

NRS
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- C. Report any signs and symptoms of infection.
- D. Use stress-management techniques.
- E. Set up an emotional support network with family, friends, or support groups.
- F. Eat a nutritious diet. Check high-calorie diet in therapeutic diets. Check food safety and prevention of food-borne illness in nutrition education.
- G. Maintain a balance of rest and exercise.
- H. Avoid donating blood or semen.
- I. Inform health care providers of diagnosis.
- J. Inform sex partners of diagnosis.
- K. Keep follow-up appointments with physician and laboratory.
- L. Avoid alcohol and tobacco product use.
- M. Avoid exposure to infection, such as people with respiratory infections, shingles, and tuberculosis or children with chicken pox.
- N. Use extra care when dealing with pets. Do not touch pet litter boxes, feces, bird droppings, or water in fish tanks.
- O. Use extra care with gardening activities. Germs live in garden and potting soil. Wear gloves while handling dirt, and use good hand hygiene.

IX. The client/caregiver can list measures to maintain body requirements for nutrition.

- A. Provide good oral hygiene.
- B. Eat small, more frequent meals.
- C. Rest one-half hour after meals.
- D. Take vitamin and mineral supplements as ordered.
- E. Take medication (antiemetics) for nausea and vomiting as needed.

X. The client/caregiver can list precautions to prevent transmission of the virus.

- A. Personal care
 - 1. Hands and other parts of the body should be washed immediately after contact with blood or other body fluids. Surfaces soiled with blood should be disinfected appropriately.
 - 2. Gloves should be worn during contact with blood or other body fluids that could possibly contain visible blood, such as urine, feces, or vomit.

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- 3. Cuts, sores, or breaks on both the caregiver and client's exposed skin should be covered with bandages.
- B. Equipment
 - 1. Needles and other sharp instruments should be used only when medically necessary.
 - 2. Do not put caps back on needles by hand. Do not remove needles from syringes. Dispose of needles in puncture-proof containers out of the reach of children and visitors.
 - 3. Infected persons should not share razors, toothbrushes, tweezers, nail or cuticle items, pierced earrings, or other pierced jewelry.
 - 4. Disposable gloves should only be used once and then discarded.
- C. Household items and linens
 - 1. Clothes and bed sheets used by someone with AIDS can be washed the same way as other laundry.
 - 2. If clothes or sheets have blood, vomit, semen, vaginal fluids, urine, or feces on them, use disposable gloves and handle the clothes or sheets as little as possible.
 - 3. Put soiled linens in plastic bags until you can wash them. You can but do not need to add bleach to kill HIV; a normal wash cycle will kill the virus.
 - 4. Fabrics and furniture can be cleaned with soap and water or cleansers that you can buy in a store; follow the directions on the box. Wear gloves while cleaning.
 - 5. About one-quarter cup of bleach mixed with 1 gallon of water makes a good disinfectant for floors, showers, tubs, sinks, mops, sponges, and so forth.
 - 6. Soiled disposable items such as gloves, soiled underpads, or dressings should be secured in heavy-duty plastic garbage bags.
 - 7. Clean food preparation area and bathroom area with hot, soapy water and then with a solution that is one part bleach to nine parts water.
- D. Personal
 - 1. The proper and consistent use of latex or polyurethane (a type of plastic) condoms

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when engaging in sexual intercourse—vaginal, anal, or oral—can greatly reduce a person's risk of acquiring or transmitting sexually transmitted diseases, including HIV infection.

2. If a person with AIDS has a cough that lasts longer than a week, the doctor should check for tuberculosis.
 3. If the person with AIDS has fever blisters or cold sores (herpes simplex) around the mouth or nose, do not kiss or touch the sores.
 4. If you have to touch the sores to help the person, wear gloves and wash your hands carefully as soon as you take the gloves off.
- E. Proper condom use
1. Use latex or polyurethane condoms. Never reuse a condom.
 2. Store condoms in cool, dry place. Do not store in car or wallet.
 3. Check expiration date.
 4. Place condom on an erect (hard) penis before any contact with partner's genital area.
 5. Use water-based lubricant with latex condoms to help prevent the condom from tearing. Do not use oil-based products, such as baby or cooking oils, hand lotion or petroleum jelly as lubricants.
 6. Hold condom in place at the base of penis before withdrawing after sex.
 7. Properly dispose of condom.
 8. Avoid use of lubricants with spermicide called nonoxynol-9 (N-9). It may cause skin irritation or abrasions that can make the area more susceptible to sexually transmitted diseases.

RESOURCES

Centers for Disease Control and Prevention
www.aidsinf.nih.gov/guidelines/
www.cdc.gov/hiv/
www.cdc.gov/hiv/resources/factsheets/index.htm

National Institute of Allergy and Infectious Diseases (NIAID)
www.niaid.nih.gov/

National Institutes of Health (NIH)
www.nih.gov/

Department of Health and Human Services (HHS)
www.hhs.gov/

AIDSinfo
 800-HIV-0440 (800-448-0440) or 301-519-0459
 888-480-3739 (TTY/TDD)
<http://aidsinfo.nih.gov>

CDC National Prevention Information Network (NPIN)
 800-458-5231
www.cdcnpin.org

Caring for Someone with AIDS at Home
www.cdc.gov/hiv/pubs/BROCHURE/careathome.htm

CDC-INFO 24 Hours/Day for more information about sex
 800-CDC-INFO (232-4636)
 888-232-6348 (TTY), in English, en Español

American Social Health Organization
www.ashastd.org/condom/condom

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