

CHOICE COUNSELING

Healthcare provider and client brochure

Support each client to select an HIV prevention method that works for their life!




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MOSAIC
Maximizing Options to Advance Informed Choice for HIV Prevention

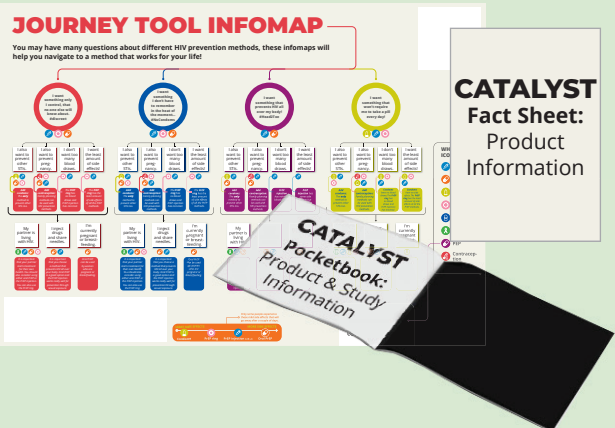
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WHAT TOOLS ARE AVAILABLE TO SUPPORT YOU WITH CHOICE COUNSELING?



Choice Counseling Desktop Brochure:
This desktop brochure that you are using right now - it contains information for you as the provider and pages that you can share with your client, allowing both of you to go on an HIV prevention journey.




JOURNEY TOOL INFOMAP
You may have many questions about different HIV prevention methods, these Infomaps will help you navigate to a method that works for your life!

CATALYST Fact Sheet: Product Information

CATALYST Pocketbook: Product & Study Information

Depending on the preference in your country, you may have different tools to support you and your client - these include **fact sheets**, the **Journey Tool InfoMap**, **posters** (any of the pages of the Choice Counseling Desktop Brochure can be printed as individual posters) and **pocket books**.



YOUR JOUR
Choosing what works for your sexual and reproductive health

Your guide on how to prevent HIV, STIs, pregnancy and more

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The **Journey Tool Reference Manual** has loads of information about every HIV prevention method. It goes into more detail about each product and even has a section on STI management. **Note: this is not a tool you use with your client but rather a reference you keep on the shelf for when you need to refer to more information.**

BUT... The best choice counseling tool is still YOU!
Nothing can replace the knowledge and empathy of an informed and educated healthcare provider.



INFORMED CHOICE

Supported by a healthcare provider, a client can make an educated decision about an HIV prevention method that works for their unique lifestyle and needs.

As healthcare providers, we need to ensure clients are aware of their HIV prevention options and informed and supported to make choices that are relevant to their needs and lifestyle.

INFORMED CHOICE: Individuals have the autonomy, knowledge, and freedom from coercion at any given time to select the best method for them in a specific market.



OPTIONS ALONE ARE NOT CHOICE



OPTIONS refer to discrete HIV prevention methods available in a specific market.

BUT...

CHOICE is about having the correct information about each method and feeling confident that (without any coercion), a person can choose the method that will work best for them.

In order to make an informed choice, an individual needs to know:

- What options are available?
- Accurate and understandable information about each option.
- Based on the information, be able to weigh up the different options.
- And finally, select an option that will work best for their lifestyle and needs.



CHOICE COUNSELING

Is part of a conversation between you and your client

Assisting the client in making an informed choice is part of the counseling process - whereby the provider and client explore the client's knowledge and needs in relation to the available options.

The discussion needs to be:

- Client-centered and client-led
- A two-way conversation
- Flexible
- Embracing both sexual and reproductive health and HIV, as per the client's needs – especially issues such as contraception, planning for pregnancy, sexually transmitted infections (STIs), and gender-based violence

HIV-negative people interested in HIV prevention options should receive counseling on each method prior to starting a method as well as at follow-up visits.

This ensures that clients understand how to use their method, are supported in effective method use, discuss challenges, and receive support should they wish to change to other prevention options.

HIV prevention is interrelated with sexual and reproductive health and rights, and as such, HIV prevention should always be discussed alongside other needs, including pregnancy intention, STI prevention, and GBV prevention and support.



COMPARING HIV PREVENTION METHODS:



DAILY ORAL PrEP

Very effective, more than 90%.

Prevents HIV all over the body, including during injection drug use

One pill a day, every day.

Can be used by pregnant and breastfeeding people.

Can be kept private - pills can be hidden.

Mild side effects like headache and nausea, go away after 1-2 weeks.

Client will need to visit the clinic to start the method, return after 1 month for their first follow-up, then visit the clinic every 3 months after that.



PrEP RING

Effective, about 50% or more when kept in place the whole month.

Prevents HIV only through vaginal exposure.

One ring, inserted in the vagina, changed every 28 days by the client or provider.

Consult your country guidelines on whether this method is approved for pregnant and breastfeeding people.

Very private, unlikely the client or partner(s) will feel it.

Very few side effects (vaginal discharge), go away after 1 week.

Client will need to visit the clinic to start the method, return after 1 month for their first follow-up, then visit the clinic every 3 months after that.



CAB-LA

Very effective, more than 90% as compared to oral PrEP.

Prevents HIV all over the body.

One injection in the bum every 2 months.

Consult your country guidelines on whether this method is approved for pregnant and breastfeeding people.

Very private, unlikely anyone will know unless the client wants to disclose.

Very few side effects at the site where the injection is given, go away after a couple of days.

Client will need to visit the clinic to start the method, return after 1 month for their first follow-up, then visit the clinic every 2 months after that.



PEP

Very effective, more than 80%. Must be taken within 72hrs (3 days) of a possible exposure.

Prevents HIV all over the body AFTER a possible exposure to HIV, if taken within 72hrs of a possible exposure.

One pill a day, every day for 28 days.

Can be used by pregnant and breastfeeding people.

Can be kept private - pills can be hidden.

Moderate side effects, like headache and nausea, go away after 1-2 weeks.

Client will need to visit the clinic to start the method, and return to the clinic for a follow-up visit as per the healthcare provider's instruction.



CONDOMS

98% effective with perfect use.

Prevents HIV from sexual exposures, vaginal or anal.

Has to be used every time a person has sex.

Can be used by pregnant and breastfeeding people.

Very hard to keep private and must be negotiated with a partner.

No side effects!

Client can collect condoms from anywhere that it is convenient to them - regular HIV testing is advised.



TREATMENT for a PARTNER LIVING WITH HIV

Very effective!

If the person living with HIV is virally suppressed, they cannot pass on the virus to anyone else.

One pill a day, every day for the rest of the person's life - for the partner living with HIV.

Can be used by anyone living with HIV.

-

No side effects for the partner of the person living with HIV.

No clinic visits but you can accompany your partner living with HIV to the clinic. Regular HIV testing is advised.



VMMC

Effective, up to 60% for the person who is circumcised.

Prevents HIV only for the circumcised person, only through sexual exposure.

Medical procedure with permanent effect.

Not available for people who do not have a penis.

-

Some side effects and mild pain for up to 10 days after the medical procedure.

Client will need to visit the clinic for the procedure and commit to some follow-up visits. Client will need to take some time off from work.



CONTRACEPTION

A client can use any of the HIV prevention methods listed here and combine them with a contraceptive (family planning) method that works for them. There are many options available, from pills and injections to implants, condoms and intravaginal devices (a small device placed at the opening of the uterus).

LEAST SIDE EFFECTS



Condoms



PrEP ring



CAB-LA



Oral PrEP

MORE SIDE EFFECTS

Only some people experience these mild side effects that will go away after a couple of days.



* Only condoms prevent other STIs too.



i Oral PrEP and CAB-LA require some blood draws.



COMPARING HIV PREVENTION METHODS:

	Oral PrEP	PrEP Ring	CAB-LA	Condoms	VMMC	ART for a partner living with HIV	PEP
How is it used?	One pill a day	Placed in the vagina for 28 days	One injection every two months	Every time you have sex	Once-off procedure for men	Medication taken daily by your partner	One pill a day, for 28 days only
How well does it work?	More than 90%	About 50% or more when kept in place the whole month	More than 90% as compared to oral PrEP.	90-95% if used correctly and consistently	About 60% for the circumcised partner	Very effective if the partner is virally suppressed	More than 80%
Can I keep it secret?	Yes, you can hide the pills	Yes, it is unlikely you or your partner(s) will feel the ring	Yes	No	No	Up to your partner	Yes, you can hide the pills
Are there blood draws?	Yes	No	Yes	No	No, but there is a surgical procedure	Not for you	No
Where does it prevent HIV?	Your whole body	Only in the vagina	Your whole body	Only for the penis, vagina and anus	Only for the penis for the circumcised partner	Your whole body	Your whole body
Any side effects?	Yes, some	Yes, minimal	Yes, some	None	None	None	Yes
Will this prevent other STIs/pregnancy too?	No, but you can add condoms/contraception	No, but you can add condoms/contraception	No, but you can add condoms/contraception	Yes	Does not prevent pregnancy but does partially prevent some other STIs	No, but you can add condoms/contraception	No, but you can add condoms/contraception
Will this prevent HIV if my partner is living with HIV?	Yes	Yes, by about 50% or more when kept in place the whole month	Yes	Yes	Yes, but only up to 60% for the circumcised partner	Yes, if your partner is virally suppressed	Yes
Will this prevent HIV AFTER I had sex?	No	No	No	No	No	No	Yes

Some of these methods can be used while a person is pregnant and/or breastfeeding - check your country's guidelines for the correct information.

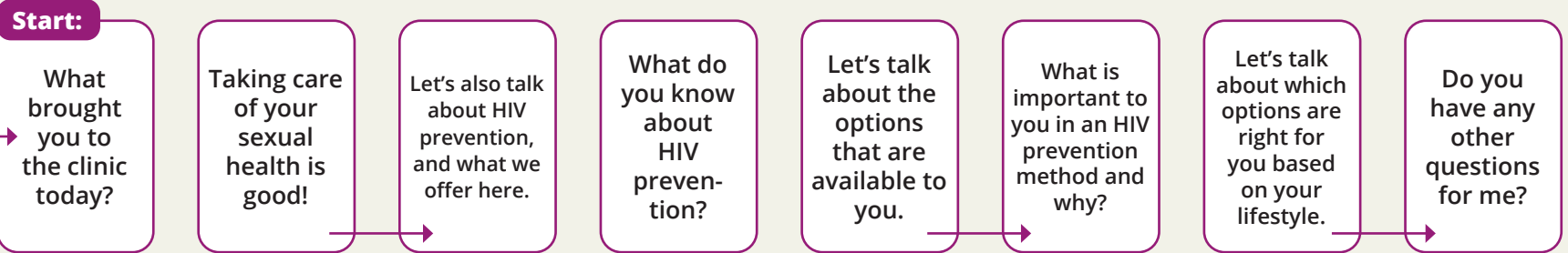
NOTE: PEP should be used within 72hrs (3 days) AFTER a possible exposure to HIV and can be used together with emergency contraception and STI testing.



WHERE DOES CHOICE COUNSELING FIT INTO THE CONVERSATION?

Healthcare provider:

The talking points (as a guideline) that you should try to cover:



How a client may respond to you: be ready for anything!

I want to make sure I don't get pregnant.
I think I have an STI!

I have a friend using the ring, I'd like to know more.

I've heard some scary stuff about PrEP...

I need something that no one else will know about.

What if I miss a pill... or an injection?

Use the client's **needs and knowledge** to determine the flow of the choice counseling conversation - it will not always happen in a straight line but try to cover all the points above.

You want to try and understand more about the person sitting in front of you... do they need a method that is discreet, or something that will prevent HIV from any kind of exposure, or are they scared of injections, or maybe they just can't commit to taking a pill every day... all of this is ok! **This will help you to support the client to select a method that feels comfortable for them.**



WHERE DOES CHOICE COUNSELING FIT INTO THE CONVERSATION ON SWITCHING METHODS?

Healthcare provider:

The talking points (as a guideline) that you should try to cover.



Start:

What brought you to the clinic today?

Let's also talk about HIV prevention, and what we offer here.

How did you do with oral PrEP? Tell me about your experience.

What do you know about HIV prevention?

Let's talk about the other HIV prevention options that are available to you.

What is important to you in an HIV prevention method and why?

Let's talk about which options are right for you based on your lifestyle.

Do you have any other questions for me?



How a client may respond to you: be ready for anything!

I'm on oral PrEP and I hate taking pills every day.

I keep forgetting to take the pill.

I heard about an injection...

Prevention all over my body, not just my vagina

What if I miss an injection or appointment?

Use the client's **needs and knowledge** to determine the flow of the choice counseling conversation - it will not always happen in a straight line but try to cover all the points above.

You want to try and understand more about the person sitting in front of you... their experience with PrEP, and what they need based on that experience! **This will help you to support the client to select a different method that feels comfortable for them.**



JOURNEY TOOL INFOMAPS

Formative work revealed a series of questions that clients often wonder and worry about when selecting a method. Your client is on a journey and may have questions... you can support them with the answers...



There are many products to prevent HIV, each product has certain features and characteristics.

TOP-LEVEL STATEMENTS:

I want something only I control, that no one else will know about.

I want something I don't have to remember in the heat of the moment...

I want something that prevents HIV all over my body!

I want something that won't require me to take a pill every day!

Each of the infomaps on the next 4 pages will have ONE of these statements. Ask your client to tell you which of the above statements are most true for them - their lifestyle, needs and preferences. Once your client has identified the statement that rings most true for them, you can navigate to the page with the relevant infomap that deals with that statement, i.e. map 1, map 2, map 3 or map 4.

MID-LEVEL STATEMENTS:

I also want to prevent other STIs.

I also want to prevent pregnancy.

I don't want too many blood draws.

I want the least amount of side effects!

Under each of the top-level questions, you will note 4 mid-level questions. Ask your client to tell you which of the above statements (on the relevant infomap) are most true for them- their lifestyle, needs and preferences. You can now advance, together with your client, to the final level of statements!

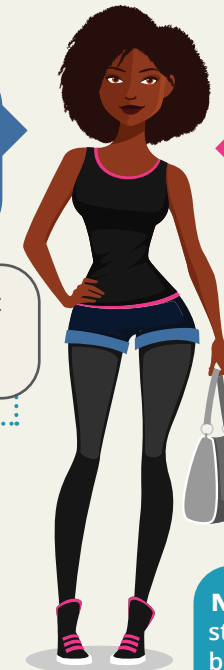
FINAL STATEMENTS: CAN BE SKIPPED IF NOT RELEVANT

Also, my partner is living with HIV.

Also, I inject drugs and share needles.

I'm also currently pregnant or breastfeeding.

These 3 statements are the final statements that you can engage your client on, note that these statements can be skipped if not relevant to your client. Ask your client which statement rings most true to them.



Please be patient with me, this is all very new to me!

The following pages of this brochure, with individual infomaps, explore these questions in more detail, each on their own.

PROVIDER NOTE: By now, you should have received training on all the PrEP methods, including oral PrEP, the PrEP ring and CAB-LA. Should you need more information, please refer to your training resources and/ or the Journey Tool Reference Manual.








NOTE: For each statement there will be methods that can potentially work for your client based on their statement selection. However, as you move down through the statements, some methods may fall away or be added based on your client's selection of statement.

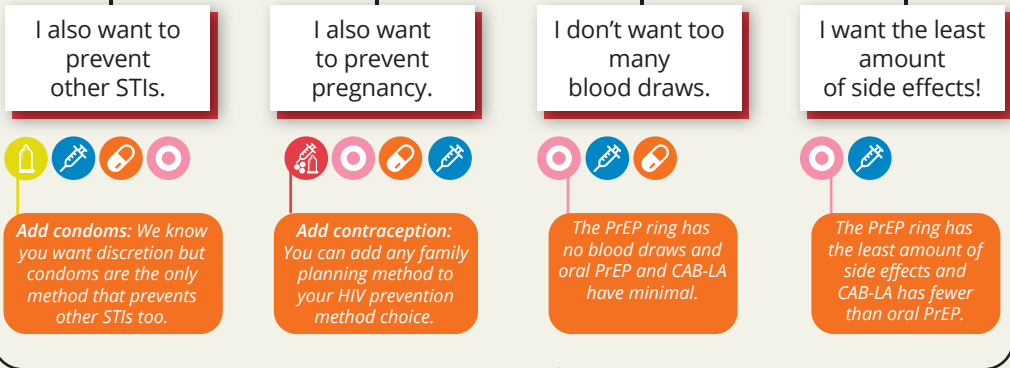


MAP 1 : DISCRETION

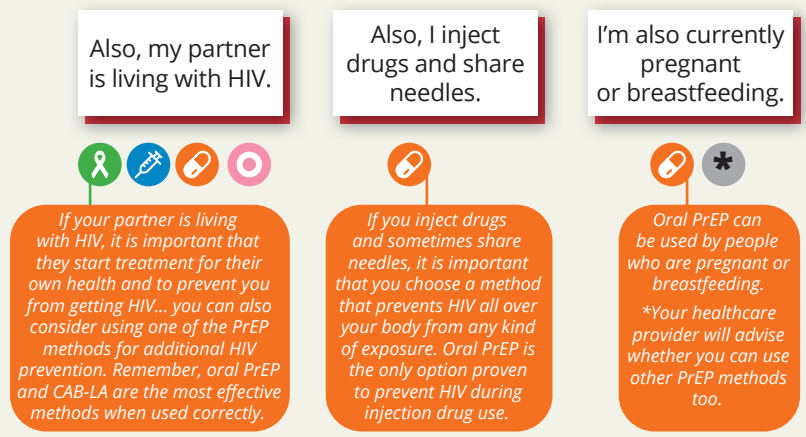
You may have many questions about different HIV prevention methods. These infomaps will help you navigate to a method that works for your life

WHAT DO THE ICONS MEAN?

-  CAB-LA
-  Oral PrEP
-  Condoms
-  PrEP Ring
-  VMMC
-  Treatment for partner living with HIV
-  PEP
-  Contraception



IF YOU NEED TO PREVENT HIV AFTER YOU HAVE HAD SEX... YOU CAN USE PEP TOGETHER WITH EMERGENCY CONTRACEPTION AND STI TESTING.










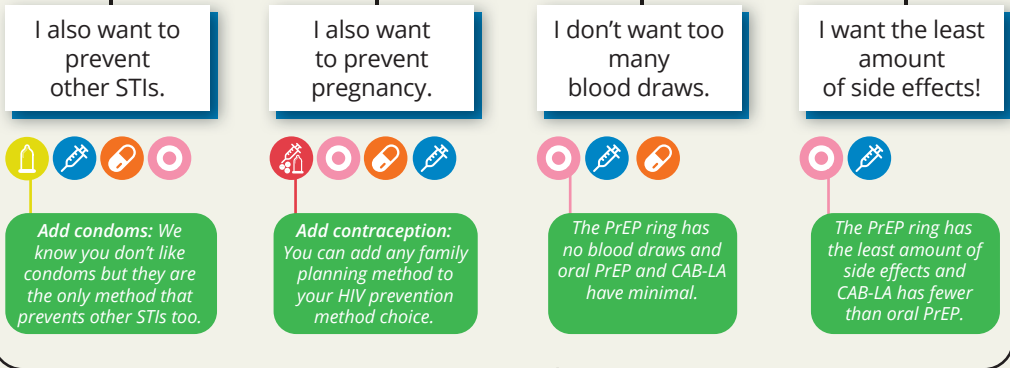


MAP 2: NO CONDOMS

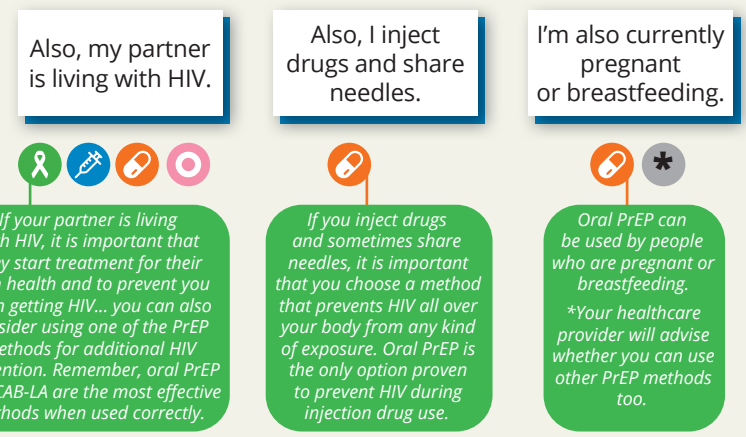
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IF YOU NEED TO PREVENT HIV AFTER YOU HAVE HAD SEX... YOU CAN USE PEP TOGETHER WITH EMERGENCY CONTRACEPTION AND STI TESTING.









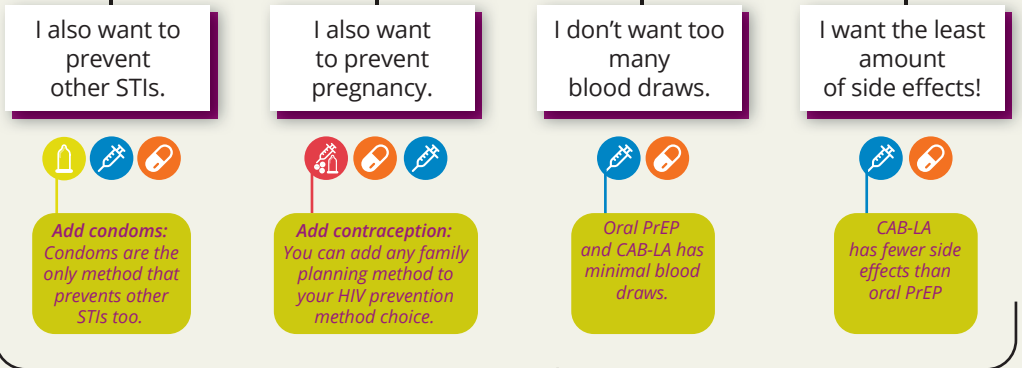


MAP 3 : PREVENTION HEAD2TOE

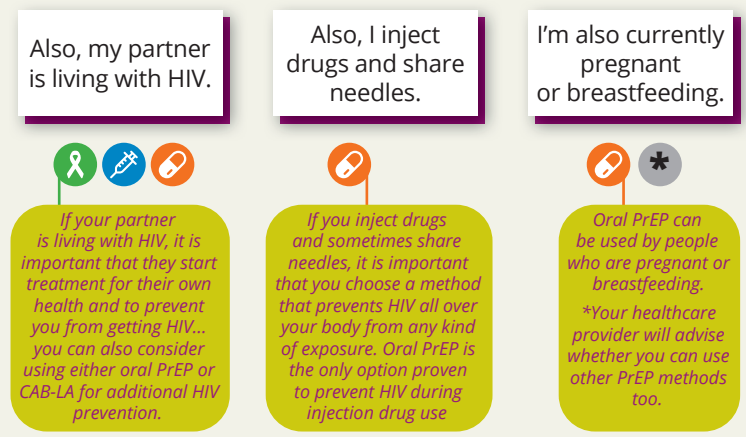
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IF YOU NEED TO PREVENT HIV AFTER YOU HAVE HAD SEX... YOU CAN USE PEP TOGETHER WITH EMERGENCY CONTRACEPTION AND STI TESTING.











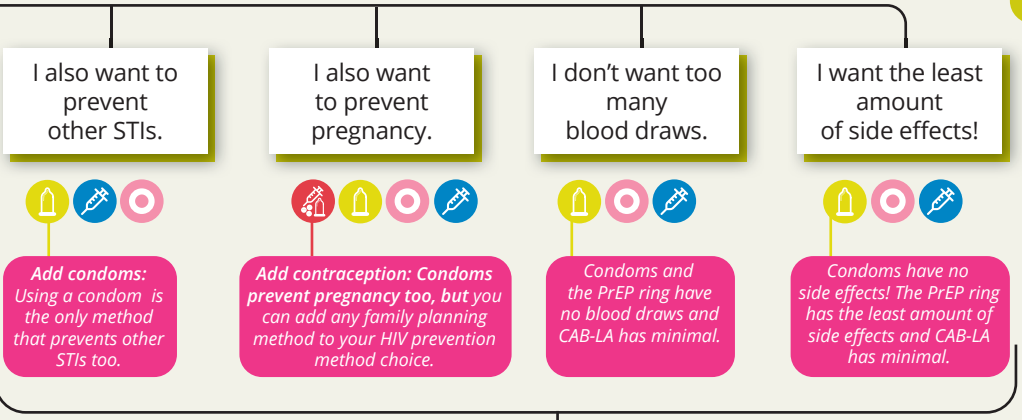


MAP 4 : NO PILLS

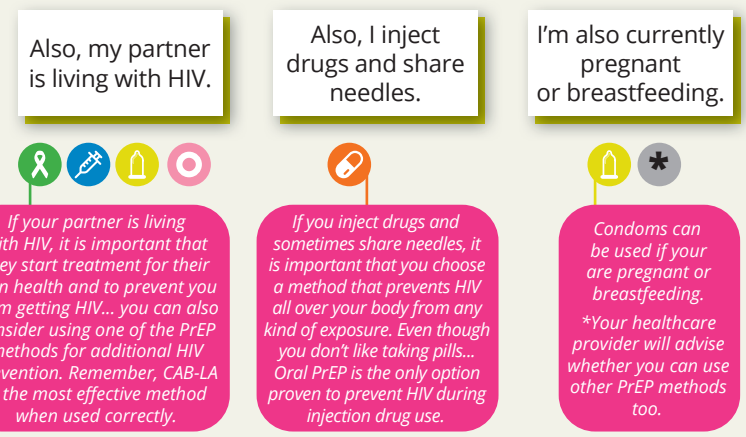
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IF YOU NEED TO PREVENT HIV AFTER YOU HAVE HAD SEX... YOU CAN USE PEP TOGETHER WITH EMERGENCY CONTRACEPTION AND STI TESTING.





HIV PREVENTION METHODS... LET'S TALK IT THROUGH!

I really need something that I control, that no one else will know about.

How about the PrEP ring or CAB-LA? These methods can be super discreet. You could also try oral PrEP if you feel confident that you can keep the pills hidden and a secret.

But I also need to prevent STIs!

The only method that also prevents other STIs are condoms. It's also important to visit your clinic for regular STI screening.

What if my partner is living with HIV?

We can offer support for you and your partner. Your partner can start ARV treatment. You can also consider using one of the PrEP methods for additional HIV prevention. Remember, oral PrEP and CAB-LA are the most effective methods when used correctly.

I need something that is NOT a condom! I really don't like condoms.

CAB-LA, oral PrEP, or the PrEP ring can work for you!

But what if I need to prevent HIV all over my body?

The ring only works for exposures through vaginal sex. If you want to prevent HIV from any kind of exposure, oral PrEP is the only option proven to prevent HIV from any kind of exposure, including during injection drug use. CAB-LA prevents HIV from any kind of sexual exposure.

I'm pregnant, can I still use any of these methods?

You can definitely use oral PrEP! I know you don't like condoms but it can also be an option, and condoms prevent other STIs too. Your healthcare provider will advise you whether other PrEP methods are approved for pregnant and breastfeeding people in your country.

I need to prevent HIV all over my body, from any kind of exposure!

Oral PrEP works great to prevent HIV from any kind of exposure, whether it is vaginal/anal sex or exposure to blood or during injection drug use. CAB-LA prevents HIV from any kind of sexual exposure.

I also inject drugs and sometimes I share needles.

Oral PrEP will work best for you - think about whether you can commit to taking a pill every day (oral PrEP). Oral PrEP is the only option proven to prevent HIV during injection drug use.

I just can't take a pill every day... I forget and I don't like it.

CAB-LA, the PrEP ring or even condoms can work for you!

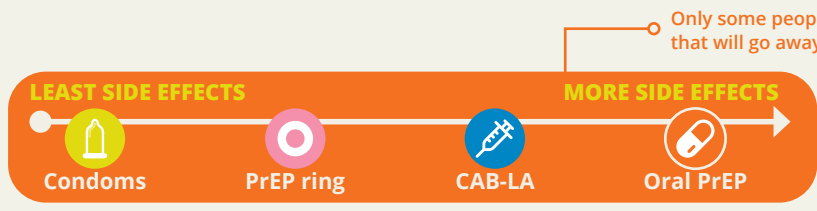
I also really don't like when my blood is drawn for many tests...

No problem! You will need an HIV test before starting a method but this is just a little prick on your finger tip. And the PrEP ring does not require any blood draws, and for CAB-LA, it's minimal. And condoms need no tests or blood draws! Winning!

A quick note about pregnancy/breastfeeding:

If you are **currently pregnant and/or breastfeeding**, you can use oral PrEP and condoms. In some countries, other PrEP methods may also have been approved, your healthcare provider will advise you.

If you are not pregnant and want to **prevent pregnancy**, you can use the HIV prevention methods listed here (your healthcare provider will advise you) and combine them with a contraceptive method that works for you.



- * Only condoms prevent other STIs too.
- i Oral PrEP and CAB-LA require some blood draws.

