


# OPPORTUNISTIC INFECTION EXERCISE\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 30 minutes

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

- List 5 opportunistic infections and their primary symptoms.

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

- Ask participants to split into 3 groups and to list all OIs they can think of in 10 minutes including symptoms and whether or not is curable. (15 minutes)
- Review lists and correct any misinformation (10 minutes)
- Review handouts and summary points (5 minutes)

 **Materials:**

- Newsprints - Opportunistic Infection (for each table group)
- Handout - Opportunistic Infection (can be downloaded from AIDSMeds)
- Flip chart and easel
- Markers
- Eraser

 **Preparation:**

- Prepare 3 newsprints and post on wall in 3 separate areas
- Prepare handout

## Instructions

1. Introduce session.
2. Ask participants the definition of an opportunistic infection.
3. Specify that not all lists agree on what is included as an Opportunistic Infection (OI).
4. Break the large group into three smaller groups.
5. Distribute newsprints and instruct each group to write down all the OIs that they can think of. Next they should list the symptoms.
6. Give the groups 10 minutes to do this.
7. Ask a group to present its list.
8. Ask a second group to read its list noting only information that was not already mentioned.
9. Repeat for third group.
10. Hand out OI information packet. Remind participants that this was just a brief overview/review and that more information is included in the AIDSMeds information packet. Remind participants that this is session was not intended for them to be able to diagnosis – but to merely be familiar with OIs.

**Note:** Hepatitis C is always an issue because some consider it a co-infection rather than an OI. We are flexible and usually include it because if we do not, someone will bring it up.

## Summary

Wrap up session.

\* 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 Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008

# OPPORTUNISTIC INFECTION EXERCISE

SESSION HANDOUT # 1 of 2

## OPPORTUNISTIC INFECTIONS: NEWSPRINT

Opportunistic Infection	Symptoms

# OPPORTUNISTIC INFECTION EXERCISE

## SESSION HANDOUT # 2 of 2

### OPPORTUNISTIC INFECTIONS

Opportunistic Infection	Symptoms
<b>BACTERIAL INFECTIONS</b>	
Bacterial Diarrhea- (Salmonellosis, Campylobacteriosis, Shigellosis)	severe diarrhea (including bloody diarrhea), fever, chills, abdominal pain, and occasionally vomiting
Bacterial Pneumonia	chills, shivering, chest pain, fever, rapid breathing, rapid heart rate, and wheezing
Mycobacterium Avium Complex (MAC)	fever, night sweats, chills, weight loss, muscle wasting, abdominal pain, fatigue, diarrhea, enlargement of the liver and spleen, as well as the lymph nodes
Mycobacterium Kansaii	breathing problems, fever, night sweats, chills, weight loss, muscle wasting, abdominal pain, fatigue, diarrhea, enlargement of the liver and spleen, as well as the lymph nodes
Syphilis & Neurosyphilis	<p>primary syphilis: painless sore (called a “chancre”) that develops on the penis, vulva, or vagina. It can also develop on the cervix, tongue, lips, and other parts of the body.</p> <p>secondary syphilis: outbreak of small, pox-like lesions. they can appear anywhere on the body, but a rash and lesions on the palms and soles of the feet are classic symptoms of secondary syphilis</p>
Tuberculosis (TB)	coughing, night sweats, chills, weight loss, fever, and fatigue

# OPPORTUNISTIC INFECTION EXERCISE

## TRAINERS GUIDE # 2 of 2 (cont.)

Opportunistic Infection	Symptoms
<b>MALIGNANCIES (CANCERS)</b>	
Human Papilloma Virus-(Genital Warts, Cervical Dysplasia & Cancer, Anal Dysplasia & Cancer)	may not cause any signs or symptoms; warts in or near the genital area can often be felt with a finger and are visible to the naked eye
Kaposi's Sarcoma (KS)	tumors or lesions; lesions in the gut, particularly in the large intestine and the colon, can cause diarrhea, cramping, and bleeding ; KS of the lungs (pulmonary KS) can cause severe breathing problems and discomfort
Lymphomas	enlarged spleen, liver obstruction, rectal pain, irregular heartbeat, digestive problems, internal bleeding, fever, unexplained weight loss, night sweats; lymphoma of the brain may cause problems focusing, paralysis affecting one side of the body, loss of ability to speak or understand language, confusion, sudden memory loss, and mania
<b>VIRAL INFECTIONS</b>	
Cytomegalovirus (CMV)	eye: floating spots before the eyes, hazy vision, blurred or missing areas of vision gut: diarrhea, loss of appetite, fever, blood in the stool, stomach cramps ,weight loss, painful swallowing , pain in center of the chest
Hepatitis C	fatigue, pains of the upper-right portion of the gut, nausea, decreased appetite, and muscle and joint pains.

# OPPORTUNISTIC INFECTION EXERCISE

## TRAINERS GUIDE # 2 of 2 (cont.)

Opportunistic Infection	Symptoms
<b>VIRAL INFECTIONS (cont.)</b>	
Herpes Simplex Virus (oral & genital herpes)	oral: sores around the mouth and nostrils genital: sores on the penis in males or near or in the vagina in women; can also cause sores near the anus; sometimes can cause pain when urinating or defecation.
Herpes Zoster Virus (shingles)	burning, sharp pain, tingling; some people experience severe itching or aching rather than pain; many people also feel tired and ill with fever, chills, headache, and upset stomach. After several days of these symptoms, a belt-like rash that extends from the midline of the body outward will develop. Within three days after the rash appears, the fluid-filled blisters will turn yellow, dry up, and crust over
Molluscum Contagiosum	itching or tenderness
Oral Hairy Leukoplakia (OHL)	usually does not cause serious symptoms
Progressive Multifocal Leukoencephalopathy (PML)	mental deterioration, vision loss, speech disturbances, ataxia (inability to coordinate movements), paralysis, and coma. In rare cases, seizures may occur.

# OPPORTUNISTIC INFECTION EXERCISE

## TRAINERS GUIDE # 2 of 2 (cont.)

Opportunistic Infection	Symptoms
<b>FUNGAL INFECTIONS</b>	
Aspergillosis	pain in the sinuses, nose, or ear canal; facial swelling; cough and difficulty breathing; chest pain, fever and night sweats.
Candidiasis (thrush, yeast infection)	<p>oral candidiasis: burning pain in the mouth or throat, altered taste and difficulty swallowing</p> <p>vaginal candidiasis: thick white discharge resembling cottage cheese, itching and burning, rashes and tenderness</p> <p>esophageal candidiasis: chest pain, as well as pain and difficulty when swallowing.</p> <p>most people do not experience any symptoms of disease; when they do occur, they usually include fever, a productive cough, chills, headache, muscle aches, and sore throat.</p>
Coccidioidomycosis	fever, fatigue, stiff neck, body aches, headaches (often severe), nausea/vomiting, and skin lesions, other important symptoms include confusion, muddled thinking and vision
Cryptococcal Meningitis	includes fever, weight loss, skin lesions, breathing difficulties, chest pain, nonproductive (dry) cough, anemia, enlargement of the liver, spleen, and lymph nodes problems, and possibly seizures
Histoplasmosis	watery diarrhea, abdominal pain, nausea, vomiting, weight loss, loss of appetite, dehydration, and passing gas

# OPPORTUNISTIC INFECTION EXERCISE

## TRAINERS GUIDE # 2 of 2 (cont.)

Opportunistic Infection	Symptoms
<b>PROTOZOAL INFECTIONS</b>	
Cryptosporidiosis	watery diarrhea, abdominal pain, weight loss, loss of appetite, dehydration, and passing gas
Isosporiasis	watery diarrhea , abdominal pain, weight loss, loss of appetite, dehydration, and passing gas
Microsporidiosis	watery diarrhea , abdominal pain, weight loss, loss of appetite, dehydration, and passing gas
Pneumocystis Pneumonia (PCP)	fever, dry cough that doesn't produce any phlegm (sputum); chest tightness and difficulty breathing; fatigue and night sweats
Toxoplasmosis	headache, fever, confusion, seizures, abnormal behavior, and coma
<b>NEUROLOGICAL CONDITIONS</b>	
AIDS Dementia Complex (ADC)	trouble learning new things, difficulty remembering things that happened in the past, changes in behavior, confusion, depression; if dementia progresses, it can cause speech problems, balance problems, vision problems, problems walking, loss of bladder control, mania or psychosis
Peripheral Neuropathy	usually occur in the feet and/or hands; numbness, insensitivity to pain or temperature, extreme sensitivity to touch , tingling, prickling, or burning sensation, sharp pain or cramping, loss of balance or coordination, loss of reflexes, muscle weakness, noticeable changes in the way you walk

# OPPORTUNISTIC INFECTION EXERCISE

## TRAINERS GUIDE # 2 of 2 (cont.)

Opportunistic Infection	Symptoms
<b>OTHER CONDITIONS AND COMPLICATIONS</b>	
Aphthous Ulcers (Canker Sores)	begins as a burning or tingling sensation, a red spot or bump usually forms, which develops into an open ulcer
Thrombocytopenia (low platelets)	many people do not have any symptoms; more advanced forms of thrombocytopenia can cause a number of bleeding problems
Wasting Syndrome	weight loss, especially muscle mass