Case Study: Mrs. J.O

Introduction
Huduma Health Centre provides comprehensive antenatal services including PMTCT and maternity. Huduma Health Centre does not provide care and treatment services for HIV. Patients who require HIV care and treatment are referred to a nearby Health Centre or the district Hospital for further management. The district hospital is 40 kms from Huduma Health Centre and the nearby Makini Health Centre which offers HIV care and treatment is 4kms from Huduma.

First ANC visit
Mrs J.O. is a primigravida who attends ANC clinic at Huduma HC. A health education session is conducted every morning as the clients wait to be attended to. Following pre-test counseling Mrs. J.O. agrees to have a HIV test done. The HIV results are positive. She is 20 weeks pregnant and the nurse gives her Zidovudine and Nevirapine and instructs her on how and when to use them. During that visit, she was not registered in the ANC register and her HIV status is not documented in the mother-child booklet. She is then referred (without a referral letter) to the CCC at the district Hospital.

Mrs. J. O. is afraid of disclosing her status to her husband, fearing that he would chase her away.

Mrs J.O. at the District Hospital
Mrs. J.O. organizes herself and 5 days later leaves for the district hospital for CD4 count as instructed by the nurse. As she did not have a referral, on arrival at the hospital (at 9am), she is not sure of where to go. She first went to the general reception, where she was registered and asked to sit on the waiting bench. She waits for 3hours on the queue before seeing the clinician. After consultation she was directed to the lab for CD4 testing. She arrives at the lab at 12:30pm. The lab technician tells her she was late and he had already reached his maximum number of 30 samples for CD4 testing for the day. She was given an appointment to come the following Thursday.

The following Thursday, Mrs. J.O. finds she has no money for bus fare and no other means of transport therefore she fails to go to the district hospital.

Mrs. J.O continued attending ANC at Huduma HC as scheduled.

Maternity at Huduma HC
When labour started she reported in time at Huduma HC where she was received at the maternity by a nurse midwife. She was examined and instructed to go to the labour ward. At the second stage of labour which was 3 hours later, Mrs. J.O through the assistance of a nurse assistant delivered a beautiful baby boy weighing 3.5kg.

The following morning, she received general health education about personal hygiene, breastfeeding and care of the baby before being discharged. She went home with her husband happily.

Twelve months later
Mrs. J.O. is admitted at the district hospital Paediatric ward. Her baby boy had recurrent pneumonia. The doctor ordered for several tests including a HIV test and the baby is found to be HIV positive.