

UKUBAMBISANA UKUZE UPHUMELELE Izindlela Zokukhuthaza Nokwenza Izinqumo Ngokwabelana (i-SDM) Zokuthuthukisa Ukuthathwa Nokunamathela Kwe-HIV PrEP



Umhlahlandlela Wokuqala Ngokushesha Wokuqinisa Ukuzibandakanya Kwesiguli ku-PrEP

Lo mthombo wenzelwe ukusekela ochwepheshe bezempilo ekuqiniseni amasu okubandakanya iziguli, okuhlanganisa izindlela zokugqugquzela kanye nokwenza izinqumo ezihlanganyelwe (i-SDM), ukuqalisa ngokubambisana nokusekela ukusetshenziswa okuqhubekayo kwe-pre-exposure prophylaxis (i-PrEP) njengengxenye yokunakekelwa kokuvimbela i-HIV. Nakuba i-PrEP isebenza kahle kakhulu uma ithathwa njengoba kuhlosiwe, ukumuncwa kwayo kanye nokuphikelela kwayo akuhambisani kuzo zonke izindawo kanye nemiphakathi. Okuhlangenwe nakho kwezokwelapha kanye nobufakazi kubonisa ukuthi **indlela esikhuluma ngayo** nge-PrEP ivame ukuba yinto ebaluleke kakhulu njengokuthi **iyiphi indlela yokuvimbela** ekhethiwe. Izindlela ezisebenzayo zokuxoxisana ngenkuthazo kanye ne-SDM kusiza ukuthuthukisa ukuqaliswa kanye nokuphikelela kwe-PrEP, ukwakha ukuzethemba kanye nokwethembana kwesiguli, ukunciphisa ukungabaza, ukuhlonza izinselele zokunamathela kusenesikhathi, kanye nokwenza kube lula ukulungisa, ukuphazamiseka, kanye nokuqala kabusha njengengxenye yokunakekelwa okuqhubekayo, okugxile esigulini. Lo mthombo unikeza amasu asebenzayo okusekela ukusetshenziswa kwe-PrEP ngokubambisana kwezokwelapha ngokubambisana.

Izimiso Eziyinhloko Zokwenza Izinqumo Ngokwabelana ku-PrEP

1. Ukumema ingxoxo

Yenza izingxoxo zokuvimbela i-HIV zijwayeleke usebenzisa ulimi olungathathi hlangothi (isib., “Ngikhuluma nazo zonke iziguli zami mayelana nokuvimbela i-HIV, okuhlanganisa ne-PrEP, njengengxenye yokunakekelwa okuvamile”)

2. Ukwethula izinketho ngokucacile

Chaza izindlela ze-PrEP ezitholakalayo, okuhlanganisa amashejuli omthamo, ukuphathwa, izidingo zokulandelela, kanye nezinkinga ezivamile (isb., *ukuqhathanisa kafushane izinketho zomlomo zansuku zonke kanye nezenzo ezinde usebenzisa ulimi olulula, olungeyona eyobuchwepheshe*). Cabanga ngokuhlinzeka ngethuluzi lokufundisa iziguli eliphrintiwe noma insiza yewebhusayithi

3. Ukuhlola izindinganiso zesiguli kanye nomongo

Imikhuba yansuku zonke, ukukhathazeka ngobumfihlo, ukucwaswa, ukuhamba, izindleko, kanye noshintsho empilweni konke kuthinta ukusetshenziswa kwe-PrEP

4. Ukwenza izinqumo ndawonye

Sekela iziguli ekukhetheni uhlelo oluhambisana nezintandokazi zazo kanye namandla azo

5. Ukubuyekeza izinqumo ngokuhamba kwesikhathi

Qaphela ukuthi izidingo ze-PrEP zingashintsha. Ukuhlolwa kabusha kulindeleke, hhayi ukushiyeke. Nikeza iziguli isikhathi nolwazi lokunquma ngaphandle kokuzizwa zicindezelekile

Amasu Okuxhumana Okushukumisayo Asebenzayo

Amasu okuxoxisana anolwazi olukhuthazayo angahlanganiswa nokuvakasha okuvamile ngaphandle kokwengeza isikhathi esibalulekile.

Hlola → Qinisekisa → Ulwazi Lokunikezwa → Thumela Impendulo → Uhlelo Lokusekela

Sebenzisa Imibuzo Evulekile

"Iziguli zami eziningi zinesifiso se-PrEP ukuze zihlale ziphephile; ungathanda ukufunda ngakho?"

"Yini ekuthakasele nge-PrEP?"

"Yiziphi izinto ezikukhuthazayo ngokuqala noma ukuqhubeka ne-PrEP?"

"Singakwenza kanjani kube lula ukulandela uhlelo lwe-PrEP?"

Cabanga futhi Ulungise Isimo Sengqondo

"Kuzwakala sengathi isimiso sakho senza imithi yansuku zonke ibe nzima."

"Abantu abaningi bakhathazekile ngobumfihlo noma imiphumela emibi."

Qinisekisa ukukhathazeka ngaphandle kokukunciphisa.

Yenza kube yinto evamile ukungaqondani nokungaqiniseki.

Gcizelela Ukuzimela

"Nguwe olawula lesi sinqumo."

"Singalulungisa uhlelo uma luyeka ukusebenza kuwe."

Ukubhekana Nokungazwani Ngaphandle Kokucindezeleka

Ukungaqiniseki kuyinto evamile futhi kufanele kulindeleke. Ungachazi ukungaqiniseki njengokumelana.

Izindlela eziwusizo:

- Vuma ukungaqiniseki ngaphandle kokuthatha izinqumo ngokushesha
 - Vumela isikhala
- Gwema ukulungisa ngokweqile ngedatha lapho ukukhathazeka kungokomzwelo noma kungokoqobo
- Cela imvume ngaphambi kokunikeza ulwazi

Isibonelo: "Kungaba kuhle yini uma ngabelane ngezinketho ezimbalwa ezinye iziguli ezizithole ziwusizo?"

Ukushintsha Umgomo: Kusukela Ekunamatheleni Kuye Ekulinganeni

Amamodeli okunamathela avamile avame ukugxila ekuziphatheni kwesiguli. Indlela yokugqugquzela ishintsha umgomo ngokuthi **ukuthola indlela engcono kakhulu phakathi kwesu lokuvimbela kanye nokuphila kwesiguli.**

Ukushintsha kwengqondo okubalulekile:



Ukuphikelela kwe-PrEP kuyathuthuka lapho iziguli zizizwa zilalelwa, zihlonishwa, futhi zihilelekile ezinqumweni.



Icebiso lokuzijwayeza: Ukungabaza okukhulunywa ngakho ngokubambisana cishe kuzoholela ekuqalisweni noma ekuhlanganyeleni kabusha.

Ukusekela Ukuphikelela Ngaphandle Kokusolwa

Ukweqiwa kwemithamo, ukuphuza ukuya emtholampilo, noma ukuyeka ukusetshenziswa kwe-PrEP kuvamile. Indlela odokotela abasabela ngayo ithonya kakhulu ukuthi iziguli ziyaqhubeka yini nokunakekelwa.

Izindaba Zolimi: Ukusekela Ukuphikelela kwe-PrEP Ngaphandle Kokusolwa

Ukusebenzisa ukushintshashintsha kolimi okuncane kungasiza ekulungiseni ukwehluleka, ukunciphisa amahloni, nokubandakanya kabusha iziguli ekunakekelweni kokuvimbela.

Ulimi Olusekelayo, Olugxile Ekubandakanyekeni	Ulimi Okufanele Ulugweme
Buza mayelana nokweqiwa kwemithamo ngaphandle kokukhetha	Ulimi lokwahlulela noma lokulungisa
"Yini ephazamise indlela?"	"Kungani unga...?"
"Yini engasebenza kangcono ngesikhathi esizayo?"	"Kufanele ube..."
"Singayilungisa kanjani icebo?"	"Kudingeka uvumelane kakhudlwana"
Qinisekisa ukuqala kabusha njengenketho	Ukuhlelwa kwefreyimu kuyaphela njengokwehluleka

Ukuvakasha Kokulandelela Njengamathuba Okuzibandakanya

Ukuvakasha kokulandelela kufanele kubhekwe njengokuhlola okusekelayo **okusekelayo**, hhayi ukuqapha. Sebenzisa ukuvakashela ku:

- Hlola kabusha imigomo yokuvimbela
- Hlola izinguquko ezidingweni zempilo yocansi, njengengxenywe yempilo iyonke
- Thola izithiyo ezivelayo kusenesikhathi
- Qinisekisa impumelelo yesiguli kanye nokumelela

Uma kufaneleka, faka abahlengikazi, osokhemisi kanye nosokhemisi, izisebenzi zezempilo zomphakathi, noma ontanga ukuze kuqiniseke ukuqhubeka nokufinyelela ekwelashweni.

Izinto Ezicatshangelwayo Emhlabeni Wonke Ekubandakanyekeni kwe-PrEP

Kuzo zonke izifunda, amamodeli okulethwa kwe-PrEP ayahlukahluka. Amasu okuzibandakanya asebenzayo ahlanganisa:

- Umehluko ezindaweni zokufinyelela (imitholampilo yomphakathi, izinhlangano ezingekho ngaphansi kukahulumeni [ama-NGO], amakhemisi, i-telehealth)
- Ukuhamba kanye nokufuduka
- Ubumfihlo kanye nokukhathazeka ngesihlamba
- Ukulinganiselwa kwezinsizakusebenza kanye namandla okulandelela

Kungakhathaliseki ukuthi ikuphi, izindlela zokugqugquzela kanye namathuluzi e-SDM ahlala esebenza futhi evumelana nezimo.

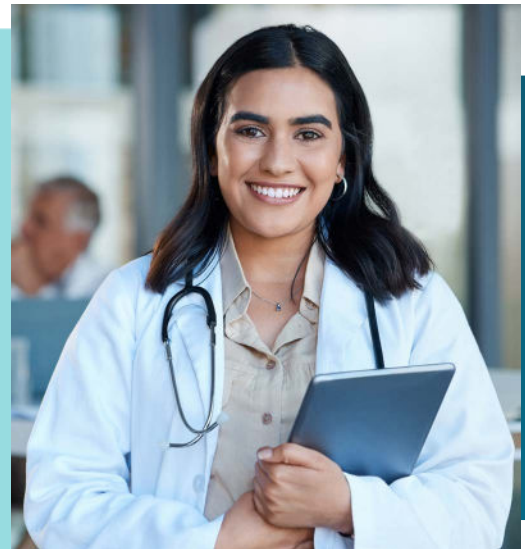
Izinto Eziwusizo Okufanele Uzithathe Ekuzijwayezeni Kwezokwelapha

- Hola ngelukuluku, hhayi ngokuqagela
- Yenza ushintsho kanye nokuguquguquka kokusetshenziswa kwe-PrEP kube ngokwejwayelekile
- Izingqomo eziphathelele nezinto eziza kuqala esigulini
- Phatha iziphazamiso njengethuba lokuphinda uhlanganyele
- Qinisekisa ukuthi ukuvimbela ukubambisana okuqhubekayo

AMATHIPHU NAMAQHINGA ASHESHAYO

Uhlu Lokuhlola Lokuhlanganisa Ukuzijwayeza

- ☐ Sebenzisa ulimi olungathathi hlangothi, olungahluleli
- ☐ Bandakanya iziguli usebenzisa imibuzo evulekile
- ☐ Thola futhi ulungise izinselele zokunamathela
- ☐ Lungisa izinhlelo ze-PrEP ngokubambisana
- ☐ Sekela ukuqaliswa kabusha ngaphandle kokucwaswa



Ukusekela Iziguli Ngaphandle Kokuvakasha

Khuthaza ukusetshenziswa kwamathuluzi abhekene nesiguli aqinisa imiyalezo ehlanganyelwe, okuhlanganisa:

- "Masixoxe nge-PrEP: Indlela Yokusebenzisana Nethimba Lakho Lezempilo Ukuze Unamathele Ehlelweni Lakho"
- "Ukuthola Inketho Efanele Ye-PrEP"
- "Ucabanga Nge-PrEP Esebenza Isikhathi Eside?"

Imiyalezo eqhubekayo kuzo zonke izinsiza ze-HCP kanye neziguli iqinisa ukuzibandakanya futhi ithuthukise imiphumela.



Umbono Wokuvala

Ukumuncwa kanye nokuphikelela kwe-PrEP kuyathuthuka lapho iziguli zizizwa zinamandla, zingafundiswanga. Izindlela zokuxoxisana ezikhuthazayo kanye nokwenza izinqumo ezihlanganyelwe kusekela ukuvimbela okusimeme ngokuqaphela iziguli njengabalingani abakhuthele ekunakekelweni kwazo. Ukuvimbela kusebenza kahle kakhulu uma kusebenza **neziguli**, hhayi kubo kuphela.

Qinisekisa ukuthi wena nozakwenu niyingxenywe yethimba labo lokunakekelwa kwezempilo.

Wena nethimba lakho niyakhathalela futhi nifuna ukuba yingxenywe yempumelelo yabo.

Dlulisela leli thuluzi kozakwethu noma izinsiza ezihambisanayo ezigulini zakho.