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continued



HIV/AIDS:

transmission & infection control
considerations

A.U. Bankaitis, PhD, FAAA

Clinical Audiologist & Vice President

Oaktree Products, Inc.

St. Louis, MO

continued

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- **Presenter Disclosure:** Non-financial disclosures: A.U. Bankaitis, PhD works for a distributor that offers infection control products. Financial disclosures: A.U. Bankaitis, PhD received an honorarium for presenting this course.
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Learning Outcomes

After this course, participants will be able to:

- identify at least two ways that HIV is transmitted
- differentiate HIV-infection from AIDS based on accepted disease classification systems
- list at least 3 standard precautions related to infection control

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continued

General Objectives



- Overview of HIV/AIDS
- Immune System & HIV
- Infection Control

6

continued

General Objectives



- Overview of HIV/AIDS
 - Definitions
 - Historical milestones
 - Global & domestic facts
 - Transmission & prevention

6

HIV AIDS

- human immunodeficiency virus
- acquired immunodeficiency syndrome

Person with HIV = severely compromised + opportunistic infection

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continued

HIV-1

HIV-2

Group M, Group O, Group N

continued

continued

General Objectives



- Overview of HIV/AIDS
 - Definitions
 - Historical milestones
 - Global & domestic facts
 - Transmission & prevention

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continued

1982

Initial Historical Milestones

MMWR June 5, 1981

5 cases Pneumocystis carinii pneumonia (PCP)

Kaposi's sarcoma

Persistent Generalized Lymphadenopathy (PGL)

Increased demand for PENTAMIDINE

Gay Related Immuno-Deficiency (GRID)

Hemophilic involvement

Acquired Immuno-Deficiency Syndrome (AIDS) coined
(July 27, 1982)

International Committee of Viral Taxonomy names virus

Human Immunodeficiency Virus

1986

10

continued

continued

Basic Statistics



- Worldwide
 - ~40 million living with HIV
 - ~2.3 million newly infected/year
- United States
 - ~1.2 million living with HIV
 - ~40,000 newly infected/year with 14% unaware of status

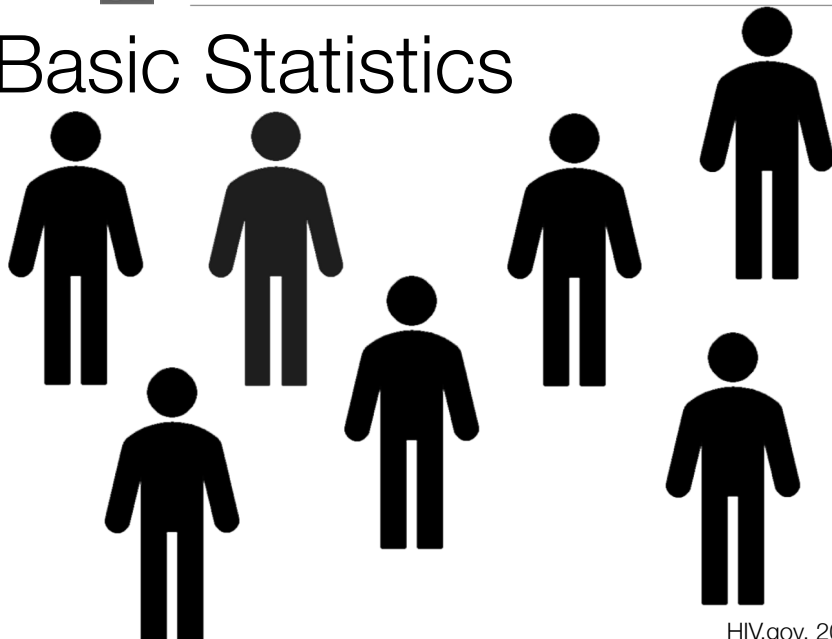


Joint United Nations Programme on HIV/AIDS (UNAIDS), 2013
HIV.gov, 2018

11

continued

Basic Statistics



HIV.gov, 2018

12

continued

General Objectives

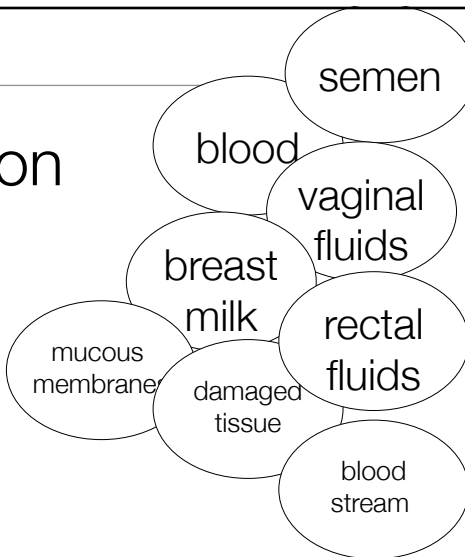


- Overview of HIV/AIDS
 - Definitions
 - Historical milestones
 - Global & domestic facts
 - Transmission & prevention

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HIV Transmission

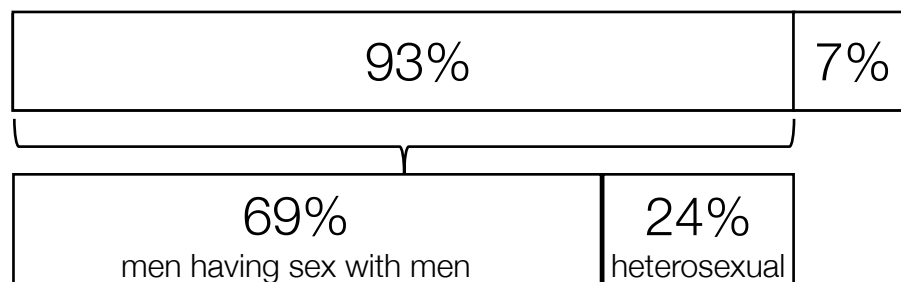
- Mainly spread by
 - Unprotected sex
 - Sharing needles, syringes
- Less commonly by
 - Birth
 - Breast feeding
 - Blood transfusions
 - Contaminated needle
 - Bite
 - Contact between broken skin or mucous membranes with HIV-infected blood or bodily fluids



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HIV Transmission

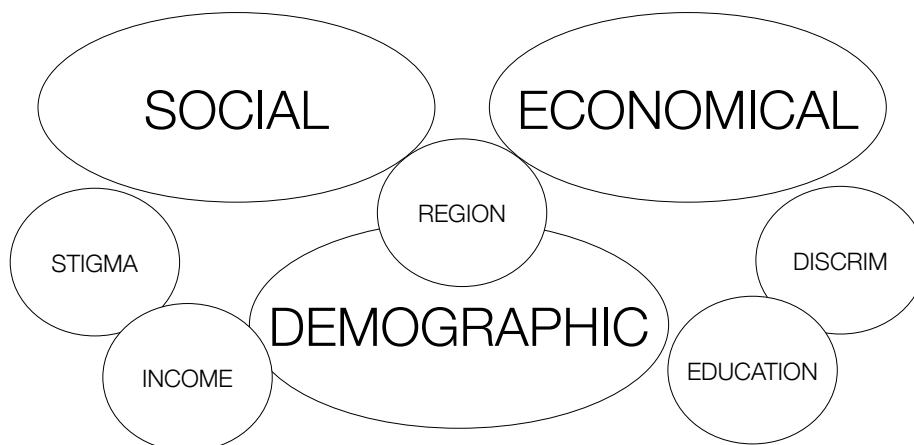
- Mainly spread by
 - Unprotected sex
 - Sharing needles, syringes



15

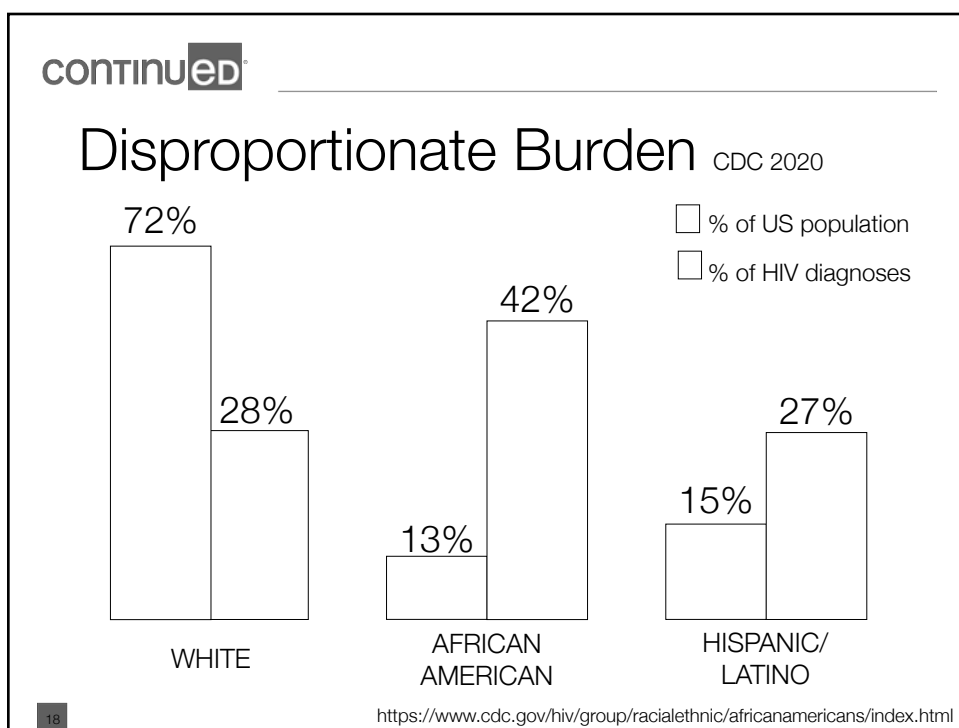
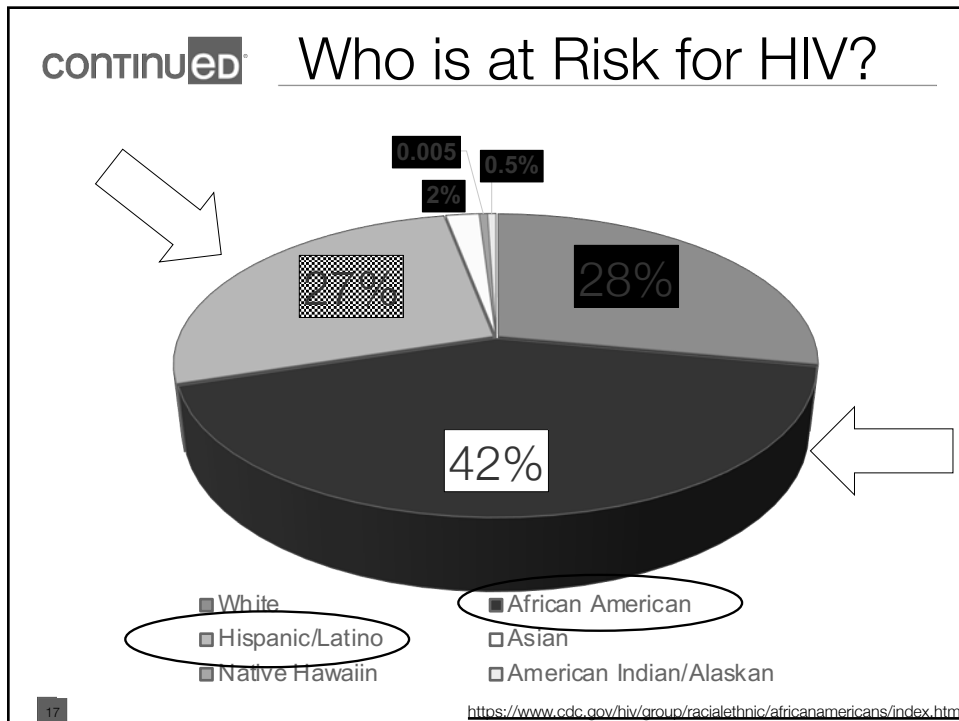
<https://www.hiv.gov/hiv-basics/overview/data-and-trends/statistics>

Impact on Racial and Ethnic Minorities



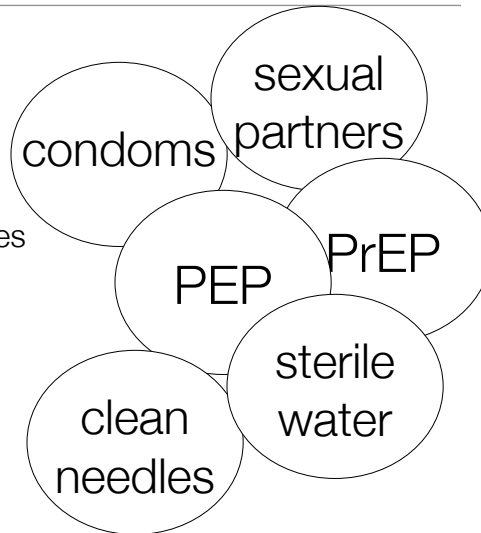
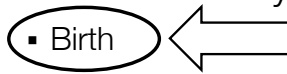
16

<https://www.cdc.gov/hiv/library/reports/hiv-surveillance/vol-31/index.html>



HIV Prevention

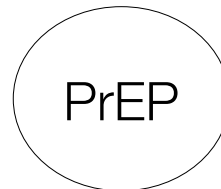
- Mainly spread by
 - Unprotected sex
 - Sharing needles, syringes
- Less commonly by
 - Birth
 - Breast Feeding
 - Blood transfusions
 - Contaminated needle
 - Bite
 - Contact between broken skin or mucous membranes with HIV-infected blood or bodily fluids



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Pre-exposure prophylaxis

- Taking daily medicine to prevent HIV for people at high risk
 - Taken daily
 - Highly effective for preventing HIV
 - Sex: 99% reduced rate
 - Injection drug use: 75% reduced rate
 - 28 days
 - Effective but not 100%



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<https://www.cdc.gov/hiv/basics/pep.html>

continued

Post-exposure prophylaxis

- Taking antiretroviral meds after potential exposure
 - Within 72 hours
 - 1x – 2x daily for 28 days
 - Effective but not 100%

PEP

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<https://www.cdc.gov/hiv/basics/pep.html>

continued

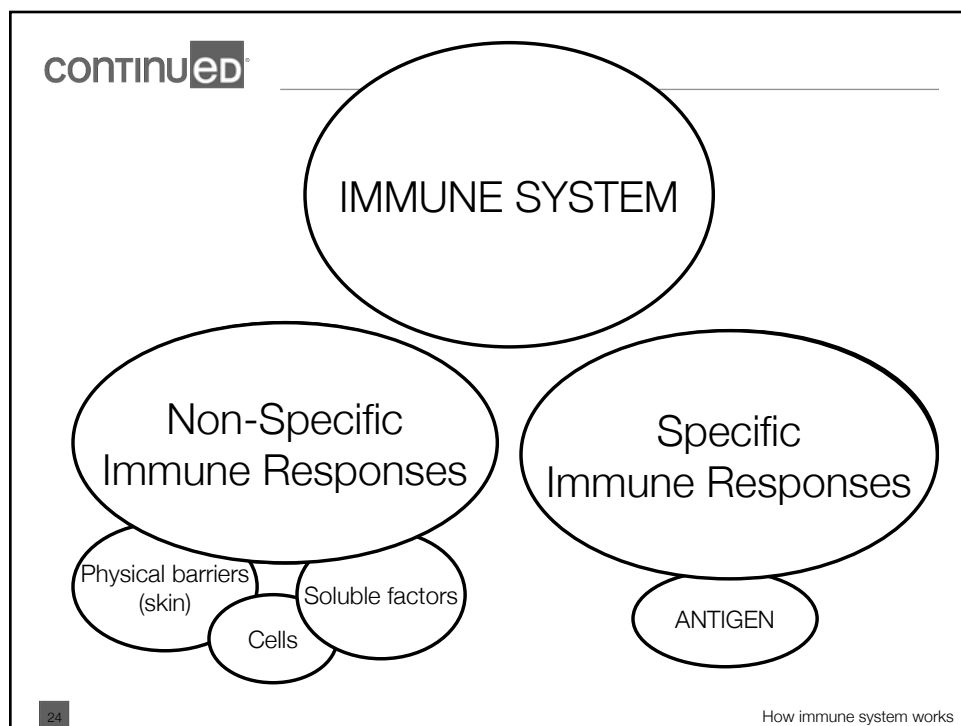
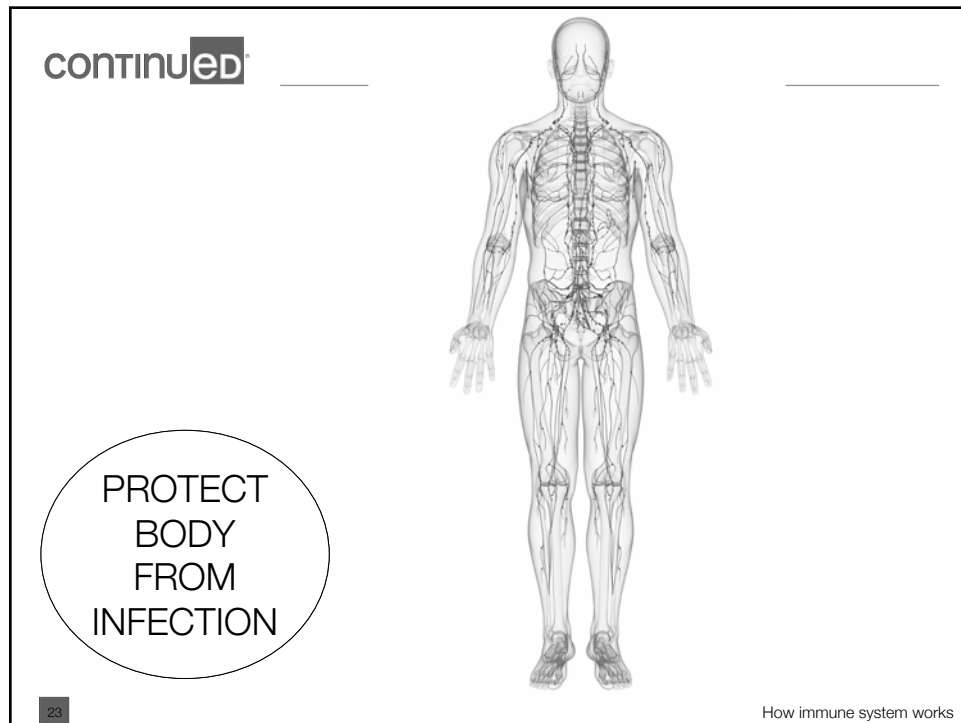
General Objectives



- Immune System & HIV
 - How it works
 - How HIV attacks immune system
 - Disease classification
 - Disease Course
 - Tests to diagnose HIV
 - Antiretroviral drug treatment

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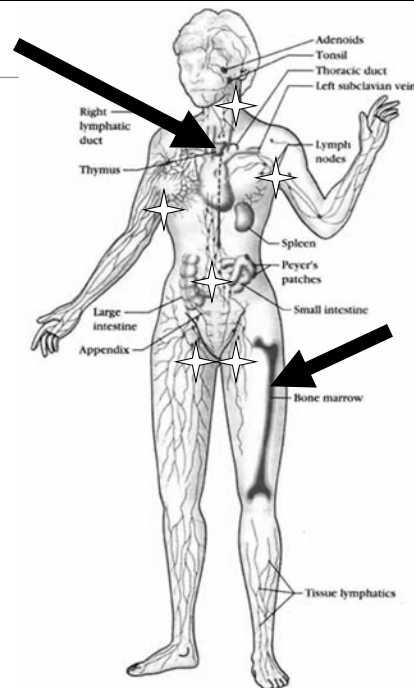
continued



continued

IMMUNE CELL ASSEMBLY

- Bone Marrow
- Thymus
- Lymph Nodes
- Spleen, tonsils, adenoids, appendix, peyer's patches



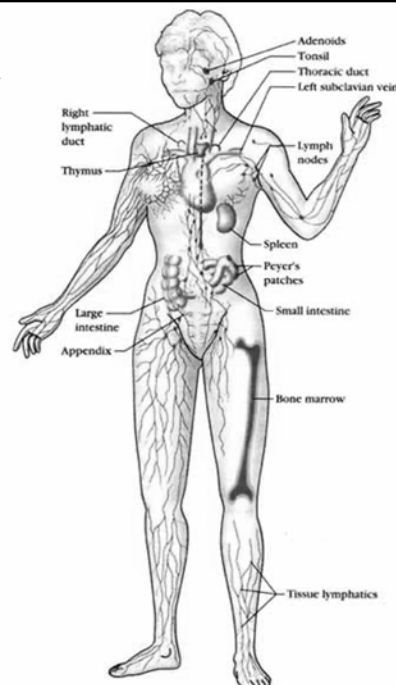
25

Image from: <http://uhaweb.hartford.edu/BUGL/immune.htm#fluids>

How immune system works

continued

LYMPHATIC SYSTEM



26

Image from: <http://uhaweb.hartford.edu/BUGL/immune.htm#fluids>

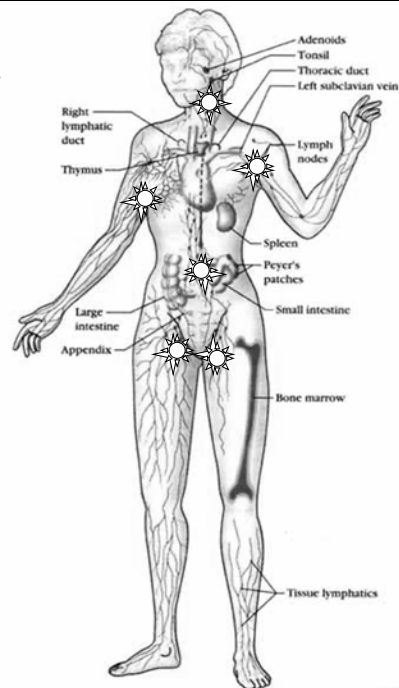
How immune system works

continued

continued

LYMPHATIC SYSTEM

- Network of vessels
- Channels lymph fluid to lymph nodes
- Directs lymph fluid toward chest
- Empties into bloodstream
- Reabsorbed by body tissues

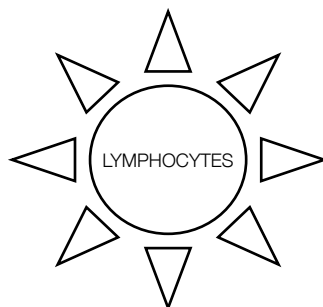


27

Image from: <http://uhaweb.hartford.edu/BUGL/immune.htm#fluids>

How immune system works

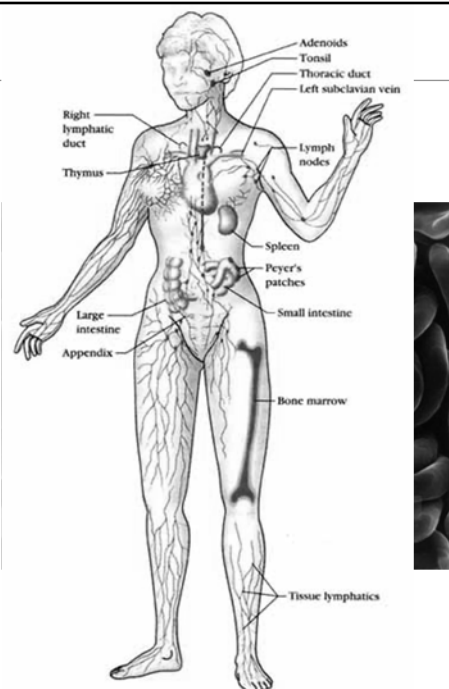
continued



Execute & manage all activities of the adaptive immune system

B-Cell

T-Cell



How immune system works

continued

continued

B-Cell Lymphocytes

- Maturation process occurs within bone marrow
- Identify antigen
- Triggered to produce antigen-specific antibody proteins

ANTIGEN

Image from: <http://uhaweb.hartford.edu/BUGL/immune.htm#fluids>

continued

Humoral Immunity

B-Cell

Activation Signal

Antigen

antibody

antibody

antibody

antibody

Bodily fluid = HUMOR

continued

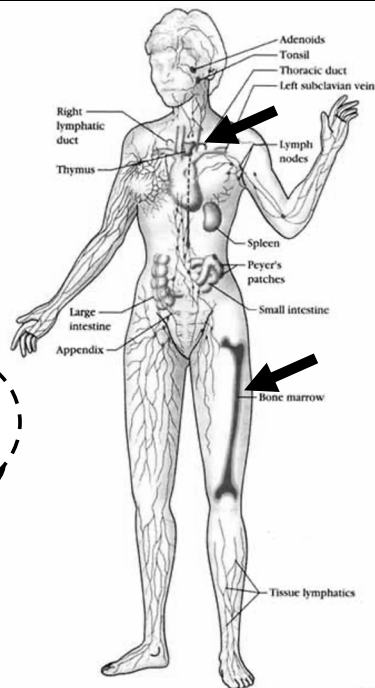
T-Cell

Lymphocytes

- Maturation process initiated within bone marrow
- Completed in thymus
- Several categories
- Detects antigen
- Destroys antigen

CD-4 T-Cell

A



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Image from: <http://uhaweb.hartford.edu/BUGL/immune.htm#fluids>

continued

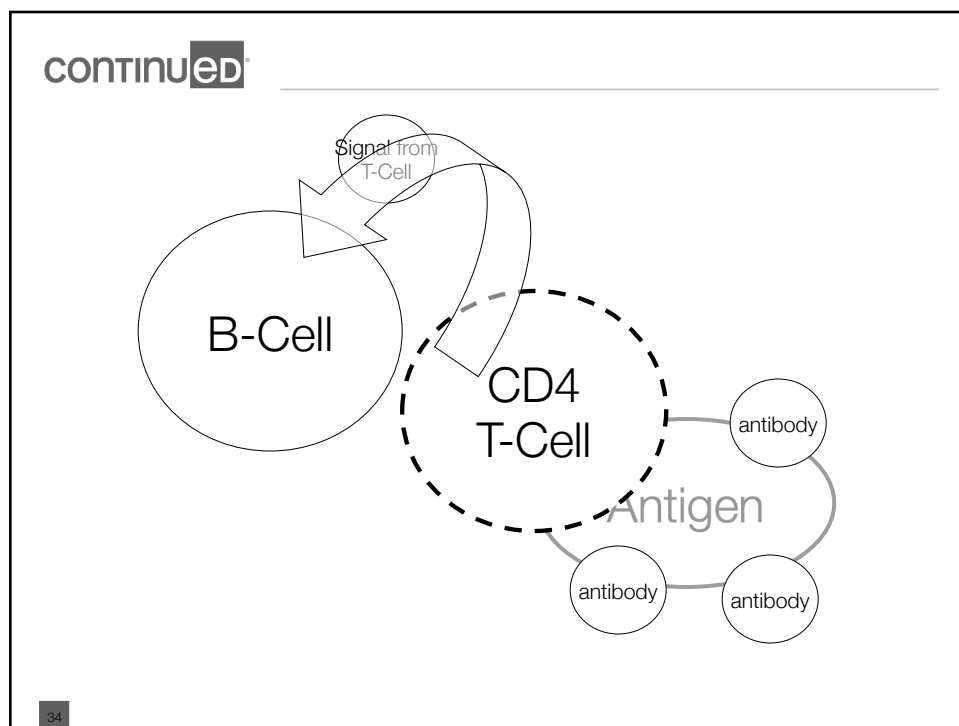
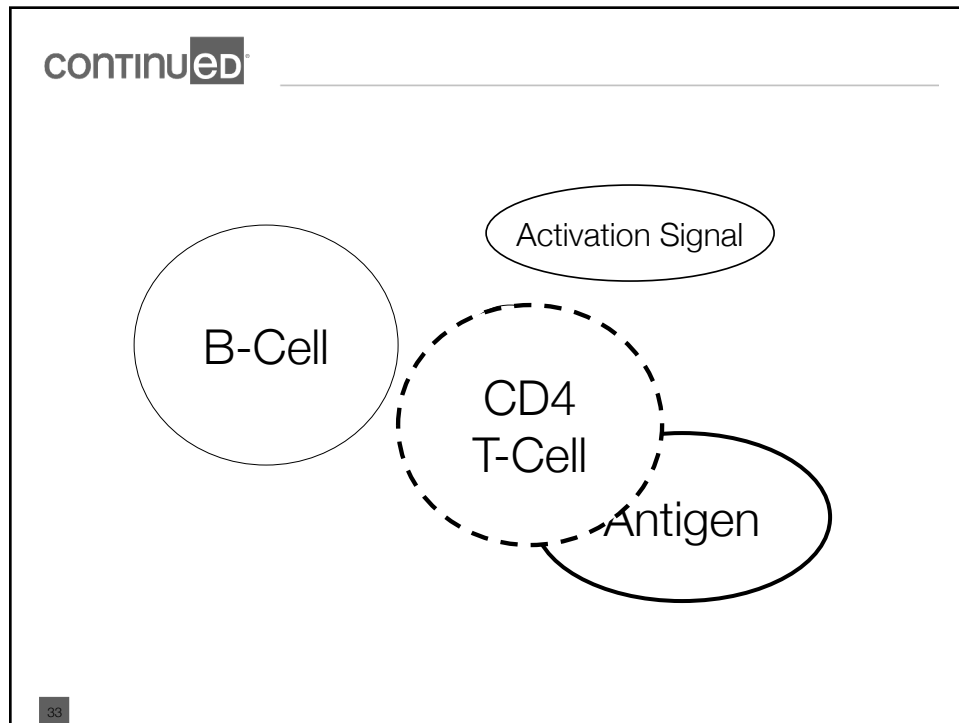
Cell-Mediated Immunity

CD4
T-Cell

Antigen

32

continued



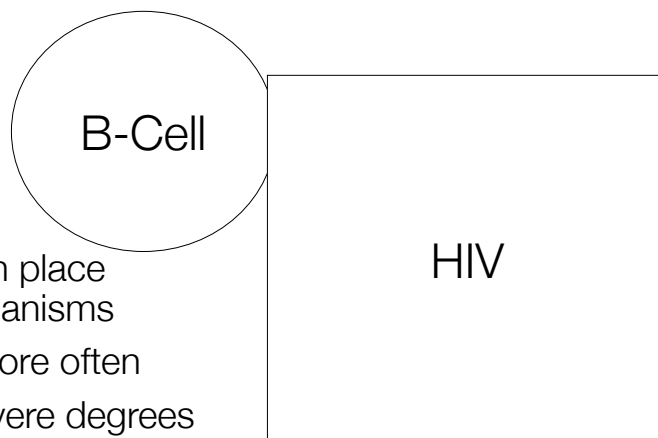
General Objectives



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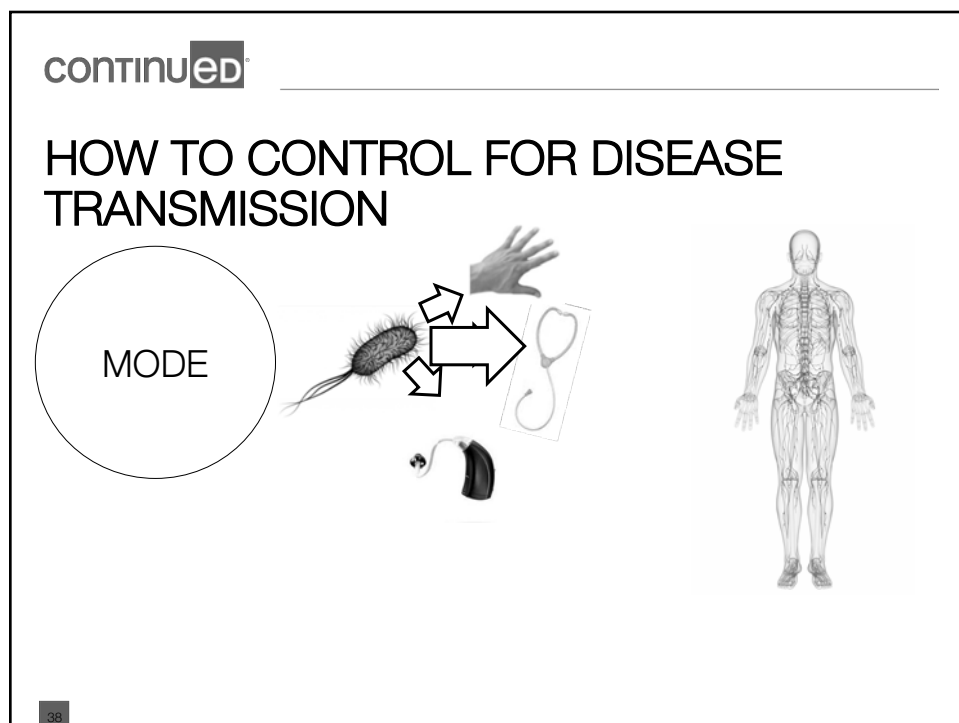
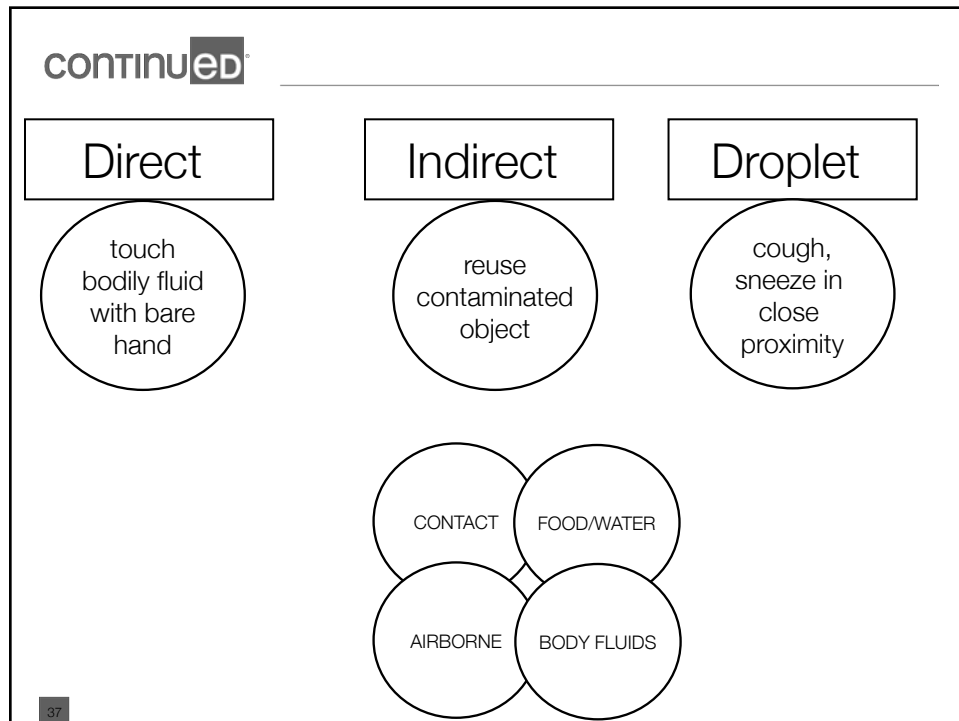
35

Opportunistic Infections



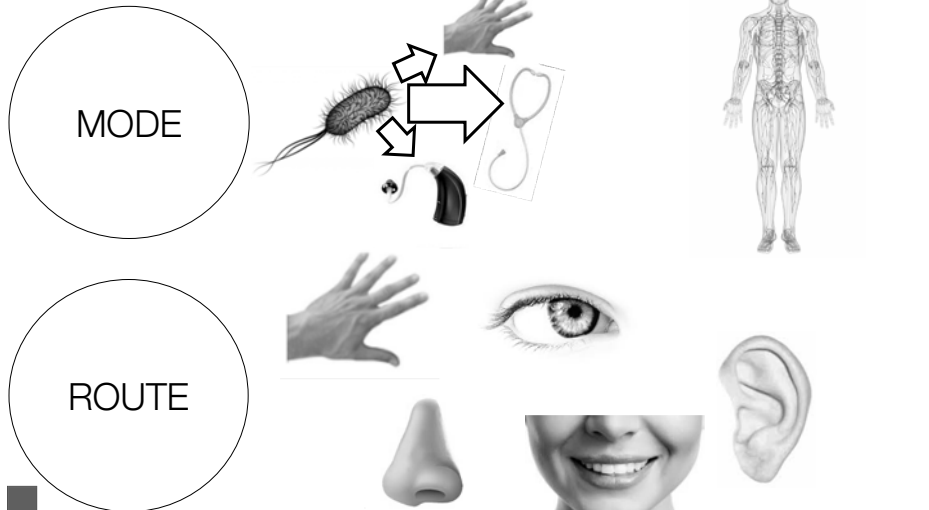
- Common place microorganisms
- Occur more often
- More severe degrees

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continued^{ed}

HOW TO CONTROL FOR DISEASE TRANSMISSION



continued^{ed}

General Objectives



- Immune System & HIV
 - How it works
 - How HIV attacks immune system
 - Disease classification
 - Disease Course
 - Tests to diagnose HIV
 - Antiretroviral drug treatment

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continued^{ed}

continued

Classification System-HIV/AIDS

6 years – Adult

CD4 CELL COUNTS CATEGORY	CLINICAL CATEGORY A (asymptomatic)	CLINICAL CATEGORY B (not A or B category)	CLINICAL CATEGORY C (AIDS indicator condition)
1 ≥500/(mm ³)	Asymptomatic ❖ Persistent generalized lymphadenopathy (pgl)	Candidiasis (oropharyngeal; thrush) ❖ Fever (38.5°C) ❖ Diarrhea >1 month ❖ Herpes zoster (shingles) ❖ etc.	Candidiasis (lungs, trachea, esophageal) ❖ Herpes Simplex ❖ Kaposi's Sarcoma ❖ Mycobacterium avium complex ❖ P. carinii pneumonia ❖ etc.
2 200-499/(mm ³)			
3 <200/(mm ³)			

41

CDC, 1993; 2014

continued

Classification System-HIV/AIDS

6 years - Adult

CD4 CELL COUNTS CATEGORY	CLINICAL CATEGORY A (asymptomatic)	CLINICAL CATEGORY B (not A or B category)	CLINICAL CATEGORY C (AIDS indicator condition)
1 ≥500/(mm ³)	A1	B1	(C1)
2 200-499/(mm ³)	A2	B2	(C2)
3 <200/(mm ³)	(A3)	(B3)	(C3)

42

CDC, 1993

continued

continued

Classification System-HIV/AIDS Children

- Maternal HIV antibodies cross placenta
- Falsely HIV+ 9 to 18 months
- CD4+ t-cell count higher in infants

Immune category	<12 mths	1-5 yrs	≥ 6 yrs
1	>1500 _{μL}	>1000 _{μL}	>500 _{μL}
2	750-1499 _{μL}	500-999 _{μL}	200-499 _{μL}
3	<750 _{μL}	<500 _{μL}	<200 _{μL}

continued

Classification System-HIV/AIDS Children

N = NO SIGNS/SYMPTOMS

A = MILD

B = MODERATE

C = SEVERE

Absolute CD4+ T-cell Category

		N	A	B	C
Clinical Category	1	N1	A1	B1	C1
	2	N2	A2	B2	C2
	3	N3	A3	B3	C3

CDC, 1994

continued

General Objectives



- Immune System & HIV
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Course of Disease

- Initially, flu-like symptoms
- Incubation period 10 or more years
- Associated with peripheral & central nervous system symptoms that manifest as communication disorders



Initial
infection

...Incubation period



Onset of progressive
symptoms

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continued Stages of HIV infection

acute

- Earliest stage
- 2-4 weeks post infection
- Flu-like symptoms (fever, headache, rash)
- HIV multiplies rapidly
- High levels in blood
- Increased risk of transmission

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continued Stages of HIV infection

chronic

- Asymptomatic HIV infection
- HIV continues to multiply
- **Without ART**
 - ~10 years
- **With ART**
 - several decades
 - Essentially no risk of transmission

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continued

Stages of HIV infection

AIDS

- Final stage
- Can't fight off IO
- CD4 count < 200 cells/mm³
- Developed certain OI
- High viral load
- Able to transmit very easily
- Without ART, ~3 years

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continued

HIV/AIDS & Related Disorders

DIRECT

- Damages cell tissue
- Releases toxins
- Δ cell metabolism

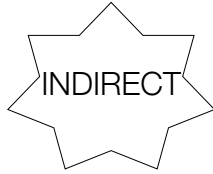
INDIRECT

- Opportunistic infections
- Ototoxicity

50

continued

continued



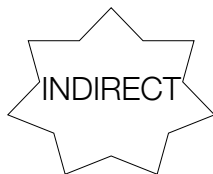
Opportunistic infections

- Herpes simplex virus (HSV-1)
 - Sores on lips and mouth
- *Salmonella*
 - Bacterial infection affecting intestines
- Candidiasis (thrush)
 - Fungal infection of mouth, trachea, lungs
- Toxoplasmosis
 - Parasitic infection that affects the brain

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<https://www.hiv.gov/hiv-basics/staying-in-hiv-care/other-related-health-issues/opportunistic-infections>

continued



Opportunistic infections

- **Complete list:**
<https://www.cdc.gov/hiv/basics/livingwithhiv/opportunisticinfections.html>
- Pneumonia
- Cancer
- Infections of the brain
- Diarrheal disease

52

CDC, 2020

continued

continued



Ototoxicity



- FDA-approved and/or experimental anti-retrovirals
- Medications for opportunistic infections
- SNHL, tinnitus, vestibular/balance issues

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continued

Hearing Loss Comorbidities

~15% of Adults in US (37.5 million) report trouble hearing



Cardiovascular
Disease



Cancer



Cognitive Impairment
or Dementia



Depression

American Academy of Audiology

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continued

continued

General Objectives



- Immune System & HIV
 - How it works
 - How HIV attacks immune system
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 - Disease Course
 - Tests to diagnose HIV
 - Antiretroviral drug treatment

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continued

HIV Tests

TYPES:

- Antibody test
- Antigen/Antibody
- Nucleic Acid (RNA)

antibody

HIV

HIV

Enzyme
Immunoassay
(EIA)

2 weeks

RAPID
TEST

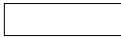
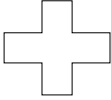
10-20 min

56

continued

continued

What HIV Results Mean

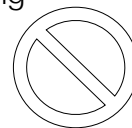
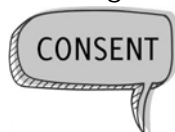
- **Negative Test Result** 
 - Seroconversion takes 2 weeks – 6 months
 - Retest in 3 months
- **Positive Test Result** 
 - Confirmatory test (Western Blot test)
 - Postexposure Prophylaxis Regimen

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continued

HIV Testing – Legal Issues

- **For patients in all health-care settings**
 - Routine voluntary HIV screening after patient notified testing will be performed unless patient declines (*opt-out screening*)
 - Separate written consent not required
 - Persons at high risk screened at least annually
 - Prevention counseling should not be required with HIV diagnostic testing or as part of screening



CDC (2006)

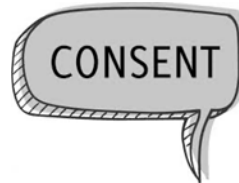
58

continued

continued

For pregnant women

- Routine panel of prenatal screening tests
- Voluntary HIV screening after patient notified testing will be performed unless patient declines (opt-out screening)
- Separate written consent not required
- Repeat screening in 3rd trimester recommended in certain jurisdictions with elevated HIV rates amongst pregnant women



CDC (2006)

continued

General Objectives



- Immune System & HIV
 - How it works
 - How HIV attacks immune system
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 - Disease Course
 - Tests to diagnose HIV
 - Antiretroviral drug treatment

continued

continued

Antiretroviral Drugs for treatment of HIV & AIDS

- **Integrase Inhibitors**

- Stop action of enzyme HIV uses to infect cell

- **Reverse transcriptase inhibitors**

- Interrupt HIV life-cycle as it tries to copy itself



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continued

General Objectives

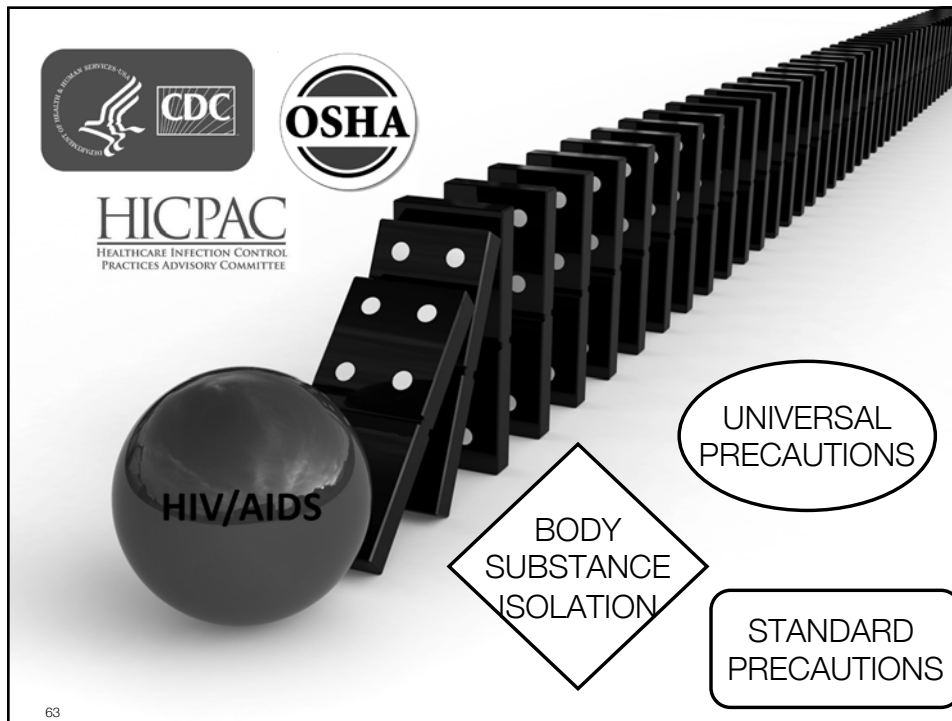


- **Infection control**

- Standard Precautions
 - Key COVID-19 precautions
 - Practical application in work environments

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continued



continued

CDC's Response to HIV/AIDS

- 1983 ▪ CDC Guideline for Isolation Precautions in Hospitals
- 1985 ▪ CDC expanded blood & bodily fluid precautions to prevent HIV transmission
- 1987 ▪ All blood treated as if infected with HIV

1996

UNIVERSAL
PRECAUTIONS

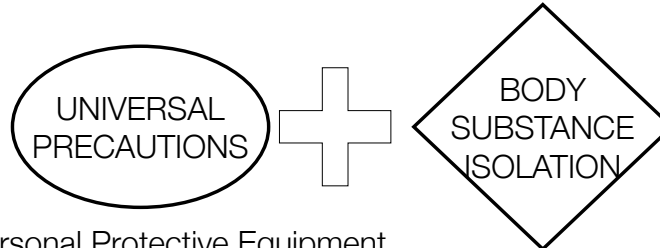
BODY
SUBSTANCE
ISOLATION

STANDARD
PRECAUTIONS

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continued

Standard Precautions



- Personal Protective Equipment
- Hand hygiene
- Cleaning and Disinfecting
- Waste Removal
- Safe infection practice
- Cough Etiquette

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Infection Control

‘....conscious management of the clinical environment for purposes of minimizing or eliminating the potential spread of disease’

Bankaitis & Kemp, 2003, 2004

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continued

General Objectives



- Infection control
 - Standard Precautions
 - Key COVID-19 precautions
 - Practical application in work environments

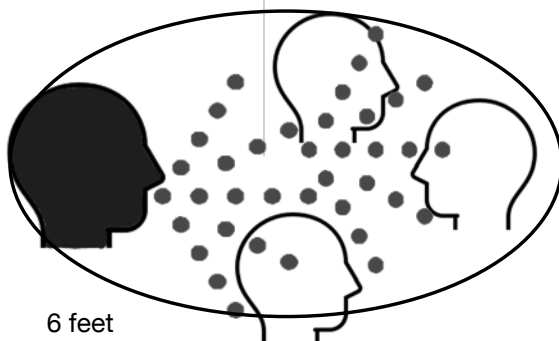
67

continued

SPREAD

SARS-CoV-2

CORONAVIRUS DISEASE COVID-19



6 feet

RESPIRATORY DROPLETS



TOUCH SURFACES
FOLLOWED BY FACE

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continued

continued

SPREAD

SARS-CoV-2

CORONAVIRUS DISEASE COVID-19

6 feet

RESPIRATORY DROPLETS

TOUCH SURFACES
FOLLOWED BY FACE

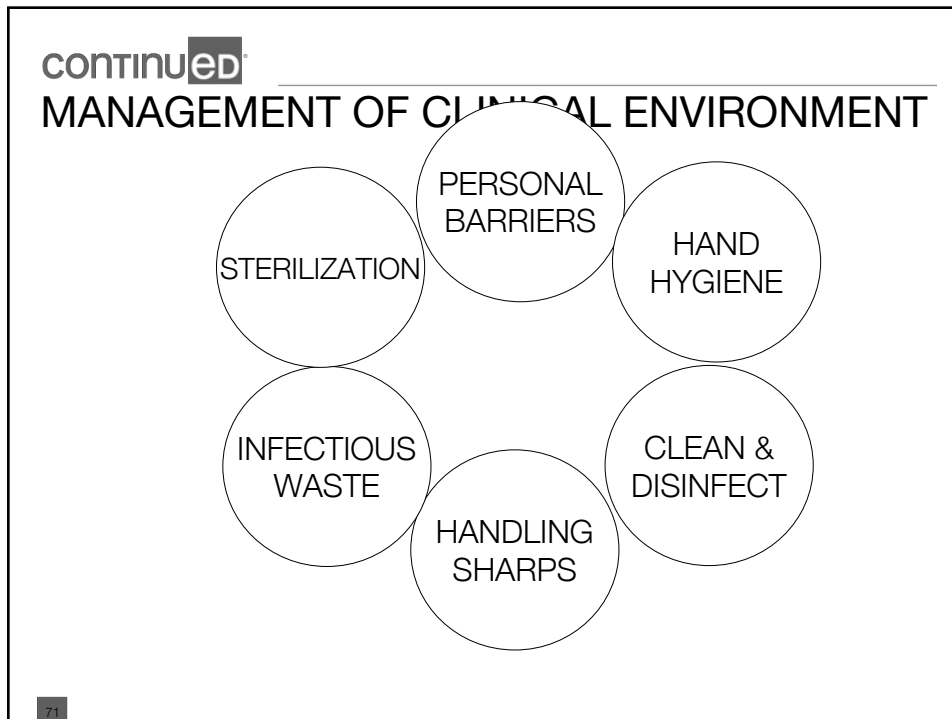
69

continued

COVID-19 & HIV

- ~50% HIV+ in US ≥ 50 years of age
- Effective treatment = equal risk

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continued


PERSONAL BARRIERS

Masks

Audiologists, staff, students & patients to wear a mask



Medical Mask



Aerosol-generating procedure
N95 Mask

72

HAND HYGIENE

Hand Sanitizers

60% ethanol
70% isopropanol



73

HAND HYGIENE

When

- Often
- Patient appointment
- Before
- During as needed (including glove removal)
- After
- After coughing/sneezing, blowing nose
- Before eating
- Before touching face

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DISINFECT

DEFINITION

Kill germs

EPA-Registered
Hospital Grade

QUALIFIED DISINFECTANTS FOR COVID-19

The U.S. Environmental Protection Agency (EPA) released an expanded list of EPA-registered disinfectant products qualified for use against COVID-19. While these products have not been specifically tested against COVID-19, they are expected to be effective because these products have been tested and proven effective on either a harder-to-kill virus or against another similar human coronavirus.¹

The products listed below represent disinfectant products from the EPA's expanded list offered by Oaktree Products.

Item number	Clickable Product Link	Qualification
00708	Audiologist's Choice Ultrasonic	List N (EPA Reg. No. 1839-94)
13-1100	CaviWipes (canister)	Kills SARS-CoV-2
30824	Clorox Hydrogen Peroxide (wipes)	List N (EPA Reg. No. 67619-25)
30825	Clorox Hydrogen Peroxide (wipes)	List N (EPA Reg. No. 67619-25)
30828	Clorox Hydrogen Peroxide (24 oz spray)	List N (EPA Reg. No. 67619-25)
C-24	Cavicide Disinfectant (24oz spray)	List N (EPA Reg. No. 46781-6)
C-64	Cavicide Disinfectant (1 gallon)	List N (EPA Reg. No. 46781-6)
H59200	Sani-Cloth AF3 Alcohol-Free (singles)	List N (EPA Reg. No. 9480-9)
35910	SaniZide Pro 1 (32 oz spray)	List N (EPA Reg. No. 88494-3)
HQ4082	Super Sani-Cloth (singles)	List N (EPA Reg. No. 9480-4)
P13872	Sani-Cloth AF3 Alcohol-Free (canister)	List N (EPA Reg. No. 9480-9)
P25372	Sani-Cloth Prime (wipes)	List N (EPA Reg. No. 9480-12)
Q55172	Super Sani-Cloth (wipes)	List N (EPA Reg. No. 9480-4)

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continued

DISINFECT

What

- Touch surfaces
- Splash surfaces

How

- Read instructions
- Clean
- Apply
- Dwell Time

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continued

General Objectives



- Infection control
 - Standard Precautions
 - Key COVID-19 precautions
 - Practical application in work environments

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continued

continued

Practical applications



Consider & plan for telemedicine appts



Know how to contact health department

<https://www.astho.org/Directory/>



Stay connected with health department



Assess & restock IC supplies NOW and on a regular basis

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinic-preparedness.html>

continued

PERSONAL BARRIERS

Masks

CDC & FDA identified use of respirators approved under standards in other countries is acceptable



CHINESE STANDARDS

KN95 Mask
GB2626-2006
GB2626-2019



U.S. STANDARDS

N95 Mask

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continued

PERSONAL BARRIERS

Masks

- Extended
 - Wear same mask with multiple patients
 - Put on and keep on
 - Once remove it, dispose
 - Tie-on, N95/KN95
- Reuse
 - Wear same mask with multiple patients
 - Put on and take off
 - Continue to reuse until need to dispose
 - Ear or head loop mask

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PERSONAL BARRIERS

Masks

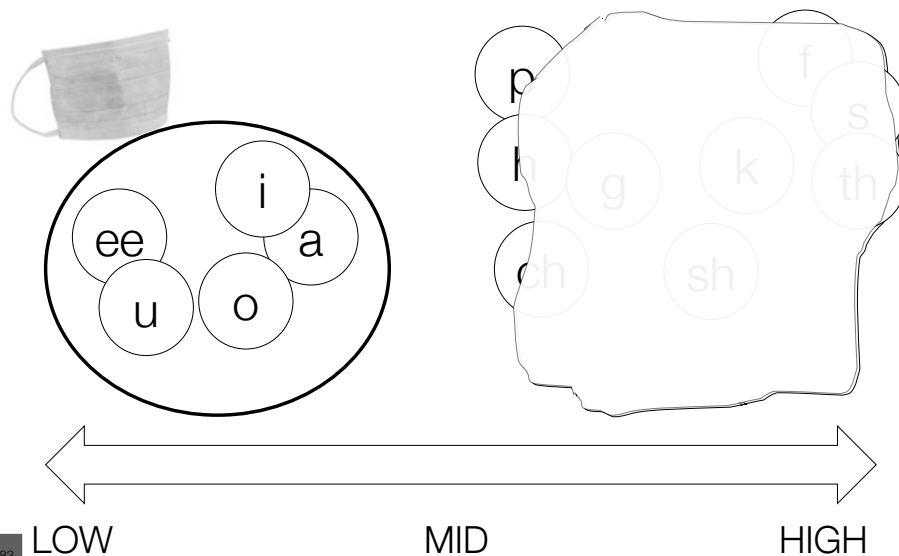
- Extended
- Reuse



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continued

MASKS & SPEECH UNDERSTANDING



continued

TIPS for COMMUNICATING

- Speak slowly 
- Reduce noise 
- Hearing aids 
- Portable hearing amplifier 
- Rephrase remarks 
- Do not shout/over-emphasize 
- Take turns talking 

Goldin, Weinstein & Shiman (2020)

continued

continued

PERSONAL BARRIERS

Face Shields

- Face Shields
 - Option per CDC
 - Extends below chin
 - Extends sides of face
 - No mask required



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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/face-masks.html>

continued

MASKS WITH CLEAR PANELS

ClearMask™
Disposable, anti-fog



Communicator Mask
Disposable



Smile Mask
(Reusable Cloth)



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continued

continued

HAND HYGIENE

Hand Sanitizers

60% ethanol

70% isopropanol

Soap & Water

Plain

Anti-microbial



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continued

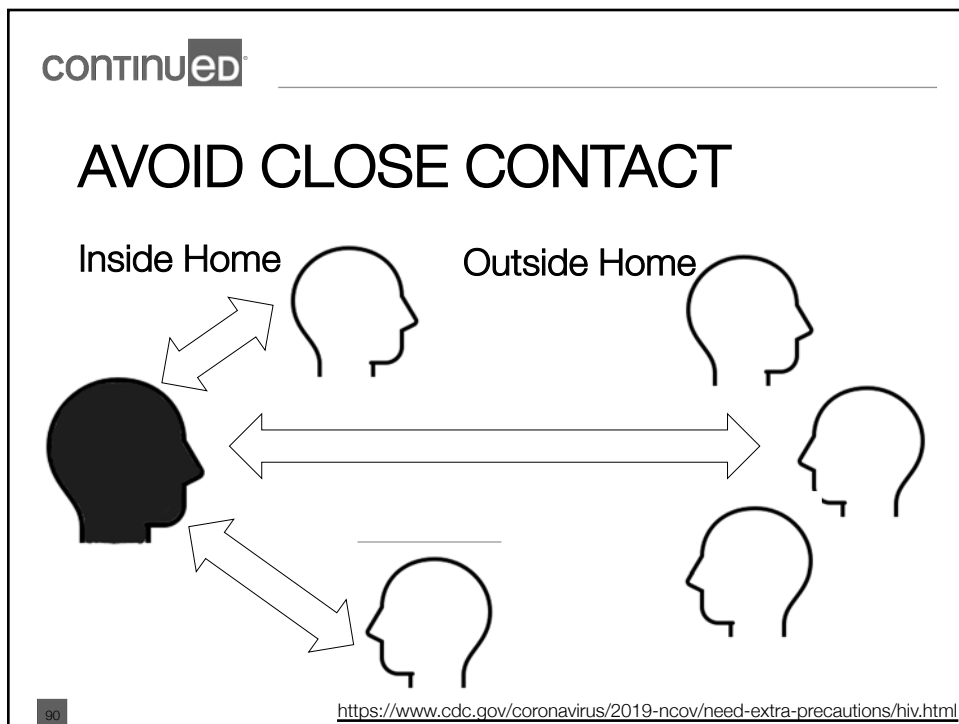
DISINFECT

Forms



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continued



continued

MASK UP



- Cover mouth
- Cover nose
- Wear mask even if you do not feel sick
- Wear mask in public & around people who do not live in households
- NOT substitute for social distancing

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<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html>

continued

WASH HANDS OFTEN

- Soap and water for at least 20 seconds
 - After being in public place
 - After blowing nose, coughing, sneezing
 - Before eating/food prep
 - Before touching face
 - After using restroom
 - After handling your mask
 - After changing a diaper
 - Touching mask
 - After caring for someone sick
 - After touching animals/pets



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<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html>

continued

continued

Wash Hands Often 20 Sec



- After in public place
- After blowing nose, coughing, sneezing
- Before eating/food prep
- Before touching face
- After using restroom
- After handling your mask
- After changing a diaper
- Touching mask
- After caring for someone sick
- After touching pets

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Healthcare Provider Posters

Clean Hands Count Poster
[6.8 MB]

My Clean Hands Count For My Family Poster
[PDF 5.5 MB]

Materials

Fact Sheet

Clean Hands Count Fact Sheet

FREE POSTERS & BROCHURES

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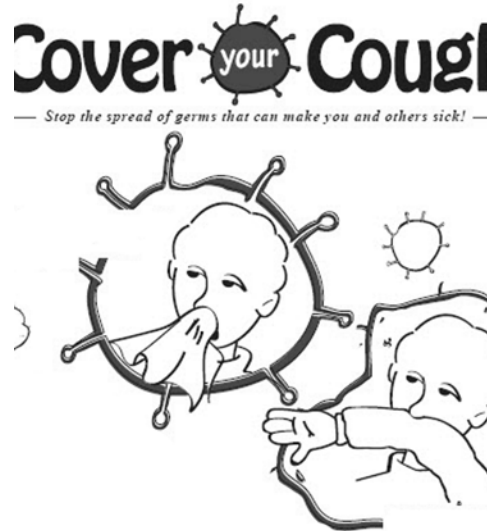
<https://www.cdc.gov/handhygiene/campaign/promotional.html>

continued

continued

COVER COUGHS & SNEEZES

- Always cover mouth and nose
 - tissue
 - inside of elbow
- Immediately wash hands
 - Soap & water
 - Hand sanitizer



Free download <https://www.cdc.gov/coronavirus/2019-ncov/downloads/Appendix2-cover-cough.pdf>:

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continued

CLEAN & DISINFECT

- Touch surfaces
 - Tables
 - Doorknobs
 - Countertops
- EPA-registered household disinfectants



Disinfectant

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<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html>

continued

SYMPTOMS OF CORONAVIRUS DISEASE 2019


Patients with COVID-19 have experienced mild to severe respiratory illness.

FEVER




Symptoms* can include

SHORTNESS OF BREATH



COUGH



***Symptoms may appear 2-14 days after exposure.**

MONITOR HEALTH DAILY

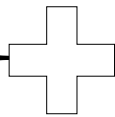
For HIV+ Patients

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continued

IF SYMPTOMS DEVELOP

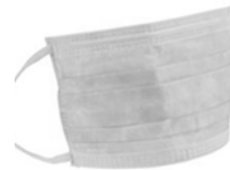
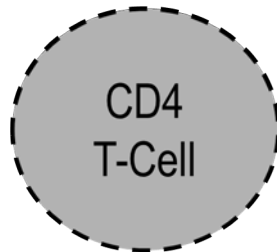
- Keep track of your symptoms
- Contact your healthcare provider
- If you have:
 - trouble breathing
 - persistent chest pain/ pressure
 - new confusion
 - bluish lips or face



<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/hiv.html>

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continued



Summary

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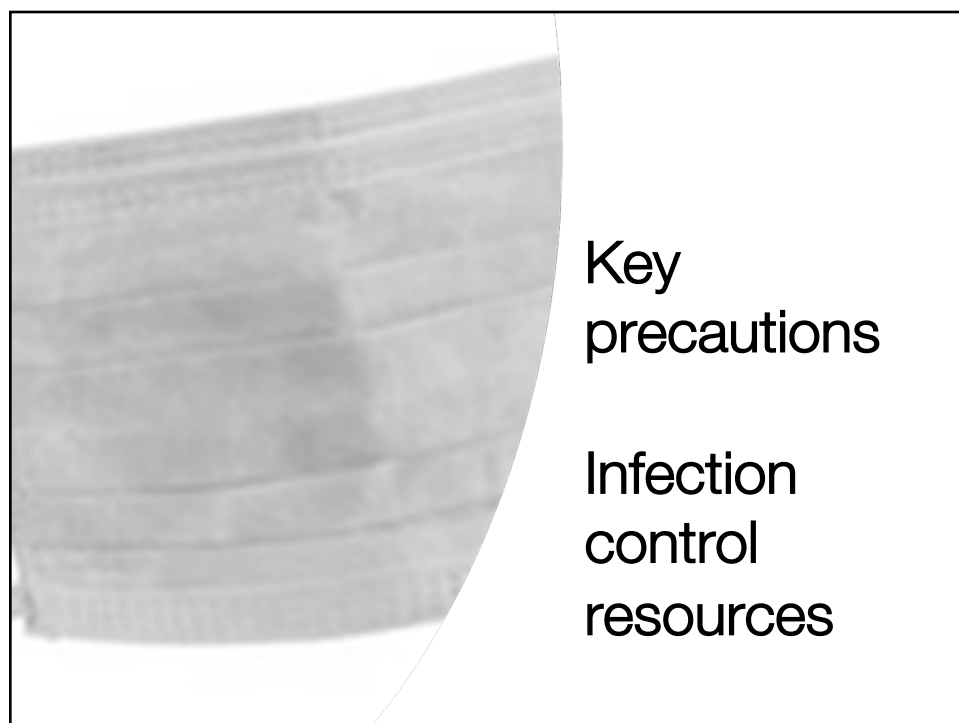
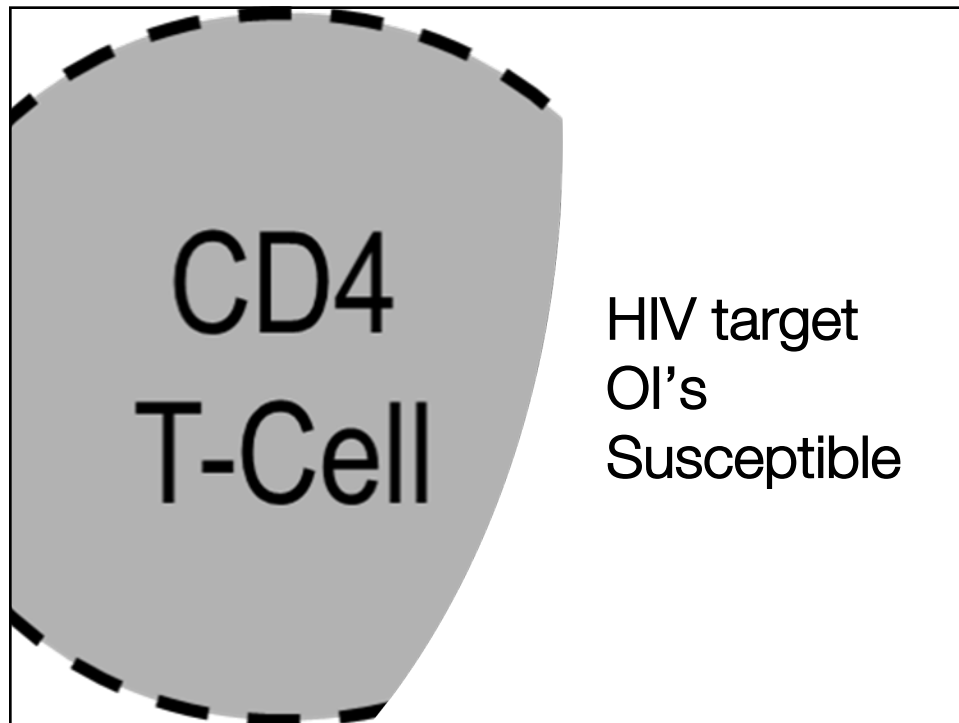


HIV \neq AIDS

Ethnic/Racial
disproportion

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continued



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