

INTRODUCTION

The UNAIDS "90-90-90" strategy calls for 90% of HIV-infected individuals to know their status. To achieve the target of ensuring that 90% of HIV-infected persons know their HIV status is a challenge. Hence, there is a need to focus on the unreached population. Research has found that there is a general tendency for males not to attend health clinics and they therefore do not test for HIV. There is also a need to reach communities and individuals in their homes for HIV counselling and testing. More lay counsellors are needed in the health system to be trained in HIV counselling and testing.

COURSE DESCRIPTION

This course is intended for people who counsel specifically in the area of the Human Immunodeficiency Virus (HIV) and the Acquired Immunodeficiency Syndrome (AIDS). The course addresses basic counselling, pre- and post-HIV test counselling, and ongoing counselling and support for individuals infected or affected by HIV and AIDS. The development and implementation of an anti-retroviral treatment plan is also covered.

TARGET AUDIENCE

This course is targeted at individuals who want to become HIV lay counsellors in the community or workplace. Lay counsellors serve in private organisations, public institutions, schools, NGOs/CBOs, faith based bodies, trade unions, and not-for-profit organisations, Primary Health Care Facilities and support agencies, training facilities, and health and emergency services and facilities.

ADMISSION

Any equivalent qualification on NQF level 3, with relevant practical experience (maths literacy and numeracy)

LEARNING OUTCOMES

After completing the course, you will be able to:

- Discuss principles, processes, and the different theories and techniques of counselling.
- Counsel a client before and after a rapid HIV test (pre- and post-test counselling).
- Describe different HIV tests.
- Discuss how you would provide pre-test counselling including, knowledge and risk assessment, explaining the HIV rapid test and possible results of the test.
- Conduct post-test counselling, including the results and different options, depending on results, management of HIV, re-testing and prevention.
- Explain how to conduct post-test counselling, including discussing reactive and non-reactive rapid tests, management of HIV, re-testing and prevention.
- Describe the principles of an HIV treatment plan, development and implementation of the treatment plan, adherence and strategies to improve adherence.
- List side effects of anti-retroviral medicines and management of these side effects.
- Provide ongoing counselling to HIV infected and affected people including, physical and spiritual needs, basic rights and access to relevant services.
- Develop and implement an anti-retroviral treatment plan.
- Discuss the importance of adherence and strategies to enhance adherence.

COURSE CONTENT

The key themes/topics that the course will cover:

- Principles, process, techniques of counselling and ethics related to counselling and HIV and AIDS.
- Different approaches and theories.
- Ethics related to counselling and HIV and AIDS.
- Reflecting and supervision in counselling.
- Different HIV tests.
- Pre-test counselling, including, knowledge and risk assessment, explaining the HIV rapid test and possible results of the test.
- Post-test counselling, including the results and different options depending on the results, management of HIV, re-testing and prevention.
 - Discuss the needs of a HIV infected or affected person: spiritual, emotional, medical and physical.
 - Prevention of HIV and universal precaution measures.
 - Principles of an HIV treatment plan, development and implementation of the treatment plan.
 - Principles of adherence and strategies to improve adherence.
 - Side effects of anti-retroviral medicines and management of these side effects.

TRAINING DELIVERY

The course will be delivered either through blended, E-learning or full contact mode and mentoring in the workplace, depending on the preferences of the client.

DURATION

The duration of the course is five (5) days

- 15 days theory.
- 30 days work-based learning.

REQUIREMENTS

Students must have access to the internet.

ASSESSMENTS

- Formative assessments in the form of group discussions, role plays, case studies.
- Summative assessment in the form of tests and completed Portfolio of Evidence (PoEs).
- Completion of work-based assignments.

AWARD

- A Health Systems Trust Certificate of Completion will be given to students who complete the short course.
- A Health Systems Trust Certificate of Competence will be given to students who

have completed all the assessments and have been certified competent.

- Students will obtain 26 credits towards the Further Education and Training Certificate: Counselling

FEES

The course fees vary, based on the number of enrolments by an organisation for the short course. A quotation per student will be given by the Course Co-ordinator, Cassius Semaushu at Cassius.Semaushu@hst.org.za. Course fees must be paid in full prior to the course start date.