



UKUKHUTHAZWA KWEZEMPILO NOKUVINJELWA KWEZIFO: NURS 209

**Ukuhlola Ukukhuthaza Ezempilo
Isihloko Sohlukuqinisekisa:
UMDLAVUZA IKAPOSI SARCOMA (KS)**

Igama lomfundi..... Inombolo
yomfundi.....
Usuku.....

Okuzo fundw a	Yeb o	Cha	Aku nge ni
1. Bingelela bese uzethula- (phemba ubudlelwano)			
2. Yisho ukuthi omfundisayo ungubani noma umcele azisho yena (ubudlelwano)			
3. Ukubukeka kwakho. Ugqoke ngendlela efanelekile futhi uzilungise kahle (izinwele, izinzipho, ukuziphophotha, umfaniswano kuvumelane nemithetho ebekiwe)			
4. Ukuhlela indawo yokufundela: ukubeka konke ngononina -Ukuhlala (kufanelekile kwabazobamba iqhaza) -Inhlanzeko -Iziphazamiso (akukho msindo, kukhanya kahle, umoya ungena kahle)			
5. Chaza inhloso yengxoxo yezempilo -isihloko -isizathu sesihloko (kungani kufanele kuxoxwe ngaso) -balula okuzofezwa (lokho ofisa kufezeke ekugcineni)			
6. Chaza okuhloswe ukuba bafundiswe -yenza uhlu lwabantu abafanelekile ukuthola ingxoxo ngekarposi sarcoma Labo abasengcupheni			



<p>7. Ukwethula kokuzofundwa</p> <p>Kuqinisekisa ukuthi yonke imigomo yokufunda ngezempilo ilandelwa isifundo sonke:</p> <p>7.1 Ukukholakala [ulwazi oludluliswayo lungethenjwa, kalushintshashintshi futhi lusekelwe ngobufakazi obungokwesayensi]</p> <p>7.2 Isidingo [ingabe kungokwesidingo sezempilo esingokoqobo]</p> <p>7.3 Ukubamba iqhaza [kuvula amathuba okwamukeleka, ukuzimbandakanya nokuthatha izinqumo okuvulelekile]</p> <p>7.4 Ukukhuthaza [ukukwazi ukugcina umuntu enothando futhi ekhuthazekile ukushintsha indlelakuziphatha]</p> <p>7.5 Ukuqondakala [kusetshenziswa ulimi oluqondwa yilabo okuhloswe ukuba bafundiswe futhi lusezingeni labo]</p>			
<p>7.6 Ukugcizelela [ukuphinda umyalezo emazingeni anhlobonhlobo nangendlela ehlukile ukuze ukhunjulwe]</p> <p>7.7 Ukufunda ngokwenza [khombisa ukuthi kwenziwa kanjani uvumele nezethameli ukuba zikwenze: ‘uma ngizwa, ngiyakhohlwa, uma ngibona, ngiyakhumbula, uma ngenza ngisuke sengazi’]</p> <p>7.8 Kokwaziwayo kuya kokungaziwa [sukela kulokho isiguli esikwaziyo kakade bese wethula lokho okusha]</p> <p>7.9 Ukubeka isibonelo [yenza izibonelo ezingokoqobo okuyamaniseka kalula nazo]</p> <p>7.10. Ubudlelwano obuhle [ikhono lokuxoxa ngokukhululeka nofundiswayo nangokuhloniphana]</p> <p>7.11 Ukwenanela [kunikeza ukwenanela okufanelekile futhi kwenze ukulungisa okufanelekile kuqinisekise nokuthi ofundiswayo ukuqonda konke]</p>			
<p>8. Ukusetshenziswa kolwazi olufundisayo lokugcizelela okufundwayo, isib.amapheshana noma imiyalelo ebhalwe phansi.</p>			
<p>9. Izejwayezi</p> <ul style="list-style-type: none"> -Ziyafaneleka kwabafundiswayo (ubudala, ulimi, isiko, izinga lemfundo) -ukuzwakala kwephimbo nokuphinyiswa kwalo -ukuzethemba 			
<p>10. Ukuvula amathuba okucela imibuzo kofundiswayo.</p>			
<p>11. Ukuphendula imibuzo ngobuqotho</p>			
<p>12. Ukubuza imibuzo embalwa ukugcizelela amaphuzu amqoka.</p>			



13. Ukubukeza amaphuzu amqoka nokuphetha ingxoxo.			
14. Ukubonga ababambiqhaza ngesikhathi sabo.			
15. Isikhathi sabiwe futhi sasetshenziswa ngokufanelekela ingxoxo			

***buza umfundi ukuthi yikuphi okugxilwe kukho, nokuthi kungukuVimbela Okuyisisekelo, Kokwenzela noma Okuphakeme.**

Kwenziwe kahle

Akwenziwanga kahle

Ukuphawula komelekeleli.....

Isiginesha kamelekeleli.....

Umdlavuzana





iKaposi Sarcoma

iKaposi Sarcoma (KS) ngumdlavuzi obangela ukumila kwezisihla zezicubu ezingajwayelekile ngaphansi kwesikhumba, olwelwesini lomlomo, ikhala nentamo noma kwezinye izitho zomzimba.

IZIMPAWU

🔍 Skin lesions (pink to brown, brown-red or reddish purple)

0 Iqhubu elincane noma elikhudlwana (iqhuqhuva) noma ibala esikhunjani

🔍 Swelling in the arms, legs and elsewhere due to KS causes damage to lymph nodes

0 Izinkinga zamaphaphu, isisu noma emathunjani

🔍 Anaemia, and occasionally bleeding slowly

0 Ngaphambi kobhubhane lwe-HIV/AIDS lomdlavuzi wawungandile. Kodwa ezigulini ezine-HIV/AIDS ukhula mawala.

NCIPHISA UKUBA SENGUPHENI

A person can reduce risk by avoiding known risk factors that raise risk of HIV infection:

0 Gwema ucansi oluyingozi olungavikelekile.

🔍 Avoid using intravenous (IV) needles that have been used by someone else



UKUHLOLA

Ukuqinisekisa ukuthi isilonda asibangelwa yilo mdlavuzi, udokotela uzosika isicutshana esilondeni asithumele elebhu siyohlolwa.

UKWELAPHA & IMBANGELA

0 Ukwelapha iKaposi sarcoma kuba nzima ngenxa yobuthaka bamasosha omzimba abagulayo.

0 Udokotela angatusa ukwelapha kuye ngesimojikelele sempilo yesiguli kanjalo nokuthi izilonda zikuphi, zimbi kangakanani nokuthi ziningi kangakanani.

0 Kubantu abane-AIDS, kusetshenziswa imishanguzo elwa ne-HIV ukuhlasele leli gciwane. Lokhu kungenza ngcono impilojikelele yomuntu kusize ekulapheni iKaposi sarcoma.

0 Amathuba okulashwa iKaposi ancike ohlotsheni lwesifo.

0 Cishe abangaphezudlwana kwikota abaneKaposi sarcoma baphathwa ngomunye umdlavuzi ongaholela ekufeni.

