



UCSF AIDS Health Project

Training Program http://ucsf-ahp.org/HTML2/services_providers_training.html

Online Resources for the Basic I

Glossary

Abstinence: Refraining from participating in a behavior. In HIV counseling, abstinence generally refers to not engaging in sexual intercourse or injecting drugs.

Acucullophallia: The state of being circumcised (of men) or being attracted to men who are circumcised.

Adulthood: Believing that young people are inferior to adults. A good self-assessment for adults around their adulthood: do you say things to young people that you would never say to other adults?

AIDS: Acquired immunodeficiency syndrome, a viral disease that results in impairment of the body's immune system. AIDS is generally diagnosed at the most advanced stage of HIV infection, and this diagnosis signals significant damage to the body's immune system.

Ambivalence: Feeling two ways about something. It is hard to choose when one is pulled between wanting to do something and not wanting to do it. In HIV test counseling, clients often feel ambivalent about changing behaviors that put them at risk for HIV transmission.

Anal Intercourse: Most commonly, sexual activity in which a penis is inserted into the anus. Might also refer to the use of fingers, dildos or other objects in the anus.

Analingus: Oral stimulation of the anus, the practice of enjoying the

licking and oral caressing of the anal opening. Also called "rimming."

Androgyny: The merging of masculine and feminine traits, feelings, and qualities in an individual's personality.

Anonymous: Without any identification. The term is used in regard to HIV testing which does not associate a person's name with the test or the test results.

Anti-Discrimination Protection: Provisions of laws that impose penalties for discrimination based on a person's HIV infection or perceived risk of infection.

Antibodies: Specialized proteins manufactured by the body's immune system in response to foreign substances to help fight disease. Antibodies for different diseases vary in their effectiveness to fight those diseases. Antibodies to HIV appear to fight the infection for a period of time, but eventually falter and fail to protect the body.

Antibody Test: A laboratory procedure that detects antibodies to specific microorganisms. Antibodies to HIV appear to fight the infection for a period of time, but eventually falter and fail to protect the body. An HIV antibody test determines if a person's body has produced antibodies to HIV. See also ELISA, IFA, OraQuick ADVANCE Rapid HIV Antibody Test, and Western Blot.

Antiretroviral: Pertaining to something that inhibits the actions of a virus. Antiretroviral HIV therapy (also referred to as highly active antiretroviral therapy or HAART) refers to treatment that works against the normal functioning of the virus.

Anus: The opening of the body through which feces pass. The anus is the part of the body that is penetrated during anal sex.

Areola: The dark ring of skin around the nipple.

Asymptomatic: Infected but having no symptoms.

Autologous Blood Donation: The donation of one's own blood, before an elective surgery. Using one's own blood minimizes the risk of disease transmission should a transfusion be necessary.

Barebacking: A term that refers to conscious engagement in unprotected anal intercourse between two men. Other terms used to describe this are "raw" or "skin-on-skin" sex.

BDSM: Short for bondage and domination (or discipline), sadism and masochism. The term BDSM encompasses a diverse range of sexual and sensual activities, including power/role playing, and sensory games ranging from teasing to intense "pain."

Bestiality: Any sexual act with an animal, ranging from body contact to oral-genital contact to penetration.



Bisexuality: Sexual attraction to and/or behavior with more than one sex.

Bi: A slang term for people who define themselves as bisexual.

Blue Balls: A term used for pain in the testes or discomfort that occurs when a penis becomes sexually aroused without ejaculating.

Booty Bumping: The insertion of drugs, for example crystal methamphetamine or heroin, in the rectum so that the substances enter the blood stream quickly, causing a relatively fast high.

Bottom: The receptive partner during insertive sex. Can also refer to the submissive partner during BDSM or S/M sexual play.

Butch: A woman who is more masculine in her expression, appearance and personality; this word is often used for lesbians or transgender people who identify more with a masculine persona. Gay men may also use this word to describe themselves or one another.

CAQ: See Client Assessment Questionnaire.

Case Management: The process of systematically organizing and implementing specific disease intervention activities.

Casual Contact: Daily contact between people at home, school, work or in the community that does not involve sexual interactions or the sharing of needles. HIV is not transmitted through casual contact.

CD4+ Cell: See T-Cell.

CD4+ Cell Count: See T-Cell Count.

CD4+ Cell Testing: A laboratory blood test that counts a subset of white blood cells as an aid to determining immune function. Counts less than 500 are indications for starting medications for persons with HIV infection. A CD4+ count of less than 200 in people infected with HIV is one basis of an AIDS diagnosis. See also T-Cell and T-Cell Count.

CDPH/OA: The California Department of Public Health, Office of AIDS, also referred to as the State Office of AIDS. The department in California's state government responsible for implementing publicly funded HIV and AIDS services, including counseling and testing.

Celibacy: A life-style in which there is complete abstinence from sexual thoughts and activity.

Centers For Disease Control And Prevention (CDC): A federal agency that monitors the incidence of different diseases, ways diseases are transmitted and treatments for disease. The CDC provides health and safety recommendations for health care workers and the general public.

Cervix: The neck or opening of the uterus that extends and opens into the vagina.

Chastity: A moral value (applied to and expected only of women) where the individual is to abide by the socially defined sex norms of sexual abstinence until marriage, and sexual fidelity to a husband after marriage.

CIF: See Counseling Information Form.

Circle Jerk: Group masturbation with participants, usually of men, in a circle.

Circumcision: The removal of the foreskin, the fold of skin that surrounds the head (or glans) of the penis; also performed for religious or cultural reasons, as in Judaism and Islam. The female equivalent is the removal of the prepuce or clitoral hood and is sometimes carried out when a woman finds it inhibits her orgasm.

Client Assessment Questionnaire (CAQ): The triage tool used in the two-tiered system to determine if an individual is at high risk or low risk for acquiring HIV; determines what level of intervention the client will receive along with his or her HIV test.

Client-Centered Approach: Refers to counseling conducted in an interactive manner responsive to individual client needs. Avoids a preconceived set of points to be made by the counselor and encourages the client to direct the session. Focuses on developing goals with the client rather than imposing goals.

Client Information Form: See Counseling Information Form.

Clitoris: A small bud-shaped organ of the female genital anatomy, above the urethra (urinary opening) and vagina. It is the focal point of sexual pleasure leading to orgasms during masturbation or stimulation. It is the only organ in the human body whose sole function is to give sexual pleasure.

Coinfection: A term referring to a person who is infected with HIV and another disease, i.e. HIV and HCV.

Coitus: Penile-vaginal intercourse.

Coming Out: The on-going process of becoming aware of one's sexual orientation. This may include



accepting it, acting on it, and telling others about it.

Condom: Commonly called rubbers, condoms are sheaths that fit over a penis or into an anus or vagina (the Reality condom) to prevent semen from entering the partner's body after ejaculation. Condoms also prevent a penis or dildo from coming in contact with body fluids.

Confidential: Kept private. In regard to HIV testing, it means that the results of a test are known only to the person who is being tested and the immediate group of people who provide care and prevention services for that person.

Confirmatory Test: A second HIV test on a new specimen requested of a client after the delivery of a preliminary positive result using the OraQuick ADVANCE Rapid Test. It is necessary as a standard of care in the U.S. to confirm screening tests that indicate the likely presence of HIV antibodies. A client has not tested HIV antibody positive until a confirmatory test indicates the presence of HIV antibodies. See IFA and Western Blot.

Conventional Counseling And Testing: Conventional HIV testing requires that a sample of blood from a vein or cells from a cheek be sent off-site to a laboratory to screen for the presence of HIV antibodies and that clients must return for a second visit to obtain their results. Conventional counseling and testing involves an initial risk assessment and counseling for higher-risk clients or a lower-level intervention for lower-risk clients, an HIV test, and a separate disclosure session, usually one to two weeks after a sample has been submitted.

Copulation: Sexual intercourse for reproduction.

Counseling: Helping people increase awareness, understanding, and plan actions that will benefit themselves or others. Unless designated as group counseling or couple counseling, the word is used here to describe one-on-one discussions.

Counseling Information Form (CIF): A form used in HIV counseling and testing to document a client's HIV risk behavior used by epidemiologists to learn more about HIV trends throughout the State. A client's name is never linked to the information on the CIF. The CIF is in use throughout California. San Francisco uses a different CIF, known as the Client Information Form or SFCIF.

Counselor I: In two-tiered counseling and testing, the counselor who is trained to deliver lower-level HIV counseling and testing services to lower-risk clients. A Counselor I reviews the Client Assessment Questionnaire (CAQ), administers informed consent, and, if the client decides to test, collects the sample, provides a low-level intervention (often a video or a brochure, depending on the policy of a particular site), and discloses HIV-negative results.

Counselor II: In two-tiered counseling and testing, the counselor who is trained to deliver both higher-level HIV counseling and testing services to higher-risk clients and lower-level services to lower-risk clients. A Counselor II conducts a comprehensive risk assessment, provides risk reduction counseling to help clients develop an achievable risk reduction step, and offers referrals for further services. For preliminary positive clients, the Counselors II also helps clients identify next steps, including finding emotional

support and seeking medical care, and offers a broader range of other referrals.

Cross-Dresser: One who wears clothes, makeup, etc. usually considered by society inappropriate for one's own sex.

Cunnilingus: Stimulation of the vulva or clitoris with lips or tongue.

Daisy Chain: A group where several people perform oral sex on one another.

DAPS: See Partner Counseling and Referral Services or Disclosure Assistance and Partner Services.

Dental Dam: See Latex Barrier.

Digital Probing: Inserting fingers into the vagina or anus.

Dildo: An object simulating the shape of a penis and primarily used for anal or vaginal penetration.

Dipping: The insertion of the penis into the anus or vagina and quickly removing it as a form of foreplay and sexual stimulation. Fingers and sex toys can be used as well.

Disclosure Assistance And Partner Services (DAPS): The San Francisco version of Partner Counseling and Referral Services. See also Partner Counseling and Referral Services.

Disclosure Session: The HIV counseling session during which a client receives HIV test results. Usually focuses on the meaning of test results, plans for protecting future health and strategies to avoid further HIV transmission.

Discordant: Conflicting. Used to describe a couple in which one partner is infected with HIV and the other is not. May also be used to describe the rare situation when a confirmatory test result is negative after a preliminary



positive result on the OraQuick ADVANCE Rapid Test.

Docking: Using the foreskin of an uncircumcised male to cover the head of the penis of another male as a form of foreplay and stimulation. Both men can be uncircumcised, however, at least one male must be uncircumcised in order for docking to occur.

Drag King: A female who, on specific occasions, cross-dresses and often employs stereotypical masculine dialogue, voice and mannerisms for the entertainment of herself or others.

Drag Queen: A male who, on specific occasions, cross-dresses and often employs stereotypical feminine dialogue, voice and mannerisms for the entertainment of himself or others.

Dual Reporting: In HIV Reporting, both the laboratory and the HIV Confidential Test site report the same case of an HIV antibody positive result to the local health department (LHD).

EIA: See ELISA.

Early Intervention: In the context of HIV, medical intervention—including HIV testing—early in the course of the disease, often before symptoms develop. It often also involves provision of social or psychological support for people diagnosed with HIV disease.

Edging: The stimulation of the genitalia for either men and/or women up to the point orgasm before climax, stopping, and then resuming stimulation. It is considered a form of foreplay to make the sexual experience last longer.

Ejaculation: Rhythmic contractions that propel semen out of the penis in spurts. Ejaculation of fluid is also

possible from stimulation of the G-Spot in the vagina.

ELISA: Acronym for enzyme-linked immunosorbent assay, the laboratory test most commonly used to screen for antibodies to HIV at a laboratory. See Section 6: The HIV Test.

Epidemic: A disease is said to reach epidemic proportions when the incidence rate surpasses the projected normal rate in any well-defined geographic area.

Epidemiology: The study of the factors that influence the spread of disease in an area.

Erection: The condition of the penis when the tissues in it fill up with blood, becoming firm and growing in size, as a result of either physical or psychological stimulation, or both. Slang includes ‘hard-on’ or ‘boner.’

Erogenous Zones: The areas of the male and female body especially capable of arousing sexual desire and pleasure.

Erotic: Sexually stimulating, pertaining to sexual love or sensation.

Erotica: Depictions of ideas and images in the literary and visual arts that have sexual and erotic appeal and, for at least a selected audience, sexual arousal value, without being condemned as pornographic.

Ethnicity: The perceptions, feelings, assumptions, values and physical characteristics associated with group identity. Refers to the sense of identity or belonging to a particular cultural group or ethnicity.

Exhibitionism: The act of exposing the genitals, often in public, or to a specific person, for the purpose of sexual arousal and gratification.

Exposure: When a person takes fluids into their body—blood, semen, pre-ejaculate, vaginal secretions or breast milk—from someone who has HIV, that person has been exposed to HIV. Not every exposure results in HIV infection.

False-Negative: A negative HIV antibody test result for a person who is actually infected with HIV.

False-Positive: A positive HIV antibody test result for a person who is not infected with HIV.

Felching: Sucking cum out of a person’s anus.

Fellatio: Stimulation of the penis with lips or tongue.

Female/Male Impersonators: People who perform an entertainment act imitating persons of the opposite sex, often famous personalities. These individuals are usually career professional actors, singers and dancers, and this performance is not indicative of a particular sexual orientation or gender identity.

Fetish: Something, such as an activity, a material object or non-sexual part of the body that arouses sexual desire and may become necessary for sexual gratification.

Fisting: Insertion of a whole hand into either the vagina or the anus.

Foreplay: Sexual acts that may include kissing, body massage, oral stimulation, breast or nipple arousal and other stimulating acts before sexual intercourse.

Foreskin: A fold of skin that covers the head of the penis. See Circumcision.

Frottage: Masturbation by rubbing against another person.



Gay: A term primarily used to describe homosexual men; can be used to describe lesbians.

Gender: A system of classification describing attributes commonly associated with bodies. Masculine characteristics are associated with persons who have ‘male’ bodies; feminine characteristics are associated with persons who have ‘female’ bodies.

Gender-Confirmation Surgery (GCS): A surgical procedure that changes one’s primary sex organs. GCS is the preferred term, but it is also known as sex-reassignment surgery (SRS).

Gender Dissonance: See Gender Dysphoria.

Gender Dysphoria: Unhappiness or discomfort experienced by one whose anatomy or genitalia do not match one’s gender identity.

Gender Expression: The expression of oneself in external presentation or appearance. This is not limited to the gender-variant community, but may encompass anyone identified as heterosexual and non-gender-variant. It includes teens of any gender experimenting with make-up, unisexed appearance, tomboys or even overly exaggerated normal gender presentation.

Gender Identity: One’s own understanding of one’s gender (regardless of physical attributes). The gender an individual identifies as, regardless of what sex they were born.

Gender Presentation: Aesthetic appearance (clothing, makeup, etc.) that reflects masculine and feminine qualities.

Gender Role: Arbitrary rules, usually assigned by society, that define what clothing, actions, behaviors, thoughts, feelings, relationships, etc., are considered appropriate and inappropriate for one’s gender.

Genitals: The external sexual body parts. In females they include the labia majora (outer lips), labia minora (inner lips), clitoris, mons pubis (a soft mound covered with pubic hair) and vestibule (where the urinary and vaginal opening are found). In males, the genitals are the penis and the scrotum.

Glans: The head of the penis.

Golden Showers: Urination as a form of sexual play.

Gonad: An organ that produces the sex cells. In the females these are the ovaries and in the males the testes.

Groin: The fleshy hollow where the thigh joins the abdomen, where the genitals are placed.

G-Spot (Graffenberg Spot): This is an area located on the inside anterior vaginal wall. When stimulated it increases in size and swells up and may give intense orgasms with the release of a large amount of vaginal secretions. This spot can be reached by insertion of the penis, finger or dildo into the vagina. See Ejaculation. A similar spot can be stimulated in males through anal penetration that presses toward the prostate gland.

HAART: Highly Active Antiretroviral Therapy, a treatment introduced in the late 1990s that revolutionized medical treatment for HIV and allowed individuals to live longer. Also see Antiretroviral.

Harm Reduction: A public health approach and social movement aimed

at reducing the harmful consequences of drug use without necessarily reducing the consumption of drugs. Harm reduction interventions acknowledge that many people use substances and sex in part to cope with the effects of racism, heterosexism, classism, sexual abuse and violence. Harm reduction interventions in HIV counseling meet people “where they are,” encouraging any positive change, with the understanding that improvements in personal and public health can occur even without total abstention from HIV risk behavior.

Hepatitis C Virus (HCV): A blood-borne virus that can cause significant liver disease. Many injection drug users have been infected with HCV via shared injection equipment.

Hemophilia: A genetic disease in which the body is unable to manufacture a blood-clotting product called factor VIII. People with hemophilia sometimes face serious, even life-threatening, circumstances as the result of minor cuts or bruises. Hemophilia has been treated with factor VIII manufactured from blood donations, and early on in the AIDS epidemic many people with hemophilia became infected with HIV. Factor VIII is now manufactured in a way that prevents HIV transmission.

Heterosexism: The belief that heterosexuality is superior to homosexuality. The discrimination or oppression of people who are not heterosexual. Homophobia—or fear of homosexuality—is the result of heterosexism.

Heterosexual: A person who identifies as primarily sexually attracted to people of the opposite sex.



Higher-Level Services: In two-tiered counseling and testing, services provided to higher-risk clients, including behavior change counseling, HIV testing, HIV-negative and HIV-positive test results disclosure, disclosure counseling, and if HIV-positive, other services.

HIPAA: Health Insurance Portability and Accountability Act. Federal privacy regulations that define the information in a client's files as belonging to the client, not the practice or agency. This information **MUST** be protected, and penalties are imposed to enforce compliance with the law.

HIV: Human immunodeficiency virus; the virus that can result in AIDS.

HIV Disease; HIV Infection: Anyone who has been infected with HIV is said to have HIV infection or HIV disease. These terms define a wide spectrum of medical circumstances ranging from healthy without symptoms of infection (often early in the course of disease) to severe and life-threatening symptoms (late in the course of infection). The course of HIV disease often ranges up to 12 years or more.

HIV Reporting By Non-Name Code: The process by which confidential test results indicating HIV infection were reported to the CDPH/OA between July 2002 and April 2006.

HIV Reporting By Name: The process by which confidential test sites and medical settings report cases of HIV to the CDPH/OA. California began HIV reporting by name in April 2006 because federal funding and future prevention and care programming relies on accurate surveillance of the HIV epidemic. HIV reporting by name happens only when

a person tests confirmed HIV-antibody positive in a confidential test site or when a person living with HIV has other HIV-related tests performed in a medical setting (such as a viral load or CD4+ cell count). HIV reporting by name does not occur in anonymous test sites.

HIV Test: A test that detects the presence of HIV antibodies in the blood or oral fluid. A preliminary positive result on the HIV rapid test indicates a high likelihood of HIV infection and requires confirmatory testing before a positive diagnosis can be made. A positive result on the conventional HIV test indicates HIV infection. A negative test result on either the rapid or conventional HIV test indicates that no antibodies to HIV were found, and that the person is either uninfected or has been infected recently and has not yet developed antibodies. See Window Period.

Antibody testing is performed in anonymous or confidential settings. In anonymous testing, test-takers offer no identifying contact information, such as name, address or phone number. Instead, they are usually given a code number at the time a sample is taken, and must offer that code number to receive their results. During confidential testing, test-takers provide identifying information linking their identity to a record of the test. Social security numbers are optional, and test takers will not be refused testing should they refuse to offer their social security number. Confidentiality of these records is protected by the laws that protect medical records, and in some states or regions, by additional laws specific to HIV-related information. See Informed Consent.

Homophobia: The irrational fear and resulting intolerance of homosexuality; including transgender people, bisexuals, lesbians and gay men, and anyone perceived to be homosexual.

Homosexual: A person whose sexual attraction is to people of the same sex. A homosexual man may be called gay; a homosexual woman may be called lesbian or gay. A bisexual person may engage in both homosexual and heterosexual sex.

Homosexuality: Sexual attraction to or behavior with the same sex.

Hormone Therapy: Estrogen and other female hormones taken by MTFs to change secondary sex characteristics; testosterone and other male hormones take by FTMs to change secondary sex characteristics.

Human Sexuality: Human sexuality includes all aspects of sexual attraction, behavior, identity, orientation, relationships and response. It refers to all aspects of humans as sexual beings and includes any and all sexual activity between individuals without regard to their gender.

Hymen: A thin sheath of tissue partially covering the vaginal passage that can be broken by active sports as well as intercourse.

IFA (Immunofluorescent Assay): A type of test, or assay, used to check for the presence of antibodies to HIV. Usually used as a supplemental test after a positive result is reported on an ELISA. See Confirmatory Test.

Immunity: The ability of the host to resist infection.

Impaired: In the context of HIV, refers to the weakening of the immune system. An impaired immune system



is unable to fight off infections and diseases as efficiently as a healthy immune system.

Impotence: Inability to sustain an erection; usually caused by psychological factors such as anxiety about sexual performance, guilt and conflict about sex, emotional-relationship problems or owing to organic factors such as drug use and physical restrictions.

Incest: Sexual activity between members of the same family. Incestuous relationships may or may not be consensual and can lead to the same psychological problems as child sexual abuse.

Incidence: The total number of new cases of disease occurring in a given area within a specified time, usually 1 year.

Incubation Period: The period of time from infection to the development of symptoms or the diagnosis of disease. In the context of HIV, it takes an average of six to eight years for a person to develop symptoms and an average of ten years to develop an AIDS-defining disease (a disease that indicates an AIDS diagnosis).

Immune Status: The state of the body's ability to fight diseases.

Immune System: The body's mechanism to identify and fight off infections and other foreign substances.

In The Closet: Keeping one's sexual orientation a secret in one or more spheres of one's life; may include keeping it a secret from oneself.

Indeterminate (Inconclusive): Not determined one way or another; also known as inconclusive. The laboratory is unable to state whether antibody

is present or not. This does not occur with Rapid Testing.

Infection: Invasion of the body by organisms. In the case of HIV, infection occurs once the virus has entered a cell and begun the process of reproduction. See also Exposure and Transmission.

Infectious Disease: Diseases caused by microorganisms living in or on the body, as do parasites.

Injected Drugs: Drugs that are introduced directly into a person's body or bloodstream through a needle.

Injection Drug User (IDU): A person who injects drugs for recreational use into the veins, muscles, or under the skin.

Intercourse: Physical sexual contact involving the genitals, usually indicating insertion of a penis into the vagina or anus.

Intervention: An action taken to change an outcome.

Intersexed: Also known as hermaphrodite, it is a person born with either ambiguous or both sets of genitalia. This is an otherwise uncomplicated birth, except the genitalia do not fully conform to either male or female. It occurs in an estimated one in every 2,000 births.

Intravenous Drug User (IVDU): A person who injects drugs for recreational use directly into the veins. Sometimes used interchangeably with "injection drug user," although this is less precise, since technically the term does not include persons who inject drugs into the muscles or under the skin.

Invalid Test Results: The result disclosed to a client and documented

on paperwork when there is a problem running the OraQuick ADVANCE Rapid Test, either related to the specimen, the device, operator error, or quality assurance. The client can repeat the test with a new rapid test kit and sample or may be offered conventional testing if he or she cannot wait another 20 minutes. If the second rapid test result is invalid, external controls must be run to verify that the test kits are working properly. Consult the OraQuick ADVANCE Rapid HIV Testing Guidelines: Policies, Procedures and Quality Assurance published by the CDPH/OA (<http://www.dhs.ca.gov/ps/ooa/Counseling/Rapid/default.htm>).

Judgments: The positive or negative evaluations we attach to our assumptions, strongly influenced by our values.

Kaposi's Sarcoma (KS): A tumor of the blood or lymphatic vessel walls, sometimes seen in HIV-infected people. KS usually appears as pink or purple blotches on the skin.

Latex: A synthetic rubber product out of which medical gloves, condoms and dental dams are manufactured. Studies have shown that latex, when intact, is not permeable by HIV—that is, if there are no holes or tears, HIV is unable to pass through a layer of latex. Also see Polyurethane.

Latex Barrier: A flat barrier made of latex, used as a safer sex tool. HIV is unable to pass through latex. Flat latex barriers called "dental dams" are manufactured for dental use, and these are sometimes used for safer sex. However, dental dams may be difficult to locate and are made of fairly thick latex. A non-lubricated condom can also



be “cut down” so it lies flat and used as a latex barrier.

Lesbian: Describes a woman whose sexual preference is women.

Lethal: Deadly, or capable of causing death.

Libido: Psychic drive or energy associated with sexual energy; energy of life instinct, the desire for sexual union and pleasure.

Liver Enzyme: Protein produced by the liver. High levels of liver enzymes in the blood may signal liver damage or inflammation and are an indication of the effects of HCV on the liver.

Local Variance Allowance (LVA): In two-tiered counseling and testing, locally defined higher-risk groups, populations, or venues. These clients would not ordinarily be categorized as higher-risk based on the data the Office of AIDS collects throughout the state, but are considered higher-risk based on local data. To obtain an LVA, a Local Health Jurisdiction must petition the State Office of AIDS to add the LVA to the LHJ’s CAQ so that clients who fall into the new category may receive higher-level services.

Lower-Level Services: In two-tiered counseling and testing, services provided to lower-risk clients, including HIV information, HIV testing, and HIV-negative test results disclosure.

Low-Level Intervention: In two-tiered counseling and testing, HIV information and health education offered to lower-risk clients. The form of the intervention is determined by each test site and may include a video, a brochure, or a brief group education session. It must include the following information: explanation

of the difference between HIV and AIDS; explanation of how HIV is transmitted; basic information on how to reduce risk for HIV; basic information about the HIV test that is being offered (rapid or conventional); and an explanation of the window period.

LVA: See Local Variance Allowance.

Masochism: A form of sexual gratification in which an individual is sexually aroused by either the threat or enactment of pain or humiliation and degradation. This might involve whipping, beating, bondage, or submission to and by a more dominant sexual partner.

Masculinity/Femininity: Sex role stereotypes, differing from culture to culture, which get arbitrarily imposed on people based on their perceived gender as male or female, denying true androgyny (similarities) and individuality.

Masturbation: Self-stimulation for sexual arousal and/or climax.

Maternal Transmission: Transmission of HIV from a pregnant woman or mother to her fetus or newborn. Infection could occur during the course of pregnancy, during childbirth or after birth through breastfeeding. Sometimes called “vertical transmission,” “neonatal transmission” or “perinatal transmission.”

Modes Of Transmission: Ways in which HIV is passed from one person to another. There are four modes of HIV transmission: (1) unprotected sexual intercourse; (2) sharing of needles or paraphernalia for injection drug use or other purposes; (3) from a pregnant woman with HIV disease to her fetus or newborn; (4) through other exchanges of blood or body tissue.

Molestation: A sexual offense in which sexual advances are made against the will of the victim.

Monogamous: Having an exclusive sexual relationship with one partner.

Morbidity: The rate of incidence of a disease.

Mortality: Death.

Motivational Interviewing: A directive, client-centered counseling style for eliciting behavior change by helping clients explore and resolve their ambivalence about changing a specific behavior.

MTF (Male-To-Female): Change or transition of gender from male to female.

Mucous Membrane: The moist membranes of the body that secrete mucus. Includes eyes, inside the nose, inside the mouth, inside the rectum, inside the vagina.

Mucus: Liquid produced by the mucous membranes that coats and protects them.

Mutual Monogamy: Two people who have a sexual relationship exclusively with one another.

Mutual Masturbation: Masturbating with a partner.

Negotiated Risk Reduction: Client-centered discussions that result in identifying the steps that a client is ready, willing and able to take to reduce the chances of acquiring HIV. The counselor’s role is to assist the client in developing a realistic, incremental step.

Neonatal: Pertaining to the first four weeks of life. See Perinatal Transmission.



Nocturnal Emissions: Also called wet dreams, this is ejaculation of semen during sleep due to erotic dreams or prolonged sexual arousal or masturbation not resulting in ejaculation.

Non-Name Code: Between July 2002 and April 2006, the code used to forward a client's confidential confirmed HIV-positive test result to the CDPH/OA for HIV reporting. The non-name code consisted of four elements: the "Soundex" (a code generated from the client's last name), complete date of birth (eight digits: 01-01-1978), gender (F, M, F-M, M-F), and the last four digits of the social security number (SSN). See also HIV Reporting by Non-Name Code and HIV Reporting by Name.

Non-Operative Transsexual: One whose gender identity is different than the anatomical sex at their birth. This person has not changed anatomy via surgery, but may take hormones.

Non-Reactive Test Result: This test result means that anti-HIV-1 antibodies were NOT detected in the specimen. The result is disclosed to the client as "negative."

Opportunistic Infections: Infections that arise in individuals whose immune systems are compromised or damaged. These infections take advantage of the weakened immune system, hence the name "opportunistic."

Oral Intercourse: Most commonly, sexual activity in which a person's mouth is placed on the penis, vulva or anus of another person for sexual pleasure.

Oraquick Advance Rapid Hiv-1/2 Antibody Test: A highly accurate screening test used to detect HIV-1 and HIV-2 antibody in a client sample

of blood or oral fluid. The test requires 20 minutes to develop a result. Non-reactive results indicate that no HIV antibody has been detected at this time and do not require confirmation, though retesting outside of the window period is suggested. Reactive OraQuick ADVANCE results are called "preliminary positive", indicate a high likelihood of HIV infection, and require confirmatory testing at a lab. See Single-Session Counseling and Testing.

Oraquick Rapid Hiv-1 Antibody Test: An earlier version of the rapid test that screens a blood sample for HIV-1 antibody.

Orasure Oral Specimen Collection Device: A device that collects a specimen of cheek cells to be sent to a laboratory for either conventional testing using the ELISA screening test or confirmatory testing using the Western Blot or IFA tests.

Orgasm: A highly pleasurable, climatic response during sex—the peak of sexual pleasure—that is the result of a complex interaction of physical, emotional and hormonal factors. In men it is the result of muscle contractions around the prostate and usually coincides with ejaculation. In women, stimulation of the clitoris is often necessary to reach orgasm, though some women can achieve orgasm through vaginal penetration alone. Multiple orgasms mean having several orgasms within a short period of time. Both men and women can have multiple orgasms, though the term is more commonly used to refer to women.

Outreach Services: Usually refers to services provided outside the walls of an agency. An outreach

worker generally goes into the target population's neighborhoods, schools, shooting galleries, sex clubs, or other locations.

Pandemic: An epidemic that has spread over a large region. The HIV epidemic has extended worldwide and reached pandemic proportions.

Paraphernalia: In the context of injection drug use, any equipment used to prepare or inject drugs, including spoons (for heating and mixing the drugs into a liquid form), cottons (for straining the mixture), ties (for tying a tourniquet around a limb before injecting a drug in order to bring veins to the surfaced of the skin), syringes and needles. See also Works.

Partner Counseling And Referral Services (PCRS): A free, anonymous service available to clients who test HIV-positive and would like assistance in informing their sex or needle-sharing partners that they may have been exposed to the virus. This can happen in any of three ways: self-notification (a counselor can coach a client on how to notify a partner or partners on their own); dual notification (a client notifies a partner or partners in the presence of a trained provider); or third-party notification (a counselor gathers information about a partner or partners, who are then notified by health department staff, who do not reveal the identity of the original HIV-positive client). As part of this service, partners are offered counseling and testing, risk reduction counseling, and referrals to other services. This is a voluntary service for test-takers. At a minimum, all test sites will have a referral to the county's PCRS available for HIV-positive clients, however some HIV counselors may be trained and able to



provide the PCRS described above. PCRS is sometimes referred to by a different name in different counties throughout California; for example, in San Francisco, the service is known as Disclosure Assistance and Partner Services (DAPS).

Pathogen: Any virus or other micro-organism that can cause disease.

Perinatal: Referring to the period surrounding birth, usually including 12 weeks before delivery and extended to six weeks after birth.

Perinatal Transmission (Vertical Transmission): Transmission of HIV from a woman to her child either in the uterus, during birth or after birth through breast feeding.

Person With Aids (PWA): Person living with AIDS. Sometimes the term person with HIV disease (PWHIV) is also used.

Phlebotomy: The drawing of a blood sample, usually from a vein, for laboratory testing.

PID: Pelvic inflammatory disease. Inflammation of the female pelvic organs; often the result of gonococcal or chlamydial infection.

Pneumocystis Carinii Pneumonia (PCP): A type of pneumonia that only appears in individuals with impaired immune systems. Once one of the most common opportunistic infections, though preventable through prophylactic treatments.

Polyurethane: A plastic material used in the Reality condom which is thinner and more heat conductive than latex. Some people are allergic to latex and use polyurethane barriers instead.

Pornography: Material or media produced commercially and consisting

of a wide variety of sexually suggestive to explicit representations such as writings and visually graphic depictions.

Positive Reinforcement: Acknowledging healthy behaviors or intentions through some mechanism that indicates approval, intended to be perceived as rewarding.

Positive Test: For HIV, a sample of blood or oral mucosa that is reactive on an initial ELISA test, repeatedly reactive on a second ELISA run on the same specimen, and confirmed positive on Western blot or another confirmatory test.

Post-Exposure Prevention (PEP): Also called “post-exposure prophylaxis.” Anti-HIV drug treatment given within 72 hours after exposure to the virus in an attempt to stop HIV infection. Medical providers unfamiliar with the PEP protocol can access more information at www.ucsf.edu/hivcntr/ or 888-HIV-4911.

Post-Operative Transsexual: One whose gender identity is different than the anatomical sex at birth. This person has changed anatomy via surgery. (Some people self-identify as post-op with hormone therapy only.)

Pre-Ejaculate: The fluid secreted from the penis by males during sexual arousal, and before orgasm. Also known as “Pre-cum.”

Pre-Exposure Prophylaxis (PREP): An intervention to be studied in which anti-HIV drug treatment given before exposure to the virus in an attempt to stop HIV infection.

Prejudice: Prejudice is an attitude, opinion, or feeling formed without adequate prior knowledge, thought, or reason.

Preliminary Positive: A reactive result on the OraQuick ADVANCE Rapid HIV Antibody Test. A person who receives a preliminary positive result is very likely infected with HIV, but a second sample needs to be collected for confirmatory testing at a lab. See Section 6: The HIV Testing Process. Also see Confirmatory Testing.

Premature Ejaculation: Early ejaculation when a man does not recognize that he is about to ejaculate and therefore is unable to control it.

Prenatal: During pregnancy.

Pre-Operative Transsexual: One whose gender identity is different than the anatomical sex at their birth. A person who self-identifies with this term is likely planning to change anatomy via surgery (and/or hormone therapy).

Prevalence: The total number of persons in a given population with a disease or condition at a given point in time.

Prevention Counseling: Risk assessment and disclosure counseling. HIV risk reduction counseling which assists the client in developing a step to reduce the chance of acquiring HIV. Counseling focuses on a client’s perception of risk, motivation to change risk behaviors, barriers to change and resources and referrals for support.

Prevention With Positives: Also called “Prevention with People Living with HIV.” The overall goal is to maintain the health of people living with HIV and to reduce the further spread of the virus by helping people discover their HIV-positive status and access care services, supporting risk reduction efforts that reduce the



possibility of infecting others, and promoting overall quality of life for HIV-positive people.

Problem-Solving Techniques: A process by which a counselor tries to discover the basis of barriers indicated by some verbal or nonverbal communication from the client. After the barriers have been identified, possible solutions are discussed.

Prophylactic: Preventive. In the context of treatment for HIV disease, any treatment which seeks to prevent onset of opportunistic infections. The word “prophylactic” can also refer to a condom.

Prophylactic Treatment: Medications given to help prevent infection or its consequences.

Prostate Gland: The prostate is about the size of a walnut and can be felt by placing one finger in the anus and feeling along the anterior wall of the rectum (toward the penis) for a round bulb. For some men, touching or rubbing this spot is extremely pleasurable; a rare few can even achieve orgasm through this technique. Others report that the touch is painful or makes them feel as if they need to urinate. Muscle contractions around the prostate cause the sensation of orgasm.

Puberty: The phase of adolescence in which secondary sexual and physical characteristics develop such as facial and body hair, breasts, voice cracking, etc.

Race: A population of people perceived to share distinctive, genetically transmitted physical characteristics.

Racism: Prejudice against different racial groups based on two

assumptions: that the moral qualities of a human group are linked to their physical characteristics; and that humanity is divisible into superior and inferior groups on the basis of the first assumption.

Rapid Test: A point-of-care test that can deliver results within half an hour because it does not require the specimen to be sent off-site for laboratory analysis. See OraQuick ADVANCE Rapid HIV-1/2 Antibody Test.

Reactive: A term used to describe a screening test that has detected the presence of antibodies to HIV. Reactive tests are always further confirmed by using a different, confirmatory test.

Realistic Incremental Step: A slight change in the direction of reducing harm, particularly reducing the harm of acquiring HIV.

Rectum: The last several inches of the large intestine that ends at the anus. People may experience pleasure during anal sex from the sensation of fullness in the rectum.

Reinfection: Refers to the possibility of being infected with HIV once a person is already infected with HIV. This could include the possibility of being infected with another viral strain.

Replication: Duplication or reproduction.

Resistance: The ability of a virus to lose its sensitivity to a drug. HIV that has developed resistance to a drug can replicate even when that drug is being taken.

Retrovirus: One of a group of RNA viruses. HIV is a retrovirus.

Rigs: Equipment used in injection drug use. Often called a “works” or “paraphernalia.” See also Paraphernalia

Rimming: Oral stimulation of the anus.

Risk Assessment: A personalized, client-centered discussion of the client’s risk for acquiring HIV and ways to practice harm reduction.

Sadism: Sadism is a form of sexual gratification in which a person is sexually aroused and gratified by threat or infliction of pain or humiliation and degradation on a more submissive sexual partner.

Safer Needle Use: Use of needles for injection drugs in a manner that carries little or no risk of transmitting HIV and HCV. The safest choice is not to share needles or injection equipment for any purpose. Another choice is to clean needles and equipment with bleach before sharing, though this has not been proven to prevent HCV infection. Finally, in counties where it is available, clients may access needle exchange sites, which offer individuals a clean needle in exchange for a used needle and which then dispose of used needles.

Safer Sex: Sexual activities that carry little or no risk of transmitting HIV. These include behaviors in which body fluids capable of transmitting HIV (blood, semen, vaginal secretions) are not exchanged between sexual partners.

Safeword: A word or words agreed upon before a sexual scene begins that a bottom can use to ask the top to ease up or to stop the scene completely.

Scatting: Slang for using feces in sexual play.



Secondary Prevention: The effort to prevent those already infected from further disease progression.

Semen: The thick, whitish fluid secreted from the penis during ejaculation. Usually associated with sexual orgasm. Also called “cum.”

Sensitivity: The ability of a test to pick up a wide range of agents. In HIV antibody testing, the ability of a test to detect a true positive. Screening tests like the ELISA and OraQuick ADVANCE are extremely sensitive and therefore very unlikely to “miss” true positives. That is why negative results do not need confirmation; if there is something there to find, these tests are very good at finding it. See also Specificity.

Seroconvert: Developing antibodies to HIV after infection that are detectable on HIV antibody tests.

Seropositive: In the case of HIV disease, the condition of having HIV antibodies detected in the blood. Having HIV infection. “Seronegative” is the condition of having no HIV antibodies detected in the blood.

Sex: A system of classification describing assumed reproductive capacity based on the appearance of external genitalia or other physical characteristics. Usually refers to either ‘male’ or ‘female.’

Sexual Orientation: The direction of one’s sexual attraction toward the same sex (homosexual), other sex (heterosexual), or both sexes (bisexual). Sexual orientation is a continuum, not a set of absolutely different categories.

Sexually Transmitted Disease (STD): Any of a number of diseases that are commonly spread through sexual

activity. HIV infection is a sexually transmitted disease.

SFCIF: See Counseling Information Form.

Shrimping: Toe sucking as part of sex play.

Side Effect: An unintended action or effect of a drug. Undesired HIV drug side effects may include nausea, diarrhea, skin rash, peripheral neuropathy and liver damage.

Single-Session Counseling And Testing: Counseling and testing using the OraQuick ADVANCE Rapid HIV Test. Clients are able to receive risk assessment and disclosure counseling the same day, in a single session. See Conventional Counseling and Testing.

S/M: Sadism and masochism; involves a range of behaviors and activities that can include power, pain, role-play, bondage discipline, etc. See Masochism and Sadism.

Sodomy: Also known as anal sex, this is the insertion of the penis into the partner’s rectum, and may or may not involve coercion.

Soundex: A code generated from the client’s last name which is then included in the Non names code which is forwarded to the local health department.

Specificity: A test’s ability to identify specific agents. In HIV antibody testing, the ability of a test to detect a true negative. A very specific test will rarely have false positives. Though screening tests like the ELISA and OraQuick ADVANCE are very specific to HIV antibodies, the standard of care in the U.S. is to confirm screening tests to rule out false positives. See also Specificity.

Spermicide: A substance that kills sperm.

State Office Of Aids: The California Department of Public Health, Office of AIDS. The department in California’s state government responsible for implementing publicly funded HIV and AIDS services, including counseling and testing.

Straight: A slang term for people who are heterosexual.

Supplemental Test: See Confirmatory Test.

Superinfection: Refers to the possibility of being infected with drug-resistant strains of HIV.

Suppressed: In the context of HIV, refers to weakening of the immune system.

T-Cell: A type of white blood cell that plays a critical role in the immune system’s response to pathogens. There are a number of different kinds of T-cells. In HIV research and treatment, people often refer specifically to T-helper cells, also called T4 cells or CD4+ cells. These cells coordinate the activity of many other immune system cells. HIV invades and weakens or destroys T-helper cells. Physicians regularly monitor the level of T-helper cells in people with HIV infection to measure progression of disease. See T-Cell Count.

T-Cell Count (CD4+ Cell Count): A lab value that can serve as a marker of HIV disease progression. In people with healthy immune systems, T-cell counts (the absolute number of T-cells in a cubic millimeter of blood) range in the 1000-1200 range. In people with HIV, this figure tends to drop over time. T-helper counts below 200 are a sign of significant immune



suppression. Even in the absence of other symptoms, a person with HIV will be given an AIDS diagnosis if the T-cell values drop below 200.

Top: The insertive partner during penetrative sex. Can also refer to one who is in a position of power or domination in a BDSM or S/M sexual relationship.

Transgender: An umbrella term to describe different types of gender transformations. Includes transsexuals, cross-dressers, drag queens and kings, etc.

Transmission: The passage of a disease-causing organism—bacteria, virus, fungus—from one person to another. See also Infection.

Transvestite: One who dresses and appears in the gender role usually considered by society inappropriate for one's own sex.

Transsexual: A term referring to gender rather than sexual orientation, this word refers to a person who feels they have the wrong set of sexual organs. This gender dissonance may be resolved through therapies including hormone replacement and sex reassignment surgery.

Triage Assessment: The process that determines whether someone should be referred to counseling. Triage assessment facilitates prevention counseling or other services for those persons at increased risk for HIV.

Tribadism: Stimulating the clitoris by rubbing against the genitals of another woman.

Tuberculosis (TB): An infectious disease caused by mycobacterium tuberculosis. The disease typically affects the lungs, but may occur in other organs as well, especially for

a person with a suppressed immune system. Transmission occurs through inhalation of aerosolized droplets, which enter the air when someone with active TB infection coughs, sneezes, sings, laughs or talks. A person who has HIV and TB will be given an AIDS diagnosis as well.

Two-Tiered Counseling And Testing (Or Two-Tiered System): The model implemented to offer high-risk clients more intensive counseling while offering lower-risk clients brief interventions. This model directs HIV prevention resources to individuals who are more likely to acquire and transmit HIV. (San Francisco does not use the two-tiered system.)

Universal Precautions: Standard infection control guidelines that should be practiced “universally” in first aid and medical treatment settings, that is, with all patients under all circumstances. These guidelines minimize the exposure of providers or patients to blood or body fluids, and limit the risk of HIV or other disease transmission.

Unique Identifier: A term referring to the earlier versions of the non-names code used for HIV reporting.

Urethra: The tube that carries urine from the bladder out of the body. In women the urethra's opening is between the vaginal opening and the clitoris. In men the opening is at the tip of the penis and is responsible for release of both semen and urine.

Uterus: Also called the womb, this is a structure located in the female pelvis in which the fetus develops during pregnancy.

Vagina: The canal leading from the vulva to the uterus in females. The vagina has great elasticity,

allowing for the insertion of a penis for reproduction or other objects for sexual activity. During sexual excitement, fluid is secreted by the walls of the vagina and acts as a lubricant during intercourse. During menstruation blood shed from the lining of the uterus is released through the vagina. The vagina is also the birth canal through which children are delivered.

Vaginal Intercourse: Most commonly referred to as sexual activity in which a penis is inserted into the vagina. Might also refer to use of fingers, dildos or other object in the vagina.

Vaginal Secretions: The natural lubrication or secretions of the vagina, including those produced during periods of sexual excitement.

Values: Those things we consider important or good. They are our standards for evaluating whether something is right or wrong. Values are based on what we are taught and our personal experiences.

Vanilla: Term used by those who participate in S/M play, fetishists and others to mean ‘normal’ sex without S/M or fetish activities.

Verified Medical Visit (VMV): A “linkage” process, introduced during disclosure counseling for preliminary positive or HIV-positive clients, through which the State Office of AIDS encourages test sites to verify that clients who test HIV-positive receive a referral to a medical provider, get an appointment with that provider, and actually go to the appointment. In San Francisco, this process is referred to as “linkage to HIV care” or simply “linkage.”

Vertical Transmission: See Perinatal Transmission.



Vibrator: A device used for sexual pleasure that is powered by batteries or is plugged into an electrical outlet; made of plastic, metal or rubber to be inserted into the vagina, anus, or mouth.

Virginity: A social concept that places importance on refraining from sex till marriage. The concept of virginity is loaded with double standards against women.

Viral Load: The amount of virus in the blood plasma or other tissues. Viral load tests are performed on samples from HIV-infected people as part of medical care to determine prognosis and treatment of HIV disease.

Virus: An organism made up of genes surrounded by a protein coating. Technically, a virus is not actually a living organism because it cannot reproduce itself; a virus must invade a living cell to reproduce. Viruses are smaller than any living organism.

Virulent: Especially harmful or injurious. A virulent disease is able to overcome the natural defenses of the immune system.

VMV: See Verified Medical Visit.

Vulva: The external parts of the female genital organs, including clitoris, vaginal opening and labia.

Western Blot: A laboratory test that detects specific antibodies to components of a virus. Often used to confirm HIV antibodies in specimens found repeatedly reactive using the ELISA test or preliminary positive using the OraQuick ADVANCE Rapid Test. See also Confirmatory Test.

Window Period: The time period from the point of first infection with HIV to the development of measurable HIV antibodies. The window period

usually runs 2 weeks to 6 months with many people developing HIV antibodies at the end of the third month. During the window period, an HIV-infected person may test HIV antibody negative.

Womb: Another term for the uterus.

Works: Equipment used in injection drug use. Often called a “rig” or “paraphernalia.” See also Paraphernalia.