


# “TEST TUBE” LAB VALUE ACTIVITY\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 10 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Identify the test name with the blood test most likely being performed;
- Match the 5 most comprehensive laboratory test used to monitor health;
- Recognize the types of laboratory tests to monitor a person’s HIV care and treatment;
- Understand why laboratory tests are significant in monitoring health and how these tests can be used to manage care.

 **Training Methods:** Large Group Activity, Discussion

 **In This Activity You Will...**

- Pass out activity worksheets and get participants to answer questions. (10 min)

 **Materials:**

- Handout - “Test Tubes” Activity

 **Preparation:**

- Print handout

## Instructions

1. Give each participant a copy of the activity sheet.
2. Ask each participant to match the test name(s) with the type of test most likely being taken.
3. This activity can be completed individually or together as a class.
4. Ask the participants the following questions and facilitate discussion.

## Discussion Questions

- What happens when one is not adherent to doctor visits to have these laboratory test performed?
- How often should a person take laboratory tests if they have just started medication or are starting a new regimen?
- Are all of these tests performed each time labs are drawn?
- Will the tests show different results or possible blips if an HIV positive person is sick and has labs drawn?
- Does a person have to fast before having labs drawn?

## Summary

In closing the good news is that people are living longer with HIV, the bad news is that people are living longer with HIV and are seeing different problems as long-term progressors such as heart disease. Some of the HIV medications may cause elevations in glucose, cholesterol, or triglycerides. Being monitored frequently and following or charting lab results to watch for changes is extremely helpful. The benefits of taking medication certainly outweigh the risk. Watching those lab values is important stuff.

\* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from the Missouri People to People Training Manual, 2008.

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## SESSION HANDOUT #1 of 1

### “TEST TUBES” ACTIVITY

Instructions: Match the question on the left with the most likely answer on the right.

What is the most important test HIV infected people routinely take?	Liver
What determines when to treat, how to treat and if treatment is working?	Lipid Panel
In people with reduced kidney function, doses of some HIV medications may need to be adjusted. Tests to monitor this vital organs function are called _____ function tests.	Baseline
After someone first learns of their HIV infection, the doctor will want them to take several lab tests to get a _____.	CBC
HIV medications are processed through this organ; therefore function tests are performed to monitor its condition since it affects medications.	Kidney
One of the risks of HAART is a greater chance of serious drug-related problems, including heart disease. What tests are used to monitor this risk factor?	Lab tests