HIV/AIDS 101

1. HIV attacks a key part of your immune system, the _________________.
   a) White blood cells (WBCs), or leukocytes
   b) T cells or CD4 cells
   c) Neutrophils or Basophils
   d) Lymphocytes or Monocytes

2. What does the acronym AIDS stand for?
   a) Acquired Immune Disease System
   b) Actual Immune Deficiency Syndrome
   c) Acquired Immuno Deficiency Syndrome
   d) Acquired Immuno Deficiency Symptoms

3. Scientists identified a type of ________ in ________ as the source of HIV infection in humans.
   a) orangutan, West Asia
   b) gorilla, East Africa
   c) monkey, South America
   d) chimpanzee, West Africa

4. HIV lives and reproduces in blood and other body fluids. We know that the following fluids can contain high levels of HIV:_________________.
   a) blood, breast milk, semen, vaginal fluid
   b) blood, semen, urine, tears, vomit
   c) blood, breast milk, urine, vomit, saliva
   d) blood, semen, vomit, sweat, urine

5. Every year, another ______________ Americans become infected with HIV.
   a) 560,000
   b) 5,600
   c) 56,000
   d) 156,000
6. You can get, or give, some STIs (sexually transmitted infections), like ________________, even if you or your partner are wearing a condom.
   a) chlamydia or gonorrhea
   b) syphilis or hepatitis
   c) herpes or genital warts
   d) syphilis or chlamydia

7. If you believe you may have been exposed to HIV through unprotected sex, you can take medications that will lower your risk of getting HIV. The treatment is called ________________.
   a) PEP- post exposure prophylaxis
   b) PrEP- pre exposure prophylaxis
   c) AZT- azidothymidine
   d) CD4- CD4 count

8. PEP (post exposure prophylaxis) is most effective if started within _____________ hours of possible exposure to HIV.
   a) 72
   b) 48
   c) 36
   d) 50

9. Healthy skin is an excellent barrier against HIV and other viruses and bacteria. HIV cannot enter the body through unbroken skin.
   a) True
   b) False

10. If you have more than one sex partner, the CDC recommends that you be tested for HIV and other sexually transmitted infections (STIs) every ________________.
    a) year
    b) 2 years
    c) 3 to 6 months
    d) 18 months
11. The odds of getting HIV from ________________ are higher than any other sexual behavior.

   a) bottoming without a condom
   b) topping without a condom
   c) vaginal sex without a condom
   d) performing oral sex

12. In 2007, the World Health Organization reported that male circumcision reduced by ____________% the transmission of HIV from women to men in three randomized, controlled studies.

   a) 90
   b) 40
   c) 20
   d) 60

13. "________________" couples are those in which one partner is HIV-positive and the other is HIV-negative.

   a) Magnetic
   b) Serodiscordant
   c) Discordant
   d) All of the above


   a) 20
   b) 9
   c) 5
   d) 15

15. ________________ transmission is the most common way in which children become infected with HIV.

   a) Placental
   b) Nosocomial
   c) Direct
   d) Perinatal
16. An HIV-positive mother who is not on antiretroviral drugs during pregnancy, labor, or delivery has a __________% chance of passing the virus to her baby.
   a) 2
   b) 15
   c) 25
   d) 50

17. Standard tests for HIV infection are not useful in newborns or young infants because the presence of antibodies to HIV reflects the _______________ for the first 18 months of life.
   a) childâ€™s HIV status
   b) motherâ€™s HIV status
   c) HIV seroconversion rate
   d) HIV index

18. As of December 2001, occupational exposure to HIV has resulted in ____________ documented cases of HIV seroconversion among healthcare personnel (HCP) in the United States.
   a) 157
   b) 1057
   c) 75
   d) 57

19. If you know in advance that you are going to need blood for surgery, you can choose to donate and store your own blood with a blood banking service. This is called a(n)____________donation.
   a) autonomous
   b) automatic
   c) autologous
   d) tautologous

20. You should not donate blood to find out your HIV status, because:__________________.
   a) you can become infected by HIV when you donate blood.
   b) the blood bank cannot inform you if you test positive for HIV.
   c) the HIV blood tests may not show the HIV if you have been recently infected.
   d) the FDA does not require HIV testing for donated blood.
21. The _____________ test checks for the presence of HIV's capsid protein in blood. Standard HIV tests check for antibodies to the virus, but this test detects the presence of the virus itself. This makes it possible to determine HIV status earlier than with standard HIV antibody tests.

   a) p24 antigen
   b) T-Lymphotropic Virus
   c) nucleic acid
   d) syphilis serological

22. The risk of mother-to-child transmission of HIV has been reduced by about 50% in places where HIV-positive mothers are given a single dose of the antiretroviral drug ___________ during labor, and their newborns are treated with it immediately after birth.

   a) tenofovir
   b) nevirapine
   c) AZT
   d) emtricitabine

23. The most common HIV tests look for HIV antibodies in your body, rather than looking for HIV itself.

   a) True
   b) False

24. If you get a positive result from either of the two most common HIV tests, you will need to take another test, called a(n) ______________, to confirm that result. It can take up to two weeks to confirm a positive result.

   a) enzyme immunoassay
   b) polymerase chain reaction test
   c) rapid HIV test
   d) Western blot test

25. Babies born to HIV-positive mothers are tested with a special _____________ test, because their blood contains their mother's HIV antibodies for several months. This test detects the genetic material of HIV itself, and can identify HIV in the blood within 2-3 weeks of infection.

   a) polymerase chain reaction
   b) enzyme immunoassay
   c) rapid HIV
   d) Western blot
26. The CDC recommends that opt-out HIV screening be a part of routine clinical care for all patients aged ____________.
   a) 18-45
   b) 21-50
   c) 13-64
   d) 18-50

27. All women who are pregnant should be tested during the ________________.
   a) third trimester of pregnancy
   b) second trimester of pregnancy
   c) first trimester of pregnancy
   d) postpartum period

28. The CDC estimates that there are ____________ new sexually transmitted disease infections each year.
   a) 19 million
   b) 5 million
   c) 1.9 million
   d) 500,000

29. The timeframe between when you are exposed to HIV to the time you test positive for HIV antibodies can be up to 3-6 months. This period of time is called a ____________ for HIV testing.
   a) waiting period
   b) seroconversion timeline
   c) latency window
   d) window period

30. ______________ means that your name and other identifying information will be attached to your test results. The results will go in your medical record and may be shared with your healthcare providers and your insurance company.
   a) Anonymous testing
   b) Confidential testing
   c) Innominate testing
   d) Pseudonymous testing
31. In combination with a positive Enzyme immunoassay test, a positive Western blot is better than _____________ accurate in detecting that HIV infection has occurred.
   a) 100%
   b) 95%
   c) 99%
   d) 90%

32. Most states have laws that require you to tell your sexual partners if you are HIV-positive before you have sex (anal, oral, or vaginal). You can be charged with a crime in many places if you don't tell, even if your partner doesn't become infected.
   a) True
   b) False

33. As early as 2–4 weeks after exposure to HIV (but up to 3 months later), people can experience an acute illness, often described as the worst flu ever. This is called "_________________", and it's the body's natural response to HIV infection.
   a) prodromal stage
   b) antiretroviral symptoms
   c) early onset AIDS
   d) acute retroviral syndrome

34. During this period, which can last up to 10 years, many people do not have any symptoms of HIV infection.
   a) latency phase
   b) wasting syndrome
   c) prodromal stage
   d) primary HIV infection phase

35. When HIV infection progresses to AIDS, many people begin to suffer from fatigue, diarrhea, nausea, vomiting, fever, chills, night sweats, and even wasting syndrome at late stages. Many of the signs and symptoms of AIDS come from: ________________.
   a) the seroconversion process
   b) the retroviral syndrome
   c) primary HIV infection
   d) opportunistic infections
36. When HIV initially enters your body, researchers believe that the virus attaches to a specific type of immune system cell called a:__________________.
   a) lymphocyte  
   b) dendritic cell  
   c) mucocutaneous cell  
   d) white blood cell

37. When a CD4 cell is infected with HIV, the virus goes through multiple steps to reproduce itself and create many more virus particles. The first step is:__________________.
   a) binding and fusion  
   b) reverse transcriptase  
   c) budding  
   d) transcription

38. A normal CD4 count can range from ___________ cells/mm3.
   a) 100 to 350  
   b) 5000 to 6000  
   c) 1000 to 2000  
   d) 500 to 1400

39. A CD4 count of fewer than 200 cells/mm3 is one of the qualifications for a diagnosis of:__________________.
   a) ARS â€“ acute retroviral syndrome  
   b) seroconversion  
   c) AIDS- Acquired Immunodeficiency Syndrome  
   d) prodromal stage

40. The ______________ is a small structure located just behind your breastbone where your T-cells mature.
   a) thymus  
   b) thyroid  
   c) cisterna chyli  
   d) spleen
41. HIV disrupts the immune system response by directly infecting the: ________________.

a) B cells  
b) macrophages  
c) suppressor T-cell  
d) helper T-cell

42. Some medications you may take to control HIV cause changes in the way your body produces, uses, and stores fat. These changes are called: ________________.

a) chylomicron retention  
b) adiposopathy  
c) acid lipase disease  
d) lipodystrophy

43. ________________ is characterized by the involuntary loss of more than 10% of your body weight, in addition to more than 30 days of either diarrhea or weakness and fever.

a) Coeliac disease  
b) Wasting syndrome  
c) AIDS  
d) Seroconversion

44. The ________________ test measures the amount of HIV present in your blood.

a) CBC â€“ complete blood count  
b) CD4 cell count  
c) serum chemistry panel  
d) viral load

45. Your viral load will be declared "______________" if it is under 40-75 copies in a sample of your blood.

a) a set point  
b) undetectable  
c) normal  
d) coinfected
46. ______________ looks directly at the genetic material of the HIV in your blood and give you information about the HIV drugs your virus is resistant to.

   a) Complete Blood Count
   b) CD4 cell count
   c) Serum chemistry panel
   d) Genotypic assay

47. ______________ block the enzyme that cuts up the long strands of DNA material that HIV needs to create more copies of itself.

   a) Nucleoside/Nucleotide Reverse Transcriptase Inhibitors (NRTIs)
   b) Protease Inhibitors (PIs)
   c) Entry/Fusion Inhibitors
   d) Integrase Inhibitors

48. Some of the most common long-term side effects of HIV treatment include:____________________.

   a) Coeliac disease, insulin resistance and lactic acidosis
   b) acute retroviral syndrome, decrease in bone density and insulin resistance
   c) lipodystrophy, insulin resistance and lactic acidosis
   d) Chylomicron retention, Coeliac disease and lipodystrophy

49. ______________ are signs of a declining immune system, usually occur when your CD4 count is below 200 cells/mm3, and are the most common cause of death for people with HIV/AIDS.

   a) Chylomicron retention
   b) Wasting syndrome
   c) Acute retroviral syndrome
   d) Opportunistic infections

50. ______________ is caused by Human Herpes Virus-8. It can cause purple lesions on the body and in the mouth.

   a) Candidiasis
   b) Histoplasmosis
   c) Kaposi Sarcoma
   d) Leukoencephalopathy
51. _______________ is caused by a parasite that can cause encephalitis and neurological disease in patients with low CD4 counts. The parasite is carried by cats, birds, and other animals and is also found in soil contaminated by cat feces and in meat, particularly pork.

   a) Candidiasis
   b) Histoplasmosis
   c) Cryptosporidiosis
   d) Toxoplasmosis

52. _______________ are common forms of hepatitis among people who are at risk for, or living with, HIV/AIDS.

   a) Hepatitis B and Hepatitis C
   b) Hepatitis A and Hepatitis C
   c) Hepatitis D and Hepatitis E
   d) Hepatitis B and Hepatitis A

53. _______________ is caused by a specific type of bacterial infection, and is a leading cause of HIV-related death worldwide.

   a) Hepatitis C
   b) Tuberculosis
   c) Cryptosporidiosis
   d) Mycobacterium Avian Complex

54. The most common HIV-related type of cancer, which occurs most often in patients with an average CD4 count of 100 cells/mm³ or less, is: _______________.

   a) non-Hodgkin\(^\text{TM}\)s lymphoma
   b) cervical cancer
   c) CNS lymphoma
   d) anal cancer

55. The main cause of cervical and anal cancer is: _______________.

   a) AIDS
   b) HPV
   c) ARS
   d) HAART
56. According to the American Heart Association, the risk for heart attack is _______________ % higher among people with HIV compared with those who don't have HIV.
   a) 50-70
   b) 110-120
   c) 25-30
   d) 70-80

57. HIV can cross the blood brain barrier, damage nervous system cells, and cause a form of dementia.
   a) True
   b) False

58. It is often helpful to take garlic supplements and St John's Wort in combination with antiviral treatments.
   a) True
   b) False

59. Many states and some cities have________________, meaning that, if you test positive for HIV, you (or your healthcare provider) may be legally obligated to tell your sex or needle-sharing partner(s).
   a) duty to inform laws
   b) partner notification laws
   c) OSHA disclosure laws
   d) HIV disclosure laws

60. ___________________ are gels, creams, foams, or suppositories that researchers believe may one day help to prevent HIV infection.
   a) Microbicides
   b) Vaccines
   c) Inoculations
   d) Antitoxins
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