

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION DECEMBER 2012

COURSE CODE: HSC 113

**COURSE TITLE: HIV PREVENTION INFECTION AND
MANAGEMENT OF AIDS**

TIME ALLOWED: 2 HOURS

MARKS: 75

NB. THIS EXAMINATION PAPER HAS 14 PAGES

INSTRUCTION:

- 1. ANSWER ALL QUESTIONS**
- 2. CIRCLE THE LETTER THAT CORRESPONDS WITH THE
MOST CORRECT ANSWER IN YOUR ANSWER SHEET**

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GRANTED BY THE INVIGILATOR**

INSTRUCTIONS: For each of the questions / statements, select the most correct response and **CIRCLE** the letter that corresponds with the answer in your answer sheet e.g. 1. A

1. Essential nutrients for People Living with HIV include macro – nutrients, micro – nutrients and water. Which of the following is a micro – nutrient?

- A. Proteins
- B. Vitamins
- C. Fats
- D. Carbohydrates

2. Which of the following represents fat soluble vitamins?

- A. Vitamin A, D, E, K
- B. Vitamin A, B, C, E
- C. Vitamin A, B, D, K
- D. Vitamin A, C D, K

3. A 24 year old Person Living with HIV [PLHIV] is advised to take approximately _____ of water per day.

- A. 12 glasses
- B. 10 glasses
- C. 8 glasses
- D. 6 glasses

4. Which of the following best describes a healthy diet for [PLHIV]?

- A. Eating three times a day
- B. Eating a variety of foods from all food groups in appropriate amounts
- C. Eating three food groups
- D. Eating lots of fruits and vegetables and drinking plenty of water

5. People Living with HIV [PLHIV] should adhere to the following food safety practices **EXCEPT**:

- A. Wash hands and cover all wounds
- B. Observe quality and expiry dates of food
- C. Over cook vegetables to kill germs
- D. Clean utensils used in food processing and preparation

6. Physical support for Home Based Care patients include all, **EXCEPT**:

- A. Life skills
- B. Eating
- C. Sitting, standing
- D. Changing bed position (if bed ridden)

7. Which of these are body solid waste matter and are low risk?

- A. Blood, Faeces, and urine
- B. Semen, Faeces, and urine
- C. Urine, vomitus, and blood
- D. Nasal secretions, sweat, and urine

8. Which of the following are risk factors for HIV transmission?

- A. inconsistent use of condoms
- B. oral sex,
- C. Lesbianism
- D. Mosquito bites

9. Why is it necessary to use condoms if both partners are infected with HIV?

- A. Condoms act as a barrier method thus prevent sexually transmitted infections [STIs]
- B. To avoid re-infection with other HIV strains
- C. Condoms act as a barrier method thus prevent pregnancy
- D. All of the above

10. Someone who is celibate can be described as:

- A. Someone who enjoys sexual partners of both sexes.
- B. Someone having no sex drive i.e. no desire even though physically normal
- C. Someone who deliberately abstain from sexual activities
- D. Someone who is fantasizes about sex

11. All of the following are true about HIV, **EXCEPT** that?

- A. There is still a cure for HIV
- B. HIV is a pandemic
- C. Once HIV is successfully contacted it can be transmitted immediately
- D. HIV weakens the body's immune system

12. Guidelines on how injecting drug users can reduce the risk of HIV infection include all the following **EXCEPT**:
- Never re - use or share syringes and needles, water, or drug preparation equipment
 - Use needles and syringes obtained from a reliable source
 - Safely dispose off the syringe and needle by burning, burying or use pit latrine
 - Purchase drugs from a reliable source
13. Risks associated with HIV transmission include all the following **EXCEPT**:
- Multiple sexual partners
 - Sharing eating utensils
 - Intravenous drug abusers
 - People with ulcerative STI (e.g. syphilis, herpes simplex, gonorrhoea)
14. Which combination of practices pose no risk for HIV transmission
- Abstinence; Hugging; kissing and masturbation.
 - Erotic massages, oral sex; patting; hugging and body rubbing;
 - Patting; sexual fantasies; anal sex and masturbation
 - Kissing, dry sex, patting and hugging

SITUATION: Mr. Sithole is a 40 year old man with 3 wives. The first 2 are sisters. He has a total of 5 children comprising 4 girls and a boy. Three (3) of the girls are from the second wife and the other one is from the third wife. The boy child is from the third wife. No details of HIV status are known for this family.

Questions 15 – 21 relate to the above situation.

Based on your understanding of the Swazi culture as well as HIV and AIDS issues, state whether each of the following statements (15 - 19) are True (T) or False (F), in your answer sheet CIRCLE T or F.

- Mr. Sithole is highly likely to be uneducated. T / F
 - Mr. Sithole s family structure is uncommon and atypical of a Swazi family. T /F
 - Having to marry sisters could transmit HIV in this polygamous family T / F
 - Based on the given information it is culturally justifiable for Mr. Y to have married the third wife. T /F
 - All parents in this family are HIV positive. T / F
20. What advice would you give to Mr. Sithole with regard to preventing HIV infection to him and his wives?
- Divorce all wives and remain with one
 - Be faithful to one of his partners
 - A and B.
 - None of the above

21. Practically and feasibly, how best can Mr. Sithole minimize his chance of contracting HIV from his wives?
- A. Completely abstaining from sex
 - B. Correct and consistent use of condoms always when having sex with them
 - C. Being circumcised
 - D. B and C

SITUATION: You are attending a social gathering in which one of your friends is turning 21 years of age. Suddenly a debate begins amongst your friends regarding HIV and AIDS.

Questions 22 – 25 relate to the above situation.

22. One of your friends is **CORRECT** in saying that the first person diagnosed with HIV in Swaziland was in the:
- A. 1980's
 - B. 1970's
 - C. 1960's
 - D. 1950's
23. The human immune virus (HIV) has the stem human because this virus affects
- A. living things
 - B. animals
 - C. people
 - D. animals and human beings
24. Most of your friends argue that “you can see a person living with HIV just at a glance”. This argument is:
- A. False
 - B. True
 - C. Debatable
 - D. depends on the expertise of the viewer
25. One of your friends argues that he/she is a carrier of the HIV virus. This means that your friend:
- A. cannot transmit the virus to his or her partner even if they engage in unprotected sex
 - B. can transmit the virus to his / her partner if they engage in unprotected sex
 - C. will not be interested in engaging in sex
 - D. will suddenly become religious

26. The following statements are incorrect, **EXCEPT** that:
- A. A person can get HIV by shaking hands with someone who has HIV
 - B. it is possible to get HIV when a person gets a traditional healer's incisions (*kugatwa*) using a razor that is for all the healer's clients.
 - C. HIV is easily spread by mosquitoes.
 - D. A person can get HIV from a toilet seat.
27. All the statements below argued by your study group members are true, **EXCEPT**:
- A. Most people suffering from AIDS will eventually die from AIDS-related illnesses
 - B. Abstinence is the best protection against HIV.
 - C. washing the private parts (genital areas) after having unprotected sexual intercourse will protect a man or woman from getting HIV.
 - D. A person can get HIV by sharing an injection needle with someone who has HIV.
28. One of your study-group members responded **CORRECTLY** when he expressed that during the "window period":
- A. an HIV infected person can pass the virus to his / her partner when they engage in unprotected sex.
 - B. an HIV infected person will test HIV positive and change to become HIV negative.
 - C. an HIV infected person test HIV positive.
 - D. an HIV infected person constantly peeps through the window looking at guys / ladies whom she / he admire.
29. Your study group members are **CORRECT** in saying that if someone in HIV positive, he/she progresses to the AIDS stage faster if he/she:
- A. is stress-free
 - B. is infected with one (1) HIV strain
 - C. adheres to antiretroviral therapy (ART)
 - D. usually suffers from sexually transmitted infections
30. Research in Swaziland has revealed that much as female partners will suggest the use of a condom when engaging in sexual intercourse, the male partners usually _____ use the condom.
- A. refuse to
 - B. are reluctant to
 - C. agree and sometimes are reluctant
 - D. all of the above
31. All of the following are drivers of HIV spread in Swaziland, **EXCEPT**:
- A. low rates of male circumcision
 - B. low status of women
 - C. disclosure
 - D. alcohol abuse

32. How could long-distance truck drivers be protected from getting HIV?
- A. by advising each driver to have many wives, with each wife stationed in each of the areas where he travels (e.g. Durban, Manzini, Cape Town, Harare etc.).
 - B. by advising each driver to use a condom each time he / she engages in sexual activity.
 - C. by advising the drivers to sleep in their respective homes every-night.
 - D. by advising the drivers to test for HIV every six-months.
33. Commercial sex-workers are sometimes forced by poverty to engage in this business. This group of women / men is at risk of contracting HIV. How could you advise them to protect themselves from getting HIV?
- A. by sticking to regular customers.
 - B. negotiating for protected sexual intercourse.
 - C. by advising them to wash after engaging in sexual intercourse.
 - D. by only kissing their customers and not engage in sexual intercourse.
34. As a first-year student at UNISWA, how best could you protect yourself from getting HIV? All of the following are true, **EXCEPT**?
- A. avoiding multiple concurrent sexual partners.
 - B. avoiding inter-generational sex.
 - C. Abstaining and test (you and your partner) for HIV before getting married.
 - D. Be faithful to your sexual partner, who has other sexual partners in other tertiary institutions.
35. You join a group of friends while attending Intervarsity games at Kwaluseni campus. This group is talking about common opportunistic infections. All of the following are common opportunistic infections, **EXCEPT**:
- A. Tuberculosis (TB)
 - B. Malaria
 - C. Cancer
 - D. Thrush (candidiasis)

SITUATION: After attending the week of orientation at the University of Swaziland (UNISWA), a first year male student was encouraged and therefore decided to go and have his blood tested for HIV. He went to have the test in one clinic within Shiselweni region. The results were positive. Two week later, he sought the services of a different VCT (Voluntary counselling and testing) in the Lubombo region. Again the test was positive. After yet another two weeks, he went and tested in a private surgery of one doctor. The outcome remained the same. Around that time, a famous spiritual leader visited Swaziland and asked if any people had problems to come and be prayed for. The spiritual leader even mentioned that even if you had HIV and AIDS, it will disappear once he prayed for them. The student went and was prayed for. Two weeks after the prayer, the student took off and went to one of the neighbouring countries for testing again. The result remained the same, namely, positive. He returned to Swaziland. He was found dead in his room on campus. A note was found next to him and it read, "Dear mother and Father, sorry for what I am about to do but I thought it was the best to disappear so that I do not disgrace the family."

Questions 36 - 41 relate to the above situation.

36. According to Kubler Ross model of grieving, the reason why the student tested his blood so many times was because he was:
- A. Afraid of being discriminated against.
 - B. Very angry
 - C. Afraid of being stigmatized.
 - D. In denial
37. According to Kubler-Ross model of Griveing, the act of taking one's life is typical of:
- A. Denial.
 - B. Anger
 - C. Depression
 - D. Bargaining
38. The contents of the suicide note suggested that the student suffered from:
- A. Depression
 - B. Internal stigmatization
 - C. External stigmatization
 - D. Discrimination
39. People living with HIV [PLHIV] always present with:
- A. constant anxiety
 - B. withdrawal from others
 - C. internal stigmatization
 - D. None of the above.

40. According to Kubler Ross model of grieving, the act of going for prayer from Pastor is suggestive of the stage of:
- A. Anger.
 - B. Denial
 - C. Depression
 - D. Bargaining
41. Which of the following could have assisted the student?
- A. A Pastor
 - B. Family
 - C. University Campus nurse
 - D. All of the above.

Situation: Zodwa is a 23 year old Pre-school teacher who has been living with HIV for the past 5 years without disclosing to her employer. She later disclosed her status to her employer, Mrs Waffles whom she asked to please keep it to herself. Shortly after informing Mrs. Waffles about her HIV positive status, Zodwa noted that the parents of the children were not behaving as spontaneous as before. Mrs. Waffles terminated her work four months after the disclosure and the reason for termination was that Zodwa has become incompetent in her job.

Questions 42- 46 related to the above situation.

42. Zodwa did not disclose her HIV status to Mrs Waffles earlier because of fear of:
- A. Losing her job.
 - B. External stigmatization.
 - C. Discrimination
 - D. All of the above.
43. The parents' behaviour may be best described as:
- A. Internal stigmatization
 - B. Internal discrimination
 - C. External discrimination
 - D. External stigmatization
44. Zodwa's disclosure may be described as:
- A. Partial disclosure
 - B. Full disclosure
 - C. Partially full disclosure
 - D. Partially confidential disclosure
45. The attitudes of the parents and that of Mrs. Waffles is best be described as :
- A. acceptable
 - B. humane
 - C. fair
 - D. stigmatization

46. Stigma and discrimination continue to be experienced by PLHIV in Swaziland. Which of the following statements is **NOT TRUE** about stigma and discrimination.
- A. Disclosure is necessary to assist people access all the care and support available.
 - B. Secondary stigma only exists in hospitals and clinics.
 - C. Expert clients can help reduce the stigma among individuals at community levels.
 - D. Stigma can also be experienced in caring environments.

SITUATION: Mrs. Shabangu is a poor woman caring for her critically ill 25-year-old son at home. The son was recently tested for HIV. You are asked to advise her on basic hygiene principles. Questions 47 - 51 relate to the above situation.

47. Which of the following basic principle of hygiene is suitable for cleaning of blood and body fluids to use when caring for her son?
- A. throw away used napkins into a plastic bag and bury or burn them
 - B. Avoid direct contact with her son's food
 - C. soak spillage area with jik, at a strength of one quarter of bleach to 2 cups of water
 - D. Place re-usable items in a container with water
48. Mrs. Shabangu is using bare hands to care for his son. What advice should you give on protecting herself and her son?
- A. Re-use gloves frequently without changing them in order to save them
 - B. Avoid direct contact with blood by using a plastic bag on her hands if gloves are not available for protection
 - C. Avoid direct contact with blood by asking someone else to care for her son.
 - D. All of the above
49. When preparing meals for her son, Mrs. Shabangu should do all of the following **EXCEPT** to:
- A. Wash vegetables and fruits with safe treated water
 - B. Wash utensils in soapy water first and rinse afterwards
 - C. First rinse the eating utensils (dishes) and wash with soapy water afterwards
 - D. Store food properly to prevent it from spoiling
50. HIV is destroyed by boiling for:
- A. 2 – 5 minutes count from the time water starts to boil
 - B. 10 – 15 minutes count from the time water starts to boil
 - C. 20 – 30 minutes count from the time water starts to boil
 - D. 50 - 60 minutes count from the time water starts to boil

51. All of the following agents can be effectively used as a disinfectant of surfaces when caring for PLHIV, **EXCEPT**?
- A. Dettol
 - B. Savlon
 - C. Jik
 - D. Ash
52. An individual with this sexually transmitted disease is **LESS LIKELY** to get infected with HIV if he/she practices unprotected sexual intercourse.
- A. Genital warts
 - B. Infestation
 - C. Syphilis
 - D. All of the above
53. This method is 100% safe in preventing sexually transmitted HIV infection.
- A. Delay onset of sexual activity.
 - B. Total abstinence
 - C. 100% use of condom will every sexual contact
 - D. All the above
54. The best prevention for HIV infection is.
- A. Changing unsafe sexual behavior and practices
 - B. Having sexual intercourse with one partner faithfully
 - C. Praying before having sex
 - D. Using a male condom and a female condom at the same time
55. Before using a male condom you must check the following.
- A. Expiry date
 - B. Is the penis erect
 - C. A and B
 - D. None of the above
56. Researchers have not been able to discover a cure or vaccine for HIV/AIDS since its discovery, what is the reason?
- A. The infectious disease is only prevalent in Sub-Sahara Africa
 - B. Because its origins are not known
 - C. Because it help reduce unemployment
 - D. Because the virus changes or mutate very fast.
57. When HIV enters the body it directly attacks _____.
- A. red blood cells
 - B. B-lymphocytes
 - C. T-lymphocytes
 - D. Platelets

58. The mostly used HIV test detects
- A. HIV in the blood
 - B. Antibodies against HIV in the blood
 - C. The number of CD4 cells in the blood
 - D. The number of CD8 cell in the blood.
59. Which is the most common opportunistic infection among people living with HIV in Swaziland?
- A. Thrush
 - B. Tuberculosis
 - C. Meningitis
 - D. Rash
60. Severe headache among PLHIV is associated with
- A. Cancer
 - B. TB
 - C. Meningitis
 - D. Pneumonia
61. Which of the following fluids is high risk for HIV transmission?
- A. Blood
 - B. Saliva
 - C. Urine
 - D. Tears
62. An HIV positive mother transmit HIV to her baby after delivery through _____.
- A. kissing
 - B. bathing
 - C. breast feeding
 - D. cuddling
63. The most common form of HIV transmission in Sub-Sahara Africa is through _____.
- A. drug abuse
 - B. heterosexual contact
 - C. intergenerational sex
 - D. homosexuality
64. Which is the most affected region with HIV infection in the world?
- A. Asia
 - B. Eastern Europe
 - C. Sub-Sahara Africa
 - D. Western Europe

65. The most pronounced impact of HIV and AIDS is (are)
- A. Orphan and vulnerable children
 - B. Malnutrition
 - C. Loss of income
 - D. All of the above
66. Pain decreases among PLHIV who are terminally ill. True or False
67. Caring for someone who is dying or terminally ill at home is cheap. True or False
68. People in terminal phases of AIDS are often receiving multiple drug treatments
True or False
69. While you are sharing information with your peers about ART, Zweli, one of participant suggests that it is not necessary to eat a balanced diet if one is on Anti Retroviral drugs and food supplements.
Do you agree to this statement? True or False
70. Xolani, another participant pointed that when you are on Anti – Retroviral Therapy (ART) you cannot be infected by HIV.
Do you agree to this statement? True or False

INSTRUCTIONS: Match each of the communication skills with the appropriate activity e.g. 71. B

71. Empathy	A. After asking the question, "How do you feel now?" the counsellor paused for a few seconds to give the client time to reply.
72. Use of silence	
73. Patience	B. The counsellor ensured that the setting of the consulting room was well ventilated, had adequate lighting, two chairs, a jug of water and glasses and favourable room temperature.
74. Conducive environment	C. Handing the crying client facial tissues to the client who was relating her ordeal, the counsellor said in a gentle soft voice "I can understand Mrs. Brown how awful it must have been for you to undergo such."
75. Active listener	D. Do not worry about the time. I want you to really take your time and explain how you feel about it all.
	E. The nurse asked the switchboard operator to withhold all phone calls coming to the consulting room and also hung up a sign reading NO DISTURBANCE PLEASE outside the consulting room