

Module 1

Submodule 1: Overview and epidemiological issues for voluntary counselling and testing

INSTRUCTIONS

Activity 1: 'The HIV transmission game'

Objective: To help trainees experience how quickly HIV can spread.

Methodology: Role-play

Time allotted: 20 minutes

- Prepare folded slips of paper, one for each trainee and one for yourself—25% marked with a '+' (plus) sign, 75% with a '-' (a minus) sign. Keep one for yourself too, making sure it has a '+' sign on it.
- Ask each trainee to take a slip of paper from a box or a hat. Emphasize that no one should look at his/her slip of paper until the end of the exercise.
- Ask the trainees to move freely about the room, stopping to greet trainees by shaking their hand. Do this yourself as well.
- After each person has greeted 4 or 5 trainees, stop the activity and ask everyone to look at their slips of paper.
- Ask all those who have a '+' (plus) sign on their paper to come forward. Explain that these people are playing HIV-positive individuals. Reinforce the point that there is no risk of catching HIV through normal social greeting—this is a game to show how fast HIV can spread.
- Then ask all trainees who greeted anyone with a '+' (plus) sign on their slip of paper to come forward to join their friends. Explain that this game is pretending that these people are playing individuals at high risk of being infected with the HIV virus.
- Next, address the remaining participants. Explain that the status of these people is unknown. They may be friendly with HIV-infected individuals before they had acquired the infection; but in any case, they are at risk.
- Finally, ask the following questions, according to this game :
 - How many people were originally infected with the HIV virus?
 - How many are at high risk of being infected?
 - How many others are at risk of being infected?
 - How many remain uninfected?
 - What does this activity tell us about the spread of HIV in the community?

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Submodule 1: Overview and epidemiological issues for voluntary counselling and testing

Time allotted: 1 hour

TRAINING MATERIALS

- Handout (HO), including those containing regional HIV/AIDS data (to be updated yearly, visit the NACO website: www.nacoonline.org)
- PowerPoint (PPT) presentation (to be updated yearly from the NACO website.)
- Activity sheet
- Question box

CONTENTS

- What is HIV/AIDS?
- HIV/AIDS care and treatment
- HIV situation in India
- HIV trend analysis for Indian states

SESSION INSTRUCTIONS

1. Conduct Activity 1: The HIV transmission game.
2. Lecture using the PPT presentation. During the presentation, ask questions to keep trainees actively involved in the presentation, e.g. before showing patterns of infection among vulnerable subgroups, ask the trainees which groups they think are the most vulnerable to HIV infection.
3. Summarize the key points of the session.
4. Ask the group if they have any questions and remind them of the question box.

Session Plan

Module 1

Submodule 2: Introduction to HIV testing

Time allotted: 1 hour 30 minutes

TRAINING MATERIALS

- HO
- PPT presentation
- Activity sheet
- Question box

CONTENTS

- Laboratory diagnosis of HIV infection
- Situations when HIV antibody assays cannot be used to diagnose HIV infection
- Counselling issues related to HIV antibody result provision
- Assays for staging HIV disease and monitoring the efficacy of ART
- Ensuring the quality of HIV testing in VCT services

SESSION INSTRUCTIONS

1. Lecture using the PPT presentation.
2. Ask questions to keep trainees actively involved, e.g. ask trainees to write a list of what they perceive are the strengths and weaknesses of rapid tests for VCT in their cultural and workplace settings.
3. Summarize the key points of the session.
4. Ask the group if they have any questions and remind them of the question box.

Activity Sheet

Module 1

Submodule 3: Role of VCT in HIV prevention, care and support

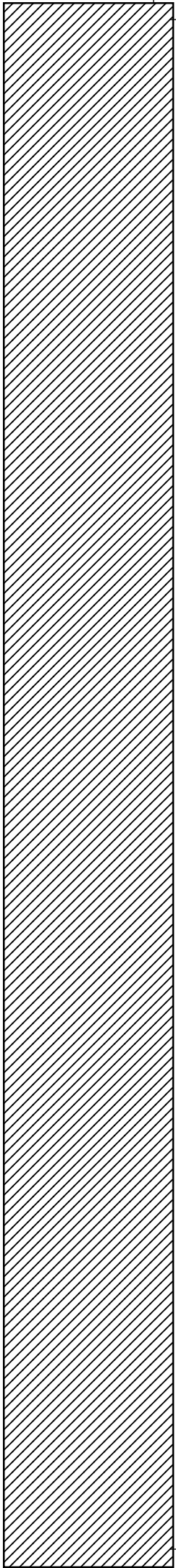
INSTRUCTIONS

Activity 1

- Divide trainees into three small groups and nominate a spokesperson for the group.
- Each group only has only 10 minutes to prepare. Presentations to the larger group should not be longer than 10 minutes.

Activity 2

- Divide trainees into two groups A and B. Nominate a spokesperson for each group.
- Ask group A to discuss advantages and disadvantages of voluntary testing and group B on mandatory testing. Give them 10 minutes to prepare.



ACTIVITY 1

Group 1

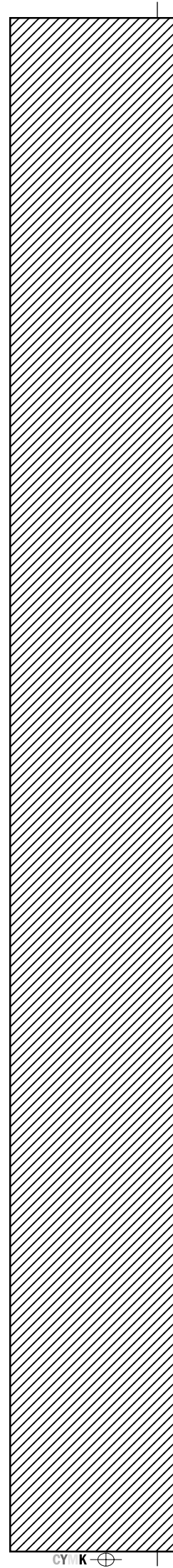
You are asked by your hospital to justify why VCT is important. The Director of the hospital has asked you to make a short 10 minute presentation at the staff meeting. The Director does not see any reason why testing cannot proceed as it already does in the hospital where blood is collected and the patient is told that they must have a HIV test. The Director also says that they will provide health information about HIV in a brochure.

Group 2

You have been asked to provide a briefing paper for an advertising company that is going to market VCT to the community. You will need to think about how to explain to the general public about what VCT is and why they may want to attend for VCT. They will also need to know about privacy and confidentiality.

Group 3

Many VCT services have difficulty attracting men. How could we market VCT to men? Before you decide what to do it may be useful to discuss the reasons why men may not request or attend VCT services.



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Submodule 3: Role of VCT in HIV prevention, care and support

Time allotted: 1 hour 30 minutes

TRAINING MATERIALS

- HO
- PPT presentation
- Activity sheet
- Question box

CONTENTS

- What is VCT?
- VCT versus traditional health-care services
- VCT: The gateway to HIV prevention and care
- Purpose of HIV testing
- United Nation's Policy on VCT
- Counselling in VCT
- Legislation and public education to prevent discrimination
- Quality control
- Need to scale up VCT services
- Evidence of the effectiveness of VCT in HIV prevention and care
- Beneficial disclosure and ethical partner notification
- Requirements for successful VCT implementation
- Public health challenges

SESSION INSTRUCTIONS

1. Conduct Activity 1: Maintaining confidentiality.
2. Lecture using the PPT presentation.
3. Ask questions to keep trainees actively involved, e.g. before showing patterns of infection among vulnerable subgroups, ask trainees which groups they think are the most vulnerable to HIV infection.
4. Conduct Activity 2: Voluntary versus mandatory testing.
5. Summarize the key points of the session.
6. Ask the group if they have any questions and remind them of the question box.

