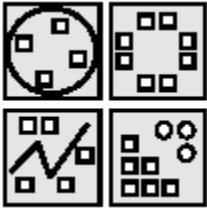


# Sharing Medical Adherence Responsibilities Together SMART Couples



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## FOCUS

- HIV-positive individuals
- Other high-risk adults (partners of HIV-positive individuals)
- STD Clinic Clients
- Women
- Minority Specific
- Other

## ORIGINAL SITE

- Community-Based
- Clinic-Based

## APPROACH

- Behavioral Skills Development
- Community Outreach
- Condom Education/Access
- HIV/STD Education
- Medical Adherence Education
- Needle Cleaning/Exchange
- Self Efficacy/Self-Esteem

## COMPONENTS

## SUMMARY

*SMART COUPLES* is a four-session intervention delivered by a nurse practitioner to serodiscordant (mixed HIV status) couples. The program aims to increase antiretroviral therapy (ART) adherence in the partner living with HIV/AIDS by increasing knowledge about the importance of medical care adherence, increasing adherence motivation and self-monitoring, increasing problem solving skills to overcome adherence issues, increasing self-efficacy, and optimizing partner support. In addition, the program is designed to foster active support between partners, and to help couples address issues of sex, intimacy, and transmission risk behaviors.

## SUITABLE FOR USE IN

*SMART COUPLES* was designed to be administered by a nurse practitioner to an HIV serodiscordant couple within a clinic setting. It may, however, be readily adapted for use in other settings and with other populations.

## ORIGINAL INTERVENTION SAMPLE

**Mean Age**  
42 years

**Gender**  
54% male; 46% female

**Race/Ethnicity**  
100% African-American

## PROGRAM LENGTH

The program consists of four, 45- to 60-minute

- Behavioral Skills Practice
- Group Discussion
- HIV Antibody Testing/Counseling
- Lectures
- Peer Counseling/Instruction
- Role Play
- Safer Sex
- Communication / Negotiation
- Video

sessions.

## STAFFING REQUIREMENTS/TRAINING

*SMART COUPLES* is delivered by a certified nurse practitioner. The Facilitator's Manual provides detailed instructions to help him/her implement the intervention. The intervention facilitators who participated in the original outcome study received training and satisfactorily completed pilot sessions before meeting with trial participants. There is, however, no intervention-specific training required.

## HAPPA PROGRAM PACKAGE

The HAPPA Program Package for this program includes:

- ▶ *SMART Couples* User's Guide
- ▶ Facilitator's Manual
- ▶ Adaptation Workbook
- ▶ Original Evaluation Materials Booklet
- ▶ HAPPA Evaluation Assistance Kit (includes the Evaluation Questionnaire)
- ▶ HAPPA Process Evaluation Booklet
  
- ▶ Telephone technical support on implementation and evaluation for 1 year