

The Impact of HIV Test Counselors in Iringa, Tanzania



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BACKGROUND

- HIV counseling and testing (HCT) is the key to proper intervention for HIV/AIDS in communities heavily impacted by HIV.
- HCT allows clients to become informed on their HIV status, the sessions encourage safer sex and provides resources to the client for care and treatment.
 - sex education in programs, door-to-door testing and couples testing
- HCT strategies can:
 - identify infected individuals
 - raise awareness
 - expand education to reduce HIV transmission.
- Potential gap between the older and younger populations.

METHODS

- 50 closed-ended question surveys
 - Students, professors, and members of the community
- 3 interviews with HIV Test Counselors
 - All interviews were conducted in Swahili. Their responses along with their conditions were recorded.

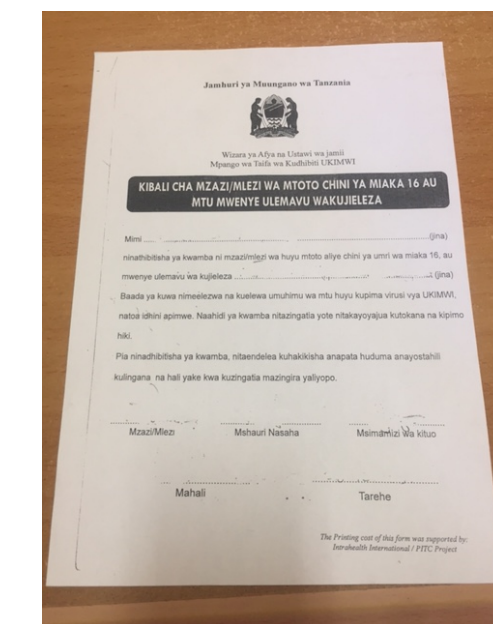


Figure 1: A consent form all clients are given prior to their session at DREAM Clinic.

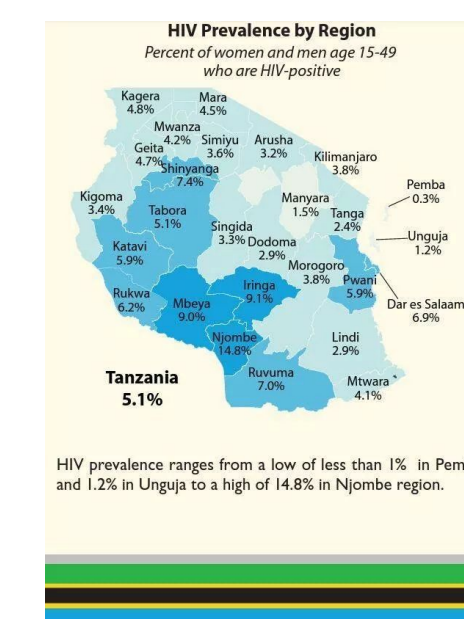
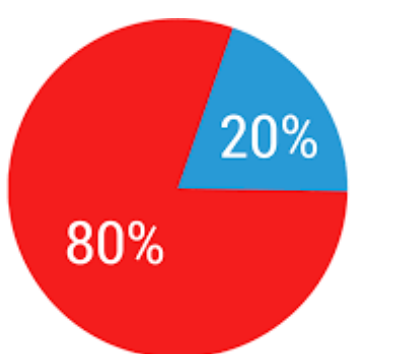


Figure 2: Shows the prevalence rates in Tanzania by region.

RESULTS

- 96% participants knew where to go in order to be tested for HIV
- 80% have been tested for HIV before
 - 10 have not been tested in over a year
- 4% tested positive for HIV
 - 22 year old female
 - 30 year old male
- Majority of clients are adolescents and young adults
- Clients are more aware of their behaviors and how to access resources
- 2 of the HIV Test Counselors expressed interest in limiting access to ARVs.
 - Clients not as fearful of contracting the virus and are not monitoring their risky behaviors as much.



Graph 1: Shows the percentage of participants who have been tested for HIV

CONCLUSIONS

- These findings demonstrate an increase in effectiveness in young adult but are not getting older generations to seek testing and sexual health resources. Though the HIV prevalence is higher for ages 30-49, efforts of test counselors have switched their efforts to the younger population because 75% of new infections are in young women and adolescence in Sub-Saharan Africa.

| HIV Testing & counselling | | |
|---------------------------|---|---|
| Topic | Old Guidelines | New Guidelines |
| HIV Testing | Initiating testing and counseling based on referrals in hospital set up | Community-based HIV testing and counseling with linkage to prevention, care and treatment services is recommended, in addition to old guidelines. |
| Couples | Voluntary HIV testing and counseling | |

Figure 3: Expectations and guidelines for HCT

ACKNOWLEDGMENTS

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