

Evaluation Form 1

Pre- and post-training knowledge questionnaire

Code number: _____

Score _____

1. List the three routes of HIV transmission.

- 1.
- 2.
- 3.

2. List three ways HIV is *not* transmitted.

- 1.
- 2.
- 3.

3. What do we call the period between when a person becomes infected with HIV and when it is possible to detect HIV antibodies?

4. A person can transmit HIV to someone else as soon as they become infected.

True/ False (underline correct response)

5. What are the two ways to test for the presence of HIV in a person?

- 1.
- 2.

6. All babies born to HIV positive mothers will test positive for HIV antibodies at birth.

True/ False

7. Give three reasons why HIV counselling is important.

- 1.
- 2.
- 3.

Pre- and post training knowledge questionnaire

8. Someone you see for pre-test HIV counselling tells you they have a partner but had sex with someone else four months ago. They did not use condoms with the other person and want to make sure they did not get HIV. The only other person they have had sex with is their regular partner. They do not use condoms with their regular partner because they trust them. They last had sex with their regular partner two days ago. Should this person have follow-up test?

Yes / No (*Underline correct response*)

9. In order what are the four principles of transmission?
- 1.
 - 2.
 - 3.
 - 4.
10. Underline which of the following are the **highest** risk behaviours for the transmission of HIV:
- Sharing needles to inject drugs
 - Kissing
 - A woman getting semen into her mouth
 - Mutual masturbation (male to male)
 - A baby in womb during mother's seroconversion to HIV
 - Mopping up blood spill
 - A man receiving oral sex from a woman
 - Anal sex with ejaculation
11. List four things that should be covered in a pre-test counselling session.
- 1.
 - 2.
 - 3.
 - 4.
12. List three ways to show you are listening to a client.
- 1.
 - 2.
 - 3.
13. Name two types of questioning used in counselling and give an example of each.
1. Example:
 2. Example:

14. When taking a risk practices history with a client who has had an occupational exposure to HIV you should not ask them any questions about their sexual history.

True / False

15. List four things you should cover when giving someone a negative HIV test result. (Order is not important)

- 1.
- 2.
- 3.
- 4.

16. What are the five things you should cover when giving someone a positive HIV test result? (Order is not important)

- 1.
- 2.
- 3.
- 4.
- 5.

17. Rapid HIV tests have low sensitivity and may miss identifying HIV infection.

True / False

18. You are using a serial rapid HIV test algorithm on a client. The test comes back HIV positive on one test. You run another test and it comes back positive. Can you report the test to the client that the tests are positive?

True / False.

19. You are a VCT counsellor. A male client has come for a test today. He admits he has visited sex workers when he goes out of town on business. You later recognise this man to be the husband of a woman attending your daughter's school. This woman has become a friend and you feel you should warn her about her husband's behaviour. As a counsellor, you should warn this woman of her husband's behaviour.

True / False

Pre- and post training knowledge questionnaire

20. List three self-care strategies for counsellors.
- 1.
 - 2.
 - 3.
21. Imagine there is a needle stick injury in the hospital. The client is sent to you after the injury. List in **correct order** from the first thing you should do down to the last one for VCT in the context of the management of occupational exposure (Assume that post-exposure prophylaxis is [PEP] is available for occupational exposures amongst health workers).
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
22. When a client discloses a sexual assault what are the first three things you should do before conducting a forensic interview?
- 1.
 - 2.
 - 3.
23. Is there any evidence that there is a reduction in risky sexual behaviour of IDUs following VCT?
- Yes / No
24. Provide at least three examples of how to make a service more user friendly for MSM.
- 1.
 - 2.
 - 3.
25. List three ways HIV can be transmitted in prison.
- 1.
 - 2.
 - 3.

Pre- and post training knowledge questionnaire

26. Provide at least two reasons why young people might be at risk of HIV infection.

- 1.
- 2.

27. What are the three signs that would indicate that a client is at high risk for suicide?

- 1.
- 2.

28. Underline only the **NO** HIV transmission risk method to guarantee that HIV is not transmitted from mother-to-child through breastfeeding.

- Exclusively breastfed babies
- Only use breast milk supplement
- Mix feed a combination of breast milk and supplement to reduce risk of infection
- Wet nurse (ask another woman to provide breast milk)

29. List three reasons why you might need to refer a client to another service or institution.

- 1.
- 2.
- 3.

30. List three advantages of group supervision for counsellors.

- 1.
- 2.
- 3.

Evaluation Form 2

Pre- and post-training knowledge questionnaire: Answer sheet

Code number: _____

1. List the three routes of HIV transmission. (One point for correct answer)
 1. Sexual
 2. Exposure to infected blood, blood products, or transplanted organs or tissues:
 3. Mother-to-child (infected mother to her infant before, during, or after birth)

2. List three ways HIV is *not* transmitted.
(One point for each correct answer—maximum three points)

Shaking hands, hugging, touching or kissing, using toilets, swimming pools, sharing eating or drinking utensils, through insects (such as mosquitoes).

3. What do we call the period between when a person becomes infected with HIV and when it is possible to detect HIV antibodies?
(One point for correct answer)

The window period

4. A person can transmit HIV to someone else as soon as they become infected.
(One point for correct answer)

True / False

5. What are the two ways to test for the presence of HIV in a person?
(One point for each correct answer—maximum two points)
 1. The HIV antibody test, (which is often just referred to as the HIV test)
 2. The antigen test (PCR)
6. All babies born to HIV positive mothers will test positive for HIV antibodies at birth. (One point for correct answer)

True / False

(Infants born to HIV infected mothers will have antibodies to HIV in their serum as a result of maternal-foetal transfer during pregnancy, delivery or breastfeeding but they may not necessarily be infected.)

7. Give two reasons why HIV counselling is important. (One point for each correct answer—maximum two points)
- Prevention counselling and behaviour change can prevent transmission
 - HIV diagnosis has many implications—psychological, social, physical, spiritual
 - HIV is a life threatening illness and it is lifelong
 - Counselling can help a person to deal with an HIV positive result
 - Counselling can provide information on other services
 - Counselling can help to address other issues in the client's life which might impact on HIV
8. Someone you see for pre-test HIV counselling tells you they have a partner but had sex with someone else four months ago. They did not use condoms with the other person and want to make sure they did not get HIV. The only other person they have had sex with is their regular partner. They do not use condoms with their regular partner because they trust them. They last had sex with their regular partner two days ago. Should this person have follow up test? (One point for correct answer)

True / False

9. In order, what are the four principles of transmission? (One point for correct answer—maximum one point)
1. Exit—Virus must exit the body of an infected person
 2. Survive—The virus must remain alive and able to infect
 3. Sufficient—The virus must be in sufficient quantity to cause infection
 4. Enter—The virus must be able to enter another's body blood
10. Underline which of the following are the **highest** risk behaviours for the transmission of HIV: (Award one point for correct answer—maximum three points)
- **Sharing needles to inject drugs**
 - Kissing
 - A woman getting semen into her mouth
 - Mutual masturbation (male to male)
 - **A baby in womb during mother's seroconversion to HIV**
 - Mopping up blood spill
 - A man receiving oral sex from a woman
 - **Anal sex with ejaculation**

Pre- and post-training knowledge questionnaire: Answer sheet

11. List four things that should be covered in a pre-test counselling session.
(Award one point for correct answer—maximum four points for any of the following)
1. Clinical risk assessment
 2. Safe sex and safe injecting information.
 3. Personal risk reduction plan
 4. Assessment of personal coping strategies if test was to come back HIV positive
 5. Basic information about the HIV test meaning of results and the window period.
 6. Discussion of any potential negative social and legal issues related to a possible HIV diagnosis.
12. List three ways to show you are listening to a client.
(Award one point for correct answer—maximum three points for any of the following)
1. Make eye contact
 2. Use minimal encouragers (mmmh, ah ah etc.)
 3. Summarize (paraphrase) information the client has told you and repeat back to check that you have understood.
13. Name two types of questioning used in counselling and give an example of each.
(Give one mark for each correct answer, to a maximum of three)
1. Open questions Example: What difficulties do you have practising safer sex?
(The example would probably start with who, what, where, why and require the trainee to give more than a single word response.)
 2. Closed questions Example: You do know that you should use a condom, don't you?
(The example would be a question that will only get a single word response like yes or no.)
14. When taking a risk practices history with a client who has had an occupational exposure to HIV you should not ask them any questions about their sexual history.
(One point for correct answer.)

True/ **False**

15. List four things you should cover when giving someone a negative HIV test result. (Order is not important)

(One point for any of the below response—maximum of four points)

- *Provide the result and explain the meaning*
- *Check for any window period exposure*
- *Advise client of any need or date to retest*
- *Assist client in solving any difficulties in practising safer sex or safer injecting*
- *Suggest partner is tested*
- *Reinforce safer sex/injecting issues.*

16. What are five things you should cover when giving someone a positive HIV test result? (Order is not important)

(One point for any of the below response—maximum of five points)

- *Provide the result and explain the meaning*
- *Assess for ability to cope with result including suicide risk assessment*
- *Assist client in concrete planning (e.g. who to tell, how they will get home from your office, what will they do over the next couple of days)*
- *Refer for follow up medical investigations*
- *Reinforce safer sex/injecting issues*
- *Discuss disclosing HIV status to current or future sexual partners*

17. Rapid HIV tests have low sensitivity and may miss identifying and infection.

True / **False**

18. You are using a serial rapid HIV test algorithm on a client. The test comes back HIV positive on one test. You run another test and it comes back positive. Can you report the test to the client as positive? (One point for correct answer.)

True / False

19. You are a VCT counsellor. A male client has come for a test today. He admits he has visited sex workers when he goes out of town on business. You later recognise this man to be the husband of a woman attending your daughter's school. This woman has become a friend and you feel you should warn her about her husband's behaviour. As a counsellor, you should warn this woman of her husband's behaviour. (One point for correct answer.)

True / **False**

Pre- and post-training knowledge questionnaire: Answer sheet

20. List three self-care strategies for counsellors. (One point for any of the below response—maximum of three points)

Any three of the following:

- *Regular exercise*
- *Using relaxation techniques*
- *Discuss issues with another professional colleague (protecting client's confidentiality)*
- *Attend peer support peer supervision group*
- *Attend clinical supervision*
- *Be organized in your office*
- *Keep educating yourself about counselling and HIV*

21. Imagine there is a needle stick injury in the hospital. The client is sent to you after the injury. List in correct order from the first thing you should do down to the last one for VCT in the context of the management of occupational exposure (Assume that post exposure prophylaxis is [PEP] is available for occupational exposures amongst health workers).

(One point for each correct answer, response must be in correct order—maximum five points)

- *First aid*
- *Exposure risk assessment and feedback on risk*
- *Prophylaxis counselling—including informed consent for ARV's*
- *Pre-test counselling*
- *Blood drawn for baseline*

22. When a client discloses a sexual assault what are the first three things you should do before conducting a forensic interview? (One point for each correct answer—maximum three points)

- *Ensure clients immediate safety*
- *Contact police/authorities (if the client gives you consent to do so)*
- *Provide immediate medical care if required*

23. Is there any evidence that there is a reduction in risk sexual behaviour of IDUs following VCT?

(One point for correct answer)

Yes / No

The majority of studies show a reduction in risky sexual behaviour of IDUs following VCT.

24. Provide at least three *examples* of how to make a service more user friendly for MSM. (One point for each correct answer—maximum three points)
- *An anonymous service*
 - *Assures confidentiality*
 - *Staff who do not make value judgements about behaviours*
 - *Provides appropriate IEC material; is open at appropriate times such as late at night on at least some nights and on weekends*
 - *Is located in an accessible area*
 - *Provides free or low cost HIV and STI testing*
 - *Provides free or low cost condoms and water-based lubricant*
25. List three ways HIV can be transmitted in prison. (One point for each correct answer—maximum three points)
- *Sharing of injecting equipment*
 - *Sexual transmission*
 - *Tattooing 'blood brother' or group rituals with blunt instruments*
 - *Poor infection control in custodial medical settings*
26. Provide at least two reasons why young people might be at risk of HIV infection (One point for each correct answer—maximum two points)
- *Belief in their own invincibility / inaccurate risk perception*
 - *Lack of ability to negotiate safe sex*
 - *Difficulty to disclose status to parents, partners etc.*
 - *Abuse by health service providers.*
 - *Normal tasks of adolescence*
 - *Greater peer influence*
27. What are the three signs that would indicate that a client is at high risk for suicide? (Any three of the below—maximum of three points)
- *Previous history of suicide attempt or thoughts or history of previous self harm*
 - *Clear plans for suicide—able to describe how they would commit it*
 - *History of significant (high) of drug and alcohol use*
 - *History of depression*
 - *Has been on antidepressants (such as Serotonin reuptake inhibitor)*
 - *Image conscious*

Pre- and post-training knowledge questionnaire: Answer sheet

28. Underline the only 'no risk' method to guarantee that HIV is not transmitted from mother-to-child through breastfeeding. (One point for correct answer)

- Exclusively breastfeed babies
- Only use breast milk supplement
- Mix feed a combination of breast milk and supplement to reduce risk of infection
- Wet nurse (ask another woman to provide breast milk)

29. List three reasons why you might need to refer a client to another service (Any three of the below—maximum of three points)

- *Social support*
- *Specialized medical care*
- *Home-based or community care*
- *Legal support*
- *Income generation activities*
- *Palliative care*

30. List three advantages of group supervision for counsellors. (Any three of the below—maximum of three points)

- *There is richness in having access to and hearing other people's work*
- *For people working in isolated ways the group provides interaction with colleagues and a sense of belonging*
- *It allows fuller feedback and reflection of who you are as a counsellor*
- *If safe enough, it's the place where you can be authentic, take risks and disclose failure or vulnerability and be helped to do something about it*
- *It is possible to receive support and challenge at the same time*
- *You can rest as well as be active*
- *There is opportunity to learn to supervise others—and practice.*

Pre-and post-knowledge questionnaire: Result sheet

Code number	Pre-course total score	Post-test total score
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
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20.		
21.		
22.		
23.		
24.		
25.		

For data analysis

Paired sample test

Range and standard deviation from mean

Evaluation Form 3

HIV Counselling: Training evaluation

Please circle the most appropriate response.

1. The training provided me with knowledge to conduct voluntary counselling and testing (VCT) with clients:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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2. The training provided me with skills to conduct VCT with clients:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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3. The teaching methods used were helpful in developing practical skills:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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4. Most of the trainers demonstrated that they knew the material:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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5. Most of the trainers had good presentation skills:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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6. Most of the trainers demonstrated that they had practical experience in HIV counselling:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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7. On a scale of 0–10, to what extent has your knowledge of the following areas changed as a result of the training.

(Please indicate your response by placing a cross on one of the numbers).

- HIV epidemiology / HIV transmission:

0	1	2	3	4	5	6	7	8	9	10
/...../	/...../	/...../	/...../	/...../	/...../	/...../	/...../	/...../	/...../	/...../
Not				A little						A lot
at all										

10. List three changes you could implement in your work as a result of completing this training?

11. Is there any other information you would like to have included in this training?

12. Do you have any other recommendations for changes to the training?

Evaluation Form 4

HIV Counselling: Trainer evaluation

Please circle the most appropriate response.

1. The trainer of this session had good presentation skills:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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2. The trainer of this session demonstrated that they knew the material:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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3. The trainer of this session was able to answer questions from the delegates:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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4. The trainer of this session demonstrated that they had practical experience in HIV counselling:

Very much disagree	Somewhat disagree	Don't know	Somewhat agree	Very much agree
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5. Do you have any other comments about the trainer?
