

Follow-Up Session: Negative HIV and/or HCV

Protocol Components

Goal 1: Orient to Session and Provide Test Result(s)

Goal 2: Review Risk Reduction Step

Goal 3: Revise Risk Reduction Step

Goal 4: Identify Sources of Support and Provide Referrals

Goal 5: Summarize and Close the Session

Negative HIV and/or HCV

Goal 1: Orient to Session and Provide Test Result(s)

Protocol	Example
1. Introduce yourself to client <i>(if first meeting with client)</i> .	Hello, my name is _____ and I will be your Risk Reduction Specialist today. What may I call you?
2. Re-explain confidentiality.	As before, everything we talk about will remain confidential.
3. Verify that the result belongs to the client. *	Let me check the number on your card against the number on the result slip.
4. Assess client's readiness to receive result. *	Are you ready to look at your result?
5. Provide result clearly and simply. *	This test does not show HIV (or Hepatitis C).
6. Review meaning of the result. * Explore client's understanding of result. *	What does this mean to you? Remember, anything that happened in the past three months could be too soon to show up on this test. <i>(Hepatitis C-6 months)</i>
7. Assess client's reaction to result. *	How are you feeling about your result?
8. <i>If applicable, note the need to consider re-testing in reference to the most recent risk exposure.</i> *	What do you think about testing again?
9. <i>If applicable, refer to any STD diagnosis in the context of the client's risk for HIV.</i>	Having an STD increases your risk for getting HIV; how do you feel about that now?

*If the RRS is giving results for **both** HIV and HCV in this session, the tasks with an * should be gone through separately for each result.

Ask the client which result s/he would like to receive first and then go through tasks marked with an * before going through a second time with the next

Note: Use 3 months since last exposure for HIV and 6 months since last exposure for HCV.

Negative HIV and/or HCV

Goal 2: Review Risk Reduction Step

Protocol	Example
<p>1. Review the risk reduction step with the client.</p>	<p>When you were here last time, I said we'd talk about how things went with the step you developed. Let's review the risk reduction step we came up with last time.</p>
<p>2. Assess the client's success in trying out the risk reduction step. <i>Assess recent risk (since being tested).</i></p>	<p>How did that go for you? What other things might have happened since you tested that could have put you at risk?</p>
<p>3. Identify supports and barriers to the risk reduction step.</p>	<p>What parts of the step worked best? <i>Follow-up Questions:</i> Which parts of the step were difficult? How did it feel for you?</p>
<p>4. Problem-solve issues concerning the step.</p>	<p>How do you think you might make that step stronger?</p>
<p>5. Provide encouragement and support for the client's risk reduction efforts.</p>	<p><i>Whenever appropriate:</i> Sounds like you did a great job. OR It's great you were able to come back.</p>

Negative HIV and/or HCV

Goal 3: Revise Risk Reduction Step

Protocol	Example
1. Recognize the challenges of behavior change.	Change is hard, but it gets easier and feels more natural with practice.
2. Revise or develop a new SMART risk reduction step with the client.	What next/new step could you take to further reduce your risk of getting infected?
3. Identify/clarify actions toward achieving step and/or problem-solve issues related to step.	What will make it easier for you? <i>Follow-up Question:</i> What might make it more difficult?
4. Identify support for achieving step.	Who can help support you in making this change?
5. Confirm the client's commitment to the step.	How realistic does it seem to you?
6. Document the revised risk reduction step with a copy to the client.	As we did before, let's write your step down.

Negative HIV and/or HCV

Goal 4: Identify Sources of Support and Provide Referrals

Protocol	Example
1. Assess client's support system.	Who else do you turn to for support?
2. If applicable, follow up on referrals provided during the initial session.	Tell me about your visit to _____ (<i>service/agency</i>).
3. If applicable, address the longstanding or hard to manage issues contributing to risk.	Sometimes people find additional support helpful when they are dealing with (<i>drug use, alcohol, sexual behavior</i>).
4. If applicable, assess the client's willingness to seek professional help and use a referral.	What have you considered doing to get help in dealing with this?
5. If applicable, evaluate what types of referral the client would accept.	What particular type of support or service are you willing to consider?
6. If applicable, provide appropriate referrals.	Here is the contact information of the (<i>service or agency</i>) to call for assistance.
7. If applicable, help client access referral services.	When do you think you could call or go there?

Negative HIV and/or HCV

Goal 5: Summarize and Close the Session

Protocol	Example
1. Review any future appointments.	The door is open to you to return any time. OR Your next appointment with us is (<i>day/date/time</i>).
2. Reaffirm client's work and provide encouragement for pursuing risk reduction.	You've done a lot of work toward reducing your risk for infection; I hope you'll continue to take steps to reduce your risk.
3. Review client and RRS contact information.	Let me make sure that you know how to contact me. <i>If confidential test:</i> Let me make sure I know how to reach you in case something has changed since the last time (<i>review phone number/address</i>).
4. Address final questions or concerns. Close the session.	What additional questions or concerns do you have before we end? Thanks for coming back in.