

Ukuphila okuneThemba (Positive Living)



Igama:

Ukuphila okuneThemba

Siyanamukela “ekuPhileni okuneThemba”. Lena yi-workbook eyenzelwe ukusetshenziswa ngaphezu kwamaviki ayisi-6, inhloso yayo ukusiza abantu bathuthukise amakhono abo okulawula ukuphila ne-HIV/AIDS. Uma usebenzisa le-workbook akusho ukuthi uhlale phansi uyifunde noma ulalele. Ukuze uthole kabanzi ngalesi sifundo uzocelwa ukuba ucobelelane ngolwazi lwakho, kuzodingeka uzibekela imigomo bese ucobelelana ngayo nabanye futhi kudingeka ubambe iqhaza kule misebenzi. Le workbook AYITHATHI indawo yanoma yiziphi ezinye izinto zokwelashwa ezinconyelwe ukwelapha lesi simo sakho.

Uzozuza kakhulu kule workbook uma uzimisela ukuqeda zonke izigaba emavikini ayisithupha 6. Ucwangingo lwesayensi lusibikela ukuthi lezi zifundo zihlomulisa kakhulu kubantu abaphila nezifo ezigxilile ezifana nesifo sikashukela, i-arthritis ne-HIV/AIDS. Kodwa ukuze uzuza kulesi sifundo, kusemqoka ukuba usebenzise le workbook njalo ngaphezu kwamaviki ayisi-6, ukuzibandakanya nangezenzo kubalulekile kakhulu. Le workbook ihlukaniswe ngezigaba eziyisithupha:

1. Iviki 1: Indlela yokuziphatha kanye neyokuziVocavoca
2. Iviki 2: Ukulawula izimpawu ezivamile ze-HIV/AIDS
3. Iviki 3: Ukulawula iNgcindezi (Stress)
4. Iviki 4: Ubuhlungu
5. Iviki 5: Ukudla ngeNdlela
6. Iviki 6: Ukuqhubeka njengomphathi ozimele onempumelelo

Umholi wakho walesi sifundo ngu-_____. Usefundisiwe ngalo lonke ulwazi ozobhekana nalo. Useqeqeshiwe yi-physiotherapist noma yi-occupational therapist onolwazi ongungoti ku-HIV/AIDS ngezindlela ezivikelekile zokuzivocavoca kanye nangamasu okuziphumuza.

Iviki 1: Indlela yokuziphatha kanye nokuzivocavoca

Sichaza ukuthini ngegama elithi “indlela yokuziphatha”? Indlela yokuziphatha ayichazi ukuthi kulindeleke ukuba unakekele impilo yakho ngokwakho ngaphandle kosizo. Cha, umuntu osephumelele ngendlela yokuziphatha nayilowo onegunya ngempilo yakhe. Lokhu kuchaza ukuthi bakhetha ukusebenzisana nethimba lezempilo, nangemishanguzo yabo nangabo uqobo ukuze baphile ngendlela enempilo (njengomphathi webhizinisi – abazenzeli konke ngokwabo, basebenzisana nethimba).

Ziningi izinto ongafunda ukuzenza ezingakusiza ukuba ukwazi ukuziphatha ngempumelelo. Okokuqala kusemqoka ukuba uqondisise i-HIV ne-AIDS. Kuzodingeka uqondisise ngale vayirasi nangalesi sifo, indlela esithathelana ngayo, indlela esingaba nomthelela ngayo kuwe nangemishanguzo okumele uyisebenzise ukwelapha lesi sifo.

Isinyathelo esilandelayo sindlela yokuziphatha, indlela yokwazi ukucabanga ngalolu lwazi mayelana nomthelela onalo kuwe. Isinyathelo sokugcina sindlela yokuzilawula ukucabanga ngokuthi yikuphi ofuna ukwazi ukukwenza, ukuqoka indlela ozokwenza ngayo kanye nokufunda nokusebenzisa amakhono okudingeka ukwazi ukuwasebenzisa. Ezinye zezinto ongafunda ngazo nongazisebenzisa nsuku zonke uma wenza lesi sifundo kubalwa ukuzivocavoca, amasu okuziphumusa kanye nokudla ngendlela enempilo.

Uma usebenzisa le workbook uzofunda ngokuzivocavoca kanye nemihlomulo yakho, esigabeni sesibili uzofunda kancane mayelana nezimpawu ezivamile ze-HIV/AIDS nangendlela yokuzilawula. Isigaba sesithathu sizogxila kwindlela yokulawula ingcindezi, isigaba sokugcina sizogxila ngobuhlungu nangokudla kahle. Abantu abasebenzisa le workbook sebazi okuningi mayelana nalezi zihloko, abanye kungenzeka bangazi kabanzi kangakho. Kusemqoka ukuphana ngolwazi nokwenza isiqiniseko sokuba wonke umuntu unolwazi aludingayo ngendlela yokuziphatha, ngisho noma ucabanga ukuthi wazi kabanzi ngalezi zihloko kunomhlomulo inzuzo ukufundisisa le workbook ukuqiniseka ukuba awuphuthelwanga ulwazi oluthile. Ucwangingo lwesayensi luthi abantu abanolwazi olwanele mayelana nempilo bakwazi ukuziphatha kangcono futhi baphila ngendlela engcono. Uma usebenzisa le workbook, uzofunda nangokuxoxisana ngezinyathelo ezidingekayo ukuze ukwazi ukuziphatha ngendlela efanele. Ake sibheke lezi zinyathelo lapha.

Izinyathelo zendlela yokuziphatha

Isinyathelo 1:

Ukuze ukwazi ukuziphatha ngendlela kuzodingeka ukuba ufunde futhi usebenzise amakhono amaningi ozozifundisa ngawo kulesi sifundo. Isinyathelo sokuqala ukukhetha ukuba *yikuphi* ofuna ukufunda ukukwazi. Lesi kungaba yisinyathelo esinzima ongacabanga ngaso. Isibonelo, kungenzeka uzizwa unosizi kakhulu futhi udangele. Okokuqala kudingeka ucabange ngokuthi kungani uzizwa ngale ndlela. Mhlawumbe esinye sezizathu esikwenza uzizwe ngale ndlela wukuba awusathintani nabangane bakho. Isinyathelo sakho sokuqala kungaba wukuba udinga ukuhlungana nabantu uzokwakha ubungane nabo. Lokhu kuzokwehlisa usizi kanye nengcindezi.

Bhala phansi lapha izinto ezintathu ofuna ukwazi ukuzenza:

- 1) _____

- 2) _____

- 3) _____



Isinyathelo 2:

Kodwa ukuqoka ukuba uzohlangana nabantu futhi wakhe ubungane akusho ukuthi lokho kuzokwenzeka. Kumele uqiniseke ukuba kuyenzeka. Isinyathelo sesibili esokufunda indlela yokuziphatha ukuqoka *indlela* ozokwenza ngayo. Kwesinye isikhathi umcabango wokwenza okuthile okusha kungathi wumsebenzi omkhulu futhi asizami nakuzama. Uma ufuna ukuhlungana nabantu nokwakha ubungane kudingeka ucabange ngazo zonke izindlela ezahlukene okumele uzenze. Isibonelo, ungamema omakhelwane nizophuza itiye noma ungaya esontweni uzohlangana nabantu, ungajoyina iqembu elesekelanayo noma iqembu labazivocavocayo. Ungalinge ucabange ukuthi lokho ofuna ukukwenza ngeke kwenzeka. Kumele uhlale ufuna zonke izindlela futhi uzibheke zinhlangothi zonke.



Bhala phansi lapha izindlela ezintathu ezahlukene ongazama ukuzenza ukuze uzuze lokho ofuna ukukwenza:

- 1) _____
- 2) _____
- 3) _____

Njengoba usuqoke *izindlela* ongazizama ukuze uzuze lokho *okufunayo*, kudingeka wenze i- action plan (isu ozolisebenzisa). Kusemqoka ukuba lelisu lizoveza okuyikho kungenjalo kungenzeka ungaphumeleli. Ukwenza kanjani lokhu?

- Okokuqala khetha lokho ozokwenza *kuleli viki*

- Manje usungenza *isu eliqondile*

Uma uthi kuleli viki ngizozama ukuhlangana nabantu abathile AKULONA isu eliqondile. Ukuze kube ngeliqondile, isu kumele libe nezingxenye ezehlukene. Kuyasiza ukuzibuza imibuzo ethile ezosiza ukwakha isu eliqondile. Imibuzo efana nalena:

- *Yikuphi?*

Yikuphi ozokwenza empeleni? Isibonelo, ungakhetha ukuhlangana nabantu, uzomema umakhelwane nizophuza itiyi.

- *Uzokwenza okungakanani?*

Okulandelayo ungakhetha uzokwenza okungakanani. Uzomema umakhelwane oyedwa nizophuza itiyi noma uzomema omakhelwane abaningi. Abantu abaningi bayakhathalisa kakhulu kunoyedwa. Noma ufuna ukumema umakhelwane azodla ilantshi? Kodwa ilantshi idinga isikhathi esiningi sokuyilungiselela futhi izokukhathalisa. Ngakho kumele ukhethe ukuba uzokwazi ukwenza okungakanani.

- *Uzokwenza nini lokho?*

Kuzomele ukhete ukuba uzokwenza ngaluphi usuku lokhu nangasiphi isikhathi sosuku. Mhlawumbe kungangcono umeme umakhelwane wakho nizophuza itiyi ekuseni ngoba uyakhathala emini yantambama. Noma uma uzizwa ugula ngenxa yemishanguzo yakho kungangcono ukumema umakhelwane wakho nizophuza itiyi emini yantambama. Noma mhlawumbe umakhelwane wakho uyasebenza futhi udinga ukummemela itiyi ngempelasonto.

- *Uzokwenza kangakhi?*

Lena kuhlale kuyingxenye enzima kakhulu. Sonke singathanda ukwenza izinto eziningi nsuku zonke. Kodwa singabantu futhi akuhlale kwenzeka njalo. Uma abantu beqala ukuzivocavoca, kaningi siye sithi sizokwenza nsuku zonke. Kodwa lokhu kaningi akwenzeki kanti uma siphutha usuku sizizwa sengathi sihlulekile bese siyeka. Uzommema kangakhi umakhelwane wakho azophuza itiyi? Ngeke kube nsuku zonke mhlawumbe kanye ngeviki. Kumele wazi ukuthi ngeke nibe ngabangane zisuka nje futhi kungathatha isikhathi.

- *Ingabe yisu elihle leli?*

Ukuze ubone ukuthi unesu elihle kuzodingeka uzibuze lombuzo:

“Uma ngizinika iphuzu kusuka ku-0 – 10 lokuba ngiqiniseke kangakanani ukuba ngizophumelela kelelisu lami kuleli viki, u-0 ukhombisa ukungaqiniseki kanti u-10 usho ukuqiniseka. Ngizinika liphu iphuzu ukukhombisa ukuba ngiqiniseke kangakanani ukuphuthula lelisu?”

Uma impendulo yakho kuyisi-7 noma ngaphezulu kufika ku-10, kungaba yisu elihle kakhulu.

Uma iphuzu lakho lingaphansi kwesi-7 kuzodingeka ucabange ukuba kungani

ungenasiqiniseko. Ingabe yiziphi izinkinga noma izingqinamba? Ungalishintsha isu noma uxazulule izinkinga ezizokwenza uzizwe uqinisekile?



Isinyathelo 3:

Manje, usungalibhala phansi isu lakho ulibeke ndawana thize lapho ozolibona khona nsuku zonke. Kunefomu lesu ozolenza ekugcineni kwalesi sigaba namanye ayisihlanu angemuva kwaleli bhuku. Asebenzise njalo ngeviki uma wenza lesi sifundo. Ungawadweba amanye amaningi ukuze uqhubeke nokusebenza ngamasu akho ngomuso.

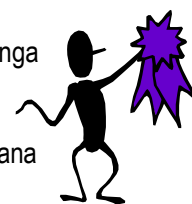
I-action plan elungile ongayenza yilena:

- Into engifuna ukuyenza
- Into engingalindela ukuyenza kuleli viki
- Ingabe iqondile
- Phendula le mibuzo: Yikuphi? Uzokwenza okungakanani? Uzokwenza nini? Uzokwenza kangakhi?
- Nginesiqiniseko sokuba ngingazuza amaphuzu okungenani ayisi-7 kwayi-10.

Manje udinga i-action plan yakho iphumelele. Uma kuyi-action plan elungile ngakho ukuyenza kuvamise ukuba lula. Kuyasiza ukutshela umndeni noma abangane ngesu lakho nokubanika umbiko ukuba kuhamba kanjani. Kulesi sifundo uzokwenza isu njalo ngeviki futhi ubhale umbiko ukuba uqhuba kanjani. Kuyasiza ukuletha umbiko ngezinto ngoba ungaba nombono wokuba izinto zihamba kanjani. Uma wehluleka ukuligcina isu lakho ungaxoxisana ngalezi zinkinga ongenzeka ube nazo futhi wenze amasu ozokwazi ukubhekana nawo.

Isinyathelo 4:

Hlala uhlola imiphumela yakho bese uzinika umklomelo ngokufeza isu lakho. Okunye ungacabanga ngokuba ukufezekisa isu lakho kukwenza uzizwe kanjani. Esibonelweni esikhulume ngaso, ungazihalalelisa ngokumema umakhelwane wakho azophuza itiyi, usungacabanga mayelana nokuba uzizwa kanjani manje. Ingabe lelisu liyakusiza ukuthola lokho okufunayo?



Kwenzekani ngezinkinga?

Kuzokwenzekani uma isu lakho lingaphumeleli? Ingabe uzodela bese uzitshela ukuba ube nelisu elibi? Kunezinyathelo eziyisi-7 zokuxazulula izinkinga. Yilezi:

1. Ukhetha ukuba unayiphi inkinga (ungahle udinge abangane kanye nomndeni ukuba bakusize lapha)
2. Bhala uhlu lwamasu okuxazulula inkinga
3. Khetha isu elilodwa ozolizama
4. Kuhambe kanjani?
5. Uma lingasebenzanga, zama elinye isu

6. Uma amasu angasebenzi, cela amasu kubangane, emndenini, kubeluleki nakongoti
7. Ekugcineni kumele wemukele ukuba uyehluleka ukuxazulula inkinga njengamanje.

Umpathi okwazi ukuziphatha ngempumelelo yilowo muntu:

- Obeka imigomo
- Owenza uhlu lwezindlela ezizokwenza afeze leyo migomo
- Owenza amasu ezinto ezizokwenza afeze le migomo
- Owenza amasu ezinto anqume ukuzenza
- Ohlola inqubekela phambili yawo njalo ngeviki
- Ongashintsha isu okumele lenziwe uma kunezinkinga
- Ozinika umklomelo ngokufeza imigomo yakhe

Ekugcineni kwesigaba ngasinye nangemuva kwe-workbook “kunama-Action Plan Form”. Sebenzisa la mafomu ukuhlela ofuna ukukwenza nendlela ozokwenza ngayo. Manje sizoxoxisana ngokuzivocavoca – sebenzisa “i-Action Plan Form” ekugcineni kwalesi sigaba ukuhlela ukuzivocavoca ozokwenza kuleli viki.



Ukuzivocavoca

Ukuzivocavoca yindlela ebaluleke kakhulu ukuzigcina unempilo. Ucwangingo lososayensi lusitshela ukuthi ukuzivocavoca kunemithelela eminingi elungele imizimba yethu njengokusiza umgudu wethu ogaya ukudla ukuba umunce futhi uhambise ukudla; ukulolonga izinhliziyo zethu ukuze zibe namandla nempilo kugcine namaphaphu ethu esebenza kahle. Ukuzivocavoca kwenza izicubu zethu namathambo abe namandla namalunga ethu apeteke ukuze sikwazi ukunyakaza. Ukuzivocavoca kuyasisiza nokuba sizizwe sijabulile, kusenxa sigxile futhi sikhumbule kangcono, silale kangcono kanti kusiza nokunciphisa amathuba okuba sibe nezifo ezigxilile njengomfutho ophezulu wegazi kanye nemidlavuzo.



Phambilini, uma abantu bephathwa yizifo ezigxilile ezifana nomfutho ophezulu wegazi noma isifo sikashukela noma i-HIV/AIDS, abanakekela impilo bebegxila ekubasizeni uma izimpawu zabo sezibhebhethekile. Ukwelapha bekugxila ekusebenziseni ama-drugs futhi kaningi abantu bebelulekwa ukuba baphumule noma banciphise izinto ezinyakazisa umzimba. Namuhla sesiyazi ukuthi uma sifundisa abantu abaphethwe yizifo ezigxilile ngalezi zifo zabo futhi sibagqugquzela ukuba bazivocavocwe singavikela izinkinga eziningi ebekade zilashwa ngemithi. Siyazi nokuba ukuzivocavoca kungasiza ukwelapha izimpawu eziningi ezivela kubantu abanezifo ezigxilile. Izimpawu ezingadalwa yisifo noma ngama-drugs abesetshenziselwa ukwelapha lesi sifo.

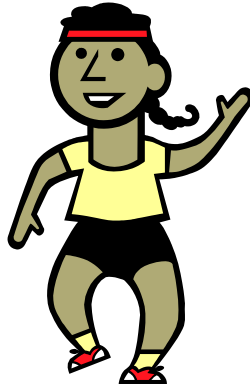
Mhlawumbe uyazibuza ukuthi kuvikelekile yini ukuzivocavoca uma unesifo esifana ne-HIV/AIDS. Ucwangingo lusitshela ukuthi **kuvikelekile ukuzivocavoca kubantu abaphila ne-HIV/AIDS**. Akuvikelekile nje kuphela, kubuye kuvuselele namosha omzimba, kwenza ngcono amandla okubekezela kunciphise nokukhandleka, kukunike amandla futhi kunciphise namafutha asemzimbeni. Siyazi nokuba ukuzivocavoca okusiqiniseyo kungathi kusiza ukuvikela noma ukunciphisa i-lipodystrophy kubantu abaphuza ama-ARV (iLipodystrophy ichaza ukuba umzimba wakho usuyekile ukugcina amafutha ezindaweni lapho ubuvamise ukuwagcina khona – njengasezingeni, usuqala ukugcina amafutha ezindaweni ezifana nasesifubeni noma esiswini sakho). Siyazi ukuthi abantu abalolongekile emzimbeni abaphathwa umkhuhlane kakhulu futhi bathatha izinsuku ezimbalwa bengayi emsebenzini ngenxa yokugula. Omunye wemihlomulo emikhulukazi yokuzivocavoca njalo kukwenza uzizwe ukuba uyakwazi ukulawula impilo yakho.

Nakuba ukuzivocavoca kukulungele futhi kuvikelekile, kwesinye isikhathi umzimba wakho uzokunika izinkomba zokuba kudingeka uyeke ukuzivocavoca. Uma unemfiva, unesiyezi, ubuyisa noma unohudo, uma amalunga akho aba nokuvuvuka noma unezinhlungu ezintsha futhi ongenasiqiniseko ukuba zibangwa yini, kungangcono uphuthelwe yisihlandla sokuzivocavoca uze uzokwazi ukukhuluma nomhlengikazi noma nodokotela.



Ukuzivocavoca kukulungele:

- Kwenza ngcono isimo sakho
- Amandla
- Ulala kangcono
- Ukugxila kanye nokukhumbula
- Ukuba nenhliziyo namaphaphu aphilile
- Kunciphisa amafutha asemzimbeni
- Kusiza ukudla kugayeke
- Kwandisa ukuzethemba nendlela yokwazi ukulawula izifo ezigxilile.



Ungazivocavoci uma:

- Unemfiva
- Unesiyezi
- Uma ububuyisa
- Unohudo
- Amalunga akho amane avuvukala
- Unezinhlungu ezintsha ongazi ukuba zibangwa yini

Ungaphuthelwa yisihlandla esisodwa sokuzivocavoca uma unenye yalezi zinkinga uze ukhulume nomhlengikazi noma nodokotela. Lokhu akusho ukuthi ungaphinde uzivocavoce kodwa uqiniseke ukuba awuqalwa ukugula.

Hlobo luni lokuzivocavoca ongalwenza?

Akumele uze ujoyine ijimi noma iklabhu ukuze uzivocavoce. Ziningi izindlela zokuzivocavoca kusuka emidlalweni esemthethweni njengokusubatha, umdlalo webhola noma we-netball, ukubhukuda noma ukudlala ithenisi. Kodwa, ukuhamba nakho kuyindlela enhle kakhulu yokuzivocavoca. Noma yimuphi umnyakazo owenza inhliziyoyakho ishaye ngokushesha nekwenza uphefumule ngamandla, lokho kungukuzivocavoca. Ukudansa kungukuzivocavoca, kanjalo nokuhamba ngezitebhisi, ukwenza ingadi kungukuzivocavoca. Ziningi izindlela esingazivocavoca ngazo nsuku zonke ngaphandle kokuba size siye ejimini noma sijoyine iklabhu. Ungahamba ibangana ngaphambi kokuba ugibele ibhasi noma itekisi noma ungalalala nezingane zakho!

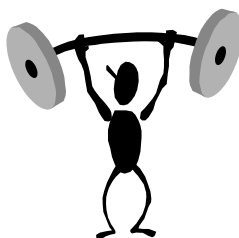
Kunezindlela ezintathu ezivamile zokuzivocavoca ongazenza. Ukuzivocavoca okwandisa amandla; njengokuhamba, ukugijima, ukudansa noma ukubhukuda. Ukuzivocavoca okwandisa amandla kwesinye isikhathi kubizwa ngama-aerobics okuchaza ukuthi uzobe uphefumula ngamandla nenhliziyo yakho izobe ishaya ngokushesha. Siyazi ukuthi lolu hlobo lokuzivocavoca lubaluleke kakhulu ukukugcina unempilo futhi sidinga imizuzu engama-30 kulolu hlobo lokuzivocavoca kathathu ngeviki ukuze sihlale sinempilo. Uhlobo lwesibili lokuzivocavoca yilolo olukunika amandla. Loluhlobo lokuzivocavoca lugxile ekusenzeni sibe namandla. Ukwenza izicubu zibe namandla kumele sizivocavoce ngendlela ezokwenza izicubu zethu zisebenze ngamandla, njengokuphakamisa izinsimbi kodwa ungazivocavoca okukunika amandla ngokuthwala izikhwama ezisindayo zokukhithiza! Uhlobo lokugcina lokuzivocavoca yilolo lokuzelula. Ukuzivocavoca ngokuzelula kugxile ekusigcineni sikwazi ukunyakaza nokupeteka.

Izinhlalo zokuzivocavoca:

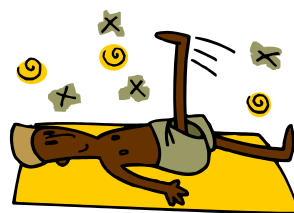
- Ukuzivocavoca okwandisa amandla (endurance) kukwenza uphefumule ngamandla (kwesinye isikhathi kubizwa ngama-aerobics)
- Ukuzivocavoca okukunika amandla (strengthening) kukwenza uqine
- Ukuzivocavoca ngokuzelula noma ukupeteka (stretching or flexibility) kukwenza ukwazi ukunyakaza kakhulu futhi uthambe



Ukwandisa amandla



Okukunika amandla



Ukuzelula/Ukupeteka

Kunesizathu esingaphezulu kubantu abaphila ne-HIV/AIDS ukuzivocavoca okubanika amandla. Ucwangingo lososayensi luthi ukuzivocavoca okunika amandla kungathi kuvikela noma kunciphisa i-lipodystrophy. I-lipodystrophy ichaza ukuthi umzimba wakho usuyeke ukugcina amafutha ezindaweni ezivame ukuwagcina kuzo (njengasezingeni) futhi usuqale ukugcina amafutha ezindaweni ezifana nasesifubeni noma esiswini sakho. I-lipodystrophy ayisishintshi kuphela isimo somzimba wakho, siyazi nokuthi abantu abane-lipodystrophy banokuba ne-cholesterol ephazulu ne-insulin ephansi okuchaza ukuthi kunethuba eliphezulu lokuba bangaba nezinkinga zenhliziyo noma babe nesifo sikashukela. Okuyiyona mbangela ye-lipodystrophy ayikacaci kodwa kungathi yenziwa ngama-drugs athile e-HIV, kubantu asebebadala nakubantu abane-T cell count ephansi abaphile negciwane le-HIV isikhathi eside. Ucwangingo lwakamuva luthi uma uzivocavoca ngokuphakamisa izinsimbi (okwakha izicubu ezingaphezulu) kungayinciphisa i-lipodystrophy. Lesi yisizathi esihle kakhulu sokuqinisekisa ukuba uzivocavoca okukunika amandla ohlweni lwakho.

Siyazi ukuthi enye yezinto ezinzima kakhulu ngokuzivocavoca ukungakwenzi kanye kodwa ukukwenza uphindelela. Kunezinyathelo eziningi esingazilandela ukuqinisekisa ukuba uma siqala ukuzivocavoca sibambelela kukho. Sonke senza izaba eziningi zokuba kungani sehluleka ukuzivocavoca. Ake sibheke izaba ezivamise kakhulu.

“Anginaso isikhathi”

Okuthathi isikhathi esiningi ukuqala ukuzivocavoca. Imizuzu emihlanu ngosuku yisiqalo esihle. Siyasenza isikhathi sokuphuza imithi ngoba siyazi ukuthi ngaphandle kwayo sizogula. Ukuzivocavoca kubalulekile njengemithi ukusisiza sihlale sinempilo (khumbula ukuzivocavoca ngeke kuyithathe indawo yemishanguzo yakho). Uma sazi ukuthi kubalulekile singasenza isikhathi sokuzivocavoca.



“Ngikhathele kakhulu”

Uma abantu begula kaningi abawunyakazisi umzimba. Uma unganyakazi, umzimba wakho ulahlekelwa ukulolongeka bese uphelelwa ngamandla, ungazizwa uqinile futhi ukhathala kalula. Lokhu kuchaza ukuthi ukuzivocavoca kungazwakala kunzima ngakho-ke uzivocavoce kancane. Kangingi lokhu kwenza abantu bangasawunyakazisi umzimba futhi kaningi abantu baze bafike ekutheni ukuhamba ngezinyawo ukuyovakashela umakhelwane ezansi nomgwaqo kubonakale njengento enzima kakhulu. Ukunyakaza noma ukuzivocavoca uma uzizwa ukhathele kuzokunika amandla angaphezulu futhi kwenze uzizwe ungasakhathele kakhulu.



“Ngigula kakhulu”

Kungenzeka ugula kakhulu ukuba ungazivocavoca ngamandla kodwa ungazimisela ukunyakazisa umzimba. Ungehlisa isikhathi sokuzivocavoca kube umzuzu owodwa ongakuphindaphinda kaningana osukwini lwakho. Uma ulolonga umzimba, ungaba ngcono ukwazi ukubhekana nokugula kwakho.



“Sengizivocavoce ngokwanele manje”

Kungenzeka uthola ukuzivocavoca kakhulu emsebenzini wakho noma uma uhamba wenza imisebenzi yakho yansuku zonke. Kodwa kubantu abaningi uma sesihlanganisa lesi sikhathi, akukhona ukuzivocavoca okwanele ukuba bangalolongeka umzimba. Lolu hlobo lokuzivocavoca alufaki phakathi enye yezinto ezisemqoka kakhulu okwenza ukuzivocavoca kusilungele – okuwukujabula!



“Ukuzivocavoca kunesicefe”



Akumele uzivocavoce ngendlela eyenziwa ngabanye uma inesicefe kuwe. Khetha okuthile okuzokujabulisa, zivocavoce nomngane noma ulalele umculo owuthandayo noma ulalele umsakazo. Ungenza ukuzivocavoca kukuthokozise ngokushintsha izindlela njalo.

“Ukuzivocavoca kubuhlungu”

Kungenzeka uma uzivocavoca unganethezeki kodwa akumele kube buhlungu. Uma uzwa izinhlungu ngaphambi kokuzivocavoca, akumele kubhebhethেকে usazivocavoca. Uma ungezwa ubuhlungu ungakaqali ukuzivocavoca bese uzwa izinhlungu ngenkathi uzivocavoca kudingeka uyeke ukuzivocavoca bese uhlola ubuhlungu bakho kumhlahlandlela weViki 4: Ubuhlungu. Uma uzwa ubuhlungu ezicubini noma emalungeni ngaphezu kwamahora amabili emva kokuzivocavoca kungenzeka ukuba ukwenze ngokweqile. Ngokulandelayo uzivocavoce kancane, kungaba isikhathi esincane noma ungakwenzi ngamandla.

“Kuyingozi kakhulu, kushisa kakhulu, kubanda kakhulu”

Kuhlala kunezizathu ezifana nalezi mayelana nokungazivocavoci. Khumbula ukuthi ukuzivocavoca kungenziwa noma kuphi nanganoma yisiphi isikhathi. Ungavulela umculo ekhaya lakho udanse, uma kushisa kakhulu unгахamba phakathi ezitolo ezinomoya obandayo. Uma ungathola iqembu labantu ozozivocavoca nabo akuvikelekile nje kuphela kodwa kuyajabulisa!



“Ngiyazi ngeke ngibambebele kukho ngakho asikho isidingo sokuba ngiqale”



Okokuqala, buyekeza izinyathelo esixoxisane ngazo ngendlela yokuziphatha okunempumelelo. Uma uzibekela imigomo yakho yokuzivocavoca usebenzisa lezi zinyathelo unethuba elikhulu lokubambelela ekuzivocavoceni. Khumbula nesinyathelo sokuziklomelisa ekufezeni imigomo yakho, lokhu kuzokwenza kube lula ukudlulela emgomweni wakho olandelayo. Manje sesizobheka isinyathelo esisemqoka ongasithatha ukuze uphumelele ekwenzeni isu lakho lokuzivocavoca lisebenze.

Izinyathelo ezizokuphumelelisa uma uzivocavoca:

- Beka umgomo ocacileusebenzisa izinyathelo ezibekiwe “zeNdlela yokuziphatha enempumelelo”
- Khetha ukuzivocavoca noma umnyakazo ozo funa ukuwenza nozokuthokozisa
- Beka isikhathi esiqondile nendawo ozozivocavoca kuyo
- Qoka ukuba uzolilandela isikhathi esingakanani lelisu ngaphambi kokucabanga ukulishintsha (amaviki ayisi-6 kuya kwayisi-8 yisikhathi esihle)
- Gcina idayari yokuzivocavoca uzoba nerekhodi lokuba wenza kanjani (kunelikhona ngemuva kwaleli bhukwana ongalisebenzisa)
- Gcina irekhodi yokuba uqhuba kanjani usebenzisa idayari yokuzivocavoca ekule workbook.
- Qala – ungalindi, qala manje. Qala kancane kancane bese uqhubeka ungajahi
- Buyekeza uhlelo lwakho. Ekupheleni kwamaviki ayisi-6 – 8 yenza uhlelo olusha lwamaviki ayisi-6 alandelayo
- Ziklomelise. Kuyaklomelisa ukuzizwa ungcono futhi unempilo kodwa zinike umklomelo ngokufeza umgomo wakho, njengesidlo osithandayo noma uvakashele umngane noma

Uhlelo lwakho lokuzivocavoca:

Uhlelo lokuzivocavoca kumele lube nezinhlobo ezintathu ezahlukene zokuzivocavoca; khumbula ukuzivocavoca okwandisa amandla, ukupeteka nokuzivocavoca okunika amandla. Ukulandela izinyathelo ezisebhokisini “Izinyathelo ezinempumelelo ngokuzivocavoca”, udinga ukukhetha lokho ofuna ukukwenza nokuzivocavoca ongathanda ukukwenza. Uma usukwazi ukuzivocavoca ozokwenza, kudingeka ukhete ukuba uzokwenza okungakanani. Inani lokuzivocavoca ozoqala ngalo luzoya ngezinto eziningi ezahlukene. Uma kukudala wagcina ukuzivocavoca noma ubungaphilile kahle, ube nenkinga yokuphefumula noma uphelelwa wumoya, uma ubunokuqina noma izinhlungu noma ukululazeka okuphazamisa izinto ozenza nsuku zonke, uma kunjalo uqale ukuzivocavoca ngokungajahi. Ungaqala kancane kancane ngokuqala ukuzivocavoca ngokuzelula nangokuziqinisa. Yenza lokhu kuzivocavoca njalo weqise usuku imizuzu emi-5. Uma ungakwenza lokho ngokunethezeka ngaphandle kokuzizwa uqinile noma kubuhlungu ngosuku olulandelayo, kwandise ngemizuzu

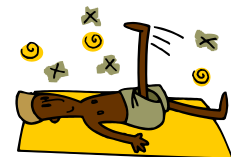
eyi-10. Uma ungakwenza imizuzu eyi-10 ngokunethezeka, ungaqala ukuzivocavoca nsuku zonke (uma sithi zivocavoce nsuku zonke, sivamise ukuthi zivocavoce izinsuku ezinhlanu zeviki; kungaba nzima kakhulu ukugcina lolu hlelo lokuzivocavoca ngezimpelasonto uma izinto ozenzayo zehlukile). Uma ungenza okungenani imizuzu eyi-10 nsuku zonke usukulungele ukuqala ukuzivocavoca okwandisa amandla. Khetha ukuzivocavoca kwakho kulokho okubekwe ezigabeni ezingezansi. Landela imiyalelo esebhokisini ukuqiniseka ukuba uthola okuningi ngokuzivocavoca futhi ukwenze ngokuvikeleka.

Ukuze uthole okuningi ngokuzivocavoca ngokupeteka nangokwamandla:

- Nyakaza kancane futhi ngobunono. *Ungenzi iminyakazo edlukuzayo noma egxumayo ngoba ingafinyeza izicubu zakho izenze ziqine.*
- Zelule izicubu zize zime *ziqine* futhi uzimelele imizuzwana engama-20 ungakaphumuli
- Ungaphushi uze uzwe ubuhlungu, zelule *uqine kodwa ungezwa ubuhlungu*
- Qala uphinda kahlanu ngokuzivocavoca ngakunye. Emva kweviki kwandise kube yisi-7, emva kwelinye iviki kwandise kube kayi-10.
- Hlala wenza *inani elifanayo* lokuzivocavoca ecaleni lakwesokunxele nelakwesokudla lomzimba wakho
- Hlala *uphefumula*; ungawubambi umoya wakho uma uzivocavoca. Cabanga ngokukhipha umoya ngenkathi unyakaza ukuqiniseka ukuba awuwubambi umoya wakho.
- Sebenzisa *umthetho wamahora amabili*. Uma usunezimpawu ezandayo ngaphezu kwamahora amabili emva kokuzivocavoca kungenzeka usukwenze ngokweqile. Ungayeki ukuzivocavoca kodwa unciphise izinga owenza ngalo ngesikhathi esizayo.
- Uma ukuthola kunzima ukuzivocavoca lokhu akusho ukuba sekumele ungakwenzi kwanhlobo.

Ukuzivocavoca ngokuPeteka:

Khumbula, lokhu kuzivocavoca kuhlose ekwenzeni kangcono indlela ongakwazi ukunyakaza ngayo. Kunohlu olude lokuzivocavoca obelungafakwa lapha nongahle ungakwazi ukukwenza konke ngaso sonke isikhathi uzivocavoca. Zama ukuqiniseka ukuba wenza ukuzivocavoca okupetekayo okungenani kanye ngeviki.



Ukuzivocavoca okunika Amandla:



Akudingekile uye ejimini ukwenza ukuzivocavoca okunika amandla, lokhu kuzivocavoca okuchazwe lapha kungenziwa nasekhaya. Ukwenza izicubu zibe namandla kumele uzenze zisebenze ziphambane nokuzabalaza noma ngendluzula – kumele kusunduzwe noma kudonswe. Akumele wenze ukuzivocavoca kwamandla nsuku zonke, kumele kwenziwe njalo emva kwezinsuku

ezimbili. Izicubu zakho zidinga usuku lokuphumula ukuzijwayeza nokuba zibe namandla. Ukwenza izicubu zibe namandla udinga ukuphinda ukuzivocavoca ngakunye izihlandla ezi-5 uqala. Uma usungazivocavoca izihlandla eziyi-10 ngeke ube namandla kakhulu ngokwenza ezingaphezulu. Manje uzodinga ukwengeza ukuzimelela kulokhu kuzivocavoca ukuze ube namandla kakhulu.

Ukuzivocavoca okwandisa aMandla:

Into enzima kakhulu kubantu abaningi ukukhetha ukuba uzozivocavoca kangakanani uma eqala. Into elula ongaqala ngayo ukuzibuza lo mbuzo: “ngicabanga ukuthi ngingenza okungakanani ngaphandle kokuhlukumezeka ngomuso?” Uma ucabanga ukuthi ungenza imizuzu emi-5, uma kunjalo akube emi-5. Khumbula ukuba noma yikuphi ukuzivocavoca kungcono kunokungakwenzi kwahlobo. Akudingekile uzivocavoce imizuzu engama-30 ngosuku lokuqala. Kubalulekile ukuqala kancane bese ukwandisa kancane kancane. Kungcono ukuqala ngokwenza okuncane kunalokho okucabangayo bese ukwandisa kusuka lapho.



Kunezinto ezintathu okudingeka uzicabange uma wenza uzivocavoca okwandisa amandla. Lezi zinto ezintathu *ukuphindaphinda* (uzokwenza kangakhi lokhu kuzivocavoca); *isikhathi* (ngizothatha isikhathi esingakanani uma ngizivocavoca) *nomfutho* (ngizogxila kangakanani uma ngenza lokhu kuzivocavoca).

Ukuphindaphinda:

Zama ukuzivocavoca okwandisa amandla kathathu noma kane ngeviki. Ngokwenza lokhu ungaphumulanjalo emva kwezinsuku ezimbili uvumele umzimba uphumule. Bonke abasubathi baba nosuku olulodwa ngeviki okungenani lokuphumula. Ukuphumula akusho ukuthi ung alala usuku lonke embhedeni; kusho ukuthi abazivocavoci.

Isikhathi:

Ngizokwenza okungakanani ngaphandle kokuhlukumezeka ngomuso? Ungaqala kanjalo. Uma ungaqala ngemizuzu embalwa ungakwandisa kancane ngokuhamba kwesikhathi uze ukwazi ukukwenza imizuzu engama-30 ngesikhathi. Indlela elula yokwandisa isikhathi ukusebenzisa izikhawu uma uzivocavoca. Isibonelo, ungahamba ngamandla imizuzu emi-3, bese uhamba kancane imizuzu emi-2, bese uhamba ngamandla futhi imizuzu emi-3. Kancane kancane ngokuhamba kwesikhathi nciphisa ukuhamba kancane wandise ukuhamba ngamandla. Ungahlukanisa ukuzivocavoca kwakho ukwenze izihlandla ezehlukene. Ungahamba imizuzu eyi-10 noma eyi-15 ekuseni bese ukwenza futhi ntambama. Lokhu kungenza imizuzu engama-30 uzivocavoca.

Ukugxila:

Uzokwazi kanjani ukuba uzivocavoca ngamandla ngokwanele okuzoba nomphumela omuhle? Uzokwazi kanjani ukuba uzivocavoca ngokweqile? Uma wenza ukuzivocavoca okwandisa amandla, indlela elula ukuhlola ukugxila

ngokusebenzisa “iTalk Test”. Uma uzivocavoca ngendlela egxilile ngokulingene kumele ukwazi ukukhuluma ngokunethezeka kodwa uma uzama ukucula kungaba nzima kancane futhi kuzomele uyeke ukucula uzodonsa umoya kakhulu. Ukugxila ngokulingene kuchaza ukuthi kumele uzizwe ukuba uyaphefumula ngokushesha kancane nangamandla kancane kodwa ungalokhu ukwazi ukukhuluma. Kungakuthatha isikhashana ukuthola ukugxila okufanele kuso sonke isihlandla sakho sokuzivocavoca. Lokhu kuvamile; thatha isikhathi sakho ukuze ujoye ukuba umzimba wakho uzwela kanjani.

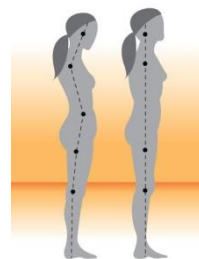
Ukuzokwazi kanjani ukuba wenza kangcono ekuzivocavoceni kwakho? Uma uzivocavoca ngokupeteka nangamandla kulula ukuzwa ubungcono ngoba uzokuzwa usunyakaza kalula futhi usunamandla futhi usungakwazi nokuphakamisa izinto ezisindayo. Kwabanye abantu kunzima ukwazi benza kangcono uma bezivocavoca okwandisa amandla. Enye indlela yokubona ukuba wenza kangcono ukwenza uhlobo. Olunye lohlolo olulula ongalwenza ukukala isikhathi. Qoka indlela ongahamba kuyo eseduze nekhaya lakho. Hamba ngale ndlela ngokugxila okulingene bese ubheka ukuba uthatha isikhathi esingakanani. Emva kwamaviki amaningana hamba ngale ndlela futhi bese ubheka isikhathi. Ungaqaphela ukuba ungahamba ngale ndlela ngokushesha emavikini amane kodwa kungakuthatha amaviki ayisi-8 kuya kwayi-12 ungakaboni ukuba ungahamba ngokushesha. Inhloso ukuqeda uhambo ngendlela efanayo noma ngesikhathi esifanayo kodwa ngokugxila okuphansi (uphefumula kalula).

Sebenzisa idayari yokuzivocavoca ekugcineni kwesigaba ngasinye ukuze urekhode imigomo yakho kanye nentuthuko ekufezekiseni leyo migomo.

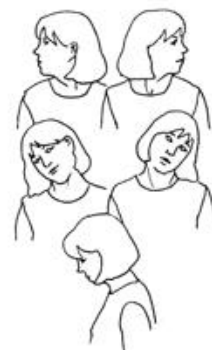
Uhlelo lokuzivocavoca

Lolu uhlelo lokuzivocavoca lwemizuzu engama-20 oluvikelekile kubantu abaphila negciwane le-HIV. Lolu hlelo lufaka ukuzivocavoca okukunika amandla ngaphezulu (ukuzivocavoca okunamandla), ukwazi ukupeteka (ukuzivocavoca ngokuzelula) futhi ulongeke (ukuzivocavoca okwandisa amandla).

1. Qala ngokuma uqonde thwishi, uzwe isisindo sakho sehlela ezinyaweni zakho, xegisa amahlombe akho uvule nesifuba sakho, misa ikhanda lakho liqonde. Donsa umoya kakhulu bese uwukhipha.



2. Hamba endaweni eyodwa imizuzu emi-2. Hamba ngesivinini esiqondile – leso yisivinini ongasigcina imzuzu emi-2. Ungaqali ngokushesha noma wehlise isivinini noma uqale kancane bese ushesha. Yenza ngesivinini esifanayo uma uqala noma uqeda. Kumele uhambe uze uzizwe usuphefumula kanzinyana kunokuvamile, kumele ukwazi ukukhuluma kodwa ungakwazi ukucula.

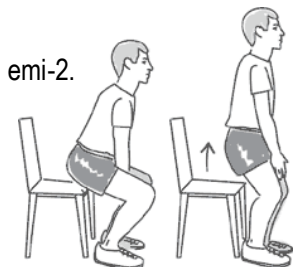


3. Manje yelula intamo yakho – gcina amahlombe akho exega bese ujika ubheke ehloambe lakho lakwesokudla - bambelela kulokho imizuzwana engama-20. Jikisa ikhanda lakho libe phakathi nendawo bese ujika ubheke ehloambe lakho lakwesokunxele – bambelela kulokho imizuzwana engama-20 bese ubuyisela ikhanda lakho phakathi nendawo. Manje beka indlebe yakho ehloambe lakwesokunxele – bambelela kulokho imizuzwana engama-20 bese ubuyisa ikhanda lakho phakathi nendawo. Phinda ngakwesokudla. Manje beka isilevu sakho esifubeni sakho – bambelela kulokho imizuzwana engama-20 bese ubuyisa ikhanda lakho phakathi nendawo. Buyisa amahlombe phambili izihlandla ezinhlanu bese uwabuyisela emuva izihlandla ezinhlanu.
4. Hamba endaweni eyodwa imizuzu emi-2 – izinyathelo ezingama-30 ezivamile, izinyathelo ezingama-30 uphakamisela amadolo akho phezulu. Shintsha njalo emva kwezinyathelo ezingama-30.

5. Yelula umzimba wakho – izinyawo zakho zilingana nobubanzi bamahlombe akho, yehlisa isandla sakho sokudla sifike onyaweni lwesokudla ukuze ugobekela emaceleni. Goba ngokusemandleni akho – bambelela kulokho imizuzwana engama-20 bese uma uqonde futhi. Phinda lokhu kwesokunxele. Beka izandla zakho ezinqeni zakho; gobela umzimba wakho emuva ngokusemandleni akho. Manje usungagobela phambili bese uzama ukuthinta izinzwane zakho.



6. Hlala esihlalweni – manje ungasukuma, hlala uphinde usukume njalo imizuzu emi-2. Hlala uphinde usukume ngesivinini esiqinile – leso yisivinini ongasigcina imizuzu emi-2. Ungaqali ngokushesha noma wehlise isivinini noma uqale kancane bese ushesha. Yenza ngesivinini esifanayo uma uqala noma uqeda.

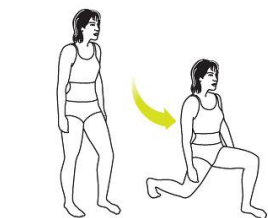


7. Lala phansi amadolo akho egobile izingalo zakho zivundle esifubeni sakho. Phakamisa ikhanda lakho bese ubeka isilevu sakho esifubeni sakho, manje phakamisa amahlombe akho uwasuse phansi. Kancane kancane wehlele phansi. Qhubeka imizuzu emi-2.



8. Hamba endaweni eyodwa imizuzu emi-2 – izinyathelo ezingama-30 ezivamile, izinyathelo ezingama-30 uphakamisela izinyawo zakho phezulu (uzame ukukhahlela izingqe zakho). Shintsha njalo emva kwezinyathelo ezingama-30.

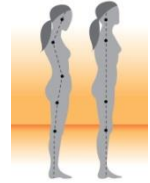
9. Mana uqonde. Thatha isinyathelo esikhulu esiya phambili ngonyawo lwesokudla bese ugoba amadolo ukuze idolo lwesokunxele licishe lithinte phansi (uthi nhlo ngedolo). Phushela emuva ngonyawo lwesokudla ukubuyisa



unyawo lwakho zizohlangana ndawonye futhi. Phinda ngonyawo lwesokunxele. Phinda kayi-10 ushaya ngedolo phansi emlenzeni ngamunye.

10. Hamba endaweni eyodwa imizuzu emi-2 – izinyathelo ezingama-30 ezivamile, izinyathelo ezingama-30 uphakamisela amadolo akho phezulu. Shintsha njalo emva kwezinyathelo ezingama-30.

Qedela ngokuma uqonde weluleke, uzwe isisindo sakho sehlela ezinyaweni zakho, xegisa amahlombe akho uvule isifuba sakho, qondisa ikhanda lakho. Donsa umoya kakhulu bese uwukhipha.



I-Action Plan Form – Ukuzivocavoca

Sebenzisa leli fomu ukwakha isu lokuzivocavoca. Ungathanda ukwenza kuphi ukuzivocavoca?

Qiniseka ukuba isu lakho lokusebenza lifaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki

Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

Uqiniseke kangakanani ukuba uzoyigcwalisa le action plan?

Ngeke		Ngokuphelele
ngiqiniseke	1 2 3 4 5 6 7 8 9 10	ngiqinisekile

Gcina irekhodi lokuba ukwenze kanjani:

	Ngihlele uku.....	Ngenze.....
NgoMsombuluko		
NgoLwesibili		
NgoLwesithathu		
NgoLwesine		
NgoLwesihlanu		
NgoMgqibelo		
NgeSonto		

Iviki 2: Ukulawula izimpawu ezivamile ze-HIV

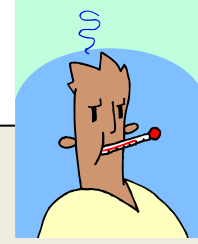
Uma kunokuthile okwenzeka emizimbeni yethu okungavamile noma okungalungile, siba nezimpawu. Izimpawu zifaka phakathi izinto ezifana nemfiva noma izinga lokushisa, isicanucanu, ukubuyisa, ukuzizwa ukhathele, izinhlungu, ukuqubuka, ukukhwehlela noma ukwehluleka ukuphefumula, ukudangala kanye nezinye eziningi. Abantu abaphila negciwane le-HIV bangaba nezimpawu eziningi ezahlukene ezidinga ukulawulwa. Kulesi sigaba, uzofunda ngezinye zezimpawu ezivamile abantu abaphila negciwane le-HIV/AIDS ababa nazo. Uzofunda nangendlela yokulawula lezi zimpawu. Uma uqala uba nophawu olungachazwanga kulesi sigaba kungakuhle ukuya eklinikhi yakho ukuba kuyohlolwa lolu phawu ngudokotela noma ngumhlengikazi.

Izimpawu abantu abaphila negciwane le-HIV/AIDS ababa nazo zingafakwa kwelinye lamaqembu amathathu. Izimpawu zingaba wumthelela wemishanguzo (medicines) oyiphuzayo. Ulwazi mayelana nemithelela ebangwa yimishanguzo lungatholwa eklinikhi yakho noma kwamanye amaqembu esekelanayo nafundisayo njenge-Treatment Action Campaign (TAC). Imbangela yesibili engadala izimpawu ukutheleleka okuhambisana ne-HIV. Kungenzeka ukhwehlele ngenxa yokuba une-pneumonia noma i-TB. Imbangela yesithathu engadala izimpawu kungaba yi-HIV ngokwayo. Abantu abanezifo ezigxilile ezifana nesifo sikashukela, umfutho ophezulu wegazi, i-arthritis ne-HIV bazoba nezimpawu ezihambisana nalokhu kugula. Lezi zimpawu zinganda futhi zinciphe ngokuhamba kwesikhathi. Ucwango luthi zonke izimpawu zingalawuleka kangcono ngokulandela uhlelo olulungile lokuphila kahle ngokusebenzisa izinyathelo ezichazwe kule workbook.

UkuLawula iziMpawu

Yonke iminyakazo ehlukene echazwe kule workbook izokusiza uphile kahle futhi ukwazi ukulawula izimpawu ezahlukene. Ukuzivocavoca, ukudla kahle, ukusebenzisa amasu okuphumula nokulawula ingcindezi konke kumqoka ukusiza nokuvikela ukuvela kwezimpawu ezintsha. Ngaphambi kokuba sibheke izimpawu ezivame kakhulu abantu abane-HIV/AIDS ababa nazo, kunemigomo embalwa okumele siyikhumbule uma sivela uphawu olusha. Uma kuwuphawu olusha, kungaba yinkomba yokuba uvela ukutheleleka noma kungahle kube umthelela womshanguzo. Sebenzisa ulwazi kulesi sigaba ukukusiza uqoke ukuba ufuna ukuthatha siphi isinyathelo ngalolu phawu olusha. Kungenzeka kube yinto evikelekile yokuba ungayilawula ekhaya noma kungaba yinto okudingeka ukuba uyiyele eklinikhi noma ungayilawula ekhaya isikhashana kodwa uma ingabi ngcono usungaya eklinikhi. Sebenzisa amashadi akulesi sigaba azokusiza uqoke indlela yokubhekana nezinye zezimpawu onazo

Uma uqala ukuvela uphawu kudingeka uthathe isikhathi ukucabanga ngalo. Ingabe lolu wuphawu olusha, yilolo oke waba nalo phambilini noma uphawu oseluvele isikhathi kodwa seluyabhebhethaka? Ungenza uhlolo OLUSHESHAYO (oluchazwe ebhokisini elingezansi) nganoma yiluphi uphawu olusha noma izimpawu ezibhebhethekayo.



Uhlolo OLUSHESHAYO lwezimpawu ezintsha noma ezibhebhethekayo:

Imfiva	Ingabe unemfiva eqale ngophawu olusha? (ukushisa komzimba okungaphezu kuka-38°C)	Ukushisa komzimba noma imfiva kungaba uphawu olugxilile lwe-HIV/AIDS. Kodwa uma imfiva iqala ngolunye uphawu kungaba inkomba esemqoka yokuba usutheleleke ngesifo.
Ukushintsha kwesimo senqondo	Ingabe uqaphele ukushintsha kwesimo senqondo yakho ngenxa yalolu phawu olusha?	Ubuchopho yingxenywe yomzimba ezwela kakhulu. Ukushintsha kwesimo senqondo yigama elisetshenziswa ukuchaza ukuzizwa udidekile, isiyenzi nokuba umnembelele. Kungachaza izinkinga ezigxilile ezifana nokuba ku-coma noma ukuba nokudikiza noma isithuthwane. Ungadinga ukuba nabangane bakho noma umndeni ukukusiza ukuhlaziya lokhu.
Ukugxila kwezimpawu	Ingabe lolu phawu lugxile kakhulu (lwedlulele) kunalokho oke waba nakho phambilini?	Izimpawu ziyafika zibuye zihambe kodwa uma lwedlulele kunaphambilini kudingeka luhlolwe.
Ukufana uqobo	Ingabe lolu phawu alufani nalo uqobo kuwe?	Noma yikuphi okusha futhi ongakaze ube nakho phambilini, kungangcono ukuyoxoxisana ngakho nodokotela wezempilo. Ungasebenzisa amashadi akule workbook ukuqoka ukuba udinga ukuya eklinikhi ngokushesha noma ungalinda kuze kufike isikhathi sakho esihleliwe.

Uma usuwenze uhlolo OLUSHESHAYO ungabe ususebenzisa ama-action chart akulesi sigaba azokusiza uqoke okulandelayo ozokwenza. Uma ufunda ama-action chart, kudingeka uqale phezulu bese ulandela imicibisholo kuzoya ngezimpandulo zemibuzo yakho. Ungagxumagxumi eshadini ngoba lokhu kuzoholela emaphutheni. Uzobona eshadini ukuba ezinye zezimpawu zichaza ukuthi kudingeka uye eklinikhi ngokushesha (manje), ezinye izimpawu zidinga ukuba uye eklinikhi namuhla, kanti ezinye izimpawu ungazilawula ngokwakho ekhaya kuze kufike isikhathi sakho esilandelayo sokuya eklinikhi. Uma unophawu olungaphezu kolulodwa, bheka emashadini ngazo zonke izimpawu bese ulandela iseluleko esinqala (esivikelekile). Uma uphawu lwakho lungachaziwe kule workbook ungaya eklinikhi namuhla ukuze luhlolwe ngendlela. Manje sesizoxoxisana ngezinye zezimpawu ngokulandelana kwezinhlamvu.

Izinkinga zokuphefumula nokukhwehlela



Umzimba wakho usebenzisa ukukhwehlela ukuvikela amaphaphu akho kanye nokususa izici ezingavamile emaphashini akho. Noma yikuphi okuphazamisa amaphaphu akho kungakwenza ukhwehlele. Ukukhwehlela kungakhipha ubovu obuthelekile noma amafinyela avela emaphashini okuyinto ewusizo. Ukukhwehlela kungaba wumthelela wemishanguzo esetshenziselwe umfutho ophezulu wegazi.

Ukubhema ngenye yezimbangela ezivamile zokukhwehlela ngoba intuthu ibulala amaseli asemashubhini okuphefumula aya emaphashini. Lokhu kungenzeka nakubantu abangabhemi ngokwabo kodwa abaphefumula intuthu yabanye abantu ababhemayo. Ezinye izimbangela zokukhwehlela "imikhuhlane" kanye "ne-flu" kaningi



kudala amafinyela aphuzi noma amhlophe. Ukutheleleka kwamankanka (amaphasiji ekhala), kungabanga ukukhwehlela ngoba amafinyela avuzela ngemuva kwekhala angene emphinjeni nasemaphashini adale isibi esikwenza ukhwehlele. Lokhu kuvamise ukubebhetheka ebusuku. Enye imbangela evamile yokukhwehlela yimfiva ethimulisayo. Imfiva ethimulisayo ivamise kakhulu entwasahlobo noma uma kunomoya. Uthuli oluvela ezihlahleni ezinezimbali (impova) nasembewini yezitshalo eziba semoyeni kuyenza ibebhetheke. Uma ukhwehlela ngenxa yemfiva ethimulisayo, amehlo akho angaluma, abe bomvu futhi noma ube nomphimbo obuhlungu ohambisana nokuthimula. Eklinikhi bangakunika imithi engama-anti-histamine ukukusiza ngalokhu.

I-Action Chart yokuKhwehlela:

Ingabe uphelelwa nawumoya uhlezi noma uphelelwa wumoya uma uhambahamba? Yebo Iya eklinikhi njengamanje
→

Cha ↓

Ingabe ukukhwehlela kwakho komile futhi unemfiva? Yebo Iya eklinikhi namuhla
→

Cha ↓

Ingabe unemfiva nezinhlungu esifubeni sakho uma ukhwehlela? Yebo Iya eklinikhi namuhla
→

Cha ↓

Uma ukhwehlela ngabe ukhipha amafinyela ajiyile, anuka kabi, ansundu noma aluhlaza? Yebo Iya eklinikhi namuhla
→

Cha ↓

Ingabe ube nemfiva ngaphezu kwezinsuku ezi-4 noma usukhwehlele ngaphezu kwezinsuku eziyi-10? Yebo Iya eklinikhi
→

Cha ↓

Ukwelapha ukukhwehlela ekhaya

Abantu abaphila ne-HIV/AIDS basengcupheni ebucayi bangavela nezifo zamaphaphu ezingadala ukukhwehlela. Imbangela yokuqala egxilile yokukhwehlela kubantu abaphila ne-HIV/AIDS yi-TB. I-Tuberculosis yamaphaphu (i-TB) idala ukukhwehlela okuhlala isikhathi eside nemfiva. Uma ukhwehlela okuhlala **ngaphezu kwenzisuku eziyi-10** uma kanjalo kungasolwa i-TB ngakho kumele uye eklinikhi. Enye imbangela yesibili egxilile yi-*Pneumocystis pneumonia* (PCP). I-PCP ibanga ukukhwehlela okomile (akubi namafinyila) okuhambisana nemfiva nokuphelelwa wumoya. Bheka “i-action chart yokukhwehlela” uzobona ukuba noma yikuphi ukukhwehlela okunemfiva kuchaza ukuthi kumele uye eklinikhi njengamanje.

Ukwelapha ukukhwehlela ekhaya:

Ungakwelapha ukukhwehlela ekhaya ngokuqiniseka ukuba awuphelelwa ngamanzi emzimbeni. Uma ungenawo amanzi anele emzimbeni wakho kuzokwenza amafinyila asemaphashini ome futhi anamathele kube nzima ukuwakhwehlela. Uma uphuza amanzi amaningi kungasiza ngalokhu. Uma ungashawa bese kulandela ukushawa ngamanzi ashisayo kungasiza noma ukustima ngamanzi ashisayo noma nge-rooibos tea kuzosiza. Uma unokukhwehlela okomile okunyawizelayo emphinjeni, kungasiza ukumunca ama-lozenges noma iswidi eliqinile.

Ukudangala:

Kuqinisekisa ukuba abantu abaphila ne-HIV/AIDS babe nokudangala kodwa kaningi kubonwa ngabahlengikazi nodokotela eklinikhi. Kubalulekile kuwe ukuba utshele umhlengikazi noma udokotela uma ucabanga ukuthi udangele. Ukudangala kuyisifo, akulona nje uvalo, ukwesaba, umzwangedwa nokuzizwa unengcindezi okungahle kwenzeka ngenkathi uqala ukuzwa ngalesi simo sakho se-HIV. Leyo mizwa yindlela evamile eyenzeka uma uzwa mayelana nesimo sakho. Ukudangala kukhula ngamaviki ambalwa futhi lena yindlela evamile yokuzizwa usesimweni sokudangala okubonakala ngezimpawu zomzimba. Lokhu kubangwa ukungabhalansi kwamakhemikhali asebuchosheni. Bheka uhlu lokuhlola ukudangala ngezansi – uma ucabanga ukuba unokudangala futhi unalezi zimpawu eziningi, uma kunjalo ungahle ube nezinga elithize lokudangala. Lokhu kungelashwa ngemishanguzo kanye nangokwesekwa ngokomqondo. Lena akuyona into ongaba namahloni ngayo. Iya eklinikhi utshele umhlengikazi noma udokotela indlela ozizwa ngayo ukuze bakuqalise ngonyango.

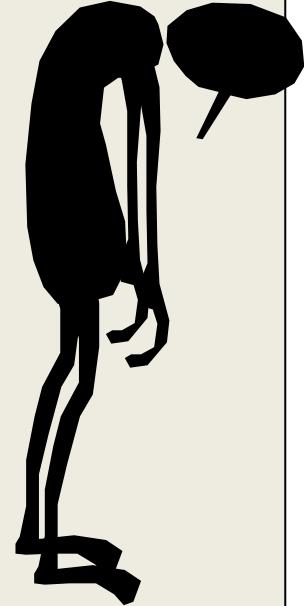


Ukusangana kwehlukile kunokudangala. Uma usangene ukucabanga kwakho kusuke kuphazamisekile ngakho uyahluleka ukuxhumana, ungahluleka ukugxila futhi ukhohlwa izinto eziningi. Ungahluleka nokunyakaza, ube yidlabha, ungabi nebhalsi noma ungakwazi ukunyakaza kwanhlobo (uphelelwe amandla). Ubuwena nabo

bungahle bushintshe. Abantu ababa nokusangana imvamisa abazizwa bedangele ngoba bavamise ukungaziboni ukuba bayagula. Ukusangana kwelashwa ngama-ARV.

Uhlu lokuHlola ukuDangala:

- Ingabe uzizwa uphansi izikhathi eziningi?
- Ingabe akukho ozijabulisa ngakho njengomculo, umdlalo webhola noma noma ngoshokoledu?
- Uzama ukuthola uxolo ngokudla ngokweqile?
- Noma awukufisi ukudla nesisindo siyehla?
- Ingabe awulali kahle ebusuku?
- Ingabe uyehluleka ukuvuka ekuseni?
- Ingabe uzizwa uthukuthele futhi usheshe ucasuke?
- Ingabe uzizwa uthule kakhulu?
- Ingabe untula amandla nsuku zonke?
- Ingabe uyehluleka ukugxila?
- Ingabe kunzima ukuthatha izinqumo mayelana nodaba olulula?
- Ingabe uzizwa unesazelo?
- Ingabe uzizwa ungento yalutho ngezinye izikhathi?
- Ingabe ucabanga ngokufa kaningi?
- Ingabe ucabanga ukuzibulala?



Uma uphendula ngo-yebo emibuzweni eminingi, kungenzeka unezinga elithize lokudangala.

Khuluma nodokotela noma nomhlengikazi eklinihi ngendlela ozizwa ngayo.

Uma uphendula ngo-yebo embuzweni owodwa noma emibili kungenzeka unesimo sokudangala.

Indlela yokwelapha ukuDangala eKhaya: Kunezinto eziningi ongazenza ezingasiza ukulawula ukudangala. Qiniseka ukuba uthola usizo njengamanje uma *uzwa sengathi ufuna ukuzilimaza noma omunye umuntu*. Kaningi uma ukhuluma nomuntu oqondisisayo noma nochwepheshe wezokwelapha kungasiza unqobe lesi simo. *Nciphisa utshwala*, nakuba kungakwenza uzizwe ungcono isikhashana esincane. Emva kwesikhathi eside bungaphazamisa ukusebenza kwenqondo yakho futhi ungeke ukwazi ukukubalekela ukudangala. *Hlala wenza okuthile*, qiniseka ukuba uyavuka nsuku zonke, uyagqoka futhi uphume endlini. Ngisho ungazizwa ukwenza izinto, kubalulekile ukuhlala unyakaza, vakashela abangane futhi ujoyine iqembu elithile. Uma usuqala ukungaxhumani nabantu futhi uyinkom'edla yodwa, isimo sakho sizokwedlulela. *Hlela amasu angomuso*, akusasa, aweviki elilandelayo, awenyanga elandelayo. Qiniseka ukuba *uzivocavoca imizuzu engama-20 kuya kwengama-30* nsuku zonke. Njengoba sishilo kuViki 1, ukuzivocavoca kumqoka kakhulu ukusigcina sinempilo nokusiza izimo zethu. Ukudangala kuzondla ngokudangala, uma ukholwa ukuba izinto zizoba ngcono, zizoqala

ukushintsha. Sebenzisa amacebo asesigabeni seViki 3: Ukulawula iNgcindezi okuzokusiza ukulawula izimpawu onazo.

Uhudo (Ukukhishwa yisisu)

Uhudo lungaphatha noma ubani. Uhudo luchaza ukuthi kumele uye endlini encane kaningi futhi indle yakho imanzi noma isadaka. Kwesinye isikhathi uhudo luhambisana nezinhlungu zesisu noma nokubuyisa noma kokubili. Uma unohudo umzimba wakho ulahlekelwa ngamanzi ngaso sonke isikhathi. Ukulahlekelwa ngamanzi kubizwa nge-dehydration futhi kunobungozi, ikakhulukazi ezinganeni.

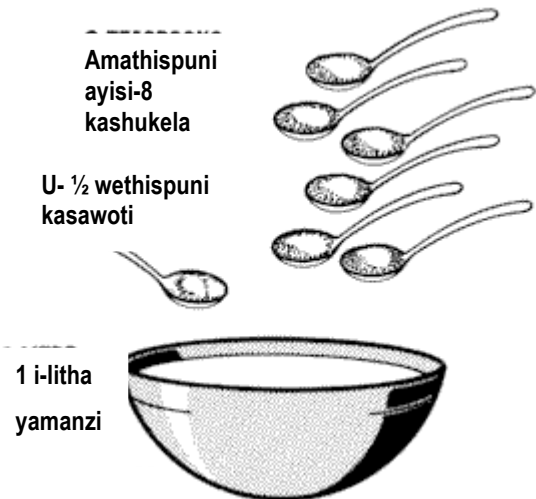
Uhudo lungabangwa ukutheleleka ngenxa yemithelela yemishanguzo noma lubangwe ukungamunceki kokudla ngendlela. Uhudo lungavinjelwa ngokuqiniseka ukuba uphuza amanzi ahlanzekile, ngokupheka ukudla ngokucophelela (bheka isigaba seViki 5) futhi uqiniseke ukuba ugeza izandla ngaso sonke isikhathi uma ubuya endlini encane.

I-Action Chart yoHudo:

Ingabe?		
• <i>Unendle emnyama noma enegazi</i>	Yebo	Iya eklinikhi njengamanje
• <i>Unezinhlungu ezigxilile nesisu esiqinile</i>	→	
Cha ↓		
Ingabe unezimpawu zokuphelelwa amanzi emzimbeni?		
• <i>Womela amanzi kakhulu</i>	Yebo	Iya eklinikhi namuhla
• <i>Unomlomo owomile</i>	→	
• <i>Unomchamo onsundu</i>		
• <i>Unenzululwane</i>		
Cha ↓		
Ingabe uphuza ama-antibiotic?	Yebo	Iya eklinikhi namuhla
	→	
Cha ↓		
Ingabe uhudo luthathe izinsuku ezingaphezu kwezinhlanu lungabi ngcono?	Yebo	Iya eklinikhi namuhla
	→	
Cha ↓		
Yelapha uhudo lwakho ekhaya		

Indlela yokwelapha uhudo usekhaya:

Into esemqoka uma unohudo ukuqiniseka ukuba uthola uketshezi olwanele ukuze umzimba wakho ungaphelelwa ngamanzi. Zama ukugwema iziphuzo ezine-caffeine ngoba zingadala i-dehydration engaphezulu (i-coca cola, ikhofi netiye zine-caffeine). Phuza iziphuzo ezisezingeni lokushisa lasendlini, iziphuzo ezishisayo noma ezibanda kakhulu zingabhebhethekisa uhudo. Ukwenza **isiphuzo se-glucose** kungasiza kakhulu ukwelapha uhudo. Kwenze lokhu ngokugcwalisa ilitha lebhodlela ngamanzi ahlanzekile asempompini noma abilisiwe uma ungenasiqiniseko sokuba amanzi ahlanzekile. Faka amathispuni ayisi-8 kashukela nohhafu wethispuni kasawoti emanzini ukuhlanganise kahle.



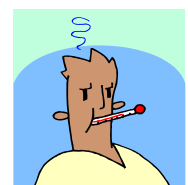
Ungengeza uhhafu wenkomishi yejusi ye-orenji uma ungakuthandi ukunambitheka kwawo. Zama ukuphuza inkomishi eyodwa kuya kwezimbili (200 ml) emva kokukhishwa yisisu (isiwombe sohudo). Habula kancane futhi uphuze ungajahi.

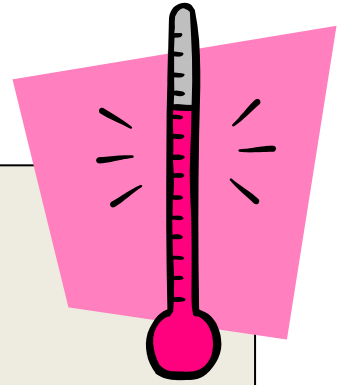
Uma unohudo kungenzeka ungakuthandi ukudla kodwa uma ungadli akuwona umqondo omuhle. Zama ukudla



Imfiva

Imfiva noma ukuba nezinga eliphezulu lokushisa imvamisa kubangwa ukutheleleka. Kubantu abaphila ne-HIV/AIDS imfiva ingabangwa yi-HIV ngokwayo kodwa ingabuye ibangwe ngokunye ukutheleleka noma yimishanguzo imbala. Uma unemfiva kudingeka uyohlolwa ukuba awunazo yini ezinye izimpawu zokugula okugxilile ezikuxwayisa ukuba wenze okuthile njengamanje. Sebenzisa i-action chart yemfiva ukuhlola lokhu.





I-Action Chart yeMfiva:

Ingabe unemfiva kanye?

- *Intamo eqinile (wehluleka ukugoba intamo yakho ubeke isilevu esifubeni sakho)*
- *Ukhandleke kakhulu noma uzizwa udidekile*
- *Unesithuthwane noma unokudikizela*
- *Unenhliziyo encane kakhulu*

Yebo Iya ekinikhi
→ njengamanje

Cha ↓

Ingabe unemfiva nokukhwehlela okomile nokuphelelwa wumoya (iphika) okugxilile?

Yebo Iya ekinikhi
→ njengamanje

Cha ↓

Ingabe unokuqubuka okusha esikhumbeni noma unezilonda esikhumbeni ezihambisana nale mfiva?

Yebo Iya ekinikhi namuhla
→

Cha ↓

Ingabe unalokhu okulandelayo okuhambisana nemfiva?

- *Ikhanda elibuhlungu*
- *Umphimbo obuhlungu*
- *Ukukhwehlela*
- *Isifo sohudo*
- *Izinkinga zokuchama*

Yebo Bheka i-action plan mayelana naleyo
→ nkinga

Cha ↓

Lapha imfiva yakho ekhaya

Indlela yokwelapha imfiva ekhaya: Imfiva ephezulu ingelashwa ngokupholisa ukushisa komzimba ngamanzi noma ngemishanguzo. Ukupholisa umzimba ngamanzi abuthuku (hhayi amanzi abandayo) kungasiza ukwehlisa izinga lokushisa. I-Paracetamol (i-Panado) ingasetshenziswa ukwehlisa izinga lokushisa komzimba.

Ikhanda elibuhlungu:



Ikhanda elibuhlungu ngenye yezimpawu ezivamile ezivela kubantu abaphila ne-HIV/AIDS noma abangenayo. Ikhanda elibuhlungu lingabangwa ukuqina kwezicubu, lingabangwa nayimishanguzo. Ikhanda elibuhlungu kanye nemfiva kungaba isimo esigxilile. Uma unekhanda elibuhlungu kanye nemfiva nentamo eqinile – *intamo eqina uma uyigobela phambili wehluleke nokubeka isilevu esifubeni sakho*, kungenzeka une-meningitis. Lokhu ukutheleleka okugxilile kwelayiningi esebuchosheni okuzodingeka ukuba welashwe ngokushesha. Sebenzisa i-action plan yekhanda elibuhlungu ukuqoka indlela yokulawula ikhanda elibuhlungu.

I-Action Plan yeKhanda eliBuhlungu:

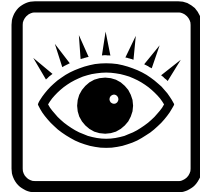
Ingabe <i>unemfiva nentamo eqinile</i> kanye nekhanda elibuhlungu?	Yebo →	Iya njengamanje	eklinikhi
Cha ↓			
Ingabe unokunye kwalokhu uma unekhanda elibuhlungu?			
<ul style="list-style-type: none">• <i>Wehluleka ukunyakazisa izingalo nemilenze yakho</i>	Yebo →	Iya njengamanje	eklinikhi
<ul style="list-style-type: none">• <i>Wehluleka ukubona</i>• <i>Wehluleka ukukhuluma (uyanensa)</i>			
Cha ↓			
Ingabe ikhanda lakho elibuhlungu lithathe ngaphezu kwezinsuku ezintathu?	Yebo →	Iya eklinikhi namuhla	
Cha ↓			
Yelapha ikhanda elibuhlungu ekhaya bese ubika ngalo eklinikhi ngohlolo lwakho olulandelayo			

Ukwelapha iKhanda eliBuhlungu ekhaya: I-Paracetamol iyasiza kakhulu ukwelapha ikhanda elibuhlungu. Lo muthi usebenza kangcono uma usheshe uwuphuza uma uzwa unekhanda elibuhlungu esikhundleni sokulinda izinhlungu zigxile kakhulu. Uma ikhanda elibuhlungu libangwa ukuqina kwezicubu nengcindezi, ukuhlilikhla izicubu zentamo nokubeka okuthile okufudumele entanyeni (ibhodlela elinamanzi ashisayo elisongwe ngethawula) kungasiza. Amasu okunethezeka nokuphumula nakho kungasiza ukulawula ikhanda elibuhlungu.



Izinkinga zamehlo:

Abantu abaphila ne-HIV/AIDS bangaba nezinkinga zamehlo eziningi. Zonke izinkinga zamehlo kumele zihlolwe eklinikhi. Izinkinga zamehlo zingabangwa ukutheleleka (CMV) kodwa izinkinga zamehlo zingabangwa nayimithi, isifo sikashukela, ikhanda elibuhlungu, ukukhathala kweso noshintsho oluvamile olubangwa ukukhula. Uma *umane* waba nezinkinga zamehlo kungenzeka ukuba zibangwa ukutheleleka futhi kudingeka uye eklinikhi njengamanje. Uma izinkinga zamehlo ziza kancane kancane kuzodingeka uyohlolwa amehlo uma uphinde uya eklinikhi.



I-Action Chart yeziNkinga zameHlo:

Ingabe <i>ukungaboni</i> (ingxenyane noma ngokuphelele) <i>kumane</i> kwenzeka masinyane esweni elilodwa noma omabili noma <i>ukungasaboni kahle kugxilile?</i>	Yebo →	Iya eklinikhi njengamanje
Cha ↓		
Ingabe i-CD4+ count yakho ingaphezu kuka-200	Yebo →	Iya eklinikhi namuhla
Cha ↓		
Ingabe ukungasaboni kahle kwenzeke <i>kancane kancane emehlweni OMABILI</i>	Yebo →	Iya eklinikhi namuhla
Cha ↓		
Iya eklinikhi NJENGAMANJE		

Ukucanuzela kwenhliziyo kanye nokuhlaza:

Ukukhathazeka okuningi okumayelana nokucanuzela kwenhliziyo nokuhlaza kuyafana nokohudo. Imishanguzo yiyona mbangela evamile yokucanuzela kwenhliziyo kubantu abaphila ne-HIV/AIDS kodwa lokhu kungabangwa wukutheleleka ngamavayirasi. Ukuphela kwamanzi emzimbeni kuyingozi enkulu. Izinkomba zokuphelelwa amanzi emzimbeni kungaba isiyenzi, ukoma kakhulu, umlomo nelimi elomile, ukuncipha komchamo nonsundu kakhulu, ukushwabana nokoma kwesikhumba. Umhlanzo omnyama noma onegazi kungaba yinkomba yokuba kunokopha esiswini.





I-Action Chart yokuCanuzela kweNhliziyo nokuHlanza:

Ingabe unalokhu okulandelayo?

- Umhlanzo omnyama noma onegazi
- Izinhlungu ezixilile zesisu esiqinile
- Ikhanda elibuhlungu nentamo eqinile
(wehluleka ukubeka isilevu sakho esifubeni sakho)

Yebo

→ Iya eklinikhi njengamanje

Cha ↓

Ingabe unezimpawu zokuphelelwa amanzi emzimbeni?

- Womela amanzi kakhulu
- Unomlomo owomile
- Unomchamo onsundu
- Inzululwane noma isiyezi

Yebo

→ Iya eklinikhi njengamanje

Cha ↓

Ingabe lokhu kuqale emva kokuqala imishanguzo emisha?

Yebo

→ Iya eklinikhi namuhla

Cha ↓

Ingabe ukhulelwe noma ucabanga ukuthi unganhle ukhulelwe?

Yebo

→ Iya eklinikhi namuhla

Cha ↓

Ingabe sekuphele ngaphezu kwezinsuku ezi-3 uhlanza futhi akubi ngcono?

Yebo

→ Iya eklinikhi namuhla

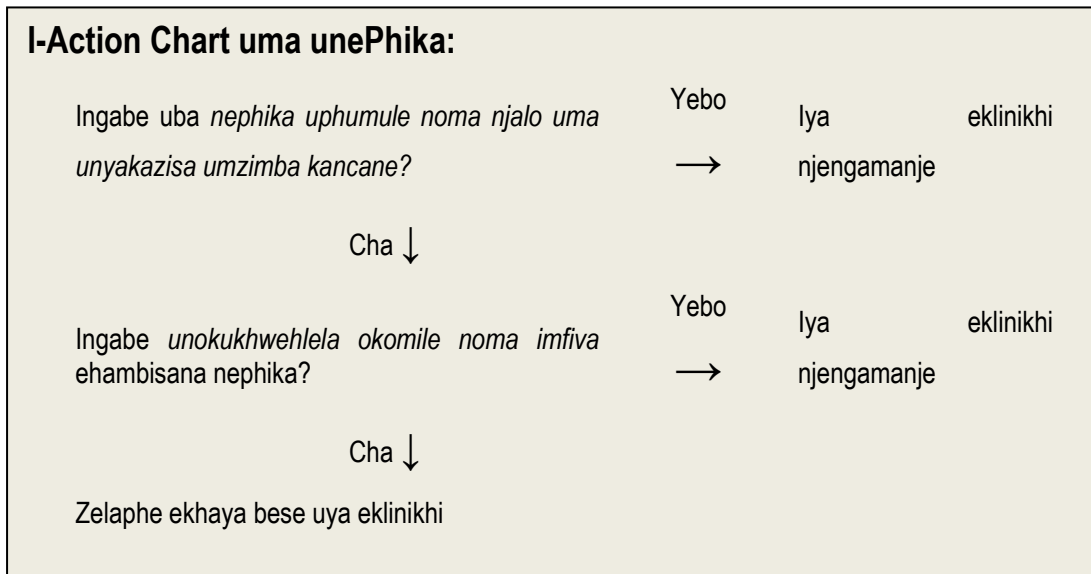
Cha ↓

Yelapha ukuhlanza ekhaya

Indlela yokweLapha ukuCanuzela kweNhliziyo nokuHlanza eKhaya: Kubalulekile ukuba uthole uketshezi oluningi emzimbeni wakho ngokushesha ngaphambi kokuba uhlanze futhi. Ukuhabula isiphuzo esinoshukela (glucose) esichaziwe eselapha uhudo kusemqoka. Ungazami ukuphuza ingilazi yonke ye-glucose ngasikhathi sinye, ihabule kancane kancane ukuze ungaphinde uhlanze futhi.

Ukuba nephika:

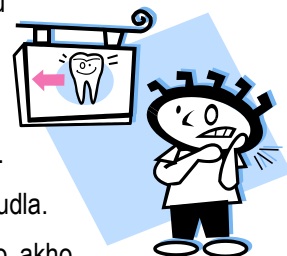
Kuvamile ukuba uzizwe unephika uma wenza okuthile okukhandlayo noma uzivocavoca. Uma uba nephika uma uphumule noma unyakazisa umzimba kancane noma uvuka ebusuku uzizwa unephika, uma kunjalo kuzomele uye eklinikhi masinyane. Imbangela enkulu yalolu hlobo lwenkinga kubantu abaphila ne-HIV/AIDS yi-PCP. Iphika lingabangwa ukutheleleka emaphashini oke waba nakho phambilini kanye nokubhema.



Ukwelapha iPhika eKhaya: Uma ubumatasa ngokuthile bese uba nephika akumele ukuyeke ngaleso sikhathi noma uzame ukujahela ukuqeda okwenzayo. Kungcono ukuthatha kancane lokho okwenzayo ubheke ukuba iphika liyaphela yini. Kwesinye isikhathi uma sizizwa sinephika siyakhathazeka ngakho nokusenza sibe novalo kanti lokho kungalibhebhethekisa iphika. Uma ubungazivocavoci isikhathi eside, ukuba nephika kungaba yinkomba yokuba udinga ukuzivocavoca. Kudingeka ukhuphule izinga lokwenzayo kancane kancane njengoba kuchaziwe esigabeni sokuzivocavoca. Uma ubhema futhi uba nephika kudingeka ukuyeke ukubhema. Uma wehluleka ukuyeka ukubhema ungakhuluma nomhlengikazi uma sekuyisikhathi sokuya eklinikhi. Uma abantu bebhema eduze nawe, zama ukugwema intuthu noma ubacele babhemele kude. Uma unephika kuyasiza ukuzilolonga ngokudonsa umoya kakhulu njengoba kuchaziwe esigabeni sokuziphumuza. Lolu hlobo lokudonsa umoya luyasiza ukulolonga izicubu zokuphefumula futhi kusiza nomqondo wakho ukwazi ukulawula izimpawu onazo.

Umphimbo kanye noMlomo oBuhlungu:

Umphimbo obuhlungu uvamile kubantu abaphila ne-HIV nabangenayo. Imbangela evamile yomphimbo obuhlungu amavayirasi omkhuhlane kodwa umphimbo obuhlungu ungabangwa okunye ukutheleleka. Iningi lomphimbo obuhlungu ungelashwa ekhaya. Umlomo nezindlebe ezibuhlungu nakho kuvamisile. Amabala asemlonyeni, amabala amhlophe elimini noma emlonyeni noma amabala abovu ansonsothayo kanye nezilonda emlonyeni noma emphinjeni wakho konke kungabangwa amalovula. Izinhlungu ezisemlonyeni zingabangwa ngamazinyo anezimbobo. Amazinyo angaba nezimbobo ngenxa yamabhaktheriya asemlonyeni. Ungazivikela izimbobo ngokuxubha amazinyo akho kabili ngosuku nanjalo emva kokudla. Akuthathi umuthi wamazinyo omningi (ithonsana elincane lanele) ukugcina amazinyo akho ehlanzekile. Kusemqoka ukunciphisa ukudla amaswidi neziphuzo ezizoyizayo ezingabanga ukubola kwamazinyo. Sebenzisa i-action chart yomphimbo nomlomo obuhlungu ukuqoka okumele ukwenze.



I-Action Chart yoMphimbo noMlomo oBuhlungu:		
Ingabe unezinkinga ezigxilile zokuphefumula noma ezokugwinya?	Yebo →	Iya eklinikhi njengamanje
Cha ↓		
Ingabe unemfiva noma ubovu ngemuva emphinjeni wakho?	Yebo →	Iya eklinikhi namuhla
Cha ↓		
Ingabe unezinhlungu emazinyweni akho noma ukuvuvuka esihlathini sakho?	Yebo →	Iya eklinikhi yamazinyo
Cha ↓		
Ingabe unezilonda noma amabala amhlophe emlonyeni wakho, elimini noma ezindebeni zakho?	Yebo →	Iya eklinikhi namuhla
Cha ↓		
Ingabe umphimbo wakho obuhlungu usukuphathe ngaphezu kwezinsuku eziyi-10?	Yebo →	Iya eklinikhi namuhla
Cha ↓		
Ukuwelapha ekhaya		

Ukwelapha umphimbo nomlomo obuhlungu ekhaya: Ukuphuza iziphuzo ezipholile nokuphuza izibulala zinhlungu njenge-paracetamol kungasiza. Ungawelapha umphimbo obuhlungu ngokuhahaza ngamanzi anosawoti. Kungasiza nokumunca amaqhezu eqhwa uma ungalithola iqhwa.

Izinkinga zesikhumba:

Kunezinkinga eziningi zesikhumba ezingakhungatha abantu abaphila ne-HIV/AIDS. Ezimbalwa zalezi zinkinga zinobungozi kodwa ngenxa yokuba ziyabonakala, zingakuzwisa inhliziyo ebuhlungu kakhulu. Ukubonakala kwazo zingakwenza uzizwe ungathandeki noma ungazethembi, kaningi zihlala isikhathi futhi zingahlala zikukhumbuza ngesimo sakho se-HIV.




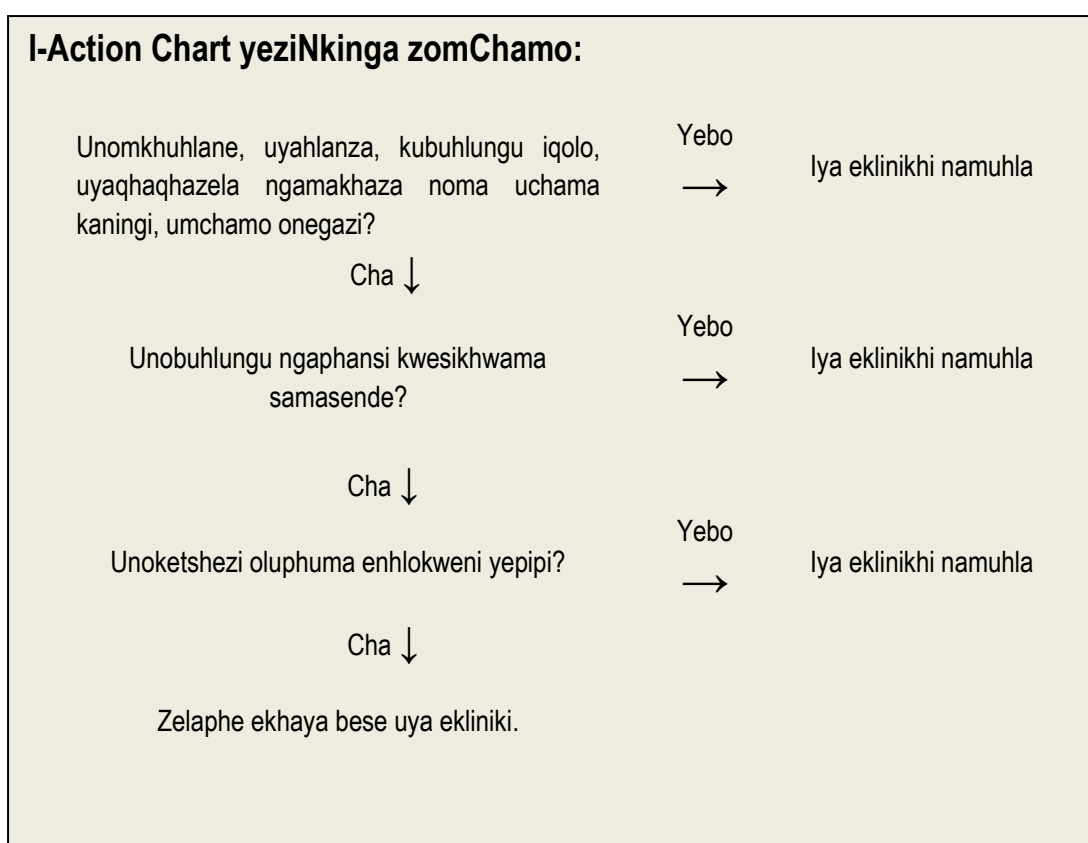
Izinkinga zesikhumba ezivame kakhulu kubantu abaphila ne-HIV/AIDS isifo sokuqubuka, inqubulunjwana, ukutheleleka ngamabhaktheriya, izinsumpa, ukutheleleka yizikhunta nokuqubuka.

I-Action Chart yeziNkinga zesiKhumba:		
Ingabe unokuqubuka <i>okubuhlungu</i> ohlangothini elilodwa lomzimba wakho noma ebusweni bakho?	Yebo →	Iya eklini namuhla
Cha ↓		
Ingabe ukuqubuka kuqale emva kokuphuza imishanguzo?	Yebo →	Iya eklini namuhla
Cha ↓		
Ingabe unokuqubuka noma amabhamuza emzimbeni wakho kanye <i>nemfiva</i> ?	Yebo →	Iya eklini namuhla
Cha ↓		
Ingabe unezinsumpa esikhumbeni sakho ezinombala owehlukile kunowesikhumba sakho?	Yebo →	Iya eklini namuhla
Cha ↓		
Ingabe unokuqubuka okuyisiyingi esikhumbeni sakho noma <i>isikhumba esimhlophe esifayo</i> phakathi nezinzwane zakho, emvilaphini, ngasezithweni zangasese noma emakhwapheni noma <i>kunobovu ekuqubukeni</i> ?	Yebo →	Iya eklini namuhla
Cha ↓		
Ukuwelapha ekhaya		

Ukwelapha izinkinga zesikhumba ekhaya: Kubalulekile ukugcina isikhumba sihlazekile ukuvikela noma yikuphi ukutheleleka okungavela. Geza umzimba wakho wonke ngensipho namanzi nsuku zonke. Gcina izinzopho zeminwe zinqunyiwe zihlanzekile. Uma uzenwaya uma ulele, ungalala ufake amasokisi ezandleni zakho ukuze ungalimazi isikhumba sakho. Uma unesikhumba esomile nesinsonsothayo, kuyasiza ukugeza nge-
aqueous cream kunensipho.

Izinkinga zomChamo:

Ukuthetheleka komchamo (urinary infection) kwenzeka kaningi kwabesimame kunasemadodeni, kodwa amadoda ane-HIV/AIDS angaba nako lokhu kuthetheleka. Uphawu oluvame kakhulu lwemithelela yomchamo ubuhlungu noma ukushisa uma ushobinga, ukuphiswa kaningi kanye negazi emchameni. Lezi zimpawu azibangwa ukuthetheleka njalo; zingabangwa yi-caffeine eningi kakhulu (itye, ikhofi, i-cola); inkwantshu esinyeni (uma isinye sisebenza ngokweqile) kanye novalo.  Ukuthetheleka kwesinye kwabesimame kungabangwa nawukuya ocansini. Uma unemfiva, uhlanza, unobuhlungu eqolo noma uququda amazinyo noma unedumbe kungenzeka ukuba ukuthetheleka (infection) sekusabalalele kusuka esinyeni kwaya ezinsweni. Sebenzisa i-Action Chart yeziNkinga zomChamo ezosiza uqoke indlela yokulawula izimpawu onazo.



Ukwelapha izinkinga zomchamo ekhaya: Isinyathelo sokuqala sokulawula lezi zinkinga ukuphuza amanzi amaningi. Phuza amalitha amaningana (u-4 kuya ku-5 wamalitha) amanzi emahoreni angama-24 okuqala emva kokuvela kwalezi zimpawu. Lokhu kusiza ukuhlanzisisa noma yikuphi okungabanga le nkinga. Ukuphuza ijusi yezithelo nakho kungasiza ngoba kungashintsha amakhemikhali asemchamweni.

Iqama lokuqcina mayelana nezimpawu:

Khumbula izinyathelo ezichazwe kulesi sigaba kanye nama-action chart ungayi kwabanye abantu ngaphandle kwabahlengikazi nodokotela. Ulwazi olukulesi sigaba ukusiza wena ukuba usebenzisane nethimba lezempilo. Sebenzisa ama-action chart azokusiza ukuba ucabange nganoma yiziphi izimpawu oba nazo nokuzokusiza uqoke okudingeka ukwenze ngazo. Njengoba ufundile, ezinye izimpawu ungazilawula ngendlela evikelekile ekhaya. Ezinye zezimpawu kudingeka uze uye eklinikhi ungachithi isikhathi. Uma unokungabaza noma ukukhathazeka nganoma yiziphi izimpawu onazo ngakho kungangcono ukuya eklinikhi ukuba ziyohlolwa ngokugcwele. Khumbula lokho okufundile esigabeni sokuqala mayelana nendlela yokuziphatha elungile. Sebenzisa lolo lwazi lwakuleso sigaba ukukusiza uthole okuningi ngokuya eklinikhi mayelana nanoma yiziphi izimpawu oba nazo.



Uma kwenzeka uya eklinikhi ngenxa yophawu oluthile ungelashwa umhlengikazi noma udokotela. Noma ungedluliselwa komunye umuntu onguchwepheshe mayelana nenkinga onayo. Kulesi sigaba, sizoxosisana ngendlela yokuxhumana kahle nomuntu onakekela impilo yakho. Noma ngabe ubonana nobani eklinikhi, kuyasiza ukusebenzisa izinyathelo zokuxhumana ukuze uthole okuningi uma uvakashele eklinikhi.

Sebenzisa “i-Action Plan Form” ekugcineni kwalesi sigaba ukuhlela indlela ozolawula ngayo uphawu onalo. Sebenzisa “i-Exercise Diary (Idayari yokuzivocavoca)” ukugcina irekhodi lokuzivocavoca oluqale ngeviki eledlule. Khumbula la mashadi enzelwe ukusiza wena ube umphathi ozimele onempumelelo!

I-Action Plan Form – ukuLawula iziMpawu

Cabanga ngophawu oluvamile oba nalo. Sebenzisa leli fomu ukwenza i-action plan yendlela yokulawula lolu phawu uma kwenzeka luvela ngesikhathi esizayo.

Qiniseka ukuba isu lakho lokusebenza lifaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki

Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

Uqiniseke kangakanani ukuba uzoyigcwalisa le action plan?

Ngeke _____ Ngokuphelele
 ngiqiniseke | | | | | | | | | | 1 2 3 4 5 6 7 8 9 10 ngiqinisekile

Gcina irekhodi lokuba ukwenze kanjani, uma ngigula:

	Ngihlele uku.....	Ngenze.....
NgoMsombuluko		
NgoLwesibili		
NgoLwesithathu		
NgoLwesine		
NgoLwesihlanu		
NgoMgqibelo		
NgeSonto		

Idayari yokuziVocavoca

Sebenzisa le dayari yokuzivocavoca ukugcina imigomo yokuzivocavoca nohlelo olubhale ngeviki elilodwa.

Qala ngokubhala phansi inhloso yakho.

Bhala phansi lapha ofuna ukukwenza:

Manje, yikuphi ongafuna ukukwenza kuleli viki okuzokusiza ukufeza inhloso yakho?

Khumbula ku-action plan yakho ukufaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki



Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

	Ukuzivocavoca okuHleliwe	Ukuzivocavoca engikwenzile...	Ngizizwe kanjani? Ingabe kukhona ofuna ukukushintsha?
isib.	<i>Imizuzu engama-20 ekuseni emva kwebhulakufesi futhi nantambama emva kwesidlo santambama</i>		<i>Ukhathala kakhulu ngesihlandla sesibili, ngizosinciphisa ngisenze ekuseni kuleli viki kuphela.</i>
NgoMsombuluko			
NgoLwesibili			
NgoLwesithathu			
NgoLwesine			
NgoLwesihlanu			

Iviki 3: Ukulawula iNgcindezi (Stress)

Emphakathini wakithi sikhuluma kakhulu ngengcindezi. Singahle sithi kunengcindezi ukuhlala eNingizimu Afrika. Kunengcindezi ukukhathazeka ngezingane zethu noma ngemindeni yethu, kunengcindezi ukukhathazeka ngemali noma kunengcindezi ukukhathazeka ngokuthola umsebenzi noma nokubhekana nomsebenzi wami. Sisebenzisa igama lengcindezi kakhulu, kodwa ngabe lokhu kuchazani? Ingcindezi umuzwa; yinhlanganisela yokuzizwa ushaqekile futhi ukhathazekile. Uma sizizwa sinengcindezi singacasuka, sithole kunzima ukugxila noma ukukhumbula izinto, ingcindezi ingaphazamisa ukulala kwethu, ukulangazelela ukudla kanye nobudlelwano.



Isizathu esivame kakhulu esenza sizizwe sinengcindezi ukwehluleka ukulawula. Sinokuzwa sengathi izinto zinengcindezi uma sehluleka ukuzilawula. Sizizwa sinengcindezi uma sizofika emva kwesikhathi emsebenzini ngoba izitimela zifike emva kwesikhathi – lokhu siyehluleka ukukulawula. Sizizwa sinengcindezi mayelana nalapho esihlala khona uma singavikelekile – labo abasigebengayo nalokho asikwazi ukukulawula. Nangale ndlela, singazizwa sinengcindezi uma sinesifo esigxilile esifana ne-HIV/AIDS noma esikashukela noma umfutho ophezulu wegazi. Uma uzwa ukuba ukugula kwakho akulawuleki futhi akukho ongakwenza, lokhu kukwenza uzizwe unengcindezi.



Ingcindezi ayiyimbi ngaso sonke isikhathi. Siyazi ukuthi ingcindezi ingaba nosizo futhi. Kubantu abaningi uma sizwa ingcindezi ethile, singahle sizizwe sinengcindezi yokwenza kangcono. Ungazizwa unengcindezi ngoba umndeni wakho uzokuvakashela kodwa le ngcindezi ikwenza ucwecwe ikhaya lakho – lena ingcindezi enomthelela omuhle. Abafundi bangaphothula izifundo zabo uma kunezivivinyo nemiqamulajuqu yama-assignment, ngaphandle kwengcindezi yomiqamulajuqu, abafundi ngeke bawuphothule umsebenzi.

Kwesinye isikhathi sifisa impilo “engenangcindezi”. Kodwa, siyazi ukuthi uma ingcindezi ibingekho ezimpilweni zethu, uma singenakho esingakwenza usuku lonke, lokhu nakho ngeke kusilungele. Uma ngilala embhedeni usuku lonke ngingenzi lutho, izicubu zami ziyalulazeka, amalunga ami ayaqina futhi ngigule. Sidinga ingcindezi ethile ezimpilweni zethu ukusigcina sinempilo. Into esemqoka ukugcina inani lengcindezi lisezingeni esingakwazi ukulilawula. Yingakho sikhuluma mayelana nokulawula ingcindezi, *hhayi* ukuqeda ingcindezi!

Ziningi izinto esingazenza ezimpilweni zethu ukulawula ingcindezi. Isinyathelo sokuqala ukuqondisisa kungani sizizwa sinengcindezi. Imvamisa kunezinto ezintathu ezikhungatha indlela esiyizwa ngayo ingcindezi.

1. Isimo esinengcindezi:

Imvamisa uma ungasilindele isimo futhi ungasazi isimo osilindele, uba nengcindezi engaphezulu. Uma kudingeka uthathe isitimela uya emsebenzini kodwa ubuwazi ngayizolo ukuba izitimela zizophuza ukufika, lokhu kungaba nengcindezi encane kunokuthola emva kokuba usugibele isitimela esizofika emva kwesikhathi. Uma ucabanga ngokuba nobuhlungu, uma uyazi imbangela yobuhlungu uba nengcindezi encane na? Uma ungayazi imbangela yobuhlungu bakho futhi ukhathazekile ukuba kunokuthile okugxilile okungahambi kahle, ingabe lokhu kunengcindezi?

2. Indlela obona ngayo le simo nendlela yokubhekana naso:

Uma isimo okuso singabalulekile, kungenzeka ube nengcindezi encane ngaso. Uma uhamba ngesitimela esizophuza ukufika kodwa uyozikhithizela ngokwakho, uma kunjalo kungenzeka ungabi nengcindezi ngalokho. Uma uhamba ngesitimela esizophuza ukufika kodwa uya emsebenzini lokhu kungaba nengcindezi engaphezulu, kodwa uma uneselula futhi une-airtime kuselula yakho, ungashayela umqashi wakho uchaze ukuthi uzofika emva kwesikhathi, lokhu kungaba nengcindezi encane. Ikhono lakho lokubhekana nalesi simo, liba nomthelela enanini lengcindezi ongayizwa. Nakuba kunengcindezi ukuphila nesifo esigxilile njenge-HIV/AIDS, esikashukela noma umfutho ophezulu wegazi, uma ubucabanga ukuthi uzokwazi ukubhekana naso futhi ngeke siphazamise umsebenzi nempilo yakho kungaba nengcindezi na? Uma wazi ngesimo sakho kukwenza ucabange ngaso ngendlela ehlukile futhi kuzoshintsha nendlela obhekana ngayo naso.



3. Ukwesekwa wumndenani nabangane:



Ukwesekwa abangane nomndenani abaqondisisayo kungaba nomthelela emazingeni akho engcindezi. Uma uzizwa uwedwa futhi engekho okwesekayo kungakwenza ube nengcindezi engaphezulu. Uma ucabanga ngokuphila ne-HIV/AIDS, kungaba nengcindezi engaphezulu noma encane uma kungekho okwesekayo? Kodwa, kudingeka siqaphele ngokwesekwa esikuthola emndenini nakubangane. Uma besenzela konke (ngoba besikhathalela futhi bezama ukusisiza) singazizwa singebantu balutho futhi lokhu kungafana nokuba abaseseki. Ukungeseka akusho ukuthi ungenzele konke.

Ingcindezi ayisho izinto nje ezenzeka kithi. Inani lengcindezi esiyizwayo izoya kakhulu ngezinto ezahlukeni ezingashintsha nsuku zonke. Kunezinto eziningi ezahlukeni esingazenza ukulawula ingcindezi nsuku zonke.

Ukulawula iNgcindezi:

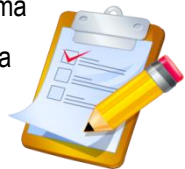
1. Ukubhekana nembangela yengcindezi

Isinyathelo sokuqala sokubhekana nengcindezi ukuqoka ukuba *kungani* uziziwa ngale ndlela. Sebenzisa izinyathelo zokuziphatha ezizokusiza ukuqoka inkinga. Uma usuwazi ukuthi kungani uzizwa ngale ndlela, kudingeka uqoke ongakwenza ngalokho. Kwesinye isikhathi ukubhekana nezinto ezisilethela ingcindezi kulula, uma unobungane nomakhelwane bakho nomsindo wethelevishini yabo ukucasula, kungaba lula ukubacela bawehlise umsindo. Uma ungenabo ubungane nomakhelwane bakho, noma unamahloni kungaba nzima ukubacela ukuba behlise umsindo. Kwesinye isikhathi singaziqoka izinto ezisinika ingcindezi futhi senze okuthile ngazo. Kodwa, kaningi asikwazi ukubhekana nazo noma asikwazi ukuzilawula. Uma wehluleka ukubhekana nazo noma wehluleka ukuzilawula, isinyathelo esilandelayo ukushintsha indlela obhekana ngayo nale nkinga.



Isinyathelo sesibili ukubheka le nkinga ngendlela ehlukele. Cabanga ngendlela ozizwa ngayo. Ingabe imicabango nemizwa yakho ngale nkinga ayiqondile? Mhlawumbe ukhathazekile ngempilo yakho, lokhu kukwenza ube nengcindezi. Ingabe ukhathazekile ukuba uzogula kakhulu futhi ungakwazi ukuya emsebenzini masinyane? Ingabe le micabango nemizwa iqondile? Ingabe le micabango nemizwa uyibhekise kuluphi ulwazi? Ingabe usukhulumile nochwepheshe mayelana nempilo yakho noma imicabango nemizwa kanye nengcindezi yakho uyibhekise kulwazi olungenele?

Isinyathelo sesithathu – hlela impilo yakho. Ingabe uba nengcindezi ngezinto ezifanayo zilokhu ziphindelela? Noma uzithola unengcindezi ngoba kunezikhathi lapho impilo yakho imatasa kakhulu? Uma wenza izinto ezifanayo uphindelela futhi uba nengcindezi, kungenzeka ufune ukubheka indlela obhekana ngayo nengcindezi bese ubheka ukuba ungazama isu elihlukile. Yikuphi okumayelana nempilo ematasa? Lokhu kumayelana nokuhlela, ukuba matasa kakhulu nokungaziniki isikhathi okungesethu, kungaba nengcindezi enkulu. Hlela izinto ngokuhamba kwesikhathi ngokucophelela, qiniseka uba nesikhathi sokunethezeka noma sokuzivocavoca ngisho umatasa kakhulu. Ungaziyeke izinto uzenze ngomzuzu wokugcina.



Isinyathelo sokugcina sokubhekana nengcindezi ukuthola usizo. Umndeni nabangane kanye namaqembu asekelanayo yindlela enhle yokunciphisa ingcindezi. Uma sifuna ukwesekwa abantu, kumele sibatshela ngokucacile ukuba sinankinga yini nalokho esingathanda basenzele khona. Kaningi asixhumani ngokucacile futhi lokhu kungenza ingcindezi ibhebhetheke! Uma ubona ukuthi umndeni nabangane abakusizi kakhulu noma bakwesekwe, kungasiza ukuhlala nabo phansi uma ungenayo ingcindezi ukukhuluma ngalezi zinto. Kungenzeka babona izinto ngendlela ehlukele kuneyakho, lokhu akusho ukuthi abanaphutha futhi nguwe onephutha noma yibona

abanephutha. Lokhu kuchaza ukuthi nibona izinto ngokwehlukile futhi ningaxoxisana ngendlela yokubhekana nezinto kangcono. Uma ninezingxoxo ezifana nalezi kepha kunzima, kungasiza ukucela umeluleki anisize ngalezi zingxoxo. Ungacela usizo eklinikhi noma ungaya ku-NGO efana ne-FAMSA engochwepheshe ekwelulekeni umndeni nangobudlelwane.

2. Ukuziphumuza

Uma sizizwa siphumulile, sizizwa sizolile. Kwesinye isikhathi uma siphumulile futhi sikhathale, singazizwa sozela. Ngezinye izikhathi singazizwa siphumulile futhi siphapheme sikwazi nokugxila emsebenzini sizolile. Ukuziphumuza kungasisiza sikwazi ukugxila futhi kusize ukunethezeka bese siyolala. Ukuziphumuza yindlela esiza kakhulu yokulawula ingcindezi nezinye izimpawu zezifo ezigxilile njengobuhlungu.

Uma sinengcindezi, lokhu kungenza izicubu zethu ziqine, izinhliziyi zethu zishaye ngamandla siphefumulele phezulu, uma singaphilile kahle futhi sisezinhlungwini, isimo sizokwedlulela. Ukuziphumuza kunganciphisa ukuqina kwezicubu kwenze izinhliziyi zethu nokuphefumulo kuhambe kahle futhi kusize sizizwe singcono. Uma besinengcindezi sivamise ukucasuka sishintshe nesimo, ukuziphumuza kuyakusiza uzole kukwenze uzizwe ukwazi ukulawula impilo yakho. Uma sinengcindezi kwesinye isikhathi kuba nzima ukuzumeka ngoba sisuke sikhathazeka ngezinto esingakwazi ukuzilawula, ukungalali kahle kuzokwenza isimo sedlulele. Ukuziphumuza kuzokusiza ukwazi ukulala, lokhu kuzosiza ukwazi ukulawula ingcindezi yakho kwenze ngcono nempilo yakho.



Njengakho ukufunda ukudlala umdlalo omusha, ukuziphumuza kumele ukufunde. Indlela eqondile yokuphumula ayikhathalekile; sonke sehlukile futhi siphumula ngendlela ehlukile. Into esemqoka ukuzifundisa ngakho njalo. Kunezindlela ezimbili ezechazwe zokuphumula ezichazwe ekugcineni kwalesi sigaba. Ungakwenza lokhu ekhaya endaweni ethulile nenethezekile kanye nevikilekile uma uqala. Kodwa, uma usukwazi ukuziphumuza, ungaphumula egumbini lokulinda eligcwele abantu, esitimeleni noma etekisini. Ungaziphumuza noma kuyiphi indawo!

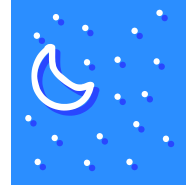
Izikhathi ezilungile zokufunda ukuphumula yilezi:

- *Uma uzizwa uba nokushaqeka noma ucanukile noma ukhathazekile*
- *Uma uzizwa usezinhlungwini*
- *Uma ufuna ukuyolala*



3. Ubuthongo

Abantu abanezifo ezigxilile kaningi baba nenkinga yobuthongo ngoba banengcindezi futhi bakhathazekile ngesimo sabo, bakhathazwa ukuba lokhu kuchazani kubo, emndenini wabo nangekusasa. Abantu baye behluleke ukulala ngenxa yokugula ngokwakho, mhlawumbe baba nezinhlungu bazizwe begula noma bekhandlekile behluleke nokulala. Abanye abantu baba nenkinga yokulala baze bazumeke sekusebusuku kakhulu, abanye basheshe bazumeke kodwa baphaphame phakathi nobusuku bahluleke ukuphinde balale futhi. Abanye abantu baba nenkinga yokulala ebusuku baze balale emini.



Ukulala kubalulekile ukuze uhlale unempilo. Sonke sidinga inani elahlukile lokulala. Abanye abantu badinga amahora ayisi-8 okulala ebusuku, abanye bangadinga amahora ayi-10 kanti abanye bandinga nje amahora ama-5 okulala. Sonke sihlukile. Kudala saqala ukufunda indlela yokuzumeke neyokulala ngendlela kusuka sisengabantwana. Uma ungalali kahle, landela lezi zinyathelo zizokusiza ufunde indlela yokuzumeke neyokulala kahle. Khumbula ukuba njengokufunda noma yikuphi okusha, lokhu kuzothatha isikhathi. Kungakuthatha izinyanga ezintathu ukufunda ukulala kahle uma ubunenkinga yokulala isikhathi.

Amacebo oKwenza Ngcono iNdelela yokuLala

1. *Yiba nohlelo lwesikhathi sokulala:* zama ukuyolala ngesikhathi esifanayo njalo ebusuku futhi uhlale wenza izinto ezifanayo ngaphambi kokungena embhedeni. Uhlelo lwesikhathi sokulala kungaba ukukhiya indlu, ukhumule, ugeze ubuso bakho, uxubhe amazinyo, ungene embhedeni wenze nesihlandla esisodwa sokuziphumuza.
2. *Wehluleka ukulala ngenxa yokukhathazeka:* bhala phansi izinkinga zakho noma izinto ezikukhathazayo, bese ubhala phansi isinyathelo esilandelayo ocabanga ukuba singasiza ukuxazulula le nkinga. Uma uphaphama phakathi nobusuku ukhathazeke ngenxa yenkinga, zikhumbuze ukuba usuyibuyezile le nkinga futhi usunesu layo. Uma uvuka unokusha okukhathazayo, yibhale phansi leyo nkinga uzobhekana nayo ekuseni. Zifundise indlela yokuziphumuza ukuze ususe umqondo wakho kulokho okukhathazayo. Uma usahluleka ukulala, kungaba ngcono uvuke wenze okuthile okuphumuzayo njengokufunda, ukubuka i-TV, ukulalela umculo ophumuzayo noma wenze into ezokwenza unethezeke.
3. *Umbhede nekamelo lakho kwenzelwe ukulala:* zama ukungalisebenzisi ikamelo phakathi nosuku. Ungayibuki i-TV usembhedeni. Uma kuphele imizuzu engama-30 ungakazumeke, vuka wenze okunye okuthile. Ungalali embhedeni bese ukhathazeka ngokuba awukazumeke. Lokhu kuzokwenza uzizwe unengcindezi futhi kunciphise amathuba okuba ungazumeke.



4. *Yiba nohlelo lwasekuseni*: vuka ngesikhathi esifanayo nsuku zonke, ngisho ungathandisisi. Imizimba yethu ithanda ukusebenza ngamaphethini njalo ukuze uzumeke futhi kumele uvuke ngesikhathi sinye nasekuseni nsuku zonke.
5. *Gwema iziphuzo ezine-caffeine* okungenani amahora ama-4 ngaphambi kokuba ulale (iziphuzo ezifana ne-coke, itiye noma ikhofi).
6. Ungalinge usebenzise utshwala ukukusiza ulale. Bungakusiza unethezeke ekuqaleni, kodwa uma sebuphelile bungakwenza ungalali kahle futhi ugcine usuphaphama phakathi nobusuku.

Imikhuba emihle yokulala:

- *Lala ngesikhathi esifanayo nsuku zonke*
- *Yiba nohlelo lwesikhathi sokulala*
- *Yenza okuphumuzayo ngaphambi kokuba ulale*
- *Sebenzisela umbhede wakho ukulala noma ukuphumula*
- *Yiba nohlelo lwasekuseni*

4. Ukuzivocavoca



Ukuzivocavoca yindlela esiza kakhulu yokulawula ingcindezi. Abantu abazivocavoca njalo okungenani imizuzu engama-20 kuya kwengama-30, ka-3 ngeviki, baba nobungozi obuncane bokuhlaselwa yizifo ezihambisana nengcindezi. Buyela esigabeni sokuzivocavoca uzothola kabanzi ngokuzivocavoca okuvikelekile nokusizayo.

Ukuzivocavoca:

- *Kunciphisa ingcindezi*
- *Kusisiza silale kangcono*
- *Kunciphisa ubuhlungu*
- *Kusenza sibe nempilo futhi kunciphise namathuba okuba kungavela ezinye izifo*

5. Ukuxhumana nomnakekeli wakho wempilo

Noma ubani ophila nenkinga yempilo isikhathi eside, kungaba yi-HIV noma umfutho ophezulu wegazi noma isifo sikashukela, kumele avakashele eklinikhi kaningana. Ukuvakashela eklinikhi njalo kungaba nengcindezi ngoba kuthatha isikhathi, kumele uhlele kusenesikhathi, awuqiniseki ukuba uzohlala isikhathi esingakanani, ungakhathazeka nangalokho ozokutshelwa ngabanakekeli bempilo. Enye yezindlela ezisemqoka zokulawula ingcindezi ehambisana nokuvakashela eklinikhi kanye nokubonana nabanakekeli bempilo, ukucabanga ngayo nokuhlela indlela yokuxhumana nabo.



Uma uvakashela eklinikhi uyobona uchwepheshe wezempilo kubalulekile ukuba uzizwe unethezekile ukubuza imibuzo (noma yimiphi imibuzo, ngisho ucabanga ukuthi “ayisile” noma “iwubulima”) kanye nokukhululeka ukuveza indlela ozizwa ngayo. Kusemqoka nokuba uzizwe ukuba ningaxoxisana mayelana nonyango lwakho



nomnakekeli wempilo ukuze nobabili nizizwe ukuba unikezwa unyango lwezempilo oluphambili. Kusemqoka ukuba ungazizwa ushaywa indiva ngumnakekeli wakho wempilo, “ukubeka phansi” noma ukuphathisa okwengane. Siyazi ukuthi odokotela nabahlengikazi baneziguli eziningi abazibonayo futhi banesikhathi esincane abasichitha nomuntu ngamunye. Indlela eyodwa esizayo ukuqinisekisa ukuba uthola okuningi ngesikhathi osibekelwe nodokotela noma nomhlengikazi, kumele

UHLANGANYELE– Uzilungiselele, Ubuze, Uphinde, Wenze Okuthile.

HLANGANYELA:

Zilungiselele:

Ngaphambi kokuba uvakavashela eklinikhi kusemqoka ukuba uzilungiselele. Cabanga ngesizathu sokuya kwakho eklinikhi nokuba zikhona yini izinkinga ikakhulukazi lezo ezikukhathazayo. Bhala phansi imibuzo yakho noma izinto ezikukhathazayo. Kudingeka uveze okuyikho mayelana nohlu olubhala phansi, mhlawumbe kungaba nesikhathi sokuphendula umbuzo owodwa noma emi-2 esohlwini lwakho. Qiniseka ukuba izinkinga ezibaluleke kakhulu ziphezulu ohlwini lwakho. Hamba nohlu lwakho uma uya eklinikhi, uma udokotela noma umhlengikazi ebuza ukuthi kukhona yini ofuna ukukubuza, ungasebenzisa loluhlu lwakho.

Uma kunezimpawu ezithile noma izinkinga zempilo ofuna ukuxoxisana ngazo, zilungiselele usuku lwakho olunqunyiwe ngokubhala phansi ulwazi oluqondile udokotela noma umhlengikazi ozofuna ukwazi ngalo. Izinto ezisizayo yilezi: kuqale nini, izimpawu zihlale isikhathi esingakanani, zikuphi nendawo emzimbeni wakho, yikuphi okukwenza ngcono noma okwedlulele, uke waba nayo inkinga efana nalena phambilini nokuba yelashwa kanjani; kukhona okushintshile njengedayethi, ukuzivocavoca, imithi. Uma usulutholile unyango lwenkinga, lindela ukunikeza



umbiko nokuba lusebenze kanjani noma aluzange lusebenze kwanhlobo.

Phumela obala ngendlela ozizwa ngayo kanye nangezinto ezikukhathazayo. Uma uphumela obala kabanzi, umnakekeli wempilo angakuzisa kakhulu. Okokugcina, nikeza umbiko. Uma ungayithandi indlela ophathwe ngayo ungatshela udokotela noma umhlengikazi. Uma ungafuni ukubatshele ngqo ungakhuluma nomunye umuntu eklinikhi noma umuntu oseqenjini elesekelanayo. Khumbula nokuba odokotela nabahlengikazi nabanye abanakekela impilo nabo bangakujabulela ukunconywa. Uma uzizwa ukuba uphathwe kahle futhi uyajabulela unyango lwakho, kwamukelekile ukuncoma umnakekeli wakho wempilo.



Buza:

Esinye isinyathelo esisemqoka sokuba nokuxhumana okuhle nokunciphisa ingcindezi, ukubuza imibuzo. Ukuba nolwazi olulungile kusemqoka kuwe ukuze uphumelele ekuziphatheleni impilo yakho. Buza imibuzo ngokuxilongwa kwakho njengokuthi konakale kuphi, yini imbangela yale sifo, ingabe siyathathelana nokuba kuzokwenzekani manje? Ungabuza nemibuzo uma wenziwe uhlobo lwegazi, ukuba lolu hlobo ngolwani; uma ungalwenzi lolu hlobo nokuba lolu hlobo lubandakanyani? Khumbula ukubuza imibuzo mayelana nezinye izindlela zonyango lwakho, yiyiphi imihlomulo yonyango nobungozi kanye nemithelela emibi yalo? Okokugcina, buza imibuzo mayelana nokuba uzobuyela nini eklinikhi, yikuphi okumele ukubheke nokuba yikuphi okulandelayo okumele ukwenze?

Uma ubona ukuba uzoba nenkinga yokukhumbula lolu lwazi, kuwumqondo omuhle ukubhala izinto phansi ngesikhathi sokuvakasha kwakho. Noma ungacela umuntu omethembayo eze nawe ngosuku onqunyelwe lona ozokusiza ukukhumbula.



Phinda:

Enye yezinto ezisemqoka ongayenza ezokusiza ukukhumbula izinto ukuyiphinda. Ngakho-ke uma umhlengikazi noma udokotela ekuchazela okuthile, kuphinde ngamagama akho lokho osukuqondisisile. Lokhu kuyasiza kakhulu ukuqiniseka ukuba akukho ongakuqondisisanga.

Yenza Okuthile:

Ekupheleni kwesikhathi obunqunyelwe sona, kubalulekile ukwazi ngqo okudingeka ukwenze okulandelayo. Kungaba ukuba kudingeka ubeke elinye iphoyinti, noma kudingeka uye ekhaya uyoshintsha okuthile noma ukuyothola imishanguzo emisha ekhemisi. Qiniseka ukuba ucacelwe mayelana nokumele ukwenze okulandelayo, bese uyakwenza!

Ukuziphumuza

Ukuziphumuza isikhathi eside:

Thola isimo esinethezekile. Lala ngomhlane wakho noma uhlale esitulweni wesekele iqolo lakho.

Beka izandla zakho emaceleni, izintende ziphezulu.

Vala amehlo akho uma ufisa.

Manje usungaqala ukunaka indlela ophefumula ngayo..... Gxila ekwehliseni isigqi sokuphefumula kwakho.....

Isifuba sakho nesisu kuzokhukhumalela ngaphandle uma uphefumula, njengebhaluni egcwala ngomoya ngobunono....

Cabanga ngezimbambo zakho ziphumela emaceleni uma udonsa umoya.... bese zibuyela phakathi ngobunono lapho ukhipha umoya....

Kancane kancane donsa umoya kakhulu.... Thatha ikhefu isikhashana.... Vumela ukushaqeka kuphume kuphele ngenkathi unethezeka ngokujulile ulokhu uphefumula....

Qhubeka nokuphefumula kancane nangobunono....

Manje cabanga mayelana nengaphezulu lekhandla lakho. Thinta isikhumba esisekhanda lakho phezulu usizwe siqala ukunethezeka kuze kwehlele phansi....

Ngisho nezindlebe zakho seziqala ukunethezeka seziyabhabhalala.... Yizwa amashiya akho eseqala ukuphumula....

Isiphongo sakho naso sesiyanethezeka futhi sibushelelezi....yonke imibimbi ebusweni bakho iba bushelelezi..

Yenza umhlathi wakho unethezekisa ngokwenza umlomo wakho uvuleke kancane.... Vumela ilimi lakho linethezeke...

Yizwa umphimbo wakho unethezekile....nethezekisa izihlathi zakho, ikhala namehlo.... Yizwa izivalo zamehlo akho zisinda....futhi zinethezeke kakhulu....zilokhu ziya ngokunethezeka....

Thokozela umuzwa wokunethezeka owuzwayo.

Manje usungacabanga ngentamo yakho....vumela umuzwa wokunethezeka uqale phezulu entanyeni yakho bese wehlela ngezansi....

Yizwa ukunethezeka ngenkathi amahlombe akho enethezeka futhi ekhululeka.... Xegisela amahlombe akho phansi....ngenkathi enethezeka....futhi esinda.... esinda kakhulu....futhi esenethezeke kakhulu....enethezeke ngokujulile....

Thinta amathambo entamo uwezwe enethezeka ngenkathi amahlombe akho ebuyela emuva, isifuba sakho siya ngokuba banzi kancane....

Vumela zonke izicubu ezisemahlombe akho zizwakale zibushelelezi....futhi zinethezekile.... ngenkathi izicubu zikhululeka ngokuphelele....

Phinda uqaphele indlela ophefumula ngayo...bheka sekwenzeka ngendlela evamile...qhubeka uthathe kancane...udonsa umoya...kancane kancane... Donsa umoya ngokunethezeka...bese ukhipha ukushaqeka okungaba khona...ukuphefumula kwakho kukuvumela ukuba unethezeke ngaphezulu ...unethezeke ngokujulile..... Manje usungabhekisa engalweni yakho yakwesokudla..... Yizwa ukunethezeka kwehlela phansi kusuka ehlobo lakho lwesokudla...yenza ingalo ephezulu inethezeke...indolwane yakho...ingalo engezansi...nesihlakala kuyakhululeka futhi kunethezeke....

Thokozela umuzwa wokunethezeka ngenkathi izicubu zakho zengalo yakho yesokudla zithamba.... Yizwa ukunethezeka kwehlela esandleni sakho... Yenza ukuqina kuphume ecopheni lomunwe ngamunye kunyamalale....ukunethezeka kusabalalele esithupheni sakho...enkombeni yomunwe...emweni wendandatho.... nakucikane....

Yizwa ukunethezeka kwehlela phansi engalweni yakwesokunxele... Vumela izicubu zengalo engenhla yakwesokunxele zinezezeke.... Nethezekisa indolwane...ingalo engezansi....kanye nesihlakala....

Thokozela umuzwa wokunethezeka owuzwayo.

Vumela ukuqina kuncibilike....cabanga ngokuqina kuphuma ngamacopho eminwe yakho... Vumela isandla sakho sokunxele sinezezeke.... nethezekisa isithupha sakho...inkomba yomunwe... umunwe wendandatho...kanye nocikane....

Zombili izingalo zakho zinezezeke ngokuphelele.... zivumele zikhululeke futhi zithambe...zinezezeke kamnandi...

Thokozela umuzwa wokunethezeka okuzwayo...

Vumela ukunethezeka kuqhubekile esifubeni sakho nasesiswini...yizwa ukunethezeka lapho...kuya ngokujula uma udonsa umoya...

Manje usungabhekisa eqolo elingehla.... Yizwa ukunethezeka kwehlela phansi eqolo lakho.... Vumela zonke izicubu zikhululeke....nethezekisa iqolo lakho elingehla...eliphakathi nelingezansi.... vumela iqolo lakho linethezeke ngokuphelele..... Yizwa ukunethezeka kuwo wonke umzimba wakho.....

Nethezeke ngokujulile ngenkathi uphefumula... qhubeka nokunethezeka....nethezeke ujule futhi uzole....

Yenza izicubu zenqulu yakho zinezezeke.... Nethezeke kusuka ezinqeni zakho kuze kwehlele ngemuva emathangeni akho...yenza izicubu ezingaphambili ethangeni zinezezeke... Yizwa ukunethezeka emilenzeni engenhla kwehlele emadolweni akho...ezihluzini nasembaleni... emaqakaleni....nasezinyaweni zakho....vumela zonke izicubu zinezezeke futhi wename.....

Vumela noma yikuphi ukuqina kwehlele ngezansi kuphume ngezithende zakho.... Yizwa ukunethezeka kugcwala umzimba wakho wonke... Kusuka phezulu ekhanda lakho...kuya phansi ematheni ezinyawo zakho....nethezeke njalo uma udonsa umoya...thokozela umuzwa wokunethezeka.....

Manje usunethezeke ngendlela obuyifuna.... Yizwa umuzwa wokunethezeka okujulile...thokozela umuzwa...unethezekile....uzolile.....unoxolo

Gxila kulo muzwa wokunethezeka kuwo wonke umzimba wakho.... Qaphela indlela ophefumula ngayo....

Izicubu zakho ezinezezekile.... Imicabango yakho emnene.... Ufake ekhanda lo muzwa ukuze uphinde wakhe lesi simo esinezezekile noma nini ngokufisa kwakho....

Thokozela ukunethezeka izikhathi ezimbalwa....

Uma usukulungele ukubuyela osukwini lwakho, vuselela umzimba wakho ungajahi...nyakazisa izicubu zakho ngobunono... xegisela amahlombe akho phambili ungajahile...uwabuyisele emuva ungajahile....ncikisa ikhanda lakho kwesokunxele ngobunono...libuyise phakathi....ncikisa ikhanda kwesokudla ngobunono....jikisa ikhanda lakho...

Tshikizisa iminwe nezinzwane zakho....

Vula amehlo akho ngobunono.... Uzizwa uphapheme....uzolile.....ugcwele namandla.

Ukuziphumaza okufushane:

Ukudonsa umoya kakhulu akusizi nje ukwelapha uvalo nengcindezi, kuqubula nokunethezeka. Nansi indlela yokudonsa umoya kakhulu.

Donsa umoya ungajahi ubale kane (bala ungajahi); ngesivinini sika-kunye-kunye-inkulungwane, kubili-kunye-inkulungwane....). Thatha ikhefu ungakafiki kokuthathu.

Phefumula ungajahi ubale ufike kokuhlanu.

Uhlelo lokuphefumula luhamba kanjena:

Donsa umoya...kubili, kuthathu, kune...thatha ikhefu ...kubili, kuthathu....thatha ikhefu...kubili, kuthathu, kune kuhlanu....

Donsa umoya...kubili, kuthathu, kune...thatha ikhefu ...kubili, kuthathu....thatha ikhefu...kubili, kuthathu, kune kuhlanu....

Phinda umzuzu owodwa noma emibili.

I-Action Plan Form – ukuLawula iNgcindezi

Cabanga ngento eyodwa ekubangela ingcindezi. Sebenzisa le fomu ye-action plan ukuqhamuka nesu lendlela yokulawula ingcindezi kuleli viki.

Qiniseka ukuba isu lakho lokusebenza lifaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza *okungakanani*

Uzokwenza *nini*

Uzokwenza izinsuku *ezingakhi* ngeviki

Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

Uqiniseke kangakanani ukuba uzoyigcwalisa le action plan?

Ngeke _____ Ngokuphelele
 ngiqiniseke 1 2 3 4 5 6 7 8 9 10 ngiqinisekile

Gcina irekhodi lokuba ukwenze kanjani:

	Ngihlele uku.....	Ngenze.....
NgoMsombuluko		
NgoLwesibili		
NgoLwesithathu		
NgoLwesine		
NgoLwesihlanu		
NgoMgqibelo		
NgeSonto		

Idayari yokuziVocavoca

Sebenzisa le dayari yokuzivocavoca ukugcina irekhodi yemigomo yokuzivocavo nokwenzayo.

Qala ngokubhala phansi inhloso yakho.

Bhala phansi lapha ofuna ukukwenza:

Manje, yikuphi ongafuna ukukwenza kuleli viki okuzokusiza ukufeza inhloso yakho?

Khumbula ku-action plan yakho ukufaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki



Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

	Ukuzivocavoca okuHleliwe	Ukuzivocavoca engikwenzile...	Ngizizwe kanjani? Ingabe kukhona ofuna ukukushintsha?
isib.	<i>Imizuzu engama-20 ekuseni emva kwebhulakufesi futhi nantambama emva kwesidlo santambama</i>		<i>Ukhathala kakhulu ngesihlandla sesibili, ngizosinciphisa ngisenze ekuseni kuleli viki kuphela.</i>
NgoMsombuluko			
NgoLwesibili			
NgoLwesithathu			
NgoLwesine			
NgoLwesihlanu			

Iviki 4: Ubuhlungu

Abantu abaningi abaphila ne-HIV/AIDS bezwa izinhlungu futhi kaningi yizimpawu ezibakhathaza kakhulu. Lokhu siyakhwazi ngenxa yocwaningo lososayensi oluningi olwenziwe eNingizimu Afrika, e-Afrika nasemhlabeni jikelele. Kungaba nezizathu eziningi ezenza abantu abaphila ne-HIV/AIDS bezwe izinhlungu. Ubuhlungu bungadalwa yivayirasi noma ubuhlungu bungadalwa yimishanguzo esetshenziselwa ukukugcina unempilo noma bungabangwa yisizathu esingaphathelene ne-HIV/AIDS.



Ubuhlungu bungabangwa yile sifo, isibonelo, uma ivayirasi ilimaza imizwa ungezwa izinhlungu. Ubuhlungu bungabangwa noma bungabhebhethaka ngenxa yokucuba kwezicubu. Uma sizwa okuthile okubuhlungu sinokuqinisa izicubu zethu ukuzama ukuzivikela. Ubuhlungu bungabangwa yizicubu ezilulazekile noma amalunga aqinile. Abantu abane-HIV/AIDS kaningi banyakaza kancane bese izicubu zabo namalunga ayalulazeka aqine. Uma kwenzeka besebenzisa izicubu namalunga abo lokhu kubazwisa ubuhlungu ngoba kudala zingasetshenziswa futhi azisakujwayele lokhu. Ekugcineni



ingcindezi, ukwesaba, uvalo nokudangala kungabanga ubuhlungu kubenze bubhebhethake. Ngokocwaningo sesiyazi ukuthi uma usezinhlungwini inqondo yakho isebenza ngamandla. Uma uphinde ube nengcindezi noma wesaba, ukhathazekile noma unovalo noma udangele, umqondo wakho usebenza nakakhulu. Lokhu akuchazi ukuthi ubuhlungu bakho akubona obeqiniso, kuchaza ukuthi ukusebenza kwenqondo yakho kungabanga ubuhlungu noma uma usuvele usezinhlungwini, zingabhebhethaka.

Ukuze selaphe ubuhlungu ngendlela kumele siqiniseke ukuba sihlola futhi selaphe zonke izimbangela zobuhlungu.

[Ukuhlola imbangela yobuhlungu](#)

Uma ubuhlungu obusha obungakuzwanga phambilini, kumqoka ukuba ubunakisise. Ubuhlungu yindlela umzimba wakho ofuna uwunake nokungahle kube nokuthile okungahambi kahle. Akusho ukuthi kuhlale kunokonakele; kungaba nje isixwayiso. Kufana nokuba uma ubeka isandla sakho entweni eshisayo, uzwa ubuhlungu futhi uzosisusa isandla. Kaningi isandla sakho asishi, kodwa sizwe ubuhlungu, ubuhlungu obuzwile bukwenze wanaka wase ususa isandla sakho singakashi.

Uma ubungakaze ubuzwe ubuhlungu phambilini, kumqoka ukuya kudokotela noma kumhlengikazi ukuba akuhlole ukuthola imbangela yobuhlungu. Uma beyithola imbangela yobuhlungu bangakunika imishanguzo



ukwelapha imbangela. Uma une-TB ungahle uzwe ubuhlungu, odokotela noma abahlengikazi bangakunika imishanguzo ye-TB ukwelapha imbangela yobuhlungu. Kumele bakunike nemishanguzo yobuhlungu uqobo. Uma bekhohlwa ukukunika imishanguzo yezinhlungu kumele uyicele. Kwesinye isikhathi unganikezwa amaphilisi ezinhlungu awezinsuku ezimbalwa, uma wazi ukuba ubuhlungu bakho buthatha inyanga yonke, kumele utshele umhlengikazi noma udokotela futhi kumele bakunike imishanguzo yenyanga yonke.

Kungaba ngoyedwa kubantu abathathu abane-HIV/AIDS abasezinhlungwini, odokotela nabahlengikazi kungenzeka bangasiboni isizathu nembangela yobuhlungu. Lokhu akusho ukuthi ubuhlungu akubona obeqiniso noma kumele kungelashwa. Uma bengayitholi imbangela ecacile yobuhlungu bakho kumele bakunike imishanguzo yezinhlungu.


Yikuphi ongakwenza uma unezinhlungu?

Kunezinto eziningi ongazenzela zona ukuzisiza ukulawula izinhlungu zakho. Ngenxa yokuba siyazi ukuthi umqondo yiwona obandakanyeka kakhulu uma umuntu enezinhlungu, siyazi nokuba ukuqondisa ukugula kwakho, ukuba ngumphathi oqondisayo ngokwelashwa kwakhe kanye nothola ukwesekwa, lokhu kungasiza ukulawula izinhlungu zakho. Manje sizokhuluma mayelana nezinto ezehlukene ongazenza ezingasiza ukunciphisa izinhlungu.

Ukuzivocavoca

Ukwenza noma yoluphi uhlobo lokuzivocavoca, lokuzelula, lokuziqinisa noma elokuzivocavoca okwandisa amandla kunganciphisa izinhlungu. Siyazi nokuba abantu abazivocavoca njalo baphathwa yizinhlungu kancane.

Ukuziphumuza

Ukulawula ingcindezi nokuzivocavoca okukwenza unethezeke nakho kuyasiza ukunciphisa izinhlungu. Lokhu kuyasebenza ngoba kunciphisa ukusebenza kwenqondo. Siyazi nokuba uma uhlala uziphumuza kungakusiza ulale kangcono. Abantu abanezinhlungu kaningi bezwa izinhlungu kakhulu ebusuku nokuba kuba nzima ukulala. Ukungalali kahle kubhebhethekisa izinhlungu. Ukuziphumuza kanye nokulala kangcono kuzokusiza ukunciphisa ubuhlungu kukusiza ukuvikela ukuba bungabhebhetheki. Ungasiza nokwenza ngcono izinhlungu zakho ngokulawula ingcindezi kanye novalo. Ungakwenza lokhu ngokuxoxisana nabantu  nokuthola ukwesekwa kumhlengikazi, kumeluleki nona eqenjini elesekelanayo.

Ukushisa

Uma izinhlungu zakho zidalwa ukuqina kwezicubu uma kunjalo ukushisa kungasiza ukuzinciphisa. Ungafudumeza izicubu ngokubhava noma ngokushawa ngamanzi afudumele amanzi agxile lapho kunobuhlungu khona. Uma ungakwazi ukubhava noma ukushawa ngamanzi ashisayo, gcina izicubu zakho zifudumele ngezingubo zokugqoka noma ngengubo, kungasiza. Kunesikhathi lapho kungamele usebenzise ukushisa uma unezinhlungu. Uma uthinta indawo ebuhlungu futhi ishisa, lokhu kuchaza ukuba ivuvukele futhi akumele

ukuyenza ishise kakhulu. Uma le ndawo enobuhlungu noma isikhumba silimazekile, kungaba ngcono ungayishisisi. Kuzo zombili lezi zimo, kungcono ukusebenzisa ukubanda.

Ukubanda



Ukubanda yindlela enhle yokwelapha ubuhlungu. Uma siba nemizwa ethumela umyalezo osixwayisa ngokulimaza okubandayo, ihamba kancane bese ithumela imiyalezo embalwa. Lokhu kuchaza ukuthi sizwa izinhlungu kancane. Uma unesiqandisi ungakwazi ukusebenzisa iphakethe leqhwa noma lemifino eqandisiwe kuleyo ndawo ebuhlungu. Ungakubeka esikhumbeni sakho imizuzu eyi-10 ngasikhathi sinye. Uma ungenaso isiqandisi ungabeka indwangu emanzana esikhumbeni sakho (uma unefriji ungasebenzisa amanzi asefrijini) nawo azosebenza.

Ukuzihlikihla

Ukuzihlikihla kulula kakhulu kodwa yindlela enhle kakhulu yokwelapha ubuhlungu. Mhlawumbe ubukwenza ulokhu futhi ukwenza unganakile ukuba uyakwenza. Uma uke wahlikihla ingalo noma umlenze obuhlungu kusho ukuthi wake wazihlikihla. Ungasebenzisa ukhrimu ovamile noma uphawuda wabantwana ukuzihlikihla. Uma uhlikihla indawo ebuhlungu ngobunono kungadambisa ubuhlungu kakhulu. KODWA, mayelana nokushisa, uma indawo ebuhlungu ishisa noma ithelekile kungangcono ungayihlikihli. Kungangcono usebenzise okubandayo. Uma uzwa ubuhlungu *kanti* nendawo ebuhlungu ishisa, ibovu futhi ivuvukile, lokhu kungaba wuphawu lokuba nokutheleleka. Uma ususebenzise iqhwa kulokhu usuku lonke futhi kungakubi ngcono, iya eklinikhi.

Ukwesekwa

Njengoba sesishilo phambilini, uma sizwa ubuhlungu, inqondo zethu ziba matasatasa. Kangingi sikhathazeka ngobuhlungu, singaba novalo ngenxa yembangela yobuhlungu noma nangokuba lo buhlungu buchazani (kangingi siye sithi yingcindezi – “Ngizizwa nginengcindezi!”).



Singazibuza ukuthi yikuphi esikwenzile ukuze sizwe ubuhlungu. Ukwesaba nokukhathazeka esikuzwayo uma sizwa izinhlungu kubhebethekisa ubuhlungu. Yingakho ukwesekwa kumqoka kakhulu ukusiza ukudambisa izinhlungu. Kuyasiza ukukhuluma nabantu esibathembayo mayelana nendlela esizizwa ngayo. Kuyasiza nokuqinisekiswa ngumhlengikazi noma ngudokotela mayelana nokusibangela izinhlungu. Kungenzeka ukuba ukukhathazeka mayelana ne-HIV/AIDS nokwenza izicubu zakho ziqine futhi kwenza nentamo yakho ibe buhlungu noma kwenza ube nekhandla elibuhlungu. Kuyasiza uma udokotela noma umhlengikazi engakuqinisekisa ukuba ubuhlungu budalwa yingcindezi. Lokhu akusho ukuba uyazenzisa noma akulona iqiniso! Lokhu kuchaza ukuthi kunokuthile ongakwenza okungasiza izinhlungu. Ukukhuluma nabantu, ukuzivocavoca nokuziphumusa konke kungasiza ukulawula ingcindezi futhi kusize nangobuhlungu.

Umshanguzo

Uma unemishanguzo engasiza ubuhlungu bakho kumqoka ukuba uyiphuze njalo. Ungalindi ubuhlungu buqale ungayiphuzi imishanguzo, uma ulinda nayo ngeke isebenze. Uma udokotela noma umhlengikazi ekutshela

ukuthi uphuze imishanguzo izikhathi eziningana ngosuku, kubalulekile ukukwenza lokho, ngisho ungazizwa izinhlungu ngaleso sikhathi; uma ungewza buhlungu kusho ukuba imishanguzo iyasiza Ungalindi ukuba ubuhlungu bubuye futhi ungakaliphuzi elinye iphilisi, nalo ngeke lisebenze.

Uma imishanguzo yakho ingazisizi izinhlungu, kumele ubuye kumhlengikazi noma kudokotela. Ungadinga imishanguzo enamandla nona ungadinga ukuphuza imishanguzo emi-2 ehlukene ngasikhathi sinye.

Imishanguzo evamile yokwelapha ubuhlungu yilena:

- I-paracetamol (i-panado, dolorol, painamol, painstop) le mishanguzo ilungile, iyasiza kakhulu futhi amaphilisi aphephile ezinhlungu. Kubalulekile ukungaphuzi weqise amaphilisi ayi-10 ngosuku.
- I-aspirin (disprin) nayo iyasiza kakhulu kodwa abanye abantu kumele baqikelele ngala maphilisi. Uma uyisebenzisa isikhathi eside kudingeka uqikelele ngemithelela efana nezilonda esiswini, i-asthma noma izinkinga zezinso.
- Amaphilisi aqeda ukuvuvuka njenge-indomethacin (i-indocid), dicolfenac (i-voltaren noma i-panamor) noma (i-brufen noma i-inza) alungele izinhlungu ezidalwa ukuvuvuka kwezicubu noma amalunga. La maphilisi kumele aphuzwe kanye nokudla. Nawo angadala imithelela emibi enjengizilonda esiswini.
- I-Paracetamol neCodeine zinamandla kakhulu kune-paracetamol iyodwa. Uma ubusebenzisa i-paracetamol iyodwa futhi uyiphuzwa njengoba utshelwe ngumhlengikazi noma udokotela kodwa ubuhlungu bungabi ngcono bangakunika i-paracetamol ne-codeine.
- I-Dextropropoxyphene (Doloxene) umshanguzo onamandla kakhulu wezinhlungu. Lo mshanguzo awutholakali kalula emaklinikhi kanti udokotela noma umhlengikazi kungadingeka bakuhlelele ukuba uwuthole.
- I-Codeine phosphate inamandla kakhulu futhi ingagunyazwa ngudokotela. Lo mshanguzo ungakwenza wozele futhi ungakubangela ukuqumbelana.
- I-Morphine umshanguzo wezinhlungu onamandla kakhulu. Ingaphuzwa kufika ka-5 ngosuku. Nayo kumele igunyazwe ngudokotela. Uma ugunyazelwe i-morphine qiniseka ukuba udokotela ukunika okokuhlambulula isisu ukugwema ukuqumbelana.



Khumbula ukuthi into ebaluleke kakhulu mayelana nemishanguzo yezinhlungu ukuyiphuzwa ubuhlungu bungakaqali noma masinyane uma buqala. Ungalindi ubuhlungu buze bugxile ngaphambi kokuba uphuze umshanguzo wezinhlungu. Ngeke usebenze kahle kakhulu.

Ubuhlungu

- Ubuhlungu ngenye yezimpawu ezivamile abantu abaphila ne-HIV/AIDS ababa nazo
- Ubuhlungu bungadalwa yivayirasi, ukuqina nokululazeka kwezicubu namalunga aqinayo.
- Ubuhlungu bungabangwa futhi bubhebhethekiswe yingcindezi kanye nokukhathazeka
- Ukuzivocavoca, ukuziphumaza, ukubanda, ukushisa nokuzihlikihla yizindlela ezilungile zokwelapha ubuhlungu
- Imishanguzo yobuhlungu isebenza kahle uma iphuzwa kaningana nangaphambi kokuba ubuhlungu bubhebhetheke.

Idayari yokuziVocavoca

Sebenzisa le dayari yokuzivocavoca ukugcina irekhodi yemigomo yokuzivocavoca oyibeke ngeviki lokuqala.

Qala ngokubhala phansi inhloso yakho.

Bhala phansi lapha ofuna ukukwenza:

Manje, yikuphi ongafuna ukukwenza kuleli viki okuzokusiza ukufeza inhloso yakho?

Khumbula i-action plan yakho ifaka:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki



Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi

(*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

	Ukuzivocavoca okuHleliwe	Ukuzivocavoca engikwenzile...	Ngizizwe kanjani? Ingabe kukhona ofuna ukukushintsha?
isib.	<i>Imizuzu engama-20 ekuseni emva kwebhulakufesi futhi nantambama emva kwesidlo santambama</i>		<i>Ukhathala kakhulu ngesihlandla sesibili, ngizosinciphisa ngisenze ekuseni kuleli viki kuphela.</i>
NgoMsombuluko			
NgoLwesibili			
NgoLwesithathu			
NgoLwesine			
NgoLwesihlanu			

Iviki 5: Ukudla ngeNdlela

Ukudla ngendlela kubalulekile kuwo wonke umuntu, ukudla ngendlela kukugcina unempilo nanoma ugula, une-HIV noma unezinye izifo, ukudla ngendlela kumqoka ukukusiza uzizwe ungcono. Ukuthola unyango akumayelana nje nokuphuza imishanguzo yama-anti-retroviral; kepha ukuphuza imishanguzo yama-anti-retroviral nokudla kahle. Uma uphila negciwane le-HIV, umzimba wakho usebenzisa amandla angaphezulu kunomuntu ongenalo leli gciwane. Le vayirasi yenza umzimba wakho usebenzise u-10% wamandla ngaphezulu ngisho noma uphile kahle naphakathi kuka-20% no-30% wamandla angaphezulu uma ugula. Lokhu kuchaza ukuthi kumele udle okungaphezulu ukuze ugcine isisindo sakho sifana. Ukwehla kwesisindo ngenye yezimpawu ezivame kakhulu ze-HIV. Kubantu abane-HIV kaningi kwehla isisindo sezicubu, okubenza bazace babe buthakathaka. Ngakho, ukunqanda kanjani ukwehla kwesisindo noma uma isisindo sakho sesehlile, uwusiza kanjani umzimba wakho ube ngcono? Akunzima noma akuphithene ukudla ngendlela nokuhlala unempilo. Sizoxoxa kabanzi ngezinye zezinyathelo ongazilandela zokudla ngendlela.



Yikuphi okumele ngikudle?

Imizimba yethu idinga amandla ukuze sikwazi ukwenza zonke izinto okumele sizenze nsuku zonke. La mandla avela ekudleni futhi imisuka ephambili yamandla ukudla okunoshukela ophithene kukho. Ushukela ophithene awunashukela, lokhu ukudla iningi lethu esikudla nsuku zonke – ukudla okunesitashi. Ukudla okunesitashi njengesinkwa, ipapa, irayisi, izambane nesitambu, lokhu ukudla okusinika amandla (kunoshukela ophithene). Uma imizimba yethu iphelelwa yilokhu kudla okusinika amandla, iqala ukusebenzisa amandla agcinwe emzimbeni. Ungakabi ne-HIV, umzimba wakho ubusebenzisa amafutha ukuwunika amandla. Kodwa, manje njengoba usunale vayirasi umzimba wakho usebenzisa amandla agcinwe ezicutshini – amandla vela kumaphrotheni. Uma ungadli ngokwanele, umzimba wakho uzophelelwa ushukela ophithene ukuwunika amandla futhi uzoqala ukusebenzisa amaphrotheni asezicutshini. Lokhu kuchaza ukuthi uzoqala ukulahlekelwa yizicubu hhayi amafutha – lokhu sikubiza ngokuhushuka (wasting). Uma udla ukudla okunoshukela ophithene (ukudla okunesitashi – ukudla okunika amandla) njalo, ungakunqanda lokhu kungenzeki. Uma isisindo sakho sesehlile ngenxa yale vayirasi, udinga ukudla okunamaphrotheni okuzosiza umzimba wakho ubuyise izicubu. Zama ukuqiniseka ukuba unokudla okunika amandla (ukudla okunesitashi) kuso sonke isidlo.



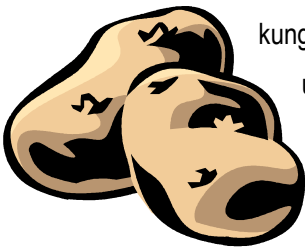
Esinye sezinyathelo esimqoka sokudla ngendlela, ukudla izidlo ezincane noma ama-snack kaningana ngosuku. Kungcono ukuzama ukudla izidlo ezi-3 ngosuku bese udla ama-snack ka-2 ngosuku. Lokhu kuchaza ukuthi kumele sidle ka-5 ngosuku; lezi zidlo akudingekile kube ezinkulu, i-snack kungaba yisithelo, amanathi noma amasi. Uma udla ka-5 ngosuku singaqiniseka ukuba asiphelelwa ngamandla. Uma siphelwa ngamandla, imizimba yethu kumele isebenze kanzima, uma sinezinhlungu zizobhebhetheka, uma sikhathale sizokhathala kakhulu, uma sinosizi luzokwedlulela uma siphelwa ngamandla kanti uma uzama ukugxila kuba nzima kakhulu ukugxila uma uphelelwe ngamandla. Okunye, uma une-HIV futhi uphelelwa ngamandla umzimba wakho uqala ukusebenzisa amaphrotheni asezigcutshini bese umzimba uqala ukuhusheka. Ngalezi zizathu kubalulekile ukudla okungenani ka-3 ngosuku kanti kungcono nakakhulu ukudla ka-5 ngosuku.

Akukho ukudla okuthile okulungile noma okubi. Kubalulekile ukudla izinhlobo ezahlukene zokudla. Manje sesizokhuluma ngamaqembu ahlukene okudla okumele sidle kuwona nsuku zonke.

Ukudla okuneSitashi (okubizwa ngama-carbohydrate noma ushukela ophithene)

Isinkwa-Amazambane-iPasta-iRayisi-uBhatata-iSitambu-uMmbila-Amabele-iPapa-uMdoko-iCereal

Kudingeka sibe namandla anele, ngakho ukudla okunesitashi (okunoshukela ophithene) kumele kube yingxenye yedayethi yethu. Ukudla okunesitashi kumele kube yingxenye enkulu yazo zonke izidlo. Ukudla okunesitashi kungasinika amandla isikhathi eside. Ezitolo noma kumaphephabhuku kungenzeka ubone ukudla okunelebula elithi “low GI”. Ukudla “okuyi-Low GI” okunesitashi okusinika amandla isikhathi eside uma kuqhathaniswa nokunye ukudla okunesitashi okunelebula elithi “high GI” okunganiki amandla isikhathi eside. Zombili lezi nhlobo zokudla ezinesitashi zibalulekile kubantu abaphila ne-HIV.

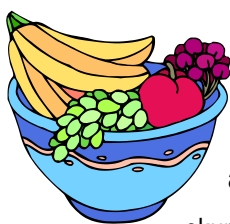


Izithelo neMifino

IsiPinashi-uMbhido-iThanga-uPhepha oluHlaza-iLettuce-uBhontshisi-iSquash-uKherothi-uTamatisi

AmaPentshisi-amaBhilikosi-ama-Olintshi-AmaNantshi-uKotapheya-uPopo-uMango-amaGuava-iKhabe

Iqembu lesibili elimqoka kakhulu lokudla esikudingayo yizithelo nemifino. Kumele sidle okungenani isithelo esisodwa nomfino owodwa ngesidlo ngasinye futhi uhlose ukudla okungenani izingcezu eziyisi-7 zezithelo nezemifino nsuku zonke. Izithelo nemifino zisinika amavithamini nezinto ezisemqoka ukugcina amasosha omzimba wethu enamandla. Zama ukudla izinhlobo ezehlukene zezithelo nezemifino futhi ufake nemifino enombala ophuzi, o-



orenji, obomvu noluhlaza kakhulu. Lezi thelo nemifino zinamavithamini (uvithamini A) esiza kulayiningi yesisu. Izithelo ezingama-citrus njengama-orenji, ulamula, i-grapefruit namanantshi nazo zisemqoka ngoba zinelinye ivithamini (ivithamini c) esiza ukuba amasosha omzimba asebenze. Ungabona esithombeni esingezansi ukuba ukudla okunesitashi, izithelo nemifino ziyisigaba esikhulu sokudla.

AmaPhrotheni

Inyama yeNkomo-eyeNgulube-eyeNkukhu-iNhlanzi-eyeMvu-amaQanda-imikhiqizo yoBisi-uBhontshisi iziNhlamvu-namaNathi

Abantu abaphila negciwane le-HIV kudingeka badle amaphrotheni nsuku zonke. Njengoba sishilo phambilini, lokhu kubalulekile ezicutshini zakho kanye nokusiza ukuvimbela ukwehla kwesisindo.

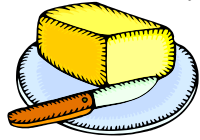
Iphrotheni litholakala enyameni nasekudleni okunobisi. Ungawathola amaphrotheni nakubhontshisi owomile, ku-peas, kuma-lentil, kumankinati noma kusoya. Lokhu kudla kungaba yindlela eyongayo kakhulu yokuthola amaphrotheni, kaningi kushibhe kakhulu kunenyama noma imikhiqizo yobisi.



Amafutha nowoyela

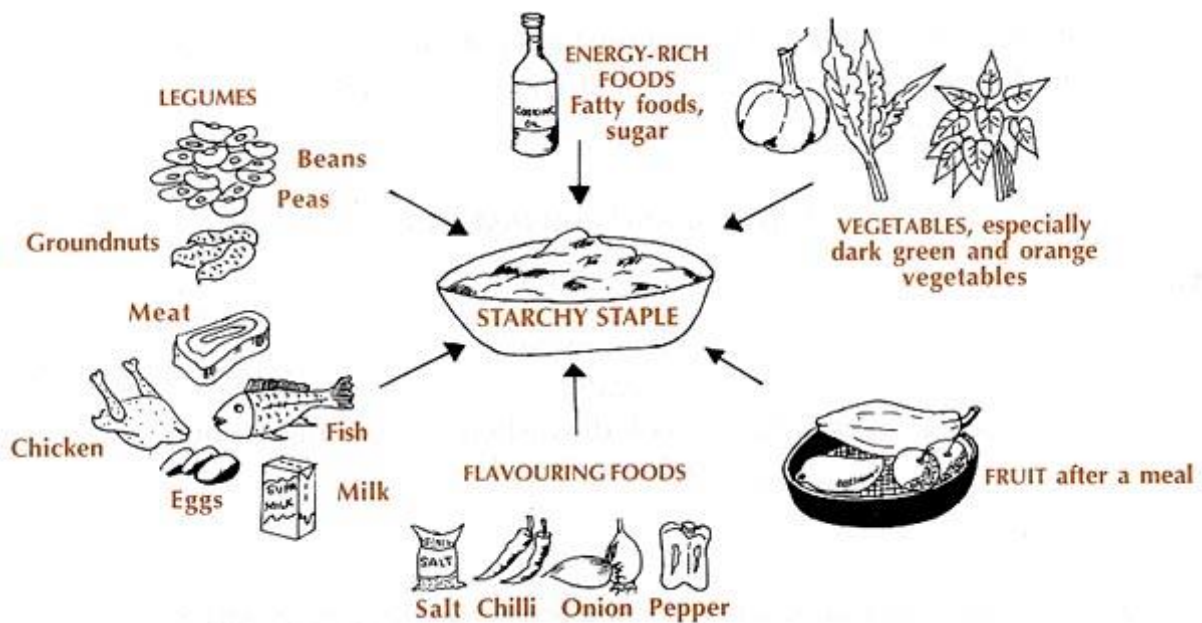
Ibhotela-amaFutha eNgulube-iMargarine-uwoyela wokuPheka-uKhrimu-iMayonnaise

Amafutha nowoyela nawo ayingxenywe esemqoka yedayethi enempilo. Lokhu kudla kusinika amandla, njengokudla okunesitashi. Lokhu akusho ukuba ungakudla kakhulu lokhu kwakho, kodwa kumele kube yingxenywe yedayethi yakho. Lokhu kudla kungasetshenziswa ukwandisa isisindo sakho uma ubugula ngenxa yokutheleleka futhi uma isisindo sakho sehle kakhulu.



Nqingakuhlenganisa kanjani konke lokhu?

Indlela elinganisiwe yokudla isidlo ngasinye ukufaka izingxenywe ezimbili zesitashi + ingxenywe eyodwa yomfino + eyodwa yesithelo + eyodwa yephrotheni. Ingxenywe yamafutha yokudla ifakwa uma upheka (uma usebenzisa uwoyela) noma ufaka ibhotela noma uwoyela ekudleni kwakho.



Isidlo esilinganisiwe

“Ngiba nenkinga yokudla ngendlela!”

Njengoba usuwazi ukuthi kumele udle kuphi ukudla esikhulume ngokuthi kungani abantu abaphila ne-HIV bangaba nenkinga yokudla ngokwanele. Isizathu sokuba bangadli ngokwanele kungaba ukuba abafuni ukudla ngoba abazizwa belambile noma yingoba basuke bekhathele kakhulu ukuba badle noma bekhathazeke kakhulu ukuba bangadla noma bacabanga ukuba bazohlamba uma bedla noma banohudo noma banezilonda emlonyeni kuba buhlungu uma bedla noma ukudla akusanambitheki. Isigaba esilandelayo sikunika amasu kanye nezindlela zokulawula lezi zinkinga.

“Angilambile”

Ngezinsuku ofisa ngazo ukudla, qiniseka ukuba udla ngendlela ukwenzela izinsuku lapho ungeke udle ngendlela. Ngezinsuku uma ungakulangazeleli ukudla zama ukudla izidlo ezincane kaningana, mhlawumbe ungadla kayisi-6 ngosuku. Idla endaweni enethezekile, mhlawumbe udle nomngane. Hlala uphethe ama-snack esikhwameni sakho noma eduze nombhede wakho ukuze uma uvuka noma uzizwa usulambile ungadla ngaleso sikhathi. Qiniseka ukuba la ma-snack agcwele amandla kuwo (anoshukela abaphithene). Qiniseka ukuba udla ukudla okuthandayo, ngisho kungaba ngokuncane kakhulu, kungasiza.

“Ngisheshe ngisuthe”

Mhlawumbe uzama ukuthola konke ukudla kwakho ngesidlo esisodwa. Zama ukudla kahlanu noma kayisithupha ngosuku. Uma kwenzeka udla, qiniseka ukuba ukudla okuzokunika amandla kakhulu namaphrotheni. Ungadli ukudla okunganiki amandla kuqala bese uzizwa usuthi kakhulu ukuba ungadla okubalulekile.

“Ukudla akunambitheki kahle”

Ukuthetheleka okusemlonyeni noma imishanguzo ingashintsha indlela ukudla okunambitheka ngayo. Kwesinye isikhathi ungezwa ukunambitheka okumuncu noma ukunambitheka okusansimbi emlonyeni wakho. Uma unamalovula, cela udokotela wakho akunike imishanguzo yalokhu. Ungayakaza umlomo wakho ngengxube yethispuni eli-1 likasoda wokubhaka engilazini yamanzi. UNGALINGI ukugwinye lokhu, yakaza umlomo wakho bese ukhafula. Zama ukuhlamba amazinyo akho kanye nelimi ngaphambi kokuba udle. Uma unokunambitheka okusansimbi emlonyeni wakho, zama ukuphuza ijusi ye-orenji noma esinye isiphuzo esimuncu.



“Ukudla kungenza ngifune ukuhlamba”

Uma ufuna ukuhlamba uma udla kungabangwa ukuthetheleka noma umthelela womshanguzo. Kuyasiza ukudla izidlo ezincane (izidlo ezi-5 noma eziyisi-6 ngosuku) kumqoka wazi ukuthi isicanucanu noma uma ufuna ukuhlamba kuba nzima kakhulu uma kungenalutho esiswini sakho. Ukudla okunezinongo eziningi noma amafutha nokudla noma iziphuzo ezine-caffeine zingenza isisu sakho siyaluze futhi kukwenze ugule. Ukudla okunosawoti nokomile kungasiza (isinkwa noma ama-crackers). Uma iphunga lokudla likwenza ugule, cela omunye apheke,

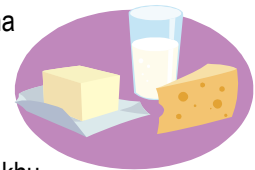
okunye qiniseka ukuba kunomoya omingi ofreshi lapho kuphekelwa khona ukuze iphunga lokudla lisheshe liphele. Ungadli ukudla okuthandayo uma ugula, awufuni ukuqala ucabange ukuthi ukudla okuthandayo yikhona okukwenza ugule. Uma ucabanga ukuthi imishanguzo yakho iyakugulisa, buza udokotela wakho noma usokhemisi mayelana nesikhathi esingcono ongayiphuza ngaso esingakusiza. Ungacela nodokotela wakho akunike imishanguzo engasiza ukunqanda isicanucanu.

“Nginohudo”

Uhudo lungabangwa yivayirasi, yimishanguzo noma yingcindezi noma okunye ukutheleleka. Uma unohudo, umzimba wakho awutholi ukudla okuwudingayo, ngisho noma ukudla lokho kudla, umzimba wakho uyehluleka ukukumunca. Uma unohudo, umzimba wakho awulutholi uketshezi olwanele. Kudingeka uqiniseke ukuba uthola uketshezi olwanele uma unohudo ukwenza isiqiniseko sokuba awuphelelwa ngamanzi emzimbeni. Yana esigabeni sokulawula izimpawu ze-HIV/AIDS uzothola ulwazi olwanele mayelana nendlela yokulawula uhudo. Khumbula, uma unohudo oluhlala ngaphezu kweviki, kumele uye eklinikhi uyothola unyango.

“Ngiyagula emva kokudla imikhiqizo yobisi”

Abanye abantu abane-HIV uma bephuza ubisi noma bedla imikhiqizo yobisi iyabagulisa. Lokhu kwenziwa yingoba le vayirasi ingahlasela ikhemikhali esemathunjini akho oyidingayo ukuba okuyiyona emunca ubisi. Uma le khemikhali ingekho, ungazizwa uqumbelene noma ube nohudo emva kokudla imikhiqizo yobisi. Lokhu kubizwa ngokungalubekezeleli ubisi. Uma lokhu kwenzeka kuwe, kudingeka ugweme ukudla imikhiqizo yobisi. Kwesinye isikhathi lokhu okwenzekayo kungaba ngcono; ungathola ukuthi emva kwezinyanga ezimbalwa ungayizama imikhiqizo yobisi futhi ingabe isakuphatha kabi. Lokhu kungachaza ukuthi umzimba wakho usunamakhemikhali anele ewadingayo futhi usungaqala ukuyidla imikhiqizo yobisi.



“Umlomo wami womile / nginezilonda emlonyeni / uma ngihlafuna noma ngigwinya kuba buhlungu”

Umlomo owomile ungenziwa yimithelela emibi yemishanguzo. Izilonda nobuhlungu emlonyeni bungenziwa ukutheleleka. Ungazisiza ngokungabhemi nokuphuza utshwala ngoba kushoshozelisa umlomo nomphimbo wakho. Dlana ukudla okuthambile, ungakumesha ukudla kwakho noma wenze isobho kuzogwinyeka kalula. Zama ukungadli ukudla okunezinongo eziningi noma iziphuzo ezizoyisayo uma umlomo ubuhlungu. Lokhu kuzokwenza umlomo wakho ubabe kakhulu. Uma udla ukudla okubandayo njengo-ice cream noma umunce ucezu lweqhwa kungasiza ukuwudambisa umlomo wakho obuhlungu. Uma umlomo wakho ubuhlungu, zama ukuphuza nge-straw. Yakaza umlomo wakho kaningi futhi ugcine ibhodlela lamanzi eduze nombhede wakho ukuze uyakaze umlomo wakho naphakathi kobusuku.

Ukulawula iziNkinga zoKudla

- Zama ukudla okungenani ka-5 ngosuku – izidlo ezi-3 nama-snack ama-2.
- Dlana ukudla okunika amandla kuqala.
- Hlala uphethe ama-snack kuwe ozowadla uma ulambile.
- Phuza izingilazi eziyisi-6 zejusi namanzi ngosuku.
- Phuza uketshezi oluzobuyisa amanzi emzimbeni njalo emva kokukhipha uhudo.

Njengoba sesixoxile ngendlela yokudla nangezindlela zokulawula izinkinga zokudla, ake sibheke indlela yokugcina ukudla kwethu kulondekile.

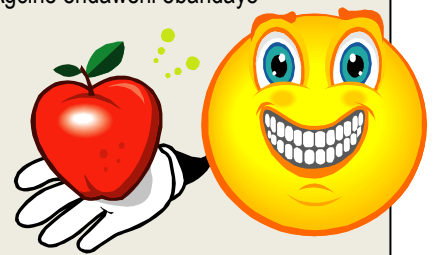
Ngikugcina kanjani ukudla kwami kulondekile?

Uma singakunaki ukudla kwethu, lapho esikuthola khona, indlela esikugcina ngayo nendlela esikupheka ngayo, ukudla kungonakala futhi kusenze sigule. Lokhu kubalulekile kubantu abaphila ne-HIV ngoba basheshe bangenwe ukugula. Kunezindlela ezilula zokugcina ukudla kulondekile.



Ukugcina nokupheka ukudla ngendlela elondekile.

- Funda amalebula okudla ngokucophelela uma uyothenga ukudla. Bheka izinsuku “ze-sell by” kanye “neze-use by”. Ungakuthengi ukudla usuku “lwe-sell by” selwedlule, ungakuthengi uma ungenasiqiniseko sokuba uzokudla ngaphambi kosuku “lwe-use-by”.
- Ungakuthengi ukudla okusephaketheni elidabukile
- Ukugcina ukudla ngendlela kubalulekile ukukugcina kulondekile. Ukudla okuthenga efrijini noma ezingosini zeziqandisi zesitolo kudingeka kufakwe efrijini noma esiqandisini ngokushesha ngaphandle uma uzokupheka noma ukudle ngaleso sikhathi.
- Bhala ephaketheni lokudla usuku okuthenge ngalo ukuze uzobona ukuba sekuhlale isikhathi esingakanani. Khumbula ukudla okungakwenza ugule akuhlali kubukeka noma kunuka kabi.
- Uma ufuna ukugcina ukudla okusele, kugcine esiqukathini esinesivalo esivaleka ngci bese ukubeka efrijini noma esiqandisini ngokushesha.
- Uma unokudla okusele okusefrijini kumele ukudle ezinsukwini ezimbili. Ukudla okusele osekuhlale efrijini ngaphezu kwezinsuku ezi-2 KUMELE kuchithwe – ngisho kusabukeka futhi kunuka KAHLE!
- Geza izandla zakho njalo ngaphambi kokupheka ukudla. Geza izandla zakho futhi emva kokuphatha ukudla okuluhlaza.
- Geza zonke izinto zokudla nezitsha ngamanzi ASHISAYO anensipho.
- Uma udle ukudla kwakwenza ugule kubalulekile ukuba uhlanze zonke izinto zokupheka nendawo ephezulu esekhishini ebikade ithinte lokhu kudla. Ungayihlanza usebenzisa ingxube yesipuni esi-1 se-bleach nelitha yamanzi.
- Ungayidli inyama eluhlaza, eyenkukhu noma inhlanzi yanoma yiluphi uhlobo.
- Qiniseka ukuba yonke inyama iphekeke kahle – noma yiluphi uhlobo lwenyama ebomvu.
- Uma uthenga amaqanda qiniseka ukuba awakho anegobolondo elichachambile. Agcine endaweni ebandayo
- Ungasidli isidlo esinamaqanda angaphekiwe.
- Sebenzisa kuphela ubisi nemikhiqizo yobisi ebilisiwe yasuswa amagciwane.
- Geza zonke izithelo nemifino
- Gcina izithelo nemifino isefrijini



I-Action Plan Form

Cabanga ngemikhuba yokudla Sebenzisa leli fom uze nesu elizokwenza ngcono into **eyodwa** mayelana nomsoco wakho.

Qiniseka ukuba isu lakho lokusebenza lifaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza *okungakanani*

Uzokwenza *nini*

Uzokwenza izinsuku *ezingakhi* ngeviki

Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)
 _____ (*kangakanani*)
 _____ (*nini*)
 _____ (*kangakhi?*)

Uqiniseke kangakanani ukuba uzoyigcwalisa le action plan?

Ngeke											Ngokuphelele
ngiqiniseke	1	2	3	4	5	6	7	8	9	10	ngiqinisekile

Gcina irekhodi lokuba ukwenze kanjani:

	Ngihlele uku.....	Ngenze.....
NgoMsombuluko		
NgoLwesibili		
NgoLwesithathu		
NgoLwesine		
NgoLwesihlanu		
NgoMgqibelo		
NgeSonto		

Idayari yokuziVocavoca

Hlala usebenzisa le dayari yokuzivocavoca ukugcina irekhodi yemigomo yokuzivocavoca oyibeke ngeviki lokuqala. Ungafuna ukuqala ukwandisa isu lakho lokuzivocavoca.

Qala ngokubhala phansi inhloso yakho.

Bhala phansi lapha ofuna ukukwenza:

Manje, yikuphi ongafuna ukukwenza kuleli viki okuzokusiza ukufeza inhloso yakho?

Khumbula ku-action plan yakho ukufaka lokhu:

Yikuphi ofuna ukukwenza

Uzokwenza okungakanani

Uzokwenza nini

Uzokwenza izinsuku ezingakhi ngeviki



Isibonelo: Kuleli viki, ngizohamba (*kuphi*) ngasekhaya lami (*kangakanani*) ngaphambi kwelantshi (*nini*) kathathu (*kangakhi*).

Kuleli viki ngizohamba:

_____ (*kuphi*)

_____ (*kangakanani*)

_____ (*nini*)

_____ (*kangakhi?*)

	Ukuzivocavoca okuHleliwe	Ukuzivocavoca engikwenzile...	Ngizizwe kanjani? Ingabe kukhona ofuna ukukushintsha?
isib.	<i>Imizuzu engama-20 ekuseni emva kwebhulakufesi futhi nantambama emva kwesidlo santambama</i>		<i>Ukhathala kakhulu ngesihlandla sesibili, ngizosinciphisa ngisenze ekuseni kuleli viki kuphela.</i>
NgoMsombuluko			
NgoLwesibili			
NgoLwesithathu			
NgoLwesine			
NgoLwesihlanu			

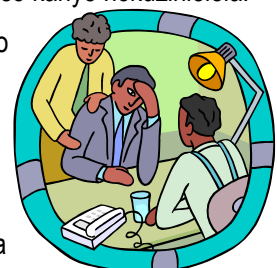
Iviki 6: Siqhubeka nokuziPhatha Okunempumelelo

Emavikini ayisithupha edlule ufunde amakhono amaningi azokusiza uphile ngokuzethemba ngalesi simo okuso. Ucwangingo luthi abantu abaphila nanoma yisiphi isifo esigxilile abalandela lezi zinyathelo baphila impilo engcono, bagula izinsuku ezimbalwa futhi basilawula kangcono lesi sifo. Lokhu kuyiqiniso kubantu abaphila nomfutho ophezulu wegazi, i-HIV/AIDS, umdlavuza noma ukudangala. Usufundile indlela yokuziphatha ngokuzethemba usukwazi ukuxazulula izinkinga kanye nokuzibekela imigomo ukuze ukwazi ukuqhubekela phambili nempilo yakho. Usufunde nangokubaluleka kokuzivocavoca. Indlela ukuzivocavoca okukwenza uzizwe kangcono, nokuba yikuphi ukuzivocavoca okumele ukwenze futhi ulokhu uyakwenza lokho kuzivocavoca! Ufunde nangezimpawu ezivamile ezikhathaza abantu abaphila negciwane le-HIV futhi ufunde nangendlela yokuzilawula lezi zimpawu. Ufunde nangobuhlungu, nokungahle kukubangele ubuhlungu nangendlela yokukwelapha kanye nokulawula noma yibuphi ubuhlungu ongaba nabo. Ufunde ngokudla kanye nangokudla ngendlela nokuqinisekisa ukuba ukudla kulondeke kahle. Ngakho konke okufundile ube nethuba lokufunda ukwenza izinto ngendlela ehlukile nokucabanga ngokuba lokhu kukwenze wazizwa kanjani.

I-Action planning yeKusasa (future planning)

Manje sekuyisikhathi sokucabanga ngekusasa. Abantu abanezifo ezingelapheki kaningi bakhathazeka ngokuba kuzokwenzekani uma begula kakhulu, bazozilawula kanjani izimpilo zabo; bazozinakekela kanjani noma imindeni yabo. Ukukhathazeka ngalezi zinto kungenza abantu babe nosizi, bathukuthele noma badangale baphelelwe amandla. Le mizwa ingenza zonke izinto zibe nzima kakhulu kunalokhu zinjena. Ngokusebenzisa le workbook usuqalile ukubhekana nale mizwa. Usuwandise ulwazi lwakho futhi lena ngenye yezindlela ezimqoka esilawula ngazo uvalo. Uma sesaba okuthile, uma sazi kabanzi ngakho kususiza ukuba sikwazi ukubhekana novalo. Uma wazi kabanzi ngakho, ungenza isu lokubhekana nakho kanti ukwenza isu kususiza sikwazi ukulawula yona leyonto esiyesabayo.

Ukuhlelela ikusasa kusho ukucabanga mayelana nezinto ezingahle zenzeka kuwe ngomuso kanye nokuzihlelela. Bekungeke kuze kube nesidingo sokuba usebenzise lelisu ngoba izinto ezikukhathazayo mhlawumbe ngeke zenzeka, kodwa uma unesu kuzokusiza ungakhathezeki kakhulu ngalezi zinto futhi ukwazi ukuzilawula uma zingahle zenzeka. Ungasebenzisa i-action planning form obulokhu uyisebenzisa kule workbook ukucabanga ngezinto ezikukhathazayo ngekusasa. Usungaqala ukwenza isu mayelana nezinto ofuna ukuzenza uma lezi zinto zenzeka. Uma ungenaso isiqiniseko mayelana nokwenza isu, ungafuna ukukhuluma nabantu abahlukene abangahle bakwazi ukukusiza ngalokhu.



Isinyathelo 1:

Ukuze ukwazi ukuhlelela ikusasa, kudingeka uqoke ukuba yikuphi okukukhathazayo okunokwenzeka. Lesi kungaba yisinyathelo esinzima kakhulu okumele ucabange ngaso. Isibonelo, kungenzeka uzizwa unosi kakhulu futhi udangele. Okokuqala kudingeka ucabange ngokuthi kungani uzizwa ngale ndlela. Kungenzeka ukhathazwa wukuba ngeke ukwazi ukunakekela umndeni wakho uma ungagula kakhulu noma ukhathazwa wukuba uzogulisa omunye umuntu noma ungakhathazwa ukuba uzokwehluleka ukuzinakekela noma uzoshona. Uma usukuqokile lokho okukukhathazayo nokwenza ube nosizi, udangale, uthukuthele noma wesabe, usungaqala ukwenza isu lokubhekana nakho. Lokhu kuzokusiza ukwehlisa usizi, ukudangala, intukuthelo noma ukwesaba.

Bhala phansi lapha ezinye zezinto ezingahle zenzeke ngomuso ezikukhathazayo:

- 1) _____

- 2) _____



Isinyathelo 2:

Njengoba usuziqokile ezinye zezinto ezikukhathazayo, ungaqala ukucabanga ngezindlela ezihlukile zokulawula lezi zinto. Uma ukhathazwa wukuba uzogula futhi ungakwazi ukuzinakekela, bhala phansi uhlu lwezinto ozodinga usizo ngazo. Bese ubhala phansi umuntu ongamcela akusize ngalezo zinto. Abantu abangakusiza kungaba wumndeni, abangane, osonhlalakahle, abeluleki, abahlengikazi, ama-physiotherapist, ama-occupational therapist noma odokotela. Uma ungenasiqiniseko sokuba ungasizwa ngubani, ungafuna ukukhuluma nomuntu omethembayo akusize akutholele umuntu ongakusiza.

Bhala phansi lapha izinto ezintathu ezehlukile ongazenza ezizokusiza ukuhlelela izinto zangomuso okhathazeka ngazo:

- 1) _____
- 2) _____
- 3) _____

Ziningi izinhlangano nabantu ongakhuluma nabo ucele usizo ukuhlelela ingomuso lakho. Lezi zinhlangano zifaka phakathi i-Treatment Action Campaign (TAC), i-Family and Marriage of South Africa (FAMSA), isonto lakho, i-AIDS Consortium, i-AIDS Law Project (ALP), i-National Association of People Living With HIV/AIDS (NAPWA) kanye nabanakekeli bezempilo abaseklinikhi yendawo yangakini. Imininingwane yokuthinta lezi zinhlangano ifakwe ekugcineni kwalesi sigaba.

Uma usuphothule isiNyathelo 2 futhi wabhala phansi izinto ezintathu ezahlukene ongazenza ukusiza ukuhlelela lezi zinto ngomuso okhathazeka ngazo, khetha eyodwa okungathi izohambisana nawe kangcono (kungaba yileyo elula noma engabizi noma owaziyo ukuba ike yamsebenzela omunye). Manje usungayisebenzisa le action plan form ukuhlelela ozokwenza uma lento okhathazeka ngayo kungenzeka yenzeke. Ungayisebenzisa le ndlela ukuhlelela noma yiziphi izinto okhathazeka ngazo.

I-Action Plan Form yeziNkathazo zangoMuso

Ngikhathazekile ngokuba ngomuso ngeke ngikwazi ukwenza okuthile:

Isu lami lokubhekana nalezi zinto uma kwenzeka:

(kuphi, ubani, kanjani, nini?)

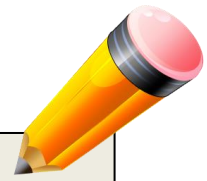


Uqiniseke kangakanani ukuba uzoyigcwalisa le action plan? (khumbula ukuthi uhlose ukuthola okuyisi-7 kokuyi-10 kulayini wokuzethemba)

Ngeke		Ngokuphelele
ngiqiniseke	1 2 3 4 5 6 7 8 9 10	ngiqinisekile

Manje, umsebenzi wakho wokugcina ukucabanga ngoshintsho osafuna ukulwenza empilweni yakho. Khumbula, lokhu mayelana nokuthola okungcono kakhulu empilweni, kwandise indlela engcono yokuphila. Ingabe zisekhona yini izinto ezingekho empilweni yakho, izinto osafuna ukwazi ukuzenza? Ebhokisini elingezansi, bhala phansi ezinye zezinto ezingakabibikho empilweni yakho. Ungasebenzisa loluhlu ulokhu usebenza ngezinhloso zakho kusuka manje.

Izinto ezingakabibikho empilweni yami:



Manje usuyiphothulile le workbook. Ngokusebenzisa le workbook oyenzile usuzenzele isibopho esibalulekile.



Usuzikhethile ukuchitha isikhathi uzinakekela futhi usuthathe nezinyathelo zokunqoba izinkinga eziningi abantu abaphila ne-HIV/AIDS ababhekana nazo. Ungayibeki kude le workbook; yigcine endaweni ethile ekhuselekile lapho uzokwazi ukuyibuyekeza ngezikhathi zonke. Sonke siyakhohlwa ngezinye izikhathi futhi kuyasiza ukubuyela emuva sizikhumbuze ngezinto okungenzeka ukuba sesizikhohliwe. Singabuyela emuva bese sibheka ukuba sibuya kude kangakanani. Sinethemba lokuba ulwazi kanye namakhono owafundile ngokusebenzisa le workbook

azoqhubeka nokuba abe nomthelela onethemba empilweni yakho.

Izinhlango eziSizayo:

Treatment Action Campaign (TAC) (<http://www.tac.org.za>)

Ihhovisi likaZwelonke (021) 422-1700

Family and Marriage Society of South Africa (FAMSA) (<http://www.famsa.org.za>)

KZN (031) 202-8987

AIDS consortium (<http://www.aidsconsortium.org.za/>)

Ihhovisi likaZwelonke (011) 403-0265

Aids Law Project (ALP) (<http://alp.immedia.co.za/>)

Ihhovisi likaZwelonke (011) 356-4100

National Association of People living with HIV/AIDS (NAPWA) (<http://www.napwa.org.za/>)

KZN (031) 304 4182

Stop Stock Out (<http://stockouts.org/>)

084 855 7867

Tholulwazi Uzivikele (<http://www.tuproject.org/>)

Kwa-Ngwanase (035) 592 9681

Okunye ongakuFunda okweNgeziwe

Ulwazi olukule workbook luthathelwe emithonjeni eminingi yolwazi. Uma ungathanda ukufunda kabanzi nganoma yiziphi izihloko sikucebisa ukuba ubheke lezi:

Living Well with HIV & AIDS; Gifford A.L.; Lorig K; Laurent D; Gonzalez V (3rd edition) Bull Publishing Company, Boulder Colorado 2005

Self-management of Long-term Health Conditions: Ibhukwana labantu abaphila nezifo ezigxilile. Expert Patients Programme Community Interest Company . Bull Publishing Company, Boulder Colorado 2007

Manage your pain. Nicholas M, Molloy A, Tonkin L, Beeston L ABC Books, Sydney 2000

HIV in our lives: a book of information sheets for clinics. Treatment Action Campaign, Cape Town, 2007