

Yini ukunamathela ngokuthatha imithi (adherence)

Ukunamathela ekuphuzeni imithi yama antiretroviral (ARVs) kusho ukuphuza imithi nsuku zonke, ngesikhathi esifanele kanye nangendlela efanele. Eminye idinga ukuphuzwa nokudla.

Kungani kubalulekile ukunamathela ekuphuzeni imithi

1. Uma uphuza umuthi, ungena emzimbeni wakho usetshenzwe khona ebese ungena emithanjeni yegazi. Imithi ye-HIV yama-ARV kumele ihlale egazini lakho ngezinga elithile ukuze ikwazi ukulwa ne-HIV. Uma leli zinga libaphansi, ama-ARV awasebenzi kahle.
2. Uma uphuza ama-ARV ngesikhathi esiyiso, ugcina izinga elifanele lomuthi egazini lakho, kanti lokhu kwenza ukuthi i-HIV ingakwazi ukwengezeleka ngokuziphinda-phinda. Lokhu kunikeza amasosha omzimba wakho ithuba lokuthi akwazi ukululama.
3. Uma ungaphuzi ama-ARV akho ngesikhathi esiyiso, usengozini yokuthi izinga lemithi lehle egazini lakho. Lokhu kungabangela ukuthi i-HIV ingezeleleke ngokuziphinda-phinda noma ukuzishintsha (mutations). Lokhu kuzishintsha-shintsha (mutations) kusiza ivayirasi ukuthi ikwazi ukuqhubeka iphile kahle emzimbeni wakho ngisho noma uphuza imithi ye-HIV. Lokhu kubizwa nge-resistance.

Kumele uqale nini ukuphuza imithi

- Ngaso lesi sikhathi kutholakala ukuthi une-HIV.
- Uma watholakala une-HIV kuhlolo ngesikhathi esedule, kanti futhi kwakungamele uqale ukuthola imithi ye-HIV ngaleso sikhathi.
- Uma wayeka ukuphuza imithi kwesinye isikhathi, kubalulekile ukuthi ubuyele uphuze imithi ukwenzela ukugwema i-resistance (ukuthi umzimba ungasezwa mithi).
- Uma une-HIV kanti futhi une-TB.
- Uma une-HIV kanti futhi ukhulelwe noma uncelisa ibele.
- Lapho uqala ukugula kanti umsebenzi wezempilo encoma ukuthi kumele uqale ukuphuza imithi.

Imithi yama-ART uyisebenzisa impilo yakho yonke. Lapho usuqale ukuphuza imithi, ngeke wayeka ukuyiphuza. Kubalulekile ukuthi uphuze imithi yakho ngendlela efanele njengoba ulayelwe, ngesikhathi esifanayo nsuku zonke.



Uma ungazizwa ukulungele, xoxa ngezizathu zalokhu nomsebenzi wezempilo ongakunikeza ulwazi oluqondile kanye nokukusiza ukubhekana nalezi zinto ezikukhathazayo. Kubalulekile ukuthi ucabange ngezinto ezilandelayo:

- Iphuzwa kangaki imithi ngosuku?
- Iphuzwa ngaziphi izikhathi (njalo kumahora angu 12, noma njalo kumahora angu 24)?
- Ngabe kuphuzwa amaphilisi amangaki ngomthamo (dose) owodwa?
- Ngabe kumele aphuzwe lapho usudlile noma ungawaphuza ungenalutho esiswini?
- Ngabe anayiphi imiphumela engemihle (side effects)?
- Ngabe kukhona eminye imithi ongeke uwaphuze nayo?
- Ngabe adinga ukuhlala kwifriji noma ukuphathwa ngenye indlela yesipesheli?
- Ngabe unesinye isifo owelashelwa sona okungenza ukuthi kube neminye imithi engakufanele?
- Ngabe unezinye izifo ezingelapheki ezifana nesifo sikashukela (idayabhethisi), ophuza imithi yazo? Kuzomele uxoxe nabasebenzi bezempilo ngokuthi uyihlanganisa kanjani le mithi yalezi zifo kanye nemithi yama-ARV.

Kubalulekile ukuthi uqondisise ngokuthi uphuzwa kanjani umuthi nomuthi. Lokhu kuzosiza ukuthi unamathele ekuphuzeni kahle imithi.

Kuwumbono omuhle ukuthi ubhale phansi izimpendulo zemibuzo enenhla kumuthi nomuthi. Ebese uqhamuka nesheduli yokuphuza imithi ngezikhathi ezifanele, inani lamaphilisi elifanele kanye nezidingo zokudla. Bonisana ngalokhu nomsebenzi wezempilo ukuqinisekisa ukuthi yonke into ihamba ngendlela efanele.

Eminye imithi isebenza kangcono uma idliwe nokudla okuthile noma ingaphuzwa nokudla okuthile. Buza umsebenzi wezempilo ngomuthi nomuthi okumele uwuphuze. Uma omunye wemithi udinga ukuthi uphuzwe nokudla, buza ukuthi ngabe wukudla okuphelele noma

okokubambisa nje (meal or snack). Eminye imithi kumele iphuzwe nokudla, kodwa hhayi ukudla okunamafutha kakhulu. Hlelela isikhathi esizayo ukuze isikhathi ophuza ngaso imithi yakho sihambelane nendlela nezikhathi odla ngazo, kanti futhi ukudla okufanele.

Kubalulekile futhi ukuthi wazi ngokuthi kumele wenzeni lapho uphonswe ukuthatha umthamo womuthi (missed a dose). Lokhu kuyenzeka nakumuphi umuntu ngezikhathi nezikhathi. Uma lokhu kwenzeka, landela imiyalelo yomsebenzi wezempilo ebese ubuyela kwizikhathi zomuthi ezifanele kanye nokunamathela kwinqubo.

Imiphumela engemihle (side effects) ngeminye yemiphumela yezinto ezenzekayo lapho uphuza imithi ye-HIV. Ngisho noma imithi ye-HIV ingabangela imiphumela engemihle (side effects), akuyiwo wonke umuntu obanayo le miphumela engemihle. Kuwumbono omuhle ukuthi uthole ulwazi ngemiphumela engemihle (side effects) ongayilindela ngaphambi kokuba uqale ukuphuza imithi. Ebese ubuza umsebenzi wezempilo ngokuthi ungabhekana kanjani nemiphumela engemihle, uma ibakhona. Ukuzilungiselela ngokomqondo kungenza ukuthi imiphumela engemihle ilawuleke uma yenzeka. Eminye imiphumela engemihle iyaphela kumaviki ambalwa.

Uma uba nemiphumela engemihle (side effects), musa ukuvele uyeke ukuphuza amaphilisi. Landela izincomo ozinikwa ngumsebenzi wezempilo. Uma inkinga ingelapheki, cela ukweluleka ekliniki yangakini.

Izeluleko ongazisebenzisa ukuze unamathele ekuphuzeni imithi

- Kholelwa ukuthi imithi izokusiza ukulwisana nevayirasi kanye nokuthi uhlale unempilo. Uma ungacabangi kanjalo, ngeke wazikhathaza ngokuphuza amaphilisi kahle.
- Yenza ukuthi ukuthatha amaphilisi ngesikhathi

esifanayo kube yingxenye yezinto ozenza nsuku zonke ngaleso sikhathi.

- Zama ukuxhumanisa isikhathi ophuza ngaso amaphilisi sihambisane nesikhathi lapho wenza okuthile, okufana nokugeza amazinyo akho noma ukubukela uhlelo oluthile kwithelivishini noma ukulalela uhlelo oluthile emsakazweni.
- Sebenzisa ibhokisi lamaphilisi, idayari, noma i-alamu ukukusiza ukukhumbula ukuphuza imithi.
- Hlelela isikhathi esizayo, ukuze ungaphelelwa yimithi.
- Thola umuntu ozokwesekele ukusizana nawe noma ukukhumbuzwa.
- Ukutshela abanye abazokusekela nakho kungasiza – kunzima kwezinye izikhathi ukuphuza imithi lapho uzama ukugcina isimo sakho sokuba ne-HIV siyimfihlo.

Ukuqala ukuphuza imithi yama-ARV kusenesisikhathi kuthuthukisa amathuba akho okuphila impilo ende enhle.

Ukuthola ulwazi olubanzi: www.hivsa.com



www.choma.co.za
Choma Magazine on facebook
Twitter: @Chomamag



www.hi4life.co.za
hi4LIFE on facebook
Twitter: hi4LIFE101

ISSUE 1 - OCTOBER 2016

• Abantu abakwizithombe ngama-model kanti futhi abanayo i-HIV noma ezinye izimo ezikhonjiswe kule phamfletli noma le ncwajana.



USAID
FROM THE AMERICAN PEOPLE



ANOVA
HEALTH INSTITUTE



Le phamfletli (le ncwajana) ithole usizo lwemali ngokusekelwa ngabohlelo oluvela kwi-US President's Emergency Plan for AIDS Relief (PEPFAR) oluvela kwabe-US Agency for International Development ngaphansi kwesivumelwano se-Cooperative Agreement No. AID-674-A-00-08-12-00015 ngabe-Anova Health Institute.

Imibono evezwe kule-phantfletli akuyona nje kuphela imibono yabe-PEPFAR, USAID noma abe-AHI.

Abenombolo yosizo kazwelonke i-National AIDS Help Line:

0800 012 322 (engakhokhelwa)

Ungaxhumana nabe-HIVSA ku: Ucingo: +27 11 494 1900

isi Zulu

Wena okudingeka ukwazi maqondana...

Imithi ye-HIV kanye nokunamathela kuyo

