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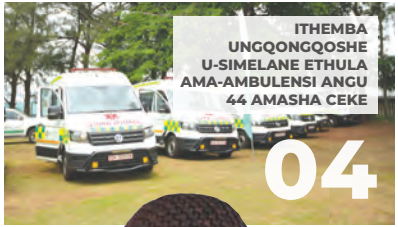
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KULINDELWE LUKHULU KU-"LENA," UMJOVO WEZIMANGA WOKUGWEMA I-HIV

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NGIYEKA KANJANI UKUBA NOPHATHINA ABANINGI KWEZOCANSI;



KUTUSWE UTHANDO NOKUZINIKELA KONOMPILO KUQASHWA NGOKUGCWELE ABAWU-5500

KUBATSHAZWE ugqozi nofuqufuqu olukhonjiswe wonompilo baKwaZulu-Natali, besebenza ngokuzikhandla iminyaka eminingi, behla benyuka behlenga abantu abagulela emakhaya, bacinge baze bavundulule labo asebeyeke imishanguzo bababuyisele ekuyidleni, abanye babaxhumanise nezikhungo zezempilo - ngaphandle kokuqashwa ngokuphelele.

Konke lokhu kusebenza kanzima kucine kuba nezithelo ezinhle njengoba uMnyango wezeMpilo, ngaphansi kobuholi buka Ngqongqoshe uNksz Nomagugu Simelane, ugcine uqasha ngokugcwele onompilo abangu 5500. Emcimbini wakamuva obuse-Princess Magogo Stadium KwaMashu, eThekwini, onompilo abavela kuzo zonke izinkalo zesifundazwe bebephume ngobuningi babo bezokwethamela lolu suku olube yingqophamlando, baphinde bamukela izincwadi ezifakazela ukuqashwa kwabo ngokusemthethweni.

Lapha bekuheleza umoya wentokozi njengoba bekuzezeka iphupho leminyaka kwabani.

Echaza ngalomsebenzi omkhulu kangaka, uNgqongqoshe uSimelane ufanise onompilo nokhiye ongeke wenze lutho ngaphandle kwawo uma uqonde ukugwema izifo, ukunqanda ukubhehetheka kwazo, nokugcina isizwe siphilile.

"Phambilini, oNompilo babeqashwe yizinhlangano ezizimele (Non-Governmental Organisations). Emva kwalokho, uMnyango wezeMpilo ube usubafaka ngaphansi kwawo, kodwa beqashwe ngokwe-contract. Umbutho kaKhongolose (African National Congress) ube usuthatha isinqumo engqungqutheleni yawo, wathi, 'Uma sithi qinisani usizo lwezempilo olusesigabeni sokuqala emphakathi (Primary Health Care) sasingathi qashani onompilo ngokwe-contract. Sasithi baqasheni ngokugcwele.' Yilowo myalelo esiwuthole kuKhongolose.

"Kusukela lapho-ke, uHulumeni ubelokhu esembhidlangweni wokuqasha onompilo ngokugcwele, ngokulandela imiqathango efanele.

"Siyazi ukuthi abezinyunyana babone ukuthi lokhu akusheshi ngendlela efanele,

base beyisa uHulumeni enkantolo, nokuyinto ebesiyeseka thina siyiKwaZulu-Natali, ngoba ngeke ukwazi ukuqinisa i-Primary Health Care ngaphandle konompilo, ngoba onompilo basebenza ngokukhulu ukuzikhandla.

"Mukhulu kakhulu umsebenzi abawenza njengoba besuke behambela amakhaya abantu. Esikhathini esiningi, abantu abagulayo, abalele phansi, basizwa wonompilo. Yebo, abahlengikazi bethu bayafika, kodwa umsebenzi wabo ngeke uyuqathanise nowenziwa wonompilo nsuku zonke. Yibo onompilo abaqinisekisa ukuthi abantu abagulayo bayayidla imishanguzo, futhi bayidla ngendlela. Kungakho ukuqashwa kwabo ngokugcwele sikweseka ngale ndlela."

UNgqongqoshe uqhuba wathi: "Njengamanje sesibheke ukubona ukuthi laba abanye abawu-4900 abangenawo u-matric sibaqasha kanjani. Njengoba sisalinde lokho, sibe sesibafakela 'uchatha' ka-R1000, ukuze bakwazi ukuqhubeka basebenze. Nokho, uHulumeni unomthetho othi wonke umuntu oqashwayo kufanele abe okungenani no-matric.

"Siyafisa ukubasiza nalabo abangenawo u-matric ukuze bagcine bekwazile ukuwuthola ukuze izinto zabo zilunge. Siyabagqoguzela ukuthi baqhubeka bafunde ukuze bakwazi ukuqasheka.

"Bangadikibali, kodwa sifisa ukubaxwayisa ukuthi bangayi kothenga izitifiketi ezimgunyathi ngoba lokho kuzobafaka enkingeni."

UNgqongqoshe uphinde wababonga onompilo ngokuphatha kahle iziguli, nokuhlonipha imininingwane yazo, wathi akakaze ezwe kuthiwa kunonompilo abahamba bakhuluma ngezifo zabantu esidlangalaleni. Ucele ukuba baqhubeka nokuziphatha ngandlela eyisibonelo esihle.

ULette Mthembu, ongunompilo osebenza ngaphansi kwesibhedlela saseManguzi, esifundeni uMkhanyakude, ubonge ukufika kwalolu suku njengoba eseneminyaka ewu-20 enza lomsebenzi.

"Siyabonga kakhulu kuNgqongqoshe ngokuthi asicabangele nathi ukuze sibukeke singabantu okufanele bathole okuhle emva kwesikhathi eside sisebenza."



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KULINDELWE LUKHULU KU- “LENA,” UMJOVO WEZIMANGA WOKUGWEMA I-HIV



LENACAPAVIR “LENA”



- **Yithi nje “nsi!” kabili ngonyaka umjovo wakho oyinqayizivele u-Lenacapavir uvikeleke kwi-HIV.**
- **Uzoqala ukutholakala ngo-February.**
- **Nokho u-“Lena” akazigwemi izifo zocansi nokukhulelwa okungahlelwe;**

UMNYANGO wezeMpilo KwaZulu-Natali ugqwele amagquma namathafa ukusabalalisa ulwazi ngomjovo ozomisa ukusabalala kwegciwane lesandulela ngculazi (HIV), ozojovwa kabili vo ngonyaka.

Bazokhumbula abantu bakwaZulu-Natali ukuthi uMnyango ukhulume kakhulu phambilini ngephilisi lika-PreP eliphuzwa usuku nosuku ukuze likuvikele kwisandulela ngculazi (HIV), futhi abantu besifundazwe babongwe kakhulu ngokulemukela ngezandla ezimhlophe leli philisi.

Nokho bebhona labo abebekhala ngokuthi bakuthola kunzima ukukwazi ukuphuza iphilisi usuku nosuku. Abanye babo bebhakamisa nokuthi kunganjani kube nephilisi noma umjovo ophuzwa kanye nje onyakeni, ukuze bavikeleke kuleli gciwane eliwumbulalazwe.

UHulumeni onakekelayo ukuzwile ukukhala kwabo, njengoba kuzothi ekuqaleni kuka February wethule lolu hlobo olusha luka PreP, oluwumjovo ozojovwa kabili nje vo ngonyaka bese uvikele abantu ekungenweni yi-HIV.

Lo mjovo waziwa ngokuthi i-Lenacapavir, kepha lapha KwaZulu-Natali uMnyango wezeMpilo usukhethe ukuwupha igama elilula kanye nesithakazelo esithi u-“LENA”: Ihawu Lakho Lokuzivikela.

Kuzokhumbuleka futhi nokuthi emazweni amama ngaseNingizimu ne-Afrika (sub-Saharan), intsha

eseminyakeni ephakathi kuka-15 no-24 yiyo esengcupheni enkulu kakhulu yokutheloleka nge-HIV – kakhulukazi amantombazane, kanye nabesifazane abasebancane. Lapha nezwe lakithi liyabalwa.

Egqunguzela ukwaziwa nokuthathwa kwalo mjovo uma usutholakala, uNgqongqoshe wezeMpilo KwaZulu-Natali uNksz Nomagugu Simelane uthe lolu hlobo lukaPreP womjovo – u-“Lena” luzolekelela kakhulu kulabo abebezithola benenkinga yokuqikelela ukuphuza iphilisi usuku nosuku futhi ngesikhathi esifanele, nathe uzodlala indima enkulu ekunciphiseni ukubhebhethaka kwe-HIV.

“Kubantu abaningi, ukuphuza iphilisi nsuku zonke kungaba nzima ngenxa yezimpilo ezimatasa noma ukwesaba ukucwaswa,” kusho uSimelane. “Ukuthatha umjovo kabili ngonyaka kwenza kube lula ukukugcina uvikeleleke.”

Lomjovo luzoqala ukutholakala ezweni lonke jikelele nakwezinye zezikhungo zethu khona lapha KwaZulu-Natali ngo-February 2026.

Yingakho uMnyango Wezempilo ususungule umkhankaso owuchungechunge wokwazisa umphakathi ngalolu hlelo. Inhlalo ngqangi yawo ukufundisa umphakathi mayelana nale ndlela entsha, ikakhulukazi labo abasengcupheni noma abasebungozini obukhulu, okuhlanganisa abazimbandakanya kunoma ngabe iluphi uhlobo locansi olungaphephile.

UNgqongqoshe uSimelane uthe: “Siyafisa ukukucacisa ukuthi lolu hlelo aluzile uzungcwaba uhlelo lwamaphilisi, kodwa luzokwenezela ngenye indlela elula yokuzivikela kwi-HIV. Aluzile ukuzoqeda ngezinye izindlela ebesivele sizazi futhi sizi sebenzisa. Umehluko nje wukuthi manje sekuzoba “wukheth’

ukhethi” wezinhlalo zokuzivikela kwi-HIV.

“Nokho, siyafuna futhi ukukuveza ukuthi u-“Lena” ugwema ukutheloleka nge-HIV kuphela, awukuvikeli ezifweni ezithelelana ngokocansi, nasekukhulelweni okungahlelwe. Yingakho sisagqunguzela abantu ukuba baqhubeka nokuzithiba, uma bekhetha ucansi olungaphephile balwenze kuphela nophathina oyedwa, abazihlolile naye, abasaziyo isimo segazi lakhe. Futhi sithi akuqhutshekwe kusetshenziswe amakhondomu abesilisa nawabesifazane, kuhlelwe imindeni.”

Njengamanje, lo-PreP wephilisi elidliwa nsuku zonke usuyatholakala ezikhungweni zezempilo kanye nakwimitholampilo engu-97%. Umjovo wona uzoqala maduze nje ngo February beze ujojovwa kanye njalo emva kwezinyanga eziyithupha (phecelezi kabili ngonyaka).

UNgqongqoshe uSimelane unxuse ukuthi umphakathi ubambisane noHulumeni ukunqanda i-HIV ukuze ime ngqi lapho likhona njengamanje. Ukwazi kabanzi ngalo mjovo, xhumana nomtholampilo wangakini. Bazokwazi ukukubeka esithombeni ukuthi ngabe useyatholakala yini u-“Lena,” noma bekuyalele lapho etholakala khona uma kuwukuthi uyazazi ukuthi ungumuntu osengcupheni.

Ngakolunye uhlangothi, bangaphezu kuka 8 million abantu abaphila ne-HIV kuzwelonke, kanti abadla imishanguzo kwaZulu-Natali balinganiselwa ku-1,6 million. UMnyango wezeMpilo uyaqhubeka nokugqunguzela abanaleli gciwane kodwa abangayidli imishanguzo ukuba babuyele ohlelweni lwayo ukuze baphile kahle, nakade.

UMAKAD'EBONA: "NGENZA ISIFO SIKASHUKELA SABA WUMNGANI WAMI"



UKUTHATHA isifo sikashukela njengomngani wakhe, kunokuba asithathe njengento ezokhahlameza impilo yakhe, yikho okwenze owesifazane (64) osephile iminyaka engu-11 nalesi sifo azibone esenqobile.

UNkk Zodwa Phoswa Nxumalo, waseMlazi kwa-B, owenze okuhlukile kwabanye, uthi okwamenza wamukela, aphinde anqobe isifo okwakufanele sikhinyabeze, siphinde sithathe impilo yakhe, kwaba ukusithatha njengomngani wakhe ongasoze amshiye, nozohlezi enaye njalo.

"Ngazitshela ukuthi lona ngumngani wami, manje usezoba nami noma yikuphi lapho engikhona. Ngisibiza kanjalo isifo sikashukela ngoba noma ikuphi lapho engisuke ngikhona asingishiyi, sihlale sikhona. Ngisho ebusuku ngihamba naso," kusho uNkk Nxumalo.

Uthe lokhu kumenze wafuna ukuqonda konke ngokuba nalesi sifo.

Ubekhuluma ohlelweni lwezempilo loMnyango wezeMpilo, KwaZulu-Natal, i-KZN Health Chat ngesikhathi kugujwa usuku lokuqwashisa ngesifo sikashukela emhlabeni wonke, i-World Diabetes Day ngo-November 14, esibhedlela i-Ekuhlengeni Psychiatric Hospital.

Inhlangano yezempilo emhlabeni wonke, iWorld Health Organization (WHO) iveza ukuthi balinganiselwa ku-830 million abantu abanesifo sikashukela emhlabeni wonkana.

Lesi sibalo sinyuke ngokushaqisayo uma kuqhathaniswa no-200 million obubikwa ngo-1990.

Bathi iningi lalaba abanaso bavela emazweni ahlwempu, nasafufusa futhi abanengi abayitholi imishanguzo.

UNkk Nxumalo uthi isinqumo sakhe simenze waba noshukela owenza abantu bengakholwa uma ebatshela ukuthi unalesi sifo. Uthe abantu abakholwa ngoba ubukeka ephilile.

Akazange avele asheshe amukele ngesikhathi eqala ukuzwa ukuthi unalesi sifo.

"Ngiye kadokotela, ngacela ukuthi bangihlole ngoba ngingazizwa kahle. Kuthe uma bengaboni lutho olungako, ngacela ukuthi bangicofe, yize ngiyisaba nje inaliti, ukuze babheke ukuthi awukho yini ushukela. Bababaza bathi ushukela ongaka. Angizange ngikhohle, ngafonela ingane yami ngathi ngicela ingiyise emtholampilo ukuze ngiqinisekise lento abayishoyo. Nakhona ngifikile bangihlole babaza esifanayo, ngoshukela ophezulu," kuchaza uNkk Nxumalo.

Noma kwaba buhlungu, uhlalise abantwana bakhe phansi wabatshela ngasekutholile, nokuyibo abalokhu bemsekile kuze kube manje.

"Kwakunzima ukuthi ngamukele. Ngancipha kakhulu emzimbeni, ngokuhamba kwesikhathi, ngazitshela ukuthi ngoba nginezingane kumele ngiqine kulesi simo engikusona, esingeke size sishintshe. Kumele ngiqine ngenxa yezingane zami. Izingane zami zingesekele ngaze ngabuyela ekubeni ngumuntu ojwayelekile," kusho uNkk Nxumalo.

Uthe wamukela ukuthi unesifo sikashukela ngoba "kufanele wamukele, bese ukhuluma nawe egumbini lakho wedwa, ukhulume nanoNkulunkulu, uzitshela ukuthi uzoyithatha imishanguzo, uye emtholampilo, wenze konke okuthiwa kwenze emtholampilo."

Asebenoshukela, ubanxuse ukuthi bazinakekele, bangadli okuthiwa abangakudli, njengokudla okunoshukela kakhulu. Uthe ngisho iziphuzo ezinezithelo eziwu-100% ziyingozi ngoba zinoshukela omningi kufanele bathi uma bentshontsha bafake amanzi kakhulu kungabe kusezwakala lutho oluwushukela. Kufanele bazwane nokuphuza amanzi.

UDkt Lindelwa Mzobe, ongudokotela esibhedlela iPrince Mshiyeni Memorial, eMlazi, uthi isifo sikashukela sihlasela noma ubani, kubantwana siyatholakala nakubantu abadala.

Uthe kubantwana kuvame ukuba ngenxa yokungena kwamagciwane aphazamisa ukusebenza kwamanyikwe (pancreas) okufanele engabe akhiqisa i-insulin, okufanele ilawule ushukela, bese umntwana eba noshukela. Kubantu abadala, kuba ngamaphutha abawenzayo, okungazinakekeli kahle, nokudla ukudla okungenayo impilo. Lokhu kuholela ekutheni bagcine benenkinga yokuthi i-insulin izithole seyisebenza ngokweqile ukulawula ushukela egazini, bese ingabe isakwazi ukusebenza kahle, ushukela unyuke ube phezulu. Uthe uma ushukela uphansi kungadalwa ukulimala kwesibindi ngenxa yokuphuza kakhulu utshwala ungalile.

UDkt Mzobe uthi ziqhaphela lezi zimpawu ezilandelayo:

- Ukwehla emzimbeni ungalosile
- Ukoma njalo
- Ukulezi ulambile
- Ukuvuka njalo udinga ukuyochitha amanzi
- Ukukhathala
- Ukuba nezigulo ezincane
- Ukushishelwa umchamo
- Izilonda ezingapheli
- Ukukhwehlela njalo

ITHEMBA UNGQONGQOSHE U-SIMELANE ETHULA AMA- AMBULENSI ANGU 44 AMASHA CEKE

IBE nkulu inhlokomo nenjabulo ngenkathi abasebenzi bezezimo eziphuthumayo boMnyango wezeMpilo kanjalo nomphakathi waKwaZulu-Natal behlomula ngama-ambulensi angu-44 amasha ceke!

Lolu hlelo lokwethulwa kwalama-ambulensi lwenzeke esizindeni sabezimo eziphuthumayo eWentworth, eThekwini kamuva, kanti kulindeleke ukuthi kulekelele uMnyango wezeMpilo ukwazi ukufinyelela kangcono



Lapha uNgqongqoshe ubegcwalisa nesithembiso asenza ngenkathi ethula isabelo-zimali ukuthi zizokwanda lezimoto. Ube futhi esethula nezinye izinhlelo zokuthuthukisa isimo kwa-EMS ukuze kubhekwane kangcono nezinsalelo zalolu phiko.

Lapha kubalwa nohlelo olwahlongozwa ukuthola ama-ambulensi azimele ukuhlangabezana nokusiza ukuthuthwa kweziguli phakathi kwezikhungo. UNgqongqoshe ube esechaza ukuthi lokhu akusho futhi akuchazi ukuthi u-EMS usefakwa phansi kohlelo lwabazimele (privatisation).

Lama-ambulensi ahlinzekelwe izifunda zonke zaKwaZulu-Natal kanti adle imali efinyelela ku R86 million.

UNgqongqoshe uSimelane ube esehlaba ikhwelo lokukhuza umhlola odla lubi wokuhlaselwa kwabasebenzi bezimo eziphuthumayo okwenzeka kwimiphakathi yethu.

“Lezi zigameko ziwubugebengu futhi kumele baboshwe abenza lamacala. Lezi zenzo zikhinyabeza ukuphepha kwemiphakathi futhi zihlasela ngqo ilungelo lomphakathi lokutholwa kwezinsiza kwezempilo. Ngakho-ke siyanxusa imiphakathi ukuthi ibavikele abasebenzi bethu bezezimo eziphuthumayo ngokubikela iziphathimandla zezomthetho uma inolwazi mayelanana nalezi

zigilamkhuba ngoba ziqhamuka khona emphakathini,” kusho uSimelane.

Unxuse imiphakathi ukuba ibike ngalezi zehlo kwabomthetho, futhi isebenze nabo ukuvikela abasebenzi.

“Akekho umsebenzi wethu wezempilo okumele asabele impilo yakhe uma enza umsebenzi obaluleke kanjena,”

Nabo abasebenzi bezempilo bakhombise elikhulu isasasa

ngokuthola lamathuluzi anqala okusebenza. UMnuz Thulani Kubheka onguMqondisi wakwa-EMS esiFundeni sasoThukela uthe ngcingci kamjoli emukela ama-ambulensi.

“Thina njengesifunda esihlinzeka kakhulu izindawo ezisemakhaya sijabule kakhulu ukuthola umthamo othe xaxa wezimoto ezintsha ezizosiza ukubhekana nezidingo zalemiphakathi. Lokhu okwenziwe uMnyango

noNgqongqoshe kusikhombisile impela ukuthi uMnyango uyasicabangela; futhi nathi sizokwenza okusemandleni ukugcina lezi zimoto ziphephile futhi zisesimweni esihle,” kusho uKubheka.

UMnyango kusalindeleke ukuthi uthole ezinye futhi izimoto ukwandisa umthamo wokubhekana nezimo eziphuthumayo nokuhlangabezana nezidingo zemiphakathi eminingi KwaZulu-Natal.



KUCINENE UTSHUMO UMNYANGO UGCWALISA IZIKHALA EMIKHAKHENI ENQALA

UMNYANGO wezeMpilo KwaZulu-Natali, ngaphansi kobuholi bukaNgqongqoshe uNomagugu Simelane, uphansi phezulu uqasha amakhulu ngamakhulu abasebenzi, ukugcwalisa izikhala emikhakheni ethathwa njengenqala ngokwedlulele. Lapha kubalwa izikhala zomsebenzi zabaphathi bezibhedlela, ezabaphathi bezifunda, kanye nezochwepheshe abahlukahlukene kwezobudokotela, ubuhlengikazi, kanye nakweminye imikhakha yezempilo.



Lo Mnyango uyaqhubeka futhi nokunika ithuba labo asebedinga ukuqoqa isipiliyoni ukuze baphothule izifundo zabo bagogode emikhakheni eyahlukahlukene kwezempilo, phecelezi ama-internships.

Ukugcwaliswa kwalezi zikhala kulandela ukuphumelela kokuhlelwa kabusha kwezimali zikazwelonke ukuze uMnyango wezeMpilo ukwazi ukubhekana nenselelo yokushoda kwabasebenzi.

Konke lokhu kulindelele ukuthi kulethe uzinzo, kuphinde kuthuthukise izinga lokuhlizekwa komphakathi ngezinsiza zezempilo ezikhungweni zikaHulumeni lapha KwaZulu-Natali.

UMnyango wezeMpilo kulindelele futhi ukuthi wethule ukuqashwa ngokuphelele kwabasebenzi bezempilo abagxile emiphakathini, abaziwa ngonompilo, abacishe bafinyelele ku-5000.

Phakathi kwezikhala ezigcwaliswayo kubalwa ezabaphathi bezibhedlela ezingu-12, okubalwa kuzo ne-Nkosi Albert Luthuli Central Hospital, eseThekwini, nehamba phambili kunazo zonke esifundazweni ngokuba

nochwepheshe kanye nemishini yokwelapha esezingeni lomhlaba, ekwazi ukubhekana nezifo ezibucayi.

UMnyango usembhidlangweni wokuqasha abaphathi bezifunda (district directors) ngaphanzi kwezempilo eMkhanyakude, eMgungundlovu, eThekwini, nase-King Cetshwayo.

Ochwepheshe kwezobudokotela (medical specialists) abaqashwayo bangu-50, futhi cishe bonke (47) sebeqalile ukusebenza. Abangabaphathi kuwona umkhakha wobudokotela (Head of Clinical Units) bona bangu-13; abahlengikazi abasezingeni lobuchwepheshe (okubalwa kubo abe-midwifery, critical care, nabe operating theatre) bona babe ngu-45.

Ngasohlangothini lodokotela (medical officers) bangu 168 abaqashwayo, kanti abangu 68 sebevele baqalile ukusebenza. Kulindelele ukuthi laba abanye baqala ukusebenza ngaphambi kokuphela kuka January. Odokotela abangochwepheshe (medial specialists) abawu-43 sebeqalile ukusebenza, kanti kusasele izikhala eziwu-7 okusamele zigcwaliswe.

Ezinye izikhala esezigcwalisiwe yilezi:

- 25 x Pharmacists
- 15 x Professional Nurse (Speciality) Operating Theatre
- 15 x Professional Nurse (Speciality) Critical Care
- 15 x Professional Nurse (Speciality) Midwifery
- 172 x Professional Nurses (General)
- 229 x Staff Nurses
- 13 x Clinical Programme Coordinators
- Chief Executive Officer: Inkosi Albert Luthuli Central Hospital
- 2 x District Directors
- Senior Manager Medical Services: RK Khan Regional Hospital
- Deputy Manager Nursing (Ceza and Benedictine Hospital)
- Manager Nursing: King Dinuzulu Regional Hospital
- Medical Manager Ceza Hospital

Khona manjalo, uMnyango ubhizi nokuqeqesha odokotela abazoba ochwepheshe emikhakheni eyahlukahlukene (registrars) abangu 337; kanti ngaphambi kokuba kuphele uJanuary 2026, kulindelele ukuthi kufakwe abangu-43.

Kulolu hlelo lwama-internships izibalo zabazonikwa ithuba zimi kanje:

- Medical Officers (120)
- Medical Specialists (43)
- Professional Nurses (172)
- Staff Nurses (179)
- Pharmacists (25)
- Professional Nurse Speciality (45)

Ephawula mayelana nakho konke lokhu, uNgqongqoshe wezeMpilo KwaZulu-Natali uNksz Nomagugu Simelane uthi: “Siyajabula kakhulu ukuthi sesifike la sikhona mayelana nokugcwaliswa kwalezi zikhala. Siyethemba kuzokwenza omkhulu umehluko, kuthuthukise indlela yokusebenza, nendlela abantu bakithi abazizwa bephatheke ngayo uma besezikhungweni zethu, ngoba phela wumsebenzi wethu lowo. Siyabahalalisela bonke abathole imisebenzi, kanye namathuba okuqedela ukufunda... Futhi siyabanxusa bonke ukuba baphathe iziguli ngendlela efana naleyo abangafisa kuphathwe ngayo izihlobo zabo!”

UNAMAVA NEZINHLELO EZINOHLOLONZE UMPHATHI OMUSHA WASE - “NKOSI ALBERT”

- Ufuna kube lula ukungena esibhedlela iNkosi Albert Luthuli Central Hospital, kwabakufanele...
- Ufuna odokotela nonesi bezibhedlela ezincane baqeqeshwe khona

UTHEMBISA izinguquko eziningi ezinhle nezingqala usomaqhinga wezempilo osanda kuqokelwa esikhundleni sokuphatha isibhedlela esikhulukazi salapha KwaZulu-Natali, iNkosi Albert Luthuli Central Hospital.

UMnuz Bafana Msibi, odabuka maphakathi koMnambithi ne-Harrismith, ungumakad’ebona emkhakheni wezeMpilo, kanti unamajazi amakhulu ezemfundo okubalwa kuwo i-Bachelor of Curations (Education and

Management); Master of Public Health specialising in Policy Development and Health System Strengthening; kanti njengamanje uqedela i-PhD yakhe kwi-Public Health.

Le nsizwa isanda kwamukelwa ngokusemthethweni yiNhloko yoMnyango wezeMpilo KwaZulu-Natali uNksz Penny Msimango, oyichaze njengomuntu osemnkantshubomvu emkhakheni wezempilo nasekuphathweni kwezikhungo ezingaphansi kwawo.

Isike yaba wumphathi obhekelele ukuphila kahle kwabesiMame nabaNtwana (Women and Children’s Health) eMnyangweni wezeMpilo kuZwelonke; kanti futhi useke waba wu-CEO laphaya kwa Office of Health Standards Compliance (OHSC).

Useke waba nawu-Chief Director eMnyangweni wezeMpilo e-Eastern Cape, ngaphansi komunxa wakwa-Hospital Services Management, ukubala nje izikhundla ezimbalwa.

“Ngisebenze kuwo wonke amazinga, kusukela kwisifunda, isifundazwe, nakuzwelonke. district, province, national, public entity.

“Ngiyajabula kakhulu ukuthola lomsebenzi, ngoba la engiphuma khona, e-Eastern Cape, bengiphethe izibhedlela ezinkulu, okuyi-Central Hospital, nama-Tertiary Hospital akhona. Bengiphethe nama-regional and specialised hospital, nezibhedlela ze-TB... O-nursing services, medical services, no-forensic pathology.

“Lesi sibhedlela iNkosi Albert Luthuli Central Hospital, asifani nezinye, futhi siyivela kancane emphakathini. Ziyabalwa ezinjengaso eSouth Africa. Omunye umsebenzi obalulekile wesibhedlela esinjengaso ukukhiqiza odokotela nabahlengikazi abawochwepheshe emkhakheni yabo. Baqeqeshwa kuzo lezibhedlela. Ngakho-ke, ukuphatha lesibhedlela kimina kusho ukusebenzisana ne-University of KwaZulu-Natal, nanekolishi yonesi, ukuthi bakhone ukuqeqesha ochwepheshe bezempilo... okungama-specialists, ama-sub specialists, nama super-specialists asebhaka ukugula okuthize okujulile,” usho kanje.

Ebuzwa ngomyalezo awubhekise kubasebenzi baseNkosi Albert, uthethe: “Ngiyabonga ngendlela engamukelwe kahle ngayo kulesibhedlela. Sengike ngahlangana nodokotela, amanesi, kanye no-matron. Umsebenzi esizowenza kulesibhedlela siwenzela abantu bakulesifundazwe, kanye nalabo abaqhamuka kwezinye izifundazwe ngoba nabo siyabasiza. Isibhedlela esikhulu lesi.

“Ngifuna sisebenzisane sonke ukuze umphakathi uthole usizo. Sifuna abantu bakuthole kulula ukungena kulesi sibhedla uma kufanele belashwe kuso. Izibhedlela ezincane kufanele zingakutholi kunzima ukuletha abantu kulesi sibhedlela uma bedinga ukwelashwa lapha. Ngikhulumile nodokotela abaphethe imikhakha ethile eyisipesheli, ngathi enye yezinto okumele sizenze wukuqeqesha odokotela namanesi ezibhedlela ezincane. Kubalulekile ukuthi baqhubeke nokusebenza ngokulekelwa nokuholwa wodokotela abakhulu balapha.”



U EQUALS U
IDLA IMISHANGUZO YAKHO NGENDLELA OYALELWE NGAYO

UMA I-HIV
INGASATHOLAKALI
EGAZINI LAKHO
AYIDLULISELEKI
KOMUNYE



SIVAKASHELE EKHUHLINGENI PSYCHIATRIC HOSPITAL, LAPHO BETHE KHONA: “ABAPHAZAMISEKE NGOKO-MQONDO BANGABANTU NABO”

“ABANTU abaphazamisekile emqondweni bangabantu njengabo bonke abantu, futhi kufanele baphathiswe okwabantu abaphethwe yinoma yisiphi isifo.”

UDkt Mzwandile Zondo, ongumphathi wesikhungo sezempilo esinakekela abantu abaphazamisekile emqondweni, i-Ekuhlengeni Psychiatric Hospital, KwaMakhutha, usho kanje ngesikhathi egqugquzela umphakathi ukuba ubanakekele abantu abaphazamisekile emqondweni, ungabacwasi.



Ekhuluma ohlelweni lwezempilo olusingethwe ngumnyango wezeMpilo KwaZulu-Natal, i-KZN Health Chat, uthethe abantu abanezifo ezithikameza umqondo badinga uthando nokunakekelwa.

Uthe kubalulekile ukuthi abantu bazane kangcono emindenini ukuze kube lula ukubona uma umuntu esenza izinto ezingajwayelekile, nezingaba yizimpawu zokuqala kokuphazamiseka komqondo.

Uma umuntu eqala enza izinto ezingajwayelekile kuhle aphuthunyiswe emtholampilo. Yize lesi sikhungo sinakekela abantu abaphazamisekile ngokomqondo, abantu abalaliswa kusona baqala kwezinye izibhedlela bese bedluliselwa kubona.

“Imitholampilo asiyisebenzise. Inabasebenzi abaqeqeshiwe, abaqeqeshelwe khona nokwelapha izifo eziphazamisa ukusebenza komqondo. Lapha emtholampilo, abasebenzi bethu kuzoba lula ukuthi basheshe bambone, babone nanokuthi yikuphi la bengamdlulisela khona,” kusho uDkt Zondo.

Uthe izifo ezithikameza umqondo zivela ngezindlela eziningi kubantu kanti futhi zisabalele kakhulu emiphakathini yethu ngenxa yezimo abantu ababhekana nazo. Abanye abantu, bathi bekade bephila ngendlela ejwayelekile, bazithole sebebona izinto ezibonwa yibo bodwa noma bezwa amazwi akhuluma nabo bodwa (hallucinations), baze bakhulume nawo. Kokunye babe nodlame, balimaze abantu noma impahla – lapho-ke kusuke sekuvela ezinye zezimpawu zokuphazamiseka, ezivamile kubantu abanesifo esiphazamisa umqondo, i-schizophrenia.

“Uma umuntu ekhombisa izimpawu zodlame, nathi asingabuyiseli ngodlame ngoba akusho ukuthi useyisilwane lo muntu, usewumuntu naye. Ake uqale uzame ukuthi umngene ngendlela eyiyona. Kephake, uma ubona ukuthi kungaphezu kwamandla, lo muntu unodlame kanti futhi angakulimaza nokukulimaza, angalimaza nempahla, kubalulekile ukuthi sibize abomthetho,” kuchaza uDkt Zondo.

Uthe abomthetho baqeqeshelwe ukubhekana nesimo somuntu onodlame ngoba ephazamiseke emqondweni.

UDkt Zondo uthethe uMnyango wezeMpilo unomgomo othi, abantu abakhombisa izimpawu zokuphazamiseka emqondweni abalindiswa kolayini. Uthe banohlelo olwaziwa nge-triage, lapho bebhaka ukuthi umuntu unayiphi inkinga, futhi udinga usizo olunjani.

Labo bantu bagcinwa esibhedlela isikhathi esingamahora angu-72, ukuze kubhekwe ukuthi ukuphazamiseka kwabo kudalwa yini. Uthe lokhu kuyaye kwenziwe uma umuntu efika okokuqala, eveza izimpawu zokuphazamiseka.

Kokunye abantu bayafika ezibhedlela bekhombisa ukuphazamiseka, kanti kungenxa yento ethile abayidlile, noma abayibhemile, kubuye kuphele.

Exwayisa ngokucwaswa kwabantu abaphazamisekile emqondweni, uthethe abantu kufanele bakhumbule ukuthi ukuphazamiseka emqondweni akukhethi bala lamuntu.

“Ukugula ngokomqondo okukanoma ubani, akukhethi. Kungaphatha omdala, kungaphatha omncane, kungaphatha omuhle, kungaphatha ongemuhele, kungaphatha ophila kangcono, kungaphatha ongaphili kangcono,

kungaphatha onemali, kungaphatha ongenayo. Sizocela ukutshela imiphakathi yakithi ukuthi akuhlukile nezinye izifo - kuyafana nazo zonke izifo,” kusho uDkt Zondo.

Uthe ukugula ngengqondo kuyelapheka, uma kungalapheki, kuyalawuleka. Abantu abagula ngengqondo abaphathiswe okwabantu nabo.

“Kumele banikezwe yonke into, nothando olufana nabo bonke abantu abagulayo abaphathwa izifo ezahlukahlukene,” kusho uDkt Zondo.

Unxuse imindenini nomphakathi ukuthi babanakekele, babavakashele nasezibhedlela. Uthe njengoba iziguli zilele esibhedlela sabo, zithola konke ezikudingayo kodwa ziyaludinga uthando oluvela emindenini.

OLUNYE ULWAZI OLUTHE XAXA NGEZIFO ZENGQONDO:

UDkt Siphile Mbambo ophethe odokotela esibhedlela i-Ekuhlengeni Psychiatric Hospital, ukhuluma ngezinye zezifo ezithikameza umqondo njengoba ethi zihlukahlukene, futhi ziziveza ngendlela ehlukene.

Kokhona eziziveza ngokuphatheka kabi, nomuzwa womunyu njenge-depression eyaziwa ngokwantalala. Uthe abantu kufanele babone uma umuntu esekhombisa ukuphatheka kabi okungapheli ukuthi kungenzeka ukuthi unaso lesi sifo, bamsize athole usizo lwezempilo. Uveze nokuthi kokunye lowo muntu angahlala yedwa, azivalele endlini, angabe esenza izinto abevame ukuzenza nokuzithokozela, ahlale elele.

Esinye siziveza ngokukhathazeka okungapheli njenge-anxiety. Uthe ukuba nexhala yinto ekhona kodwa kuyenzeka kube mandla kakhulu, umuntu agcine esesaba ngisho ukuphuma endlini. Omunye uze asabe ngisho ukwenza izinto ezibukeka zilula njengokuhamba ayogibela itekisi noma ukuphuma nje nabantu.

Abanye babona izinto ezingabonwa ngabanye abantu, bezwe namazwi ekhuluma nabo nokuvame kakhulu kubantu abane-schizophrenia. Abanye baze babe nodlame, bangalawuleki, kuze kudingeke ukuthi kubizwe abomthetho.

Kokunye kuba ukujabula ngokweqile bese uphinde udangala ngokweqile nokuvame kakhulu kwabane-bipolar. Uthe umuntu onalesi sifo, angakhombisa ukujabula manje, enze izinto ezingalindelekile, njengokusebenzisa ngokweqile imali, abe ngumuntu ongabambeki, ngokuhamba kwesikhathi nimbone usedangele ngokweqile.

Uphinde wabalula nesifo esithikameza abantu asebekhulile, i-dementia esinakho ukuphazamisa umqondo kubantu abadala. Abantu abadala bagcina besolwa ngokuthakatha ngoba bekhohlwa, bakhohlwe ukugqoka, babonakale behamba benqunu. Uthe kubuhlungu kakhulu ukugula kwabantu abadala ngale ndlela ngoba baze bakhohlwe ngisho ukudla, bazithole bewa, baze balimale ngenxa yakho.

UDkt Mbambo wexwayisile ngokusola abantu ngokuba nezifo ezithile ngoba sibabona benza izinto ezithile. Uthe umuntu okwazi ukuqinisekisa ukuthi umuntu unasiphi isifo ngudokotela noma ngumsebenzi wezempilo okuqeqeshelwe lokho.

UNENTSHISEKELO NGEMPILO ENGCONO KWABESILISA



ABANTU besilisa abanezinkinga zezempilo baya ngokuya bekuthola kulula ukuthola usizo njengoba uMnyango wezeMpilo KwaZulu-Natali ulokhu uqhubekile nokwakha amakhosomba abhekene ngqo nezidingo zabo.

Elinye lalamakhosomba liphakathi emtholampilo owaziwa nge-U21 Clinic, eMlazi.

Ophethe leli khosomba, uMnuz Sibusiso Brian Mbatha, uthe okwenze kusungulwe leli khosomba kulo mtholampilo ngo-2023, kube wukubona abantu besilisa bengazihluphi ngokuya emitholampilo.

“Abantu besilisa abazwani nokuya emtholampilo, abazwani nokulinda, abazwani nezinto eziningi eziphathelene nabo. Ezinsukwini kuke kwafika izinduna ezisuka le koMbumbulu, zathi azikwazi ukuthi zilashwe ngumhlengikazi wesifazane, zifuna lapho okunomuntu wesilisa khona,” kusho yena.

Okuhlukile abakwenzayo kulo mtholampilo, ukusheshe baqale ngabo abantu besilisa ngesikhathi befika emtholampilo.

Ngaphandle kwalokhu, babenzele nesigungu sokubeseka, i-support group. Njengoba abanye babo besebenza bengakwazi ukufika kusuka

ngoMsombuluko kuya ngoLwesihlanu, bayakwazi ukufika ngezimpelasonto, bathole usizo.

“Bafika ngempelasonto, bathole izinto zabo, bathathe amagazi abadinga lokho. Ikakhulukazi ngibuye ngibachazele (ngezifo), siyaye siveze nezithombe eziveza iminingwane ngezifo ezahlukahlukene. Uma sikhuluma ngezifo okubalwa kuzo i-prostate cancer (umdlavuzo wethumbu elingasesinyeni elikhiqiza uketshezi lwesidoda), kukhona abangazi nokuthi sikhuluma ngasilwane sini. Ngiyaye ngibalinganisele ngokuthi abantu besifazane benza i-Pap Smear, nabo abesilisa nabo banokwabo. Uma usuzazi ukuthi uneminyaka engu-40 kuya phezulu sondela emtholampilo sikwazi ukukuhlola.”

NangoLwezihlanu bayaphuma, bahambe ezindaweni ezinjengamarenki bayobabheka khona.

Nalapho baqala ngabo, babahlalele umfutho ophezulu wegazi, i-high blood pressure (BP). Uma kukhona ofisa ukuxoxisana naye ekhosombeni lamadoda, uyalinikwa lelo thuba. “Abanye baba nezimfihlo, bafune

ukuqondana nomuntu wesilisa kuphela.

“Umyalezo esifisa ukuwubhekisa kwabesilisa uthi nje, ‘Wozani emitholampilo bakwethu, siyaninxusa, siyanicela - ngoba labo abano-BP, abano-HIV bathola ithuba lokuhlalela i-cholesterol, bahlale namankwahla. Sengisho nawe muntu ongenalutho, uvumelekile ukuthi uze emtholampilo, uma ungaphezulu ka-40 sibe sesikuhlalela zonke lezi zinto.’”

Uthe uma uze emtholampilo wabo, awudingi okuningi, kufanele uphathe umazisi wakho noma i-passport nje kuphela. Uma sewufikile ube sewuthola ulwazi ngezinto eziningi okubalwa kuzo nokusoka ngokwezempilo, i-Medical Male Circumcision.

UNgqongqoshe wezeMpilo KwaZulu-Natal uNkk Nomagugu Simelane uthe kuyabakhathaza ukungayi kwamadoda emitholampilo – kungakho besembhidlangweni wokwandisa isibalo samakhosomba abesilisa emitholampilo nasezibhedlela.

Ubalule nokuthi ukungezi kwabo kunomthelela ekunyukeni kwezibalo zabo zegciwane lengculazi.

UNgqongqoshe uthe abesilisa bavame ukubeka izizathu ezithile uma bebuswa ngokungezi emitholampilo. Ezinye zazo zihambisana nezinkoleloze ngobudoda (njengokuthi indoda ayikhali, futhi kufanele ihlale iqinile), kokunye bakhala ngokuthi ngeke bahlale emitholampilo nomama abalethe izingane.

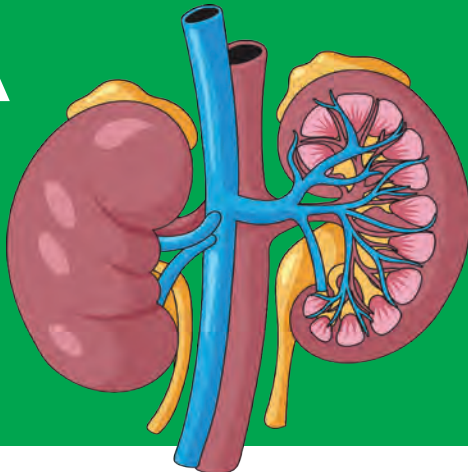
Uthe esibahlupha kakhulu ngesokungakhululeki kwabanye ukusizwa ngabahlengikazi besifazane basendaweni, okungaba bangomama, amadodakazi noma ngomakoti – bayaye bakhale ngokuthi ngeke bakwazi ukukhumula phambi kwabo, bese beqoka ukungezi emtholampilo.

Uveze ukuthi sebeze baqinisa izinhlelo zokuqeqesha abahlengikazi besilisa, okuwuhlelo oluqale ngo-2022.

Ngenxa yokuthi uhlelo lokufunda luthatha iminyaka emine, isibalo sabo sisephansi. Uthe lokhu akusho ukuthi bayambisana nezinkoleloze ngobudoda, kodwa bafuna ukuletha izisombululo zezinkinga ezifana nalezi futhi baqinisekise ukuthi bakhona abahlengikazi besilisa emitholampilo yabo enamakhosomba amadoda.

“ASISUKUME KUSENESIKHATHI UKUZE SIGWEME IZINKINGA ZEZINSO,”

KUSHO UNGOTI



Ukhamba lufuze imbiza kudokotela ozalwa wumhlengikazi, ofisa abantu bazihluphe ngolwazi mayelana nesifo sikashukela, umfutho wegazi ophezulu, nezinsu. Uxoxosane noSiphumelele Langa

Sicela usiphe amagama akho aphelele, nokuthi wenza msebenzi muni eMnyangweni wezeMpilo...

Igama lami uLungile Purity Sindy Gumede, kodwa ngaziwa ngelikaSindy. Ngisebenza njengePhysician kanye ne-Nephrology Fellow (uchwepheshe wezinso) eNkosi Albert Luthuli Central Hospital...

Ungowakuphi ngokuzalwa?

Ngazalelwa kwaNdengezi, ngakhulela ezindaweni ezahlukene: kwaNdengezi, eMlazi, enase-Woodlands.

Ake usithathe usibeke mayelana nendlela okhule ngayo, uhlobo lwekhaya ophuma kulo, kanye nezimfundiso ozithole kulo?

Ngikhulele emndenini omkhulu, obunogogo nomkhulu, omalume, kanye nabazala. Bengiyingane eyisipesheli, futhi ngiyiwele. Ngeshwa, iwele lami alisekho emhlabeni. Besitotoswa kakhulu futhi siphathiswa okwamaqanda. Kusukela ngisemncane, kwafakwa ekhanda lami ukuthi ngiyingane ekhethekile, futhi ekufanle ukuba wudokotela noma umhlengikazi. Eqinisweni, angazi ukuthi babengibona ngani. Ngangisithanda kona isikole, okuyiso engingathi sangiholela lapha engikhona namuhla.

Inini la ubone khona ukuthi unothando lobudokotela, futhi kwenzeka kanjani, luqhamukaphi?

Uthando lwaqhamuka kusukela ngisemncane. Ekhaya vele bekuyinto ebishiwo ukuthi ngizoba wumhlengikazi noma udokotela ngelinye ilanga, nami ngakhula ngibona ngokusobala ukuthi lowo wumsebenzi engingawenza.

Umama wami wayefundela ukuba ngumhlengikazi esibhedlela saseBaragwanath, eGoli, futhi wayefika ekhaya nyanga zonke egqoke umfaniswano wakhe omhlophe, ehlale ehlanzekile futhi emile kuwo. Ngathatheka kakhulu yilo mkhakha, futhi ngafuna ukufana ncamashi nomama! Ngakho-ke ngenza iziqu zami zobunesi eHoward College. Nokho, ngokuhamba kwesikhathi ngabona ukuthi into engangiyithandisisa

kwakuwumkhakha wobudokotela. Ngakho ngasuka ngayo esikoleni sobudokotela, nalapho ngakwazi khona ukuqhuba amaphupho ami okuba udokotela onguchwepheshe ozimele.

Bukhona yini ubunzima odlule kubona ohanjweni lakho, kusukela usafunda uze ufike la ukhona? Uma bukhona, ibuphi? Futhi uphumelele kanjani phezu kwakho konke lokho?

Ngingathi ubunzima obukhulu kwaba ukulahlekelwa ngabathandweyo bami, ngenkathi ngisaqhubeka nokulandela amaphupho ami. Owokuqala kwaba iwele lami, kwaba wugogo, kanye nobaba wami engangimthanda kakhulu.

Udadewethu wadlula ngesikhathi sezivivinyo, futhi ngangingakwazi ukuphutha ukuhlolwa. Kwabe sekudingeka ngiphume ekhaya izinsuku ezimbalwa ngesikhathi belungiselela umngcwabo ngiyohlala nomngani wami ukuze sifunde. Kubo lobo bunzima ngikhulwa wukuthi wanginika amandla okuthi ngingadikibali, futhi ngibhale kahle isivivinyo zami, ngikwenzele thina sobabili.

Ubaba naye wadlula ezandleni zami ekuseni ngezivivinyo zami ngonyaka wesine; kwaphinda futhi kwadingeka ukuthi ngiphuthe kulokho kuhlolwa. Ngonyaka wami wokugcina esikoleni sobudokotela ugogo wami wayegula, wayeseminyakeni yawo-80 kanje. Ngikhumbula ngithandazela ukuthi uNkulunkulu amugcine kuze kuqedwe izivivinyo zami. Washona ngosuku lukuqeda kwami ukubhala izivivinyo. Ngikhulwa wukuthi wayebambebele ngenxa yami nje, engafuni ukungiphoxa.

Ohanjweni lakho, yiziphi izinto ozithole uphoqekeka ukuba uziyeke empilweni ukuze uxile kahle ezifundweni zakho? (Abantu abaningi bayathanda ukulandela izindawo zenjabulo, utshwala, no-social media njl njl...)

Ngibusisiwe ngoba angikaze ngibe wumuntu othanda impilo yasebusuku, nobukhazikhazi. Ngaphinde futhi ngabusiswa ngomama oweyingilekelela ekunakekeleni ikhaya, epheka, eqoqa nasendlini ukuze ngikwazi ukugxila

ezifundweni zami. Empeleni ngingathi izinkundla zokuxhumana ezifana no-Instagram ekwakumele nginciphise kuzo ngoba ngangibona kuphazamisa kakhulu futhi kungenangqondo etheni.

Njengodokotela osebenzisana nomphakathi, yiziphi ezinye zezinto noma izingqinamba enibhekana nazo ezinyusa ijoka lomsebenzi wenu, ofisa engathi umphakathi ungayeka ukuzenza, noma uzenze ngendlela eyehlukile, noma ephephile?

Izingqinamba engibhekana nazo njengodokotela wezinso, ngabantu abeza ezikhungweni zezempilo emva kwesikhathi eside beqale ukugula, okwenza kube nzima ukuzilawula. Njengodokotela wezinso, ngifisa sengathi abantu bakithi bangakwazi ukusukumela impilo yabo kusenesikhathi noma kungakonakali lutho. Ngiyafisa futhi baphinde bafunde kabanzi ngezifo ezifana noshukela, umfutho wegazi ophezulu, nezinsu – bakwenze ngendlela efanayo, baqonde lezi zifo ngendlela ethi ayifane nabaqonda ngayo ingculazi.

Zonke lezi zifo ziyabulala, futhi iningi labantu lithola ngenhlanhla uma lizofuna usizo lwezempilo lokwelashelwa ezinye izifo.

Ngingathanda ukuthi singaziyekeleli, sisukume nje okungenani kanye njalo ngonyaka, sixilongelwe umfutho wegazi, ushukela, nezinsu. Okufanele baqinise kakhulu kulo mbhidlango, abasengcupheni, ilabo abanomlando walezi zifo emndenini, kanye namalunga omphakathi jikelele.

Siyazi umsebenzi owenzayo awulula, futhi ubona iziguli eziningi... Kodwa yini ongathi ikunika ukwaneliseka, ukugculiseka, noma intokozo ngawo?

Ngithola ukugculiseka emoyeni njalo uma ngifundisa umphakathi ngezindlela zokunakekelwa kwezinsu, futhi ngiwinika ulwazi ngolimi oluqondayo mayelana nezifo, izigaba zazo, kanye nendlela yokwelashwa, okubandakanya ukuzichazela ngemithi eyahlukahlukene. Intokozo enkulu nokho, yilapho esinye sesiguli sethu sithola inso entsha, bese sibuyela empilweni eyejwayelekile.

Yini ofisa yaziwe noma yenziwe umphakathi mayelana nokunakekelwa kwezinsu?

Ngingakhuthaza imindeni yeziguli ukuthi ize phambili izonikela ngezinsu ukuze abathandweyo babo bathole ukusizakala. Sike sithole ukuthi abantu bakithi abakholelwa ekunikeleni ngezitho zomzimba, ikakhulukazi ngenxa yokungabi nolwazi olwanele mayelana nakho.

Abantu bakwezinye izinhlanga bayanikela ngezinsu, futhi abathandweyo babo bayavuka bephinde bakwazi ukuphila izimpilo ezigculisayo ngenso entsha.

Sivame ukuthembela ezinsu ezivela kubantu abangasekho, kanti ziyindlala kakhulu futhi uhlu lokulinda luyaba lude. UNkulunkulu wasinika izinsu ezimbili, kodwa umuntu uyakwazi ukuphila kahle nenso ngeyodwa, njengoba ekwazi ukuphila ngeso elilodwa, noma isandla esisodwa.

Uthanda hlobo luni lomculo, futhi imaphi amaculo ahamba phambili noma owathandayo empilweni yakho?

Hahaha, ngilalela kakhulu u-Jay-Z, ngiyakuthanda ukuzethemba kwakhe. Umculo wakhe unginikeza umfutho wokuzethemba nokuzimisela ekufinyeleleni emaphusheni ami! Ngiyawuthanda nomculo wokholo, futhi ngithanda ukulalela uMahalia Buchaman noTasha Cobbs.

Uma ungekho matasa uyaye wenzeni ngesikhathi sakho ukungcebeleka noma ukubuyisa igazi?

Ngiyaluthanda ulwandle! Uzongithola noma yikuphi lapho kunolwandle khona. Ngithanda imvelo, nokuhambela amazwe, ngihlola umhlaba, ngihamba nabantu abasenzelisiyweni yami.

Yiziphi izifiso ozenazo mayelana nempilo yakho?

Ngifisa ukuba wu-Professor we-Nephrology ngelinye ilanga, futhi nginikeze usizo lwami ezindaweni zasemakhaya khona lapha e-KZN, ngifundise odokotela basezibhedlela zasemakhaya ngezindlela zokulapha isifo sezinsu kusenesikhathi.



EGUNJINI LIKADOKOTELA:

NGIYEKA KANJANI UKUBA NOPHATHINA ABANINGI KWEZOCANSI;

- Indoda ayingabizwa ngo-“Two-minute noodles”
- Uma singakhulumi nabantabethu ngezocansi, sithi abakhulume nobani?
- Thola ulwazi nge-atrophic vaginitis, nomthelela wayo

NJENGOBA kuqalala unyaka, lesi yisikhathi esihle sokuthi ke sibhekisise indlela esiphila ngayo, sihlonze izindlela zokuzithuthukisa, sishiye imikhuba emibi, engasisizi ngalutho, nebeka impilo yethu engcupheni, ukuze sibe abantu angcono kunayizolo.

Ngakolunye uhlangothi abazali nabaqaphi babantwana banenselelo yokukhulisa abantwana ngendlela efanele, sibasize baziqonde kangcono, bahloniphe umhlaba, sibaqwashise ngobungozi bophuzo oludakayo nezidakamizwa; baphinde bagweme nokukhulelwa okungahlelelwe, kanye nezifo ezithathelana ngokocansi, ukuze sibabambe kahle abaholi bakusasa.

1. Kunabungozi buni ukuba nophathina abaningi kwezocansi, uma sikhuluma nje jikelele?

Ukuba sesimweni esihle sempilo ngokocansi kubalulekile ngoba sizama ukugwema izifo ukuze sivikele impilo. Uma uzoba nophathina abaningi, ama-one night stand, or abantu onabo ebudlelaneni... uma nizoya ocansini niyayisebenzisa yini i-concom noma cha? Ibalulekile leyonto, kakhulukazi ukuthi nizivikela ngandlela yiphi. Uma uzoba nophathina abaningi, ningayisebenzisi ikhondomu, nizoba nezifo ezithathelana ngokocansi. I-infection ehamba phambili kunawo wonke yi-HIV... Iyona enqoba abantu abaningi, eyenza kwande isibalo sabantu abagulayo. Kufanele sikhumbule ukuthi noma ekhona ama-ARVs, alikabi khona ikhambi le-HIV. Zikhona nezinye izifo eziyingozi, njengo-syphilis (ugcunsula), Human Papillomavirus edala umdlavuza wesibelethe, kanye ne-gonorrhoea (i-drop).

2. Lobu bungozi noma ubungcuphe (risk) buhlukene kanjani uma uqhathanisa phakathi kowesilisa nowesifazane onophathina abaningi? (Yiziphi izinkinga engingazithola ngibhekene nazo ngokwezempilo uma ngiphila lempilo?)

Kuyenzeka uthole ukuthi umuntu unenkinga yokuba yisigqila socansi (sexual addiction), okuyinto ehlukenekathathu. Kukhona i-compulsive sexual behavior; kube khona i-impulsive sexual behaviour, bese kuba khona i-hyper sexuality. Lokhu siyobuyise sikuchaze; kodwa lezi ezinye zezinkinga ezenza abantu bazithole sebeka nophathina abaningi kwezocansi. Uma owesifazane onophathina abaningi, kuba nanenkinga yokukhulelwa okungahlelelwe, futhi

engeke azi ukuthi ukhuleliswe wubani. Lokhu kungagcina sekumholela ekuthatheni izinqumo ezingaphephile ezingabeka impilo yakhe engcupheni, njengokuchitha isisu ngokungekho emthethweni.

3. Njengoba kuqalala unyaka nje, yini engingayenza ukushintsha indlela engiziphethe ngayo uma ngifisa ukuzama ukuqoqa impilo yami, ngiyeke ukuba nophathina abaningi?

Umuntu kuyaye kumele avuleleke ekutheni afundiseke, futhi amukele futhi amele izinqumo zakhe, athathe izinqumo ezizomuphilisa. Indaba yokuba nophathina abaningi, futhi ayigcini nje kubantu besilisa, ikhona nakwabesifazane. Kwabesilisa indaba esizama ukulwa nayo yindaba yenkanuko, nale nkolelo ethi indoda idla ngamehlo, nendaba yemvelaphi, kanye namasiko ahlukahlukene. Lokho kuba nomthelela endleleni esiziphatha ngayo uma sesikhulile. Kubalulekile ukuthi uqonde ukuthi kungani lowo muntu edinga ukuba nophathina abaningi. Kumuntu wesilisa inkanuko ilawulwa hi-hormone esiyibiza nge-testosterone. Yiyo eyenza umuntu wesilisa abe wumuntu wesilisa (abe nentshebe, imisipha, intshebe, isitho sangasese njll)... Yiyo eyenza abantu besilisa babe wuvanzi esikhathini esiningi. Ngokujwayelekile, incane i-testosterone kumuntu wesifazane.

4. Abantu abaningi baze babe nophathina abaningi ngoba bethi abanelisekile ngokocansi komaqondana babo... Uma nginalenkinga ekhaya, ningodokotela niyaye nigqugquzele ukuthi ngibhekane kanjani nayo? Ngiziphatha ngaphi ukutshela uphathina wami ukuthi angigculisekile ngandlela thize?

Kubalulekile ukuthi sonke sibe nento okuthiwa yi-“comprehensive sexuality education”... okuwukuzama ukuqondisisa ucansi ngokuphelele... Esikhathini esiningi, uthola ukuthi umuntu othi akeneli, lokho ukushiso yisifo esithile uma simucwaninga siwodokotela. Izizathu ziyaye zihluke ezenza umuntu azizwe enganeli ekamelweni. Ukwenza nje isibonelo: uma umuntu wesilisa ene-premature ejaculation (eshesha ukuchitha) noma ene-erectile dysfunction (induku ingaqini kahle) kuba nzima ukuba akwazi ukwenelisa umuntu wesifazane. Ngakho-ke, nazo izifo ziyengeza... Singabuki nje kuphela ukuthi umuntu uyawazi yini ucansi, uyakwazi yini ukulwenza, uyakwazi yini ukufikisa umuntu wesifazane kuvuthondaba. Uzothola ukuthi kunezinto ezimuvimbayo. Kanjalo nakowesifazane, kuyenzeka kube nezinto

esizitholayo ezisuke zingahambi kahle ngokocansi... Ukwenza nje isibonelo, kunento okuthiwa yi-atrophic vaginitis, lapho umuntu wesimame eba khona nokoma esithweni sangasese, angakwazi ukulangazelela noma ukulungela ukuya ocansini, noma ukuba manzi kalula... [Lesi sifo sijwayelele ukuhlaselela abesifazane asebekwi-menopause (abangasayi esikhathini). Sidala ukoma kwenkomo, ukuluma kwayo, ukuzwakala ishisa kabuhlungu, ubuhlungu uma uya ocansini, kanye nezinkinga eziphathelele nomchamo].

Ngakho-ke ziba khona izifo ezivela ngenxa yokungabhalansi kahle kwama-hormones kumuntu wesifazane, ezingamuphazamisa kwezocansi, agcine engakutholi ukwenama ngendlela efanele. Kufanele futhi sikuveze ukuthi esikhathini samanje, indaba yokwanela nekwanelisa incikene nezinto eziningi. Manje sekuya nangemali, nangokuthi uzotholani ebudlelaneni. Ngakho-ke, ibalulekile leyonto ukuthi siphinde siyicabange. Kodwa kukho konke, okubalulekile wukuxhumana. Indlela esiqala ngayo uma sizoxhumana ibaluleke kakhulu, kakhulukazi kumuntu wesilisa, osazisayo isithunzi sakhe, nokuzizwa ehloniphekile. Uma uzomubiza ngamagama angemahle, umubize ngo-two minute noodles, uyamulimaza lowo muntu... Awakhi lapho, futhi ngeke ibe khona impumelelo. Asikaze silunge isixazululo sokuthi uphumele ngaphandle uma uzizwa ungelisekile ngoba lokho kufika nezinto eziningi. Kodwa abaningi bayakwenza.

5. Uma siphuma kulezo singena kwezabazali nokukhuliswa kwabantwana, kubaluleke ngani ukuxoxa ngokuvuleleka nomntwana mayelana nezocansi; ukukhulelwa okungahlelelwe, nangezifo ezithathelana ngokocansi?

Kumele sikuqonde ukuthi ukuhluma noma ukuthomba komntwana kuqala phakathi kweminyaka ewu-10 kuya ku-16. Kubalulekile ukuthi ngaleso sikhathi umntwana akwazi ukuzithola, futhi aziqonde ukuthi yena uwubani. Kubalulekile ukuthi abazali bafundiseke, bakwazi ukukhuluma nabantwana babo ngokuvuleleka. Ukungakhulumi nomntwana ngezindaba eziphathelele nokuthi ungubani, nangezocansi nokukhulelwa, kungamulimaza kakhulu, kumufake ogibeni lokwenza amaphutha. Mukhulu umehluko phakathi kwengane ekhuliswe ngokufundiswa nekhuliswe ngokunqatshelwa izinto. Uma uzohlezi uyingqabela ingane izofuna ukwazi ukuthi kungani kuthiwe angingakwenzi ukuthi...

6. Isiphi isikhathi esifanele sokuqala lengxoxo? (Futhi siyafana yini isikhathi sokuyiqala uma unendodana noma unendodakazi?)

Kufanele siqale kusukela eminyakeni ewu-10, ngoba ilapho umntwana esuke eseqala khona i-development phase, okuyisigaba sakhe sokuthuthuka esiletha izinguquko emzimbeni, okubalulekile ukuthi ayiqonde.

7. Kunabuphi ubungozi ukungayiqali lengxoxo yezocansi nomntwana, njengoba sazi ukuthi abantwana baphila ngesikhathi sika-social media, okwenza badudwe kalula abangani nezinto abazibona ezinkundleni zokuxhumana?

Lapha-ke khona kuya ngomzali ukuthi isandla sakhe sinjani; Uyawuvumela yini u-social media; futhi uwuvumela kanjani? Inabo ubungozi indaba yokungayiqali lengxoxo. Kodwa akugcini lapho. Kufanele sibheke ukuthi ingane inaye yini umama eduze kwayo (uma kuyintombazane), noma ubaba (uma kuwumfana) okuyibo okumele bakhulise umntwana ngendlela efanele. Into esibeka enkingeni yokukhulelwa kwabantwana okungahlelelwe wukuthi abantwana bayanqandwa; abafundiswa. Mukhulu umehluko phakathi kwalezo zinto!

8. Uyiqala kanjani ingxoxo yezocansi nomntwana njengoba sazi ukuthi lesi akusiso isihloko okulula ukukhuluma ngaso, ikhakhulukazi kithina bantu abamnyama?

Ukukhuluma yinto esiyiphile. Umdlali usiphile umlomo, wasipha nengqondo. Ngakho-ke, ukukhuluma akusiyiyo into okumele engabe siyayisaba. Yinto okufanele siyigqugquzele. Ukuxhumana kuwukhiye kuyo yonke into, futhi kubalulekile ukuze uqinise ubudlelwano phakathi kwakho nomntwana. Asingakusabi. Uma ungakwazi ukuxhumana nomntwana uthi akakhulume nobani?

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World Radiography Day; Madadeni Regional Hospital



Victoria Mxenge Regional Hospital, kubungazwa i-BHP Paediatric Centre of Excellence eyavulwa eminyakeni ewu-13 edlule



Umcimbi waseThekwini District, kubungazwa abasebenzi ngokuthola iziguli ezinesifo sofuba



Quality Day, Gamalakhe Sub-District



Quality Day, Grey's Hospital



Ntunjambili Hospital, Premature Babies Day

