

Abase-Uganda abane-HIV baphinde babe nephika abalutholi usizo abaludingayo.

ST Communications

Ukuhlola izithiyo kanye nabagqugquzeli ekulawuleni iphika-ne-HIV emitholampilo yase-Uganda ye-HIV kusetshenziswa i-Consolidated Framework for Implementation Research (CFIR)

Isendlalela

Abantu abaphila ne-HIV (PLHIV) abathola imishanguzo ye-antiretroviral bandise amathuba okuba nesifo senhliziyo nemithambo yegazi (CVD).

Ukuhlanganiswa kwezinsizakalo zephika (HTN), ukuyingozi ehamba phambili ekutholeni i-CVD, emitholampilo ye-HIV kuyanconywa e-Uganda.

Umsebenzi wethu wangaphambili ubonise izikhala eziningi ekusetshenzisweni kokunakekelwa okudidiyelwe kwe-HTN ekulashweni kwe-HIV.

Kulolu cwaningo, sifuna ukuhlola izithiyo kanye nabagqugquzeli bokuhlanganisa ukuhlolwa nokwelashwa kwe-HTN emitholampilo ye-HIV eMpumalanga ne-Uganda.

Izindlelakwenza

Senze ucwaningo olusezingeni eliphezulu emitholampilo emithathu ye-HIV enokusebenza kwe-HTN okuphansi, okumaphakathi, nokuphezulu, esikuhlele ngokusekelwe emsebenzini wethu wangaphambili.

Siqondiswa uHlaka Oludidiyelwe Lokuqaliswa Kocwaningo (i-CFIR), senze izingxoxo ezingahleliwe kanye namaqembu abahlanganyeli nabaphathi abaphethe ezempilo, abahlinzeki bezempilo, kanye nabantu abaphila nephika PLHIV (n = 83).

Izingxoxo zibhalwe njengoba zishiwo.

Abacwaningi abathathu basebenzise indlela yokudonswa kwemali (eqhutshwa yi-CFIR) ukuze bakhe amakhodi nezindikimba ezifanele.

Kubekwe ngamazinga ukuze kutholwe i-valence namandla esakhiwo ngasinye se-CFIR mayelana nokuba nomthelela ekuhlanganisweni kwe-HTN/HIV.

Imiphumela

Izithiyo ekuhlanganisweni kwe-HTN/HIV zavela ekwaxhiweni kwe-CFIR okuyisithupha:

Ukukhuthaza kanye nemivuzo yenhlangano, izinsiza ezitholakalayo, ukufinyelela olwazini nolwazi, ulwazi nezinkolelo mayelana nokungenelela, ukuzethemba, kanye nokuhlela.

Izithiyo zihlanganisa ukushoda kwemishini ye-BP esebenzayo, ukungeneli kwemithi elwa nomfutho wegazi ophakeme, umthwalo owengeziwe kubahlinzeki bezinsizakalo ze-HTN, ulwazi olwanele lwabantu abaphila ne-PLHIV mayelana nokunakekelwa kwe-HTN, ulwazi oluncane, amakhono kanye nokusebenza kahle kwabahlinzeki bezempilo ukuze bahlole futhi belaphe i-HTN, kanye nokungahleleli okwanele kwezinsizakalo ezididiyelwe ze-HTN/HIV.

Inzuzo ehlobene yokuhlinzeka ngezinsizakalo ze-HTN kanye ne-HIV endaweni eyodwa, ubulula (imvelo engeyona inkimbinkimbi) yokunakekelwa okudidiyelwe kwe-HTN/HIV, ukuguquguquka, nokuhambisana kokunakekelwa kwe-HTN nezinsizakalo ezikhona ze-HIV yizona ezihamba phambili zokuhlanganisa i-HTN/HIV.

Ukwakhiwa okusele kwe-CFIR bekungabalulekile mayelana nokuba nomthelela ekuhlanganisweni kwe-HTN/HIV.

Isiphetho

Ngokusebenzisa i-CFIR, sibonise ukuthi nakuba kunezithiyo ezingalungiseka ekuhlanganisweni kwe-HTN/HIV, ukuhlanganiswa kwe-HTN/HIV kuyathakazelisa iziguli, abahlinzeki bezempilo, kanye nabaphathi.

Ukuthuthukisa ukufinyelela ekunakekelweni kwe-HTN kubantu abaphila ne-PL-HIV kuzodinga ukunqoba izithiyo nokusebenzisa abagqugquzeli kusetshenziswa indlela yokuninisa uhlelo lwezempilo.

Lemiphumela iyinkomba yokuklama ukungenelela okufanele ngokomo ukuze kuhlanganiswe i-HTN/HIV emazweni anemali engenayo ephansi naphakathi.

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Ucwaningo lukhombisa ukuthi imitholampilo ye-HIV ayinazo izinsiza nezisebenzi ezanele zokunakekela iziguli ezibuye zibe nephika.

Iphika, noma umfutho wegazi ophezulu, uhlasele umuntu omdala o-1 kwaba-3 abaphila ne-HIV e-Uganda.

Njengoba abantu abanalezi zimo ezimbili bendawonye kufanele bavakashele ezibhedlela njalo, abacwaningi bathi kunengqondo ukuthi imitholampilo ekhona ye-HIV nayo ixilonge futhi yelaphe iphika, esikhundleni sokuthumela iziguli ezinephika kwezinye izindawo.

Ngeshwa, imitholampilo eminingi ye-HIV ayikakahlanganisi ngempumelelo ukunakekelwa kwephika nokunakekelwa kwe-HIV esuvele ikunikeza.

Abacwaningi baphenye ukuthi kungani ukunakekelwa okudidiyelwe kusebenza noma kungasebenzi empumalanga ye-Uganda.

Ukuqonda izinselelo kuzosiza ukwakha izindlela ezingcono zokuhlanganisa iphika kanye nokunakekelwa kwe-HIV.

Baxoxisane nabasebenzi bezempilo emitholampilo ye-HIV kanye neziguli eziphila ne-HIV kanye nephika.

Bahlaziye izimpendulo besebenzisa izindlela zesayensi ezijwayelekile zokuthuthukisa ukungenelela kokunakekelwa kwezempilo.

Bathole ukuthi imitholampilo ye-HIV ayinabo abantu abanamakhono nezinsiza, okuhlanganisa imishini yomfutho wegazi nemithi.

Iziguli nazo bezingazi ukuthi zingathola usizo lwezempilo kuzo zombili izifo emitholampilo ye-HIV.

Abanye abacwaningi bafunde ukuthi i-Afrika ingahlanganisa kanjani iphika kanye nokunakekelwa kwe-HIV.

Nokho, bekungokokuqala ngqa ukuthi kusetshenziswe indlela yesayensi ejwayelekile eshiwo ngenhla, eyaziwa ngokuthi i-Consolidated Framework ye Implementation Research (CFIR), ukuze kubhekwe izisombululo ezithile zenkinga.

Abacwaningi baxwayisile nokho ukuthi ocwaningweni lwabo, iziguli eziningi bezingazi ngokunakekelwa okudidiyelwe kwe-HIV-hypertension, ngoba azikaze zifundiswe ngakho.

Lokhu kusho ukuthi abaningi abakwazanga ukuphendula imibuzo kahle.

Ngakho-ke bayale ukuthi ucwaningo oluzayo kumele lubheke ukuqonda kweziguli.

Baphinde bathi kusadingeka olunye ucwaningo ukuze kuqhathaniswe amanani nenzuzo yokwelashwa kwephika ne-HIV okuhlanganisiwe.

Iziphathimandla zezempilo zase-Uganda nezinye zase-Afrika zingasebenzisa imininingwane evela kulolu cwaningo ukuze zenze ukunakekelwa okudidiyelwe komfutho wegazi ophezulu kanye ne-HIV.

Ngokungenelela okunjalo, singakwazi ukuqeda ukufa obekugwemeka ngenxa yephika, njengoba kuzotholakala kusenesikhathi futhi kwelashwe lapho iziguli zifuna ukunakekelwa nge-HIV.