HIV/AIDS in the Long Term Care Setting

Part 1 Exam: The Basics

HIV/AIDS Basics

1) All of the following occur in the 3rd stage of HIV infection (AIDS), EXCEPT:
   a. CD4 count drops
   b. HIV replicates and viral load increases
   c. Immune system fails, opportunistic infections and/or cancers occur
   d. Immune system fails, opportunistic infections rarely occur

2) All of the following are true regarding the aging HIV population, EXCEPT:
   a. Approximately 30% of people currently living with HIV/AIDS in the US are ≥ 50 years
   b. The aging HIV population is not well studied in clinical trials
   c. Older Americans are more likely to be diagnosed early in the disease
   d. HIV symptoms may be mistaken for the normal aging process

3) A LOW CD4 count indicates which of the following:
   a. The resident has an increased risk for developing infection
   b. The resident has a healthy immune system
   c. The resident has successfully suppressed the virus in the blood
   d. The resident is not at risk for AIDS

4) Goals for caring for HIV positive elderly include which of the following:
   a. Maintain a low CD4 count and a high viral load
   b. Securely isolating HIV positive residents from other residents
   c. Maintain a high CD4 count and low viral load
   d. Provide care in a generic manner that applies to all residents

5) All of the following are sexual risk factors for contracting or spreading HIV infection in older Americans, EXCEPT:
   a. Lack of knowledge about preventing transmission
   b. They are more likely to use a condom
   c. Age-related thinning and dryness of vaginal tissue
   d. Having multiple partners

6) Which of the following is TRUE regarding HIV positive residents:
   a. The stigma of the disease may make them less likely to disclose their HIV status or seek treatment
   b. Very few feel they can be open about their sexual orientation or gender identity in a nursing home or other long term care facility
   c. The stigma of the disease may negatively affect their behaviors and quality of life
   d. All of the above
7) Creation of a culture of respect and an environment free of discrimination when caring for older LGBT residents includes:
   a. Ensuring that only family members are allowed to act as their health care proxy
   b. Training for physicians, nurses, and nursing assistants on how to care for this population
   c. Taking a medical, social and sexual history in a way that assumes heterosexuality
   d. Disregarding the preferred name and gender identity of a transgender resident

8) Evaluation for occupational post-exposure prophylaxis (PEP) is performed after a staff member:
   a. Gets cut or stuck with a needle that was used to draw blood from a resident who may be HIV positive
   b. Gets sweat or tears from a person who may have HIV on their skin
   c. Gets blood, semen, vaginal or rectal secretions from a resident who may be HIV positive in their mouth or eyes
   d. A and C

9) All of the following are true statements regarding aging HIV positive residents and comorbid conditions, EXCEPT:
   a. Co-infection with hepatitis B or C is rare in HIV positive residents
   b. HIV can complicate the treatment of age-related comorbidities
   c. Age-related comorbidities can complicate the treatment of HIV infection
   d. HIV positive residents may have many of the same comorbid conditions that non-HIV infected residents have

10) Which of the following statements is TRUE with regard to HIV positive residents and vaccines:
    a. Residents should receive an alternative to the live attenuated influenza vaccine
    b. Residents should receive the live attenuated Hepatitis A vaccine
    c. The pneumococcal vaccine is contraindicated in HIV positive residents
    d. The HIV vaccine is recommended, but is not covered under many insurance plans
1) d, 2) c, 3) a, 4) c, 5) b, 6) d, 7) b, 8) d, 9) a, 10) a