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| **Sample** |

Ensure a private environment to protect patient confidentiality. Be attentive, genuine, and neutral.

1. Disclose the result in a direct, neutral tone.

**For example:** “Your HIV test result is positive.”

1. Wait for the patient's response before you continue the conversation and let the patient respond in his or her own way, and at his or her own pace. Many patients report that once they know the test is positive, they do not remember the rest of the session.
2. Be supportive and consider client’s emotional state and counseling needs and help your patient think about how they will receive emotional support now that they know they have HIV.

**For example:**

* “What’s the first thing on your mind right now?”
  + "I can see that this is very upsetting to you. Take your time. We have plenty of time to talk about the result."
  + "It’s important to take care of yourself emotionally now. Have you thought about who you will discuss your result with?"
  + “What kinds of support do you currently have in your life? Can they be there for you about this?”
  + "Who can be supportive of you in dealing with this?"

1. Explore information and thoughts to assess the patients understanding of the test result and clarify misconceptions.

**For example:**

* "Many people I've talked with have expressed similar feelings when they learn they have a positive result."
* "You may need to take time to adjust to this. Many people say that it gets easier once they get over the initial shock. With proper medical and social support, people with HIV can expect to lead very productive lives."
* “What questions do you have about HIV infection?”

1. Provide patient with basic information about disease progression and treatment and on Partner Services.

**For example:**

* "Who do you believe may need to know about your result?”
* “Are there particular partners you are worried about?"
* “How might you bring up your result with your partner?”
* "Who do you feel you need to tell because they may have been exposed to HIV?"

1. Explain the need for medical care.

**For example:**

* “Now that you have HIV it is important that you receive regular medical follow-up.”
* "It's important that you discuss this test result with your doctor so that he or she can give you the best care possible.”
* “There are a lot of options for people living with HIV. It’s important to connect with a medical provider so that he or she can see how you’re doing and what the best ways are to keep you healthy.”

1. Provide referrals and closure.

**For example:**

* "How interested would you be in getting a referral for services to help you live with HIV?"
* “We've talked about a lot. What is most important for you to deal with first?"
* “It’s important to take this one step at a time. I’ll call you tomorrow to see how it’s going.”
* “You may well think of other questions after you leave today. Feel free to call me, or to come back.”

1. Inform patent that they may be contacted by the health department for linkage to other services in the community.
2. Document the disclosure session in the medical record.

**Documentation should include, but not be limited to the following:**

* Results of the test.
* A brief summary of the content covered.
* Assessment of patient’s emotional/mental status, referrals made, and plan for future services.

Source: CA STD/HIV Prevention Training Center, The Positive HIV Test Result Disclosure Session: available for download at: [https://www.std**hiv**training.org/resource.php?id=192](https://www.stdhivtraining.org/resource.php?id=192)