Andrew Loxely

Kodi zotsatira za kafuku fuku wa ASPIRE zinali zotani? Mwazonse, kafuku fuku wa ASPIRE (MTN-020) anawonetsa kuti ling'i yovalira yokhala ndi Dapivirini inatetezera pafupi fupi gawo limodzi mwa atatu ena ali onse akufalikira kwa HIV. Pakati pa amayi a zaka zakubadwa zochulukira pa 21, amene anagwiritsa ntchito ling'iyi mowirikiza kusiyana ndi amayi achichepere, kuposera theka la kufalikira kwa HIV linapewedwa. Mu ASPIRE, chitetezo chochulukanso chinawoneka mogwirizana ndi kagwiritsidwe ntchito kokwelerapo (kuposera magawo awiri mwa atatu ali onse). Monga njira zina zonse zozitetezera, ling'iyi imagwira ntchito pokha pokha ikagwiritsidwa ntchito mwadongosolo komanso nthawi zonse. Ling'iyinso inali yopanda zovuta, kutanthauza kuti siinayambitse zovuta zodandaulitsa pa umoyo. Kafuku fuku wina amene anayesa ling'i ya Dapivirini, otchedwa IPM-027(kafuku fuku wa ling'i), anawonetsa zotsatira zofanana**. Ichi ndi chinthu chopambana kwambiri chimene sichikanatheka kopanda kuzipereka kwa otenga mbali mkafuku fuku athu.**

Kodi ling'i ya Dapivirini idzapezeka liti mmadera mwathu? IPM, bungwe lomwe linapanga ling'iyi, likugwira ntchito ndi maboma komanso ma mabungwe ena ndicholinga chofuna kuti ling'iyi ipezeke mmadera mwathu. Ndondomeko imeneyi imakhuza malamulo ambiri ndipo zimatengera mmene malamulo adziko aliri komanso zilolezo zosiyana siyana ndipo chilichonse chimatenga nthawi. Sitikudziwa ngati ling'iyi idzavomerezedwe, kapena kuti kweni kweni padutsa nthawi yaitali bwanji kuti ling'iyi idzayambe kupezeka, koma ndondomekoyi nthawi zambiri imatenga zaka zochulukirapo.

Kodi nchifukwa chiyani kafukufuku wa HOPE akuchitika? HOPE ndi kafukufuku amene olowa azadziwa kuti ali mbali yanji ya kafukufuku (OLE), ndipo wakonzedwa ndi cholinga chofuna kupereka mwayi kwa otenga mbali kuti agwiritse ntchito chipangizo chamukafukufuku chomwe chadziwa kuti ndichogwira ntchito, chisanayambe kupezeka mmadera ambiri. Akafukufuku oterewa (OLE) amachitikanso kuti apeze uthenga oonjezera okhudza chipangizocho, monga zokhudza zovuta komanso kagwiritsidwe ntchito ka chipangizocho. **Cholinga cheni cheni cha kafukufuku wa HOPE ndi chofuna kupeleka mwayi kwa otenga mbali kuti apeze mwachangu ling'i yovalira mu njira ya abambo ya Dapivirini, yomwe yaonetsa kuti ilibe zovuta komanso ikuchepetsa chiopsezo chotengera HIV.**

Kodi ali oyenelera kulowa mkafuku fuku wa HOPE ndi ndani? Pakadali pano, amayi okhawo amene anatenga nawo mbali mu kafuku fuku wa ASPIRE ndi amene adzaloledwe kulowa mukafuku fuku wa HOPE. Amayi akuyenera kumvetsetsa zofunikira za kafuku fuku komanso kuvomereza kutenga nawo mbali. Amayi akuyenera kukhala ndi thanzi labwino, opanda HIV, komanso asakhale ndi mimba kapena oyamwitsa. Amayi adzayezedwa thupi komanso adzatengedwa zoyesa potsimikiza kuti ali oyenerezeka kulowa HOPE.

Kodi kafuku fukuyu ndi wa nthawi yaitali bwanji? Maulendo ake ndi apafupi pafupi bwanji? Mayi aliyense akalowa, adzakhala mu HOPE kwa chaka chimodzi. Maulendo a kafuku fuku adzakhala oyendera kamozi pamwezi kwa miyezi itatu yoyamba, kenaka kamozi pa miyezi itatu ina iliyonse pakatha apo.

Kodi maling'i ovalira m'njira ya abambo ndi otani mu HOPE? Amayi onse adzapatsidwa mwayi kuti agwiritse ntchito ling'i yovalira munjira ya abambo yokhala ndi Dapivirini pa mwezi uli onse. kusiyana ndi mu ASPIRE, mulibe maling'i ongoyerekeza (opanda mankhwala) mu HOPE.

Kodi amayi olowa mu hope adzafunsidwa kuchita chiyani?

- Otenga mbali onse amene ali ndi zowayenereza adzafunsidwa kuti alowe nawo mu HOPE komanso kuti azabwere kumaulendo awo okhazikika a mu kafuku fukuyu.
- Otenga mbali onse adzapatsidwa mwayi wosankha ling'i yovalira munjira ya abambo yokhala ndi Dapivirini kuti agwiritse ntchito pa mwezi uli onse. Amayi akhoza kulowa mukafukufukuyu kopanda kutengera kuti asankha ling'i ngati njira yozitetezera ku HIV kapena ayi.
  - Amayi amene asankha ling'i ngati njira yozitetezera ku HIV adzalandira uphungu ndi ndondomeko ya kagwiritsidwe ntchito ka ling'i komanso adzafunsidwa kuyankha mafunso okhuza mchitidwewu.
  - Otenga mbali akhoza kusintha malingaliro awo ofuna kugwiritsa ntchito ling'i angakhale atalowa kale mukafuku fukuyu.
- Otenga mbali onse amakhala akutenga gawo lofunikira ku kafuku fuku maka makanso pomwe **awuza ogwira ntchito kukafuku fuku pamene iwo asakugwiritsa ntchito ling'iyo.** Kumbukirani,ndithu ,kuti ling'iyi ikhoza kuteteza ku HIV pokha pokhapo itagwiritsidwa ntchito.
- Otenga mbali onse mosatengera kuti akugwiritsa ntchito ling'i:
  - Adzafunsidwa kuyakha mafunso okhudzana ndi thanzi lawo komanso mchitidwe wogonana
  - Adzafunsidwa kulandira uphungu okhuza mmene angachepetsere chiopsezo chotengera matenda komanso makondomu.
  - Adzafunsidwa kugwiritsa ntchito njira ya maleledwe popewa mimba.
  - Pa maulendo ena, azayezedwa mthupi
  - Azayesedwa zoyesa zamthupi, kuphatikizirapo matenda opatsirana pogonana, mimba ndi HIV.
  - Adzapereka zoyesa za magazi, tsitsi ndi chikazi

Nanga amayi amene adzakane kulowa nawo mu HOPE?

- Ngati otenga mbali waganiza zoti asalowe mu HOPE, adzafunsidwa ngati ali wokondweretsedwa kuti akhale ndi ulendo umodzi woti apeleke mfundo zokhuzana ndi chimene wakanila kulowa.

- Otenga mbali amene akana kulowa akhoza kusintha maganizo awo ndi kulowanso mu HOPE, bola ngati kafuku fukuyu adzakhale akupitilirabe komanso nawo akukwaniritsa zowayenereza kulowako.

Kodi zoopsa zake ndi zotani?

Zoopsa zakutenga nawo mbali mu HOPE ndizofana ndi za mu ASPIRE:

- Mutha kusamva bwino kapena kupweteka pamene mukuyezedwa kapena magazi anu akutengedwa.
- Ling'i yovalira mnjira ya abambo ikhoza kusowetsa mtendere kwa amayi ena, ndipo ena akhoza kumva Kuyabwa, kutulutsa chikazi kapena zizindikiro zina.
- Mutha kuchita manyazi chifukwa cha mafunso komanso zochitika za mukafuku fukuyu.
- Ndizotheka kuti inu kapena abwenzi anu mutha kuimva(kuikhuza) ling'iyi panthawi yogonana.
- Angakhale kuti izi sizoyembekezeleka kweni kweni, komabe ngati mutapezeka kuti mwatengera kachirombo ka HIV, ndikumapitiriza kugwiritsa ntchito ling'i, ndizotheka kuti tizilombo ta HIV titha kufuwa ku mankhwala a HIV.
- Ndizotheka kuti ena atha kusadzakuthandizani bwino kapena kukusalani kamba kotenga nawo mbali kwanu mu kafuku fuku.

Kodi phindu lake ndi chani?

- Potenga mbali mukafukufuku wa HOPE, amayi adzapatsidwa mwayi wogwiritsa ntchito ling'i ya munjira ya a bambo yomwe yapezeka kuti ndi yoteteza komanso yogwira ntchito pakupewa kutengera kachirombo ka HIV.
- Amayi amukafuku fukuyu adzayedwanso mthupi, zoyesa zina kuti tione thanzi lawo. Adzalandira njira za maleledwe, uphungu okhuza za kapewedwe ka HIV komanso matenda opatsirana pogonana., kuyezedwa komanso kulandira chithandizo kapena kutumizidwa, ngati kungafunikire kutero.

Kodi abwenzi komanso anthu okhala nawo mmadera angachite chani?

Kwa amayi amene ali ndizowayeneleza, kulingalira kuti alowe HOPE kapena kuti agwiritse ntchito ling'i ndi chisankho cha mwini yekha. Amayi akulimbikitsidwa kukambirana za chiganizo chawo ndi abwenzi awo komanso anthu ena amene ali ofunikira kwa iwo. Ogwira ntchito mu kafukufuku adzasunga mbiri ya amayi a mukafuku fukuyu mwachinsinsi komanso ali okonzeka kukamba za HOPE ndikuyankha mafunso aliwonse omwe abwenzi kapena anthu okhala nawo mmadera ali nawo, monga umo afunikira. Pokhala alimbikitsi, abwenzi ndi anthu okhala nawo mmaderawa, akuthandizira nawo pa nkhondo yomenyana ndi HIV/AIDS.

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HOPE

Out of ASPIRE, there is HOPE

Mfundo zokhudza amayi, abwenzi awo ndi anthu akudera

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

ya Johns Hopkins Research Project, yomwe ili

mu Queen Elizabeth Central Hospital, ngati muli ku Blantyre.