

## Glossary

### **Acquired immunodeficiency syndrome (AIDS)**

**A:** Acquired – not inherited.

**I:** Immuno – because it attacks the immune system.

**D:** Deficiency – of certain white blood cells in the immune system.

**S:** Syndrome – meaning a group of symptoms or illnesses that occur as a result of the HIV infection.

AIDS is the most advanced stage of HIV infection.

### **Acute illness**

An illness, such as pneumonia, that begins suddenly and is usually of short duration.

### **AIDS**

See Acquired Immunodeficiency Syndrome.

### **Anaemia**

A condition in which a reduced number or volume of red blood cells or decreased haemoglobin result in less oxygen being carried to other cells in the body.

### **ANC**

See Antenatal Care.

### **Antenatal care (ANC)**

Care of a pregnant woman and her unborn child or foetus before delivery.

### **Antibiotic**

A medicine that kills infection-causing organisms.

### **Antibody**

A specialised serum protein produced by the immune system in response to exposure to a foreign protein or antigen.

### **Antigen**

A substance that can trigger an immune response causing the production of antibodies as part of the body's defense against infection and disease.

### **ARV**

See Antiretroviral Drugs, Antiretroviral Prophylaxis, Antiretroviral Treatment.

### **Antiretroviral prophylaxis**

Short-term use of antiretroviral drugs to reduce HIV transmission from mother to infant.

### **Antiretroviral treatment**

Long-term use of antiretroviral drugs to treat maternal HIV/AIDS and prevent PMTCT.

### **Asymptomatic**

Without symptoms of illness or disease.

### **Bacterium**

A type of germ that causes infection.

### **Bloodborne pathogen**

Microorganisms, such as viruses or bacteria, that are carried in blood and can cause disease.

<b>Breast milk substitute</b>	Any food being represented as a partial or total replacement for breast milk, including commercial infant formula and home-modified animal milk.
<b>CD4 cells</b>	T-lymphocyte cells in the immune system involved in protection against infections. HIV infects and kills CD4 cells.
<b>CD4 count</b>	A test that measures the number of CD4 cells in the blood, thus reflecting the state of the immune system. A normal count in a healthy adult is 600–1200 cells/mm <sup>3</sup> .
<b>Cell</b>	The basic unit of living matter.
<b>Cessation of breastfeeding</b>	Completely stopping breastfeeding, including suckling.
<b>Chorioamnionitis</b>	Inflammation of the membranes covering the foetus.
<b>Chronic illness</b>	Any persistent medical condition that can be managed, but not cured with treatment.
<b>Commercial infant formula</b>	Breast milk substitute formulated industrially according to specific standards to satisfy the nutritional requirements of infants during the first months of life up to the introduction of complementary foods.
<b>Complementary food</b>	Any food, whether manufactured or locally prepared, used in addition to breast milk or as a breast milk substitute.
<b>Counselling</b>	The confidential dialogue between an individual and a care provider.
<b>Cup feeding</b>	Being fed from or drinking from an open cup.
<b>DNA PCR</b>	HIV DNA polymerase chain reaction (PCR) is a laboratory test to detect the presence of the virus in the blood. It is used for diagnosis of the infant less than 18 months.
<b>Dehydration</b>	Loss of fluid from body tissues.
<b>Diarrhoea</b>	Frequent loose and watery bowel movements often caused by bacteria, parasites, and drug use.

<b>Disclosure</b>	Revealing or sharing certain facts with another, such as an HIV diagnosis.
<b>Discrimination</b>	An act or behaviour based on prejudice. Discrimination is a way of expressing, either on purpose or unknowingly, stigmatising thoughts.
<b>Dual Protection</b>	The use of one or more methods of contraception that prevent STIs, including HIV, and unintended pregnancy.
<b>ELISA</b>	See Enzyme Linked Immunosorbent Assay.
<b>Enzyme</b>	A protein that helps promote biochemical reactions but that is not affected by them.
<b>Enzyme Linked Immunosorbent Assay (ELISA)</b>	A laboratory assay (test) to identify the presence of HIV antibodies in body fluids.
<b>Epidemic</b>	A disease affecting a large number of individuals within a population, community, or region at the same time.
<b>Evaluation</b>	A measurement of the change(s) in a situation resulting from an intervention.
<b>Exclusive breastfeeding</b>	Providing breast milk only (including expressed breast milk), and no other food or drink, including water. The only exceptions are drops or syrups consisting of vitamins, mineral supplements, or medicines.
<b>Failure to Thrive (FTT)</b>	Weight loss or gradual but steady deterioration in weight gain from the expected growth, as indicated in a child's growth card.
<b>Fungus</b>	A germ that can cause infection, including a yeast infection such as thrush.
<b>Germ</b>	Organisms, including bacteria, viruses, and fungi, that can cause infection.
<b>Haematocrit</b>	The percentage of red blood cells in the blood.
<b>Haematologic</b>	Relating to blood.

<b>Haemoglobin</b>	An iron-bound protein found in red blood cells that carry oxygen from the lungs to other cells in the body.
<b>Healthcare worker (HCW)</b>	A doctor, nurse, midwife, programme manager, or others whose activities include working directly with patients or clients in a healthcare setting.
<b>Helminth infection</b>	Intestinal disease caused by wormlike parasites.
<b>Hepatitis</b>	Inflammation of the liver that may be caused by bacterial or viral infection, parasitic infestation, alcohol, drugs, toxins, or transfusion of incompatible blood.
<b>Herpes</b>	A virus that causes sores in the mouth, on the genitals, or elsewhere on the body.
<b>HIV rapid test</b>	A simple test for detecting HIV antibodies in blood or other body fluids that produces results in less than 30 minutes.
<b>Home-based care</b>	The provision of treatment and care in the home.
<b>Home-prepared formula</b>	Replacement food (or breast milk substitute) prepared at home from fresh or modified animal milk, diluted with water and supplemented with sugar and micronutrients.
<b>Human immunodeficiency virus (HIV)</b>	Stands for human immunodeficiency virus, the virus that causes AIDS.
<b>Immune system</b>	A collection of cells and proteins that works to protect the body from invasion by foreign bacteria, viruses and fungi.
<b>Immunisation</b>	Vaccination to protect against a specific infection by injecting a weakened or killed form of a disease-causing organism into the body to activate the body's immune response without causing the full-blown disease. Currently there is no vaccine or immunisation to protect against HIV.
<b>Immuno-compromised</b>	Having a weak or damaged immune system as measured by a low CD4 count. Also, see Immunosuppressed.
<b>Immuno-suppressed</b>	When the body's immune function is damaged and incapable of performing its normal functions.
<b>Implementation</b>	The phase of the programme cycle where specific action steps are taken in an attempt to reach a specific goal, such as the implementation of ARV prophylaxis to reduce PMTCT.
<b>In utero</b>	Refers to events that occur in the uterus (womb) during pregnancy.
<b>Indicators</b>	Measures used to describe a situation. They provide information

on the status of activities related to each step of the PMTCT programme cycle.

<b>Infant who is HIV-exposed</b>	Infant born to a mother infected with HIV, and exposed to HIV through pregnancy, in childbirth, or during breastfeeding.
<b>Infection</b>	Invasion and growth of germs in the body.
<b>Intervention</b>	An action or strategy to address a particular problem or issue and to accomplish a specific result.
<b>Intrapartum</b>	Occurring during labour and delivery (childbirth).
<b>Lymphadenopathy</b>	A swelling of the lymph glands in the body. The most common areas of swelling with HIV infection are the neck, under the arms, and in the groin.
<b>Lymphocyte</b>	A type of white blood cell produced in the lymphoid organs that is primarily responsible for immune responses. Present in the blood, lymph and lymphoid tissues.
<b>MAC</b>	See <i>Mycobacterium Avium Complex</i> .
<b>Malaria</b>	An infectious disease characterized by cycles of chills, fever, and sweating, caused by a parasite transmitted by a host mosquito.
<b>Medication adherence</b>	Taking medicine exactly as recommended by a healthcare provider without missing doses.
<b>Monitoring</b>	Routine tracking of information or indicators about a programme and its intended outputs through record keeping and regular reporting. Also called performance monitoring.
<b>Mother-to-child transmission (MTCT) of HIV</b>	Transmission of HIV from a woman infected with HIV to her child during pregnancy, childbirth, and breastfeeding. Also referred to as vertical transmission or perinatal transmission.
<b>MTCT</b>	See Mother-to-Child Transmission.
<b><i>Mycobacterium Avium Complex (MAC)</i></b>	Organisms that invade the intestines (gut) and other organs.

<b>OI</b>	See Opportunistic Infection.
<b>Opportunistic infection (OI)</b>	A disease caused by a microorganism that does not normally cause illness in a person with a healthy immune system, but that may cause serious disease when the immune system is weakened.
<b>Oral thrush</b>	A fungal infection of the mouth that looks like white patches or curdled milk.
<b>Output indicators</b>	Evidence of programme results, such as the number of people trained.
<b>Pandemic</b>	A disease occurring over a wide geographic area and affecting an exceptionally high proportion of the population, e.g., malaria, HIV.
<b>PCP</b>	See <i>Pneumocystis jiroveci</i> Pneumonia.
<b>PCR</b>	See Polymerase Chain Reaction.
<b>Perinatal transmission</b>	See Mother-to-Child Transmission of HIV; Also known as vertical transmission.
<b>Platelet</b>	A type of blood cell (thrombocyte) that promotes blood clotting.
<b>PMTCT</b>	Prevention of mother-to-child transmission of HIV.
<b><i>Pneumocystis jiroveci</i> Pneumonia (PCP)</b>	A severe, life-threatening lung infection that causes fever, dry cough, and difficulty breathing.
<b>Polymerase Chain Reaction (PCR)</b>	A viral assay (test) that detects the presence or the amount of a virus in the blood. For HIV, the DNA-PCR indicates the presence of the virus. The HIV RNA-PCR measures the amount of virus, often referred to as the viral load.
<b>Postnatal care</b>	Care for a mother and infant in the 6 weeks following birth.
<b>Prenatal care</b>	See Antenatal Care.
<b>Prevalence</b>	The percentage of a population that is affected with a particular disease at a given time.

<b>Programme cycle</b>	Process of assessing a situation and then planning, implementing, monitoring, and evaluating a responsive public health programme.
<b>Prophylaxis</b>	Treatment to prevent the onset of a particular disease or recurrence of symptoms in an existing infection previously brought under control.
<b>Replacement feeding</b>	The process of feeding infants who are receiving no breast milk with a diet that provides the nutrients infants need until the age at which they can be fully fed on family foods
<b>Replicate</b>	To duplicate or make more copies of something.
<b>RNA PCR</b>	HIV RNA polymerase chain reaction, also called viral load testing, detects and measures the amount of virus in blood.
<b>Safer sex</b>	Ways to have sex that reduce the risk of acquiring or transmitting HIV and other STDs/STIs.
<b>Seropositive</b>	A blood test result that indicates infection. A test can indicate the presence of antibodies to an organism (antibody positive) or the presence of the organism and its proteins (antigen positive),
<b>Sexually Transmitted Diseases/ Infections (STD/STI)</b>	Diseases that people get by having intimate sexual contact, including having sex (vaginal, oral, or anal intercourse) with someone who is infected. There are many different kinds of STDs including herpes, HIV, and syphilis.
<b>Side effect</b>	Unintended action or effect of a medication or treatment.
<b>Splenomegaly</b>	Inflamed or enlarged spleen.
<b>STDs/STIs</b>	See Sexually Transmitted Diseases/Infections.
<b>Stigma</b>	Refers to all unfavourable attitudes and beliefs directed toward people or a group of people.
<b>Symptomatic</b>	Showing signs of illness or disease.
<b>TB</b>	See Tuberculosis.

<b>Thrombocytopenia</b>	An abnormally low number of platelets (thrombocytes) due to disease, reaction to a drug or toxic reaction to chemotherapy treatments. If the platelets are too few, bleeding can occur.
<b>Tuberculosis (TB)</b>	A contagious bacterial infection that damages the lungs and other parts of the body. TB is a respiratory illness and is mainly spread through coughing. The most common and serious co-infection and OI related to HIV/AIDS.
<b>Universal precautions</b>	A simple set of effective practices used in caring for all patients, regardless of diagnosis, that are designed to protect health workers and patients from infection.
<b>Unprotected sex</b>	The exchange of blood, semen and/or vaginal fluids that occurs during sexual activity when condoms and other barrier methods are not in use.
<b>Vertical transmission</b>	See Mother-to-Child Transmission of HIV.
<b>Viral load</b>	The amount of HIV in the blood as measured by HIV RNA PCR.
<b>Viral resistance</b>	Changes in the genetic makeup of HIV that decrease the effectiveness of antiretroviral drugs.
<b>Virus</b>	A type of germ that causes infection.
<b>Wasting (syndrome)</b>	Condition characterised by loss of more than 10% of body weight and either unexplained chronic diarrhoea (lasting more than 1 month) or chronic weakness and unexplained, prolonged fever (lasting more than 1 month).
<b>Wet-nursing</b>	Breastfeeding of an infant by someone other than the infant's mother.
<b>Window period</b>	The period of time between the onset of infection with HIV and the appearance of detectable antibodies to the virus. The window period lasts for 4 to 6 weeks but occasionally up to 3 months after HIV exposure.