Preconception Care & the Elimination of Perinatal Transmission

Recommendations to address gaps in HIV prevention and care related to reproductive health

Prevention of perinatal HIV transmission starts with preconception care because:
- Prevents perinatal transmission
- Prevents lifelong consequences for children
- Prevents lifelong consequences for caregivers
- Improves maternal and infant health
- Reduces healthcare costs
- Increases family planning and reproductive health

Preconception care is an essential part of delivering integrated HIV care to:
- Improve patient adherence to HIV treatment
- Improve patient health
- Improve pregnancy outcomes
- Prevent perinatal HIV transmission
- Prevent birth defects
- Prevent maternal death

Elimination of perinatal HIV transmission is an achievable goal in the U.S.; however, elimination will require sustained effort as long as there are new HIV infections in women of childbearing age.

In 2014, there were 182 newly diagnosed HIV infections in U.S. newborns.

In 2015, every pregnant woman at risk for HIV infection should have at least one opportunity to learn about and receive HIV testing, discuss antenatal HIV testing with her provider, and be referred to care if she needs it.

In 2016, pregnant women at risk for HIV infection will have access to antenatal HIV testing and counseling and integrated prevention services.

How do we address gaps in HIV treatment and prevention related to reproductive health in PLWHA and their partners?

HIV prevention & early identification strategies
- Increase awareness of HIV risk and prevention
- Increase access to HIV testing
- Increase access to HIV counseling and testing
- Increase access to care and support services
- Increase access to PrEP

Develop, implement and evaluate effective models of reproductive health care
- Make care reproductive planning and prevention and essential component of integrated HIV care and prevention
- Increase access to care and support services
- Integrate family planning services and HIV primary care services
- Expand HIV care/mental health care to achieve reproductive health

For more information about reproductive health and prevention, please visit the following websites:
- The American College of Obstetricians and Gynecologists: http://www.acog.org
- The National Network of Reproductive Health Programs: http://www.nnrhp.org
- The National Reproductive Health Information Center: https://www.nnrhp.org/reproductive-health-resource-center
- The Health Resources and Services Administration: http://www.hrsa.gov