

ONOKUKWENZA XA KUNZIMA

Ungenelelo lwaxa kunzima luthetha ukunika uncedo lwakwangoko nangoko kubaguli abajamelene nobunzima, umz. xa kukho uphazamiseko lwasengqondweni olunzulu. Kucetyiswa ukulaliswa esibhedlele okanye ukufakwa kwindawo efanelekileyo ukuba umguli uphazamisekile engqondweni okanye ufuna ukuzibulala. Imeko eyeyona ingenasithintelo nekhethakayo yileyo athi umguli akwazi ukuvuma ngokwakhe ukulaliswa (*admission*).

Ukuba umguli uthathwa njengongakwaziyo ukuzithathela isigqibo esisekelwe kulwazi, iMental Health Care Act 17 of 2002 (uMthetho woKhathalelo lweMpilo yeNgqondo) inika urhulumente igunya lokungenisa UMGULI kwindawo yonyango lwengqondo ukuba uthathwa njengonobungozi kuye okanye kwabanye abantu.

Kwenziwa amalungiselelo ethuba lokuhlolwa leeyure ezingama-72 okunokwenza umntu akwazi ukuba ngcono kwisigulo sakhe phambi kokuba afakwe kwisibhedlele sabantu abagula ngengqondo.



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ISIGULO SENGQONDO



YINTONI I SCHIZOPHRENIA?

Ukugula ngengqondo (*schizophrenia*) sisigulo esimandundu senkubazeko echaphazela ingqondo. Malunga ne-1% yoluntu luya kuba nesigulo sengqondo ngethuba lokuphila kwalo. Nangona lisezantsi izinga laso, esi sigulo sinefuthe elikhulu kuloo mntu unaso nakuluntu ngendlela yokuba luva kabuhlungu lukwanoxanduva lwemali. Ukugula ngengqondo kudla ngokuzibonakalisa ekuzeni kuphela kwenqanaba lokuphuma ebutsheni (*late adolescence*) okanye ekuqaleni kwenqanaba lobuntu obudala yaye sidla ngokukuphatha ubomi bakho bonke.

Kwisigulo sengqondo kukho ukuthanda ukungahlangani kobunjani bemo yomntu (*ipersonality*). Izehlo ezimana zifika zophazamiseka engqondweni okunzulu (*acute psychosis*) nokumana lisehla izinga lezo zehlo, kodwa zingaphelanga (*remission*) zizinto ezidla ngokubakho kwesi sigulo. Uphando kweli candelo luyaqhuba yaye ngoku siziqonda ngcono izinto ezisibangelayo neminye imiba ebandakanyekayo kwisigulo sengqondo.

IIMPAWU ESIZIBONAKALISA NGAZO

Ukuze afunyaniswe enesigulo sengqondo, umntu kufuneka abonise ezimbini nangaphezulu kwezi zilandelayo, into nganye ibonakala ixesha elininzi ngethuba lenyanga enye (okanye nangaphantsi, ukuba inyangwe ngempumelelo):

- *delusions* (ukukholelwa ezintweni zakho wedwa okubangelwa kukungakwazi ukwahlula izinto ezehle nyani nezingehlana)
- *hallucinations* (ukuba nezinto eziviwa nguwe wedwa - oko kukuthi ukuva amazwi angaviwayo ngabanye abantu - lolona hlobo luxhaphake kakhulu)
- intetho engacwangcisekanga (iingcinga ezingacacanga, ukunxulunyaniswa kwezimvo okuqhawu-qhawukayo, ukuthinteleka kweengcinga nokuzakhela amagama amatsha [*iineologism*])
- indlela yokuziphatha ephazamisekileyo (umz. ukunxiba ngendlela engafanelekanga, ukungalukhathaleli ucoceko ukuzikhetha ebantwini) okanye ukusuka uthule nje okanye ume ngendlela ethile ungashukumi (*catatonic behaviour*)
- iimpawu ezimbi (umz. ukungabikho okanye ukuhla kokuphendula ngokweemvakalelo, kwintetho, ekukhuthazekeni nasekuzinziseni ingqondo)

YINTONI EBANGELA I SCHIZOPHRENIA?

Oyena nobangela Wesi sigulo akaziwa. Kusenokwenzeka ukuba ibe ziziphumo zokudibana okunzulu kwemiba yemfuzo, eyokudibana kweekhemikhali zendalo emzimbeni (*biochemical*), eyokukhula neyentlalo. Izinto ezingaqhelekanga engqondweni zinokuvela kwasekuqaleni kwesi sigulo, kanti mhlawumbi naphambi kokuqala kweempawu ezibonakalisa ukugula komguli (*clinical symptoms*).

ULUHLU LWEZEHLA NOQIKELELO LWEZIPHUMO ZONYANGO

Ngaphandle kokuba kunyangwe, ukuqhuba kokugula ngengqondo kuyingozi, yaye kuya kulehlisa ngokulehlisa izinga lokukwazi ukusebenza entlalweni nasemsebenzini, nto leyo ibangela izinga eliphezulu lenkubazeko.

Imiba enokunxulunyaniswa nesiphumo esingcono iquka le ilandelayo:

- Ubukhali bohlaselo sisigulo
- Ubukho besihlo esinokuba ngunobangela wesigulo (*precipitating event*)
- Ukuqala kwesigulo iminyaka yobudala sele ihambile
- Ukusebenza kakuhle kwaphambi kokugula
- Ubukho bempawu zemo etshintshayo (*mood*) (ukudangala okanye ukonwaba)
- Ukwamkelwa nokuxhaswa zizihlobo noluntu
- Ukuyithatha ngendlela eyakhayo inkqubo yonyango

UKUNYANGWA KWESIGULO SENGQONDO

Ingcali yezigulo zengqondo (*ipsychiatrist*) kufuneka ixilonge umguli ukuze ikhangele okufumanisekayo. Kwenziwa iimvavanyo ezikhuphela ecaleni izigulo zomzimba (*medical illnesses*). Amayeza alwa nokuphazamiseka engqondweni lolona nyango lusebenzayo lokugula ngengqondo. Anceda ukulawula iimpawu zokugula ngokutshintsha ukulinganiseka kweekhemikhali (*balance of chemicals*) engqondweni.

Iziphumo ezingalunganga eziqhelekileyo (*common side-effects*) ziquka isiyezi, ukozelela, ukuba mkhulu, ukungcangcazela, ukuziva ungazinzanga, iintshukumo ezicothayo, amathuba aphezulu okuba nesifo seswekile namafutha amaninzi asegaizini (*high cholesterol*).

Kudla ngokuba yimfuneko ukuba umguli alaliswe kwicandelo lezengqondo ngethuba lokunyuka kakhulu kwezehlalo zesigulo. Kukho ubungqina obuphathekayo obubonisa ukuba ngokuya liba lide ithuba lokuphazamiseka engqondweni ngaphandle konyango, kukhona isiphumo sexesha elide siya sisiba sibi.

Kucetyiswa ubuncinane bonyango lweminyaka emibini ngezehlalo zokuqala zokugula kwengqondo phambi kokuba kucingwe ngokuba kuye kusehliswa kuze kuyekiswe amayeza. Ukubuya kokuphazamiseka engqondweni okuninzi kwenzeka ngenxa yokuba umguli eye wayeka unyango.

Ukugula ngengqondo kudla ngokucaciswa njengesigulo sobomi bakho bonke, nto leyo ithetha ukuba uninzi lwabantu abanesi sigulo kufuneka bahlale besebenzisa amayeza okulwa nokuphazamiseka kwengqondo ubomi babo bonke.

Ukuhlala esibhedlele ixesha elide akuselo nyango olukhethwayo. Injongo kukubuyisela umguli eluntwini kwelona zinga lokusebenza liphezulu linokwenzeka.

Ukufezekisa elona zinga liphezulu lokusebenza kufuneka indlela yonyango oludityanisiweyo ebandakanya iqela elinamacandelo ngamacandelo, oko kukuthi, ugqirha, abasebenzi basentlalweni, ngokunjalo nezizalwane.

NDENZE NTONI YAYE NDIYE PHI UKUZE NDIYIMANE UNCEDO?

Isiphumo somntu ogula ngengqondo kunzima ukusiqikelela. Iimpawu zokugula ziba ngcono kakhulu xa kusetyenziswa amayeza. Kuya kufuneka uqeqesho lomsebenzi olunenkxaso nenye inkxaso yoluntu. Umntu ogula ngengqondo kufuneka afunde indlela yokusebenzisa amayeza ngokuchanekileyo nendlela yokulawula iziphumo ezingalunganga.

Kufuneka abonane nogqirha kaninzi yaye kufuneka afunde indlela yokuphaphela iimpawu zokuqalisa kokubuya kokugula. Usapho kufuneka lufundiswe malunga nesi sifo lunikwe nenkxaso.