

Integrated multi-disease screening for TB-affected households in Zimbabwe

Principal Investigator: Dr Claire Calderwood MSc MRCP

Phone: +263 780981949

Muri kukokwa kupinda mutsvakurudzo.

Zvemunofanira kuziva pamusoro petsvakurudzo ino:

- Tinokupai gwaro rino reruzivo kuti muverenge nezve chinangwa, njozi uye zvamungawane mutsvakurudzo ino.
- Hatikuvimbisei kuti pane chamuchawana kubva mutsvakurudzo ino. Chinangwa chikuru chetsvakurudzo ndechekuwana ruzivo runozogona kubatsira vamwe vanhu mune remangwana.
- Mune kodzero yekuramba kana kubvuma kupinda mutsvakurudzo izozvi asi muzochinja pgungwa dzenyu panguva inotevera.
- Nyatsoverengai gwaro rino retenderano zvakanaka. Bvunzai chero mubvunzo upi zvawo musati maita sarudzo.
- Sarudzo yekupinda mutsvakurudzo kuda kwenyu.

SEI TIRI KUITA TSVAKURUDZO INO?

VeWorld Health Organisation vari kukoshesa zvikuru kutariswa TB muvanhu vanogara mudzimba dzine munhu anenge aine TB (kuongororwa kwevanogara nemunhu ane TB). Tsvakurudzo ino ichakwanisa kuwana ruzivo rwekuti vanhu vanogara mudzimba dzine munhu ane TB vangave nezvirwere zvinomwirwa mishonga kweupenyu hwese here nekuona kana kutsvaka zvirwere izvi panguva yekuongorora TB, zvingabatsire senzira yekuvandudza utano muvanhu nemunharaunda muZimbabwe.

Tinokukokai kupinda mutsvakurudzo nekuti munogara muimba imwe chete nemunhu akabatwa TB. Tsvakurudzo iyi iri kuitwa sechikamu chetsvakurudzo inonzi “ERASE-TB” inova tsvakurudzo huru iri kuitwa nechinangwa chekugadzira nzira itsva dzengagone kubata TB ichangotanga. Munokwanisa kunge makapinda mutsvakurudzo iyi. Kana muchinge muri muERASE –T, nyangwe mukasarudza kupinda mutsvakurudzo ino hazvikanganise kuve kwenyu mu ERASE-TB. Tsvakurudzo ino irikuitwa nana mazvikokota *vescience* vanosanganisira veku Biomedical Research and Training Institute, veLondon School of Hygiene and Tropical Medicine vari kuUK pamwe chete neUniversity yeMunich kuGermany.

CHII CHINOITWA PAKUPINDA MUTSVAKURUDZO INO?

Kana mukabvuma kupinda mutsvakurudzo ino, muchakumbirwa kusaina gwaro retenderano. Tichakubvunzai mibvunzo pamusoro pehutano neraramiro yenyu. Mushure mekunge matsanangurirwa kuti ongororo (tests) idzi ndedzei, tichakuudza mhando dzeongororo (screening tests) dzakasiyana siyana dzinosanganisira kuongororwa HIV (pachishandiswa ropa kana mate), shuga (tichitora ropa tabaya pachigunwe) hypertension (BP), chirwere cheitsvo chisingapere, huremu hwakapfurikidza kana hwakadzikirisa pane hunotarisirwa, datambudziko rekuona, zvirwere zvepabonde (pachishandiswa weti yamunenge matipa) uye zvirwere zvepfungwa. Ongororo zhinji dzichaitwa panguva yamunoshanya kuzoonekwa mutsvakurudzo asi dzimwe ongororo dzinoitirwa ku*laboratory* muHarare. Zvese zvatorwa zvnoparadzwa/kuraswa kana ongororo dzangoitwa. Muchaudzwa zvinenge zvabuda muongororo dzichaitwa munguva yekushanya kwetsvakurudzo kana zvakanisika. Kana zvawanikwa muongororo zvisati zvabuda panguva yekushanya, tichakutsvakai nefoni kana tave nazvo. Kana musingashuvire kuitwa imwe ongororo pane dzinenge dzichiitwa, munokwanisa kuramba, zvisingakanganise kuve kwenyu mutsvakurudzo ino.

Kana muri mumwe wevanhu vari mutsvakurudzo yeERASE-TB, tichabatanidza kuongororwa panguva yamunoshanya kuzoonekwa kuERASE-TB. Nokudaro kupinda kwenyu muchikamu chino zvinogona

kuwedzera nguva yamuchatora pakushanya ne15minitsi. Kana kusiri kudaro, tinotarisa kuti kushanya kwenyu kunogona kutora 45 minitsi kana awa imwe chete.

NJODZI NEKUSAGADZIKANA

Kutorwa ropa kunogona kukonzera kusagadzika kana kakumara kadiki panenge patorwa napo ropa, sezvinongoitika pese panotorwa ropa. Munokwanisa kuonekwa muine chirwere nekuda kwekupinda mutsvakurudzo ino, zvogona kukushungurudzai, zvakaadaro hazvo, tichafamba nemi tichikukurudzirai.

ZVINOOGONA KUWANIKWA KANA MUBHADHARO

Hatikuvimbisei kuti muchapirwa zvimwe zvinhu kana mubhadharo mutsvakurudzo ino. Kuongororwa kwezwirwere munhu asati arwara zvinogona kubatsira kuti zwirwere izvi zvibatwe nekukurumidza. Nokudaro, munokwanisa kurapwa zvodzivirira matambudziko mune ramangwana. Tichakupai ruzivo pamusoro pezvirwere zvakasianasiyana zvati kuongorora mutsvakurudzo ino, tokubatsirai kuti mukwanise kuongororwa zvaka kana kurapwa ndokunge ongoro yaratidza kuti mune chirwere.

Tinovimba kuti tsvakurudzo ino ichabatsira vamwe vanhu mune ramangwana nekutibatsira kunzwisa matambudziko ezvirwere zvisingaperi (vanhu vachimwa mishonga kweupenyu hwavo hwese) mu Zimbabwe towana nzira dzekubatsira vanhu kuti vaongororwe nekurapwa zwirwere izvi.

Hatikwanise uye hamubhadharwe kupinda kwenyu mutsvakurudzo. Tinokudzorera mari dzenyu dzemuchovha dzamunenge mashandisa kuuya kutsvakurudzo chete. Hapana mimwe mibhadharo kana muripo kwamuri kana muchinge mapinda mutsvakurudzo.

ZVAKAVANZIKA NEKUCHENGETEDZWA KWEZVINYORWA ZVETSVAKURUDZO

Kana mukataridza kuti munoda kupinda mutsvakurudzo ino nekusaina gwaro rino, zvese zvatichawana kubva kwamuri zvine chekuita netsvakurudzo zvichigona kuti muzivikizwe zvichachengetwa zvakanzika zvaka zvinoonekwa nevashandi vetsvakurudzo chete. Kana tave kunyora zvinyorwa zvabva kamuri tinovanza zvine chekuita nemi zvekuti hamuzovikanwi. Zvinyorwa zvakanzika izvi zvichashandiswa mumapepa nemuzvinyorwa zvescience zvichaburitswa panonyorwa zvakanzika mutsvakurudzo, zvaka zvinyorwa zvinogona kugoveranwa nevamwe vatsvakurudzi, asi pasina zita renyu. Pane dzimwe nguva veMedical Research Council yeZimbabwe vanogona kuda kuona zvinyorwa zvevapinda mutsvakurudzo kuti vaone kana tsvakurudzo iri kuitwa sezvinotarirwa.

KUPINDA MUTSVAKURUDZO ZVISINA KUMANIKIDZWA

Kupinda mutsvakurudzo ino kuda kwenyu. Kana mukasarudza kusapinda mutsvakurudzo ino, sarudzo iyi haikanganise mabatiro enyu pane zvehutano mune remangwana, pano kana kune imwe kiriniki kana kuchipatara, kana kupinda kwenyu mune dzimwe tsvakurudzo. Kana masarudza kuve mutsvakurudzo ino makasungunuka kubuda mutsvakurudzo chero nguva ipi zvayo musina kuripiswa.

WEKUTAURA NAYE KANA MUINE MIBVUNZO KANA MATAMBUDZI:

Kana muchida rumwe ruzivo kana kuti muine mibvunzo pamusoro petsvakurudzo ino, ndapota bvunza vashandi vetsvakurudzo. Munokwanisa zvekare kushandisa nhamba dzinotevera kana muchida rumwe ruzivo.

Principal Investigator: Dr Claire Calderwood
Telephone number: +263 780981949

Study Co-ordinator: Mr Edson Marambire
Telephone number: +263 772286311

Integrated multi-disease screening for TB-affected households in Zimbabwe

MVUMO

Mave kuita sarudzo yekubvuma kana kuramba kupinda mutsvakurudzo ino. Siginecha yenyu inotaridza kuti maverenga mukanzwisa zvakanorwa mutsanangudzo iri pamusoro, mapindurwa mubvunzo yenyu yose, zvakare maita sarudzo yekupinda mutsvakurudzo.

Musati masaina gwaro rino, tapota bvunzai chero mibvunzo ine chekuita netsvakurudzo ino kana paine chisina kujeka kwamuri. Munokwanisa kutora nguva yakakodzera muchifunga nezvazvo

- Ndaverenga zviri pagwaro rino pamusoro petsvakurudzo (kana kuti ndanzwisa pandatsanangurirwa) uye ndanzwisa zvichange zvichitarisirwa kubva kwandiri nezvichaitika kwandiri kana ndichinge ndapinda mutsvakurudzo.
- Ndawana mukana wekufunga pamusoro pezvandakaudzwa, kubvunza mibvunzo uye ndakapindurwa zvinogutsa
- Ndanzwisa kuti kupinda kwangu mutsvakurudzo kuda kwangu uye chero nguva ipi zvayo ndinogona kubuda mutsvakurudzo iyi ndisingape chikonzero uye hazvinganise mabatirwo nekuonekwa kwangu.

Ndinobvuma kupinda mutsvakurudzo ino

☐ HONGU

☐ KWETE

Ndinobvumirana nevetsvakurudzo kuti vandifonere vachibvunza zvehutano hwangu kana kukurukura pamusoro pezvinenge zvabuda muongororo (*results*) dzaitwa mutsvakurudzo kana kushanya kumba vachinge vandishaya pafoni

☐ HONGU

☐ KWETE

Zita reapinda mutsvakurudzo (print)

Siginecha yeapinda mutsvakurudzo

Zuva

Zita remushandi wetsvakurudzo (print)

Siginecha yemushandi wetsvakurudzo

Zuva

Kana munhu apinda mutsvakurudzo abvuma nemuromo asingagone kunyora, nyorai zita remufakazi:

Zita remufakazi (print)

Siginecha yemufakazi

Zuva

MUCHAPIHWA RIMWE GWARO RAKAFANANA NERINO KUTI UGORICHENGETA

Kana muine mibvunzo ine chekuita netsvakurudzo ino kana gwaro retenderano kupfuura yapindurwa nevari kuita tsvakurudzo, kusanganisira mibvunzo yetsvakurudzo, kodzero dzenyu semunhu ari mutsvakurudzo kana marwadzo akonzera netsvakurudzo; kana mukafunga kuti hamuna kubatwa zvakanaka muchida kutaura nemumwe munhu asiri wetsvakurudzo, ndapota sungunukai kutaura neMedical Research Council ye Zimbabwe pafoni dzinoti (0242) 791792/791193 and 0784956128 vanowanikwa pa:

Medical Research Council of Zimbabwe, Cnr. J. Tongogara & Mazowe Street, Causeway, Harare.