



## SISEZIKHATHINI EZINZIMA: KUMELE SONGE IZINSIZA ZIKAHULUMENI NGOKULWA NEZIFO



iyaqhubeka ekhasini 02>>>

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**Ezinye zezinto ezimqoka esizibalulile ngenkathi sethula isabelo mali sethu sika 2022/23 emasontweni ambalwa edlule kube wukuncipha kwesabelo mali sethu kanye nokubaluleka kokuba izikhamizi zakulesi sifundazwe zisebenzisane noHulumeni ukunciphisa umthwalo wezifo esiFundazweni.**

Sihlabe ikhwelo emiphakathini yakithi ukuba ikhuthalele futhi igcine isiko elinesisekelo sokugwema izifo, ukuhlolwa ngaso sonke isikhathi kanye nokuzama ukuthola ukwelashwa ngokushesha.

Ukushesha uhambele izikhungo zezempilo kumqoka kakhulu ekulekeleleni ukululama, ukuthola ikhambi noma ukwengamela lezi zifo ngaphambi kokuba kuqale izinkinga. Isidingo sokuba senze izinto ngendlela ehlukile sibaluleke kakhulu uma kubhekwa namandla omnotho wethu antengayo nokuyimbangela yesimo somnotho esingasihle, ubhubhane lwe-Covid-19 kanye nezinye izinto ezifaka ingcindezi isikhwama sethu sezimali.

Isabelo-mali sethu sehliwe ngemali ebalelwa ku 16 billion kuleminyaka emithathu eyedlule nokusiphoga ukuba sicubungulise kahle sihlele ngenye indlela. Empeleni, isabelo-mali sethu sonyaka ka 2022/23 sehle sisuka ku R50 billion onyakeni odlule wezimali njengoba manje sihlezi ku R49 billion. Konke ke lokhu kwenzeka nje sisazama ukuzikhotha amanxeba emuva kwezigigaba esike sabhekana nazo eminyakeni embalwa edlule nokubalwa khona

ubhubhane lwe Covid-19, ukucekelwa phansi kwempahla, isibhicongo sase Phoenix ngoJuly wangonyaka odlule kanye nezikhukhula zakamuva nezishiye omukhulu umonakalo esiFundazweni.

Ngakho ke lezi yizikhathi ezinzima kepha kumele sithole indlela yokuhubeka nokusebenza sifezekise izimiso zethu zokuhlinzeka ngezempilo ezisezingeni kubantu bakulesi siFundazwe. Kuningi esesikuzuzile njengesizwe ngakho sibonga kakhulu ukubambisana okukhona phakathi kwezakhamizi kanye noHulumeni.

Ukuba bekungekhona ukuba nobudlelwane obuqinile, umthelela we-Covid-19 nokuyinhlekelele enkulu esake yenzeke ezimpilweni zabantu, ngabe ube mukhulu kakhulu. Ngakho ke siyazama ukubhekana nazo zonke izingqinamba esibhekana nazo njengesifundazwe, sinxenxa yonke imikhakha yesizwe ukuba isilekelele ukulwisana ndawonye nezifo ezigwemekayo, ukulimala kanye nokufa okungenasidingo. Iyona ndlela le esingakwazi ukunqoba ngayo.

### **Singakwazi ukuzigcina sihlale siphila impilo enomsoco siphile isikhathi eside nokwenza lokhu okulandelayo:**

- Ukuthola umgomo we Covid-19: Lokhu kunciphisa ubungozi bokugula kakhulu, ukungeniswa esibhedlela noma ukufa kulabo abazithola betheleleke ngaleli gciwane eliyingozi;
- Ukudla ngendlela ehlelekile ngokudla ukudla okubiliwe, ama fruit kanye nezithelo. Ukunciphisa ukudla okunamafutha amaningi, usawoti kanye noshukela.
- Ukuzivocavoca ngaso sonke isikhathi: Lokhu kusiza ukukwazi ukulawula isisindo somzimba nokulekelela ekunciphiseni ubungozi bokuhlaselwa isifo senhliziyo kanye nokulekelela umzimba ukuba ukwazi ukulawula amazinga kashukela emzimbeni.
- Gwema uphuzo oludakayo kanye nezidakamizwa: Ukuphuza ngokweqile nokusebenzisa izidakamizwa kuyimbangela enkulu yezingozi zomgwaqo kanye nezimo ezinodweshu lapho kuqubuka khona izingxabano eziholela ezingozini ezibulalayo. Ngakho ke kuwumqondo omuhle ukugwema ukuhamba ebusuku ngakho kungcono ukuhlala ekhaya ukugwema izimo ezinezinxushunxushu.
- Zibandakanye nezocansi eziphephile kanye nokuhlela umndeni. Ukuziqhelanisa nocansi noma ukusebenzisa ijazi nezinye izindlela zokuhlela umndeni ngaso sonke isikhathi kubalulekile. Kungakusiza ukugwema ukuthola kanye nokusabalalisa izifo ezithelelana ngocansi, okubalwa khona i-HIV noma ukukhulelwa okungadingakali noma okungahloliwe.

Ngakho ke ukushintsha nje lapha nalaphaya endleleni esiziphatha ngayo kungahamba ibanga elide kakhulu ukunciphisa umthwalo wezifo. Kungaphinde futhi kusigcine siphilile iminyaka emide futhi kuphinde kulekelele ekulondolozeni izinsiza zikaHulumeni ezidonsa kanzima ukuze zikwazi ukudluliselwa lapho kunesidingo esikhulu zaso.

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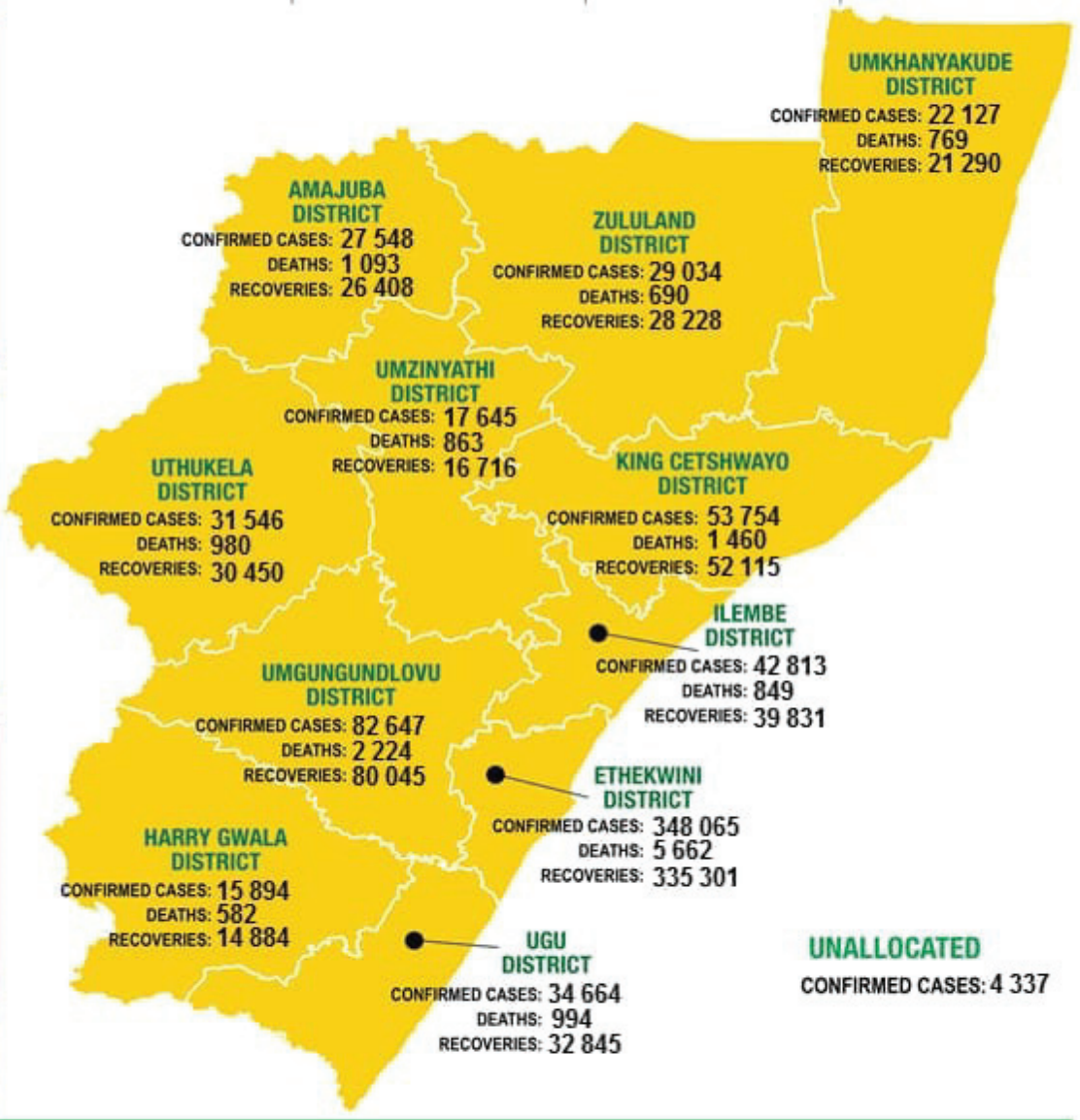
# COVID-19 STATISTICS IN KZN

				
<b>710 285</b>	<b>11 568</b>	<b>682 330</b>	<b>16 176</b>	<b>172</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

**TUESDAY**  
**31**  
**MAY**  
**2022**

Learn more to **Be READY** for #COVID19:  
[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)  
Covid-19 public hotline:  
**0800 029 999**  
WhatsApp 'Hi' to  
**0600 123 456**

**DOWNLOAD the COVID Alert SA app**  
The COVID Alert SA app can notify you if you have been exposed to another app user with coronavirus. **Download it now to protect yourself and others**



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# AMAZWIBELA ESABELOMALI



## COVID-19 INFECTIONS

As of yesterday, the 09th of May 2022, our Province has lost 16 096 due to COVID-19. And, over the latest 24 hour period, we have registered 1 452 new cases, bringing the total number of infections in the Province to 690 202.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## COVID-19 VACCINATION

We remain concerned by the low uptake of COVID-19 vaccines. We've vaccinated 2,767 million people, while a staggering 4,452 million have not even received a single dose.

This is concerning because the vast majority of those who've died due to COVID-19 were not vaccinated.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## COVID-19 PROTOCOLS

We have noted the new COVID-19 regulations, which make it clear that we should all continue wearing our masks indoors, while adhering to all non-pharmaceutical protocols.

This entails maintaining social distancing and washing our hands with soap and water regularly.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## HEALTH AWARENESS

We need to strengthen our systems and ensure that we create health awareness, which must lead to behavioural change.

We need to do this while maximising our capacity for disease screening and testing; providing follow-up treatment; and support

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## MAKE ME LOOK LIKE A HOSPITAL

One of the very effective ways in which we will be improving the quality of care and overall client experience, is through the re-launching of a new and improved "Make Me Look Like A Hospital" initiative, as pronounced during the State of the Province Address by the Premier of KwaZulu-Natal.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## IDEAL CLINIC

We are encouraged by the fact that 39 of our clinics have already attained "Ideal Clinic" status, after being assessed by the Office of Health Standards and Compliance (OHSC), during the past two years.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## HIV/AIDS

Our Province has made a number of strides to promote effective HIV prevention, diagnosis, treatment and care.

HIV infection has become a manageable chronic health condition, which has enabled many people living with HIV to lead long, healthy, and productive lives.

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**#KZNDHOBUDGET SPEECH2022/23**



## 90-90-90

Four districts have achieved the 90-90-90 targets for HIV management. These are Harry Gwala, UMzinyathi, UMkhanyakude and UGU.

Two districts are very close to achieving the 90-90-90 targets, and these are Umgungundlovu and Amajuba.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## ANTI-RETROVIRAL TREATMENT

We do deserve a pat on the back for keeping the number of people on Anti-Retroviral Therapy at 1.617 million, despite COVID-19 and the social unrest that we saw last year.

To achieve the 90-90-90 targets, the province will increase the number of clients on ART by almost 100 000.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## HUB SYSTEM

In a bid to improve the management of health infrastructure in the Province, we have also adopted a 'hub and spoke' model. This entails decentralisation of head-office personnel to the three Infrastructure Management Hubs, which are being established in the Province.

The pilot project in this regard commenced with the EThekweni Management Hub, which focuses on Health facilities in EThekweni, Iilembe and Ugu Districts.

**BUDGET VOTE 7 2022**

**#KZNDHOBUDGET SPEECH2022/23**



## HUB SYSTEM

At the beginning of the new financial year, we commenced with the management hub in Umgungundlovu, focusing on Umgungundlovu, Amajuba, Harry Gwala and Uthukela Districts.

The hub in Empangeni will focus on King Cetshwayo, Zululand and Umkhanyakude Districts.

We will be adding more capacity to these hubs in 2022/23.

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**#KZNDHOBUDGET SPEECH2022/23**



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# SIQONDISA AMAMPUNGE ASHIWO NGEMIFANISWANO YABAHLENGIKAZI

**UMnyango wezeMpilo KwaZulu-Natal uthanda ukucacisa kabanzi mayelana nezithombe ezizungezayo ezinkundleni zokuxhama nezibonisa imifaniswano yabahlengikazi ebovu ukuthi awunalwazi futhi ayiyona ingxenye yemifaniswano yabasebenzi bethu.**

Izithombe kanye nezihloko zazo zingamanga futhi zifakwe ukudicilela phansi nokudala ukudideka ngesimemezelo sikaNgqongqoshe mayelana nomfaniswano omusha esamenyezela ngesikhathi sokwethula kwesabelo-mali mhlaka 10 May 2022.

Lesi simemezelo besidlulisa nje umyalezo ophuma emNyangweni wezeMpilo kuZwelonke ukuqinisekisa ukusetshenziswa komfaniswano wabahlengikazi ukuba ube nemibala emihlophe nebovana. Lesitatimende safundeka kanje ngosuku lweSabelo-mali, “uMnyango wezeMpilo kaZwelonke usesigabeni sokuqedela zonke izimfanelo kepha njengeSifundazwe sesikhiphe umyalelo wokuthi umfaniswano esibhedlela sethu i-Dr Pixley ka Isaka Seme Memorial Hospital kumele ibe nemibala omhlophe nobovana.

UMnyango ukhathazekile ukuthi lesi simemezelo sihunyushwe ngendlela engeyiyo futhi sadala nokukhulu ukudideka kubantu. Okwamanje zonke izifundazwe zisalinde ukuphothulwa ukuphothulwa kwayo yonke imifanekiso eyenziwa uMnyango wezeMpilo kuZwelonke mayelana nemifaniswano ngakho ke akukho okuphatelene nomfanekiso osekusemthethweni.

UMnyango uthanda ukuziqhelanisa kulokhu kudideka uphinde ugcizelele ukuthi zonke ezokuxhumana mayelana nalolu daba kuzoqhamuka ezinhlakeni ezifanele nasezindaweni ezifanele.

# WARNING

KZN Department of Health would like to state categorically that the

**CIRCULATING PICTURES OF MAROON UNIFORM FOR NURSES ARE NOT KNOWN TO THE DEPARTMENT**

and therefore not part of the approved uniform list for the staff.



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“HLONIPHA IZIGULI; KEPHA UNGAVUMELI UKUBA YISISULU SOKUHLUKUNYEZWA,” UNGQONGQOSHE WEZEMPILO UYALELELE ABAHLENGIKAZI NGESIKHATHI BEGUBHA USUKU

# LWE-INTERNATIONAL NURSES DAY



iyaqhubeka ekhasini 07 >>>

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**UNgqongqoshe wezeMpilo KwaZulu-Natal uNomagugu Simelane usexwayise idlanzana labahlengikazi abasaqhubeka nokungaphathaki kahle iziguli ukuba bayeke lomkhuba baphinde bayeke nokudicilela phansi umkhakha wabahlengikazi kanye neningi lozakwabo nabachaze njengabanothando, abasebenza ngokuzikhandla futhi abanozwelo.**

UNgqongqoshe ubungaze usuku lwabahlengikazi i-International Nurses' Day esikhungweni Umfolozi (ekhampasini yaseSikhaleni) mhla zingu 12 May 2022.

Lobungazo uqale ngokungena umuzi nomuzi ehlostela lase Bhambatha eSikhaleni nalapho kunxenxe khona abahlali bakuleli hostela ukuba bagomele i-Covid-19.

UNgqongqoshe uSimelane wethule inkulumbo kubahlengikazi abebedlubhe ezimhlophe nalapho ethe: "Abahlengikazi bethu akumele benze iziguli zizwe njengabantu abanesicefe uma beza emitholampilo yethu, ezikhungweni zezempilo kanye nasezibhedlela. Yize kunjalo, asisho ukuthi abahlengikazi kumele bavumele abantu babahlukumeze.

Uma lokho kwenzeka, banachithi sikhathi kepha babize onogada noma izinhlaka zomthetho nabo okumele benze okufanelekile uma bebhokene nezimo ezinzima. Inhlonipho isebenza nxazonke," Kubeka uNgqongqoshe Simelane.

UNgqongqoshe uphinde wabonga bonke abahlengikazi bakulesi Sifundazwe ngokukwazi ukumelana

nazo zonke izingqinamba esibhekana nazo okubalwa kuzo igciwane le-Covid-19, ukwebiwa kwempahla ezitolo kanye nesibhichongo sase Phoenix ngo July 2021 kanye nezikhukhula zakamuva ezidale omkhulu umonakalo.

"Siyaziqhenya ngokuthola ithuba lokuba sikwazi ukubonga nokuqhakambisa umthelela owenziwe abahlengikazi ekuletheni usizo lwezempilo emiphakathini. "Lokhu kumqoka kakhulu ikakhulukazi uma sibheka osekwenzekile kamuva nje lapho besibhekene nezidingo eziningi zezempilo eziphuthumayo.

"Kulezi zikhathi ezinzima, abahlengikazi bakhombise ugqozu kanye nesibindi. Lokhu kugcizelele izisho ezivame ukubachaza njengabantu abangumgogodla nokuphila komkhakha wezempilo. Sibonga asiphezi. "Kuyishwa ke nokho ukuthi impi yethu yokulwa nobhubhane lwe Covid-19 isidlule nemiphefumulo eminingi yabasebenzi bethu bezempilo abamqoka.

"Ngaphansi koMnyango wezeMpilo KwaZulu-Natal, sithanda ukubungaza usuku lwe-International Nurses Day kubo bonke abahlengikazi ikakhulukazi kulabo abasishiye belwa baphenduka izisulu ze-Covid-19. "Sengathi imiphefumulo yabo ingalala ngokuthula. Siyazi futhi siyaqonda ukuhlukumezeka okudalekile kwabathandiweyo babo ababashiye ngemuva.

Sithanda ukudlulisa uthando kanye nozwelo emindenini yabo bonke. Ukulahlekelwa kwabo kungukulahlekelwa kwethu sonke." Isiqubulo sakulonyaka sokugubha usuku lwe-International Nurses Day: A voice to Lead - Invest in Nursing and Respect Rights to

Secure Global Health.

Kulonyaka indikimba ye - International Nurses' Day: A Voice to Lead - Investment in Nursing and Respect Rights to Secure Global Health. UNgqongqoshe uthe, nakuba umnotho woMnyango uyancipha, uzoqhubeka nokubeka phambili ukuthuthukiswa kwamakhono abahlengikazi, "Ngoba, uma kukhulunywa iqiniso, ngaphandle kwabasebenzi abanolwazi kanye namakhono afanelekile, awukho umkhakha wezempilo."

UNgqongqoshe uphinde wakhumbuze abahlengikazi ngokubaluleka kokuthanda, ukuvikela, kanye nokumela iziguli zabo ngokuseqopheleni eliphezulu.

"Ugunyazwe uMnyango; kanye nomgwamanda okulawulayo, uMkhandlu Wabahlengikazi waseNingizimu Afrika, ukufeza izinhloso zomsebenzi ngokufanele; ukuze kusindiswe izimpilo futhi kuthuthukiswe indlela yokuphila." "Izimiso, kanye nenqubongomo yokuziphatha ungazithengisi ngazo."

Vuka wamukele izicukuthwane zomsebenzi wakho impilo yakho yonke. Ningakhohlwa ukwesekana, ukuthandana, ukusebenza njengeqembu; kanye nokusebenzisana nabanye abasebenzi bezempilo.

"Kufanele nibe ukukhanya endleleni yalabo ababhekene nezinsuku zobumnyama nobunzima. Kufanele ninikeze induduzo nokunakekela labo abadinga usizo - futhi lokho kufanele kwenziwe ngonembeza nangesizotha, yingakho imsebenzi yenu uhlonishwa kakhulu."

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# “SIYAZIQHENYA NGOBUHLENGIKAZI” - IMIBONO EVELA KWIZINGELOS I EZIHLEZI ZILETHA INHLANSI YETHEMBA

## Bongumusa Khumalo

### Umkhakha: Umhlengikazi oqeqeshiwe (emnyangweni wezokubelethisa)

Ubuhlengikazi buyindlela yomsebenzi ehlinzeka ngezinsiza ezihlukahlukene zokunakekelwa kwezempilo zabantu bayo yonke iminyaka, abanempilo enhle noma esengcupheni. Iqhaza lomhlengikazi ukukhuthaza impilo enhle, ukuvimbela izifo, ukunakekela abagulayo abanokukhubazeka, abashonayo, kanye nokumela iziguli ngaso sonke isikhathi.

Njengomuntu osebenza emnyangweni wezokubelethisa, kuyisibopho sami ukwenza kube lula ukunakekelwa kukamama nosana kuzo zonke izigaba zokukhulelwa, ukusikwa kanye nokunakekelwa kwangemva kokubelethisa. I-Obstetrics iwumkhakha okhethekile kwezobuhlengikazi, umsebenzi odinga amakhono athuthukile nokuqeqeshwa, okuhlanganisa nendlela yokusingatha izimo eziphuthumayo zokubelethisa.

Kule minyaka ngisebenza ewodini lokubelethisa, nginezinto eziningi ezijabulisayo nezingajabulisi. Ngiyakwazi ukusebenzisa amakhono ami nolwazi ukulawula ngokuzimela ngokubelethisa iziguli ngaphandle kokugadwa; futhi ngaphakathi komkhakha wami wokuzijwayeza. Kusukela ngisebenza emkhakheni wokubelethisa, ngiye ngafunda ukubhekana nezinkinga zezinsiza. Ngithole intshisekelo yami futhi ngingathanda ukuqhubekisela phambili umsebenzi wami wezokubelethisa ngokubhalisela izifundo ezithuthukisiwe zokubelethisa.



## Gugulethu Zondi

### Umkhakha: Umhlengikazi Obhalisiwe (osemnyangweni wezimo eziphuthumayo)

Umhlengikazi uhlangabezana nezinto eziningi ezihlukene ngesikhathi sakhe sama-a single shift, kusukela ethembeni kuye kuye kubuhlungu benhliziyo, kanye nokuhambisana nawo wonke amashadi eziguli ahlukeni kanye nemiyalelo yokunakekela. Abahlengikazi ngempela bawumgogodla womkhakha wezempilo. Njengomhlengikazi osebenza endaweni yezimo eziphuthumayo, kufanele ngaso sonke isikhathi ngihlale ngizothile kuso sonke isimo esiphuthumayo abangiletha kuso. Njengabahlengikazi, siyaqhubeka sisebenze ngokuzikhandla, noma ngabe izinto zinzima kangakanani.



## Thokozani Precious Ngcobo

### Umkhakha: Professional Nurse (Isikhungo esibhekele abantwana)

Ubuhlengikazi bumayelana impilo yomuntu, abagulayo nabangakwazi ukuzisiza. Kalula nje, ubuhlengikazi buwubuntu. Ubuhlengikazi buphelele kubandakanya izici zokuvimbela, zokukhankasa kanye nokubuyisela esimweni sokunakekelwa kwezempilo. Umhlengikazi kufanele abe onakekelayo, onothando, futhi othembekile.

Ngigqugquzelwa yilokho enginakho ezigulini zami, umsebenzi wami, kanye neSithembiso engasenza lapho ngiqeda. Ngikuhlonipha kakhulu ukuphila komuntu, okuyindalo kaNkulunkulu. Yikhona okungigqugquzelayo ukuthi ngibuyele emsebenzini nsuku zonke. Ngaphezu kwalokho, njengomama nomuntu osebenza emnyangweni wezifo zezingane, yilokho okungikhuthazayo.



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# NQANDA I-HYPERTENTION NGAPHAMBI KOKUBA IKUNQOBE, KUXWAYISA UNGQONGQOSHE WEZEMPILO



**UNgqongqoshe wezeMpilo KwaZulu-Natal, uNkk Nomagugu Simelane, usenxuse umphakathi ukuthi uhlole impilo yamahhala okungenani kanye ngonyaka, ukuze unqande izifo ezingathathelana ezifana nomfutho wegazi ophakeme ngaphambi kokuthi zidale umonakalo ongalungiseki.**

Isexwayiso esishubile sikaNgqongqoshe size ngesikhathi kukhunjulwa iWorld Hypertension emhlabeni wonke mhla ziyi-17 kuNhlaba 2022, ngaphansi kwesiqubulo esithi "Linganisa Umfutho Wegazi Lakho Ngokunembayo, Uwlawule, Uphile Isikhathi Eside" (njengasezikalini zomfutho wegazi).

"Ukuthuthukisa impilo nokuphila kubalulekile ekuvimbeleni nasekulawuleni izifo ezithinta indlela yokuphila, ikakhulukazi izifo ezingathathelana njengomfutho wegazi ophakeme, isifo senhliziyo, i-cholesterol ephuzulu egazini kanye nesifo sikashukela. Abantu baseNingizimu Afrika kudingeka benze izinqumo ezinolwazi mayelana nezindlela abandla ngazo, ukuthi bayabuphuza noma cha noma kufanele babheme noma cha; ukuze babe isizwe esinempilo.

Okungenza umehluko ekuthuthukiseni izimo zokuphila, kubandakanya ukugcina ukudla okunempilo nokuzivocavoca njalo. Abantu abanengi bahamba nezifo bengazi. Kodwa uma uhlolwa impilo, kusho ukuthi izifo zisheshe zibonakale, okwenza kube lula futhi kushibhile ukuzelapha noma ukuzilawula," kusho uNgqongqoshe uSimelane.

Manje sisonyakeni wayo wesi-17, inhloso ye-World Hypertension Day, ukukhuthaza, ukuqwashisa umphakathi ngomfutho wegazi ophuzulu, kanye nokukhuthaza izakhamuzi zawo wonke amazwe ukuthi zivimbele futhi zilawule lo "mbulali othule". UMnyango Wezempilo KwaZulu-Natal uhlinzeka ngokuhlolwa kwezempilo mahhala kuzo zonke izikhungo zezempilo, nakuzo zonke izinhlelo zawo zokufinyelela emphakathini.

## Ubungozi obuhambisana ne-Hypertension:

Umlando womndeni womfutho wegazi ophakeme, ukudla okungenampilo, okubandakanya usawoti omningi, ukuphuza ngokweqile, ukubhema, ukukhuluphala (ikakhulukazi eduze nendawo yesisu), okwandisa ingozi izikhathi ezingu-2-6, ukuntuleka kokuzivocavoca, amazinga okucindezeleka, ukuguga, ukukhulelwa. Izimpawu zomfutho wegazi ophakeme zihlanganisa ubuhlungu bekhandu, ubuthakathaka, isiyenzi, amehlo abuhlungu, ukubona ngokufiliphala kanye nokuphelelwa umoya.

## Okulandelayo yiziqondiso zokwehlisa umfutho wegazi ophakeme:

- Yidla ukudla okuncane okukalelwe ku-3-6 ngosuku.
- Yidla ukudla okunempilo, okunamafutha aphansi (okungaba amafutha ezilwane atholakala enyameni ebomvu, esikhumbeni senkukhu kanye nemikhiqizo yobisi egcwele ukhilimu);

**Abantu abakhuluphele** bayelulekwa ukuba banciphise imizimba. Okubalelwa ukwehla kancane okungaba ngu-4.5kg kungaholela ekwehleni komfutho wegazi.

**Nciphisa ukudla okunosawoti omningi** kanye nalokho okuqukethe isinongo sikasawoti. Funda amalebula emikhiqizo yokuqukethwe kwesodium ngaphambi kokuthenga!

**Nciphisa** noma ugweme ukuphuza utshwala.

**I-caffeine** ekhofini, etiyeni, eziphuzweni ze-cola nakushokoleli ingase ibangele umfutho wegazi ukhuphuke okwesikhashana. Ngakho-ke, ukudla ngokweqile akukhuthazwa.

**Kufanele** ube yingxenywe yakho yansuku zonke ukuzivocavoca. Zama ukuzivocavoca okungenani imizuzu engama-30-45 ngesonto. Gwema ukuvivinya umzimba okukhuluphala njengokuphakamisa izinsimbi ezisindayo, okungase kwenyuse umfutho wegazi. Kunalokho zama ukuhamba, ukubhukuda, ukugibela ibhayisikili noma igalofu. Xhumana nodokotela wakho ukuze uthole iseluleko ngohlobo lokuzivocavoca okufanele angabe uyawenza.

**Okubalulekile:** Uma kutholwe ukuthi unomfutho wegazi ophakeme, thatha noma yimiphi imithi ngendlela oyalelwe ngayo. Ungayiyeki noma ungayishintshe imithi ngaphandle kokululekwa udokotela wakho.

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# UKUQONDA I-HAEMOPHILIA



## *I-Haemophilia yisifo lapho igazi lingajiki ngendlela evamile.*

Lokhu kungase kubangele ukopha ngokweqile ngemva kokulimala kwezicubu zomzimba. Lokhu kubangelwa ukuthoi igazi lishoda kwenye yezinto ezijiyisayo. Izinto ezijiyisa igazi zingama-proteins asegazini asiza ekulawuleni ukopha.

Kunezinhlalo ezimbili ze-Haemophilia. Iziguli zithola izimpawu ezifanayo nganoma yiluphi uhlobo.

- I-Haemophilia A iluhlobo olujwayelekile kakhulu futhi ibangelwa ukuba namazinga anciphile e-clotting factor VIII (8).
- I-Haemophilia B, eyaziwa nangokuthi isifo sikaKhisimusi, ibangelwa ukuba namazinga ancishisiwe e-clotting factor IX (9).

Imvamisa, i-Haemophilia iyisifo esitholakala ngofuzo futhi sivame ukutholakala kwabesilisa. Yize nabesifazane nabo bangayithola i-haemophilia, nokho, lokhu akuvamile kakhulu. Abesifazane abanofuzo olulodwa oluhlukile nabo bangaba abathwali be-Haemophilia, nakuba bengathinteki phama ngenxa yalesi sifo, kodwa bangayidlulisela ezingane abangase babe nazo.

Kuyaqabukela, ukuthi umuntu ongenawo umndeni noma umlando womuntu siqu we-Haemophilia angaba ne-haemophilia. Lolu hlobo lwesifo luvela esimweni se-Autoimmune lapho amasosha omzimba eqala ukuhlasela izici zokujijya ezitholakala egazini.

Izibalo zibonisa ukuthi i-Haemophilia A itholwa umuntu wesilisa oyi-1 kubantu abaw-5000 kwabesilisa abazelwe ngosuku kanti cishe izingane ezu-400 zizalwa zinalesi sifo minyaka yonke. Ukwengeza, abantu abalinganiselwa ku-400,000 emhlabeni jikelele banohlobo olubi lwe-Haemophilia. Cishe u-75% walaba bantu abakwazi ukuthola ukwelashwa okwanele noma abakwazi ukufinyelela ekwelashweni ngokuphelele.

I-haemophilia idinga ukuxilongwa ngochwepheshe bezempilo futhi iziguli ezibonisa izimpawu ze-Haemophilia kufanele zithinte Odokotela ukuze kwenziwe ukuhlolwa okufanele.

### **Ezinye zezimpawu nezimpawu okufanele iziguli zizibheke yilezi:**

- ukulimala
- I-Hematomas, okuyilapho kunopha khona imsipha noma ezicubu zomzimba ezithambile
- ukopha emlonyeni nasezinsinini
- ukopha ngemva kokusoka
- igazi emchameni noma esithweni sangasese
- ukopha ngamakhala futhi okunzima ukungayeka
- ukopha ngemva kokugoma noma ngemva kokuthola eminye imijovo
- amalunga avuvukele abuhlungu ngenxa yokopha emalungeni
- ukuya esikhathini ngendlela engavamile noma uphezi ukopha

### **Uma kusolwa i-Haemophilia umsebenzi wezokunakekelwa kwezempilo uzokwenza lokhu okulandelayo ukuze aqinisekise ukuxilongwa:**

- ukubuyezwa kwezimpawu okubandakanya isikhathi sisakungena noma sisakuphetha.
- ukuhlolwa kwesiguli
- ukubuyezwa komlando wezokwelapha womuntu wakho, kuphinde kuhlanguaniswe nomlando womndeni.
- ukuhlolwa kwegazi nokunye ukuhlola kokuxilonga

Uma ukuxilongwa sekuqinisekisiwe, umsebenzi wezempilo angaxhumana nesiguli, nomo nomndeni mayelana nezindlela zokwelashwa kwalesi sifo.

Iyaqhubeka ekhasini 11 >>>

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Nakuba, alikho ikhambi le-Haemophilia, okwamanje, odokotela bayakwazi ukwelapha lesi sifo ezikhathini eziningi. Ukwelashwa kuyaqhubeka futhi kugxile ekubuyiseleni izici zokujiya ezilahlekile nokuvimbela izinkinga. Izinto ezijiyisa igazi zokwelashwa okushintshwayo zingatholakala egazini lomuntu noma zingakhiqizwa elabhorethri (recombinant clotting factors).

### Kunezinhlolo ezimbili eziyinhloko zokwelapha:

- Ukwelashwa kwe-Prophylactic: Ezinye iziguli zizodinga ukwelashwa okuphindaphindiwe ukuze zigweme ukopha. Lolu hlobo lokwelapha luvame ukusetshenziswa kubantu abanezinhlolo ezinzima zeHaemophilia A.
- Demand therapy: Kulapho ukwelashwa kunikezwa kuphela ngemumva kokuqala ukopha okuhlala kungalawuleki. Abantu abaphila ne-Haemophilia ethambile yibo abangadinga lokhu ukwelashwa okuphuthumayo.

Ngaphandle kokushintshwa kwe-Clotting Factor kunezinye izindlela zokwelapha ezisebenzayo ezingasetshenziswa, lokhu kuye ngohlobo kanye nobulukhuni be-Haemophilia.

### Ezinye zazo zihlanganisa:

#### I-DESMOPRESSIN (DDAVP):

Lena i-Hormone esiza igazi ukuthi lijiye ngokukhulula i-factor VIII egcinwe yomzimba emgudwini wegazi. Lena isetshenziselwa ukwelapha abantu abathile abane-Haemophilia A kanye nabanye besimame abanezimpawu zokuphazamiseka kwegazi.

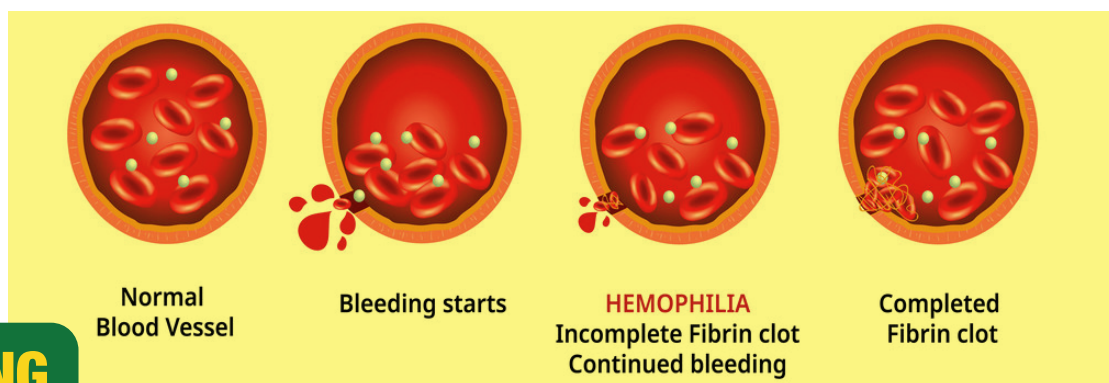
#### TRANEXAMIC ACID:

Lokhu kunciphisa amahlule egazi ukuthi angabhidliki ngemva kokwakhiwa. Kungasiza ukwelapha umlomo noma ukopha emakhaleni, kanye nokopha esibindini, noma ukopha ngemva komsebenzi wamazinyo. Ngokuvamile ithathwa njengamaphilisi, isiraphu noma i-mouthwash.

### Ukuphila ne-Haemophilia:

Ngaphandle kokuthatha izindlela zokwelapha ezibalwe ngenhla, kunezinye izinyathelo ezingathathwa ukuze iziguli, eziphila ne-Haemophilia, ziqinisekise impilo enhle. Ulwazi lubalulekile ekuqondeni, ekwamukeleni nasekuphileni nokuxilongwa ngakho-ke kubalulekile ezigulini kanye nemindeni yazo ukwazi okuningi ngeHaemophilia. Ukuzivocavoca okujwayelekile okunomthelela ophansi kanye nemidlalo engathinteki iyakhuthazwa futhi ingaqinisa amalunga. Iziguli kufanele zigweme noma yimiphi imithi elimaza igazi njenge-Aspirin, Izidakamizwa ezingezona izinobungozi (ama-NSAID), kanye i-Heparin ne-warfarin. Kubalulekile ukucwaninga izithasiselo ngaphambi kokuzisebenzisa, njengoba ezinye izithako zemvelo zingaba nemiphumela yokunciphisa igazi futhi kufanele zigwenywe. Ukuhlanzeka kahle kwamazinyo kungasiza ekuvimbeleni isifo sezinsini futhi ngokunokwenzeka kunciphise ukopha ezinsini.

Kungaba yinzuzo futhi ngeziguli kanye namalungu emindeni yazo ukujoyina i-South African Haemophilia Foundation, okuyinhlangano Kazwelonke engenzi nzuzo. Inhlangothi inesandla ekufinyeleleni nasekuhlonzweni kweziguli ezineHaemophilia. Baphinde bakhulumela iziguli ze-Haemophilia futhi banikeze imfundo nokusekelwa komndeni ezinkundleni eziningi ezahlukeneyo. Isisekelo sikhuthaza futhi senza ucwaningo nge-Haemophilia futhi singanikeza iziguli intuthuko kanye nemihlahlandlela yakamuva. Imininingwane yokuxhumana yesisekelo ingatholakala kuwebhusayithi yabo.



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