



VOLUNTARY COUNSELING & TESTING CENTRE (VCCTC)



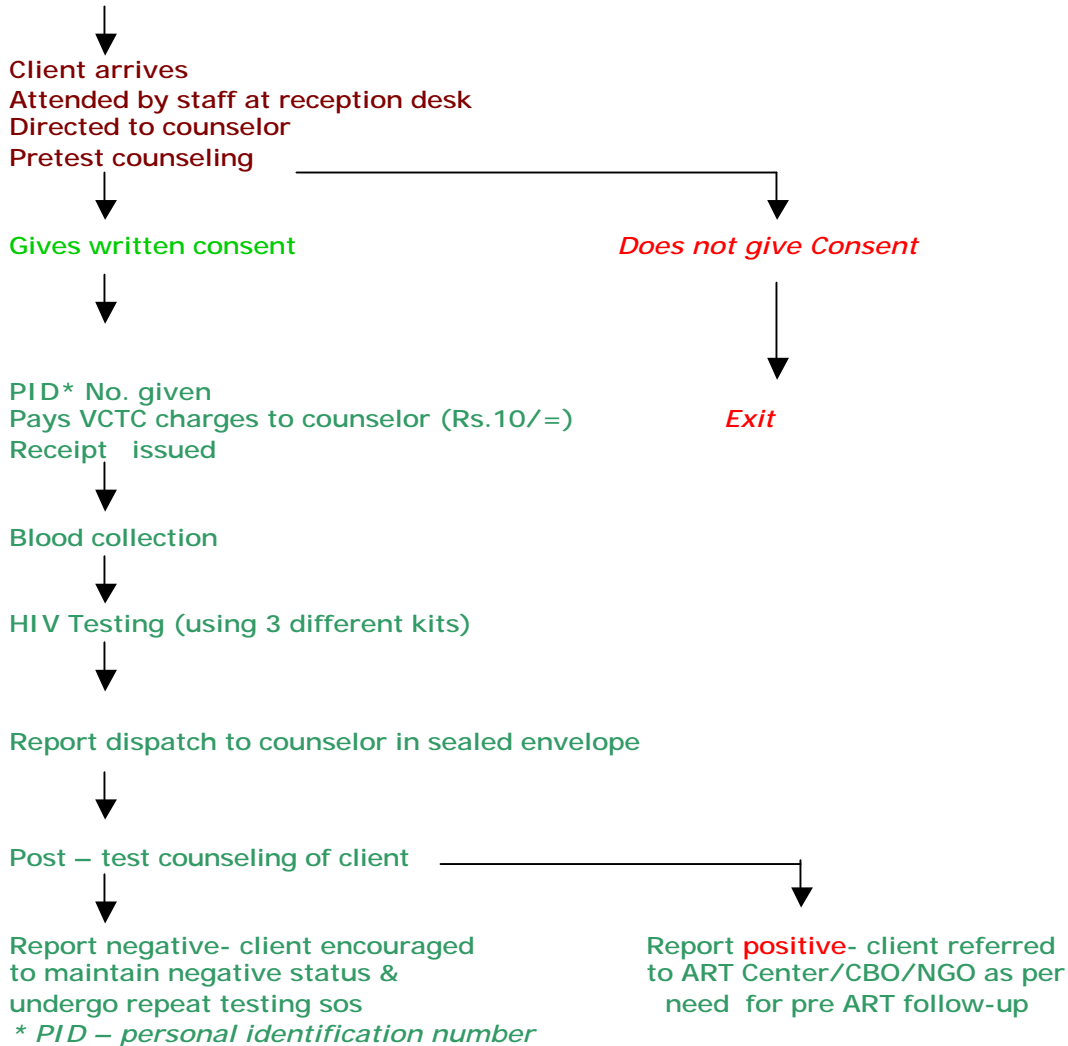
VCCTC provides confidential counseling & testing services to *all* with the aim of preventing HIV infection & providing care, support and treatment to the infected in a confidential manner. Also the Immunophenotyping Laboratory at this center has CD4 count testing facilities. VCCTC at JJH is situated on the 2nd floor of Skin & STD Building.

Activities

- Pre-test & Post-test counseling
- HIV testing
- Referral to HIV Clinic/Drop-In-Centre/RNTCP/ NGO/CBO
- Testing & follow up for persons with occupational exposure with PEP
- CD4 count testing (free of charge for HIV infected patients registered under ART center, others Rs. 250/=)

HIV counseling & testing available for Rs. 10/- only

CLIENT FLOW



OUR VCTC FEATURES

- ✂✂ Established in Jan 1999
- ✂✂ Services to DWC (Direct- Walkin –Clients) & Referred clients
- ✂✂ Adequately ventilated & well lit waiting area
- ✂✂ TV & Video for education & information on HIV/AIDs to clients waiting for their turns
- ✂✂ IEC material at hand including pamphlets, brochures on HIV/AIDs, TB, STIs, malaria, etc.
- ✂✂ Separate room for each counselor
- ✂✂ Blood collection facility in adjoining room.
- ✂✂ Blood collection done by **Vacutainer needle in Vacutainer tube**
- ✂✂ Clean drinking water & condom 'pick up' counter
- ✂✂ Well functional HIV testing laboratory HIV testing services available on all working days between 9.30am to 4.30 pm
- ✂✂ HIV test results available within 24 hrs
- ✂✂ Immunophenotyping laboratory with CD4 testing (FACScalibur) facilities
- ✂✂ HIV test results are verified by trained microbiologist & given to counselors & not directly in the hands of client.
- ✂✂ HIV test reports of indoor patients leave the laboratory only in sealed envelope addressed to doctor-in-charge
- ✂✂ CD4 testing facilities available from MONDAY to FRIDAY(working)-9.30 am to 1.00 pm
- ✂✂ CD4 test report available on same day.

STAFF AT VCTC-

Designation	Name	Contact No.
Incharge:	Dr. Abhay Chowdhary	9821209050
Microbiologists:	Dr. Neeta Jangale	9869403485
	Dr. Nilma Hirani	9820556255
Counselors:	Dr. Ritesh Shirpurkar	9323196573
	Ms. Meera Gudile	9224445552
	Mr. Naval Aajage	9892154099
	Mr. Dilip Gavit	9869980318
Lab Technicians:	Mrs. Roshani Patel	9821870022
	Mrs. Shagufta Khan	9819277061
	Ms Lata Patil	9867861190
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useful links: www.nacoonline.org
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FAQs

What is VCTC?

VCTC stands for Voluntary Counseling & testing Center. It is also expanded as VCCTC= Voluntary Confidential Counseling & testing Center. Now VCTC has been identified as **ICTCC**

integrated counseling & testing center), to indicate integration of VCTC activities with other health care facilities & national health programmes, by National AIDS Control Organization (NACO).

What is role of VCTC?

1. Provides for all segments of population, an opportunity to access complete and accurate information on HIV/AIDS.
2. Critical entry point to prevention, care, support & treatment for all people particularly for those already infected and affected.
3. Enables a person to confidentially explore & understand his/her risk of HIV infection..
4. Facilitates personal & more informed decisions about HIV testing. NACO (National AIDS Control Organization) guidelines clearly state that no HIV testing is to be undertaken without an informed consent & pre-test and post-test counseling of an individual. At VCTC the more humane and person centered approach is achieved. The primary emphasis is to reach individuals with effective counseling, peer & community support & condom supplies rather than focus on HIV testing. Thus it helps to reduce stigma & discrimination.
5. In the event of positive HIV test result, counseling strengthens strategies for coping with immediate stress, possible stigma, psychological and social impacts.
6. Provides referrals to appropriate facilities for care, support & treatment.
7. Provides an opportunity to fully comprehend the implications of one's serostatus, how HIV is transmitted, precautions for protection & prevention of HIV spread
8. ***The counseling services are available to all who seek them, regardless of their willingness to be tested.***

What is VCT(Voluntary Counseling & testing)?

VCT is the process by which an individual undergoes confidential counseling to learn about his/her HIV status and to exercise informed choices in testing for HIV, followed by further appropriate action. The key underlying principle of VCT is voluntary participation. HIV counseling & testing are initiated by the clients free will.

How HIV is transmitted?

1. HIV is spread by sexual contact with an infected person
2. By sharing contaminated needles and/or syringes (primarily for drug injection) with someone who is infected
3. Less commonly (and now very rarely in countries where blood is screened for HIV antibodies), through transfusions of infected blood or blood clotting factors
4. Babies born to HIV-infected women may become infected before or during birth or through breast-feeding after birth.
5. In the health care setting, workers have been infected with HIV after being stuck with needles containing HIV-infected blood or, less frequently, after infected blood gets into a worker's open cut or a mucous membrane (for example, the eyes or inside of the nose).

Is HIV transmitted through insect bites?

From the onset of the HIV epidemic, there has been concern about transmission of the virus by biting and bloodsucking insects. However, studies conducted by researchers at CDC and elsewhere have shown no evidence of HIV transmission through insects--even in areas where there are many cases of AIDS and large populations of insects such as mosquitoes

What is HIV & AIDS ?

HIV (human immunodeficiency virus) is the virus that causes AIDS. This virus is passed from one person to another through blood-to-blood and sexual contact. In addition, infected

pregnant women can pass HIV to their baby during pregnancy, delivery, as well as through breast-feeding. People who have HIV infection develop symptoms due to various opportunistic infections and malignancies later during progress of infection. This later stage is called AIDS.

Which body fluids transmit HIV?

The following body fluids have been proven to contain HIV & spread the infection:

1. Blood
2. Semen
3. Vaginal secretions
4. Breast milk
5. Other body fluids containing blood

The other body fluids that may transmit the virus that health care workers may come into contact with:

1. Cerebrospinal fluid surrounding the brain and the spinal cord
2. Synovial fluid surrounding bone joints
3. Amniotic fluid surrounding a fetus

In health care settings can aerosols transmit HIV?

Aerosols should not be confused with droplets and splashes. WHO recommends barrier precautions (face shields, masks, gowns, etc.) to prevent contact with droplets and splashes.

Aerosols are not droplets; they are invisible particles less than 10 microns in diameter which float on air currents. Aerosols require considerable energy to generate and are not likely to be present in most clinical settings.

In studies conducted in dental operatories and hemodialysis centers, hepatitis B surface antigen could not be detected in the air during the treatment of hepatitis B carriers, including during procedures known to generate aerosols. This suggests that detection of HIV in aerosols would also be uncommon, since the concentration of HIV in blood is generally lower than that of HBV.

Detection of HIV in an aerosol would not necessarily mean that HIV is readily transmissible by this route. In the health-care setting, the major risks are blood contact due to percutaneous injuries, and to a lesser extent, mucous membrane and skin contact.

What is ELISA ?

ELISA (Enzyme Linked Immunosorbent Assay) is a common screening test, both efficient and cost effective, for testing large number of samples at a time. It requires skilled staff and dedicated instrument.

What is Window Period?

Window period is described as the time taken for a person who has been infected with HIV to 'seroconvert'(**test positive**) for HIV antibodies. A person who tests during a window period may receive negative result even though he may be HIV positive. Hence it is important to follow any potential exposure by retesting at the end of window period(usually 3 mths).

What is indeterminate sample?

In HIV antibody testing, Samples that are positive (sero-reactive) after the first HIV test are retested using two additional HIV tests wherein the principle / antigen used is different. If sample is positive after first test but negative in one or both the two subsequent tests then it is considered as "indeterminate". The follow up testing is advised after 2 weeks.

What is CD4 count test? Why it is done?

HIV infects & destroys cells, especially T lymphocytes, that express CD4 surface receptors. As result positive depletes the host of its CD4+ T lymphocytes. Estimation of CD4 + T lymphocytes in blood is CD4 count test.

CD4 count in HIV infected patients is monitored for following reasons:

1. Estimate level of immune competence
2. Stage HIV disease
3. Make decisions for initiation of ART
4. Monitoring response to anti-retroviral therapy
5. Initiate chemoprophylaxis against opportunistic infections

What is occupational exposure?

An exposure that may place a worker at risk of HIV/any blood borne infection -a percutaneous injury, contact of mucus membrane or contact of broken skin with blood/body fluids to which SWP apply i.e.

- Body fluids-semen,vaginal secretions.
- Other body fluids- CSF,synovial ,pleural ,peritoneal,pericardial and amniotic fluids

What is PEP?

PEP is anti-retroviral treatment regimen given to a person with occupational exposure . The decision to start PEP is made on the basis of degree of exposure to HIV & HIV status of the source patient.

Within how much time PEP should be started?

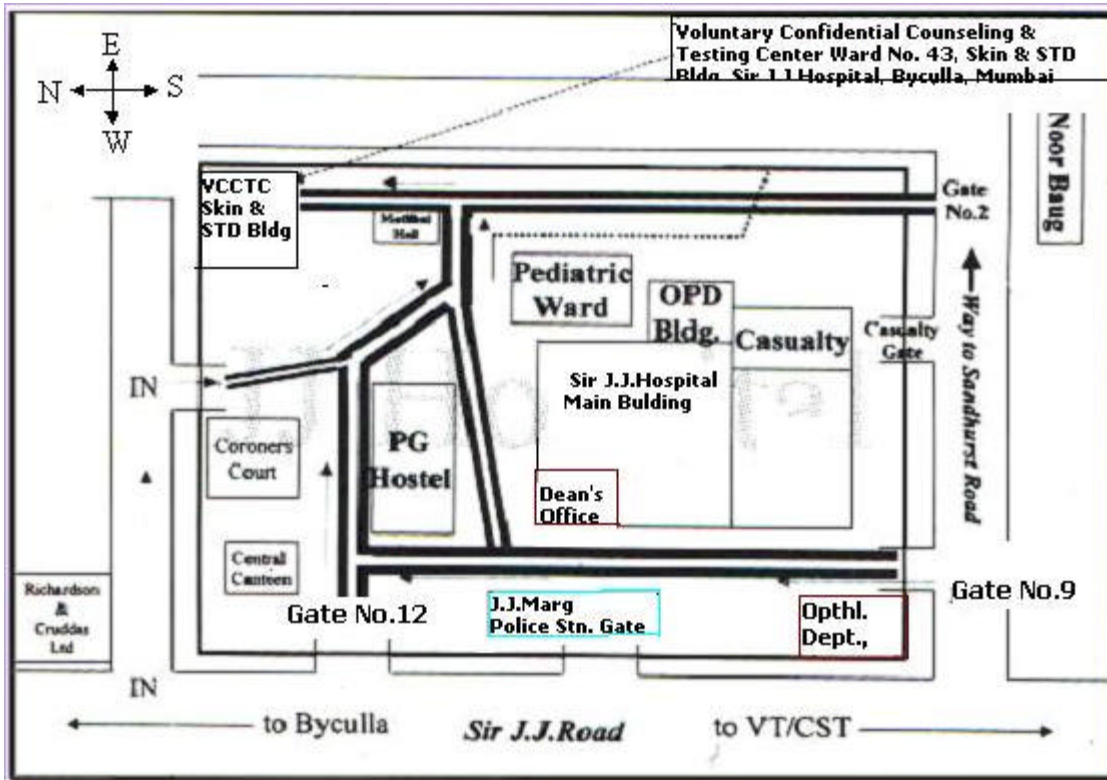
Preferably within 2-3 hrs of exposure. Initiating treatment more than 72 hrs of exposure perhaps is not as effective but may still be useful in case infection has occurred.

What steps should be taken immediately after occupational exposure?

Immediately-

- Wash wound in water with antiseptic soap
- Rinse
- Let wound bleed
- Disinfect with Povidone iodine / apply a compress of PVP
- Eyes- rinse, use eye lotion

ROADMAP TO VCCTC



Linkage between VCTC And Treatment,Care & Support Activities

