

HIV-STD Prevention Counseling Desktop Assistant

HIV-STD Prevention Counseling

Client-centered exchange designed to support people in making behavior changes that will reduce their risk of acquiring or transmitting HIV/STD

6 Steps of HIV-STD Prevention Counseling and some suggested open-ended questions

1. Introduce and Orient

- names
- duration of session
- purpose:
“We are here to talk about your risk of acquiring HIV or other STDs and ways you might be able to reduce that risk”

Risk Behavior

sex or drug-use behaviors that in of themselves can result in the transmission of HIV or other STD

2. Identify Risk Behaviors

“What are you doing in your life that might put you at risk of getting HIV and other STDs?
“Tell me more about that”
“What were the circumstances?”

“Do you give/receive oral, anal, vaginal sex?”

“What are your experiences with drugs / alcohol?”

“How has your use of drugs / alcohol influenced your sexual behavior and your use of condoms and other safer behaviors?”

In the past **12 months**... Sex with:

- male?
- female?
- anonymous partner?
- injection drug user?
- while intoxicated or high?
- exchanged money/drugs for sex
- sex without a condom?
- (female only) sex with MSM?

3. Identify Safer Goal Behaviors

How do you feel about getting this infection / getting an infection in the future?

How do you think this infection might affect your life / career / plans?

What have you done to protect yourself from infection in the past?

What do you think you could do to protect yourself in the future?

- ⇒ **Support positive statements**
- ⇒ **Clear-up misconceptions**
- ⇒ **Offer other options / safer behaviors**

Safer Goal Behaviors

- A - Abstain from sex or delay sex or Outer-course vs. Intercourse**
- B – Be Faithful /Monogamy**
- C - Condoms / Contraception**
- D - Decrease # of partners**
- E – Evade “high-risk” people / positions**
- P – PrEP and PEP**
- V - Vaccination**

Do not share needles or “works”

Note: Use of drugs or alcohol can affect sexual behavior because of reduced inhibitions and clouded judgment.

4. Action Plan

What do you see as the advantages of doing [each safer goal behavior]?
⇒ **Support positive statements**

What do you see as the disadvantages of doing [each safer goal behavior]?
⇒ **Offer ways to make this a positive**

How will you do [the safer goal behavior]?

How will things be better?
⇒ **Support positive statements**

What about [the safer goal behavior] will be difficult for you?

5. Make Effective Referrals

“Would you like me to help you see someone about [the referral issue]?”

“How would you feel about coming back in a month to discuss your progress?”

6. Summary and Close

“Will you do [the safer goal behavior]?”
“Do you feel better able now to [do the safer goal behavior]?”

HIV Risk Score // HIV-Pre-exposure Prophylaxis Eligibility Score for Men who have sex with men (MSM)

1. How old are you today?

If <18 years, score 0

If 18-28 years, score 8

If 29-40 years, score 5

If 41-48 years, score 2

If 49 years or more, score 0

2. In the last 6 months, how many men have you had sex with?

If >10 male partners, score 7

If 6-10 male partners, score 4

If 0-5 male partners, score 0

3. In the last 6 months, how many times did you have receptive anal sex (you were the bottom) with a man without a condom?

If 1 or more times, score 10

If 0 times, score 0

4. In the last 6 months, how many of your male sex partners were HIVpositive?

If >1 positive partner, score 8

If 1 positive partner, score 4

If <1 positive partner, score 0

5. In the last 6 months, how many times did you have insertive anal sex (you were the top) without a condom with a man who was HIV positive?

If 5 or more times, score 6

If 0 times, score 0

6. In the last 6 months, have you used methamphetamines such as crystal or speed?

If yes, score 6

If no, score 0

Add down entries in right column to calculate total score

TOTAL SCORE*

* If score is 10 or greater, evaluate for intensive HIV prevention services including PrEP. If score is below 10, provide indicated standard HIV prevention services.