

Delivery of Rapid HIV Test Results

Fundamentals of Waived Rapid HIV Testing and Prevention Counseling

Source: Centers for Disease Control and
Prevention

www.cdc.gov



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Giving a Non-Reactive (Negative) Rapid HIV Test Result

| Content | Message |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Provide test result clearly and simply. | <p>A. Your rapid HIV test result is negative.</p> <p>B. Your rapid HIV test result came back non-reactive.</p> |
| Explain the meaning of a non-reactive test result. | <p>A. This means that HIV antibodies were not found in your blood.</p> <p>B. This means that the test did not detect HIV antibodies in your blood.</p> |
| Emphasize that the result is based on exposure that occurred at least 3 months prior to the test. | <p>A. This means that, as of 3 months ago, you were not infected with HIV, unless you have had a possible exposure within the past 3 months.</p> <p>B. This result is based on possible exposure you had at least 3 months ago.</p> |
| Assess the client's emotional reaction to the result. | <p>How are you feeling about this result?</p> <p>What questions do you have about this result?</p> |

Giving an Invalid Rapid HIV Test Result

| Content | Message |
|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Explain that the test must be repeated. | <p>We need to repeat the process from the beginning in order to provide you with an accurate result.</p> <p>I would like to offer you another test.</p> |
| Inform the client that the test could not be interpreted. | <p>There was a problem when running your test and it cannot be interpreted.</p> <p style="text-align: center;">-OR-</p> <p>The test is invalid and cannot be interpreted because there was a problem.</p> |
| Tell the client the reason(s) why the test could not be interpreted. | <p>Most of the time, the problems are related to the process of collecting the specimen or to the test kits that we use.</p> <p>Sometimes, problems occur with the test kits or blood collection process.</p> <p>When this happens, our protocol is to repeat the test.</p> |
| Assure the client that quality insurance measures are in place to make sure that the test is conducted correctly. | <p>We have safeguards in place that help us identify when we have problems running a test.</p> <p>Our system has detected that there was a problem while running your test.</p> <p>[OR: We have measures in place to determine when problems arise while running the test.]</p> |
| Continue to assess the client's emotional reaction. | <p>How are you feeling?</p> <p>What questions do you have?</p> |

Giving a Reactive (Preliminary Positive) Rapid HIV Test Result

| Content | Message |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Provide reactive result to this screening test clearly and simply. | Your screening test result is positive. -OR- I have your screening test result and it is reactive. |
| Explain the meaning of a reactive test result. | This means that the test detected HIV antibodies in your blood. This is a strong indication that you may have been infected with HIV. |
| Emphasize the need for confirmatory testing. | This result needs to be confirmed with an additional test. Remember that we talked about the other test that we'll need to do today to confirm the result. Further testing is always needed to confirm a preliminary positive screening test result. |
| Assess the client's emotional reaction to the result. | <i>(Counselor, you may allow some silent time to absorb the results)</i> How are you feeling about this result? What questions do you have about this result? Tell me your thoughts about what I just said. |
| Advise client to take precautions to avoid transmitting infection to others while awaiting confirmatory testing | It is important to protect yourself to avoid the possibility of infecting yourself or others. While waiting for the confirmatory test result, you need to take precautions to avoid transmitting the virus or acquiring any other infections. |

A sample message for conveying this information could be: *“Your screening test result is reactive which means HIV antibodies have been found in your blood. This result needs to be confirmed with an additional test. While waiting for the confirmatory test result, it is important to take precautions to avoid transmitting the virus. How are you feeling about this result?”*

Giving an Indeterminate Western Blot HIV Test Result

| Content | Message |
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| Provide indeterminate result to this screening test clearly and simply. | Your test result came back indeterminate. -OR- I have your test result and it is indeterminate. |
| Explain the meaning of an indeterminate test result. | An indeterminate test means that this test could not determine whether you are infected or not. This is an indication that you may have recently been infected with HIV, or that something else is reacting with the test to make it look like that; however, we will need to repeat the test to determine the actual meaning. |
| Emphasize the need for confirmatory testing. | We will need to follow-up with an additional test in about 3 weeks. Further testing will be needed to determine if you are infected with HIV. Since your risk is high, we'd recommend that you see a provider who may also do some additional testing. |
| Assess the client's emotional reaction to the result. | <i>(Counselor, you may allow some silent time to absorb the results)</i> How are you feeling about this result? What questions do you have about this result? Tell me your thoughts about what I just said. |
| Advise client to take precautions to avoid transmitting infection to others while awaiting confirmatory testing | It is important to protect yourself to avoid the possibility of infecting yourself or others. While waiting for the confirmatory test result, you should take precautions to avoid transmitting the virus or acquiring any other infections. |

Giving a Positive Confirmatory Western Blot HIV Test

| Content | Message |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Provide positive result to this screening test clearly and simply. | Your test result came back positive. -OR- I have your HIV test result and it is positive. |
| Explain the meaning of a positive test result. | This means that the test detected HIV antibodies in your blood. This means that the test shows that you have been infected with HIV. |
| Allow the client time to absorb the test results. | <i>(Counselor, you may allow some silent time for the client to absorb the news)</i> Had you expected this result? Take your time, we have plenty of time to talk about the results and what is next. |
| Assess the client's emotional reaction to the result. | How are you feeling about this result? What questions do you have about this result? Tell me what you are thinking. |
| Advise client to take precautions to avoid transmitting infection to others | Let's talk about ways to protect yourself. How do you plan to prevent getting any other infections? How do you plan to prevent transmitting HIV to others? |
| Emphasize the importance of getting linked to specialty medical care. | Let's talk about your medical care. Do you have a doctor or a provider with whom you would like to stay, or would you like me to make an appointment for you with an HIV specialist? You will need some more tests to determine if you need medications now or not. A specialist can answer your questions and help you make decisions. |