

### 03愛滋病患之理學與實驗室檢查、諮商與疫苗注射

#### 愛滋感染者之理學檢查

1. 口腔
2. 淋巴結
3. 指甲
4. 皮膚
5. 生殖器及肛門
6. 其他例行之理學檢查

#### 愛滋感染者之實驗室檢查

1. CD4 and HIV viral load：穩定的病患每6個月一次，不穩定者每4個月一次
2. CXR
3. GOT, GPT, sugar, lipid profile
4. HBV, HCV markers

#### 愛滋病患之諮商

Definition：Counseling skills properly used are tools to help individuals seek and find their own solutions to the dilemmas they face.

#### Why Is Counseling Necessary?

1. Because infection with HIV is life long
2. To cope with HIV positive status and live a meaningful life
3. To adjust and to learn about change in one's life style in order to reduce risk of contracting HIV infection

#### Objectives

1. To provide psycho-social support
2. To prevent transmission of HIV infection
3. To improve quality of life of HIV infected people
4. To provide risk assessment for people who are potentially at risk of contracting HIV infection

#### Whom to counsel?

1. Self motivated counseling seekers
2. Persons seeking HIV tests
3. HIV positive persons
4. High Risk Behavior Groups
5. Family Members
6. Employers
7. Health professionals
8. People unaware of risks

#### Characteristics of a Counselor

1. Committed
2. Open minded
3. Non judgmental
4. Sense of responsibility
5. Patient listener
6. Tolerant
7. Attentive
8. Informed
9. Positive body language

#### Skills Required in Counseling

1. Excellent communication skills
2. Ability to judge state of mind of a person
3. Quick empathetic response
4. Focused
5. Reflection of feeling
6. Questioning
7. Paraphrasing

#### Skills Required in Counseling

1. Respectful
2. Structuring and prioritization
3. Help to formulate strategies
4. Help develop coping mechanisms

#### Stages of Counseling

1. Risk assessment counseling
2. Pre test counseling
3. Post test counseling
4. Follow up counseling

#### Principles of Counseling

1. Unconditional positive regard for the client
2. Trust and confidentiality
3. Empathy
4. Time

#### Steps in Counseling

1. Rapport building
2. Gaining trust
3. Explaining limits
4. Problem identification
5. Discuss options
6. Take action

7. Follow up

Role of Counselor

1. Advocacy role
2. Health education
3. Referral
4. Clinical and therapeutic role