

HIV COUNSELLING- A REVIEW

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ABSTRACT

HIV counseling provides persons living with HIV with information and assistance to help them cope with their diagnosis and condition. It also aids them in making the necessary behavioral modifications. Counseling assists people in leading happy and productive lives.

KEYWORDS: Counseling, Behavior.

Abbreviations: HIV (Human Immune Virus), AIDS (Acquired Immune Deficiency Syndrome).

INTRODUCTION

Counseling for HIV and AIDS has become a critical component of a holistic health-care approach in which psychological factors are recognized as critical to patient care.

HIV and AIDS counseling has two main goals

- (1) Preventing HIV transmission
- (2) Providing support to persons who are directly or indirectly affected by HIV.

Because changes in behavior can limit the transmission of HIV, it is critical that HIV counseling have these twin goals. One-on-one preventative counseling makes a unique contribution in that it allows for open discussion of sensitive areas of a patient's life that would otherwise be inhibited by the patient's concern for confidentiality or anxiety about a judgmental response in other settings.

Explain the findings of the tests and the diagnosis. Allow time for the client to evaluate the results and assist the client in coping with the emotions that come with being diagnosed with HIV. Discuss immediate problems with the client and assist her or him in determining who in her or his social network might be able to aid.

What is HIV Counseling

HIV or AIDS counseling provides patients with HIV infection with information and assistance to help them cope with their diagnosis and disease. It also assists them in making the necessary behavioral modifications.

Counseling assists people in leading positive and productive lives.

Counseling in the HIV/AIDS area includes

- ❖ Pre-test counseling
- ❖ Post-test counseling
- ❖ Adherence therapy
- ❖ Couples counseling
- ❖ Crisis counseling
- ❖ Grief or bereavement counseling.

According to the CDC, HIV-CTS serve the following purposes

- a) Provide a convenient way for people to understand about HIV
- b) Allow people to receive prevention counseling to help them change their behavior to avoid infection or, if they are already infected, to prevent transmission to others.

CONCLUSION

The counseling helps in prevention of HIV transmission and support for individuals who are directly and indirectly affected by HIV. Because changes in behavior can limit the transmission of HIV.

Counseling will create awareness about prevention of transmission of HIV among others and it reduces the anxiety in the Persons.

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