



### Zithini iziphumo zophando lwe-ASPIRE?

Kuqulathwe konke, uphando lwe-ASPIRE (MTN0-020) lubonise ukuba iringi efakwa ekukwini eyi-dapivirine ithintele malunga nesinye kwisithathu sosuleleko lwe-HIV. Phakathi kwabasetyhini abangaphezulu kweminyaka engama-21, abasebenzise iringi rhoqo kunabasetyhini abasebatsha, ngaphezu kwesiqingatha sosuleleko lwe-HIV sathintelwa. Kwi-ASPIRE, nokhuseleko olukhulu ngakumbi luye lwabonwa ngothotyelo oluphezulwana (ngaphezu kwesibini esithathwini). Njengezinye iindlela zokuthintela, iringi isebenza kuphela ukuba isetyenziswe ngokuchanekileyo

narhoqo. Iringi ibikhuselekile nayo, oku kuthetha ukuba khangela ibangele iingxaki zempilo. Olunye uphando oluvavanye iringi efakwa ekukwini eyi-dapivirine, ebizwa i-IPM-027 (UPhando lweRingi), lubonise iziphumo ezifanayo. **Le yimpumelelo emangalisayo ebengasoze sibenayo ngaphandle kokuzinikela kwabathathi-nxaxheba bethu bophando!**

### Iza kufumaneka nini iringi efakwa ekukwini eyi-dapivirine kwiindawo esihlala kuzo?

I-IPM, iqela elaphuhlisa iringi, lisebenza noorhulumente namaye amaqela asebenzisana nalo ngenjongo yokwenza iringi ifumaneka kwiindawo esihlala kuzo. Le nkqubo abandakanya imigaqo emininzi nophunyezo lwamazwe olungqalileyo kwaye ngalinye lithatha ixesha. Asiyazi ukuba iringi iza kuvunywa kusini na okanye lingakanani na kanye elingakanani phambi kokuba iringi ibenokufumaneka, kodwa inkqubo iqhele ukuthatha iminyaka eliqela.

### Kutheni kusenziwa olu phando lwe-HOPE nje?

I-HOPE luphando lwe-Open-Label Extension (OLE), eyilelwe ukubonelela abathathi-nxaxheba ukuba bafikelele kwimveliso yophando esebenzayo phambi kokuba ifumaneka eluntwini. Uphando lwe-Open-Label Extension lukwaqhutyelwa ukuqokelela ulwazi olongezelelweyo lwemveliso, njengokhuseleko nothotyelo. **Eyona njongo iphambili yophando lwe-HOPE kukubonelela abathathi-nxaxheba ngokufikelela kwamsinya kwiringi efakwa ekukwini eyi-dapivirine, eboniswe ukuba ikhuselekile kwaye inciphisa umngcipheko wokufumana i-HIV.**

### Ngubani olungele uphando lwe-HOPE?

Ngokwangoku, ngabasetyhini kuphela abathathe inxaxheba kuphando lwe-ASPIRE abazakuqwalaselwa kubhaliso lwe-HOPE. Abasetyhini kufanele baziqonde iimfuneko zophando, kwaye bavume ukuthatha inxaxheba. Abasetyhini kufanele babe kwimeko yempilo entle, bangabinayo i-HIV, kwaye bangakhulelwa okanye bangancansi. Abasetyhini baya kubaneemvavanyo zonyango nokuxilongwa ukuze kuqinisekise ukuba bayilungele i-HOPE.

### Lude kangakanani uphando? Kuyiwa rhoqo kangakanani kutyelelo lophando?

Owasetyhini ngamnye obhalisayo uza kuba kwi-HOPE malunga nonyaka omnye. Utyelelo lophando luza kwenziwa rhoqo ngenyanga kwiinyanga zokuqala ezintathu, emva koko kanye emva kweenyanga ezintathu.

### Ziringi ezifakwa ekukwini ezinjani ezi zizakusetyenziswa kwi HOPE?

Bonke abasetyhini baza kunikwa iringi efakwa ekukwini ene-dapivirine bayisebenzise kangangenyanga. Ngokungafaniyo ne-ASPIRE, AKUKHO ziringi zikasinga-yeza (ngaphandle kweyeza) kwi-HOPE.

### Yintoni eza kucelwa ukuba mabayenze abasetyhini ababhalise kwi-HOPE?

- Bonke abathathi-nxaxheba abalungeleyo baza kumenywa ukuba bangenele i-HOPE ze baye kutyelelo lophando olucwangcisiweyo.
- Bonke abathathi-nxaxheba baza kunikwa iringi efakwa ekukwini ye-dapivirine bayisebenzise rhoqo ngenyanga. Abasetyhini bangangenela uphando nokuba bakhetha iringi njengendlela yokuthintela i-HIV okanye hayi.
  - Abasetyhini abakhetha iringi njengendlela yokuthintela i-HIV baza kufumana ingcebiso nemiyalelo ngokusetyenziswa kweringi kwaye baza kucelwa ukuba baphendule imibuzo ngokusetyenziswa kweringi.
  - Abathathi-nxaxheba batshintsha ingqondo yabo ngokusebenzisa iringi naxa sele bengenele uphando. Bonke abathathi-nxaxheba benza igalelo elibalulekileyo kuphando ukuba nje bathi **baxelele abasebenzi bophando xa bangasebenzi iringi**. Khumbula, noko, ukuba iringi ingakhuselela i-HIV xa isetyenziswa.
- Bonke abathathi-nxaxheba, nokuba basebenzisa iringi, baza kucelwa ukuba:
  - Baphendule imibuzo emalunga nempilo yabo neendlela zokwabelana ngesondo
  - Bafumane ingcebiso ngokunciphisa umngcipheko nangeekhondom
  - Basebenzise indlela yocwangciso-ntsapho bathintele ukukhulelwa
  - Kolunye utyelelo, baxilongelwe impilo
  - Benze iimvavanyo zaselaboratri, kuquka neemvavanyo ze-STIs, zokukhulelwa, neze-HIV
  - Banikezele ngesampuli zegazi, ezeenwele, neesampuli ezithathwe ekukwini

### Kuzothiwani ngabasetyhini abalandulayo ukuba yinxalenye kaHOPE?

- Ukuba umthathi-nxaxheba uthatha isigqibo sokuba akasafuni kubhalisa kwi-HOPE, uza kubuzwa ukuba uyafuna na ukuza kutyelelo olunye anikezele ngeenkukacha zokuba kutheni elandula ukubhalisa.
- Abathathi-nxaxheba abalandula ukubhalisa bangatshintsha ingqondo yabo ze babhalise kwi-HOPE, kuxhomekeke ukuba uphando lusaqhuba na kwaye banazo iimfuneko zokulungela.

### Yeyiphi imingcipheko?

Imingcipheko yokuthatha inxaxheba kwi-HOPE iyafana neye-ASPIRE:

- Usengaziva ungakhululekanga okanye intlungu kwiindawo obuxilongwa kuzo okanye ekutsalwe kuzo igazi.
- Iringi efakwa ekukwini ingenza abanye basetyhini bazive bengakhululekanga, abanye banganokurhawuzelwa, babenedistshaji, okanye ezinye iimpawu.
- Usenganeentloni ngenxa yemibuzo neenkqubo ezikuphando.
- Kungenzeka ukuba wena okanye iqabane lakho niyive iringi ngexesha lokwabelana ngesondo.
- Xa kunokwenzeka ngelishwa usulelwe yi-HIV, usenokungakuva ukusebenza kwechiza ukuba uqhubeka nokusebenzisa iringi.
- Kungenzeka ukuba abanye bakuphathe kakubi okanye bakucalule ngenxa yokuthatha kwakho inxaxheba kuphando.

### Yintoni inzuzo?

- Ngexesha lokuthatha inxaxheba kuphando, abasetyhini abakwi-HOPE baza kunikwa iringi efakwa ekukwini efunyaniswe ikhuselekile nesebenza ngempumelelo ekuthinteleni i-HIV.
- Abasetyhini abakuphando kananjalo baza kuxilongwa umzimba, iimvavanyo zokukhangela impilo yabo, ucwangciso-ntsapho, ingcebiso nge-HIV/STI novavanyo, nonyango okanye ukuthunyelwa kwenye indawo, njengoko kuyimfuneko.

### Yintoni enokwenziwa ngamaqabane nabantu ekuhlaleni?

Kubasetyhini abakulungeleyo, ukuthatha isigqibo sokungenela i-HOPE nesokusebenzisa iringi kusini na yinto umntu azikhethe ngokwakhe. Abasetyhini bayakhuthazwa ukuba basixoxe isigqibo sabo namaqabane abo nabanye abantu ababalulekileyo kubo. Abasebenzi bophando baza kugcina iinkcukacha zabasetyhini abakuphando ziyimfihlo, kodwa bakwafumaneka ukuze bathethe nge-HOPE baze baphendule nayiphi na imibuzo abanayo amaqabane okanye abantu basekuhlaleni, njengoko kufuneka. Ngokuba nenkxaso, amaqabane nabantu basekuhlaleni bakwancedisa ukulwa i-HIV/AIDS.

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



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Ulwazi lwabasetyhini,  
lwamaqabane abo nololuntu

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