

Follow-Up Session: Positive HIV

Protocol Components

Goal 1: Orient to Session and Provide Test Result

Goal 2: Identify Sources of Support and Provide Referrals

Goal 3: Address Risk Reduction Issues

Goal 4: Negotiate Disclosure and Partner Referral

Goal 5: Summarize and Close the Session

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Goal 1: Orient to Session and Provide Test Result

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 discuss today will remain confidential.
3. Verify that the result belongs to the client.	May I see your card to match the numbers on the result slip?
4. Assess client's readiness to receive the result.	Are you ready to look at your result?
5. Provide result clearly and simply.	This test shows that you do have HIV.
6. Allow the client time to absorb the meaning of the result. <i>Allow attentive silence and respond to client's emotions and needs.</i>	
7. Explore client's understanding of the result.	What questions do you have about your result?
8. Assess how the client is coping with the result.	How are you feeling about this?
9. Address immediate concerns and fears.	What are you most concerned about right now?
10. Acknowledge the challenges of dealing with a positive result.	This can be difficult.
11. <i>If applicable, provide (or ask about) other test results and address additional concerns.</i>	<i>As appropriate, provide other test results (Gonorrhea, Chlamydia, Syphilis, Hepatitis C).</i> <i>(If not known), what were the result(s) of your STD/HCV tests?</i> <i>Follow-up Question: What do these other results mean to you?</i>

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Goal 2: Identify Sources of Support and Provide Referrals

Protocol	Example
1. Assess who client would like to tell about his/her positive test result.	This is very private information. Who might you be comfortable sharing this with? <i>Follow-up Questions:</i> How do you think s/he will react? What do you think s/he will say?
2. Discuss wellness strategies or “living positively” . <i>(If the client is not prepared for this discussion, offer him/her printed material to reference at a later time.)</i>	People who take care of themselves often do very well with HIV. What have you heard about how people live with HIV?
3. Identify a family member or friend to help support the client.	How you maintain your health is going to be very critical. Who will support you?
4. Address the need for health care providers to know client’s test result.	It is important for you to discuss this test result with your doctor so s/he can give you the best care possible.
5. Identify current health care resources.	Where do you go now when you need medical attention? <i>Follow-up Question (if applicable):</i> How difficult is it for you to get there?

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Goal 2: Identify Sources of Support and Provide Referrals, cont'd.

Protocol	Example
<p>6. Explore client's access to medical services.</p>	<p>With a positive HIV result, it is essential that you receive specific medical follow-up since other infections (<i>TB and/or STDs</i>) may make HIV more problematic. Where do you think you might go for care?</p>
<p>7. If applicable, identify needed medical referrals.</p>	<p>It sounds like you might need assistance with _____.</p>
<p>8. Assess client's receptiveness to referral, including Early Intervention.</p>	<p>We have a specially trained person who works with newly diagnosed clients to help them sort out all the services that are available. How do you feel about a referral to him/her?</p> <p><i>If applicable, follow-up statement:</i> I can help you make an appointment now, if you would like.</p>
<p>9. If applicable, help client access referral services.</p>	<p>Here are some options for medical care (<i>provide referral options</i>). I can call now to set up an appointment. When would you like to go?</p>

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Goal 3: Address Risk-Reduction Issues

Protocol	Example
1. Refer to client's risk reduction step.	We've talked about getting you into medical care, now let's talk about living healthy. How have you been doing with the risk reduction step we developed when you first came in for the test? <i>Follow-up Questions:</i> Which parts of the step were difficult? How do you think you might make your step stronger? What does this result mean for your risk reduction step?
2. Assess client's plan to reduce risk of transmission to current partners.	What steps will you take to protect your current partner(s) from HIV?
3. Explore client's plan for reducing the risk of transmission to future partners.	When you have a new partner, what steps will you take to protect that partner from HIV?
4. Address disclosure of HIV status to current and future partners.	What do you think you will say to your partners about your HIV infection?
5. Encourage the client to protect others from HIV.	What do you think your biggest challenge will be in protecting yourself and others from HIV?
6. Revise or develop a new SMART risk reduction step.	Given everything we've just talked about, what specific step could you take in the next few weeks to keep you and/or your current or future partners safe? <i>Follow-up Question:</i> How realistic does it seem to you?
7. Document the revised/new risk reduction step with a copy to the client.	As we did before, let's write your step down.

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Goal 4: Negotiate Disclosure and Partner Referral

Protocol

1. Transition to discussion of Partner Notification.

Example

When we first met, I said if you had HIV or another STD, we would need to talk about how best to let them know they've been at risk; especially since we know most people who have HIV don't know they have it because, unlike you, they have never been tested or don't think they could be at risk for the infection. Let's talk about that now.

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Goal 4: Negotiate Disclosure and Partner Referral, cont'd.

Protocol	Example
<p>2. Present options for notification and resolve problems preventing client cooperation in partner elicitation.</p>	<p>There are two ways we use to contact partners. You can choose to tell one or more of them; or there are specially trained persons that work for the Health Department that could notify one or more of your partners without using your name, or any other identifying information.</p> <p>Many people who have HIV have said that having their partners confidentially notified relieves a great deal of their stress. What questions or concerns do you have about that?</p>
<p>3. Elicit number of sex partners (# of men and # of women). If applicable, elicit number of needle-sharing partners.</p>	<p>How many people have you had oral, anal, and/or vaginal sex with in the past year?</p> <p><i>Follow-up Questions:</i> How many were men? How many were women? <i>If applicable</i>, how many people have you shared needles/works with in the past year?</p>
<p>4. Elicit number of marriage partners.</p>	<p>How many people have you been married to, or considered yourself married to, in the past 10 years?</p>

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Goal 4: Negotiate Disclosure and Partner Referral, cont'd.

Protocol	Example
<p>5. Elicit names of partners. (GATHER ALL NAMES HERE).</p>	<p>Let's begin by listing the names of your partner(s). Who is your current partner?</p> <p><i>Follow-up Question:</i> Who else?</p>
<p>6. Elicit locating and identifying information.</p>	<p>Where does s/he stay or live? <i>Follow-up Questions:</i> What is the best way to contact him/her? When is the best time to contact him/her? Describe him/her. What does s/he look like?</p> <p>- - - - - - - - - -</p>
<p>7. Negotiate options for notification, encouraging health department referral.</p>	<p>The best way to protect your privacy is to let the Health Department contact partners for you. Which partner(s), if any, would you like to tell yourself?</p>

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Goal 4: Negotiate Disclosure and Partner Referral, cont'd.

Protocol	Example
<p>8. <i>If applicable, coach client on all partner(s) s/he wants to tell. When client cannot demonstrate notification skills, or expresses concern about partner's reaction, encourage health department referral.</i></p>	<p>You mentioned you wanted to tell _____. When will you tell him/her?</p> <p><i>Follow-up Questions:</i> What will you say? What do you think his/her reaction will be? (<i>Role play may be appropriate here.</i>)</p>
<p>9. <i>If applicable, negotiate follow up to assure self-referred partner(s) receive timely information.</i></p>	<p>It is important that s/he be told right away. Call me and let me know how it went. If I don't hear from you within the next (<i>agreed upon time—48 hours</i>), the Health Department will contact him/her.</p>
<p>10. <i>Provide the client with support.</i></p>	<p>The work that you have done here today will help to reduce the spread of HIV.</p>

Protocol	Example

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Goal 5: Summarize and Close the Session

Protocol	Example
<p>1. Validate client feelings.</p>	<p>This can be overwhelming; at the same time, there are very few decisions you have to make right this minute.</p>
<p>2. Summarize key issues addressed.</p>	<p>We talked about a lot of things today that will help you remain healthy. We also talked about the importance of protecting and informing your partners. What else do we need to address before you leave?</p>
<p>3. Review client and RRS contact information.</p>	<p>Let me make sure you know how to contact me if you need to. <i>If confidential test:</i> Let me be sure I know how to reach you (<i>review phone number, address</i>).</p>
<p>4. Get the client's immediate plans.</p>	<p>Where do you plan to go when you leave here? <i>Follow-up Question:</i> What about the next couple of days?</p>
<p>5. Close the session.</p>	<p>If you have any questions or if you forget something, be sure to call. Thanks for coming in.</p>