

# MALE CIRCUMCISION (MC)

COUNSELOR FLIPCHART



# KNOWING YOUR HIV STATUS



KNOWING YOUR  
HIV STATUS

# 1

## KNOWING YOUR HIV STATUS

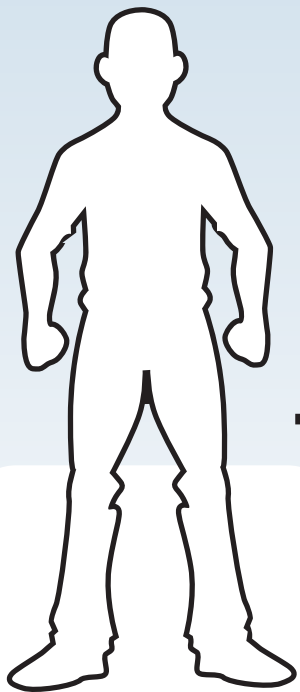
“Can you tell me a little bit about why you came here today?”

- All clients, MC or non-MC, are offered an HIV test.
- Knowing your HIV status before MC assists in maximizing the health benefits that MC provides.
- **Non-MC client:** Knowing your HIV status empowers you to take steps to reduce HIV risks and live a healthy life regardless of the outcome of the test results.
- Establish willingness of client to take the test and obtain written consent.
- MC clients who decline the test must be respected for their decision and referred to an MC provider.

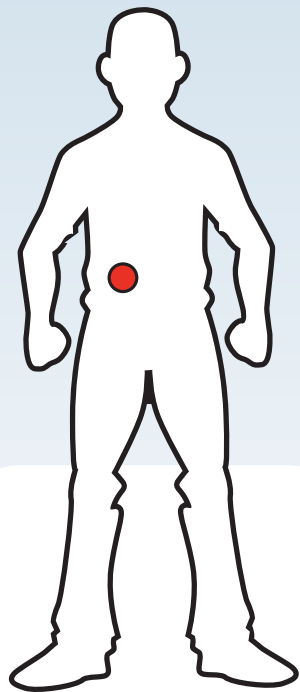


# TESTING AND THE WINDOW PERIOD

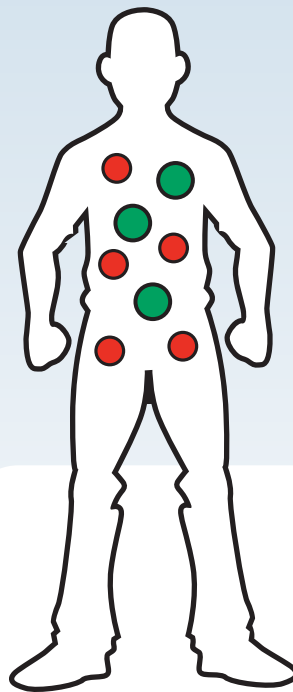
● = Antibodies  
● = HIV



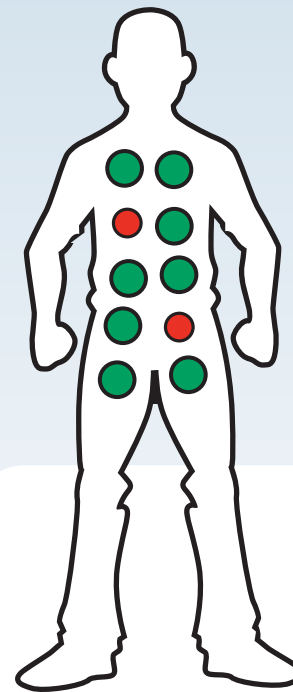
HIV negative  
and healthy



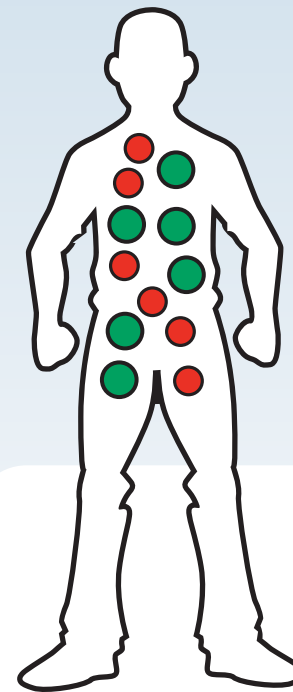
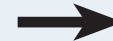
HIV enters body



**WINDOW PERIOD**  
HIV multiplies  
Highly infectious  
May test negative



Immune system  
responds,  
less infectious



HIV becomes AIDS,  
Immune system  
weakens, more  
infectious

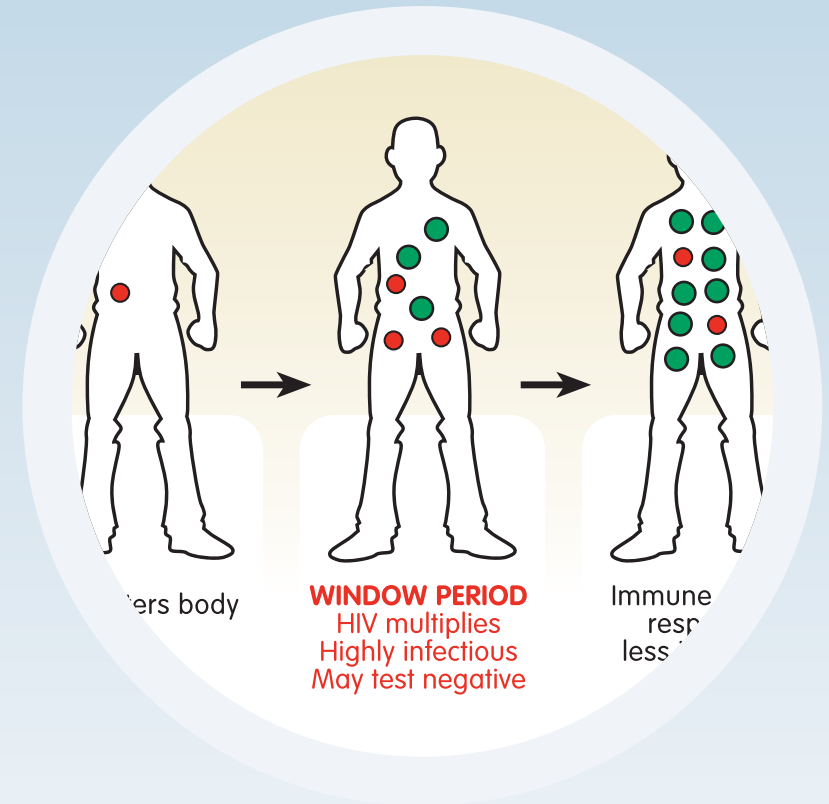
## 2

# TESTING, THE WINDOW PERIOD AND ACUTE HIV INFECTION

**“Tell me what you know about the HIV test.”**

***Explain HIV antibody test, window period and acute HIV infection.***

- An HIV test detects the antibodies (soldiers) to HIV, not the virus itself.
- Although these tests are very sensitive, there is a “window period”. This is the period when one who is infected with HIV does not have enough antibodies to be detected by the tests we are using.
- During the first 6 to 8 weeks of infection, the virus quickly multiplies. During this time the person is highly infectious and can easily spread the HIV infection to others.
- After reading the test results, we will spend some time together to discuss ways to reduce HIV risks.



# HIV TEST RESULTS

Reduce Partners



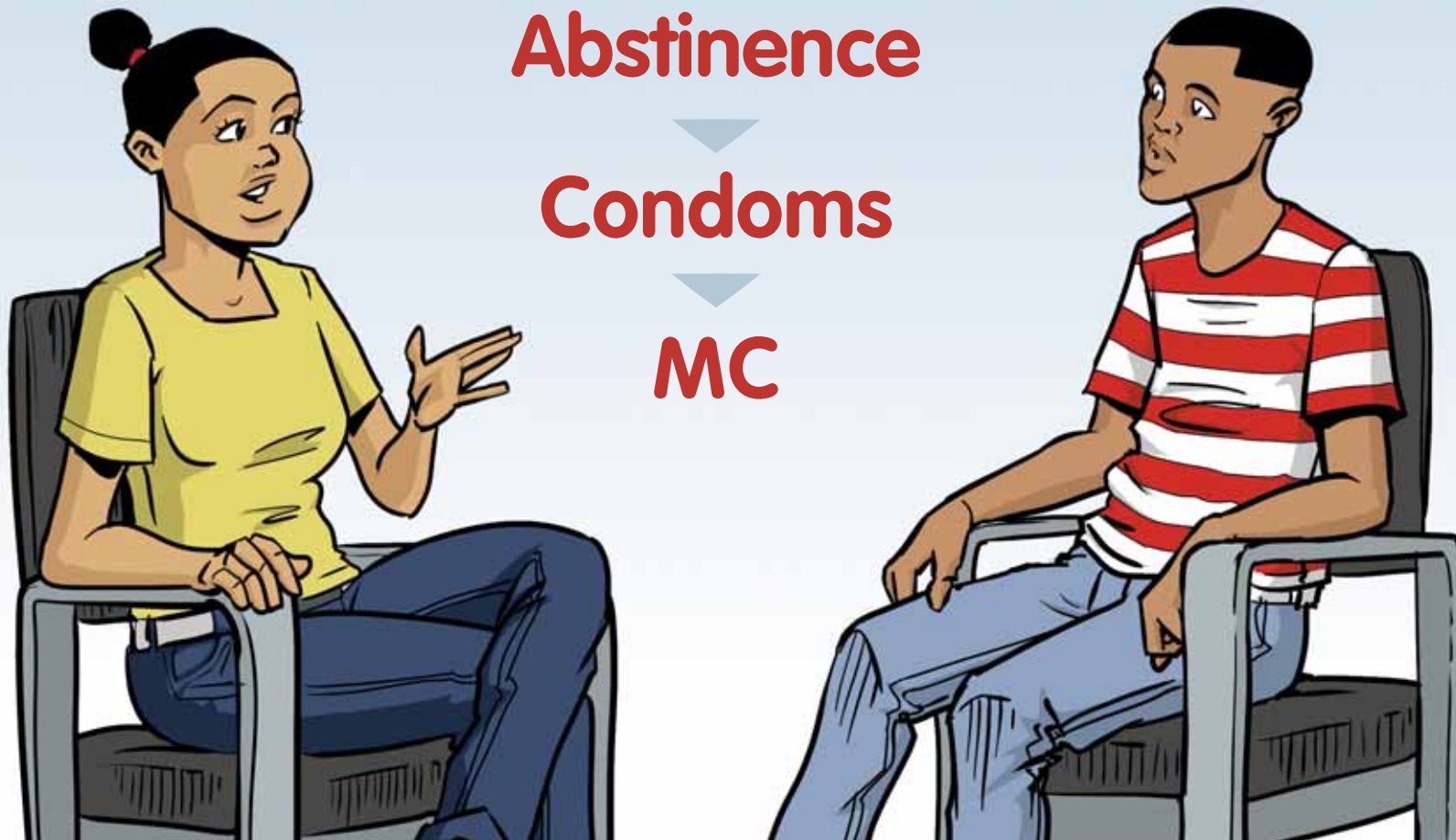
Abstinence



Condoms



MC



# 3

## TEST RESULTS ► RISK ASSESSMENT ► RISK REDUCTION

**“What do these results mean to you?”**

### ***Understanding the results:***

- Review window period.
- Establish client’s own situation. If in window period, ask client to re-test after 8 weeks.
- Ask client what puts him/her at risk of HIV infection.
- Help client with risk reduction plan, which could include MC, using condoms, reducing number of partners, abstinence and reducing alcohol use.
- Condom demonstration.
- Encourage client to discuss results with partner and to come back for couples counselling.

### ***If client is positive:***

- Explain positive living strategies and refer to post-test programme.
- Explain how HIV can delay healing and that MC will not protect client from HIV. **If client insists on MC, refer to an MC provider.**
- Refer client for additional and appropriate services: CD4 count, ARVs, PMTCT, STIs, further counselling.



# DETAILS ABOUT MALE CIRCUMCISION



DETAILS  
ABOUT MC



# 4

## DETAILS ABOUT MC

**“What do you know about MC?”**

### ***Benefits and Risks***

MC offers some protection, but not 100%, from:

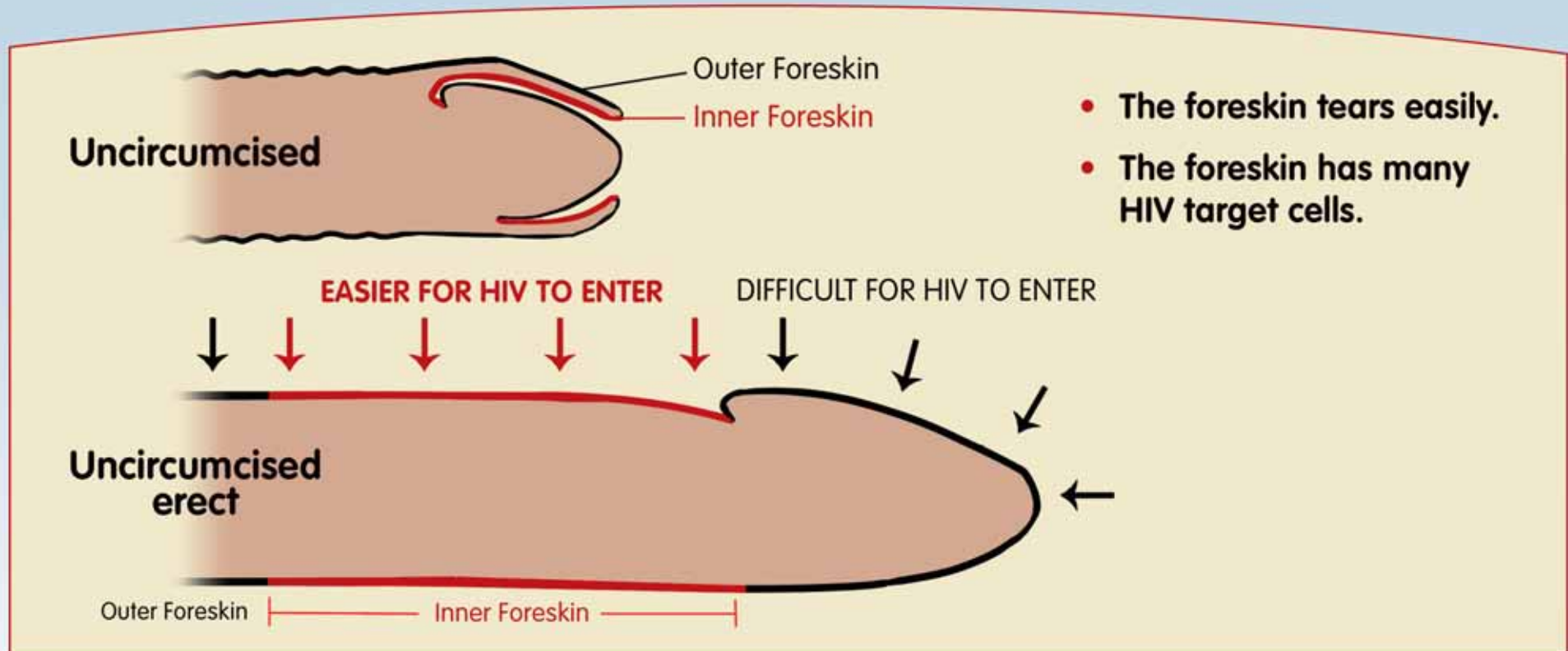
- HIV;
- STIs such as chancroid, syphilis;
- cancer of the penis;
- urinary tract infections in infants; and
- cervical cancer for women whose partners are circumcised.

The risks of MC include:

- pain,
- bleeding,
- swelling,
- reaction to medicine, and
- infection.



# HOW CAN MC HELP PREVENT HIV?



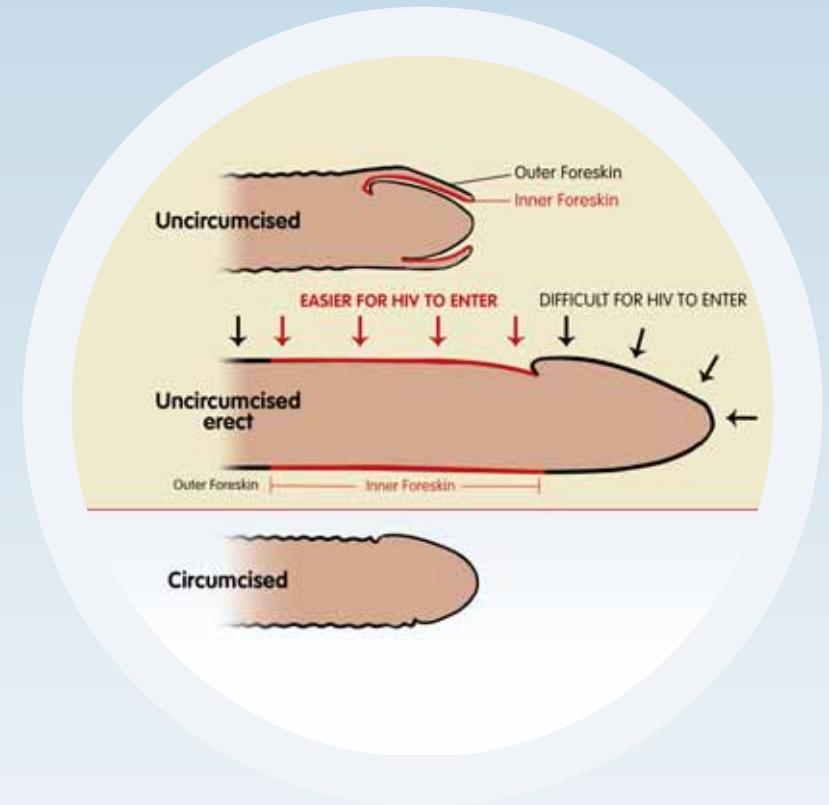
- The foreskin tears easily.
- The foreskin has many HIV target cells.

# 5

## HOW CAN MC PREVENT HIV?

“Let me explain in detail how MC can help prevent HIV and other STIs.”

- The inside of the foreskin is soft and moist and is more likely to get a tiny tear or sore that allows HIV to enter the body more easily.
- The foreskin contains many “target cells” that allow HIV to enter the body easily.
- After MC, the skin on the head of penis becomes thicker and is less likely to tear.
- Even after MC, HIV can still enter through open skin or through the urethra.



# HIV PREVENTION



# 6

## HIV PREVENTION

**“Can you tell me the different ways of preventing HIV?”**

- Review HIV prevention methods.
- “Being faithful” is mutual fidelity among two negative partners who know their HIV status.
- MC is not a substitute for other prevention methods.
- It is still possible to get HIV after MC.
- Alcohol and drugs affect our self-control, making it easier for people to influence us to do things that we don’t want to do. Drinking can lead to risky behaviour, including having unprotected sex.



# THE MC PROCEDURE



# 7

## The MC Procedure

**“I’d like to discuss the MC procedure in more detail.”**

- Assessment
- Informed consent
- Most MCs take less than one hour
- Clinic’s dedication to cleanliness and infection prevention
- Injection of anaesthetic for pain prevention
- Removal of the foreskin
- Suturing and control of bleeding
- Dressing
- Post-MC pain relief
- Post-MC counselling
- Disposal of foreskin



# RECOVERY: THE FIRST 7 DAYS





# 8

## RECOVERY: THE FIRST 7 DAYS

**“I’d like to tell you more about the recovery process.”**

- After MC, it is important to rest and keep the penis clean and dry.
- MC clients come back after 2 days to have the bandage removed.
- They come back again after 7 days for a review and more counselling.
- Clients can call or come back at any time if they have a problem.
- Complete recovery takes 6 weeks.
- MC clients should not have sex or masturbate for 6 weeks. The penis must completely heal before sex.
- Having sex too early is risky for the client and his partner.



# MC DOES NOT PROVIDE 100% PROTECTION



RETURNING TO  
SEXUAL ACTIVITY

# 9

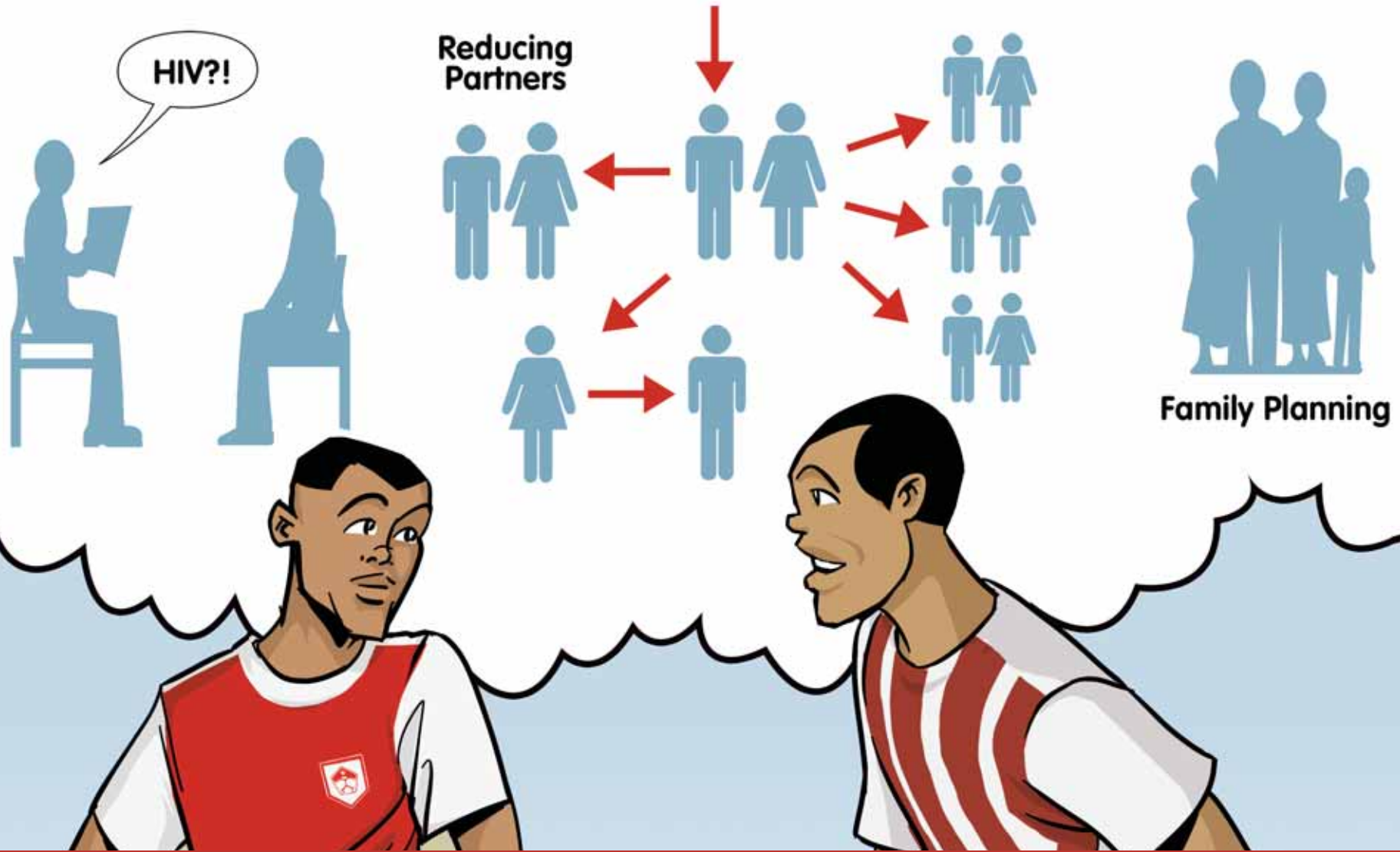
## RETURNING TO SEXUAL ACTIVITY

**“I would like us to talk about returning to sexual activity after MC.”**

- Engaging in sex too early can delay recovery and put you and your partner at risk.
- MC does not provide 100% protection. After MC you should still protect yourself and your partner by using a condom. Other prevention methods include abstaining from sex and being faithful to a partner who is faithful and HIV negative.
- Sexual pleasure is individual and depends on many things. Research shows that MC does not change one’s sexual satisfaction.



# MEN'S HEALTH



## MEN'S HEALTH

**“What questions do you have about any of the issues we discussed?”**

***Clients may have questions on any topic, including:***

- HIV/AIDS
- ABCs of safer sex
- Family Planning
- VCT

***Clients may benefit from referral on these topics:***

- Sexually transmitted infections
- Substance abuse (drugs, alcohol, tobacco)
- Violence (including gender-based violence)
- Goal setting and decision-making (including the role of women and equal partners)
- Sexuality and gender issues
- Physical and psychological changes that occur during adolescence
- Male and female reproductive health

