

POST TEST COUNSELOR GUIDE

The information on this card is to help lay counselors remember all the things they need to discuss with a client who COMPLETED an HIV test.

Preparing client for result

- Re-introduce yourself and confirm personal details of client.
- Confirm that client is ready to receive HIV test result.
- Clarify meaning of **+ve** versus **-ve** result.
- Clarify how the client wants to find out their results: read out by counselor, or read.

Give HIV result to client:

<p>If HIV NEGATIVE</p> <ul style="list-style-type: none"> • Explore client's reaction to the test result. • Review meaning of result. • Does client understand? • Help client to consider result in terms of most recent risk exposure and remind about window period. • Suggest follow up test date. 	Tick	<p>If HIV POSITIVE</p> <ul style="list-style-type: none"> • Follow client's reaction, do not control or lead discussion. • Be there on client's terms. Don't rush. • Allow client to absorb result. • Review meaning of result. Does client understand? • Acknowledge challenge of dealing with a positive result. 	Tick
<p>Re-visit HIV/AIDS education</p> <ul style="list-style-type: none"> • Explain and discuss; What HIV and AIDS are, HIV transmission, prevention, safe sex, symptoms and myths. 		<p>Medical Issues</p> <ul style="list-style-type: none"> • Recommend visit to doctor and offer appropriate referrals. • Introduce idea of a health plan. • Explain relevance of CD 4 test and viral load. • Discuss ARVs and how to access them. • Explain importance of adherence. 	
<p>Risk reduction & staying HIV negative</p> <ul style="list-style-type: none"> • Emphasis importance of planning to reduce risk. • Explore practical risk reduction. • Discuss disclosure issues and partner status. 		<p>Behaviour Issues</p> <ul style="list-style-type: none"> • Risk reduction • Immune compromising behaviour including smoking, heavy drinking, lack of exercise, bad diet and re-exposure to virus. 	
		<p>Personal Support</p> <ul style="list-style-type: none"> • Discuss impact of disclosure. • Identify and discuss people who can offer support. 	
		<p>Follow Up</p> <ul style="list-style-type: none"> • Encourage and arrange a follow up session when necessary. • Assess client's immediate risk potential and refer as necessary. • Discuss immediate plans. 	