

PATIENT EDUCATION: HIV

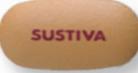


WHAT YOU SHOULD KNOW ABOUT HIV:

1. AIDS is caused by HIV.
2. You can have HIV for years and not feel sick.
3. HIV, if left untreated, gradually destroys your immune system, leaving you at risk for other serious and potentially deadly infections. Effective treatment, when given early, can save your life.
4. There is no cure or vaccine for HIV. Effective treatment can prolong your life and prevent potentially painful and serious complications.
5. **Know your status:** ask your medical provider for a routine HIV test if you have never been tested. HIV may take up to six months to become detectable in your body after you are infected.
6. **Protect yourself:** Know how HIV is most commonly passed and avoid those risky behaviors. *Sexual activity and the use of needles for non-prescribed purposes is illegal within the California Department of Corrections and Rehabilitation and may lead to prosecution.* HIV can be transmitted through unprotected sexual contact and sharing needles with someone who is HIV infected.
7. **Know how HIV is NOT spread:** dry kissing, shaking hands, hugging, sharing utensils, food, or toilets.
8. If you have been exposed, seek medical attention, especially if you have flu-like symptoms, night sweats, fevers, weight loss, diarrhea, swollen lymph glands, oral thrush (white fungus patches in your mouth) or vaginal yeast infections.

SUMMARY	DECISION SUPPORT	PATIENT EDUCATION/SELF MANAGEMENT
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HIV MEDICATIONS PRESCRIBED TO: _____

NUCLEOSIDE/NUCLEOTIDE REVERSE TRANSCRIPTASE INHIBITORS (NRTI)			
<input type="checkbox"/> ABACAVIR (ZIAGEN, ABC) 	<input type="checkbox"/> DIDANOSINE (VIDEX, DDI) 	<input type="checkbox"/> EMTRICITABINE (EMTRIVA, FTC) 	<input type="checkbox"/> LAMIVUDINE (EPIVIR, 3TC) 
<input type="checkbox"/> STAVUDINE (ZERIT, D4T) 	<input type="checkbox"/> TENOFOVIR (VIREAD, TDF) 	<input type="checkbox"/> ZIDOVUDINE (RETROVIR, AZT) 	
NON-NUCLEOSIDE REVERSE TRANSCRIPTASE INHIBITORS (NNRTI)			
<input type="checkbox"/> DELAVIRDINE (RESCRIPTOR DLV) 	<input type="checkbox"/> EFAVIRENZ (SUSTIVA/EFV) 	<input type="checkbox"/> ETRAVIRINE (INTELENCE, ETR) 	<input type="checkbox"/> NEVIRAPINE (VIRAMUNE, NVP) 
COFORMULATIONS			
<input type="checkbox"/> RILPIVIRINE (EDURANT, RPV) 	<input type="checkbox"/> EFAVIRENZ/TENOFOVIR/ EMTRICITABINE (ATRIPLA) 	<input type="checkbox"/> TENOFOVIR/EMTRICITABINE (TRUVADA, TVD) 	<input type="checkbox"/> ZIDOVUDINE / LAMIVUDINE (COMBIVIR, CMB) 
	<input type="checkbox"/> ABACAVIR/LAMIVUDINE (EPZICOM, EPZ) 	<input type="checkbox"/> ZIDOVUDINE / LAMIVUDINE / ABACAVIR (TRIZIVIR, TZV) 	
PROTEASE INHIBITOR (PI)			
<input type="checkbox"/> ATAZANAVIR (REYATAZ, ATV) 	<input type="checkbox"/> DARUNAVIR (PREZISTA, DRV) 	<input type="checkbox"/> FOSAMPRENAVIR (LEXIVA, LEX) 	<input type="checkbox"/> INDINAVIR (CRIVAN, IND) 
<input type="checkbox"/> KALETRA (LOPINAVIR/ RITONAVIR LPV) 	<input type="checkbox"/> NELFINAVIR (VIRACEPT, NLF) 	<input type="checkbox"/> RITONAVIR (NORVIR, RTV) 	<input type="checkbox"/> SAQUINAVIR (INVIRASE, SQV) 
<input type="checkbox"/> TIPRANAVIR (APTIVUS, TPV) 			
OTHER			
<input type="checkbox"/> ENFUVIRTIDE (FUZEON, T20) 	<input type="checkbox"/> MARAVIROC (SELZENTRY, MVC) 	<input type="checkbox"/> RALTEGRAVIR (ISENTRRESS, RAL) 	

HIV: WHAT YOU SHOULD KNOW



1. There is no cure for HIV, but effective treatment, when started early and taken consistently, can prolong your Life, prevent serious and painful complications, and decrease your risk of transmitting HIV to others.
2. **HIV medications must be taken daily.** Missing doses increases your risk of developing resistance, which would mean that the medications are no longer able to control your HIV. Sometimes, resistance can develop to medications that you have not yet taken, and your future treatment options may become very limited.
3. **Know your numbers:** what labs help you know how you are doing?
 - CD4 cell count (also called T cell count) tells you how strong your immune system is. A normal CD4 cell count is 700 – 1200; dangerous is 200 and below. The goal of treatment is to get your CD4 cells as high as possible by controlling your HIV viral load, and to take medications to prevent other infections if your CD4 is dangerously low.
 - HIV viral load measures how much HIV is present throughout your bloodstream. The goal of treatment is to have a very low viral load level, also called “undetectable” on lab reports. Remember, if your viral load is undetectable, you still have HIV, you are still potentially infectious, and if you stop your medications your viral load will increase again which will cause your CD4 cell count level to worsen.
4. **Notify medical personnel** if you are unable to take your HIV medications due to severe side effects, forgetfulness or other reasons.
5. Protect others: Know how HIV is most commonly passed and avoid those risky behaviors. *Sexual activity and the use of needles for non-prescribed purposes is illegal within the California Department of Corrections and Rehabilitation and may lead to prosecution.* HIV can be transmitted through unprotected sexual contact and sharing needles.
6. Know how HIV is NOT spread: dry kissing, shaking hands, hugging, sharing utensils, food, or toilets.

YOUR MEDICATION SCHEDULE:

NAME OF MEDICATION	FOOD REQUIREMENT?	(number of pills)			
		MORNING	LUNCH	DINNER	BEFORE BEDTIME

YOUR MOST RECENT CD4 CELL COUNT WAS _____ ON (DATE) _____

YOUR MOST RECENT HIV VIRAL LOAD WAS _____ ON (DATE) _____