



KINYARWANDA

PMTCT

Kurinda Umubyeyi Wanduye Agakoko
Gatera SIDA Kwanduza Umwana We

IMFASHANYIGISHO Y'UHUGURA

Isomo rimwe ku rutonde rw'amahugurwa
agenewe Umujyanama w'Ubuzima w'Incuti
Mu Buzima/IMB



INSHUTI MU BUZIMA



Partners
In Health

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Partners In Health (PIH)/Incuti Mu Buzima (IMB) ni umuryango udaharanira inyungu wigenga washingiwe mu gihugu cya Hayiti mu myaka 20 ishize, ukaba ufite intego yo kugeza ubuvuzi bwo ku rwego rwo hejuru mu duce turimo abantu batagira uko bivuzwa, guherekeza abarwayi igihe bafata imiti no gukuraho impamvu zitera ibibazo by'uburwayi bwabo. Muri iki gihe PIH/IMB ikorera mu bihugu 15 ku isi, ikaba ikoresha uburyo bukomatanyije bwo kuvura kugira ngo irwanye uruhererekane rw'ubukene n'indwara- ibyo bikorwa mu kuvura abantu no mu bindi bikorwa bikorerwa mu giturage birimo ubuhinzi gufasha abantu kubona indyo yuzuye, amacumbi, amazi meza n'ibikorwa bibyara inyungu.

Umurimo wa IMB utangirira ku kuvura abarwayi ugakomereza ku bikorwa byo guhindura imibereho y'abaturage, guteza imbere uburyo bwo kuvura abantu n'ingamba z'ubuzima rusange. PIH/IMB yubatswe inashimangira ubwo buvuzi bukomatanyije mu bihe by'amakuba akomeye nk'umutingito wayogoye ibintu muri Hayiti, mu bihugu byaranzwemo intambara nk'u Rwanda, Gwatemala n'u Burundi, tutibagiwe n'uduce dukennye cyane tw'Umujyi wa Boston muri Leta Zunze Ubumwe z'Amerika. Mu bufatanye PIH/IMB ifatanye n'ibigo n'amashuri bikomeye ku isi nk'Ishuri ry'Ubuvuzi rya Harvard n'Ibitaro by'Abagore bya Brigham, ikora ibishoboka byose ngo ikwirakwize ubwo buvuzi bukomatanyije mu bandi bantu. PIH/IMB ikora ibishoboka byose ngo iteze imbere ibijyanye no kuvura abantu batuye mu bice bikennye cyane kurusha ibindi ku isi, ibyo ikabikora ibinyujije mu buvugizi ikora mu batera inkunga ibikorwa by'ubuvuzi hamwe n'abagira uruhare mu ifatwa ry'ibyemezo.

PIH/IMB ikorera muri Hayiti, mu Burusiya, muri Peru, mu Rwanda, muri Lesoto, muri Malawi, muri Kazakistani no muri Leta Zunze Ubumwe z'Amerika. PIH/IMB ifasha kandi imishinga iyishamikiyeho ikorera muri Mexiko, muri Gwatemala, mu Burundi, muri Mali, muri Nepal no muri Liberiya. Niba mukeneye andi makuru yerekeye PIH/IMB, mushobora gusura urubuga rwa interineti rwayo ari rwo: www.pih.org.

Abakozi benshi ba PIH/IMB hamwe n'abandi bafatanyabikorwa bo hanze bagize uruhare mu kwandika ibi bitabo by'amahugurwa. Ntibyadushobokera gushimira buri wese ku giti cye, ariko turazirikana cyane ubushake, umurava n'urukundo bagaragaje.

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Iki gitabo tugituye ibihumbi n’ibihumbi by’Abajyanama b’ubuzima bitanga batizigamye kugira ngo intego yacu ishyirwe mu bikorwa kandi bakaba ari ishingiro rya za gahunda zacu zigamije kurengera ubuzima bw’abantu no guteza imbere ibitunga abantu mu miryango ikennye cyane. Buri muni basura abaturage bakabagezaho serivisi, uburezi n’inkunga binyuranye, kandi bakatwigisha twese ko ubufatanye ari yo ntwaro ikomeye cyane mu kurwanya indwara z’ibyorezo, ubukene no kwiheba.



Ibirimo

Incamake	vii
Intangiriro	1
Intego z'amahugurwa	2
Igihe gikenewe	2
Incamake y'Amahugurwa	3
Ingingo z'ingenzi	6
Isomo rya 1: Kwibwirana no Kuvuga	
Intego z'amahugurwa	7
Isomo rya 2: Amabwiriza ngenderwaho	
n'Agasanduku k'Ibitekerezo	9
Isomo rya 3: Isuzumabumenyi rya	
mbere y'amahugurwa	12
Isomo rya 4: Umusogongerero ku Kurinda Umubyeyi wanduye	
agakoko gatera SIDA Kwanduza Umwana we	16
Isomo rya 5: Kurinda Umubyeyi wanduye agakoko	
gatera SIDA Kwanduza Umwana we	22
Isomo rya 6: Uruhare n'inshingano by'Umujyanama	
w'Ubuzima ku birebana no Kurinda umubyeyi wanduye	
agakoko gatera SIDA kwanduza umwana we	41

Isomo rya 7: Inyigisho ku Kurinda Umubyeyi wanduye Agakoko Gatera SIDA Kwanduza Umwana we	45
Isomo rya 8: Amata y'ifu	56
Isomo rya 9: Isuzumabumenyi risoza	62
Isomo rya 10: Gusuzuma uko amahugurwa yagenze n'Agasanduku k'Ibitekerezo	66
Urutonde rw'ingingo zifasha Umujyanama w'ubuzima.	69
Ifishi y'isuzuma y'uko amahugurwa yagenze.	70
Ibindi bisobanuro	72

INCAMAKE

Ubuvuzi ni bumwe mu burenganzira bwa muntu. Ariko na none, kuvura indwara byonyine ntibisobanura kugira ubuzima bwiza no kububungabunga. Kugira ngo abantu bagire ubuzima n'imibereho myiza bagomba kuvurwa ku rwego rwo hejuru kandi n'uburenganzira bw'ibanze bundi bwabo bukubahirizwa: Indyo yuzuye, uburezi, amazi meza, gutura heza no guhabwa amahirwe yo gutera imbere mu bukungu.

Partners In Health (PIH)/Incuti Mu Buzima (IMB) igira uburyo bwo kuvura abantu bushingiye ku burenganzira bwa muntu. Aho PIH/IMB ikorerera ku isi yose, abajyanama b'ubuzima bacu bagira uruhare nta ngere mu gufasha abaturage bose kugira ubuzima n'imibereho byiza no guhabwa uburenganzira bw'ibanze bwa muntu.

Abajyanama b'ubuzima bahuza ikigo nderabuzima n'abaturage. Basura ingo zose mu giturage buri gihe. Bashakisha bakanasuzuma ibimenyetso by'indwara zikomeye zibasira abana n'abantu bakuru bahuje imibereho mu giturage. Muri zo twavugaga nk'indwara ya malariya, impiswi, umusonga, imirire mibi, igituntu n'ubwandu bw'agakoko gatera SIDA. Bohereza abantu barembye ku kigo nderabuzima kandi bagafasha abantu kubona serivisi z'ubuvuzi muri rusange. Batanga inzitiramibu n'ibindi bikoreho kandi bakavura indwara zimwe na zimwe. Abajyanama b'ubuzima bigisha kandi imiryango n'abaturage ibirebana no kwirinda indwara, inkingo, kuboneza urubyaro, ubuzima bw'imyororokere, isuku n'isukura by'umuntu ku giti cye no muri rusange, ihohoterwa rishingiye ku gitsina hamwe n'ubuzima bwo mu mutwe. icya nyuma ni uko bafasha imiryango ifite uburwayi n'ibindi bibazo haba mu kubihanganisha no kubaha ubundi bufasha.

Abajyanama b'ubuzima batorwa n'abaturage bagenzi babo. Ni abantu bubashywe, batavugirwamo kandi bagira ibanga. Bacengewe neza cyane n'icyo kuba hafi y'abantu bababaye. Bagira uruhare runini cyane mu guteza imbere ubuzima bw'abaturage no mu iterambere ry'igihugu cyabo muri rusange.

Abajyanama b'ubuzima bahabwa amahugurwa ya buri gihe n'abakozi bahugura ba PIH/IMB abafasha kwiga no kongera ubumenyi bakeneye kugira ngo bakore umurimo wabo uko bikwiye. Iyi Mfashanyigisho y'Uhugura hamwe n'Igitabo cy'Uhugurwa kiyiherekeje, urupapuro runini n'inyandikoshusho ni byo bikorehwa mu mahugurwa ari mu byiciro bikurikira:

- Kuboneza urubyaro
- Ubuzima bw'imyororokere
- Indyo yuzuye n'Imirire mibi
- Inkingo
- Indwara y'impiswi
- Malariya
- Isuku n'Isukura
- Indwara zifata imyanya y'Ubuhumekero
- Ihohoterwa rishingiye ku gitsina

- Ubuzima bwo mu mutwe
- Kurinda umubyeyi ubana n’ubwandu bw’agakoko gatera SIDA kwanduza umwana (PMTCT)
- Indwara zidakira
- Kanseri
- Ubwandu bw’agakoko gatera SIDA, Igituntu, n’indwara zandurira mu mibonano mpuzabitsina.





IBIKORESHO BIKENERWA MU MAHUGURWA

Buri ngingo y’amahugurwa ifite Imfashanyigisho y’Uhugura, Igitabo cy’Uhugurwa, inyandikoshusho hamwe n’urupapuro runini. Kugira ngo amahugurwa atangwe neza, abahugura bagomba kuba bafite ibi bikoresho byose hamwe:

- **Imfashanyigisho y’uhugura** – ikubiyemo amakuru yose akenewe mu guhugura, harimo imyiteguro y’isomo n’urutonde rw’ibikoresho bikenewe, uko ibice by’isomo bikurikirana, izusumabumenyi rya mbere y’amahugurwa n’irisoza hamwe n’ingingo zose zigize isomo. Abahugura bagomba gusoma imfashanyigisho y’uhugura mbere y’umunsi w’amahugurwa kandi bakayikoresha mu bikorwa byose by’amahugurwa.
- **Igitabo cy’Uhugurwa** – kirimo amakuru yose abahugurwa bakeneye kumenya ku ngingo runaka, harimo kandi ingero n’udukino bikoreshwa mu mahugurwa. Abahugura bagomba guha abahugurwa bose Igitabo cy’Uhugurwa mu ntangiriro y’amahugurwa. Nyuma y’amahugurwa, abahugurwa bagomba gutwara ibitabo byabo iwabo kugira ngo bajye babikoresha mu gushubiramo no gushimangira ibyo bize.
- **Inyandikoshusho** – niba abahugura bakorera ahantu hari umuriro w’amashanyarazi n’ibyuma byerekana amashusho n’amajwi, bashobora gukoresha inyandikoshusho (slide). Inyandikoshusho ikubiyemo amashusho yose akenewe mu mahugurwa. Ku masomo akoresha inyandikoshusho/impapuro nini, ibice bigize isomo birimo amashusho (uduce duto twayo), aherekejwe n’amagambo muni asobanura buri shusho.
- **Urupapuro runini** – niba abahugurwa bakorera ahantu hatari umuriro w’amashanyarazi cyangwa ibikoresho byerekana amashusho n’amajwi, bagomba gukoresha impapuro nini. Ruba rufite amashusho asa n’ayo mu nyandikoshusho n’amagambo yanditse inyuma y’urupapuro akenerwa mu gusobanura igishushanyo kiri imbere.


IMFASHANYIGISHO Y'UHUGURA


Imfashanyigisho y'uhugura irimo amakuru yose akenewe mu gutanga aya mahugurwa, harimo:

-  **Intangiriro** – Ibisobanuro bike ku ntego z'amahugurwa n'ibikubiyemo
-  **Intego** – urutonde rw'ubumenyi abahugurwa bazungukira muri iri somo
-  **Incamake y'amahugurwa** – Imbonerahamwe irimo incamake y'ibizigishwa, uburyo bwo kwigisha, igihe bizamara n'ibikoresho bikenewe kuri buri somo.
-  **Ingingo z'ingenzi** – Ibitekerezo by'ingenzi bigize isomo; abahugura bashobora gutanga incamake y'ingingo z'ingenzi ku musozo w'amahugurwa.

Amasomo atangwa mu mahugurwa – ni uruherekane rw'amasomo ruherekejwe n'amabwiriza y'uko aya masomo atangwa.

Isuzumabumenyi rya mbere y'amahugurwa n'irisoza – Isuzumabumenyi rya mbere y'amahugurwa n'irisoza hamwe n'ibisubizo byayo byashyizwe mu mfashanyigisho y'uhugura kugira ngo ajye abireberaho.


-  **Ingingo zifasha Umujyanama w'U buzima** – Ni urutonde rw'inshingano n'ibikorwa by'umujyanama w'ubuzima bijyanye n'ingingo iri guhugurwaho. Abahugura bagomba gusubiramo urwo rutonde bafatanyije n'abahugurwa ku musozo w'amahugurwa.

-  **Ibindi bisobanuro** – impapuro zitanditseho ikintu aho uhugura ashobora kwandika bibaye ngombwa.

AMASOMO ATANGWA MU MAHUGURWA

*Kugira ngo abahugurwa batange amahugurwa neza, bagomba gusoma amasomo yose, bagategura ibikenewe byose harimo n'ibikoresho kandi bakimenyereza uko ibice bya buri somo bikurikirana **mbere y'uko amahugurwa atangira**. Iyo abahugurwa batasubiyemo amasomo mbere y'igihe, batangira batiteguye.*

Buri somo rikubiyemo:

-  **Uburyo bukoreshwa mu kwigisha** – Uburyo bukoreshwa mu kwigisha, urugero, gukusanya ibitekerezo, ibikorwa mu matsinda mato cyangwa ikiganiro.



Igihe gikenewe – Igihe utekereza ko isomo rizamara. Mu bice by'isomo, buri gice cy'isomo kigenerwa igihe kigomba kumara, urugero, iminota 15 ku bikorwa byo mu matsinda mato, iminota 10 yo kungurana ibitekerezo, n'ibindi. Igihe kigenerwa buri gice ni ukugereranya, ariko uhugura agomba kugerageza kubahiriza icyo gihe cyagenewe buri gice. Iyo kubahiriza igihe bidashoboka, uhugura agomba gukora ku buryo ahuza amahugurwa n'igihe cyose cyagenwe.



Gutegura isomo – urutonde rw'ibintu uhugura agomba gukora *mbere y'igihe* kugira ngo ategura isomo.



Ibikoresho – urutonde rw'ibikoresho bikenewe mu isomo. Abahugura bagomba gusubiramo urutonde rw'ibikoresho no kubikusanya *mbere y'umunsi* amahugurwa azaberaho.



Uko ibice by'isomo bikurikirana – ibice byose bifasha uhugura kuri buri somo. Ibyo bice by'isomo birimo ingingo zose zigomba kwigishwa, ibibazo n'ibisubizo byatoranyijwe ngo bize kuganirwaho, uduce duto tw'inyandikoshusho/ibipapuro binini byakoreshejwe, ingero zigirwaho, udukino, inkuru zishushanyije hamwe n'andi makuru ya ngombwa mu isomo.



Inama – ni ibyifuzo bihabwa uhugura ku buryo ashobora guhuza cyangwa guhindura amasomo niba abona bikenewe, gukemura imyumvire mibi ishingiyeye ku muco cyangwa gushishikariza abantu kugira uruhare mu isomo.



Kugenzura amakuru – iki kimenyetso cyerekana amakuru ashobora guhinduka (amabwiriza areba imiti, amafishi n'ibindi). Abahugura bagomba kugenzura amakuru yose ariho iki kimenyetso gishushanyije kugira ngo barebe ko itariki yo gukoreshwa itarenze.

Amahugurwa yose atangirwa n'ibi bikorwa:

Kwibwirana no kuvuga Intego z'amahugurwa – abahugurwa baribwirana bakanarebera hamwe intego z'amahugurwa.

Amabwiriza Ngenderwaho n'Agasanduku k'Ibitekerezo – abahugurwa bemeranywa ku mabwiriza ngenderwaho hanyuma bakigishwa ibijyanye n'Agasanduku k'Ibitekerezo – agasanduku bashobora gushyiramo ibibazo cyangwa imbogamizi bafite ku mahugurwa niba bumva bibangamiye kubibaza mu ruhame.

Isuzumabumenyi rya mbere y'amahugurwa – abahugurwa bahabwa isuzumabumenyi ryanditse kugira ngo harebwe ibyo basanzwe bazi ku mahugurwa bagiye guhabwa.

Amahugurwa yose arangizwa n'ibi bikorwa:

Izusumabumenyi risoza – kimwe no ku izusumabumenyi rya mbere y'amahugurwa, abahugurwa bakora izusumabumenyi risoza kugira ngo harebwe ibyo bungukiye mu mahugurwa arangiye. Uhugura akosora ibibazo byo mu isuzumabumenyi risoza maze abahugurwa bakagereranya ibyavuye mu isuzumabumenyi rya mbere y'amahugurwa n'irisoza.

Gusuzuma uko amahugurwa yagenze n'Agasanduku k'Ibitekerezo – abahugurwa basuzuma uko amahugurwa yagenze maze uhugura agasubiza ibibazo byakusanyijwe mu Gasanduku k'Ibitekerezo.

ISUZUMA

Aya mahugurwa arimo isuzumabumenyi rya mbere y'amahugurwa n'irisoza yagenewe gupima ibyo abahugurwa bayigiramo. Imfashanyigisho y'uhugura irimo ibibazo by'isuzumabumenyi rya mbere y'amahugurwa n'irisoza hamwe n'ibisubizo byayo. Igitabo cy'Uhugurwa kirimo ibibazo by'isuzumabumenyi risoza ku rupapuro rwa nyuma (nta bisubizo), urwo rupapuro abahugurwa barucamo bakarwuzuzwa mu gihe cy'amahugurwa. Kugira ngo abahugurwa bafashe abahugurwa bafite ubumenyi butandukanye mu gusoma no kwandika, bagomba gusoma ibibazo baranguruye ijwi, kimwe kimwe, bakaruhuka nyuma yo gusoma buri kibazo kugira ngo bahe abahugurwa umwanya wo guca akaziga ku gisubizo nyacyo. Abahugurwa bagomba kugereranya ibisubizo byo mu isuzumabumenyi rya mbere y'amahugurwa n'irisoza kugira ngo barebe ibyo abahugurwa bungutse no kugira ngo barebe ingingo zikeneye gusubirwamo mu mahugurwa azakurikiraho.

Niba abahugurwa benshi bashubije nabi mu isuzumabumenyi risoza, ibyo bishobora gusobanura ko abahugurwa bagomba kunoza uburyo bwabo bwo kwigisha kugira ngo babafashe gusobanukirwa ibyo bahugurwaho.

Aya mahugurwa kandi arimo isomo ryo gusuzuma uko amahugurwa yagenze rigenewe kumva ibitekerezo by'abahugurwa, aho bavuga ibyagenze neza, ibitaragenze neza n'ibyifuzo by'uko amahugurwa ataha yazanozwa. Abahugurwa bashobora kubaza ibibazo by'isuzuma mu magambo maze bakandika ibisubizo by'abahugurwa, cyangwa se bagasaba abahugurwa guca ifishi y'isuzuma iri ku rupapuro rwa nyuma rw'ibitabo byabo no kurwuzuzwa. Abahugurwa bashobora na none gufotora ifishi y'isuzuma iri mu mfashanyigisho y'uhugura. Abahugurwa bagomba gukusanya no gusubiramo ibisubizo n'ibitekerezo by'abahugurwa kugira ngo bizafashe mu kunoza amahugurwa yo mu minsi iri imbere.

IMYITEGURO Y'UHUGURA

Abahugura bagomba gusubiramo neza amasomo yose ateganyijwe mu mahugurwa mbere y'uko amahugurwa atangira. Bagomba gusoma ibikorwa byose, kwitegura no gukusanya ibikoresho bikenewe kandi bakimenyereza uko ibice bya buri somo bikurikirana n'ingingo zose z'amahugurwa. Niba amahugurwa azarenza umunsi 1, uhugura agomba kongera gusubiramo ibikoresho mu ijoro ribanziriza umunsi wa 2.

Niba abahugura 2 cyangwa barenga bazafatanyaga gutanga amahugurwa, bagomba guhura mbere y'umunsi w'amahugurwa kugira ngo bumvikane kuri gahunda bazagenderaho banagabane amasomo buri wese azatanga. Bagomba kandi guhura ku musozo w'amahugurwa ya buri munsi kugira ngo bavugane ku byagenze neza, ibitagenze neza n'uko bazakora ku munsi ukurikiyeho.

Aya mahugurwa ntakenere kwitegura cyangwa ibikoresho bidasanzwe. Ku masomo menshi, abahugura bakenera gusa Imfashanyigisho y'Uhugura, Igitabo cy'Uhugurwa, inyandikoshusho/inyandiko ku mpapuro nini zo kwandikaho, marikeri na papiyekola. Nyamara rero, ***amasomo amwe akenera ibikoresho byihariye abahugura bagomba gushaka mbere y'igihe, urugero udushumi two gupima ikizigira (MUAC), iminzani yo gupima abana, inzitiramibu, ibikoresho byo kuvanga SIRO cyangwa ingero z'uburyo bukoreshwa mu kuboneza urubyaro.***

UBUMENYI BW'ABAHUGURWA MU GUSOMA NO KWANDIKA

Abajyanama b'ubuzima ba PIH/IMB bagomba kuba bazi gusoma no kwandika kugira ngo bakore imirimo yabo neza. Ariko rero, igipimo cyo kumenya gusoma no kwandika mu bajyanama b'ubuzima kiratandukanye. Aya mahugurwa yateguriwe gufasha abafite ubumenyi mu gusoma no kwandika butandukanye kugira ngo n'abafite ubumenyi buke babashe kwiga bitabagoye. Urugero, Igitabo cy'Uhugurwa cyanditse mu nyuguti nini, gikoresha imvugo yoroshye, kirimo amashusho menshi kandi gikoresha ingingo zumvikana mu gutanga amakuru ya ngombwa. Amasomo yo mu mahugurwa akoresha amashusho, ibiganiro n'ingero ngufi bisomwa baranguruye ijwi, aho kwibanda ku byanditse byose uko byakabaye.

Ibice by'isomo akenshi bizamo amabwiriza yihariye yerekera uhugura uko agomba guhuza ubumenyi butandukanye bw'abahugurwa mu gusoma no kwandika. Urugero, abahugura basabwa gusoma amakuru baranguruye ijwi, bagasaba abahugurwa gukorana babiri babiri cyangwa mu matsinda mato kugira ngo bafashanyeho hagati yabo, bakagenzura ko buri tsinda ririmo umuntu uzi gusoma no kwandika neza kandi bagasobanura amashusho ari mu nyandikoshusho cyangwa ku rupapuro runini baranguruye ijwi kandi bitonze.

Uretse aya mabwiriza, abahugura bagomba kwita ku byo abahugurwa bagaragaje ko bakeneye muri aya mahugurwa bijyanye no gusoma no kwandika, maze bagapanga uko byakemurwa. Urugero, niba abahugura babona ko bamwe mu bahugurwa bafite ikibazo cyo gusoma cyangwa kwandika, bagomba kubafasha bakagenzura ko abandi bahugurwa na bo babafasha.

GUHUZA AMAHUGURWA N'ABAYAHABWA

Amasomo yo muri aya mahugurwa yateguriwe amatsinda y'abahugurwa bari hagati ya 20–30, ariko ashobora no gukoreshwa neza ku matsinda y'abahugurwa bari hagati ya 12–20. Niba abahugura bagomba gukorana n'amatsinda manini y'abahugurwa, bagomba guhuza amasomo n'abo bantu. Urugero, mu bikorwa byo mu matsinda mato bimwe na bimwe, abahugura bashobora gukenera gukora amatsinda y'abantu 10 aho kuba 5 muri buri tsinda. Mu dukino, abahugura bashobora gukenera kugabanya igihe cyo gukina.

Rimwe na rimwe amasomo atanga inama z'uburyo ushobora guhindura ibikorwa, urugero, inama z'uko wahina isomo niba usigaranye igihe gito cyangwa ubona abahugurwa bananiwe cyane. Uretse gusoma izi nama kandi, abahugura bagomba gukoresha ubwenge bwabo maze bagahindura ibikorwa by'amahugurwa mu buryo bubereye abahugurwa. Urugero, ku bice bimwe na bimwe, abahugura bashobora guhindura ibibazo, agakino, cyangwa ingero kugira ngo babihuze n'imigenzo n'imyemerere y'aho batuye.

Abahugura bagomba buri gihe kwitegereza imbaraga n'ubushake abahugurwa bafite maze bagahindura uko bigishaga niba babona bacitse intege cyangwa batagikurikira. Niba nyuma ya saa sita abahugurwa batagishobora gukurikira, abahugura bagomba kongera ibibakangura (energizers), bakongera ikirukuho gito cyangwa bakabakoresha umukino wo gusubiramo kugira ngo bakanguke.

IBIGANIRO

Imfashanyigisho irimo ibibazo byihariye n'ibisubizo binyuranye byo guhitamo ku biganiri byose. Ibisubizo binyuranye byo guhitamo byanditse mu nyuguti ziberamye. Abahugura bagomba kugerageza gusobanura ibyo bisubizo mu biganiri bagirana n'abahugurwa aho kugira ngo abe ari bo babitanga ubwabo. Bashobora gukenera kongera kubaza ikibazo mu yandi magambo cyangwa gutanga urugero kugira ngo basobanure ibisubizo bitanzwe n'abahugurwa. Nyamara rero, abahugura bagomba gutanga ibisubizo nyuma y'uko abahugurwa bahawe amahirwe yose yo gusubiza ibyo batekereza kandi batanga gusa ibisubizo abahugurwa batavuze.

AMAHAME SHINGIRO YO KWIGISHA ABANTU BAKURU

Aya mahugurwa akorwa hubahirizwa amahame shingiro y'ingenzi yo kwigisha abantu bakuru, harimo:

- **Kubahana** – Abiga ari bakuru bagomba kumva bubashywe kandi badatandukanye n'ababigisha.
- **Gushimwa** – Abantu bakuru bakenera gushimwa n'iyo bakoze utuntu duto.
- **Kwifashisha ubumenyi basanganywe/ibyo basanzwe bakora** – Abantu bakuru biga neza iyo bifashishije ubumenyi bafite n'ibyo basanzwe bakora.

- **Akamaro k'icyo biga** – Ibyo abantu bakuru biga bigomba guhura n'ibyo bakenera mu buzima bwabo bwa buri munsu- mu kazi kabo, mu miryango n'ibindi.
- **Kuganira** – Kwigisha no kwiga bigomba kujyana kugira ngo abantu baganire n'uwigisha.
- **Kwitabira** – Abantu bakuru bagomba kwitabira amasomo mu biganiro, mu mpaka baja n'abandi no mu kwigira kuri bagenzi babo.
- **Kugaragaza ko bumvise** – Abantu bakuru bagomba kuba bashobora gukoresha ibyo bize ako kanya.
- **Itegeko rya 20-40-80** – Abantu bakuru bibuka neza 20% by'ibyo bumvise, 40% by'ibyo bumvise bakanabibona na 80% by'ibyo bumvise, bakabibona bakanabikora.
- **Gutekereza, kumva no gushyira mu bikorwa** – Kwiga bigira akamaro cyane iyo harimo gutekereza, kumva (uko umerewe) no gukora.
- **Kumva utekanye kandi wisanzuye** – Abantu bakuru bakenera kumva batekanye kandi bisanzuye kugira ngo bafate ibyo biga kandi banabigiremo uruhare. Bakenera kumenya ko ibitekerezo byabo n'ibyo bavuga bidafatwa nk'iby'abana cyangwa ngo babaseke.

UBURYO BWO KWIGISHA

Kugira ngo abahugura bashyire mu bikorwa aya mahame shingiro yo kwigisha abantu bakuru, bakoresha uburyo bwo kwigisha bunyuranye aho buri wese abagiramo uruhare. Muri bwo twavugaga ibiganiro mu matsinda manini, udukino, gutanga ingero n'inkuru ngufi. Aya masomo yateguriwe gusobanura no kongera ubumenyi mu bikorwa by'abahugurwa, guteza imbere ibitekerezo no kujya impaka ku bibazo bikomeye, kubereka uko ibyo bize bikorwa no kubafasha kwigishanya hagati yabo.

Amasomo amwe agizwe n'ibiganiro by'abahugurwa. Gusa ugereranyije n'izindi mfashanyigisho nyinshi z'amahugurwa, iyi yo ntikoresha ibisobanuro cy'uhugura nk'uburyo bwa mbere bwo kwigisha. Ahubwo amasomo atangwa ku buryo buri wese ayagiramo uruhare, ibyo bigatuma abahugurwa bashobora gufata ibintu byinshi kandi bakumva bisanzuye mu byo bavugaga no gufashanya. *Ibuka ko abantu bakuru bibuka neza 20% by'ibyo bumvise, 40% by'ibyo bumvise bakanabibona na 80% by'ibyo bumvise, bakabibona bakanabikora.* Amahugurwa y'ingirakamaro ni atuma abahugurwa bumva, bakabona bakanakora. Niba abahugurwa batega amatwi ibyo uhugura ababwira gusa umunsi wose, ntibigira cyangwa se ngo bafate neza.

Uburyo bwo kwigisha buri wese agiramo uruhare burimo:

- Ibikorwa mu matsinda mato
- Ibikorwa mu itsinda ryose muri rusange

- Ibiganiri mu matsinda mato
- Ibiganiri bya rusange
- Gukusanya ibitekerezo
- Agakino
- Urugero rwigirwaho
- Gusubiza amaso inyuma
- Kwerekera uko ibintu bikorwa
- Ikiganiri cy'uhugura
- Inkuru ishushanyije
- Kwigishanya hagati y'abahugurwa

IBIGANIRO BYA RUSANGE

Ikiganiri cya rusange ni ikiganiri hagati y'uhugura n'abahugurwa bose hamwe, aho basubiza ibibazo uhugura aba yateguye mbere y'igihe. Muri ibyo biganiri, hashobora kuvuka ibibazo bishya. Mbere yo gutangira ibiganiri uhugura agomba gutanga amabwiriza asobanutse. Muri ibyo biganiri uhugura agomba kubiyobora, harimo kurinda abahugurwa gutandukira, gusobanura ibisubizo abahugurwa batanze no kugenera igihe ntarengwa abahugurwa bakunda kuvuga ntibarangize.

Kugira ngo uyobore ikiganiri cya rusange, ugomba gukora iki?

- Kugena igihe ntarengwa no kucyubahiriza.
- Gusobanurira abahugurwa ko ushaka kuvuga agomba kuzamura akaboko.
- Kubafasha kuvuga gusa ku ngingo mwihaye.
- Gukora ku buryo ikiganiri kijya imbere kandi kikabaryohera.
- Gushishikariza buri wese gutanga ibitekerezo.
- Kunyuzwa amaso mu cyumba cy'amahugurwa cyose kugira ngo uhe buri muntu wazamuye akaboko ijamba.
- Guha igihe ntarengwa abahugurwa bavuga ntibarangize.
- Kugenzura uko abantu batanga ibitekerezo.
- Niba abahugurwa bananiwe gusubiza ikibazo runaka, gerageza kukibaza mu bundi buryo.

- Kubaza ibibazo kugira ngo ushishikarize abahugurwa gutanga ibisubizo birenze kimwe ku kibazo, urugero: “Nta kindi?” “Nta bindi bitekerezo musigaranye?”
- Kurangiza ikiganiro; gusubiramo maze ukavuga incamake y’ingingo z’ingenzi.

Ni ibihe byiza byo gukoresha ibiganiro bya rusange?

- Buri wese ahabwa amahirwe yo kuvuga.
- Buri wese yumva ibitekerezo bya mugenzi we.
- Kumva ibitekerezo byinshi bishobora gutuma ikiganiro gishyuha.
- Abahugurwa babangamirwa no kuvuga mu bantu benshi batega amatwi.

Ni izihe mbogamizi zo gukoresha ibiganiro muri rusange?

- Abahugurwa bavuga cyane n’abiyizeye usanga biharira ijamba abandi ntibavuge.
- Abahugurwa bagira isoni n’abafite ubumenyi buke bashobora kumva babangamiwe no kuvugira mu ruhame.
- Ibiganiro muri rusange bishobora kuziramo ibindi (gutana) iyo harimo ibitekerezo byinshi bivuguruzanya.

IBIGANIRO MU MATSINDA MATO

Ikiganiro mu matsinda mato ni ikiganiro hagati y’itsinda rito ry’abahugurwa (akenshi baba bari hagati ya 3-6 mu itsinda) aho abahugurwa basubiza ibibazo uhugura aba yateguye mbere y’igihe. Muri ibyo biganiro, hashobora kuvuka ibibazo bishya. Mbere yo gutangira kuganira, uhugura agomba gutanga amabwiriza asobanutse mbere yo kugabanya abahugurwa mu matsinda mato. Mu gihe abagize amatsinda mato baganira, uhugura agomba kubazengurukamo areba ko bakivuga ku ngingo bahawe kandi akabasobanurira uko bagomba kubigenza.

Kugira ngo uyobore ibiganiro bikorerwa mu matsinda mato, ugomba gukora iki?

- Mbere yo kugabanya abahugurwa mu matsinda mato, ha abahugurwa amabwiriza asobanutse y’ibyo basabwa kuganiraho. Uburyo bwiza bwo kubikora ni ukwandika ayo mabwiriza ku rupapuro no kuyamanika mu cyumba cy’amahugurwa.
- Ha amabwiriza amatsinda mato kugira ngo abayagize bose bagire uruhare mu mahugurwa.
- Saba abagize ayo matsinda kwitoramo umuyobozi n’ushinzwe kubahiriza igihe mu matsinda yabo.

- Genzura igihe kandi ujye ubwira abagize amatsinda iminota basigaranye, ni ukuvuga bamaze $\frac{1}{2}$, hasigaye iminota 5 n'igihe basigaranye umunota 1.
- Mu gihe abagize amatsinda bari gukora, banyuremo ureba ko abahugurwa bumvise ibyo basabwa gukora kandi bakaba bari kubikora neza.

Ni ibihe byiza byo gukoresha ibiganiro mu matsinda mato?

- Abantu benshi barisanzura iyo bari gukorera mu matsinda mato kurusha muri rusange, bityo rero batanga ibitekerezo byinshi buri wese akabigiramo uruhare.
- Abahugurwa mu matsinda mato bashobora gusangira ibitekerezo ku ngingo zigorana kuvugwaho mu busanzwe kubera ko batinya kubivuga muri rusange.

Ni izihe mbogamizi zo gukoresha ibiganiro mu matsinda mato?

- Kugira ngo ikiganiro mu matsinda rito kigende neza, biterwa n'abazigize n'uhugura, kandi amatsinda mato amwe ashobora gukora neza kurusha ayandi.
- Ibiganiro mu matsinda mato bishobora kuziramo izindi ngingo zidafite aho zihuriye n'ikivugwa iyo abarimo batabyitwayemo neza.

GUSUBIZA AMASO INYUMA

Gusubiza amaso inyuma ni igikorwa cyo gufasha abantu gutekereza no kwibuka ibyo buri wese azi yanyuzemo. Abahugura bakoresha ubu buryo kugira ngo bafashe abahugurwa gutekereza ku bintu bazi byaba ibyo mu gihe cyashize cyangwa ibiba muri iki gihe – bishobora kuba ari amateka, imibereho itandukanye, abantu cyangwa amarangamutima bifite aho bihuriye n'ingingo iri kwigwaho mu mahugurwa. Igikorwa cyo gusubiza amaso inyuma kigenda neza iyo abahugurwa bakora batekanye, bamerewe neza, bizeranye hagati yabo kandi bafitiye ubahugura ikizere.

Kugira ngo ufashe abahugurwa gusubiza amaso inyuma, ni iki ugomba gukora?

- Gusaba abahugurwa gutuza hanyuma bagafunga amaso.
- Gukoresha ingingo ngufi, kubabaza ibibazo, cyangwa kubabwira inkuru ngufi ibafasha gutekereza.
- Gusoma buri ngingo cyangwa buri kibazo witonze kandi ku buryo bwumvikana, ukagenda unyuzamo ugahagarara inshuro nyinshi hagati kuri buri ngingo cyangwa ikibazo kugira ngo abahugurwa babone umwanya wo kubitekerezaho no kwibuka.
- Bitewe n'ingingo muri kuganiraho, igikorwa cyo gusubiza amaso inyuma gishobora gutuma bamwe mu bahugurwa bagaragaza amarangamutima

akomeye. Uhugura agomba kwibuka ko ibyo bishoboka kuba maze akabasubizanya ubushishozi.

- Rimwe na rimwe nyuma y'igikorwa cyo gusubiza amaso inyuma, abahugurwa bashobora gukenera kwandika ibitekerezo byabo cyangwa kubiganira na bagenzi babo cyangwa se kubiganiriza itsinda ryose muri rusange.

Ni ibihe byiza byo gusubiza amaso inyuma?

- Abahugurwa biga neza iyo bashoboye guhuza inyigisho nshya n'ubumenyi basanganywe.
- Gusubiza amaso inyuma bifasha abahugurwa gutekereza ku bumenyi (ubunararibonye) basanganywe mu buryo butunganye.
- Gusubiza amaso inyuma bishobora gukoreshwa mu musogongerero w'isomo, mu gufasha kuvuga ibibazo cyangwa imbogamizi, cyangwa bigatuma abahugurwa bunguka ibitekerezo bishya.

Ni izihe mbogamizi zo gukoresha uburyo bwo gusubiza amaso inyuma?

- Gusubiza amaso inyuma bishobora gutuma abantu bamwe bagaragaza amarangamutima akomeye. Ni ngombwa ko uhugura abimenya hanyuma akabasubizanya ubushishozi.
- Bishobora kugora abahugurwa bakunda kuvuga cyane kumara umwanya munini bacecetse.

IKIGANIRO CY'UHUGURA

Uhugura yigisha abwira itsinda ryose, rimwe na rimwe akoresheje inyangoshusho, amafoto, cyangwa inyandiko biri ku mpapuro nini. Ibisobanuro by'uhugura ni uburyo bwa kera bukoreshwa mu kwigisha no mu guhugura. Abantu benshi bageze mu ishuri barabimenyereye kuko abarimu hafi ya bose baba abo mu mashuri abanza, ayisumbuye ndetse na za kaminuza bakoresha ubu buryo. Ibisobanuro bitangwa n'uhugura biba byiza cyane iyo uhugura atangiye isomo rishya, ariko ibi bisobanuro bigomba gufata umwanya mugufi maze bigaherekezwa n'amashusho ndetse n'ibiganiro.

Kugira ngo utange ibisobanuro ugomba gukora iki?

- Gutegura neza isomo ryawe mbere y'igihe ku buryo bwumvikana kandi bworoheye buri wese gukurikira.
- Kugenzura ko ibikoresho byose bihari (ibyerekana amashusho, impapuro nini) no kubitegura neza mbere y'igihe.
- Ibisobanuro bigomba kuba bigufi, bishobotse bikaba biri hagati y'iminota 5 na 15.

- Gukoresha imvugo yoroshye kandi yumvikana kugira ngo abahugurwa bose babashe gusobanukirwa neza.
- Gukoresha ibibazo igihe usobanura kugira ngo abahugurwa babashe kugira uruhare mu byo uri kwigisha.
- Gukoresha imvugo yoroheje mu ijwi rituje kandi ryumvikana.
- Kwitegereza abahugurwa mu gihe wigisha, niba ubona bameze nk'abatabyumva cyangwa barambiwe, baza ibibazo cyangwa wihutishe ibisobanuro byawe.
- Kuzenguruka mu cyumba cy'amahugurwa igihe usobanura (niba bishoboka).
- Kwitegereza abahugurwa igihe usobanura inyandikoshusho (kirazira kureba mu mashusho uri gusobanura).
- Mu gusoza ibisobanuro, kuvuga muri make no gusubiramo ingingo z'ingenzi.

Ni ibihe byiza byo gukoresha uburyo bwo gutanga ibisobanuro?

- Ibisobanuro bigira akamaro cyane mu gutanga umusogongerwa w'isomo rishya vuba kandi urasa ku ntego.
- Rimwe na rimwe abahugurwa bakenera guhabwa ibisobanuro bihagije ku somo rishya mbere yo kurikoresha cyangwa kurishyira mu bikorwa.
- Abahugurwa benshi bageze mu ishuri bamenyereye ubu buryo bw'imyigishirize kandi barabwishimira.

Ni izihe mbogamizi zo kwigisha ukoresheje uburyo bwo gutanga ibisobanuro?

- Ibisobanuro nta bwo bituma abantu bose bagira uruhare mu isomo nk'uko bigenda mu biganirwa byo mu matsinda mato, mu dukino cyangwa se ikindi gikorwa icyo ari cyo cyose gituma abantu bose babigiramo uruhare.
- Rimwe na rimwe abahugurwa bararangara ntibakurikire.
- Iyo uhugura atiteguye neza, abahugurwa ntibakurikira isomo rye uko bikwiye.

GUKUSANYA IBITEKEREZO

Gukusanya ibitekerezo ni uburyo uhugura akoresha abaza ikibazo cyangwa atanga ingingo hanyuma agasaba abahugurwa kuyitangaho ibitekerezo byinshi bishoboka. Abahugurwa bashobora gukoresha ubu buryo bwo gukusanya ibitekerezo mu matsinda y'abantu bake cyangwa muri bose muri rusange. Gukusanya ibitekerezo ni uburyo bwiza butuma

haboneka ibitekerezo bishya kandi ku buryo bwihuse. Intego yo gukusanya ibitekerezo si ukugira ngo haboneke igisubizo kimwe gusa cy'ukuri ku kibazo cyangwa ingorane runaka, ahubwo ni ukugira ngo haboneke ibitekerezo byinshi bitandukanye.

Kugira ngo ufashe abahugurwa gutanga ibitekerezo, ugomba gukora iki?

- Gusobanura ko intego yo gukusanya ibitekerezo atari iyo kugera ku gisubizo nyacyo kimwe gusa ahubwo ko ari ukugira ngo haboneke ibitekerezo byinshi bishoboka.
- Mu gihe cyo gukusanya ibitekerezo, akira igitekerezo kimwe kimwe cya buri wese uri mu mahugurwa.
- Kwakira ibitekerezo byose uko biri nta kugira ibyo unenga.
- Gushishikariza abahugurwa gutanga ibitekerezo byabo byose uko babyumva.
- Kureka abantu bakisanzura.
- Gushishikariza abahugurwa bose gutanga ibitekerezo. Kwirinda kwibanda ku bahugurwa bake ngo abe ari bo batanga ibitekerezo bonyine.
- Umuntu umwe agomba kuba ayoboye ikiganiro undi akaba ari kwandika ibyo bitekerezo.
- Nyuma yo gukusanya ibitekerezo, uhugura afatikanyije n'abahugurwa bashobora kureba kuri rwa rutonde rw'ibitekerezo batanze hanyuma bagahitamo ibisubizo by'ikibazo runaka, bakagena ibifite ingufu kurusha ibindi, bakagenda babishyira mu byiciro, n'ibindi.
- Urugero, niba abahugurwa batanze ibisubizo bishoboka ku kibazo runaka, igikorwa gikurikiraho cyaba icyo gusubiramo ibyo bisubizo, guhitamo 3 biza ku murongo wa mbere (nk'itsinda), kongera kubijyaho impaka kugeza ubwo mugera ku gisubizo kimwe kiboneye kurusha ibindi.

Ni ibihe byiza byo gukusanya ibitekerezo?

- Abahugurwa batanga ibitekerezo byinshi kandi mu buryo bwihuse.
- Gukusanya ibitekerezo bituma abantu bose bakora kandi bikabongerera ingufu.
- Kubera ko nta gisubizo kimwe kiba ari cyo cyangwa kitari cyo, bituma abahugurwa bisanzura mu gutanga ibitekerezo.

Ni izihe mbogamizi zigaragara mu gukusanya ibitekerezo?

- Abahugurwa bamwe bashobora gutanga ibitekerezo bitajyanye n'ikivugwa.
- Abahugurwa bakunda kuvuga cyane bashobora kuganza abandi.

AGAKINO

Agakino ni agakinamico kagufi aho abahugurwa bakina berekana igikorwa cyihariye kandi bakiyumvisha uko byagenda igihe baba bageze muri icyo gikorwa. Utu dukino ntidukurikiza amategeko asanzwe, bivuze ko abahugurwa batagomba gufata mu mutwe ibyo baza kuvuga cyangwa se ngo bakine neza nk'abahanga. Intego yatwo ni ukwerekana ikibazo, igikorwa, cyangwa igitekerezo binyuze mu gakino. Udukino dufasha abahugurwa kwinjira mu bibazo by'ubuzima busanzwe hanyuma bakanitoza uburyo bwo kubikemura. Abahugurwa bashobora gukoresha udukino berekana ibitekerezo n'amakuru y'abarwayi n'abaturage bose muri rusange. Udukino dufasha abahugurwa kwiga ndetse no kwitoza uburyo bwo gutanga amakuru no gutanga inama, imyitwarire myiza n'uburyo bunoze bwo kwegera abaturage. Udukino dushobora gukorwa mu buryo butunguranye kandi budakurikije amategeko, dushobora gukorerwa mu matsinda mato cyangwa se mu bahugurwa bose muri rusange.

Kugira ngo uyobore agakino ugomba gukora iki?

- Guteganya umwanya uhagije kugira ngo abahugurwa babashe kubona umwanya wo gutegura no gukina udukino twabo.
- Gusobanura neza agakino icyo aricyo, uko abahugurwa bagomba kugategura, ndetse n'icyo agakino kagamije kwerekana.
- Niba abahugurwa batamenyere iby'udukino, kubasobanurira neza no kuberekera uko bagomba kubigenza.
- Gutanga iminota ntarengwa yo gukina kandi mukoreshe igihe uko bikwiye.
- Kwibutsa abahugurwa ko udukino bakina tudasaba kuba duteguye neza ijana ku ijana, ahubwo ko ari uburyo bwo kubafasha kwitoza gukemura ibibazo bahura na byo mu buzima busanzwe. Nta cyo bitwaye gukora amakosa igihe umuntu ari gukina.
- Nyuma y'agakino, kuyobora ikiganiro ku bitekerezo byagaragajwe mu gakino. Kwita cyane ku bibazo by'ingenzi byagaragajwe mu gakino aho kwita ku buryo abakinaga babikoze.

Ni ibihe byiza byo gukoresha udukino?

- Udukino dufasha abahugurwa kugira uruhare mu bikorwa kandi tukabaha uburyo bwo gutekereza, kumenya uko bamereye no kugira icyo bakora.

- Udukino duha abahugurwa amahirwe yo gukorera imyitozo ahantu hizewe kandi bagenzi babo bakabafasha kumenya uko babikoze.
- Ushobora gukoresha udukino 2 tugufi kugira ngo werekane 1) uburyo budahwitse bwo gukemura ikibazo; 2) n'uburyo buboneye bwo gukemura ikibazo.
- Udukino dushobora gutuma haboneka ibitekerezo byinshi kandi bigaha abantu umwanya wo kubiganiraho ku buryo bw'ingirakamaro.

Ni izihe mbogamizi ziboneka mu gukoresha uburyo bw'udukino?

- Udukino dutwara imwanya munini.
- Abahugurwa bamwe bashobora gutinya kujya gukina imbere y'abandi.
- Abahugurwa bashobora kuba batamenyereye gukina udukino nk'utu.

IGIKORWA CYA RUSANGE

Uhugura ayobora itsinda ryose igikorwa kimwe bahuriyeho bose. Ingero z'ibikorwa bya rusange zirimo nko gutora, kuvangura amafoto, kwiga indirimbo, n'ibindi. Ibikorwa bya rusange bigenda neza iyo itsinda rigizwe n'abantu bari hagati ya 10-25, ariko iyo byateguwe neza, abahugura bashobora kuyobora neza ibikorwa bya rusange ku matsinda agizwe n'abantu benshi barenze abo tuvuze haruguru.

Kugira ngo uyobore igikorwa cya rusange, ugomba gukora iki?

- Gushyiraho iminota ntarengwa no kuyikoresha neza.
- Niba abahugurwa baza gukenere kwimuka mu myanya yabo mu cyumba cy'amahugurwa muri iki gikorwa, gukora ku buryo begezayo intebe n'ameza.
- Gusobanura icyo bagiye gukora ku buryo bwumvikana.
- Kugenzura ko igikorwa kigenda neza.
- Gushishikariza buri wese kukigiramo uruhare.
- Kugaragaza ingingo z'ingenzi mu gihe muri mu gikorwa nyirizina niba nta cyo bitwaye.
- Gusoza icyo gikorwa usubiramo muri make ingingo z'ingenzi.

Ni ibihe byiza byo gukoresha uburyo bw'ibikorwa bya rusange?

- Ibikorwa bya rusange bituma buri wese akora kandi bishobora gutuma abahugurwa bakanguka.
- Ibikorwa bya rusange bifasha abantu kudakoresha ingufu nyinshi cyane nk'ibikorwa byo mu matsinda mato, bityo bikaba byakoreshwa

bisimburana n'ibikorwa byo mu matsinda mato kugira ngo abahugurwa batananirwa cyane.

Ni izihe mbogamizi zigaragara mu gukoresha uburyo bw'ibikorwa bya rusange?

- Abahugurwa bamwe bashobora kutagaragaza uruhare rwabo nk'uko bari kubigenza mu bikorwa byo mu matsinda mato.
- Ibikorwa bya rusange bisaba ko uhugura akoresha ingufu nyinshi cyane.
- Ibikorwa bya rusange bishobora kunanira uhugura kubigenzura iyo itsinda ari rinini cyane.

IGIKORWA MU MATSINDA MATO

Uhugura agabanya abahugurwa mu matsinda mato kugira ngo bakore igikorwa runaka. Ingero z'ibikorwa mu matsinda mato, twavugamo nk'ibiganiro mpaka mu matsinda mato, ingero zigirwaho, gutegura udukino, gukemura ibibazo no kwitegereza inkuru zishushanyije. Amatsinda mato atuma buri muntu wese agira uruhare mu gikorwa kurusha uko yarugira bari gukorera muri rusange. Ibikorwa byo mu matsinda mato bifasha kandi abahugurwa kumenyana no kungurana ubwenge igihe bakorana n'abantu batandukanye.

Kugira ngo uyobore igikorwa cyo mu itsinda rito, ugomba gukora iki?

- Gusobanura neza uko igikorwa giteye.
- Kubwira abagize amatsinda mato uko baza kugeza ku itsinda rinini ibyo bakoze. Urugero, ese bagomba kwandika ibitekerezo byabo ku rupapuro runini kugira ngo baze kubibwira abandi muri rusange? Ese bagomba kuza gusobanura ibyo bakoze mu magambo, cyangwa kwerekana agakino bateguye imbere y'abandi?
- Kugabanya abahugurwa mu matsinda mato. Amatsinda mato y'abantu bari hagati ya 4-6 ni yo abasha gukora neza, ariko ibikorwa bimwe na bimwe bisaba itsinda rigizwe n'abantu 3 gusa cyangwa itsinda rigizwe n'abantu bari hagati ya 10-12.
- Kugabanya abahugurwa mu matsinda mato ukurikije icyo bagiye gukora. Urugero, ku ngingo zivuga ku bitsina, nk'ubuzima bw'imyororokere, ugomba gukora amatsinda y'abagabo ukwabo n'abagore ukwabo.
- Niba ingingo mugiyeye gukoraho idasaba umwihariko mu matsinda, gabanya abahugurwa mu matsinda ukoresheje kubasaba kugenda babara, "1, 2, 3, 4, n'ibindi." Hanyuma ukaza gusaba ababaze 1 bose kujya hamwe, ababaze 2 na bo bakajya hamwe gutyo gutyo.
- Mu gihe ugabanya abahugurwa mu matsinda, ugomba gukora ku buryo abantu baziranye batajya mu itsinda 1. Uburyo bwiza bwo kubigeraho ni ugukoresha kubara.

- Niba igikorwa bagiye gukora mu matsinda mato gisaba gusoma no kwandika, kora ku buryo buri tsinda rigira nibura umuntu umwe uzi gusoma no kwandika neza.
- Kubwira abatsinda iminota bahawe kugira ngo babe barangije igikorwa wabahaye. Hanyuma ubafashe kumenya gukoresha igihe neza ugenze ubibutsa iminota isigaye, urugero, igihe hasigaye ½ cy'iminota bagomba gukoresha, igihe hasigaye iminota 5 kugeza ku munota 1. Niba ubona igihe kirangiye kandi amatsinda atararangiza gukora ibyo wabahaye, ushobora kubongerera iminota niba ingengabihe yawe ibikwemerera.
- Mu gihe amatsinda arimo akora, zenguruka mu cyumba cy'amahugurwa ureba niba basobanukiwe n'ibyo bagomba gukora kandi ko urebe ko bari gutera imbere, ubafashe kandi usubize ibibazo bafite niba ari ngombwa.
- Kugenzura igihe neza igihe hari itsinda riri imbere ryerekana ibyo ryakoze. Urugero, ha buri tsinda rito iminota 5 yo kubagezaho ibyo ryakoze n'indi minota mike yo gusubiza ibibazo.

Ni ibihe byiza byo gukoresha uburyo bw'ibikorwa byo mu matsinda mato?

- Amatsinda mato atuma buri wese yitabira kurusha uko yaba akorera muri rusange. Abantu benshi bumva bamereye neza iyo bavugira mu matsinda mato.
- Amatsinda mato atuma abantu barushaho gusobanukirwa n'ibyo bakora no kuganira ku buryo busesuye kuko buri wese aba agomba kugira icyo akora.

Ni izihe mbogamizi zo gukoresha uburyo bw'ibikorwa byo mu matsinda mato?

- Ibikorwa mu matsinda mato bitwara igihe kinini kurusha ubundi buryo bukoreshwa mu kwigisha.
- Amatsinda mato amwe birayakomerera gukorera hamwe cyangwa kurangiza akazi bahawe gukora. Igihe ubonye itsinda rito rifite ibibazo, rifashe rigaruke ku ngingo, bahe ingero zo kubasobanurira, wongere ubasobanurire icyo bagomba gukora, n'ibindi.

INGERO ZIGIRWAHO

Urugero rwigirwaho ni inkuru ngufi igaragaza ukuri kw'ibintu bibaho ihabwa abahugurwa bakayijyaho impaka ndetse bakanayisesengura. Ingero zigirwaho zifasha abahugurwa kubona umwanya wo gukoresha ubumenyi bungutse mu mahugurwa mu kuganira, gusesengura no gukemura ibibazo byerekeranye n'ingingo bari kwigaho mu mahugurwa. Urugero: urugero rwigirwaho rushobora kuba rugaragaza ibimenyetso by'umuntu urwaye, hanyuma ugasaba abahugurwa gutahura ibyo bimenyetso no kuganira ku cyo bagomba

gukorera uwo muntu. Bitewe n'umubare w'abagize itsinda, ingero zigirwaho zishobora kuganirwaho no gusesengurwa mu matsinda y'abantu 2, mu matsinda mato cyangwa muri rusange. Intego y'ingero zigirwaho ni ugufasha abahugurwa kugera ku bisubizo byinshi bishoboka by'ibibazo bahura na byo mu kazi kabo.

Kugira ngo uyobore urugero rwigirwaho, ugomba gukora iki?

- Gusoma urugero rwigirwaho mu ijwi riranguruye (cyangwa ugasaba undi muntu umwe ubishaka gusoma) kugira ngo na ba bahugurwa batazi gusoma no kwandika neza na bo babashe gusobanukirwa n'urwo rugero rwigirwaho.
- Gusobanura neza icyo abahugurwa bagomba gukoresha urwo rugero rwigirwaho (kuganira ku bibazo bigaragara kuri urwo rugero, cyangwa gushaka umuti w'ikibazo kigaragara muri urwo rugero n'ibindi.)
- Niba wanditse ingero zigirwaho wowe ubwawe, ugomba gukora ku buryo zumvikana neza. Andika urugero rugufi kandi rufite aho ruhuriye n'ukuri kw'ibintu abahugurwa bahura na byo mu kazi. Tanga amakuru y'ingenzi. Si byiza kwandikamo ubucogocogo bwose butari ngombwa. Tanga ibibazo bifasha abahugurwa gusesengura urwo rugero rwigirwaho watanze.

Ni ibihe byiza byo gukoresha ingero zigirwaho?

- Ingero zigirwaho zituma abahugurwa babona uburyo nyabwo bwo gukoresha ubumenyi bungutse mu mahugurwa.
- Ingero zigirwaho zituma abahugurwa babona uburyo bwo kwitoza gukemura ibibazo bahura na byo mu kazi kabo.

Ni izihe mbogamizi zo gukoresha ingero zigirwaho?

- Ingero zigirwaho zisaba gukora abantu bashaka umuti w'ibibazo, bikaba bisaba gukoresha imbaraga nyinshi n'igihe kinini kurusha ibiganiro bindi bisanzwe.
- Abahugurwa bafite ubumenyi buke mu gusoma no kwandika bashobora gutinya ingero zigirwaho.

KWEREKERA

Uhugura cyangwa umwe mu bahugurwa ubizi neza yerekera abandi uko bakora ikintu runaka igice ku kindi, hanyuma akaza gusaba abahugurwa gukora imyitozo ubwabo. Ingero zo kwerekera zishobora kubamo kwerekera abahugurwa uburyo bakoresha agakingirizo k'abagabo n'ak'abagore, uko bapima umuzenguruko w'ikizigira (MUAC) cyangwa uko bavanga SIRO.

Kugira ngo werekere abandi, ugomba gukora iki?

- Mbere y’uko amahugurwa atangira, kusanya ibikoresho byose uza gukoresha muri iki gikorwa cyo kwerekera.
- Gukora ku buryo abahugurwa bose baza kuba bakurikiye ibyo uri kuberekera. Basabe guhaguruka baze imbere cyangwa ubasabe kukuzenguruka niba ari ngombwa.
- Uko uberekera, genda usobanura buri gice cyose witonze kandi ku buryo bwumvikana.
- Gusubiramo inshuro 2 cyangwa 3 niba ari ngombwa.
- Nyuma yo kuberekera, saba umwe mu bahugurwa kuza imbere na we agasubiramo ibyo wakoraga. Uhugura n’abahugurwa bashobora kugira icyo bongeraho cyangwa bakamukosora niba ari ngombwa.
- Nyuma y’ibyo, gabanya abahugurwa mu matsinda mato cyangwa amatsinda y’abantu 2 maze ubasabe gukora imyitozo y’ibyo wowe na wa muntu wundi mwakoraga babareba.
- Uko abahugurwa bari gukora imyitozo, zenguruka mu cyumba ubafasha cyangwa usubize ibibazo bafite niba ari ngombwa.

Ni ibihe byiza byo gukoresha uburyo bwo kwerekera?

- Kwerekera ni uburyo bwiza bwo kwigisha butuma abantu bose babigiamo uruhare.
- Kwerekera bifasha abahugurwa kubona uburyo bwo kwitoza ibyo bungutse mbere yo kubikora mu buzima busanzwe.

Ni izihe mbogamizi zigaragara mu gukoresha uburyo bwo kwerekera?

- Mu matsinda manini, bishobora kugorana gukoresha ubu buryo bwo kwerekera ku buryo buri wese abasha kubibona neza cyangwa ngo yumve ibyo uwerekera avuga. Niba ari ngombwa, gabanya itsinda rinini mo amatsinda 2 cyangwa 3 mato maze ugende werekera rimwe rimwe ukwaryo.
- Mu matsinda manini, byagorana kubona ibikoresho bihagije abahugurwa baba bari mu matsinda ya 2 cyangwa amatsinda mato bose icyarimwe. Niba ari uko bigenze, saba amatsinda ya 2 cyangwa amatsinda mato gukora itsinda nyuma y’irindi kugeza buri wese abonye umwanya wo kwitoza.

INKURU ISHUSHANYIJE

Inkuru ishushanyije ni urukurikirane rw’amafoto ashushanya inkuru runaka cyangwa ikintu runaka. Inkuru ishushanyije akenshi nta bwo iba irimo amagambo. Inkuru ishushanyije ishobora gukoreshwa mu gusuzuma ubumenyi bw’abahugurwa cyangwa ibibazo bitandukanye cyangwa imbogamizi zirebana n’ingingo bari kuvugaho.

Kugira ngo ukoreshe inkuru ishushanyije, ugomba gukora iki?

- Gutanga amabwiriza asobanutse kugira ngo abahugurwa basobanukirwe n’ibyo bagomba gukora n’uburyo bagomba kubikoramo.
- Gusobanurira abahugurwa uburyo amafoto akurikirana n’uburyo bagomba “gusoma” iyo nkuru (urugero, kumenya gutandukanya igitekerezo n’ijambo).
- Nyuma y’uko abahugurwa barangije gusoma “inkuru” ishushanyije, yobora ikiganiro ubaza ibibazo bifasha abahugurwa gutanga ibitekerezo.

Ni ibihe byiza byo gukoresha uburyo bw’inkuru ishushanyije?

- Inkuru ishushanyije ituma abahugurwa bakoresha amaso cyane.
- Inkuru ishushanyije iroroshye “kuyisoma” ku buryo n’abahugurwa badafite ubumenyi bwinshi mu gusoma no kwandika bayisoma iboroheye.

Ni izihe mbogamizi zo gukoresha inkuru ishushanyije?

- Iyo amafoto atagaragara neza, inkuru ishushanyije ishobora kudatanga igitekerezo gikenewe nk’uku bikwiye.

KWIGISHANYA HAGATI Y’ABAHUGURWA UBWABO

Uhugura asaba abahugurwa kwigishanya mu matsinda mato hanyuma bakaza kujya imbere kubwira abandi iyo bagezeho (aho kugira ngo abe ari we ujya imbere gusobanura isomo). Abahugurwa bashobora gukoresha inyandikoshusho cyangwa amashusho ku mpapuro nini cyangwa bakandika ingingo bateguye ku rupapuro runini.

Ni ibihe byiza byo kwigishanya mu matsinda mato?

- Kwigishanya bifasha abahugurwa kwibuka no gusobanukirwa neza ibyo bavuzeho kuko baba bagomba kubifata kugira ngo baze kujya imbere kubyigisha abandi.
- Kwigishanya bituma abahugurwa bumvikana neza kuko baba bahuje ubuzima ndetse n’ubumenyi.

Ni izihe mbogamizi zo gukoresha kwigishanya hagati y’abahugurwa?

- Kwigishanya mu matsinda mato bitwara igihe kirekire kurusha uko uhugura yajya imbere akabasobanurira kubera ko bisaba umwanya uhagije kugira ngo amatsinda arangize gutegura.
- Niba isomo ritumvikana neza, abahugurwa bahura n’ibibazo byo kutabyumva neza bityo bigatuma batabasha kubyigisha.
- Abahugurwa bamwe bashobora kumva babangamiwe no kujya guhagarara imbere y’abandi bigisha.

IMBARUTSO

Imbarutso ni igikorwa gito gifasha abahugurwa kuruhuka no kumenyana hagati yabo cyangwa kumenyera gukorana. Imbarutso zikoreshwa cyane mu gutangiza amahugurwa. Zigaragaramo zimwe mu ngingo z’amahugurwa cyangwa amasomo arimo. Ingero z’imbarutso twavugaga ni nko gusaba abahugurwa kubwira abandi amazina y’uwo bicaranye, kuvuga ibyo bakunda cyane kurusha ibindi mu kazi kabo, cyangwa se kuvuga ibyo bifuzaga kungukira muri ayo mahugurwa.

Kugira ngo uyobore imbarutso, ugomba gukora iki?

- Gusobanura amabwiriza y’imbarutso ku buryo bwumvikana.
- Gutanga urugero rw’ikintu wifuzaga ko abahugurwa baza gukora muri iki gice cy’imbarutso.
- Kureka abantu bagakorera mu bwisanzure.
- Kwirinda gukoresha iminota myinshi kuri iki gikorwa, ntugomba kurenza iminota iri hagati ya 15-20.
- Kudasaba abahugurwa kuvuga amakuru yerekeye ubuzima bwabo bwite muri iki gikorwa.

Ni ibihe byiza byo gukoresha imbarutso?

- Imbarutso ifasha “gukangura” abahugurwa mbere y’uko amahugurwa atangira. Iki gikorwa gifasha abahugurwa kumva baruhutse, kuganira na bagenzi babo amakuru aberekeyeho, ndetse no kwigira ku bandi.
- Mu matsinda aho abahugurwa bataziranye neza, imbarutso ishobora kubafasha kwiyumvanamo.

Ni izihe mbogamizi zo gukoresha imbarutso?

- Abahugurwa bagira isoni bashobora kugira ubwoba bwo kujya imbere kwibwira abandi.

- Iyo itsinda ari rinini cyane, imbarutso ishobora gutwara umwanya munini. Niba ufite itsinda rinini, rigabanyemo amatsinda mato mato kugira ngo bagende bibwirana hagati mu matsinda. Hanyuma buri tsinda rize kujya imbere ribwire abandi ikintu 1 cyangwa 2 igihe waba mufite umwanya uhagije.

GUKANGURA ABAHUGURWA

Gukangura abahugurwa ni igikorwa kigufi, gisekeje (gishimishije), gituma abantu bakoresha umubiri wabo. Gukangura abahugurwa ni igikorwa kigamiye gutuma abahugurwa bumva bongerewe ingufu igihe bumvaga bananiwe cyangwa batangiye gusinzira cyangwa igihe bakeneye ikiruhuko nyuma y’igikorwa runaka cyamaze umwanya muremure. Ibikorwa byo gukangura abahugurwa ntibigombera kuba bifite aho bihuriye n’ingingo zivugwaho mu mahugurwa. Ibikorwa byo gukangura abahugurwa bikomeza umubano mu bahugurwa kuko biba bisekeje kandi bigatuma basabana. Ingero z’ibikorwa byo gukangura abahugurwa ni nko kubyina, kuririmba, gukoma mu mashyi, kwigana umuyobozi runaka, kwinanura ndetse n’umukino ukoresha umubiri wose.

Abahugurwa bagomba guteganya ibikorwa nk’ibi nibura incuro 4 cyangwa 5 ku muni mu mahugurwa. Iyi mfashanyigisho nta ngero z’ibikorwa byo gukangura abahugurwa zirimo, ariko abahugurwa bashobora kubona ingero nziza ku rubuga rwa interineti rukurikira: “100 Ways to Energise Groups: Games to Use in Workshops, Meetings and the Community (uburyo ijana bwo gukangura amatsinda: imikino ikoreshwa mu mahugurwa, Inama n’Abaturage byateguwe n’Urugaga Mpuzamahanga rwo Kurwanya Ubwandu bw’agakoko gatera SIDA, www.aidsalliance.org, bigatangazwa na Progression, www.progressiondesign.co.uk.” Ibikorwa byo gukangura abahugurwa bishobora kuba ibintu byoroheje, urugero nko gusaba umwe muri bo guterera abandi indirimbo cyangwa kubyina.

Kugira ngo uyobore igikorwa cyo gukangura abahugurwa, ugomba gukora iki?

- Gusobanura amabwiriza y’igikorwa ku buryo bwumvikana.
- Kureka abantu bakisanzura bimuka mu myanya yabo.
- Gukoresha udukuru dusekeje kandi ukareka abantu bagaseka.
- Kubihagarika igihe ubona abahugurwa bamaze gushyuha, ntibarenze iminota 5-10.
- Gukoresha ibyo bikorwa kenshi, nibura nka nyuma ya buri saha 1 cyangwa irengaho gato.
- Guhitamo ibikorwa bidatuma abahugurwa bumva batabyishimiye cyangwa bibabangamiye. Urugero, ntuhitemo agakino gatuma abahugurwa bakoranaho kuko bishobora kubangamira bamwe.
- Guhitamo ikintu cyorohera buri wese gukora, urugero, umukino udasaba gukoresha ingufu nyinshi cyangwa uvunanye.

PMTCT

- Kureba ko abahugurwa bafite umwanya wisanzuye aho bagomba gukorera icyo gikorwa. Kwimura intebe n’ameza niba ari ngombwa.

Ni ibihe byiza byo gukoresha ibikorwa bikangura abahugurwa?

- Ibikorwa bikangura abahugurwa bituma bongera gushyuha.
- Ibikorwa bikangura abahugurwa bituma bumva baruhutse kandi bikabongerera ingufu zo kumva bashaka kwiga kurushaho.
- Ibikorwa bikangura abahugurwa bituma bumva bishimiye amahugurwa.

Ni izihe mbogamizi zo gukoresha ibikorwa bikangura abahugurwa?

- Iyo itsinda uri guhugura rigizwe n’abantu benshi, ushobora kutabona umwanya uhagije mu cyumba wo gukoreramo imikino imwe n’imwe. Tegura ibikorwa byakorerwa mu cyumba ufite.

IMIKINO

Rimwe na rimwe amahugurwa aba arimo imikino itandukanye, akenshi ifasha abahugurwa gusubiramo amasomo bungutse. Iyi mikino isaba kenshi ko uhugura agabanya abahugurwa mu matsinda, akababaza ibibazo hanyuma akandika amanota. Niba ari nta mukino wateganyijwe mu mfashanyigisho, abahugura bashobora guhanga imikino yabo bwite bakora urutonde rw’ibibazo bishingiye ku masomo yatanzwe mu mahugurwa.



URUTONDE RW'INGINGO ZIFASHA MU KUYOBORA NO KUMVIKANA MU MAHUGURWA

- Kubahiriza uburyo bukoreshwa mu kwigisha abantu bakuru.
- Kwiubaha.
- Gufata abantu bose kimwe.
- Kumva no kwitegereza.
- Kwigisha witegereza abahugurwa neza.
- Gukoresha imvugo yoroshye n'ibice by'umubiri.
- Koroherana no guhuza amasomo yo mu mahugurwa n'uburyo bwo kwigisha uko bikenewe.
- Kwihangana, kuvugisha ukuri no gusabana.
- Gushishikariza abahugurwa bose kugira uruhare mu bikorerwa mu mahugurwa.
- Guha abahugurwa umwanya wo gusubiza ibibazo.
- Igihe abahugurwa babajije ibibazo, kubiha agaciro kandi ukabisubizanya ubushishozi.
- Gusubiza abahugurwa ibisubizo bibubaka.
- Kumenya ibyo abahugurwa bifuzaga, ingufu zabo n'urwego rw'imyumvire yabo.
- Kuba umunyakuri. Niba utazi igisubizo cy'ikibazo umuntu akubajije, mubwire ko utakizi. Hanyuma umurangire aho ashobora kubona igisubizo, cyangwa uze kugishakisha ubwawe nyuma y'amahugurwa maze ukimubwire.
- Ugomba kumenya ubushobozi bwo gusoma no kwandika abahugurwa bafite maze ukabigisha ubigendeyeho.
- Shimira abahugurwa ku bwo kwitabira amahugurwa ndetse no kwitanga bagaragaje.



URUTONDE RW'IBIKORESHO BIKENEWE N'IMYITEGURO Y'AMAHUGURWA

Mbere y'amahugurwa

- Kumenya igihe amahugurwa azabera.
- Kumenya aho amahugurwa azabera gusaba icyumba no kugitunganya.
- Kumenya abazitabira amahugurwa, kubibamenyesha, gutegura uburyo bazagera aho amahugurwa azabera (transport), kubategurira amafunguro, n'ibyumba bazararamo niba ari ngombwa.
- Gusoma inyandiko zose z'amahugurwa neza mbere y'igihe kugira ngo wimenyereze amasomo n'ibikorwa bindi byose by'amahugurwa.
- Niba ufite ibibazo ku mahugurwa, shakisha ibisubizo byabyo.
- Gutegura neza ibikenewe byose mu mahugurwa (gukora fotokopi, gutumira abashyitsi bazatanga ibiganiro, gukusanya ibikoresho byose bizakoreshwa mu masomo asaba kwerekera, n'ibindi).
- Gukusanya ibikoresho byose bikenewe mu mahugurwa (imizingo y'impapuro nini, papiyekola, marikeri, ibikoresho bikewe mu isomo ryo kwerekera, ibikoresho byerekana amashusho n'amajwi, n'ibindi).
- Niba uzafatanyaga n'undi muntu mu guhugura, mugabane akazi mbere y'igihe kugira ngo buri wese amenye ibice by'amahugurwa agomba gutegura no gutanga.

Amahugurwa atangiye

- Kumenya niba ibikoresho byose bigomba gukoreshwa mu mahugurwa bihari kandi ko intebe n'ameza na byo bitenze neza.
- Guha ikaze abahugurwa uko bahagera.
- Kwakira itsinda ryose ku mugaragarar igihe bose bamaze kuhagera.
- Kurangira abahugurwa ibyumba by'ubwiherero, amazi, agasanduku k'ibitekerezo, n'ibindi bikoresho bikenewe.
- Gusaba buri wese kwibwira bagenzi be.
- Gukoresha imbarutso kugira ngo abahugurwa bumve ko nta kigoye kirimo.
- Gukusanya ibitekerezo no gushyiraho amabwiriza ngenderwaho mu mahugurwa.
- Kubwira abahugurwa intego y'amahugurwa n'ibiri ku murongo w'ibygwa.
- Kubaza abahugurwa ibyo bumva bifuzaga kungukira mu mahugurwa.
- Guhitamo abahugurwa bamwe bagomba kugufasha gucunga igihe, ibikorwa byo gukangura abandi, abashinzwe impapuro nini zigirwaho n'ibindi.
- Guha abahugurwa isuzumabumenyi rya mbere y'amahugurwa, gukusanya impapuro z'ibazwa no kuzikosora mu masaha y'ikiruhuko.



URUTONDE RW'IBIKORESHO BIKENEWE N'IMYITEGURO Y'AMAHUGURWA

Hagati mu mahugurwa

- Kubahiriza uburyo bukoreshwa mu kwigisha abantu bakuru.
- Kumenya gukoresha igihe neza no kwihutisha amasomo uko ateganyijwe.
- Gutanga ibinyobwa n' ifunguro.
- Igihe mu cyumba cy'amahugurwa hajemo ubushyuhe bwinshi bubangamira abahugurwa, shaka icyuma cy'ubukonje (vantilateri), mufungure amadirishya, n'ibindi.
- Kwandika mu nyuguti nini zisomeka neza kuri buri wese.
- Kumanika amashusho ku buryo buri wese abasha kuyabona.
- Gusobanura amabwiriza yose ku buryo bwumvikana no kuyasubiramo aho bikenewe.
- Gukoresha ibikorwa byo gukangura abahugurwa kugira ngo ubafashe kubagarurira intege.
- Kuvuga mu ncamake ingingo z'ingenzi nyuma ya buri somo.
- Gushimira abahugurwa kubera ibitekerezo batanze.

Amahugurwa ageze ku musozo

- Gushimira abahugurwa kubera uruhare bagize ndetse n'ubwitange bagaragaje.
- Gusozesha amahugurwa igikorwa gikangura abahugurwa ndetse no gukoma amashyi.
- Guha abahugurwa isuzumabumenyi risoza. Hanyuma uhereze abahugurwa kopi z'isuzumabumenyi bakoze mbere y'amahugurwa kandi ubasabe kugereranya ibisubizo byabo. Gukusanya impapuro zose z'isuzumabumenyi rya mbere y'amahugurwa n'irisoza maze ukazibika.
- Gusigaza iminota iri hagati ya 15–20 nyuma y'amahugurwa kugira ngo abahugurwa batange ibitekerezo ku migendekere yayo.
- Kugenzura ko abahugurwa babonye ibikoresho byose bagomba gutahana.
- Nyuma y'amahugurwa.
- Andika ibyagenze neza, ibitagenze neza hamwe n'ibigomba gukosorwa mu mahugurwa ataha.
- Andika imbogamizi zabonetse mu mahugurwa zigomba gukemurwa. Urugero, niba mu mahugurwa yerekeranye ngingo ya Malariya, abahugurwa bavuze ko ibikoresho byo gukoresha mu buvuzi bwa malariya mu ngo batabibona, bibwire umukozi wo ku kigo nderabuzima kugira ngo babibashakire.
- Gusubiramo no kwandika amanota y'isuzumabumenyi ribanza n'irisoza kugira ngo azafashe mu mahugurwa ataha nibiba bikenewe.



PMTCT:

Kurinda Umubyeyi Ubana N'Ubwandu Bw'Agakoko Gatera SIDA Kwanduza Umwana We



INTANGIRIRO

Iyo umugore ufite ubwandu bw'agakoko gatera SIDA asamye, aba ashobora kwanduza umwana igihe amutwite, ari ku bise, igihe amubyara cyangwa mu gihe amwonsa. Nyamara rero, abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwigishwa uburyo bwo kwirinda igihe batwite bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo. Ubwo buryo bwitwa “Kurinda umubyeyi ufite ubwandu bw'agakoko gatera SIDA kwanduza umwana” (PMTCT mu rurimi rw'icyongereza).

Mu myaka myinshi ishize, abaganga, abaforomo n'Abajyanama b'ubuzima ba hano bigishije abagore bafite ubwandu bw'agakoko gatera SIDA kugaburira abana babo bakoresheje amata y'ifu aho kubonsa, ubwo bukaba uburyo bwo kwirinda kwanduza abana babo. Kuri ubu rero twe turigisha ababyeyi babana n'ubwandu bw'agakoko gatera SIDA konsa abana babo. Bitewe no kuba abaganga barasanze ko **guha abagore bese batwite babana n'ubwandu bw'agakoko gatera SIDA imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs) bahereye mu mezi ya mbere yo gutwita kwabo, utitaye ku mubare w'abasirikari bafite mu mubiri, bishobora gutuma abo bagore bonsa nta ngorane biteye.**

Mu bihugu byinshi abaganga bakoze ubushakashatsi kubijyanye n'uko gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA (3 ARVs) ku bagore batwite mu mezi ya mbere yabo yo gutwita bituma konsa umwana nta kibazo bitera. Urugero, mu mwaka w'i 2008 n'uwa 2009, abaganga batangiyeye gutanga imiti igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gusama (ni ukuvuga mu gihembwe cya mbere) ku matsinda 2 y'abagore babanaga n'ubwandu bw'agakoko gatera SIDA – ku bagore 1000 bo mu gihugu cya Botswana n'abandi 700 bo muri Kenya. Basanze abagore bari hagati ya 1% na 4% gusa ari bo banduje abana babo mu gihe cyo kubonsa. Ubu bushakashatsi bwatweretse ko icyo twakekaga ko gishobora kwanduza abana (ni ukuvuga konsa ku bagore banduye agakoko gatera SIDA) nta kibazo giteye, ahubwo ko ari cyiza ku mubyeyi n'umwana.

Ubwo bushakashatsi bwatugaragarije ko ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yabo yo gutwita, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 abanziriza kubyara. Abagore babana n'ubwandu bw'agakoko gatera SIDA bagomba kandi kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no guhabwa umuti wa Nevirepine ndetse no gupima umwana ubwandu bw'agakoko gatera SIDA mu rwego rwo kubarinda kwanduza abana babo.

Muri iri somo, abajyanama b'ubuzima baziga uburyo abagore batwite n'abagore bonsa bashobora kurinda abana babo kwandura agakoko gatera a SIDA (icyo twita PMTCT) hamwe n'uruhare n'inshingano z'umujyanama w'ubuzima muri icyo gikorwa cyo kurinda ababyeyi batwite kwanduza abana babo agakoko gatera SIDA. Baziga impinduka zabaye mu mabwiriza asanzwe (protocols) n'uburyo bashobora gusobanurira ababyeyi n'imiryango yabo izo mpinduka.






INTEGO Z'AMAHUGURWA




- a.** Gusobanura uburyo abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo n'uko bakirinda kubanduza.
- b.** Kwigisha abagore batwite n'ababyeyi bonsa banduye agakoko gatera SIDA uko bakwirinda kwanduza abana babo agakoko gatera SIDA ubigisha ibijyanye n'uburyo bwa kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we we no mu kubafasha kwibuka kubahiriza gahunda yo kujya kwisuzumisha ku bigo nderabuzima haba ku bwabo ndetse no ku bana babo.
- c.** Kwerekera abahugurwa uko bategura amata y'ifu.






IGIHE AMAHUGURWA AMARA: Amasaha 6


INCAMAKE Y'AMAHUGURWA

Isomo	Ibirimo	 Uburyo bwo kwigisha	 Igihe rimara	 Ibikoresho bikenewe
1	Abahugurwa baribwirana bakanarebera hamwe intego z'isomo	Ibisobanuro by'uhugura Imbarutso	<i>Iminota</i> 10	<ul style="list-style-type: none"> • Imfashanyigisho y'Uhugura • Igitabo cy'uhugurwa • Impapuro nini zo kwandikaho • Marikeri • Papiye kola
2	Abahugurwa baraganira bakumvikana no ku mabwiriza agenga amahugurwa ndetse bakanigishwa ibijyanye n'Agasanduku k'ibitekerezo	Gukusanya ibitekerezo Ibisobanuro by'Uhugura	<i>Iminota</i> 10	<ul style="list-style-type: none"> • Impapuro nini zo kwandikaho • Marikeri • Papiye kola • Agasanduku k'ibitekerezo
3	Abahugurwa basuzuma ubumenyi basanganywe	Isuzuma	<i>Iminota</i> 15	<ul style="list-style-type: none"> • Amakaramu y'ibiti cg asanzwe • Igitabo cy'uhugurwa
4	Abahugurwa baganira ku buryo ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bashobora kugira ubuzima bwiza bakanirinda kwanduza abana babo; abahugurwa bigishwa impinduka zabaye mu nyandiko z'amabwiriza agenga uko umubyeyi yirinda kwanduza umwana atwite agakoko gatera SIDA (PMTCT)	Ikiganiro cya rusange	<i>Iminota</i> 15	<ul style="list-style-type: none"> • Nta na kimwe

Isomo	Ibirimo	 Uburyo bwo kwigisha	 Igihe rimara	 Ibikoresho bikenewe
5	Abahugurwa basubiramo uburyo abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo n'uburyo babyirinda harimo n'impinduka zakozwe mu nyandiko z'amabwiriza y'uko umubyeyi arinda umwana kwandura.	Ibiganiro mu matsinda mato Kwigishanya hagati y'abahugurwa	Amasaha 2 n'iminota 5	<ul style="list-style-type: none"> • Inyandikoshusho (Slides) cyangwa inyandiko ku bipapuro binini • Ibyuma by'amashusho n'amajwi niba uhugura akoresha inyandikoshusho • Amakuru avuga kuri Gahunda yo Kurinda Umubyeyi Kwanduza Umwana ari mu Gitabo cy'Uhugurwa • Ibipapuro binini bandikaho • Marikeri • Papiyekola
6	Abahugurwa basubiramo uruhare n'inshingano by'Umujyanama w'Ubuzima ku birebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we	Gukusanya ibitekerezo Ikiganiro cya rusange	Iminota 30	<ul style="list-style-type: none"> • Urutonde rw'ingingo zirebana na gahunda yo kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera Sida kwanduza Umwana atwite (PMTCT) ruri mu Gitabo cy'Uhugurwa • Impapuro nini zo kwandikaho • Marikeri • Papiye kola
7	Abahugurwa bakora imyitoto ku buryo bwo kwigisha abagore kwirinda kwanduza abana batwite ubwandu bw'agakoko gatera SIDA (harimo n'impinduka zabaye mu mabwiriza	Agakino	Amasaha 1 n'iminota 10	<ul style="list-style-type: none"> • Udukino kuri gahunda yo kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera Sida kwanduza Umwana atwite (PMTCT) hamwe n'Urutonde rw'ingingo ruri mu Gitabo cy'Uhugurwa

Isomo	Ibirimo	 Uburyo bwo kwigisha	 Igihe rimara	 Ibikoresho bikenewe
8	Abahugurwa bigishwa uburyo bwo gutegura amata y'amata y'ifu ku buryo nabo bashobora kwigisha ababyeyi babana n'ubwandu bw'agakoko gatera SIDA uburyo bagomba kugaburira abana babo bakoresheje amata y'ifu	Umwitoto wo kuberekerera Imyitoto hagati y'abantu 2	<i>Iminota</i> 45	<ul style="list-style-type: none"> • Inyandikoshusho cyangwa inyandiko ku bipapuro binini • Ibyuma by'amashusho n'amajwi niba uhugura akoresha inyandikoshusho • Amacupa (Inkongoro) y'abana • Amata y'ifu • Amazi ashyushye • Ibiyiko byo gupimisha
9	Abahugurwa basubiramo ibyo bize	Ibazwa	<i>Iminota</i> 15	<ul style="list-style-type: none"> • Amakaramu y'ibiti cg amakaramu asanzwe • Igitabo cy'uhugurwa
10	Abahugurwa basuzuma uko amahugurwa yagenze bakanabaza ibibazo bindi bagifite	Ikiganiro cya rusange Agasanduku k'ibitekerezo	<i>Iminota</i> 25	<ul style="list-style-type: none"> • Ifishi cg urupapuro rwo mu ikaye • Marikeri • Agasanduku k'ibitekerezo
IGIHE CYOSE GIKENEWE: Amasaha 6				



INGINGO Z'INGENZI

- Abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo igihe batwite, iyo bari ku bise, igihe babyara cyangwa babonsa.
- Abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwiga uburyo bwo kubaho mu buzima bwiza igihe batwite bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo. Ubwo buryo bwitwa "Kurinda umubyeyi ufite ubwandu bw'agakoko gatera SIDA kwanduza umwana" (PMTCT mu rurimi rw'icyongereza).
- Abagore bose batwite bagomba kujya kwisuzumisha mbere yo kubyara no kwipimisha ubwandu bw'agakoko gatera SIDA bakimara kumenya ko batwite. Abo bashakanye nabo bagomba kwipimisha.
- Iyo umugore utwite afite ubwandu bw'agakoko gatera SIDA, muganga ahita amutangiza imiti 3 [3 ARVs] igabanya ubukana (atitaye ku mubare w'abasirikari afite mu mubiri we).
- Kugira ngo abagore batwite babana n'ubwandu bw'agakoko gatera SIDA batanduza abana babo bagomba:
 - Gufata imiti 3 igabanya ubukana bakimara gutwita kandi bakayinywa uko bitegetswe
 - Kubyarira kwa muganga
 - Guha abana babo umuti wa Nevirapine mu gihe kingana n'ibyumweru 6 nyuma yo kubyara
 - Kujyana abana babo buri gihe ku kigo nderabuzima kubakingiza, kubasuzumisha no kubapimisha ubwandu bw'agakoko gatera SIDA ku byumweru 6 no ku mezi 18
- Iyo umugore utwite adafite ubwandu bw'agakoko gatera SIDA ariko uwo bashakanye akaba abana na bwo, umugore akenera gupimwa nyuma ya buri mezi 3. Iyo ibipimo bye byerekanye ko afite ubwandu bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri Gahunda yo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Iyo nta bimenyetso by'ubwandu agaragaje mu gihe cyose cyo gutwita, ahabwa imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na none gupimwa ubwandu bw'agakoko gatera SIDA buri kwezi.
- Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA yafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA uko bitegetswe nibura mu gihe cy'amezi 3 mbere yo kubyara aba ashobora konsa umwana we nta ngorane. Aya makuru ni mashya.
- Iyo umugore ufite ubwandu bw'agakoko gatera SIDA atafashe imiti igabanya ubukana nibura mu gihe cy'amezi 3 mbere yo kubyara, agomba kugaburira umwana we akoresheje amata y'ifu aho kumwonsa.

ISOMO RYA 1 KWIBWIRANA N'INTEGO Z'IRI SOMO



Uburyo bukoreshwa mu kwigisha: Ibisobanuro by'Uhugura hamwe n'imbarutso



Igihe isomo rimara: Iminota 10



Intego z'isomo

- Kwibwirana no kuganira ku ntego z'amahugurwa.



Gutegura isomo

- Subiramo intego z'isomo.
- Andika intego z'isomo ku gipapuro kinini maze ukimanike ku rukuta.



Ibikoresho bikenewe

- Imfashanyigisho y'Uhugura
- Igitabo cy'Uhugurwa
- Impapuro nini zo kwandikaho
- Marikeri
- Papiyekola



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 10

1. Suhuza abahugurwa hanyuma ubibwire.
2. Sobanurira abahugurwa ko muri aya mahugurwa bagiye kwiga uburyo abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwirinda kwanduza abana babo mu gihe batwite, igihe bari ku bise cyangwa babyara, n'igihe bita ku bana bakivuka. Ubwo buryo bwitwa “Kurinda umubyeyi ufite ubwandu bw'agakoko gatera SIDA kwanduza umwana atwite.”
3. Saba abahugurwa kwibwirana buri wese avuga:
 - Amazina ye n'igihe amaze akora akazi k'Umujyanama w'Ubuzima.
 - Ikintu kimwe yifuza kungukira muri aya mahugurwa.

- Urugero: *Nitwa Keremantina nkomoka mu Murenge wa Rwinkwavu. Ndifuzza kwiga uburyo bwo gufasha abagore babana n'ubwandu bw'agakoko gatera SIDA kugira ubuzima bwiza no kwirinda kwanduza abana babo.*
4. Soza igikorwa cyo kwibwirana ubwira abahugurwa ko ibyinshi mu byo bifuzza kunguka bari bubimenyere muri aya mahugurwa. Ibyo batari bumenye none bazabimenya ku bundi buryo, haba umuntu ku giti cye abafashijwemwo n'umugenzuzi w'abajyanama b'ubuzima, mu manama ya buri kwezi cyangwa se mu yandi mahugurwa azakurikiraho.
 5. Saba umwe mu bahugurwa gusoma intego zanditse ku rupapuro mu ijwi riranguruye. Bwira abahugurwa ko isomo rya none riza kuvuga kuri izo ntego zose.
 6. Baza abahugurwa niba hari ibibazo bafite kugeza aho kandi ubisubize niba bihari.

ISOMO RYA 2

AMABWIRIZA NGENDERWAHO N'AGASANDUKU K'IBITEKEREZO



Uburyo bukoreshwa mu kwigisha: Gukusanya ibitekerezo n'ibisobanuro by'uhugura



Igihe isomo rimara: Iminota 10



Intego z'isomo

- Kumvikakana ku mabwiriza ngenderwaho atuma amahugurwa akorwa mu bwubahane no kwizerana.
- Gusobanura akamaro ko kugira ibanga haba ku makuru arebana n'imiryango hamwe n'ibivugirwa mu mahugurwa.



Gutegura isomo

- Tegura Agasanduku k'Ibitekerezo ugashyire mu mwanya wako mu cyumba cy'amahugurwa.



Ibikoresho bikenewe

- Impapuro nini zo kwandikaho
- Marikeri
- Agasanduku k'Ibitekerezo



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 10

1. Bwira abahugurwa ko kugira ngo amahugurwa agende neza, bagomba kumvikana ku mabwiriza amwe n'amwe bagenderaho. Amabwiriza ngenderwaho ni atuma amahugurwa agenda neza kandi akigirwamo ibintu byinshi bishoboka, ashishikariza abahugurwa kugira uruhare mu masomo kandi agatuma bumva ko bisanzuye kandi bubashywe.
2. Saba abahugurwa gutanga ibitekerezo ku rutonde rugufi rw'amabwiriza ngenderwaho. Uko abahugurwa bavuga amabwiriza yandike mu nyuguti nini ku rupapuro runini.
3. Kora ku buryo buri muntu uri aho atanga igitekerezo kimwe gusa kandi uhe amahirwe yo kuvuga buri wese ubishaka.

4. Nyuma yo gukusanya ibyo ibitekerezo, ongeraho amabwiriza akurikira niba batayavuze:

- Kubahiriza igihe
- Kugira ibanga
- Kugira uruhare mu biganiriro no mu masomo
- Kubaha ibitekerezo bya mugenzi wawe

5. Manika igipapuro kiriho ayo mabwiriza ku rukuta kugeza igihe amahugurwa azarangirira.

6. Sobanura ibanga icyo ari cyo n'akamaro karyo. Bwira abahugurwa uti:

Nk'uko mubizi, ibanga ni ikintu cy'ingenzi mu kazi k'Abajyanama b'Ubuzima. Amakuru abaturage bababwira hamwe n'ibyo muzi byose birebana n'ubuzima bwabo mugomba kubigira ibanga rikomeye. Ayo makuru ugomba kuyabwira abaganga n'abaforomo bavura umuntu bonyine. **Kirazira kubwira aya makuru umufasha w'umuntu wayaguhaye, abavandimwe be cyangwa abana be, cyangwa se umugore wawe bwite, abavandimwe bawe cg se abana bawe.**

Bamwe muri mwe mushobora gushaka kugira amakuru mutubwira muri aya mahugurwa cyangwa mukabaza ibibazo byerekeranye n'ingo mushinzwe. Ibyo mugomba kubikora mu buryo butamena ibanga. Urugero, ntugomba gukoresha amazina nyakuri y'umuntu, kuvuga aho atuye cyangwa gutanga amakuru ayo ari yo yose ashobora gutuma uwo muntu amenyekana. Buri muntu wese uri muri iki cyumba cy'amahugurwa agomba kubyubahiriza. Byongeye kandi, ntumugomba kuganira kuri ayo makuru y'ibanga hanze y'aya mahugurwa.

7. Baza abahugurwa uti:

- Byagenda bite uramutse umennye ibanga ku buzima bw'umwe mu bo ukurikirana?

(Uwo muntu abandi bashobora kumuha akato cyangwa bakamuheza, ashobora kutongera kukwizera ukundi, ashobora kutazongera kukubwira amakuru ajyanye n'ubuzima bwe n'ibindi.)

- Wakumva umerewe ute umuntu aganiriye n'abandi amakuru y'ibanga akwerekeyeho?

(Wakumva yaraguhemukiye cyane, ntiwakongera kumwizera na rimwe, ntiwakongera kumva wizeye kumubwira ikindi kintu icyo ari cyo cyose, n'ibindi.)

8. Basubiriremo ko kugira ibanga ari kimwe mu bintu by'ingenzi biranga umujyanama w'ubuzima.

Sobanurira abahugurwa ko bashobora kwifashisha Agasanduku k'Ibitekerezo kugira ngo habeho ibanga muri aya mahugurwa. Zamura ako gasanduku ukabereke. Babwire ko igihe icyo ari cyo cyose mu mahugurwa bashobora kwifashisha ako gasanduku bashyiramo ibibazo n'ibitekerezo bafite ariko badashaka kubariza mu ruhame. Ibyo bibazo bishobora kuba byihariye cyangwa se ibindi ibyo ari byo byose. Amahugurwa y'umunsi arangiye, uraza kureba ibyo bibazo biri mu gasanduku ubisubize, haba mu itsinda rusange cyangwa se mu ibanga umuntu ku giti cye bibaye ngombwa.



INAMA: *Reba mu Gasanduku k'Ibitekerezo mu gihe cy'akaruhuko cyangwa igihe mufata ifunguro rya ku manywa, maze usubiremo ibibazo byose mbere kugira ngo witegure kubisubiza ku musozo w'amahugurwa y'uyu munsi.*

ISOMO RYA 3

ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA



Uburyo bukoreshwa mu kwigisha: Kubaza abahugurwa



Igihe isomo rimara: Iminota 15



Gutegura isomo

- Subiramo ibibazo ry'isuzumabumenyi ribanza.



Ibikoresho bikenewe

- Buri muntu agomba kugira ikaramu y'igiti n'isanzwe
- Ibitabo by'Abahugurwa ku bantu bose



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15



INAMA: Sobanura witonze ibibazo bibazwa mbere y'amahugurwa mu gihe haba hari abahugurwa batamenyereye kubazwa.



INAMA: Sobanurira abahugurwa ko ku kibazo cya mbere bagomba kuzuzaho igihe cyose buri wese yamaze ari umuherekeza, ari "binome" cyangwa ari Umujyanama w'Ubuzima.

1. Sobanurira abahugurwa ko ubu noneho bagiye gukora "Isuzumabumenyi ribanza." Intego y'iri bazwa rya mbere y'amahugurwa si ugucira abahugurwa urubanza, ahubwo tugamije kumenya neza ibyo abahugurwa bazi n'ibyo batazi no kwizera ko aya mahugurwa aza kubafasha mu byo batazi. Isuzumabumenyi ribanza kandi rizafasha mu gusuzuma ireme ry'aya mahugurwa no kurushaho kunoza azakorwa mu minsi iri imbere.
2. Sobanura ko ugiye gusoma uranguruye ibibazo bimwe birebana no kurinda Umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana atwite. Abahugurwa barasubiza ibibazo baca akaziga ku gisubizo kiboneye kuri buri kibazo cyo mu Isuzumabumenyi ribanza.

3. Bwira abahugurwa ko niba batazi igisubizo ku kibazo runaka, bagisimbuka.
4. Sobanurira abahugurwa ko ugiye gufatanya na bo gusubiza ikibazo cya mbere.
5. Saba abahugurwa kureba ibibazo by'Isuzumabumenyi ribanza mu bitabo byabo.
6. Soma ikibazo cya mbere hamwe n'ibisubizo bishoboka uranguruye. Saba ubishaka gusubiza icyo kibazo, cyangwa ugisubize wowe ubwawe. Sobanurira abahugurwa ko mu gusubiza iki kibazo bagomba guca akaziga ku gisubizo kiboneye ku mpapuro zabo.
7. Zenguruka mu cyumba ugenzure niba abahugurwa bashubije ikibazo cya mbere neza.
8. Soma uranguruye kandi witonze ibibazo bisigaye ku Isuzumabumenyi ribanza ry'amahugurwa hamwe n'ibisubizo bishoboka, kimwe kimwe. Subiramo ibibazo n'ibisubizo byateganyijwe niba ari ngombwa. Nyuma yo gusoma buri kibazo, ha abahugurwa umwanya wo guca akaziga ku gisubizo.
9. Nyuma y'Isuzumabumenyi ribanza, saba abahugurwa kwandika amazina yabo hejuru ku rupapuro basubirijeho, hanyuma bace impapuro z'isuzumabumenyi mu bitabo byabo maze baziguhereze.
10. Sobanurira abahugurwa ko nyuma y'aya mahugurwa, bazasubiramo iri suzumabumenyi kugira ngo bamenye ibyo bungutse. Nyuma yaho muzarebera hamwe ibisubizo nyabyo ku kibazo byose by'isuzumabumenyi.

BY'ISUZUMABUMENYI RYA MBERE Y'AMAHUGURWA

Amazina yawe: _____ Itariki: _____

Ikigo Nderabuzima: _____

Nomero Iranga Umunyanama w'Ubuzima: _____

Umaze igihe kingana iki ukora akazi k'umuhyana w'ubuzima? _____

Ca akaziga kuri “Ni byo” cyangwa “Si byo” ku bibazo bikurikira:

1. Abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo igihe batwite, iyo bari ku bise, igihe babyara cyangwa iyo babonsa.



Ni byo



Si byo

2. Ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bashobora kwigishwa uburyo bwo kwirinda bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo.



Ni byo



Si byo

3. Abagore bose batwite bagomba kwipimisha ubwandu bw'agakoko gatera SIDA, n'ubwo baba bataranduye.



Ni byo



Si byo

4. Niba umugore yipimishije agasanga ataranduye agakoko gatera SIDA ariko uwo bashakanye akaba abana n'ubwandu bw'agakoko gatera SIDA, umugore aba ari muzima bityo rero ntakenere kongera kwipimisha.



Ni byo



Si byo











5. Iyo umugore utwite afite ubwandu bw'agakoko gatera SIDA, atangizwa imiti igabanya ubukana gusa iyo umubare w'abasirikari mu mubiri we uri muni ya 350.



Ni byo



Si byo

6. Abagore batwite bonyine babana n'ubwandu ni bo bagomba kwitegura kubyarira kwa muganga. Abandi bagore batwite bagomba kwitegura kubyarira mu rugo iwabo.
- 

 Ni byo **Si byo**
-
7. Iyo abagore batwite babana n'ubwandu bw'agakoko gatera SIDA batangiye gufata imiti igabanya ubukana nibura amezi 3 mbere yo kubyara, bagomba kugaburira abana babo bakoresheje amata y'ifu.
- 

 Ni byo **Si byo**
-
8. Mu myaka myinshi ishize, Abajyanama b'Ubuzima bigishije abaturage ko abagore babana n'ubwandu bw'agakoko gatera SIDA batagomba konsa abana babo, ahubwo ko bagomba kubaha amata y'ifu.
- 

Ni byo Si byo
-
9. Abaganga baherutse kuvumbura ko nta kibazo bigiteye kuba umugore ubana n'ubwandu bw'agakoko gatera SIDA yakonsa umwana we iyo afashe imiti igabanya ubukana nibura mu gihe cy'amezi 3 mbere yo kubyara.
- 

Ni byo Si byo
-
10. Kugira ngo umubyeyi ubana n'ubwandu afashe umwana we kugira ubuzima bwiza, agomba kumuha umuti wa Nevirapine mu gihe cy'ibyumweru 6 nyuma yo kubyara.
- 

Ni byo Si byo

ISOMO RYA 4

UMUSOGONGERO KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA



Uburyo bukoreshwa mu kwigisha: Ikiganiro cya rusange



Igihe isomo rimara: Iminota 15



Intego z'isomo

a. Gusobanura uburyo abagore babana n'ubwandu bw'agakoko SIDA bashobora kwanduza abana babo n'uko babyirinda.



Gutegura isomo

- Gusubiramo ibibazo n'ibisubizo byaganiriweho.



Ibikoresho bikenewe

- Nta na kimwe



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 5

1. Bwira abahugurwa uti:

Muri aya mahugurwa muriga uburyo bwo gufasha abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA kugira ubuzima bwiza kandi ntibananduze abana babo agakoko gatera SIDA. Ubwo buryo bwitwa “Kurinda umubyeyi ufite ubwandu bw'agakoko gatera SIDA kwanduza umwana atwite.”

Ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bashobora kwiga uburyo bwo kwirinda igihe batwite bityo bakabyara abana bazima. Bashobora kwirinda kwanduza abana batwite ubwandu bw'agakoko gatera SIDA. Nyamara rero hari ibintu bimwe bagomba kwitondera gukora. Muri aya mahugurwa muriga icyo abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA bagomba gukora kugira ngo bahorane ubuzima buzira umuze hamwe n'abana babo. Nyuma muzaba mushobora kwigisha abagore no kubafasha gusobanukirwa icyo basabwa gukora.



INAMA: Nta kibazo kirimo niba abahugurwa batazi ibisubizo byose by'ibibazo bikurikira. Kubaza ibibazo bigufasha kumenya ibyo abahugurwa basanzwe bazi kandi bikagufasha guhita umenya abahugurwa babizi kurusha abandi. Ntiwandike ibisubizo by'abahugurwa ku rupapuro runini. Iri somo rigamije gusubiramo vuba ibyo bazi mu magambo. Amakuru yose arebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we abahugurwa bagomba kumenya ari mu bitabo byabo by'abahugurwa kandi azavugwaho mu Isomo rya 4.

2. Baza abahugurwa uti:

- Ni mu buhe buryo umugore ubana n'ubwandu bw'agakoko gatera SIDA ashobora kwanduza umwana we?

(Kuri iki kibazo no ku bindi bikurikiraho, reka ababishaka babisubize. Nyuma wongereho andi makuru niba ari ngombwa:

(Igihe atwite)

(Mu gihe cy'ibise no kubyara)

(Konsa)

(Gushyira amashereka mu maso y'umwana)

3. Baza abahugurwa uti:

- Ni iki umugore utwite agomba gukora ngo yirinde kwanduza umwana we ubwandu bw'agakoko gatera SIDA?

(Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikoresha, uwo bashakanye na we agomba kwipimisha.)

(Kujya ku kigo nderabuzima muri gahunda yo kwipimisha mbere yo kubyara.)

(Gufata imiti 3 igabanya ubukana uhereye mu mezi 3 ya nyuma yo gusama cyangwa se nibura mu mezi 3 abanziriza kubyara.)

- Ni iki umugore utwite agomba gukora ngo yirinde kwanduza umwana we ubwandu bw'agakoko gatera SIDA?

(Kubyarira kwa muganga.)

(Abagore BOSE batwite, atari ababana n'ubwandu bw'agakoko gatera SIDA gusa, bagomba kubyarira kwa muganga iyo babishoboye.)

- Ni iki umugore ufite ubwandu bw'agakoko gatera SIDA agomba gukorera umwana we ukivuka ngo amurinde kwandura?

(Gufata imiti igabanya ubukana bw'agakoko gatera SIDA.)

(Guha umwana umuti wa Nevirapine na antibiyotiki (ihutire kujyana umwana ku kigo nderabuzima mu minsi 3 nyuma yo kuvuka kugira

ngo ahabwe umuti wa Nevirapine n'imiti ya antibiyotiki iyo uwo mwana atavukiye kwa muganga.)

(Gupimisha umwana ubwandu bw'agakoko gatera SIDA nyuma y'ibyumweru 6 avutse.)

(Gukingiza umwana nk'uko amabwiriza y'igihugu abitegeka.)

(Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku ncuro ya kabiri amaze kugira amezi 18.)

(Abahugurwa bafite uburambe mu kazi bashobora kuvuga ko umugore ubana n'ubwandu bw'agakoko gatera SIDA atemerewe konsa, ahubwo ko agaburira umwana we amata y'ifu. Ayo mabwiriza yarahindutse– Reba igice gikurikira iki.)



Iminota 10

4. Bwira abahugurwa uti:

Bamwe muri mwe bigishijwe cyangwa se bumvise ko abagore babana n'ubwandu bw'agakoko gatera SIDA batagomba konsa, ko ahubwo bagomba guha abana babo amata y'ifu. Mu myaka myinshi ishize, abaganga, abaforomo, hamwe n'Abajyanama b'ubuzima ba hano bigishije abagore babana n'ubwandu bw'agakoko gatera SIDA guha abana babo amata y'ifu aho kubonsa, ubwo bukaba uburyo bwo kubarinda kwanduza abana babo. **Kuri ubu rero twe turigisha ababyeyi babana n'ubwandu bw'agakoko gatera SIDA konsa abana babo. Ibyo bitewe no kuba abaganga baravumbuye ko guha abagore bose babana n'ubwandu bw'agakoko gatera SIDA batwite imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita kwabo, utitaye ku mubare w'abasirikari bafite mu mubiri wabo, bishobora gutuma abo bagore bonsa nta kibazo bagize. (Turaza gusubiramo uko ubara abasirikari b'umubiri mu isomo rikurikira iri).**

Mu bihugu byinshi abaganga bakoze ubushakashatsi ku buryo gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ku mugore utwite mu mezi ya mbere yabo yo gutwita bituma konsa umwana nta kibazo bitera. Urugero, mu mwaka w'i 2008 n'uwa 2009, abaganga batangiyeye gutanga imiti igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gusama (ni ukuvuga mu gihembwe cya mbere) ku matsinda 2 y'abagore babanaga n'ubwandu bw'agakoko gatera SIDA – ku bagore 1000 bo mu gihugu cya Bostwana n'abandi 700 bo muri Kenya. Basanze abagore bari hagati ya 1% na 4% gusa ari bo banduje

abana babo mu gihe cyo kubonsa. Ubu bushakashatsi bwatweretse ko icyo twakekaga ko gishobora kwanduza umwana (ni ukuvuga konsa ku bagore babana n'ubwandu bw'agakoko gatera SIDA) atari cyo, ahubwo ko nta kibazo na kimwe biteye ku mubyeyi n'umwana.

Ubwo bushakashatsi bwatugararije ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yabo yo gutwita, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 mbere yo kubyara. Abagore babana n'ubwandu bw'agakoko gatera SIDA bagomba kandi gukora ibindi bintu twavuzeho – ni ukuvuga kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no guha umwana umuti wa Nevirapine ndetse no kumupima ubwandu bw'agakoko gatera SIDA mu rwego rwo kurinda abo bagore kwanduza abana babo.

5. Baza abahugurwa uti:

- Tuzi ko amashereka ari ryo funguro n'ikinyobwa cy'ingenzi ku bana. Kuki?

(Amashereka agaburira abana akanabaha intungamubiri zose, ibinure na za poroteyine bakenera.)

(Amashereka yifitemo abasirikari b'umubiri bakomeza ubwirinzi bw'imibiri y'abana bakanabarinda kurwaragurika.)

(Konsa bifasha umubyeyi gusabana n'umwana kandi bigatuma umwana yumva atekanye kandi yishimye.)

(Konsa umwana nta kiguzi bisaba.)

(Konsa abana bigabanya ingaruka zo kubaha amazi yanduye (nk'akoreshwa amata y'ifu) ashobora kubatera indwara y'impiswi ishobora kubica.)

6. Baza abahugurwa ibibazo bikurikira maze ubashishikarize kubijyaho impaka:

- Bamwe muri mwe mwize kwigisha abagore babana n'ubwandu bw'agakoko gatera SIDA kugaburira abana babo bakoresheje amata y'ifu. Bamwe muri mwe mumaze imyaka myinshi mwigisha ibyo. Bamwe muri mwe yewe mushobora kuba mwarahaye abana banyu bwite ayo mata y'ifu. Muratekereza iki kuri izi mpinduka zabaye? Ni ibihe bibazo cyangwa impungenge mufite?

(Fata ibisubizo by'abantu bake babishaka. Ntutekereze ko ugomba gusubiza ikibazo cya buri wese ku buryo burambuye kuri iyi ngingo. Uyu ni umwanya/amahirwe wo kumva ibibazo n'impungenge by'abahugurwa kugira ngo ubimenye unabashe kubisubiza muri

make. Bwira abahugurwa ko mu masomo akurikira iri baziga ku buryo bunonosoye impinduka nshya zabaye n'uburyo bagomba kuzisobanurira abagore batwite.)

- Abantu bamwe mu giturage aho mukorera bigishijwe ko abagore babana n'ubwandu bw'agakoko gatera SIDA bagomba guha abana babo amata y'ifu. Mutekereza ko abagore batwite babana n'ubwandu bw'agakoko gatera SIDA ndetse n'abandi baturage bazabyakira gute nimubabwira ko ubu noneho NTA KIBAZO ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo? Ese bazatekereza iki? Bazavuga iki se?

(Akira ibisubizo bitandukanye. Ibyo bisubizo bigomba kugaragaramo ibintu bikurikira:

(Abagore bamwe babana n'ubwandu bw'agakoko gatera SIDA bashobora kubyishimira kuko badakunda guha abana babo amata y'ifu, kubera ko konsa ari ikintu kiri muri kamere muntu ndetse abagore benshi bishimira gukora.)

(Abagore bamwe bashobora kugira ubwoba kuko bari barigishijwe kugaburira abana babo babanje bakoresheje amata y'ifu, cyangwa bakaba barabwiwe ko ari bibi konsa ku bagore babana n'ubwandu bw'agakoko gatera SIDA. Bashobora kugira impungenge ko nibonsa abana babo bazabanduza ubwandu bw'agakoko gatera SIDA.)

(Abantu bashobora kumva bibashobeye kubera ko kuva mu myaka myinshi ishize, abaganga, abaforomo hamwe n'abajyanama b'ubuzima bakanguriraga abagore babana n'ubwandu bw'agakoko gatera SIDA guha abana babo amata y'ifu, none ubu bakaba bababwira ngo babonse.)

(Abantu bamwe bashobora gukenera kumenya impamvu iyi nama yerekeye konsa yahindutse.)

(Abahugurwa bashobora gutanga ibindi bisubizo.)

7. Bwira abahugurwa uti:

Ni ikibazo gikomeye gufasha abagore batwite babana n'ubwandu bw'agakoko gatera SIDA mu giturage cyacu. Abagore bamwe batwite batinya kujya kwa muganga kwisuzumisha mbere yo kubyara cyangwa kubyarirayo, cyangwa se bakaba batiyumvisha akamaro ko kwisuzumisha mbere yo kubyara cyangwa kubyarira kwa muganga. Abandi bashobora kudashaka gufata Imiti igabanya ubukana bw'agakoko gatera SIDA kubera ko iyo miti igira ingaruka mbi ku uyifata. Kuri ubu rero, bishobora guteza ikibazo gikomeye kwigisha abagore batwite babana n'ubwandu bw'agakoko gatera SIDA ko nta kibazo bakwiye kugira baramutse bonkeje abana babo nyuma y'imyaka myinshi abaturage bigishwa guha abana amata y'ifu.

Muri aya mahugurwa turasubiramo uburyo umubyeyi yakwirinda kwanduza umwana atwite tunavuge ku buryo ushobora kwigishamo abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA kugeza ubwo bumva ko nta kibazo biteye konsa abana babo, ko ahubwo bizatuma abana babo bagira ubuzima bwiza.

ISOMO RYA 5

KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE



Uburyo bukoreshwa mu kwigisha: Ibikorwa mu matsinda mato, kwigishanya hagati y'abahugurwa



Igihe isomo rimara: Amasaha 2 n'iminota 5



Intego z'isomo

a. Gusobanura uburyo abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora kwanduza abana babo n'uko babyirinda.



Gutegura isomo

- Gusubiramo isomo ryanditse/amafoto ari ku bipapuro binini.
- Andika ibi bibazo 2 ku rupapuro runini:
 - Ni ibihe bibazo cyangwa impungenge mutekereza ko abagore batwite cg ababyeyi bashya babana n'ubwandu bw'agakoko gatera SIDA bashobora kuba bafite kuri aya makuru?
 - Baza umujyanama w'ubuzima uti “Ni iki wabwira abo bagore usubiza ibi bibazo cyangwa izi mpungenge?”



Ibikoresho bikenewe

- Amakuru yerekeye Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we ari ku rupapuro rwa 9–24 z'Igitabo cy'Uhugurwa
- Inyandiko/amafoto ari ku bipapuro binini
- Ibyuma by'amashusho n'amajwi niba uhugura akoresha inyandikoshusho
- Impapuro nini zo kwandikaho
- Marikeri
- Papiye kola



INAMA: Iri somo rikubiyemo amakuru y'ingenzi ku Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we binyuze mu kwigishanya hagati y'abahugurwa – aho abahugurwa bahinduka abahugurwa n'abarimu. Kwigishanya hagati y'abahugurwa ubwabo bibafasha kwiga kumenya amakuru arenzeho kubera ko bagomba kuyumva bihagije kugira ngo bazabashe kuyigisha abandi. Kora ku buryo iri somo rigira umwanya uhagije.



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 5

1. Bwira abahugurwa uti:

Muri iri isomo murasubiramo amakuru arebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Bamwe muri mwe mushobora kuba muzi aya makuru, ariko ni ngombwa kubisubiramo, cyane cyane ko amakuru avuga ku konsa yahindutse. Murakorera mu matsinda mato musubiramo aya makuru, nyuma muze kuza kugeza kuri bagenzi banyu ibyo mwagezeho.

2. Gabanya abahugurwa mu matsinda 6 mato. Kora ku buryo buri tsinda riyamo abahugurwa bake bazi gusoma no kwandika neza. Ha buri tsinda impapuro 2 nini zo kwandikaho hamwe n'ikaramu ya marikeri.

3. Andika ibibazo 2 wateguye maze usobanure ibyo buri tsinda rigiye gukora:

- Soma amakuru arebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we yahawe itsinda ryawe uranguruye ijwi (Ndabaha umukoro mu kanya gato).
- Genzura ko umuntu wese uri mu itsinda yumva amakuru yanditseho.
- Nyuma mujye impaka kuri ibyo bibazo byombi mu itsinda ryanyu maze mwandike ibitekerezo byanyu kuri za mpapuro 2 mwahawe, buri kibazo kijye ku rupapuro rwacyo.
 - Ni ibihe bibazo cyangwa impungenge mutekereza ko abagore batwite cg ababyeyi bashya babana n'ubwandu bw'agakoko gatera SIDA bashobora kuba bafite kuri aya makuru mashya?
 - Baza umujyanama w'ubuzima uti “Ni iki wabwira abo bagore usubiza ibi bibazo cg izi mpungenge?”
- Genzura ko abagize itsinda bose bagira uruhare mu mpaka bajya.
- Hitamo umuntu umwe uza kuvuga amakuru bakusanyije ku birebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Uwo muntu agomba kuba ashoboye gukoresha inyandiko n'amafoto mu gutanga ikiganiro cye. Uwo muntu agomba kuba yumva neza amakuru atanga ku buryo avuga nta kureba mu gitabo buri kanya.
- Hitamo undi muntu uvuga ku bibazo n'ibisubizo biri ku mpapuro 2 nini.
- Mufite iminota 30 yo gusoma ibibazo no kubisubiza.
- Mufite iminota 10 yo kugeza ku bandi ibyo mwagezeho.



INAMA: *Itsinda rya 2 n'irya 5 bahawe ibintu byinshi byo kwigaho kurusha abandi. Niba bishoboka, kora ku buryo nibura muri buri tsinda habamo abahugurwa bake babisobanukiwe kurusha abandi.*

4. Saba abahugurwa gushaka mu bitabo byabo ku rupapuro rwa 9–24 amakuru arebana no Kurinda umubyeyi ubana n'ubwandu bwa SIDA kwanduza umwana we. Saba amatsinda mato gushaka amakuru ari mu bitabo ku buryo bukurikira:

Itsinda rya 1: “Ingaruka ku bana babana n'ubwandu bw'agakoko gatera SIDA,” “Uko abana bandura agakoko gatera SIDA,” no “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we”

Itsinda rya 2: “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cyo gutwita”

Itsinda rya 3: “Ubwirinzi bw'umubiri n'abasirikari b'umubiri” no “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we mu gihe cy'ibise no mu kubyara”

Itsinda rya 4: “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we nyuma y'uko umwana avutse”

Itsinda rya 5: “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we no konsa”

Itsinda rya 6: “Ibiribwa binyuranye” n' “Amata y'ifu ahabwa abana”



Iminota 30

5. Ha amatsinda yose iminota 30 yo gutegura. Mu gihe amatsinda arimo ategura ibyo yahawe, banyuremo ubafashe niba ari ngombwa.



Iminota 10

6. Saba abantu 2 bahagarariye itsinda rya mbere kuza imbere. Saba umuntu wa mbere kuvuga ibyo itsinda ryagezeho ku birebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we akoresheje amashusho cyangwa impapuro. Fasha uvuga ukoresheje amashusho cyangwa Ibipapuro bininni. Ongeraho andi makuru cyangwa se uyakosore niba ari ngombwa. Nyuma usabe uhagarariye itsinda rya 2 kugaragaza ibibazo n'impungenge abagore bashobora kugira n'uburyo bumva babikemura (bakoresheje impapuro zabo 2). Gerageza guha buri wese uvugira itsinda iminota 10.



Iminota 5

7. Mu gihe abahagarariye itsinda rya mbere barangije kuvuga, baza abahugurwa uti:
- Ni ibihe bibazo cyangwa ibitekerezo mufite ku byo iri tsinda rimaze kuvuga?
(Akira ibibazo n'ibitekerezo by'ababishaka. Nyuma ureke uhagarariye itsinda rya mbere, abandi bagize iryo tsinda cyangwa abandi bantu basubize.)
8. Ongeraho andi makuru cyangwa se uyakosore niba ari ngombwa. Gerageza koroshya ibibazo n'ibitekerezo ku buryo bitarenza iminota 5.
9. Mu gihe itsinda rya 1 riba rivuga ibyaryo rinasubiza ibibazo n'ibitekerezo by'abahugurwa, terera akajisho ku makuru ari hasi aha maze wuzuze ibyo bavuze cyangwa se ubikosore niba ari ngombwa.



Isaha 1 n'iminota 15

10. Subiramo uyu mwitoto kuva ku Itsinda rya 2 kugeza ku rya 6. Gerageza guha buri itsinda iminota itarenze 15.
11. Nyuma y'uko amatsinda yose arangije kuvuga, bashimire ku bw'ibiganiro batanze. Mu kwanzura, baza abahugurwa vuba uti:

Ni ibihe bintu by'ingenzi ugomba kubwira abagore batwite bijjyanye no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we?

- ***Kwipimisha ubwandu bw'agakoko gatera SIDA***
- ***Gutangira Imiti 3 igabanya ubukana bw'agakoko gatera SIDA hakiri kare – ni ukuvuga mu gihembwe cya mbere cyangwa se mu mezi 3 mbere y'uko umwana avuka***
- ***Gufata Imiti igabanya ubukana bw'agakoko gatera SIDA neza uko bitegetswe buri muni***
- ***Kwisuzumisha mbere yo kubyara***
- ***Kubyarira kwa muganga***
- ***Guha umwana umuti wa Nevirapine, imiti ya antibiyotiki, inkingo, no kumusuzumisha buri gihe***
- ***Konsa umwana nta kibazo bitera – iyo umubyeyi afashe neza Imiti 3 igabanya ubukana bw'agakoko gatera SIDA***
- ***Guha umwana amata y'ifu iyo nyina yatangiye Imiti igabanya ubukana bw'agakoko gatera SIDA akererewe***



ITSINDA RYA 1

urupapuro rwa 10–11 z'Igitabo cy'Uhugurwa



Ingaruka ku miryango ifite abana babana n'ubwandu bw'agakoko gatera SIDA

Kugira umwana ubana n'ubwandu bw'agakoko gatera SIDA bishobora kuba umutwara ku muryango. Iyo umwana arwaye, ababyeyi be cyangwa se abamurera bagomba kumwitaho bihagije, ibyo bikaba byabatwara umwanya w'akazi cyangwa se ntibabashe kwita ku bandi bana. Ibi bishobora guteza umuryango ubukene bukabije.



Ni gute abana bashobora kwandura agakoko gatera SIDA?

Umubyeyi ashobora kwanduza umwana we:

- Igihe amutwite
- Mu gihe cy'ibise no kubyara
- Igihe amwonkeje atarafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura amezi 3 mbere yo kubyara
- Gushyira amashereka mu maso y'umwana we (cyangwa mu maso y'umwana uwo ari we wese)



ITSINDA RYA 1

(Birakomeza)



Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana

Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA yitaye cyane ku bintu bimwe na bimwe igihe atwite, iyo ari ku bise n'igihe cyo kubyara, ndetse no mu gihe cyo kwita ku mwana we, ashobora kwirinda kumwanduza agakoko gatera SIDA kandi na we ubwe n'umwana bakagira ubuzima bwiza. Ubwo buryo bwitwa “Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we.”



INAMA: Dore ingero nke z'ibibazo n'impungenge abagore batwite cyangwa bonsa bashobora kugira n'uburyo abajyanama b'ubuzima bashobora kubisubiza. Abagize amatsinda bashobora kuvuga ibindi bibazo byiyongeraho n'ibisubizo. Hari nanone ibibazo byatoranyijwe n'ibisubizo bigenewe amatsinda kuva ku rya 2 kugeza ku rya 6.

Ibibazo bishoboka n'uburyo abajyanama b'ubuzima bashobora kubisubiza.

- None se niba umugore abana n'ubwandu bw'agakoko gatera SIDA, umwana we na we ntazandura ndetse agapfa?

(Oya umubyeyi ashobora kurinda umwana we kwandura aramutse akurikije amabwiriza ajyanye no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Iyo abigenje atyo, aba afite amahirwe menshi yo kurinda umwana we kwandura agakoko gatera SIDA.)

- Niba ngomba gukurikiza ayo mabwiriza adasanze igihe ntwite, buri wese azamenya ko mfite ubwandu bw'agakoko gatera SIDA. Sinshaka ko abantu babimenya.

(Ikibazo gikomere ni ukuba wakwandura agakoko gatera SIDA cyangwa ukanduza umwana wawe kurusha gukurikiza amabwiriza adasanze atuma abantu bamenya ko ubana n'ubwandu bw'agakoko gatera SIDA. Niba abantu bamenya ko wanduye agakoko gatera SIDA, umujyanama w'ubuzima wawe, umuforomo n'umuganga bashobora kugufasha kwiga uburyo bwo kuganiriza abandi ku buryo bataguhaze. Ushobora kwifatanya n'abagize itsinda ry'ababana n'ubwandu bw'agakoko gatera SIDA maze ukabona ubufasha bw'umujyanama wawe w'ubuzima hamwe n'umusosiyari.)

(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)



ITSINDA RYA 2

urupapuro rwa 13 z'igitabo cy'Uhugurwa



Kurinda umubyeyi kwanduza umwana igihe atwite

Kugira ngo umugore utwite yirinde kwanduza umwana we ubwandu bw'agakoko gatera SIDA agomba:

- Kwipimisha ubwandu bw'agakoko gatera SIDA iyo atarabikora, uwo bashakanye na we agomba kwipimisha
- Kujya ku kigo nderabuzima muri gahunda yo kwisuzumisha mbere yo kubyara
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA agisama, mu mezi 3 asanye iyo bishoboka cyangwa se mu mezi 3 abanziriza kubyara. Iyo umubyeyi ahawe ibisubizo nyuma yo kwipimisha agakoko gatera SIDA, muganga amwandikira imiti 3 igabanya ubukana bw'agakoko gatera SIDA ako kanya iyo asanze yaranduye agakoko gatera SIDA. Akomeza gufata iyo miti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa

Kwipimisha ubwandu bw'agakoko gatera SIDA: Abagore bose batwite bagomba gupimwa ubwandu bw'agakoko gatera SIDA ku kigo nderabuzima kubera ko bashobora kwanduza abana babo baramutse bafite ubwo bwandu. Umugore wese agomba kwipimisha ubwandu bw'agakoko gatera SIDA akimenya ko atwite. Kwipimisha ubwandu bw'agakoko gatera SIDA bikorwa ku buntu.

Iyo mu gupima basanze umugore ataranduye ariko uwo bashakanye akaba we yaranduye, umuforomo ushinze gahunda yo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we agomba kubimenyeshwa. Nyuma y'aho uwo mugore agomba gupimwa ubwandu nyuma ya buri mezi atatu. Iyo ibizami bye byerekanye ko afite ubwandu bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri gahunda yo kurinda umubyeyi kwanduza umwana atwite. Iyo nta bimenyetso by'ubwandu agaragaje mu gihe cyose cyo gutwita, ahabwa imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na none gupimwa ubwandu bw'agakoko gatera SIDA buri kwezi. Iyo umugore yanduye agakoko gatera SIDA mu mezi ya nyuma yo gutwita kwe, ibyo bishobora kuba bibi cyane ku mwana, ni yo mpamvu uwo bashakanye agomba kwikingira mu gihe cy'imibonano mpuzabitsina (akoresheje agakingirizo) mu gihe cyose umugore atwite n'igihe yonsa.



ITSINDA RYA 2

(Birakomeza)

Kwisuzumisha mbere yo kubyara: Abagore bose batwite bagomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara kugira ngo bamenye niba abana babo bafite ubuzima bwiza. Abagore bose batwite bagomba kwisuzumisha incuro 3 zagenwe mbere yo kubyara (cyangwa zirenga iyo bafite ibibazo). Ku ncuro ya mbere umugore bamupima ubwandu bw'agakoko gatera SIDA iyo yari ataripimisha. Incuro zose umugore utwite aje kwisuzumisha mbere yo kubyara umuganga cyangwa umuforomo amupima umuvuduko w'amaraso, akagenzura igipimo cy'amaraso mu mubiri, akamuha za vitamini n'inkingo akanapima niba nta ndwara zandura afite.

Imiti igabanya ubukana bw'agakoko gatera SIDA (ARVs): Abagore bose batwite babana n'ubwandu bw'agakoko gatera SIDA bagomba gufata imiti 3 igabanya ubukana kugira ngo bakomeze kugira ubuzima bwiza kandi banirinde kwanduza abana babo. Mbere abagore batwite mu giturage cyacu batangiraga imiti 3 igabanya ubukana bw'agakoko gatera SIDA iyo umubare w'abasirikari mu mubiri wabaga uri muni ya 350. Ariko kuri ubu abaganga baha abagore bose batwite imiti 3 igabanya ubukana bw'agakoko gatera SIDA kubera ko ifasha kwirinda kwanduza umwana. Iyo umugore utwite atangiye gufata imiti igabanya ubukana bw'agakoko gatera SIDA kare (mu mezi 3 nyuma yo gusama bishobotse), agafata iyo miti uko bitegetswe buri muni, kandi akanakomeza kuyifata nyuma y'uko umwana avutse, virusi iraganzwa noneho umubyeyi agashobora konsa umwana we nta nkomyi (kubera ko mu mubiri we haba harimo kopi nke z'iyi virusi). Iyo umugore utwite agize ingaruka mbi ziterwa no gufata imiti igabanya ubukana bw'agakoko gatera SIDA, urugero nko kugira umwera ku mubiri, kumva azungera cyangwa kumva ananiwe cyane, agomba kwihutira kujya ku kigo nderabuzima.

Ibibazo bishoboka n'uburyo abajyanama b'ubuzima bashobora kubisubiza.

- Kwipimisha ubwandu bw'agakoko gatera SIDA bikorwa bite? Ese birababaza?
(*Kwipimisha ubwandu bw'agakoko gatera SIDA bikorwa bapima amaraso ku buryo bworoshye kandi bwihuse. Igisubizo kiboneka ku muni wipimishirijeho. Umujyanama atanga inama mbere yo kwipimisha kugira ngo asobanure uko ibice by'isomo bikurikirana, na nyuma yo kwipimisha atanga ibisubizo anatanga ubufasha.*)
- Kuki ari ngombwa kwipimisha?
(*Ubwandu bw'agakoko gatera SIDA bushobora kuvurwa ariko ukeneye kumenya niba ubufite; iyo wanduye ugomba kwiga uburyo wiyitaho ukita no ku mwana wawe ukeneye gukura; iyo usanze utaranduye, umujyanama ashobora kugufasha kumenya uko wakwirinda kwandura mu minsi iri imbere.*)

- Kuki ngomba kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara niba numva ntarwaye?

(Mu gihe cyo kwisuzumisha mbere yo kubyara umuganga cg umuforomo aragusuzuma akanareba uko umwana akura kugira ngo yizere ko nta kibazo mufite; aranabakingira kugira ngo abarinde wowe n'umwana wawe bikabafasha kugira ubuzima bwiza Niba ujya kwa muganga gusa igihe warwaye, ushobora kubura ubuzima bwawe n'ubw'umwana wawe.)

- Numvise ko Imiti igabanya ubukana bw'agakoko gatera SIDA igira ingaruka mbi ikanakurwaza.

(Imiti igabanya ubukana bw'agakoko gatera SIDA igira ingaruka mbi. Ariko na none iyo ikugizeho ingaruka mbi muganga cyangwa umuforomo ashobora kugufasha. Kudafata Imiti igabanya ubukana bw'agakoko gatera SIDA bifite ingaruka mbi zirimo n'urupfu kuri wowe no ku mikurire y'umwana kurusha ingaruka mbi z'iyi miti.)

- Ese Imiti igabanya ubukana bw'agakoko gatera SIDA ishobora kumbabaza cyangwa umwana wanjye?

(Oya, Imiti igabanya ubukana bw'agakoko gatera SIDA igufasha kugumana ubuzima bwiza n'umwana wawe.)

- Kuki ngomba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA ntwite igihe numva ntarwaye?

(Imiti igabanya ubukana bw'agakoko gatera SIDA ifasha abantu kugumana ubuzima bwiza. Iyo utegereje kugeza igihe uzarwarira, byangiza ubuzima bwawe n'ubw'umwana.)

- Kuki abagore bose batwite bahabwa imiti 3 igabanya ubukana bw'agakoko gatera SIDA muri iki gihe kandi mbere batarayihabwaga?

(Abaganga basanze ko gutanga imiti 3 igabanya ubukana bw'agakoko gatera SIDA ku bagore bose batwite babana n'ubwandu bw'agakoko gatera SIDA, utitaye ku mubare w'abasirikari bafite mu mubiri, bibafasha kugira ubuzima bwiza igihe batwite kandi bigatuma bashobora konsa abana babo. Ubwo bushakashatsi bwatugaragariye ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA bagisama, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 abanziriza kubyara. Bagomba kandi guha umwana umuti wa Nevirapine, bagapimisha umwana ubwandu bw'agakoko gatera SIDA ku byumweru 6 no ku mezi 18, kandi bakanamukingiza.)

(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)



Ubwirinzi bw'umubiri n'umubare w'abasirikari mu mubiri

Umubiri wa buri muntu ugira ubwirinzi burwanya udukoko dutera indwara. Abaganga n'abaforomo bashobora kumenya imbaraga z'ubwirinzi bw'umubiri wawe babipimiye mu maraso. Ikizami gifasha gupima umubare w'uturemangingo duto (cells) twitwa "CD4" mu rurimi rw'icyongereza. Akenshi, iyo umuntu ufite ubwandu bw'agakoko gatera SIDA afite umubare w'abasirikari b'umubiri uri muni ya 350, ibyo bisobanura ko ubwirinzi bw'umubiri we nta mbaraga buba bugifite, bityo uwo muntu akaba agomba gutangira imiti kugira ngo yongere umubare w'abasirikari mu mubiri we. Nyamara rero, abaganga basanzeko iyo bahaye abagore batwite imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita, n'ubwo umubare w'abasirikari b'umubiri waba uri hejuru ya 350, ibyo bifasha kurinda umwana kwandura.



Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwandura umwana we mu gihe cy'ibise no mu kubyara

Vuga ngo: Kugira ngo umubyeyi atanduzwa umwana agakoko gatera SIDA ari ku bise cyangwa amubyara, agomba kubyarira kwa muganga. Abagore BOSE batwite, atari ababana n'ubwandu bw'agakoko gatera SIDA gusa, bagomba kubyarira kwa muganga iyo babishoboye. Iyo umugore abyariye kwa muganga, muganga cg umuforomo agenzura ko atatinze ku bise cyane, akamufasha iyo nta bise afite, agaha umubyeyi imiti igabanya ubukana y'inyongera, agatangiza umwana umuti wa Nevirapine, akanagira inama uwo mubyeyi mushya uburyo bwo kugaburira umwana we no kwirinda kumwanduzwa agakoko gatera SIDA.

Iyo umugore utwite ageze igihe cyo kubyara agira ibise (ni ukuvuga ububabare bwungikanya yumva mu nda). Isuha ye irameneka, ibintu bisa n'amazi n'amaraso make bigasohoka mu gitsina cye. Iyo umugore ubana n'ubwandu bw'agakoko gatera SIDA agiye ku bise, agomba kwihutira kujya kwa muganga ari kumwe n'umuntu wo kumufasha. Agomba kwitwaza imyenda imeshe ye n'iy'umwana.



INAMA: Niba abahugurwa batamenyereye ibirebana n'abasirikari b'umubiri, ushobora kwifashisha aya makuru y'inyongera mu gusobanura:

Mufate ubwirinzi bw'umubiri ko ari nk'ikiringiti kirinda umubiri wawe kikanagufasha kurwanya udukoko dutera indwara. Ubwandu bw'agakoko gatera SIDA bwibasira ubwirinzi bw'umubiri. Ubwandu wabugereranya n'udusimba turya cya kiringiti. Iyo bigenze bityo, ubwirinzi bw'umubiri ntibuba bukibasha kurwanya izindi ndwara nka mbere. Iyo ikiringiti kimaze guhinduka ibitobagure rero ntakiba kikigutwikiriye ngo ushyuhe.

Uturemangingo tw'abasirikari b'umubiri ni igice kimwe cy'ubwirinzi bw'umubiri gituma ugira imbaraga kikanagufasha kurwanya indwara. Ubwandu bw'agakoko gatera SIDA bufata kandi bukangiza izo nyangingo. Iyo muganga apimye amaraso ashobora kumenya uko imbaraga z'ubwirinzi bw'umubiri wawe zingana abaze umubare w'abasirikari mu maraso make yafashe.

Akenshi, iyo umubare w'abasirikari uba uri hejuru ya 350, ibi bisobanura ko ubwirinzi bw'umubiri w'umuntu buba bugifite imbaraga zo kurwanya indwara zandura. Uyu muntu ntaba akeneye gutangira imiti kugeza aho, ariko iyo umubare w'abasirikari be ugabanutse ukajya muni ya 350, agomba gutangira imiti. Gufata imiti bituma umubare w'abasirikari mu mubiri uzamuka. Iyo umuntu bamupimyemo ubwandu bw'agakoko gatera SIDA, muganga cyangwa umuforomo aramusuzuma byashoboka akamupima abasirikari b'umubiri nyuma ya buri mezi atandatu. Ariko kuri ubu biratandukanye ku bagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA.

Ibibazo bishoboka n'uburyo Abajyanama b'ubuzima bashobora kubisubiza.

- Kuki umugore utwite ahabwa imiti igabanya ubukana bw'agakoko gatera SIDA n'iyi umubare w'abasirikari b'umubiri uri hejuru ya 350?

(Abaganga basanze ko iyi bahaye abagore batwite Imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita, n'ubwo umubare w'abasirikari b'umubiri waba uri hejuru ya 350, ibyo bifasha kurinda umwana kwandura.)

- Ikigo nderabuzima gihereye kure. Nzagerayo gute igihe cyo kubyara, gupimisha umwana n'ibindi?

(Abajyanama b'ubuzima bashobora kugufasha gupanga uko ugera ku kigo nderabuzima. Bashobora kuguherekeza cyangwa kukubonera umuntu mujyana. Bashobora kugushakira ikigutwara bibaye ngombwa.)

- Umubyeyi wanjye (mushiki wanjye, incuti, cg umuturanyi) yabyariye mu rugo kandi nta kibazo yagize. Kuki ngomba kubyarira kwa muganga?

(Abaganga n'abaforomo bamenya icyo bakora iyo ibintu bigenze nabi; kubyara bigenda neza kandi bafasha kurinda umwana kwandura ubwandu bw'agakoko gatera SIDA; umwana ashobora guhita atangira gufata umuti wa Nevirapine ako kanya n'ibindi.)

(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)



ITSINDA RYA 4

urupapuro rwa 21 z'igitabo cy'Uhugurwa



Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we nyuma y'uko umwana avutse

Kugira ngo umubyeyi yirinde kwanduza umwana we, agomba:

- Gukomeza gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kujya ku kigo nderabuzima iyo agaragaje ingaruka mbi zirimo kugira umwera ku mubiri, kuzungera, cyangwa umunaniro ukabije. Agomba gufata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yonsa (kugeza ku mezi 18 nyuma yo kuvuka k'umwana) cyangwa se akayifata ubuzima bwe bwose iyo umubare w'abasirikari b'umubiri we wigeze kujya muni ya 500.
- Guha umwana umuti wa Nevirapine mu gihe cy'ibyumweru 6 (rimwe na rimwe no hejuru yayo). Agomba kujyana umwana ku kigo nderabuzima mu minsi 3 nyuma yo kuvuka kugira ngo ahabwe umuti wa nevirapine iyo atabyariye kwa muganga. Biba byiza cyane iyo umwana atangiye gufata nevirapine uhereye ku muni yavukiyeho.
- Guha umwana imiti ya antibiyotiki (Bactrim) uhereye ku byumweru 6 nyuma yo kuvuka.
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku byumweru 6 nyuma yo kuvuka (IKizami nyacyo cy'ubwandu bw'agakoko gatera SIDA – DBS mu rurimi rw'icyongereza).
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganya.
- Gukomeza kujyana umwana ku kigo nderabuzima incuro 1 mu kwezi kumusuzumisha kugeza igihe agiriye amezi 18.
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA ku ncuro ya 2 agize amezi 18 (Amaraso y'umwana arapimwa; umwana agacutswa muri Gahunda yo Kwirinda kwandura).
- Konsa umwana we iyo umubyeyi yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara.

Ibibazo bishoboka n'uburyo Abajyanama b'ubuzima bashobora kubisubiza.

- Ni gute nzabona Nevirapine yo guha umwana wanjye ukivuka?
(Iyo ubyariye kwa muganga, umuganga cyangwa umuforomo aguha nevirapine y'umwana wawe. Iyo ubyariye mu rugo ugomba kujyana umwana ku kigo nderabuzima mu minsi 3 ikurikira kugira ngo ahabwe umuti wa Nevirapine.)
- Ni gute ngomba guha umwana wanjye imiti?
(Umuganga, umuforomo cyangwa umujyanama w'ubuzima azabikwigisha.)
- Ese gupima umwana ubwandu bw'agakoko gatera SIDA biramubabaza?
(Oya, ni ngombwa kumenya niba umwana wawe afite ubwandu bw'agakoko gatera SIDA. Iyo uwo mwana afite ubwandu bw'agakoko gatera SIDA, ushobora kumenya uko umwitaho akagumana ubuzima bwiza.)
- Ese gukingira umwana wanjye biramubabaza?
(Oya, umwana ashobora kurira, kuzana agasebe cg gusa n'uwahiye aho bakingiye cyangwa kugira umuriro muke biturutse ku nkingo, ariko ibyo ntibiba bikomeye. Inkingo zirinda abana indwara z'ibikatu zishobora kubamugaza ubuzima bwose cyangwa kubica (iseru, imbasa, igituntu n'izindi.)
- Hari ibintu byinshi umugore agomba kwibuka (kwisuzumisha mbere yo kubyara, Kwipimisha ubwandu bw'agakoko gatera SIDA, inkingo na Nevirapine ku mwana, n'ibindi). Ibyo bintu byose nzabyibuka nte? Ni nde uzamfasha?
(Abajyanama b'ubuzima bashobora kukwibutsa kujya kwisuzumisha mbere yo kubyara no kujyana umwana wawe kumupimisha ubwandu bw'agakoko gatera SIDA, kumukingiza kumuzana kumusuzumisha buri gihe. Ushobora kandi gusaba abo mubana cyangwa incuti kugufasha.)
(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)



Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we no Konsa

Mu myaka myinshi ishize, abaganga, abaforomo, hamwe n'Abajyanama b'ubuzima ba hano bigishije abagore babana n'ubwandu bw'agakoko gatera SIDA guha abana babo amata y'ifu aho kubonsa, ubwo bukaba uburyo bwo kubarinda kwanduza abana babo. **Kuri ubu rero twe turigisha ababyeyi babana n'ubwandu bw'agakoko gatera SIDA konsa abana babo. Iyo ni yo mpamvu abadogiteri bigishijwe ko guha abagore bose babana n'ubwandu bw'agakoko gatera SIDA batwite imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita kwabo, utitaye ku mubare w'abasirikari bafite mu mubiri wabo, bishobora gutuma abo bagore bonsa nta kibazo kibaye.**

Mu bihugu byinshi abaganga bakoze ubushakashatsi bujyanye n'uko gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA ku mugore utwite mu mezi ya mbere yabo yo gutwita bituma konsa umwana nta kibazo bitera. Urugero, mu mwaka w'i 2008 n'uwa 2009, abaganga batangiye gutanga imiti igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gusama (ni ukuvuga mu gihembwe cya mbere) ku matsinda 2 y'abagore babanaga n'ubwandu bw'agakoko gatera SIDA – ku bagore 1000 bo mu gihugu cya Bostwana n'abandi 700 bo muri Kenya. Basanze abagore bari hagati ya 1% na 4% gusa ari bo banduje abana babo mu gihe cyo kubonsa. Ubu bushakashatsi bwatweretse ko icyo twakekaga ko gishobora kwanduza (ni ukuvuga konsa ku bagore banduye agakoko gatera SIDA) nta kibazo giteye, ahubwo ko ari cyiza cyane ku mubyeyi n'umwana.

Ubwo bushakashatsi bwatugararije ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo nta kibazo iyo batangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yabo yo gutwita, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 mbere yo kubyara. Abagore babana n'ubwandu bw'agakoko gatera SIDA bagomba kandi kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira ku bitaro no guhabwa umuti wa Nevirepine ndetse no gupimisha umwana we ubwandu bw'agakoko gatera SIDA mu rwego rwo kurinda ko abo babyeyi banduza abana babo.



ITSINDA RYA 5

(Birakomeza)

Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana kubera ko:

- Amashereka agaburira abana akanabaha intungamubiri zose, ibinure na za poroteyine bakenera mu gukura kwabo.
- Amashereka yifitemo abasirikari b'umubiri bakomeza ubwirinzi bw'imibiri y'abana bakanabarinda kurwaragurika.
- Konsa bifasha umubyeyi gusabana n'umwana kandi bigatuma umwana yumva atekanye kandi yishimye.
- Konsa umwana nta kiguzi bisaba.
- Konsa abana bigabanya ingaruka zo kubaha amazi yanduye (nk'akoreshwa amata y'ifu) ashobora kubatera indwara y'impiswi ishobora kubica.

Ibibazo bishoboka n'uburyo Abajyanama b'ubuzima bashobora kubisubiza.

- Bambwiye ko iyo ubana n'ubwandu bw'agakoko gatera SIDA utagomba konsa. Nyamara ubu baravuga ko nta kibazo biteye ndetse ko ari byiza konsa. Kuki?

(Abaganga basanze ko abagore babana n'ubwandu bw'agakoko gatera SIDA bashobora konsa abana babo iyo batangiyeye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yabo yo gutwita, bishobotse mu mezi 3 nyuma yo gusama cyangwa se mu mezi 3 mbere yo kubyara. Birumvikana ko abagore babana n'ubwandu bw'agakoko gatera SIDA bagomba na bo gukora ibindi bintu byose basabwa mu rwego rwo kubarinda kwanduza abana babo – aha twavugaga nko kujya kwa muganga kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no guha umwana umuti wa Nevirepine, kumupimisha ubwandu bw'agakoko gatera SIDA no kumukingiza.)

- Kuki amashereka ari meza ku bana?

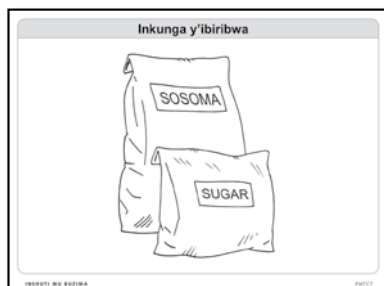
(Amashereka ni ifunguro n'ikinyobwa cy'ingenzi ku bana. Agaburira abana akabarinda kurwaragurika. Iyo umugore utwite atangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu gihe atwite (ibyiza ni ukuyifata mu mezi 3 nyuma yo gusama, cyangwa se nibura mu mezi 3 mbere yo kubyara), nta kibazo bitera konsa umwana kandi bimugirira akamaro.)

(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)



ITSINDA RYA 6

urupapuro rwa 25–28 z'igitabo cy'Uhugurwa



Ibiribwa binyuranye

Kugira ngo wizere ko abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA babona ifunguro rikwiye, bafite ubuzima bwiza kandi bita ku bana babo, ikigo nderabuzima kigomba kubaha ibiribwa binyuranye bagenerwa buri kwezi. Abagore batwite babana n'ubwandu bw'agakoko gatera SIDA batangira guhabwa ibiribwa (sosoma n'isukari) ku munsu batangiriyeho imiti 3 igabanya ubukana bw'agakoko gatera SIDA. Nyuma y'aho, abagore bashobora gufata ibiribwa binyuranye ku kigo nderabuzima buri kwezi. Abo bagore bakomeza guhabwa ibyo biribwa binyuranye kugeza ku mezi 18 nyuma y'uko abana babo bavutse (icyo gihe baba bonsa).



Amata y'ifu

Iyo umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA atafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, virusi itera ubwandu bwa SIDA iba itaraganzwa burundu bityo rero ntagomba konsa ahubwo agaburira umwana we akoresheje amata y'ifu. Ni ngombwa cyane ko abagore bese batwite bipimisha ubwandu bw'agakoko gatera SIDA bakimenya ko batwite. Hanyuma basanga bafite ubwandu bw'agakoko gatera SIDA, bashobora gutangira gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA, bakagumana ubuzima bwiza igihe batwite kandi bakonsa abana babo nta mpungenge.



INAMA: Bwira abahugurwa ko bazasubiramo uko bategura amata y'ifu mu bice bindi by'amahugurwa.

Ibibazo bishoboka n'uburyo Abajyanama b'ubuzima bashobora kubisubiza.

- Kuki ababyeyi bamwe bashya babana n'ubwandu bw'agakoko gatera SIDA basabwa kutonsa abana babo, ahubwo bagasabwa kubaha amata y'ifu?

(Iyo umugore utwite ubana n'ubwandu bw'agakoko gatera SIDA atafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, agomba kugaburira umwanawe amata y'ifu aho kumwonsa kubera ko aba atarafashe Imiti igabanya ubukana bw'agakoko gatera SIDA igihe gihagije kugira ngo yice virusi itera SIDA bityo yirinde kwanduza umwana we amwonsa.)

(Abahugurwa bashobora kuvuga ibindi bibazo n'ibisubizo.)

ISOMO RYA 6

URUHARE N'INSHINGANO BY'UMUJYANAMA W'UBUZIMA KU BIREBANA NO KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA



Uburyo bukoreshwa mu kwigisha: Gukusanya ibitekerezo, Ikiganiro cya rusange



Igihe isomo rimara: Iminota 30



Intego z'isomo

- b.** Gufasha ababyeyi batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA kwirinda kwanduza abana babo ubigisha ibijyanye n'uburyo bwo kurinda umubyeyi ubana n'ubwandu bwa SIDA kwanduza umwana we no mu kubafasha kubahiriza gahunda zo kujya kwisuzumisha ku kigo nderabuzima haba kuri bo ndetse no ku bana babo.



Gutegura isomo

- Gusubiramo urutonde rukurikira rwerekeye ku Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we.
- Andika iki kibazo ku rupapuro runini:
 - Ni uruhe ruhare n'inshingano by'Umujyanama w'Ubuzima ku birebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we?



Ibikoresho bikenewe

- Urupapuro runini rwanditseho ikibazo.
- Urutonde rw'ingingo zirebana no kurinda umubyeyi kwanduza umwana we ruri ku rupapuro rwa 9–24 mu Gitabo cy'Uhugurwa
- Impapuro nini zo kwandikaho
- Marikeri
- Papiye kola



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15

1. Bwira abahugurwa uti:

Nyuma yo gusubiramo uko abagore batwite n'abashya bashobora kwirinda kwanduza agakoko gatera SIDA abana babo, tugiye kurebera hamwe uruhare rw' umujyanama w'ubuzima muri icyo gikorwa.

2. Manika rwa rupapuro maze ubaze ibibazo wateguye. Akira ibisubizo by'ababishaka maze ubyandike ku rupapuro:

- Ni uruhe ruhare n'inshingano by'Umujyanama w'Ubuzima ku birebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we?

3. Niba hari uvuze uruhare cyangwa inshingano zitari zo, sobanura ikitari cyo kandi ntiwandike ibyo bisobanuro ku rupapuro. (Urugero, abajyanama b'ubuzima ntibagomba gufasha ababyeyi babyarira mu ngo zabo.)



Iminota 15

4. Saba abahugurwa gushaka mu bitabo byabo ku rupapuro rwa 9–24 amakuru arebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we.

5. Saba ubishaka gusoma aranguruye ingingo ya mbere ku rutonde rwo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we. Saba buri wese kureba uruhare n'inshingano ku rutonde rw'ingingo zirebana no kwirinda kwanduza umwana (igice cya 2) maze agenzure niba iyo ngingo iri kuri urwo rutonde. Niba iyo ngingo iriho, saba umuntu ubishaka kuza imbere y'abandi maze agashyira akamenyetso kuri iyo ngingo ku rupapuro rumanitse.

6. Komezera utyo ubaza abantu batandukanye babishaka kugeza igihe basomye ingingo zose ziri ku rutonde mu ijwi riranguruye bakanabona aho zihereye ku rupapuro. Niba ingingo runaka itagaragara ku rutonde ntugomba kuyongeraho. Genzura gusa ko abahugurwa bandika kandi bakaba bumva iyo ngingo.

Urutonde rw'ingingo z'ingenzi kuri PMTCT zifasha Umujyanama w'ubuzima

Gufasha abagore batwite:

- Kwipimisha ubwandu bw'agakoko gatera SIDA
- Kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara mbere y'ibyumweru 28
- Kujya ku kigo nderabuzima kwisuzumisha incuro 3 zindi mbere yo kubyara.
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kugenzura niba nta ngaruka mbi ibagiraho (iyo babana n'ubwandu bw'agakoko gatera SIDA)
- Kujya ku kigo nderabuzima iyo bagize ingaruka mbi zituruka ku miti igabanya ubukana bw'agakoko gatera SIDA

Gufasha abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA:

- Kujya ku kigo nderabuzima igihe cyose bo ubwabo n'abana babo barwaye
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA neza uko bitegetswe buri muni
- Gufata ibiribwa binyuranye bitangwa n'ikigo nderabuzima

Gufasha abagore batwite kwitegura kubyarira kwa muganga.

Niba umugore ubana n'ubwandu bw'agakoko gatera SIDA abyariye mu rugo, ihutire kujya ku kigo nderabuzima maze ubibwire muganga mu gihe kitarenze amasaha 24 nyuma yo kubyara.

Gufasha abagore bashya bose babana n'ubwandu bw'agakoko gatera SIDA:

- Guha abana babo umuti wa nevirapine (Kubafasha ubigisha uko utangwa)
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA mu byumweru 6 nyuma yo kuvuka
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganya
- Guhagarika konsa umwana ku mezi 16 n'igice kugira ngo azabashe gupimwa ubwandu bw'agakoko gatera SIDA ageze ku mezi 18
- Kujyana umwana kumusuzumisha buri kwezi mu gihe cy'amezi 18
- Kongera gupimisha umwana ubwandu bw'agakoko gatera SIDA agize amezi 18
- Konsa abana babo iyo bafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara kandi bakaba barahaye abana umuti wa Nevirapine

- Guha abana amata y'ifu iyo ba nyina batigeze bafata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi atatu mbere yo kubyara (bafashe ubigisha uko bayategura)
- Gutangira kuvanga amashereka n'ibindi biribwa kuva ku mezi 6 (konsa bivanze n'ibiribwa byoroheje)

Niba hari ibibazo bivutse mu giturage bijyanye no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we, bibwire umugenzuzi wawe cyangwa Umuforomo Ushinzwe Ubuzima Rusange bw'Abaturage.

7. Niba hari ingingo iboneye itari ku rutonde ruri mu gitabo cy'uhugurwa, saba abahugurwa kongera izo ngingo hasi kuri urwo rutonde mu bitabo byabo.
8. Baza abahugurwa ibibazo bafite ku rutonde rwo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we maze ubisubize cyangwa usabe abahugurwa kubisubiza.

9. Mu kwanzura, baza abahugurwa uti:

- Ni izihe mpinduka z'ingenzi zabaye muri gahunda yo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we? Ni gute wasobanurira umugore izo mpinduka iyo umuganiriza?

(Iyo abagore batwite batangiye imiti 3 igabanya ubukana bw'agakoko gatera SIDA hakiri kare, ariko nibura mu mezi 3 mbere yo kubyara (utitaye ku mubare w'abasirikari bafite mu mubiri wabo), ni byiza kandi nta kibazo bitera konsa abana babo.)

(Abagore batafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi 3 mbere yo kubyara bagomba kugaburira abana babo bakoresheje amata y'ifu yonyine.)

(Mara abagore impungenge ko abaganga bagenzuye neza aya makuru mashya bagasanga nta kibazo biteye konsa abana babo (iyo bari ku miti igabanya ubukana bw'agakoko gatera SIDA). Shishikariza ababyeyi kuvugana n'umuganga cyangwa umuforomo igihe baje kwisuzumisha mbere na nyuma yo kubyara niba bashaka kumenya ibirenzeho cyangwa se bakeneye gushira impungenge.)

(Abagore batwite n'abonsa ubu babana n'ubwandu bw'agakoko gatera SIDA bahabwa ibiribwa binyuranye.)

ISOMO RYA 7 INYIGISHO KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA



Uburyo bukoreshwa mu kwigisha: Agakino



Igihe isomo rimara: Isaha 1 n'iminota 10



Intego z'isomo

- d. Kwigisha ababyeyi batwite n'abonsa banduye agakoko gatera SIDA uko bakwirinda kwanduza abana babo agakoko gatera SIDA ubigisha ibijyanye n'uburyo bwo kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we atwite no mu kubafasha kwibuka kubahiriza gahunda yo kujya kwisuzumisha ku bigo nderabuzima haba ku bwabo ndetse no ku bana babo.



Gutegura isomo

- Subiramo udukino dukurikira.



Ibikoresho bikenewe

- Udukino turebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we turi kuri ku rupapuro rwa 34–38 mu Gitabo cy'Uhugurwa



INAMA: Abahugurwa bagomba guhitamo mu udukino 5 turi mu bitabo. Hitamo udukino 3 utekereza ko dufite ireme n'akamaro ku bahugurwa. Niba ufite umwanya, ushobora gusaba abahugurwa bose gusoma udukino twose no guhitamo udukino 3 twiza kurusha utundi.

Niba nta mwanya uhagije ufite wo gukinisha udukino twose mu matsinda mato, saba abahugurwa babimenyereye kuza imbere y'abandi bagakina agakino kamwe, nyuma abasigaye bagire icyo bakavugaho (aho gusaba abahugurwa bose gutegura udukino mu matsinda mato). Ushobora gukinisha udukino twinshi mu ncuro zose zishoboka. Gerageza guhitamo abakinnyi mbere y'igihe (mu gihe cy'akaruhuko cyangwa bafata ifunguro) kugira ngo babone igihe gihagije cyo kwitegura.



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 5

1. Bwira abahugurwa uti:

Nyuma yo gusubiramo ibirebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we ndetse n'uruhare n'inshingano zanyu, mugiyeye gukora umwitozo w'uko mwakwigisha abagore batwite n'abashya ibijyanye n'icyo gikorwa. Uwo mwitozo murawutegura mu dukino two mu matsinda mato nyuma muze gukina ibyo mwateguye imbere y'abandi.

2. Gabanya abahugurwa mu matsinda mato y'abantu 3 buri tsinda (aya matsinda agomba kuba anyuranye n'ayo wakoreshije mu masomo abanza). Kora ku buryo nibura habamo umuntu umwe uzi gusoma neza no kwandika muri buri tsinda. Sobanura ibyo buri tsinda rito rigomba gukora:

- Soma inyandiko y'agakino kahawe itsinda ryawe mu ijwi riranguruye ku buryo abagize itsinda bose babyumva (Babwire ko mu kanya gato ubaha imikoro).
- Vugana n'abagize itsinda ryawe ibyo umujyanama w'Ubuzima agomba gukora n'icyo agomba gukurikizaho n'uburyo umugore aza gusubiza. Mushobora kureba ku rutonde rw'ingingo zirebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we ruri mu bitabo byanyu niba ari ngombwa.
- Hitamo umuntu 1 mu itsinda asome amagambo y'ubara inkuru, undi akine ari Umujyanama w'ubuzima na ho undi akine ari umugore.
- Basabe kwitoza agakino no kwitegura kuza kugakina imbere ya bagenzi babo bese. Kugira ngo ibyo bishoboke, ugomba gusoma inyandiko wahawe nyuma ugahita ukina ibyo Umujyanama w'Ubuzima n'umugore baza kuvuga n'ibyo baza gukurikizaho.
- Kora ku buryo agakino kawe katarenza iminota 5 bagakina.
- Murahabwa iminota 15 yo kugeza ku bandi agakino kanyu.
- Uko mukina, ndaba mbazengurukamo maze mpitemo amatsinda mato aza gukina (itsinda rimwe kuri buri gakino).



Iminota 15

3. Ha buri tsinda rito agakino kamwe muri dutatu.

4. Ha ayo matsinda mato iminota 15 yo gutegura. Mu gihe amatsinda arimo ategura ibyo yahawe, banyuremo ubafashe niba ari ngombwa. Itegereze udukino twose maze uhitemo amatsinda 3 aza gukinira abandi (ni ukuvuga itsinda rimwe kuri buri gakino).

*Iminota 5*

5. Saba itsinda rya mbere kuza imbere no gukina agakino kabo.
6. Mu gihe barangije gukina, saba abandi kubakomera amashyi maze usabe abakinnyi kwicara.

*Iminota 5*

7. Baza abahugurwa ibibazo bikurikira maze ubashishikarize kuganira ku gakino karangiye. Shishikariza abahugurwa gutanga ibitekerezo ku byiza byakozwe mu dukino kandi byubaka (atari ibibi cyangwa ibyo bishe gusa):
 - Ni ibiki Umujyanama w'ubuzima yavuze akanabikina neza?
 - Umugore yashubije ate? Ni ibihe bibazo cyangwa impungenge yagize?
 - Ni ibiki (niba bihari) Umujyanama w'ubuzima ashobora kuvuga cyangwa gukora ubutaha?
8. Mu gihe abahugurwa bari kungurana inama ku buryo agakino kagenze, genzura ibisubizo bikurikira kugira ngo urebe ko biri mu byo bari kuganiraho.

*Iminota 20*

9. Subiramo ibyo umaze gukora no ku dukino 2 tundi dusigaye.

*Iminota 15*

10. Baza abahugurwa ibibazo bikurikira maze ubashishikarize kubijyaho impaka: Shishikarize abahugurwa gufashanya hagati yabo no gutekereza ku buryo bakemura ibibazo bahura nabyo:
 - Uhereye kuri utu dukino no ku byo usanzwe uzi, ni iki utekereza ko kizagira akamaro mu gihe uzaba uri gufasha abagore batwite n'abashya babana n'ubwandu bw'agakoko gatera SIDA mu kwirinda kwanduza abana babo?
 - Ni ibihe bibazo uhura na byo iyo uri kwigisha abagore kwirinda kwanduza abana batwite?
 - Wakemura ibi bibazo ute?
 - Ni nde ushobora gusaba kugufasha?



AGAKINO KA MBERE KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE

urupapuro rwa 34 rw'Igitabo cy'Uhugurwa

Ubara inkuru: Umujyanama w'ubuzima ageze mu rugo rw'Umutoni aje kumusura. Umutoni ni umugore ukiri muto ubana n'ubwandu bw'agakoko gatera SIDA umaze igihe gito amenye ko atwite.

Umujyanama w'ubuzima: Aramusuhuje: Waramutse Umuto? Amakuru yawe?

Umutoni: Ni meza cyane ndaho. Mfite inkuru nziza! Maze igihe gito menye ko ntwite! Maze amezi 2 nsamye!

Umujyanama w'ubuzima: Ndishimye cyane!!

Umutoni: Urakoze cyane. Nibuka ko ntashoboye konsa umwana wanjye w'imfura. Nagombye kumugaburira nkoresha amata y'ifu kugira ngo ntamwanduza ubwandu bw'agakoko gatera SIDA. Ubu rero niteguye guha umwana wanjye amata namara kuvuka.

Umujyanama w'ubuzima: Ntugire impungenge Umutoni we, si ngombwa kongera guha umwana wawe wa 2 amata y'ifu. Kuri ubu nta kibazo bigiteye kuba ababyeyi babana n'ubwandu bw'agakoko gatera SIDA bakonsa abana babo.

Umutoni: NGO IKI?? Simbyumva njye!! Ibyo se ubwo nta ngaruka mbi byagira??

Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho? Umutoni azasubiza ate? Rangiza aka gakino.

- Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?
(Sobanurira Umutoni ko nta kibazo biteye konsa umwana iyo nyina yatangiye gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi 3 mbere yo kubyara cyangwa se, bibaye byiza, mu mezi ya mbere yo gutwita; hamwe n'iyo umwana atangiye guhabwa nevirapine kuva akivuka; bwira Umutoni ibindi bikorwa by'ingenzi byo muri gahunda yo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we harimo: Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA, kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no kujyana umwana wavutse ku kigo nderabuzima kugira ngo ahabwe Nevirapine, anapimwe ubwandu bw'agakoko gatera SIDA, akingirwe no kumuzana kumusuzumisha buri kwezi.)
- Umutoni azasubiza ate?
(Afite ubwoba bwo konsa umwana kubera ko ku mwana wa mbere bari bamubwiye ko guha umwana amata y'ifu byonyine ari byo bituma ababyeyi babana n'ubwandu batanduza abana babo. Ashobora

gukenera ko umumara impungenge; ashobora kugira ibibazo ku miti igabanya ubukana bw'agakoko gatera SIDA, ku kwisuzumisha mbere yo kubyara, cyangwa ku kubyarira kwa muganga n'ibindi.)



AGAKINO KA 2 KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE

urupapuro rwa 35 rw'Igitabo cy'Uhugurwa

Ubara inkuru: Umugabo w'umurerwa amaze amezi asaga 6 akora mu muji. Ataha mu rugo incuro nke mu kwezi. Umurerwa yasamye igihe umugabo yari yatashye. Umujyanama w'ubuzima aje kumusura mu isura akora buri kwezi.

Umujyanama w'ubuzima: (Aramusuhuje) Waramutse Umure? Amakuru yawe?

Umurerwa: Ni meza. Mfite inkuru nziza yee! Ndatwite!

Umujyanama w'ubuzima: Ni byiza cyane!! Ubu mugiyeye kongera kubona uruhinja mu muryango wanyu rero!

Umurerwa: Ni byo rwose! Ndishimye kandi nta mpungenge mfite. Kugeza ubu maze kubyara abandi bana 2. Nabyariye mu rugo. Mama yaramfashije muri izo mbyaro kandi ibintu byagenze neza.

Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho? Umurerwa azasubiza ate? Rangiza aka gakino.

- Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?

(Gira inama Umurerwa ko we n'uwo bashakanye bagomba kwipimisha ubwandu bw'agakoko gatera SIDA unabasobanurira akamaro kabyo, kurikirana Umurerwa nyuma yo Kwipimisha agakoko gatera SIDA, umwigishe ibirebana ko Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we, harimo: Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA, kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no kujyana umwana wavutse ku kigo nderabuzima kugira ngo ahabwe Nevirapine, anapimwe ubwandu bw'agakoko gatera SIDA, akingirwe no kumuzana kumusuzumisha buri kwezi no kumwonsa.)

(Iyo umugore adafite ubwandu bw'agakoko gatera SIDA ariko uwo bashakanye akaba abufite, icyo gihe umugore akenera gupimwa nyuma ya buri mezi 3. Iyo ibipimo bye byerekanye ko afite ubwandu bw'agakoko gatera SIDA mu gihe atwite, atangira gukurikiranwa muri gahunda yo kurinda umubyeyi kwanduza umwana atwite. Iyo nta bimenyetso by'ubwandu agaragaje mu gihe cyose cyo gutwita, ahabwa imiti 3 igabanya ubukana bw'agakoko gatera SIDA mu gihe cyo kubyara hamwe n'umuti wa niverapine mu gihe cyose yonsa. Agomba na none gupimwa ubwandu bw'agakoko gatera SIDA buri kwezi.)

- Umurerwa azasubiza ate?

(Umurerwa ashobora kwanga kujya kwipimisha ubwandu bw'agakoko gatera SIDA, ashobora kugira impungenge agakenera ko uzimumara, ashobora kugira ibibazo ku bijyanye no kwisuzumisha mbere yo kubyara n'impamvu ari ngombwa, uburyo ashobora kugera kwa muganga iyo atuye kure n'ibindi.)



AGAKINO KA 3 KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE

urupapuro rwa 36 rw'Igitabo cy'Uhugurwa

Ubara inkuru: Mutesi abana n'ubwandu bw'agakoko gatera SIDA. Mutesi ni ingaragu ubu afite inda y'amezi 7. Yafashe Imiti 3 igabanya ubukana bw'agakoko gatera SIDA igihe cyose yari atwite kandi yagiye ku kigo nderabuzima kwisuzumisha mbere yo kubyara. Umujyanama w'ubuzima aje kumusura mu isura rya buri kwezi.

Umujyanama w'ubuzima: (Aramusuhuje) Waramutse ute? Amakuru yawe?

Mutesi: Ndumva meze neza nta kibazo. Gusa nsigaje iminsi mike nkabyara none ndumva mfite impungenge.

Umujyanama w'ubuzima: Izo mpungenge uraziterwa n'iki?

Mutesi: Ndashaka kubyarira kwa muganga nk'uko wabingiriyemo inama. Ariko ni kure cyane ku buryo mfite impungenge z'uko nzagerayo. Mfite kandi impungenge zo kubona umuntu uzasigarana umwana wanjye w'umukobwa w'imyaka 3 igihe nzaba nagiyeye kubyarira ku bitaro

Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho? Umutesi azasubiza ate? Rangiza aka gakino.

- Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?
(Fasha Mutesi gupanga uko azagera ku bitaro kubyara, harimo n'uzamuherekeza, ibyo agomba kwitwaza, umuntu uzasigara yita ku mwana we igihe azaba yagiye kubyara, n'ibindi. Mufashe gutegura uko yagera ku bitaro bibaye ngombwa, guherekeza Mutesi kwa muganga, kwibutsa Mutesi ko agomba kujyana umwana ku kigo nderabuzima kumukingiza no kumipimisha ubwandu bw'agakoko gatera SIDA; akanamufasha gupanga uko ibi byakorwa n'ibindi.)
- Umutesi azasubiza ate?
(Mutesi ashobora kuba akeneye ubufasha bwo kugera kwa muganga, afite impungenge zo gusiga umwana we w'imyaka 3 wenyine, ashobora kuba akeneye kumenya uko ajyana umwana we ku kigo nderabuzima buri kwezi, ashobora kuba akeneye ko umumara impungenge afite n'ibindi.)



AGAKINO KA 4 KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE

urupapuro rwa 37 rw'Igatabo cy'Uhugurwa

Ubara inkuru: Umujyanama w'Ubuzima agiye gusura Roberitina ugomba kubyara mu minsi mike. Roberitina yimukiye muri uyu mudugudu mu kwezi gushize. Abana n'ubwandu bw'agakoko gatera SIDA akaba amaze amezi agera kuri 4 afata imiti 3 igabanya ubukana bw'agakoko gatera SIDA. Umujyanama w'Ubuzima ageze mu rugo asanga Roberitina yaragiye ku bise mu ijoro ribanza anabyarira mu rugo, ibyo bikaba byarabaye bitunguranye mbere y'igihe cyo kubyara muganga yari yaramuhaye. Yicaye ku gitanda yonsa umwana we.

Umujyanama w'ubuzima: (Asuhuje Roberitina) Mbega byiza!! Wabyaye igihe kitaragera!

Roberitina: Yego. Ubu ndishimye cyane. Sinashoboye kugera kwa muganga kubyarirayo, ariko nta kibazo nagize mu kubyara.

Umujyanama w'ubuzima: Urumva umerewe ute se? Umwana amerewe ate?

Roberitina: Umwana ubona ameze neza. Ariko ndananiwe cyane. Sinahamya ko nshobora kugera ku kigo nderabuzima n'umwana kugeza igihe nzumva merewe neza, wenda ni nka nyuma y'icyumweru kimwe.

Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho? Roberitina azasubiza ate? Soza aka gakino.

- Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?
(*Bwira Robertine ko agomba kujyana umwana ku kigo nderabuzima bishobotse none, cyangwa se mu minsi 2 uherye none, kugira ngo atangire guhabwa umuti wa Nevirapine ku kigo nderabuzima. Bazanamukingira kandi basuzume uko amerewe; fasha Robertine kubona uburyo bumugeza ku ikigo nderabuzima; mwibutse ko agomba kujyana umwana we kumupimisha ubwandu bw'agakoko gatera SIDA amaze ibyumweu 6 no kujya kumukingiza buri kwezi n'ibindi.*)
- Roberitina azasubiza ate?
(*Roberitina ashobora kwanga kujya ku kigo nderabuzima kubera ko ananiwe cyane kuko yabyaye; ashobora kukubaza impamvu agomba kujyayo, ashobora kuba afite ibibazo ku kwipimisha ubwandu bw'agakoko gatera SIDA gukingiza umwana we n'ibindi.*)



AGAKINO KA 5 KU KURINDA UMUBYEYI UBANA N'UBWANDU BW'AGAKOKO GATERA SIDA KWANDUZA UMWANA WE

urupapuro rwa 38 rw'Igitabo cy'Uhugurwa

Ubara inkuru: Umujyanama w'Ubuzima asuye rumwe mu ngo ashinzwe maze asanga mushiki w'umukuru w'urugo witwa Faransina hamwe n'incuti ye y'umuhungu baraje kuba muri uwo muryango. Umujyanama w'Ubuzima amenye ko Faransina n'incuti ye y'umuhungu babana n'ubwandu bw'agakoko gatera SIDA. Faransina aratwite.

Umujyanama w'ubuzima: Faransina we, uzi igihe umwana wawe azavukira?

Faransina: Ndabizi, inda yanjye imaze amezi asaga umunani, nzabyara vuba aha.

Umujyanama w'ubuzima: Ese wigeze ujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara?

Faransina: Kwisuzumisha mbere yo kubyara? Oya, kugeza ubwo twimukaga tuza kuba mu nzu ya musaza wanjye, twabaga ahantu hataba ikigo nderabuzima.

Umujyanama w'ubuzima: Ese wigeze uganiriza muganga ikibazo cy'ubwandu bwawe bw'agakoko gatera SIDA?

Faransina: Oya, nyuma yo kubona ibisubizo byanjye sinigeze nongera gushaka gusubirayo. Njye n'umukunzi wanjye tumeze neza, bityo rero ntitwumva impamvu tugomba kujyayo.

Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho? Faransina azasubiza ate? Soza aka gakino.

- Ni iki Umujyanama w'Ubuzima agomba kuvuga no gukurikizaho?
(Mara impungenge Faransina umubwire ko we n'umwana bashobora kugumana ubuzima bwiza baramutse bakurikije ibisabwa muri Gahunda yo Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we harimo: kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara, kubyarira kwa muganga no kujyana umwana wavutse ku kigo nderabuzima kugira ngo ahabwe Nevirapine, anapimwe ubwandu bw'agakoko gatera SIDA, akingirwe no kumuzana kumusuzumisha buri kwezi n'ibindi. Bwira Faransina ko kuva atarafashe Imiti igabanya ubukana bw'agakoko gatera SIDA mu gihe cyose yari atwite agomba kugaburira umwana we akoresheje amata y'ifu; musobanurire uko ashobora kubona ayo mata kandi umubwire ko Umujyanama w'Ubuzima azamwigisha uko bayategura n'ibindi.)

- Faransina azasubiza ate?

(Francine ashobora kugira ubwoba agakenere ko umumara impungenge, ashobora kuba afite ibibazo byinshi kubera ko atigishijwe ibirebana no Kurinda umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana we cyangwa ibijyanye n' imiti igabanya ubukana bw'agakoko gatera SIDA, ashobora kwanga guha umwana we amata y'ifu kubera ko yumva bidasanzwe n'ibindi.)

ISOMO RYA 8 AMATA Y'IFU



Uburyo bukoreshwa mu kwigisha: Kwerekera abahugurwa Uko ibice by'isomo bikurikirana, imyitozo mu matsinda ya babiri



Igihe isomo rimara: Iminota 45



Intego z'isomo

d. Kwerekera abahugurwa uko bategura amata y'ifu y'umwana.



Gutegura isomo

- Kora ku buryo ubona amazi yatuye.
- Kusanya ibya ngombwa bivugwa mu Rutonde rw'Ibikoresho bikenewe – utegure ibihagije ku myitozo myinshi niba bishoboka.



Ibikoresho bikenewe

- Amacupa (inkongoro) y'abana
- Amata y'ifu
- Amazi ashyushye
- Ibiyiko byo gupimisha
- Inyandiko ku mpapuro cyangwa mu mashusho
- Ibyuma by'amashusho n'amajwi niba uhugura akoresha inyandikoshusho



INAMA: Niba hari abahugurwa babimenyereye mu itsinda ryawe, saba umwe gutanga ikiganiro cy'uko bategura amata y'ifu anakore umwitozo wo kwerekaniraho.

Niba udafite ibikoresho bihagije ku matsinda y'abantu babiri babiri, gabanya abahugurwa mo amatsinda mato.



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 5

1. Bwira abahugurwa uti:

Ugomba kugenzura ko abagore bose batwite bajya kwisuzumisha mbere yo kubyara kandi bagahita bapimwa ubwandu bw'agakoko

gatera SIDA ako kanya. Iyo umugore utwite afite ubwandu bw'agakoko gatera SIDA, muganga ahita amutangiza imiti 3 igabanya ubukana. Iyo atangiye imiti igabanya ubukana bw'agakoko gatera SIDA mu mezi ya mbere yo gutwita, nta ngorane agira iyo yonkeje umwana we. Ugomba guhumuriza abo bagore ko ari byiza kandi nta kibazo biteye konsa abana babo.

Turizera ko abagore benshi babana n'ubwandu bw'agakoko gatera SIDA bazaza ku kigo nderabuzima hakiri kare kwipimisha no gufata imiti igabanya ubukana bw'agakoko gatera SIDA (niba bayikeneye). ARIKO NANONE, hashobora kuboneka abagore bake batabikora. Niba umugore atarafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara, ntagomba konsa umwana we ahubwo agomba kumuha amata y'ifu.

Ugomba gukora ibishoboka byose ngo aba bagore basobanukirwe ibi kugira ngo babashe gukoresha aya mata y'ifu mu gihe babikeneye. Niba umugore agomba guha umwana we amata y'ifu, agomba kumuha amata y'ifu YONYINE. Ntagomba guha umwana we amata y'ifu mu gihe kimwe n'amashereka ikindi gihe (ni ukuvuga kubivanga).

2. Baza abahugurwa uti:

- Niba umugore mushya ufite ubwandu bw'agakoko gatera SIDA agomba kugaburira umwana we amata y'ifu gusa, wabimushishikariza ute? Ni iki ugomba kumubwira ku birebana no gukoresha amata y'ifu?

(Ni uburyo bumwe bwo kurinda umubyeyi kwanduza umwana we ubwandu bw'agakoko gatera SIDA.)

(Amata y'ifu no mu mashereka harimo intungamubiri abana bakenera; iyo umubyeyi uheruka kubyara adashobora konsa agomba guha umwana we amata y'ifu.)

(Amata akomoka ku matungo nk'ay'inka cyangwa amahenehene si meza ku bana bafite munsu y'amezi 9, bityo rero abana bashobora kurwaragurika cyangwa bakarwara bwaki iyo banyoye amata akomoka ku matungo.)

(Amata y'ifu atangirwa ubuntu ku kigo nderabuzima bitegetswe na muganga ku bagore bose bapimwemo ubwandu bw'agakoko gatera SIDA nyuma y'ibyumweru 28 batwite. Muganga ateguka ko bahabwa amata y'ifu ku mpamvu z'uburwayi gusa, si ukubera ubushobozi bw'imiryango bakomokamo.)

(Iyo umubyeyi ahaye umwana we amata y'ifu none, ejo akamuha amashereka ibyo byitwa "ifunguro rivangavanze." Ifunguro rivangavanze ni ribi cyane kubera ko umwana aba ashobora kwandura agakoko gatera SIDA.)



Iminota 15

3. Baza abahugurwa niba hari umwe muri bo uzi uko bategura amata y'ifu. Niba bahari, saba ubishaka kuza imbere y'abandi no kwerekana uko bategura amata y'ifu akoresheje ibikoresho byatoranyijwe kandi yandika ibisobanuro ku rupapuro. Uwo muntu agomba kwerekana buri gishushanyo cy'ibyo akora, agasoma aranguruye ibisobanuro kandi agasobanura buri gice kiri gukorwa ku gishushanyo. Niba hari abahugurwa batabimenyereye muri iryo tsinda, bikore uberekere wowe ubwawe.



Gutegura amata y'ifu: Igice cya 1

Vuga ngo: Karaba intoki zawe n'isabune n'amazi meza.

Baza ngo: Ese umugore uzaba wigisha ashobora kuvana amazi meza he?
(Akira ibisubizo by'abantu bake babishaka).



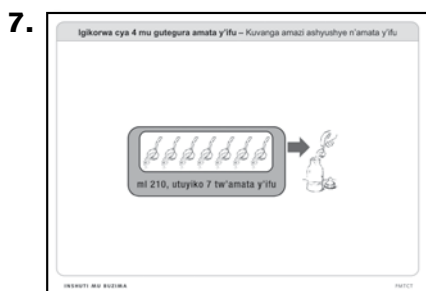
Gutegura amata y'ifu: Igice cya 2

Vuga ngo: Ibikoresho bigomba gusukurwa mu mazi atetse. Shyushya amazi yo kogesha ibyombo yature amare hagati y'iminota 5–10 Shyira icupa (inkongoro) umufuniko waryo hamwe na tetine muri ayo mazi yatuye. Bikure mu mazi ukoresheje ikiyiko nyuma y'iminota 3. Iyo umubyeyi akoresha icupa (inkongoro) rya parasitiki, ntagomba kurishyira mu mazi yatuye. Amacupa ya parasitiki agomba gusukurwa bakoresheje isabune n'amazi meza.



Gutegura amata y'ifu: Igice cya 3

Vuga ngo: Teka amazi akoreshwa ku mata y'ifu yature amare hagati y'iminota 5–10. Amazi agomba kuba yatuye kugira ngo yice udukoko dutera indwara twose. Iyo udakoresheje amazi meza n'ibikoresho bifite isuku, umwana ashobora kurwara impiswi ndetse akanapfa. Ikigo nderabuzima gitanga ibikoresho byose ukenera kugira ngo bizere ko ushobora kubona amazi n'ibikoresho bifite isuku.



Gutegura amata y'ifu: Igice cya 4

Vuga ngo: Mu gihe uvanga amata y'ifu n'amazi yatuye, soma amabwiriza ari ku gikombe kirimo amata maze uyakurikize. Urugero, ushobora kuvanga milimetero 200 z'amazi yatuye mu icupa maze ukongeramo ibiyiko 8 by'amata y'ifu. (Koresha ibikoresho ibyo ari byo byose byo gupima bizwi cyane muri ako gace.) Vanga neza. Niba umubyeyi adashobora gusoma, musomere kandi ukore ku buryo ashobora kwibuka ayo mabwiriza.



Gutegura amata y'ifu: Igice cya 5

Vuga ngo: Cugusa icupa neza kugira ngo amata n'amazi byivange.

9.



Gutegura amata y'ifu: Igice cya 6

Vuga ngo: Gaburira umwana ukoresheje icupa. Gaburira umwana nyuma ya buri masaha 2 kugeza kuri 3 mu byumweru 2 nyuma yo kuvuka. Nyuma umugaburire nyuma ya buri masaha 3 (incuro 8 ku munsu) mu gihe cy'amezi 3 akurikiraho. Nyuma y'ibyo, wongera ibyo ugaburira umwana uko agenda akura. Ku mezi 6, tangira kumugaburira ibiryo byoroheje ubivanga n'amata y'ifu.

10.



Mena cg unywe amata y'ifu asagutse

Vuga ngo: Niba umwana atanyoye amata yose, yahe undi mwana mukuru cyangwa se uyanywe wowe ubwawe. Kugira ngo wirinde gukwirakwiza udukoko dutera indwara, ntugomba kongera guhera umwana amata ku icupa (inkongoro) undi muntu yanywereyeho. Niba nta muntu wo kunywa ayo mata yamene. (Iyo uyabitse ashobora kwangirika vuba kubera ubushyuhe.)



Iminota 15

11. Gabanya abahugurwa mu amatsinda y'abantu babiri babiri, abafite ubumenyi buhagije ubavange n'abatarabimenya niba bishoboka. Saba umwe muri buri tsinda kwifata nk'aho nta kintu na kimwe azi mu gutegura amata y'ifu. Mugenzi we agomba kumuha amabwiriza no kugenzura ko ategura neza amata y'ifu. Niba bishoboka, abahugurwa batabizi neza bagomba kuba ari bo batanga ayo mabwiriza.
12. Niba mufite umwanya uhagije, saba abagize itsinda guhinduranya nyuma y'uwo mwitoto ku buryo uwatangaga amabwiriza ahinduka uyahabwa.



Iminota 10

- 13.** Saba buri wese gusubira mu mwanya we.
- 14.** Baza abahugurwa ibibazo bikurikira. Akira ibisubizo by'ababishaka kandi ubashishikarize kubijyaho impaka:

- Ni iki mwungutse mu kwigishanya uburyo bwo gutegura amata y'ifu?
- Ni iki mukeka ko cyaba ikibazo gikomeye ku bagore babana n'ubwandu bw'agakoko gatera SIDA (batafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi 3 mbere yo kubyara) mu gutegura amata y'ifu no mu kuyagaburira abana babo?
- Wakemura ibi bibazo ute?
- Ni iki ushobora kubwira abagore banga guha abana babo amata y'ifu kandi bategetswe kuyabaha (kubera ko batafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi 3 mbere yo kubyara)?

(Kugaburira umwana amata y'ifu bimurinda kwandura agakoko gatera SIDA, bituma ahorana ubuzima buzira umuze n'ibindi.)

- Niba umugore atinya ko nyirabukwe, incuti cyangwa abaturanyi be bazarwanya amata y'ifu, yakora iki?

(Ashobora gusobanura ko umwana azagira ubuzima bwiza kandi akaba akomeye nahabwa ayo mata, kandi ko ibyo abikorera kwirinda kwanduza umwana we agakoko gatera SIDA. Niba umugore adashaka kugaragaza ko abana n'ubwandu bw'agakoko gatera SIDA, ashobora kuvuga ko iyo ibyo yabigiriwemo inama n'abaganga n'abafomoro n'ibindi.)

ISOMO RYA 9

ISUZUMABUMENYI RISOZA



Uburyo bukoreshwa mu kwigisha: Kubaza abahugurwa



Igihe isomo rimara: Iminota 15



Gutegura isomo

- Kosora impapuro z'isuzumabumenyi rya mbere y'amahugurwa.
- Reba ku bisubizo kugira ngo umenye ibice by'amasomo bikeneye kunozwa no gusobanurwa.
- Tegura kopi z'isuzumabumenyi ribanza uze kuzisubiza abahugurwa.



Ibikoresho bikenewe

- Buri muntu agomba kugira ikaramu y'igiti n'isanzwe
- Ibitabo by'Abahugurwa ku bantu bose



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15



INAMA: Sobanura witonze isuzumabumenyi risoza niba hari abahugurwa batamenyereye ibyo kubazwa.

1. Sobanurira abahugurwa ko ubu noneho bagiye gukora "Isuzumabumenyi risoza." Intego y'iri bazwa risoza amahugurwa si ugucira abahugurwa urubanza, ahubwo tugamije kumenya neza ibyo abahugurwa bazi n'ibyo batazi no kwizera ko aya mahugurwa aza kubafasha mu byo batazi. Isuzumabumenyi risoza kandi rizafasha mu gusuzuma ireme ry'aya mahugurwa no kurushaho kunoza azakorwa mu minsi iri imbere.
2. Sobanura ko ugiye gusoma uranguruye ibibazo bimwe birebana no kurinda Umubyeyi ubana n'ubwandu bw'agakoko gatera SIDA kwanduza umwana atwite. Abahugurwa barasubiza ibibazo baca akaziga ku gisubizo kiboneye kuri buri kibazo cyo mu Isuzumabumenyi risoza.
3. Bwira abahugurwa ko niba batazi igisubizo ku kibazo runaka, bagisimbuka.

4. Sonaburira abahugurwa ko ugiye gufatanya na bo gusubiza ikibazo cya mbere.
5. Saba abahugurwa kureba ibibazo by'Isuzumabumenyi risoza mu bitabo byabo.
6. Soma ikibazo cya mbere hamwe n'ibisubizo bishoboka uranguruye. Saba ubishaka gusubiza icyo kibazo, cyangwa ugisubize wowe ubwawe. Sobanurira abahugurwa ko mu gusubiza iki kibazo bagomba guca akaziga ku gisubizo kiboneye ku mpapuro zabo.
7. Zenguruka mu cyumba ugenzure niba abahugurwa bashubije ikibazo cya mbere neza.
8. Soma uranguruye kandi witonze ibibazo bisigaye ku isuzumabumenyi risoza ry'amahugurwa hamwe n'ibisubizo bishoboka, kimwe kimwe. Subiramo ibibazo n'ibisubizo byateganyijwe niba ari ngombwa. Nyuma yo gusoma buri kibazo, ha abahugurwa umwanya wo guca akaziga ku gisubizo.
9. Bwira abahugurwa ko ugiye kugereranya isuzumabumenyi rya mbere y'amahugurwa n'isuzumabumenyi risoza. Hereza buri muntu kopi ikosoye z'isuzumabumenyi rya mbere y'amahugurwa.
10. Ganira n'abahugurwa ku bisubizo nyabyo kugirango bakosore ibisubizo byabo.
11. Kusanya kopi z'isuzumabumenyi ribanza n'izirisoza.

ISUZUMABUMENYI RISOZA

Amazina yawe: _____

Itariki: _____

Ikigo Nderabuzima: _____

Nomero Iranga Umunyanama w'Ubuzima: _____

Umaze igihe kingana iki ukora akazi k'umuhyana w'ubuzima? _____

Ca akaziga kuri “Ni byo” cyangwa “Si byo” ku bibazo bikurikira:

1. Ababyeyi babana n’ubwandu bw’agakoko gatera SIDA bashobora kwanduza abana babo igihe batwite, iyo bari ku bise, igihe babyara cyangwa iyo babonsa.



Ni byo



Si byo

2. Ababyeyi babana n’ubwandu bw’agakoko gatera SIDA bashobora kwiga uburyo bakwirinda bityo bakabyara abana bazima. Bashobora kwiga uko bakwirinda kwanduza agakoko gatera SIDA abana babo.



Ni byo



Si byo

3. Abagore bose batwite bagomba kwipimisha ubwandu bw’agakoko gatera SIDA, n’ubwo baba bataranduye.



Ni byo



Si byo

4. Niba umugore yipimishije agasanga ataranduye agakoko gatera SIDA ariko uwo bashakanye akaba abana n’ubwandu bw’agakoko gatera SIDA, umugore aba ari muzima bityo rero ntakenere kongera kwipimisha.



Ni byo



Si byo











5. Niba umugore utwite afite ubwandu bw’agakoko gatera SIDA, atangizwa imiti igabanya ubukana gusa iyo umubare w’abasirikari mu mubiri we uri muni ya 350.



Ni byo



Si byo

6. Abagore batwite bonyine babana n'ubwandu ni bo bagomba kwitegura kubyarira kwa muganga. Abandi bagore batwite bagomba kwitegura kubyarira mu rugo iwabo.
- 

 Ni byo **Si byo**
-
7. Iyo abagore batwite babana n'ubwandu bw'agakoko gatera SIDA batangiye gufata imiti igabanya ubukana nibura amezi 3 mbere yo kubyara, bagomba kugaburira abana babo bakoresheje amata y'ifu.
- 

 Ni byo **Si byo**
-
8. Mu myaka myinshi ishize, Abajyanama b'Ubuzima bigishije abaturage ko abagore babana n'ubwandu bw'agakoko gatera SIDA batagomba konsa abana babo, ahubwo ko bagomba kubaha amata y'ifu.
- 

Ni byo Si byo
-
9. Abaganga baherutse kwigishwa ko nta kibazo bigiteye kuba umugore ubana n'ubwandu bw'agakoko gatera SIDA yakonsa umwana we iyo afashe imiti igabanya ubukana nibura mu gihe cy'amezi 3 mbere yo kubyara.
- 

Ni byo Si byo
-
10. Kugira ngo umubyeyi ubana n'ubwandu bw'agakoko gatera afashe umwana we kugira ubuzima bwiza, agomba kumuha umuti wa Nevirapine mu gihe cy'ibyumweru 6 nyuma yo kubyara.
- 

Ni byo Si byo

ISOMO RYA 10

GUSUZUMA UKO AMAHUGURWA YAGENZE N'AGASANDUKU K'IBITEKEREZO



Uburyo bukoreshwa mu kwigisha: Ikiganiro cya rusange n'ibibazo mu nyandiko bisuzuma uko amahugurwa yagenze



Igihe isomo rimara: Iminota 25



Gutegura isomo

- Niba witegura kubaza abahugurwa mu magambo, andika ibibazo ku rupapuro runini uhereye ku gice cya 3 cyangwa ku mpapuro zisanzwe. Siga umwanya nyuma ya buri kibazo aho ushobora kwandika ibisubizo by'abahugurwa.
- Tegura Agasanduku k'Ibitekerezo.



Ibikoresho bikenewe

- Ibibazo byanditse ku rupapuro runini cyangwa ku mpapuro zisanzwe zo mu makaye (niba ushaka kubabaza mu magambo)
- Ifishi y'isuzuma ku rupapuro rwa 47 mu Gitabo cy'Uhugurwa (niba ushaka ko abahugurwa basubiza ibibazo mu nyandiko)
- Urutonde rw'ingingo zifasha Umujyanama w'ubuzima ruri ku rupapuro rwa 48 mu Gitabo cy'Uhugurwa
- Urupapuro runini cg urusanzwe
- Marikeri



INAMA: Ushobora kubaza abahugurwa mu magambo (igice cya 1–3) cyangwa ukabasaba guca urupapuro ruriho ibibazo ruri mu bitabo byabo by'abahugurwa no kurwuzuzwa.

Dore ibyiza byo kubaza abahugurwa mu magambo: Abahugurwa bafite ubumenyi buke mu kwandika no gusoma na bo bashobora gusubiza ku buryo bworoheje; kubaza ibibazo mu magambo bishobora gutuma habaho impaka z'ingirakamaro; iryo bazwa rishobora gutwara umwanya muto ugereranyije n'ibazwa mu nyandiko.

Dore ibyiza byo gusaba abahugurwa gusubiza bandika: Abahugurwa basanzwe bagira isoni bashobora kwifuza gusubiza bandika kurusha mu magambo; abahugurwa bashobora gutanga ibisubizo bibavuye ku mutima iyo bashubije biherereye bandika kuruta kubikorera imbere ya bagenzi babo benshi mu magambo.



UKO IBICE BY'ISOMO BIKURIKIRANA



Iminota 15

1. Shimira abahugurwa ku kuba bagize uruhare rugaragara mu mahugurwa ya none.
2. Bwira abahugurwa ko wifuza kumenya icyo batekereza kuri aya mahugurwa. Uzifashisha ibitekerezo byabo mu kugira ibyo uhindura cyangwa se unoza mu mahugurwa yo mu minsi iri imbere niba ari ngombwa.
3. Niba uhisemo kubaza abahugurwa mu magambo, babaze ibibazo bikurikira maze wandike ibisubizo ku rupapuro runini (cyangwa ku rupapuro rusanze):
 - Ni irihe somo mwakunze kurusha ayandi muri aya mahugurwa? Kuki?
 - Ni irihe somo ritabashimishije muri aya mahugurwa? Kuki?
 - Ni iki mwize cyabagiriye akamaro kikaba kizanabafasha mu kazi kanyu?
 - Ese haba hari ikintu mutasobanukiwe neza? Tanga ingero zifatika.
 - Ni ibiki mwifuza ko binozwa muri aya mahugurwa? Ni iki mwumva mwahindura? (Urugero ni ayahe masomo, ibishushanyo n'ibindi mwumva byahinduka?)
 - Nta bindi bitekerezo mufite?
4. Niba uhisemo ko abahugurwa basubiza bandika, basabe kureba urupapuro rwo gusubirizaho ku rupapuro rwa 47 mu bitabo byabo no kurucamo. Soma ibibazo by'isuzuma ry'uko amahugurwa yagenze uranguruye ijwi. Saba abahugurwa gusubiza ibyo bibazo. Mu gihe abahugurwa basubiza ibyo bibazo, banyuremo ubafashe niba ari ngombwa.
5. Andika ibisubizo byose batanze mu magambo, cyangwa se ukusanye impapuro z'ibisubizo byanditse.



Iminota 5

6. Shimira abahugurwa kuba bemeye gusubiza ibi bibazo.
7. Saba abahugurwa kongera kureba ku rutonde rw'ingingo zifasha Umujyanama w'ubuzima ruri ku rupapuro rwa 40 mu bitabo byabo. Baza

abahugurwa niba nta bibazo basigaranye ku birebana n'inshingano zabo maze ubisubize, cyangwa se ureke ababisobanukiwe kurusha abandi babisubize.



Iminota 5

- 8.** Fata ibibazo abahugurwa bashyize mu Gasanduku k'Ibitekerezo maze ubisubize uko bikwiye (ushobora kubisubiza muri rusange cyangwa ukavugana n'umuntu ku giti cye mu ibanga nyuma y'amahugurwa).
- 9.** Shimira abahugurwa kuba bagize uruhare mu mahugurwa. Bashimire akazi gakomeye bakora buri muni.



URUTONDE RW'INGINGO Z'INGENZI ZIFASHA UMUJYANAMA W'UBUZIMA

Gufasha abagore batwite:

- Kwipimisha ubwandu bw'agakoko gatera SIDA
- Kujya ku kigo nderabuzima kwisuzumisha mbere yo kubyara mbere y'ibyumweru 28
- Kujya ku kigo nderabuzima kwisuzumisha incuro 3 zindi mbere yo kubyara.
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA no kugenzura niba nta ngaruka mbi ibagiraho (iyo babana n'ubwandu bw'agakoko gatera SIDA)
- Kujya ku kigo nderabuzima iyo bagize ingaruka mbi zituruka ku miti igabanya ubukana bw'agakoko gatera SIDA

Gufasha abagore batwite n'abonsa babana n'ubwandu bw'agakoko gatera SIDA:

- Kujya ku kigo nderabuzima igihe cyose bo ubwabo n'abana babo barwaye
- Gufata imiti 3 igabanya ubukana bw'agakoko gatera SIDA neza uko bitegetswe buri muni
- Gufata ibiribwa binyuranye bitangwa n'ikigo nderabuzima

Gufasha abagore batwite kwitegura kubyarira kwa muganga.

Niba umugore ubana n'ubwandu bw'agakoko gatera SIDA abyariye mu rugo, ihutire kujya ku kigo nderabuzima maze ubibwire muganga mu gihe kitarenze amasaha 24 nyuma yo kubyara.

Gufasha abagore bashya bose babana n'ubwandu bw'agakoko gatera SIDA:

- Guha abana babo umuti wa nevirapine (Kubafasha ubigisha uko utangwa)
- Gupimisha umwana ubwandu bw'agakoko gatera SIDA mu byumweru 6 nyuma yo kuvuka
- Gukingiza umwana nk'uko amabwiriza y'igihugu abiteganya
- Guhagarika konsa umwana ku mezi 16 n'igice kugira ngo azabashe gupimwa ubwandu bw'agakoko gatera SIDA ageze ku mezi 18
- Kujyana umwana kumusuzumisha buri kwezi mu gihe cy'amezi 18
- Kongera gupimisha umwana ubwandu bw'agakoko gatera SIDA agize amezi 18
- Konsa abana babo iyo bafashe imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu gihe cy'amezi 3 mbere yo kubyara kandi bakaba barahaye abana umuti wa Nevirapine
- Guha abana amata y'ifu iyo ba nyina batigeze bafata Imiti 3 igabanya ubukana bw'agakoko gatera SIDA nibura mu mezi atatu mbere yo kubyara (bafashe ubigisha uko bayategura)
- Gutangira kuvanga amashereka n'ibindi biribwa kuva ku mezi 6 (konsa bivanze n'ibiribwa byoroheje)



URUPAPURO RW'ISUZUMA RY'UKO AMAHUGURWA YAGENZE

Ni irihe somo wakunze kurusha ayandi muri aya mahugurwa? Kuki?

Ni irihe somo ritabashimishije muri aya mahugurwa? Kuki?

Ni iki mwize cyabagiriye akamaro kikaba kizanabafasha mu kazi kanyu?

Ese haba hari ikintu mutasobanukiwe neza? Tanga ingero zifatika.

**Ni ibiki wifuza ko binozwa muri aya mahugurwa? Ni iki wumva wahindura?
(Urugero ni ayahe masomo, ibishushanyo n'ibindi mwumva byahinduka?)**

Hari icyo wumva wakongeraho?

Ndabashimiye kuba mwemeye gusubiza ibi bibazo.

