

Glossary, definitions, acronyms, abbreviations, references and additional resources

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GLOSSARY/DEFINITION OF TERMS USED

Abrupt weaning, means immediate cessation of breastfeeding which may be forced on the infant by the mother or on the mother and infant by others.

AFASS, Acceptable, feasible, affordable, sustainable and safe – the conditions required for safe replacement feeding in previous policy, now updated.

AIDS, means Acquired immunodeficiency syndrome: the active pathological condition that follows the earlier, non-symptomatic state of being HIV-positive.

ALT, means Alanine Transaminase.

ART, an abbreviation of antiretroviral therapy and usually meaning one or two antiretroviral drugs used to treat people infected with HIV to reduce their viral load.

ARV, an abbreviation of antiretroviral drugs, used for antiretroviral therapy or antiretroviral prophylaxis

B Cells, are a type of lymphocyte of the immune system which make antibodies against antigens.

Body Mass Index, measures whether an individual is over or underweight, which is calculated by dividing their weight in kilograms by the square of their height in metres.

Breastmilk substitute, refers to any food being marketed or otherwise represented as a partial or total replacement for breastmilk, whether or not suitable for that purpose.

CD4 cells, (also known as T4 or helper T cells) are lymphocytes (a type of white blood cell), which are important in immune responses. These are the main target cells for HIV. Their numbers decrease during HIV infection, and their level is used as a marker of progression of the infection.

Cessation of breastfeeding, means completely stopping breastfeeding, which includes no more suckling at the breast.

Child, refers to a child, usually aged 0-5 years in the present context.

Clade C HIV-1, refers to the sub-group (clade) of the most common type of HIV (Group M). It is the dominant form in Southern Africa, Eastern Africa, India, Nepal, and parts of China.

Cohort, means a group of subjects who have shared a particular event together during a particular time span, e.g. a research study.

Commercial infant formula, a product that meets the applicable Codex standard for being the sole source of nutrition for an infant.

Complementary food, means any food, whether manufactured or locally prepared, used as a complement to breastmilk or to a breastmilk substitute, when additional nutrients are needed once an infant reaches 6 months of age.

Codex Alimentarius Standards, are internationally recognized standards of food and food safety, developed by a Commission established by WHO and FAO.

Counselling, means a type of talking therapy that allows a person to talk about their problems and feelings and be listened to with empathy in a confidential and dependable environment.

Cup feeding, means feeding an infant or child using a cup.

ELISA, refers to an Enzyme Linked Immunosorbent Assay, in the present context, one which identifies antibodies to HIV in an infected person's blood.

EMTCT, means Elimination of Mother-to-Child Transmission.

Exclusive breastfeeding, means an infant receives no other food or drink, not even water, other than breastmilk (which can include expressed breastmilk), with the exception of drops or syrups consisting of vitamins, mineral supplements or medicines. When expressed milk is given, the preferred term is exclusive breastmilk feeding.

Femidom, means a female condom used during sexual intercourse as a barrier contraceptive to reduce the risk of sexually transmitted and HIV, and unintended pregnancy, though its protection against them is inferior to that provided by a male condoms.

Fetal electrode, is a bipolar electrode on a wire, inserted into the vagina, past the cervix and gently screwed into the fetal scalp which is used to monitor fetal wellbeing during labour.

Formula feeding, involves the use of commercial infant milk that is formulated industrially in accordance with applicable Codex Alimentarius standards.

Full breastfeeding, means exclusive and almost exclusive breastfeeding which means that no other liquid or solid from any other source enters the infant's mouth, or that occasional tastes of other liquids, traditional foods, vitamins and/or medicines have been given.

HAART, means highly active antiretroviral therapy -- a combination of three or more different antiretroviral drugs at the same time.

Healthcare worker, means a person who is involved in the provision of health services to a user, including lay counsellors and community caregivers.

Heat-treating milk, means heating or pasteurizing milk on a stove or in a commercially manufactured pasteurizer to inactivate pathogens, e.g. bacteria and viruses.

HIV, Human Immunodeficiency Virus, a viral infection which destroys parts of the body's immune system.

HIV-1 p24 antigen, is a viral protein that makes up most of the viral core and which is present in the blood serum of newly infected individuals during the short period between infection and sero conversion, making p24 antigen assays useful in diagnosing primary HIV infection.

HIV-exposed infant, usually refers to an infant born to a woman living with HIV.

HIV-free survival, means the absence of a combined outcome of either (1) HIV infection or (2) death before HIV infection due to other causes. This concept has emerged as a consensus outcome to evaluate strategies.

HIV high-prevalence setting, setting with greater than 5% HIV prevalence in the population tested.

HIV-infected, refers to people who are infected with HIV, whether or not they are aware of it.

HIV low-prevalence setting, in setting with less than 5% HIV prevalence in the population tested.

HIV-negative, refers to people who have had an HIV test and who know that they tested negative, or to young children who have tested negative.

HIV PEP, is the use of ARV after exposure to body fluids such as blood, bloodstained saliva, breastmilk, genital secretion, and cerebrospinal, amniotic, peritoneal, synovial, pericardial or pleural fluid. HIV PEP should be offered and initiated as early as possible in all individuals with an exposure that has the potential for HIV transmission, preferably within 72 hours.

HIV Pre-Exposure Prophylaxis (PrEP), is the use of ARV drugs before HIV exposure by people who are not infected with HIV in order to block the acquisition of HIV.

HIV-positive, refers to people who have had an HIV test and who know that they tested positive, or to young children who have tested positive. Also described as Person living with HIV.

HIV postnatal transmission, is defined in an infant who has had a negative HIV-1 PCR at 30 days of age and who later has either a positive PCR result or, if older than 18 months, shows a positive HIV serology.

HIV status unknown, refers to people who either have not taken an HIV test or who have had a test but do not know the result.

IBCLC, An International Board Certified Lactation Consultant (IBCLC) is a healthcare professional who specializes in the clinical management of breastfeeding. An IBCLC is certified by the International Board of Lactation Consultant Examiners (IBLCE). An IBCLC works in a wide variety of settings, providing leadership, advocacy, professional development, and research in the lactation field.

Infant, refers to a baby less than 12 months of age.

Informed choice, means receiving or acquiring sufficient information with which to reach a knowledgeable decision.

Mixed feeding, means breastfeeding with the addition of fluids, solid foods and/or non-human milks such as formula and ready-to-use therapeutic foods before the age of 6 months.

MTCT, means Mother To Child Transmission of HIV, also known as vertical transmission or parent-to-child transmission (PTCT) or HIV-transmission to infants. MTCT is the term most often used for HIV transmission during pregnancy (prenatal), birth (perinatal) or breastfeeding (postnatal), because the immediate source of the child's HIV infection is the mother. Some people advocate for use of the terms parent-to-child transmission, or vertical transmission to avoid the blame for infection seeming to be the responsibility of the mother alone, when she is likely to have been infected through unprotected sex with an infected partner; often the child's father. Consensus on the use of one or other of these terms has not been reached. In this HIV Kit WABA also uses terminology such as paediatric HIV transmission in preference to MTCT.

NAT Test, Nucleic acid testing technologies that are developed and validated for use at or near to be point of care that can be used for early infant HIV testing.

Neonate, means an infant aged from birth to 28 days.

Non-consensual sex, means sexual assault or rape.

Opportunistic infection, means an infection that can infect people when their immune system is weakened, as with HIV infection, but not when they are healthy.

Option A, means that HIV-infected women receive intrapartum antiretroviral prophylaxis while their infants receive postpartum antiretroviral prophylaxis throughout the duration of breastfeeding.

Option B, means that pregnant and lactating HIV-infected women are offered ART beginning in the antenatal period and continuing throughout the duration of breastfeeding. At the end of breastfeeding those

women whose CD4 count is over 350 cells/mm³ would discontinue the prophylaxis, and only resume antiretroviral treatment when their CD4 count falls below 350 cells/mm³.

Option B+, means immediate provision to HIV-infected women of antiretroviral drugs which are continued for life regardless of their CD4 count, to protect their own health and to prevent vertical transmission of the virus to their babies.

Parent to child transmission or PTCT, means vertical transmission. This term is used to avoid the blame for infection seeming to be the responsibility of the mother alone, when she is likely to have been infected through unprotected sex with an infected partner; often the child's father. Consensus on the use of one or other of these terms has not been reached. MTCT remains the most commonly used term.

Paediatric HIV, means HIV in children. This term is used in connection with the child's infection and illness, whatever the source and to recognise that not all children's infections come from the mother.

Parallel Rapid Testing Algorithm, HIV testing that is most often used in settings of lower HIV incidence and prevalence, and in research settings

Partial breastfeeding, means that a baby is receiving some breastfeeds but is also being given other food or food-based fluids, such as formula milk or weaning foods.

Perinatal / Perinatally, describes the period surrounding birth, and traditionally includes the time from fetal viability from about 24 weeks of pregnancy up to either 7 or 28 days of life.

Perinatal HIV transmission, is defined as HIV transmission from mother to child during the very end of pregnancy, labor and delivery, or the first days of life.

Person living with HIV, means an individual who has tested HIV-positive on an HIV test.

Point-of-care testing, is conducted at or near the place where women and infants receive care.

Posnately, means the period from birth to six weeks of age.

PCR means the Polymerase Chain Reaction, the basis for an HIV test which tests for copies of HIV in blood and other body fluids including breast milk.

PITC, means Provider Initiated Testing and Counselling.

PMTCT, means Prevention of Mother To Child Transmission, and is often used to describe preventive programs.

PMTCT Care Cascade, means antenatal, delivery, and infant follow-up services through 12-18 months of life and provides a way that loss to follow-up or non-adherence to ART can be readily identified.

POC, Point of Care.

Poor nutrition, means a diet that lacks adequate essential nutrients to maintain good health.

Postnatal transmission, means vertical transmission of HIV during the breastfeeding period, measured as occurring 4-6 weeks after birth in a baby who is breastfed.

Premastication, means pre-chewing food to break it down for an individual who cannot chew for themselves, eg by a mother or other caretaker for a baby during the weaning process.

Primary prevention, means measures designed to prevent the onset of a given health care problem, e.g. health protection education and typically considered the most cost-effective form of health care.

Rapid test or RDT Testing, HIV testing recommended for settings where laboratory services are weak or absent. The Rapid test allows a quick turnaround, do not require specialized equipment, usually have internal controls, and can be operated by trained non-laboratory personnel, including lay service providers.

Replacement feeding, means the process of feeding a child who is not receiving any breast milk with a diet that provides all the nutrients the child needs until the child is fully fed on family foods.

Self-testing, is a process where a person collects a specimen, performs a test and interprets the test result in private.

Serial Rapid Testing Algorithm, consists of two different rapid tests, with different blood samples, applied one after another in the case of a positive result for HIV.

Serodiscordant partner, means a partner in a sexual relationship who is of a different HIV-status to the other, e.g. one partner is HIV-infected and the other is not.

Spillover, is a term used to describe the unnecessary spread of artificial feeding among mothers who either know that they are HIV-negative or do not know their HIV status – they do not breastfeed, or they breastfeed for a short time only, or they mix-feed, because of unfounded fears about HIV, or misinformation, an increased availability of breastmilk substitutes or the perception that artificial feeding is becoming the norm.

Stigma, means a mark or sign of disgrace or discredit. In a society in which artificial feeding or exclusive breastfeeding are rare, these practices may lead others to suspect that a mother is living with HIV. This in turn is often considered to be a sign that the mother has not been faithful to the child's father--often incorrectly.

Sub-Saharan Africa, means the area of the continent of Africa that lies south of the Sahara Desert.

Suppressed viral load, when a person living with HIV has viral load (HIV RNA) reduced to an undetectable viral load level.

Tenascin-C, is a glycoprotein expressed in the extracellular matrix of various tissues during development, disease or injury, and in restricted neurogenic areas of the central nervous system.

Transactional sex, means a relationship involving the giving of gifts or services in exchange for sex with the definite motivation to benefit materially from the sexual exchange. Often the participants frame themselves not in terms of prostitutes/clients, but rather as girlfriends/boyfriends, or sugar babies/sugar daddies and they are particularly common in sub-Saharan Africa, where they often involve relationships between older men and younger women or girls.

Undetectable viral load, when a person living with HIV under ART, has the viral load reduced to very low level, usually 40 copies/ml, depending on the test.

Vaginal lavage, means vaginal disinfection with diluted chlorhexidine (0.2%) during labour and delivery.

Vertical transmission, means transmission of HIV from the mother to an infant, during pregnancy, birth or breastfeeding, also known as mother to child transmission, or MTCT.

Viral load, means a measure of the number of viral particles present in an organism or environment, especially the number of HIV viruses in the bloodstream, usually written as the number per cubic millimetre (mm³).

Viral load suppression, when ART suppresses a person's viral load to 200 copies/ml or less. Being virally suppressed prevents the sexual transmission of HIV while simultaneously improving the health of a person living with HIV. Studies has showed that a person when is virally suppressed they cannot transmit HIV. Full adherence to ART is essential to maintain viral load suppression.

Weaning has multiple meanings and thus should be avoided in technical communication. It often means the process of feeding the infant any other food or drink apart from breast milk or expressed breast milk and drops or syrups consisting of vitamins, mineral supplements or medicines. It can also refer to the process of reducing breastfeeding or even complete cessation of breastfeeding.

Woman vs mother, use of these terms has been used interchangeably: Woman when portraying her in a holistic manner and mother when specifically referring to her role as the mother of an infant or young child.

Young child, means a toddler or child from 12 – 36 months of age.

ACRONYMS & ABBREVIATIONS

≤	less than or equal to
3TC	lamivudine
ABC	abacavir
AIDS	Acquired Immune Deficiency Syndrome
ART	Antiretroviral therapy, usually means 1-2 drugs, used in early studies
ARV	Antiretroviral
AZT	zidovudine (also known as ZDV)
BF	Breastfeeding
BFHI	Baby Friendly Hospital Initiative
BHITS study:	Breastfeeding and HIV International Transmission Study
cARV	Combined antiretroviral therapy
CDC	Centers for Disease Control and Prevention
DNA	Deoxyribonucleic Acid
DTG	Darunavir
EBF	Exclusive Breastfeeding
EFV	Efavirenz
EID	Early Infant Diagnosis
ELISA	Enzyme Linked Immunosorbent Assay
FAO	Food and Agriculture Organization
FDC	Fixed dose combination ART, e.g. lamivudine, stavudine, and nevirapine
FTC	Emtricitabine
HAART	Highly Active Antiretroviral Therapy, 3 or more drugs for more effective treatment used in later studies
HEIs	HIV Exposed Infants.
HIV	Human Immunodeficiency virus
HIV PEP	Post-exposure prophylaxis
HTC	HIV Testing and Counselling,
HTS	HIV Testing Services.
IAEA	International Atomic Energy Agency
IBCLC	International Board Certified Lactation Consultant
IF	Infant feeding
IYCF	Infant and young child feeding
LPV	Lopinavir
mm³	cubic millimetre
MTCT	Mother-to-Child Transmission of HIV
NGO	Non-governmental organization
NVP	Nevirapine
NNRTI	Non-nucleoside reverse-transcriptase inhibitor,
PCR	Polymerase Chain Reaction
PITC	Provider-initiated testing and counselling
PLHIV	People Living with HIV
PMTCT	Prevention of Mother-to-Child Transmission
POC	Point of Care.
PrEP	HIV Pre-prophylaxis Exposure
r	ritonavir
RAL	raltegravir
RDT	Rapid diagnostic test

RF	Replacement Feeding
Rit	Ritonavir
RNA	Ribonucleic acid, one of the three major macromolecules (along with DNA and proteins) that are essential for all known forms of life
SDGs	Sustainable Development Goals
sdNVP	single dose NVP
STI	Sexually transmitted infection
TDF	Tenofovir
UN Agencies:	United Nations Agencies
UNAIDS	Joint United Nations Programme on HIV/AIDS
UNFPA	United Nations Population Fund
UNHCR	United Nations Commissioner for Refugees
UNICEF	United Nations Children's Fund
USAID	U.S. Agency for International Development
WABA	World Alliance for Breastfeeding Action
WFP	United Nations World Food Programme
WHA	World Health Assembly
WHO	World Health Organization
ZDV	Zidovudine (same drug as AZT)

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Notes:

A series of horizontal dashed lines for taking notes.



The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding worldwide. WABA action is based on the Innocenti Declaration, the Ten Links for Nurturing the Future and the Global Strategy for Infant & Young Child Feeding. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC).