

**Answers - Chemsex and its management (Adapted from HIV Manual
www.hivmanual.hk)**

Expiration Date: 2 August 2021

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CME point / CNE point: 1 / PEM point: 0 (Midwifery related)

- Please choose the best option.
- Answer these on the answer sheet and make submission by fax to Special Preventive Programme, Department of Health.

Please contact respective authorities directly for CME/CPD accreditation if it is not on listed below.

Accreditors	CME Point
Department of Health / HKMA/ HKAM / HKDU <i>(for practising doctors who are not taking CME programme for specialists)</i>	1
Anaesthesiologists	1
Community Medicine	1
Dental Surgeons	1
Emergency Medicine	1
Family Physicians	1
Obstetricians and Gynaecologists	1
Ophthalmologists	0.5
Orthopaedic Surgeons	0
Otorhinolaryngologists	pending
Paediatricians	1
Pathologists	1
Physicians	1
Psychiatrists	1
Radiologists	1
Surgeons	1

- Which of the following correctly describes the sexualised use of drugs?
 - The use of drugs to harness sexual libido
 - The use of drugs to prevent over-excitation of neural pathways
 - The use of drugs to enhance the pleasure of sexual activity ✓**
 - The use of drugs before or after sexual activity to prevent cardio- and cerebrovascular events
 - All of the above
- Which of the following drugs is NOT used for chemsex?
 - Popper
 - MDMA
 - Methamphetamine
 - Sildenafil
 - All of the above are commonly used for chemsex ✓**

3. Nitrates, also known as poppers, result in
 - A. release of serotonin and dopamine, and hence the sensation of exhilaration
 - B. dilatation of blood vessels, leading to a drop of blood pressure and a sense of warmth and euphoria
 - C. relaxation of smooth muscles of anal canal, facilitating receptive anal sex
 - D. (A) and (B)
 - E. **(B) and (C)** ✓

4. Which of the following has been observed with chemsex?
 - A. Unprotected sex
 - B. Marathon sex
 - C. Group sex
 - D. Escalation to habitual drug use and psychosis
 - E. **All of the above have been observed with chemsex** ✓

5. Which of the following associations is incorrect?
 - A. Methamphetamine and formication
 - B. MDMA and teeth grinding
 - C. GHB and memory lapse
 - D. Ketamine and dissociative feelings
 - E. **All are correct associations** ✓

6. Which of the following is NOT among the findings of PRiSM (2017) related to chemsex?
 - A. **Having been exposed to HIV prevention messages is associated with condom use during chemsex** ✓
 - B. 10% of MSM had had recent use of chemsex
 - C. 1/3 of HIV positive MSM had had recent use of chemsex
 - D. Up to 44% of MSM shared needles during slamsex
 - E. Methamphetamine was more popular than mephedrone for chemsex

7. Which of the following is a key principle in the management of chemsex of an MSM?
 - A. In the initial assessment, it is important to set the boundary that drug abuse is a punishable offense
 - B. As chemsex users display characteristics of drug addiction, the option of methadone should be offered
 - C. **It is important that counselling address the internalised stigma of being gay or HIV positive** ✓
 - D. The gold standard of treatment success is the abstinence of chemsex for 6 months
 - E. It is effective strategy to aim for sexual abstinence, taking advantage of the fact that chemsex is episodic and associated with sex.

8. All of the following are stages as defined by the transtheoretical model, EXCEPT
 - A. Pre-contemplation
 - B. **Motivation** ✓
 - C. Preparation
 - D. Action
 - E. Maintenance

9. All of the following are known strategies of the harm reduction approach for MSM chemsex users EXCEPT
- A. Reach agreement on the amount of drugs to be used for chemsex
 - B. Provide HIV pre-exposure prophylaxis
 - C. **Provide disincentive when relapse occurs** ✓
 - D. Reduce the frequency of chemsex
 - E. All of the above are strategies of harm reduction
10. Which of the following is TRUE regarding chemsex in the heterosexual population in Hong Kong?
- A. Trading sex for cocaine is significant for female commercial sex workers
 - B. **Chemsex is relatively uncommon in the heterosexual population** ✓
 - C. Condom use continues to be high among commercial sex workers who use chemsex
 - D. Recent local studies have confirmed that the drug of choice is GHB for female commercial sex workers
 - E. None of the above