

The CARE Client Experience

1. Login and Welcome
2. Risk Assessment
3. Personalized risk feedback, synthesis, and counseling (with relevant skills-building videos)
4. Create personal risk reduction plan
5. Print Report (option to share) Longitudinal follow-up



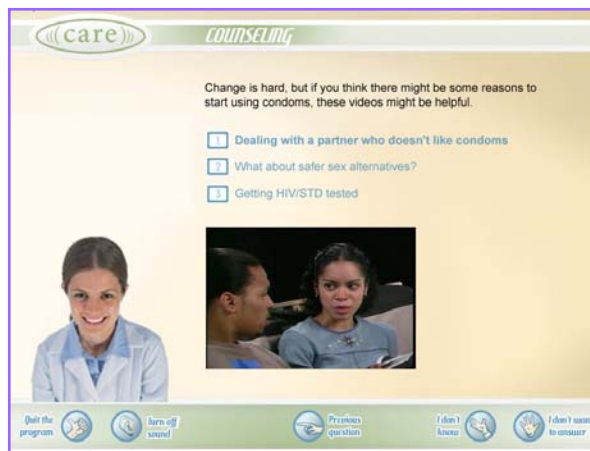
1

Login and Welcome: After secure, anonymous login, an optional guide guides the client through the product, with audio narration of all questions, options, and feedback.



2

Risk Assessment: The Risk Assessment gauges recent sexual risk by branching to ask appropriate questions based on each client's responses.



3

Feedback, synthesis, and counseling: CARE provides personalized feedback based on the answers the client provides in the Risk Assessment. Feedback is synthesized and presented to the client, and personalized counseling messages are presented, as well as appropriate skills-building videos.



4

Risk Reduction Plan: The client creates his or her own risk reduction plan based on risk areas identified in the Risk Assessment.

5

Print Report: The client can print a report to take home, or optionally to discuss with a provider. Reports also contain appropriate local and national referrals.



CARE Highlights



Computer-based
CARE is designed to run locally in disconnected environments such as clinics or field sites, minimizing support requirements while providing updates if web access is available.



Guides
The CARE product emulates human counseling through the use of guides (peers and counselors) who accompany a client through risk assessment, feedback/synthesis/counseling, and risk reduction planning.



Videos

- Skills-building clips discuss:
- Abstinence
 - Sexual initiation / coming out
 - Sexual safety negotiation
 - Safer sex alternatives
 - Male / female condoms
 - HIV / STI testing
 - Relapse prevention
 - Condom precontemplation, motivation

Included are versions for heterosexuals or men who have sex with men.



Project CARE Abstract

Objective: In many settings, clinician time for HIV/sexually transmitted infection (STI) risk assessment is limited and counselors are unavailable. A computerized HIV/STI risk assessment, counseling, and testing tool may improve case detection and prevention. We have developed a CD-ROM that allows clients to receive interactive risk reduction counseling, and that will allow rapid HIV consenting, testing, and counseling.

Methods: CARE utilizes audio computer-assisted self-interviewing to ascertain risk, and provides personalized feedback to help the client develop personal prevention plan(s). A national advisory board reviewed the CARE algorithms for content validity. The client may select an avatar guide through the session. CARE provides personalized risk feedback, synthesis, and counseling. Skills-building videos are offered for men who have sex with men and for heterosexuals. Clients can create their own risk reduction plans in areas including abstinence; choosing sex partners; communicating with partners; using condoms; and safer sex alternatives. Referrals are provided, with an administrative module allowing sites to add local referrals. A client printout ends the session. Client records are stored anonymously in a unique-identifier-coded database, allowing follow-up. Longitudinal modules allow clients to choose new plans over time.

Results: CARE will enter beta in August, 2004. Next steps include a thorough product pilot deployment and efficacy evaluation starting in fall, 2004. Development of additional modules, features, and Web and language versions is ongoing.

Conclusions: Computerized HIV/STI risk assessment and counseling may be an effective adjunct in busy clinical settings, relieving workflow while providing effective counseling.

Current Project Goals

Evaluate product usability and acceptability; refine product

- Pilot with adolescent, family planning, STD, urgent care, and primary care clinics and patients in Indianapolis, Seattle, and Long Beach CA.
- Conduct a longitudinal analysis of the product's impact: risk assessment, STI testing, and intent to change behavior.

Conduct a randomized trial of STI reduction efficacy

Add modules for rapid HIV testing, (consent & counseling), contraception, substance users

Localize into Spanish and other languages for local and international use

Project Team

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Computer Assisted Risk Assessment & Education

The CARE CD-ROM

Technology to Improve STI/HIV Screening and Prevention

Brief, client-centered counseling has been shown to reduce incident STIs in high risk populations (Kamb et al., 1998). However, few settings have counseling staff or clinician time to conduct such counseling. An easy-to-use STI risk screening and reduction tool could improve both case detection and prevention. The 'Computer-Assisted Risk assessment and Education (CARE) for STIs' CD-ROM is designed to meet this need. Computer-based, interactive health counseling can consistently deliver tailored sessions while reducing personnel time (thus saving costs), and have been found to be acceptable to patients in multiple settings.

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