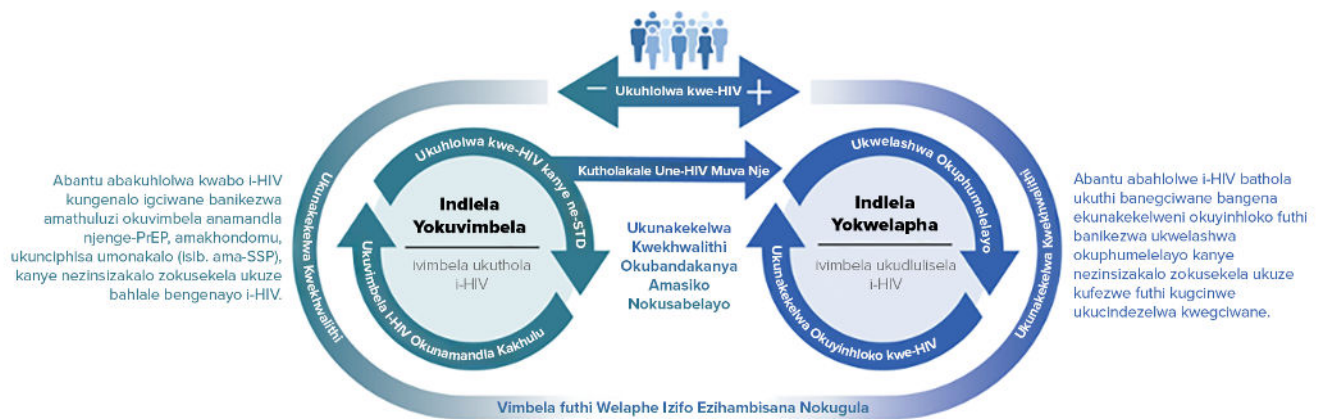


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Ukuvimbela Nokunakekela I-HIV Engathathi Ihlangothi: Imodeli Eyinhloko

Lesi sithombe sifingqa imodeli yokuvimbela nokunakekela i-HIV engakhethi isimo, lapho bonke abantu benikezwa ukuhlolwa kwe-HIV njalo futhi, kungakhathaliseki ukuthi umphumela uyini, baxhunyaniswa nezindlela ezisezingeni eliphezulu zokusebenza **zokuvimbela** noma **zokwelashwa**. Umgomo uwukwenza ukuhlolwa kwe-HIV kube ngokwejoyelekile, ukunciphisa ukucwaswa, nokugcina abantu behileleke njalo ekunakekelweni okusekela impilo yabo kanye nenhlalakahle yabo.



Landela iziqondiso ze-CDC ukuze uhlalele abantu i-HIV. Kungakhathaliseki ukuthi i-HIV injani, ukunakekelwa kwekhwalithi kuyisisekelo sokuvimbela i-HIV kanye nokwelashwa okuphumelelayo. Zombili lezi zindlela zinikeza abantu amathuluzi abawadingayo ukuze bahlale bephilile futhi bavimbele i-HIV.

Umfanekiso: Umdwebo obonisa izindlela zokuvimbela kanye nokwelashwa ezihambanayo ngemva komphumela wokuhlolwa kwe-HIV, ngayinye ibekwe njengokunakekelwa okubandakanya amasiko, okuseqophelweni eliphezulu.

Kungani lokhu kubalulekile

Le modeli isekela ukuhlolwa kwe-HIV okuvamile, okungenalo uhlazo ngokuqinisekisa ukuthi yonke imiphumela yokuhlolwa iholela endleleni esheshayo nesebenzayo efanela izidingo zomuntu kanye nomongo wesistimu yezempilo yendawo.

Umgomo Wezinsizakalo Zokuhlola I-HIV (i-HTS)

Hlala uhlose ukuxilonga nokuxhumanisa abantu abanakekelayo abane-HIV abangasazi isimo sabo, xhumanisa nabantu abanakekelayo abaziyo isimo sabo kodwa abangakaqali ukwelashwa futhi uxhumanise abantu abahlolwe bengenalo igciwane futhi abasengozini yokuthola i-HIV nezinsizakalo zokuvimbela ezihlenganisiwe ezifanele.

Indlela yokusebenzisa lo modeli ekusebenzeni

1. Nikeza ukuhlolwa kwe-HIV okuvamile

Nikeza ukuhlolwa kwe-HIV okuvamile, okungagwebi muntu ezindaweni zomtholampilo noma zomphakathi, ngokulandela iziqondiso zendawo, zezwe, noma ezihambisana ne-World Health Organization (WHO), kunokuhlola kuphela abantu ababhekwa “njengengozi enkulu.”

2. Uma umphumela ungenayo i-HIV

Xhuma abantu nezinketho zokuvimbela ezitholakalayo, njengokuvimbela ukuchayeka ngaphambi kokuvezwa (i-PrEP), amakhondomu, izinsizakalo zokunciphisa umonakalo (kufaka phakathi izinhlelo zezinsizakalo zesirinji [ama-SSP] lapho kuvunyelwe khona), kanye nezinsizakalo zokusekela, kufaka phakathi ezinye izindlela zokuvimbela i-HIV ezinconywayo endaweni. Hlela ukulandelwa okuqhubekayo kokuvimbela ngokusekelwe eziqondisweni zendawo kanye nokutholakala kwensizakalo.

3. Uma umphumela une-HIV

Xhumanisa umuntu ngokushesha ngangokunokwenzeka nezinsizakalo zokunakekelwa kwe-HIV, ukwelashwa ngemishanguzo yokulwa namagciwane (ART), kanye nezinsizakalo zokusekela, ngokuhambisana nezincomo zikazwelonke noma ze-WHO zokuqalisa ukwelashwa ngokushesha.

4. Phatha ukuvimbela kanye nokwelapha njengezindlela eziqhubekayo

Gwema ukuhlukanisa ukuvimbela nokwelashwa; abantu bangase bashintshe izindlela ngokuhamba kwesikhathi kuye ngezimo zabo zokuphila, ukufinyelela izinsizakalo, kanye nezidingo ezishintshayo.

5. Sebenzisa ukuxhumana okunenhlonipho nokufanele ngokwesiko

Sebenzisa amasu okuxhumana anciphisa ukucwaswa, akhe ukwethembana, futhi aqaphele umehluko ezindinganisweni zamasiko, ukuguquguquka kobulili, kanye nezimo zomphakathi ezithonya indlela abantu abahlanganyela ngayo ekuhlolweni nasekunakekelweni.

-Izindlela zokuhlola i-HIV ezihambisana ne-WHO:

- **Nikeza ukuhlolwa okusekelwe kunethiwekhi yokuxhumana nabantu**, usebenzisa abantu abaqeqeshwe “njengabagquguzeli bokuhlolwa” ukukhuthaza abalingani bocansi kanye nabantu oxhumana nabo emphakathini ukuthi bahlolwe i-HIV futhi bahlanganise izinsizakalo zokuhlolwa zabalingani noma zomndeni njengengxenywe yale ndlela lapho kufanele khona.
- **Yazisa iziguli mayelana nokuhlolwa kwe-HIV okwandisiwe**, okuhlanganisa ukuhlanganiswa kwamasu okuhlola abanzi kanye nokusetshenziswa kokuhlolwa okuhlanganisiwe (isb. i-HIV/syphilis).
- **Qinisekisa ama-Cs ama-5: consent (imvume), confidentiality (ukugcinwa kuyimfihlo), counselling (ukwelulekwa), correct test results and testing services with quality assurance (imiphumela yokuhlolwa eqondile kanye nezinsizakalo zokuhlola ngokuqinisekiswa kwekhwalithi), kanye connection to care (nokuxhumana nokunakekelwa).**

Kuphi: Izinto okufanele zicatshangelwe ngokwesifunda zokusebenzisa imodeli

I-United States neYurophu

- Faka ukuhlolwa kwe-HIV okuvamile emisebenzini ejwayelekile (isib., amalabhorethri okwamukela abantu, ukuvakashelwa kwezifo ezithathelwana ngocansi (STI), ukunakekelwa okuphuthumayo, kanye nezimo zezinkomba) kunokuthembela ekudaluleni ingozi kuphela.
- Hlola ukuthi yiziphi izinketho ze-PrEP (isb., i-PrEP yomlomo kanye nejova esebenza isikhathi eside) ezitholakalayo futhi ezikhokhelwa ngaphakathi kwendawo yakho yokwelapha, uhlelo lwezempilo, noma i-formulary kazwelonke, bese uqondisa iziguli ezindleleni ezihambisana nezintandokazi zazo, indlela yokuphila, kanye nekhono lokunamathela.

- Sebenzisa ulimi olungathathi hlangothi njalo (isib., “Lolu vivinyo olujwayelekile esilunikeza wonke umuntu”) ukuze unciphise ukucwaswa nokusekela ukubandakanyeka kwesiguli.
- Qonda ukuthi ukunakekelwa okungenazo izimo kuhambisana kanjani neziqondiso ezinkulu ezivela ku-Centers for Disease Control and Prevention (CDC), i-United States Preventive Services Task Force (USPSTF), kanye ne-European AIDS Clinical Society (EACS), ezisekela ngokuhlanganyela ukuhlolwa kwe-HIV okuvamile kanye nokwandisa ukufinyelela ku-PrEP (kufaka phakathi izinketho zomlomo nezokusebenza isikhathi eside); i-EACS iphinde igcizelele ukuhlolwa kwesimo senkomba (ukunikeza ukuhlolwa kwe-HIV lapho iziguli zinezifo ezithile noma izimo zomtholampilo) kanye nezindlela ze-PrEP ezidingekayo (ukunikezwa imithi okuqhutshwa yimicimbi kubantu abafanelekile).

I-Afrika

- Iziqondiso ze-WHO HIV Testing Services (HTS) zivame ukuqondisa umkhuba kazwelonke, okuhlanganisa nokusetshenziswa kwamamodeli okulethwa kwezinsizakalo ahlukeni (DSD).
- Sebenzisa amapulatifomu okunakekelwa okuyisisekelo asekelwe emphakathini, ahambayo, angaphambi kokubeletha, kanye nahlanganisiwe ukuze wandise ukufinyelela ekuhlolweni kwe-HIV kanye nokuxhumana, ikakhulukazi ezindaweni lapho ukuhlolwa okusekelwe emtholampilo kungase kulinganiselwe.
- Bhakana nezithiyo zokuhamba, izindleko, kanye nokulandelela ngokusebenzisa amamodeli e-DSD, ukuxhumana kwansuku zonke lapho kungenzeka khona, kanye nokuzulazula komphakathi noma okusekelwa ontanga.
- Qaphela ukuthi izinketho zokuvimbela kanye nezindlela zokwelashwa ze-PrEP ziyahlukahluka kuye ngezwe; odokotela kufanele bahlale benolwazi ngezinketho ezivunyiwe kuzwelonke ngokubonisana noNgqongqoshe Wezempilo, izinhlelo ze-HIV zikazwelonke, kanye neziqondiso ezihambisana ne-WHO.
- Njengoba i-PrEP ejovwayo esebenza isikhathi eside itholakala ezindaweni eziningi, thola izindawo zokulethwa ezingenzeka (isib. imitholampilo, izinhlelo zokufinyelela umphakathi) bese uxoxa ngalezi zinketho ngenkuthalo neziguli ezibhekene nezinselele zokunamathela.
- Lungisa ukuxhumana ngokwezindinganiso zamasiko, zenkolo, kanye nobulili bendawo, usebenzisa ulimi olunenhlonipho nolungahluleli ukuze ubhekane nokucwaswa nokwakha ukwethembana mayelana nokuhlolwa nokuvimbela i-HIV.

I-Asia-Pacific

- Sebenzisana eduze nezinhlelo zokuhlola eziqhutshwa umphakathi kanye nezinhlangano ezingekho ngaphansi kukahulumeni (ama-NGO) ukuze kufinyelelwe abantu abangase bangafinyeleli njalo ezindaweni zokunakekelwa kwempilo ezisemthethweni.
- Sebenzisa izindlela zokuhlola eziqondiwe ezindaweni lapho zisebenza khona kakhulu, uqaphele ukuthi amazinga okuhlolwa kwe-HIV kanye namamodeli kuyahlukahluka kakhulu kuzo zonke izifunda.
- Shintsha izindlela zokuhlola ukuze ubhekane nokucwaswa, izindinganiso zobulili, kanye nokukhathazeka ngobumfihlo kanye nezithiyo zomthetho noma zenhlalo ngokunikeza izinketho zokuhlola eziyimfihlo, amahora aguquguqukayo kanye nokuzihlola lapho kufaneleka khona; lezi zici zingathonya kakhulu ukuthi abantu bafuna noma babuyela yini ukuyohlolwa i-HIV.
- Hlola izinketho ze-PrEP kanye ne-ART kanye nokutholakala kwazo, okuhluka kakhulu kulo lonke isifunda futhi okungathinta ukuthi izindlela zokuvimbela zingase ziqaliswe ngokushesha kangakanani; khuluma ngokucacile ngezikhathi ezingokoqobo kanye nezindlela zokufinyelela iziguli.
- Sebenzisa imiyalezo efanele amasiko kanye nabameli bontanga noma bomphakathi ukusekela ukubandakanyeka okuqhubekayo ezindleleni zokuvimbela noma zokunakekelwa.

Ukudla okudliwayo emhlabeni wonke

Kuzo zonke izifunda, ukusebenzisa imodeli engathathi hlangothi kwesimo kugcizelela:

- Ukunikeza amasu okuhlola i-HIV kanye nokuvimbela ahambisana nezinhlelo zokunakekelwa kwempilo zasendaweni, amaqiniso esiguli kanye nezindinganiso zomphakathi
- Ukubhekana nezithiyo ezinjengokucwaswa, ukufinyelela, ezokuthutha kanye nokugcinwa kwemfihlo
- Ukuqinisekisa ukuthi yonke imiphumela yokuhlolwa iholela endleleni ecacile nesekeleyo, okusho isinyathelo esilandelayo esingenzeka kumuntu ngamunye
- Ukusebenzisa ukuxhumana okunenhlonipho, okufanele amasiko nokusekelwayo ukunciphisa ukucwaswa nokusekela ukuzibandakanya ukuze kujwayeleke ukuhlolwa kwe-HIV
- Ukulungisa ukunakekelwa ngokusekelwe ezinsizeni ezitholakalayo, izinsizakalo, kanye neziqondiso zikazwelonke noma ze-WHO

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