

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER
DECEMBER 2010

COURSE TITLE: HIV PREVENTION, INFECTION AND
MANAGEMENT OF AIDS

COURSE CODE: HSC 113

TIME ALLOWED: TWO (2) HOURS

MARKS: 75

INSTRUCTIONS:

1. ANSWER ALL QUESTIONS.
2. EACH CORRECT ANSWER CARRIES ONE (1) MARK.
3. WRITE LEGIBLY.

**THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS
GRANTED PERMISSION.**

QUESTION 1

Choose the letter that corresponds with the **MOST** appropriate response to the question or statement below. E. g. 2. C.

1. The acronym GIPA stands for:
 - A. Government involvement in people living with HIV/AIDS.
 - B. Greater involvement in people living with HIV/AIDS.
 - C. Government investment in people living with HIV/AIDS.
 - D. Grassroots involvement in people living with HIV/AIDS.

2. One of the following is **NOT** associated with the stage of depression.
 - A. A self-concept that is overshadowed.
 - B. Loss of appetite.
 - C. Changing of environment.
 - D. Suicide-related ideation.

3. Which one of the following four aspects of a human being is highly affected when one has been diagnosed as HIV positive?
 - A. Emotional.
 - B. Spiritual.
 - C. Psychological.
 - D. All the above.

4. One of following is a psychological effect of the HIV/AIDS epidemic.
 - A. Child-headed households.
 - B. Loss of income.
 - C. Loss of integrity.
 - D. Reduced gross domestic product.

5. People who are living with HIV/AIDS are often invited to participate in HIV/AIDS-related research. However, they are seldom informed of findings thereof. Instead, the findings are made public without permission from the participants. Such action contravenes the principle of:
 - A. Confidentiality.
 - B. Privacy.
 - C. Anonymity.
 - D. Beneficence.

6. Post test counselling of individuals who tested HIV positive include **BUT NOT**:
- A. explanation of the window period and recommendation of when to re-test (12 weeks).
 - B. Support to cope with emotions arising from test result.
 - C. Informing individual of available pre-ART and ART services.
 - D. Providing information on prevention of HIV transmission.
7. The GIPA principle takes into recognition, especially, the principle of
- A. Unity.
 - B. Beneficence.
 - C. Respect.
 - D. Justice.
8. Perceived loss that is experienced initially by an individual who have tested positive to the HIV antibody test, may be a function of her/his:
- A. Self-esteem.
 - B. Self-image.
 - C. Ignorance about HIV/AIDS.
 - D. All the above.
9. The GIPA principle was foundational in the development of:
- A. The PMTCT programme.
 - B. The '3 by 5' programme.
 - C. NERCHA.
 - D. The MDGs.
10. The practice of indirect discrimination, especially of people living with HIV/AIDS through policies that are formulated in certain public and private institutions in Swaziland, negates the principle of:
- A. Respect.
 - B. GIPA.
 - C. Beneficence.
 - D. Justice.
11. The suggestion that people living with HIV/AIDS be branded:
- A. Is a typical example of ignorance about HIV/AIDS.
 - B. Is an antithesis of the right to privacy.
 - C. Negates the principle of justice.
 - D. Does not espouse the principle of beneficence.

12. The source of HIV/AIDS-related stigma in Swaziland is associated with:
- A. General lack of sensitivity for fellow human beings.
 - B. Ignorance about the HIV/AIDS epidemic.
 - C. Failure by the society to take seriously the nature of the infection and take ownership of it.
 - D. All the above.
13. The GIPA principle espouses:
- A. The golden rule.
 - B. The ten commandments in the Holy Bible and other religious denominations.
 - C. The Human Rights Charter of 1948.
 - D. All the above.
14. The principle of justice is implicated in:
- A. The stage of depression.
 - B. The stage of anger.
 - C. The stage of denial.
 - D. The stage of bargaining.
15. Indirect discrimination of people living with HIV/ AIDS, primarily, negates the principle(s) of:
- A. Respect.
 - B. Beneficence.
 - C. GIPA.
 - D. Justice.
16. The following are different types of genital sores **EXCEPT**:
- A. Syphilis
 - B. Chancroid
 - C. Herpes
 - D. Gonorrhoea
17. The following are genital discharges **EXCEPT**:
- A. Gonorrhoea
 - B. Herpes
 - C. Candida
 - D. Trichomonas

18. Universal precautions should be strictly applied where there is a possibility of contact with infected blood or body fluids **BUT NOT:**
- A. Vaginal discharges
 - B. Pregnancy fluid (amniotic fluid)
 - C. Urine
 - D. Semen
19. The femidon condom is made of:
- A. Polyurethane
 - B. Durex
 - C. Lambskin
 - D. Latex
20. Anal sex without a condom is _____ for contracting HIV.
- A. No risk
 - B. High risk
 - C. Low risk
 - D. None of the above
21. What does cunnilingus refers to?
- A. A man having oral sex with a woman
 - B. A woman having sex oral sex with a woman
 - C. A man having oral sex with a man
 - D. All of the above
22. What is the effect of poor nutrition on an individual who is HIV positive?
- A. Weak immune system
 - B. Increased risk to opportunistic infections
 - C. Faster disease progression
 - D. All the above
23. One of the food requirements for and HIV positive individual who is in the asymptomatic stage is the intake of _____
- A. 20% more calories
 - B. 30% more calories
 - C. 10% more calories
 - D. 15% more calories

24. Cleaning of blood and body fluid spills involves all of the following **EXCEPT**:
- A. Wearing latex gloves to avoid direct contact with spilled blood or body fluids
 - B. Flooding the spillage area with bleach diluted 1: 10 parts of water. (or quarter cup of bleach and 2 cups of water)
 - C. Leaving the solution to soak on the contaminated (dirty) surface for at least 24 hours
 - D. Cleaning the area with absorbent or disposable towel or cloth
25. How should you clean a contaminated (dirty) area?
- A. Use latex gloves and clean gloves with 10% alcohol solution
 - B. If no gloves avoid direct contact with blood and use an intact plastic bag or towel, piece of cloth or leaf to remove bandages
 - C. Use latex gloves and clean gloves with 20% alcohol solution
 - D. Use latex gloves and clean gloves with 30% alcohol solution
26. The vicious cycle of nutrition and HIV include all **BUT NOT**:
- A. Weight loss
 - B. Loss of muscle tissue
 - C. Vitamin and mineral decrease
 - D. Decreased nutritional needs
27. Which of the following is a complication of gonorrhoea?
- A. Eye infection in children
 - B. Stillbirth
 - C. Syphilitic baby
 - D. Premature births
28. To which of the following groups and individuals is post exposure prophylaxis is given?
- A. Girls and women after rape
 - B. Health workers after needle pricks
 - C. Men if condoms break during intercourse
 - D. All of the above
 - E. A and B

29. A counselor utilizes one of the following:

- A. Professional wisdom and expertise to advise people what they should do
- B. Skills and knowledge to guide people in decision making
- C. Policies and legislation to advise people on the right thing to do
- D. All of the above
- E. A and C

30. Individuals require counseling for the following reasons:

- A. Adaptation/adjustment: when a situation arises which requires one to adjust/adapt
- B. Remedial: when a situation requires one to take remedy for the unpleasant
- C. Preventive: In order to prevent bad situations or complications of simple situations
- D. Enhancement/ development: to strive towards desires and dreams
- E. All of the above

31. Which of the following happens during counseling?

- A. Confrontation: The expert attempts to confront the client and persuade them to accept the expert's correct perspective / view of reality
- B. Education: The expert believes the client's values and goals are deficient and must be corrected through new knowledge and insight
- C. Authority: The expert tells the client what they must do to get out of the problem situation.
- D. Collaboration: Counselor attempts to understand and respect client's perspective / view of reality.
- E. All of the above

32. Basic communication skills include one of the following:

- A. Rapport/ joining
- B. Listening
- C. Use of silence
- D. All of the above
- E. A and B

33. The phases in the counseling process include the following **EXCEPT**:
- A. Establishing a working relationship with the client
 - B. Helping the client tell his or her story
 - C. Developing an increased understanding of the problem
 - D. Intervention or action
 - E. Ensuring that the counselor is within reach of the clients 24 hours a day

34. HIV and AIDS counseling includes:
- A. Pretest counseling
 - B. Post test counseling
 - C. Ongoing counseling
 - D. A and B
 - E. A, B and C

35. Inside the core of the HIV virus are the following three enzymes required for HIV replication **EXCEPT**:
- A. Reverse transcriptase
 - B. Amylase
 - C. Integrase
 - D. Protease

36. Being "high" with behavior altering substances such as alcohol and drugs put a person at risk of acquiring HIV in the following ways, **EXCEPT**:
- A. Making them look attractive and urbanized
 - B. Suppression of their decision making capacities when enticed for sex
 - C. Forgetting correct and consistent condom use
 - D. Making them confident to take risks they normally would avoid.

Read each of the following statements and write the **MISSING WORD (S)**, in your answer sheet,

37. _____ means the protection against contracting HIV through sexual activities that do not allow exchange of semen, vaginal fluid or blood from partner (2)

38. To maximize condom effectiveness you need to use it _____ and _____ (2)

39. STI _____ weaken the mucus membrane making it a risk of HIV contraction.
40. In Swaziland there are many aspects that influence the prevention of HIV and AIDS, mostly through education. Children are socialised or taught language, culture, behaviour and work through formal and informal structures. The informal forms for socialisation of children are:
- (a)-----for female children and (1)
- (b)-----for male children (1)
41. State whether each of the following statement is true or false, by writing either **True** or **False** in your answer sheet as appropriate. (4)
- A. Male circumcision prevents HIV infection
- B. All people who suffer from tuberculosis (TB) should be started on ARVs
- C. There is no cure for AIDS
- D. People on ARVs could take any over-the counter medicine that has not been prescribed by a medical doctor.

QUESTION 2

- A. Briefly explain (five reasons) why women are vulnerable to HIV infection than their male counterparts (5)
- B. Mention five (5) factors that enhance progression of HIV in the body. (5)
- C. Identify the two types of HIV tests that are used in Swaziland (2)
- D. Before a person is initiated on antiretrovirals (ARVs) some baseline tests are done, such as CD4 cell count or viral load, full blood count, liver and renal function tests, etc. State two reasons for conducting these baseline tests. (4)
- E. Specify the five reasons (eligibility criteria) for initiating antiretroviral therapy (ART) (5)
- F. State at least one (1) side effect associated with each of ARVs below: (4)
- (i) Zidovudine
- (ii) Nevirapine
- (iii) Tenofovir
- (iv) Stavudine

G. Indicate the level of adherence (in percentages) that is required in order to maximize the effectiveness of ARVs? (1)

TOTAL 75 MARKS