

Counselling Checklist

Steps in counselling a patient with STI/RTI

- ✓ Welcome your client!
- ✓ Ensure that client is comfortable
- ✓ Build rapport!
- ✓ Reassure about confidentiality
- ✓ Clarify client's needs and goals
- ✓ Take the case history
- ✓ Identify signs/symptoms suggestive of STI/RTI
- ✓ Assess the risk of your client
- ✓ Explain modes of transmission of STI/RTI and HIV infection
- ✓ Highlight importance of early diagnosis
- ✓ Explain treatment and importance of completing full course
- ✓ Provide information on complications of untreated STI/RTI
- ✓ Encourage partner treatment
- ✓ Promote, provide and demonstrate correct usage of condoms
- ✓ Explain about prevention of STI/RTI and HIV infection
- ✓ Help your client to make a risk reduction plan
- ✓ Motivate and refer for HIV testing in ICTC
- ✓ Motivate for a follow up visit!
- ✓ Maintain all requisite records



Adapted from: Counselling for STI/HIV prevention in sexual and reproductive health settings - International Planned Parenthood Federation