



*Out of ASPIRE, there is HOPE*

# **CHOICE, ADHERENCE AND OPEN REPORTING IN HOPE**



# HOPE

*Out of ASPIRE, there is HOPE*

## UKHETHO KUPHANDO LUKA- HOPE



**Yintoni injongo yophando luka HOPE?** Eyona njongo iphambili yophando lukaHOPE kukunika abathathi nxaxheba ilungelo elikhawulezileyo kwekhuselekileyo nesebenzayo iringi yedapivirine yelungu lobufazi (“iringi”) njengengxenywe yokhuselo kwiHIV. Sifuna ukwazi ukuba kutheni abathathi-nxaxheba bengakhetha iringi njengohlobo lwesikhuseli kwiHIV okanye hayi, kwaye apho ukhetho lutshintsha amaxesha onke.

<b>Wahluke njani u-HOPE ku-ASPIRE?</b>	
<b>ASPIRE</b>	<b>HOPE</b>
Injongo: Ukuqinisekisa ukuba ngaba i-iringi ibisebenza kwaye ikhuselekile na kukhuselo lwe-HIV.	Injongo: Ukuqonda ukuba abafazi bangayisebenzisa i-iringi, xa belinikiwe ithuba.
Kuhlolwe ukhuselo lwe-iringi	Siyazi ukuba i-iringi ikhuselekile kakhulu
Kuhlolwe ukuba i-iringi ingalukhusela usulelo lwe-HIV	Siyazi ukuba i-iringi ingalinciphisa ithuba lomfazi lolosuleleko yi-HIV
Ingxenywe yafumana ii-iringi enechiza lophando enye ingxenywe yafumana ii-iringi ezingenalo ichiza lophando	Zonke ii-iringi ziqulathe ichiza lophando
Bonke abathathi-nxaxheba bekufanele bavume ukusebenzisa i-iringi	Ukusebenzisa i-iringi lukhetho lomthathi-nxaxheba ngamnye!
...	...

**Lilonke uthi abafazi banako ukukhetha ukusebenzisa i-iringi ku-HOPE?** Ewe. Abafazi bangalungenela uphando nokuba bayayikhetha okanye abayikhethi i-iringi njengendlela yokukhusela i-HIV. Bonke abathathi-nxaxheba bafumana inzuzo efanayo

kuthatho-nxaxheba lophando, ngaphandle kokukhetha i-ringi. Kuba umthathi-nxaxheba enokukhetha, sicela ukuba abathathi-nxaxheba bathathe i-ringi kuphela ukuba bafuna ukuyisebenzisa. Abathathi-nxaxheba bangatshintsha ingqondo ngokusebenzisa i-ringi ngokuqhubeka kophando.

**Ukuba u-ASPIRE ubonise ukuba i-ringi ikhuselekile kwaye iyasebenzisa, kutheni ninika abathathi-nxaxheba baka-HOPE ukukhetha ukungayisebenzisi i-ringi?** U-HOPE ungokuqonda ukuba bayayisebenzisa kwaye baya kuyisebenzisa njani abafazi i-ringi ngoku kuba isaziwa ukuba ikhuselekile kwaye iyasebenza. Siyazi ukuba iikhondom zikhuselekile kwaye ziyasebenza, kodwa kunjalo uninzi lwabantu lukhetha ukungazisebenzisi okanye lufumanisa kunzima ukuzisebenzisa. Siqonda okuninzi ukuba kutheni abantu bezisebenzisa okanye bengazisebenzisi iikhondom kwaye sifuna ukuqokelela ulwazi olubufana malunga ne-ringi. Abanye abathathi-nxaxheba bangakhetha ukungayisebenzisi i-ringi, kodwa bangaba negalelo kuphando ngokuxoxa ukuba yintoni eyenza ukuba iringi kube nzima ukuyisebenzisa okanye bangabi namnqweno kuzo. Izidingo zokhuselo lwe-HIV kunye nokhetho lomthathi-nxaxheba lungatshintsha maxesha onke.

**Lilonke, sifuna umfazi ngamnye aqonde umngcipheko wakhe we-HIV, zonke iindlela zokuzikhusela kwi-HIV ezifumanekayo kuye, kwaye akhethe (i)indlela ezilungeleneyo nobomi bakhe.**

Abasebenzi baka-HOPE kunye namalungu eqela lasekuhlaleni bangasebenza nabathathi-nxaxheba ukuba nceda bagqibe kwaye baqonde izinga labo lokufumana i-HIV. Sifuna ukuba abafazi bazive bekhululekile ukuzikhetha okanye ukungakhethi iringi, kwanokutshintsha iingqondo zabo, ngaphandle kokwahlulelwa kubasebenzi okanye abanye abathathi-nxaxheba.



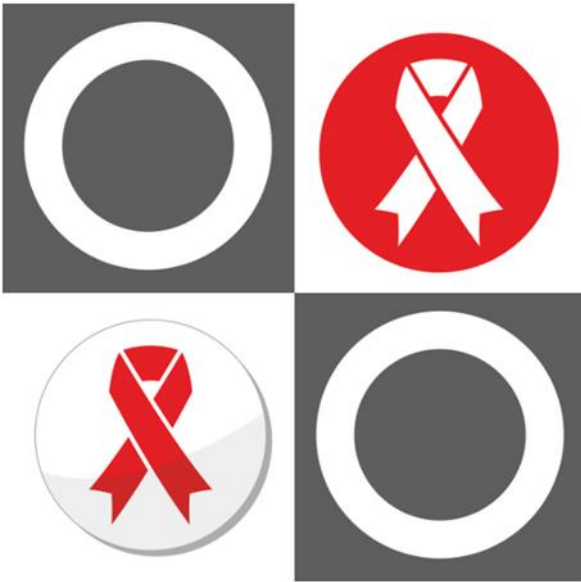
**Ingaba abathathi-nxaxheba abangenela u-HOPE kodwa bangakhethi i-iringi ngokwenene banayo inxaxheba abayidlalayo kuphando?** Bonke abathathi-nxaxheba abangenela u-HOPE bazisa ulwazi olubalulekiyo kuphando, nokuba bayayikhetha okanye abayikhethi i-iringi. Iingcebiso kubathathi-nxaxheba bonke ziza kusinceda siphucule ulwazi lwethu lweringi nokuba singabanceda njani abafazi basebenzise i-iringi ngokuphumeleleyo kwixa elizayo.

# HOPE

HIV Open-label Prevention Extension

*Out of ASPIRE, there is HOPE*

## UKUSETYENZISWA NGOKOMYALELO & NOKHUSELEKO KU-HOPE



**Kutheni ukusetyenziswa ngokomyalelo kubalulekile ukuba ndikhetha i-iringi ku-HOPE?** Ukusetyenziswa ngokomyalelo okuphezulu bekubalulekile ku-ASPIRE ukuhlola ukuba ngaba iringi yedapivarine ingakhusela abafazi kwi-HIV. Ku-HOPE, usetyenziso oluphezulu lubalulekile kuba ichaphazela izinga lakho lobuqu lokhuseleko kwi-HIV.

**Ukuba ndisebenzisa ngalo lonke ixesha, ngowuphi umgangatho wokhuseleko endizakuba nawo?** Siyayazi ukuba ukhuseleko kwi HIV liphezulu xa iringi isetyenziswa lonke ixesha, kwaye iringi ayiniki khuseleko ukuba ayisetyenziswa. Kubalulekile ukwazi ukuba xa unxiba iringi amaxesha amaninzi, kodwa ibe ingekho sendaweni xa ubhenceke kwi HIV (umzekelo, uyayikhupha xa wabelana ngesondo), unganga khuseleki. Xa abaphandi babeqala ukwazisa ngeziphumo ze ASPIRE, babengeka jongi ukuba ukubambelela kwiringi lubenefuthe ekusebenzeni kwayo. Ngoku babe nalo ixesha ukuphonononga lo mbuzo. Ulwazi olutsha kwi ASPIRE lubonisa ukuba xa umsesane usetyenziswa ixesha elininzi, ukhuseleko kwi HIV lungaba 75% okanye ngaphezulu, kwaye xa usetyenziswa lonke ixesha, ukhuseleko lungaba ngaphezulu kwe 90%. Iziphumo ze HOPE ziza kunceda abaphandi baqonde ngokucacileyo nangakumbi ukuba lithini inqanaba lokhuseleko umsesane eliwunikayo xa isetyenziswa lonke ixesha.

**Kutheni ukusetyenziswa ngoko myalelo kubalulekile kuHOPE?** Ukusetyenziswa ngokomyalelo okuphezulu kubafazi abakhetha ukusebenzisa umsesane kuzakwenza siqonde nangaphezulu ngokusebenza komsesane xa isetyenziswe ngalo lonke ixesha. Olu lwazi lubalulekile ukwazi malunga nokwaziswa okulindelekileyo kwexa elizayo lweringi ekuhlaleni.



**Kuza kwenzeka ntoni ukuba ndinemingeni ekusebenziseni iringi kuHOPE?** Abasebenzi bophando bakaHOPE bafuna wena wenze icebo lokhuselo lweHIV elilungelene nobomi bakho. Ukuba ukhetha iringi kodwa ufumanise unengxaki ukuyisebenzisa, ooceba baya kukunceda ukuxhasa udlulise nayiphi na imingeni. Nokuba ugqiba ekubeni ungayisebenzisi iringi, okanye utshintsha ingqondo malunga nokusebenzisa iringi, ooceba baya kukunceda ukukuxhasa naliphi icebo lokhuselo lweHIV olikhethayo.

**kwenzeka ntoni ukuba umhlobo wam okanye ilungu losapho bafuna ukusebenzisa iringi?** Ngokwangoku, iringi ifumaneka kuphela kubafazi abangabathathi-nxaxheba bakaHOPE. Kubalulekile ukuba ungabelani ngeringi okanye unikise ngayo. Abafazi abangekho kuphando bangangafumani uhlobo lwarhoqo lweHIV okanye ukukhulelwa okanye ukhathalelo rhoqo lwezempilo. Ukuba basebenzisa iringi baze babe nemiphumela, bangangafumani khathalelo abaludingayo. Iringi ingakukhusela kuphela kwiHIV xa ngaba uyisebenzisa ngalo lonke ixesha, okuthetha ukuthi unganikisi ngayo kwabanye.

**Ingaba abathathi-nxaxheba ababonise usetyenziso oluphantsi kuASPIRE bangavumeleka bangenele u-HOPE?** Bonke abathathi-nxaxheba baka-ASPIRE baya kunikwa ithuba lokungenela u-HOPE. Siyabulela kubo bonke abathathi-nxaxheba baka-ASPIRE abasincede sabonisa ukuba iringi ikhuselelike kwaye iyanceda ukunciphisa izinga le-HIV. Siyazi ukuba abanye abathathi-nxaxheba bafumene imiphumela besebenzisa iringi okanye babe nokukhetha ukungayisebenzisi.





Ku-HOPE, siziva ukuba bonke abathathi-nxaxheba bangaphambili bayaludinga 'uqalo ngokutsha' kwanethuba lokunciphisa izinga labo le-HIV kangangoko kunokwenzeka. Ngoko ke, sifuna ukunika bonke abathathi-nxaxheba bangaphambili ithuba lokufumana iringi kwanezinye iinzuzo zophando.

**Ingaba iringi isebenza ngokulinganayo kubo bonke abafazi beminyaka yonke?** Kwi ASPIRE, abafazi abancinci abangaphantsi kweminyaka eyi 21 ubudala ababebelwe kwi-iringi ye-dapivirine bafumene iHIV kwizinga elifanayo njenga bafazi ababebelwe kwi-iringi ye-placebo. Kunjalo, siyayazi ukuba owona mba mkhulu ungumda ekusebenzeni kwe-iringi ye-dapivirine kubafazi abasebancinci kwi-ASPIRE ibikukunga setyenziswa rhoqo. Abaphandi benza izifundo ezithile ukuqinisekisa ukuba naziphi na ezinye izinto zinganefuthe ekusebenzeni kwe-iringi kubafazi abancinci. Kubalulekile ukuqaphela ukuba bonke abafazi ababethathe inxaxheba kwi-ASPIRE bazakuba ngaphezulu kweminyaka eyi-21 ubudala ngexesha bejoyina ngalo u-HOPE. Kuxhomekeke kuthi basebenzi bophononongo, abathathi nxaxheba, kunye nokuhlala, ukubandakanya nokuxhasa abafazi abancinci ngendlela enentsingiselo. Ukuba bakwazi ukufumana bathi gqolo ukusebenzisa iindlela ezisebenzayo zoKuthintela i-HIV ezilungele impilo yabo.

# HOPE

*Out of ASPIRE, there is HOPE*

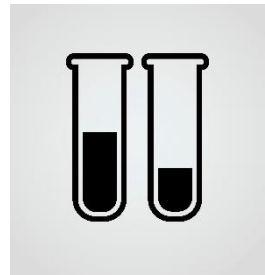
## INGXELO EPHANDLE & HOPE



**Kuza kwenzeka ntoni ukuba ndikhetha i-ringi kwaye ndichaze ukuba andiyisebenzisi?** Akuyi kubakho ziphumo zibi ngokuchaza ngokunyanisekileyo malunga nokusebenzisa i-ringi, nokuba uchaza ukuba unemingeni okanye ukhethhe ukungasebenzisi i-ringi ngalo lonke ixesha. Iqela lika-HOPE likhoba ukukunceda udlulise imingeni ekusebenziseni i-ringi, ukuba leyo yindlela yokuzikhusela kwi-HIV oyikhethayo, okanye ikuxhase ukutshintsha indlela yokhuseleko, ukuba ucinga enye into ingasebenza ngcono.

### **Loluphi uhlobo enizakulenza kusetyenziso ngokomyalelo kwaye zithetha ntoni ezi ziphumo?**

Siza kuqokelela isampuli eziliqela ukulinganisa usetyenziso ngokomyalelo kunye nokuqonda ngcono ukuba isebenza njani i-ringi, kuquka nee-ring ezisebenzileyo, igazi, iinwele, kunye nolwelo lwelungu lobufazi. Ukuba ukhetha i-ringi, siza kwabelana nawe ngeziphumo ezibonisa umlinganiselo wechiza lophando (dapivirine) elikhutshiweyo kwi-ringi. Injongo yokuqokelela olu lwazi ayikokuthandabuza into osixela yona ngokusebenzisa kwakho i-ringi okanye ukohlwaya abo bangayisebenzisi ngokomyalelo. Injongo yethu ngokwabelana nawe ngezi ziphumo kukunina umbono ophangaleleyo wezinga lokhuseleko lwe-HIV ongaba uyalufumana kwi-ringi. Ngezi ziphumo, uya kukwazi ukwenza isigqibo esinolwazi malunga nokungazibandakanyi kulosuleleko lwe-HIV okugqwesileyo.



**Kutheni kubalulekile kum ukuba ndichaze ngokuphandle ngokusebenzisa kwam i-ringi?** Ngaphandle kokuchaza ngokuphandle kosetyenziso ngokomyalelo, kunzima ukuqonda ukhuseleko lokwenene lwe-ringi kwakunye nemingeni elindelekileyo yokusetyenziswa kwe-ringi. Ngexa sikwazi ukuhlola iisampuli sifumane noqikelelo losetyenziso ngokomyalelo, olona lwazi lubaluleke kakhulu esinokulufumana malunga

nokusetyenziswa kwe-ringi lusuka kubathathi-nxaxheba buqu. Ulwazi lwakho malunga ne-ringi lunganika ulwazi olubalulekileyo lokwaziswa kwe-ringi lwexa elizayo ekuhlaleni.

**Kuza kwenzeka ntoni ukuba ndiziva ndingakhululekanga ukuthetha ngokusebenzisa kwam i-ringi nabasebenzi bophando?**

Ngexa lika-ASPIRE, hayi wonke umfazi ebeziva ekhululekile ukuxelela abasebenzi xa bebengenakho ukusebenzisa i-ringi. Siyathemba ukuba ukukhupha iziphumo zeenkxalabo ezimbi kuza kukunceda uzive ukhululekile ukuchaza ngokuphandle ukhuselo



lwakho lwe-HIV olukhethayo nolwazi lokusebenzisa i-ringi kubasebenzi bophando. Iqela lika-HOPE lilapha ukuxhasa ukhetho lwakho lokukhusela i-HIV, kwaye ooceba bethu noonesi bafumana uqeqesho olongezelelweyo ukunceda wena uzive uxhasiwe kuso nasiphi na isigqibo osithathayo.

Ukuba unemibuzo okanye ufuna ulwazi oluthe vetshe, nceda undwendwele iikliniki yophando:

