

# Making sense of HIV and Pregnancy

Prenatal Class Day 3

# Prenatal Class Day 3:

## What will we cover today?

- Post Partum Depression
- Preventing HIV Transmission To Newborns
- Newborn Care



# Post-partum Depression

- 3 Levels of Post Partum Depression:
  - Baby Blues-tearful, crying for no reason
  - Depression-feeling helpless or depressed, little interest or pleasure
  - Psychosis-may hear voices, cannot get out of bed to take care of self or baby, very rare and very serious



# What to do if you feel blue?

- Talk to your healthcare professional
- Share feelings with friends and family
  - Do **NOT** keep this a secret!
- Treatment
  - Good sleep and nutrition
  - Support group
  - Individual counseling
  - Medication
  - Hospitalization



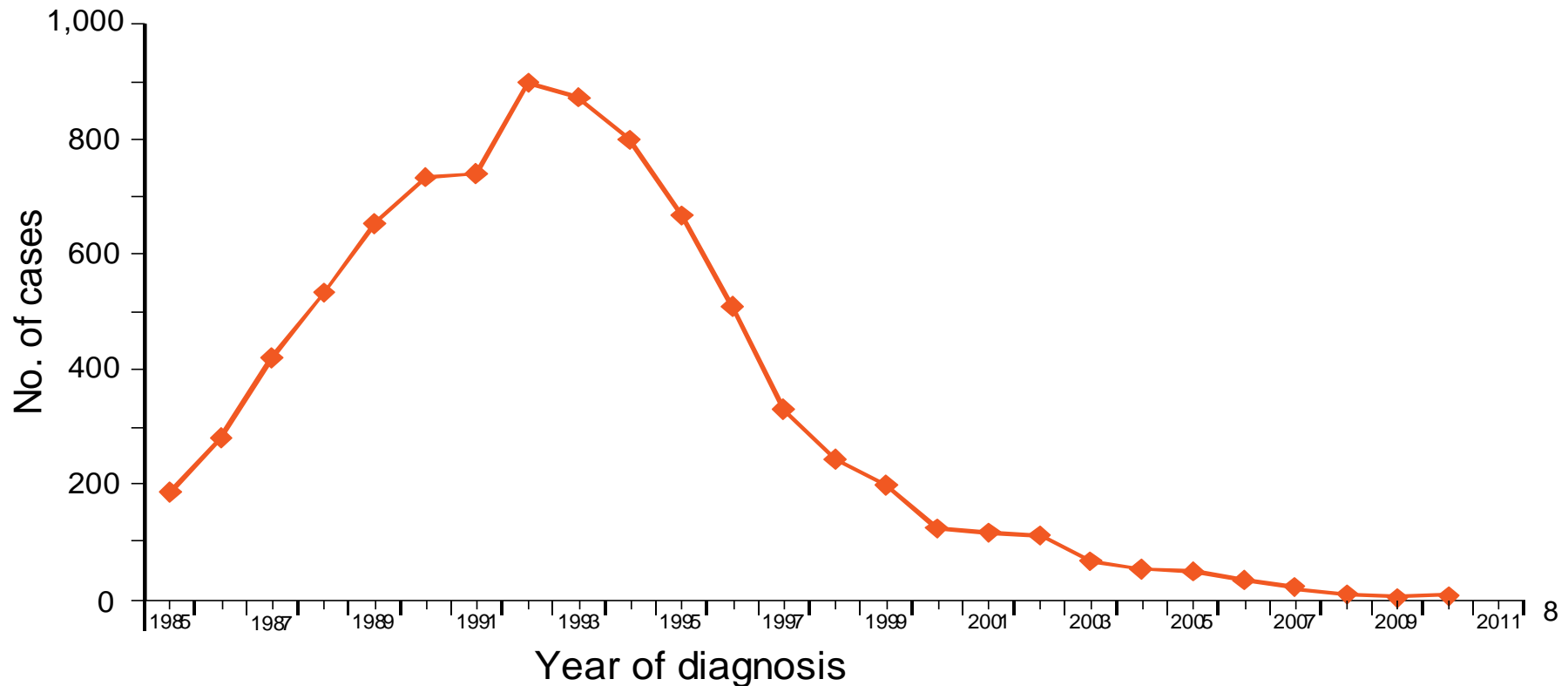
# Great news!

- Babies do not have to get HIV from their mothers!



# Decrease in the transmission of HIV

Estimated Numbers of Perinatally Acquired AIDS Cases by Year of Diagnosis, 1985-2010 — United States and Dependent Areas



Note: Data have been adjusted for reporting delays and missing risk-factor information.



# Newborn



Apgar Evaluation of the Newborn:

Heart rate

Respiratory effort

Muscle tone

Reflex response

Color

# Newborn Care

- In the delivery room...
  - Bath ASAP
  - AZT syrup-1<sup>st</sup> dose is given within the first hour of life
  - Vitamin K injection
  - Erythromycin ointment to eyes
- Routine care...
  - AZT medication- schedule may vary depending on transmission risk, gestational age and where baby is receiving medical care
  - Blood tests: DNA PCR, Complete blood count, study protocols
  - Hepatitis B Vaccine
  - Follow-up with pediatric HIV specialist



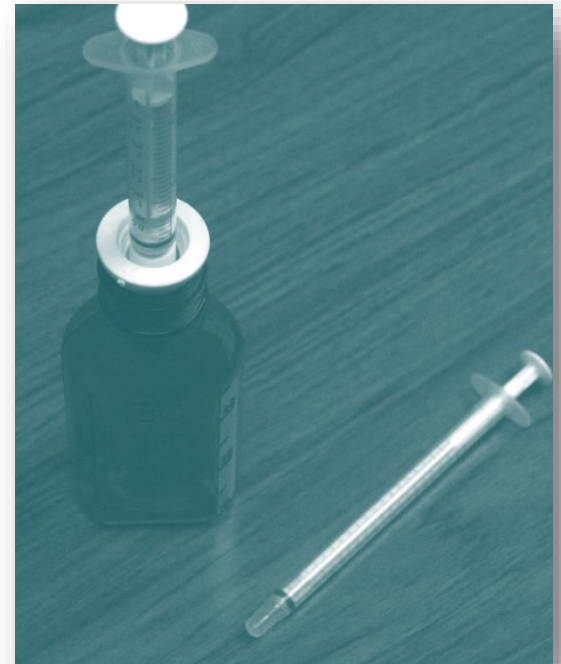


# AZT Medication

- Prevent HIV transmission from mother to baby
- Timing of the dose will vary depending on a few factors:
  - 1. risk of transmission
  - 2. gestational age
  - 3. where baby receives medical care

Dose may be every 12 hours or every 8 hours

- Duration: Right after birth until 4-6 weeks of age
- Side Effects: anemia, low white blood cell count, nausea



# What should I do if my baby spits up after their AZT dose?

- If they spit up less than 20 mins after AZT dose, then redose AZT
- If they spit up more than 20 mins after AZT dose, do not repeat AZT dose

# Newborn HIV Tests

- DNA PCR looks for HIV DNA in infants blood
- DNA PCR is done at 2 weeks, 6 weeks, and 4 months of age
- Positive -> Repeat test immediately
- Negative -> continue to test for 4 months
- HIV antibody is done at 18 months of life – to ensure clearance of maternal antibodies





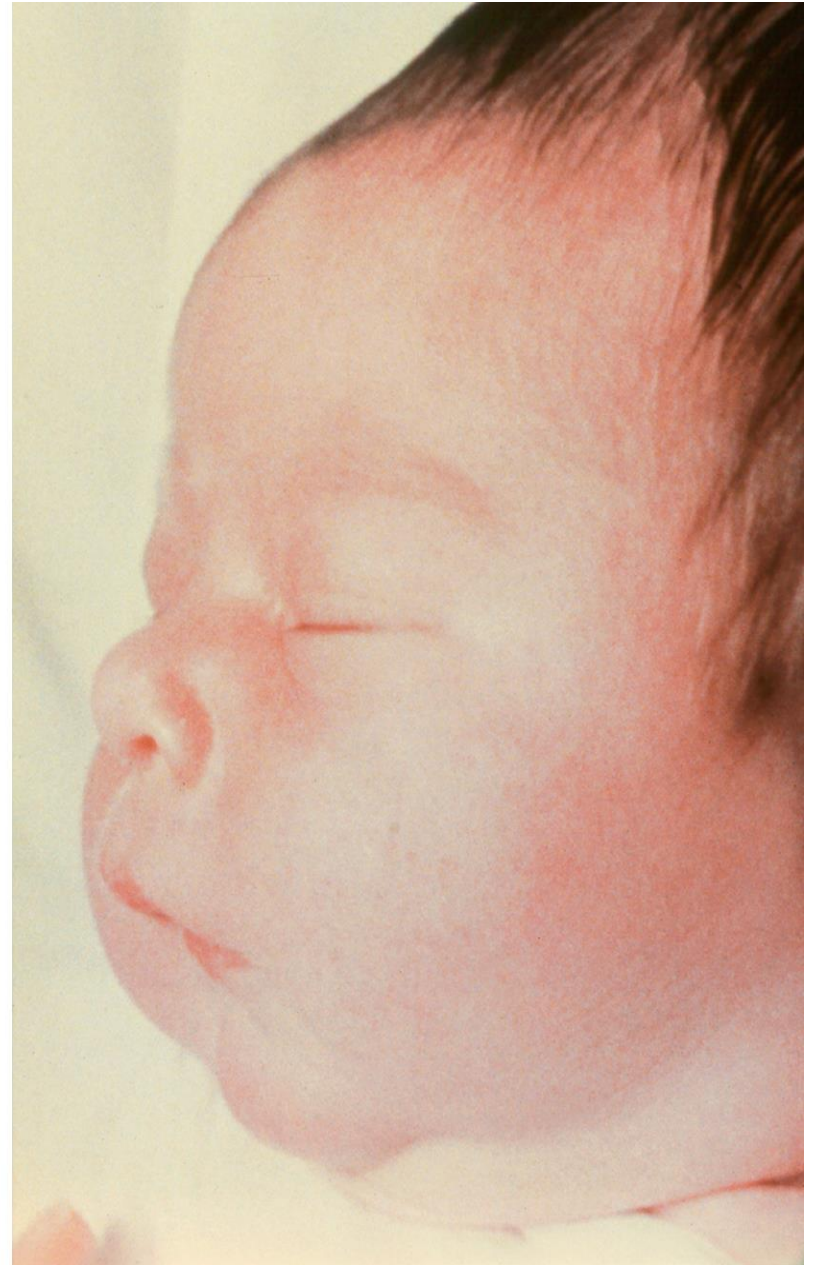




























































# Side Note About Circumcision

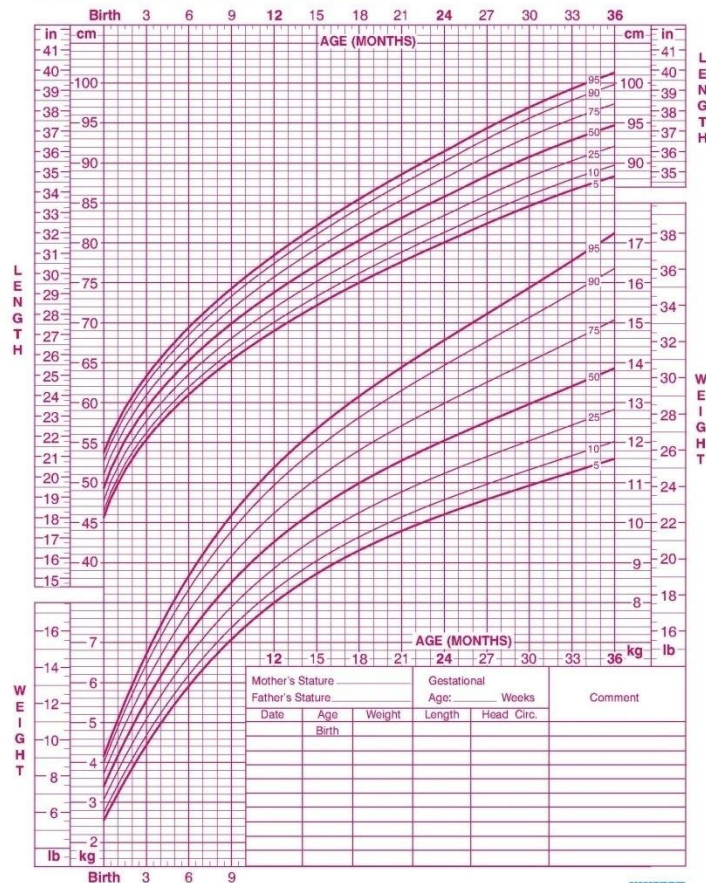
- Decide whether or not you want your newborn son to be circumcised BEFORE he is born!
- Once the baby is discharged from the hospital, insurance and Medicaid no longer cover the costs of circumcision.
  - Cost of circumcision is MUCH higher when performed after discharge, and comes out of pocket!



# Birth to 36 months - Girls

Birth to 36 months: Girls  
Length-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_ RECORD # \_\_\_\_\_



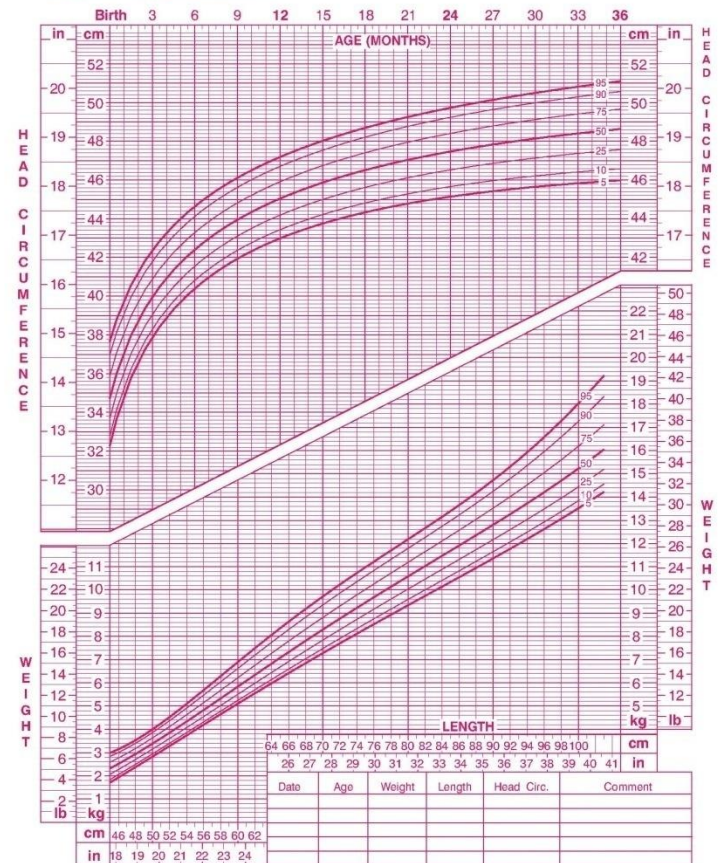
Published May 30, 2000 (modified 4/20/01).  
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).  
<http://www.cdc.gov/growthcharts>



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Birth to 36 months: Girls  
Head circumference-for-age and Weight-for-length percentiles

NAME \_\_\_\_\_ RECORD # \_\_\_\_\_



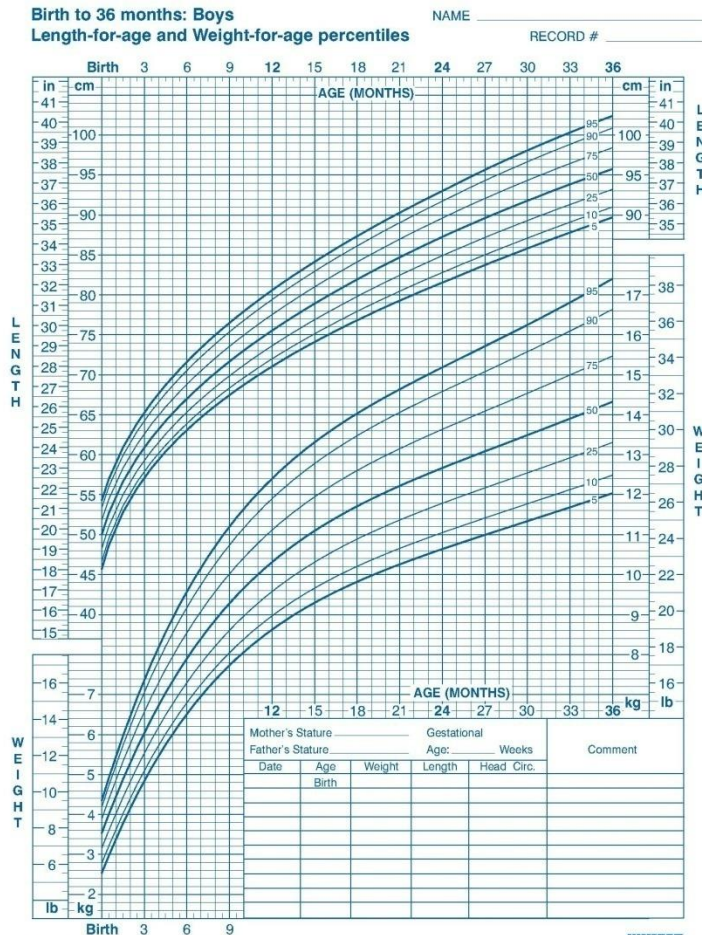
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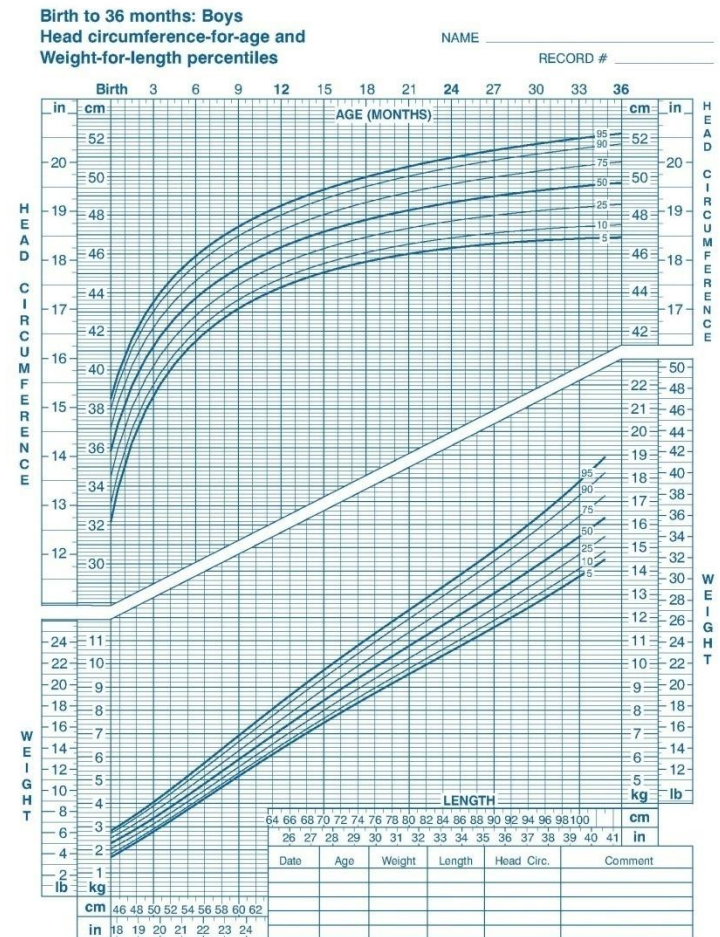
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# Formula

- Primary food until one year old
- Talk with your healthcare provider before changing formula
- Newborns need to eat every 2-4 hours
- Wake to feed if asleep longer than 6 hours
- Don't need extra water, juice
  - Juice is empty calories and has a lot of sugar. It is not healthy for anyone.
- Wash bottles, nipples, and pacifiers in hot soapy water, rinse WELL, and let air dry



# Spit ups happen!

- Spit ups are common in infants
- What helps?
  - Frequent burping
  - Hold baby upright during feeding and for 20 mins after
  - No bottle propping
  - Slow down pace-watch nipple size
- When to be concerned?
  - Projectile
  - Large amounts, frequently





# First Solids

- Rice cereal in a bowl at 4-6 months-NEVER in the bottle
  - Cereal in the bottle is a choking hazard and does not help a baby sleep longer
- Veggies and fruits at 6 months
- Meats, sippy cup when baby can sit up by themselves
  - Typically, this occurs around 9 months of age



# Pre-Chewing

- When the mother chews food and passes it on to baby
- This is dangerous because it can pass on organisms, including HIV
- Mom could have bleeding gums, small cuts from brushing teeth, or sharp food
- Child may be teething or have an infection in their mouth
- Same reasons why it isn't recommend to share toothbrushes



# Foods to avoid!

- Peanut products-choking hazard and high allergy potential
- Citrus Juices-can cause tummy upset
- Choking foods (hot dogs, raisins, chips)
- Fish in limited quantities (mercury)  
Avoid big fish like albacore tuna, swordfish, and king mackerel



# Normal Urine and Stool Output

- Babies urinate frequently day and night
- May initially stool with each feeding
- Stooling slows down to 1-3 times a day by 2-4 weeks
- Babies do **NOT** have to have a stool every day!
- Normal newborn stools are yellow/green, soft, mushy and/or seedy



# Sleep

- Baby to sleep on their backs
  - IN THEIR OWN BEDS!
    - Sleeping in mom's bed has an increase chance of SIDS
- Firm mattress
- Fitted sheet
- No extra, fluffy bedding, stuffed animals, toys, or pillows
- No bottle to bed



# When should I call my healthcare professional?

- Fever is more than 100.5 degrees Fahrenheit  
(in infants under 3 months of age)
- Projectile or frequent vomiting
- Diarrhea
- Sudden change in behavior
  - New or constant fussiness
- New rash, worsening rash
- Cannot awaken for feedings



# Fevers

- Own a reliable thermometer and know how to use it
- Digital is best
- Newborn is less than 3 months old, seek medical care for fever over 100.5 degrees Fahrenheit
- Fever is  $> 101$  degrees Fahrenheit in kids older than 3 months
- Do not give Tylenol to infants under 2 months in age unless directed by your health care provider
- Do not give Motrin to babies under 6 months in age unless directed by your health care provider





# Signs of Dehydration

- Risk Factors: Fever, vomiting, diarrhea
- Signs
  - Fussy
  - Decrease intake of formula
  - Dry lips, no tears
  - Decreased numbers of wet diapers
  - Sunken soft spot
  - Hard to wake up or refuses bottle



# Car Seats

- Backseat only, facing backwards
- Tight fit with seatbelts
- Use included clip with belt
- New guidelines recommend babies stay facing backwards for as long as the car seat allows, typically 40 pounds, at least
- NEVER hold a child in lap in car
- NEVER leave a child alone in a car even for a few minutes



# General Safety Tips

- No bottle propping
- Never shake baby
- Cut blind cords
- Outlet covers
- Avoid toys with removable parts
- Lock up medications and cleaning products
- Keep poison control number handy!
  - **Chicago Poison Control Center: 312-942-5969**
  - **National Poison Control Center: 800-222-1222**
- Sun protection
- CPR classes
- Swimming classes after 6 months of age





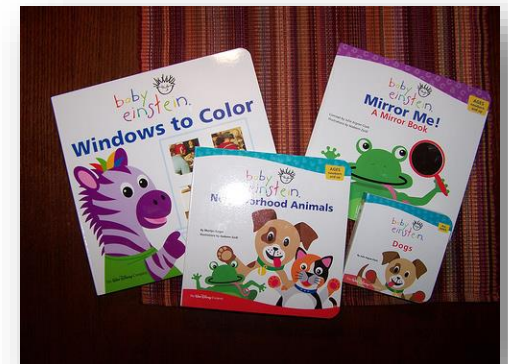
# Development Milestones

- Newborns can:
  - Recognize your voice
  - Focus on your face
  - Focus on black/white objects and lights
  - Smile intermittently
  - Smile back at you at 6 weeks



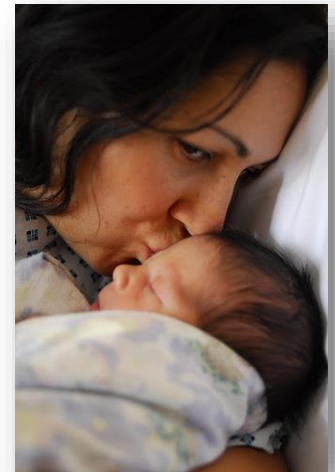
# How can I help my baby's development?

- Talk and sing to your baby often
- Read your baby simple/short books everyday
- Watch for cues that your baby is overstimulated
- Respond to your baby before they get overwhelmed



# How can I help my baby bond?

- **You can't spoil a newborn!**
- Talk to your infant in quiet, reassuring tones
- Consistently respond to cues of distress and meeting their needs
- Holding, rocking, swaddling





# Tummy Time!

- After the cord falls off, tummy time while awake is best for babies
- Increases abdominal, back and neck muscles
- Helps prevent “flat head”
- Increases ability to meet milestones on time



# Ban on baby walkers and exersaucers!

- Safety risk
  - #1 cause of fractured skull and concussion in this age group
- Delays onset of walking
- Playpens, floor play is much better



# Bath Time

- Newborns: sponge bath every other day
- Cord off: can have tub bath – NEVER leave baby alone!!!
- Shampoo: every other day – every 2 days
- Cradle cap: shampoo more often, comb and/or brush hair every day
- Use mild detergents, soaps, lotions – if it smells good – avoid
- Avoid baby powder and baby oil
- Try not to change products





# Immunizations

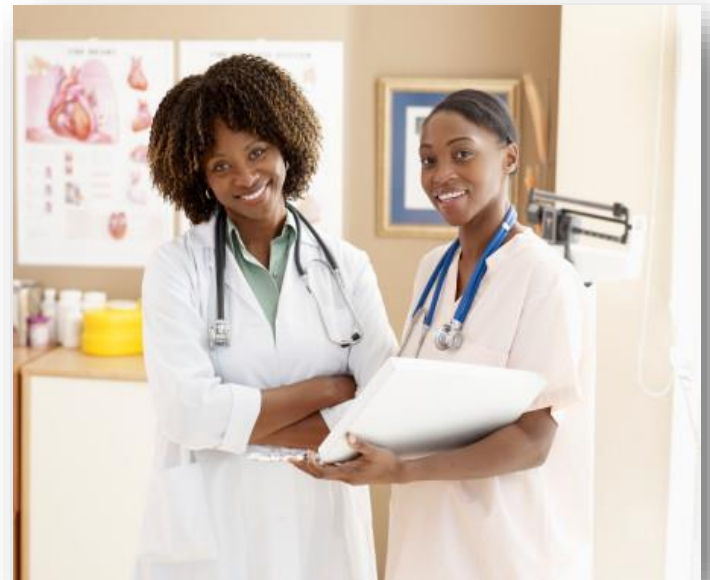
- Vaccines are safe, effective
- Prevent diseases like Polio, Hepatitis A & B, Measles, Mumps, Rubella, Diphtheria, Pertussis, Tetanus, Chicken Pox, Rotavirus
- Many combinations are now available
- Expect to get 3-5 shots at some visits
- Discuss live vaccines with your health care provider

# Research

- You may be approached to participate in research studies
  - These studies evaluate any long term side effects of the medicine the babies were exposed to during pregnancy and the first 4 weeks of life
  - Anonymous
  - Optional

# Available Resources

- Will my baby's AZT be paid for?
  - Yes!
  - Should receive a 2week supply before discharge from hospital-don't leave without it!
- Needed baby items (car seat, crib, clothes, etc)
- PACPI
- Transportation





# Questions?

- Please take this time to ask any questions you may have!