

## FEEDING OPTIONS

### Expressed flash heat treatment

This is a type of pasteurization which brings expressed breast milk to a higher temperature for a short period of time. This method kills harmful bacteria and viruses but retains the nutrients of the breast milk.

This method requires:

- That the breast milk is expressed from the breast into a jar or bottle.
- The jar or bottle to be placed into a pan of water and heated until the water reaches a rolling boil. This process kills any harmful bacteria while still retaining the nutrients of the breast milk.
- That the breast milk cools down afterwards, by standing the bottle, or jar, in cold water.
- Expressed milk to go immediately into the fridge where it can be safely stored for 1 day and for 3 months in the freezer.
- On reheating, the milk needs to be used immediately.

[www.eatsonfeetsresources.org/?page\\_id=2014](http://www.eatsonfeetsresources.org/?page_id=2014)

### Formula milk

Most formula milk is made from modified cow's milk.

- Formula milk must be prepared carefully by following the instructions on the label to avoid risk of infection from unsafe sterilisation techniques.
- There may be lower proportions of hormones, enzymes and antibodies in formula milk and it can carry a risk of allergies.
- Formula milk is not subsidised by the government for women living with HIV, which can create a financial burden for some families.
- There is a company who will provide three months free formula milk for women living with HIV, who are on a low income. Contact Positive Women Inc. for more information.



Positive Women

The information in this leaflet is not intended to replace medical advice.

We recommend discussing the information with healthcare provider/s so that, together, an informed decision about feeding options can be made which will best suit each woman's circumstances.

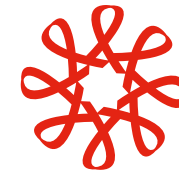


## CONTACT US

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This resource has been put together by Ka Sin Chung, Rachel Murray and Amarjot Sandler, 3rd year nursing students at Auckland University in conjunction with Positive Women Inc. Feedback was also sought from women living with HIV who have had babies and a number of midwives. Produced June 2018



Positive Women

WAHINE  
KAHA

## FEEDING OPTIONS FOR BABIES

whose mothers  
have HIV



# WHAT IS THIS BROCHURE ABOUT?

This resource has been developed to explain the governments recommendations on breast feeding for women living with HIV, in a clear and simple way and to ensure the new statement around informed choice is understood and supported.

In 2014 Positive Women Inc. called for a review of the governments recommendations on breastfeeding for women living with HIV because of the increasing research into the effectiveness of antiretroviral medications in reducing HIV transmission. Also, women living with HIV in many developing countries, were breastfeeding their babies. These changes were causing women with HIV in NZ to question the options available to them.

The Ministry of Health listened, and in 2015 there was a full review by the Ministry. As a result, the recommendations included some amendments. These being:

- The inclusion of a statement regarding informed choice.
- For women to be fully supported if they chose to breastfeed.
- Information to be provided on how best to breastfeed, if women choose to do so.

## INFORMED CHOICE

A woman has the right to be fully informed before deciding on how to feed her baby. This means that;

- Women are informed of, and fully understand, all the options available to them before making a decision.
- Understanding the option includes being aware of the benefits and possible risks of breastfeeding and the alternatives to breastfeeding.
- Women are fully supported in the decision they make.

## THE MINISTRY OF HEALTH RECOMMENDATIONS

The Ministry of Health recommendation is that women with HIV do not breastfeed their babies.

This is because:

- HIV can be transmitted via breast milk.
- Although the risk is reduced when the mother is on antiretroviral medication, there is not enough evidence showing that the risk can be completely eliminated.
- There are safe and effective alternatives in NZ to breastfeeding which can provide enough nutrients for the baby.
- Every woman has the right to make their own informed decision on how to feed her baby. If a woman chooses to breastfeed or use another option, she will be well supported.



## IF A MOTHER WITH HIV CHOOSES TO BREASTFEED

If a mother with HIV chooses to breastfeed, it is her right to be fully supported in her decision. Recommendations for breastfeeding include:

- That breastfeeding be exclusive. i.e. only breast milk is given, not other food or drink.
- Exclusive means, breastfeeding only until the baby is six months old.
- After six months, continue either breastfeeding with a slight increased risk, or wean to formula while introducing solid foods.
- The mother must continue with antiretroviral medication and get regular tests to make sure the viral load remains undetectable.

To see the Ministry of Health recommendations on feeding your baby if you are HIV positive please visit: <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/hiv-aids/feeding-your-baby-when-youre-hiv-positive>

## FEEDING OPTIONS

### Breastfeeding

The optimum nutrition for new born babies is breastfeeding. Research shows, breastfeeding for babies whose mothers have HIV is possible, with two conditions:

- Mothers must be meticulously adherent to their antiretroviral medication.
- Breastfeeding must be exclusive for the first 6 months.

When these two conditions are met, the risk of transmission of HIV to the baby, through breastfeeding, can be reduced to negligible levels.

It is important to understand that HIV can still sometimes be found in breast milk, even when a woman is on antiretroviral medication. With breastfeeding, the risk of HIV transmission is:

- 15% if the mother is not on antiretroviral medications.
- 1 – 1.1% with mixed feeding i.e. breast and formula or solids.
- 0.3 – 0.8% when exclusively breastfeeding for 6 months.

<http://apps.who.int/iris/bitstream/handle/10665/246260/9789241549707eng.pdf?sequence=1>  
<https://www.unicef.org/programme/breastfeeding/hiv.htm>

### Breast milk banks or donated milk

A breast milk bank is a service which collects, screens, and distributes human milk donated by nursing mothers. Human milk banks may offer a solution for mothers living with HIV.

There is currently one milk bank in New Zealand set up by the Canterbury District Health Board. This service is only available to help feed and support premature babies in Neonatal Intensive Care Units (NICU).

Breast milk can be donated by a friend, relative or a stranger. There are Facebook pages which can give advice and put mothers in touch with each other such as:

- <http://www.mothersmilknz.org.nz>
- <https://www.facebook.com/mothersmilknz>
- <https://www.facebook.com/hm4hbnz>
- <https://www.facebook.com/milksharingnz>

The health status of the donor always needs to be considered as it could potentially affect the baby. Although there is currently no official process for this, midwives and other health professionals may be able to offer advice.

