

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING

RE-SIT EXAMINATION, SEPTEMBER, 2021

COUESE TITLE: HIV PREVENTION, INFECTION AND
MANAGEMENT OF AIDS

COURSE CODE: GNS/HSC 113

TIME ALLOCATED: TWO (2) HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- ANSWER ALL QUESTIONS ON THE SEPARATE ANSWER SHEET PROVIDED
- THE ANSWER SHEET IS ATTACHED AS THE LAST PAGE OF THIS QUESTION PAPER.
- DETACH THE ANSWER SHEET AND SUBMIT IT AT THE END OF THE EXAMINATION
- THERE ARE 15 PRINTED PAGES EXCLUDING COVER PAGE AND THE ANSWER SHEET

DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR

Instructions: For each question, choose the most appropriate response and **circle** in your answer sheet the corresponding letter only. Each correct response carries 1 mark.

1. All of the following are true about HIV EXCEPT:
 - A. HIV is a pandemic
 - B. There is still a cure for HIV
 - C. Once HIV is contracted, it can be transmitted immediately
 - D. HIV weakens the body's immune system

2. One of your study group members responded CORRECTLY when he/she 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 positive person tests HIV positive
 - D. An HIV infected person constantly peeps through the window looking at guys/ladies whom he/she admire

3. Your study group members are CORRECT in saying that if someone is HIV positive they progress faster to the AIDS stage 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 (STI's)

4. All of the following are drivers for HIV spread in Eswatini EXCEPT
 - A. Low rates of male circumcision
 - B. Low status of women in society
 - C. Disclosure of HIV status
 - D. Alcohol abuse

5. An individual with this sexually transmitted infection is less likely to be infected with HIV if he/she practices protected sexual intercourse
- A. Genital warts
 - B. Lice infestation
 - C. Syphilis
 - D. All of the above
6. When HIV enters the body, it directly attacks
- A. Red blood cells
 - B. B lymphocytes
 - C. T lymphocytes
 - D. Platelets
7. The most common mode of HIV transmission in Sub-Saharan Africa is through
- A. Drug abuse
 - B. Heterosexual contact
 - C. Intergenerational sex
 - D. Homosexuality
8. Inter-generational sex is a term used to describe
- A. A young woman engaging in sexual intercourse with a man 5 years or more older than her
 - B. A woman engaging in sexual intercourse with a man of her age
 - C. A man engaging in sexual intercourse with another man
 - D. A couple engaging in sexual intercourse
9. In Eswatini, the adult HIV prevalence is about _____
- A. Below 20%
 - B. 27%
 - C. 36%
 - D. 42%

10. HIV type 2 is mostly found in which of the following countries?
- A. Botswana and Namibia
 - B. Eswatini and South Africa
 - C. Zambia and Zimbabwe
 - D. Nigeria and Mozambique
11. The immune system refers to the body's ability to defend itself against
- A. Infectious agents
 - B. Foreign cells
 - C. Abnormal cells
 - D. All of the above
12. The viral core of the HIV structure contains
- A. Two identical strands of DNA
 - B. Two identical strands of RNA
 - C. One strand of DNA
 - D. One strand of RNA
13. Which of the following sexually transmitted infection present with sores?
- A. Gonorrhoea
 - B. Herpes
 - C. Candidiasis
 - D. Trichomonas
14. Sexual intercourse with animals is known as
- A. Pedophilia
 - B. Bestiality
 - C. Coprophilia
 - D. Necrophilia

15. Sexually transmitted infections promote the spread of HIV because
- A. When you have an STI you automatically have HIV
 - B. The lacerations from the STI allows HIV to penetrate
 - C. The lacerations from an STI contains HIV
 - D. STI's are associated with people with AIDS
16. Which of the following is correct about the natural progression of HIV in the human body?
- A. Viral load initially rises sharply and then later on gradually
 - B. Age has no influence on the progression of HIV
 - C. HIV2 progresses faster than HIV 1
 - D. Viral load initially rises gradually and then later on sharply
17. The most infectious period(s) in an individual with HIV infection is (are)
- (i). Soon after contracting the infection
 - (ii). Half way through the infection period
 - (iii). When the individual has full blown AIDS
 - (iv). Soon after starting ART
- A. i and ii
 - B. ii & iii
 - C. i & iii
 - D. iii & iv
18. Which of the following sexually transmitted infection presents with a typical rash on the palms of the hands and soles of the feet?
- A. Syphilis
 - B. Gonorrhoea
 - C. Chancroid
 - D. Chlamydia

19. Which viral receptor is involved in the attachment to the host cell?
- A. GP 41
 - B. GP 120
 - C. GP 17
 - D. GP 24

Instruction: Match each of the following opportunistic infections with the correct corresponding statement. Circle the letter accompanying the correct response/responses

Opportunistic Infection	Symptom/Mode of spread
20. Tuberculosis D	A. Whitish patches on the tongue
21. Meningitis E	B. Aggressive skin cancer
22. Kaposi sarcoma B	C. Deep kissing
23. Candidiasis A	D. Inhalation of droplets
	E. Neck stiffness

24. When handling rubbish all of the following are true; EXCEPT
- A. Used menstrual pads, nappies, used bandages out of reach of children and place in safe container
 - B. Use double bag for highly contagious waste products such as tissue used by TB patients
 - C. Pads, nappies, condoms and used bandages should be buried, burned or put in tightly sealed double bag
 - D. Put all the rubbish in a refuse bag and place in the rubbish and place near the roadside while waiting for the Town Council truck to come and collect it.
25. The following are some Risky body fluids that require strict universal precautions EXCEPT:
- A. Blood
 - B. Semen
 - C. Vaginal discharges
 - D. Urine

26. Post exposure prophylaxis (PEP) should be started within 4-6 hours of exposure, but can still be started within and not beyond -----hours to decrease the risk of HIV transmission.
- A. 72 hours
 - B. 24 hours
 - C. 36 hours
 - D. 48 hours
27. You are so anxious that the same situation might be repeated. What questions would you ask from the nurse?
- A. Nurse, is it possible to get as many condoms as I can from the clinic so that I can give them to any man I suspect would sexually molest me?
 - B. Do you have any treatment that I would take to prevent contracting HIV in the event I get drunk and somebody takes an advantage of me again.
 - C. Is it possible to wear the female condom all the time in anticipation for a sexual encounter?
 - D. Should I be initiated on ART for the rest of my life because of this incident?
28. Which of the following modes of HIV transmission accounts for the largest number in Eswatini?
- A. Blood transfusion
 - B. Mother to child transmission
 - C. Heterosexuality
 - D. Needle pricks

29. Body fluids may have the HI virus. Which set from the list below are risky fluids?
- A. Blood, Urine, faecal matter
 - B. Urine, semen, vaginal discharges
 - C. Cerebrospinal fluid, blood and semen
 - D. Semen, foecal matter and mucous
30. In your current class you have just made friends with Sewakhile a male student. He tells you that he has a girlfriend who is also studying in Lesotho. They only meet during breaks. You advise him to use which method of preventing HIV infection from the following:
- A. Male circumcision
 - B. Secondary abstinence
 - C. Being faithful to his girlfriend
 - D. Using condoms correctly and consistently
31. Philiswa needs to address a group of out of school youth in her area on general safe sex. Which among the following is not a general safer sex rule?
- A. Don't brush teeth immediately afterwards
 - B. If you use or abuse drugs don't share needles and syringes
 - C. Avoid deep kissing if person HIV positive with trauma to the mouth or bleeding gums
 - D. Avoid alcohol and illicit drugs because it reduces your immune system and your judgement on issues of sex
32. After ejaculation the male client is advised to withdraw penis immediately whilst penis is erect. Why should that be so:
- A. The penis may fail to gain its normal position
 - B. The semen can spill into the partner and cause HIV infection
 - C. The condom may break
 - D. The client may be physically affected

33. Secondary infection occurs among people living with HIV. All of the following are reasons why it is necessary to use condoms if both partners are HIV positive EXCEPT
- A. To avoid re-infection with other strains
 - B. New infections increase viral load resulting in decreased CD4 cells affecting further weakening of immune system
 - C. Re - infection can also cause one to contract other Sexually Transmitted Infections
 - D. Reducing time of sero-conversion to HIV
34. Which of the following is a primary goal for initiating people living with HIV on ART?
- A. To reduce new HIV infections by reducing the risk of transmission
 - B. To reduce stigma and discrimination against people living with HIV
 - C. To reduce HIV transmission from mother to child
 - D. To achieve viral suppression
35. A treatment supporter is important in the management of HIV. What is the role of the treatment supporter?
- A. Encouraging healthy eating and lack of exercise
 - B. Keeping client information nonconfidential
 - C. Supporting adherence to antiretroviral therapy
 - D. Disclosing HIV status on behalf of the client
36. Which of the following is the effect of HIV and poor nutrition on the immune system?
- A. HIV destroys the immune system leading to prevention of opportunistic infections
 - B. People living with HIV who had existing malnutrition recover quickly and become productive
 - C. Poor nutrition and HIV impairs the body's ability to fight diseases
 - D. HIV leads to reduced nutritional needs

37. Pain syndromes in clients on palliative care are commonly caused by
- A. Use of too many drugs
 - B. Opportunistic infections
 - C. Side effects of antiretroviral therapy
 - D. Lack of pain medication in palliative care
38. Which of the following may be an indicator for poor adherence to ARV drugs?
- A. Appearing of new opportunistic infections
 - B. A decrease in viral load
 - C. An increase in CD4 cell count
 - D. All of the above
39. Which of the following is a desired outcome for optimal nutrition for people living with HIV?
- A. Boost function of the viral load
 - B. Minimise the effectiveness of antiretroviral therapy
 - C. Increases the risk of life-long conditions
 - D. Better quality of life
40. Nana is an HIV positive client who has been enrolled in palliative care. She presents with sores on the tongue, weakness, coughing and diarrhoea. Which of these signs and symptoms are major threats to Nana's nutrition:
- (i). Sores on the tongue
 - (ii). Weakness
 - (iii). Coughing
 - (iv). Diarrhoea
- A. i & ii only
 - B. ii & iii only
 - C. i & iii
 - D. i & iv

41. The acronym PLWHA stands for_____.
- A. People Living With HIV and AIDS
 - B. Persons Living When HIV Acquired
 - C. Persons Left With HIV AIDS
 - D. People Living Without HIV AIDS
42. Effectiveness of antiretroviral therapy (ART) is measured by:
- (i). A fall in the viral load and
 - (ii). An increase in the CD4 count.
 - (iii). A rise in red blood cell count.
 - (iv). A rise in HIV antibodies level.
- A. i & iii
 - B. iii & iv
 - C. i & iv
 - D. i & ii
43. Goals of ART includes all, EXCEPT;
- A. Prolongation of life and improvement of Quality of Life.
 - B. Greatest possible reduction in viral load for as long as possible.
 - C. Rational sequencing of drugs, limiting drug toxicity, and facilitation of adherence.
 - D. Elimination of HIV entirely from the body
44. The first line ART regimen is recommended because:
- (i). It is cheaper
 - (ii). It's the most effective
 - (iii). It has less side effects
 - (iv). It's ideal for treatment of drug resistant HIV
- A. i, ii & iii
 - B. ii, iii & iv
 - C. i, ii & iv

- D. i, ii, iii, & iv
45. Before the PEP, Nosipho had to go through HTC. The purpose for Testing before PEP is to:
- A. Ensure that Nosipho is not HIV positive
 - B. Know the type and quantity of PEP to give
 - C. Establish a baseline from which to monitor improvement.
 - D. To prevent adverse events from the PEP
46. For ARV's to be effective and to prevent treatment failure, adherence must:
- A. be less than 3 missed doses/month
 - B. > 95%
 - C. 100%
 - D. A & B
47. Attitude is prejudice, whereas behavior is _____.
- A. Discrimination
 - B. Natural action
 - C. Social norm
 - D. Stigma
48. Family level impact of HIV and AIDS includes all, EXCEPT:
- A. Dependent family members are converted to the state of destitution
 - B. Poverty related to medical expenses
 - C. Costs of cleansing ceremonies
 - D. Early retirement
49. One of the following is an economic effect of the HIV and AIDS epidemic
- A. Child headed households
 - B. Loss of income
 - C. Loss of integrity
 - D. Reduced gross domestic product

Scenario: Mr. Tholeni is a foreman in one Construction Company. His team comprises five employees aged between 27 and 36 years. The HIV and AIDS workplace program responsible for contractors visits the company to teach about issues pertinent to HIV and AIDS. Two of the employees Sipho and Sabelo undertake the HIV test and both turn out to be HIV positive. Though they are friends, they choose to neither inform each other nor their supervisor. Questions 49 and 50 are based on this scenario.

50. The possible reason for not revealing their HIV statuses to each other as well as to their supervisor is associated with all of the following EXCEPT;

- A. fear of rejection by co-workers
- B. fear of losing their jobs
- C. discrimination against them
- D. Fear of rejection by family

51. Suppose they informed the foremen and he started behaving indifferently towards them that would be referred to _____.

- A. external stigmatization
- B. internal stigmatization
- C. discrimination
- D. secondary stigma

52. Physical needs for an HIV infected person include the following:

- (i). Meditation
- (ii). Treatment of opportunistic infections
- (iii). Exercise
- (iv). Good Nutrition

- A. iii & iv
- B. iii only
- C. ii, iii & iv
- D. i & iv

53. Scenario: Fanazi is a first year student at UNISWA in stage 2 of HIV he is presenting with skin problems. He heard some of his friends talking in harsh tones about his HIV status and he cried. What word best describe this situation of Fanazi;
- A. Discrimination
 - B. Stigma
 - C. Judgement
 - D. Critique
54. Which of the following best describe chastity values?
- A. Abstinence due to age
 - B. Abstinence due religious reasons
 - C. Abstinence due to cultural reasons
 - D. Abstinence due to religious or cultural reasons
55. Culturally, which group of people are able to hold meaningful dialogue with youth on sexual conduct?
- A. Teachers and friends
 - B. Mothers and fathers
 - C. Granny's and aunts
 - D. Brothers and sisters
56. When you consider the ages of the boys in the case, who do you think needs a guardian to consent for testing?
- A. Musa because is 12 years.
 - B. Sipho because his results are positive and he's only 15, so he needs support to deal with the stress.
 - C. A& B
 - D. None of the above

Scenario: Sam and Nellie have been together four years and plan to get married soon. Their pastor has advised them to go for HTC prior to tying the knot, but Nellie refuses stating that it is within her rights to test or not, and when to do so. Sam is upset by Nellie's decision and threatens to break their engagement. Nellie feels compelled to test in fear of losing Sam. The next two questions relate to this case.

57. All the following statement are true EXCEPT for:
- A. Sam has a right to know his fiancée status so make a decision regarding marriage.
 - B. The pastor is wrong for advising couple to test prior to marriage, he just creates unnecessary fear because they have been together for four years, what change will testing bring.
 - C. Even though she felt compelled to test, Nellie has a right to refuse the test.
 - D. Because this is client initiated HTC, the Counsellor has used the opt-in approach.
58. Living positively means that:
- A. The individual is living with HIV.
 - B. The individual takes extra care of self to prevent HIV.
 - C. One has an optimistic view about life after HIV.
 - D. Doing Yoga every day
59. The rapid test used for screening HIV:
- A. Detects the HIVirus.
 - B. Detects antibiotics for AIDS
 - C. Detects HIV DNA- Genetic Material
 - D. Detects HIV antibodies.
60. A false-negative result means that:
- A. The individual might be in the window period
 - B. The HIV antibodies and antigen are not yet detectable.
 - C. The sensitivity of the test is low

D. All of the above

Instruction: State whether each of the following statements is true (T) or false (F), and circle the corresponding letter only, **T** or **F**, on your answer sheet.

- 61. Prevention of mental health problems is a benefit of psychosocial support.
- 62. Stress reduction is one of the social support component in psychosocial support.
- 63. In Provider Initiated HIV Testing Services the client is more likely to be asymptomatic.
- 64. In Client Initiated HIV Testing Services focus is on those who test positive with emphasis on their medical care.
- 65. People living with HIV particularly advanced disease need to reduce their food intake in order to reduce the risk of obesity.
- 66. Lesbians have little or no risk of becoming infected with HIV.
- 67. Condoms act as a barrier for mother-to-child HIV transmission.
- 68. The normal CD4 cells in individuals is approximately 1000 – 12000 cells/mm³.
- 69. The period between being infected with HIV to the production of antibodies against HIV is called sero-conversion.
- 70. The traditional Swazi homestead was generally large due to the extended family network and the need for manual labour.
- 71. Swazi girls are socialized to be subordinates, economically.
- 72. Chastity values do not delay sexual activities among boys.
- 73. HIV testing and counselling is mandatory for key populations in Swaziland.
- 74. All HIV negative and HIV positive results obtained at first rapid test can be interpreted as such, without any problem.
- 75. Children born of mothers who are HIV positive need to be tested for HIV at birth, six weeks and at two months after weaning from the breast.