

Family Planning Discussion Topics for Voluntary Counseling and Testing

A Reference Guide for FP Counseling of Individuals, Couples, and Special Groups by Trained VCT Counselors

FP Goal ↓	Client Type →	Individual Women	Individual Men	Couples
Postpone Pregnancy		<p>HIV Negative:</p> <ul style="list-style-type: none"> • Discuss dual protection using male or female condoms every time (learn correct use, negotiate with partner) • Present options for dual method use: pills, injectables, implants, IUCD, LAM if postpartum, natural FP, and Fertility Awareness-Based Methods (FABMs)* • Inquire if ability to disclose HIV status is a factor in FP options/condom negotiation <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative except for IUCD in case of clinical AIDS** 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Discuss dual protection using condoms every time (learn correct use, negotiate with partner) • Present full method mix and encourage discussion with partner to make appropriate method choice for dual method use* • Inquire if ability to disclose HIV status is a factor in FP options/condom negotiation <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Encourage fidelity in marriage and explain importance of protecting family by staying negative • Encourage correct and consistent condom use for any risky sex (partners outside marriage) • Discuss dual protection using condoms every time (learn correct use, negotiate with partner) • Present options for dual method use: pills, injectables, implants, IUCD, natural FP/FABMs* <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative except in case of clinical AIDS** • Discuss condom use for HIV-positive couples for preventing STIs/reinfection <p>Discordant:</p> <ul style="list-style-type: none"> • Discuss importance of protecting family and children by keeping the HIV-negative partner negative and keeping the HIV-positive partner healthy • Discuss role of correct and consistent condom use for dual protection and dual method use • Present options for dual method use: male/female condoms, pills, injectables, implants, IUCD, natural FP/FABMs*
Prevent All Future Pregnancies		<p>HIV Negative:</p> <ul style="list-style-type: none"> • Discuss dual protection using male or female condoms every time (learn correct use, negotiate with partner) • Present availability of long-term (IUCD, implants, injectables) and permanent methods (female/male sterilization) • Present full method mix* • Inquire if ability to disclose HIV status is a factor in FP options/condom negotiation <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative except for IUCD in case of clinical AIDS** 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Discuss dual protection using condoms every time (learn correct use, negotiate with partner) • Present availability of long-term (IUCD, implants, injectables) and permanent methods (female/male sterilization) • Encourage discussion with partner to make appropriate method choice for dual method use • Present full method mix* • Inquire if ability to disclose HIV status is a factor in FP options/condom negotiation <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative except for IUCD in case of clinical AIDS** 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Encourage fidelity in marriage and explain importance of protecting family by staying negative • Encourage correct and consistent condom use for any risky sex (partners outside marriage) • Discuss dual protection using condoms every time (learn correct use, negotiate with partner) • Present availability of long-term (IUCD, implants, injectables) and permanent methods (female and male sterilization) • Present full method mix* <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative except in case of clinical AIDS** • Discuss condom use for HIV-positive couples for preventing STIs/reinfection <p>Discordant:</p> <ul style="list-style-type: none"> • Same as for HIV negative except in case of clinical AIDS** • Discuss importance of protecting family and children by keeping the HIV-negative partner negative and keeping the HIV-positive partner healthy

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Have a Healthy Baby		<p>HIV Negative:</p> <ul style="list-style-type: none"> • Encourage fidelity in partnership and discuss importance of protecting family by staying negative • Encourage correct and consistent condom use for any sex outside of partnership • Encourage repeating HIV test when pregnant for PMTCT <p>HIV Positive:</p> <ul style="list-style-type: none"> • Discuss risks to mother and baby, importance of ANC, nutrition, and facility delivery including ARVs for PMTCT 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Encourage fidelity in partnership and discuss importance of protecting family by staying negative • Encourage correct and consistent condom use for any sex outside of partnership <p>HIV Positive:</p> <ul style="list-style-type: none"> • Discuss importance of HIV testing for woman when pregnant, as well as ANC, nutrition, ARVs for PMTCT, facility delivery and returning to the clinic after delivery 	<p>HIV Negative:</p> <ul style="list-style-type: none"> • Encourage fidelity in partnership and discuss importance of protecting family and children by staying negative • Discuss correct and consistent condom use for any risky sex (partners outside marriage) <p>HIV Positive:</p> <ul style="list-style-type: none"> • Same as for HIV negative and • Discuss importance of HIV testing for woman when pregnant, as well as risks to mother and baby, ANC, nutrition, ARVs for PMTCT, facility delivery and returning to the clinic after delivery <p>Discordant:</p> <ul style="list-style-type: none"> • Encourage fidelity in partnership and discuss importance of protecting family and children by staying negative • Discuss correct and consistent condom use to prevent STIs/reinfection every time except during the short time of ovulation to get pregnant

* Explain EC and its availability in case of need, but EC is not appropriate as a regular FP method for dual method use. ** IUCD insertion is not advised for women with clinical AIDS who are not on ART.

Additional FP Discussion Topics Important for Special Groups Coming to VCT

Adolescents:

- Discuss effectiveness of abstinence for FP/HIV/STI prevention
- Discuss that condom use and dual protection are essential
- Demonstrate correct condom use and have client return the demonstration
- Discuss risk reduction by avoiding drugs/alcohol and multiple partners
- Present availability of discreet FP methods/benefit of dual method use
- Explain EC and its availability in case of need
- Propose role-play for refusing sex or negotiating condom use
- Remember permanent methods are rarely appropriate but long-term methods are possible, including IUCD

Pregnant/Postpartum Women:

- Discuss return of fertility and how to delay return of fertility with exclusive breastfeeding (explain LAM conditions: lack of menses, feeding around-the-clock, baby under 6 months) and importance of avoiding HIV infection during breastfeeding
- Present FP options for dual method use during postpartum period: POPs, injectables, implants, IUCD, LAM, natural FP/FABMs*
- Discuss need to start a FP method upon return of fertility
- Discuss importance of risks to mother and baby, ANC, nutrition, ARVs for PMTCT, facility delivery, and returning to the clinic after delivery

Pre-nuptial Couples:

- Present benefits of FP to prevent unwanted pregnancy, delay first birth and have healthy babies by child spacing

Men with Multiple Partners (especially at-risk groups like truckers, military):

- Discuss that condom use and dual protection are essential
- Demonstrate correct condom use and have client return the demonstration
- Discuss risk reduction by avoiding drugs/alcohol and multiple partners

Women with Multiple Partners (especially sex workers):

- Demonstrate correct condom use and have client return the demonstration
- Propose role-play for negotiating condom use
- Emphasize correct and consistent condom use with all partners and dual protection/dual method use
- Discuss risk reduction through avoiding drugs/alcohol and avoiding multiple partners
- Discuss permanent and long-term methods as potentially appropriate
- Explain EC and its availability in case of need

Women who have Experienced Miscarriage or Induced Abortion

- Remind women who have experienced a miscarriage or an induced abortion to prevent a next pregnancy for at least 6 months using effective FP