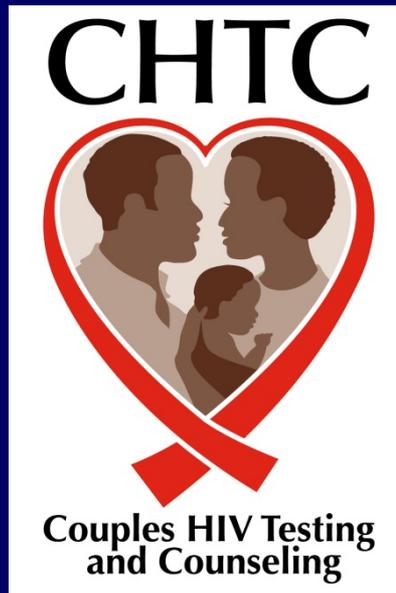


Couples HIV Testing and Counseling (CHTC) *- in Health Care Settings -*



Module Three: Overview of CHTC And Pre-test Session

Objectives for Module Three

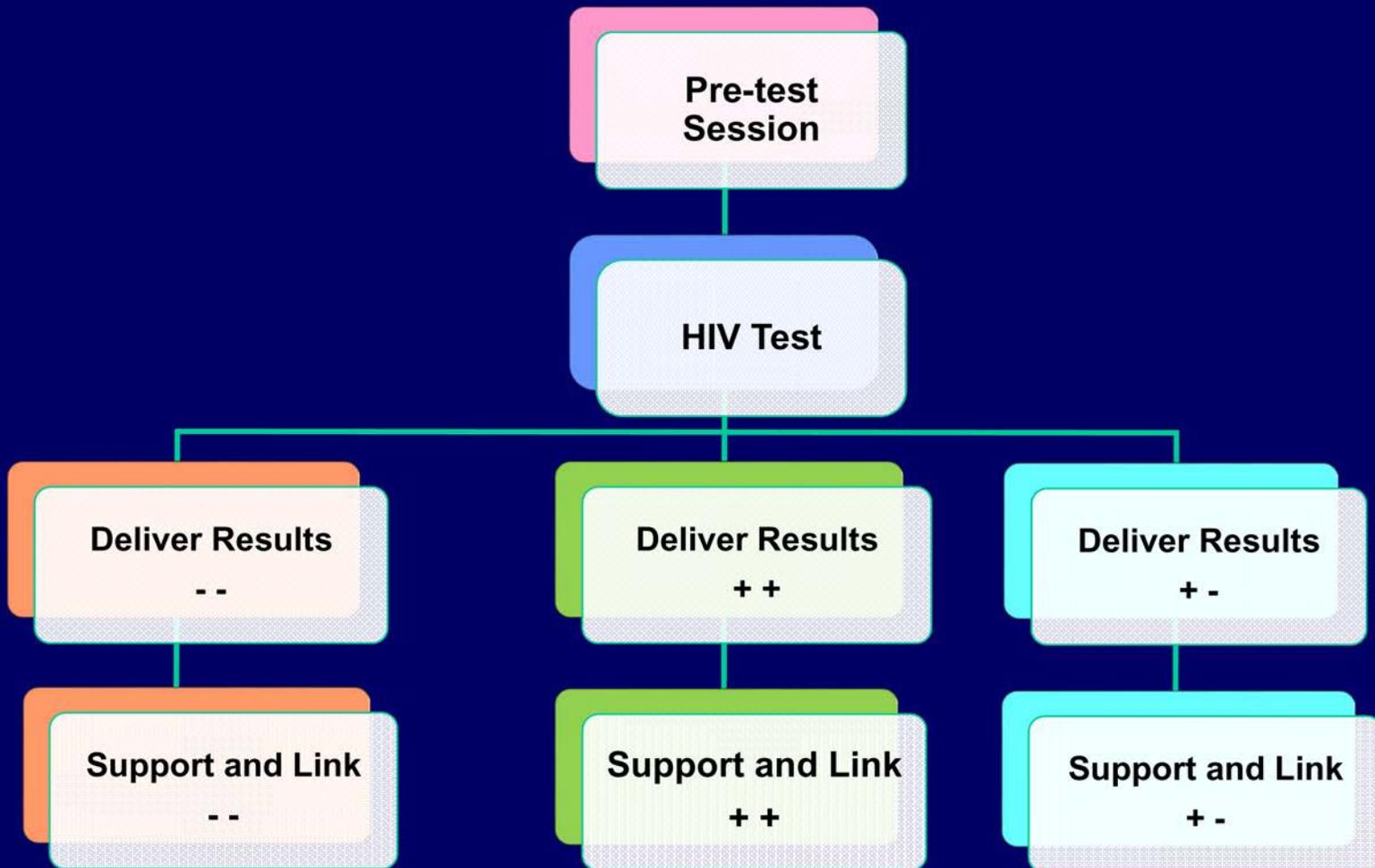
By the end of this module, you will be able to:

- ❖ Explain why it is important to keep couples together for the CHTC session
- ❖ Describe the protocol for the CHTC approach
- ❖ Describe the conditions for receiving CHTC services
- ❖ List the roles, responsibilities, and expectations of couples during CHTC
- ❖ State the key messages that are part of the CHTC pre-test session
- ❖ Describe variations to the pre-test session
- ❖ Describe the rapid HIV testing algorithm for HTC (HIV testing and counseling) and discuss how it is different from the rapid testing algorithm for individuals.

Limitations of Separating Couples During CHTC Session

- ❖ Separating undermines the couple's decision to deal with HIV in their relationship together.
- ❖ Provider may learn information one partner is unwilling to disclose to the other.
- ❖ Confidential issues may influence provider to support one partner unintentionally.
- ❖ Separating partners implies there are secrets while mutual discussion reinforces trust.

Key Components of the CHTC Protocol



Conditions for Receiving CHTC Services

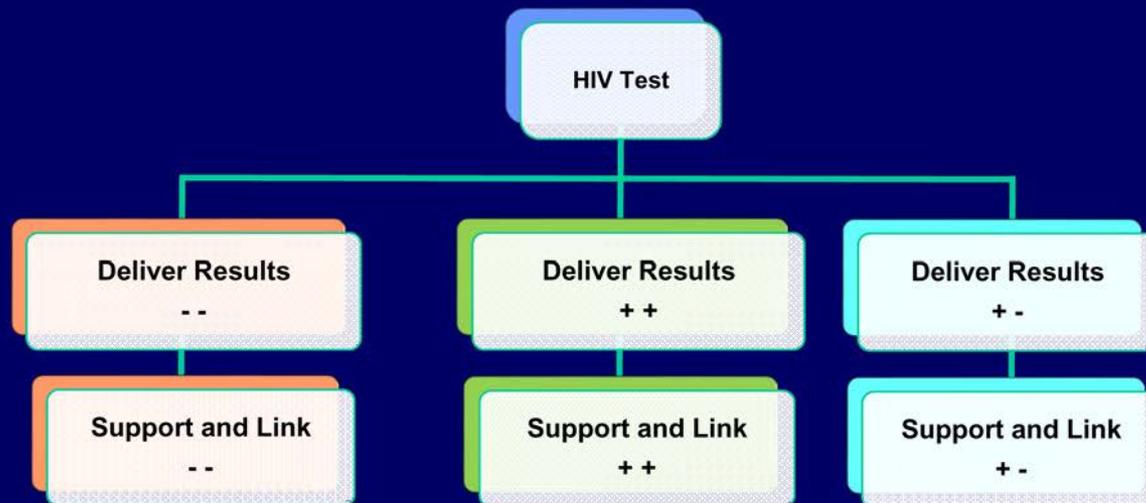
Before receiving CHTC, couple must agree to:

- ❖ Receive their HIV test results together
- ❖ Make decisions about mutual disclosure together
- ❖ Discuss HIV risk issues and concerns together
- ❖ Participate equally in discussion
- ❖ Respect and support each other

Components of the CHTC Protocol

Pre-test Session

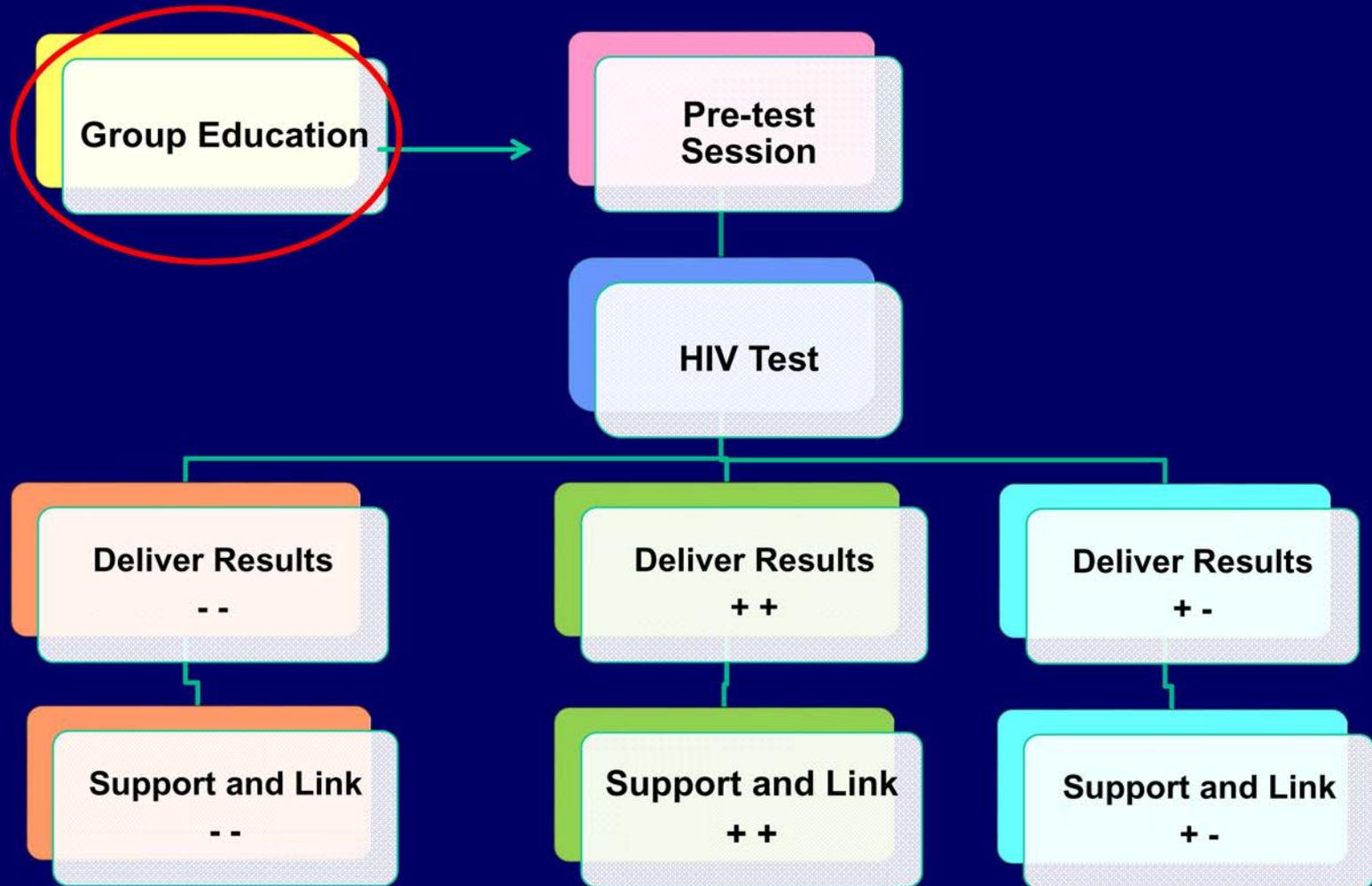
- Introduce the couple to CHTC.
- Emphasize that CHTC is voluntary.
- Remind couples that test results are confidential.
- Remind couples that declining CHTC will not affect their access to other health services.
- Describe the benefits of CHTC.
- Describe and mutually agree to conditions for receiving CHTC.
- Explain the three types of possible test results.
- Address the couple's questions and concerns.



Importance of Client Confidentiality

- ❖ In some cases both partners do not know their HIV status and will learn it for the first time.
- ❖ In other cases one partner might know his or her status and the other partner may not.
 - One partner may or may not have disclosed his or her HIV status to the other partner.
 - Getting tested together is one way to help the patient disclose his or her status to the spouse or partner.
- ❖ Ask if both members of the couple want to be tested.

Variations of the CHTC Protocol: Group Education



Variations of the CHTC Protocol: Group Education (2)

Group Education

- Introduce CHTC.
- Emphasize that CHTC is voluntary.
- Remind couples that test results are confidential.
- Remind couples that declining CHTC will not affect the couple's access to other health services.
- Describe the benefits of CHTC.
- Explain three types of possible test results.

Pre-test Session

- Reinforce group education discussion and answer any questions couple has.
- Describe conditions for receiving CHTC and get couple agreement.
- Address couple's questions and concerns.

