



Isifundazwe SaKwaZulu-Natali

I-Operation Sukuma Sakhe

Izifundo Eziyisisekelo
ZoMnakekeli Womphakathi

Isiqondiso Somfundu

Incwadi 2



STAND UP AND BUILD

I^Ngxenye 4

Izifo Ezithathelwanayo

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.1 sihlose ukukucobelela ulwazi mayelana neNgculaza Negciwane Layo.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda izisekelo zohlelo lokuzivikela komzimba kanye nokuthi luba buthaka kanjani njengoba i-HIV iqhubeka
- Ukuchaza umehluko phakathi kwengculaza negciwane layo
- Ukuchaza ukuthi i-HIV idluliswa kanjani
- Ukuxoxa ngezindlela zokuvimbela ukutheleleka nge-HIV
- Ukuhlonza izimpawu nezinkomba zokutheleleka nge-HIV
- Ukukhombisa ukuqonda izigaba ezine ze-HIV
- Ukuxoxa ngamasu mayelana nokuthi abantu abane-HIV bangahlala kanjani benempilo

Okuqukethwe Yilesi Sifundo

- INgculaza Negciwane Layo
- Uhlelo Lokuzivikela Komzimba

Kutholakala

1. Health Systems Trust. Beyond Awareness: Key aspects to consider when dealing with HIV/AIDS: A community perspective. 2001. Available from:
<http://www.hst.org.za/print/publications/beyond-awareness-key-aspects-consider-when-dealing-hivaids-community-perspective>
2. Southgate, K. Learning about health and common diseases. Juta Learning, Lansdowne. 2006
3. National Department of Health. South Africa. 2008 National Antenatal Sentinel HIV & Syphilis Prevalence Survey. Pretoria

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti akho ukuthi iyini iNgculaza neGciwane layo nokuthi isabalala kanjani i-HIV. Kufanele uqiniseke nokuthi wonke amaklayenti akho ayasazi isimo sawo se-HIV ngokuya esikhungweni sezempilo ayohlolelwa i-HIV.

INgxenye 4

Izifo Ezithathelwanayo

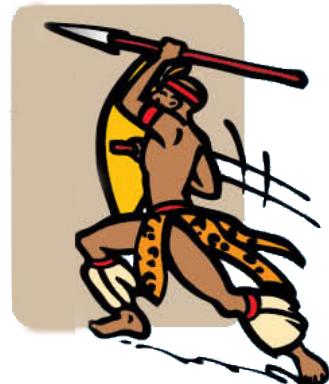
1. Yini i-HIV?

Ukuthi HIV (iGciwane lesandulela-ngeculaza) kumele ukuthi Human Immunodeficiency Virus. Kunezinhlobo ezihlukene eziningi zamagciwane e-HIV. Leli gciwane lidina umzimba womuntu ukuze liziphindaphinde futhi liphile. Leli gciwane ngeke likwazi ukuphila emoyeni ngakho lisebenzisa umzimba womuntu ukuze liphile kuwo. Leli gciwane libizwa ngokuthi i-HIV ngoba:

- Litheleleka kubantu (HUMAN)
- Lenza buthaka uhlelo lokuzivikela komzimba (IMMUNE system), okuwuhlelo olubalulekile emzimbeni lokulwa namagciwane nokugula
- Liyivayirasi (VIRUS), okuyigciwane eliziphindaphinda ngaphakathi kwelinye iseli eliphilayo

2. Luyini uhlelo lokuzivikela komzimba?

Umzimba unohlelo lwawo lokulwa namagciwane nokugula. Lokhu kubizwa ngokuthi uhlelo lokuzivikela komzimba. Uhlelo lokuzivikela komzimba lwakhiwa yizingxenye eziningi. Enye yalezi zingxenye amaseli egazi amhlophe. Amaseli e-CD4 uhlobo lwaseli yegazi emhlophe futhi asebenza njengamasosha alwele umzimba emagciwaneni agulisa abantu. I-HIV yenza buthaka uhlelo lokuzivikela komzimba ngokubulala la maseli angamasosha, ukuze abantu bagule kaningi futhi kube nzima ukuba balulame. Uma selisemzimbeni, igciwane le-HIV liziphindaphinda ngokushesha ngokusebenzisa amaseli e-CD4. Njengoba i-HIV iqhubeka nokuziphindaphinda, umzimba usabela ngokukhiqiza olunye uhlobo lwamasosha okuthiwa ama-antibody ukuze lulwe ne-HIV. Loku kulwa kwenza uhlelo lokuzivikela komzimba luhkhathale futhi lube buthaka njengoba emaningi amasosha alokhu ebulawa. Manje uhlelo lokuzivikela komzimba alusakwazi ukulwa nokugula nezifo. Lokhu kusho ukuthi umzimba awusakwazi ukulwa namagciwane avamile njengomkuhlane, futhi umzimba ukuthola kunzima kakhulu ukululama kula magciwane.



Amaseli angamasosha

Ukuhlola kwe-HIV kuphela okungasho ukuthi umuntu une-HIV ngoba azikho izimpawu nezinkomba ezibonakalayo lapho umuntu eqala ukutheleleka. Ukuhlola kwe-HIV ngeke kukwazi ukubona ukutheleleka ngegciwane phakathi nezinyanga zokuqala ezintathu umuntu ethethelilekile. Le nkathi ibizwa ngukuthi 'i-window period'. Ngakho kubalulekile ukuba uphinde uhlololwe i-HIV ngemva kwezinyanga ezintathu uma ukuhlola kokuqala kuthi umuntu akanalo igciwane [bheka iSifundo 4.2 mayelana ne-HCT].

3. Yini Inculaza (AIDS)?

Inculaza yigciwane le-HIV eselisesigabeni esiphambili. Igama elithi AIDS (inclusa) limele ukuthi Acquired Immune Deficiency Syndrome. Igciwane le-HIV lingaqhubeka kancane kancane kuze kube yilapho uhlelo lokuzivikela komzimba selubuthaka kangangokuthi alusasebenzi kahle ekuvikeleni umzimba ekuguleni.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.1
Inculaza
Negciwane Layo

Isivivinyo 1

1. Izinhlamvu ezithi HIV zimeleni?

2. Asho ukuthini la magama?

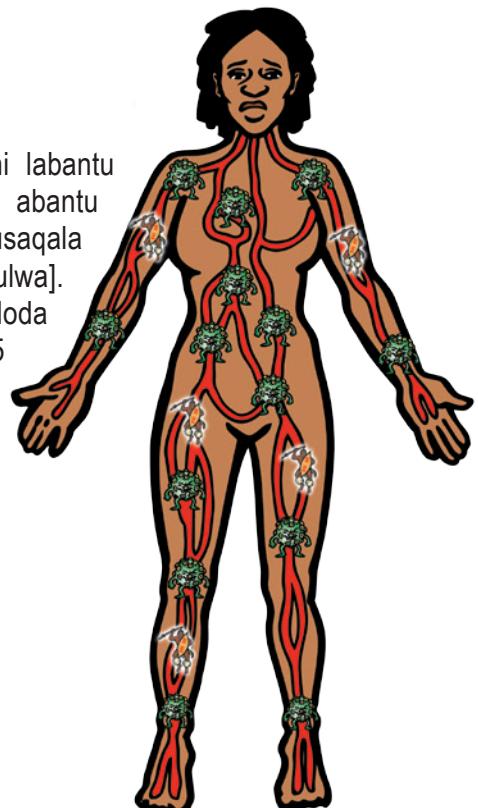
Isivivinyo 2

1. Izinhlamvu ezithi A I D S zimeleni?

2. Asho ukuthini la magama?

4. Umbulalazwe we-HIV

Njengoba imishanguzo yama-antiretroviral (ARV) isitholakala kalula, inani labantu abawadlayo liye lunyuka. Lokhu kuye kwaholela ekutheni babe mbalwa abantu ababulawa yingculaza kunangesikhathi ingculaza negciwane layo kwakusaqala ukuxilongwa. [bheka iSifundo 4.12 esikhulumu ngoKucwaswa Nokubandlululwa]. Basebaningi abesifazane namantombazane atheleleke nge-HIV kunamadoda nabafana. Ezweni lethu, amantombazane aneminyaka ephakathi kwengu-15 nengu-24 ubudala atheleleke kakhulu kunabafana abaneminyaka efanayo.



INgxenye 4

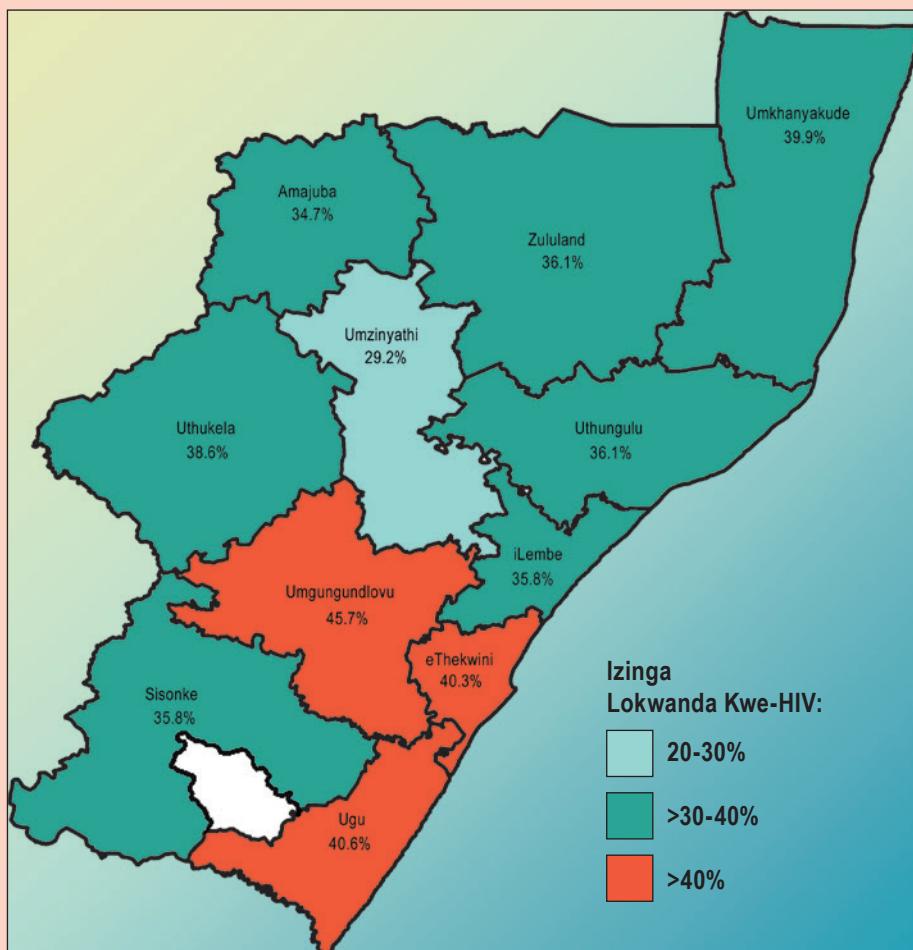
Izifo Ezithathelwanayo

4 Isifundo 4.1
Ingculaza
Negciwane Layo

Isivivinyo 3

Ake ubheke leli balazwe. Ubonani? Lisho ukuthini?

Ukwanda kokusabalala kwe-HIV phakathi kwabesifazane abakhulelwe KwaZulu-Natal ngokwezfunda, ngo-2008.



Inhlolo-vo Yokwanda Kwe-HIV noGcunsa Kwabesifazane Abakhulelwe eNingizimu Afrika Ngo-2008 (Umthombo: UMnyango Wezempiwo waseNingizimu Afrika)

INgxenye 4

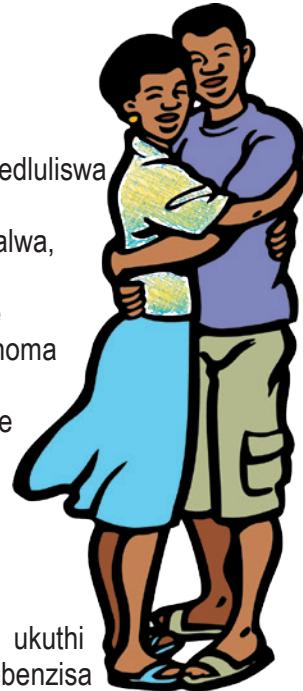
Izifo Ezithathelwanayo

Isifundo 4.1
4
Inculaza
Negciwane Layo

5. Ukudlulisewa kwe-HIV

Izindlela umuntu angatheleleka ngazo nge-HIV

- Ukuya ocansini olungavikelekile nomuntu one-HIV: le indlela evame kakhulu i-HIV edluliswa ngayo isuka komunye umuntu iya komunye
- Isuka kumama one-HIV iya kumntwana ngaphambi kokuba azalwe noma lapho ezalwa, noma ngokumncelisa ibele
- Ngokuthintana negazi eline-HIV ngamanxeba avulekile noma isikhumba esisikekile
- Ngokumpontshelwa igazi eline-HIV, ukusebenzisa imikhiqizo yegazi elithelelekile, noma izingozi ezenzeka kwezokunakekelwa kwempilo
- Ngokusebenzisa izinaliti zokuzijova ngezidakamizwa ezingabulawanga amagciwane nesezisetshenziswe abanye, ama-razor, namanye amathuluzi okubhoboza isikhumba



Izindlela i-HIV engeke idluliselwe ngazo

Ucwanningo olwenziwa emindenini enabantu abatheleleke nge-HIV lwabonisa ngokucacile ukuthi i-HIV ayisabalali ngokuthintana okuvamile njengokudlela epuletini ebelidlela omunye, ukusebenzisa lezi zinto ezilandelayo ezisetshenziswe omunye, izinkomishi nezitsha, amathawula nezinto zombhede, indawo yokubhukuda, izingcingo, indawo yokuhlala endlini yangasese, ukuthintana nokwangana noma ukuxhawulana. I-HIV ayidluliswa yizinambuzane eziluma abantu njengomiyane nezimbungulu.

I-CCG kufanele isebeenzise ithuluzi lokuhlonza i-HIV ukuze ibheke ingcuphe yekhasimende yokuba ne-HIV futhi ilikhuthaze ukuba liyohlolelwa i-HIV.

Ithuluzi Lokuhlonza I-HIV

Funda le mibuzo elandelayo uyifundele bonke abantu abaya ocansini futhi ubathumele esikhungweni sezempilo bayohlolelwa i-HIV uma ufake uqhwishi kunoma IYIPHI YEZIMPENDULO ezikumabholokhi anombara

Y=Yebo C=Cha

1. Ingabe uye wahlolelwa i-HIV ezinyangeni ezi-3 ezedlule?	Y	C
2. Ingabe uke waya ocansini kuanganise nocansi lwendunu ngaphandle kwekhondomu ezinyangeni ezi-3 ezedlule?	Y	C
3. Ingabe uke waba nophathina bezocansi abangaphezu koedwa ezinyangeni ezi-3 ezedlule?	Y	C
4. Ingabe usola ukuthi uphathina wakho unabanye ophathina bezocansi ngaphandle kwakho?	Y	C
5. Ingabe uyazisebenzisa izinaliti noma ama-blade asetshenziswa ngabanye abantu?	Y	C

Okufanele kuphawulwe i-CCG:

Sicela ufundele iklayenti lokhu okulandelayo.

- Uma niye nahlolelwa i-HIV ezinyangeni ezintathu ezedlule futhi imiphumela yathi aninayo i-HIV, kusangenzeka ukuthi wena nophathina wakho beniku-window period futhi kufanele nibuyele esikhungweni sezempilo niyohlolelwa i-HIV okwesibili ukuze niqinisekise isimo senu se-HIV
- Uma nisazi isimo senu se-HIV futhi ninayo i-HIV, hambani niye esikhungweni sezempilo niyothola ukuthi niyayifanelekela yini i-IPT ukuze nivimbele i-TB

INgxenye 4

Izifo Ezithathelwanayo

6. Ukuvimbela i-HIV

Umuntu angakuvimba kanjani ukuba atheleleke nge-HIV?

Umuntu angavimba ukuba atheleleke nge-HIV:

- Ngokuqonda ukuthi i-HIV isabalala kanjani futhi athathe izinyathelo zokuphepha, isib. ukusebenzisa amakhondomu njalo lapho eya ocansini, ukuzila ucansi
- Ngokwazi isimo sakhe se-HIV kanye nesikaphathina wakhe nangokushintsha indlela aziphatha ngayo

Ukuvimbela ukudluliselwa kwe-HIV ngocansi

- Ukuzila ucansi
- Ukulinda isikhathi eside ngaphambi kokuqala ukuya ocansini
- Ukwazi isimo sakho nesikaphathina wakho se-HIV
- Ukuthembeka kuphathina oyedwa, naye othembekile kuwe nokuqiniseka ukuthi bobabili ophathina abanayo i-HIV
- Ukusebenzisa ikhondomu yabesilisa noma yabesifazane njalo nangokufanele lapho niya ocansini [bheka iSifundo 4.10 mayelana nokuvinjelwa kwe-HIV nama-STI: Indima YamaKhondomu]
- Ukunciphisa inani lophathina bocansi
- Shesha uye esikhungweni sezempilo uma ucabanga ukuthi unegciwane elithathelwana ngocansi

Ungakuvimbela kanjani ukudluliselwa kwe-HIV ngegazi?

- Ngokungasebenzisi izinaliti noma ama-blade noma amasirinji asetshenziswe abanye abantu
- Ngokuqiniseka ukuthi noma yini engase ijobe isikhumba ibulawe amagciwane, isib. izinaliti nama-razor blade
- Uma umsebenzi wezempiro eye walinyazwa yinaliti, kudingeka aye esikhungweni sezempilo oseduze ukuze athole ukwelashwa okungavimbela ukutheleleka ngegciwane

Ukuvimbela ukudlulela kwegciwane enganeni lisuka kumama

- Owesifazane kufanele ahlele uma efuna ukukhulelwa. Kufanele akhulume nabasebenzi bezokwelapha esikhungweni sezempilo mayelana nesimo sakhe se-HIV [bheka iSifundo 3.1 mayelana noKuhlela uMndeni]
- Uma owesifazane efuna ukukhulelwa noma ekhulelwe, kufanele ahlolelwe i-HIV. Uma etholakala ene-HIV, kufanele athole iseluleko kumsebenzi wezempiro osesikhungweni sezempilo oseduze mayelana nokuthi angakhulelwa kanjani noma njengoba ekhulelwe angenza kanjani ukuthi angabeki ingane engcupheni, azi nangezinhlolo ezhilukene zokwelashwa nezokuncelisa [bheka iSifundo 4.4 mayelana ne-PMTCT]
- Ukubhalisa ohlelweni lokuVimbela ukuDlulisela iGciwane eNganeni lisuka kuMama zingakapheli izinyanga ezintathu (amaviki angu-14) ekhulelwe uma umuntu ekhulelwe futhi ephila ne-HIV [bheka iSifundo 4.4 mayelana ne-PMTCT]

INgxenye 4

Izifo Ezithathelwanayo

7. Izigaba zokutheleleka nge-HIV

Uma umuntu etheleleke nge-HIV, uzodlula ezigabeni ezine zokutheleleka uma engakutholi ukwelashwa kwe-HIV.

Isigaba 1: Ukutheleleka Nge-HIV Kokuqala

Kulesi sigaba, abanye abantu bangase bezwe sengathi baphethwe umkhuhlane, babe nezndlala ezivuvukele futhi baqubuke noma baphathwe yikhanda. Kodwa kaningi abantu abasanda kutheleleleka abazi ukuthi bayagula. Uhlelo lwabo lokuzivikela komzimba luzosabela ekuben i negciwane ngokuba luqale ukukhiqiza amasosha ama-antibody ukuze alwe negciwane. Kunesikhathi esithile esidlulayo kusukela umuntu ethole igciwane kuze kube yilapho ama-antibody eqala ukuvela emzimbeni womuntu. Lokhu kubizwa ngokuthi i-window period. Igciwane (inani legciwane emzimbeni) emzimbeni liphezulu kakhulu ngalesi sikhathi; kulesi sigaba umuntu angalidulisel kwabanye kalula igciwane uma bengayisebenzisi ikhondomu.

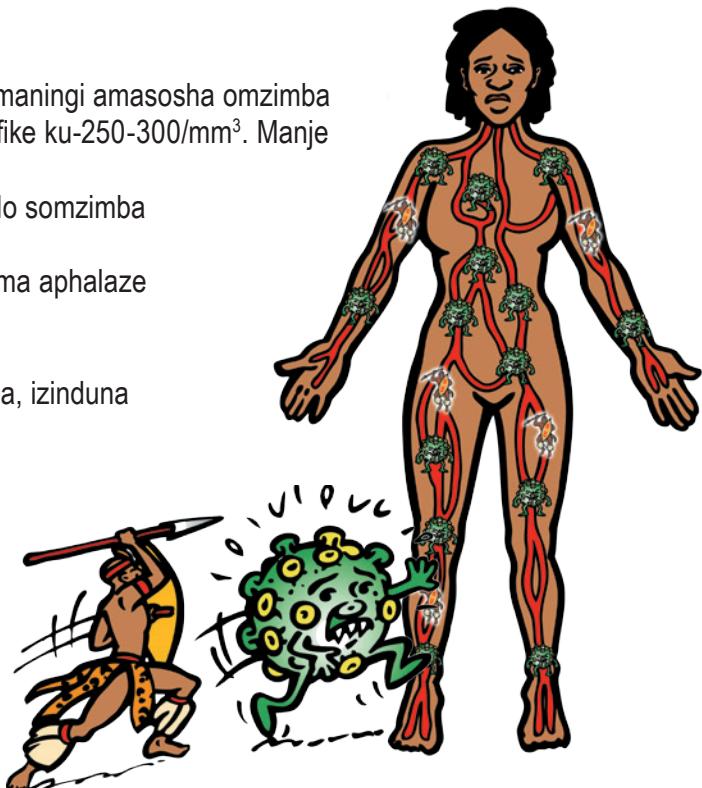
Isigaba 2: Isigaba se-HIV esingabonisi zimpawu (asymptomatic)

Ukuthi asymptomatic kusho ukungabonisi zimpawu. Uma ama-antibody esekhona, umuntu uyadlula esigabeni 1 aye esigabeni 2. Phakathi nalesi sigaba umuntu ubonakala futhi azizwe ephile kahle futhi angase angabi nasizathu sokucabanga ukuthi une-HIV. Igciwane lisakhula futhi seliyaqala ukuhlasela uhlelo lokuzivikela komzimba kodwa umuntu yena akazi. Abantu abaziyo ukuthi bane-HIV belulekwa ukuba baphile ngendlela enempilo ukuze behlise ukuquhubeka kwesifo. Lesi sigaba singathatha iminyaka engafika kwengu-8 kodwa umuntu ngamunye uhlukile futhi kaningi, le nkathi ithatha iminyaka engu-2-4. Izinga lokuquhubekela phambili kwesifo lincike empilweni yomuntu kanye nendlela yakhe yokuphila [bheda iNgxenye 2 mayelana noKuphila Ngendlela Enempilo].

Isigaba 3: se-HIV esibonisa izimpawu

Phakathi nale nkathi, inani le-HIV esemzimbeni liyenyuka, maningi amasosha omzimba (amaseli e-CD4) abulawayo. Inani lamaseli e-CD4 liyehla lifike ku-250-300/mm³. Manje umuntu usebhekana nezimpawu nezinkomba:

- Ukwela komzimba ngaphezu kuka-10% wesisindo somzimba
- Ukujuluka ebusuku
- Amajaqamba esiswini, ezwe kuthi akaphalaze noma aphalaze
- Ukukhishwa yisisu okulokhu kubuya
- Imfiva
- Ukuhlushwa yisikhumba, isib. ukuqubuka, amabala, izinduna
- Izilonda zomkhuhlane
- I-thrush
- Ukutheleleka ngegciwane lesikhunta ezinzisheni
- Ibhande
- Amagciwane anzima esifubeni
- Ubuhlungu bamamasela nemisipha
- Ukuhlale uvuvukele entanyeni nasemakhwapheni



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.1
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Isigaba 4: Ukusuka ekubeni Igciwane Lengculaza Ibe Inculaza

Uhlelo lokuzivikela komzimba luba buthaka futhi umuntu angase angenwe amagciwane alwenza buthaka nakakhulu lolu hlelo lokuzivikela komzimba. Ingcuphe yokudlulisela igciwane kwabanye iphezulu. Lesi sifo manje sesibizwa ngokuthi inculaza. Uma ingalawulwa ngemishanguzo, ingcuphe yokubulawa yizifo ezingosomathuba [bheka iSifundo 4.9 mayelana naMagciwane Angosomathuba (ama-OI)] iphezulu kakhulu.



8. Izimpawu nezinkomba zegciwane eselihambe kakhulu

- Isifo Sofuba [bheka iSifundo 4.5 esikhulumna ngeSifo Sofuba (TB)]
- Ukuhlale ukhishwa yisisu
- Ukukhathala okunzima nokuba buthaka
- Ukukhohlwa nokungakwazi ukugxila entweni
- Ukuvuvukala kwezinyawo
- Ubuhlungu, izibhobo ezandleni nasezinyaweni
- Umdlavuza wesikhumba nowezinye izinhlobo
- Ukuphathwa yikhandla elibi (i-meningitis)
- Amagciwane asesifubeni anzima
- Amagciwane angosomathuba
- Ukuncipha kakhulu emzimbeni



Amacebiso Awusizo

Amaklayenti kufanele akhuthazwe ukuba ayohlolewa i-HIV ukuze azi isimo sawo se-HIV.



9. Amasu okuhlala unempilo nakuba une-HIV

[bheka iNgxenye 2 mayelana noKuphila Ngendlela Enempilo]

- Ukuphumula nokulala
- Ukunciphisa ukucindezeleka kwengqondo, ukuphuza nokubhema
- Ukudla ukudla okunomsoco
- Ukuvivinya umzimba
- Ukuzigcina umatasu noma ukuqala umsebenzi othile owuthandayo
- Ukuqinisa izibopho zakho ezingokomoya
- Ukuvimbela ukutheleleka ngamagciwane ngokusebenzia izinto ezivikelayo, isib. amagilavu e-latex, amakhondomu, izinto ezibulala amagciwane nokusebenzia amathuluzi ahlanzekile (abulawe amagciwane)
- Ukukhulumna nomkhaya, izihlobo nabangane



Amacebiso Awusizo

- Hlala uzivocavoca njalo
- Idla ukudla okunempilo
- Ungabhemti futhi zama ukungabi seduze nabantu ababhemayo
- Sebenzia amanzi amponjwana ngobuhlakani
- Ungazisebenzia izidakamizwa
- Hlala uphephile uma uya ocansini

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.1
Ingculaza
Negciwane Layo

Ukudlala Indima Yabathile

Iqembu 1: Dlalani indima yokufundisa amalungu ekhaya ngeNgculaza neGciwane layo kanye nezigaba zeNgculaza neGciwane layo.

Iqembu 2: Dlalani indima yokuthi ungameluleka kanjani umuntu ukuba ahlale enempilo nakuba ene-HIV.

Isivivinyo Seqembu

Hlukanani nibe amaquoqo bese nioxxa ngalokhu okulandelayo:

(Ofundisayo kufanele ajikelezise futhi aphawule imibuzo evela emaqenjini okuzoxoxwa ngayo egenjini elikhulu)

1. Yini I-HIV?

2. Yini Ingculaza?

3. Yini umehluko phakathi kwe-HIV neNgculaza?

4. Chaza ukuthi i-HIV idluliselwa kanjani.

INgxenye 4

Izifo Ezithathelwanayo

Isivivinyo Seqembu

5. Bala izindlela i-HIV engeke idluliselwe ngazo.

6. Chaza izindlela zokuvimbela ukutheleleka nge-HIV.

7. I-HIV ikubangela kanjani ukugula?

8. Yiziphi izimpawu nezinkomba ze-HIV?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.1
Inculaza
Negciwane Layo

Isivivinyo Seqembu

9. Chaza izigaba ezine zokutheleleka nge-HIV.

10. Bala izimpawu nezinkomba ze-HIV.

11. Chaza ukubaluleka kokuhlale unempilo nakuba une-HIV.

Module 4

Infectious Diseases

4 Isifundo 4.2
Ukwelulekwa
Nokuhlolelwa i-HIV (HCT)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.2 sihlose ukuchaza udaba loKwelulekwa Nokuhlolelwa i-HIV (HCT).

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuthi bayaqonda ukuthi kuyini ukuhlolelwa i-HIV, kanye nezizathu zokuhlolelwa i-HIV
- Ukuchaza ukuba yimfihlo kwemiphumela yokuhlolwa kwesiguli
- Ukuchaza uKuhlolwa Nokwelulekwa Okusikiselwe Ngumnakekeli (Provider Initiated Counselling and Testing) kanye nokubaluleka kwako
- Ukuchaza ukuhlolwa njengombhangqwana kanye nokubaluleka kokuhlolwa nophathina
- Ukuchaza ukungafani kwemiphumela yophathina nokuthi lokhu kusho ukuthini
- Ukuchaza inqubo ye-HCT
- Ukuchaza ukuthi ukwelulekwa kwangaphambi nangemva kokuhlolwa kanye nokwelulekwa okuqhubekayo kuyini
- Ukuchaza ukuthi imiphumela yokuhlolelwa i-HIV isho ukuthini
- Ukuchaza ukubaluleka kokudalula isimo somuntu se-HIV

Okuqukethwe Yilesi Sifundo

- Izinhlobo zokuhlolelwa i-HIV
- Izizathu zokuhlolelwa i-HIV
- Uku yimfihlo kwemiphumela yokuhlolelwa i-HIV
- Ukwelulekwa Nokuhlolelwa i-HIV (HCT)
- Ukwelulekwa nokuhlolwa kwemibhangqwana
- Inqubo yokwelulekwa nge-HIV
- IMigudu Yokunakekela Ye-HCT
- Isho ukuthini imiphumela ebonisa ukuthi awunayo i-HIV
- Isho ukuthini imiphumela ebonisa ukuthi une-HIV
- Ukudalula isimo sakho se-HIV

Kutholakala

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INgxenye 4

Izifo Ezithathelwanayo

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazelamaklayenti akho ukuthi kuyini uKwelulekwa Nokuhlolelwa I-HIV (i-HCT); inqubo kanye nezinyathelo ezibandakanyekayo ku-HCT kanye nezinhlolo zokuhlolelwa i-HIV ezikhona. Kufanele futhi uxoxe namaklayenti akho ngokubaluleka koKwelulekwa Nokuhlolelwa I-HIV Kwemibhangqwana. Kufanele uqinisekise nokuthi wonke amaklayenti akho ayasazi isimo sawo se-HIV ngokuya esikhungweni sezempilo ayohlolelwa i-HIV, ewodwa noma enophathina bawo.

1. Kuyini uKweluleka Nokuhlolelwa I-HIV (HCT)?

Ukwelulekwa Nokuhlolelwa I-HIV kubandakanya kokubili ukwelulekwa nokuhlolwa ngokuzithandela (VCT), okuyilapho umuntu ezizela ezohlolwa khona ngoba efuna ukwazi isimo sakhe kanye noKwelulekwa Nokuhlolwa Okusikiselwe Ngumnakel (PICT), okuyilapho umsebenzi wezokwelapha etusa khona ukuba umuntu ahlolelwe i-HIV uma ezokwelashelwa esinye isifo. Zombili lezi zinhlobo zidinga ukuba isiguli sinikeze imvume.



Amacebiso Awusizo

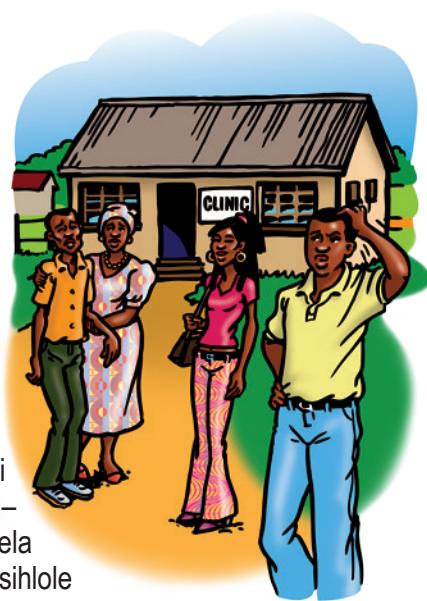
Ukuhlolelwa i-HIV kwenziwa mahala futhi kuyimfihlo.

2. Ukuhlolela I-HIV

Umuntu uyokwazi kanjani ukuthi unayo i-HIV?

Akunandlela yokusho ukuthi umuntu une-HIV noma ingculaza ngokumane umbuke nje. Kufanele ahlolelwe i-HIV.

Kunzinhlobo ezihlukahlukene zokuhlolelwa i-HIV ezitholakalayo. Ezivame kakhulu zaziwa njengokuhlola okusheshayo futhi zingaveza imiphumela phakathi nemizuzu engu-20. Umzimba wakha amasosha, okuthiwa ama-antibody, ukuze ulwe namagiwane. Lokhu kuhlolelwa i-HIV okusheshayo kuthola ukuthi umzimba usuwenzile yini amasosha ngenxa yegciwane le-HIV.



Izhinhlobo zokuhlolelwa i-HIV

- Ukuhlolela okusheshayo ngokuhlatshwa umunwe:** Lokhu kuhlola igazi eliqongeleshwe ngokuhlatshwa umunwe. Kuthatha imizuzu engaba ngu-15 – 20 ukuthola imiphumela. Imiphumela inembile ngempela. Uma imiphumela ibonisa ukuthi isiguli asinalo igciwane, kufanele selulekwe ukuba siphinde sihlole ngemva kwezinyanga ezintathu. Lokhu kungenxa yokuthi kuthatha cishe izinyanga ezi-3 ukuqala ukubona ama-antibody egazini akheke ngenxa ye-HIV. Kukhona ukubambezeleka phakathi kwasikhathi umuntu angewa ngaso yigciwane kanye nesikhathi ama-antibody aqala ngaso ukubonakala emzimbeni womuntu. Lesi sikhathi, lapho kungenzeka khona ukuthi umuntu une-HIV kodwa imiphumela ingalivezi igciwane, sibizwa ngokuthi i-window period. Ukuphinde uhlolwe ngemva kwezinyanga ezi-3 kuzoqinisekisa ukuthi umuntu akanalo igciwane. Uma umphumela ubonisa ukuthi unegciwane, uzohlolwa okwesibili ukuze kuqinisekiswe imiphumela.
- Ukuhlolela komlomo:** Lolu uhlolo oluhlukile lokuhlolelwa olusebenzisa amathe ukuze kuhlolelwa amasosha omzimba. Luyatholakala emakhemisi athile. Lokhu kuhlola kubandakanya ukusula izinsini ezingenhla kwamazinyo ngendwangu ekhethekile



INgxenye 4

Izifo Ezithathelwanayo

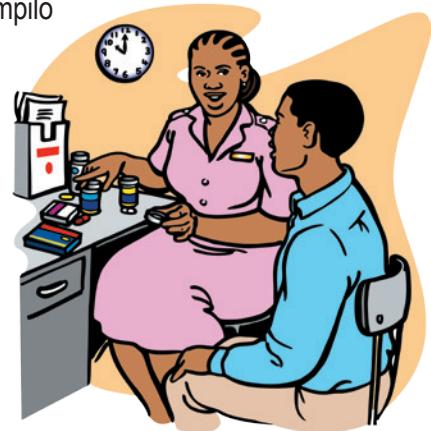
4 Isifundo 4.2

Ukwelulekwa Nokuhlolelwa I-HIV (HCT)

kavolo. Ibe isihlolelwa amasosha omzimba. Imiphumela itholakala cishe ngemva kwemizuzu engu-20. Uma umphumela ubonisa ukuthi igciwane alikho, kufanele babuye ngemva kwezinyanga ezintathu bezohlolwa futhi ngenxa ye-window period. Uma imiphumela yokuhlolwa ibonisa ukuthi kunegciwane, ukuhlolwa kwesibili kuzokwenziwa ukuze kuqinisekiswe imiphumela.

- c. **Okunye ukuhlolwa:** Lokhu ukuhlolwa okwenziwa esikhungweni sezempilo ukuze kuqinisekiswe imiphumela ye-HIV. Igazi elidonswayo esikhungweni sezempilo lithunyelwa elabhorethri.

- **Ukuhlolwa kwe-ELISA** (Enzyme-Linked Immunosorbent Assay) kusetshenziselwa ukuhlola isampula elincane legazi elithathwe engalweni ukuze kubonwe ukuthi awekho yini amasosha omzimba e-HIV. Igazi lithunyelwa elabhorethri futhi kungase kuthathe izinsuku ezimbalwa ukuthola imiphumela. Iziguli kudingeka zibuyele esikhungweni sezempilo ziyothola imiphumela yazo
- **Ukuhlolwa kwe-PCR** (Polymerase Chain Reaction) kuzothola ukuthi ingabe ngempela igciwane le-HIV likhona yini egazini (hhayi amasosha omzimba). Kusetshenziselwa ukuhlolela igciwane le-HIV okungenzeka lingene umuntu ezinsukwini eziyishumi ngaphambi kokuhlolwa. Ngokuvamile kusetshenziselwa ukuhlola isimo sabantwana abasanda kuzalwa



Kungani kufanele umuntu ahlolelwe i-HIV?

Kubalulekile ukuba abantu bazi isimo sabo se-HIV ngenxa yempilo yabo neyophathina babo nomndeni. Uma kutholakala ukuthi banegciwane lapho behlolwa, bangathola ulwazi lokunakekelwa abaludingayo ukuze bahlale benempilo. Ukuhlolwa ngokushesha nokwazi isimo sabo se-HIV kuyosiza abantu ukuba banqume ukuphila ngendlela enempilo belokhu bene-HIV. Bayokwazi isimo sabo se-HIV futhi bakwazi ukuthatha izinyathelo ezidingekayo ukuze bangayidliliseli i-HIV kwabanye abantu. Abasebenzi bezokwelapha esikhungweni sezempilo oseduze bazobahlolela iSifo Sofuba (i-TB) [bheka iSifundo 4.5 esikhulumma ngeSifo Sofuba (TB)] futhi bahlole ukuthi abanazo yini ezinye izifo. Uma benanoma yisiphi kulezi zifo, bayonikezwa imithi yokwelapha lezo zifo. Bazoqalwa ngemishanguzo yama-ARV ngesikhathi esifanele ukuze bathole inzuko engcono yokwelashwa nokunqanda imizimba yabo ukuba ingabi buthaka kakhulu. Bazonikezwa imithi evimba izifo ezivame ukuhlasela abantu abane-HIV.

Uma behlolwa batholwe bengenagciwane, bangathatha izinyathelo zokuqinisekisa ukuthi bahlala bengenalo ngokusebenzisa amakhondomu njalo nangendlela efanele nophathina wabo wocansi [bheka iSifundo 4.10 esikhulumma ngoKuvnjelwa Kwe-HIV Nama-STI: Indima YamaKhondomu] noma ngokugwema ukuya ocansini. Amadoda angenayo i-HIV angase akhethe ukusokwa ngoba kunciphisa ingcuphe yokungenwa noma yokuthola i-HIV [bheka iSifundo 4.11 esikhulumma ngoKuvnjelwa Kwe-HIV: Indima Yokusokwa Kwabesilisa Ngabezokwelapha (MMC)].

Umuntu kungenzeka uzichaye kanjani kwi-HIV?

Uma beye ocansini olungavikelekile, basebenzisa izinaliti ezisetshenziswe abanye abantu noma bathintana noketshezi lomzimba lomunye umuntu, kungenzeka bazichaye ku-HIV. [bheka iSifundo 4.1 esikhulumma ngeNgculaza Negciwane Layo] Bakhuthaze ukuba baye esikhungweni sezempilo oseduze futhi bahlolelwe i-HIV.

Amacebiso Awusizo



Ulwazi lunika amandla ... yazi isimo sakho se-HIV.

INgxenye 4

Izifo Ezithathelwanayo

Ubani oyokwazi isimo sami?

Imiphumela yokuhlolwa iyokwaziwa yisiguli kanye namalungu ethimba lezokwelapha njengabeluleki be-HIV, abahlengikazi nodokotela abanakekela isiguli. Ngeke baxoxe ngale miphumela nanoma ubani omunye ongekho kuleli thimba ngaphandle kwemvume yekhasimende. Kuhle ukuba iklayenti linikeze umsebenzi wezokwelapha imvume yokukhuluma nophathina walo ngesimo salo. Abanye abantu bayokwazi ngesimo sekhasimende kuphela uma lona linquma ukubatshela.



Ingabe lokhu kuhlola kuyasho ukuthi siyini isimo sikaphathina?

Imiphumela yokuhlolwa ngeke itshele isiguli ukuthi siyini isimo se-HIV sikaphathina waso. Umuntu ngamunye kufanele ahlolwe eyedwa ukuze azi isimo sakhe ukuze enze izinqumo zokuthi uzoyivikela kanjani impilo yakhe nempilo yomunye. Khuthaza iziguli ukuba zihambe nophathina bazo uma ziyoohlola.



Kuyini ukwelulekwa nokuhlolelwa i-HIV kwemibhangqwana?

Ukwelulekwa nokuhlolelwa i-HIV niwumbhangqwana kulapho umbhangqwana Welulekwa futhi Uhlolelwa I-HIV (HCT) ndawonye futhi uthola imiphumela yokuhlolelwa i-HIV kanyekanye. Umbhangqwana yinoma yibaphi abantu ababili abahlala ndawonye futhi/noma abasebudlelwaneni bothando noma abaya ocansini ndawonye.

Kungani kubalulekile ukuba ophathina bahlolwe ndawonye?

Ukuhlolwa ndawonye nophathina kunika bobabili abantu ithuba lokuxoxa ngempilo yabo nomlando wocansi ngokukhululekile futhi basekelane. Ngenxa yokuthi bahlolwa ndawonye futhi bazokwazi ngemiphumela bendawonye, akudingeki ukuba bakhathazeke ngokutshela uphathina wabo ngemiphumela, noma bakhathazeke ngokuthi bazomenza kanjani uphathina wabo ayohlolwa. Ukweluleka nokuhlolelwa i-HIV niwumbhangqwana kuqinisekisa ukuthi ukwelashwa nezinqumo zokunakekelwa zingenziwa ndawonye futhi nihlele ikusasa ndawonye.

Ingabe kuyinto evamile ukuba imibhangqwana ibe nemiphumela ye-HIV engafani?

Emazweni anjengeNingizimu Afrika, lapho kunesibalo esikhulu sabantu abane-HIV, kuyinto evamile ukuthola imibhangqwana enemiphumela ye-HIV engafani. Lokhu kubizwa ngokuthi yi-discordant results (imiphumela engafani). Kusho ukuthi umuntu oyedwa une-HIV kanti omunye akanayo i-HIV. Ngokwesibonelo, uma umuntu ongenayo i-HIV eqala ubudlelwano nomuntu one-HIV, bazoba sebudlelwaneni obunezimo ezingafani noma uma abantu ababili abasebudlelwaneni bengenayo i-HIV bese omunye uphathina eya ocansini nomunye ongaphandle kwalobu budlelwano bese eba ne-HIV, sebezoba sebudlelwaneni obunezimo ezingafani.

Imibhangqwana ingahlala inezimo ezingafani isikhathi eside; uma nje iqinisekisa ukuthi ithatha izinyathelo zokuphepha ezifanele ngokwenza ucansi oluphephile, ukusebenzisa amakhondomu njalo lapho iya ocansini noma ngokuphuza

INgxenye 4

Izifo Ezithathelwanayo

imithi yayo elwa ne-HIV uma iyithola. Ingcuphe yokudlulisela i-HIV iphezulu kakhulu emibhangqwaneni enezimo ezingafani engazithathi izinyathelo zokuzivikela, njengokusebenzisa amakhondomu, kanye naleyo lapho uphathina one-HIV engayidli imishanguzo elwa ne-HIV.

Ziyini izinzuso zokwelulekwa nokuhlolelwa i-HIV niwumbhangqwana?

- Isimo siphephile ukuba imibhangqwana ixoxe ngezinto ezikhathazayo ngenxa yokuthi umeluleki onolwazi nguye oqondisa isimo
- Ophathina bezwa ulwazi nemiyalezo bendawonye ngakho kulula ukuqiniseka ukuthi bobabili bayaqonda imiyalezo
- Umeluleki unethuba lokudambisa ixhala nokusiza ophathina ukuba bangakhombani ngeminwe
- Imiyalezo yezeluleko isekelwe emiphumeleni ye-HIV yabo bobabili laba bantu
- Umuntu ngeke kudingke akhathazeke ngokudalula imiphumela yakhe kuphathina wakhe futhi ngeke kudingke ukuba akhuthaze uphathina wakhe ukuba ayohlolwa
- Izinqumo zokwelashwa nokunakekelwa zingenziwa ndawonye
- Umbhangqwana ungenza izinqumo ndawonye ngekusasa lawo ikakhulukazi uma uhlela ukuba nabantwana
- Kunzima ngemibhangqwana uma omunye uphathina engenayo i-HIV kanti omunye enayo. Ngokuvamile kuphazamisa ukuzibophezela ebudlelwaneni babo; umeluleki angasiza ngokunikeza iseluleko esimayelana nobudlelwane babo
- Ukwelulekwa ndawonye kuyosiza imibhangqwana ukuba ikhulumisane ngezinto ezikhathazayo futhi kuyoyisiza ukuba isebeenzisane ukuze iqiniseke ukuthi umuntu otholwe engenayo i-HIV uhlala enjalo



3. Inqubo yokuhlolelwa i-HIV

Ngaphambi kokuba ahlolelwe i-HIV umuntu kufanele ayothola ulwazi kuqala, okungase kwensiwe ngamaqoqo, ngemibhangqwana noma nomuntu ngamunye. Lolu lwazi kufanele lulandelwe ukwelulekwa uwedwa (ngokuvamile okuthiwa ukwelulekwa ngaphambi kokuhlolwa). Yonke le mihi langano kufanele iqhutshwe ngolimi isiguli esiluqondayo. Siyobe sesitshelwa ukuthi singahlolelwa i-HIV futhi kwensiwe uma isiguli sivuma. Kungakhathaliseki ukuthi iyini imiphumela yokuhlolelwa i-HIV, zonke iziguli kufanele zibe sezi lulekwa ngemva kokuhlolwa.

a. Umhlangano weqembu wokuthola ulwazi ngaphambi kokuhlolwa

Umsebenzi wezokwelapha onjengomeluleki we-HIV noma umhlengikazi kufanele aqhube umhlangano weqembu wokuthola ulwazi ngaphambi kokwelulekwa, okufanele uhlanganise izihloko ezilandelayo:

- Ulwazi lokuthi umuntu angayithola futhi ayidlulise kanjani i-HIV
- Ulwazi lokuthi ungakugwema kanjani ukuthola nokudlulisa i-HIV, kubandakanye nokusebenzisa amakhondomu njalo nangendlela efanele, ukuthembeka kuphathina oyedwa nezinye izindlela zokuba nocansi oluphephile

INgxenye 4

Izifo Ezithathelwanayo

- Ukugcizelelwa kokushesha uhlolelwe i-HIV
- Ulwazi ngenqubo yokuhlolelwa i-HIV
- Ingxoxo yokuthi ungayigcina kanjani imiphumela yokuhlolelwa i-HIV iyimfihlo phakathi kwasiguli nabasebenzi bezokwelapha (ubumfihlo)
- Ukubaluleka kokuhlonza ukukhulelwa [bheka iSifundo 3.3 esikhuluma ngoKunakekelwa Kowesifazane Ngesikhathi Ekhulelw (ANC) ukuze ubone ithuluzi lokuhlonza ukukhulelwa]
- Ukubaluleka kokuhlonza i-TB phakathi nokwelulekwa ngaphambi nangemva kokuhlolwa [bheka iSifundo 4.5 esikhuluma ngeSifo Sofuba (TB)]
- Ukuthunyelwa ezinsizeni ezhlobene nengculaza negciwane layo ezinjengokwelulekwa ngokudla [bheka iSifundo 2.2 esikhuluma ngoKudla Okunempilo], ukuhlolelwa ama-STI [bheka iSifundo 4.8 esikhuluma ngaMagciwane Athathelwana Ngokocansi (ama-STI)], ukuhlolwa kwe-CD4, ukulawulwa kwamagciwane Angosomathuba [bheka iSifundo 4.9 esikhuluma ngAmagciwane Angosomathuba (ama-OI)] kanye nokuhlonza ukukhulelwa [bheka iSifundo 3.3 esikhuluma ngoKunakekelwa Kowesifazane Ngesikhathi Ekhulelw (ANC)]
- Inhlango yemininingwane yeqembu ngaphambi kokuhlolwa
- Ingxoxo yokwelulekwa komuntu ngamunye ngambi kokuhlolwa

b. Umhlangano wokwelulekwa uwedwa ngaphambi kokuhlolwa

Umhlangano wokwelulekwa uwedwa kufanele ubandakanye okulandelayo:

- Umhlengikazi noma umeluleki kufanele ahole ukuthi ulwazi olunikezwem emhlanganweni weqembu luqondakele yini
- Ithuba lokuba isiguli sibuze imibuzo uma kukhona esingakuqondanga
- Umhlengikazi noma umeluleki uzosiza umuntu ukuba anqume ukuthi ingakanani ingcuphe akuyo yokuthola i-HIV
- Umhlengikazi noma umeluleki uyochaza ukuthi kunokwelashwa kwama-anti-retroviral kwe-HIV okuyovumela iklayenti ukuba liphile ukuphila okuvamile njengoba i-HIV ingase idanjiswe njenganoma yisiphi esinye isifo esingamahlalakhona
- Ukuthola imvume enolwazi yokuhlolelwa i-HIV
- Ingxoxo yokuthi ingancishiswa kanjani ingozi yokuthola i-HIV uma imiphumela ibonisa ukuthi akanayo
- Incazeloye-window period kanye nesidingo sokuphinda sihlolwe uma isiguli singenayo i-HIV
- Uma isiguli sitholakale sine-HIV uma sihlolwa, kufanele sithole iseluleko sokuthi singahlala kanjani siphilile. Lokhu kubandakanya:
 - Ukuhlolelwa i-TB
 - Ukuhlola ukuthi i-HIV ikusiphi isigaba [bheka iSifundo 4.1 esikhuluma ngeNgculaza Negciwane Layo ukuze uthole ulwazi oluthe xaxa ngezigaba zegciwane le-HIV]
 - UkuKalwa kwamaseli e-CD4, ngokuhlolwa kwegazi (ukuhlolwa kwasibalo samaseli e-CD4)
 - Ukuba nengxoxo ngemishanguzo yama-ARV
 - Indlela yokuhlala unempilo, ngokudla ukudla okunomsoco, ukuvocavoca umzimba, ukungabhem noma ukungazisebenzizi izidakamizwa
- Ingxoxo ngokubandakanya uphathina nokubaluleka kokuhlolwa kukaphathina
- Ukuhlonza i-TB, ngokubuza imibuzo ezobonisa ukuthi isiguli sinazo yini izimpawu ze-TB [bheka iSifundo 4.5 esikhuluma ngeSifo Sofuba (TB)]



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Izifo Ezithathelwanayo

Kuyini ukwelulekwa ngemva kokuhlolwa?

Zonke iziguli, kungakhathaliseki imiphumela yokuhlolwa kwazo i-HIV, kufanele zithole ukwelulekwa ngemva kokuhlolwa. Umeluleki uzoxoxa ngezindaba ezihlukene kuye ngemiphumela yokuhlolwa i-HIV.

Imiphumela ebonisa ukuthi awunayo i-HIV

Uma imiphumela ibonisa ukuthi isiguli asinayo i-HIV, umhlangano wokwelulekwa ngemva kokuhlolwa kufanele ubandakanye:

- Ingxoxo ephathelene nokuthi imiphumela ebonisa ukuthi asinayo i-HIV isho ukuthini
 - Ingase isho ukuthi asinalo igciwane le-HIV ngaleso sikhathi
 - Imiphumela ingase ingabonisi gciwane ngoba siku-window period futhi kusekude ukuba kubonakale amasosha omzimba e-HIV
 - Ngakho-ke, kufanele sibuye sizohlolwa i-HIV futhi ezinyangeni ezintathu, siqiniseke ukuthi asizichayi engozini ye-HIV phakathi nalesi sikhathi
- Iseluleko sokuthi bangenzenjani ukuqiniseka ukuthi bahlala bengenagciwane
 - Ukubaluleka kokusebenzisa ikhondomu njalo ngendlela efanele zikhathi zonke uma beya ocansini
 - Ukunciphisa isibalo sophathina bocansi
 - Izinzuzo zoKusokwa Kwabesilisa Ngabezokwelapha (MMC)
 - Ukubaluleka kokwazi isimo sikaphathina nokukhuthaza uphathina ukuba ahlolelwe i-HIV. Imiphumela yomuntu ebonisa ukungabikho kwegciwane ayisho ukuthi ophathina babo abanayo i-HIV

Imiphumela yokuhlolwa ebonisa ukuthi une-HIV

Uma imiphumela yokuqala yesiguli ibonisa ukuthi sinegciwane siyothola ukuhlolwa kwesibili okusheshayo ukuze kuqinisekiswe imiphumela yokuhlolwa. Ngemva kokuhlolwa siyobe sesithola ukwelulekwa kwangemva kokuhlolwa.

Emhlanganweni wokwelulekwa ngemva kokuhlolwa umeluleki kufanele:

- Aphinde achaze ukuthi imiphumela yokuhlolwa ebonisa ukuthi une-HIV isho ukuthi isiguli sine-HIV
- Aqinisekise isiguli ukuthi sizoba nomuzwa wokuthi lokhu akwenzeki kuso (ukuphika) noma sithukuthele noma sidumale futhi sikhathazeke ngekusasa laso. Kuyinto evamile ukusabela kanjalo. Umeluleki kufanele aluleke isiguli ukuthi singakutholaphi ukwesekwa okuthe xaxa isib., ukwelulekwa okuqhubeckayo, indlela yokuzihlanganisa neqembu langakubo lokwesekana, kanye nokwesekwa ngumndeni nabangane ukuze sibhekane nale mizwa
- Achaze ukubaluleka kokwamukela usizo ngoba lokhu kungaba nomphumela omuhle ekunamatheleli ekwelashweni nakamuva uma sikhetha ukuphila ngendlela enempilo
- Aseluleke ngokubaluleka kokuya esikhungweni sezempilo kuyohlolwa isibalo samaseli e-CD4 ngokushesha futhi ngemva kwalokho, siye kukho konke ukuhambela kwasesikhungweni sezempilo okuhleliwe. Ukuhlolwa kwesibalo samaseli e-CD4 kubalulekile ngoba kuyasiza kuveze ukuthi anamandla kangakanani amasosha omzimba; kubonisa ukuthi selihambe kangakanani igciwane le-HIV; kusiza abasebenzi bezokwelapha banqume ukuthi bakuqale yini ukwelapha futhi kubonise nokuthi igciwane le-HIV lekhasimende kungenzeka liqhubeke kanjani
- Aseluleke ukuthi singaqala kanjani ukuphila okunempilo ngokushesha ngokudla ukudla okunomsoco,



INgxenye 4

Izifo Ezithathelwanayo

ukugwema utshwala nokuyeka ukubhema, ukungadli izidakamizwa, ukuvocavoca umzimba nokuphumula [bheka iSifundo 2.2 soKudla UkuDla Okunomsoco]

- Aseluleke ukuthi singagwema kanjani ukusakaza i-HIV kuphathina ngokuqinisekisa ukuthi basebenzisa ikhondomu njalo uma beya ocansini [bheka iSifundo 4.10 esikhuluma ngoKuvinjelwa Kwe-HIV nama-STI: Indima YamaKhondomu]
- Aseluleke ngokubaluleka kokucela uphathina waso ukuba ahlolelw i-HIV
- Aseluleke ngokubaluleka kokuhlolelwa i-TB. Umeluleki uzosebenzisa ithuluzi lokuhlonza i-TB ukuze abuze imibuzo yokuhlolola ukuthi ingabe asinayo yini i-TB [bheka iSifundo 4.5 esikhuluma ngeSifo Sofuba (TB)] futhi uyosithumela endaweni efanele
- Achaze ukubaluleka kokuhlolola ukuthi owesifazane akakhulelw yini futhi abhalise ohlelw i-Kuvimbela Ukudlulisel Igciwane Enganeni Lisuka Kumama (PMTCT) uma ekhulelw. Umeluleki uyobuza imibuzo ukuze ahlole ukuthi owesifazane akakhulelw yini futhi amthumele endaweni efanele [bheka iSifundo 4.4 soKuvimbela Ukudlulisel Igciwane Enganeni Lisuka Kumama (PMTCT)]
- Achaze ukubaluleka kokudalula isimo sakhe kuphathina wakhe, umndeni mhlawumbe nabangane kanye nezinzuko zokufuna usizo emaqenjini okwesekana nezinye izinhlangano

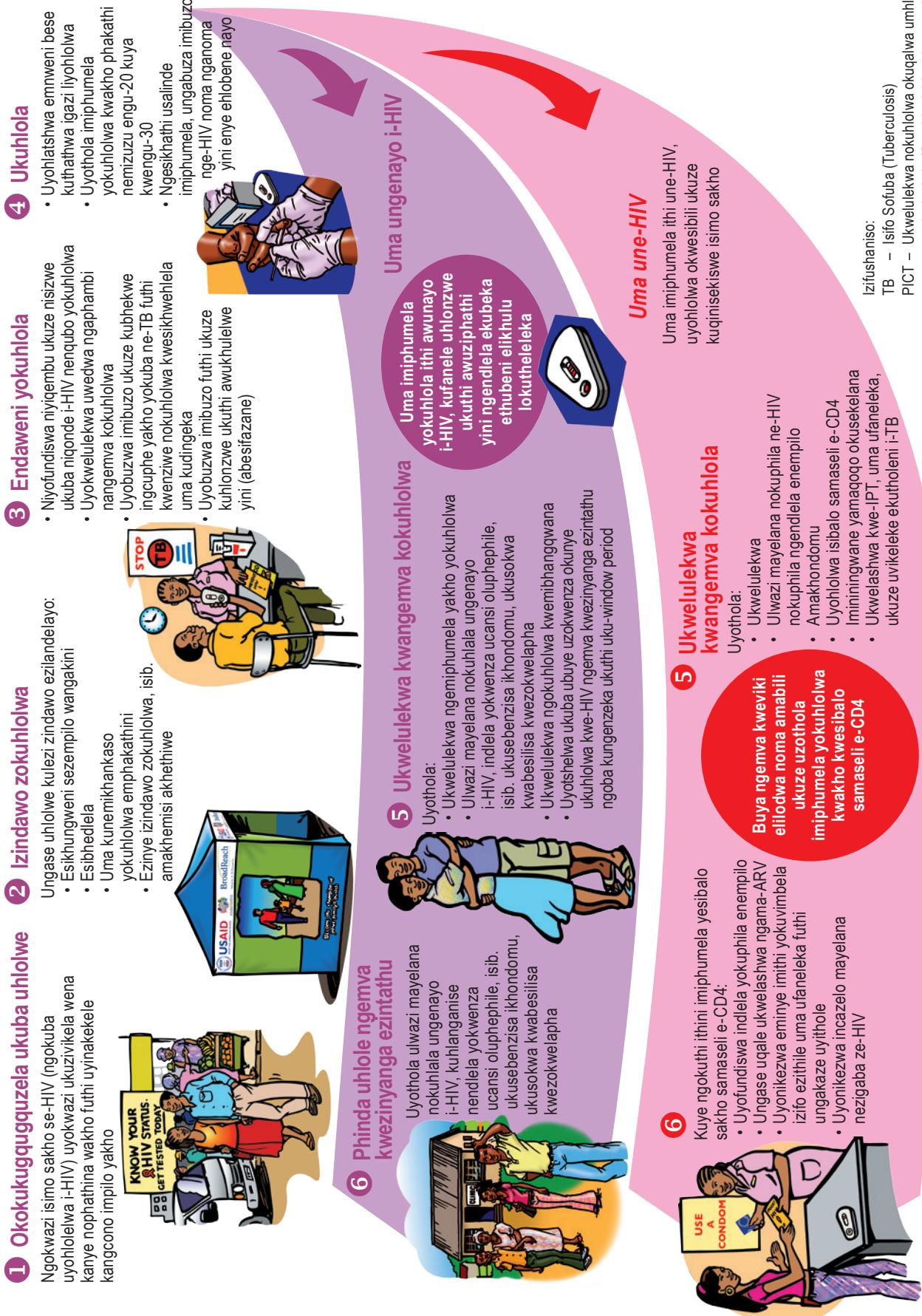
Ngemuva kokwelulekwa emva kokuhlolwa zonke iziguli ezine-HIV kufanele zithunyelwe ziyoohlolwa isibalo samaseli e-CD4. Imiphumela yesibalo samaseli e-CD4, kanye nokuhlolwa kwezokwelapha, okwenziwa umsebenzi wezokwelapha ukuze abone ukuthi igciwane le-HIV selihambe ibanga elide kangakanani nokuthi iklayenti kufanele lelashwe kanjani, kuyonquma ukuthi iklayenti liyoqalwa yini lelashwe ngama-ARV. UMnyango Wezempiro Kuzwelonke ubeke iziqondiso zokuvinjelwa nokwelashwa kweNgculaza neGciwane layo. Lezi ziqondiso zihlanganisa nokuthi kudingeka sibe ngakanani isibalo samaseli e-CD4 sekhasimende ukuze lifanelekele ukuthola imishanguzo yama-anti-retroviral. Labo abafanelekayo ukwelashwa ngama-ARV kufanele baqale banikwe ama-ARV. Labo abangakafaneleki ukwelashwa ngama-ARV kufanele baqhubeke baye esikhungweni sezempilo njalo emva kwezinyanga eziyisithupha bayohlolwa isibalo samaseli e-CD4 ukuze kubonakale ukuthi bayafaneleka yini.

Kufanele bahlolelwe nezimpawu ze-TB futhi bathunyelwe bayohlolelwa i-TB uma kusolwa ukuthi kungenzeka bane-TB noma bangase badinge ukufakwa ekwelashweni kokuvimbela i-TB [bheka iSifundo 4.5 esikhuluma ngeSifo Sofuba (TB)].

IMigudu Yokunakekela Ye-HCT

Okufanele kuphawulwe i-CCG:

Sicela ubonise futhi ufundele wonke amaklayenti
owathumela ukuba ayoholelwa i-HIV le Migudu
Yokunakekela Ye-HCT.



Uma imiphumela ithi une-HIV, uyoholelwa okwesibili ukuze kujinisekiswe isimo sakho

Uma une-HIV

Okufanele kuphawulwe i-CCG:

Sicela ubonise futhi ufundele wonke amaklayenti
owathumela ukuba ayoholelwa i-HIV le Migudu
Yokunakekela Ye-HCT.

Izifushaniso:
TB – Istio Sofuba (Tuberculosis)
PlCT – Ukwelulekwa nokuholwa okuqlawa umhlinzeki wezinsizakalo (Provider initiated counselling and testing)

PT – Ukwelulekwa nge-isoniazid kokuvimbela isifo
(Isoniazid preventative therapy)
ARV – Antiretroviral

INgxenye 4

Izifo Ezithathelwanayo

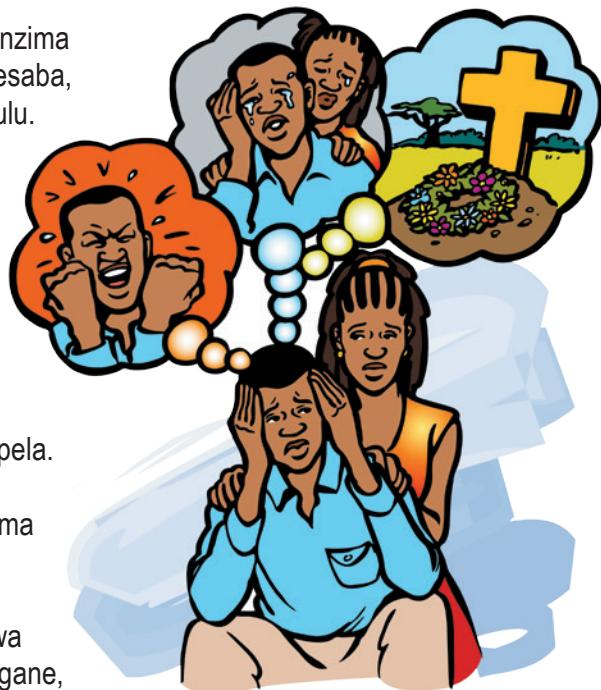
4. Ukudalula isimo se-HIV

Umuntu one-HIV angabhekana kanjani nemizwa yakhe?

Ukuza ukuthi umuntu une-HIV kushintsha ukuphila futhi kungaba nzima kakhulu. Ukuba nemizwa yokuphelelwa yithemba, intukuthelo, ukwesaba, ukucindezeleka, ukudumala nexhala konke kuyizinto ezivame kakhulu. Kubalulekile ukuthi esikhathini esinjengalesi baye kubantu ababethembayo ukuze babesekile.

Ekuqaleni bangase bakuthole kulula ukuxoxa nomeluleki wabo noma ukujoyina iqembo lokweskana labantu abane-HIV. Uma sebeyamukele indlela abazizwa ngayo, kufanele bacabangele ukutshela othile abamethembayo, kungaba umngane noma ilungu lomndeni, ukuze bathole ukweskwa okuthe xaxa. Kufanele baye kumuntu abavame ukumvulela isifuba ngoba bayamethembwa ngempela. Okubalulekile ukuthola izindlela zokutshela ophathina nokubacela ukuba bayohlolwa. Abantu abane-HIV bayesaba ukwenqatshwa noma ukungaphathwa kahle noma ukuphathwa kabi [bheka iSifundo 4.12 esiphathelene noKucwasa Nokubandlulula] okungase kubangelwe ukudalula isimo sabo. Kodwa-ke, njengoba abantu abaningi behlolwa futhi bedalula isimo sabo, basheshe bamukelele emndenini, kubangane, emsebenzini nasemphakathini. Ukwenza isinqumo sokudalula isimo somuntu se-HIV kungaba yisinqumo esinzima, esidinga ukucatshangisiswa. Kufanele bacabange ngokulandelayo:

- Ingabe bakwamukele futhi bayaqonda ukuthi kusho ukuthini ukuba ne-HIV?
- Bazotshela obani?
- Kufanele babatsheli ukuthini?
- Kufanele babatsheli nini futhi kuphi?
- Bacabangele izinzozo zokutshela umuntu ofanele
- Bazokwenzani uma abantu bengasabeli ngomusa?



Yimuphi umuntu okufanele atshelwe?

Ngaphambi kokuba batshele umuntu, kufanele babuze le mibuzo:

- Lo muntu angabasekela kanjani?
- Uyothini uma etshelwa lezi zindaba?
- Bangamethembwa yini ukuthi ngeke atshele omunye umuntu uma bemcela ukuba enze kanjalo?
- Lo muntu bangamethembwa yini ukuthi uzobanika usizo nokweskwa abakudingayo?
- Ingabe lo muntu unendaba nokuthi ukuba ne-HIV kusho ukuthini kumuntu one-HIV?
- Wazisingatha kanjani ezinye izidingo okungenzeka bamtshela zona ngaphambilini?
- Balindele ukutholani uma betshela lo muntu?



INgxenye 4

Izifo Ezithathelwanayo



Indaba Eyisibonelo

UNontu noNkosinathi sebeke bayokwelulekwa njengombhangqwana esikhungweni sezempilo. UNkosinathi welashelwa i-STI. Ngesikhathi belulekwa wavuma ukuthi wayenentombi eGoli. UNkosinathi une-HIV kanti uNontu akanayo i-HIV. Abaqondanga ukuthi lokhu kusho ukuthini ngesikhathi umsebenzi wezokwelapha ebachazela.

UNkosinathi uyesaba ukutshela intombi yakhe.

Ukulalala Indima Yabathile

Hlukanani ngamaqoqo bese nidlala lezi zindima:

- Chazani ukuthi imiphumela engafani isho ukuthini kulo mbhangqwana.

- Chazani ukuthi lokhu kuzobuthinta kanjani ubuhlobo babo kwezocansi esikhathini esizayo (ukusebenzisa amakhondomu, njll.).

- Sizani uNkosinathi aprakthize ukuthi uzoyitshela kanjani intombi yakhe uma kuwukuthi izosamukela isimo.

- Sizani uNkosinathi aprakthize ukuthi uzoyitshela kanjani intombi yakhe uma kuwukuthi ngeke isamukeni isimo.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.3
Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.3 sihlose ukukucobelela ulwazi ngoKwelashwa Ngemishanguzo Ye-Antiretroviral (Ama-ARV).

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuthi bayawaqonda ama-ARV nokuthi asebenza kanjani emasosheni omzimba
- Ukuchaza ukuthi obani okufanele baqale ukusebenzisa ama-ARV
- Ukukhombisa ukuthi bayayiqonda imiphumela evamile engemihle yama-ARV
- Ukukhombisa ukuthi bayakuqonda ukubaluleka kokuhubeka nokwelashwa kanye nokwesekwa abangane
- Ukuchaza ukuthi iyini imithamo eyeqiwe
- Ukukhombisa ukuthi bayaqonda ukuthi amakhambi esintu anamuphi umthelela kuma-ARV
- Ukuchaza ukuthi kuyini ukumelana nemishanguzo futhi bachaze ukuthi lokhu kungavinjelwa kanjani
- Ukuchaza ukuthi kungani kubalulekile ukuhlonza i-HIV kubantwana ngokushesha okukhulu
- Ukuchaza ukuthi umntswana kufanele aqale nini ukusebenzisa ama-ARV nemiphumela evamile engemihle kubantwana
- Ukukhombisa ukuthi bayakuqonda ukubaluleka kokuba nabanakekeli abangaphezu kwababili abalandelela ukuthi iZintandane Nezingane Ezisesimweni Esibucayi (Ama-OVC) ziyanamathela kuma-ARV nokuthi kungaqinisekwa kanjani ukuthi abantwana banamathela ekwelashweni kwabo ngama-ARV

Okuqukethwe Kulesi Sifundo

- Ukwelashwa Ngama-Anti-Retroviral
- Ukunamathela ekwelashweni
- Ukumelana kwegciwane nama-ARV
- Ama-ARV kubantwana

Kutholakala

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INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.3

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

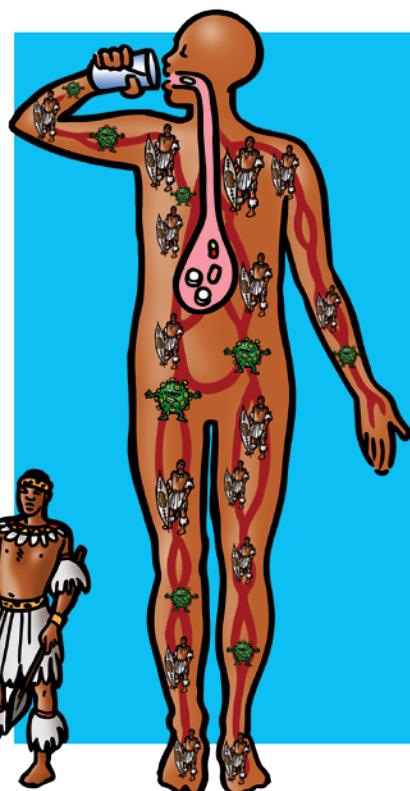
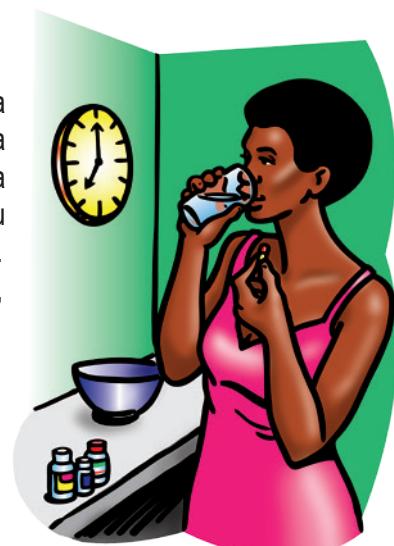
Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuqonda nokuchazela amaklayenti akho ngokubaluleka kokwelashwa ngemishanguzo ye-anti-retroviral ekudambiseni i-HIV. Kufanele uxo nabo nangesidingo sokuthatha imithi njengoba nje beyalelw abasebenzi bezempilo. Kufanele futhi usebenzise leli thuba ukuthi uxo namaklayenti akho mayelana nokuqiniseka ukuthi ayasazi isimo sawo se-HIV futhi uwathumele esikhungweni sezempilo ukuze ayohlolelwa i-HIV.

1. Kuyini Ukwelashwa ngama-ARV?

Ama-ARV, aziwa nangokuthi ama-anti-retroviral, yimishanguzo esetshenziselwa ukulawula igciwane i-HIV. Indlela engcono kakhulu yokulwa ne-HIV ukuyelapha ngemishanguzo yama-ARV engaphezu kowodwa ngesikhathi. Lokhu kwaziwa ngokuthi ukwelashwa okuyinhlanganisela. Inhlanganisela yemishanguzo emithathu noma emine ye-ARV ibizwa ngokuthi i-Highly Active Anti-retroviral Therapy (HAART). Ama-ARV alwa ne-HIV kufanele aphuzwe ngesikhathi esifanayo, nsuku zonke, ukuphila konke komuntu

- Uma umuntu etheloleleke nge-HIV, leli gciwane liyohlale likhona emzimbeni wakhe, ngisho noma elashwa ngama-ARV. Imishanguzo etholakala njengamanje ayinakuyelapha i-HIV kodwa inqanda igciwane i-HIV ukuba lingaziphindaphindi emzimbeni kanjalo igcine isiguli siphilile
- Ama-ARV angathuthukisa impilo yeziguli futhi iziguli ezine-HIV ziyakwazi ukuphila ukuphila okuvamile nokuphumelelayo [bheka iSifundo 4.1 mayelana neNgculaza Negciwane Layo ukuze uthole olunye ulwazi ngamacebiso okuhlala uphilile une-HIV]



Ukwelashwa ngama-ARV kusebenza kanjani?

Ukwelashwa ngama-ARV kusiza ekulawuleni i-HIV ngokunqanda igciwane i-HIV lingaziphindaphindi futhi lande emzimbeni. Lokhu kusiza amasosha omzimba ukuba alulame, okuwenza akwazi ukulwa nezifo ezingase zivele futhi kuvumele umzimba ukuba ululame emonakalweni okungenzeka i-HIV isiwenzile.

2. Ukwelashwa ngama-ARV kufanele kuqale nini?

Isinqumo sokuqala ukwelashwa siyokwenziwa ngemva kokuba isibalo samaseli e-CD4 esiguli sesikaliwe futhi sahlolwa ngudokotela noma umhlengikazi. Abasebenzi bezokwelapha bangakala isibalo samaseli



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

e-CD4 ngokuhlolwa kwegazi okuvamile. Ukuhlolwa kwamaseli e-CD4 kutshela umsebenzi wezokwelapha ukuthi amasisha omzimba esiguli aphilile yini noma abuthakathaka. Uma isiguli sishesha ukuhlolwa i-HIV, kulapho umsebenzi wezokwelapha engakwazi ukusheshe athole ukuthi iklayenti kuyadingeka yini liqale ukwelashwa ngama-ARV, ngakho amaklayenti kufanele akhuthazwe ukuba ahlolelw i-HIV futhi azi isimo sawo ngokushesha.

Abasebenzi bezokwelapha bayozibheka lezi zinto ezilandelayo ngaphambi kokuba baqale ukwelapha umuntu omdala noma osemusha oneminyaka engu-15 nangapezulu ngama-ARV uma:

- Amazinga esibalo samaseli e-CD4 njengoba ebekwe kuziqondiso zeNgculaza Negciwane Layo zoMnyango Wezempiro Kuzwelonke (bheka imfuneko yokufanelekela ukuthola ama-ARV)
- Kunesifo esibonisa ukuthi unengculaza, njengenyumoniya, angase aqalwe ngama-ARV esalinde ukuthola imiphumela yokuhlolwa kwesibalo samaseli e-CD4
- Owesifazane ene-HIV futhi ekhulelw, uyoqalwa ngama-ARV ukuze kuvikelwe umntwana angatholi i-HIV esesibelethweni
- Bene-TB kanye namazinga amaseli e-CD4 njengoba eshiwo kuziqondiso zoMnyango Wezempiro Kuzwelonke
- Bene-MDR noma i-XDR-TB, bayoqalwa ngama-ARV kungakhathaleki ukuthi isibalo samaseli e-CD4 singakanani



Kunezinye izinto okungenzeka zibalulekile ekunqumeni ukuthi ama-ARV azomphatha kahle yini umuntu, ngoba kuyodingeka awaphuze nsuku zonke ukuphila kwakhe konke. Ezinye zalezo zinto yilezi:

- Babuphuza kangakanani utshwala?
- Ingabe bawatshelile amalungu omndeni/ophathina babo ngesimo sabo se-HIV?
- Ingabe bayakwazi ukuba khona kukho konke ukuhambela kwasesikhungweni sezempilo?
- Ingabe kunomuntu obasekelayo ekwelashweni? (othile ongabasiza baphuze amaphilisi abo)?
- Ingabe banomlando wokungayiphuzi ngendlela efanele imithi isib., ingabe banemithi ye-TB abangazange bayiqede ngaphambilini?
- Ingabe banomlando wokudla izidakamizwa?

Ngokuvamile, inhlanganisela yemishanguzo ehlukene yama-ARV izonikezwu abantu abane-HIV nengculaza.

Akubona bonke abantu abaqala ukwelashwa ngemishanguzo efanayo; kuncike esimweni somuntu ngamunye. Kodwa-ke, ekuqaleni kokwelashwa, inhlanganisela yemishanguzo umuntu ayinikwayo ibizwa ngokuthi i-first-line therapy. Uma ngemva kwasikhathi esithile i-HIV ingasalawuleki ngale nhlanganisela yemishanguzo, noma imiphumela engemihle ibucayi kakhulu, khona-ke kungase kushintshelwe emishanguzweni emisha noma ehlukile. Uma umuntu engathanda ukwazi kakhudlwana ngemishanguzo ehlukene, mtshele ukuthi axoxe nabasebenzi bezokwelapha esikhungweni sezempilo wangakubo.



IMigudu Yokunakekela Yokwelashwa Ngama-ARV

Okufanele kuphawule i-CCG:

Sicela ubonise futhi ufundele wonke amaklayenti aholwe kwatholakala ukuthi ane-HIV noma akuma-ARV le Migudu Yokunakekela Yokwelashwa Ngama-ARV.

4 Ukfundiswa ngama-ARV

Uyofundiswa mayelana nokubaluleka kokuthatha ama-ARV akho njengoba nje uyalelwé abasebenzi bezempilo



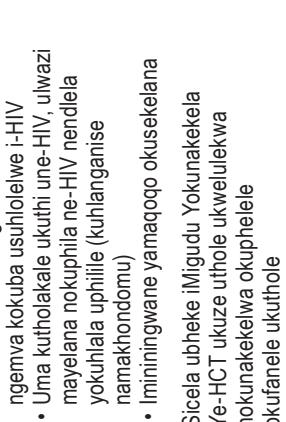
3 Ukfaneleka kokuthola ama-ARV

Uyogaliswa ama-ARV/s ngokwemiphumela yokuhlolwa kwasibalo samaseli akho e-CD4, ukuxilongwa kokwelapha kanye nama-OI, isib. i-TB, okungenzenza unawo. Uma isibalo sakho samaseli e-CD4 singaphezu kwalokho okushithwo esigondisweni, kuyodinge ka uhlolwe isibalo samaseli e-CD4 hijao ezyinyangeni ezyistithpha



2 Ukuthola imiphumela yokuhlolwa kwasibalo samaseli e-CD4 kanye nokunye ukuhlonza

Njengoba kutholakale ukuthi une-HIV:
 • Uyothola ukuhlolwa kwasibalo samaseli e-CD4
 • Kuyokhulunywa nawe ubuzwe imibuzzo ukuze kuhlonzwe i-TB
 • Ukuhlolelwa ukukhulelwa (kwabesifazane)



1 Ukwelulekwa nokuhlolwa i-HIV (HCT)

Kufanele uthole:

- Ukwelulekwa kwangemva kokuhlolwa ngemva kokuba usuhlolelwe i-HIV
- Uma kutholakale ukuthi une-HIV, ufwazi mayelana nokuphila ne-HIV nendlela yokuhola uphilile (kuhlanganise namakhondomu)
- Imininingwane yamaqooqo okusekelana
- Sicela ubheke IMigudu Yokunakekela Ye-HCT ukuze uthole ukweluwelelo okufanele ukuthole

7 Ukuphuza ama-ARV

Phuza ama-ARV ngesikhathi esikanayo nsuku zonke zokuphila kwakho njisho noma usualala ukuzizwa ungcono. Zamani ndawonye nomngane ozokweseka ekwelashweni ukuthola izindlela zokuba ungakohkhwa, isib. ouphwa inhalabimkosi kumakhalekhukhwini wakho

6 Vakashela udkotela/ umhlengikazi ukuze ujale ama-ARV

Uma ufaneleka ukuthola ukwelashwa uyovakashela udkotela /umhlengikazi ukuze uthathie imithi yakho bese ugala ukwelashwa



5 Ukulungiselela ukwelashwa

Kufanele:
 • Usthele umndeni wakho
 • Uthole umngane ozokweseka ekwelashweni
 • Ujoyine iqembu lokusekelana endaweni yakini



8 Ukuvakasha kwanyanga zonke

Vakashela esikhungweni sezempiilo ukuze uyolanda ama-ARV futhi ubhekwe ukuthi unjanji njengoba nje uyalelwé, uyofakwa eMugqeni Osheshayo kuanda imithi



9 Ukuvakasha kokulandelela

Buza abasebenzi bezokwelapha esikhungweni sezempiilo ukuthi kuzoddingwa nini ukuhlolwa okulandelayo



10 Ukuvakasha ekwelashweni

Qhubeka utthatha ama-ARV njengoba uyelelwé nsuku zonke zokuphila kwakho, njisho noma usuzizwa ungcono futhi



Izifuthaniso:

ARV – Antiretroviral
HCT – Ukwelulekwa nokuhlolwa i-HIV
Ama-OI – Amagciwane Angosomathuba
TB – Isifo Sofuba (Tuberculosis)

INgxenye 4

Izifo Ezithathelwanayo

3. Iyini imiphumela evamile engemihle?

Abanye abantu abelashwa ngemishanguzo yama-ARV bangase babhekane nemiphumela engemihle. Akubona bonke abantu abazoba nayo. Eminye imiphumela engemihle ayimibi kakhulu futhi ngokuvamile iyaphela ngemva kwezinsuku noma amaviki ambalwa. Abantu abambalwa bangase babe nemiphumela emibi ebucayi okufanele bayibike kubasebenzi bezokwelapha ngokushesha. Eminye yale miphumela engemihle ebucayi yilena:

- Bahlale bezwa kuthi abaphalaze (isicanucanu)
- Ukuhlanza noma uhudo
- Ubunzima bokuphefumula
- Ubuhlungu obunjunjuthayo esiswini
- Ukuhlale benenhliziyo emnyama
- Ukuqubuka kwesikhumba emzimbeni wonke
- Ukushoshozela, ukuba ndikindiki, ubuhlungu obunjunjuthayo noma ukuphelelwa yimizwa ezandleni nasezinyaweni



Iyini i-Immune Reconstitution Inflammatory Syndrome (IRIS)

Ngezinye izikhathi uma amasosha omzimba omuntu ebebuthaka kakhulu ngaphambi kokuba aqale ukwelashwa ngama-ARV, angase agule kakhulu ezinyangeni zokuqala ezingu-3 zokwelashwa. Lokhu ngokuvamile kungenxa yokuthi ama-ARV asiza amasosha omzimba wakhe ukuba avuseleleke futhi alwe nezinhlobo ezihlukene zezifo. Ezinye zezimpawu ezingavela uhudo, ukucobeka, imfiva, ukukhwehlela okungapheli, ukuhlanza kanye nobuthakathaka. Uma umuntu ene-IRIS, evame ukuthatha izinyanga ezintathu, lokho akusho ukuthi ukwelashwa kwakhe ngama-ARV akusebenzi ngendlela efanele. Kubalulekile ukuba ayobona umsebenzi wezokwelapha ngokushesha futhi amtshela uma enezinye zalezi zimpawu esezechaziwe.

4. Umuntu angaluthola kanjani ulwazi oluthe xaxa ngokwelashwa ngama-ARV?

Kunabantu abanangi abangakweluleka ngokuthi ungakutholaphi ukwelashwa ngama-ARV nendlela ukwelashwa okusebenza ngayo. Laba babandakanya abalandelayo:

- Isibhedlela sangakini
- Udkotela wesiguli/umsebenzi wezokwelapha
- Umtholampilo
- Iqembu langakini lokweseka abane-HIV
- I-Intanethi



5. Kungani kubalulekile ukuba umuntu oWelashwa Ngama-ARV Anamathele emishanguzweni yakhe?

Umuntu uyoKwelashwa ngama-ARV isikhathi eside kangakanani?

Ukwelashwa ngama-ARV kuyinto eqhubeka ukuphila konke. Ukuze ukwelashwa ngama-ARV kusebenze kahle, abantu

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.3

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

kufanele baqiniseke ukuthi baphuza yonke imishanguzo ngendlela udukotela noma umsebenzi wezokwelapha asho ngayo ngesikhathi esifanayo, nsuku zonke, impilo yabo yonke.



Amacebiso Awusizo

THATHA ISINYATHELO!

Umuntu kufanele axoxe nomsebenzi wezokwelapha uma engaqiniseki ukuthi ayiphuze kanjani imithi yakhe noma uma ama-ARV awatholile engafani nemithi avame ukuyiphuza.

Kuyini ukunamathela kuma-ARV?

Ukuze ukwelashwa ngama-ARV kusebenze kahle, abantu kufanele baphuze yonke imishanguzo ngendlela abayiyalelwé ngumsebenzi wezokwelapha ngesikhathi esifanayo, nsuku zonke, impilo yabo yonke. Lokhu kubizwa ngokuthi ukunamathela ekwelashweni. Uma umuntu eyeka yonke imithi, noma ngisho owodwa kuphela kule mithi, noma ekhohlwa ukuphuza umthamo, uba sengozini yokuba ne-HIV emelana nemishanguzo – lokhu kungenza i-HIV ibuye ngezinkani futhi yande ngokushesha kakhulu emzimbeni wakhe.

Yini okufanele yenziwe uma umuntu ekhohlwa ukuphuza owodwa wemithamo yakhe yama-ARV?

Umuntu kufanele aphuze umthamo aweqile ngokushesha uma ekhumbula futhi aphuze umthamo olandelayo ngemva kwamahora angu-12. Ngokwesibonelo, uma bekufanele aphuze imishanguzo ngo-08:00, kodwa waqaphela ngo-11:00 ukuthi ukhohlwe ukuyiphuza kufanele aphuze umthamo aweqile ngokushesha (okusho ukuthi, ngo-11:00) bese ephuza umthamo olandelayo ngo-23:00. Uma eqiwe umthamo kubalulekile ukuba akhulume nomsebenzi wezokwelapha ngokushesha ukuze bavele nezindlela zokubakhumbuza njalo ukuphuza imishanguzo. Uma umuntu eshintshe uhlelo lwakhe, kufanele anamathele ohlelwé olusha. **Akufanele alokothe aphuze imithamo emibili yama-ARV ngesikhathi esisodwa.**



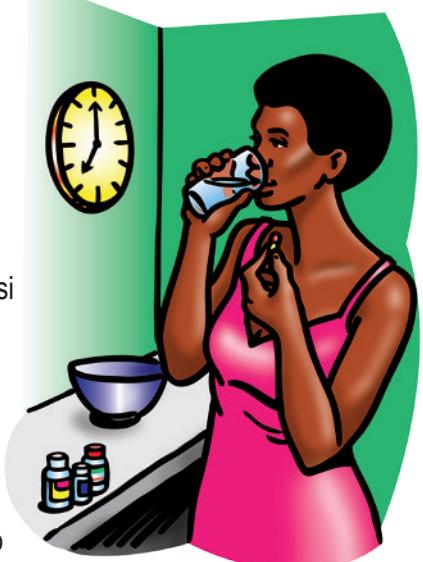
Amacebiso Awusizo

Amaklayenti kumele asebenzise ikhondomu njalo uma benza ucansi noma ngabe besebenzisa imishanguzo.

Kungani umuntu engayeka ukuphuza ama-ARV akhe?

Kunezizathu eziningana ezingathiya umuntu ekuphuzeni ama-ARV akhe nsuku zonke:

- **Ukudalula:** Abanye abantu abafuni ukuba abanye abantu bazi ukuthi bane-HIV futhi baphuza ama-ARV. Lokhu kusho ukuthi kufanele bafihle futhi baphuze imithi yabo ngasese, okukwenza kube lula ukuba bakhohlwe umthamo. Futhi, ngeke kube nomuntu ozobeseka uma kuba nemiphumela engemihle
- **Ukungaphuzi ama-ARV ngendlela efanele:** Ukungaondi ukuthi yimaphi amaphilisi okufanele bawaphuze nokuthi kufanele bawaphuze nini. Kuwumthwalo wesiguli ukubusa umsebenzi wezokwelapha noma usokhemisi kaningi uma kudingeka ukuthi yimaphi amaphilisi okufanele aphuzwe nini futhi kanjani. Kufanele bathathe iseluleko somsebenzi wezokwelapha kuphela mayelana nokuthi bayiphuze kanjani imishanguzo
- **Ukungakutholi ukwelashwa ngama-ARV:** Abanye abantu abayitholi njalo imishanguzo yama-ARV ngenxa yezizathu eziningi kubandakanye nezinkinga zezinto zokuthutha noma ngenxa yokuthi bagula kakhulu futhi abakwazi ukulanda imishanguzo yabo. Yingakho kubalulekile ukuthola usizo elungwini lomndeni noma umngane omethembayo



INgxenye 4

Izifo Ezithathelwanayo

- Ukuqala uhlelo olusha:** Ukunamathela ekwelashweni kudinga ukuba cube nokuziphatha okusha noma imikhuba emisha. Abanye abantu abasebenzi amahora avamile noma balandele isimiso esivamile isib., abantu abasebenza amashifu ngezikhathi ezithile. Abantu abanangi bakuthola kunzima ukujwayela uhlelo olusha ukuze baphuze imithi yabo ngesikhathi esifanayo, nsuku zonke. Ngakho-ke, kubalulekile ukuhlela nokuthola ukwesekwa
- Utshwala/izidakamizwa:** Ukuphuza ngokweqile noma izidakamizwa kungaphazamisa inkumbulo yomuntu, kumenze akhohlwe ukuphuza imithi yakhe noma ukuyiphuza ngendlela efanele. Utshwala bungaphazamisa nokusebenza kahle kwama-ARV
- Imithi yesintu namasiko enkolo:** Imikhuba ethile njengomkhuba wokuzenza uhlante ingase iphazamise ukusebenza kwama-ARV emzimbeni kanjalo iphazamise ukunamathela komuntu ohlelweni lokwelashwa
- Imali eyisibonelelo sikahulumeni:** Ngezinye izikhathi abantu bayeka ukuphuza imishangozo yabo ngamabomu. Lokhu bakwenzela ukuthi bathole imali eyisibonelelo sikahulumeni enikezwu abantu abagulayo futhi abanesibalo esiphansi samaseli e-CD4
- Ukucindezelwa ontanga:** Abantu kufanele baqaphele imibono nolwazi oluyiphutha abalunikwa abangane nomndeni ngisho nabelaphi bendabuko. Kufanele njalo bakhulume nomsebenzi wezokwelapha uma benemibuzo noma ukukhathazeka ngokwelashwa kwabo ngama-ARV
- Imiphumela engemihle:** Ama-ARV angaba nemiphumela engemihle engenza umuntu angafuni ukuqhubeka ewaphuza. Le miphumela kungaba:
 - Isifo sohudo
 - Ubuhlungubekhanda
 - Ubuthakathaka
 - Ubuhlungubesisu
 - Ukukhathala, ukuba ndikindiki, ukushoshozela noma ubuhlungu obunjunjuthayo ezandleni nasezinyaweni
 - Amaphupho amabi nokucobeka

Akufanele uyeke ukuphuza ama-ARV ngisho noma kunemiphumela engemihle. Uma isiguli siba nemiphumela engemihle, kufanele sithinte isisebenzi sezokwelapha sicele amacebiso okuthi senzenjani.

Amasu okuthuthukisa ukunamathela ekwelashweni

Nanka amasu alula okusiza umuntu akhumbule ukuphuza imishangozo yakhe nsuku zonke – ikakhulukazi ezinyangeni zokuqala ezimbalwa eqale ukwelashwa:

- Bacuphe inhlabamkhosi yewashi noma kamakhalekhukhwini
- Bacele umngane noma ilungu lomndeni ukuba libakhumbuze, mhlawumbe ngokubashayela ucingo noma ngokuthumela i-SMS
- Amabhokisi amaphilisi noma bazenzele amabhokisi amaphilisi ngokufaka amaphilisi asekuseni nawakusihlwu ephaketheni lemithi ukuze njalo bazi ukuthi bakhumbulile yini ukuphuza imithi yabo
- Bahlanganise ukuphuza imishangozo nokuthile abavame ukukwenza nsuku zonke, njengokuxubha amazinyo, ukwenza inkomishi yetiye ekuseni noma ukugqoka
- Babeke imithi endaweni abayibona kuyo njalo – kodwa ingabi selangen, endaweni enomswakama nalapho izingane zingayithola khona



INgxenye 4 Izifo Ezithathelwanayo

- Njalo baphathe ama-ARV engeziwe okuthi uma kwenzeka behamba ekhaya noma beyovakashela umndeni nabangane
- Qiniseka ukuthi umntwana ngamunye unabanakekeli okungenani ababili, uma bengebathathu, abaziyo ngemithi yomntwana futhi abangaqiniseka ukuthi uyiphuza ngendlela efanele

Leli thuluzi lokuhlonza lizosiza i-CCG ukuba ithole ukuthi isiguli siyanamathela yini kuma-ARV aso ngendlela eyalelwengudokotela.

Ithuluzi Lokuhlonza Ukunamathela kumakhambi e TB kanye nama-ARV's

Fundela amaklayenti akuma-ARV namakhambi e TB lo mbuzo olandelayo futhi uwathumele esikhungweni sezempilo uma impendulo kungu-'YEBO'

Y=Yebo C=Cha

1. Ingabe weqiwe imithamo emibili noma ngaphezulu yemishanguzo yakho kule nyanga edlule?

Y **C**

Uma isiguli siphendula ngo-'Yebo' kulo mbuzo, kufanele sithunyelwe esikhungweni sezempilo ngokushesha futhi i-CCG kufanele ilandeletele ukuze iqiniseke ukuthi isiguli siyile esikhungweni sezempilo.

6. Kuyini ukumelana nemishanguzo yama-ARV?

Ukumelana nemishanguzo kwenzeka uma igciwane lishintsha futhi liyawazi ukushintsha, lande futhi liziphindaphinde ngisho noma kunemishanguzo ngokuvamile elibulalayo noma elinqandayo. Ukumelana nemishanguzo kulapho igciwane lifunda ukuzivikela emithini. Lokhu kungenzeka ngenxa yezizathu eziningi kodwa kuvame kakhulu ukwenzeka uma umuntu engayiphuzi ngendlela imithi yakhe nsuku zonke njengoba eyalelwengue umsebenzi wezokwelapha. Ukungawaphuzi ama-ARV ngendlela oyalelwengue ngayo kungenza igciwane limelane nemishanguzo futhi cishe kungabulala. Ukumelana nemishanguzo kungenzeka nalapho bobabili ophathina bene-HIV kodwa beba nocansi olungavikelekile. Lokhu kungaphumela ekungenweni ngolunye uhlobo lwegciwane le-HIV olumelana nemishanguzo yamanje yama-ARV.

Ungakuvimbela kanjani ukuba igciwane limelane nemishanguzo?

Izinyathelo zokugwema ukumelana kwegciwane nemithi:

- Iqoqo lokuqala lemishanguzo yama-ARV isiguli esiyiphuzayo kungase kube yithuba elihle lokunqanda igciwane i-HIV lingaziphindaphindi futhi singande ukumelana kwalo nemithi. Uma benikwa iqoqo lokuqala lemishanguzo yama-ARV khona-ke kufanele benze konke okusemandleni ukunamathela kuyo ngokuphuza imithi ngendlela abayalelwengue ngayo ngudokotela
- Njalo phuza imithi njengoba uyalelwengue. Ukweliwa yimithamo, ukungaphuzi isibalo esifanele samaphilisi nokungawaphuzi ngesikhathi esifanele, kungenza igciwane limelane nemishanguzo
- Ubuhlobo obuhle nomsebenzi wezokwelapha bungasiza kukho konke lokhu. Iziguli kufanele zixoxe nabasebenzi bezokwelapha ziveze wonke amaqiniso. Kufanele zibuze imibuzo; zixoxe ngezinkinga ezinazo; futhi zibatshele yonke imithi eziyiphuzayo, kubandakanye nemithi ezizithengela yonke, imithi yesintu, nanoma yiziphi izidakamizwa ezsenthethweni noma ezingekho emthethweni
- Imithi akufanele yabelwane nabanye ngisho noma bethola ukwelashwa okufana nokwesiguli
- Kubalulekile ukungawadidanisi amaphilisi – isiguli kufanele sazi ukuthi yimaphi amaphilisi okufanele siwaphuze futhi nini

INgxenye 4 Izifo Ezithathelwanayo

Isifundo 4.3
4 Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Ungazi kanjani ukuthi ama-ARV ayasebenza?

Ukuhlolwa komthamo wegciwane egazini (ukuhlolwa okwenziwa ukuze kubhekwe inani le-HIV egazini) kuyindlela engcono kakhulu yokwazi ukuthi ukwelashwa kuyasebenza yini. Uma umuntu eseqale kuma-ARV kufanele ahholwe umthamo wegciwane egazini kabilo ngonyaka wokuqala bese kuba kanye ngonyaka ukuphila kwakhe konke.

Umthamo wegciwane egazini kufanele ube phansi kakhulu noma ungabonakali, okusho ukuthi umthamo wegciwane egazini usuphansi kangangokuthi awusabonakali lapho kuhlolwa igazi, zingakapheli izinyanga eziyisithupha noma ngaphansi kwalokho ngemva kokuqala ukwelashwa. Uma umthamo wegciwane ophansi kakhulu (ongabonakali) uba phezulu (ubonakala) futhi uqhubeka wenyuka kuyilapho umuntu esaphuza ama-ARV, lokho kuwuphawu lokuthi:

- Kungenzeka akayiphizi kahle imithi yakhe
- Imithi kungenzeka ayimsizi

Umthamo wegciwane obonakalayo egazini noma owandayo awusho ngempela ukuthi igciwane selimelana nemishanguzo, kodwa kungase kusho ukuthi usengozini yokuba negciwane elimelana nemishanguzo ngoba i-HIV iyanda nakuba ephuza ama-ARV. Kubalulekile ukuba umsebenzi wezokwelapha enze ukuhlola ukuze athole ukuthi kungani ngempela umthamo wegciwane wanda egazini.



7. Ingabe imithi yesintu izophazamisa ukwelashwa ngama-ARV?

Abantu kufanele baqiniseke ukuthi bayamtshela umsebenzi wezokwelapha ukuthi baphuza imithi yesintu futhi baqiniseke ukuthi batshela umelaphi wendabuko ukuthi baphuza ama-ARV. Kungase kube namanye amakhambi emvelo noma esintu angasebenzisani nama-ARV. Kuyoba ngcono nakakhulu ukuza nesampula lomuthi wesintu abawuphuzayo ukuze balibonise umsebenzi wezokwelapha.

8. Uyini umngane noma umuntu wokukweseka futhi kungani ebalulekile?

Ukuze kusizwe abantu banamathele ohlelweni lwama-ARV, bakhuthaze ukuba bakhetha othile, noma abantu abambalwa, abanobuhlobo obukhethekile nabo, othile ohlala nabo noma osondelene nabo; othile ongabasiza ngemithi yabo nesimo sempilo nenhlalakahle. Lo muntu ubizwa ngokuthi umngane noma umuntu wokukweseka. Ukukhetha umngane ofanele kubaluleke kakhulu ngoba, ukuphuza imithi eminingi ngesikhathi esifanayo sosuku, nsuku zonke ukuphila kwakho konke, kulula ukukwenza uma ekhona okusizayo.

Umngane noma abantu ababeskayo kufanele bafunde ngama-ARV abawaphuzayo futhi babasize ukuba bawaphuze ngendlela efanele, ngaso sonke isikhathi. Bangabasiza ukuba bakhumbule ukuphuza amaphilisi abo, bakujabulele ukuphuza amaphilisi futhi babasize ukuba baye njalo esikhungweni sezempilo. Umngane kudingeka akwazi ukudela isikhathi sakhe ukuze aye nabo esikhungweni sezempilo. Lo mngane angasiza nasekhaya uma begula noma behlushwa yimiphumela engemihle yama-ARV. Ngezinye izikhathi bangase badinge nje umuntu abazokhulumaya naye ngemizwa yabo futhi umngane angaba yilowo muntu.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.3 Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Uma bekhetha umngane wabo noma umuntu ozobeseka, kufanele bagweme umuntu owenza noma yikuphi kokulandelayo:

- Ophuza utshwala kakhulu
- Osebenzisa izidakamizwa eziyingozi
- Ophuza ama-ARV kodwa ongawaphuzi ngendlela efanele
- Ohlala kude kakhulu noma ohlala esendleleni

Kukhuthazwa ukuba wonke umuntu abe nomngane, kodwa-ke aekho ozokwenqatshelwa ukwelashwa uma engenaye umngane. Umngane angase abe ngenye indlela ezokwenza abasebenzi bezokwelapha esikhungweni sezempilo bakwazi ukuthinta iklayenti. Kubalulekile ukuba iklayenti lethule umngane walo kubasebenzi bezokwelapha esikhungweni sezempilo futhi umngane ashiye imininingwane yokuxhumana naye esikhungweni sezempilo ukuze abasebenzi bezokwelapha bayisebenzise le mininingwane bathole iklayenti uma bedinga ukukhuluma nalo ngokushesha futhi bengalitholi.

Izingane nama-ARV

9. Kungani kubalulekile ukuxilongwa i-HIV ngokushesha ezinganeni?

Cishe uhafu wezingane ezizalwa zine-HIV ziyashona ngaphambi kokuba zibe nezinyanga ezingu-18 ubudala, uma zingatholi ukwelashwa. Ngakho-ke, kubaluleke kakhulu ukuxilonga izingane eziphila ne-HIV ngokushesha ngangokunokwenzeka. Lokhu kungenxa yokuthi uma iyekwa isikhathi eside, kungase kwephuze kakhulu ukuba ama-ARV asebenze kahle. Ngakho-ke, izingane ezine-HIV kufanele zitholakale ngokushesha, ngaphambi kokuba zigule, ukuze zithole ukunakekelwa okufanele kwezokwelashwa.

Ingane izoqala nini ukwelashwa ngama-ARV?

- ENingizimu Afrika, kubantwana abangaphezu konyaka owodwa, kucatshanelwa izinto ezithile ngaphambi kokuba baqalwe kuma-ARV:
 - Isigaba sesifo se-HIV (umntwana ugula kangakanani?)
 - Ubudala bomntwana
 - Isisindo somntwana
 - Isibalo samaseli e-CD4 salowo mntwana
- Uma umntwana ongaphansi konyaka owodwa etholakala ene-HIV ngemva kokuhlolwa kwe-PCR, (lokhu ukuhlolwa kwegazi okwenziwa lapho umntwana enamaviki ayisithupha ubudala uma umama ene-HIV) kufanele aqalwe kuma-ARV ngokushesha [bheka iSifundo 4.2 esikhuluma ngoKwelulekwa Nokuhlolelwia I-HIV (HCT)]



INgxenye 4

Izifo Ezithathelwanayo

Yimiphi imiphumela engemihle evamile kubantwana?

Abantwana abavamile ukuxabana nama-ARV. Kodwa-ke, abanye bangase babe nale miphumela elandelayo engemihle:

- Uhudo
- Isicanucanu
- Ukuqubuka
- Ukuhlanza
- Ukucinana (ubunzima bokuphefumula)

Uma umntwana eba nemiphumela engemihle, kufanele ngokushesha ayiswe kumsebenzi wezokwelapha kodwa ukwelashwa ngama-ARV akufanele akuyekiswe ekhaya.



Ingabe kuyinkinga yini ukuba abantwana banamathele kuma-ARV?

Ukunamathele ekwelashweni kubantwana kunzima ngoba abantwana abancane abakwazi ukuziphuzisa imithi; bathembele kubazali nabanakekeli babo. Ngaphandle uma umntwana enikezwa imithi njengoba kusho umsebenzi wezokwelapha, cishe ama-ARV ngeke asebenze.

Yini umnakekeli okufanele ayazi ngokunika umntwana umuthi ngendlela efanele?

1. Umnakekeli kufanele akwazi ukusebenzisa isirinji nokuthi umthamo womuthi okufanele awunike umntwana ukalwa kanjani
2. Kufanele baprakthize phambi kukasokhemisi, umeluleki noma umsebenzi wezokwelapha futhi bababuze ukuthi ingabe bakwenza kahle yini
3. Kufanele bakhumbule ukugcina isirinji ihlanzekile futhi bayihlambulule ngemva nje kokuyisebenzisa
4. Kubalulekile ukukhumbula ukuthi imithamo yomuthi izoshintsha njengoba umntwana ekhula nesisindo sakhe sishintsha. Kubalulekile ukuba umntwana akalwe isisindo nyanga zonke
5. Ungawahlanganyeli amasirinji noma imithi nabanye abantwana

10. Yiziphi ezinye zezinto ezingenza kube nzima ngabantwana ukunamathele kuma-ARV?

Kunezinto eziningana ezingase zenze abantwana bangayiphuzi ngendlela efanele imithi yabo:

- Ukuba nomnakekeli ongazi ukuthi kufanele abanike imithi kanjani ngendlela efanele
- Umthamo ongafanele – ukunika umntwana umthamo womuthi ongafanele
- Isibalo esikhulu semithi okufanele iphuzwe nsuku zonke singase senze umnanekelai adideke
- Izinsana ezingafuni ukuphuza imithi ethile ewuketshezi neyimpushana ngoba ayinambitheki
- Abanakekeli abangafuni ukutshela izikole noma izinkulisa ukuthi abantwana babo banegciwane, okungenza ukuba beqiwe yimithamo ethile
- Imiphumela engemihle yemithi
- Ukungawutsheli umndeni ngesimo somntwana se-HIV nakho kubhebhethekisa ukunganamathele ekwelashweni. Kwezinye izimo, omama abawatsheli amanye amalungu omndeni ngesimo sabantwana babo

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Isiqondiso Esibonisa Indlela Yokunikeza Abantwana Umuthi Owuketshezi

Kubalulekile ukwazi:

- Igama lomuthi ngamunye
- Ukuthi umnikeza nini umntwana futhi kaningi kangakanani
- Ukuthi umnikeza umthamo ongakanani emuthini ngamunye (loku kungase kushintshe cishe ekuvakasheni ngakunye)

QINISEKA UKUTHI: unikeza umntwana umthamo ofanele isikhathi ngasinye

1

Umthamo womuthi okufanele uwunikeze umntwana ubhalwa kwilebula lento efake umuthi noma udukotela angase akutshele umthamo

2

Ungase usebenzise i-dropper noma i-syringe



3

- Ngokwesibonelo, uma ilebula lithi mniikeze u-2ml uzokwenza lokhu okulandelayo:
- a. Beka icuphelo le-syringe/dropper emuthini owuketshezi
 - b. Uma usebenzisa i-syringe, donsa uketshezi i-plunger ize iqondane nenombolo efanele. Uma usebenzisa i-dropper, cindezela bese udedela i-squeezer yenjoloba ethambile ukuze uketshezi ludonseleke eshubhini lengilazi
 - c. Uma usebenzisa i-syringe, yibambe ubhekise icuphelo phezulu. Yishaye kancane ukuze ukhiphe noma yimaphi amagwebu akhona phezulu – bese upusha i-plunger ukuze ukhiphe amagwebu. Uma usebenzisa i-dropper, cindezela injoloba ukuze udedele amaconsi kuze kube yilapho inani elidingekayo seliseshubhini lengilazi
 - d. Phinda isinyathelo 1 no-2 uma kudingeka

4

Ungalokothi uxube imithi ku-syringe

5

Nikeza lo mthamo umntwana ngokuwufaka emlonyeni, isib. u-2ml



Ngenzenjani uma umntwana ehlanza ngemva kokuphuza umuthi?

- Uma umntwana ehlanza ingakapheli imizuzu engu-30 ephuze umuthi, mniikeze futhi
- Uma kwenzeka emva kwemizuzu engu-30, ungabe usamnika, useyoze aphuze umthamo olandelayo

Kufanele ngenzenjani uma ngikhohlwa ukunikeza umntwana umuthi?

Emithini ephuzwa ngemva kwamahora angu-12:

- Uma ukhumbula engakapheli amahora angu-6, mniikeze
- Uma esedlulile amahora angu-6 – weqe lowo mthamo

Emithini ephuzwa kanye ngosuku:

- Uma ukhumbula engakapheli amahora angu-12, mniikeze
- Uma esedlulile amahora angu-12 – weqe lowo mthamo

**UNGALOKOTHI UMNKEZE
UMTHAMO OPHINDWE KABILI!**

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3

Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Kungani kubalulekile ukuba kube nabanakekeli abangaphezu kwababili abahlola ukunamathela kuma-ARV ezintandaneni nabantwana abasesimweni esibucayi (ama-OVC)?

Abantwana abayizintandane nabantwana abasemindenini ephethwe yizingane noma ngogogo basengozini enkulu yokunganamatheli ekwelashweni. Laba bantwana bathwele ubunzima bokunakekela amanye amalungu omndeni noma kungenzeka ugogo unezingane eziningi okufanele azinakekele ngesikhathi esisodwa. Laba bantwana bangase bangakuqondi ukubaluleka kokunamathela ekwelashweni. Uma beshiywa bodwa bavame ukukhohlwa ukuphuza imithi ngesikhathi esifanele bese beqiwa yimithamo yabo. Ukuze kugwenyewe lokhu kutuswa ukuba kutholakale abanakekeli emphakathini abangasiza abantwana futhi abangethenjwa. Laba banakekeli kungaba ngabasebenzi bezempilo emphakathini, osonhlalakahle noma nje omakhelwane. Kungcono kakhulu ukuba nabantu ababili noma ngaphezulu abaziyo ngempela ukuthi yini okufanele yensiwe kanye nomthamo onembile womntwana ngamunye ukuze njalo kube nothile ozosiza umntwana. Kungaba usizo uma abanakekeli beya esikhungweni sezempilo nabantwana, ukuze bazi ukuthi yini okufanele bayenze futhi basize umntwana ngemithi yakhe.



Ofundisa ngezempiro, umnakekeli womphakathi, umeluleki we-HIV, angabasiza kanjani abantwana ukuba banamathele emithini yabo?

- Chitha isikhathi nomnakekeli noma umntwana umchazele ukuthi kungani bedinga ukwelashwa, kanye nesidingo sokunamathela kukho ukuphila konke
- Xoxa nomntwana noma umnakekeli ngohlelo abangaluqonda oluyosiza umntwana ukuba aphuze imithi ngendlela efanele, futhi bazimisele ukwenza kanjalo
- Fundisa umnakekeli indlela efanele yokuniqa umuthi nangomthamo ofanele; indlela yokukala nokulungiselela umthamo ofanele womuthi kanye nesikhathi sosuku okufanele unikezwe ngaso
- Bakhuthaze ukuba batshela umndeni noma abangane abangalusekela lolu hlelo
- Tshela umntwana nomnakekeli ngemiphumela engemihle engaba khona
- Makube nezindlela zokusiza umntwana anamathele emithini yakhe yama-ARV, uma zikhona isib., ikhalenda elibhalwe imithi, amabhokisi amaphilisi
- Bakhuthaze ukuba basebenzise izinhlabamkhosi noma ezinye izinto zokusiza umntwana ukuba anamathele emithini yakhe
- Hlanganisa la masu nemisebenzi yansuku zonke njengokudla nokuxubha amazinyo
- Nikeza umnakekeli amacebisu okukhuthaza umntwana ukuba aphuze ama-ARV akhe isib., ngemva kokuphuza ama-ARV akhe nikeza umntwana ukhezo lwebhotela lamantongomane, ijusi, ujamu noma ushukela ukuze uvale ukubaba komuthi
- Hlola imiphumela engemihle futhi ukhuthaze umnakekeli ukuba axoxe ngemiphumela engemihle nomsebenzi wezokwelapha
- Yakhani futhi nikhuthaze ukusebenzelana nezinhlango zomphakathi ukuze kukhuthazwe ukunamathela ekwelashweni



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3
Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Ukudlala Indima Yabathile

Dlalani izindima njengamaqoqo amabili, zokuthi umnakekeli angabonisana kanjani nomuntu omdala kanye nomntwana, ukuba baphuze ama-ARV abo.

Isivivinyo

Phendula imibuzo elandelayo:

1. Kuyini ukwelashwa ngama-ARV?

2. Kusebenza kanjani ukwelashwa ngama-ARV?

3. Umuntu kufanele aqale nini ukuphuza ama-ARV?

4. Iyini imiphumela evamile engemihle yama-ARV?

5. Kuyini ukunamathela kuma-ARV?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3
Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Isivivinyo

6. Kungani kubalulekile ukuba kube nothile owesekia isiguli uma siphuzza ama-ARV?

7. Kuyini ukumelana kwegciwane nama-ARV?

8. Umuntu angakugwema kanjani ukuba negciwane elimelana nama-ARV?

9. Kungani kubalulekile ukuxilonga i-HIV ngokushesha kubantwana?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.3
Ukwelashwa Ngama-Antiretroviral (Ama-ARV)

Isivivinyo

10. Umntwana kufanele aqalwe nini ngama-ARV?

11. Iyini imiphumela evamile engemihle yama-ARV kubantwana?

12. Umuntu angaqiniseka kanjani ukuthi umntwana unamathele kuma-ARV?

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.4
Ukuvimbela Ukudluliselwa
Kwegciwane Enganeni
Lisuka Kumama (PMTCT)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.4 sihlose ukukucobelela ulwazi nge-PMTCT.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuhombisa ukuthi bayakuqonda ukuVimbela Ukudluliselwa Kwe-HIV Enganeni Isuka Kumama (PMTCT)
- Ukuchaza ukuthi i-HIV idlulela kanjani enganeni isuka kumama
- Ukuchaza izindlela zokuvimbela ukudluliselwa kwe-HIV enganeni isuka kumama
- Ukuchaza izinhlobo zama-anti-retroviral (ama-ARV) ezingatholwa omama abakhulelwne nezingatholwa umama nomntwana lapho eteta
- Ukuchaza izindlela zokuthuthukisa impilo nokukhula kwengane ngesikhathi sokukhulelwne
- Ukuhombisa ukuthi bayazi ukuthi izingane kufanele zinakekelwe kanjani kusukela zinamahora angu-6 kuze kube yizinyanga ezingu-6
- Ukuhombisa ukuthi bayakwazi ukubaluleka kokuba bobabili abazali baye esikhungweni sezempilo
- Ukuchaza inqubo ye-PMTCT

Okuqukethwe Yilesi Sifundo

- Ukuvimbela i-HIV ngaphambi kokukhulelwne
- Ukuvimbela i-HIV ngesikhathi sokukhulelwne
- Ukuvimbela i-HIV ngesikhathi sokubeletha nakamuva
- Ukuvimbela i-HIV ngemva kokubeletha nangesikhathi sokuncelisa

Kutholakala

1. Clinical Guidelines: Prevention of Mother-to-Child Transmission (PMTCT) 2nd Edition 2010. National Department of Health, South Africa

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchaza ukubaluleka kokungena ohlelweni Lokuvimbela Ukudluliselwa Kwegciwane Enganeni Lisuka Kumama, uma ene-HIV. Kuyodingeka umlandelele ukuze uqiniseke ukuthi ukwenzile lokhu. Kufanele usebenzise leli thuba ukuze uxoxe nabo bonke abesifazane, ikakhulukazi uma behkulelwne, mayelana nokwazi isimo sabo se-HIV, futhi uma bengasazi, bathumele esikhungweni sezempilo bayohlolelwne i-HIV.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.4 UkuVimbela Ukudlulisewa Kweciwane Enganeni Lisuka Kumama (PMTCT)

1. Yini i-PMTCT?

PMTCT imele ukuthi Prevention of Mother-to-Child Transmission of HIV (UkuVimbela Ukudlulisewa Kweciwane lesandulela ngculaza Enganeni Lisuka Kumama). Umama onegciwane lesandulela-gculaza angalidlulisela enganeni yakhe ngesikhathi ekhulelw, esikwa futhi ebeletha noma encelisa. Uhlelo lokuvimbela ukudlulisewa kweciwane enganeni lisuka kumama lunezigaba ezine:

- a. UkuVimbela igciwane lesandulela ngculaza ekuqaleni (**ngaphambi kokukhulelw**). Owesifazane ufundiswa ngokuzivikela lapho eya ocansini (njengokusebenzia amakhondomu), ukuzila ucansi nokuvimbela ukukhulelw lapho engafuni, ikakhulukazi abesifazane abanegciwane lesandulela-ngculaza. Kubalulekile ukuphawula ukuthi owesifazane ngeke aphiqwe ukuba aHushule Isisu uma ene-HIV [bheka iSifundo 3.2 mayelana nokuHushulwa Kwezisu (TOP)]
- b. UKunakekelwa Kowesifazane **Ngesikhathi Ekhulelw**. Omama abakhulelw nabane-HIV kufanele kusheshe kutholakale ukuthi banayo engakapheli amasonto ayishumi nane (izinyanga ezintathu) bekhulelw ukuze bangenele lolu hlelo Iwe-PMTCT futhi bathole imithi yokuvimbela ukudlulisela i-HIV ezinganeni zabo
- c. UKusikwa Nokubeletha. Umama kufanele aye esikhungweni sezempilo lapho nje kuqala izimpawu zokusikwa. [bheka iSifundo 3.3 mayelana noKunakekelwa Kowesifazane Ngesikhathi Ekhulelw (ANC)]. Kumele adle ama-ARV awanikezwu abahlengikazi esikhungweni sezempilo
- d. UKunakekelwa **Kwangemva Kokubeletha**. Umama nomntwana bayothola imishanguzo yama-ARV



I-HIV idlulela kanjani enganeni isuka kumama?

Zintathu izindlela ezibalulekile umama angadlulisela ngazo i-HIV enganeni yakhe:

a. Ngesikhathi ekhulelw

Makhulu amathuba okudlulisela igciwane lesandulela-ngculaza enganeni ngesikhathi sokukhulelw uma:

- Umama ethola igciwane lesandulela-ngculaza ngaphambi nje kokuba akhulelw noma ngesikhathi ekhulelw
- Umama enengculaza uqobo



b. Ngesikhathi ebeletha

Makhulu amathuba okudlulisela i-HIV enganeni ngesikhathi izalwa uma:

- Umama enenani eliphezulu lamagciwane e-HIV emzimbeni wakhe ngesikhathi ebeletha. (Lokhu kungenzeka uma esanda kuthola i-HIV noma engayidli imishanguzo yokunciphisa inani lamagciwane)
- Uma ebeletha isikhathi eside futhi kunezinkinga
- Mancane amathuba uma:
 - Umama edla imishanguzo yama-ARV
 - Umama ekulolu hlelo Iwe-PMTCT futhi ebonisa ukuzimisela



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.4
Ukuvimbela Ukudlulisela
Kweciwane Enganeni
Lisuka Kumama (PMTCT)

c. Ngesikhathi encelisa

Makhulu amathuba okudlulisela igciwane lesandulela-ngeculaza enganeni ngesikhathi encelisa uma:

- Izingono zikamama ziklayekile noma zivuvukele noma amabele ebuhlungu
- Umama engayincelisi ibele kuphela ngezinyanga zokuqala eziyisithupha ngemva kokuzalwa kwengane (Uma enikeza ingane olunye ubisi, ukudla noma iziphuzo)
- Umama ethola i-HIV ngemva kokubeletha futhi esancelisa

Kubalulekile ukuba bonke omama abancelisayo basebenzise amakhondomu ngendlela efanele njalo lapho beya ocansini noma bangayi ocansini baze bayeke ukuncelisa izingane. Isizathu salokhu ukuba bangatholi igciwane lesandulela-ngeculaza ngesikhathi besancelisa bese lidlulela enganeni.



Amacebiso Awusizo

Ukuncelisa ibele kuphela kunciphisa ithuba lokuba ingane ithole igciwane lesandulela-ngeculaza [bheka iSifundo 3.4 mayelana noKunakekelwa Ngemva Kokubeletha (PNC)].

2. Kungavinjelwa kanjani ukuba igciwane lesandulela-ngeculaza lidlulele enganeni isuka kumama?

a. Ukuvimbela ngaphambi kokukhulelwa

Owesifazane kufanele ahlole futhi aqinisekise ukuthi ukhulelwwe yini ngokuhlolela ukukhulelwa esikhungweni sezempilo. Kungenzeka ukuthi ukhulelwwe ngisho noma engayanga esikhathini inyanga eyodwa. Umama angavimbela ukuthi igciwane lesandulela-ngeculaza lidlulele enganeni ngokuba:

- Omama abangenayo iHIV kufanele baqiniseke ukuthi bahlala benjalo ngokuthi bazi ukuthi ophathina babo banayo yini i-HIV noma cha nangokuzivikela lapho beya ocansini. Kufanele bahlolwe ukuthi banalo yini igciwane lesandulela-ngeculaza ngemva kwamasonto angamashumi amathathu nambili (izinyanga eziyishiyagalombili behkulelwwe) ukuze baqiniseke ukuthi abalitholanga igciwane lesandulela-ngeculaza ngesikhathi behkulelwwe
- Omama abanegciwane lesandulela-ngeculaza kufanele bangenele uhlelo Iwe-PMTCT ngokushesha, engakapheli amasonto ayishumi nane behkulelwwe
- Umama alethe uphathina wakhe azohlolwa nangokuzivikela (ngekhondomu) lapho beya ocansini ngesikhathi ekhulelwwe
- Ngokuqiniseka ukuthi omama abaphila negciwane lesandulela-ngeculaza, izingane zabo neminden yabo bathola imishangozo, ukunakekelwa nokwesekwa

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.4

Ukuvimbela Ukudluliselwa
Kwegciwane Enganeni
Lisuka Kumama (PMTCT)

Ngaphambi kokuba owesifazane akhulelw, yini okufanele yena nophathina wakhe bayicabange?

Owesifazane nophathina wakhe kufanele bacabange lokhu:

- Bacele usizo kumhlengikazi wasesikhungweni sezempilo mayelana nokuhlela ukukhulelw noma ukukuvimbela uma bengakufuni [bheka iSifundo 3.1 mayelana nokuHlela Umndeni]
- Bazi isimo sabo segciwane lesandulela-ngculaza ngokuba baye kokwelulekwa futhi bahlolwe
- Uma benalo igciwane lesandulela-ngculaza, inani lamaseli e-CD4 malihlolwe nalo [bheka iSifundo 4.1 mayelana neNgculaza Negciwane Layo] futhi baqale ukudla ama-ARV [bheka iSifundo 4.3 mayelana noKwelashwa Ngama-Anti Retroviral (ama-ARV)] uma betshelwa ukuba benze kanjalo
- Bahlolwe ukuthi banazo yini izifo ezithathelananyo zocansi futhi belashwe uma benazo [bheka iSifundo 4.8 mayelana naMagciwane Adluliselwa Ngocansi (ama-STI)]
- Bathole ulwazi mayelana nokuthi bangakuvimbela kanjani ukudluliselwa igciwane lesandulela ngculaza ezinganeni zabo (PMTCT)

Kungani kubalulekile ukuba owesifazane azi ukuthi unalo yini iGciwane Elidluliselwa Ngocansi (STI) ngaphambi kokuba akhulelw?

Kubalulekile ukuba umama ahlole ukuthi unazo yini izifo ezithathelanayo zocansi ngoba angase azidlulisele enganeni futhi zibangele ingane izidingo ezibucayi. Amagciwane amaningi adluliselwa ngocansi ayelapheka uma esheshe atholakala futhi elashwa. Igciwane elidluliselwa ngocansi lingadlulela nakuphathina [bheka iSifundo 4.8 mayelana naMagciwane Adluliselwa Ngocansi (ama-STI)].



Amacebiso Awusizo

Qiniseka ukuthi abesifazane abakhulelw babhukha esikhungweni sezempilo ngaphambi kwamaviki angu-14 bekhulelw ukuze banakekelwe ngesikhathi bekhulelw.

b. Ukuvimbela ngesikhathi Sokukhulelw

Kungani kubalulekile ukusheshe uye esikhungweni sezempilo?

Izinyanga zokuqala ezi-3 zokukhulelw zibaluleke kakhulu ekukhuleni komntwana. Kubalulekile ukuba uthole iseluleko esihle sendlela ongazigcina ngayo upholilie ngesikhathi ukhulelw ngokuba uyeke imikhuba embi, ngokwesibonelo, ungabhemi futhi ungaphuzi utshwala. [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo] Kubaluleke kakhulu ukuba umama abhalisele ukunakekelwa ngesikhathi ekhulelw ngaphambi kokuba kuphele amaviki ayi-14 ekhulelw [bheka iSifundo 3.3 mayelana noKunakekelwa Kowesifazane Ngesikhathi Ekhulelw]. Ukuya esikhungweni sezempilo okokuqala kubaluleke kakhulu ngoba abasebenzi bakhona bazokwazi ukuthi impilo yakho ikahle noma cha bese beyabheka ukuthi iyashintsha yini ngesikhathi sokukhulelw. Uma benegciwane lesandulela-ngculaza, bese beshesha ukuthola imishanguzo yegciwane lesandulela-ngculaza, aba makhulu amathuba okuzala ingane ephilile engenayo igciwane lesandulela-ngculaza.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.4
Ukuvimbela Ukudlulisewa
Kweciwane Enganeni
Lisuka Kumama (PMTCT)

Kungani kubalulekile ukuba umama ahlolwe njalo ngesikhathi ekhulelw?

Kubalulekile ukuba ahlolwe njalo ukuze abahlengikazi bakwazi ukuhlola impilo kamama neyengane. Umama kufanele aye esikhungweni sezempilo okungenani kahlanu ngesikhathi esakhulelw.

Kuyokwenzekani lapho umama eya esikhungweni sezempilo?

Abahlengikazi bayohlola impilo kamama iyonke; bahlole umfutho wegazi nezinga likashukela. Bayohlola nokuthi ingane ikhula kahle yini babheke nezinye izidingo. Bayofundisa umama ngezinye izimpawu eziyingozi okufanele azazi njengokopha ngaphansi, ubuhlungu besinye noma ukuphathwa ikhanda elibuhlungu kakhulu nokuthi yini okufanele ayenze uma ebona lezi zimpawu.

Hlobi luni Iwemishanguzo yama-ARV umama ayoluthola uma ekhulelw?

Bonke abesifazane abanegciwane lesandulela nculaza bayothola uhlobo oluthile Iwemishanguzo yama-ARV lapho behkulelw:

- Uma isibalo samaseli abo e-CD4 singaphezu kwezinga elishiwo eziqondisweni ze-PMTCT zoMnyango Wezempi, bayothola imishanguzo yama-ARV kusukela lapho sebenamasonto ayishumi nane behkulelw (noma kamava uma beye esikhungweni sezempilo ngemva kwamasonto ayishumi nane) nalapho besikwa futhi bebeletha
- Uma isibalo samaseli abo e-CD4 singaphansi kwezinga elishiwo eziqondisweni ze-PMTCT zoMnyango Wezempi, bayonikezwa imishanguzo yama-ARV abayoqhubeka bewadla lapho behkulelw, besikwa nalapho bebeletha nangemva kokubeletha. Bayoqhubeka bedla imishanguzo yama-ARV ukuphila kwabo konke
- Uma sebeyidla vele imishanguzo yama-ARV bayoqhubeka beyidla njengoba batshelwa. Eminye imishanguzo kungase kudingke ishintshwe uma kungafanele idliwe lapho umuntu ekhulelw

Yiziphi ezinye izinyathelo okufanele owesifazane azithathe ngesikhathi ekhulelw ukuze asize ekukhuleni kwengane?

Omama abakhulelw kufanele:

- Baye njalo esikhungweni sezempilo wokunakekelwa kwabakhulelw ukuze onesi bahlole ukuthi ingane ikhula kahle yini, babheke nempilo kamama
- Baphuze amaphilizi abawanikezwa onesi lapho beye esikhungweni sezempilo, ngokwesibonelo, amaphilizi e-ayoni nawe-folic acid
- Badle ngendlela enempilo, badle ukudla okukahle; bayeke ukuphuza utshwala nekhofi eliningi noma iziphuzo ezine-asidi [bheka iSifundo 2.2 mayelana Nokudla Okudla Okunempilo]
- Baxoxe nomhlengikazi esikhungweni sezempilo ngaphambi kokudla imithi ethile, kuflanganise neyesintu ngoba ingase imlimaze umama kanye/noma ingane



INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.4

Ukuvimbela Ukudluliselwa
Kwegciwane Enganeni
Lisuka Kumama (PMTCT)

Kungenzekani uma owesifazane engayi esikhungweni sezempilo lapho ekhulelw?

Noma iyiphi inkinga ekhona kumama noma kumntwana ngeke ibonwe futhi angase angakutholi ukunakekelwa akudingayo ukuze kuqinisekiswe ukuthi yena nomntwana bahlala benempilo.



Kungani kubalulekile ukuba owesilisa aye nowesifazane esikhungweni sezempilo?

Kubalulekile ukuba owesilisa aye esikhungweni sezempilo wokunakekelwa kwabakhulelw nomama. Kuyomsiza aqonde ukuthi kunjani ukukhulelw nokuthi kwenzekani emzimbeni kamama. Uyokwazi ukumsekela futhi amkhuthaze ukuba adle ngendlela enempilo futhi anamathele emikhubeni emihle.

c. Ukuvimbela ngesikhathi sokusikwa

Ngesikhathi sokusikwa nokubeletha, ingane ingavikelwa ekungenweni igciwane lesandulela-ngculaza ngokudla imishanguzo njengoba kusuke kusho abezempilo. Bayoyigeza ingane futhi ngokushesha basuse uketshezi ezalwe nalo emehlweni, ekhaleni, emlonyeni ukuze ingane ingangewa igciwane lesandulela-ngculaza.



Yimaphi ama-ARV ayonikezwa umama nengane yakhe ngesikhathi esikwa futhi ebeletha?

Uma isibalo samaseli e-CD4 singaphezu kwezinga elishiwo eziqondisweni ze-PMTCT zoMnyango Wezempi, futhi umama kungadingeki aphile ngemishanguzo yama-ARV njengamanje; uyonikezwa imishanguzo ngesikhathi esikwa nangemva kokubeletha.

Uma sebephila ngemishanguzo yama-ARV; kufanele baqhubeke beyidla njengokuvamile.

Ingane nayo iyothola imishanguzo yama-ARV lapho izalwa futhi iqhubeka iyidla amasono ayisithupha. Uma kungenzeki lokhu, umama kufanele abuyeles esikhungweni sezempilo ayocela imithi ngoba ibaluleke kakhulu enganeni.

d. Ukuvimbela ngemva kokubeletha

Yiziphi izinyathelo okufanele zithathwe ukuze kuqinisekwe ukuthi ingane iqhubeka iphile kahle lapho isizelwe?

- Ngalesi sikhathi kufanele kube ukuthi umama usenqumile ukuthi ingane izoncelani. Uyosizwa lapho enza lesi sinquomo
- Kufanele aqiniseke ukuthi ingane iyahlolelw igciwane lesandulela-ngculaza lapho isinamasonto ayisithupha. Lokhu kungenziwa ngesikhathi iyogonywa okokuqala esikhungweni sezempilo. [bheka]

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.4

Ukuvimbela Ukudlulisewa Kweciwane Enganeni Lisuka Kumama (PMTCT)

iSifundo 3.5 mayelana noKunakekelwa Kosana Nengane]

- Ngaphambi kokuba kutholakale imiphumela yokuholelwa igciwane lesandulela-ngculaza yomntwana:
 - Umama uzoqhubeka ethola imishanguzo yakhe
 - Ingane izonikezwu imishanguzo evimbela ukungenwa ngamagciwane futhi izoqhubeka idla imishanguzo eyithole lapho izalwa kuze kuphele amasono ayisithupha
- Uma kutholakala ukuthi umntwana unalo igciwane lesandulela-ngculaza:
 - Umntwana uyohlola umhlengikazi, umama uyokwelulekwa ngokuthi yini okufanele ayenze
 - Umntwana uyoqhubeka edla imishanguzo evimbela amagciwane
 - Umntwana uyoqala ukudla imishanguzo yama-ARVs ngokushesha
- Uma kutholakala ukuthi umntwana akanalo igciwane lesandulela-ngculaza:
 - Kuyodingeka aphinde ahlolelwe iHIV lapho esenezinyanga eziyishumi nesishiyagalombili
 - Uma umntwana encela ibele kuphela, uyoqhubeka ethola imishanguzo evimbela amagciwane aze ayeke ibele ngoba umntwana usengalithola igciwane lesandulela-ngculaza kumama ngesikhathi encela, futhi kudingeka avikelwe kwamanye amagciwane uma kwenzeka lokhu
 - Uma ingane incela ubisi lwebhodlela, imithi evimbela amagciwane iyoyekwa
 - Umntwana kufanele ayiswe esikhungweni sezempilo ukuze ahlolwe njalo; abhekwe ukuthi ukhula kahle futhi agonywe. Umama noma umnakekeli womntwana kufanele akhumbule njalo ukuphatha ikhadi lomntwana i-Road To Health Chart njalo nje lapho eya esikhungweni sezempilo



3. Yini okufanele yensiwe ukuze kuvikelwe impilo kamama neyengane?

Omama kufanele baye esikhungweni sezempilo ngemva kokubeletha njalo ngezikkhathi abahlelelwe zona.

Umhenglakazi uyohlola impilo kamama neyomntwana. [bheka iSifundo 3.5 mayelana noKunakekela Usana Nengane]

Uma umama engabanga nazinkinga ngesikhathi ebeletha, kufanele aye esikhungweni sezempilo ayohlolwa ngalezi zikhathi:

- Ngemva kwamahora ayisithupha ingane izelwe futhi umama engakadedelwa esikhungweni sezempilo
- Zingakapheli izinsuku eziyisithupha ingane izelwe
- Ngemva kwamasonto ayisithupha ingane izelwe
- Ngemva kwezinyanga eziyisithupha ingane izelwe

Umama kufanele alandele uhlelo Iwe-Road To Health Chart ukuze azi ukuthi kunini lapho kufanele ayise khona umntwana esikhungweni sezempilo ayohlolwa ngalezi zikhathi ezilandelayo ukuze aqiniseke ukuthi ukhula kahle.

Uhlelo lokuvakasha ngokwe-Road To Health Chart, lokuqinisekisa ukuthi umntwana ukhula kahle lumi kanje:

- Kanye ngenyanga kuze kube yilapho ingane isinonyaka
- Njalo ngemva kwezinyanga ezimbili lapho ingane isinonyaka ize ibe neminyaka emibili ubudala
- Njalo ngemva kwezinyanga eziyisithupha kusukela lapho ineminyaka kwemibili ize ibe neminyaka emihlanu ubudala

IMigudu Yokunakekela Ye-PMTCT

Okufanele kuphawule i-CCG:

Sicela ubonise futhi ufundele wonke amaklayent akho ane-HIV futhi akhulelw le Migudu Yokunakekela Ye-PMTCT.

1 Bhalisa oHlelweni Iwe-PMTCT

Bhalisela ukunakekela kwe-ANC esikhungweni sezempilo wangakini ngaphambi kokuba kiphele amaviki ayi-14 ukhulelw. Lapho ubhalisa uyothola:

- Ukuholowa kwsibalo sameseli e-CD4 uma ungekho kuma-ARV
- Ukuholowa kwamakhambi owasebenzisayo uma ngabe ukum-ARVs
- Ukuholowa kwe-Hb (ukuze kuholole amasingaa aphansi e-ayoni)
- Isilinganiso somfutho wegazi
- Ukuholowa kulkashukela wegazi
- Ukuholowa komchamo
- Ukuholonzwa kwe-TB namanye amagciwanne angosomathuba
- Umuithi iwokvivinjewa kwe-TB (i-IPT) uma ufaneleka
- Izichibiyeli ze-ayoni ne-folic acid

2 Ukhuthola imiphumela yokuholwa kwsibalo samaseli e-CD4 kanye nokwelashwa ngama-ARV

- Uma isibalo sameseli akho e-CD4 singaphansi kwezinga elishivo eziqondisweni ze-PMTCT iyoqala ama-ARV oyowadla ukuphila kwakho konke
- Uma isibalo sameseli akho e-CD4 singaphezu kwezinga elishivo eziqondisweni ze-PMTCT, uyonikwa ama-ARV esikhashana uze ubelithe Uma usidla ama-ARV uyoqhubecka nawo

3 Ukuvakashela esikhungweni sezempilo ngesikhathhi ukhulelw

Umlinizeki wakho wokunakekela kwezempiro uyokutshela ngokuyakasha kwakho okulandelayo kwasesikhungweni sezempilo. Kuyodingeka uye esikhungweni sezempilo Okungenani ka-5 ngesikhathhi ukhulelw.

Kulokhu kuvakasha njoxoxa:

- Ngezimpawi eziyengozzi lapho ukhulelw kanye nokubeletha
- Ngezindlela zokuncelisa umntanakho

4 Ukubeletha

- Uma udla ama-ARV ukuphila kwakho konke uyoqhubecka uwadia nangesikhathhi sokubeletha
- Uma isibalo samaseli akho e-CD4 singaphezu kwezinga elishivo eziqondisweni ze-PMTCT, uyonikewa ama-ARV phakathi naso sonke isikhathhi sokubeletha

5 Ngokushesha ngemva kokubeletha

6 Ukuvakasha kokuqala ngemva kokubeletha

7 Amaviki ayisithupha ngemva kokubeletha

8 Amaviki ayishumi ngemva kokuteta (noma amaviki ama-4 ngemva komgommo wesibili)

9 Amaviki ayishumi nane ngemva kokubeletha

10 Ukuvakasha okwengeziwe

11 Umntswana unezinyanya ezingu-18

PHAWULA:

- Umu umntswana wakho encela ibele, kumele aphinde ahlolewe i-HIV enyangeni eyodwa ngemva kokuya ibele
- Ngesikhathhi umntceisa ibele, umntanakho kufaneli ahlolewe nialo eziyanyangi ezingu-3 – 6 ukuze kujinisekwe ukuthi umntswana akatheltele i-HIV uma uya ocansini olungavilekile

Khumbula ukuthi kubalulekile ukuba umntswana aviswe esikhungweni sezempilo ayohlolwa ngokwe-RTHB:

- Kanyi genyanga aze abe nonyaka ubudala esenonyaka owonda kuya kwembili
- Njalo eziyanyangen eziyisithupha lapho eseneminyaka emibili kuya kwemihlanu ubudala

Hb – Ukuholowa kwe-haemoglobin
ANC – Ukuvakashela Ngesikhathhi Ukhulelw (Antenatal Care)
RTHB – Road To Health Book

Izifushaniso:
PMTCT – Ukuvakashela Ukuhololisa Kwegciwane
Kumntswana Lisuka Kumama (Prevention of Mother-To-Child Transmission)

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.4
Ukuvimbela Ukudlulisewa
Kwegciwane Enganeni
Lisuka Kumama (PMTCT)

4. Izindlela zokuncelisa

Ukuncelisa Ibele Kuphela

Ukuncelisa ibele kuphela yilapho umama encelisa ingane ubisi lwebele lodwa, angayiniki lutho olunye, ngisho namanzi. Le ndlela ingcono empilweni yengane ngenxa yezizathu eziningi ezishiwo eSifundweni 3.4 mayelana noKunakekelwa Kwangemva Kokubeletha (PNC). Ukuncelisa ibele lodwa kuyonciphisa ingozi yokuba negciwane lesandulela nculaza lidlulisewa enganeni lisuka kumama.

Yiziphi izinto umama okufanele azicabangele ngaphambi kokuncelisa ibele lodwa?

Nazi izinto okufanele zicatshangelwe lapho ucabanga ngokuncelisa ingane ibele lodwa:

- Umama uzobe esekhaya yini noma eseduze ukuze akwazi ukuyincelisa njalo ingane ezinyangeni zokuqala eziyisithupha?
- Umndeni uyamsekela yini umama ekutheni ancilise ibele lodwa? [bheka iSifundo 3.4 mayelana noKunakekela Kwangemva Kokubeletha (PNC)]



Kusemqoka ukuba umama onegciwane lesandulela nculaza kodwa ongaphili ngemishanguzo anqume ukuthi uzoyincelisa ibele lodwa isikhathi esingakanani ngoba ingane izonikwa imishanguzo ngesikhathi incela ibele lodwa nangemva kwenyanga umama eyekile ukuyincelisa. Ngemva kwaloko ingane kufanele ihlolelwe igciwane lesandulela nculaza nge-PCR.

Ingane iyothola nemishanguzo yokuvimbela amagciwane kusukela emasontweni ayisithupha kuze kube yilapho iyekiswa ibele futhi ihlolelwa igciwane lesandulela nculaza nge-PCR kutholakale ukuthi ingane ayinalo igciwane lesandulela nculaza.

Kubalulekile ukukhumbula ukuthi, ukuthi ingane ngayinye iyowathola isikhathi esingakanani ama-ARV kuyoya ngokuthi umama ukhetha ukuyincelisa ibele lodwa isikhathi esingakanani. Ama-ARV ayotholwa ingane ngeke afane nalawo ayotholwa umama. Kusemqoka nokuba uma kukhona okumkhathazayo umama ngama-ARV anikezwa ingane, akhulumbe nabasebenzi basesikhungweni sezempilo.

Izinhlobo zobisi lwebele

Ubisi lwebele likamama luyoshintsha kuye ngezikhathi ancilisa ngazo. Kunezinhlobo ezintathu zobisi lukamama, okuyilezi:

- Icolostrum wuketshezi oluphuzi oluphuma ezinsukwini zokuqala ngemva kokubeletha. Luyilungele kakhulu ingane
- Ubisi oluphuma ekuqaleni njengoba ingane incela oluqedu ukoma
- Ubisi oluphuma ngemva kolokuqala njalo lapho ingane incela lona lusiza ingane ukuba inonophale futhi ikhule. Yingakho kufanele umama aqale ayincelise luze luphele ubisi ebeleni ngaphambi kokudlulela kwelinye ibele!

Ukuncelisa ibele nokukhama futhi ulugcine ubisi lwebele kuchazwe eSifundweni 3.4 esimayelana noKunakekelwa Kwangemva Kokubeletha (PNC).

INgxenye 4

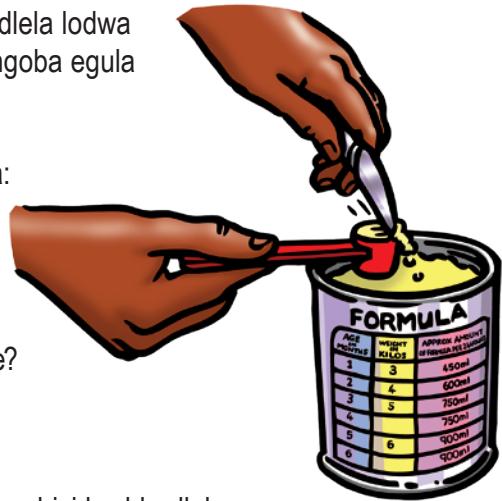
Izifo Ezithathelwanayo

Ukuncelisa ubisi lwebhodlela kuphela

Ukuncelisa ubisi lwebhodlela kuphela yilapho ingane inikezwa ubisi lwebhodlela lodwa hhayi okunye. Uma umama engeke akwazi ukuncelisa ingane ibele lodwa ngoba egula noma esebezenza, angase akhetha ukuyipha ubisi lwebhodlela lodwa.

Kunzinto okufanele zikhunjulwe lapho kuzosetshenziswa ubisi lwebhodlela:

- Umama unayo yini imali yokuthenga ubisi namabhodlela okuncela?
- Ayatholakala yini amanzi ahlanzekile okwenza ubisi?
- Umama uyokwazi yini ukugeza amabhodlela njalo abulale amagciwane?
- Abomndeni bayokwazi ukuncelisa ingane uma unina esephindele emsebenzini?



Indlela yokugeza nokubulala amagciwane emabhodleleni namatiti nokwenza ubisi lwebhodlela ichazwe [eSifundweni 3.4 mayelana noKunakekelwa Kwangemva Kokubeletha (PNC)].

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.4
Ukuvimbela Ukudlulisewa
Kwegciwane Enganeni
Lisuka Kumama (PMTCT)

Ingxoxo Yeqembu

1. Xoxani ningamaqoqo nge-PMTCT nangezindlela zokuvimbela ukuba umama angadluliseli i-HIV enganeni.

- Ngaphambi kokukhulelw

- Ngesikhathi ekhulelw

- Ngesikhathi esikwa

- Lapho esebelethile

2. Yimaphi amaphuzu asemqoka athinta omama:

- Abangawadli ama-ARV njengoba betsheliwe

- Abangayi esikhungweni sezempilo lapho bekhulelw

3. I-CCG ingakusingatha kanjani lokhu okungenhla?

4. Yiziphi izinto okufanele umama azicabangele lapho enquma ukuthi uzoyincelisani ingane yakhe?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.5
Isifo Sofuba (TB)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.5 sihlose ukukucobelela ulwazi olubalulekile mayelana neSifo Sofuba (TB), indlela umuntu asithola ngayo, indlela esisabalala ngayo nezindlela zokuvimbela ukusabalala kwe-TB.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda i-TB
- Ukukhombisa ukuqonda izimpawu nezinkomba ze-TB
- Ukuchaza ukuthi i-TB isabalala kanjani
- Ukuchaza izindlela zokuvimbela ukusabalala kwe-TB
- Ukuchaza ukuxhumana phakathi kwe-TB kanye ne-HIV
- Ukuchaza ukuhlolwa okungenziwa ukuze kuxilongwe i-TB

Okuqukethwe Yilesi Sifundo

- Incazelo Yesifo Sofuba
- Izimpawu Nezinkomba
- Indlela i-TB esabalala ngayo
- Izindlela zokuvimbela ukudlulisela i-TB

Kutholakala

1. eHow Health. How to Prevent Spread of TB. 1999. United Kingdom. Available from: http://www.ehow.com/how_5671806_prevent-spread-tb.html
2. CE@UP, HISPC, HST. Health Information Systems for Data Capturers (HISDC). Electronic TB Register training presentations. 2009
3. National Department of Health. The South African Tuberculosis Control Programme. Practical Guidelines. South Africa. 2004

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti akho ukuthi yini i-TB; izici eziyingcuphe ze-TB kanye nokubaluleka kokuhlolwa i-TB. Kufanele futhi uhlonze wonke umuntu emizini ukuthi akanayo yini i-TB futhi, uma kudingeka, thumela amaklayenti akho esikhungweni sezempilo ukuze alandelwelwe. Kufanele usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokwazi isimo sawo se-HIV futhi uwathumele esikhungweni sezempilo ukuze ahlolelw i-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.5
Isifo Sofuba (TB)

1. Siyini Isifo Sofuba (TB)?

Igama elithi TB limele ukuthi tuberculosis (isifo sofuba) futhi yisifo esibangelwa amagciwane abizwa i-Mycobacterium tuberculosis. Amagciwane mancane kakhulu asikwazi ukuwabona ngamehlo ethu. Igciwane le-TB lingahlasela noma iyiphi ingxenye yomzimba, kodwa kaningi lihlasela amaphaphu. I-TB isabalaliswa umoya uma abantu abanalesi sifobekhwehlela, bethimula noma bethimisa. I-TB yisifo esingusomathuba esivame kakhulu kubantu abaphila ne-HIV [bheka iSifundo 4.9 ukuze uthole olunye ulwazi mayelana naMagciwane Angosomathuba (ama-OI)] kanti i-TB iyimbangela enkulu yokufa kwabantu abane-HIV eNingizimu Afrika.



Abantu bangatheleleka nge-TB nakuba izoqubisa (ilale) emizimbeni yabo; lokhu kwaziwa ngokuthi i-TB engenamandla. Lokhu kusho ukuthi abaguli futhi ngeke bayisabalalise kwabanye. Igciwane eliquibisile kulaba bantu lingaba namandla (livuke), ikakhulukazi uma bene-HIV, libagulise. Abantu abane-HIV abane-TB engenamandla bangathatha umuthi ukuze ubavimbele ekutheni babe ne-TB enamandla.



Amacebiso Awusizo

UHLELO LOKUZIVIKELA KOMZIMBA
Luukethe amasosha omzimba alwa nezifo.

Yikuphi ukuxhumana okukhona phakathi kwe-TB kanye ne-HIV?

I-TB yisivo amile kubantu abaphila ne-HIV futhi siyimbangela enkulu yokufa kubantu abane-HIV eNingizimu Afrika. Umuntu ophila ne-HIV kakade unamasosha omzimba asebuthakathaka, okwenza kube lula ngaye ukuba atheleleke nge-TB bese kuba nzima ukulwisanay. I-TB iphinde yaziwe ngokuthi iGciwane Elingusomathuba [bheka iSifundo 4.9 mayelana naMagciwane Angosomathuba (ama-OI)]. Umuntu one-HIV one-TB engelashiwe uyoba nengculaza masisha kunomuntu oye welashwa i-TB.



Ziyini izimpawu nezinkomba zesifo sofuba?

Ngabantu abane-TB enamandla kuphela abangabonisa izimpawu nezinkomba ezingase zihlanganise:

- Ukukhwehlela okuhubeka amaviki amabili nangaphezulu
- Ukukhwehlela igazi noma isikhwehlela
- Ukwela emzimbeni
- Ukujuluka kakhulu ebusuku
- Ukuba nenhliziyo emnyama (Ukungathandi ukudla)
- Ukugodola
- Imfiva
- Ukuzizwa ubuthaka futhi ukhathele
- Ubuhlungu esifubeni



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.5
Isifo Sofuba (TB)

Ingahlonzwa kanjani i-TB?

Uma impendulo yanoma yimuphi kule mibuzo ingu-yebo, khona-ke kubaluleke kakhulu ukuba umuntu ahlolelwe i-TB. Uma umuntu esene-HIV esithuthukile, kungenzeka angabonisi izimpawu noma izinkomba njalo zokuthi naye utheloleke nge-TB, ngakho-ke kufanele njalo ahlolelwe i-TB.

I-CCG kufanele isebeenzise ithuluzi lokuhlonza i-TB ukuze ihole ukuba sengcupheni kwekhasimende mayelana ne-TB futhi ilikhuthaze ukuba liye esikhungweni sezempilo liyohlolelwa i-TB.

Ithuluzi Lokuhlonza i-TB

Fundela bonke abantu abasekhaya le mibuzo elandelayo futhi ubathumele esikhungweni sezempilo bayohlolelwa i-TB uma ufade uqhwishi kunoma IYIPHI IMPENDULO emabhulokhini anombala

Y=Yebo C=Cha

1. Ingabe ubulokhu ukhwehlela isikhathi esidlula amaviki amabili?	Y	C
2. Ingabe muva nje ubukhwehlela isikhwehlela esinegazi?	Y	C
3. Ingabe ubulokhu uncipha emzimbeni ngaphandle kwesizathu?	Y	C
4. Ingabe awusakuthandi ukudla?	Y	C
5. Ingabe uyajuluka kakhulu ebusuku?	Y	C
6. Ingabe ulokhu uba nokugodola okulokhu kubuya futhi uthathe izinsuku ezintathu noma ngaphezulu?	Y	C
7. Ingabe unezinhlungu esifubeni?	Y	C
8. Ingabe uba nephika uma uhamba, noma wenza imisetshenzana yasendlini	Y	C
9. Ingabe unokuvuvukala entanyeni, emakhwapheni noma kwenye indawo?	Y	C
10. Ingabe uke wathintana nothile owelashelwa i-TB noma obelashelwa i-TB ezinyangeni ezingu-6 ezedlule	Y	C

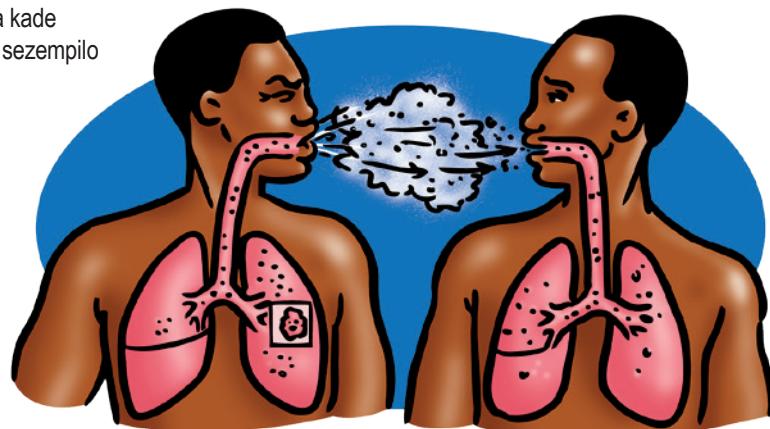
Okufanele kuphawulwe i-CCG:

Fundela iklayenti lokhu okulandelayo.

- Uma usazi isimo sakho se-HIV futhi unayo i-HIV futhi uma kade ukhwehlela amahora angu-24 kufanele uye esikhungweni sezempilo uyohlolelwa i-TB

2. Isabalala kanjani i-TB?

I-TB ingasabalala emoyeni uma othile ekhwehlela, ethimula noma ethimisa. Noma ubani angayithola ngokuhogela umoya onamagciwane.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.5
Isifo Sofuba (TB)

I-TB isabalala ngosizo Iwalokhu okulandelayo:

- Izindawo ezivalekile okungagelezi moya kuzo
- Ukuba namasosha omzimba abuthaka, isib, ukutheleleka nge-HIV. Igciwane le-HIV libulala amasosha omzimba ukuze umzimba ungakwazi ukulwisana ne-TB kahle njengoba ubungenza uma ubungenayo i-HIV
- Abantu abaningu abahlala ezindaweni eziminyene kakhulu nemizi engangenisi umoya owanele (iminyango kanye namawindi angavulwa, amakilasi anamawindi avaliwe, amatekisi anabantu abaminyene)
- Imitholampilo engahlukanisi abantu abakhwehlelalo nokungenzeka ukuthi bane-TB nabanye abantu, kanye nokugcina amawindi neminyango yasesikhungweni sezempilo ivaliwe
- Lapho imitholampilo imataso kakhulu futhi ingakwazi ukubhekana neziguli eziningi. Lokhu kusho ukuthi kungathatha isikhathi eside ngabantu abane-TB ukuba belashwe, okungenza ukuthi baze bathelele abanye ngaphambi kokuba belashwe
- Ukungadli kahle ngoba kwenza buthaka amasosha omzimba lokho okwenza umuntu agule kaningi

3. Ingavinelwa kanjani i-TB?

Lapha ngezansi kunezinye izindlela i-TB engavinelwa ngayo:

- Qiniseka ukuthi zonke izingane zigonyelwe i-TB. Umgomo i-BCG unikezwa umntwana lapho ezalwa futhi usiza ukuvikela abantwana ohlotsheni olubulalayo lwe-TB oluhlasela ubuchopho
- Ukugeza izandla njalo
- Umndeni nabangane abaseduze nomuntu one-TB, kufanele baqaphele izimpawu ze-TB futhi baye esikhungweni sezempilo uma begala ukukhwehlela
- Yakha uhlelo lokuzivikela komzimba (amasosha omzimba) ngokudla kahle nokuvivinya umzimba nsuku zonke
- Umuntu kufanele ayohlolwa uma enomuzwa ukuthi uxhumana eduze nomuntu othelelekile noma uma ekhwelela kakhulu ngaphezu kwamaviki ama-2 noma ngaphezu kwamahora angu-24 uma ene-HIV
- Abantu abane-TB kufanele bamboze amakhala kanye nomlomo uma bethimula noma bekhwehlela ukusiza ekuvimbeleni ukusabalala kwalesi sifo
- Abantu abane-TB akufanele bathimise amathe emphakathini
- Abantu kufanele bagcine wonke amawindi endlini evuliwe ukuze umoya opholile ugeleze endlini



Ingabe i-TB iyelapheka?

I-TB ingelapheka, nakumuntu ophila ne-HIV. Ukwelapha i-TB kusindisa izimpilo. Ukwelapha i-TB umuntu one-HIV kuyomnikeza impilo engcono futhi kusize kunqande ukusabalala kwe-TB emphakathini [bheka iSifundo 4.6 mayelana noKwelashwa KweSifo Sofuba (TB)].

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.5
Isifo Sofuba (TB)

4. Ikuphi ukuhlolwa okuzokwenziwa umtholampilo ukuthola ukuthi umuntu une-TB?

Uma othile enezimpawu nezinkomba okukhulunywe ngazo ngaphambili, kufanele aye esikhungweni sezempilo futhi kuzokwenziwa okunye kwalokhu kuhlola:

- **Ukuhlola isikhwehlela** (uma bekhwehlela isikhwehlela): Umuntu ukhwehlela ebhodleleni bese leso sikhwehlela sithunyelwa elabhorethri ukuze siyohlolwa ukuthi sinayo yini i-TB
- **I-X-ray:** I-X-ray eyenziwa esikhungweni sezempilo noma esibhedlela ingabonisa ushintsho emaphashini. I-X-ray yesifuba eyalezo ziguli ezingakwazi ukukhwehlela isikhwehlela noma ezinezinkinga zokuphefumula
- **I-biopsy:** Kuthathwa ucezu oluncane lwenyama/lwethishu endaweni ethile emzimbeni okucatshangwa ukuthi ine-TB. Umuntu unikezwa umuthi ukuze angezwa buhlungu uma kwensiwa lokhu. Kuthunyelwa elabhorethri ukuze kuyohlolwa
- **I-aspiration:** Kusetshenziswa inaliti nesirinji ukuze kuthathwe inani elincane loketshezi emzimbeni, lapho kucatshangwa ukuthi kune-TB khona



Amacebiso Awusizo



Bonke abantwana abaneminyaka engaphansi kwengu-5 abaseduze nabantu abane-TB kufanele bavakashele umtholampilo ukuze kutholakale umuthi ozobavimbela ukuba bangatholi i-TB.

Amasu okugwema i-TB

- Hlala ngaphandle, isib. ngaphansi kwesihlahla nesiguli. Uma isiguli sisembhedeni, ngokuzithoba cela ukuvula amawindi noma iminyango
- Faka i-maski. Ungayisebenzisi i-maski esike yasebenza. Yilahle emgqonyeni ngemva kokuhamba kuleso siguli
- Ngokuzithoba cela isiguli ukuba sivale umlomo uma sikhwehlela bese uchaza ukuthi kungani kubalulekile lokhu
- Chitha isikhathi esincane ngangokunokwenzeka egunjini
- Ngemva kokuvakashela isiguli qiniseka njalo ukuthi ugeze izandla ngensipho nangamanzi agelezayo

Isivivinyo Seqembu

Sebenzani njengeqembu, nenze iphosta yokuthuthukisa ukuqwashisa nge-TB esikhungweni sezempilo.

Amanye amasu mayelana nalokho eningakwenza:

- Izimpawu nezinkomba
- Umuntu angazi kanjani ukuthi othile une-TB?
- Isabalala kanjani i-TB?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.6
Ukwelashwa Kwesifo
Sofuba (TB)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.6 sihlose ukukucobelela ulwazi oluthile olubalulekile mayelana nokwelashwa kwe-TB.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ukwelashwa kwe-TB
- Ukuchaza izindlela ezikhona zokwelapha i-TB kubantu abaphila ne-HIV
- Ukuchaza ukubaluleka kokunamathele ekwelashweni kwe-TB nokuthi kwenzekani uma ukwelapha sekuqedive
- Ukuqonda isifo sofuba esimelana nemishanguzo (Multi Drug Resistant [MDR]) kanye ne-Extremely Drug Resistant (XDR) TB
- Ukuchaza ukubaluleka kokuhlola kaningi ngesikhathi uselashwa nangemva kokuqedwa ukwelashwa
- Ukuchaza ukuthi luyini Uhlelo Lokwelashwa Uqashwe Ngokuqondile (Directly Observed Treatment Strategy [DOTS]) nokuthi kungani ibalulekile
- Ukuchaza ukuthi yini i-Isoniazid Prophylactic Therapy (IPT)
- Ukukhombisa ukuqonda ngokuthi ngubani okufanele athole i-IPT nokuthi kungani
- Ukukhombisa ukuqonda ngokuphepha kwe-IPT kwabakhulelwe
- Ukuchaza ukuthi kwenzekani uma umuntu eba ne-TB ngesikhathi esathola ukwelashwa kwe-IPT

Okuqukethwe Yilesi Sifundo

- Ukwelashewa i-TB
- Izinhlobo zokwelapha i-TB ezitholakala kubantu abaphila ne-HIV
- Ukubaluleka kokuqhube ka nokwelashwa kwe-TB kanye nemiphumela yokuqedwa imishanguzo yokwelashwa, iSifo Sofuba Esimelana Nemishanguzo (MDR) ne-Extremely Drug Resistant (XDR) TB
- Uhlelo Lokwelashwa Uqashwe Ngokuqondile (DOTS)
- I-Isoniazid Prophylactic Therapy (IPT)

Kutholakala

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INgxenye 4

Izifo Ezithathelwanayo

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti ukuthi kungani kubalulekile ukwelashwa kwe-TB; ukabaluleka kokuthatha ukwelashwa kwe-TB njengoba nje uyalelwé nokuthi ubani okufanele athole ukwelashwa kokuyivimbela. Kufanele uqiniseke ukuthi imithi yokwelapha i-TB ithathwa njengoba nje kusho abasebenzi bezokwelapha esikhungweni sezempilo. Kufanele futhi usebenzise leli thuba ukuze uhlonze i-HIV ne-TB futhi, uma kudingeka, uthumele amaklayenti esikhungweni sezempilo ukuze alandelewé.

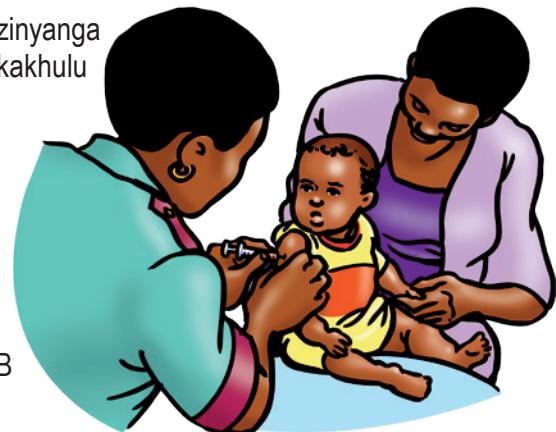
1. Ukwelashwa kwe-TB

Ngokuvamile i-TB ingelapheka ngemithi ye-TB, ethathwa nsuku zonke izinyanga eziyisithupha kuya kweziyisishiyagalolunye. Le mithi isebeza kahle kakhulu futhi uma ithathwa ngendlela efanele, ingayelapha i-TB.

Uhlobo kanye nomthamo womuthi we-TB uxhomeke ekutheni:

- isiguli sike saba nayo yini i-TB ngaphambili
- isiguli sinohlobo lwe-TB okunzima kakhulu ukulwelapha
- esisindweni sesiguli

Ngakho-ke aekho umuntu okufanele ahlanganyele imithi yakhe ye-TB nomunye umuntu.



Yini amagama emithi esetshenziselwa ukwelapha i-TB?

- I-Rifampicin
- I-Isoniazid
- I-Ethambutol
- I-Pyrazinamide
- I-Streptomycin

Izinhlobo zokwelapha i-TB kubantu abaphila ne-HIV

- **Uma une-HIV (ungawathathi ama-ARV) kanye ne-TB:** Uma iklayenti lingakaqali ukuthatha ama-ARV (okungukuthi, isibalo samaseli e-CD4 yaso singaphezu kwezinga elishiwo eziqondisweni zeNgculaza Negciwane Layo, lizonikezwu imithi ye-TB izinyanga eziyisithupha kuya kweziyisishiyagalolunye. (Uhlobo lwemithi ye-TB iklayenti eliyitholayo nokuthi kuzodingeka liyithathe isikhathi esingakanani kuya ngokuthi i-TB ikuphi nokuthi like laba nayo yini ngaphambili) futhi umnakekeli walo wezempiro uzolitshela ukuthi lizowaqala nini ama-ARV
- **Uma une-HIV (uthatha ama-ARV) futhi une-TB:** Uma umuntu kakade ethatha ama-ARV uma ethola i-TB, uyoqala ukwelashelwa i-TB ngokushesha aqhubeke okungenani izinyanga eziyisithupha. Kungenzeka kudingeka ashintshe amanye ama-ARV, kodwa umsebenzi wezempiro uyobeluleka ngalokhu
- **Uma isiguli sikhulelwé:** Umsebenzi wezempiro uyobeluleka mayelana nokuthi imiphi imithi abangayithatha futhi nini

INgxenye 4 Izifo Ezithathelwanayo

Isifundo 4.6
4
Ukwelashwa Kwesifo
Sofuba (TB)

2. Ukuhluleka ukunamathela ekwelashelweni i-TB

Ukuhluleka ukunamathela ekwelashelweni i-TB kusho ukuthi kungenzeka umuntu weqiwe imithamo ethile, akayithathi imithi yokwelapha njalo, noma useyekile ukuthatha imithi yakhe yokwelapha ngaphambi kokuba aqede isikhathi esibekiwe sokwelashwa.

Kungani abantu beyeka ukuthatha imithi yokwelapha?

- Bazizwa bengcono bese becabanga ukuthi abasayidingi imithi yokwelapha
- Babhekana nemithelela engemihle ebangelwa imithi yokwelapha
- Abakwazi ukufika esikhungweni sezempilo bayolanda imithi yabo yokwelapha
- Bayahamba bayohlala kwenye indawo noma bayosebenza lapho ungekho khona umtholampilo oseduze

Kwenzekani uma abantu beyeka ukuthatha imithi yabo ye-TB?

Lapho abantu bengayithathi imithi yabo njengoba umsebenzi wezempilo ebayalele, i-TB emzimbeni wabo ingase ingabe isazwela emishanguzweni. Uma lokhu kwenzeka, umuntu usuke esene-TB emelana nemishanguzo (Multi Drug Resistant TB [MDR-TB]). Lokhu kusho ukuthi eminye imithi angeke isize ekulweni ne-TB. Kubalulekile ukuba bathathe wonke amaphilisi ngendlela unesi noma udokotela abayalele ngayo. Umuntu angathola i-MDR-TB komunye umuntu osenayo kakade, ngakho-ke kubalulekile ukuthi wonke umuntu emphakathini athathe imithi yakhe kahle ukuze kuvinjelwe ukusabalala kwe-MDR-TB.

I-MDR-TB yi-TB okunzima ukuyelapha futhi imithi evamile yokwelapha i-TB ngeke isebeenze kulolu hlobo lwe-TB. Lokhu kubizwa ngokuthi ukumelana nemishanguzo.

I-MDR-TB kufanele yelashwe ngeminye imishanguzo ye-TB, ebizwa ngokuthi imishanguzo ye-second line. Le mishanguzo iyabiza kakhulu futhi ingaba nemiphumela engemihle eminingi emzimbeni. Uma umuntu engayithathi njengoba udokotela noma unesi emlayele, i-TB izoba nenkani nakakhulu bese umuntu ethola i-Extremely Drug Resistant TB (XDR-TB). I-XDR-TB inzima kakhulu ukuyelapha kangangoba ngeke kusetshenziswe imishanguzo ye-first line ne-second line. Lolo hlobo lwe-TB luyingozi kakhulu futhi kunzima kakhulu ukulwelapha. Kanigi, iziguli kudingeka ziye esibhedlela ukuze zikwazi ukuthola imithi engatholakala ngomjovo noma ngedriphu kuphela.

3. Ukuhlola kufanele kwenziwe kaningi kangakanani ukuze kuqinisekiswe ukuthi ukwelashwa kuyasebenza?

Kubalulekile ukuhlola isikhwehlela ngesikhathi uselashwa ukuqinisekisa ukuthi imithi yokwelapha i-TB iyasebenza. Lokhu kwensiwa ngemva kwezinyanga ezimbili uqale ukwelashwa nasekupheleni kokwelashwa, noma lapho kusho unesi esikhungweni sezempilo. Lokhu kuhlola kubonisa umsebenzi wezempilo ukuthi lo muntu uba ngcono. Uma ukuhlola kusalokhu kubonisa ukuthi unayo i-TB lokhu kungabonisa ukuthi unohlobo lwe-TB olumelana nemishanguzo futhi kudingeka kushintshwe indlela yokwelapha.

INgxenye 4

Izifo Ezithathelwanayo

4. I-DOTS

Uhlelo Lokwelashwa Uqashwe Ngokuqondile (Directly Observed Treatment Strategy [DOTS]) lusetshenziselwa ukusiza abantu ukuba bathathe imithi yabo njalo.



Amacebiso Awusizo

Umsekeli we-DOTS umsebenzi wezempiro oqeqeshiwe obheka isiguli se-TB lapho sithatha imithi ukuqinisekisa ukuthi siyithatha kahle.



5. Yini I-Isoniazid Prophylactic Therapy (IPT)?

I-IPT iwuholo lomuthi osetshenziselwa ukuvimbela abantu abane-TB equbisile (elele) ukuba baguliswe i-TB enamandla. Ukuthatha iphilisi elilodwa ngosuku ngokuvamile izinyanga eziyisithupha kuya kweziyisishiyagalolunye, kuye kwabonakala kuyindlela enhle kakhulu yokuvimbela umuntu ukuba abene-TB enamandla.



Ngubani okufanele athole I-IPT?

Bonke abantu abane-HIV abangenazo izimpawu noma izinkomba ze-TB enamandla kufanele bathole i-IPT. Iziguli ezikwazile ukuqedu ukwelashwa i-TB ngokuphumelelayo eminyakeni engapezu kwemibili edlule nazo kufanele zinikezwie i-IPT.

Zonke izingane ezingaphansi kweminyaka emihlanu ubudala eziye zathintana nabantu abane-TB futhi ezingabonisi zimpawu ze-TB enamandla kufanele zinikezwie i-IPT.

Ingabe i-IPT iphephile ngesikhathi ukhulelw?

Kuphephile kwabesifazane abakhulelw abane-HIV, abangenazimpawu ze-TB enamandla, ukuqalisa i-IPT noma yisiphi isikhathi lapho behkulelw. Uma owesifazane ekhulelw futhi ethatha i-IPT, kusafanele ayiqede.

Kwenzekani uma isiguli esithola i-IPT sekudingeka siqale ukuthatha ama-ARV?

Uma isiguli sithola i-IPT futhi sidinga ukuthatha ama-ARV, kufanele siqede i-IPT yaso futhi sithathe ama-ARV. I-IPT akufanele iyekwe ngoba sesiqale ukwelashwa ngama-ARV.

Kwenzekani uma umuntu ekwi-IPT bese eba ne-TB?

Uma umuntu ekwi-IPT bese eqala ukukhwehlela kanzima, kufanele aye esikhungweni sezempilo ngokushesha ukuze ahlolwe i-TB enamandla.

Uma bene-TB enamandla, i-IPT yabo izomiswa bese belashelwa i-TB.



INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.6
4
Ukwelashwa Kwesifo
Sofuba (TB)

Ngubani okungafanele athole i-IPT?

- Iziguli ezinezimpawu nezinkomba ze-TB
- Iziguli ezinesifo sesibindi esinamandla
- Iziguli eziphuza kakhulu utshwala ngoba zizoba sengcupheni enkulu yokuba nezinkinga zesibindi

Ingxoxo Yeqembu

1. Ngubani okufanele athathe i-IPT?

2. I-IPT ihluke kanjani kweminye imishanguzo esetshenziselwa ukwelapha i-TB? (Ithathwa nini i-IPT futhi imishanguzo yokwelapha i-TB ithathwa nini?)

3. Xoxani ngokuthi i-CCG ingasisekela kanjani isiguli se-TB ngokuba umsekeli we-DOTS.

4. Xoxani ngokuthi ningathini esigulini ukuze nisisize ukuba sithathe amaphilisi aso e-TB.

5. Xoxani ngokubaluleka kokuthatha imithi yokwelapha.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.7
Isifo Sofuba (TB)
Ezinganeni?

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.7 sihlose ukukucobelela ulwazi olubalulekile mayelana ne-TB ezinganeni.

Umphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ulwazi oluthile nge-TB ezinganeni

Okuqukethwe Kulesi Sifundo

- I-TB ezinganeni

Kutholakala

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<http://www.tbalert.org/worldwide/children.php>
2. Swaminathan S, Rekha B. Paediatric tuberculosis: global overview and challenges. Clin Infect Dis. 2010 May 15; 50 Suppl 3:S184-94

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuqinisekisa ukuthi izingane ziyahlonzwa futhi zelashelwe i-TB ngokushesha ngangokunokwenzeka. Kufanele uqiniseke nokuthi izingane ezithatha imithi yokwelapha i-TB zinabanakekeli abakwaziyo lokho futhi baqiniseke ukuthi ingane ithatha imithi efanele ngomthamo ofanele waleyo mithi nangesikhathi esifanele sosuku. Kufanele futhi usebenzise leli thuba ukuze uxoxe nabo bonke ekhaya futhi ubahlonze i-HIV ne-TB futhi uma kudingeka, ubathumele esikhungweni sezempilo bayolandelelwana ngokuhlolwa.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.7
Isifo Sofuba (TB)
Ezinganeni?

1. I-TB ezinganeni



Isifo sofuba (TB) yisifo esibangelwa amagciwane avame ukuhlasela amaphaphu.

Izingane zingatheleleka nge-TB kalula nje ngaphambi kokuba zibe neminyaka emi-5. Lokhu kubangelwa ukuthi amasosha azo omzimba awanamandla anele okulwisana ne-TB. Izingane ezihlala emakhaya anabantu abadala abane-TB enamandla zingathola i-TB kulabo bantu. Lokhu kungoba kaningi zihlala ziseduze namanye amalungu omkhaya. Ingcuphe iphezulu kakhulu uma kunabantu abanangi abahlala endlini. Kaningi, uma ingane igula iba ne-TB, lolo wuphawu lokuthi wonke amalungu omkhaya kufanele ayohlolwa nawo. Kuvamise ukuba kube nzima ukuthola ukuthi ingane inayo yini i-TB. Uma ibukeka igula, ingakuthandi ukudla, yehlile emzimbeni noma ingakhuli kahle, kufanele iyiswe esikhungweni sezempilo lapho kuzokwensiwa khona ukuhlolwa kubonakale ukuthi inayo yini i-TB.



Amacebiso Awusizo

IZINGANE ZISENGOZINI UMA:

- Zisencane: Abantwana nezingane ezincane bangagula kakhulu beguliswa yi-TB
- Ukungondleki – uma bengenakho ukudla okunomsoco futhi bengadli kahle
- Ukuba ne-HIV, ikakhulukazi uma bengathathi ama-ARV
- Uma beguliswa ezinye izifo zezingane noma benezikelemu
- Uma behlala endaweni eminyene

2. Ukwelapha i-TB ezinganeni

Izingane zinikezwa amaphilisi noma umuthi kuye ngeminyaka yazo kanye nesisindo sazo. Kubaluleke kakhulu ukuba izingane zibe nomuntu ozibophezele ozozinika imithi nsuku zonke [bheka iSifundo 4.3 mayelana Nokwelashwa Ngemishanguzo Ye-Antiretroviral (ama-ARV)]. Uma ingane ifunda isikole, uthisha angase acelwe ukuba asize ngalokhu. Ukwelashwa kuthatha izinyanga eziyisithupha ezinganeni eziningi. Uma umntwana egula kakhulu, kungadingeka ukuba athathe imithi yokwelapha isikhathi eside.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.7
Isifo Sofuba (TB)
Ezinganeni?

Isivivinyo Seqembu

- Yiziphi izingane ezsengcupheni enkulu yokuthola i-TB?

- Ingehliswa kanjani lengcuphe ezinganeni?

- Kungani kubalulekile ukuba i-CCG ibe umsekeli we-DOTS ezinganeni ezine-TB?

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.8
Amagciwane Athathelwana
Ngokocansi (ama-STI)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.8 sihlose ukukucobelela ulwazi olubalulekile mayelana namagciwane athathelwana ngokocansi (ama-STI).

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukubonisa ukuqonda ngokuthi ayini ama-STI
- Ukuhlonda izimpawu ezivamile zama-STI
- Ukubonisa ukuqonda izindlela zokungawatholi ama-STI
- Ukuchazela isiguli ukuthi kufanele senzeni uma sicabanga ukuthi sinama-STI
- Ukubonisa ukuqonda ukuxhumana phakathi kwama-STI kanye ne-HIV
- Ukuchaza ukuthi kungani ama-STI kungafanele ashiywe engelashiwe
- Ukuchaza ukubaluleka kokutshela ophathina babo

Okuqukhethwe Yilesi Sifundo

- Izimpawu ezijwayelekile zama-STI
- Iseluleko ngama-STI
- Ukuxhumana phakathi kwama-STI kanye ne-HIV
- Ukubaluleka kokuba iziguli zitshele ophathina babo uma zinama-STI

Kutholakala

1. WHO. Sexually Transmitted Infections. 2009. Fact sheet No 110
2. Moys A; Khumalo F. Guidelines for improving quality of STI Management in a health district. Health Systems Trust. South Africa. 2004

Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti akho ukuthi ayini Amagciwane Athathelwana Ngokocansi (ama-STI); angavinjelwa kanjani nokuthi yini okufanele ayenze uma ecabanga ukuthi ane-STI. Kufanele futhi uhlonze wonke amaklayenti aya ocansini uwahlonzele ama-STI futhi, uma kudingeka, uwathumele esikhungweni sezempilo. Kufanele futhi usebenzise leli thuba ukuze ukhulume namaklayenti akho mayelana nokubaluleka kokwazi isimo sawo se-HIV futhi uwathumele esikhungweni sezempilo ayohlolelwa i-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.8

Amagciwane Athathelwana
Ngokocansi (ama-STI)

1. Ayini Amagciwane Athathelwana Ngokocansi (ama-STI)

Igama elithi STI limele ukuthi sexually transmitted infection (amagciwane athathelwana ngokocansi) futhi angadluliselwa kusuka komunye umuntu kuya komunye ngokwenza ucansi olungavikelekile, njengolwendunu, lomlomo noma ucansi lwemomozi. Kunezinhlobo eziningi ezihlukene zama-STI; nezimpawu ezifana nokuphuma koketshezi esithweni sangasese, izilonda, izinsumpa, amaqhubu noma ukuvuvukala.

2. Ibukeka kanjani i-STI?

Ukuphuma koketshezi esithweni sangasese

- Lolu uketshezi, olungenosa isidoda (lungaba mhlophe, phuzi noma luhlaza) oluphuma emomozini noma kumpipi. Lungabangela ukuluma noma ukushisa ngesikhathi uchama. Uhlobo kanye nokuthi lungakanani uketshezi oluphuma esithweni sangasese kungase kushintshe kowesifazane ofanayo ngokuhamba kwesikhathi; owesifazane ngamunye uyokwazi ukuthi yini ejwayelekile kuye nalapho kunoshintsho oketshezini oluphuma esithweni sangasese, isib. ushintsho mayelana nokuthi lungakanani, ukushintsha kombala



Izilonda:

- Izilonda zingaba sepipini noma emlonyeni wemomozi noma phakathi kuyo. Kungenzeka zingabi buhlungu



Izinsumpa:

- Izinsumpa esithweni sangasese ziqala njengezigaxa ezincane ezingebuhlungu emomozini, epipini noma ngasendunu
- Uma zingelashiwe, zingaba nkulu futhi zikhule zibe isimila esibukeka njenge-cauliflower



Amaqhubu:

- Lezi yizigaxa ezincane eziqukethe uketshezi futhi ziya thelelana kakhulu (zisabalala kalula zisuka komunye umuntu ziya komunye)



INgxenye 4 Izifo Ezithathelwanayo

Ukuvuvukala:

- Lokhu kuvuvukala kaningi kutholakala ngasembilaphweni futhi kubangelwa ukutheleleka ngegciwane kwezindlala bese zakha ukuvuvukala okubuhlungu okuqinile. Kungase kugcwale ubomvu (kugcwale uketshezi) futhi kuqhume



3. Ungakuvimbela kanjani ukuthola i-STI?

Kunezindlela eziningana umuntu angazivikela ngazo ukuthola ama-STI:

- Ukusebenzisa ikhondomu njalo uma uya ocansini
- Uma isiguli noma uphathina wesiguli enama-STI, badinga ukwelashwa ngokushesha. Kufanele njalo basebenzise ikhondomu
- Ukwethembeka kuphathina oyedwa, naye othembekile kuwe ngokufanayo futhi niqiniseke ukuthi akekho uphathina one-STI
- Ukungayi nhlobo ocansini (ukuzila ucansi)

4. Axhumana kanjani ama-STI neNgculaza Negciwane Layo?

Ingculaza Negciwane Layo yiGciwane Elithathelwana Ngokocansi, njengamanye ama-STI. Kulula kakhulu ukutheleleka nge-HIV uma umuntu kakade enenyi i-STI. Lokhu kungenxa yokuthi ama-STI angabangela izilonda noma ukuklayeka okuncane esikhunjeni nasontwentwesini lwemomozi kanye nasecupheleni lompi, okwenza kube lula ukuba igciwane le-HIV lingene emzimbeni.

Uma isiguli sine-STI, kufanele sihlolelwé i-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.8

Amagciwane Athathelwana
Ngokocansi (ama-STI)

I-CCG kufanele isebeenzise ithuluzi lokuhlonza i-STI ukuze ithole ukuthi kungenzeka yini ukuthi iklayenti line-STI.

Ithuluzi Lokuhlonza I-STI

Funda le mibuzo elandelayo uyifundele bonke abantu abaya ocansini futhi ubathumele esikhungweni sezempilo bayohlolelwa i-STI uma ufake uqhwishi kunoma IYIPHI IMPENDULO ekumabhulokhi

Y=Yebo C=Cha

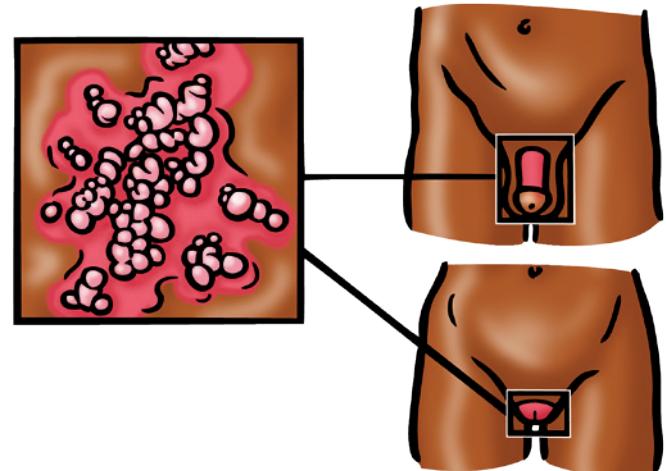
1. Ingabe uke waya ocansini olungavikelekile nophathina osola ukuthi une-STI?	Y	C
2. Ingabe uphathina wakho welashelwa i-STI?	Y	C
3. Ingabe kukhona okuthile okungajwayelekile kanye/noma okunukayo okuphuma emomozini noma epipini lakho?	Y	C
4. Ingabe unokopha okungajwayelekile emomozini noma epipini lakho?	Y	C
5. Ingabe uzwa ubuhluntu noma ukushisa lapho nisocansini?	Y	C
6. Ingabe uzwa ubuhluntu noma ukushisa uma uchama?	Y	C
7. Ingabe uzwa ubuhluntu esinyeni?	Y	C
8. Ingabe uyazibona izilonda emomozini, epipini noma endunwini yakho?	Y	C
9. Ingabe imomozi, ipipi noma indunu yakho ibuhluntu noma iyaluma?	Y	C
10. Ingabe wena noma uphathina wakho niye nahlolelwe i-HIV ezinyangeni ezi-3 ezedlule?	Y	C

5. Kufanele umuntu enzenjani uma ecabanga ukuthi une-STI?

Kubaluleke kakhulu ukwenza okulandelayo uma othile ecabanga ukuthi kungenzeka une-STI:

- Qala ukusebenzisa ikhondomu ngaso leso sikhathi njalo lapho uya ocansini. Amakhondomu kufanele assetshenziswe njalo uma beya ocansini
- Iya esikhungweni sezempilo oseduze uyohlolwa ngokushesha
- Hamba nophathina wakho uye esikhungweni sezempilo uyohlolwa bese welashwa uma kudingeka
- Qedela umuthi njengoba uyalelw
- Lomuthi akufanele wabelane ngawo nophathina uma nobabili nine-STI
- Ngesikhathi nisesikhungweni sezempilo kufanele nicele ukhlolelwa i-HIV

Ama-STI angaba yingozi kakhulu uma eyekwa engelashwa.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.8
Amagciwane Athathelwana
Ngokocansi (ama-STI)

Ezinye izinhlobo zama-STI zingahlasela amalungu omzimba futhi zibangele ngisho nokufa. Abesifazane abake baba nama-STI bangaba nezinkinga eziningi, kuhlanganise nokudlulisela ama-STI kubantwana babo ngesikhathi behkulelw. Ngakho-ke, kubalulekile ukuba owesifazane kanye nophathina wakhe basebenzise ikhondomu njalo lapho beya ocansini. Ama-STI angabangela nokungazali kokubili kwabesilisa nakwabesifazane, okusho ukuthi ngeke bakwazi ukuba nabantwana. Amanye ama-STI angaba amagciwane ozoba nawo ukuphila kwakho konke, nezimpawu ezihlala zibuya njalo. Lokhu kungavijnwa ngemithi etholakala esikhungweni sezempilo.

6. Kungani kubalulekile ukuba umuntu atshele u(o)phathina wa(ba)khe?

Kubaluleke kakhulu ukuthi uma isiguli kutholakala ukuthi sine-STI noma selashelwa i-STI, sitshele uphathina waso ukuze naye ahambe aye esikhungweni sezempilo ayohlolwa.

Njengoba omunye umuntu kungenzeka abe nophathina abangaphezu koyedwa, kubaluleke kakhulu ukuthi bonke ophathina nabo baye esikhungweni sezempilo bathole ukwelashwa. Uma lokhu kungenzeki, igciwane lizolokhu lidluliselwa komunye nomunye phakathi kwabo.

Lapho nje uphathina esazi nge-STI noma eyisola, ikhondomu kufanele isetshenziswe njalo uma kuyiwa ocansini futhi ucansi oluphephile kufanele kube yiyona ndlela yokuphila.

Isivivinyo

1. Nikeza izimpawu ezihlukene zama-STI bese usho ukuthi zibukeka kanjani?

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.8

Amagciwane Athathelwana
Ngokocansi (ama-STI)

Isivivinyo

2. Kufanele lenzenjani iklayenti uma licabanga ukuthi line-STI?

3. Chaza ukubaluleka kokuba umuntu atshele u(o)phathina wakhe(babo) uma umuntu ene-STI.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.9
Amagciwane
Angosomathuba (ama-OI)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.9 sihlose ukwabela ngolwazi olusemqoka mayelana na Magciwane Angosomathuba.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ukuthi yini igciwane elingusomathuba
- Bachaze ukuthi yimaphi amagciwane angosomathuba avamile athinta abantu abaphila negciwane lesandulela-ngculaza

Okuqukethwe Yilesi Sifundo

- Amagciwane angosomathuba

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti akho ukuthi ayini Amagciwane Angosomathuba (ama-OI) kanye nezinhlobo zaho ezejwayelekile. Kufanele nioxo ngokubaluleka kokuba iklayenti liye esikhungweni sezempilo uma licabanga ukuthi line-OI. Lithumele esikhungweni sezempilo futhi wenze ukuvakasha kokulandelela ukuze uqiniseke ukuthi liyile esikhungweni sezempilo. Kufanele nioxo nangokubaluleka kokuba lazi isimo salo se-HIV futhi ulithumele esikhungweni sezempilo ukuze liyohlolelwa i-HIV.

INgxenye 4 Izifo Ezithathelwanayo



1. Amagciwane Angosomathuba

Usomathuba yisifo esiphatha umuntu onamasosha ehlile emzimbeni (njengalabo abanegciwane lesandulela-nngulazi) kodwa lesisifo asimenzi lutho umuntu ophilile. Osomathuba bangahlasela wonke umuntu onamasosha omzimba aphansi, hhayi abanegciwane lesandulela -nngulazi bodwa. Ezinye zalezizifo zingavikelwa ngokuphuza imishanguzo, kodwa eziningi zazo zimbi kakhulu zidinga ukwelashwa ngemithi eyisiphesheli. Ezinye zalezizifo ezingoSomathuba, zaziwa ngokuthi phecelezi 'AIDS defining illnesses' (okusho ukuthi umuntu usuke eseguliswa yisifo se-AIDS). Lezizifo azejwayelekile kubantu abanamasosha aphilile. Uma iklayenti lishesha ukuhlolelwa i-HIV, abasebenzi bezokwelapha bayokwazi ukubona ukuthi iklayenti kudingeka liqale ukwelashwa ngama-ARV yini, ngakho-ke amaklayenti kufanele akhuthazwe ukuba ahlolelwe i-HIV futhi asazi isimo sawo se-HIV ngokushesha ngangokunokwenzeka. Lokhu kuyonciphisa amathuba okuba iklayenti lithole i-OI.

2. Izifo ezejwayelekile kubantu abaphila negciwane lesandulela-nngulazi

Kunezifo eziningi eziphatha abantu abaphila negciwane le-HIV, kodwa futhi ezingatholakala nakulabo abengenalo. Ukubonakala kwalezizimpawu ezibhalwe negezansi esigulini kusho ukuthi lowomuntu kufanele athunyelwe esikhungweni sezempilo ayohlolelwa igciwane. Nakho lokho akunasiqiniseko sokuthi nembala banegciwane.

a. Amagciwane Esifuba

- Inyumoniya:** Lokhu kungabangelwa amagciwane ahlukahlukene amaningana. Izimpawu kubantu abane-HIV ziye fana kakhulu nezabantu abangenayo i-HIV. Izimpawu zihlanganisa ukugodola, ubuhlungu besifuba nesikhwehlela esinobomvu. Ngenxa yokuthi ezinye izinhlobo zamagciwane esifuba zandile kubantu abane-HIV, umsebenzi wezokwelapha uyoqiniseka ngembangela yegciwane ngaphambi kokuba aqale ukwelapha. Lokhu kungase kudinge ukuhlolwa kwesifuba nge-radiograph, ama-culture egazi, isibalo samaseli egazi amhlophe kanye nokuhlolwa okuthile ukuze kubonakale ukuthi akuwona amanye amagciwane. Ukwelashwa kuvame ukuba kuqondiswe emagciwaneni abangela izifo okuyiwona avame ukuhlonzwa kakhulu
- Isifo sofuba:** I-TB yigciwane elivame kakhulu phakathi kwabantu abaphila ne-HIV futhi yiyona mbangela enkulu yokufa phakathi kwabantu abane-HIV eNingizimu Afrika [bheka iSifundo 4.5 ukuze uthole olunye ulwazi mayelana neSifo Sofuba (TB)]

b. Izifo sezikhumba

Lezizifo ezitholakala ezithweni ezechlukene zomzimba zibanga ukushoshozela nokuluma. Imvamisa lezizifo zesikhumba zingalapheka ngemishanguzo ekulungele lokho.

- Umdlavuza wesikhumba (i-Kaposi Sarcoma)** Lolu wuhlobo lomdlavuza wesikhumba. Kubukeka sengathi yizibazi ezinsundu noma ezibukhwebezane (phephuli) esikhumbeni, azibuhlungu. Zitholakala kakhulu esikhumbeni kodwa zingatholakala nakwezinye izindawo emzimbeni njengasemlonyeni



INgxenye 4

Izifo Ezithathelwanayo

- Ibhande:** Lawa ngamapatshaza abuhlungu, ahamba ngomugqa noma enza isiyangi emzimbeni ngasohlangothini olulodwa. Kwaziwa ngokuthi yibhande ngesiZulu. Amapatshazi angathatha isikhathi eside ukunyamalala. Lamapatshazi angagcotshwa ngesigcobo esipholisayo njengeKhalamayini. Izinhlungu zingadanjiswa ngamaphilisi njengamadispirini. Uma izinhlungu zindlondlobele umuntu akathunyelwe esikhungweni sezempilo ayothola usizo lokokudambisa izinhlungu ezinamandla



c. Izimo zobuchopho

- I-Cryptococcal Meningitis:** Leli yigciwane lontwentwesi lobuchopho kanye nomgogodla. Leli gciwane lihlasela ezinsukwini noma emavikini ambalwa ngemva kokuba amagciwane albangelayo engene emzimbeni. Izimpawu zingase zihlanganise ukuphathwa yikhanda, ukuzwa kuthi phalaza noma ukuphalaza, imfiva ngaphandle kwesizathu, ukukhathala, ukungahlaliseki, ukushintsha kwesimo sengqondo nokuzwa nokubona izinto ezingekho. Abanye abantu bangase baqine intamo. Bangase baqubuke nesikhumba

Yelashwa ngemithi yokubulala amajemu. Kubalulekile ukuba iklayenti lisheshe lithole ukwelashwa. Ngisho nangemva kokwelashwa, amajemu angase aphinde abuye futhi iklayenti kungase kudingke lithathe imithi ngaso sonke isikhathi ukuze liwavimbe angabuyi.

d. Izifo ezibasemlonyeni

Izifo ezibasemlonyeni ezejwayelekile yilezi:

- Inkwethu yasemlonyeni:** Okumhlophe okunamatshela olimini nasemlonyeni. Inkwethu emlonyeni ingalapheka kodwa kubalulekile ukuthi isheshe ibonakale ukuze isiguli siqale imishangozo ngokushesha. Uma yanda, ingabangela ubuhlungu emphinjeni idale nezinkinga uma isiguli sidla noma sigwinya
- I-Hephizi (okufana nezilonda zomkhuhlane):** Izilonda ezingamapatshazi emakhoneni omlomo (zaziwa njengezilonda zomkhuhlane) Lezilonda zingatholakala futhi esithweni sangasese kowesifazane nakowesilisa. Uma kwenzeka zivela kulezizindawo, zivamise ukuvela njenepatshazi elilodwa noma ngaphezulu phakathi noma eceleni esithweni sangasese



Ezinye zezimpawu ezikhombisa ukuthi umuntu kungenzeka

abe nosomathuba:

- Ukukhishwa yisisu esikhathini eside: abanye abantu bangakhishwa yisisu izinyanga eziningi uma amasotsha omzimba ephansi kakhulu. Umuntu angaphathwa amajaqamba esiswini, ukuhuda nokuhlanza
- Ukukhwehlela nokushisa (nokushiselwa ebusuku) kungasho izimpawu zesifo se-TB
- Ukwehla kwesisindo emzimbeni (buza isiguli ukuthi izimpahla zokugqoka zisabalingana yini) kuwuphawu lokuthi umuntu ugula kakhulu

Uma i-CCG icabanga ukuthi umuntu uphethwe wusomathuba, medlulisele esikhungweni sezempilo ayothola ukwelashwa ngokushesha, bese ulandelela ukuze uthole ukuthi isiguli siyile ngempela yini esikhungweni sezempilo. Uma iklayenti lisheshe lihlolelwa i-HIV, liyosheshe liqale ukwelashwa.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.9
Amagciwane
Angosomathuba (ama-OI)



Amacebiso Awusizo

Okusemqoka!

Khumbula ukuthi i-TB nayo inguSomathuba. Uma isiguli sibika ukukhwelela kumahora angamashumi amabili nane sedlulisele esikhungweni sezempilo siyohlolewa i TB.

Isivivinyo

1. Yini oSomathuba?

2. Yisho izimo ezintathu ezivamile kubantu abane-HIV.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.10
Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.10 sihlose ukukucobelela ulwazi ngamakhondomu.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi iyini ikhondomu
- Ukuchaza kabanzi ukubaluleka kokwenza ucansi oluphephile
- Ukubonisa indlela yokusebenzisa amakhondomu abesilisa nawabesifazane
- Ukuchaza kabanzi izindlela zokwenza ucansi eziyingcuphe
- Ukuchaza ukubaluleka kokusebenzisa ikhondomu (amakhondomu awabesilisa nawabesifazane), ikakhulukazi uma oyedwa noma bobabili ophathini bene-HIV

Okuqukethwe Yilesi Sifundo

- Amakhondomu
- Ucansi oluphephile
- Izindlela zokwenza ucansi eziyingcuphe

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazel a maklayenti ukubaluleka kokusebenzisa amakhondomu njalo lapho eya ocansini. Kufanele futhi usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokwazi isimo sawo se-HIV futhi uwathumele esikhungweni sezempilo ayohlolelwa i-HIV. Usebenzisa amathuluzi okubonisa, bonisa indlela yokusebenzisa amakhondomu abesilisa.

INgxenye 4 Izifo Ezithathelwanayo

4 Isifundo 4.10
Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu



Amacebiso Awusizo

Zila ucansi, thembeka, sebenzisa ikhondomu, wazi isimo sakho.

1. Yini ikhondomu?

- Ikhondomu yabesilisa unggwengwezi oluncane lwe-latex noma injoloba olufakwa owesilisa epipini lakhe ukuze avimbele isidoda ukuba singene emozini ngesikhathi benza ucansi
- Ikhondomu yabesifazane iyishubhu elide elenziwe ngopulastiki omncane othambile olungena phakathi kwemomozi futhi luvimbela isidoda ukuba singene emozini.
- Amakhondomu ayatholakala mahhala emitholampilo. Uma umtholampilo ungenawo amakhondomu, cela ukuba bawa-ode



Ikhondomu yabesilisa



Ikhondomu yabesitazane

2. Enzani amakhondomu?

Amakhondomu avimbela uketshezi lowesilisa nolowesifazane (isidoda kanye noketshezi lwemomozi) ukuba luxubane. Uma amakhondomu esetshenziswa njalo nangendlela efanele (njengoba kuchazwe ngezansi) ngesikhathi kwenziwa ucansi, avimbela lokhu okulandelayo:

- Isidoda ukuba singene kwimomozi yowesifazane, lokhu kuvimbela nokukhulelwa
- Ukuthintana noketshezi lomzimba njengesidoda noketshezi lwemomozi lapho kuhlala khona igciwane le-HIV
- Ukusabalala kwamagciwane athathelwana ngocansi (ama-STI)

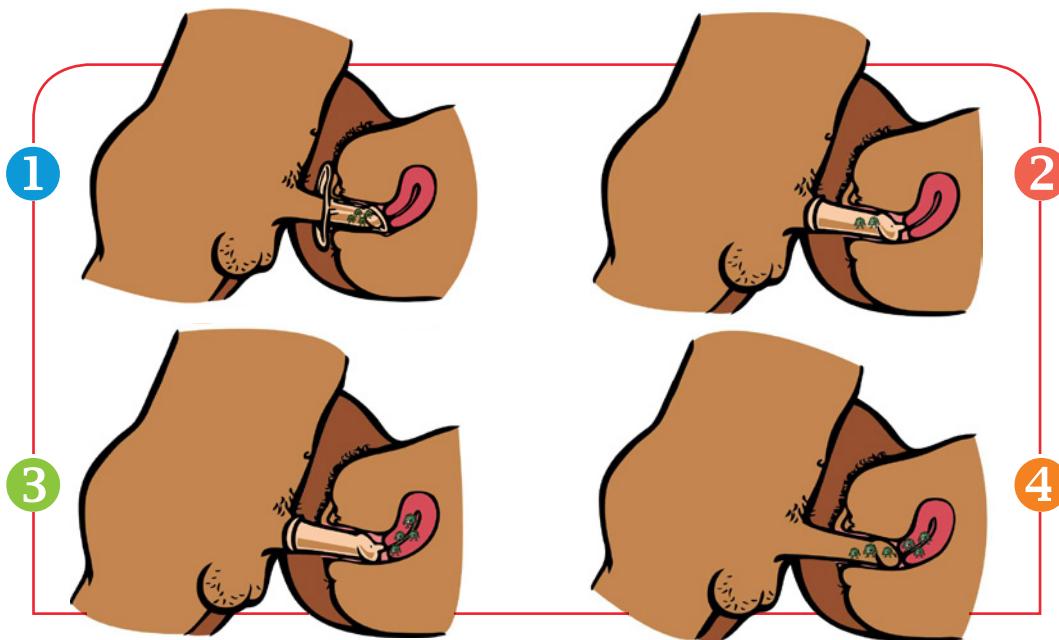
3. Luyini ucansi oluphephile?

- Ucansi oluphephile luso ukuthi iklayenti alitholi isidoda sikaphathini walo, igazi noma uketshezi lwemomozi ukuba lube phezu komzimba walo noma lungene phakathi kuwo

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.10
4 Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu



1. Ikhondomu yabesifazane ivimbela i-HIV ukuba idlule isuka kowesilisa one-HIV iye kowesifazane ongenayo i-HIV

2. Ikhondomu yabesilisa ivimbela i-HIV idlule isuka kowesilisa one-HIV iye kowesifazane ongenayo i-HIV

3. Ikhondomu yabesilisa ivimbela i-HIV ukuba idlule isuka kowesifazane one-HIV iye kowesilisa ongenayo i-HIV

4. Ngaphandle kwekhondomu, i-HIV ilokhu idluliselwa ngapha nangapha phakathi kowesilisa nowesifazane

Izindlela zokwenza ucansi eziyingcuphe

- 'Ucansi olomile' yilapho kusetshenzisa imikhiqizo (efana nophawuda womtwana) noma amakhambi ukwehlisa uketshezi lwemvelo olukhiqizwa owesifazane ngesikhathi socansi futhi lwandisa amathuba owesifazane okutheleleka nge-HIV ngoba angathola ukusikeka nokudabuka emomozini yakhe
- Ucansi lwendunu olungavikelekile lunengcuphe enkulu yokutheleleka nge-HIV uma kuqhathaniswa nocansi lemomozi njengoba amaseli endunu onakala kalula
- Ucansi ngaphandle kwekhondomu
- Ukuba nophathini abaningi oya nabo ocansini
- Ukuya ocansini ngaphandle kwekhondomu lapho kukhona izilonda epipini noma emomozini kungandisa ingcuphe yokuthola nokudlulisela i-HIV. Isilonda esivulekile noma ukulimala esikhunjeni kwenza kube lula nge-HIV noketshezi lomzimba ukuba lungene emgudwini wegazi

Kubaluleke ngani ukusebenzisa ikhondomu uma uphathina oyedwa noma bobabili bene-HIV?

Kubaluleke kakhulu ukusebenzisa ikhondomu ngisho noma bobabili ophathini bene-HIV ngoba kungenzeka banezhinlubo ezihlukene ze-HIV. Lokhu kusho ukuthi umuntu angaphinde atheleleka ngohlobo oluthile lwe-HIV futhi inani legciwane emzimbeni linganda. Kungenzeka ukuthi uphathina une-HIV emelana nama-ARV bese nalo omunye etheleleka nge-HIV engazweli emishanguzweni. Futhi kusho nokuthi bobabili ophathini bazovikeleka kuma-STI.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.10
Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu

4. Isetshenziswa kanjani ikhondomu?

Ukusetshenziswa kwekhondomu yabesilisa

Kubalulekile ukukhetha nokusebenzia usayizi ofanele wekhondomu. Uma ikhondomu inkulu kakhulu ingaphuma ngesikhathi nenza ucansi. Uma ikhondomu ishelela iphuma ngesikhathi nenza ucansi, kufanele kusetshenziswe entsha. Kufanele kusetshenziswe ikhondomu entsha njalo lapho nenza ucansi. Amakhondomu akufanele asetshenziswe izikhathi ezingaphezu kwesisodwa.

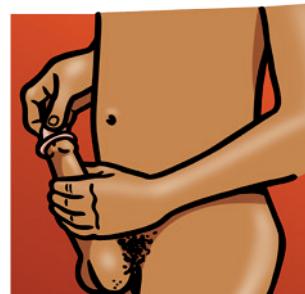
Isinyathelo 1

Iphakethe lekhondomu kufanele libe ngelivaliwe. Amakhondomu asephaketheni elivulekile akufanele asetshenziswe. Uma usuku olusesigxivizweni sephakethe lekhondomu seludlulile, kusho ukuthi isidlulelw isikhathi, akufanele isetshenziswe ngoba injoloba yakhona ngeke ikwazi ukukuvikela. Amakhondomu akufanele ashiywe lapho kushisa khona noma elangeni. Lapho uvula ikhondomu kufanele uqaphele ukuba ungamoshi ikhondomu. Gwema ukuyidabula ngamazinyo noma ngezinzipho ezicijile.



Isinyathelo 2

Ikhondomu kufanele ifakwe kuphela uma ipipi selimile. Bheka ukuthi ikhondomu ivulekela ngakuphi, bese ubamba ikhondomu ekugcineni bese uyicindezela ukiphe umoya. Shiya indawo encane phezulu ukuze isidoda siyigcwalise. Ngesineke vula ikhondomu ngokugcweli ilingane nepipi lakho, uqinisekise ukuthi awekho amabhamuza ngoba angabangela ukuthi ikhondomu idabuke ngesikhathi nenza ucansi.



Isinyathelo 3

Ngemva kokwenza ucansi, ipipi kufanele likhishwe lisamile kancane kancane kuphathini. Bamba ikhondomu esisekelweni sepipi ukuvimbela ukuthi ingasheleli iphume. Ikhondomu kufanele likhishwe ngokucophelela epipini.



Isinyathelo 4

Kufanele kuboshwe ifindo kwikhondomu ukuvimbela ukuba uketshezi lungachitheki, bese uyigoqa ngethishu uyilahle emgqonyeni kadoti noma uyishise. Akufanele uyishiye obala lapho izingane kanye nabanye abantu bangase bayibone khona. Owesilisa kufanele ageze izandla.



Kubalulekile ukuba izithambisi ezinamatfutha zingalokothi zisetshenziswe namakhondomu ngoba ziyobangela ikhondomu ukuba iqhum. Lokhu kuyosho ukuthi ikhondomu ayisanikezi sivikelo.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.10

Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu

Ukusebenzisa ikhondomu yabesifazane

Ikhondomu yabesifazane iyishubhu elide lepulastiki elilula. Ekugcineni linendawo encane evalekile kanti ngakolunye uhlangothi livulekile kakhulu futhi uhlangothi ngalunye lunesiyingi esigobekayo. Ingafakwa kusasele isigamu sehora ngaphambi kokwenza ucansi uma kudingeka.

Isinyathelo 1

Hlola usuku ephelelwa ngalo yisikhathi ephaketheni lekhondomu. Hlola iphakethe lekhondomu uqiniseke ukuthi akukho ukuklayeka, izimbobo noma izindawo ezivulekile ngokufaka iphakethe lekhondomu phakathi kwesithupha nomunwe olandela isithupha bese ucindezela kancane. Phusha kancane ikhondomu phakathi kwephakethe uyyise ohlangothini olulodwa ukuze kube nesikhala sokusika iphakethe ulivule. Ngokucophelela khipha ikhondomu uyibambe ngendawo ethambile yeminwe hhayi ngezinzipho.



Isinyathelo 2

Ingaphandle lesiyingi likhava indawo ekake imbobo yemomozi. Ingaphakathi lesiyingi lisetshenziselwa ukuyifaka nokusiza ukuba ihlale kahle ngesikhathi nenza ucansi. Bamba ikhondomu yabesifazane emaphethelweni ayo, bese ubamba ingxenye egobekayo uycindezele ngesithupha nangomunwe wesibili nowesithathu ukuze ibe yinde futhi icije. Phusha ikhondomu ingene emozini, uqiniseke ukuthi ingaphandle lesiyingi lihlala ngaphandle futhi liyisicaba. Ukuze ingene kalula, owesifazane angaqoshama noma alale ngomhlane noma abeke unyawo olulodwa esitulweni. Kubalulekile ukuba izithambisi ezinamafutha zingalokothi zisetshenziswe namakhondomu ngoba ziyanbangela ikhondomu ukuba iqhume. Lokhu kuyosho ukuthi ikhondomu ayisanikezi sivikelo.



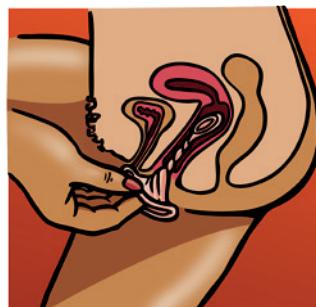
Isinyathelo 3

Qondisa ipipi elimile kwikhondomu, uqiniseke ukuthi alingeni emaceleni. Ikhondomu yabesifazane ayihlali iqine futhi izolokhu inyakaza ngesikhathi nenza ucansi. Uma uzwa sengathi ingaphandle lesiyingi liphusheke langena phakathi ngesikhathi nenza ucansi, yima bese ulidonsela ngaphandle endaweni yalo.



Isinyathelo 4

Ukuze ukiphe ikhondomu, sonta ingaphandle lesiyingi ukuze ugcine isidoda siphakathi bese udonsa ikhondomu ngesineke iphume emozini.



Isinyathelo 5

Yigoqe ngethishu bese uylahla ngendlela eqondile ngokuyalahla emgqonyeni kadoti. Ungayifaki ikhondomu ethoyilethi elishaywayo. Ungabe usayisebenzisa leyo khondomu. Kufanele njalo usebenzise ikhondomu entsha lapho nenza ucansi.

INgxenye 4

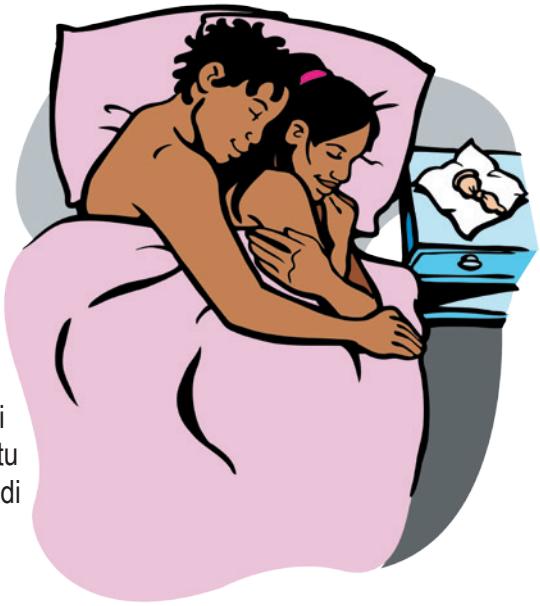
Izifo Ezithathelwanayo

4

Isifundo 4.10
Ukuvinjelwa Kwe-HIV
Nama-STI:
Indima Yamakhondomu

5. Kungani abanye abantu bekuthola kunzima ukusebenzisa amakhondomu?

Kungaba nzima ukukhuluma ngokusebenzisa amakhondomu. Abanye abantu bacabanga ukuthi ucansi alubi mnandi uma kusetshenziswa amakhondomu. Mhlawumbe iklayenti lizizwa ngaleyo ndlela noma liye labhekana nesimo esibi esikhathini esidlule. Akufanele bavumele into embi noma edumazayo eye yenzeka ibeke impilo yabo noma ekaphathini wabo engcupheni ngokungasebenzisi amakhondomu kahle. Abantu abasebenzisa amakhondomu ngendlela efanele abalahlekelwa ubumnandi bocansi futhi baqhubeleka bekujabulela ukuya ocansini.



Ingxoxo Yeqembu

Hlukanani nibe amaqoqo bese nioxxa ngalokhu okulandelayo:

1. Iziphi ezinye izinkolelo ezingamanga mayelana namakhondomu ezingatholakala emiphakathini?

2. Zingalungiswa kanjani?

3. Luyini ucansi oluphephile?

4. Chaza kabanzi izindlela zocansi eziyingozi.

5. Chaza ukubaluleka kokusebenzisa ikhondomu.

Okwenziwa ngokoqobo: Ofundisayo uzobonisa indlela yokusebenzisa ikhondomu

Abafundi nabo kufanele babonise indlela yokusebenzisa ikhondomu besebenzisa amathuluzi okubonisa. Lokhu kungase kwenziwe ngababili (Bonisan imiphumela yezithambisi ezinamafutha njengoVaselina kwikhondomu).

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.11

Ukuvinjelwa Kwe-HIV: Indima
Yokusokwa Kwabesilisa
Ngabezokwelapha (MMC)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.11 sihlose ukwethula uKusokwa Kwabesilisa Ngabezokwelapha (MMC) nokusiza abafundi baqonde izinzuso kanye nobungozi be-MMC.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi kuyini ukusokwa kwabesilisa ngabezokwelapha
- Ukuchaza izinzuso zokusokwa
- Ukubonisa ukuqonda izingcuphe zokusokwa
- Ukuoxxa ngokusetshenziswa kwamakhondomu uma usokile
- Ukuchaza ukuthi usizokalo zokusoka zitholakala kuphi

Okuqukethwe Yilesi Sifundo

- Ukusokwa Kwabesilisa Ngabezokwelapha
- Izinzuso ze-MMC
- Izingcuphe zokusoka
- Ukuisetshenziswa kwekhondomu ngemva kokusoka

Kutholakala

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www.kznhealth.gov.za/mmcinfo.pdf
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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchaza indima yoKusokwa Kwabesilisa Ngabezokwelapha (Medical Male Circumcision [MMC]) ekuvinjelweni kwe-HIV kumakhasimende akho. Kudingeka futhi uxoxe namaklayenti akho ngesidingo sokuqhubeka esebezisa amakhondomu njalo lapho eya ocansini, ngisho noma esesokile. Kufanele futhi usebezintse leli thuba ukuze uxoxe nawo mayelana nokubaluleka kokwazi isimo sawo se-HIV futhi uwathumele esikhungweni sezempilo ukuze ayohlolelwa i-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.11

Ukuvinjelwa Kwe-HIV: Indima
Yokusokwa Kwabesilisa
Ngabezokwelapha (MMC)

1. Kuyini Ukusoka Kwabesilisa Ngabezokwelapha?

Ukusokwa Kwabesilisa Ngabezokwelapha (MMC) ukususwa kwalo lonke ijwabu, okuyisikhumba esimboze icuphelo lepipi ngumsebenzi wezempiro oqeqeshiwe. I-MMC ihlukile ekusokeni kwsintu, okwenzelwa isizathu sezenkolo noma njengengxeny yokukhula noma ukuya entabeni.

Uma ukusoka kwenziwa esibhedlela futhi ijwabu liye lasuswa ngokuphelele epipini ngaphansi kwezimo ezhlanzekile, ingcuphe yokutheleleka ngamagciwane iyehla.



Amacebiso Awusizo

KUBALULEKILE!

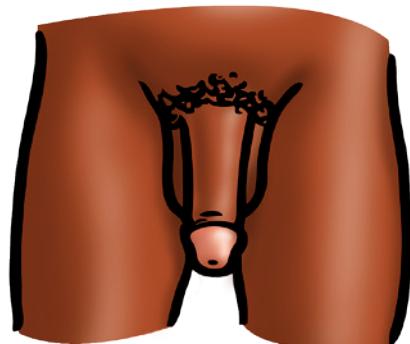
Amakhondomu kufanele asetshenziswe njalo kungakhathaleki ukuthi usokile noma cha.

2. Yiziphi izinzuzo zezempiro zokusokwa ngokuphelele?

Ukusoka ngokuphelele

Lezi ezilandelayo yizinzuzo zokusokwa kwabesilisa:

- Kulula ukuhlanza ipipi
- Kuthuthukisa ubumnandi bocansi ngoba ijwabu elingase lihuzuke futhi lidabuke ngesikhathi nenza ucansi lizobe selisusiwe
- Amaseli aheha i-HIV asusiwe, ngakho-ke iyehla ingcuphe yokutheleleka nge-HIV ngesikhathi nenza ucansi olungavikelekile
- Kunciphisa ingcuphe yokuba indoda itheleleka nge-HIV ngoba akukho kudabuka nokuhuzuka
- Kunciphisa ingcuphe yomdlavuza wepipi



Amacebiso Awusizo

KUBALULEKILE!

Ukusokwa kwabesilisa kuyosebenza kuphela ekwehliseni ingcuphe yokuthola i-HIV uma ijwabu lisuswe lonke. Ukusoka ingxenye akuyehlisi ingcuphe yokutheleleka nge-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.11

Ukuvinjelwa Kwe-HIV: Indima
Yokusokwa Kwabesilisa
Ngabezokwelapha (MMC)

3. Yiziphi izingcuphe zokusokwa?

Konke ukuhlinzwa kunezinga elithile lengcuphe, kodwa le ngcuphe iphansi. Lokhu okulandelayo kuyizingcuphe zokusokwa kwabesilisa:

- Ukopha kancane lapho uhlinzwe khona
- Ukubhibha lapho uhlinzwe khona noma lapho emlonyeni wephayiphi lomchamo, okuyishubhu elithwala umchamo nesidoda kuye ngaphandle komzimba
- Lingase lingasuswa lonke ijwabu, izingxenye zalo zisale zinamathele epipini. Lokhu kungabangela ubuhlungu lapho induku ima
- Isikhumba sangaphandle sepipi singase sisuswe ngengozi
- Ukopha kakhulu
- Ukususwa kwengxenye noma ngokuphelele (ukunqunywa) kwecuphelo lepipi (lokhu akuvamile ukwenzeka)
- Ukusoka kwandisa amathuba e-meatitis (ukuvuvukala kwendawo evulekile yepipi)

Izingcuphe zokuziphatha:

- Uma engelulekwanga kahle, amadoda asokile angalingeka ukuba angasebenzisi ikhondomu lapho eya ocansini. Kubaluleke kakhulu ukuba usebenzise ikhondomu ngaso sonke isikhathi, ngisho noma inxeba lokusokwa selipholile

4. Indoda ingasokwa kuphi?

Indoda ingabuza kunoma imuphi umtholampilo noma isibhedlela mayelana nokusoka. Kanigi umtholampilo unga dlulisel aiklayenti esibhedlela osebenzisana naso. Imitholampilo eminingi e-KZN ihileleke emkhankasweni wokwandisa inani lamadoda asokiwe futhi inezi nsuku ezithile lapho isibhedlela sithumela odokotela esikhungweni sezempilo ukuze benze i-MMC noma umtholampilo uthutha abantu ubayise esibhedlela bayokwensiwa i-MMC bese bebuyela esikhungweni sezempilo ngalo lolo suku.

5. Ingabe kuphephile ukwenza ucansi olungavikelekile ngemva kokusoka?

Cha. Akuphephile nhlobo ukwenza ucansi olungavikelekile ngoba ukusoka kwabesilisa akunikezi ukuvikeleka okuphelele ekuthelelekeni nge-HIV. Ngakho, kubaluleke kakhulu ukuqhube ka usebenzisa amakhondomu ngisho nangemva kokusokwa.

Lapho ukusokwa kwabesilisa kuhlanganiswa nezinye izindlela zocansi oluphephile njengokusebenzisa ikhondomu, ukunciphisa ophathina oya nabo ocansini kanye nokuzila ucansi, ingcuphe iyancipha. Kubaluleke kakhulu ukuba labo abasanda kusokwa balinde amaviki ayisithupha ngaphambi kokwenza ucansi. Lokhu kungenxa yokuthi kuyothatha amaviki ayisithupha ukuphola ngemva kokusoka.

INgxenye 4

Izifo Ezithathelwanayo

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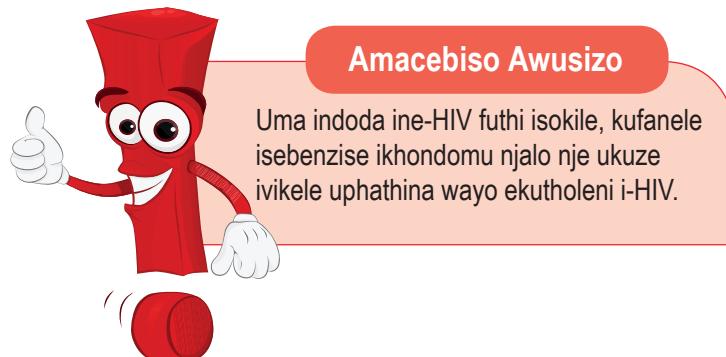
Isifundo 4.11
Ukuvinjelwa Kwe-HIV: Indima
Yokusokwa Kwabesilisa
Ngabezokwelapha (MMC)

6. Yini okufanele inakwe ngemva kokusoka?

- Ipi kufanele libe nebhandishi noma uboshwe ngokuthile okuzovumela indoda ukuba ichame. Leli bhandishi kufanele lihlale izinsuku ezi-3
- Kungase kube buhlungu kancane uma kuphela umuthi wokudikizisa imizwa. (Umuthi odikizisa imizwa onikezwa wona ukuze leyo ndawo ibe ndikindiki bese indoda ingabuzwa ubuhlungu phakathi nale nqubo). Lokhu kuvamile
- Kungase kushise kancane lapho indoda ichama okokuqala
- Kungase kube nokopha kancane kwibhandishi
- Ngemva kwezinsuku ezi-3 ibhandishi lingasuswa. Uma linamathele epipini, lingasuswa ngamanzi afudumele
- Indoda kufanele igqoke okwangaphansi ukuze iwusekele
- Indoda kufanele igeze ipipi layo kabilo ngosuku ngensipho namanzi afudumele ngemva kokuba ibhandishi lisusiwe
- Uma kopha kakhulu, kunokuvuvukala noma ubuhlungu, kufanele ibuyele esikhungweni sezempilo ngokushesha

Kungcono ukusoka usuneminyaka emingaki?

Ukuze wehlise ingcuphe yokutheleleka nge-HIV, kungcono ukuba owesilisa asoke ngaphambi kokuba aqale ukuya ocansini.



Amacebiso Awusizo

Uma indoda ine-HIV futhi isokile, kufanele isebezisa ikhondomu njalo nje ukuze ivikele uphathina wayo ekutholeni i-HIV.

7. Ingabe amadoda ane-HIV kufanele asoke?

Uma umuntu kakade esene-HIV, ukusoka ngeke kunciphise ingcuphe yokuba uphathina wakhe atheleleke. Kubalulekile ukusebezisa ikhondomu njalo uma beya ocansini ukuze avikele uphathina wakhe ekuthelekeni nge-HIV.

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.11
Ukuvinjewa Kwe-HIV: Indima
Yokusokwa Kwabesilisa
Ngabezokwelapha (MMC)

Isivivinyo

1. Kuyini Ukusokwa Kwabesilisa Ngabezokwelapha?

2. Ziyini izinzozo zezempiro zokusokwa ngokuphelele?

3. Iklayenti lakho, uThemba, usanda kusokwa. Angaqala nini ukuphinda aye ocansini, futhi kufanele yini asebenzise amakhondomu manje njengoba esesokile?

INgxenye 4

Izifo Ezithathelwanayo

4

Isifundo 4.11
*Prevention of HIV:
The Role of Medical Male
Circumcision (MMC)*

Isivivinyo

4. Ukusoka kufanele kwenziwe kuphi futhi kwenziwe ngubani?

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.12
4
Ukucwasa
Nokubandlulula

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.12 sihlose ukukucobelela ulwazi mayelana nokucwasa nokubandlulula.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqondisisa ngemiphumela yokucwaswa nokubandlululwa kwalabo abathintwe yisifo segciwane lesandulela-ngculazi
- Baxoxe ngezinkoleloze (okungelona iqiniso) mayelana negciwane lesandulela-ngculazi kanye nokuguliswa yilo (AIDS)
- Bathole abantu abasengcupheni yalokhu emakhaya nasemphakathini
- Baxoxe futhi bathole ulwazi mayelana namalungelo abantu abaphila negciwane lesandulela-ngculazi kanye nokuguliswa yilo ngokomthetho-siseko waseMzansi ne-Afrika

Okuqukethwe Yilesi Sifundo

- Ukucwaswa nokubandlululwa
- Izinkoleloze ngegciwane lesandulela-ngculazi nokuguliswa yilo
- Abantu abasengcupheni yokubandlululwa nokucwasa
- Amalungelo abantu abaphila negciwane lesandulela-ngculazi nabaguliswa yilo (PLWA)

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukufundisa amaklayenti akho nge-HIV kanye nesidingo sokuxoxa ngokukhululekile ngezindaba ezithinta i-HIV. Kufanele futhi uxoxe nabo ngesidingo sokupatha abantu abane-HIV ngenhloniph kanye nangokunakekelwa nokusekelwa okudingwa abantu abane-HIV. Kufanele futhi usebenzise leli thuba uxoxe namaklayenti akho ngokubaluleka kokwazi isimo sawo se-HIV futhi, uma kudingeka, aqale ukwelashwa ngama-anti-retroviral futhi uwabonise ukuthi lokhu kuyoyidlala kanjani indima ekunciphiseni ukucwaswa nokubandlululwa. Kufanele uwakhuthaze ukuba ayohlolelwa i-HIV futhi uwalandelele ubone ukuthi ayile yini.

INgxenye 4

Izifo Ezithathelwanayo

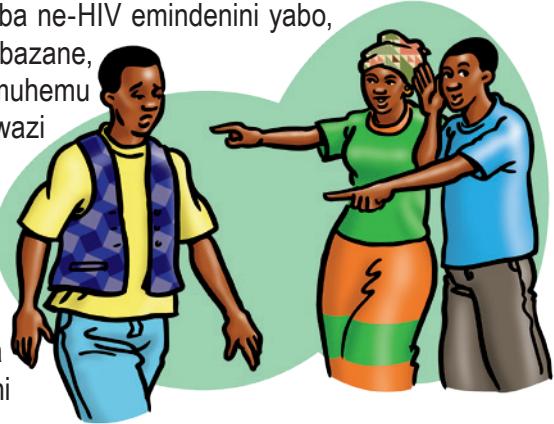
4 Isifundo 4.12

Ukucwasa Nokubandlulula

1. Ukucwasa, ukubandlululwa negciwane lesandulela-ngeculazi

Ukucwasa kubangela ukwesaba nokungaphathwa kahle kwabantu ngoba kukholelwa ukuthi bahlukile. Ngokwesibonelo, abantu abaphila ne-HIV bangase bathole ukucwaswa okuhlobene nokuba ne-HIV emindenini yabo, kubangane noma kubantu abasebenza nabo ngokuba babakhiphe inyumbazane, babahleke usulu, babaxhaphaze, bangabafuni, noma kube namahemuhemu ngabo noma kuhletshwe ngabo. Ukucwaswa kubangelwa wukungabi nolwazi mayelana neNgeculaza Negciwane Layo.

Ukubandlululwa kwenzeka uma abantu bengaphathwa kahle ngenxa yokucwasa. Lokhu kubonakala ngendlela abantu abenza ngayo kwabanye. Kwesinye isikhathi abantu abaphila ne-HIV baphathwa kabi ngabanye abantu, isib. bangase bangabavumeli labo abaphila ne-HIV ukuba badle nabo noma basebenze eceleni kwabo. Lokhu kwenza abantu ukuthi bangalufuni usizo abaludingayo, bese lokho kudala ukubhebhetheka kwe-HIV ngenxa yokuthi abantu bayesaba ukutshela abanye ukuthi baphila negciwane.



Ukucwasa nokubandlulula kukwandisa kanjani ukubhebhetheka kwe-HIV?

Ngenxa yokuthi abantu abaphila negciwane le-HIV besaba ukucwaswa nokuhlukunyeza, abanigi bayakuphika ukuthi banegciwane, noma abakwamukeli ukuthi baphila nalo. Lokhu kubangela ukuthi:

- Abantu bakhole wukuthi konke kulungile, ayikho ingozi, noma ikhona
- Abantu bangawasebenzisi amakhondomu
- Abantu bakwesabe ukuhlolelwa igciwane, uma becabanga ukuthi lingase litholakale
- Abesifazane abakhulelwe bangase besabe ukuhlola, bese lokhu kubangela ukuba babe baningi abantwana abazalwa bene-HIV
- Abantu abaphila negciwane ukuthi bangayi ukuyofuna imishanguzo noma ukunakelelwa ngoba besaba ukuthi wonke umuntu uzokwazi ngokuthi baphila negciwane
- Abantu abaphila negciwane bathola ukukhathazeka okungadingekile



Ukwelapha, ukunakekelwa nokusekelwa kusiza kanjani ekwehliseni izinga lokucwasa?

Ukubakhona kokwelashwa, ukunakekelwa nokusekelwa kunika ithembu futhi kwenza impilo ibe ngcono kubantu abaphila negciwane le-HIV. Lokhu kwenza ukuthi nabanye bafise ukuhlolelwa igciwane, bazi ngemiphumela futhi kwakha ubudlelwane obunokwethembeka nokubhobokelana. Ngenxa yokubakhona kwemishanguzo, ukuphila negciwane le-HIV sekufana nezinye izifo ezingamahlalakhona (njengesifo somfutho wegazi ophakeme) okungaphilwa naso isikhathi eside. Kunethembu lokuthi imicabango ngegiwane le-HIV iya ngokushintsha, iyogcina isimihle.

INgxenye 4

Izifo Ezithathelwanayo

Izinkoleloze ezejwayelekile namaqiniso nge HIV

Izinkoleloze nge-HIV	Amaqiniso nge- HIV
'I-HIV iyisijeziso esivela kuNkulunkulu, umuntu onayo uyisoni esingcolilie'	I-HIV yisifo. Ayisona isijeziso, aekho onecala nolungile
'Umuntu angayithola i-HIV ngokuthintana nomunye' Lenkoleloze iholele ekubeni izingane eziphila ne-HIV noma ezithintekayo zingavunyelwa ukuya ezikoleni ngenxa yokwesaba ukuthi zizothelela ezinye	Ngokomthetho izingane zinelungelo lokuya esikoleni noma zine-HIV noma zingenayo. I-HIV ayikwazi ukudluliseleka komunye ngokuthintana. Qaphela uma usiza umuntu owophayo ngokusebenzisa amagilavu e -rabha noma okunye
'Uma umuntu ebelesela ngokusebenzisa ikhondomu, lowomuntu uphila negciwane le-HIV'	Wonke umuntu kumele asebenzise ikhondomu noma uphila negciwane nomaakanalo, ngoba ukuvikela impilo yomuntu kanye neyomlingane kuwumsebenzi wawo wonke umuntu. Abantu kufanele bakhathazeke uma othile engafuni ukusebenzisa ikhondomu
'I-HIV yinto yezitabane nongqingili, abantu abamnyama, abahluphekayo noma izifikanamthwalo'	Noma ngubani angayithola i-HIV. Akukhatheleki noma ucebile, umpofu, ufundile noma akafundanga noma ngabe wumholi ohloniphekile emphakathini
'I-HIV ithela imiphakathi ngehlazo' Abantu abane-HIV bayafihlwa, bayashiywa, kwesinye isikhathi babulawe	Umthetho-sisekelo waseMzansi ne-Afrika uyakuvikela ukubandlululwa kwabantu ngenxa yesimo sempilo yabo. Ukusekelwa wumndeni nabangane kubaluleke kakhulu ekuphepheni kwabantu abaphila negciwane le-HIV
'Abantu abaphila negciwane le-HIV bayagula, abasebenzi futhi bathwesa umthwalo izinkampani zabo'. Abantu abasebenza nabo abathandi ukusebenzisa ihovisi elilodwa nabo, ngenxa yokwesaba ukutheleleka ngegciwane	Umuntu ophila ne-HIV angaphila kahle, akwazi ukuqhubeka nokondla umndeni wakhe iminyaka eminingi, uma benakelela kahle impilo yabo, badle imishanguzo (ama-ARV) kahle. Abaqashi abavunyelwe ukuhlolola abaqashwa igciwane ngaphandle kwemvume enolwazi

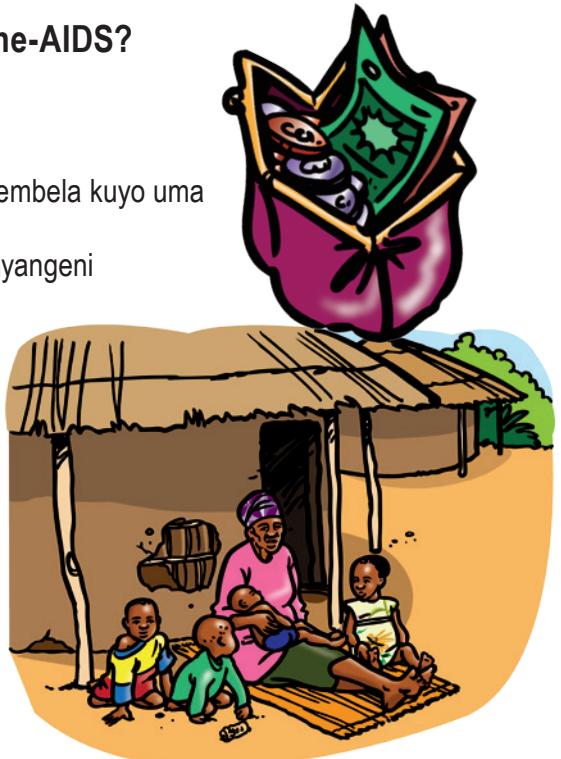
INgxenye 4 Izifo Ezithathelwanayo

2. Abantu abasengcupheni emphakathini

Yibaphi abantu namakhaya asengcupheni ye-HIV kanye ne-AIDS?

Abantu abasengcupheni kakhulu ye-HIV ne-AIDS bahlanganisa:

- Abesifazane abakhulelw
- Abesifazane namadoda anokusekelwa nemali encane angathembela kuyo uma izikhathi zinzima
- Abantu abebenophathina bocansi abangaphezu koedwa ezinyangeni eziyi-12 ezedlule
- Amakhaya ashonelwe yilungu elibalulekile lomndeni, kungenzeka lowo mndeni kuye kwadingeka udayise ezinye zezinto ukuze ube nemali eyanale yokuwunakekela. Lokhu kungase kushiye umndeni ungakwazi ukuzinakekela ngenxa yokuntuleka kwemali
- Izintandane ezingenabani ozozinakekela
- Intsha ngenxa yokungakwazi ukuthola usizokalo ezihambisana nentsha
- Abesifazane okudingeka bayeke imisebenzi yabo ukuze banakekele ogulayo ekhaya
- Abafelokazi abangenawo amandla kangako ekhaya
- Asebekhulile abanakekela izingane ezigulayo noma eziyizintandane
- Abesilisa abalala nabanye besilisa
- Abathengisa ngocansi namaklayenti abo



Yimiphi imiphakathi esengcupheni kakhulu ye-HIV ne-AIDS?

Imiphakathi:

- Engenazo izinhlangano ezisekela abantu nemindeni njengezinhelelo zamasondo ezifinyelela ebantwini
- Engenabo ubudlelwano obuqotho phakathi kwemindeni nomakhelwano abangasiza uma kubakhona izidingo
- Empofu nenemindeni engakwazi ukuthola ukudla okwanele njalo
- Enemindeni engenazo izindlela zokuthola usizo ngaphandle, njengolwazi, ukunakelelw emakhaya, ukudla emsebenzini kanye nezinhlelo zokudla kwezingane ezikoleni
- Imiphakathi entulayo eseduze nemigwaqo emikhulu neseduze nalapho kuma khona amaloli
- Enabantu abanangi abangasebenzi
- Enosizo oluncane kakhulu emphakathini ngenxa yeningi labantu abaphila negciwane Le-HIV, nalabo abathintekile
- Imijondolo eseduze namadolobha amakhulu namancane

3. Amalungelo abantu abaphila negciwane lesandulela-ngculazi ngokomthetho-sisekelo waseMzansi ne-Afrika

Abantu abaphila ne-HIV kanye ne- AIDS banamalungelo okumelwe avikeleleke. Umthetho-sisekelo waseMzansi ne-Afrika (1996) ukubeka ngokusobala ukuthi umsebenzi wezempi kumelwe aziphathe kanjani. Umthetho-sisekelo

INgxenye 4

Izifo Ezithathelwanayo

ucacisa kahle ukuthi umsebenzi wezempilo kumele acele isiguli ukuthi sizithathele ezaso izinqumo mayelana nokuthi kumele senzeni ukuze sivikele amalungelo aso. Uma iziguli zingakwazi ukukwenza lokho, umsebenzi wezempilo makazisize ukuba zithathe izinqumo eziyizo zokuvikela impilo yazo.

Umsebenzi wezempilo kumele akwenzayo kube wukuphela yilokho okuzosiza impilo yesiguli, angalokothi alimaze noma ahlukumeze isiguli. Kumele baphathe zonke iziguli ngokufana noma ezaluphi uhlanga, ukuthi bakhetha ukuba nobudlelwane bocansi nobani, noma banegciwane le-HIV noma bengenalo.



Ukuvuma okunolwazi kusho ukuthi umuntu uphethwe ngenhlonipho futhi unikezwa lonke ulwazi ukuze athathe izinqumo eziyizo, ikakhulu mayelana nokuhloelwa igciwane le-HIV. Kubalulekile ukuthi umuntu uyakuqondisisa lokhu akutshelwayo, ukuze akwazi ukukhetha indlela eyiyo ngaphandle kokuphoqwa. Ngokomthetho umsebenzi wezempilo kumele anikeze isiguli yonke imininingwane ngaphambi kokuba isiguli sikhetho ukuhloelwa igciwane le-HIV. Umthetho ugunyaza abazali noma abanakeleli bezingane ukuthi banikeze igunya lokuhloelwa i-HIV kwezingane noma abasebancane.

Umthetho-sisekelo uqine kakhulu mayelana nokugcinwa kwezimfihlo zesiguli ngabasebenzi bezempilo. Kodwa nokho uyakukhuthaza ukuthi iziguli zibatshela abezempilo ngesimo sazo nge-HIV ngoba lokho kusiza zona neminden yazo.

Umthetho-sisekelo wethembisa ilungelo lenkululeko nokuphepha komuntu kanye nelungelo lokuba nemfihlo nesithunzi. Uphinde unikeze abahlali baseMzansi ne-Afrika ilungelo lokuthola ukwelashwa emnyangweni wezempilo kahulumeni.

Ingxoxo Yeqembu

Yehlukanani ngamaqoqo nioxisane ngalokhu okulandelayo:

1. Kuyini ukucwaswa nokubandlululwa?

2. Nikezani izibonelo zokucwaswa nokubandlululwa kuyo yonke imikhakha yempilo emphakathini nokuthi ukucwaswa nokubandlululwa kunganqandwa kanjani ngendlela eyakhayo.

3. Umthetho-sisekelo waseMzansi ne-Afrika usiza kanjani ukulwa nokucwasa?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.13
Ikholera

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.13 sihlose ukukucobelela ulwazi olusemqoka mayelana nezimpawu nezinkomba kanye nokusabalala kweholera.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ingqikithi yowlazi mayelana nokuthi yini ikholera, izimpawu nezinkomba zayo kanye nokuthi isabalala kanjani
- Bakhombise izinyathelo zokuyinqanda njengokuphepha kwamanzi kanye nokugeza izandla

Okuqukethwe Yilesi Sifundo

- Ingqikithi yowlazi ngekhola
- Izimpawu nezinkomba
- Isabalala kanjani ikholera
- Ukuvikelwa kweholera

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazela amaklayenti akho ukuthi iyini ikholera; izinkomba nezimpawu zekholera; ukuthi isabalala kanjani nokuthi yini engase yenzive ukuze kuvinjelwe ikholera. Kufanele uwakhombise indlela yokwenza Amanzi Kasawoti Noshukela (Oral Rehydration Solution) abazoyiphuzisa abantu abanekholera kuze kube yilapho beya esikhungweni sezempilo. Kufanele ukhulume namaklayenti akho ngokubaluleka kokuqiniseka ukuthi uma abantu becabanga ukuthi banekholera, ikakhulukazi abantwana nezingane ezincane, baye esikhungweni sezempilo ngokushesha. Kufanele futhi uxoxe namaklayenti akho ngokubaluleka kokuqinisekisa ukuthi asebenzisa amanzi ahlanzekile. Kufanele futhi uwabonise indlela yokuhlanza amanzi.

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.13
4 Ikhолера

1. Iyini ikhолера?



Amacebiso Awusizo

Phuza amanzi ahlanzekile njalo. Wahlanze amanzi aphuma emifuleni nasemihosheni, noma ngabe abukeka ehlanzekile. Kumele ahlanzisiswe ngaphambi kokuba aphuzwe noma assetshenziselwe ukupheka [bheka iSifundo 2.6 mayelana noKuhlanzeka Ezindaweni Esihlala Kuzo].

Ikhолера yisifo esinengozi kabi esiphatha abadala nabancane. Sibangwa yigciwane (germs) elingena esiswini ngokuphuza amanzi anobuthi (angcolile). Ibangela ukuhuda okubi kakhulu, abantu abathola ikhолера bangazizwa begula kakhulu, ikakhulu uma isabalala emphakathini.

2. Itholakalaphi ikhолера?

Igciwane lekhолера litholakala emifuleni, emihosheni, emadamini noma emachibini anamanzi angcolile esetshenziswa njengendawo yokuzikhulula. Ikhолера itholakala ezindaweni lapho kungekho khona izinhlelo zokuhlanza amanzi, izindlu zangasese ezelungele ukusetshenziswa nalapho udoti ungalahlwa khona ngendlela ephephille, ushiswe noma ugqitshwe [bheka iSifundo 2.6 mayelana noKuhlanzeka Ezindaweni Esihlala Kuzo].

Ikhолера ivame ukubhebhethuka lapho kunezikhukhula ngoba amakaka anamagciwane eKholera axubana namanzi ezikhukhula asabalala emizini yabantu. Kulula ukuthola ikhолера emijondolweni ngoba awekho amathoyilethi akahle; futhi awuthuthwa udoti kanti awekho namanzi ahlanzekile.

Umuntu uyithola kanjani ikhолера?

Uma umuntu oyedwa ohlala emphakathini ebanekholera, ingasabalala iye kwabanye abaningi, kakhulu ngendle yabo. Indle enegciwane lekhолера ifafaza ubuthi emanzini amaningi. Umuntu angayithola ikhолера ngokuphuza amanzi anobuthi noma edla ukudla okugezwе noma okuphekwe ngamanzi anegciwane lekhолера.

3. Umuntu wazi kanjani ukuthi unekholera?

Ngesinye isikhathi izimpawu zekholera azinamandla kodwa ikhолера ingabayimbi kakhulu. Umuntu onalezizinkomba kungenzeka ukuthi unekholera:

- Ukuhuda okungamanzi kakhulu, okufana namanzi okupheka irayisi
- Ukuhlanza
- Ukuphelelwa ngamandla nokudideka
- Amajaqamba emilenzeni



INgxenye 4

Izifo Ezithathelwanayo

Ngokujwayelekile lezizimpawu zivela emva kwezinsuku ezimbili kuya kwezintathu emva kokuthola igciwane, kodwa kungenzeke ukuba umuntu agule kakhulu ngemva kwamahora ambalwa.

Abantu abahuda kakhulu futhi behlanza bangaphelela ngamanzi emzimbeni ngokushesha, lokhu kungaholela ekutheni bafe uma bengakutholi ukwelashwa ngokushesha. Ukuphelela ngamanzi kusho ukuthi umzimba ulahlekelwe ngamanzi amanangi. Kubaluleke kakhulu ukuthi abantu baphuze kakhulu izinto eziphuzwayo njalo uma behuda okungamanzi.



Amacebiso Awusizo

QAPHELA!

Izinsana nezingane ezsencane zingasheshe zigule kakhulu uma zihuda amanzi. Kungcono ukubaphuthumisa esikhungweni sezempilo oseduzane ngokushesha.

4. Yelashwa kanjani ikholera?

Ikhолера ingelashwa ngokunikeza umuntu okuphuzwayo okuningi njalonjalo. Uma besakwazi ukuphuza amanzi ngenkomishi, bangelashwa ngamanzi kasawoti noshukela aphuzwayo, angenziwa kalula nje ekhaya. Uma umuntu elahlekelwa ngamanzi kuthiwa uphelelwе ngamanzi emzimbeni. Amanzi okumelapha angenziwa ekhaya, aziwa ngokuthi amanzi okuphuza kasowoti noshukeka (Oral Rehydration Solution), okusho ukuthi ayaphuzwa.

Uma umuntu engasakwazi ukuphuza ngenkomishi, noma bengathi bayozela noma bekhathеле, kumele bayiswe esikhungweni sezempilo bayothola ukwelashwa.

5. Abantu bangakunqanda kanjani ukubhebhetheka kwekhолера?

Uma abantu behlala noma besebenza endaweni ekhunethwe yikholera, kwaziwa ngukuthi 'wumbhedukazane' umphakathi ungakwazi ukuthatha izinyathelo ezelula ukunqanda ukusabalala.

- Abantu kufanele bazame ukuzigcina zihlanzekile izindawo abakha amanzi kuzo
- Yenza izincomo zokuthi abantu basebenzise amanzi abilisiwe noma ahlanisisiwe kuphela. Lokhu kungenziwa ngalezi zindlela ezelandelayo:
 - Ukuyokha amanzi ahlanzekile zonke izinsuku
 - Ukusefa amanzi ngendwangu ehlanzekile
 - Yenza okukodwa kwaloku okulandelayo
 - Thela ithisipuni elilodwa leblishi emanzini angamalitha angu-20 kuya ku-25. Kuhlanganise kahle bese ulinda okungenani imizuzu engu-30 noma
 - Ubilise amanzi. Wayeke abile umzuzu owodwa ukuze ahlanzeke futhi aphephe
 - Amanzi aphephile angangcola kalula. Gcina amanzi aphephile entweni ehlanzekile evalwayo

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.13
4
Ikholera



Amacebiso Awusizo

Enziwa kanjani amanzi kasawoti noshukela ekhaya: Bilisa ilitha yamanzi okungenani umzuzu owodwa. Faka amathisipuni ayishiyagalombili agcwele kahlenje kashukela nengxenye yethispuni kasawoti. Walinde aphole bese unikeza inkomishi njalo ngehora noma njalo uma umuntu omdala ehuda okungamanzi (onesisindo esingabangamashumi ayisithupha samalikogilamu) nohafu wenkomishi njalo ngehora emva kokuhuda enganeni (enesisindo esingamakilogilamu angamashumi amabili).

- Ukuze usebenzise amanzi aphephile:
 - Sebenzisa inkomishi ehlanzekile ukuze ukhe amanzi entweni akuyo noma
 - Uthele amanzi ngesigubhu uma uwadinga
- Ungawasebenzisi amanzi aphuma kumpompi kanye nama-ayisi. Wonke amanzi kumele abiliswe noma ahlanzwe kuqala ngaphambi kokuba asetshenziswe ekudleni, ukuphuza noma kwensiwe ama-ayisi
- Abantu kumele bajwayele ukugeza izandla emini ngensipho namanzi abilisiwe noma ahlanziwe, ikakhulu ngaphambi kokudla noma lapho belungisa ukudla noma kade beye endlini yangasese.
- Wonke umuntu kumele asebenzise amanzi abilisiwe noma ahlanziwe uma egeza izitsha, exubha noma ewasha noma elungiselela ukudla
- Ukudla:
 - Akudliwe kuphela ukudla okusandukuphekwa okushisayo
 - Inyama engaphekiwe noma ufishi AKUFANELE kudliwe
 - Izithelo nemifino kufanele kucwecwe futhi kugezwe ngamanzi abilisiwe noma ahlanzisisiwe
- Qiniseka ukuthi wonke amalungu omndeni ageza izandla zavo ngemva kokusebenzisa ithoyilethi

Ingxoxo Yeqembu

1. Ziyini izimpawu zekholera?

-
-
2. Chaza ukuthi yini engenziwa ekhaya ukwelapha abantu abanekholera, baze bahanjiswe esikhungweni sezempilo.

3. Kunganqandwa kanjani ukubhebhetheka kwekhlera emphakathini?

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.14
Isifo Sohudo
(Ithayifodi)

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.14 sihlose ukukucobelela ulwazi mayelana nezimpawu, izinkomba nokwelashwa kwesifo sohudo ithayifodi.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ingqikithi yolwazi mayelana nokuthi iyini ithayifodi, izimpawu nezinkomba kanye nendlela esabalala ngayo
- Bakhombise izindlela zokuvimbela ukusabala kwazo njengokuphepha kwamanzi nokugeza izandla
- Bachaze ngokubaluleka kokuqedu ukwelashwa

Okuqukethwe Yilesi Sifundo

- Izimpawu nezinkomba ze-thayifodi kanye nokwelashwa kwayo

Kutholakala

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Iqhaza lakho njenge-CCG

Indima yakho njenge-CCG ukuchazela amaklayenti akho ukuthi iyini ithayifodi; izimpawu nezinkomba zethayifodi nokuthi yelashwa kanjani. Kufanele uxo namaklayenti akho ngokubaluleka kokuqinisekisa ukuthi uma abantu becabanga ukuthi banethayifodi, baye esikhungweni sezempilo ngokushesha. Kufanele futhi uxo namaklayenti akho ngokubaluleka kokuqinisekisa ukuthi asebenzisa amanzi ahlanzekile. Kufanele uwabonise nokuthi angawahlanza kanjani amanzi.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.14
Isifo Sohudo
(Ithayifodi)

1. Yini Ithayifodi?

Ithayifodi yisifo esibangela ukushisa kakhulu ebantwini abangenwe yigciwane elaziwa ngokuthi phecelezi yi-Salmonella. Lamagciwane asabalala ngokudla namanzi athintane nendle yabantu abanaleli gciwane le-Salmonella.

2. Yini ebangela ithayifodi?

Abantu bathola ithayifodi uma bedla ukudla noma bephuza amanzi anegciwane le-Salmonella. Uma nje umuntu esethole iThayifodi uyikhipha nendle uma eya ngasese. Uma umuntu esebezisa umfula noma iyiphi enye indawo evulekile ukuyozikhulula, amanzi omfula asezoba namagciwane. Uma abantu bewaphuza noma bewasebezisa lawomanzi bangangenwa ukugula. Kubalulekile ukuba nolwazi lokuthi nabantu ababukeka bephilile nabo bangaledluliselga igciwane leThayifodi kwabanye. Bangalithwala igciwane emizimbeni yabo isikhathi eside emva kokwelashwa. Kukhona umuthi umuntu angawunikezwa ukuze kube nesiqiniseko sokuthi lokhu akwenzeki.



Amacebiso Awusizo

Emva kokwelashelwa isifo sethayifodi iziguli zingahlala negciwane laso isikhathi eside. Umsebenzi wezempilo uyonikeza imishanguzo ezokwenza isiqiniseko sokuthi igciwane liphele nya emzimbeni.

3. Yiziphi izimpawu nezinkomba zethayifodi?

Ngemva kokutheleleka, kuthatha isikhathi esiphakathi kwesonto elilodwa noma amabili ukuthi kuvele izimpawu. Uma umuntu eselitholile igciwane, kuthatha isikhathi esingalinganiselwa emasontweni amane kuya kwayisithupha egula. Babanezinye noma zonke zalezizimpawu ezilandelayo:

- inhliziyo emnyama (ukungakuthandi ukudla)
- ukuphathwa yikhanda
- ubuhlungu kuwowonke umzimba
- ukushisa kakhulu
- ukukhathala
- ukuhuda
- ukuhlanza
- ubuhlungu esiswini obungaba ngamandla

Abanye abantu bangaba nokugula okungatheni bangabinazo lezizimpawu ezibalwe ngenhla.

Ngaleyondlela, iziguli azazi ukuthi zinesifo seThayifodi ngakho abayi nasesikhungweni sezempilo ukuyothola ukwelashwa. Leziziguli zingaqhubeka nokusabalalisa igciwane leThayifodi kwabanye, kwesinye isikhathi kube yiminyaka eminingi, uma bengelashwanga.

Abantwana nezingane ezinesifo sohudo futhi eziphalazayo kufanale ziyiswe esikhungweni sezempilo ngokushesha ngangokunokwenzeka.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.14
Isifo Sohudo
(Ithayifodi)

4. Yelashwa kanjani ithayifodi?

Ithayifodi yelashwa ngemishangozo ebizwa ngokuthi yizibulali-magciwane emzimbeni (antibiotics) ezibulala igciwane le-Salmonella. Uma ekhona umuntu emphakathini onanoma yiziphi izimpawu nezinkomba zethayifodi, niyacelwa ukuba nimthumele esikhungweni sezempilo oseduzane ngokushesha. Nicel bonke abantu emphakathini ukuba baqaphele amanzi futhi bazame ukuzigcina zihlanzekile izindawo abakha kuzo amanzi - baphuze kuphela amanzi ahlanzisisiwe [bheka iSifundo 4.13 mayelana neKholera] futhi niqiniseke ukuthi wonke umuntu ugeza izandla zakhe ngamanzi afakwe izihlanzisi [bheka iSifundo 2.6 mayelana Nokuhlanzeka Ezindaweni Esihlala Kuzo ukuthola ulwazi olubanzi ngokuhlanzwa kwamanzi] emva kokuvakashela indlu encane nangaphambi kokulungiselela ukudla futhi bangasebenzisi njengamathoyilethi izindawo eziseduze nalapho kukhiwa khona amanzi.



Amacebiso Awusizo

Hlanzisisa izandla ngensipho ngamanzi ahlanzisisekile (afakwe imithi) ngaphambi kokuwasebenzisela ukupheka noma ukuwaphuza nasemuva kokusebenzisa indlu encane noma kokushintsha inabukeni.

Ingxoxo Yeqembu

Yehlukanani amaqoqo nixoxisane ngokuthi yini engenziwa ukuze kuqedwe ukubhebhethuka kwethayifodi.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.15
Umalaleveva

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.15 sihlose ukukucobelela ulwazi olusemqoka mayelana nezimpawu, izinkomba, ukuvinjelwa nokusabalala kukaMalaleveva.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ingqikithi yolwazi ngokuthi uyini umalaleveva, izimpawu nezinkomba nokuthi ubhebhetheka kanjani
- Bakhombise ulwazi ngezinyathelo zokuwuvikela njengokusethenziswa kwezibulali-zinambuzane, namanethi emibhede kanye namaphilisi okulwa nesifo sikamalaleveva
- Bachaze ngokubaluleka kokuqedo imishangozo yokwelapha umalaleveva

Okuqukethwe Yilesi Sifundo

- Izimpawu nezinkomba zikamalaleveva
- Indlela umalalevela osakazeka ngayo
- Indlela umalalevela ongavinjelwa ngayo
- Ukwelashwa kukamalaleveva

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazelamaklayenti akho ukuthi uyini umalaleveva; izimpawu nezinkomba zikamalaleveva nokuthi ungavinjelwa kanjani umalaleveva. Kufanele uxoxe namaklayenti akho ngokubaluleka kokuqinisekisa ukuthi uma abantu becabanga ukuthi banomalaleveva, baye esikhungweni sezempilo ngokushesha. Kufanele futhi uxoxe nabo ngokubaluleka kokuqiniseka ukuthi abesifazane abakhulelwababantwana banikezwa imithi yokuvimbela umalaleveva.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.15
Umalaleveva

1. Yini umalaleveva?

UMalaleveva yisifo esibi esifafazwa womiyane, esingambulala umuntu uma engalashwanga. Emzansi ne-Afrika, omiyane abathwala lesisifo batholakala ezindaweni ezithile zalezizwe.



2. Yiziphi izimpawu nezinkomba zikamaleveva?

Izimpawu nezinkomba zikamalaleveva yilezi:

- ukushisa
- ukuqhaqhzela
- ubuhlungu bemisipha
- ubuhlungu bekhanda
- ukukhathala

Ezinye iziguli zingaba nalokhu:

- ukucanuzela kwenhliziyo
- ukuhlanza
- ukukhwehlela
- ukuhuda

Izingane zivamise ukuba nezimpawu ezehlukile ezingafani nalezi ezibaliwe. Umalaleveva angaba nengozi enkulu ezinganeni. Uma ingane kusoleka ukuthi ingenwe wumalaleveva, kumele kucelwe umnakeleli wayo ukuthi ayihambise esikhungweni sezempilo ngokushesha

Ukushisa nokuqhaqhzela kuzoqhubeka izinsukwana ezimbalwa kubuye kuphele, kuphinde kubuye ezinsukwini ezimbalwa. Kwesinye isikhathi isikhumba nalendawo emhlophe emehlweni kuba nombala ophuzi. Lokhu kusho ukuthi umalaleveva mubi kakhulu, umuntu kudingeka ukuthi aye esibhedlela ngokushesha.

Lokhu kuvamise ukwenzeka ezinsukwini eziyishumi kuya emasontweni amane. Emva kokulunya umiyane endaweni enomalaleveva, kodwa kusangenzeka nangemuva konyaka.

Kwesinye isikhathi noma umuntu esesindile kumalaleveva, amagciwane abangela umalaleveva kusengenzeka ukuthi ayaphila emzimbeni, futhi ngemva kwesikhashana, angase aphinde amgulise umuntu. Lokhu kubizwa ngokuthi 'wukubuyelela' kukamalaleveva.

Umuntu angabona kanjani ukuthi omunye unomalaleveva?

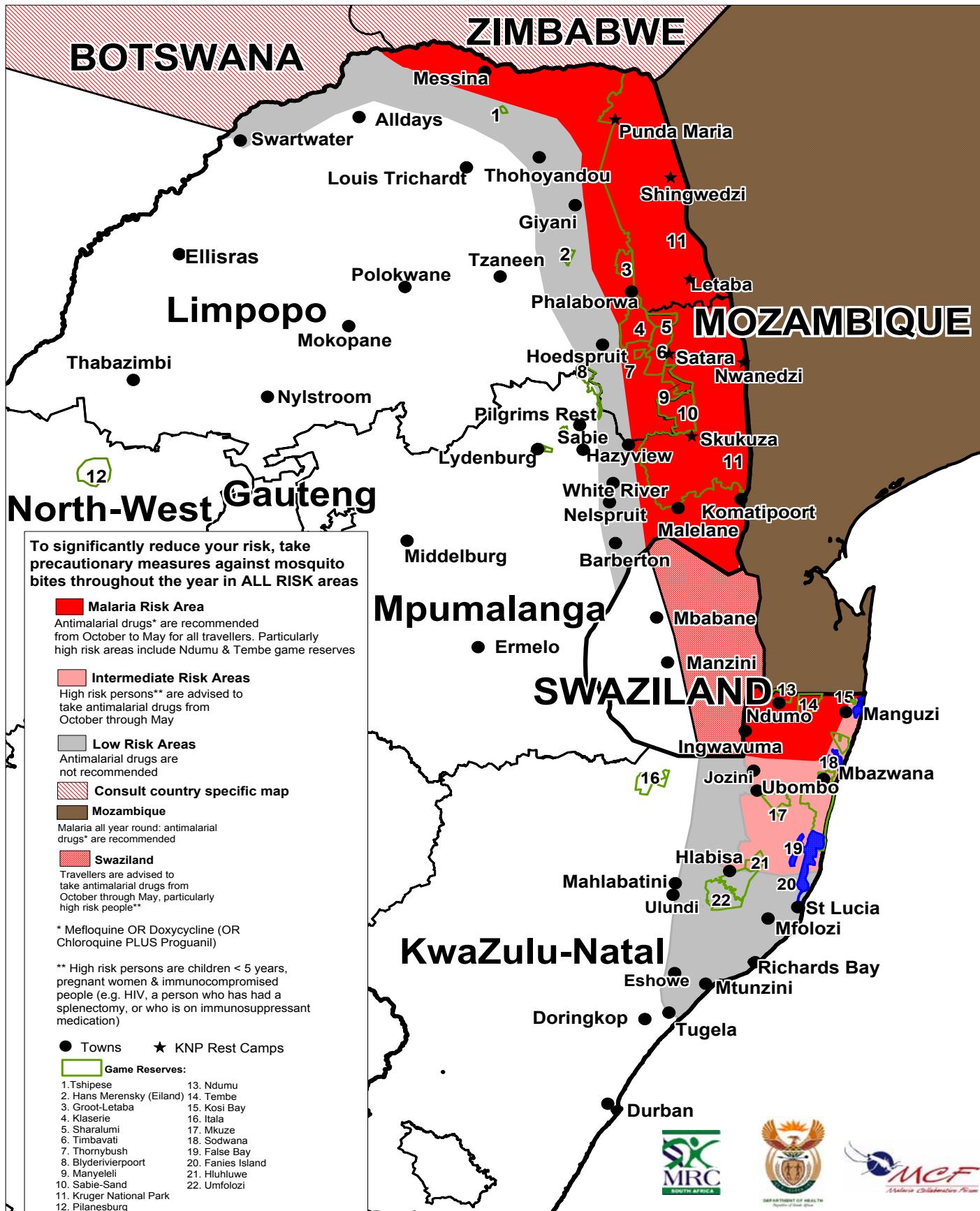
Uma umuntu enezinye zalezimpawu ezingenhla, ehlala noma esandukuhambeli indawo enomalaleveva, lowomuntu udinga ukuya esikhungweni sezempilo ngokushesha. Kungenzeka bathunyelwe esibhedlela ukuyohlolelwu umalaleveva. Kucofozwa umunwe ngenalithi kuthathwe iconsana legazi. Udukotela noma umsebenzi wezempilo uzobe eselibheka igciwane likamalaleveva ngesipopolo.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.15
Umalaleveva

IMAP YEZINDA WO LAPHO UMALALEVEVA UGCWELE KHONA

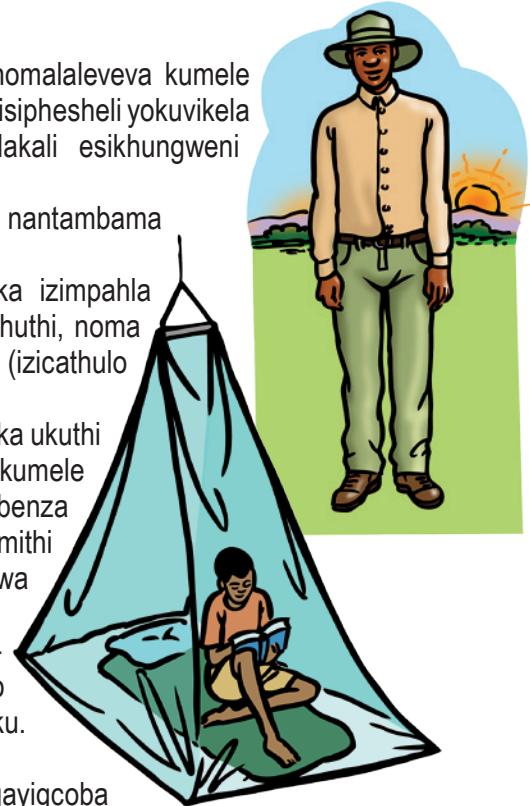


INgxenye 4

Izifo Ezithathelwanayo

3. Angavikelwa kanjani umalaleveva?

- Uma umuntu ehlela ukuhambela indawo eyaziwayo ukuthi inomalaleveva kumele aphuze imishanguzo elwa nomalaleveva. Lena yimishanguzo eyisiphesheli yokuvikela ukuthi abantu bangangenwa wumalaleveva kodwa ayitholakali esikhungweni sezempilo. Itholakala emakhemisi
- Badinga ukugwema ukuba ngaphandle ngezikhathi zasekuseni nantambama ngesikhathi omiyane bephithizela kakhulu
- Kumele bemboze umzimba isikhumba singaveli, ngokugqoka izimpahla ezinemikhono emide, amabhulukwe amade, amasokisi, amabhuthi, noma izicathulo ezivalekile nezigqoko. Akumele bafake amasandali (izicathulo ezivulekile) ngoba bangalunywa kalula womiyane
- Wonke umuntu kumele asebenzise inethi lombhede – kusemqoka ukuthi inethi liwemboze wonke umbhede. Uma inethi lingafiki phansi, kumele lishuthekwe ngaphansi komatilasi. Amanethi ombhede asebenza kangcono uma echelwe ngezibulali-zinambuzane noma imithi yokuxosha omiyane. Amanye amanethi emibhede athengwa esevele efafazwe ngemithi yokubulala omiyane
- Izibulali-zinambuzane zingasetshenziswa uma kungenzeka-i-aerosol yokufafaza noma eminye imithi njengaleyo yokushunqisela omiyane ukuze bangangeni endlini ebusuku. Kumele abantu baqaphele bangayihogeli imithi efafazwayo.
- Eminye imithi exosha omiyane yensiwe ngendlela yokuthi ungayigcoba esikhumbeni ukuze bangakulum omiyane



Yini abangayenza abantu abahlala endaweni enomalaleveva?

- Bangakha izindlu zabo kude nezindawo ezimanzi, ezinamaxhaphozi, imifula namadamu, izindawo omiyane abathanda ukuzalela kuzo
- Baqiniseke ukuthi wonke amanzi emvula namanzi aphuma emadrayinini akhishelwa ngaphandle komuzi
- Bafake izisefo eminyangweni nasemafasiteleni ezindlu
- Lapho kukhona amanzi ame ndawonye angeke akhipheke kungafaka imithi eyaziwa ngokuthi phecelezi 'larvicides'
- Izidonga zangaphakathi zezindlu zingapendwa ngezibulali-zinambuzane ezingenabuthi obuyingozi kodwa ezisebenza isikhathi eside
- Balale ngaphansi kwamanethi ombhede, ikakhulu lawo afafazwe ngezibulali-zinambuzane noma imithi yokuxosha omiyane
- Konke lokhu okubalwe ngenhla kufanale kusetshenziswe nangabantu abahambela izindawo ezinomalaleveva

4. Ukwelashwa kukamalaleveva

Abantu abaphethwe wumalaleveva ongatheni bangelapheka ngamaphilisi kodwa labo abanomalaleveva ongamandla banikezwa imishanguzo nge-drip esibhedlela.

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.15
Umalaleveva

5. Ngabe umalaleveva uyinkinga kokhulelwe?

Yebo. Umalaleveva uyingozi kakhulu kowesifazane okhulelwe nasemntwaneni ongakazalwa. Kungaba khona inkinga yokukhululelwa njengokuzalwa komntwana isikhathi singakashayi, ukwehla kokusansimbi okudingwa igazi, ukuba umama ashonelwe umntwana esakhulelwe nokuba umntwana angaphili futhi angazalwa ephila. Abesifazane abakhulelwe kumele baye njalo esikhungweni sezempilo ukuze bathole ukwelashwa.

6. Ngabe umalaleveva uyinkinga ezinganeni?

Yebo. Kubaluleke kakhulu ukuthi zonke izingane, nabantwana abancane abahambela izindawo ezinoMalaleveva, bathathe imishangozo yokuvikela uMalaleveva. Kubalulekile ukuthi ingane ithole imishangozo eyiyona futhi inikwe isikali esiyisona. (Isikali shiso isilinganiso somshangozo). Isilinganiso siyangokuthi ingane ingakanani ngobudala nangesisindo. Umshangozo omnini ungaba yinkinga enganeni. Njengayo yonke eminye imishangozo, imishangozo yokulwa nomalaleveva kumele igcinwe ngendlela yokuthi izingane azikwazi ukuyivula, futhi ibekwe kude nalapho zifinylela khona.

Kanti kubalulekile ukuthi izingane zihlale zembethe izinto ezembozayo ngasosonke isikhathi; zigcotshwe ngezivikeli-miyane futhi zilale emibhedeni embozwe ngamanethi.

Ingxoxo Yeqembu

Yehlukanani ngamaqoqo nioxo ngalokhu okulandelayo:

1. Umalaleveva ubhebhetheka kanjani?

2. Ziyini izimpawu esisemqoka zikamalaleveva?

3. Yisho futhi uchaze izindlela ezintathu zokuvikela umalaleveva.

INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.16
Amarabi

OKUHLOSIWE NGALESI SIFUNDO

Isifundo 4.16 sihlose ukukucobelela ulwazi olusemqoka mayelana nesifo samarabi.

Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuba nengikithi yowlazi olumayelana nesifo samarabi, izimpawu nezinkomba nokuthi sibhebhetheka kanjani
- Bakhombise ulwazi ngezinyathelo zokuvikela njengokugonywa kwezilwane
- Bachaze ngezimpawu ezingakhombisa umuntu ukuthi isilwane kungenzeka sibe namarabi

Okuqukethwe Yilesi Sifundo

- Yini amarabi?
- Izimpawu nezinkomba zamarabi
- Indlela amarabi abhebhetheka ngayo

Kutholakala

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Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuchazelamaklayenti akho ukuthi ayini amarabi; izimpawu nezinkomba zamarabi nokuthi amarabi angavinjelwa kanjani ngokuqinisekisa ukuthi izilwane ezifuywayo zigonyelwa amarabi kanye ngonyaka. Kufanele uxo namaklayenti akho ngokubaluleka kokuqinisekisa ukuthi uma abantu becabanga ukuthi banamarabi, baye esikhungweni sezempilo ngokushesha ngangokunokwenzeka.

INgxenye 4

Izifo Ezithathelwanayo

Isifundo 4.16
Amarabi

1. Yini amarabi?

Amarabi yisifo esibi kakhulu esifafazwa ikakhulu yizilwane, njengezinja, kanye namakati, amalulwane nezinye izilwane ezigulayo. Amarabi afafazeka ngokuthi isilwane esigulayo silume umuntu amathe aso angene emzimbeni womuntu ngesilonda. Imvamisa yesifo samarabi siphatha izingane ngoba azikwazi ukuqaphela, zithinta nezilwane ezingaziwa. Izingane kufanele zitshelwe ukuba zingathinti noma zidlale ngezilwane ezingazazi.

Ukulunywa yizinja yiyonambangela enkulu yamaRabi Emzansi ne-Afrika. Ezinye izilwane zasendle ezingasabalalisa isifo samarabi yilezi:

- Uchakide/imvuzi
- Ikti lentaba
- Ilulwane



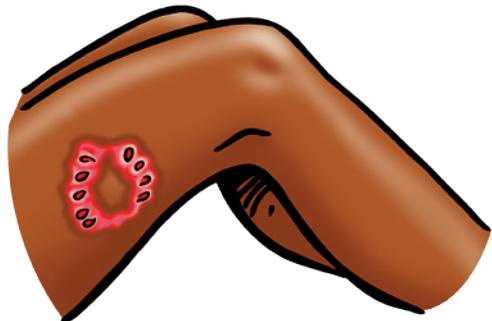
Amacebiso Awusizo

Isikhathi esiphakathi kokuba umuntu athole isifo naleso ahlatshwa ngaso wukugula saziwa ngokuthi 'isikhathi sokufukamela'. Kungathatha izinsuku eziyishumi kuya emasontweni amayisikhombisa ngaphambi kokuba umuntu abe nezimpawu zokugulisa amarabi. Kodwa-ke imvamisa kuthatha amasondo amathathu kuya kwayisikhombisa ngaphambi kokuba umuntu akhombise noma yiziphi izimpawu zokugula.

2. Izimpawu nezinkomba zamarabi

Izimpawu nezinkomba zingabandakanya lezi:

- Ukuba nexhala nokushesha ukucasuka
- Ukugxaza amathe
- Ukudlikiza (sengathi unesithuthwane)
- Ukititazeka lapho umuntu elunywe khona
- Umzimba ubandiki-ndiki
- Imisipha izwakala sengathi ayisebenzi kahle
- Umzimba uyashisashisa
- Ugugqana kwemisipha okunobuhlungu
- Ubuhlungu enxebeni lokulunywa
- Ukuphithizela
- Ubunzima uma ugwynya nokwesaba amanzi



3. Ukuxilongwa kwamarabi

Uma isilwane siluma umuntu, kumele bazame ukuthola ukuthi yinhloboni yesilwane neminye imininingwane njengokuthi sivelaphi ukuze batshele umsebenzi wezempiro nodokotela wezilwane (vet). Uma isilwane sifuyiwe, bangabuza kumnikazi waso ukuthi sigonyelwe yini amarabi. Kushayelwe umasipala kubuzwe ukuthi udokotela wezilwane utholakalaphi. Udokotela wezilwane uzobe esesihlola isilwane lesu ukuthi sinaso yini isifo samarabi.

Kungaxilongwa ukuthi abantu banaso yini isifo samarabi ngokusetshenziswa ucezu lwesikhumba esithathwe entanyeni. Odokotela bangasihlola futhi isifo samaRabi ematheni omuntu noma oketshezini lamathambo omfunkulu (spine).

INgxenye 4

Izifo Ezithathelwanayo

4. Ukwelashwa kwamarabi

Isilonda sidinga ukugezisiswa ngensipho namanzi amanangi. Lokhu kungaphindwa noma kibili. Ngemva kokugeza isilonda umuntu angaphuthuma esikhungweni sezempilo. Umsebenzi wezempiro uzophinda asigeze isilonda, asuse nokungcola okunganamathela esilondeni. Kuvamise ukuthi amanxeba ezilwane angathungwa ngoba inxeba lingavunda bese kudingeka ukuthi kukhishwe ubomvu.

Uma kunengozi yesifo samarabi, umuntu anganikwa imijovo emihlanu ukuvikela isifo samarabi. Lemijovo ingaqala ngosuku umuntu alunywe ngalo. Umsebenzi wezempiro uzokutshela ukuthi uzobuya nini ukuzophinda umjovo. Kubaluleke kakhulu ukuthi isiguli sibuyele emtholalmpilo ukuyophinda imijovo njengokuyalelwa ngabezempilo.

- Uma isilwane sifuyiwe futhi saziwa, sisaphila singenalutho emva kwezinsuku eziyishumi, umjovo ungase uyekwe. Imvamisa, amanxeba ezilwane zasendle adinga yonke imijovo emihlanu
- Imishanguzo eyizivikeli – kuvunda (antibiotics) iyanikezwa ukuvimbela ukuvunda kwesilonda



Amacebiso Awusizo

- Goma izilwane zasekhaya (izinja namakati) uzigomele amarabi
- Yazi izimpawu nezinkomba zesifo samarabi
- Khumbula ukugezisiza izilonda zokulunywa bese UYA esikhungweni sezempilo

5. Ukuvinjelwa kwamarabi

Ukusiza ukuvikela isifo samarabi:

- Umuntu akangasondeli esilwaneni noma athinte isilwane angasazi
- Abantu abasebenza lapho bengase balunywe khona (njengonoposi) kumele bagonywe
- Abantu kumele baqiniseke ukuthi izilwane zabo zigonyiwe ukuze zingaphathwa yisifo samarabi.
- Izinja namakati kumele zithole imigomo ebudaleni bazo obuyizinyanga ezine, kuphindwe njalo ngonyaka emva kwalokho

6. Izimpawu nezinkomba zesilwane esinesifo samarabi

Izilwane ezinesifo samaRabi zingabanalezimpawu:

- Ukukhihliza amagwebu emlonjeni
- Ulaka olungaqondakali

Kodwa ngesinye isikhathi izilwane ezinesifo samarabi zingazotha zibeke umoya phansi, ngakho abantu kumele baqaphele ukusondela noma ukulunywa yizinja abangazazi.



INgxenye 4

Izifo Ezithathelwanayo

4 Isifundo 4.16
Amarabi

Isivivinyo Seqembu

- Yiziphi izimpawu zenja enesifo samarabi?

- Yiziphi izimpawu ezikhomba ukuthi umuntu unesifo samarabi?

- Chazani ukuthi yini okufanele yenziwe uma ingane ilunywe yinja.

- Yini umuntu angayenza uma ecabanga ukuthi inji inesifo samarabi?

INgxenye 4

Izifo Ezithathelwanayo



UNkosinathi, owesilisa oneminyaka engama-40 ubudala usebenza eGoli kanti umuzi wakhe usemakhaya ase-KZN. Le ndawo yase-KZN ithola imvula eningi ehlobo kanti ithandwa abazingeli bendawo njengoba igcwele izinyamazane. Sekuyizinsuku ezinhlanu manje lina futhi ngenxa yalokho imizi eminingi kanye nezlwane kuye kwalahleka futhi isimiso samanzi sendawo sonakele. Kunanomiyane abaningu ngalesi sikhathi sonyaka.

Umkakhe, uNontu, uhlala ekhaya unakekela izingane zabo zabafana ezimbili ezingasokile kanye nonina kaNkosinathi osekhlule. Ugogo ubelokhu ekhwelhlela, ejuluka ebusuku futhi enenhliziyo emnyama. UNontu ukhathazekile ngoninazala futhi uyazibuza ukuthi izingane zakhe zizokuqapha yini lokho okugulisa ugogo wazo. Umfowabu omncane kaNkosinathi, uJabu, ufuye izinja zokuzingela futhi uzidayisa khona kule ndawo ukuze asize ekhaya. Lezi zinja azizange zigonywe ezinyangeni ezingu-12 ezedlule.

UNontu uphawule uketshezi oluphuma esithweni sakhe sangasese futhi kubuhluntu uma echama kanti kubuhluntu nasezansi nesisu. UNkosinathi ubelokhu ezama ukulwa nomkhuhlane osunamasonto amane umbambil. UNontu utshele uNkosinathi ukuthi yena uNontu kuzodingeka aye esikhungweni sezempilo ukuze athole imithi. Lapho uNontu ebua esikhungweni sezempilo, utshela uNkosinathi ukuthi welashelwe i-STI futhi umsebenzi wezokwelapha esikhungweni sezempilo ucele ukuba naye uNkosinathi eze azohlelwa i-STI nokuthi bobabili kufanele baholelwe i-HIV. UNkosinathi uyathukuthela athi akaqondi ukuthi kungani yena kufanele aye esikhungweni sezempilo.

I-CCG, uBongani, uhlinzeka lelikhaya ngezinsizakalo nosizo.

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

Hlukanani ngamaqoqo bese nenza isikeshi (umdlalo) ngaloku okulandelayo:

1. Ngokuya ngale ndaba eyisibonelo, yini uBongani okufanele ayixoxe nalo mndeni?

2. UBongani kufanele anqume kanjani ukuthi yini okudingeka axoxe ngayo kuqala nabo nokuthi kufanele akuhlele kanjani ukuvakasha kwakhe?

Ukuvakasha 1:

UBongani uvakashela lelikhaya ezinsukwini ezimbalwa nje ngemva kokuba lokhu kwenzekile.

1. Yini uBongani okufanele ayixoxe noNkosinathi ukuze aqonde futhi akwamukele ukuthi kungani kudingeka ukuba aye esikhungweni sezempilo ayohlolelwa i-STI?

2. Yiliphi ithuluzi uBongani angalisebenzisa ukuze amsize?

3. Zijwayezeni ukusebenzisa leli thuluzi futhi ngokuya ngalolu lwazi olukule ndaba eyisibonelo, yini uBongani okufanele atuse ukuba uNkosinathi ayenze?

4. Kungani kufanele uNontu noNkosinathi bahlolelwe i-HIV?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

5. Yiliphi ithuluzi uBongani angalisebenzisa elizomsiza abakhuthaze ukuba bayohlolwa?

6. Zijwayezeni ukusebenzisa leli thuluzi futhi ngokuya ngalolu lwazi olungenhla, yini uBongani okufanele ayituse kuNontu noNkosinathi?

7. Yini uBongani okufanele ayisho kubo mayelana nokuzama ukungadluliseli igciwane lisuka komunye umuntu liya komunye?

8. Yini enye uBongani angabashiya nayo ukuze abasize ngalokhu?

UNontu utshela uBongani ukuthi ubesaba kakhulu ngesikhathi eya esikhungweni sezempilo ngoba wayengazi ukuthi yini okufanele ayilindele. Umtshela nokuthi ukhathazekile ngokuthi lokhu kungase kuphinde kwenzeke futhi ucela uBongani ukuba amchazele ukuthi kuzokwenzekani esikhungweni sezempilo uma eyohlolelwa i-HIV.

9. Yini uBongani okufanele ayitshele uNontu noNkosinathi mayelana nokwelulekwa kwamakhaphuli nokuthi kungani kubalulekile?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

10. Nisebenzisa imigudu yokunakekela ye-HCT, zijiwayezeni ukuchazela uNontu noNkosinathi ukuthi injani inqubo nokuthi yini okufanele bayilindele uma beya esikhungweni sezempilo beyohlolelwa i-HIV.

Lapho uBongani ekhulumma nogogo ngezimpawu ugogo anazo, ugogo umtshela ukuthi usenamaviki ambalwa ekhwehlela.

11. Yikuphi ukugula uBongani okufanele akucabangele lapho elalele ugogo ngezimpawu zakhe?

12. Ngokuya ngolwazi olukule ndaba eyisibonelo, yini uBongani okufanele atuse ukuba ugogo ayenze?

13. Ingabe kukhona yini ukuqapha okukhethekile lo mkhaya okufanele ukwenze ukuze unciphise amathuba awo okuthola lesi sifo? Uma kunjalo, chaza ukuthi yikuphi.

14. Yiliphi ithuluzi lokuhlonza uBongani okufanele alisebenzise ukuze agquqquzele lo mkhaya ukuba nawo uyohlolwa?

15. Yini uBongani okufanele ayitshela uNontu mayelana nokuqinisekisa ukuthi izingane zakhe, yena nomyeni wakhe abakutholi loku kugula?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

UBongani ubona ixhaphozi kanye namanzi ageleza adlule ethoyilethi elibhidlikile. Uqaphela nokuthi kunomiyane lapha.

16. Yikuphi ukugula okungase kube khona ngenxa yezimo ezikule ndawo nangenxa yesikhathi sonyaka uBongani okufanele axoxe ngakho nalo mkhaya? Yini uBongani okufanele abatshеле yona mayelana nokugwema ukuthola lezi zifo?

Ngemva kokuxoxa noBongani, uNontu ukhathazekile ngokuthi umkhaya usebenzisa amanzi angcolile. UBongani ukhombisa uNontu indlela yokuhlanza nokuqedo amagciwane emanzini.

17. UBongani kufanele amkhombise kanjani uNontu indlela yokuhlanza amanzi:

- okuphuza

- okugeza izandla, njll.

18. Yini uBongani okufanele ayioxo noJabu mayelana nezinja zakhe?

19. Yiluphi olunye ulwazi uBongani okufanele aluxoxe noJabu?

20. Ngokuya ngezingxenye zezifundo ezedlule, yimaphi amanye amathuluzi okuhlonza uBongani angawasebenzisa kulo mkhaya?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

21. Ingabe uBongani kufanele aphinde awulandelele lo mndeni?

- Kufanele awulandelele nini?

- Ubani okufanele amlandelele?

- Yini okufanele ayilandelele kumuntu ngamunye?

- Yiziphi izinyathelo uBongani okufanele azithathe uma ukusikisela kwakhe kushaywa indiva?

Ukuvakasha 2:

Ekuvakasheni kukaBongani okulandelayo, uNontu umtshela ukuthi yena noNkosinathi bayile esikhungweni sezempilo nokuthi bobabili baye bahloliswa i-HIV. Ngesikhathi belulekwa, baye bachazelwa ngeNgculaza Negciwane Layo, i-PMTCT ne-HCT futhi uNkosinathi uvumile ukuthi ubenentombi eGoli. UNontu utshela uBongani ukuthi bobabili bane-HIV futhi bobabili baye bahlolwa isibalo samaseli e-CD4. UNkosinathi uyesaba ukutshela unina ngesimo sakhe se-HIV. Unina uvame ukuthi 'noma ubani oneNgculaza Negciwane Layo kumfanele lokho ngoba ujeziselwa izenzo zakhe ezimbi.'

1. Ingabe lokhu kuyiqiniso: 'Noma ubani oneNgculaza Negciwane Layo kumfanele lokho ngoba ujeziselwa izenzo zakhe ezimbi'? Sicela uchaze impendulo yakho.

2. UBongani angayisiza kanjani le khaphuli nalo mkhaya ukubhekana nokucwaswa okuhlobene ne-HIV?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

3. Yikuphi okunye ukwesekwa okungatholwa yile khaphuli/yilo mndeni?

4. Siza uNkosinathi ukuba azijwayeze ukutshela intombi yakhe isimo sakhe se-HIV.

Uma uBongani ebuza, uNkosinathi utshela uBongani ukuthi yena noNontu abakabuyeli ukuyolanda imiphumela yabo yokuhlolwa kwesibalo samaseli e-CD4. Abazi ukuthi kungani kudingeka baye ngoba babengaqondi ngokuphelele ukuthi kungani kuhlolwa isibalo samaseli e-CD4.

5. Yini uBongani okufanele abatshele yona mayelana nokuthi kungani kubalulekile ukuba babuye esikhungweni sezempilo bayothola imiphumela?

6. Chaza ukuthi kuyini ukuhlolwa isibalo samaseli e-CD4 nokuthi kungani kubalulekile.

UNontu utshela uBongani nokuthi ukhulelwwe futhi ukhathazekile ngokuthi umntwana uzozalwa ene-HIV.

7. Yini uBongani okufanele ayixoxe noNontu ngokukhulelwwa kwakhe? (Sebenzisani nolwazi eniluthole ezingxenyeni zezifundo ezedlule).

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

8. Nisebenzisa iMigudu Yokunakekela Ye-PMTCT, zijwayezeni ukuchazel uNontu ukuthi yikuphi ukunakekela okufanele akulindele kuye nakumntanakhe.

9. Yiziphi izihloko ezibalulekile okufanele uBongani axoxe ngazo noNontu noNkosinathi mayelana nokuhlala benempilo? (Sebenzisani nolwazi eniluthole ezingxenyeni zezifundo ezedlule).

UNkosinathi utshela uBongani ukuthi esikhungweni sezempilo ubone izingqwembe ezikhuluma ngokusoka futhi ubezibuza ukuthi kufanele akucabangele yini naye.

10. Yini uBongani okufanele ayitshele uNkosinathi mayelana nokusokwa kwakhe?

11. Akhona yini amanye amalungu omndeni angazuza ngokusokwa? Uma kunjalo, yimaphi futhi kungani?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

12. Ingabe uBongani kufanele aphinde awulandelele lo mndeni?

- Kufanele awulandelele nini?

- Ubani okufanele amlandelete?

- Yini okufanele ayilandelete kumuntu ngamunye?

- Yiziphi izinyathelo uBongani okufanele azithathe uma ukusikisela kwakhe kushaywe indiva?

Ukuvakasha 3:

Lapho uBongani ephindela kulelikhaya, uphawula ukuthi ingane encane iyaphalaza. UNontu umtshela ukuthi ibikhala nangamajaqamba emilenzeni.

1. Yini uBongani okufanele atshele uNontu ukuba ayenze?

2. Ilkhona yini into engenziwa ekhaya ukuze kwelashwe le ngane? Uma kunjalo, chaza ukuthi yini nokuthi yenza iwanja?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

UNontu utshela uBongani nokuthi yena noNkosinathi babuyelesikhungweni sezempilo ukuze bayothola imiphumela yokuhlolwa kwesibalo samaseli e-CD4 nokuthi isibalo sakhe samaseli e-CD4 u-410 kanti esikaNkosinathi u-320.

Ucela uBongani ukuba amchazele lokhu.

3. UBongani umtshelani ngesibalo samaseli e-CD4 yakhe uNontu?

4. Kusho ukuthini ngokukhulelwa kwakhe?

5. Imiphumela yokuhlolwa kwesibalo samaseli e-CD4 kaNkosinathi isho ukuthini?

UNkosinathi ucela uBongani ukuba amchazele inqubo yokuthola ama-ARV.

6. Sebenzisa iMigudu Yendlala Yokunakekela ama-ARV, zijwayezeni ukuchaza ukuthi injani le nqubo nokuthi yini okufanele ayilindele uma eya esikhungweni sezempilo ukuze athole ama-ARV.

7. Chaza ukubaluleka kokunamathela ekwelashweni (ama-ARV, i-TB, njll.)

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

8. Ingabe uBongani kufanele aphinde awulandelete lo mndeni?

- Kufanele awulandelete nini?

- Ubani okufanele amlandelete?

- Yini okufanele ayilandelete kumuntu ngamunye?

- Yiziphi izinyathelo uBongani okufanele azithathe uma ukusikisela kwakhe kushaywe indiva?

Ukuvakasha 4:

1. UBongani kufanele abheke kanjani ukuthi uNkosinathi uyanamathela yini emishanguzweni yakhe yama-ARV?

2. Yiliphi ithuluzi uBongani angalisebenzisa ukuze amsize?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

3. Zijwayezeni ukusebenzisa leli thuluzi futhi ngokuya ngalolu lwazi olungenhla, yini uBongani okufanele atuse uNkosinathi ukuba ayenze?

4. Ingabe uBongani kufanele aphinde awulandelele lo mndeni?

- Kufanele awulandelele nini?

- Ubani okufanele amlandelele?

- Yini okufanele ayilandelele kumuntu ngamunye?

INgxenye 4

Izifo Ezithathelwanayo

Indaba Eyisibonelo

5. Yini uBongani okufanele ayixoxe nobabomncane wezingane kanye nenyе intsha yakulo mndeni mayelana nokuvimbela?

6. Njenge-CCG esebezena kulo mphakathi, yimaphi amanye amaphuzu ongaxoxa ngawo noma usizokalo ongazitusa ezizosiza lo mndeni?

AMANOTHI