1. What is HIV?

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____________________________________________________________________
____________________________________________________________________

2. Why are CD4 cells important?

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____________________________________________________________________
____________________________________________________________________

3. Which of the following are ways a person can become infected with HIV?

* (respond YES or NO for each)

sharing a cup/plate.............................. YES / NO

contact with used needles or razors.............................. YES / NO

sitting on the same toilet seat as an infected person......... YES / NO

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at Texas Children’s Hospital
Pediatric ARV Adherence Training Curriculum
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kissing ........................................... YES / NO

having sexual intercourse ............... YES / NO

breastfeeding from an infected mother ................................ YES / NO

mosquitoes ............................................ YES / NO

blood transfusion .............................. YES / NO

sleeping in same bed ......................... YES / NO

spirits/witchcraft ............................... YES / NO

mother to baby during pregnancy/childbirth .................. YES / NO

4. What does HIV do to the human body?

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__________________________________________________________________

__________________________________________________________________

5. How can you protect yourself against HIV?

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__________________________________________________________________
6. Once a person has HIV, what can they do to stay healthy?

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7. What are ARVs?

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8. How do ARVs work? What do ARVs do?

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9. As we discussed, most ARVs must be taken twice a day. If you give the child his/her ARVs at 6:30 in the morning, what time should he/she take the ARVs that night?

_________________________________________________________________

10. What happens to the HIV if the ARV medicines are not taken properly?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
1. If your child does not like the taste of the medicine, what can you do to make it easier for her/him to take the ARVs?

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________________________________________________________________

2. If your child has trouble swallowing the tablets or capsules, how can you prepare the medicine to make it easier?

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3. If the child misses a dose, and it is 6 hours from the time he/she was supposed to take the ARVs when you remember, what should you do?

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________________________________________________________________
________________________________________________________________

4. If the child vomits 15 minutes after taking a dose of ARVs, should you re-administer the dose? YES / NO (circle one)

Should you change the time of the next dose? YES / NO (circle one)
5. What are some ways that you can help remember to give the child his/her ARVs at the right time every day?
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6. If the child is going to be traveling, how many extra days worth of medicines should you pack in their bag, just in case he/she stays away longer than planned?
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7. If you are going to be traveling and leaving the child at home or with another caregiver, what arrangements do you need to make for the child before leaving?
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8. If you run out of one of the ARVs, should you go ahead and give the child the other two ARVs?  YES / NO  (circle one)
What should you do?
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________________________________________________________________________
________________________________________________________________________
9. What are some of the ways that a treatment supporter can help you?

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10. What are some of the possible side effects of ARVs?

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__________________________________________________________________

11. What should you do if your child is having any side effects or health problems?

__________________________________________________________________

__________________________________________________________________

__________________________________________________________________
Visual Aid 1
The CD4 Cell
Visual Aid 2
HIV Attacks CD4 Cells
Visual Aid 3
The Natural History of Untreated HIV/AIDS
Visual Aid 4
Modes of Transmission
Visual Aid 5
CD4 Cells Protect the Body
Visual Aid 6
When HIV Attacks CD4 Cells
The Body Becomes Weaker
Visual Aid 7
Without CD4 Cells
The Person Becomes Sick
Visual Aid 8
ARVs Prevent HIV from Attacking the Body
Visual Aid 9
With Appropriate Care and Treatment
Children With HIV Can Live Long and Healthy Lives
Visual Aid 10
Most ARVs Have To Be Taken Twice Every Day
Visual Aid 11
Forgetting To Take ARVs
Can Allow the Virus to Awaken,
Leading to Resistance
Visual Aid 12
Memory Tools Can Help With Adherence

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Visual Aid 13
Planning Ahead
Visual Aid 14
Side Effects