

MODULE 4 EXERCISE

MOBILISING FOR HIV SELF-TESTING & PRE-TEST INFORMATION, CONDUCTING HIVST

OBJECTIVE

This exercise will help health workers understand and apply effective demand creation strategies, pre-test information delivery, and support for HIV self-testing (HIVST) in diverse facility and community settings.

LEARNING OUTCOMES

By completing this exercise, participants will:

- Describe mobilization approaches for promoting facility based HIVST (primary and secondary distribution).
- Deliver clear and effective pre-test information to different target groups.
- Role-play HIVST procedures and practice client support.
- Provide tailored support to clients learning how to test themselves.

TAKEAWAY MESSAGE

Effective demand creation and pre-test communication are essential for ensuring HIV self-testing (HIVST) accessibility, acceptability, and uptake. Proper mobilization strategies should be client-centered, stigma-free, and inclusive, empowering individuals to make informed decisions following the outcome of their HIV status.

SCENARIO

You are a health worker responsible for mobilizing communities for HIV self-testing (HIVST) at the facility, and ensuring clients receive appropriate pre-test information. Your role includes designing mobilisation and demand creation strategies, delivering pre-test messages, and guiding clients through the HIVST process.

TASKS

1. MOBILIZATION APPROACHES FOR HIVST

Instructions:

- › In small groups, analyze different mobilization approaches:
 - Social media & online campaigns
 - Mobile phone-based interventions
 - Health talks & educational sessions
- › Develop a brief strategy for promoting HIVST in a chosen setting.

Focus Areas:

- Compare potential costs and reach of different mobilization platforms.
- Identify potential barriers to uptake and propose solutions.

2. EFFECTIVE PRE-TEST INFORMATION DELIVERY

Instructions:

- › In pairs, practice delivering pre-test information for HIVST.
- › Ensure the message includes:
 - Purpose of HIVST and its benefits.
 - How to use the test kit correctly.
 - Interpreting results (reactive, non-reactive, invalid).
 - Next steps for confirmatory testing and prevention services.

Focus Areas:

- Ensure clarity, client-friendly language, and non-judgmental communication.
- Address common myths and concerns about HIVST.

3. ROLE-PLAYING HIVST PROCEDURES

Instructions:

- › Pair up and take turns role-playing:
 - One participant acts as a client using an HIVST kit.
 - The other acts as a health worker providing guidance.
- › Provide step-by-step instructions on:
 - Opening the test kit.
 - Collecting a sample (oral fluid or blood-based).
 - Waiting time and reading results.
 - Safe disposal of the test kit.

Focus Areas:

- Ensure confidence-building for clients unfamiliar with self-testing.
- Address misuse prevention and handling invalid results.

4. ADAPTING PRE-TEST INFORMATION FOR DIFFERENT SETTINGS

Instructions:

- › Develop pre-test messages tailored to different locations:
 - Public spaces (e.g., waiting areas)
 - Private settings (e.g., consultation rooms, home testing)
- › Role-play delivering pre-test information in both settings.

Focus Areas:

- Discuss how health talks, posters, digital tools, and one-on-one counseling support HIVST.
- Highlight privacy considerations in different settings.

5. ENSURING LINKAGE TO CARE

Instructions:

- › Discuss how to ensure clients with reactive HIVST results are linked to confirmatory testing and care.
- › Develop a client-friendly referral pathway for:
 - Confirmatory testing within the facility.
 - Linkage to prevention services (e.g., PrEP, PEP, harm reduction programs).
 - Follow-up support for those requiring ART initiation.

Focus Areas:

- Encourage non-reactive clients to engage in prevention services.
- Highlight the role of healthcare providers in reducing stigma and supporting linkage.

FINAL REFLECTION

Instructions:

- › Individually reflect on:
 - How can you apply mobilization strategies in your facility?
 - What challenges might arise in pre-test information delivery, and how can they be addressed?
- › Share your reflections in a group discussion.

Discussion Points:

- How can digital innovations enhance HIVST demand creation?
- What are the best practices for mobilizing underserved communities at your facility?