

RISK REDUCTION SELF-ASSESSMENT: FOLLOW-UP SESSION FOR NEGATIVE HIV RAPID TEST RESULT (OPTIONAL)

Risk Reduction Specialist:		Observer:	
Session Date:		Site/Location:	
Start Time:	End Time:	Total Time:	

Did you also do the initial counseling for this client? Yes No

Instructions: Please check the *Met* column to show that the area was covered satisfactorily during the session. Put a check in the *Part Met* column to show that you tried to cover a topic but need improvement, and put a check in the *Not Met* column to show that you did not try to cover the topic at all. Put a check in the *N/A* column if the topic was not applicable (e.g. testing information for clients not testing). Use the *Comments* space to give more detail.

1. Provide Rapid Test Result - Negative	Met	Part Met	Not Met	N/A
1. <i>If applicable</i> , welcome client back.				
2. <i>If applicable</i> , re-explain confidentiality.				
3. <i>If applicable</i> , verify that the result belongs to the client.				
4. Assure client's readiness to receive result.				
5. Provide result clearly and simply.				
6. Review meaning of result. Explore client's understanding of result.				
7. Assess client's reaction to result.				
8. <i>If applicable</i> , note the need to consider the test result in reference to most recent risk exposure.				
9. <i>If applicable</i> , refer to any previous STD or clinical exam experience and STD diagnosis in context of client's risk for HIV.				

Did you provide result according to standards?
 Yes Tried to, but need improvement Didn't try

Comments:

2. Negotiate Risk-Reduction Step and Identify Sources of Support	Met	Part Met	Not Met
1. Re-orient client to risk reduction.			
2. Explore behavior(s) that the client is both motivated and capable to change.			
3. Identify a SMART step toward changing the identified behavior.			
4. Break down the risk reduction action into specific and concrete steps.			
5. Identify supports or barriers to the risk reduction step.			
6. Problem-solve issues concerning the step (<i>role-play may be appropriate here</i>).			
7. Confirm with the client that the step is reasonable and acceptable.			
8. Acknowledge that the step is a challenge.			
9. Ask the client to try to be aware of strengths and weaknesses in the step while trying it out.			
10. Document the risk reduction step with a copy to RRS and client.			
11. Emphasize the importance of the client discussing with a trusted friend or relative the intention and content of the step.			
12. Identify a person with whom the client feels comfortable disclosing the step.			
13. Convey confidence in the client's ability to complete the step.			
Did the RRS help the client develop a realistic RR step? ___ Yes ___ Tried to, but needs improvement ___ Didn't try Did the step address HIV/STD/HCV risk? ___ Yes ___ No Was the step appropriate to the client's risk? ___ Yes ___ No Was the step SMART? ___ Yes ___ No Did the step work from the client's strengths? ___ Yes ___ No Is the step something that can be attempted before the client comes back in? ___ Yes ___ No Comments:			

3. Provide Referrals	Met	Part Met	Not Met	N/A
1. Address the longstanding or tough to manage issues contributing to risk.				
2. <i>If applicable</i> , assess the client's willingness to seek professional help/use a referral.				
3. <i>If applicable</i> , evaluate what types of referral the client would be most receptive to.				
4. Recognize the challenges of behavior change and need for support.				
5. <i>If applicable</i> , provide appropriate referrals.				
6. <i>If applicable</i> , help client access referral services.				
Comments:				

4. Summarize and Close the Session	Met	Part Met	Not Met
1. Summarize the risk reduction session.			
2. Review any future appointments.			
3. Reaffirm client's work and provide encouragement for pursuing risk reduction.			
4. Review client and RRS contact information.			
5. Close the session.			
Comments:			

Instructions: For the following section, mark those elements and components you used well in the first column, the skills you used adequately in the second column, the skills you need improvement on in the third column, and those that did not apply in the last column.

5. Use of Counseling Elements and Components	Met	Part Met	Not Met	N/A
1. Kept client's emotional status in mind.				
2. Maintained focus on RR.				
3. Redirected client when necessary.				
4. Used open-ended questions.				
5. Used active listening techniques.				
6. Gave information simply.				
7. Was nonjudgmental.				
8. Offered options, not directives.				
9. Provided opportunities for client to build skills.				
10. Supported client.				
11. Summarized and closed the session.				
Comments:				

1. What things interfered with or supported the risk reduction session (e.g. setting, interruptions)?

2. What things enhanced the quality and outcome of the session?

3. What things could have been done better in this session?

4. Describe your use of the protocol.

5. Did you follow the goals in the correct order? Yes No If no, describe why.

6. Is there a need for an action plan for further improvement of your work? Yes No If yes, please describe.