



NGELIBANZI

Umgomo

Umgomo walesi sifundo ngukulungiselela abafundi ukunikeza nokukhuthaza izinsizakalo ze-HIV ezilinganayo kubantu abasengcupheni yobhubhane kusetshenziswa indlelakubuka emkhakhaminingi, okuzokwenziwa ngozwela nangokungabandlululi futhi ngenkathi kwenziwa lokho kuzuzwe amakhono nokungaxwayi ukuthatha umlando ongokwezocansi.

Izinhloso

Ekupheleni kwale mojuli umfundi uzobe esekwazi:

1. Ukubona izidingo ezingafani nezabanye zabantu abasengcupheni yobhubhane okubalwa kukho nesidingo sokuqinisekisa ukufinyelela kwabo ezinsizakalweni zezempilo ukuze kuliwe nobhubhane lwe-HIV
2. Ukubona ukukhishwa inyumbazane kwabasengcupheni yobhubhane okubalwa kukho nokuchema komnikinsizakalo.
3. Ukukhombisa ukuthi uthathwa kanjani umlando ongokwezocansi ngendlela engahluleli.
4. Ukuhlonza izinkomba zePrEP
5. Ukuchaza uhlelo lwePrEP, kuhlanganisa nokuhlola, ukulandelela nokwelulekwa kweziguli
6. Ukuchaza uhlelo lokuhlola izifo zocansi kwabantu abasequlwini.

Ukuvelelisa Unakekelokubambisana Ukufinyelela Onakekelweni Lwe-HIV Olucokeme

Okungumongo wale mojuli ngukuba bonke abafundi bacabange ngokuthi bangafunda kanjani ukunika unakekelo olukhuthaza ukuvelelisa konakekelokubambisana ukuqinisekisa unakekelo lwe-HIV olucokeme. Ngakho-ke abafundi kufanele bacabange ngokujulile imibuzo elandelayo:

- Okuqukethwe yilolu daba kungenza kanjani ngikwazi ukusebenza ngaphansi kwezimo zokuhlomphephane nokwabelana ngokubalulekile nabanye abasebenzi bezempilo?
- Ukuqonda kangcono iqhaza lami nelabanye abasebenzi kungisiza kanjani ukunakekela izidingo zeziguli, kuhlanganisa nokukhuthaza unakekelo olungcono lwabantu abane-HIV?
- Lolu daba lungisiza kanjani ukuvelelisa ukuxhumana neziguli, imindeni, imiphakathi nabasebenzi kwezempilo nakweminye imikhakha ngendlela esukumela phezulu eseka ukunakekela ngokubambisana?
- Yimaphi amasu engiwafunde kulolu daba angaqinisekisa ukuthi ngibamba iqhaza ngempumelelo njengelungu lethimu yonakekelo lwezempilo, ngiqaphela izindima zethimu ezahlukahlukeni ezidingekayo ukuhlela, ukuletha nokuhlola unakekelo olugxile esigulini/kubantu, nokuqinisekisa ukuthi unakekelo lwesiguli luphephile, alulibali, luyagculisa, luyaphumelela futhi lunokulingana?



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Izingxenyana Zokufundwayo



Isikhathi
ngokwemi



Ukubhala



Roleplay



Ingxoxo

Isingeniso

Udaba



Izifinyezo

ART	Anti-retroviral therapy CT Chlamydia trachomatis FSW Female sex worker
GC	Neisseria gonorrhoeae (gonorrhoea)
HBsAg	Hepatitis B surface antigen
HBV	Hepatitis B virus
HIV	Human Immunodeficiency Virus
HIV RNA	HIV ribonucleic acid or HIV viral load HPV Human papilloma virus
MSM	Men who have sex with men
NAAT	Nucleic acid amplification test or PCR (polymerase chain reaction)
PEP	Post-exposure prophylaxis PrEP Pre-exposure prophylaxis PWH People with HIV
PWID	People who inject drugs RPR Reactive plasma reagin
STI	Sexually transmitted infection

UJoseph yindoda eneminyaka engama-25 ubudala osebenza njengothisha we-HIV ofundisa abanye enhlanganweni yomphakathi yendawo. Usephumele obala ngokuthi une-HIV kodwa hhayi ukuthi uya ocansini namanye amadoda. Ufika esibhedlela enenkinga yobuhlungu uma ezikhulula kanjalo nokuphuma uketshezi endunu. Ezinyangeni ezimbili ezedlule useye kaningi ocansini namadoda ahlukehlukehane angathandani nawo. Uhlala kude ngo25km kodwa uze ngoba engaziwa lapha. Unexhala ngokubuzwa imibuzo nokuhlolwa ngunesi endaweni enabantu nesobala futhi unovalo lokuchaza ngezenzo zakhe zocansi kumsebenzi wasesibhedlela.

Umsebenzi 1



1. Ukubona izidingo ezingafani nezabanye zabantu abasengcupheni yobhubhane okubalwa kukho nesidingo sokuqinisekisa ukufinyelela kwabo ezinsizakalweni zezempilo ukuze kuliwe nobhubhane lwe-HIV.

Xoxa ngokuthi kuhlolwa kanjani ngakunye kwezihloko ezilandelayo mayelana nesiguli esiyingane ene-HIV. Yimiphi imiphumela yokuhlolwa komzimba okufanele uyithole?



Lisho ukuthini itemu elithi “Abasengcupheni yobhubhane”?

Yiziphi izithiyi zokungafinyeleleki konakekelo lwezempilo lwabasengcupheni yobhubhane? Ziyini izidingo zabasengcupheni yobhubhane ezingafani nezabanye?

Kusemqoka ukuba siqinisekise ukufinyeleleka konakekelo lwezempilo lwabasengcupheni yobhubhane ukuze silwe nobhubhane lwe-HIV. Abasebenzi bezempilo nomphakathi bangaselulela kanjani isandla kwabasengcupheni yobhubhane ukuqinisekisa ukuthi bayafinyelela futhi bayizithola izinsizakalo zeze-HIV?

UMSEBENZI 2



Ukubona okubalwa kukho nokuchema komhlinzeki

Hlukanani nibe ngababili. Cabangani ngesikhathi lapho nake nakhishwa inyumbazane (noma kwasengathi abantu banenza inhlekisa noma bayanibandlulula ngenxa yokwehluka kwenu kwabanye. Xoxani ngalokho nophathina wakho. Kwakunjani okwenzeka?

Uyakubona ukucwasa nokubandlulula emphakathini wakini kanye/ noma nasesikhungweni sezempilo? Yiziphi izibonelo ezithize?

Ake uzindle ngawedwana. Yikuphi okungukuchema onakho ngabe-SMS? Ungase ukunqobe kanjani lokhu ucabangela indima yakho engokomsebenzi?

Eqenjini lenu labambalwa, xoxani ngokungaba yimiphumela emibi yokucwasa nokubandlulula abasengcupheni yobhubhane. Nisebenzisa ishadi lemiphumela emibi elisekhasini 105 le *Additional Learner Material* xoxani ngokuthi thina njengabasebenzi bezempilo singalwa kanjani nalokhu kucwasa nokubandlulula. Xoxani ngokuthi singalisingatha kanjani iphuzu ngalinye eshadini



Ubuzile ukuthi amakhondomu ayasetshenziswa yini	YEB O	CHA
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Emaqenjini enu abambalwa xoxani ngemibono yenu mayelana nevidiyo:

1. Yikuphi umnikinsizakalo akwenze kahle?
2. Yikuphi umnikinsizakalo abengakwenza kangcono?

Okulandelayo, sizobuka ividiyo yokuthatha umlando ongokwezocansi ongcono. Gcwalisa uhlukuqinisekisa ukokelezele okuqaphelile. Buka kumnikinsizakalo akwenzayo nakushoyo ongafisa ukukulungisa.

Ingabe umnikinsizakalo:

Ucelile imvume yokuxoxa ngomlando ongokwezocansi	YEB O	CHA
Ubuze imibuzo ngendlela engahluleli	YEB O	CHA
Ubuzile ukuthi isiguli sesake saya yini kaningana ocansini	YEB O	CHA
Ubuzile ukuthi isiguli sizihlobanisa nakuphi ngakwezocansi	YEB O	CHA
Ubuzile ngezenzo ezingokocansi	YEB O	CHA
Ubuzile ukuthi amakhondomu ayasetshenziswa yini	YEB O	CHA

Emaqenjini enu abambalwa xoxani ngemibono yenu ngevidiyo:

1. Yikuphi umnikinsizakalo akwenze kahle?
2. Yikuphi umnikinsizakalo abengakwenza kangcono?
3. Yimaphi amasu enizowasebenzisa ukuthatha umlando ongokwezocansi engahluleli?

Izihloko eziyisi-5 ziyithuluzi noma uhlaka ekuthatheni umlando ongokwezocansi futhi zibhekisela emaphuzwini okufanele kuxoxwe ngawo ngokuvulelekile nesiguli.

1. Ophathina
2. Imikhubakwenza
3. Ukuzivikela kuma-STIs
4. Umlando owedlule we-STIs
5. Ukuvimbela ukukhulelwa

Kula maphuzu ayisi-5 yimiphi imibuzo ongayibuza ukuthatha umlando ongokwezocansi ophelile? Ekuqambeni imibuzo zamani ukuyenza ivuleleke futhi ingahluleli. Umelekeleli wenu uzoninika iziqondiso ngqo.



UMSEBENZI 3

Khombisa ukuthi ungawuthatha kanjani umlando ongokwezocansi ngendlela engahluleli.

Ukuthatha umlando ophelile ongokwezocansi engahluleli kungabanzinyana futhi kuthatha isikhathi ukukwejwayela. Sizozala ngokubuka amavidiyo amafushane amabili okuthi uthathwa kanjani umlando ongokwezocansi. Eyokuqala iveza indlela enezinkingana yokuthatha umlando ongokwezocansi. Gcwalisa uhlukuqinisekisa, ukokelezele okuqaphelile. Bukisisa okwenziwa noma okushiwo ngumnikinsizakalo okudinga ukugwenywa.

Ingabe umnikinsizakalo:

Ucelile imvume yokuxoxa ngomlando ongokwezocansi	YEB O	CHA
Ubuze imibuzo ngendlela engahluleli	YEB O	CHA
Ubuzile ukuthi isiguli sesake saya yini kaningana ocansini	YEB O	CHA
Ubuzile ukuthi isiguli sizihlobanisa nakuphi ngakwezocansi	YEB O	CHA
Ubuzile ngemikhubakwenza engokocansi	YEB O	CHA





Manje, ngababili, nisebenzisa eminye yemibuzo nolimi eniluphakamisile, lingisani ukuthi ningawuthatha kanjani umlando ongokwezocansi. Oyedwa uzodlala indawo yomnikinsizakalo, omunye abe nguLubanzi. Odlala indawo yomnikinsizakalo kuzofanele azethule, azise isiguli ukuthi sizobuzwa imibuzo ephathelene naso ngqo, asibuze ukuthi siyavuma yini futhi asikhumbuze ukuthi okuzoxoxwa kuzoba yisifuba. Okuzolandela, ngokubuzwa kwemibuzo yamaphuzungqangi ayisi-5. Odlala indawo yesiguli kufanele aqhamuke nezimpindulo zemibuzo. Emva kwemizuzu emi-3, shintshanani ngezindawo, niphinde nilingise.

Uma wonke umuntu eseyidlalile indawo yomnikinsizakalo, sebenzisani imizuzu embalwa nicabangisisa ngale mibuzo elandelayo:

1. Ingabe ebenikwenza kukwenze wazizwa ungakhululekile?
2. Yikuphi ongathanda ukukwenza kangcono ngokulandelayo uma uthatha umlando ongokwezocansi?

UMSEBENZI 4

Izichasiso ngezikhombo zePrEP.

Isivimba kungakenzeki, noma iPre-exposure prophylaxis (PrEP) ngokusetshenziswa kwemishanguzo evimba ukungenwa yigciwane le-HIV kubantu elingakabangeni. Inhlangothi i-WHO itusa ukuba bonke abantu abasengcupheni enkulu yokusuleleka ngegciwane le-HIV banikwe i-PrEP njengendlela yokuvimbela. Kuyini “ukuba sengcupheni enkulu” ye-HIV? Ziyini ezinye zezinkomba ze-PrEP?

Uhlaziya uhlumibuzo lokuhlola lwe-PrEP olugwaliswe nguLubanzi. Ngokwenza lokhu, uthola ukuthi uLubanzi useye ocansini nabantu abayisi-9 ezinyangeni eziyisi-6 ezedlule, abayisi-6 kubona obekungamadoda. Ucabanga ukuthi wasebenzisa ikhondomu izikhathi ezimbalwa kuphela kulokho kuya ocansini. Akakaze abe nesifo socansi ezinyangeni eziyisi-6 ezedlule, nanxa eminyakeni emibili edlule ake aba nokuvuza endunu okwalashwa ngama-antibhayothikhi.

Uphendule ngokuthi akazi noma ukhona yini kwaselale nabo oseke waba ne-HIV. Akakaze aye ocansini ezinsukwini ezintathu ezedlule (ugcine ezinsukwini ezingama-20 ezedlule ukuya ocansini ngaphandle kwekhondomu) futhi akanazo izimpawu “zomkhuhlane” noma “okusafu” Utusa ukuba uLubanzi asebenzise i-PrEP?

UMSEBENZI 5

Chaza uhlelo lwe-PrEP, okubalwa kulo ukuhlolwa, ukulandelela nokululekwa kweziguli.

Chaza uhlelo lokuhlolwa izifo zocansi kwabasengcupheni yobhubhane.

Uthathela eminingwaneni engenhlala, unquma ukuthi uLubanzi kufanele asebenzise iPrEP. Akayidingi iPrEP futhi akanayo iHIV emawala ngakho ufuna ukuphakamisa ukuba asebenzise iPrEP. Ukutshela ukuthi akakaze ezwe lutho ngePrEP nokuthi egcina ukuhlololwa iHIV ezinyangeni eziyisi-6 ezedlule kwaveza ukuthi akanayo.

Yimiphi imiphumela yaselebhu okufanele itholwe ngaphambi kokusetshenzwa kwe-PrEP? Sebenzisa iThebhu 1 eliku-WHO *Implementation Tool for PrEP eku-Additional Learner Materials* ekuphenduleni lo mbuzo.

Yiziphi izinsizakuhlola ongazi-oda ukuhlola izifo zocansi kuLubanzi? Uma kungumuntu ongenazimpawu osengcupheni enkulu ofika emtholampilo?

Ukuthatha umlando ongokwezocansi kumqoka ekutholeni ukuthi yibuphi ubungcuphe okungenzeka ukuthi isiguli sikubona uma unquma ukuthi yiziphi izifo zocansi esizozihlololwa. Ngokwesibonelo, uma kungukuthi kusukela ugcina ukusibona isiguli sasiya ocansini lwendunu kuphela, ungase uhlolole i-GC/CT yendunu. Ngaphezu kwalokho, uma ethatha umlando ongokwezocansi, umuntu angase abuze ngezimpawu zesifo. Imvamisa, iziguli zingase zingaludaluli, lolu lwazi uma zingabuziwe.



Cabanga ngemibuzo elandelayo bese ubhala impendulo efigqiwe.

1. Ufundeni kule ngxoxo ngokucwasa?
2. Yikuphi ozokukhumbula kule ngxoxo ngokulandelayo uma uthatha umlando ongokwezocansi esigulini?

belmiphumela yokuhlolela uLubanzi i-HIV ithi akanayo. Uyafisa ukusebenzisa iPrEP. Yimiphi imishanguzo ongamnika yona?

Ubuzokwenzenjani ukuba ukuhlolelwa ihepatitis (HBsAg) kuveze ukuthi unayo? Would Bekuzoyishintsha kanjani indlela uzomelapha ngayo?

Imiphumela yokuhlolela kukaLubanzi i-HBsAg iyabuya, izeza ukuthi akanalutho. Uthola umgomo wehepatitis B. Ungatasa ukuba uLubnazi athole kuphi okokulandelela? Sebenzisa iThebula 2 le-*WHO Implementation Tool for PrEP* eliku-*Additional Learner Modules* ekuphenduleni lo mbuzo.

Uzomeluleka kanjani uLubanzi ngokusebenzisa i-PrEP?

Izikhombo/Imithombo

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