

## **MODULE 5 EXERCISE**

### **FACILITY-BASED HIV SELF-TESTING DISTRIBUTION APPROACHES**

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#### **OBJECTIVE**

This exercise will help health workers understand and apply primary and secondary distribution models for facility-based HIV self-testing (HIVST), focusing on operational considerations, implementation challenges, and solutions.

#### **LEARNING OUTCOMES**

By completing this exercise, participants will:

- Differentiate between primary and secondary HIVST distribution models.
- Describe the operational considerations for each distribution model.
- Identify benefits and challenges of both models in facility-based settings.
- Develop strategies for improving HIVST uptake and distribution efficiency.
- Ensure linkage to care for self-testers, particularly in secondary distribution.

#### **TAKEAWAY MESSAGE**

Facility-based HIV self-testing (HIVST) distribution models help expand access to HIV testing. Primary distribution ensures direct provision of test kits in facilities, while secondary distribution enables clients to distribute kits to their partners and social networks. Addressing stigma, privacy concerns, and linkage to care is essential to ensuring the success of both models.

#### **SCENARIO**

You are a health worker responsible for implementing facility-based HIVST distribution models in a clinic. Your role includes facilitating HIVST kit distribution, ensuring clients understand how to use them, and supporting linkage to care for those with reactive results and linkage to prevention services (PrEP/PEP) for those who test negative with self-testing.

## TASKS

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### 1. UNDERSTANDING PRIMARY AND SECONDARY HIVST DISTRIBUTION MODELS

#### Instructions:

- › Discuss the following as a group:
  - What are the key differences between primary and secondary distribution?
  - How do these models increase access to HIV testing?
  - What are the main benefits and challenges of each model?

#### Focus Areas:

- Primary Distribution: Routine offer in OPD, ANC, TB, STI clinics.
- Secondary Distribution: Clients distribute kits to partners, family, and networks.
- Ensuring HIVST complements facility-based testing strategies.

### 2. OPERATIONALIZING PRIMARY DISTRIBUTION IN HEALTH FACILITIES

#### Instructions:

- › Develop a plan to integrate primary HIVST distribution in a clinic setting.
- › Identify key service entry points (e.g., ANC, STI, TB, OPD, PrEP/PEP services).
- › Develop linkage plan (prevention and treatment) dependant on HIVST results.
- › Discuss staff responsibilities in supporting self-testing clients.

#### Focus Areas:

- Ensure clear instructions on test use and result interpretation.
- Provide immediate linkage for confirmatory testing and treatment
- Provide linkage to prevention services ( PrEP/PEP/VMMC/condoms)
- Address stigma and privacy concerns in facility-based settings.

### 3. SECONDARY DISTRIBUTION & NETWORK TESTING

#### Instructions:

- › In groups, discuss:
  - How can secondary distribution expand testing reach?
  - What are best practices for partner and social network testing?
  - How can clients be supported to distribute kits responsibly?

#### Focus Areas:

- Encourage responsible distribution through trusted networks.
- Address privacy and stigma concerns for network-based HIVST.

## 4. LINKAGE TO CARE & CONFIRMATORY TESTING WITH SECONDARY DISTRIBUTION

### Instructions:

- › Discuss the challenges of ensuring confirmatory testing for secondary HIVST users.
- › Identify strategies to track and support clients after self-testing.
- › Develop facility-based support mechanisms for those testing through secondary distribution.

### Focus Areas:

- Follow-up services for self-testers.
- Ensure linkage to confirmatory testing for reactive results.
- Ensure linkage to prevention services in case of non-reactive results (important for sero-discordant sexual partners)
- Minimizing drop-out rates from confirmatory testing.

## 5. ADDRESSING CHALLENGES IN HIVST DISTRIBUTION

### Instructions:

- › In small groups, discuss challenges and solutions for HIVST distribution:
  - Accurate kit use and understanding results.
  - Tracking linkage to care for reactive results.
  - Tracking linkage to prevention with non-reactive results
  - Reducing stigma and privacy concerns.
  - Managing risks of partner violence with secondary distribution.

### Focus Areas:

- Using digital tools (e.g., videos, apps) to support self-testing guidance.
- How to follow up with partners who have used HIVST for linkage to prevention or confirmative testing and treatment
- Screening for partner violence risks before secondary distribution.

## FINAL REFLECTION

### Instructions:

- › Individually reflect on:
  - How can you apply primary and secondary distribution models in your facility?
  - What challenges do you foresee in partner services and network testing?
- › Share your reflections in a group discussion.

### Discussion Points:

- How can assisted partner services improve HIV case finding?
- What strategies ensure clients with reactive results seek confirmatory testing?