



After the Fact: An HIV Testing Refresher

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Introductions

- Name
- HIV testing and counseling experience
- Expectations for the training

Objectives

- By the end of the workshop, participants will be able to:
 - Identify and use essential basic counseling skills
 - Identify the components of HIV Counseling and Testing session, and the activities that occur during each part of the session
 - Deliver HIV positive tests results to individual clients
 - Refer and link recently diagnosed people living with HIV (PLWH) to appropriate follow-up services

Johari's Window

<p>OPEN</p> <p>Issues that are open, shared, and discussed by both partners.</p>	<p>PRIVATELY DISCUSSED</p> <p>Issues that are acknowledged, understood, or discussed privately.</p>
<p>NOT DISCUSSED</p> <p>Issues that are not talked about within the relationship.</p>	<p>HIDDEN</p> <p>Issues that are hidden, protected, and kept secret.</p>

Summarizing Johari's Window Key Points

- Every person has a different window.
 - What is private for one person might be open for another person.
- Providers should be aware of their own windows and what they are comfortable discussing.
- Johari's window is dynamic—what is in a person's “not discussed” box at the beginning of the testing session may shift to “privately discussed” by the end of the session.
- Help individuals harmonize their windows in order to achieve a clear vision for addressing HIV in their lives.
- Johari's window mirrors an HIV testing session.
 - Use this framework to think about how to engage individuals during all phases of the testing session.

ESSENTIAL COUNSELING SKILLS

When you assume...

- Sexual Identity
 - Terms like “gay”, “homosexual”, “bisexual”, or even “MSM” can be uncomfortable for some people
 - Unless clients use terms to define sexual orientation, avoid labeling terms
- Using terms like “partner”
 - We may use terms like “partner”, but not all individuals will use this language
 - Individuals may use a range of terms to refer to their sexual partners, and these terms may vary depending on the population we’re working with
 - Allow clients to use language that they are comfortable with and the way they self-identify, and mirror if appropriate

Basic Counseling Skills

- Attending
- Open-ended questions
- Empathizing
- Paraphrasing
- Reflective listening

Being Self Aware

What is self-awareness

- Self-awareness refers to the providers' ability to understand how their personal beliefs and experiences affect their reactions and responses in a testing session.
- Providers regularly need to examine their own thoughts to prevent their personal biases from interfering with their interactions with clients.

Being self-aware allows us to...

- Ensure that their values, beliefs, and experiences do not influence their interaction with clients.
- Reduce the potential for biasing a client's decisions.
- Understand that they are not responsible for the test results.
- Understand the client's concerns and offer empathy and support.

Fix Your Face!

Chocolate Chip



Oatmeal Raisin



BREAK – 15 MINUTES

RAPID TESTING SESSION STEPS

Individual Testing Session - Rapid

HIV Rapid Testing with Individuals

STEP 1: Introduce and Orient Client to the Session

STEP 2: Prepare for and Conduct Rapid HIV Test (10-20 minute read time)

STEP 3: Conduct Brief Risk Screening

STEP 4: Provide Initial Results and Follow Protocol for Confirmatory Testing

STEP 5: Develop Care, Treatment, and Prevention Plan Based on Results

STEP 6: Link with Follow-Up Services

Step 1: Introduce and Orient the Client to the Session

- Introduce yourself and describe your role
- Provide a brief session overview
- Obtain concurrence to proceed with the session



Step 2: Prepare for and Conduct the Rapid HIV Test

- Explain the process of conducting the HIV test
- Explain the meaning of HIV-test results
- Obtain consent to test
- Collect specimen and conduct rapid HIV test



Step 3: Conduct Brief Risk Screening

- Ask how the client decided to be tested
- Address indicators of increased risk
- Assess the client's knowledge of HIV transmission
- Prepare for possible test results



Activity

ROLE PLAY

LUNCH – 1 HOUR

Step 4: Provide initial results and follow protocol for confirmatory testing

- Confirm client's readiness to receive results.
- Provide a clear explanation of results.
 - “Your test result is reactive. You are HIV-positive, which means you have HIV.”
- Ensure accurate understanding of the test result.
- Discuss Confirmatory Testing

Step 5: Develop a Care, Treatment, and Prevention Plan

- Advise client on how to prevent HIV transmission.
 - Revisit decisions made during risk assessment review and reinforce decisions that will prevent transmission and keep the client healthy.
 - Emphasize using condoms, reducing number outside partners.
 - Encourage that partners be tested.
- Discuss importance of accessing medical care and partner services
- Discuss need for and process of follow-up testing
- Discuss pregnancy and desires, as appropriate
- Discuss disclosure and getting support.

Step 6: Link with Follow-Up Services

- Identify necessary medical, social, and behavioral referral services
- Make referrals as indicated
- Track linkage to HIV medical care

Activity

THIS IS HOW IT WORKS

What if...

- My client says, “The test is wrong!”?
- My client threatens to hurt themselves?
- My client threatens to hurt someone else?
- Shuts down, withdraws, and is no longer interested in the counseling session?

BREAK – 15 MINUTES

Activity

ROLE PLAY

In Summary

- Use and continually revisit your basic counseling skills.
- Recognize issues that affect your ability to do your work effectively.
- Fix your face!
- Be clear on the activities that should be carried out during each step of the testing session.
- Refer to agency protocols and procedures that can help guide us through those activities.

Thank you!



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