

Incorporating HIV Prevention into the Medical Care of Persons Living with HIV

Ask Screen Intervene

Module 3

Tailored Behavioral Interventions

Developed by:

*The National Network of STD/HIV Prevention
Training Centers, in conjunction with the
AIDS Education Training Centers*



Learning Objectives Module 3:

At the end of this training, the participant
will be able to:

- Provide tailored interventions
 - Brief behavioral interventions
 - Referrals for more intensive interventions & for other prevention services

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What are Tailored Behavioral Interventions?

Strategies designed to change a person's knowledge, attitudes, behaviors, or practices in order to reduce personal health risks or risk to others

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(Table 4. CDC/HRSA/NIH/IDSA Recommendations)

How are these different?

Patient Education

- Knowledge

Behavioral Intervention

- Knowledge
- Attitudes/ Beliefs
- Behaviors
- Circumstances
- Skills
- Readiness

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How do we know this works?

- ◆ Brief, provider-delivered, tailored interventions in clinical settings have been shown more effective in HIV behavior change than patient education (NIH Consensus Conference)
 - Project RESPECT – multi-site, randomized brief counseling intervention (Kamb)
 - Options Project – brief counseling intervention using motivational interviewing approach (Fisher)
 - Partnerships for Health – delivery of positively vs. negatively framed prevention messages (Richardson)

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Effective Interventions

- ◆ Interactive
- ◆ Science-based
- ◆ Based on individual circumstances
- ◆ Leads to a first step

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Why Tailored Interventions?

- ◆ Think about your patients
- ◆ Who might need...
 - Prevention messages/addressing misconceptions?
 - Tailored behavioral interventions?
 - Referrals for more intensive interventions and prevention services?

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(Box 3. CDC/HRSA/NIH/IDSA Recommendations)

Assess the Need for Tailored Interventions

- ◆ Determine risk by asking about:
 - Current sexual and substance use practices
 - Recent STD diagnosis
 - Patient concerns about transmission or acquisition

(Corry-Doniger 1999)

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Risk Screening

Focus on behaviors

- How often have you shared works in the last 3 months?
- How often do you use condoms?
- When was your partner last tested for HIV?

Covered in
Module 1

Tailored interventions

Focus on circumstances
attitudes & readiness:

- When is it easier to use clean works?
- What does your partner think about condoms?
- Does your partner need an HIV test?

*Provide response tailored to
patient circumstances*

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Find a First Step

Behavioral
Goal



STEPS

- Concrete
- Incremental
- Individualized
- Realistic
- Back up plan

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Assess Behaviors & Circumstances

- ◆ **What & With Whom** - relationship dynamics?
- ◆ **Where** - bar, bathhouse, sex club, parks, chat rooms, home, etc.?
- ◆ **When** - time frames?
- ◆ **Triggers** - environmental or situational influences?

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Handout 1



Assess Patient's Attitudes

- ◆ **He/she thinks change is needed:**
 - Recognizes a risk of transmission
 - Is the risk high enough?
- ◆ **He/she thinks change is possible:**
 - Can barriers be overcome?
 - Have skills to make change?

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Handout 1



Assess Readiness for Behavioral Goals

- ◆ Don't see a need to change
- ◆ See a need, but have barriers
- ◆ Ready to try a behavior change

(Prochaska & DiClemente, 1998)



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Handout 1



Assess Readiness for Behavioral Goals

- ◆ **Don't see a need to change**
- ◆ **See a need, but have barriers**
- ◆ **Ready to try a behavior change**

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Case Example: TONY

Behaviors from Risk Assessment

- ◆ Doesn't use condoms with his girlfriend
- ◆ Uses condoms sometimes for anal sex with male partners
- ◆ Has a new diagnosis of syphilis

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Case Example: TONY

Assess Circumstances

- ◆ Meets partners in clubs
- ◆ Uses condoms if the potential partner says he is HIV-negative
- ◆ Has a girlfriend of 3 years who is HIV+; she doesn't know about his male partners

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Case Example: TONY

Assess Attitudes

- ◆ Doesn't want to give HIV to others
- ◆ Was unaware of STD risks
- ◆ Thinks bringing up condom use with girlfriend would make her suspicious about others

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Skills Practice: DEVELOPING AN INTERVENTION



“Provider’s” task:

- ◆ Summarize patient risk behaviors
- ◆ Help patient develop a behavioral goal: i.e., “What can you do to reduce your risk of transmitting HIV or getting an STD?”
- ◆ Ask questions to determine circumstances, barriers, and readiness
- ◆ Check to see if ideas work for patient, are realistic & do-able
- ◆ Help patient develop 1-2 acceptable & realistic steps toward the goal

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Skills Practice:

DEBRIEFING



- ◆ What was difficult about this practice?
- ◆ What questions did you use to assess the patient's attitude?
- ◆ How did you assess or were you able to assess the patient's readiness to change?
- ◆ As the provider, were you able to get to a first step with your patient?
- ◆ As the patient, were you comfortable with disclosing information?

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Ongoing Prevention at Next Visits

Ask patient about progress

- If patient is meeting the goal:
 - positive reinforcement
 - identify next steps
 - anticipate new problems or changes
(Ask "what if . . .?" questions)

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Ongoing Prevention at Next Visits

Ask patient about progress

- If patient is ***not meeting*** goal:
 - further assess circumstances, attitudes, readiness
 - revise steps
 - consider referrals

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Referrals

- ◆ HIV Case Management/ Prevention Case Management
- ◆ Other behavioral interventions
 - Individual, group, community
- ◆ Partner Services (Module 4)
- ◆ Other services; substance use, mental health, family planning

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Resources

- ◆ Local/state health departments
- ◆ Community-based organizations (CBOs)
- ◆ Nurses, social workers, case managers, counselors, & health educators know about local referral resources

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Handouts 2 – 5



Training for Clinicians

- ◆ **Behavioral & Social Intervention Training Centers of National Network of STD/HIV Prevention Training Centers - New York, Denver, Texas, California** www.nnptc.org
- ◆ **AIDS Education & Training Centers** www.aidsetc.org

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*Based on this presentation,
what do you plan to do
differently in your practice?*

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*What are your
Next Steps?*



- PARTNER SERVICES
- REFERRALS
- BRIEF BEHAVIORAL INTERVENTIONS
- ADDRESSING MISCONCEPTIONS
- PREVENTION MESSAGES
- STD SCREENING
- RISK SCREENING

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