

# HIV Risk Assessment Checklist

Risk assessment is to identify the connection between modes of transmission and the client's own particular behavior that may put him/her at risk



## Areas to explore:

- Current and past sexual behavior "client's partner(s)"
- Knowledge of sexual partners' status
- Consider history of STIs and partners' history of STIs
- High risk sexual activities:
  - Sex while drunk/on drugs*
  - Sex with unknown partners and with partners of unknown status*
  - Anal sex*
  - Consistent and correct use of condoms*
  - Lack of consistent condom supply*
- Current and past drug and/or alcohol abuse "client/partner(s)"
- Current and past exposure to non-sterile invasive procedures

## Individual Risk Assessment

- It aims to assist the client in developing a specific risk reduction plan
- The use of condom is an integral part of individualized risk reduction

## Recommended steps for the risk reduction plan

Ask the client to propose some ideas

- List several alternative risk reduction strategies
- Assess internal and external obstacles to change for each strategy
- Acknowledge and support the client's strengths
- Identify client's knowledge regarding condom use and invite him/her to practice on a penis model
- Obtain commitment from the client for behavior changes

## Demonstrating Condom Use

Points to consider for successful condom use:

- Expiry date
- Source of condoms
- Tight packaging
- Not to rip the condom during opening
- Placing the condom on erect penis BEFORE penetration
- Squeeze the air out of the tip of the condom
- Unroll the condom right to the base
- Choose water-based lubricant
- Withdraw the penis before becoming soft
- Never reuse
- Wrap and dispose in a bin not toilet
- New condom for every round of sex

