

# **Feeding option choice of HIV positive mothers in Prevention of Mother to Child Transmission (PMTCT) project townships of Upper Myanmar**

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## **Abstract**

Hospital and community based cross-sectional descriptive study was conducted with objective of assessing the compliance and sustainability of feeding options among HIV positive mothers in Mandalay City from August 2010 to July 2011. Eighty-six HIV positive women including (51) home deliveries and lactating mothers (infant age of less than 4 months) from townships of Mandalay City and (35) hospital deliveries from maternity ward of Central Women Hospital, Mandalay were interviewed with questionnaire. Mean age of HIV positive mothers was 29 years (17-40±4.3), 65.1% were dependents and 31.4% had primary school education. Eighty-three (96.5%) of respondents could mention different types of feeding option. Among them 77.9% of respondent mentioned formula feeding was the best way to prevent transmission. They initially chose formula feeding (68.6%), exclusive breast feeding (26.7%) and mixed feeding (4.7%), respectively. After delivery, breast-feeding was reduced from (23 to 19 mothers) (26.7% to 22.1%) but formula feeding was increased from (59 to 62 mothers) (68.6% to 72.1%). Feeding option choice of HIV positive mothers was not significantly different before and after delivery (Measure of agreement Kappa value=0.817). According to financial condition they maintained duration of formula feeding for 2-4 months. The use of infant formula as a breast-milk alternative by HIV positive mothers is limited by its cost, but would be the most suitable if it is provided freely or at a subsidized price. The important message is that everyone involved should take the best care of mothers and their infants.

