Counselling at the Link ART Centre
National AIDS Control Organisation
Session Objectives

- State the needs of clients visiting the LAC
- Compare counselling at the LAC with counselling at the ICTC
- Describe the stages of counselling in relation to work at the LAC
Functions of the LAC

**Medical functions**
- Drug Dispensing
- Monitoring of PLHIV on ART: drug adherence, side effects & monitor OIs
- Minor OI Treatment & Prophylaxis
- Screening and referral for TB

**Programmatic functions**
- Tracing LFU and Missed Clients
- Linkage with other services

**Counselling functions**
- Psychological support
- Adherence counselling
- Nutrition
- Risk reduction & Positive prevention

**Social functions**
- Linkage with schemes
- Linkage with other service providers

Slide from previous session: Which are the counsellor’s activities?
Role of the LAC counsellor

- Stigma and discrimination
- Emotional, social and psychological support
- ARV treatment
- Positive living, positive prevention & condom use
- Documentation & Reporting
Positive Prevention

- Prevention efforts by PLHIV:
  - Actions to prevent HIV super-infection, STIs & OIs
  - Prevention of HIV transmission to others.

- Practice positive prevention through
  - Safer sex practices (also prevents STI)
  - Safe injection practices
  - Healthy lifestyle (proper diet, exercise & adequate rest) to prevent OIs
  - Seek medical care at onset of OI symptoms
Activity: Brainstorm
Counselling at the LAC

• How is counselling at the LAC different from counselling at the ICTC?
• How is it similar?
Counselling: ICTC and LAC

**Focus**

- ICTC
  - Testing and Related issues
- LAC
  - ART Adherence
  - Psycho-social support for living with HIV

**Counselling experience for clients**

- ICTC
  - Therapy virgin
- LAC
  - Experienced through ICTC & ART experiences

**Duration of counselling relationship**

- ICTC
  - Usually time-limited and brief
- LAC
  - Longer
Activity

- Trainees please fill the table in your handouts on the Differences between LAC and ICTC
Stages of Counselling

Stage 1: rapport-building

Stage 2: Assessment and analysis of the problem

Stage 3: Provision of ongoing supportive counselling

Stage 4: Planning and initiation of steps

Stage 5: Implementation and follow-up

Stage 6: Termination and follow-up
Activity

- Let us check our understanding of counselling at the LAC
Say Yes or No.

Counselling at ICTC is brief and time-limited

Yes
Say Yes or No.

Counselling at LAC is longer

Yes
Say Yes or No.

Counselling at ICTC has less number of stages than counselling at LAC.

No
Say Yes or No.

Client at LAC is a therapy virgin

No
Say Yes or No.

Client at LAC will always have the same emotional needs.
Say Yes or No.

Client at LAC does not need counselling on Prevention as they are already infected.
Activity: Group Discussion on Stages of Counselling at the LAC

- Let us check our understanding of counselling at the LAC