

## Standard Test Session 2 Counseling Protocol

<b>Protocol Component</b>	<b>Time-Minutes</b>
Provide Negative Test Results	2-10
Review Risk-Reduction Plan	4-5
Renegotiate Risk-Reduction Plan	4-5
Identify Sources of Support for Risk-Reduction Plan	1-2
Identify Sources of Support-Providing Additional Referrals	1-2
<b>Total Time</b>	<b>12-24</b>

*Last revised 2/28/01*

**Provide Negative Test Results**

2-10 minutes

**Welcome client back***Welcome back. Come on in and have a seat.***State results clearly and simply***Now, let's look at your test result, and then we'll talk about how best to understand it.**The test result is negative, which means you have not been infected with HIV.***Review meaning of the results***This means that as of less than 3 months ago, which would be before [date], you were not infected with HIV.**However, this result does not tell us about the exposure that gave you the STD you were treated for last week.***Assess client's reaction to results***How does it feel to hear that it's very likely that you are not infected with HIV?**What does this result mean to you?***Note the need to consider the test result in terms of the most recent risk exposure***Given that you've had an exposure that resulted in an STD diagnosis last week, you may want to consider taking another HIV test on [specify date].**Given your most recent risk, do you feel you need to get tested again? Where would you go for this?***Refer to client's previous STD clinical exam experience and STD diagnosis in context of HIV risk assessment and test result***How was it for you last week—seeing the STD nurse and being examined for an STD?**Does getting an STD affect your feelings about HIV or your feelings about your risk of getting HIV?*

**Note:** Be aware that the client may be very anxious about receiving the test results. Greet the client warmly and then proceed with the session. Assess the client's experience of and reactions to the previous week's clinical exam or diagnosis and, as appropriate, incorporate this information into the counseling session.

**Review the Risk-Reduction Plan**

4-5 minutes

**Assess the client's efforts to try out the risk-reduction plan**

*Now let's talk about how you plan to stay HIV negative.*

*What were your thoughts or reactions to last week's session?*

*How was it for you to wait for the results?*

*In the last session, we discussed some of your risks for HIV: [list risks].*

*We came up with a risk-reduction step for you to try before today's clinic visit. How did that go for you?*

*Were you comfortable with how it went?*

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**Identify supports for and barriers to the risk-reduction step**

*How did the action you took to reduce your risk feel to you?*

*What parts of the plan worked best?*

*Which parts of the plan were challenging?*

*What stopped you? What made it difficult?*

*What were you feeling/thinking?*

*What would make it easier for you?*

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**Problem-solve issues concerning the plan (if relevant)**

*How can we address problems you had with reducing your risk? What would help you get this done?*

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**Provide encouragement and support for client's risk-reduction efforts (as appropriate)**

*Sounds like you did a great job.*

*It's great you were able to do that.*

*I'm impressed with how you handled that.*

*You've really accomplished something for yourself.*

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**Renegotiate Risk-Reduction Plan**

4-5 minutes

**Revise or develop a new plan with the client**

*What else could you try to further reduce your risk of getting an STD or HIV?*

*Now that you have your negative test result, what can you do to stay uninfected?*

*You did an excellent job with the first risk-reduction plan. What more do you think you could do?*

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**Discuss challenging step or revise previous step**

*Remember that risk reduction and behavior change are best addressed in small, achievable steps. What do you need to do next to reduce your risk?*

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**Identify or clarify actions toward achieving step**

*Let's look at the issues that need to be addressed to reduce your risk and complete your new plan: [list issues].*

*What do you need to do first, second, third?*

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**Confirm with the client that the plan is reasonable and acceptable**

*Now is this something you really feel you can do?*

*You need to feel that it will work for you.*

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**Document the revised risk-reduction plan, and give a copy to the client**

*Just as before, we'll write your plan down on the appointment card, and we'll include all the steps and actions needed to complete it.*

*Sometimes just looking at the plan can help you remember the steps and help you see yourself completing the plan.*

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**Identify Sources of Support for Risk-Reduction Plan****1-2 minutes****Emphasize the importance of the client's discussing with a trusted friend or relative the intention and content of the plan**

*Since we will not be meeting again, it's important to share your behavior-change plan with someone. Who could you trust to tell about your STD visit and talk with about this plan?*

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**Identify a person to whom the client could comfortably disclose the plan**

*Who in your life is supportive of you?*

*Could you talk with him or her about the plan?*

*Who do you usually talk with about challenges you're facing?*

*Do you and your friends ever talk about STDs or concerns about HIV? Could you talk with any of them?*

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**Establish a concrete, specific approach for the client to use in sharing the plan with a friend or relative**

*So, you believe you could tell [name] about this plan.*

*It's important to tell [name] about your intentions concerning the plan and then to report on how it went. When and how will you tell [name]?*

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**Ask the client to be aware of strengths and weaknesses in the plan while trying it out**

*When you try this plan, think about what feels good and works for you and which parts are hard or uncomfortable.*

*Try to think about how to improve or modify the plan so it works better for you.*

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**Convey confidence in the client's ability to complete the plan**

*Remember that doing something differently is sometimes awkward, but it gets easier with practice.*

*Changing behavior takes time and practice. Be patient with yourself.*

*This is a plan you've come up with. It's a good plan, and I believe it's something you can do. Revise the plan if you need to in order to succeed.*

*You've really challenged yourself.*

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**Identify Sources of Support and Provide Additional Referrals****1-2 minutes****If referral provided in previous session, followup on client's completion of the referral**

*When we talked last week, I gave you a referral to [name]. Were you able to call and make an appointment? How did it go?*

*[If client did not complete the referral] What made it difficult to follow through? What got in the way? What can we do that will help you get the assistance you need?*

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**Address the longstanding or hard-to-manage issues that contribute to risk**

*Your plan seems really good, but there are some important issues that contribute to your risk that may best be addressed with professional help or assistance.*

*Since we've talked about how \_\_\_\_\_ [drug use/alcohol] affects your risk, have you considered getting help in dealing with this?*

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**Assess the client's willingness to seek professional help and use a referral**

*Have you ever sought counseling or gone to a support group?*

*How interested would you be in getting a referral for services to deal with the issue?*

*What would be hardest thing about seeking support for [name the issue]?*

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**Evaluate the types of referral the client would be most receptive to**

*Would you be more comfortable talking to an individual counselor or going to a support group?*

*Is there a particular type of support or service you would be willing to consider using?*

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**Provide appropriate referrals**

*Here is the name and phone number of the agency you should call to get assistance with the issue we discussed. Do you feel comfortable doing this? Do you have any questions?*

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