Uvavanyo oluKhawulezayo loKuqonda iSifo kunye noLinganiselo loBalo lweCD4

Iphepha leeNkcukacha loMthathi-nxaxheba

Isihloko soPhononongo: Uvavanyo lonyango lwamayeza afihlelwe onke amaqela kulingo lovavanyo olwenziwa kumaziko amaninzi noluhlelwe ngokwemigangatho nangokungakhethiyo ukuvavanya ithamo leyeza le-oseltamavir eliphindwe kabini neliqhelekileyo ekunyangeni umkhuhlane kubathathi-nxaxheba abanamajoni omzimba abuthathaka

Inombolo yeMithetho yoKuziphatha

Umxhasi: F. Hoffmann-La Roche Inc.

Umphandi omKhulu: Njing Stefan

Intshayelelo

Ugqirha wakho ukholelwa kwelokuba unomkhuhlane (iflu). Uyacelwa ukuba uzikhethele ukwenza uvavanyo olukhawulezayo lokuqonda isifo somkhuhlane kunye/ okanye i-influenza PCR, kwaye ukuba uneHIV, unikezele ngesampuli encinci yegazi ukuba ngaba awunalo ubalo lwakamvanje/olungemanga ndawonye lwe-CD4 ukuze ukufanele ukuba kuphononongo lophando. Ukuba ufunyaniswa unomkhuhlane luvavanyo olukhawulezayo kunye/ okanye i-influenza PCR, ngoko siza kuxoxa ngenye ifomu yemvume kunye nezinye iinkqubo zophononongo.

Ngokuvuma ukuthatha inxaxheba kolu vavanyo, awuzibopheleli kuphononongo lophando.

Nceda ufunde iinkcukacha ezilandelayo uze ubuze nayiphi na imibuzo onokuba nayo. Emva kokuba kuphendulwe imibuzo yakho ngendlela ekwanelisayo kwaye nawe uthatha isigqibo sokuthatha inxaxheba kolu phononongo, uya kucelwa ukuba utyikitye le fomu yemvume uze unikwe ikopi.

Ukuba ungummeli ogunyazisiweyo ngokomthetho womntu ongakwaziyo ukunika imvume ngoku, olu xwebhu luya kukunika ulwazi oludingayo ukuze unike imvume endaweni yakhe.

Olu phononongo luhlolwe yiKomiti ye-Universityyase-Stellenbosch Health Research Ethics Committee neBhunga loLawulo lwaMayeza (Medicines Control Council)- emva kokucebisana neeKomiti zoKuziphatha (Ethics Committees) zenginqi kumaziko athatha inxaxheba.

Imvelaphi/Injongo

Injongo yolu phononongo kukusebenzisa uvavanyo olukhawulezayo lokuqonda isifo ukujonga ukuba ingaba unomkhuhlane kusini na. Olu vavanyo luyafumaneka ngokwentengiso kwaye luvunywe liBhunga loLawulo lwaMayeza.

Olu vavanyo lukhawulezayo lokuqonda isifo luza kwenziwa ngabasebenzi bophononongo kwaye iziphumo kuza kwabelwana ngazo nogqirha wakho okunyangayo. Ukuba ufunyaniswa unomkhuhlane kwaye uyavuma ukuqhubeka nokuthatha inxaxheba kolu phononongo, uza kucelwa ukuba uhlole uze utyikitye ifomu yemvume yesibini.

Kubantu abaphila neHIV kuphela: Ukuba ufunyaniswe unomkhuhlane emva kolu vavanyo lukhawulezileyo, singathanda ukuba senze nomlinganiselo wobalo lwe-CD4 yakho ukuba ngaba awunalo ubalo lwakamvanje (ngaphantsi kweenyanga ezi-6) okanye olungemanga ndawonye lwe-CD4. oku kwenzelwa ukuqinisekisa ukuba ukulungele kusini na ukuba kuphononongo.

Iinkqubo zoPhononongo

Ukuba uyavuma ukuthatha inxaxheba kolu phononongo, uza kuba nesiqwengana selaphu okanye soboya sokucoca iimpumlo (isiqwengana selaphu okanye soboyana esifakwa empumlweni) ukuqokelelela kuvavanyo olukhawulezayo lokuqonda isifo. Oku kuza kuthatha malunga nemizuzu engama-15 ukuze lugqitywe olu vavanyo. Ngokuxhomekeke kwisigqibo somphandi usenokucelwa ukuba unikele isampulu encinane yegazi okanye isiqwengana selaphu sempumlo esongezelelekileyo sovavanyo lwe-PCR. Uza kwenziwa nohlolo lohluzo ukuqinisekisa ukuba ungayithatha inxaxheba kusini na kolu phononongo. Ukuba uvavanyo olukhawulezayo lokuqonda isifo luthi awunawo umkhuhlane, abasebenzi bophononongo baza kukuxelela kwaye ugqirha uza kuthatha isigqibo sokuba akuthumele kolunye uvavanyo lokuqonda isifo somkhuhlane.

Kubantu abaphila neHIV kuphela: Ukuba uvavanyo lwakho olukhawulezileyo (kunye/okanye uvavanyo lwe-PCR) luthi unayo kwaye nawe uyavuma, isampulu encinci yegazi iza kuthathwa ukuze kulinganiswe ubalo lwe-CD4 yakho. Isiphumo soku siza kuthatha malunga neeyure ezingama-24. Ukuba uvavanyo olukhawulezileyo luthi awunawo umkhuhlane, umsebenzi wophando uza kukwazisa ukuze kuthathwe isigqibo ngungqirha malunga nokuba akugqithisele ukuba wenziwe olunye uxilongo lomkhuhlane kusini na.

Imingcipheko neMiphumela esecaleni yoNyango:

Njengalo naluphi na uphando, kukho imingcipheko enokubakho enokuquka:

• Iziphumo zovavanyo olukhawulezayo zokuqonda isifo azichanekanga ngokwe-100% ngexesha, kodwa ukusebenza kovavanyo olukhawulezayo lokuqonda isifo kuyafana novavanyo lwaselebhu yasesibhedlele. Ukuba uvavanyo olukhawulezayo lokuqonda isifo novavanyo lwaselebhu yasesibhedlele lunika iziphumo ezingafaniyo, oku kungabangela ukuba uzive ubhidekile. Kusenokuba buhlungu kubekho nokugruzuka kule ndawo bekutsalwe kuyo igazi ukuba ubalo lwe-CD4 belwenziwe.

Iinzuzo ezinokubakho:

Wena nogqirha wakho ningafumanisa ukuba unomkhuhlane ngokukhawuleza, kwaye unganyangelwa usuleleko kwakamsinya. Nangona kunjalo, kungenzeka ukuba ungazifumani iinzuzo zamayeza ngokuthe ngqo.

Ezinye iindlela:

Usengakhetha ukungathathi nxaxheba kolu phononongo kwaye ufumane uvavanyo lomkhuhlane lwaselebhu yasesibhedlele, olunokuthatha iiyure ezithile okanye usuku ngaphambi kokuba ufumane iziphumo.

Ukuthatha iNxaxheba ngoKuzithandela:

Ukuthatha inxaxheba kolu phononongo kokokuzithandela ngokupheleleyo.

Iindleko/Intlawulo:

Akukho ndleko ngakuwe ngenxa yokuthatha kwakho inxaxheba kolu phononongo.

Ukuba semfihlakalweni:

Ukuba uyavuma ngokuzithandela ukuthatha uvavanyo olukhawulezayo lokuqonda isifo, i-PCR kunye nobalo lwe-CD4 (ukuba une-HIV), lonke ulwazi oluqokelelwe kwimida yophononongo luya kuba semfihlakalweni ngokungqinelana nomthetho omalunga nokhuseleko lwempilo yabucala nomthetho omalunga namalungelo omthathi- nxaxheba. Iinkcukacha zakho zobuqu eziqokelelweyo ziya kunikwa inombolo yekhowudi ekhethekileyo kwaye aziyi kudityaniswa nemiba enokwenza kube lula ukukuchonga.

Iziphumo zovavanyo kuza kwabelwanwa ngazo nogqirha wakho okunyangayo okanye abanye abanakekeli bempilo njengokuba kuyimfuneko malunga nokhuseleko lwakho.

Unelungelo lokubuza ugqirha wophononongo ukuba zeziphi iinkcukacha zakho eziqokelelweyo kwakunye nokusetyenziswa kwazo kwimida yophononongo. Unelungelo lokufikelela nokulungisa iinkcukacha zakho zobuqu zolwazi oluqokelelweyo (amanani okubalwa kwabantu abazelweyo, ababhubhileyo nabagulayo) ukuba kuthe kwenzeka ukuba kuthi kanti azichanekanga ncam. Iingxelo zakho zonyango aziyi kuchazwa nakanjani na ngokokuzithandela koMxhasi. Ngoko ke, nanini na ebudeni okanye emva kophononongo, iRoche okanye ummeli ogunyazisiweyo weRoche njengoMbutho woPhando ngokweSivumelwano osebenza egameni leRoche, okanye abammeli abasemagunyeni bempilo, abanjenge-FDA okanye iBhunga loLawulo lwaMayeza Nokuziphatha, ngamanye amaxesha bayakuthi bakunike ithuba lokufikeleleka ngqo kwiingxelo zakho zonyango njengoko zinxulumene nolu phononongo, ukuze baqinisekise ukuba ulwazi oluqokelelweyo ebudeni bophononongo luchanekile. Kwezi meko iinkcukacha zokuba ungubani zinokuchazwa kodwa ziya kuhlala ziyimfihlelo. Abameli bekomiti yakho yokuziphatha neyasekuhlaleni/yelizwe nabo basenokunikwa ufikeleleko olufanayo.

Abantu abanokufikeleleka kwiingxelo babotshelelwe ngumthetho wemfihlelo yomsebenzi. Iikhompyutha ezineefayile zolwazi oluqokelelweyo ziza kugcinwa zikhuselekile ukuthintela ukusetyenziswa kwazo ngendlela engafanelekanga.

Ukuvuma nokuba olu lwazi lungadluliselwa kwamanye amazwe, ngendlela yekhowudi, kungaqukwa namanye amazwe angegawo amalungu oManyano lwaseYurophu (European Union) kwaye oku, kulungiselelwe ezi njongo zichazwe ngasentla

Ngaphezu koko, akunakungacingwa ukuba umxhasi angakhupha olunye ulwazi olongezelelweyo kwiingxelo zakho zonyango/ulwazi oluqokelelweyo ukufaka ulwazi olusele luqokelelwe ngendlela efanelekileyo yemeko yonyango .

Inkcukacha zakho zempilo nezinxulumene nempilo yakho zilungiselelwe ngokulandela imvume yokwazisa ebhaliweyo elapha ngezantsi (Inqaku 7, § 2, (a), loMthetho woKhuseleko loLwazi oluQokelelweyo kaDisemba 8, 1992). Ungayirhoxisa imvume leyo nangaliphi na ixesha ngaphandle kokunika isizathu kwaye ukususela ngeli xesha ulwazi ngawe luza kuqokelelwa lufakelwe kuvimba wolwazi.

Ilungelo loKubuza iMibuzo:

Ukuba unayo nayiphi na imibuzo malunga nolu lingo lonyango, kufuneka okokuqala uyixoxe nogqirha wophononongo okanye neUniversity of Stellenbosch Health Research Ethics Committee ku 021 938 9156. ukuba abakuniki zimpendulo zikwanelisayo, usenokuqhagamshelana neBhunga loLawulo lwaMayeza laseMzantsi Afrika, (MCC) kule dilesi :

Ifeksi: (012) 395 9201

I-imeyile: helam@health.gov.za nethi mogobm@health.gov.za

Olu phononongo lophando luxhaswa ngu-F. Hoffmann La-Roche Ltd (ephinda yaziwe ngokuba yi-Roche) yaye iphantsi kolawulo lukaNjing Stefan nabasebenzi bophando. Uphononongo lophando luye lwavunywa liBhunga loLawulo lwaMayeza (MCC) neKomiti yoKuziphatha yaMayeza. Uphononngo lophando luza kuqhutywa ngokuvumelana nesiBhengezo sase-Helsinki (ushicilelo lomhla kaOktobha wama-2008), iSouth Africa Good Clinical Practice (SA GCP) (ushicilelo lwesibini lomhla ka-Oktobha wama-2006), i-ICH GCP neziKhokelo zeBhunga loLawulo lwaMayeza

Ngoko uyacelwa ukuba wazise ugqirha wophononongo ukuba kubakho ezinye iingxaki zempilo ezithi zivele. Yena uza kukwazi ukukunika ulwazi olungaphezulu malunga nonyango olunokubakho. Ukuba ucinga ukuba kusenokubakho unxulumano nophononongo (ipolisi ye-inshorensi ayikuhlawuleli ukugula kwakho okwenzeke ngokwendalo okanye imiphumela esecaleni yonyango lwakho engaziwayo) uza kuthatha uxanduva lokuqalisa inkqubo yesibhengezo kwinkampani ye-inshorensi, kwaye ukuba yona ibona kufanelekile, iza konyula ingcali eza kuthatha isigqibo sokuba ingaba kukho unxulumano kusini na phakathi kweengxaki zakho zempilo ezintsha kunye nophononongo.

Ukuba uthe waba nengxaki efuna uncedo lonyango, uya kuhlolwa ngugqirha wakho yaye unakekelo lonyango uyakuthi ulufumane. Umxhasi uye wathatha i-inshorensi kwiZurich (inombolo yepolisi LA88818A) kwimeko yokwenzakala okunxulumene nolingo lonyango yaye uyavuma ukukubuyekeza ngokohlobo lokwenzakala kwakho, ngokobukhulu nokuzingisa kokwenzakala ngokuhambelana neZikhokelo zoMbutho woRhwebo lwaMayeza waseBrithani (ABPI) kwimeko yokwenzakala okanye imiphumela yonyango ebangelwa ngqo kukuthatha kwakho inxaxheba kuvavanyo.

Izikhokelo ze-ABPI zicebisa okokuba umxhasi wophononongo kufuneka akubuyekeze, ngaphandle kokuba wena uqinisekise okokuba ikwimpazamo, nangawuphi na umonzakalo owenziwe liyeza lophononongo okanye zezinye iinkqubo ezenziweyo ngokumayelana nendlela yokuziphatha kolu phononongo.

Umxhasi akayi kuba nembopheleleko ngayo nayiphi na ilahleko, ukwenzakala kunye/okanye umonakalo onokuwufumana ukuba loo lahleko ibangelwe:

- Kukusebenzisa naliphi na elinye iyeza ebudeni bophononongo

- Kuko nakuphi na ukwenzakala ngenxa yokuba wena ungazilandelanga iinkqubo okanye nayiphi na imiyalelo okanye iimpawu ozinikwa ngugqirha wophononongo

- Kuko nakuphina ukwenzakala okubangelwa nasesiphina isenzo okanye ukusilela ekuthatheni inyathelo elifanelekileyo malunga nomphumela osecaleni wonyango okanye indlela asebenza ngayo kuwe amayeza ophononongo

- Ukwenzakala okwenzeke ngenxa yokungakhathali kwicala lakho

Ngokutyikitya olu Xwebhu lweMvume, awunikezeli nangawo nawaphi na amalungelo akho asemthethweni. Ngokukodwa, ilungelo lakho ngokusemthethweni lokufaka ibango lembuyekezo yokwenzakala apho uthi ube nesiqinisekiso sobungqina bokokuba khange kubekho sehlo sokungakhathali.

IMVUME:

Isihloko soPhononongo: Uvavanyo lonyango lwamayeza afihlelwe onke amaqela kulingo lovavanyo olwenziwa kumaziko amaninzi noluhlelwe ngokwemigangatho nangokungakhethiyo ukuvavanya ithamo leyeza le-oseltamavir eliphindwe kabini neliqhelekileyo ekunyangeni umkhuhlane kubathathi-nxaxheba abanamajoni omzimba abuthathaka

Inombolo yeMithetho yoKuziphatha: NV20234D

Uyifundile kwaye uyaluqonda ulwazi olukhokelweyo kwaye imibuzo yakho iphendulwe ngendlela ekwanelisayo. Uvume ngokuzithandela ukuthatha uvavanyo olukhawulezayo lokuqonda isifo kunye nobalo lwe-CD4 (ukuba une-HIV) oluchazwe kule fomu yemvume nokukhutshwa kweengxelo zakho zonyango. Awuwarhoxisi nawaphi na amalungelo ngokusemthethweni ngokutyikitya le fomu yemvume. Uza kufumana ikopi etyikityiweyo yale fomu yemvume nebhalwe umhla.

Iphepha loTyikityo

Igama loMthathi-nxaxheba (ngoonobumba abakhulu )

Utyikityo loMthathi-nxaxheba Umhla nexesha

IGama elibhaliweyo ngoonobumba lomntu oQhuba ingxoxo yeMvume

(Ukuba ayinguye umphandi)

Utyikityo loMntu oQhuba ingxoxo noMhla weMvume kunye nexesha

(Ukuba ayinguye umphandi)

Mna, mntu utyikitye apha ngezantsi, ndiye ndazichaza ngokupheleleyo inkcukacha ezifanelekileyo ezinxulumene nolu phononongo kumthathi-nxaxheba ochazwe apha ngasentla yaye ndiza kumnika ikopi yale fomu yemvume etyikityiweyo yaze yabhalwa umhla.

Igama loMphandi elibhaliwe ngoonobumba

Utyikityo loMphandi Umhla nexesha

Mna, ndiyaqinisekisa ke ngoko ukuba imvume yomlomo ifunyenwe kumthathi-nxaxheba ongasentla. Umthathi nxaxheba wazisiwe ngobungozi kwakunye neenzuzo zophando, uyabuqonda ubungozi obunjalo kwakunye neenzuzo kwaye uyayinika imvume yokuthatha inxaxheba , ngaphandle kokunyanzeliswa, kweempembelelo ezingafanelekanga okanye ukuthenjiswa ngamaqithi-qithi angafanelekanga.

\*Igama elibhalwe ngoonobumba leNgqina Elingathathi cala

\*Utyikityo lweNgqina Elingathathi cala Umhla nexesha

**Iphepha eliNgaphandle leNkcazelo yeNkxaso yoPhononongo**

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| ***Isihloko soXwebhu***  Incwadana kaMongikazi waseSikolweni yoPhononongo lwe-Starz |

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| ***Abantu elungiselelwe bona***  Ezi ncwadana zenzelwe ukuze zinikwe abongikazi basesikolweni okanye abalawuli bezempilo basesikolweni ukwenzela izigulana ezithabatha inxaxheba kuPhononongo lwe-Starz. Le ncwadana iza kunikezela ngeenkcukacha ezifanelekileyo malunga nophononongo kunye nolwazi olungokuthathwa kweyeza. |

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| ***Inqanaba lokusebenzisa (ukubhalisa/imvume/ukugcina)***  Ukubhalisa kuphononongo |

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| ***Ifomethi yokuGqibela (ubukhulu bombhalo/iwebhu)***  DL, 6pp, imibala emi-4 kumacala omabini kwi-300gsm yesilika. Songa, usike uze ugobe ngokurola. |

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| ***Inani lamagama ento***  Elona nani liphezulu licetyiswayo lamagama: incwadana enamaphepha ama-6: amagama angama-520  Inani elililo lamagama: 549 |

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| ***Iinjongo zombandela***   * Ukuze kubalaseliwe injongo yophononongo ngokufutshane * Ngokufutshane kubalaseliswe ukuba ukuthatha inxaxheba kuphononongo kuza kuquka ntoni * Ukunikeza ngemiyalelo ecacileyo malunga nokuthathwa kweyeza lophononongo nokuba ngubani ofanele uqhagamshelane naye ukufumana ulwazi olungaphezulu |

Sincede sifumane olungolunye unyango lohlobo 2 lwesifo seswekile kwabaselula

**Uphononongo lwe-Starz**

**Senzele abantwana kwanabo bafikisayo abanohlobo lwesi-2 lesifo seswekile**

Fumanisa ukuba ungamnceda njani na umntwana osesikolweni sakho othatha inxaxheba

**Yintoni uphononongo lophando lonyango?**

* Amaphononongo ophando ezonyango anceda oogqirha bafumanise ukuba ingaba amayeza amatsha (aphandwayo) angaveliswa akhuselekile na kwanokuba asebenza ngokukuko kangakanani na.
* Kuphononongo lophando lonyango, iqela labantu liyavuma ukuthatha iyeza eliphandwayo ngelixa bejongwe ngoogqirha kunye nabongikazi bophononongo.
* Ukuba ebengekho amaphononongo ophando onyango, besingeke sibe nawo amayeza amatsha.

**Kutheni amaphononongo ophando ebalulekile ebantwaneni kunye nakubantwana abafikisayo abanohlobo lwesi-2 lesifo seswekile?**

Amayeza ngamanye amaxesha abachaphazela ngendlela eyahlukileyo abantwana kunye nabantwana abafikisayo kwindlela achaphazela ngayo abantu abadala. Nokuba ngaba iyeza liyasebena kwaye likhuselekile kubantu abadala, sidinga ukufumanisa ukuba liyasebenza na kwaye likhuselekile kubantu abasebancinci kananjalo.

Amayeza esifo seswekile akhoyo kungoku nje awasebenzi kuye wonke umntwana kwakwabo bafikisayo. Sidinga ukufunda lukhulu malunga neendlela zokunceda abantu abasebencinci ukuba balawule ngokukhuselekileyo uhlobo lwesi-2 lwesifo sabo seswekile.

**Yintoni uPhononongo lwe-Starz?**

* Uphononongo lwe-Starz luphononongo lophando lonyango oluza kubandakanya malunga nabantu abali-195, abaneminyaka yobudala eli-10‒17, abavela kwihlabathi jikelele.
* Luza kujonga ukuba lisebenza ngokukuko kangakanani na kwaye likhuseleke kangakanani iyeza eliphandwayo elinokunceda ukulawula amaqondo eswekile esegazini kubantu abasebancinci abanohlobo lwesi-2 lwesifo seswekile xa lidityaniswe nokutya okuthile nokuzilolonga.
* Iyeza eliphandwayo sele livunyiwe yi-Food and Drug Administration (FDA) yaseMelika ukuze lisetyenziswe ngabantu abadala abanohlobo lwesi-2 lesifo seswekile.

**Yintoni eza kwenzeka ngexesha loPhononongo lwe-Starz?**

Abathathi-nxaxheba kuPhononongo lwe-Starz baza kuthatha inxaxheba kumaxesha ohluzo nelonyango, naza kuqhuba malunga neenyanga ezisi-8 ngokupheleleyo. Kutyelelo ngalunye lakwiziko lophononongo, amanye amahlolo neemvavanyo (umzekelo, iimvavanyo zomchamo negazi) ziya kwenziwa ukujonga impilo yomntwana wakho.

Abathathi-nxaxheba baza kufakwa ngendlela engahlelwanga (njengokuqengqa idayisi) kwiqela elinye lonyango kwamathathu. Kwiveki yokuqala, bonke abathathi nxaxheba bophononongo baza kufumana usingayeza (ifana nqwa nechiza lophando kodwa ayinazo izithako ezisebenzayokuyo). Emva koko, elinye iqela liza kuqhubeka lifumana usingayeza aze amabini amaqela afumane amachiza ophando (ngemilinganiselo eyahlukileyo). Abathathi-nxaxheba, abazali babo, kunye nogqirha wophononongo abasayi kwazi ukuba umntwana ngamnye wabelwe kweliphi na iqela, okanye nokuba ufumana iyeza eliphandwayo okanye usingayeza na.

Abathathi-nxaxheba abathatha i-metformin eselwa ngomlomo okanye i-sulfonylurea yohlobo lwesi-2 lesifo seswekile kungoku nje baya kuqhubeka bewathatha lo mayeza ixesha lonke lophononongo.

**Ingaba ukhetho lokutya nokuzilolonga luya kuluchaphazela uphononongo?**

Bonke abathathi-nxaxheba abakuPhononongo lwe-Starz baya kuthatha inxaxheba kwinkqubo yokutshintsha indlela yokuphila. Kumatyelelo akwiziko lophononongo, abathathi-nxaxheba baya kuhlangana noGqirha Obhalisiweyo wezeSondlo okanye umntu Obhalisiweyo Ofundisa ngeSifo Seswekile oya kubanceda ukuba balandele isicwangciso esisempilweni, sokutya esenzelwe umntu ngamnye, aze abanike iingcebiso malunga nendlela engcono yokuzilolonga yomntwana ngamnye. **Liza kuthathwa njani iyeza lophononongo?**

Iyeza eliphandwayo kunye nosingayeza zombini ziza kuthathwa njengesitofu esihlatywa ngaphambi kwesikhumba esiswini. Izitofu ziya kwenziwa kabini ngosuku kwixesha elingekho ngaphezulu kweyure e-1 ngaphambi kwesidlo somntwana sakusasa nesangokuhlwa. Ukuba ngaba izitofu kufuneka zithathwe ngexesha leeyure zesikolo, abanye abathathi-nxaxheba banokudinga uncedo ekusebenziseni usiba olusisitofu.

Ngaphambi kokusebenzisa usiba lokutofa okanye isirinji/inaliti, qaphela kwaye ufunde ngokupheleleyo ulwazi olunikezelweyo kwaye ulandele imiyalelo enikezelwe ngugqirhawophononongo okanye umongikazi. Ukuba isixhobo sokutofa sisetyenziswe ngokungafanelekanga, singazisa umlinganiselo ongenguwo wechiza lophononongoo. Ukuba nayiphi inxalenye yesixhobo sokutofa ibonakala imoshakele okanye yophukile, akufanelanga ukuba uyisebenzise kwaye kufanele ukuba ibuyiselwe kugqirha wophononongo. Isixhobo sokutofa esingasebenzi ngohlobo olululo singazisa umlinganiselo ongenguwo nokuba imiyalelo ilandelwe ngokupheleleyo. Ugqirha wophononongo okanye umongikazi uza kukwazi ukunika imiyalelo yokumelana nale ngxaki. [Imigaqo embalwa ngokusetyenziwsa kosiba lokutofa kunye nemiphumela emibi yechiza enokwenzeka mayifakwe apha]

**Ingaba banganceda njani abongikazi basesikolweni kunye nabalawuli bezempilo?**

* Abathathi-nxaxheba banokudinga uncedo ngezitofu zabo zophononongo zemihla ngemihla. Sicela uncede ukuqinisekisa ukuba balandela izikhokelo ezizizo zokutofa ezichazwe ngaphambili.
* Abathathi-nxaxheba baza kunikwa iidayari ukuze barekhode naziphi na izehlo ze-hypoglycemia, izigulo, kunye nawo nawaphi na amayeza angaphezulu athathwayo. Xa kudingeka, nceda uncede umntwana ukugcwalisa idayari yakhe yophononongo ngokuchanekileyo.
* Abathathi-nxaxheba baza kunikwa amaphepha okubhala ukutya nokuzilolonga ukuze babhale izidlo zabo zemihla ngemihla kunye nokuzilolonga kwabo. Sicela ukhuthaze umntwana ukuba agcwalise amaphepha akhe usuku nosuku.

**Enkosi ngoncedo lwakho**

Siyayibulela kakhulu inkxaso yakho! Ngokunceda umntwana esikolweni sakho ukuba athathe inxaxheba kuPhononongo lwe-Starz, unceda thina ukuba siphande ngeendlela ezintsha ezingakho zonyango kubantu abasebancinci abanohlobo lwesi-2 lesifo seswekile.

**Ingaba ungathanda ukwazi ngaphezulu?**

Ukuba ngaba unayo nayiphi na imibuzo malunga noPhononongo lwe-Starz, nceda uqhagamshelane neqela lophononongo usebenzisa iinkcukacha ezilapha ngezantsi.

Incwadana kaMongikazi waseSikolweni

Incwadana kaMongikazi waseSikolweni