

## **Breastfeeding and mothers who have HIV.**

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**Issues:** It is generally understood that women who have HIV should not breastfeed their babies due to a possible risk of transmitting HIV to their baby.

**Description:** A review was undertaken in 2016 of the government's recommendations on breastfeeding and women who have HIV. As a result, a significant amendment was made which provides the option of informed choice. This information is however buried deep within the official recommendations and not widely known.

**Lessons learned:** While there has been some research, there continues to be confusing messaging around this issue. WHO suggests each country should make recommendations which best suits their national situation.

**Next steps:** It is important for health professionals to understand the implications of the amendment to the New Zealand recommendations to ensure optimal care, support and to respect the wishes of the women they work with in this regard.