



Independent Study | in Idaho

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**Psyc 473
Blood and Airborne
Pathogens:
HIV/STDs/Hepatitis/TB**



The University of Idaho in statewide cooperation with
Boise State University — Idaho State University — Lewis-Clark State College

Course Guide

Independent
Study | in Idaho

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Blood and Airborne Pathogens: HIV/STDs/Hepatitis/TB

University of Idaho
Three Semester-Hour Credits

Prepared by:

Steven Meier, Ph.D.
Associate Professor Emeritus
University of Idaho

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Psyc 473: Blood and Airborne Pathogens: HIV/STDs/Hepatitis/TB

3 Semester-Hour Credits: U of I

Welcome!

Whether you are a new or returning student, welcome to the Independent Study in Idaho (ISI) program. Below, you will find information pertinent to your course, including the course description, course materials, course objectives, as well as information about assignments, exams, and grading. If you have any questions or concerns, please contact the ISI office for clarification before beginning your course.

Policies and Procedures

Refer to the ISI website at www.uidaho.edu/isi and select *Students* for the most current policies and procedures, including information on setting up accounts, student confidentiality, exams, proctors, transcripts, course exchanges, refunds, academic integrity, library resources, and disability support and other services.

Course Description

Overview of HIV/AIDS, TB, and other STDs; preparing counselors to work with clients to prevent these diseases or counsel clients who have acquired these diseases; making counselors examine issues related to human sexuality and biases about sexually related topics.

Prerequisite: Psyc 101 - *None, although it is strongly advised to have taken Psychology 100 before taking this class:*

14 graded assignments, 2 exams. Available online only.

Assignments and exams must be submitted consecutively, in the order outlined in the course; therefore, it depends on where you are in the course as to when specific items are due, including discussion topics, extra credit, and exams. Other than that, there is no limit on the number of assignments that can be submitted per week. *An instructor may take up to three weeks to grade so plan accordingly to meet personal deadlines.*

ALL assignments and exams must be submitted to receive a final grade for the course.

Course Materials

This area is rapidly changing and texts are often out of date by the time they are printed. Thus, all readings for this course will be selected from a variety of websites and Zoom videos that will be posted within the various lessons.

You may also download the following;

- [Practitioner's Handbook for Management of Sexually Transmitted Disease](#)
- [A Providers Introduction to Substance Abuse Treatment for Lesbian Gay, Bisexual and Transgender Individuals](#)
- [The NIDA Community-Based Outreach Model: A Manual to Reduce The Risk of HIV and Other Blood-Borne Infections in Drug Users](#)

Course Delivery

All ISI courses are delivered through BbLearn, an online management system that hosts the course lessons and assignments, and other items that are essential to the course. Upon registration, the student will receive a *Registration Confirmation Email* with information on how to access ISI courses online.

Course Introduction

This course is designed to provide an overview of various blood, airborne, and other pathogens now encountered in a variety of clinical/counseling environments. Some bloodborne pathogens (BBPs) include: Human Immunodeficiency Virus / Acquired Immunodeficiency Syndrome (HIV/AIDS), sexually transmitted diseases (STDs), Hepatitis, and others. Various airborne pathogens (ABPs) include: Influenza, Tuberculosis, Measles, Chickenpox, Mumps, and Hantavirus among others. Finally, other pathogens emerging within the United States are vector related. Some of these diseases include West Nile virus, typhus, and others.

While they can occur amongst all humans, many of these diseases occur more frequently among individuals experiencing substance abuse, mental illness, homelessness, or who live in high poverty areas. Consequently, symptom recognition by first line clinicians and referral of clients to appropriate treatment is extremely important.

Finally, while the focus of this course will be identification of pathogens and potential risk factors associated with various diseases, it is also important to understand aspects of human sexuality, related lifestyles, and high-risk factors associated with these pathogens.

1. First, if you are using "Chrome" for this class you must do one of two things: Clear your cache or use Edge (Best Option). If you use Chrome, often you will not see the most recent information in BBL. Relatedly, if you are using Safari, you may have issues submitting some documents. Finally, DO NOT use the Google word processing program. Often after uploading the instructional staff cannot open the document. So, just use Edge or Firefox.
2. Second, Click on the schedule button in BBL. Within this section, you will find a list of topics that we will be examining, assignments you will need to complete and the exam dates.
3. Click on Lesson 1. Here you will find hyperlink button again. Once activated, you will find some general information about the topic plus various assignments.
4. Due Dates: There is a certain order for when assignments, exams, movie reviews are due. Look at the schedule and know when to submit items. THIS IS YOUR RESPONSIBILITY. Generally, work 10 hours per week or more on the class. Consider it lecture and some study time, but at your convenience.
5. All exams will be posted in Blackboard Learn. They are open book and note. However, they are stimulating and will take time to complete.
6. Assignment Topics. Throughout the semester, there will be assignments you will need to complete. Generally, they are designed to make you think about a topic. Check the schedule for the order of submission relative to the lessons.
7. Blackboard Learn. All exams and access to materials and various presentations I provide will be through Blackboard Learn. Note that BBL is usually updated on Friday evenings, so do not attempt to submit materials or take your exam during that time.

Lessons

Assignment Papers: You will be required to complete brief papers related to topics you will encounter throughout the course. All assignments will be posted through BBL. The papers will be of various lengths and assigned points depending on the assignment. All assignments will be in APA style using appropriate references as needed. Do not use on-line encyclopedias such as Wikipedia as a source. **NO MATERIAL MAY BE CUT AND PASTED FROM THE WEB. Total: 290 points**

Movie Reaction Papers: You will be required to rent, purchase, or borrow two movies that contains material related to individuals with HIV, AIDS, or other highly communicable diseases. Older examples might be Philadelphia or Outbreak. More recent movies might include Contagion. An alternative might be to watch movies related to sexual lifestyles. Two recent examples might be Milk or Moonlight. After watching each movie, you will be required to write a reaction paper related to your feelings about the movie, and your feelings about the sexual issues/lifestyles/others that were related to the topics in the movie. The point of this topic is to make you examine YOUR concept of sexuality and sexual lifestyles, and identity concepts that make you feel uneasy. **Total: 100 points (50 points each)**

Exams: There will be two exams given throughout the course of the semester. Each will be open book, open note, and open person exams. That is, you can use any information you wish to help you. Total: 200 points for exams. **Total: 200 points (100 points each)**

Writing Papers: You will be required to complete brief (1-2 pages) papers on various topics you will encounter throughout the course. Some of these papers may be related to materials, webinars, or websites identified by your instructor. All documents will be submitted through BBL and will be plagiarism checked. Directions will be provided for each topic to be submitted. **Total: 100 Points**

Study Hints:

- Keep a copy of every assignment submitted.
- Complete all reading assignments.
- Set a schedule allowing for course completion one month before your personal deadline.
- Web pages and URL links in the World Wide Web are continuously changing. Contact your instructor if you find a broken Web page or URL.

Refer to the **Course Rules** in BbLearn for further details on assignment requirements and submission.

Exams

- You must wait for grades and comments on assignments before taking subsequent exams.
- For your instructor's exam guidelines, refer to the **Course Rules** in BbLearn.
- There will be two exams to examine and develop your knowledge of the material. Each exam will cover only the material for that section. Each exam is also open book and open note. That is, you can use any information you wish to help you. You will not be able to drop any questions.
- Each exam will only cover the material in each section. There is no comprehensive final.
- All exams are randomly generated. Thus, the exam you receive will not be the same as another students. To help you understand how I test, I will allow you to take the First Exam twice. The other exams you will only have one opportunity.
- Pharmacology exams are difficult. Many of the questions are integrative and will not be found directly from the text or the notes. So, make sure you are studying for them like you would study for any hard, in-class, non-open-book test. Do not expect to have time to look up things while taking

the exam or you will get a poor score. Essentially, open book exams allow you to do some minor checking, not trying to read and understand a concept. Generally, you should be studying at least one - two hours per night for this class.

- Total: 200 points (100 points per exam)

Refer to *Grading* for specific information on assignment/exam points and percentages.

Grading

Grading/Evaluation/Proficiency: There will be several requirements for this course.

At a minimum, all grades will be based on the following scale:

>90%=A

>80%=B

>70%=C

>60%=D

<60%=F

Assignment	Points
Assignment 1	10
Assignment 2	25
Assignment 3	10
Assignment 4	20
Assignment 5	30
Assignment 6	10
Assignment 7	15
Assignment 8	10
Assignment 9	10
Assignment 10	25
Assignment 11	15
Assignment 12	10
Movie Reaction Paper #1	50
Movie Reaction Paper #2	50
Total of	290

Exam	Points
Exam 1	100
Exam 2	100
Total of	200

Total Points for Assignments and Exams is 490 points.

The final course grade is issued after all assignments and exams have been graded.

Cheating and Plagiarism: If you cheat or plagiarize someone else's material and I catch you, you will receive an "F" grade for the class and be referred to the Dean of Student's Office. Copying and pasting material from the web and not citing that information is considered plagiarism. BbLearn also has plagiarism checking capabilities. All materials are scanned for plagiarism by software in BBL. Submit your own work and do not even consider cheating in this class.

University Disability Support Services

Reasonable accommodations are available for students who have documented temporary or permanent disabilities. "Students with disabilities needing accommodations to fully participate in this class should contact the Center for Disability Access and Resources (CDAR). All accommodations must be approved through CDAR prior to being implemented. To learn more about the accommodation process, visit CDAR's website at www.uidaho.edu/cdar or call 208-885-6307.

About the Course Developer

Dr. Meier became a faculty member in 1987. With a specialization in Applied Behavior Analysis, physiology, and addictive behavior, he was instrumental in developing the Psychology Department Addiction's program, later to become the U of I Psychology Addiction's Minor. He further was actively involved in developing the Idaho Student of Addictions Studies curriculum with other Idaho Universities. Simultaneously, he was actively engaged in creating interventions in high-risk populations with the Idaho Department of Health to address the HIV/AIDS epidemic in its early years.

With Sallie Gordon and Richard Reardon (Department Chairs), Dr. Meier helped expand the department's presence and Psychology major in Coeur d' Alene. Further, after receiving a grant from the State Board of Education and in collaboration with Richard Reardon, developed one of the first online distance learning majors at the University of Idaho that continues today. He then created a 2+2 program to create a seamless transfer program for Psychology majors attending community colleges across Idaho. Over his career, Dr. Meier received over three million dollars in grants and contracts. His mentees include eight practicing physicians, nine Ph.D. Clinical/Counseling Psychologists, and three Physical Therapists. He also received seven awards as a mentor for U of I Alumni Award for Excellence winners. Finally, he is a veteran, 25-year scout leader, 26-year ski patroller, and currently at the national level with the Benevolent and Protective Order of Elks.

Dr. Meier continues to consult with physicians and attorneys in the area of substance abuse and high-risk behavior. His current interests focus on addressing issues associated with vaping.

Contacting Your Instructor

Instructor contact information is posted on your BbLearn site under *Course Rules*.

Lesson 1

HIV/AIDS Epidemiology in the United States

Lesson Outcomes and Objectives

Goal: This section is designed to expose you to statistics related to HIV/AIDS in the United States. However, this is not an exercise just related to numbers; you need to understand what the numbers represent.

Objectives:

In this section, you will learn about HIV epidemiology by reviewing a variety of websites and writing brief papers related to particular topics.

Outcomes: After completing this lesson, you should understand/be able to:

To understand HIV/AIDS's epidemiology in the United States and how the population groups who are contracting HIV/AIDS today are changing.

Reading Assignment

There are no required readings for this section except for what is listed in the Tasks section.

Tasks

Adobe Reader: <https://acrobat.adobe.com/lu/en/acrobat/pdf-reader.html>.

Once you have Adobe installed, get completely out of the web site and double click on the following hyperlink: <https://www.cdc.gov/hiv/pdf/library/slidesets/cdc-aids-dot-maps-2008.pdf>.

Start with slide 1 and examine all 14 slides (Dot slides) [Note: Later year slides take some time to load].

NOTE: This PowerPoint takes a while to load. You will need to advance the slides manually. To do so, click on the arrow buttons on the bottom of the slide.

Overview

Since HIV/AIDS was introduced into the United States, many individuals have died from the disease. Although recent statistics indicate AIDS in the United States is decreasing, these statistics may become a blip considering the new strains of HIV that are developing. Regardless, the statistics are powerful, nonetheless. In addition, certain areas and population groups in the United States have more HIV/AIDS than others.

Resources

You can also get other information by particular categories. I have enclosed the HIV/AIDS index page and another statistical web site for additional information you may desire. <http://www.cdc.gov/hiv/>

Discussion Topic/Written Assignment One

Before beginning the first written assignment, refer to the *Course Rules* in BbLearn for your instructor's assignment requirements.

- 1. Immediately after you review this information, write a brief paper (approximately ½ page) related to your reaction(s) to this slide set.** Remember, write the paper before you do anything else in this section. The link to submit the paper is located in the Assignments Submission Section

2. After completing the paper associated with the Dot slides, visit the following web site:
<https://www.cdc.gov/hiv/library/slideSets/index.html>.
Review the slides in the various data sets (especially related to race and sex). Which groups are increasing the fastest? Which are most interesting to you?
3. See BbLearn for a brief PP (HIV Surveillance-Epidemiology of HIV infection (through 2017) that summarizes some of this data. Each slide has a narrative below the slide.
4. Once you have reviewed the slides, read the most recent related HIV/AIDS epidemiology under What's New on the right-hand side in the website. <http://www.cdc.gov/hiv>.
MAKE SURE YOU CLICK ON "WHAT'S NEW." Look at all three documents in this section.

Discussion Topic/Written Assignment Two

1. Once you have completed reviewing the data you have just observed related to race and sex:
 - a. Think about the population groups currently at the greatest risk for HIV and AIDS. What did you find interesting?
 - b. What are the implications for the heterosexual population based on these statistics?
 - c. What are disparities among groups and subgroups for HIV?
 - d. Write a solid 1-2 page paper regarding these issues.
 - e. Submit your paper under Assignment 2 in the Assignments Submission section.
2. Below is a website containing HIV/AIDS and STD statistics for Idaho.
 - a. Review these statistics.
 - b. Look in the Idaho STD Stats button to obtain this information.
 - c. Then write a reaction paper comparing "National" statistics with Idaho statistics. That is, identify some differences. Why do you believe there are major differences between the two groups?
<http://healthandwelfare.idaho.gov/Health/FamilyPlanningSTDHIV/Statistics/tabid/393/Default.aspx>

Discussion Topic/Written Assignment Three

1. Write a 1/2 - one-page reaction paper comparing "National" statistics with Idaho statistics.
2. Identify some differences.
3. Why do you believe there are major differences between the two groups?
4. Submit your paper under Assignment 3 in the Assignments Submission section.