

Domain**HIV AND AIDS AWARENESS****Title:****Demonstrate knowledge of HIV and
AIDS****Level: 1****Credits: 2****Purpose**

This unit standard specifies the competencies required to demonstrate knowledge of HIV and AIDS. It includes the nature of HIV and AIDS, and transmission and ways of minimising infection. This unit standard is intended for people requiring knowledge of HIV and AIDS in order to engage in paid employment, other forms of work and/or vocational education and training.

Special Notes

1. HIV and AIDS poses a key challenge to individuals as well as businesses and industry in Namibia. Awareness of the effects of HIV and AIDS on people and the workplace is critical in mitigating the impact and minimising the spread of the disease.
2. Glossary of terms:
 - *'HIV'* means Human Immuno-deficiency Virus
 - *'AIDS'* means Acquired Immune Deficiency Syndrome
 - *'STDs'* means Sexually Transmitted Diseases
 - *'Prophylaxis'* refers to any medical or public health procedure whose purpose is to prevent, rather than treat or cure, disease
 - *'Window period'* refers to the period of time in which the body of an HIV-infected person has not yet produced antibodies and as a result the blood test can not detect the presence of the HI-virus.
 - *'Sero-conversion'* refers to the period of time in which the body of an HIV-infected person has produced antibodies against the HI-virus. At that stage the HI-virus can be detected through a blood test
 - *'Asymptomatic'* refers to the period of time in which the body of an HIV-infected person is not showing any sign and symptoms of HIV-infection
 - *'Symptomatic'* refers to the period of time in which the body of an HIV-infected person is showing signs and symptoms of HIV-infection
 - *'Full-blown AIDS'* refers to the period of time in which the immune system of an HIV-infected person is destroyed by HIV. Therefore the body can easily get infected with other different diseases or infections.
3. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act, No. 6, 1992
 - Occupational Health and Safety Regulations No. 18, 1997

and all subsequent amendments.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na.

Elements and Performance Criteria

Element 1: Describe the nature of HIV and AIDS

Range

Stages of the disease are limited to point of infection, window period, sero-conversion, asymptomatic phase, symptomatic phase, full-blown AIDS and death.

Sources of information may include but are not limited to government agencies, non government agencies, medical practitioners, and other health professionals.

Performance Criteria

- 1.1 The terms 'HIV' and 'AIDS' are expanded fully.
- 1.2 Function of the immune system, including the role of antibodies, is identified.
- 1.3 Impact of HIV on the immune system is identified.
- 1.4 Any five (5) signs and symptoms of HIV and AIDS are identified.
- 1.5 Stages of the disease, from infection with HIV to full-blown AIDS and death, are identified.
- 1.6 Any three (3) reliable sources of information on HIV and AIDS are identified.

Element 2: Describe HIV transmission and ways of minimising infection

Range

Ways of HIV transmission may include but are not limited to unprotected sex with an infected person, sharing un-sterilised needles or other instruments with an infected person, mother to child transmission, penetration of infected blood or other body fluids into the bloodstream.

Risk taking behaviours may include but are not limited to intravenous drug use and unsafe sexual practices.

Risk minimisation practices may include but are not limited to the use of condoms, the use of sterilised instruments (blades, needles and syringes), abstinence, faithfulness and post-exposure prophylaxis.

Interpersonal skills may include but are not limited to the ability to insist on protected sex and the ability to talk about HIV and AIDS with potential sexual partners.

Performance Criteria

- 2.1 Four (4) ways of HIV transmission are identified.
- 2.2 Risk taking behaviour linked to the transmission of HIV are identified and described.
- 2.3 The role of STDs in the transmission of the HI-virus is identified, and the relationship between untreated STDs and the risk of transmission or infection is recognised.
- 2.4 Practices that minimise the risk of transmitting HIV are described.
- 2.5 Interpersonal skills that help to reduce the risk of HIV infection are demonstrated in terms of assertive communication, negotiation and decision-making.

Registration Data

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