Annexure 1: Points for Discussion

Sexually-Transmitted Infection (STI)

Prevention
- Most STIs occur due to unprotected sex.
- STIs can be prevented if we ensure that we use condoms during each sexual act.

Signs and Symptoms
Most common systems are:
- Discharge from the genitals – pus like discharge, whether foul smelling or not.
- Pain in groin.
- Soreness in the genitals.
- Itching.
- Burning sensation while passing urine.

Treatment
- Most STIs are curable.
- Refer to the doctor for further care and treatment.
- Complete the drug treatment.
- Use condoms during every sexual relation.

Importance of Partner Treatment
- If a sexual partner has STI, then both you and the partner should take treatment to avoid re-infection.

Referrals
- Whenever a potential client is identified with symptoms suggestive of STI, provide all the information and knowledge about STI.
- Refer to the doctor for further treatment.
- Regular follow-up at the clinic is important after the initial visit.

HIV/AIDS
- How does HIV spread?
- How does HIV not spread? (Kissing, touching, sharing utensils etc.)
- What are the ways of preventing HIV transmission? (Use of sterile needle, condoms etc.)
Testing for HIV

Preparing for HIV testing

(CDC, 2001)
Even if a client declines to undergo HIV testing, counsellors must ensure that the following information is provided to all people visiting the testing center:

- Information, benefits and consequences of HIV testing.
- Risks for transmission and prevention of HIV.
- The importance of getting an HIV test.
- Meaning of the test
- Obtaining further information or, HIV prevention counselling.
- Orienting about other referral services.

There are two types of tests

(NACO, 2007)

- **ELISA**: Enzyme-linked immunosorbent assay (ELISA) is the most commonly performed screening test at blood banks and tertiary care sites testing large number of specimens in a day. It is easy to perform, adaptable to large number of samples, is sensitive and specific and cost effective.

- **Rapid Testing**: Rapid tests are in vitro qualitative tests for the detection of antibodies to HIV type 1 and 2 in human serum, plasma whole blood saliva and urine. Currently HIV testing in India is performed on serum/whole blood, and plasma. This is because the HIV testing on urine and saliva samples has not been evaluated and validated in India.

ART

- ART stands for Anti Retroviral Therapy.
- This is a treatment given to HIV positive people, and it restricts the replication of virus in the body.
- These medicines are taken regularly and lifelong, under a doctor's advice.
- These medicines are available free of cost at all government hospitals.