

Module 3

Diagnostic Counseling and Testing (DTC)

Unit 1

Diagnostic HIV Testing and Counseling (DTC) in the Context of TB Clinics

Diagnostic HIV Testing and Counseling (DTC) in the Context of TB Clinics

Objectives:

By the end of this unit, participants will be able to:

- 1. Distinguish between DTC and VCT**
- 2. Explain the importance of providing HIV testing to TB patients**
- 3. Describe the principles of DTC**
- 4. Describe the DTC protocol**

Definitions

DTC

This is HIV testing and counseling which is initiated by a health worker as part of the diagnostic work-up for patients who present with symptoms or signs that could be attributable to HIV disease.

VCT

This is HIV testing and counseling which is initiated by the client seeking to learn his/her HIV status for the purpose of prevention of HIV infection and life planning.

Importance of DTC

- Serves as an opportunity for more people to know their HIV status
- Access to more comprehensive care and support
- Prevent HIV transmission through counseling and behavior change

Diagnostic Testing and Counseling

All TB patients should receive information about:

- Basics of HIV/AIDS
- HIV pretest counseling, testing, post-test counseling and follow-up services
- Availability of HIV treatment, care and support
- Safer sex practices

Why DTC and Not VCT

	DTC	VCT
Target	Sick people (patient)	Largely well people (client)
Who initiates	Provider	Client
Aim	Access to treatment care & support	Prevention through behavior change
Identification	Results linked	Anonymous
Approach	Opt-out	Opt-in
Time	Less time taken	More time taken

Diagnostic Testing and Counseling (DTC)

- Uses an “opt-out” approach
- Presentation with symptoms of HIV disease to a health care facility implies consent for testing including HIV
- All patients must be informed that the test is being done and have the right to decline HIV testing

Diagnostic Testing and Counseling (DTC)

- Testing of minors may need written consent or documentation of verbal consent from parent or guardian
- Counseling – All patients testing positive for HIV could need further counseling (CCC)

Principles of DTC

Adhere to the following principles:

- Confidentiality
- Consent
- Counseling
- Linkage to prevention and support services

Testing Protocol

Ensure that the patient fully understands:

- Importance of HIV testing
 - Many persons with TB also have HIV
 - Diagnosis of HIV is important for medical care
- The benefits of testing
 - Access to comprehensive care
 - Prevention of HIV infection and/or transmission
- Respond to the patient's questions and concerns
- Inform him of his right to decline

Where do you Perform the Test?

Several options available:

1. In the TB clinic by the clinician
2. In a room “next door” by a trained health worker (counselor)
3. In the laboratory by a lab tech.
4. In the VCT site by a counselor

Unit 2

Communication Skills for

Counseling Patients

Communication Skills for Counseling Patients

Objectives

By the end of this unit, participants will be able to:

- 1.State 3 counseling concepts that guide health care providers**
- 2.State basic communication skills of a good counselor**
- 3.Demonstrate the basic communication skills**

3 Counseling Concepts

- 1. Focus on Feelings**
- 2. Manage Your Own Discomfort**
- 3. Set Boundaries**

Stages of Counseling

- Exploration stage
- Understanding stage
- Action stage

Basic Counseling Skills

- Self-awareness
- Communication (verbal and non-verbal)
 - Active listening
 - Attending skills
 - Paraphrasing
 - Reflecting feelings
 - Questioning
 - Clarifying
 - Summarising

Communication Skills

Non-Verbal Skills

- Listening, attending, and observing

• **S O L E R**

- **S-SIT** facing client
- **O**- adopt **OPEN** posture
- **L- LEAN** forward to listen
- **E**- maintain **EYE** contact
- **R**- stay **RELAXED**

Communication Skills (cont.)

Non-Verbal Communication

- Eye contact
- Facial expression
- Gestures
- Posture and gait
- Tone of voice
- Affect

Unit 3

Diagnostic Testing and Counseling Protocol & Script

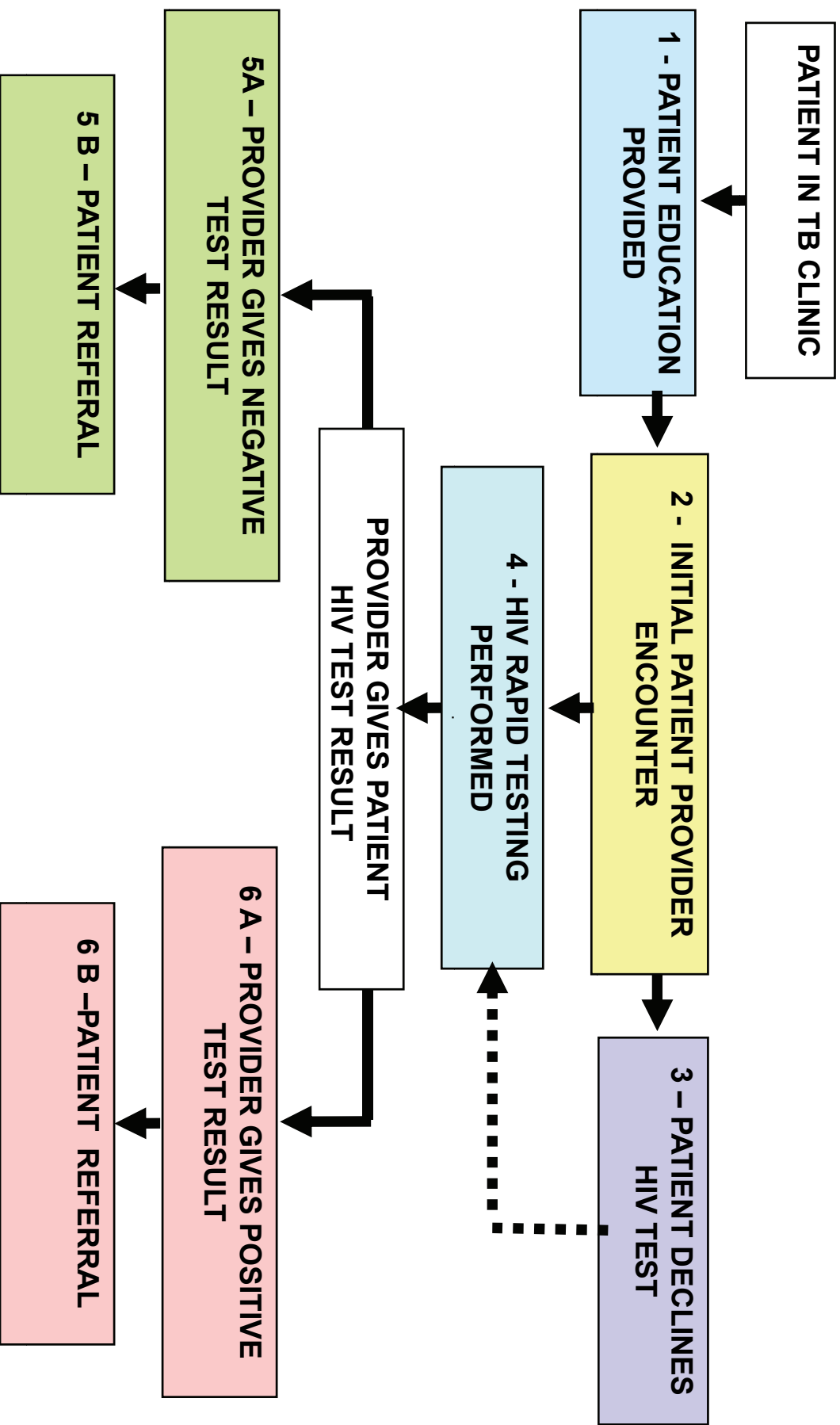
Diagnostic Testing and Counseling Protocol & Script

Objectives

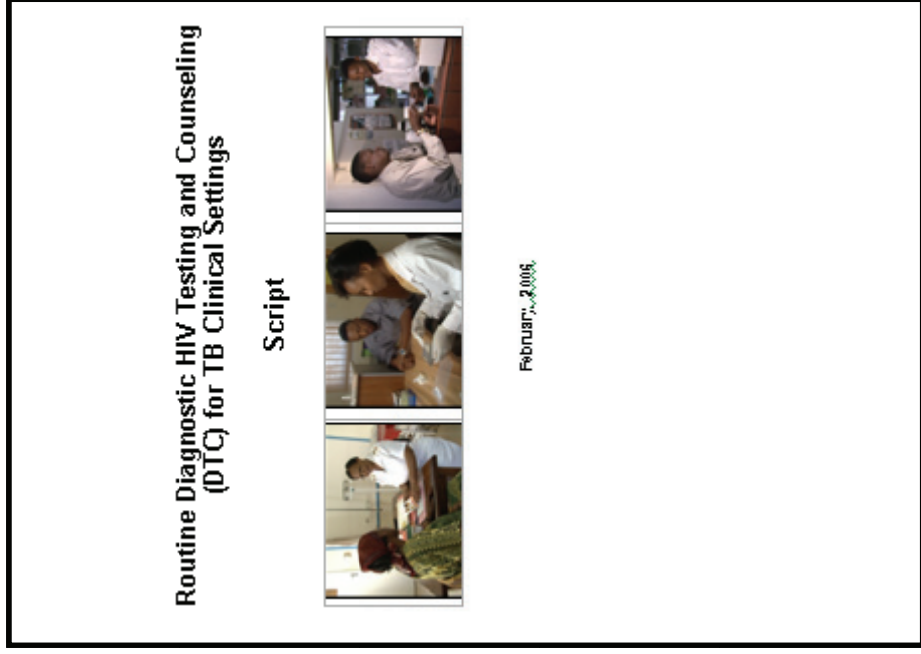
By the end of this unit, participants will be able to:

1. Explain the 6 steps in the DTC Protocol
2. Explain DTC protocol Step 1 – Patient Education
3. Demonstrate DTC protocol Step 2 - Initial Provider Encounter
4. Demonstrate DTC protocol Step 3 - Patient Declines HIV Test
5. Demonstrate DTC protocol Step 4 - Patient Accepts and Gets HIV Rapid Test

Routine Diagnostic HIV Testing and Counseling (DTC) in TB Clinical Settings



Routine Diagnostic HIV Testing and Counseling for TB Clinical Settings Script



- Script follows the same steps that are in the protocol
- Each step is a separate page
- Provides the health care worker with talking points to use during the counseling session with the patient

Fears and Concerns about Providing DTC

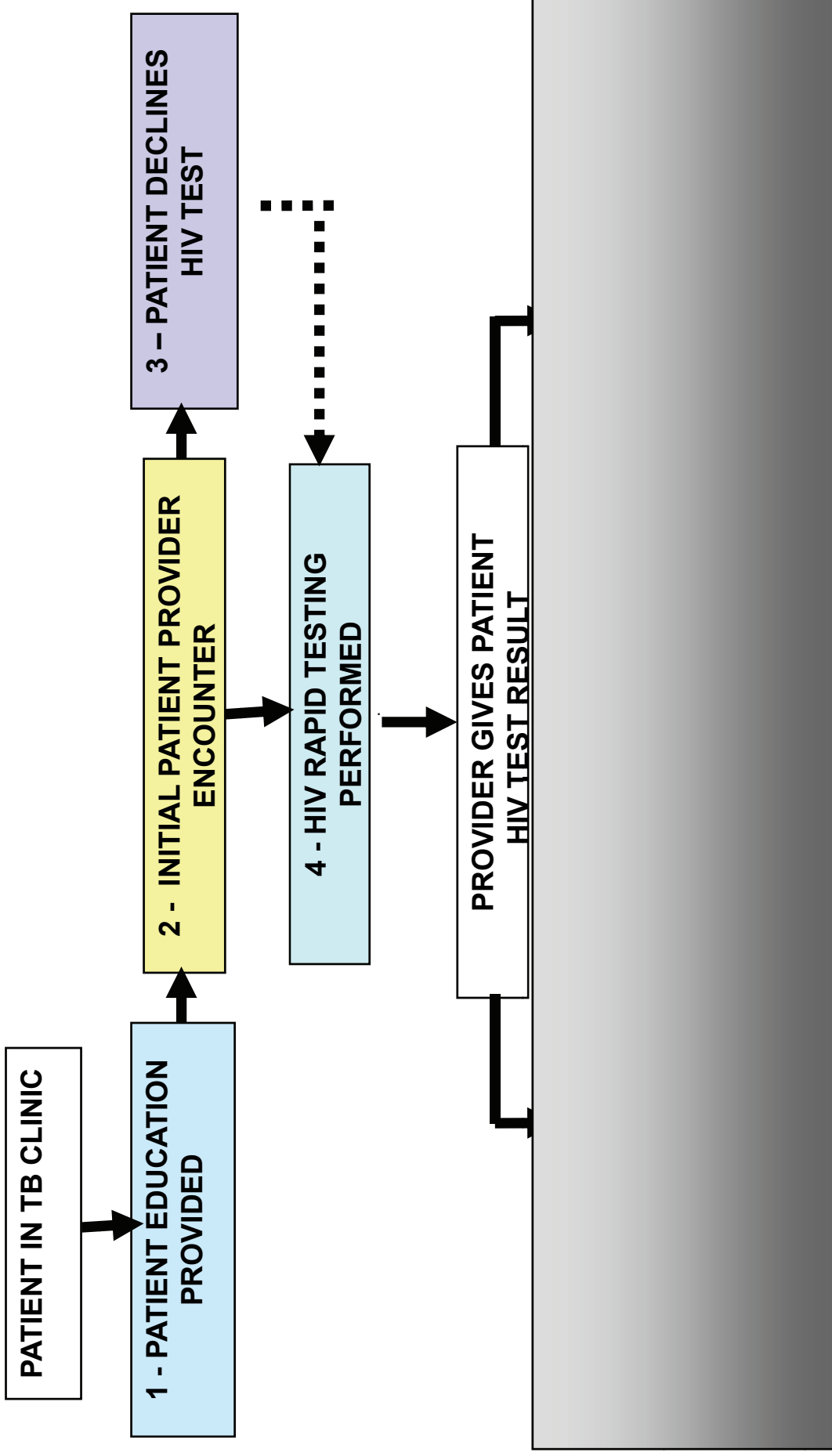
- **What are your fears and concerns about performing DTC?**

TB and HIV

	TB	HIV
Deadly disease	Yes	Yes
Transmission	Through air (i.e., coughing, sneezing)	Through blood & body fluids (i.e., sex, mother to child, IDU, needle sticks)
Treatment	Yes (6-8 mo.)	Yes (life time/long term)
Cure	Yes	No
Prevention	Cover mouth, ventilation	A,B, C

DTC Protocol Script
Steps 1 – 4
(Pre-Test Counseling and HIV Testing)

DTC Pretest Counseling



Step 1 - Patient Education Provided

- **Varies according to clinic setting and materials available**
- **Can include**
 - **Group health education sessions in clinics**
 - **Personal discussions with health professionals**
 - **Fact sheets, brochures, flip charts, posters**

Step 2 - Initial Patient Provider Encounter

- Inform patient of importance of HIV testing
- Describe how many persons with TB also have HIV
- Discuss how it impacts TB treatment
- Inform patient of the benefits of testing
- Emphasize that diagnosis of HIV is important for medical care
- Discuss how the patient will have access to comprehensive care

Step 2 - Initial Patient Provider Encounter (cont.)

- Determine HIV test history
- Discuss prevention of HIV infection and/or transmission
- Inform the patient of the right to decline HIV testing
- Respond to the patient's questions and concerns

Step 3 - Patient Declines HIV Test

- Ask patient to discuss his or her decision not to test
- Identify barriers to testing and try to solve them
- Ask patient how you can help him/her to get ready to take an HIV test
- If patient still declines the HIV test, repeat the benefits of getting the HIV test
- Provide HIV prevention messages
- Provide patient with options

Step 3 - Patient Declines HIV Test (cont.)

- Encourage patient to think about returning for a test during course of TB treatment
- Ask patient to share his or her HIV test results from other sites with the TB clinician
- Respond to any questions
- At next visit, discuss benefits of testing

Step 4 - HIV Rapid Test Performed

- Explain briefly the process of getting the HIV test
- Explain the need for taking a sample of the patient's blood for a test to be performed
- Explain the options for where the test can be performed
- Respond to any questions

Unit 5:
DTC Protocol Script Steps 5 – 6
Post-Test Counseling

DTC Protocol Script

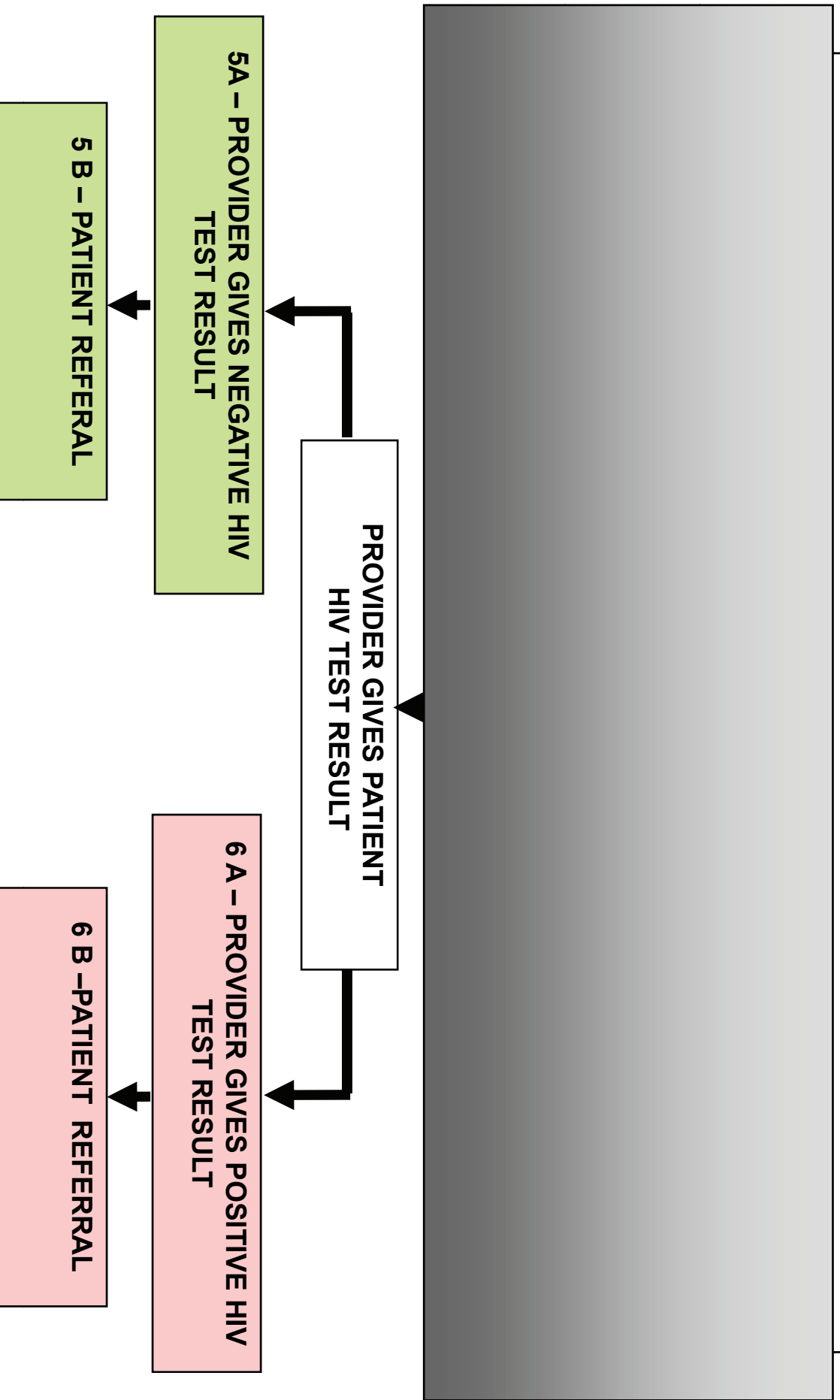
Post- Test Counseling - Steps 5 – 6

Objectives

By the end of this unit, participants will be able to:

- 1. Demonstrate DTC protocol Step 5
Provide Negative HIV Test Result and
Refer Patient.**
- 2. Demonstrate DTC protocol Step 6
Provide Positive HIV Test Result and
Refer Patient.**

DTC Post Test Counseling



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Module 3 - DTC

Step 5 – Provider Gives Negative HIV Test Results and Refers Patient

- Explain the meaning of a negative HIV test result
- Explain the need for getting re-tested in 3 months
- Explain how HIV is transmitted and why the patient's partner should be tested
- Inform patient on couple discordance and need for testing of partner

Step 5 – Provider Gives Negative HIV Test Results and Refers Patient (cont.)

- Provide HIV prevention messages
- Refer to VCT for partner testing
- Answer any questions
- Close the patient visit

Step 6 – Provider Gives Positive HIV Test Result and Refer Patient

- Explain the positive test result
- Help the patient cope
- Discuss Comprehensive Care Center and available medical care
- Explain how HIV is transmitted and why the patient's partner should be tested
- Address disclosure and partner referral

Step 6 – Provider Gives Positive HIV Test Result and Refer Patient (cont.)

- Provide prevention of HIV messages
- Provide information about community resources for patient support
- Refer patient to HIV care and treatment clinic and partner to VCT for testing
- Answer any questions
- Close the patient visit

Review

- Why is DTC important in TB clinic setting?
- What are some differences between DTC and VCT?
- What are some basic communication skills used in counseling sessions?
- What does S-O-L-E-R mean?
- What are the 6 steps in the DTC protocol?