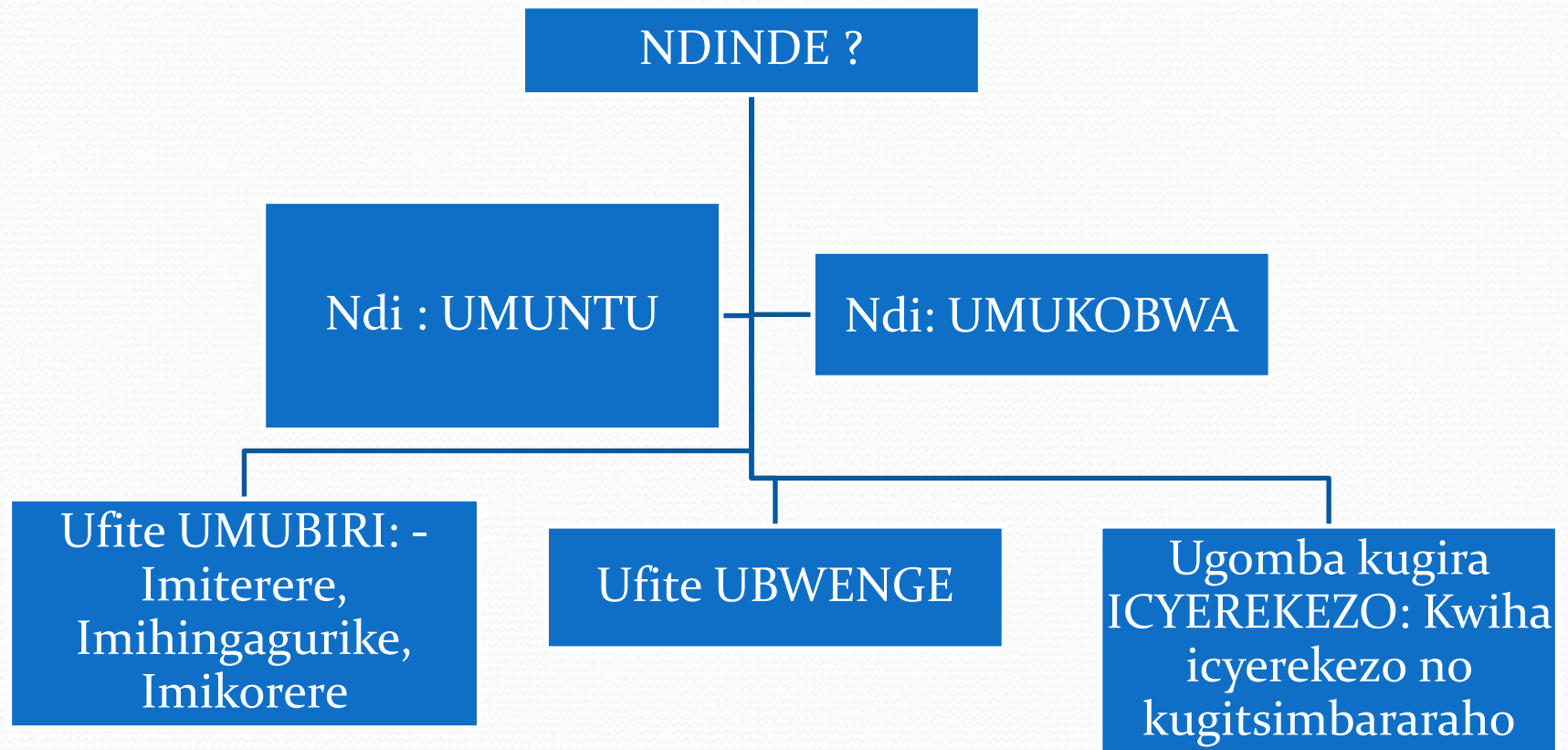




AGACIRO KANJYE

II

UMUSOGONGERO KU AGACIRO KANJYE APPROCH



**UWO NDIWE N'AGACIRO
KANJYE**

IMITERERE N'IMIKORERE Y'IMYANYA MYIBARUKO Y'UMUGORE N'IYUMUGABO

- MURI IKIGICE KIGIZE UBUZIMA
BW'IMYOROROKERE TURABONA IBICE
BY'INGENZI BIGIZE IMYANYA MYIBARUKO
Y'UMUGABO NI Y'UMUGORE N'AKAMARO KA
BURI GICE
- GUSOBANURA IBY'UKWEZI KW'UMUGORE
N'AHO IMIHANGO ITURUKA

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGABO

IGICE CY'INYUMA

- Igitsina cy'umugabo(Imboro):
Niwo mwanya ukora imibonano
mpuzabitsinani nawo mwanya
unyuramo inkari
- Agasaho k'amabya: Ni agafubiko
k'Amabya

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGABO

IGICE CY'IMBERE

- ***Amabya***: Ni udusabo tw'intanga ngabo. Ateretse mu gasaho. Amabya afite umurimo wo gukora umusemburo wa Kigabo utuma umuhungu akura ku buryobutandukanye n'umukobwa kandi afite akamaro ko gukora intanga ngabo
- ***Uturerantanga***: Hejuru ya buri bya hometseho akarerantanga. Niho intanga zikurira

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGABO

IGICE CY'IMBERE

- **Imiyoborantanga:** ni ibiri, ni uduheha cyangwa udutembo dushamikiye k'uturerantanga. Duturiza hafi y'uruhago
- **Utugega:** Ni tubiri, duturiza mu miyoborantanga imbere gato y'umuvaruhago. Niho haba hahunitswe amasohoro (Atarimo intanga) mbere y'uko umugabo asohora

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGABO

IGICE CY'IMBERE

- ***Agasoko***: Niko kavubura Igipande kinini cy'amasohoro intanga ngabo zogamo
- ***Umuvarihago***: NI umuheha(Agatembo) uyobora inkari ziva muruhago zigasohoka hanze.NI naho kandi intanga ngabo zinyura iyo umugabo asohoye.

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGORE

IGICE CY'INYUMA

- IMIGOMA
- IMISHINO CYANGWA IMISUNDI
- RUGONGO
- UMWENGE W'IGITUBA
- UMWENGE W'INKARI

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGORE

IGICE CY'IMBERE

- ***Udusabo tw'intanga*** : Ni tubiri kamwe kaba ibumoso bw'umura akandi iburyo bwawo . Nitwo dukora intanga ngore Umwana w'umukobwa agera mugihe cy'ubwangavu afite intanga 400 buri kwezi hagenda hahisha intanga imwe imwe igasohoka, keretse igihe atwite.

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGORE

IGICE CY'IMBERE

- ***Imiyoborantanga***: NI uduheha tubiri dushamikiye k'umura, kamwe iburyo akandi ibumoso. Iyo intanga ngore yamaze kurekurwa n'agasabo iza yogoga muri ako gaheha ari naho habera isama.
- ***Umura cyangwa nyabanyeyi***: Iyo habaye isama ni ho umwana akurira.

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGORE

IGICE CY'IMBERE

- *Inkondo y'umura(Inkondo ya nyababyeyi)*: NI irembo rya nyababyeyi cyangwa umura riyihuza inda ibyara. Inkondo y'umura ifite udusoko twinshi tuvubura ururenda. Urwo rurenda rurushaho kuba rwinshi mugihe cy'uburumbuke bw'umugore. Bityo rukorohera intanga ngabo kuzamuka muri nyababyeyi zigana mu miyoborantanga

IMIKORERE Y'IMYANYA

MYIBARUKIRO Y'UMUGORE

IGICE CY'IMBERE

- ***Inda ibyara:*** NI ho imibonano mpuzabitsina ibera, ni naho amaraso y'imihango anyura, ni naho kandi umwana aca avuka

UKWEZI K'UMUGORE

Ukwezi k'Umugore ni iki?

- Ni iminsi iri hagati y'umunsi wa mbere umugore aboneyeho imihango n'umunsi wa nyuma ubanziriza imihango ikurikira

Kujya mu mihango ni iki?

- Ni igihe amaraso asohoka ava mu nda ibyara bitewe nuko nta sama ryabaye

UKWEZI K'UMUGORE

Ibiranga Ukwezi k'umugore

- Ukwezi k'umugore kugira iminsi iri hagati ya 26 na 32,
- Hari abagore bagira iminsi idahindagurika n'abagira iminsi ihindagurika bitewe n'imikorere y'umubiri, imirire, Uguhangayika, uburwayi n'ibindi
- Hagati mu kwezi, intanga ngore irahisha ikanarekurwa na kamwe mu dusabo tw'intanga

Ibiranga Imihango

- Ubundi kuja mu mihango bwa mbere bitangira hagati y'imyaka 12 na 14, ariko hari abashobora kubona imihango mbere y'icyo gihe nko mumyaka 9,10 cyangwa nyuma nko mu myaka 16 bitewe n'imiterere y'umubiri.

IBYAKWANGIZA UBUZIMA N'AGACIRO KANJYE

VIRUSI ITERA SIDA N'INDWARA YA SIDA

SIDA NI IKI?

- **Indwara ya SIDA** ni uruhurirane rw'ibimenyetso by'indwara zinyuranye zifata umuntu bitewe n'uko ubwirinzi cyangwa ubudahangarwa kamere bw'umubiri we butagifite ubushobozi bwo kumurinda, kuko buba bwashegeshwe na virusi itera SIDA

VIRUSI ITERA SIDA NI IKI?

Virusi itera SIDA ni ubwoko bwa virusi busenya uturemangingo tw'umubiri w'umuntu dufasha mu kurwanya indwara.

Aho Virusi itera SIDA iboneka

- Virusi Itera SIDA iyo umuntu ayanduye iba imbere mu ngirangingo z'umubiri we ziba cyane cyane mu maraso, mu matembabuzi aba mu gitsina, mu masohoro no mu mashereka. Ni virusi iba mu mubiri w'umuntu, abantu bakaba ari bo bayanduzanya.

Itandukaniro hagati y'Umuntu ubana na Virusi itera SIDA n'umurwayi wa SIDA

- Bavuga ko umuntu arwaye SIDA, iyo agaragaweho n'indwara z'ibyuririzi. Umuntu ugeze ku cyiciro cya SIDA aba afite ku buryo budashidikanywaho Virusi itera SIDA ariko umuntu wese ufite ubwandu bwa Virusi itera SIDA si ko aba arwaye SIDA. Bavuga ko umuntu yanduye Virusi itera SIDA iyo yipimishije bakayibona mu maraso.

Ibiba Kugira ngo umuntu yandure VIH

- **VIH igomba kuva mu muntu wayanduye: ibyo bishobora guca mu mubiri ahantu horohereye hatari ku ruhu cyangwa se mu gasebe gashobora no kuba kataboneshwa ijisho cyangwa se kava amaraso.**

Ibiba Kugira ngo umuntu yandure VIH

- **Hari ibintu iyo Virusi igendamo kugira ngo umuntu ayanduze undi: ibyo twavuga nk'amaraso, amatembabuzi ava mu gitsina cy'umugore, amasohoro n'utuzi tuva mu gitsina cy'umugabo igihe yashyutswe mbere yo gusohora no mu mashereka. Andi matembabuzi nk'amacandwe, ibyuya, amarira, ntibibamo virusi nyinshi ku buryo byakwanduza umuntu.**



Ibiba Kugira ngo umuntu yandure VIH

- **Kugira ngo umuntu yandure** ni uko amaraso cyangwa andi mavangingo iyo Virusi igendamo by'umuntu wayanduye bibona aho bihurira n'umubiri w'umuntu utarandura maze Virusi itera SIDA bifite zikinjira mu mubiri we zikajya mu maraso ye.

Aho Virusi itera SIDA yandurira

- **Mu mibonano mpuzabitsina ikozwe nta gakingirizo:**

Hagati y'umugabo n'umugore igakorerwa mu nda ibyara cyangwa se mu kibuno ndetse n'imibonano mpuzabitsina hagati y' abagabo ubwabo ikorewe mu kibuno cyangwa mu kanwa.

Mu mibonano mpuzabitsina kugira ngo utarandura yanduzwe n'ubana na Virusi itera SIDA ni uko Virusi iyitera ibona aho yinjirira, kenshi bikaba biterwa n'udukomere duto tutaboneshwa amaso tubaho igihe cy'imibonano mpuzabitsina, maze Virusi itera SIDA ziba ziri mu matembabuzi aba mu gitsina cy'umugore zikinjira mu mugabo nkuko iyo ari umugabo wanduye Virusi itera SIDA iba iri mu masohoro yinjirira mu dukomere duto umugore yagize.

Aho Virusi itera SIDA yandurira: Mu Guhuza amaraso

- Kwandurira mu ihuzwa ry'amaraso bishoboka igihe cyose amaraso y'ubana na VIH ahuye n'amaraso y'utarayanduye. Kugeza ubu hari inzira nyinshi abantu bashobora kwanduriramo binyuze mu maraso:
- **Hakoreshejwe inshinge** (abantu bakoresha inshinge zimwe basangira ibiyobyabwenge, abaganga bashobora kugira ibyago byo kwijomba urushinge bateye umurwayi wanduye);
- **Bibayeho ko umurwayi aterwa amaraso yanduye** (ibi ariko mu Rwanda bikoranwa ubwitonzi bwinshi ku buryo hari icyizere ko nta muntu n'umwe wandurira kwa muganga mu guterwa amaraso);

Aho Virusi itera SIDA yandurira: Mu Guhuza amaraso

- **Abajya kwiteza inshinge kwa magendu aho urushinge** rumwe rukoresha ku bantu benshi ndetse n'abacisha indasago n'abirumikisha mu bapfumu naho usanga igikoreshe kimwe gikoresha ku bandi bantu kitasukwe na mba cyangwa se kitasukwe bikwiye (sterilisation);
- **Hari n'abikuza amenyo kwa magendu** na bo bahandurizwa mu ihuzwa ry'amaraso;
- **Mu gihe abari mu rugendo nko mu modoka** bagize ibyago hakaba impanuka harimo uwanduye hakabaho guhura kw'amaraso n'abatarandura na bo bahandurira Virusi itera SIDA.

Abana bashobora kwanduzwa Virusi itera SIDA n'ababyeyi igihe babatwite, bababyara cyangwa se igihe babonsa.

- Uko umubyeyi wanduye Virusi itera SIDA agenda agera mu cyiciro gikomeye cy'iyo ndwara ni ko umwana aba ashobora kwandura kuko umubare wa za Virusi uri mu mubiri uba wiyongereye. Mu Rwanda gahunda yo gufasha ababyeyi kutanduza abana imaze igihe ikora neza ku buryo hari icyizere ko ababyeyi bubahirije inama bagirwa batakwanduza abana babo.



INDWARAZANDURIRWA MU MIBONANO MPUZABITSINA

- Indwara zandurirwa mu mibonano mpuzabitsina ni indwara ziterwa n'udukoko duto (virusi, mikorobi, bagiteri, na za parasite zindi) twinjira mu gitsina tukabona tumwe kucyangiza kimwe n'indi myanya myibarukiro utundi tugakwira mu mubiri dutwawe mu maraso.
- Izi ndwara uzirwaye azanduza utazanduye binyuze mu mibonano mpuzabitsina. Izo ndwara zishobora no kwandurira no mu zindi nzira nko gusangira ibikoresho by'isuku (umwenda wo kwihanaguza amazi, kwiuhagirira mu ibasi imwe n'ibindi.....),

INGARUKA Z' INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA

- Ubugumba;
- Gutwitira inyuma y'inkondo y'umura;
- Kubyara uwapfuye;
- Gukuramo inda kenshi;
- Kwangirika bikomeye kw'igitsina n'indi myanya myibarukiro;
- Gucika igitsina;
- Indwara y'amaso ku bana, biganisha umwana ku kutabona burundu iyo atavuwe hakiri kare.

Uko urubyiruko rwakwirinda Indwara zandurirwa mu mibonano mpuzabitsina

- Uburere;
- Ukwifata;
- Ubudahemuka ku bashakanye;
- Gukoresha neza kandi buri gihe agakingirizo mu mibonano mpuzabitsina itizewe;
- Kwirinda gusangira ibikoresho by'isuku n'abandi (igitambaro cy'amazi);
- Kugirira igitsina isuku hirindwa gukaraba amazi mabi;
- Kwivuza hakiri kare no gufata imiti uko wayandikiwe na muganga mu gihe bagusuzumye imwe muri izo ndwara;

Uko urubyiruko rwakwirinda Indwara zandurirwa mu mibonano mpuzabitsina

- Kwirinda kwivuza kwa magendu;
- Kumenya ko iyo umuntu yivuje wenyine ntavuze uwo bakorana imibonano mpuzabitsina yongera akandura (hari indwara zibabaza abagabo nk'imateze ntizibabaze abagore cyane, kimwe n'uko hari izimerera nabi abagore kurusha abagabo nka tirikomona);
- Kwisiramuka ku bagabo n'abahungu;
- Kugirira isuku imisarane cyane cyane imisarane rusange.

Insharankima



Insharankima



Imitezi n'Uburagaza



ISANO IRI HAGATI Y'INDWARA ZANDURIRWA MU MIBONANO MPUZABITSINA NA VIRUSI ITERA SIDA

- Uretse nyine ko zose zinjirira mu mibonano mpuzabitsina, ziriya ndwara zandurirwa mu mibonano mpuzabitsina zinorohera Virusi itera SIDA kwinjira mu mubiri. Ibi biterwa ahanini no kuba inyinshi muri zo aho zifashe zihaca ibisebe maze Virusi itera SIDA bikayorohera kubona inzira.
- Ikindi cyumvikana ni uko uwanduye imwe muri izo ndwara aba ashobora no kuba yarananduye Virusi itera SIDA. Iyo zitavuye neza na zo zigira ingaruka zikomeye ku buzima bw'imyororokere kuko zangiza imyanya myibarukiro y'uzirwaye kandi bishobora kumuviramo n'urupfu.

Ingaruka zo gukora imibonano mpuzabitsina

- Gutwita
- Gukuramo inda
- Kanseri y'inkondo y'umura
- Ingaruka (physiologique) zokubyara ukiri muto
- Kwandura VIH na ISTs

Uko Virusi itera SIDA yakwirindwa

- Muri rusange kwirinda kwandura cyangwa kwanduza Virusi itera SIDA ni ugukuraho inzira zose ishobora kunyuramo nkuko zagaragajwe haruguru.
- Ku rubyiruko ni byiza gucengerwa bihagije n'ingeso nziza zabarinda kwandura cyangwa kwanduza bagenzi babo ibi bizabigeraho ni:

UKO Agakingirizo gakoreshwa

- Agakingirizo ni bumwe mu buryo bufasha abantu kwirinda kwandura no kwanduza abandi Virusi itera SIDA mu gihe bakoze imibonano mpuzabitsina itizewe (ishobora kubakururira ibyago binyuranye nk' ubwandu bwa Virusi itera SIDA yangwa izindi ndwara zandurirwa mu mibonano mpuzabitsina ndetse n'inda zitifuzwa).

GAHUNDA Y'UBUJYANAMA NO KWIPIMISHA KU BUSHAKE VIRUSI ITERA SIDA MU RUBYIRUKO

- *Kwipimisha Virusi itera SIDA ku bushake*

Ni icyemezo umuntu yifatira, nyuma yo kubikangurirwa akumva ari ngombwa ko yajya kwa muganga agatanga amaraso kugira ngo amenye uko ahagaze ku bijyanye no kuba yaranduye cyangwa atarandura Virusi itera SIDA

Akamaro ko kwipimisha ku bushake Virusi itera SIDA ku rubyiruko

- Bifasha umuntu kumenya uko ahagaze ku bijyanye n'ubwandu bwa Virusi itera SIDA ;
- Byongera kwizerana hagati y'abagiye gushinga urugo;
- Bikomeza ubwizerane n'urukundo hagati y'abakundana ;
- Bifasha uwabikoresheje gukomeza ubuzima atikekakeka;

Akamaro ko kwipimisha ku bushake Virusi itera SIDA ku rubyiruko

- Bigabanya inzangano mu miryango aho bamwe bakeka ko barozwe iyo batangiye kurwara ibyuririzi bya SIDA ;
- Bifasha gufata ingamba zihamye ku myitwarire mu buzima buzaza.
- Bituma uwo basanze yaranduye ahabwa ubufasha hakiri kare, akarindwa ibyuririzi akanahabwa inama
- Bituma ntawanduza abandi Virusi itera SIDA kuko aba abizi kandi yaragiriwe inama zo kubyirinda

PMTCT Gahunda yo kurinda umubyeyi ubana na VIH kwanduza umwana

- Umubyeyi ubana na VIH akurikije inama ahabwa na Muganga bimwongerera amahirwe yo kutanduza umwana

Uburyo bukoreshwa ni ubu bukurikira:

- Kwipimisha Virusi itera SIDA ku Umugore n'Umugabo we
- Gufata imiti igabanya Ubukana guhera ku cyumweru cya 14 umugore asamyekugirango ubudahangarwa bw'umubiri we bwiyoungere
- Kubyarira kwa muganga iyo igihe cyo kubyara kigeze
- Gukomeza gufata imiti igabanya ubukana kugeza igihe acukiriye umwana
- Guhitamo kudasama iyo asanzwe aziko abana na VIH
- Umwana uvutse ku mubyeyi ubana na VIH, ahabwa umuti ugabanya ubukana bwa SIDA agapimwa nyuma y'ibyumweru 6, nyuma y'amezi 9 na nhyuma y'amezi 18.

kuboneza urubyaro

- Kuboneza urubyaro ni uburyo umuryango cyangwa umuntu ugeze mu gihe cyo kororoka (Kubyara) ahitamo gukoresha kugirango abyare abana ashoboye kurera we ubwe, umuryango we ndetse n'igihugu cye.

Uburyo butatu bwo kuboneza urubyaro

- Uburyo bw'igihe kigufi
- Uburyo bw'igihe kirekire
- Uburyo bwa burundu

Uburyo bwo kuboneza urubyaro

Uburyo bw'igihe kigufi

- Agakingirizo
- Inshinge: hari aku kwezi ,amezi atatu
- Ibinini: umugore afata ikinini buri munsu
- Uburyo kamere (MAMA)
- Urunigi

Uburyo bwigihe kirekire

- Agapira ko mukaboko: Nuburyo bwo gushyira umuti munsu y'uruhubikozwe na Muganga
- Agapira ko mu mura (DIU): Ni agapira gasesekwa mu mura kakabuza intanga ngabo kunyuraho ngo zihure n'inga ngore

Akamaro ko kuboneza urubyaro

- Bigabanya ipfu z'abana n'ababyeyi
- Ni uburyo bufasha abashakanye ku byara umubare w'abana bifuza kandi igihe babyifuza
- Birinda umuryango gutakaza umutungo mu mibereho ya buri muni
- Biha umuryango gutuza no gutekana
- Bifasha igihugu mu iterambere
- Byongera icyizere cyo kubaho
- Byongera ubusabane n'urukundo mubashakanye
- Bituma uburezi mu mashuri bukorwa kuborya bunoze

Imbuto Zitoshye



IMBUTO ZITOSHYE

INZARA

- INDA
- UMUSAMBI
- INKOKO
- IKIRARO
- INTARA

INZARA

- INDA
- UMUSAMBI
- INKOKO
- IKIRARO
- INTARA