

## 準媽媽的關注 - 產前愛滋病病毒抗體普查及測試

### 簡介

產前檢查是為確保孕婦健康達至最佳狀態。及早發現及處理懷孕期的問題可保障孕婦及胎兒的健康。因此，懷孕婦女初次產前檢查，其中一項檢驗是抽取血液樣本化驗。包括血型、血色素、平均紅血球容積、彌因子(Rh)、德國麻疹抗體、乙型肝炎抗原、梅毒和愛滋病病毒抗體。

在進行愛滋病病毒抗體測試前，必須先了解有關愛滋病及愛滋病病毒抗體測試的分析。

### 認識愛滋病

愛滋病(後天免疫力缺乏症)是由愛滋病病毒(人類免疫力缺乏病毒)所引起的。感染後，病毒會逐漸破壞身體內的淋巴細胞，使患者的免疫力下降，引致各種感染，甚致淋巴瘤；最終導致死亡。

愛滋病是由性接觸、血液接觸、及受感染的婦女在懷孕、生產或餵哺母乳過程中傳染給嬰兒。母嬰傳染機會率

是百分之十五至四十。一般的社交接觸及蚊叮蟲咬都不會傳染愛滋病病毒。

### 產前愛滋病病毒抗體普查及測試

愛滋病病毒抗體測試的結果分為陰性(-)和陽性(+)反應。以下是測試報告的分析：

### 若愛滋病病毒抗體測試呈陰性反應：

- ◆ 若測試報告呈陰性反應表示未受愛滋病病毒感染，但必須注意測試是有「空窗期」。這表示人體受到愛滋病病毒感染之後，便會在血液中產生抗體。由於產生足夠抗體需時可長達三個月，有可能因為抗體數量不足，未能顯示出來；換言之，剛感染病毒的驗血結果會出現所謂『假』陰性反應，而事實上孕婦可能已受到感染，並將病毒傳染給胎兒
- ◆ 如確定未受感染，孕婦應繼續採取

預防措施，以保障自己及胎兒。包括正確使用安全套進行性行為、不與他人共用針筒針嘴等

### 若愛滋病病毒抗體測試呈陽性反應：

若測試報告呈陽性反應表示孕婦體內帶有愛滋病病毒，可傳染胎兒及性伴侶。愛滋病病毒抗體測試報告是絕對保密的。

### 知道感染後，對胎兒有甚麼好處？

懷孕婦女愈早知道感染的事實，有助減低胎兒感染的機會：

- ◆ 懷孕第二階段，孕婦開始服用抗愛滋病病毒藥物。在分娩過程中亦要接受靜脈注射抗愛滋病病毒藥物
- ◆ 假如需要剖腹分娩，嬰兒受感染的機會可能再減低
- ◆ 嬰兒出生後，不應用母乳餵哺
- ◆ 嬰兒出生的數星期需要繼續接受抗

愛滋病病毒藥物治療及兒科醫生的跟進，以保障健康

- ◆ 嬰兒一旦證實受到愛滋病病毒感染，亦需要繼續接受治療及跟進。及早診斷和採取適當措施，可以將胎兒受感染的機會減低三分之二

### 知道感染後，對孕婦又有甚麼好處？

孕婦愈早知道感染的事實，肯定是有好處的。除了得到適當的產前護理外，醫護人員會聯合協商，為孕婦訂立治療及跟進方案。孕婦可能需要服用抗愛滋病病毒藥物，以控制病情。孕婦也可以與醫生商量，評估可能面對的問題及應付能力，而決定是否繼續懷孕。

孕婦可以選擇把受感染的事實告訴性伴侶或家人。醫護人員會為她們進行輔導及提供支援。

嬰兒出生後，母親應繼續接受治療及跟進，以保障身體的免疫系統免受嚴重的破壞，同時學習如何照料嬰兒。

## 愛護你的嬰兒！保護自己！請接受產前愛滋病病毒抗體測試。及早發現，對妳及妳的嬰兒都有好處。

如果妳對產前愛滋病病毒抗體普查及測試或愛滋病還存有疑問，請與醫生或護士詳談，或致電愛滋熱線與輔導員聯絡，作進一步的了解。

- ◆ 愛滋熱線：2780 2211  
網址：<http://www.info.gov.hk/aids>
- ◆ 其他查詢：紅絲帶中心 – 聯合國愛滋病規劃署合作中心(專業支援)  
地址：香港九龍聯合道東200號 / 橫頭磡賽馬會診所2樓  
電話：(852) 2304 6268  
傳真：(852) 2338 0534  
電郵：[rrc@health.gcn.gov.hk](mailto:rrc@health.gcn.gov.hk)

如有任何查詢，請聯絡醫護人員

以上資料由瑪麗醫院婦產科及贊育醫院提供。




瑪麗醫院  
Queen Mary Hospital



贊育醫院  
Tsan Yuk Hospital

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### THE CONCERN OF AN EXPECTANT MOTHER-UNIVERSAL ANTENATAL HIV TESTING

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## THE CONCERN OF AN EXPECTANT MOTHER-UNIVERSAL ANTENATAL HIV TESTING

### Introduction

The aim of an antenatal check-up is to ensure optimal health of a pregnant woman throughout her pregnancy. Early detection and appropriate management of health problems help preserve the well-being of both the mother and the foetus. Antenatal check-up generally includes blood testing for blood group, haemoglobin level, mean red cell volume, Rhesus factor, rubella antibody, hepatitis B antigen, syphilis and HIV antibody. One has to understand AIDS, its implications and the meaning of possible results before undergoing the HIV test.

### Aids - Acquired Immune Deficiency Syndrome

- ◆ AIDS is caused by the Human Immunodeficiency Virus, in short, HIV. After entering the human body, the virus replicates and destroys the lymph cells. It gradually lowers the body's resistance, leading to opportunistic infections or even lymphoma and ultimately death.
- ◆ The routes of transmission include

sexual intercourse, blood contact or from an infected mother to her baby during pregnancy, delivery or breastfeeding. The transmission rate from an infected mother to her baby is 15 to 40%.

- ◆ Ordinary social contact, mosquito or insect bites cannot transmit HIV.

### Universal Antenatal HIV Testing

- ◆ HIV test is included in the routine blood testing during antenatal check-up and no separate procedure is required.
- ◆ The HIV antibody test result could be negative (-ve) or positive (+ve). The following is the interpretation of the results:

#### HIV antibody negative (-ve) result

- ◆ A negative result indicates that the tested person is not infected by HIV. However one has to be aware of the problem of 'window period', the time between a person gets infected and the detection of HIV antibodies in the blood. When a person gets infected,

the production of antibodies might not be high enough to be detected until three months later. In other words, the HIV antibody testing performed during the window period may give rise to a "false" negative result in which there is still a chance of transmitting the virus to the foetus

- ◆ A pregnant mother who has a negative HIV blood result should continue with preventive measures to protect herself and the foetus against transmission of HIV. This includes practicing safer sex such as condom use and refraining from needle-sharing in drug users

#### HIV antibody positive (+ve) result

- ◆ A positive result means that the pregnant woman has got infected with HIV. There is a risk of transmitting the virus to the foetus and to her sexual partner through sexual intercourse. HIV antibody test result is strictly confidential

### Early Detection - How does it benefit the baby?

For a pregnant woman, early detection

of HIV infection can help reduce the risk of transmitting the virus to her baby.

- ◆ The usual practice is to administer oral antiretroviral therapy (ART) starting in the second trimester of pregnancy and intravenous ART during labour
- ◆ In those indicated for Caesarean section, the risk of mother-to-child transmission may further decrease
- ◆ Breast-feeding is strongly discouraged after birth
- ◆ The baby has to continue oral ART and to be followed up by the paediatrician for several weeks after birth for the prevention and early detection of complications
- ◆ Once confirmed to be infected, the baby will be given appropriate treatment, and follow-up care to improve his/her health

Early detection and prompt intervention can reduce the risk of HIV transmission from the mother to the child by two-thirds.

### Early Detection - How does it benefit the pregnant woman?

The sooner the infection is detected, the better outcome it will be.

- ◆ Apart from quality antenatal care health care providers work together to develop the best management plan to achieve holistic care in the infected person
- ◆ The pregnant woman may be offered ART to control the HIV disease
- ◆ Through counseling, the pregnant woman will understand her physical and psychological capacity to cope with the disease, and reach consensus about continuation with pregnancy
- ◆ The infected mother will continue treatment and follow-up of the disease after delivery to prevent further complications and damage to her immune system. She will learn how to take care of her baby
- ◆ The pregnant woman may choose to disclose her HIV status to her sexual partner or family. The health care worker will offer her and her family support and counseling

**For the protection of yourself and the baby, have the antenatal HIV testing. The sooner you know, the better it will be for you and your baby.**

Should you have further queries about universal antenatal HIV testing and AIDS, please talk to your doctor or nurse. You are also welcome to contact our counselor via the AIDS Hotline:

- ◆ AIDS Hotline: 2780 2211  
Website : <http://www.info.gov.hk/aids>
- ◆ Other enquiries: Red Ribbon Centre - UNAIDS Collaborating Centre for Technical Support  
Address : 2/F Wang Tau Hom Jockey Club Clinic,  
200 Junction Road East, Kowloon.  
Tel : (852) 2304 6268  
Fax : (852) 2338 0534  
Email : [rrc@health.gcn.gov.hk](mailto:rrc@health.gcn.gov.hk)

Please approach our nursing staff for details

Information provided by Department of Obstetrics & Gynaecology, Queen Mary Hospital and Tsan Yuk Hospital.