

# Rapid Test: Initial Session

## Protocol Components

Goal 1: Introduce and Orient Client to the Session

Goal 2: Support Test Decision and Introduce HIV Rapid Test

Goal 3: Enhance Client's Self-Perception of Risk

Goal 4: Explore the Specifics of Most Recent Risk Incident

Goal 5: Review Previous Risk Reduction Experiences

Goal 6: Summarize Risk Incident and Risk Pattern

## Initial Session

### Goal 1: Introduce and Orient Client to the Session

Protocol	Content
<b>1. Introduce yourself to client.</b>	Hello, my name is _____ and I'm your Risk Reduction Specialist with _____. What may I call you?
<b>2. Explain your role as a Risk Reduction Specialist.</b>	I will work with you to identify your risks for STD, HIV and Hepatitis C and explore issue related to these risks. This may include talking about sex and/or drug use that may make people uncomfortable. I want to assure you I'm comfortable talking about all these issues. I will be referring to this book to keep us focused and on task; and I may be taking some notes.
<b>3. Indicate the duration of the session.</b>	This usually takes about 30-40 minutes. At the same time, we'll take as much time as you need.
<b>4. Outline content of session.</b> Explore HIV/STD/HCV risks. Identify challenges to risk reduction. Discuss strategies to reduce risk.	We will explore your risks in depth. We will look at what you've done in the past to reduce your risk and ways you can further reduce your risk.
<b>5. Introduce idea of referrals.</b>	I may refer you to other area services to support you in your risk reduction efforts.
<b>6. Introduce concept of confidentiality.</b>	Everything we discuss today will remain confidential.
<b>7. Address immediate questions and concerns.</b>	Before we go any further, what questions or concerns do you have right now?

## Initial Session

### Goal 2: Support Test Decision and Introduce HIV Rapid Test

Protocol	Content
<p>1. <i>If applicable, discuss benefit of testing at this time.</i></p>	<p>When you came here, you mentioned getting tested and I know you're interested in the Rapid Test. What might be good about getting tested? <i>Follow-up Question:</i> What might be bad about getting tested today?</p>
<p>2. <i>Address the anticipated feelings and strategies for coping with test results.</i></p>	<p>What would be the hardest thing to deal with if you found out you were infected with HIV?</p>
<p>3. <i>Review the Rapid Test process.</i></p>	<p>Since you've chosen to take a Rapid HIV test, let me share a few things about the test process.</p>
<p>4. <i>Review meaning of possible test results.</i></p>	<p>There are two possible results you may receive today. The test may either indicate HIV or it may not. If it indicates HIV, there is a follow-up test that is required.</p>
<p>5. <i>Explore the relationship between testing and risk behavior.</i></p>	<p>Getting tested gives people information. Just as a reminder, this test will be a picture of your health from three months ago. How will getting tested help you reduce your risk for HIV infection?</p>

## Initial Session

### Goal 2: Support Test Decision and Introduce HIV Rapid Test, cont'd.

Protocol	Content
<p><b>6. If applicable, present anonymous and confidential testing options.</b> <i>(This option available for HIV only.)</i></p>	<p>Anonymous testing means we don't connect your name to anything on the test. Confidential testing uses your name but protects your information and makes it easier to provide any services you may need later.</p> <p>If we need to do a follow-up test today, that will need to be done confidentially.</p> <p>What questions do you have about that or about the test itself? <i>(Test now, if applicable.)</i></p>
<p><b>7. (If testing) Introduce partner elicitation.</b></p>	<p>If you have HIV <i>(or another STD)</i>, we'll need to talk about how to reach your partners and how best to let them know that they've been at risk.</p>
<p><b>8. Address immediate questions.</b></p>	<p>What questions do you have about what we just talked about?</p>

## Initial Session

### Goal 3: Enhance Client's Self-Perception of Risk

Protocol	Content
1. Discuss reason for visit.	What prompted you to come in today?
2. Fully identify and listen for ALL behaviors that are putting the client at risk for HIV/STD/HCV.	What are some things that may have put you at risk? <i>(ASK LOTS OF QUESTIONS)</i> How many sex partners have you had in the past year? How many of those were women? How many were men? How many needle-sharing partners have you had in the past year? - - - - - -
3. Using information gained from Task 2, direct client's attention toward his/her risk behavior.	What have you heard the risk might be from _____? <i>Follow-up Question:</i> How do these apply to you?
4. Discuss number of sex and/or needle-sharing partners in the past year.	How many persons have you had sex with in the past year? <i>Follow-up Question:</i> How many of those were men? How many were women? How many persons have you shared works with in the past year?

## Initial Session

### Goal 3: Enhance Client's Self-Perception of Risk, cont'd.

Protocol	Content
<b>5. Assess client's level of concern about having/acquiring HIV/STD/HCV.</b>	When you _____ , how concerned are you?
<b>6. Discuss client's test history and behavioral changes in response to previous tests.</b>	What tests have you had for STD/HIV/Hepatitis? <i>ONLY if previously tested:</i> When were you tested? What were the results?  <i>Follow-up Question:</i> How did that affect how you protect yourself?
<b>7. ONLY if previous STD/HIV/HCV test result(s) was negative, assess if client engages in risky behavior because of a previous negative test result.</b>	Sometimes a negative test makes people feel they are immune. How does this apply to you?
<b>8. Identify and address examples of mixed feelings and/or conflict between client's beliefs and behaviors.</b>	You came in for a test today, so that tells me you have some concern. At the same time, you have done some things that have put you at risk. Tell me what that's like for you.

## Initial Session

### Goal 4: Explore the Specifics of Most Recent Risk Incident

Protocol	Content
<p>1. Explore who, what, where, when, how of most recent risk exposure.</p>	<p>We've talked about what's been going on for you overall, now let's talk about the last time you had unprotected sex (<i>or shared works</i>).</p> <p>Who were you with? What was going on? Where were you? When was it? What did you do?</p>
<p>2. Assess level of risk acceptable to the client.</p>	<p>How worried are you about this?</p>
<p>3. Assess communication about sexually transmitted or blood-borne infections with partners.</p>	<p>What conversations did you have with that partner about his/her risk or if either of you has been tested?</p>
<p>4. Identify circumstances or situations that contribute(d) to risk behavior.</p>	<p>What do you think kept you from protecting yourself at that time?</p> <p><i>Follow-up Question:</i> How much had you been drinking or using that night?</p>

**Initial Session**

**Goal 4: Explore the Specifics of Most Recent Risk Incident, cont'd.**

<b>Protocol</b>	<b>Content</b>
<p><b>5. Identify vulnerabilities and triggers to the risk behavior incident.</b></p>	<p>What else was going on?</p>
<p><b>6. Assess client's patterns of risk behavior (<i>one time or on-going risk</i>).</b></p>	<p>Besides this last time, when have you had a similar experience?</p> <p><i>Follow-up Questions:</i> What was similar about the circumstance? When are you more likely to take risks?</p>
<p><b>7. Identify and address examples of mixed feelings about risk reduction and/or conflict between beliefs and behavior.</b></p>	<p>You want to be healthy; at the same time, you've some things that put you at risk. Sounds like a conflict; tell me about that.</p>

## Initial Session

### Goal 5: Review Previous Risk Reduction Experiences

Protocol	Content
<p><b>1. Identify successful attempts at risk reduction.</b></p>	<p>Before we talk about what you plan to do in the future, let's talk about what you've done in the past to reduce your risk. What have you done to keep yourself from getting HIV/STD/HCV?</p> <p><i>Follow-up Question:</i> How did that work for you?</p>
<p><b>2. Identify obstacles to risk reduction (for each specific identified risk).</b></p>	<p>What things get in the way of protecting yourself?</p>
<p><b>3. Explore triggers/situations that increase the likelihood of high-risk behavior.</b></p>	<p>When does this typically happen?</p>
<p><b>4. Explore client's communication with partners/friends about risk.</b></p>	<p>How often do you talk to your partners or friends about HIV/STD/HCV?</p> <p><i>Follow-up Question:</i> How do you feel about that?</p>

## Initial Session

### Goal 5: Review Previous Risk Reduction Experiences, cont'd.

Protocol	Content
<p>5. Discuss client's level of acceptable risk.</p>	<p>What risks seem okay for you to take?</p>
<p>6. Identify and address examples when client's beliefs and behavior are at odds and/or examples when feelings are mixed about risk reduction.</p>	<p>You're already doing some things to take care of yourself. Being here today shows that you're concerned about infection. Let's talk about that.</p>
<p>7. Explore client's perception of community and peer norms related to risk reduction and encourage the client to state his/her attitudes and beliefs about risk behavior.</p>	<p>How do you think your friends deal with their risks?</p> <p><i>Follow-up Question:</i> How does that affect what you do?</p>

## Initial Session

### Goal 6: Summarize Risk Incident and Risk Pattern

Protocol	Example
<p><b>1. Summarize the information the client has provided.</b> <b>Provide feedback to client concerning his/her risk for HIV/STD/HCV.</b> <b>Note any frequency (<i>pattern</i>) of the risk behavior.</b> <b>Identify key triggers and/or vulnerabilities.</b> <b>Place risk behavior in the larger context of client's life.</b></p>	<p>Here's how I understand your situation concerning risks. <i>(Summarize the key issues provided by the client.)</i> There are some things that affect your risk <i>(List specific behavioral, communication, substance use issues.)</i> These risks seem to happen <i>(date, time, location, etc)</i>. Given what we have talked about, I hear that <i>(drinking, drugging, clubbing, etc)</i> makes it more likely that you will take risks. And this seems to impact your relationships with <i>(your partners, your co-workers, and/or your family)</i>. How well does this match what you've told me? <i>Follow-up Question:</i> What else would you like to add?</p>
<p><b>2. Using identified risk, address examples when client's beliefs and behavior are at odds and/or when feelings are mixed about changing behavior.</b></p>	<p>It seems you're comfortable with <i>(risk)</i>. How do you juggle that?</p>
<p><b>3. If applicable, convey concern and urgency about client's risks.</b></p>	<p>I do see some risk for infection the way things are and a need to take some steps to deal with it.</p>
<p><b>4. Encourage and support the client in addressing risk issues.</b></p>	<p><i>(Praise any previous attempts to reduce risk.)</i> Now let's look at some additional things that can support you.</p>
<p><b>5. Inform client of next step in the process.</b></p>	<p><i>(This will vary by agency.)</i></p>