AETC-NMC
AIDS Education and Training Center
National Multicultural Center
HOWARD UNIVERSITY COLLEGE OF MEDICINE

Case Study Adapted from Addressing HIV Care and Adolescent Communities

John, an 18 year-old African American male, presents to his primary care physician (Dr. Beal) for enlarged lymph nodes. He reports swelling in his throat for the past two weeks and believes he is experiencing some continuing effects from a "really bad" case of the flu he had two weeks ago. He reports that he is extremely tired, has frequent headaches, and has also had a rash.

The physical exam reveals that John's inguinal lymph nodes are also swollen. Dr. Beal tells John that his symptoms could be related to a number of things and asks about his last HIV test. He denies a history of ever having an HIV test, adding, "My throat hurts, not my blood, plus I have not lost any weight and I'm not sleeping around." He shares that has been with Lesli, the same sexual partner for the past four months. "Lesli and I are faithful so we never use condoms," he reports when asked. He does recall that Lesli complained of similar symptoms about three months ago but "got better" after one week. He also says that Lesli looks healthy and is not sick.

1. What are some health literacy implications of his statement: "My throat hurts, not my blood, plus I have not lost any weight."

2. Dr. Beal has noticed that John does not refer to Lesli's gender but always uses Lesli's name instead. How should he approach John about obtaining Lesli's gender?

3. Should Dr. Beal encourage John to have an HIV test? Why or Why not? What tactics could be used to initiate the discussion?

John who was diagnosed HIV+ began treatment 5 months ago. Dr Beal is pleased that John's CD4+ cell count and viral load are responding to antiretroviral treatment and he reports minimal adverse effects. At a routine visit, John tells Dr. Beal that he is ashamed and has not shared his diagnosis with anyone in his family. This includes his new lover Patrick who is 20 years his senior. He shared that he only found out within the past week that Patrick is prone to violent outbursts and fears for his life. He admits to not using condoms because Patrick doesn't like them. He does not know Patrick's serostatus and is scared to tell him that he is HIV+.

1. What is the most pressing health need for John?

2. How can prevention with positives be addressed here

3. As clinicians discuss your role in addressing violence, stigma among persons among persons with HIV

4. How can John be best prepared for living with HIV?