

## **HIV/AIDS Test for the 7-hour Certification for Washington State Athletic Trainers**

There are a total of 70 questions and six “parts” listed on this test. We are only requiring you to answer 30 of these questions. Please refer back to the Dept. of Health document the “KNOW” curriculum and follow along as the parts on this test match up with the parts in the curriculum. You must answer at least two questions from every “Part” and you are limited to a total of 15 of those questions being True/False and/or Yes/No type questions. The easiest way to submit your answers is to save a copy of this test to your computer, go to the question you want to answer and type directly on this document. You can highlight answers or type a response. When finished with your 30 questions save and send to **Rutlee@spu.edu** You will get your results back within one week or less; you must pass with a 90%. This means you can only miss three questions. All questions are worth 1 pt.

After receiving confirmation that you passed the test you can send a check for \$50 to:

Erin Rutledge, Athletic Training

3307 3<sup>rd</sup> Ave W, Suite 301

Seattle, WA 98119-1957

**Make the check out to WSATA.**

After receipt of your check you will be mailed your certification for the Washington State 7 hour “KNOW” curriculum. This certificate will be proof of having completed the HIV/AIDS curriculum and will also be verification of 4 BOC approved CEUs. Please keep this document on file in case you are audited by the Department of Health and/or the BOC.

### **Part I- Epidemiology and Etiology of HIV**

1. True or False- T helper lymphocytes are infected and destroyed by HIV. HIV also damages lymphocytes ability to signal for antibody protection.
2. What is/are the terms used to describe the 1<sup>st</sup> stage of the HIV disease?
3. The name of the period between initial infection with HIV and when the body produces antibodies is called:
4. The origin of HIV has been traced to what continent?
5. True or False- There is no such virus known as HIV.
6. True or False- Both HIV and AIDS cases have been reportable since 1984.
7. What caused decreases in AIDS deaths in wealthier countries since 1996?
8. When physicians report AIDS and symptomatic HIV infections what method of reporting is used?

### **Part II- Transmission and Infection Control**

1. Name one way HIV can be transmitted.
2. True or False- There are 6 factors that affect the transmission of HIV.
3. True or False- HIV, Hepatitis B and Hep C are all classified as stable viruses.
4. What drug paraphernalia carries the potential for transmission of HIV?
5. What % of babies of infected HIV mothers are born infected with HIV without medical intervention?
6. Yes or No- Washington State has a law that requires pregnant women to receive counseling about the dangers of HIV and offer voluntary testing.
7. Yes or No- If two people both have HIV but their viral loads are different, do they both need to use personal protection?
8. True or False- Multiple sexual partners or drug injections increase a person's chances of becoming infected with HIV.
9. True or False- If a person has a non detectable viral load it means they are clear of HIV infections.
10. True or False- HIV does exist in a multi drug resistant form.
11. Name the one of the two types of materials that most condoms consist of.
12. True or False- Natural membrane condoms do protect against HIV, HBV and some STD's.
13. True or False- Needle exchange programs do exist in the state of Washington.
14. Name the two standard blood borne pathogens.
15. What do the initials OPIM stand for?
16. What is an ECP plan?
  - A. Extra Careful Plan
  - B. Exposure Control Plan
  - C. Excellent Control and Careful Plan
17. True or False- A Hepatitis B vaccination must be offered to all employees working in a health care setting?
18. Name the two main infection control systems.
19. The initials PPE represent what words?
20. What is the length of time in seconds that one must wash and rinse their hands to ensure good hygiene?
21. True or False- Only the federal level regulates biohazard materials.
22. What is the risk to a health care worker of contracting HIV from a needle stick? State your answer in a %.
23. In order for urine, feces, vomit or sputum to be considered a potential blood borne pathogen what must exist?
24. True or False- Post exposure prophylaxis for HIV provides prevention for other blood borne diseases as well.
25. What type of insurance will cover post exposure prophylaxis treatment?
26. Antibody testing for HIV, Hep B and C are conducted for 6 months after occupational exposure. What is the recommended time for those who become infected with Hep C virus after exposure to a source co-infected with HIV?
27. If you are exposed to another person's blood while working, you can request testing of that individual. How long do you have to request this action?
28. What is the simplest technique to use to help control the spread of disease?
29. True or False- When disposing of syringes pop cans are good containers to use in absence of a sharps container.

### **Part III- Testing and Counseling**

1. What year was antibody testing first made available to the public?
2. The name of the first antibody screening test for HIV was called what?
3. True or False- Conventional tests and rapid testing are two identical types of testing methods for HIV.

4. What is the name of the test used to confirm a positive/reactive specimen for HIV?
5. Yes or No- Do all reactive tests whether from blood, urine, or oral fluid have to be confirmed by another test?
6. Currently the only licensed and FDA approved test kit for home HIV antibody testing is named what?
7. True or False- P24 antigen tests are available and recommended for testing in all circumstances.
8. True or False- Plasma RNA or proviral DNA tests can be used throughout the course of treatment for an HIV infected individual.

#### **Part IV- Clinical Manifestations and Treatment**

1. In what year did CDC re-define AIDS?
2. Name two AIDS indicator conditions.
3. True or False- A clinical manifestation is the physical result of some type of illness and is also classified the same as the infection itself.
4. True or False- Currently uninfected babies born to infected mothers are still treated with antiretroviral medicines for 12 weeks after birth.
5. True or False- The receptive partners of HIV infected fluids during sexual activity are more apt to contract diseases than the insertive partner.
6. The acronym "HAART" means?
7. Yes or No- Will there possibly be a vaccine for HIV within the current decade, according to current thinking.
8. Yes or No- Is Tuberculosis one of the leading causes of death in the US?
9. Treatment for TB is recommended for a minimum of how many months from a cost effectiveness standpoint?
10. The term STD is also known by what other name?
11. Name the 2 of the 4 common curable STD's?
12. The Hep B vaccine is available by 3 shots or by what other means?
13. The incubation period for Hepatitis B is?
14. What is the most common chronic liver disease in the US?
15. True or False- Hep C and both Hep B and HIV are transmitted by the same methods, blood contact and sexual activity.

#### **Part V- Legal and Ethical Issues**

1. True or False- Results from initial anonymous testing are also reportable since 1999.
2. What is a "Good Faith" effort as it applies to partner notification of HIV infected individuals?
3. What does the law legally protect people with HIV or AIDS infection from?
4. Name two "reasonable" accommodations an employer must make for an HIV/AIDS individual to perform essential tasks of their job?
5. What are the local Health Officers duties?
6. If a health care provider reports an infected individual with a communicable disease, who is refusing to comply with prescribed infection control measures, who should this health care provider talk to?

#### **Part VI- Psychosocial Issues**

1. Name 2 feelings a person with a diagnosis of HIV infection experiences.
2. Name 2 groups that are considered a "special population" because they have been significantly affected by the AIDS epidemic?
3. Yes or No- African Americans and Hispanics are disproportionately affected by HIV and AIDS
4. How do you feel the government and the health care system in general will view HIV/AIDS in the next 5-10 years?