<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Learning Objectives</th>
<th>Learning Activities</th>
<th>Resources</th>
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<tbody>
<tr>
<td>8:30 – 9:00</td>
<td>Sign In /Introduction</td>
<td>• Introductions</td>
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<td>• Outline training schedule</td>
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<td>9:00 – 10:00</td>
<td>M1: Principles of Viral Load Monitoring</td>
<td>• Understand dynamics of viral load during the course of HIV infection</td>
<td>• Knowledge Check</td>
<td>Adult Counseling Flipchart</td>
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<td>• Understand how viral load affects risk for transmission and progression of HIV</td>
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<td>• Explain how viral load responds to ART</td>
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<td>• Identify treatment failure using viral load</td>
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<td>• Describe schedule of viral load monitoring</td>
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<td>10:00-10:45</td>
<td>M2: Supporting Behavior Change</td>
<td>• Understand key counseling techniques</td>
<td>• Facilitator Demonstration: Providing Collaborative Health Education</td>
<td>Adult Counseling Flipchart</td>
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<td>• Learn and apply motivational interviewing tools to adherence counseling</td>
<td>• Activity: Practicing Motivational Interviewing</td>
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<td>10:45-11:15</td>
<td>Break</td>
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<td>11:15-1:15</td>
<td>M3: How to Use the Adult Flipchart</td>
<td>• Use the Viral Load Monitoring and Enhanced Adherence Flipchart as a guide to:</td>
<td>• Facilitator Demonstration: Enhanced Adherence Assessment</td>
<td>Adherence Assessment Plan Tool</td>
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<td>• Interpret and explain viral load results</td>
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<td>Adult Counseling Flipchart</td>
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<td>• Assess adherence among those with viral load ≥ 1,000 copies/ml</td>
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<td>• Determine cause of VL &gt;1000 copies/ml</td>
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<td>• Develop targeted interventions to improve adherence assessment and support</td>
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<td>• Manage next steps based on repeat viral load results</td>
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<td>2:00 – 3:30</td>
<td>M4: Role Playing and Case Discussions</td>
<td>• Practice adherence counseling using Adult Flipchart</td>
<td>• Case Studies with Role Play</td>
<td>Adherence Assessment Tool</td>
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<td>• Adults (non-pregnant/non-breast-feeding)</td>
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<td>Counseling Flipchart</td>
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<td>• Practice completing Adherence Assessment Plan Tool</td>
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<td>Viral Load Monitoring SOP</td>
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<td>• Discuss interpretation of viral load results using cases</td>
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<td>3:45 – 4:15</td>
<td>M5: Viral Load Specimen Collection and Preparation</td>
<td>• Learn the types of viral load test specimens</td>
<td>• Sample laboratory request form</td>
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<td>• Understand the process of venous blood specimen collection</td>
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<td>• Understand the process of dried blood spot specimen collection</td>
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<td>• Describe elements of bio-safety</td>
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<td>4:15-4:30</td>
<td>Questions/ Wrap Up</td>
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<td>9:00 – 9:30</td>
<td>M6: Review of Child and Adolescent Flipcharts</td>
<td>Use the Adolescent and Child Viral Load Monitoring and Enhanced Adherence Counseling Flipcharts in order to: &lt;br&gt;  - Interpret and explain to patients the meaning of a viral load result &lt; 1,000 copies/ml &lt;br&gt;  - Interpret and explain to patients the meaning of a viral load result &gt; 1,000 copies/ml &lt;br&gt;  - Assess adherence among those with viral load &gt; 1,000 copies/ml &lt;br&gt;  - Develop targeted interventions to improve adherence support &lt;br&gt;  - Manage steps based on viral load results</td>
<td>• Role Play: Enhanced Adherence Counseling with an Adolescent &lt;br&gt; • Role Play: Enhanced Adherence Counseling with the Parent of an HIV+ Child</td>
<td>• Child Counseling Flipchart &lt;br&gt; • Adolescent Counseling Flipchart</td>
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<td>9:30 – 11:00</td>
<td>M7: Advanced Counseling Training</td>
<td>Provide psychoeducation in ways to promote behavior change &lt;br&gt; • Understand models of behavior change &lt;br&gt; • Understand common behavioral and emotional issues contributing to ART adherence difficulties &lt;br&gt; • Learn adolescent brain development factors contributing to adherence difficulties &lt;br&gt; • Learn specific parenting and child skills relevant to adherence counseling for parents and children</td>
<td>• Role Play: Enhanced Adherence Counseling with an Adolescent &lt;br&gt; • Role Play: Enhanced Adherence Counseling with the Parent of an HIV+ Child</td>
<td>• Child Counseling Flipchart &lt;br&gt; • Adolescent Counseling Flipchart</td>
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<td>11:00 – 11:30</td>
<td>Break</td>
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<td>11:30 – 1:00</td>
<td>M8: ART Resistance and Second Line Regimens</td>
<td>Understand when to switch to a second-line regimen &lt;br&gt; Know preferred second-line regimen for adults (including pregnant and breastfeeding women), adolescents, and children &lt;br&gt; Describe common drug resistance mutations and how they influence choosing a second-line regimen &lt;br&gt; Be familiar with characteristics of the drugs commonly used in second-line regimens</td>
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<td>1:00 – 1:45</td>
<td>Lunch</td>
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<td>TBD</td>
<td>Overflow as needed/Questions/Wrap Up</td>
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