

Psychiatric	
Mood	<ul style="list-style-type: none"> • Depression screening: Have you experienced a decrease in your interest or pleasure in your activities? Have you felt depressed, down, or hopeless? • Do you feel more angry, sad, depressed, numb, irritable, or anxious than usual? • Have any major life events have occurred to cause you to feel sad or depressed? • When did these events occur?
Sleep	<ul style="list-style-type: none"> • How is your sleep? • How many hours do you sleep each night? • What is your sleeping schedule – time to bed and time to rise? • Do you take naps?

HIV Research

Sample Questions	
	<ul style="list-style-type: none"> • Have you participated in any research protocols? What studies, and when? • Would you be interested in participating in research studies (if available)?

O: Objective

- Conduct a physical examination, focusing on subjective findings elicited in the history. (See chapter *Initial Physical Examination*.)
Note: If significant time has elapsed between the review of symptoms (ROS) and the physical examination, perform another ROS.

A/P: Assessment and Plan

- Arrange for baseline/intake laboratory work. (See chapter *Initial and Interim Laboratory and Other Tests*.)
- Compose a problem list. Initiate a medication list (if appropriate).
- Refer the patient to social services, mental health care, local health department partner services, community and other resources, or other clinic services as needed.

During the current visit or a future visit:

- Perform immunizations for pneumonia (Pneumovax), influenza (as appropriate), and other immunizations as indicated. (See chapter *Immunizations for HIV-Infected Adults and Adolescents*.)
- Provide counseling on prevention of HIV transmission (e.g., safer sex and injection practices), as appropriate. See chapter *Preventing HIV Transmission/Prevention with Positives*.

Patient Education

A very important aspect of caring for HIV-infected individuals is educating patients about HIV infection, including goals of care and ways of achieving those goals.

Review the following with each patient:

HIV disease

- Disease course
- Significance of CD4 cell count and HIV viral load
- Possible treatment approaches, including initial discussion about the importance of ART for the patient's own health and for reducing risk of HIV transmission
- Disclosure (e.g., whom the patient may need to tell about HIV status, relevant legal requirements, approaches to disclosure)

HIV transmission prevention and risk reduction for HIV-infected individuals

(see chapter *Preventing HIV Transmission/Prevention with Positives*)

- Strategies to prevent transmission of HIV to uninfected partners and to prevent acquisition of sexually transmitted diseases, hepatitis, and other infections
- Safer-sex approaches, including the use of condoms or other latex barriers during sexual contacts
- Safer use of recreational drugs

Nutrition

- Maintaining a healthy weight
- Nutritional support resources, if appropriate
- Importance of including a nutritionist in medical care

Mental health

- Stress reduction
- Rest and exercise to enhance a healthy mental state

Adherence

- Importance of keeping medical appointments
- Need for adhering to any medication regimen and the consequences of missed HIV medication doses

References

- Aberg JA, Gallant JE, Ghanem KG et al.; HIV Medicine Association of the Infectious Diseases Society of America. *Primary care guidelines for the management of persons infected with human immunodeficiency virus: 2013 update by the HIV Medicine Association of the Infectious Diseases Society of America*. Clin Infect Dis. 2014 Jan;58(1):e1-e34.
- Panel on Antiretroviral Guidelines for Adults and Adolescents. *Guidelines for the use of antiretroviral agents in HIV-1-infected adults and adolescents*. Department of Health and Human Services. Available at aidsinfo.nih.gov/guidelines. Accessed December 1, 2013.
- Panel on Opportunistic Infections in HIV-Infected Adults and Adolescents. *Guidelines for the prevention and treatment of opportunistic infections in HIV-infected adults and adolescents: recommendations from the Centers for Disease Control and Prevention, the National Institutes of Health, and the HIV Medicine Association of the Infectious Diseases Society of America*. Available at aidsinfo.nih.gov/guidelines. Accessed December 1, 2013.
- U.S. Department of Health and Human Services. *Guide to Clinical Preventive Services, 2012: Recommendations of the U.S. Preventive Services Task Force*. Available at www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/guide/index.html. Accessed December 1, 2013.



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