

For each question, choose the most appropriate response and write in your answer booklet the corresponding letter only, in **capital letters**, e.g. 76 B. Each correct response carries 1 mark.

1. Which enzyme plays a role in breaking down protein strands to construct mature viral cores?
 - A. Reverse transcriptase
 - B. Proteinase
 - C. Protease
 - D. Integrase

2. Which enzyme facilitates the conversion from RNA to DNA?
 - A. Reverse transcriptase
 - B. Proteinase
 - C. Protease
 - D. Integrase

3. All of the following groups presently show a high prevalence of HIV infection EXCEPT _____.
 - A. babies
 - B. women
 - C. teenagers
 - D. Sub-Saharan Africans

4. Following sero-conversion HIV antibodies are usually detectable in the infected individual's blood. How soon after the virus has entered the body are HIV antibodies detectable?
 - A. 2- 6 hours
 - B. 2 – 6 days
 - C. 3 – 12 weeks
 - D. 3 – 12 years

5. How do most children born from HIV infected mothers contract HIV?

- (i). Breastfeeding
- (ii). Labour and delivery
- (iii). Child abuse
- (iv). Exclusive formula feeding

- A. i and iii
- B. i and ii
- C. iii and iv
- D. ii & iv

6. Which of the following best describes the role of GP 120?

- A. Attachment onto the cell membrane of CD4 cell
- B. Forms the matrix of the viral cell
- C. Fusion with the CD4 cell nucleolus
- D. Forms the core of the viral cell

7. Someone who lives with a person who has AIDS should avoid contact with:

- A. The eating utensils he / she uses
- B. His / her blood
- C. The bathroom he / she uses
- D. A and B

8. A first year female student engaged in unprotected sexual activity with an HIV infected partner who has not disclosed his status. She got infected with HIV. At what point will she be infectious to others?

- A. Only after she has had a positive HIV-antibody test result
- B. If she has symptoms of HIV
- C. After she becomes infected, even if she looks and feels healthy
- D. If she develops an opportunistic infection

9. How could you protect yourself from re-infection with the above STI's?

- A. Faithfulness to partner
- B. Falling in love with an age mate
- C. Consistent condom use

D. Have another boyfriend

10. Which of the following sexual behaviours involve sexual fantasies about exposing the penis to a stranger?

- A. Voyeurism
- B. Expositionism
- C. Exhibitionism
- D. Frotteurism

11. Minor molesters become sexually aroused by children. An alternative term for this type of behaviour is _____.

- A. non consent molesters
- B. Paedophilia
- C. Preference molesters
- D. Pre-teen molester

12. The primary stage of syphilis is usually marked by a single sore called a _____.

- A. rash
- B. lesion
- C. chancre
- D. only A & B

13. Which sexually transmitted infection (STI) may lead to heart disease or insanity?

- A. Gonorrhoea
- B. Chlamydia
- C. Herpes
- D. Syphilis

14. Identify symptoms of genital herpes:

- A. Tingling or burning in the genital area
- B. Pussy discharge from the genitalia
- C. Painful blisters in the genital area

D. A and C

15. Zodwa is at a local clinic to get tested for HIV. Which of her statements would suggest the highest risk for contracting HIV?

- A. I found out my cousin has HIV and I shared her lipstick at a wedding last weekend
- B. My boyfriend and I are in a committed, monogamous relationship, but we never use condoms
- C. I visited my grandmother in the hospital and one of the patients sneezed near me
- D. I have several boyfriends, and they sometimes use condoms

16. Zodwa's rapid HIV test is negative. This means that _____

- A. She definitely does not have HIV but should be counseled on HIV prevention methods
- B. She may have HIV and should be retested in 3 months
- C. She has HIV and should be started on antiretroviral therapy immediately
- D. She has HIV but should not be started on antiretroviral therapy because she does not have any symptoms

17. Zodwa is concerned that her boyfriend has HIV because he is frequently sick.

What are some other common signs and symptoms of HIV disease?

- A. Penile discharge
- B. Confusion and disorientation
- C. Fever lasting longer than a month
- D. Coughing up blood

18. You encourage Zodwa to talk to her boyfriend about getting tested for HIV. You understand that many people are hesitant to get HIV testing because _____

- A. HIV tests will cost the individual a lot of money
- B. It takes multiple trips to a clinic to obtain the results

- C. Health care workers are required to disclose an individual's HIV status to their community
- D. Cultural stigma and discrimination linked to an HIV diagnosis

19. Personal protective equipment includes:

- A. Gloves, gowns, masks, goggles
- B. Aprons, footwear, gloves
- C. . Eye shields, aprons, masks
- D. All of the above

20. All of the following are barriers to preventing mother to child transmission

EXCEPT _____

- A. delay in starting pre-natal care
- B. subservient status of women
- C. lack of trust in health care system
- D. involving father in treatment decisions

21. The aim of health education in HIV and AIDS prevention and control should focus on the following **EXCEPT** _____

- A. Modification of sexual orientation
- B. Reduce the risk of exposure to HIV and transmission
- C. Avoid Psychological stress
- D. Helping individuals to develop the ability to cope with situations

22. The following statements are true with regards to antiretroviral therapy, **EXCEPT**

- A. ART increases survival rate
- B. ART increases hospitalization
- C. ART reduces chances of HIV infection
- D. ART reduces hospitalization

23. Spousal, family and peer support are components of:

- (i). Psychosocial support

- (ii). Cultural support
 - (iii). Emotional support
 - (iv). Physical support
-
- A. i, & iv
 - B. i, ii, & iii
 - C. ii, & iii
 - D. i, ii, iii, & iv

24. Maintaining good nutritional status is important to support overall health and immune system function for people with HIV/AIDS. Many HIV-related conditions affect and are affected by the body's nutritional status. Which of the following is not part of the link between nutrition and HIV?

- A. Malnutrition
- B. Impaired immune system
- C. Decreased susceptibility to infections
- D. Increased loss of nutrients

25. One of the effects of HIV on an individual's nutritional status is to increase energy requirements. Which one of the following reasons justifies the increase in energy requirements?

- A. Decreased nutrient loss
- B. Food scarcity
- C. Viral multiplication and opportunistic infections
- D. Decreased basic metabolic functions

26. Which of the following influences the choice of an ART drug regimen?

- A. Other existing medical conditions
- B. Age
- C. Sex
- D. Diet

27. Who is eligible for antiretroviral drugs according to the ART guidelines in Swaziland?
- A. Anyone with HIV
 - B. Anyone with CD4 cell count of 500 cells/mm³ or less.
 - C. Anyone in the 4th stage of HIV progression.
 - D. B and C
28. Regarding nutrition, an HIV positive person _____.
- A. should eat just like anybody else
 - B. should reduce food intake to avoid obesity, heart diseases, diabetes and others
 - C. needs additional food intake to cater for increased demand for nutrients
 - D. none of the above
29. All the following are strategies for improving adherence, EXCEPT _____
- A. Anticipating and treating side effects
 - B. Involvement of a treatment supporter
 - C. Simplifying treatment regimens
 - D. Identify reasons for adherence
30. The following are consequences of re-infection in people who are on antiretroviral therapy:
- (i). Drop in the immune system
 - (ii). Viral load will increase
 - (iii). Resistance to ARV's will occur
 - (iv). Emergence of new opportunistic infections
- A. i, & iv
 - B. i, ii, & iii
 - C. ii, & iii
 - D. i, ii, iii, & iv

31. Immune cells that are targeted by HIV in the body are part of the _____.
- A. Lymphocytes
 - B. Phagocytes
 - C. Dendritic cells
 - D. Neutrophils
32. Palliative care is best described as _____.
- A. providing food and medication to the terminally ill
 - B. total care of individuals with incurable diseases, embracing physical, social and spiritual needs
 - C. Care that is provided by a family caregiver
 - D. total care provided to HIV infected patients
33. The clinical management of terminal AIDS involves all of the following EXCEPT _____.
- A. late diagnosis, treatment and monitoring of disease
 - B. ensuring proper diet and nutrition
 - C. pain management
 - D. Monitoring of multiple drug treatments
34. Which of the following is a threat to the nutritional status of an individual living with HIV?
- A. Good appetite
 - B. Healed oral sores
 - C. Vomiting
 - D. Adequate energy intake
35. The responsibility of a family caregiver in the palliative care team is to _____.
- A. Provide socioeconomic support
 - B. Provide psychosocial and spiritual support
 - C. Assist with daily care including taking of medications

D. All of the above

36. Which of the following are challenges associated with adherence to ART?

- (i). Low pill burden
- (ii). Side effects
- (iii). Stigma
- (iv). Flexibility of treatment regimen

- A. i, & iv
- B. i, & ii, & iii
- C. ii, & iii
- D. i, ii, iii, & iv

37. The acronym DOT in the context of ART adherence means

- A. Department of Transportation in Health
- B. Directly Organized Therapy
- C. Directly Observed Therapy
- D. Directly Organized Treatment

38. Social health needs and/or social well-being may be achieved through all of the following EXCEPT _____

- A. peer support
- B. Secrecy
- C. family support
- D. productive work

39. Social wellbeing is characterized by _____.

- A. spousal support, family and peer support
- B. faith, meditation, repenting and hope
- C. self esteem building and stress reduction management
- D. belief, self esteem and peer support

40. Meeting psychological needs of people living with HIV and AIDS (PLWHA) during home based care includes _____

- A. helping them to deal with death
- B. providing general information about the disease
- C. tackling with ethical issues of health care delivery
- D. legal issues that affect caring for them

41. Failure to disclose one's HIV status may be a function of

- A. fear of external stigmatization
- B. fear of social isolation
- C. avoiding to be discriminated against
- D. all of the above

42. Doing good and promoting wellbeing is the foundation of the principle of

-
- A. beneficence
 - B. justice
 - C. respect
 - D. golden rule

Your son Siphos is 22 years old attending University of Swaziland, He is left with one year to graduate. As a parent you are concerned about the number of girls he bring home, a different girl every weekend; your husband is proud of his son's popularity among girls and praising him of being a real man. In an effort to protect your son and his younger brothers, and sisters who are not yet sexually active, you asked their grandfather, uncles, grandmother and aunts to encourage the boys and girls to participate in traditional and cultural ceremonies to delay their sexual debut. According to Swazi culture which practices will encourage youth to abstain.

1. Umcwasho 2. Lusekwane 3. The reed dance 4. Egumeni 5. Esangweni

43. According to Swazi culture which traditional practice will encourage girls to delay sexual debut?

- A. 1,2
- B. 2,5

C. 1,4

D. 1,3

44. Which of the following cultural practices will provide a forum for girls to learn about life skills and prevention of sexually transmitted infections?

A. 1

B. 2

C. 1,3,4

D. 2,5

45. Samantha and Ronald's daughter is in a day-care center where there was a child who has just been diagnosed with HIV. What should they do to ensure that their daughter will not be exposed to the virus?

A. Nothing, transmission is highly unlikely in this casual environment

B. Move her to another day-care centre immediately, after making sure

C. Tell their daughter to avoid contact with the child with HIV

D. Try to have the child with HIV removed from the day care centre

46. According to Swazi culture, the head of the family has power over family members, but he exercises most of his power in consultation with which relatives?

A. Grandparents, paternal aunts and uncles

B. Grandparents, maternal aunts and uncles

C. Paternal grandparents and paternal uncles

D. Maternal grandparents, paternal aunts and uncles

47. Child headed household is a new phenomenon in the Swazi culture due to

A. A missing generation of parents due to HIV and AIDS

B. Parents dying due to Kaposi sarcoma

C. Parent failure to impose discipline to their children

D. Both A and B

48. This Swazi practice has increased the spread of HIV and AIDS amongst families in Swaziland.

- A. Polygamy
- B. Wife inheritance
- C. Multiple concurrent partners (bunganwa)
- D. All of the above

49. Which traditional healers' practice has contributed to the direct spread of HIV

- A. The incision with sterilized razors
- B. The incision with unsterilized razor blades and sucking of blood.
- C. Steaming of individuals sick with meningitis
- D. Delayed admission thinking that individual is possessed by evil spirits.

Zafina has been suffering from persistent coughing for a long time. When she went to the clinic she was screened for TB and found to be positive. She was advised to take an HIV test. She agreed to take the test and the results were negative. Nurse Banda advised Zafina to come back after a certain period to take another test. After the defined period she returned to the clinic for a follow-up test. Nurse Banda, is very busy this morning and is expecting the rest of the day to be just as busy. She asked the receptionist to file the HIV reports. While organising the reports, the receptionist recognizes Zafina's name and notices that Zafina is HIV positive. On her way out, passes by the reception and notices that some of the workers are looking at her and whispering. However, when she arrived home she disclosed to her partner (Babe Ngwenya) who decided to go for a test during a bus rank campaign. Babe Ngwenya was also tested twice. Both his test results were negative for HIV.

50. Zafina was advised to come back for another test to;

- A. Check her CD4 count
- B. Check her viral load
- C. Determine her HIV status
- D. Collect condoms

51. Zafina was offered a

- A. Client centred HIV Testing and counselling
- B. Provider Initiated HIV Testing and Counseling
- C. Bereavement counseling
- D. All the above

52. Both Zafina and Babe Ngwenya are referred to

- A. Discordant couple
- B. Incompatible couple
- C. Inconclusive couple
- D. None of the above

53. Zafina and Babe Ngwenya were both tested using

- A. DNA PCR using the Dried Blood Spot
- B. Rapid HIV antigen test
- C. Rapid HIV antibody test
- D. Viral load test

A 70 year-old lady is caring for her 24-year-old granddaughter, Sebe, who was employed in one industrial area. Owing to the fast progression of HIV disease progression in her, Sebe was requested to terminate her employment as she was too weak to work. Her grandmother is looking after her. Based on the scenario, state whether each of the following statements, 48 – 51, is true (T) or false (F). Write the corresponding letter only.

54. Universal precautions are only necessary when the grandmother is assisting Sebe to pass urine.

55. All linen that is used on Sebe's bed needs rinsing alone first and then laundered together with the rest of the family's clothes.

56. When there are no rubber gloves the grandmother can use plastic shopping bags to bath her granddaughter.

57. The grandmother may only hug her granddaughter for a brief period like 10 seconds only.

58. The economy of Swaziland has been affected by HIV and AIDS.

59. It is a legal requirement in Swaziland that and HIV positive woman discloses her status to the husband
60. The primary purpose for Client initiated HIV testing and Counseling is diagnosing HIV for appropriate management of opportunistic infections
61. During Provider Initiated HIV Testing and Counseling the client is not allowed to make informed choices
62. HIV testing is an entry point for treatment only
63. It's important to inspect personal protective equipment (PPE) for damage before putting it on.
64. Psychological support ought to be provided by health care workers only.
65. Psychosocial support addresses on-going concerns and needs of PLHIV and their partners and families.
66. Stigma is when an employee is dismissed from work because of being HIV positive.
67. Stigma and discrimination may result in people living with HIV and AIDS not accessing health service resources
68. If you were going to have sex with a partner and you didn't know for sure that they did not have an STI (sexually transmitted infection), it is recommended that you use protection such as a condom, or a dental dam for oral sex?
69. One can get sexually transmitted infections from oral sex?
70. Mutual faithfulness with an uninfected partner is 100% effective strategy that can be guaranteed
71. Re – infection by other HIV strains can cause one to contract other Sexually Transmitted Infections
72. The ridicule of boys and girls during traditional ceremony help them to adhere to the rules of the game in order to participate in the cultural practices.
73. Discordant couples are likely to meet with an social challenges.
74. On-going counselling is not necessary once the HIV test has been done and the result is negative. F
75. Bunganwa should be discouraged in the days of HIV and AIDS.