Options in HIV Prevention
A Participant-Centered Counseling Approach
Enrollment Visit
Welcome...

...and thank you!
HOPE Adherence Counseling

**CHOICE:** Helping you choose the best HIV prevention method for you

**OPEN CONVERSATION:** About decisions regarding using the Ring or any other HIV prevention method
Helping You Choose

Not every woman wants to use the Ring

In our sessions, we will...

Discuss the Ring or any other HIV prevention method you choose
Help you decide on the best HIV prevention plan for you
Help you adjust your plan

Share Ring drug level
Open Conversation

**I WILL**

- Listen to your experience using the ring or other HIV prevention approaches
- Help you overcome challenges to HIV prevention
- Help you remain HIV negative

**I WILL NOT**

- Judge you
- Push you to use the Ring
Another Ring Study

Tell me about your decision to enter this study...

What were some benefits from participating in ASPIRE?

What might be some benefits of participating in HOPE?
What have you heard about the results from ASPIRE??
Key Results from ASPIRE

✓ The Ring can greatly reduce a woman’s chance of HIV infection
✓ Protection is highest when the Ring is used all the time
✓ The Ring is not protective when it is not used
✓ The Ring is very safe to use
The Ring?

“Yes, I want to use the Ring”
“No, I don’t want to use the Ring”
“Maybe, I am still not sure”

Tell me about your decision
Your experience with the Ring

What helped you use the Ring in ASPIRE?

What obstacles did you overcome?

What are your plans for using the Ring in this study?
Concerns About the Ring

- It’s not comfortable
- It’s dirty
- It’s bad for my health
- Others tell me I shouldn’t use it
- I don’t like to keep it in all the time
- My partner won’t like it
- It might fall out
- It makes me feel sick
- I don’t like to keep it in all the time
HIV Prevention Options

- Use ring consistently
- Use condoms consistently
- Encourage partner to get circumcised
- Use oral PrEP
- Reduce your number of sex partners
- Get treatment for STIs
- Engage in lower-risk sexual behaviours
- If your partner is HIV+, encourage ARV adherence
- Encourage partner to get tested for HIV
Your plans for HIV prevention

What are your plans for using the HIV prevention approaches you selected?

What might you do to ensure your success in using those approaches?
Challenges to HIV Prevention

- It’s hard to talk to my partner
- I don’t always have condoms
- I forget to use condoms
- I was drinking and wasn’t thinking
- My partner is not willing
- I got caught up in the moment
- I don’t always have condoms
- I forget to use condoms
- I was drinking and wasn’t thinking
- My partner is not willing
- I got caught up in the moment
On a scale of 0 to 10 where 0 is not important at all and 10 is extremely important, how important is it for you to use the approaches you selected to avoid becoming infected with HIV?

What are some reasons why you chose that number and not a 0 or a 1?
On a scale of 0 to 10 where 0 is not confident at all and 10 is extremely confident, how confident are you that you will be able to use consistently the HIV prevention method you selected?

What makes your confidence that number and not a 0 or a 1?

What would help to move it up?

How might you achieve that?
What else would you like to discuss today...

...about the Ring?

...about the other HIV prevention approaches you selected?
Next Visit

When do we meet again?
What will we do?

Remember:

Bring back your Ring
I will share result of drug levels starting on Month 3
Follow-up Visits

Months 1, 2, 3, 6, 9
Welcome... ...and thank you!

Our session today...
Achieving goals can be difficult

**Success**
- Good job, you achieved your goal!
- If you would like, we can talk about how to keep going

**Disappointment**
- Don’t worry; I’m not here to judge
- If you would like, we can work together to find some solutions
Drug Levels in Ring

Low use  \[\xrightarrow{0}\]  High Use

No Protection  \[\xrightarrow{1}\]  High Protection

High Use  \[\xrightarrow{2}\]  High Use

No Protection  \[\xrightarrow{3}\]  High Protection
Keep in mind...

The drug level results may not be 100% accurate

We share the results with you...

- So you have a general idea of the level of protection you are receiving from the Ring

- To help you decide whether you want to use the Ring differently so that it gives you more protection from HIV

What you do with this information is your choice
Your level of protection

No Protection  High

What are your thoughts about this?
How do you feel about the level of protection you got from the Ring?
What might this mean for you remaining HIV negative?
Which HIV Prevention Options did you choose last time?

- Use ring consistently
- Use condoms consistently
- Encourage partner to get circumcised
- Use oral PrEP
- Reduce your number of sex partners
- Get treatment for STIs
- Engage in lower-risk sexual behaviours
- If your partner is HIV+, encourage ARV adherence
- Encourage partner to get tested for HIV
Check-In

How did things go with your HIV prevention plan?

What worked?
What didn’t?
What obstacles did you encounter?
How did you overcome them?
Feelings about Prevention Plan

My plan did not work. I need to do something **totally different** so I don’t get HIV

My plan went so-so. I need to **change some things** so I can protect myself better from HIV

My plan went really well, I just have to **keep doing what I am doing** to protect myself from HIV
Overcoming Obstacles

What other HIV prevention options might work better for you?
What can you do to make this option more successful for you?

What obstacles do you need to overcome in order to succeed?
What might you do differently in order to succeed?
What can we do during our session that will help you succeed?

What helped you to succeed with your prevention plan?
What can you do to continue to succeed with your prevention plan?
Planning for the weeks ahead

Anything happening in the next few weeks that might affect your HIV prevention plan?
On a scale of 0 to 10 where 0 is not confident at all and 10 is extremely confident, how confident are you that you will be able to use consistently the HIV prevention method you selected?

What makes your confidence that number and not a 0 or a 1?

What would help to move it up?

How might you achieve that?
What else would you like to discuss today...

...about the Ring?

...about the other HIV prevention approaches you selected?
Next Visit

When do we meet again?
What will we do?

Remember:

Bring back your Ring
I will share result of drug levels starting on Month 3
End Visit

Month 12
Welcome... ...and thank you!

Our session today
Achieving goals can be difficult

Success

• Good job, you achieved your goal!
• If you would like, we can talk about how to keep going

Disappointment

• Don’t worry; I’m not here to judge
• If you would like, we can work together to find some solutions
Drug Levels in Ring

Low use  0  1  2  3  High Use

No Protection  High Protection
Keep in mind...

The drug level results may not be 100% accurate

We share the results with you...

- So you have a general idea of the level of protection you received from the Ring

What you do with this information is your choice
Your level of protection

No Protection  High Protection

0  1  2  3

What are your thoughts about this?
How do you feel about the level of protection you got from the Ring?
Which HIV Prevention Options did you choose last time?

- Use ring consistently
- Use condoms consistently
- Encourage partner to get circumcised
- Use oral PrEP
- Reduce your number of sex partners
- Engage in lower-risk sexual behaviours
- If your partner is HIV+, encourage ARV adherence
- Encourage partner to get tested for HIV
- Get treatment for STIs
Check-In

How did things go with your HIV prevention plan?

What worked?

What didn’t?

Think back...

Which HIV prevention approaches have worked best for you during the study?
Which HIV Prevention Options do you want to use going forward?

- Abstinence
- Use condoms consistently
- Encourage partner to get circumcised
- Use oral PrEP
- Reduce your number of sex partners
- Get treatment for STIs
- Encourage partner to get tested for HIV
- Engage in lower-risk sexual behaviours
- If your partner is HIV+, encourage ARV adherence
- Other......
Future HIV Prevention Plans

What is your plan for using the approaches you selected?

- What can you do to make sure you succeed?

- What obstacles might come up and how might you overcome them?
Confidence Ruler

On a scale of 0 to 10 where 0 is not confident at all and 10 is extremely confident, how confident are you that you will remain HIV negative?

0 1 2 3 4 5 6 7 8 9 10

Not confident at all

Extremely confident

What makes your confidence that number and not a 0 or a 1?

What would help to move it up?

How might you achieve that?
What else would you like to discuss today...
Thank you!!!!

- Your participation in the study
- Your willingness to speak openly
- Your contribution to helping reduce HIV infection among women in Africa
Thank you!