselling and testing for couples; repeat testing; and post-test counselling (Box 3 and Section 9 Key Strategies and Actions, Strategy 3). HIV counselling and testing is a pathway to prevention and treatment services for women and their partners.

**Box 3: HIV Counselling and Testing: Pathway to Services**

- **Pregnancy provides a major opportunity to offer women HIV-related services, including HIV counselling and testing – the pathway for HIV prevention, treatment, care and support services.**

- **Couples counselling and testing**
  - Research shows serodiscordance rates of over 50% among women and their partners attending antenatal clinics.\(^{21a}\)
  - Couples HIV counselling and testing is an important and feasible intervention that can be effectively integrated into existing maternal, newborn and child health (MNCH) and other SRH services. Working with couples, rather than just the individual partner, has been shown to be an effective intervention for reducing the risk of HIV transmission among serodiscordant couples.\(^{22}\) The benefits of sensitively implemented, user-friendly couples counselling and testing include mutual disclosure, increased uptake of and adherence to ARV interventions for PMTCT\(^{23}\), improved uptake and continuation of family planning methods, an opportunity to provide family-centred care and treatment, and increased preventive benefits of testing\(^{24}\) (see **Section 9 Key Strategies and Actions, Strategy 3**).

- **HIV re-testing**
  - Many countries need to reorient programmes to accommodate repeat HIV testing during antenatal care. With significant reported HIV incidence during pregnancy in generalized epidemics, pregnant women who test HIV-negative in their first or second trimesters should be re-tested in their third trimester.\(^{25}\) If a woman does not return for testing during her third trimester, she should be recommended to test at labour or, if that is not possible, immediately post-delivery.\(^{26}\)

- **Intensified post-test counselling:**
  - Post-test counselling is important for women who test HIV-negative so that they understand their risk factors, in particular their heightened risk of HIV acquisition during pregnancy, postpartum, and breastfeeding (see **Rationale** above).
  - Counselling must provide accurate and non-judgmental information.
  - People living with HIV have emphasized the importance of peer-to-peer counselling by people living with HIV.\(^{27}\) Peer counsellors should be engaged within health facilities wherever feasible and, at a bare minimum, providers must be able to link women with peer support groups in the community (see **Section 9 Key Strategies and Actions, Strategy 2**).
  - Health care workers and people living with HIV delivering peer-to-peer counselling (see **Section 9 Key Strategies and Actions, Strategies 2 and 4**) need to be trained according to the areas on which they are to provide information, counselling and services to pregnant women.\(^{28}\)

- **Supporting rights**
  - The experience of testing and being diagnosed HIV-positive while pregnant may: have traumatic consequences for a woman; affect her ability to seek services and support for herself and her child; and have adverse consequences, including HIV-related discrimination and violence.\(^{29}\) Women should be offered an HIV test but also be supported to determine whether and when to test, as well as to assert their rights to informed consent, confidentiality and freedom from coercion and be provided with appropriate support services.

Antiretroviral treatment contributes to prevention
Evidence has emerged that lowering viral load with antiretroviral drugs contributes not only directly to preventing onward HIV transmission to infants (prong 3), but also to primary prevention of HIV (prong 1) within serodiscordant heterosexual relationships (Box 4).

Box 4: Treatment as Prevention

Results announced by the United States National Institutes of Health show that if a HIV-positive person adheres to an effective antiretroviral therapy regimen, the risk of transmitting the virus to their uninfected sexual partner can be reduced by 96%31, as well as having health benefits for the HIV-positive person.32

“The HPTN 052 study provides compelling evidence for a new HIV prevention approach that links prevention and care efforts,” said Quarraisha Abdool Karim, HPTN co-principal investigator and associate scientific director of CAPRISA. “Strategies for scaling up knowledge of HIV status and increasing treatment coverage are critical next steps to realizing the public health benefits of this finding. This is also very good news for women who bear a disproportionate burden of HIV infection acquired from infected male partners but have few options to reduce their risk especially if their partner refuses to use condoms.”

“This breakthrough is a serious game changer and will drive the prevention revolution forward. It makes HIV treatment a new priority prevention option,” said Michel Sidibé, Executive Director of the Joint United Nations Programme on HIV/AIDS (UNAIDS). “Now we need to make sure that couples have the option to choose treatment for prevention and have access to it.”

The availability of treatment as prevention (TasP) will not only empower people to get tested for HIV, but also to disclose their HIV status, discuss HIV prevention options with their partners and access essential HIV services. It will also significantly contribute to reducing the stigma and discrimination surrounding HIV.

UNAIDS and WHO recommend that couples make evidence-informed decisions on which combination of HIV prevention options is best for them. UNAIDS urges that treatment as prevention be one of the options made available to couples. New WHO guidelines32a recommend offering HIV testing and counselling to couples, wherever HIV testing and counselling is available, including in antenatal clinics. For couples where only one partner is HIV-positive, the guidelines recommend offering antiretroviral therapy to the HIV-positive partner, regardless of his/her own immune status (CD4 count), to reduce the likelihood of HIV transmission to the HIV-negative partner.

In addition, WHO has already released a programmatic update on ART as Prevention of HIV and TB.32b Furthermore, treatment as prevention needs to be considered as a key element of combination HIV prevention and as a major part of the solution to ending the HIV epidemic. In the short and medium term, while countries are concentrating their efforts on scaling up treatment according to the eligibility criteria recommended by WHO, it is expected that they will concurrently identify opportunities to maximize the use of ART for prevention purposes.

The focus will be on specific populations in whom the prevention impact is expected to be greatest (e.g. serodiscordant couples, pregnant women, key populations). During 2012, WHO is issuing updates and guidance for these populations, and is working with countries to address programmatic and operational challenges to inform the consolidated guidelines to be released in mid-2013.

Prong 1 package of essential services
The Package of Essential Services (Table 2) for primary prevention of HIV is intended for use by programme managers and health providers. This package builds on the existing key elements of primary prevention of HIV in the context of maternal and child health (see Annex 4). It goes further, however, by providing the rationale for each service and related guidance to carry out each of the key actions, and reflects the most recent issues and research (e.g. treatment as prevention). All of these services can be carried out within maternal health and other SRH, and HIV services, and some can be carried out within the community (e.g. media, schools, workplace, community groups), (see Section 7 Entry Points). Note that the package of services should be modified according to the key features of the HIV epidemic and sexual and reproductive health needs in each country. For example, in settings where injecting drug use is a common mode of HIV transmission, increased emphasis should be given to harm reduction (see Section 3 Related Programming Guidance).
Checklists for national programme implementation

Much can be done by programme managers and health providers within maternal and other SRH services, linked to the community, to help women and their partners remain HIV-negative. At the systems level, to support this package of services, governments and district programme managers will need to undertake a set of related activities within the health services, including joint HIV and SRH planning, service integration, health provider training, commodities security, and engagement with the community (see Section 8 Checklists for National Programme Implementation). Checklists are provided to lay the groundwork for implementation of the packages of services (Section 8).

Key strategies

In order to effectively implement the delivery of the packages of essential services for prongs 1 and 2, five key strategies will contribute to overcoming barriers to women accessing comprehensive eMTCT services (see Section 9 Key Strategies and Actions), namely:

- **Strategy 1:** Link SRH and HIV at the policy, systems and service delivery levels
- **Strategy 2:** Strengthen community engagement
- **Strategy 3:** Promote greater involvement of men
- **Strategy 4:** Engage organizations of people living with HIV
- **Strategy 5:** Ensure non-discriminatory service provision in stigma-free settings.

### BOX 5: LINKING SRH AND HIV: GATEWAYS TO INTEGRATION – A CASE STUDY FROM SWAZILAND: TOWARDS ELIMINATION OF MOTHER-TO-CHILD TRANSMISSION OF HIV

The case study outlines how challenges to implementing the prongs 1 and 2 packages of essential services were addressed in four sites. It demonstrates that it is feasible to implement the package of essential services (Table 2) and the key strategies (Section 9) outlined in this framework.

### TABLE 2: PRONG 1 PACKAGE OF ESSENTIAL SERVICES

<table>
<thead>
<tr>
<th>DESCRIPTION OF SERVICE</th>
<th>HOW IT CONTRIBUTES TO PRIMARY PREVENTION</th>
<th>KEY ACTIONS*</th>
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</thead>
</table>
| Information and counselling to reduce the risk of sexual HIV transmission | ■ Improves motivation and ability to practice safer sex and to access services through increased awareness of:  
  > potentially higher risk of acquiring HIV during pregnancy and breastfeeding  
  > possibility of transmitting HIV to infants during pregnancy, childbirth, and breastfeeding  
  > how to practice safer sex  
  > benefits of knowing one’s HIV status, including access to treatment to reduce viral load  
  > SRH and HIV health services. | ■ Provide information and counselling on:  
  > risk of HIV seroconversion during pregnancy and breastfeeding 31, 35, 36  
  > HIV transmission to infants, and how to reduce it 31, 35, 36  
  > safer sex and condom use, including condom negotiation skills with partners 12, 13, 31, 35, 36, 45, 51, 72 (see also Condoms below)  
  > benefits and availability of SRH and HIV services, including eMTCT, and HIV counselling and testing 31, 68, 69, 71, 73  
  > optimal infant feeding in the context of HIV 32  
  > male partner responsibility for practicing safer sex 20, 21  
  > benefits of knowing one’s HIV status and accessing ARVs, since ART can reduce viral load thus contributing to primary prevention of HIV 53  
  > human rights issues, especially pertaining to reproductive rights, gender-based violence, the right to informed consent, confidentiality, disclosure, and freedom from coercion or force (e.g. for HIV testing, fertility decisions, etc.) 4, 5, 7, 17, 19, 24, 29, 31, 60, 61 |

* All numbers in blue refer to References to Packages of Essential Services and Key Strategies and Actions.
### TABLE 2: PRONG 1 PACKAGE OF ESSENTIAL SERVICES

<table>
<thead>
<tr>
<th>DESCRIPTION OF SERVICE</th>
<th>HOW IT CONTRIBUTES TO PRIMARY PREVENTION</th>
<th>KEY ACTIONS*</th>
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</table>
| HIV counselling and testing (particularly for pregnant, postpartum, and breastfeeding women and their male partners) and referral for on-site treatment | **Individual and couples HIV counselling and testing with strengthened post-test counselling for HIV-negative women and repeat testing will support clients to practice safer sex.**  
**Learning HIV status is an important entry point to link people living with HIV with appropriate HIV treatment and care, which itself contributes to HIV prevention (see Treatment as prevention below and Box 4: Treatment as Prevention).**  
**Antenatal care is an opportune time to raise awareness of the potential increased risk of HIV transmission/acquisition during pregnancy and breastfeeding, and resultant seroconversion.**  
**Family planning services may contribute to HIV prevention not only through condom use but also by reducing the amount of time a woman spends pregnant which may reduce the risk of HIV acquisition and transmission. However, certain hormonal contraceptive methods may increase acquisition and transmission of HIV (see Box 8, page 30).** | **Offer provider-initiated HIV counselling and testing as part of routine MNCH, including repeat testing for HIV-negative pregnant, postpartum, and breastfeeding women coupled with risk reduction counselling and provision of prevention commodities. 17, 28, 29**  
**Promote couples counselling, as appropriate, with voluntary mutual disclosure and testing. 84**  
**Strengthen post-test counselling for HIV-negative women. Counselling should include information on:**  
> Pregnancy-related concerns including danger signs of labour, sexual activity during pregnancy, safer sex and condom use 47  
> HIV and STI prevention, including information on modes of transmission, and potential risk for seroconversion during pregnancy 30, 51, 55, 57, 59 72, 76  
> Partner HIV and syphilis testing (preferably on-site), and referral for treatment if positive for HIV and/or syphilis 20, 21, 25, 31, 53, 84  
> Safe and voluntary disclosure of HIV status 17, 28, 29  
> Optimal infant feeding, including exclusive breastfeeding 32  
> Gender-based violence prevention and management 19, 31, 48, 58, 60, 61  
> Harm reduction, family planning (see footnote in Rationale above) contraceptive use and the lactational amenorrhea method (LAM) during the breastfeeding period 33, 34, 36, 44, 47  
> Shared responsibility on HIV prevention among partners, including negotiation skills to support safer sex 20, 21, 31, 53, 84  
> The importance of postpartum follow-up, including family planning (see footnote in Rationale above), assessment for postpartum depression, infant feeding information, and continued HIV prevention 17, 31, 35, 47  
> Benefits of ART for reducing viral load to contribute to primary prevention of HIV. 53 |
### Table 2: Prong 1 Package of Essential Services

<table>
<thead>
<tr>
<th>Description of Service</th>
<th>How It Contributes to Primary Prevention</th>
<th>Key Actions*</th>
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<tbody>
<tr>
<td><strong>Treatment as prevention</strong> (see Box 4: Treatment as Prevention)</td>
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<tr>
<td>Offering ART to HIV-positive partners contributes to primary prevention (e.g. HIV-positive partners of HIV-negative pregnant women):</td>
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<td>&gt; ART lowers the concentration of HIV (also known as viral load) in the bloodstream and in genital secretions. Since viral load is the single greatest risk factor for all modes of HIV transmission, ART use decreases the risk that HIV will be transmitted from one person to another</td>
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<td>&gt; Observational studies suggest that ART reduces the sexual transmission of HIV in generalized epidemics, especially among serodiscordant couples.</td>
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<tr>
<td><strong>STI screening and management</strong></td>
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<tr>
<td>Treating certain STIs, especially ulcerative and inflammatory ones, decreases the risk of HIV transmission and acquisition. 35</td>
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<tr>
<td><strong>Condoms (female and male): promotion, provision and building skills for negotiation and use</strong></td>
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<tr>
<td>Female and male condoms are currently the only barrier devices to protect against the sexual transmission or acquisition of HIV. 36</td>
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### Table 2: Prong 1 Package of Essential Services

<table>
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<tr>
<th>Description of Service</th>
<th>How It Contributes to Primary Prevention</th>
<th>Key Actions*</th>
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</table>
| **Blood safety and anaemia prevention to reduce blood-related transmission** | - Practising universal precautions and preventing the need for blood transfusion will decrease the risk of HIV transmission. | - Adhere to universal precautions. 31, 36  
- Ensure appropriate management of labour to reduce the need for delivery-related blood transfusions. 31, 36  
- Enforce national guidelines for blood safety. 31  
- Enforce strict blood transfusion criteria. 31  
- Provide iron and folate supplementation, and as appropriate, malaria preventive therapy, insecticide treated nets, and de-worming, to reduce the need for delivery-related blood transfusions. 31  
- Treat anaemia and malaria. 31 |
| **Gender-based violence prevention and impact mitigation**   | - Gender-based violence is a human rights violation that must be eliminated. It can also contribute to HIV transmission in several significant ways, directly or by affecting access to services, and ability to practice safer sex.37 | - Take history and assess risk of violence, including by intimate partners, and ways to avoid it. 19, 58, 60, 61  
- Provide counselling and psychosocial support, as well as emergency contraception and HIV and STI post-exposure prophylaxis for women, men and adolescents who have experienced sexual violence. 19, 58, 60, 61  
- Refer people who have experienced or are experiencing violence to appropriate services, including legal and psychological support services. 19, 60, 61  
- Provide information on services and organizations specializing in gender-based violence. 19, 60, 61 |
PRONG 2: PREVENTION OF UNINTENDED PREGNANCIES IN WOMEN LIVING WITH HIV: RATIONALE AND PACKAGE OF ESSENTIAL SERVICES
Rationale

Preventing unintended pregnancies among women living with HIV (prong 2) is essential for improving the lives of women and children, and eliminating mother-to-child transmission of HIV:

- The benefits of family planning are far-reaching, ranging from fewer maternal and newborn deaths and healthier mothers and children to increased family savings and productivity, better prospects for education and employment, and ultimately improvement in the status of women.40
- There is a high unmet need for family planning, particularly in regions with a high HIV prevalence.41
- The global unintended pregnancy rate is 38%, and reaches an estimated 51–90% among women living with HIV in some settings.42
- Unintended pregnancies contribute to maternal morbidity and mortality; 27% of maternal deaths can be prevented by meeting unmet need for family planning.43
- HIV-related morbidity and mortality in a mother living with HIV impact critically upon her child’s survival.44
- Fewer unintended pregnancies mean fewer infants born to mothers living with HIV, thus resulting in a smaller number of potentially HIV-positive infants.
- Modelling has demonstrated that elimination of mother-to-child transmission of HIV will not be possible without addressing unintended pregnancies (see Introduction, Contribution of Prong 2 to eMTCT), and may be cost effective (see Section 11 Operational Research).44a

Reproductive choice is a basic human right, yet women living with HIV are reporting human rights violations such as coerced abortion and sterilization, or denial of the right to be sexually active and have children.45 Supporting rights-based efforts to prevent unintended pregnancies among women living with HIV is part of wider efforts to respond to the full range of sexual and reproductive health needs of women living with HIV.46 Family planning can help women living with HIV and their partners attain their fertility desires, whether these are treating infertility, assisting those who wish not to have children, or delaying a pregnancy. As such, women living with HIV and their partners should have access to the entire range of SRH services. Furthermore, new evidence suggests that pregnancy in women living with HIV within the context of serodiscordant couples increases the risk of female-to-male HIV transmission, which may reflect biological changes of pregnancy that could increase the likelihood of HIV transmission.47

People living with HIV have been at the forefront of advocating for and responding to these needs, partnering to develop guidance on addressing the sexual and reproductive health needs of people living with HIV48, SRH and HIV service integration (see Section 9 Key Strategies and Actions, Strategy 1) and developing the concept of and framework for Positive Health, Dignity and Prevention49, which takes a holistic approach to HIV prevention for people living with HIV recognizing the health and dignity of the person.

Couples and individuals have the right “to decide freely and responsibly the number, spacing and timing of their children and to have the information and means to do so, and the right to attain the highest standard of sexual and reproductive health … free of discrimination, coercion and violence.”

Programme of Action of the International Conference on Population and Development, paragraph 7.3.38

“From a public health perspective, decision-makers and service providers must recognize that people living with HIV do enter into relationships, have sex, and bear children. Ensuring that we can enjoy these normal aspects of a productive and fulfilling life is key to maintaining our own health, and that of our partners and families.”

Kevin Moody, International Coordinator and CEO, Global Network of People Living with HIV.39
Family planning package of key interventions

WHO in collaboration with UNFPA, UNICEF, the World Bank and the Partnership for Maternal, Newborn and Child Health developed a package of key effective interventions for family planning for community and/or facility levels in developing countries\(^\textit{50}\) (see Table 3). These interventions have been incorporated into the essential package of services for preventing unintended pregnancies among women living with HIV (see Table 4).

### Table 3: Package of Key Effective Interventions for Family Planning\(^\textit{51}\)

<table>
<thead>
<tr>
<th>Intervention at Home/Community Level</th>
<th>Key Supplies and Commodities Needs</th>
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</thead>
<tbody>
<tr>
<td><strong>Health education for women, men, families and communities:</strong></td>
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<tr>
<td>To increase awareness of benefits of safe sex, family planning and birth spacing starting from the pre-pregnancy period, during pregnancy and after childbirth</td>
<td>- Counselling, health education and promotion materials</td>
</tr>
<tr>
<td>Enable adolescents, women and men to access various sexual and reproductive health services through integrated and linked services</td>
<td>- Job aids</td>
</tr>
<tr>
<td>Counselling and distribution of contraceptive methods including emergency contraception</td>
<td>- Contraceptive methods</td>
</tr>
<tr>
<td>Awareness of signs of domestic and sexual violence and referral.</td>
<td>- Condoms for STI/HIV and pregnancy prevention</td>
</tr>
<tr>
<td>- Health education for women, men, families and communities:</td>
<td>- Oral contraception including emergency contraception</td>
</tr>
<tr>
<td>- To increase awareness of benefits of safe sex, family planning and birth spacing starting from the pre-pregnancy period, during pregnancy and after childbirth</td>
<td>- Injectables.</td>
</tr>
<tr>
<td>- Enable adolescents, women and men to access various sexual and reproductive health services through integrated and linked services</td>
<td></td>
</tr>
<tr>
<td>- Counselling and distribution of contraceptive methods including emergency contraception</td>
<td></td>
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<tr>
<td>- Awareness of signs of domestic and sexual violence and referral.</td>
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<thead>
<tr>
<th>Intervention at First Level Health Facilities</th>
<th>Key Supplies and Commodities Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the above plus:</td>
<td></td>
</tr>
<tr>
<td>- Counselling and provision of the full range of family planning methods</td>
<td>- Decision-making aids for clients</td>
</tr>
<tr>
<td>- HIV counselling and testing in generalized epidemics</td>
<td>- Full range of contraceptive methods (including vasectomy)</td>
</tr>
<tr>
<td>- Dual protection (female and male condoms)</td>
<td>- Oral and parenteral antibiotics</td>
</tr>
<tr>
<td>- Screening for and recognition and possible management of STIs</td>
<td>- Laboratory test kits for STI/HIV</td>
</tr>
<tr>
<td>- HIV counselling and testing</td>
<td>- Surgical equipment to insert/remove implants</td>
</tr>
<tr>
<td>- Screening for and management of signs/symptoms of domestic violence and sexual assault</td>
<td>- Sphygmomanometer.</td>
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<tr>
<td>- Screening for cancer of the cervix and the breast</td>
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<tr>
<td>- Identification of initial needs of an infertile couple and referral</td>
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<tr>
<td>- Management or referral of problems.</td>
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<table>
<thead>
<tr>
<th>Interventions at Referral Facilities</th>
<th>Key Supplies and Commodities Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>All of the above plus:</td>
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</tr>
<tr>
<td>- Treatment of medical conditions, side effects and/or complications</td>
<td>- Appropriate operating theatre for surgical methods</td>
</tr>
<tr>
<td>- Management of methods of choice if not provided at first level of care (tubal ligation/vasectomy/insertion and removal of implants, difficult removal of devices etc.)</td>
<td>- Surgical equipment.</td>
</tr>
<tr>
<td>- Appropriate management of infertile couples including HIV discordant couples.</td>
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</tbody>
</table>

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\(1\) WHO in collaboration with UNFPA, UNICEF, the World Bank and the Partnership for Maternal, Newborn and Child Health developed a package of key effective interventions for family planning for community and/or facility levels in developing countries. These interventions have been incorporated into the essential package of services for preventing unintended pregnancies among women living with HIV.
Prong 2 package of essential services

The package of essential services (Table 4) for preventing unintended pregnancies among women living with HIV is intended for use by programme managers and health providers. This package builds on the existing family planning interventions for all women (Table 3) and the package of essential services for high-quality maternal care (see Annex 4). It goes further, however, by focusing on family planning services for women living with HIV in the context of eMTCT (Box 6). The package provides the rationale for each service and related guidance to carry out each of the key actions, and reflects the most recent issues and research. All of these services can be carried out within maternal health and other SRH and HIV services, and some can be carried out within the community (e.g. media, schools, workplace, community groups), (see Section 7 Entry Points). Note that the package of services should be modified according to the key features of the HIV epidemic and sexual and reproductive health needs in each country (see Section 3 Related Programming Guidance).

Checklist for national programme implementation

Much can be done by programme managers and health providers within maternal and other SRH services, linked to the community to help women and their partners remain HIV-negative. At the systems level, to support this package of services, governments and district programme managers will need to undertake a set of related activities within the health services, including joint HIV and SRH planning, service integration, health provider training, commodities security, and engagement with the community (see Section 8 Checklists For National Programme Implementation). Checklists are provided to lay the groundwork for implementation of the packages of services (Section 8).

Key strategies

In order to effectively implement the delivery of the prongs 1 and 2 packages of essential services, five key strategies will contribute to overcoming barriers to women accessing comprehensive eMTCT services (see Section 9 Key Strategies and Actions), namely:

- **Strategy 1:** Link SRH and HIV at the policy, systems and service delivery levels
- **Strategy 2:** Strengthen community engagement
- **Strategy 3:** Promote greater involvement of men
- **Strategy 4:** Engage organizations of people living with HIV
- **Strategy 5:** Ensure non-discriminatory service provision in stigma-free settings.
Following new findings from recently published epidemiological studies, WHO convened a technical consultation in 2012 regarding hormonal contraception and HIV acquisition, progression and transmission. It was recognized that this issue was likely to be of particular concern in countries where women have a high lifetime risk of acquiring HIV, where hormonal contraceptives (especially progestogen-only injectable methods) constitute a large proportion of all modern methods used and where maternal mortality rates remain high.

After detailed, prolonged deliberation, informed by systematic reviews of the available evidence and presentations on biological and animal data, GRADE profile summaries on the strength of the epidemiological evidence, and analysis of risks and benefits to country programmes, the group concluded that WHO should continue to recommend that there are no restrictions (Medical Eligibility Criteria for contraceptive use (MEC) Category 1) on the use of any hormonal contraceptive method for women living with HIV or at high risk of HIV. However, the group recommended that a new clarification (under Category 1) be added to the MEC for women using progestogen-only injectable contraception at high risk of HIV as follows:

*Some studies suggest that women using progestogen-only injectable contraception may be at increased risk of HIV acquisition, other studies do not show this association. A WHO expert group reviewed all the available evidence and agreed that the data were not sufficiently conclusive to change current guidance. However, because of the inconclusive nature of the body of evidence on possible increased risk of HIV acquisition, women using progestogen-only injectable contraception should be strongly advised to also always use condoms, male or female, and other preventive measures. Expansion of contraceptive method mix and further research on the relationship between hormonal contraception and HIV infection is essential. These recommendations will be continually reviewed in light of new evidence.*

Overall, women should receive correct and full information from their healthcare providers so that they are in a position to make informed choices.

**Recommendations for women at high risk of HIV infection**

- Women at high risk of HIV can continue to use all existing hormonal contraceptive methods without restriction.
- It is critically important that women at risk of HIV infection have access to and use condoms, male or female, and where appropriate, other measures to prevent and reduce their risk of HIV infection and sexually transmitted infections (STIs).
- Because of the inconclusive nature of the body of evidence on progestogen-only injectable contraception and risk of HIV acquisition, women using progestogen-only injectable contraception should be strongly advised to also always use condoms, male or female, and other preventive measures. Condoms must be used consistently and correctly to prevent infection.

**Recommendations for women living with HIV infection**

- Women living with HIV can continue to use all existing hormonal contraceptive methods without restriction.
- Consistent and correct use of condoms, male or female, is critical for prevention of HIV transmission to non-infected sexual partners.
- Voluntary use of contraception by HIV-positive women who wish to prevent pregnancy continues to be an important strategy for the reduction of mother-to-child HIV transmission.

A clear recommendation was also made on the need for further research on this issue (see Section 11 Operational Research).

**Programmatic considerations**

- Based on current evidence, family planning programmes delivering services to women at risk of, or living with, HIV infection can continue to offer all methods of hormonal contraception. However, as none of these methods protects against HIV, the use of condoms or other HIV preventive measures should always be strongly recommended.
- Emphasize and promote the importance of male or female condoms in preventing STIs including HIV. When used consistently and correctly, condoms are very effective in preventing transmission of HIV and other STIs. They can be used alone or in conjunction with another effective contraceptive method to reduce the risk of both pregnancy and STIs, including HIV. Condoms (male and female) should be made available, either free or at low cost, and provided to all those who want them.
Country situations and programme environments vary greatly with respect to HIV prevalence, maternal mortality, availability of alternative contraceptive methods, access to HIV testing, care and treatment of HIV, and the ability of women to use condoms consistently. National programmes are encouraged to systematically introduce, adapt or adopt evidence-based family planning guidelines according to local contexts.

A commitment by programmes to respecting reproductive and human rights, integrating family planning and HIV prevention, and offering testing and treatment services is essential to meet the sexual and reproductive health needs of women, couples, families and communities.

Ensure the availability of a wider variety of highly effective contraceptive methods, including hormonal methods (oral, injectables, patches, rings, and implants), intrauterine devices (IUDs, both copper-bearing and levonorgestrel releasing), barrier methods (female and male condoms), and voluntary sterilization (for both men and women), to all medically eligible women and couples seeking family planning services, including women who are at risk of HIV infection and women living with HIV. Women living in low- and middle-income countries should have more choices for highly effective contraception than are currently available.

Develop or update effective, user-friendly family planning information and counselling tools that fully explain the risks and benefits of all contraceptive methods, including information with respect to HIV acquisition and the range of options for HIV prevention. Contraceptive counselling for women living in high-HIV prevalence settings should be guided by tools that specifically incorporate prevention of HIV and other STIs in the counselling method, and family planning providers should be trained in such integrated counselling strategies and in appropriate follow-up to ensure continuity of method utilization.

Provide easy-to-understand and comprehensive information to women and their partners about the benefits of contraceptive options available to them as well as any associated risks, including information regarding the inconclusive nature of the evidence on possible increased risk of HIV acquisition among women using progestogen only injectables.
### TABLE 4: PRONG 2 PACKAGE OF ESSENTIAL SERVICES

<table>
<thead>
<tr>
<th>DESCRIPTION OF SERVICE</th>
<th>HOW IT CONTRIBUTES TO PREVENTION OF UNINTENDED PREGNANCIES</th>
<th>KEY ACTIONS*</th>
</tr>
</thead>
</table>
| Information and counselling to support reproductive rights, including preventing unintended pregnancies | ■ Improves motivation and ability to exercise reproductive rights, including family planning, and to access services through increased awareness of:  
  > reproductive health as a right  
  > fertility options  
  > benefits of family planning  
  > how to prevent unintended pregnancies  
  > SRH and HIV health services, including family planning. | ■ Provide health education to women, men, families and community:  
  > to increase awareness of benefits of safer sex, family planning and birth spacing starting from the pre-pregnancy period during pregnancy and after childbirth 12, 13, 31, 51, 52, 66, 71  
  > to enable adolescents, women and men to access various reproductive health services through integrated and linked services 6, 22, 31, 47, 52, 66, 67, 68, 69, 71, 73  
  > counselling and distribution of contraceptive methods including emergency contraception 44, 71  
  > awareness of signs of domestic and sexual violence and referral 3, 19, 58, 60, 61 | |
| Clinical management of HIV | ■ Optimizing HIV health status can lead to improved maternal and therefore child health outcomes  
  ■ Poor health status can negatively impact on fertility  
  ■ Some ARV drugs can be teratogenic while others can interact with certain hormonal contraceptives, affecting their efficacy  
  ■ HIV treatment services can be good entry points for counselling on reproductive rights and offering family planning services  
  ■ Treatment as prevention can reduce the risk of HIV transmission within HIV discordant couples. | ■ Implement existing guidelines on ART, opportunistic infections and comorbidities. 9, 22, 44, 92, 93, 94 |

* All numbers in blue refer to References to Packages of Essential Services and Key Strategies and Actions.
### Rights-based family planning counselling and services

- Providing family planning counselling and services within a human rights framework supports the decision-making of women living with HIV regarding:
  - Fertility and infertility
  - Contraceptive method(s) choices
  - Timing and spacing of children as desired.

### How It Contributes to Prevention of Unintended Pregnancies

- Provide counselling on reproductive rights, including discussion of the right to be free from coercion, and rights to confidentiality, privacy, and informed consent.
  
  20, 22, 28, 31, 39, 52, 67, 71, 92, 93, 94

- Assess fertility.
  
  47, 66, 71, 92, 93, 94

- Counselling and provision of a full range of family planning methods:
  
  12, 22, 44, 47, 52, 53, 66, 71, 92, 93, 94

- Provide counselling on birth spacing in relation to maternal and perinatal health.
  
  47, 66

- Provide counselling to HIV discordant couples about HIV prevention, including how to minimize the risk of HIV transmission/acquisition and other STIs, especially when trying to conceive, and on ART as prevention and ART for prevention.
  
  9, 17, 44, 47, 52, 53, 66, 71, 72, 76, 92, 93, 94

- Refer to or provide a complete range of SRH services according to needs.
  
  5, 22, 28, 31, 47, 52, 66, 71, 92, 93, 94 (see also STI screening and management).

Depending on:

#### Intention to get pregnant:

- Counselling on reducing vertical transmission, conception among HIV concordant and serodiscordant couples.
  
  28, 52, 66, 71, 92, 93, 94

- Safe pregnancy and routine ANC recommendations.
  
  71, 92, 93, 94

- Use of ARVs during pregnancy and breastfeeding to reduce vertical transmission.
  
  11

#### Intention to delay or prevent pregnancy:

- Ascertain if currently using a method of contraception.
  
  44

- If yes: what method?

- Taking ARVs? Possible interactions between ARVs and hormonal contraceptives.
  
  44

- Counselling about method options, use, and side effects, including shifting and discontinuation.
  
  44

- Provide contraceptive supplies.
  
  12, 44, 64, 67, 71, 92, 93, 94

- Dual protection (female and male condoms) and lubricant.
  
  12, 13, 31, 51, 52, 64, 66, 71, 92, 93, 94

- Need for concomitant STI prevention and management.
  
  30, 31, 44, 71, 72, 76, 92, 93, 94

#### Failure to conceive:

- Identification of initial needs of the infertile couple, and referral.
  
  47, 52, 53, 66, 71, 92, 93, 94

- Appropriate management of the infertile couple, including serodiscordant couples.
  
  47, 52, 53, 66, 71, 92, 93, 94
### TABLE 4: PRONG 2 PACKAGE OF ESSENTIAL SERVICES

<table>
<thead>
<tr>
<th>DESCRIPTION OF SERVICE</th>
<th>HOW IT CONTRIBUTES TO PREVENTION OF UNINTENDED PREGNANCIES</th>
<th>KEY ACTIONS*</th>
</tr>
</thead>
</table>
| **STI screening and management**               | ■ Preventing and managing STIs, especially ulcerative and inflammatory, ones are important to protect health, including fertility  
■ For people living with HIV some STIs, such as herpes, can be more severe with low CD4 counts  
■ Syphilis infection in persons living with HIV can increase HIV viral load and decrease CD4 cell counts  
■ Maternal syphilis infection has also been associated with increased risk of mother-to-child transmission. In addition, syphilis during pregnancy causes 750,000 neonatal and foetal deaths each year in developing countries. Prevention and control of syphilis in pregnancy is therefore an important component of efforts to attain improved MCH outcomes. | ■ Screening for and recognition and possible management of STIs: 25, 30, 31, 47, 71, 72, 76, 93  
> Conduct syphilis screening at first ANC and other SRH visit(s), and provide immediate treatment if positive to client and sexual partner(s) 25, 31, 71, 72, 76  
> Intensify use of syndromic case management of STIs where other methods are not available (e.g., genital ulcer, vaginal discharge) 72, 76  
> Provide counselling on STI prevention (including information on recognition of symptoms, when and where to access services and relevant transmission information) 22, 25, 31, 47, 52, 66, 72, 76  
> Screening for cancer of the cervix and of the breast 15, 71, 72  
> Offer treatment for partners of women diagnosed with a STI. 25, 30, 72, 76 |
| **Gender-based violence prevention and impact mitigation** | ■ Gender-based violence is a pre-eminent human rights violation  
■ Women living with HIV may experience additional violence based on HIV-status  
■ Violence or even fear of violence may interfere with access to health, social, and legal services, and exercising reproductive rights. | ■ Screening for and management of signs/symptoms of domestic violence and sexual assault: 19, 58, 60, 61, 93  
> Take history and assess risk of violence, including by intimate partners, and ways to avoid it 19, 58, 60, 61, 93  
> Provide counselling and psychosocial support, as well as emergency contraception and HIV and STI post-exposure prophylaxis for women, men and adolescents who have experienced sexual violence 19, 58, 60, 61  
> Refer people who have experienced or are experiencing violence to appropriate services, including legal and psychological support services 19, 60, 61  
> Provide information on services and organizations specializing in gender-based violence. 19, 60, 61 |
| **Stigma and discrimination eradication**       | See Section 9 Key Strategies and Actions, Strategy 5  
See Section 9 Key Strategies and Actions, Strategy 5 |  |

Text in orange refers to interventions outlined in the package of key effective interventions for family planning for community and/or facility levels in developing countries (see Table 3).67
ENTRY POINTS:
SERVICE DELIVERY SETTINGS
Priority health service entry points for delivering PMTCT interventions include those services for maternal and newborn health, family planning, STIs, HIV counselling and testing, and HIV treatment. There are also additional community and health service entry points for prongs 1 and 2.

**Entry points for prong 1**
The entry points for primary prevention include (see Figure 6 and Table 5):

- **Maternal, newborn and child health services:** as women cycle in and out of pregnancy, MNCH services are the backbone of primary prevention for women of reproductive age. This is the time when women are both at an increased risk of HIV acquisition and are most likely to enter services. This is an opportunity to provide the full package of services.

- **Family planning services:** women may seek family planning services after or unrelated to a pregnancy. Family planning provides opportunities to integrate HIV counselling and testing and to promote and provide condoms for dual protection. Preventing unintended pregnancies also lowers the heightened risk of HIV acquisition and transmission during pregnancy and breastfeeding.

**FIGURE 6: OPPORTUNITIES FOR DELIVERING PMTCT PRONG 1 INTERVENTIONS**

- **HIV counselling and testing:** increased HIV counselling and testing, including couples HIV counselling and testing, is the gateway to knowing one’s status, being counselled on safer sex and provided with condoms as well as being able to access services such as ART, including treatment as prevention.
- **Antiretroviral therapy services:** accessing ART contributes to HIV prevention in serodiscordant partners (see Section 5 Prong 1, Box 4: Treatment as Prevention).
- **Sexually transmitted infection services:** STI services provide an entry point for providing STI screening and treatment, safer sex information and counselling, HIV counselling and testing, and condoms.

**Other services**
Child immunization and services for under 5s; primary health care providers; TB treatment and care; gender-based violence prevention and management; youth-friendly/youth-centered services; male SRH services (e.g. male circumcision); services specially tailored to sex workers; harm reduction for drug users, community-based outreach; organizations, including support groups, of people living with HIV and key populations; workplace (i.e. clinics and/or health education services); schools and tertiary educational institutions.
### Table 5: Prong 1 Package of Essential Services: Entry Points and Challenges

<table>
<thead>
<tr>
<th>Service (see Table 2: Prong 1 Package of Essential Services)</th>
<th>Entry Points</th>
<th>Challenges to Provision and Uptake of Services</th>
</tr>
</thead>
</table>
| Information and counselling to reduce the risk of sexual HIV transmission | MNCH: ✔✔✔ FP: ✔✔✔ STI: ✔✔ HCT: ✔✔ ART: ✔ Community: ✔✔ | Sensitivity to discussing sexual matters  
Low perception of risk of HIV infection by women and their partners  
Inadequate community awareness of vulnerability to HIV during pregnancy/postpartum and of vertical transmission resulting in insufficient demand |
| HIV counselling and testing (particularly for pregnant, postpartum, and breastfeeding women and their male partners) and referral or on site treatment | MNCH: ✔✔✔ FP: ✔ STI: ✔✔ HCT: ✔✔ ART: ✔ Community: ✔ | Reluctance of client or partner to be tested  
Fear of discrimination, disclosure and consequences, including criminalization  
Insufficient counselling of postpartum HIV-negative women  
Fear of consequences of disclosure |
| Treatment as prevention (see Section 5, Box 4: Treatment as Prevention) | MNCH: ✔ ✔ ✔ FP: ✔ HCT: ✔ Community: ✔ | Stigma and discrimination in health care settings and elsewhere  
Male partner reluctance to learn HIV status  
Loss to follow-up |
| STI screening and management | MNCH: ✔✔✔ FP: ✔ STI: ✔ ✔ Community: ✔ | Asymptomatic nature of STIs  
Lack of awareness of implications of STIs on future fertility, HIV acquisition and transmission, and infants’ health  
Inadequate STI management and dual protection in ANC and postpartum services |
| Condoms (female and male): promotion, provision, and building skills for negotiation and use | MNCH: ✔ ✔ ✔ FP: ✔ ✔ ✔ STI: ✔ ✔ HCT: ✔ ✔ ART: ✔ Community: ✔ | Inadequate emphasis on dual protection in ANC and postpartum services  
Lack of understanding that HIV can be transmitted or acquired during pregnancy and postpartum |
| Blood safety and anaemia prevention to reduce blood-related transmission | MNCH: ✔ ✔ ✔ FP: ✔ STI: ✔ HCT: ✔ ART: ✔ Community: ✔ | Insufficient practice of universal precautions  
Inadequate attention to anaemia prevention and treatment in ANC  
Inadequate attention to blood safety in delivery services  
Overcoming the reluctance of women to access hospitals and clinics for ANC and delivery |
| Gender-based violence prevention and impact mitigation | MNCH: ✔✔✔ FP: ✔ STI: ✔ HCT: ✔ ART: ✔ Community: ✔ | Lack of understanding that gender-based violence is a human rights violation  
Lack of empowerment to demand cessation of gender-based violence |

This generic table indicates what services could logically be provided by each service entry point. Number of ‘ticks’ correlates to how important and commonly used an entry point may be. However, service delivery modalities and entry points, and their priority for delivering the packages of services will vary by country context.
Entry points for prong 2

There are four principal entry points for women living with HIV to be offered family planning services (see Figure 7 and Table 6), namely:

- **Maternal, newborn and child health services:** many women learn their HIV status in antenatal clinics, during delivery, postpartum or in newborn services where family planning should be a routine part of service provision to varying extents.

- **Family planning services:** women living with HIV may learn their status through HIV counselling and testing in family planning clinics, or already know their status when accessing these family planning services.

- **HIV treatment and care services:** women living with HIV who access HIV clinical care should receive integrated SRH services, including family planning, or at least be referred to such services. People living with HIV have indicated preferences for HIV and family planning services to be provided in both HIV clinics and in community-based facilities, if they are integrated.71

- **Sexually transmitted infection services:** STI services provide an entry point for providing STI screening and treatment, information, counselling and condoms for dual protection, and/or contraceptives or referral to family planning services.

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**FIGURE 7: OPPORTUNITIES FOR DELIVERING PMTCT PRONG 2 INTERVENTIONS**

- **HIV care and treatment services** (for adults and children)
- **Sexually transmitted infection services**
- **Family planning (FP) services**
- **Maternal, newborn, and child health services** (antenatal, postpartum, delivery, newborn)
- **Prong 2** Prevention of unintended pregnancies in women living with HIV (as part of rights-based SRH of people living with HIV)
- **Other services**
  - Child immunization and services for under 5s; primary health care providers; TB treatment and care; gender-based violence prevention and management; youth-friendly/youth-centered services; male SRH services (e.g. male circumcision); services specially tailored to sex workers; harm reduction for drug users, community-based outreach; organizations, including support groups, of people living with HIV and key populations; workplace (i.e. clinics and/or health education services); schools and tertiary educational institutions.
This generic table indicates what services could logically be provided by each service entry point. Number of ‘ticks’ correlates to how important and commonly used an entry point should be. However, service delivery modalities and entry points, and their priority for delivering the packages of services will vary by country context.
CHECKLISTS FOR NATIONAL PROGRAMME IMPLEMENTATION
This section provides actions for governments, including district programme managers, to strengthen programs based on the Global Plan 10-point plan, the IATT priority implementation areas, and illustrative checklists for delivery of services for prongs 1 and 2. These actions are cross-referenced to relevant sections of this framework.

Country implementation actions\textsuperscript{74}: 10-point plan\textsuperscript{75}

The ‘Global Plan towards the Elimination of New HIV Infections among Children by 2015 and Keeping their Mothers Alive’ outlines a 10-point action plan for implementation by the 22 priority countries\textsuperscript{x} which can be adapted by countries with low and concentrated epidemics. Many of the actions contained in this framework for preventing HIV and unintended pregnancies will help countries implement the 10-point plan:

1. Conduct a strategic assessment of key barriers to elimination of new HIV infections among children and keeping their mothers alive (Section 7, Tables 5 and 6, and Section 9 Key Strategies and Actions, Strategy 1).
2. Develop or revise nationally-owned plans towards elimination of new HIV infections among children and keeping their mothers alive and cost them (see Table 7).
3. Assess the available resources for elimination of new child HIV infections and keeping their mothers alive and develop a strategy to address unmet needs.
4. Implement and create demand for a comprehensive, integrated package of HIV prevention and treatment interventions and services (see Sections 5 and 6, Tables 2 and 4 Package of Essential Services and Section 9 Key Strategies and Actions, Strategies 1–5).
5. Strengthen synergies and integration fit to context between HIV prevention and treatment and related health services to improve MCH outcomes (see Section 9 Key Strategies and Actions, Strategy 1).
6. Enhance the supply and utilization of human resources for health (Section 9 Key Strategies and Actions, Strategies 1 and 2, and see Table 7).
7. Evaluate and improve access to essential medicines and diagnostics and strengthen supply chain operations (see Table 7).
8. Strengthen community involvement and communication (see Section 9 Key Strategies and Actions, Strategies 2–5).
9. Better coordinated technical support to enhance service delivery (see Section 9 Key Strategies and Actions, Strategy 1).
10. Improve outcomes assessment, data quality, and impact assessment (see Table 7 and Section 9 Key Strategies and Actions, Strategies 4 and 5).

Key IATT tools and guidelines developed in support of the Global Plan

1. Checklist for rapid review of existing national PMTCT plans (see Section 9 Key Strategies and Actions, Strategy 1, Box 9: Rapid Assessment Tool for Linking SRH and HIV).
2. Dashboard for collection of baseline data/information and monitoring progress at national and sub-national level (see Section 9 Key Strategies and Actions, Strategies 1 and 2, and Section 10 Targets and Indicators).
3. Guidance and excel tool for an equity-focused bottleneck analysis at sub-national level (Section 9 Key Strategies and Actions, Strategies 1–5).
4. Guide for setting national goals and targets (Section 10 Targets and Indicators).
6. National core PMTCT M&E indicators and definitions (Section 10 Targets and Indicators).
7. Global M&E framework for eMTCT (Section 10 Targets and Indicators).
8. Impact assessment guide (Section 9 Key Strategies and Actions, Strategies 1–5 and Section 10 Targets and Indicators).
9. Guidance on costing of eMTCT plans (Sections 5 and 6, Tables 2 and 4 Package of Essential Services and Section 11 Operational Research).
National programme implementation

Building on this 10-point plan, the Global Action Framework for the Elimination of Mother-to-Child Transmission of HIV of the IATT recommends a set of actions in four strategic priority areas to guide and accelerate global, regional and country level efforts towards eMTCT (see Figure 8). It also provides a set of actions for countries that conform to the following five priority implementation areas (see Figure 8).

Table 7 includes all actions from the Global Action Framework, relevant to all four prongs as well as additional actions specific to prongs 1 and 2 (in italics). Actions are cross-referenced to relevant sections of this framework.
### TABLE 7: IMPLEMENTATION AREAS FOR FOCUSED COUNTRY-LEVEL ACTION TO OVERCOME BOTTLENECKS

<table>
<thead>
<tr>
<th>IMPLEMENTATION AREAS</th>
<th>ACTIONS</th>
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| **Undertake strategic re-visioning of national plans and resources allocation in light of programme performance including identified bottlenecks** | - Revise national plans to align them with eMTCT goals and targets. This goes beyond rhetorically stating elimination as a goal to determining strategic priorities and programming shifts required to achieve eMTCT based on analysis of current performance and bottlenecks (see Introduction, Table 1 [Targets] and Sections 5 and 6, Prongs 1 and 2).  
- Identify financial gaps and align budgets to address the revision of national plans in line with eMTCT, taking into account underachieving districts for targeted resource allocation.  
- Prepare joint proposals building on the comparative strengths of both SRH/MNCH and HIV/ PMTCT programmes and the specific needs of the country (e.g. Global Fund proposals should fully include SRH/MNCH partners in strategic planning, budgeting, fund raising, and Country Coordinating Mechanisms) (see Section 9 Key Strategies and Actions, Strategy 1).  
- Systematically address PMTCT in H4+ joint planning and identify opportunities for maximizing efficient use of technical and financial resources through collaborative work (see Section 9 Key Strategies and Actions, Strategy 1). |
| **Adapt PMTCT programmatic approaches to the performance of the MNCH platform** | - Undertake PMTCT programme assessment focusing on bottleneck analysis\(^7\) that looks at (see Section 9 Key Strategies and Actions, Strategy 1):  
  - the HIV and AIDS contribution to overall maternal, neonatal and child mortality  
  - the MNCH landscape and its interactions with PMTCT-related interventions across all points of the service delivery cascade  
  - the partnership framework around MNCH, PMTCT, adult and paediatric care and treatment, including areas of support and specific activities  
  - target populations and their access and utilization of antenatal, childbirth, postnatal and paediatric services.  
- An analytical description of key areas of synergies, missed opportunities for delivering key services and responses to policy and systemic challenges, with areas and opportunities for improvement is a primary outcome.  
- Identify women and children who are not reached through equity analysis and assess reasons why they are not accessing or utilizing available services. This should include facility- as well as community-based assessments to fully comprehend the spectrum of social, cultural, economic and systemic barriers (see Section 9 Key Strategies and Actions, Strategies 1 and 2, and Section 11 Operational Research).  
- In a bi-directional integration and linkages goal, build capacity across the SRH/MNCH platform and at all points of delivery of PMTCT interventions to (see Section 9 Key Strategies and Actions, Strategy 1):  
  - **Prong 1** – Operationalize primary prevention in the context of PMTCT: use antenatal, childbirth, postnatal care, family planning, STIs, immunization and under 5 services as entry points for the provision of primary HIV prevention services. The elimination of MTCT will not be achieved without lowering the rate of new infections among women of childbearing age including pregnant women (see Section 5, Prong 1 and Section 7 Entry Points).  
    - Countries should develop and implement policies and programme strategies that promote and support the provision of primary HIV prevention services at all possible entry points for women, particularly at all points of service delivery across the MNCH platform.  
    - Particular attention should be paid to: the specific needs of adolescent girls, people who use drugs, sex workers, populations of humanitarian concern; male partner involvement; couples counselling and testing and discordant couples; gender-based violence; and stigma and discrimination.  
  - **Prong 2** – Improve the synergies and operational linkages between PMTCT and family planning and other SRH services to significantly reduce unmet need for family planning. Access to rights-based family planning and other SRH services is critical to the success of PMTCT programmes, achieving eMTCT and overall improved maternal health, in addition to providing other intrinsic benefits for women (see Section 6, Prong 2 and Section 7 Entry Points).  
    - Countries should develop and implement policies and programme strategies that ensure:  
      - the provision of family planning services as an integral component of the eMTCT package of services in MNCH/PMTCT and ART centres  
      - the provision of HIV counselling and testing services in family planning settings  
      - involvement of male partners  
      - all the while, respecting the reproductive rights of HIV-positive women. |
### TABLE 7: IMPLEMENTATION AREAS FOR FOCUSED COUNTRY-LEVEL ACTION TO OVERCOME BOTTLENECKS

<table>
<thead>
<tr>
<th>IMPLEMENTATION AREAS</th>
<th>ACTIONS</th>
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<tbody>
<tr>
<td></td>
<td>&gt; Rapidly expand access to more efficacious ARV regimens for PMTCT and quality infant feeding counselling and support, including extended prophylaxis during the breastfeeding period (prongs 3 and 4). Elimination of MTCT requires a functional continuum of care within MNCH settings for timely access to CD4 cell counts to determine ART eligibility of pregnant women living with HIV; more efficacious ARVs for pregnant women including ART for those in need of treatment for their own health and prophylaxis consistent with the most recent WHO recommendations and quality infant feeding counselling and support including extended prophylaxis during the breastfeeding period. Where necessary, appropriate policy decisions should be made to promote and support context-adapted task shifting and sharing (see Section 6 Prong 2, Table 4).</td>
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<tr>
<td></td>
<td>&gt; Strengthen linkages and referral mechanisms between SRH services with ART, paediatrics and other SRH clinics and communities. Countries should develop and implement strategies for linking SRH and HIV, addressing policy, system and service delivery issues. In addition to ART and other reproductive health services, attention should be paid to entry points for children including immunization and nutrition (see Section 9 Key Strategies and Actions, Strategy 1).</td>
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<tr>
<td></td>
<td>■ Establish and/or strengthen coordinating mechanisms and structures for SRH/MNCH and HIV/PMTCT with clear delineation of common goals, objectives, roles and responsibilities at all levels (e.g. national, district and local) to achieve mutual goals (see Section 9 Key Strategies and Actions, Strategy 1).</td>
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<td>■ In countries where national maternal and newborn health Task Forces exist (intended to monitor and support the implementation of the national maternal and newborn health Road Map79), these Task Forces should be reinforced to include, if it is not yet the case, HIV programme experts, in order to support SRH/MNCH-HIV integration, and joint reporting and accountability mechanisms. Any related coordinating body should also include representation from other sectors as well as the community, including people living with HIV and key populations, to ensure that a broad range of perspectives are actively engaged in planning, monitoring, and implementation of PMTCT (see Section 9 Key Strategies and Actions, Strategies 1 and 4).</td>
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<td>■ Undertake joint SRH/MNCH and HIV strategic programme planning and budgeting for PMTCT to expand primary prevention, family planning, and access to HIV testing, clinical/immunological staging and ARV interventions for pregnant women, mothers, their children and their male partners (see Section 9 Key Strategies and Actions, Strategies 1 and 3).</td>
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<td>■ The objectives, roles and responsibilities of each programme in implementing specific PMTCT activities at national and district levels must be clearly defined (see Section 7 Entry Points and Section 9 Key Strategies and Actions, Strategies 1 and 2).</td>
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<td>■ Integrate or strengthen integration of core programme elements related to PMTCT (including HIV counselling and testing/re-testing, couples counselling for pregnant women, assessments and ART for women living with HIV and their partners, early infant diagnosis (EID) and paediatric ART) within relevant SRH/MNCH programme departments with transfer of responsibilities and resources as needed based on a joint road map for integration (see Section 7 Entry Points and Section 9 Key Strategies and Actions, Strategy 1).</td>
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<td>■ Countries implementing collaborative activities should jointly set country-specific SRH and PMTCT targets pertinent to both, define baselines, key indicators and plan collaborative activities (see Section 10 Targets and Indicators).</td>
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<td>■ In all settings, integrate pre-service and in-service training and continuing education for service delivery providers on essential interventions during pregnancy, delivery, postpartum and child health, and PMTCT (see human resources below, Sections 5 and 6, Tables 2 and 4, and Section 9 Key Strategies and Actions, Strategies 1 and 5).</td>
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<td>■ Adapt, develop, and/or promote jointly updated national guidelines and tools using existing guidance where available (e.g. IMPAC, Integrated Management of Adult and Adolescent Illness/Integrated Management of Childhood Illness (IMAI/IMCI), Needs Assessment and Planning and Programming) (see Section 3 Related Programming Guidance).</td>
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<td>■ Develop integrated monitoring systems, nationally harmonized indicators, joint programme reviews, joint supervision, and joint resource mobilization to strengthen monitoring and evaluation (M&amp;E) systems (see Section 10 Targets and Indicators).</td>
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<td>IMPLEMENTATION AREAS</td>
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| Improve the quality of service delivery by addressing human resources for health, especially task shifting and sharing | In line with a bi-directional integration of MNCH and PMTCT platforms, undertake assessment of the national health workforce status. This should include human resources policies, funding, national and sub-national management and regulatory frameworks that guide decision-making, training curricula and remuneration policies (see Section 9 Key Strategies and Actions, Strategy 1). Develop strategies to strengthen and maintain the workforce based on country assessment findings with attention to training, mentoring, routine supportive supervision, schemes to increase and retain human resources in response to increased demands and opportunities for appropriate tasking shifting/sharing (see Section 9 Key Strategies and Actions, Strategies 1 and 5). Identify new possible cadres to expand as necessary and existing under-utilized cadres that can be strengthened. This should include: > supporting professionalization of nursing and midwifery cadres > advocacy among doctors for greater recognition of the role of nursing and midwifery cadres > expanding opportunities for increased engagement and utilization of working with persons living with HIV within the health system (see Section 9 Key Strategies and Actions, Strategy 4) > defining and strengthening a national mentoring programme and supportive supervision. Provide support to: > coordinate training and re-training of health care workers, in line with national plans (see also Section 9 Key Strategies and Actions, Strategy 5) > implement pre-service training curricula that are current and reflective of programme needs (see also Section 9 Key Strategies and Actions, Strategy 5) > recruit, train and retain community health workers that will promote increased demand for and facilitate access to and utilization of services (see also Section 9 Key Strategies and Actions, Strategy 2) > train people living with HIV and members of key populations as peer educators (see also Section 9 Key Strategies and Actions, Strategy 4). Revise curricula and strengthen supervision and in-service training to enhance capacity of health providers, in maternal health services, family planning and other SRH and HIV services, and of community health workers (as appropriate) to routinely carry out activities to support (see Section 9 Key Strategies and Actions, Strategies 1 and 2): > Prong 1 – primary prevention including through provider-initiated couples HIV counselling and testing as appropriate; intensified HIV post-test counselling; HIV re-testing; counselling on susceptibility to HIV during pregnancy, postpartum, and breastfeeding including implications for infants; condom provision, guidance on use, and skills-building to negotiate use; treatment as prevention; STI and gender-based violence prevention and management; counselling for serodiscordant couples; prevention and treatment of anaemia; blood safety; and provision of confidential stigma-free services (see Section 5 Prong 1, Table 2). > Prong 2 – reproductive rights and prevention of unintended pregnancies in women living with HIV including through HIV clinical management, establishing fertility intentions; counselling on reproductive rights; infertility services; STI and gender-based violence prevention and management; provision of a full range of contraceptives (including but not limited to condoms for dual protection); understanding potential drug interactions between certain ARVs and hormonal contraceptives; sensitization training to reduce stigma and discrimination in service provision (see Box 8, Section 6, Prong 2, Table 4 and Section 9 Key Strategies and Actions, Strategy 5). > Enhance capacity building and supervision of peer counsellors, especially women living with HIV, to enhance their skills to provide support to women and their partners attending maternal and other SRH and HIV services (see Section 9 Key Strategies and Actions, Strategies 2 and 3). > Examine protocols for potential revision to include: provider-initiated HIV counselling and testing; couples counselling as appropriate; HIV re-testing during pregnancy, delivery and breastfeeding; engagement of men; and intensified counselling on primary prevention (see Section 9 Key Strategies and Actions, Strategy 1).
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<th>IMPLEMENTATION AREAS</th>
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| Timely assessment of supply requirements and system functionality linked to programme performance | ■ Define at the global level common guidance and procedures for systems assessment and forecasting, and set up technical assistance mechanisms for avoidance of and timely response and investigation of stock outs.  
■ Establish mechanisms for better coordination and information sharing among co-existing programme-related product and supply chain management (PSM) systems.  
■ Develop indicators and mechanisms to assess global availability of essential supplies and overall PSM system performance assessment including stock outs.  
■ Build capacity at national and sub-national levels focusing on PSM-related data analysis for effective supply planning, forecasting and operational follow-up.  
■ Promote and support large scale implementation of innovations.  
■ Strengthen logistics systems to ensure commodities are available for HIV prevention and prevention of unintended pregnancies including: full range of contraceptives including condoms (female and male) and lubricants; condom demonstration model(s); STI drugs; HIV test kits; cervical cancer screening equipment and supplies; HIV prevention information materials; iron and folate; de-worming medicine; fertility drugs; pre-exposure prophylaxis (PEP) (for HIV and pregnancy); rape kits; ARVs; sterile injecting equipment, gloves; and safe blood supply (see Section 9 Key Strategies and Actions, Strategy 1).  
■ Integrate PMTCT and SRH commodities and drugs into one national system for drug and laboratory procurement and supply (see Section 9 Key Strategies and Actions, Strategy 1). |
| Improve communication and community-based approaches, including community involvement, to promote increased demand, utilization and follow-up support for services | ■ Develop and implement policies and innovative programme solutions that address barriers to access and utilization such as user fees, non-conditional and conditional cash transfers, vouchers and social insurance (see also Section 9 Key Strategies and Actions, Strategy 2).  
■ Develop and implement community-based communication strategies to improve household behaviours, promote awareness, and increase demand for and utilization of services (see Section 9 Key Strategies and Actions, Strategies 2–4).  
■ Develop and implement policies and programme approaches that foster community involvement, building on existing community structures such as NGOs, CBOs, community health workers, skilled birth attendants, networks of people living with HIV and key populations (see Section 9 Key Strategies and Actions, Strategies 2 and 4).  
■ Support development and implementation of regulatory frameworks and motivation systems (including for the community and people living with HIV) (see Section 9 Key Strategies and Actions, Strategies 2–4).  
■ Promote and support operational research for innovative approaches to service delivery in areas with weak health systems, including areas affected by humanitarian crises (see Section 11 Operational Research).  
■ Increase demand for and utilization of SRH and HIV services, and awareness of PMTCT including through the media, other community outreach, and by providing in-school PMTCT education as part of HIV and comprehensive sexuality education (see Sections 5 and 6, Tables 2 and 4 Package of Essential Services: Information and Counselling, and Section 9 Key Strategies and Actions, Strategy 2). |
## TABLE 7: IMPLEMENTATION AREAS FOR FOCUSED COUNTRY-LEVEL ACTION TO OVERCOME BOTTLENECKS

<table>
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<tr>
<th>IMPLEMENTATION AREAS</th>
<th>ACTIONS</th>
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| **Mobilize and leverage partners and resources to support country level implementation** | □ Conduct mapping of available resources and define the gap that needs to be filled to help address the bottlenecks that impede implementation and progress. This mapping needs to be done across the sector, guided by all stakeholders (see Section 9 Key Strategies and Actions, Strategy 1).  
□ Promote and support strategic orientation to planning taking into consideration – the need for PMTCT programmes to be linked and integrated into broader MNCH and other SRH responses. This will enable PMTCT investments to support broader health system strengthening and also ensure that PMTCT is included in domestic budgets and that resource needs, gaps and expenditure at the lowest levels are clearly identified. This strategic planning engagement will help ensure that eMTCT is embedded in larger resource commitments such as national proposals to the Global Fund to fight AIDS, Tuberculosis and Malaria (GFATM) and Partnership Frameworks (see Section 9 Key Strategies and Actions, Strategy 1).  
□ Develop and implement resource leveraging strategies to help address the bottlenecks and gaps that are impeding implementation.  
□ Promote and facilitate investors’ participation in all key steps of the programme – international partner representation and participation should be encouraged at national level. This provides an opportunity to both create awareness amongst donors and investors of the potential that PMTCT programmes have for both HIV and MNCH outcomes. It also provides a platform for donors and investors to share their concerns and priorities with the government and implementers. This opportunity will help create goodwill and appeal for PMTCT programmes among the donors.  
□ Develop a framework and strategies for effective communication and coordination among all key stakeholders such as the government, implementing partners, civil society, NGOs, donors and the UN agencies. This will enhance a shared understanding of the current and developing status of investments in eMTCT and will enable partners themselves to support further resource mobilization. Donors’ requests for sector-related information and documents need to be addressed and clear reporting on results will ensure continued investments for PMTCT outcomes.  
□ Countries, as needed, should receive support for joint planning and budgeting regarding health systems strengthening, in particular distribution of financial and human resources, updating of national guidelines and tools, procurement, and service delivery. At local/district level, joint planning and management should include capacity building, supervision, drugs/commodities, M&E and accountability. This includes involvement/representation of key staffing impacted by such planning (see Section 9 Key Strategies and Actions, Strategy 1).  
□ Advocate with national governments, health providers, and donors to increase their understanding of and commitment to:  
\> implement the full package of essential services under prongs 1 and 2 (see Sections 5 and 6, Tables 2 and 4 Package of Essential Services), including through integration of services, and supportive policies and systems for linking SRH and HIV (see Section 9 Key Strategies and Actions, Strategies 1 and 2)  
\> human rights principles, upon which implementation of PMTCT is based, including that prong 2 is grounded in respect for the rights of people living with HIV to decide freely and responsibly the number, spacing and timing of their children and to have the information to do so⁸¹ (see Section 9 Key Strategies and Actions, Strategy 5, and Sections 5 and 6, Tables 2 and 4).  
□ Advocate for SRH, including maternal health, to take increased responsibility for PMTCT and other related HIV interventions. Develop joint SRH/MNCH and HIV advocacy strategies to ensure coherence between their messages directed to key stakeholders, decision-makers and the community. Make use of the UN Secretary-General’s Global Strategy on Women’s and Children’s Health, which specifically refers to the importance of PMTCT, and other MNCH initiatives, in advocacy and communication messages (see Introduction and Sections 5 and 6, Prongs 1 and 2).  
□ Jointly mobilize additional resources to strengthen integrated SRH/MNCH and HIV/PMTCT programmes (see Section 9 Key Strategies and Actions, Strategy 1). |
Checklist for services that support prongs 1 and 2 of comprehensive PMTCT

The questions in the following two checklists for prongs 1 and 2 (Table 8 and 9) were derived from a case study in Swaziland on the implementation of prongs 1 and 2 (see Box 5 and 7: Linking SRH and HIV: Gateways to Integration – a Case Study from Swaziland: Towards Elimination of Mother-to-Child Transmission of HIV). They will help an organization assess whether it is effectively providing services for prongs 1 and 2.

Y = Yes, we undertake this work/activity
N = No, we do not undertake this work/activity
I = Insufficient, in preparation, or being considered

There is no formalized scoring process for this assessment. Instead, it is suggested that the questions answered with ‘no’ or ‘insufficient’ be used as a starting point for reflection.

### Table 8: Checklist for Services That Support Prong 1

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<th>QUESTION</th>
<th>Y</th>
<th>N</th>
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<tbody>
<tr>
<td>1</td>
<td>Are community- and facility-based health education activities, aimed at both young and adult women, and their partners conducted to increase awareness about the advantages of and the availability of services to:</td>
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<td>support informed decision-making about sexual debut, the risks of HIV transmission and the use of contraception, including condoms?</td>
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<td>support consistent use of male or female condoms to prevent HIV transmission, other STIs, and unintended pregnancy?</td>
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<td></td>
<td>encourage uptake of voluntary counselling and testing in order to determine their HIV status?</td>
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<td></td>
<td>encourage the early treatment of sexually transmitted infections?</td>
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<td>2</td>
<td>Are these activities and services provided in an adolescent- or youth-friendly manner and do they attempt to address – even in a partial way – the structural factors that increase women’s vulnerability to HIV, such as:</td>
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<td>gender inequality?</td>
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<td>multiple concurrent partnerships?</td>
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<td>violence against women?</td>
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<td>HIV-related stigma and discrimination?</td>
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<td>3</td>
<td>Are women who have experienced gender-based violence routinely provided with:</td>
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<td></td>
<td>counselling support and related SRH services?</td>
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<td></td>
<td>psychosocial and legal support?</td>
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<td>emergency contraception in the event of a sexual assault?</td>
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<td></td>
<td>post-exposure prophylaxis in the event of a sexual assault?</td>
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<td>#</td>
<td>QUESTION</td>
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<td>4</td>
<td>For those women who are pregnant, have tested HIV-negative and are attending antenatal, or postpartum care services, are they routinely:</td>
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<td>provided with information and counselling on safer sex, risk reduction and condom use during the course of their pregnancy and the postpartum period?</td>
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<td>provided with information and counselling on STI prevention (including information on the recognition of symptoms) and, where necessary, the treatment of STIs?</td>
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<td>encouraged and supported to involve their male partner in their antenatal and postnatal care consultations?</td>
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<td>provided with an opportunity to discuss the issue of postpartum sexual activity and contraception early after delivery or even late in the last trimester to provide women with the appropriate knowledge to allow them to make informed decisions regarding their reproductive futures?</td>
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<td>provided with the contraceptives of choice in preparation for postpartum sexual activity and, importantly, provided with condoms during their antenatal care consultations?</td>
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<td></td>
<td>encouraged to re-test for HIV on a regular basis throughout and after their pregnancy – ideally with their partner in the context of a couple counselling session?</td>
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<td>5</td>
<td>Are contraceptive commodities and, importantly, male and female condoms, readily available to women at every consultation they have with a health service provider?</td>
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<td>6</td>
<td>Are creative strategies used by health care providers to encourage greater male involvement in antenatal, maternity and postpartum care (see Section 9 Key Strategies and Actions, Strategy 3) such as:</td>
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<td>educational talks?</td>
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<td>an invitation to attend a medical consultation without waiting in line?</td>
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<td>couple counselling?</td>
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<td>7</td>
<td>Are health care providers, with a women’s consent, able to skilfully address male partners in such a way as to raise awareness of their responsibility for practicing safer sex and facilitate the associated behaviour change (see Section 9 Key Strategies and Actions, Strategy 3)?</td>
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<td>8</td>
<td>To ensure the components of PMTCT prong 1 are integrated into routine practice within the facility and organization:</td>
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<td></td>
<td>are all members of the health team sufficiently trained to provide the above interventions with their clients?</td>
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<td></td>
<td>has the team agreed at which points in the PMTCT process (i.e. provider-initiated HIV counselling and testing, antenatal care, intrapartum care, postnatal care, and follow-up of exposed infants) the above information and counselling will be provided to clients?</td>
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<td>has the health team identified which members of the health team will provide clients with the above information and services?</td>
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<td>are the above elements incorporated into standard operating procedures or guidelines of the facility or organization so that all (and specifically new) members of the health team are aware of this practice?</td>
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<td>#</td>
<td>QUESTION</td>
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<tr>
<td>1</td>
<td>Do women living with HIV also receive, as part of their routine HIV services, SRH counselling that:</td>
<td>affirms the right of women living with HIV, and couples, to make an informed decision about whether and when they want children?</td>
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<td>provides women with information on the healthy timing and spacing of pregnancies?</td>
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<td>focuses, on a regular basis, on fertility intentions – and if a pregnancy is desired, is a client provided with the necessary pre-conception counselling and care so as to plan for conception in a way that optimizes her health, that of her partner (particularly in the case of a sero-discordant couple) and prevents MTCT?</td>
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<td>provides information, in a non-judgmental manner, on the full range of contraceptive options available to women, their use and side effects and how a client can access the commodity of their choice at the service delivery site – including the availability of and access to emergency contraception?</td>
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<td>provides follow-up and support to assess the continuation or switch of the chosen contraceptive method?</td>
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<td>discusses the value of dual protection and provides the client with skills-building support to reduce unprotected sex (and, for example, introduce the use of condoms into her existing and future sexual relationships)?</td>
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<td>discusses the involvement and joint responsibility of the client’s male partner(s) in practicing safer sex, contraception and planning for conception – and considers ways the client can encourage his involvement in these issues in the future?</td>
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<td></td>
<td>provides information and counselling on STI prevention (including information on the recognition of symptoms) and, where necessary, the treatment of STIs?</td>
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<td></td>
<td>provides support for HIV disclosure, particularly in sero-discordant couples?</td>
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<td>2</td>
<td>If a support group for people living with HIV is convened, are the above sexual and reproductive health and rights issues similarly raised and discussed as part of the content of this group (see Section 9 Key Strategies and Actions, Strategy 4)?</td>
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<td>3</td>
<td>Are members of the health team equipped to provide counselling and support for perinatally infected adolescents who, increasingly, will require similar information and services related to family planning and dual protection, pre-conception care and PMTCT (see Section 9 Key Strategies and Actions, Strategy 5)</td>
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<td>4</td>
<td>Are contraceptive commodities and, importantly, male and female condoms, readily available to women living with HIV at every consultation they have with a health service provider?</td>
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<tr>
<td>5</td>
<td>Are women living with HIV who have experienced gender-based violence routinely provided with:</td>
<td>counselling, psychosocial and legal support?</td>
<td>emergency contraception and other related services in the event of a sexual assault?</td>
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<tr>
<td>6</td>
<td>To ensure the components of PMTCT prong 2 are integrated into routine practice within the facility and organization:</td>
<td>are all members of the health team sufficiently trained to provide the above interventions with their clients?</td>
<td>has the team agreed at which points in the PMTCT process (i.e., provider-initiated HIV counselling and testing, antenatal care, intrapartum care, postnatal care, and follow-up of HIV-exposed infants) the above information and counselling will be provided to clients?</td>
<td>has the health team identified which members of the health team will provide clients with the above information and services?</td>
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9 KEY STRATEGIES AND ACTIONS

Strategy 1: Link SRH and HIV at the policy, systems and service delivery levels
Strategy 2: Strengthen community engagement
Strategy 3: Promote greater involvement of men
Strategy 4: Engage organizations of people living with HIV
Strategy 5: Ensure non-discriminatory service provision in stigma-free settings
Achieving the targets for improving maternal health and eliminating mother-to-child transmission of HIV requires linking HIV and SRH responses. Programming for prongs 1 and 2 requires effectively integrating MNCH, family planning, STI, and HIV services (see Figure 9), while jointly addressing health systems’ bottlenecks, and ensuring a supportive policy environment respecting human rights. Action needs to be taken at the policy, systems and service delivery levels. (see Section 7 Entry Points, Section 8 Operational Issues and Section 9 Key Strategies and Actions). In this climate of increased harmonization, collaboration, and accountability, and spurred by pressure to make significant headway towards reaching MDGs 3, 4, 5 and 6, the political and programmatic imperative of a joint SRH and HIV response is undeniable.

Key points
- The rationale for linking SRH and HIV responses is indisputable – most HIV infections are sexually transmitted or are associated with pregnancy, childbirth and breastfeeding\(^8\); and the risk of HIV transmission and acquisition can be further increased in the presence of certain STIs. Moreover, sexual and reproductive ill-health and HIV share root causes, including economic inequality, limited access to appropriate information, gender inequality, harmful cultural norms and social marginalization of the most vulnerable populations (see Annex 3 Gender Equality and Empowerment section).
- The potential public health benefits of linking SRH and HIV are: improved access to and uptake of key HIV and SRH services; better access of people living with HIV to SRH services tailored to their needs; reduction in HIV-related stigma and discrimination; improved coverage of underserved and key populations; greater support for dual protection; improved quality of care; decreased duplication of efforts and competition for scarce resources; better understanding and protection of individuals’ rights; mutually reinforcing complementarities in legal and policy frameworks; enhanced programme effectiveness and efficiency; and better utilization of scarce resources for health.\(^8\)

**FIGURE 9: PRIORITY PROGRAMMATIC LINKAGES BETWEEN SRH AND HIV**

**KEY LINKAGES**
- SRH
  - Family planning
  - Maternal and infant care
  - Management of STIs
  - Management of other SRH problems
- HIV
  - Prevention
  - Treatment
  - Care
  - Support

- Learn HIV status
- Promote safer sex
- Optimize connection between HIV and STI services
- Integrate HIV with MNCH

STRATEGY 1: LINK SRH AND HIV AT THE POLICY, SYSTEMS AND SERVICE DELIVERY LEVELS

The linkages agenda was founded on the principles of

SRH and HIV linkages pertain not only to service delivery
but also to the policy domain, addressing legislation and
policies that violate human rights and hamper access
to services. This would include policies relating to age-
of-consent, gender-based violence, comprehensive
sexuality education, child marriage, criminalization of
HIV transmission and behaviours of key populations, and
stigma and discrimination.

It is vitally important to address the SRH concerns of
people living with HIV. Linking SRH and HIV means
supporting the rights of people living with HIV to be
sexually active and to make childbearing decisions freely
and responsibly; eliminating stigma and discrimination;
ensuring privacy and confidentiality, including of HIV
status; providing clinical services that are tailored to
people living with HIV.

The evidence base for SRH and HIV linkages indicates that
integrating SRH and HIV services is beneficial and feasible
as it can: increase access to and uptake of services;
improve health and behavioural outcomes, including
condom use; increase knowledge of HIV and other STIs;
and improve quality of services. One of the potential
benefits of integrating services is cost savings incurred
through linked service modalities – e.g. multi-tasking,
sharing equipment, and robust referrals – which, through
increased service coverage, can have greater outcome
impact, offsetting any higher initial start-up costs(see
Section 11 Operational Research).

The UNGASS June 2011 Political Declaration on HIV
and AIDS recognized the significance of linking SRH and
HIV in achieving the intertwined goals of MDGs 3, 4, 5,
and 6, noting that “access to sexual and reproductive
health has been and continues to be essential to HIV
and AIDS responses …; underscoring the importance of
strengthening health systems, in particular primary health
care and the need to integrate the HIV and AIDS response
into it; and calling to strengthen the advocacy, policy
and programmatic links between HIV and TB responses,
primary health care services, sexual and reproductive
health, maternal and child health, etc.”.  

Integrating SRH and HIV can increase HIV counselling
and testing, and ART coverage which are important for fulfilling
the human right to health, and supporting HIV prevention(see
Section 5 Prong 1, Box 4: Treatment as Prevention).

The linkages agenda was founded on the principles of
human rights, including through participation of people
living with HIV and key populations. Despite social and
political sensitivities, linking SRH and HIV requires a focus
on key populations such as men who have sex with men
(MSM), people who use drugs and sex workers. It also
addresses the rights and SRH of people living with HIV for
which a significant body of guidance has been developed
(see Annex 2, Annotated Bibliography, Section PMTCT
Prong 2: Preventing unintended pregnancies among
women living with HIV).

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**BOX 9: RAPID ASSESSMENT TOOL FOR LINKING SRH AND HIV**

The Rapid Assessment Tool for Linking SRH and HIV
is designed to assess HIV and SRH bi-directional
linkages at the policy, systems, and service delivery
levels; identify current critical gaps in policies and
programmes; and contribute to the development of
country-specific action plans to forge and strengthen
these linkages. While it focuses primarily on the health
sector, it can be linked to assessments of other relevant
sectors (e.g. education), and community aspects are
also a significant part of the assessment process.

Clearly there are gaps and challenges in strengthening
linkages between SRH and HIV on all three levels –
policy, systems (partnerships, coordination mechanisms,
capacity building, monitoring and evaluation, logistics,
etc.), and service delivery (‘integration’). The tool’s
strength is its ability to generate findings that can initiate
dialogue on the steps needed to develop country-
specific plans to forge and strengthen linkages.

Summaries of some completed rapid assessments can
be found on [www.srhhivlinkages.org](http://www.srhhivlinkages.org) (see Box 10: SRH
and HIV Linkages Web Portal).

The way forward for linkages includes actions to:
- measure linkages progress (additional work on
  indicators is underway)
- close research gaps (stigma, cost, etc.) (see Section
  11)
- strengthen joint planning and implementation e.g.
  MNCH/PMTCT and sexuality education
- establish sustainable coordination mechanisms
  linked to health systems strengthening
- support the full scope of linkages (human rights,
  stigma and discrimination, gender-based violence,
  etc.)
- link with other health and non-health sectors
- meaningfully engage PLHIV and key populations.

The scope of SRH and HIV linkages ultimately needs to
be broadened to encompass other health issues such as
tuberculosis, viral hepatitis, malaria, and ultimately primary
health care tied to national and global efforts for national
development in relevant sectors such as education, labour,
food and water security, and social protection.

Box 9 highlights the importance of country implementation of
the Rapid Assessment Tool for Linking SRH and HIV to identify
key gaps in policies, systems, and service delivery to deliver
on the joint SRH and HIV goals.

Table 10 illustrates the bi-directional nature of integration,
highlighting examples of specific programmes that can be
integrated to strengthen implementation of prongs 1 and 2.
### TABLE 10: BI-DIRECTIONAL SRH AND HIV SERVICE INTEGRATION

<table>
<thead>
<tr>
<th><strong>INTEGRATING SRH INTO HIV</strong></th>
<th><strong>INTEGRATING HIV INTO SRH</strong></th>
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</table>
| **Family planning into HIV counselling and testing**  
  Family planning services offered simultaneously with HIV counselling and testing increase access to family planning for those testing HIV-positive (prong 2); support dual protection from condoms which increases protection from HIV, STIs, and unintended pregnancies (prongs 1 and 2); and decrease unintended pregnancies (prongs 1 and 2). | **HIV counselling and testing into family planning**  
  As family planning services are reaching sexually active individuals (especially women), they are an ideal vehicle for offering HIV counselling and testing (prong 1). Client care continues through direct service provision or referral for those who test HIV-positive (prongs 2 and 4).91 Primary prevention counselling and services can be provided for those testing HIV-negative (prong 1).  
  **Options for integration:**  
  - Full integration: Providers trained to conduct pre- and post-test counselling and rapid HIV testing on site  
  - Partial integration: Providers trained to offer HIV counselling and testing, and refer for pre-test or post-test counselling and HIV testing.92 |
| **Sexually transmitted infections management into antenatal care**  
  STIs increase the risk of HIV transmission and acquisition. STI management, especially of syphilis, benefits women and their infants (congenital syphilis). Provision of information and condoms for HIV/STI prevention benefits HIV-positive and HIV-negative clients (prongs 1 and 2). | **HIV counselling and testing into antenatal care**  
  As HIV counselling and testing is the pathway to prevention, treatment, care and support, it enables:  
  - HIV-negative women to know about HIV and transmission, providing an opportunity for the provision of information and condoms for HIV/STI protection, and messages on re-testing/couples testing (prong 1)  
  - HIV-positive women to prevent vertical transmission (prong 3), protect their own health (prong 4) and that of their serodiscordant partners (treatment as prevention) (prong 1), and to address future fertility intentions (prong 2). |
| **Family planning into HIV prevention, treatment, care and support**  
  HIV-positive individuals who are already accessing HIV treatment, care and support services can benefit from rights-based family planning services (prong 2). | **HIV prevention, treatment, care, and support into community-based reproductive health interventions**  
  Community health workers can provide information and counselling on PMTCT, family planning, particularly dual protection (prongs 1 and 2), ART treatment literacy and adherence. |
| **STI management including cervical cancer into HIV treatment, care and support**  
  Women living with HIV and their partners need their STIs treated, condoms provided for HIV/STI prevention (prongs 1 and 2), and screening and management of cervical cancer. | **Antiretroviral therapy into SRH service delivery programmes**93  
  As SRH services are already reaching sexually active individuals, including women living with HIV (prong 2), they are an ideal vehicle for providing ART for the mother’s health (prong 4) and the health of her serodiscordant partner (treatment as prevention prong 1), and preventing vertical transmission (prong 3). |

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**BOX 10: SRH AND HIV LINKAGES WEB PORTAL**

The Inter-agency Working Group on SRH and HIV Linkages (led by UNFPA, WHO and IPPF), has developed a web portal – [www.srhhivlinkages.org](http://www.srhhivlinkages.org) – which contains key linkages tools and guidance documents, country summaries of SRH and HIV linkages rapid assessments, advice on obtaining funding (e.g. Global Fund to fight AIDS, Tuberculosis and Malaria), standardized PowerPoint presentations and key documents on a variety of linkages topics (e.g. SRH of people living with HIV, PMTCT) etc. It is updated every six months to provide state of the art guidance.
Key actions to implement the strategy

Key actions can be taken to implement this strategy at the policy, systems, and service delivery levels by policy-makers, programme managers, health providers and other community members. Links to documents for carrying out these actions are provided (see corresponding set of reference numbers) in References to Key Strategies and Actions, and Packages of Essential Services.

Recommended key actions

Policy

- Conduct assessment of SRH/HIV linkages (policy, systems and services), identify gaps, and devise an action plan for implementing comprehensive eMTCT. 1, 63, see Box 9
- Advocate among SRH and HIV policy-makers and programme managers for strengthened commitment to implement prongs 1 and 2.94 1, 16, 27, 35, 42, 47, 52, 63, 69, 85, 86, 92, 93
- Establish or strengthen a coordinating body at the national and district levels that enables SRH and HIV programme managers to coordinate and integrate joint programmes. 1, 27, 40, 63, 68, 69, 73, 80
- Review national eMTCT priorities, goals and targets, and set appropriate numerical population-based targets accompanied by indicators for prongs 1 and 2. 1, 16, 31, 47, 63, 69, 80, 92, 93
- Review and revise training curricula and protocols for SRH and HIV primary care health service providers to implement prongs 1 and 2. 12, 28, 36, 38, 70, 75, 76, 92, 93

Systems

- Develop national and district level plans to support the delivery of a comprehensive package of eMTCT interventions in both rural and urban settings, addressing:
  - partnerships – for situation analysis, planning, budgeting, resource mobilization, advocacy, implementation, monitoring and evaluation by development partners, including civil society (networks of people living with HIV, key populations at higher risk, women’s organizations, young people, etc.) 3, 4, 5, 6, 7, 14, 31, 35, 42, 46, 52, 63, 73, 85
  - coordination mechanisms – for SRH and HIV joint planning, management and administration of linked advocacy and policies, and integration of services 14, 18, 31, 43, 52, 59, 68, 69, 73, 80
  - human resources and capacity building – joint SRH and HIV capacity building, including pre- and in-service training, of health providers to implement prongs 1 and 2. 3, 4, 5, 6, 7, 12, 31, 36, 38, 52, 59, 63, 68, 70, 71, 75, 76, 92, 93
  - logistics and supplies systems – to ensure SRH and HIV commodities security, preferably using combined systems, including but not limited to condoms for dual protection; water-based lubricants; the full range of contraceptives; PEP kits; delivery kits; ‘dignity’ kits for humanitarian settings; post-rape kits; STI and HIV test kits (including rapid HIV tests); ARVs; drugs to treat STIs, opportunistic infections and malaria; iron/folate; safe injecting equipment; opioid substitution therapy, etc. 13, 18, 31, 59, 64, 69, 73

Service delivery

- Support the integration of evidence-informed and human rights-based SRH and HIV services that contribute to the implementation of prongs 1 and 2, particularly (see Section 7 Entry Points, and Table 10):
  - Family planning services in MNCH and ART services. 2, 3, 4, 5, 6, 7, 47, 52, 59, 66, 67, 68, 69, 71, 73, 92, 93
  - STI diagnosis and treatment in ART, MNCH, gender-based violence and family planning services. 3, 4, 5, 6, 7, 18, 25, 26, 30, 47, 52, 59, 68, 69, 70, 71, 76, 87
  - HIV counselling and testing in MNCH, STI, gender-based violence and family planning services. 3, 4, 5, 6, 7, 17, 28, 29, 30, 33, 47, 68, 69, 70, 71, 73, 92, 93
  - Gender-based violence prevention and impact mitigation in HIV counselling and testing, ART, MNCH, STI, and family planning services. 3, 4, 5, 6, 7, 23, 47, 58, 59, 60, 61, 62, 71, 79
- Develop appropriate guidelines, tools and competencies to support the provision of family planning and other SRH care as a critical component of the continuum of care and support for women living with HIV in the context of eMTCT and HIV care for children.96 12, 36, 41, 47, 52, 70, 75, 76, 92, 93

- Modify as required and implement the packages of essential services for prongs 1 and 2 along with related protocols and guidance. 1, 31, 59 and Sections 5 and 6, Tables 2 and 4 Package of Essential Services and all documents in Annex 2 Annotated Bibliography.
Community engagement, working with health services, is essential for successful implementation of prongs 1 and 2. It includes generating demand for services, changing social norms and practices, directly providing services through community health workers, including peer support educators, advocating for health and rights, and providing home-based care.

**Key points**

- Raising awareness within the community of eMTCT, ARV treatment literacy, and reproductive rights can create demand for SRH and HIV services that deliver interventions for prongs 1 and 2, including by male partners.

- Community engagement can foster social norms and practices that will support prongs 1 and 2 such as condom use, knowing one's HIV status, accessing ART and contraceptives, and awareness of exercising human rights, including freedom from violence and coercion.

- Health care workers are members of the community and favourable changes in community attitudes will improve their own ability to deliver services free from stigma and discrimination.

- Community health workers are a valuable extension of health services and can provide services directly as well as inform health programming managers about how to better meet the needs of clients.

- Community-based services are more accessible and may provide more privacy and confidentiality. Voluntary counselling and testing services that are offered in community settings facilitate uptake.

- Peer support is known to be essential for women who learn that they are HIV-positive. It is particularly traumatic for women to learn their status during pregnancy as they struggle with the diagnosis, disclosure to their partners, and other concerns. Women may prefer to engage with women who have been in the same position and who can provide emotional support and facilitate access to services (see Section 9 Key Strategies and Actions, Strategies 4 and 5).

- As an extension of facility-based health services, social protection services such as economic empowerment and legal support can be provided directly in community settings alongside health care interventions.

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**STRATEGY 2: STRENGTHEN COMMUNITY ENGAGEMENT**

**BOX 11: FAMILY LIFE ASSOCIATION OF SWAZILAND: WORKING WITH MENTOR MOTHERS**

The presence of a Mentor Mother from Mothers2Mothers is welcome in the Manzini clinic of the Family Life Association of Swaziland (FLAS). A Mentor Mother can spend an hour counselling a mother – time which a doctor does not have. Not only do they mentor and support other HIV-positive women through the PMTCT process, but they also form part of a local team of community volunteers associated with FLAS. “The activities that the FLAS community volunteers undertake involve going door-to-door and educating people in the community about HIV in general, talking about some of the key SRH-related issues, the PMTCT programme and discussing the availability of ART”, says the Director. The objectives of this outreach work include:

- reducing the level of HIV-related stigma among local community members
- encouraging those people who require treatment – such as ART – or SRH counselling, to attend the FLAS clinic.

Mothers2Mothers now operates in nine countries with 704 programme sites and has 1,747 HIV-positive women working as Mentor Mothers to help other women living with HIV. The Mentor Mothers are treated as staff, receive pay and additional weeks of training. They have a formal role in supporting health systems and in training clients.

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**Community systems strengthening**

The Global Fund to fight AIDS, Tuberculosis and Malaria in collaboration with the UN and other stakeholders has developed a Community Systems Strengthening Framework, which aims to achieve improved health outcomes by developing the role of communities and of community-based organizations in the design, delivery, monitoring and evaluation of services and activities related to prevention, treatment, care and support for people living with HIV.
Key actions to implement the strategy

Key actions can be taken to implement this strategy at the policy, systems, and service delivery levels by policy-makers, programme managers, health providers and other community members. Links to documents for carrying out these actions are provided (see corresponding set of reference numbers) in References to Key Strategies and Actions, and Packages of Essential Services.

Recommended key actions

Policy

- Advocate among policy-makers, health managers and providers for greater attention to the HIV prevention and SRH needs of pregnant, postpartum and breastfeeding women, and women living with HIV. 2, 3, 4, 5, 6, 7, 12, 13, 23, 27, 35, 68, 71, 86
- Incorporate messages for prongs 1 and 2 in all eMTCT, HIV and SRH messaging. 17, 20, 25, 26, 28, 29, 33, 35, 36, 45, 52, 59, 66, 71, 84
- Ensure protocols enable community health care workers to provide appropriate services for prongs 1 and 2. 2, 3, 4, 5, 6, 7, 14, 22, 25, 26, 35, 47, 52, 59, 14, 28, 31, 38, 59, 63, 71, 73
- Develop and support policies and programmatic approaches to eliminate HIV-related violence, stigma and discrimination in the context of eMTCT. 3, 19, 23, 58, 60, 61
- Address, through social protection mechanisms, socioeconomic factors that keep service utilization low. 78

Systems

- Build capacity and provide technical and financial support as necessary to community-based organizations. 14, 31, 36, 52, 59, 63, 74, 82, 85, 91, 93
- Establish effective linkages between SRH and HIV services and community-based providers. 13, 14, 23, 28, 31, 35, 41, 42, 52, 59, 62, 63, 68, 69, 73
- Establish and strengthen community mechanisms to empower community members to mobilize around community-led solutions. 3, 4, 5, 7, 14, 39, 42, 46, 52, 56, 59, 62, 63, 74, 82, 91, 92, 93, 94 (see also Strategy 4)
- Train community health providers in implementing prongs 1 and 2. 12, 30, 39, 47, 66, 70, 72, 75, 76, 92, 93
- Improve data quality and impact assessment, as well as promote the use of SRH indicators that adequately capture community-based activities. 105

Service delivery

- Define a standard package of interventions for prongs 1 and 2 that can be implemented by community-based providers. 14, 22, 31, 52, 59, 78, 93
- Provide services for prongs 1 and 2 at the community level, as appropriate. 17, 28, 29, 31, 33, 35, 47, 52, 59, 93 see Section 7 Entry Points
- Promote and finance peer support models for delivering PMTCT, MNCH, SRH and HIV services. 14, 62
- Provide community support programmes with updated and integrated guidelines on SRH and HIV. 17, 29, 39, 41, 47, 69, 76, 87 and all documents in Section 3 Related Programming Guidance
- Ensure the availability of appropriate SRH and HIV commodities at the community level. 13, 59, 64, 69, 73

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**FIGURE 10: COMMUNITY AND HEALTH ACTORS AND SYSTEMS – COMPLEMENTARY AND CONNECTED**

Social, economic, political and legal environments

Area of overlaps, synergies, cooperation and joint action between community and health systems

Community actors and systems

Health actors and systems

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**Social, economic, political and legal environments**

Community actors and systems

Health actors and systems

Area of overlaps, synergies, cooperation and joint action between community and health systems

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Male partner involvement is critical for effective implementation of prongs 1 and 2. Further efforts are needed to ensure that men access services to improve their own health as well as the health of their partners, and children. Engaging with the community and the labour and education sectors is also necessary to support behaviours and social norms that promote SRH and gender equality (see also Section 9 Key Strategies and Actions, Strategy 2).

**Box 12: Male Involvement Swaziland**

Great emphasis is placed on encouraging male involvement in the maternal and child health facility at King Sobhuza II clinic in Manzini, Swaziland. The clinic sees about 60,000 women and children each year and has integrated HIV-related services (HIV counselling and testing, treatment and PMTCT) into its maternal and child health services.

Service providers routinely discuss with each woman the health of her partner, specifically her knowledge of his HIV status. As a way of encouraging greater male involvement, the clinic has developed a standard ‘notification’ ('love letter') for their client’s partner. The letter ‘kindly invites’ the partner to visit the clinic and to discuss one or more of the following health issues: their ‘health as a father’, the ‘health of the person you are in love with’, the ‘health of your child’, ‘safe pregnancy’, or ‘other issues’. As a way of further encouraging the partner to attend the clinic, he is informed that ‘when you arrive at the clinic you do not have to wait in the line, but you will be attended promptly if you bring this letter with you’.

As the resident doctor suggested: “We hope that by offering this incentive we will be able to encourage more male partners to attend this clinic with their wife or girlfriend – especially the working men who cannot afford to wait in line for long.”

**Key points**

- Men often influence women’s access to and utilization of SRH and HIV services.¹⁰⁶
- Male involvement can result in: reduced gender-based violence; increased contraceptive use; increased use of SRH services by men; increased communication with spouse or partner about child health, contraception and reproductive decision-making; and decreased rates of STIs.¹⁰⁷
- Couples HIV counselling and testing can: increase awareness of HIV status; foster mutual disclosure, enhance the uptake of services, including ART for an HIV-positive serodiscordant partner; and support each other to access and adhere to ART and eMTCT interventions¹⁰⁸ (see Section 5 Prong 1, Box 3: HIV Counselling and Testing).
- Treatment as prevention requires that men know their status and access ART, which will benefit themselves and serodiscordant partners (see Section 5 Prong 1, Box 3: HIV Counselling and Testing).
- Services including male circumcision that specifically benefit men by addressing their SRH and HIV needs will provide additional opportunities to increase their willingness to engage in eMTCT interventions.¹⁰⁹
- There are positive changes in men’s and boys’ behaviour and attitudes when they participate in programmes that address HIV, SRH and gender-based violence.¹¹⁰
Key actions to implement the strategy

Key actions can be taken to implement this strategy at the policy, systems, and service delivery levels by policy-makers, programme managers, health providers and other community members. Links to documents for carrying out these actions are provided (see corresponding set of reference numbers) in References to Key Strategies and Actions, and Packages of Essential Services.

Recommended key actions

Policy

- Advocate among policy-makers, health managers and providers for greater attention to the SRH and HIV needs of men, 3, 19, 21, 24, 48, 50, 58, 60, 61, 89, 90, 92, 93
- Develop and support the implementation of policies and programmatic approaches that include involvement of men in SRH and HIV services, 21, 24, 50, 89, 90, 92, 93
- Advocate for labour laws and workplace policies that enable male participation in MNCH and other SRH and HIV services, including with their partner (e.g. eliminating workforce penalties for absentees when attending health services for their own health or with their pregnant partner), 24, 50
- Address cultural and socioeconomic factors that keep male involvement low, including financial barriers such as transport costs and user fees, 78, 89

Systems

- Review and strengthen operational guidance on involving and caring for men in SRH and HIV services, 20, 21, 22, 24, 39, 52, 89, 92, 93
- Establish services for men within SRH that are not limited to condom use or STI prevention and management, and male circumcision, but which also address their other health-related needs, including alcohol and substance use; HIV testing, prevention and treatment; information on male SRH; safer pregnancy preparedness; and the role of male parents in the health and well-being of their children, 20, 21, 22, 23, 36, 52, 89, 93
- Utilize all entry points, including MNCH, to encourage HIV counselling and testing for men with partners, and support couples counselling, 17, 20, 21, 28, 29, 33, 35, 47, 59, 84, 89, 93
- Develop male-friendly counselling support tools to be utilized within MNCH, family planning, and other SRH and HIV services, 20, 21, 47, 89
- Expand availability of HIV counselling and testing services and ART sites for men, and strengthen ART compliance programmes, 21, 42, 62, 89, 92, 93
- Establish capacity building programmes to support men to eliminate gender-based violence, 14, 19, 20, 21, 48, 58, 60, 61, 62, 74, 89, 91

Service delivery

- Assess the receptivity of staff to working with men, and undertake values clarification and health provider capacity building to foster favourable gender equitable attitudes and communication skills to counsel men with or without their partners, 20, 21, 36, 70, 75, 88, 89
- Establish male-friendly models for delivering HIV services within MNCH and other SRH services e.g. employ male peer educators and counsellors; and address barriers to access such as waiting times and operating hours, 14, 20, 21, 52, 62, 88, 89 see also Section 9 Key Strategies and Actions, Strategy 2
- Provide voluntary couples HIV counselling and testing at all MNCH service entry points, 17, 28, 29, 35, 38, 59, 84, 89, 93
- Establish male support groups within SRH and HIV services that foster opportunities for men to discuss gender norms and attitudes, and sexuality, and understand the risks and benefits of various behaviours for themselves, partners and families, including alcohol and substance use, 14, 20, 21, 52, 62, 89
The greater involvement of people living with HIV (GIPA) is recognized as a core principle of the HIV response, and is fundamental to eMTCT programming. People living with HIV are not just recipients of services; they can also be a valuable resource in service provision and provide useful feedback to improve services, including eradicating stigma and discrimination.

**Key points**

- All people living with HIV must be provided with accurate, non-judgmental information, counselling and other services, enabling them to exercise their rights and protect their SRH-related services. Preventing unintended pregnancies in women living with HIV is a rights-based approach to ensure that women living with HIV, as with all women, can fulfil their reproductive rights, including whether to become pregnant or not, and includes providing information on safe conception and addressing the needs of an infertile couple, one or both of whom may be living with HIV. It should be a part of a broader package of SRH services.

- Meaningful involvement of people living with HIV requires investing in the development of organizations and groups of people living with HIV (see Section 9 Key Strategies and Actions, Strategy 2). It is the surest and most effective way to ensure accountability and is the cornerstone of any rights-based approach to eMTCT.

- Peer counsellors and support groups play a vital role in successful eMTCT and in maximizing outcomes for families living with HIV. These individuals and groups do not function in isolation, but are linked to larger networks of people living with HIV who provide support and ensure that the realities on the ground are translated to stakeholders.

In addition to working with networks of people living with HIV, policy-makers and implementers should engage women’s groups and networks of key populations to ensure that the drive to increase testing for young women does not create an atmosphere of hostility and fear.
Key actions to implement the strategy

Key actions can be taken to implement this strategy at the policy, systems, and service delivery levels by policy-makers, programme managers, health providers and other community members. Links to documents for carrying out these actions are provided (see corresponding set of reference numbers) in References to Key Strategies and Actions, and Packages of Essential Services.

Recommended key actions

Policy

- Advocate among policy-makers, health managers and providers for greater understanding of and attention to the SRH and HIV-related needs of people living with HIV and key populations. 4, 5, 6, 7, 14, 34, 49, 52, 63, 65, 74, 75, 81, 82, 92, 93
- Establish targets to monitor achievement of the meaningful engagement of people living with HIV. 52
- Review eMTCT programme policies and implementation plans to ensure that they:
  > respect the GIPA principle 4, 5, 6, 7, 14, 34, 52, 63, 74, 75, 81, 82, 92, 93
  > monitor the levels of stigma and discrimination in programming. 4, 5, 6, 7, 34, 49, 52, 65, 74, 75, 82, 92, 93 see Strategy 5

Systems

- Develop links and formal partnerships with organizations, networks or groups of people living with HIV ensuring their active engagement in all aspects of policy-making and programming, and invest in capacity development. 6, 14, 52, 63, 82
- Meaningfully involve people living with HIV and key populations in all aspects of decision-making through their membership in coordinating bodies at the national, district and community levels. 6, 52, 73, 81

Service delivery

- Establish support mechanisms for women living with HIV and their partners through peer support programmes, including providing a model of care for pregnant women and new mothers living with HIV and their partners. 4, 5, 6, 7, 52, 62, 74, 82 see also Strategy 2
- Provide training opportunities for people living with HIV to become peer educators. 14, 52, 62, 74, 91, 93
- Train and support health workers, other clinic staff, and young people, including young people living with HIV, to strengthen the provision of effective and appropriate services to adolescents living with HIV. 24, 39, 4, 70, 75, 92
Stigma and discrimination against people living with HIV and key populations at higher risk are among the most significant obstacles to an effective HIV response, yet are often neglected elements of programming, including in PMTCT/eMTCT.

**Key points**

- Women may experience greater stigma and discrimination than men, be subjected to more severe forms, and have fewer avenues for recourse.\(^\text{120}\)
- In the context of eMTCT, stigma can: prevent women and their partners from seeking HIV counselling and testing and knowing their status; reduce access to other essential SRH and HIV services; inhibit disclosure of HIV status to partners and health providers; interfere with safer sexual practices; result in abandonment, violence, and other forms of abuse against mothers and their children; compromise treatment adherence; and limit fulfilment of human rights, including reproductive rights.\(^\text{121}\)
- Violations against women living with HIV and other key populations at higher risk (e.g. sex workers and women who use/inject drugs) have included all forms of violence, coerced abortion and sterilization, denial of services, failure to respect fertility choices, and judgmental and inaccurate counselling that limits access to services and enjoyment of rights.\(^\text{122}\)
- Stigma and discrimination tarnish young people’s experiences of health services, from the first visit and onwards into care and treatment. In particular, young people who become HIV-positive through sexual activity often find that health care workers are judgmental, which can be an obstacle to continued use of health services.\(^\text{123}\)
- Sex workers living with HIV who become pregnant need to be given a full range of options and not coerced to have terminations.\(^\text{124}\)
- In the social and economic contexts where women find it difficult to access appropriate psychosocial and medical support when identified as ‘HIV-positive’ and/or as a ‘drug user’, the coincidence of these conditions with pregnancy is likely to expose them to severe stigma and discrimination.\(^\text{125}\)
- While broad-based services are well suited to address the general population’s needs, in areas with high levels of stigma or legal barriers, dedicated (user-friendly) services for populations at higher risk of HIV acquisition such as sex workers and people who use drugs, as well as for vulnerable populations such as adolescents may need to be offered to ensure adequate access to eMTCT services for both them and their partners.\(^\text{126}\)

**BOX 14: PEOPLE LIVING WITH HIV STIGMA INDEX**

*The People Living with HIV Stigma Index* provides a tool that measures and detects changing trends in relation to stigma and discrimination as experienced by people living with HIV.

The Index is a joint initiative of organizations who have worked together since 2004 to develop this survey. These include:

- The Global Network of People Living with HIV (GNP+)
- The International Community of Women Living with HIV/AIDS (ICW)
- The International Planned Parenthood Federation (IPPF)

People living with HIV are at the centre of the process as both interviewers and interviewees and as drivers of how the information is collected, analyzed and used. The Index is designed to increase the understanding of how stigma and/or discrimination is experienced by people living with HIV. The data gained can then be used by the national implementing partners to shape future programmatic interventions and policy change. For more information visit [www.stigmaindex.org](http://www.stigmaindex.org)
Key actions to implement the strategy

Key actions can be taken to implement this strategy at the policy, systems, and service delivery levels by policy-makers, programme managers, health providers and other community members. Links to documents for carrying out these actions are provided (see corresponding set of reference numbers) in References to Key Strategies and Actions, and Packages of Essential Services.

Recommended key actions

Policy

■ Advocate among policy-makers, health managers and providers for greater understanding of and attention to the stigma and discrimination faced by people living with HIV and key populations. 4, 5, 6, 7, 14, 24, 34, 49, 52, 63, 65, 75, 79, 81, 82, 83, 92, 93

■ Review eMTCT-related programming in national HIV and SRH strategies to ensure that they address and monitor stigma and discrimination, and revise as needed. 52, 63, 65, 82, 83, 92, 93

■ Introduce or reform policies that promote and innovatively reach key populations and young people to increase their access to eMTCT services. 4, 5, 6, 7, 14, 24, 34, 49, 52, 63, 65, 79

■ Review and, as appropriate, advocate using existing evidence for the repeal of laws, policies, and practices such as those that:
  > criminalize HIV transmission or exposure, including perinatal transmission
  > prohibit young people or women from accessing SRH or HIV testing services without parental, guardian or spousal consent
  > criminalize same-sex relationships, use and possession of drugs (for personal use), and sex work.

■ Point out the deleterious effects that each of these laws, policies and practices has on human rights, HIV prevention and public health in general, and specifically in the context of eMTCT. 4, 5, 6, 7, 24, 34, 49, 52, 65, 81, 83

System

■ Ensure that there is representation from people living with HIV and key populations on coordinating bodies to enable sufficient attention to stigma and discrimination in health services and communities. 14, 49, 52, 63, 81

■ Review and update, if needed, protocols to ensure they are rights-based and include pre-service training for health care workers as well as in-service training refresher courses for health providers, managers and other health facility staff to foster non-judgmental and non-discriminatory practices. 14, 24, 34, 52, 65, 75, 79

■ Consult with networks of people living with HIV to measure stigma and discrimination in the community and health services, and progress towards its elimination, using existing tools such as The People Living with HIV Stigma Index, see Box 14. 49, 65

■ Strengthen the health sector response to meet the needs of young people living with HIV by:
  > developing standards for the provision of health services for young people living with HIV
  > developing minimum treatment and care packages
  > providing psychosocial support, which is particularly important for disclosure, adherence, responding to stigma and discrimination, coping with isolation and loss, and preventing high-risk behaviours
  > orientation and training of health staff to provide appropriate information and services to young people living with HIV i.e. make health services adolescent/youth-friendly
  > providing training and support for young people living with HIV to strengthen their capacity to contribute to health-sector activities
  > linking with other sectors to strengthen the health-sector response.127 4, 5, 6, 7, 24, 39, 46, 54, 58, 62

Service delivery

■ Identify the causes of stigma and discrimination within health care settings, and devise a plan to address them. 36, 46, 49, 65, 75, 83

■ Transform stigmatizing attitudes and discriminatory behaviours of individual health care providers through values clarification and other forms of relevant capacity building to eliminate stigma and discrimination against people living with HIV and key populations. 34, 36, 49, 65, 70, 74, 75, 83

■ Train health care workers, based in facilities and in communities, to recognize the signs of violence and the role that the threat of violence plays in both women’s and men’s decision-making. 3, 19, 58, 61, 60

■ Provide gender-responsive (user-friendly) services for sex workers. 7, 11, 52, 62, 79, 87

■ Provide gender-responsive (user-friendly) services for women who use drugs through a comprehensive approach, addressing their needs for:
  > community outreach particularly peer outreach by female peer educators
  > gender-sensitive HIV prevention and care materials
  > specialized gender-responsive drug dependence treatment, including substitution treatment, for female drug users with and without children
  > access to essential prevention commodities such as male and female condoms, and sterile needles and syringes
  > voluntary HIV counselling and testing
  > diagnosis and treatment of sexually transmitted infections
  > PMTCT and ART for women who use drugs.128 4, 9, 11, 29, 33, 34, 52, 62, 93
Overall targets
1. Reduce the number of new paediatric HIV infections by 90%
2. Reduce the number of AIDS-related maternal deaths by 50%
3. Reduce population-level mother-to-child transmission rate to <5%

Prong 1 target
Reduce HIV incidence in women 15–49 (and 15–24) by 50%

Key prong 1 indicator
% of pregnant women who know their status

Other prong 1 indicators
% of pregnant women whose male partner was tested for HIV
% of males and females aged 15–49 who had more than one sexual partner in the past 12 months reporting the use of a condom during their last sexual intercourse

Prong 2 target
Reduce unmet need for family planning to zero

Key prong 2 indicator
% unmet need for family planning for all women (MDG 5b)

Other prong 2 indicators
% of reproductive age women attending HIV care and treatment services with unmet need for family planning (being pilot tested)

Prong 3 target
Reduce mother-to-child transmission to 5%

Key prong 3 indicator
% of HIV-infected pregnant women who received effective ARVs to reduce mother-to-child transmission (disaggregated by regimen)

Other prong 3 indicators
% of HIV-infected pregnant women who were assessed for eligibility for ART (CD4 cell count or clinical staging)
% of infants born to HIV-infected women who are breastfeeding provided with antiretroviral drugs (either mother or infant) to reduce the risk of HIV transmission during the breastfeeding period

Prong 4 target
Reduce HIV associated maternal, infant and child deaths by 90%

Key prong 4 indicator
% of infants born to HIV-infected women receiving a virological test for HIV within two months of birth

Other prong 4 indicators
% of infants born to HIV-infected women who are started on co-trimoxazole prophylaxis within two months of birth
Distribution/% of HIV-exposed infants who are exclusively breastfeeding, replacement feeding or mixed feeding at DPT3 visit
% of HIV-infected children aged 0–14 who are currently receiving ART

Key maternal and child health indicators linked to elimination of MTCT and the MDGs
Given the critical importance of improving MCH services for eMTCT, and the contribution they make to each other, selected key MCH indicators will be monitored.
The need for further operational research on PMTCT prongs 1 and 2 has been clearly recognized. A 2009 evidence review of 58 studies (35 peer-reviewed studies and 23 promising practices) of SRH and HIV linkages, found that few or no studies addressed:

- linked services targeting men and boys
- gender-based violence prevention
- stigma and discrimination
- comprehensive SRH services for people living with HIV, including addressing unintended pregnancies and planning for safe, desired pregnancies.

These gaps need to be addressed in future research.

**Other areas for further research include:**

- documenting seroconversion rates among pregnant, postpartum and breastfeeding women and examining what contributes to seroconversion and preventing it during this period
- improving the understanding of what enables some pregnant, postpartum and breastfeeding women to use condoms and other modalities of safer sex
- identifying community strategies to effectively increase eMTCT uptake
- identifying the best models for increasing male participation in MNCH/family planning/STI and related services

**Box 15: Research Considerations for Hormonal Contraception for Women at Risk of HIV and Women Living with HIV**

Between 31 January and 2 February 2012, WHO convened a meeting of experts to discuss recent research on the use of hormonal contraception by women at high risk of HIV and those currently living with HIV and its implications. Directions identified for future research to address current gaps include:

- Conduct further high quality research employing strong research designs to gather more definitive evidence regarding the epidemiological association between various methods of hormonal contraception and HIV acquisition, transmission, and disease progression, including evaluating longer-acting methods (such as implants, IUDs, and injectables) and newer methods that have not been included in prior studies (such as the combined contraceptive patch and the combined contraceptive vaginal ring). Injectable contraceptives that employ alternatives to medroxy-progesterone acetate should be investigated.
- Investigate basic science questions related to understanding the biological mechanisms of HIV acquisition, transmission, and progression in relation to effects of standard hormonal contraception doses.
- Optimize opportunities to link the roll-out of newly introduced or re-introduced contraceptive methods (such as IUDs and implants) in areas with high rates of HIV incidence and prevalence with studies of HIV acquisition, transmission and progression.
- Ensure that on-going HIV prevention trials collect data that can be analysed to evaluate the association between hormonal contraception and HIV, including patterns of contraceptive use, condom use, and sexual behaviours. Evaluate further the potential for drug interactions between hormonal contraceptives and antiretroviral therapy.
- Conduct modelling studies to clarify the balance of risks and benefits, including acceptability and cost effectiveness, associated with changing the contraceptive method mix in different settings.
- Conduct programmatic/implementation research to address family planning and other sexual and reproductive health service delivery approaches in the context of HIV testing, prevention and treatment, including ways to expand choice and method mix.
- Support studies to determine optimal counselling strategies to promote consistent and correct use of condoms, male and female, in high HIV prevalence settings.

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- identifying the best models for community engagement
- defining the role of community actors in service provision
- better assessing the eMTCT needs unique to adolescents and barriers to accessing services. For example, whether adolescents are less likely to seek services, and whether they are less likely to receive quality care compared to older age groups\textsuperscript{133}
- how to best link SRH and HIV in low and concentrated epidemic settings
- innovative approaches to service delivery in areas with weak health systems, including areas affected by humanitarian crises\textsuperscript{134}
- strategies to improve coverage and reach underserved populations i.e. in which types of epidemic conditions is it important to reach underserved populations? Which mechanisms are most effective? What level of infrastructure is required to implement the interventions, or to scale up the interventions? If strategies to reach rural, remote and underserved urban populations are not cost-effective or are less cost-effective than those for other groups, are there ethical or pragmatic reasons that they should nonetheless be implemented?
- cost effectiveness analyses\textsuperscript{135}
- identifying optimal stigma reduction modalities.\textsuperscript{136}

In undertaking operational research, an important question to consider is how to link the results with country programming. Capacity building for operational research should be included as an integral part of programme implementation.
1. See Note on Terminology for discussion of terminology relating to elimination of mother-to-child transmission of HIV.


8. Documents are listed by year of publication.

9. We resolve to work towards the elimination of new HIV infections among children and keeping their mothers alive by the following:
   - All women, especially pregnant women, have access to quality life-saving HIV prevention and treatment services – for themselves and their children.
   - The rights of women living with HIV are respected and women and their families and communities are empowered to fully engage in ensuring their own health and especially the health of their children.
   - Adequate resources – human and financial – are available from both national and international sources in a timely and predictable manner while acknowledging that success is a shared responsibility.
   - HIV, maternal health, newborn and child health, and family planning programmes work together, deliver quality results and lead to improved health outcomes.
   - Communities, in particular women living with HIV, enabled and empowered to support women and their families to access the HIV prevention, treatment and care that they need.
   - National and global leaders act in concert to support country-driven efforts and are held accountable for delivering results.


13. Globally HIV is the leading cause of death among women of childbearing age, and contributes significantly to maternal mortality – in 2009, an estimated 60,000 pregnant women died of HIV-related causes.


14. If a mother living with HIV progresses to the late stages of AIDS, her children are 3.5 times more likely to die, irrespective of their infection status, and more than four times as likely to die when the mother herself dies. Newell ML, Coovadia H, Cortina-Borja M, et al. 2004. Mortality of infected and uninfected infants born to HIV-infected mothers in Africa: a pooled analysis. Lancet. 364:1236-1243.

15. This rate can be 50% or higher in breast-feeding populations; approximately one third of infants whose mothers seroconvert following delivery will become infected through breast-feeding alone.


These high transmission rates are explained by:

- maternal viral load being the most consistent predictor of MTCT
- acute HIV infection being associated with very high viral loads
- the high rate of HIV-1 transmission to infants through breastfeeding.


17. A number of studies show that pregnant and lactating women are at increased risk of HIV acquisition and that HIV incidence during pregnancy and in the postpartum period is often higher than in non-pregnant and non-lactating populations.


- Moodley and colleagues reported that 3% of initially HIV-negative women in South Africa seroconverted during pregnancy and that HIV incidence during pregnancy was four times higher than in the non-pregnant population.


- A study from Botswana (Lu et al 2009) estimated that incident HIV in pregnant and postpartum women accounted for 43% of infant HIV infections in the country. However, conflicting results were found by Morrison and colleagues (2007), who concluded that neither pregnancy nor lactation put women at increased risk of HIV acquisition in their study in Uganda and Zimbabwe.


18. Hormonal and other biological changes during pregnancy:

- women experience significant hormonal changes during pregnancy, including higher concentrations of oestrogens.

- Studies of hormonal contraceptive users’ risk of HIV acquisition give insight into the mechanisms by which sex steroids affect mucosal immunity and potentially contribute to increased risk of HIV infection.


For example, male partners’ sexual networks and exposure to HIV during his partners’ pregnancy or postpartum period (when abstinence may be practiced with his primary partner).
Other behavioural risks include:

- sexual behaviour during pregnancy;
- period of postpartum abstinence and return to sexual activity;
- knowledge and use of HIV risk reduction strategies during pregnancy; and
- intimate partner violence and sexual coercion.


See Table 1: HIV-related services recommended for implementation of provider-initiated HIV testing and counselling in health facilities in Guidance on provider-initiated HIV testing and counselling in health facilities. UNAIDS, WHO, 2007 at 40. www.who.int/hiv/pub/vct/pitc/en/index.html

WHO and its Office for the African Region (WHO AFRO) held in Harare, Zimbabwe, on 9–11 February 2011, with key scientific experts to review existing evidence on HIV counselling and testing for discordant couples and develop initial recommendations for policy-making in countries. The findings at the meeting will guide the development of the first-time WHO recommendations on HIV counselling and testing for couples.


28. Namely post-test counselling, the need for periodic re-testing, the needs of serodiscordant couples, susceptibility to infection during pregnancy and postpartum, treatment of anaemia in pregnant women, management of STIs, reproductive rights, the possibility of HIV testing resulting in gender-based violence, and providing non-stigmatizing and non-discriminatory services (see Strategy 5).


31. The study, known as HPTN 052, was designed to evaluate whether immediate versus delayed use of ART by HIV-infected individuals would reduce transmission of HIV to their HIV-negative partners and potentially benefit the HIV-positive individual as well. HPTN 052 began in April 2005 and enrolled 1,763 HIV-serodiscordant couples (couples that have one member who is HIV-positive and the other who is HIV-negative). The vast majority of which (97%) were heterosexual.

The study was conducted at 13 sites across Africa, Asia and the Americas. Among the 877 couples in the delayed ART group, 27 HIV transmissions occurred. This was in contrast to only one transmission that occurred in the immediate ART group. This difference was highly statistically significant.

32. Of the originally HIV-positive individuals themselves, 17 cases of extrapulmonary TB occurred in the delayed ART group, compared with three cases in the immediate ART group, also a statistically significant finding. There were also 23 deaths during the study. 13 occurred in the delayed ART group and 10 in the immediate ART group.


34. Family Life Association of Swaziland (FLAS): NGO focusing on youth-friendly SRH services; Baylor College of Medicine Children’s Foundation – Swaziland: NGO focusing on paediatric HIV care; King Sobhuza II clinic: urban government primary level


37. Sexual violence and abuse early in life can later contribute to sexual behaviours such as early sexual onset, multiple partners and transactional sex that can increase the risk of acquiring STIs/HIV. Globally, 20% of girls and 10% of boys experience sexual abuse as a child and 20% to 50% of women indicate that their first sexual experience was forced. UNICEF, Child Protection Information Sheet, Violence against Children, 2006. www.unicef.org/publications/files/Child_Protection_Information_Sheets/pdf


41. In 2007, while globally the unmet need for family planning was estimated at 11%, it was estimated to be more than 24% in the least developed countries, and ranged from 21% to 29% in 22 sub-Saharan countries. How Universal is Access to Reproductive Health? A Review of the Evidence. UNFPA, 2010. www.unfpa.org/webdav/site/global/shared/documents/publications/2010/universal_rh_pdf

42. Studies from Côte d’Ivoire, Uganda and South Africa have reported rates of unintended pregnancy ranging from 51% to more than 90% in populations of women living with HIV, while in the general population the rate was 40%. Towards universal access: scaling up priority HIV/AIDS interventions in the health sector: Progress Report. WHO, UNAIDS, UNICEF, 2009 (at 96). www.who.int/hiv/pub/2009progressreport/er/


44. If a mother living with HIV progresses to the late stages of AIDS, her children are 3.5 times more likely to die, irrespective of their infection status, and more than four times as likely to die when the mother herself dies. Newell ML, Coovadia H, Cortina-Borja M, et al. 2004. Mortality of infected and uninfected infants born to HIV-infected mothers in Africa: a pooled analysis. Lancet. 364:1236-1243.


46. I.e. the goal and targets of MDG 5B, universal access to reproductive health, including family planning.


48. See Annex 1.


WHO has concluded that women living with HIV or at high risk of HIV can safely continue to use hormonal contraceptives to prevent pregnancy. The recommendation follows a thorough review of evidence about links between hormonal contraceptive use and HIV acquisition.


Monthly updates on drug interactions are provided by the University of Liverpool. www.hiv-druginteractions.org

Also some drugs used to treat opportunistic infections, such as rifampicin for tuberculosis, reduce the effectiveness of certain oral contraceptives.


WHO has concluded that women living with HIV or at high risk of HIV can safely continue to use hormonal contraceptives to prevent pregnancy. The recommendation follows a thorough...
review of evidence about links between hormonal contraceptive use and HIV acquisition.


64. Family Life Association of Swaziland (FLAS): NGO focusing on youth-friendly SRH services; Baylor College of Medicine Children’s Foundation – Swaziland: NGO focusing on paediatric HIV care; King Sobhuza II clinic: urban government primary level care facility; and Tikuba clinic: rural government primary level care facility.


69. These include:
   - child immunization and services for under 5s
   - tuberculosis treatment and care
   - primary health care providers
   - post-abortion care
   - gender-based violence prevention and management
   - youth-friendly/youth-centred
   - male SRH services (e.g. male circumcision)
   - services specifically tailored to sex workers
   - harm reduction for drug users
   - community-based outreach
   - organizations of people living with HIV and populations at higher risk, including support groups
   - workplace (i.e. clinics and/or health education services)


71. 36% of respondents indicated a preference for services in HIV clinics and 32% in community-based facilities.


72. Key bottlenecks include both constraints related to the supply side of services (availability of services, geographical access, human resource constraints, availability of drugs and diagnostics and health information and M&E systems issues) and the demand side (financial and socio-cultural barriers, gender roles, discrimination and marginalization, poor treatment in health facilities, etc). These constraints can be grouped at the level of service coverage, the quality of services and uptake of those services. A Global Action Framework for Elimination of Mother-to-Child Transmission of HIV. IATT, 2011.


74. These 10 points are mostly applicable to the 22 priority countries. Other countries with low and concentrated epidemics should adapt these to their local contexts.


77. The Table is adapted from:
78. Identify bottlenecks to programme performance and solutions:
   ✓ Build national capacity to review programme performance through bottleneck and equity analysis and support identification and prioritization of specific bottlenecks hampering PMTCT scale-up with special attention to ensuring equitable access.
   ✓ Analyse barriers to uptake of services and overall progress. The analytic process should encompass the policy environment, financing mechanisms, partnerships, the performance of the MNCH platform, and specific PMTCT programmatic elements and opportunities.
   ✓ Accurately identify and address geographical, social, cultural, gender and economic barriers to access to and utilization of services.
   ✓ Develop a country technical support plan on the basis of findings from the initial bottleneck and equity analysis. This technical support plan should include priority actions and interventions to overcome the most critical gaps and bottlenecks, timelines, target groups, roles and responsibilities of key stakeholders, budget, key indicators and progress tracking mechanisms.
   ✓ Develop and implement policies and mechanisms that enable effective decentralization and devolution to sub-national levels.


www.unfpa.org/public/cache/offence/home/publications/pid/4197

80. Transformative scale up of health professional education. An effort to increase the numbers of health professionals and to strengthen their impact on population health. WHO, 2011.
www.who.int/hrh/resources/transformation_education/en/index.html
www.who.int/healthsystems/TTR-TaskShifting.pdf

81. Recent policy guidance (see Annex 1) advocates for the recognition of the human rights and fulfilment of the sexual and reproductive health needs of people living with HIV. People living with HIV networks have led this process, in collaboration with UN agencies and civil society, to develop and implement effective rights-based SRH programming for women living with HIV, including, but not limited to, family planning.


85. Integration:
   ● for the user means health care that is seamless, smooth and easy to navigate. Users want a coordinated service which minimizes both the number of stages in an appointment and the number of separate visits required to a health facility.
   ● for providers means that separate technical services, and their management support systems, are provided, managed, financed and evaluated either together, or in a closely coordinated way.
   ● at the macro level of senior health managers and policy-makers, happens when decisions on policies, financing, regulation or delivery are not inadequately compartmentalized.


www.stigmaactionnetwork.org


91. Integrating HIV/AIDS treatment and care services into a family planning setting. IPPF, 2006.
www.ippfwhr.org/en/node/289

www.fhi.org/NR/rdonlyres/ezk2qek52pa6a1b2gba43gprvgh3ia-c7rzeyyrd2qi2mgisksbh71ufkbrq67cibr4aeejyet7o/EFHR-11global1.pdf

93. Integrating HIV/AIDS treatment and care services into a family planning setting. IPPF, 2006.
www.ippfwhr.org/en/node/289

95. Rapid plasma regain (RPR) and venereal disease research laboratory (VDRL) tests.


113. A number of documents have been produced to guide responses that address the sexual and reproductive health needs of people living with HIV. See Annex 1.

114. When multilateral institutions or international non-governmental organizations, or donor nations acting in concert with host nations, implement PMTCT policies without consulting local communities there is no direct way for those who receive these services to hold them accountable for their actions. At best, democratic nations receiving aid may be held accountable through their own country’s democratic process. Networks of people living with HIV, however, are directly accountable to and act on behalf of their constituents. Without their involvement, even the best of programmes are tinged with paternalism.

116. Depending on the context and the programme, peer-to-peer educators can play a number of important roles in service delivery for prongs 1 and 2, including but not limited to: providing individual counselling (post-test, adherence preparation, adherence follow-up, disclosure, sexual and reproductive health, positive living, etc.) at ANC, SRH and HIV clinics; assisting patients with referrals from place to place within or between health facilities; providing referrals and linkages to community-based services and support; tracing patients who miss appointments or who have been lost to follow-up; serving as a communication link between patients and health care workers; and participating in HIV-related outreach and education activities in the community.


118. Vital Voices: Recommendations from consultations with people living with HIV on the IATT’s Strategic Framework for PMTCT Components 1 and 2. ICW, GNP+, 2011.
Appendix B (2): Focus Group Discussions.
Appendix B (3): E-survey.
www.gnpplus.net/images/stories/Empowerment/consultations/Appendix_B3_PMTCT_E-survey_Report_April_2011.pdf
Appendix B (4): Expert teleconference

119. The process adopted a mixed methods approach, combining qualitative and quantitative evidence gathering methodologies: a moderated online consultation among individuals living with HIV (68 participants from 16 countries); three facilitated focus group discussions (27 men and women living with HIV in Jamaica); an e-survey for people living with and affected by HIV (66 participants from 16 countries); three facilitated focus group discussions (27 men and women living with HIV in Jamaica); an e-survey for people living with and affected by HIV (66 participants from 16 countries); and, an expert panel (22 participants) to discuss the content and accessibility of the framework.


122. Vital Voices: Recommendations from consultations with people living with HIV on the IATT’s Strategic Framework for PMTCT Components 1 and 2. ICW, GNP+, 2011.


www.unodc.org/pdf/HIV-AIDS_femaleIDUs_Aug06.pdf


www.unfpa.org/public/home/publications/pid/2850

www.unodc.org/pdf/HIV-AIDS_femaleIDUs_Aug06.pdf


www.unicef.org/aids/files/OR_Consultation_Report_FINAL2.doc

131. 36 Africa, 11 UK or USA, 11 Asia, Eastern Europe, Latin America and the Caribbean. Nearly 80% of the promising practices were based in Africa. Studies included:
• 34 studies integrated HIV services into existing SRH programmes;
• 14 studies integrated SRH services into existing HIV programmes; and
• 10 studies integrated HIV and SRH services concurrently.


www.resource-allocation.com/content/9/1/3

Contraception is a cost-effective way to prevent HIV infections in infants:
• Reynolds H, Janowitz B, Homan R, Johnson L. 2006. The value of contraception to prevent perinatal HIV transmission. Sex Transm Dis. 33(6):350-6. This study found that dollar for dollar, family planning programmes have the potential to prevent nearly 30% more HIV-positive births than eMTCT programmes that provide prophylaxis with nevirapine.
Recent modelling has demonstrated cost-effectiveness and overall intensified impact of implementing eMTCT prong 2 by linking family planning with eMTCT programmes.


The 2009 Hladik study estimated that the cost per vertical infection averted by antiretroviral prophylaxis in 14 countries with the largest number of HIV-positive pregnant women is US$543 (assuming the availability of the most efficacious antiretroviral prophylaxis regimens). However, a benefits and costs analysis (Halperin) found that if all HIV-positive women in these 14 countries who wanted to avoid unintended pregnancy could do so, this would translate to $359 per HIV infection averted, costing $184 less than the provision of the most efficacious antiretroviral prophylaxis regimens.

Modelling suggests that meeting unmet family planning need among women living with HIV would have additional cost benefits. By preventing unintended pregnancies among women living with HIV, far fewer women would require ART for eMTCT, compared to the number if current family planning need remained unmet. Mahy M, Stover J, Kiragu K, et al. 2010. What will it take to achieve virtual elimination of mother-to-child transmission of HIV? An assessment of current progress and future needs. Sex Transm Infect. 86(Suppl2):ii48-ii55. http://sti.bmj.com/content/86/Suppl_2/ii48.long

With regards to the cost-effectiveness of integrating STI and HIV prevention, care, and treatment into family planning services:

It is often assumed that integration of STI/HIV services with family planning/mother and child health services could offer cost savings by sharing staff, facilities, equipment, and other administrative and overhead costs. Askew I and Berer M. 2003. The contribution of sexual and reproductive health services to the fight against HIV/AIDS: A review. Reproductive Health Matters. 11(22):51–73.


Reliable cost-effectiveness data remain sparse with only three cost-effectiveness studies identified, including:

> A Kenyan study which suggested that adding HIV testing to family planning services increased costs only marginally; the combined costs amounted to less than half the estimated costs of a stand-alone voluntary counselling and testing site. Population Council, 2008. Feasibility, acceptability, effect and cost of integrating counseling and testing for HIV within family planning services in Kenya.


   - Overview of HIV interventions for young people
   - HIV interventions for most-at-risk young people
   - HIV interventions for young people in humanitarian emergencies
   - Community-based HIV interventions for young people
   - HIV interventions for young people in the education sector
   - HIV interventions for young people in the health sector
   - HIV interventions for young people in the workplace


    www.who.int/reproductivehealth/publications/rtls/9789241563475/en/

    www.who.int/hiv/pub/advocacymaterials/glionconsultationsummary_DF.pdf


    www.who.int/hiv/pub/idu/searo_wpro_to/en/index.html


    www.unodc.org/pdf/HIV-AIDS_femalesIDUs_Aug06.pdf


    www.unfpa.org/public/publications/pid/2032

    www.who.int/hiv/pub/malecircumcision/infopack_en_5.pdf

    www.uj.ac.za/EN/CorporateServices/ioha/Research/OperationalTools/IMAIIMCI%20training%20materials/Pages/PMTCTclinicalcourses.aspx


42. Linking Sexual and Reproductive Health and HIV/AIDS: Gateways to Integration. WHO, UNFPA, UNAIDS, IPPF.


    www.who.int/reproductivehealth/publications/family_planning/9789241563888/en/index.html

    www.unfpa.org/public/publications/pid/387

46. Overview of HIV Interventions for Young People, Guidance Brief. Inter-agency Task Team on HIV and Young People. UNAIDS, 2007.
    www.unfpa.org/hiv/iatt/docs/overview.pdf


    www.unfpa.org/public/cache/offence/home/publications/pid/4412

    www.stigmaindex.org


See also: Initiation of Antiretroviral Treatment Protects Uninfected Sexual Partners from HIV Infection (HPTN Study 052). PRNewswire-USNewswire, 12 May 2011.

Furthermore, as the focus of treatment as prevention will be on specific populations in which the prevention impact is expected to be greatest (e.g. serodiscordant couples, pregnant women, key populations); during 2012, WHO is issuing updates and guidance for these populations, and is working with countries to address programmatic and operational challenges to inform the consolidated guidelines to be released in mid-2013.


84. See 93. below.


### ANNEX 1 GLOBAL INITIATIVES ON THE HEALTH OF WOMEN, NEWBORNS AND CHILDREN

<table>
<thead>
<tr>
<th>GLOBAL INITIATIVE</th>
<th>DESCRIPTION</th>
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| Millennium Development Goals:                                        | multiple areas of overlap with MDGs 3 (gender equality), 4 (child health), 5 (maternal health), and 6 (combat HIV/AIDS).  

<p>| London Summit on Family Planning:                                    | an initiative, organized by the United Kingdom Government and the Bill &amp; Melinda Gates Foundation with UNFPA and other partners, to give 120 million more women in developing countries access to voluntary family planning by 2020. To achieve that goal, the Summit aimed at mobilizing the political will and extra resources needed to increase the demand and support for family planning. During the Summit, participants committed about $4.6 billion for family planning, including $2 billion from developing countries and $2.6 billion from donor governments and other partners. |
| UN Secretary General's Global Strategy on Women's and Children's Health: | a collaborative commitment to improve the health of women and children in the world’s lowest income countries. Key elements of the strategy are to jointly support country-led health plans, a comprehensive, integrated package of essential interventions and services, integrated care, health systems strengthening, and health workforce capacity building. |
| H4+:                                                                 | the H4+ (UNFPA, UNICEF, WHO, World Bank and UNAIDS) is a coordinating mechanism to work jointly in the area of maternal and newborn health in 25 high focus countries with the highest burden of maternal mortality. The scope of work of the H4+ partners focuses on the following seven agreed programme components: i) Support needs assessments to identify constraints to improving reproductive, maternal and neonatal health in countries; ii) Develop and cost national plans; iii) Scale up quality health services; iv) Address the urgent need for skilled health workers; v) Address financial barriers to access; vi) Tackle the root causes of maternal mortality and morbidity; vii) Strengthen monitoring and evaluation systems. Overall, the H4+ is supporting the first wave of 25 countries to carry out activities to fulfil their commitments and will assist 24 additional countries to articulate their commitments to the Global Strategy. |
| The Global Fund to Fight AIDS, TB and Malaria:                       | is currently looking at how to finance broader interventions to benefit women and children. |
| The Muskoka Initiative on Maternal, Newborn and Child Health, commitment of the G8 to address MDGs 4 and 5: | is a funding initiative announced at the 36th G8 summit which commits member nations to collectively spend an additional US$5 billion between 2010 and 2015 to accelerate progress toward the achievement of MDGs 4 and 5, the reduction of maternal, infant and child mortality in developing countries. |
| The United States Government Global Health Initiative (GHI):         | GHI seeks to achieve significant health improvements and foster sustainable effective, efficient and country-led public health programmes that deliver essential health care. To achieve maximum impact, GHI has a special focus on improving the health of women, newborns and children by combating infectious disease, delivering clean water, and focusing on nutrition and maternal, newborn, and child health. |</p>
<table>
<thead>
<tr>
<th>GLOBAL INITIATIVE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Global Elimination of Congenital Syphilis:</td>
<td>the Global Campaign, based on strengthening the underlying maternal health platform, was launched in 2007 and has been implemented as dual elimination with MTCT of HIV in the Americas and the Asia Pacific regions.</td>
</tr>
<tr>
<td>STOP TB Partnership:</td>
<td>the Partnership comprises of a network of international organizations, countries, donors from the public and private sectors, governmental and non-governmental organizations that work together to realize the goal of eliminating tuberculosis (TB) as a public health problem. TB can cause infertility and contributes to other poor reproductive health outcomes especially for people living with HIV.</td>
</tr>
<tr>
<td>Elimination of Neonatal Tetanus:</td>
<td>key component of a comprehensive reproductive and MNCH package.</td>
</tr>
<tr>
<td>Global Malaria Control and Elimination:</td>
<td>this is a major initiative focusing on the same population of pregnant women and young children, and it recognizes the importance of strengthening reproductive and MNCH systems.</td>
</tr>
</tbody>
</table>
Elimination of mother-to-child transmission: Overarching documents


There is global consensus that virtual elimination of new HIV infections among children everywhere can be achieved by 2015. This plan focuses on reaching HIV-positive pregnant women and their children from the time of the mother’s pregnancy and until she stops breastfeeding. This will be achieved within the existing continuum of comprehensive programmes to provide access to HIV prevention, treatment, care and support for men, women and children.

A global action framework for elimination of mother-to-child transmission of HIV. IATT, 2011.

The present global action framework has been developed as a response to a pressing need to provide a platform for concerted action that synthesizes a wide range of recent global, regional and country level commitments into a coherent response for effective delivery on the collective commitment to eMTCT. The framework provides a common and well-coordinated position to support country level efforts toward eMTCT in the broader context of global health. Its goal is to galvanize and harmonize support for the implementation of the eMTCT agenda among national government, development and implementing partners, and civil society.

Global Strategy for Women’s and Children’s Health. UN Secretary-General, 2010.

This road map, led by the UN Secretary-General, identifies the finance and policy changes needed as well as critical interventions that can and do improve health and save lives. The Global Strategy lays out an approach for global, multi-sector collaboration.


The priority interventions described in this document are the complete set of interventions recommended by WHO to mount an effective and comprehensive health sector response to HIV and AIDS. The document aims to:

- describe the priority health sector interventions that are needed to achieve universal access to HIV prevention, treatment and care
- summarize key policy and technical recommendations developed by WHO and its partners and related to each of the priority health sector interventions
- guide the selection and prioritization of interventions for HIV prevention, treatment and care

- provide links to the key WHO resources and references containing the best available information on the overall health sector response to HIV and AIDS and on the priority health sector interventions with the aim of promoting and supporting rational decision-making in designing and delivering HIV-related services.

Reducing inequities: Ensuring universal access to family planning as a key component of sexual and reproductive health. UNFPA, 2009.

This brochure reflects a consensus of 40 international experts who convened in New York on the occasion of the 15th anniversary of the International Conference on Population and Development. Together they reviewed evidence and developed recommendations on how to reduce inequities in access to family planning and other sexual and reproductive health services, particularly for disadvantaged populations. These actions are urgently needed to accelerate progress towards achieving the MDGs by 2015.


The objective of this adaptable tool is to assess HIV and SRH bi-directional linkages at the policy, systems and service delivery levels. It is intended also to identify gaps, and ultimately contribute to the development of country-specific action plans to forge and strengthen these linkages. This tool focuses primarily on the health sector, though it can be adapted for other sectors e.g. education, social services and labour.


This global guidance was developed in response to the slow, overall progress in the scale-up of PMTCT in resource-constrained settings. It provides a framework for concerted partnerships and guidance to countries on specific actions to take to accelerate the scale-up of PMTCT.


These Guidelines are designed to provide policy-makers and planners with practical guidance to tailor their national HIV prevention response so that they respond to the epidemic dynamics and social context of the country and populations who remain most vulnerable to and at risk of HIV infection.
These guidelines encourage countries to “know your epidemic and your current response”, which enables countries to “match and prioritize your response” by identifying, selecting and funding those HIV prevention measures that are most appropriate and effective in relation to its specific epidemic scenario(s) and settings. These allow countries to “set ambitious, realistic and measurable prevention targets”. Furthermore, these guidelines provide a synthesis of essential prevention measures required for countries to “tailor your prevention plans” in relation to the epidemic scenarios. Finally, to be effective, programmes need to continually gather and use strategic information to track and report on progress and to ensure accountability through verifying the allocation, use and impact of AIDS spending. As such, these guidelines provide building blocks aimed at supporting countries to prioritize, and sequence their investments to effectively scale up their national HIV prevention response.

**PMTCT prong 1: Primary prevention of HIV among women of childbearing age**


ART has considerable benefit, both as treatment and in preventing HIV and TB. Treatment as prevention needs to be considered as a key element of combination HIV prevention and as a major part of the solution to ending the HIV epidemic. In the short and medium term, while countries are concentrating their efforts on scaling up treatment according to the eligibility criteria recommended by WHO, it is expected that they will concurrently identify opportunities to maximize the use of ART for prevention purposes (TasP). The focus will be on specific populations in whom the prevention impact is expected to be greatest (e.g. serodiscordant couples, pregnant women, key populations). During 2012, WHO is issuing updates and guidance for these populations, and is working with countries to address programmatic and operational challenges to inform the consolidated guidelines to be released in mid-2013.


New WHO guidelines recommend offering HIV testing and counselling to couples, wherever HIV testing and counselling is available, including in antenatal clinics. For couples where only one partner is HIV-positive, the guidelines recommend offering ART to the HIV-positive partner, regardless of his/her own immune status (CD4 count), to reduce the likelihood of HIV transmission to the HIV-negative partner.

Couples HIV testing and counselling offers couples the opportunity to test, receive their results and mutually disclose their status in an environment where support is provided by a counsellor/health worker. A range of prevention, treatment and support options can then be discussed and decided upon together, depending on the status of each partner.


The guidelines focus on the prevention and treatment of HIV and other STIs among MSM and transgender people. They include evidence-based recommendations, the summary and grading of evidence, implementation issues and key research gaps. Although the focus of this guidance is on low- and middle-income countries, WHO recommends that this guidance be available for MSM and transgender people in high-income countries as well. The document presents good practice recommendations that focus on ensuring an enabling environment for the recognition and protection of the human rights of MSM and transgender people. Without such conditions, implementation of the more specific technical recommendations is problematic.


This WHO publication explains when HIV re-testing should and should not be recommended. It is intended to serve as a complement to the WHO/UNAIDS guidance on provider-initiated HIV counselling and testing in health facilities. The document aims to help HIV policy-makers, programme and site managers, trainers, and testing and counselling providers in all settings to detect HIV earlier among people with recent exposure to, or ongoing risk of, HIV infection; and to promote earlier referral of HIV-positive people to HIV prevention, treatment and care, including PMTCT, services.


This guidance note was developed to provide the UNAIDS Co-sponsors and Secretariat with a coordinated human-rights-based approach to promoting universal access to HIV prevention, treatment, care and support in the context of adult sex work. It provides clarification and direction regarding approaches by the Joint United Nations Programme on HIV/AIDS to reduce HIV risk and vulnerability in the context of sex work, providing a policy and programmatic emphasis that rests on three interdependent pillars:

- access to HIV prevention, treatment, care and support for all sex workers and their clients
- supportive environments and partnerships that facilitate universal access to needed services, including life choices and occupational alternatives to sex work for those who want to leave it
action to address structural issues related to HIV and sex work.


See Prong 2.


This document can be used in countries or regions at various stages of scaling up, ranging from considering how to scale up to being in the process of doing so. It is intended to provide operational and programmatic guidance to decision-makers, programme managers and technical support agencies, and could also provide useful guidance to funders. It is relevant to the scaling up of programmes in both the public and private sectors. For other technical guidance on male circumcision see: www.who.int/hiv/topics/malecircumcision/technical/en/index.html


UNFPA, WHO and UNAIDS released this revised position statement on condoms and HIV prevention.


A series of seven guidance briefs was developed by the task team. They aim to help decision-makers (including development practitioners, governments, donors and CSOs) understand what needs to be done, based on the latest global evidence on effective interventions for young people.

- Overview of HIV interventions for young people
- HIV interventions for most-at-risk young people
- HIV interventions for young people in humanitarian emergencies
- Community-based HIV interventions for young people
- HIV interventions for young people in the education sector
- HIV interventions for young people in the health sector
- HIV interventions for young people in the workplace


The WHO/UNAIDS guidance was prepared in light of increasing evidence that provider-initiated testing and counselling can increase uptake of HIV testing, improve access to health services for people living with HIV, and may create new opportunities for HIV prevention. Provider-initiated HIV testing and counselling involves the health care provider specifically recommending an HIV test to patients attending health facilities. In these circumstances, once specific pre-test information has been provided, the HIV test would ordinarily be performed unless the patient declines.


These guidelines build on Intensifying HIV prevention: UNAIDS policy position paper and the UNAIDS action plan on intensifying HIV prevention. The guidelines aim to assist policy-makers and planners in countries to strengthen their national HIV prevention response. The guidelines call on National AIDS Authorities – in the spirit of the Three Ones Principles – to provide leadership in coordinating and strengthening their national HIV prevention efforts. To strengthen national efforts countries are being encouraged to ‘know your epidemic’ by identifying the behaviours and social conditions that are most associated with HIV transmission, that undermine the ability of those most vulnerable to HIV infection to access and use HIV information and services. Knowing your epidemic provides the basis for countries to ‘know your response’, by recognizing the organizations and communities that are, or could be, contributing to the response, and by critically assessing the extent to which the existing response is meeting the needs of those most vulnerable to HIV infection.


WHO has reviewed the scientific evidence for the effectiveness of the key components of the comprehensive package of interventions in the Evidence for Action series, which consists of two types of documents: technical papers and policy briefs.

- The Evidence for Action technical papers summarize the evidence in more detail and will be useful for service providers and planners.
- The Evidence for Action policy briefs can be used for advocacy purposes for policy-makers regarding the importance of these interventions.

Topics include collaborative tuberculosis and HIV services, antiretroviral therapy, community-based outreach, effectiveness of sterile needle and syringe programming, and of drug dependence treatment.


The intersection of unsafe injecting drug use and unsafe sexual practice is a significant factor in the increased risk for HIV infection of drug injecting females. The document explores vulnerabilities, including those of HIV-positive female drug users, barriers and needed actions, underlining the imperative of empowerment.

A systematic review of 80 studies was undertaken to assess the effectiveness of different HIV prevention interventions for young people delivered in schools, health services, media and communities. The report provides evidence-based recommendations for policy-makers, programme managers and researchers to guide efforts towards meeting the UN goals on HIV/AIDS and young people. Interventions have been categorized into one of four categories depending on whether the evidence is strong enough to recommend:

- **GO!** Go to scale with the intervention, now, with monitoring of coverage and quality
- **Ready:** Implement the intervention widely but evaluate it carefully
- **Steady:** Further research and development of the intervention is needed, though it shows promise of potential effectiveness
- **Do not go:** The evidence is against implementation of the intervention.

### Intensifying HIV prevention: UNAIDS policy position paper
UNAIDS, 2005.

This UNAIDS policy position paper, aimed at those with a leadership role in HIV prevention, treatment and care, highlights the need for strengthening HIV prevention, key actions for an effective response and core principles underlying these actions. It also identifies how national partners can scale up HIV prevention at country level and how UNAIDS will support this process.

### Condom programming for HIV prevention: A manual for service providers
www.unfpa.org/public/global/pid/1291

This manual is intended for: health care workers, peer educators, and other outreach workers who counsel clients on HIV/STI prevention and condom use; others who sell condoms as part of their jobs; and the shop owners, store managers, and clinic staff who run condom outlets. It offers detailed and practical advice on how to increase the demand for and supply of condoms by following a five-step process.

### Condom programming for HIV prevention: An operations manual for programme managers
www.unfpa.org/public/global/pid/1292

This manual outlines a seven-step process to improve the effectiveness of existing condom programmes or to create a new condom programme. It is designed to give managers practical and specific advice on condom programming.

### Rapid condom needs assessment tool for condom programming
www.unfpa.org/public/cache/offence/publications/pid/2484;jsessionid=58F6F4134F5E5331EEC1E662592CC028

This document was developed to design and test a rapid needs assessment and data-gathering tool to improve country level condom programming for HIV prevention of which condom distribution, promotion and use are important elements.

WHO is currently developing health-sector guidance for prevention, treatment and care of sex workers as well as guidance on couples HIV counselling and testing.

### PMTCT prong 2: Preventing unintended pregnancies among women living with HIV


### Preventing unintended pregnancies and HIV


### Positive health, dignity and prevention policy framework
UNAIDS, GNP+, 2011.

The framework recommends nine action areas (advocacy, building evidence, dissemination, policy dialogue, planning, implementation, integration, M&E, and adaptation and improvement) to move forward with the development of operational guidelines for positive health, dignity and prevention, with specific roles and responsibilities for GNP+, other networks of people living with HIV, civil society, the public and private sectors, UNAIDS Secretariat and co-sponsors, and donor agencies.

### Prevention and treatment of HIV and other sexually transmitted infections among men who have sex with men and transgender people

See Prong 1.

### IMAI one-day orientation on adolescents living with HIV

The objectives of this course are to orient a range of health workers, including medical officers and nurses, to the special characteristics of adolescence and to identify and practice appropriate ways of addressing important issues for adolescents living with HIV.

### Antiretroviral therapy for HIV infection in adults and adolescents – recommendations for a public health approach – 2010 revision
WHO 2010.
See Prong 4.

### Reproductive choices for women with HIV
www.who.int/bulletin/volumes/87/11/08-059360-en.pdf

Includes a flow chart on the sexual and reproductive decisions faced by women with HIV, i.e. desire for pregnancy,

The guidance package outlines what stakeholders in the areas of health, policy and law, and advocacy can do to support and advance the SRH of people living with HIV. The guidance package includes a focus on health systems and the services required to meet the specific SRH needs of people living with HIV, such as the diagnosis, management, and treatment of HIV and other STIs; sex education and information; psychosocial support to cope with living with HIV; family planning; safe abortion and/or post-abortion care; services to assist conception; antenatal, delivery, and postnatal services; cancer diagnosis and treatment; services to address gender- and sexuality-based violence; counselling and treatment to address sexual dysfunction; and information, services, commodities and social support for HIV prevention.

Furthermore, annexed is information on useful resources and tools related to the sexual and reproductive health and rights of people living with HIV. See also:

- Advancing the sexual and reproductive health and human rights of injecting drug users living with HIV. GNP+, INPUD, 2010.
- Advancing the sexual and reproductive health and human rights of sex workers living with HIV. GNP+, NSWP, 2010.
- Advancing the sexual and reproductive health and human rights of migrants living with HIV. GNP+, 2010.

Guidance on testing and counselling for HIV in settings attended by people who inject drugs: improving access to treatment, care and prevention. UNODC Regional Centre for Asia and the Pacific and WHO WPRO and SEARO, 2009.

This document offers basic operational guidance on HIV counselling and testing in settings attended by people who inject drugs, including pre-test information for women who are or may become pregnant, post-test counselling for a pregnant woman, and re-testing as well as information on the standard of care for pregnant women who are diagnosed HIV-positive through HIV counselling and testing in settings attended by people who inject drugs.

www.who.int/hiv/pub/condoms/20090318_position_condoms.pdf
See Prong 1.


This document is the result of an expert panel convened in June 2006 to review the evidence and develop recommendations for interventions to reduce illness associated with HIV infection and prevent HIV transmission. Recommendations were formulated covering thirteen areas of intervention seen as low cost and of particular importance for people living with HIV. These areas are: psychosocial counselling and support; disclosure, partner notification and testing and counselling; co-trimoxazole prophylaxis; tuberculosis; preventing fungal infections; sexually transmitted and other reproductive tract infections; preventing malaria; selected vaccine preventable diseases (hepatitis-B, pneumococcal, influenza and yellow fever vaccines); nutrition; family planning; preventing mother-to-child transmission of HIV; needle-syringe programmes and opioid substitution therapy; and water, sanitation and hygiene.

www.unfpa.org/public/home/publications/pid/2850
Seven Guidance Briefs. See Prong 1.


This tool is designed to help health workers counsel people living with HIV on sexual and reproductive choices and family planning, and is part of the WHO materials on integrated management of adolescent and adult illness (IMAI). It also is meant to help people living with HIV make and carry out informed, healthy, and appropriate decisions about their sexual and reproductive lives.


This publication provides guidance on adapting health services to address the SRH needs of women living with HIV and integrating these activities within the health system. It includes recommendations for counselling, care and other interventions based on the best available scientific evidence, accumulated programme experience and expert opinion where evidence is lacking or is inconclusive.
See Prong 1.

See Prong 1.

See Prong 1.

See Prong 1.

See Prong 1.

WHO is currently developing health-sector guidance for prevention, treatment and care of sex workers, as well as guidance on couples HIV counseling and testing, and ART for prevention.

PMTCT prong 3: Preventing HIV transmission from a woman living with HIV to her infant

Recent developments suggest that substantial clinical and programmatic advantages can come from adopting a single, universal regimen both to treat HIV-infected pregnant women and to prevent mother-to-child transmission of HIV. A new, third option (Option B+) proposes not only providing the same triple ARV drugs to all HIV-infected pregnant women beginning in the antenatal clinic setting but also continuing this therapy for all of these women for life. Important advantages of Option B+ include: further simplification of regimen and service delivery and harmonization with ART programmes, protection against mother-to-child transmission in future pregnancies, a continuing prevention benefit against sexual transmission to serodiscordant partners, and avoiding stopping and starting of ARV drugs. While these benefits need to be evaluated in programme settings, and systems and support requirements need careful consideration, this is an appropriate time for countries to start assessing their situation and experience to make optimal programmatic choices.

This technical update reviews the evidence on the safety, tolerability and efficacy of efavirenz (EFV), as well as the clinical and programmatic consequences of multiple algorithms due to uncertainty regarding the risk of teratogenicity from the use of EFV in pregnancy. Review of the available data and programmatic experience provides reassurance that exposure to EFV in early pregnancy has not resulted in increased birth defects or other significant toxicities.

Since WHO issued revised guidelines in 2006, important new evidence has emerged on the use of ARV prophylaxis to prevent MTCT, including during breastfeeding, on the optimal time to initiate ART in individuals who need treatment, and on safe feeding practices for HIV-exposed infants. This evidence forms the basis for the new recommendations, primarily developed for low- and middle-income settings, and the guidelines include information for countries to adapt the recommendations to their local settings.

These recommendations are generally consistent with the previous guidance, they recognize the important impact of ARVs during the breastfeeding period, and recommend that national authorities in each country decide which infant feeding practice (i.e. breastfeeding with an ARV intervention to reduce transmission or avoidance of all breastfeeding) should be promoted and supported by MCH services.

Where national authorities promote breastfeeding and ARVs, mothers known to be HIV-infected are now recommended to breastfeed their infants until at least 12 months of age. The recommendation that replacement feeding should not be used unless it is acceptable, feasible, affordable, sustainable and safe (AFASS) remains, but the acronym is replaced by more common, everyday language and terms. Recognizing that ARVs will not be rolled out everywhere immediately, guidance is given on what to do in their absence.

See Prong 2.

The guidelines identify the most potent, effective and feasible first-line, second-line and subsequent treatment regimens, applicable to the majority of populations, the optimal timing of ART initiation and improved criteria for ART switching, and introduce the concept of third-line antiretroviral regimens. The primary audiences are national treatment advisory boards, partners implementing HIV care and treatment, and organizations providing technical and financial support to HIV care and treatment programmes in resource-limited settings.


The new guidelines seek to address the ongoing paediatric treatment gap by making a series of bold recommendations that are focused on expanding access to testing, increasing the number of infants and children eligible for treatment, and improving the care of children with HIV. Furthermore, all exposed infants are born to HIV-positive mothers, and many of those women will have HIV-positive partners and/or other HIV-positive children. As such, the infant is an index case that helps to identify a family living with HIV, which could be a critical route to expanding the reach of HIV testing, treatment and care.

These treatment guidelines serve as a framework for selecting the most potent and effective first-line and second-line ART regimens for the care of HIV-infected infants and children, including addressing the diagnosis of HIV infection and consideration of ART in different situations, e.g. where infants and children are coinfected with HIV and TB, or have been exposed to ARVs, either for PMTCT or through breastfeeding. In addition, the nutritional needs of and malnutrition in HIV-positive children, and ART-related issues such as malnutrition, adherence and resistance, are discussed. A section on ART in adolescents briefly outlines key issues related to treatment and care for this age group.

These guidelines are intended primarily for treatment advisory boards, national AIDS programme managers and other senior policy-makers involved in the planning of national and international HIV care strategies for infants and children in resource-limited countries. Elements of the guidelines such as the simplified dosing guidance (Annex E) are also designed for clinical implementation in the field. Plus all documents under Prong 2.

MDG 3: promote gender equality and empower women
These interventions underpin the successful implementation and scale-up of each of the four PMTCT prongs.

Ending gender-based violence

This tool for violence prevention researchers, practitioners and advocates provides a planning framework for developing policies and programmes for the prevention of intimate partner and sexual violence. This guide outlines the nature, magnitude, risks and consequences of intimate partner and sexual violence; as well as strategies to prevent these forms of violence against women and describes how these can be tailored to the needs, capacities and resources of particular settings. The manual describes interventions of known effectiveness, those supported by emerging evidence, and those that could potentially be effective, but have yet to be sufficiently evaluated for their impact. It also emphasizes the importance of integrating scientific evaluation into all prevention activities in order to expand current knowledge of what works.

www.unfpa.org/public/publications/pid/1565

This publication identifies priority areas for intensified action on gender-based violence; policy frameworks, data collection and analysis, focus on SRH, humanitarian responses, adolescents and youth, men and boys, faith-based networks, and vulnerable and marginalized populations. It is intended to provide a common platform and technical guidance for UNFPA at country, regional and global levels and effectively guide capacity-development initiatives, resources and partnerships.

www.unfpa.org/public/cache/offence/home/publications/pid/4412

This report documents good practices in preventing and responding to gender-based violence. The five case studies featured within document initiatives in Armenia, Romania, Turkey and the Ukraine that were implemented by governments and other partners with the support of UNFPA. Although the reports focus on initiatives in Eastern Europe and Central Asia, the practices and lessons learned can be applied throughout the globe.

www.unfpa.org/public/global/pid/399

This handbook, intended primarily for development practitioners, provides practical points to consider when designing and implementing projects addressing violence against women. It is a collection of good practices drawn from ten case studies described in a complementary volume.

1. knowing, understanding and responding to the particular
2. translating political commitments into scaled-up action to
3. an enabling environment for the fulfillment of women's and
girls' human rights and empowerment, in the context of HIV.

Each issue is accompanied by a recommendation, a set of results and corresponding actions, as well as the parties to

UNAIDS Action Framework: Addressing Women, Girls,
Gender Equality and HIV. UNAIDS, 2009.
www.unfpa.org/webdav/site/global/shared/documents/
publications/2010/unaids_action_framework.pdf

This action framework has been developed by the UNAIDS co-sponsors, the UNAIDS Secretariat and UNIFEM, to more effectively and sustainably empower women and girls and to promote gender equality as part of their collective response to AIDS. The framework builds on past actions and accomplishments, but adopts a more strategic and prioritized approach, with greater coordination of policies and programmes and an emphasis on focused and context specific guidance to help accelerate and expand successful action at the country level.

AIDS Action Framework: Addressing Women, Girls,
Gender Equality and HIV. UNAIDS, 2010.
www.unaids.org/en/media/unaids/contentassets/dataimport/
pub/manual/2010/20100226_jc1794_agenda_for_
accelerated_country_action_en.pdf

The Agenda for Accelerated Country Action is structured around three issues:
1. knowing, understanding and responding to the particular and various effects of the HIV epidemic on women and girls
2. translating political commitments into scaled-up action to address the rights and needs of women and girls in the context of HIV
3. an enabling environment for the fulfilment of women's and girls' human rights and empowerment, in the context of HIV.

This volume documents UNFPA’s experience addressing many forms of violence against women. Intended primarily for development practitioners and others seeking to change attitudes and practices, it offers lessons that can help scale up responses. Projects in Bangladesh, Colombia, Ghana, Kenya, Mauritania, Mexico, Morocco, Romania, Sierra Leone and Turkey are discussed.

Programming to address violence against women

http://europe.unfpa.org/webdav/site/europe/shared/Publications/PDF%20files/Violence1.pdf

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http://europe.unfpa.org/public/europe_pubs/pid/2041

This volume documents best practices in preventing and responding to violence against women. These eight case studies feature initiatives from Algeria, Guatemala, Honduras, India, Indonesia, Nepal, Sri Lanka and Zimbabwe, implemented by governments and other partners with support from UNFPA.

Supporting women’s reproductive rights

UNAIDS Action Framework: Addressing Women, Girls,
Gender Equality and HIV. UNAIDS, 2009.
www.unfpa.org/webdav/site/global/shared/documents/
publications/2010/unaids_action_framework.pdf

This action framework has been developed by the UNAIDS co-sponsors, the UNAIDS Secretariat and UNIFEM, to more effectively and sustainably empower women and girls and to promote gender equality as part of their collective response to AIDS. The framework builds on past actions and accomplishments, but adopts a more strategic and prioritized approach, with greater coordination of policies and programmes and an emphasis on focused and context specific guidance to help accelerate and expand successful action at the country level.

Increasing access to information and sexual and reproductive health services

www.who.int/reproductivehealth/publications/linkages/strategic_considerations.pdf

This document aims to provide programme planners, implementers, and managers (including MOH officials and other country-level stakeholders) with strategic considerations for implementing or strengthening integrated FP/HIV services. The document does not address other reproductive health issues that are also central to linked approaches, such as gender-based violence and STI management. Instead, the focus here is specifically on the intersection of FP and HIV, and thus should be used in the context of broader efforts to ensure universal access to RH services and HIV prevention, care, treatment, and support programmes.


In order to gain a clearer understanding of the effectiveness, optimal circumstances, and best practices for strengthening SRH and HIV linkages, a systematic review of the literature was conducted. The findings corroborate the many benefits gained from linking SRH and HIV policies, systems and services.

Packages of interventions for family planning, safe abortion care, maternal, newborn and child health. WHO,
www.who.int/making_pregnancy_safer/documents/fch_10_06/en/index.html

This document describes the key effective interventions organized in packages across the continuum of care through pre-pregnancy, pregnancy, childbirth, postpartum, newborn care and care of the child. The packages are defined for community and/or facility levels in developing countries and provide guidance on the essential components needed to assure adequacy and quality of care.

www.who.int/reproductivehealth/publications/family_planning/9789241563888/en/index.html

This document reviews the medical eligibility criteria for use of contraception, offering guidance on the safety of use of different methods for women and men with specific characteristics or known medical conditions. The recommendations are based on systematic reviews.

The overarching global goal of the present strategy is the elimination of congenital syphilis as a public health problem. This would be achieved through reduction of prevalence of syphilis in pregnant women and by the prevention of mother-to-child transmission of syphilis. The strategy rests on four pillars: (i) ensure sustained political commitment and advocacy; (ii) increase access to, and quality of, maternal and newborn health services; (iii) screen and treat pregnant women and their partners; and (iv) establish surveillance, monitoring and evaluation systems.


This guide focuses on the knowledge and skills needed by health-care providers at different levels of care to offer quality services for prevention, screening, treatment and palliation of cervical cancer. It presents up-to-date, evidence-based recommendations covering the full continuum of care. The four levels of care referred to throughout the guide are: the community; the health centre or primary care level; the district hospital or secondary care level; and the central or referral hospital or tertiary care level. The guide does not cover programme management, resource mobilization, or the political, legal and policy-related activities associated with cervical cancer control.


Engaging male partners
http://unfpa.org/public/home/publications/pid/6815

This toolkit presents conceptual and practical information on engaging men and boys in promoting gender equality and health. Specific topics include sexual and reproductive health; maternal, newborn and child health; fatherhood; HIV and AIDS prevention, care and support; and prevention of gender-based violence. In addition to providing examples of programmes that have effectively addressed these challenges, the toolkit offers guidance on advocacy, needs-assessment, monitoring and evaluation related to efforts to engage men and boys.


This policy brief:
- outlines the rationale for using policy approaches to engage men in achieving gender equality, reducing health inequities, and improving women’s and men’s health
- offers a framework for integrating men into policies that aim to reduce gender inequality and health inequities
- highlights some successful policy initiatives addressing men that have advanced gender equality and reduced health inequities by generating positive changes in men’s behaviours and relations with women and with other men, including through increasing men’s involvement in caring for children; interventions for men who use violence against women; male circumcision; reducing men’s excessive consumption of alcohol.


This three-part curriculum is designed to provide a broad range of health care workers with the skills and sensitivity needed to work with male clients and provide men’s reproductive health services. The curriculum includes:

1. Introduction to Men’s Reproductive Health Services (revised edition) is designed to help sites and health care workers address organizational and attitudinal barriers that may exist when initiating, providing, or expanding a men’s reproductive health services programme.

2. Counselling and Communicating with Men focuses on strengthening service providers’ ability to interact with, communicate with, and counsel men – with or without their partners – on reproductive health issues.

3. Management of Men’s Reproductive Health Problems provides information to clinicians and other service providers in diagnosing and managing reproductive health disorders in men.

www.unfpa.org/gender/men.htm

Summary of UNFPA’s work and findings.

www.who.int/gender/documents/Engaging_men_boys.pdf

This review assesses the effectiveness of programme interventions seeking to engage men and boys in achieving gender equality and equity in health.
ANNEX 3 ADDITIONAL DISCUSSION OF GUIDING PRINCIPLES

Human rights

These principles aim to guide coordinated and coherent government policy and programming so as to respect their international commitments. In so doing, PMTCT interventions integrated with maternal, newborn, and child health, and SRH programmes must be designed, implemented, monitored, and evaluated in a transparent and participatory manner, with regular dissemination of results to the public. Grounding reproductive health programming in a human rights framework clarifies the obligations and responsibilities of governments to protect, promote and fulfil reproductive rights. Although subject to progressive realization and resource constraints, some obligations have immediate effect. For example, there is a duty on the State to respect an individual’s freedom to control his or her health and body. As such, there is an immediate obligation on a State not to engage in forced sterilization or discriminatory practices, which is subject to neither progressive realization nor resource availability.

Bearing in mind the human rights principles of universality, inalienability, indivisibility, interdependence, and interrelatedness, these strengthen PMTCT/MNCH/SRH programmes by emphasizing the intersections between reproductive rights and other human rights – such as the rights to education, information, privacy, food, shelter, and so forth. These intersections require that PMTCT/MNCH/SRH programmes be built upon multisectoral partnerships, and that the expertise and resources of diverse groups and ministries be combined to create truly comprehensive integrated PMTCT/MNCH/SRH programmes.

Gender equality and empowerment

A number of challenges for scaling up primary prevention of HIV in the context of PMTCT have been identified, including significant barriers for HIV-negative pregnant women to remain negative, many of which are gender-based. Women living with HIV face other barriers to accessing services, including:

- provider attitudes, particularly stigmatizing and discriminatory ones
- consistent perception that programmes place a lower value on the mother’s health and rights than those of the child
- a lack of respect for the reproductive rights and fertility desires of women living with HIV, including forced or coerced abortion or sterilization
- a perceived lack of quality counselling for women living with HIV when they do not want to get pregnant
- a lack of pre-conception care and awareness of family planning among women (especially young women) and their partners and health providers
- failure to offer counselling and services in a confidential, non-judgmental and non-discriminatory manner
- failure to provide accurate information on and access to the full range of family planning options
- failure to respect a person’s decision to disclose her or his HIV status voluntarily, even to health care providers.

In order to make eMTCT a reality, it is essential to focus on gender equality and women’s empowerment (see Box A: Risk and Vulnerability). This focus will help to create an enabling environment for achieving scaled up comprehensive and effective PMTCT/MNCH/SRH programmes. Furthermore, within the broad guiding principle ‘Human Rights and Gender’, the need to address gender-based violence is critical as there are clear links between gender-based violence and poorer health outcomes for both mother and child as a result of physical and mental trauma. People living with HIV have reported rampant gender-based violence. Furthermore, there are few accessible prevention and impact mitigation programmes that exist to address gender-based violence.

These gender dimensions cannot be overlooked in programming, and influence what and how services are delivered. In recognition of the importance of tackling the gender dimensions of the AIDS epidemic the Global Fund to fight AIDS, Tuberculosis and Malaria, and UNAIDS have developed programming strategies and operational plans which recognize that gender dynamics affect women’s vulnerability to HIV and its impact.

Meaningfully involve people living with HIV

People living with HIV have significant knowledge, experience and insight into the issues that are important for them and for responding to the epidemic effectively (see Section 9 Key Strategies and Actions, Strategy 4). Participation of people living with HIV, young people, and key populations at higher risk ensures that sexual and reproductive health commodities, information and services are tailored to the needs of these groups i.e. they are available, accessible and acceptable as well as scientifically and medically appropriate and of good quality.

When this framework is applied to PMTCT/MNCH/SRH programming, it is clear that the key elements of availability, accessibility and so on are frequently absent. For example, in many countries, information on PMTCT/MNCH/SRH is not readily available and, if it is, it is not accessible to all, in particular women and adolescents, including those living with HIV or from key populations at higher risk. PMTCT/MNCH/SRH services are often geographically inaccessible to communities living in rural areas. These services are sometimes not provided in a form that is culturally acceptable.
HIV infection is associated with specific risks, including behaviours such as unprotected sexual intercourse or injecting drug use with contaminated injecting equipment, and situations such as forced or coerced sex. Vulnerability refers to unequal opportunities, social exclusion, unemployment, or precarious employment and other social, cultural, political, and economic factors that make a person more susceptible to HIV infection and to developing AIDS. Figure A outlines the specific risk and vulnerability factors faced by women and girls, and illustrates the relationship between risk and vulnerability and the impact on HIV transmission in the context of PMTCT.

Furthermore, harmful gender norms – including those that reinforce the submissive role of women, cross-generational sex, concurrent partnerships, and gender-based violence – are key drivers of the HIV epidemic.24 Fear of violence may prevent women accessing voluntary counselling and testing, family planning or PMTCT services, or from disclosing their status to partners. In many cases, women who test HIV-positive choose not to inform their partners of the results because of fear of blame or abandonment. Women who fear violence are also less able to exert control over their fertility, negotiate safe sex or condom use, or confront infidelity. Furthermore, economic, educational, legal and political discrimination faced by women and girls contribute to their vulnerability.25

Community engagement26

The value of community involvement for improving health was recognized over 30 years ago.27 Since then, community involvement has been regarded as a continuum (according to the degree of community members’ control and decision-making) that ranges from token representation with no role or power in making decisions to community participation in which local people initiate action, set the agenda and work towards a commonly-defined goal of community engagement. Such engagement brings together people living with HIV, community stakeholders and health providers to develop partnerships, address gaps and challenges, and support families and individuals, creating a comprehensive community response. While communities are unlikely to question their own assumptions – on gender norms, for example – unless prompted to do so, community-based programmes have succeeded in catalysing change by helping communities reflect on traditions, norms and values that jeopardize their health and survival (see Section 9 Key Strategies and Actions, Strategy 2).

Stigma and discrimination

International human rights law proscribes discrimination in access to health care and the underlying determinants of health, and to the means for their procurement, on the grounds of race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth, physical or mental disability, health status (including HIV),
sexual orientation, and civil, political, social or other status that has the intention or effect of nullifying or impairing the equal enjoyment or exercise of the right to health. Nonetheless, discrimination and stigma continue to pose a serious threat to sexual and reproductive health for many key populations and vulnerable groups, including women, sexual minorities, refugees, people with disabilities, rural communities, indigenous persons, people living with HIV, sex workers, and people held in detention. Some individuals suffer discrimination on several grounds such as gender, race, poverty and health status\(^2^8\) (see Section 9 Key Strategies and Actions, Strategy 5).

There is a need for protective laws that ensure non-discrimination, reduce stigma, provide access to justice and change harmful gender norms to address the underlying causes of primary infection of women and the prevention of unintended pregnancies among women living with HIV. Equally important are programmes that promote education and create the conditions for people living with HIV and their partners to be free to make informed choices about their sexual and reproductive health, including regarding whether and how to be sexually active and fulfilled, and whether and how to conceive and enjoy a family.\(^2^9\)

**Centrality of sexuality\(^3^0\)**

The principle of recognizing the centrality of sexuality focuses on the ‘life-cycle approach’ to sexual and reproductive health, which includes helping countries to: respond to adolescents’ and young people’s SRH needs, including those living with HIV; prevent maternal mortality and morbidity; and provide women and men (including elderly women and men) with the SRH information, goods and services they require. This approach implies that programmes should respond to adolescents’ and young people’s particular SRH needs; support prevention of maternal mortality and morbidity; and assist governments to provide women and men (including elderly women and men) with the sexual and reproductive health information, commodities and services they require, according to their age needs.
ANNEX 4 PACKAGE OF ESSENTIAL SERVICES FOR HIGH-QUALITY MATERNAL CARE

Package of essential services for high-quality maternal care for all women regardless of HIV status

1. Health education, information on prevention and care for HIV and sexually transmitted infections, including safer sex practices, pregnancy including antenatal care, birth planning and delivery assistance, malaria prevention, optimal infant feeding; family planning counselling and related services
2. Provider-initiated HIV counselling and testing, including HIV counselling and testing for women of unknown status at labour and delivery or postpartum
3. Couple and partner HIV counselling and testing, including support for disclosure
4. Promotion and provision of male and female condoms
5. HIV-related gender-based violence screening
6. Obstetric care, including history taking and physical examination
7. Maternal nutritional support
8. Counselling on infant feeding
9. Psychosocial support
10. Birth planning, birth preparedness (including pregnancy and postpartum danger signs), including skilled birth attendants
11. Tetanus vaccination
12. Iron and folate supplementation
13. Syphilis screening and management of sexually transmitted infections
14. Risk reduction interventions for people who use drugs
15. Hepatitis B screening and infant vaccination

Package of services for women living with HIV

1. Additional counselling and support to encourage partner testing, adoption of risk reduction and disclosure
2. Clinical evaluation, including clinical staging of HIV disease
3. Immunological assessment (CD4 cell count) where available
4. Antiretroviral therapy when indicated
5. Counselling and support on infant feeding based on knowledge of HIV status
6. Antiretroviral prophylaxis for PMTCT provided during the antepartum, intrapartum and postpartum period
7. Co-trimoxazole prophylaxis where indicated
8. Additional counselling and provision of services as appropriate to prevent unintended pregnancies
9. Supportive care, including adherence support
10. Additional counselling and provision of services as appropriate to prevent unintended pregnancies
11. Tuberculosis screening and treatment when indicated; preventive therapy (isoniazid prophylaxis) when appropriate
12. Advice and support on other prevention interventions, such as safe drinking water
13. Supportive care, including adherence support and palliative care and symptom management

Additional package of services for all women regardless of HIV status in specific settings

1. Malaria prevention and treatment
2. Counselling, psychosocial support and referral for women who are at risk of or have experienced violence
3. Counselling and referral for women with a history of harmful alcohol or drug use
4. De-worming
5. Consider re-testing late in pregnancy where feasible in generalized epidemics
Community systems are community-led structures and are all those who community organizations and actors: both non-governmental, non-commercial organizations, such as those working on public policies, processes and resource mobilization at national, regional or global levels. Civil society organizations (CSOs), whatever level they work at, include community-based organizations (CBOs); non-governmental organizations (NGOs); faith-based organizations (FBOs); and networks or organizations of people living with HIV or key populations.

Community is a widely used term that has no single or fixed definition. Broadly, communities are formed by people who are connected to each other in distinct and varied ways. Communities are diverse and dynamic, and one person may be part of more than one community. Community members may be connected by living in the same area or by shared experiences, health and other challenges, living situations, culture, religion, identity or values.

Community-based organizations (CBOs): are generally those organizations that have arisen within a community in response to particular needs or challenges and are locally organized by community members. Non-governmental organizations (NGOs) are generally legal entities, for example registered with local or national authorities; they may be operative only at community level or may also operate or be part of a larger NGO at national, regional and international levels. Some groups that start out as CBOs register as NGOs when their programmes develop and they need to mobilize resources from partners that will only fund organizations that have legal status.

Community organizations and actors: are all those who act at community level to deliver community-based services and activities and promote improved practice and policies. This includes many civil society organizations, groups and individuals that work with communities, particularly community-based organizations (CBOs), non-governmental organizations (NGOs) and faith-based organizations (FBOs) and networks or organizations of people living with HIV or key populations. It also includes those public or private sector actors that work in partnerships with civil society to support community-based service delivery, for example local government authorities, community entrepreneurs and co-operatives.

Community systems are community-led structures and mechanisms used by communities through which community members and community-based organizations and groups interact, coordinate and deliver their responses to the challenges and needs affecting their communities. Many community systems are small-scale and/or informal. Others are more extensive – they may be networked between several organisations and involve various sub-systems. For example, a large care and support system may have distinct sub-systems for comprehensive home-based care, providing nutritional support, counselling, advocacy, legal support, and referrals for access to services and follow-up.

Community systems strengthening (CSS) is an approach that promotes the development of informed, capable and coordinated communities and community-based organisations, groups and structures. CSS involves a broad range of community actors, enabling them to contribute as equal partners alongside other actors to the long-term sustainability of health and other interventions at community level, including an enabling and responsive environment in which these contributions can be effective. The goal of CSS is to achieve improved health outcomes by developing the role of key affected populations and communities and of community-based organizations in the design, delivery, monitoring and evaluation of services and activities related to prevention, treatment, care and support of people affected by HIV, tuberculosis, malaria and other major health challenges.

Contraception is defined as the intentional prevention of conception using various methods. Contraceptive methods are classified as either modern or traditional. Modern methods of contraception include female and male sterilization, oral hormonal pills, the intra-uterine device (IUD), the male condom, injectables, the implant (including Norplant), vaginal barrier methods, the female condom and emergency contraception. Traditional methods of contraception include rhythm (periodic abstinence), withdrawal, prolonged abstinence, breastfeeding, douching, lactational amenorrhea method (LAM) and folk methods.

Dual protection: Many sexually active people need dual protection: protection against unintended pregnancy and against STIs including HIV. Those contraceptives that offer the best pregnancy prevention do not protect against STIs. Thus, simultaneous condom use for disease prevention is recommended. Condoms used alone can also prevent both STIs and pregnancy if used correctly and consistently, but are associated with higher pregnancy rates than condoms used together with another contraceptive method.

Elimination of mother-to-child transmission of HIV (eMTCT): See Note on Terminology (page i) and for examples of terms currently in use.

Family planning allows individuals and couples to anticipate and attain their desired number of children, if any, and the spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility. A woman’s ability to space and limit her pregnancies has a direct impact on her health and well-being as well as on the outcome of each pregnancy.
Greater Involvement of People Living with HIV (GIPA)

**Principle:** GIPA is not a project or programme. It is a principle that aims to realize the rights and responsibilities of people living with HIV, including their right to self-determination and participation in decision-making processes that affect their lives. In these efforts, GIPA also aims to enhance the quality and effectiveness of the AIDS response.48

**Harm reduction:** Refers to policies, programmes and approaches that seek to reduce the harmful health, social and economic consequences associated with the use of psychoactive substances. It is a comprehensive package of nine elements including: needle and syringe programmes; opioid substitution therapy and other drug dependence treatment; HIV counselling and testing; antiretroviral therapy; prevention and treatment of sexually transmitted infections; condom programmes for people who inject drugs and their sexual partners; targeted information, education and communication for people who inject drugs and their sexual partners; vaccination, diagnosis and treatment of viral hepatitis; and, prevention, diagnosis and treatment of tuberculosis.49

**Integration:** Refers to different kinds of SRH and HIV services or operational programmes that can be joined together to ensure and perhaps maximize collective outcomes. This would include referrals from one service to another, for example. It is based on the need to offer comprehensive and integrated services.50 This means, in terms of service delivery, the organization and management of health services so that people get the care they need, when they need it, in ways that are user friendly, achieve the desired results and provide value for money.51

**Key populations/key populations at higher risk:** Key populations, or key populations at higher risk, are groups of people who are more likely to be exposed to HIV or to transmit it and whose engagement is critical to a successful HIV response. In all countries, key populations include people living with HIV. In most settings, men who have sex with men, transgender people, people who inject drugs and sex workers and their clients are at higher risk of exposure to HIV than other groups. However, each country should define the specific populations that are key to their epidemic and response based on the epidemiological and social context.52

**Linkages:** The bi-directional synergies in policies, programmes, services and advocacy between SRH and HIV. It refers to a broader human rights-based approach, of which service integration is a subset.53

**Maternal mortality** refers to the death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes.54

Positive health, dignity and prevention

- Increasing access to, and understanding of, evidence-informed, human rights-based public health policies and programmes that support individuals living with HIV in making choices that address their needs and allow them to live healthy lives;
- Scaling up and supporting existing HIV testing, care, support, treatment and prevention programmes that are community-owned and led;
- Scaling up and supporting literacy programmes in health, treatment and prevention and ensuring that human rights and legal literacy are promoted and implemented;
- Ensuring that undiagnosed and diagnosed people living with HIV, along with their partners and communities, are included in HIV prevention programmes that highlight shared responsibility, regardless of known or perceived HIV status, and have options rather than restrictions to be empowered to protect themselves and their partner(s);
- Scaling up and supporting social capital programmes that focus on community-drive, sustainable responses to HIV by investing in community development, networking, capacity-building and resources for organization and networks of people living with HIV.55

Prevention of mother-to-child transmission of HIV (PMTCT): Some countries, organizations and individuals prefer to use the term prevention of parent-to-child transmission of HIV (PPTCT), to avoid placing undue ‘blame’ on the mother, and to better engage the male partner in HIV prevention. In this document, the term ‘prevention of mother-to-child transmission of HIV (PMTCT)’ is used and is not intended to attach blame or stigma to the woman who gives birth to an HIV-positive child. It does not suggest deliberate transmission by the mother, who is often unaware of her own HIV status and unfamiliar with the HIV transmission risk to infants. See also Note on Terminology (page i).

**Primary prevention:** Primary HIV prevention refers to activities directed to protect a person from acquiring HIV in the first place.56

**Prong:** There are four programme prongs (also known as elements or components) of comprehensive PMTCT programming.

**Prong 1:** Primary prevention of HIV in women of childbearing age (in this framework with special emphasis on pregnant and breastfeeding women – see Section 2 Prong 1).

**Prong 2:** Prevention of unintended pregnancies in women living with HIV (as part of rights-based sexual and reproductive health of people living with HIV) (see Section 3 Prong 2).
Risk is defined as the risk of exposure to HIV or the likelihood that a person may become infected with HIV. Certain behaviours create, increase, or perpetuate risk. Behaviours, not membership of a group, place individuals in situations in which they may be exposed to HIV.57

**Treatment as prevention (TasP)** is a term used to describe HIV prevention methods that use ART in HIV-positive persons to decrease the chance of HIV transmission independent of CD4 cell count.57a

Unmet need for family planning is the proportion of women not using contraception among women of childbearing age (15–49 years old), who are either married or in union and who are fecund and sexually active but do not want any more children or would like to delay the birth of their next child for at least two years. This indicator reflects whether women who want to delay or avoid pregnancy have access to and are using family planning services and information at a given moment.58

**Vertical transmission** refers to HIV transmission from mother-to-child during pregnancy, childbearing or breastfeeding.59

**Violence against women:** ... “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life. ... Violence against women shall be understood to encompass, but not be limited to, the following: a) Physical, sexual and psychological violence occurring in the family; b) Physical, sexual and psychological violence occurring within the general community; c) Physical, sexual and psychological violence perpetrated or condoned by the State, wherever it occurs. Types of violence that fall into the above categories include: spousal battery; sexual abuse, including of female children; dowry-related violence; rape, including marital rape; female genital mutilation/cutting and other practices harmful to women; non-spousal violence; sexual violence related to exploitation; sexual harassment and intimidation at work, in school and elsewhere; trafficking in women; and forced prostitution.”60

**Vulnerability** refers to unequal opportunities, social exclusion, unemployment, or precarious employment and other social, cultural, political, and economic factors that make a person more susceptible to HIV infection and to developing AIDS. The factors underlying vulnerability may reduce the ability of individuals and communities to avoid HIV risk and may be outside the control of individuals. These factors may include: lack of the knowledge and skills required to protect oneself and others; accessibility, quality, and coverage of services; and societal factors such as human rights violations or social and cultural norms. These norms can include practices, beliefs, and laws that stigmatize and disempower certain populations, limiting their ability to access or use HIV prevention, treatment, care, and support services and commodities. These factors, alone or in combination, may create or exacerbate individual and collective vulnerability to HIV.61

**Vulnerable groups:** Populations which are subject to societal pressures or social circumstances that may make them more vulnerable to exposure to infections, including HIV, such as, populations of humanitarian concern, refugees, internally displaced persons and migrants, informal-economy workers, people experiencing hunger, poor nutrition and food insecurity, and orphaned and vulnerable children.62
1. www.un.org/millenniumgoals


3. 25 Priority countries with commitment to the Global strategy (AFRO:18, EMRO: 2, SEARO: 3, WPRO: 1, AMRO1): Afghanistan, Bangladesh, Benin, Burkina Faso, Cambodia, DRC, Ethiopia, Ghana; Haiti; India; Kenya; Liberia; Malawi; Mali; Mozambique; Nepal; Niger; Nigeria; Pakistan; Rwanda; Sierra Leone; Tanzania; Uganda; Zambia; Zimbabwe.

4. www.who.int/pmnch/about/steering_committee/091207_item1c_h/workplan_rev.pdf


7. www.ghi.gov


9. www.stoptb.org


11. www.rollbackmalaria.org/gmap/2-1.html


13. These include:
   • low perception of risk of HIV infection by women and their partners
   • lack of awareness of the possibility of vertical transmission
   • seroconversion during pregnancy linked to socio-cultural practices, such as abstinence during pregnancy, which might contribute to partners’ practicing unsafe sex outside of the relationship and them transmitting HIV to their pregnant or breastfeeding partner
   • difficulties promoting and/or practicing safer sex, including condom use, for both married and non-married couples, especially during pregnancy
   • violence or even fear of violence which may prevent women from disclosing their status to partners, accessing voluntary testing and counselling, family planning, and other health, social and legal services
   • fear of stigma and discrimination, and more recently criminalization of perinatal transmission, which may affect a person’s decision as to whether to undertake HIV testing or not.


15. According to the ICW/GNP+ e-survey, out of 591 respondents, 41% rated the overall quality of counselling that HIV-positive women receive as average. A significant number (19%) rated the quality of counselling as poor and 9% as very poor.

16. In the ICW/GNP+ e-survey, 58% of respondents felt that HIV-positive women and couples do not have enough support to conceive safely. The majority of respondents mentioned health workers’ judgmental attitudes as the major problem affecting safe conception.


21. The national AIDS and SRH programmes should aim to make functioning HIV and sexual and reproductive health and health care facilities, goods and services, as well as programmes, available in sufficient quantity within the country.

22. PMTCT and SRH facilities, goods and services must be non-discriminatory, as well as physically and economically accessible with the right to seek, receive and impart information confidentially.

23. All sexual and reproductive health facilities, goods and services must be respectful of medical ethics and culturally appropriate, i.e. respectful of the culture of individuals, minorities, peoples and communities, sensitive to gender and life cycle requirements, as well as designed to respect confidentiality and improve the health status of those concerned.


32. Was not included in the Guidance on Global Scale-Up of the Prevention of Mother-to-Child Transmission of HIV. Has been included in line with:


47. www.who.int/topics/family_planning/en/


www.unfpa.org/public/publications/pid/1350

www.who.int/healthsystems/technical_brief_final.pdf


www.unfpa.org/public/publications/pid/1350


60. United Nations Declaration on the Elimination of Violence against Women(1993), Articles 1 and 2.


ACKNOWLEDGMENTS

The Inter-agency Task Team for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children would like to thank the following people for their contributions:

Key writers: Lynn Collins, UNFPA, and Andrew Doupe, HIV and Legal Consultant.

Technical writing group members: Mulamba Dise, EngenderHealth; Raoul Fransen, ICSS; Beri Hull, ICW; Manjula Lusti-Narasimhan, WHO; Chris Mallouris, GNP+; Kevin Osborne, IPPF; and Ale Trossero, IPPF.

Reviewers: Members of The Inter-agency Task Team for Prevention and Treatment of HIV Infection in Pregnant Women, Mothers, and their Children Working Group on Preventing HIV and Unintended Pregnancies; additional review by Luc Debernis, UNFPA; Milen Beyene, UNFPA; Ward Cates, FHI; Rene Ekpini, UNICEF; Mario Festin, WHO; Karusa Kiragu, UNAIDS; Susan Kasedde, UNICEF; Ying-Ru Lo, WHO; Lucy Stackpool-Moore, IPPF; Nathan Shaffer, WHO; Rose Wilcher, FHI. Also Harry Strulovici, NYU for initial inputs to the first draft.

Co-leads of PLHIV review: Gina Anderson, ICW; Georgina Caswell, GNP+; and Beri Hull, ICW (see About this Framework).

Global Coordinators, HIV: George Tembo, UNFPA; Jimmy Kolker, UNICEF; Gottfried Hirnshall, WHO; and Director, Department of Reproductive Health and Research, Michael Mbizo, WHO.

I. United Nations Children’s Fund (UNICEF), the World Health Organization (WHO), the United Nations Population Fund (UNFPA), the Joint United Nations Programme on HIV/AIDS (UNAIDS) Secretariat, the World Bank (WB), the Office of the U.S. Global AIDS Coordinator (OGAC), the US Centers for Disease Control and Prevention (CDC) and the United States Agency for International Development (USAID), the Global Fund for AIDS, Tuberculosis and Malaria (GFATM), as well as prominent international non-governmental organizations such as the Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), the International Center for AIDS Care and Treatment Programs (ICAP) at Columbia University’s Mailman School of Public Health, Family Health International (FHI), the Clinton Foundation HIV/AIDS Initiative (CHAI), Catholic Medical Mission Board (CMMB), Population Council, the International Center for Reproductive Health (ICRH), Ensemble pour une Solidarité Thérapeutique-Hospitalière en Réseau (ESTHER), Baylor International Paediatric AIDS Initiative (BIPA), the International Community of Women Living with HIV/AIDS (ICW), the International Planned Parenthood Federation (IPPF), Mothers2Mothers (M2M), the UK Department for International Development (DFID), Canadian International Development Agency (CIDA), the Global Network of People Living with HIV (GNN+), the International Federation of Gynecology and Obstetrics (FIGO) and Management Sciences for Health (MSH).


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PREVENTING HIV AND UNINTENDED PREGNANCIES: STRATEGIC FRAMEWORK 2011–2015

IN SUPPORT OF THE GLOBAL PLAN TOWARDS THE ELIMINATION OF NEW HIV INFECTIONS AMONG CHILDREN BY 2015 AND KEEPING THEIR MOTHERS ALIVE

THE INTER-AGENCY TASK TEAM FOR PREVENTION AND TREATMENT OF HIV INFECTION IN PREGNANT WOMEN, MOTHERS, AND THEIR CHILDREN