

PART 1: DOMANDE INERENTI AL TESTO

Leggere l'articolo e rispondere alle seguenti domande:

ADHERENCE TO ANTIRETROVIRAL THERAPY AND ASSOCIATED FACTORS AMONG HIV INFECTED CHILDREN IN ETHIOPIA: UNANNOUNCED HOME-BASED PILL COUNT VERSUS CAREGIVERS' REPORTS
BMC Pediatrics 2013

HIV/AIDS is one of the most devastating pandemics humanity has ever faced. Globally, about 34 million people were living with the virus in 2010. In the same year, children made up 10% of the total infected. Sub-Saharan Africa remains the most hard-hit region accounting for 68% of the total global number of sufferers.

In an effort to curb the epidemics as well as to improve the quality of life among HIV infected people, multiple strategies have been implemented worldwide, including the treatment of patients with Antiretroviral Therapy (ART). The introduction of ART has resulted in a remarkable reduction of HIV-related mortality and morbidity as a result of rapid immunological restoration and viral suppression.

However, ART provision has major challenges. Despite efforts made **over** the last decade, universal access to ART, especially in low income countries, remains low: only half of adults and a quarter of children eligible for ART have started treatment. For those on ART, retention in care as well as adherence to therapy remains a major obstacle for the successful treatment of HIV-infected patients. Adherence to ART is the key to achieving optimal therapeutic effects. Studies **indicate** that poor adherence is associated with virological failure and increased mortality.

Designing strategies for maintaining an optimal level of adherence among children is an essential step towards ensuring treatment success. However, this task requires careful assessment of the status of level of adherence and its predictors among the target population. In pediatric patients, adherence is more complex **as** it involves factors related to children, caregivers, family, society and culture, and measuring adherence remains a challenge since there is no single method that is reliable and simple.

Globally, the level of adherence to ART among HIV infected children varied from 49% to 100% depending on the settings and the methods used. The most frequently used measures of adherence in children are self-reports or caregivers' reports, and the highest level of adherence (79.5-100%) emerged from such measurements. Previous studies among Ethiopian children and adults reported high levels of adherence to ART using self-reports and caregivers' reports. Although the report method is simple, used **alone** it is subjective and subject to social desirability and recall bias. Parents and carers are unlikely to admit having neglected to give children their pills, or may believe they are following the treatment more rigorously than they are in reality. Pill count is a more objective method to assess medication adherence and is recommended as a standard for clinical practice.

A recent study in Ethiopia determined the level of adherence and its predictors using unannounced home-based pill counts and compared the results with adherence as reported by caregivers. Based on caregivers' reports, the estimated adherence rate in the last 7 days prior to interview was 93.3%. However, using unannounced home-based pill counts, the adherence rate (34.8%) was unacceptably low. There is an enormous **discrepancy** between the optimal adherence rate ($\geq 95\%$) and the rate revealed by the unannounced home-based pill counts (34.8%). Similar studies elsewhere have reported discrepancies between unannounced home-based pill counts and caregivers' reports. For example, a study in Uganda among children on ART reported adherence rates of 89% and 94% using self-report and clinic based pill count, respectively; however, on subsequent unannounced pill counts, only 72% of children were found to be adherent to their treatment. Similarly, a study in Tanzania among adults on ART revealed that 98% and 93% of patients were adherent based on self-report and hospital pill count, respectively, but only 58% were found adherent on unannounced home visit pill counts.

Scegliere un sinonimo per le seguenti parole tratte dal testo
(1 punto per ogni domanda):

1. **over**
A) from B) during C) by
2. **indicate**
A) said B) show C) infer
3. **as**
A) so B) due to C) because
4. **alone**
A) independently B) lonely C) aside
5. **discrepancy**
A) result B) difference C) stage

Scrivere A, B o C (1 punto per ogni domanda):

6. In 2010, how many children were suffering from HIV worldwide?
- A) 3.4 million
- B) 0.34 million
- C) 34 million
7. The criteria for effective measurement of pediatric adherence are:
- A) reliability and validity
- B) reliability and simplicity
- C) reliability and soundness.
8. The reporting method is liable to inaccuracy because
- A) the participants are biased and lazy
- B) the participants are forgetful and lazy
- C) the participants are forgetful and biased
9. According to the article, the most reliable way to measure adherence to ART in children is:
- A) children reporting how many pills they have taken
- B) caregivers reporting how many pills they have taken
- C) unannounced visitors counting how many pills they have taken
10. A study comparing ART adherence rates in Tanzania found:
- A) no difference between hospital and home pill counts
- B) a considerable difference between hospital and home pill counts
- C) a slight difference between hospital and home pill counts

Rispondere T se la frase è 'true', F se è 'false' o N se è 'not in text' (1 punto per ogni domanda):

11. More than half of people infected with HIV/AIDS in 2010 were living in Sub-Saharan Africa.
12. In addition to trying to stop HIV/AIDS, work has been done to try to make life better for people already infected with the disease.
13. ART is one of a number of methods of fighting HIV/AIDS.
14. Despite the use of ART, the number of deaths due to HIV/AIDS is increasing.
15. The number of children infected with HIV in Uganda is falling.

PART 2: DOMANDE NON INERENTI AL TESTO

Indicare la parola incongrua (1,5 punti per ogni domanda):

16. A) perform B) assess C) test D) evaluate
17. A) decline B) boom C) reduction D) decrease
18. A) concentrate B) manifest C) show D) display
19. A) subsequent B) previous C) preceding D) earlier
20. A) enormous B) huge C) microscopic D) large

Scrivere la parola mancante (1,5 punti per ogni domanda):

21. building is your office in?
22. I get up at half past eight.
23. We been to the cinema recently.
24. They about fifty grams each.
25. She got a computer.
26. Where would you to go on holiday this year?

RISPOSTE

PART 1: DOMANDE INERENTI AL TESTO

Scegliere un sinonimo per le seguenti parole tratte dal testo

(1 punto per ogni domanda):

1. **over**
A) from B) **during** C) by B
2. **indicate**
A) said B) **show** C) infer B
3. **as**
A) so B) due to C) **because** C
4. **alone**
A) **independently** B) lonely C) aside A
5. **discrepancy**
A) result B) **difference** C) stage B

Scrivere A, B o C (1 punto per ogni domanda):

6. In 2010, how many children were suffering from HIV worldwide? A
A) **3.4 million**
B) 0.34 million
C) 34 million
7. The criteria for effective measurement of pediatric adherence are: B
A) reliability and validity
B) **reliability and simplicity**
C) reliability and soundness.
8. The reporting method is liable to inaccuracy because C
A) the participants are biased and lazy
B) the participants are forgetful and lazy
C) **the participants are forgetful and biased**
9. According to the article, the most reliable way to measure adherence to ART in children is: C
A) children reporting how many pills they have taken
B) caregivers reporting how many pills they have taken
C) **unannounced visitors counting how many pills they have taken**

10. A study comparing ART adherence rates in Tanzania found: B
A) no difference between hospital and home pill counts
B) **a considerable difference between hospital and home pill counts**
C) a slight difference between hospital and home pill counts

Rispondere [T] se la frase è 'true', [F] se è 'false' o [N] se è 'not in text' (1 punto per ogni domanda):

11. More than half of people infected with HIV/AIDS in 2010 were living in Sub-Saharan Africa. T
12. In addition to trying to stop HIV/AIDS, work has been done to try to make life better for people already infected with the disease. T
13. ART is one of a number of methods of fighting HIV/AIDS. T
14. Despite the use of ART, the number of deaths due to HIV/AIDS is increasing. F
15. The number of children infected with HIV in Uganda is falling. N

PART 2: DOMANDE NON INERENTI AL TESTO

Indicare la parola incongrua (1,5 punti per ogni domanda):

16. A) **PERFORM** B) assess C) test D) evaluate A
17. A) decline B) **BOOM** C) reduction D) decrease B
18. A) **CONCENTRATE** B) manifest C) show D) display A
19. A) **SUBSEQUENT** B) previous C) preceding D) earlier A
20. A) enormous B) huge C) **MICROSCOPIC** D) large C

Scrivere la parola mancante (1,5 punti per ogni domanda):

21. WHICH building is your office in?
22. I USUALLY/OFTEN/DON'T/MUST ETC get up at half past eight.
23. We HAVE/HAVEN'T been to the cinema recently.
24. They WEIGH about fifty grams each.
25. She HAS/HASN'T got a computer.
26. Where would you LIKE to go on holiday this year?