

# AIDS Certified Registered Nurse (ACRN) Certification Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What is the most dominant co-receptor for the transmission and replication of HIV?**
  - A. CCR5**
  - B. Gp210**
  - C. Protein-coupled receptor**
  - D. Ligand-gated receptor H**
  
- 2. Which type of HIV is more common in the United States?**
  - A. HIV-2**
  - B. HIV-1**
  - C. HTLV-1**
  - D. HIV-C**
  
- 3. Which class of antiretroviral drugs does tenofovir belong to?**
  - A. Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTI)**
  - B. NRTI (Nucleoside Reverse Transcriptase Inhibitors)**
  - C. Protease Inhibitors**
  - D. Integrase Inhibitors**
  
- 4. What are typical contraindications for starting antiretroviral therapy?**
  - A. Certain drug interactions and specific medical conditions**
  - B. Only the presence of other viral infections**
  - C. The age of the patient**
  - D. Previous experience with treatment**
  
- 5. What characteristic of HIV is essential for developing effective treatment plans?**
  - A. The virus's incubation period**
  - B. The viral load in the bloodstream**
  - C. The patient's social support system**
  - D. The patient's geographical location**

- 6. How can stigma affect individuals living with HIV?**
- A. It may enhance access to care**
  - B. It may lead to social isolation, mental health issues, and reduced access to care**
  - C. It has no effect on their health**
  - D. It can motivate community support initiatives**
- 7. What is the significance of the CD4 count in individuals living with HIV?**
- A. It reflects the overall health of the individual**
  - B. It indicates the viral load present in the body**
  - C. It determines treatment effectiveness**
  - D. It helps assess immune system health and progression of the disease**
- 8. Cryptococcus is most commonly associated with which disease condition?**
- A. Sarcoidosis**
  - B. Liver organ transplantation**
  - C. AIDS**
  - D. Multiple myeloma**
- 9. What are the initial symptoms commonly associated with acute HIV infection?**
- A. Flu-like symptoms (fever, sore throat, fatigue)**
  - B. Severe headaches and migraines**
  - C. Joint pain and swelling**
  - D. Skin rashes and itching**
- 10. What is the significance of a positive HIV test result?**
- A. It indicates a need for further testing**
  - B. It indicates the presence of HIV antibodies, suggesting that the individual is infected**
  - C. It shows immunity against HIV**
  - D. It confirms a viral load**

## Answers

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1. A
2. B
3. B
4. A
5. B
6. B
7. D
8. C
9. A
10. B

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## **Explanations**

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**1. What is the most dominant co-receptor for the transmission and replication of HIV?**

**A. CCR5**

**B. Gp210**

**C. Protein-coupled receptor**

**D. Ligand-gated receptor H**

The most dominant co-receptor for the transmission and replication of HIV is CCR5. This specific co-receptor is found on the surface of immune cells such as T lymphocytes, macrophages, and dendritic cells. CCR5 plays a crucial role in the entry of HIV into these cells, as the virus recognizes and binds to this receptor using its envelope protein, gp120. The binding of HIV to CCR5 facilitates the fusion of the viral envelope with the host cell membrane, allowing the viral RNA to enter the host cell and begin the process of replication. CCR5 is particularly important in the early stages of HIV infection; individuals with a genetic mutation that renders CCR5 nonfunctional often exhibit resistance to HIV infection, showcasing its critical role in HIV pathogenesis. This is why understanding and targeting CCR5 has been a significant focus in HIV research and treatment strategies.

**2. Which type of HIV is more common in the United States?**

**A. HIV-2**

**B. HIV-1**

**C. HTLV-1**

**D. HIV-C**

HIV-1 is more prevalent in the United States compared to other types of the virus. This strain of HIV is the primary cause of the global HIV/AIDS pandemic and is responsible for the majority of HIV infections in developed countries, including the United States. HIV-2, while present, is much less common in the U.S. and is primarily found in West Africa, making it less relevant in the context of American HIV epidemiology. HTLV-1 is a completely different virus associated with conditions such as adult T-cell leukemia and is not an HIV strain. HIV-C is not a recognized type; HIV is classified primarily into HIV-1 and HIV-2. Understanding the prevalence of HIV-1 is crucial for public health strategies and treatment programs aimed at managing the HIV epidemic effectively.

**3. Which class of antiretroviral drugs does tenofovir belong to?**

- A. Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTI)**
- B. NRTI (Nucleoside Reverse Transcriptase Inhibitors)**
- C. Protease Inhibitors**
- D. Integrase Inhibitors**

Tenofovir is classified as a Nucleoside Reverse Transcriptase Inhibitor (NRTI) because it works by inhibiting the reverse transcriptase enzyme, which is crucial for the replication of HIV. As an NRTI, tenofovir is incorporated into the viral DNA during reverse transcription, leading to the termination of the DNA chain and ultimately preventing the replication of the virus. This mechanism is characteristic of NRTIs, which are designed to mimic the natural nucleosides that the virus would normally incorporate into its genetic material. The importance of correctly categorizing tenofovir lies in understanding how it fits into the overall treatment regimen for HIV, which typically combines several classes of antiretroviral drugs to enhance effectiveness and reduce the chances of viral resistance. Recognizing tenofovir as an NRTI is vital for healthcare professionals when making informed decisions about treatment options and management strategies for patients living with HIV.

**4. What are typical contraindications for starting antiretroviral therapy?**

- A. Certain drug interactions and specific medical conditions**
- B. Only the presence of other viral infections**
- C. The age of the patient**
- D. Previous experience with treatment**

Starting antiretroviral therapy (ART) is a crucial step in managing HIV, but there are specific circumstances under which initiating treatment may not be advisable. Certain drug interactions are significant because some medications can negatively affect the efficacy or increase the toxicity of ART. This is especially essential for patients who may be taking other medications for co-existing conditions, such as those related to cardiovascular disease, liver function, or mental health. Specific medical conditions also play a critical role in determining the suitability for starting ART. For instance, patients with severe liver disease or certain comorbidities may require a cautious approach. Considering these factors helps healthcare providers tailor therapy to avoid adverse effects and ensure effective treatment. The other options provided do not comprehensively encompass the essential considerations that inform the decision to start antiretroviral therapy. A consideration of other viral infections or the patient's age alone may not provide a complete picture of potential contraindications. Previous treatment experiences are important for understanding a patient's history but do not specifically define contraindications for initiating therapy. Hence, the focus on drug interactions and medical conditions underscores a holistic approach to patient care in this context.

**5. What characteristic of HIV is essential for developing effective treatment plans?**

- A. The virus's incubation period**
- B. The viral load in the bloodstream**
- C. The patient's social support system**
- D. The patient's geographical location**

The viral load in the bloodstream is a critical characteristic of HIV that is essential for developing effective treatment plans. Viral load refers to the amount of HIV RNA present in the blood and serves as a key indicator of how actively the virus is replicating. Monitoring viral load helps healthcare providers assess the effectiveness of antiretroviral therapy (ART). A higher viral load is associated with a greater risk of progression to AIDS and higher likelihood of HIV transmission. By understanding a patient's viral load, clinicians can tailor treatment regimens to achieve viral suppression, improve patient outcomes, and ensure that the treatment is sufficient in managing the infection. Furthermore, regular viral load testing allows for the early identification of treatment failure or the development of drug resistance, enabling timely adjustments to the treatment plan. This targeted approach is crucial to maintaining the health of individuals living with HIV and preventing the spread of the virus. In contrast, while factors such as the virus's incubation period, the patient's social support system, and geographical location may influence aspects of patient care and outcomes, the viral load directly informs clinical decision-making regarding antiretroviral treatment and ongoing disease management. Therefore, it is pivotal in creating effective treatment strategies for individuals living with HIV.

**6. How can stigma affect individuals living with HIV?**

- A. It may enhance access to care**
- B. It may lead to social isolation, mental health issues, and reduced access to care**
- C. It has no effect on their health**
- D. It can motivate community support initiatives**

Stigma surrounding HIV can significantly affect the lives of individuals living with the virus, primarily leading to social isolation, mental health challenges, and reduced access to care. When stigma is present in society, people with HIV may experience discrimination, judgment, or exclusion, which can drive them away from seeking medical help or support services they need. The fear of being stigmatized can lead to feelings of shame and embarrassment, which may deter individuals from disclosing their status or accessing appropriate healthcare. This stigma can also lead to mental health issues, as individuals may internalize negative societal attitudes, resulting in depression, anxiety, or other psychological conditions. The intersection of mental health and HIV management is critical; if an individual is struggling with these issues, they may be less likely to adhere to their treatment plans, thereby adversely affecting their health outcomes. Furthermore, reduced access to care is a significant consequence of stigma. Individuals may avoid healthcare settings due to fear of discrimination from providers or being exposed to others who might have negative attitudes toward them. This can lead to untreated HIV and increased health risks, as well as higher rates of transmission within communities. Understanding the multifaceted impact of stigma is essential for healthcare providers, as it highlights the need for supportive interventions and educational initiatives aimed at

**7. What is the significance of the CD4 count in individuals living with HIV?**

- A. It reflects the overall health of the individual**
- B. It indicates the viral load present in the body**
- C. It determines treatment effectiveness**
- D. It helps assess immune system health and progression of the disease**

The significance of the CD4 count in individuals living with HIV primarily revolves around its role in assessing immune system health and understanding the progression of the disease. CD4 cells are a type of white blood cell that play a crucial role in the immune response. A higher CD4 count indicates a healthier immune system capable of responding effectively to infections and diseases, while a lower count suggests that the immune system is compromised and the individual may be at greater risk for opportunistic infections and other complications. Monitoring the CD4 count helps healthcare providers determine the stage of HIV infection and make decisions regarding treatment initiation and adjustments. It also aids in predicting the likelihood of developing AIDS and related health problems. Consequently, the CD4 count serves as a vital marker for the management of HIV, allowing for timely interventions to support the patient's health and well-being. While the overall health of the individual may be indirectly reflected by the CD4 count, it does not encompass all health aspects. Similarly, while there is a relationship between CD4 counts and viral load, the CD4 count itself does not directly indicate the amount of virus present. It can also play a role in determining treatment effectiveness but is not the sole measure for that evaluation. Thus, it is clear that assessing immune system health and

**8. Cryptococcus is most commonly associated with which disease condition?**

- A. Sarcoidosis**
- B. Liver organ transplantation**
- C. AIDS**
- D. Multiple myeloma**

Cryptococcus is most commonly associated with AIDS because it is an opportunistic infection that predominantly affects individuals with compromised immune systems, particularly those with advanced HIV/AIDS. In persons living with AIDS, the CD4 T-cell count often drops significantly, making them vulnerable to infections that are typically non-pathogenic in immunocompetent individuals. Cryptococcus neoformans, the fungus that causes cryptococcosis, can lead to severe pneumonia and meningitis in these patients. The association of Cryptococcus with AIDS is well-documented, as the incidence of cryptococcal disease is significantly higher among individuals who are immunocompromised due to HIV infection. Preventative measures, such as antifungal prophylaxis, are often recommended for patients with a CD4 count below a certain threshold in order to mitigate the risk of developing this infection. This highlights the importance of monitoring and managing opportunistic infections in this population. In comparison, the other conditions listed, while they may involve immune compromise or certain risks, do not have the same established and significant association with Cryptococcus as seen with AIDS.

**9. What are the initial symptoms commonly associated with acute HIV infection?**

- A. Flu-like symptoms (fever, sore throat, fatigue)**
- B. Severe headaches and migraines**
- C. Joint pain and swelling**
- D. Skin rashes and itching**

The initial symptoms commonly associated with acute HIV infection are flu-like symptoms, which typically include fever, sore throat, and fatigue. This presentation is due to the body's immune response to the virus as it begins to replicate. These symptoms are often mild and can be mistaken for a common cold or influenza, which is why many individuals do not recognize them as signs of HIV. Flu-like symptoms arise during the primary or acute phase of HIV when the virus rapidly multiplies in the body, leading to a systemic inflammatory response. Recognizing these symptoms early is crucial for timely testing and treatment, which can significantly impact long-term health outcomes.

**10. What is the significance of a positive HIV test result?**

- A. It indicates a need for further testing**
- B. It indicates the presence of HIV antibodies, suggesting that the individual is infected**
- C. It shows immunity against HIV**
- D. It confirms a viral load**

A positive HIV test result is significant as it indicates the presence of HIV antibodies in the individual's blood, suggesting that the person is infected with the virus. The development of these antibodies typically occurs within a few weeks to a few months after infection, which is detectable through various testing methods. This confirmation of infection is crucial for several reasons: it enables the individual to receive necessary medical care and treatment, helps prevent further transmission of the virus, and encourages engagement in care and lifestyle changes to maintain health. While further testing may be warranted to confirm the result or assess the infection's stage, this subsequent testing does not diminish the implication of a positive antibody test. It is also important to clarify that a positive result does not imply immunity against HIV, nor does it provide information about the viral load. Therefore, the specific confirmation of HIV antibodies is a clear indication of the infection rather than the other options that veer toward misconceptions about the outcomes of a positive test.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://acrn.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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