



nhivna

NATIONAL HIV NURSES ASSOCIATION
support | research | education

21st

Annual Conference *of the* **National HIV Nurses Association (NHIVNA)**

27–28 June 2019 · Manchester Conference Centre

AN INTEGRATED MODEL OF CARE FOR WOMEN LIVING WITH HIV DURING PREGNANCY.

Janine McGregor-Read
PEER NAVIGATOR

NHIVNA Conference
Manchester, UK - June 2019



An introduction to Positively UK

- Positively UK is an HIV charity that champions the importance of peer support in managing the lives of people living with HIV
- I completed the Peer Mentor training program at PUK and achieved the ONC Level 2 Peer Mentoring qualification

Peer Navigation

- I am one of 2 Peer Navigators based at Homerton Hospital, working alongside the Social Care Coordinator: Matt Wills. We comprise the social care team
- I have been integrated into the Ante-natal Clinical Care team. Attending the monthly MDT; reviewing all the current caseload of pregnant women who are HIV positive



My Story

- My life as a woman living with HIV (WLHIV)
- My pregnancy journey
- My experience
- My determination to be at the heart of every decision, especially concerning birthing



What I bring as a Peer Navigator – to Mothers

- My lived experience; I have walked in your shoes
- Affirmation of their lives and concerns
- Confidence building
- Empathy and listening skills
- Navigation skills/referrals

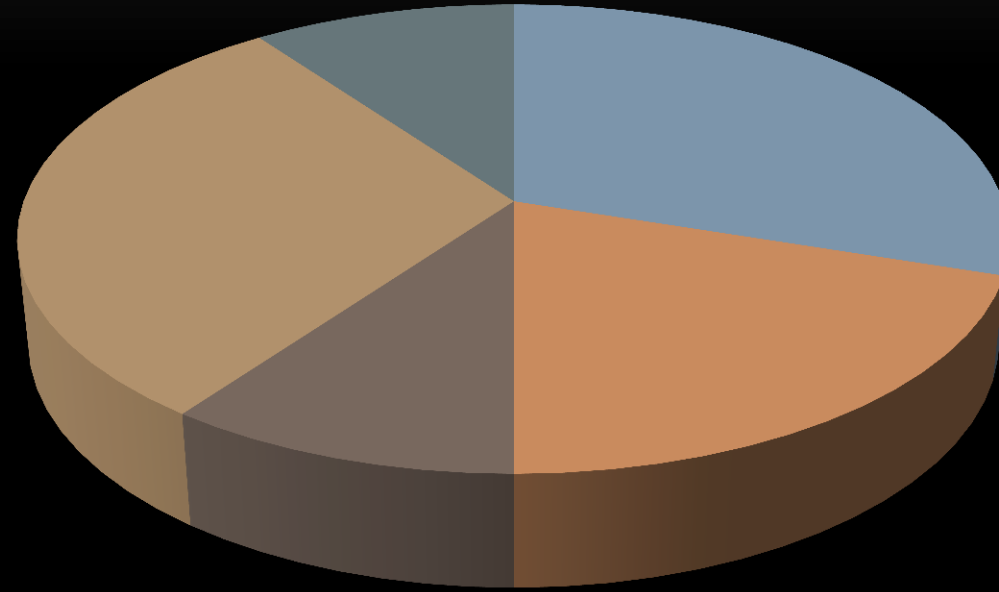


THE QUESTIONNAIRES



- 26 women delivered over the 2 year period.
- Direct contact with 17 women, questionnaires sent out paper and email copies
- 10/17 were returned (Technical Issues!!)
- Separate questionnaire sent to staff/ANC for general feedback

Results : Age



- 25 - 30
- 31 - 35
- 36 - 40
- 41 - 45
- 45+

RESULTS



- 100% (10/10) were diagnosed prior to this pregnancy
- Length of time since diagnosis varied from 2 years to 16 years, with the mean being 7.3 years.
- Previous pregnancy
 - 3 women were in their 1st pregnancy
 - 6 women were in their 2nd pregnancy
 - 1 woman was in her 3rd pregnancy

RESULTS - BREASTFEEDING

Do you feel informed?



- 50% felt very informed with regards to breastfeeding
- Homerton has a scheme to support women secure infant formula milk, all women found this particularly helpful
- Following continuing discussions, no women chose to breastfeed. Avoiding extra risk was cited as the motivation for this.
- “I wanted to breastfeed for 24hrs, unfortunately birthing became an emergency situation so I decided against breastfeeding. I was well supported.”

Feedback Issues that concerned women



- Risk of HIV transmission to their baby was the biggest concern
- “Biggest worry is passing HIV to the baby. Janine helped a lot with this as she has had negative babies.”
- “How am I going to cope being pregnant? Spoke to Janine, I was reassured around transmission and discussed adherence.”

Results – Feedback

- Ante Natal Clinic

- “it’s fine, better than previous pregnancies, I felt more involved and included...”

Delivery Suite

“The Midwives were amazing. They did the job without disclosing anything to the person who was with me...”

Post Natal Ward

“Another great experience, I am lucky to have such a good team looking after me.”



THE ANTE NATAL TEAM



What I bring as a Peer Navigator to **The Ante-natal Clinical Team**

“Janine, is present in the ANC for all the women who attend follow up appointments. This allows a professional relationship to develop based on trust and confidence. Janine is very knowledgeable about the services that are available and has been extremely supportive and helpful. Her involvement has had a huge impact and contributed to the increased satisfaction in the service provided during the antenatal period. The service provided by the PN and the rest of the team is invaluable. “



Conclusion & Recommendations



- Women value this intervention, as it supports them in making informed choices about their care, increasing their confidence in interacting with healthcare professionals
- It demonstrates that women need to be central in their care, which can improve their long term engagement with services.
- The journey of a positive pregnancy can be a transformative process, putting HIV into perspective and allowing women to move forward with their lives as mothers.



“I did not feel different from other mothers...”

Thank you to all my wonderful colleagues at Positive UK and Homerton Hospital. But most of all to the brave and inspiring women who I've had the privilege to work with.

Janine McGregor-Read

Email: janine.mcgregor-read@nhs.net