



Navy and Marine Corps Public Health Center
Sexual Health and Responsibility Program (SHARP)

HIV-STD Prevention Counseling

Background: Developed by the Centers for Disease Control and Prevention (CDC). Evidenced-based (*Project Respect*). Patient counseling sessions are interactive and designed to influence future risk behavior.

Objective: Designed to improve the ability of providers in a variety of settings to support individuals in making behavior changes that will reduce their risk of acquiring or transmitting HIV or other sexually transmitted diseases.

Course Overview: Two full days. Participants examine the various factors that influence risk-taking behavior and improve their one-on-one disease prevention counseling skills by learning and practicing the CDC's 6-step process of effective client-centered counseling during role-play scenarios. Counselors learn how to help clients identify their risks, understand their options, and develop a plan to reduce their risk of infection or reinfection. Military-specific issues are also explored.

Target Audience: physicians, Independent Duty Corpsmen, nurses, health promoters, Preventive Medicine and Public Health Technicians, PM Representatives and PM Petty Officers, counselors, and public health educators, who are tasked to counsel individuals regarding sexual behavioral risk reduction.

This course has been provided to all Preventive Medicine Technician students since May 2000 and all Surface Force IDC students since October 2003 at the Naval School of Health Sciences (San Diego). SHARP also conducts the course at NEHC in Portsmouth and other sites upon request.

Prerequisites: Basic knowledge of HIV/AIDS/STD epidemiology, prevention, and antibody testing is required. The course does NOT review any pathophysiology of STDs. Prospective students are strongly encouraged to complete any or all the self-study courses offered through SHARP at <http://www-nehc.med.navy.mil/hp/sharp/index.htm>.

Course Schedule is available on the internet at <http://www-nehc.med.navy.mil/hp/sharp/index.htm>

Requests for Training: Requests by your Command to host an iteration of this course may coordinated with the NMCPHC-HP-SHARP <mailto:sharp@nehc.mar.med.navy.mil>.

Materials/funding to be provided by host command:

Classroom to comfortably accommodate 20-40 students. Desktop/tabletop space for each student is desirable. Moveable tables and chairs (vs. auditorium seating) are preferred.

Equipment and Supplies: TV-VCR and DVD, computer with CD drive and lite-pro, screen, newsprint tablet with easel or whiteboard.

Class Roster provided to NMPHC 10 days prior to class start date (to facilitate preparation of certificates and confirm class size). Please e-mail the names of students (as they want them to appear on their certificate).

Client-centered counseling techniques for risk reduction – recommended by the US Preventive Services Task Force¹ and CDC^{2,3}

1. *Guide to Clinical Preventive Services*, Report of the USPSTF, 1996
2. *MMWR*50:RR-19 (Nov 9, 2001) – HIV Prevention Counseling Guidelines

Sexual Health and Responsibility Program (SHARP)
Navy and Marine Corps Public Health Center, Directorate of Population Health, 620 John Paul Jones Circle, Suite 1100, Portsmouth VA 23708-2103
voice: (757) 953-0974 [DSN 377] fax: x-0705 e-mail: sharp@nehc.mar.med.navy.mil homepage: www-nehc.med.navy.mil/hp/sharp