



**FACTORS INFLUENCING THE UPTAKE OF OPTION B+
AMONG HIV POSITIVE PREGNANT AND BREASTFEEDING
WOMEN IN NAKURU COUNTY HOSPITAL**

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Abstract

Mother-to-child transmission of HIV accounts for 14% of all new HIV infections worldwide. It may occur during pregnancy, labor and delivery or breastfeeding. In the absence of prevention, rates of MTCT are estimated to be 25-35 percent. Without intervention, the risk of mother-to-child transmission of HIV can be as high as 45%, however successful implementation of prevention of mother-to-child transmission programs can reduce this risk. The study objective was to determine factors influencing the option B+ uptake among the pregnant women and breastfeeding women in Nakuru County Referral Hospital. The study was based on a descriptive cross sectional. Systemic sampling was used to sample 28 respondents from a population of 301 for a period of one month. A researcher administered questionnaire was used to collect data. Data was analyzed using SPSS version 22 and presented in table and graphs.

On 28 respondents interviewed on the knowledge on option B+, 67.9% said they have never heard of option B+ and 35.7% responded that it protect mother to child transmission of HIV. The findings of the study indicate that some variables of the study affect the knowledge as well attitude of the pregnant mothers. These included; age, education and occupation. The older the respondents, the higher the education and the occupation the higher the knowledge of option B+ services. People's attitude and utilization of option B+ services was affected by the insufficient knowledge on what the option B+ program entails and the benefits of the services as far as mother-to-child transmission of HIV is concerned. Other issues like lack of partner participation also affect utilization of option B+ services.