



TRAINING COURSE FACT SHEET

HIV – STI PREVENTION COUNSELING COURSE

Objective: Designed to improve the ability of providers in a variety of settings to support individuals in making behavior changes that will reduce their risk of acquiring or transmitting HIV or other sexually transmitted infections (STI).

Background: Developed by the Centers for Disease Control and Prevention (CDC). Taught by a NMCPHC Sexual Health and Responsibility Program (SHARP) facilitator. Evidenced-based model (*Project Respect*). Patient counseling sessions are interactive and designed to influence future risk behavior.

Course Overview: Optimal length is two full days, although an 8-hour “light” version is available for health care providers. Participants examine the various factors that influence risk-taking behavior and improve their one-on-one disease prevention counseling skills by learning and practicing the CDC’s 6-step process of effective client-centered counseling during role-play scenarios. Counselors learn how to help clients identify their risks, understand their options, and develop a plan to reduce their risk of infection or re-infection. Military-specific sexual health issues are also explored.

Target Audience: physicians, Independent Duty Corpsmen, nurses, health promoters, Preventive Medicine (PM) and Public Health Technicians, PM Representatives and PM Petty Officers, counselors, and public health educators, who are tasked to counsel individuals regarding sexual behavioral risk reduction.

Prerequisites: Basic knowledge of HIV/STI epidemiology, prevention, and testing is required. The course does NOT review any pathophysiology of STIs.

Continuing Education Credit: For Certified Health Education Specialists (CHES), this course is approved for up to 13.3 Category 1 CEUs (NMCPHC CHES Provider ID#: 99136).

Requests for Training: Requests by your Command to host an iteration of this course may be coordinated with the NMCPHC-HP-SHARP at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-sharp@mail.mil

Materials/funding to be provided by host command:

Classroom. Desktop/tabletop space for each student is desirable. Moveable tables and chairs (vs. auditorium seating) are preferred.

Equipment and Supplies: Computer with DVD drive; external speakers required; projection equipment and screen, newsprint tablet with easel or whiteboard.

Certificates: SHARP provides the host command with the certificate template. Host command prepares certificates, provides them to the facilitator for signature, and distributes them to students. Host command provides NMCPHC with a student roster that includes CHES member numbers.

Client-centered counseling techniques for risk reduction – recommended by the US Preventive Services Task Force¹ and CDC^{2,3}

1. *Guide to Clinical Preventive Services*, Report of the USPSTF, 1996
2. *MMWR*50:RR-19 (Nov 9, 2001) – HIV Prevention Counseling Guidelines
3. *MMWR* 59:RR-12 (Dec 17, 2010) STD Treatment Guidelines 2010

