HIV Risk Assessment:
A tool for conversation

Date: ____________________________

Administered By: _________________________

Program Participant: ___________________________
This tool is designed to help you initiate and engage in confidential HIV risk conversations with your program participants/clients. These conversations help them to assess their risk for HIV infection/transmission.

Remember, program participants needs to know:

- They have the right to pass or refuse to answer any/every question, no matter how many times it has been asked.
- Every program participant is being asked the same questions.
- Discussing these topics can be hard. Some people have strong feelings about their HIV risks. If the discussion brings up some of these feelings, we can go slow and do not need to finish the conversation in one sitting.
- This is a confidential conversation. We can review the agency’s confidentiality policy if you like.
- This will be an ongoing conversation.
Connection Between Substance Use and HIV

- Drug use behavior is the number one risk factor for HIV transmission.
- The way you administer the drug can put you at risk, and the activities you engage in to get the drug/alcohol can put you at risk.
- Having unsafe sexual contact with an injection drug user can put you at risk.
- Being high or wanting to get high can diminish your commitment to your health.

**What do you think is the connection between HIV and your substance use (drug and/or alcohol use)?**

**What have you heard about the connections between substance use and viral hepatitis, sexually transmitted infections and your health?**

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Hepatitis

- 1 out of 3 injection drug users is infected with Hepatitis C.
  
  **Risk behaviors related to Hepatitis A, B, C and HIV can be the same:**
  - Hepatitis A is transmitted through oral contact with infected feces, or oral-anal contact.
  - Hepatitis B is transmitted through sexual contact and infected blood
  - Hepatitis C is transmitted primarily through infected blood and sharing needles.
  - Vaccinations are available for Hepatitis A and Hepatitis B

**What do you know about Hepatitis A, B, and C?**

**What do you know about the connections between viral hepatitis and your drug and/or alcohol use?**

**Testing: Interest in Hepatitis testing?**
- □ YES
- □ NO
If yes, referral to: Date:

**Vaccine: Interest in hepatitis vaccination?**
- □ YES
- □ NO
If yes, referral to: Date:

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Sexually Transmitted Infections

- STIs/STDs greatly increase the risk for HIV transmission and infection.
- STI/STD detection and treatment can help prevent HIV transmission
- The behaviors that put you at risk for STIs/STDs also put you at risk for HIV.

**Tell me about any experience you’ve had with sexually transmitted diseases.**

**What do you know about STIs/STDs and your risk for them?**

<table>
<thead>
<tr>
<th>STD/STI TYPE</th>
<th>TREATMENT</th>
<th>YEAR</th>
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Intimate Partner Violence (IPV)

- In the USA, approximately 1.5 million women and 835,000 men are raped or assaulted by a partner each year.
- Childhood sexual assault may put a person at risk for engaging in HIV risk behaviors as an adult, including substance use and high-risk sexual activities.
- Victims/survivors of IPV are often unable to access health care services or negotiate the use of safer practices with abusive partners.

1. What do you know about HIV risks you can face from intimate partner violence or sexual assault?

2. Because violence is so common these days, we ask everyone a question about intimate partner violence: What has been your experience with a partner hurting you?

Women’s Health

- Some health conditions may indicate early HIV infection for women and many women can have those very same infections and not be infected with HIV.
- Women often delay care for symptoms related to HIV infection and, as a result, get diagnosed later in their infection. This can prevent them from getting the benefits of timely medical care.

1. When was your last doctor visit was?

2. Do you know common symptoms of a woman with an early HIV infection? (answer in chart below)

<table>
<thead>
<tr>
<th>INFECTION</th>
<th>YES</th>
<th>NO</th>
<th>DON’T KNOW</th>
<th>TREATMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacterial Vaginosis</td>
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<tr>
<td>Recurrent Yeast</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cervical Cancer</td>
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</tbody>
</table>

Men’s Health

- Men are not often afforded an opportunity to discuss their health concerns.
- Men are not often encouraged to discuss sexually related concerns.
- An opportunity to talk about one’s health can support and individual’s ability to make healthful changes.

1. What are you relationships to health care providers like?

2. How do you do with making and keeping regular medical checkup appointments?
HIV Testing History

• HIV counseling and testing in drug treatment increases treatment stays.
• By itself, HIV testing does not equal HIV prevention.
• Discovering one’s HIV status from HIV testing is the first step to obtaining HIV treatment.
• Many people do not return for their HIV test results.

1. What are your thoughts about the HIV test?

2. What are the advantages and disadvantages of getting tested in treatment for you?

3. Tested Before? □ Yes □ No

   IF YES: When: ____________________________ Returned for results? □ Yes □ No

   IF NO: Ever Consider Getting Tested?: □ Yes □ No Would you like to consider getting tested now?: □ Yes □ No

   Make HIV Counseling and Testing Referral □ Yes □ No

Sexual History

• Most people have tried to reduce their risk for HIV in some way.
• Sexual intercourse with a person who is infected with HIV can transmit the virus.
• Using a condom consistently and correctly can significantly reduce your risk of being infected with HIV.
• Reducing the number of sexual partners can reduce your risk for HIV.
• According to NIDA, the #1 HIV risk factor for injection drug users.

1. What does “sexually active” mean for you?

2. What have you done to lower your risk of HIV infection/transmission from sex?

   - Injection Drug User
   - Sex Worker
   - Person with STI/STD/HIV
   - Person whose STI/STD/HIV status is unknown

THIS SECTION CONTINUES ON NEXT PAGE
### Self-Assessment of Risk

**FACT**

**Having a person tell you where they are at helps you to:**
- Offer individualized support
- Understand their perception of risk
- Move the discussion to risk reduction planning

1. How would you rate your risk for HIV from sex? (Mark one)

   **MARK ONE**

   - **1**
   - **2**
   - **3**
   - **4**
   - **5**

### Drug History

**FACT**

- Selling sex for drugs/alcohol or for money to buy drugs/alcohol puts you at risk for HIV.
- Harm reduction reduces risk and encourages people to engage in some type of treatment.
- Drugs can reduce the chances of you making safe, healthy choices.

1. Can you tell me about your history of substance use (drug and/or alcohol use)?

   ____________________________
   ____________________________
   ____________________________

2. Can you tell me how being high or drunk may have put you at risk for HIV infection/transmission?

   ____________________________
   ____________________________
   ____________________________

### Time Since You:

<table>
<thead>
<tr>
<th><strong>TIME SINCE YOU:</strong></th>
<th><strong>PAST FEW DAYS</strong></th>
<th><strong>PAST MONTH</strong></th>
<th><strong>PAST 6 MONTHS</strong></th>
<th><strong>PAST YEAR</strong></th>
<th><strong>MORE THAN 1 YEAR</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumed alcohol or ANY other drugs</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Had blackouts</td>
<td></td>
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<td></td>
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<tr>
<td>Injected any drugs</td>
<td></td>
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<tr>
<td>Had someone else inject you</td>
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<td></td>
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<tr>
<td>Shared injection equipment “works”</td>
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<td></td>
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<tr>
<td>Sex in exchange for money, drugs, alcohol, shelter, food</td>
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</tbody>
</table>
Injection Drug Use History

- Most people have practiced some form of risk reduction.
- Not sharing needles is the most effective way to reduce the risk of HIV infection from needle use.
- Participating in a needle exchange can help reduce your risk for HIV and their drug use.
- Sharing needles to inject drugs can put you at risk for HIV and Hepatitis B and C.

1 What do you know about how injection drug use can create a risk for HIV/viral hepatitis infection?

2 What is your experience with trying to reduce the HIV risks when injecting drugs?

<table>
<thead>
<tr>
<th>HAVE TRIED TO</th>
<th>NEVER</th>
<th>RARELY</th>
<th>SOMETIMES</th>
<th>ALWAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bleach Works</td>
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<tr>
<td>Boil Works</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean works with non-bleach substance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use needle exchange</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Have someone else inject you</td>
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</tbody>
</table>

Self-Assessment of Risk

- Having a person tell you where they are at helps you to:
  - Offer individualized support,
  - Understand their perception of risk, and
  - Move the discussion to risk reduction planning.

1 How would you rate your risk for HIV/Viral hepatitis from your substance use (drug/alcohol)? (Mark one)

   NOT A BIG RISK

   [ ] 1  [ ] 2  [ ] 3  [ ] 4  [ ] 5  A BIG RISK

Overdose Prevention

- Drug Overdose deaths in the United States have never been higher and can be prevented.
- Surviving an overdose in the past puts you at risk of dying from one in the future.
- Narcan can stop and reverse an opioid overdose. There are programs across Massachusetts that train people on how to use Narcan and reverse overdose.
1 What do you know about accidental overdose?

2 Tell me about any experience you might have had with accidental overdose—either as a witness or survivor.

<table>
<thead>
<tr>
<th>EXPERIENCE</th>
<th>YES</th>
<th>YEAR</th>
<th>NO</th>
<th>UNSURE</th>
<th>WHERE/WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survived an overdose</td>
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<td>Witnessed an overdose</td>
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<td>Responded to an overdose</td>
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<tr>
<td>Want Narcan training</td>
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</tbody>
</table>

3 What have you heard about the ways to respond to an opioid overdose?

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**Experience with Risk Reduction**

**FACT**

- Most people have done something to reduce their risk of HIV infection/transmission. Behavior change is slow. Small changes can help build skills and for more change.
- HIV risk reduction can take many forms.
- Making an effort to change is a significant step need to be supported and valued.

<table>
<thead>
<tr>
<th>QUESTION</th>
<th>EFFORT TO REDUCE RISK</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>What have you done to try to reduce your risk for HIV infection/transmission?</td>
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<td></td>
</tr>
<tr>
<td>What kinds of things would you like to be able to do to reduce your risk for HIV?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What have you done to reduce your risk for an accidental overdose?</td>
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</tbody>
</table>