

HIV and bone health: self-assessment quiz

Test your knowledge and understanding by completing this quiz. You could do this before reading the article and then return afterwards to see how much you have learned.

Add the completed quiz to your professional portfolio as evidence of your learning and remember to record the number of CPD hours spent.

1. Complete the sentence in respect of bone formation. Modelling is the process by which ...?
 - (a) calcium homeostasis is achieved
 - (b) bone adapts its shape in response to forces exerted upon it
 - (c) old bone is removed
 - (d) bone porosity is reduced

2. The whole process of bone formation takes approximately how long to complete?
 - (a) 2–4 weeks
 - (b) 4–6 months
 - (c) 6–12 months
 - (d) the entire lifespan

3. Name three diseases that can cause bone mineral density loss.

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4. Which bacteria is a common causative agent for osteomyelitis?
 - (a) *Escherichia coli*
 - (b) *Streptococcus*
 - (c) *Staphylococcus*
 - (d) *Pseudomonas*

5. Approximately what percentage of women aged >70 years have osteoporosis?
 - (a) 50%
 - (b) 80%
 - (c) 15%
 - (d) 20%

6. True or false? WHO defines osteopenia as a bone mineral density (BMD) T-score of between -1 and -2.5 on DEXA scan.

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7. A fragility fracture of the hip is fatal in what proportion of individuals?
 - (a) 10%
 - (b) 20%
 - (c) 45%
 - (d) 70%

8. Peak bone mass is generally achieved around what age?
 - (a) 21 years
 - (b) 30 years
 - (c) 45 years
 - (d) 16 years

9. Which of the following statements are true (tick all that apply)?
Bisphosphonates:
 - (a) increase BMD by inhibiting bone resorption
 - (b) have to be swallowed when lying down
 - (c) increase Vitamin D uptake from sunlight
 - (d) act as oestrogen receptor agonists

10. List three factors that may be seen disproportionately in HIV-positive cohorts and that can contribute to decreases in BMD?

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11. True or false? PLWH should all have a DEXA scan performed every 5 years.

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12. List three assessments that could be appropriate for PLWH who sustain a fragility fracture without a prior osteoporosis diagnosis.

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