



The Federal Democratic Republic of Ethiopia  
Ministry of Health

# **COMPREHENSIVE HIV TESTING AND COUNSELING SERVICE**

## **Intervention Protocol**

### **Components, Tasks and Scripts**

**May 2018**

# **INDIVIDUAL VOLUNTARY COUNSELING AND TESTING**

## **Intervention Protocol**

### **Components, Tasks and Scripts**

## Individual Initial Session HIV Counseling Protocol - Rapid Test

<b>Protocol Components: Initial Session</b>	
<b>Protocol Components: Initial Session</b>	<b>Approximate Time-Minutes</b>
1. Introductions and Orientation to the Session	<b>3</b>
2. Risk Assessment	<b>4</b>
3. Exploring Options for Reducing Risk	<b>4</b>
4. HIV Test Preparation	<b>4</b>
<b>Initial Session Time</b>	<b>15</b>

## Component 1: Introductions and Orientation to the Session

**Goal 1: To mutually agree on the session’s objectives, to orient the client to the VCT procedures, to reduce client anxiety, and to emphasize that in the session they will explore his/her HIV risks and develop a plan to reduce his/her risk of infection or reduce the risk of transmitting the virus to others.**

<b>Introductions and Orientation to the Session (individual or Group)</b>	
<b>Tasks</b>	<b>Script</b>
Introduce self to client	Good morning/afternoon, my name is _____. I’ll be talking with you today about what brought you to the VCT site. To keep track of our discussion I will be using a guide.
Describe your role as counselor	My role as your counselor is to work together with you to identify your STI and HIV risks and to explore issues related to these risks.
Explain confidentiality	I 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 confidential and will not be discussed with anyone else without your consent.
Explain Benefits of VCT	There are many benefits associated with receiving HIV Counseling and Testing service You will hear and learn important information about HIV, STI and Family planning You will be supported to make decision about how to deal with your HIV issues and concerns After receiving the test result we will work together on how to reduce your risk of HIV You will receive referral to access care and treatment services
Briefly review the testing process <ul style="list-style-type: none"> <li>▪ Detects HIV infection</li> <li>▪ Accurate</li> <li>▪ Negative – not infected</li> <li>▪ Positive – infected with HIV</li> <li>▪ Same day test result</li> </ul>	Let me tell you a little about the test offered at this site. The test detects if you are infected with HIV or <u>not</u> . The test is very accurate. If the test is negative, it means you are not infected with HIV. If you had a <u>very recent exposure</u> to HIV, it may be not be detected by today’s test. If the test is positive, it means you are infected with HIV. It does not mean you are sick or will soon become ill; it does not mean you have AIDS. The test is a same day test process. Your result will be available before you leave today.

<p>Outline content of session:</p> <ul style="list-style-type: none"> <li>▪ Exploration of HIV/STI risks</li> <li>▪ Address options for reducing risk</li> <li>▪ Provide test</li> <li>▪ Develop risk reduction plan</li> <li>▪ Provide referrals to care and support</li> </ul>	<p>As I indicated, we will look together at your risk for STI and HIV and how you have tried to reduce your risk. We will talk about changes you could make to further reduce your risk and develop a plan to do this. If you are infected with HIV, we will provide referrals to link you to care, treatment and support services.</p>
<p>Review “map” of client stops/activities during this counseling and testing visit</p>	<p>We will talk for about 15 minutes, and then you will receive the HIV test. When the result is ready, I will provide you with the result and we will talk about what it means to you and discuss prioritize your next steps. Is that clear?</p>
<p>Address immediate questions and concerns</p>	<p>Before we go any further, do you have any concerns or questions you need to talk about right now?</p>

**Component 2: Risk Assessment**

**Goal 2: To engage the client in an initial exploration of his/her HIV risk behavior. The purpose of this session is to explore the client’s HIV concerns and risk issues and to enhance the client’s understanding of HIV and his/her risk behavior.**

<b>Risk Assessment</b>	
<b>Tasks</b>	<b>Script</b>
Assess client’s reason for coming in for services.	Could you start by telling me what brought you in today?
Assess client’s level of concern about having/acquiring HIV	Tell me why you feel you are at risk for HIV or are concerned you may be infected with HIV? It sounds like you have some risks (list them) we should talk about today?
Explore most recent risk exposure/behavior <ul style="list-style-type: none"> <li>▪ When?</li> <li>▪ With whom?</li> <li>▪ Under what circumstances?</li> </ul>	Tell me a little about your most <u>recent risk</u> . How did you meet this person? How long did you know this person? How did you decide to have sex?
<u>Assess client’s feelings about his/her risk.</u>	How concerned are you that you could become infected with HIV from this partner/ <u>person</u> ? Would you have engaged in this same behavior if you knew this person had HIV? Would knowing have made a difference?
Assess Pattern of risk (e.g., happening regularly, occasionally, due to an unusual incident) <ul style="list-style-type: none"> <li>▪ Number of partners?</li> <li>▪ Type of Partners?</li> <li>▪ Frequency of new/different partners?</li> <li>▪ Condom use?</li> </ul>	Let’s look at how often these risk situations happen. Do you have a wife/husband, girl/boyfriend? Other than your (wife/husband/girl/boyfriend), who have you had sex with? How many partners have you had in the last 6 months? How often do you use condoms? How do you decide with which partners to use condoms?

Identify risk triggers, vulnerabilities and circumstances	Tell me about what may be going on in your life that could be increasing your risk behavior?
Assess partner's risk	Tell me about your concerns about your partner's risk. What plans for the future do you and your partner have?
Assess communication with partners	What have you and your partner talked about concerning STI and HIV risk? <u>Have you talked about when and how to use condom</u> Have you discussed whether either of you had been tested?
Assess for indicators of increased risk	Have you ever been diagnosed with <u>genital discharge or ulcer</u> ? Have you or your partner been diagnosed with TB?
Summarize and reflect back client's story and risk issues <ul style="list-style-type: none"> <li>▪ Risk pattern</li> <li>▪ Prioritize risk issues</li> <li>▪ Risk triggers and risk vulnerabilities</li> </ul>	Here's how I understand your situation concerning risks for HIV/STI (summarize the key issues provided by the client). There are several issues that affect your risk behavior (list specific behavioral, communication, substance use issues). You've been able to protect yourself when (list circumstances that help client reduce risk)? Is this how you see your risk behavior? Are there other issues we need to talk about?

**Component 3: Explore Options for Reducing Risk**

**Goal 3: To identify client’s constructive risk reduction attempts, explore barriers toward behavior change, and provide understanding and support regarding these issues. The counselor attempts to empower the client to take action to protect him/her and others through skills building, role-plays, problem solving, communication enhancement, and condom skills.**

<b>Explore Options for Reducing Risk</b>	
<b>Tasks</b>	<b>Script</b>
Explore client’s communication with friends about risk reduction	What do your friends say about HIV, about protecting themselves from becoming infected?
Review previous risk reduction attempts	What have you done to try and reduce your risk of acquiring HIV?  How have you tried to protect yourself and your partners from STI/HIV?
Identify successful experiences with practicing safer/protected sex	Is there a specific time you remember when you practiced safer/ protected sex? Can you tell me about that time? How was that for you?
Identify obstacles to risk reduction  Explore triggers and situations which increase the likelihood of high risk behavior  Place risk behavior in the larger context of client’s life	What has been the most difficult part of changing your behavior to reduce your risk?  In what particular situations do you find it difficult to negotiate or ask for safer/ protected sex? How does alcohol affect you having high-risk sex?  Are there times in your life (feeling sad, unemployed, after ending a relationship) that you feel it has been more difficult for you to practice safer sex, to protect yourself?
Assess condom use and skills	How well do condoms work for you? Tell me about times where you have had problems using condoms. With which partners do you find it most difficult to use condoms? Would you like me to demonstrate for you or you will show me the proper use of a condom?



Identify entire range of options for reducing risk	Tell me about what would be easiest for you to change and what would be most difficult for. Why? You have some options for reducing your risk. (list)
Role play, skill build, problem solve	Imagine that I am your partner, what would you say to me about wanting reduce your risk? Let's switch roles, I'll be you and you will your partner. I'll ask you to be tested, you respond as you imagine he/she would.
Address examples when client's beliefs and behavior are at odds or when feelings are mixed about changing behavior	It seems you have many HIV concerns but you also don't like using condoms? It seems important to you to feel free to have several partners yet at the same time, you do not want to get HIV. Help me understand this?
Summarize risk reduction options/discussion	It seems like you have identified several ways in which you are comfortable in reducing your risk. (List them). Can you think of any other? You have a lot of choices for reducing your risk. We will settle on a specific plan later. First, let's talk about the test, as your plan may depend on your test result.

#### Component 4: HIV Test Preparation

**Goal 4: To ensure that the client understands the meaning of the possible HIV test results. To help reinforce the importance of accessing care and treatment services and to identify support resources and prepare for living positively should his/her results indicate infection with HIV.**

<b>HIV Test Preparation</b>	
<b>Tasks</b>	<b>Scripts</b>
<p>Explore with whom client has shared his/her decision to come for VCT services.</p> <ul style="list-style-type: none"> <li>▪ Partners, family and friends</li> </ul>	<p>Who have you told you were coming here to get tested today? Does your husband/wife (girl/boyfriend) know that you are getting tested?</p>
<p>Discuss the client's understanding of the meaning of positive and negative HIV test results</p>	<p>What would a positive HIV test result mean to you? How would you understand a HIV negative result?</p>
<p>Assess client's response to the potential results</p> <ul style="list-style-type: none"> <li>▪ Positive results</li> <li>▪ Negative results</li> </ul>	<p>What test result are you expecting today? Have you thought about how you would deal with each of the possible test results? How would your behavior change if you were to find out you were not infected with HIV? How would you deal with an HIV positive result? How would you reduce the risk of transmitting the virus to your partners?</p>
<p>Assess who will provide the client support if he/she is infected</p>	<p>Who in your life do you talk with about personal issues such as your HIV concerns? Who would you tell if you were to find out you were infected? Who would provide give you support?</p>
<p>Discuss the importance of follow-up health care and positive living</p> <ul style="list-style-type: none"> <li>• Medical care and follow-up</li> <li>• Staying well living longer</li> <li>• Obtaining support</li> </ul>	<p>If you are infected, receiving follow-up medical care and accessing other preventative health services will be essential. Have you heard about positive living? Positive living means taking care of your health and your emotional well-being, maintaining a sense of optimism, and getting support.</p>

Review the benefits of knowing your HIV status (knowledge is power)	<p>If you have HIV:</p> <ul style="list-style-type: none"> <li>• The available preventative and clinical care will improve the quality of your life and help you to stay well longer.</li> <li>• Knowing you are infected can help you prepare for your future and for your family/children's future.</li> <li>• You can protect others from becoming infected.</li> </ul> <p>If you are negative, you will be empowered to reduce your risk.  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>
Affirm client's test decision	<p>It is good that you came here today to address your HIV issues.  What questions do you have for me before we move on to the testing process?</p>
Describe the tests and the interpretation/reading of the test	<p>You will receive _____ test(s) today. A small amount of blood from a simple finger stick or <u>venous blood</u> will be used to perform the test.  When the result is ready we will look it together.</p>
Instruct the client about HIV testing procedure and the next step	

**Note:** The counselor should indicate to the client that this concludes the initial counseling session and ask the client to consider the issues discussed. The counselor should repeat that when the client returns, he/she will receive the HIV test result and together you will discuss based on the result, discuss care, treatment, prevention and support issues. Finally, the counselor will help the client develop a risk reduction and support plan.

**Individual Second Session HIV Negative Counseling Protocol - Rapid Test**

<b>Protocol Components: Negative Follow-up Session</b>	
<b>Protocol Components:</b>	<b>Approximate Time-Minutes</b>
<b>5. Provide HIV Negative Test Result</b>	<b>3</b>
<b>6. Negotiate a Risk Reduction Plan</b>	<b>3</b>
<b>7. Identify Support for Risk Reduction Plan</b>	<b>2</b>
<b>8. Negotiate Assisted Disclosure and Partner Referral</b>	<b>2</b>
<b>Second Session Time</b>	<b>10</b>
<b>Total Time</b>	<b>25</b>

**Component 5: Provide HIV Negative Test Results**

**Goal 5: To provide clear and accurate HIV negative test results with an emphasis on the need for the client to initiate risk reduction in order to remain negative.**

<b>Provide HIV Negative Test Result</b>	
<b>Tasks</b>	<b>Script</b>
Inform client that the test result is available	Your result is ready now.
Provide result clearly and simply (show the client his/her 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 client's reaction to the test results.	What does this result mean to you?
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 very recently. You may want to consider another test three months from that date or encourage that partner to come in and be tested.
If client has ongoing risk, convey concern and urgency about client's risks (as appropriate)	It seems that unless your risk behavior and the other issues we identified are addressed, you may become infected with HIV. Let's talk about a plan to reduce your risk.

## Component 6: Negotiate a Risk Reduction Plan

**Goal 6: To develop a realistic risk reduction that addresses the behaviors that places the client at risk for infection.**

<b>Negotiate Risk Reduction Plan</b>	
<b>Tasks</b>	<b>Scripts</b>
Identify priority risk reduction behavior	It is important to prioritize. What are the most important issues that we need to address to Reduce your risk?
Explore behavior(s) that the client will be most motivated about/capable of changing	As we talked about earlier, you have some options for reducing your risk. How would you most like to reduce your risk for STIs/HIV?
Identify a reasonable yet challenging incremental step toward changing the identified behavior	What would be the first step that you could complete in the next week that would move you Closer to reducing your STI/HIV risk?
Break down the risk reduction action into specific and concrete steps	Now that you've identified something you would like to do, tell me how you feel you could go about making this happen? When do you think you could do this?
Identify supports or barriers to the risk reduction step	What could help make this easier for you? If you are able to complete this step, how do you think it would make you feel? What could make it more difficult for you to complete this step?
Problem-solve issues concerning the plan	How will you handle it if something (specify) gets in the way of trying 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? <u>All right, let's switch roles</u>
Recognize the challenges of behavior change	You will really have done something good for yourself by trying out this plan.
Ask the client to be aware of 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 hard or uncomfortable.
Confirm with the client that the plan is reasonable and acceptable	Now that you've thought these through how comfortable are you with the plan, does it seem realistic to you?
Summarize the risk reduction plan with the client	Let's summarize your plan so that you will remember in your risk reduction effort

**Component 7: Identify Support for Risk Reduction Plan**

**Goal 7: To help the HIV Negative client in identifying resources for support with his/her risk reduction plan.**

<b>Identify Support for Risk Reduction Plan – HIV Negative</b>	
<b>Tasks</b>	<b>Script</b>
Emphasize the importance of the client discussing with a trusted friend or relative the intention and content of the plan	It's important to share your risk reduction plan with someone.
Identify a person to whom the client feels comfortable disclosing the plan	We talked earlier about with whom you informed that you are coming here for HIV testing? Could you talk to him/her about the plan? Who in your life is supportive of you? Who do you usually talk with about challenges you're facing? So, you believe you could tell (name) about this plan.
Establish a concrete and specific approach for the client to share the plan with his/her friend or relative	It's important to tell him/her about your intentions with the plan and then to report on how it went. When and how will you tell him/her?
Convey confidence in the client's ability to complete the plan	This is a plan you've come up with. It's a good plan, and I believe it's something you can do. You've really challenged yourself.

## Component 8: Negotiate Assisted Disclosure and Partner Referral

**Goal 8: To encourage the client to discuss his/her HIV status with current and future partners and refer partners and others to VCT.**

<b>Negotiate Disclosure and Partner Referral – HIV Negative</b>	
<b>Tasks</b>	<b>Script</b>
Explore client’s feelings about telling partner(s) about his/her 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 his/her result does not indicate the partner’s HIV status.	It is important for you to understand that this test result does not indicate whether or not your sex partner is infected with HIV. Couples can be together for years with one being HIV infected while the other is not. However, the uninfected partner remains at very high risk of becoming infected. Your partner must be tested in order to know his/her result.
Anticipate potential partner reactions	How do you believe your partner will react to you telling him/her your result and asking him/her to be tested? How have the two of you 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 result and ask me to also get tested. I will respond. It is good to practice.
Support client to refer partner for testing	Tell me your other thoughts about asking your partner to be tested.
End session, providing the client with motivation and encouragement.	You have really addressed a lot of issues today. It seems you are really ready to address the challenge of protecting you and your partners from HIV. We hope you become a community ambassador for preventing HIV. Please share your experience and encourage others to test.



### Individual Second Session HIV Positive Counseling Protocol - Rapid Test

<b>Protocol Components: Positive Follow-up Session</b>	
<b>Protocol Components:</b>	<b>Approximate Time-Minutes</b>
<b>9. Provide HIV Positive Test Result</b>	<b>5</b>
<b>10. Provide Linkages to Care, Treatment, and Support Services</b>	<b>10</b>
<b>11. Negotiate assisted disclosure or partner notification and referral</b>	<b>7</b>
<b>12. Risk Reduction Issues</b>	<b>3</b>
<b>Second Session Time</b>	<b>25</b>
<b>Total Time</b>	<b>40</b>

**Component 9: Provide HIV Positive Test Results**

**Goal 9: To provide the client with HIV Positive test results in a clear, compassionate and supportive manner.**

<b>Provide HIV Positive Test Result</b>	
<b>Tasks</b>	<b>Script</b>
Inform client that the test results are available	Your test results are ready now.
Provide preliminary results clearly and simply	The test result is positive, indicating that you are infected with HIV .
<u>Allow the client time to absorb the meaning of the result</u>	<u>Take your time. We have some time to talk about the results.</u>
<u>Explore client's understanding of the result</u>	<u>What does this result mean to you?</u> <u>How are you feeling about this test result?</u>
Assess how client is coping with result.	It can be difficult dealing with the knowing that you're infected with HIV. How are you doing?
Acknowledge the challenges of dealing with positive result and provide appropriate support	You need to take time to adjust to this, but in time you will be able to cope and continue with your life.

**Component 10: Provide Linkages to Care, Treatment, and Support Resources**

**Goal 10: To provide the HIV Positive client with linkage to essential preventative health, clinical care, and treatment services  
And to identify support**

<b>Provide Care and Treatment Linkages and Identify Support Resources</b>	
<b>Tasks</b>	<b>Script</b>
Discuss living positively	There are many people who are infected with <u>HIV</u> and living well. Do you know anyone who is HIV infected and living well? As we discussed earlier, positive living means taking care of your health and your emotional well-being in order to improve the quality of your life and to stay well longer. Let's talk about this. What can you do to live positively?
Identify current access to health care services	Where do you go now when you need medical attention? When was the last time you received medical care? What challenges/ <u>problems</u> would you face trying to access care?
Address the need for the health care provider to know about the HIV positive test result	It is important for you to discuss your HIV positive test result with your medical care providers. This will ensure you receive the special care and treatment you will need. How comfortable are you with telling your care provider about this?
Address the need for preventative Health care: <ul style="list-style-type: none"> <li>• STI exam/treatment</li> <li>• Prevention of opportunistic infections</li> <li>• Environmental precautions <ul style="list-style-type: none"> <li>○ Safe water</li> <li>○ Mosquito netting</li> </ul> </li> <li>• Nutritional support and vitamin supplements</li> </ul>	Now that you are infected with HIV, the are important preventative health care measures and essential follow-up medical care: <ul style="list-style-type: none"> <li>• You should be examined and if necessary treated for any sexually transmitted infections</li> <li>• It is very important for you to take precautions to make sure you drinking water is safe</li> <li>• Also you'll want to take precautions to prevent malaria</li> <li>• Proper nutrition is particularly important when you have HIV</li> <li>• Finally, there are medications for HIV infected persons that prevent infections associated with HIV</li> </ul> Let's go through each to be sure you know where to go and how to access these services.

<p>Determine if immediate referral for TB treatment is needed.</p>	<p>Since TB can be a very serious illness for anyone with HIV, I would like to ask you a couple of questions</p> <ul style="list-style-type: none"> <li>• Have you had a cough for 2 weeks or more?</li> <li>• If you have had a cough, have you coughed up blood?</li> </ul> <p>(If yes) It is important to refer you for an evaluation (if no) Persons with HIV are vulnerable to TB. Should you or a family member have these symptoms and evaluation is essential. There is TB preventive therapy available in the clinic, may I refer you to get the service.</p>
<p>Explain basic information about ARV treatment.</p>	<p>Have you heard about medicines that treat HIV infection? These medicines are called antiretroviral or “ARVs.” <u>ARVs drugs if taken properly they prevent HIV related illnesses, improve your health and prolong life</u> The ARVs are provided to you after you are thoroughly evaluated by the health care worker assigned for this purpose</p>
<p>Address client’s questions and concerns about ARV treatment</p>	<p>What questions do you have about these medications? It <u>is</u> important for you to understand that although these medications offer promise, once started they must be taking for life. The medications are not a cure and even with treatment, you remain infected with HIV and could transmit the virus to you partner.</p>
<p>Address PMTCT and family planning services</p>	<p>What have you heard about programs to prevent the transmission of HIV from a mother to a child? These services are usually called PMTCT programs. What are your plan having children? If you choose to become pregnant, it is important for you to receive antenatal care and access PMTCT services as early in the pregnancy as possible I encourage you and your partner to first to seek family planning services.</p>
<p>Identify needed medical referrals</p>	<p>We’ve talked about a lot; now let’s prioritize the steps that you need to take to get the care you need. How can I help you with this?</p>

<p>Identify person family member or friend to help the client through the process of dealing with HIV</p> <ul style="list-style-type: none"> <li>A. Coping and support</li> <li>B. Planning for the future</li> <li>C. Positive living</li> </ul>	<p>There are a lot of issues you'll 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.</p> <p>Who in your life could help with adjusting to living with HIV?</p> <p>Paying attention to your emotional and physical health and your medical care are important parts of living positively. Who will support you in these changes?</p>
<p><u>Discuss options of preventive and supportive services or groups (Posttest Club or others)</u></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>Have you ever sought counseling or gone to a support group?</p>
<p>Evaluate what types of referral the client would be most receptive to</p>	<p>Would you be more comfortable talking to an individual counselor, or going to a support group?</p> <p>Since we've talked about (drug use, alcohol) affecting your health and risk behavior, have you considered getting help in dealing with this?</p> <p><u>Is there a particular type of support or service you would be willing to consider using?</u></p>
<p>Provide appropriate referrals</p>	<p>Here is the name of the organization/support group/association and address also the contact person you should meet to get assistance with the issues (name) we discussed. 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>

## Component 11: Negotiate Assisted Disclosure or Partner notification and Referral

**Goal 11:** To assist the client in exploring his/her feelings about disclosing to partner his/her HIV status, to help the client his partner has got information about potential risk for HIV and to encourage client's partner(s) for HIV testing.

<b>Negotiate Assisted Disclosure or Partner notification and Referral – HIV Positive</b>	
<b>Tasks</b>	<b>Script</b>
Explore client's feelings about telling partners about his/her HIV positive test result.	Have you thought of 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 his/her result does not indicate their partner's status	It is important for you to understand that this test result does not indicate what your sex partner's result will be. Your partner may not yet be infected. Couples can be together for sometimes years and one be infected while the other is not however, the uninfected partner remains at very high risk of becoming infected.
Identify partners that 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?
Ask for the consent of HIV positive client to be assisted to anonymously notify his/her partner about the potential exposure to HIV infection	Are you willing if we assist you to anonymously to notify your partner about his/her potential exposure to HIV infection
Discuss and elaborate possible methods to notify his/her partner potential exposure to HIV infection	Partner notification methods include face-to-face conversation, invitation letters, Which method do you think appropriate for your partner? We can conduct face-to-face conversation if your partner is willing to come here or we can write an invitation letter. Which method (s) do you think good to your partner?
Anticipate potential partner reactions	How do you think your partner will react to the above message? How have you and he/she handled difficult conversations in the past?
<u>Support client to negotiate with his/her partner to practice testing.</u>	<u>Your partner must be tested in order to know his or her result.</u> <u>Tell me your feelings about asking your partner to be tested through above method?</u> <u>How would you and your partner handle it if he/she were HIV negative?</u>
Identify other friends/family members the client might want to disclose his/her results	Who else do you feel if we should tell about your test results? What do <u>you</u> think he/she would say? Who would support you in this? How could they help you with this?
Discuss situations in which the client may want to consider protecting his/her own confidentiality	Who can be supportive of you in dealing with this? You'll want to tell someone you trust someone who will keep your confidence. With whom in your life would you like to share your test result?

**Component 12: Risk Reduction Issues**

**Goal 12: To address, if necessary, any outstanding risk reduction issues the HIV infected client may have.**

<b>Address Risk Reduction Issues</b>	
<b>Tasks</b>	<b>Scripts</b>
Elicit transmission risks the client may need/want to address	In terms of reducing your risk transmitting HIV to anyone else, are there any concerns you have that we should address?
Address issues raised by the client	
Recognize the important risk reduction issues already addressed in the session	Remember that telling your partner your status and referring him/her for counseling and testing are the most important first steps in risk reduction. Getting the care, treatment, and support you need may also help you with protecting yourself and others.
Remind client of need to re-visit risk reduction issues in the future	Overtime you may find that you may need some help with behavior change and risk reductions. This support is available in the community and where you will receive your care and treatment services. When the time comes, please do not hesitate to ask for help with this.
<u>Explore client's immediate plans after leaving the test site</u>	<u>What are you going to do once you leave here today?</u>
<u>Inquire as to additional issues the client may like to address</u>	<u>We have covered a lot of information today.</u> <u>What else would you like us to talk about before we end this session?</u>

# COUPLE HIV COUNSELING AND TESTING

## Initial Session

**Component 1:** Introduce the couple to CHCT and obtain concurrence to receive couple services.

**Component 2:** Explore the couple's relationship and reason for seeking CHCT services.

**Component 3:** Discuss the couple's HIV risk concerns.

**Component 4:** Prepare for testing and discuss possible results.



## Counselor's Script: Initial Session

<b>Component I: Introduce couple to CHCT and obtain concurrence to receive couple services.</b>	
<b>Task</b>	<b>Script</b>
<p>1. Introduce yourself and describe your role as the counselor.</p>	<p>Good Morning/Afternoon, my name is _____, and I will be your counselor today.</p> <p>I am happy to see that you have come in together for HIV counseling and testing.</p> <p>I am sure you know that HIV is a major problem in our community and I am glad to see that you are acting responsibly by getting tested.</p>
<p>2. Discuss the benefits of CHCT:</p> <ul style="list-style-type: none"> <li>• Learning about their HIV status together</li> <li>• Providing an opportunity for both partners to deal with their HIV concerns together</li> </ul>	<p>There are many important benefits associated with receiving HIV counseling and testing as a couple. For most couples, getting tested together is the best way to deal with HIV infection in the family, because:</p> <ul style="list-style-type: none"> <li>• You both learn important information about HIV.</li> <li>• You can make decisions together about how to deal with HIV.</li> </ul>
<p>3. Describe the conditions for receiving CHCT services. Conditions include:</p> <ul style="list-style-type: none"> <li>• Discussing risk concerns</li> <li>• Willingness to receive results together</li> <li>• Commitment to shared confidentiality</li> <li>• Mutual disclosure decisions</li> </ul>	<p>To benefit from our session today, it is important that each of you are willing to do several things:</p> <ul style="list-style-type: none"> <li>• First, agree that you will both discuss your concerns about HIV. I want both of you to be able to express your concerns about HIV and getting tested.</li> <li>• Second, agree that you will receive your test results together. This means that you will know the HIV status of your partner as well as yourself.</li> <li>• Finally, you need to be mindful of how you share your HIV result and your partner's HIV result. I would like for you to agree that you will not tell anyone else unless you both are willing. You should make decisions together about sharing your test results with other people.</li> </ul>

<p>4. Address expectations, roles and responsibilities of the couple in CHCT.</p> <ul style="list-style-type: none"> <li>• Partners participate equally.</li> <li>• Listen and respond to each other.</li> <li>• Treat each other with respect and dignity.</li> <li>• Engage in open and honest discussion.</li> <li>• Provide understanding and support.</li> </ul>	<p>I also would like to talk about what is expected of you as individuals and as a couple during the counseling and testing session:</p> <ul style="list-style-type: none"> <li>• First, participate equally in the discussion.</li> <li>• Second, listen carefully and respond to each other.</li> <li>• Third, treat each other with respect and dignity.</li> <li>• Fourth, be as open and honest as possible.</li> <li>• And finally, do your best to provide understanding and support to each other.</li> </ul>
<p>5. Obtain concurrence to receive CHCT.</p>	<p>Are both of you comfortable with what I have said so far and willing to continue with the session?</p> <p>Do both of you want to be tested and receive your results together?</p> <p>If yes, proceed. If no, discuss individual counseling and testing.</p>
<p>6. Give a session overview. Include what will be covered and estimate how long the session will take. The session includes:</p> <ul style="list-style-type: none"> <li>• Reviewing the couple's situation</li> <li>• Discussing HIV risk issues and concerns</li> <li>• Preparing for the HIV test and discussing possible results</li> <li>• Taking the rapid HIV test</li> <li>• Receiving results</li> <li>• Counseling based on results</li> </ul>	<p>Let's talk about how we will proceed:</p> <ul style="list-style-type: none"> <li>• First, I will ask some questions that will help me understand your relationship.</li> <li>• Then we will talk about your concerns about HIV.</li> <li>• We will talk about possible HIV test results.</li> <li>• You will receive a rapid HIV test. After about 20 minutes, the results will be ready.</li> <li>• We will discuss your results, and I will answer any questions you have.</li> <li>• The entire session will last about an hour.</li> </ul>

<b>Component 2: Explore couple's relationship and reason for seeking CHCT services.</b>	
<i>Task</i>	<i>Script</i>
<p>1. Establish the nature and duration of the couple's relationship, including:</p> <ul style="list-style-type: none"> <li>• Living arrangements (including if couple have been separated due to employment)</li> <li>• Marital status (ask if in polygamous relationship)</li> <li>• Plans for the future</li> </ul>	<p>First let's talk about your relationship. I need to ask you some questions so that I can understand your life together. Can you please tell me about yourselves, such as your living arrangements, will you be separated because of employment, are you married, are you in a polygamous relationship, have you both had sex with each other and what are your plans for the future?</p>
<p>2. Address family planning and childbearing issues and choices.</p>	<p>Do you have children? Are you planning to have children?</p> <p>What family planning methods are you now using?</p>
<p>3. Review how the couple came to the decision to seek CHCT services:</p> <ul style="list-style-type: none"> <li>• Decision process</li> </ul>	<p>How did you decide to come together for HIV counseling and testing today?</p>
<p>4. Assess the couple's feelings associated with receiving CHCT. Be sure to get input from both partners.</p>	<p>How does each of you feel about getting tested for HIV and receiving your results together?</p>
<p>5. Summarize and reflect on the couple's history and current situation.</p>	<p>Let me make sure I understand your situation.  <i>Summarize the couple's story.</i>            Is this correct?</p>

**Component 3: Discuss the couple's HIV risk concerns.**

<i>Task</i>	<i>Script</i>
<p>1. Discuss possible HIV risks in the abstract and remind the couple to focus on the present and future.</p>	<p>HIV has affected every community and every family. Anyone can be infected. If you have had sex with a partner whose HIV status you do not know, and you did not use a condom, you may have been exposed to HIV.</p> <p>Now let us discuss your concerns about HIV. As we talk, it is important to focus on your present and your future and to not blame each other for what might have occurred in the past.</p>
<p>2. Address indicators of increased risk.</p> <ul style="list-style-type: none"> <li>• Note factors frequently associated with risk behavior, such as a history of illnesses, STIs, or TB.</li> <li>• Listen for possible risk circumstances, such as: <ul style="list-style-type: none"> <li>○ Separation because of travel or work</li> <li>○ Alcohol or drug use</li> <li>○ Second wife or other partners</li> </ul> </li> </ul>	<p>Is there anything that makes you think you are at risk for HIV? Do you have any particular concerns about HIV?</p> <p>Have either of you had any symptoms or illnesses that cause you to be concerned that you may have HIV?</p> <p><i>Say it in abstract or third person technique</i> -Some couples might have separated because of work, might have alcohol or drug use and have other relationship or partner.</p>
<p>3. Summarize the risk reduction discussion and provide motivation and support.</p>	<p>Let me summarize to make sure I understand correctly.</p> <p><i>Summarize.</i></p> <p>Is this correct? Is there anything you would like to add?</p>

**Component 4: Prepare for testing and discuss possible results.**

<b>Task</b>	<b>Script</b>
1. Explain the meaning of positive and negative results.	Let's talk for a minute about the testing process and possible test results.  A positive HIV test result means you have HIV. A negative result means you do not have HIV.
2. Explain that the couple could have the same results: <ul style="list-style-type: none"><li>• Concordant positive</li><li>• Concordant negative</li></ul>	As a couple, it is possible that you could both be HIV-negative; that is, neither of you is infected. It is also possible that you could both be HIV-positive; that is, both of you are infected.
3. Discuss discordance: <ul style="list-style-type: none"><li>• Discordance occurs frequently</li><li>• Does not mean uninfected partner is immune</li><li>• Uninfected partner remains at risk</li></ul>	It is also possible that you will have different test results—one partner can be infected while the other is not.  Couples frequently receive different results: that is, one is positive and the other is negative. Sometimes couples have been together for years and have children and still have different results. We will talk about this more when we know your results.

4. Guide the couple through the testing process and describe how the test results will be provided:
- The couple will have results that are either the same or different.
  - Individual results will be provided.
  - Counseling is provided based on the test results.

Now, I'd like to briefly explain the testing process and how the results will be provided to you:

- Your finger will be pricked and a small amount of blood will be taken for the test.
- The results will be ready in approximately \_\_\_ minutes.
- When the test results are ready, I will give each of you your results together.
- We will spend time talking about the meaning of the results for you as a couple. If one or both of you are HIV positive, we will discuss the care, treatment, and support services that are available to you. If one or both of you are HIV negative, we will discuss how to protect yourselves from getting HIV.

## **Second Session -**

### **(A) Providing Concordant Negative Results**

**Component 5-A: Provide concordant negative test result.**

**Component 6-A: Discuss risk reduction.**

## Counselor's Script: Providing Concordant Negative Results

Component 5-A: Provide concordant negative test results.	
Task	Script
1. Inform couple that their test results are available.	Your HIV test results are ready now.
2. Provide a simple summary of the couple's results: both test results are negative, which indicates that neither partner is infected.	Both of your test results are negative. This means that neither of you has HIV.
3. Ask if the couple understands their results.	Do you understand your test results?  What do these results mean to you?  Do you have any questions?
4. Explore the couple's reaction to their results.	How does it feel to hear you are both HIV-negative
5. Discuss results in the context of any recent risks outside of their relationship.	This result does not detect for the recent infection with in 3 months .Few couples thought that this test result detects all time exposure but this not true, if there is recent exposure couples need to confirm their result in retesting after 3 months of the recent exposure. <b>Say it in abstract way</b> -If one of you had sex with someone else whose HIV status



	is unknown in the last 3 months and you did not use a condom, you should get another test in about 3 months of your last exposure
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**Component 6-A: Discuss risk reduction.**

<b>Task</b>	<b>Script</b>
<p>1. Address the risk associated with other partners:</p> <ul style="list-style-type: none"> <li>• Encourage the couple to have sex with each other only.</li> <li>• Remind the couple that their results do not indicate the status of other partners (past or present).</li> <li>• Discuss risk reduction by being faithful. Problem-solve obstacles to being faithful, such as: <ul style="list-style-type: none"> <li>○ Travel</li> <li>○ Use of alcohol</li> <li>○ Other issues</li> </ul> </li> </ul>	<p>Now let’s talk about how to make sure you both stay HIV-negative.</p> <p>The most effective way to stay negative and to protect each other from HIV is by being faithful to each other. This means you will only have sex with each other.</p> <p><i>Say it in abstract way or third person technique</i>-If you have other partners or a co-wife, these test results do not mean that they are also HIV-negative just because you are both HIV-negative. If either of you has sex with a person whose HIV status is not known and you do not use a condom, you are at very high risk of getting HIV and bringing it into your relationship. The most effective way to assure that you both stay negative is to have sex only with each other.</p> <p><i>All these questions should be in abstract way</i></p> <p>Do you anticipate any problems being faithful to each other?</p> <p>Would traveling or working away from home be cause for concern?</p> <p>Do you think that the use of alcohol will influence your ability to be faithful?</p> <p>Are there other circumstances that would make being faithful difficult for you? (</p>

<p>2. Discuss couple's specific HIV concerns or risks, based on pre-test discussion (if applicable).</p>	<p>During the pre-test session we talked about some of your specific HIV concerns. Now that we know you are both HIV negative, let's talk some more about why you thought you were at risk for HIV and what you will do as a couple to stay HIV negative.</p> <p>What are some steps you would like to take protect your relationship from HIV?</p>
<p>3. Emphasize that condoms must always be used if either partner has sex outside the relationship.</p>	<p><b><i>Explain in abstract way or third person technique</i></b>-If either of you do choose to have sex outside this relationship with another partner, you should ALWAYS USE A CONDOM to protect yourself and to keep from spreading HIV to your family. If you do not use a condom, you are putting yourself and your family at risk for HIV.</p> <p>Here is some information on proper use of condoms, but again, I want to emphasize that the most effective way to remain negative is to only have sex with each other.</p>
<p>4. Explore skills required to reduce risk, such as:</p> <ul style="list-style-type: none"> <li>• Open communication</li> <li>• Commitment to protect relationship from HIV</li> </ul>	<p>All couples have stressful and challenging times. It is best to work through these times together. How can you ensure open communication about your HIV issues and concerns?</p> <p>Can we all agree on your plan for protecting your relationship from HIV? How will you remain committed to this plan?</p>
<p>5. Encourage the couple to openly communicate with each other and to stay faithful.</p>	<p>I encourage you to always talk to each other about protecting your relationship and your family from HIV.</p>
<p>6. Convey confidence in the ability of the couple to complete the plan and to protect each other.</p>	<p>You have taken a big step today by receiving HIV counseling and testing as a couple.</p>

7. Encourage the couple to become ambassadors for testing, particularly couple services.	I hope you will encourage other couples in your community to learn their HIV status together.
8. Provide needed referrals for services such as those for STIs, family planning, care during pregnancy, or support.	<i>Give couple referral information.</i>

## **Second Session**

### **(B) Providing Concordant Positive Results**

**Component 5-B: Provide concordant positive test results.**

**Component 6-B: Discuss coping and mutual support.**

**Component 7-B: Discuss positive living and HIV care and treatment.**

**Component 8-B: Discuss risk reduction.**

**Component 9-B: Discuss children, family planning, and PMTCT options.**

**Component 10-B: Discuss disclosure and getting support.**

## Counselor's Script: Providing Concordant Positive Results

<b>Component 5-B: Provide concordant positive test results</b>	
<i>Task</i>	<b>Script</b>
1. Inform the couple that their results are available.	Your test results are now ready.
2. Provide a simple summary of the couple's results: both test results are positive, which indicates that both partners are infected with HIV.	Both of your test results are positive. This means that you both have HIV.
3. Allow the couple time to absorb the meaning of the results.	Take your time. We have plenty of time to talk about these test results.
4. Ask if the couple understands the results.	I want to be sure you understand the results. Do you understand these results?  What do these results mean to you?
5. Encourage mutual support and diffuse blame.	HIV is common, and we do not know how long each of you has had HIV. I encourage you to deal with this together and to support each other.

**Component 6-B: Discuss coping and mutual support.**

<b>Task</b>	<b>Script</b>
1. Invite both partners to express their feelings and concerns.	Could each of you tell me how you are feeling? What questions do you have?
2. Validate and normalize the couple's feelings and acknowledge the challenges of dealing with a positive result.	<p>These feelings are a normal part of hearing your positive HIV test results. I encourage you to focus on how best to support each other now rather than blame each other.</p> <p>It can be stressful at first to hear that you have HIV. You will probably have many strong feelings about your status and each other. It is normal to feel upset or angry but also feel love and concern for your partner.</p> <p>Many couples with HIV-positive results express similar feelings. Let's take this one step at a time.</p>
3. Ask how the partners can best support each other.	You came here today to deal with HIV as a couple. Now, how can you best support each other through this?
4. Recall the couple's strengths. Convey optimism that the couple will be able to cope and adjust to living with HIV.	<p>You may need some time to adjust to this, but in time and with each other's support, you will have a better chance of coping and continuing with your life together.</p> <p>You have dealt before with difficult and rough times in your lives, and remembering this will help you get through this.</p>
5. Address the couple's immediate concerns.	There is a lot we need to talk about. But first, do you have any questions?

**Component 7-B: Discuss positive living and HIV care and treatment**

<b>Task</b>	<b>Script</b>
<p>1. Discuss positive living.</p>	<p>Positive living means taking care of yourself in order to improve the quality of your life and to stay well longer.</p> <p>There are many people who have HIV and are living well. There is hope for you and your family. You will need to take several steps, however, to stay healthy. I will give you information about the Care and treatment clinic/ART where you can go to get help.</p> <p>Paying attention to your medical care is an important part of living positively. Let's talk about this.</p>
<p>2. Address the need for preventive health care.</p> <ul style="list-style-type: none"> <li>• Encourage immediate visit to the Care and treatment clinic/ART</li> <li>• Dispel myths about treatment eligibility</li> </ul>	<p>It is very important that you get medical care as soon as possible. You will need to go to a clinic that treats HIV. We will give you referral letter and go together to medical care treatment unit.</p> <p>Effective treatment for HIV is becoming more available in our community; the providers will start the medication to you.</p>
<p>3. Encourage the couple to access appropriate care and treatment services.</p>	<p>I encourage you both to get medical care as soon as possible. HIV care and treatment can keep you from getting sick, protect you from other illnesses and prevent mother to child transmission. It will make a big difference in how you feel.</p>
<p>4. Provide needed referrals to the Care and treatment clinic/ART and other services. Identify and problem-solve obstacles.</p>	<p>Here is a list of the HIV care and treatment services we have discussed and the locations where you can receive these services.</p> <p>Do you have concerns about going to the Care and treatment clinic/ART?</p> <p>Here is your referral letter to give to the clinic medical providers.</p>

<p>5. Discuss with the couple the need to live a healthy lifestyle. Discuss things that they can do right away to keep healthy.</p>	<p>In addition to seeking care at the clinic, there are several important things you need to do at home to keep healthy.</p>
<p>6. Discuss the importance of having safe drinking water to prevent diarrhea. Inform the couple about where to get more information or obtain supplies.</p>	<p>To prevent diarrhea, you should boil drinking water or use a safe water vessel with [name of bleach solution] added to the vessel. Here is some information about keeping your drinking water supply safe for you.</p>
<p>7. Discuss the importance of using bed nets to prevent malaria (when applicable). Inform couple about where to get more information or obtain supplies.</p>	<p>You should sleep under a bed net to keep mosquitoes from biting you at night. This will prevent malaria. Here is some information about where you can obtain a bed net.</p>
<p>8. Discuss the importance of good nutrition. Inform couple about where to get more information.</p>	<p>Good nutrition is also very important. Here is some nutritional information (<i>and if applicable</i>, how to obtain food supplements)</p>

**Component 8-B: Discuss risk reduction**

<b>Task</b>	<b>Script</b>
1. Discuss the importance of being faithful and not having sex with outside partners.	<p>Since you both have HIV, we need to talk about how you can protect each other from other illnesses.</p> <p>It is most effective to have sex only with each other and not have sex with other partners. If you have sex with others, you can easily get other infections from them that can make you sick and could make your HIV disease worse. You could give these infections to your partner who could get sick as well.</p>
2. Inform couple of the need to protect partners if they choose to have sex outside their relationship. Provide condom demonstration.	<p>In addition to making you and your partner sick, you could give HIV to these outside partners.</p> <p><i>Say it in abstract way</i>-If either of you has sex with other partners, these partners should also be tested for HIV. Just because you are positive does not mean they are infected. I encourage you to refer any other partners to be tested.</p> <p>Again, the most effective way to protect yourselves is to be faithful to each other. And If you are having sex you should always use condom And also</p> <p><i>Say it in abstract way</i> -In case you choose to have sex outside your relationship, YOU MUST ALWAYS USE A CONDOM, so that you do not give HIV to others, and you do not get any infections from them that could make you sicker.(</p> <p>Now I will demonstrate for you how to use a condom correctly.</p>



**Component 9-B: Discuss children, family planning, and PMTCT options**

<b>Task</b>	<b>Script</b>
<p>1. Discuss the issue of HIV testing of children.</p>	<p>In addition to staying healthy for you and your family, there are things you need to do to be sure your children stay healthy. If you have young children, they should be tested to see if they have HIV so they can also get the care and treatment they need. You need to have your children tested for HIV here or at a Maternal Child Health (MCH) clinic.</p>
<p>2. Revisit the couple’s intentions concerning having children.  Discuss the couple’s reproductive options.</p>	<p>You may be planning to have more children. You should know that HIV can be transmitted to your baby. Therefore, you should think about whether you still want to have more children now that you know you have HIV.  The most effective way to prevent transmission of HIV is to choose not to have additional children. There are many family planning methods that you can use to prevent pregnancy—condoms, pills, and injectable for example. I will give you a referral to a family planning clinic before you leave today. What are your thoughts about getting pregnant in the future? How would you choose to prevent unintended pregnancy?</p>
<p>3. Describe PMTCT programs and services and identify where the couple can access services.</p>	<p>If you do get pregnant, it is important that you get care during your pregnancy, because there are important steps you can take to decrease the chances of transmitting HIV to your baby. Currently, _____ (name of clinic) offers services to HIV-infected women who become pregnant.</p>
<p>4. Address the couple’s questions and concerns regarding PMTCT services.</p>	<p>What questions do you have?</p>
<p>5. Provide needed referrals. Family planning ANC clinics (if woman is pregnant) MCH clinic (if woman has young children and/or if he is breastfeeding)</p>	<p>Here is a list of family planning clinics and clinics where you can get care during pregnancy.</p>

**Component 10-B: Discuss disclosure and getting support**

<b>Task</b>	<b>Script</b>
<p>1. Explain the benefits for the couple to disclose their HIV status to others.</p>	<p>As we have discussed, it is very important for you to support each other. However, there are a lot of issues to deal with. It may be helpful to have someone other than each other to give you support and help you make decisions.</p> <p>Trusted friends or family can support you in dealing with HIV and can also help you get HIV care and treatment.</p>
<p>2. Explore the couple's feelings about sharing their results with a trusted friend, relative, or clergy.</p> <ul style="list-style-type: none"><li>• Identify who could provide additional support.</li><li>• Address confidentiality and disclosure concerns.</li></ul>	<p>How do you feel about sharing your HIV test results with someone you trust?</p> <p>Who do you feel could best support the two of you as you cope and adjust to living with HIV?</p> <p>What concerns do you have about having someone know you have HIV?</p> <p>I would like to hear from each of you about your feelings on this.</p>
<p>3. Discuss disclosure basics.</p>	<p>After you identify someone with whom you would like to talk about your HIV status, think about what you would like to say to that person.</p> <p>Think of a private place and time to talk, and ask them to keep the discussion confidential and not to tell anyone else. Sometimes it is helpful to practice what you would like to say ahead of time and imagine how this person will react.</p>

	<p>Who do you think you might want to tell about your HIV statuses? How do you think you would like to tell this person? When would you talk with them? What would you say? How do you think he/she would react?</p> <p>Let's imagine I'm that person. Tell me about your results and I'll respond.</p>
<p>4. Reinforce that the decision to disclose is mutual.</p>	<p>As we discussed, your decisions about sharing your HIV results have to be made together.</p>
<p>5. Explore the possibility of participating in a support group and additional counseling sessions.</p>	<p>There is also support available in the community. Would you be interested in talking with other couples in your situation?</p> <p>Here is a list of posttest clubs, support groups for couples, and resources for additional counseling.</p>
<p>6. Answer remaining questions and provide support.</p> <p>Summarize.</p>	<p>We have talked about a lot today. Let's review the important steps you need to take:</p> <ul style="list-style-type: none"> <li>• Go to the Care and treatment clinic/ART and give the referral letter to the provider.</li> <li>• Be sure to drink water that is safe.</li> <li>• Be sure to eat healthy.</li> <li>• Be sure to use a bed net.</li> <li>• Bring your children in for testing.</li> <li>• Talk with each other about whether you want to use family planning methods.</li> <li>• Protect yourselves and others by being faithful to each other.</li> <li>• Wear condoms if you choose to have sex outside the relationship.</li> <li>• Seek out support from friends, family, and support groups within your community.</li> </ul> <p>Please share with me any remaining questions you may have. It is a challenge to deal with having HIV. However, with time and mutual support, you will have a better chance of adjusting and living positively.</p>



## **Second Session**

### **(C) Providing Discordant Results**

**Component 5-C: Provide discordant test results**

**Component 6-C: Discuss coping and mutual support**

**Component 7-C: Discuss positive living and HIV care and treatment**

**Component 8-C: Risk Reduction**

**Component 9-C: Discuss family planning and PMTCT options for discordant couples**

**Component 10-C: Discuss disclosure and getting support**

## Counselor's Script: Providing Discordant Results

<b>Component 5-C: Provide discordant test results</b>	
<b>Task</b>	<b>Script</b>
1. Inform the couple that their results are available.	Your test results are now ready.
2. State that the couple has received results that are different. Pause briefly for the couple to absorb the implications of the results.	<p>Your test results are different.</p> <p>(Pause)</p> <p>_____, your test result is positive. This means that you have HIV.            _____, your test result is negative. This means you do not have HIV.</p> <p>(Pause) Take your time. We will have plenty of time to talk about this.</p>
3. Convey support and empathy.	It can be difficult knowing that one of you has HIV. There is a lot to think about and deal with. It will help to take this one step at a time.
4. Ask the couple if they understand their results.	First, I want to be sure that you both understand the results. Could you tell me what these results mean to you?

5. Review the explanation of how couples can have different results.

Let's talk again about what it means for a couple to have different HIV test results:

- It is very common for couples to have different test results.
- Couples can be together for many years and have different results.
- It does not necessarily mean that your partner has been unfaithful during your relationship. He/she could have been infected before you became a couple.
- It is very important that you do not blame your partner for having HIV. He/she will need your support to cope and get care.
- It is very important to protect \_\_\_\_\_ from becoming infected.

What questions do you have about your test results?

**Component 6-C: Discuss coping and mutual support**

<b>Task</b>	<b>Script</b>
1. Invite both partners to express their feelings and concerns.	Let's first talk about how you are coping with knowing that you each have different test results. Could each of you tell me how you are feeling?  What are your concerns for your partner?
2. Validate and normalize the couple's feelings and acknowledge the challenges of dealing with different results.	It is normal to feel a sense of loss or to feel overwhelmed by this. These feelings are a normal part of hearing your HIV test results are different. I encourage you to focus on how best to support each other now rather than blame each other.  It can be stressful at first to hear that one of you has HIV. You will probably have many strong feelings about your status and each other. It is normal to feel upset or angry but also feel love and concern for your partner.  Many couples with different test results express similar feelings.  Let's take this one step at a time.
3. Ask the uninfected partner how he or she could best support his or her partner.	How can you best support your partner and help him/ her cope with being HIV-positive?



<p>4. Recall the couple's strengths. Convey optimism that the couple will be able to cope and adjust to the situation.</p>	<p>You may need some time to adjust to this, but in time you will have a better chance of coping and continuing with your life together.</p> <p>You have dealt before with difficult and rough times in your lives, and remembering this will help you get through this.</p>
<p>5. Address the couple's immediate concerns.</p>	<p>There is a lot we need to talk about. But first, do you have any questions?</p>

**Component 7-C: Discuss positive living and HIV care and treatment.**

Task	Script
<p>1. Discuss positive living and the importance of getting care for the HIV-infected partner.</p>	<p>Now that you have received your results and are starting to deal with this news together, let's talk about how to keep both of you and your family as healthy as possible.</p> <p><i>(Name of infected partner)</i>, your well-being directly affects the well-being, welfare, and future of your family.</p>
<p>2. Discuss positive living.</p>	<p>Positive living means taking care of yourself in order to improve the quality of your life and to stay well longer.</p> <p>There are many people who have HIV and are living well. There is a better way for healthy living for you and your family. You will need to take several steps; I will give you information about the care and treatment clinic (ART) where you can go to get help.</p> <p>Paying attention to your medical care is an important part of living positively. Let's talk about this.</p>
<p>3. Address the need for preventive health care.</p> <ul style="list-style-type: none"> <li>• Encourage immediate visit to the Care and treatment clinic/ART</li> <li>• Dispel myths about treatment eligibility</li> </ul>	<p>It is very important that you get medical care as soon as possible. You will need to go to a clinic that treats HIV. We will give you referral a letter and go together to medical care treatment unit.</p> <p>Effective treatment for HIV is becoming more available in our community, if you are ready the providers will start the medication to you .</p>

<p>4. Encourage the infected partner to access appropriate care and treatment services.</p>	<p>I encourage you to follow-up with these services as soon as possible. HIV care and treatment can keep you from getting sick and protect you from other illnesses and prevents mother to child HIV transmission. It will make a big difference in how you feel.</p> <p>Do you have any questions?</p>
<p>5. Encourage the uninfected partner to serve as an advocate for the infected partner.</p>	<p><i>Question directed to the uninfected partner:</i> How can you support your partner with care and treatment and living positively?</p>
<p>6. Provide needed referrals to the Care and treatment clinic/ART and other services. Identify and problem-solve obstacles.</p>	<p>Here is a list of the HIV care and treatment services we have discussed and the locations where you can receive these services. Take this referral letter to the clinic.</p> <p>Do you have concerns about going to the Care and treatment clinic/ART?</p> <p>Here is your referral letter to give to the clinic medical providers.</p>

<b>Task</b>	<b>Script</b>
7. Discuss with the couple the need to live a healthy lifestyle. Discuss things that they can do right away to keep healthy.	In addition to seeking care at the clinic, there are several important things you need to do at home to keep healthy.
8. Discuss the importance of having safe drinking water to prevent diarrhea. Inform couple about where to get more information or obtain supplies.	To prevent diarrhea, you should boil drinking water or use a safe water vessel with [name of bleach solution] added to the vessel. Here is some information about keeping your drinking water supply safe for you. This can also benefit your entire family.
9. Discuss the importance of using bed nets to prevent malaria (when applicable). Inform couple about where to get more information or obtain supplies.	You should sleep under a bed net to keep mosquitoes from biting you at night. This will prevent malaria. Here is some information about where you can obtain a bed net.
10. Discuss the importance of good nutrition. Inform couple about where to get more information.	Good nutrition is also very important. Here is some nutritional information.

## Component 8-C: Risk Reduction

Task	Script
1. Address risk reduction within the couple. Explore long-term measures to reduce the risk of HIV transmission to the uninfected partner.	<p>Since you have different test results, it is important that we talk about preventing the transmission of HIV between the two of you. If you continue to have sex without a condom, your partner is at very high risk of becoming infected with HIV.</p> <p>You can eliminate the risk of transmitting HIV to your partner by not having sexual intercourse. Some couples initially choose not to have intercourse, but this frequently changes over time. Some couples explore alternative ways to satisfy each other.</p> <p>If you do continue to have sex, you must use condoms every time you have sex.</p>
2. Assess condom-related issues, including: <ul style="list-style-type: none"><li>• History of condom use</li><li>• Condom skills</li><li>• Provide condom demonstration.</li></ul>	<p>Have you ever used condoms?</p> <p>Do you know how to use a condom?</p> <p>Now I will demonstrate for you how to use a condom correctly.</p>
3. Address regular HIV testing for HIV-negative partner.	<p>It is recommended that the HIV-negative partner get an HIV test every 6 months.</p>

4. Inform couple that condoms must always be used with outside partners. Address the possibility that any other partners should be tested for HIV.

*Say it in abstract way /For positive partner /-* If you have sex with other partners you should always use condoms to prevent transmitting HIV.

*Say it in abstract way/For Negative partner/-* If you have sex with other partners you should always use condoms to protect yourself from HIV.

*Say it in abstract way-* If either of you have sex with other partners; these partners should also be tested for HIV. I encourage you to refer any other partners to a clinic or VCT site.

**Component 9-C: Discuss family planning and PMTCT options for discordant couples.**

<b>Task</b>	<b>Script</b>
<p>1. Revisit the couple’s intentions concerning having children.</p> <p>Address the risk to the uninfected partner should the couple decide to have a child.</p>	<p>Now let’s talk about how HIV might affect your family. How does knowing that one of you has HIV influence your feelings about having (more) children?</p> <p>You may be planning to have more children. If you decide to have a baby, it is possible that your partner and the baby will become infected with HIV. Therefore, you should think about whether you still want to have more children now that you know one of you has HIV.</p> <p>What are your feelings about this?</p>

<p>2. Discuss the couple’s reproductive options.</p>	<p>The most effective way to prevent transmission is to choose not to have additional children. There are many family planning methods that you can use to prevent pregnancy—condoms, pills, and injectables for example. I will give you a referral to a family planning clinic before you leave today.          What are your thoughts about getting pregnant in the future?           How would you choose to prevent unintended pregnancy?</p>
<p>3. Describe the country’s PMTCT programs and services and identify where couples can access services.</p>	<p>If you do get pregnant, you need to get care during your pregnancy because there are important steps you can take to decrease the chances of transmitting HIV to your baby.           Currently (name of clinic _____) offers services to help you prevent transmission to your baby.</p>
<p>4. Address issue of testing of young children if the woman is HIV-positive.</p> <p>5. Provide needed referrals.</p> <ul style="list-style-type: none"> <li>• Family planning</li> <li>• ANC clinics (if woman is pregnant)</li> <li>• MCH clinic (if woman has young children and/or if she is breastfeeding)</li> </ul>	<p><i>If woman is HIV-positive:</i>          In addition to staying healthy for you and your family, there are things you need to do to be sure your children stay healthy.           If you have young children, they should be tested to see if they have HIV so they can also get the care they need. You need to have your children tested for HIV here or at an MCH clinic.           Here is a list of family planning clinics and clinics where you can get care during pregnancy.</p>

## Component 10-C: Discuss disclosure and getting support

Task	Script
<p>1. Explain the benefits for the couple to disclose their HIV status to others.</p>	<p>As we have discussed, it is very important for you to support each other through this. However, there are a lot of issues to deal with. It may be helpful to have someone other than each other help you weigh options and make decisions.</p> <p>Trusted friends or relatives can support you in dealing with your HIV status and can also help the HIV-positive partner with his or her HIV care and treatment.</p>
<p>2. Explore couple's feelings about sharing their results with a trusted friend, relative, or clergy.</p> <ul style="list-style-type: none"><li>• Identify who could provide additional support.</li><li>• Address confidentiality and disclosure concerns.</li></ul>	<p>How do you feel about sharing your HIV test results with someone you trust? Who do you feel could best support the two of you as you cope and adjust to living with HIV?</p> <p>What concerns do you have about telling someone that you have HIV?</p> <p>I would like to hear from each of you about your feelings on this.</p>
<p>3. Discuss disclosure basics.</p>	<p>After you identify someone to whom you would like to disclose, think about what you would like to say to that person.</p> <p>Think of a private place and time to talk, and ask to keep the discussion confidential.</p> <p>Sometimes it is helpful to practice what you would like to say ahead of time, and imagine how this person will react.</p> <p>Who do you think you might want to tell about your HIV statuses? How do you think you would like to tell this person? When would you talk with them? What would you say? How do you think he/she would react?</p> <p>Let's imagine I'm that person. Tell me about your results and I'll respond.</p>



<p>4. Reinforce that the decision to disclose is mutual.</p>	<p>As we discussed, your decisions about sharing your results have to be made together.</p>
<p>5. Explore the possibility of participating in a support group and additional counseling sessions.</p>	<p>There is support available. Would you be interested in talking with other couples in your situation?</p> <p>Here is a list of posttest clubs, support groups for couples, and resources for additional counseling.</p>
<p>6. Answer remaining questions and provide support.</p> <p>Summarize.</p>	<p>We have talked about a lot today. Let's review the important steps you need to take:</p> <ul style="list-style-type: none"> <li>• Go to the Care and treatment clinic/ART and give the referral letter to the provider.</li> <li>• Be sure to drink water that is safe.</li> <li>• Be sure to eat healthy foods.</li> <li>• Be sure to use a bed net.</li> <li>• <i>(If woman is HIV-positive)</i> Bring your children for testing.</li> <li>• Talk about whether or not you want to have more children.</li> <li>• Protect yourselves by not having sex or by wearing condoms.</li> <li>• Wear condoms if you choose to have sex outside the relationship.</li> <li>• Seek out support from friends, family, and support groups within your community.</li> </ul> <p>Please share with me any remaining questions you may have.</p> <p>It is a challenge to deal with having HIV, and another challenge to deal with having different results. However, you are not the only couple that is dealing with being discordant and with time and mutual support, you will have a better chance of adjusting and living positively.</p>

# **PROVIDER INITIATED HIV TESTING AND COUNSELING ADULT INTERVENTION PROTOCOL Components, Tasks & Scripts**

**Component 1:** Introduce the topic of HIV and inform client of the need to test for HIV

**Component 2:** Recommend and offer HIV test and explain confidentiality

**Component 3 A:** problem-solve barriers to HIV testing when client declines or defers testing

**Component 3B:** Prepare child for HIV testing when parent agrees to test

**Component 4:** Provide the HIV test results to the client Negative results

**Component 5:** Provide prevention messages and address partner referral

**Component 6:** Provide the HIV test results to the client Positive results

**Component 7:** Discuss medical care and provide HIV clinical care recommendations

**Component 8:** Address assisted disclosure partner notification and Referral

**Component 9:** Provide preventive messages and referrals

## SCRIPT FOR ADULTS

TASK	SCRIPT
<b>INITIAL PROVIDER ENCOUNTER</b>	
<b>COMPONENT 1: INTRODUCE THE TOPIC OF HIV AND INFORM CLIENT OF THE NEED TO TEST FOR HIV</b>	
Introduce the topic of HIV	There is a very important issue that we need to discuss today. People in our community are at risk of becoming infected with HIV.
Inform client of need to test for HIV	Treatment for HIV is becoming more available and can help you feel better and live longer. Also, if we know you have HIV infection, we can give you better health care. Do you have any questions?
<b>COMPONENT 2: RECOMMEND AND OFFER HIV TEST AND EXPLAIN CONFIDENTIALITY</b>	
Recommend and offer HIV test	For these reasons, we advise that all our eligible clients be tested for HIV with a simple test. I advise you to be tested for HIV today. I also wanted to tell you that the results of your HIV test will only be known to you and the medical team that will be treating you. This means the test results are confidential and your results will not be shared with anyone else without your permission. It is your decision to tell other people the results of this test. However, it is important that you disclose your test results to medical providers that will be providing you with care and treatment.
Explain procedures to safeguard confidentiality	We can give you the results of your HIV test today before you leave the clinic. If your test result is positive, we will provide you with information and services to manage your disease. If it is negative, we will provide you with information to stay negative.  Do you have any questions?



TASK	SCRIPT
	<p>and your partner from possible infection. Do not have sex or, if you do have sex, use condoms properly every time.</p> <p>Do you have any questions or concerns that I can address for you?</p> <p>Thank you, [Client's name]</p>





TASK	SCRIPT
	<p>laboratory tests.</p> <p>I hope you will ask your partner to be tested very soon. <i>(Give handouts on how to use condoms and how to avoid getting HIV. Close the client visit.)</i></p> <p>Thank you for coming in today.</p>





TASK	SCRIPT
	referral form in a private place until you give it to the health care provider at the HIV care clinic. It is important that you go to this clinic as soon as possible. I hope you will be able to go soon. Thank you, [name]





# **PROVIDER INITIATED HIV TESTING AND COUNSELING INFANT, CHILDREN & ADOLESCENT INTERVENTION PROTOCOL Components, Tasks and Scripts**

**Component 1:** Introduce the topic of HIV and inform the parent or guardian of the need to test the child for HIV

**Component 2:** Inform the mother of implications of testing for her (skip this section if the mother is not present)

**Component 3 A:** Problem-solve barriers to HIV testing when parent refuses test for the child

**Component 3B:** prepare client for HIV testing when client agrees to be tested

**Component 4:** Provide the HIV test results to the client Negative results

**Component 5:** Provide prevention messages and address partner Referral

**Component 6:** Inform the parent and child of HIV test result

**Component 7:** Help parent of HIV -positive children cope

**Component 8:** Make sure HIV infected children get HIV care and treatment

**Component 9:** Inform the child—positive HIV test result (for children 6–12 years of age)

**Component 10:** Test mothers of HIV positive and HIV exposed children



TASK	SCRIPT
<b>COMPONENT 2: INFORM THE MOTHER OF IMPLICATIONS OF TESTING FOR HER (skip this section if the mother is not present)</b>	
Offer the mother an HIV test if the child is positive	<p>Before we test your child, however, you need to understand that if your child tests HIV-positive with the test we have, there may be a need to test you also. This is because most children get HIV from their mothers during pregnancy, delivery, and/or breastfeeding.</p> <p>Therefore, if your child tests positive, we will strongly recommend that you also be tested here in the clinic today. If your child tests negative, we will not need to test you here today, but if you would like to be tested for HIV, we can give you information about where you can be tested either by yourself or with your spouse or partner.</p> <p>If you take an HIV test today, we can give you the result of your HIV test before you leave the clinic. If you or your child's test result is positive, we will provide you with information about where to go for care and treatment.</p> <p>Do you have any questions?</p>





TASK	SCRIPT
<b>COMPONENT 3- B: PREPARE CHILD FOR HIV TESTING WHEN PARENT AGREES TO TEST</b>	
<p>Explain the process of getting the HIV test for a child</p> <p>Explain the process of getting the HIV test for their child</p>	<p><i><b>For a child 6–12 years of age</b></i></p> <p>We need to do a blood test today to see if you have a germ in your blood that may make you sick. We will need to take a little bit of your blood. To do this we will need to prick your finger. This will only hurt a little bit and will be over soon. Your parent/guardian may hold your hand while the blood is being taken.</p> <p>The test requires that we take a drop or two of blood from your finger or heel. This will only hurt a little bit and will be over soon. You may hold your child while the blood is being taken.</p> <p><b>Option 1: Blood is taken and tested by provider</b></p> <p>Your child’s blood will be tested here in the clinic. You will need to wait about 30 minutes while I run the test. As soon as the result is available, you and I will talk about the test result.</p> <p><b>Option 2: Blood is taken in the clinic but tested in the lab</b></p> <p>Your child’s blood will be taken here in the clinic, but we will send it to the lab for testing. When the lab returns the result to me, you and I will talk about the test result after 30 minutes</p> <p><b>For infants less than 18 months of age:</b></p> <p>If the result of your baby turns to be positive, we still cannot be sure on your child’s HIV status with the tests we have here (rapid tests). But we will arrange him/her a referral for HIV exposed children clinic for every possible follow up and care and they will undergo another test to confirm your baby’s HIV status.</p>





TASK	SCRIPT
<b>COMPONENT 6: INFORM THE PARENT AND CHILD OF HIV TEST RESULT—POSITIVE RESULTS</b>	
Inform test result is positive	<p><i>Children birth to 5 years of age may remain in the exam room for this discussion. Note that children 6–12 years of age should not be in the room for this discussion</i></p> <p><b>For children 18 months of age or older</b>  Thank you for waiting. Your child’s HIV test is positive  This means that your child is infected with HIV.  (Pause to allow parent/guardian time to take in the result.)</p> <p><b>For babies under 18 months of age</b>  Thank you for waiting.  With the tests we have here we cannot directly indicate your child’s HIV status. We will arrange for your child a regular care in HIV exposed infant follow up clinic and also to confirm his or her HIV status.</p> <p><b>Provide the parent with referral and linkage for HIV exposed infant follow up clinic and proceed to component 10: “Testing of mothers of HIV exposed and HIV positive children” to offer an HIV test for the mother</b></p> <p><b>But for children 18 months of age or older Go to component 7: “Helping parent or guardian of positive children cope”</b></p>

TASK	SCRIPT
<b>COMPONENT 7: HELP PARENT OF HIV-POSITIVE CHILDREN COPE</b>	
Help parents cope	<p><b>For children 18 months of age or older</b></p> <p>It can be difficult to receive this result—to learn that your child has HIV. It is normal to feel upset and overwhelmed at first. You need to take time to adjust to this.</p> <p>Most people find it helpful to tell someone about their problems and get their support. Is there anyone that you can talk to about what has happened today?</p> <p>Before you leave today I will give you information about how to get further support from some organizations within our community and at the same time you will have the opportunity to talk with our on-site Provider.</p>



TASK	SCRIPT
<b>COMPONENT 10: TEST MOTHERS OF HIV-POSITIVE AND HIV-EXPOSED CHILDREN</b>	
<p>Explain the need of HIV test for mothers of HIV-positive or HIV-exposed children</p>	<p>As I mentioned to you earlier, since your child has tested positive, we would like to test you for HIV. This is because most HIV positive children got the virus from their mother. We strongly recommend that you be tested here today. We will test your blood in the same way we tested your child's blood, unless you refuse.</p> <p><b>If the mother agrees to the HIV test; go to the Adult PITC protocol component 2 “Recommend and offer HIV test”.</b></p> <p><b>When you have the mother's test result, bring her back into the exam room, and make the child wait elsewhere to provide her HIV test results. Again use the Adult PITC protocol to provide her result.</b></p>