

## Test of Understanding

### Sexually Transmitted Infections: A Brief Guide to what they are and how they are treated

**IMPORTANT: PLEASE READ THIS FIRST**

This Test of Understanding should be completed after you have read and studied the Better2Know booklet titled **Sexually Transmitted Infections: A brief guide to what they are and how they are treated** (3rd Edition, 2013). Once you have completed your studies, this Test of Understanding along with the Self-Assessment Record should be completed and returned to Better2Know by anyone wishing to record further learning and knowledge enhancement for Continuing Personal and Professional Development (CPD) purposes. Upon receipt of a satisfactorily completed Test of Understanding and Self-Assessment Record, Better2know will issue a certificate for 5 CPD points in your name. Please be sure to provide your contact details as requested below. To receive your certificate, please return a scanned copy of this Test of Understanding and the Self-Assessment Record by email to Education@better2know.co.uk or by post to PO Box 45, Better2Know Ltd, Carnforth, Lancashire, LA6 2WA, United Kingdom.

Copies of the Test of Understanding and the Self-Assessment Record can be downloaded at: [www.better2know.com/page/education](http://www.better2know.com/page/education)

This Test of Understanding and the Self-Assessment Record may be photocopied and retained in your personal CPD files and you may also submit them to any professional association, institute or other organisation that requires evidence of your CPD activity. If your employer is currently a Better2Know clinic, there is no charge for this CPD course. If your clinic currently does not see Better2Know patients, this CPD course and associated certificate carries a £50 charge payable by cheque to be sent back to Better2Know with this completed document.

**NAME:** .....

**ADDRESS:** .....

.....

.....

This test has 25 questions on 5 pages in total. Questions are multiple choice, but there may be more than one correct answer, you should choose all the answers that apply. Please circle the letter that applies to the answer that you have selected. If you make a mistake, please ensure your answer is clear. If any answer is not clear, then no marks will be awarded.

1. Which of the following are bacterial infections?
  - a. Chlamydia
  - b. Gardnerella
  - c. Herpes
  - d. Hepatitis B
  - e. Ureaplasma
  
2. Where are you most likely to get Herpes Simplex Type 1?
  - a. Corner of mouth
  - b. Eye
  - c. Pubic Hair
  - d. Penis/ Vagina
  - e. Genital Area
  
3. Which of the following may happen if Chlamydia is left untreated?
  - a. Infertility in women
  - b. Reduced fertility in men
  - c. Potential ectopic pregnancies
  - d. Pelvic Inflammatory disease
  - e. Lumps/blemishes appearing on the penis

4. Which of the following (if any) are true about Syphilis?
  - a. There are three stages of syphilis
  - b. If left untreated it can kill you
  - c. You can test for syphilis with a urine sample
  - d. The first stage of syphilis is a sore called a chancre
  - e. Syphilis is a virus
  
5. Which of the following (if any) are true about HIV?
  - a. There is an effective HIV vaccination
  - b. HIV can be treated with HAART
  - c. HIV positive people do not have to tell their boss if they test positive
  - d. HIV can be transmitted by giving and receiving oral sex
  - e. HIV is the most common sexually transmitted virus in the UK
  
6. Which of the following (if any) can be caused by HPV?
  - a. Genital Warts
  - b. Cervical Cancer
  - c. Anal Cancer
  - d. Oral Cancers
  - e. Liver damage
  
7. Which of the following can be transmitted sexually and by blood to blood contact?
  - a. Hepatitis A
  - b. Hepatitis B
  - c. Hepatitis C
  - d. Mycoplasma
  - e. Gonorrhoea
  
8. If you test positive for an STI which can be cured with an antibiotic, how long should you abstain from sex for?
  - a. Just until you have finished the course of antibiotics
  - b. 7 days after you have finished the course of antibiotics
  - c. 7 days after you have told anyone who you might have infected to get tested
  - d. 14 days after you have finished the course of antibiotics
  - e. When you have re-tested and your results are negative
  
9. If you have no symptoms which of the following (if any) might you be at risk of?
  - a. Herpes
  - b. Chlamydia
  - c. HIV
  - d. Gonorrhoea
  - e. Hepatitis B

10. Which of the following (if any) is true about STI transmission?
  - a. Condoms in heterosexual vaginal sex protect against all STIs
  - b. HIV can only be transmitted if one partner has a cut/ blood is present
  - c. Chlamydia can be passed onto a baby during the birth process
  - d. Gonorrhoea can be transmitted while giving oral sex
  - e. Hepatitis C is mostly commonly transmitted by Men who have sex with Men (MSM)
  
11. Rank the following (from lowest risk to highest risk) of transmitting an STI
  - a. Anal sex between 2 consenting men
  - b. A man receiving unprotected oral sex from a female prostitute
  - c. Female house mates sharing a sex toy
  - d. Mutual stimulation (by hand) with your male and female partners
  - e. Condom protected vaginal intercourse between a man and a woman
  
12. Which of the following are sensible precautions against STIs?
  - a. Being on the pill
  - b. Always wearing a condom or femidom
  - c. Regular STI testing
  - d. Not having sex during or with anyone who has their period
  - e. Washing your sex toys after use in soap and water
  
13. Which of the following STI's are curable?
  - a. Gonorrhoea
  - b. Mycoplasma
  - c. Human Papilloma Virus (HPV)
  - d. Herpes Simplex type 1
  - e. Herpes Simplex type 2
  
14. Which of the following can be symptoms of Chlamydia in men?
  - a. A visible chancre on the penis shaft
  - b. Inflammation of the testicles
  - c. Pain experienced when urinating
  - d. Scarring of the fallopian tubes
  - e. Swollen scrotum
  
15. The Human Papilloma Virus can be transmitted in which of the following ways?
  - a. Body to body contact
  - b. Hot tubs
  - c. An exchange of body fluids
  - d. By sharing razors
  - e. Sharing clothing

16. Which is true about Mycoplasma
- Both men and women can have a Mycoplasma infection
  - A Mycoplasma infection is always sexually transmitted
  - A Mycoplasma infection is easy to treat
  - Mycoplasma can occur naturally in a person's genital tract
  - Mycoplasma has been associated with Pelvic Inflammatory Disease (PID)
17. Trichomonas is
- A bacterium
  - A virus
  - A protozoa
  - A parasite
  - Fungus
18. Ureaplasma
- Is a large bacteria that is easy to treat
  - A small bacteria that lives inside our cells
  - Occurs naturally in men and women
  - Is always sexually transmitted
  - Never has any symptoms
19. Bacterial Vaginosis
- Is caused by the BV virus
  - Causes a "fish-like" smelling discharge in women
  - Poses no risk factors in women
  - Is always transmitted from men to women during sexual intercourse
  - Can be treated but not cured
20. Which of the following are true about The Human Immunodeficiency Virus (HIV)
- There are two different types of the HIV virus
  - HIV infection can cause swollen lymph nodes
  - People infected with HIV will die earlier
  - Blood transfusions are a common way people catch HIV
  - Post Exposure Prophylaxis (PEP) is effective up to 2 weeks after infection
21. Which of the follow are true about Hepatitis B
- Hepatitis B is caused by the Hepatitis B Bacteria
  - Once infected with Hepatitis B, a person will go on to develop liver disease
  - Hepatitis B is highly contagious
  - Most Hepatitis infections are caused by unprotected sex
  - Everyone working in healthcare should have the Hepatitis B vaccine

22. Which of the following are true about Hepatitis C
- a. Most people who are infected with Hepatitis C know they carry the infection
  - b. Hepatitis C usually causes most damage to the heart and kidneys
  - c. Hepatitis C can be transmitted by sharing toothbrushes and razors
  - d. Hepatitis C can always be cured by using pegylated interferon alpha and ribavirin
  - e. People infected with Hepatitis C will often need liver transplants
23. Which of the following are true about Pelvic Inflammatory Disease (PID)
- a. Both men and women can develop PID
  - b. PID is always caused by a bacterial infection in women
  - c. PID is an infection in the upper female reproductive tract
  - d. Symptoms of PID can include pain, unusual discharge and irregular menstrual bleeding
  - e. PID can lead to fertility problems in women
24. Which of the following are false
- a. Male Circumcision is a good way to reduce the risks of contracting HIV
  - b. Most STI's cannot be transmitted by sharing sex toys
  - c. Checking yourself for symptoms is a good way to tell if you have an STI
  - d. Holding hands with a new partner can put you at risk of contracting an STI
  - e. Anal sex is usually safe if it is with someone you've known for more than a month
25. Which of the following are true
- a. Sex between consenting adults is always safe
  - b. The best way to avoid catching an STI is to avoid physical contact
  - c. Non-penetrative sex is a good way to avoid catching most but not all STI's
  - d. Condoms and dental dams are can help protect against catching STI's
  - e. Some methods of birth control are guaranteed to prevent catching any STI's

**SIGNATURE:**..... **DATE:** .....