

Clinical Case Study #1

- Mr. Martin is a 35 year old Black Hispanic male, diagnosed with HIV 10 years ago. He has never taken ART. He self-identifies as heterosexual but admits to having sex with men. He has been incarcerated approximately 6 of the past 10 years, and released 18 months ago. He is married and has a 12 year old son, a 9 year old daughter and twin boys 6 months old. His wife works for the local cable company. He is presently working with his mother's brother painting houses. He admits to poly-drug use with methamphetamine IV as his drug of choice. He denies any additional medication history other than an abdominal GSW 11 years ago and multiple stab wounds to the chest 5 years ago during a fight while incarcerated. He states that he does not use condoms during any sexual activities with his wife or male associates, explaining he has only had given anal sex .

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- Mr. Martin states he has a family history of cardiovascular disease and diabetes. He is the 4th child of 7 children. His father was an alcoholic and died from liver disease at age 45. His mother was diagnosed with diabetes and heart disease during her early 40s. Her right leg was amputated at age 58 due to complications. She is presently on medication for heart disease and diabetes. She was recently placed on dialysis. Four of his siblings were killed associated with gang violence. His older sister is a nurse and younger brother is in the military.

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- What PE findings may be significant?
- What lab findings may be significant?
- What co-morbidities may be found based on history, PE and lab findings?

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- Significant PE and Lab Results:
 - Ht:5:0 Wt: 186 lbs B/P: 160/92
 - CD4: 194
 - VL: 50,000
 - Genotype: Negative
 - HVC: Positive
 - Syphilis: 1:8
 - Glucose: 258
 - GFR: 50
 - LDL: 300
 - HDL: 26
 - PSA: 3.8

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- What additional history do we need?
- What additional lab tests should we order?
- What co-morbidities are our concerns?
- What impact would ART have on his quality of life and health?
- What health promotion, disease prevention education would you provide for Mr. Martin?
 - Wife
 - Children
 - Lifestyle