HIV TESTING AND TREATMENT

FACT SHEET
RADIO PRODUCTION GUIDE
OUTREACH GUIDE
HIV TESTING AND TREATMENT

- Knowing your HIV status will empower you to protect your body, your health and your partners.
- Regular testing every 3 to 6 months helps keep you informed of your status.
- If you are pregnant, knowing your status is necessary to protect your health and the health of your baby.
- If you are planning on becoming pregnant then you should first get tested because starting treatment early reduces the chances of transmitting HIV to your baby.
- Testing is an important part of HIV prevention.

(Treatment Action Campaign, TAC)

WHAT’S INVOLVED IN HIV TESTING?

Consent means to give permission or approval (WordSmyth)
- Consent for an HIV test in Zambia may be given by a child if they are over the age of 16 years. (Avert)
- Since the Government of the Republic of Zambia is a signatory to the United Nations (UN) Convention on the Rights of the Child, HIV counselling and testing (HCT) services should uphold child rights. In line with this Convention, the guiding principle states that “the best interest of the child shall be of priority”. (Zambian National Guidelines on HIV Counselling and Testing of Children/NAC). (Avert)

Confidentiality is something communicated only in private (WordSmyth)
- We all have the right to private testing.
- Health workers must not tell anyone if a person has taken an HIV test.
- No person may disclose a person’s HIV status without consent.

Counselling refers to help, advice and support given by an authority or qualified person (WordSmyth)
- We all entitled to pre- and post- test counselling.
- Counselling provides us with important information and psychological support before and after an HIV test.
- If the test is positive, a counsellor is there to support us. It can be scary to discover this result, but a counsellor should remind us that HIV is manageable and that many people living with HIV enjoy long and healthy lives with treatment. A counsellor is there to offer a variety of support options and can discuss beginning HIV treatment as soon as possible.
- If the test is negative, then a counsellor can provide us with information to continue preventing HIV transmission, as well as when to get tested again. (World Health Organization)

HIV TESTING OPTIONS

- Clinics and hospitals commonly offer rapid HIV tests. The rapid test involves taking a pin prick of blood from your finger. These tests detect antibodies that the immune system produces against the virus. The results take less than 20 minutes to come back.
- HIV Self-Testing is a process in which a person uses a sample of their saliva or blood-finger-prick to perform a test and interpret the result. People with positive results are advised to go to a health clinic to confirm the result, receive counselling, treatment and care services.
- Learn more about HIV self-testing here. (World Health Organization)
### MYTHBUSTERS: HIV TESTING

<table>
<thead>
<tr>
<th>MYTH</th>
<th>FACT</th>
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<tbody>
<tr>
<td>If you’re getting tested that means you’re cheating on your partner.</td>
<td>Testing for HIV is an act of prevention and self-care. When someone gets an HIV test, they are looking after their personal health and the health of their partners. When we assume that only people who cheat get tested, we’re discouraging people (and ourselves) from seeking care. (amfAR)</td>
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<tr>
<td>I am monogamous, in an exclusive relationship with one partner, so I don’t need to be tested</td>
<td>Monogamy does not automatically protect you from HIV. Do you really know the sexual history of all your past partners (or your partner’s past partners)? Getting tested together is a great option for partners to support each other’s healthy, loving and sexual relationship. Monogamy can reduce the chances of being exposed to HIV, but getting tested is the only way to know your and your partner’s HIV status. (HIV Beta Version)</td>
</tr>
<tr>
<td>I can tell if someone is HIV positive just by looking at them</td>
<td>People can be infected with HIV for more than 10 years without showing signs or symptoms. Even if a partner looks healthy, it is important to talk about each other’s HIV status and get tested regularly. A person’s HIV status can only be determined through an HIV test. (amfAR)</td>
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</table>
HIV treatment 101:

• Treatment is free if you go to a clinic.
• Antiretroviral therapy (ART) is a combination of antiretroviral (ARV) drugs to treat HIV.
• ART suppresses the HIV virus, stops the progression of the disease and helps prevent transmitting the virus.
• Treatment can help people living with HIV to live long, healthy lives.
• Treatment is not a cure for HIV.
• The medication is only effective if taken regularly.
• Even if people living with HIV feel healthy, adherence is vital to suppress the virus. Learn more about why adherence is important here.
• When someone is diagnosed HIV positive health workers are advised to offer HIV treatment to that person as soon as possible. (UNAIDS)

Staying healthy on treatment:

• Avoid smoking
• Avoid alcohol
• Stay active and exercise
• Practice safer sex to prevent contracting or transmitting other sexually transmitted infections (STIs), hepatitis or other strains of HIV.
• Consult your doctor or nurse about using contraceptives and ARVs that do not interfere with each other. Some ARVs containing ritonavir can make certain contraceptives less effective. Learn more here. (K4Health Family Planning)

Resources in Zambia

199 is Childline Zambia: a toll-free telephone counselling and guidance service. This service aims to promote child protection and is accessible for both child callers and those calling on behalf of children.

PPAZ Youth Clinic in your area. They have five main fields of activities (the five ‘A’s), namely access to SRH services, advocacy, adolescents and young people, AIDS/HIV and abortion/safe motherhood.

If you are a young person in Zambia and want to join the Zambia U-Report community, text the word “JOIN” to 878 on all the networks NOW to start interacting and participating in shaping a Zambia with zero new HIV infections. Did we mention all SMS’s are FREE? Join now!

Find out more about what people are saying and debating concerning self-testing in Zambia here (Zambia U-Report)

LETS TALK ABOUT TREATMENT
WHAT’S PEP?

- PEP is short for post-exposure prophylaxis
- Post = after
- Exposure = a situation where HIV enters someone’s body (e.g., during sex without a condom or by sharing needles or injecting equipment)
- Prophylaxis = disease prevention (GetPEP.info)

- It is a short-term anti-retroviral (ARV) treatment that reduces the likelihood of HIV infection after exposure to HIV-infected blood or sexual contact with an HIV-positive person.
- PEP should be taken no later than 72 hours after exposure.
- PEP must be taken once or twice a day for 28 days.
- PEP is not a cure for HIV.
- PEP is an emergency treatment to prevent HIV, only to be used when all other methods of HIV prevention have failed.
- PEP is effective, but not 100%.
- People eligible for PEP should receive counselling and support to talk about risk of infection, pros and cons of PEP, side-effects and adherence counselling. (AIDS.gov)

Who is eligible for PEP?

- Only some people are eligible for PEP. It should be offered and initiated as early as possible to all individuals who have been exposed to possible HIV infection. This includes but is not necessarily limited to:
  - Victims of rape or sexual assault.
  - People who may have been exposed during consensual sexual contact with an HIV positive person.
  - People who are exposed to blood or bodily fluids at work.
  - People potentially exposed through needles.
  - People who are already HIV positive should not take PEP.
- Doctors will consider the patient’s exposure to HIV, and will provide testing to the source of the HIV exposure, if possible.

For example, Lisa wants PEP because the condom came off during sex with John. John does not know his HIV status and may have exposed Lisa to HIV. The doctor will ask John to get tested to see if he is HIV positive and Lisa is at risk of HIV infection. But if testing John is not possible, PEP is still an option for Lisa. (Southern African Journal of HIV Medicine)

HELPFUL DEFINITIONS

- HIV testing: HIV testing shows whether a person is infected with HIV. HIV stands for Human Immunodeficiency Virus. HIV is the virus that causes AIDS (Acquired Immunodeficiency Syndrome). AIDS is the most advanced stage of HIV infection. HIV testing can detect HIV infection, but it can’t tell how long a person has been infected with HIV or if the person has AIDS. (HIV testing)

- “Window Period”: The window period is the time between the moment of infection and when that infection can be accurately detected. This means that the virus can be present in the person’s blood but that the body has not had enough time to develop the antibodies to fight it. The window period is about three to four weeks. This period can be longer. During this window period the individual is already infectious and may unknowingly infect other people. People who are exposed to or who practise high-risk behaviour are well advised to arrange for a repeat test after three to six months - and to use safer sex practices like condoms while waiting for their results. (What is the window period) (HIV and the Window period)

- Pre Test Counselling: Refers to when you receive the necessary information to make an informed decision about testing. In addition, pre-test HIV counselling provides you with information on the technical aspects of testing and the possible personal, medical, social, psychological, legal and ethical implications of being diagnosed as either HIV positive or HIV negative. (HIV and AIDS Counselling) Pre Test Counselling

- Post test counselling: Refers to when the test result is given to you. If the test result is negative then the window period, risk reduction strategies to remain negative and follow-up testing among
• other things is discussed. If the result is positive then coping strategies, disclosure to partners and family including safe sex practices to prevent re-infection and the spread of the disease to others is discussed among other things. 
(HIV counselling and confidentiality) (Pre Test Counselling)

• Treatment: This generally refers to medical care given to a patient for an illness or injury. HIV treatment does not cure HIV, but it stops the virus from reproducing in your body. This in turn reduces the likelihood of infecting others.

• Antiretroviral drugs: ART are medications that treat HIV. The drugs do not kill or cure the virus. When taken in combination they can prevent the growth of the virus. People on ART take a combination of HIV medicines (called an HIV regimen) every day. When the virus is slowed down, so is HIV. Antiretroviral drugs are referred to as ARV. Poor adherence—not taking HIV medicines every day and exactly as prescribed—can lead to drug resistance and treatment failure. 
(HIV fact sheet) (HIV and AIDS Information)

• Concordant Couple: Refers to a couple who are both HIV positive. (HIV and AIDS glossary)

• Discordant couple: refers to a couple that is made up of one person who is HIV positive and the other HIV negative. (HIV and AIDS glossary)

• CD4 count: CD4 cells are a type of white blood cell that play a major role in protecting your body from infection. A CD4 count is a lab test that measures the number of CD4 cells in a sample of your blood. The higher your CD4 count, the better able you are to fight HIV and other infections. A healthy CD4 count ranges between 500 and 1500. So, if you are HIV positive, during your regular check-ups, your HIV care provider will want to know your CD4 count to help keep track of how healthy you are and whether the virus has progressed in your body. (HIV and AIDS basics)

**FLUIDS THAT TRANSMIT HIV**

HIV is not spread easily. Only certain body fluids from a person who has HIV can transmit HIV:

- Blood
- Semen (cum)
- Pre-seminal fluid (pre-cum)
- Rectal fluids
- Vaginal fluids
- Breast milk

These body fluids must come into contact with a mucous membrane or damaged tissue or be directly injected into the bloodstream (by a needle or syringe) for transmission to happen. Mucous membranes are found inside the rectum, vagina, penis and mouth. 
(Centers for Disease Control and Prevention)

**Internet resources**

- Exposed to HIV? It’s time to talk PEP
- The Art of Living Positively
- Youth Voices: Nolusindiso’s Story
- Empowered: Stephanie
- Empowered: Cristina
- Personal Stories from People Living with HIV
WAYS TO TALK ABOUT TESTING AND TREATMENT

- Obstacles that prevent people from getting tested
- Young people’s access to testing and treatment in their community
- What is PEP and is it available in your community’s clinic?
- I’m HIV positive - now what?
- Living positively

GETTING PEOPLE TO TALK:

Different ways to talk about:

- What is PEP and is it available in your community’s clinic?
- Defining PEP
- Rights of access
- Stigma at the hospital
- PEP as an important last resort

PREPARING FOR THE SHOW

CHOOSE AN ANGLE

What is PEP and is it available in your community’s clinic?

FORMATS

VOX POP

Aim
To get many opinions on one topic.

Who do you talk to
Anyone in the community.

Question
Do you know what PEP is?

AUDIO COMMENTARY

Aim
To get people’s opinion about a topic that they care deeply about.

Who do you talk to
Ask a young person in the community, without exposing their identity, to explain what they would do if they were in a situation where they may have been exposed to HIV.
FORMATS

AUDIO PROFILE

Aim
To get a first person account of someone's experience, passion and journey. Audio profiles often aim to inspire.

Who do you talk to
Someone in the community who is living positively with HIV and can talk about how they stay healthy. OR talk to a nurse/doctor who can talk about their experiences supporting and counselling HIV positive people to live positively.

Questions to ask to get the person thinking before they record their profile
• How has your life changed since learning about your HIV status?
• What does your support network look like?
• How do you practice self-care?
• What brings you joy?
• What are your goals and ambitions for the future?

PUBLIC SERVICE ANNOUNCEMENT (PSA)

Aim
To create a public awareness message.

1. Voice 1: Last night, when the condom broke I didn’t know what to do...

Voice 2: Last night, I thought I was fine with not using a condom...

Voice 3: Last night, I shared a needle with a stranger...

Voice 4: Last night, I was sexually assaulted...

All Voices: Now I’m scared I’ve been exposed to HIV.

Slogan
We have the right to access information and services for emergency HIV prevention. If you’ve been exposed to HIV go to a hospital or clinic within 72 hours and ask your doctor or emergency care provider about PEP. That’s P - E - P, PEP.
HOW TO PRESENT YOUR SHOW

Use your produced radio formats, your research and the suggested script and questions to write your own script.

Suggested questions for your interview with someone who knows about testing and treatment options, especially PEP (doctor, nurse, emergency care provider).

- What is PEP?
- Who can receive PEP?
- Does PEP cure HIV?
- What steps does a doctor or emergency care provider take to decide whether a person should be given PEP?
- Can you describe the treatment process?
- What are the side effects of the medication?
- How effective is PEP?
- How much does PEP cost?
- Can a person take PEP every time they have unprotected sex?
- Is PEP available in our community clinic? If not, why?
- What should someone do if they think they are being unfairly turned away from treatment at the hospital?

治疗。让我们面对现实 - 有许多对HIV的恐惧、耻辱，甚至冷漠，这使得年轻人难以公开讨论和了解我们的测试和治疗选项。测试和治疗是关于护理 - 关心我们自己、伴侣、社区。我们需要信息来做出正确的选择！

主持人2：我们将专注于紧急HIV预防治疗称为PEP。这包括有关谁需要它、它做什么以及它在我们社区诊所是否可用的对话。

主持人1：让我们听听更多关于人们必须说关于PEP的话。

[播放接受的采访]

[OUTRO]

主持人1：今天，我们学到了很多关于PEP的知识！想象一下，如果你暴露于HIV并有感染的风险，知道这种治疗会有多么重要。

主持人2：或者如果一个朋友处于那种情况，我会想要帮助他们迅速行事。我们必须照顾好自己并相互支持——那就是测试和治疗的意义，对吧？

主持人1：下周，[DAY]在[TIME]我们将讨论[NEXT WEEK’S SHOW TOPIC]。在那之前，再见！
ETHICS AND CONSENT

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space. It is also a good idea to have local referral services you can share on air for people suffering trauma and stress from violence and loss. Repeat these a few times during your broadcast.
WAYS TO TALK ABOUT TESTING AND TREATMENT

- Ways to talk about testing and treatment
- Obstacles that prevent people from getting tested, such as young people’s access to testing and treatment in their community.
- What is PEP and is it available in your community’s clinic?
- I’m HIV positive - now what?
- Living Positively

Ways to talk about PEP and its availability in your community clinic

- Defining PEP
- Rights of access
- Stigma at the hospital
- PEP as an important last resort

Ways to Present Your Outreach

PREPARING FOR THE OUTREACH

WAYS TO TALK ABOUT TESTING AND TREATMENT

- Quiz aim
  To test knowledge of the audience through a competition with prizes for the winner(s).

- Question
  • What is PEP and is it available in your community’s clinic?
  • What is consent?
  • What is confidentiality?
  • Is HIV and AIDS the same thing?

- Debate aim
  A debate is a discussion between two people who have opposite opinions on an issue.

- Debate statement
  “Only people who cheat in relationships get HIV.”

DEBATE

- Quiz

- Debate

- Quiz aim

- Debate aim

- Quiz

- Debate

- Quiz

- Debate
FORMATS

GUEST SPEAKER

Guest speaker aim
This is someone you have invited to speak at the event to provide facts or meaning to the topic under discussion.

If you choose a medical professional as a guest speaker, here are a few example questions for the speaker to think about ahead of the outreach:

- In your experience do many people know about PEP?
- Have you ever given it to someone at your place of work?
- In which ways is PEP an important HIV prevention medication for our community?
- What must health care workers do when a patient thinks they’ve been exposed to HIV?
- What advice do you have for HIV positive people in terms of keeping themselves healthy?
- What advice do you have for those who find themselves in the support network of an HIV positive person?

PANEL DISCUSSION

Panel discussion aim
A panel discussion involves a group of people discussing one topic in front of an audience. There is usually time for questions from the audience afterwards.

Example of an opening question to the panel
What do you think are the ways to “Live Positively” for an HIV positive person?

INTERVIEW

Interview aim
An interview is a one on one conversation where questions are asked by the interviewer and answers are given by the interviewee.

Examples of questions to someone who is HIV positive and has agreed to disclose publicly and be interviewed:

- Please tell us about your experience of getting back a positive test result.
- What are the things in your life that have changed the most since you learned you were HIV positive?
- How do you practice self-care?
- What are your goals and ambitions for the future?
- What does your support network look like?

IMPACT JINGLE

Impact Jingle aim
A jingle is a short song or tune that is easy to sing along to and remember, and it has a clear message.
Suggested questions for your interview with someone who knows about testing and treatment options, especially PEP (doctor, nurse, emergency care provider).

- What is PEP?
- Who can receive PEP?
- What steps does a doctor or emergency care provider take to decide whether a person should be given PEP?
- Can you describe the treatment process?
- What are the side effects of the medication?
- How effective is PEP?
- How much does PEP cost?
- Can a person take PEP every time they have unprotected sex?
- Is PEP available in our community clinic? If not, why?
- What should someone do if they think they are being unfairly turned away from treatment at the hospital?

HOST 1: Hello, welcome everyone! Thank you all for being here at the [NAME OF VENUE] today. My name is [NAME OF HOST 1] and I am a [TITLE OF HOST] from [NAME OF ORGANISATION/GROUP]

HOST 2: And my name is [NAME], and today’s outreach is all about HIV testing and treatment!

HOST 1: That’s right, we’ll be talking about the importance of young people accessing testing and treatment. Let’s be real - there’s a lot of fear, stigma, even indifference out there about HIV that makes it hard for young people to talk openly and learn about our testing and treatment options. Testing and treatment is about care - caring for ourselves, our partners, our community. We need the information to make the choices that are right for us!

HOST 2: We’ll be focusing on the emergency HIV prevention treatment called PEP as well as how you can support an HIV positive person and the many ways to live positively!

HOST 1: First, let’s hear more about what PEP is all about.

[INTRO WHO IS BEING INTERVIEWED]
[OUTRO TO INTERVIEW]

HOST 1: Today we’ve learnt so much about PEP! Imagine how important it would be to know about this treatment if you were exposed to HIV and risked infection.

HOST 2: Or if a friend was in that position, I’d want to help them act quickly. We gotta take care of ourselves and support each other - that’s what testing and treatment is all about!

HOST 1: Now that we have your attention, I’d like to ask you, the audience, what HIV testing options are out there?

[HOSTS LET AUDIENCE RESPOND IN SHORT ONE SENTENCE ANSWERS]

HOST 2: Wow, there’s so much to learn from each other today.

[IMPACT JINGLE]
Now lets test your knowledge with Quiz Time! This is how it works.
[HOST 2 EXPAINS THE QUIZ RULES, AND PLAYS KNOWLEDGE QUIZ]
[QUIZ OUTRO]
Host 1: Wow! Thanks guys for participating in our knowledge quiz! Are you all having a good time? Well there is more to look forward to! Next up we’d like to invite 2 brave souls to the front to take part in a debate.

Host 1: Hands up if you’d like to volunteer to be part of the debate!

[HOSTS EXPLAIN THE RULES OF THE DEBATE AND CALL UP 2 VOLUNTEERS]
[LIVE DEBATE]
[HOSTS REFLECT ON THE DEBATE TOPIC AND OUTCOME]
[IMPACT JINGLE]
[HOSTS GIVE FINAL COMMENTS ON TOPIC AND GIVE THANKS TO THE AUDIENCE AND A REMINDER OF HOW TO STAY IN TOUCH ONLINE, ETC.]

Host 2: We have performance by [NAME OF ARTIST]. Please give him/her/them a warm welcome.
OUTREACH OUTLINE

An outreach outline is a map to help you stay on track during your event. It is a list of the items and the order in which they will happen in the outreach activity. Below is an example of an event that is one hour long.

Music

Intro

Intro interview

Interview

Outro interview

Impact jingle

Intro Quiz

Quiz

Outro Quiz

Intro Debate

Debate

Outro Debate

Impact Jingle

Intro to artist presenting

final performance

Final comments from audience, hosts and goodbye

ETHICS AND CONSENT

This may be a sensitive topic for some, so make sure you inform your audience to respect those who share personal stories in the space.

When you create your outreach outline, be aware of the flow and the energy that certain activities generate. You don’t want to start with a bang and end on a whisper.

Remember to introduce each format and outro it by summing up what was said and thanking your guests who contributed to the format.