

SHELL AIDS SCHOOL CHALLENGE QUIZ COMPETITION
DECEMBER 2006 FINALS
ANSWER KEY

1. In many African countries life expectancy is dropping from more than 60 years to about years.

- a. 39
- b. 45**
- c. 30
- d. 40

2. In 2005, South Africa was projected to losepercent of its work force to AIDS.

- a. 11**
- b. 2
- c. 8
- d. 25

3. Which of the following options can be described as symptoms of HIV/AIDS?

- a. Tuberculosis
- b. Rashes**
- c. a and b
- d. None of the above

Note: Tuberculosis is a *complication* of AIDS, not a symptom.

4. All of the following will **not** increase the chance of getting infected with HIV, except:

- a. playing with friends
- b. drinking of alcohol**
- c. visiting the hospital
- d. carrying an HIV positive baby

Note: drinking of alcohol can weaken the liver and make people more susceptible to infections.

5. People with AIDS are also prone to developing a cancer of the immune system known as:

- a. Lymphomas
- b. Carcinomas**
- c. Brain Box

- d. All of the above
6. In Botswana the life expectancy has dropped to 39. What was the initial average?
- a. 50
 - b. 80
 - c. 72
 - d. 89

7. 2.4 million children and adults died of AIDS in Sub Saharan Africa in 2005. What is the average number of those who died daily? (Answer: 6575.3 persons)

Note: 2005 was not a leap year so divide the number with 365

8. Which of the following is an opportunistic infection?
- a. tuberculosis
 - b. malaria
 - c. typhoid
 - d. measles

9. What was the theme of the World AIDS Day in 2005?
- a. "Stop Stigma and Discrimination"
 - b. "Women and AIDS"
 - c. "Stop AIDS: Keep the Promise"
 - d. "I Care, Do You?"

Notes: UNAIDS sets the worldwide theme. Some countries go a step further by choosing theirs.

10. Which year was the first World AIDS Day held?
- a. *1988
 - b. 1989
 - c. 1990
 - d. 1991

11. The viral load levels of women living with HIV vary during:
- a. different stages of the menstrual cycle
 - b. in the mornings
 - c. during bi-focal tests and cycles
 - d. when they have sexual intercourse

12. What were the first condoms made of?
- fish skins
 - rubber
 - sheep intestines**
 - fibrous plants
13. Hepatitis C damages:
- the liver**
 - the kidneys
 - the heart
 - lungs
14. One of the differences between children and adults living with HIV is:
- CD4 is not relevant in children
 - CD4 counts are much higher for children**
 - CD4 count is useful when children are newly born
 - CD4 count is only relevant when there is resistance
15. The cure for HIV was approved on November 3, 2006 by the World Health Organisation. Who spearheaded the research that led to the discovery of the cure?
- Prof T Chakovsky of the Russian Institute of Epidenomics and HIVs
 - Dr. Odafe Ovoriole of the American Space Disease Research Agency
 - Prof. Frank Stonehouse of the Imperial College London
 - *None of the above**
16. What is the difference between HIV 1 and HIV 2?
- one is more dangerous than the other
 - one does not cause AIDS
 - one has a longer incubation period**
 - one kills faster
17. Lipsodostrophy refers to changes in blood fat and blood sugar levels of people living with HIV. It also includes changes in fat cells and the distribution of body fat. It is a worry for many people who are about to start treatment. This condition is caused by:
- fatty foods
 - protease inhibitors
 - body measurements by dieticians
 - the exact cause is not known**

18. In the prevention of HIV, the use of oral contraceptives is:
- a. 92% effective
 - b. 0% effective**
 - c. 45% effective
 - d. none of the above
19. Who was the first *Nigerian* Managing Director of Shell Petroleum Development Company Ltd? **Mr Basil Omiyi**
20. What is the full meaning of PLWHA? **Persons Living With HIV and AIDS**
21. In one sentence, tell me what the red ribbon campaign signifies? **It signifies the fight against the spread of HIV/AIDS.**
22. What is referred to as “drug holidays”?
- a. Treatment breaks
 - b. Structured Treatment Interruptions**
 - c. Strategic Treatment Interruptions
 - d. **All of the above**
23. The use of condoms is ineffective in fighting one of these STDs:
- A. gonorrhoea
 - b. crabs**
 - c. syphilis
 - d. chlamydia
24. The theme of the first World AIDS Day was:
- a. Join the Worldwide Effort**
 - b. Stopping the AIDS Scourge
 - c. You, Me and AIDS
 - d. Stop AIDS, Keep the Promise
25. Another name for candidiasis is:
- a. flush
 - b. thrush**
 - c. mulching
 - d. stutch

26. Syphilis comes in:
- 4 stages
 - 6 stages
 - 3 stages**
 - 2 stages
27. One of the immediate signs of HIV infection includes:
- itching in the armpit
 - pain in the nose
 - menstrual cramps
 - flu-like symptoms**
28. Antiretroviral drugs are made of:
- insulin
 - cassava extract
 - potassium sulphate
 - none of the above**
29. Hepatitis is an inflammation of:
- the kidneys
 - the brain
 - the liver**
 - the rectum
30. *Adherence* is an acceptable parlance in HIV therapy. What does it mean?
The act of taking all medications exactly as prescribed.
31. The HIV prevalences in Port Harcourt, Bori and Bonny (cities in Rivers State) in a 2003 Survey were 3.7%, 7.7% and 8.3% respectively. Using these figures, what then is the average prevalence in Rivers State? - **6.56 or 6.6**
32. A survey was carried out on the HIV prevalence in Nigeria in 2003. It was discovered that Osun state has an HIV prevalence of:
- 5.0%
 - 5.8%
 - 12.0%
 - 1.2%**

33. How many states in Nigeria have HIV prevalence rates of over 5%?
- 13
 - 12 plus FCT
 - 13 plus FCT
 - 10
34. The treatments sanctioned for people living with HIV/AIDS is largely helpful but in some cases, it does not always work. Give 3 reasons why this is so.
- 1) **The combination may not be potent enough**
 - 2) **The person may already be resistant to one or more of the drugs in the combination**
 - 3) **The regimen may be too difficult to follow (even if patient is missing only one dose a week)**
 - 4) **One or more of the drugs may not be absorbed properly. There can be big variations between people and tests can check for this**
 - 5) **Side effects may be too difficult to tolerate**
35. Who implemented the national campaign for tolerance towards persons living with HIV/AIDS "Live and Let Live" for the period of 15 November to 15 December 2002?
- National AIDS committee
 - the Federal Ministry of Health
 - the social Development unit at UNDP Bulgaria
 - all of the above**
36. Combination therapy may reactivate an important part of your immune system called:
- the thymus**
 - the pancreas
 - the bhiva
 - none of the above
37. What is the Immune Reconstitution Syndrome?
- When dormant infections are reactivated due to patients starting antiretrovirals (ARVs) with a very low CD4 count**
 - When dormant infections are suppressed due to patients starting ARV with high CD4 count
 - when suppressed infections blaze into the open due to low CD4 count
 - All of the above
38. What is the best combination of drugs to use for HIV therapy?
- Anyone combination would do

- b. No best, one combination that agrees with one person may be difficult to tolerate by another
 - c. AZT, CD4 and CCPI5
 - d. None of the above
39. In a 2001 survey carried out by the HIV/AIDS reproductive health survey it was discovered that the HIV prevalence among young people aged 15 to 24 years was:
- a. 7%
 - b. **6%**
 - c. 8%
 - d. 4%
40. In the 2003 surveillance survey, all but one of the following states showed an increase in its HIV prevalence rates:
- a. Yobe
 - b. Jigawa
 - c. Abia
 - d. **Ebonyi**
41. Name three risk factors for heart disease in people living with HIV:
- 1) age (over 45 for men and 55 in women)
 - 2) sex (male)
 - 3) lack of exercise
 - 4) family history of heart disease
 - 5) high blood pressure
 - 6) smoking
 - 7) diabetes
42. What is the full meaning of NARHS?
National HIV/AIDS Reproductive Health Survey.
43. Which country ranks behind South Africa as the 2nd country with the most actual impact of HIV/AIDS?
- a. Indonesia
 - b. Panama
 - c. Congo
 - d. **India**