

### Case study 1

Anna is 26 years old Polish woman who moved to the UK 3 years ago. She works as a cleaner with an annual income of about £19,000. Her English is very limited. The agency that hires her is run by Polish people, so she does not have much of an interaction with Brits. Her social life is limited to several acquaintances with Polish people in London. She, however, has a boyfriend and has sexual contacts with him. Anna has used drugs (injection use) back home in Warsaw and does not use condoms when having sex with the boyfriend as according to her they are in a “stable, closed” relationship. Generally, healthwise she feels OK and goes to work regularly.

**1. Do you think that she is a person who needs an HIV test and why?**

**Answer**

### **Additional Information**

6 months ago she got a serious vaginal thrush which she decided to cure herself. She asked her relatives to send her medicines from Poland, which they did. Anna was sure that it was a vaginal thrush, as she had had it on several occasions in previous years. This time, even with the meds, the condition did not clear and she visited the GP.

In the meantime, she did not have any sex with the boyfriend and the relationship deteriorated.

The GP prescribed treatment and suggested an HIV test after realizing that the treatment does not bring any effect. The result of the test came back positive. Anna is registered with the local HIV clinic, from where they refer her to you for counselling.

- 2. What are your first thoughts about the case? What are the first things that you think you need to discuss with her and why?**

**Answer**

### Additional Information

1 month after the first visit Anna is with you again and the situation is as follows:

- CD4 count-127
- Viral load-527,000
- The doctor has prescribed Truvada and efavirenz

### Questions

3. What further info you may need to obtain to be able to counsel Anna better?
4. Are there any other tests that you may want to do/ask for that you think may be useful?
5. Do you agree with the proposed ARV combination? If yes, why? If no, why?

**Additional Information**

Anna tells you that she is not prepared to start treatment and is scared.

**Question**

6. What do you do