

## BINDURA UNIVERSITY OF SCIENCE EDUCATION

## FACULTY OF SCIENCE AND ENGINEERING

## DEPARTMENT: HEALTH SCIENCES

PROGRAMME  
.....STUDENT REGISTRATION NUMBER  
.....

MAR 2024

COURSE CODE HS101 (1): HIV AND AIDS EDUCATION

DURATION: 2HOURS

TOTAL MARKS: 75 MARKS

## INSTRUCTIONS TO CANDIDATES

Section A (Carries 25 Marks)

Answer ALL questions

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Indicate whether the following statements are True or False by encircling True (T) or False (F) using a BLUE/BLACK pen.

1. A friend has just been told by his/her doctor that he/she is HIV positive. He asks you, "When will I get AIDS?" Indicate whether the following responses are True or False

- a) "You can expect to develop signs and symptoms of AIDS within 6 months". (T) (F)
- b) "Most people get AIDS within 2-12 weeks after they are infected with HIV" (T) (F)
- c) "You may never get AIDS if you eat properly, exercise, take your medications and get plenty of rest". (T) (F)

- d) "It varies with individuals, but the average time is 8-10 years from the time a person is infected. Some go much longer" (T) (F)
- e) "When CD<sup>4</sup> is 200 cells per cubic mm (T) (F)

2. Indicate whether the following statements are True or False;

- a) HIV also attacks the gut and the lymph nodes (T) (F)
- b) Reverse transcription involves the conversion of viral RNA to DNA (T) (F)
- c) Infection with different types of HIV hastens progression of HIV (T) (F)
- d) Tenofovir and zidovudine are reverse transcriptase inhibitors (T) (F)
- e) Fusion inhibitors are used in prevention of mother to child transmission in Zimbabwe (T) (F)

3.

- a) HIV is a descendant of the Simian Immunodeficiency Virus (SIV) (T) (F)
- b) The adult prevalence of HIV is estimated to be 13.7% in Zimbabwe (T) (F)
- c) The first case of HIV infection was identified in Zimbabwe in 1986 (T) (F)
- d) HIV 1 is more virulent than HIV 2 (T) (F)
- e) T lymphocytes have a cluster of differentiation (T)(F)

4. Indicate whether the following statements are True or False;

- a) In post exposure prophylaxis (PEP), antiretroviral therapy (ART) should be taken for 2 months (T) (F)
- b) Dry sex reduces HIV transmission since vaginal fluids are minimal (T)(F)
- c) Repression and control increases HIV transmission (T)(F)

- d) Sleeping with an HIV infected person without a condom increases the chances of contracting HIV (T) (F)
  - e) Nutritional interventions for HIV positive people should start as soon as they are symptomatic (T) (F)
5. Indicate whether the following statements are True or False;
- a) In World Health Organization (WHO) clinical staging there is enlargement of lymph nodes without any other symptom (T) (F)
  - b) In WHO clinical stage 2 there is more than 10% loss of body weight (T) (F)
  - c) Herpes Zoster is a clear indication of HIV infection (T) (F)
  - d) It is mandatory that everyone with pulmonary tuberculosis (PTB) be tested for HIV (T) (F)
  - e) If started on ART a person in WHO clinical stage 4 can be treated and get back to WHO clinical stage 1 (T) (F)

**SECTION B (Carries 50 marks)****INSTRUCTIONS****Answer ALL questions**

- 1.a) Define the term 'counseling'. [ 2 Marks]
- b) Discuss the role of pre and post-counseling in HIV testing [12 Marks]
- c) Compare and contrast Voluntary Counseling and Testing (VCT) and Provider Initiated Counseling and Testing (PITC) [ 6 Marks]
- d) Describe questioning as a skill in counseling [ 5 Marks]
2. a) Describe the psychosocial impact of HIV on the family [10 Marks]
- b) Write notes on the following:
- i. Goals of Antiretroviral therapy (ART) [ 6 Marks]
  - ii. Sexual abstinence [ 5 Marks]
  - iii. Sources of behaviour change [ 4 Marks]

**END OF PAPER**