

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION PAPER, DECEMBER 2011

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

COURSE CODE: HSC 113

TIME ALLOWED: TWO (2) HOURS

MARKS: 75

INSTRUCTIONS:

1. ANSWER ALL QUESTIONS ASKED.
2. EACH QUESTION IS ALLOCATED ONE (1) MARK.
3. WRITE LEGIBLY.

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

INSTRUCTIONS: For each of the following questions / statements, write CLEARLY the letter that corresponds with the most appropriate answer e.g. 1. B

1. Studies have reported that women are more vulnerable to HIV than men, one of the reasons for the gender dimension of HIV is:

- A. Women are ignorant about the disease process
- B. Women are generally prone to infections than men
- C. Women are likely to be forced /coerced to engage in sex than men
- D. Men have a natural immunity to HIV

2. Inter-generational sex is a term used to describe:

- A. A young woman engaging in sexual intercourse with a man +10 years older than her
- B. A woman engaging in sexual intercourse with a man of his age
- C. A man engaging in sexual intercourse with another man
- D. A couple engaging in sexual intercourse

3. HIV is defined as:

- A. The AIDS disease
- B. Human Immunodeficiency Virus
- C. Human Papiloma Virus
- D. None of the above is correct

4. Which disease is commonly found on AIDS sufferers?

- A. Headache
- B. Stomach ache
- C. Heart failure
- D. Tuberculosis (TB)

- 5. In Swaziland, the adult HIV prevalence is at:
 - A. Below 20%
 - B. 26%
 - C. 36%
 - D. 46%

- 6. An individual's self concept includes her/his
 - A. emotional self.
 - B. academic self.
 - C. self-image.
 - D. all the above

- 7. HIV Type 1 is mostly found in the following countries EXCEPT
 - A. Nigeria and Mozambique.
 - B. Botswana and Namibia.
 - C. Zambia and Zimbabwe.
 - D. Malawi and Kenya.

- 8. The origins of AIDS, are
 - A. thought to have originated from the green monkey.
 - B. associated with the gay community.
 - C. said to be an old disease.
 - D. all the above.

9. The term 'window period' refers to the time between becoming infected with the virus and

- A. when the virus can be traced in blood.
- B. the first signs of HIV show up in the individual.
- C. the appearance of opportunistic infections.
- D. the appearance of Kaposi sarcoma.

10. Which of the following factors are considered to be driver of HIV/IDS?

- A. Patriarchal (male-controlled) system.
- B. Polygamy.
- C. The socio-economic factors
- D. All the above.

11. The following are advantages of the male condom method, EXCEPT

- A. protection from transmitting and contracting sexually transmitted infections.
- B. allergic reaction.
- C. prevention from transmitting and contracting HIV infection
- D. cost-effective.

12. Immune system refers to the body's ability to defend itself against

- A. infectious agents.
- B. foreign cells.
- C. abnormal body cells.
- D. All the above.

13. The following are classified under non-specific immunity EXCEPT

- A. the skin
- B. swelling
- C. lining of the wind pipe (trachea)
- D. CD4 cells.

14. One of the following enzymes is NOT found inside the core of HIV

- A. transcriptase.
- B. protease.
- C. reverse transcriptase.
- D. integrase.

15. The core of the HIV structure contains

- A. two identical strands of RNA.
- B. two identical strands of DNA.
- C. one strand of RNA.
- D. one strand of DNA.

16. The infected person may remain asymptomatic (without symptoms)

- A. 2 weeks to 12 months
- B. 6 weeks to 4 years.
- C. 12 weeks to 8 years.
- D. 6 weeks to 10 years or more.

17. An HIV test is carried out in order to detect

- A. CD4 cells.
- B. HIV antibodies.
- C. actual human immunodeficiency viruses
- D. phagocytes.

18. Opportunistic infections are mostly found in an HIV infected person who is in

- A. clinical stage one
- B. clinical stage two
- C. clinical stage three
- D. all the above

19. Primary HIV infection is characterized by

- A. a brief flu-like illness.
- B. elevated body temperature.
- C. a generalized body rash.
- D. elevated blood pressure.

20. Which of the following signs and symptoms may be present in an HIV infected individual who is in clinical stage one?

- A. Swollen glands.
- B. Fever.
- C. Sore throat.
- D. All the above.

21. Siphon works in a factory in the industrial area of a town and is complaining that his clothes have become slightly loose fitting. In which clinical stage of HIV infection progression is he?

- A. Clinical stage 1.
- B. Clinical stage 2.
- C. Clinical stage 3.
- D. Clinical stage 4.

22. Stage four of HIV infection progression is characterized by

- A. herpes.
- B. fungal and parasitic infections.
- C. cancer, especially Kaposi Sarcoma.
- D. all the above.

23. Which of the following will speed up the progression of HIV infection?

- A. Infection with different HIV strains.
- B. Stressful life style, lack of general fitness and eating inappropriate diet.
- C. Repeated Sexually Transmitted Infections (STIs)
- D. All the above.

24. Opportunistic infections favour the

- A. skin.
- B. lungs.
- C. genitals.
- D. All the above.

25. The 'Lock and Key' mechanism during the transmission of HIV is associated with w

- A. gp41 and gp120.
- B. the viral core..
- C. p17 and p24.
- D. the viral envelope.

26. This family structure developed lately in Swaziland because of HIV/AIDS

- A. Father headed family
- B. Mother headed family
- C. Child headed family
- D. Granny headed family

27. This cultural practice has helped both boys and girls to delay sexual debut.

- A. Reed dance
- B. Male circumcision
- C. Strict parents
- D. Tussel (*umcwasho*)

28. Reviving this traditional forum for girls will reduce new cases of HIV infection.

- A. Regular non- threatening Informal education on sexuality at the traditional hedge (*egumeni*).
- B. Regular non-threatening informal education on sexuality at the kraal (*esangweni*).
- C. Creating traditional songs on HIV and AIDS.
- D. None of the above.

29. Reviving this traditional forum for boys will help reduce new HIV infection.
- A. Regular non-threatening informal education on sexuality at the kraal (*esangweni*).
 - B. Regular non-threatening informal education on sexuality at the traditional hedge (*egumeni*).
 - C. Telling stories about HIV and AIDS.
 - D. Writing traditional songs about HIV and AIDS.
30. This cultural ceremony help's boys to delay engaging in sexual activities.
- A. The reed dance
 - B. The shrub ceremony (*lusekwane*)
 - C. Male circumcision
 - D. None of the above
31. This socialization of girls makes them vulnerable to HIV and AIDS.
- A. Raised to be economically strong
 - B. Raised to be good mothers
 - C. Raised to excel in household duties
 - D. Raised to be submissive to their husbands
32. Child headed households are susceptible to HIV infection due to
- A. Lack of food
 - B. Lack of money
 - C. Lack of information
 - D. Sexual abuse

33. Women's rights should be taught widely amongst women to enable them to avoid risky behavior by saying:
- A. No to sex
 - B. No to wearing the mourning dress
 - C. No to wife inheritance
 - D. Both A and B
34. Risky behaviours associated with HIV transmission include all the following **EXCEPT**:
- A. Multiple sexual partners
 - B. Intravenous drug abusers
 - C. Sharing eating utensils
 - D. People with ulcerative STI (e.g. syphilis, chancre, gonorrhea)
35. Which combination of practices pose no risk for HIV transmission
- A. Abstinence; Erotic massage; kissing and masturbation
 - B. Erotic massage, oral sex; Patting; Hugging and body rubbing;
 - C. Patting; Sexual fantasies; anal sex and Masturbation
 - D. Kissing
36. Reinfection occurs when a person living with HIV gets infected as follows:-
- A. A second time after forgetting to take ARV's
 - B. A second time after a needle prick
 - C. A second time while having unprotected sex with another infected person.
 - D. A second time after getting blood transfusion.

37. Reinfection is sometime referred to as the following:
- A. Dangerous infection
 - B. Incurable infection
 - C. Super-infection
 - D. None of the above
38. Essential nutrients for an HIV positive client include macronutrients, micronutrients and water. Macro nutrients examples are as follows **EXCEPT**:
- A. Proteins
 - B. Fats
 - C. Vitamins
 - D. Carbohydrates
39. The water soluble vitamins which are excreted in urine and must be consumed more often are as follows:
- A. Vitamin A
 - B. Vitamin E and D
 - C. Vitamin C and A
 - D. Vitamin B and C
40. Water is the main component of the body, and forms the following percentage of the body mass:
- A. 80%
 - B. 79%
 - C. 90%
 - D. 60%

41. Post-test counseling for negative patients should also include all of the following **EXCEPT**:
- A. Scheduling follow-up risk reduction counseling session
 - B. Discussing positive living
 - C. Explanation of window period
 - D. Methods to prevent HIV acquisition – condom use
42. One of the following is a benefit of HIV testing;
- A. Empowering uninfected persons to protect themselves from becoming infected;
 - B. assists infected persons to protect others and live positively;
 - C. offers the opportunity for treatment of HIV and HIV-related conditions
 - D. All the above
43. One of the following is a benefit for taking ART;
- A. Prolongs life
 - B. Decreased orphans
 - C. Business and household stay intact
 - D. All the above
44. The following statement refers to taking care of psychological needs of home based care clients
- A. Helping individual accept death
 - B. Playing cards
 - C. general information about the disease
 - D. legal issues

45. Waste management in home based care refers to one of the following;

- A. Throwing in a rubbish pit
- B. Bury rubbish (ozone friendly)
- C. Throwing in a pit latrine
- D. Open dumping

46. T-memory cells are record keepers of infectious agents that will have invaded the body in the past.

- A. True
- B. False.

47. Like other viruses, the HIV can grow or reproduce on its own.

- A. True
- B. False.

48. HIV particles are large enough to be detected by the eye.

- A. True
- B. False.

49. The period between infection and production of antibodies is also called "sero conversion."

- A. True
- B. False.

50. The normal CD4 cell in individuals is approximately 1000 - 1200 CD4 cells

- A. True
- B. False.

51. In the advanced stage of HIV infection progression an HIV test will test negative (antibodies).
- A. True
 - B. False.
52. The asymptomatic stage may last up to twelve months.
- A. True
 - B. False.
53. Weight loss of over 10% of normal body mass is considered a minor sign of HIV infection progression.
- A. True
 - B. False.
54. Thrush / candidiasis is one of the opportunistic infections.
- A. True
 - B. False.
55. Owing to the nature of HIV/AIDS, all persons living with this condition, suffer from self-stigma.
- A. True
 - B. False.
56. Universal precautions are applicable to people living with HIV because they are also at risk of infection.
- A. True
 - B. False.
57. Handling of blood and body fluids require universal precautions.
- A. True
 - B. False.

58. Pregnancy fluid (amniotic fluid); fluid from the brain, heart and chest do not require universal precautions.
- A. True
 - B. False.
59. Cleaning (washing) the vagina or anus after sex REDUCES the risk of HIV infection.
- A. True
 - B. False.
60. Dry sex poses a risk of breaks or tears in the vagina making it possible to contract HIV.
- A. True
 - B. False.
61. Practicing 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.
- A. True
 - B. False.
62. Lesbians cannot contract HIV from having sex with infected men or if they share sex toys.
- A. True
 - B. False.
63. Hand washing is not a principle of universal precautions.
- A. True
 - B. False.
64. Nasal secretions, urine and sputum are non-risky fluids.
- A. True
 - B. False.

65. The cultural practice of wife inheritance should be discouraged because of the HIV/AIDS epidemic.
- A. True
 - B. False.
66. Beginning to take ARVs is an emergency.
- A. True
 - B. False.
67. You can get pregnant while on ART.
- A. True
 - B. False.
68. When taking ART it will be important to disclose.
- A. True
 - B. False.
69. Couple counselling supports safer relationships—enhances faithfulness.
- A. True
 - B. False.
70. All ARVs are safe when a woman is pregnant.
- A. True
 - B. False.
71. Treatment failure means that an individual becomes very ill despite ARVs.
- A. True
 - B. False.
72. If someone develops resistance to ARVs another drug is used which is less complicated.
- A. True
 - B. False.

73. Adherence means taking drugs when necessary.
- A. True
 - B. False.
74. Adherence requires specific dietary and fluid instructions.
- A. True
 - B. False.
75. Before taking ARVs you are supposed to check TB.
- A. True
 - B. False.