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

Case Study Adapted from Addressing HIV Care and the Triple Whammy (African American, HIV and Psychiatric Illness)

Ms. Adeyemi is a 33 year-old Nigerian woman who recently returned to the US from Africa after a six month vacation. She is 3 ½ months pregnant. She has an 8-year-old son from a previous marriage. She was diagnosed with HIV 3 years ago. She has no income and she is living with friends who are unaware of her HIV status.

She says she practiced safe sex and tested regularly; however, she had one incident where the condom broke. Her CD4+ T cell count is 1130 cells/mm^3 and she has an undetectable viral load. She feels there is no need for her to take medicine because she is afraid that her friends will find out that she is HIV+ and she will have no place to stay. She feels guilty about this situation and reports feelings of worthlessness and fatigue all the time. She has not informed the baby's father her pregnancy and her HIV status.

Discussion Questions

1. How do you evaluate her further for possible depression?
2. How will you evaluate her risk of self harm?
3. What can you tell her about HIV medications and pregnancy?
4. Which HIV medication(s) should she avoid?
5. What advice would you give her about HIV related stigma?
6. What may account for her undetectable status without the use of antiretrovirals?
7. What ethical considerations, if any, should be considered?
8. Discuss other Cultural Competence issues that may impact retention into care and treatment.