

Tutorial Letter 102/3/2012

HIV/AIDS care and counseling

PYC2605

Semesters 1 and 2

Department of Psychology

This tutorial letter contains important information about your examinations.

Bar code

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Please note / important notes:

This tutorial letter contains important information about your syllabus and the examination paper. We will indicate which sections in the prescribed book you have to study for examination purposes, and which sections are recommended reading, not for examination purposes.

1 INTRODUCTION

Dear Student

You have probably by now bought your prescribed book, *Van Dyk, Alta (2012). HIV and Aids Education, Care and Counselling (5th ed.) Cape Town: Pearson Education*. If not, please do so immediately, since your examination paper will be based on this book. Please note that previous editions of the book are outdated and cannot be used. As you know, the Aids field is a very active, changing field and it is important that our students get the latest information to assist them in their work in the Aids field.

As we explained in Tutorial Letter 101 (Section 4.2 on page 8), the study guide is for enrichment purposes only. Do not follow the instructions in the study guide on what to study for the examinations. The study guide is still based on the previous edition of the prescribed book.

Please use the syllabus as set out in Tutorial Letter 101, Section 6 on page 11 to prepare for the examination. This tutorial letter will elaborate on the syllabus by giving you more detailed information on (a) *Sections you have to study for examination purposes* and (b) *Recommended reading, not for examination purposes*. This will be done at the hand of the following three sections:

- **Section A:** Compulsory section: Chapters 1 to 9; 11 to 15 and 21 to 22.
- **Section B:** Guidance Track: Chapters 10, 16 and 18.
- **Section C:** Care Track: Chapters 17, 19 and 20.

Please note that you have to do Section A, but that you can choose between Section B and Section C.

We strongly recommend that you read every prescribed chapter in its entirety to get a complete picture before you study the demarcated sections for the examinations. Although there will be no exam questions on the sections marked *Recommended reading, not for examination purposes*, it will help you to understand the *Sections you have to study for examination purposes* better if you

read through the recommended sections. Study the introductions of all the prescribed chapters. Read the conclusions of every chapter and try to answer the questions in the section *Test your understanding*. There will be no direct questions on tables and figures, but please look at these as it would greatly enhance your understanding of the work.

2 SECTION A: COMPULSORY SECTION

Chapter 1: HIV and Aids: A brief history

- Section 1.1. The birth of a new epidemic. **Study** for examination purposes.
- Section 1.2. The origin of HIV. **Study** for examination purposes.
- Section 1.3. The global Aids epidemic. **Recommended reading** (not for examination).
- Section 1.4. The world's response. **Recommended reading** (not for examination).

Chapter 2: HIV and the immune system

Study the whole chapter for examination purposes.
There will be no questions on the enrichment box *The genes of HIV* on page 30.

Chapter 3: Transmission and prevention

Study the whole chapter for examination purposes.

Chapter 4: HIV-associated symptoms and diseases

- Section 4.1. The CD4+T cell count, viral load and stages of infection. **Study** for examination purposes. .
- Section 4.2. The stages of HIV infection. **Study** for examination purposes.
- Section 4.3. Symptoms of HIV infection in children. **Recommended reading** (not for exams).
- Section 4.4. Prevention of opportunistic infections. **Study only** TB prophylaxis on pages 77 to 78.
- Section 4.5. Tuberculosis. **Study** for examination purposes. There will be no exam questions on *The diagnosis of TB* on pages 81 to 82 and *The treatment of TB* on pages 83 to 84.
- Section 4.6. Sexually transmitted infections. **Study** for examination purposes.

Chapter 5: HIV tests

Study the whole chapter for examination purposes.

Chapter 6: Antiretroviral therapy

- Section 6.1. Clinical assessment. **Study** for examination purposes.
- Section 6.2. Goals of antiretroviral therapy. **Study** for examination purposes.
- Section 6.3. Classes of ARVs and their mechanisms of action. **Study** for examination purposes.
- Section 6.4. ARVs available in Southern Africa. **Recommended reading** (not for exams).
- Section 6.5. Guidelines for the use of ART. **Study** for examination purposes. However, there will be no exam questions on *The use of ART in patients with TB*, *Use of ART in patients with hepatitis B* or *ART for children* on pages 116 to 118.
- Section 6.6. Adverse effects of ART. **Study** for examination purposes.
- Section 6.7. How to know if ART is effective. **Study** for examination purposes.
- Section 6.8. When to change treatment. **Study** for examination purposes.
- Section 6.9. The development of drug-resistant viruses. **Study** for examination purposes.
- Section 6.10. Adherence to antiretroviral therapy. **Study** for examination purposes.

- Section 6.11. Prevention of MTCT of HIV. **Study** for examination purposes.
- Section 6.12. Post-exposure prophylaxis after occupational exposure. **Study** for examination purposes.
- Section 6.13. PEP after rape or sexual assault. **Study** for examination purposes.

Chapter 7: Theories of behaviour change

Study the whole chapter for examination purposes.

Chapter 8: Aids education

Study the whole chapter for examination purposes.

Chapter 9: Changing unsafe practices

Study the whole chapter for examination purposes.

Chapter 11: Aids education in traditional Africa

Study the whole chapter for examination purposes.

Chapter 12: Counselling principles and skills

Study the whole chapter for examination purposes.

Chapter 13: HIV counselling and testing

Study the whole chapter for examination purposes.

Chapter 14: Ongoing counselling

- Section 14.1. Emotional impact of HIV infection. **Recommended reading** (not for exams).
- Section 14.2. Psychological challenges. **Study** for examination purposes.
- Section 14.3. Disclosure. **Study** for examination purposes.
- Section 14.4. Counselling special groups. There will be no examination questions on *Counselling women/couples on pregnancy* on pages 304 to 307 (**Recommended reading** only). **Study** the rest of Section 14.4 for examination purposes (from pages 307 to 312).
- Section 14.5. Ethical concerns in counselling. **Study** for examination purposes.

Chapter 15: Bereavement counselling

Study the whole chapter for examination purposes.

Chapter 21: Care for the caregiver

Study the whole chapter for examination purposes.

Chapter 22: Aids: Legal and practical issues

- Section 22.1 The constitution and the legal framework. **Study** the first part of this section about the constitution and the rights of people for examination purposes.
- Section 22.2. The basic rights of people living with HIV and Aids. **Study** for examination purposes.
- Section 22.3. National HIV counselling and testing guidelines. **Study** for examination purposes.
- Section 22.4. Health Professions Council ethical guidelines. Only students who chose the **Care Track** should **study this section** for examination purposes. Guidance Track students: Ignore.
- Section 22.5. Aids and employment: Code of good conduct. **Study** for examination purposes.

- Section 22.6. National policy for learners and educators. Only students who chose the **Guidance Track** should **study this section for** examination purposes. Care Track students: Ignore.
- Section 22.7 Women's rights. **Study** for examination purposes.
- Section 22.8. The rights of children. **Study** for examination purposes.

Chapter 23: Aids in the workplace

There will be no examination questions on this chapter.

3 SECTION B: GUIDANCE TRACK

Students who chose the guidance track must do the following chapters in addition to Section A.

Chapter 10: Aids education for school children

Study the whole chapter for examination purposes.

Chapter 16: Spiritual counselling and the meaning of life

Study the whole chapter for examination purposes.

Chapter 18: Orphans and vulnerable children

Study the whole chapter for examination purposes.

4 SECTION C: CARE TRACK

Students who chose the care track must do the following chapters in addition to Section A.

Chapter 17: Home- and community-based care

Study the whole chapter for examination purposes.

Chapter 19: Infection control

Study the whole chapter for examination purposes.

Chapter 20: Care and nursing principles

Study the whole chapter for examination purposes.

We sincerely hope that you will enjoy your studies with us. Later this year, you will receive a practice examination paper.

Your PYC2605 Lecturers.