

Rapid Test Result: Negative HIV

Protocol Components

Goal 1: Provide Rapid Test Result—Negative

Goal 2: Negotiate Risk Reduction Step and Identify Sources of Support

Goal 3: Provide Referrals

Goal 4: Summarize and Close the Session

Negative HIV

Goal 1: Provide Rapid Test Result—Negative

| Protocol | Example |
|--|---|
| 1. <i>If applicable, welcome client back.</i> | Welcome back, come on in and have a seat. |
| 2. <i>If applicable, re-explain confidentiality.</i> | As before, everything we talk about will remain confidential. |
| 3. <i>If applicable, verify that the result belongs to the client.</i> | <i>(This will vary by agency.)</i> |
| 4. Assess client’s readiness to receive result. | Are you ready to hear your result? |
| 5. Provide result clearly and simply. | This test does not show HIV. |
| 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. |
| 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? |

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Goal 2: Negotiate Risk Reduction Step and Identify Sources of Support

| Protocol | Example |
|---|--|
| 1. Re-orient client to risk reduction. | Remember I said we would talk about some ways to keep you safe. Let's look at that now. |
| 2. Explore behavior(s) that the client is both motivated and capable to change. | We know that change usually occurs in small steps. What would you most like to do to reduce your risk? |
| 3. Identify a SMART step (<i>specific, measurable, appropriate, realistic, time-phased</i>) toward changing the identified behavior. (<i>Buffet of options may be appropriate here.</i>) DO NOT WRITE THE STEP YET! | What small step could you take in the next week or two that would move you closer to reducing your risk? |
| 4. Break down the risk reduction step into specific and concrete actions. | Now that you've identified something you would like to do, tell me how you could go about making this happen. |
| 5. Identify supports or barriers to the risk reduction step. | What could help make it easier for you to complete this step? <i>Follow-up Questions:</i> Who would be supportive of you in trying this? What could make it more difficult for you? |
| 6. Problem-solve issues concerning the step (<i>role-play may be appropriate here</i>). | How will you handle it? |

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Goal 2: Negotiate Risk Reduction Step and Identify Sources of Support, cont'd.

| Protocol | Example |
|---|---|
| 7. Confirm with the client that the step is reasonable and acceptable. | How realistic does this step seem to you? |
| 8. Acknowledge that the step is a challenge. | Making changes in your life can be challenging. |
| 9. Ask the client to try to be aware of strengths and weaknesses in the step while trying it. | Try to notice what works and what is challenging for you about the step. |
| 10. Document the risk reduction step with a copy to RRS and client. (WRITE IT DOWN NOW.) | Let's write down your step so we both have a copy. (WRITE IT DOWN NOW.) |
| 11. Emphasize the importance of the client discussing the intention and content of the risk reduction step with a trusted friend or relative. | It's important to share your risk reduction step with someone who will support you. |
| 12. Identify a person with whom the client feels comfortable disclosing the step. | Who do you usually talk with about challenges you're facing? |
| 13. Convey confidence in the client's ability to complete the step. | I think you've challenged yourself with a really good step. |

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Goal 3: Provide Referrals

| Protocol | Example |
|---|--|
| 1. <i>If applicable</i>, 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>). |
| 2. <i>If applicable</i>, 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? |
| 3. <i>If applicable</i>, evaluate what types of referral the client would accept. | What particular type of support or service are you willing to consider? |
| 4. Recognize the challenges of behavior change and need for support. | Changing behavior takes time and practice and it is very important that you have someone who can support you in this. Who has supported you in the past? |
| 5. <i>If applicable</i>, provide appropriate referrals. | Here is the contact information of the (<i>service or agency</i>) to call for assistance. |
| 6. <i>If applicable</i>, help client access referral services. | When do you think you could call or go there? |

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Goal 4: Summarize and Close the Session

| Protocol | Example |
|---|--|
| 1. Summarize the risk reduction session. | We've talked about (<i>name issue, resolutions, decisions, risk reduction step, referrals</i>). You've done a lot of work toward reducing your risks. |
| 2. 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>). |
| 3. 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. |
| 4. 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>). |
| 5. Address final questions or concerns. Close the session. | What other questions or concerns do you have before we end? Thanks for coming back in. |