

Incwadana ye-IGAP


epilepsy
SOUTH AFRICA



INjongo yeMinyaka eli-10 ye-Intersectoral Global Action Plan (IGAP).

“Ukunciphisa ibala, impembelelo kunye nomthwalo weengxaki ze-neurological, kubandakanywa ukufa okuhambelanayo, ukugula kunye nokukhubazeka, kunye nokuphucula umgangatho wobomi babantu abaneengxaki ze-neurological, abongi kunye neentsapho zabo.”



Imixholo

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Inqaku lomhleli



Kuliwonga ukuhambisa le mpapasho. Incwadana ye-Intersectoral Global Action Plan (IGAP) luxwebhu olubalulekileyo oluya kwazisa nokuxhasa abantu abanesifo sokuxhuzula kunye nabo babathandayo kuMzantsi Afrika uphela.

Ihlanganiswe liqela elibalaseleyo kwaye njengomntu onesifo sokuwa ndiyabulela ukuba yinxalenye yeli qela. Le ncwadana inika abantu iqonga lokuba baqonde uluntu lwehlabathi lwe-Epilepsy lujolise kunye nokuzinikela ekwenzeni ihlabathi libe libutho **labantu elibandakanya bonke abantu** abaneSithuthwane kunye nezinye iiNeurological Conditions.

Isifo sokuxhuzula sisifo semithambo-luvo esichaphazela abantu ngeendlela ezininzi ezahlukeneyo. Ukuxhuzula kunokuba neziphumo ezibi kwintlalontle nasengqondweni. Ke ukuzibandakanya kunye nokuphelisa le meko ye-neurological ibalulekile.

I-IGAP ithetha ngokuthe ngqo **kumava aphilayo**, imingeni, kunye namaphupha abo bonke abantu abanesifo sokuwa ehlabathini. Sisixhobo esimangalisayo esiza kusixhasa, sisikhokele, kwaye sikhuthaze indlela esiya phambili ngayo. Kolu papasho, sibandakanya ulwazi olubalulekileyo malunga ne-IGAP kunye nezikhokelo zokulawula ukuxhuzula. Siyathemba ukuba nonke niya kulufumana olu papasho lukhuthazayo, kwaye siyanikhuthaza ukuba nabelane ngalo kwiindawo ezikude.

KwiQela le-IGAP, uMarina Clarke waseKapa (uMcebisi weProjekthi) kunye no-Megan Couchman (wezoRhwebo), umbulelo ongazenzisiyo kuni ngegalelo neengcinga zenu ekuhlanganiseni olu papasho kunye.

Nceda uzive ukhululekile ukuqhagamshelana nathi nge-Ofisi yeSizwe ye-Epilepsy South Africa ku-0860 UKUXHUNYWA okanye u-imeyilele ku-info@epilepsy.org.za ukuze ufumane inkcazelo engakumbi.

Enkosi,

USharlene Cassel,
uMlawuli weSizwe, i-Epilepsy eMzantsi Afrika



Isifo sokuwa eMzantsi Afrika

I-Epilepsy South Africa yasekwa ngo-1967 njengeSouth African National Epilepsy League (SANEL). Sikuphela kombutho wesizwe eMzantsi Afrika obonelela ngeenkonzo ezizodwa nezipheleleyo kubantu abanesifo sokuwa.

Umbono we-Epilepsy South Africa kukubona ihlabathi apho abantu abanesifo sokuxhuzula bequkwa kwaye bamkelwe ngaphandle kocalucalulo.

Injongo yethu kukukhuthaza amalungelo oluntu abantu abanesifo sokuwa.

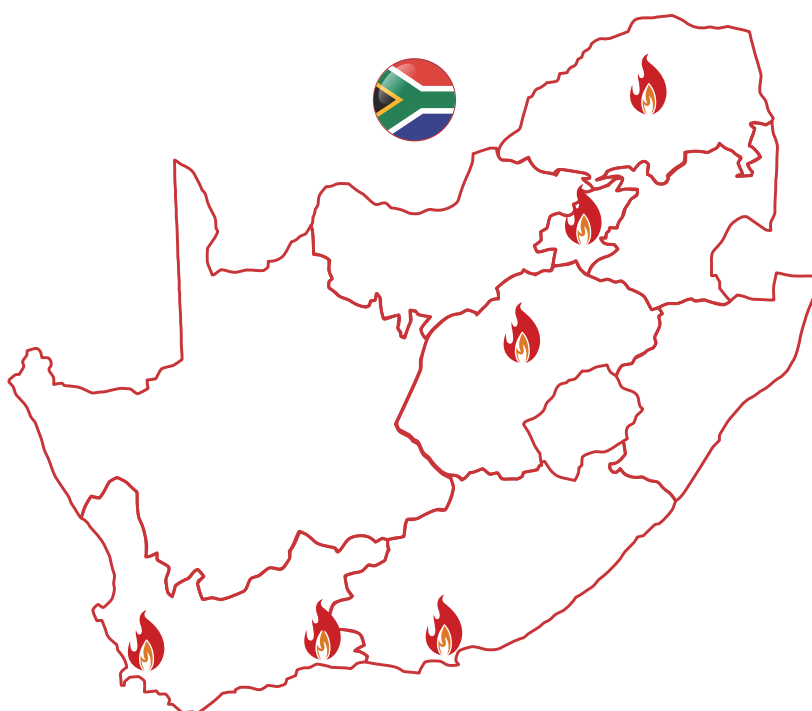
I-Epilepsy South Africa inebhongo ngokuba licandelo laseMzantsi Afrika le-International Bureau of Epilepsy (IBE), i-IBE iphucula imeko yentlalo kunye nomgangatho wobomi babantu abaxhuzulayo kunye nabo babakhathalelayo.

Umbono we-IBE wehlabathi kulapho kuyo yonke indawo ukungazi noloyiko malunga nokuxhuzula zithatyathelw' indawo lukuqonda nenkathalo.

I-IBE liqumrhu elivunyiweyo lamazwe ngamazwe elimele imibutho yesizwe yokuxhuzula enomdla othile ekuphuculeni imeko yentlalo kunye nomgangatho wobomi babantu abaxhuzula kunye nabo babakhathalelayo.

I-Epilepsy South Africa ijonge “Ukuphemba idangatye lesakhono” kubo bonke abantu abanesifo sokuwa.

epilepsy
SOUTH AFRICA



IGAP

Yintoni i-IGAP?

I-Intersectoral Global Action Plan kwi-Epilepsy kunye nezinye i-Neurological Disorders njengoko sisazi, kubhekiswa kuyo njenge-IGAP. Sele ingaphezu kweminyaka engama-20 isenziwa.

I-IGAP yindlela ye-10 yeminyaka (2022 - 2031) eyasungulwa nguMbutho wezeMpilo weHlabathi (i-WHO), ukujongana ngokufanelekileyo neemeko ze-neurological kunye nokuphucula ubomi babantu abanesifo sokuwa kunye nezinye iimeko ze-neurological emhlabeni jikelele.

Kutheni i-IGAP ibaluleke kangaka?

I-IGAP sisicwangciso sentshukumo sehlabathi **SOKUQALA NGAPHAMBILI** malunga nokuxhuzula kunye nezinye iziphazamiso zemithambo-luvo.

Imbali yolu xwebhu lumangalisayo

NgoMeyi 2015 i-World Health Organization (WHO) yaqaphela umthwalo wehlabathi jikelele wokuxhuzula obangele ukuphuhlisa kwe-Intersectoral Global Action Plan (IGAP) kwi-Epilepsy kunye nezinye i-Neurological Disorders 2022 - 2031. IGAP yamkelwa ngoMeyi 2022 ngawo onke amalungu ithi, uMzantsi Afrika yenye yezi.

I-IGAP inqwenela ihlabathi apho:

- Impilo yengqondo ixatyiswe, ikhuthazwa, kwaye ikhuselwe ubomi bonke;
- Iziphazamiso zemithambo-luvo ziyathintelwa, zifunyaniswe, kwaye zinyangwa ukuphepha ukufa kwangaphambi kwexesha; kunye
- Abantu abachatshazelwa zizifo zemithambo-luvo kunye nabakhathaleli babo banempilo engcono kakhulu, abanamalungelo alinganayo, amathuba, intlonipho kunye nokuzimela.

Kufuneka senze ihlabathi apho abantu abanesifo sokuwa kunye nezinye iimeko ze-neurological zamkelwe kwaye zibandakanywe ngaphandle kocalucalulo.



World Health Organization



Yintoni iSithuthwane?

Umntu omnye kwabangamashumi amabini uya kufumana uhlobo oluthile lokuxhuzula kwinqanaba elithile lobomi bakhe.

Ukuxhuzula (okukwabizwa ngokuba kukuxhuzula) kukugqabhuka ngequbuliso, okungalawulekiyo kokusebenza kombane ebuchotsheni okunokubangela utshintsho kwindlela yokuziphatha, iintshukumo, iimvakalelo, kunye namanqanaba okuba sezingqondweni. Ukuxhuzula nje kube kanye akuthethi ukuba unesifo sokuwa. **Ugqirha uyakuxilonga ukuba unesifo sokuxhuzula okanye akunjalo.**

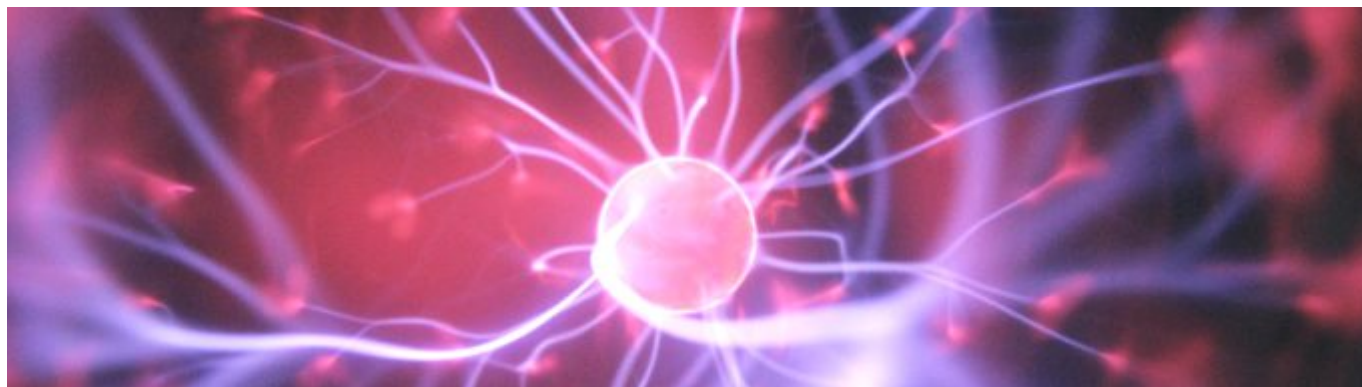
Isifo sokuxhuzula sityekele ekubeni uxhuzule ngokuphindaphindiweyo. Kukuphazamiseka kwe-spectrum nto leyo ethetha ukuba zininzi iintlobo ezahlukeneyo zokuxhuzula. Kwabanye abantu unokubonwa unobangela, kodwa kwiimeko ezininzi awazi unobangela.

Abantu abahlukeneyo baya kuba neempawu ezahlukeneyo ngokuxhomekeke kuhlobo lokuxhuzula. Ngenxa yokuba ukuxhuzula kubangelwa ngumsebenzi osengqondweni, ukuxhuzula kunokuchaphazela nayiphi na inkqubo yobuchopho. Iimpawu zinokubandakanya ukubhideka okwexeshana, ukujonga esithubeni, ukuqina kwezihlunu, ukushukuma okungalawulekiyo kweengalo nemilenze, ukulahlekelwa zingqondo, kunye neempawu zengqondo ezifana noloyiko, ixhala, okanye i-déjà vu (imvakalelo yokuba ukhe waphila kumava ngaphambili).

Ngelixa izinto ezininzi ziya kutshintsha xa ufunyaniswa ukuba unesifo sokuxhuzula, eyona nto ikhawulezileyo kwaye ibalulekileyo kukuxelela abantu iinyani eziyinyani ngemeko yakho:

- Isifo sokuxhuzula sinokuchaphazela **nawuphi na umntu nakweyiphi na iminyaka**, isini, kunye nohlanga nokuba uthini na ngokwezoqoqosho (amanqanaba omvuzo).
- Isifo sokuxhuzula **sibeka ubomi esichengeni** ukuba sishiywe singafunyaniswanga, singanyangwa, okanye singalawulwa.
- Ukuxhuzula **kunokunyangwa kwaye kulawulwe ngokufanelekileyo**.
- Ama-25% eemeko **zokuxhuzula zinokuthintelwa**.
- Wonke umntu **unokufunda indlela yokumnceda** umntu oxhuzula.
- **Umntu omnye kwabangama-20** uya kuxhuzula ngaxa lithile ebomini bakhe oko akuthethi ukuba unesifo sokuxhuzula.
- Abantwana abaxhuzulayo **kufuneka baye esikolweni** kuba bayakwazi ukufunda njengabanye abantwana.
- Abantu abaxhuzulayo **banokufunda kwaye basebenze** ngenxa yokuba banesakhono njengaye nabani na.





Zeziphi ezinye iimeko zemithambo-luvo ezikhankanywe kwi-IGAP?

Iimeko ze-neurological zichaphazela ingqondo kunye nentambo yomgogodla. I-IGAP ibandakanya inani leemeko:

- **Intloko ebuhlungu** yintlungu entloko okanye ebusweni bakho. Ezi zinokwahluka kakhulu ngokohlobo kunye nobukhulu beentlungu, apho ibekwe khona kwaye uzifumana kangaphi ezi. Nangona iintloko zixhaphake kakhulu kwaye ngokuqhelekileyo aziyingozi, ezinye zingabonakalisa imeko enzima kakhulu. Kukho ngaphezu kwe-150 iintlobo zeentloko.
- Izifo ezichaphazela ukusebenza kwezihlunu ngenxa yeengxaki zemithambo-luvo kunye nezihlunu emzimbeni wakho. Ezi zaziwa **njenge-neurodegenerative disorders (ukulahleka okucuthayo kunye nokuqhubekayo kweeseli zengqondo)** okanye ukuphazamiseka kwe-neuromuscular. Ezona zixhaphakileyo sisifo sikaParkinson, isifo sika-Alzheimer, ukuphambana kwengqondo, isifo semisipha, isifo sikaHuntington, iAmyotrophic Lateral Sclerosis (ALS) ekwaziwa ngokuba sisifo sikaLou Gehrig, kunye nesifo semotor neuron.
- Izifo ezichaphazela ukuhamba kwegazi ebuchotsheni bakho (**izifo ze-cerebrovascular**). Oku kubandakanya i-stroke kunye ne-brain aneurysm (ebangelwa yindawo ebuthathaka okanye ebhityileyo kwi-artery esengqondweni ephuma ibhaluni kwaye izalise igazi). Ezi meko zingxamisekileyo zonyango kwaye zifuna unyango olukhawulezileyo.
- Ezinye izifo ezichaphazela ingqondo zibangelwa lusulelo lwentsholongwane okanye ibhaktiriya kwaye zaziwa njenge **neuroinfectious okanye neuroimmunological disorders**. Ezi ziquka i-meningitis (ukudumba kwenwebu ezikhuselayo ezigqume ubuchopho kunye nentambo yomqolo), i-HIV, i-neurocysticercosis (usulelo lwezifunxi-gazi oluthintelekayo ngokubanzi olubangelwa yintshulube yehagu), isifo seengcongconi, kunye ne-multiple sclerosis (MS).
- Ezinye iimeko zichaphazela indlela esebenza ngayo ingqondo (**neurodevelopmental disorders**). Imizekelo ibandakanya ukusilela/ukuphazamiseka kwengqondo (ADHD), iAutism, ezinye iziphene zokufunda, kunye ne-cerebral palsy.
- **Inggqondo okanye umnqonqo ungonzakaliswa sisiganeko esibuhlungu** njengengozi yemoto okanye ukwenzakala kwezemidlalo. Ichaphazela umsebenzi oqhelekileyo wobuchopho ngenxa yeqhuma, ukuvuthuza okanye ukushukuma kwentloko okanye into engena ebuchotsheni okanye kwintambo yomgogodla. Ngelixa wonke umntu esemngciphekweni, abantwana kunye nabantu abadala basengozini ngakumbi.
- Eminye imihlaza inokuchaphazela inkqubo yemithambo-luvo

Ziziphi iinjongo ze-IGAP?

I-IGAP ineenjongo ezi-4 ezimisele ukuziphumeza kwaye ezi zinika ukuphunyezwa kwe-IGAP eMzantsi Afrika. Iinjongo zezi:



INJONGO 1

Ukunciphisa ibala, impembelelo, kunye nomthwalo weemeko ze-neurological ngokudala ulwazi, ukufundisa abantu, kunye nokwandisa ukuqonda.



INJONGO 2

Ukuphucula umgangatho wobomi babantu abaneemeko zemithambo-luvo, abanakekeli babo, kunye neentsapho.



INJONGO 3

Yomeleza uthintelo, unyango kunye nenkathalo.



INJONGO 4

Qinisekisa indlela ephuleleleyo, apho iqela lezonyango, umntu, kunye nazo zonke iimpembelelo zentlalo kunye nokusingqongileyo zisebenza kunye.

Singayisebenzisa njani i-IGAP njengeMaphu yeNdlela eMzantsi Afrika?

Xa ufunda i-IGAP, uya kubona ukuba **ineenjongo ezicwangcisiweyo ezintlanu**. I-Epilepsy South Africa yenze uphando kuzwelonke ngoJuni/Julayi 2022 ibuza abantu abanesifo sokuxhuzula nabachatshazelwa sisifo sokuxhuzula kunye nezinye iimeko zemithambo-luvo malunga noluvo lwabo ngezona njongo zibalulekileyo. Ngale **nkqubo kwachongwa iinjongo ezine eziza kuphunyezwa eMzantsi Afrika**.

INJONGO 1

Ukwenza iSithuthwane kunye nezinye iimeko zeNeurological zibaluleke kakhulu

INJONGO 2

Ukubonelela ngoxilongo olusebenzayo, kwangexesha, kunye noluPhendulayo, unyango, kunye neNkathalo

INJONGO 3

Ukuphunyezwa kwezicwangciso-qhinga zokuThintela iimeko zeNeurological kunye nokukhuthaza indlela yokuziphatha esempilweni kunye

INJONGO 4

Ukomelezwa kweNkqubo yezeMpilo yoLuntu kwiSithuthwane

Injongo 1:

Ukwenza iSithuthwane kunye nezinye iimeko zeNeurological zibaluleke kakhulu

Ubuzazi na ukuba eMzantsi Afrika umntu omnye kwabalikhulu unesifo sokuxhuzula kwaye abaninzi banesifo semithambo-luvo?

NgoJulayi ka-2023 abemi boMzantsi Afrika baqikelelwa kwi-61,5 yezigidi nto leyo ethetha ukuba bangama-615,000 abemi boMzantsi Afrika abanesifo sokuxhuzula. Ukuba sicinga ukuba wonke umntu onesifo sokuxhuzula unamalungu amane osapho asondeleyo, malunga ne-2,5 yezigidi zabemi boMzantsi Afrika bachatshazelwa yile meko.

Ngesi sizathu kanye kufuneka sixhobise BONKE abantu baseMzantsi Afrika ngolwazi. Singakuphumeza oku ukuba sonke sixhasa utshintsho kumgaqo-nkqubo eMzantsi Afrika. Siyazingca ukuthi uluntu lwethu lwamazwe ngamazwe ludibene kwaye lwenze imephu yendlela yoku. Ewe, elona phepha sixoxa ngalo-IGAP.

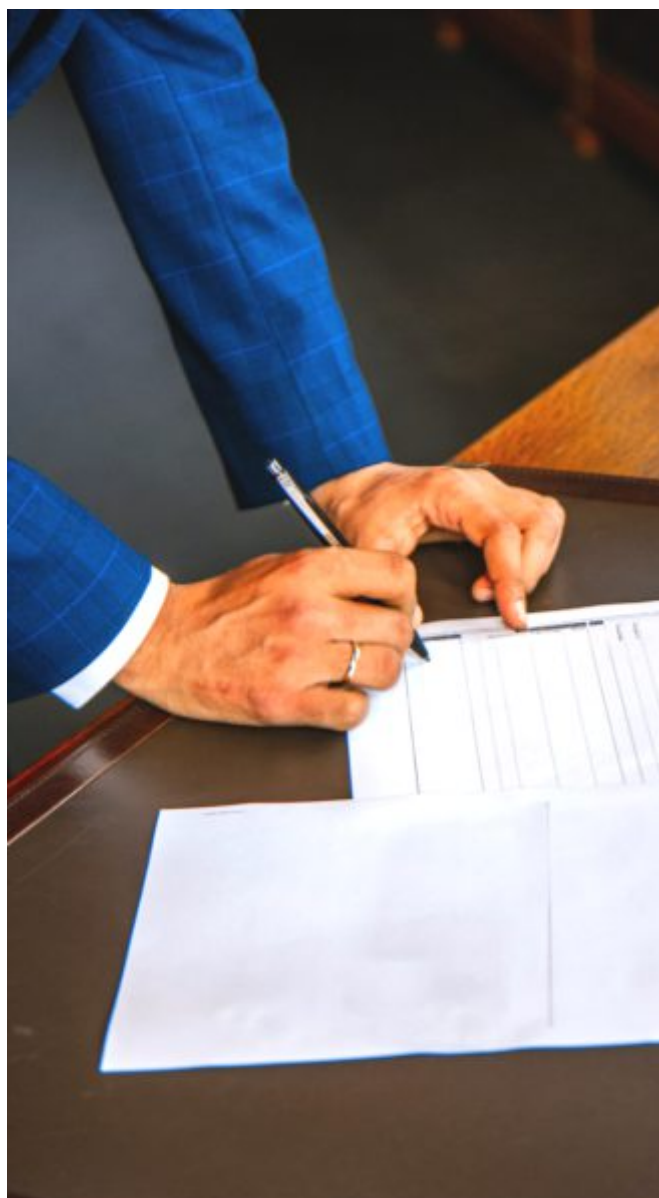
Onke amazwe angamalungu amkele i-IGAP kwiNdibano yezeMpilo yeHlabathi ngoMeyi wama-2022. Ngoku bonke abachaphazelekayo eMzantsi Afrika kufuneka bahlangane ukwenza oku kube yinyani.

UTSHINTSHO KUMGAQO-NKQUBO LUBALULEKILE!

Umzantsi Afrika ujongene nemiba emininzi ebalulekileyo yezempilo efana ne-HIV/AIDS, i-TB, isifo seswekile, nesifo sentliziyo. Oku kuthetha ukuba izibonelelo ezifana nemali nabasebenzi kufuneka zenziwe zifumaneke ukuze kujongwane nazo zonke ezi. Ngokwemveli, iimeko zemithambo-luvo ezifana nesifo sokuxhuzula azikhangela zifumane izixhobo ezifunekayo ukwenza umahluko wokwenene kumgangatho wobomi babantu. Umgaqo-nkqubo ozinikeleyo uya kwenza kube nokwenzeka ukwaba izibonelelo ezongezelelekileyo nto leyo eyenza kube sisiqalo sotshintsho.

Senza ntoni?

NgoJuni ka-2023 i-Epilepsy South Africa yangenisa iSicwangciso seSizwe esiYilwayo seSifo sokuxhuzula kunye nezinye iimeko zeNeurological kwiSebe labaseTyhini, ulutsha kunye nabantu abakhubazekileyo (DWYPD) kwi-Ofisi kaMongameli. Esi siCwangciso sichaza imeko yangoku eMzantsi Afrika kwaye sichaza indlela izinto ezinokutshintshwa ngayo. Siyathemba ukuba iKhabhinethi iza kusamkela esi siCwangciso kungekudala.



Injongo 2:

Ukubonelela ngoxilongo olusebenzayo, kwangexesha, kunye noluPhendulayo, unyango, kunye noNyango

Kufuneka sijonge iindawo ezimbini ezikhethekileyo ezidityaniswe ngokusondeleyo:

- Ukhathalelo lwezonyango kufuneka lubandakanye ukuxilongwa ngokuchanekileyo kunye neendlela zonyango ezisebenzayo ezixhaswa ngabasebenzi bezempilo abanenkathalo kunye nabanolwazi kakuhle ukunciphisa umsantsa wonyango.
- Ukhathalelo ngokwasengqondweni lubhekiselele kwimiba yempilo yengqondo yomntu kunye nempilo-ntle ngokwasemoyeni. Oku kubandakanya iindlela zononophelo, inkxaso yabongi, kunye nokusebenza ngokubambisana.

Umsantsa woNyango

“Isithuba sonyango” ngumahluko phakathi kwenani labantu abaxhuzulayo abafumana unyango olululo kunye nabo bangalufumaniyo.

Malunga nama-75 kwi-100 ngalinye labantu abanesifo sokuxhuzula e-Afrika abangafumani nyango okanye bayafikelela kukhathalelo lwempilo kunye namayeza (nexabiso eliphantsi ngokubanzi). Nangona imeko ingcono kakhulu kwizixeko zaseMzantsi Afrika, akunakuthethwa okufanayo ngemimandla yasemaphandleni. Kukwaphathelele nokuba abantu abaninzi banolwazi oluncinane kakhulu ngemeko yabo kwaye kaninzi abalugqondi unyango okanye uxanduva lwabo.

Lo msantsa wonyango udla ngokubangelwa:

- Izinto ezingonelanga kunye neendleko eziphezulu zamayeza okulwa nokuxhuzula.
- Ukunqongophala kwabasebenzi bezempilo abaqeqeshelwe ukuxilonga nokunyanga isifo sokuxhuzula.
- Ufikelelo olunqongopheleyo kwizibonelelo zempilo ingakumbi kwiindawo ezisemaphandleni.
- Ukubekwa ibala eluntwini, ulwazi olungachananga, neenkolelo zemveli.
- Amathuba anqongopheleyo oqeqesho lobungcali kwi-neurology.

Uxilongo

Ukuxhuzula kufuneka kubonwe ngugqirha oqeqeshiweyo.

Nangona kukho inani leemvavanyo ezifumanekayo ukunceda ugqirha ezininzi ukuxilongwa kwenziwa ngokufanelekileyo ngokusekelwe kwingxoxo phakathi kogqirha kunye nomntu (kubandakanywa amalungu osapho / abanakekeli) ngokusekelwe kumava abo kunye neempawu. Oku kwaziwa njengembali yeklinikhi.

Ugqirha wakho uya kukubuza imibuzo eyahlukeneyo efana nale::

- Kuqale nini ukuxhuzula kwakho?
- Ukhe waxhuzula kangaphi?
- Ngaba uyaluqaphela utshintsho phambi kokuba uxhuzule?
- Kuthathe ixesha elingakanani ukuthinjwa?
- Ngaba uye wakhwazi ukuchonga naziphi na izinto ezibangela ukuba uxhuzule?
- Ngaba nawaphi na amayeza uwasebenzisayo?



Nantsi eminye imibuzo onokufuna ukuyibuza ugqirha wakho:

Ngaba ndiyaxhuzula kwaye zintoni ezi?

- Kukho iintlobo ezahlukeneyo zokuxhuzula kwaye ugqirha wakho unokukunceda ukuba uqonde okwenzekayo kuwe.

Ziziphi iimvavanyo ezifunekayo?

- Ukudibana nogqirha wakho.
- I-MRI (iMagnetic Resonance Imaging) ijonga ukungahambi kakuhle kwesakiho sobuchopho. Ayinantlungu kwaye ayifuni kulaliswa esibhedlele.
- I-EEG (i-electroencephalogram) irekhoda imisebenzi yombane yengqondo enokunceda ugqirha afumanise ukuba yintoni ebangele ukuxhuzula kwakho.

Ndazi njani ukuba ndinesifo sokuwa?

- Ukuxhuzula kube kanye akuthethi ukuba unesifo sokuxhuzula, ukuba nokuxhuzula kaninzi kunokuba luphawu.

Ngaba kufuneka ndibone ingcali?

- Ugqirha wakho uya kwenza isigqibo sokuba ngaba kuyimfuneko na ukuba ubone ingcali efana nogqirha wemithambo-luvo. Unokufumana iingcebiso eziluncedo ukulungelelanisa ukuxilongwa kwakho ngoko ucele ugqirha wakho ukuba akuthumele.

Loluphi unyango olukhoyo?

- Amayeza adla ngokuba linyathelo lokuqala lokulawula ukuxhuzula kwakho. Kukho iintlobo ezininzi zamayeza kwaye ugqirha wakho uya kukunceda ufumane lawo asebenza kakuhle kuwe.
- Ukuba amayeza akancedi, ugqirha wakho uya kujonga ezinye iindlela.

Ingaba ukuxhuzula kuneempawu ezilumkisa?

- Akusoloko kukho iimpawu ezilumkisa, kodwa abanye abantu bafumana i-aura (uphawu olulumkisa). Oku kusenokwahluka kumntu wonke kodwa kunokubandakanya ivumba, incasa okanye imvakalelo.



linketho zonyango

Unyango oluqhelekileyo lwesifo sokuxhuzula kukusetyenziswa rhoqo iyeza elinye okanye ngaphezulu lokunqanda ukuxhuzula okanye lokunqanda ukuxhuzula.

Ngokufanelekileyo abantu abaneemeko zemithambo-luvo kufuneka bathathe amayeza amancinci kangangoko ngelixa begcina ulawulo lokuxhuzula kunye nezinye iimpawu zemeko yabo.

Kubalulekile ukuba uthathe amayeza kanye njengoko kumiselwe ukuze ufumane iziphumo ezingcono.

Xa abantu besebenzisa ngaphezu kodidi olunye lwamayeza amachiza anokuphembelelana kwaye atshintshe isiphumo sawo. Kubalulekile ukuxelela ugqirha malunga nawo nawaphi na amanye amachiza owathathayo xa uxoxa ngonyango olunokwenzeka (kwanasevenkileni amayeza).

Ukusebenzisana phakathi kwezicwangcisi ezithathwa ngomlomo kunye namayeza anqanda ukuxhuzula kunokunciphisa impumelelo yocwangciso-ntsapho olukhokelela ekukhulelweni okungacwangciswanga. Abasetyhini abanesifo sokuwa bafanele bakuxubushe oku nogqirha wabo ukuze baqinisekise uqingqo-nzala olusebenzayo.

Kuphephe ukusebenzisa utywala kunye neziyobisi zokuzonwabisa xa uthatha amayeza okulwa nokuxhuzula.

Kufuneka ulandele ukutya okunokulinganisela ukuqinisekisa ukuba iyeza linokusebenza ngokufanelekileyo.

Indlela Yokukhathalela Umntu Onesifo sokuwa

Indlela yokhathalelo sisicwangciso somntu oxhuzulayo. Kufuneka ibandakanye yonke imiba yempilo yomntu kunye nobomi ukusuka ekukhulelweni ukuya ebudaleni.

Iindlela zokhathalelo olulungileyo zisabela kwiimfuno zabantu abaneemeko zemithambo-luvo kunye neentsapho zabo/abanonopheli babo. Ukuhlala edolophini okanye emaphandleni kunokugqiba ukuba zeziphi iindlela zononophelo ezikhoyo. Ngokufanayo, iindlela ezahlukeneyo ziyafuneka ngamaxesha ahlukeneyo ebomini bomntu.

Kubalulekile ukuba abantu abaneemeko zemithambo-luvo bangafumani unyango kuphela, kodwa nokhathalelo lwentlalontle ukuphucula impilo-ntle yabo kunye nomgangatho wobomi.

Olu hlobo lwenkxaso kufuneka lufumaneke kwiintsapho nakubakhathaleli njengoko zininzi iistres ezibangelwa ngumntu onesifo sokuxhuzula.

Intsebenziswano

Kubaluleke kakhulu ukuba umntu, usapho lwakhe/umkhathaleli kunye nogqirha basebenzisane ukuze bafumane iziphumo ezingcono.

Ugqirha uya kukwazi ukunika amayeza ngokuchanekileyo ngakumbi ukuba umntu okanye ilungu lentsapho linokuzichaza ngokuchanekileyo iimpawu kunye nefuthe iyeza.

Usokhemesti unokubonelela ngolwazi kunye neengcebiso malunga namayeza.

Iimeko zemithambo-luvo ezifana nokuxhuzula zinempembelelo enkulu ebantwini, kwiintsapho zabo nakuluntu. Kukho inkxaso eninzi ekhoyo.

Ukunyamekela umntu onesifo sokuwa kudla ngokuba yimbopheleleko yamalungu entsapho okanye abahlobo abasenyongweni. Ukukhathalela umntu onesifo semithambo-luvo kunokuchaphazela impilo yomkhathaleli, intlalontle, ubudlelwane boluntu, kunye nokukwazi ukufumana umvuzo. Kubalulekile ke ngoko ukuba iintsapho nabanonopheli bafumane inkxaso eyimfuneko.

Senza ntoni?

I-Epilepsy South Africa ngumbutho wesizwe oxhasa abantu abaxhuzula kunye neentsapho zabo/abakhathaleli.

Isifo sokuwa eMzantsi Afrika sinokukunceda ukuba uqonde imeko yakho kwaye uqhelane nayo. Qhagamshelana neSebe elikufutshane le-Epilepsy South Africa ukuze ufumane ulwazi oluthe kratya kwaye uncede ukuziqhelanisa noxilongo lwakho.

Kukwakho neqela lemibutho esebenza nabantu abaneemeko ezahlukeneyo zemithambo-luvo. Ukufumana ulwazi oluthe vetshe ngale mibutho ndwendwela iwebsite yeSouth African Disability Alliance (SADA).



Injongo 3:

Ukuphumeza amaqhinga okuThintela limeko zeNeurological kunye nokuKhuthaza Ukuziphatha okunempilo kunye nempilo yengqondo



Ukuthintela iimeko ze-neurological

limeko ezininzi zemithambo-luvo zinokuthintelwa (kubandakanywa nama-25% eemeko zokuxhuzula). Oku kufuna impendulo ebanzi evela kwimpilo yoluntu, ngakumbi ukunyamekelwa koomama abakhulelweyo/abasanda kuzalwa kunye neentsana zabo, ulawulo olungcono lwezifo ezosulelayo, ukuthintela ukulimala kunye nokuphucula ukhathalelo lwezifo ezichaphazela intliziyo kunye nemithambo yegazi (impilo ye-cardiovascular health).

Ukuba sifuna **ukuthintela iimeko ze-neurological** kubalulekile **ukuchonga izizathu** zezi meko ezinokutshintshwa. Oku kubandakanya ukususa imingcipheko kunye nokuphucula ukhuseleko, ngakumbi kubantwana kunye nolutsha xa ingqondo isakhula.

Eminye imingcipheko yeyonyango enjengeengxaki zokuzalwa kunye nosulelo kwaye kuya kufuneka ukuba kuthathwe amanyathelo ngamasebe ezempilo kwinqanaba lesizwe, lephondo, kunye nelengingqi.

Abasetyhini kunye namantombazana kufuneka **bafundiswe** ngamalungelo abo okuzala kwaye bakhuthazwe ukuba bafumane unyango xa bekrokrela ukuba bakhulelwe. Kubalulekile ukulandela iingcebiso zonyango ngexesha lokukhulelwa kwaye uthathe iingcebiso malunga nokubeleka usana lwakho ngokukhuselekileyo. Ngelishwa, abasetyhini basafumana iingxaki ngexesha lokukhulelwa kunye nokuzala abanye bade babhubhe. Ngoko ke, **urhulumente** kufuneka aphucule ukhathalelo olufumanekayo kwabasetyhini abakhulelweyo kunye nabantwana babo abasanda kuzalwa ukuba sifuna ukuthintela iimeko zemithambo-luvo ezibangelwa iingxaki zokuzalwa.



Kuluxanduva lwabazali ukuqinisekisa ukuba abantwana babo bafumana **zonke izitofu ezifunekayo** zokuthintela izifo ezinokukhokelela kwiimeko zemithambo-luvo. Bonke abemi boMzantsi Afrika kufuneka bawaxhase amaphulo ogonyo ekuqondeni ukuba impilo entle **luxanduva ekwabelwana ngalo**.

Ukukhetha indlela yokuphila kunokukhokelela ekulimazeni ngengozi. Kuyinyani ukuba iingozi ezininzi ezindleleni zibangelwa kukhetho olufana nokusela nokuqhuba okanye ukusebenzisa iselula ngelixa uqhuba. Sele kukho **imithetho** ngaphakathi UMzantsi Afrika **ukukhusela abantu** ezindleleni njengokunxiba amabhanti ezihlalo, ukuthutha iintsana nabantwana kwizihlalo zokhuseleko, kunye nokuthobela imithetho ejolise ekusigcineni sikhuselekile. Nangona kunjalo, asingabo bonke abasebenzisi bendlela ababambelela koku.

Ukulimala kwezemidlalo kunokubangela ukulimala kwengqondo. Unokuzikhusela wena nabantwana bakho kwezi zinto ngokusebenzisa izixhobo zokhuseleko ezifanelekileyo ezifana nezigcina-ntloko zokukhwela ibhayisekile kunye nezikhuseli zeentsini.

Ukuthintela iimeko ze-neurological kuxhomekeke ekukhuthazeni nasekuphuhliseni impilo yobuchopho obugqwesileyo kubo bonke ubomi.

Ukukhuthaza ukuziphatha okunempilo kunye nempilo yengqondo

Impilo yengqondo elungileyo kuxa wonke umntu enokufunda kwaye aqonde amandla akhe apheleleyo. Oku kubandakanya ngokufanelekileyo ukusebenzisa amandla okuzicingela, ukwenza izigqibo zakho, ukuqonda ihlabathi elikungqongileyo kwaye uphile ubomi ngokupheleleyo, **nakwihlabathi eliguqukayo**.

Ukukhuthaza ukukhula kwengqondo kubalulekile kubo bonke ubomi kwaye iqala ukusuka ekukhulelweni. Kubaluleke ngakumbi ngexesha lobuntwana kunye nokufikisa xa ingqondo isakhula. Nangona kunjalo, iyasebenza nasekugugeni okunempilo.

Kukho ubudlelwane obuqinileyo phakathi kweemeko ezininzi ze-neurological (ezifana nesifo sengqondo esiyingozi kunye ne-stroke) kunye neengozi zempilo ezifana noxinzelelo lwegazi oluphezulu, isifo seswekile, kunye nokukhuluphala (ukuba nomzimba ogqithiseleyo). Le mingcipheko yenziwa mandundu kukhetho lwendlela yokuphila enjengokungenzi mthambo (ukungazilolongi), ukungatyi kakuhle, ukutshaya, nokusebenzisa kakubi utywala neziyobisi. Umzekelo, ukutshaya kuye kwadityaniswa limeko ze-neurological ezifana ne-stroke, i-dementia, kunye ne-multiple sclerosis.

Ukusetyenziswa kakubi kotywala kunye neziyobisi kunokuchaphazela inkqubo ye-nervous kwaye kubangele iimeko ze-neurological, kodwa negalelo kwiingozi zendlela, ubundlobongela, kunye nokuwa okunokubangela ukulimala kwengqondo kunye nomgogodla.

Kubalulekile kwimpilo kunye nempilo yabantwana kunye nabantu abadala ukuba babe nemikhwa elungileyo yokulala. Ukungalali ngokwaneleyo kunye nokungonelanga kunokuba ngumngcipheko. Nangona sonke sinandipha amashwamshwam kunye nokutya okungenampilo ngamaxesha athile, kubalulekile ukugcina ukutya okunempilo. Oku kuthetha ukutya ukutya okunokulinganisela kunye nemifuno eyaneleyo kunye neziqhamo, kunye nokunciphisa ukutya okuyingozi njengeswekile esulungekisiweyo, amafutha ahluthayo, kunye nobuninzi bokutya icafeine.

Injongo 4:

Ukomeleza iMpilo yoLuntu

Indlela Yokuxhuzula

Ukufikelela kukhathalelo lwempilo

Zingama-278 kuphela iingcali zemithambo-luvo ezibhalisiweyo eMzantsi Afrika. Nangona kunjalo, abanye kwaba baye bathatha umhlala-phantsi okanye bafuduka kodwa basahleli kwirejista. Abaninzi bakwinkqubo yabucala kwaye abambalwa kuphela kukhathalelo lwezempilo lukarhulumente. Oku kuthetha ukuba kukho malunga ne-neurologist enye kubantu abangama-218,547.

Kwaxelwa ngo-2021 ukuba yi-16% kuphela yabemi boMzantsi Afrika ababengamalungu eenkqubo zoncendo lwezonyango nto leyo ethetha ukuba uninzi lwabemi boMzantsi Afrika baxhomekeke kwiinkonzo zempilo zikarhulumente. Oku kwenziwa nzima ngakumbi kukunqongophala kweenkonzo ezilalini.

Umthwalo onzima kukhathalelo lwempilo lukawonke-wonke (ingakumbi kwiikliniki zonyango) wongeza kwimingeni abantu abaxhuzulayo kunye nezinye iimeko zemithambo-luvo abajongana nazo ekufikeleleni kukhathalelo lwezempilo.

Ukuzimela kunye nokukhuthaza

Abantu abanesifo sokuxhuzula kunye nezinye iimeko zemithambo-luvo banelungelo lokuzimela kwaye bavakalise ezabo izimvo neembono zabo ngaphandle koloyiko. Uyakwazi ukuzithethelela,

nto leyo ethetha ukuba ungawamela amalungelo akho. Kubalulekile ukuchonga umba ofuna ukuwulungisa kunye nokuqonda isisombululo sokwenene kwingxaki. Uya kufuna iinyani ezifanelekileyo kunye nolwazi ukuxhasa isikhundla sakho, ufumane abanye aba vumelana nawe kwaye uyazi inkcaso yakho. Ukusebenzisa amajelo eendaba (ingakumbi amajelo osasazo oluntu kwindawo yakho) kuya kukunceda ukuba wazise abanye ngalo mba.

Umzekelo, ukuba unexhala ngebala abajamelene nalo abantu abaxhuzula kwaye ufuna ukulitshintsha, unokuqala ngokususa ezinye zezinto abantu abazikholelwayo malunga nokuxhuzula. Unga yenza oko ngokubonelela ngeenyani malunga nemeko. Oku kunokuba lula njengokuthetha nabahlobo bakho kunye nabamelwane, kodwa kunokubandakanya udliwano-ndlebe kwi Isikhululo sikanomathotholo okanye ukufumana iphephandaba lasekuhlaleni ukuba lipapashe inqaku malunga noku.

Senza ntoni?

I-Epilepsy South Africa iphuhlisa abantu abazithethelelayo ngeenkqubo zoqeqesho kunye nezinye iinkonzo. Qhagamshelana neSebe lendawo ohlala kuyo ukuba ufuna ulwazi, iingcebiso, okanye uncendo.





Yintoni Onokuyenza Ngoku?

Yiba negalelo mihla le ekwaphuleni i-STIGMA ye-Epilepsy egquba eMzantsi Afrika

EMzantsi Afrika abantu abaninzi bakholelwa ukuba isifo sokuwa sibangelwa ngamandla omlingo okanye sisiqalekiso emntwini nakwintsapho yakhe kuba enze into ephosakeleyo. Abantu abaninzi abanesifo sokuwa bayayichitha ixesha elininzi kunye nemali ekhangela amayeza kumaxhwele kunokuba ubone oko kudla ngokucingwa ngokuba ngoogqirha “baseNtshona”. Oku kuthetha ukuba abafunyaniswanga ngokufanelekileyo okanye banyangwe.

Izinto ezininzi abantu abazikholelwayo ngesifo sokuxhuzula aziyonyani, kodwa ngenxa yokuba abantu bekholelwa kuyo, bazama ukubaphepha abantu abaxhuzulayo kunye neentsapho zabo kwaye baya kubacalula ngokuthe ngqo. Oku kubangelwa kukuba sizama ukuzikhwebula kwizinto esizoyikayo, yaye siyasoyika isifo sokuwa ngenxa yokuba kuncinane kakhulu esikwaziyo ngaso. **Kufuneka sinikeze iinyani ezichanekileyo** kwaye ulwazi malunga neemeko zemithambo-luvo ezifana nokuxhuzula **ukutshintsha unobangela wocalucalulo kunye nebala**.

Joyina kwaye uququzelele njenge **i-Epilepsy eMzantsi Afrika** kwaye uthathe inxaxheba kwimisebenzi kunye neziganeko eziphakamisa ulwazi kunye nokufundisa abanye ngeemeko ze-neurological.

Ukubekwa ibala nocalucalulo

Nangona uMzantsi Afrika unebhongo lamalungelo oluntu, abantu abaxhuzula kunye nezinye iimeko zemithambo-luvo basajongene nokuziphatha kakubi. nezimo zengqondo ezibangela ukuba umntu angazicingeli kakuhle. Nangona kunjalo, oku kungaqwalaselwa ngokwazisa, imfundo, kunye namanyathelo okukhuthaza kunye namanyathelo okukhusela uluntu (izibonelelo zokukhubazeka).

Ingaba ibala libachaphazela njani abantu abaxhuzulayo kunye nezinye iimeko zemithambo-luvo?

Ukubekwa ibala kunokudimaza abantu ekufuneni unyango kwaye ngoko kuneziphumo kumgangatho wobomi babo kunye nokubandakanywa kwentlalo kuzo zonke iinkalo zobomi kunye noluntu.

Ungalinciphisa ibala ngokuxelela abanye

ngemeko yakho kwaye uchaze ukuba ibala likuchaphazele njani na. Xa uthetha ngemeko yakho kunye nefuthe lecala kuwe, abanye baya kuqala baqonde ukuba ezi meko zichaphazela abantu kuzo zonke iindawo zokuhlala kwaye xa benyangwa, abantu banokuphila ubomi obunemveliso.

Funda indlela yokujongana nokuxhuzula

Ukubona umntu oxhuzulayo kunokoyikeka kakhulu, kodwa wonke umntu **unokufunda into amakayenze ukuze ancede**. Khumbula ukuba awukwazi ukukunqanda ukuxhuzula kwaye kuya kuyeka ngokwakho.

Ukujongana Nokuxhuzula

Suku

- Zama ukubamba umntu ngayo nayiphi na indlela uyeke iintshukumo zakhe, okanye umshukumise (ngaphandle kokuba usengozini ethe ngqo)– uya kumenzakalisa njengoko ungakwazi ukukunqanda ukuxhuzula.
- Faka nantoni na emlonyeni womntu njengoko oko kusenokwaphuka amazinyo okanye umhlathi. Umntu akakwazi ukuginya ulwimi lwakhe (nangona abantu abaninzi bekholelwa ukuba oku kuyinyaniso).
- Tshisa nantoni na ephambi komlomo okanye impumlo yomntu njengoko oku kuya kwenza kube nzima kuye ukuphefumla.
- Nika umntu into yokutya okanye eselwayo okanye naliphi na iyeza.

Yenza

- Ixesha elithatha ixesha elingakanani ukuxhuzula.
- Khusela intloko yomntu kwaye ukhusele umzimba wakhe kukwenzakala ngakumbi.
- Khulula naziphi na iimpahla eziqinileyo kwaye ususe iiglas zabo.
- Jikela umntu kwicala lakhe lasekhohlo kwindawo yokubuyisela.
- Hlala nabo kwaye ubaqinisekise bade babe bachacha ngokupheleleyo.
- Fowunela i-ambulensi ukuba uxhuzulo luqhubeka ngaphezu kwemizuzu emi-5.



**"Igorha ngumntu oqhelekileyo ofumana amandla
okunyamezela nokunyamezela
nangona kukho imiqobo enzima."**

Umdlali weqonga uChristopher Reeve owaziwa kakhulu
ngokudlala i-superman kunye nokuba litsha-ntliziyo le-quadruplegia

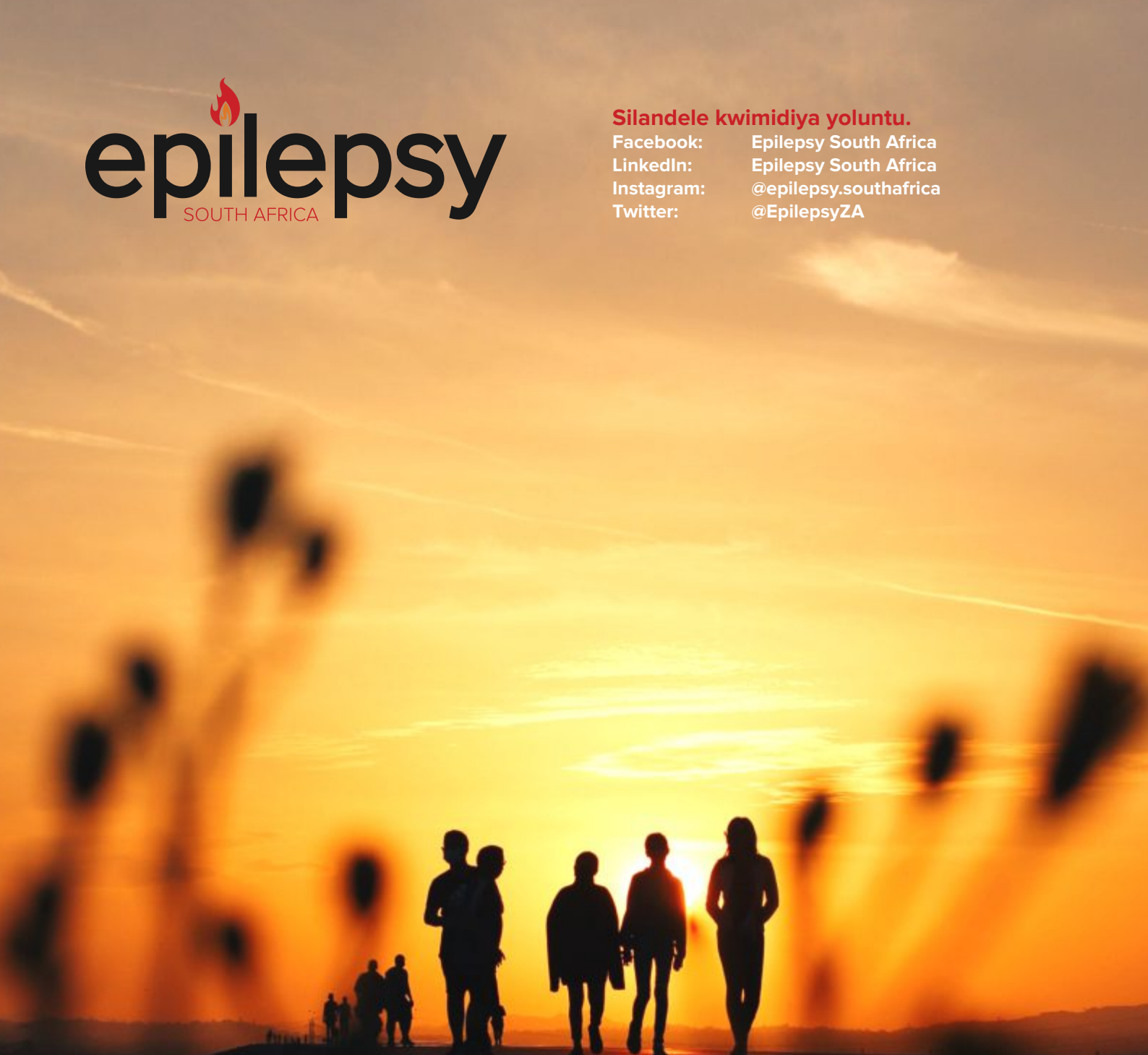


liReferensi:

Epilepsy South Africa www.epilepsy.org.za

South African Disability Alliance (SADA) www.sada.org.za

Independent Bureau of Epilepsy (IBE) www.ibe-epilepsy.org



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