

I-PrEP Esebenza Isikhathi Eside Elawulwa Ngomjovo

Ukukhetha Isiguli, Ukushintsha, Nokuqapha



Ukuvimbela ukujova okujova isikhathi eside (i-LAI) ngaphambi kokuvezwa (i-PrEP) kwandisa izinketho zokuvimbela i-HIV futhi kungasiza ekubhekaneni nezithiyo ezihlobene nokunamathela ngomlomo nsuku zonke. Lo mthombo unikeza isiqondiso esisebenzayo sokusekela **ukukhethwa okufanele kwesiguli, ukushintsha okuphephile, kanye nokuqapha okusebenzayo** emtholampilo.

1. Yiziphi Iziguli Ezingazuza Ku-LAI PrEP?

I-LAI PrEP ingaba inketho enhle ezigulini:

- Abanayo i-HIV futhi basengozini eqhubekayo yokuthola i-HIV
- Unenkinga yokunamathela ku-PrEP yomlomo yansuku zonke
- Khetha imicimbi embalwa yokulinganisa
- Uhlangabezana nokucwaswa, ukukhathazeka ngobumfihlo, noma ukukhathala ngamaphilisi
- Ngibonise izinselele ngokuphikelela ku-PrEP yomlomo

Izinto ezengeziwe okufanele uzicabangele:

- Ikhono lokuya ekuvakasheni okuhleliwe kwekliniki
- Ukufinyelela kumasevisi okujova
- Ukumbozwa komshuwalense noma ukutholakala kwendawo
- Ukukhetha kwesiguli ngemva kokwenza izinqumo ezihlanganyelwe

Ngenxa yokuthi izindlela zokuphatha ziyahlukahluka (ngaphakathi kwemisipha vs ngaphansi kwesikhumba), ukufaneleka kwendawo yokujoza kungathinta ukukhethwa kwe-PrEP kwezinye iziguli.

I-LAI PrEP kufanele ibhekwe njengengxenye yohlelo lokuvimbela oluqondene nawe uqobo lwazo zonke iziguli futhi kufanele ixoxwe futhi icatshangelwe lapho kufaneleka.

2. Ukuqala i-LAI PrEP

Ngaphambi kokuqaliswa:

- Qinisekisa isimo sokungabi ne-HIV usebenzisa amasu okuhlola anconywe yisiqondiso, okuhlanganisa nokuhlolwa kwe-HIV-1 RNA lapho uqala noma uqala kabusha i-LAI PrEP
- Buyekeza umlando wezokwelapha kanye nemithi yamanje
- Xoxani ngezinzuzo, imikhawulo, kanye nezinhlelo zokulinganisa umthamo
- Hlola izithiyo ezingaba khona ekuhambeleni okulandelayo

Amaphuzu abalulekile okwelulekwa:

- Ukubaluleka kokujova ngesikhathi
- Okufanele ukwenze uma ukuvakasha kuphuthelwe
- Ukusabela okungenzeka endaweni yomjovo
- Isidingo esiqhubekayo sokuhlolwa njalo kwe-HIV kanye nezifo ezithathelwana ngocansi (STI)

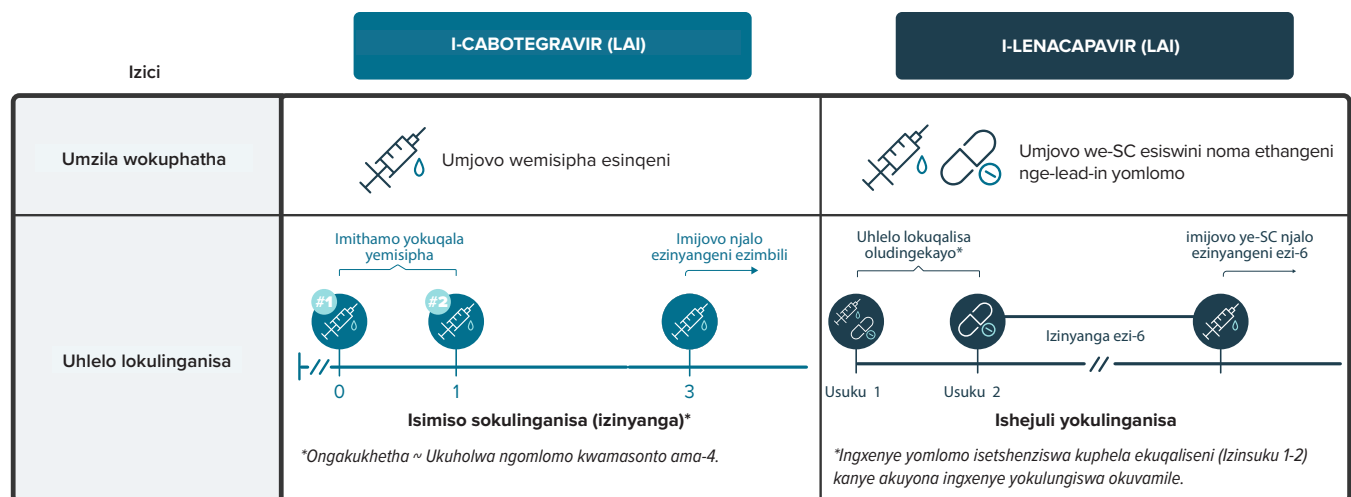
3. Ukushintsha Ukusuka ku-Oral PrEP kuya ku-LAI PrEP

Iziguli zingase zishintshele ku-PrEP yomlomo ziye ku-LAI PrEP ngezizathu zezokwelapha, zokuziphatha, noma ezisekelwe ekuthandweni.

Izinto okufanele uzicabangele lapho ushintsha kusuka ku-PrEP yomlomo uye ku-LAI PrEP:

- Qinisekisa isimo sokungabi ne-HIV ngokushesha ngaphambi kokuqaliswa
- Ungalibali ukuqala i-LAI uma isiguli sesikulungele futhi ukuhlolwa kufanelekile
- Ukufakwa ngomlomo nge-cabotegravir kuyinto ongayikhetha futhi kusekelwe kulokho okuthandwa yisiguli.
- I-Lenacapavir idinga umthamo wokuqala ngomlomo futhi akufanele yeqiwe
- Hlela ukuvakasha kokulandelela ngesikhathi somjovo wokuqala

Ukushintsha kufanele kuhlelwe ngokucophelela ukuze kugwenywe izikhala ekuvikelweni kwe-HIV.



4. Ukuqapha Nokulandelela

Ukuqapha okuqhubekayo kubalulekile ukuze kuphephe futhi kusebenze kahle.

EKUHAMBELENI NGAKUNYE, CABANGA NGALOKHU:

- Ukuhlolwa kwe-HIV ngokwe-Centers for Disease Control and Prevention (CDC), iziqondiso ze-World Health Organization (WHO), kanye neziqondiso zendawo, njengoba kufanele
- Ku-cabotegravir, faka ukuhlolwa kwe-HIV-1 RNA ngenxa yokuthi kungenzeka ukuthi i-seroconversion ibambezelekile.
- Ukuhlolwa kwemiphumela emibi noma ukusabela endaweni yomjovo
- Ukubuyekizwa kweshejuli yokujova ezayo
- Ukuhlolwa kwezifo ezithathelwana ngocansi njengoba kufanele
- Ingxoxo ngezinguquko engcupheni ye-HIV noma okuthandwa yisiguli

IMIJOVO ENGABANJWANGA NOMA EYEPHUZILE:

- Ikheli ngokushesha
- Uma uyeka i-cabotegravir LAI ezigulini ezinengozi eqhubekayo yokuchayeka ku-HIV, qala i-PrEP yomlomo nsuku zonke zingakapheli amasonto ayisishiyagalombili kusukela ekujovweni kokugcina ukuze uvimbele izikhala ekuvikeleni ngesikhathi "somsila" we-pharmacokinetic.
- Uma i-lenacapavir iyekwa futhi isiguli sisengozini yokuchayeka kwi-HIV, qala isu **elisebenzayo lokuvimbela i-HIV elihlukile** (isb., i-PrEP yomlomo yansuku zonke) ngokweziqondiso zendawo.
- Qhubeka **uhlale i-HIV njalo** ngesikhathi sokuyeka
- Landela izincomo zendawo noma ezisekelwe eziqondisweni zokuqalisa kabusha
- Qinisa amasu okunamathela kanye nezinsizakalo zokusekela

5. Ukubhekana Nezithiyo Zokunakekelwa

Izinselele ezivamile zingase zihlanganise:

- Ukufinyelela kwezokuthutha noma emtholampilo
- Isikhathi sokuphumula emsebenzini noma imithwalo yemfanelo yokunakekela
- Ubandlululo noma ukwesaba okuhlobene nokuvimbela i-HIV
- Izinkolelo zamasiko noma zenkolo ezingathinta induduzo ngokuxoxa ngempilo yocansi, ukuhlolwa kwe-HIV, noma ukusetshenziswa kwemithi yokuvimbela (isb. izinkolelo noma imikhuba ebumba izinqumo zezempilo)
- Izindleko noma umshwalense

Amasu okusekela iziguli:

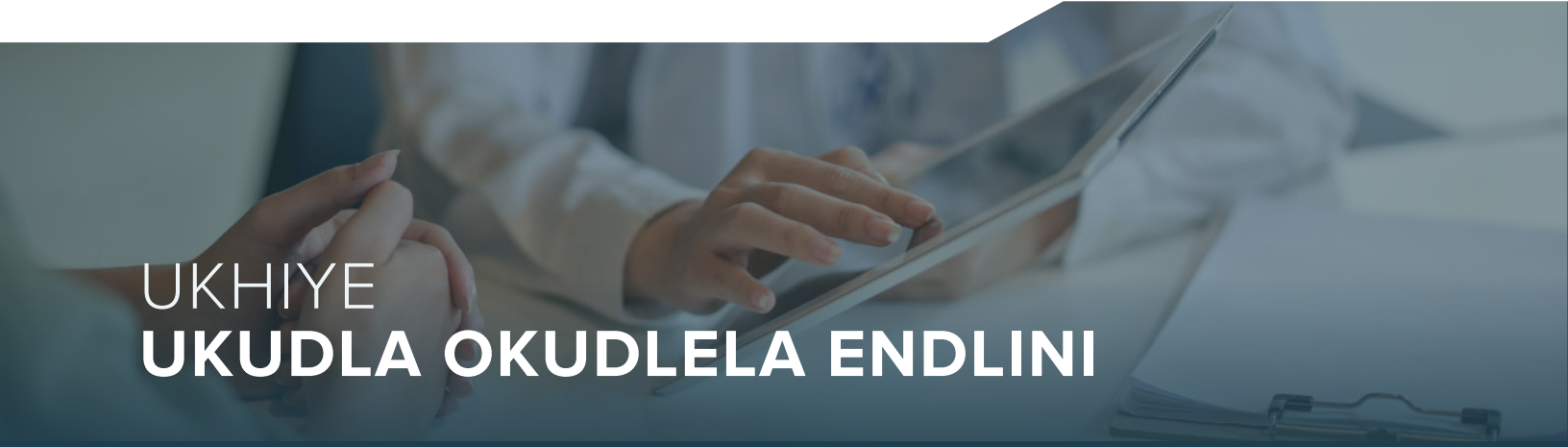
- Izinhlelo zokuhlela noma zokukhumbuza eziguquguqukayo
- Ukuxhumana nabasebenzi bezempilo bomphakathi noma izinhlelo zokufinyelela umphakathi
- Ukuxhumana okucacile, okungahluleli
- Ukuxhumana nezinsizakusebenza zezimali noma zokusekela umphakathi

6. Ukwenza Izinqumo Ngokuhlanganyela Kuyisihluthulelo

I-LAI PrEP kufanele ixoxwe ngayo **njengenye yezinketho eziningana ezisebenzayo zokuvimbela i-HIV.**

Ukubandakanya iziguli ekwenzeni izinqumo ezihlanganyelwe kuyasiza:

- Qondanisa amasu okuvimbela nemigomo yesiguli
- Thuthukisa ukuphikelela nokwaneliseka
- Nciphisa ukucwaswa kanye nemibono eyiphutha
- Iziqondiso 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.



UKHIYE UKUDLA OKUDLELA ENDLINI

I-PrEP ejowwayo esebenza isikhathi eside inikeza isengezo esibalulekile kuthuluzi lokuvimbela i-HIV. Ukukhetha isiguli ngokucabangela, ukushintsha ngokucophelela, kanye nokuqapha okuqhubekayo kungasiza ekuthuthukiseni imiphumela futhi kusekele ukuvimbela i-HIV okuqhubekayo.

Izinkomba kanye nezinsizakusebenza

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