

Answers

Immune recovery of middle-aged HIV patients following antiretroviral therapy – an observational cohort study

(Adapted from Medicine: July 2017 - Volume 96 - Issue 28 - p e7493)

Expiration Date: 29 August 2018

CME point [#] / CNE point: 1 / PEM point: 0

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- Which of the following observations is generally true about treatment and age of HIV infected patients?
 - Young patients tend to have lower risk of viral rebound while on treatment
 - Old patients tend to require more potent highly active antiretroviral therapy for successful viral suppression
 - Final clinical outcome is independent of age
 - Old patients tend to have poorer immune recovery ✓**
 - None of the above
- In this cohort study of HIV infected patients in Hong Kong, middle-aged patients are defined as those aged
 - 30-49 years
 - 40-49 years
 - 40-54 years
 - 50-64 years ✓**
- In this study, treatment initiation is not considered late when
 - CD4 count is <200 cells/uL but ≥100 cells/uL ✓**
 - CD4 count is <100 cells/uL
 - AIDS-defining illness has occurred with a CD4 count < 200 cells/uL
 - AIDS-defining illness has occurred with a CD4 count ≥ 200 cells/uL
- Which of the following is associated with late treatment initiation?
 - Injecting drug use

- (b). Middle-aged at diagnosis
 - (c). Elderly at diagnosis
 - (d). Heterosexually acquired infections
 - (e). **All of the above** ✓
5. Comparing to young patients, middle-aged patients are more likely to be
- (a). Chinese
 - (b). Heterosexual
 - (c). Having a lower CD4 at diagnosis
 - (d). AIDS patients
 - (e). **All of the above** ✓
6. Which of the following is true regarding CD4 count with treatment?
- (a). CD4 cell count rebounds in first 6 months, and then plateaus
 - (b). **CD4 cell count rebounds most rapidly in young patients** ✓
 - (c). CD4 cell count rebounds most rapidly in middle-aged patients
 - (d). CD4 cell count rebounds more rapidly with NNRTI-based regimen
 - (e). None of the above
7. Which of the following is false regarding immune recovery with treatment?
- (a). Age category is a significant factor
 - (b). **NNRTI-based regimen, rather than PI-based regimen, is a favourable factor of immune recovery** ✓
 - (c). Late treatment initiation has impact on immune recovery
 - (d). Late diagnosis is a significant factor
 - (e). None of the above
8. Which of the following is generally true regarding CD4, CD8 and CD4/CD8 ratio?
- (a). **With effective treatment, CD4 will rise, CD8 will drop, and CD4/CD8 will rise** ✓
 - (b). With effective treatment, CD4 will rise, CD8 will rise, and CD4/CD8 will drop
 - (c). With effective treatment, CD4 will fall and then rise, CD8 will drop and then rise, and CD4/CD8 will be stable
 - (d). With effective treatment, CD4 will rise and then fall, CD8 will drop, and CD4/CD8 will continue to rise
 - (e). There is no consistent pattern with effective treatment
9. Which of the following is true regarding middle-aged patients in this cohort?
- (a). Middle-aged patients were more likely to be diagnosed late than young patients
 - (b). Middle-aged patients had slower recovery of CD4/CD8 ratio than elderly patients because of a slower decline of CD8
 - (c). Middle-aged patients had slower recovery of CD4 count than young patients
 - (d). Middle-aged patients had faster recovery of CD4 count than elderly patients
 - (e). **All of the above** ✓
10. Which of the following is reasonable inference from this study?
- (a). Progressively more potent therapy should be used as a patient ages during treatment
 - (b). **Treatment should be initiated early as late treatment initiation is associated with relatively poor immune recovery** ✓
 - (c). NNRTI-based regimen is preferred to PI-based regimen
 - (d). As middle-aged patients experience the slowest recovery of CD4/CD8, it is reasonable to defer therapy for a middle-aged patient until the CD4 count drops below 200 cells/uL
 - (e). None of the above