



Out of ASPIRE, there is HOPE

CHOICE, ADHERENCE AND OPEN REPORTING IN HOPE





Out of ASPIRE, there is HOPE

UKUZIKHETHELA OCWANINGWENI



Yini inhloso yocwaningo luka HOPE?

Inhloso yokuqala yocwaningo luka HOPE ukunikeza ababambiqhaza ngokushesha ukuthola ukufinyelela kwiringi yesitho sowesifazane sangasese sangaphambili enedapivirine, ephephile kanye nesebenzayo (iringi) njengendlela yokuvimbela iHIV. Sifuna ukuqonda kungani ababambiqhaza bengakhetha iringi njengendlela yokuvimbela iHIV noma okungabenza bengayikhethi, kanye nokuthi ukukhetha kusangashintsha yini emuva kwesikhathi.

Uhluke kanjani uHOPE ku ASPIRE?	
ASPIRE	HOPE
Inhloso: Ukwazi ukuthi ngabe iringi iyasebenza nokuthi iphephile ekuvikeleni iHIV.	Inhloso: Ukuqonda ukuba abesifazane bazoyisebenzisa yini iringi, uma benikwe ithuba.
Kwahlolwa ukuphepha kweringi	Siyazi ukuthi iringi iphephile kakhulu.
Kwahlolwa ukuthi iringi ingavimbela ukutheleleka ngeHIV	Siyazi ukuthi iringi ingawehlisa amathuba kowesifazane ekutholeni iHIV.
Ingxenywe yabesifazane bathola ama-ringi anomuthi wocwaningo bese nenye ingxenywe yathola ama ringi angenawo umuthi wocwaningo	Wonke amaringi aqukethe umuthi wocwaningo
Bonke ababambiqhaza kwakumele bavume ukuthi bazoyisebenzisa iringi	Ukusebenzisa iringi ukuzikhethela, ngamunye kombambiqhaza.
...	...

Ngakho ke uthi abesifazane banokuzikhethela ukusebenzisa iringi kuHOPE?

Yebo. Abesifazane bangalungenela ucwaningo ngisho noma bengayikhethi iringi njengendlela yokuvikela kwiHIV. Bonke ababambiqhaza bathola inzuzo efanayo ekubambeni iqhaza ocwaningweni, kungakhathalekile ukuthi uyayikhetha iringi. Ngenxa yokuthi ababambiqhaza bangazikhethela, sicela ukuthi ababambiqhaza bethathe iringi kuphela uma befuna ukuyisebenzisa. Ababambiqhaza bangawushintsha umqondo wabo mayelana nokusebenzisa iringi ngezikhathi zonke zocwaningo.

Emuva kokuthi uASPIRE ekhombise ukuthi iringi iphephile, futhi iyasebenza kungani ninikeza ababambiqhaza bakaHOPE ilungelo lokuzikhethela ukungayisebenzisi (iringi)? uHOPE umayelana nokuqonda ukuthi ngabe abesifazane bazoyisebenzisa yini, futhi bazoyisebenzisa kanjani iringi njengoba sekwaziwa ukuthi iphephile futhi iyasebenza. Siyazi ukuthi amakhondomu aphephile futhi ayasebenza, kodwa futhi abantu abaningi bakhetha ukungawasebenzisi noma bakuthola kunzima ukuwasebenzisa. Siyaqonda kakhulu ukuthi kungani abantu abaningi besebenzisa noma bengawasebenzisi amakhondomu, sifuna ukuqoqa imininingwane efanayo mayelana neringi. Abanye ababambiqhaza bangakhetha ukungayisebenzisi iringi, kodwa futhi babe nesandla ocwaningweni ngokuxoxisana ngokuthi yini eyenza iringi kubenzima ukuyisebenzisa noma yini eyenza ukuthi ingathandeki kubona. Izidingo zokuvimbela iHIV kanye nezinto ababambiqhaza abazikhethayo zingashintsha ngokuhamba kwesikhathi.

Ekugcineni, sifuna ukuthi umuntu wesifazane ngamunye aqonde ubungozi abhekene nabo mayelana neHIV, zonke izindlela zokukhetha ukuvikela iHIV angazithola, bese ekhetha indlela (izindlela) ezifanelana kahle nempilo yakhe.

Abasebenzi bocwaningo lukaHOPE kanye namalunga eqembu lomphakathi bangasebenzisana nababambiqhaza ukubasiza ukunquma kanye nokuqonda ubungozi babo kwiHIV. Sifuna abesifazane bazizwe bekhululekile ukukhetha noma ukungayikhethi iringi, nokuthi bashintshe imiqondo yabo, ngaphandle kokwahlulelwa abasebenzi noma abanye ababambiqhaza.



Ngabe abesifazane abangenela uHOPE kodwa bangakhethi ukusebenzisa iringi ngempela bayanikela okuthize ocwaningweni?

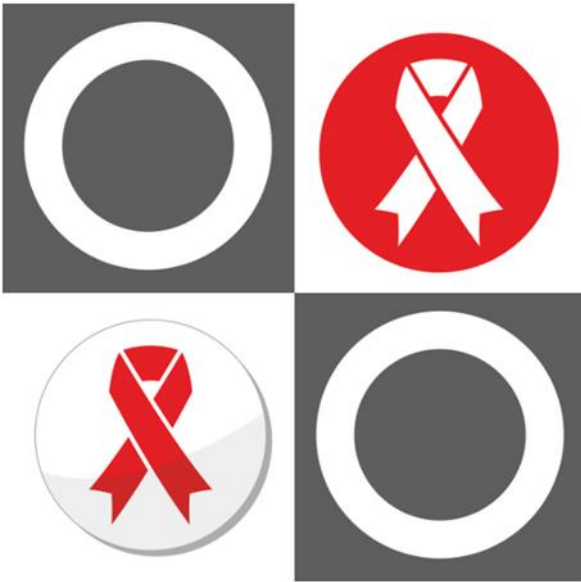
Bonke ababambiqhaza abangenela uHOPE banikela ngolwazi olunzulu ocwaningweni, kungakhathalekile ukuthi bayayikhetha noma cha iringi. Umbiko oqhamuka kubobonke ababambiqhaza uzosiza ukuqonda kwethu iringi kangcono nokuthi singasiza kanjani abesifazane basebenzise iringi ngempumelelo ngesikhathi esizayo.

HOPE

HIV Open-label Prevention Extension

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UKUSEBENZISA NGENDLELA UMKHIQIZO KANYE NOKUVIKELA IHIV KUHOPE



Kungani ukusebenzisa ngendlela umkhiqizo kubalulekile uma ngikhetha iringi ku HOPE? Ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kwakubalulekile kuASPIRE ukuhlola ukuthi iringi enedapirivine ingavikela abesifazane kwi HIV. Ku HOPE, ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kubalulekile ngoba kuba nomthelela ezingeni lomuntu lokuzivikela kwiHIV.

Uma ngisebenzisa iringi ngezikhathi zonke, izinga lokuzivikela engizoba nalo lingakanani? Siyazi ukuthi ukuvikeleka kwiHIV kuphezulu, uma iringi isetshenziswa ngasosonke isikhathi, kanye nokuthi iringi ayivikeli uma ingasetshenziswa. Kusemqoka ukwazi ukuthi noma uyigqoka njalo iringi, kodwa uma ingahlezi kahle esithweni sakho sangasese sowesifazane, uma usengcupheni yokutheleleka ngeHIV (isibonelo, uma uyikhipha ngesikhathi wenza ucansi), kungenzeka ungavikeleki. Ngesikhathi abacwaningi beqala ukuveza imiphumela yocwaningo lwaASPIRE, babengakabheki ukuthi ukuqikelela kokusetshenziswa kweringi kwaba namuphi umthelela ekusebenzeni kwayo. Manje sekumele bawuhlaziye lombuzo. Imininingwane emisha evela kuASPIRE iveza ukuthi uma iringi isetshenziswa njalo, ukuvikeleka kwiHIV kuba ngamaphesenti awu 75 noma ngaphezulu, futhi uma isetshenziswa ngazo zonke izikhathi, ukuvikeleka kungaba ngamaphesenti angaphezulu kwa 90. Imiphumela yeHOPE izosiza abacwaningi bafunde kangconywana ngezinga lokuvikeleka elitholakala kwiringi uma isetshenziswa ngaso sonke isikhathi.

Kungani ukusebenzisa ngendlela umkhiqizo kubalulekile ocwaningweni lukaHOPE jikelele?

Ukusebenzisa umkhiqizo ngendlela esezingeni eliphezulu kwabesifazane abakhetha iringi kuzokwenza ukuthi siqonde kabanzi ngokusebenza kweringi, uma isetshenziswa ngezikhathi zonke. Lolulwazi lubalulekile ukuthi lwaziwe uma ngabe ngesikhathi esizayo sekwethulwa iringi emphakathini.

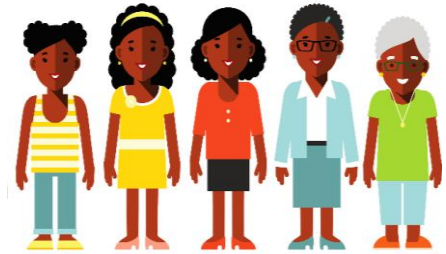


Kuzokwenzakalani uma ngingezi nselelo ekusebenziseni iringi ku HOPE? Abasebenzi bocwaningo luka HOPE bafuna ukuthi wena wenze uhlelo lokuvikela iHIV elifanele impilo yakho. Uma ukhetha iringi bese ubona ukuthi unenkinga ekuyisebenziseni, abeluleki (bocwaningo) bazokweseka ekunqobeni nanoma iziphi izinselelo. Ngisho nanoma unquma ukungayisebenzisi iringi, noma uma ushintsha umqondo ngokusebenzisa iringi, abeluleki bazokusiza bakweseke nganoma iluphi uhlelo lokuvikela iHIV olukhethayo.

Uma umngani noma ilungu lomndeni wami befuna ukusebenzisa iringi? Okwamanje iringi itholakala kuphela kwabesifazane ababambe iqhaza ku HOPE. Kubalulekile ukuthi kungabelwana ngeringi noma kuphiswane ngayo. Abesifazane abangekho ocwaningweni kungenzeka bangatholi ukuhlolwa njalo kweHIV noma kokukhulelwa noma ukunakekelwa njalo kwezempilo. Uma besebenzisa iringi bese beqala beba nezinkinga, kungenzeka bangakwazi ukuthola unakekelo abaludingayo. Iringi ingakuvikela

kwiHIV kuphela uma uyisebenzisa njalo, lokhu kuchaza ukuthi ungayiniki abanye abantu.

Ngabe ababambiqhaza abebesebenzisa umkhiqizo ngendlela esezingeni eliphansi kuASPIRE bazovumeleka ukuthi bangenele uHOPE? Bonke ababe bambiqhaza kuASPIRE bazothola ithuba lokuthi bangenele uHOPE. Siyabonga kakhulu kubo bonke ababambiqhaza bakwa-ASPIRE abasibonisile ukuthi iringi iphephile futhi iyasiza ukunciphisa ubongozi beHIV. Siqaphelile ukuthi abanye ababambiqhaza bathola kunzima ukusebenzisa iringi noma bakhetha ukungayisebenzisi. Ku HOPE, sibona ukuthi bonke abake babambiqhaza bafanelwe “ukuqala kabusha”, futhi babenethuba lokwehlisa ubongozi beHIV ngangokunokwenzeka. Ngalokho, sifuna ukunika bonke abake babambiqhaza ithuba lokufinyelela kwiringi kanye nezinye izinzuzo zocwaningo.



Ngabe iringi isebenza ngokufanayo kubo bonke abesifazane bayo yonke iminyaka? Ngesikhathi sikaASPIRE, abantu besifazane abaneminyaka engaphansi kwa 21 ababenikwe iringi enedapivirine, bathola iHIV ngokufana nalabo abathola iringi engenawo umuthi idaprivine. Kodwa siyazi ukuthi isizathu esikhulu esaba nomthelela ekusebenzeni kweringi kubantu besifazane abasebasha ngesikhathi saASPIRE, kwakungukuthi, abayisebenzisanga iringi njalo ababeyalelwe ngayo. Abacwaningi benza ucwaningo oluqondene nalokhu, ukuqinisekisa ukuthi azikho yini ezinye izizathu ezikhona ezingaba nomthelela ekusebenzeni kweringi kubantu besifazane abasebasha. Kusemqoka, ukwazi ukuthi bonke abantu besifazane ababambiqhaza kuASPIRE bazobe sebeneminyaka engaphezu

kwa21 ngesikhathi bejoyina ucwaningo uHOPE. Kukuthina njengabasebenzi bocwaningo, ababambiqhaza, kanye nomphakathi, ukuthi sikhulume futhi siseke abantu besifazane abasebasha ngezindlela ezizwakalayo zokuthi bengazithola kanjani futhi bazisebenzise kanjani ngokungaguquki, izindlela zokuvikela iHIV ezilungele uhlobo lwempilo abaluphilayo.



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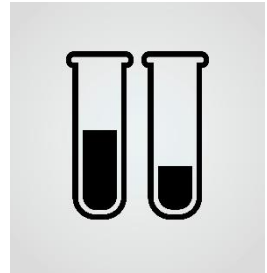
UKUBIKA OKUVULEKILE KANYE noHOPE



Kuzokwenzakalani uma ngikhetha iringi bese ngibika ukuthi angiyisebenzisi? Ngeke kube nomphumela omubi uma ubika ngokuvulekile ngokusebenzisa iringi, noma ubika ukuthi ube nobunzima noma ukhethe ukungayisebenzisi iringi izikhathi zonke. Ithimba lika HOPE likhona ukuze likusize ukunqoba ubunzima obe nabo ngokusebenzisa iringi, uma kuyindlela oyikhethile yokuvimbela iHIV noma ukukuxhasa ekushintsheni indlela yokuvimbela, uma ucabanga enye into engasebenza kangcono.

Ikuphi ukuhlolwa ozokwenza ngokusebenzisa ngendlela (umkhiqizo) futhi lemiphumela ichaza ukuthini?

Sizoqoqa amasampula ambalwa ukuze sikale izinga lokusebenzisa ngendlela nokuthi siqonde kangcono ukuthi iringi isebenza kanjani, kubalwa kanye namaringi asetshenziwe, igazi, izinwele, kanye noketshezi lowesifazane lwangasese. Uma ukhetha iringi, sizokwabelana nawe imiphumela ebheka ukuthi lingakanani izinga lomkhiqizo wocwaningo (idaprivine) elikhishwe yiringi. Inhloso yokuqoqa lemininingwane akukona ukungabaza lokhu wena ositshela khona ngokusebenzisa kwakho iringi noma ukujezisa labo abangasebenzisi ngendlela umkhiqizo. Inhloso yethu ukuthi sikunike imiphumela ezokunika umqondo wezinga lokuvikeleka kwiHIV ongalithola kwiringi. Ngale miphumela, uzokwazi ukwenza izinqumo ezinolwazi ngokuthi uzivikela kanjani kangcono ukugwema ukutheleleka ngeHIV.



Kungani kubalulekile kimi ukuthi ngibike ngokuvulekile ngokusebenzisa iringi? Ngaphandle kokubika ngokuvulekile mayelana nendlela yokusebenzisa umkhiqizo, kunzima ukuqonda ukuvikela kweringi ngokweqiniso kanye nenzinselelo ezingaba khona ngokusebenzisa iringi. Njengoba sikwazi ukuhlola

amasampula nokuthi sithole isilinganiso sokusebenza komkhiqizo, ulwazi olubalulekile kakhulu esingaluthola nge ringi liku babambiqhaza. Izinto ohlangabezane nazo nge ringi zizosinika ulwazi olubalulekile mayelana nokwethulwa okuzayo kwe ringi emphakathini.

Kuthiwani uma ngizizwa ngingakhululekile ngokukhuluma ngokusebenzisa iringi kubasebenzi bocwaningo?

Ngesikhathi sika ASPIRE, akubona bonke abesifazane abazizwa bekhululekile ngokutshela abasebenzela ucwaningo uma bengakwazanga ukusebenzisa iringi.



Sithemba ukuthi ngokususa okuphathelene nezinto ezingathandeki kuzosiza ukuthi uzizwe ukhululekile ukubika ngokuvulelekile kubasebenzi bocwaningo mayelana nezinto ozithandayo ngokuvikela iHIV, kanye nezinto ohlangabezane nazo ekusebenziseni iringi. Ithimba lika HOPE likhona ukukweseka kokukhethayo ukuvimbela iHIV, futhi abeluleki bethu nabahlengikazi bathola ukuqeqeshwa okwengeziwe ukuthi bakusize uzizwe wesekiwe kunoma yisiphi isinqumo osithathayo.

Uma unemibuzo noma udinga ulwazi olwengeziwe, sicela

