

Table 2: Selected Symptoms Associated With HIV/AIDS

Symptoms	Cause	Presentation	Interventions
Fatigue (asthenia)	<ul style="list-style-type: none"> • HIV infection • Opportunistic infections • AIDS medications • Prolonged immobility • Anemia • Sleep disorders • Hypothyroidism • Medications 	<ul style="list-style-type: none"> • Weakness • Lack of energy 	<ul style="list-style-type: none"> • Pacing activities • Rest periods/naps • Adequate nutrition • Relaxation exercises • Meditation • Warm, rather than hot, showers or baths • Cool room temperatures •
Anorexia (loss of appetite) and cachexia (wasting)	<ul style="list-style-type: none"> • Metabolic alterations caused by cytokines and interleukin-1 • Opportunistic infections • Nutrient malabsorption from intestines • Chronic diarrhea • Depression • Taste disorders 	<ul style="list-style-type: none"> • Diminished food intake • Profound weight loss 	<ul style="list-style-type: none"> • Consult with dietitian about choice of food • Make food appealing by color and texture • Avoid noxious smells at mealtimes • Avoid fatty, fried and strong smelling foods • Offer small, frequent meals and nutritious snacks • Encourage patients to eat whatever is appealing • Provide high energy, high protein liquid supplements • Use appetite stimulants such as megesterol acetate 800 mg/day po or dronabinol 2.5 mg po q D or bid • Consider

			Testosterone administered by 5mg transdermal patch to increase weight gain and muscle mass if endogenous levels are low
Fever (elevated body temperature)	<ul style="list-style-type: none"> • Bacterial toxins • Viruses • Yeast • Fungal infections • Antigen-antibody reactions • Drugs • Tumor products • Exogenous pyrogens 	<ul style="list-style-type: none"> • Body temperature greater than 99.5 F (oral), 100.5 F (rectal), or 98.5 F (axillary) • Chills, rigor • Sweating, night sweats • Delirium • Dizziness • Dehydration 	<ul style="list-style-type: none"> • Maintain fluid intake • Loose clothing and sheets with frequent changing • Avoid plastic bed coverings • Exceptionally high temperature may require ice packs or cooling blankets • Around the clock antipyretics such as acetaminophen or aspirin 325-650 mg po q 6-8 hrs.
Dyspnea (shortness of breath) & Cough	<ul style="list-style-type: none"> • Bronchospasm • Embolism • Effusions • Pulmonary edema • Pneumothorax • Kaposi's sarcoma • Obstruction • Opportunistic infections • Anxiety • Allergy • Mechanical or chemical irritants • Anemia 	<ul style="list-style-type: none"> • Productive or non-productive cough • Crackles • Stridor • Hemoptysis • Inability to clear secretions • Wheezing • Tachypnea • Gagging • Intercostal retractions • Areas of pulmonary dullness 	<ul style="list-style-type: none"> • Elevate bed to Fowler's or high Fowler's position • Provide abdominal splints • Administer humidified oxygen therapy to treat dyspnea • Use fans or open windows to keep air moving for dyspnea • Remove irritants or allergens such

		<ul style="list-style-type: none"> Anxiety 	<ul style="list-style-type: none"> as smoke Encourage fluids Teach pursed lips breathing for patients with obstructive disease Frequent mouth care to decrease discomfort from dry mouth. Treat bronchospasm Suppress cough with dextromethorphan hydrobromide 15-45 mg po q 4 h prn. If no relief may progress to opioids such as codeine 15-60 mg po q 4 h even if taking other opioids for pain or hydrocodone 5-10 mg po q 4-6 hrs prn or morphine 5-20 mg po q 4 h prn (may be increased to relieve dyspnea, relieve cough and associated anxiety in more severe cases) For hyperactive gag reflex use nebulized lidocaine 5 ml of 2% solution (100 mg) q 3-4 hrs prn Encourage smoking cessation
Diarrhea	<ul style="list-style-type: none"> Idiopathic HIV 	<ul style="list-style-type: none"> Flatulence 	<ul style="list-style-type: none"> Maintain

	<ul style="list-style-type: none"> enteropathy Diet Bowel infections (bacteria, parasites, protozoa) Chronic bowel inflammation Medications Obstruction with overflow incontinence Stress Malabsorption 	<ul style="list-style-type: none"> Multiple bowel movements per day Cramps/colic Hemorrhoids 	<ul style="list-style-type: none"> adequate hydration Replace electrolytes by giving Gatorade or Pedialyte Give rice, bananas or apple juice to reduce diarrhea Increase protein & calories Avoid dairy products, alcohol, caffeine, extremely hot or cold foods, spicy or fatty foods Maintain dignity while toileting Provide ready access to bathroom or commode Maintain good perianal care Administer medications such as kaopectalin 60-120 ml q 4-6 hrs (max 20 mg/day); Immodium 2-4 mg q 6 hr (max 16 mg q day) diphenoxylate (Lomotil) 2.5-5.0 mg q 4-6 hrs; or paregoric (tincture of opium) 5-10 ml q 4-6 hrs.
Insomnia (inability to fall asleep or stay asleep)	<ul style="list-style-type: none"> Anxiety Depression Pain Medications Delirium 	<ul style="list-style-type: none"> Early morning awakening Night-time restlessness 	<ul style="list-style-type: none"> Establish a bedtime routine Reduce daytime napping

	<ul style="list-style-type: none"> • Sleep disorders such as sleep apnea • Excess alcohol intake • Caffeine 	<ul style="list-style-type: none"> • Fear • Nightmares 	<ul style="list-style-type: none"> • Avoid caffeinated beverages and alcohol • Take a warm bath 2 hrs before bedtime • Use relaxation techniques • Provide an environment conducive to sleep (dark, quiet, comfortable temperature) • Administer sleep aides for less than 2 weeks (to avoid potential for dependency, antidepressants (helpful over long term) or other sedatives such as diphenhydramine (Benadryl))
Headache	<ul style="list-style-type: none"> • Infections such as encephalitis, herpes zoster, meningitis, toxoplasmosis • Sinusitis 	<ul style="list-style-type: none"> • Pain in one or more areas of the head or over sinuses 	<ul style="list-style-type: none"> • Provide massage therapy • Use relaxation therapy • Apply Transcutaneous electrical nerve stimulation (TENS) • Use stepwise analgesia • Administer corticosteroids to reduce swellings around space occupying lesions if indicated