

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/ μ L. 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/ μ L; HIV RNA 102,000 copies/mL

Hepatitis C antibody negative

Hepatitis B surface antigen negative; core antibody negative; surface antibody negative

Creatinine 107 μ mol/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.

Mark sheet

Examiner:

Candidate number:

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

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.