

HARM REDUCTION HIV TEST COUNSELING CHECKLIST

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Explore client's motivations for testing using open ended questions.

In order to open up discussion, assure client that people get tested for a lot of reasons besides a risk of exposure and that the test has many possible functions in people's lives, relationships, life changes.

Explain procedures used to maintain anonymity or confidentiality.

Explain the difference between anonymous and confidential tests.

Explain testing procedure and accuracy of the test results

Explain purpose of Pre and Post test counseling, return date, and the difference between ELISA (sensitive screening test) and Western Blot (specific confirmatory test).

Explain antibodies and window period using date's of client's last possible exposure.

Antibodies are produced in 2-12 weeks but very rarely can take up to six months.

Assess need for follow-up testing based on last possible exposure

Obtain client's verbal consent for HIV testing

Proceed with Risk Assessment Form.

Use client's answers to form questions to elicit more information on their safer sex strategies.

Reinforce positive risk-related changes participant has already made.

Emphasize where the glass is half full rather than half empty.

Problem solve and prioritize areas where risk reduction is needed.

Formulate a risk reduction plan focusing on small, realistic changes

Explore relationship between substance use and risky behavior

Explore relationship between client's birth control method and risky behavior

Explain the relationship between STD's and HIV transmission.

Review symptoms of Herpes, HPV, yeast, NGU, GC, Syphilis, Vaginitis, PID, etc. Offer referrals for STD screening.

Assess client's practical understanding of modes of HIV transmission (relevant to client's practices) and suggest techniques to reduce risk.

Explore client's past experiences with condom use and offer suggestions on condom styles and selection. Personalize your recommendations, for example "I like these" or "these are nice."

Demonstrate different ways to put on a condom correctly using a dildo.

The roll-down and stocking methods. Demonstrate lube in tip and pinch out air bubbles. Remind them to hold the base when pulling out.

Offer condoms, lube, dental dams, gloves, bleach, etc.

Discuss preparedness to receive either positive or negative results and client's willingness to return for results.

Allow client to have all of their questions answered

Watch your body language here (shuffling papers, filling out the lab slips) so that you do not rush the client before they are able to ask delicate questions.

Offer referral sheet and mark appropriate referrals

Discuss client's needs and desires for further testing.

If client says "every six months" assess if further testing is appropriate, for example if routine testing appears to be hindering needed behavior change.

Do whatever you need to do to take care of yourself before seeing another client (Debrief, take a break, whatever).