

**Impact of the COVID-19 pandemic on health care workers and the health care system in Zimbabwe
(ICAROZ)**

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2020 -07- 23

APPROVED

ALSEWAY HARARE

Zvamunofanira kuziva nezve chirongwa ichi

- Tinokupai gwaro iri kuti muverenge nezvechinangwa uye nezvekubatsira kunoita chirongwa ichi.
- Mushure mekunge maverenga gwaro iri munekodzero yekuramba kuva muchirongwa kana kubvuma kupinda muchirongwa asi munogona kuzoshandura pfungwa dzenyu nenguva inotevera.
- Hatingakuvimbisei kuti chirongwa ichi chingakubatsirei. Chinangwa chikuru chezvirongwa zveongororo ndecekudzidza kuti pangangove neruzivo rwunozobatsira vamwe ramangwana.
- Ndapota nyatsotarisai gwaro iri mubvunze musati maya nesarudzo.
- Kuva kwenyu muchirongwa isarudzo yenyu uye hazvikukanganisei kuva kubasa kwenyu.

CHINANGWA

Vashandi vezveutano ndivo varikushanda vari pamberi vachirapa ruzhinji rwose. Vashandi ava ndevenoti madhokotera, vanamukoti, vanobatsira vanamukoti, vanochenesa zvipatara, vana mabharani, vanoshanda mumalab, vanotengesa mishonga, vanochengeta zvipatara nevese vanoshanda mubasa rekupa hutano kuvanhu. Kubva patanga hosa yeCOVID-19 kune vazhinji vanoita mabasa ezveutano pasi rose vakasangana nevarwere vaiva nehosha iyoyi yeCOVID-19. Kushanda mubasa rezveutano kunoita kuti muve pamhene kuti mubatwe nechirwere cheCOVID-19 kudarika vamwe vane mamwewo mabasa. Pamusoro pazvo, vashandi ava vanodawo pekushandira pane hutano hwakanyanya kuti varambe vainve hutano hwakanaka kuti vazvidzivirirewo nekugara vakasimba.

ZVICHAITWA UYE NENGUVA YACHO

akokai kuti muve munobvunza mibvunzo yakadzama murimoga kana kuti muve pane vamwe makaungana muchibvunza mibvunzo. Nekuda kwekupararira kunoita chirwere hweCOVID-19, kana zvingagoneke kuita kubvunzana takatarisana, tinogona kuzviita tichisandisa runhare. Tinongokwanisa kutanga kutapa kubvunzana uku apo pamunenge mabvuma kuva muchirongwa. Tinotapa kubvunzana uku uye tichinyorawo pasi zvatinenge tichikurukura asi hatinyore zita renyu pasi. Kana muine Email Address kana kuti WhatsApp paMbozha runhare yenyu, gwaro reruzivo irori nechibvumirano zvinotumirrawo kwamuri kuti muverenge. Munokokwa kuva muchirongwa ichi nekuti imi muri mushandi wezveutano kana kuti munoshandira pachipatara. Tichakubvunzai mafungiro enyu maererano nekukosha kana kugamuchirika kwekusarudzwa kuti muongororwe nezveutano kwenyu nevamwe vamunoshanda navo. Tinodawo kuziva kuti imhando ipi yamungada kuitirwa izvi, kipi kwamungade kuitirwa izvi, nguva yacho uye nezuva racho ramungada kuonekwa. Pamusoro pazvo tinoda kuziva kuti chirwere cheCOVID-19 chakukanganisai zvakadii basa renyu, zvamunoita pabasa renyu pamunoshandira uye kuti makazviita sei kuti musava munopinda munjodzi mubasa renyu zuva nezuva.

Kana manga matooenekwa kare zvichiburikidza nevashandi vechirongwa ichochi, kureva kuti manga matoonekwa kuti munopinda here kana kuti kwete nevashandi vechirongwa tinodawo kuziva kuti makanzwawo sei nemabatirwo amakaitwa uyewo tinodawo kuziva kuti zvakashandurawo hupenyu hwenuy nemwero upi. Tinokukurudzirai kutaura nezvenhaurirano dzakakosha dzezveutano uyewo nezvekuti mungada sei kuwana rubatsiro nezveutano uyewo kuti matambudzikko api amunosangana nawo mukuwana rubatsiro nezveutano. Pamusoro pazvo, tinogona kukubvunzai maererano nenhunha djamungava nadzo nekuda kwekuendeswa pamhene pane chirwere cheCOVID-19 apo muri pabasa penyu uyewo kuti zvakaitika sei.

Zvamuchaudza vashandi vechirongwa ichava iri tsindidzo, hapana mumwe asiri mushandi wechirongwa achava nemukana wekuona zvamunenge matiudza. Vashandi vechirongwa vanogona kunge vachitapa nhaurirano, asi hamukwanise kuzivikanwa nezita kuti ndiani kana kuti zvamuchataura zvichangoendesa kumusoro pasina kana zita renyu kuti pasaita anoziva kuti ndiani akatura zvakati. Mushure mazvo, nhaurirano yenu inenge yakatapwa ichachengetwa mukabati inenge yakakiiwa, zvichachengetwawo mumacomputer echirongwa ichochi ayo asingavhurwe nani zvake asiri weko. Izvi zvinozoparadzwa kwapera makore anokwana kuita gumi mushure mekunge chirongwa chapera.

ZVINORWADZA KANA ZVIPINGAIDZO

Nhaurirano idzi hadzina kugadzirwa kubvunzo mibvunzo yezvakavanzika. Asi, panemukana wekuti munogona titaurira izvo zvenyu zvakavanzika uye zvakakosha, kana kuti munogona kusanzwa kusununguka kutaura dzimwe nyaya. Vashandi vechirongwa vachachengetedza zvese zvamunenge mataura pakavanzika uye zvamuchatiudza zvichangotaurwa pasina chinonongedza zita remunhu kuita kuti musazivikanwe. Ndapota rangarirai kuti hamusungirwe kupindura mibvunzo yese kana kuva munhaurirano kana muchiona sekuti mibvunzo iyi yanyanya kunangana nemi kana kutaura nezvazvo hamunzwe kugadzikana.

ZVAMUNGAWANA KANA ZVAMUNGARIPWA NAZVO

Zvichabuda muongororo iyi zvichatibatsira kunzwisa kuti chii chingashandisa mukusarudza nezveutano vashandi veuhutano uye kuti izvozvo zvinoitirwa kipi nekutiwo vanenge vachida kurapwa vanotumirwa kunorapwa sei. Hapana zwiwanikwa ipapo ipapo kwamuri imi sedungamunhu. Kuva kwenyu muchirongwa hamutarisirwe kubhadhara kana chii zvacho, uye hatikubhadharei kuva kwenyu muchirongwa ichi asi tinogona kukuripai nguva yenu kana kukudzoserai mari yenu yamashandisa kukwira michovha kana manga mangofambira kuuya kuzopindura mibvunzo iyoyi chete.

CHENGETEDZO YAKAVANZIKA

Muchinge mabvuma kuva muchirongwa ichi nekuisa runyoro rwenyu mugwaro rechibvumirano rino, zvese amunenge matiudza zvichachengetwa tisingashandise zita renyu. Hakuna mumwe munhu anogona kubata zvese zvamunenge matiudza asiri mushandi wechirongwa ichochi. Hakuna munhu angagona kukuzivai kubva pane zvese zvamunenge matiudza nezvenyu.

Tinodawo kutapa zvatichange tichitaura kuitira kuti hapana chatinozosiya chamataura chakakosha. Tinogonawo kunge tichinyora pasi pabepa zvatinenge tichitaura nemi. Tinogona kushandisa zvamunenge Mataura semuenzansiro wemafungiro evashandi vezveutano panozobuda mapepa eongororo iyoyi, asi zita renyu hariburitswe pachena.

KUDA KWENYU KUVA MUCHIRONGWA

Kuda kwenyu kuva muchirongwa ichi. Kana muchinge masarudza kusava muchirongwa ichi, hazvikukanganisei hukama pakati penyu neve Biomedical Research and Training Institute (BRTI) varikuita chirongwa ichi kana avo

Process Evaluation Consent_Shona

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vamunoshandira. Kana muchinge mabvuma kuva muchirongwa, makasununguka kuregera kuenderera mberi nekubuda muchirongwa pasina kana mhosva yamunopihwa.

MUNGABATE ANI KANA MAITA MIBVUNZO KANA MATAMBUDZO

Kana muchida kuziva kana kuva nemibvunzo maererano nezvechirongwa cheICAROZ ndapota bvunzai mushandi vechirongwa arikukubvunzai mibvinzo. Munogona kushandisa nhamba dzefoni dzinotevera kana muchinge muine rumwe ruzivo rwamunoda

Mukuru wechirongwa: Dr. Grace McHugh paNumber idzi 0773957611.

Musati maisa runyoro rwenyu pagwaro rino, ndapota bvunzai mibvunzo yamusiri kunzwisia maererano nezvechirongwa ichi. Munogona kutora nguva yenyu yakakosha kuti munyatsofunga nezvazvo

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Zuva ramaisa runyoro rwenyu pagwaro rino kupinda muchirongwa chino, izuva ranhasi, zuva iri rinofanira kunge richienderana nemazuva akaiswa pachidhindo chiripasi pebepa rega rega rechibvumirano ichochi. Mazuva aya anoratidza kuti gwaro iri rinofanira kushanda kubva rini pamaisa runyoro rwenyu asi harizotaridze kuti muchatora nguva yakareba zvakadii muri muchirongwa ichi. Bepa rega rega regwaro rino rechibvumirano rine chidhindo kuratidza kuti rinemyumo kubva kune veMRCZ.

MURIKUITA SARUDZO YEKUTI MABVUMA HERE KANA KUTI HAMUNA KUBVUMA KUPINDA MUCHIRONGWA ICHI. RUNYORO RWENYU RWUNORATIDZA KUTI MAVERENGA MUKANZWISA ZVESE ZVAMAPIHWА PAMUSORO APO, MIBVUNZO YENYU YESE MAPINDURWA, UYE MASARUDZA KUVA MUCHIRONGWA.

- Ndaverenga zvese maererano nezvechirongwa ichi ndikanzwisa zvandinotarisirwa kuva uye zvinoitika kwandiri kana ndichinge ndapinda muchirongwa ichi
 - Ndanzwisa kuti chero neipi zvayo nguva ndinogona kubuda muchirongwa ichi ndisingape chikonzero kana kukanganisa mashandiro angu.

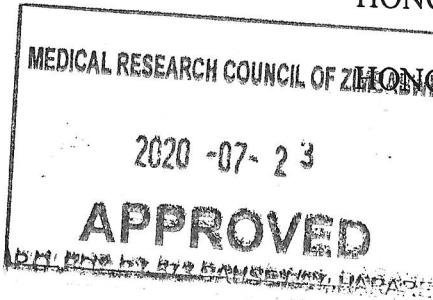
Ndabvuma kuva muchirongwa ichi

HONGU □ KWETE □

Ndabvuma kuva ndinopindura mibvunzo yakadzama

HONGU □ KWETE □

Ndabvuma kuva ndinopinda mumusangano (workshop)



Consent from participant:

...ta reapinda mutsvakurudze (R. i. o)

Runyoro rweapinda mutsvakurudzo

Zuva

Zita remushandi wetsvakurudzo (Print)

Runyoro rwemushandi wetsvakurudzo

Date