

URUGENDO RUTANGA ICYIZERE

URUGENDO RWA NTWARI

IGITABO CYA

3



Niba wita ku muntu wasuzumwe bagasanga arwaye indwara ya shizofereni, iki gitabo kirimo amakuru y'ingenzi yagufasha nk'umurwaza, kandi bikanafasha, kunoza urugendo rwo gukira rw'uwo ukunda.

Shizofereni ni iki?

Shizofereni ivurwa ite?

Uburyo bwo gufasha umurwayi wa shizofereni kubaho neza



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 Ntwari n'urugendo rwe kuva asuzumwe bagasanga arwaye indwara ya shizofereni* kugeza akize. **Inkuru ya Ntwari ni impimbano**, ariko hari abantu benshi barwaye uburwayi nk'ubwe.

DR. MIHIGO

Muganga wa Ntwari, inzobere mu by'ubuzima bwo mu mutwe akanayobora abasomyi biga ku ndwara ya shizofereni*.

NTWARI

Umusore ukiri muto ufite uburwayi bwa shizofereni*. Ntwari yari umusore ukerebutse kandi ukora cyane mbere y'uko arwara.

NEZA

Nyina wa Ntwari na mushiki we Uwase. Ni umubyeyi w'intwari wakora icyo ashoboye cyose ku bw'umuhungu we.

NIRINIRI

Umujyanama w'ubuzima ku ivuriro ry'agace dutuyemo.



GARUKA

Umugore wa Mugabo, akaba nyina w'abana babiri. Garuka yita ku muryango we cyane kandi akaba ashidikanya ku myitwarire ya mwishywa we, Ntwari.

MAZIMPAKA

Umuhungu wa Mugabo na Garuka, akaba mubyara wa Ntwari na Uwase.

MUGABO

Musaza wa Neza, akaba Nyirarume wa Ntwari, akaba akorana na Munezero ubucuruzi buciriritse mu mudugudu w'iwabo.

MUNEZERO

Se wa Ntwari akaba ari na we ubara inkuru ye. Umugabo ufitiye agaciro umuryango we.

UWASE

Mushiki wa Ntwari muto. Akunda musaza we kandi arifuza ko yakongera akaba uko yahoze.

Witegereje iyi foto, urabona umuryango buri wese yaterwa ishema no kwiwita uwe. Twese tubaho twegeranye. Bamwe muri twe baranakorana. Turizerana, tugafashanya kandi tukanitanaho bikomeye.



Ariko si ko twabigenzaga neza buri gihe. Igihe kimwe, umuhungu wange yarwaye indwara ikomeye ya shizofereni*.

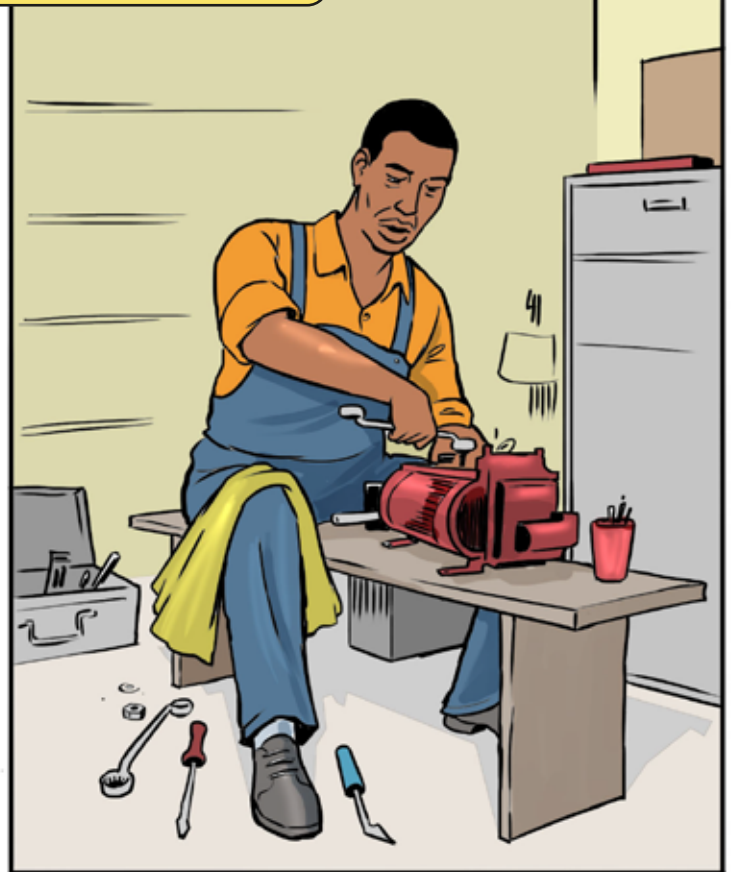
Nubwo yaje kumererwa neza nyuma, iyo ndwara yateje ibibazo bikomeye, atari kuri Ntwari gusa, ahubwo no ku muryango wose.

Ndifuzza kubasangiza inkuru yacu kubera ko niba hari umurwayi ubana na shizofereni* urwaje, hari BYINSHI wakwigira ku muryango wacu.

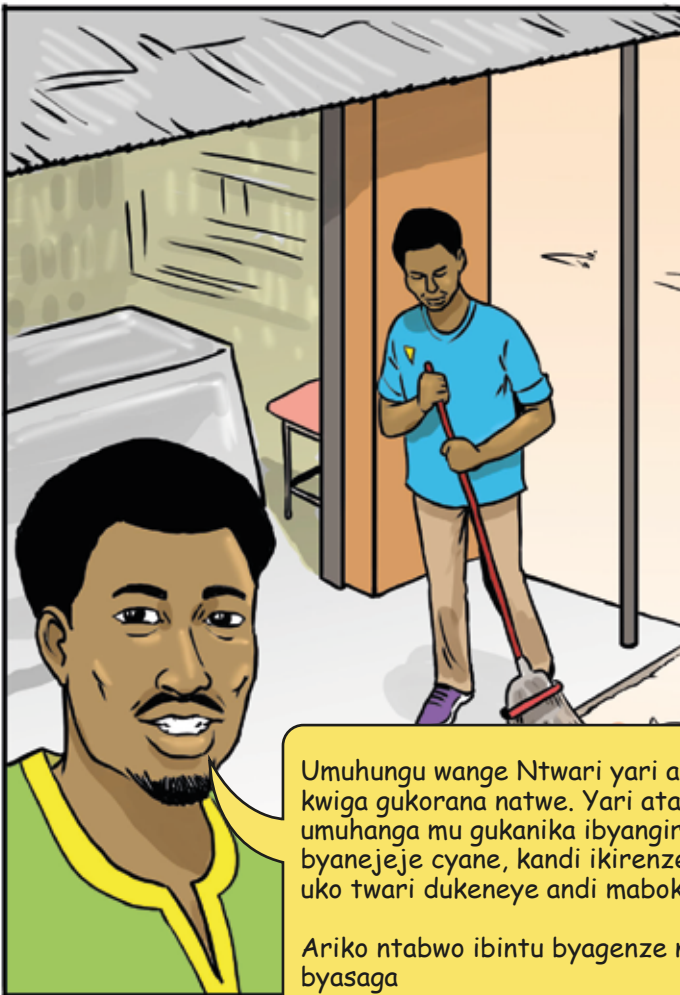


Ndabyibuka tukimenya ko dufite ikibazo...

Murabona, nkorana ubucuruzi buciriritse na muramu wange, ari we Mugabo.



Ku ikubitiro, mu rugo habaye ikibazo.



Umuhungu wange Ntwari yari atangiye kwiga gukorana natwe. Yari atangiye kuba umuhanga mu gukanga ibyangiritse, byari byanejeje cyane, kandi ikirenze kuri ibyo ni uko twari dukeneye andi maboko.

Ariko ntabwo ibintu byagenze neza nk' uko byasaga



Ubu Ntwari ari he?
Kuva mu gitondo sindamubona.



Shhh, araryamyeye.

Araryamyeye?
Kuri aya
masaha? Ariko
tugomba kujya
ku kazi.

Papa, yongeye
kurara adasinziye.



Namwumvise nijoro asa n'ufite
uwo baja impaka.

Ariko, mu by'ukuri nta
muntu wari uhari ...



Ntwari, uravugana
na nde?



Kubera iki?!? Ni nde... ariko
se... kuki muri iyi nzu hahora
umuntu uneka?!?

Nyuma y'igihe gito, nabashije kumusubiza ku buriri ndongera ndamuryamisha.



Ariko ubwo nageragezaga kumuvugisha, yavugaga ibidasobanutse. Yanshinjaga kumuneka.

Papa, birimo kuba bibi. Sinzi icyo twamukorera. Sinishimira kumubona ameze atya.



Umugore wange yansabye kutajyana Ntwari ku kazi kuko yatinyaga ko musaza we yabona iyo myitwarire idasanzwe ya Ntwari natwe twabonye mu rugo.



Sinari nzi n'icyo nakora. Ntwari amaze ibyumweru bitari bike yitwara mu buryo budasanzwe.



Umuhungu wawe ari he? Tumaze kugira akazi kenshi gakwiye kuvanwa mu nzira. Amaze iminsi ataza.



Mugabo, ntabwo ameze neza. Namusabye kuguma mu rugo kugeza igihe azamererwa neza.

Ariko birimo kudukombya, Munezero. Abantu batwishyura ntabwo bazagaruka. Bazatekereza ko tutari abo kwizerwa. Kandi nge nawe bizadutera gutinda mu kazi, bityo umuryango wange uzabyijutira.



Ndakumva. Ndareba ko azaza gukora ejo.

Ubwo nari ngeze mu rugo, nasanze Ntwari adakina umupira w'amaguru n'abato kuri we nk'uko byari bisanzwe.



Wugarure, Uwase, navuze ko uwukoresha umunota umwe!

Ntawo ngarura!

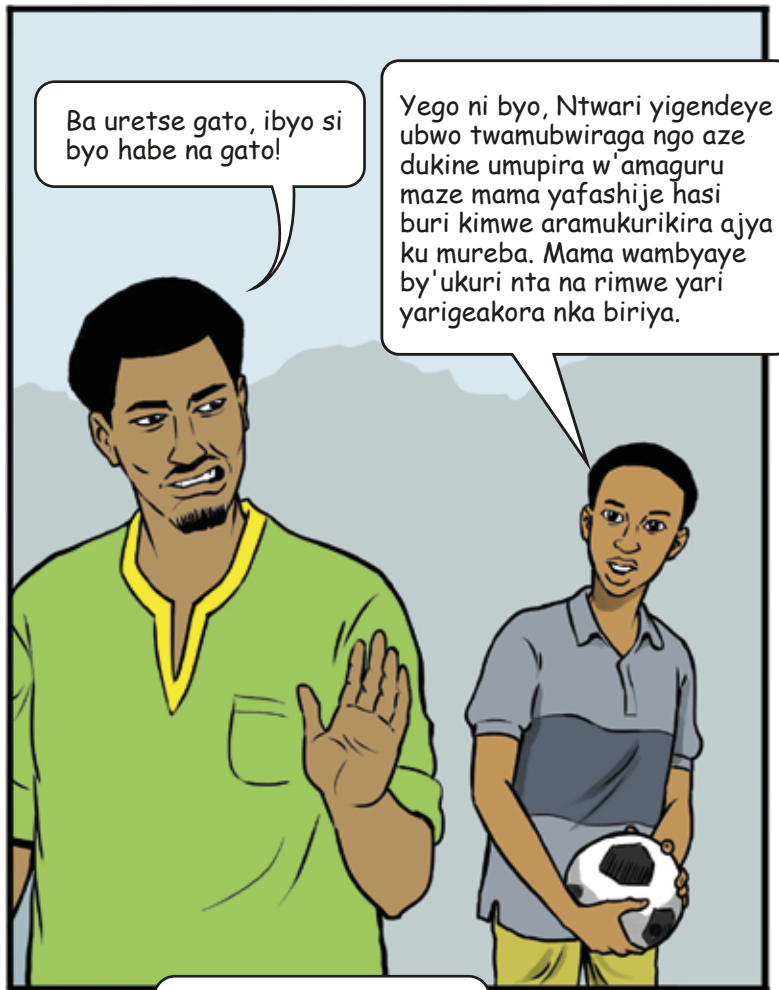
Birahagije! Reker aho. Ni iki kijya mbere? Mama wawe ari he?





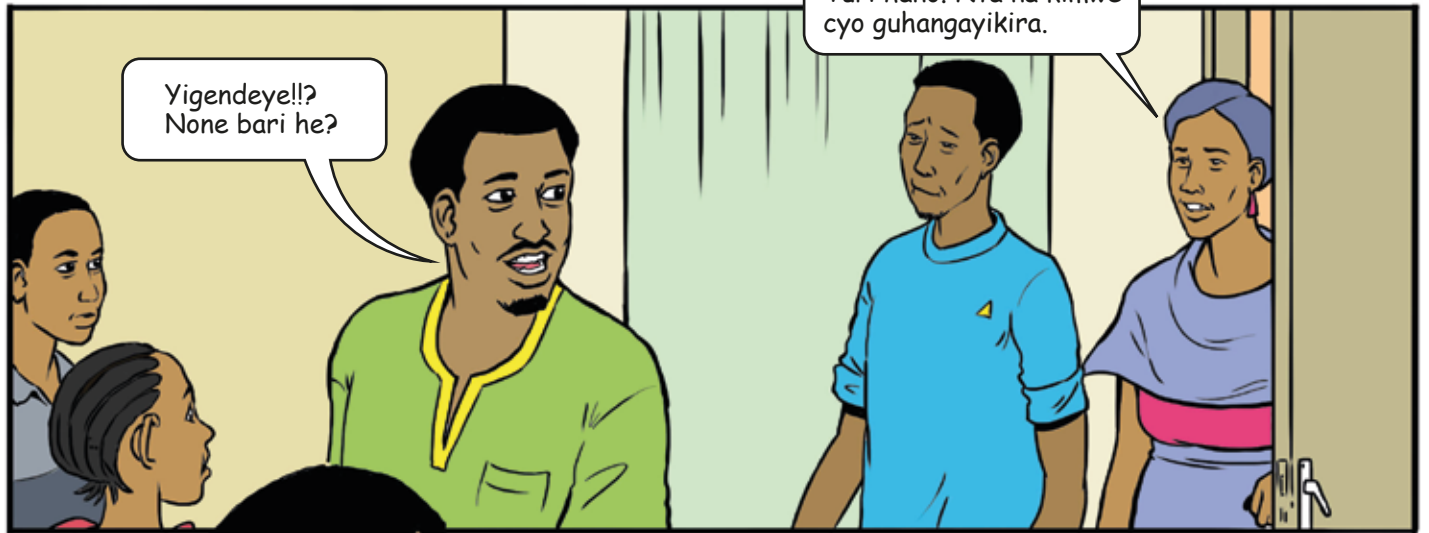
Ni nde umwitayeho se?!
Yijyaniye na Ntwari.

Ni byo, yita kuri
Ntwari gusa.



Ba uretse gato, ibyo si
byo habe na gato!

Yego ni byo, Ntwari yigendeye
ubwo twamubwiraga ngo aze
dukine umupira w'amaguru
maze mama yafashiye hasi
buri kimwe aramukurikira aya
ku mureba. Mama wambyaye
by'ukuri nta na rimwe yari
yarigeakora nka biriya.



Yigendeyell? None bari he?

Turi hano. Nta na kimwe
cyo guhangayikira.



Ushatse kuvuga iki ngo nta na kimwe
cyo guhangayikira? Mama, ubwawe
urasa n'uhangayitse.

Nta kibazo, Ntwari yabuze,
ni ibyo. Ngiye gusozza gufata
amafunguro ya nimugoroba.



Umbabarire papa, Ntabwo nzi ibiri kumbaho...
... twarimo dukina umupira ariko mu by'ukuri sinashakaga gukina.
Nagize ubwoba maze mu buryo bworoshye numva ko nkwiriye gutoroka.



Mu nkengeri z'umudugugu, hirya y'amangazini, aho hari umugabo uvura bakunze kwita Moses.



Nasobanuriye Moses ko imico ya Ntwari idasanze.

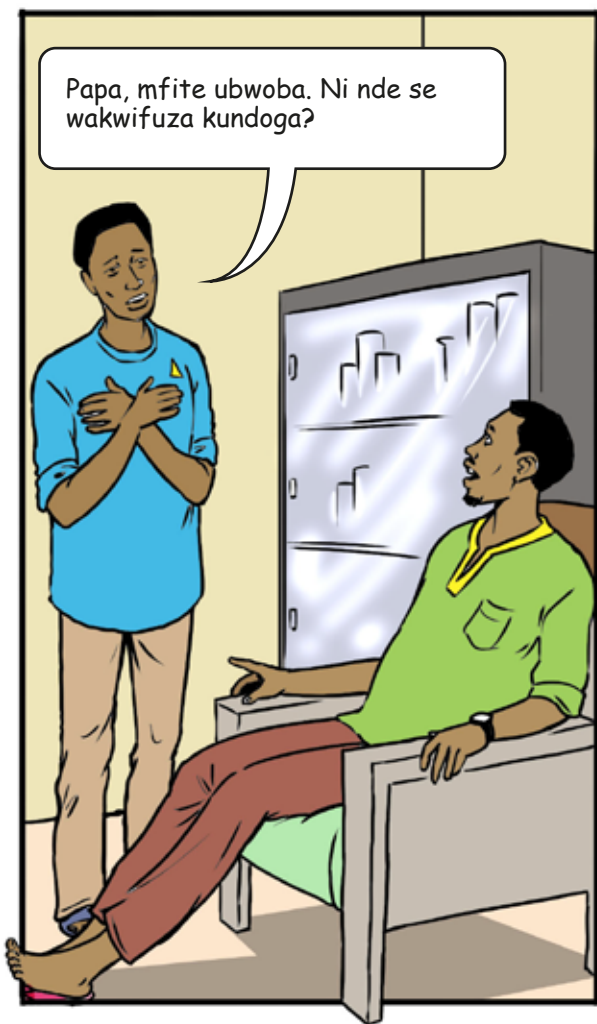


Uyu musore akeneye ubuvuzi bwihariye. Bisa n'aho hari uwamuroze. Urabizi ko ntari muganga ngenyine inaha. Hari abandi bakora ibintu by'ubupfumu... bagerageza gutuma abantu barwara kugira ngo bahindukire baze gushaka muganga... ariko ku bw'amahirwe waje ahantu hazima. Ngwino tujyane mu busitani.



Ibi byatsi bizagufasha gukira kandi imyuka mibi ikuvemo. Ariko, mu gihe kingana n'icyumweru, uzagaruka aha.





Papa, mfite ubwoba. Ni nde se wakwifuza kundoga?



Ni ibiki uvuga bijyanye n'ubupfumu?

Namujyanye kureba muganga gakondo mu nkengeri z'umugi.

Yaduhaye imiti kuko yiyumvishaga ko Ntwari bishoboka ko yarozwe.



Humura muhungu wange, byose biraza gushira kandi urongera kumera neza.



Munezero, ubu buvuzi wabwishyuye angahe?

Arenze ayo numvaga ko akwiye. Gusa, ibyo ntacyo bimaze. Ik'ingenzi ni uko Ntwari amererwa neza tugasubira ku kazi.

Ku ijoro ryahise no ku muni wakurikiyeho, Ntwari yasaga n'umeze neza bihagiye ku buryo yashoboraga gusubira ku kazi.



Munezero, wizeye neza ko ameze neza? Mu ijoro ryahise, umuhungu wange yambwiye ko Ntwari yabaye nk'ubatorotse mu gihe bakinaga umupira w'amaguru.

Yambwiye kandi ko umuhungu wawe... yarimo yivugisha.



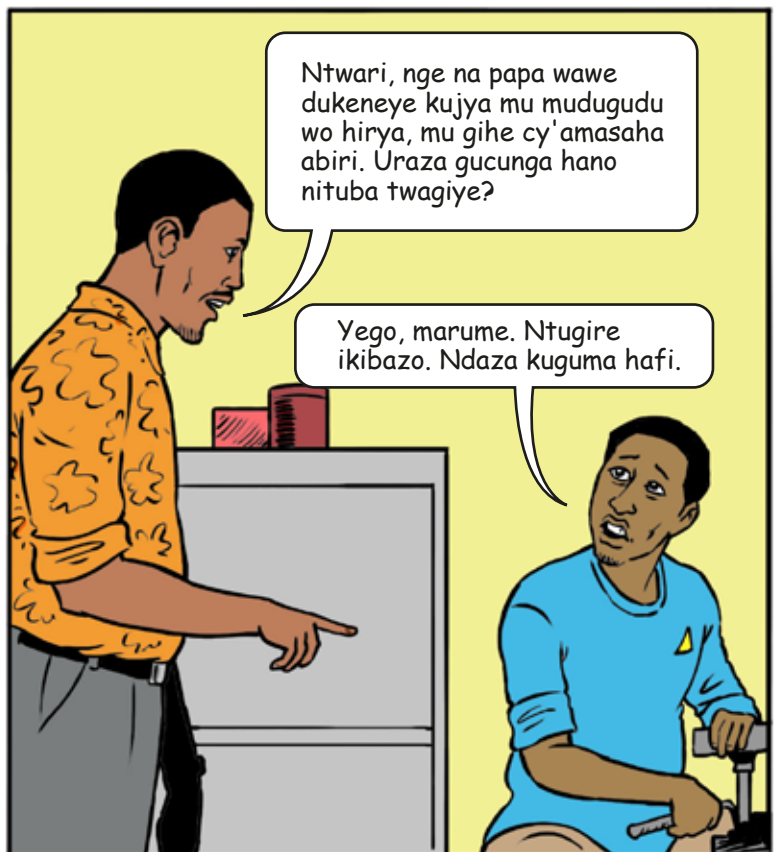
Wikabya. Ameze neza. Kuri ubu, buri kimwe kiri ku murongo.

Niba ariko ubivuze.



Ntwari, nge na papa wawe dukeneye kujya mu mudugudu wo hirya, mu gihe cy'amasaha abiri. Uraza gucunga hano nituba twagiye?

Yego, marume. Ntugire ikibazo. Ndaza kuguma hafi.



Tugarutse mu masaha ya nyuma ya saa sita, tugeze mu mpinga y'umusozi aho twabashaga kugeza amaso aho dukorera, naje kubona ko ubuzima bw'umuryango wacu bwahindutse burundu.



Ubwo abakiriya bazaga gufata imodoka zabo, Ntwari yirukankanaga imfunguzo zabo, avuze induru ko bari kutwiba.



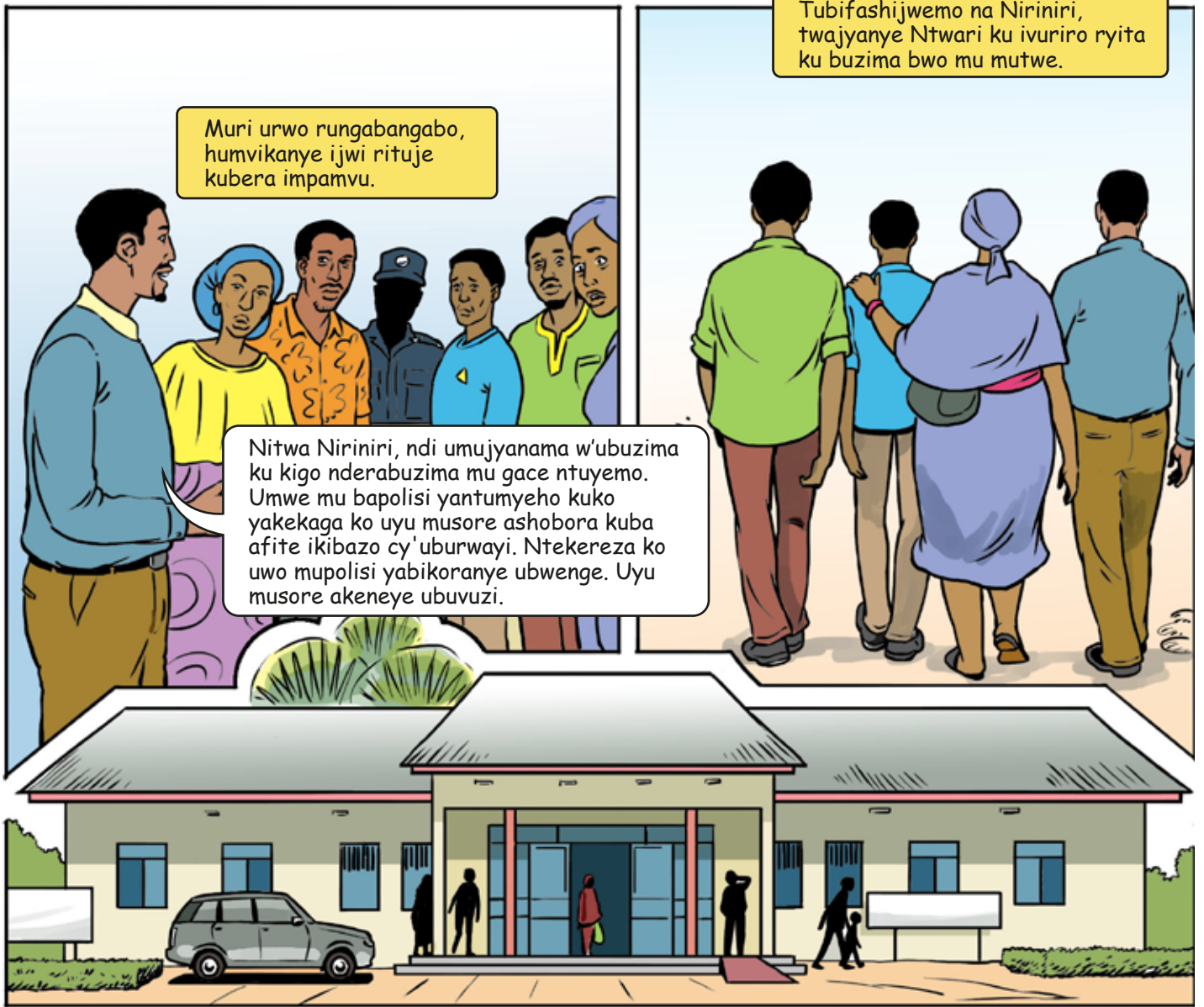
Bahamagaye polisi, iraza itwara Ntwari.



Abagore bacu bombi barahamagajwe.



Byatumye umugore wa Mugabo adushinja kuba twaremereye dayimoni kwinjira mu mwana wacu akanarahira ko imiryango yacu ntacyo yari kumarirana muri uwo mwanya.



Muri urwo rungabangabo, humvikanye ijwi rituje kubera impamvu.

Tubifashijwemo na Niriniri, twajyanye Ntwari ku ivuriro ryita ku buzima bwo mu mutwe.

Nitwa Niriniri, ndi umujoyanama w'ubuzima ku kigo nderabuzima mu gace ntuyemo. Umwe mu bapolisi yantumyeho kuko yakekaga ko uyu musore ashobora kuba afite ikibazo cy'uburwayi. Ntekereza ko uwo mupolisi yabikoranye ubwenge. Uyu musore akeneye ubuvuzi.



Mu gihe twari dutegereje Ntwari, umugore wange ntiyabashije kubyakira. Twiyumvishaga ko twe nk'ababyeyi, twananiwe inshingano.



Ariko ubwo twahuraga na Dr. Mihigo, inzobere mu by'ubuzima bwo mu mutwe, byasaga n'aho turuhutse umutwari uremereye. Yatangaga ikizere kandi ubona afite impuhwe.

Twasabwaga kwibuka, mu buryo burambuye, imyitwarire twabonye kuri Ntwari... imvugo idasanzwe, kwiganiriza, ndetse n'ubwoba budasobanutse kwasaga n'aho bumwugarije.

Ibidasanzwe byose urimo kuvuga biba kuri Ntwari ... ni ibimenyetso. Ibimenyetso simusiga kandi bikomeye bya shizofereni*.

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. Ilbyo bisobanuye ko uwo ukunda 'atafashwe' n'iyi ndwara, kandi ko atayanduza undi umuntu. **Ariko ni ingenzi cyane kuzirikana ko ibimenyetso byayo bikaze.**

*shizofereni = uburwayi bwomumutwe bukabije



NI IBIHE

BIMENYETSO BYAYO?

Abarwaye shizofereni* bose ntibahuza ibimenyetso, ariko hari imyitwarire bagira ushobora kumenya ...



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

*shizofereni = uburwayi bwomumutwe bukabije

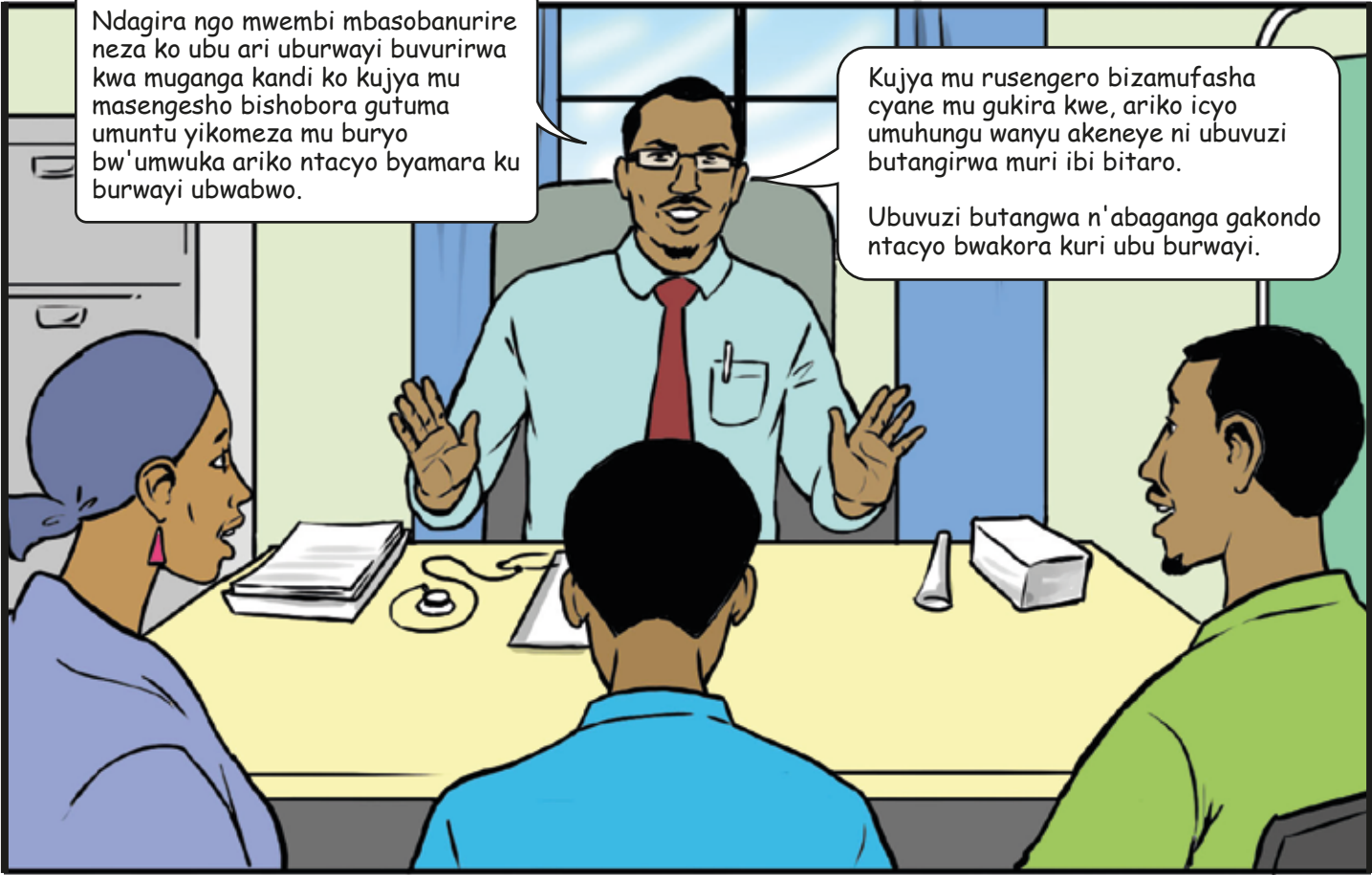


Ntwari, muhungu wange, umbabarire. Ni amakosa yange. Sinakwitayeho uko bikwiye.

Muramukazi wange yari afite ukuri. Ntabwo twakujyanye mu masengesho kenshi gahagije. Twarakwirengagije none dore ibibaye!

Ibyo ntacyo bimaze! Ntabwo ari amakosa yawe. Ni ayange. Sinakabaye naramujyanye ku muganga gakondo!

Mumbabarire mbace mu ijambo gato.



Ndagira ngo mwembi mbasobanurire neza ko ubu ari uburwayi buvurirwa kwa muganga kandi ko kujya mu masengesho bishobora gutuma umuntu yikomeza mu buryo bw'umwuka ariko ntacyo byamara ku burwayi ubwabwo.

Kujya mu rusengero bizamufasha cyane mu gukira kwe, ariko icyo umuhungu wanyu akeneye ni ubuvuzi butangirwa muri ibi bitaro.

Ubuvuzi butangwa n'abaganga gakondo ntacyo bwakora kuri ubu burwayi.

UBUVUZI

UMUTI

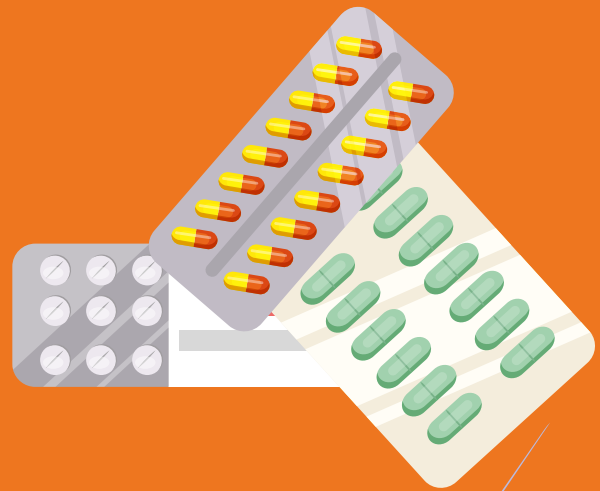


Niba uwo ukunda yarasuzumwe bagasanga arwaye indwara ya shizofereni*, bishoboka ko muganga yaba yarakuganirije, cyangwa azakuganiriza vuba, ku bijyanye n'imiti. Mushobora kwandikirwa imiti y'ubwoko butandukanye ku bw'impamvu zitandukanye cyangwa ku bwo kuvura ibimenyetso bitandukanye.

Dore inyibutsa z'ingenzi ku bwoko butandukanye bw'imiti:

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



Dr. Mihigo yadusobanuriye ko ubuvuzi ari yo ntambwe ya mbere y'urugendo rwo gukira kwa Ntwari, kandi ko tubaye dukoze ibintu neza uko bikwiye, twari tugiye gukorera hamwe dusangiye intego nk'uko undi muryango nyarwanda mwiza wose wabigenza.



Neza, ndabizi ko ubwawe witanze cyane ugakurikirana Ntwari, ariko ndabona ko ibi atari ibintu wakwishoboza ubwawe.

Ndabyemera, ariko nubwo twafatanyaga ndabona bisa nkaho bitoroshye kubyubahiriza.

Yego, ni byo. Hari byinshi byo gucunga. Ibi bigiye kudasaba imbaraga nyinshi twese. Tekereza ku gihe ababyeyi bawe bagendaga basa kandi babayeho mu buzima bubi. Umuryango wacu wose wasangiye umutwaro. Kandi si n'abari aha gusa.

Yego, bigiye kuba ngombwa ko byose bisobanurirwa abasigaye bo mu muryango ku rugero runaka.



Ni byo rwose. Ntekereza kandi ko kugira ngo bikorwe, tugomba kwiga uko dushoboye ibyerekeye ubu burwayi. Niba bisobanuye ko tugomba gusoma buri nyandiko twahawe na muganga... niba bisobanuye ko kumenya ibyerekeye shizofereni* dukeneye kubigira akazi kacu... icyo ni cyo tuzakora.

Twakurikijeho gufata umwanzuro wo guha buri wese mu rugo inshingano mu rugendo rwo gukira kwa Ntwari.



Nk'umwe mu bagombaga kubanza, nakurikiranye uburyo Ntwari afatamo imiti kandi umugore wange agakurikirana ko byubahirijwe.... Ibimenyetso bya Ntwari, kwandika buri muni kugira ngo tumenye niba bimwe muri byo birushaho kuba bibi cyangwa byoroha.

Ndetse n' Uwase twamuhaye inshingano - kwibutsa musaza we ibintu byose yarimo akora...

... kwishimana na we mu gihe yabashije kubahiriza gahunda ye, cyangwa mu gihe yashoboye kongera gukora ibyo yakundaga gukora...



... nko gukina umupira w'amaguru.

Nge na Neza twakomeje umurava wacu. Twize bihagije kandi uko dushoboye ku burwayi bwa Ntwari.

Twarebye mu makuru yose dufite, twasomye ibintu bimwe inshuro zirenze imwe, kandi tugerageza gufashanya gusobanukirwa gahunda twashyiraga mu bikorwa.



Byari binejeje guhurira hamwe nk'umuryango ku bwa Ntwari. Byarangiye twumva ibintu byose biri mu murongo kandi dukora nk'itsinda.

GUKIRA

NI IMBARAGA Z'ITSINDA!

Kwita ku wo ukunda ubana na shizofereni* ni imbaraga z'itsinda. Nk'uwita ku murwayi, gushyiraho itsinda ry'ubuvuzi n'ubufasha rikomeye ntibizagufasha gusa kugira abo mugabana inshingano, ahubwo bizatuma habaho ibisubizo byo gukira byiza.

Vugana n'umuryango wawe ku bijyanye na buri nshingano. Uru ni urutonde rw'ibyo umuruntu uri mu rugendo rwo gukira akeneramo ubufasha, ariko birumvikana ko buri wese aba yihariye.



Ibyo wakora kugira ngo ufashe uwo ukunda mu rugendo rwe rwo gukira:

- Kumufasha kubahiriza gahunda y'imiti** umwibutsa igihe ayifatira no kumenya neza ko yabonye ibyo kurya n'amafunguro atetse.
- Menya ibimenyetso byo gusubira inyuma k'umurwayi maze ufashe mu kumenya impinduka zishobora kugaragaza ko umurwayi agiye gusubira inyuma. Ibi wabikora wifashishije uburyo bwo **kugira agakaye wandikamo amakuru**.
- Mufashe **gutegura gahunda yo kubonana na muganga wandika ibintu bakeneye kuganiraho** no kugenzura agakayi ke yandikamo amakuru yerekeye gukira.
- Marana na we igihe mu bikorwa byiza no kuruhuka, nko kugenda no kuganira. **Fasha mu gushyigikira imibereho** myiza kandi ntubahe inzoga cyangwa urumogi.
- Fasha **mu gukurikirana gahunda ya bafitanye na muganga** kandi ubaherekeze mu gihe cyo kujya kubonana na muganga.
- Kwemera gusigarana abana cyangwa abavandimwe b'umuntu urwaye shizofereni* mu gihe yagiye kubonana na muganga.
- Fasha umuntu ufite shizofereni* **gucunga inshingano** ze nk'izijyanye n'amafaranga, guhaha cyangwa imirimo irambirana.
- Mufashe **kongeraga gufata indi miti** kuri farumasi, cyane cyane igihe bisaba gukora urugendo.
- Mufashe gushyiraho intego z'ubuzima no gukira.**
- Ni inshingano ya buri wese mu itsinda yo kurwanya akato mu muryango mugari. **Ihugure** ku ndwara ya shizofereni* hamwe n'abandi mu muryango mugari. Ushobora guhera ku gusoma no gusangiza abandi iki gitabo!

Nk'uwita ku burwayi, nawe ushobora gukenera ubufasha. Ibi ni bimwe mu byo ushobora gusaba abandi ko bagufasha:

- Ubufasha bwo gucungirwa abana cyangwa urugo mu gihe wajyanye uwo ukunda kubonana na muganga
- Kora imirimo ya buri munsu yoroheje**, nko gusukura mu rugo cyangwa guhaha ibiribwa n'ibinyobwa.

Umuryango wa Ntwari uhagarariwe na se, urimo gufasha Ntwari gukomeza gukurikiza gahunda y'ubuvuzi.

Ibi ni ingenzi cyane. Niba urimo kwita ku murwayi wa sikizofureniya, ukwiye kumenya gahunda yabo y'ubuvuzi n'ingengabihe yo gufatiraho imiti kugira ngo ubashe kumufasha.

Gahunda y'ubuvuzi ntigomba guhinduka bidatanzwemo inama na muganga.

Umuryango wa Ntwari washyizeho kandi itsinda ry'ubufasha ry'umuryango, abaganga, n'abandi mu muryango mugari.

Itsinda ry'ubufasha rifasha mu micungire ya gahunda y'ubuvuzi buhabwa umurwayi wa shizofereni*, rigakurikirana gahunda afitanye na muganga n'ingengabihe zo gufatiraho imiti.

ITSINDA RYITA

KURI NTWARI

Fata itsinda ryawe ritangaubufasha nk'ikipe. Mwese mukwiye gukorera hamwe mufite intego imwe: gukira.

MUNEZERO

Se wa Ntwari kandi akaba ari na we murwaza we w'ingenzi. Ni nka kapiteni w'ikipe. Akora ku buryo imiti Ntwari yandikiwe iba yuzuye, afite ibyo kurya kandi akanareba neza niba nta bimenyetso byo kongera kumererwa nabi agaragaza. Agaragariza urukundo kandi agatera akanyabugabo buri wese uri mu bagize itsinda.

NEZA

Nyina wa Ntwari akora ku buryo Ntwari afata amafunguro yuzuye buri gihe uko afashe imiti kandi akamufasha gukora imirimo ye imwe n'imwe ya buri muni. Afasha Ntwari kandi gukurikirana ibijyanye no gukira amufasha kwitegura gahunda za muganga no kugenzura agakayi yandikamo amakuru yerekeye gukira.

NIRINIRI

Nk'umujyanama w'ubuzima, afasha Ntwari mu kumuha n'amatsinda y'ubufasha yagenewe abarwayi babana na shizofereni* anasobanurira umuryango mugari ibyerekeye uburwayi bwa Ntwari.

DR. MIHIGO

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

MUGABO & GARUKA

Abo, ni nyirarume na nyirasenge wa Ntwari. Bateguye gahunda y'uburyo ubucuruzi bwabo bwakomeza mu gihe Munezero adahari nk'igihe yajyanye Ntwari kubonana na muganga cyangwa mu gihe habaye gusubira inyuma k'umurwayi.

ITSINDA RYAWE

RIGUHA UBUFASHA

Nko kuri Ntwari, umuryango wawe wose uzungukira mu gutekereza ku rugendo rwo gukira rw'uwo mukunda nk'itsinda. Uru ni urugero rw'urupapuro rworoshye ushobora kwifashisha mu gushyiraho itsinda ritanga ubufasha n'ubuvuzi ndetse n'uruhare buri wese ashobora kugira. Iki ni ikintu mushobora gukorana n'umurwayi wa shizofereni*.

Abagaha ubufasha bashobora kuba:

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



Ufatanyije n'umurwayi wa shizofereni*, kora urutonde rw'abantu bose bashobora kuba bamwe mu bagize itsinda ry'ubufasha.

IZINA	ICYO AKORA

KUMVA NO KWIGA

Guhanahana amakuru ni ingenzi mu mubano wanyu. Wowe n'umurwayi wa shizofereni* witaho mushobora gukoresha uru rupapuro kugira ngo mutangire ibiganiro ku nsanganyamatsiko zitandukanye ku rugendo rwo gukira. Buri wese asome ibisubizo bya mugenzi we kugira ngo musobanukirwe kandi mufashanye neza.

 Isano ryacu n'Urugendo rwo gukira		
	 UMURWAYI WA SHIZOFERENI*	 IBITEKEREZO BY'UWITA KU MURWAYI
Icyo ngukeneyeho ni ...		
Icyo nkeneye mu gukira kwange/kwawe ni ...		
Imbogamizi ikomeye mu gukira kwange/kwawe ni ...		
Inshingano yange mu itsinda ry'ubuvuzi ni ...		
Ubuwuzi na serivisi bishobora kugira akamaro ni ...		
 Ubuwuzi n'imiti		
Icyo nifuzako ubuvuzi bwagaragaza ni ...		
Impamvu yo gufata imiti ni ...		
Imbogamizi ya mbere yerekeye gufata imiti ni ...		
Uburyo bwo kuguma mu murongo wo kwivuzako no gufata imiti ni ...		

Igice kinini cy'uburyo bwo kwiga kuri twe cyari nanone kwigira ku biba kuri Ntwari.



Ntwari, icyo nkwifuzaho ni uko wanyisanzuraho ukambwira byose. Nkeneye ko umenyesha, igihe icyo ari cyo cyose, wumva hari ibimenyetso twaganiriye na muganga ufite,... kwikanga baringa, ubwoba, kutabasha kwibanda ku kintu... Tugiye kubikurikirana byose.



INAMA ZO GUKIRA

Kuba umuntu **wumva neza ni** ingenzi cyane iyo wita ku murwayi wa shizofereni*...

*shizofereni = uburwayi bwomumutwe bukabije



KUMVA

1

Umva ushishikaye. Itondere ibyo umurwayi avuga kandi umusubiriremo ibyo wumvise kugira ngo wemeze ko wasobanukiwe koko. Mu gukora ibyo, uba umweretse ko mu by'ukuri umukurikiye, umwijeje ko nta kitumvikana, kandi umweretse icyubahiro.

2

Wite kuri icyo myizerere ipfuye udashyigikiye ibyo bitekerezo bihabanye n'ukuri. Akenshi, umurwayi wa shizofereni* ashobora kuvuga cyangwa agakora ibidafite icyo bisobanuye kuri wowe. Mu gihe ibi bibaye, mubaze ibibazo bituma atekereza kugira ngo umenye ikiri kubimutera. Nyuma yo kumenya ikibimutera, rimwe na rimwe ushobora kukifashisha mu kumushishikariza imyitwarire myiza.

3

Irinde kujya impaka. N'ubwo uwo ukunda yakugisha impaka, wimusubiza. Iki cyaba ari ikintu gikomeye mu gikorwa kirimo kugaragaza amarangamutima ariko gerageza gutuza no kugaragaza imyifatire myiza.

Izindi nama zafasha:



Irinde ibimutera kunanirwa



Irinde ko abantu bavugira rimwe kandi uvuga avugire hasi



Koresha imvugo nziza kandi ifasha aho gukoresha imvugo inenga.



Ba umuntu ushishikariza kandi wumva



Gira ibiganiro bigufi kandi byoroshye

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.

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



Nyuzwe bingana iki?

IBICE BY'UBUZIMA				IBICE BY'UBUZIMA			
	Sinyuzwe	Ndanyuzwe mu rugero	Ndanyuzwe Cyane		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				Ibinezera/ 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. _____

Twarimo dukora akazi keza ko gukomeza kubahiriza gahunda. Ibinini yandikiwe na Dr. Mihigo byari ingenzi cyane maze nange menya neza ko Ntwari yafashe imiti uko bikwiye buri muni.



Buhoro buhoro, yagiye atangira kongera gukora imwe mu mirimo yajyaga yishimira.



Bimwe mu bimenyetso byagiye bigabanyuka. Ntabwo yongeye kurara azenguruka inzu wenyine.



Ariko, hari ubwo atashakaga kubahiriza gahunda.



Ntwari!!? Imiti yawe iramara iki mu ngarani?

Mama, ibinini byarimo binca intege. Kuki se nakomeza kubinywa kandi ibimenyetso biri kugenda?

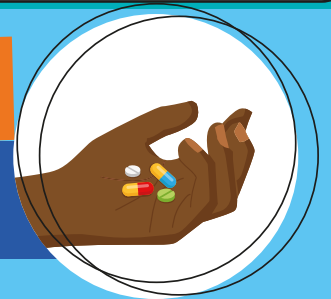
Dr. Mihigo yari yatuburiye kare ko hashobora kubaho ingaruka mbi ziterwa n'imiti.

Ntwari rero, uri ni urugero rwiza rw'ikintu ukwiye kubaho inyangamugayo maze ukansobanurira cyangwa ukagisobanurira so. Dushobora gukurikirana ingaruka ziterwa n'imiti ku rupapuro rwacu, kandi muri ubwo buryo, tuzamenya neza ko tubimenyeshije muganga kuri randevu ikurikira.

Ntitwibagirwe ko kugenzura neza ibimenyetso byawe bisobanuye ko imiti iri gukora neza, bityo ukaba ugomba gukomeza kuyifata nk'uko Dr. Mihigo yayikwandikiye kugira ngo ibimenyetso bikomeze gucungwa neza

INGARUKA MBI ZITERWA

N'IMITI



Kimwe mu byo uwita ku murwayi wa shizofereni* agomba kumenya ni uko ubuvuzi bushobora gukurikirwa n'ingaruka mbi ziterwa n'imiti. Ubu ni ubundi burwayi bushobora guterwa n'umuti ubwawo.

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. **Ingaruka mbi ziterwa n'imiti zitandukana bitewe n'umuti umurwayi afata ariko muganga agutegeza ingaruka uwo ukunda ashobora kugira.**



Dore urutonde rufasha abarwaza nkawe n'abo mukunda kugabanya ingaruka mbi ziterwa n'imiti.



KORA URUTONDE RW'INGARUKA MBI ZITERWA N'IMITI UMURWAYI WA SHIZOFERENI* ARI KUGIRA



ANDIKA INGARUKA MBI ITERWA N'IMITI YAKABIJE KANDI YAGARAGAYE KENSHI.



MENYESHA MUGANGA WE IBYEREKEYE INGARUKA MBI ZITERWA N'IMITI ARI KUGIRA



MENYESHA ABANDI BARI MU ITSINDA RITANGA UBUFASHA IBYEREKEYE INGARUKA MBI ZITERWA N'IMITI.

Mu gukurikirana ingaruka mbi ziterwa n'imiti, muganga ashobora guhindura igipimo k'imiti kugira ngo agufashe guhangana n'izo ngaruka.

Ntabwo bihora byoroshye gufata iyi miti buri muni, kandi abarwayi ba shizofereni* bashobora guhitamo kuyihagarika.



Ariko nk'umurwaza, ni ingenzi cyane kumufasha gukomeza gahunda y'ubuvuzi ukaba ushobora kuyihindura gusa mu gihe bisabwe na muganga.

Guhagarika ubuvuzi mu buryo budakwiye ni imwe mu mbarutso zituma habaho gusubira inyuma k'umurwayi - kongera kumva amerewe nabi.

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 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

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)



KWITEGURA

GUSUBIRA KWA MUGANGA



Muri rusange, gusubira inyuma k'umurwayi ni ibintu, nk'uwita ku murwayi, ushobora gufasha mu kubikurikirana no kubisobanurira muganga mu gihe mwagiye kubonana na we.

Nk'uwita ku murwayi, ukwiye gutegurira uwo ukunda gahunda yo kubonana na muganga. Ibi byagufasha kugira uruhare mu mivurire myiza.



Menyesha muganga w'uwo ukunda impinduka z'ibimenyetso, uko agenda amererwa, cyangwa imyitwarire wabonye ku murwayi wa shizofereni*. Ushobora no kubaza ibibazo cyangwa ukagaragaza impungenge.

• Nk'uwita ku murwayi, ndifuzza kungurana ibitekerezo _____

• Kuva ubwo duheruka kubonana na muganga, umurwayi wange:

Ameze neza kurushaho Nta cyahindutse Ameze nabi kurushaho

Sobanura: _____

• Ibisa n'ibigenda neza ku murwayi wa shizofereni*:

• Ibitagenda neza:

• Ibyo dukwiye guhindura:

URUGERO RW'IBIBAZO

BIGENEWE MUGANGA W'UMURWAYI WAWU

Ushobora gufasha uwo urwaje gutuma gahunda na muganga iba nziza **binyuze mu kubanza gutegura ibibazo n'insanganyamatsiko bifite umumaro mu gukira kwe**. Wowe n'umurwayi ubana na shizofereni*, musuzumire hamwe ibibazo mushobora kubaza muganga.



Vivura cyangwa wandike ibibazo wifuzza kubaza muganga maze umujyanire urutonde rwabyo kuri gahunda mufitanye.

Ibyerekeye ubuzima bwawe muri rusange:

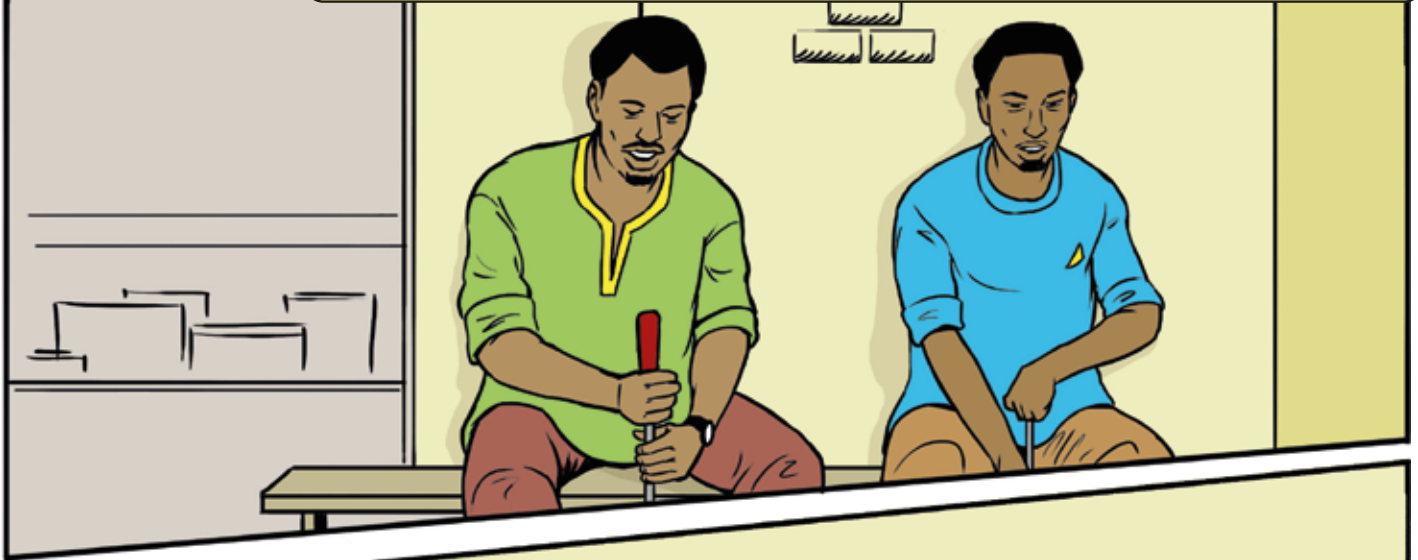
- | | |
|--|--|
| <input type="checkbox"/> Ni iki nakora kugira ngo ndusheho kugira ubuzima buzira umuze? | <input type="checkbox"/> Ni ubuhe mu buryo naheraho ngo ntangire kurya indyo yuzuye? |
| <input type="checkbox"/> Ni kangahe nkwiye kubonana na muganga wange w'ibanze? | <input type="checkbox"/> Ni gute nacunga neza umunaniro ukabije wange? |
| <input type="checkbox"/> Nakora imyitoto ngororamubiri ingana iki? | <input type="checkbox"/> Ni iki nakora ngo mpagarike kunywa itabi? |
| <input type="checkbox"/> Ni ibihe bizami nkwiye gufata ku buryo buhoraho? | <input type="checkbox"/> Ni ubuhe bundi buryo bwatuma nkomeza kugira ubuzima buzira umuze? |
| <input type="checkbox"/> Haba hari amatsinda y'ubufasha y'abafite ibibazo by'ubuzima bwo mu mutwe cyangwa abafashamyumvire bita ku buzima bwo mutwe? | <input type="checkbox"/> Ikindi: |

Ibyerekeye imiti y'ubuzima bwo mu mutwe yange:

- | | |
|---|--|
| <input type="checkbox"/> Ni gute imiti yamfasha kugera ku ntego? | <input type="checkbox"/> Ni gute namenya ko ibipimo by'imiti mfata bikwiye guhinduka cyangwa ko nkwiye guhagarika imiti? |
| <input type="checkbox"/> Haba hari uburyo butandukanye bwo gufata imiti, nk'ibinini cyangwa inshinge zikora mu mubiri igihe kirekire? | <input type="checkbox"/> Ni izihe ngaruka ziterwa n'imiti? |
| <input type="checkbox"/> Haba hariho imiti idafatwa inshuro nyinshi? | <input type="checkbox"/> Bitwara igihe kingana iki kugira ngo itangire gukora? |
| | <input type="checkbox"/> Ikindi: |

Bitewe n'uko twabashije kubika neza amakuru y'ingaruka mbi ziterwa n'imiti Ntwari yahuye na zo, Dr. Mihigo yabashije kumenya ibipimo by'imiti bigenewe Ntwari. Ibi byatumye gucunga ingaruka ziterwa n'imiti byoroha. Ntwari yagiye akomeza kumererwa neza mu gukira kwe, ku buryo nafashe umwanzuro wo gusubira kureba Mugabo.

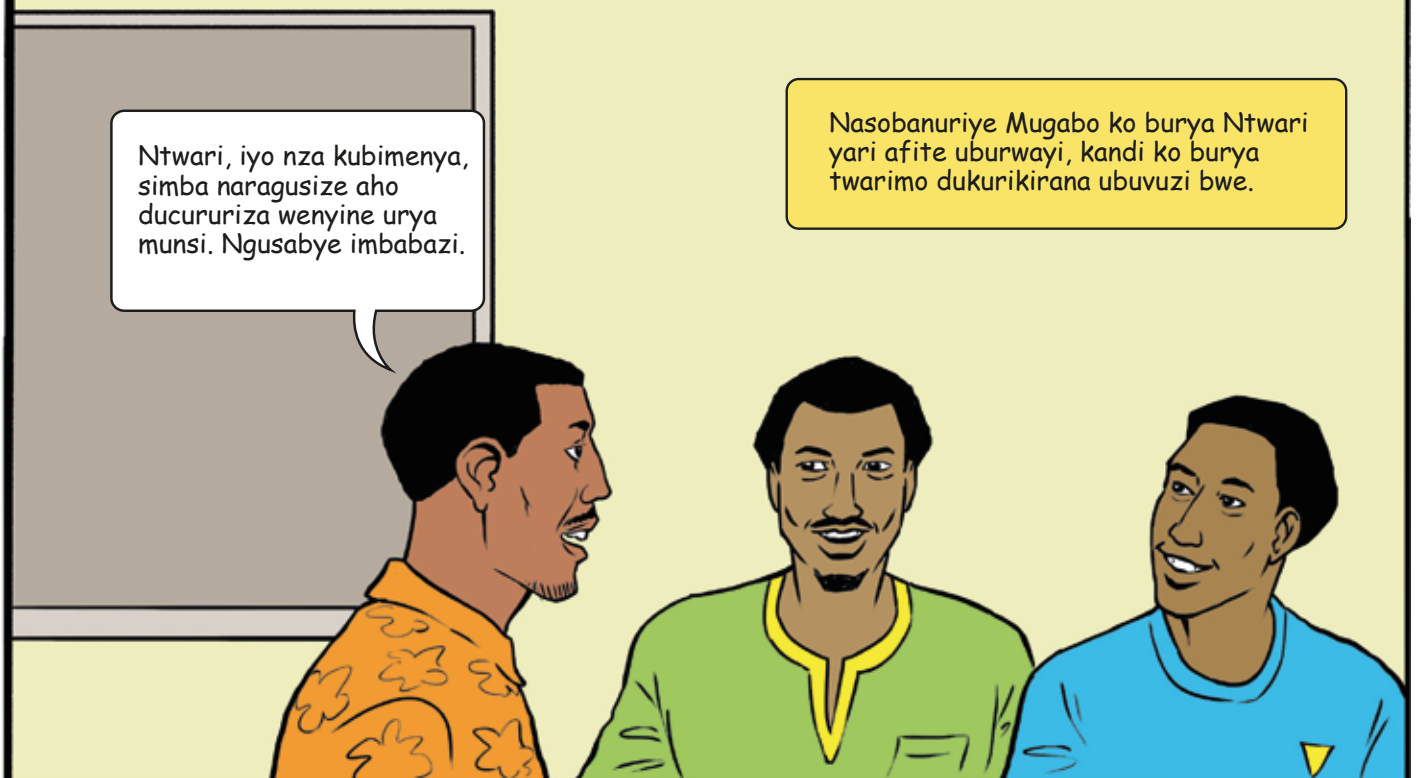
Hari hashize ibyumweru bitari bike ntaramubonaho, ariko ubuvuzi bwa Ntwari bwari bugenda neza kandi natekereje ko byari ingenzi ko ibyari bimaze iminsi bitubayeho bitatandukanyije umuryango. Kimwe mu byo nagombaga kwihutira gukora, ni ugusubira mu kazi ngakorera amafaranga.




Bitewe n'uko nge na Neza twari twarafashe inshingano ku mutima, bitewe n'uko twari twarihuguye bihagije ku byerekeye uburwayi bwa Ntwari, twabashije guha umuryango wacu ubusobanuro buhagije, bikaba byaragize akamaro cyane mu gutuma basobanukirwa NDETSE no kumva bashaka gufasha.

Ntwari, iyo nza kubimenya, simba naragusize aho ducururiza wenyine urya muni. Ngusabye imbabazi.


Nasobanuriye Mugabo ko burya Ntwari yari afite uburwayi, kandi ko burya twari dukurikirana ubuvuzi bwe.






Urakoze, marume. Muri iyi minsi ndumva ngenda ndushaho kumererwa neza. Ndizera kandi ko mu gihe gikwiye nzagaruka mu kazi hamwe nawe na papa.


Ni byiza, kandi ni vuba rwose! Maze iminsi nkora ngenyine aha. Ariko byumvikane neza ko uzaza ari uko wumva umeze neza.



Nyuma gato, Mugabo yasobanuye iby'inkuru yacu maze Garuka aza kudusura ari hamwe na Neza.



Neza, ku bintu bibi byose nabashinjaga, ni mumbabarire. Nkeneye ko umenya ko ukwiye kwigengesera, maze ukareka umuryango ukagufasha.



Ndumva ari igitekerezo kiza, kandi ukwiye kumpamagara ukeneye ko hari icyo nagufasha kugira umere neza: Nagufasha guteka, nshobora kujya guhaha, nshobora kugira icyo nakora mu rugo... ntiwumve ko hari ikintu na kimwe waba undemerejeho.

Urakoze Garuka. Kandi ibyo uvuga ni ukuri. Muganga wa Ntwari yaranyihanangirije ambwira ko ngomba gufata igihe nkiyitaho. Nkeneye gutangira imyitozo ngororamubiri ngafata n'igihe kugira ngo nduhure ubwonko.

Birumvikana ko nge n'umugore wange twibukiranya aho tutagomba kurenga mu gihe tuvuga ibyerekeye gukira kwa Ntwari.

Ubu burwayi azabana na bwo ubuzima bwe bwose.



Ariko kumwumva no gusobanukirwa shizofereni* twabigize ibya mbere uko dushoboye. Twasabye umuryango ubufasha, tugerageza kugira icyo duhindura ku ngorane z'ahahise maze dushyiraho uburyo bwo kwitegurira ibishobora kuzatubaho mu gihe kizaza.



Ntwari ntabwo azigera akira burundu, ariko kugeza ubu yongeye kumera neza. Nejejwe no kongera kumubona akora, kandi yishimira kuba hamwe na mushiki we ndetse na babyara be amasaha ya nyuma ya saa sita. Aracyari wa musore mwiza nk'uko yahoze!



GUHANA AMAKURU MU MURYANGO



Gusobanurira umuryango n'inshuti ibijyanye n'uburwayi ni ingenzi cyane mu rugendo rwo gukira. Ariko bishobora kugorana. Dore zimwe mu nama zagufasha gutuma ikiganiro gikomeza.

Isanzure kandi ushishoze

Baza uwo umurwayi wawe wa shizofereni* niba kubiganiriza umuryango n'inshuti za hafi ntacyo bimutwaye. Basobanurire witonze kandi ushize amanga ko nibasobanukirwa, bashobora kugira uruhare mu gukira no kugabanya akato.


Itegere mbere yo kuvuga

Ihugure ku ndwara uko ushoboye: ikiyitera, ibimenyetso byayo, n'uko ivurwa. Bityo, uzabasha guhangana n'akato kazaba kakigahabwa urwaye iyo ndwara.


Wibuke ko ubu ari uburwayi bukurikiranwa no kwa muganga. Shizofereni* ntaho ihuriye n'iby'Imana, abadayimoni cyangwa indi myuka muri rusange.

Shizofereni* ntabwo ari amahitamo y'imyitwarire kandi ntiyandura.

Ihagarareho kandi urwanire ishyaka uwo ukunda

 Iyubahe mu gihe uvuga ibyerekeye iyi ndwara. Shizofereni* ntabwo ari yo igaragaza uwo umuntu ari we. Ni ikintu umuntu aba afite. Haramutse hari umuntu ukoresheje imvugo nko "guta umutwe" cyangwa "gusara", musobanurire impamvu amagambo nk'aya akomeretsa.

Gushishikariza kubaza ibibazo n'ibiganiro

 Zimwe mu nshuti cyangwa imiryango bashobora gushidikanya kubaza ibyerekeye shizofereni*. Bashishikarize kugaragaza impungenge zabo. Mu magambo make, ushobora kumvisha abantu ko ntacyo bakwiye gutinya.

AGAKAYI

KANDIKWAMO IBIJYANYE NO GUKIRA

Koresha ikayi iyo ari yo yose ufashe umurwayi wa shizofereni* gutegura agakayi kandikwamo nk'uko iyi fishi iri hasi imeze. Mushishikarize kubigira akamenyero kwandikamo inshuro imwe mu kwezi cyangwa se inshuro imwe mu cyumweru.



ITARIKI

1. URUMVA UMERewe 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?



Urugendo rwa Ntwari

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>
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Murakoze!



Urugendo rwa Ntwari

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Murakoze!



Urugendo rwa Ntwari

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Murakoze!



Urugendo rwa Ntwari

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>
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Murakoze!





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



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Amasomo 5 agenewe cwita ku murwayi ubana na shizofereni

Ndizera ko uzakurikiza amasomo wigiye ku nkuru y'umuryango wange mu rugendo rwo gukira rwawe. Wibuke ko shizofereni ari indwara ikomeye kandi buri wese agira urugendo rwe rwo gukira.



- 1 Shizofereni ni uburwayi buvurwa n'imiti.** Ikintu cy'a mbere k'ingenzi wakora kugira ngo ufashe umurwayi wa shizofereni ni ukumufasha kubahiriza gahunda y'ubuvuzi n'indangabihe yo gufata imiti.
- 2 Gukira ni imbaraga z'itsinda.** Shyiraho itsinda ryo gukira n'ubufasha ushobora kwiringira kugira ngo ufashe uwo ukunda mu rugendo rwe rwo gukira.
- 3 Fata iya mbere n'uwita ku murwayi.** Korana bya hafi na muganga w'ingenzi umubaze ibibazo kandi utegure gahunda zo kubonana na muganga mbere y'igihe. Ushobora kandi gufasha umurwayi ubana na shizofereni kugira agakayi yandikamo kugira ngo mwese mubashe kubika amakuru yerekeye uko agenda akira.
- 4 Ihugure ku bimenyetso byo gusubira inyuma maze utegure gahunda yo guhangana na byo.** Kurikirana ibimenyetso byo gusubira inyuma k'umurwayi kandi umenye neza ko abandi bagize umuryango wawe bamenya ibyo ari byo. Tegura mbere y'igihe ikigomba gukorwa mu gihe habayeho gusubira inyuma k'umurwayi kandi urwanye ibyaba imbarutso zo gusubira inyuma.
- 5 Nk'uwita ku murwayi, ugomba kwiyitaho nawe.** Nyuma yo kurya neza no kugumana ubuzima buzira umuze, menya neza ko ufite abandi bantu ushobora kuvugisha mu gihe utangiye kurambirwa maze ushake umwanya wo gukora ibikuzanira ibyishimo.

Tangira usangiza iki gitabo umuryango wawe n'abaturanyi!



Republic of Rwanda
Ministry of Health



Johnson & Johnson