

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SUPPLEMENTARY EXAMINATION PAPER, JULY 2014

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.
2. EACH QUESTION IS ALLOCATED ONE (1) MARK.
3. WRITE LEGIBLY.

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

SECTION A

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

1. Psychosocial care is:
 - A. Care that focuses on holistic health addressing mental, social and physical needs of human beings
 - B. Care that focuses on the mental and emotional needs of human beings.
 - C. Support that focuses on financial, mental and spiritual needs of human beings
 - D. Care provided to people when they test HIV positive

2. The people in Swaziland have a right to:
 - A. Life, health, freedom of speech, fair treatment and freedom of movement
 - B. Food, land, health, life and drugs
 - C. Freedom of movement, land, health, life and drugs
 - D. Education, treatment of illness, shelter, ill-health and life.

3. The definition of discrimination is:
 - A. One of the biggest challenges to live with
 - B. The treatment of an individual or group with partiality or prejudice
 - C. When people fail to get access to care, treatment and community based services
 - D. Unfavourable attitudes and beliefs directed towards someone or something.

4. The benefits of psychosocial support are it:
 - A. Facilitates effective coping to the client and enhances his /her quality of life.
 - B. It prevents mental health issues such as anxiety, depression or social withdrawal
 - C. Helps to prepare the individual and her / his family to prepare for poorer health and the eventual death.
 - D. All of the above

5. The five components of man are:
- A. Spiritual, social, emotional, supernatural and physical
 - B. Physical, mental, emotional, social and spiritual
 - C. Physical, cultural, emotional, social and financial
 - D. Psychological, educational, mental, social and financial
6. The effects of stigma are:
- A. Access to testing and counselling services
 - B. Limited rights and reduced access to services
 - C. HIV awareness and knowledge
 - D. Use of safer infant feeding practices.
7. PMTCT Programmes and Human Rights state that women have a right to:
- A. Access information about HIV / AIDS and infection prevention
 - B. Access to testing and counselling services.
 - C. Make informed decision about infant feeding
 - D. All of the above
8. Advantages of disclosure of one's HIV status include the following **EXCEPT**
- A. Avoiding the burden of secrecy and hiding.
 - B. Enhancing adherence to care and medication, and ultimately make the person healthier and able to live positively with HIV/AIDS.
 - C. Blame by partner or family for "bringing HIV into the household.
 - D. Ability to discuss safer sex and family planning choices with one's partners.

9. Consequences of deprivation of basic human rights include the following **EXCEPT**
- A. Dependency on substance to cushion emotions.
 - B. Social isolation.
 - C. Feeling of being outcasts or second class citizen in their own societies
 - D. Feeling of self-esteem and self-worth
10. The socio- economic impact of HIV and AIDS at community level include the following **EXCEPT**:
- A. There will be less manpower to assist with community activities and development at the level of chiefdoms (*imiphakatsi*).
 - B. There is increase in crime rate in the community because of poverty.
 - C. Dependent family members (children and older adults) are converted to state of destitution
 - D. There will be an increase in good communication skills
11. Which of the following best describe the concept of counseling?
- A. A thorough assessment of a person's problems and solving them one by one.
 - B. Giving psychological support to a stressed person so as to make him/her stop thinking of the problems.
 - C. Facilitating the developing of an insight of unused or underused opportunities so as to enable wise and realistic decision making.
 - D. Teaching or lecturing to a stressed individual with the intention to relieve his/her stress.
12. What is the age limit for giving an informed consent for HIV counseling and testing according to the Swaziland HTC guidelines?
- A. 12 years
 - B. 16 years
 - C. 18 years
 - D. 21 years

13. Which of the following statements is correct about HTC?
- A. Post-test counseling should be done strictly on one-on-one bases.
 - B. Pre-test counseling should be done strictly on one-on-one bases.
 - C. Post-test counseling is not very necessary for clients who have tested HIV negative.
 - D. All of the above
14. Who, among the following people, DOES NOT need any counseling when being tested for HIV?
- A. Lecturers
 - B. Nurses and Doctors
 - C. Any educated person
 - D. None of the above
15. A client tested HIV positive. The nurses advised him to disclose the status to his status to his closest friend who often cares for him when he is in need. This will be example of _____.
- A. Self-disclosure
 - B. Shared confidentiality
 - C. Lack of confidentiality
 - D. Infidelity
16. Which of the following describes basic empathy?
- A. An attempt to understand a client's world by "stepping into his/her shoes."
 - B. The ability to recognize & acknowledge feelings of a client without experiencing the same emotions.
 - C. An act of showing pit, condolence & compassion
 - D. A. & B

17. The following are basic communication skills necessary for counseling EXCEPT _____.
- A. Summarizing
 - B. The use of silence
 - C. Probing & questioning
 - D. None of the above
18. A client requests for HIV counseling alone without testing. Based on your knowledge of HIV Testing and Counseling (HTC), which of the following would be the most appropriate thing to do?
- A. Counsel her and encourage her to come back for further counseling (with or without testing).
 - B. Explain the importance of testing and advise the client to come back when she is ready for both counseling and testing.
 - C. Counsel her until she accepts testing.
 - D. Do both counseling and testing and explain that the two should always go together.
19. The socio- economic impact of HIV and AIDS at community level include the following **EXCEPT**:
- A. There will be less manpower to assist with community activities and development at the level of chiefdoms (*imiphakatsi*).
 - B. There is increase in crime rate in the community because of poverty.
 - C. Dependent family members (children and older adults) are converted to state of destitution
 - D. There will be an increase in good communication skills

INSTRUCTIONS: In your answer booklet, using the upper case as demonstrated, write the most appropriate answer. **Example: 1 = T; 2 = F**

20. Freedom from discrimination is a fundamental human right. Discrimination on the basis of HIV and AIDS status is prohibited by human rights standards. **True / False**
21. Stigma comes in many forms – it can be from one person to another, a person stigmatizing him/herself, or stigma by association. **True / false**
22. After testing HIV positive, in the stage of bargaining one may go for re-testing at another clinic and avoids topics to do with HIV / AIDS. **True / false**
23. Expert clients increase stigma among individuals, at the health care facility, and in the community. **True / false**
24. If a person can't disclose their status because of stigma, they will have to keep their ART a secret, and this will impact their adherence and the amount of support they receive. **True / false**
25. There is no need for counseling when testing children for HIV. **True / false**

TOTAL 25 MARKS

SECTION B

1. Briefly describe 3 methods of transmitting HIV from one person to another (10)
2. A married man has three wives at Siteki he is working at Matsapha industrial area living in a small rented flat. He is a truck driver who transmits goods to South Africa, Botswana, Malawi and Mozambique, returning home once a month.
Briefly state factors which puts this man at risk of acquiring HIV infection (10)
3. State five (5) physical needs which a person who is sick at home needs to be assisted with; (5)

TOTAL 25 MARKS

SECTION B

1. State three (3) basic rules for taking ARVs (3)
2. Mention five (5) reasons why people do not adhere or take ARVs continuously (5)
3. Give two (2) reasons why couples may not want to test for HIV. (2)
4. Describe how one would counsel and prepare clients who choose to disclose their HIV status. (10)
5. Discuss the socio- economic impact of HIV and AIDS at national level. (5)

TOTAL 25 MARKS