



TIRED OF JUGGLING PATIENTS? Testing Couples Together for HIV Can Make a Difference

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WE CAN HELP IMPROVE OR IMPLEMENT COUPLES HIV TESTING AND COUNSELING!

Couples HIV Testing and Counseling (CHTC) occurs when two or more persons who are in—or are planning to be in—a sexual relationship receive all elements of HIV testing and counseling together. This includes HIV prevention counseling, receipt of test results, and linkage to follow-up services.

What you should know about CHTC:

Research shows that 68% of all new HIV infections are from one's primary partner.¹ CHTC can provide opportunities for reducing HIV infection by facilitating serostatus disclosure; encouraging couples to discuss, establish, or revise sexual agreements for their relationship²; linking persons living with HIV to essential care and treatment services; and supporting HIV pre-exposure prophylaxis (PrEP) and condom use.

The Denver PTC can assist with:

- CHTC training for your staff
- Integration of CHTC into clinic flow
- Operationalizing CHTC in your clinic setting
- Selecting, interpreting, and integrating the most appropriate HIV test for your clinic
- Assessing organizational infrastructure for CHTC
- Assessing and increasing staff engagement for CHTC



THE COUPLES HIV COUNSELING AND TESTING CHECKLIST:

- What to consider before implementing CHTC:**
 - How committed is your agency to implementing CHTC?
 - What additional steps may be necessary to ensure clinic leaders are engaged in CHTC?
 - Do you have the space to accommodate couples testing together in your clinic?
 - Will your patient flow need to change to accommodate couples testing together?
 - How will your patient data collection differ with couples testing together?
 - Do you need to change any consent processes for couples testing together?
 - Are additional processes needed to facilitate linkage to care for couples testing together?
 - Who are the key partners in your community that can help you promote this service and who could refer their patients to you?
 - How will you market this service to your patients and to the community?
 - Are additional partnerships needed to accommodate couples testing together?
 - How will you monitor and evaluate the success of CHTC?

Resources:

¹ Mitchell J, Petroll A. Patterns of HIV and Sexually Transmitted Infection Testing Among Men Who Have Sex With Men Couples in the United States. *Sexually Transmitted Diseases*. 2012, 39(11): 871–876.

² Stephenson R, Sullivan P, Salazar L, Gratzner B, Allen S, Seelbach E. Attitudes Towards Couples-Based HIV Testing Among MSM in Three US Cities. *AIDS and Behavior*. 2011, 15(1): 80-87.

For more information on CHTC please visit:

<https://effectiveinterventions.cdc.gov/en/HighImpactPrevention/PublicHealthStrategies/CHTC.aspx>

