Online Continuing Education Courses
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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

**Instructional Methods and Formats:**
Online course available 24/7 at 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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