

The  
Management  
University  
of Africa



Sponsored by the Kenya Institute of Management

**CERTIFICATE UNIVERSITY EXAMINATIONS**  
**SCHOOL OF MANAGEMENT AND LEADERSHIP**  
**CERTIFICATE COMMON UNIT**

**CCU 104 : INTRODUCTION TO HIV/AIDS**

**DATE: 1<sup>ST</sup> APRIL 2026**

**DURATION: 2 HOURS**

**MAXIMUM  
MARKS: 70**

**INSTRUCTIONS:**

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. **Write all your answers in the Examination answer booklet provided.**

## **QUESTION ONE**

**Read the Case Study below carefully and answer the questions that follow:**

### **HIV/AIDS IN A DYNAMIC RURAL-URBAN KENYAN COMMUNITY**

Mwangaza Sub-County is a rapidly transforming region in Kenya, located along a major transport corridor linking rural farming areas to an expanding urban center. Over the last decade, the area has experienced increased migration, growth of informal settlements, and expansion of entertainment venues such as bars, nightclubs, and lodging facilities. These changes have brought economic opportunities but have also introduced new public health challenges.

Recent health records from the county referral hospital indicate a steady rise in HIV prevalence, particularly among youth aged 18-35, women of reproductive age, and long-distance transport workers. Despite the availability of free HIV testing and antiretroviral therapy (ART), many residents continue to present late for treatment, often when opportunistic infections have already developed.

Cultural beliefs remain strong in the community. Some elders attribute HIV/AIDS to witchcraft, curses, or moral failure rather than a viral infection. Discussions around sex and sexuality are considered taboo, especially for young women. Condom use is often discouraged, with some religious leaders emphasizing abstinence alone while rejecting comprehensive prevention strategies.

Alcohol and drug abuse are common, particularly among unemployed youth and casual laborers. Alcohol consumption frequently precedes risky sexual behavior, including multiple sexual partnerships and inconsistent condom use. Gender inequality further increases vulnerability, as many women depend economically on male partners and lack the power to negotiate safer sex.

Pregnant women face additional challenges. Fear of stigma and discrimination discourages some from attending antenatal clinics,

increasing the risk of mother-to-child transmission (MTCT) of HIV. Families affected by AIDS-related deaths struggle to care for orphans, leading to school dropout, poverty, and psychological distress.

Government agencies, faith-based organizations, and NGOs have introduced HIV awareness campaigns, voluntary counseling and testing (VCT) services, and community outreach programs. However, behavior change remains slow, and stigma continues to undermine prevention, treatment, and care efforts.

As part of a national HIV response review, you have been asked to analyze the situation in Mwangaza Sub-County and propose informed, sustainable solutions.

**Required:**

- a) Define HIV and AIDS as used in the case study.  
**(2 Marks)**
- b) Explain why women of reproductive age are more affected by HIV in Mwangaza Sub-County.  
**(3 Marks)**
- c) Describe two ways alcohol abuse contributes to the spread of HIV in the community.  
**(3 Marks)**
- d) Using the case study, explain how cultural beliefs influence health-seeking behavior related to HIV/AIDS.  
**(4 Marks)**
- e) Explain how stigma affects the utilization of Voluntary Counselling and Testing (VCT) services.  
**(4 Marks)**
- f) Analyse the relationship between gender inequality and HIV transmission in Mwangaza Sub-County.  
**(4 Marks)**
- g) Evaluate the effectiveness of awareness campaigns in changing HIV-related behaviour in the community.  
**(4 Marks)**

- h)** Propose two integrated strategies that could effectively reduce HIV prevalence in Mwangaza Sub-County.  
**(6 Marks)**

## **QUESTION TWO**

- a)** Describe the historical origin of HIV/AIDS.  
**(4 Marks)**
- b)** Analyse how historical misconceptions about sexually transmitted diseases influenced early HIV/AIDS responses.  
**(6 Marks)**

## **QUESTION THREE**

- a)** Explain natural immunity and why the human body cannot naturally eliminate HIV.  
**(4 Marks)**
- b)** Evaluate the impact of HIV on immune response over time.  
**(6 Marks)**

## **QUESTION FOUR**

- a)** Explain five roles of antiretroviral drugs in the management of HIV/AIDS.  
**(5 Marks)**
- b) b)** Discuss how nutrition complements antiretroviral therapy in HIV/AIDS management.  
**(5 Marks)**

## **QUESTION FIVE**

a) Explain how pregnancy increases the complexity of HIV/AIDS management.

**(5  
MARKS)**

b) Analyse the social and psychological challenges faced by AIDS orphans.

**(5  
MARKS)**

### **QUESTION SIX**

a) Evaluate the impact of HIV/AIDS on national economic development.

**(4  
MARKS)**

b) Propose government policy measures that can strengthen HIV/AIDS prevention and control.

**(6 MARKS)**