

WESTERN PSYCHOLOGICAL AND COUNSELING SERVICES, P.C.

HIV/AIDS SELF ASSESSMENT

CLIENT HANDOUT

We are required by the State of Oregon and Washington to inform you about the transmission of AIDS/HIV and to assess your risk of transmission. Please read the following information and complete the self-assessment. This form is confidential and for you to keep. For additional information or testing contact: Clark County Health Department 1-(800) 660-9840 or (360) 397-8425, or Multnomah County Health Department 503-988-3700 or 503-988-5020, or Clackamas County Health Department 503-655-8471 or Washington County Health Department 240-313-3331.

Potential for exposure-behaviors that transmit the AIDS virus (High risk acts)

These are behaviors that allow the blood, semen, or vaginal/cervical fluids of one person to enter the bloodstream of another. Some of these behaviors, like sexual intercourse, are very common and usually do not result in AIDS. However, most cases of AIDS can be traced to one or more of these behaviors:

- a. Any unprotected act of sexual intercourse (anal, vaginal, oral).
- b. IV drug use.
- c. Other behaviors that could allow blood, semen, or vaginal fluids to be transmitted from one person to another person's bloodstream such as transfusions, "needle sticks", blood splashes, etc.

During the last (10) years I have engaged in a high risk act: _____ **LOW** _____ **MED** _____ **HIGH**

1. Likelihood of exposure to the virus

Prevalence of HIV among certain groups: Over the past 20 years, homosexuals, IV drug users, Prostitutes, and Hemophiliacs have had higher risk behaviors with someone in one of these groups.

Member of a high prevalence group (self or partners): _____ **LOW** _____ **MED** _____ **HIGH**

Number of different partners: The more different partners that you or any of your partners have had, the greater the risk to exposure to HIV. The chances of encountering someone with the virus increases with the number of different partners you are exposed to.

Number of Partners (self or partners): _____ **LOW** _____ **MED** _____ **HIGH**

Selection of Partners: People who have sex or share needles with people they don't know or don't use needle exchange programs are less likely to select out those who are at greater risk.

Anonymous partners (self or partners): _____ **LOW** _____ **MED** _____ **HIGH**

Prevalence of HIV in any given place: Some places, such as New York or San Francisco have a higher incidence of HIV than smaller areas. A person who engaged in high risk activities in a high prevalence location is more likely to be exposed than in a low prevalence location.

Exposure with a person from high prevalence location: _____ **LOW** _____ **MED** _____ **HIGH**

Prevalence of HIV at any given time: Depending on the course, HIV prevalence may have increased or decreased over time. If you or a partner received blood products before 1979 when serum-prevalence nationwide was still very low, or after 1985 when nationwide testing of blood supply was instituted, then risks for exposure from this source are very low. If any other high risk conditions that you have identified for you and your partner(s) occurred more than 10 years ago then your risk is lower. Someone who continues high risk behaviors today is more at risk.

Recent contact or exposure could result in infection: _____ **LOW** _____ **MED** _____ **HIGH**

Not every exposure will result in infection. Some things affect whether it will happen.

Frequency of exposure: The more often a high risk act occurs, even with a single infected partner, the greater the likelihood that infection will happen. Data indicates that most cases of HIV transmissions occur after repeated exposures.

Frequency of exposure: _____ **LOW** _____ **MED** _____ **HIGH**

Access to the bloodstream: Both receptive and insertive partners can get AIDS virus during a high risk act. Receptive partners are somewhat more susceptible than insertive partners. Practices that allow the virus to break past protective skin and membranes increase the risk of infection. This includes needle sharing and anal intercourse. Cuts, sores, and abrasions all provide a point of entry.

Access to the bloodstream: _____ **LOW** _____ **MED** _____ **HIGH**

Susceptibility to infection: Other immunosuppressant conditions such as infection, chemical abuse, malnutrition, pregnancy, or stress can increase the likelihood of infection.

Individual susceptibility: _____ **LOW** _____ **MED** _____ **HIGH**