HIV/AIDS: A Comprehensive Review

1) Approximately 40 million people worldwide are living with HIV, with _____ of those residing in the United States.
   a) 1 million
   b) 3 million
   c) 5 million
   d) 7 million

2) In what year did the Center for Disease Control report on 5 cases which were what is now termed HIV/AIDS?
   a) 1977
   b) 1981
   c) 1985
   d) 1989

3) More than two thirds of the reported cases of HIV are from
   a) South-East Asia
   b) Latin America
   c) Middle East/North Africa
   d) Sub-Saharan Africa

4) Young women are _____ likely to test positive for HIV than men of the same age.
   a) Equally
   b) Two times more
   c) Two times less
   d) Three times less

5) In the United States, the estimated incidence of HIV has remained stable overall in recent years, at about _____ new HIV infections per year.
   a) 10,000
   b) 30,000
   c) 50,000
   d) 100,000

6) Heterosexuals accounted for _____ of estimated new HIV infections in 2010.
   a) 20%
   b) 25%
   c) 30%
   d) 35%
7) Blacks represent approximately 12% of the U.S. population, but accounted for an estimated _____ of new HIV infections in 2010.
   a) 24%
   b) 34%
   c) 44%
   d) 54%

8) AIDS is diagnosed when the patient presents one or more AIDS indicator illnesses or when the patient’s CD4+ T cell count drops below
   a) 50
   b) 100
   c) 150
   d) 200

9) HIV is found in not transmitted through
   a) Blood
   b) Urine
   c) Vaginal secretions
   d) Breast milk

10) With no medical interventions, the risk of transmission from mother to child is approximately
    a) 10%
    b) 15%
    c) 25%
    d) 40%

11) It is more difficult to acquire HIV than it is other diseases such as Hepatitis.
    a) True
    b) False

12) Approximately one third of HIV positive individuals in the United States are also infected with
    a) Hepatitis C
    b) Pneumonia
    c) H1N1 Influenza
    d) Tetanus

13) Which method of prevention of HIV transmission is most effective?
    a) Monogamy
    b) Condoms
    c) Abstinence
    d) Non-penetrative sexual activity
14) Antiretroviral therapy has been shown to reduce the rate of transmission during pregnancy and delivery from approximately
   a) 50% to 25%
   b) 25% to 5%
   c) 15% to 10%
   d) 10% to 5%

15) Since 2001, there have been _____ reported cases of HIV transmission in healthcare workers.
   a) 10,000
   b) 5,000
   c) 2,500
   d) 0

16) No vaccine exists for HIV, however, a 2009 animal study in Thailand showed a protection rate of _____ in a trial vaccine study.
   a) 31%
   b) 41%
   c) 51%
   d) 61%

17) In _____ testing, the patient is required to give informed consent.
   a) Confidential
   b) Anonymous
   c) Both
   d) Neither

18) HIV screening test kits can detect antibodies in the saliva of the patient.
   a) True
   b) False

19) Which test is often used on healthcare workers who receive a needlestick from an infected patient?
   a) Blood
   b) ELISA
   c) Plasma HIV RNA
   d) ELISA Urine

20) The window period during which no antibodies are present is defined as
   a) 2 weeks
   b) 1 month
   c) 2 months
   d) 3 months
21) HIV cannot live outside of a human host and it relies on _____ cells to replicate.
   a) CD3
   b) CD4
   c) CD8
   d) CD19

22) The first stage of defense in the immune system involves recognition of the foreign agent and delivery of the agent to the
   a) Pulmonary system
   b) Cardiac system
   c) Lymph system
   d) Coronary system

23) The first stage of HIV infection is
   a) Primary HIV Infection
   b) Viral Transmission
   c) Seroconversion
   d) Symptomatic HIV Infection

24) Which follows the window period?
   a) Primary HIV Infection
   b) Viral Transmission
   c) Seroconversion
   d) Asymptomatic HIV Infection

25) The typical life expectancy of an individual with AIDS is
   a) 4 - 6 months
   b) 10 - 12 months
   c) 15 - 18 months
   d) 21 - 24 months

26) Which of the World Health Organization Classification System stages includes HIV wasting syndrome
   a) Clinical stage 1
   b) Clinical stage 2
   c) Clinical stage 3
   d) Clinical stage 4
27) Approximately _____ of patients have been able to reduce viral load and suppress the virus almost completely because of compliance with treatment plans and continuance of regular disease monitoring.
   a) 28%
   b) 48%
   c) 68%
   d) 88%

28) Patients in Stage 1 of Clinical Stage Management are followed up with every
   a) 1 to 2 weeks
   b) 1 to 2 months
   c) 3 to 6 months
   d) 6 to 12 months

29) Highly active antiretroviral treatment (HAART) is also known as _____ therapy.
   a) Cardio
   b) Shotgun
   c) Targeted
   d) Cocktail

30) Antiretroviral therapy is extremely effective in the management of HIV and is recommended for patients in
   a) Stage 1
   b) Stage 2
   c) Stage 3
   d) It is recommended for patients

31) Effective ART has been shown to prevent transmission of HIV from an infected individual to a sexual partner.
   a) True
   b) False

32) The first drug to treat HIV was
   a) Tenofovir
   b) Zidovudine
   c) Abacavir
   d) Didanosine

33) Which type of antiretroviral drugs block the enzyme and prevent it from cutting up the long protein strands into new viral cells?
   a) Protease inhibitors
   b) Integrase inhibitors
   c) Non-nucleoside reverse transcriptase inhibitors
   d) Chemokine receptor antagonist
34) In which of the SOAP sections is “Commitment to adherence” evaluated.
   a) Subjective
   b) Objective
   c) Assessment
   d) Plan

35) Enfuvirtide is a
   a) Integrase inhibitor
   b) Fusion inhibitor
   c) Protease inhibitor
   d) Nucleoside reverse transcriptase inhibitor

36) When antiretroviral therapy is administered to new patients, the goal is a viral load of ______ after 24 weeks.
   a) <50 c/ml
   b) <150 c/ml
   c) <300 c/ml
   d) <500 c/ml

37) Lipodystrophy is a significant change in body morphology that does not result from either weight gain or weight loss and includes
   a) Generalized fat accumulation
   b) Focal fat accumulation
   c) Fat atrophy
   d) All the above

38) HIV positive individuals are often infected with hepatitis B, hepatitis C and tuberculosis - conditions that are a result of HIV.
   a) True
   b) False

39) Complications experienced during the course of HIV are typically
   a) A direct result of HIV
   b) A result of treatment noncompliance
   c) A result of genetic predispositions
   d) A result of a weakened immune system

40) Which is NOT among the most common HIV-related complications?
   a) Thyroid disorders
   b) Heart disease
   c) Stroke
   d) Eye disease
41) What is the goal of palliative care?
   a) Treatment of adverse effects
   b) Psychosocial support
   c) End-of-life care
   d) All the above

42) The US Department of Health and Human Services recommends that all HIV positive women begin antiretroviral treatment immediately after testing positive for pregnancy.
   a) True
   b) False

43) Which of the following is NOT true regarding children and HIV?
   a) Children typically develop opportunistic infections less easily
   b) Children typically have higher CD4 cell counts and viral load counts
   c) Children respond differently to antiretrovirals
   d) Children typically recover faster and see greater increases in CD4 cell counts

44) African American and Hispanic women account _____ of all reported AIDS cases, yet they comprise less than 25% of the US population.
   a) 57%
   b) 67%
   c) 77%
   d) 87%

45) Current research estimates that approximately _____ of people that HIV positive are also unemployed.
   a) 45%
   b) 55%
   c) 65%
   d) 75%

46) HIV positive individuals are protected by federal law under
   a) Title II of the Americans with Disability Act of 1990
   b) Section 504 of the Federal Rehabilitation Act of 1973
   c) Both
   d) Neither