Helping HIV-positive mothers decide when to stop breastfeeding

Infant age: 12 months and older

1. Is the baby infected with HIV?
   - YES: The mother should continue breastfeeding for as long as possible. Schedule a follow-up appointment but no further AFASS assessments. END OF SESSION
   - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

2. Is the baby malnourished or seriously ill?
   - YES: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION
   - NO: The mother should continue breastfeeding. Schedule a follow-up appointment but no further AFASS assessments. END OF SESSION

3. Can the household afford to spend 1000 CFA every day to buy 500 ml of milk and 3-4 meals of fortified complementary foods?
   - YES: The mother should continue breastfeeding for as long as possible. Schedule a follow-up appointment but no further AFASS assessments. END OF SESSION
   - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

4. Can the household afford to spend at least 400 CFA to give the baby an adequate diet composed of 400-500 ml of milk every day, meat several times per week, and other healthy and safe foods?
   - YES: The mother should continue breastfeeding for as long as possible. Schedule a follow-up appointment but no further AFASS assessments. END OF SESSION
   - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

5. Can the mother ensure that the baby receives at least 5 meals and 2 snacks every day?
   - YES: The mother should continue breastfeeding for as long as possible. Schedule a follow-up appointment but no further AFASS assessments. END OF SESSION
   - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

6. Does the mother have AIDS, advanced HIV infection (opportunistic infections, low CD4, etc.), or another serious illness?
   - YES: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION
   - NO: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

7. Is the mother on ARV treatment?
   - YES: Are there circumstances that lead the mother to believe that this might not be the safest time to stop breastfeeding (for example, a difficult period or seasonal unemployment is approaching)?
     - YES: Schedule another counseling appointment and AFASS evaluation in three months. Review with the mother the recommended complementary feeding practices for breastfed infants of this age. END OF SESSION
     - NO: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION
   - NO: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

8. Are there circumstances that lead the mother to believe that this might not be the safest time to stop breastfeeding (for example, a difficult period or seasonal unemployment is approaching)?
   - YES: Schedule another counseling appointment and AFASS evaluation in three months. Review with the mother the recommended complementary feeding practices for breastfed infants of this age. END OF SESSION
   - NO: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

9. Can the mother comply with recommended hygiene practices, frequent washing of her hands and utensils with soap, and keeping a clean kitchen?
   - YES: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION
   - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

10. Does the mother have the money and time necessary to bring her infant immediately to the health center if he gets sick or loses weight when she stops breastfeeding?
    - YES: The mother should continue breastfeeding. Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION
    - NO: Schedule a follow-up appointment and redo the AFASS assessment once the infant is in good health. Ensure that the infant is referred for necessary treatment. END OF SESSION

Ensure that the mother understands that if she decides to stop breastfeeding, she needs to maintain her decision and stop. Restarting breastfeeding in the future poses risks for the health of the infant. If she thinks that now is the best time for her to stop breastfeeding, help her to do so over a period of time that is feasible for her and her baby. Provide intensive follow-up, at least once per week at the beginning, and counsel her on the best way to avoid breast health problems (recommending that she express her breast milk to avoid breast engorgement), explain how she should feed her baby (review daily feeding requirements, frequency of breastfeeds, active feeding, and hygiene), and emphasize the importance of coming back to the health center if she or her baby has problems, becomes ill, or loses weight. Treat health problems immediately. END OF SESSION

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