



# Facilitating and Managing Disclosure: Challenges facing Community Peer Supporters providing support to pregnant women

Wanga Zembe

Health Systems Research Unit,  
Medical Research Council



# Introduction

## Background:

- The Good Start Intervention Study: a community randomized controlled trial
- Low disclosure rates
- Initial response to low disclosure rates: training
- Monitoring of disclosure rates post training

# METHODS

- Qualitative approach
- Study objective:

To explore the factors that facilitate or hinder HIV status disclosure by pregnant mothers to community peer supporters

# RESULTS

## Results:

1. Minimal improvement overall
  - Umlazi site had marginal improvement – only 5% of mothers enrolled disclosed over 6 months.
  - Cluster differences in Umlazi

# Results cont....

## 2. Peer Support Factors

### ■ Constraints:

- Training
- PS living proximity to mother

### ■ Enablers:

- peer supporter characteristics

# Results cont...

## 2. Mothers Factors

### ■ Constraints:

- stigma
- fear of loss of financial support from partner

### ■ Enablers:

- perceived benefits of disclosure

# Results Cont...

## 3. Methodological Factors

### ■ Intervention design:

- presence of family members during home visit
- Initial training of peer supporters

# Conclusion

- Implications for community interventions
- Training
- Community mobilization
- Further research is needed on what facilitates HIV status disclosure in communities

Thank you!