

ABCs

OF COMBINATION PREVENTION COUNSELING

Sexual Risk Reduction (SRR) Counseling

- ALIGN**
- Ask & Explore**
How would you describe your current sexual health situation?
 - Summarize Strengths & Challenges**
It sounds like your strengths are... (motivation, current protection strategies, positive attitude)
And some challenges you face are...(recent breakup, intimate partner violence, drug use, depression)
- BRAINSTORM**
- Identify**
What do you feel would need to happen for it to feel a bit easier to (stay HIV-negative, reduce risk)
 - Strategize**
How could you see that happening?
There are a few things you may want to consider. Can I share those with you?
Generate menu of options.
- COMMIT**
- Commit or Continue**
Of these strategies, what would you be willing to try or continue doing from now until your next visit?

Menu of Strategies to Consider

- Sexual positioning
- Lubricant use
- PrEP
- PEP
- Partner reduction
- Substance use reduction
- Clean needle/works access/use
- HIV/STI testing
- Status discussions
- Condom use
- Referral/discussion of unmet needs – IPV, substance use, housing, employment, relationship issues, mental health

Assess Eligibility for PrEP

- Do you use condoms only sometimes or not at all?
- Are you having sex with more than one person?
- Do you have sex with people whose HIV status you don't know?
- Are you in a relationship with an HIV-positive partner?
- Do you desire pregnancy with an HIV-positive partner?
- In the past year, have you:
 - Taken PEP to prevent HIV infection?
 - Had a sexually transmitted infection?
 - Used stimulants, poppers, cocaine, meth, ecstasy, or GHB?
 - Do you inject drugs?

- PrEP**
- Introduce PrEP**
PrEP reduces HIV risk by at least 96% for men who have sex with men or by at least 90% for women if taken daily. Side effects include nausea or cramping in 1:10, kidney dysfunction in 1:200 or a small decrease in bone density.
 - Assess Patient Interest**
Are you interested in trying PrEP?

YES

Develop PrEP use plan

NO

Summarize SRR plan

PrEP Use Plan

- ALIGN**
- Ask & Explore**
How would taking a pill everyday fit or not fit in your life right now?
 - Summarize Strengths & Challenges**
It sounds like your strengths are... (takes a med daily, easy to link to daily event, positive attitude)
And some challenges you have with daily pill taking are...(away from home, busy schedule, substance use, toxicity concerns)
- BRAINSTORM**
- Identify & Strategize**
Given what we just talked about, what kinds of things need to happen for you to take PrEP everyday?
Generate menu of options.

Menu of Strategies to Consider

- Link PrEP to daily routine
- Identify what to do if missed
- Pillbox
- Understand side effects
- Disclose PrEP use to significant other
- Plan for intentional discontinuation
- Link dose to event (like brushing teeth)
- Alarm/texts
- Side effects management

COMMIT

Commit or Continue