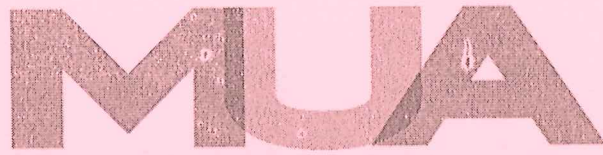


The  
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**DIPLOMA UNIVERSITY EXAMINATIONS**

**SCHOOL OF MANAGEMENT AND LEADERSHIP**

**DIPLOMA IN MANAGEMENT AND LEADERSHIP**

**CCU 104: INTRODUCTION TO HIV/AIDS**

**DATE: 25<sup>TH</sup> NOVEMBER 2019**

**DURATION: 2 HOURS**

**MAXIMUM MARKS: 70**

**INSTRUCTIONS:**

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**



**QUESTION ONE**

Read the Case Study below carefully and answer the questions that follow:

**PSYCHOSOCIAL FACTORS INFLUENCING SEX**

Kaluny is a youth who dropped from school at the age of 17 after his single mother could no longer afford to pay his school fees. He moved to his maternal village where he came across some boys who were already sexually experienced/active at that age. The group occasionally organized night outs where they would go and indulge in drinking and sexual promiscuity with girls in the nearby town. At first, he was too shy to join in the promiscuous behaviors but after a lot of pestering and derision by his friends he decided to comply.

Kaluny's first affair was fleeting but later had others that lasted for several months. After a while, he began feeling sick and this continued for a while until he decided to return home to seek medical care for the recurring fevers and night sweats. At home, he kept visiting the nearby clinics, but the health problems were unresponsive to drugs. One day he came across a pamphlet "Know the Facts about HIV/AIDS" and he decided to seek more information on the same from the online platform. Through own conviction he decided to visit a nearby hospital for VCT.

Pre-test counseling was conducted, and after an ELISA test was done, he tested positive for HIV. This led to shock, thoughts of suicide and denial but, the counselor advised him that he could prolong his life by Using ART, eating well, getting enough rest, keeping busy to avoid thinking about approaching death, refraining from alcohol and smoking, avoiding re-infections and getting regular exercises. Through joining HIV/AIDS support group, he is living positively while his feelings have turned from anger and denial to hope, his CD4+ count too is over 500 cells per microliter today.

**Required,**

- a) What do the following acronyms stand for/in the above case study

(5marks)

- i. HIV
- ii. AIDS



- iii. VCT
  - iv. ART
  - v. ELISA
- b) From the case study, Kaluny got the HIV infection from having unprotected sex from an infected person. Describe seven other ways how one can become infected with HIV **(7marks)**
- c) Highlight six habits you would advise Kaluny to observe so as to live a healthy life with HIV **(6Marks)**
- d) State four reasons why HIV testing was important for Kaluny **(4marks)**
- e) Explain clearly the four general reactions that Kaluny went through after testing HIV positive **(4marks)**
- f) In light of the case study, state any four high risk sexual behaviors that have been correlated with heavy alcohol use **(4marks)**

**QUESTION TWO.**

- a.) Fatigue or tiredness management is described as one way of managing HIV/ AIDS Patients. List down 3 interventions related to the same. **(3 Marks)**
- b) Illustrate 7 major rights of HIV/ AIDS patients. **(7Marks).**

**QUESTION THREE.**

- a.) Discuss any 3 effects of drugs and alcohol to the immune system in the human body **(3 Marks)**
- b.) Outline 7 factors that make institutions of higher learning in Kenya a high-risk area for transmission of HIV/ AIDS **(7marks)**

**QUESTION FOUR.**

- a.) There are four distinct phases of HIV/ AIDS following HIV infection. Describe the three clinical symptoms for symptomatic phase and three for full blown AIDS stage/phase **(6marks)**
- b.) Discuss any four multisectoral impacts of HIV/ AIDS **(4marks)**



**QUESTION FIVE.**

- a) Examine six approaches that one may adapt to enhance his ability to positive living with HIV/ AIDS (6marks)
- b) List four advantages of a balanced nutrition to a HIV positive person (4marks)

**QUESTION SIX.**

- a.) Explain five effects of stigma on the spread of HIV/ AIDS (5marks)
- b.) Discuss briefly five strategies adopted by the Kenyan government to fight the spread of HIV/ AIDS (5marks)

