Counseling on Dual Protection: STD/HIV and Pregnancy

A Guide for Project Staff, Community Health Outreach Workers (CHOWs) and Peer Educators (PEs)
This publication was produced by PATH for the PRIME II Project and the AIDS Surveillance and Education Project. It was made possible through support provided by the Center for Population, Health and Nutrition, Global Bureau, U.S. Agency for International Development (USAID), under the terms of Grant No. HRN-A-00-99-00022-00 and by USAID/Manila, under the terms of the Cooperative Agreement No. AID 492-A-00-93-00107-00. The views expressed in this document are those of the authors and do not necessarily reflect the views of the U.S. Agency for International Development.

© 2002 Intrah/The PRIME II Project

Acknowledgements are made to the following for their inputs and comments on this job aid:

Linda Bruce, PATH
Marlyn Borromeo, PATH
Carmina Aquino, PATH
Staff from Bidlisiw, Cebu
Staff from Freelava, Cebu
ASEP Community Health Outreach Workers

Published March 2003
Introduction

The purpose of this job aid is to strengthen the capacity of community health outreach workers and peer educators to counsel at groups at risk of STI/HIV and/or unwanted pregnancy on dual protection. It was designed to clarify job expectations, reinforce job responsibilities and policies, and to reduce reliance on memory to perform optimally on the job. The job aid uses a performance-oriented methodology pioneered by Dr. J.H. Harless and was written at a 7 grade reading level to ensure ease of use.

Who can use this job aid?

Community health workers and project staff who have had some level of training on STI/HIV/AIDS and pregnancy prevention can use this job aid.

When should the job aid be used?

It should be used to counsel groups who are at risk of STI/HIV and/or unwanted pregnancy on harm reduction and dual protection.

How should the job aid be used?

1. Review the entire contents of the job aid to become familiar with the contents.

2. Refer to the job aid when counseling on STI/HIV and pregnancy prevention.

3. Use the job aid as an educational tool when counseling a client.
Preparing for an Outreach Visit: A Checklist

- Wear proper attire
- Outreach Identification Card
- Sufficient IPC sheets
- Several ball pens
- STD Booklet
- IEC materials
  - Frequently Asked Questions
  - IEC on general discussion on condom use
  - STD booklet
  - Others
- Condoms for demonstration
- Condoms for distribution
  - Free
  - For sale
- Packet of Pills for demonstration
- Penis model
- Referral information and STD Recognition form
Step 1: Ask permission to talk.

Step 2: Find a conducive place to talk.

Step 3: Introduce self.
   - Name
   - NGO
   - Project
   - Nature of work

Step 4: Build rapport.
   - Assure confidentiality
   - Ask name or alyas or aka
   - Ask how long have they been hanging out in this place

Step 5: Use good communication skills when counseling client:
   - Listen
   - Paraphrase
   - Ask probing questions
   - Acknowledge and validate
   - Assure and re-assure
   - Support and model desired behaviors

Do not do the following during outreach work:
   - Use alcohol or drugs
   - Engage in gambling
   - Lend/borrow money to/from target audience
   - Smoke
**Risk Reduction Counseling (RRC)**

**Step 1: Assess STD/HIV and pregnancy risk and give core messages.**

<table>
<thead>
<tr>
<th>If a person:</th>
<th>Then:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had sex with different partners in the past month.</td>
<td>1) Tell them to:</td>
</tr>
<tr>
<td></td>
<td>• Reduce sexual partners</td>
</tr>
<tr>
<td></td>
<td>• Use condoms correctly and consistently</td>
</tr>
<tr>
<td></td>
<td>2) Show how to use condom correctly.</td>
</tr>
<tr>
<td>Is not sure how to prevent STD/HIV and unwanted pregnancy.</td>
<td>Explain that consistent and correct condom use prevents STD/HIV and</td>
</tr>
<tr>
<td></td>
<td>unwanted pregnancy.</td>
</tr>
<tr>
<td>Had sex with someone without using condom in the past.</td>
<td>1) Tell them:</td>
</tr>
<tr>
<td></td>
<td>• Not using condom puts you at risk of STD/HIV and unwanted pregnancy.</td>
</tr>
<tr>
<td></td>
<td>• Use condom correctly and consistently with all partners.</td>
</tr>
<tr>
<td></td>
<td>2) Show how to use condom correctly.</td>
</tr>
<tr>
<td></td>
<td>3) Talk to them about contraception to prevent pregnancy.</td>
</tr>
<tr>
<td></td>
<td>4) Refer to clinic if he/she has symptoms like discharge, pain on</td>
</tr>
<tr>
<td></td>
<td>urination, itchiness, or genital sores.</td>
</tr>
<tr>
<td>Drinks alcohol, uses marijuana or shabu, injects drug before having sex.</td>
<td>Explain that alcohol/drug impairs judgement and makes them less</td>
</tr>
<tr>
<td></td>
<td>likely to use condom.</td>
</tr>
<tr>
<td>Has a discharge, pain on urination, itchiness, or genital sores.</td>
<td>1) Counsel on STD/HIV prevention (refer to page 6).</td>
</tr>
<tr>
<td></td>
<td>2) Fill in the referral information and STD recognition form and refer</td>
</tr>
<tr>
<td></td>
<td>to clinic.</td>
</tr>
</tbody>
</table>


Step 2: Ask for feedback or questions.

Step 3: End conversation:

- Refer to a clinic to be screened for STD or pregnancy prevention, if needed.
- Inform them about the different clinics and pharmacies where they can go.
- Give calling card/address of organization and schedule next appointment.
- Give IEC materials and condom.
- Thank them for their attention.
1. **Discuss risks of STDs:**
   - Can increase your risk of getting HIV
   - Can remain in the body if not treated
   - Can be life-threatening
   - Can cause infertility, miscarriage, ectopic pregnancy and other problems in women
   - Can cause sterility and impotency (inability to have an erection) in men

2. **Explain how STDS are transmitted:**
   - Sexual intercourse without condoms (vaginal, anal and oral)
   - Blood transfusion from infected blood; sharing of contaminated needles and syringes
   - Mother-to-child

3. **Discuss common signs and symptoms of STDs:**
   - **No** symptoms, especially among women
   - Pain on urination
   - Itchiness
   - Discharge
   - Genital sores

4. **Discuss how to prevent STDs:**
   - Limit number of sexual partners.
   - Use condoms with **all** partners, including your boyfriend/husband.
   - Use only **one** condom for each sexual intercourse.
   - Don’t share needles.
5. Discuss link between STD and HIV/AIDS:
   - People infected with STD are more likely to contract and transmit HIV.
   - Same mode of transmission
   - Same preventive measures

6. Demonstrate how to use condom correctly:

<table>
<thead>
<tr>
<th></th>
<th>1. Make sure the condom is not expired.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2. Pinch the tip of the condom to remove air.</td>
</tr>
<tr>
<td></td>
<td>3. Put on erect penis.</td>
</tr>
<tr>
<td></td>
<td>4. Roll the condom down to the base of the penis.</td>
</tr>
<tr>
<td></td>
<td>Do <strong>not</strong> use lotion or oil as lubricant.</td>
</tr>
<tr>
<td></td>
<td>5. Withdraw while the penis is still erect holding on to the base of the condom.</td>
</tr>
<tr>
<td></td>
<td>6. Make sure not to tear the condom and carefully take it off.</td>
</tr>
<tr>
<td></td>
<td>7. Tie and knot condom and throw it in the trash.</td>
</tr>
</tbody>
</table>
7. Ask client to make return-demonstration on correct condom use.

8. If there are signs and symptoms of STDs:
   a) Fill-in the referral information and STD recognition form
   b) Refer to clinic
1. **Teach clients ways to get a condom:**
   - Tell PE or CHOW you need condoms
   - When purchasing condoms, tell pharmacy personnel you are buying for someone else
   - Go to supermarkets or store where condoms can be picked up easily on the counter
   - Have someone else purchase the condom for you

2. **Tell clients to always have a condom with them before thinking of sex.**

3. **Teach clients how to negotiate condom use:**
   - Talk to your partner about condom use **before** sex
   - Be assertive not aggressive—think about what you will say ahead of time
   - Always carry condoms with you
   - Put condom on using other techniques, like with your mouth or using 2-fingers

4. **Tell clients how they can respond to arguments against using condoms:**

<table>
<thead>
<tr>
<th>If a person says:</th>
<th>Tell Them:</th>
</tr>
</thead>
</table>
| “Only sick or unhealthy people use condoms” | 1) People who look healthy can be sick.  
2) Always use condom during sex.                        |
| “There is no sensation”                  | Condoms can extend an erection and adds to the pleasure.                  |
| “It will tear or break”                  | 1) Condoms are tested to ensure quality.  
2) If you use it properly, it will not break or tear.  |
<table>
<thead>
<tr>
<th>If a person says:</th>
<th>Tell Them:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3) Condoms should <strong>not</strong> be placed inside the wallet or pocket since it can cause easy breakage.</td>
</tr>
<tr>
<td>“It tastes bad”</td>
<td>Try chocolate, mint, or strawberry flavored condoms.</td>
</tr>
<tr>
<td>“It is too expensive”</td>
<td>Condoms are affordable and less expensive than treating an STD.</td>
</tr>
<tr>
<td>“It does not fit—it’s too big (or too small)”</td>
<td>1) Condoms are made to fill all sizes.</td>
</tr>
<tr>
<td>“It will fall off while I am inside”</td>
<td>1) If the condom is rolled down to the base of the penis, it will not fall off. 2) Take off the condom while penis is still erected.</td>
</tr>
</tbody>
</table>
1. Talk about HIV infection:

- Cannot tell by physical appearance if someone is positive for HIV
- Can detect HIV infection only through blood test
- HIV remains in the blood for life
- No known treatment yet

2. Explain how HIV is transmitted:

- Sexual intercourse without condoms (vaginal, anal, oral)
- Blood transfusion from infected blood
- Sharing unsterilized (dirty) needles, syringes, and other skin piercing instruments
- Infected mother-to-child

3. Explain that HIV is not transmitted through:

- Using toilet
- Mosquito bites
- Sharing food
- Coughing/Sneezing
- Kissing
- Embracing
- Using swimming pools
- Shaking hands
4. Discuss how to prevent HIV infection:

- Limit number of sexual partners
- Use condoms with all partners, including your boyfriend/husband
- Use only one condom for each sexual intercourse
- Don’t share needles

5. Demonstrate how to use condom correctly.
   (See page 7)

6. Discuss condom negotiation skills.
   (See page 9)
1. Ask if sex worker/client is using anything to prevent unwanted pregnancy.

2. Discuss effectiveness of the following methods to prevent unwanted pregnancy.

<table>
<thead>
<tr>
<th>Method</th>
<th>Key messages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condom</td>
<td>1) Effective for preventing pregnancy and STD/HIV.</td>
</tr>
<tr>
<td></td>
<td>2) Only effective if used correctly and consistently with all partners.</td>
</tr>
<tr>
<td></td>
<td>3) If not used consistently, another method for preventing pregnancy is needed.</td>
</tr>
<tr>
<td>Injectable contraceptive, Pills, &amp; IUDs</td>
<td>1) More effective than the condom for preventing pregnancy.</td>
</tr>
<tr>
<td></td>
<td>2) Woman in control of her fertility.</td>
</tr>
<tr>
<td></td>
<td>3) First time users need to be screened.</td>
</tr>
<tr>
<td></td>
<td>4) Do not protect against STD/HIV.</td>
</tr>
</tbody>
</table>

3. Refer client to clinics or pharmacies to get a method(s) to prevent pregnancy.

4. Reinforce the importance of dual protection for preventing STD/HIV and unwanted pregnancy.
1. Explain that unprotected sex leads to unwanted pregnancy.

2. Demonstrate what a packet of pills looks like and discuss the following:

<table>
<thead>
<tr>
<th>How the pill prevents pregnancy</th>
<th>The pill prevents the body from making eggs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advantages</td>
<td>▪ Very effective at preventing pregnancy.</td>
</tr>
<tr>
<td></td>
<td>▪ Does <strong>not</strong> interfere with intercourse</td>
</tr>
<tr>
<td>How to use</td>
<td>1) Begin 1\textsuperscript{st} pill on 5\textsuperscript{th} day of menstruation.</td>
</tr>
<tr>
<td></td>
<td>2) Take a pill at the same time every day for 21 days or 28 days, depending on type of pill.</td>
</tr>
<tr>
<td>Potential side effects</td>
<td>▪ Nausea, vomiting</td>
</tr>
<tr>
<td></td>
<td>▪ Dizziness, headache</td>
</tr>
<tr>
<td></td>
<td>▪ Irregular menstruation</td>
</tr>
<tr>
<td></td>
<td>▪ Breast tenderness</td>
</tr>
<tr>
<td></td>
<td><strong>These side effects usually go away after a month.</strong></td>
</tr>
<tr>
<td>First time users</td>
<td>▪ Need to be screened by a nurse or doctor.</td>
</tr>
<tr>
<td></td>
<td>▪ Should use a condom for the first two weeks.</td>
</tr>
</tbody>
</table>

3. Refer potential first time users of the pill to a clinic to be screened.

**Pills do not protect against STD or HIV/AIDS**