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| **DAY ONE** | | | | |
| **Time** | **Topic** | **Learning Objectives** | **Learning Activities** | **Resources** |
| 8:30 – 9:00 | **Sign In /Introduction** | * Introductions * Outline training schedule |  |  |
| 9:00 – 10:00 | **M1: Principles of Viral Load Monitoring** | * Understand dynamics of viral load during the course of HIV infection * Understand how viral load affects risk for transmission and progression of HIV * Explain how viral load responds to ART * Identify treatment failure using viral load * Describe schedule of viral load monitoring | * Knowledge Check | * Adult Counseling Flipchart |
| 10:00-10:45 | **M2: Supporting Behavior Change** | * Understand key counseling techniques * Learn and apply motivational interviewing tools to adherence counseling | * Facilitator Demonstration: Providing Collaborative Health Education * Activity: Practicing Motivational Interviewing | * Adult Counseling Flipchart |
| *10:45-11:15 Break* | | | | |
| 11:15-1:15 | **M3: How to Use the Adult Flipchart** | * Use the Viral Load Monitoring and Enhanced Adherence Flipchart as a guide to:   + Interpret and explain viral load results   + Assess adherence among those with viral load > 1,000 copies/ml   + Determine cause of VL >1000 copies/ml   + Develop targeted interventions to improve adherence assessment and support   + Manage next steps based on repeat viral load results | * Facilitator Demonstration: Enhanced Adherence Assessment | * Adherence Assessment Plan Tool * Adult Counseling Flipchart |
| *1:15 – 2:00 Lunch* | | | | |
| 2:00 – 3:30 | **M4: Role Playing and Case Discussions** | * Practice adherence counseling using Adult Flipchart   + Adults (non-pregnant/non-breast-feeding) * Practice completing Adherence Assessment Plan Tool * Discuss interpretation of viral load results using cases | * Case Studies with Role Play | * Adherence Assessment Tool * Counseling Flipchart * Viral Load Monitoring SOP |
| *3:30 – 3:45 Break* | | | | |
| 3:45 – 4:15 | **M5: Viral Load Specimen Collection and Preparation** | * Learn the types of viral load test specimens * Understand the process of venous blood specimen collection * Understand the process of dried blood spot specimen collection * Describe elements of bio-safety |  | * Sample laboratory request form |
| 4:15-4:30 | **Questions/ Wrap Up** |  |  |  |
| **DAY TWO** | | | | |
| **Time** | **Topic** | **Learning Objectives** | **Learning Activities** | **Resources** |
| 9:00 – 9:30 | **M6: Review of Child and Adolescent Flipcharts** | * Use the Adolescent and Child Viral Load Monitoring and Enhanced Adherence Counseling Flipcharts in order to:   + Interpret and explain to patients the meaning of a viral load result < 1,000 copies/ml   + Interpret and explain to patients the meaning of a viral load result > 1,000 copies/ml   + Assess adherence among those with viral load > 1,000 copies/ml   + Develop targeted interventions to improve adherence support   + Manage steps based on viral load results |  | * Child Counseling Flipchart * Adolescent Counseling Flipchart |
| 9:30 – 11:00 | **M7: Advanced Counseling Training** | * Provide psychoeducation in ways to promote behavior change * Understand models of behavior change * Understand common behavioral and emotional issues contributing to ART adherence difficulties * Learn adolescent brain development factors contributing to adherence difficulties * Learn specific parenting and child skills relevant to adherence counseling for parents and children | * Role Play: Enhanced Adherence Counseling with an Adolescent * Role Play: Enhanced Adherence Counseling with the Parent of an HIV+ Child | * Child Counseling Flipchart * Adolescent Counseling Flipchart |
| *11:00 – 11:30 Break* | | | | |
| 11:30 – 1:00 | **M8: ART Resistance and Second Line Regimens** | * Understand when to switch to a second-line regimen * Know preferred second-line regimen for adults (including pregnant and breastfeeding women), adolescents, and children * Describe common drug resistance mutations and how they influence choosing a second-line regimen * Be familiar with characteristics of the drugs commonly used in second-line regimens |  |  |
| *1:00 – 1:45 Lunch* | | | | |
| TBD | **Overflow as needed/ Questions/Wrap Up** |  |  |  |