

Viral Load Monitoring for HIV-Infected Children, Adolescents and Adults (Including Pregnant and Lactating Women) Receiving Anti-Retroviral Therapy
Healthcare Worker Training Agenda

DAY ONE				
Time	Topic	Learning Objectives	Learning Activities	Resources
8:30 – 9:00	Sign In /Introduction	<ul style="list-style-type: none"> • Introductions • Outline training schedule 		
9:00 – 10:00	M1: Principles of Viral Load Monitoring	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Knowledge Check 	<ul style="list-style-type: none"> • Adult Counseling Flipchart
10:00-10:45	M2: Supporting Behavior Change	<ul style="list-style-type: none"> • Understand key counseling techniques • Learn and apply motivational interviewing tools to adherence counseling 	<ul style="list-style-type: none"> • Facilitator Demonstration: Providing Collaborative Health Education • Activity: Practicing Motivational Interviewing 	<ul style="list-style-type: none"> • Adult Counseling Flipchart
<i>10:45-11:15 Break</i>				
11:15-1:15	M3: How to Use the Adult Flipchart	<ul style="list-style-type: none"> • Use the Viral Load Monitoring and Enhanced Adherence Flipchart as a guide to: <ul style="list-style-type: none"> ○ Interpret and explain viral load results ○ Assess adherence among those with viral load $\geq 1,000$ 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 	<ul style="list-style-type: none"> • Facilitator Demonstration: Enhanced Adherence Assessment 	<ul style="list-style-type: none"> • Adherence Assessment Plan Tool • Adult Counseling Flipchart
<i>1:15 – 2:00 Lunch</i>				
2:00 – 3:30	M4: Role Playing and Case Discussions	<ul style="list-style-type: none"> • Practice adherence counseling using Adult Flipchart <ul style="list-style-type: none"> ○ Adults (non-pregnant/non-breast-feeding) • Practice completing Adherence Assessment Plan Tool • Discuss interpretation of viral load results using cases 	<ul style="list-style-type: none"> • Case Studies with Role Play 	<ul style="list-style-type: none"> • Adherence Assessment Tool • Counseling Flipchart • Viral Load Monitoring SOP
<i>3:30 – 3:45 Break</i>				
3:45 – 4:15	M5: Viral Load Specimen Collection and Preparation	<ul style="list-style-type: none"> • 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 		<ul style="list-style-type: none"> • Sample laboratory request form
4:15-4:30	Questions/ Wrap Up			

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DAY TWO				
Time	Topic	Learning Objectives	Learning Activities	Resources
9:00 – 9:30	M6: Review of Child and Adolescent Flipcharts	<ul style="list-style-type: none"> • Use the Adolescent and Child Viral Load Monitoring and Enhanced Adherence Counseling Flipcharts in order to: <ul style="list-style-type: none"> ○ 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 		<ul style="list-style-type: none"> • Child Counseling Flipchart • Adolescent Counseling Flipchart
9:30 – 11:00	M7: Advanced Counseling Training	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Role Play: Enhanced Adherence Counseling with an Adolescent • Role Play: Enhanced Adherence Counseling with the Parent of an HIV+ Child 	<ul style="list-style-type: none"> • Child Counseling Flipchart • Adolescent Counseling Flipchart
<i>11:00 – 11:30 Break</i>				
11:30 – 1:00	M8: ART Resistance and Second Line Regimens	<ul style="list-style-type: none"> • 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 		
<i>1:00 – 1:45 Lunch</i>				
TBD	Overflow as needed/ Questions/Wrap Up			