



REPRIEVE

IPHEPHANDABA LOMBAMBIQHAZA



Umyalezo ovela kuDkt. Steve Grinspoon kanye noDkt. Pam Douglas, REPRIEVE Abacwaning Abayinhloko

Sawubona! Sinethemba lokuthi leli phephandaba lifika kuwe nje usaphile kahle. Siyaqaphela ukuthi lona bekuwunyaka onzima kwazise besibhekene nobhubhane Iwe-COVID-19 futhi sibonga kakhulu ngokuhubeka kwakho ubambe iqhaza e-REPRIEVE. Njengababambiqhaza ocwaningweni olunabantu abangaphezu kuka-7,000 abaphila ne-HIV emazwekazini angu-5, siye saqopha umlando ndawonye kulo nyaka. Ngosizo lwakho, siye sathola imiphumela eyinhloko ukuze sithuthukise ukusebenza kwenhliziyo kanye nempiro kubantu abane-HIV. Siye saqonda indlela ingozi yesifo senhliziyo ehlobana ngayo nendlela umuntu aphila ngayo futhi sabonisa izici ezhlobene nokuncipha kokunyakazisa umzimba kubabambiqhaza. Okubalulekile ukuthi siyaqhubeka siphokophele emgomweni wethu wokuphuthula ucwaningo ngaphandle kwezingkinga ezinkulu noma izinselele zokuphepha.



Ezinyangeni ezizayo, uzocelwa ukuba usayine ifomu lokuvuma elibuyekeziwe elelula ukulandelela kocwaningo, okuzoqinisekisa ukuthi siyafinyelela imigomo yethu. Ubude besikhathi sokulandelela obulindelekile buphakathi kweminyaka engu-6 kuya kwengu-10, kuye ngokuthi wabhalisa nini e-REPRIEVE. Kubalulekile ukwazi ukuthi asiqiniseki ngokuthi lobu bude besikhathi sokulandelela buzodingeka yini. Sibeka lesi sikhathi eside ukuze siqinisekise ingqalasizinda yocwaningo edingekayo, kodwa kungenzeka ukuthi isikhathi sokulandelela sizoba sifushane.

Njengoba ungase wazi, i-Data and Safety Monitoring Board (DSMB) eqondisa i-REPRIEVE yiyo enquma ukuthi ucwaningo luphela nini, futhi isinqubo sayo sisekelwa enanini elibikwayo labantu ababa nezinkinga zenhliziyo (izinto ezifana nokushaywa yinhliziyo kanye nokushaywa unhlangothi). Ngenxa yalesi sizathu, kubalulekile ukuba ubike noma yiziphi izinkinga zenhliziyo ezingase zibe khona ethimbeni lakho locwaningo. Ngisho noma ungaqiniseki ngokuthi uke waba nenkinga yenhliziyo noma uma unezimpawu ezingacacile, sicela utshele ithimba lakho locwaningo ngokushesha ngangokunokwenzeka ukuze kubhalwe phansi zonke izinkinga zenhliziyo eziba khona. Ngokuphendula lo mbuzo wocwaningo oyinhloko, sinethemba lokuthi sizokwazi ukwenza izindlela zokuvimbela isifo senhliziyo futhi senze umhlahlandlela wendlela yokwelapha owenzelwe ngokukhetekile abantu abaphila ne-HIV.

REPRIEVE Amaqiniso



Siyakubonga ngokuqhubeqa ubambe iqhaza!

- > Sihalalisela ukuphuthula omunye unyaka wokulandelela kusukela sabhalisa umbambiqhaza wokuqala e-REPRIEVE, okubanjwa kuyo iqhaza okungenani iminyaka engu-4.
- > I-REPRIEVE isishicilele cishe imibhalo engu-20 ... futhi enye isendleleni!
- > Okutholakele okuvela e-REPRIEVE kuye kwethulwa izikhathi ezingaphezu kwezingu-10 ezingqungqutheleni kuolanganise Conference on Retroviruses and Opportunistic Infections, AIDS, Association of Nurses in AIDS Care kanye International Association of Clinical Research Nurse conference.

Icebiso Lokuba Nenhliziyo Esebenza Kahle!

Impilo yengqondo nenhliziyo esebenza kahle kuyahambisana



Impilo yengqondo iyingxene yempilo yonke. Ngeke sive nempiro enhle uma singayinaki imizimba yethu, futhi ngeke siphile kahle uma singayinaki impilo yethu yengqondo. Nanka amacebiso angase abe nethonya elihle empilweni yakho yengqondo KANYE nokusebenza kahle kwenhliziyo!!!

1. Zivocavoce
2. Yidla ukudla okunempilo
3. Cabanga ngaphambi kokuba wenze izinto
4. Gwema ukubhema nokusebenzia kabi izidakamizwa

Umyalezo ovela e-REPRIEVE Community Advisory Board (CAB)

Njengoba sekuzoba yiminyaka engamashumi amahlanu kwaqala ubhubhane lwe-HIV/AIDS, siyakhunjuzwa ngokubaluleka kokucwaninga ukuze sithuthukise impilo kubantu abaphila ne-HIV. Kuningi osekwenziwe ukuze kuqinisekiswe ukuthi labo abaphila ne-HIV baphila isikhathi eside ngendlela enempilo. Noma kunjalo, lusadingeka ucwaningo olwengeziwe ukuze kuqondwe kangcono ingozi yesifo senhliziyo nokuhiqiza izindlela zokugwema nokwelapha. Ukubamba kwakho iqhaza kulolu cwaningo kungase kuzuzise impilo yakho, kuphinde kuzuzise nomphakathi. Imininingwane etholwe kulolu cwaningo izozuzisa abanye abane-HIV eminyakeni ezayo. Egameni le-REPRIEVE CAB, sithanda ukukubonga ngemizamo yakho nokuzinikela kulolu cwaningo olubalulekile.

Ingabe bewazi ukuthi i-REPRIEVE CAB idlala indima esemqoka ekwenzeni lolu cwaningo? Imigomo ye-REPRIEVE CAB yilena:

- > Ukuhilela uvo lwababambiqhaza emisebenzini yocwaningo
- > Ukuqoqa imibono ehlukahlukene ukuze kuthuthukiswe izinhlelo nokuhileka kwababambiqhaza
- > Ukuhlinzeka ngenkundla ababambiqhaza abangaphawula kuyo ngocwaningo, baxoxe nabaholi bocwaningo, futhi baxhumane nabanye ababambiqhaza kanye namalungu e-CAB

Uma unesifiso sokuphawula kulo mphakathi, singathanda ukuba usijoyine! Sicela uxhumane no-Evelynne ku efulda@mgh.harvard.edu ukuze uthole okwengeziwe.

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

Hlangana Nabanye Ababambiqhaza Be-REPRIEVE!



Ana Cecilia Castellanos

BARRANCO CRS, LIMA, PERÚ

Kungani ujoyine i-REPRIEVE?

Ngijoyine i-REPRIEVE ngoba

ngikuthole kumnandi ukubamba iqhaza ocwaningweni engingakwazi ukusiza kulo ukuba kuqinisekiswe ukuthi umuthi ungakwazi ukuvimbela izinkinga zenhliziyo.

Kungaziphi izindlela i-REPRIEVE ibalulekile kuwe nasemphakathi wabantu abaphila ne-HIV?

Mina ngibheka i-REPRIEVE njengebalulekile ngoba iminininingwane etholwe ocwaningweni ingase isisize (abantu abaphila ne-HIV) ukuba sihlale futhi/noma sithuthukise izinga lokuphila.

Uhubhbhane lwe-COVID-19 luwuthinte kanjani umbono wakho ngokubaluleka kocwaningo?

Nginomuzwa wokuthi manje kubaluleke kakhulu ukuba nalolu hlobo locwaningo. Lusivumela ukuba impilo yethu ihlale iseizingeni eliphakeme futhi luvimbe amagcinwane anjenge-COVID-19 ekusenzeni sibe nezinkinga zenhliziyo.

Yini obulokhu uyenza ukuze inhliziyo yakho ihlale inempilo?

Ukuze ugcine inhliziyo inempilo enhle, ngenza okusemandleni ukuze ngidle ngendlela enempilo, ngiyeke ukudla okungenampilo. Angibhemti futhi angibuthinti utshwala, ngilala ngokwanele!

Ukugxila Kokutholakele

Siyazi ukuthi ufuna ukuthola ukuthi ukubamba kwakho iqhaza e-REPRIEVE kufaka isandla ekucwaningeni nge-HIV nesifo senhliziyo.

Njengoba wazi, abaphenyi be-REPRIEVE bashicilela imibiko esuselwa eminininingwaneni eqoqwe kuwe mbambiqhaza e-REPRIEVE. Zizoba ziningi izincwadi esikhathini esizayo ezisuselwa eminininingwaneni esiyiqoqayo. Ngezansi ukufinqwa kwesihloko esisinyathelise ngo 2021:



Amanani Okugomela i-COVID-19 Kubantu Abane-HIV Emhlabeni

Imininingwane eqoqwe mayelena namanani okugomela i-COVID-19 kubabambiqhaza be-REPRIEVE ivumele abaphenyi kuba bahbole indlela amanani okugoma ahluke ngayo kubantu abane-HIV emazweni ahlukahlukene.

6952 Ababambiqhaza be-REPRIEVE bahlanganisa ekuhlaziyi, futhi ukugoma kwachazwa njengokuthola okungenani umthamo owopta wanoma yimuphi umgomu we- COVID-19. Ingqikithi yezinga lokugoma kubabambiqhaza be-REPRIEVE ekupheleni kukaLwezi 2021 beyingu-73%. Izinga lokugoma beliphezelu eThailand

(89%) nasePeru (87%)

liphansi kakhulu

e-Uganda (12%)

naseHaiti (0%).

Ukubuyekeza: Le

mininingwane evela

e-REPRIEVE isinikeza

imininingwane

ewusizo mayelana nendaba yezinga lokugomela i-COVID-19 kubantu abane-HIV futhi liqhakambisa ukungalingani ezingen iokugoma emazweni ahlukahlukene.



Siyababonga abaxhasi bethu

