

Ukusebenza kahle, ukuphepha, kanye Nalokho Okusha



Ireferensi yezokwelapha yokusekela ochwepheshe bezempilo ekuqhathaniseni izinketho ze-PrEP zomlomo nezesikhathi eside kanye nokuvumelanisa ubufakazi, iziqondiso, kanye nezintandokazi zesiguli ekusebenzeni okuvamile.



Isitatimende Sobubanzi kanye Nokusetshenziswa

Ukuvunyelwa komthetho, izinkomba ezinelebula, kanye nesiqondiso sokusetshenziswa kokuvimbela i-HIV ngaphambi kokuchayeka (i-PrEP) kuyahlukahluka kuye ngezwe nesifunda. Lo mthombo uyingqa ubufakazi obutholakalayo bezokwelapha kanye nezinto ezicatshangelwayo ezisekelwe eziqondisweni ukuze kusekelwe ochwepheshe bezempilo ekuhloleni izinketho ze-PrEP. Odokotela kufanele babheke **amalebula emikhiqizo yendawo, iziqondiso zikazwelonke, kanye neziphathimandla zomthetho** lapho benza izinqumo zokunikeza imithi.

Ngaphambi kokuqala noma yiluphi uhlobo lwe-PrEP, odokotela kufanele baqinisekise ukufaneleka:

- Isimo sokungabi negciwane lesandulela ngculazi
 - Kungcono ukusebenzisa i-antigen/antibody yesizukulwane **sesi-4 se-HIV yesizukulwane sesine**
 - **Ukuhlolwa kwe-RNA ye-HIV** kunconywa uma kusolwa ukuthi ukuthelileka kwe-HIV okunamandla
- Izici zezokwelapha
 - Umsebenzi wezinso
 - Impilo yamathambo
 - Isimo sokukhulelwa kanye nezinhlelo zokuzala
 - Izinto okufanele uzicabangele ngeminyaka kanye nentsha
 - Isimo segciwane le-Hepatitis B, uma kufanele
- Izici zesakhiwo kanye nesimo
 - Ukutholakala kwendawo kanye nokuvunyelwa komthetho kwezinketho ze-PrEP
 - Umshwalense noma uhlelo lomphakathi
 - Amandla omtholampilo okuletha i-PrEP ejovwayo
 - Ikhono lesiguli kanye nokuzimisela ukunamathela ezidingweni zokulandelela nokuqapha



Ukufaneleka Kwesiguli kanye Nokucatshangelwa Kwezokwelapha

	Izinketho Zomlomo			Izinketho Ezifakwa Ngomjovo	
	I-F/TDF		I-F/TAF	I-Cabotegravir	I-Lenacapavir
	Nsuku Zonke	Efunwa kakhulu	Nsuku Zonke	Njalo Ezinyangeni ezi-2	Njalo Ezinyangeni ezi-6
I-MSM	Ilebula ye-FDA Isiqondiso Sinconywa (DHHS, IAS-USA, WHO)	I-FDA Engekho Kulebula Isiqondiso Sinconywa (IAS-USA, WHO)	Ilebula ye-FDA Isiqondiso Sinconywa (DHHS, IAS-USA, WHO)	Ilebula ye-FDA*	Ilebula ye-FDA*
Abesifazane abashintshe ubulili		I-FDA Engekho Kulebula Akunconywa	I-FDA Engekho Kulebula Akunconywa	Isiqondiso Sinconywa (DHHS, IAS-USA, WHO)	Isiqondiso Sinconywa (IAS-USA, WHO)
Amadoda ahlukene ngokobulili					
Abesifazane abathandana nabobulili obuhlukile					
Amadoda ashintshe ubulili					

Abantu abafaka izidakamizwa: bahlola futhi bacabangele ingozi yocansi.

I-CDC ikhombisa ukuthi abantu abafaka imijovo yezidakamizwa cishe bazozuza kunoma yiluphi uhlobo lwe-PrEP oluvunyelwe yi-FDA olunenkomba yengozi yocansi noma olungenayo.

Ngaphandle kokukhulelwa: ayinele idatha yabantu yokuhlola ngokwanele ingozi yokukhubazeka kokuzalwa kanye nokuphuphuma kwesisu ehlobene nezidakamizwa.

I-CDC = Izikhungo Zokulawula Nokuvimbela Izifo

I-FDA = i-U.S. Ukuphathwa Kokudla Nemithi

I-F/TDF = i-emtricitabine / i-tenofovir disoproxil fumarate

F/TAF = emtricitabine / tenofovir alafenamide

I-MSM = amadoda alala namadoda

I-WHO = Inhlango Yezempilo Yomhlaba

Ukubuka Konke Kwezinketho Zamanje ze-PrEP

Inketho ye-PrEP	Umzila	Ukulinganisa kokulungisa	Izinto okufanele uzicabangele ngaphambi kokuqaliswa	Izinto ezibalulekile ezicatshangelwayo emitholampilo
I-Emtricitabine/tenofovir disoproxil fumarate (TDF/FTC)	Umlomo	Nsuku Zonke	Qala ngemva kokuqinisekiswa kwesimo sakho sokungabi ne-HIV	Ukuqapha izinso namathambo; Izinto okufanele uzicabangele nge-HBV
I-Emtricitabine/tenofovir alafenamide (TAF/FTC)	Umlomo	Nsuku Zonke	Qala ngemva kokuqinisekiswa kwesimo sakho sokungabi ne-HIV	Akuvunyelwe ucansi lwesitho sangasese sowesifazane oluyamukelayo ngokwelebula ngalinye
I-Cabotegravir Long-acting (CAB-LA)	Imisipha yemisipha	Njalo ezinyangeni ezimbili	Kudinga isigaba sokulayisha; ukuholwa ngomlomo okungakhethwa	Ukunamathela ekuvakasheni ngomjovo; ingozi yokubuyela esimeni esijwayelekile ngomthamo ophuzile
I-Lenacapavir esebenza isikhathi eside	Ngaphansi kwesikhumba	Njalo ezinyangeni ezi-6	Isigaba sokuqala somlomo + esijovwayo	Isikhathi eside sokufaka umthamo; idatha yokusetshenziswa eshintshashintshayo

FTC = emtricitabine; HBV = igciwane le-hepatitis B.

Ukuqaliswa Nokulungiswa: Umehluko Obalulekile Osebenzayo

I-Cabotegravir Long-Acting (CAB-LA)

UKUQALISWA

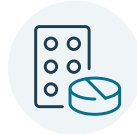
- Kuhilela isigaba **sokulayisha** ngaphambi kokulinganisa ukulungiswa
- **I-lead-in yomlomo** ingasetshenziswaukuhlola ukubekezeleleka kodwa ingasetshenziswa ngokuzithandela, kuye ngesiqondiso sendawo
- Imithamo yokulayisha inikezwa ngesikhathi sokuqala ngaphambi kokushintshela kumithamo yokulungisa yezinyanga ezimbili.

UKULUNGISWA

- Umjovo we-intramuscular unikezwa njalo ezinyangeni ezi-2

UBUFAKAZI BEZOKWELAPHA

- Kuboniswe ukusebenza kahle okuphezulu uma kuqhathaniswa ne-PrEP yomlomo yansuku zonke ezivivinyweni ezingahleliwe kanye nokusebenza kahle okuqhubekayo ekulandeleni isikhathi eside



I-Lenacapavir

UKUQALISWA

- Kudinga isigaba sokuqala somlomo kanye nesokujovala ukuze kufinyelelwe ngokushesha amazinga emithi yokuvikela
- Isigaba sokuqala sihlanganisa umthamo womlomo kanye nomjovo ngaphambi kokushintshela ekunakekelweni kabili ngonyaka.

UKULUNGISWA

- Umjovo ongaphansi kwesikhumba unikezwa njalo ezinyangeni ezi-6

UBUFAKAZI BEZOKWELAPHA

- Izilingo zesigaba sesi-3 zibonisa ukusebenza kahle okuphezulu futhi zisekela indima engaba khona yomthamo kabili ngonyaka wabantu abakhethiwe

Ukusebenza Kahle Konke, Ukuphepha, kanye Nemiphakathi Ekhethekile

- **Ukusebenza kahle**
 - Zonke izinketho ze-PrEP ezivunyiwe zibonisa ukusebenza kahle okuphezulu uma zisetshenziswa njengoba kuqondiswe kubantu abacwaningwayo
- **Ukuphepha**
 - Amaphrofayili okuphepha amahle iyonke, ngedatha ekhulayo ekukhulelweni kanye nemiphakathi ehlukehlukene
- **Imibono yesiqondiso**
 - Izinqondiso ze-World Health Organization (WHO), i-Centers for Disease Control and Prevention (CDC), i-European AIDS Clinical Society (EACS), kanye ne-International Antiviral Society–USA (IAS–USA) zigcizelela njalo ukwenza izinqumo ezihlanganyelwe, ukwesekwa kokunamathela, kanye nokuhlolwa kwe-HIV njalo njengezingxenye eziyinhloko zokulethwa kwe-PrEP, yize izincomo ezithile zokufaneleka kanye nokusetshenziswa ziyahlukahluka ngokwesifunda kanye nenani labantu. Bheka izinkomba kanye nezinsizakusebenza ukuthola imininingwane ethile

(Izinkomba Zesiqondiso: I-WHO, 2025; I-CDC, 2025; I-EACS, 2025)

Izinketho ze-PrEP: Ukuvumelana kanye Nemibono Ehlukene Ngokufaneleka

Odokotela kudingeka bacabangele ukulebula kwe-FDA kanye nezincomo ezivela ezinhlanganweni ezinkulu eziqondisayo, uMnyango Wezempilo Nezinsizakalo Zabantu (DHHS), i-International Antiviral Society–USA (IAS-USA), kanye ne-World Health Organization (WHO), beqokomisa izindawo ezivunyelwene ngazo kanye nokwehluka kuzo zonke izakhamuzi kanye nezindlela ze-PrEP.

Imiphumela Yezokwelapha

- Izingqumo zokufaneleka kufanele zihlanganiswe nezintandokazi zesiguli, izinto ezicatshangelwayo zokunamathela, kanye namaqiniso okufinyelela
- Ukwenza izingqumo ngokuhlanganyela kubalulekile uma kunezinketho eziningi ezifanele

Izindlela Zokuphenya Nezokuvela Kwe-PrEP

Izinhlobo eziningana ze-PrEP ezisebenza isikhathi eside nezintsha ziyaphenywa, okuhlanganisa:

- Imithi yokujova kanye ngonyaka
- Izithibi ezengeziwe ze-capsid ezinezindlela zokulethwa ngomlomo nangomjovo

Lawa ma-eyenti awavunyelwe **yi-FDA nge-PrEP** okwamanje kodwa abonisa ukusungula izinto ezintsha okuqhubekayo okuhloswe ngakho ukunciphisa izithiyo zokunamathela kanye nokwandisa izinketho zokuvimbela esikhathini esizayo.

IZINTO EZIBALULEKILE OKUFANELE UZITHATHE KWEZOKWELAPHA

1 Zonke izinketho ze-PrEP ezivunyelwe yi-FDA zisebenza kahle kakhulu uma zisetshenziswa ngendlela efanele

2 Umehluko ekuvameni komthamo, indlela yokuphatha, kanye namaphrofayili okuphepha kubalulekile ekunakekelweni kwangempela

3 Izinketho ze-PrEP ezijovwayo ezisebenza isikhathi eside zinganciphisa izinselele zokunamathela kwezinye iziguli.

4 Ukufaneleka kufanele kuqondiswe ubufakazi, iziqondiso, kanye nomongo wesiguli, hhayi izibikezelo

5 Ukukhethwa kwe-PrEP kuyashintshashintsha futhi kufanele kubuyezwe njengoba izidingo zesiguli nezimo zishintsha

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