

# Voluntary Counseling and Testing for HIV/AIDS

## Checklist

### EVALUATION OF THE PRE-TEST COUNSELING:

#### To evaluate client risk, inquire about:

- If client had an STI and received treatment
- If tested previously
- Number of partners
- If partner has been tested
- If past results are known and what these were
- Type and frequency of sexual relations
- Type of sexual relations practiced (oral, anal, vaginal)
- If condoms used
- If alcohol or drugs are used

Assure the confidentiality of client's information

Ask reason for visit

Explore client's knowledge about HIV and the forms of transmission and clarify misconceptions

Evaluate client perception of individual risk and help identify practices that expose them to risk

Give client information about the HIV test

Verify client understood the information

Discuss with client a risk reduction plan

Identify with client barriers and strategies to overcome risks

Review HIV prevention measures

Inquire and talk about condoms as a preventative method against STIs and HIV

Encourage client to incorporate partner in risk prevention plan

Give client time to express him or herself, ask questions and reflect on his or her answers

Obtain voluntary consent for the test

Discuss and agree on follow-up visit with client

- Describe the testing process
- Explain the meaning of positive and negative result
- Discuss result implications
- Explain the window period
- Probe for and identify any support needs

- Provide information and demonstrate correct use
- Encourage condom negotiation with partner

## EVALUATION OF POST-TEST COUNSELING:

### If the result is: **NEGATIVE**

Make sure the environment and the moment are appropriate for giving the result

Explain the result clearly and discuss the meaning

Verify client understanding

Summarize actions and plan for next steps

Reinforce or offer additional information as needed

Reinforce information on window period

#### Sample questions:

- What immediate steps can you take to protect yourself and others?
- What are some barriers to these measures of protection?
- Do you think you can abstain from sex or use only condoms?
- Could you reduce your number of sexual partners?
- Have you discussed condom use with your partner?
- Could you decrease the use of alcohol/drugs?

Encourage client and discuss a personal risk reduction plan, follow up on plan

Identify other resources that the client prefers

### If the result is: **POSITIVE**

Make sure the environment and the moment are appropriate for giving the result

Explain the result clearly and discuss the meaning

Verify client understanding

Summarize actions and plan for next steps

Reinforce or offer additional information as needed

Evaluate the emotional state of the client

Give the result in a natural and direct form

Give time for the result to be absorbed and for the client's emotional reaction

Discuss the personal, family-related, and social implications and the importance of informing his or her partner

#### Sample questions:

- Have you thought of sharing the results with someone?
- How does this change your life?
- Have you considered new forms of protection?
- Have you heard of antiretroviral treatment?
- Do you have friends or someone in your family or community that can help you?
- Do you know someone that is or was in the same situation?
- Have you heard of support services for HIV-positive individuals?

Check for availability and type of emotional support the client needs