Candidate instructions

This station lasts 10 minutes.

Brian is a 43-year-old, heterosexual man who was diagnosed HIV positive 3 weeks ago and works as a civil servant. His CD4 count is 520 (28%) cells/μL. He is asymptomatic, and is uncertain about the necessity of starting antiretroviral therapy.

He is a non-smoker and has no family history of cardiovascular disease.

Your multidisciplinary team has discussed his case, and recommended that he start antiretroviral therapy.

Baseline results:

CD4 count 520 cells/μL; HIV RNA 102,000 copies/mL
Hepatitis C antibody negative
Hepatitis B surface antigen negative; core antibody negative; surface antibody negative
Creatinine 107 μmol/mL; eGFR 69 mL/min/1.73m²
LFTs normal
Lipids normal

Resistance test: wildtype virus, subtype B
HLA B*57:01 negative

Brian has had a recent STI screen which was negative and has had no sex since his last clinic visit.

Please focus on the tasks below only:

1. Explain the reasons why you would recommend cART.
2. Discuss the options available and your advice for a cART regimen.
3. Discuss monitoring and follow-up.
4. Answer any questions the patient may have.

Please note that marks are only awarded for how you perform the tasks set.
Station title: Starting ART

<table>
<thead>
<tr>
<th>Items</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explains reasons why cART is recommended</td>
<td></td>
</tr>
<tr>
<td>1 Current guidelines: ART is recommended at any CD4 count [1]; reference to START study [1]</td>
<td>2 1 0</td>
</tr>
<tr>
<td>2 Explains risks of HIV progression with declining CD4 count</td>
<td>1 0</td>
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<tr>
<td>3 Explains risks of OIs</td>
<td>1 0</td>
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<tr>
<td>4 Increased risk of malignancy</td>
<td>1 0</td>
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<tr>
<td>5 Increased risk of non AIDS events</td>
<td>1 0</td>
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<tr>
<td>6 Explains that effective treatment eliminates the risk of transmission</td>
<td>1 0</td>
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<tr>
<td>7 Benefits of treatment outweigh risks of side effects</td>
<td>1 0</td>
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</tbody>
</table>

**Note**

*In this example, this is the first of 4 categories on which the candidate is marked. These differ depending upon the type of question but generally come under the broad headings of ‘patient history’; ‘further management – including investigation and ART choice/side effects etc.’; ‘monitoring and other issues (such as adherence)’; and patient ‘understanding’.*

*It must be emphasised that this is only an example, and that there will be different categories for different questions. However, for all questions there will always be a broad range of aspects covered.*