



## Reaching Impact, Saturation, and Epidemic Control (RISE)

# Follow-Up Visits Days Two and Seven Flip Chart

For adolescent clients ages 15–19 attending voluntary medical male circumcision (VMMC) services

The final publication of *The Guide for Counseling Adolescents at Voluntary Medical Male Circumcision Services* and accompanying job aids was made possible with support from the U.S. President's Emergency Plan for AIDS Relief, through the United States Agency for International Development (USAID)-funded RISE program, under the terms of the cooperative agreement 7200AA19CA00003. The contents are the responsibility of the authors and do not necessarily reflect the views of USAID or the United States Government.

# General Instructions for Counselors

- Content for this flip chart is based on the **Follow-Up Visit Day Two Cue Card** and **Follow-Up Visit Day Seven Cue Card** included in *The Guide for Counseling Adolescents at Voluntary Medical Male Circumcision Services* package (USAID, 2019).
- It is recommended that counselors use the cue cards in this package to prepare for the counseling sessions, and use the flip charts during the VMMC counseling sessions with adolescents.
- Counselors should show the **image** pages to adolescent male clients at VMMC services while referring to the **content for counselors** pages. In addition to these images, counselors may use a penis model and other models/objects (such as condoms), where appropriate.

## Objectives of the Follow-Up Visit Counseling Sessions

As a result of the follow-up visit counseling sessions, the adolescent client will understand:

- Effective wound care and pain management
- Warning signs of adverse events and the importance of contacting clinic staff if he suspects an adverse event
- The necessity of abstinence or risk-reduction strategies during the healing period and ways to improve compliance with abstinence or mitigate elevated risk of transmission of HIV and other sexually transmitted infections (STIs)
- That VMMC provides only partial protection from HIV transmission
- The need for continued practice of other prevention methods, especially condom use, once the healing process has ended
- (For the follow-up visit on day two) the schedule for the day seven follow-up visit and the importance of addressing challenges to attending
- The importance of returning to the clinic if there are signs of adverse events, infection, or complications
- Additional topics that the counselor deems relevant to the client such as gender, including refraining from gender-based violence; masculinity; family planning; and alcohol and/or drug abuse/use
- The location of additional facilities that he may visit for support related to these additional topics

The adolescent client will receive a physical exam that includes:

- Assessing wound healing and removing or replacing the dressing as indicated
- Checking and recording the client's temperature, blood pressure, and pulse and respiration rate

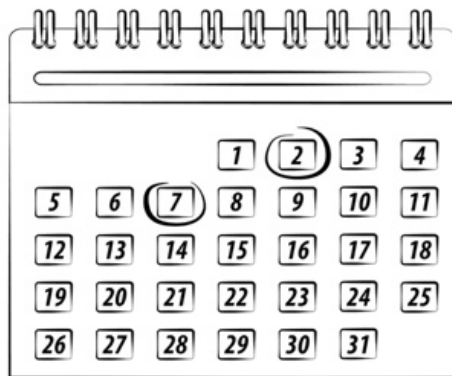
## Wound Care



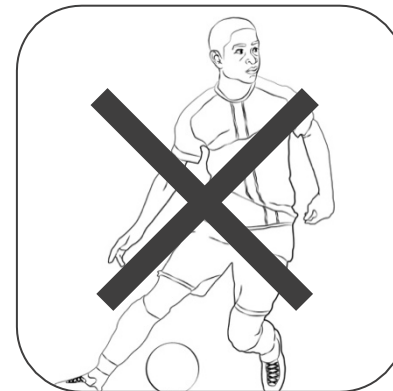
**Wash with clean water and mild soap.**



**DO NOT apply home remedies (herbs, ash, or dung) not prescribed by a doctor.**



**Attend follow-up visits.**



**DO NOT resume sports.**

# Wound Care

## Content for Counselors

- To keep the wound clean, wash the penis with clean water and mild soap at least two times each day.
- Do not pull or scratch the wound during healing.
- Do not apply home remedies (herbs, ash, or dung) not prescribed by a doctor. These can cause tetanus. Tetanus is a serious bacterial infection that affects the brain and nervous system and can lead to muscle spasms, breathing difficulties, and death.
- Erections for no clear reason, while they may be uncomfortable, are not cause for concern. Urinating at the first urge may reduce frequency of erections.
- Take pain medications as prescribed!

### For the follow-up visit on day two:

- You may return to school, but wait to resume sports for at least three more days, if you are comfortable.
- Heavy, physical work can disrupt healing and lead to bleeding. If you are working, avoid hard, physical work (such as lifting heavy objects, riding or pushing a bicycle, digging, or working at a construction site) for at least three more days.
- Come back for second follow-up visit on day seven.


### For the follow-up visit on day seven:

- Have you returned to school and resumed sports or other activities? If so, I must check to be sure these activities have not delayed or interfered with healing.
- Do you work? If so, I must check to ensure that any heavy, physical work has not disrupted healing or led to bleeding.

**Note:** Provide additional wound care/pain management instructions as needed or requested.

# Adverse Events

EMERGENCY CLINIC NUMBER: \_\_\_\_\_



The illustration is divided into two main sections. The left section shows a person with a fever, holding a thermometer to their mouth and touching their forehead. The right section shows a person's groin area with a swollen, tender spot, and two small diagrams of a fly with pus coming out of a wound.

**Swelling or tenderness in the groin.**

**Pus coming out of the wound.**

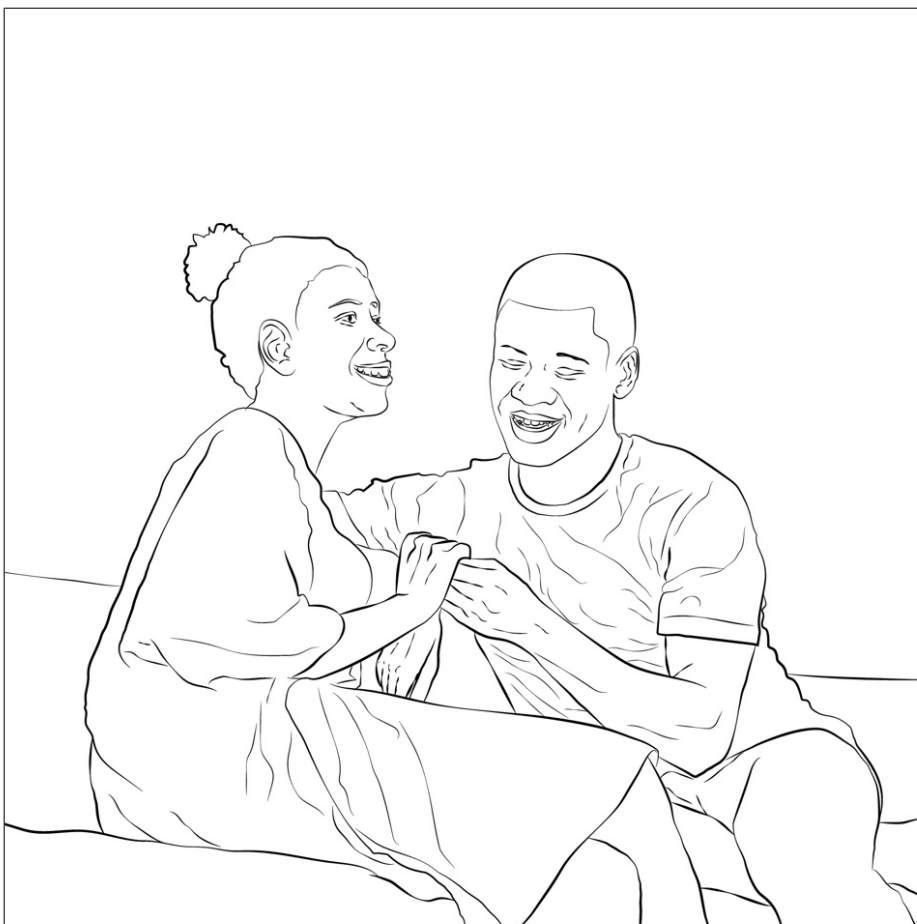
**Rare, preventable complications including fever or infection.**

# Adverse Events

## Content for Counselors

- Complications from VMMC are rare, but they can be serious if ignored or improperly treated.
- Warning signs include:
  - Continued bleeding that does not stop or gets worse
  - Swelling or tenderness around the wound (worse than you have now)
  - Increased pain that does not improve with medication
  - Fever. Do you have a thermometer or can your parent/guardian determine if you have a fever?
  - Swelling or tenderness in the groin
  - Pus coming out of the wound
  - Difficulty passing urine/peeing
  - Hardness or stiffness in the lower abdomen (*show them where this is*)
  - Stiffness of the jaw, chest, or back; fits or convulsions
- If you experience any of these warning signs, contact the clinic staff immediately at **(EMERGENCY PHONE # \_\_\_\_\_)**

## Abstinence and Risk Reduction During the Healing Period



# Abstinence and Risk Reduction During the Healing Period

## Content for Counselors

- Remember, it is important to abstain from masturbation and sexual intercourse during the healing period.

**Note:** If needed, review the definitions discussed during previous sessions:

- **Masturbation** is when people touch their own bodies for sexual pleasure. For males, this may involve stroking or rubbing the penis when it is erect. Masturbation may result in ejaculation, but not always.
- **Sexual intercourse** typically means when a man inserts his penis into a woman's vagina. It can also refer to oral or anal intercourse.

Refer to the **Group Counseling Session Cue Card** for further detail if needed.

- Do you think you can go along with the abstinence recommendations?
- If not, we need to come up with a plan to improve your ability to abstain from masturbation and sexual intercourse, and to reduce the increased HIV risk if you will have difficulty abstaining. For example:
  - Be sure to use a condom consistently and correctly.
  - Consider other forms of sexual intimacy that do not involve sexual intercourse/penetrative sex.

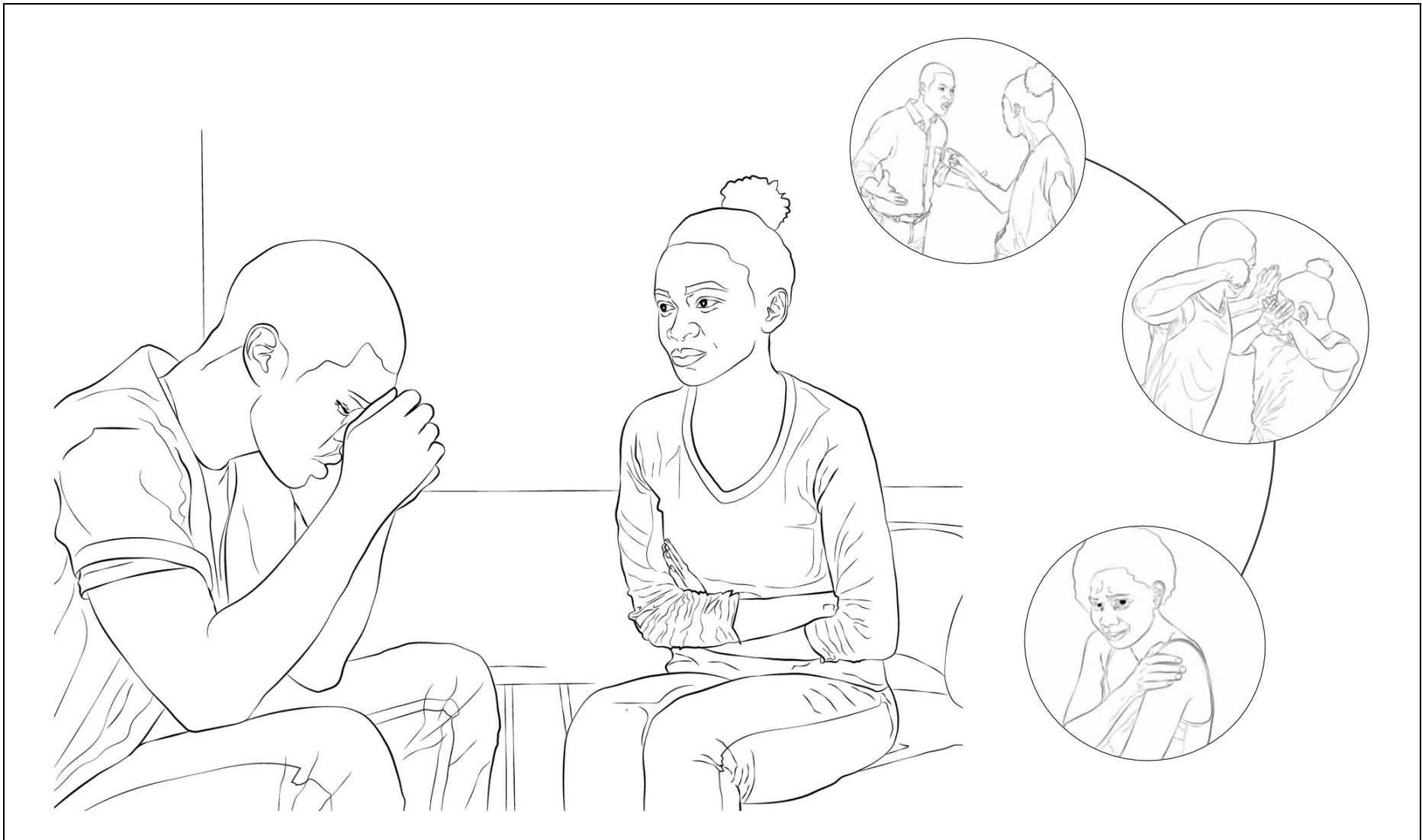
*For sexually active clients:*

- When you are ready to resume sexual activity following the six-week healing period:
  - Remember, VMMC does not provide total protection from HIV, so you must use condoms correctly and consistently to reduce the risk of HIV, other STIs, and/or unintended pregnancy.
  - Reduce the number of sexual partners if you have multiple partners.
  - Know your HIV status. If you have not tested for HIV, consider doing so with your partner(s).

**Note:** Provide written information, if available, about any of the topics discussed, as well as referrals to additional services as appropriate or available. Encourage the client to bring his friends to VMMC if they are interested.



# Gender-Based Violence



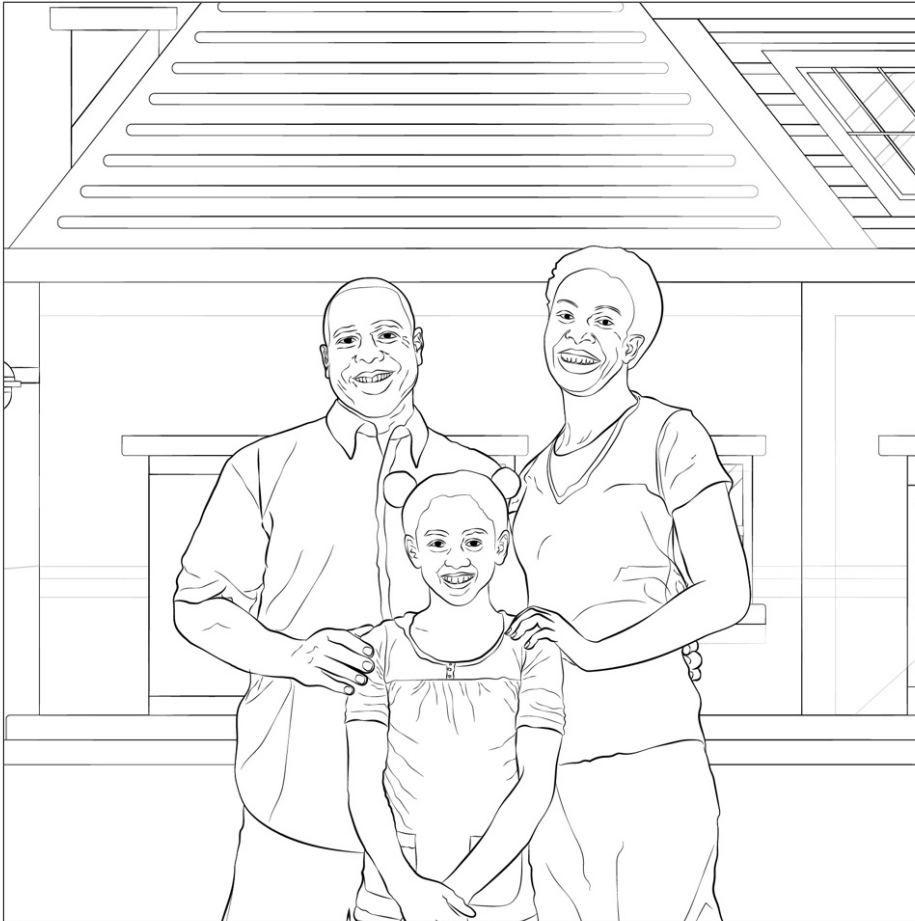
# Gender-Based Violence

## Content for Counselors

- In all relationships, there are times when people feel frustrated or angry, or they disagree with each other. It is never acceptable to use violence to try to solve our problems. Violence can cause physical and mental harm to the victim and is a violation of their human rights.
- Gender-based violence, harassment, and abuse are behaviors that are offensive, threatening, and/or physically harmful to another person, especially women and girls.
- Sexual harassment can involve comments, gestures, actions, or attention intended to hurt, offend, or intimidate another person. This can include unwanted sexual advances and requests for sexual favors.
- Forcing or coercing a person to have sex is called rape. Rape is a serious crime. Victims of rape are legally entitled to the protection of the criminal justice system.
- Sexual relations should always be consensual. This means **both partners should agree to having sex**. It is important to respect your partner's wishes. In other words, either partner may say "no" at any time.
- Mutual respect means never using violence or power to dominate another person or make them do something they don't want to do.

**Note:** Provide printed information and/or referral to services if requested.

# Masculinity



# Masculinity

## Content for Counselors

- Some people think that “being a man,” or what some people call “masculinity” or “manhood,” means it is OK to be violent or engage in violent behaviors such as yelling, hitting, and kicking. **This is NOT correct.**
- There are many men and leaders in the community who are not violent and whom others look up to and respect. (*Name some men/leaders in the community.*)
- By understanding and challenging the idea of masculinity, you can become a better partner, father, and citizen.
- What does it mean to you to be “a good man?”
- Is there a man whom you admire and look up to? Why do you admire him?
- Being a good man means:
  - Seeking health care when needed. Coming for VMMC is one way of being a good man.
  - Never using violence to solve problems, especially against girls or women.
  - Practicing safer sex, discussing and adopting family planning with your partner, and protecting yourself and your partner from HIV and other STIs.
  - Treating girls and women as equals. This way, you contribute to reaching the full potential of your relationship, family, and society.
  - Using condoms correctly and consistently, having fewer partners, and not equating sex with dominance and risk-taking. These practices also help to reduce HIV/STI infection and transmission.

**Note:** Provide printed information and/or referral to services if requested.

## Family Planning



# Family Planning

## Content for Counselors

- Unprotected sex (sex without a condom and/or other contraceptive method) can result in unintended pregnancy.
- Various contraceptive methods in addition to condoms reduce the chances of unintended pregnancy. Each has its own benefits and challenges. I can refer you to family planning services.
- Talk to your partner about choosing a family planning method that you both agree on. Family planning is the responsibility of both partners.
- Some contraceptive methods, like condoms, also protect against STIs. This is called “dual protection.”
- Emergency contraception may be an option in cases when the condom breaks or another form of contraception was not used and there is the possibility of an unintended pregnancy. Emergency contraception is a pill taken orally by the female partner.

**Note:** Provide printed information and/or referral to services if requested.

## Alcohol and Drug Use/Abuse



# Alcohol and Drug Use/Abuse

## Content for Counselors

- Tobacco use is bad for your health. Tobacco use stains fingers, lips, and teeth. It also causes bad breath. Smokers tend to be less fit and get short of breath more easily. Tobacco also causes problems later in life, including heart disease, cancer, emphysema, and death.
- Consumption of alcohol, even in small amounts, can impair judgment. While under the influence of alcohol or other substances, people do things they would not normally do, such as driving dangerously, being verbally or physically violent, or having unprotected sexual activity.
- Many adolescents die from accidents, such as motor vehicle crashes, under the influence of alcohol and other substances.
- The consumption of large quantities of alcohol in a short period of time can also cause neurological and liver damage.
- Substances such as tobacco, khat, heroin, amphetamines, and cocaine can induce dependence. Being dependent on these substances impairs people's ability to carry out everyday activities and can cause tension with family members and friends. Most people who develop dependence on substances do so during their adolescence.
- Using cannabis, khat, heroin, amphetamines, or cocaine can cause damage to the brain, liver, kidney, and lungs both in the short and long terms. Injecting substances with shared needles and syringes greatly increases the likelihood of getting HIV.
- If you do use alcohol or other substances that can impair your judgment, avoid driving a car, motorcycle, or bicycle while under their influence.
  - If you have started using alcohol or other substances, I can refer you to *(name service for substance abuse counseling and support)*. Counselors there can help you give up their use.

**Note:** Provide printed information and/or referral to services if requested.