

## RISK REDUCTION OBSERVATION NOTES: INITIAL SESSION

Risk Reduction Specialist: \_\_\_\_\_ Observer: \_\_\_\_\_

Session Date: \_\_\_\_\_ Site/Location: \_\_\_\_\_

Start Time: \_\_\_\_\_ End Time: \_\_\_\_\_ Total time: \_\_\_\_\_

**Instructions:** Use this form during the risk reduction session to take notes. Use Form A-1, *Risk Reduction Observation: Initial Session*, for your final documentation.

### Introduce and Orient Client to Session

- Intro self
- RRS role
- Duration
- Content
- Referrals
- Confidentiality
- Address?

### Enhance Client's Self-Perception of Risk

- Reason for visit
- ID risk behavior
- Direct client attention
- Assess risk concern
- Test history
- Previous HIV results
- ID conflict

### Explore the Specifics of Most Recent Risk Incident

- Explore W?
- Acceptable risk
- Partner communication
- Situations/circumstances
- Triggers/vulnerabilities
- Pattern of risk
- ID conflict

### Review Previous Risk Reduction Experiences

- Past success
- Obstacles
- Triggers/situations
- Partner communication
- Acceptable risk
- ID conflict
- Peer norms

### Synthesize Risk Incident and Risk Pattern

- Summarize
- Life context
- Risk feedback
- Patterns of risk
- Triggers/vulnerabilities
- Urgency of risk
- ID conflict
- Encourage

### Negotiate a Risk Reduction Step

- Explore change
- ID SMART step
- Specific steps
- Support/barriers
- Problem solve
- Confirm w/ client
- Acknowledge challenge
- Step strength/weaknesses
- Document step

### Identify Sources of Support and Provide Referrals

- Assess support
- Longstanding issues
- Willingness
- Types of referrals
- Acknowledge challenges
- Provide referrals

### Support Test Decision

- Cost/benefit
- Coping w/ results
- Testing/risk
- Anon/Conf.
- Intro PE
- Review return visit

### Summarize and Close the Session

- Summarize
- ID follow-up
- Contact info
- Importance of return
- Close

### Use of Counseling Skills, Concepts, and Components