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Counseling and Testing for HIV

Protocol Booklet

JHPIEGO, an affiliate of Johns Hopkins University, builds global and local partnerships to enhance the quality of health care services for women and families around the world. JHPIEGO is a global leader in the creation of innovative and effective approaches to developing human resources for health.
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COUNSELING AND TESTING PROTOCOL

COUNSELING AND TESTING PROTOCOL

The parts of the protocol *that are in italics* are instructions or comments for the counselor.

PRETEST COUNSELING SESSION

Introduction and Orientation to CT	
Time: 1 to 2 minutes	
Tasks	Questions
Greet the client with respect and introduce yourself to the client.	Hello, _____ (<i>say client's name</i>). How are you today? My name is _____. I'll be talking with you about what brought you here today and any HIV concerns you might have.
Describe your role as counselor.	My role as your counselor is to work with you to discuss your personal situation regarding HIV infection.
Outline content of pretest counseling session: <ul style="list-style-type: none"> ● Assess Risk ● Explore Options for Reducing Risk ● HIV Testing Information 	<p>First, we will talk here for about 15 to 20 minutes.</p> <p>As I said, we will look together at your situation regarding HIV infection.</p> <p>We will also look at how you have already tried to reduce your chances of HIV infection.</p> <p>Then, we will talk about changes you could make to further lower your chances of HIV infection. We will work together to develop a plan for you to do this.</p> <p>We will also talk about HIV testing.</p>
Briefly explain informed consent, HIV testing, and post-test counseling.	<p>I want you to know that it is your choice whether to be tested for HIV. Later, I will tell you about the HIV test and the advantages of knowing whether you are infected with HIV, but you can choose whether or not to be tested.</p> <p>If you do decide to be tested today, you will receive an HIV test that will show if you are infected with HIV, the virus that causes AIDS. This test is very accurate.</p> <p>When the results are ready, you will come back here. We will discuss the results and then talk again for about 15 to 20 minutes.</p>
Explain confidentiality.	I also want you to know that what we are going to talk about today will be kept private. That means that your personal information will be absolutely confidential and will not be discussed with anyone else.
Address immediate questions and concerns.	Before we go any further, do you have any concerns or questions that you need to talk about right now?

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Assess Risk	
Time: 6 to 7 minutes	
Tasks	Questions
Assess the client’s reason for coming in for services.	<p>Could you start by telling me why you came to the clinic today? Could you start by telling me what brought you here today?</p> <p>Do you have any HIV concerns that we should talk about today?</p> <p>Based on the information provided during the group education session, how concerned are you about your situation regarding HIV infection?</p>
Assess the client’s level of concern about having or getting infected with HIV.	<p>Could you tell me why you feel you are in danger of HIV infection? Has anything happened that might have put you in danger of HIV infection?</p> <p>Have you done anything that you think might have resulted in HIV infection?</p> <p>When you _____ (<i>for example: have unprotected sex, share needles</i>), have you thought you could get infected with HIV?</p>
Discuss the client’s HIV test history and changes in response to results.	<p>Have you ever been tested for HIV before?</p> <p><i>If client answers “yes”:</i> What was that experience like for you? Did the test results or counseling affect how you feel about HIV? How have the test results influenced your behavior?</p>
Explore the client’s most recent risk exposure/behavior.	<p>Could you tell me a little about the last time you were in a situation that put you in danger of HIV infection?</p> <ul style="list-style-type: none"> ● When did this happen? ● Could you tell me a little about your partner? ● How did you meet this partner? ● How long did you know this partner? ● How did you decide to _____ (<i>for example: have sex, share needles</i>)? ● Had you been drinking or using drugs at that time? ● Was this an unusual situation, or was it something that has happened before?
Assess the level of risk acceptable to the client.	<p>What concerns, if any, did you have about _____ (<i>for example: having sex, sharing needles</i>) with this person?</p> <p>How concerned are you that you could become infected with HIV from this person?</p> <p>Would you have engaged in this same behavior if you had known this person had HIV? Would knowing have made a difference?</p>

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<p>Assess the client’s pattern of risk (for example, happening regularly, occasionally, due to an unusual incident):</p> <ul style="list-style-type: none"> ● Number of partners ● Type of partners ● Frequency of new or different partners ● Condom use 	<p>Let’s look at how often this type of situation happens:</p> <ul style="list-style-type: none"> ● How many partners have you had in the last 6 months? ● Where do you meet your partners? ● How well do you know your partners? ● Do you have a steady partner (<i>wife, husband, girlfriend, boyfriend</i>)? ● Other than your steady partner, whom have you had sex with? ● How often do you have a new partner? ● How often do you use condoms? ● With which partners are you more or less likely to use a condom? ● How do you decide with which partners to use condoms? ● How do you decide with whom to share needles? <p>When was the last time, before this situation, that you had a similar experience? Was there anything similar about the circumstances? How often does this happen?</p>
<p>Identify circumstances or situations that contribute to the client’s risk behavior.</p>	<p>Is there anything that you think keeps you from protecting yourself from HIV infection?</p> <p>Could you tell me about what may be going on in your life that could be increasing these behaviors?</p> <p>Are there times when you are more likely to take risks (<i>such as having unprotected sex, sharing needles</i>)?</p> <p>How does drinking alcohol or using drugs influence your decisions to have sex?</p>
<p>Assess the client’s communications with partners.</p>	<p>What have you and your partner talked about concerning HIV infection?</p> <p>When the topic of HIV infection has come up with your partner, how did that discussion go?</p> <p>Have you discussed whether either of you has been tested for HIV? Could you tell me a little about that?</p> <p>Have you and your partner discussed your sexual history with each other? Have you discussed whether you and your partner are having sex with other people? Could you tell me more about that?</p> <p>Have you talked with your partner about whether either of you uses injection drugs? Could you tell me about that?</p> <p>How did you and your current partner decide to stop using condoms?</p>

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<p>Assess for indicators of increased risk, for example, tuberculosis (TB) or sexually transmitted infections.</p>	<p>Tuberculosis (TB) and sexually transmitted infections such as syphilis and chlamydia can increase the chances of HIV infection.</p> <p>Have you or your partner ever been diagnosed with tuberculosis? When was that?</p> <p>Have you or your partner ever been diagnosed with a sexually transmitted infection? When was that?</p>
<p>Summarize and reflect back the client’s story and risk issues.</p>	<p>Here’s how I understand what you have said about your situation concerning HIV infection (<i>summarize the key issues provided by the client</i>):</p> <ul style="list-style-type: none"> ● It seems that there are several issues that affect your behavior and increase your chances of HIV infection. (<i>List specific behaviors, problems with communication, and drug or alcohol use problems.</i>) ● You’ve been able to protect yourself when _____ (<i>list circumstances that help client lower chances of HIV infection</i>). <p>It seems there is a level of risk that you’re comfortable with. For example, you say that you do not like to use condoms. At the same time, you said that your life would be ruined if you found out you have HIV. Can you help me understand this?</p> <p>Is this how you see these behaviors and your situation regarding HIV infection? Is there anything else we need to talk about?</p>

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Explore Options for Reducing Risk	
Time: 5 to 6 minutes	
Tasks	Questions
Review previous risk reduction attempts.	<p>Our conversation today is one good step in reducing your chances of HIV infection.</p> <p>What other ways have you tried to reduce your chances of getting infected with HIV?</p> <p>How have you tried to protect yourself and your partners from HIV?</p> <p>What makes you want to protect yourself from HIV?</p>
Identify successful experiences with practicing safer sex.	<p>Is there a specific time you remember when you practiced safer sex? Can you tell me about that time? How was that for you?</p>
Identify obstacles to risk reduction.	<p>What has been the most difficult part of reducing your chances of getting infected with HIV?</p>
Explore situations that increase the likelihood of high-risk behavior.	<p>How do alcohol and drugs affect your behavior? Are you less likely to protect yourself from HIV when you are drinking or using drugs?</p> <p>Are there times when you think you are more likely to find yourself in a situation that could lead to HIV infection? Could you tell me about that?</p> <p>In what particular situations or with which type of partners do you find it difficult to ask for safer sex?</p>
Place risk behavior in the larger context of the client's life.	<p>Are there times in your life (<i>for example: feeling sad, being jobless, ending a relationship</i>) that you feel it has been more difficult for you to protect yourself from HIV or practice safer sex?</p>
Briefly discuss condom use.	<p>How well do condoms work for you? Could you tell me about times when you have been able to use condoms? Could you tell me about times when you have had problems using condoms?</p> <p>With which partners do you find it most difficult to use condoms?</p> <p>Would you like for me to demonstrate for you the correct use of a condom?</p> <p>If you are not interested in talking about condoms today, you can take this pamphlet home with you to read.</p> <p>If you are interested in talking with someone about other family planning choices, you can go to _____ (<i>give the client information about other resources in the community</i>).</p>

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<p>Identify entire range of options for reducing risk. Show the client the Risk Reduction Menu.</p>	<p>Could you tell me about changes that would be easy for you to make to lower your chances of HIV infection? Which changes would be more difficult for you? Why?</p> <p>You have some options for reducing your chances of HIV infection. <i>(List choices such as using condoms, using clean needles and equipment for drugs, talking with partners about HIV, avoiding sex when drinking alcohol.)</i></p>
<p>Role play, skill build, and problem solve.</p>	<p>Imagine that I am your partner. What would you say to me about wanting to reduce your chances of getting infected with HIV?</p> <p>Let's switch roles. I'll be you, and you will be your partner. I'll ask you to be tested, and you respond as you imagine your partner would.</p>
<p>Address examples when the client's beliefs and behavior conflict or when feelings are mixed about changing behavior.</p>	<p>It seems you have many HIV concerns, but you also don't like using condoms. What is your alternative?</p> <p>It seems important to you to feel free to have several partners, yet at the same time, you do not want to get infected with HIV. Help me understand this.</p>
<p><i>For rapid testing sites:</i> Summarize risk reduction options/discussion. Complete this task and move to the HIV Testing Information component on page 1-8.</p>	<p>It seems that you have identified several ways in which you are comfortable in lowering your chances of getting infected with HIV. <i>(List them.)</i> Can you think of any others?</p> <p>You have a lot of choices for lowering your risk of HIV infection. During our conversation, I have been writing down on this paper some of the choices that you seem comfortable with.</p> <p>Now, let's talk briefly about the HIV test our clinic offers.</p>
<p><i>For ELISA testing sites:</i> Help the client develop a risk reduction plan before moving to the HIV Testing Information component.</p>	
<p>Help the client identify the most important behaviors for risk reduction.</p>	<p>What do you think are the most important issues that we need to address to reduce your risk?</p> <p>Given what we have talked about, what do you think makes it most likely that you might find yourself in another situation in which you could get infected with HIV?</p>
<p>Explore behavior(s) that the client will be most motivated about or capable of changing.</p>	<p>As we discussed earlier, you have some options for reducing your risk. How would you most like to reduce your chances of HIV infection?</p>
<p>Identify a reasonable yet challenging step toward changing the identified behavior.</p>	<p>What first step can you think of that you could complete in the next week that would move you closer to reducing your chances of getting infected with HIV?</p>
<p>Break down the risk reduction action into specific and concrete steps.</p>	<p>Now that you've identified something you would like to do, could you tell me how you feel you could make this happen?</p> <p>When do you think you could do this?</p>

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Identify supports or barriers to the risk reduction step.	<p>What could make it more difficult for you to complete this step?</p> <p>What could help make this easier for you?</p> <p>If you are able to complete this step, how do you think you will feel?</p>
Problem-solve issues concerning the plan.	How will you handle it if something (<i>specify</i>) gets in the way of using your plan?
Role play the plan.	<p>Let's practice how you could deal with this.</p> <p>Imagine that I am your partner. What would you say?</p> <p>All right, let's switch roles.</p>
Confirm with the client that the plan is reasonable and acceptable.	Now that you're comfortable with the plan, does it seem realistic to you?
Ask the client to think about the strengths and weaknesses in the plan while trying it out.	When you try this plan, think about what feels good and works for you and what parts are difficult or uncomfortable.
Recognize the challenges of behavior change.	You will really have done something good for yourself by trying out this plan.
Document the risk reduction plan with a copy to the counselor.	Let's write down your plan on this form so you will have a copy of the specific details of the plan.
Summarize risk reduction options/discussion. (Complete this task and move to the HIV Testing Information component.)	<p>It seems that you have identified several ways in which you are comfortable in lowering your chances of getting infected with HIV. (<i>List them.</i>)</p> <p>Now, let's talk briefly about the HIV test our clinic offers.</p>

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HIV Testing Information	
Time: 4 to 5 minutes	
Tasks	Questions
Explain the HIV testing process.	<p>If you would like to be tested for HIV, you can have the test done today. Let me explain how the test works.</p> <p>If you decided to be tested, you will go to a special room/lab for the HIV test. (<i>OR, I will do the test here.</i>)</p> <p><i>For ELISA testing:</i> Some blood will be taken from your arm using a needle. Then the blood will be sent to a lab, where a lab worker will read the results. Your results will be ready in _____ (<i>say the amount of time it will take to know the client's results</i>).</p> <p><i>For rapid testing:</i> You will have a finger stick for the tests. It takes about 30 minutes to process and read the tests, so your results will be ready before you leave today.</p>
Explain the possible HIV test results.	<p>When the test results are ready, you will come back here, and we will talk about the results.</p> <p>A negative HIV test result means that you are not infected with HIV. If you were very recently infected with HIV, the test result may not show this.</p> <p>A positive HIV test result means that you are infected with HIV. It does not mean that you are sick or will soon become ill, and it does not mean that you have AIDS.</p>
Review confidentiality issues, if any.	You should know that if you decide to get tested today, your healthcare providers at this clinic would know about your HIV test result because it could affect your treatment.
Address the client's feelings about testing for HIV.	Could you tell me your feelings about being tested for HIV today?
Explore with whom the client has shared the decision to come for CT services (such as a partner, relative, or friend).	<p>What do you think your partner(s), family, or friends would say if they knew you were thinking about getting tested for HIV?</p> <p>Have you told anyone about coming here to get tested today?</p>
<p>Assess the client's readiness to be tested and receive the test results:</p> <ul style="list-style-type: none"> ● Response to negative results ● Response to positive results 	<p>If you were tested for HIV today, what test result would you expect?</p> <p>Have you thought about how you would deal with each of the possible test results? How would your life change?</p> <p>How would your behavior change if you were to find out you are not infected with HIV?</p> <p>How would you deal with a positive HIV test result?</p> <p>If you were to find out you are infected with HIV, how would you avoid infecting other people with HIV?</p>

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<p>Assess who will provide the client with support if s/he is infected with HIV.</p>	<p>With whom in your life do you talk about personal issues such as your HIV concerns? Who would you tell if you were to find out you are infected with HIV? If you were to find out you are infected with HIV, who would provide you with support?</p>
<p>Discuss healthy living:</p> <ul style="list-style-type: none"> ● Staying well, living longer ● Obtaining support ● Medical care and followup 	<p>Have you heard about healthy living? Healthy living means taking care of your health and your emotional well-being in order to improve your life and stay well longer. Healthy living involves good nutrition, followup medical care such as TB prevention treatment, support, and a sense of optimism and well-being.</p>
<p>Discuss the benefits of HIV testing.</p>	<p>What benefits do you see to knowing whether you are infected with HIV? There are some benefits to knowing if you are infected with HIV. For example:</p> <ul style="list-style-type: none"> ● If you are not infected, you can take steps to prevent getting infected with HIV. ● If you are infected, you can get treatment to stay healthy longer, protect yourself from getting re-infected, and avoid infecting others. <p>With knowledge of your HIV status, infected or not, you are increasing your self-awareness and have an opportunity to encourage others in the community to do the same.</p>
<p>Determine the client’s test decision.</p>	<p>Do you have any questions about HIV testing? Have you decided if you would like to get tested for HIV today?</p>
<p>If the client chooses not to be tested:</p> <ul style="list-style-type: none"> ● Tell client s/he can come back at another time. ● Move to page 1-11 to continue discussing the risk reduction plan. 	<p>If you are unsure about being tested, you may decide to come back another day to be tested. However, today we can continue to talk about how to protect yourself and others from HIV.</p>
<p>If the client chooses to be tested:</p> <ul style="list-style-type: none"> ● Fill in the client data form if your site requires one. ● Give the client clear instructions about where to go for the HIV test. ● Give instructions on where to wait or when to come back for the results. 	<p>Deciding to get tested for HIV is another good step in addressing your situation with HIV. Before I tell you which room to go to for the test, let me get some information from you for this data form. <i>If ELISA testing:</i> Here is the date you can come back to receive your test result. Also, here is a copy of the risk reduction plan you developed today. You can begin using this plan today. Then we can discuss it in more detail when you come back for your result. Do you have any questions? <i>If rapid testing:</i> After your test, please wait ____ (say where the client should wait). When your result is ready, I will have you come back here, and we will look at the result and talk about what it means. Then we will talk more about how you can protect yourself and others from HIV. Do you have any questions?</p>

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POST-TEST COUNSELING SESSION: HIV NEGATIVE

Provide HIV Negative Result	
Time: 2 to 3 minutes	
Tasks	Questions
Inform the client that the test result is available.	Your results are ready now.
Provide results clearly and simply. (Show the client her/his test result.)	Let's look at your test result, and then we'll talk about how to best understand the result. The test result is negative, which means you have not been infected with HIV.
Explore the client's reaction to the test result.	What does this result mean to you? How does it feel to hear that it is very likely that you are not infected with HIV?
Review the meaning of the result.	I want to clarify that this means that as of less than 3 months ago, which would be before ____, you were not infected with HIV.
Note the need to consider the test result in reference to most recent risk exposure.	This result does not tell us about the exposure that occurred (<i>specify</i>) most recently. You may want to consider another test in ____ and/or encourage your partner to come and be tested.
If the client has ongoing risk, convey concern and urgency about the client's risks (as appropriate).	It seems that unless your risk behavior and the other issues we identified earlier are addressed, you may become infected with HIV. Let's talk about a plan to reduce your risk. <i>For ELISA testing sites:</i> It is important for you to think about ways you can stay HIV negative. Let's begin by reviewing the plan you developed the last time you were here.

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Develop Risk Reduction Plan	
Time: 4 to 6 minutes	
Tasks	Questions
Help the client identify the most important behaviors for risk reduction.	<p>What do you think are the most important issues that we need to address to reduce your risk?</p> <p>Given what we have talked about, what do you think makes it most likely that you might find yourself in another situation in which you could get infected with HIV?</p> <p><i>For ELISA testing:</i> In your previous plan, you decided that ____ (<i>list behaviors</i>) were the behaviors you wanted to change first. How do you feel about that now?</p>
Explore behavior(s) that the client will be most motivated about or capable of changing.	<p>As we discussed earlier, you have some options for reducing your risk. How would you most like to reduce your chances of HIV infection?</p> <p><i>For ELISA testing:</i> How did you feel as you began using your plan over the past few days/weeks? Do you think these will be good ways for you to continue to try to reduce your chances of getting infected with HIV?</p>
Identify a reasonable yet challenging step toward changing the identified behavior.	<p>What first step can you think of that you could complete in the next week that would move you closer to reducing your chances of getting infected with HIV?</p> <p><i>For ELISA testing:</i> What step can you think of that you could take in the next week to further reduce your chances of getting infected with HIV?</p>
Break down the risk reduction action into specific and concrete steps.	<p>Now that you've identified something you would like to do, could you tell me how you feel you could make this happen?</p> <p>When do you think you could do this?</p>
Identify supports or barriers to the risk reduction step.	<p>What could make it more difficult for you to complete this step?</p> <p>What could help make this easier for you?</p> <p>If you are able to complete this step, how do you think you will feel?</p>
Problem-solve issues concerning the plan.	<p>How will you handle it if something (<i>specify</i>) gets in the way of using your plan?</p>
Role play the plan.	<p>Let's practice how you could deal with this.</p> <p>Imagine that I am your partner. What would you say?</p> <p>All right, let's switch roles.</p>
Confirm with the client that the plan is reasonable and acceptable.	<p>Now that you're comfortable with the plan, does it seem realistic to you?</p>
Ask the client to think about the strengths and weaknesses in the plan while trying it out.	<p>When you try this plan, think about what feels good and works for you and what parts are difficult or uncomfortable.</p>
Recognize the challenges of behavior change.	<p>You will really have done something good for yourself by trying out this plan.</p>
Document the risk reduction plan with a copy to the counselor.	<p>Let's write down your plan on this form so you will have a copy of the specific details of the plan.</p>

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Identify Support for Risk Reduction Plan	
Time: 2 to 3 minutes	
Tasks	Questions
Emphasize that it is important for the client to discuss her/his plan with a trusted friend or relative.	<p>It's important for you to share your risk reduction plan with someone. Whom could you trust to tell about your HIV testing experience?</p> <p>Who in your life can provide you with support so that you can avoid situations that put you in danger of HIV infection?</p> <p><i>For ELISA testing:</i> Were you able to tell someone about your risk reduction plan? How did that conversation go? Who else in your life could provide you with support? Who could you talk with about your negative HIV test result?</p>
Identify a person to whom the client feels comfortable discussing the plan.	<p>Who knows you are here today? Could you talk to that person about the plan?</p> <p>Who in your life is supportive of you?</p> <p>Whom do you usually talk with about challenges you are facing?</p> <p>So, you believe you could tell ____ (<i>name</i>) about this plan.</p>
Establish a concrete and specific approach for the client to share the plan with a friend or relative.	<p>It is important to tell her/him about your plan and then report on how it went.</p> <p>When and how will you tell her/him?</p>
Convey confidence in the client's ability to complete the plan.	<p>This is a plan you have come up with. It is a good plan, and I believe it is something you really want to do and are capable of accomplishing.</p> <p>You have really challenged yourself.</p>

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Discuss Disclosure and Partner Referral	
Time: 2 to 3 minutes	
Tasks	Questions
Explore the client’s feelings about telling partners about the HIV negative test result.	What are your feelings about talking to your partner(s) about your test result? What are your concerns?
Remind the client that her/his result does not indicate partners’ HIV status.	It is important that you understand that your test result does not tell us whether or not your partner is infected with HIV. Your partner must be tested to know her/his result.
Discuss partner referral for HIV testing.	Could you tell me your thoughts about asking your partner to be tested? What would you do if your partner had a positive result?
Anticipate the possible reactions of the client’s partner(s).	How do you believe your partner would react to your telling her/him your result and asking her/him to be tested? How have you and s/he handled difficult conversations in the past?
Practice and role play different approaches to disclosure.	What would you like to say to your partner? Let’s imagine that I am your partner. Tell me about your results and ask me to get tested. I will respond. It is good to practice.
End session; provide the client with motivation and encouragement.	You’ve addressed a lot of issues today. It seems you are really ready to address the challenge of protecting yourself and your partner(s) from HIV. We hope you become a community ambassador for preventing HIV by sharing your experience and encouraging others to get tested.

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POST-TEST COUNSELING SESSION: HIV POSITIVE

Provide HIV Positive Result	
Time: 3 to 5 minutes	
Tasks	Questions
Inform the client that the test results are available.	Your test results are ready now.
Provide result clearly and simply.	The test result is positive, which means that you are infected with HIV.
Review the meaning of the result.	This result does not mean you have AIDS, and it does not tell us when you may become ill from the virus.
Give the client time to absorb the meaning of the result.	Take your time. We have plenty of time to talk about the results.
Explore the client’s understanding of the result.	How do you understand this result? What does this result mean to you?
Assess how the client is coping with the result.	It can be difficult to deal with knowing that you’re infected with HIV. How are you coping? How are you feeling about this test result?
Acknowledge the challenges of dealing with an initial positive result.	You need to take time to adjust to this, but in time you will be able to cope and continue with your life.
Discuss healthy living. (If the client is not prepared for this discussion, provide her/him with a pamphlet.)	There are many people who are infected with the virus and living well. Do you know anyone who is HIV positive and living well? Have you heard about healthy living? Let’s talk about that. Healthy living means taking care of your health and your emotional well-being to help you stay well longer. Healthy living involves good nutrition, followup medical care such as tuberculosis preventive treatment, support, and a sense of optimism and well-being. What can you do to take good care of yourself?

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Identify Sources of Support and Provide Referrals	
Time: 4 to 10 minutes	
Tasks	Questions
Assess whom the client would like to tell about the positive test result.	<p>Who can be supportive of you as you learn to cope with being HIV positive?</p> <p>You will want to tell someone you trust, someone who will keep your confidence.</p> <p>With whom in your life would you like to share your test result?</p> <p>How do you think this person would react? What do think this person would say?</p>
Discuss situations in which the client may want to consider protecting her/his own confidentiality.	Remember, you may want to choose carefully the person you tell about your results. For example, you may not want to tell your employer. Is there anyone you are worried about sharing your result with?
<p>Help the client identify a person (family member or friend) to help her/him through the process of dealing with HIV. Discuss:</p> <ul style="list-style-type: none"> ● Coping and support ● Planning for the future ● Healthy living ● Medical followup 	<p>There are a lot of issues you will want to address over time. It is sometimes helpful to have someone to help guide you and assist you as you weigh options and make decisions. Who could help you with this?</p> <p>Who in your life could help you adjust to living with HIV?</p> <p>Paying attention to your emotional and physical health and your medical care are important parts of healthy living. Who will support you in these changes?</p>
Address the need for healthcare providers to know the client's test result.	It is important that you discuss this test result with your doctor.
Identify the client's current healthcare resources.	<p>Where do you go now when you need medical attention?</p> <p>When was the last time you received medical care?</p>

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<p>Explore the client’s access to medical and social services:</p> <ul style="list-style-type: none"> ● Sexually transmitted infection exam ● Tuberculosis evaluation and preventive therapy ● Family planning ● Prevention of mother-to-child transmission of HIV ● Routine medical care 	<p>Now that you are HIV positive, it is essential that you receive specific medical followup.</p> <p>It is important for you to receive an exam/evaluation for sexually transmitted infections. Where would you go to get this?</p> <p>Many people have been exposed to tuberculosis but have never had any symptoms. Tuberculosis can be more serious for HIV-infected persons. A preventive tuberculosis treatment is available that can help HIV-infected people from developing serious symptoms. Do you know where you would go to receive an evaluation for tuberculosis and treatment? If you have symptoms of tuberculosis, such as a cough that will not go away, you should receive a medical evaluation immediately. If you are diagnosed with active tuberculosis, then treatment is especially important now that you have HIV.</p> <p>Is there any possibility that you are pregnant now? What are your plans for having children? Family planning services are available to prevent unwanted pregnancies. If you decide to become pregnant, there is a risk of transmitting HIV to your child. There are treatments available to reduce the transmission of HIV from the mother to her infant. It is important that you receive antenatal care in order to access these treatments.</p>
<p>Identify needed medical referrals.</p>	<p>We’ve talked about a lot. Now let’s think about the steps that you need to take to get the care you need.</p> <p>What medical care is going to be most difficult for you to access? How can I help you with this?</p>
<p>Discuss options for social services such as support groups, post-test clubs, and counseling.</p>	<p>There is support available. Would you be interested in talking with others in your situation?</p> <p>What would be hardest about seeking support?</p>
<p>Provide appropriate referrals (medical or social).</p>	<p>Here is the name and phone number of a person you could call to get assistance with these issues. When do you think you could call or go there?</p> <p>What might get in the way and prevent you from getting this support/service?</p>

Discuss Disclosure and Partner Referral	
Time: 3 to 5 minutes	
Tasks	Questions
Explore the client’s feelings about telling partners about the HIV positive test result.	Have you thought about telling your partner(s) about your test result? What are your feelings about talking to your partner(s) about your test result? What are your concerns?
Remind the client that her/his result does not indicate partners’ HIV status.	It is very important that you understand that your test result does not tell us what your partner’s result will be. Your partner may not yet be infected.
Identify partners who are at risk and need to be informed of their risk for HIV infection.	Who do you believe may need to know about your result? Are there particular partners you are worried about? Whom do you feel you need to tell?
Discuss possible approaches to disclosure of HIV status to partners.	How do you think you would tell your partner about your test result? What would you like to say? Would this be difficult for you?
Anticipate the partner’s potential reactions.	How do you believe your partner would react to your telling her/him? How have you and s/he handled difficult conversations in the past?
Discuss partner referral for HIV testing.	Your partner must be tested in order to know her/his result. Tell me your feelings about asking your partner(s) to be tested. How would you and your partner handle it if s/he were HIV negative?
Practice and role play different approaches to disclosure.	Let’s imagine that you are your partner. I will tell you about the positive test result, and you respond the way you think s/he would. It is good to practice. Now let’s switch roles. I will be your partner.
Provide the client with support.	There has been a lot we have talked about today. It is a challenge to deal with being HIV-infected; however, with time and support you will adjust and can live positively.

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Address Risk Reduction Issues	
Time: 1 to 5 minutes	
Tasks	Questions
Assess the client’s plan to reduce risk of transmission to current partners.	Tell me how you plan to protect your partner(s) from getting infected with HIV? How will you be intimate and close without spreading HIV?
Explore the client’s plan for reducing the risk of transmission to future partners.	When you have a new partner, how are you going to protect that partner from HIV?
Address disclosure of HIV status to future partners.	How will you tell your new partner about your HIV infection?
Encourage the client to protect others from HIV.	It is important for you to care for yourself and to protect others from HIV. One person, like yourself, can help to change the epidemic by being honest with your partners and ensuring that you engage only in safer sex behaviors. How can we help prepare you for this? Are you interested in information on family planning services? Can we help you find a family planning clinic in the region?
Summarize the counseling session.	We’ve talked about a lot. Remember, just because you are infected with HIV that does not mean you have AIDS. Caring for yourself by taking all the steps that we discussed can help you live a healthy life for many years. You said that _____ (name) is someone you could share your result with. You can also follow the plan that we have developed to avoid infecting your partner(s) with HIV. If you need any further help or support, please call us or come back to see us.

**COUNSELING AND TESTING PROTOCOL
FOR PREGNANT WOMEN**

COUNSELING AND TESTING PROTOCOL FOR PREGNANT WOMEN

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PRETEST COUNSELING SESSION

Introduction and Orientation to CT	
Time: 1 to 2 minutes	
Tasks	Questions
Greet the client with respect and introduce yourself to the client.	Hello, _____ (<i>say client's name</i>). How are you today? My name is _____. I'll be talking with you about what brought you here today and any HIV concerns you might have.
Describe your role as counselor.	My role as your counselor is to work with you to discuss your personal situation regarding HIV infection. We will also talk about protecting your baby from HIV.
Outline content of pretest session: <ul style="list-style-type: none"> ● Assess Risk ● Explore Options for Reducing Risk ● HIV Testing Information 	<p>First, we will talk here for about 15 to 20 minutes.</p> <p>As I said, we will look together at your situation regarding HIV infection.</p> <p>We will also look at how you have already tried to reduce your chances of HIV infection.</p> <p>Then, we will talk about changes you could make to further lower your chances of HIV infection. We will work together to develop a plan for you to do this.</p> <p>We will also talk about HIV testing.</p>
Briefly explain informed consent, HIV testing, and post-test counseling.	<p>I want you to know that it is your choice whether to be tested for HIV. Later, I will tell you about the HIV test and the advantages of knowing whether you are infected with HIV, but you can choose whether or not to be tested.</p> <p>If you do decide to be tested today, you will receive an HIV test that will show if you are infected with HIV, the virus that causes AIDS. This test is very accurate.</p> <p>When the results are ready, you will come back here. We will discuss the results and then talk again for about 15 to 20 minutes.</p>
Explain confidentiality.	I also want you to know that what we are going to talk about today will be kept private. That means that your personal information will be absolutely confidential and will not be discussed with anyone else.
Address immediate questions and concerns.	Before we go any further, do you have any concerns or questions that you need to talk about right now?

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Assess Risk	
Time: 6 to 7 minutes	
Tasks	Questions
Assess the client’s reason for coming in for services.	<p>Could you start by telling me why you came to the clinic today? Could you start by telling me what brought you here today?</p> <p>Do you have any HIV concerns that we should talk about today?</p> <p>Based on the information provided during the group education session, how concerned are you about your situation regarding HIV infection?</p>
Assess the client’s level of concern about having or getting infected with HIV.	<p>Could you tell me why you feel you are in danger of HIV infection? Has anything happened that might have put you in danger of HIV infection?</p> <p>Have you done anything that you think might have resulted in HIV infection?</p> <p>When you _____ (for example: have unprotected sex, share needles), have you thought you could get infected with HIV?</p>
Discuss the client’s HIV test history and changes in response to results.	<p>Have you ever been tested for HIV before?</p> <p><i>If client answers “yes”:</i> What was that experience like for you? Did the test results or counseling affect how you feel about HIV? How have the test results influenced your behavior?</p>
Explore the client’s most recent risk exposure/behavior.	<p>Could you tell me a little about the last time you were in a situation that put you in danger of HIV infection?</p> <ul style="list-style-type: none"> ● When did this happen? ● Could you tell me a little about your partner? ● How did you meet this partner? ● How long did you know this partner? ● How did you decide to _____ (for example: have sex, share needles)? ● Had you been drinking or using drugs at that time? ● Was this an unusual situation, or was it something that has happened before?
Assess the level of risk acceptable to the client.	<p>What concerns, if any, did you have about _____ (for example: having sex, sharing needles) with this person?</p> <p>How concerned are you that you could become infected with HIV from this person?</p> <p>Would you have engaged in this same behavior if you had known this person had HIV? Would knowing have made a difference?</p>

<p>Assess the client’s pattern of risk (for example, happening regularly, occasionally, due to an unusual incident):</p> <ul style="list-style-type: none"> ● Number of partners ● Type of partners ● Frequency of new or different partners ● Condom use 	<p>Let’s look at how often this type of situation happens.</p> <ul style="list-style-type: none"> ● How many partners have you had in the last 6 months? ● Where do you meet your partners? ● How well do you know your partners? ● Do you have a steady partner (<i>wife, husband, girlfriend, boyfriend</i>)? ● Other than your steady partner, whom have you had sex with? ● How often do you have a new partner? ● How often do you use condoms? ● With which partners are you more or less likely to use a condom? ● How do you decide with which partners to use condoms? ● How do you decide with whom to share needles? <p>When was the last time, before this situation, that you had a similar experience? Was there anything similar about the circumstances? How often does this happen?</p>
<p>Identify circumstances or situations that contribute to the client’s risk behavior.</p>	<p>Is there anything that you think keeps you from protecting yourself from HIV infection?</p> <p>Could you tell me about what may be going on in your life that could be increasing these behaviors?</p> <p>Are there times when you are more likely to take risks (<i>such as having unprotected sex, sharing needles</i>)?</p> <p>How does drinking alcohol or using drugs influence your decisions to have sex?</p>
<p>Assess the client’s communications with partners.</p>	<p>What have you and your partner talked about concerning HIV infection?</p> <p>When the topic of HIV infection has come up with your partner, how did that discussion go?</p> <p>Have you discussed whether either of you has been tested for HIV? Could you tell me a little about that?</p> <p>Have you and your partner discussed your sexual history with each other? Have you discussed whether you and your partner are having sex with other people? Could you tell me more about that?</p> <p>Have you talked with your partner about whether either of you uses injection drugs? Could you tell me about that?</p> <p>How did you and your current partner decide to stop using condoms?</p>

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<p>Assess for indicators of increased risk, for example, tuberculosis (TB) or sexually transmitted infections.</p>	<p>Tuberculosis (TB) and sexually transmitted infections such as syphilis and chlamydia can increase the chances of HIV infection.</p> <p>Have you or your partner ever been diagnosed with tuberculosis? When was that?</p> <p>Have you or your partner ever been diagnosed with a sexually transmitted infection? When was that?</p>
<p>Summarize and reflect back the client’s story and risk issues.</p>	<p>Here’s how I understand what you have said about your situation concerning HIV infection (<i>summarize the key issues provided by the client</i>):</p> <ul style="list-style-type: none"> ● It seems that there are several issues that affect your behavior and increase your chances of HIV infection. (<i>List specific behaviors, problems with communication, and drug or alcohol use problems.</i>) ● You’ve been able to protect yourself when _____ (<i>list circumstances that help client lower chances of HIV infection</i>). <p>It seems there is a level of risk that you’re comfortable with. For example, you say that you do not like to use condoms. At the same time, you said that your life would be ruined if you found out you have HIV. Can you help me understand this?</p> <p>Is this how you see these behaviors and your situation regarding HIV infection? Is there anything else we need to talk about?</p>

Explore Options for Reducing Risk	
Time: 5 to 6 minutes	
Tasks	Questions
Review previous risk reduction attempts.	<p>Our conversation today is one good step in reducing your chances of HIV infection.</p> <p>What other ways have you tried to reduce your chances of getting infected with HIV?</p> <p>How have you tried to protect yourself and your partners from HIV?</p> <p>What makes you want to protect yourself from HIV?</p>
Identify successful experiences with practicing safer sex.	<p>Is there a specific time you remember when you practiced safer sex? Can you tell me about that time? How was that for you?</p>
Identify obstacles to risk reduction.	<p>What has been the most difficult part of reducing your chances of getting infected with HIV?</p>
Explore situations that increase the likelihood of high-risk behavior.	<p>How do alcohol and drugs affect your behavior? Are you less likely to protect yourself from HIV when you are drinking or using drugs?</p> <p>Are there times when you think you are more likely to find yourself in a situation that could lead to HIV infection? Could you tell me about that?</p> <p>In what particular situations or with which type of partners do you find it difficult to ask for safer sex?</p>
Place risk behavior in the larger context of the client's life.	<p>Are there times in your life (<i>for example: feeling sad, being jobless, ending a relationship</i>) that you feel it has been more difficult for you to protect yourself from HIV or practice safer sex?</p>
Briefly discuss condom use.	<p>How well do condoms work for you? Could you tell me about times when you have been able to use condoms? Could you tell me about times when you have had problems using condoms?</p> <p>With which partners do you find it most difficult to use condoms?</p> <p>Would you like for me to demonstrate for you the correct use of a condom?</p> <p>If you are not interested in talking about condoms today, you can take this pamphlet home with you to read.</p> <p>If you are interested in talking with someone about other family planning choices for you after you have your baby, you can go to ____ (<i>give the client information about other resources in the community</i>).</p>

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<p>Identify entire range of options for reducing risk. Show the client the Risk Reduction Menu.</p>	<p>Could you tell me about changes that would be easy for you to make to lower your chances of HIV infection? Which changes would be more difficult for you? Why?</p> <p>You have some options for reducing your chances of HIV infection. <i>(List choices such as using condoms, using clean needles and equipment for drugs, talking with partners about HIV, avoiding sex when drinking alcohol.)</i></p>
<p>Role play, skill build, and problem solve.</p>	<p>Imagine that I am your partner. What would you say to me about wanting to reduce your chances of getting infected with HIV?</p> <p>Let's switch roles. I'll be you, and you will be your partner. I'll ask you to be tested, and you respond as you imagine your partner would.</p>
<p>Address examples when the client's beliefs and behavior conflict or when feelings are mixed about changing behavior.</p>	<p>It seems you have many HIV concerns, but you also don't like using condoms. What is your alternative?</p> <p>It seems important to you to feel free to have several partners, yet at the same time, you do not want to get infected with HIV. Help me understand this.</p>
<p>For rapid testing sites: Summarize risk reduction options/discussion. Complete this task and move to the HIV Testing Information component on page 2-8.</p>	<p>It seems that you have identified several ways in which you are comfortable in lowering your chances of getting infected with HIV. <i>(List them.)</i> Can you think of any others?</p> <p>You have a lot of choices for lowering your risk of HIV infection. During our conversation, I have been writing down on this paper some of the choices that you seem comfortable with.</p> <p>Now, let's talk briefly about the HIV test our clinic offers.</p>
<p>For ELISA testing sites: Help the client develop a risk reduction plan before moving to the HIV Testing Information component.</p>	
<p>Help the client identify the most important behaviors for risk reduction.</p>	<p>What do you think are the most important issues that we need to address to reduce your risk?</p> <p>Given what we have talked about, what do you think makes it most likely that you might find yourself in another situation in which you could get infected with HIV?</p>
<p>Explore behavior(s) that the client will be most motivated about or capable of changing.</p>	<p>As we discussed earlier, you have some options for reducing your risk. How would you most like to reduce your chances of HIV infection?</p>
<p>Identify a reasonable yet challenging step toward changing the identified behavior.</p>	<p>What first step can you think of that you could complete in the next week that would move you closer to reducing your chances of getting infected with HIV?</p>
<p>Break down the risk reduction action into specific and concrete steps.</p>	<p>Now that you've identified something you would like to do, could you tell me how you feel you could make this happen?</p> <p>When do you think you could do this?</p>

Identify supports or barriers to the risk reduction step.	What could make it more difficult for you to complete this step? What could help make this easier for you? If you are able to complete this step, how do you think you will feel?
Problem-solve issues concerning the plan.	How will you handle it if something (<i>specify</i>) gets in the way of using your plan?
Role play the plan.	Let's practice how you could deal with this. Imagine that I am your partner. What would you say? All right, let's switch roles.
Confirm with the client that the plan is reasonable and acceptable.	Now that you're comfortable with the plan, does it seem realistic to you?
Ask the client to think about the strengths and weaknesses in the plan while trying it out.	When you try this plan, think about what feels good and works for you and what parts are difficult or uncomfortable.
Recognize the challenges of behavior change.	You will really have done something good for yourself by trying out this plan.
Document the risk reduction plan with a copy to the counselor.	Let's write down your plan on this form so you will have a copy of the specific details of the plan.
Summarize risk reduction options/discussion. (Complete this task and move to the HIV Testing Information component.)	It seems that you have identified several ways in which you are comfortable in lowering your chances of getting infected with HIV. (<i>List them.</i>) Now, let's talk briefly about the HIV test our clinic offers.

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HIV Testing Information	
Time: 4 to 5 minutes	
Tasks	Questions
Explain the HIV testing process.	<p>If you would like to be tested for HIV, you can have the test done today. Let me explain how the test works.</p> <p>If you decided to be tested, you will go to a special room/lab for the HIV test. (<i>OR</i>, I will do the test here.)</p> <p><i>For ELISA testing:</i> Some blood will be taken from your arm using a needle. Then the blood will be sent to a lab, where a lab worker will read the results. Your results will be ready in _____ (<i>say the amount of time it will take to know the client's results</i>).</p> <p><i>For rapid testing:</i> You will have a finger stick for the tests. It takes about 30 minutes to process and read the tests, so your results will be ready before you leave today.</p>
Explain the possible HIV test results.	<p>When the test results are ready, you will come back here, and we will talk about the results.</p> <p>A negative HIV test result means that you are not infected with HIV. If you were very recently infected with HIV, the test result may not show this.</p> <p>A positive HIV test result means that you are infected with HIV. It does not mean that you are sick or will soon become ill, and it does not mean that you have AIDS. A positive HIV test result also does not mean that your baby will get infected with HIV. Although a baby can get HIV from the mother, there are ways to prevent this from happening. This is why it is so important for pregnant women to get tested for HIV.</p>
Review confidentiality issues, if any.	You should know that if you decide to get tested today, your healthcare providers at this clinic would know about your HIV test result because it could affect your treatment.
Address the client's feelings about testing for HIV.	Could you tell me your feelings about being tested for HIV today?
Explore with whom the client has shared the decision to come for CT services (such as a partner, relative, or friend).	<p>What do you think your partner(s), family, or friends would say if they knew you were thinking about getting tested for HIV?</p> <p>Have you told anyone about coming here to get tested today?</p>

<p>Assess the client’s readiness to be tested and receive the test results:</p> <ul style="list-style-type: none"> ● Response to negative results ● Response to positive results 	<p>If you were tested for HIV today, what test result would you expect?</p> <p>Have you thought about how you would deal with each of the possible test results? How would your life change?</p> <p>How would your behavior change if you were to find out you are not infected with HIV?</p> <p>What does a positive HIV test result mean to you and your baby?</p> <p>How would you deal with a positive HIV test result?</p> <p>If you were to find out you are infected with HIV, how would you avoid infecting other people with HIV?</p>
<p>Assess who will provide the client with support if s/he is infected with HIV.</p>	<p>With whom in your life do you talk about personal issues such as your HIV concerns?</p> <p>Who would you tell if you were to find out you are infected with HIV?</p> <p>If you were to find out you are infected with HIV, who would provide you and your baby with support?</p>
<p>Discuss healthy living:</p> <ul style="list-style-type: none"> ● Staying well, living longer ● Obtaining support ● Medical care and followup 	<p>Have you heard about healthy living?</p> <p>Healthy living means taking care of your health and your emotional well-being in order to improve your life and stay well longer. Healthy living also means taking steps to protect your baby.</p> <p>Healthy living involves good nutrition, followup medical care such as TB prevention treatment, support, and a sense of optimism and well-being.</p>
<p>Reducing risk of mother-to-child transmission of HIV.</p>	<p>We’ve been talking about protecting yourself from HIV. Now let’s talk about protecting your baby from HIV if you are infected.</p>
<p>Assess the woman’s fears.</p>	<p>If your HIV test is positive, do you think your baby will get HIV?</p>
<p>Assess the woman’s knowledge about mother-to-child transmission of HIV.</p>	<p>Do you know how babies can get HIV from an HIV-infected mother?</p> <p><i>If the woman is not sure, provide the following information:</i></p> <p>Babies can get HIV from their mother while in the womb, during labor and childbirth, or while breastfeeding. A woman can prevent her unborn baby from getting HIV by taking medication during her pregnancy. This medication is also given during labor and childbirth. Although breastmilk is usually the best food for babies, if the mother has HIV, using formula can protect the baby from getting HIV. Without these treatments, about 1 out of every 3 babies of mothers with HIV will get HIV. If these treatments are used, less than 1 out of 12 babies will get infected.</p>

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<p>Discuss the benefits of HIV testing.</p>	<p>What benefits do you see to knowing whether you are infected with HIV?</p> <p>There are some benefits to knowing if you are infected with HIV. For example:</p> <ul style="list-style-type: none"> ● If you are not infected, you can take steps to prevent getting infected with HIV. ● If you are infected, you can get treatment to stay healthy longer, protect yourself from getting re-infected, and avoid infecting others. <p>With knowledge of your HIV status, infected or not, you are increasing your self-awareness and have an opportunity to encourage others in the community to do the same.</p>
<p>Determine the client’s test decision.</p>	<p>Do you have any questions about HIV testing?</p> <p>Have you decided if you would like to get tested for HIV today?</p>
<p>If the client chooses not to be tested:</p> <ul style="list-style-type: none"> ● Tell client s/he can come back at another time. ● Move to page 2-12 to continue discussing the risk reduction plan. 	<p>If you are unsure about being tested, you may decide to come back another day to be tested. However, today we can continue to talk about how to protect yourself and others from HIV. We will also continue to provide antenatal care for you while you are thinking about testing.</p>
<p>If the client chooses to be tested:</p> <ul style="list-style-type: none"> ● Fill in the client data form if your site requires one. ● Tell the client where to go for the test. ● Give instructions on where to wait or when to come back for the results. 	<p>Deciding to get tested for HIV is another good step in addressing your situation with HIV.</p> <p>Before I tell you which room to go to for the test, let me get some information from you for this data form.</p> <p><i>You should fill in the client data form if the clinic requires one.</i></p> <p><i>Give the client clear instructions about where to go for the test.</i></p> <p><i>If ELISA testing:</i> Here is the date you can come back to receive your test result. Also, here is a copy of the risk reduction plan you developed today. You can begin using this plan today. Then we can discuss it in more detail when you come back for your result. Do you have any questions?</p> <p><i>If rapid testing:</i> After your test, please wait ____ (say where the client should wait). When your result is ready, I will have you come back here, and we will look at the result and talk about what it means. Then we will talk more about how you can protect yourself and others from HIV. Do you have any questions?</p>

POST-TEST COUNSELING SESSION: HIV NEGATIVE

Provide HIV Negative Result	
Time: 2 to 3 minutes	
Tasks	Questions
Inform the client that the test result is available.	Your results are ready now.
Provide results clearly and simply. (Show the client her/his test result.)	Let's look at your test result, and then we'll talk about how to best understand the result. The test result is negative, which means you have not been infected with HIV.
Explore the client's reaction to the test result.	What does this result mean to you? How does it feel to hear that it is very likely that you are not infected with HIV?
Review the meaning of the result.	I want to clarify that this means that as of less than 3 months ago, which would be before ____, you were not infected with HIV.
Note the need to consider the test result in reference to most recent risk exposure.	This result does not tell us about the exposure that occurred (<i>specify</i>) most recently. You may want to consider another test in ____ and/or encourage your partner to come and be tested.
If the client has ongoing risk, convey concern and urgency about the client's risks (as appropriate).	It seems that unless your risk behavior and the other issues we identified earlier are addressed, you may become infected with HIV. If you get infected with HIV while you are pregnant or breastfeeding your baby, there is a greater chance that you will pass HIV to your baby. Let's talk about a plan to reduce your risk. <i>For ELISA testing sites:</i> It is important for you to think about ways you can stay HIV negative. If you get infected with HIV while you are pregnant or breastfeeding your baby, there is a greater chance that you will pass HIV to your baby. Let's begin by reviewing the plan you developed the last time you were here.

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Develop Risk Reduction Plan	
Time: 4 to 6 minutes	
Tasks	Questions
Help the client identify the most important behaviors for risk reduction.	<p>What do you think are the most important issues that we need to address to reduce your risk?</p> <p>Given what we have talked about, what do you think makes it most likely that you might find yourself in another situation in which you could get infected with HIV?</p> <p><i>For ELISA testing:</i> In your previous plan, you decided that ____ (list behaviors) were the behaviors you wanted to change first. How do you feel about that now?</p>
Explore behavior(s) that the client will be most motivated about or capable of changing.	<p>As we discussed earlier, you have some options for reducing your risk. How would you most like to reduce your chances of HIV infection? What makes you want to protect yourself from HIV infection?</p> <p><i>For ELISA testing:</i> How did you feel as you began using your plan over the past few days/weeks? Do you think these will be good ways for you to continue to try to reduce your chances of getting infected with HIV?</p>
Identify a reasonable yet challenging step toward changing the identified behavior.	<p>What first step can you think of that you could complete in the next week that would move you closer to reducing your chances of getting infected with HIV?</p> <p><i>For ELISA testing:</i> What step can you think of that you could take in the next week to further reduce your chances of getting infected with HIV?</p>
Break down the risk reduction action into specific and concrete steps.	<p>Now that you've identified something you would like to do, could you tell me how you feel you could make this happen?</p> <p>When do you think you could do this?</p>
Identify supports or barriers to the risk reduction step.	<p>What could make it more difficult for you to complete this step?</p> <p>What could help make this easier for you?</p> <p>If you are able to complete this step, how do you think you will feel?</p>
Problem-solve issues concerning the plan.	<p>How will you handle it if something (<i>specify</i>) gets in the way of using your plan?</p>
Role play the plan.	<p>Let's practice how you could deal with this.</p> <p>Imagine that I am your partner. What would you say?</p> <p>All right, let's switch roles.</p>
Confirm with the client that the plan is reasonable and acceptable.	<p>Now that you're comfortable with the plan, does it seem realistic to you?</p>
Ask the client to think about the strengths and weaknesses in the plan while trying it out.	<p>When you try this plan, think about what feels good and works for you and what parts are difficult or uncomfortable.</p>
Recognize the challenges of behavior change.	<p>You will really have done something good for yourself by trying out this plan.</p>
Document the risk reduction plan with a copy to the counselor.	<p>Let's write down your plan on this form so you will have a copy of the specific details of the plan.</p>

Identify Support for Risk Reduction Plan	
Time: 2 to 3 minutes	
Tasks	Questions
Emphasize that it is important for the client to discuss her/his plan with a trusted friend or relative.	<p>It's important for you to share your risk reduction plan with someone. Whom could you trust to tell about your HIV testing experience?</p> <p>Who in your life can provide you with support so that you can avoid situations that put you in danger of HIV infection?</p> <p><i>For ELISA testing:</i> Were you able to tell someone about your risk reduction plan? How did that conversation go? Who else in your life could provide you with support? Who could you talk with about your negative HIV test result?</p>
Identify a person to whom the client feels comfortable discussing the plan.	<p>Who knows you are here today? Could you talk to that person about the plan?</p> <p>Who in your life is supportive of you?</p> <p>Whom do you usually talk with about challenges you are facing?</p> <p>So, you believe you could tell ____ (<i>name</i>) about this plan.</p>
Establish a concrete and specific approach for the client to share the plan with a friend or relative.	<p>It is important to tell her/him about your plan and then report on how it went.</p> <p>When and how will you tell her/him?</p>
Convey confidence in the client's ability to complete the plan.	<p>This is a plan you have come up with. It is a good plan, and I believe it is something you really want to do and are capable of accomplishing.</p> <p>You have really challenged yourself.</p>

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Discuss Disclosure and Partner Referral	
Time: 2 to 3 minutes	
Tasks	Questions
Explore the client’s feelings about telling partners about the HIV negative test result.	What are your feelings about talking to your partner(s) about your test result? What are your concerns?
Remind the client that her/his result does not indicate partners’ HIV status.	It is important that you understand that your test result does not tell us whether or not your partner is infected with HIV. Your partner must be tested to know her/his result.
Discuss partner referral for HIV testing.	Could you tell me your thoughts about asking your partner to be tested? What would you do if your partner had a positive result?
Anticipate the possible reactions of the client’s partner(s).	How do you believe your partner would react to your telling her/him your result and asking her/him to be tested? How have you and s/he handled difficult conversations in the past?
Practice and role play different approaches to disclosure.	What would you like to say to your partner? Let’s imagine that I am your partner. Tell me about your results and ask me to get tested. I will respond. It is good to practice.
End session; provide the client with motivation and encouragement.	You’ve addressed a lot of issues today. It seems you are really ready to address the challenge of protecting yourself and your partner(s) from HIV. We hope you become a community ambassador for preventing HIV by sharing your experience and encouraging others to get tested.

POST-TEST COUNSELING SESSION: HIV POSITIVE

Provide HIV Positive Result	
Time: 3 to 5 minutes	
Tasks	Questions
Inform the client that the test results are available.	Your test results are ready now.
Provide result clearly and simply.	The test result is positive, which means that you are infected with HIV.
Review the meaning of the result.	This result does not mean you have AIDS, and it does not tell us when you may become ill from the virus. It also does not mean that your baby will get infected with HIV. It is possible for a baby to get HIV from her/his mother, but I will talk with you about some ways to prevent your baby from getting infected with HIV.
Give the client time to absorb the meaning of the result.	Take your time. We have plenty of time to talk about the results.
Explore the client’s understanding of the result.	How do you understand this result? What does this result mean to you?
Assess how the client is coping with the result.	It can be difficult to deal with knowing that you’re infected with HIV. How are you coping? How are you feeling about this test result? What does this result mean to you and your baby?
Acknowledge the challenges of dealing with an initial positive result.	You need to take time to adjust to this, but in time you will be able to cope and continue with your life.
Discuss healthy living. (If the client is not prepared for this discussion, provide her/him with a pamphlet.)	There are many people who are infected with the virus and living well. Do you know anyone who is HIV positive and living well? Have you heard about healthy living? Let’s talk about that. Healthy living means taking care of your health and your emotional well-being to help you stay well longer. Healthy living means taking steps to protect your baby. It also involves good nutrition, followup medical care such as tuberculosis preventive treatment, support, and a sense of optimism and well-being. What can you do to take good care of yourself and your baby?

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Identify Sources of Support and Provide Referrals	
Time: 4 to 10 minutes	
Tasks	Questions
Assess whom the client would like to tell about the positive test result.	<p>Who can be supportive of you as you learn to cope with being HIV positive?</p> <p>You will want to tell someone you trust, someone who will keep your confidence.</p> <p>With whom in your life would you like to share your test result?</p> <p>How do you think this person would react? What do think this person would say?</p>
Discuss situations in which the client may want to consider protecting her/his own confidentiality.	Remember, you may want to choose carefully the person you tell about your results. For example, you may not want to tell your employer. Is there anyone you are worried about sharing your result with?
<p>Help the client identify a person (family member or friend) to help her through the process of dealing with HIV. Discuss:</p> <ul style="list-style-type: none"> ● Coping and support ● Planning for the future ● Healthy living ● Medical followup 	<p>There are a lot of issues you will want to address over time. It is sometimes helpful to have someone to help guide you and assist you as you weigh options and make decisions. Who could help you with this?</p> <p>Who in your life could help you adjust to living with HIV and provide support to you and your baby?</p> <p>Paying attention to your emotional and physical health and your medical care are important parts of healthy living. Who will support you in these changes?</p>
Address the need for healthcare providers to know the client's test result.	It is important that you discuss this test result with your doctor.
Identify the client's current healthcare resources.	<p>Where do you go now when you need medical attention?</p> <p>When was the last time you received medical care?</p>
Provide information on antenatal care resources in the region for HIV-infected women.	<p>Earlier, I explained that there was medication to protect your baby from HIV. Women with HIV can get special care and medications to help prevent infecting their babies.</p> <p><i>List specific resources available in the region.</i></p>
Identify needed medical referrals.	<p>We've talked about a lot. Now let's think about the steps that you need to take to get the care you need.</p> <p>What medical care is going to be most difficult for you to access? How can I help you with this?</p>
Discuss options for social services such as support groups, post-test clubs, and counseling.	<p>There is support available. Would you be interested in talking with others in your situation?</p> <p>What would be hardest about seeking support?</p>

<p>Provide appropriate referrals (medical or social).</p>	<p>What might get in the way and prevent you from getting this support/service?</p> <p>If it is difficult for you to get to one of the resources we talked about, come back here for your next visit, and we can talk more about how we can help you and your baby.</p>
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Discuss Disclosure and Partner Referral	
Time: 3 to 5 minutes	
Tasks	Questions
<p>Disclosure to the father of the child is an important issue and should be discussed. If the woman currently has a sexual partner other than the child’s father, it may be appropriate to address at this point. However, there will be time to address these issues at future antenatal visits and after the baby is born. Another critical issue regarding the diagnosis of HIV in a woman is the status of her children, all of whom should be tested, even if they seem to be in good health. It may be best to discuss this issue at a later visit. However, this may be a major fear of the woman, even if she doesn’t say so. If she has lost prior children, it may have been due to AIDS (whether diagnosed or not), or she may now suspect this. If the mother brings up the issue of her other children, an appropriate counseling strategy is given below.</p>	
<p>Discuss the possibility of children who have been exposed to HIV and the mother’s concerns.</p>	<p>Do you have other children? How old are they? Have you lost any children? How old were they? What happened?</p> <p>Are you worried that your other children might have HIV?</p>
<p>Offer related services.</p>	<p>HIV can be very different in different people. Most children born to HIV-infected mothers are healthy, but some can appear well and still have HIV. You can have your children tested at ____ (<i>provide information on other HIV testing sites appropriate for children</i>).</p>
<p>Explore the client’s feelings about telling partners about the HIV positive test result.</p>	<p>Does your partner know you have been tested for HIV?</p> <p>Have you thought about telling your partner(s) about your test result?</p> <p>If you told your partner you tested positive for HIV, do you think he would react supportively?</p> <p>What are your feelings about talking to your partner(s) about your test result?</p> <p>Are you concerned about your own and your baby’s safety if you tell your partner?</p> <p>What are your concerns?</p>

<p>Help client assess any risks involved with disclosure.</p>	<p>Are you afraid of how your partner will react if you share your HIV test result with him? Could you tell me more about that?</p> <p>Has your partner ever physically hurt you? Do you think that your partner may physically hurt you if you tell him that you have tested for HIV and that your test result was positive?</p> <p><i>If the woman answers that her partner may hurt her, discuss the possibility of not disclosing or waiting to disclose until her safety can be ensured.</i></p> <p>It seems that you think your partner might hurt you if he learns that you are HIV positive. Do you still plan to tell your partner about your test results? Is there someone who could go with you when you tell your partner about your positive test result to help make sure that you are safe?</p>
<p>Remind the client that her/his result does not indicate partners' HIV status.</p>	<p>It is very important that you understand that your test result does not tell us what your partner's result will be. Your partner may not yet be infected.</p>
<p>Identify partners who are at risk and need to be informed of their risk for HIV infection.</p>	<p>Who do you believe may need to know about your result? Are there particular partners you are worried about?</p> <p>Whom do you feel you need to tell?</p>
<p>Discuss possible approaches to disclosure of HIV status to partners.</p>	<p>How do you think you would tell your partner about your test result? What would you like to say?</p> <p>Would this be difficult for you?</p>
<p>Anticipate the partner's potential reactions.</p>	<p>How do you believe your partner would react to your telling her/him?</p> <p>How have you and s/he handled difficult conversations in the past?</p>
<p>Discuss partner referral for HIV testing.</p>	<p>Your partner must be tested in order to know her/his result.</p> <p>Tell me your feelings about asking your partner(s) to be tested.</p> <p>How would you and your partner handle it if s/he were HIV negative?</p>
<p>Practice and role play different approaches to disclosure.</p>	<p>Let's imagine that you are your partner. I will tell you about the positive test result, and you respond the way you think s/he would. It is good to practice.</p> <p>Now let's switch roles. I will be your partner.</p>
<p>Provide the client with support.</p>	<p>We have talked about a lot today. It is a challenge to deal with being HIV-infected; however, with time and support you will adjust and can live positively.</p>

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Address Risk Reduction Issues	
Time: 1 to 5 minutes	
Tasks	Questions
Assess the client’s plan to reduce risk of transmission to current partners.	<p>Tell me how you plan to protect your partner(s) from getting infected with HIV?</p> <p>How will you be intimate and close without spreading HIV?</p>
Explore the client’s plan for reducing the risk of transmission to future partners.	When you have a new partner, how are you going to protect that partner from HIV?
Address disclosure of HIV status to future partners.	How will you tell your new partner about your HIV infection?
Encourage the client to protect others from HIV.	<p>It is important for you to care for yourself and to protect others, including your baby, from HIV. One person, like yourself, can help to change the epidemic by being honest with your partners and ensuring that you engage only in safer sex behaviors.</p> <p>How can we help prepare you for this?</p> <p>Are you interested in information on family planning services for after your baby is born? Can we help you find a family planning clinic in the region?</p>
Summarize the counseling session.	<p>We’ve talked about a lot. Remember, just because you are infected with HIV that does not mean you have AIDS. It also does not mean that your baby will be infected with HIV. Caring for yourself by taking all the steps that we discussed can help you live a healthy life for many years and can help to protect your baby from HIV. You said that _____ (<i>name</i>) is someone you could share your result with. You can also follow the plan that we have developed to avoid infecting your partner(s) with HIV.</p> <p>If you need any further help or support, please call us or come back to see us.</p>