

REPRIEVE

INCWADANA YOMTHATHI-NXAXHEBA



Umyalezo ovela ku Dr. Steve Grinspoon no Dr. Pam Douglas, REPRIEVE Abaphadi Abaziintloko

Siyabulisa kuwe! Siyathemba ukuba le ncwadana ikufumana uphile kakuhle. Siyaqaphela ukuba ibingunyaka olucelomgeni xa sijonga ubhubhani wehlabathi i-COVID-19, kwaye siluxabisa kakhulu uthatho-nxaxheba Iwakho oluqhubekeyo kwi-REPRIEVE. Njengabaxhasi bovavanyo Iwabantu abangaphaya kwama-7,000 abaphila ne-HIV kumazwekazi asi-5, sizalisekise imida emininzi ndawonye kulo nyaka uphelileyo. Ngoncedo Iwakho, senze iziphumo eziphambili ukuphucula impilo yokusebenza kwenliziyo kunye nempilo iyonke phakathi kwabantu abane-HIV. Siye safikelela ekuqondeni ukuba umngcipheko wesifo sentliziyo unxulumana njani nemikhwa yendlela yokuphila efanelekileyo kwaye sibonise izinto ezinxulumene nokuncipha kokusebenza komzimba phakathi kwabathathi-nxaxheba bethu. Okubalulekileyo, Siyaqhubekeyo nokutyahela phambili ngokuzimisela kwinjongo yethu yokugqiba ulingo, ngaphandle kwazo naziphi iingxaki ezinkulu okanye ezokhuseleko.



Kwiinyanga ezizayo, uza kucelwa ukuba utyikitye ifomu yemvume ehlaziyiweyo eyandisa ukulandelwa kolingo, eqinisekisa ngakumbi ukuba siyazifezekisa iinjongo zethu. Ubude bakho obulindelekleyle bolandelelo buya kuba phakathi kwe-6-10 leminyaka, kuxhomekeke ukuba wawubhalise nini kwi-REPRIEVE. Kubalulekile ukwazi ukuba asiqiniseki ngokuba obu bude bolandelelo buza kuba yimfuneko kusini. Siseta obona bude buphezelu bokujinisekisa iziseko zovavanyo eziyimfuneko ekuhambeni kwexesha, kodwa kusenokwenzeka ukuba ixesa lolandelelo liya kuba lifutshane.

Njengoko usenokuba uyazi, Ibhodi yeDatha kune Nokubeka Esweni uKhuseleko (DSMB) eyongame i-REPRIEVE iyaqgiba ekuben iugqitywa nini ulingo, kwaye isiqqibo sabo sisekelwa kwinani leziganeko zesifo sentliziyo (njengohlaselo lvesifo sentliziyo nokufa icala) elixelwayo. Ngenxa yesi sizathu, kubalulekile ukuba uxle naziphi iziganeko zentliziyo ezinokubakho kwiqela lakho lophononongo. Nokuba awuqiniseki ukuba ukhe wanesiganeko sentliziyo okanye uneempawu ezingacacanga, nceda wazise iqela lakho lophononongo ngokukhawuleza okukhulu ukuze sibambe sonke isiganeko sentliziyo esinokweneka. Ngokuphendula umbuzz ophambili wolu phononongo, siyathemba ukuba siza kukuwazi ukuvelisa uthintelo lvesifo sentliziyo nezikokelo zonyango ezenzelwe ngokukhetekileyo abantu abaphila ne-HIV.

Ilinyaniso nge-REPRIEVE

- Sibhiyozela ukuggqitywa konyaka wongezelelo wolandelelo kusukela ekubhalisweni kwabathathi-nxaxheba bokuqala ababhaliswe kwi-REPRIEVE, ngomndilili wokuthatha inxaxheba malunga neminyaka emi-4.
- REPRIEVE ipapashe imibhalo-ngqangi engama-20...neminye emininzi esendleleni!
- Iziphumo ezivela REPRIEVE zibonakaliswe izihlandlo ezingaphaya kwezili-10 kwiinkomfa eziquka i-Conference on Retroviruses and Opportunistic Infections, AIDS, Association of Nurses in AIDS Care kune ne-International Association of Clinical Research Nurse conference.



Icebiso Lentliziyo Esempliveni!

Impilo yengqondo nempilo yentliziyo zihamba kune

Impilo yengqondo yinxalenye yempilo iyonke. Asoze sibe sempilveni xa singayihoyi imizimba yethu, kwaye asoze siphile kakuhle xa singayihoyi impilo yethu yengqondo Nanga amanye wamaebiso anokuba nempembelelo entle kwimpilo yakho yengqondo Kunye nempilo yentliziyo!!!



1. Dlamka

2. Yitya ukutya okunempilo

3. Qaphela

4. Kuphephe ukutshaya nokusebenzia kakubi iziyobisi

Umyalezo ovela kwi-REPRIEVE Community Advisory Board (CAB)

Njengoko kulishumi lesihlanu leminyaka wobhubhane we-HIV/AIDS, sikhunjuzwa ukabaluleka kophando ekuphuculeni impilo phakaki kwabo baphila ne-HIV. Imitsi emikhulu yenzelwe ukuqinisekisa ukuba abo bane-HIV baphila izesha elide, ubomi obusempilweni. Kananjalo, uphando olungakumbi luyimfuneko ukuze kuqondwe bhetele umngcipheko wesifo sentliziyo nokupuhlisa iindlela ezinokuthi zithntele kune yononyago. Uthatho-nxaxheba lwakho kolu phononongo alunaangenelo ezinokubakho nje qha kwimpilo yakho, kodwa neo zoluntu. Ulwazi olufundwa kolu phononongo luza kuzuzisa abanye ababa ne-HIV kwiminyaka ezayo. Esikhundleni se-REPRIEVE CAB, singathanda ukukubulela ngemizamo yakho nokuzinikela kolu vavanyo lubalulekilyo.

Ingaba ubusazi ukuba i-REPRIEVE CAB, idlala indima ebalulekileyo ekuqhubeni uvavanyo? linjongo ze-REPRIEVE CAB kukuba:

- > Ukubandakanya ilizwi labathathi-nxaxheba kwimisebenzi yovavanyo
- > Ukuqokelela imbono ezahlukeneyo ukuze kuphuculwe inyathelo lokuthatha inxaxheba kune nothethathethwano
- > Ukubonelela ngeforam ngabathathi-nxaxheba abanokwabelana ngegalelo labo kuvavanyo, ukusebenzisana neenkokheli zovavanyo, nokuxhumana nabanye abathathi-nxaxheba kune namalungu e-CAB

Ukuba unomdla ekongezeleleni ilizwi lakho kolu luntu, singathanda ukuba ujoyine! Nceda uqhagamshele u- Evelynne ku efulda@mgh.harvard.edu ukufunda okungakumbi.

U-Alicia Diggs, NC, USA
U-Robert Ettinger, NY, USA
U-Janice Jarrells, NJ, USA
U-Angel Luis Hernandez, Puerto Rico
U-Shirley Selvage, AL, USA

Dibana Nabanye Abathathi-nxaxhaba be-REPRIEVE!



U-Ana Cecilia Castellanos

U-BARRANCO CRS, LIMA, PERÚ

Kutheni lento uzibandakanye ne-REPRIEVE?

Ndizibandakanye ne-REPRIEVE kuba ndikufumanise kubangela umda ukuthatha inxaxheba kuphononongo aphi ndinokunceda ekuqinisekiseni ukuba amayeza anokukwazi ukuthintela iingxaki zentliziyo.

Kungeziphi iindlela i-REPRIEVE ebaluleke ngayo kuwe ngokobuqu naseluntwini lwabantu abaphila ne-HIV?

Mna ngokobuqu ndicingela ukuba REPRIEVE kubalulekile ngenxa yowlazi olufundwa kuphononongo olunokusinceda (abantu abaphila ne-HIV) igcine kune/ okanye iphucule umgangatho wobomi bethu.

Ubhubhani we-COVID-19 uluchaphazele njani ulovo lwakho ngokubaluleka kophando?

Ndivakalewa kukuba ngoku kubaluleke kakhulu ukuba nolu hlobo lophando. Ibumela ukuba sigcine impilo yethu ikwimeko efanelekileyo kwaye sithintele intsholongwane efana ne-COVID-19 ekubeni isenze sibe neengxaki zentliziyo.

Yintoni obuyenza ukuze ugcine intliziyo isempilweni?

Ukugcina intliziyo isempilweni entle, Ndenza konke okusemandleni ukuya okusempilweni, ngokuphepha ukuya okunamafutha agqithisileyo. Anditshayi okanye andiseli tywala kwaye ndilala kakuhle ebusuku!

Nikela ingqalelo Kwiziphumo

Siyazi ukuba ufuna ukufunda indlela uthatho-nxaxheba lwakho kwi-REPRIEVE oludlala nayo indima kuphando olumalunga ne-HIV nesifo sentliziyo.

Njengoko usazi, abaphandi be-REPRIEVE bapapasha ingxelo ezivela kwinkukacha esiyiqokelele ngokuvulelwu nguwe, abathathi-nxaxheba kwi-REPRIEVE. Kuza kubakho iimpapasho ezininzi kwixesha elizayo ezivela kwinkukacha esiyiqokeleleyo. Ngezantsi lushwankathelo lwenqaku esilipapashile ngo-2021:



Amazinga Okugonyela i-COVID-19 Kwiqela le-HIV Lehlabathi

Idatha eqokelelwu kumazinga ogonyo e-COVID-19 phakathi kwabathathi-nxaxheba be-REPRIEVE bavumele abaphandi ukuba baxilonge ukuba amazinga omgommo phakathi kwabantu abane-HIV ahluka njani ngokwamazwe.

Abathathi nxaxheba abangu-6952 be-REPRIEVE babebandakanyiwe kuhlalutyo, kwaye umgommo wachazwe njengedosi enye yaso nasiphi na isitofu sokugoma se-COVID-19. Ingqokelela yezinga lokugonywa phakathi kwabathathi-nxaxheba be-REPRIEVE ukuya ekupheleni kuka Novemba 2021 ibiyi-73%. Amanani okugonywa bekungawona

aphezulu e-Thailand (nge-89%) i-Peru (nge-87%) ebeliphantsi kakhulu yi-Uganda (nge-12%) ne-Haiti (nge-0%).

Ushwankathelo: Le datha evela kwi-REPRIEVE ibonelela ngolwazi oluluncedo kwimibuzo ebalulekileyo yamazinga okugonyelwa i- COVID-19 phakathi kwabantu abaphila ne-HIV kwaye iqaqambisa ukungalingani kwamazinga omgommo kumazwe ngokubanzu.



Imibulelo kubaxhasi bethu

