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THE SOUTH AFRICAN TB RECOVERY PLAN 4.0 AND THE ROLE OF COMMUNITY LEADERS

Isifo sephepha (Tuberculosis) (iTB) sisifo esisemoyeni esinokuthinteleka kwaye siyanyangeka.

Ukanti iTB ibulele ama 56 000 abemi boMzantsi Afrika ngonyaka ka 2023 kwaye ingunobangela ophambili wokusweleka ngenxa yesifo esosulelayo eMzantsi Afrika (WHO 2024)

ISebe lezeMpilo leSizwe (The National Department of Health) lijolise ekulweni isifo sephepha (i-TB) ngokumilisela isiCwangciso **TB Recovery Plan**, esichaza awona manyathelo abalulekileyo afunekayo ukuze kupheliswe i-TB kwiindawo esihlala kuzo. Amalungu oluntu adlala indima ebalulekileyo ekuthinteleni abantu ukuba bagule ngenxa ye-TB nokuxhasa abo bane-TB ukuba banyangeke. **Unendima ebalulekileyo okufuneka uyidlale.**

Zikhona izinto eziphambili ezi-3 kwiSicwangciso soBuyiselo lweTB seSebe lezeMpilo leSizwe (inguqulelo 4.0) apho iinkokeli zoluntu zinokuncedisa khona:

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TB PROOF
Combining stories and science to make the world TB Proof.

1. Raise awareness

ukwandisa ukuvavanyelwa i-TB (TB testing) kunye nothintelo ngokomgaqo-nkqubo woVavanyo lweSifo sePhepha ngokufanelekileyo (TUTT) kunye ne Guidelines zika-thintela (TPT guidelines).

Olu luhlu lulandelayo lwabantu bakumngcipheko omkhulu wokosulelwa yi TB. Kubalulekile kuhlolwe iTB kwisikhohlela kumntu ngamye nokuba akanazimpawu ze TB.

1.Abantu abaphila nesifo sikagawulayo (PLHIV)
2.Bonke abantu chitha xesha nomntu one TB. Njenga kwi Covid-19, ii-close contacts zomntu one-TB ziquka abantu abahlala kunye, abasebenza kunye okanye abakhwele isithuthi sikawonkenke rhoqo,
3.Abantu bebene TB ngaphambili (kwiminyaka emibini edlulile)

Kukho amayeza ngoku abizwa ngokuba yi-TB Preventive Therapy (TPT) ukukhusela abantu ekubeni bafumane isifo se-TB. Bonke abantu abasemngciphekweni we-TB kufuneka bavavanyelwe i-TB, kwaye:

- Ukuba ngaba uvavanyo luthi banayo, kufuneka baqale i-treatment ye-TB ngaphandle kokulibazisa.
- Ukuba ngaba uvavanyo luthi awunayo i-TB, kufuneka bathathe i-TPT ukuze bakhuseleke ekuguleni yi-TB.

Enye indlela yokuthintela i-TB kukuziqhelanisa nendlela zokuzikhusela kwi TB umzekelo, ukuvula iifestile, kunye nokunxiba imaski.

migaqo nkqubo ye TB iye yahlaziywa kutsha nje ukuze zibandakanye imfuneko yokuba bavavanywe abantu abazi TB-Contacts, ngoko ke, kubalulekile ukugxininisa olu tshintsho xa kusenziwa iintetho ezifundisayo nge-TB.

Yintoni onokuyenza ukunceda ukwandisa i-TB testing?

ukubamba indibano ngolwazi nge TB malunga nesidingo sokuvavanyelwa i-TB ngomhla we- World TB Day (i-24 March) okanye usuku lwe-World AIDS (1 kuDec) kwikliniki yengingqi yakho. Sebenzisana namacandelo ahlukeneyo, aquka uphuhliso loluntu, iinkokeli zenkolo, iinkokeli zabahlali, abameli beekomiti zekliniki kunye noluntu. Mema umntu ogqibe unyango lwe TB kwi-TB (TB Survivor) ukuba abelane ngebali lakhe lokuba ne-TB ukuze ancede enze le mbono ye-TB kube yinyani ngakumbi ebantwini, nokunciphisa ukubekwa ibala (Stigma) le-TB.
•**Sebenzisana nonompilo** ukuba bandise ulwazi lwabo malunga nomgaqo-nkqubo we-TUTT ukufikelela kumakhaya asemngciphekweni kwaye ngale ndlela bandise ukuvavanywa kwe-TB (increase TB testing).
Xhasa abantu ukuba bazihlole ngeHealthCheck app

Yintoni onokuyenza ukuze uthintele i-TB?

Xoxa nabasebenzi beziko (facility) / base Clinic ngendlela yokoyisa imiqobo (barriers/challenges) kubantu abaqala i-TPT kwaye babone ukuba yeyiphi inkxaso abayidingayo ukufikelela kwizigulane kunye naseluntwini.

Nika iintetho ezifundisayo e-Clinic nasekuhlaleni ukukhuthaza i-IPC kunye ne-TPT **Hambisa iiflaya malunga ne-IPC kunye ne-TPT** kwimisitho yasekuhlaleni (community events).

kunye namalungu oluntu kufuneka bandise ulwazi malunga nokuba nabani na kumele athathe i-TPT kwaye kutheni le nto i-TPT ibalulekile**.**

2. Ukusebenzisana neziko lezempilo/i-clinic ukubeka iliso (monitor) kuvavanyo nothintelo lwe-TB (TB testing and Prevention)

Isebe lezeMpilo limisele iinjongo zokuvavanya i-TB kwisithili ngasinye ukuze kufikelelwe ekuvavanyweni kwabantu abayi-5 miliyoni kulo nyaka.

City of Cape Town: 357 514
Cape Winelands: 84 249
Central Karoo: 6 751
Garden Route: 66 532
Overberg: 31 132
West Coast: 44 471

Yintoni ongayenza?

- **Sebenzisana nabameli beekomiti ze-clinic ukuhlola i-data ye-TB ngekota nganye.** Le-data inokufunyanwa kwi-online dashboard kunye nee-registers ze-TB zase-clinic.Ukuba inani labantu abaye bavavanyelwa i-TB lisezantsi kakhulu, misela intlanganiso kunye nabaphathi beziko ngentsebenziswano namalungu ekomiti ye-clinic ukuze kuboniswane ngendlela yokwandisa ukuvavanyelwa i-TB, ngezicwangciso ezicacileyo zothethathethwano noluntu. Buza malunga nenani labantu abaqalwe kwi-TPT - la manani kufuneka anyuke ngokuhamba kwexesha. Ukubangaba alenyuki inani, xoxa nabasebenzi base clinic ukuba yintoni imingeni.

•Nxulumana nee-NGOs zasekuhlaleni ukuba zilungiselele ii-veni ezihambayo for ukuvavanyelwa i-TB (TB testing) kwi-ndawo ohlala kuyo.

3. Phucula ukugcina nokukhathalela ukunceda abantu bagqibe ngelixa bathatha i-TB Treatment

Ukwazisa abantu malunga nokubekwa ibala kwe-TB, kunye nokubaluleka kokuxhasa abantu abane-TB oluthatha iinyanga ezi-6 kubantu abaninzi.

Yintoni ongayenza?

- **Thetha nabantu abagqibe unyango lwabo lwe TB kunye nabantu abakumaqela enkxaso ontanga ukuze uluqonde ngcono uhaambo lwabo lwe-TB.** Zininzi izinto ezinokuchaphazela kungaba nokuba umntu ufunyaniswa ene-TB, aqalise i-treatment aze agqibe iinyanga ezi-6. Imiceli mngeni equka ziquka ukungabikho kokutya, ukungabi namali, iingxaki emsebenzini kwaye ngamanye amaxesha ukusetyenziswa kweziyobisi (utywala neziyobisi). Sebenzisa iintlanganiso zoluntu kunye neenkqubo zokunika ingxelo ngamaziko ezempilo afana neebhokisi zezikhalazo ukunikeza inkxaso esemgangathweni kumntu ngamnye one-TB, kunye nokuthunyelwa kwenkxaso yesondlo (nutritional support), inkxaso yengqondo (psychological support) nenkxaso yentlalo (social support), apho kuyimfuneko, khuthaza ukukhathalela abantu.
- **Ukubandakanya onontlalontle, umongikazi oqeqeshiweyo kunye nabasebenzi be-TB Room ukuhlola iindlela zokuphucula umgangatho weengcebiso** umz. Amaqela enkxaso be-TB (TB peer support groups), Incoko ezikhokhelwa ngabantu abagqibe unyango lwe TB kwigumbi lokulinda.