



# **Engagement and HIV Testing Strategies among Pregnant Women and Their Partners in Antenatal Clinics**

**Lessons Learned from Health Facilities, Mbeya City Council,  
Tanzania**

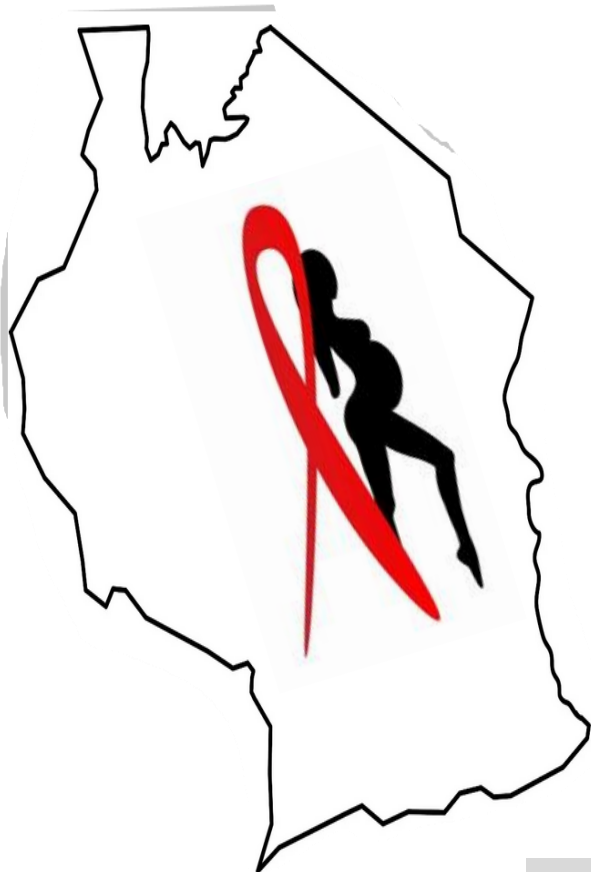
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# Presentation Outlines

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# INTRODUCTION



- HIV is a major health challenge, particularly for pregnant women in Tanzania.
- HIV prevalence among adults is 4.4%, with 1.5 million adults living with HIV
- women are more affected (5.6%) than men (3.0%).
- Mbeya's HIV prevalence stands at 9.6%
- Partner engagement is key for successful HIV testing and PMTCT.

**Source: The Tanzania HIV Impact Survey 2022-2023 (THIS 2022-2023)**



# General HIV Testing in the Community

## HIV Testing Among General Population

Year	People Tested	Positive Identified	HIV Rate
2021	27,054	1,135	4%
2022	32,196	1,047	3%
2023	50,164	986	2%
2024	75,186	1,385	1.8%

- HIV testing increased from 27,054 in 2021 to 75,186 in 2024
- HIV rate dropped from 4% in 2021 to 1.8% in 2024
- Positive cases peaked at 1,385 in 2024 despite more testing.
- The lower HIV rate suggests improved awareness and prevention

**Source: The Tanzania Health Management Information System 2024**

# PMTCT DATA OVERVIEW

## PMTCT HIV Testing

- All pregnant women are tested for HIV unless already known positive.
- Engagement of male partners remains a challenge.

## PMTCT testing Overview

Year	Pregnant Women Tested	Couple Tested	Positive Identified	HIV Rate
2021	26,426	4,409	579	2%
2022	30,019	5,053	527	1.7%
2023	29,996	5,486	492	1.6%
2024	23,892	6,951	351	1.4%

# Index Testing Data

## Testing of Sexual Partners and Biological Children

Year	Index Tested	Positive Identified	Category
2021	203	74	Sexual partner
	478	33	Biological child
2022	566	144	Sexual partner
	873	25	Biological child
2023	1,495	177	Sexual partner
	2,342	63	Biological child
2024	3,947	442	Sexual partner
	3,277	190	Biological child

- Sexual partners tested increased from 203 in 2021 to 3,947 in 2024.
- Positive cases among sexual partners rose from 74 in 2021 to 442 in 2024.
- Biological children tested for HIV increased from 478 in 2021 to 3,277 in 2024.
- Index testing led to more positives identified and linked to care.

Source: The Tanzania Health Management Information System 2024

# HIV Testing Among Pregnant Women & initiated ART

- Pregnant women tested increased from 21,037 in 2021 to 22,040 in 2023.
- HIV-positive cases decreased from 544 in 2021 to 513 in 2023.
- All identified HIV-positive women were promptly initiated on ART each year.

Year	Pregnant Women Tested	Positive Identified	HIV-Positive on ART
2021	21,037	544	544
2022	21,641	512	512
2023	22,040	513	513



# **HIV Testing and Engagement Strategies**

## ▪ **Routine HIV Testing for Pregnant Women**

- ✓ All pregnant women are tested for HIV during their first antenatal visit unless known to be positive

## ▪ **ARV Initiation & Follow-up for Positive Pregnant Women**

- ✓ HIV-positive women are initiated on ARVs the same day.
- ✓ Comprehensive follow-up for both mother and child, including early DBS testing at 6 weeks

## ▪ **Encouraging Partner Testing**

- ✓ Sensitization efforts encourage women to bring their partners for testing.
- ✓ Partners of women who attend with them are given priority service

## ▪ **Index Testing for Sexual Partners and Biological Children**

- ✓ Women who test positive are encouraged to refer their sexual partners and biological children for testing.

# Successes & Challenges

## Successes

- Increased HIV testing coverage among pregnant women.
- Improved engagement of male partners and index testing.
- Effective reduction in mother-to-child transmission through PMTCT strategies

## Challenges

- Full partner engagement remains low despite efforts.
- High costs and logistical difficulties in expanding services

# Learned Experiences

- Strong focus on engaging both pregnant women and their partners.
- Continuous emphasis on ARV initiation and index testing has helped reduce HIV transmission.
- However, further efforts are needed to ensure complete partner participation and reduce logistical challenges

# **Recommendations**

- Continue sensitizing women to bring partners for HIV testing.
- Strengthen community outreach to increase male partner participation.
- Enhance logistical support for follow-up on positive cases, especially in remote areas.

# ACKNOWLEDGEMENT

**We extend our sincere gratitude to Mbeya City Council, the healthcare workers, and all stakeholders for their support and commitment to improving HIV testing and prevention services.**

Thank you so much  
for your time