



“Now I Have Hope and a Healthy Baby”: Delivering PMTCT at Health Centers

A pregnant woman finally agrees to test for HIV in her ninth month, accesses PMTCT services at the last minute, and delivers an HIV-negative baby.

For this project, Bugiri District Health Services received funding from USAID through the Uganda Program for Human and Holistic Development (UPHOLD).

Nine months into her pregnancy, Sophie* finally built up the courage to take an HIV test. During her antenatal care visits to the health center, Sophie opted out of the routine counseling and testing. She says, “I had fear at first...Sometimes we do not know how we move here and there... I did not know the status of my partner.” But Sophie had attended the group pre-test counseling and remembered hearing about the prevention of mother to child transmission. She was worried about her baby and finally returned to the health center. She says, “I talked to a midwife, and told her what I was feeling. She told me that it was best for the baby to test. I felt stronger after that.”



Sophie and her child at the health center.

Sophie took an HIV test, and the midwife informed her that she was HIV positive. Sophie was immediately enrolled in the PMTCT program, and she was able to follow the risk reduction methods they told her about. In the end, Sophie says, “I was very happy that I could have a child free from HIV. She is a healthy girl to date.”

Now, Sophie has joined the psychosocial support group for HIV positive mothers and has been trained as a mentor. She spends one day a week sensitizing mothers about how they can prevent mother to child transmission.

The project that helped Sophie supports government health centers in providing quality PMTCT services at the community level. Currently, nine government health centers in Bugiri district offer PMTCT services to mothers like Sophie. She says, “I did not have peace before, but now all that is over. I am grateful for the PMTCT program because now I have hope and a healthy baby girl.”

**Original name has been changed*

