

Comprehensive Psychosocial Service Delivery for HIV Positive Pregnant Women: Components, Challenges and Strategies

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Circle of Care

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Circle of Care Overview

- Founded in 1989 to provide integrated and consumer-centered services responsive to the priorities of individuals infected and affected by HIV/AIDS epidemic
- Designated Ryan White Part D grantee for the Philadelphia area
- In 2009, 2,023 individuals from 800 families consisting of: **614 women**, 59 men, **195 exposed infants**, **12 infected infants**, 87 children and 500 youth. Supportive services were delivered to 556 affected family members during this time period.
- **Fifteen years of experience providing intensive service coordination to HIV positive pregnant and postpartum women**
 - This program represents a comprehensive response to ensure the reduction of the rate of mother to child transmission (MTCT) of HIV in the Philadelphia area

Perinatal HIV Transmission Prevention Initiative: Components



- Core programmatic components:
 - Provider/consumer education around risk of MTCT of HIV
 - Rapid HIV testing in clinical and community settings to decrease rate of undocumented HIV status in pregnant women and women of childbearing age
 - Enhanced relationships with specialty prenatal care service providers with experience managing HIV disease
 - **Intensive Perinatal Case Management services**
 - Address needs, issues identified by clients that affect their everyday life (housing, unemployment, medical concerns)
 - **Peer Counselors**
 - Support clients in performing behaviors that improve physical and emotional health, with a focus on adherence to medical care
 - Seamless management between prenatal and pediatric care

The Care Team

- Members assure provision of intensive services in high risk prenatal clinics throughout the remaining delivering hospitals of the Philadelphia area
- Inclusive cohort of specialized service providers with HIV specialization, knowledge of maternal and child health issues, and access to local resources
- Team members offer multi-faceted approach to the management of the needs of HIV + pregnant and postpartum women
- Members of the care team often include, but are not limited to:
Obstetricians, Perinatologists, Nurse Practitioners, Registered Nurses, Social Workers/Case Managers, Perinatal Peer Counselors

Perinatal HIV Case Managers

- Masters prepared, licensed social worker
- Minimum five years experience servicing high risk populations
- Working knowledge of issues surrounding HIV/AIDS, pregnancy, and reproductive health
- Ability to work in diverse clinical settings, institutions in an off-site capacity
- Certification/training around state, federal social welfare supports

Peer Counselors

- Reflect the demographic characteristics of HIV positive pregnant women residing in Philadelphia, PA
 - Minority women, specifically black and/or ethnically Hispanic
 - Ranging in age from 25 – 45
 - Residing in zip codes where HIV epidemic is most pervasive
- Cross trained in HIV counseling and testing, health issues associated with HIV/AIDS and pregnancy, motivational interviewing, adherence counseling, disclosure counseling, reproductive health, permanency planning
- May be HIV positive but have supported other members of their social network through issues related to HIV/AIDS

Evaluation Outcomes

- Circle of Care's **Intensive Perinatal Case Management Program** serviced **over 75%** of all HIV positive pregnant and postpartum women throughout the city of Philadelphia (CY 2007-2010).
- Enhanced client level interviews identified the following benefits of case management:
 - Assistance in negotiating the service delivery system
 - Medical Insurance, Mental Health Services, Child Care, Housing, Legal System (Custody, Permanency Planning)
 - Support during challenging phases of identification/acceptance of HIV status and pregnancy
 - Linkage to support groups, psychological counseling,
 - Tool for tracking improving health
 - Regular discussion of adherence to medical appointment and medication regimens (retention to care)
 - Documentation of success: regular interface with providers to ascertain improvement (increasing CD4, decreasing viral load)

Evaluation Outcomes

- **Peer Counselors** were found to be critical in the maintenance of HIV care and prenatal services for HIV+ pregnant women
 - Form healthy and supportive relationships with HIV+ pregnant women during, after pregnancy
 - Enhance positive health outcomes for HIV positive women
 - Significantly reduce unintended transmission of HIV to intimate partners of HIV positive women (prevention for positives)
 - Education, Disclosure Counseling, Partner Testing
 - Decreased rate of unintended pregnancy due to intensive contraception discussions (reproductive health)
 - Methods discussed, chosen on or before 34th week
 - **75% of all HIV+ women with a Peer Counselor adhered to 100% of their medication regimen**
 - **80% of all women with a Peer Counselor maintain relationships with health care providers > 1 yr postpartum (retention to care)**
 - **90% of all HIV+ women with a Peer Counselor that become pregnant again contact their Peer within 6 weeks of identification of a new pregnancy, and return to their prenatal care provider in that time frame**

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