

A large, textured red ribbon is tied in a loop and extends diagonally across the left side of the page, symbolizing HIV/AIDS awareness.

HEM 645

**MANAGEMENT AND CARE OF
HIV/AIDS**

Course Guide

**COURSE
GUIDE****HEM 645****MANAGEMENT AND CARE OF HIV/AIDS**

Course Developer/Writer

Dr Anthony Ehon
Department of Psychology
University of Lagos
Lagos, Nigeria

Programme Leader

Prof. Afolabi Adebajo
Dean, School of Science and
Technology
National Open University of Nigeria
Lagos

Course Coordinator

Jane-Frances Agbu
National Open University of Nigeria
Lagos

**NATIONAL OPEN UNIVERSITY OF NIGERIA**

National Open University of Nigeria
Headquarters
14/16 Ahmadu Bello Way
Victoria Island
Lagos

Abuja Office
No. 5 Dar es Salaam Street
Off Aminu Kano Crescent
Wuse II, Abuja
Nigeria

e-mail: centralinfo@nou.edu.ng
URL: www.nou.edu.ng

Published by:
National Open University of Nigeria 2007

First Printed 2007

ISBN: 978-058-496-X

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TABLE OF CONTENTS	PAGE
Introduction.....	1
What you will learn in this Course.....	1
Course Aim.....	1
Course Objectives.....	1-2
Working through this Course.....	2
Course Materials.....	2
Study Units.....	2-3
Recommended Texts.....	3-4
Assignment File.....	4
Presentation Schedule.....	4
Assessment.....	4
Tutor Marked Assignments (TMAs).....	4
Final Examination and Grading.....	5
Course marking Scheme.....	5
Course Overview.....	5-6
How to get the most out of this course.....	6-8
Tutors and Tutorials.....	8-9

Introduction

HEM 645: Management and Care of HIV/AIDS is a 3 credit course for PGD HIV/AIDS Education and Management students and related disciplines

The course is broken into 6 modules and 25 study units. It will introduce the students to concepts of HIV/AIDS, modes of transmission, psychological issues and management of HIV/AIDS, nutritional management of HIV/AIDS as well as chemotherapeutic management.

At the end of this course, it is expected that students should be able to understand, explain and be adequately equipped with issues of management and care of HIV/AIDS.

The course guide, therefore, tells you briefly what the course: HEM 645 is all about, the types of course materials to be used, what you are expected to know in each unit, and how to work through the course material. It suggests the general guidelines and also emphasises the need for self assessment and tutor marked assignment. There are also tutorial classes that are linked to this course and students are advised to attend.

What you will learn in this Course

The overall aim of this course, HEM 645, is to introduce students to the variables associated with management and care of HIV/AIDS. During this course, you will learn about concepts of psychological, nutritional and chemotherapeutic management of HIV/AIDS.

Course Aim

This course aims to give students an in-dept understanding of management and care of HIV/AIDS. It is hoped that the knowledge would equip students with the conceptual issues of HIV management.

Course Objectives

Note that each unit has specific objectives. Students should read them carefully before going through the unit. You may want to refer to them during your study of the unit to check on your progress. You should always look at the unit objectives after completing a unit. In this way, you can be sure that you have done what is required of you by the unit.

However, below are overall objectives of this course. On successful completion of this course, you should be able to:

- Define the concepts of HIV/AIDS
- Describe the psychological management of HIV/AIDS
- Describe the nutritional management of HIV/AIDS
- Describe the chemotherapeutic management of HIV/AIDS
- Explain the goals of palliative care in HIV/AIDS management

Working through this Course

To complete this course, you are required to read the units, the recommended text books, and other relevant materials. Each unit contains some self assessment exercises and tutor marked assignments, and at some point in this course, you are required to submit the tutor marked assignments. There is also a final examination at the end of this course. Stated below are the components of this course and what you have to do.

Course Materials

The major components of the course are:

1. Course Guide
2. Study Units
3. Text Books
4. Assignment File
5. Presentation Schedule

Study Units

There are 25 study units and 6 modules in this course. They are:

Module 1 Defining and Understanding HIV/AIDS Concepts

- | | |
|--------|---|
| Unit 1 | HIV/AIDS: Definitions/Classifications and Symptoms |
| Unit 2 | HIV/AIDS: Modes of Transmission |
| Unit 3 | Classification and Natural History of HIV/AIDS Infection. |

Module 2 Psychological Management and Counselling of HIV/AIDS Patients

- | | |
|--------|--------------------------------------|
| Unit 1 | Psychological issues in HIV/AIDS |
| Unit 2 | Counselling and HIV/AIDS |
| Unit 3 | Family Care For HIV/AIDS Patients |
| Unit 4 | Consequences of HIV/AIDS Family Care |

Module 3 Nutritional Management of HIV/AIDS

- Unit 1 Importance of HIV/AIDS Nutritional Management
- Unit 2 Levels of Nutritional Care
- Unit 3 Nutrition Counselling and Intervention
- Unit 4 Nutrition Screening Tools for HIV/AIDS Patients

Module 4 Chemotherapeutic Management of HIV/AIDS

- Unit 1 Antiretroviral Therapy of HIV/AIDS
- Unit 2 Classes of Antiretroviral and Modes of Action
- Unit 3 Other NRTI Combinations
- Unit 4 Steps to Initiate Antiretroviral Therapy

Module 5 Patients Adherence and Treatment Support.

- Unit 1 What Is Treatment Adherence and Support
- Unit 2 Drug Resistance
- Unit 3 Defining Antiretroviral Success and Failure
- Unit 4 Antiretroviral Therapy in Children/Women and HIV-Infected patients with TB
- Unit 5 Antiretroviral Therapy in Dual Infections with HIV and Hepatitis

Module 6 HIV/AIDS Palliative Care

- Unit 1 Defining Palliative Care
- Unit 2 A National Public Health Approach to Palliative Care
- Unit 3 Training Healthcare Workers
- Unit 4 Educating Family and Volunteer Caregivers
- Unit 5 A National Policy for Drug Availability

Recommended Texts

These texts will be of immense benefit to this course:

Anne-Marie Barry, Chris Yuill (2002). Understanding Health. SAGE

Allot, M and Robb, M. (1997). Understanding Health and Social Care. SAGE.

Crane, D. R., Marshall, E. S. (2005). Handbook of Families and Health. SAGE

Davies, C and Bullman, A. (1999). Changing Practice in Health and Social Care. SAGE.

Lucas, K. and Lloyd, B. (2005). Health Promotion. SAGE

Melia, K. M. (2004). Health Care Ethic. SAGE

Parker, R. (2006). Global Public Health. Routledge

Assignment File

The assignment file will be given to you in due course. In this file, you will find all the details of the work you must submit to your tutor for marking. The marks you obtain for these assignments will count towards the final mark for the course. Altogether, there are 25 tutor marked assignments for this course.

Presentation Schedule

The presentation schedule included in this course guide provides you with important dates for completion of each tutor marked assignment. You should therefore try to meet the deadlines.

Assessment

There are two aspects to the assessment of this course. First, there are tutor marked assignments; and second, the written examination.

You are thus expected to apply knowledge, comprehension, information and problem solving gathered during the course. The tutor marked assignments must be submitted to your tutor for formal assessment, in accordance to the deadline given. The work submitted will count for 40% of your total course mark.

At the end of the course, you will need to sit for a final written examination. This examination will account for 60% of your total score.

Tutor Marked Assignments (TMAs)

There are 25 TMAs in this course. You need to submit all the TMAs. The best 4 will therefore be counted. When you have completed each assignment, send them to your tutor as soon as possible and make sure that it gets to your tutor on or before the stated deadline. If for any reason you cannot complete your assignment on time, contact your tutor before the assignment is due to discuss the possibility of extension. Extension will not be granted after the deadline, unless on exceptional cases.

Final Examination and Grading

The final examination of HEM 645 will be of 3 hour's duration and have a value of 60% of the total course grade. The examination will consist of questions which reflect the self assessment exercise and tutor marked assignments that you have previously encountered. Furthermore, all areas of the course will be examined. It is also better to use the time between finishing the last unit and sitting for the examination, to revise the entire course. You might find it useful to review your TMAs and comment on them before the examination. The final examination covers information from all parts of the course.

Course marking Scheme

The following table includes the course marking scheme

Table 1 Course Marking Scheme

Assessment	Marks
Assignment 1-25	25 assignments, 40% for the best 4 Total = 10% X 4 = 40%
Final Examination	60% of overall course marks
Total	100% of Course Marks

Course Overview

This table indicates the units, the number of weeks required to complete them and the assignments.

Table 2: Course Organizer

Unit	Title of Work	Weeks Activity	Assessment (End of Unit)
	Course Guide	Week 1	
Unit 1	HIV/AIDS: Definitions, classifications and symptoms	Week 1	Assignment 1
Unit 2	HIV/AIDS: Modes of transmission	Week 2	Assignment 2
Unit 3	Classification and natural history of HIV infection	Week 2	Assignment 3
Unit 4	Psychological issues in HIV/AIDS	Week 3	Assignment 4
Unit 5	Counselling in HIV/AIDS	Week 3	Assignment 5
Unit 6	Family care for HIV/AIDS	Week 4	Assignment 6
Unit 7	Consequences of	Week 4	Assignment 7

	HIV/AIDS family care		
Unit 8	Importance of HIV/AIDS nutritional management	Week 5	Assignment 8
Unit 9	Levels of nutritional care	Week 6	Assignment 9
Unit 10	Nutrition counselling and intervention	Week 6	Assignment 10
Unit 11	Nutrition screening tools for HIV/AIDS	Week 7	Assignment 11
Unit 12	Antiretroviral therapy for HIV/AIDS	Week 8	Assignment 12
Unit 13	Classes of antiretroviral and modes of transmission	Week 9	Assignment 13
Unit 14	Other NRTI combination	Week 9	Assignment 14
Unit 15	Steps to initiate antiretroviral therapy	Week 10	Assignment 15
Unit 16	What is treatment adherence and support	Week 10	Assignment 16
Unit 17	Drug resistance	Week 11	Assignment 17
Unit 18	Defining antiretroviral success and failure	Week 12	Assignment 18
Unit 19	Antiretroviral therapy in children/women and HIV infection with TB	Week 13	Assignment 19
Unit 20	Antiretroviral therapy in dual infection with HIV and Hepatitis	Week 14	Assignment 20
Unit 21	Defining palliative care	Week 14	Assignment 21
Unit 22	National public health approach to palliative care	Week 15	Assignment 22
Unit 23	Training health care workers	Week 15	Assignment 23
Unit 24	Educating family and volunteer care givers	Week 16	Assignment 24
Unit 25	National policy for drug availability	Week 16	Assignment 25

How to get the most out of this course

In distance learning, the study units replace the university lecturer. This is one of the huge advantages of distance learning mode; you can read and work through specially designed study materials at your own pace and at a time and place that suit you best. Think of it as reading the teacher, the study guide tells you what to read, when to read and the

relevant texts to consult. You are provided exercises at appropriate points, just as a lecturer might give you an in-class exercise.

Each of the study units follows a common format. The first item is an introduction to the subject matter of the unit and how a particular unit is integrated with the other units and the course as a whole. Next to this is a set of learning objectives. These learning objectives are meant to guide your studies. The moment a unit is finished, you must go back and check whether you have achieved the objectives. If this is made a habit, then you will significantly improve your chances of passing the course. The main body of the units also guides you through the required readings from other sources. This will usually be either from a set book or from other sources.

Self assessment exercises are provided throughout the unit, to aid personal studies and answers are provided at the end of the unit. Working through these self tests will help you to achieve the objectives of the unit and also prepare you for tutor marked assignments and examinations. You should attempt each self test as you encounter them in the units.

The following are practical strategies for working through this course

1. Read the course guide thoroughly
2. Organize a study schedule. Refer to the course overview for more details. Note the time you are expected to spend on each unit and how the assignment relates to the units. Important details, e.g. details of your tutorials and the date of the first day of the semester are available. You need to gather together all these information in one place such as a diary, a wall chart calendar or an organizer. Whatever method you choose, you should decide on and write in your own dates for working on each unit.
3. Once you have created your own study schedule, do everything you can to stick to it. The major reason that students fail is that they get behind with their course works. If you get into difficulties with your schedule, please let your tutor know before it is too late for help.
4. Turn to Unit 1 and read the introduction and the objectives for the unit.
5. Assemble the study materials. Information about what you need for a unit is given in the table of content at the beginning of each unit. You will almost always need both the study unit you are working on and one of the materials recommended for further readings, on your desk at the same time.

6. Work through the unit, the content of the unit itself has been arranged to provide a sequence for you to follow. As you work through the unit, you will be encouraged to read from your set books.
7. Keep in mind that you will learn a lot by doing all your assignments carefully. They have been designed to help you meet the objectives of the course and will help you pass the examination.
8. Review the objectives of each study unit to confirm that you have achieved them. If you are not certain about any of the objectives, review the study material and consult your tutor.
9. When you are confident that you have achieved a unit's objectives, you can start on the next unit. Proceed unit by unit through the course and try to pace your study so that you can keep yourself on schedule.
10. When you have submitted an assignment to your tutor for marking, do not wait for its return before starting on the next unit. Keep to your schedule. When the assignment is returned, pay particular attention to your tutor's comments, both on the tutor marked assignment form and also written on the assignment. Consult your tutor as soon as possible if you have any questions or problems.
11. After completing the last unit, review the course and prepare yourself for the final examination. Check that you have achieved the unit objectives (listed at the beginning of each unit) and the course objectives (listed in this course guide).

Tutors and Tutorials

There are 12 hours of tutorial provided in support of this course. You will be notified of the dates, time and location together with the name and phone number of your tutor as soon as you are allocated a tutorial group.

Your tutor will mark and comment on your assignments, keep a close watch on your progress and on any difficulties you might encounter and provide assistance to you during the course. You must mail your tutor marked assignment to your tutor well before the due date. At least two working days are required for this purpose. They will be marked by your tutor and returned to you as soon as possible.

Do not hesitate to contact your tutor by telephone, e-mail or discussion board if you need help. The following might be circumstances in which you would find help necessary: contact your tutor if:

- You do not understand any part of the study units or the assigned readings.
- You have difficulty with the self test or exercise.

- You have questions or problems with an assignment, with your tutor's comments on an assignment or with the grading of an assignment.

You should try your best to attend the tutorials. This is the only chance to have face to face contact with your tutor and ask questions which are answered instantly. You can raise any problem encountered in the course of your study. To gain the maximum benefit from the course tutorials, prepare a question list before attending them. You will learn a lot from participating in discussion actively. GOODLUCK!