

# INgxenye 5

## Izimo Ezingamahlalakhona

## OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.1 sihlose ukukucobelela ulwazi mayelana nomfutho wegazi ophakeme.

### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi yini umfutho wegazi ophakeme
- Bachaze ngezimpawu nezinkomba zomfutho wegazi ophakeme
- Bachaze ukuhlolwa komfutho wegazi ophakeme
- Bachaze izingozi zomfutho wegazi ophakeme

### Okuqukethwe Yilesi Sifundo

- Umfutho wegazi ophakeme
- Ukunakekelwa komuntu onomfutho wegazi ophakeme

### Kutholakala

1. Southern African Hypertension Society. Home page. Available from:  
[www.hypertension.org.za](http://www.hypertension.org.za)
2. The Heart and Stroke Foundation South Africa. Hypertension. 2006 – 2011. Available from:  
<http://www.heartfoundation.co.za/riskfactors/hypertension.htm>
3. Blood Pressure Association. Salt and Blood Pressure. Cutting down on the white stuff can save your life. Available from:  
<http://www.bpassoc.org.uk/microsites/salt/Home/Whysaltisbad/Saltseffects>

### Iqhaza lakho njenge-CCG

Iqhaza lakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokwazi izingozi zomfutho wegazi ophakeme; yini ebangela umfutho wegazi ophakeme; ziyini izimpawu nezinkomba kanye nendlela yokunciphisa ingcuphe yomfutho wegazi ophakeme, kuhlenganise nokudla ukudla okunempilo, ukuzivocavoca nokungabhemi. Kufanele futhi usebenzise leli thuba ukuze ukhulume namaklayenti akho ngokubaluleka kokuya esikhungweni sezempilo ngokushesha ngangokunokwenzeka uma eba nanoma yiziphi izimpawu nezinkomba.

### 1. Yini umfutho wegazi ophakeme?

Kulesisifo umfutho wegazi emithanjeni ethumelayo ubamkhulu kangangokuthi ungadala umonakalo enhliziyweni, ezinsweni, emehlweni nakwezinye izitho zomzimba. Imithambo ethumelayo yileyo ehambisa igazi elithwala umoya ohlanzekile (i-oksijini) nomzimba wonke. Igama elisetshenziswa wodokotela nabahlengikazi lomfutho wegazi ophakeme kuthiwa yi-'hayi-hayi'.

### 2. Ziyini izingozi zomfutho wegazi ophakeme?

Umfutho wegazi ophakeme ungawulimaza umzimba kunganakekile iminyaka eminingi ngaphambi kokubonakala kwezimpawu.

Ezinye zezingozi ezihambisana nomfutho wegazi ophakeme yilezi:

- Isifo sohlangothi (Ihlwili noma ukopha ebuchosheni)
- Isifo senhliziyo (isifo senhliziyo senzeka uma igazi lingafinyeleli kwenye ingxenye yenhliziyu kuze kube yisikhathi esanele ukuthi leyongxenywe ingafa)
- Umonakalo emehlweni (ukopha emehlweni, ukubona luvivi, noma ukungaboni nhlobo)
- Ukuncipha kwemithambo
- Ukwahluleka kwezinsu ukusebenza

### 3. Yini ebangela umfutho wegazi ophakeme?

Imbangela eyiyona-yona yomfutho wegazi ophakeme ayaziwa, kodwa kunezinto ezithile ezingayenza ibe yimbi i-'hayi-hayi':

- Ukubhema
- Ukukhuluphala, ikakhulu esiswini
- Isifo sikashukela [bheka iSifundo 5.2 mayelana neSifo Sikashukela]
- Ukungawuvocavoci umzimba noma ukuhlala nje ungenzi lutho
- Umlando wesifo somfutho wegazi ophakeme emndenini
- Ukungadli ngendlela enempilo
- Ukudla usawoti omningi
- Ukungatholi osawotana bensimbi ekudleni njenge-'khalisiyamu', i-'photheziyamu', kanye ne-'magineziyamu'
- Ukushodelwa yizakha-mzimba njengevithamini ebizwa ngokuthi wu'D'
- Ukuphuza utshwala kweqe ezikalini ezimbili ngosuku
- Ingcindezi yomphefumulo
- Uma abantu bekhula ngokweminyaka, ingozi yokuphathwa wumfutho wegazi ophakame iyenyuka.
- Imishanguzo ethile
- Isifo sezinsu esingamahlalakhona (lesi yisimo lapho izinso zilimele khona, zingabe zisakwazi ukusebenza kahle) [bheka iSifundo 2.1 Umzimba Womuntu]. Azibe zisakwazi ukukhipha amanzi nokungcola emzimbeni njengoba kulindelekile

### 4. Yini izinkomba zomfutho wegazi ophakeme?

Umuntu onesifo somfutho wegazi ophakeme kungenzeka angakhombisi zimpawu nakancane, kuze kuhambe isikhathi. Ababili kwabathathu abazazi ukuthi banesifo somfutho wegazi. Kungumqondo omuhle ukuthi abantu bavamise ukuhlololwa isifo somfutho wegazi, ikakhulu uma sebekhulile.

Umfutho wegazi ophakeme ngokweqile ungafolela ekubeni nalezizinkomba:

- Ikhanda eliqaqambayo
- Ukukhathala noma ukudideka kwengqondo
- Isiyenzi
- Ukunenkezela kwenhliziyo
- Izidingo zokubona kalufifi (emehlweni)
- Izinhlungu esifubeni
- Ukuphefumula kanzima
- Ukungashayi kahle kwenhliziyo
- Ukubakhona kwegazi emchamweni
- Ukushaya kakhulu kwesifuba, intamo noma izindlebe



#### Amcebiso Awusizo

#### OKUSEMQOKA!

Kubaluleke kakhulu ukuthi uma umuntu enalezizimpawu, aphuthume esikhungweni sezempilo ngokushesha ukuyohlololwa umfutho wegazi.

### Umuntu angathola kanjani ukuthi unomfutho wegazi ophakeme?

Umfutho wegazi ophakeme ungatholwa wumsebenzi wezempilo. Umfutho wegazi bawukala ngomshini obizwa phecelezi 'sphygmomanometer'- lomshini unebhande lengalo, iphampu kanye ne -'valvu'.

Umfutho wegazi kungenzeka ube yiphutha noma ube ngumphumela wengcindezi emphefumulweni ngalesosikhathi umuntu ahlolwa ngaso. Ukuze umuntu ahlolwe kahle abezempilo bazohlola umzimba wonke, bathole umlando wokugula komuntu kanye nomndenani wakhe.



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### 5. Yini engenziwa ukwehlisa umfutho wegazi ophakeme?

- Yidla izingxenye zokudla ezintathu kuya kweziyisithupha ezincane ngosuku, musa ukudla izingxenye ezimbili kuya kwezintathu zokudla okuningi
- Yidla ukudla okunempilo
- Abantu abakhuluphele kumele behlise isisindo
- Yehlisa usawoti ekudleni ngokugwema ukudla okunosawoti omningi kwemihla ngemihla
- Yehlisa izinga lokuphuza utshwala
- Yeka ukubhema
- Yehlisa eziphuzweni ezinobuthi i- 'caffeine' (njengekhofi, itiye (ngaphandle kwe-'rooibos', iziphuzo ezizoyizayo noma lezo ezinika umdlandla)
- Vocavoca umzimba okungenani imizuzu engamashumi amathathu noma amane ngosuku kathathu noma kane ngesonto
- Phuza imishanguzo njengalokhu uyalelwe ngabezempilo



### Ukudlala Indima Yabathile

#### Hlukanani nibe amaqoqo.

1. Omunye wenu udlala indima yokuba yisiguli esinomfutho wegazi ophakeme omunye ukuba i-CCG. Yeluleka isiguli ukuthi singawehlisa kanjani umfutho wegazi.

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2. Omunye wenu udlala indawo ye-CCG, ukhuluma nesiguli mayelana nezimpawu zomfutho ophakeme. Isiguli sikhuluma, isib. ngokuqaqamba kwekhanda. I-CCG kufanele iseluleke ukuthi siye esikhungweni sezempilo ukuyohlololwa umfutho wegazi. Tshela isiguli ngokuhlolwa komfutho wegazi ophakeme.

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.2 sihlose ukukucobelela ulwazi mayelana nesifo sikashukela.

### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukubona izimpawu nezinkomba zesifo sikashukela
- Baluleke futhi balungise indlela abantu abanoshukela okumele badle ngayo kanye nezinyathelo okumele zithathwe ekuvimbeleni nasekulawuleni isifo sikashukela
- Bachaze ngezinhlobo zokwelashwa ezikhona
- Baluleke ngokuthola ukwelashwa

### Okuqukethwe Yilesi Sifundo

- Izimpawu nezinkomba zesifo sikashukela
- Ukwelashwa kwesifo sikashukela

### Kutholakala

1. Health Central. My Diabetes. Understanding Diabetes. 2005 – 2011. Available from:  
<http://www.healthcentral.com/diabetes/understanding-diabetes.html>
2. National Department of Health. Diabetes. Undated. Available from:  
<http://www.doh.gov.za/diseases.php?type=4>

### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokwazi ukuthi ziyini izingozi zesifo sikashukela; izimpawu nezinkomba zaso kanye nendlela yokunciphisa ingcuphe yesifo sikashukela, kuhlanganise ukudla ukudla okunempilo, ukuzivocavoca nokungabhemi. Kufanele futhi usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokuya esikhungweni sezempilo ngokushesha ngangokunokwenzeka uma eba nanoma yiziphi zezimpawu.

### 1. Siyini isifo sikashukela?

Isifo sikashukela senzeka uma umzimba wehluleka ukulawula amazinga kashukela egazini, lokhu kudala ushukela omningi osegazini. Konke ukudla okudliwayo kuyagaywa kube yizicucu ukuze kumunceke egazini kunikeze umzimba amandla. Ushukela osemzimbeni uvela ekudleni okuyisitashi, isib. isinkwa, irayisi nezithelo esizidlayo. Kubantu abaphilile kunehomoni elibizwa ngokuthi yi-'insulini' okuyilona elisiza amaseli omzimba ukuba amukele ushukela ukuze usinike amandla. (Amaseli amabhulokhi okwakha umzimba ayinhloko atholakala kuzo zonke izinto eziphilayo kanye nomuntu imbala). Uma iseli lifaniswa nemoto, ushukela unjengophethiloli odingekayo ukuze ushaye imoto futhi i-insulin ukhiye wokuvula ithange likaphethiloli. Uma ukhiye uphukile noma ulahlekile, ithange likaphethiloli ngeke livulwe futhi imoto ngeke igcwaliswe uphethiloli. Lokhu kusho ukuthi imoto ngeke ikwazi ukuhamba. Ngendlela efanayo, uma umuntu enesifo sikashukela futhi umzimba wakha i-'insulini' encane kakhulu, noma i-'insulini' ekhona ayisebenzi kahle, noma amaseli awayamukeli kahle i-'insulini', lokhu kusho ukuthi ushukela awukwazi ukufinyelela kumaseli ukuze usinike amandla. Uhlala egazini.

### 2. Yiziphi izimpawu eziyingozi uma isifo sikashukela sesindlondlobala?

Uma izinga likashukela osegazini lihlala liphakeme, kungaba yingozi kakhulu:

- Izinso zingahluleka ukusebenza
- Inhliziyo ingalimala kakhulukazi uma ngabe umuntu enomfutho wegazi ophakeme [bheka iSifundo 5.1 ngoMfutho Wegazi ophakeme] noma ungwengwezi lamafutha amaningi egazini [bheka iSifundo 5.3 ngoNgwengwezi lamafutha]
- Isiguli singalimala emehlweni sigcine singasaboni
- Izilonda (ikakhulu ezinyaweni) azipholi, lokhu kungaholela ekunqunyweni (Indawo emoshakele onyaweni iyanqunywa)
- Uma ushukela ukhuphuke kakhulu noma wehle kakhulu kungabangela ukuquleka (ukulala ungavuseki)

### 3. Umuntu uyokwazi kanjani ukuthi unesifo sikashukela?

Uma umuntu enesifo sikashukela angaba nalezizinkomba:

- Ukukhathala
- Ukubona kalufifi
- Isiyezi
- Ukoma kakhulu
- Ukuchama njalo
- Ikhanda elibuhlungu
- Ukulamba
- Ukuba ndikindiki kwezinyawo

Uma umuntu ephathwa yilezizinkomba, makahambele esikhungweni sezempilo ngokushesha ayohlolelwa isifo sikashulela.

### 4. Izinhlobo zesifo sikashukela

Zimbili izinhlobo zesifo sikashukela. Isifo sikashukela sohlobo 1: umzimba awuyenzi nhlobo i-'insulin'. Lolu hlobo

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## Izimo Ezingamahlalakhona

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## Isifundo 5.2

Isifo Sikashukela

Iwesifo sikashukela luvamise ukuqala ngaphambi kokuba umuntu abe neminyaka engamashumi amathathu (30). Lokhu kusho ukuthi umzimba awunayo i-'insulini' nhlobo. Umuntu angazalwa naso isifo sikashukela sohlobo 1, ezinye izingane ziba naso zisencane kakhulu. Isifo sikashukela sohlobo 2 kulapho umzimba usakwazi ukwakha i-'insulini' kodwa i-'insulin' ingase inganeli noma amaseli angase angakwazi ukuyimunca leyo 'insulin'. Lokhu kuvamise ukwenzeka emva kweminyaka engamashumi amane (40).

### 5. Isifo sikashukela singasivimbela kanjani?

Ayikho into engavimbela uhlobo lokuqala lwesifo sikashukela, kodwa kukhona okungenziwa ukuvimbela ukuthola isifo sikashukela sohlobo 2:

- Uma unesisindo eseqile, zama ukwehlisa isisindo somzimba uma ukhuluphele. Ukukhuluphala kudinga ukuthi umzimba ukhiqize i-'insulini' eningi kanti lokhu kuyawukhandla umzimba
- Yidla ngendlela enempilo
- Vocavoca umzimba okungenani kathathu noma kane ngeviki
- Gwema ukudla okunoshukela namaswidi
- Yeka ukubhema
- Jwayela ukuyohlolwa. Uma kukhona onesifo sikashukela emndenini, abantu abacele umhlengikazi esikhungweni sezempilo ukuthi abahlotele ushukela wabo wegazi njalo



### 6. Sihlolwa kanjani isifo sikashukela?

Umsebenzi wezempilo esikhungweni sezempilo uzoqala ngokucela isiguli ukuba simnike umchamo. Bazobe sebewuhlolela izinga likashukela okhona. Kungenzeka bacofoze umunwe ukuhlola izinga likashukela osegazini.



#### Amacebiso Awusizo

- Nciphisa oswidi noshukela oshintsha ube ushukela osegazini
- Yidla kancane kancane njalo ukuze ugcine izinga likashukela likahle egazini
- Yidla uhlobo olufanele nesilinganiso esifanele sama-carbohydrate. Okungcono kakhulu okusamfino, izithelo, ubhontshisi nokuyizinhlamvu
- Lokhu kuthatha isikhathi ukuba kugayeke emzimbeni futhi akungeni egazini konke ngokushesha
- Ungadli amafutha esikhundleni sesitashi. Kukhuphula ushukela, futhi kuyakhuluphalisa
- Yehlisa izinga lotshwala. Utshwala obuningi bakhiwe ngoshukela

### 7. Siyelapheka yini isifo sikashukela?

Isifo sikashukela asisoze siyendawo, kodwa singazanywa ukuze isiguli sihlale siphile kahle. Ezinye zezindlela zokulwa nesifo sikashukela yilezi:

- **Thatha yonke imishanguzo njengalokhu uyalelwe ngudokotela:** Imishanguzo ingaba ngamaphilisi noma imijovo ye-'insulini'. Kubalulekile ukuthi ithathwe njengokusho kukadokotela, ukugcina izinga likashukela likahle
- **Ukuzivocavoca:** Kubalulekile ukunyakazisa umzimba njalo. Uma isiguli sizivocavoca umzimba usebenzisa i-'insulini' kangcono futhi kusiza ukwehlisa isisindo. Lokhu kuzivocavoca kungaba ukuhamba ngezinyawo



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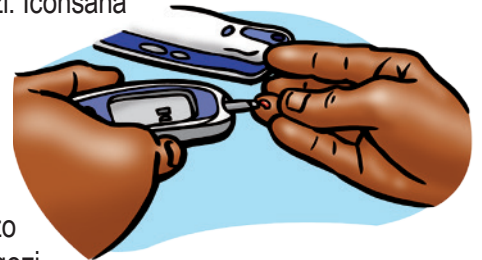
# 5

## Isifundo 5.2

Isifo Sikashukela

uye esitolo, noma ukusebenza engadini noma ukwenza iminyakazo yokuzigcina uphilile [bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba]

- **Landela uhlelo lokudla oluhle:** Isiguli singacela kumsebenzi wezokwelapha esikhungweni sezempilo ukuba sidluliselwe kucwepheshe wezokudla osesibhedlela esiseduze. Uchwepheshe wezokudla uzosisiza ngokusicebisa ngezindlela zokulungisa ukudla okumlungele
- **Makuhlolwe ushukela wegazi:** Kubalulekile ukuba bahlolwe ushukela osegazini njalo esikhungweni sezempilo. Uma isiguli sithatha umjovo we-'insulini', singakwazi ukuthola umshini wokuhlola ushukela (i-Glucometer) mahala kwa-Diabetes South Africa (bheka Uhlu Lwezinsizakalo eNgxenyeni 6 ukuze uthole imininingwane yokuxhumana ne-Diabetes South Africa). Udokotela angamtholela amastriphu okuhlola ekhemisi yasesikhungweni sezempilo. Umshini wokuhlola ushukela (i-glucometer) ungasetshenziswa ekhaya ukuzihlolela ubungako bukashukela egazini. Lokhu kwenziwa ngokucofoza umunwe uthole iconsana legazi. Iconsana legazi ulibeka phezu kwestriphu sokuhlola, bese usifaka emshinini. Umshini uzokufundela ukuthi ungakanani ushukela osegazini
- **Funda ngesifo sikashukela:** Isiguli masikhuthazwe ukuthi sibuze imibuzo ukuze sifunde okuningi ngesifo sikashukela, ukuze sikwazi ukubheka impilo yaso kahle
- **Uphawu:** Iziguli kumele zihlale zinokuthile ezikhwameni zazo okukhombisa ukuthi banesifo sikashukela, ukuze uma bevelwa yingozi noma begula kakhulu bengasakhulumi, udokotela azi ukuthi uzobelapha kanjani



### Ingxoxo Yeqembu

Hlukanani nibe amaqoqo nixoxisane ngalokhu:

1. Ziyini izimpawu zesifo sikashukela?

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2. Yini engenziwa ukuvimbela isifo sikashukela sohlobo 2?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.3 sihlose ukukucobelela ulwazi mayelana nongwengwezi lwamafutha asegazini (ikholestiroli).

### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ukuthi luyini ungwengwezi lwamafutha asegazini, angena kanjani egazini nokuthi lingehliswa kanjani izinga longwengwezi lwamafutha asegazini
- Bachaze ukuthi yiziphi izinhlobo zokudla ezibangela ungwengwezi lwamafutha asegazini
- Bachaze ngezingozi ezingabangelwa wukuba nongwengwezi lwamafutha asegazini, kubonakala kanjani ukuthi lungakanani kanjalo nokubaluleka kokuluhlola

### Okuqukethwe Yilesi Sifundo

- Ungwengwezi Lwamafutha Asegazini
- Ukudla okubangela ungwengwezi lwamafutha asegazini
- Izingozi zokukhuphuka kwezinga longwengwezi lwamafutha asegazini

### Kutholakala

1. Health 24. Cholesterol. 2000 – 2011. Available from:  
[http://www.health24.com/medical/Condition\\_centres/777-792-804.asp](http://www.health24.com/medical/Condition_centres/777-792-804.asp)
2. The Heart and Stroke Foundation South Africa. Cholesterol. 2006 – 2011. Available from:  
<http://www.heartfoundation.co.za/riskfactors/cholesterol.htm>

### Indima yakho njenge-CCG

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### 1. Yini ikholestiroli?

Ikholestiroli ungwengwezi lwamafutha asegazini olukhiqizwa yisibindi [bheka iSifundo 2.1 mayelana noMzimba Womuntu] kanti amafutha lawo ayatholakala ekudleni esikudlayo. Kunezinhlalo eziningi zaloluhlobo lwamafutha, amanye 'mahle' amanye 'mabi'. Njengoba lamafutha entanta emithanjeni yegazi, akhela ezindongeni zemithambo yegazi, ikakhulu leyomithambo ethumelayo (imithambo ethumelayo yileyo ethwala igazi eline-oksijini elisuka enhliziyweni ilihambise nomzimba wonke). Lokhu kwakhela kwamafutha kwaziwa ngokuthi ungwengwezi. Lapho lukhula lolu ungwengwezi, kulapho izindonga zemithambo ethumelayo zizoqina khona futhi zibe ugqinsi. Lokhu kuzoholela ekutheni ukugeleza kwegazi kuvimbeke.



### 2. Kwenzekani uma umuntu enongwengwezi lwamafutha oluningi egazini lakhe?

Amafutha amaningi egazini ayingozi empilweni yomuntu ngenxa yongwengwezi olwakheka odongweni lwemithambo yegazi, njengoba kuchazwe ngenhla. Lokhu kuyobangela imithambo ukuba inciphe. Lokhu kuba kubi nakakhulu esigulini esinomfutho wegazi ophakeme [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophakeme] kanye nesifo sikashukela [bheka iSifundo 5.2 mayelana neSifo Sikashukela]. Uma ungwengwezi lwamafutha lwanda egazini, lwakhela ezindongeni zemithambo ethumelayo ize inciphe imigudu yayo. Lokhu kusho ukuthi igazi angeke lisahamba kahle emithanjeni. Cabanga ngepayipi elivalekile. Igazi elingakwazi ukudlula kungenzeka libe yihlule, liwuvale ngci umgudu wokuhamba kwegazi. (Ihlule lenzeka uma igazi lijija libe yisigaxa). Uma umthambo wegazi uvaleka ngci, lokhu kungadala isifo senhliziyo noma sohlangothi.

### 3. Amafutha atholakala ekudleni okudliwa ngabantu

Ziningi izinhlobo zamafutha. Umzimba ngokwawo wakha amafutha ekudleni esikudlayo. Kanti amanye amafutha atholakala ekudleni nasezitshalweni kanye nezilwane nawo aziwa njengamafutha atholakala ekudleni.

#### Zimbili izinhlobo zamafutha atholakala ekudleni:

##### a. Amafutha amahle atholakala ekudleni

- Lawa ngamafutha atholakala kwi –phinathi bhatha, amantongomane kanye nofishi ononophele njengosayidinsi
- Lamafutha avikela inhliziyo, kanti ayahlisa ungwengwezi lwamafutha egazini

##### b. Amafutha amabi atholakala ekudleni

- Lawa ngamafutha abonakalayo njengowoyela wokupheka, ibhotela, imajarini, isikhumba senkukhu namanoni enyama ebomvu
- Cabanga ngamafutha abonakalayo njengalawo atholakala obisini, kukhilimu, kushizi, emakhekheni, kumabhisikidi, ukudla okuyizicofecofe kanye namasoseji. Konke lokhu kunamafutha awugqinsi. Loluhlobo lwamafutha luvame ukuba ngaphezu kwengxenye yamafutha umuntu awadlayo
- Amafutha awugqinsi atholakala ekudleni okuvela ezilwaneni njengenyama yengulube, ibhotela, imajarini eqinile, ushizi, isikhuphashi seqanda, ubisi olunamafutha, noma okunye okufuze lokho njengamakhekhe,

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.3

Ungwengwezi  
Lwamafutha Asegazini

oshokolethi, ophaya namapestri. Futhi ayatholaka emanonini enyama ebomvu kanye nangaphansi kwesikhumba senkukhu

- Loluhlobo lwamafutha luholela ekutheni izinga longwengwezi lwamafutha egazini likhuphuke kangangokuthi umuntu angahlaselwa yisifo senhliziyo

### 4. Ungwengwezi lwamafutha asegazini lutholakalaphi?

Ungwengwezi lwamafutha lutholakala ikakhulukazi ekudleni okuvela ezilwaneni njengamaqanda, inyama, ufishi, okusalubisi kanye nebhotela. Luyatholakala futhi ekudleni okwenziwe ngebhotela njengamakhekhe kanye namabhisikidi. Ungwengwezi lwamafutha alutholakali ezithelweni nakumaveji.



### 5. Abantu bazi kanjani ukuthi banongwengwezi lwamafutha egazini labo?

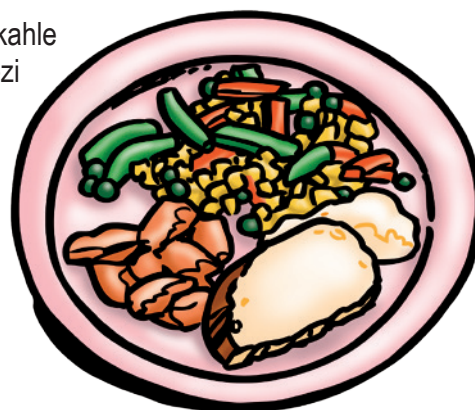
Uma umuntu enongwengwezi lwamafutha egazini ngokuvamile akazi ngoba azikho izimpawu ezikhombisayo. Ukuphakama kwezinga longwengwezi emzimbeni akusiyona into umuntu angayibona noma ayizwe. Ukuphela kwendlela umuntu angazi ngayo ukuthi unongwengwezi lwamafutha oluphezulu egazini ukuthi ahlolwe esikhungweni sezempilo. Abanye abantu bavama ukumilwa ngamaqhutshana aqinile afana nezinduna emisebeni yeso, lokhu kungakhombisa ubukhona bongwengwezi lwamafutha.

### 6. Lukalwa kanjani ungwengwezi lwamafutha egazini?

Kudingeka iconsana legazi elitholakala ngokucofoza umunwe nje kuphela ukukala ubungako bongwengwezi lwamafutha asegazini. Ngesinye isikhathi isampula legazi eliningana lingadingeka, leligazi lithathwa emthanjeni obuyisayo engalweni lithunyelwe ukuyohlolwa elabhorethi. Ilabhorethi iyakwazi ukusho ukuthi lungakanani ungwengwezi lwamafutha olubi noma oluhle egazini. Ukucofoza umunwe khona kusitshela ukuthi liphakeme kangakanani izinga longwengwezi lwamafutha asegazini.

### 7. Kungani umuntu kumele ahlole ubungako bongwengwezi lwamafutha egazini labo?

Abantu abaningi abanongwengwezi lwamafutha egazini labo bazizwa bephile kahle – akuvamile ukuba kube nezimpawu ezikhombisa ukukhuphuka kongwengwezi lwamafutha egazini. Indlela eyiyona yokuthola wukuba sihlolwe. Bonke abantu abadala kumele bahlolwe ungwengwezi lwamafutha egazini njengokuyalelwa ngumsebenzi wezempilo. Abantu abadala kufanele bakhulume nomsebenzi wezokwelapha obanakekelayo ngokuba bahlolwe amazinga ongwengwezi lwamafutha egazini labo njalo.



### 8. Ungwengwezi lwamafutha egazini lungalapheka na?

Isinyathelo sokuqala wukuqiniseka ngokudla okunempilo. Okumele kwenzeke wukwehlisa amafutha alugginsi ekudleni. Isinyathelo sokuqala wukwehlisa ukudla inyama ebomvu nokupheka ngamafutha. Kungasiza futhi ukudla izilimo ezintsha kanye nezithelo kakhulu [bheka iSifundo 2.2 Ukudla Okunomsoco].

Noma kubalulekile ukudla okunomsoco kanye nokuzivocavoca, ngesinye isikhathi ukudla kahle kanye nokuzivocavoca akwanele ukuba kungehlisa izinga lamafutha, ngakho-ke imishanguzo yokwehlisa izinga longwengwezi lwamafutha ingadingeka.

#### Isivivinyo Seqembu

Phendula lemibuzo elandelayo.

1. Chaza ukuthi yini ebangela ukukhuphuka kwezinga longwengwezi lwamafutha egazini?

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2. Kungaholela kuphi ukukhuphuka kongwengwezi lwamafutha egazini?

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3. Kungavikelwa ngani ukukhuphuka kwezinga longwengwezi lwamafutha egazini?

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# INgxenye 5

## Izimo Ezingamahlalakhona

**5** Isifundo 5.3  
Ungwengwezi  
Lwamafutha Asegazini

### Isivivinyo Seqembu

4. Yiziphi izibonelo zamafutha asekudleni amabi namahle?

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5. Umuntu angathola kanjani ukuthi izinga longwengwezi lwamafutha egazini lakhe likhuphukile?

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6. Hlobo luni lwendlela yokudla neyokuphila umuntu okufanele ayilandele uma enongwengwezi lwamafutha egazini oluphezulu?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.4 sihlose ukukucobelela ulwazi mayelana nesifo senhliziyo.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi siyini isifo senhliziyo nokuthi ngobani abasengozini yokuhlaselwa yilesisifo
- Babonise ukuqondisisa indlela yokunciphisa ingcuphe yokuhlaselwa yisifo senhliziyo
- Babonise ukuqondisisa izimpawu zesifo senhliziyo
- Bakhombise ulwazi mayelana nosizo oluphuthumayo uma kukhona ohlaselwa yisifo senhliziyo

#### Okuqokethwe Kulesifundo

- Yini isifo senhliziyo?
- Izimpawu nezinkomba zesifo senhliziyo
- Yini eyenza umuntu abe sengcupheni yokuhlaselwa yisifo senhliziyo?
- Ungazinciphisa kanjani izingcuphe zokuhlaselwa yisifo senhliziyo?
- Usizo oluphuthumayo uma kuhlasela isifo senhliziyo

#### Kutholakala

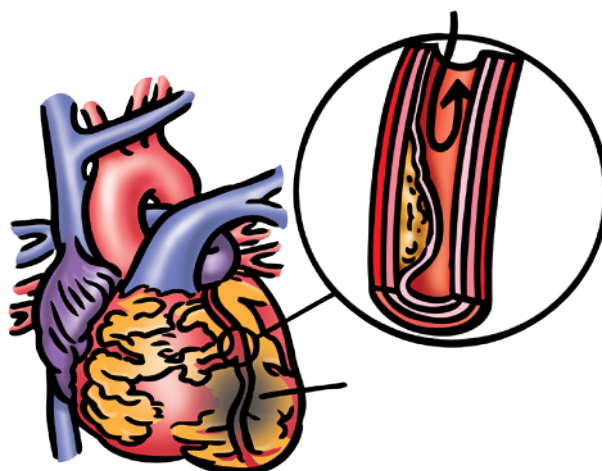
1. Health 24. Heart Attack. 2000 – 2011. Available from:  
[http://www.health24.com/medical/Condition\\_centres/777-792-812-1728.asp](http://www.health24.com/medical/Condition_centres/777-792-812-1728.asp)
2. The Heart and Stroke Foundation South Africa. Heart Attack. 2006 – 2011. Available from:  
<http://www.heartfoundation.co.za/hearteducation/heartcondition.htm>

#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokwazi ukuthi ziyini izici eziyingcuphe zesifo senhliziyo; ziyini izimpawu nezinkomba nendlela yokunciphisa ingcuphe yesifo senhliziyo, kuhlenganise ukungabhemi, ukudla ukudla okunempilo nokuvocavoca umzimba. Kufanele futhi usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokuthola usizo lwezokwelapha ngokushesha ngangokunokwenzeka uma eba nanoma yiziphi izimpawu.

### 1. Siyini isifo senhliziyo?

Isifo senhliziyo sibangelwa ukuvimbeleka kwegazi emithanjeni ehambisa igazi nomoya wokuphefumula (i-oksijini) ikuyise enhliziyweni. Uma igazi lingakwazi ukufika enhliziyweni, izicubu zenhliziyi aziyitholi i-oksijini, lokhu kungabangela ukuba zife unomphela.



### 2. Ziyini izingozi zokuhlaselwa yisifo senhliziyo?

Ukuhlaselwa yinhliziyi kungabangela izidingo zempilo ezimbi impela.

Ukulimala okungase kubangelwe ukuhlaselwa yinhliziyi esicubini senhliziyo kungaholela ekutheni:

- Inhliziyo ingashayi kahle
- Inhliziyo ihluleke ukumpompa igazi liye emzimbeni ngendlela efanele

Uma kuvaleka omunye wemithambo emikhulu, lokho kungaholela ekuhlaselweni yinhliziyi okubi noma ngisho ukufa.

Kubaluleke kakhulu ukuthi uma umuntu othile eba nanoma yiziphi izimpawu ezibalwe ngezansi, athole usizo lwezokwelapha ngokushesha.

### 3. Yini engase ibeke umuntu engozini yokuhlaselwa yisifo senhliziyo?

Uma umgudu wemithambo yakho inciphile, usethubeni elikhulu lokuhlaselwa yisifo senhliziyo. Lokhu kungenzeka esikhathini esiyiminyaka eminingi. Imigudu yemithambo ivalwa ngamafushana antanta egazini (ikholestiroli), [bheka iSifundo 5.3 mayelana noNgwengwezi Lwamafutha Asegazini] adala ungwengwezi oluqaqela ngaphakathi ezindongeni zemithambo. Zikhona-ke izinto ezibangela lokhu ukuba kwenzekwe kalula nje:

- Izifo zenhliziyi eziwukhondolo noma ufuzo emndenini
- Ukubhema
- Isifo somfutho wegazi ophakeme
- Ukudla ngendlela engenampilo
- Ukwenyuka kwezinga lamafushana asegazini
- Isifo sikashukela
- Ukungawuvocavoci umzimba
- Ukukhuluphala ngokweqile
- Ingcindezi emoyeni

Isifo senhliziyo singakuhlasela noma kunini, emini noma ebusuku, uphumule noma kukhona okwenzayo. Noma kungavamile, kuyenzeka isifo senhliziyo sikuhlasela uma kukhona okwenzayo usebenzisa amandla, ongajwayele ukukwenza, futhi singakuhlasela ngenxa yokukhandleka komzimba noma emoyeni. Uma umuntu eqala ukuzivocavoca kumele aqale kancane kancane, aye ngokuqinisa. Akumele kwenzekwe ngamawala kusaqala.

### Yini engenziwa ukuze kwehliswe ingozi yokuhlaselwa yisifo senhliziyo?

Ziningi izinto umuntu angazenza ukuze ehliswe ingozi yokuhlaselwa yisifo senhliziyo:



# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.4

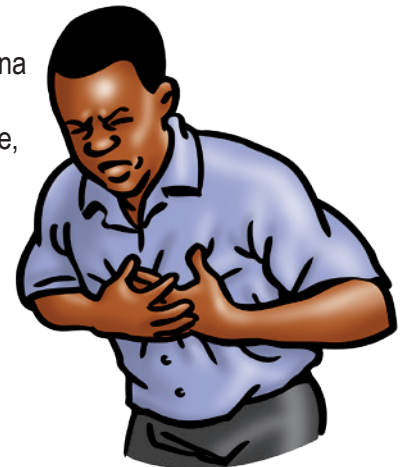
Isifo Senhliziyo

- Yeka ukubhema
- Yehlisa ikholestiroli ephezulu futhi ugweme ukudla okunamafutha [bheka iSifundo 2.3 mayelana noKudla Ukudla Okunempilo neSifundo 5.3 mayelana noNgwengwezi Lwamafutha Asegazini]
- Yehlisa umfutho wegazi ophezulu [bheka iSifundo 5.1 mayelana noMfutho Wegazi Ophakeme]
- Lawula izinga lamafutha egazini uma unesifo sikashukela [bheka iSifundo 5.2 mayelana Nesifo Sikashukela]
- Hlala unyakazisa umzimba nsukuzonke; okungenani imizuzu engamashumi amathathu yokuzivocavoca ezinsukwini eziyisihlanu noma ngaphezulu esontweni ingasiza ukunciphisa umfutho wegazi, inciphise ikholestiroli futhi igcine umzimba usezingeni elinempilo [bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba]
- Yehlisa isisindo somzimba uma ukhuluphele
- Kugweme ukucindezeleka komphfumulo
- Nciphisa izinga lotshwala obuphuzayo

### 4. Yiziphi izimpawu zokuhlaselwa yisifo senhliziyo?

Izimpawu zokuhlaselwa yisifo senhliziyo yilezi:

- Into ecindezelayo, ukuqina, ubuhlungu obuqeda amandla (sengathi kukhona into esindayo esifubeni) phakathi nesifuba. Lokhu kungase kuzwakale njengokungagayeki kahle kokudla (isisu esixubhuzelayo), kuye emahlombe, ezingalweni, entanyeni noma emhlathini futhi/noma kuthathe imizuzu engaphezu kwengu-15. Kungase kunqamuke noma kwehle bese kubuye kubuya
- Ukujuluka noma ukuphelelwa ngumoya
- Ukuzizwa ugula noma nokuphalaza
- Isimo sokwethuka
- Ukuzwa sengathi uyaquleka noma ikhanda kube sengathi lilula
- Iphika
- Ukuzizwa ukhathele



Izimpawu zokuhlaselwa yisifo senhliziyo zingafika ngokushesha, kodwa ngezinye izikhathi zifika kancane, kancane. Kwesinye isikhathi akubibikho zimpawu sampela, ikakhulukazi uma usumdala noma unesifo sikashukela.

### 5. Yini ongayenza uma umuntu ehlaselwa yisifo senhliziyo?

Uma kusolakala ukuthi kukhona ohlaselwa yisifo senhliziyo, akubizwe usizo lozokwelapha ngokushesha. Ngesikhathi kusalindelwe i-ambulense ungakwenza lokhu okulandelayo:

- Myekise yonke inhlobo yokunyakazisa umzimba
- Xegisa izimphahla zokuqgoka eziqinileyo emzimbeni ikakhulukazi esifubeni
- Msize ahlale akhululeke
- Membese ngengubo yokulala elula
- Mxoxise uzame ukwehlisa ukuthuka ngesikhathi kusalindelwe i- ambulense

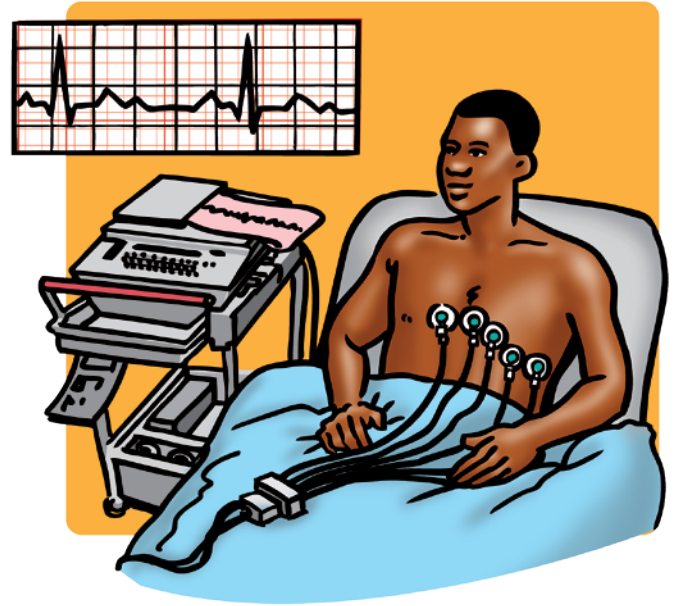


#### Amcebiso Awusizo

Uma umuntu esola ukuthi kukhona ohlaselwa yisifo senhliziyo, kufanele ushaye u-10177 acele usizo ngokushesha.

## 6. Uma kunezimpawu zokuhlaselwa yisifo senhliziyo, umuntu uyohlolwa kanjani?

Uma umuntu esehanjiswe esikhungweni sezempilo noma esibhedlela, uzohlolwa ukuze kubonakale ukuthi ngabe inhliziyi ihlaselekile ngempela na. Ukuhlolwa okunye kwenzeka esibhedlela, kanti okunye kungenziwa ngabama-ambulense ngesikhathi uphuthunyiswa esibhedlela. Ngesinye isikhathi bangabeka okusazincingwana esifubeni sakho okwemizuzwana, ukuhlola ukuthi kungabe inhliziyi yakho ishaya kanjani. Lokhu kwaziwa ngokuthi ngukuhlolwa nge 'ECG'. Lokhu akunangozi nakancane.



## 7. Kwelashwa kanjani ukuhlaselelwa yinhliziyi?

Odokotela bayonquma ukuthi yikuphi ukwelashwa umuntu azokuthola. Umuntu angase adinge ukunakekelwa isikhathi eside ngemva kokuhlaselwa yinhliziyi. Kangingi abantu abahlaselelwe yisifo senhliziyo bangase belashwe ngendlela ephumelelayo uma umuntu ethola usizo lwezokwelapha ngokushesha ngangokunokwenzeka. Uma besheshe bethola ukwelashwa, kulapho kuyophumelela khona kangcono.

### Ukudlala Indima Yabathile

#### Dlalani le ndima elandelayo.

1. Oyedwa eqenjini uhlaselwa yisifo senhliziyo. Yini okufanele yenziwe i-CCG?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.5 sihlose ukukucobelela ulwazi mayelana nesifo sohlangothi.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi siyini isifo sohlangothi nokuthi ngobani abasengozini yokuhlaselwa yilesifo
- Bachaze ngezimpawu nezinkomba zesifo sohlangothi
- Bakhombise ulwazi ngokunciphisa amathuba okuhlaselwa yilesifo
- Bakhombise ulwazi mayelana nosizo oluphuthumayo uma kukhona ohlaselwa yilesifo

#### Okuqukethwe Yilesi Sifundo

- Izimpawu nezinkomba zesifo sohlangothi
- Usizo oluphuthumayo uma kukhona umuntu ohlaselwa yisifo sohlangothi

#### Kutholakala

1. National Department of Health. Stroke. South Africa. Undated. Available from:  
<http://www.doh.gov.za/diseases.php?type=55>
2. Health 24. About Stroke. 2000 – 2011. Available from:  
[http://www.health24.com/medical/Condition\\_centres/777-792-822-1847.asp](http://www.health24.com/medical/Condition_centres/777-792-822-1847.asp)
3. The Heart and Stroke Foundation South Africa. Heart Attack. 2006-2011. Available from:  
<http://www.heartfoundation.co.za/stroke/stroke.htm>

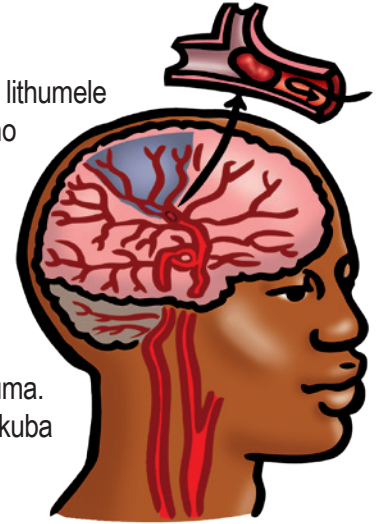
#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokwazi ukuthi ziyini izici eziyingcuphe zesifo sohlangothi; ziyini izimpawu nezinkomba kanye nendlela yokwehlisa ingcuphe yesifo sohlangothi; kuhlangukise ukungabhemi, ukudla ukudla okunempilo nokuzivocavoca. Kufanele futhi usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokuthola usizo lwezokwelapha ngokushesha ngangokunokwenzeka uma eba nanoma yiziphi izimpawu.

### 1. Yini isifo sohlangothi?

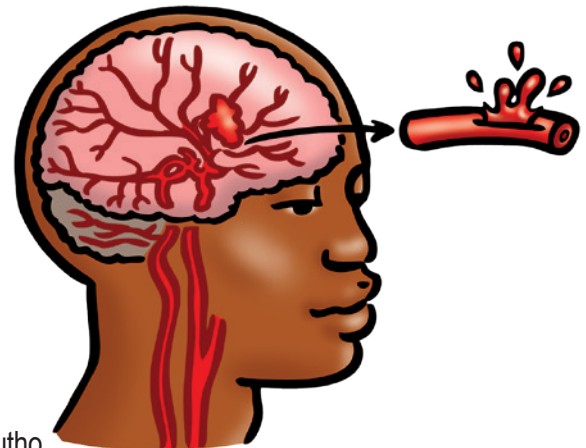
Isifo sohlangothi senzeka uma igazi lingakwazanga ukufinyelela ebuchosheni. Igazi lithwala lithumele ukudla nomoya ohlanzekile(i-oksijini) likuyise ebuchosheni. Ngaphandle kwegazi, ubuchopho buyalimala bese buyahluleka ukwenza umsebenzi wabo.

Ubuchopho busebenza ukulawula yonke imisebenzi eyenziwa ngumzimba ngakhoke ukulimala kwabo kuthikameza ukusebenza kwawo. Njengokuthi nje, uma kulimele indawana yobuchopho elawula ukunyakaza kwezingalo nemilenze, ukunyakaza kwengalo nomlenze kuyaphazamiseka. Kungenzeka ukuba kungasebenzi kahle. Isifo sohlangothi singaphazamisa nendlela esicabanga ngayo, ukufunda, imizwa yokuthinta kanye nokukhuluma. Ukuziphilisa ngendlela yempilo kusiza ekuvikeleni isifo sohlangothi. Yingakho kubalulekile ukuba abantu balandele indlela yokuphila kahle.



### 2. Ziyini izingozi zokuba nesifo sohlangothi?

Isifo sohlangothi singase sibe sibi kakhulu futhi sibangele umonakalo omkhulu njengokuthi ingalo ingabe isasebenza futhi umuntu angabe esakwazi ukukhuluma kahle. Isifo sohlangothi singabangela ukuba umuntu akhubazeke noma afe nokufa.



### 3. Yiziphi izimo ezijwayelekile ezingumthelela wesifo sohlangothi?

- Umfutho wegazi ophakeme [bheka iSifundo 5.1 mayelan noMfutho Wegazi Ophakeme]
- Ukwenyuka kwezinga longwengwezi lwamafutha egazini (i-kholesteroli) [bheka iSifundo 5.3 mayelana noNgwengwezi Lwamafutha Egazini]
- Ukubhema
- Isifo sikashukela [bheka iSifundo 5.2 mayelana neSifo Sikashukela]
- Ukukhula ngeminyaka

### Ukushintsha indlela umuntu aphila ngayo kungawehlisa kanjani amathuba okuhlaselwa yisifo sohlangothi?

Ukuphila ngendlela enempilo kungasisiza ukwehlisa amathuba okuhlaselwa yisifo sohlangothi. Okusho ukuthi angawehlisa amathuba okuhlaselwa yisifo sohlangothi ngokuqikelela ukuthi udlani, uphuzani, uwunyakazisa kangakanani umzimba nangokungabhemi. Wonke umuntu kumele ajwayele ukuhlola izinga lokukhuphuka komfutho wegazi.

- **Okudliwayo:** Ukudla okunamafutha kakhulu kubanga ukunqwabelana kwamafutha emithanjeni yegazi bese imithambo yegazi iya ngokucinana ivaleke. Usawoti omningi ekudleni ungabangela ukukhuphuka komfutho wegazi
- **Ukuzivocavoca umzimba:** Ukungawunyakazisi umzimba kungabanga izidingo eziningi zempilo. Ukuvama ukunyakazisa umzimba kusiza ukugcina inhliziyu nokuhamba kwegazi kusesimweni esihle sempilo (bheka iSifundo 2.3 mayelana noKuvocavoca Umzimba)

- **Ukubhema:** Phakathi kwezinye izidingo zempilo, ukubhema nakho kuyawenyusa amathuba okuhlaselwa yisifo sohlangothi. Ubuthi obutholakala entuthwini kagwayi bunqwabelana emzimbeni bulimaze izindonga zemithambo yegazi
- **Ingcindezi:** Ingcindezi emphefumleni ibanga ukwenyuka komfutho wegazi, umphumela wawo obanga isifo sohlangothi
- **Ukuphuza kakhulu utshwala:** Ukuvama ukuphuza kukhuphula umfutho wegazi. Ukuphuza kakhulu ngesikhathi esifishane kungabangela ukuqhuma komthambo ebuchosheni

### Amathuba omuntu okuba ahlaselwe yisifo sohlangothi angehliswa:

- Ngokuhlolwa njalo komfutho wegazi [bheka iSifundo 5.1 mayela noMfutho Wegazi Ophakeme] ushukela egazini [bheka iSifundo 5.2 mayelana neSifo Sikashukela] kanye nekholesterol [bheka iSifundo 5.3 mayelana noNgwengwezi Lwamafutha Egazini]
- Ngokuyeka ukubhema
- Ngokuvocavoca umzimba njalonjalo [bheka iSifundo 2.3: Ukuvocavoca umzimba]
- Ngokugwema ukuphuza ngokweqile
- Ngokwehlisa usawoti nokudla okunamafutha nokudla izithelo nokusamfino [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo]

### 4. Ziyini izimpawu zesifo sohlangothi?

Kukhona izimpawu ezinkulu ezinhlanu zesifo sohlangothi:

- a. Inkwashu eyenzeka ngokushesha noma ukudedeleka kobuso, ingalo noma umlenze ikakhulukazi ngasohlangothini olulodwa emzimbeni. Umuntu angakuthola kunzima ukuzinyakazela ngokwakhe. Kungenzeka kubekhona okuzwakala sengathi kuyakitaza kuleyondawo yomzimba ephazamisekile
- b. Ukudideka kwengqondo okwenzeka ngokuphazima kweso noma ukukhuluma izinto ezikhombisa ukulahleka kwengqondo. Kwesinye isikhathi ukudedeleka kwezinyama zobuso kungabanga ukuvuza kwamathe
- c. Ukungaboni kahle ngeso elilodwa noma ngawo omabili
- d. Ngokushesha uyadiyazela, abe nenzululwane, angakwazi ukuzimela ngezinyawo
- e. Ukuphathwa yikhanda elibuhlungu kakhulu elingaziwa isisusa salo, limsuka ngokushesha

Uma kukhona umuntu onanoma yiluphi lwalezizimpawu ezingenhla, lowomuntu akaphuthunyiswe esibhedlela.

Abantu abaningi abahlaselwa yisifo sohlangothi bafuna ukuya ekhaya bayophumula. Akufanele baye ekhaya. Kufanele bayiswe esibhedlela ngokushesha bayothola ukwelashwa.



#### Amcebiso Awusizo

Uma umuntu esola ukuthi kunomuntu ophethwe isifo sohlangothi, kumele afonele kwa 10177 ukuze athole usizo.

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.5

Isifo Sohlangothi

### 5. Yini ongayenza uma umuntu ehlaselwa yisifo sohlangothi?

- Biza abezokwelapha ngokushesha
- Mlalise ngohlangothi noma ancike ngemiqamelo noma yikuphi lokho okumphatha kahle
- Uma umuntu equlekile, mlalise ngohlangothi
- Msize ehlise ukwethuka. Iziguli eziningi ziyethuka ngoba zisuke zingazi ukuthi kwenzekalani kuzo



### 6. Angahlolwa kanjani ukuze kutholakale ukuthi uhlaselwe yisifo sohlangothi?

Udokotela ubuza ngomlando wempilo yalowo ogulayo bese uyamhlola. Ukuhlola kumbandakanya nokuhlolisiswa emzimbeni wonke; ukuhlola ubungako bomfutho wegazi nokushaya kwenhliziyo, nokuqiniseka ukuthi inhliziyo namaphaphu kusebenza kahle. Kubhekwa nokwenzekayo ngaphakathi ebuchosheni; lokhu kwenziwa ngokuthwebula isithombe okubizwa phecelezi 'scan'. Lokhu kuhlola kusiza udokotela ukuba abone okwenzekayo ngaphakathi ebuchosheni ngokunzulu kunalokho okujwayelekile kwe x-ray.

### 7. Selashwa kanjani isifo sohlangothi?

Abantu asebeke bahlaselwa yizifo zohlangothi bangalashwa ngezindlela ezihlukene. Ukulashwa kuncike ekuthini luhlobo luni nobunzima balolohlobo, nokuthi yiziphi ezinye izidingo zempilo umuntu anazo.

Ukubuyiselwa kwempilo esimweni esijwayelekile yigxathu elibalulekile ekwelashweni kwalesifo – yindlela yokusiza umuntu ukuze akwazi ukuphila nomonakalo ongumphumela wesifo. Emva kokuphathwa yilesifo, umuntu udinga ukufundiswa futhi ukwenza izinto ezilula, njengokuhamba, ukusebenzisa izingalo ngisho nokufasa inkinobho. Kungaphinde futhi kudingeke afunde nezindlela ezintsha zokwenza izinto ukuze akwazi ukuphila nomonakalo odalwe yisifo sohlangothi. Kodwa ngenxa yokuzimisela nokusizwa wumndeni, abangane kanye nabezempilo esibhedlela ngokumsiza abuyele empilweni, lezindlela angazifunda futhi. Kwesinye isikhathi umuntu angabuyela ngokuphelele empilweni akwazi ukunyakazisa umzimba kahle noma ukukhuluma kodwa ngesinye isikhathi umonakalo kungaba owempilo yakhe yonke.

Kunzima ukusho ukuthi umuntu uyolulama kanjani ngemva kokuhlaselwa yisifo sohlangothi; abantu abaningi bayolulama kakhulu emasontweni okuqala nasezinyangeni zokuqala ngemva kwesifo sohlangothi. Nokho, ukululama kungase kuqhubeka ngemva kwalesi sikhathi. Uhlelo lokubuyiselwa kwempilo lungabandakanya abeluli bemisipha, abafundisa ukukhuluma kanye nabodokotela nabahlengikazi.

# INgxenye 5

## Izimo Ezingamahlalakhona

### Ingxoxo Yeqembu

**Hlukanani nibe amaqoqo bese nithatha imizuzu eyishumi nanhlanu nixoxe ngalesihloko bese ninikeza imibono yenu eqenjini elikhulu.**

**Iqembu lokuqala:** Chazani ukuthi ngubani osengozini yokuphathwa yisifo sohlangothi.

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**Iqembu lesibili:** Chazani kabanzi ngokuthi yiziphi izindlela zempilo ezandisa amathuba obungozi besifo sohlangothi nokuthi zingashintshwa kanjani ukuze sivikelwe.

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**Iqembu lesithathu:** Ungazi kanjani uma umuntu ephathwa yisifo sohlangothi?

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**Iqembu lesine:** Khombisani ngokusamdalo ukuthi yini engenziwa uma umuntu ehlaselwa yisifo sohlangothi.

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.6 sihlose ukukucobelela ulwazi mayelana nokuqwashisa ngomdlavuzwa.

### Imiphumela Yesifundo

Ekupheleni kwalesisifundo abafundi kufanele bakwazi:

- Ukuxoxisana ngemibandela engabangela isifo somdlavuzwa
- Bakhombise ukuthi wenza kanjani uma ukuzihlolela isifo somdlavuzwa futhi bachaze ngokubaluleka kokusheshe ubanjwe umdlavuzwa
- Baxoxisa nengezici eziyingcuphe zomdlavuzwa womlomo wesibeetho
- Baxoxisane ngezimbangela zomdlavuzwa womlomo wesibeetho
- Bakwazi ukubona izimpawu nezinkomba zomdlavuzwa womlomo wesibeetho
- Bachaze ukuthi yini ukuthathwa koketshezi lokuhlololwa umdlavuzwa womlomo wesibeetho (i-Pap smear) nokuthi owesifazane angaluthola kanjani lolusizo
- Baxoxe ngomdlavuzwa wendlala yenzalo yowesilisa kanye nowamasende
- Bakhombise ulwazi mayelana nezimpawu nezinkomba zomdlavuzwa wendlala yenzalo yowesilisa kanye nowamasende
- Bachaze ngokuzihlolela umdlavuzwa wamasende kanye nokubaluleka kokushesha ukuwubamba

### Okuqukethwe Yilesi Sifundo

- Umdlavuzwa webele
- Ukuzihlolela umdlavuzwa webele
- Umdlavuzwa wesibeetho
- Umdlavuzwa wendlala yenzalo yowesilisa
- Umdlavuzwa wamasende
- Ukuzihlolela umdlavuzwa wamasende

### Kutholakala

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### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuxoxa namaklayenti akho ngokubaluleka kokuzihlolela umdlavuzwa wamabele nyanga zonke nendlela yokukwenza lokho; ukubaluleka kokuhamba uyohlolelwa umdlavuzwa wesibeetho; ukubaluleka kokuba amadoda aneminyaka engaphezu kwengama-50 ubudala aye esikhungweni sezempilo njalo ngonyaka ayohlolelwa umdlavuzwa wendlala yenzalo kanye nokubaluleka kokuzihlola amasende nyanga zonke kanye nendlela yokukwenza. Kufanele futhi usebenzise leli thuba ukuze uxoxe namaklayenti akho ngokubaluleka kokuphila ngendlela enemphilo, kuhlenganise ukudla ukudla okunempilo, ukuzivocavoca nokungabhemi. Kufanele futhi uxoxe namaklayenti akho ngokubaluleka kokuthola usizo lwezokwelashwa ngokushesha ngangokunokwenzeka uma eba nanoma yiziphi izimpawu okuxoxwa ngazo kulesi sifundo.

### 1. Yini umdlavuzwa?

Umzimba womuntu wakhiwe ngezigidigidi zamaseli akhula ngokuhlukahlukana aphinde zife ngendlela ehlelekile. Umdlavuzwa yisifo esibi esenzeka uma kukhona okungahambi kahle kululuhlelo lwamaseli, okubangela ukuthi ukukhula kwawo kwenzeke ngendlela endlondlobele. Lamaseli agulayo enabela kwezinye izingxenye zomzimba. Uma lokhu kungalashwa kungaholela ekufeni.

Zine izinhlobo zomdlavuzwa okuzokhulunywa ngazo kulesisifundo sesine:

- Umdlavuzwa webele
- Umdlavuzwa womlomo wesibeetho
- Umdlavuzwa wendlala yenzalo yowesilisa
- Umdlavuzwa wamasende

### 2. Yini umdlavuzwa webele?

Umdlavuzwa webele uqala ezicutsheni zebele kwabesifazane nabesilisa [bheka iSifundo 2.1 Umzimba Womuntu].

### Ngubani ongathola umdlavuzwa webele?

- Abesifazane
- Abantu abangaphezu kweminyaka engamashumi amahlanu (50)
- Abantu okukhona abake babanawo emndenini yabo (njengomama, ubabekazi, udadewenu)
- Abesifazane abangakaze babe nabantwana noma abathola abantwana emva kweminyaka engamashumi amathathu (30)
- Abantu ababelashwa ngamahomoni (ukutshezi olukhuthaza inzalo)
- Abantu ababhemayo [bheka iSifundo 5.9 mayelana noKugqilazwa Yizidakamizwa]
- Abantu baphuza ngokweqile
- Abantu abakhuluphele ngokweqile

### Ziyini izimpawu zomdlavuzwa webele?

Uma usaqala umdlavuzwa webele awubi nazimpawu ezibonakalayo. Isigaxa sisuke sisencane kakhulu ukuthi sizwakale uma kupotozwa noma ukuthi singabangela ushintsho olubonakalayo.

Yingakho kubalulekile ukuthi ukupotoza amabele kufanele kwenziwe njalo. Ngesikhathi ukhula umdlavuzwa, izinkomba zingabandakanya lokhu:

- Isigaxa esiqinile, simahadlahadla futhi esingebuhlungu ebeleni noma ngaphansi kwekhwapha
- Ukushintsha kobungako nokuma kwebele noma ingono- isibonelo kungababomvu, kube nesifaca noma ukubukeka okufana nekhasi lewolintshi
- Okusamanzi okuphuma engonweni- kungabasagazi, kubenjengamanzi noma kubephuzi, kubeluhlaza noma kube nobomvu
- Ubuhlungu ebeleni
- Ubuhlungu engonweni noma ingono ebheke phezulu

Uma isiguli sikutshela ukuthi sinezinye zalezizinkomba, kumele baye emtholamapilo ngokushesha bayohlolisiswa. Njengeminye imidlavuzwa, kungcono ukushesha utholakale umdlavuzwa webele ukuze welashwe masinyane.

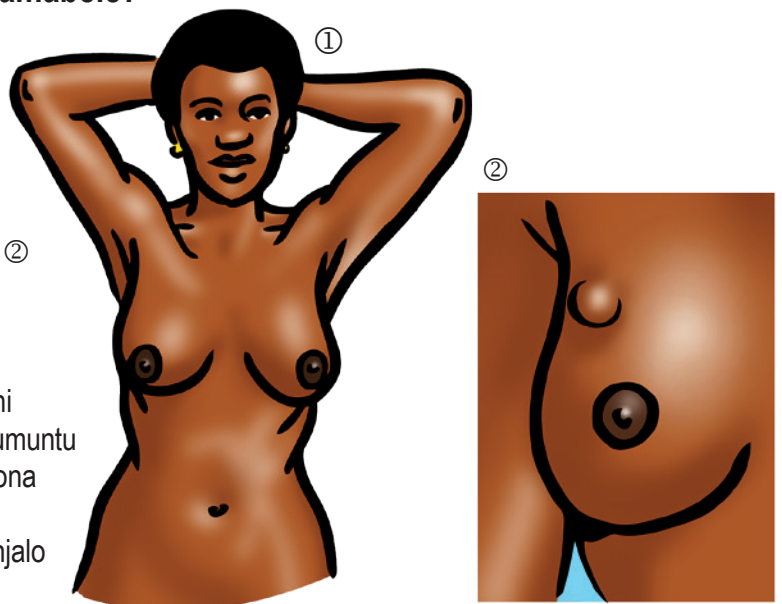
### Umdlavuzwa webele ungatholakala kanjani kusenesikhathi kwabesifazane?

Kukhona indlela elula kakhulu yokuthola umdlavuzwa kusenesikhathi. Wonke umuntu wesifazane kumele akwazi ukuzihlola amabele njalo ngenyanga ngokuzipotoza amabele. Loku kuhlola kumele kwenzekwe emva kwesonto ephumile esikhathini.

### Kwenziwa kanjani ukuhlola ngokuzipotoza amabele?

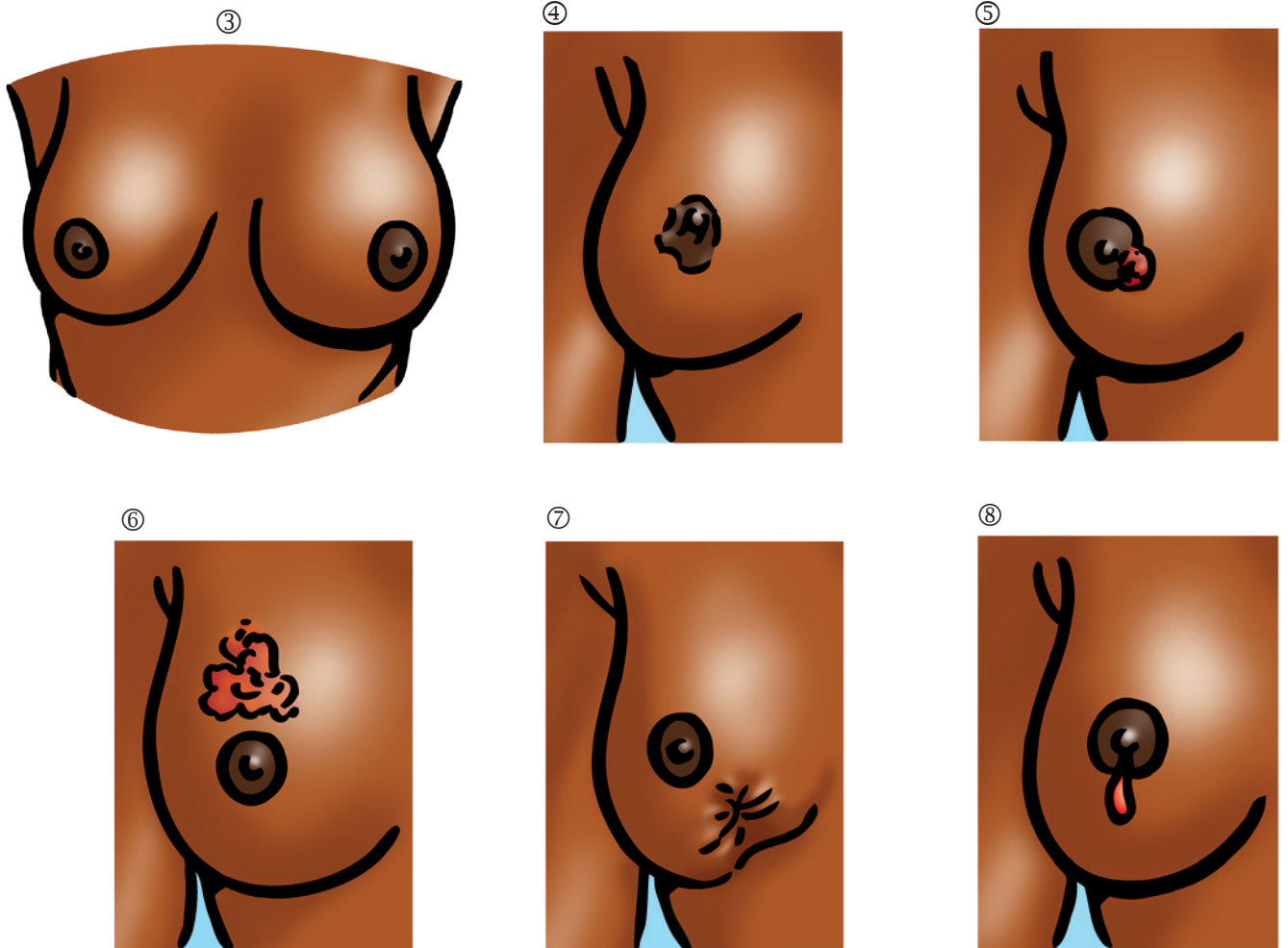
#### BHEKA

- Owesifazane makahlale phezu kombhede noma esihlalweni azibuke esibukweni, izandla zakhe ziphakeme ngaphezu kwekhanda lakhe ①
- Owesifazane angakwazi ukubona isigaxa ②
- Meluleke owesifazane ukuthi abheke:
  - Umehluko wokulingana kanye nokuma kwamabele. Khumbula abesifazane abaniningi banamabele angalingani futhi angamile ngokufana. Lokhu kulungile, umuntu angakhathazeka kuphela uma kuba khona ushintsho kulokhu ③
  - Ngabe ingono ibheke phezulu, uma kunjalo ngabe lokhu kunjalo kuwo womabili amabele noma kwelilodwa? ④
  - Ngabe kukhona ukuvuvukala? ⑤
  - Ngabe kukhona ukuba bomvu kwesikhumba? ⑥
  - Ngabe isikhumba sibusheshelezi noma noma kukhona ukufacaka? ⑦
  - Kungabe lukhona uketshezi oluphumayo ebeleni? ⑧



# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.6 Umdlavuzi



### THINTA

Meluleke owesifazane ukuthi:

- Alale ngomhlane abeke umqameleo ngaphansi kwesifuba ngasohlangothini lwebele alihlolayo. Abeke isandla ngaphansi kwekhanda, asebenzise esinye isandla ukupotoza ibele
- Asebenzise isandla esivulekile futhi ngeminwe yake qala eceleni nebele ngaphansi kwekhawapha. Hambisa isandla kancane ngokusizungezisa uze ufike maphakathi nebele kanye nengono. Makapotoze nangaphansi kwengono
- Uma kukhona isigaxa asizwayo, noma ushintsho kusayizi wesigaxa noma indlela esizwakala ngalo kunangenyanga edlule, kufanele akubike lokhu esikhungweni sezempilo ukuze kuhlolwe ngokushesha ngangokunokwenzeka



# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.6 Umdlavuzwa

### Bangawuhlolela kanjani umdlavuzwa webele?

Uma isiguli siya esikhungweni sezempilo sinesigaxa sebele, umsebenzi wezempilo uzolalela umlando wakhe bese emhlola ibele. Udokotela angasithumela isiguli ukuba siyohlolwa ngohlobo oluthe phecelezi lwe-x-ray olubizwa ngokuthi 'mammogram', noma angakhipha amanzana ebeleni ngenalithi yomjovo awayise ukuyohlolwa.



#### Amcebiso Awusizo

Amadoda nawo angawuthola umdlavuzwa webele. Izinkomba kungaba yisigaxa, ubuhlungu bebele nobuhlungu uma lithintwa.

### Welashwa ngani umdlavuzwa webele?

Ukwelashwa kuya ngohlobo lomdlavuzwa kanye nokuthi sewenabe kangakanani.

#### Ukuhlolwa kungabandakanya:

- Imishanguzo yokubulala amaseli omdlavuzwa ebizwa ngokuthi phecelezi yi-'chemotherapy'
- Uhlobo lwe-x-ray ebulala izicutshana zomdlavuzwa ebizwa ngokuthi phecelezi ukwelashwa kwe-'radiation'
- Ukususa ibele lonke ngokuhlinzwa uma umdlavuzwa usuhambe kakhulu
- Ukwelapha ngamahomoni

Ngokuvamile ukwelashwa komdlavuzwa kungase kwenze abantu bazizwe bekhathele futhi begula. Kubalulekile ukuba uma umuntu enalezi zimpawu ngesikhathi elashwa, atshele umsebenzi wezokwelapha ukuze amsize abhekane nalokhu.

### Amaqoqo okusekelana

Uma umuntu ehlaselwe ngumdlavuzwa webele ngungaba umqondo omuhle ukuba azibandakanye namaqoqo okusekelana, kwazise ukuxoxa ngesifo nabanye abanenkinga efanayo kungasiza. EMzansi-ne-Afrika kunenhlango ebizwa ngokuthi CANSA (Cancer Association of South Africa) engakwazi ukunika usizo nezaluleko kubantu abaphila nomdlavuzwa [bheka iSifundo 6.8 mayelana namaqoqo Okusekelana].

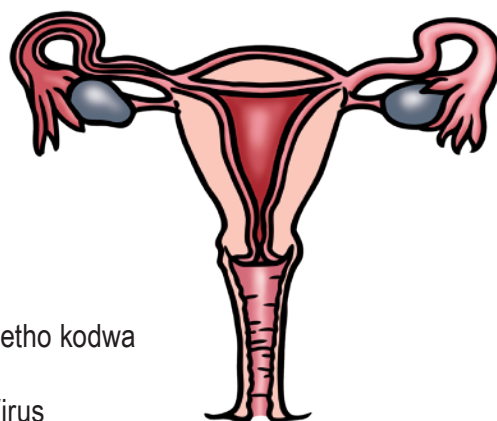
### 3. Yini umdlavuzwa womlomo wesibeletso?

Umlomo wesibeletso utholakala ekugcineni kwesibeletso [bheka iSifundo 2.1 mayelana noMzimba Womuntu]. Abesifazane bangawuthola umdlavuzwa womlomo wesibeletso ongaba mubi kakhulu.

### Ubani ongahlaselwa yisifo somdlavuzwa wesibeletso?

Noma yimuphi umuntu wesifazane angahlaselwa yisifo somdlavuzwa wesibeletso kodwa sivamile kwabesifazane:

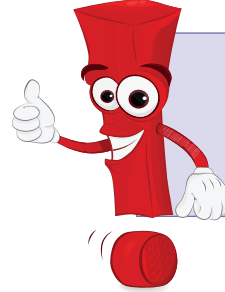
- Abenegciwane elaziwa ngokuthi phecelezi yi-Human Papilloma Virus elithathelwana ngocansi [bheka iSifundo 4.8 mayelana nama-STI]
- Abaqala ukuzibandakanya ocansini besebancane ngeminyaka



# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.6 Umdlavuzwa

- Abanabalingani bocansi abaningi
- Abaphila negciwane lesandulela-ngculazi [bheka iSifundo 4.1 mayelana neNgculaza Negciwane Layo]
- Abathola abantwana bengakahlanganisi iminyaka eyishumi nesikhombisa (17)
- Ababhemayo [bheka iSifundo 5.9 mayelana noKugqilazwa Yizidakamizwa]



### Amacebiso Awusizo

Amaklayenti kufanele akhuthazwe ukuba ayohlolwe i-HIV ukuze azi isimo sawo se-HIV.

### Ziyini izinkomba zomdlavuzwa wesibeletso?

Ezikhathini eziningi umdlavuzwa wesibeletso awunazo izinkomba. Izinkomba ezingabakhona zibandakanya lezi:

- Ukopha kowesifazane okungajwayelekile
  - Ukopha okwenzeka phakathi nesikhathi esijwayelekile
  - Ukopha emva kocansi
  - Owesifazane oya esikhathini isikhathi eside futhi ophe kakhulu kunokwejwayelekile
  - Ukopha okwenzeka emva kokunqamuka kwesikhathi sowesifazane
- Ukwanda kwamanzi aphuma enkomeni yowesifazane
- Ubuhlungu esinyeni
- Ubuhlungu uma kwenziwa ucansi

### Bahlolwe kanjani umdlavuzwa wesibeletso?

Umtholampilo ungenza ukuhlolwa koketshezi lomlomo wesibeletso okubizwa ngokuthi phecelezi yi-PAP smear. Uma kukhona okusolisayo, odokotela bazokwenza ukuhlola okunzulu esibhedlela.

### Yini i-PAP smear?

Ukuhlolwa kwe-PAP smear yindlela yokuhlola amaseli atholakala emlonyeni wesibeletso. Inhloso-ngqangi ye-PAP Smear iwukuthola umdlavuzwa noma amaseli angavamile angabangela umdlavuzwa. Futhi iyakwazi ukukhombisa uma kukhona ukutheleleka ngamagciwane.

### Owesifazane kumele ayenziwe kangaki i-PAP smear?

Kubaluleke kakhulu ukuthi owesifazane ajwayele ukuhlolwa nge-PAP smear. Lokhu kuzoqinisekisa ukuthi uma kukhona amaseli asolisayo noma umdlavuzwa uqobo, asheshe athole ukwelapheka.

ENingizimu Afrika, Umnyango WezeMpilo kuZwelonke unenqubo-mgomo ethi:

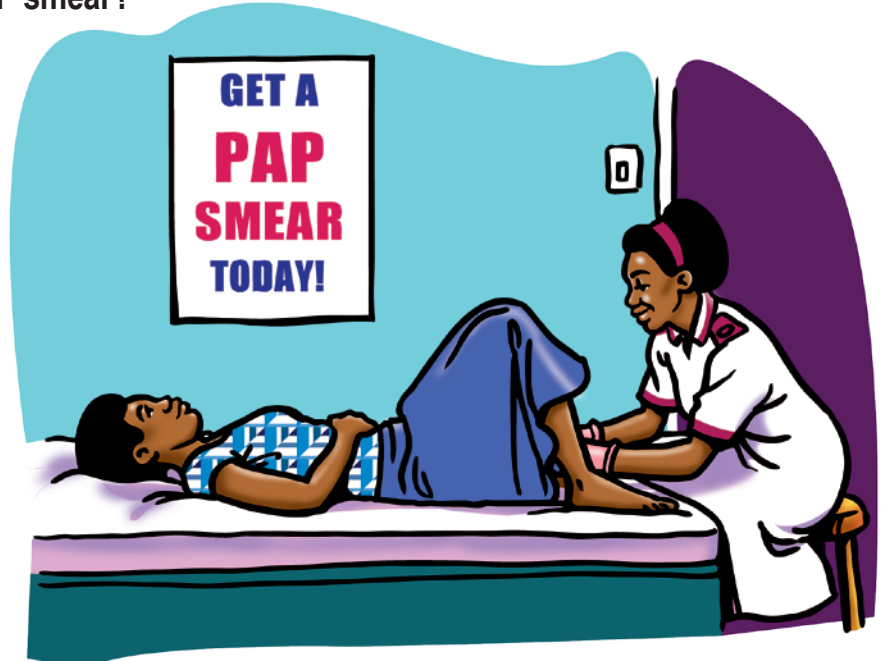
- Abesifazane abesezingeni lokuthola abantwana kumele bayohlolwa nge-PAP smear ngokuvumelana neNqubo-mgomo Yokuvimba Inzalo Kuzwelonke
- Owesifazane kufanele ahlolwe kathathu mahhala njalo eminyakeni eyishumi, isib. lapho eneminyaka engamashumi amathathu (30), amashumi amane (40) namashumi abahlanu (50)
- Abesifazane abaphila negciwane lesandulela-ngculazi kumele bahlolwe umdlavuzwa wesibeletso njalo ngonyaka
- Abesifazane abahlolwa okokuqala abaneminyaka engu-55 noma ngaphezulu, bayohlolwa kanye kuphela nge-PAP smear uma imiphumela yabo yokuhlolwa okokuqala ingakhombisi lutho olusolisayo

# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.6 Umdlavuzwa

### Kubaluleke ngani ukuhlolwa nge-PAP smear?

Ukuhlolwa nge-PAP Smear wukuhlolwa okubalulekile ekuhlolweni kwempilo yowesifazane okujwayelkile ngoba kungaveza imibandela engabangela ukubakhona komdlavuzwa womlomo wesibeledo. Lokhu kungelashwa masinyane ungakangeni umdlavuzwa. Umdlavuzwa wesibeledo unganqandeka uma abesifazane behlala behlolwa wona njalo-njalo. Futhi, njengezinye izinhlobo zemidlavuzwa, umdlavuzwa womlomo wesibeledo ungalapheka ngempumelelo uma utholakale masinyane.



### Yenziwa kanjani i-PAP smear?

I-PAP smear ingenziwa ehovisi likadokotela, esikhungweni sezempilo noma esibhedlela. Udokotela noma umhlengikazi ufaka into enjengebhulashi enkomeni yowesifazane ukuze athole amaseli omlomo wesibeledo. Akubuhlungu. Lamaseli athunyelwa elabhorethi ukuyohlolwa.

### Yisiphi isikhathi esilungele ukuhlola nge-PAP smear?

- Owesifazane angahlolwa ngePap smear uma engekho esikhathini
- Isikhathi esingcono siphakathi kwezinsuku eziyishumi (10) nezingamashumi amabili (20) emva kosuku lokuqala angene ngalo esikhathini sakhe agcine ngaso
- Kumele angasebenzisi lutho olufakwa enkomeni (okhilimu) ngoba lokho kungasusa noma kucashise amaseli omdlavuzwa
- Emva kokuhlolwa angaphindela emsebenzini wakhe ojwayelekile

Ukuhlolwa i-PAP smear kungacelwa kunoma yimuphi umtholampilo noma esibhedlela.

### Welashwa ngani umdlavuzwa wesibeledo?

Ukwelashwa komdlavuzwa wesibeledo kuya ngohlobo lomdlavuzwa nokuthi ususabalale kangakanani. Futhi kuya ngokuthi owesifazane ungakanani ngeminyaka nokuthi usafuna yini ukuthola abantwana Odokotela banganquma ukuthi:

- Bawusike umdlavuzwa emlonyeni wesibeledo
- Nikeza uhlobo lokwelapha lwe-x-ray olubulala isicubu esinomdlavuzwa olubizwa ngokuthi i-radiation
- Banikeze imishanguzo yokubulala umdlavuzwa
- Basikhiphe isibeledo uma umdlavuzwa usuhambe kakhulu

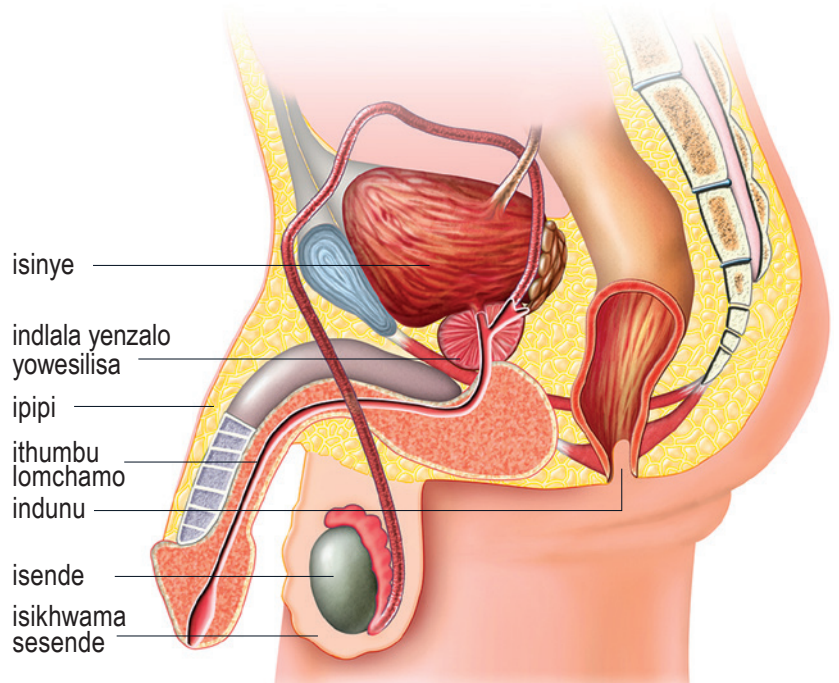
### 4. Yini umdlavuzwa wendlala yenzalo yowesilisa?

Umdlavuzwa wendlala yenzalo yowesilisa uqala kuyo indlala. Indlala yenzalo yowesilisa iyinto encanyana eyingxenye yomgudu wenzalo yowesilisa [bheka iSifundo 2.1 Umzimba Womuntu]. Izungeze ithunjana elikhipha umchamo emzimbeni.

### Ngubani ongahlaselwa wumdlavuzwa wendlala yenzalo yowesilisa?

Noma yimuphi umuntu wesilisa angahlaselwa ngumdlavuzwa wendlala yenzalo yowesilisa, kodwa kuvamile kwabesilisa:

- Abaneminyaka engaphezulu kwamashumi ayisithupha (60)
- Abanoyise noma umfowabo oke waba nomdlavuzwa wendlala yenzalo yowesilisa
- Abaphuza kakhulu
- Ababhemayo [bheka iSifundo 5.9 mayelana noKugqilazwa Yizidakamizwa]
- Abanesisindo eseqile



### Ziyini izinkomba zomdlavuzwa wendlala yowesilisa?

- Izidingo zokuchama
  - Kudingeka achame njalo, ikakhulukazi ebusuku
  - Umchamo ophuma ngokudebesela
  - Umchamo ophumayo ubuye uyeke
  - Ubuhlungu noma ukushisa komchamo
- Ubunzima bokuma kwenduku
- Igazi emchamweni noma esidodeni
- Ukuvama kobuhlungu beqolo, izinqulu, noma emathangeni ngasenhla

Uma owesilisa ehlaselwa yilezizinkomba, kumele avakashele umtholampilo ayohlolwa ngokushesha.

Kusukela eminyakeni engamashumi amahlanu (50) yobudala, owesilisa kumele avakashele umtholampilo njalo ngonyaka ayohlolwa ukuze kubonakale ukuthi indlala yenzalo ikhukhumele yini.

### Bazobe sebehlolelwa kanjani umdlavuzwa wendlala yenzalo yowesilisa?

Bangahlolwa ngegazi noma kuthathwe isicutshana sendlala yenzalo siye kohlolwa.

### Welashwa kanjani umdlavuzwa wendlala yowesilisa?

Ziningi izindlela zokwelapha umdlavuzwa wendlala yenzalo yowesilisa, kuye ngokuthi umuntu usemdala kangakanani, noma umdlavuzwa usunabalele kangakanani, kanye nezinye izifo owesilisa angase abe nazo.

#### Ukwelapha kubandakanya lokhu:

- Ukuhlinzwa kukhishwe indlala
- Ukwelashwa ngamahomoni
- Uhlobo lwe x-ray olubizwa phecelezi ukwelashwa nge-'radiation'
- Imishanguzo yokubulala amaseli omdlavuzwa ebizwa phecelezi i- 'chemotherapy'

### 5. Umdlavuzwa Wamasende

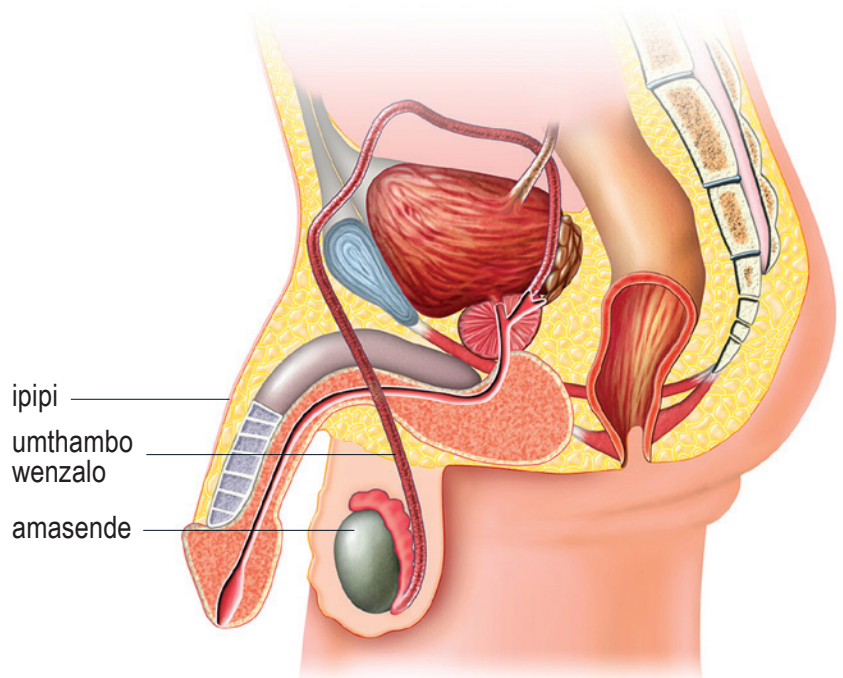
#### Yini umdlavuzwa wamasende?

Umdlavuzwa wamasende uqala khona emasendeni, nakuyindlela yenzalo yowesilisa etholakala esikhwameni samasende.

#### Ngubani ongahlaselwa wumdlavuzwa wamasende?

Noma yiyiphi indoda ingahlaselwa wumdlavuzwa wamasende, kodwa kuvamisile emadodeni:

- Azalwe nokungalungile emasendeni, epipini noma ezinsweni
- Ezalwe nesende elingehlelanga esikhwameni
- Aphila negciwane lesandulela-ngculazi [bheka iSifundo 4.1 mayelana neNgculaza Negciwane Layo]
- Anomlando womdlavuzwa wesende emndenini



#### Ziyini izimpawu zomdlavuzwa wamasende?

Kungenzeka zingabi bikho izimpawu. Amanye amadoda aba nalezimpawu:

- Isigaxa esingebuhlungu noma ukuvuvukala esendeni
- Ubuhlungu noma noma ukuzizwa ungemnandi esendeni noma esikhwameni sesende
- Ukuba-kukhulu kwesende noma ushintsho endleleni elizwakala ngalo
- Ukuzwakala sengathi liyesinda isende
- Ubuhlungu obungatheni esinyeni, eqolo, noma enyongeni
- Ukugcwala kwamanzi ngokushesha esendeni



#### Amacebiso Awusizo

Amaklayenti kufanele akhuthazwe ukuba ayohlololwa i-HIV ukuze azi isimo sawo se-HIV.

Uma iklayenti linanoma yiziphi kulezi zinkomba, kufanele liye esikhungweni sezempilo ngokushesha ukuze lixilongwe futhi lihlolwe. Njengezinye izinhlobo zomdlavuzwa, kungcono ukuba umdlavuzwa usheshe utholakale futhi welashwe ngokushesha ngangokunokwenzeka.



## Umdlavuzwa wesende ungatholakala kanjani kusenesikhathi?

Indoda kufanele ihlole amasende ayo njalo ngenyanga. Emva kokugeza ngamanzi afudumele, yima ngaphambi kwesibuko bese wenza lokhu okulandelayo:

- Sekela isende ngalinye ngesandla esisodwa bese ulihlola ngesinye isandla
- Toboza isende ngesineke phakathi kwesithupha neminwe. Amasende kufanele aqine kodwa ashelele, njengeqanda elibilisiwe elingenalo igobolondo
- Umthambo wenzalo yinto enjengentambo enamathele emuva kwesende. Lokhu akusona isigaxa esingafuneki
- Yizwa ukuthi azikho yini izindawo eziqinile, izigaxa noma amaqhubu emasendeni. Uma kunomdlavuzwa, ngokuvamile lezi zigaxa azibi buhlungu kodwa amanye amadoda ezwa ubuhlungu buvela esendeni elithintekile
- Indoda kufanele iwazi usayizi ovamile, ukuma nesisindo sesende ngalinye kanye nomthambo wenzalo. Uma kuba khona ushintsho, lokhu kuyoyisiza indoda ukuba ibone ushintsho ekuhloleni okulandelayo
- Uma indoda ithola isigaxa esendeni layo noma olunye lwalezi zimpawu zomdlavuzwa wamasende ezishiwo lapha, kufanele iye esikhungweni sezempilo iyohlolwa ngokushesha



## Bangahlolwa kanjani umdlavuzwa wamasende?

Uma kusoleka ukuthi indoda kungenzeka ibe nomdlavuzwa wesende, lokhu kuhlolwa okulandelayo kungenziwa:

- **Ukuhlolwa igazi**
- **I-ultrasound** (Lesi yiskeni esenziwa esendeni)
- **I-biopsy** (ukusikwa kancane kukhishwe isende lonke noma ukuthatha isicubu esincane sesende siye ukuyohlolwa)

## Umdlavuzwa wesende ungelashwa kanjani?

Ukwelashwa komdlavuzwa wesende kuya ngohlobo lomdlavuzwa nokuthi usuwenebe kangakanani, kodwa kungabandakanya lokhu okulandelayo:

- Ukuhlinzwa kukhishwe isigaxa noma kususwe isende lonke
- Imishanguzo yokubulala amaseli omdlavuzwa, ebizwa ngokuthi yi-'chemotherapy'
- Ukwelapha ngohlobo lwe-x- ray okubizwa ngokuthi ukwelapha nge-radiation

Ukwelashelwa umdlavuzwa kuvamise ukwenza abantu bazizwe begula noma bekhathele kakhulu. Kubaluleke kakhulu ukuthi uma abantu bezwa lezizimpawu uma belashelwa umdlavuzwa, babike kumsebenzi wezempilo ukuze basizwe ngokuthi babhekana kanjani nazo.

### Ukudlala Indima Yabathile

**Hlukanani nibe ngababili. I-CCG kufanele iziwayeze ukweluleka owesifazane ukuthi angawahlolale kanjani umdlavuzwa amabele akhe, kulandele ukweluleka owesilisa ukuthi angazihlolale kanjani ukuthola ukuthi amasende awanawo umdlavuzwa.**

## OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.7 sihlose ukubheka udaba lokugula ngengqondo.

### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ukuthi kuyini ukugula ngengqondo
- Bakwazi ukubona ngokubanzi izimpawu kanye nezinkomba zokugula ngengqondo
- Bakhombise ukuqonda imibandela yamasiko mayelana nokugula ngengqondo
- Bachaze ukuthi yiluphi usizo olukhona lokuxhasa abantu ukumelana nesifo sengqondo

### Okuqukethwe Kulesi Sifundo

- Izimbangela zokugula ngengqondo
- Izimpawu zokugula ngengqondo
- Imibandela yamasiko athinta iziguli ezigula ngengqondo
- Ukudluliswa kweziguli ezigula ngengqondo

### Kutholakala

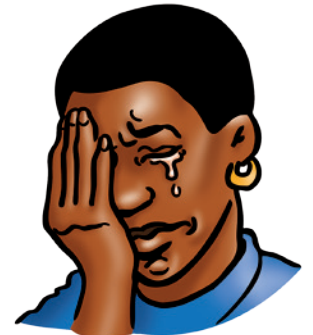
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### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukusiza amaklayenti akho aqonde ukuthi ukugula ngengqondo kuyisimo sezokwelapha nokuthi abantu abagula ngengqondo kufanele banakekelwe futhi basekelwe. Kufanele usize amaklayenti akho akwazi ukubona izimpawu zokugula ngengqondo. Kufanele futhi uqiniseke ukuthi amaklayenti agula ngengqondo athunyelwa esikhungweni sezempilo ukuze elashwe ngendlela efanele.

### 1. Kuyini ukugula ngengqondo?

Izifo zengqondo yizimo ezithinta ukucabanga komuntu, indlela ezwa ngayo noma abona ngayo izinto, isimo sokuhlala noma ukusebenza nabanye, ukuphila kwabo imihla ngemihla. Njengoba ungwengwezi lwamafutha egazini lubangela ukugula enhliziyweni, kanjalo nesifo sengqondo siwukugula okubangela abantu ukuthi bangakwazi ukumelana nempilo yemihla ngemihla. Ngokuvamile abantu abagula ngengqondo kuthiwa baqalekisiwe futhi abanikezwa ukwelashwa abakudingayo.



### 2. Izimbangela zokugula ngengqondo

Kunezizathu eziningi ezingabangela ukuthi umuntu ahlaselwe yisifo sengqondo. Akekho onesiqiniseko sembangela yesifo sengqondo kahle-hle. Kungenzeka kube wufuzo, singabangelwa yindlela umuntu aphila ngayo noma singabangelwa yizinto ezenzeka empilweni yomuntu ngaphambili. Kuvamise ukuthi imbangela kube yinhlanganisela yazo zonke lezizinto.

### 3. Izimpawu zokugula ngengqondo

Ukuziphatha okungajwayelekile noma imicabango elokhu ishintsha ehlanganisa:

- Ukulahlekelwa wuthando lokwenza izinto umuntu abejwayele ukuzenza
- Ngokushesha umuntu akasenzi kahle emsebenzini noma esikoleni
- Ukushintsha okuthusayo ngendlela umuntu enza ngayo izinto
- Umuntu ozilimazayo, njengokuzisika
- Ukushintsha kwendlela umuntu adla ngayo: ukudla ngokweqile, ukudla aphinde akuphalaze, noma ukungadli nhlobo
- Ukungafuni ukwenza ucansi, noma ukufuna ucansi ngokweqile
- Ukungalali kahle
- Ukungxama, ukubukeka ekhathazekile, nokuphaphazela
- Ukukhathala nokuphelelwa ngamandla
- Ukungathandi ukuhlala nabantu; ukuhlala ngokulala
- Ukufuna ukuhamba njalo kunokwejwayelekile, ukulala isikhathi esincane kakhulu, ukubanamandla amaningi, ukuqala abangani abasha ngokushesha, ukwethemba izihambi noma ukusaphaza imali eningi
- Ukuzwa noma ukubona izinto abanye abantu abangaziboni
- Umehluko ekuboneni izinto umuntu ezenzeka kuye; isibonelo ukukholelwa ngokungenaqiniso ukuthi kukhona umuntu ozama ukukwenza into embi, okuhlekayo noma ozama ukukwephuca umzimba wakho



### 4. Yini engenziwa ukudlulisela isiguli esigula ngengqondo?

Ziningi izinhlobo zesifo sengqondo, kanti zidinga izindlela ezehlukene zokwelashwa, kubandakanya nemishanguzo. Kubalulekile ukuthi uma i-CCG isola sengathi umuntu uhlaselwe yisifo sengqondo yenze lokhu okulandelayo:

- Dlulisela isiguli esikhungweni sezempilo ukuze sihlolwe isifo sengqondo wumsebenzi wezempilo
- Khuthaza ilunga lomndeni noma umnakeleli ukuba ahambe naso isiguli ukuya esikhungweni sezempilo ukuze balandise umsebenzi wezempilo ngokwenzakalayo empilweni yesiguli. Kwesinye isikhathi umuntu ogula ngengqondo akakhumbuli noma akakwazi ukunikeza indaba ephelele
- Dlulisela isiguli nomndeni waso ezinhlanganweni ezingamnikela ukusekelwa okuthe thuthu njenge-South African Depression and Anxiety Group (SADAG) kulenombolo 0800 205 026 noma ku-Suicide Crisis Line 0800 567 567 noma uthumele umqhafazo kulenombolo 31393
- Isiguli nomndeni waso bangajoyina iqembu lokusekelana lemndeni enezinkinga ezifanayo lokhu kuzobanika ithuba lokuxazulula izidingo futhi banikane nezeluleko
- Dlulisela isiguli kusonhlalakahle ukuze sithole usizo olufana nokuxhaswa ngezimali



### 5. Yimiphi imibandela yamasiko ehambisana nokugula ngengqondo?

Ukugula ngengqondo akuyona into eyamukeleka kahle. Kwesinye isikhathi isiguli sesifo sengqondo umndeni uyasifihla emphakathini ngoba unamhloni. Iziguli zengqondo zingakhiyelwa endlini ngoba indlela abenza ngayo izinto kubo noma emphakathini zingamukelekile.

Lokhu akuyona indlela elungile yokubhekana nalesisimo. Iziguli kumele zidluliselwe esikhungweni sezempilo lapho zizohlolwa khona futhi zithole ukwelashwa nemishanguzo ezosiza isimo sazo. Uma odokotela bebona ukuthi zidinga isibhedlela, bazithumela khona.

### Kungehliswa kanjani ukucwaswa kwabantu abagula ngengqondo?

Umuntu oyedwa kwabhalanu (amaphesenti angamashumi amabili) kubantu bangahlaselwa yisifo sengqondo ezikhathini ezithile zempilo yabo. Kubalulekile ukuthi abantu nemiphakathi bafundiswe ngokucwaswa kanye nokuthi kungancishiswa kanjani [bheka iSifundo 4.12 mayelana noKucwasa Nokubandlulula].

# INgxenye 5

## Izimo Ezingamahlalakhona

### Ingxoxo Yeqembu

Hlukanani nibe amaqoqo nixoxisane ngalokhu okulandelayo:

1. Yiziphi izimpawu ezingakhombisa ukuthi umuntu uphethwe yisifo sengqondo?

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2. Kwenzekani uma umphakathi ungabaphathi kahle abantu abanesifo sengqondo?

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3. I-CCG ingasiza kanjani ukwehlisa lemibandela emibi?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.8 sihlose ukukucobelela ulwazi mayelana nokuhlukumezeka komndeni.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukubona izimpawu zokuhlukumezeka emndenini
- Bakhombise ukuthi bayazi ngezinhlobo, izimbangela kanye nemiqathango yokuvikelwa nokubika ukokuhlukumezeka emndenini
- Bakhombise ulwazi ngokuhlonyiswa komhlukunyezwa

#### Okuqukethwe Yilesi Sifundo

- Izimpawu zokuhlukumezeka emndenini
- Izinhlobo zokuhlukumezeka emndenini
- Izimbangela zokuhlukumezeka emndenini
- Ukuvikelwa kokuhlukumezeka emndenini
- Imiqathango yokuvikela ukuhlukumezeka emndenini
- Ukuhlonyiswa komhlukunyezwa

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#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukwazi ukuthi ziyini izimpawu zokuhlukumezeka komndeni nokuthi usize amaklayenti akho ahlukunyezwayo ebudlelaneni bawo basekhaya aqonde ukuthi yiluphi usizo angaluthola. Kufanele usize amaklayenti akho akwazi ukubona zokuhlukumezeka komndeni. Kufanele uqiniseke ukuthi amaklayenti akho ahlukumeziwe adluliselwe endaweni efanele ukuze bathole usizo.

### 1. Ukuhlukumezeka komndenini

Ukuhlukumezeka emndenini yilapho umuntu osondelene nomunye ebudlelwaneni emlimaza. Lokhu kungenzeka ebudlelwaneni phakathi kwabesilisa nabesifazane noma kwabesifazane ababili noma abesilisa ababili. Izimpilo zezingane, abantu, imindeni kanye nemiphakathi zithinteka kakhulu uma kunokuhlukumezeka emindenini.

### Buyini Ubudlelwano bomndenini?

Umuntu angaba nobudlelwano:

- Nomuntu ashade noma owayeshade naye
- Nabazali bakhe noma umbheki wakhe
- Noma naliphi ilunga lomndenini; kubandakanya nezingane zakhe
- Noma ubani aye wahlala naye, kungakhathaliseki ukuthi babeshadile nalowo muntu noma cha
- Umuntu ahlekisana naye
- Umuntu abake bathandana naye, noma okwesikhashana, noma abake baba nobudlelwane bocansi naye; noma abanengane naye

### 2. Izinhlobo zokuhlukumezeka emndenini

a. **Ukuhlukumezeka ngokwenyama** kulapho kukhona ukuthinteka emzimbeni okungadala ubuhlungu, ukulimala, ukwesaba noma yiluphi uhlobo lokuthinteka emzimbeni. Ukuhlukumezeka ngokwenyama kubandakanya ukushaywa, ukumukulwa ngempama, inqindi, ukuklanywa, ukusunduzwa noma yikuphi ukuthinteka kwenyama okungadala ukulimala. Ukuhlukumezeka kwenyama kungabandakanya nezinye izinto ezifana nokuvimbela umuntu ukuthi angakutholi ukwelashwa uma egula, ukuvimbela umuntu ukuthi angalali, angadli noma angaphuzi amanzi. Futhi kungabandakanya ukuphoqa umuntu ukuthi adle izidakamizwa noma aphuze utshwala engathandi.



b. **Ukuhlukumeza ngokocansi** kubandakanya isenzo esenziwa ngumuntu othile njengokufaka isitho sakhe sangasese kwesomhlukunyezwa, ukuthintwa ezindaweni zangasese ngomunye umuntu (njengasemabeleni, enkomeni, epipini, noma ezinqeni) noma ukucela umhlukunyezwa ukuthi athinte umhlukumezi; ukusho okuthile okumayelana nocansi ngomhlukunyezwa; baphoqwe ukuba babukele umhlukumezi ezenelisa ngokwakhe ngesenzo socansi; ukukhuhla imizimba yabo kumhlukunyezwa ngendlela esikisela ukuya ocansini noma ukuphoqa umhlukunyezwa ukuthi abukele izithombe noma amavidiyo ocansi.



c. **Ukudlwengula** yisenzo sokuhlukumeza esihambisana nokufuna ukuphatha ngendluzula. Kuwuhlobo lokuhlukumeza ngokocansi. Kusebenzisa izenzo zocansi ikakhulu

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5 Isifundo 5.8

Ukuhlukumezeka  
Komndeneni

ukufuna ukufaka isitho sangasese emzimbeni womhlukunyezwa. Ukuhlukunyezwa kwabantwana nezingane kuyanda ngenxa yenkoleloze yokuthi ukulala nomuntu oyintombi nt kungasusa isandulela-ngculazi kwabesilisa. Ukudlwengula abesifazane abathandana nabanye besifazane kuthiwa ukudlwengula kokuqondisa izigwegwe futhi kukholelwa ukuthi kuyabashintsha bathandane nabesilisa. Lezi zinkoleloze azilona iqiniso futhi imiphakathi kudingeka ifundiswe ngalokhu. Lezi yizinhlobo ezimbi kakhulu zezenzo zobugebengu.

Okwenzeka emntwini emva kokudlwengulwa kubandakanya; ukwethuka kakhulu, ukungakholwa wokwenzekile, ukungazi ukuthi kwenzakalani, ukwesaba, ukuzenyeza, nokudabuka. Uma abanakeleli, amaphoyisa nabanye bekhombisa indlela yokungakhathaleli, umhlukunyezwa angazizwa ehlukenyezwa okwesibili.

Iningi labahlukumezi bocansi ngabesilisa kodwa nabesifazane bakhona. Akulona iqiniso ukuthi ukudlwengula kwenzeka ngoba amadoda ehluleka ukuzithiba ngokocansi.

Ukuvikela ukutheleleka ngegciwane lesandulela-ngculazi ngenxa yokudlwengulwa, kukhona imishanguzo engathathwa ngabesifazane nabelisisa ebizwa ngokuthi yi 'PEP' (Lokhu wukuphuzwa kwemishanguzo yokudambisa igciwane lesandulela-ngculazi ngenhloso yokulivimbela ukuthi lingatheleleki kulabo abahlukunyezwe ngokocansi).

Uma okunye kwalezizinto ezibalwe ngenhla kwenzeka kumuntu ohlukunyeziwe kubenza bazizwele ubuhlungu obukhulu. Badinga ukuthi bazi ukuthi akulona iphutha labo; ngumhlukumezi onephutha. Ukuhlukunyezwa akubenzi babe ngabantu ababi futhi lokhu okwenzekile kusuke kungabafanele.

Iningi lezingane nabasha bayahlukunyezwa ngokocansi. Lokhu kuphambene nomthetho. Umhlukumezi angatshela umhlukunyezwa ukuthi 'lokhu kuyinto elungile'; 'ungatsheli muntu' noma athi 'lokhu akube yimfihlo yethu.' Umhlukunyezwa akangakwamukeli lokho. Kumele kubekhona abatselayo ukuze bathole usizo baphephe.

- d. **Ukuhlukunyezwa emoyeni noma ngokomqondo** kusho ukwenza umuntu ahlazeke noma ukumenzela phansi ngasese noma phambi kwabantu; ukulawula ukuthi umuntu yini okufanele ayenze noma okungafanelanga ayenze; ukumgodlela ulwazi; ukwenza izinto ezizombangela amahloni noma zimehlise isithunzi; ukungamvumeli abe nesikhathi nomndeneni noma nabangani; ukungamvumeli ukuba aphile ngokukhululeka ngokumsabisa ngokumlimaza yena noma abanye uma lowo muntu ebonisa ukuzimela noma ukuthokoza; nomo ukungamniki imali noma usizo aludingayo.

Abantu abahlukumezekile emoyeni abazizweli bephethe impilo yabo; impilo yabo iphethwe abalingane babo. Abesifazane noma abesilisa abahlukumezwa emoyeni babanengcindezi ngokomqondo nomphefumulo, baze bagcine befisa ukuzibulala, ukungadli kahle, bangene nasebuqgilini bezidakamizwa. Bangaluthola futhi nabo behlukumeza izingane nezilwane ezifuyiwe ngenxa yokuzama ukuziphindisela.





# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.8 Ukuhlukumezeka Komndeni

- e. **Ukuhlukumeza ngamazwi** kulapho kukhulunywa khona amazwi ahlabayo ngenhloso yokuhlukumeza omunye umuntu. Kungaba ukukhuluma kabi okunenhlamba noma okungenayo. Amagama amabi futhi angabhalwa.
- f. **Ukuhlukumeza ngokomnotho** kulapho omunye elawula imali noma iholo lomlingane wakhe. Ukuhlukumeza ngokomnotho kungabandakanya ukuvimbela umlingane ukuba athole imali, ukulinganisela inani lemali esetshenziswa omunye umuntu, noma ukuthatha imali yakhe. Isizathu kuwukuvimbela umlingane ukuba angakwazi ukuzinakelela ngokwakhe, ngakho-ke aphoqeke ukuthi ancike kumhlukumezi ngokwezimali, angakwazi ukuya esikoleni noma emanyunivesi, angaqashwa, noma angaqhubeki nempilo.



### 3. Imiphumela eba khona ezinganeni ngenxa yokuhlukumeza emndenini

Ingane ehlukeyezwe iba nezinkinga ekukhuleni kanjalo nasengqondweni. Ingane futhi iba nezinkinga emphefumulweni, nabantu emphakathini, izidingo zokuziphatha kanye nezinkinga zokufunda. Izidingo zomphefumulo nezokuziphatha zibandakanya ubudlova ukuba nexhala, izidingo zokuphila nabangane, nomndeni kanye nabaphethe. Ukucindezeleka komphefumulo nengqondo nakho kungaba khona ngenxa yobuhlungu ingane edlule kubo, kuhambisane nezinkinga zokuphelelwa wukuzethemba. Izidingo ngendlela yokubona impilo kanye nezokufunda nazo zingaqala ukuba khona zihambisana nokwehluleka ukufunda ukumelana nempilo nokuzixazululela izidingo.



### 4. Imibandela engabangela ukuhlukumeza emndenini:

- Isimo somndeni, ingcindezi kanye nendlela abakhuliswe ngayo (Kungenzeka ukuthi nabazali babehlukumeza)
- Ukusetshenziswa kwezidakamizwa budedengu nakho kungaba yimbangela yokuhlukumeza emndenini
- Ukuncika komunye umuntu, lapho abesifane abancike kakhulu kowesilisa ngesondlo (isibonelo, abahlala ekhaya/abangasebenzi, abakhubazekile) nababheke izingane besaba ukuthi bazophila kanjani nemindenini yabo uma beshiya indoda okuyiyona ebanika imali. Ukuncika kusho ukuthi abakwazi ukushintsha indlela abalingane babo ababaphethe ngayo
- Ukucindezeleka, okubangelwa ukushoda kwemali nokunye ekhaya kubhebhezela isimo esishubile. Imindenini nabathandanayo abampofu basesimweni esikhulu sokuba nokuhlukumezeka komndeni ngenxa yokulwa ngemali nokunye okufuze lokho
- Ukugula ngengqondo kwesinye isikhathi kuhlobene nokuhlukumezeka komndeni

### 5. Yini enenziwa i-CCG ukusiza umuntu ohlukumezekile?

- I-CCG ingamshela umuntu ohlukumezekile ukuthi iyamkhathalela futhi ibuze nokuthi uzizwa kanjani
- I-CCG mayikhombise ukumkholwa umhlukunyezwa ngokuthi ithi 'ngiyathokoza ukuthi ungitshelile'
- Ungabaphoqi ukuthi bakhiphe ingonyuluka
- Benze bakholwe ukuthi lokhu kuyenzeka nakwabanye
- Batshela ukuthi usizo luyatholakala, isibonelo ukusekelwa nokwelulekwa, usizo lokwelashwa ngemishanguzo yodokotela kanye nokuvikeleka kumhlukumezi
- Bikela amaphoyisa ngokuhlukumeza okubonayo
- Uma umuntu ecindezekile ezizwa edinga usizo ukuze adlule kulesisimo bangashayela i-Lifeline kulenombolo esebenza imini nobusuku yokusiza Ukulwa Nokuhlukumeza Ngokobulili (Stop Gender Violence helpline) 0800 150 150 noma eyosizo lwezingane (Childline South Africa) esebenza imini nobusuku 0800 055 555 noma 031 312 0904 ngesikhathi somsebenzi (kusukela ngehora lesishiyagalombili ekuseni kuya kwelesine) ntambama uma kuyingane

### 6. I-CCG ingasiza ngani ukuvikela ukwenyuka kwezinga lokuhlukumezeka komndeneni emphakathini?

Kubalulekile ukunqanda ukuhlukumezeka komndeneni ngaphambi kokuba kuqale. I-CCG kumele iqonde imibandela ethintene nokuhlukumezeka emndenini. Kufanele:

- Ibheke izimpawu zokuhlukumezeka emakhaya uma iwahambela
- Ifundise ngokuvinjelwa kokudlwengula, isabalalise amaphepha afundisa ngalokhu emphakathi. Gwema ukumbeka icala umhlukumezwa, abanacala
- Bandakanya umphakathi emkhankasweni wokuqwashisa ngokuhlukumeza emndenini
- Fundisa imindeni, abantu ngabanye, noma amaqoqo abantu emisebenzini, ezikoleni, emasontweni ngokuvikela ukuhlukumezwa emndenini
- Labo abasengozini yokuhlukumezeka bangathunyelwa endaweni ephiphile njenge 'safe shelter' ne 'crisis care'



### 7. Yini enenziwa uma umuntu engumhlukunyezwa emndenini?

Umhlukunyezwa unelungelo:

- Lokufaka umyalelo wokuvikeleka, phecelezi i- protection order emaphoyiseni noma enkantolo eseduze. Injongo yomyalelo wokuvikeleka ukuvikela amalungu omndeneni kumhlukumezi nokuvikela ukuhlukunyezwa kwengane ngamanye amalungu omndeneni ehlala nawo
- Lokufaka icala emaphoyiseni
- Lokufuna indawo yokukhosela
- Lokuhambela usonhlalakahle

### Uyini umyalelo wokuvikelwa?

Yincwadi eyisiyalelo sokuvikela esikhishwa yinkantolo ukunqanda umhlukumezi uma umhlukunyezwa esicelile. Lesisiyalelo siqanda umhlukumezi ukuthi futhi angasebenzisi noma ubani omunye ukufeza izinjongo zokuhlukumeza. Incwadi yesiyalelo senkantolo yesikhashana ingakhishwa emaphoyiseni (South African Police Services) noma kunini emini nasebusuku ukuvikela umhlukunyezwa. Isigunyazo sokubopha (iphepha eligunyaza ukuthi umhlukumezi aboshwe ngokushesha) singanikezwa umhlukunyezwa. Lokhu kungagcinwa nesiyalelo sokuvikelwa kunikezwe amaphoyisa uma umhlukumezi engasihloniphi isiyalelo sokuvikela umhlukunyezwa.

### Ubani ongafaka isicelo somyalelo wokuvikelwa?

- Noma ngubani ohlukunyezwayo
- Izingane, uma zisencane kakhulu, umzali noma obheke ingane, noma-ke uma umzali kunguye umhlukumezi, noma wubani omele ingane, kodwa makube ngemvume yengane
- Iphoyisa elimele umhlukunyezwa

### Yini enye engenziwa ngamaphoyisa aseNingizimu Afrika (SAPS) ukusiza umhlukunyezwa?

- a. Amaphoyisa aseNingizimu Afrika angasiza umhlukunyezwa:
  - Ngokuthola usizo lwezokwelashwa
  - Ukukhosela
  - Nokwelulekwa komhlukunyezwa
- b. Amaphoyisa azobatshela:
  - Ngezinhlalo zokubasekela ezikhona endaweni
  - Lapho bengakhosela khona (uma kukhona)
  - Izinhlalo zokwalulekwa
  - Usizo lwezokwelashwa
  - Usizo lwamahala olukhona kanye nezikhathi olutholakala ngazo
- c. Amaphoyisa azoqiniseka ngokuthi udokotela uqoqa konke okuwubufazi obusekela ukuthi yimuphi umhlukumezi ukuze amangalelwe.
- d. Amaphoyisa azobaphelekezela uma sebeyothatha izimpahla zabo endlini uma kuwukuthi isiyalelo sokuvikela sisho njalo.

### Kungenziwani uma elinye lamaphoyisa lehluleka ukufeza lomsebenzi?

Uma iphoyisa lehluleka ukwenza lomsebenzi, kungabikwa kuMphathi Siteshi kuleso siteshi elisebenza kuso. Uma umhlukunyezwa engenelisekanga ngesinyathelo soMphathi Siteshi, angledlulisela ukukhalaza kwakhe akuyise eMnyangweni weZikhalazo oZimele (Independent Complaints Directorate) kulenombolo 031 310 1300.

### Kwenzakalani uma umhlukumezi edelela isiyalelo senkantolo sokuvikela?

Umhlukunyezwa kumele ashayele amaPhoyisa. Emva kwalokho kuzothathwa iminingwane ngesitatimende kuye. Kuyomele banikeze incwadi yesinqumo senkantalo sokuvikela (uma ilahlekile kuyomele bafake isicelo sokwenzelwa enye). Uma besengozini ephuthumayo, umhlukumezi kuyofanele aboshwe, kungenjalo umhlukumezi kuyomele avele enkantalo ngosuku olulandelayo.

### Kuhle ukuhlala lukhona uhlelo lokungenziwa ezimweni eziphuthumayo:

- Umuntu ohlukumezekile kumele abheke izindawo lapho angakwazi ukushaya khona ucingo ngokushesha kalula futhi ahlale enohlu lwezinqubo eziphuthumayo
- Mabaqiniseke ukuthi abantu abajwayele ukubahambela banayo ikhophi yesiyalelo sokuvikela ehlala kubo noma isigunyazo sokubopha
- Mabagcine imali endaweni ephaphile ukuze bakwazi ukukhokhela itekisi noma ibhasi uma kusuka isidumo. Babenabanye okhiye bendlu noma imoto. Uma kungenzeka izingubo zokugqoka (zabo nezabantwana) ezihlala zipakishiwe zibekwe endaweni ephaphile (mhalwumbe kwamakhelwane). Uma behlela ukuhamba, makube ngesikhathi engekho umlingane. Kuhle bahlele ukuhamba nezingane zabo. Baqiniseke ukuthi bahamba nezincwadi ezibalukile njengomazisi, izitifiketi zokuzalwa zabantwana, ikhadi le-medical aid kanye nelasebhangwe
- Kufanele batshale izingane ukuthi zicashe kuphi uma kwenzeka ukuhlukumeza noma sekuzokwenzeka
- Kufanele batshale umndeneni wabo nabangane ukuthi ungamtsheli uphathina wabo ukuthi bacashe kuphi uma behamba ekhaya

### Isivivinyo Seqembu

Emaqenjini amancane, ama-CCG mawafundisane ngezimiso okufanele azilandele uma ehlangabezana nomuntu ohlukunyezwayo emndeneni.

## 8. Usizo lwezenhlalakahle

Usizo lwezenhlalakahle lulekelela abahlukunyezwa nemindeneni yabo ezimweni zokuhlukunyezwa emindeneni. Lolusizo lungatholakala emahhovisini ezenhlalakahle kubandakanye nalo khu:

- Ukuqwashisa ngokuthi ukuhlukunyezwa kwabesifazane nezingane akwamukelekile
- Ukwenza uhlu lwamakheli ezindawo zokukhoselisa kanye neminye imisebenzi balunikeze abahlukunyezwa
- Ukwakhela abahlukunyezwa izindlu zokuphepha noma zokukhosela uma kunesidumo
- Ukuxhasa uhlelo lokunakelelwa ngokulingana kobulili kwalabo abahlukunyezwayo emindeneni
- Ukunikeza izinhlelo zokuvikeleka kwabahlukunyezwa ukuze bamelane nesimo sokuhlukunyezwa, isibonelo njengokukhishwa kwesiyalelo sokuvikelwa komhlukunyezwa
- Ukuxhasa ngokubaluleka ngezomthetho, wusizo lwezokwelapha kodokotela, abameli, osonhlalakahle kanye nabasebenzi bomphakathi
- Ukubasiza ngokweluleka noma ukubathumela lapho bezothola khona ukweluleka okusezingeni eliphezulu
- Ukuba nezinhlelo zokuqeqesha ukuze imiphakathi ihlome ngamakhono anjengokusebenza ngobuhlalu, ukuphekela imicimbi, ukwenza insipho, ukulima izingadi. Lezizinto zihlumelelisa ukuzethemba kwabahlukunyezwa
- Ukunikeza olunye usizo lokweluleka olujulile, isib. amaqoqo okusekelana, ukushaya izingcingo, ukumelwa enkantolo nezinsizakalo zezomthetho nokusebenza ngokuhlanganyela

### 9. Luyini uhlelo lukuhlonyiswa komhlukunyezwa?

Uhlelo Lokuhlonyiswa Komhlukunyezwa luzama ukulwa nemiphumela engavela emva kwesikhathi empilweni yomhlukunyezwa, ngokuqikelela izidingo zabo bonke abahlukunyezwe ubugebengu nodlame kuseyisikhathi.

### Ngubani ongumhlukunyezwa?

Umhlukunyezwa yinoma yimuphi umuntu odlule ebuhlungwini emzimbeni noma ngokwengqondo, noma ukulahlekelwa ngokomnotho ngenxa yokugethengwa ngabanye. Kubandakanye kanye nabantu okuhlukunyezwe amalungelo abo ngothile; ngokuvamile umuntu noma iqembu labantu abasemagunyeni, ngokwenza okuthile noma ukuhluleka ukukwenza.

### Kuyini ukuhlonyiswa komhlukunyezwa?

Ukuhlonyiswa komhlukunyezwa kusho ukuthatha igunya, ukuphimsela imizwa yakho, ukulalelwa uma ukhuluma, ukunakwa uphinde uhlonishwe njengomuntu, kanye nokukwazi ukuthi lokho umuntu akukhethayo kuhlonishwe ngabanye abantu. Kusho ukusuka ekubeni ngumhlukunyezwa ube wumnqobi.

Umhlukunyezwa ubuyela esimweni abeyiso engakahlukunyezwa, futhi uyakwazi ukufunda izinto ezintsha, akhule. Uhlelo lokuhlonyiswa kwabahlukunyezwa luvikela futhi lwehlise izinga lokuhlukumeza, lwenze nokusetshenziswa komthetho kugqame.

Ukulwa nobugebengu kanye nemiphumela yabo kuwumsebenzi wawowonke umuntu. Uhulumeni ubhekene:

- Nokukhuthaza ubambiswano emikhakheni kahulumeni ehluhahlukene njengoMnyango Wezempilo kanye nomnyango wezeNhlalakahle kanye nawohulumeni, izinhlangano ezizimele njenge-FAMSA (Family and Marriage Association of South Africa), amabhizinisi, amavolontiya, amasonto, izikhungo zemfundo ephakeme ukuba basebenze ndawonye ukuze imiphakathi yazi ukuthi ziyini izinhlelo zokulwa nobugebengu ezikhona, nokuthi ziyiphi izinhlelo zabahlukunyezwa ezikhona njengeMyango weZokuvikela – SAPS Crimestop kulenombolo ethi 08600 10111 noma kweyokuhlukunyezwa kwabesifazane ethi 0800 150 150
- Ukubona ubugebengu njengento ethinta zonke izakhamizi, hayi nje into emayelana nokuphepha
- Ukuvinjelwa kobugebengu, kunokubudambisa

### Ziyini izinhlelo ezenziwa wuhulumeni ukukhuthaza ukuhlonyiswa kwabahlukunyezwa?

- Ukubeka izidingo namalungelo abantu phambili. Uhulumeni kanye nezinhlangano ezizimele banezinhlelo zabelilisa nabesifazane kanye nabantwana asebeke bahlukunyezwa ngobugebengu nodlame. Lezinhlelo zibandakanya:
  - Ukwelulekwa kwabahlukunyezwe ngocansi kanye nodlame emndenini
  - Izinhlelo zokuvikela kanye nokuxhaswa kwalabo abachukuluzwe ngokocansi (ukuchukuluza ngokocansi kusho ukwenza noma ukusho okuthile okuncike ocansini okwenza umuntu azizwele ephoxeka, noma ukuthembisa umuntu okuthile uma ekunika ucansi)
  - Ukwelulekwa ngokomphefumulo (lokhu wukwelulekwa okwenzeka ezindaweni zokukhonza noma emasontweni)
  - Izinhlelo ezimayelana nokuhlukunyezwa kwezingane
  - Izinhlelo ezimayelana nemishado kanye nezahluhaniso
  - Izinhlelo zabakhulelwe

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.8

Ukuhlukumezeka  
Komndeneni

- Izinhlelo zabaphila negciwane lesandulela-ngculazi
- Izinhlelo zongqingili noma izitabane
- Izinhlelo zalabo abakhubazekile
- Izinhlelo zalabo abagqilazwe yizidakwamizwa
- Izinhlelo zalabo abafisa ukuzibulala
- Izinhlelo zabadala
- Ngokuqikelela ukuvikela
  - Ukuhlonyishwa kwabesifazane njengokujoyina amaqoqo abesifazane, izinhlelo zokufunda kwabadala njalo njalo
  - Ukumeleleka kwamalungelo alabo impilo yabo esebucayini, isib. ukufundisa imiphakathi ngosizo lwamasonto nabaholi bendabuko
- Ngokuthuthukisa ukuqwashisa umphakathi ngokuhlukumezeka emndenini nokufundisa umphakathi ngosizo olungatholakala emphakathini

### Zitholakalaphi izinhlelo zokuhlonyiswa kwabahlukunyezwa?

Lezinhlelo ezibalwe ngenhla zivamise ukutholakala ezinhlanganweni ezizimele ezixhaswe nguhulumeni ngezimali noma ezigunyazwe wuhulumeni. I-CCG ingacela uhlu lwalezinhlelo emahovisi omnyango wezenhlalakahle kanye nakomasipala.



#### Amcebiso Awusizo

Ukuze ubambe iqhaza ekuvinjelweni kobugebengu emphakathini thintana namaphoyisa e-SAP endaweni yakini.

### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.9 sihlose ukubheka isihloko esikhuluma ngokugqilazwa yizidakamizwa.

### Imiphumela Yesifundo

Ekupheleni kwalesisifundo abafundi kufanele bakwazi:

- Ukuchaza ukuthi kusho ukuthini ukugqilazwa yizidakamizwa, imbangela yakhona, izimpawu kanye nezinkomba zakhona
- Bachaze ngezidakamizwa ezivamise ukusetshenziswa ngabantu abasha
- Bachaze ngezimpawu nezinkomba zokugqilazwa wutshwala
- Bakhombise ukuqonda ngemiphumela yokusebenzisa izidakamizwa emzimbeni
- Bachaze ngemiphumela yezidakamizwa ebudlelwaneni bamalunga omndeni
- Bachaze ngezindlela zokuvikela ukugqilazwa wutshwala
- Bachaze ukuthi abantu abagqilazwe wutshwala bangalutholaphi usizo

### Okuqukethwe Yilesi Sifundo

- Ukugqilazwa yizidakamizwa
- Ukugqilazwa wutshwala

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### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukwazi ukuthi ziyini izimpawu zokugqilazwa yizidakamizwa futhi usize amaklayenti akho okungenzeka ukuthi adla noma yiziphi izidakamizwa kanye nemindeni yawo ukuba baqonde ukuthi yiluphi usizo abangaluthola. Kufanele usize amaklayenti akho nemindeni yawo bakwazi ukubona izimpawu zokugqilazwa yizidakamizwa. Kufanele futhi uqiniseke ukuthi amaklayenti anenkinga yokugqilazwa yizidakamizwa kanye nemindeni yawo athunyelwa esikhungweni sezempilo ukuze athole ukunakekelwa nokwelashwa okufanele

### 1. Kuyini ukugqilazwa yizidakamizwa?

Ukugqilazwa yizidakamizwa, kulapho umuntu ephuza utshwala ngokweqile noma edla izidakamizwa eziyingozi kuye. Izidakamizwa, njengotshwala noma izidakamizwa kungaguqula indlela umuntu acabanga ngayo, azizwa ngayo noma enza ngayo izinto. Ngenxa yokuthi umzimba uyabujwayela utshwala noma izidakamizwa, umuntu kudingeka athole okuningi kwalezi zinto ukuze athole lowomuzwa. Abantu abakuthola kunzima ukubhekana nengcindezi yomphefumulo, noma labo abanabazali abasebenzisa izidakamizwa notshwala, basethubeni elikhulu lokuphuza utshwala ngakho basengozini yokukhungathwa yilezizinto. Abantu abasha badudana nabangane bazithole sebephuza utshwala bedla nezidakamizwa. Uma ebuyeka utshwala noma izidakamizwa, umzimba wakhe ukhombisa izimpawu zokukufuna lokhu. Ngesinye isikhathi babona izinto ezithile, bajuluke kakhulu ebusuku uma bengenazo izidakamizwa. Abantu futhi bangacindezeleka emoyeni, babenokungxama ngoba bekhola ukuthi badinga utshwala nezidakamizwa ukuze bajabule futhi konke kusebenze kahle. Abantu abadla izidakamizwa basethubeni elikhulu lokuziphatha budedengu noma ngokunganaki. Lokhu kungase kusho ukuthi bangandisa amathuba abo okuthola izifo ezinjenge-HIV ngokusebenzisa izinaliti ezisetshenziswe abanye noma ngokuya ocansini ngaphandle kwekhondomu [bheka iSifundo 4.1 mayelana neNgculaza Negciwane Layo].



#### Amacebiso Awusizo

Ukuphuza kakhulu utshwala ngesikhathi esincane njengempelasonto kungaba yingozi empilweni yakho nakweyalabo abeseduze nawe.

### 2. Yiziphi izinto ezidakanayo ezivamise ukusetshenziswa?

Izinto ezidakanayo zingahlukaniswa izigaba ezimbili; yilezo ezisemthethweni ezingathengwa emakhemisi kanye nalezo ezingekho emthethweni.

#### a. Izibonelo zezidakamizwa ezisemthethweni

##### Utshwala

Utshwala bungathengwa ngokusemthethweni noma ngubani oneminyaka engaphezulu kweyishumi nesishiyagalombili ezitolo nalapho kudayisa khona utshwala. Buyatholakala futhi emithini yokukhwehlela. Abantu akudingeki baze babukeke sengathi badakiwe noma baziphathe ngendlela ebonisa ukuthi badakiwe ukuze kuthiwe baphuza utshwala obeqile.

- **Masinyane emva kokuphuza utshwala:** Utshwala buthikameza ingqondo nemizwa okwenza kubenzima ukuhamba, ukubona, kudala ukunenkezela kwenhliziyo, ukuphalaza, ekugcineni umuntu uyalala
- **Ukusebenzisa utshwala isikhathi eside:** Ukusebenzisa utshwala isikhathi eside kudala izilonda esiswini, izidingo zesibindi kanye nesifo sengqondo. Kudala ukuhlukumeza ekhaya nokuhlukana komndeni





# INgxenye 5 Izimo Ezingamahlalakhona

5 Isifundo 5.9  
Ukugqilazwa  
Yizidakamizwa

## Imiphumela yotshwala

Isikhawu sokuphuza kakhulu sinomthelela cishe kuzo zonke izinhlelo zomzimba isikhathi esingafika emahoreni angu-24. Lokhu kubonisa indlela umzimba osabela ngayo emthamweni omkhulu wotshwala

1 Umphimbo nomlomo kuyoma futhi kulume ngenxa yokuphelelwa ngamanzi emzimbeni

2 Bungabangela ukuba buthaka kwezicubu zenhliziyi okungase kubangele ukuba inhliziyi iyeke ukushaya. Utshwala bubangela nomfutho ophakeme wegazi nezinga eliphezulu lekholesteroli egazini

3 Bubangela izidingo zesibindi ezinzima. Omunye wemithelela ukuthi kuthikameza ikhono lesibindi lokugaya ushukela. Lokhu kubangela izinga eliphansi likashukela egazini, okungabangela izidingo zokuba buthathaka ngesimo somuntu (isib. ukucasuka kalula)

4 Utshwala buphazamisa untwentwesi lwesisu futhi bubambezele ukugayeka kokudla. Ukuphuza utshwala kwandisa i-esidi esiswini, okubangela i-gastritis (ukuvuvukala kontwentwesi lwesisu). Uphawu oluvamile lwe-gastritis isicanucanu

5 Imithambo yegazi esebuchosheni iba mikhulu, okubangela ukuphathwa ikhanda elinkenkethayo. Ukuphelelwa ngamanzi emzimbeni kungabangela ukuba ubuchopho buhlehle ontwentwesini lwabo, okwenza ubuhlungu bube bubi

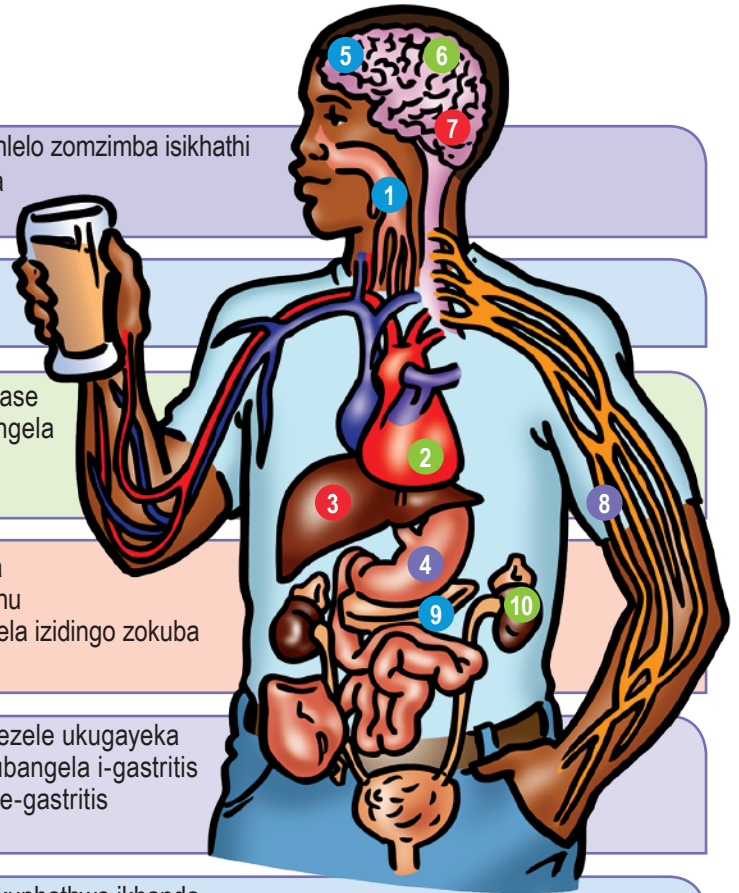
6 Utshwala bubangela ubuchopho ukuba benze inani elingafanele lamahomoni. Omunye wemithelela yalokhu ukuthi lapho ulele awuphumuli kahle

7 Utshwala bunomthelela ebuchosheni nangezinye izindlela. Bungase bubangele ukuba uhambe kanzima; ubone kaluvindi; ungakwazi ukukhuluma ngokucacile; ungakwazi ukukhumbula izinto; ujuluke kakhulu

8 Izicubu zomzimba ziba buthaka ngenxa yokuphelelwa amanzi emzimbeni kanye namazinga aphansi kashukela egazini

9 Amanyikwe enza amakhemikhali amaningi okugaya ukudla kunalawo adingwa umzimba. Lokhu kubangela ubuhlungu, isicanucanu nokuphalaza

10 Izinso ziba nenkinga yokuphinde zamukele amanzi. Lokhu kubangela ukuba uchame kaningi futhi uphelelwe amanzi emzimbeni



# INgxenye 5

## Izimo Ezingamahlalakhona

# 5 Isifundo 5.9

Ukugqilazwa  
Yizidakamizwa

### Izidakamizwa ezihogelwayo

- **Amagama asetshenziswa emgwaqeni:** Ama-'whippets'/ama-'poppers'/ama-'snappers'
- **Izibonelo:** Itinazi kapende, ubhenzini, uphethiloli, yiglu, uketshezi lokususa upende wezinzipho
- **Uma uqeda ukuhogela:** Izidakwamizwa ezihogelwayo zingaba nalomthelela; ikhanda elibuhlungu, ubuthaka bemisipha, ubuhlungu besisu, ukushintsha-shintsha kwendlela azizwa ngayo (uthukethela manje, ahleke manje) udlame, inkulumo engazwakali, ukuzwa izinaliti ezandleni nasezinyaweni, ukunyenkezela kwenhliziyo, ukungaboni kahle, ukuquleka ungavuki, ukukhathala kakhulu
- **Ukusetshenziswa kwezidakamizwa ezihogelwayo isikhathi eside:** Kubanga ukulimazeka kwesibindi nezinsoko, ukungasezwa, ukudonseka kwemisipha yamalunga, ubuhlungu bomnkantsha nokulimala kobuchopho



### I-Khodayini

- **Izibonelo:** Itholakala emaphilisini ezinhlungu kanye nasemithini yokukhwehlela
- **Uma uqeda ukusebenzisa ikhodayini:** Ukudideka kwengqondo, ungazi ukuthi kwenzakalani, ukubona izinto ezingekho, ukuhluleka ukushayela, ukuzizwa sengathi 'uyalunywa', ukuba luvivi emehlweni, ukudlikiza
- **Ukusebenzisa ikhodayini isikhathi eside:** Ukuqunjelwa (ukungakwazi ukuzikhulula indle), ukunenkezela kwenhliziyo, ukopha esiswini, ukulimala kwezinsoko nesibindi, ingcindezi emqondweni, izidingo zocansi

### Ugwayi

- **Izibonelo:** Usikilidi noma imboza
- **Uma uqeda ukubhema:** Ukushaya ngamandla kwenhliziyo, isiyenzi, umoya onuka kabi
- **Ukubhema noma ukusebenzisa ugwayi isikhathi eside:** Ukubhema ugwayi akuthikamezi impilo yomuntu obhemayo nje kuphela kodwa ukuphefumula intuthu kuthikameza nempilo yabantu abaseduze nobhemayo. Umuntu angaphathwa wumdlavuzwa wamaphaphu, isifuba somoya; athole abantwana abazalwa benesisindo esincane noma abazalwa kungabi yisikhathi. Ayanda amathuba okuba owesifazane abe nomdlavuzwa wamabele kanye nomdlavuzwa wesibeletso kanye namathuba okuba indoda ithole umdlavuzwa wendlala yenzalo [bheka iSifundo 5.6 mayelana noMdlavuzwa]. Abantwana abaphefumula intuthu kagwayi bavame ukuphathwa yizindlebe, imikhuhlane kanye nesifuba

# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.9 Ukugqilazwa Yizidakamizwa

### Imiphumela yokubhema emzimbeni

Njalo emizuzwaneni engu-6.5 kufa umuntu ngenxa yokubhema, kusho i-World Health Organization. Ucwango lusikisela ukuthi abantu abaqala ukubhema besabancane, njengoba abangaphezu kamaphesenti angu-70 benze njalo, futhi baqhubeke bebhema iminyaka engamashumi amabili noma ngaphezulu, bayosheshe bafe ngeminyaka engu-20 kuya kwengu-25 kunalabo abangakaze babheme. Akuwona nje kuphela umdlavuzi wamaphaphu noma isifo senhliziyo okubangela izidingo zempilo nokufa. Lapha ngezansi kunemithelela engaziwa kakhulu yokubhema – kusuka ekhanda kuya ozwaneni

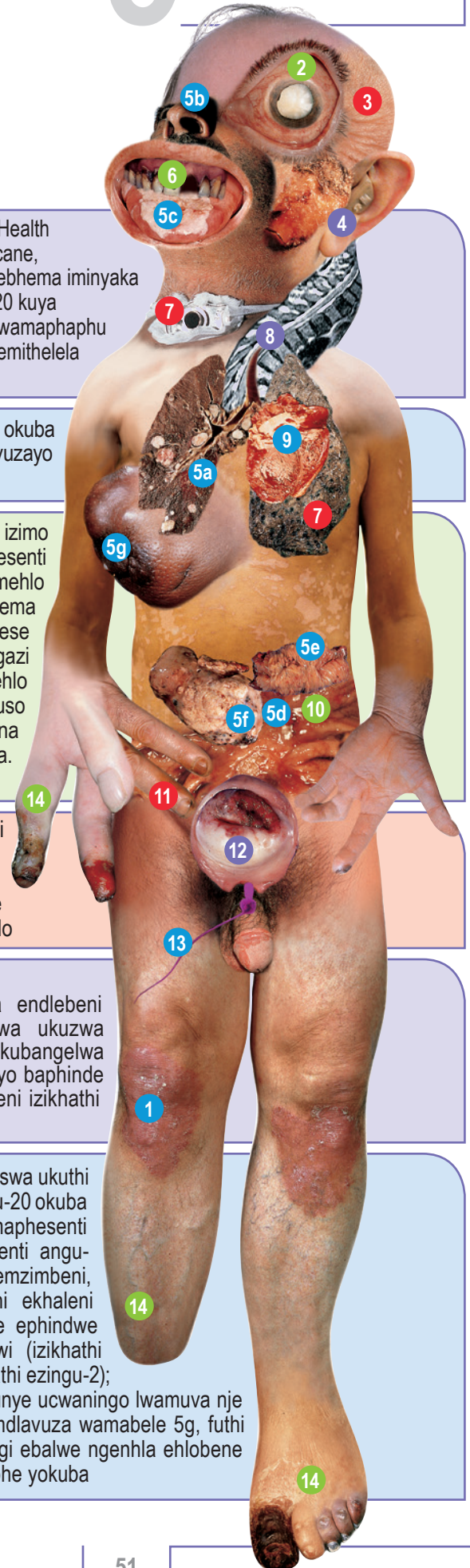
**1 I-psoriasis:** Abantu ababhemayo babonakala benamathuba amaningi okuba ne-psoriasis. I-psoriasis yisimo sesikhumba esishiya amabala alumayo, avuzayo nabomvu emzimbeni wonke. Asithelelani

**2 I-cataracts:** Kukholelwa ukuthi ukubhema kubangela noma kwenza izimo ezithile zamehlo zibe zimbi kakhulu. Ababhemayo banamathuba angamaphesenti angu-40 okuba ne-cataracts, okuwungqimba oluba songwengwezini lwamehlo luvimbele ukukhanya futhi lungase lubangele ubumpumputhe. Ukubhema kubangela i-cataracts ngezindlela ezimbili: ngokuphatha kabi amehlo bese kudedeleka amakhemikhali emaphashini abe esehamba emigudwini yegazi aye emehlweni. Ukubhema kuphinde kuhlotshaniswe nesinye isimo samehlo esinomthelela ekhonweni lethu lokufunda, ukushayela imoto, ukubona ubuso obuthile noma imibala, kanye nokubona ngokucacile izinto. Abantu babona kaluvindi, kushintshe isimo sezinto, noma babone amabala uma bebhema. Uma bebhema phambili babona ngengxenye yehlo ephakathi

**3 Ukushwabana:** Ukubhema kubangela isikhumba ukuba siguge ngaphambi kwesikhathi ngokuqeda amaphrotheni asenza sithambe; ngokudla amavithamini agcina isikhumba sisisha futhi sikwazi ukunyakaza kahle futhi siqaphe ukugeleza kwegazi. Isikhumba somuntu obhemayo somile, siqinile futhi sinemigqa emincane eminingi, ikakhulukazi ezungeze izindebe namehlo

**4 Ukungezwa:** Ngenxa yokuthi ukubhema kubangela ukwakheka kongqimba emithanjeni yegazi, kunciphise ukugeleza kwegazi eliya endlebeni engaphakathi, abantu ababhemayo bangase basheshe ukulahlekelwa ukuzwa kunabantu abangabhemi futhi basengcupheni enkudlwana yokungezwa okubangelwa ukutheleleka ngegciwane endlebeni noma umsindo omkhulu. Ababhemayo baphinde babe sengcupheni yokutheleleka ngegciwane phakathi nendawo endlebeni izikhathi eziphindwe kathathu kunalabo abangabhemi

**5 Umdlavuzi:** Amakhemikhali angaphezu kuka-40 kugwayi kuye kwaboniswa ukuthi abangela umdlavuzi. Ababhemayo banamathuba aphindeke izikhathi ezingu-20 okuba nomdlavuzi wamaphaphu kunalabo abangabhemi. Ukubhema kubangela amaphesenti angaba ngu-90 omdlavuzi wamaphaphu kwabesilisa kanye namaphesenti angu-80 kwabesifazane **5a** futhi ngokocwaningo oluningi, ezindaweni eziningi emzimbeni, kuhlanganise nengcuphe ephindwe kabi yokuba nomdlavuzi phakathi ekhaleni **5b**; umdlavuzi womlomo **5c** (ngokuphindwe ka-4 kuya ka-5); ingcuphe ephindwe kabili kuya kahlanu yokuba nomdlavuzi wekhanda nowentamo; wezwi (izikhathi ezingu-10); womminzo (izikhathi ezingu-2 kuya kwezingu-5); isisu **5d** (izikhathi ezingu-2); wamanyikwe **5e** (izikhathi ezingu-2 kuya kwezi-4) kanye nowezinso **5f**. Olunye ucwango lwamuvu nje luye lwasikisela ukuthi kunokuxhumana phakathi kokubhema kakhulu nomdlavuzi wamabele **5g**, futhi ukuyeka ukubhema kuyinciphisa kakhulu ingcuphe yale midlavuzi eminingi ebalwe ngenhla ehlobene nokubhema. Iapho umuntu ebhema isikhathi eside, kulapho kwanda ingcuphe yokuba



# INgxenye 5

## Izimo Ezingamahlalakhona

**5** Isifundo 5.9  
Ukugqilazwa  
Yizidakamizwa

**6 Amazinyo abolayo:** kubhema kuphazamisana namakhemikhali kanye namathe emlonyeni, okuholela ekutheni kwakheke unqimba olweqile futhi amazinyo abe phuzi. Kunobufakazi obuthile bokuthi ukubhema kuholela ekuboleni kwamazinyo. Ababhemayo banamathuba aphindwe ngelilodwa nohrafu ukulahlekelwa amazinyo abo

**7 I-emphysema:** Ngaphezu komdlavuza wamaphaphu, ukubhema kubangela i-emphysema, ukuvuvukala nokuqhuma kwezikhwama zomoya zamaphaphu okube sekunciphisa ikhono lamaphaphu lokufaka i-oksijini futhi akhiphe isikhutha. Ezimweni ezimbi kakhulu, i-tracheotomy ivumela iziguli ukuba ziphefumule. Kuvulwa imbobo ephayiphini lomoya ukuze iphoqebele umoya ungene emaphashini. I-bronchitis engelapheki (engabonisiwe) inqwabelanisa amafinyila agcwele ubomvu, okwenza umuntu akhwehlele kabuhlungu futhi kube nzima ukuphefumula

**8 Isifo sokuwohloka kwamathambo (osteoporosis):** I-carbon monoxide, igesi eyinhloko eyingozi ekhishwa yizimoto kanye nentuthu kagwayi, inamathela egazini kalula kakhulu kune-oksijini, inciphise amandla egazi lexhwele likagwayi okuthwala i-oksijini ngamaphesenti angafika ku-15. Ngenxa yalokho, amathambo omuntu obhemayo ayawohloka, aphuke kalula futhi athathe isikhathi eside ngamaphesenti angu-80 ukwelulama. Ababhemayo bangase babe sengcupheni nakakhulu yokuba nezinkinga zeqolo: olunye ucwaningo lubonisa ukuthi abasebenzi basemafemini ababhemayo banamathuba aphindwe kahlanu okuphathwa yiqolo ngemva kokulimala

**9 Isifo senhliziyo:** Umuntu oyedwa kwabathathu abafayo emhlabeni ubulawa yisifo senhliziyo. Ukubhema kungenye yezinto ezibekana engcupheni enkulu yokuba nesifo senhliziyo. Ukubhema kwenza inhliziyi ishaye ngokushesha, kukhuphula izinga lomfutho wegazi futhi kwandise ingcuphe yomfutho ophezulu wegazi kanye nemithambo evalekile futhi ekugcineni kubangele isifo senhliziyo nonhlangothi

**10 Izilonda esiswini:** Ukubhema kunciphisa ikhono lomzimba lokulwa namagciwane abangela izilonda esiswini. Kuphinde kwenze buthaka ikhono lesisu lokunciphisa umthelela we-esidi yesisu ngemva kokudla, bese i-esidi idla untwentwesi lwesisu. Izilonda zasesiswini zabantu ababhemayo kunzima ukuzelapha futhi maningi amathuba okuba zibuye

**11 Iminwe eshitshe umbala:** Itiyela elisentuthwini kagwayi linamathela eminweni nasezinzisheni, lizenze zibe nombala ophuzi ngokunsundu

**12 Umdlavuza wesibelethe nokuchitheka kwesisu:** Ngaphandle kokwandisa ingcuphe yomdlavuza wesibelethe, ukubhema kungaholela ekutheni kube nezinkinga ngokukhulelwa kwabesifazane futhi babhekane nobunzima uma bekhulelwe noma bebeletha. Ukubhema lapho ukhulelwe kwandisa ingcuphe yokuzala abantwana abanesisindo esiphansi futhi babe nempilo engeyinhle uma bekhula. Ukuchitheka kwesisu kuvame ngokuphindwe izikhathi ezingu-2 kuya kwezingu-3 kubantu ababhemayo, kanjalo nokuthola abantwana asebeshonile. Lokhu kubangelwa ukuthi umntwana ongakazalwa akayitholi i-oksijini eyanele kanye nezinkinga zomzanyana, okuyiwona ophakela umntwana ongakazalwa i-oksijini. Lezi zinkinga zilethwa i-carbon monoxide ne-nicotine esentuthwini kagwayi. Ukufa kwezinsana ngokuzumayo nakho kuhlotshaniswa nokubhema. Ngaphezu kwalokho, ukubhema kunganciphisa amazinga e-oestrogen kubangele ukuba umuntu asheshe anqamuke ifindo lokuya esikhathini

**13 Isidoda esikhubazekile:** Ukubhema kungase kuphazamise isidoda futhi kusishintshe kulimaze ne-DNA yaso, okungase kubangele ukuchitheka kwesisu noma ukuba umntwana azalwe enokukhubazeka. Olunye ucwaningo luye lwathola ukuthi amadoda abhemayo asengcupheni enkulu yokuba nengane ethola umdlavuza. Ukubhema kubuye kunciphise inani lesidoda futhi kunciphise ukugelezela kwegazi empipini, okungase kubangele ukuba induku ingavuki. Ukungazali kuvame kakhulu kubantu ababhemayo

**14 Isifo se-Buerger:** Isifo se-Buerger ukuvuvukala kwemithambo yegazi kanye nezinzwa emilenzeni, ikakhulu okubangela ukuncipha kwegazi eligelezayo. Uma singelashiwe, isifo se-Buerger singabangela i-gangrene (ukufa kwethishu yomzimba) kanye nokunqunywa kwezindawo ezithintekile

# INgxenye 5 Izimo Ezingamahlalakhona

## 5 Isifundo 5.9 Ukugqilazwa Yizidakamizwa

### b. Izibonelo zezidakamizwa ezingekho emthethweni

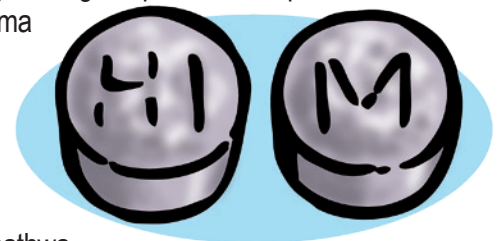
#### Insangu (i-khanabhisi)

- **Amagama asemgwaqeni:** Utshani/i-'ganja'/i-'zol'/i-'pyp'/i-'dope'/i-'weed'/i-'joint'
- **Ukubukeka kwayo:** Yikhasi elinsundu uma seyomile. Ivamise ukuba nezinhlamvu nezinti kanye nekhasi
- **Uma uqeda ukusebenzisa insangu:** Ukuzimuka kwekhanda, ukubona luvivi, nokungakwazi ukukhuluma kahle yizimpawu ezisheshayo. Iningi lababhemi bensango lihlala lididekile, baba 'nolimi okungathi lukhulu', abakhulumi kahle. Abakwazi ukuzwa lutho uma besabhemile
- **Ukusebenzisa insangu isikhathi eside:** Insangu idala umonakalo omkhulu emaphashini. Uma isisetshenziswe isikhathi eside ingadala ukukhwehlela njalo, i-bronkayithisi (ukuvuvuka kwamapayipi omoya oya emaphashini) kanye nokulimala kwamaphaphu. Njengokubhema ugwayi, insangu nayo ingadala umdlavuza wamaphaphu. Ngaphandle kwamaphaphu nobuchopho nabo bungathinteka



#### I-Mandrax (Methaqualone)

- **Amagama asemgwaqeni:** i-'Mandies'/i-'izinkinobho'/i-'whites'
- **Ukubukeka kwayo:** Itholakala njengephilisi elincane elimhlophe, elidayiswa ngamapheshana kaplastiki amancane, kodwa lingaba yeminye imibala (ophinki, onsomi ngisho noma omnyama)
- **Uma uqeda ukusebenzisa i-Mandrax:** Umuntu akakuthandi ukudla futhi uba nomlomo owomile. Kuvamise ukuthi banense noma bakhulume bengazwakali. Umuntu uyakhubeka uma ehamba sengathi uzowa
- **Ukusebenzisa i-Mandrax isikhathi eside:** Ngesinye isikhathi angaphathwa ubuhlungu besisu, ukunenkezela kwenhliziyo, kanye nokuphalaza



#### Inhlanganisela yeNsangu neMandrax (I-white paper)

- **Igama lasemgwaqeni:** I-white paper
- **Ukubukeka kwayo:** Inhlanganisela yalezi ezichazwe ngenhla
- **Ukusebenzisa inhlanganisela yeNsangu ne-Mandrax:** Umuntu odakwe yilokhu ngokuvamile uba namehlo abomvu, aphaphathekile noma sengathi akhukhumele ngenxa yensangu exutshwe ne-Mandrax



#### I-Heroin

- **Amagama asemgwaqeni:** i-skag, i-H ne-junk
- **Ukubukeka kwayo:** Kuyashiyana kakhulu kusukela empushaneni emhlophe noma emhlophe ngokugqwalile kuya entweni eqinile emnyama ngombala. Le nhlobo ye-heroin, yaziwa ngokuthi i-black tar. Kuvame ukuba umuntu ayijove, ayihogele noma ayibheme

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5 Isifundo 5.9

Ukugqilazwa  
Yizidakamizwa

- **Uma uqeda ukusebenzisa i-Heroin:** Umuntu uzizwa engasenankinga, ekhululekile futhi ozela. Angase abe nesicanucanu, aphilaze, abe namamasela abuthakathaka, aphefumulele phansi futhi aze ngisho aquleke futhi/noma afe. Iyalutha kakhulu kangokuthi umuntu angaba umlutha ngokuyisebenzisa kanye nje kuphela
- **Ukusebenzisa i-Heroin isikhathi eside:** Umuntu angathola isifo esithathelwanayo njenge-HIV/AIDS, i-Hepatitis B no-C, ukutheleleka ngegciwane kolwembu namavalvu enhliziyu, isifo samathambo, imithambo engasebenzi kahle noma ukuvuvukala okunobovu. Ukuluthwa i-heroin akunqobeki kalula



### I-Wunga

**I-Wunga** yizidakamizwa esisha eNingizimu neAfrika; kukholelwa ukuthi siyinhlanganisela nemishanguzo yokudambisa igciwane lengculazi (ARV) nezihlanzisi ezithile kanye nomuthi wokubulala amagundwane. Akukuningi okwaziwayo ngalesizidakamizwa, kodwa kucatshangwa ukuthi siyagqilaza futhi sinemiphumela emibi kakhulu emzimbeni.

### 3. Ukugqilazwa yizidakamizwa kunamphumela muni ebudlelwaneni bomndeneni?

Ukugqilazwa yizidakamizwa kungadala umonakalo omkhulu emindenini. Omunye womonakalo ungeke wabonakala masinyane kodwa ungayithinta impilo yezingane esikhathini esizayo:

- Kudaleka izidingo zezimali njengoba imali eningi yomndeneni ithenga izidakamizwa noma utshwala, umndeneni awukwazi ukuthenga okudingekayo njengokudla, imithi ngisho nezindlu. Futhi kungaholela ekutheni umuntu ogqilazekile alahlekelwe wumsebenzi. Angase aqale ukuntshontsha, antshontshe ngisho nasekhaya, ukuze akwazi ukuthenga izidakamizwa noma utshwala
- Kuba khona ihlazo nokukhathazeka njengoba umndeneni ungakubona kuyihlazo ukuba nomuntu onjalo, bese bezama ukufihlela abangani nomphakathi
- Ingcindezi yenqondo nomphefumulo nokungabathembi abanye abantu
- Nabo bangaqala ukusebenzisa izidakamizwa notshwala budedengu njengoba sebecabanga ukuthi kuyinto enhle.
- Abantu abagqilazwe yizidakamizwa notshwala bangaba nodlame emndenini. Lokhu kudala ukuhlukumezeka okukhulu futhi kungawuchitha umuzi



#### Amacebiso Awusizo

Kubaluleke kakhulu ukuthi noma ubani ogqilazwe utshwala noma yizidakamizwa athole usizo aludingayo. Ukuze lokhu kwenzeke i-CCG kumele ikwazi ukubona izimpawu ezejwayelekile zokugqilazwa yizidakamizwa.

### 4. Yimiphi imibuzo okufanele ibuzwe ukuze kubonakale ukuthi ukhona yini ogqilazwe wutshwala noma izidakamizwa?

#### Utshwala

**IK** – Ingabe wake waba nomuzwa wokuthi kufanele unciphise ukuphuza?

**H** – Ingabe abantu bake bakucasula ngokugxeka ukuphuza kwakho?

# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.9

Ukugqilazwa  
Yizidakamizwa

E – Ingabe wake wazizwa kabi noma unecala ngokuphuza kwakho?

JI –Kuvula amehlo: Ingabe wake wathi uvuka nje wawuphuza utshwala ukuze uzole noma ukhiphe ibhabhalazi?

### Izidakamizwa

- Masinyane umuntu wenza izinto ngendlela engajwayelkile
- Ngesinye isikhathi ujabule, masinyane usethukuthele, aphinde ajabule
- Ukungathandi ukuba lapho kukhona umndeni
- Ukungazinakeleli (ngokugeza nokuwasha)
- Ukuphelelwa wuthando lwezinto abezithanda njengemidlalo nokunye
- Abalali kahle, bayaqwashwa ebusuku, balale emini
- Banamehlo abomvu
- Banamakhala agxaza amafinyila

## 5. Indlela yokuvimbela ukugqilazwa yizidakwamizwa

Izingane ezingafundiswa ukumelelana nezimo uma zisakhula zisethubeni elikhulu lokugcina sezigqilazwa yizidakwamizwa.

### Abazali kumele:

- Baxoxisane ngalokho abakulindlelel ezinganeni zabo. Bese besebenzisana nazo ukuba zihlangabezane nalokho
- Mabakhulumisane nezingane zabo ngotshwala kanye nokusetshenziswa kwezidakamizwa budedengu. Uma bezwakalisa ukwethuka okunehaba ngezingane ezisebenzisa izidakamizwa emphakathini, kungenzeka ukuthi uma sebekhuluma ngezidakamizwa nezingane zabo angeke besalithola iqiniso
- Mabasize izingane zabo ukuba zibe nokuzethemba, kanye namaqhinga okumelana nengcindezi yontanga
- Mabakuhlele ukuba nesikhathi sokuhlala nezingane nsukuzonke. Abazali badinga ukubona ukuthi imithetho abayishayela izingane zabo iyasebenza noma bengekho ekhaya, esikoleni, noma benabangani
- Mabazazise izingane zabo ukuthi yini bona abayaziyo ngokwenzekalayo ngotshwala nezidakamizwa ezikoleni, nokuthi bayazi ukuthi izingane zabo zingabasengcindezini yokusebenzisa lezizinto
- Mabakhe isivumelwane nezingane zabo sokuthi utshwala nezidakamizwa akuthintwa ngesikhathi izingane zisesesilokeni semfundo ephakeme noma sezisemazingeni apha keme emfundo. Zikhunjuzwe njalo izingane ngezingozi zezidakamizwa notshwala, futhi kuzanywe izindlela zokwehlisa ukucindezeleka emoyeni, isibonelo ngokubajwayeza imidlalo, bazibandakanye nezinhlangano zentsha, noma bathole ukwalulekwa
- Makushaywe imithetho nezijeziso ukuze uma izingane ziyephula zibhekane nezenzo zazo
- Mabathole usizo lwezingane zabo uma kusoleka sengathi sekukhona okuyizidakamizwa ezikusebenzisayo (Bheka ngezansi)

### Abadala:

- Umuntu angaphuzi utshwala ngoba efuna ukukhohlwa yizidingo zakhe. Kungcono ukuthola umuntu othembekile ozoxoxa naye izidingo noma uthintane nosonhlalakahle ukuze uthole usizo ngoba izidingo aziyi ndawo ngoba umuntu ephuzile. Izidingo zihlala zikhona uma utshwala sebuphelile egazini
- Zibone uma usuqala ukuba nezimpawu zokugqilazwa wutshwala

### 6. Izindawo lapho abantu abagqilazwe wutshwala nezidakamizwa bengathola khona usizo nokusekelwa

#### a. I-Alcoholics Anonymous South Africa

I-Alcoholics Anonymous yinhlangano yabantu besilisa nabesifazane abaxoxelana ngempilo yabo, ubuqotho nethemba ukuze basizane kanye nabanye abagqilazwa wutshwala ukuze baphume kulenkinga. Kujoyinwa mahala kanti akuxhumene nankolo ethile. I-AA ifuna ukuba abantu baphume ekugqilazweni wuphuzo.

Inombolo yosizo – 0861 435 722 kusukela 9am kuze kube u 2:30pm Ngomsombuluko kuya kuLwesihlanu noma ushayele 031 464 8301 noma uMakhalekhukhwini 084 551 3941

#### b. Umkhandlu kazwelonke obhekene nokugqilazwa wutshwala nezidakamizwa (i-SANCA)

Lomkhandlu usiza abantu abagqilazwa wutshwala nezidakamizwa nemindenini yabo. Umkhandlu uthola izimali eMnyangweni weZenhlalakahle ukuze ukwazi ukweluleka futhi welaphe abanalenkinga.

Inombolo yosizo 031 202 2241 kusukela 8am kuya ku 4pm noma 031 303 2202 ngemva kwesikhathi somsebenzi

#### c. I-AI-non

I-AI-non inikezela ngolwazi nosizo emndenini enabantu abakhungethwe wuphuzo. Imihlangano imahala, abantu abazani futhi akudalulwana. I-AI-non inalo nohlelo lwentsha esencane ebizwa ngokuthi AI-teens.

Inombolo yosizo – 0861 252 666 kusukela ngo 8am kuya ku 4pm noma 031 539 1142 noma 031 402 1086 noma uMakhalekhukhwini 072 458 3119

#### d. I-Narcotis Anonymous

I-Narcotis Anonymous iqembu elicobelelana ngolwazi lwabo ukuze bazisize bona kanye nabanye abantu ukuze baphume ekusebenziseni noma bengaqali ukusebenzisa izidaka-mizwa. Kumahhala ukuyijoyina futhi ayikho ngaphansi kweqembu lezenkolo.

Inombolo kazwelonke yosizo – 083 900 6962



# INgxenye 5

## Izimo Ezingamahlalakhona

### Isivivinyo

1. Bhala uhlu lwezidakamizwa eyisithupha ezisetshenziswa eNingizimu-Afrika?

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2. Yiziphi ezinye zezingozi zokubhema kumuntu obhemayo nasemndenini wakhe?

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# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.9

Ukugqilazwa  
Yizidakamizwa

### Isivivinyo

3. Yiziphi izimpawu nezinkomba zokugqilazwa wutshwala kanye nezidakamizwa?

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4. Bangalutholaphi usizo abantu abagqilazwe yizidakamizwa?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 5.10 sihlose ukukucobelela ulwazi mayelana nokuhlukunyezwa kwezingane.

### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ngaMalungelo Ezingane
- Bachaze ukuthi kuyini ukuhlukunyezwa kwezingane
- Bakhombise ukuqonda mayelana nezinkoleloze ezikhona ngokuhlukumeza izingane nokungazinakeleli
- Bachaze ngemiphumela yokuhlukunyezwa kwezingane
- Bakhombise ukuqonda mayelana nezinhlobo zokuhlukunyezwa kwezingane nokunganakeleleki kwazo
- Baxoxe ngezimpawu ezixwayisa ngokuhlukunyezwa nokunganakelelwa kwezingane
- Benze uhlu lwemibandela engaholela ekuhlukumezekeni kanye nokunganakelelwa kwazingane
- Bachaze ukuthi umzali noma onakelela ingane angazibona kanjani ukuthi naye uyahlukumeza
- Baxoxe ngamacebo okunqanda ukuqhubeka kokuhlukunyezwa kwezingane
- Bachaze ukuthi uyisiza kanjani ingane ehlukeyiwe nenganakelelekile
- Baqonde ukuthi ukubika kanjani ukuhlukunyezwa kanye nokunganakeleleki kwengane

### Okuqokethwe Yilesi Sifundo

- Incazelo yokuhlukunyezwa kwezingane
- Izinkoleloze namaqiniso ngokuhlukunyezwa nokunganakelelwa kwezingane
- Izinhlobo zokuhlukunyezwa kwezingane
- Izimpawu zokuhlukunyezwa kwezingane
- Izimo ezibeka izingane engozini yokuhlukunyezwa nokunganakelelwa
- Ukunqanda ukuhlukunyezwa nokunganakelelwa kwezingane
- Ukusiza ingane ehlukeyiwe nenganakelelwe
- Ukubika ngengane ehlukeyiwe nenganakelelwe

### Kutholakala

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# INgxenye 5

## Izimo Ezingamahlalakhona

**5** Isifundo 5.10  
UKuhlukunyezwa  
Kwezingane

### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqaphela izingane okungenzeka ukuthi zihlukunyeziwe futhi uqiniseke ukuthi zithunyelwa ezikhungweni ezifanele ukuze zithole ukunakekelwa nokusekelwa ezikudingayo.

### 1. Ayini Amalungelo Ezingane?

#### Izingane zinamalungelo:

- Okuthandwa nokunakekelwa emndenini, indawo noma ikhaya elufudumele neliphephile, impahla yokugqoka yokwembatha kanye nokudla okunempilo
- Ukuba nemithetho lapho zihlala khona eziyichazelwe kahle
- Ukungaphoqwa ukuba zisebenze
- Ukuba zithole imfundo elungele lokho ezingakwazi ukukwenza
- Ukubanovo ngokunakekelwa kwazo, nokushintsha kwezidingo zokunakekelwa kwazo, kuye ngokweminyaka yazo
- Ukuthola ukunakekelwa ngokukhethekile kwezidingo zabo ezikhethekile
- Ukuvikelwa ekulimaleni kwenyama nokomphefumulo
- Ukunakekelwa ngokwezempilo uma zigula, zibekude nogwayi, utshwala kanye nezidakamizwa
- Ziphathwe kahle
- Kunakwe ezikushoyo futhi zivunyelwe ukwenza amaphutha
- Kunakwe inkolo kanye namasiko azo
- Amagama kanye nobuzwe bazo
- Ziphathwe ngokulinganayo, noma ngabe eyamuphi umbala, uhlanga, ubulili, ulimi noma inkolo
- Zizigqaje ngemvelaphi nezinkolelo zazo
- Zizwakale uma zikhuluma
- Zithumele noma zamukele imiyalezo engezukuvulwa noma wubani
- Ukwenza izimfihlo
- Zibe nezinto okungezazo
- Zikwazi ukukhuluma ngasene nabomndeni wazo noma nobani njengabangane bazo, umuntu ozimele njengosohlalakahle noma ummeli
- Ummeli enkantolo kanye nokuthethwa kwamacala athinta ikusasa lazo
- Zihlale endaweni enhle zingavalelwa ejele noma ejele lamaphoyisa
- Ziwazi amalungelo azo



### 2. Kuyini uKuhlukunyezwa kwezingane?

Ukuhlukunyezwa kwezingane akusiyona-nje imihuzuko nokwephuka kwamathambo. Ukuhlukunyezwa ngokwenyama kuyethusa ngenxa yezingozi okuzishiyayo, kodwa akukona konke ukuhlukunyezwa kwezingane okubonakalayo. Ukuziba izidingo zezingane, ukuzishiya endaweni engaqashelwe nenengozi, noma ukwenza ingane izizwe njengesilima, into engenamsebenzi walutho, nalokho kuyizinhlobo zokuhlukumeza ingane. Kungakhathaliseki ukuthi uhlobo lokuhlukunyezwa kwengane, imiphumela mibi kakhulu emoyeni wazo.

### 3. Izinkoleloze namaqiniso ngokuhlukunyezwa kanye nokunganakekelwa kwezingane

#### Inkoleloze 1: Kuwukuhlukumeza kuphela uma kunodlame

**Iqiniso:** Ukuhlukumeza ngokwenyama wolunye uhlobo lokuhlukumeza izingane. Ukunganakeleli nokuhlukumeza ngokomphumulo nakho kunomthelela ofanayo omubi, kakhulu ngoba kona akubonakali, akulula ukuthi abanye abantu bangenelele.

#### Inkoleloze 2: Ngabantu abakhohlakele kuphela abahlukumeza izingane

**Iqiniso:** Kulula ukuthi 'ngabantu abakhohlakele' kuphela abahlukumeza izingane. Akuyibona bonke abahlukumezi abahlukumeza izingane ngamabomu. Abaningi bebengabahlukunyezwa nabo ngokwabo, ayikho indlela yokuphatha izingane abayaziyo. Abanye kungenzeka ukuthi babhekene nezinkinga zokugula ngengqondo noma inkinga yokugqilazwa yizidakamizwa.

#### Inkoleloze 3: Ukuhlukunyezwa kwezingane akwenzeki emindenini 'ekahle'

**Iqiniso:** Ukuhlukunyezwa kwezingane akwenzeki emindenini empofu noma emiphakathini emibi kuphela. Kwenzeka kuzozonke izinhlanga, iminotho namasikompilo. Kwesinye isikhathi, imindenini ebukeya sengathi inakho konke ngaphandle, ifihle lukhulu ngaphakathi.

#### Inkoleloze 4: Iningi labahlukumezi ngabantu abangaziwa

**Iqiniso:** Iningi labahlukumezi ngamalunga omndenini noma abantu ebaziyo ingane.

#### Inkoleloze 5: Izingane ezihlukunyezwe zikhula zibe ngabahlukumezi nazo

**Iqiniso:** Kuyiqiniso ukuthi izingane ezihlukunyezwe zingakhula zihlukumeze nazo uma sezindala. Ziphinda lokhu ezikubone kwenziwa ngaphandle kokucabanga ukuthi ziyahlukumeza. Kwesinye isikhathi iningi labantu abakhule behlukunyezwa baba nentshisekelo yokuvikela izingane zabo kulokho bona ababhekana nakho futhi babe abazali abahle kakhulu.



### 4. Iyini imiphumela yokuhlukunyezwa kwezingane?

Zonke izinhlobo zokuhlukunyezwa nokunganakelelwa kwezingane zishiya imizwa emibi. Imiphumela yokuhlukunyezwa ingabonakala enyameni, kodwa imiphumelo yoku hlukumezeka emphefumulweni ihlala njalo empilweni yengane, futhi njengoba lezi zingane zikhula ziba abantu abadala, ingalimaza ukuzethemba kwazo, ukuba nobudlelwano obuhle, nokuphila kahle nomndeneni, emsebenzini nasesikoleni futhi zigcine sezingabahlukumezi nazo ngokwazo.

#### Izibonelo zemizwa emibi:

##### Ukungathembi muntu nobudlelwano obungemnandi nabanye

Uma ingane ingakwazi ukwethemba abazali bayo, ingathemba bani? Ukuhlukunyezwa wumuntu okunakelelayo, kubulala ubudlelwano obusemqoka izingane ezinabo kanye nenkolelo yazo yokuthi izidingo zazo zenyama nezemizwa zizonakelelwa ngokuphephile nangokuqinisekile ngumuntu ozinakelelayo. Ngaphandle kokuthi ingane ikufunde lokhu isencane, kuba nzima kakhulu kuzona ukufunda ukwethemba umuntu, noma ukwazi ukuthi wubani ezingamethemba. Lokhu kungadala ukuthi zibe nezinkinga ekubeni nobudlelwane nokuhlala kubo isikhathi eside ngenxa yokwesaba ukuthi zingase zilawulwe noma zihlukunyezwe. Futhi zingakhula zibe nobudlelwano obubi nabanye, kwazise azazi ukuthi buyini ubudlelwane obuhle.



##### Ukuzizwa 'ungentoyalutho'

Uma ingane ikhule itshelwa njalo ukuthi iyisilima noma ayinto yalutho, kubanzima kakhulu ukunqoba lelizwa. Ingane izibona iyilokhu etshelwa kona. Uma zikhula zibandala, azikwazi ukusebenza ngokuzimisela futhi azikwazi ukushiselekela ukufunda, noma bathathe imisebenzi engaholeli kahle, ngoba abakholwa ukuthi kukhona abangakwenza, nokuthi babalulekile. Labo abamelane nokuhlukunyezwa ngokocansi, becwasa bethelwa ngehlazo ngenxa yalokhu kuhlukunyezwa, baphila kanzima bazizwe bengentoyalutho.

##### Inkinga yokulawula imizwa

Izingane ezihlukunyeziwe azikwazi ukuphumisela imizwa yazo ngokuphepha. Ngenxa yalokhu, imizwa yazo icindezekile bese ivezwa ngezindlela ezingalindelekile. Abadala abamelane nokuhlukunyezwa besebancane, baphila kanzima nezimfihlo ezibabangela ukunxama nolaka. Bangaluthola sebeggilazwa wutshwala noma izidakamizwa ukudambisa indlela abazizwa ngayo.

### 5. Izinhlobo zokuhlukunyezwa kwezingane

#### a. Ukuhlukunyezwa kwezingane emoyeni

Ukuhlukumezeka emphefumulweni kungalimaza kakhulu ukuphila engqondweni yengane kanjalo nokuphila empakathini, kuyishiye nemizwa emibi impilo yayo yonke. Izibonelo zokuhlukumezeka kwengane emoyeni zibandakanya lokhu:

- Ukuhlala ngokugcona ingane yenziwe into engenamsebenzi walutho, ukuyiphoxa, nokuhudula isimilo sayo phansi



- Ukuyigcona ngokuyibiza ngezici, nokuyiqhathanisa nabanye
- Ukutshela ingane ukuthi 'ayilungile ayintoyalutho,' 'ikhohlakele,' noma 'yaba yiphutha'
- Ukuhlala ngokuyithethisa, ukuyesabisa, noma ukuyibhozomela
- Ukuyiziba noma ukuyiduba njengendlela yesijeziso, ukuzithulela uma ikhuluma nawe njengendlela yokuyizwisa ubuhlungu
- Ukungajwayeli ukuyithinta ingane – ukungayigoni, uyiqabule noma yikuphi okanye okukhombisa ukuyithanda
- Ukuvumela ingane ibone ukuhlukumeza noma kwenziwa kwabanye, kumzali, noma iselamani, ngisho nasezilwaneni ezifuyiwe imbala

### b. Ukunganakelelwa kwezingane

Ukunganakelelwa kwezingane kuwuhlobo olujwayelekile lokuhlukunyezwa kwezingane. Kuhambisana nokwehluleka ukunikeza ingane izidingongqangi, isib. ukudla okwanele, izinto zokugqoka, ukuhlanzeka, noma ukuyinakelela kanye nokuyigada. Ukunganakelelwa kwezingane akubonakali kalula. Kwesinye isikhathi umzali angagula enyameni noma ngenqondo angakwazi ukunakelela ingane, isibonelo ukulimala kanzima, ukucindezeleka emoyeni noma engqondweni okungelashiwe. Ngesinye isikhathi ukugqilazwa yizidakamizwa notshwala kungakhubaza futhi kulimaze ingqondo yakhe nemizwa yakhe kanye nekhono lakhe lokugcina ingane iphephile.

### c. Ukuhlukumeza ingane ngokwenyama

Ukuhlukumeza ingane ngokwenyama kubandakanya ukulimaza ingane enyameni. Kungaba wumphumela wenhloso yokulimaza ingane, kodwa hayi njalo. Kungaba wumphumela wokuqondisa ingane izigwegwe ngokwedlulele, njengokusebenzisa ibhande enganeni, ukuyishaya ngendlela engalungele ubudala bayo noma isimo sayo sempilo.

Abazali abaningi nabanakeleli abahlukumeza izingane enyameni bazitshela ukuthi lokhu abakwenzayo kuyindlela yokukhulisa izingane kahle. Kodwa kunomahluko omkhulu ukushaya ingane ngoba uyiqondisa nokushaya ngokuhlukumeza. Isizathu sokuqondisa izingane wukuzifundisa ngokuhle nokubi, hayi ukuziphilisa ngokwesaba.

### d. Ukuhlukumeza ingane ngokocansi

Lolu wuhlobo lokuhlukumeza olucashile. Ukuhlukunyezwa kwezingane ngokocansi kujulile ngenxa yokuxhumana kwakho nokuzenyeza nehlobo. Ukuhlukunyezwa ngokocansi akusho ukuthintana ngomzimba kuphela. Ukubonisa ingane izimo eziphathelele nocansi (noma yizithombe) kusewukuhlukumeza ngokocansi, noma kukhona ukuthinta noma akukho.

Ukuhlukumeza ngokocansi kuvamise ukwenziwa ngumuntu ingane emaziyo futhi ebifanele ukumethemba, isib. isihlobo esiseduzane. Abafana namantombazane ngokufanayo bayahlangabezana nokuhlukunyezwa ngokocansi. Imikhaya eminingi ayifuni kwenza lutho ngalokhu futhi ikugcina kuyimfihlo ngoba isaba ukuhlazeka. Kanti, ukuhlukunyezwa kwabafana ngokocansi akuvamise ukudalulwa ngenxa yehlazo nokucwaswa.

Ukuhlukunyezwa ngokocansi kubangela ukulimala ngokomzimba nangokomphefumulo, kodwa okomphefumulo kona kuyadlulela empilweni yengane. Izingane ezihlukunyezwe ngokocansi zinomzwangedwa wehlazo nokuzenyeza. Zingazizwela sengathi yizona ezibangele ukuthi lokhu kwenzeka kuzo noma ngendlela ethile kukhona ezikwenzile ukuze kwenzeka kuzo. Lokhu kungabangela ukuthi zizonde noma zibe nezinkinga ngezocansi uma sezikhulile, njengokuba nabalingani bocansi abaningi, nokungathembeki kumlingane oyedwa noma ukuhluleka ukuba nobudlelwa obuhle.

Ihlazo lokunukubezwa libangela ubunzima ezinganeni ukuba zikudalule. Uvalo lwazo wukuthi akekho ozozikholwa, bazozithukuthelela abezwayo, noma kungawuhlukanisa umndeni. Ngenxa yalezizidingo, akuvamisile ukuthi abahlukumezi baqanjelwe amanga, ngakho-ke uma ingane ibika kumnakeleli, makayikholwe. Ungayizibi ingane.

### 6. Izimpawu eziyizinkomba zokuhlukunyezwa nokunganakelelwa kwezingane

Ukutholakala masinyane kokuhlukunyezwa kwezingane, kunika amathuba angcono okuphola nokwelapheka enganeni. Ukuhlukunyezwa kwezingane akubonakali ngaso sonke isikhathi. Ngokwazi ngezinye zezinkomba ezivamile zokuhlukunyezwa nokunganakelelwa kwezingane, kungakwazeka ukuthi inkinga itholakale kusenesikhathi ukuze kusizwe ingane kanye nomhlukumezi wayo ngosizo abaludingayo.

#### Izimpawu ezikhombisa ukuhlukunyezwa ngokomphefumulo ezinganeni

- Ingane iyathula, iyesaba noma inxamile ngokwenza amaphutha
- Ingane elalelisayo (enenza konke ekutshelwayo ngokushesha nje lapho uyitshela ukuba ikwenze) noma efuna ukunakwa; ehlala ithule-du engafuni ukwenza lutho noma abe enodlame kakhulu)
- Ingane enganamathele kumnakeleli noma umzali wayo
- Eyenza izinto ezingajwayelekile, isibonelo ukuncela isithupha, ukuthukuthela ngokweqile (ukuba neconsi)

#### Izimpawu ezixwayisa ngokuhlukunyezwa kwezingane ngokwenyama

- Ingane ibanemihuzuko, izibazi noma ukusikeka okungaziwa ukuthi kubangwa yini
- Ingane ehlala 'igadile' ukuthi kwenzekani sengathi ilindele okubi okungenzeka
- Ukulimala kwengane kuba nephethini elithile njengokusalela kwempama noma ibhande lapha ishaywe khona
- Ingane engafuni ukuthintwa, iyakhoshobala futhi iyesaba ukuya ekhaya
- Ukulimala kufihlwa ngezinto zokugqoka ezingalingani njengezinemikhono emide noma libalele



#### Izimpawu ezexwayisa ngokunganakelelwa kwengane

- Izingubo azilingani kahle, zingcolile noma azihambisani nesimo sezulu
- Akukho ukuhlanzeka, isibonelo umzimba awugezwa, izinwele ezibophene futhi ezingagezwa, iphunga emzimbeni
- Ukugula nezilonda zokulimala akwelashwa
- Ingane ihlala ingagadiwe noma ishiywa yodwa idlale ezindaweni ezingaphephile
- Iyephuza ukufika esikoleni noma ingafiki nhlobo

#### Izimpawu ezexwayisa ngokuhlukunyezwa kwezingane ngokocansi

- Ingane iba nenkinga yokuhamba noma ukuhlala
- Ingane yazi ngezindaba zocansi noma ikhombisa ukuthanda izinto eziphathelene nocansi ezingalilungele izinga lobudala bayo
- Ingane izama ngazo zonke izindlela ukugwema umuntu othile, ngaphandle kwesizathu





- Ayifuni ukukhumula ishintshe izingubo phambi kwabanye abantu noma ukwenza noma yini
- Inesifo socansi noma ikhulelwe ise ngaphansi kweminyaka engu-14
- Iyeqa ekhaya

### 7. Izici eziyingcuphe zokuhlukunyezwa nokunganakwa kwezingane

Izingane ezisengozini enkulu yokuhlukunyezwa yilezo ezikulezi zimo ezilandelayo:

- Lapho kukhona udlame ekhaya. Ukubukela udlame ekhaya kuyinto eyesabisa kakhulu futhi kuyahlukumeza ezinganeni. Noma unina ezama kangakanani ukuzivikela izingane nasekushayweni, isimo siyalimaza kakhulu. Uma kukhona osebudlelaneni obunodlame, kungcono ukusuka lapho ukuze kuvikeleke izingane
- Lapho kukhona ukugqilazwa wutshwala nezidakamizwa. Ukukhungathwa wutshwala noma ukugqilazwa yibo kunzima kakhulu ezinganeni ngoba kungaholela ekubeni zihlukunyezwe futhi zinganakelelwa. Abazali abadakiwe abakwazi ukunakelela izingane, ukuthatha izinqumo zokukhulisa izingane eziyizo, nokuzithiba ekwenzeni izinto ezinengozi. Ukusebenzisa izidakamizwa kuholela ekuhlukumezeni ngokwenyama
- Abazali noma abanakeleli abanesifo sengqondo esingelashiwe. Abazali abanengcindezi emphefumulweni nasengqondweni, nezinye izifo zengqondo, babanekinga yokuzinakelela bona ngokwabo, kangakanani-ke izingane. Umuntu ogula ngengqondo angaba nolaka, azithulele angakhulumisani nezingane zakhe, noma asheshe ukuthukuthela ngaphandle kwesizathu. Ukwelashwa komnakeleli kusho ukunakeleleka okungcono kwezingane
- Ukushoda kwekhono lokukhulisa izingane kumnakeleli. Abanye abanakeleli bezingane abakaze bafunde ngamakhono okukhulisa izingane Abazali abasebancane kungenzeka bangazi lutho –nje ngokudingwa yizinsana kanye nezingane ezisencane. Nabazali ababengabahlukunyezwa ekukhuleni kwabo bangakwazi kuphela ukukhulisa izingane zabo ngendlela nabo abakhuliswe ngayo. Kulesosimo, ukuqeqeshwa kwabazali, nokwelulekwa kanye nokwesekelwa kwabanakeleli kuyadingeka ukuze basizakale,
- Lapho abazali beshiya izingane nabantu abangabazi ngempela
- Ukushiya izingane zodwa kanye nabantu bobulili obuhlukile
- Izintandane ezihlala zodwa ezingenamuntu ozozinakekela
- Ukukhulisa ingane ungenakwesekelwa. Ukukhulisa ingane kudinga isikhathi esiningi kanti kungaba wumsebenzi onzima, ikakhulukazi uma abazali bekhulisa izingane ngaphandle kokwesekelwa wumndeni, abangani, noma imiphakathi noma bebhekene nezinkinga zobudlelwane noma zezimali. Ukunakelela ingane ekhubazekile, enezidingo ezikhethekileyo, noma ephila kanzima nakho kunezinkinga. Kubalulekile ukuthi abazali nabo bathole ukwesekelwa abakudingayo, ukuze bakulungele ukunakelela izingane ngokwenyama nangokomphefumulo

### 8. Ziyini izimpawu zesimo sokuhlukumeza?

- Umzali noma umnakeleli akakwazi ukunqanda ukuthukuthela. Lokho okuqala ngempama elula ezingeni kungadlulela kube ngamandla. Angaxukuza izingane kanzima, ayiphonse phansi. Angaqala ukuklewula angathuli



#### Amcebiso Awusizo

#### UKUBONA UKUTHI UMUNTU UNESIMO SOKUHLUKUMEZA

Ukuqaphela ukuthi umuntu unesimo sokuhlukumeza kuyisinyathelo sokuqala sokusiza umuntu.

- Umzali noma umnakekeli akazizwa enobudlelwano nengane yakhe. Uthwala kanzima emphefumulweni, angafuni lutho olunokwenza nengane. Ufuna ukubayedwa nengane ingamphazamisi
- Umzali noma umnakekeli uhlala njalo enenkinga yokugqokisa ingane ukuyipha ukudla nokuyilungiselela ukuya esikoleni nokwenza ezinye izinto
- Abanabo abanye abantu empilweni yabo abangabatshele izidingo nokukhathazeka kwabo

### 9. Unganqandwa kanjani umshikashika wokuhlukunyezwa kwezingane?

#### Lesi seluleko esilandelayo sibalulekile kubazali nabanakekeli. Kufanele:

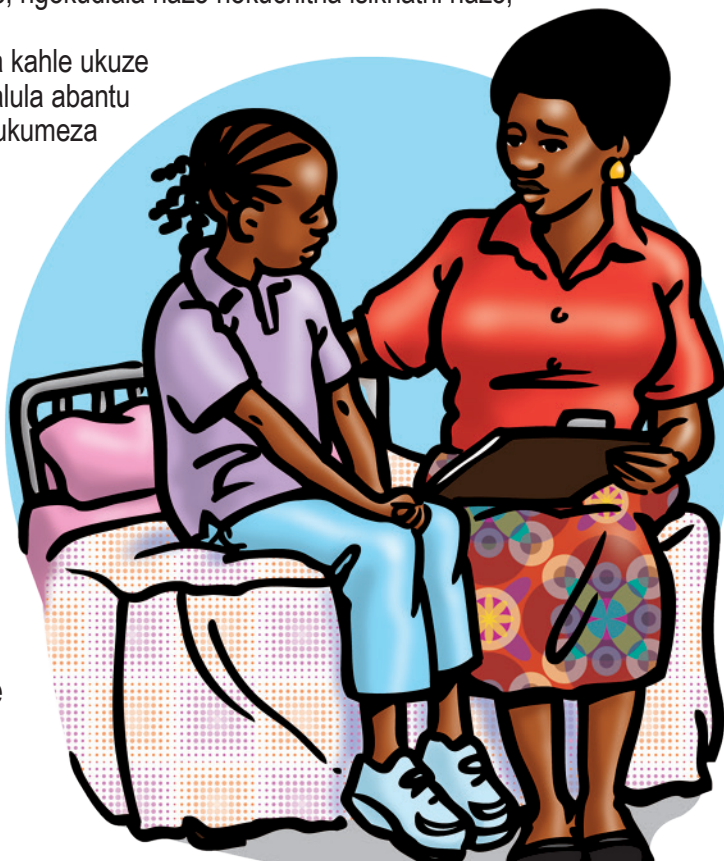
- Bathole usizo lwabo kanye nengane ehlukumezekile. Lolu sizo luyadingeka ukuze babhekane nokukhunganathela nentukuthelo. Abazali bangakwazi ukufunda imikhuba emisha yokubhekana nezingane ezihlukunyeziwe okungenza izingane zihlakani phele ukubhekana nesimo sazo samanje futhi nazo zikwazi ukubhekana nezingane zazo uma sezindala
- Bazibekele imingcele bona nezingane ukuze bazi ukuthi yiziphi izinhlobo zokuziphatha ezamukelekayo nezingamukeleki nokuthi yini elindelekile kubo. Kufanele kubekwe imingcele yokuziphatha ezogcina izingane zivikelekile ekulimaleni, ekutheni zinganakekelwa nasekuhlukunyezweni. Ngokwesibonelo, izingane kufanele zibe sekhaya ziphephe phakathi kwezikhathi ezithile, uma zigula kufanele ziyiswe esikhungweni sezempilo futhi zishiywe nabanakekeli abaziwayo nabathenjwayo
- Bavikele izingane kwabanye abangase bazihlukumeze kubandakanye nophathina babo. Kufanele bayilalele ingane yabo uma ibatshele ukuthi othile uyihlukumezile ikakhulukazi usingamzali noma othile owaziwa umndeni
- Bafundise izingane ngemizimba yazo; amagama ezitho zemizimba yazo kanye nemisebenzi yazo ukuze zikwazi ukusho ukuthi kwenzekeni kuzo futhi zinakwe uma zibika ukuhlukunyezwa
- Bakhulise izingane. Izingane zingakhuliswa ngaphandle kokuzithinta, isib. ngokuzilalela, ngokunaka okwenzeka ekuphileni kwazo, ngokuzisiza zixazulule izidingo, ngokudlala nazo nokuchitha isikhathi nazo, ngokuzibuka futhi umomotheke
- Zituse futhi uziklomelise izingane uma ziziphatha kahle ukuze zizizwe zithandwa ekhaya, ukuze zingahlelwa kalula abantu okubonakala sengathi bayazithanda kanti bazihlukumeza ngokocansi

#### Ingasizakala kanjani ingane ehlukumezekile noma enganakeleliwe?

Ukuhlukunyezwa kwezingane yisihloko okunzima ukusamukela nokukhuluma ngaso. Uma kukhulunywa nengane ehlukunyeziwe, into engcono engenziwa wumnakekeli wukwehlisa umoya, ayiduduze futhi inekezwe ukwesekelwa. Abanakekeli kumele bakhombise ngezenzo uma bengazi ukuthi bazothini. Kungumsebenzi wabo ukududuza ingane bayinikeze usizo eludingayo.

#### Amasu okukhuluma nengane ehlukumezekile

- Izingane azinganikwa umqondo wokuthi abazinakelelayo abazikholelwa. Kubalulekile ukwehlisa umoya. Uma umnakekeli ekhombisa



# INgxenye 5

## Izimo Ezingamahlalakhona

# 5

## Isifundo 5.10

UKuhlukunyezwa  
Kwezingane

ukuphikisana nengane, noma bekhombisa ukwethuka noma ukungayithandi into eshiwo yingane, ingane kungenzeka yesabe ukuqhubeka bese iyathula

- Ivumele ingane ichaze ngamazwi ayo ukuthi kwenzekeni, kodwa ingabuzwa imibuzo ekhomba impendulo. Lokhu kungayidida futhi kuyiphathe kabi ingane bese ingakwazi ukuqhubeka nokuxoxa udaba lwayo
- Ingane ayitshelwe ukuthi ayenzanga lutho olubi. Kumele zazi ukuthi lokhu ezikushoyo kuzonakelelwa nokuthi okwenzekile akulona iphutha lazo

**Ukubika uma kukhona ukuhlukumezeka nokunganakekelwa kwezingane [bheka iSifundo 6.6 mayelana Nezinsizakalo Zezenhlalakahle Zezingane]**

### Ukuzwakalisa uvo lwakho

Uma i-CCG isola ukuthi ingane iyahlukunyezwa, kubalulekile ukunikezela izingane usizo eziludingayo. Umthetho uthi bonke abasebenzi bezempilo kumele babike emaphoyiseni uma kusoleka ukuthi ingane iyahlukunyezwa.

#### Ingxoxo Yeqembu

**Yehlukanisa abafundi babe amaqoqo amancane ubacele ukuthi baxoxe ngalokhu okulandelayo:**

1. Izimpawu zokuxwayisa ngokuhlukunyezwa kwezingane.

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2. Ukulekelela izingane ezihlukunyeziwe nezinganakelelwa.

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# INgxenye 5 Izimo Ezingamahlalakhona

**5** Isifundo 5.10  
UKuhlukunyezwa  
Kwezingane

## Ingxoxo Yeqembu

3. Amalungelo ezingane.

## Indaba Eyisibonelo



UNkk. Rose Shange ungowesifazane onesisindo esingaphezu kwesifanele oneminyaka engu-48 ubudala. Unina wabulawa umdlavuzwa wamabele. Unomfutho wegazi ophakeme kanye nesifo sikashukela esingalawuleki futhi uya esikhungweni sezempilo eNtabeni ukuze athole imithi yakhe kashukela. Wagcina ukuhlololwa umdlavuzwa wesibeletso eminyakeni eyishumi edlule. URose uyabhema. Utshela i-CCG ukuthi usanda kuzwa kuqina esifubeni futhi eba nephika. Ungumsebenzi wasezindlini futhi uye waziphawula lezi zimpawu lapho ekhuphuka ngezitebhisi.

URose ushade noMandla oneminyaka engu-53 ubudala. U Mandla akasebenzi futhi uzidlela utshwala. Wayevame ukukujabulela ukwenza ingadi. Selokhu alahlekelwa umsebenzi, uMandla akasayingeni eyengadi. Uhlale ekhala ngokuthi

ukhathele nokuthi akalali kahle. I-CCG isola ukuthi ukuphuza kwakhe kwaholela ekutheni ahlukumeze umkakhe nezingane ngoba ibone izibazi eziluhlaza kumkakhe.

Izingane zabo ezine ezineminyaka ephakathi kuka-14 no-22 nazo zihlala nabo. Banamadodana amathathu nendodakazi eyodwa.

I-CCG iphawula ukuthi ukudla okudliwa yilo mndeni kuhlanganisa ophaya, amazambane athosiwe, isinkwa esimhlophe esigcotshiwe futhi akukho okusamfino. Emavikini amabili kamuva uRose uzwa luba buthakathaka olunye uhlangothi lomzimba wakhe.

# INgxenye 5

## Izimo Ezingamahlalakhona

### Indaba Eyisibonelo

Hlukanani nibe amaqoqo bese nixoxa ngale mibuzo elandelayo:

1. Xoxani ngezinkinga zempilo kaRose; ningameluleka ukuba enzeni?

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2. Kungenzekani kuRose uma engasilawuli isifo sakhe sikashukela kanye nomfutho wegazi ophakeme?

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3. Ngokuya ngokwezimpawu zakhe, kungenzeka ukuthi konakelephi kuMandla? Kungenzeka ukuthi yini imbangela yalokho?

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4. Ungawusiza kanjani lo mndeni ukuze usingathe indaba kaMandla?

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5. Uma ucabangela iminyaka yobudala kaMandla, yikuphi okunye ukuhlolwa okufanele akwenze? Loku kuhlolwa kufanele kwenziwe kaningi kangakanani?

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6. Ungabona kanjani uma kukhona othile ohlukunyeziwe kulelikhaya?

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7. Ungamthumelaphi ukuze athole usizo?

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# INgxenye 5

## Izimo Ezingamahlalakhona

### Indaba Eyisibonelo

8. Yini engase ishiwo ngokudla kwalo mndeni?

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9. Yiziphi izingozi zokungadli ukudla okunempilo?

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10. Yini enye lo mndeni ongayenza ukuze uthuthukise indlela yawo yokuphila? (Sebenzisa ulwazi oluvela ezingxenyeni zezifundo ezedlule uma uphendula lo mbuzo)

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11. Ucabanga ukuthi kwenzekeni kuRose?

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12. Ucabanga ukuthi uRose uyayisebenzisa imithi yakhe kashukela? Kungani ucabanga kanjalo?

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13. Ingabe uRose sekufanele aphinde ahlolelwe umdlavuzwa wesibeledho? Uma kunjalo, kungani ucabanga kanjalo?

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14. Ukuhlololwa umdlavuzwa wesibeledho kubonisani futhi kufanele kwenziwe kaningi kangakanani?

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# INgxenye 5

## Izimo Ezingamahlalakhona

### Indaba Eyisibonelo

15. Ngokuya ngokomlando womndeni wakhe, yikuphi okunye ukuhlolwa uRose okufanele akwenze?

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16. Yini uRose angayenza ekhaya ukuze abone noma yiziphi izimpawu zalesi simo?

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17. Inkinga yezibazi eziluhlaza kuRose kungabhekanwa kanjani nayo?

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18. Yikuphi ukuhlolwa amadodana abo okufanele akwenze? Kufanele akwenze kaningi kangakanani?

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19. Yiluphi olunye ulwazi okufanele ulunikeze izingane zakuleli khaya?

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