

URUGENDO RUTANGA ICYIZERE

URUGENDO RWA ISARO

IGITABO CYA

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Niba hari umuntu wo mu muryango wawe cyangwa wo mu muryango mugari ushobora kuba afite shizofereni, iki gitabo ni icyawe.

Shizofereni ni iki?

Uburyo bwo gufasha umurwayi wa shizofereni mu rugendo rwe rwo gukira

Ese shizofereni ivurwa ite?



Republic of Rwanda
Ministry of Health



Johnson & Johnson

MENYA ABAVUGWA

MU NKURU

Iki gitabo kivuga ku nkuru ya Isaro, mushiki wa Nshuti, n'urugendo rwe rwo gukira. **Inkuru ya Isaro ni impimbano**, ariko mu miryango migari yacu, hari abandi bantu benshi barwaye indwara yo mu mutwe ya shizofereni*.

DR. MIHIGO

Inzobere mu by'ubuzima bwo mu mutwe, yo mu bitaro bivura indwara zo mu mutwe isuzuma Isaro kandi igafasha umuryango wa Nshuti kwiga ibyerekeye shizofereni* n'uko bafasha Isaro.

SE

Papa wa Nshuti na Isaro na we ni umugabo wubashywe mu muryango mugari kandi ni umuhinzi.

ISARO

Mushiki wa Nshuti, Isaro, afite mu myaka ya 20. Mu buzima bwe bwose yabereye Nshuti mushiki we w'ikitegererezo. Barumvikana cyane. Ariko nyuma, Isaro yaje guhinduka.

PASITERI MUGISHA

Pasiteri wa Nshuti akaba n'umuyobozi w'amateraniro mu mudugudu.



NSHUTI

Umusore ukiri muto, uri mu myaka ye iri hejuru ya 20. Utuye mu mudugudu wegereye Ikiyaga cya Kivu. Ari hafi gutangira kaminuza kandi afite ikizere cyo kuzaba umwubatsi.

NYINA

Umuntu wubashywe mu muryango mugari kubera ko ari umugore w'umucuruzikazi mwiza kandi usenga. Ni we muntu w'ibanze wita kuri Isaro.

MUTONI

Umugore ubana n'indwara ya shizofereni* wabashije gucunga neza uko ubuzima bwe buhagaze akaba afasha abandi mu muryango mugari.

Aha ni ho mu rugo, aho mbana na mama, papa na mushiki wange Isaro.

Tubaho ubuzima busanzwe mu mudugudu wacu. Dufite urwuri ruto. Niga mu kigo cy'amashuri k'iwacu kandi ngerageza gushakira umwanya amasomo yange.

Ariko hariho igihe, kandi si kera, ubwo hari ibidasanzwe byatangiyeye kuba kuri mushiki wange, Isaro.



Isaro ntiyigeze aba umuntu ukunda gusohoka. Ntabwo yigeze agira inshuti nyinshi nk'izange, cyangwa ngo usange asabana cyane mu mudugudu.

Ariko ikintu bose bamenye kuri Isaro ni uko yari umudozi mwiza cyane.

Abantu baturutse hirya no hino bajyaga bazanira mushiki wange ibitambaro ngo abadoderemo imyenda mishya cyangwa ngo ayibahindiriremo ubundi bwoko bw'imyenda bakunda. Yari ashoboye gukorera amafaranga ahagije muri ubwo buryo kandi agafasha umuryango wacu cyane.

Umunsi umwe rero, naje aho ari nsanga asa n'ufite uwo bavugana ... nyamara nta wundi muntu wari uhari nabonaga.



Ariko ubu, akazi ke karagabanutse kandi asigaye asa n'aho katakimushishikaje ndetse bisa n'aho yagahagaritse.



Yego, nyogokuru ... ni uko nagize ubwoba, ubudozi bwange buri kugenda nabi, si byo?



Isaro, urimo kuvugana na nde?

Isaro asa n'urya indimi agerageza kwisobanura. Maze agira ibyo anshinja.



Nshuti, kuki uneka none?

Narimo mvugana na nyogokuru ... urebye ... Numvaga na ... Natekerezaga...



Na nyogokuru? Nyogokuru ntakiriho, Isaro. Amaze imyaka myinshi yitabye Imana.

Yego, rwose. Ni byo. Yahoze hano.



Urumva umeze neza, Isaro?

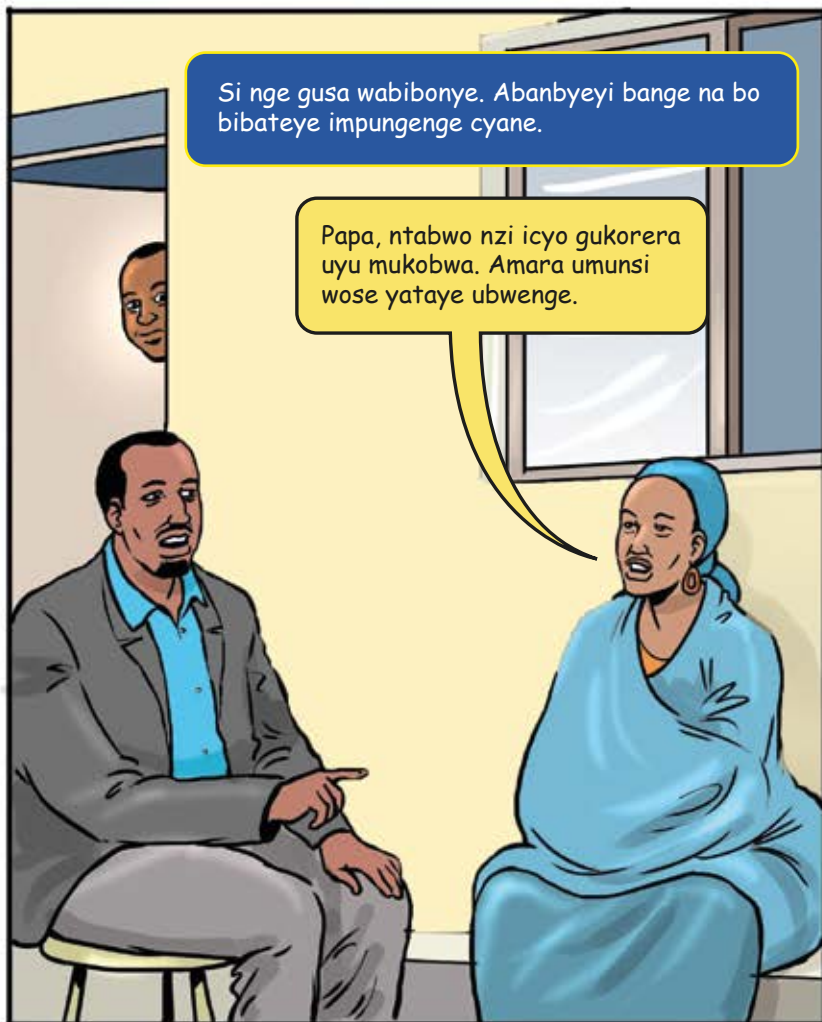
Ubwo yavugaga yasaga n'ufite ubwoba bwinshi adatuje, kandi amagambo ye sinayasobanukirwa neza ahubwo agira ibyo anshinja.



Ndumva mfite ubwoba gusa. Ntabwo nshobora kubigusobanurira kuko uri umwe muri bo! Kugerageza kumfunga!

Utewe ubwoba n'iki?

Oya Nshuti. Ntabwo meze neza. Ndumva mfite ubwoba bwinshi cyane.



Si nge gusa wabibonye. Abanbyeyi bange na bo bibateye impungenge cyane.

Papa, ntabwo nzi icyo gukorera uyu mukobwa. Amara umunsi wose yataye ubwenge.



Avuga ko yumva nyogokuru amuvugisha kandi anshinja ko ngerageza kumufunga.



Ntekereza ko ashobora gusara.



Ejo tuzamujiyana ku rusengero Ashobora kuba afite ikibazo cy'amasengesho bakaba ari abadayimoni bamuteye.

Isaro yakundaga urusengero rwacu. Yakundaga kuvuga neza Pasiteri Mugisha kandi yahoraga yishimiye ibibwiriza bye.



Pasiteri Mugisha, Isaro arababaye. Agoswe n'ibibazo by'imitekerereze n'imyuka.



Nibyo, ndabibona ko areba nk'uhangayitse. Isaro, mbwira, ubwoba bwawe buteye bute?



Yego, ariko ntibyoroshye kubisobanura. Numva mfite ubwoba bwinshi cyane kandi ...



Komeza umbwire, Isaro.

N'igihe nta ... nta...
ntabasha kurangiza...
ibitekerezo byange.
Mbabarira.

Ntabwo nari ngamije kukuburira,
Isaro. Ariko birashoboka ko hari
umudayimoni ukurimo.

Ariko ugomba kugira ikizere, Isaro.
Ibyo turabirangiza uyu munsi.

Nyuma y'ibyumweru bike,
twasubiye ku rusengeru.

Maze amateraniro asengera
gukizwa kwa Isaro.

Pasiteri Mugisha anamuha n'igitabo cy'amasengesho ngo ayasubiremo ku giti ke. Nyuma y'igihe gito, atangira kumva ameze neza, ariko ntibyarambye.



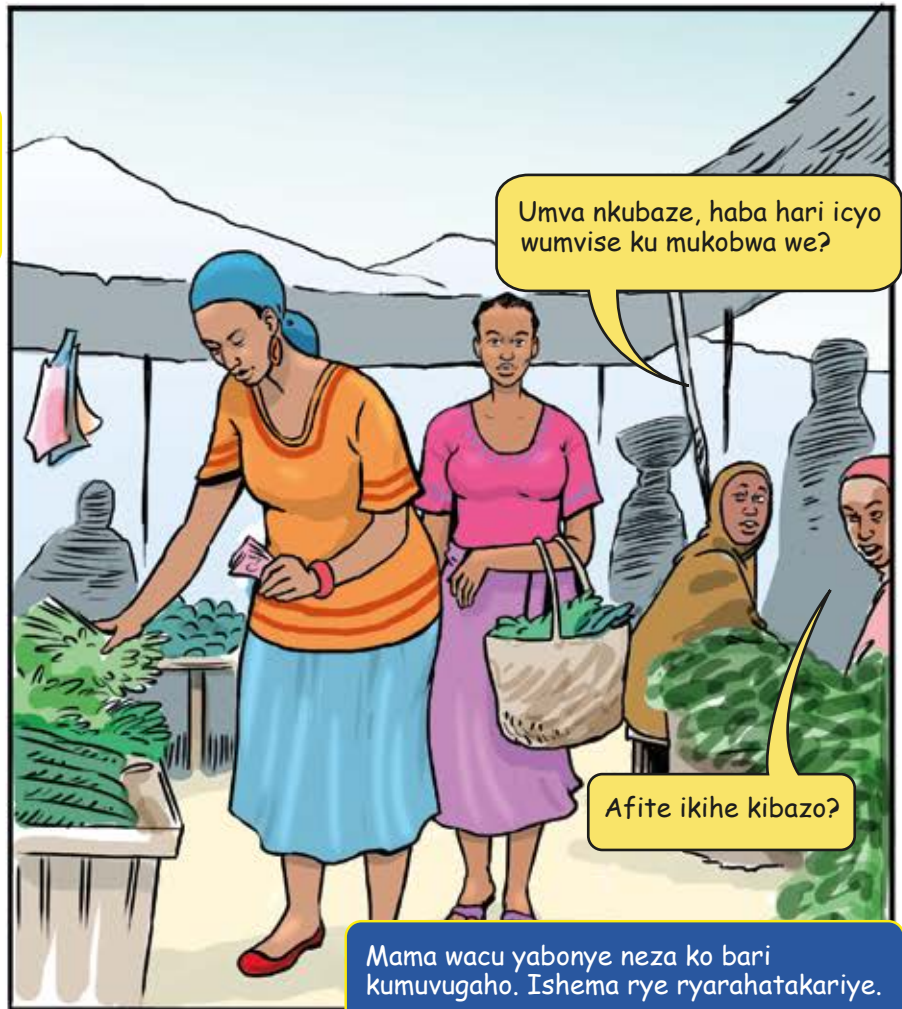
Ariko uko igihe cyagiye gishira, twabonye ko urusengero rutarimo gukiza mushiki wange.



Isaro, urumva ugenda uba nk'uko wariwe mbere?

Sintekereza ko hari ikiri guhinduka.

Imyitwarire ya Isaro ntiyigeze ibuzwa mu rugo. Kuvuga ibidasobanutse no kugira urwikekwe mu biganiro bye byabaye inkuru y'ibihuha mu muryango mugari wacu



Umva nkubaze, haba hari icyo wumvise ku mukobwa we?

Afite ikihe kibazo?

Mama wacu yabonye neza ko bari kumuvugaho. Ishema rye ryarahatakariye.

Yabaye nk'umusazi... yumva amajwi, akabona n'ibidahari. Ntibyumvikana.



Umbajije, ni ikibazo kiyanye n'uko yarezwe.



Akeneye kujyanwa ku muganga gakondo. Hari uwavumye umuryango we.

Umunsi umwe, Isaro yakoze ibidasanzwe ku isoko. Mama wacu we byari byamurenze.

Isaro!!





Mwo kabyara mwe, ni iki kiri mu mutwe wawe? Kandi se, kuki uhamagara nyogokuru?

Urimo guteza ibibazo.

Umbabarire mama.



Mu gihe mama wacu yendaga gukura amaboko kuri Isaro, hari ikintu cyabaye gihindura ubuzima bwe ndetse n'ubw'umuryango wacu muri rusange.

Twabwiwe ko uyu mukobwa abangamira abaguzi kandi ko imyitwarire ye idasanzwe...

Noneho, ahari wakomeza gahunda yawe maze ukatujyana muri gereza twembi, kuko...



Oya mama!



Nange byamaze kundenga ngerageza kwita kuri uyu mukobwa!

Munyahanganire mwese, hari icyo nashakaga kubabwira.
Nitwa Mutoni, ndi umukozi w'ikigo nderabuzima cya hano iwacu.

Iki kibazo dushobora kukikumurira. Ntabwo dukeneye umuforomo.

Ikigaragara, ubuvuzi ni cyo kintu uyu mukobwa akeneye.

Mubyeyi, nabonye umukobwa wawe mu isoko kandi numvise nshishikajwe cyane no kugira icyo tumukorerwa agakorerwa isuzuma ku bitaro. Umukobwa wawe ntiyigeze asara cyangwa ngo abe arimo amadayimoni. Ndizera ko afite uburwayi buvurwa bugakira.

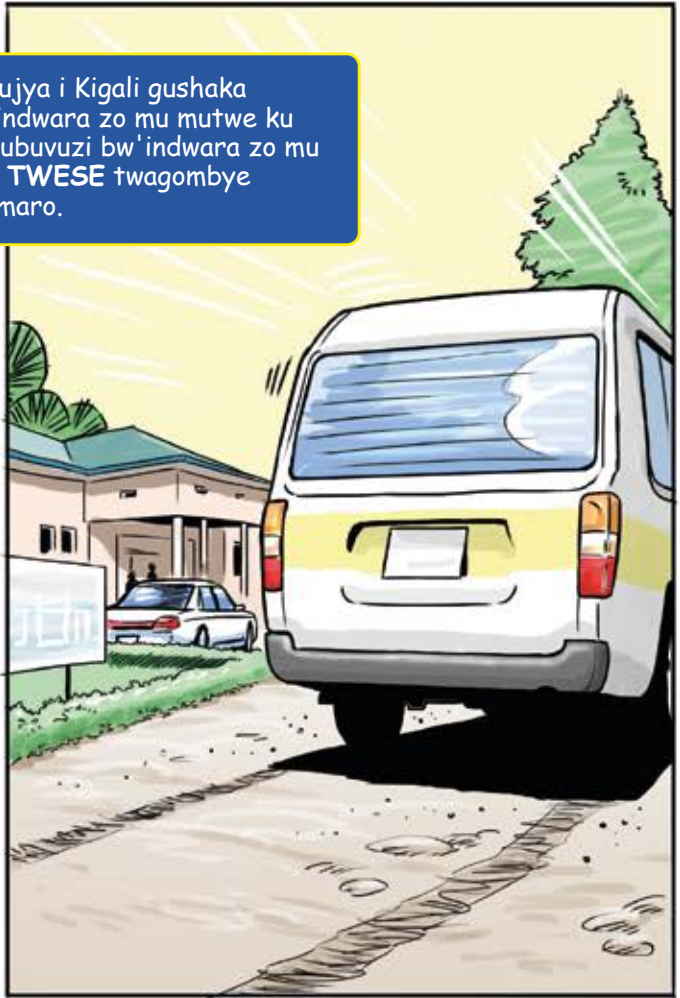
Munyemereye, nashakaga kugufasha wowe n'umuryango wawe.

Ibi mubizi mute?

Kubera ko nange mfite ikibazo nk'iki. Ni yo mpamvu nange niyemeje ku bushake guha abandi ubufasha bw'ubuvuzi.

Hari ikizere cy'uko umukobwa wawe yamera neza.

Mutoni yateguye Isaro kuja i Kigali gushaka inzobere mu byo kuvura indwara zo mu mutwe ku bitaro bitanga serivisi z'ubuvuzi bw'indwara zo mu mutwe. Ndetse aha ni ho **TWESE** twagombye kwigira ikintu gifite umumaro.



Isaro yahawe ibitaro mu gihe k'ibyumweru byinshi. Mu gihe Isaro yari ameze neza, Dr. Mihigo yaje mu muryango wacu. Mama, nge ubwage ndetse na papa wacu twatanze amakuru yerekeye ibyo Isaro yanyuzemo.

Nitwa Dr. Mihigo, nkaba ndi inzobere mu by'ubuvuzi bw'indwara zo mu mutwe. Nyuma yo kumara igihe kinini na Isaro, ndizera ko arwaye indwara yo mu mutwe ya shizofereni*.

WAVUGA KO

SHIZOFERENI ARI IKI?



Shizofereni* ni indwara ikunda kwibasira imitekerereze.

Mu Rwanda, hari abantu benshi barwaye shizofereni*.

Ntabwo ikiyetera kiramenyekana, ariko twamaze kumenya neza ko **itandura**. Ibi bivuze ko niba hari umuntu urwaye shizofereni*, nta byago na bike bihari by'uko nawe "wakwandura" iyi ndwara.

Ikintu cya mbere wakora ngo ufashe umuntu urwaye shizofereni* ni **ugusobanukirwa n'indwara**.

NI IBIHE

BIMENYETSO BYAYO?

Abarwaye shizofereni* bose si ko bahuza ibimenyetso, ariko hano hari ibimenyetso bimwe na bimwe ushobora kubona ...



KWIKANGA BARINGA

Kumva, kubona, kunukirwa cyangwa guhumurirwa no kwiyumvamo ibidahari.



GUSHINGIRA KU BITEKEREZO BYIHARIYE BIHABANYE N'UKURI

Kwizera ibitari ukuri cyangwa ibidafite impamvu



IMVUGO ITAJYANYE N'IMYITWARIRE IDAHWITSE

Kugorwa no gutekereza cyangwa kuvuga



Mu maso he ntihakunze kugaragaza uko yiyumva cyangwa amarangamutima.



Kuzinukwa



Kuvuga buhoro



Kugorwa no kwibanda ku kintu / Ibibazo bijyanye no gufata mu mutwe

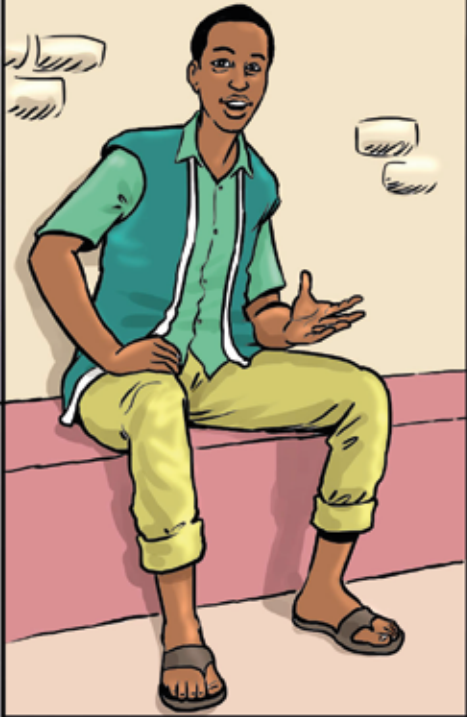


Kwisuzugura no kurangwa n'umwanda



Ubushobozi buke bwo gufata ibyemezo

Nyuma y'aho muganga asobanuriye ibimenyetso by'indwara ya shizofereni* Isaro yarwaye, umuryango wange wibajije ibibazo byinshi.

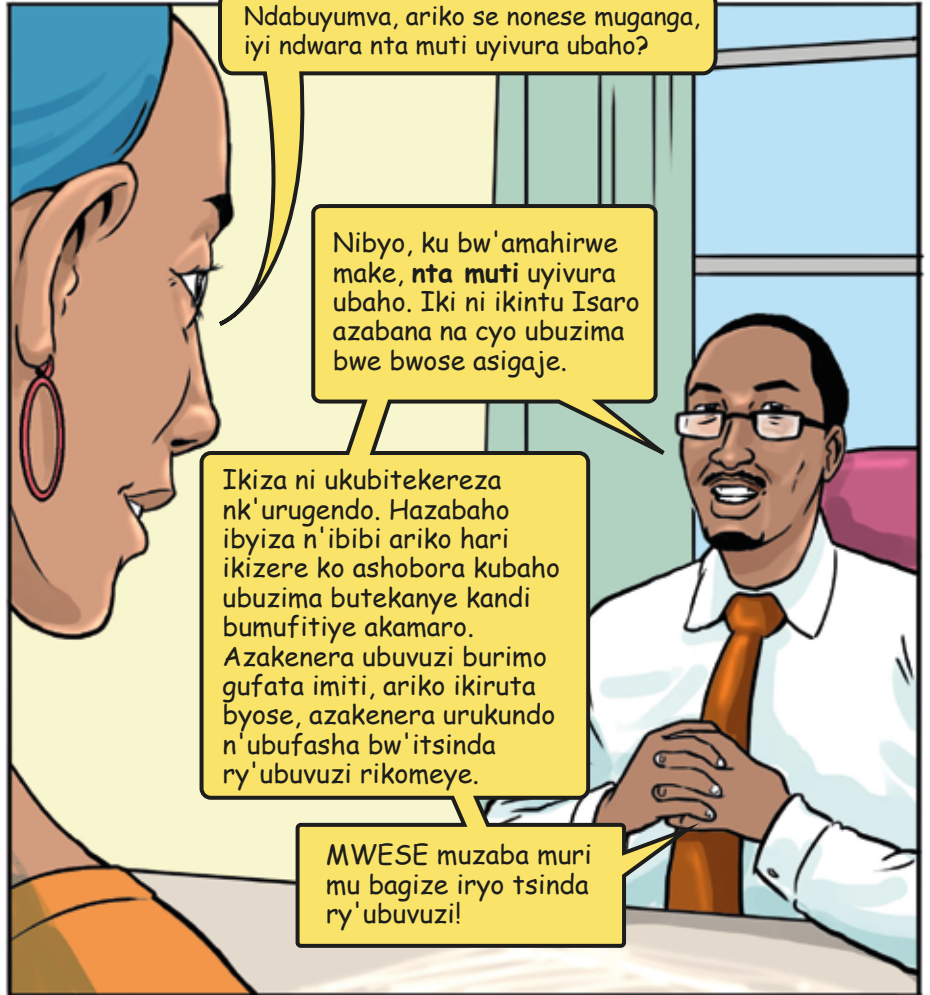


Ndabuyumva, ariko se nonese muganga, iyi ndwara nta muti uyivura ubaho?

Nibyo, ku bw'amahirwe make, nta muti uyivura ubaho. Iki ni ikintu Isaro azabana na cyo ubuzima bwe bwose asigaje.

Ikiza ni ukubitekereza nk'urugendo. Hazabaho ibyiza n'ibibi ariko hari ikizere ko ashobora kubaho ubuzima butekanye kandi bumufitiye akamaro. Azakenera ubuvuzi burimo gufata imiti, ariko ikiruta byose, azakenera urukundo n'ubufasha bw'itsinda ry'ubuvuzi rikomeye.

MWESE muzaba muri mu bagize iryo tsinda ry'ubuvuzi!



Byaduteye kumva twishimiye ko umuryango wacu uzaba uri mu itsinda ry'ubuvuzi rizita kuri Isaro. Byahaye mama kugarura ikizere no gusubira ku murongo.



Maze dutangira akazi. Papa yatangiye gutegura gahunda y'ubuvuzi twese twagiramo uruhare.

ITSINDA RITANGA UBUFASHA

RYITA KURI ISARO

Kuvura indwara ya shizofereni* ni akazi gakomeye. Abantu babana n'ubwo burwayi bakeneye ubufasha, bwaba ubufitanye isano n'ubuvuzi bw'ako kanya cyangwa mu bindi bice by'ubuzima bwabo.



PASTOR MUGISHA

Pasiteri atanga inama zijyanye n'iby'umwuka zigarurira Isaro imbaraga. Bitewe n'uko yihuguye ku bijyanye n'uburwayi bwa Isaro, amufasha no kuvuga ku ntego ze.



DR. MIHIGO

Ni we muganga w'ibanze wa Isaro.



NYINA

Ni we murwaza w'ibanze wa Isaro. Ni nka kapiteni w'ikipe yacu! Akora ku buryo Isaro afata imiti ye, akamufasha gushyiraho intego, akanajyana na we guhura na Dr. Mihigo.



MUTONI

Yibutsa umuryango igihe cyo kujya kongera gufata imiti akanasuzuma niba imiti iboneka kuri farumasi. Ikindi, ajyana Isaro ku itsinda ritanga ubufasha kubantu babana na shizofereni*.



NSHUTI

Ajya kuzana imiti ku kigo nderabuzima cy'aho dutuye kandi agafasha mu kwizera neza ko Isaro afata imiti. Nshuti ni inshuti magara ya Isaro kandi akunda kuba ari hamwe na we mu gihe afite irungu.

SE
Ajyana na we kuri gahunda zihoraho yahawe na Muganga kandi akamenya neza ko yariye neza.



Bigitangira, ntitwari tuzi neza icyo gukoresha imiti kandi ntitwari tuzi neza niba kwari ukunaniza Isaro cyangwa kumuca intege. Muganga yatubwiye ko umunaniro ari ingaruka mbi isanzwe iterwa n'imiti afata.

Ariko uko igihe cyagiye gishira, yasubiye ku murongo kandi ubuvuzi kwasaga n'ubugira icyo bumufasha. Noneho yatangiye gusinzira bisanzwe.



Yongera kumva ameze neza.
Arongera asa n'udafite ubwoba.



Ikiruta byose, ibiganiro bidasanzwe no kuvuga ibitajyanye byatangiye kujya bibaho gake.

INGARUKA MBI ZITERWA

N'IMITI



Imwe mu ngorane abantu barwaye shizofereni* bahura na zo ni uko nubwo bafata imiti ishobora kubagabanyiriza ibimenyetso, umubiri uba ushobora kwivumburira imiti ubwayo bityo hakabaho ingaruka mbi ziterwa n'imiti

Ingaruka mbi z'imiti zishobora gutandukana bitewe n'imiterere y'umubiri wa buri muntu, cyangwa bitewe n'ubwoko bwa buri muti.

Zimwe mu ngaruka mbi z'imiti - nko kwiyongera ku ibiro, cyangwa umunaniro, nk'urugero - bishobora kugaragara.

... kandi hari n'ibindi bishobora kugutwara igihe kirekire ngo ubibone nk'uruhurirane rw'indwara ziterwa n'imiterere y'umubiri zirimo umuvuduko w'amaraso ukabije cyangwa kwiyongera kw'isukari mu maraso, ari byo kugira isukari nyinshi yo mu maraso.

Ariko ni ingenzi kwibuka ibyo, kubera ko umuntu urwaye shizofereni* afata imiti, "itamukiza", kandi ishobora guteza ibindi bibazo bitatugaragarira nk'ingaruka z'ubuvuzi.

Ndetse, yongeye gukora akazi ke ko kudoda, kamunzezaga, kandi kongera kumufasha kubona amafaranga make.

Isaro?

Ndagusengera, Nshuti, ngo ntiwongere guhangayika igihe cyose.

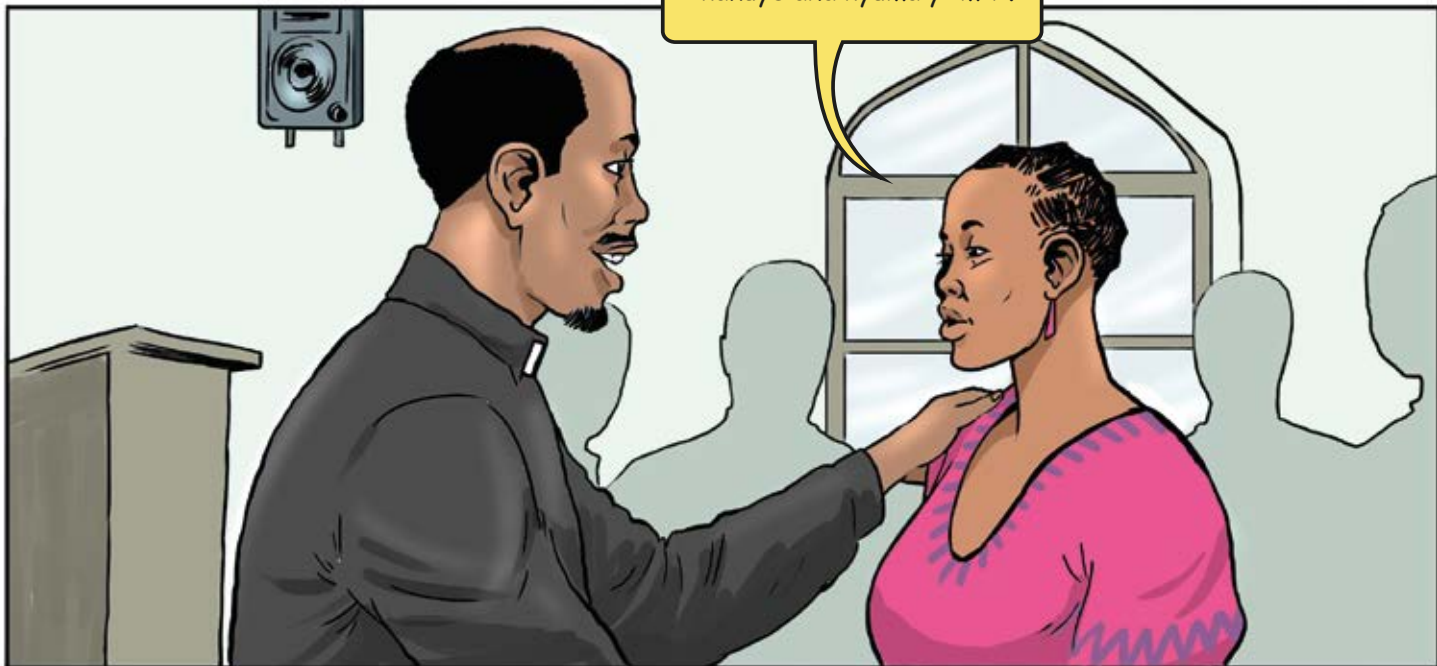
N'umuryango wacu wose, harimo na Isaro, uzi ibimenyetso byo kwitondera cyane, ku buryo twabasha guhita tumenyeshya muganga mu gihe bigarutse.

Ni ibyishimo kongera kubona mushiki wange yongera gukora ibyo yishimira mu buzima.

Utwihanganire ko tutabashije kugufasha Isaro, ariko urasa neza. Birasa n'aho ibitaro byagufashije.

Ndacyanezerewe ku bw'urusengero, Pasiteri. Kugaruka bisobanuye byinshi.

Nzakenera imbaraga
nakuye aha nyuma y'imiti.



Nyuma na nyuma, Isaro n'umuryango mugari abamo bongeye kugira ubushake bwo kongera kugirana umubano. Ntabwo cyari ikintu cyoroshye gukemura, ariko byasobanuye byinshi kuri twe ko hari abandi bantu bafashe umwanya wabo kugira ngo basobanukirwe.

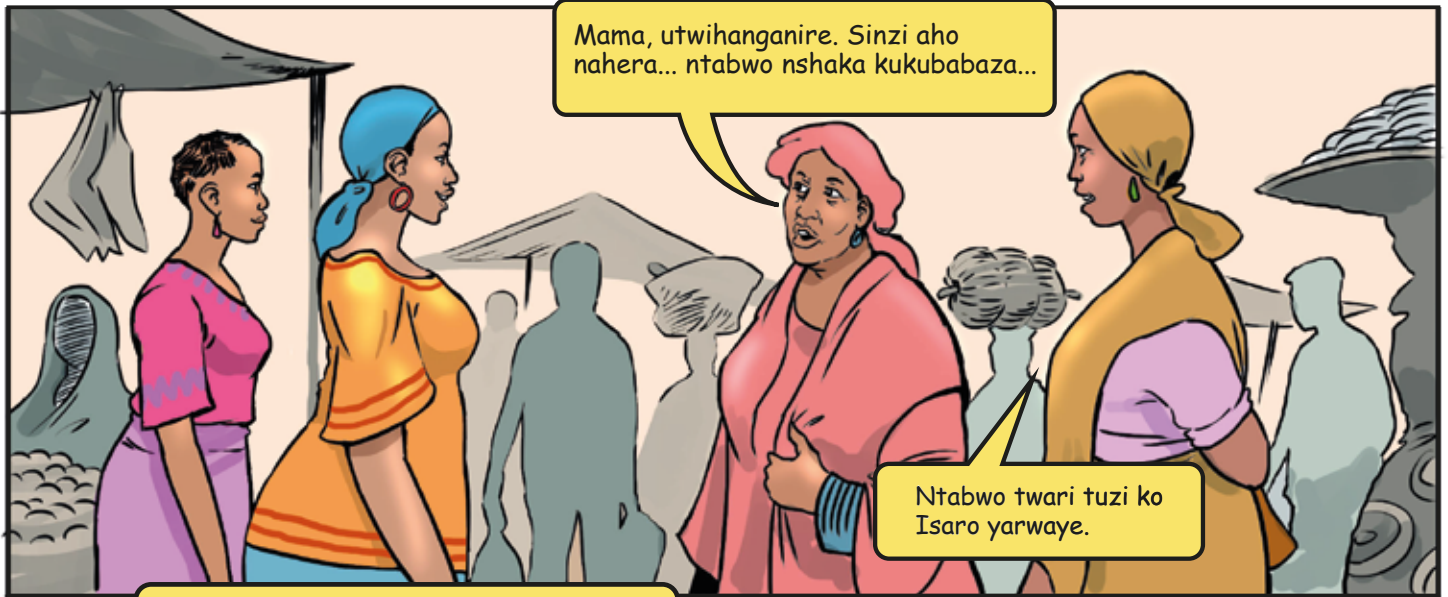
Ni ingenzi cyane gusobanukirwa ibimenyetso by'iyi ndwara.

Isaro yiyemeje ku bushake kubaganiriza ibyerekeye uko ahagaze, kugira ngo buri wese wo mu muryango mugari asobanukirwe n'iyi ndwara n'uburyo bwo kuyitwaraho neza.



Buri wese mu muryango mugari yatangiye kubona ko uburwayi bwa Isaro bwari indwara yibasira ubuzima bwo mu mutwe.

Isaro ubwe yihaye inshingano yo gufasha abandi mu mudugudu kumenya neza uko bashobora gufasha abantu bafite ibibazo by'ubuzima bwo mu mutwe.



Yego, ushobora kutwitabaza igihe ukeneye ubufasha. Twakwishimira kugufasha mu mirimo yawe ya buri muni cyangwa gutunganya ibijyanye no guhaha igihe cyose waba ugomba guherekeza Isaro kwa muganga.



Mwembi murakoze. Umukobwa wange yagashimishijwe no kumva ko abaturanyi bamwitayeho. Ibi byaramugoye cyane.

Twese mu mudugudu dukeneye kwibuka ko mushiki wange atakize nubwo yakwishima kandi akagira ubuzima bwiza no mu gihe afite **shizofereni***. Ko uru ari urugendo rw'ubuzima.

Hazabaho ibyiza n'ibibi. Twese dusabwe kuzitondera ibimenyetso. Kandi haracyari byinshi byo kumenya. there is still much to learn.



Ariko umuryango wacu ufite gahunda. Kandi buri wese mu mudugudu afite icyo yakora mu gufasha Isaro kubona ibyo akeneye mu guhangana n'uburwayi: **Urukundo. icyizere. N'ubuvuzi.**

GUSUBIRA INYUMA K'UMURWAYI

Kare twavuze ibyerekeye ingaruka mbi z'imiti.

Nanone, ni ingenzi kumenya ko abantu bafite shizofereni* bashobora **gusubira inyuma - ibyo ni, ibimenyetso byabo by'uburwayi bishobora kugaruka, ukugabanya ubudahangarwa bw'ubuzima bwabo.**

Igihe ubonye ibimenyetso byo kongera kumererwa nabi, byandike mu buryo burambuye uko bishoboka kose kandi uvugane na muganga wawe.

GUSUBIRA INYUMA
K'UMURWAYI

IMBARUTSO

Ibihe bimwe cyangwa imyitwarire imwe n'imwe, byitwa imbaritso, bishobora gutuma habaho gusubira inyuma k'umurwayi. Kumenya ibyerekeye imbarutso byafasha mu kurinda ibyo byago.

Imbarutso zishobora gutandukana kuri buri wese, ariko zikubiyemo:



- Gukoresha ibiyobyabwenge na/cyangwa kunywa inzoga
- Kugira umunaniro ukabije cyangwa guhangayika
- Amakimbirane mu mibanire, harimo n'akato mu muryango cyangwa mu muryango mugari
- Kwangwa n'umuryango cyangwa kudahabwa ubufasha n'itsinda ry'ubuvuzi
- Uburwayi cyangwa urupfu rw'uwo wakundaga
- Izindi mpinduka z'ubuzima zikomeye

*shizofereni = uburwayi bwomumutwe bukabije

KWIGA KUMENYA KO

UMURWAYI YASUBIYE INYUMA

Ibi ni bimwe mu bimenyetso bishobora kukuburira ko umurwayi wa shizofereni* ari gusubira inyuma. Kandi Ibuka ko bishobora kuba bitunguranye.

Guhagarika imiti
cyangwa kutayifata
uko bikwiye



Gusinzira bikabije
cyangwa
kudasinzira **bihagije**

Kumva uhangayitse,
ubabaye, cyangwa
ufite umushiha



Kuva mu bandi cyangwa
kwiheza (kutajya ku kazi,
ku ishuri cyangwa
ibikorwa bihuza abantu)

Kwiyongera k'urwikekwe,
kwikanga baringa, cyangwa
kumva amajwi adahari



Kutigirira isuku
(kutiyitaho)

Kwitiranya ibintu
cyangwa kuvuga
ibitajyanye



Kugira imyumvire ipfuye
cyangwa kugira ibitekerezo
bihabanye n'ukuri
(kwiyumvisha ko abantu
bakurwanya, kwigirira ikizere
kirengeje urugero)

**Kwiyongera
kw'imyitwarire yo
kwishora mu byateza
akaga** (gukoresha
amafaranga cyane,
kunywa inzoga cyangwa
gufata ibiyobyabwenge)



ITSINDA RITANGA UBUFASHA

Iyemeze gufasha umuntu urwaye shizofereni* mu muryango mugari utuyemo!

Itsinda ritanga ubufasha rya Isaro rimufasha mu bikorwa bitandukanye bijyanye n'urugendo rwe rwo gukira. Niba hari umuntu uzi urwaye shizofereni*, ashobora kuba ahura n'imbogamizi zimwe. Uru ni urutonde rwa bimwe mu byo wakora mu gufasha umuntu wo mu muryango wawe cyangwa wo mu muryango mugari utuyemo:



Ibyo wakora ngo ufashe umuntu wasuzumwe kandi ubana na shizofereni*:

- Tangira ubwira uwo murwayi wa shizofereni* n'umuryango we: "Ndifuza gufasha no kuba umwe mu bagize itsinda ritanga ubufasha ryawe."
- Fasha uwo muntu kugabanya akato ahabwa mu muryango mugari. Ihugure ku ndwara ya shizofereni* hamwe n'abandi mu muryango mugari. Ushobora guhera ku gusoma no gusangiza abandi iki gitabo!
- Bumve kandi wite ku byo banyuramo mu buzima. Ntiwirengagize cyangwa ngo uhakane ibyo bavuga. Wibuke ko umuntu ubana na shizofereni* ashobora kwizera ikintu kitari ukuri kuri wowe. Wite kuri iyo myizerere ipfuye udashyigikiye ibyo bitekerezo bihabanye n'ukuri.
- Menya ibimenyetso byo gusubira inyuma k'umurwayi maze ufashe mu kumenya impinduka zishobora kugaragaza ko umurwayi agiye gusubira inyuma.
- Marana na bo igihe mu bikorwa byiza no kuruhuka, nko kugenda no kuganira. Fasha mu gushyigikira imibereho myiza kandi ntubahe inzoga cyangwa urumogi.
- Fasha mu gukurikirana gahunda bafitanye na muganga kandi ubaherekeze mu gihe cyo kujya kubonana na muganga.
- Kwemera gusigarana abana cyangwa abavandimwe b'umuntu ubana na shizofereni* mu gihe yagiye kubonana na muganga.
- Bafashe gufata imiti uko bikwiye: mubaze niba ushobora kumwibutsa igihe akeneye gufata imiti cyangwa kumuzanira ibyo kurya cyangwa amafunguro atetse.
- Fasha umuntu ubana na shizofereni* gucunga inshingano ze nk'izijyanye n'amafaranga, guhaha cyangwa imirimo irambirana.
- Bafashe kongera gufata indi miti kuri farumasi mu gihe bibaye ngombwa, cyane cyane igihe bisaba gukora urugendo.

Uburyo wafasha umuryango cyangwa uwita ku murwayi wa shizofereni*:

- Baza umuryango cyangwa uwita ku murwayi icyo wakora ngo ubafashe.
- Sigarana abana niba uwita ku murwayi akeneye guherekeza umurwayi wa shizofereni* kubonana na muganga.
- Kora imirimo ya buri muni yoroheje, nko gusukura mu rugo cyangwa guhaha ibiribwa n'ibinyobwa.

KU BARWAYI BABANA NA SHIZOFERENI

IMYUVIRE

Abarwayi babana shizofereni* baba baratewe n'amadayimoni cyangwa imyuka mibi kandi bakeneye ubuvuzi gakondo cyangwa bagasengerwa.

Abarwayi babana shizofereni* barangiza kandi bateye inkeke.

Abarwayi ba shizofereni* bavurirwa mu bitaro bivura indwara zo mu mutwe

Abarwayi ba shizofereni* ni "abasazi" kandi ntibashobora kugira ubuzima busanzwe.

UKURI

Shizofereni* ni **uburwayi** bushobora kuvurwa n'imiti cyangwa ubundi buvuzi bw'umubiri butanzwe na muganga. Niba ukekako umuntu runaka ashobora kuba arwaye shizofereni*, mujyane kwa muganga.

Nubwo abenshi mu barwayi ba shizofereni* bashobora gukora ibintu bidasanzwe, abenshi ntabwo bangiza. Mu by'ukuri, abarwayi ba shizofereni* bashobora kuba inzirakarengane z'ihohoterwa.

N'ubwo gushyirwa mu bitaro bishobora kuba ngombwa mu bihe runaka, urugero, igihe umuntu arembye, urwego rwo kwitabwaho ukenera rushingira ku gukomera kw'ibimenyetso ugaragaza. Abarwayi benshi ba shizofereni*, iyo bari ahari ababafasha kandi bagakomeza gahunda zabo zo kwivuza, babana n'imiryango yabo kandi bakabaho ubuzima butanga umusaruro mu muryango mugari.

Shizofereni* ni uburwayi bwo mu mutwe, bushobora kuvurwa umuntu akoroherwa. Nubwo kugeza ubu nta muti uyikiza, abarwayi ba shizofereni* bashobora kugira ubuzima bufite agaciro mu gihe bafashe imiti neza bakubahiriza n'inama itangwa na muganga.





Urugendo rwa Isaro

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na nomero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Isaro

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na nomero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Isaro

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na nomero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!



Urugendo rwa Isaro

Umuryango Johnson & Johnson wifuza kumenya icyo utekereza ku bivugwa muri aka gatabo. Niba wifuza kutugezaho igitekerezo cyawe, andika izina ryawe hasi aha na nomero yawe ya terefone, n'igihe cyiza wabonekaho. Umukozi wacu w'aho uherereye, Busara Center, azakuvugisha.

Amakuru uzatanga azagirwa ibanga.

Amazina yawe: _____

Nomero yawe ya terefone: _____

Wifuza ko twaguhamagara ku wuhe muni no ku yihe saha?

| | |
|---|---|
| <p>Impera z'icyumweru (ku wa Gatandatu-ku Cyumweru)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> | <p>Iminsi y'akazi (ku wa Mbere- ku wa Gatanu)</p> <p><input type="checkbox"/> Mbere ya saa sita (9 - 12)</p> <p><input type="checkbox"/> Nyuma ya saa sita (12 - 3)</p> <p><input type="checkbox"/> Nimugoroba (3 - 7)</p> |
|---|---|



Murakoze!





Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Ikarita iriho amakuru wayishyira mu gasanduku bashyiramo ibitekerezo cyangwa ukagaha muganga/umukozi wo kwa muganga ukwitaho.



Abarwayi ba shizofereni cyangwa ab'ubundi burwayi bwibasira ubuzima bwo mu mutwe bwose bakeneye urukundo, ubufasha, n'umuti.



1. Niba hari umuntu ugaragaje ibimenyetso bya shizofereni*, **tanga inama yo kwivuzza:** Vugana n'umujyanama w'ubuzima mu muryango mugari mutuyemo cyangwa uhamagare **114** kugira ngo ufashe mu gutegura isuzuma.
2. Niba hari umuntu uzi urwaye shizofereni, **baza umuryango we uko watanga ubufasha**, bafashe guhaha, kubaherekeza hafi y'urugo aho bakeneye kujya, cyangwa n'ingendo zo kujya no kuva kubonana na muganga.
3. **Menya kandi utahure ibimenyetso** byo gusubira inyuma k'umurwayi.
4. Menya kandi usobanukirwa ko **imiti igira ingaruka mbi** umuntu atategeka. Zimwe muri zo ziba zigaragara kandi zavurwa.
5. Hugura abandi ku ndwara ya shizofereni mu muryango mugari.

Tangira usangiza iki gitabo umuryango wawe n'abaturanyi!

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Republic of Rwanda
Ministry of Health



Johnson & Johnson