Introduction:

This manual contains supplemental materials to be used in the VCT training. The items consist of assessments, overheads, and cue cards to aid participants in comprehending the training materials at hand. Trainers should print all materials and organize them in a binder with subject heads so that participants can easily refer to materials described in the manuals.
VCT HIV PREVENTION INTERVENTION COMPONENTS
HIV NEGATIVE & POSITIVE SESSIONS

PRE-TEST COUNSELLING

INTRODUCTION & ORIENTATION TO SESSION

ASSESS RISK

EXPLORE OPTIONS FOR REDUCING RISK

HIV TEST PREPARATION

CONDUCT TEST

POST-TEST COUNSELLING

HIV NEGATIVE

TEST RESULT COUNSELLING

NEGOTIATE RISK REDUCTION PLAN

IDENTIFY SUPPORT FOR RISK REDUCTION PLAN

NEGOTIATE DISCLOSURE & PARTNER REFERRAL

HIV POSITIVE

TEST RESULT COUNSELLING

IDENTIFY SOURCES OF SUPPORT

NEGOTIATE DISCLOSURE & PARTNER REFERRAL

RISK REDUCTION ISSUES
## Anonymous versus Confidential Testing Services across all Project Accept Sites

<table>
<thead>
<tr>
<th>Testing Procedures</th>
<th>South Africa</th>
<th>Tanzania</th>
<th>Thailand</th>
<th>Zimbabwe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client provides name and personal identifiers to VCT staff</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Test results are linked to clients’ names</td>
<td>✔️ 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clients can be given written verification of test results</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️ 2</td>
<td></td>
</tr>
<tr>
<td>HIV test results can be made available to other health personnel as per government regulations</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uses a unique identifier</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unique identifier and contact information is linked to the client’s name</td>
<td>✔️ 4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unique identifier is linked to the client’s results</td>
<td>✔️ 6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. Tests are linked to clients names in the case of discordant results and quality assurance
2. If the client consents for the test to be confidential they will get written verification of their results. This will also require that their names are written on the test result form
3. If clients want this, they are referred to a GP or an alternate service provider who is willing to provide HIV testing and written results
4. This will only be for clients who test discordant, and for quality assurance of HIV testing
5. Unique identifier is only linked to clients demographics and not client’s name
6. Unique identifier is linked to client names in the case of discordant results and for QA for HIV testing
## Voluntary Counseling and Testing Intervention Protocol: Second Session—Positive Result

<table>
<thead>
<tr>
<th>Protocol Component: Follow-up Session – HIV Positive</th>
<th>Time-Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Provide HIV Positive Test Result</td>
<td>5-6</td>
</tr>
<tr>
<td>11. Identify Sources of Support</td>
<td>6-9</td>
</tr>
<tr>
<td>12. Negotiate Disclosure and Partner Referral</td>
<td>7-10</td>
</tr>
<tr>
<td>13. Address Risk Reduction Issues</td>
<td>2-5</td>
</tr>
</tbody>
</table>

**Second Session Time**  
20-30
<table>
<thead>
<tr>
<th>Provide Test Result-Positive</th>
<th>5-6 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inform client that the test results are available</td>
<td>Your test results are ready now. (NOTE: if you are in a SVCT site you may need to explain to the client in the case of an inconclusive result, that the results are not ready and will be sent off to a laboratory for further testing. This means they might have to come back in 2 weeks time for their result.)</td>
</tr>
<tr>
<td>Provide preliminary results clearly and simply</td>
<td>The test result is positive, indicating that you are infected with HIV.</td>
</tr>
<tr>
<td>Review the meaning of the result</td>
<td>This result does not mean you have AIDS and does not indicate when you may become ill from the virus.</td>
</tr>
<tr>
<td>Allow the client time to absorb the meaning of the result</td>
<td>Take your time. We have plenty of time to talk about the results.</td>
</tr>
<tr>
<td>Explore client’s understanding of the result</td>
<td>How do you understand this result?</td>
</tr>
<tr>
<td></td>
<td>What does this result mean to you?</td>
</tr>
<tr>
<td>Assess how client is coping with result</td>
<td>It can be difficult dealing with the knowing that you’re infected with HIV. How are you doing?</td>
</tr>
<tr>
<td></td>
<td>How are you feeling about this test result?</td>
</tr>
<tr>
<td>Acknowledge the challenges of dealing with an initial positive result</td>
<td>You need to take time to adjust to this, but in time you will be able to cope and continue with your life.</td>
</tr>
</tbody>
</table>
Discuss living positively with HIV.

(If the client is not prepared for this discussion provide him/her with a pamphlet)

There are many people who are infected with the virus and living well.
Who do you know that is HIV infected and living well?
Have you heard about positive living? Let's talk about that.

Positive living means taking care of your health and your emotional well being in order to enhance your life and stay well longer.
Positive living involves good nutrition, follow-up medical care, such as TB preventive treatment, support, and sense of optimism and well-being.

What can you do to live positively?
### Identify Sources of Support and Provide Referrals 6-9 minutes

**Assess who client would like to tell about his/her positive test results**

- 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?
- How do you think he/she would react? What do you think he/she would say?

**Identify person, family member, or friend to help the client through the process of dealing with HIV**

- **Coping and support**
- **Planning for the future**
- **Living positively with HIV**
- **Medical follow-up**

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. Who could help you with this?

Who in your life could help with adjusting to living with HIV?

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?

**Identify current health care resources**

- Where do you go now when you need medical attention?
- When was the last time you received medical care?
- How difficult is it for you to access care (transport, resources etc.)

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| Continued |
Identify Sources of Support and Provide Referrals (continued)

Address the need for health care providers to know client’s test result

It is important that you discuss this test result with your doctor.

Explore client’s access medical services

- Sexually transmitted disease exam
- Tuberculosis evaluation, preventive therapy
- Family planning
- Perinatal HIV prevention
- Routine medical care

Now that you are HIV infected it essential that you receive specific medical follow-up. Where would you go to get this?

Many people in have been exposed to tuberculosis but have never had any symptoms. Tuberculosis can be more serious for HIV infected persons. A prophylactic tuberculosis treatment is available for HIV infected persons that can help to prevent them 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 infection.

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 the 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 prenatal care in order to access these treatments.

Identify needed medical referrals

We’ve talked about a lot. Now let’s prioritize the steps that you need to take to get the care you need.

What medical care is going to be most difficult for you to access? How can I help you with this?
Identify Sources of Support and Provide Referrals (continued)

Discuss situations in which the client may want to consider protecting his/her own confidentiality

Remember, you may want to be reasonably cautious and choose carefully the person you tell about your results. For example, you may not want to tell your employer.

Discuss options of support groups (Posttest Club)

There is support available. Would you be interested in talking with others in your situation?

What would be hardest about seeking support?

Provide appropriate referrals

Here is the name and phone number of the person you should call to get assistance with these issues. When do you think you could call or go there?

What might get in the way and prevent you from getting this support/service?

Some people, once they have been tested, may decide to go to another health service for an HIV test to confirm what we have told you today. If you decide to this, and your result at the other health facility comes back HIV negative, it’s very important that you inform the Project Accept VCT staff. Communicating such information helps ensure that Project Accept is providing the best services.
<table>
<thead>
<tr>
<th><strong>Negotiate Disclosure and Partner Referral</strong></th>
<th><strong>7-10 minutes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Explore client’s feelings about telling partners about his/her HIV positive test result</strong></td>
<td></td>
</tr>
<tr>
<td>Have you thought about telling your partner(s) about your test result?</td>
<td></td>
</tr>
<tr>
<td>What are your feelings about talking with your partner(s) about your test result? What are your concerns?</td>
<td></td>
</tr>
<tr>
<td><strong>Remind client that his/her result does not indicate the partner’s HIV status</strong></td>
<td></td>
</tr>
<tr>
<td>It is essential that you understand, that your test result does indicate what your sex partner’s result will be. Your partner may not yet be infected.</td>
<td></td>
</tr>
<tr>
<td><strong>Identify partners that are at risk and need to be informed of their risk for HIV infection</strong></td>
<td></td>
</tr>
<tr>
<td>Who do you believe may need to know about your result? Are there particular partners you are worried about?</td>
<td></td>
</tr>
<tr>
<td>Who do you feel you need to tell?</td>
<td></td>
</tr>
<tr>
<td><strong>Discuss possible approaches to disclosure of serostatus to partners</strong></td>
<td></td>
</tr>
<tr>
<td>How do you think you would tell your partner about your test result? What would you like to say?</td>
<td></td>
</tr>
<tr>
<td>Would this be difficult for you?</td>
<td></td>
</tr>
<tr>
<td><strong>Anticipate potential partner reactions</strong></td>
<td></td>
</tr>
<tr>
<td>How do you believe your partner will react to your telling him/her?</td>
<td></td>
</tr>
<tr>
<td>How have you and he/she handled difficult conversations in the past?</td>
<td></td>
</tr>
<tr>
<td><strong>Support client to refer partner for testing</strong></td>
<td></td>
</tr>
<tr>
<td>Your partner must be tested in order to know his/her result.</td>
<td></td>
</tr>
<tr>
<td>Tell me your feelings about asking your partner to be tested.</td>
<td></td>
</tr>
<tr>
<td>How would you and your partner handle it if he/she is not infected?</td>
<td></td>
</tr>
<tr>
<td><strong>Practice and role-play different approaches to disclosure</strong></td>
<td></td>
</tr>
<tr>
<td>Let’s imagine that I am your partner. Tell me about your results and I will respond. It is good to practice.</td>
<td></td>
</tr>
<tr>
<td><strong>Provide the client with support</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
Address Risk Reduction Issues

**Assess client’s plan to reduce risk of transmission to current partners**
- Tell me how do you plan to protect your partner from acquiring HIV.
- How will you be intimate and close without spreading HIV?

**Explore 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 change the tide of the epidemic, by being honest with your partners and ensuring you engage only in safe sex behaviors.
- How can we help prepare you for this?
Parallel HIV Rapid Testing Algorithm

- Both tests negative
  
  **STOP:** Report as HIV-negative

- Both tests negative
  
  **STOP:** Report as HIV-negative

START:
Determine & UniGold

+/- Discordant Results

Both tests positive

**STOP:** Report as HIV-positive

START:
Determine & UniGold

Both tests positive

**STOP:** Report as HIV-positive

RUN 2nd TIME:
Determine & UniGold

+/- Discordant Results

Both tests positive

**STOP:** Report as HIV-positive

RUN 2nd TIME:
Determine & UniGold

Both tests positive

**STOP:** Report as HIV-positive

STOP:
Capillus/Elisa

Positive

**STOP:** Report as HIV-positive

STOP:
Capillus/Elisa

Negative

**STOP:** Report as HIV-negative

STOP:
Capillus/Elisa

Negative

**STOP:** Report as HIV-negative