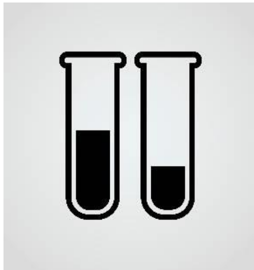
Kodi zizakhala bwanji ngati ndasankha ling'i ndipo ndakanena kuti sindikuigwiritsa ntchito? Sipazakhala choipa chirichonse chomwe chidzachitike chifukwa chonena momasuka za kagwiritsidwe ntchito ka ling'i ngakhale mutanena kuti mumakumana ndi zovuta kapenanso kusankha kusaigwiritsa ntchito nthawi zonse. Gulu la kafukufuku wa HOPE liri pano kukuthandizani kuthana ndi zovuta zokhudza kagwiritsidwe ntchito ka ling'i, ngati ili njira yomwe mwasankha kuti muzizitetezera ku HIV, kapena kukuthandizani kusintha njira yozitetezera, ngati mwaganiza kuti china chake chitha kugwira bwino ntchito koposa.



Kodi pazakhala zoyeza zotani zokhudza kukhulupirika komanso tanthauzo la zotsatira? Tidzatenga zoyesa zingapo kuti tikayeze ngati ling'i imagwiritsidwa ntchito nthawi zonse komanso kukamvetsetsa za mmene ikugwirira ntchito, kuphatikizapo ma ling'i omwe agwiritsidwa ntchito kale, magazi, tsitsi, ndi chikazi. Ngati musankhe ling'i, tikuuzani za zotsatira zomwe zikuonetsa mulingo wa mankhwala a dapivirine omwe ankaturuka kuchokera mu ling'i. Cholinga chotengera zoyesa zimenezi sikufuna kutsutsana ndi zomwe mutiuze zokhudza kagwiritsidwe ntchito ka ling'i kapena kupereka chibalo kwa omwe sakugwiritsa ntchito nthawi zonse. Cholinga chathu pogawana nanu zotsatira za zoyeza ndikufuna kukupatsani chithunzithunzi cha mulingo wa chitetezo chomwe mungamalandire kuchokera mu ling'i. Chifukwa cha zotsatira zimenezi, mudzatha kupanga maganizo a mmene mungapewere matenda a HIV.

Ndi chifukwa chiyani kuli kofunikira kwa ine kuti ndidzinena momasuka za mmene ndikugwiritsira ntchito ling'i? Popanda kunena poyera za kugwiritsa ntchito ling'i mokhulupirika, kutha kukhala kovuta kumvetsetsa za chitetezo chenicheni chochokera mu ling'i komanso zovuta zokhudzana ndi kugwirtsa ntchito ling'iyi. Pamene tiri ndi kuthekera koyeza zimenezi ndikuyesera kupeza mulingo wa kukhulupirika kogwiritsa ntchito ling'i, uthenga omwe tikudalira kwambiri okhudzana ndi kagwiritsidwe ntchito ka ling'i ndi omwe uchokere kwa eni ake olowa kafukufuku. Zomwe mwakumana nazo pa nkhani ya ling'i imeneyi zidzakhala zofunika kwambiri pa nkhani yobweretsa ling'i kwa anthu onse mtsogolo.

Kodi nanga ndikadzakhala osamasuka kukamba ndi ogwira ntchito mukafukufuku za mmene ndikugwiritsira ntchito ling'i? Pa nthawi ya kafukufuku wa ASPIRE, si amai onse omwe anali omasuka kuuza ogwira ntchito kukafukufuku pamene sanathe kugwiritsa ntchito ling'i. Tiri ndi chiyembekezo kuti kuthana ndi nkhawa kapena zopinga kudzathandiza kuti mukhale omasuka kunena momasuka kwa ogwira ntchito mukafukufuku za chomwe mwasankha ndi zomwe mwakumana nazo panthawi yogwiritsa ntchito ling'i. Gulu logwira ntchito kukafukufuku wa HOPE lirli pano kuthandizira zisankho zanu pa mmene mungazitetezere ku HIV, ndipo aphungu komanso anamwino athu akuphunzira mozama kuti athe kukuthandizani pa chisankho china chiri chonse chomwe mupange.

Ngati muli ndi mafunso kapena mukufuna uthenga wochulukirapo, chonde pitani ku kiliniki ya kafukufuku:

Version 1.0, CHICHEWA, 16NOV2016

Out of ASPIRE, there is HOPE

KUNENA MOMASUKA KOMANSO HOPE