

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAM

DECEMBER 2014

COURSE : HSC 113

TITLE OF PAPER : HIV PREVENTION, INFECTION AND MANAGEMENT OF AIDS

DURATION : 2 HOURS

MARKS: 75

INSTRUCTIONS:

- 1. DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR**
- 2. ANSWER ALL QUESTIONS**
- 3. CIRCLE THE LETTER THAT CORRESPONDS WITH THE MOST CORRECT ANSWER IN YOUR ANSWER SHEET**

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

Situation: Nombuso Mabilisa is a 27 year old lady residing at Luyengo. She and her boyfriend have been in a two year relationship that is on and off. You are assigned to talk to them about prevention of sexually transmitted HIV.

Question 1 relates to the above situation.

1. Which of the following is the most effective method of preventing HIV infection for them?
 - A. Male circumcision
 - B. Consistent and correct use of condoms
 - C. Total abstinence
 - D. Faithful of one partner

2. The following are ways of preventing HIV infection **EXCEPT:**
 - A. Limit the number of sexually transmitted infections
 - B. Avoid substance abuse
 - C. Understanding the life cycle of HIV
 - D. Be circumcised

3. Which one of the following ways **DOES NOT** require partner involvement in HIV prevention?
 - A. Get tested often and together
 - B. Correct and consistent use of condoms
 - C. Stay in a monogamous relationship
 - D. Avoid contact with other people's blood and other body fluids

4. The following instructions are correct about condom use **EXCEPT:**
 - A. Make sure condom is the right way around
 - B. You do not always need to put a condom when the penis is erect
 - C. Always use condom from start to finish
 - D. Consistently and correctly use condom

5. The following are high risk sexual behaviors **EXCEPT**:

- A. Vaginal or anal penetrative sex
- B. Swallowing semen
- C. Oral sex with a condom or barrier
- D. Sharing uncovered sex toys

6. Injecting drug users should observe the following guidelines **EXCEPT**:

- I. Safely dispose-off the syringe and needle
- II. Never re - use or share syringes and needles, water, or drug preparation equipment
- III. Share needles only with your sexual partner
- IV. Use needles and syringes obtained from a reliable source
- V. Use sterile water for preparation

- A. I, III and IV
- B. I, II and IV
- C. III and V
- D. III only

7. Safe sex behavior includes promoting life-skills. Which of the following are applicable to girls and women?

- I. Those who have already acquired risky sex patterns to begin practising safer sex
- II. Teach them to be more assertive and self-efficient in sexual matters
- III. Negotiation skills
- IV. A strong self-concept and self-awareness
- V. Self-efficacy (a strong belief in your ability to do something)

- A. I, II and III
- B. III, IV and V
- C. II, III, IV, and V
- D. All of the above

8. In order to avoid re-infection People living with HIV should:

- A. Use condoms consistently and correctly
- B. If having TB follow the prescribed regimen

- C. Only treat visible sexually transmitted infections promptly
- D. Adhere to ARV management

9. Effectiveness of antiretroviral therapy is determined by

- A. A fall in the viral load and an increase in the CD4 count
- B. A fall in CD4 count and an increase in viral load
- C. A rise in red blood cells
- D. An increase in both CD4 cell count and the viral load

10. A decision to begin antiretroviral therapy is based on

- A. CD4 cell count
- B. Viral load
- C. The intensity of the patient's clinical symptoms
- D. All of the above.

11. Which one of the following statements is **NOT TRUE** about antiretroviral therapy (ART)?

- A. ART increases survival rate.
- B. ART reduces HIV-transmission.
- C. ART completely cures AIDS
- D. ART reduces hospitalization

12. Objectives of ART includes all of the following **EXCEPT**;

- A. Prolongation of life and improvement of Quality of Life.
- B. Elimination of HIV entirely from the body.
- C. Greatest possible reduction in viral load for as long as possible.
- D. Rational sequencing of drugs, limiting drug toxicity, and facilitation of adherence.

Situation: Health care workers, who are accidentally exposed to HIV through needle prick, should start taking anti-retroviral drugs for one month.

Question 13 relates to the above situation.

13. How soon after exposure can HIV infection be detected if the health work has been infected?

- A. Within 2 weeks – 3 months
- B. Within 3 weeks – 3 months
- C. Within 4 weeks – 2 months
- D. Within 2 weeks – 6 months

14. The process of grieving includes the following stages **EXCEPT:**

- A. Denial
- B. Bitterness
- C. Bargaining
- D. Depression

15. The unfavourable attitude about something or someone is.....

- A. Discrimination
- B. Hatred
- C. Stigma
- D. Despising that person

16. The following are the strategies to deal with stigma **EXCEPT:**

- A. Talk to people you feel comfortable with
- B. Educate people about facts
- C. Join a support group
- D. Acquaint yourself with people who will stigmatize you

17. The following are different networks for People Living HIV (PLHIV) that have been formed to support their needs **EXCEPT:**

- A. Swaziland AIDS Support Organization(SASO)
- B. Women Together
- C. Swaziland Action Group Against Abuse (SWAGAA)
- D. Swaziland Positive Living (SWAPOL)

18. The following are the benefits of psychosocial support **EXCEPT:**

- A. Cope effectively with HIV and improve quality of care
- B. Gain confidence and attain skills in dealing with long term illness, stigma & discrimination and taking medications every day
- C. Prevent serious mental health issues
- D. Promote serious physical health issues

19. Expert clients are useful to reduceamong individuals who are HIV positive.

- A. Stigma
- B. Discrimination
- C. Shame and doubts
- D. Isolation

20.is useful for reducing stigma and discrimination in the country.

- A. Full disclosure
- B. Partial disclosure
- C. Having close friends
- D. Having a buddy

21. In psychosocial support, social wellbeing include the following **EXCEPT:**

- A. Spousal support
- B. Family support
- C. Peer support
- D. Self - esteem building

22. Which of these cultural practices have positive influence on the prevention of HIV transmission?

- I. Sharing your harvest with neighbor to prevent starvation
- II. Moving children to extended family members to avoid child headed households.
- III. Virginity testing for both girls and boys
- IV. Wife inheritance to make sure the male remains head of the household.

- A. I,II,III
- B. I,II,IV

- C. II,III,IV
- D. I,III,IV

23. Benefits of adequate nutrition for people living with HIV include the following,

EXCEPT:

- A. Adequate food intake during pregnancy and lactation
- B. Adequate nutrient transfer to an unborn child during pregnancy
- C. Least important if taking antiretroviral treatment
- D. Minimizes the adverse effects of antiretroviral drugs

24. PLWHIV need nutritious foods. Which of the following is **NOT** considered a nutrient?

- A. Vitamins
- B. Minerals
- C. Fiber
- D. Fats

25. PLWHIV are vulnerable to poor nutritional status because their body's food requirements are increased. The bread, cereal, rice and pasta is a good source of

.....

- A. Vitamin C
- B. Calcium
- C. Carbohydrates
- D. Vitamin D

26. PLWHIV are likely to be anaemic. Which of the following foods is/are not rich in iron?

- A. Spinach
- B. Milk
- C. Beef
- D. Liver

27. If one does not get enough iron from a diet,.....

- A. The skin will be dry and be flaky
- B. Eye sight will be poor

- C. The individual will feel weak and tired
- D. The bones will be soft

28. Poor nutrition quickens the progression from HIV to AIDS while good nutrition slows it down. Adequate nutrition is necessary to:

- A. Maintain the immune system
- B. Optimize benefits of ART
- C. Support optimal quality of life for PLWHIV
- D. All of the above

29. Considerations for food safety and hygiene among PLWHIV include all of the following, **EXCEPT**:

- A. Always wash their hands with clean water and soap before, during and after preparing food or eating, and after visiting the toilet
- B. Wash fruits and vegetables with clean water
- C. Avoid over cooking vegetables to preserve micro nutrients
- D. Under cook red meat to enhance the bioavailability of irons

30. HIV has the following effects on nutrition, **EXCEPT**:

- A. Abnormal metabolic response
- B. Increased nutrient requirement
- C. Decreased nutrient requirement
- D. Nutrient mal - absorption

SCENARIO A

After attending the week of orientation at one university where topics were discussed included HIV and AIDS, a first year female student decided to go and have an HIV test. However, she had the test done in one clinic within the Hhohho region. The results were positive. After two weeks she went for another test but in a different clinic in the Lubombo region. Again the test was positive. After yet another two weeks, she went to a private doctor and tested. The outcome remained the same. Around that time, a famous spiritual leader visited Swaziland and asked those who had problems to come and be prayed for. The spiritual leader promised that he could make HIV disappear and thereby restore health. The student went and was prayed for. Two weeks after the prayer, the student took off and went to a neighbouring country for HIV testing again. The result remained the same, namely, positive. She returned to Swaziland and was found dead in the bedsitter she rented. A note was found next to her and it read, "Dear

Mother, I am sorry for bringing shame to you. You did everything you could for me but I guess the devil's power was stronger."

Questions 31 through 36 are related to the above – mentioned scenario.

31. According to the **Kubler Ross** model of grieving, the reason why the student tested her blood so many times was because she was -----
- A. in denial
 - B. very angry
 - C. afraid of being stigmatized and discriminated against
 - D. doubtful
32. In accordance with the **Kubler-Ross** model on grieving, one of the reasons for going to test her blood in different places may be attributed to -----.
- A. Mistrust of the competence of health professionals
 - B. Fear of being stigmatized and discriminated against
 - C. Lack of confidentiality among nurses who work in the VCT department
 - D. Disbelief of the results.
33. According to the **Kubler-Ross** model of grieving, the act of taking one's life is typical of -----.
- A. Denial.
 - B. Anger.
 - C. Bargaining.
 - D. Depression.
34. The content of the suicide note suggested that the student suffered from -----.
- A. Depression
 - B. External stigmatization.
 - C. Discrimination.
 - D. Internal stigmatization.
35. PLWHA:
- A. Suffer from constant anxiety.
 - B. Prefer to be withdrawn from others.
 - C. Having internal stigmatization.
 - D. All the above

36. According to the **Kubler-Ross** model of grieving, the act of going for prayer from the pastor is suggestive of the stage of -----.

- A. Anger
- B. Bargaining
- C. Denial
- D. Depression

37. All the following components are associated with CLIENT initiated HIV counseling **EXCEPT**:

- A. They expect to be tested
- B. They do not expect to be tested for HIV
- C. Clients are more likely not to show symptoms
- D. Services are usually provided by a trained counselor not a health worker

38. Which one of the following **IS NOT** incorporated in HIV counseling?

- A. Pre-test counseling and Post-test counseling
- B. Informed choice
- C. Desolation
- D. Confidentiality

Situation: You are counseling your friend to go for an HIV test and he responds, "I know that I'm probably HIV positive because I've been horrible, engaging in unprotected sex on several occasions. I will just take the necessary precautions."

Question 39 relates to the above situation.

39. Which of the following would be your most appropriate response to the friend's statement?

- A. Assure your friend that he is right
- B. Allow your friend to take precautions and avoid the HIV test
- C. Empathize with your friend's response and refer
- D. Teach your friend on how to take HIV precautions

40. In the intervention phase of counseling, your friend tells you that he is ready to take an HIV test. Which one of the following statements is **NOT TRUE** about your friend's decision?

- A. It is important to get tested, as this is the only way to know your status.
- B. If you test positive for HIV, you can take the necessary measures to adapt your lifestyle while your health is monitored
- C. If you test positive for HIV, you can begin therapy when it will be most effective.
- D. If you test negative, the result might help to reduce anxiety and you can enjoy sex anyhow with whomsoever you want

41. HIV prevention is a life-long undertaking and you should be tested regularly for HIV if there is any possibility you may have been exposed. Which one of the following reasons **IS NOT** a purpose of pre-test counseling?

- A. Suicide assessment and coping skills
- B. Discussion of disclosure of test results
- C. HIV risk assessment.
- D. Exploring client's ability to accept HIV results

42. The following are benefits of HIV test for the couple and family **EXCEPT**:

- A. Fear about local culture changing
- B. Allows planning for the future
- C. Encourages family planning
- D. Support safer relationships – enhances faithfulness

43. Which of the following is the best benefit of on-going counseling?

- A. Enable a client to make informed decisions
- B. To respond to clients' needs as they are experienced
- C. To assist client in understanding meaning of results
- D. To ensure that the person understands basic facts about HIV

INSTRUCTIONS: State if the following statement is TRUE or FALSE, by circling T or F in your answer sheet.

44. Delaying the first sexual encounter is not viewed as one other method for HIV prevention. T.F

45. PMTCT is an important strategy that can lead to an HIV free generation. T. F

46. Practising safer sex means protection against HIV through sexual activities that do not allow semen, vaginal fluid or blood from mouth, anus, penis or vagina of partner T. F
47. The absence of air inside the foil/package of the condom if you press means that condom is fine to use. T.F
48. In an accident scene if there are no gloves you can apply pressure on an injured person using a thick cloth or plastic bag. T. F
49. Hand washing is the first line of defense against infections. T. F.
50. Universal precautions presume that anyone is potentially infected since one cannot tell by merely looking at someone that they are infected or not. T. F
51. Pre - ART services include initiation of Antiretroviral drugs T. F
52. There are three (3) combinations of Anti - retroviral drugs and each class targets a different step in the viral life cycle as the virus infects a CD4+. T. F

Scenario: A 20-year old freshman at the Kwaluseni campus has been diagnosed with HIV. During his appointment with the doctor a few tests were conducted. His CD4 count was 450. He was then referred to the Pre – ART (Antiretroviral) clinic.
Question 53 relates to the above scenario.

53. The service he would receive at Pre – Antiretroviral therapy Pre- ART services shall not include check - up for tuberculosis. T. F
54. Disclosure of HIV status is an on-going process. T. F
55. Psychological support addresses on - going concerns and needs of PLHIV and their partners and family members. T. F
56. Psychosocial support should be provided by health care workers only for relevance. T. F
57. HIV affects mostly the psychological dimensions of a person's life and that is why support is important. T. F

MATCHING

Relating to Swazi culture, choose the most appropriate response(s) in column B that corresponds with the appropriate statement in column A. Select and circle all the correct answers in your answer sheet. Each correct response is one (1) mark. Answers can be equal to one but less than three in each statement. For example: 43 = A, B, C

Column A	Column B
69. Survival skills and sexual education traditionally	A Chastity values
70. Having more children after your wife's death from AIDS.	B Delay sexual debut
71. Faithful participation at the reed dance	C. Socialization
	D. High risk behavior to HIV infection

TOTAL = 75 MARKS