



California Statewide Training & Education Program **CSTEP: Treatment Objectives**

Treatment (Online):

In 2014, CSTEP collaborated with TechChange, Inc. in order to create an online, self-paced course entitled, "HIV and Your Immune System." We took the original two (2) day, in-person training curriculum and condensed it into a 2-hour course that will provide a basic understanding of HIV and its impact on the Immune System.

Summary: This course offers seven (7) modules that will cover the following topics:

- State of HIV in the United States, California and specific county/area
- Basic components and function of the Immune System
- Viruses, more specifically HIV and the current understanding of the HIV lifecycle
- How HIV affects the Immune System
- Medication regimens commonly taken by clients

Learning Objectives:

- To provide a brief overview of where HIV is in the United States, including California-specific information about HIV/AIDs
- To help participants understand the function of the Immune System and how the Immune System responds to pathogens
- To define CD4+ T-cells, CD8+ T-cells and B-cells and identify what each of the defined cells do during an immune response
- To identify the different stages of the HIV Lifecycle and to describe the steps of the HIV replication process
- To explain how HIV causes AIDS and to identify other factors that might affect the Immune System function
- To define Opportunistic Infections (OIs) and discuss the guidelines of how to prevent and/or treat OIs
- To discuss classes of drugs and to look at what stage a drug is intended to work
- To discuss the importance of when and why a client should start antiretroviral therapy (ART) and individualized regimen selection