Better Counseling Needed for Serodiscordant Couples in Kenya

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Counselors in Kenya's rural health centers lack the training to properly counsel serodiscordant couples, PlusNews reports. The government reports that six out of 10 HIV-positive Kenyan couples, or an estimated 350,000 couples, are of mixed HIV status. Studies show that couples counseling and testing reduces both risky behavior and transmission rates for HIV-negative partners. Health workers are awaiting World Health Organization guidelines for counseling serodiscordant couples; these guidelines were supposed to be released in 2011, but they have been delayed by findings on the benefits of early treatment in such relationships.

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