

The study was conducted in Kibuli Muslim hospital in Kampala district focusing on the postnatal ward, young child clinic and postnatal clinic with a sample size of 170 respondents who were HIV positive mothers. The study aimed at determining factors affecting HIV positive Mothers' compliance to exclusive breastfeeding. The study was guided by three specific objectives that were formulated by the researcher which included; to determine maternal factors affecting the compliance of HIV-positive mother to exclusive breastfeeding in Kibuli Muslim hospital, to establish health systems factors affecting HIV-positive mothers' compliance to exclusive breastfeeding in Kibuli Muslim Hospital, Kampala as well as to examine social economic factors affecting HIV-positive mothers' compliance to exclusive breastfeeding in Kibuli Muslim Hospital.

The study was both qualitative and quantitative in nature using questionnaires and interviews as the major methods of data collection. The study revealed that; there is too much family influence on feeding decisions in Uganda and this is greatly affecting HIV-positive mothers' compliance to exclusive breastfeeding. Furthermore, traditional and cultural beliefs negatively affect exclusivity and duration of breastfeeding and promote the use of formula and bottles. However the study recommended that; exclusive breastfeeding should highly be recommended as the best feeding alternative for infants up to six months and has a protective effect against mortality and morbidity and community sensitization about exclusive breastfeeding should be emphasized in order to break some traditional and cultural beliefs on breast feeding practices.