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AOTA Approved Provider #4023

**Course Title:** AIDS 110

**Course Subtitle:** HIV and Nutrition

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** Norris-Schafer, DC, MD / Brown, MS, OTR/L, CHT

**Educational Level:** Introductory, Intermediate, Advance

**Course Objectives:**

At the end of this course, participants will be able to:

- Explain the difference between HIV infection and AIDS
- Outline the methods of transmission of HIV
- Explain why early treatment of HIV infection is advantageous
- Discuss the basic factors in treatment
- Assess the individual HIV-AIDS patient for nutritional needs
- Explain the basic nutritional guidelines for the HIV infected patient.
- Discuss the classification of nutrients and their sources
- List some tools that may be used to do a nutritional analysis.
- Recognize AIDS nutritional deficient syndromes and other co morbidities
- Suggest some food plans/food treatments for nutritional deficiencies caused by the HIV infection or other opportunistic infections.
- Discuss the steps to good nutritional counseling
- Discuss some nutritional problems that may face the HIV patient and list some remedies for these issues.

**Outline of Content**

**Hour #1**

Review of HIV/AIDS

HIV Transmission

Advantages of Early Treatment and Care

Basic Factors in HIV/AIDS Treatment

Treatment Plan: Living with HIV (LVHIV) and HIV/AIDS

Nutritional Needs for Patients Living with HIV

HIV Basics to Consider  
Assessments

## **Hour #2**

Measurements  
Review of Dietary Habits  
Lifestyle Considerations  
Overcoming Nutritional Challenges in the HIV Patient  
Food Groups for the HIV Patient  
Specific Food Requirements for the HIV/AIDS Patient  
Nutritional Deficiencies due to the Disease and/or Symptoms  
Nutritional Counseling for the HIV/AIDS Patient  
Conclusions

### **Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://www.OnlineCE.com) includes PDF downloadable course. See course formats for additional details.

### **Course Completion Requirements:**

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

### **AOTA Classification Codes:**

- Category 1: Domain of OT
- Category 2: Occupational Therapy Process
- Category 3: Professional Issues

### **Additional Policies:**

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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