Project Masihambisane

Intervention Materials
Antenatal Sessions 1-4
Rhythm Roadmap

1. Opening (song or prayer)
2. Thanks Tokens
3. Introductions (confidentiality)
4. Pair Sharing
5. Discomfort Cups
6. Core Messages
7. Closing
Session 1: Living Positively

Go to all antenatal appointments

Get support: it’s good for you and your baby

Decide who to tell that you’re pregnant or have HIV

Go with your partner for STI testing
Session 2: Keeping Healthy

Avoid unhealthy things:
- Smoking
- Alcohol
- Isihlambezo

Do healthy things:
- Good nutrition and vitamins
- Important medications
- Exercise

Get practical support
Do what relaxes you
Session 3: Being Prepared

Take your AZT and go to all clinic appointments.

Take nevirapine when you go into labour.

At the hospital, tell the sister that you are HIV-positive.

Make sure your baby receives nevirapine syrup at 6 hours and AZT syrup during first week.

Register for the child grant. Keep health record booklets for you and your baby.
Session 4: Feeding Choices

Decide how you will feed your baby

Don’t mix feeding methods for first 6 months

Use exclusive formula feeding only if you have ALL these:

Exclusive breastfeeding for 6 months is best

Keep others safe from HIV

Bring your baby to the clinic at 6 days and 6 weeks
I am HIV positive

I need special care during delivery

I need NVP stat dose and AZT 3 hourly

I need my baby to receive NVP and AZT
Important Medications

- **28 weeks** / **34 weeks**
- **300 mg**
- **NVP in labour**
- **AZT every 3 hours**
- **Test your baby at 6 weeks and 6 months**
- **NVP one-off dose**
- **AZT for 7 days** / **AZT for 28 days**
Do healthy things:

- Exercise
- Good nutrition and vitamins
- Important medications
Exclusive Breast is Best

Don’t mix feeding methods for first 6 months

Exclusive breastfeeding for 6 months is best
Exclusive Formula only if:

- Electricity
- A steady income
- Clean running water
- Flush toilet
# My Calendar

**Remember I can come to clinic any time I need help.**
**Project Masihambisane can see me anytime I can get there.**

<table>
<thead>
<tr>
<th>My clinic ANC Booking Dates</th>
<th>Project Masihambisane Support Group Dates</th>
<th>Project Masihambisane Interview Dates</th>
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</thead>
<tbody>
<tr>
<td>Antenatal 1 Date:</td>
<td>Session 1 Day:</td>
<td>I am Pregnant Day:</td>
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<tr>
<td>Date:</td>
<td>Time:</td>
<td>Day:</td>
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<td>Interview 1 Time:</td>
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<td>Antenatal 2 Date:</td>
<td>Session 2 Day:</td>
<td>My Baby is Born Day:</td>
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<td>Interview 2 Time:</td>
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<td>Antenatal 3 Date:</td>
<td>Session 3 Day:</td>
<td>My Baby is 6 Months Day:</td>
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<td>Antenatal 4 Date:</td>
<td>Session 4 Day:</td>
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<td>Interview 4 Time:</td>
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**My expected due date:** .................................. **My expected delivery site:** ..................................
Parent Card

It is important when a man and a woman are having a child together that they come to the clinic together.

At the antenatal clinic the nurses will help with:
- Important information
- Health checks
- Antenatal classes
Things to avoid:

Smoking

Alcohol

Isihlambezo