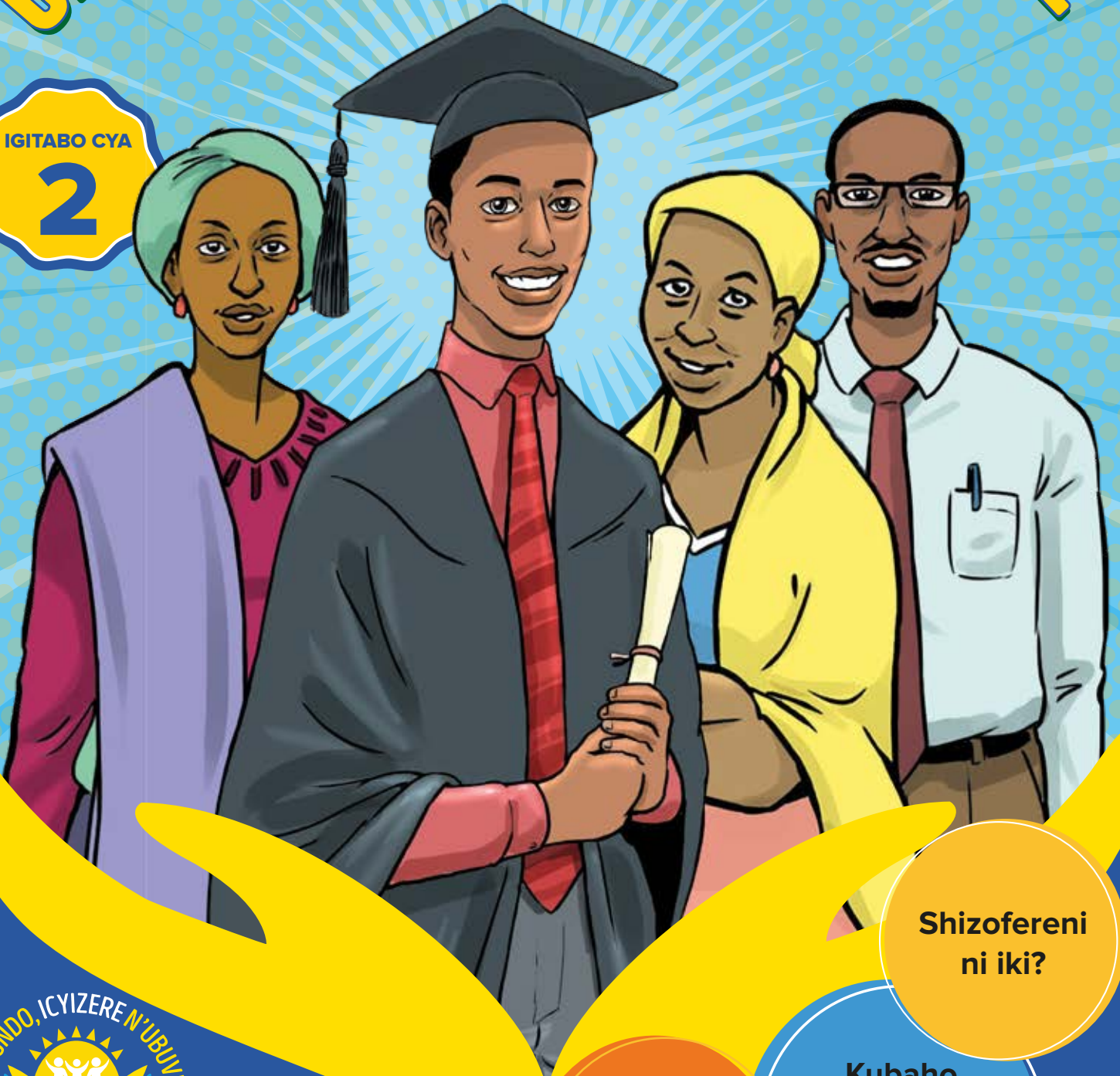


URUGENDO RUTANGA ICYIZERE

URUGENDO RWA GAHIGI

IGITABO CYA

2



Niba uheruka gupimwa bagasanga urwaye shizofereni, iki gitabo kirimo amakuru y'ingenzi yagufasha mu rugendo rwawe rwo gukira.

Shizofereni ni iki?

Shizofereni ivurwa ite?

Kubaho ubuzima bwiza kandi urwaye shizofereni



Republic of Rwanda
Ministry of Health



Rwanda
Biomedical
Centre
Healthy People, Healthy Nation

Johnson & Johnson

MENYA ABAVUGWA

MU NKURU

Iki gitabo kivuga ku nkuru ya Gahigi n'urugendo rwe kuva avuwe indwara ya shizofereni* kugeza akize. **Inkuru ya Gahigi ni impimbano** ariko hari abantu benshi bafite ubu burwayi.

GAHIGI

Umusore uri mu myaka iri hafi ya makumyabiri, ubana na shizofereni*. Gahigi yitabwaho na Nyirasenge Uwera, kuva yabura ababyeyi be akiri umwana.

NYIRASENGE UWERA

Nyirasenge wa Gahigi, Uwera, yazanye Gahigi mu nzu ye nto abamo i Kigali.



BLANDINE

Umujyanama w'ubuzima wo mu muryango mugari. Blandine ni umuvugizi mwiza w'abarwayi ba shizofereni* n'ubundi burwayi bwibasira ubuzima bwo mu mutwe.



DR. MIHIGO

Inzobere mu by'ubuzima bwo mu mutwe uvura Gahigi. Akora ku bitaro bivura indwara zo mu mutwe, akaba agaragara mu nkuru atanga amakuru y'ingenzi ku ndwara ya shizofereni*.

Muraho neza! Nitwa Gahigi. Ndifuzza kubasangiza inkuru.

Murabona, dushobora kugira icyo duhuriyeho.

Mu gihe cyahise, ubwo nari mfite imyaka 16, nasuzumwe kandi nsanganwa indwara ya shizofereni*. Niba nawe warayisuzumwe bagasanga uyirwaye, cyangwa ukaba wita ku murwayi wayo, ndatekereza ko inkuru yange ishobora kugufasha.

Urugendo rwange rushobora kukuyobora uko wakira. Rwagutegura mu bijyanye n'ubuvuzi ndetse rukakwigisha ubundi buryo bw'ingenzi bwo gukorana n'abatwitaho kugira ngo uburwayi bwawe bukurikiranwe neza.



Ngaho tega amatwi kandi wumve ko utari wenyine. Hari abandi bameze nkawe, kandi turifuzza kugufasha.

Ubwo nari muto kurusha uyu muni, natangiye guhura n'ingorane ku ishuri ...



Ubwo nari muto kurusha uyu muni, natangiye guhura n'ingorane ku ishuri ...

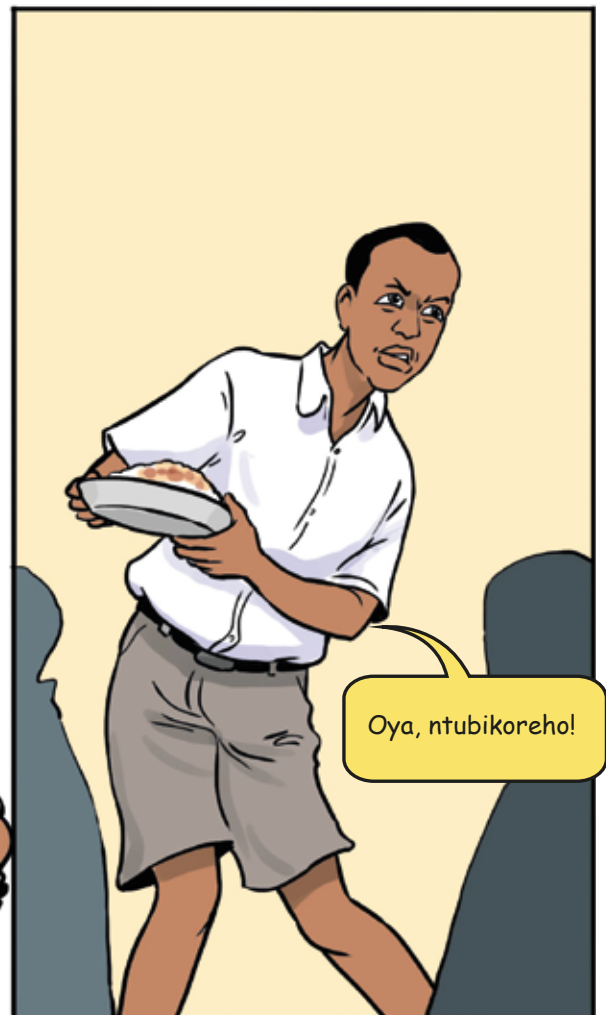
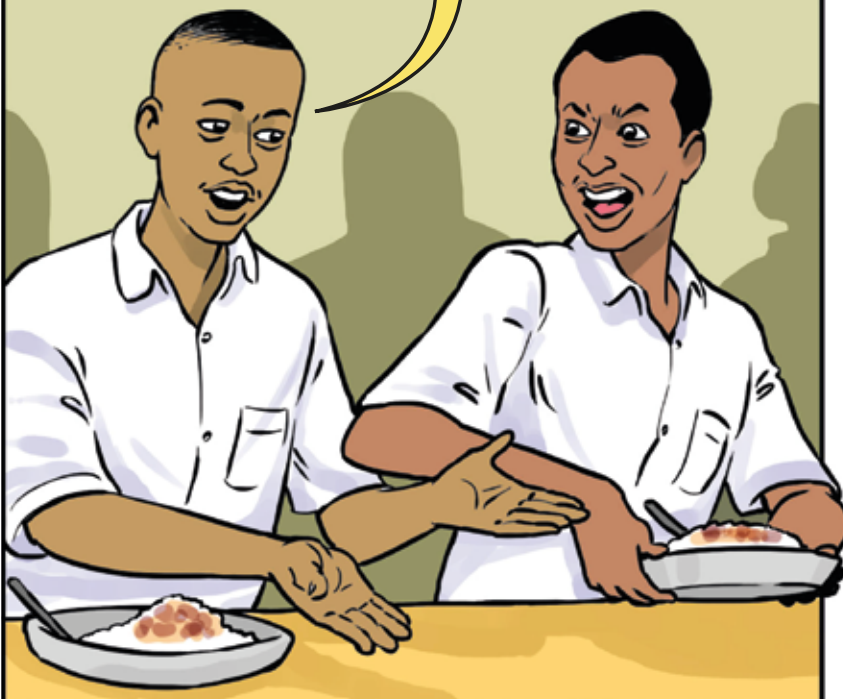


Gahigi, urananutse cyane.
Ntabwo urya se?

Oya, ntabwo nshonje.



Noneho reka ndye
n'ibyawe.



Oya, ntubikoreho!

Sinongeye kwizera abarimu bange kandi natinyaga ko baba barageragezaga kundoga.



Ndetse, imyitwarire yange idansanzwe yari itangiye gutera urujijo ku ishuri.



Guhangayika kwange kwaramvunaga nange, sinabashaga gusinzira...



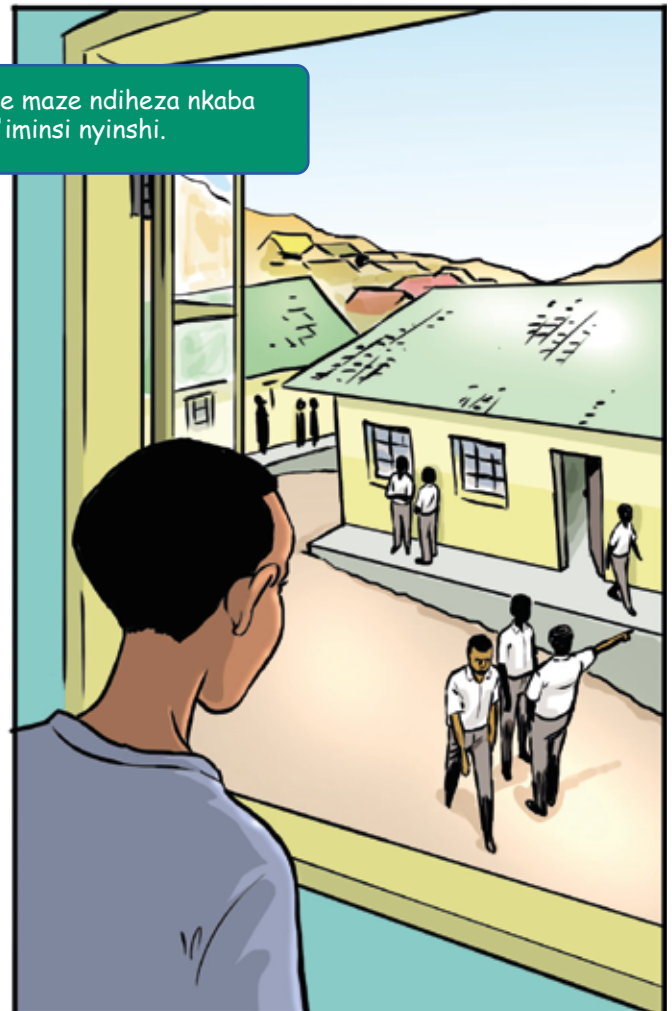
... kuko ubwo nabaga nabikoze, nagiraga inzozo mbi...

Narotaga ibiteye ubwoba bishobora kuba ku muryango wange.

Nakangukaga mvuza induru maze ngakangura abandi twigana.



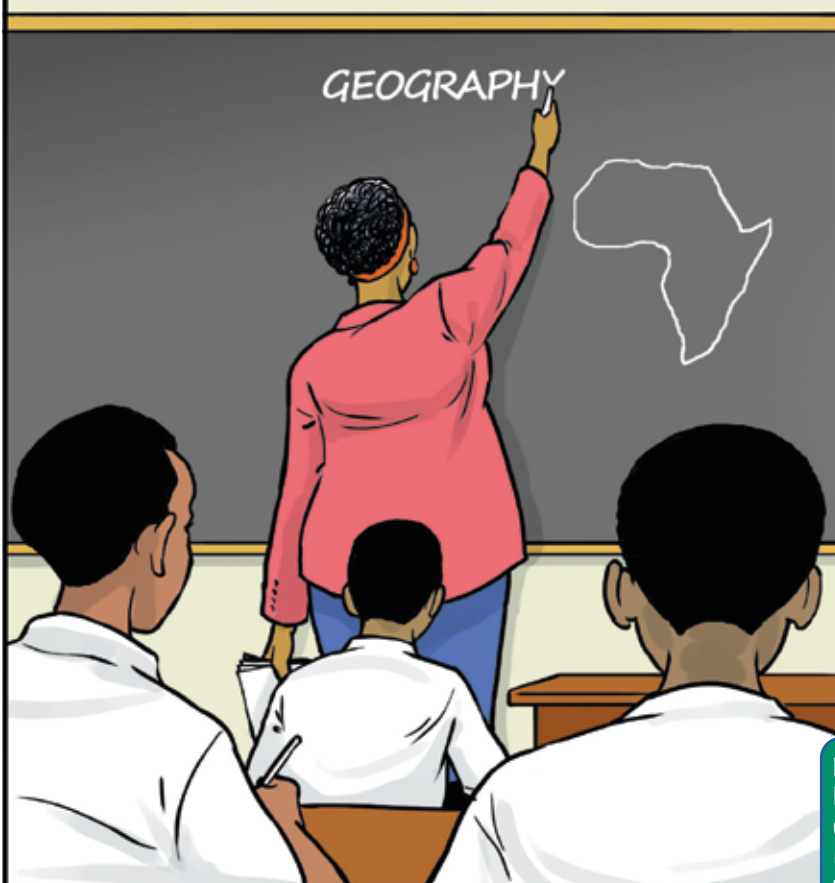
Ubwoba bwange bwaramenyekanye maze ndiheza nkaba ndi ngenyine mu icumbi mu gihe k'iminsi nyinshi.



Nabaye ngenyine igihe kirekire kugeza ubwo abarimu babiri baje kumfata bakanyijyanira mu ishuri.



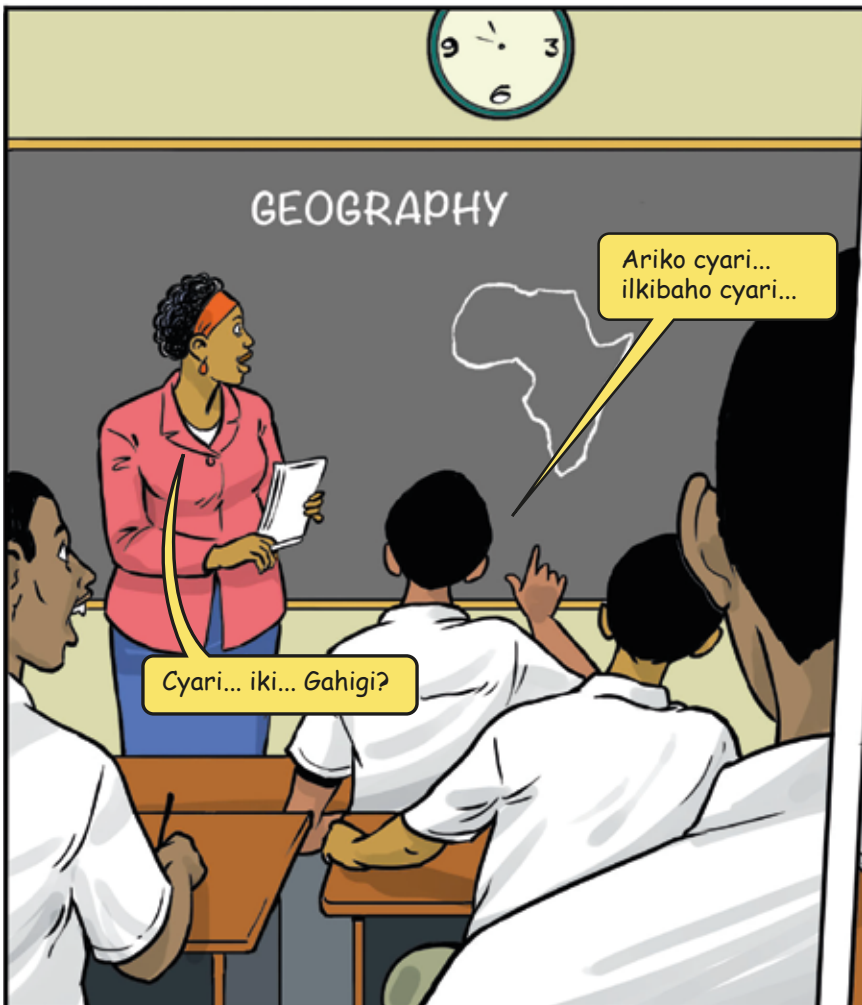
Maze ntangira kugira inzozi mbi ku manywa y'ihangu, kandi ntaryamye. Uwo ni wo muni wambereye mubi nagize.

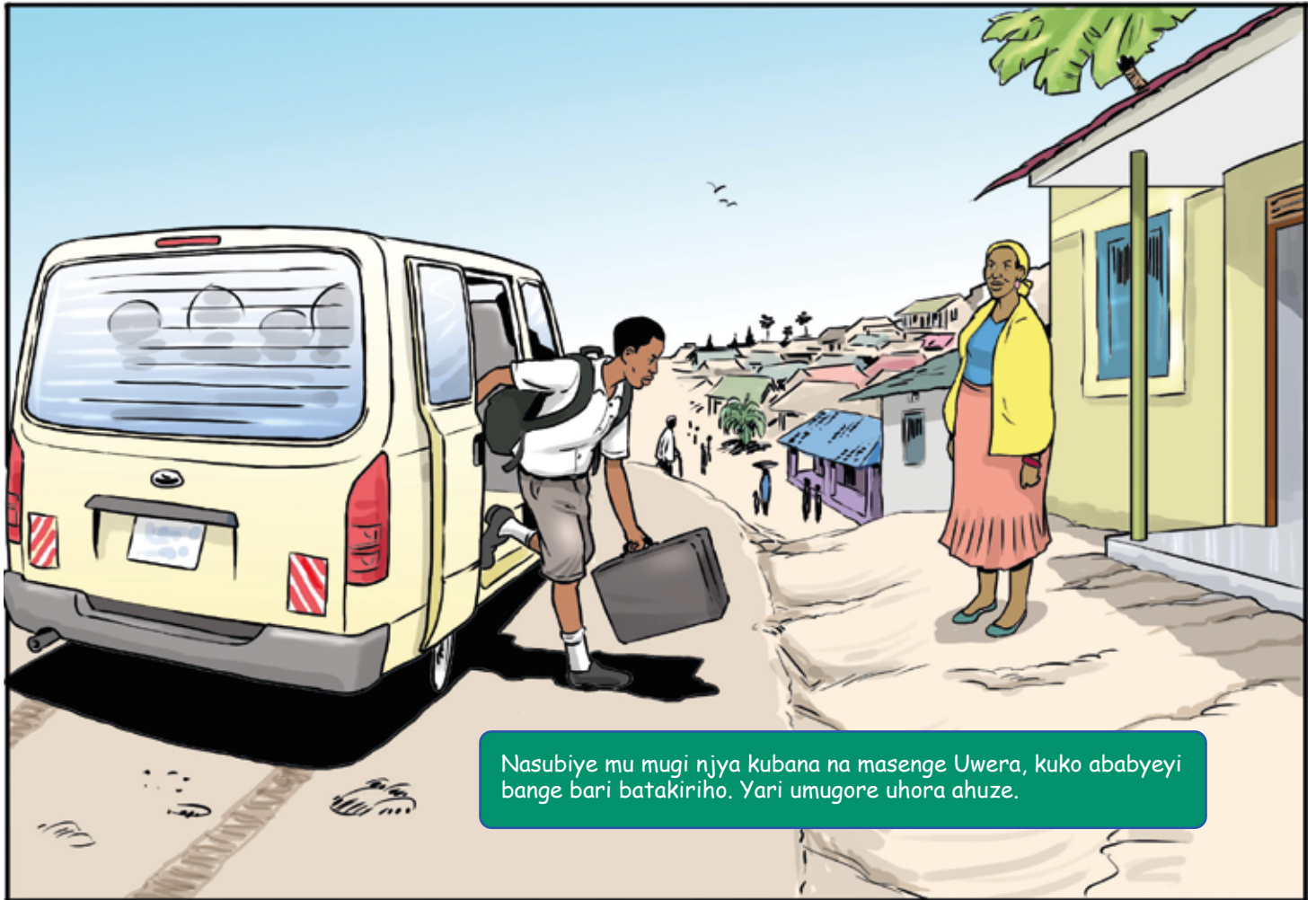


OGRAPHY



Nabonaga ibintu bidasanze, biteye ubwoba. Nabonaga ari iby'ukuri, ariko nta wundi washoboraga kubibona.





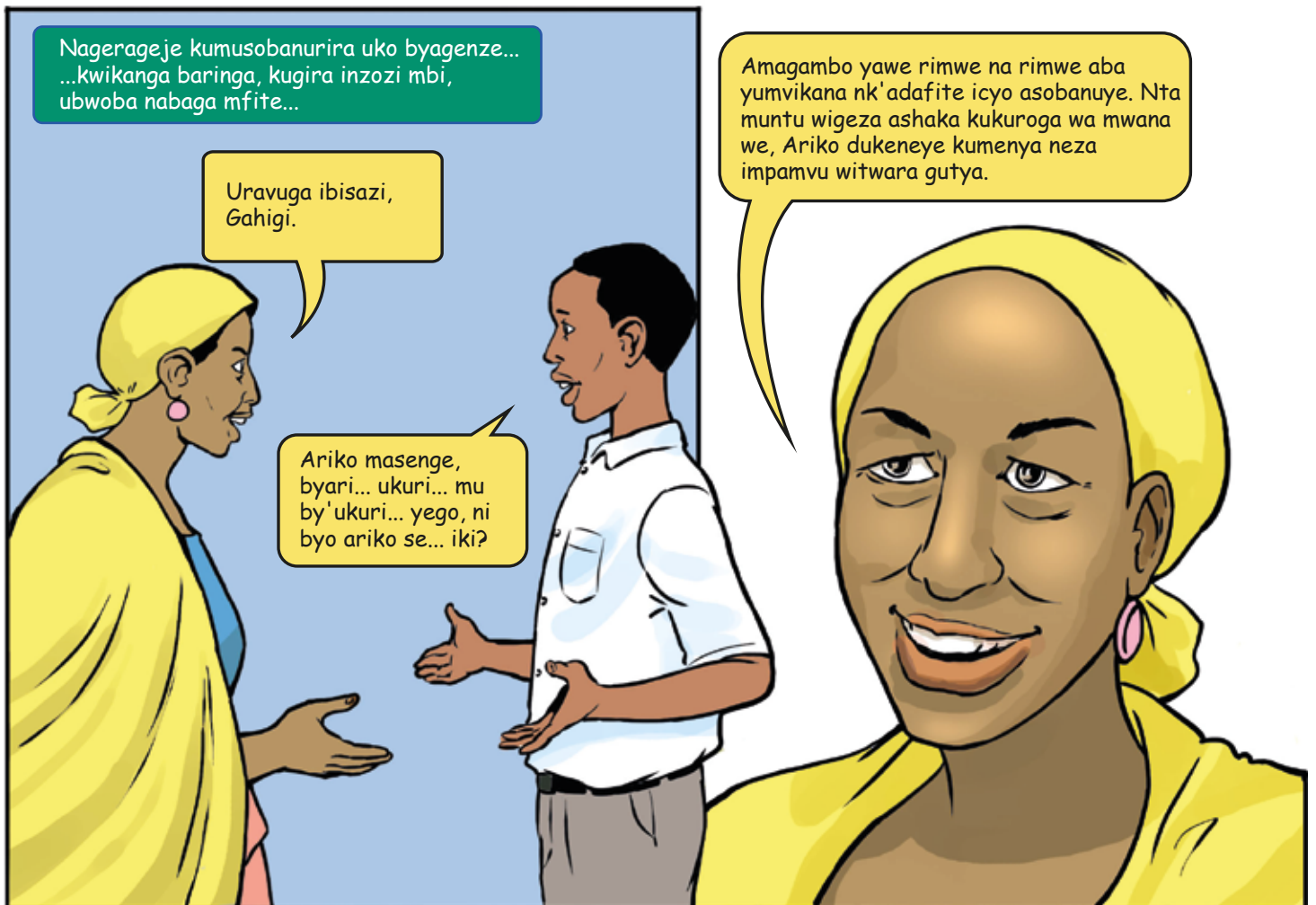
Nasubiye mu mugiri njya kubana na masenge Uwera, kuko ababyeyi bange bari batakirihho. Yari umugore uhora ahuze.

Nagerageje kumusobanurira uko byagenze...
...kwikanga baringa, kugira inzazi mbi,
ubwoba nabaga mfite...

Uravuga ibisazi,
Gahigi.

Ariko masenge,
byari... ukuri... mu
by'ukuri... yego, ni
byo ariko se... iki?

Amagambo yawe rimwe na rimwe aba
yumvikana nk'adafite icyo asobanuye. Nta
muntu wigeza ashaka kukuroga wa mwana
we, Ariko dukeneye kumenya neza
impamvu witwara gutya.



Masenge yakoze ikintu yumvaga yakora muri icyo gihe maze anjyana ku muganga gakondo.

Ibi ntabindi uretse ibirozi.

Hari umuntu... umwe mu banzi bawe. Ntibashaka ko usubira ku ishuri.

Ariko se, ni nde wabikora?

Ibi bisubizo biri buze bitinze ariko bigaragara. Kandi bizaguhenda kurusha amafaranga wishyuye mbere.

Kuri ubu, nshobora kuguha imiti nibura izagufasha kubona ibitotsi.

Ibitekerezo byo kurogwa byari biteye ubwoba.

Ariko naje gutuza binyuze mu gusobanukirwa ibyambagaho.

Naje kumva meze neza ntangira gutekereza ko bishoboka ko nsubira ku ishuri.

Ariko bidatinze, byaje kugaragara ko imiti nahabwaga n'umuganga gakondo itagize icyo imarira. Inzosi mbi no kubonekerwa n'ibintu ku manywa y'ihangu byaragarukaga kandi bikarenga urugero.



Ijoro rimwe, nakangutse mvuza induru cyane biteye ubwoba...



Masenge yaje kugira ubwoba bwinshi afitiye ubuzima bwe amakenga maze ahamagara polisi.

Ku bw'amahirwe, gufatwa kwange kwahise guteza urusaku rw'igihe gito rw'abaturanyi bari bateraniye hanze yo mu rugo.



Bayobozi, mube muretse gato!



Umwe mu baturanyi bange, Blandine, yari umujyanama w'ubuzima ku kigo nderabuzima cy'agace dutuyemo. Urusaku rwaramukanguye. Gusa nanejewe n'uko yakangutse kuko kuhagera kwe kwahinduye ubuzima bwange.

Nahoze nganira na Nyirasenge w'uyu musore kandi ndatekereza ko ashobora kuba afite uburwayi.

Oya, ariko nkorera ikigo nderabuzima kandi uburwayi bwe ndabuzi. Niwemera kujyana uyu musore ku bitaro bivura indwara zo mu mutwe, nange ndikurikiranira ibyerekeye abayobozi bo mu nzego z'ibanze.



Madamu, uri umuganga?

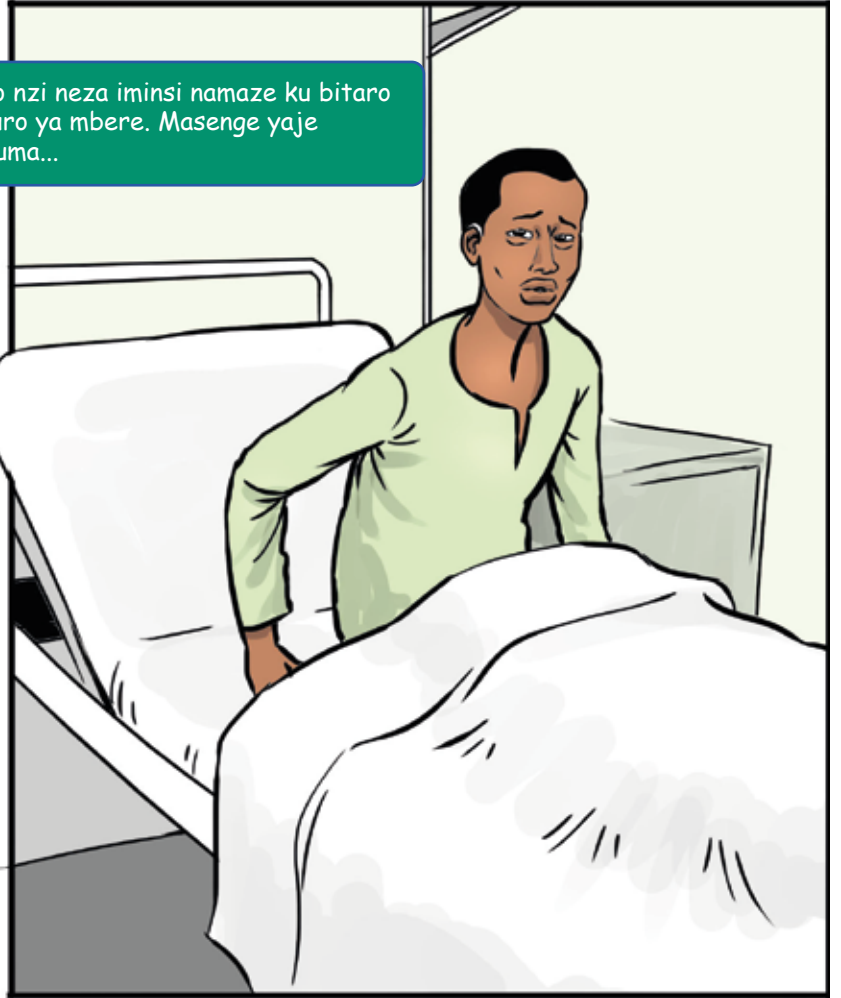


Tugiye kugutegereza ubanze ukore ibyo.

Gahigi, tugiyeye ku bitaro. Ndabizi ko ufite ubwoba, ariko ibi biraza kuba byiza cyane kuri wowe.



Ntabwo nzi neza iminsi namaze ku bitaro ku nshuro ya mbere. Masenge yaje kunsuzuma...



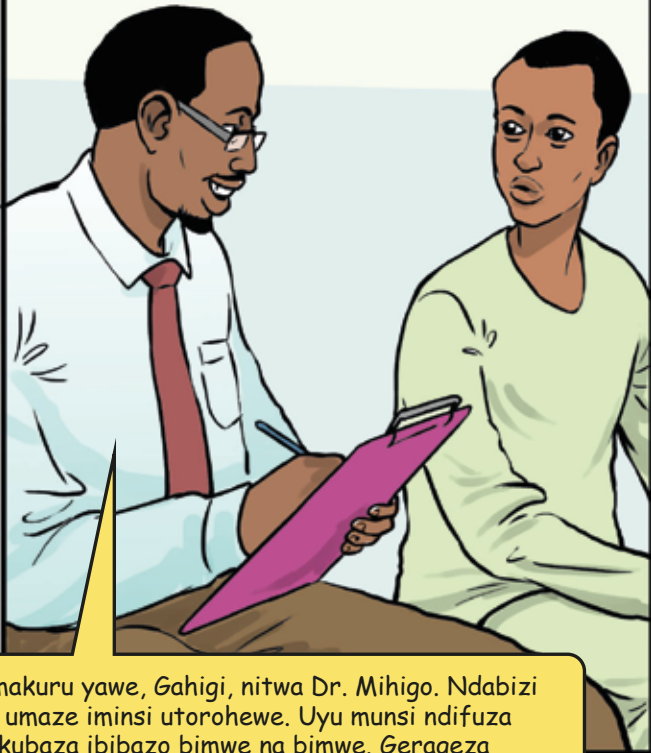
... Ariko narasinziriye ndongera ndasinzira.



Bampaye imiti.

Hashize igihe, natangiye koroherwa, maze umuganga aza kunsura.

Ntabwo byari binyoroheye gusubiriramo muganga inkuru yange. Numvaga mfite ipfunwe bitewe n'uko nibukaga ibyo kuva mu ishuri no kwikanga baringa.



Amakuru yawe, Gahigi, nitwa Dr. Mihigo. Ndabizi ko umaze iminsi utorohewe. Uyu munsi ndifuza kukubaza ibibazo bimwe na bimwe. Gerageza kubisubiza uko biri. Intego yange imwe rukumbi aha, ni ukugufasha.

Gahigi, ibyo wari umu usobanura... ibi ni ibimenyetso. Ibimenyetso simusiga kandi bikomeye bya shizofereni*.

Ariko, nanatunguwe n'uburyo kuvugisha muganga byari ibintu byoroshye. Yemeye neza ibyo namubwiye ko nacyemo.... kwikanga baringa, inzozo mbi... n'amajwi adasanze.

WAVUGA KO

SHIZOFERENI ARI IKI?

Shizofereni* ni indwara ikunda kwibasira imitekerereze.

Ushobora nawe ubwawe kuba warasuzumwe iyi ndwara.

Kandi ntabwo uri wenyine. Mu Rwanda, hari abantu benshi barwaye shizofereni*.

Ntabwo ikiytera kiramenyekana, ariko twamaze kumenya ko itandura. Ibyo bisobanura ko "utanduye" iyo ndwara, kandi ko nta muntu ushobora kuyanduza. **Ariko ni ingenzi cyane kuzirikana ko ibimenyetso byayo bikaze.**



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

Umbabarire, Gahigi. Sinamenye ko warwaye iyi ndwara.

Muganga, ese iyi ndwara ishobora gukira?



Mfite impungenge ko nta muti uvura iyi ndwara uhari. Ariko hari ubuvuzi... imiti ni igice gikomeye kibugize. Iki ni ikintu dukwiye kuganiraho uko byagenda kose.



UBUVUZI UMUTI



Imiti ni igice k'ingenzi cy'ubuvuzi.

Niba waramaze gusuzumwa kandi bikagaragara ko ufite shizofereni*, nta kabuza muganga araza kukuganiriza ibyerekeye imiti. Hashobora kwandikwa imiti itandukanye ku mpamvu zitandukanye cyangwa hagamijwe guhangana n'ibimenyetso bitandukanye. Ibi ni bimwe mu byibutsa ubwoko butandukanye bw'imiti.

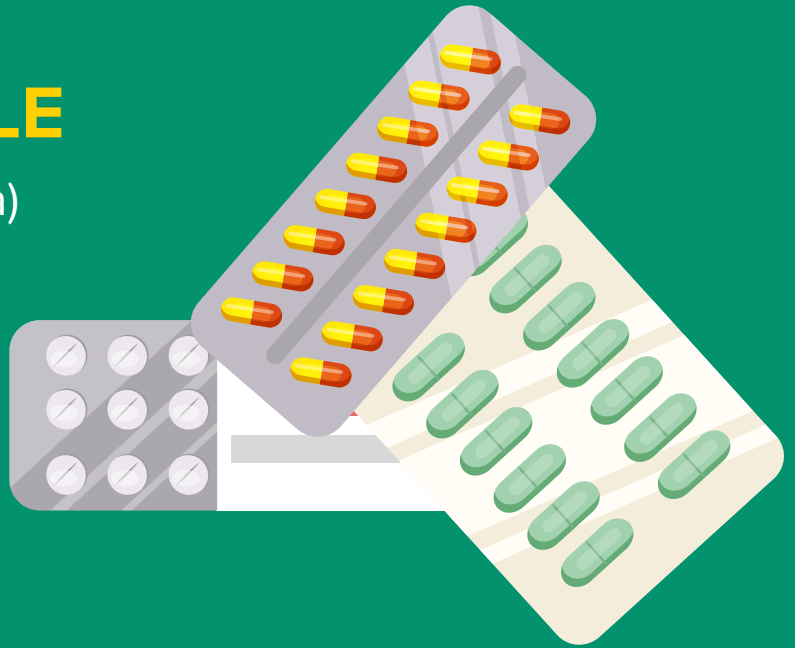
AMOKO Y'

IMITI

Hashobora gukoreshwa imiti y'ubwoko butandukanye mu kuvura shizofereni*. Kugeza ubu, mu Rwanda hari ubwo bubiri gusa.

IBININI NA KAPUSILE

- Bicishwa mu kanwa (kubinywa)
- Binyobwa buri munsi
- Biza bifite doze zitandukanye



INSHINGE

- Zigomba kwandikwa n'inzobere mu by'ubuzima
- Zishobora kwifashishwa mu buvuzi bw'igihe kigufi cyangwa ikirekire
- Imwe n'imwe ifatwa inshuro imwe mu kwezi



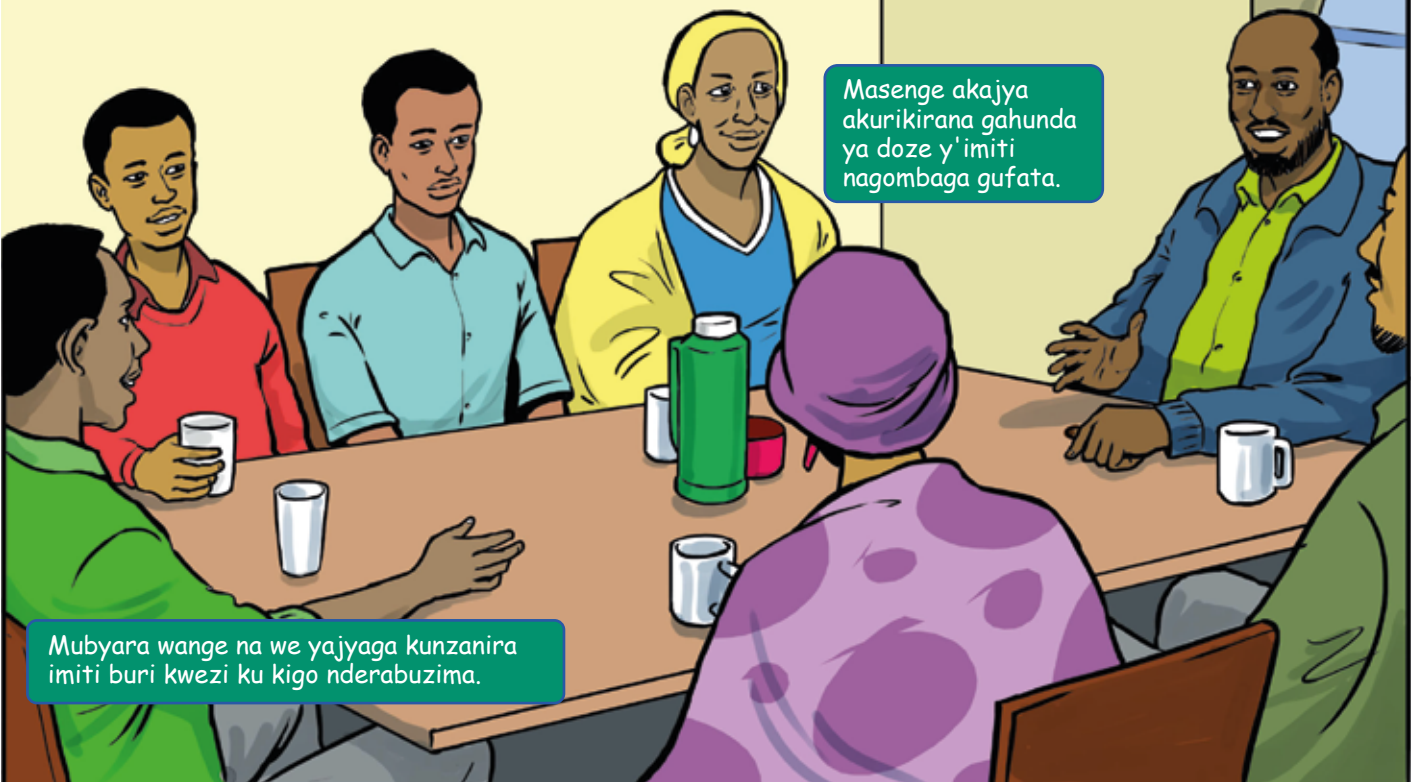
Ubwa mbere, muganga wange yanyandikiye imiti nzajya nywa buri munsu. Nyuma yigihe, naje kubona ko hari icyahindutse.



Sinari kuvuga ko ari igitangaza, ariko narorohewe. Ariko hari hakiriho ibyo gukurikirana.



Ikintu kimwe Dr. Mihigo yasabye cyari ugukora itsinda ritanga ubufasha. Na Masenge azana abavandimwe bo kudufasha mu micungire.



Marume yiyemeje kujya anjyana kubonana na muganga kuri moto ye.

Masenge akajya akurikirana gahunda ya doze y'imiti nagombaga gufata.

Mubyara wange na we yajyaga kunzanira imiti buri kwezi ku kigo nderabuzima.



Izere neza ko umuryango wawe usobanukiwe ko ufite uburwayi kandi ukeneye ubufasha.

Kubahiriza gahunda y'uburyo ufatamo imiti ni ingenzi.

Menyesha buri wese ko udashobora guhindura cyangwa guhagarika gahunda y'uburyo ufatamo imiti mu gihe utabisabwe na muganga.

MENYA ABAGUHA UBUFASHA

- Reka bagufashe gukurikirana gahunda y'ubuvuzi bwawe
- Reka bagufashe gukurikirana itsinda ryawe ry'ubuvuzi n'aho uvurirwa.

ITSINDA GAHIGI



NYIRASENGE UWERA

Umurwaza w'ibanze wa Gahigi ukora ku buryo Gahigi afata imiti uko bisabwa, afite amafunguro, ndetse akanareba neza niba atagaragaje ibimenyetso cyangwa atongeye kumererwa nabi. Amwereka urukundo kandi akanamutera akanyabugabo buri munsi.



BLANDINE

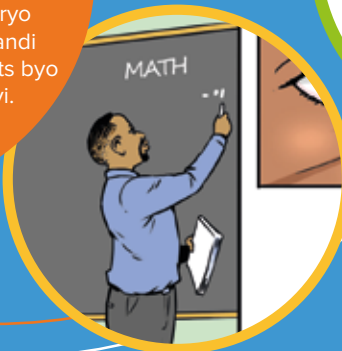
Umujyanama w'ubuzima ujyana Gahigi mu itsinda ritanga ubufasha ku bantu barwaye shizofereni*. Afasha kandi mu kwibutsa nyirasenge, Uwera, gahunda Gahigi afitanye na muganga n'igihe akeneye kongera gufata indi imiti.

DR. MIHIGO

Uwita ku buzima bwa Gahigi w'ibanze ukurikiranira hafi uburwayi bwe akanamwandikira imiti

UMUYOBOZI W'IKIGO CY'AMASHURI

Umuyobozi w'ikigo cy'amashuri gishya cya Gahigi azi ibijyanye n'uburwayi bwe kandi yihuguye ndetse ahugura n'abandi mu kigo ku ndwara ya shizofereni* kugira ngo agabanye akato. Avugisha Gahigi ku buryo buhoraho, amutera ishyaka kandi akamufasha kumenya ibimenyets byo gusubira inyuma k'umurwayi.



*shizofereni = uburwayi bwomumutwe bukabije

ABAGUHA

UBUFASHA

Nk'uko byagenze kuri Gahigi, uzungukira mu gutekereza urugendo rwawe rwo gukira nk'imbaraga z'itsinda. Andika amazina y'abagize itsinda ritanga ubufasha n'ubuvuzi n'ibyo buri wese akora kugira ngo ukire. Uyu mukoro wawukorana n'ukwitaho w'ibanze cyangwa umwe mu bagize umuryango wawe.

Abagaha ubufasha bashobora kuba:

- Umuryango
- Abaganga na Abaforomo
- Uwo mwashakanye / Uwo mubana
- Inshuti / Abaturanyi
- Umuyobozi w'umudugudu
- Abajyanama b'ubuzima
- Pasiteri / Umubwiriza



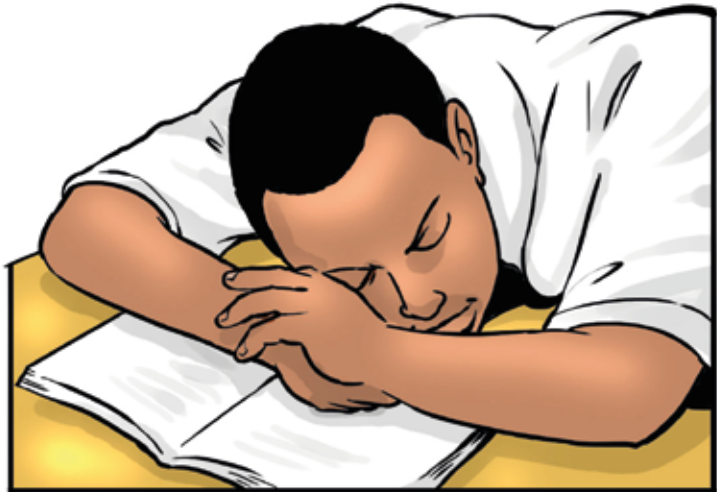
Kora urutonde rw'abantu bafite uruhare mu kuguha ubufasha:

IZINA	ICYO AKORA

Masenge yahisemo kunjyana ku kigo cy'amashuri kitwegereye, kubera ko byari ingenzi mu gukira kwange kuba hafi y'itsinda ritanga ubufasha.



Twamenyesheje mwarimu wange n'abanyeshuri kandi barasobanukiwe neza cyane.



Gahigi, urasa n'aho unaniwe. kuki utanywa amazi maze uge hanze kugira ngo utekane mu mutwe?



N'ubwo umuti wange wamfashaga kumva ntangiye kuguma hamwe.



Izi ni ingaruka mbi z'umuti nanywaga. Nejejwe no kuba mvugana n'abantu atari uburwayi bwange gusa, ahubwo n'ibijyanye n'imiti n'ingaruka zayo mbi.



INGARUKA MBI ZITERWA

N'IMITI



Icyo kwitondera ni ubwivumburwe bw'umubiri bushingiye ku miti twita **ingaruka mbi ziterwa n'imiti**. Ubu ni ubundi burwayi bushobora guterwa n'umuti ubwawo.

Zimwe mu ngaruka mbi ziterwa n'imiti, guhondohera (gusinzira bya hatu na hatu) cyangwa kwiyoungera ku ibiro 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 kwiyoungera kw'isukari mu maraso, ari byo kugira isukari nyinshi yo mu maraso. Ingaruka mbi ziterwa n'imiti zigenda zitandukana bitewe n'umuti wafashe. Muganga aguteguza ingaruka mbi ziterwa n'imiti ushobora guhura na zo.



Ifashishe aka gakaye kugira ngo ukurikirane ingaruka mbi ziterwa n'imiti wahuye na zo kugira ngo ubashe kuziganiriza muganga.



Ndimu guhura n'ingaruka mbi ziterwa n'imiti zikurikira:

-
-
-
-

Izi ngaruka mbi ziterwa n'imiti zisa n'izishobora kugenda zikomera:

-
-
-
-

Unyitaho cyangwa abampa ubufasha bambwiye ko izi ngaruka ziterwa n'imiti zisa n'izigenda zikomera:



-
-

Mu ngaruka mbi zose nahuye na zo, ndimo kugorwa n'izi:

-
-

Nagiye numva ingaruka mbi ziterwa n' imiti n' inshingano zose bibaye byinshi... Nashakaga kongera kumera neza.



Ni iki kitagenda neza, Gahigi? Haba hari icyabaye ku ishuri?



Uyu muti ndawurambiwe. Ndambiwe imipango yose na gahunda mpabwa na muganga. Ndashaka gukora cyane kugira ngo numve ko ari nge koko. Birasa nkaho ari akarengane..

Gahigi, mbabajwe n' uko bikugoye. Ariko wabaye intwari cyane kandi nzi neza ko ufite ibikenewe ngo ukomeze kuvurwa. Ntabwo ushobora guhagarika urugendo watangiye. Gerageza gutekereza uburyo uri uw' agaciro. Ufite abagufasha benshi kandi tuzakomeza kugufasha kuko tugukunda cyane.





Kimwe mu bintu bikomeye bijyanye no kubana na shizofereni* ni uko iyo ibimenyetso bikurikiranywe neza, wibagirwa ibihe bikomeye byose wahuye na byo mu buvuzi.

Bishobora kugerageza kukubuza gukomeza gufata imiti.

Ari ni ingenzi cyane gukomeza gahunda yawe y'ubuvuzi ukaba ushobora kuyihindura gusa mu gihe bisabwe na muganga. Guhagarika imiti mu buryo budakwiye ni imwe mu mbarutso zo gusubira inyuma k'umurwayi. 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, byitwa imbarutso, bishobora gutuma habaho gusubira inyuma k'umurwayi. Kumenya ibyerekeye imbarutso byafasha mu kurinda ibyo byago.

Imbarutso ziratandukana 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

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)



KUGENZURA

IBIMENYETSO BYAWE

 Rimwe na rimwe ibimenyetso bisanzwe bishobora gukara, kwiyongera cyangwa gutinda. Ibi bishobora kuba intangiriro yo gusubira inyuma k'umurwayi.

Ni ibihe bimenyetso nkunda guhura na byo iyo ntangiye gusubira inyuma?

Ni ibihe bimenyetso bikara kandi bingora kwihanganira iyo ntangiye gusubira inyuma?

Ni ibihe bimenyetso bimara igihe kirekire bidasanze iyo ntangiye gusubira inyuma?

Aho kugira ngo mpagarike imiti, Masenge yanyumvishije ko nkwiye gufata umwanya ngatekereza ku ho nari ngeze mu rugendo.

Twatangiyeye twibanda ku bihe bikomeye nanyuzemo ku ishuri.



Twanatangiyeye kwandika intego nari mfite mu mutwe wange. Natekerezaga nashoboye gukora... wenda ngakorera amafaranga... cyangwa ngakomeza kwiga...

Bitewe n'uko shizofereni* itagira umuti, ugomba kwitegura urugendo rurerure. Hari ubwo bizakomera ukumva wabivamo. Iyi ni yo mpamvu ari ingenzi kubika amakuru no gukomeza gukurikirana intego z'ubuzima wifuza kugeraho.



KUGIRA AGAKAYE WANDIKAMO AMAKURU UKO UJYENDA UKIRA

Kimwe mu bintu ushobora gukora kugira urusheho gukira ni ukwandika uko wiyumva, cyangwa ibihe by'ingenzi mu rugendo rwawe rwo gukira. Ibi birafasha cyane kuko biha muganga wawe ishusho yo gukira kwawe no kugufasha kumenya aho ugeze.

Izi ni zimwe mu ngero...



Wagize
ingaruka mbi
ziterwa n'imiti



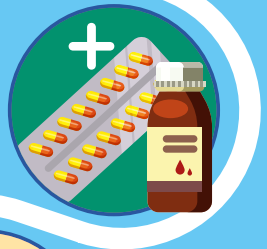
Wahagaritse
imiti

Wasubiye
inyuma



Wandikiwe
ibitaro

Watangiyeye
umuti mushya



Wifatanyije n'itsinda
ritanga ubufasha

Wabonye
akazi



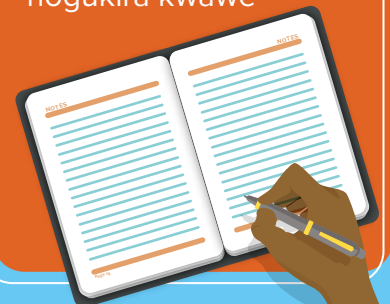
Watangiyeye
imyitozo
ngororamubiri

Wagiye mu
rukundo



Ahakurikira:

Ikorere agakayi kawe bwite ko kwandikamo amakuru ajyanye nogukira kwawe



AGAKAYI KANGE

KO KWANDIKA AMAKURU AJYANYE NO GUKIRA

Ushobora gukoresha agatabo akariko kose ugakora agakaye koroheje nk'agakurikira. Bigire umuco kwandika amakuru inshuro imwe mu kwezi cyangwa mu cyumweru.



ITARIKI

1. URUMVA UMEREWU UTE UYU MUNSI?

😞 NABI CYANE

😞 NABI

😞 BIRINGANIYE

😊 NEZA

😊 NEZA CYANE

2. KUKI WUMVA UMEZE UTYO?

3. NI IBIHE BIHE BYIZA BYABAYEHO?

4. NI IZIHE NGORANE WAHUYE NA ZO?

KWIHA INTEGO

Iyi mbonerahamwe ishobora kugufasha kumenya urwego unyuzweho cyangwa wishimyeho mu bice by'ubuzima bitandukanye. Noneho ukamenya ibice by'ubuzima ushaka gukoramo impinduka no kwiha intego nshya.

Kwha intego ni uburyo bwiza bwo kwibanda ku rugendo rwawe rwo gukira. Ibi bikorane n'umuryango wawe cyangwa ukwitaho.



Nyuzwe bingana iki?

IBICE BY'UBUZIMA		Sinyuzwe	Ndanyuzwe mu rugero	Ndanyuzwe Cyane	IBICE BY'UBUZIMA		Sinyuzwe	Ndanyuzwe mu rugero	Ndanyuzwe Cyane
	Aho kuba					Imibanire n'inshuti			
	Muganga/ Itsinda ry'Ubuuzi					Kujya mu rukundo			
	Umuti					Kuba uw'umuryango mugari			
	Uburezi					Ubuzima muri rusange			
	Akazi					Ibinezeza/ Ibyo ukunda			
	Amafaranga/ Imari					Gusenga			
	Imibanire n'umuryango					Ikindi			



Ibi ni ibice by'ubuzima bitatu nifuzwa kuzamura urwego rwabyo no kwiha intego nshya:

- 1.
- 2.
- 3.

Nashoboye kurangiza kwiga kandi mbonera ibyishimo mu bintu bimwe na bimwe nakundaga mbere yo kurwara, nk'umupira w'amaguru.



Ndabizi ko urugendo rwange ari rurerure, kandi ko hari igihe ruzaba rugoranye, ariko mfite umuryango wange, itsinda ry'ubufasha na gahunda.



Yego, ndwaye shizofereni*. Ariko mfite n'Urukundo. icyizere. N'ubuvuzi.



Urugendo rwa Gahigi

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?

Impera z'icyumweru

(ku wa Gatandatu-ku Cyumweru)

Mbere ya saa sita (9 - 12)

Nyuma ya saa sita (12 - 3)

Nimugoroba (3 - 7)

Iminsi y'akazi

(ku wa Mbere- ku wa Gatanu)

Mbere ya saa sita (9 - 12)

Nyuma ya saa sita (12 - 3)

Nimugoroba (3 - 7)



Murakoze!



Murakoze!



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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.



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



Amahame 5 ayobora mu rugendo rwo gukira

- 1** Shizofereni ni uburwayi buvurwa n'imiti. Ntugahagarike imiti utavuganye na muganga. Mu gihe nta muti shizofereni uhari, tekereza gukira nk'urugendo rurerure.
- 2** Gukira ni imbaraga z'itsinda. Tegura uburyo bwo gukira bukomeye n'itsinda ritanga ubufasha kugira ngo bigufashe. Ibi bikorane n'uwikwitaho.
- 3** Fata iyambere mu gukira kwawe. Andika buri kimwe wifuzza kuganiriza muganga mu gsurwa gukurikira na muganga wawe, gira agakaye ko kwandikamo amakuru y'ubuvuzi kameze nk'akagaragara muri iki gitabo, maze wihe intego hamwe n'umuryango wawe, uko ubayeho, cyangwa n'akazi kawe.
- 4** Irinde ibishobora kuba imbarutso yo gusubira inyuma kwawe kandi wige kumenya ibimenyetso byo gusubira inyuma. Saba uwikwitaho n'umuryango wawe bagufashe kumenya ibimenyetso bishoboka byo gusubira inyuma. Tegura igihe umeze neza ushyiranaho gahunda yo gusubira inyuma hamwe n'umuryango.
- 5** Ihame rya nyuma, ibuka ko uburwayi bwawe BUDASOBANURA uwo uri we. Mu gihe hakurikijwe inama zikubiye muri iki gitabo, abantu benshi barwaye shizofereni babaho mu buzima bwiza kandi bubafitiye akamaro.



Ndizera ko ukurikiza amasomo wigiye mu nkuru yange mu rugendo rwawe rwo gukira. shizofereni ni indwara ikomeye kandi buri wese agira urugendo rwe rwo gukira.

Tangira usangiza iki
gitabo umuryango wawe
n'abaturanyi!

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Republic of Rwanda
Ministry of Health



Johnson & Johnson