

Ubuwuzi bw'indwara zo mu mutwe, z'imitsi
nsozabwenge n'izifatiye ku gufata ibiyayuramutwe
mu bihe vy'ubutabazi

Igitabu c'ubutabazi bw'abantu mhGAP (GIH-mhGAP)



Indinganizo y'igikorwa co gukuraho agahaze ku magara yo mu mutwe (mhGAP)

Cashizwe ahabona n'ishirahamwe mpuzamakungu ry'amagara y'abantu(OMS) mu 2015 hamwe n'ishirahamwe mpuzamakungu ryitaho impunzi(UNHCR) gifise umutwe w'amajambo :

mhGAP Humanitarian Intervention Guide (mhGAP-HIG) :
clinical management of mental, neurological and substance
use conditions in humanitarian emergencies

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Ishirahamwe mpuzamakungu ry'amagara y'abantu (OMS) ryarahaye uburenganzira bwo gusobanura no gushira ahabona igitabu c'ikirundi ibisabwe na Stichting Kennis zonder Grenzen (KzG), ikaba ariyo yonyene ijejwe ubwiza n'ubwizigirwa bw'ico gitabu gisobanuwe mu kirundi. Igihe hoba ukudatahurika neza hagati y'igitabu c'icongereza nic'ikirundi, igitabu c'icongereza nico nyaco kandi kizokwisungwa.

Igitabu c'ubutabazi bw'abantu mhGAP (GIH-mhGAP) :
Ubuwuzi bw'indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyayuramutwe mu bihe vy'ubutabazi.

1. Indwara zo mu mutwe. 2. Indwara zifatiye ku gufata ibiyayuramutwe. 3. Indwara z'ubwonko n'udutsi nsozabwenge. 4. Gushiranako. 5. Ivyihutirwa.

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www.kenniszondergrenzen.nl

www.samandari.org

Gusaba uburenganzira bwo gukoresha kino gitabu. Iki gitabu c'ikirundi kirashobora gusomwa ku mbuga nkurukanabumenyi za Stichting Kennis zonder Grenzen (www.kenniszondergrenzen.nl; www.samandari.org), z'ikigo citaho indwara zo mu mutwe n'izimisi nsozabwenge co mu Kamenge « Centre Neuro-Psychiatrique de Kamenge » (CNPK) n'iza OMS (www.who.int) canke kikagurwa muri CNPK, ibarabara Bwakiro nimeru 19, Muyaga, Gihosha, Ntahangwa, Bujumbura, Burundi.

Ibijanye no gusobanura no gukoresha kino gitabu bibazwa uwugisomye. Nta na rimwe Stichting Kennis zonder Grenzen izokwigera ibazwa canke ihanirwa ikoreshwa ritabereye rya kino gitabu.

Uko uwugikoresheje yocandika: Stichting Kennis zonder Grenzen, Pays-Bas. Guide d'intervention humanitaire mhGAP (GIH-mhGAP) : Prise en charge clinique des troubles mentaux, neurologiques et liés à l'utilisation de substances psychoactives dans les situations d'urgence humanitaire. Bujumbura : KzG, 2022.

Gushikiriza

Mu gihe ca none, isi itegerezwa guhagurukira igitigiri kitagira uko kingana c'abantu bakeneye ubufasha bwihuta bitewe n'intambara hamwe n'ibiza. Igitigiri c'impunzi n'abantu bakuwe muzabo mu bihugu vyabo, nticari carigeze kuba kinini nk'ubu kuva intambara ya kabiri y'isi yose irangiye. Igitigiri cababa imiriyoni cumi z'abantu cane cane mu karere k'ibihugu vy'Abarabu, muri Afurika na Aziya bakeneye kwitabwaho vyihuta, cane cane mu kuronswa ubufasha mu vya nkenerwa bikomeye vy'abantu vyerekeye amagara yo mu mutwe.

Abakuze n'abana bari mu bihe bikeneye ubufasaha bwihuta barafatwa n'indwara zo mu mutwe, z'imitsi nsozabwenge hamwe n'iziterwa no gufata ibiyayuramutwe. Abenshi muri bo baba bari mu gihe c'ikigandaro n'ihungabana ry'umushuhira, bifatwa nk'inyifato isanzwe yo mu vyiyumviro kandi imara akanya gato, mu gihe gikomeye c'ivyago. Yamara, ku bantu b'inkehwa, ico gihe kiratuma bagira ingorane ku magara yo mu mutwe zikabatera n'indwara z'ukuyinga, uguhahamuka canke ikigandaro kidasanzwe, bishobora gutuma ibikorwa vyo mu buzima bwa minsi yose bihungabana. Kukaba nkako, abantu bari basanzwe bafise indwara zikomeye nk'ibisazi, ubukehabwenge canke intandara bacika cane abanyantegenke kubwo kwiyunguruza, uguhebwa canke kubura ubufasha mu vy'amagara. Mu kurangiza, ukunywa inzoga canke ugufata ibiyayuramutwe biratera ingorane zikomeye mu bijanye n'amagara y'abantu n'amabi afatiye ku gitsina. Ni mu gihe ivya nkenerwa ku magara yo mu mutwe y'abantu bibaye vyinshi, ubushobozi buhasanzwe buca buba buke. Mu gihe nk'ico, ibikoresho bibangutse kandi vyoroshe gukoresha birakenewe cane.

Iki gitabu cakozwe hagumijwe ku muzirikanyi izo ngorane nyezina. *Igitabu c'ubutabazi bw'abantu mhGAP* ni igikoresho kibangutse kandi coroshe gukoresha, gifise intumbero yo gufasha ibigo vyitaho amagara y'abantu muri rusangi mu gihe c'ubutabazi, mu gusuzuma no kuvura indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziterwa no gufata ibiyayuramutwe. Ni ihinyanyurwa ry'*igitabu mhGAP (2010)* c'ishirahamwe mpuzamakungu ryitaho amagara y'abantu (OMS) kugira gikoreshe mu bihe vy'ubutabazi bw'abantu. Ni igitabu cakozwe hisunzwe ibikunze kwibonekeza mu kuvura ben'izo ndwara, mu bigo vyitaho amagara y'abantu bidasanzwe bivura izo ndwara.

Iki gitabu kirajanye neza n'intumbero z'umurwi wamaho mpuzamashirahamwe (CPI) mu bijanye n'amagara yo mu mutwe n'ubufasha mu mibano n'inyifato mu gihe c'ubutabazi Inter-Agency Standing Committee (IASC) Guidelines on Mental Health and Psychosocial Support and Settings hamwe n'intumbero ngenderwako z'ishirahamwe mpuzamakungu ryitaho impunzi (UNHCR) mu gutunganya ibikorwa ku mpunzi - Amagara yo mu mutwe n'ubufasha mu mibano n'inyifato *UNHCR Operational Guidance for Mental Health and Psychosocial Support in Refugee Operations* ziharanyira ubufasha bwo ku mpande nyinshi mu kurwanya ingaruka mbi mu migenderanire n'amagara yo mu mutwe mu bihe vy'ubutabazi no kwimurwa. Iryo shirahamwe riranaterera kandi mw'ishirwa mu ngiro ry'ihangiro nyamukuru ry'*integuro rusangi y'ibikorwa vy'ishirahamwe mpuzamakungu ryitaho amagara y'abantu (OMS) mu gisata c'amagara yo mu mutwe 2013-2020*, na cane cane ubufasha bwo gukingira ikibano n'amagara meza yo mu mutwe.

Turasaba abegwa n'ivy'ubufasha mu gisata c'amagara y'abantu ko bokwakira bakongera bagakwiragiza ako gatabu nkenerwa, mu ntumbero y'ukugabanya ububabare no gufasha abakuze n'abana barwaye indwara zo mu mutwe mu bihe vy'ubutabazi mu kurengera ibihe bidasanzwe.



Margaret Chan

Umuyobozi mukuru
Ishirahamwe mpuzamakungu
ryitaho amagara



António Guterres

Ishirahamwe mpuzamakungu ryitaho impuzi
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Intangamarara

Iki gitabu ni ihinyanyurwa ry' *igitabu « mhGAP (GI-mhGAP) » c'ishirahamwe mpuzamakungu ryitaho amagara (OMS) mu kurwanya indwara zo mu mutwe, indwara z'imitsi nsozabwenge hamwe n'iziva k'ugufata ibiyayuramutwe mu bigo vyitaho amagara y'abantu bitabifitiye ubuhinga* kugira zigikoreshe mu bihe vy'ubutabazi. Ijambo ry'umutwe ry'ico gitabu ni « *Igitabo c'ubutabazi bw'abantu mhGAP (GIH-mhGAP) ».*

mhGAP ni iki ?

Indinganizo y'ibikorwa yo gukuraho agahaze mu magara yo mu mutwe canke mhGAP (mu congereza « mental health Gap Action Programme »), ni indinganizo y'ishirahamwe mpuzamakungu ryitaho amagara y'abantu (OMS) iharanira gutora inyishu y'ubukene bw'ubuvuzi bw'abantu bafise indwara zo mu mutwe, z'imitsi nsozabwenge n'iziva kugufata ibiyayuramutwe (MNS) bakeneye. Mw'iyi ndinganizo, *igitabu c'ubutabazi mhGAP (GI-mhGAP)* cashizwe ku mu garagara mu mwaka 2010. Igitabu *GI-mhGAP* ni igitabu gifasha kumenya ibimenyetso vy'indwara zo mu mutwe, z'imitsi nsozabwenge hamwe n'iziva ku gufata ibiyayuramutwe, cagenewe abavuzi b'indwara zisanzwe bakora mu bigo bidasanzwe bifise ubuhinga mukuvura ben'izo

ndwara na cane cane mu bihugu bikenye n'ibiri mu nzira y'amajambere.

Birashobora kwegaga abaganga basanzwe canke abavuzi hamwe n'abakirizi n'abandi baganga harimwo n'abahinga babinonosoye mu bindi bisata bitajanye n'ubuvuzi bw'indwara zo mu mutwe niz'indwara z'imitsi nsozabwenge.

Hejuru y'ico gitabu, indinganizo *mhGAP* iratanga ibikenewe vyinshi vyokoreshwa mw'ishirwa mu ngiro ry'indinganizo mu kwihweza no mu guhinyanyura indinganizo, inyigisho, ubugenduzi n'ikurikirana¹.

Kuki ukwisunga igihe c'ubutabazi ari nkenerwa ?

Ibihe vy'ubutabazi birafise izindi ndwara zishika bukwinabukwi n'izindi ngendanwa zimara umwanya munini zatewe n'intambara y'abantu bitwaje ibirwanisho, ibiza bisanzwe n'ibivuye mu mahinguriro. Ibihe bigoye hakenewe ubutabazi bwihuta abantu benshi barahunga.

Ivyi nkenerwa vy'ibanze vy'abanyagihugu birarengeye ubushobozi bwaho hantu mu gihe ibijanye n'intwariyo yo mukarere vyononekaye bitewe n'ikiza. Uburyo burahinduka bivanye n'uko bubashikira kandi n'ukuboneka kw'ubufasha bwo mu karere, mu gihe hugu no kw'isi yose.

Iyo amagume ateye ibibazo vyinshi, aratanga kandi amahirwe menshi ku bavuzi bo mu bisata vy'amagara nk'ugushaka kw'intwariyo n'uburyo bwinshi mu gushiraho no mu kwongereza ibisata vy'amagara yo mu mutwe².

Ingorane nyamukuru n'izi zikurikira :

- » Ikihuta gikomeye n'ukuraba ibikenewe biza imbere y'ibindi hamwe no gukwiragiza ivya nkenerwaa bike bisanzwe bihari
- » Umwanya udakwiye wo kwigisha abavuzi
- » Ubukene bw'abahinga (mu bijanye n'ukwigisha, ukugendura, ugushigikira no gutanga intumbero mu gusuzuma umurwayi)
- » Ubukene bw'imiti buvuye kw'ihungabana ry'urukurikirane rwo kuyirondera.

Igitabu c'ubutabazi mhGAP cakozwe kugira gifashe mu gutorera inyishu izo ngorane nyezina mu bihe vy'ubutabazi.

Ibiri mu gitabu

Igitabu c'ubutabazi mhGAP kirimwo amabwirizwa y'ubufasha bw'ibanze bw'indwara zo mu mutwe z'imitsi nsozabwenge n'izifatiye kugufata ibiyayuramutwe ku bavuzi batanonosoye ben'izo ndwara mu gihe c'ubutabazi aho abahinga babinonosoye hamwe n'ubuvuzi bikenye.

Iki gitabu gisubiramwo ibimenyeshajwe vya nkenerwa vy'igitabo GI-mhGAP kandi congeramwo ibindi nyezina bijanye n'ibihe bidasanzwe vy'ubutabazi.

Iki gitabu kirimwo ibintu bikurikira :

- » Impanuro ku baserukira ubuvuzi ;
- » Ingingo ngenderwako zikoreshwa mu bihe vy'ubutabazi harimwo :
 - ♦ Ugutanga ubufasha mu bisata vyinshi bijanye n'intumbero y'umurwi wamaho mpuzamashirahamwe (CPI) yerekeye amagara yo mu mutwe n'ubufasha mu nyifato n'imibano mu bihe vy'ubutabazi (CPI/IASC, 2007), hamwe n'iy'ishirahamwe mpuzamakungu ryitaho impunzi (UNHCR), munteguro y'ibikorwa bizerekeye – amagara yo mu mutwe, ubufasha mu nyifato n'imibano (UNHCR, 2013) hamwe n'ibindi bikoreshe bikenewe vyerekeye ubutabazi bw'abantu ;
 - ♦ Inyigisho zijanye no kugabanya uruhagarara.

» Ibigabane bigufi mu gusuzuma no mu kuvura indwara zikurikira:

- ♦ Uruhagarara rw'umushuhira rwo mu mutima (STR)
- ♦ Ikigandaro (DEU)
- ♦ Ukuyinga (DEP)
- ♦ Ihahamuka (ESPT)
- ♦ Indwara zo mumutwe zeruye (PSY)
- ♦ Intandara (EPI)
- ♦ Ubukehabwenge (DI)
- ♦ Ukwizizirwa n'ibiyayuramutwe (SUB)
- ♦ Ukwiyahura (SUI)
- ♦ Izindi ndwara zihambaye zo mu mutwe (AUT)

Ibindi vyahindutse ni ibi bikurikira :

- » Impanuro kw'ihungabana ry'inyifato zarasubiriye kwandikwa mu buryo bw'impanuro kubijanye n'ingorane z'inyifato ku miyabaga, dusanga mu kigabane kiraba izindi ndwara zihambaye zerekeye amagara yo mu mutwe (AUT).
- » Ikigabane c'ugusuzuma n'ukuvura indwara zijanye n'uruhagarara (mhGAP : OMS 2013) cagabuwe mu mico itatu : Uruhagarara rw'umushuhira rwo mu mutima (STR), ikigandaro (DEU), n'ihahamuka (ESPT).

¹ Saba ivyo bikoresho kuri mhgap-info@who.int.

² Isunge ishishirahamwe mpuzamakungu ry'amagara (OMS). *Reconstruire en mieux – Pour des soins de santé mentale durables après une situation d'urgence*. OMS : Genève, 2013. Ugusubira kwubaka bishimishije –kugira haboneke ubuvuzi buramba bw'amagara yo mu mutwe inyuma y'ibihe vy'ubutabazi. OMS : Genève, 2013

- » Insiguro y'amajambo agoye yarongewemwo. Amajambo yashizweko akanyenyeri * yarasiguwe mu gace ka kabiri k'ivyongeweko.

Iki gitabu ni gito cane ugereranije n'igitabu *GI-mhGAP*. Nta mpanuro gifise ku vyerekeye :

- » Ukwizirwa* n'ukumererwa nabi bivuye ku nzoga n'ibiyuramutwe (naho biruko ingaruka mbi zijanye n'uguhagarika inzoga hamwe no gufata ibiyuramutwe ziravugwa muri iki gitabu) ;
- » Indwara y'igabanuka ry'ukugaba no kutaguma hamwe (naho ingorane z'inyifato ku miyabaga zavuzwe muri iki gitabu mu kigabane c'izindi ndwara zihambaye z'amagara yo mu mutwe) ;
- » Indwara zifata abana zitera ihungabana mw'ikora ry'ubwonko; umwana ntagire imigenderanire n'abandi, agira inyifato ziguma zigaruka n'ingorane z'ukuvuga ;

- » Indwara y'igabanuka ry'ubushobozi bwo kwibuka (naho ubufasha buhabwa abitaho abantu barwaye indwara zo mumutwe, iz'imitsi nsozabwenga, n'iziva kugufata ibiyuramutwe bwavuzwe mu *ingingo ngenderwako z'ubuvuzi* buri mw'ico gitabu) ;

- » Ikintu kitaza bukwi na bukwi gishobora gutuma umuntu yigirira nabi
- » Ubuvuzi ku rugezo rwa kabiri ku ndwara nyinshi zo mumutwe, iz'imitsi nsozabwenge n'iziva ku gufata ibiyuramutwe.

Impanuro kw'izo ndwara ziraboneka mu ***gitabu gikwiye ca GI-mhGAP***.

Impanuro ku baserukira ubuvuzi

Ugushira indwara zo mu mutwe, indwara z'imitsi nsoza bwenge, n'iziterwa no kunywa inzoga hamwe no gufata ibiyayuramatwe (MNS) mu buvuzi busanzwe gutegerezwa gusuzumwa n'umuyobozi (uwuserukira amagara y'abantu mu karere, umuyobozi mukuru w'ubuvuzi mw'ishirahamwe n'abandi) ajejwe gutegura hamwe no gukurikirana ubuvuzi mu bigo vyinshi vy'ubuvuzi inyuma yo kwihweza uko bimeze (raba **le vade-mecum mu bihe vy'ubutabazi bw'abantu bw'amashirahamwe OMS na UNHCR [2012]**). Buri kigo cose gifise umuyobozi w'ubuvuzi (umuyobozi mukuru w'ikigo c'ubuvuzi) afise ibikorwa ashinzwe. Abaserukira ubuvuzi bategerezwa kwitaho ibintu bikurikira.

Ibidukikije

- » Gutegura **ikibanza cihereye**, vyiza icumba kiri ahantu ha conyene, kugira hasuzumwe indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziva ku gufata ibiyayuramatwe. Igihe ata cumba kiri ukwaco coboneka, kugerageza kugabura aho hantu ukoresheje ibitambara canke ibindi bintu kugira habe hihishije.
- » Hasabwa ko ata kimenyetso na kimwe coshirwa aho hantu kugira barinde ko ubufasha bw'izo ndwara bwokwankwa mu gutinya gutumwa agatoke mu kibano.

Ugutunganywa kw'ibikorwa

- » Hasabwa ko haboneka n'imiburiburi umuvuzi umwe w'umuhinga aseruka umwanya wose mu kuvura izo ndwara, n'ukuvuga ko umuntu arungikwa ahabera isuzumwa n'ivurwa ry'indwara zo mu mutwe, z'imitsi nsozabwenge n'iziva ku gufata ibiyayuramatwe.
- » Bidashobotse, ukuvurwa kw'izo ndwara kurashobora kurangurwa rimwe canke kabiri mu ndwi mu bigo vy'amagara y'abantu bivura indwara zisanzwe k'umurango aho ivyo bigo bidafise ibikorwa vyinshi. Igihe abantu baje inyuma y'amasaha yo kuvurwa kw'izo ndwara, vyoba vyiza basabwe n'ubwitonzi bwinshi ko bogaruka ku kirangaminsi gitegekanijwe. Itunganywa ry'ubwo buvuzi bw'izo ndwara rirashobora kuba nkenerwa mu bigo vy'ubuvuzi vyamana ibikorwa vyinshi, cane cane mu kugira isuzumwa ryambere muri rusangi riba rirerire kuruta ikurikirana.

Abakozi hamwe n'inyigisho

- » Abakozi bose bogira itegeko ryo gutegura **ikibanza gitekanya** ku bantu barwaye indwara zo mu mutwe MNS.
- » Gutora abakozi boronka inyigisho z'ubuvuzi bw'indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziva ku gufata ibiyayuramatwe.
- » Kumenya ko ivya nkenerwa bihari, atari kubw'inyigisho gusa ariko kandi kubw'ubugenduzi. **Ubugenduzi** bw'ubuvuzi bw'abakozi ni kimwe gikenewe mu bigize ubuvuzi ngirakamaro.
- » Igihe bamwe mu bakozi bashoboye kwigishwa ibiri mw'iki gitabu, birakenewe kumenya ko abandi bakozi basigaye bashobora gutanga ubufasha bwa mbere mu vy'inyifato (PSP). **Ukwerekeza ku bufasha bwambere mu nyifato bitegerezwa** gukorwa ikiringo kingana n'imiburiburi n'igice c'umunsi.
- » Kwereka uwakira abarwayi (canke uwundi wese akora ico gikorwa) uko afata abantu biyambagura bashobora gusaba ubufasha bwihuta.
- » Kwigisha abaremashakiyago n'abakorerabushake, igihe biruko, kugira bashobore: (a) guhimiriza ku bijanye n'ubuvuzi bw'indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziva kugufata ibiyayuramatwe (raba ibikorwa), (b) gufasha abantu barwaye izo ndwara mu kubaronderera ubufasha mu bigo vy'amagara y'abantu, (c) ukugira uruhara mu gukurikirana ubuvuzi bw'abarwaye.
- » Gutegekanya kwigisha hamwe no gukurikirana umwe mu murwi w'abakozi (abavuzi, uwujeywe inyifato n'imibano, umuremeshakiyago) kugira ngo atange **ubufasha bw'inyifato n'imibano** (akarorero, gutanga ubufasha bugufi bw'inyifato, kuyobora imigwi y'ugufashanya, kwigisha uburyo bwo kugabanya uruhagarara rwo mu mutima).
- » Kwigisha abakozi bose **ibikoresho bihasanzwe vyo kwikingira**:
 - ♦ Ibisabwa mu bijanye n'ukwemera kuvurwa n'amategeko bijanye, cane cane gushengeza abakubagura abana, abagize ihohoterwa rifatiye ku gitsina hamwe n'ayandi makubagurwa y'agateka ka zina muntu ;
 - ♦ Umwidondoro, ukurondera hamwe n'ukwegeranya imiryango. Abana batari mu miryango bategerezwa vy'umwihariko gukingirwa nokwerekwa ababatunganiriza muri ico gihe.
- » Igihe abahinga mpuzamakungu mu vy'amagara yo mu mutwe baje gukorera mu kigo, kugira bashire mu ngiro igikorwa c'ubugenduzi, bazobabwirwa umuco n'uko bimeze mukibano.
- » Kumenyeshya abakozi bose indinganizo bokurikiza mukwitura ibisata bihasanzwe.

Ukurungika – kurondera ubufasha

» Kumenya ko ikigo gifise urutonde rw'amazina ruri ku gihe rwaho borungika abarwaye indwara zo mumutwe, iz'udutsi nsozabwenge n'iziva kugufata ibiyayuramutwe mu gihe bikenewe.

» Kumenya neza ko ikigo gifise urutonde rw'amazina ruri kugihe rw'aho borungika abarwaye ku vyerekeye ubundi buryo bw'ubufasha mu karere (kumenya nk'akarorero ibikenewe vy'ibanze, nk'uburaro, ibifungurwa, ibisata n'ubufasha mu mibano n'imiryango, ugukinga hamwe n'ubufasha mu vy'amategeko).

Ibimenyeshejwe ku bisata bihari

» Gutegura ubutumwa bugenewe ikibano mu vy'ubuvuzi bw'indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziva kugufata ibiyayuramutwe zihari (nk'akarorero ihangiro hamwe n'akamaro k'ubuvuzi bw'izo ndwara, ibisata bihari mu kigo c'amagara y'abantu), indondoro hamwe n'amasaha bugururirako ico kigo).

» Kuganira ku bijanye n'ubwo butumwa hamwe n'abatware bo mu kibano.

» Gukoresha uburyo bwinshi bwo gukwiragiza ibimenyeshwa nk'iradiyo, ivyandiko bamanika mu bigo vy'amagara y'abantu, abaremeshakiyago canke ubundi buryo bwotuma bikwiragizwa mu bantu benshi.

» Iyo biri uko, tegekanya kuganira kur'ubwo butumwa n'abavuzi kama hamwe n'abasangwabutaka bashobora guha ubufasha mu buvuzi bw'abantu barwaye indwara zo mu mutwe, iz'imitsi nsozabwenge n'iziva kugufata ibiyayuramutwe bipfuzwa gukorana canke kubereka abarwayi (bakeneye impanuro bijanye. Kwiyibutsa kukigabane ca 6.4 c'intumbero **z'umurwi wamaha mpuzamashirahamwe kuvyerekeye amagara yo mumutwe n'ubufasha mu nyifato n'imibano mu gihe c'ubutabazi** [CPI/IASC, 2007]).

» Gushikira imigwi yakumiriwe ishobora kutamenya canke kudashika mu kigo c'ubuvuzi.

Imiti

» Gukorana n'abafata ingingo mu kuguma haboneka imiti y'ibanze.

» Gutegekanya ukuboneka kw'imiti ikenewe n'imiburiburi :

- ♦ umuti uvura indwara zo mumutwe zeruye (inshinge canke ibinini) ;
- ♦ umuti ukosora ukujugumira n'izindi ngaruka mbi bivuye kur'iyi miti*(ibinini) ;
- ♦ umuti uvura ibisahuzi/intandara (ibinini) ;
- ♦ umuti uvura uguhagarika umutima (inshinge n'ibinini).

» **Ivyankenerwa mu buvuzi bw'ubutabazi hagati mu bigo** (OMS, 2011) biraboneka, bigizwe n'imiti hamwe n'ibindi bikoresho vyagenewe gutorera umuti ibikenewe mu buvuzi bw'ibanze.

- ♦ Iyo vyankenerwa bigizwe n'imiti yo mumutwe ikurikira :
 - ▶ **Ibinini « amitriptyline** : ibinini ibihumbi bine vya mirigarama 25, kimwe kimwe
 - ▶ **Ibinini « biperdène** » : ibinini amajana ane vya mirigarama 2 kimwe kimwe
 - ▶ **Umuti « diazepam** » : ibinini amajana abiri na mirongo ine, mirigarama 5 kimwe kimwe
 - ▶ **Inshinge za « diazepam** » : amajana abiri za miriritiro 2 canke 5, miriritiro 2 kuri « ampoule » imwe

▶ **Umuti « halopéridol** » : ibinini igihumbi n'amajana atatu vya mirigarama 5 kimwekimwe

▶ **Inshinge za « halopéridol** » : mirongo ibiri za mirigarama 5 kuri miriritiro imwe, miriritiro 1 kuri « ampoule » imwe

▶ **umuti « phénobarbital**»: ibinini igihumbi vya mirigarama 50 kimwe kimwe

♦ Urugezo rw'iyi miti ntrukwiye mu bisata bisuzuma bikongera bikavura indwara z'intandara, indwara yo mu mutwe yeruye hamwe n'ukuyinga. Imiti ziyongerako itegerezwa gutumwako.

♦ Mu gihe kirekire, urugezo rukwiye rw'imiti ruzoharurwa hisunzwe ikoresha nyaryo ryayo.

» Hejuru y'iyi miti ivura indwara zo mu mutwe, umuti witwa "**atropine**" utegerezwa kuba uhari mu kuvura ubumara bw'umushuhira butewe n'imiti yica udukoko, uburyo buboneka kenshi bwo kwigirira nabi. Uwo muti "**atropine**" urimwo mu bikoresho vy'ubuvuzi bw'ubutabazi mu bigo (inshinge mirongo itanu za mirigarama imwe kuri miriritiro imwe, buri rushing rurimwo miriritiro imwe).

» Kumenya ko iyo miti yose **ibitswe neza**.

Itunganywa ry'amakuru

» **Kumwemerera ukuzigama ibanga**. Udutabo two kwa muganga dutegerezwa gushingurwa neza.

» Kurondera ibintu bikenewe vyose kugira habe iyandikwa mugisata kijewe ihanahanamakuru mu vy'ubuvuzi.

- ♦ Hasabwe gukoresha ibigize ubuvuzi bw'indwara zo mu mu mutwe, z'imitsi nsozabwenge n'izifatye kugufata ibiyayuramutwe mu mice 7 y'igisata c'ihanahanamakuru mu vy'ubuvuzi ryatanzwe n'ishirahamwe mpuzamakungu ryitaho impunzi (UNHCR) kugira herekanwe indwara zo mu mutwe, z'imitsi nsozabwenge n'iziva kugufata ibiyayuramutwe (raba ivyongeweko vya 1).

♦ Mu bihe vy'ubutabazi bukomeye, abafat'ingingo mu vy'amagara y'abantu barashobora ku batiteguriye kwongerako iyo mice 7 mw'ihanahanamakuru mu buvuzi. Muri ico gihe, umuce bita « ingorane zo mu mutwe, iz'imitsi nsoza bwenge, hamwe n'iziterwa no gufata ibiyayuramutwe », urashobora kongerwako mu gisata c'ihanahanamakuru mu buvuzi. Izoca isubirizwa mu nyuma n'ikindi gisiguritse neza.

» Kwegeranya no kwihweza ivyegeranijwe hamwe no gutanga ivyatowe ku begwa n'ugufata ingingo z'amagara y'abantu.

Ingingo ngenderwako z'ubuvuzi bw'abagendana indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyayuramutwe mu bihe vy'ubutabazi

PGS

1. Ingingo zo kuganira

Mu bihe vy'ubutabazi, bivanye n'ihindagurika kandi rititegurirwe ry'ubufasha bwihuta, abavuzi bagira umutwaro ukomeye kugirango biteho abantu benshi bashoboka mu mwanya muto. Mu mavuriro, ugusuzuma abarwayi bitegerezwa kumara umwanya muto, mu buryo bworoshe kandi bikaba vyerekeje ku bibazo vyihutirwa cane. Ubushobozi buhagije bwo kuganira bwofasha abavuzi gushika kuri izo hangiro zo gutanga ubuvuzi ngirakamaro ku bakuze, ku miyabaga no ku bana barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izijanye no gufata ibiyayuramutwe.

» **Tunganya ikibanza gituma abantu baganira neza.**

- ♦ Igihe bishoboka, ganirira n'uwukwituye mu **kibanza cihereye**.
- ♦ Kwishira k'urugero rumwe n'uwukenyeye ubufasha (nk'akarorero kwicara igihe nawe yicaye).
- ♦ Kwakira uwukwituye, ukamwidondora, ukamubarira ico ujejwe k'urugero ruhuye n'umuco w'aho hantu.
- ♦ **Ramutsa** umuntu wese ari ngaho.
- ♦ Baza uwukwituye ko yipfuzako ko muganira arikumwe n'abamuherekeje canke abandi bantu
 - ▶ Kiretse igihe uwukenyeye ubufasha ari umwana mutoyi, saba ko muganira n'uwukenyeye ubufasha gusa. Igihe yipfuzako ko agumana n'abamuherekeje, ubahiriza icipfuzo ciwe.
 - ▶ Mu gihe muganiriyeye n'uwukwituye wenyene, uramusaba uruhusha rwo:
 - kubaza ibibazo abamuherekeje kugira ngo umenye nabo ico babivugako
 - Guha uruhara abamuherekeje igihe indinganizo y'ubufasha mwayivuganye kandi mwayumvikanyeko.
- ♦ Kwemerera uwukwituye ko ivyo muganira vyose **biguma ari ibanga** kiretse wenyene atanze uruhusha, kiretse mugirwe uwo muntu canke abandi vyobageramira (ubwo butumwa bushobora guhinduka bivanye n'amategeko y'ubutungane ngenderwako mu gihugu ciwe mu bijanye no kugumya ibanga).

» **Guha uruhara rukwiriye uwufise ibibazo vy'amagara yo m'umutwe akwituye uko bishoboka.**

- ♦ Naho inyifato yiwe iba yahungabanyeye, gerageza igihe cose kugira agumane ikibanza nyamukuru mu kiganiro. Ivyo birafatirwako kandi ku bana, urwaruka n'abageze mu za bukuru barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyayura mutwe. Ni vyiza ko badakumirwa ngo muganire n'abababerekeje gusa.
- ♦ Igihe cose, kugerageza gusigurira uwukwituye ibiriko biraba (nk'akarorero mu gihe c'isuzuma ry'umubiri) n'ibiza gukorwa mu nyuma.

» **Tangura kumviriza.**

- ♦ Kureka uwukwituye akavuga utamuciriyemwo. Ntivyama bishoboka iminsi yose ko abantu bari mu gahinda baganira neza. Igihe ivyo bishitse, urarindira ukanasaba insiguro zihagije. Ntaguhutagiza.
- ♦ Nta guhata uwukwituye kuvuga canke kwigana ibihe nseserezamutima bishobora kumuhungabanya igihe atabishaka. N'ukumumenyesha ko tuhari kugira twumvirize.

- ♦ Abana bashobora gukenere umwanya munini kugira ngo bumve ko bisanzuye. Gukoresha imvugo bashobora gutahura. Mu kwubaka imigenderanire n'abana, birashobora kuba ngirakamaro ko uvuga ivyo basanzwe bakunda (ibikinisho, abagenzi, ishuri, n'ibindi).
 - » **Gukoresha imvugo yumvikana kandi irashe.**
 - ♦ Koresha imvugo umuntu amenyereye. Kwirinda gukoresha amajambo y'ubuhinga.
 - ♦ Uruhagarara rurashobora gutuma abantu badatahura neza amakuru, bisaba ko muvuga ku kintu kimwe kimwe, kugira atahure ikivuzwe imbere yuko mutandukira igikurikira.
 - ♦ **Kuvuga muri make ukanasubiramwo** ivyiyumviro nyamukuru. Birashobora kuba ngirakamaro gusaba umurwayi canke abamuherekeje kwandika ibintu nyamukuru mwashitseko. Ataruko, tanga k'uwukwituye icegeranyo candidte c'ivyiyumviro nyamukuru.
 - » **Kwerekana umutima w'ikibabarwe igihe abantu bavuze ibintu bikomeye vyababayeko (gufatwa ku nguvu, guhohoterwa canke inyifato yo kwigirira nabi).**
 - ♦ Kumwemerera ko ivyo muyaga vyose biguma hagati yanyu.
 - ♦ Kudafata minenerwe ibishobisho vy'umuntu, gukekeza canke gutanga insiguro yawe.
 - ♦ Tahura ko bishobora kugorana ko umuntu avuga ivyamusesereje.
 - ♦ Igihe bikenewe ko arungikwa k'ubundi bufasha, sigura neza inzira zigiyeye gukurikira. Gusaba uwukwituye uruhusha rwo gusabikaniriza ivyiwe abandi bavuzi bashobora gutanga ubufasha.
- Nk'akarorero:
- ▶ *Mwambariye ko umubanyi wanyu yabagiriye nabi. Ntawundi muntu nzobibarira ariko ndazi umuntu yashobora kubafasha. Mwokwemera ko mbarira ingorane zawe uwo dukorana wo mwishirahamwe kanaka ?*

» **Ntucire urubanza abakwituye kubera inyifato yabo.**

- ♦ Abafise indwara zo mu muntwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyayuramutwe barashobora kugira inyifato itamenyerewe. Tahura ko bishobora kuba bivuye ku ndwara yabo. Tekana wihe umwanya. Ntakubatwenga.
- ▶ Igihe agize inyifato itabereye (nk'akarorero **kwiymbagura, gukara, gutera ubwoba**), rondera ikibimuteye unamuhitishanwo inyishu. Kwikora ku bamuherekeje canke abandi mukorana kugira wubake **igihe gitekanye**. Igihe ahungabanye cane kandi aguma yiyymbagura, birashobora kuba ngirakamaro ko apimwa **imbere y'abandi** kandi agaca ajanwa aho bamusuzumira.

» **Igihe bikenewe harifashishwa abasobanuzi.**

- ♦ Igihe bikenewe n'ukugerageza gukorana n'abasobanuzi babinonosoye, cane cane uwo basangiye igitsina n'uwurwaye indwara zo mu mutwe, z'imitsi nsozabwenge canke zivuye ku gufata ibiyayura mutwe. Igihe atamusobanuzi yabinonosoye ahari, abandi bavuzi mukorana canke abamuherekeje barashobora gukora ico gikorwa, umurwayi abitangiye uruhusha.
- ♦ Igihe uwamuherekeje abaye umusobanuzi, menya ko uwakwituye ashobora kutavuga ivyamubayeko vyose. Ikindi n'uko amatati afatiye ku nyungu hagati y'uwakwituye n'uwamuherekeje ashobora kubangamira ikiganiro muriko muragirana. Igihe bibaye intambanyi cane, tegekanya uwundi musobanuzi ku masango akurikira.
- ♦ Bwira umusobanuzi ko atagerezwa kubigira ibanga kandi ko asigura akoresheje insiguro y'amajambo atinjiye mu mizi kandi atongeyeko uko abibona canke abitahura.

2. Ingingo zo gusuzuma

Gusuzuma umurwayi bisaba kumenya indwara uwukwituye afise ukanatahura uko wenyene abiha insiguro. Biranakenewe kandi ko usuzuma inkomezi n'ubushobozi (akarorero: gushigikirana mu kibano) uwukwituye afise. Ayo makuru yiyongerako atuma abavuzi batanga ubufasha bubereye.

Mu gihe co gusuzuma, ni ngombwa ko uguma wihweza neza uko uwakwituye ameze muri rusangi, imero yiwe, ibimenyetso mu maso hiwe herekana hamwe n'insiguro y'ibimenyetso vy'umubiri n'amajambo arakoreshwa n'uwurwaye MNS.

» Kurondera kumenya icatumye umuntu akwitura.

- ♦ Ni igiki catumwe mutwitura uno musu? Vyatanguye ryari? Vyatanguye gute? Vyabandaniye gute?
- ♦ Mwiyumva gute Kubera izo ngorane mufise? Kubwanyu vyoba biva kuki?
- ♦ Izo ngorane zoba zifise ingaruka izihe ku buzima bwanyu bwa minsi yose (mu kibano, mu rugo, ku kazi, kw'ishure)?
- ♦ Mwagerageje gukora iki ngo mutore inyishu y'ivyo bibazo? Mwoba mwaragerageje gufata imiti? Hamwe mwoba mwarayifashe ni iy'ubwoko ubuhe (yanditswe na muganga, y'ikirundi?). Iyo miti yabafashije k'urugero urube?

» Kurondera kumenya ko mu mu ryango hari kahise k'indwara zo mu mutwe, z'imitsi yo mu bwonko canke zivuye ku gufata ibiyuramutwe.

- ♦ Mwoba muzi ko mu muryamgo hari uwundi yigeze kugira ibimenyetso nkivyo canke bishusha navyo?

» Gukora ibipimo kugira umenye uko amagara y'uwabituye yifashe muri rusangi

- ♦ Kubaza ibibazo bishoboka bijanye n'amagara yo mu mubiri:
 - ▶ Mwoba mumaze kugira ikibazo c'amagara kidasanzwe?
 - ▶ Hari umuti w'indwara kananka mwoba muriko murafata ubu?
- ♦ Baza uwakwituye ko ariko arafata imiti:
 - ▶ Muri kino gihe hari umuti babandikiye mwoba muriko murafata?
 - ▶ Ni umuti uwuhe? Mwoba mwawuzanye? Muwufata gute?
- ♦ Baza ko uwakwituye yoba yarigeze gufata umuti ukamugirira ingaruka mbi ku mubiri.

» Rondera ibiriko bimutera uruhagarara, uburyo bwo guhangana navyo n'ubufasha buhari.

- ♦ Ubuzima bwanyu bwahindutse gute kuva ... (kuvuga icatumye haba icago)?
- ♦ Mwoba mwarabuze umuntu mukunda?
- ♦ Mwumva mufise uruhagarara ku rugero rungana gute? Vyabakozeko gute?
- ♦ Muri kino gihe, ni ibihe bibazo bikomeye bibahanze?
- ♦ Muhangana navyo gute ku musu ku musu?
- ♦ Muronka ubufasha bumeze gute? Muraronka ubufasha bwo mu muryango, bw'abagenzi canke bw'abantu bo mu kibano? (umuryango, ikibano, abagenzi)

» Rondera kumenya ko ata nzoga canke ibiyuramutwe vyoba bifatwa.

Ibibazo bijanye n'inzoga hamwe n'ibiyuramutwe bishobora kubonwa nkuko umenga ni ukwinjirira canke guhanga umurwayi. Ariko birakenewe cane mu gusuzuma umurwayi wo mu mutwe.

Sigurira umurwayi ko ivyo bibazo bijanye n'isuzuma kandi bikabazwa adaturutse urutoke, adasuzuguwe kandi hubahirijwe imico.

- ♦ Hari ibibazo bisanzwe ntegerezwa kubabaza bijanye no gusuzuma, mwoba mufata utuyoga (canke ikindi kintu gikabura gifatwa nk'ingorane mu karere)? Igihe woba ubifata, kangahe ku musilku ndwi?
- ♦ Mwoba mufata imuti igihe mwumva mufise uruhagara, mwahungabanye canke mufise ubwoba? Hari ikintu mufata igihe mubabaye ku mutima? Hari imiti mwoba mufata kugira musinzire? Nimba muyifata ni kangahe ku musil ku ndwi? Muyifata kuva ryari?

» Rondera kumenya ko ataviyumviro canke kugeregeza kwiyahura vyoba bihari

Ibibazo bijanye no kwiyahura navyo bishobora kubonwa nk'ibihungabanya umuntu ariko birakenewe cane mu gusuzuma umuntu afise ibibazo vy'amagara yo mu mutwe. Ni kugerageza kubibaza wubahirije imico yiwe kandi utamutunze agatoke.

- ♦ Mushobora gutangura uku: Kazoza kanyu mukitezeke iki? Iyo ata mwizero afise muri kazoza uca ubaza ibindi bibazo (>> **Igicapo 1** c'ikigabane co kwiyahura **SUI**) nka Mwumva kubaho bibereye? Mwoba mumaze kwiyumvira kwigirira nabi? Mwoba mumaze gutegura kwiyaka ubuzima? (>> **kwiyahura SUI**)

» Gupima ufatiye ku bimenyetso

- ♦ Gitegerezwa kuba igipimo c'umubiri gifatiye ku bimenyetso, vyisunga amakuru yatanze mu gihe co gusuzuma indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye kugufata ibiyuramutwe. Igihe habonetse indwara yo mu mubiri kuri urwo rwego, bisabwa ko ivurwa canke kwitura ababishoboye.



» Igihe hiketswe indwara MNS, simbira kukigabane bijanye kugira isuzumwe.
» Igihe uwakwituye afise afise ibimenyetso vyerekeza kundwara nyinshi MNS, ibigabane vyose bijanye nazo birisungwa.

3. Ingingo zo gutanga ubufasha

Indwara nyinshi MNS, z'imitsi nsozabwenge n'izifatye kugufata ibiyayuramutwe ni ngendanwa, zisaba gucungerwa no gukurikiranwa igihe kirekire. Yamara, mubihe vy'ubutabazi, kubandanya imiti birashobora kugorana kuko ubuvuzi bw'indwara zo mu mutwe butama buhari canke abantu bashobora kuba barimuwe canke bazokwimurwa. Abitaho abagendana indwara MNS bafatwa nk'abantu bazwi nk'abashobora gutanga ubufasha. Bashobora gutanga ubuvuzi, gushigikira no gukurikiranira hagufi abafise izo ndwara ikiringo cose ibihe bidasanzwe bizomara. Abafasha ni abo bantu bose basangiye uruhara ku mibereho myiza y'uwurwaye indwara MNS, nk'abo mu muryango, abagenzi canke umuntu wese w'umwizigirwa. Mu gufasha umurwayi hamwe n'uwumufasha gutahura indwara MNS, indinganizo yo gutanga ubufasha hamwe n'iyi gukurikiranwa ziremerwa neza.

» Kuvura indwara zo mu mutwe no mu mubiri ku barwaye indwara MNS.

- ♦ Guha umurwayi insiguro zijanye n'indwara afise.
 - ▶ Igihe avyemeye izo nsiguro ziranahabwa uwukunda kumuba hagufi.
- ♦ Kwigira no guca irya nino amahangiro mugiyeye gukorerako mukarabira hamwe ingene agiyeye gufashwa.
 - ▶ Igihe avyemeye mubirabira hamwe n'uwumuba hafi kenshi.
 - ▶ Ku ndinganizo yo gukurikiranwa yahiswemwo, ni kumuha insiguro :
 - Ku kamaro azoronka mu muti ;
 - Ikiringo co gufata umuti ;
 - Akamaro ko kubahiriza ubuvuzi, cane cane mugushira mu ngiro ubufasha bujanye n'inyifato ibereye (nk'imyimenyerezo ngororamubiri) yo muhira n'ubufasha abamwegereye bashobora kumuha ;
 - Inkurikizi zishobora guturuka ku miti ariko arafata ;
 - Uruhara rw'iyindi mirwi yo mu kibano : Abaremeshakiyago n'abandi bantu bizigiwe bo mu kibano (>> **Ingingo zo kugabanya uruhagarara no gukomeza gushigikirana mu kibano** ziza gukurikira) ;
 - Indwara wamutoye. Gukoresha imvugo y'umwizero ariko ntumwemerere ivyo utazi neza.
 - ▶ Igihe bikenewe, kumubwira ibijanye n'uburyo bw'amafaranga bushobora gukenerwa.

» Kwishura ibibazo n'imyitwarariko umurwayi hamwe n'uwumufasha bafise ku bijanye n'indinganizo yo kuvurwa.

Igihe umurwayi yibungenze canke yonsa :

- » Irinde kwandika imiti yashobora kugira ingaruka mbi ku mwana ari mu nda no gufasha gushikira ubuvuzi bw'**imbere yo kwibaruka**
- » Irinde kwandika imiti ishobora kugira ingaruka mbi ku kayoya/umwana w'umukenyenzi yonsa. Gukurikirana umwana w'umukenyenzi yonsa ari ku miti. Kugerageza korohereza gushika mu bibanza/ amahema vyagenewe abana

» Imbere y'uko umurwayi ataha :

- ♦ Kumenya neza ko umurwayi n'abamuherekeje batahura kandi bemera indinganizo yo gufashwa, (nk'akarorero kubabwira ngo basubiremwo ingingo nyamukuru z'iyi ndinganizo).
- ♦ Gutera intege umurwayi n'uwamuherekeje ingene bazoba baracungana n'ibimenyetso vy'indwara bakanamenya igihe bategerezwa guca bitura muganga vyihuta.
- ♦ Gutegekanya isango ryo gukurikiranwa.
 - ▶ Gutunganya indinganizo yo gukurikiranwa hisunzwe igihe c'ubutabazi barimwo (nk'akarorero kwimurwa/ guhunga kw'abantu hamwe n'ihagarikwa ry'ubuzi).
 - ▶ Igihe umurwayi afise amahirwe make yo kubandanya akurikiranirwa ngaho :
 - Kwandika mu ncamake indinganizo yo gukurikiranwa no gutera intege kugira umurwayi azoyitondane igihe cose azoba agiyeye kwivuza.
 - Gutanga umwidondoro w'ayandi mavuriro ari hafi.
- ♦ Mu kiringo cambere amasango yo gukurikiranwa ategerezwa kuba menshi cane gushika aho ibimenyetso bitangura kugabanuka.
- ♦ Igihe ibimenyetso bitanguye kugabanuka, harashingwa amasango ategeranye ariko ari ku rugero rutunganijwe.
- ♦ Sigurira umurwayi ko ashobora kugaruka kw'ivuriro igihe cose bikenewe hagati y'isango n'irindi (nkiyo yagize inkurikizi mbi z'imiti).

» Kuri buri sango, suzuma :

- ♦ Akamaro imiti iriko iragira, inkurikizi mbi z'imiti, ugufata neza imiti n'uruhara rw'ubufasha bw'imibano n'inyifato. Kwemeza intambwe zose zimaze gushikwako no gutera intege ku kubandanya gukurikiza indinganizo.
- ♦ Uko amagara yifashe muri rusangi. Gucungera buri gihe amagara y'umubiri.
- ♦ Uko umuntu yitunganiriza ubuzima (nko gufungura, kwiyuhagira, impuzu) hamwe n'inyifato yiwe aho abaye.
- ♦ Ingorane z'imibano n'inyifato na/canke ihindagurika ry'imibereho bishobora guhungabanya ubufasha.
- ♦ Ivyo umurwayi n'uwumwitaho batahura canke biteze k'ubuvuzi. Gukosora ico badatahura cose.
- ♦ Iminsi yose suzuma ibiranga umurwayi kuko birashobora guhinduka kenshi.

» Mu kiringo cose co gukurikirana umurwayi :

- ♦ Kuguma mubonana n'umurwayi n'uwumufasha. Bishobotse harashirwaho umuremeshakiyago canke uwundi muntu w'umwizigirwa mu kibano kugira agumize ijisho ku murwayi. Uwo muntu ashobora kuba ari uwo mu muryango.
- ♦ Gushiraho indinganizo igihe umurwayi atagarutse kw'isango.
 - ▶ Kugerageza kumenya igituma atagarutse. Umuremeshakiyago canke uwundi muntu w'umwizigirwa arashobora gufasha kuranga umurwayi (nk'akarorero mu kumugendera i muhira).
 - ▶ Igihe bishoboka, kuraho intambanyi ihari kugira umurwayi ashobore kugaruka kw'ivuriro.
- ♦ Iture umuganga w'umuhinga igihe umurwayi adatora mitende.

4. Ingingo zo kugabanya uruhagara no gukomeza gushigikirana mu kibano

Ukugabanya uruhagarara no gukomeza gushigikirana vyinjira m'ubuvuzi bw'indwara MNS mu bihe vy'ubutabazi, aho kenshi abantu barwa mu ngero zikomeye z'uruhagarara. Si uruhagara rugirwa n'abarwayi ba MNS gusa ahubwo n'urwo ababafasha bagira hamwe nabo basanzwe bitaho. Uruhagarara ruratuma indwara MNS zihasanze zerura. Kubera ko ugushigikirana bigabanya inkurikizi mbi z'uruhagarara, ni kubishimikira cane. Vyongeye, gukomeza gushigikirana ni kimwe mu bihambaye vyo gukinga (>> **Ingingo zo gukingira agateka kazina muntu**) hamwe no guteza imbere imibereho myiza muri rusangi y'abanyagihugu bageramiwe n'ikiza. (>> **Ingingo z'umwitwarariko ufatiye ku kubaho neza muri rusangi**).

» Tohoza ibishobora gutera uruhagara hamwe n'ugushigikirana kuhari mu kibano.

- ♦ Muri kino gihe, ni ikihe kintu gikomeye kibateye impungenge ?
- ♦ Mubigenza gute kugira muhangane n'izo mpungenge ?
- ♦ Ni ibintu ibihe bibazanira ituze, inguvu n'inkomezi ?
- ♦ Ni uwuhe muntu mubona ko bibereye ko mwogoninira ingorane zanyu ? Igihe mwumva mutameze neza, ni nde mwazambira kugira muronke ubufasha n'impanuro ?
- ♦ mwotubwira ingene imigenderanire n'umuryango wanyu yifashe ? Ni gute umuryango n'abagenzi banyu babashigikira canke babahungabanya ?

» Rondera neza ibimenyetso vyo guhohoterwa canke kutitabwaho.

- ♦ Kwitondera ibimenyetso bishoboka vy'ihohoterwa rifatiye ku gitsina canke ku mubiri (harimwo n'ihohoterwa ryo mu ngo) ku bakenyezi, ku bana hamwe n'abageze mu zabukuru (nk'akarorero kuvurirana kw'amaraso ku mubiri canke ibikomere bidasiguritse, ubwoba burenze, amakenga yo kuvuga ibibazo kanaka igihe hari umuntu wo mu muryango ahari).
- ♦ Kwitondera ibimenyetso bishoboka vyo kutitabwaho, cane cane ku bana, abagendana ubumuga, n'abageze mu za bukuru (nk'akarorero ugufungura nabi mu muryango ufise ibifungurwa bikwiye, umwana yigunze cane).
- ♦ Mu gihe ibimenyetso vy'ihohoterwa no kutitabwaho vyibonekeje, ganirira n'umurwayi ahiherereye kugira umubaze ko hari ikintu kibabaje camushikiye.
- ♦ Igihe hiketswe ihohoterwa canke kutitabwaho :
 - ▶ Iture ubwo nyene umugenduzi wanyu kugira muganire indinganizo y'ivyokorwa.
 - ▶ Igihe umurwayi abitangiye uruhusha, rondera ahova ubufasha bwo gukinga mu kibano (nk'akarorero ibisata vy'ubutungane vyizewe hamwe n'inani zo gukinga).

» Ufatiye ku makuru yegeranijwe, tegekanya ubuhinga bukurikira :

- ♦ Ugutora umuti w'ibibazo :
 - ▶ Koresha ubuhinga bwo gutora umuti w'ibibazo kugira ufashe umurwayi guhangana n'ibituma nyamukuru bimutera uruhagarara. Igihe ibitera uruhagarara bidashobora gukurwaho canke ngo bigabanywe, ubuhinga bwo gutora umuti w'ibibazo burashobora gukoreshwa kugira higwe uburyo bwo guhangana navyo. Muri rusangi, ntagushoka utanga impanuro. Gerageza gutera intege umurwayi kugirango yitorere wenyene inyishu ziwe.
 - ▶ Igihe uriko witaho abana n'imiyabaga, naho nyene ni ngirakamaro gusuzuma no gutorera umuti ibitera uruhagarara ku babitaho.
- ♦ Gukomeza ugushigikirana mu kibano :
 - ▶ Fasha uwakwituye gutora abantu babizigirwa bo mu muryango, abagenzi n'abo mu kibano bashobora gutanga ubufasha no kwiga ingene umwe wese yobikora.
 - ▶ Igihe uwakwituye abitangiye uruhusha, murungike kubandi bashobora kumufasha mu kibano kugira ashigikirwe. Imboneza mu kibano, abatabazi n'abandi bizigirwa mu kibano barashobora gufasha kushikana umuntu aho aronkera ubufasha bukwiyeye nk' :

- Ibisata bifasha canke bikingira ;
- Uburararo ;
- Imfashanyo y'ibifungurwa n'ibindi vyankenerwa ;
- Ibigu rusangi ;
- Imirwi yo gufashanya no gushigikirana ;
- Ibikorwa vyo kwiteza imbere n'ibindi bikorwa vy'ubuhinga ;
- Inyigisho ;
- Ibibanza vyagenewe abana canke ibindi bikorwa biteguriwe abana n'imiyabaga.

Mu kurangira umuntu, ni kumuha amakuru yose agize indondoro (Ikibanza, amasaha bugururirako, inomero za terefone, n'ibindi) kandi ukamuha n'urwandiko rwemeza ko umurungitse.

♦ Kuvura uruhagarara :

- ▶ Kwihweza no guteza imbere uburyo bwiza bwo kuruhuka (nko kumviriza umuziki, gukora ikarashishi n'ibindi).
- ▶ Kwigisha uwakwituye n'abamufasha ubuhinga buhariwe kuvura uruhagara nk'imyimenyerezo yo guhema (>> **Igicapo PGS2**).
- Mu bihe bimwe bimwe urashobora kumurungika k'umuvuzi (nk'umuforoma canke uw'imibano n'inyifato) kugira bamwigishe ubwo buhinga.

» Kuvura uruhagarara rw'abafasha

- ♦ Kubaza abafasha kuri ibi :
 - ▶ Amakenga bafise n'umwitwarariko bifatiye kukwitaho uwufise indwara MNS mu bihe barimwo bidasanzwe ;
 - ▶ Ingorane zigaragara bahura nazo (nk'akarorero ibibazo vy'amahera, ibibabuzwa umwidgegemvyo wabo canke umwanya w'akaruhuko) ;
 - ▶ Ubushobozi bwabo mu gutunganya ibikorwa vya minsi yose, nk'akazi canke kwitaba imigirwa yo mu kibano ;
 - ▶ Uburuhe bw'umubiri bagira ;
 - ▶ Ubufasha bw'imibano boshobora kuronka :
 - Abandi bantu barashobora kubafasha mu gihe bidakunze ko mwitaho umurwayi (nk'akarorero igihe murwaye canke murushe cane) ?
 - ▶ Imibereho yabo myiza y'inyifato. Igihe abafasha bameze nk'abari mugahinda canke badatekanye, suzuma ko batoba bafise indwara MNS, (nk'akarorero Kuyinga **DEP**, gufata ibiyayuramutse **SUB**).
- ♦ Inyuma y'isuzumwa, gerageza gutorera umuti ivyankenerwa n'ibihanze abafasha. Ivyo bishobora gutuma :
 - ▶ Bahabwa amakuru ;
 - ▶ Kubarungika ku mirwi no k'ubufasha bubereye bwo mu kibano ;
 - ▶ Kuganira kwisubirizwa rishoboka ry'akanya gatoyi. Umuntu wo mu muryango canke uwundi muntu abishoboye arashobora kwitaho umurwayi vy'imfatakibanza igihe uwumufasha nyezina aruhutse canke ariko arakora ibindi bikorwa ngirakamaro ;
 - ▶ Koresha ubuhanuzi bwo gutorera inyishu ibibazo * kandi igisha ubuhinga bwo kuvura uruhagara ;
 - ▶ Kuvura indwara MNS zose zibonetse ku mufasha.
- ♦ Tahura ko kwitaho abantu barwaye MNS bitera uruhagarara ariko sigurira umufasha ko ari ngirakamaro ko abandanya abikora. Naho ivyo bigoye, abafasha bategerezwa kubahiriza agateka k'abantu bakurikirana no kubacako igihe cose bishoboka mugufata ingingo zerekeye ubuzima bwabo.

Icapa PGS 1 : Ugukomeza gushigikirana mu kibano

Hampande yo kuvura ibimenyetso vy'indwara, himiriza ibikorwa bituma gushigikirana mu muryango no mu kibano kuri buri wese, cane cane abo mukibano bakumiriwe. Ku makuru aramvuye, raba igitabu *Comprendre la protection basée sur la communauté* (UNHCR, 2013) (*Tahura ugukingira gufatije ku kibano*) hamwe n'agatabu 5.2 k'intumbero za CPI (umurwi wamaho mpuzamashirahamwe) zerekeye amagara yo mu mutwe n'ugushigikira imibano n'inyifato mubihe vy'ubutabazi (CPI/IASC, 2007).

Igicapo PSG 2 : Umwimenyerezo ngororamubiri : Ubuhinga bwo guhema bukebuke

Nshaka ndabigishe ingene mwohema kugira mutume umubiri n'umushaha biruhuka. Murabanza kwimenyereza gatoyi kugira muronke neza uburusho bw'ubwo buhinga bwo guhema.

Ubwo buhinga bwibanda ku guhema kuko, igihe turi muruhagarara rwo mu mutima, uguhema kuranyaruka cane kandi ntigushika neza, arivyo bituma duhagarika umutima cane. Kugira muruhuke mu mubiri mutegerezwa guhindura uguhema kwanyu.

Imbere yo gutangura, tubanza kworoshya umubiri wacu. Nyiganze buhobuhoro hama muce mworoshya amaboko n'amaguru yanyu. Ategerezwa kuba yiyoroheje cane kandi yirekuye. Bikore buhorobuho hindukiza ibitugu vyanyu muja inyuma kandi muhindukize umutwe wanyu ku ruhande no k'urundi.

Ubu naho ni mushire ukuboko kumwe kunda ukundi nako hejuru y'igikiriza canyu. Mwiyumvire ko mufise umupira munda. Mu kwinjiza impwemu muraza gupompa uwo mupira kandi inda yanyu iravyimba. Mu gusohora impwemu, murakuramwo umwuka mu mupira kandi inda yanyu ica itubanuka. Ni mundabe, mbanza ubwambere gusohora impwemu zose ziri munda yanje.

[Erekana akarorero ko guhemera munda- injiza mwongere musohore impwemu ku buryo burengeje urugero.]

Dutangura, ubu, gerageza muheme co kimwe na jewe. Ntimwibagire, dutangura gusohora impwemu gushika aho zose zihera, hanyuma duca tuzinjiza. Mubishoboye, gerageza kwinjiza impwemu n'amazuru muce muzisohora n'umunwa.

Neza cane, ubu, intambwe ya kabiri ijanye no kugabanya umurindi wo guhema kwanyu. Mwinjiza impwemu mu misogonda itatu, muce mureka guhema ikiringo c'imisogonda ibiri, muce musohora impwemu mu misogonda itatu. Ndaharura co kimwe namwe. Murashobora guhumiriza canke mukaguma mukanura.

Twagiye, injiza impwemu, 1, 2, 3. Reka guhema, 1,2. Hanyuma rekura impwemu. 1, 2, 3. Mwoba mwumvise ingene mparura bukebuke ?

[Subiramwo uwu mwimenyerezo wo guhema mu kiringo kingana hafi umunota umwe.]

Ni neza cane. Munyuma, igihe mwimenyereza mwenyene, ntimwisunge cane imisogonda itatu. Nimubikore uko mubishoboye kugira mugabanye uguhema kwanyu igihe mufise uruhagara rwo mu mutina.

Neza, ubu, ni mwimenyereze mwenyene igihe c'umunota umwe.

5. Ingingo zo gukingira agateka ka zina muntu

Abarwayi b'indwara MNS zikomeye barakeneye gukingirwa kuko kenshi agateka kabo karahungabanywa. Barahura kenshi n'ibibazo vyo gushobora kwitunganiriza neza ubuzima bwabo hamwe n'imiryango yabo. Kuri ivyo hyongerako ugukumirwa mumice myinshi y'ubuzima harimwo akazi, uburaro n'ubuzima bwo mu muryango. Ugushikira imfashanyo biragabanuka. Barashobora gukubagurwa canke kutitabwaho mu muryango wabo kandi barakwa uburengazira bwo kugira uruhara rukwiye mu kibano. Bamwe muri abo bantu bafise indwara MNS zenyuje kenshi bashobora kudahura ko bafise indwara zobatuma bakenera ubufasha n'ubuvuzi.

Mu bihe vy'ubutabazi, agateka k'abantu barwaye indwara MNS arakunda guhungabana, cane cane :

- » Ugukumirwa mu kuronswa ivyankenerwa vy'ibanze mu kubaho nk'ibifungurwa, amazi, itunganywa ry'ibidukikije, uburaro, ibisata vy'amagara y'abantu, gukingirwa no gufashwa mu buryo bwo kubaho ;
- » Kubuzwa uburenganzira bwo gukora ivyo barekuriwe n'amategeko ;
- » Kudashikira ibisata bitorera umuti ivyankenerwa vyabo vyihariye ;
- » Gukubagurwa bifatiye ku mubiri no kugitsina, ikoreshwa, ihohoterwa, Kutitabwaho no gufungwa bidakurikije amategeko ;
- » Guhebwa canke gutandukana n'umuryango mu gihe co guhunga ;
- » Guhebwa no kutitabwaho mu gihe yashizwe mu bitaro.

Ikibabaje, uburyo bwo gukingira abantu mu kibano hamwe n'indinganizo zifatiye ku bushobozi buke si iminsi yose zishiramwo, canke zirakuramwo rimwe na rimwe, ugukingira abantu bagendana indwara MNS zikomeye. Abavuzi bategerezwa rero gukora bashimitse kugira bakureho ako gahaze mu gukingirwa kw'abo bantu.

Ingingo nyamukuru zisiguwe aha musu zirondera gutuma haba ugukingirwa kw'abarwaye indwara kandi baba mu kibano mu bihe vy'ubutabazi.

» Ha uruhara abo vyega nyamukuru

- ♦ Tohoza abafise uruhara nyamukuru bategerezwa kuronswa amakuru ku bibazo vyo gukingira abantu barwaye MNS. Abo bafise uruhara bagizwe na :
 - ▶ Abarwaye indwara MNS hamwe n'ababafasha ;
 - ▶ Abatware bo mu kibano (nk'akarorero abaserukira abatowe mu kibano, abakurambere, abigisha, imboneza z'amadini, abavuzi b'imiti y'ikirundi n'abasenzi) ;
 - ▶ Abaserukira ibisata bitandukanye (cane cane ugukinga/umutekano, amagara, uburaro, amazi, itunganywa ry'ibidukikije, ugufungura, indero, indinganizo zijanye n'uburyo bwo kubaho) ;
 - ▶ Abaserukira ibisata vy'abagendana ubumuga (ibisata vyinshi, kubera ubusamazi, ntivyitaho ubumuga buturutse ku ndwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe) ;
 - ▶ Abaserukira imirwi yo mu kibano (urwaruka canke abakenyezi) n'amashirahamwe aharanira agateka ka zina muntu, igiporisi n'abakuru mu butungane.
- ♦ Gutegura ibikorwa vyo guhimiriza abafise uruhara nyamukuru :
 - ▶ Tegekanya gutegura amanama yo guhanahana ivyiyumviro ku ndwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse kugufata ibiyuramutwe.
 - ▶ Suzuma abantu barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse kugufata ibiyuramutwe, ababafasha n'ibisata vy'ubumuga hamwe n'ibisata vy'imibano kugira hategurwe kandi hashirwe mu ngiro ibikorwa vyo guhimiriza.
 - ▶ Mu gihe c'ibikorwa vyo guhimiriza :
 - Menyesha kandi hagarika ivyiyumviro bibi baronse biraba abarwayi b'indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe.
 - Menyesha agateka k'abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe, cane cane ukungana mu kuronswa imfashanyo no gukingirwa.
 - Kinga ugukumirwa kw'abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe.

- Himiriza abafasha gushigikira abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe.

» Mu mavuriro, kingira agateka k'abagwaye indwara zikomeye zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe.

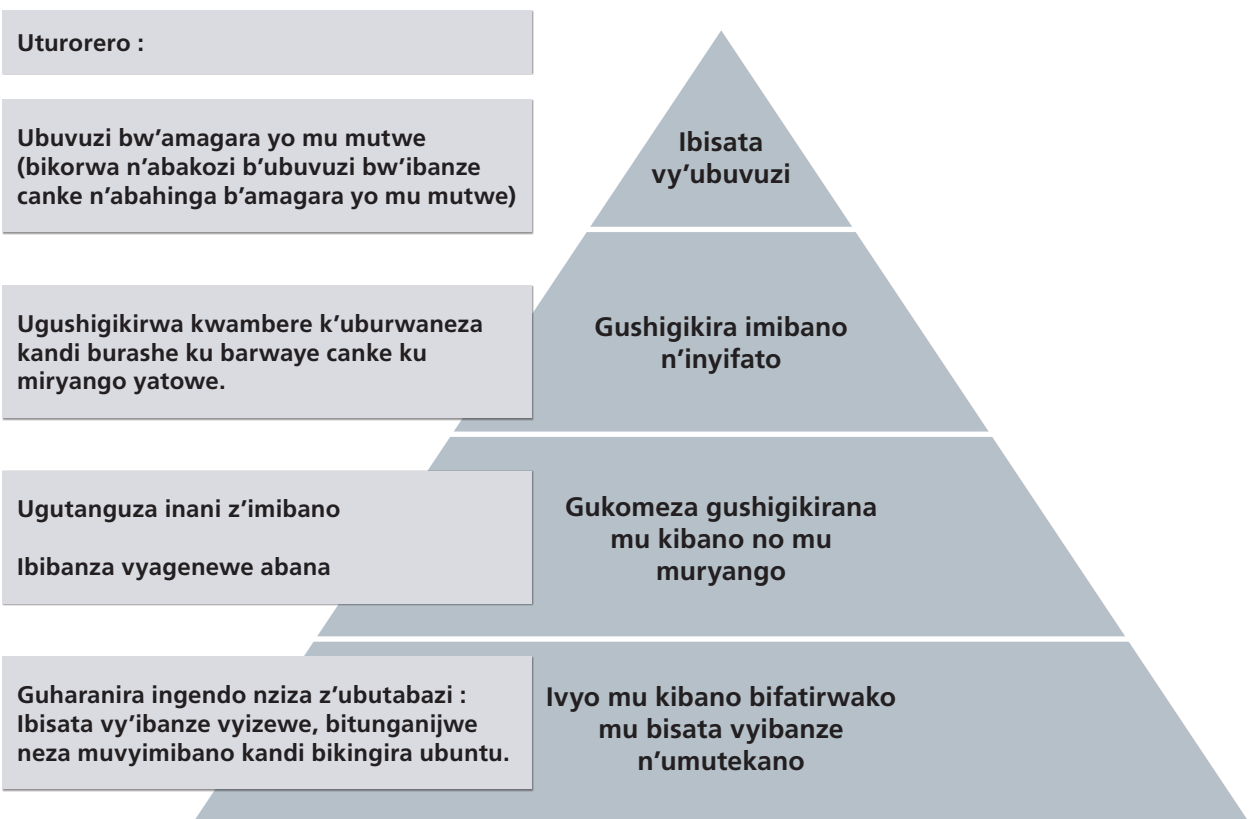
- ♦ Iminsi yose vurana icubahiro n'ubuntu abagwaye indwara zikomeye zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe.
 - ♦ Tohoza umenye neza ko abagwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe baronswa ubuvuzi bumwe n'abandi batazirwaye.
 - ♦ Ubahiriza uburenganzira bw'umurwayi bwo kwanka ubuvuzi kiretse adafise ubushobozi bwo gufata iyo ngingo (isunge amasezerano mpuzamakungu yateweko igikumu).
 - ♦ Guhagarika ingingo yo kumushira mu bitaro. Igihe umurwayi aba amaze gushirwa mu bitaro, muri ico gihe haranira iyubahirizwa ry'agateka kiwe.
- ### » Haranira gusubiza mu buzima bwo mu kibano abantu barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe zikomeye.
- ♦ Vugira abantu barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku gufata ibiyuramutwe ngo bashirwe mu bufasha bwo kubaho, mu ndinganizo zo gukingirwa n'ibindi bikorwa vyo mu kibano.
 - ♦ Haranira ko abana barwaye intandara n'izindi ndwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe bitabwaho mu guhabwa indero kama.
 - ♦ Haranira ishirwaho ry'imigambi ifasha abana n'abakuze bafise ubukehabwenge/ kuzingama gushirwa mu migambi y'ubufasha bwo mu kibano kubagendana ubumuga.
 - ♦ Haranira kugumizaho uko bishoboka kose, ukwigenga no kwishira ukizana kw'abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyuramutwe.

Ingingo ngenderwako zo gukingira mu gikorwa c'ubutabazi bw'abantu zisiguwe mu gitabo *Manuel Sphère (Projet Sphère, 2011)*. Ku makuru aramvuye ku gukingira abarwayi mu mavuriro/ ibitaro vy'abarwaye mu mutwe, raba agatabu 6.3 *z'intumbero za CPI (umurwi wamaho mpuzamashirahamwe) ziraba amagara yo mu mutwe hamwe n'ugushigikirana mu kibano n'inyifato mu bihe vy'ubutabazi* (CPI/IASC, 2007).

6. Ingingo zo kwitwararika gufatiye ku mibereho myiza

Iruhande y'ubuvuzi, abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyayuramutwe barakenera ubundi bufasha bwinshi kubw'imibereho myiza yabo. Ivyo ni cane cane mu gihe c'ubutabazi aho usanga ubufasha bwibanze, ibisata vy'imibano, ubuzima bwo mu muryango hamwe n'umutekano biba bidakwiye. Abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyayuramutwe bahura n'inzitizi mu gukora neza ibikorwa vyabo vyo mu buzima bwa minsi yose hamwe no kwiyitaho vyibanze. Uruhara rw'abavuzi rurarenze urwo kuvura: rurandarera guharanira ukubaho neza muri rusangi kw'abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyayuramutwe mu bisata bitandukanye, nk'uko urukurikirane rw'intumbero rwa CPI rubitangira umuco (raba igicapo PGS 1).

- » Fasha abarwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyayuramutwe gushikira bikwiye ibisata vya nkenerwa mu kubaho no kugira uburenganzira bwo kubaho mu buntu (cane cane amazi, itunganywa ry'ibidukikije, imfashanyo y'ibifungurwa, uburaro, imfashanyo y'uburyo bwo kubaho). Ivyo bishobora gutuma haba :
 - ♦ Gutanga amakuru ku bufasha buriho naho buherereye ;
 - ♦ Gukorana n'inguvu n'igisata c'imibano kugira abantu bahuzwe n'ibisata vy'imibano (nk'akarorero Ubufasha bw'abo mu kibano) ;
 - ♦ Tanga inyigisho ku bibazo vyerekeranye umutekano igihe umuntu adafise amakuru akwiye k'ukugeramirwa kw'umutekano wiwe.
- » Tegura ugushikira ibikorwa bitegekanijwe ku barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'iziturutse ku gufata ibiyayuramutwe, imbere y'abandi nk'akarorero gufasha abana bazirwaye gushikira ibibanza vyabagenewe.
- » Kingira amagara y'umubiri muri rusangi y'abantu barwaye indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatye ku gufata ibiyayuramutwe :
 - ♦ Shira mu ngiro incanco n'ibipimo vy'amagara bitunganijwe.
 - ♦ Tanga amakuru k'ubufasha bw'umuntu bwibanze (gufungura, ibikorwa ngororamubiri, kwikingira mu mibonano mpuzabitsina, gutandukanya imvyaro, n'ibindi).



Igicapo PSG 1. Urukurikirane rw'ubutabazi bwa CPI kumagara yo mu mutwe n'ugushigikirana mu mibano n'inyifato mu bihe vy'ubutabazi (vyahinyanyuwe hatanzwe uruhusha).

Uruhagarara rw'umushuhira rwo mu mutima

STR

Mubihe vy'ubutabazi, abakuze, imiyabaga n'abana barahura n'ibihe bishobora kubasesereza ku mutima*. Ivyo bihe bishobora kubatera ingorane nyinshi zijanye n'ibishobisho, ubwenge, inyifato no mu mubiri. N'ubwo vyinshi mu bimenyetso bishobora kwiheza bukwi na bukwi kandi ntibivemwo indwara zo mu mutwe, abantu bafise ibimenyetso bikomeye bategerezwa kenshi na kenshi kuja kurondera ubufasha mu bigo vy'amagara y'abantu.

Mu bihe vy'ubutabazi, abantu barahura n'ibihe vyinshi bishobora kuba nseserezamutima n'ukubura abantu canke ibintu ngirakamaro, bashobora rero kugirira icarimwe ibimenyetso vy'ikigandaro n'ivy'uruhagarara rw'umushuhira. Ibimenyetso, isuzuma, n'ubufasha bw'uruhagarara n'ikigandaro bifise ivyo bihurirako vyinshi. Yamara ikigandaro tugisanga mu kigabane cihariye (>> *ikigandaro DEU*).

Inyuma yo guca mu bihe bishobora kuba nseserezamutima vya vuba, abavuzi bategerezwa kurondera ibi bintu bikurikira :

» Ibimenyetso nyavyo biranga uruhagarara rw'umushuhira rwo mu mutima (STR)

Abantu bafise ibi bimenyetso bashobora kwerekana urusukirane rw'indwara zo mu mubiri zidasiguritse kwa muganga hamwe n'iz'inyifato ataco zerekana. Ivyo bimenyetso bijanye n'ingorane zishobora kuba zaratewe n'ibihe nseserezamutima umurwayi aba yaracyemwo mu kwezi guheze, kuber'ivyo abo bantu baraheza bakaja kubonana n'umuganga, canke bishobora guhungabanya ibikorwa vya minsi yose kandi bitandukanye n'ibifatirwaho ku zindi ndwara zivugwa muri kino gitabo. Iki kigabane kirimwo ukuntu ugusuzuma no kuvura ibimenyetso biranga uruhagarara rw'umushuhira rwo mu mutima.

» Ihahamuka (>> *ESPT*)

Mu gihe umurwi w'ibimenyetso nyezina (igarukagaruka ry'ivyo yacyemwo, kwirinda gusubira ahabereye ivyo vyamusereje n'ukwirinda kwumva uwuvuga ivyamuteye uruhagarara, ibigumbagumba vy'icago camaho) bibandanya mu kiringo kirenga ukwezi uwo muntu ahejeje gushikirwa n'ibihe nseserezamutima, canke mu gihe rutumye haba ihungabana ry'ibikorwa vya minsi yose, uwo muntu ashobora kuba yarwaye ihahamuka.

» Ingorane n'indwara biboneka kenshi na kenshi inyuma yoguca mu bitera uruhagarara (nk'ibihe nseserezamutima) ariko birashobora no gushika no k'uwutahuye navyo.

Harimwo indwara zikurikira : indwara yo kuyinga n'akabonge (>> *DEP*), indwara zo mu mutwe zeruye (>> *PSY*), kunywa inzoga no gufata ibiyuramutwe bishobora kumerera nabi amagara (>> *SUB*), ukwiyahura (>> *SUI*) n'izindi ngwara zikomeye z'amagara yo mu mutwe (>> *AUT*).

» Ibimenyetso bidashemeye kandi bidakenewe kuvurwa kwa muganga.

Ivyo bimenyetso nivyo bikunze kuboneka. Harimwo ibimenyetso bimara umwanya muto bidatuma abantu bitura abavuzi kandi bidahungabanya ibikorwa vyabo vya minsi yose. Mu gihe nk'ico, abavuzi bategerezwa gushigikira, kugerageza gutora umuti ku vya nkenerwa n'imyitwarariko y'uwabituye kandi bakagenzura ko ukwikiza kwitezwe kwabayeye.

Gusuzuma : ikibazo ca:1 Uwakwituye yoba aheruka guhura vuba n'ibihe nseserezamutima ?

- » Baza ko uwakwituye yoba yarahuye n'ibihe nseserezamutima. Ibihe nseserezamutima bishobora kuba ibiteye ubwoba canke bihambaye, nk'ihohoterwa ryo ku mubiri canke bifatiye ku gitsina (tutibagiye ihohoterwa ryo mu muryango), kuba mu bugizi bwa nabi canke amasanganya, canke ibikomere bidasanze. Baza nk'akarorero ibibazo bikurikira :
 - ♦ Ni ikihe gihe nseserezamutima gikomeye mwabayemwo ?
 - ♦ Ubuzima bwanyu bwarahungabanye ?
 - ♦ Mwarabaye mubihe biteye ubwoba vyabahungabanye ?
 - ♦ Murumva amahoro muri iwanyu ?
- » Baza iminsi ihaciye igihe nseserezamutima kibaye.
- » Simbira ku kibazo ca 2 namba hari igihe nseserezamutima coba carashitse haciye ukwezi kurenga.
- » Mu gihe hoba harabaye kubura ikintu gihambaye (nko gupfisha umuntu yakundwa) suzuma kandi ibimenyetso vy'ikigandaro (>> DEU).
- » Hamwe igihe nseserezamutima coba carashitse mu gihe kirenze ukwezi, suzuma izindi ndwara zivugwa muri kino gitabo (**ukuyinga DEP; uguhahamuka ESPT; indwara zo mu mutwe zeruye PSY, indwara zitewe no gufata ibiyayuramutwe SUB**).

Gusuzuma : ikibazo : 2 : Mu gihe habaye igihe gishobora kuba nseserezamutima haraheze ukwezi, uwakwituye yoba afise ibimenyetso biranga uruhagarara ryo mu mutima rw'umushuhira ?

- » Rondera ibimenyetso bikurikira :
 - ♦ Guhagarika umutima bivuye ku vyago vyatewe n'igihe nseserezamutima
 - ♦ Ihungabana ry'itiro
 - ♦ Ihungabana ry'ikoreshabwenge
 - ♦ Kurota nabi vyisubiriza, igarukagaruka ry'ivyatumye ahungabana* canke kwibuka vyiyadukiza* bijanye n'igihe nseserezamutima, biherekezwa n'inyifato y'ubwoba bwinshi canke gutunguruka umutima
 - ♦ Kwirinda nkana iviyumviro, ukwibuka, ibikorwa canke ibihe vyotuma asubira kwibuka ivyamubayeko (nk'akarorero, aranka kuvuga ibijanye n'ivyamubayeko canke gusubira aho ivyo bintu vyabereye)
 - ♦ Gukara bidasanze, umwitwarariko udasanze no kwama agavye imbere y'ikintu cose canke gusanuka hari urwamo canke igikakaje atari yiteze
 - ♦ Kurwa bukumbi, gutakaza ubwenge, kuba atakintu nakimwe ashobora kwumva
 - ♦ Ibigumbagumba (nk'akarorero gushavura canke kurira) canke iviyumviro vy'umwitwarariko
 - ♦ Ihindagurika ry'inyifato nk'ibi bikurikira :
 - ▶ Gukara birengeje
 - ▶ Kwigunga
 - ▶ Inyifato ishobora gutera ingorane ku miyabaga
 - ▶ Inyifato isubiza inyuma* irangwa n'ibimenyetso nk'ugusubira kwigirako umwanda muto, inyifato yokwigungirako canke kurizwa n'ikintu kidafashe ku bana.
- ♦ Guhezagirika (nk'akarorero guhemagirika canke kwumva ubura impwemu)
- ♦ Indwara zo mu mubiri zidasiguritse kwa muganga nk'akarorero :
 - ▶ Kwumva indihagizi z'umutima, kuzungurirwa
 - ▶ Kumeneka umutwe, ububabare no kuvunagurika mu mubiri
 - ▶ Ibimenyetso vyo ku mubiri bituma umurwayi atakimenya icari naho ari (nk'akarorero ubumuga budasiguritse kwa muganga*, kudashobora kuvuga canke kubona, ibimenyetso bisa n'ibisahuzi*).
- » Ibimenyetso vyerekana uruhagarara rw'umushuhira rwo mu mutima bishobora kuba vyo igihe ibifatirwako bikurikira vyose biba bihari:
 - ♦ Uwakwituye yaragize igihe gishobora kuba nseserezamutima haraheze ukwezi ;
 - ♦ Ibimenyetso vyibonekeje inyuma y'ico gihe ;
 - ♦ Uwakwituye aragira ingorane nyinshi zo gukora ibikorwa vya minsi yose kubera ibimenyetso canke akitura abaganga kubera vyo.

Ugusuzuma - Ikibazo ca 3 : Hoba hari iyindi ndwara afise kiretse iyo aje kwivuza ?

- » Rondera indwara zo mu mubiri afise zisigura ivyo bimenyetso, igihe zibonetse zivure.
- » Rondera izindi ndwara zo mu mutwe, z'udutsi nsozabwenge n'izijanye no gufata ibiyayuramutwe (harimwo no kuyinga) bivugwa muri iki gitabo kandi bishobora gusigura ivyo bimenyetso. Igihe zibonetse, zivure.

Indinganizo z'ubufasha nshimikiro



NTA KWANDIKA IMITI kugira uvure ibimenyetso vy'uruhagarara rwo mu mutima rw'umushuhira (kiretse mu bihe vyihariye bikurikira).

1. Mu bihe vyose :

- » Tanga ubufasha bw'inyifato n'imibano nshimikiro³
 - ♦ **Umviriza** neza. NTUHATIRE uwakwituye kuvuga.
 - ♦ **Baza** uwakwituye ku vya nkenerwa n'imyitwarariko vyawe.
 - ♦ **Fasha** uwakwituye gutunganya ivyankenerwa vy'ibanze, gushikira ubufasha bwabigenewe no kwegera umuryango wiwe hamwe n'ubundi bufasha bwo gushigikirana mu kibano.
 - ♦ **Kingira** uwakwituye kuri icyo cose cohakwa kumumerera nabi.
- » Tanga ubufasha bw'inyifato n'imibano burushirije nkuko bivugwa mu ngingo ngenderwako zo kugabanya uruhagarara no gukomeza gushigikirana mu kibano (>> **Ingingo ngenderwako z'ubuvuzi**) :
 - ♦ Hangana n'ibitera uruhagarara rw'inyifato n'imibano bihari.
 - ♦ Komeza ugushigikirana mu kibano.
 - ♦ Igisha ubuhinga bwo guhangana n'uruhagarara.
- » **Menyesha** uwakwituye ibimenyetso bisanzwe vy'ikigandaro n'ivy'uruhagarara rw'umushuhira rwo mu mutima, nk'akarorero :
 - ♦ *Ivyo bimenyetso biribonekeza kenshi inyuma y'ibihe nk'ivyo.*
 - ♦ *Kenshi na kenshi bigenda bigabanuka uko igihe gihera.*
- » Kuvura izindi ndwara asanganywe.

2. Mu gihe ihungabana ry'itiro ari nk'ikimenyetso c'uruhagarara rw'umushuhira rwo mu mutima, mufashe guhitamwo ubufasha bwiyongera nk'uku gukurikira :

- » Sigura ko ihungabana ry'itiro (kubura itiro) rishika kenshi inyuma y'ukugira uruhagarara rukomeye rwo mu mutima.
- » Rondera wongere uvure ibituma vy'ibidukikije bitera kubura itiro (urwamo nk'akarorero).
- » Rondera wongere uvure ukubura itiro bitewe n'ingorane zo mu mubiri (ububabare nk'akarorero).
- » Tanga impanuro kubijanye n'ugusinzira neza, nk'akamenyeri k'itiro (amasaha yubahirijwe yo kuryama nayo kuvyuka) canke akamaro ko kutanywa ikawa, itabi, inzoga ku mugoroba canke imbere yo kuja kuryama. Shimika cane usigura ko inzoga zihungabanya itiro.
- » Kiretse mu bihe bikomeye cane ahusanga ubutabazi bw'inyifato budashoboka kandi ukubura itiro bihungabanya ibikorwa vya minsi yose, umurwayi ashobora kuja ku muti igihe gitoyi (iminsi 3 gushika ku minsi 7)
 - ♦ Uko bayifata :
 - ▶ K'uwukuze, mwandikire 2-5mg za « diazépam » imbere yo kuryama.
 - ▶ Kuwugeze mu za bukuru, mwandikire 1-2,5mg za « diazépam » imbere yo kuryama.
 - ▶ Suzuma ikorana ry'iyindi miti imbere y'ukwandika « diazépam ».
 - ▶ Kwisinzirirako no gucika intege biri mubimenyetso bikunze kuboneka vy'ingaruka mbi z'imiti iri mu murwi « benzodiazépines ».
 - ▶ Menya neza : imiti y'itiro « benzodiazépines » ishobora kugabanya umurindi wo guhema. Harakenewe ikurikirana ku rugero rutegekanijwe.
 - ▶ Menya neza : imiti y'itiro « benzodiazépines » n'ukuyikoresha mu kiringo gitoyi ahandi ho ishobora gutera ukwizizirwa nayo no kwama ayifata*. Ni kuyikoresha ikiringo gito.
 - ♦ Kugabisha :
 - ▶ Uwo muti ugenewe abakuze.
 - ▶ Kirazira kwandikira imiti « benzodiazépines » ku bana n'imiyabaga.
 - ▶ Irinde gutanga uwo muti ku bakenyezi bibungenze canke bonsa.
 - ▶ Cungera kenshi na kenshi ibimenyetso vy'ingaruka mbi mu gihe wandikiye uwo muti abantu bageze mu za bukuru.
 - ▶ Imiti « benzodiazépines » n'inyishu y'igihe gito kw'ihungabana rikomeye ry'itiro.
 - ▶ Ntitegerezwa gukoreshwa ku kubura itiro bivuye ku kigandaro ku wukuze canke ku mwana.
 - ▶ Ntitegerezwa gukoreshwa ku bindi bimenyetso kiretse mu ruhagarara rwo mu mutima rw'umushuhira canke ihahamuka ESPT.

³ Ubuhinga busiguwe NGAHA akenshi bwitwa ubutabazi bw'ibanze bw'inyifato igihe bukireshjwe ubwo nyene inyuma y'igihe gitera uruhagarara rukomeye (>> *OMS, WTF et WVI, 2013*).

3. Mu gihe umwana yigirako umwanda muto nk'ikimenyetso c'uruhagarara rw'umushuhira rwo mu mutima, fasha guhitamwo ubufasha bwiyongerako bukurikira :

- » Rondera muri kahise kiwe kwigirako umwanda muto kugira umenye ko ivyo bitaje **inyuma** y'ibihe nseserezamutima. Rondera wongere uvure **ibindi bituma bishoboka** (ubwandu bwo mu mwanda muto nk'akarorero).
- » Sigura :
 - ♦ Kwigirako umwanda muto ni ikimenyetso **kimenyerewe** kandi gisanzwe ku bana bahuye n'ibihe vy'uruhagarara.
 - ♦ Abana **ntibategerezwa guhanwa** kubera kwigirako umwanda muto kuko igihano gisongera isibe uruhagarara nseserezamutima rw'umwana kandi kigakomeza ingorane. Umufasha ategerezwa kwirinda kwararaza ukwigirako umwanda muto kw'umwana.
 - ♦ Abafasha bategerezwa kuguma batekanye no gushigikira umwana mu bijanye n'inyifato.
- » Tegekanya kwigisha abafasha kugira bagire inyifato isanzwe (nk'akarorero, kumutera intege kubona yashoboye kugabanya ivyo anywa imbere yo kuja kuryama, kuja mu kazu ka surw'umwe imbere yo kuryama, kumutera intege kumajoro amara atigizeko umwanda muto) Agashimwe gashobora kuba ico cose umwana akunda nko kumwongera umwana wo gukina, canke kumukeza.

4. Mu gihe co guhezagirika (guhema birenze urugero kandi unyarutsa udafisemwo uruhara) nk'ibimenyetso vy'uruhagarara rw'umushuhira rwo mu mutima, tanga ubufasha bwiyongeyeko bukurikira :

- » Rondera wongere uvure **ibindi bishobora gutera** izo ngorane, naho iryo hemagirika ryoba ryatanguye ubwonyene inyuma y'ibihe nseserezamutima. Kora ibipimo vyo kwa muganga igihe cose kugira haronderwe ibituma bishoboka vyo mu mubiri nk'indwara zo mu mahaha.
- » Igihe ata gituma na kimwe co mu mubiri kibonetse, humuriza uwakwituye mu kumusigurira ko guhemagirika bishobora kuza inyuma y'uruhagarara rurengeje kandi ko vy'ukuri atari ingorane yo kwa muganga itangirwa umuti.
- » Guma utekanye hama ugerageze gukuraho ibitera guhagarika umutima. Fasha uwakwituye gusubira guhema neza ukoresheje ubuhinga bwo guhema bukebuke (>> **Ingingo zo kugabanya uruhagarara no gukomeza gushigikirana mu kibano mu ngingo ngenderwako z'ubuvuzi**) (nta gutekeha guhemera mugasaho).

5. Mu gihe c'ibimenyetso vyo ku mubiri bidasiguritse ufatiye k'ubuvuzi busanzwe (nk'akarorero imugara ridasiguritse kwa muganga, kudashobora kuvuga canke kubona, ibigomba gusa n'ibisahuzi) nk'ikimenyetso c'uruhagarara rw'umushuhira rwo mu mutima, tanga ubufasha bwiyongeyeko bukurikira :

- » Rondera wongere uvure **ibindi bituma bishoboka**, naho ibimenyetso vyoba vyatanguye ubwo nyene inyuma y'ibihe nseserezamutima. Mubwirizwa gukoresha ibipimo vyo kwa muganga igihe cose kugira murondere ibituma bishoboka vy'indwara zo mu mu mubiri. Raba ikigabane kivuga ivy'intandara kugira hamenyekane vyinshi ku bipimo vyo kwa muganga bifatiye ku bisahuzi (>> **EPI**).
- » Tahura ububabare bw'uwakwituye wongere ugumane inyifato ibereye. Irinde gukomeza akarusho yoronka kubera ibimenyetso afise.
- » Baza uwakwituye uko atahura ibimenyetso vyawe hama ukurikize impanuro nyamukuru ku kuvura indwara zo mu mubiri zidasiguritse kwa muganga (>> **AUT**).
- » Humuriza uwakwituye mu kumusigurira ko ivyo bimenyetso biza rimwe na rimwe inyuma y'uruhagara rukomeye kandi ko muri rusangi atari ikibazo co kwa muganga.
- » Tegekanya gukoresha ubutabazi bwihariye bujanye n'imico y'aho hantu kandi idahohotera.

6. Bwiriza uwakwituye kugaruka mundwi 2 canke 4 mu gihe atoba yatoye mitende canke mu gihe yokwumva aguma aremba.

Ikigandaro

Mu bihe vy'ubutabazi, abakuze, imiyabaga n'abana barashobora guhura n'ukubura gukomeye. Ikigandaro ni umubabaro w'ibigumbagumba abantu bagira inyuma yo kubura ivyabo. Nubwo vyinshi mu bimenyetso vyo kubura bishobora kwiheza bukwi na bukwi kandi ntibivemwo indwara zo mu mutwe, abantu bafise ibimenyetso bikomeye vy'ikigandaro, kenshi na kenshi bategerezwa kuja kurondera ubufasha mu bigo vy'amagara y'abantu.

Inyuma y'ukubura, abavuzi bategerezwa kumenya gutora ibimenyetso bikurikira :

» Ibimenyetso biranga ikigandaro (DEU).

Nk'uko biboneka mu bimenyetso vy'uruhagarara rw'umushuhira rwo mu mutima, abantu bari mu bihe vy'ikigandaro, barashobora kugaragaza urusukirane rw'ibimenyetso vyo mu mubiri bidasiguritse kwa muganga hamwe n'ivy'inyifato, ikigandaro kitiharije. Abantu bafise ibimenyetso biranga ikigandaro inyuma yo gutakaza ivyabo mu gihe ivyo bimenyetso bibatera ingorane mu gukora imirimo ya minsi yose (birengeye ivyemewe n'umuco) canke igihe bano bantu barondeye ubufasha kugira bashobore guhangana navyo. **Kino kigabane cerekana ugusuzuma no kuvura ibimenyetso bigaragaza ikigandaro.**

» Ikigandaro kidasanzwe.

Bivuye ku kigandaro, iyo ibimenyetso biranga ikigandaro bigumyeho mu gihe kirekire, abantu barashobora kugaragaza indwara y'ikigandaro kidasanzwe. Iyo ndwara irangwa na : 1) umwitwarariko urengeje canke ugukumbura cane uwiwe yashengeye bikajana n'umubabaro urengeje w'ibishobisho, 2) ingorane ikomeye mu kurangura ibikorwa vyawe vya minsi yose, 3) ikiringo c'amezi atandatu n'imiburiburi (Muri rusangi, iyo ico kiringo kibaye kirekire gusumba icemewe n'umuco). Muri ico gihe, abavuzi bategerezwa guca bitura umuhinga.

» Ingorane n'indwara zibonekeza kenshi inyuma yo guca mu bihe vy'uruhagarara (nko gupfisha) ariko zibonekeza n'iyo uba utaciye muri mwen'ivyo bihe.

Harimwo izi ndwara zikurikira : kuyinga n'akabonge (>> **DEP**), indwara yo mu mutwe yenyuje (>> **PSY**) ; ukunywa inzoga n'ibiyayuramutwe ku rugero rushobora kubangamira amagara (>> **SUB**), kwiyahura (>> **SUI**) hamwe nizindi ndwara zikomeye zo mu mutwe (>> **AUT**).

» Ibimenyetso bidashemeye kandi bidakenewe kuvurwa kwa muganga.

Ivyo bimenyetso nivyo bikunze kuboneka. Harimwo ibimenyetso bimara umwanya muto bidatuma abantu bitura abavuzi kandi bidahungabanya ibikorwa vya minsi yose birenga ku vyemewe n'umuco wabo. Mu gihe nk'ico, abavuzi bategerezwa gushigikira, kugerageza gutora umuti ku vyankenerwa n'imyitwarariko y'uwabituye kandi bakaganzura ko ukwikiza kwitezwe kwabaye, ivyo bimenyetso ntibikenere na gato ubuvuzi bwo kwa muganga.

Ugusuzuma - Ikibazo ca 1 : Mbega uwakwituye yoba yarabuze bikomeye mu minsi iheze ?

» Baza niba uwo muntu yoba yarabuze bikomeye.

Nk'akarorero, ibibazo wobaza ni ibi bikurikira :

- ♦ Ni k'uruhe rugezo woba warababajwe n'ikiza hamwe n'amatati vyabaye ?
- ♦ Hari abantu bo mu muryango canke abagenzi mwoba mwarabuze ? Inzu yanyu ? Amahera yanyu ? Akazi canke uburyo bwahora bubatunze ? Ikibano canyu ?
- ♦ Ni kuruhe rugezo ukwo kubura vyoba vyarabakozeko ?
- ♦ Hari abantu bo mu muryango canke abagenzi boba barazimiye ?

» Baza igihe kihaciye kuva ivyo bibaye ?

» Simbira ku kibazo kigira 2 mu gihe ibura rikomeye ryoba ryarabaye mu mezi atandatu aheze.

» Hamwe ibura rikomeye ryoba ryarabaye haraheze amezi 6 canke igihe gishobora kuba nseserezamutima coba carashitse haraheze ukwezi kurenga, suzuma izindi ndwara zivugwa muri kino gitabo (>> **ukuyinga DEP, ihahamuka ESPT, indwara zo mu mutwe zenyuje PSY, gufata inzoga n'ibiyayuramutwe bibangamira amagara y'abantu SUB**) canke ikigandaro kidasanzwe.

Ugusuzuma - Ikibazo ca 2: Mu gihe habaye ukubura gukomeye mu mezi 6 aheze⁴, mbega uwakwituye arafise ibimenyetso biranga ikigandaro ?

» Rondera ibimenyetso bikurikira :

- ♦ Umubabaro, uguhara umutima, ishavu, ukwihebura
- ♦ Gukumbura no kugira umwitwarariko bifatiye ku kubura
- ♦ Ivyiyumviro vyitamwo*, amasanamu yuwashengeye n'ivyiyumviro vyerekeza kuri we
- ♦ Gutakaza akayabagu
- ♦ Gucika intege
- ♦ Ihungaba ry'itiro
- ♦ Kudendebukigwa
- ♦ Kwigunga no kuja kure y'abandi
- ♦ Indwara zo mu mubiri zidasiguritse kwa muganga (gusimbagurika umutima, kumeneka umutwe, kubabara, kuvunagurika)
- ♦ Ibimenyetso vy'ikigandaro bijanye n'umuco (nko kwumva ijwi ry'umuhisi canke kumubona mu ndoto).

» Ibimenyetso biranga ikigandaro biba bihari igihe ibifatirwako bikurikira vyose biba bihari :

- ♦ Kubura rimwe canke incuro nyinshi nko mu mezi atandatu aheze
- ♦ Kimwe muri ivyo bimenyetso vyavuzwe aho haruguru catanguye inyuma yo kubura
- ♦ Ingorane zikomeye mu kurangura ibikorwa vya minsi yose kubera ibimenyetso afise (birushiriza ivyemewe n'imico) canke kwivuza ku vyerekeranye nivyomenyetso.

Isuzuma- Ikibazo ca 3 : Hoba hari iyindi ndwara afise kiretse iyo aje kwivuza ?

» Rondera izindi ndwara zo mu mubiri zishobora gusigura ivyo bimenyetso, igihe zibonetse, zivure.

» Suzuma izindi ndwara zose zo mu mutwe, iz'imitsi nsozabwenge canke zijanye no gufata ibiyayuramutwe (harimwo kuyinga) zivugwa muri kino gitabu kandi zishobora gusigura ivyo bimenyetso. Igihe zibonetse, zivure .

⁴ Ico kiringo kirashobora kurenza amezi atandatu mu mico ikigandaro kimara ico gihe

Indinganizo y'ubufasha nshimikiro



NTA kwandika imiti mu kuvura ibimenyetso vy'ikigandaro

1. Tanga ubufasha bw'imibano n'inyifato nshimikiro⁵

- » Kwumviriza neza. NTUHATIRE umuntu kuvuga.
- » Baza uwakwituye ivyankenerwa hamwe n'umwitwarariko vyawe.
- » Fasha uwakwituye gutunganya ivyankenerwa vy'ibanze, gushikira ubufasha bwabigenewe, no kwegera umuryango wiwe hamwe n'ubundi bufasha bwo gushigikirana mu kibano.
- » Kingira uwakwituye icomugirira nabi cose (ciyongeye).

2. Tanga ubufasha bw'inyifato n'imibano nk'uko bivugwa mu ngingo ngenderwako zo kugabanya uruhagarara hamwe no gukomeza gushigikirana mu kibano (>> *Ingingo ngenderwako z'ubuvuzi*).

- » Hangana n'ibitera uruhagarara rw'inyifato n'imibano bihari.
- » Komeza gushigikirana mu kibano.
- » Kwigisha ubuhinga bwo guhangana n'uruhagarara.

3. Menyeshya uwakwituye ibimenyetso bisanzwe bifatiye ku kubura, nk'akarorero :

- » Umwe wese yifata ugutandukanye inyuma yo kubura bikomeye. Bamwe barerekana cane ibigumbagumba, abandi ntibabigaragaze.
- » Kurira ntibisigura ko muri abanyantegenke.
- » Abatarira barashobora kuba bafise umubabaro ungana n'uw'abarira muga bobo bawugaragaza ukundi .
- » Murashobora kwibaza ko umubabaro n'ububabare mwumva bitazohera ariko, akenshi ivyo bigumbagumba biragabanuka uko umwanya ugenda urahera.
- » Murashobora kuba mumerewe neza hama hakaba ikintu kibibutsa kwa kubura, mugaca musubira kugira bwa bubabare mwari mwarigeze kugira ubwa mbere. Ivyo vyose ni ibisanzwe kandi twobahumuriza ko ivyo bigumbagumba bitera bigabanuka bikagenda biba bike uko umwanya uhera.
- » Nta buryo bwiza canke ubi bwo guca muri ivyo bibazo. Rimwe na rimwe, murumva mubabaye cane mu wundi mwanya mukumva mwoshobora kunezererwa kubaho. Ntimuze mwiya girize ku vyerekeye uko mwiyumva.

4. Kuvura izindi ndwara asanzwe afise uretse iyo aje kwivuza.

5. Ganira ku kungene mwotumbereza ikigandaro* *mwisunze imico* kandi mufashe uwabituye ku kungene ivyo vyogenda.

- » Baza ko imigirwa/imanza bijanye no kubura vyabaye canke ko bitegekanyijwe. Bitameze uko, rabira hamwe inzitizi n'ingene zokurwaho.
- » Rondera ibijanye n'ikiziga. Namba ikiziga kitigeze gitorwa, fasha mu kukironka canke kuronka ibisigarira vyaco.
- » Namba umuvyimba udashobora gutorwa, tegekanya uburyo bwotuma haguma kwibuka nko gushiraho icibutso.

6. Igihe ivyo bishoboka kandi bijanye n'umuco w'aho abaye, himiriza gusubira ku mirimo vuba (nk'akarorero, kw'ishure, ku kazi, muhira canke mu kibano).

7. Mu kuvura vyiharije ihungabana ry'itiro, kwigirako umwanda muto, guhezagirika canke ibimenyetso bitajanye kandi bitagira n'insiguro bivuye ku kubura kwa vuba, raba ibice bijanye mu ki gabane c'uruhagarara rw'umushuhira rwo mu mutima (>> *STR*).

⁵ Ubuhinga busiguwe hano akenshi babwita ubutabazi bwa mbere bw'inyifato mu gihe bukoreshywe ubwo nyene inyuma y'ibihe bikomeye vy'uruhagarara gukomeye (>> *OMS, WTF et WVI, 2013*).

8. Iyo uwo muntu ari umwana mutoyi :

- » Ishura ku bibazo vy'uwo mwana mu gutanga insiguro zumvikana kandi z'ukuri, zijanye n'urugero rwo gutahura rw'umwana. Nta kubesha ku bibazo vyerekeye kubura (*nk'akarorero, mawe wanje ari hehe ?*). Iyo bizana ukuzazanirwa bigatuma ukwizera umuvuzi bitosekara.
- » Rondera kandi uhanagure « ivyiyumviro bitagira mvura» bishoboka, bikunda kuboneka ku bana (umwana arashobora kwibaza ko ari we yateye ukubura, canke ko uwo akunda yashengeye kubera inyifato mbi yiwe canke ko iyo ncuti yari yamushavuriye).

9. Ku bana, imiyabaga hamwe n'abandi ba nyanteye nke babuze abavyeyi canke abandi bafasha, tora umuti ku vyankenerwa vyo gukingirwa n'ubuvuzi bwamaho harimwo ugushigikira imigenderanire n'ubugwaneza.

- » Bibaye ngombwa, rungika uwakwituye mu mashirahamwe/inani zo gukinga zizewe.

10. Mu gihe hiketswe *ikigandaro kidasanzwe*, ni ukwitura umuhinga kugira ngo amusuzume yongere amuvure ku gwego rwo hejuru. Ico kiringo kirashobora kurenza amezi atandatu mu mico yemera ko ikigandaro gishobora kurenza ico kiringo.

- » Umuntu arashobora kugira ikigandaro kidasanzwe mu gihe ibimenyetso vy'ikigandaro birimwo umwitwarariko udasanzwe na /canke ugukumbura cane uwiwe yashengeye, bikajana n'intuntu nyinshi hamwe n'ingorane ikomeye mu gukora ibikorwa vya minsi yose mu kiringo kingana n'amezi atandatu n'imiburiburi⁶.

11. Bwiriza uwakwituye kugaruka mu ndwi zibiri canke zine mu gihe atobayatoye mitende canke mu gihe yokwumva aguma aremba.

⁶ Ico kiringo kirashobora kurenza amezi atandatu mu mico ikigandaro kimara ico gihe.

Ukuyinga n'akabonge

DEP

Indwara y'ukuyinga irashobora kugaragara ku bantu bakuze, imiyabaga n'abana batigeze bahura n'ikintu kibahungabanya. Mu mibano yose, abantu barayirwara. Ariko, ukubura hamwe n'uruhagarara rukomeye mu bihe vy'ubutabazi bwihutirwa, birashobora gutera ikigandaro, ubwoba, ukwiyagiriza, isoni, n'ukwihebura vyunyura gushobora kugwara ukuyinga n'akabonge. Mugabo, ivyo bishobisho birashobora kudatera indwara bikaguma ari ibimenyetso bisanzwe bishikira abantu bahuye n'ivyago.

Ivurwa ry'indwara y'ukuyinga n'akabonge ribwirizwa gutegekanywa gusa iyo umuntu afise ibimenyetso bigumaho indwi nyinshi, kandi bikaba bihungabanya cane ibikorwa vyawe vya minsi yose.

Ibituma nyezina umuntu aja kwivuza indwara y'ukuyinga n'akabonge :

Gucika intege, uburuhe, ihungabana ry'itiro

Ibimenyetso bitandukanye bifatira mu mubiri bigumaho ariko ata kibitera kiboneka (ububabare, ukuvunagurika mu mubiri, nk'akarorero),

Umubabaro wamaho n'imeru ijongoye, uguhagarika umutima

Kubura ugushaka canke umunezero ku gikorwa icarico cose

Ugusuzuma - Ikibazo ca 1 : Uwakwituye yoba afise indwara y'ukuyinga n'akabonge ?

» Gusuzuma ibi bikurikira⁷ :

A. Uwakwituye yoba afise ikimenyetso kimwe mu bimenyetso nshimikiro vy'indwara y'akabonge ikiringo kingana canke gisumba indwi zibiri :

- ♦ Imero ijongoye yamaha
 - ▶ Ku mwana n'umuyabaga : ubukazi canke imero ijongoye
- ♦ Igabanuka rigaragara ry'ugushaka gukora canke ry'umunezero mu bikorwa vyose, harimwo n'ivyo yahora ashima
 - ▶ Kur'iki canyuma, harimwo n'igabanuka ry'ugushaka kurangura imibonano mpuzabitsina.

B. Uyo muntu yaragize ibimenyetso vyinshi muri ibi bikurikira vy'indwara y'akabonge kurugero rugaragara (canke vyinshi muri ibi bimenyetso bikurikira ku rugero ruto) ikiringo kingana n'imiburiburi n'indwi zibiri :

- ♦ Itiro rihungabanye canke ryinshi
- ♦ Ihindagurika ry'urugero rw'akayabagu canke ibiro (bike canke vyinshi)
- ♦ Kwumva ko ataco umaze canke kwiyagiriza birenze
- ♦ Uburuhe canke ugucika intege
- ♦ Ihungabana ry'ubushobozi bwo kwiyumvira no kugaba
- ♦ Ukudashobora gufata ingingo

- ♦ Ukwiymbagura canke ubukare bigaragara
- ♦ Ukwikwega mu mvugo no mubikorwa ugereranije n'uko vyahora
- ♦ Ukubura icizere ca kazozo
- ♦ Ivyiyumviro canke ukugerageza kwiyahura.

C. Uyo muntu aragira ingorane zidasanzwe mu kurangura imirimo yiwe ya minsi yose, imirimo yo mu rugo, mu kibano, kw'ishure, mu kazi canke ibindi.

» Iyo ibi bihe bitatu A, B, C biboneka kukiringo kingana n'indwi 2 n'imiburiburi, biragaragara neza ko uyo muntu aba arwaye indwara y'ukuyinga n'akabonge.

- ▶ Ukubona ibintu uko bitari*, kubona canke kwumva ibintu bitariho* birashobora kwibonekeza. Rondera ivyo bimenyetso. Iyo bihari, mukuvura iyo ndwara, ivyo bimenyetso bibwirizwa kwisungwa. Iture umuhinga.
- ▶ Iyo ibimenyetso vy'uwakwituye bidahuye n'indwara y'ukuyinga n'akabonge, ronderera mu murwi w'izindi ndwara >> **AUT** kugira muvure ibimenyetso vyatumye aza kwivuzwa.

Ugusuzuma - Ikibazo ca 2 : hoba hariho izindi nsiguro zishoboka z'ivyo bimenyetso (uretse indwara y'ukuyinga n'akabonge) ?

» Rondera indwara zo mu mubiri zinyegeje inyuma zigomba gusa n'indwara y'ukuyinga.

- ♦ Rondera wongere uvure ugukama amaraso, indwara ziva kugufungura nabi, ugukora buke buke kw'agace tiroyide*, indwara z'imitsi itembereza amaraso mu bwonko canke ingaruka mbi z'imiti (nk' ihindagurika ry'imeru ivuye kumiti bita « stéroïdes* » nk'akarorero).

» Rondera muri kahise indwara y'imeru y'umunezero ndenzarugero.

- ♦ Rondera ko muri kahise ibimenyetso vyinshi bikurikira vyabaye agasakisaki :
 - ▶ Igabanuka ryo gushaka itiro
 - ▶ Umunezero ndenzarugero canke ubukazi
 - ▶ Ivyiyumviro binyuragirana, gusamara vyoroshe
 - ▶ Kugira umwete urenze, kumva inguvu nyinshi, kunyarutsa kuvuga
 - ▶ Inyifato zitabereye : kutabanza kwiyumvira imbere yo gukora, ubukazi mu nkino, gufata ingingo zitateguwe, ubwibone.
- ♦ Suzuma urugero ivyo bimenyetso bihungabanya imirimo canke bishira uwo muntu kibure abandi mu kaga. Nk'akarorero :
 - ▶ Ugukora birengeje kwanyu vyoba ari ingorane kuri mwebwe canke ku muryango wanyu ? Hoba hari umuntu yagerageje kubashira mu bitaro canke kubugarana kubera inyifato yanyu ?
- ♦ Haba hari kahise k'indwara y'umunezero ndenzarugero iyo ibimenyetso bikurikira vyabaye :
 - ▶ Ibimenyetso bine muri bitandatu vyavuzwe aha hejuru vyaragaragaye ikiringo kirenza indwi imwe.
 - ▶ Ibimenyetso vyarahungabanije cane imirimo ya buri muni canke vyarashize mu kaga uyo muntu canke abandi.

- ♦ Iyo indwara y'umunezero ndenzarugero yamaze kuba, indwara y'agahinda iragaragara ko hari iyindi ndwara bita indwara y'imeru zibiri zidasa*, bica bituma kuyivura bihinduka (>> **icapa ukuyinga n'akabonge 2** mu mpera z'iki kigabane »).
- » Rondera ibimenyetso bisanzwe bivuye ku kubura bikomeye (nk'urupfu, kwimurwa) « **Ikigandaro DEU** ».
 - ♦ Ikimenyetso gisanzwe co kubura bikomeye kigaragara igihe :
 - ▶ Ukworoherwa bigaragara bigenda biba uko iminsi igenda atabufasha bwo kwa muganga bubanje kuba ;
 - ▶ Ntakimenyetso na kimwe muri ibi bikurikira kiboneka :
 - kwiyumvamwo ko ataco umaze
 - Ivyiyumviro vyo kwiyahura
 - Ukwikwega cane mukuvuga no mu kwiyunguruza kuruta uko vyahora
 - Ibimenyetso vy'indwara zo mu mutwe zenyuje (ukubona ikintu ukutariko canke kubona no kwumva ibitariho).
 - ▶ Nta ndwara y'ukuyinga canke y'umunezero ndenzarugero yigeze agira muri kahise ;
 - ▶ Ibimenyetso ntibihungabanya bikomeye imirimo ya buri muni.
 - Kiretse : ihungabana ry'ibikorwa rishobora gufatwa nk'inyishu isanzwe y'ukubura mu mico imwe imwe.
 - » Rondera **ikigandaro kidasanzwe gifise ibi bimenyetso** : umwitwarariko munini, hamwe no gukumbura uwawe bijanye n'umubabaro ndenzarugero, ikibazo gikomeye mu kurangura imirimo ya buri muni kukiringo kingana n'imiburiburi amezi atandatu (kandi ku kiringo gisumba kure igisanzwe cemewe mu mico y'uwo muntu). Kwitura abahinga babinonosoye iyo iyo ndwara yikanzwe.

Ugusuzuma - ikibazo ca 3 : hoba hariho iyindi ndwara yo mu mutwe, y'imitsi nsozabwenge canke ivuye kugufata ibiyayuramutwe asanganywe ikeneye kuvurwa ?

- » Gusuzuma ivyiyumviro n'umugambi wo kwigirira nabi canke kwiyahura (>> **SUI**).
- » Gusuzuma ukunywa inzoga canke ugufata ibiyayuramutwe bishobora kugirira nabi amagara y'umuntu (>> **SUB**).

» Iyo hari iyindi ndwara asanganywe ibonetse, yivure hamwe n'indwara y'ukuyinga n'akabonge.

⁷ Iryo dondorwa ry'indwara y'ukuyika n'akabonye rijanye n'ibishikirizwa n'igisata kijanye no gutanga urutonde rw'indwara (CIM-11)

Indinganizo z'ubufasha nshimikiro

Ubufasha mu mibano no mu nyifato

1. Gutanga inyigisho.

- » Ubutumwa nyezina bwagenewe umurwayi n'abafasha :
 - ♦ Ukuyinga ni indwara ikunze kuboneka ishobora gufata umuntu uwariwe wese.
 - ♦ Kurwara ukuyinga ntibisigura ko uba ufise intege nke canke ko uri ikinebwe.
 - ♦ Inyifato mbi z'abandi (nka « wabwirizwa kubirengera », « isubireko ») zishobora kuva kukubera indwara yo kuyinga itagaragara (nk'invune, canke igikomere) kandi ku cyumviro kitarico ko abantu bashobora kugenzura vyoroshe ukuyinga ku gushaka kwabo.
 - ♦ Abantu barwaye ukuyinga barakunda kugira ivyiyumviro bibi kandi birimwo ukuri guke kuri bo nyene, ku buzima bwabo no kuri kazoza kabo. Ikibazo barimwo kirashobora kugorana cane, ariko ukuyinga kurashobora gutuma ibishobisho bidasiguritse vy'ukwihebura n'ukutagira ikimazi. Ivyo bigenda bigabanuka muri rusangi iyo indwara y'ukuyinga yakize.
- ♦ N'aho bigoye, umuntu abwirizwa kugerageza gukora uko bishoboka ibikorwa bikurikira kuko bishobora gufasha guteza imbere imero :
 - ▶ Kugerageza gusubira gutangura (canke kubandanya) imirimo yahora akora imuhimbara.
 - ▶ Kugerageza kugumana indinganizo itunganijwe yo kuryama no kuvyuka.
 - ▶ Kugerageza uko bishoboka kwose kuguma akoresha umubiri.
 - ▶ Kugerageza gufungura ku gihe naho hari ihindagurika ry'akayabagu.
 - ▶ Kugerageza kugumana n'abantu bo mu muryango hamwe n'abagenzi b'abizigirwa.
 - ▶ Kugerageza uko bishoboka kwose kugira uruhara mu bikorwa vyo mu kibano, hamwe n'ibindi bikorwa vy'imigenderanire.
- ♦ Umuntu abwirizwa gutegera neza ivyiyumviro vyawe vyo kwigirira nabi n'ukwiyahura. Iyo agumana ivyiyumviro nk'ivyo ntabwirizwa gukora ico bimutegeka ahubwo kwitura umuntu w'umwizigirwa hanyuma agasubira kwivuzza ubwo nyene.

2. Tanga ubufasha bw'inyifato n'imibano bwiyegeye nk'uko bivugwa mu ngingo zo kugabanya uruhagarara no gukomeza ubufasha mu kibano (>> *Ingingo ngenderwako z'ubuvuzi*)

- » Kwitwararika ibitera ihungabana mu mico n'imibano bihasanzwe.
- » Komeza ubufasha mu kibano.
 - ♦ Gerageza gukabura inani z'imibano z'uwo muntu zihasanze. Rondera ibikorwa vy'imibano vyahahora iyo bisubiriye gukorwa bishobora kuzana ubufasha mu mibano bumugana canke buciye kubandi, (nk'akarorero amanama y'umuryango, kugendera ababanyi, ibikorwa vyo mu kibano).
- » Igisha ubuhinga bwo guhangana n'uruhagarara.

3. Igihe abavuzi babinonosoye kandi babishoboye bahari, tegekanya guhimiriza abantu barwaye ukuyinga n'akabonge gukoresha kimwe mu buvuzi bw'imibano bukurikira, iyo buhari :

- » Gufasha umuntu gutora umuti w'ingorane ziwe*.
- » Ubufasha bufatiye ku kiganiro hagati y'umuntu n'uyundi (TIP)*.
- » Ubufasha bufatiye ku guhindura ivyiyumviro n'inyifato (TCC).
- » Ugukabura inyifato*.

Kenshi na kenshi biramaze kuboneka ko ubufasha bugufi bw'inyifato ku ndwara y'ukuyinga bushobora gukorwa n'abaremeshakiyago atari abavuzi babinonosoye kandi bagenzurwa.



Ubufasha bw'imiti :

1. Tegekanya kwandika imiti y'ukuyinga.

- » Ku mwana adashikana imyaka 12 :
 - Ntimwandike imiti y'ukuyinga.
- » Ku muyabaga afise hagati y'imyaka 12 na 18 :
 - Ntimutangure kwiyumvira kwandika imiti. Mutange ubutabazi bwerekeye imibano n'inyifato.
- » Ku muntu akuze :
 - ♦ Iyo uwakwituye afise iyindi ndwara ifatira ku mubiri ishobora gusa n'ukuyinga (>> *Ugusuzuma – ikibazo ca 2*), banza kuvura iyo ndwara. Tegekanya iyandikwa ry'imiti y'ukuyinga iyo indwara y'ukuyinga idakira mu nyuma yuko bavuye iyo yindi ndwara yo mu mubiri afise.
 - ♦ Iyo mwibaza ko ibimenyetso ari ibisanzwe bijanye n'ukubura gukomeye (>> *Ugusuzuma – ikibazo ca 2*), ntimwandike imiti y'ukuyinga.
 - ♦ Vugana n'umurwayi mufatire hamwe ingingo yo kwandika imiti yo kuyinga. Sigura ko :
- » Imiti y'ukuyinga idatera ukuguma uyishaka bikagora kuyiheba.
- » Birakenewe cane gufata umuti buri muni, nkuko vyanditse.
- » Inkwirikizi mbi z'umuti (*icapa ukuyinga n'akabonge1*) zishobora kuza iminsi ya mbere ariko ko zigenda ziriheza zo nyene.
- » Harakenewe mu bisanzwe indwi nyinshi kugira haboneke akarusho ku mero, ugushaka canke n'inguvu.
- ♦ Iyo umuntu yatoye mitende, mu bisanzwe, ugufata umuti w'ukuyinga bizobandanya n'imiburuburi kugeza hagati y'amezi 9 na 12.
- » Umuti ntushobora guhagarikwa bisanzwe kuko umuntu yumvise kamitende (s'umuti w'ububabare k'uwumenetse umutwe). Menyeshya umurwayi ikiringo gitegekanijwe c'umuti.

2. Iyo ingingo yo kwandika imiti yo kuyinga yafashwe, hitamwo umuti ujanye (>> *igicapo Kuyinga n'akabonge 1*).

- » Hitamwo umuti ujanye n'imyaka y'uwakwituye, indwara asanganywe hamwe n'inkwirikizi mbi z'uwo muti (>> *igicapo Kuyinga n'akabonge 1*).
- » Ku miyabaga irenza imyaka 12 :
 - ♦ Tegekanya **Fluoxétine** [ariko kiretse iyindi miti ituma vyiharije inkabuzo sérotonine ikwiragira bikwiye (Inhibiteurs Selectifs de la Recapture de la Serotonine : ISRS) canke iyindi bita (antidépresseurs tricycliques : ATC)] yonyene iyo ibimenyetso bibandanya canke vyunyutse naho aba yaronse ubufasha mu mibano n'inyifato.
- » Ku bakenyezi **bibungenze** canke **bonsa** :
 - ♦ Kwirinda igihe bishoboka umuti wose w'ukuyinga Tegekanya kwandika umuti w'ukuyinga ku rugero ruto ariko rw'ingirakamaro iyo ubufasha bw'imibano n'inyifato butabaye ngirakamaro.
- Ku bakenyezi bonsa, irinde Fluoxétine. Igihe bishoboka, iture umuhinga.
- » Ku bageze mu za **bukuru** :
 - ♦ Irinde igihe bishoboka « amitriptylline ».
- » Ku bantu barwaye indwara z'**umutima** :
 - ♦ ntimwandike amitriptylline.
- » Ku bantu bakuze bafise **ivyiyumviro canke integuro yo kwiyahura** :
 - ♦ « **Fluoxétine** » ibwirizwa kwandikwa imbere y'iyindi. Iyo hari ugushaka kwigirira nabi canke kwiyahura (>> *SUI*) bikabije, andika umuti w'ukuyinga ku rugero ruto (ikiringo c'indwi nk'akarorero). Saba abafasha umurwayi kubika no kugendereza buri gihe imiti mu kurinda ko yonywa myinshi irengeje urugero.

Igicapo 1 : kuyinga n'akabonge

	« Amitriptylline ^a (ATC ^b) »	« Fluoxétine (ISRS ^c) »
Urugero rw'intango k'uwukuze	Mirigarama 25 canke 50 agiye kuryama	Mirigarama 10 zifatiwe rimwe ku muni Gusimbiza kuri mirigarama 20 indwi imwe iheze
Urugero rw'intango ku muyabaga	Nta kwandika ubwoko bw'uyu muti ku muyaga ata gituma kiboneka	Mirigarama 10 rimwe ku muni
Urugero rw'intango ku bageze muza bukuru no ku barwaye	Mirigarama 25 igihe co kuryama	Mirigarama 10 rimwe ku muni
Ukwongereza urugero kuwukuze	Kwongereza hagati ya mirigarama 25 na 50 ku ndwi	Ata mitende ibonetse inyuma y'indwi 6, duza kuri mirigarama 40 rimwe ku muni
Urugero rusanzwe ari ngirakamaro kuwukuze	Hagati y'imirigarama 100 -150 (urugero ntarengwa : mirigarama 300) ^d	Hagati ya mirigarama 20-40 (urugero ntarengwa : mirigarama 80)
Urugero rusanzwe ngirakamaro ku miyabaga, abasaza n'abarwayi	Hagati ya mirigarama 50-75 (urugero ntarengwa mirigarama 100) Ntagutanga umuti ku muyabaga	Mirigarama 20 (urugero ntarengwa mirigarama 40)
Inkwirikizi mbi cane kandi zishika gake	Umutima utera nabi	Kuguma ushaka kugendagenda umwanya wose Kuva amaraso bidasanzwe ku bantu bafata « aspirine » canke iyindi miti y'ubuvyimbe bita « <i>anti inflammatoires non steroïdiens</i> » Ivyiyumviro vyo kwigirira nabi (cane cane ku miyabaga n'abakuze bakiri bato n'abisununuye)
Inkwirikizi mbi zikunze kuboneka	igabanuka ry'umurindi w'amaraso umwumira wo mukanwa, ukugumbiza, ingorane mukurekura umwanda muto, ibizunguzungu, ukubona ibidakeye n'ugusinzira	Ukumeneka umutwe, ukwiyambagura, ubukazi, indwara z'umushishito n'amara, ihungabana ry'imibonano mpuzabitsina rishobora kuvurwa
Muragaba	Hagarika ubwo nyene umuti iyo umurwayi agize indwara y'umunezero ndenzarugero	Hagarika ubwo nyene umuti iyo umurwayi agize indwara y'umunezero ndenzarugero

^a Utegekanijwe mu miti y'ubufasha bwihuta mpuzabitsata (OMS, 2011)

^b ATC isigura « antidépresseur tricyclique »

^c ISRS isigura inhibiteur selectif de la recapture de la sérotonine »

^d urugero ruto ariko rukora neza ku wukuze : mirigarama 75 (ugusinzira kuraboneka ku ngero ntonto)

3. Ikurikirana

- » Ringaniza kandi shira mu ngiro **ukubonana gutunganijwe** kugihe bijanye n'ingingo ngenderwako z'ubufasha (>> **Ingingo ngenderwako z'ubuvuzi**).
 - ♦ Himiriza ikurikiranwa uko ritegekanijwe precedee par guiemets.
 - ♦ Tegekanya isango rya kabiri mundwi imwe hanyuma amasuzumwa akurikira ufatiye kukugene indwara yagiye ihinduka.
- » Suzuma ingaruka ku muti w'ukuyinga.
 - ♦ Indwi nyinshi zirashobora gukenerwa imbere y'ukwumva ingaruka nziza z'umuti w'ukuyinga. Suzuma neza ko umuti wakoze imbere yo kuduza urugero rwawo.
 - ♦ Iyo ibimenyetso vy'indwara y'**umunezero ndenzarugero** bibonetse (>> **Ugusuzuma, ikibazo 2**), hagarika ubwo nyene umuti hanyuma murabe ikigabane >> **PSY** kugira muvure indwara y'umunezero ndenzarugero.
 - ♦ Tegekanya kugabanya buhorobuhoro umuti hagati y'amezi 9 na 12 ibimenyetso bimaze kuzimangana. Gabanya ku rugero rutegekanijwe ku kiringo c'indwi zine n'imiburiburi.

Igicapo Kuyinga n'akabonge 2 :



ukuvura indwara y'ukuyinga y'ubu ku muntu afise indwara y'imero 2, kirazira kwandika umuti w'ukuyinga wonyene utamuhaye n'umuti w'indwara y'umunezero ndenzarugero, kuko imiti y'ukuyinga irashobora gutera indwara y'umunezero ndenzarugero.

Iyo umuntu yagize muri kahise indwara y'umunezero ndenzarugero :

- » Iture umuhinga.
- » Iyo umuhinga atabonetse muri uwo mwanya, andika umuti w'ukuyinga hamwe n'uwumunezero ndenzarugero nka « **carbamazépine** » canke « **valproate** » (>> **icapa DEP 2**).
 - ♦ **Tangura umuti k'urugero ruto, duze buhorobuhoro indwi zikurikira.**
 - Iyo bishoboka, irinde « **carbamazépine** » na « **valproate** » k'umukenyezi yibungenze canke abitegekanya kubera ingaruka mbi ku mwana yibungenze. Ingingo yo gutangura umuti w'indwara y'umunezero ndenzarugero k'umukenyezi yibungenze ibwirizwa gufatwa hamaze kuba ukuganira n'uwo mukenyezi. Ubukazi n'incuro z'indwara y'umunezero ndenzarugero n'ukuyinga birafatirwako.
 - ♦ Iture umuhinga kugira yandike umuti w'umwanya munini ku ndwara y'imero zibiri.
- » Bwira umurwayi n'abamufasha guhagarika ubwo nyene imiti y'ukuyinga ace agaruka kwisuzumisha iyo habonetse ibimenyetso vy'indwara y'umunezero ndenzarugero.

Icapa Ukuyinga n'akabonge 2 : Imiti yitwa « thymorégulateurs » ku ndwara y'imero zibiri

	Carbamazépine	Valproate
Urugero rw'intango	mirigarama 200	Mirigarama 400
Urugero rusanze ngirakamaro	Hagati ya mirigarama 400-600	Hagati ya Mirigarama 1000-2000 (urugero ntarenzwa mirigarama 2500 ku munsu)
Indinganizo y'ugutanga umuti	Kuwunywa Kabiri ku munsu	Kuwunywa Kabiri ku munsu
Ingaruka mbi z'umuti zitaboneka kenshi ariko zihambaye	<ul style="list-style-type: none"> ♦ Kwama uduherehere kumubiri bikabije, (umubiri uravyimba ukamyoka, nk'ubushe butewe n'umuti*) ♦ ukugabanuka kw'umusokoro* 	<ul style="list-style-type: none"> ♦ Kwisinzirirako ♦ Gucanganikirwa
Ingaruka mbi zikunze kuboneka	<ul style="list-style-type: none"> ♦ Ukwisinzirirako ♦ Ihungabana ry'ugutambuka ♦ Iseseme 	<ul style="list-style-type: none"> ♦ Kugeramira ubuzima bw'umwana yibungenzwe ♦ Kwisinzirirako ♦ Kujugumira ♦ Iseseme, ugucibwamwo ♦ Iyongerekana ry'ibiro ♦ Ivungagurika ry' imishatsi rimara umwanya muto (ugusubira gukura mu bisanzwe bifata ikiringo kiri munsu y'amezi atandatu) ♦ Ihungabana ry'ugukora kw'igitigu

Ihahamuka

Nk'uko twabibonye mu kigabane c'uruhagara rw'umushuhira (*STR*) rwo mu mutima, birakunda kwibonekeza ko mu bihe vy'ubutabazi, abakuze, imiyabaga n'abana bari mu ruhagarara rwo mu mutima rukomeye, berekana ibimenyetso bitandukanye hamwe n'ihungabana ry'inyifato. Ku bantu benshi, ivyo bimenyetso bimara umwanya muto.

Igihe umurwi w'ibimenyetso vyihariye (igarukagaruka, kwirinda, hamwe n'ibigumbagumba bivuye kukwikeka icago buri mwanya) bibandanya mu kiringo kirenga ukwezi inyuma y'igihe gishobora kuba nseserezamutima, umuntu arashobora kuba yarwaye ihahamuka (*ESPT*).

Naho yitwa uko, ESPT siyo yonyene gusa canke indwara ikomeye gusa yibonekeza igihe hibonekeje ibihe bishobora kuba nseserezamutima. Ivyo bihe bishobora no gutera indwara nyinshi zo mu mutwe, z'imitsi nsonzabwenge canke zifatiye ku gufata ibiyayuramutwe zivugwa muri kino gitabu.

Ibituma nyezima umuntu yivuza ihahamuka

Abantu barwaye ihahamuka birashobora kugorana kubatandukanya n'abandi bafise izindi ndwara kuko mu ntango baba bafise ibimenyetso atari ivy'iyi ndwara gusa nka :

- » **Ihungabana ry'itiro** (nk'akarorero kubura itiro)
- » **Gukara, mero igumaho yo kuyinga canke guhagarika umutima**
- » **Ibimenyetso bitandukanye bigumaho vy'umubiri bitavuye ku ngorane y'umubiri** (nk'akarorero kumeneka umutwe, umutima ugatera cane).

Naho biruko, ukuganira kwimbitse kurashobora kwerekana ko bafise ibimenyetso biranga ESPT.

Ugusuzuma: Ikibazo ca 1 : Uwakwituye yoba yarahuye n'igihe gishobora kuba nseserezamutima haciye ukwezi kurenga ?

» Baza ko uwakwituye yagize igihe gishobora kuba nseserezamutima. Igihe nseserezamutima n'igihe gishobora kuba giteye ubwoba canke gihambaye, nk'ikubagurwa ryo ku mubiri canke rifatiye kugitsina (harimwo n'ihohoterwa ryo mu ngo), kuba mu bugizi bwa nabi, isamburwa ry'inzu y'umuntu canke amasanganya n'ibikomere bihambaye. Nk'akarorero baza ibibazo bikurikira :

- ♦ *Ni gute woba warahungabanijwe n'ikizalamatati vyabaye ? Ubuzima bwanyu bwoba bwarageramiwe? Mwoba mwarashikiwe n'ikintu giteye ubwoba canke gitungurura umutima canke kuvy'ukuri cabahungabanije muhira canke mu kibano ?*

» Igihe uwakwituye yaciye mu gihe gishobora kuba nseserezamutima, baza igihe cabereye.

Ugusuzuma : Ikibazo ca 2 : Iyo hibonekeje igihe gishobora kuba nseserezamutima haciye ukwezi kurenga, umuntu yoba arwaye ESPT⁸ ?

» Rondera :

- ♦ **Ibimenyetso vy'igarukagaruka.** Ni ukwibuka kwisubiriza kandi umuntu adashaka kw'igihe camusesereje nk'uko womenga kiriko kibera aha n'ubunyene (nk'akarorero bigafata ishusho y'indoto mbi, igarukagaruka* canke ukwibuka vyitamwo* biherekezwa n'ubwoba budasanzwe canke gutunguruka umutima).
 - Kubana, ivyo birashobora gutuma baguma basubira gukina canke bacapa urutavanako igihe cashitse. Abana bakiri bato bashobora kugira indoto ziteye ubwoba zidasiguritse.
- ♦ **Ibimenyetso vyo kwirinda.** Ni kwirinda nkana ivyiyumviro, ukwibuka, imigirwa canke ibihe vyibutsa umuntu igihe (nk'akarorero, uwo muntu aririnda kuvuga ibijanye n'icago canke kuja aho cabereye).
- ♦ **Ibimenyetso bijanye n'ibigumbagumba bivuye kukwikeka icago buri mwanya** (vyitwa kenshi << ibimenyetso vyo kwama ugavye cane >>). Vyibonekeza nk'uko ari igihe c'umwitwarariko udasazwe no kugaba imbere y'icago canke inyifato irenze urugero yumvise induru canke akandi kantu gakakaje atari avyiteze (nk'akarorero umuntu arakangagurika canke agashavura vyoroshe).
- ♦ Ingorane zikomere mu kurangura imirimo ya minsi yose.

» Igihe ivyo vyose vyavuzwe aho hejuru bihari mu kiringo cababa ukwezi inyuma y'igihe nseserezamutima, aba ari ESPT.

Ugusuzuma : ikibazo ca 3 : hoba hari iyindi ndwara afise kireste iyo aje kwivuza ?

» Rondera kandi uvure indwara zose z'umubiri afise zoshobora gusigura ibimenyetso afise.

» Rondera kandi vura izindi ndwara zose zo mu mutwe, z'imitsi nsozambwenge n'iziturutse kugufata ibiyayuramutwe zivugwa muri kino gitabu.

⁸ Indondoro y'ihahamuka irajanye n'ibishikirizwa n'igisata kijanye no gutanga urutonde rw'indwara (CIM-11) ruriko rurategurwa. Ibishikirizwa n'ico gisata bishira ihahamuka mu kwezi bisigura indwi nkeya habaye ico gihe. Ico gisata nticerekana ibimenyetso bitiharijwe n'ihahamuka nko : kuyamira n'ukwiyambagura.

Indinganizo y'ubufasha nshimikiro

1. Menyasha ibijanye n'ihahamuka ESPT

» Sigura ko :

- ♦ Abantu benshi bashobora kurengera ihahamuka ata muti uko igihe gihera, mu gihe abandi bakenera umuti.
- ♦ Abantu barwaye ihahamuka barabangamirwa n'ukwibuka batifuza kw'igihe nseserezamutima. Igihe ivyo bishitse, barashobora kugira ibishobisho nk'ubwoba, canke gutunguruka umutima, bisa n'ibimenyetso bagize mu gihe c'icago nyezina. Barashobora no kugira indoto mbi.
- ♦ Abahahamutse bama babona ko bashobora kugira icago kandi barashobora kuguma bari mu ruhagarara. Barashobora gukangagurika ningoga (canke bakaraka) canke bagacungera ikintu cose coteri ingorane.
- ♦ Abahahamutse bagerageza kwirinda ico cose cobibutsa ivyababayeko. Iyo nyifato yo kwirinda irashobora gutera ingorane mu buzima bwabo bwa minsi yose.
- ♦ (Igihe biruko), abahahamutse barashobora kugira izindi ndwara z'umubiri nizo mu mutwe, nk'ububabare no kuvunagurika umubiri wose, gucika intege, kuruha, gushavura ningoga n'ivyiyumviro bibi cane.

» Gira inama uwakwituye yo :

- ♦ **Kubandanya ibikorwa bisanzwe vya minsi yose**, uko ashoboye kwose.
- ♦ **Kuganira n'abantu babizigirwa** uko yiyumva canke ivyabaye, ariko gusa igihe avyiteguriye.
- ♦ **Gutangura imyimenyerezo ngororamubiri** kugira agabanye guhagarika umutima hamwe n'uruhagarara.
- ♦ **Kwirinda kunywa inzoga canke ibiyuramutwe** mu kurengera ibimenyetso vy'ihahamuka.

2. Tanga ubufasha bw'imibano n'inyifato nk'uko bivugwa mu ngingo ngenderwako zo kugabanya uruhagara no gukomeza gushigikirana mu kibano (>> *Ingingo ngenderwako z'ubuvuzi*)

» Hangana n'ibitera uruhagarara mu nyifato n'imibano bihari.

- ♦ Igihiye umuntu yasinzikajwe n'ihohoterwa rikomeye ry'agateka ka zina muntu, ganira nawe kubijanye n'irungikwa rishoboka mu kigo cizewe gikingira agateka ka zina muntu.

» Komeza ugushigikirana mu kibano.

» Igisha ubuhinga bwo guhangana n'uruhagarara rwo mu mutima.

3. Igihe hariho abavuzi babinosoye kandi babimenyereye, tegekanya irungikwa ku :

» Ubuvuzi bufatiye ku vyiyumviro n'inyifato vy'inyuma y'icago* ;

» Ubuvuzi EMDR (Kuvura ibikomere nseserezamutima ukoresheje uguhindukiza amaso uva iburyo uja i bubamfu)*.

4. Ku bantu bakuze, tegekanya kwandika imiti y'indwara yo kuyinga (inhibiteurs sélectifs de la recapture de la sérotonine ou antidépresseurs tricycliques) igihe ubuvuzi bufatiye kuvyiyumviro n'inyifato, ubuvuzi EMDR canke ubuhinga bwo kuvura uruhagara rwo mu mutima bitatanze mitende canke bidakorwa.

» Tumbera ku kigabane kiraba ivyo kuyinga n'akabonge kugirango umenye vyinshi kw'iyandikwa ry'imiti y'akabonge no kuyinga (>> **DEP**).

♦ **NTAKWANDIKA** umuti wo kuvura ihahamuka ku bana n'imiyabaga.

5. Gukurikirana umurwayi

» Tegekanya kandi ushire mu ngiro ukugaruka kwa muganga bitunganijwe kwo gukurikirana hakurikijwe ingingo z'ubuvuzi (>> *Ingingo ngenderwako z'ubuvuzi*).

» Tegekanya isango rya kabiri mundwi zibiri canke zine hanyuma ukubonana na muganga bikurikira bivanye n'ingene indwara ibandanya.

Indwara yo mu mutwe yeruye

PSY

Abakuzwe n'imiya banga barwaye indwara yo mu mutwe yeruye bashobora kwemera cane canke kwumva *ibintu bitari ukuri*, arivyo bifatwa muri rusangi n'ikibano nk'uburwayi. Mu bisanzwe, abantu bagendana indwara yo mu mutwe yeruye ntibategera ko barwaye indwara yo mu mutwe. Ntibababagishoboye gukora nk'uko bisanzwe mu mirimo itandukanye yo mu buzima.

Mu gihe c'ubutabazi, barashobora kugira ingorane zijanye n'uruhagarara rwo mu mutima n'ubwoba, ugutakaza ubufasha mu kibano hamwe n'ihagarikwa ry'ubufasha mu vy'ubuvuzi. Izo mpinduka zishobora guteza indwara yo mu mutwe yeruye y'umushuhira canke bikongereza ibimenyetso vyari bihasanzwe. Mu bihe vy'ubutabazi, abo bantu barabangamirwa bikomeye n'ihohoterwa ritandukanye ry'agateka ka zina muntu : ukutitabwaho, uguhebwa, ugutakaza imiryango, uguhohoterwa hamwe no gutumwa agatoke mukibano, nk'akarorero.

Ibituma nyezina umuntu aja kwivuza indwara yo mu mutwe yeruye

Inyifato itabereye (akarorero : imero idasiguritse canke ukutiyitaho, ikiganiro kitaroranye, ukuyerera, ukujonjogora canke intwengo ataco ivuyeko)

Kwemera ibitaroranye

Kwumva amajwi canke kubona ibintu bitabariho

Umwikeko urengeje urugero

Ugushaka guke kwo kuba mu bandi canke kuvugana nabo; kubura ishaka ryo kurangura imirimo hamwe n'ibikorwa vya minsi yose.

Ugusuzuma - Ikibazo 1 : umuntu yoba arwaye indwara yo mu mutwe yeruye ?

- » Mu gihe abantu barwaye indwara yo mu mutwe yeruye bashobora kugira ivyiyumviro, ivyo bemera canke imvugo bitari vyo, ntibisigura ko ivyo avuga vyose atarivyo canke ko ari ivyiyumviro vyawe. Kumenya kumviriza neza nirwo rufunguruzo rw'ugusuzuma indwara yo mu mutwe yeruye. Ukwitura umuganga kenshi birashobora gukenerwa kugira hashobore kuba ugusuzumwa gukwiye. Ababaherekeje niba bashobora gutanga amakuru atomoye.
- » Kurondera ibimenyetso bikurikira :
 - ♦ **ukubona ibintu uko bitari*** (umwikeko canke ivyemerwa bitari vyo bigumaho no mu gihe haba hari ivyemezo vy'ukuri)
 - ▶ Uburyo bwokoreshwa : gushika kure mu kubaza umuntu ico agomba kuvuga hamwe n'ukumviriza neza.
 - ♦ **Kumva canke kubona ibintu bitahari***
 - ▶ *Mwoba mwumva canke mubona ibintu abandi batabona canke batumva ?*
 - ♦ **Ivyiyumviro bisobanganye** biva ku kintu bija ku kindi ata sano bifitaniye, ikiganiro kigoye gukurikirana.
 - ♦ Ivyiyumviro bidasanze, akarorero igihe umuntu yibaza ko **abandi bashira ivyiyumviro** muri we canke ko **bashobora gutwara ivyiyumviro** vyawe canke ko **ivyiyumviro vyawe bishobora kurungikwa mu bandi**
 - ♦ Inyifato itabereye nk'ibikorwa bidasanze, bitagira insiguro, kandi z'ukwiyambagura, inyifato y'umubiri idasanze canke umuntu akamera nk'igiti ntiyinyagaze.
 - ♦ **Ibimenyetso biguma bigaruka kandi bihungabanya uko umuntu asanzwe akora, cane cane :**
 - ▶ Kubura intege n'inguvu vyo kurangura ibikorwa n'imirimu ya minsi yose
 - ▶ Kubura umunezero no kwikumira
 - ▶ Kutiyitaho
 - ▶ Kubura ibishobisho no kutabigaragaza.
- » Indwara yo mu mutwe yeruye ishobora kubaho mu gihe ibimenyetso vyinshi biboneka. Gusuzuma igihe cose icerekana ko ashobora kwiyahura (>> **SUI**) ubwo nyene n'inyifato yo kugirira nabi abandi.

Ugusuzuma - ikibazo ca 2: ibituma bivuye kundwara y'umubiri y'umushuhira vyerekana ibimenyetso vy'indwara yo mu mutwe yeruye birashobora kuvurwa ?

- » Rondera ukwemera kutayegayezwa gutandukanye n'ukwemera kw'abandi* gushobora guterwa n'indwara z'umubiri z'umushuhira nk'igikomere co mu mutwe, ubwandu (akarorero: inyonko, ubwandu bugeze kure*, canke bufatiye kugace gatwara umwanda muto*), umwumira hamwe n'izindi mpinduka zijanye n'ihungabana ry'ingene umubiri uhingura ivyo ukeneye (akarorero: igabanuka ry'isukari mu maraso*, igabanuka ry'umunyu mu maraso*).
- » Rondera **ingaruka mbi z'imiti** (nk' akarorero izatewe n'imiti imwe imwe ivura indwara y'inyonko).
- » Rondera **ingaruka mbi zifatiye mu gufata inzoga canke ibiyayuramutwe hamwe n'ikimenyetso cose kiboneka iyo hahagaritswe ibiyayuramutwe (>> **SUB**).**

 - ♦ Kubaza kubijanye no kunywa inzoga, gufata imiti isinziriza canke ibindi biyayuramutwe.
 - ♦ Kumviriza akamoto k'inzoga.

Ugusuzuma ikibazo ca 3: yoba ari indwara y'umunezerondenzarugero ?

- » Kurondera indwara y'umunezero ndenzarugero. Kurondera ibimenyetso bikurikira :
 - ♦ Igabanuka ry'itiro
 - ♦ Imero y'umunezero mwinshi canke kurakara
 - ♦ Ivyiyumviro binyuragirana, ugusa n'uwusamara vyoroshe
 - ♦ Ukwongerekana kw'ugukora, kwumva ubukomezi bwinshi cane canke ukwihuta mu mvugo
 - ♦ Inyifato iza bukwinabukwi kandi itabereye, ukuguma ukina canke ugura ibintu, ugufata ingingo zikomeme ata nteguro nyayo yabaye
 - ♦ Agaciro umuntu yiha karenze igipimo.
- » **Ikiringo c'umunezero ndenzarugero** kirashobora kuba co iyo vyinshi muri ivyo bimenyetso biba bihari mu kiringo kirenga iyinga kandi haraho ivyo bimenyetso bitera ingorane zikomeme mw'irangurwa ry'ibikorwa vya minsi yose, canke umuntu ntashobore gukurikiranwa neza iwe.

Indinganizo y'ubufasha nshimikiro



A. Ubufasha bw'imiti :

1. Mu gihe c'indwara yeruye ata bituma vy'umubiri vy'umushuhira bihari

» Gutanguza umuti uvura indwara yo mu mutwe yeruye wo kumira. Gukoresha umuti bacisha mu mutsi igihe uwo bacisha mu kanwa wananiranye. Rondera kumenya ko umuntu yamazwe gufata imiti ivura indwara yo mu mutwe yeruye kandi ko hari icyo yafashije mu kuvura ibimenyetso vy'indwara. Mu gihe arivyo, mwandikire uwo muti nyene ku rugero yahora afata. Igihe uwo muti utabonetse, tanguza uwundi muti. Uruhara rw'uwasuherekeje canke umuremeshakiyago mu gushingura no gufata umuti ni ntangere, mu gihe hatanguwe umuti kugira habe ukwubahirizwa bikwiye.

- ♦ Kwandika umuti umwe uvura indwara yo mu mutwe yeruye (nka "halopéridol" >> **igicapo 1**).
- ♦ « Gutangura buhoro buhoro kandi ukabandanya buhoro buhoro ». Gutangurira ku rugezo ruto cane rw'umuti ngirakamaro, hama ugende wongereza buhoro buhoro kugira ushike ku wipfuzwa hamwe n'urugezo rugeranywe ngirakamaro.
- ♦ Kugerageza umuti igihe gikwiye ukoresheje mubisanzwe urugezo rukwiye imbere yo kwiyumvira ko umuti udashoboye (n'ukuvuga n'imiburiburi indwi 4 kugera kuri 6) (>> **igicapo 1**).
 - ▶ Kwandika urugero ruto ngirakamaro ku bapfasoni bipfuzwa gusama imbanyi, abibungenze hamwe n'abonsa.
- ♦ Mu gihe ukwiyambagura kutoba kwashoboye kuvurwa n'umuti uvura indwara yo mu mutwe yeruye wonyene, tanga umuti ufasha gutekana uri mu bwoko bw'imiti bwitwa "benzodiazepines" (nk'akarorero "diazépam", nturanze mirigarama 5 zo kumira) hamwe no kucuja k'umuhinga yabinonosoye mu maguru masha.
- ♦ kuvura ingarukambi zivuye ku miti.

▶ Mu gihe c' ibimenyetso bivuye k'umuti bituma umuntu ajugumira canke agabanya kwikomakoma canke ntashobore kuguma hamwe :

- Gabanya urugero rw'umuti uvura indwara yo mu mutwe yeruye.
- Bishitse ivyo **bimenyetso** bikabandanya n'ubwo urugero rw'umuti ruba rwagabanijwe, koresha mu kiringo gito imiti yo mu bwoko bwa "anticholinergiques" ivura ivyo bimenyetso (akarorero: umuti witwa "biperidène", ikiringo kiri hagati y'indwi 4 na 8 >> **igicapo 2**).
- ▶ Iyo habaye ugukomantara kw'umubiri kw'umushuhira (cane cane gufatiye kw'izosi, ku rurimi n'imibangabanga) :
 - Hagarika vy'agategenyo imiti y'indwara yo mu mutwe yeruye, mwandike imiti bita "anticholinergiques" (akarorero biperidène >> **igicapo 2**). Iyo miti itabonetse, umuti witwa "diazépam" urashobora gutangwa kugira ufashe ukworoherwa mu mubiri).
- ♦ Iyo bishoboka, iture umuhinga yabinonosoye kugira uronswe insiguro zijanye n'ikiringo umuti uzofatwa n'uko uzohagarikwa.
 - ▶ Muri rusangi, ivurwa ry'indwara yo mu mutwe yeruye ribwirizwa kubandanya n'imiburiburi amezi 12 uherye kuva ibimenyetso biba vyazimanganye.
 - ▶ Gabanya buhoro buhoro umuti ku kiringo c'amezi menshi.
 - ▶ kutigera uhagarika imiti bukwinabukwi.

2. Mu gihe ibimenyetso vy'indwara yo mu mutwe yeruye bivuye kumvo z'umubiri (nk'ukwemera ibitari vyo canke ibimenyetso bivuye kuguhagarika inzoga)

» Vura icyo gituma c'umushuhira.

- ♦ Ku vyerekeye ivurwa ry'ibimenyetso bivuye kuguhagarika inzoga, raba igicapo 1 c'ikigabane cerekeye ugufata ibiyayuramutwe.
- ♦ Mu gihe hari izindi mvo ziturutse ku mubiri zigaragara atari guhagarika inzoga, andika umuti wo kumira uvura indwara yo mu mutwe yeruye ubereye (nk'akarorero kunywa "halopéridol", mu ntango ku rugero rw'igice ca mirigarama imwe, wuduze

gushika hagati ya mirigarama zibiri n'igice na zitanu ku muni. Imiti ivura indwara yo mu mutwe yeruye yandikwa gusa mu gihe bisaba ko usubiza k'urugero rwiza ukutaguma hamwe, mu gihe c'ibimenyetso vy'indwara yo mu mutwe yeruye canke igihe c'ubukazi. Hagarika imiti mu maguru masha igihe ibimenyetso vy'indwara bitakigaragara. Koresha gutera inshinge mu nyama mu gihe kumira ibinini biba bidashoboka.

3. Mu kiringo c'umunezero ndenzarugero

» Gutanguza umuti wo kunywa w'indwara yo mu mutwe yeruye (>> **akaburungu kambere hejuru k'agace kajanye n'ubufasha bw'imiti**).

» Mu gihe umuntu yiyambagura cane kandi yaronse umuti w'indwara yo mu mutwe yeruye, tegekanya kwongeramwo urugero rw'umuti witwa benzodiazépine (nk'akarorero diazépam, nturanze mirigarama 5 zo kumira) hama uce witura umuhinga yabinonosoye mu maguru masha.

» Ikiringo c'umunezero ndenzarugero ni kimwe mubigize indwara y'imeru zibiri.

Mu gihe indwara y'umunezero ndenzarugero y'umushuhira yamazwe kuvurwa, umuntu abwirizwa gusuzumwa no kuvurwa nk'uwufise indwara y'imeru zibiri bakoresheje umuti ukosora imero witwa "thymorégulateur" nka "valproate de sodium" canke "carbamazépine". kwitura umuhinga yabinonosoye kugira avure canke akurikirane amategeko yo ku ndwara y'imeru zibiri yo mu gitabu c'ubutabazi gikwiye "Guide d'interventions mhGAP complet".

Igicapo 1: Imiti ivura indwara yo mu mutwe yeruye

Imiti	Halopéridol ^a	Chlorpromazine	Rispéridone
Urugero rw'intango	Mirigarama 2,5 ku munsu	Mirigarama 50-75 ku munsu	Mirigarama 2 ku munsu
Urugero rw'umuti ngirakamaro muri rusangi	Hagati ya mirigarama 4-10 ku munsu (urugero ntarengwa mirigarama 20)	75-300 mg/jour ^b Mirigarama 75-300 ku munsu (urugero ntarengwa mirigarama 1000)	4-6mg/jour Mirigarama 4-6 ku munsu (urugero ntarengwa mirigarama 10)
Uburyo umuti ufatwa	Kumira/Inshinge	Kumira	kumira
Ingaruka mbi zikomeye			
Ibimenyetso bituma umuntu ajugumira, adadarara canke ntivyikomakome,	+++	+	+
Ukwisinzirirako(abantu bakuze kubw'umwihariko)	+	+++	+
Ugushaka kuja kumwanda muto bikanka		++	
Igabanuka ry'umurindi w'amaraso riturutse mu guhaguruka ningoga wari uryamye canke wicaye	+	+++	+
Ingaruka mbi zikomeye z'imiti zigizwe n'ubushuhe bwinshi, ihindagurika ry'umurindi w'amaraso, ugukomantara kw'umubiri, ugucanganikirwa,...	Gake ^c	Gake ^c	Gake ^c

^a Iraboneka mubikoresho vy'ubutabazi mpuzabigo(OMS,2011)

^b Gushika kw'igarama imwe bishobora gukenywa mubihe bikomeye

^c Guhagarika umuti w'indwara yo mu mutwe yeruye mu gihe izo ngaruka mbi ziketswe. Shira umuntu ahakanye buhorobuhoro umuhe n'amazi akwiye.

Icapa ca 2 : Imiti ikosora ingaruka mbi z'imiti

Imiti	Bipéridène ^a	Trihexyphénidyle
Urugero rw'intango	Hagati ya mirigarama 1-2 ku munsu	Mirigarama 1 ku munsu
Urugero rw'umuti ngirakamaro muri rusangi	Hagati ya mirigarama 3- 6 ku munsu (urugezo ntarengwa ni mirigarama 12)	Hagati ya mirigarama 5-15 ku munsu (urugezo ntarengwa ni mirigarama 20)
Uburyo umuti ufatwamwo	Kumira	Kumira
Ingaruka mbi zikomeye z'umuti		
Indwara y'ugucanganikirwa, indwara y'ukwibagira (ku bantu bakuze vy'umwihariko),	+++	+++
ukwisinzirirako(ku bantu bakuze vy'umwihariko)	+	+
Ugushaka kuja kumwanda muto bikanka	++	++

^a Iraboneka mubikoresho vy'ubutabazi mpuzabigo (OMS, 2011)



B. Ubufasha mu mibano n'inyifato :

Mu bihe vyose:

1. Guhitamwo inyigisho z'inyifato

Ubutumwa buhambaye bugenewe umurwayi canke uwumufasha (abafasha) :

- » Indwara yo mu mutwe yeruye irashobora kuvurwa kandi umuntu arashobora gukira.
- » Umwitwarariko wo mu mutima urashobora kutuma ibimenyetso vy'indwara zo mu mutwe vyunyuka.
- » kugerageza kubandanya uko bishoboka ibikorwa vyo mukibano, inyigisho n'akazi uko bitunganijwe, nubwo ivyo bishoboka kugorana mu gihe c'icago.
- » Kwirinda kunywa ibiboreza, urumogi canke imiti itanditswe n'umuganga kubera bishobora kwunyura ibimenyetso vy'indwara.
- » Abantu barwaye indwara yo mu mutwe yeruye babwirizwa gufata imiti bandikiwe kandi bakagaruka ku gihe kugira bakurikiranwe.
- » Kumenya ko ibimenyetso vyagarutse canke vyiyongereye. Kugaruka kw'ivuriro kuko bishobora kuba ngombwa ko uhindurirwa umuti.

2. Gufasha gusubira kumenyera ikibano

- » Kuvugana n'abajewe ikibano kugira bahimirize kwakira no kwihanganira uwahora arwaye.
- » Kworohereza umuntu mu gusubizwa mu bikorwa vy'imibano n'ivy'ubutunzi mu mibano .

Ubutumwa ku bafasha umurwayi :

- » Kutagerageza kumvisha umurwayi ko ivyo yemera canke ivyo yumva bitari vyo canke bitabaho.
- » Gerageza kutagira aho uhengamiye kandi ugerageze kuguma ushigikiye umurwayi nubwo inyifato ziwe zigaragara nk'izidasanzwe canke zibangamira abanda.
- » Kwirinda guterana amajambo n'umurwayi canke kugaragaza ko utamushigikiye.
- » Kugerageza kumurekera ubwigenge. Irinde kumusuzugura ariko ugerageze gucungera umutekano wiwe n'uw'abandi.
- » Indwara yo mu mutwe yeruye ntiterwa n'ibirozi canke impwemu mbi (imiyaga).
- » Kutagiriza umuntu n'umwe canke abagize umuryango ko aribo bateje ingwara yo mu mutwe yeruye.
- » Iyo umuntu aheruka kwibaruka, ntimumureke wenyene ngo agumane n'umwana muntumbero yo gucungera umutekano w'uwo mwana.
- » Kwegera abaserukira abandi mu kibano nk'abaresha kiyago, abajewe umutekano, abajewe kwitaho ubuzima mu kibano canke abajewe gufasha abagendana ubumuga. Gusaba ubufasha kugira bafashe uwakize gusubira mu bikorwa vy'ikibano, vy'inyigisho n'ivy'ivyimyuha yiwe.

3. Gushigikira abafasha abarwayi, hisunzwe ingingo ngenderwako zo kugabanya uruhagarara rwo mu mutima no gukomeza gushigikirana mu kibano (>> *ingingo rusangi z'ubuvuzi*)

C. Ikurikirana umurwayi

- » Gutegekanya no kugirisha **inyigisho z'ikurikirana** nkuko bitegekanyijwe n'ingingo z'ugufasha (>> *ingingo rusangi ngenderwako z'ubuvuzi*).
- » Gutegekanya isango rya kabiri ku kiringo kiri munsu y'indwi hama ugusubira kwitura abaganga ufatiye k'urugero indwara igezeke.
- » Kubandanya ufata imiti y'indwara yo mu mutwe yeruye n'imiburuburi mu kiringo kitari munsu y'amezi 12 uhareye igihe ibimenyetso vyazimanganyeko. Mu gihe bishoboka, iture umuhinga yabinonosoye kugira agufashe gufata ingingo yo kubandanya canke guhagarika umuti.



Raba *igicapo « Intandara 2 » ku rupapuro 40* kugira mumenye vyinshi cane kw'isuzuma no kuvura umuntu yidudagura canke atakaza ubwenge bivuye ku bisahuzi*.

Intandara n'indwara (iri mu murwi w'indwara zo mu mutwe, z'udutsi nsozabwenge n'iziterwa n'ugufata ibiyayura mutwe). N'indwara ikunze gukurikiranwa mubihe bidasanze vy'abantu bo mubihugu bikenye n'ibiri munzira y'amajambere. Intandara ifata imirwi yose y'abantu n'abana bato barimwo. Intandara ni indwara y'udutsi nsozabwenge ngendanwa irangwa *n'ibisahuzi atakibiteye vyisubiriza* biva kubikorwa vy'udutsi tw'ubwonko bitagenda neza. Hari ubwoko bw'intandara butandukanye, hama iki kigabane kivuga ubwoko bumenyerewe, **intandara zirangwa n'ibisahuzi**. Intandara zirangwa n'ibisahuzi bituma haba ukudadarara kw'umubiri *bitakuvuyeko*, bikurakuranwa n'ukworoha kw'umubiri, bitera kujugumira kw'umubiri canke kudadarara kw'umutumba n'amaguru n'amaboko. Iyo ndwara ijana kenshi *n'ugutakaza ubwenge*. Umuntu agize ibisahuzi arashobora kugwa canke agakomereka. Kuronka imiti ivura intandara rimwe na rimwe birahagarara mu bihe vy'ubutabazi. Mugabo, iyo iyo miti itagumye iboneka, abarwayi b'intandara barashobora gusubira kugira ibisahuzi, bigatuma amagara yabo ageramirwa.

Ibituma nyezina umuntu aza kwivuza indwara y'intandara zirangwa n'ibisahuzi

- Akahise k'intandara canke k'ibisahuzi birimwo kujugumira.

Ugusuzuma - Ikibazo ca 1 : Uwakwituye arakwiza ibifatirwako ku bijanye n'ibisahuzi ?

- » Baza uwakwituye n'uwamuherekeje ko yoba amaze kugaragaza kimwe mu bimenyetso bikurikira :
 - ♦ **Ibisahuzi mu kiringo kirenga umunota umwe gushika kuri ibiri**
 - ♦ Gutakaza canke ihungabana ry'ubwenge
 - ♦ Kubura inguvu canke kudadarara amaguru n'amaboko mu kiringo kirenga umunota umwe gushika kuri ibiri
 - ♦ Kwihekenya ururimi canke kurujanjagura canke gukomereka ku mubiri
 - ♦ Kwigirako umwanda mukuru canke muto muri ico gihe c'ibisahuzi
 - ♦ Inyuma y'ukujugumira kudasanzwe, umuntu arashobora kuja mu gihe co gucanganyikirwa, gutakaza ubwenge, kuyamira canke inyifato itabereye. Umuntu arashobora kandi kuvuga ko arushe, ko amenetse umutwe canke ko ababara mu mubiri.
- » Uwakwituye arafise ibifatirwako vyose ku **bisahuzi bijanye n'uguta amaboko n'amaguru hamwe n'imiburiburi ibindi muri ivyo bimenyetso** vy'urwo rutonde rwo hejuru.
- » Kwikeka **ibisahuzi bidatwe n'intandara canke izindi ndwara zo kwa muganga** igihe gusa kimwe canke bibiri mu bifatirwaho vyavuzwe hejuru bibonetse.
 - ♦ Iture umuhinga mu gihe uwakwituye amaze kugira ibisahuzi atari intandara akarenga rimwe.
 - ♦ Vura izindi ndwara zo kwa muganga zishoboka wiketse.
 - ♦ Subira umusuzume inyuma y'ikiringo c'amezi atatu.

Ugusuzuma - Ikibazo ca 2 : Mu gihe c'ibisahuzi, hariho igituma c'umushuhira ?

- » Rondera ibimenyetso vy'ubwandu bw'udutsi nsozabwenge :
 - ♦ Ubushuhe
 - ♦ Kumeneka umutwe
 - ♦ Ubwandu bwo mu bwonko* (kudadarara izosi nk'akarorero)
- » Rondera **ibindi bituma bishoboka** vy'ibisahuzi :
 - ♦ Isanganya ryo mu mutwe
 - ♦ Ihungabana ry'ingene umubiri uhingura ivy'ukeneye*(nk'akarorero, kugabanuka kw'isukari*, kw'umunyu*)
 - ♦ Ingaruka mbi zitewe no kunwa inzoga birenze canke kuzihagarika bukwinabukwi canke ibiyayura mutwe (>> **Icapa SUB 1 ku rupapuro 49**)
- » Hamwe hoba hari igituma c'umushuhira **kibonetse** c'ibisahuzi, **kivure**.
 - ♦ Umuti w'intandara ukinga gusubira kugira ibisahuzi **ntukenewe** muri ico gihe.
- » **Murungike vyihutirwa ku bitaro** mu gihe mwiketse ubwandu bw'udutsi nsozabwenge*, isanganya ryo mu mutwe canke ihungabana ry'ingene umubiri uhingura ivy'ukeneye.
 - ♦ Ikeke ubwandu bw'udutsi nsozabwenge **ku mwana** (amaze amezi 6 gushika imyaka 6) agaragaje **ubushuhe** hamwe na kimwe muri ibi bifatirwako ku **bisahuzi vy'ubushuhe bidasanzwe** :
 - ▶ Ibisahuzi bitangurira ku gice kimwe c'umubiri
 - ▶ Ibisahuzi bibandanya- bimara iminota irenga 15
 - ▶ Ibisahuzi vyisubiriza- ikiringo kirenze kimwe.
 - ♦ Mu gihe atanakimwe kibonetse muri ivyo 3 bifatirwako bihejeje kuvugwa ku mwana ashushe, n'ukwikeka ibisahuzi bisanzwe bivuye ku bushuhe. Vura ubushuhe kandi urondere n'icabuteye ukurikije intumbero yaho **hantu ya PCIME**. Guma mwihweza umwana mu kiringo c'amasaha 24 .
- » Subira kumusuzuma mu kiringo c'amezi atatu.

Ugusuzuma – Ikibazo ca 3 : Mu gihe c'ibisahuzi ata mpamvu y'umushuhira ibonetse, zoba ari intandara ?

- » **Indwara** y'intandara yikekwa mu gihe umuntu agize ibisahuzi bibiri canke birenga ataco bivuyeko ku minsi ibiri itandukanye mu kiringo c'amezi cumi n'abiri aheze.
- » Mu gihe habaye igisahuzi kimwe gusa mu mezi cumi n'abiri aheze atacabiteye cihuta, umuti w'intandara ntukenewe. Subira kumusuzuma inyuma y'amezi atatu.

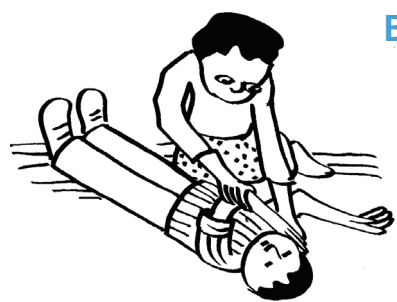
Indinganizo z'ubufasha nshimikiro

1. Menyasha uwakwituye n'abamuherekeje kubijanye n'intandara

» Sigura :

- ♦ Ico ari co indwara y'intandara n'ibizitera :
 - ▶ Indwara y'intandara n'indwara ngendanwa, ariko hafashwe umuti, abantu batatu kuri bane barashobora kudasubira kugaragaza ibisahuzi.
 - ▶ Indwara y'intandara yerekanwa n'ibisahuzi vyisubiriza.
 - ▶ Ibisahuzi biva kw'ikora nabi ry'udutsi nsozabwenge tw'ubwonko
 - ▶ Indwara y'intandara ntiterwa n'uburozi canke imizimu.
 - ▶ Indwara y'intandara ntiyandukira. Intandara ntiyandukira biciye mu mate.
- ♦ Inkurikizi z'intandara ku **buzima bwa minsi yose** :
 - ▶ Abarwayi b'intandara bashobora kubaho ubuzima busanzwe :
 - Barashobora kurongora no kurongorwa no kuronka abana bakomeye
 - Barashobora gukora neza ubuzi butandukanye
 - Abana barwaye intandara barashobora kuja kwiga
 - ▶ Abarwayi b'intandara bategerezwa kwirinda :
 - Ibikorwa bisaba gukorerwa hafi y'amamashine canke umuriro
 - Gutekera ahantu hari urubeya
 - Kwoga uri wenyene mu mazi menshi
 - Kunwa inzoga canke ibiyayuramutwe
 - Kuraba umuco ubengagirana
 - Guhindagura akamenyero k'itiro (kuryama amasaha make kuruta uko vyari bisanzwe nk'akarorero).
- ♦ **Ico wokora muhira** mu gihe iyo ndwara yomufata (ku bafasha) :
 - ▶ Hamwe iyo ndwara yofata uwo murwayi ahagaze canke yicaye, kingire kurwa mu kumufasha kwicara bukebuke canke kuryama.
 - ▶ Menya neza ko umurwayi ahema neza. Tezura impuzu zifata mw'izosi.
 - ▶ Ryamikira umuntu ku rubavu bimukingira (**Raba amasanamu A-D aha munsu**).

Amasanamu A-D : Kuryamira urubavu bimukingira



- A.** Pfukeya iruhande y'umurwayi. Shira ukuboko kuri hafi cane kunfuka ngororotsi y'umubiri, ukundi kuboko ukujane amaja ku mutwe (Raba isanamu A).
- B.** Shira ukundi kuboko kuruhande rw'umutwe w'umurwayi, ku buryo bwuko inyuma y'ikiganza hakora kw'itama (Raba isanamu B).
- C.** Pfunya ivi riri kure cane y'imfuka ngororotsi. Shira umurwayi ku rubavu bukebuke mu gukwegwa ivi ripfunyije (Raba isanamu C).
- D.** Ukuboko kuri hejuru gusegura umutwe, mu gihe ukuboko kuri munsu gufasha kubuzako umurwayi atembagara (Raba isanamu D). **Fasha umurwayi guhema neza usubiza umutwe inyuma mu kuduza**

agasakanwa, kandi urabe neza ko atakintu na kimwe kizibiye inzira zo guhema. Ubwo buryo butuma ururimi rutazibira inzira zo guhema, butuma umurwayi ahema neza kandi bikabuza ko abura impwemu bivuye k'uruterute n'ibidahwe.

- ▶ Kirazira gufatira umurwayi hasi.
- ▶ Ntanakimwe ushira mu kanwa.
- ▶ Igiza inyuma ibintu vyose bikomeye canke bisongoye kure y'umurwayi kugira umurinde gukomereka.
- ▶ Gumana n'umurwayi gushika y'aho igisahuzi kimuvako kandi agasubira gutora ubwenge.

» Bwira umurwayi n'abamuherekeje ko botunga agakaye ko kwandikamwo incuro ibisahuzi vyagiye biramufata Igicapo **Intandara/ibisahuzi 1**.

2. Tangura canke usubire gufata umuti w'intandara

- » Suzuma namba umurwayi yaramaze gufata umuti w'intandara woba waramugiriye akamaro. Mu gihe avyemeye, mwandikire kur'urwo rugero nyene.
- » Igihe uwo muti utabonetse, tangura uwundi.
- » Hitamwo umuti **umwe** gusa w'intandara (**Raba icapa EPI 1**).
 - ♦ Iyumvire ku ngaruka mbi z'umuti zishoboka, kurwara bivuye k'umuti warugenewe kuvura iyindi ndwara* canke gukorana kw'imiti* bishoboka. Mu gihe bihari, isunge **ibifatirwako ku rwego rw'igihugu canke ku rwego rw'ishirahamwe mpuzamakungu ryitaho amagara y'abantu**.
 - ♦ Tanguza **urugezo rutoya** hanyuma **ugende uduza buke buke** urugezo gushika aho ibisahuzi bitakimufata.
- » **Sigurira umurwayi n'abamuherekeje** :
 - ♦ Igicapo c'ingero (>> **icapa EPI 1**).
 - ♦ Ingaruka z'umuti (>> **icapa EPI 1**).
Nyinshi mur'izo n'izisanzwe kandi zigenda zihera buke buke. Mu gihe habonetse ingaruka mbi z'umuti zikomeye, umurwayi ategerezwa guhagarika umuti hama akisuzumisha ku muganga.
 - ♦ Akamaro k'ukwubahiriza **umuti**. Ukwibagira gufata umuti canke kuwuhagarika bukwinabukwi bishobora gutuma ibisahuzi bigaruka. Imiti itegerezwa gufatwa ku **masaha amwe buri muni**.
 - ♦ Ikiringo gikenewe kugira umuti utangure gukora. Muri rusangi hategerezwa guhera indwi nkeya kugira haboneke mitende.
 - ♦ Ikiringo co gufata umuti. Kuva ibimenyetso bimaze guhera bandanya umuti gushika ku myaka ibiri n'imiburiburi.
 - ♦ Akamaro ko gukurikiranwa uko bitegekanijwe.

Icapa EPI 1 : Imiti y'intandara

	Phénobarbital ^a	Carbamazépine	Phénytoïne	Valproate
Ingezo yo gutangura k'umwana	2-3 mg/kg k'umunsi	5 mg/kg/ k'umunsi	3-4 mg/kg/ k'umunsi	15-20 mg/kg/ k'umunsi
Ingezo muri rusangi ivura k'umwana	2-6 mg/kg k'umunsi	10-30 mg/kg k'umunsi	3-8 mg/kg k'umunsi (urugezo ntarengwa 300 mg k'umunsi)	15-30 mg/kg k'umunsi
Ingezo yo gutangura k'uwukuze	Mirigarama 60 ku muni	Hagati ya mirigarama 200-400 ku muni	Hagati ya mirigarama 150-200 ku muni	Mirigarama 400 ku muni
Ingezo muri rusangi zivura k'uwukuze	60-180 mg k'umunsi	400-1400 mg k'umunsi	200-400 mg k'umunsi	400-2000 mg k'umunsi
Igicapo c'ingero	Rimwe ku muni ugiye kuryama	Kabiri ku muni	Ku mwana, n'ugufata kabiri ku muni ; ushobora gufatwa rimwe ku muni k'uwukuze	Muri rusangi 2-3 ku muni
Ingaruka mbi z'imiti ziboneka gake ariko zihambaye	<ul style="list-style-type: none"> ♦ Ukwunuka gukomeye kw'urukoba rw'umubiri (syndrome de StevensJohnson*) ♦ Igabanuka ry'umusokoro w'igufa* ♦ Igabanuka ry'ubushobozi bwo gukora bw'igitigu 	<ul style="list-style-type: none"> ♦ Ukwunuka gukomeye kw'urukoba rw'umubiri (syndrome de StevensJohnson*, kwunuka kw'umubiri*) ♦ Igabanuka ry'ubushobozi bwo gukora bw'igitigu 	<ul style="list-style-type: none"> ♦ Gukama amaraso n'ubundi busembwa bwo mu maraso ♦ Gufururirwa harimwo n'ukwunuka gukomeye kw'urukoba rw'umubiri (syndrome de StevensJohnson*) ♦ Ubwandu bw'igitigu butewe n'umugera 	<ul style="list-style-type: none"> ♦ Kwisinzirako ♦ Gucanganyikirwa
Ingaruka mbi z'imiti zikunze kuboneka	<ul style="list-style-type: none"> ♦ Kwisinzirako ♦ Umwete urenze ku mwana 	<ul style="list-style-type: none"> ♦ Kwisinzirako ♦ Ingorane zo gutambuka ♦ Iseseme 	<ul style="list-style-type: none"> ♦ Iseseme, kudahwa, kugumbiza ♦ Kujugumira ♦ Kwisinzirako ♦ Ingorane zo gutambuka n'ingorane zo kuvuga n'ugukurikiranya amajambo ♦ Inyifato ifatiye ku gice kimwe c'umubiri iguma igaruka ♦ Gucanganyikirwa 	<ul style="list-style-type: none"> ♦ Itiro ry'inshi rifatanije n'ukubura inguvu ♦ Kwisinzirako ♦ Kujugumira ♦ Iseseme, gucibwamwo ♦ Kuduza ibiro ♦ Kuvungagurika kw'imishatsi (isubira gukura mu mezi 6) ♦ Ihungabana ry'ikora ry'igitigu
Ivyo kwitondera	<ul style="list-style-type: none"> ♦ Irinde « phenobarbital ku bana bafise ubukehabwenge n'ingorane z'inyifato 			<ul style="list-style-type: none"> ♦ Irinde «valproate » k'umukenyezi yibungenze

^a Biri mu bikenewe mpuzamashirahamwe vyihuta vy'amagara y'abantu (OMS, 2011)

3. Ikurikirana

» Gira ikurikirana ritunganijwe :

- ♦ Mu kiringo c'amezi atatu yambere canke gushika aho ibimenyetso biherereye, tegekanya amasango yo gukurikiranwa n'imiburiburi rimwe mu kwezi.
- ♦ Mu gihe ibimenyetso vyaheze, bonana n'umurwayi buri mezi atatu.
- ♦ Raba ingingo ngenderwako z'ubufasha (>> **ingingo ngenderwako z'ubuvuzi**) kugira umenye vyinshi ku vyerekeye gukurikiranwa.

» Kuri buri sango ryo gukurikiranwa :

- ♦ Cungera uko ibisahuzi bigenda bihera :
 - ▶ Koresha agakaye k'incuro ibisahuzi bimufata kugira urabe uko bigenda bihera.
- ♦ Bandanya canke uhindure urugezo rw'umuti w'intandara wisunze uko ibimenyetso bimeze.
 - ▶ Hamwe ibimenyetso bitoba birahera k'urugezo rw'umuti rwo hejuru canke hamwe ingaruka z'umuti zoba mbi cane, wuhindure. Duza buke buke gushika aho ibimenyetso bihera.
 - ▶ Mu gihe ibimenyetso biboneka gake cane kandi gusubira kuduza urugero rw'umuti vyoshobora gutera ingaruka mbi cane, tegekanya kugumiza k'urugezo rw'ubu.
 - ▶ Iture umuhinga hamwe imiti ibiri yoba yarakoreshejwe umwe inyuma y'uwundi ntihagire n'umwe ushobora guhagarika neza ibisahuzi. Irinde gutanga umuti urenze umwe w'intandara icarimwe.

- ♦ Tegekanya **guhagarika umuti w'intandara** mu gihe **atakimenyetso** na kimwe cigeze kiboneka mu kiringo **c'imyaka ibiri**.
 - ▶ Mu gihe co guhagaruka umuti, urugezo rugenda ruragabanuka buke buke mu kiringo c'amezi menshi kugira wirinde igaruka ry'ibimenyetso bivuye kwihagarikwa bukwinabukwi ry'imiti.
- ♦ Guha uruhara abaherekeje umurwayi mu gucungera uko ibimenyetso biza birahera.
- ♦ Tohoza uko umuntu abayeho kandi tanga inyigisho/ubufasha bwiyongerako ku murwayi n'abamuherekeje (>> **ikigabane ca 1 c'indinganizo y'ubufasha nshimikiro** bihejeje kuvugwa).



Icapa Intandara/Ibisahuzi 1 : Uburyo bwihariye bwo kuvura umukenyezi arwaye intandara

» Igihe umukenyezi ari mu myaka yo kurondoka :

- ♦ Andika miligarama 5 ku munsu za « acide folique » kugira ukingire umwana ari mu mbanyi ubusembwa bushoboka imbere yo kuvuka.

» Hamwe yoba yibungenze :

- ♦ Iture umuhinga kugira amuhe ubufasha.
- ♦ Tegekanya gukurikirana imbanyu kenshi gashoboka no kwibarukira ku bitaro.
- ♦ Mu gihe co kuvuka, uruyoya ruraronswa miligarama 1 ya **vitamine K** mu rushinge rwo munyama.

- » Ingingo yo gutangura umuti w'intandara ku mukenyezi yibungenze bitegerezwa kubanza kwigirwa hamwe nawe. Ubukomezi n'incuro z'ibimenyetso hamwe n'ingaruka zishobora gushikira umwana ari mu mbanyi (bivuye ku bisahuzi canke ku muti) vyotegerejwe gufatirwako. Mu gihe ingingo yo gutangura umuti ifashwe, **phénoharbital** na **carbamazepine** niyo ishirwa imbere. Valproate hamwe no gukoresha imiti myinshi* n'ukuzovyirinda.
- » Carbamazepine irashobora gukoreshwa ku mukenyezi yonsa.

Igicapo intandara/ibisahuzi 1. Akarorero k'agakaye kerekana uko ibisahuzi biza biramufata

Ibihe vy'ibisahuzi		Indondoro y'ibisahuzi (harimwo n'ibice vy'umubiri vyafashwe n'igihe ibisahuzi vyamaze)	Imiti yafashwe	
Itariki	Isaha		Ejo	Uno munsu

Icapa Intandara/ibisahuzi 2 : Ugusuzuma no kuvura umuntu afashwe n ibisahuzi canke yataye ubwenge kubera indwara



Ugusuzuma no kuvura ibisahuzi vy'umushuhira bitegerezwa kubera rimwe.

» Ugusuzuma ibisahuzi

- ♦ Guma utekanye. Vyinshi muri ivyo bisahuzi birihagarika mu kiringo c'iminota mikeyi.
- ♦ Suzuma ibice vy'ihemero, guhema, harimwo n'itembera ry'amaraso, incuru umuntu ahema kumunota n'ubushuhe.
- ♦ Suzuma ibimenyetso vy'isanganya ryo mu mutwe, ry'uruti rw'umugongo (imbonero zagutse zishobora kuba nk'akarorero ikimenyetso c'isanganya ryo mu mutwe rikomeye).
- ♦ Suzuma kudadarara kw'izosi canke kugira ubushuhe (ibimenyetso vy'ubwandu bw'ubwonko).

» Baza ibibazo bikurikira uwamuherekeje :

- ♦ Ni ryari igisahuzi catanguriye ?
- ♦ Muri kahise hari ibisahuzi yoba yarigeze kugira ?
- ♦ Hari isanganya ryo mu mutwe canke kw'izosi yoba yaragize muri kahise ?
- ♦ Hari izindi ngorane zo kwa muganga yoba afise ?
- ♦ Umurwayi yoba yaranyoye imiti, ishano, inzoga canke ibiyayura mutwe ?
- ♦ Mu gihe yoba ari umukenyezi ; yoba ari mu gice ca kabiri c'imbanyi canke nta ndwi irahera yibarutse ?

» Murungike vyihuta ku bitaro :

- ♦ Mu gihe yoba afise ibikomere bikomeye, Igabanuka ry'itembera ry'amaraso rivuye ku kuvirirana* canke ingorane zo guhema
- ♦ Hamwe umurwayi yoba yagize isanganya ryo mu mutwe canke ryo kw'izosi :
 - ▶ Ntunyiganze izosi ryiwe.
 - ▶ Koresha uburyo bwo kumuhindukiza wese aramvuye kugira ushobore kumurungika ku bitaro.
- ♦ Hamwe umurwayi yoba ari umukenyezi ari mugice ca kabiri c'imbanyi canke ata ndwi irahera yibarutse
- ♦ Hamwe wokwikeka ubwandu bwo mu bwonko
- ♦ Hamwe hoba haheze iminota itanu ibisahuzi bitanguye.

» Kuvura ibisahuzi

- ♦ Ryamikira umurwayi ku rubavu rumukingira (*raba indinganizo zo kuvuva nshimikiro hamwe n'amasanaumu A-D aho hejuru.*)
- ♦ Hamwe ico gisahuzi kitiheje mu kiringo c'umunota gushika kuminota ibiri, rondera umutsi vyihuta uce umuha iserumu iduza isukari mu mubiri harimwo n'umuti « benzodiazépine » bukebuke (amama 30 ku munota).
 - ▶ Mu gihe umutsi wogorana gutora, tanga umuti « benzodiazépine » ucishije mu kibuno.
 - ▶ Muragabe : imiti « benzodiazépine » irashobora kugabanya ingene umuntu ahema. Iyo bishoboka, tanga impwemu « oxygène » muheze musuzume kenshi uko uwo muntu ahema.
 - ▶ Urugezo rw'isukari ku mwana : hagati ya mirigarama 2 -5 ku kilo z'isukari ku bice cumi kw'ijana.
 - ▶ Urugezo rw'umuti « benzodiazépine » ku mwana :
 - « diazépam » mu kibuno 0,2-0,5 miligarama ku kilo canke
 - « diazépam » ucishije mu mutsi 0,1-0,3 miligarama ku kilo canke
 - « lorazépam » mu mutsi 0,1 miligarama ku kilo
 - ▶ Urugezo rw'isukari k'uwukuze : hagati ya mililitiro 25-50 z'isukari ku bice 50 kw'ijana
 - ▶ Urugezo rwa « benzodiazépine » ku wukuze :
 - « diazépam » mu kibuno miligarama 10-20 canke
 - « diazépam » ucishije mu mutsi miligarama 10-20 canke
 - « lorazépam » mu mutsi miligarama 4
 - ▶ Ntutange imiti « benzodiazépine » ucishije munyama.
- ♦ Tanga urugezo rwa kabiri « benzodiazépine » hamwe ibisahuzi bibandanije iminota 5-10 inyuma y' urugezo rwa mbere.
- ♦ Muhe urugezo rungana n'urwambere.
- ♦ Ntutange ingezo zirenga 2 za « benzodiazépine ». Umurwayi niyaba akeneye ingezo zirenga 2, ca umurungika ku bitaro.
- ♦ Kwikeka indwara y'intandara yisubiriza atakugarukana ubwenge hagati y'igisahuzi n'ikindi kenshi ku muni igihe :
 - ▶ Ibisahuzi ari vyinshi cane ku buryo umurwayi adasubira gutora ubwenge hagati y'ikiringo n'ikindi, canke
 - ▶ Ibisahuzi bidahagarara ku ngezo zibiri zambere za « benzodiazépine », canke
 - ▶ Ibisahuzi bimara iminota 5 irenga.

» Kurungika vyihuta ku bitaro :

- ♦ Hamwe wokwikeka indwara y'intandara yisubiriza kenshi ku muni (raba aho hejuru)
- ♦ Hamwe umurwayi atogira mitende ku ngezo 2 za mbere za « benzodiazépine »
- ♦ Hamwe umurwayi yogira ibibazo vyo guhema inyuma yo kuronka « benzodiazépine ».

Ubukehabwenge

DI

Ubukehabwenge⁹ burangwa n'intambamyi zidahera mu mice myinshi y'ugukura kwiza kw' ubwonko (uko azirikana ibintu*, imvugo, ugukora kw'imitsi, n'imigenderanire n'abantu). Izo ntambamyi ziba zihari kuva mu mavuko canke zigatangura mu bwana. Ubukehabwenge burabangamira ukwiga, ibikorwa vya minsi yose hamwe no kumenyera ahantu hashasha.

Abantu bafise ubukehabwenge baba bakeneye ukwitabwaho gukomeye. Barahura kenshi n'ibibazo mu gushikira ubuvuzi mbere n'indero. Mu bibanza birimwo ingorane zikomeye cane, barabangamirwa cane mu guturubikwa, kutitabwaho kandi bakisanga mu bihe bibabangamira. Bashobora, nk'akarorero gutemberera ahantu hatari umutekano batanabizi. Barashobora kandi no kubonwa nk'umutwari mu muryango wabo no mu kibano, bakanahebwa iyo ari mu bihe vyo kwimurwa. Bategerezwa rero kwitabwaho cane mu bihe vy'ubutabazi bwihuta.

Kino kigabane kivuga ku bukehabwenge bubayabaye, bukomeye hamwe n'uburenze urugero ku mwana, umuyabaga hamwe n'uwukuze.

Ibituma nyezina umuntu yitura abaganga

- » **Ku mwana atarakwiza imyaka 2 : kubura akayabagu, kuzingama, kugoyagoya, guteba mu gukura ugereranije n'imice isanzwe yo gukura ku mwana (kumwenyura, kwicara, guhagarara).**
- » **Ku mwana arenza inyaka 2 : guteba mu gukura ugereranije n'imice isanzwe yo gukura ku mwana (gutambuka, kutiyononako, kuvuga, gusoma no kwandika).**
- » **Ku wukuze : ubushobozi buke bwo kubaho mu bwigenge hamwe no kwiyitaho we nyene na/canke kwitaho abana.**
- » **Ku myaka yose : ihungabana mu kurangura ibikorwa vya minsi yose bifatwa nk'ibisanzwe ku bandi bangana nkawe, ingorane mu gutahura ivyo asabwa gukora, ingorane mu gukurikiza ibisabwa mu buzima bwa minsi yose.**

⁹ Mu mugambi wa CIM-11, izina ryahiswemwo kuri iyo ngwara ni *ihungabana mu gukura kw'ubwenge*.

Ugusuzuma - ikibazo ca 1 : Mbega uwakwituye arafise ubukehabwenge ?

» Suzuma ubushobozi n'irangurwa ry'ibikorwa vy'uwakwituye :

- ♦ Ku mwana atarakwiza imyaka 2 be no ku bana bakiri bato, suzuma ko bakwije intambwe zose zisanzwe zo gukura mu bisata bitandukanye vyo gukura (>> **Igicapo DI I** c'ibimenyetso vyo gukurikiranira hagufi).
- ♦ Uturorero tw'ibibazo vyo kubaza abazanye abana :
 - ▶ Umwana wanyu yitwara nk'abandi bana bangana ?
 - ▶ Umwana wanyu ashoboye gukora iki atawumufashije (kwicara, gutambuka, kwigaburira, kwiyambika canke kwijana mu bwihereho) ?
 - ▶ Umwana wanyu muganira gute ? Yoba amwenyura ? Yoba yitaba umuhamagaye mw'izina ? Umwana abaganiriza gute ? Mbega umwana arashoboye gusaba ico akeneye ?
 - ▶ Umwana wanyu akina gute ? Mbega arashoboye gukina n'abandi bana banganya imyaka ?
- ♦ Ku bana bakuze be n'imiyabaga, baza niba baja kw'ishure n'ingene bitwara mu bikorwa vyo kw'ishure (ukwiga, gusoma no kwandika) hamwe n'udukorwa two muhira twa minsi yose :
 - ▶ Uraja kw'ishure ? Bigenda gute kw'ishure ? birakunda ko uheraheza ibikorwa vyawe ? Woba uhura kenshi na kenshi n'ingorane kubera bidakunda ko utahura canke ukurikiza ibisabwa ?
- ♦ Ku bakuze, baza nimba bakora, mu gihe bakora batunganya gute ibikorwa vyabo hamwe n'ibindi bikorwa vya minsi yose ?
 - ▶ Murakora ? mukora iki ? Hari ingorane muhura kenshi muri mu bikorwa kubera mutashoboye gutahura canke gukurikiza ibisabwa ?
- ♦ Ku bana bisumbuye, imiyabaga, n'abakuze, baza ubufasha baronswa mu bikorwa vyabo vya minsi yose (nk'akarorero muhira, kw'ishure, ku kazi).

» Mu gihe hari uguteba mu gukura ugereraniye n'ikiringo kimenyerewe co gukura, rondera indwara zivurwa kandi zigakira zishobora kuba zisa n'ubukehabwenge.

♦ Rondera ubumuga bw'ukubona :

- ▶ Ku bana barenza amezi atandatu, baza uwamuzanye bino bibazo, uguma wihweza umwana :
 - Umwana yoba akurikiza ijisho ikintu kigendagenda ?
 - Umwana yoba amenya mu maso h'abantu amenyereye ?
 - Umwana arashobora kugumya ikintu mu minwe ?
- ▶ Igihe musanze inyishu imwe kuri ivyo bibazo ari « Oya », menyesha uwamuzanye ko umwana ashobora kuba afise ingorane zo kubona hama mwiture umuhinga mu gihe bishoboka.

♦ Rondera ubumuga bw'ukwumva :

- ▶ Ku mwana arenda amezi atandatu, baza uwamuzanye ibibazo bikurikira, uguma wihweza umwana :
 - Umwana arahindukira kugira arabe uwuriko aravugira inyuma yiwe ?
 - Umwana yoba aragira ikimenyetso co kwumva urwamo rukomeye ?
 - Umwana arahoha? (tata, dada, baba) ?
 - ▶ Mu gihe inyishu ibaye "Oya" kuri kimwe muri ivyo bibazo, menyesha uwamuzanye ko umwana ashobora kuba afise ingorane zo kwumva, mu gihe bishoboka aheze yiture umuhinga.
- #### ♦ Rondera ingorane zitewe n'ibimukikije :
- ▶ Indwara yo kuyinga n'akabonge ya nyina canke y'uwukunda kumwitaho (>> **DEP**).
 - ▶ Kubura ibimukabura (gukaburwa ni ngombwa mu gukura kw'ubwonko bw'abana bato).
 - Ni nde akunda kumukabura no kumukinisha ?
 - Mukina gute n'umwana ? Incuro zingana gute ?
 - Muganira gute n'umwana ? Incuro zingana gute ?
- #### ♦ Rondera indwara zo gufungura nabi hamwe n'iziva ku gukehanirwa mu vyerekeye gufungura canke inkaburamubiri, cane cane urugero ruke rw'icunyunyu iyode (iode*) n'ingorane z'ugukora bidakwiye kw'agace tiroyide* (thyroide).
- #### ♦ Rondera indwara y'intandara (>> **intandara/ibisahuzi**)
- ishobora gusa canke ikazira rimwe n'ubukehabwege.
- ### » Kwitaho ingorane zishobora kuvurwa hamwe no gusubira gusuzuma ko uwo muntu afise ubukehabwenge.
- ♦ Ku bafise ubumuga bw'ukwumva n'ukubona buhambaye, tanga canke usabe ubufasha bukenewe (amarori, akuma gafasha kwumva).
 - ♦ Vura ingorane z'akabonge z'uwazanye umwana mu gihe zihari.
 - ♦ Igisha umufasha uko yoshiraho ibihe bikabura abana. Raba igitabo "**Counsel the Family for Care for Development: Counselling Cards** (UNICEF et OMS, 2012).
 - ♦ Bibaye ngombwa, rungika uwo muntu aho yofashwa ku bijanye no gukura kw'abana bato (Indinganizo zo gukura kw'abana DPE).
- ### » Ubukehabwenge buba buhari: a) mu gihe hari uguteba cane mu gukura ugereraniye n'urugero rumenyereye hamwe no kugira ingorane mu bikorwa vya minsi yose, b) igihe indwara zivurwa zigakira zarondewe bakazibura canke zavuwe.

Ugusuzuma – Ikibazo ca 2 : Hari ingorane mu nyifato zifatanye n'ubukehabwenge ?

» Ntiyumviriza abamufasha.

- » Agira ishavu riyadukiza. Agaragaza inyifato yo kugirira nabi abandi canke akigirira nabi we nyene iyo adashigikiwe mu vyiyumviro vyawe.

» Arya ibitaribwa.

- » Agira inyifato mpuzabitsina itabereye canke izindi nyifato zitari nziza.

Indinganizo y'ubufasha nshimikiro

1. Tunganya inyigisho z'inyifato

- » **Sigurira ubukehabwenge** umuntu n'abamufasha. Abantu bafise ubukehabwenge ntibatategereza kubakarira kubera ingwara yabo. Abamufasha bategereza kugira ivyo bamwitezeko bisiguritse bijanye n'urugero rw'ubukehabwenge bwiwe kandi bakagaragaza kumwitaho no kumushigikira.
- » Kwigisha abavyeyi kwimenyereza kwitwararika abana. Intumbero ni iyo **guteza imbere imigenderanire hagati y'abavyeyi/abafasha hamwe n'uwo mwana**. Igisha abafasha ubuhinga bufasha mu kugabanya ingorane z'uko abantu bitwara.
 - ♦ Abafasha bategereza gutahura akamaro ko kwigisha uwo muntu kwiyitaho we nyene hamwe n'isuku (kuja mu kazu ka surwumwe canke kwiyugumura we nyene nk'akarorero).
 - ♦ Abafasha bategereza kuba bazi neza uwo muntu. Abafasha bategereza kumenya ibimuhagarika umutima hamwe n'ibimuryohera; kumenya inyanduruko y'ingorane mu nyifato n'ukuntu bovyirinda; kumenya ivyo ashoboye, intege nke ziwe n'uburyo bwiza bwo kwigisha kugira aronke ubumenyi.
 - ♦ Abafasha bategereza kumenya ko udukorwa tw'uwo muntu, nko gufungura, gukina, kwiga, gukora no kuryama bikorwa vyubahiriza urugero rutegekanyijwe.
- ♦ **Abafasha bategereza kumutera intege** iyo yagize inyifato nziza kandi bakareka kumushimira iyo yagize inyifato mbi. Gutanga indero ibereye :
 - ▶ Kumubwiriza mu buryo bwumvikana, busanzwe kandi muri make ku vyerekeye ivyo ategereza gukora ntimubwire ivyo atemerewe gukora. Hindura ibikorwa bikomakomeye mu dukorwa dutoduto tw'urukurikirane kugira ngo uwo muntu ashobore kwimenyereza kandi agashimirwa inyuma y'urugezo rwose ahejeje muri utwo dukorwa dutoduto (nk'akarorero kwimenyereza kwambara ipantaro imbere yuko afunga ibifungo).
 - ▶ Mu gihe uwo muntu akoze ikintu ciza, mushimire. Samaza uwo muntu ku vyerekeye ivyo atarekuriwe gukora. Iryo samazwa, ntiryama minsi yose rinezereza canke ngo ribonwe nk'agashimwe kuri uwo muntu.
 - ▶ **NTIHAKORESHWE** iterabwoba canke ibihano bibabaza umubiri iyo inyifato idahimbaye.
- » Menyesha abafasha ko uwo muntu ari umunyantege nke ku vyerekeye ikubagurwa rifatiye ku mubiri no ku gitsina muri rusangi, kandi ko kubw'ivyo akeneye kwitabwaho no gukingirwa vyo ku rwego rushimishije.
- » Kwigisha abafasha ku bijanye no kwirinda kumushira mu bigo vy'amarerero.

2. Guharanira ugukingirwa gufatiye mu kibano

- » Suzuma ko hariho ugukingirwa gufatiye ku kibano (nk'imirwi yigenga, amashirahamwe yaho hantu ategamiye reta, ibisata vy'intwari canke amashirahamwe mpuzamakungu) hama usabe ubufasha bwihariye bw'uwo muntu.

3. Himiriza guhabwa uruhara mu bikorwa vyo mu kibano

- » Mu gihe ari umwana, gerageza mumureke yige ikiringo kinini gishoboka.
 - ♦ Gumana imigenderanire n'ishure umwana yigako kugira murabire hamwe uko mwotunganya ibimukikije kwishure. Impanuro zisanzwe zirahari mu gitabo « **Inclusive Education of Children AT Risk** de l'INEE » (ou Réseau inter-agences pour l'éducation en situations d'urgence) bisigura (urunani mpuzabisata mu kwigisha mu bihe bidasanze).
- » Himiriza kuja mu dukorwa tumuryohera two mu kibano.
- » Suzuma ko hariho imigambi yo kwimenyereza mu kibano (RBC*) kandi muharanire ko uwufise ubukehabwenge nawe aja muri iyo migambi.

4. Shigikira abafasha ukurikije ingingo ngenderwako zo kugabanya uruhagarara rwo mu mutima hamwe no gukomeza gushigikirana mu kibano (>> *Ingingo ngenderwako z'ubuvuzi*)

5. Bishoboka, iture umuhinga kugira asuzume yongere avure neza izindi indwara zijanye no gukura

- » Ubumuga bw'umubiri budakira canke ubumuga bw'ubwonko*.
- » Ubusembwa buvukanwa, indwara canke ubumuga bw'akaronda (nk'akarorero indwara y'akaronda iterwa n'ukuboneka kw'agace k'akaremangingo 21 « trisomie 21»*)

6. Ikurikirana

- » Tegekanya wongere ushire mu ngiro kubonana ku rugero rutunganijwe mukurikije ingingo z'ubuvuzi (>> *Ingingo ngenderwako z'ubuvuzi*).

Icapa DI 1: ibiringo bitandukanye vyo gukura: ibimenyetso vyo gukurikiranira hafi

Ku kwezi kumwe	<ul style="list-style-type: none"> ◆ Ingorane mu kwonka canke kwanka kwonka ◆ Ukwikomakoma bidakwiye kw'amaboko n'amaguru ◆ kugabanuka canke kuba sindabibazwa ku rwamo rwinshi cane canke k'umuco mwinshi ◆ kurira umwanya muremure utabona impamvu ◆ Kudahwa no gucibwamwo bishobora gutera umwumira
Ku mezi atandatu	<ul style="list-style-type: none"> ◆ Kudadarara canke ingorane mu gukomakoma amaguru n'amaboko ◆ Kutagumiza umutwe hamwe (bishobora kwerekana indwara y'amatwi, bishobora gutera indwara y'ukutumva igihe bitavuye) ◆ kugabanuka canke kuba sindabibazwa ku majwi, ku masura y'abantu amenyereye canke kw'ibere ◆ Kwanka ibere canke ibindi bifungurwa ivyarivyo vyose
Ku mezi cumi n'abiri	<ul style="list-style-type: none"> ◆ Nta kintu na kimwe yishura, ◆ ntaraba ibintu bigendagenda ◆ Kubura umunezero no kutagira ikimenyetso na kimwe imbere y'uwumufasha ◆ Kubura akayabagu canke kwanka gufungura
Ku myaka ibiri	<ul style="list-style-type: none"> ◆ kutagira ikimenyetso na kimwe imbere y'uwundi muntu ◆ Ukudandabagirana igihe ariko aratambuka ◆ Ibikomere canke ihinduka ridasiguritse ry'inyifato (cane cane iyo umwana yasigiwe abandi bantu) ◆ Kubura akayabagu
Ku myaka itatu	<ul style="list-style-type: none"> ◆ Ntaryoherererwa gukina ◆ Kugwa hasi kenshi ◆ Ingorane mu gukoresha utuntu dutoduto n'iminwe ◆ Ingorane mu gutahura ubutumwa busanzwe abwiwe ◆ Ingorane mu gukurikirananya amajambo menshi iyo ariko aravuga ◆ Ukugabanuka canke ukubura ishaka ku mfungurwa
Ku myaka itanu	<ul style="list-style-type: none"> ◆ Ubwoba, ishavu, canke kugwana igihe ariko arakina n'abandi bana, bishobora kugaragaza ingorane z'ibishobisho canke ugukubagurwa
Ku myaka umunani	<ul style="list-style-type: none"> ◆ Ingorane mu kuronka no kugumana abagenzi, no kugira uruhara mu bikorwa vyo mu mirwi ◆ Guhagarika igikorwa canke agapfindo atabanje no kugerageza, canke ibimenyetso vyo kwihebura ◆ Ingorane mu kugaragaza ivyo ashaka, ivyo yiyumvira canke ibishobisho vyawe ◆ Ingorane z'ukugumiza umutima ku gikorwa, gutahura no gushira mu ngiro igikorwa ciwe co kw'ishure ◆ Kugira ubukazi burenze hamwe no gutinya abagenzi canke umuryango birenze urugero

Aho vyavuye: *UNICEF, OMS, UNESCO, UNFPA, PNUD, ONUSIDA, PAM et Banque Mondiale (2010)*

Gufata inzoga n'ibiyayuramutwe bifise ingaruka mbi

SUB



Raba *icapa* gufata inzoga n'ibiyayuramutwe 1 co ku rupapuro rwa 49 rwerekeye gusuzuma no kuvura ingaruka mbi ku buzima zivuye ku guhagarika bukwinabukwi inzoga.

Ukunywa inzoga canke ibiyayuramutwe (nka : « opiacés* », « héroïne* », urumogi (« cannabis* »), « amphétamines* », « khat* », n'iyindi miti bandika nka « benzodiazépines* » na « tramadol* », kurashobora gutera ingorane zitandukanye. Twovuga cane cane *ibimenyetso* (bifatira ku mubiri canke mu mutwe bishika iyo hahagaritswe canke hagabanijwe cane ukubifata).

Kubura amahoro utaronse ikiyayuramutwe n'ukukinywa mu gihe uzi ko kigufitiye ingaruka mbi (bitera indwara z'umubiri canke z'ubwonko canke zigahungabanya ukubaho neza muri rusangi). Ukunywa inzoga n'ibiyayuramutwe bigira ingaruka mbi iyo bitumye haba ibimenyetso vy'umubiri no mu mutwe, inyifato zitari nziza ku magara, ingorane z'imibano n'izo mu miryango, ihohoterwa rifatiye ku gitsina no ku mubiri, gukubagurwa n'ukutitabwaho ku bibindo, ingorane zijanye n'amahera n'ibindi bibazo bijanye n'ugukingirwa kw'abantu. Ibiharuro vyabafata inzoga n'ibiyayuramutwe bigira ingaruka mbi ku magara birashobora kwongerekana mu bihe vy'ubutabazi kubera abakuze n'imiyabaga bashobora kugerageza kurengera ibibahungabanya, ivyo batakaje canke ububabare mu kwivura*.

Mu bihe vy'ubutabazi bukomeye, ukurondera inzoga n'ibiyayuramutwe kurashobora kubura, ari navyo bica bituma ibimenyetso bitari vyitezwe bitera ibibazo ubuzima bw'abantu bakoresha ivyo biyayuramutwe igihe kinini ku rugero rusa n'ururi hejuru. Ibi bintu ku nzoga ni ivyukuri kudaseswa.

Iki kigabane kivuga *ingaruka mbi zo kunywa inzoga canke ibiyayuramutwe* kandi kirimwo *icapa kungaruka k'ubuzima k'uwahagaritse inzoga (>> icapa SUB 1)*. Ku bindi navyo, ukunywa inzoga n'ibiyayuramutwe, raba *ibigabane bijanye n'igitabu c'ubutabazi mhGAP gikwiye*.

Ibituma nyezina bivuzwa

- » **Womenga asa n'uwuganzwa n'inzoga canke ibiyayuramutwe** (akarorero kumota inzoga, asa n'uwaborewe, kutaguma hamwe, kubura inguvu, kutavuga neza, kutiyitaho, kuvyimba canke gukanashwa* kw'imbonero z'ijisho)
- » **Ibikomere vya vuba**
- » **Ibimenyetso bijanye no gufata ibiyayuramutwe vy'inshinge (aho bateye inshinge, ubwandu bwo ku mubiri)**
- » **Gusaba imiti isinziriza canke y'ububabare**

Ugusuzuma – ikibazo 1 : ugufata inzoga canke ibiyayuramutwe vyoba bifise ingaruka mbi ku magara y’umubiri canke yo mu mutwe na/canke imibereho myiza y’umuntu muri rusangi ?

- » Tohoza ugufata inzoga n’ibiyayuramutwe, wirinde kwagiriza.
- » Baza ku vyerekeye :
 - ♦ **Urugero n’uburyo bwo kubifata**
 - ▶ *Muranywa inzoga ? Niba arivyo, zimeze gute ? Ibirahuri bingaha ku munsu / indwi ?*
 - ▶ *Murafata imiti yo gusinzira, yo kurwanya uruhagararaly’ububabare ? Umurwi uwuhe ? kangahe ku munsu/ku ndwi ?*
 - ▶ *Hari ibiyayuramutwe mufata bitemewe n’amategeko ? Vy’ubwoko ubuhe ? mubifata gute : biciye mu kanwa, mu nshinge canke mu mazuru ? Incuro zingaha ku munsu/ku ndwi ?*
 - ♦ **Ivyatumye munywa inzoga canke ibiyayuramutwe**
 - ▶ *N’igiki gituma munywa inzoga canke mufata ibiyayuramutwe ?*
 - ♦ **Ivyago kuri we no ku bandi**
 - ▶ *Ibikomere canke izindi ngorane z’amagara zivuye ku kunywa inzoga n’ibiyayuramutwe*
 - *Hari ibibazo mwagize vy’amagara kuva aho mutanguriye kunywa inzoga canke ibiyayuramutwe ?*
 - *Mwoba mumaze gukomereka kubera mwanyoye inzoga canke ibiyayuramutwe ?*
 - ▶ *Mwarabandanije kunywa inzoga n’ibiyayuramutwe naho bari barababwirije kubihagarika*
 - *Naho umukenyezi yari yibungenze canke yonsa*
 - *Naho uyo muntu yarazi ko kunywa inzoga n’ibiyayuramutwe bitera indwara z’umushishito n’igitigu*
 - *Naho uyo muntu yafata imiti izirana n’inzoga canke ibiyayuramutwe, nk’iyisinziriza, imiti y’ububabare n’iyigituntu.*
 - ▶ *Ingorane zo mu mibano zivuye ku kunywa inzoga canke ibiyayuramutwe :*
 - *Ingorane z’amahera n’iz’ubutungane*
 - *Mwarigeze kugira ingorane z’amahera canke kurenga amategeko kubera ukunywa inzoga n’ibiyayuramutwe ?*
 - *Ingorane mu kazi*
 - *Mwoba mwaratakaje akazi canke mugafatwa nabi ku kazi kubera kunywa inzoga canke ibiyayuramutwe ?*
 - *Kutoroherwa mu kwitaho abana canke abandi mujejwe*
 - *Mwoba mutorohewe kwitaho ibibondo vyanyu akazi kanyu kubera kunywa inzoga canke ibiyayuramutwe ?*
 - *Guhohotera abandi*
 - *Mwoba mumaze gukomeretsa umuntu iyo mwanyoye inzoga canke ibiyayuramutwe ?*
 - ▶ *Ingorane za mwe n’uwo mwubakanye*
 - *Ukunywa inzoga canke ibiyayuramutwe kwanyu vyoba vyaratumye haba ingorane mu rugo rwanyu ?*
- » Kora vyihuta **igipimo c’umubiri** kugira urondere ko hari ibimenyetso vyerekana ko yanyoye kuva kera inzoga canke ibiyayuramutwe
 - ♦ **Ukuvirirana kw’ahaca infungurwa**
 - ▶ *ububabare bwo munda*
 - ▶ *amaraso muvuyo adashwe*
 - ▶ *amaraso mumazirantoke canke amazirantoke yirabura*
 - ♦ **Indwara y’igitigu**
 - ▶ *Igeze kure : amaso asa n’umuhondo, urusina*, igitigu n’urwagasha bivuyimvye kandi bigumye, ubwandu bw’ubwonko bivuye ku gitigu**
 - ♦ *Indwara zo gufungura nabi, gutakaza ibiro*
 - ♦ *Ibimenyetso vy’ubwandu bivuye kugukoresha ibiyayuramutwe (nk’umugera wa SIDA, (Indwara y’igitigu itewe n’umugera B na C, ubwandu bwaho bateye urushinge ku mubiri n’igituntu).*
- » Suzumira **rimwe** ukunywa inzoga bifise ingaruka mbi ku magara y’umuntu n’ugufata ibiyayuramutwe kuko ivyo kenshi bibera rimwe.

Indinganizo z'ubufasha nshimikiro

1. Kuvura ibihungabanya amagara bivuye ku gufata inzoga n'ibiyayuramutwe

- » Gutanga ubufasha bwo kwa muganga bukenewe mu kuvura ingaruka mbi z'inzoga n'ibiyayuramutwe zifatiye ku mubiri.
- » Kuvura izindi indwara zose zo mu mutwe asanganywe, nk'ukuyinga n'akabonge, uguhahamuka n'indwara zo mu mutwe zeruye (>> *DEP, ESPT, PSY*).
- » Gutorerera umuti inkurikizi zifatiye ku mibano zihuta (nk'ukwitura inzego zijejwe kuringa abakubaguwe nk' ihohoterwa rifatiye kugitsina.

2. Suzuma ugushaka kw'umuntu kwo guheba canke kugabanya kunywa inzoga canke ibiyayuramutwe

- » Raba neza ko uyo muntu afata inzoga n'ibiyayuramutwe nk'ingorane kandi ko yiteguriye kugira ico akoze kuri ico.
 - ♦ Mwibaza ko mwagize ingorane y'inzoga canke y'ibiyayuramutwe ?
 - ♦ Mwarigeze mwiyumvira guheba canke kugabanya ukunywa inzoga canke gufata ibiyayuramutwe ?
 - ♦ Mwarigeze mugerageza guhagarika canke kugabanya ukunywa inzoga canke gufata ibiyayuramutwe ?

3. Guhimiriza umuntu guhagarika canke kugabanya ukunywa inzoga canke gufata ibiyayuramutwe

- » Tangura ikiyago kigufi gitera intege ku ngaruka mbi z'ukunywa inzoga no gufata ibiyayuramutwe :
 - ♦ Baza umuntu ibibazo vyerekeye akamaro n'ingaruka mbi yibaza kuri ivyo anywa. Ntumucire urubanza ariko gerageza gutahura ikimutuma anywa ibintu nk'ivyo.
 - ▶ Ni igiki kikuryohera ukura mu kunywa inzoga canke gufata ibiyayuramutwe ?
 - ▶ Hari ibibi mubona bijanye n'ivyo munywa ?
 - ▶ Mwoba mumaze kwicuza ko mwatanguye kunywa inzoga canke gufata ibiyayuramutwe ?
 - ♦ Kunebagura ivyiza birengeje umuntu yibaza ko akura mu kunywa inzoga canke gufata ibiyayuramutwe. Iyo umuntu anywa ibiyayuramutwe kugira yibagire ingorane, mubaze :
 - ▶ Kwibagira ingorane niwo muti nyawo ? Iryo biratuma izo ngorane zihera ?
 - ♦ Gushira imbere bimwe mu bibi biva ku kunywa inzoga n'ibiyayuramutwe bishobora kuba vyanebaguwe n'umurwayi.
 - ▶ Mukoresha amahera angaha kugira muronke inzoga canke ibiyayuramutwe ? Ku ndwi ? Ku kwezi ? Ku mwaka ? N'iki kindi mwoshobora gukoresha ayo mahera ?
- ♦ Tanga izindi nsiguro kungaruka mbi z'inzoga n'ibiyayuramutwe ziboneka mu mwanya muto n'umwanya munini.
 - ▶ Inzoga n'ibiyayuramutwe birashobora gutera ingorane zihambaye z'amagara y'umubiri nayo mu mutwe, cane cane nk'ibikomere n'ukwizirwa n'ibiyayuramutwe.
- ♦ Tahura ko bigoye guhagarika canke kugabanya inzoga n'ibiyayuramutwe, kwubahiriza ingingo yifatiye, gusaba umurwayi ko yogaruka uwundi muni. Tahuza umurwayi ko mwifuza kumufasha. Himiriza abantu ko gufata ingingo bo nyene yo guhagarika inzoga n'ibiyayuramutwe ari icyumviro ciza.
- ♦ Iyo umuntu atiteguriye guhagarika canke kugabanya inzoga n'ibiyayuramutwe kwubahiriza ingingo yifatiye, musabe azogaruka uwundi muni mubivugane.

- » Subiramwo amajambo atera intege yasiguwe mu vyirwa vyinshi twabonye.

4. Ganira uburyo butandukanye bwo kugabanya canke guhagarika ugufata ibiyayuramutwe bibangamira amagara y'abantu

- » Ganira ubuhinga bukurikira :
 - ♦ Kutagumiza inzoga canke ikiyayuramutwe mu nzu, kwirinda kuja mu bibanza abantu bashobora kunywa inzoga canke ikiyayuramutwe.
 - ♦ Gusaba ugushigikirwa n'abafasha n'abagenzi.
 - ♦ Gusaba abafasha guherekeza umurwayi ku masango yo gukurikiranwa.
 - ♦ Gukundisha ibikorwa vyo mu kibano bitarimwo inzoga canke ikiyayuramutwe.
- » Tegekanya, iyo bishoboka, ukwitura imirwi y'ugushigikirana ku bantu basangiye ikibazo co kunywa inzoga canke gufata ibiyayuramutwe.
- » Iyo umurwayi yemeye guhagarika kunywa inzoga canke ikiyayuramutwe, mubwire ko bishoboka ko agira ibimenyetso vy'umubiri (ikiringo kingana n'indwi imwe). Gusigura ivyo bimenyetso (nk'uruhagarara rwo mu mutima, ukwiyambagura inyuma yo gufata ibiyayuramutwe vyitwa « opiacés, benzodiazépines » be n'inzoga). Hanura umurwayi kuzogaruka kw'ivuriro mu gihe ivyo bimenyetso vyogagarara cane.

5. Tanga ubufasha bw'imico n'imibano nkuko bisiguye mu ngingo ngenderwako yo kugabanya uruhagarara no gukomeza ubufasha mukibano (>> *ingingo ngenderwako z'ubuvuzi*)

- » Kwitwararika ibitera uruhagarara mu nyifato n'imibano bihari.
- » Komeza ubufasha mu kibano.
- » Kwigisha ubuhinga bwo kugabanya uruhagarara.

6. Tegekanye ikurikirana ritunganijwe

- » Bandanya gutanga ubufasha, sigura kandi korera hamwe n'umurwayi n'abafasha kuyerekeye ubushobozi bwo kugabanya canke guhagarika inzoga canke ikiyayuramutwe.
- » Ringaniza kandi tegura amahwaniro atunganijwe kugihe bijanye n'indinganizo z'ubufasha (>> *ingingo ngenderwako*).

Icapa gufata inzoga n'ibiyayuramutwe 1 Gusuzuma no kuvura ibimenyetso bibangamira ubuzima bishikira uwahagaritse inzoga



Ibituma nyezina bibangamira cane ubuzima bitera uwahagaritse inzoga yitura abaganga

- » Ukwiymbagura, uguhagarika umutima bikomeye
- » Gucanganyikirwa, kumva canke kubona ivyabandi batumva canke ngo babone*, kwiyumvamwo ibitarivyo
- » Ibisahuzi
- » Ivumbuka ry'umurindi w'amaraso (akarorero ibiharuro biri hejuru ya 180/100mmhg) canke umutima utera ku rugero rwo hejuru (nk'akarorero indihagizi y'umutima irenza 100 ku munota)

Gusuzuma inkwirikizi zibangamiye ubuzima zo guhagarika inzoga

Gusuzuma : ikibazo 1 : vyoba bivuye ku guhagarika inzoga ?

- » Rondera kandi vura ibindi bituma bishobora gusigura ibimenyetso bikurikira :
 - ♦ Inyonko (malaria), umugera wa SIDA, ubundi bwandu, isanganya ryo mu mutwe, ihungabana ry'umubiri* (nk'igabanuka ry'isukari*, igabanuka ry'ivyunyunyu*) ukuvuga ibitarivyo canke gutakaza ubwenge bivuye ku ndwara y'igitigu, umwingo*, indwara ifatira kw'ihungabana ry'udutsi dusoza amaraso yo mu bwonko, gufata ibiyayuramutwe, kuba warigeze kurwara indwara yo mu mutwe yeruye canke y'intandara.
- » Iyo ivyo bitera ivyo bimenyetso batabitoye, tohoza ku **vyerekeye kunywa inzoga** mu kubaza ibibazo umurwayi n'abamuherekeje :
 - ♦ Uyo muntu aranywa inzoga ?
 - ♦ Ni ryari yanyoye ubwanyuma ?
 - ♦ Anywa izingana gute mu bisanzwe ?
- » Ibimenyetso bijanye no guhagarika inzoga iyo vyaje iminsi yakurikiye ihagarikwa ritunganijwe rya cane ry'inzoga. Bishika mubisanzwe umunsi umwe canke ibiri inyuma yo kunywa ikirahuri canyuma.
 - ♦ Iyo umuntu agize ibisahuzi canke akabona, akumva ivyo abandi batumva, kandi iyo uguhagarika inzoga bitiketswe, rondera indwara y'intandara (>> **EPI**) canke indwara yo mu mutwe yeruye (>> **PSY**).

Ugusuzuma : Ikibazo ca 2 : iyo umuntu afise ibimenyetso vyo guhagarika inzoga, vyoba bibangamiye ubuzima bwiwe ?

- » Rondera ibimenyetso bibangamiye ubuzima :
 - ♦ Ibisahuzi (muri rusangi mu masaha 48)
 - ♦ Ibimenyetso vy'ivyo umurwayi yemera bitari vyo bitandukanye n'ivyo abandi bemera* (muri rusangi mu masaha 96)
 - ▶ gucanganyikirwa vy'umushuhira, kutamenya ikibanza arimwo n'igihe agezemwo
 - ▶ kubona canke kumba abantu canke ibintu bitahari
- » Suzuma ko umuntu ashobora kugira **ingaruka mbi zikurikira zishobora kumutwara ubuzima** zijanye no guheba inzoga (ibisahuzi canke ukuba mu kuri yisangije wenyene) mu muni 1 canke 2 ikurikira :
 - ♦ Ukuba yarigeze guhagarika inzoga bigahakwa kumutwara ubuzima (ibisahuzi, ukuba mu kuri yisangije wenyene) canke
 - ♦ ibimenyetso bigaragara bijanye n'uguhagika inzoga :
 - ▶ ukwiymbagura cane, ukurakara, uguhungabana bikabije
 - ▶ kubira icya kiregeje, kujugumira ibikonjo
 - ▶ ivumbuka ry'umurindi w'amaraso (akarorero : ibiharuro biri hejuru 180/100mmhg canke umutima ukiruka (hejuru y'incuro 100 ku munota).



Iyo hiketswe ko umuntu asigaye ari mu kuri yisangije wenyene kubera inzoga, koresha indinganizo y'ubutabazi bwihuta kubahevyeye inzoga bigahakwa kubatwara ubuzima (raba musu) hanyuma mutegekanye ikete rimuha uburenganzira bwo kuja kubitaro bimwegereye.

Indinganizo y'ubufasha bwihuta kuvyerekeye guhagarika inzoga bishobora guhitana ubuzima

1. Vura ubwo nyene uguhagarika inzoga n'umuti witwa « diazepam » (>> icapa SUB 1)

- » Urugero rw'umuti ruvane n'akamenyero* umuntu afise ka diazepam, k'ubukomezi bw'ibimenyetso bijanye no guheba inzoga, hamwe n'indwara z'umubiri asanganywe.
 - ♦ Tanga urugezo rw'umuti bivanye n'ibimenyetso mwabonye. Urugezo rwemewe n'urutanga agatiro gakeya.
 - ▶ Urugero ruri hejuru rurashobora gutera ugusinzira umwanya munini harimwo ingorane zijanye no guhema bukebuke cane. Suzuma cane incuro zijanye no guhema n'urugero rw'ugusinzira kw'umuntu.
 - ▶ Urugezo rutoyi rw'umuti rurashobora gutuma umurwayi agira ibisahuzi/kuba mukuri kwiwe wenyene.
- » Genzura kenshi ibimenyetso bijanye n'uguheba inzoga (ku masaha 3 canke 4). Bandanya gukoresha diazepam gushika ibimenyetso bizimanganye (kenshi musu y'iminsi 3 canke 4 utarengeje iminsi 7).
- » Iyo ibisahuzi biboneka umuntu yahagaritse inzoga, NTIMUTANGE umuti w'intandara. Bandanya Diazepam.
- » Ibimenyetso bijanye no **kuba mukuri kwiwe** nko gucanganyikirwa, ukwiymbagura canke akabona canke akumva ibitariho, birashobora kubandanya indwi nyinshi ibindi bimenyetso bijanye n'uguhagarika inzoga vyaheze. Muri ico gihe, tegekanya kumira imiti y'indwara zo mu mutwe zeruye nka « halopéridol » hagati ya mirigarama

2,5 na 5 gushika kuri gatatu ku muni gushikaho ivyo bimenyetso bihera. Mu bihe bimwe bimwe, indwi nyinshi zirashobora gukenerwa kugira ivyo bimenyetso bihere. Mwirinde gusinziriza umurwayi cane.

- » Bishoboka, tegekanya ahantu hatekanye, hadahungabanya kandi habona neza. Gerageza iminsi yose habe umuco, naho hoba mw'ijoro mukwirinda ko umuntu aja aravyuka hagati mw'ijoro. Tegekanya gushira umuntu ku matera iri hasi mukwirinda ko akomereka. Bishoboka, saba kugumana nawe kandi mumucunge. Bishoboka, irinde kumuboha.

2. Vura ugufungura nabi

- » Tanga vitamine B1 « thiamine » mirigarama 100 ku muni mu kanwa iminsi itanu.
- » Suzuma kandi vura indwara zijanye no gufungura nabi.

3. Kugumiza urugero rw'amazi akwiye mu mubiri

- » Bishoboka, vura umwumira mukoresheje iserumu.
- » Himiriza kunywa ibintu vyinshi (n'imiburiburi amaritiro 2 gushika kuri 3 ku muni).

4. Iyo ibimenyesto vyo guhagarika bishobora guhitana ubuzima vyaheze, tegekanya ugusuzuma n'ukuvura ukunywa inzoga vyonona amagara y'umuntu hamwe n'ibiyayuramutwe (raba mu gisomwa c'iki kigabane).

Icapa gufata inzoga n' ibiyuramutwe 1: ugukoresha Diazépam mu gihe uguhagarika inzoga bibangamiye ubuzima

Diazépam^a

Urugero rw'ibanze	Hagati ya miligarama 10 na 20 gushika kuri 4 ku munsu
Urugero rukurikira	Gabanya bukebuke urugero rw'umuti canke incuro iyo ibimenyetso vyaheze Cungera kenshi, kuko umuntu wese yakira ugutandukanye kuruyo muti
Uburyo ifatwa	Mukanwa
Inkurikizi mbi zikomeye (ziboneka gake)	Uguhema nabi*, ihungabana rikomeye ry'ubwenge, Ihungabana rijanye n'ukugaba : suzuma kenshi uko umuntu ahema n'urugero rwo gusinzira
Inkurikizi mbi z'imiti zikunze kwibonekeza	Ukwisinzirirako, ukwibagira, ihungabana rikomeye ry'ubwenge, ugutakaza inguvu kw'imitsi, ihungabana mu kugaba : ntimuhe umuntu uwundi muti iyo yisinzirirako
Ukwiubara ku bantu bafise ivyo bisangije	Tanga icakane c'umuti ku bantu bakuze Ntimuwukoreshe ku bantu bafise ingorane zo guhema

^a Tubisanga mubitegekanyijwe vya nkenerwa vy'ubuvuzi bwihuta bwo mubitatu nkuko vyemejwe n'ishirahamwe mpuzamakungu « OMS, 2011 »

Ukwiyahura

SUI

Indwara zo mu mutwe, intuntu bukwinabukwi n'ukwihebura birakunda kwibonekeza mu bihe vy'ubutabazi. Izo ngorane zirashobora gutuma *kwiyahura** canke *kwigirira nabi**. Bamwe mubavuzi barihenda bagatinya ko kuvuga kwiyahura vyohava bituma uwo muntu aca yiyahura.

Ahubwo, kubivuga bigabanya kenshi uguhungabana kw'umuntu kujanye n'ivyo vyiyumviro vyo kwiyahura, bimufasha kwumva ko atahuwe kandi bikamuha n'umwanya wo gusesangura ibijanye n'ukwiyahura.

Abakuze n'imiyabaga barwaye imwe mu ndwara zo mu mutwe, z'udutsi nsozabwenge canke iziterwa n'ibiyayura mutwe (MNS) zivugwa muri iki gitabo barashobora kwiyahura canke bakigirira nabi.

Ibituma nyezina vyokubonana n'umuganga k'umuntu ashobora kwiyahura canke kwigirira nabi

Kwumva agahinda canke guhungabana birenze urugero

Umubabaro n'ukwihebura birenze

UKuba yaragerageje kwigirira nabi muri kahise

(nko kwiha imiti yica udukoko, kunwa imiti irengeje urugero, kwibabaza ku mubiri)

Ugusuzuma - Ikibazo 1 : Umuntu yoba yaragerageje kwiyahura canke kwigirira nabi muri iyi minsi iheze ?

- » Suzuma ibi bikurikira :
 - ♦ **Kurya ishano**, kumererwa nabi kubera inzoga / ibiyayuramutwe, gufata imiti irengeje urugero canke ubundi buryo bwo kwigirira nabi
 - ♦ **Ibimenyetso bisaba ubuvuzi bwo kwa muganga bwihuta**
 - ▶ Kuvirirana bivuye ku kwitemagura
 - ▶ Gutakaza ubwenge
 - ▶ Itiro ryinshi rifatanije no kubura inguvu

Ugusuzuma - Ikibazo 2 : Hoba hari icerekana ko umuntu ahava yigirira nabi canke yiyahura ?

- » Baza umuntu /canke abamuherekeje ku vyerekeye :
 - ♦ Ivyiyunviro canke integuro yo kwiyahura (muri uwo mwanya canke mukwezi guheze)
 - ♦ Ibikorwa vyo kwigirira nabi mu mwaka uheze
 - ♦ Kuronka vyoroshe ivyo ashobora gukoresha mu kwiyahura (nk'imiti yica udukoko, umugozi, ibigwanisho, imbugita, imiti yanditswe na muganga canke ibiyayuramutwe).
- » Rondera ibimenyetso vyo :
 - ♦ Kwihebura canke intuntu y'umushuhira
 - ♦ Inyifato y'ubukazi canke kwiyambagura birenze
 - ♦ Kwigunga canke kwirinda kuvugana n'abandi.
- » Umuntu afatwa nk'**uwushobora** kwiyahura canke kwigirira nabi ubwo nyene mu gihe :
 - ♦ **Afise ivyiyumviro**, imigambi canke inyifato yo kwiyahura, **canke**
 - ♦ **Yarigeze kugira ivyiyumviro**, imigambi n'inyifato muri kahise yo kwigirira nabi mu kwezi guheze canke ibikorwa vyo muri iyo ntumbero mu mwaka uheze ku muntu afise muri uwo mwanya ukwiyambagura birenze, akaze, atuntuye canke adashaka kuvuga.

Gusuzuma-Ikibazo 3 : Hari izindi ndwara yoba asanganywe ziyongera kuri iyo nyifato yo kwiyahura canke kwigirira nabi ?

- » Suzuma wongere uvure indwara zishoboka asanzwe agendana :
 - ♦ Gutakaza ubushobozi canke ububabare budahera (nk'akarorero bwatewe n'ibikomere vyo ku mubiri vya vuba mu gihe c'ubutabazi).
 - ♦ Indwara yo kuyinga/akabonge (>> **DEP**)
 - ♦ Indwara yo mu mutwe yeruye (>> **PSY**)
 - ♦ Kunwa inzoga canke ibiyayura mutwe vyonona umubiri (>> **SUB**).
 - ♦ Ihahamuka (>> **ESPT**)
 - ♦ Intuntu y'umushuhira (>> **STR, DEU, AUT**).

Icapa SUI 1 : Bavuga gute ibikorwa vyo kwiyahura canke kwigirira nabi

1. Rondera ahantu hatekanye kugira umuntu agire ukwizera.

- » kudacira urubanza umuntu ku nyifato ziwe zo gushaka kwiyahura.
- » Hitishamwo umuntu ko mwovugana wenyene canke ari kumwe n'abandi bantu yishimiye.

2. Koresha urutonde rw'ibibazo aho ikibazo cose kikujana ku kindi. Nk'akarorero :

- » [Tangura muri kubu] *Mwiyumva gute ?*
- » *Muramaze kwiyumvira kwigirira nabi ?*
- » [Fata nka nkama ibigumbagumba vy'umuntu] *Muramaze gutegura kwiyahura ?*
- » *Muramaze gutegura kwiyahura ?*
- » *Hamwe vyoba arivyo, mu buryo ubuhe ?*
- » *Murafise ivyo mwokoresha mu kwiyahura ?*
- » *Mumaze kwiyumvira kubikora mu mwanya uyuhe ?*
- » *Muramaze kugerageza kwiyahura ?*
- » *Mwiyumvira gute kazoza kanyu ? Mukitezeke iki ?*
- » *Abantu bamwe bamwe bagize ivyo bibazo bambwiyeko biyumvira kw'atakamaro ko kubaho. Muryama ku mugoroba mwifuza kutazosubira kwikangura ?*

3. Hamwe umuntu yoba amaze kubabwira ivyiyumviro vyo kwiyahura :

- » Gumana inyifato itekanye kandi ihumuriza.
- » Kirazira kwemera ivyudashitsa.

Indinganizo y'ubufasha nshimikiro

1. Mu gihe umuntu yagerageje kwiyahura, muhe ubufasha bw'ubuvuzi, cungera wongere utange ubufasha bw'inyifato n'imibano bukenewe

» Tanga ubufasha bw'ubuvuzi :

- ♦ Fata abantu bigiriye nabi nk'uko mufata abandi, mwubahirije agateka kabo. Ntimubahane.
- ♦ Vura ibikomere vyo ku mubiri canke ishano.
 - ▶ Mu gihe ahejeje kunywa imiti yica udukoko, raba igitabo c'ishirahamwe mpuzamakungu ryitaho amagara OMS **kubijanye n'ubufasha bw'uwanyoye imiti yica udukoko** (OMS, 2008).

» Mu gihe yanyoye imiti yanditswe na muganga irengeje urugero, iyo imiti igikenewe, hitamwo iyifise ingaruka mbi nke zishoboka. Iyo bishoboka, kwandika umuti mushasha ku biringo bitoyi gusa (nk'akarorero, iminsi mikeyi gushika ku ndwi) kugira ukinge gusubira gufata imiti ku rugero rurenze.

» Bandanya ucungera umuntu mu gihe gushaka

- kwiyahura bikibandanya** (raba inyuma y'aha kugira muronke insiguro nyinshi).
- » Gutumirira ubufasha bw'inyifato n'imibano (raba inyuma y'ibi kugira muronke insiguro nyinshi).
- » Iture umuhinga mu magara yo mu mutwe, igihe yoboneka.

2. Nimba hariho uguhakwa kuboneka kwo kwigirira nabi canke kwo kwiyahura, cungera wongere utange ubufasha bw'inyifato n'imibano

» Cungera uwo muntu :

- ♦ Rondera ahantu hatekanye kandi hahumuriza Egeza kure ibintu vyose bishoboka ashobora gukoresha mu kwigirira nabi/kwiyahura, gutumirira kuja mu nyubako itekanye kandi iri ukwayo. Yamara, kutamureka wenyene. Abarwaza canke abavuzi bategerezwa **kugumana** nawe umwanya wose.
- ♦ Muri rusangi, NTIMUBASHIRE mubisata vy'indwara zisanze kugira murinde ibikorwa vyo kwiyahura. Abakozi bo mu bitaro bahakwa kudashobora kucungererayo umuntu yashatse kwiyahura. Yamara, hamwe gushirwa mu bitaro mu bisata vy'indwara zisanze vyoba nkenerwa kugira avurwe inkurikizi zo kwa muganga zitewe n'ukwigirira nabi, mucungerere hafi kugira ukinge kwadasubira kwigirira nabi ari mu bitaro. Ahariho hose, menya neza ko umuntu acungerewe amasaha 24h kuri 24 gushik'aho ugushaka kwiyahura bihera.

» Tanga ubufasha bw'inyifato n'imibano :

- ♦ NTUTANGURE gutanga inyishu zishoboka ku ngorane z'umuntu. Gusubira kumuha umwizero. Nk'akarorero :
 - ▶ *Abantu benshi baciye mu bihe bisa n'ibi (bumva batakaje umwizero, canke bifuza gupfa) bahavuye basanga hariho umwizero, n'ibigumbagumba vyabo vyagiye bimera neza uko umwanya ugenda.*

- ♦ Fasha umuntu kurondera ibituma yoguma ari muzima.

- ♦ Ronderera hamwe inyishu z'ibibazo.
- ♦ Guhimiriza abafasha, abagenzi, n'abandi bantu bizewe hamwe n'ubufasha bwo mu kibano mu gucungera no gushigikira umuntu mu gihe c'ibimenyetso nyezina vyo kwiyahura. Basigurire akamaro ko gucungera umuntu amasaha 24 kuri 24. Raba ko bafise indinganizo yikwije kandi ishoboka (nk'akarorero ninde azocungera umuntu mu kiringo kanaka co kumurango).
- ♦ Tanga ubufasha bw'inyifato n'imibano bwiyongera nk'uko biri mu ngingo ngenderwako zo kugabanya uruhagarara no kwongereza ubufasha bw'ikibano (>> **Ingingo ngenderwako z'ubuvuzi**).
- » Iture umuhinga yanonosoye ivy'amagara yo mu mutwe, hamwe yoba ahari.

3. Shigikira abafasha, wisunze uko biri mu ngingo ngenderwako zo kugabanya uruhagarara no kwongereza ubufasha bw'ikibano (>> **Ingingo ngenderwako z'ubuvuzi**)

4. Kugumana imigenderanire n'ikurikirana ritunganijwe

- » Raba ko hakozwe indinganizo ikwiye yo gukurikiranwa kwa muganga n'uko abafasha bagira uruhara muri iryo kurikiranwa (>> **ingingo y'ubufasha mu ngingo ngenderwako z'ubuvuzi**).
- » Kugumana imigenderanire itegekanijwe (kw'iterefone, ukumusanga muhira) n'umurwayi.

- » Kurikirana kenshi mu ntango (nk'akarorero, 1 kundwi mu mezi 2 yambere) hanyuma ugabanye incuro mu gihe yatoye mitende (bur'indwi 2 gushika kuri 4).
- » Mukurikirane igihe kirekire mu gihe cose ugushaka kwiyahura bikibandanya. Mu gihe cose mubonye, suzuma ivyiyumviro n'imigambi vyo kwiyahura.

Izindi ndwara zihambaye z'amagara yo mu mutwe

AUT

Muri kino gitabo, tuzovuga indwara nyamukuru MNS dusanga mu bihe vy'ubutabazi bw'abantu. Yamara, ntitwashizemwo indwara zose zishoboka zihungabanya amagara yo mu mutwe. Iki kigabane rero gifise intumbero y'ubuhanuzi nshimikiro mu bufasha bw'intango bw'abakuze, imiyabaga n'abana bafise ibibazo bihungabanya amagara yo mu mutwe iki gitabo kitavuga ahandi.

Izindi ndwara z'amagara yo mu mutwe zirimwo :

- (a) ibimenyetso bitandukanye vy'umubiri bidatewe n'ingorane zo mu mubiri
- (b) ihindagurika ry'imeru n'inyifato bihagarika umutima ariko bidakwiza ibifatirwako mu ndwara zivurwa mu bindi bigabane vy'iki gitabu.

Hashobora cane cane kuba ari indwara y'*ukuyinga* canke izindi ndwara zitaragaragara.

Izo zindi ndwara zihungabanya amagara yo mu mutwe zifatwa nk'*izihambaye* iyo zihungabanya ibikorwa canke iyo umuntu arondera ubufasha kugira azivuze.

Ugusuzuma - ikibazo ca 1 : hoba hari igituma gifatiye ku mubiri gishobora gusigura neza ibimenyetso ?

- » Suzuma muri rusangi uko amagara yiwe y'umubiri yifashe mu gukoresha ibipimo vyo kwa muganga bibereye.
- » Vura igituma cose gifatiye ku mubiri kigaragara kandi subiramwo gusuzuma ko ibimenyetso bibandanya.

Ugusuzuma - ikibazo ca 2 : Yoba ari indwara MNS twize mu kindi kigabane c'iki gitabu ?

- » Rondera kuvangura :
 - ♦ **Ibimenyetso bikomeye vy'uruhagarara rw'umushuhira rwo mu mutima (>> STR)**
 - ▶ Ibifatirwako nyamukuru :
 - umuntu yarabaye mu gihe gishobora kuba nsenserezamutima muri uku kwezi guheze.
 - ibimenyetso vyaje inyuma y'ico gihe
 - umuntu aragira ibibazo vyinshi mu kurangura imirimo ya minsi yose, bivuye kuri ivyo bimenyetso canke yituye ubuvuzi kubera ivyo bimenyetso nyene.
 - ♦ **Ibimenyetso bikomeye vy'ikigandaro (>> DEU)**
 - ▶ Ibifatirwako nyamukuru :
 - ibimenyetso vyagaragaye inyuma y'ukubura gukomeye
 - umuntu aragira ibibazo vyinshi mu kurangura imirimo ya minsi yose, bivuye kuri ivyo bimenyetso canke yituye ubuvuzi kubera ivyo bimenyetso nyene.
 - ♦ **Indwara y'ukuyinga n'akabonge (>> DEP)**
 - ▶ Ibifatirwako nyamukuru (indwi zibiri n'imiburiburi) :
 - imero y'umubabaro ugumaho
 - ukugabanuka kw'ugushaka n'umunezero mu bikorwa na cane cane ivyo yahora akunda
 - umuntu aragira ibibazo vyinshi mu kurangura imirimo ya minsi yose, bivuye kuri ivyo bimenyetso canke yituye ubuvuzi kubera ivyo bimenyetso nyene.
 - ♦ **Ihahamuka (>> ESPT)**
 - ▶ Ibifatirwako nyamukuru :
 - igihe gishobora kuba nsenserezamutima carabaye ikiringo kirenga ukwezi
 - indoto ziteye ubwoba zisubiriza, igarukagaruka ry'ivyo yabonye, ivyibutso vy'ivyabaye bijanye na ca gihe nsenserezamutima vyitamwo mu vyiyumviro vyawe bijanye no kugira ubwoba bwinshi
 - kwirinda nkana ikintu cose cibutsa ca gihe nsenserezamutima
 - kuguma yiteze icago comushikira ukwiyumvira canke ukwama agavye arindiriye icago canke ukutihanganira urwamo rutitezwe)
 - umuntu aragira ibibazo vyinshi mu kurangura imirimo ya minsi yose, bivuye kuri ivyo bimenyetso canke yituye ubuvuzi kubera ivyo bimenyetso nyene.
 - ♦ **Ukunywa inzoga n'ibiyayuramutwe bibangamira amagara y'abantu (>> SUB)**
 - ▶ Ibifatirwako nyamukuru :
 - ukunywa inzoga n'ibiyayuramutwe bibangamira amagara yiwe na/canke y'abandi.
 - ♦ **Inyifato yo kwigirira nabi/kwiyahura (>> SUI)**
 - ▶ Ibifatirwako nyamukuru :
 - ishirwa mu ngiro ry'inyifato yo kwigirira nabi ; ivyiyumviro n'imigambi yo kwiyahura
 - ivyiyumviro, imigambi n'ukwigirira nabi muri kahise ka vuba ku muntu yiyambagura bikomeye, afise intuntu, adashaka kuvugisha abandi.
 - » Iyo imwe muri zo ndwara zanditswe aho haruguru yiketswe, raba ku kigabane bihuriranye kugira isuzumwe yongere ivurwe.
 - » Iyo 1) Ibituma bifatiye ku mubiri bitabonetse, 2) indwara zo mu mutwe, z'imitsi nsozabwenge n'izivuye kugufata ibiyayuramutwe zitabonetse kandi 3) umuntu afise ibibazo bikomeye mu kurangura imirimo ya buri muni bivuye kuri ivyo bimenyetso canke yituye ubuvuzi kubera ivyo bimenyetso nyene, aba arwaye rero iyindi ndwara ihambaye yo mu mutwe.
 - ♦ Harakenewe muri rusangi ukwisuzumisha kenshi kugira higizweyo ibituma bifatiye ku mubiri canke mu mutwe vyavuzwe hejuru.

Ugusuzuma - ikibazo ca 3 : iyo uwakwituye ari umuyabaga, yoba afise ingorane mu nyifato ?

- » Baza umuyabaga n'abamuherekeje mu ntumero yo gusuzuma ingorane z'inyifato zimara umwanya munini canke zitwararitswe. Uburorero bumwe bumwe :
 - ♦ Uguhohoterwa kwibonekeza
 - ♦ Ugufata ibiyayuramutwe
 - ♦ Ugukubagurwa canke ubundi bugizi bwa nabi akorera abagenzi
 - ♦ Kumenagura ibintu
 - ♦ Inyifato mpuzabitsina ishobora kubangamira amagara.
- » Iyo umuyabaga afise ingorane mu nyifato, baza ibindi bibazo ku vyerekeye :
 - ♦ Ibintu bimuhagaritse umutima muri kino gihe canke muri kahise (ugufatwa ku nguvu nk'akarorero)
 - ♦ Indero bahawe n'abavyeyi (indero nke canke abavyeyi bakaze cane, urukundo rudakwiye berekwa n'abavyeyi, abafasha barwaye indwara zo mu mutwe)
 - ♦ Ico uwo muyabaga akora umwanya munini. Baza ibibazo bikurikira :
 - ▶ iyo akora canke aja kw'ishure : *Umwanya utaba uri ku kazi ntube kwiga uwukoresha gute ? Woba ukora ibikorwa bimwe bimwe buri gihe ?*
 - ▶ Urarambirwa kenshi? Iyo urambiwe ukora iki ?

Indinganizo y'ubufasha nshimikiro



NTIMWANDIKE imiti mu kuvura izindi ndwara zihambaye z'amagara yo mu mutwe (Kiretse bivanye n'impanuro zatanzwe n'umuhinga).
NTIMUTANGE inshinge z'amavitamine canke iyindi miti itaco imara.

1. Mu bihe vyose (iyo umuntu yerekanye ibimenyetso vy'ingorane z'ibishobosho, vy'umubiri canke inyifato), tanga ubufasha bw'inyifato n'imibano nshimikiro nk'uko vyasiguwe mu *ngingo zo kugabanya uruhagarara rwo mu mutima n'ugukomeza gushigikirana mu kibano (>> Ingingo ngenderwako z'ubuvuzi).*

- » Kwitwararika ibintu bitera uruhagarara rw'inyifato n'imibano bihari.
- » Komeza ubufasha mu kibano.
- » Kwigisha ubuhinga bwo kurwanya uruhagarara.

2. Iyo atandwara n'imwe y'umubiri yabonetse kugira isiguro ivyo bimenyetso vy'umubiri, fata ko ari vyo vy'ukuri kandi gerageza gutanga insiguro zishoboka.

- » NTIHAGIRE ibipimo musaba kiretse iyo hari igituma co kwa muganga kigaragara (nk'akarorero ibimenyetso vy'amagara bitameze neza).
 - ♦ Ugusaba ibipimo bishobora gukomeza ibigumbagumba vyawe ko afise ingorane y'umubiri.
 - ♦ Ibipimo bishobora kugira ingaruka mbi zitari zitezwe.
- » Menyeshya umurwayi ko ata ndwara n'imwe ikomeye yatowe. Muhe inyishu z'ibipimo bizima.
 - ♦ Nta ngorane n'imwe ikomeye y'umubiri twatoye. Simbona icotuma tugira ibindi bipimo bishasha muri uyu mwanya.
- » Iyo umuntu ashimitse mu gusaba kandi ibipimo, tegekanya kumubwira :
 - ♦ Ntitwipfuzza kugira ibipimo bidakenewe kuko bishobora gutera ingaruka mbi n'uguhagarika umutima kudakenewe.
 - » Tegera ko ivyo bimenyetso atari vyo yiyumvira kandi ko igihambaye ari kuvura ibimenyetso bitera intuntu.
 - » Baza umuntu insiguro yiwe kubitera ivyo bimenyetso. Ivyo birashobora gutuma hikekwa icoba cabitumye, gufasha kwerekana ubwizigirwa n'uyo muntu ku buryo yemera gufashwa.
 - » Sigura ko uruhagarara rwo mu mutima canke umubabaro w'ibishobosho bitera kenshi ibimenyetso vyo mu mubiri (ukubabara munda, ugukanashwa kw'umubiri, n'ibindi...). Vugana kw'isano riri hagati y'uruhagarara, ibishobosho n'ibimenyetso.
 - » Himiriza ukubandanya imirimo ya minsi yose (canke ugusubira kuyikora uko iminsi igenda).
 - » Koresha kandi *ingingo zo kugabanya uruhagarara rwo mu mutima n'ugukomeza gushigikirana mu kibano (>> Ingingo ngenderawko z'ubuvuzi).*

3. Iyo uyo muntu ari umuyabaga afise ingorane z'inyifato

- » Fata akanya ko kwumviriza uko abona izo ngorane (bishoboka abamuherekeje muri kumwe).
- » Kwigisha umuyabaga n'abamuherekeje. Sigura ibi bikurikira :
 - ♦ Imiyabaga iragira rimwe na rimwe ingorane mu nyifato iyo bashavuye, iyo ataco bariko barakora, iyo bari mu ruhagarara canke mu mubabaro, n'ugukomeza kubitaho no kubashigikira naho bafise iyo nyifato.
 - ♦ Abafasha imiyabaga bategerezwa gukora ibishoboka vyose kugira bavugane n'imiyabaga, naho ivyo bigoye
 - ♦ Ubutumwa bwagenewe abafasha :
 - ▶ Gerageza murabe ibikorwa vyiza bihimbaye mushobora gukorera hamwe.
 - ▶ Ereka neza ivyemewe n'ibibujijwe.
 - ▶ Tera intege mwongere muhe agashimwe umuyabaga iyo yagize inyifato nziza, kandi mumuhanure gusa iyo inyifato ziwe ziteye ingorane zikomeye.
 - ▶ Ntimwigere mukoresha ibihano bifatiye ku mubiri. Mushimire ku nyifato nziza ziwe hakumuhanira inyifato mbi.
 - ▶ Ntimuvugishe umuyabaga mu bihe mushavuye cane. Rindira musubire kuronka ituze.
 - ♦ Ivyo mubwirizwa kuvugana n'umuyabaga vyihariye :
 - ▶ Hariho uburyo bwiza butorera inyishu kurambirwa, uguhagarika umutima n'ishavu nk'akarorero ugukora imyimenyerezo canke ibikorwa rusangi.
 - ▶ Birashobora kuba nkenerwa kwiganira abantu babizigirwa mu gihe c'ishavu, kurambirwa, guhagarika umutima n'umubabaro.
 - ▶ Ukunyawa inzoga n'ibindi biyayuramatwe birashobora kwunyura ishavu n'ukuyinga ; bitegerezwa rero kwirindwa.
 - » Himiriza kugira uruhara mu :
 - ♦ Inyigisho itunganijwe mu buryo buzwi n'ubutazwi
 - ♦ Ibikorwa biboneka, nkenerwa kandi vy'ingirakamaro muri rusangi (kwubaka uburaro nk'akarorero)
 - ♦ Integuro itunganijwe neza yo kwintonora imitsi.
 - » Gushira mu ngiro kandi *ingingo zo kugabanya uruhagarara rwo mu mutima n'ugukomeza gushigikirana mu kibano (>> Ingingo ngenderwako z'ubuvuzi).* Kw'iyi miyabaga n'ababafasha.

4. Ikurikirana

- » Hanura umurwayi ko yogaruka igihe ibimenyetso vyogumaho, vyokomera canke bitagishobora kwihanganirwa.
- » Iyo atagahengwe kabonetse canke umurwayi n'umurwaza basavye bashimitse ibipimo bishasha no kuronswa imiti, iture umuhinga.

1. Intandara/Ibisahuzi

Uwakwituye yaragize n'imiburiburi ibirango bibibri vy'ibisahuzi bitavuye ku kindi gituma kigaragara nk'ubushuye, ubwandu, igikomere canke guhagarika bukwinabukwi inzoga. Ivyo birango birangwa no gutakaza ubwenge no kujugumira amaguru n'amaboko bikurikirwa rimwe na rimwe n'ibikomere, kwiyononako umwanda mukuru/mutoyi no kwihekenya ururimi.

2. Akaborerwe n'izindi ndwara zifatiye ku gufata ibiyayuramutwe

Umuntu arondera kunywa inzoga, canke ibindi bintu bitera ukwizirwa n'ivyo aba yafashe, kandi akaba afise ingorane zo kwigerera kubifata. Imigenderanire n'abandi, ubushobozi mu kazi n'amagara y'umubiri kenshi biba bigeramiwe. Hampande y'ingorane ziwe umuntu abandanya anywa inzoga, canke ibindi bintu bitera kutihangana.

3. Ubukeyabwenge

Umuntu afise urugero rw'ubwenge ruri hasi cane rumutera ibibazo mu buzima bwa minsi yose. Mu bwana, yaragize ugucererwa kumenya kuvuga. Akuze, ashobora gukora ibikorwa bibayabaye gusa. Umuntu ashobora gake cane kubaho yigenga canke ngo yiyitwararike wenyene na/canke abo afasha atabufasha ahawe n'abandi. Igihe ubukeyabwenge burengeje, arashobora kugira ingorane zo kuvuga no gutahura abandi, kandi ashobora kwama akeneye ubufasha.

4. Indwara zo mu mutwe zeruye (harimwo n'indwara y'umunezero ndenzarugero)

Birashika ko umuntu yumva canke abona ibintu bitariho canke akizera ibintu atari vyo. Arashobora kwivugana, akagira imvugo idatahuritka canke itumvikana hamwe n'imeru itamenyerewe. Arashobora no kutiyitaho wenyene. Arashobora no kugira ibirango vy'umunezero ndenzarugero cane canke ishavu riza ningoga, inguvu zirenze urugero, ijwi riranga n'ukuba ataco yinona. Afatwa nk'umuntu atameze neza « umusazi » n'abandi basangiye imico. Indwara yo mu mutwe zeruye y'umushuhira, indwara yo mu mutwe zeruye imara umwanya munini kandi iguma igaruka, indwara y'umunezero ndenzarugero, hamwe n'ukwemera ntayegayezwa ibintu bitari vyo gutandukanye n'ukw'abandi basangiye imico biri muri uwo murwi.

5. Indwara z'ibishobisho/akabonye no kuyinga

Mu buzima bwa minsi yose, inyifato y'umuntu irahungabana cane mu kiringo kirenza indwi zibiri hibonekeza : a) umubabaro/kwigonya, na/canke b) guhagarika umutima/ ubwoba burengeje kandi butarengerwa. Imigenderanire n'abantu, akayabagu, itiro no kwitwararika ivyo arimwo kenshi birahungabana. Ashobora kwidoga ko arushe cane kandi akigunga, aguma aryanye umwanya munini k'umuswi. Ivyiyumviro vyo kwiyahura biba bihari kenshi.

Uwo murwi ugizwe n'abantu bafise ubwoko bw'indwara y'akabonye itera gutakaza ubushobozi bwo gukora no kwiyumvira, indwara zo guhagarika umutima no guhahamuka (zirangwa n'ibimenyetso vy'igarukagaruka, vyo kwirinda no kugaba birengeje). Ingero ziri hasi cane yizo ndwara ziri mu murwi « Izindi ndwara z'inyifato ».

6. Izindi ndwara z'inyifato

Uwo murwi ugizwe n'indwara zifatiye ku bishobisho (nk'akarorero imero yo kuyinga, guhagarika umutima), ku vyiyumviro (ivyiyumviro bidahera, kutitwararika ibikorwa ariko arakora) canke ku nyifato (kwigonya, ubukazi, kwirinda).

Umuntu aba ameze nk'uwushobora gukora ibikorwa vyose canke vyinshi mu bikorwa vya minsi yose bisanzwe. Ikimuraje ishingira ni ibimenyetso vy'indwara z'ibishobisho zitababaza cane (nk'akarorero kuyinga k'urugero rubayabaye, guhagarika umutima canke guhahamuka) canke akavyerekeza ku ngorane zisanzwe (ni kuvuga atandwara y'ukuri ihari).

Ivyo gufatirako : Uwo murwi uzofatirwako gusa igihe a) igihe umuntu asavye ubufasha, b) igihe umuntu atari mu muce n'umwe muri iyo itanu yavuzwe aho hejuru.

7. Indwara z'umubiri zidasiguritse kwa muganga

Hinjira muri uwo murwi indwara zose z'umubiri ataco ziturutseko kiboneka co mu mubiri.

Ivyo gufatirako : Uwo muce uzokoresheka gusa igihe a) hamaze gukorwa ibipimo bikenewe vy'umubiri, b) igihe umuntu atari mu murwi umwe muri itandatu yavuzwe aho hejuru na c) igihe umuntu asavye ubufasha.

Ivyongeweke 2 : Insiguro y'amajambo agoye^{11 12}

Urusina	Igwirirana ridasanze ry'amazi munda, bishobora kuva ku bituma bitandukanye.
Ingaruka mbi z'umuti uvura indwara zo mu mutwe	Kwumva udashobora kuguma hamwe bitakuvuyeko, kenshi bikajana n'ukwikomakoma kurengeje kwibonekeza (nk'akarorero ukwiyambagura kw'amaguru, kutagumiza ibirenge hamwe, gushaka kuguma azunguruka, kudashobora kuguma yicaye canke kuguma hamwe).
Imiti yitwa « Amphetamines »	Umurwi w'ibiyayura mutwe bikabura ubwonko. Bishobora kuduza ukwiyemera kw'umuntu no kwumva umenga yama ari maso. Bishobora gukoreshwa mu buvuzi bw'indwara zimwe zimwe z'amagara y'abantu mugabo bishobora gukoreshwa nk'ibiyovyabwenge bishobora gutuma ubona canke wumva ivy'abandi batumva canke batabona, ukuyinga n'ingaruka ku mutima no ku mitsi.
Gukabura inyifato	Ubufasha bw'inyifato burondera kuduza imero mu gutanguza ibikorwa vyihariye vyahora bikundwa, naho mur'uwo mwanya ataba ashwashwanutse. Ubwo bufasha bushobora gukoreshwa bwonyene canke mu gihe c'ubuvuzi bw'ivyiyumviro n'inyifato.
Imiti « Benzodiazépines »	Umurwi w'imiti ifise ubushobozi bwo gusinziriza, kuvura uruhagarara, ibisahuzi, itanga ukworoherwa mu mubiri.
Indwara z'umunezero ndenzarugero n'akabonge	Indwara zo mu mutwe zihambaye zirangwa n'ibisikanya ry'ikiringo c'umunezero ndenzarugero n'akabonge.
Igabanuka ry'uturama ngingo tw'umusokoro	Indwara y'umusokoro, ishobora gutuma igabanuka ry'ihingurwa ry'amaraso.
Ikiyayura mutwe « Cannabis »	Ni kamwe mu duce tugize urumogi, hakurwamwo « marijuana », « haschich (hashishi) » na « amavuta ya cannabis (kanabisi) ». Ivyo bintu barabitumura canke bakabimira kugira bitange umunezero, ukworoherwa mu mubiri n'ihinduka ryo kubona no kwumva ibidukikije. Birashobora kugabanya ububabare. Mu ngaruka mbi harimwo ukudendebukirwa, kwiyambagura n'umwikeko urenze urugero.
Indwara yo kumugara kw'ubwonko	Igabanuka ry'ubushobozi bw'umubiri n'ubwenge biterwa n'ukwononekara gutangura kare kandi kwamaho kujanye n'ikura ry'ubwonko.
Ubwenge	Ugukora kw'umutwe kujanye n'ivyiyumviro. Harimwo ukwiyumvira, ukwibuka, kuzirikana, gutora inyishu y'ingorane no gutegekanya.
Ubufasha bw'ubwenge n'inyifato	Ubufasha bw'inyifato bufatanye ibigize ubwenge (bifise intumbero yo kwiyumvira ibitandukanye, nk'akarorero mu kurondera no kunebagura ivyiyumviro bibi bitari vyo) hamwe n'ibigize inyifato (bifise intumbero yo gukora ibintu ugutandukanye, nk'akarorero mu gufasha umuntu gutangura ibikorwa vyihariye bimunezera).
Ubufasha bw'ubwenge n'inyifato bw'inyuma y'ihahamuka	Ubufasha bw'inyifato bufatiye kuciyumviro c'uko abantu bafise ihahamuka bagira ivyiyumviro n'ivyo bemera ataco bifasha kuvyerekeye igihe nsesereza mutima hamwe n'inkurikizi zaco. Ivyo vyiyumviro n'ivyo yemera bituma ukwirinda bitagira ikimazi ico cose kimwibutsa ico gihe kandi bigakomeza ibigumbagumba vy'icigo kigumaho. Iyo mero ijana n'ibindi bihungabana bijanye n'ukwumva canke ukubona, ukwibuka, ukwiyumvira, ibishoboro canke ibikorwa bijanye n'inyifato. Bishobora kuva ku bituma bukwinabukwi vy'umubiri nk'ubwandu, imiti yo kwa muganga, ihungabana ry'uko umubiri uhingura ibifungurwa, gufata ibiyayura mutwe canke kubihagarika.
Ukumenyereza gufatiye ku kibano	Umurwi w'ubutabazi bwashizweho mu rwego rw'ikibano biciye mu buhinga butandukanye, hakoreshejwe ibigo n'uburyo bwo mu kibano busanzwe buhari. Ubwo butabazi bufise intumbero yo gufasha ukumenyereza mu guteza imbere imibereho myiza y'abantu bagendana ubumuga n'imiryango yabo, mu gufasha ivyankenerwa vy'ibanze no mu gufasha kubasubiza mu kibano no kubigiramwo uruhara.
Kwemera kutayegayezwa kw'ibintu atari vyo	Imero yo mu mutwe ihindagurika kandi itamara umwanya munini irangwa n'ihungabana ryo kugaba (nk'ukugabanuka kw'ubushobozi bwo kwerekeza, gutumbereza, kugumiza no kugarukana ukugaba kwiwe) n'iryo gukoresha ubwenge (nk'igabanuka ry'ukubona ibimukikije), bishika mu mwanya mutoyi kandi bikamera nk'ibihindagurika ku munsu. Iyo mero ijana n'ibindi bihungabana bijanye n'ukwumva canke ukubona, ukwibuka, ukwiyumvira, ibishoboro canke ibikorwa bijanye n'inyifato. Bishobora kuva ku bituma bukwinabukwi vy'umubiri nk'ubwandu, imiti yo kwa muganga, ihungabana ry'uko umubiri uhingura ibifungurwa, gufata ibiyayura mutwe canke kubihagarika.
Ukubona ikintu ukutariko	Ukwemera kutayegayezwa gutandukanye n'ivyemezo bihari. Ntigushobora guhindurwa n'insiguro y'ukuri kandi ntikwemerwa n'abo basangiye imico n'uwo muntu (n'ukuvuga ko kutavuye ku kwemera kw'idini).
Kwizirirwa n'ivyo bafata	Abantu baba biziziye n'ico bafata (ibiyayuramutwe, inzoga canke itabi) iyo bagaragaje ibimenyetso vy'ubwenge, inyifato, uko umubiri ukora bitameze neza mu gihe habuze ico kintu. Ivyo bimenyetso vyo kukubura bibatuma gusubira kugifata. Ntibashobora kugenzura uko babifata kandi barabibandanya naho bifise ingaruka mbi.
Imbonero z'ijisho zagutse/zigabanutse	Imbonero (agahimba kirabura k'ijisho) n'iyinjiriro riri hagati y'agahimba bita « iris » itunganya urugero rw'umuco winjira mu jisho. Mu bisanzwe imbonero zirituna ku zuba kugira zikingire ijisho hama zikavyimba mu mwijima kugira hinjire umuco ushoboka. Kugira imbonero zivyimvye canke zitunye bishobora kuba ikimenyetso cerekana ko umuntu yafashe ibiyayuramutwe.

¹⁰ Amajambo ya kazinduzi yerekanwa n'akanyenyeri*mu gisomwa.

¹¹ Insiguro zikoreshwa zatanze muri iyi kazinduzi zagenewe gusa gukoreshwa mu ntumbero no mu bihe bijanye n'igitabu c'ubutabazi bw'abantu « mhGAP (GIH-mhGAP) » : Ukuvura indwara zo mu mutwe, z'udutsi nsozabwenge n'izijanye no gufata ibiyayuramutwe mu bihe vy'ivyago « (OMS et UNHCR, 2015) ».

Akaronda gaterwa n'ukuboneka kw'agace k'akaremangingo 21 (trisomie 21)	Akaronda gaterwa n'ukuboneka kw'agace k'akaremangingo 21 karengako. Iherekezwa n'ingero zitandukanye z'ubukehabwenge, ukuzingama n'ibimenyetso vyibonekeza vyo mu maso.
Indwara iterwa n'umuti uba watanze mu kuvura iyindi ndwara	N'igihe umuti wanditswe mu kuvura indwara uca utera iyindi ndwara kur'uyo muntu nyene.
Ugukorana kw'imiti	N'igihe imiti ibiri ikoreshejwe k'umuntu umwe ikorana hagati yayo hanyuma igahundura ugukora kw'umwe canke kw'iyi miti ibiri. Ukwo gukorana kurashobora kugabanya, kwongereza canke kunyarutsa ikora ry'umuti canke hakaba inkurikizi mbi.
Ingorane z'ikora ry'umubiri bivuye ku miti	Ingorane z'ikora ry'umubiri, kenshi ziterwa n'imiti y'indwara zo mu mutwe zeruye. Bishobora kuba igicuro, kudadarara canke kujugumira kw'umubiri na/ canke kutaguma hamwe.
Ubufasha bw'inyifato bufatiye ku ciyumviro, ukoresheje uguhindukiza amaso uva iburyo uja i bubamfu	Ubufasha bw'inyifato bufatiye ku ciyumviro c'uko ivyiyumviro, ibigumbagumba n'inyifato bibi biterwa n'ivyo yibuka atashoboye kwakira vy'ibihe nseserezamutima. Ubufasha bukoresha inzira zikoreshwa hose, zituma cane cane haba gufatira icarimwe ku (a) guhuza amasanamu, ivyiyumviro, ibishobisho, n'ukwumva ibimenyetso vy'umubiri bisesereza, na (b) gukubura impande zibiri z'amaso, muri rusangi nk'aho ari gutembereza amaso vyisubiriza.
Igarukagaruka	Ikiringo umuntu yiyumvira akongera akifata igihe kimwe kimwe nk'uko yoba yasubiye muri ca gihe c'icago, akakibamwo bushasha. Abantu bagira igarukagaruka ry'ibihe babayemwo baratakaza ukuri kw'ivyo babayemwo, muri rusangi mu kiringo c' imisogonda canke iminota mikeyi.
Kubona canke kwumva ibintu bitahari	Kubona, kwumva, kumoterwa canke kwumva akanovera k'ibintu bitahari.
Ihungabana ry'ikora ry'ubwonko bivuye ku gitigu	Imero yo mu mutwe itameze neza (irimwo kwisinzirirako, gucanganyikirwa canke gutakaza ubwenge) biterwa no gukora nabi kw'igitigu.
Ihungabana rituma agahimba tiroyide (thyroïde) gakora cane	N'indwara ituma hakorwa hakongera hagasohorwa ku bwinshi inkabuzo z'agahimba tiroyide « hormones thyroïdiennes » Bimwe mu bimenyetso vy'iyi ndwara, nko kwemeza ibintu atari vyo, kujugumira, ivumbuka ry'umurindi w'amaraso n'ukwiruka kw'umutima, bishobora kwitiranwa no guhagarika inzoga bukwinabukwi.
Guhezagirika	Guhema nabi kunyaruka, bitera igabanuka ry'umwuka mubi mu maraso. (CO2) Iryo gabanuka rishobora gutera ibimenyetso vyerekana utuntu dutondera canke tuzibagura kumpera z'intoke, hirya no hino k'umunwa, ububabare mugikiriza n'ibizunguzungu.
Igabanuka ry'isukari mu maraso	Igabanuka ridasanze ry'isukari mu maraso.
Igabanuka ry'umunyu	Igabanuka ridasanze ry'umunyu mu maraso.
Ihungabana rituma agahimba tiroyide (thyroïde) gakora bukebuke	Igabanuka ryo gukora ry'agahimba « thyroïde ». K'uwukuze, ishobora kwerekana n'ibimenyetso bitandukanye nk'uburuhe, kumera nk'uwatakaje ubwenge, kuduga ibiro n'ivyiyumviro bibi, bishobora gusa n'akabonge. Igihe ivukanwe kandi ntivurwe ishobora gutera ubukehabwenge no kuzingama.
Ubufasha bufatiye ku migenderanire n'abantu	Ubufasha bw'inyifato bwerekeje kw'isano riri hagati y'ibimenyetso vyo kuyinga n'ingorane ziri hagati y'abantu, cane cane izitewe n'ukubura, amatati, ukwigunga n'impinduka zikomeye z'ubuzima.
Ivyiyumviro vyiyadukiza	Ivyiyumviro vyisubiriza, vyiyadukiza kandi bibabaza vyo mu gihe nseserezamutima.
Ikena ry'icunyonyu iode	Imero ishika mu gihe umubiri uba udafise icunyonyu gikwiye ca « lode » kugira ikore nkuko bitunganiye inkabuzo mu gace kitwa « thyroïde », bikagira inkurikizi mu gukura no gukomera.
Ikiyayuramatwe « Khat »	Amababi y'igiti bita « <i>Catha edulis</i> », arimwo ikintu gikabura. N'ikiyayuramatwe kinezereza kandi gifise ingaruka mbi gishobora gutera kudashobora kucihanganira.
Guhindukiza umuntu icarimwe	Uburyo bw'uguhindukiza umuntu uva ku rubavu uja kurundi utamugonze izosi n'umugongo, kugira wirinde yiononekara ry'umusokoro w'uruti rw'umugongo.
Imugara ridatahuritse kwa muganga	Gutakaza burundu canke vy'imfatakibanza kw'inguvu muri kimwe mu bihamba vy'umubiri atacabiteye na kimwe co mu mubiri cigeze kiboneka.
Ubwandu bwo mubwonko	Iyononekara ry'uduhimba dufutse ubwonko hamwe n'umusokoro w'uruti rw'umugongo muri rusangi bitewe n'ubwandu.
Ihungabana ry'ingene umubiri uhingura ivy'ukeneye	Ihungabana ry'inkabuzo, ivyunyonyu canke vitamine vy'umubiri.
Ikigandaro	Uburyo umuntu yabuze uwiwe akoresha mu gusezera no kwibuka uwitavye Imana, ari wenyene canke mubandi. Ikigandaro gituma muri rusangi haba imigirwa (nko guhamba) n'inyifato kama (nko guhindura impuzu, muhira canke kwisonzeshya).
Ubwandu bw'ubwonko	Ubwandu bufatira mu bwonko na/canke umusokoro w'uruti rw'umugongo.
Ingaruka mbi zikomeye z'imiti ivura indwara zo mu mutwe zeruye	N'indwara iboneka gake ariko ishobora guhitana ubuzima bw'umuntu, iterwa n'imiti y'indwara zo mu mutwe zeruye hama ikarangwa n'ubushuhe, ukwemera kutayegayezwa kw'ibintu bitarivyo, ukudadarara kw'umubiri n'ivumbuka ry'umurindi w'amaraso.
Imiti Anti-inflammatoires non stéroïdiens (AINS)	Umurwi w'imiti ikoreshejwe mu kuvura ubuvyimbe burimwo ubushuhe n'ububabare. Ikoreshwa kenshi mu kugabanya ububabare (nk'akarorero « ibuprofène »).
Ikiyayuramatwe « Opiacé »	Ikiyayuramatwe kiva mu giterwa « pavot à opium ». Ivyo biyayuramatwe ni imiti y'ububabare ifise akamaro kanini ariko ishobora gutera ikibazo co kuyihagarika. Héroïne iri muri uwo murwi.

Ikoroka ry'umurindi w'amaraso iyo uhagurutse bukwinabukwi wari uryamye canke wicaye	Ukugabanuka bukwinabukwi kw'umurindi w'amaraso gushobora kuba mu gihe uhagurutse bukwinabukwi wari uryamye canke wicaye, muri rusangi bitera kwumva umemga urataye ubwenge canke ibizunguzungu. Nta ngorane bitera ku magara y'umuntu.
Kuvuza imiti myinshi	Ubuwuzi bufatiye ku miti myinshi itandukanye ku ndwara imwe.
Igihe gishobora kuba nseserezamutima	Igihe cose giteye ubwoba canke gikomereye, nk'ikubagurwa ryo ku mubiri canke rifatiye ku gitsina, kubona ibintu biteye ubwoba, gusamburirwa inzu canke amasanganya canke ibikomere bikomeye. Ivyo bihe bizohamurira umuntu canke ntibibe bivanye n'ukuntu yavyakiriye.
Ubuhanuzi bufatiye ku gutora inyishu z'ingorane	Ubufasha bw'inyifato butuma ikoreshwa ritunganijwe ry'ubuhinga bwo gutohozza no gutorera inyishu ibibazo biciye ku masango menshi.
Ubuuhinga bwo gutora inyishu z'ingorane	Ubuuhinga bwo gukorana n'umuntu mu gutora inyishu n'uburyo bwo gutorera umuti ingorane zabonetse, kuzitondeka uhereye kuzihutirwa hamwe no kuvugana uburyo bwo kubishira mu ngiro. Mu gitabo « mhGAP », ijambo « counselling » mu gutora inyishu z'ibibazo rikoreshejwe mu gihe uburyo bwakoreshejwe butunganijwe ku masango menshi.
Ibisahuzi bidafashe	Ikiringo gisa n'indwara y'intandara ariko atariyo. Ivyo bihe bishobora gusa n'indwara y'intandara ufatiye ku gutakaza ubwenge no kujugumira ariko kwihekenya ururimi, inguma zikomereye zivuye ku kurwa bukumbi no kwigirako umwanda muto/mukuru biboneka gake. Ivyo bihe ntivyerekana ikimenyetso kimwe c'umuyagankuba wo mu bwonko nk'indwara y'intandara. Ibimenyetso ntibiba vyavuye ku ndwara y'udutsi nsozabwenge, ku biyayuramatwe canke ku muti. Mu bitegekanijwe na « CIM-11 », ivyo bihe vyafashwe nk'indwara iyo umuntu adatahura inyifato y'ibihimba vyive.
Ubutabazi bwa mbere bw'inyifato	Ubufasha bwa mbere buhabwa abantu bari mu gahinda bahejeje guhura n'ikiza : ugusuzuma imyitwaririko n'ivyankenerwa vyihuta, ubufasha bw'ibanze bwo ku mubiri bwihuta, kuzana canke guhimiriza ubufasha mu kibano, gukinga ikiza cose gishasha.
Inyifato isubiza inyuma	Inyifato itabereye mu gihe co gukura kw'umwana ariko ihuriranye n'iy'umwana muto cane. Kwigirako umwanda muto n'inyifato yo kwikwegerako n'uburorero bukunze kuboneka.
Igabanuka rikomeye ryo guhema	Ni uburyo bwo guhema bwikwega cane, butuma igabanuka ry'impwemu nziza. Udukomere tw'ubwonko n'ingaruka mbi zivyo uba wariye canke wanyoye (nk'akarorero bitewe n'imiti bita benzodiazepines) biri mu bituma bikunze kuboneka.
Ibisahuzi	Ikiringo c'ikora nabi ry'ubwonko rivuye kw'irengana ritameze neza ry'umuyaga nkuba mudutsi tw'ubwonko.
Inyifato yo kwigirira nabi	Kwiha ishano canke ukwikomeretsa umuntu yigirira abishaka, intumbero canke inkurikizi yavyo ishobora kuba ugupfa canke ukudapfa.
Ukwivura	Inzoga, ibiyayuramatwe canke imiti (harimwo niyanditswe na muganga) abantu biha bonyene kugira bagabanye ingorane z'umubiri canke z'inyifato batabonanye n'umuvuzi.
Indwara y'ubwandu bugeze kure	N'indwara ishobora guhitana ubuzima bw'umuntu iterwa n'ubwandu bukomeye, cane cane irangwa n'ubushuhe, ihagarara ry'itembera ry'amaraso n'ugukora nabi kw'ibihimba vy'umubiri.
Igabanuka ry'itembera ry'amaraso	Igabanuka ry'itembera ry'amaraso ritewe n'ubwandu canke n'ubundi bumara, bimanura cane umurindi w'amaraso k'urugero rwica. Irangwa n'umurindi w'amaraso uri hasi cane canke utumvikana, gukanya ku rukoba, umutima utera buhoro buhoro canke utumvikana, uguhema bigoranye n'ihungabana ry'ubwenge.
Imiti « ISRS »	Ubwoko bw'imiti y'akabonge, kuyinga ibuzi k'uburyo bwiharije kwakira inkaburamubiri yitwa serotonin. Serotonine ni inkaburamubiri yo mu bwonko ihindura imero y'umuntu. Fluoxetine iri muri uwo murwi.
Imiti « Stéroïdes »	Umurwi w'inkaburamubiri zihari nk'imiti zifise akamaro kanini mu kuzimanganya ibimenyetso birimwo kuvyimba, gushuha, kubabara bivuye ku bwandu, ku bumara no kurindi hungabana ry'abasoda b'umubiri. Imiti yitwa glucocorticoides (nk'akarorero prednisolone) hamwe n'imiti yo gutandukanya imvyaro ifatiye ku nkaburamubiri ni bumwe mu burorero bwama stéroïdes.
Indwara « Syndrome de Stevens Johnson »	Indwara yo ku rukora irangwa no gushishagurika kubabaza, kumyoka, ibibubi n'ukwunuka nko mu kanwa, ku minwa, mu muhogo, ku rurimi, mu maso no mu bihimbwa vy'irondoka, rimwe na rimwe bijana n'ubushuhe. Iterwa kenshi n'ingaruka zikomereye z'imiti cane cane irwanya intandara.
Kwiyahura	Ukwiyaha ubuzima n'ibigira nkana.
Imiti ATC	Ubwoko bw'imiti y'akabonge, kuyinga ibuzi k'uburyo bwiharije kwakira inkaburamubiri zitwa noradrenaline na serotonin. Amitriptyline na clomipramine ni uburorero.
Gukenerwa kw'ingero ziyongerako kugira uronke umunezero ungana n'uwu wahora uronka ufashe urugero rw'ibiyayuramatwe rwari rumenyereye gufatwa	Igabanuka ry'ikora ry'ikiyayuramatwe cafashwe k'urugero rumwe. Bitumwe n'uko umubiri wamenyerereye kuronka ico kiyayuramatwe bivanye no kugifata umwanya munini. Harakenerwa ingero ziyongerako kugira uwubifata amererwe nk'uko yahora amererwa.
Ukwunuka kw'umubiri	Ukwunuka kw'umubiri gushobora guhitana ubuzima bw'umuntu kuva ku muti canke k'ubwandu. Bifitaniye isano na « syndrome de Stevens-Johnson » yamara kurahambaye cane gose.
Umuti Tramadol	Ni umuti bandika kugira ugabanye ububabare. Rimwe na rimwe ukoreshwe uko bidategekanijwe ushobora gutanga ibimenyetso vy'umunezero ndenzarugero (kumva umenga « woyamira » canke umunezero mwinshi cane).
Kujugumira	Kujugumira canke gusahagurika kw'intoke muri rusangi.
Ubwandu bw'uruhago (urosepsis)	Ni indwara iterwa n'ubwandu bukomeye bwo mu ruhago.

Ivyongeweke 3. Urutonde rw'ibimenyetso vy'indwara

Uguhagarika umutima	Uruhagarara rw'umushuhira rwo mu mutima (STR) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT) Indwara yo mu mutwe yeruye (PSY) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Ingorane z'akayabagu	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP)
Kwagirako umwanda muto	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ubuhabwenge (DI)
Gucanganikirwa	Indwara yo mu mutwe yeruye (PSY) Intandara/ ibisahuzi (EPI) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Kubona ikintu ukutari kwo	Indwara yo mu mutwe yeruye (PSY)
Ingorane zo gukora ibikorwa bimenyerewe	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT) Indwara yo mu mutwe yeruye (PSY) Ubuhabwenge (DI) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Igarukagaruka	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ihahamuka (ESPT)
Kwumva canke kubona ibintu abandi batabona	Indwara yo mu mutwe yeruye (PSY) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Umwiheburo	Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Kwiyahura (SUI)
Guhezagirika	Uruhagarara rw'umushuhira rwo mu mutima (STR)
Kwiyononako	Intandara/ ibisahuzi (EPI) Ubuhabwenge (DI)
Kubura itiro	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Ivyiyumviro vyiyadukiza	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Ihahamuka (ESPT)
Gushavuzwa n'ubusa	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)

Ingorane zo kwiga	Ubukehabwenge (DI)
Gucika intege	Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP)
Kutagira ikikuryohera n'ikiguhimbara	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP)
Kutiyitaho bikwiye	Indwara yo mu mutwe yeruye (PSY) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Kudendebukirwa	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Umubabaro	Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP)
Ibisahuzi	Intandara/ ibisahuzi (EPI) Gufata inzoga n'ibiyayuramutwe ku rugero ruhungabanya amagara (SUB)
Inyifato yo kwigirira nabi	Kwiyahura (SUI)
Kwigunga	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Indwara yo mu mutwe yeruye (PSY)
Ibimenyetso vyo mu mubiri bidasiguritse	Uruhagarara rw'umushuhira rwo mu mutima (STR) Ikigandaro (DEU) Indwara yo kuyinga n'akabonge (DEP) Ihahamuka (ESPT)

Muri buri kigo c'amagara muri rusangi mu gihe c'ubutabazi, n'imiburiburi umwe mu bavuzi mubigishijwe yategerezwa kumenya gusuzuma no kuvura indwara zo mu mutwe, z'imitsi nsozabwenge n'izifatiye ku kunywa inzoga no gufata ibiyayuramutwe.

Igitabo c'ubutabazi bw'abantu mhGAP(GIH-mhGAP) ni isoko ryoroshe kandi rikoreshwa mu gushika kw'iryo hangiro.

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Indinganizo y'igikorwa co gukuraho agahaze ku magara yo mu mutwe (mhGAP)