

Healthy Mothers

Client Centered Adherence Counseling for Pregnant Women using Oral Truvada as PrEP

Developed by:

Iván C. Balán, Rebecca Giguere, Rose Byogero, Rujeko Makoni, Wezi Mwenda, Caroline Vika, Cody Lentz, Clare Kajura-Manyindo, Bryan Kutner

Enrollment Visit



Today's Healthy Mothers session

- Learn about your interest in the study
- Help you prepare for taking the pill by
 - Understanding any concerns you still have
 - Developing a plan for taking the pill
 - Overcoming possible obstacles to using the pill
- Give you an opportunity to ask any other questions you have about taking the pill

About counseling

I WILL

- Listen to *your* experience taking the pill (oral Truvada as PrEP)
- Help you develop *your own* plans for taking the pill
- Help you remain HIV negative
- Keep our discussions confidential

I WILL NOT

- Tell you what to do
- Judge you
- Push you to take the pill



A New Study

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

What concerns do *you* have about getting HIV?

How might this study help *you* remain HIV negative?

What other benefits do *you* see from participating in this study?

How do you feel about being assigned to the pill?



Very Happy,
That is what I wanted!



Fine,
I was fine with either one!



Disappointed,
I wanted the Ring

What have you heard about...



The pill and HIV prevention

- The pill has been approved for HIV prevention in many countries
- It provides high levels of protection from HIV to people who take it every day
- The World Health Organization supports its use for women who are pregnant or breastfeeding and at risk of HIV infection
 - More safety data are needed to inform guidelines

How are you feeling about taking the pill?



I am still very unsure about taking the pill



I still have some concerns about taking the pill



Yes, I am ready to start taking the pill

Getting Started



What concerns remain?

How can I be of help?



What would make you feel more comfortable in starting?

How can I be of help?



You are ready to go... tell me about that!

Plans for using the pill...



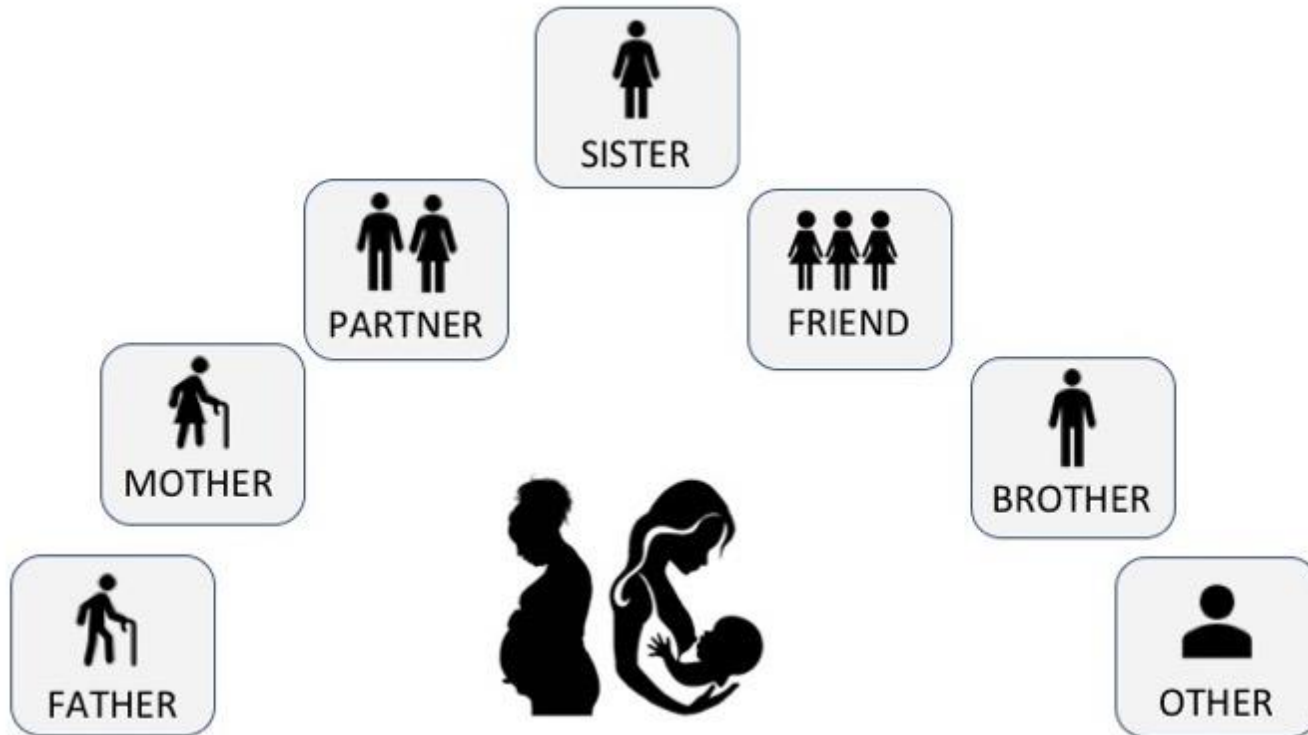
How are you supposed to take the pill?

What are your plans to achieve that?

What possible obstacles should we discuss?
(forgetting, side effects, difficulty swallowing, pill storage, others)

Disclosure... your choice

With whom is it important for you to discuss using the pill? Why?



With whom is it important for you to **NOT** discuss using the pill? Why?

How important is pill use for you to prevent HIV?

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 pill to prevent becoming infected with HIV?



Not important at all	0	1	2	3	4	5	6	7	8	9	10	Extremely important

What are some reasons why you chose that number and not a 0 or a 1?

Your confidence using the pill

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 the pill consistently?



Not confident at all	0	1	2	3	4	5	6	7	8	9	10	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?

Questions...

What else would you like to discuss today about...



Or other HIV prevention approaches

Next Visit

When do we meet again?



What will we do?

THANK YOU!!

First Follow-up Visit

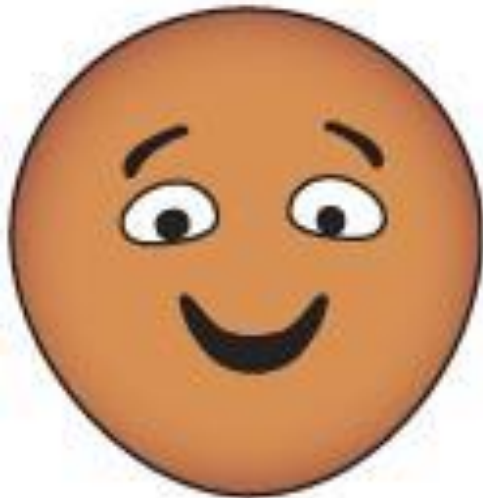


Today's Healthy Mothers session

- Hear from you how things went taking the pill since our last visit
- Help you overcome any difficulties you had taking the pill
- Help you make any changes to your plan for taking the pill
- Give you an opportunity to ask any other questions you have about taking the pill

Whether things went good or bad... I will listen

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

Your Experience...

How did it go taking the pill?



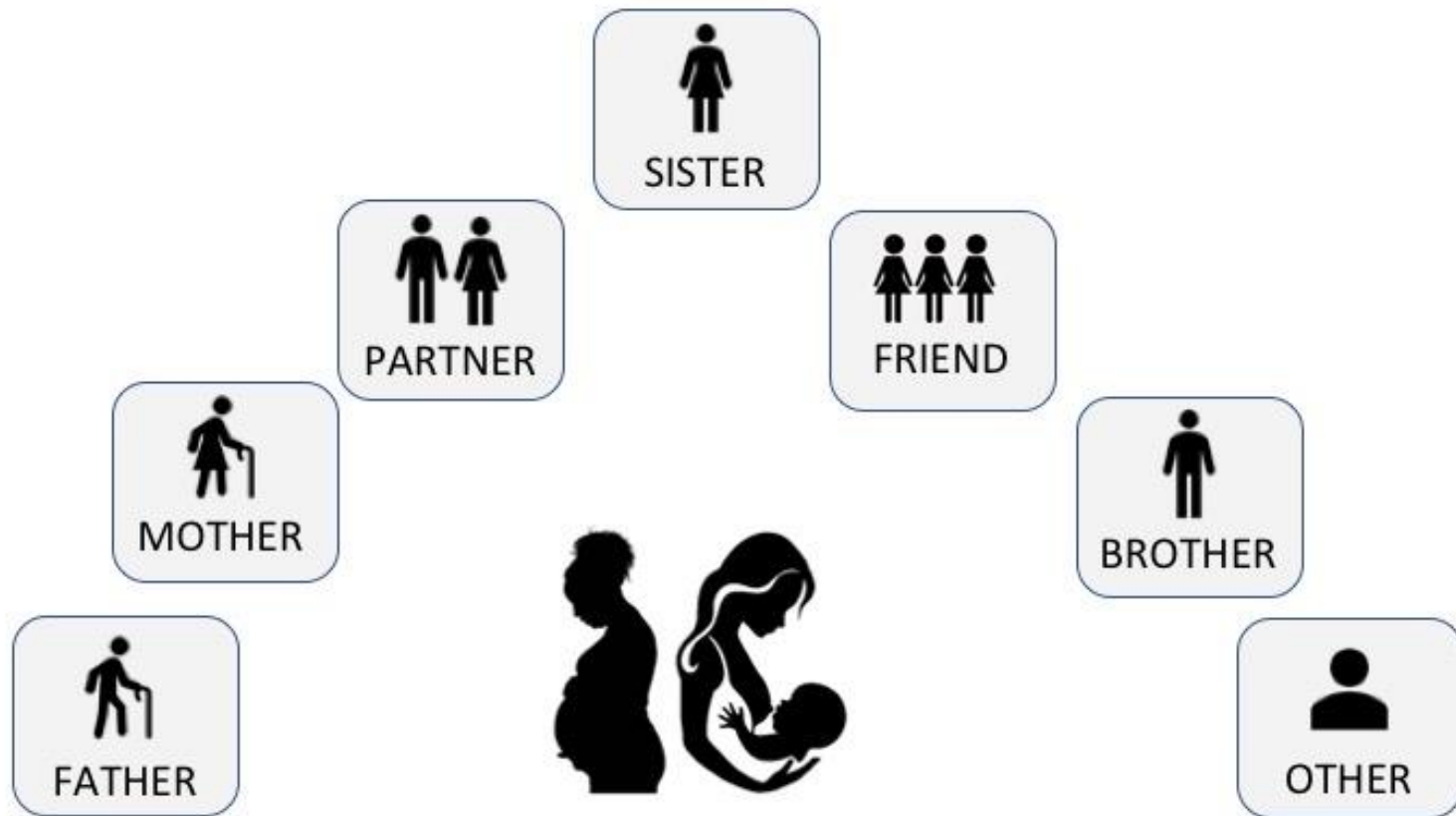
What went well?

What didn't go well?

What other obstacles did you face?

How did you overcome those obstacles?

Disclosure... How did it go?



How are you feeling about continuing to use the pill?



No, I can't continue



Hmmm... I am still stressed about it



It's good and I am ready to keep going

Overcoming Obstacles



What concerns remain?



What would make you feel more comfortable continuing?
What might you do differently in order to succeed?
How can I be of help?



What will you do to continue succeeding taking the pill?

How confident are you feeling today?

Now that you have been taking the pill for two weeks, 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 the pill consistently?



Not confident at all	0	1	2	3	4	5	6	7	8	9	10	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?

Questions...

What else would you like to discuss today about...



Or other HIV prevention approaches

Next Visit

When do we meet again?



What will we do?

THANK YOU!!

Other Follow-up Visits



Welcome back!

Remember, these sessions are

- ✓ A safe opportunity to discuss challenges and successes taking the pill
- ✓ A judgement-free discussion
- ✓ To help you take the pills successfully

Your Experience...

How did it go taking the pill?



What went well?

What didn't go well?

What other obstacles did you face?

How did you overcome those obstacles?

How are you feeling about continuing to use the pill?



No, I can't continue



Hmmm... I am still stressed about it



It's good and I am ready to keep going

Overcoming Obstacles



What concerns remain?



What would make you feel more comfortable continuing?
What might you do differently in order to succeed?
How can I be of help?



What will you do to continue succeeding taking the pill?

What else???

What else would you like to discuss about

- Taking the pill
- Discussing taking the pill with others
- Other questions you might have about the pill or other HIV prevention approaches

Next Visit

When do we meet again?



What will we do?

THANK YOU!!