IMPROVE Fomu ey'obubaka obw'abalwadde

Obubaka obw'abalwadde

Oyitiddwa okwetaba mukunonyereza kuno. Ngatonasalawo, kikuulu gyoli okutegela lwaki okunonyereza kuno kukolebwa ela kunabaamu biki. Bambi twala obudde obumala okusoma ebikwata kukunonyereza kuno n'obwegendereza. Buuza ebibuuzo byonna byolina. Twala obudde okusalawo oba wetaba mukunonyereza obanedda.

Okunonyereza kuno kwamugaaso ki?

Okunoonyereza kuno kukwata ku kutangira ekirwadde ky'Akafuba.

Okunonyereza kuno kugendereddwamu okunoonyereza ku ngeeriki ey'enkiizo mu kuwa obujjanjjabi okutangira ekilwadde ky'akafuba **okuziyiiza** obulwadde bw'Akafubamu bantu abalina akawuka ka mukenenya ne mulalama (cryptococcal meningitis). Kimu kya kunna (1/4) eky'abantu abali munsi yonna basuubirwa okuba nga balina **obuwuka** obuleetaAkafuba, singa omuntu oba takozesesa obujjanjjabi okutangira ekilwadde ky'akafuba. Okuba nakawuka k'Akafuba kiyinza obutakuwa buboonero bwonna, wabuula mu bantu abalina akawuka ka mukeneenya, emikisa gyakawuka kano okufuuka obulwadde bw'Akafuba gyeyongeera. Obulwadde bw'Akafuba busingala nga bwa nkiizo okutta abantu abalina akawuka ka mukeneenya ngd kino kirabikira nnyo mu Uganda.

Waliwo obujulizi obwenkukunala nti okutangira akAfuba nga tukozesa obujjanjjabi okutangira ekilwadde ky'akafuba – nga bwe kiragiddwa ku bantu abalina mukenenya ebitongole kye byo bulamu mu nsi yonna (WHO) – **Kitangira** obuwuka obuleetaAkafuba okufuuka ekirwadde ky'Akafuba**.**

Twagala okutegeera engeri esingaayo ey'okukozesa obujjanjjabi okutangira ekilwadde ky'akafuba mu **kutangiira** obulwadde bw'Akafuba mu balwadde abalina mulalama (cryptococcal meningitis).

Lwaki nondeddwa?

Olondeddwa lwakuba osangiddwamu mulalama (cryptococcal meningitis) n'akawuka ka mukenenya, era nga tetukuzuddemu kyona ekilaga nti olina ekilwadde ky'akafuba, naye tusubiira nti olina infekisoni y'Akafuba.

Niina okwetaba mukunonyereza kuno?

Gwe osalawo oba wetaba mukunonyereza oba nedda. Ssinga osalawo okwetabamu, ojja kuwebwa olupapula luno oluliko obubaka okulutereka ela osabibwe okusaako omukono mu kiwandiko eky'okukirizza. Ssinga osalawo okwetaba mukunonyereza kuno, ela oliwa ddembe okukuvaamu obudde bwoona nga towadde nsonga lwaki. Kino tekiija kutataganya omutindo gw'obujjanjabi kw'ofuna.

Kiki ekiyinza okubaawo ssinga netaba munteekateeka eno?

Ojja kufuna obujjanjjabi obwa mulalama n'okulabirirwa abakugu baffe abanonyereza ku mulalama. Okwongereza kunzijjanjjaba ya mulalama gy'ona funa ojja kufuna eddagala eddala eriziyiga obulwadde bw'Akafuba omuli eddagala lya mirundi ebbiiri eliyitiibwa (rifapentine and isoniazid). Kijja kukwetaagisa okumira obujjanjjabi okutangira ekilwadde ky'akafuba buli lunaku okumala omwezi gumu.

Twetaga okumanya engeri ennungi ey'okukozesa obujjanjjabi okuziyiza obulwadde bw'akafuba mu balwadde ba mulalama, n'olwekyo okusinziira ku kiwaayi ky'okunoonyereza kyolimu, tujja kusaba okutandika okumiira eddagala eriyiziyiza obulwadde bw'Akafuba nga omulwadde awereddwa ekitanda (obujjanjjabi obwamangu mu wiki bbiri) OBA ekikereeyezi nga ova ebweru (wiki yo'mukaga). Kino kijja kusalibwawo mungeri etali ya bugenderevu era nga tetumanyi mu kabondo ki mwojja kutekebwa mu kaseera kano. Tusubiira nti okutandika okumira eddagala eriziyiiza obulwadde bw'Akafuba nga bali kubitanda, kijja kwanguyiza abalwadde bano okufunaobujjanjjabi okutangira ekilwadde ky'akafuba .

Ssinga otekeebwa mu kabondo kobujjanjabi **obwamangu** obutangira obulwadde bw'Akafuba, (okuttandika ng'omulwadde awereddwa ekitanda), oja kwetaga okumiira wakiri dozi emu eya Rifapentine ne Isoniazide ng'omulwadde awereddwa ekitanda, naye oluvanyuuma, abasawo abakujjanjaba bwe banalowooza nti oli bulungi ekimala, oja kusoboola okudda ewaka. <u>Tewettaga</u> kubeera mu ddwaliro okutuusa lwonamalayo obujjanjjabi okutangira ekilwadde ky'akafuba era okubeera mu kunoonyereza kuno tekigenda kulwiisa kusibuuleako okuva mu ddwaliro. Ssinga otekebwa mu kabondo kobujjanjabi obwa **eky'ekikereeyezi**, ojja kumira obujjanjjabi bwo obukutangira ekilwadde ky'akafuba yenna nga ova ebweru.

Ssinga wetaba mukunonyereza kuno ojja kulondoolwa okumala wiiki nga 18. Oluvanyuma lw'okuba nti osibuddwa mu ddwaliro, ojja kuddanga mu ddwaliro mu kifo awatukiira abalwadde buli luvanyuma lwa wiiki biri okwongera okwekebejjebwa ba dokita neba nansi abo kunonyereza. Kino kijja kukoola omugatte gwa wiki munana (8 weeeks). Ng'omazze okumalayo dozi yeddala eri tangira obulwadde bw'Akafuba, okulondoola okuddako kuyinza okukoolebwa ku mukomo ggw'Essimu.

Ojja kudizibwa siringi za Uganda 30,000 olwokwetaba mu kunoonyereza kuno olw'obudde bwo n'entambula ngogenda ku kalwaliro lwe kyetaagisa. Okusasula kuno Kukolebwa olwokwetaba kwo mu kunoonyereza kuno era kwa kugattibwa ku kusasula kwonna olwokwetaba mu kunoonyereza okwenkizzo.

Buzibu oba obulabe ki obuyinza okuva mu kwetaba mukunonyereza?

Waliwo obuzibu obusobola okuva mu nkozesa ye ddagala elikozesebwa mu kunonyereza kuno.

Okutangira akAfuba nga tukozesa obujjanjjabi okutangira ekilwadde ky'akafuba kijja kubeeramu okukozesa eddagala lya mirundi ebiri (rifapentine and isoniazid) okumala omwezi gumu.

Rifapentine ddagala lya antibiotic. Rifapentine okutwaliza awamu ddagala etalina buzibu era osobola okulimira nga teweli kizibu kyona wabula obuzibuzibu bulabiddwako mukulikozesa. Abalwadde bangi abamiira Rifapentine bajja kulaba omusulo gwabwe, amaziga, entuuyo namalusu nga bifuuka bimyufu. Kino kibaawo okumala akaseera katono ddala nga omiira eddagala lino, era langi eno ejja kukyuka oluvanyuma lwebanga ttono nga okomye okumiira eddagala lya Rifapentine. Abalwadde abamu bategeeza nga bwebatewuliira bulungi nga bamiize Rifapentine nga balina obubonero bwa ssenyiga oba okusindukirirwa emeeme, okubulwa apetaiti ssaako okugwa kwa sukaali wabula nga buno bwoona obubonero bwakiseera nga ate ssikyabulabe.

Obuzibu obwamanyi obuva mukukozesa Rifapentine busobola okubaawo era kuliko obuzibu ku kibumba, obuzibu ku ensigo oba obuzibu mu butafaali obw'omusaayi. Kino tekisangiikasangika. Ojja kwekebejjebwa buli olukya abakugu baffe abajja okulondoola, era buli luvanyuma lwa wiiki ojja kugyibwako omusaayi okukeberebwa. Obuzibu obulala obutateera kusangiika mu kukukozesa Rifapentine kwekufuna alagye eyawagulu ennyo. Tujja Kulondoola nga omiize doozi esooka eya Rifapentine okukakasa nti tolina ekizibu kino.

Isoniazid lye ddagala ely'okubiri. Isoniazid ddagala elitalina ekizibu ekiri awo wabula mungeri ettali ya bulijjo eleeta obuzibu ku kibumba, eranga tujja kulondoola embeera yo okulaba nga kino tekikutuukako. Obuzibu bw'obutafaali obukola omusaayi busobola okubaawo nga omiira edaagala lya isoniazid eranga tujja ki londoola. Olusuusu lwo ssaako emisuuwa nabyo bisobola okufuna obuzibu kuba bino byali bilabiseeko. Tujja kuwa ka vitamin (pyridxone) okusobola okendeeza ku buzibu obusobola okutuuka ku misuuwa.

Nga bwekiri enkola mu kukunonyeeza, ojja kugyibwako omusaayi gukeberebwe mu wiki biri biri. Mu budde obumu okugyibwako omusaayi kisobola okubuzaako emirembe wabula omusaayi mutono ddaala gwe gujja okugyibwako ekitagya kuba kyabulabe ku mubiri gwo.

Emigaaso ki egyiri mu kwetaba mu kunonyereza kuno?

Ekigendererwa ky'okunonyereza kuno kwe kutumbula emiira y'eddagala eriziyiza obulwadde bw'Akafuba oba obujjanjjabi okutangira ekilwadde ky'akafuba kulw'okutumbula obuwangaazi mu bantu abalina akawuka ka mukenenya ssaako nemulalama (cryprococcal meningitis). Mu kufuna obujjanjjabi okutangira ekilwadde ky'akafuba tusubira nti ojjakuba okendeeza ku mikisa gyo egy'okufuna obulwadde bwa akafuba (TB) n'okufa olwekirwadde ekyo. Ssinga okiriza okwetaba mu kunonyereza, ojja kulabirirwa abakugu baffe abanonyereza ku mulalama (cryptococcal meningitis) ela ojja kwekebejjebwa buli lunaku ba dokita neba nansi abali ku waddi. Ojjakuba osobola okubuza ebibuuzo ebikwata ku bulamu bwo ssaako n'obujjanjabi bwo funa obudde bwona.

Kiki ekibaawo nga nvudde mu ddwaliro?

Nga oteredde bulungi, ojja ku sobola okuva mu ddwaliro. Nga omulwadde ava wabweru we ddwaliro kijja kwetagisa okusigala nga ogenda mu maaso n'obujjanjjabi obwekirwadde kya mulalama (Creptococcal meningitis) n'okumira eddagala eriziyiza obulwadde bw'Akafuba. Ojja kulabibwako mu kifo awatukirwa ku ddwaliro nga ba dokita neba nansi bakwekebejja. Ku nkyala eziddako ez'o kulondoolwa tujja kwongera okujjako obubaka okulaba bwoyimiridde okumala ssabiti 18 okusobola

okugelagelanya obulungi ssaako n'obusoboozi obwa obujjanjjabi okutangira ekilwadde ky'akafuba abiri agattangira obulwadde bw'Akafuba agali mu kunoonyerezebwako. Ba kansala bakwogera ko nawe kubujjanjjabi bwakawuka ka mukenenya.

Ssinga wabaawo ekisobye?

Ssinga olumizibwa nga wetabye mukunonyereza kuno ojja kujjanjabibwa okutuusa nga oteredde. Ettendekero elya London School of Hygiene and Tropical Medicine liriina Clinical Research Insurance okujjanjaba abo boona abalumiziddwa oba abalwadde mukunonyereza. Ssinga okosebwa oba nofuna okulumizibwa nga kiva mukwetaba mu kunoonyereza kuno, oyinza okuliyirirwa. Ssinga okosebwa nga kiva ku bulagajjavu bw'omuntu omu, awo oyinza okuba ne nsonga okugenda mu kkooti Awatali kufa ku kino, ssinga wetaaga okwemulugunya oba olina kyewelarikiridde kyonna kungeri gyotukiriddwamu oba gyokujjanjjabibwamu mu kiseera ky'okunonyereza, bambi tukiriira akulira okunoonyereza kuno – Dr Jayne Ellis + 256 752 612 236

Kiki ekinatuuka ku sampolo zoona zempaayo?

Ssinga okiriiza, ogumu ku sampolo z'omusaayi gwo n'omusulo byakuterekebwa bikozesebwe mu kunonyereza okwo mukadde ako ne mu biseera eby'omaaso okwekuusa ku infekisoni ssaako embeera y'omubiri ey'okulwanyisa endwadde. Sampolo zo zijja kubera nakamanyiso era nebinavaamu tebigya kubeerako kintu kyonna ekikwekuusako. Ekigendererwa kya kwongera okutegera infekisoni endala ezisobola okubaawo mu balwadde ba mulalama (Creptococcal meningitis), ssaako okutumbula obuwangaazi bwabwe. Sampolo zisobola okwekebejjezebwa emitala wamayanja.

Ebyama

Obubaka bwo bwoona ebikusolezeddwako mu kiseera eky'okunonyereza byakukumibwa nga byakyama. Obubaka bwo bwoona obufuluma ddwaliro bwakugyibwako elinnyalyo ssaako endagiriiroyo kisobozese obutakumanya. Tewali kintu kyonna ekijja ku weebwa abantu abalala abtali banno abakola ku kunoonyereza kuno. Wabula obubabaka obutaliiko kamanyiso buyinza buyinza okugabanyiziibwako n'Abantu abalala. Okussinziira kukusabwa, ebikwata ku balwadde abetabye mukunonyereza bya kuwebwayo eri abobuyinza nekigendererwa eky'okukakasa nti buli kimu ki tambula bulungi.

Biki ebinatuuka ku ebinaava mukunonyereza?

Ebinaaba bivudde mukunonyereza kuno zakutuyamba okukozesa obulungi obujjanjjabi okutangira ekilwadde ky'akafuba (TB) mu balwadde abalina mukeneya ne mulalama (Cryptococcal meningitis), era bwakukozesebwa mu biseera eby'o maaso okutumbula obujjanjabi obw'abalwadde.

Ani akiriiza okunonyereza kuno?

Okunonyereza kuno kwekenenyezeddwa ssaako okukirizibwa ebitingole bino ebikwasiisa empisa: Uganda National Council for Science and Technology, Mulago Research and Ethics Committee ne The London School of Hygiene and Tropical Medicine.

Abo kutukiriira okumanya ebisingaawo

Ssinga oba olina ebibuuzo kyona ekyekuusa ku kunonyereza kuno, ssinga oba ofunye obuvune nga buvudde ku kunonyereza oba otusiddwako obuzibu obulala bwoona nga oli mukunonyereza kuno, bambi yogera n'omusawo wo ow'okunonyereza oba dokita.

Essimu eno ey'olukomo ebaako essawa 24, nga kwosobola okuyita okutukiriira ba dokita abakola okunonyereza oba omusaawo ye + 256 752 612 236**.**

Ssinga oba olina ebibuuzo byoona ebyekuusa:

- Embeera zo ssaako eddembe lyo nga eyetabye mukunonyereza,
- Ebibuuzo byoona oba okwemulugunya ebitaddidwamu ba dokita abakola okunonyereza
- Oyagala okwogera n'omuntu omulala yeena atali mukunonyereza.

Osobola okutukiriira:

- Dr. Nakwagala Frederick Nelson, ssentebe wa kakiiko aka **Mulago Research and Ethics Committee (MREC)** ku essimu 0772325869
- **Uganda National Council for Science and Technology (UNCST)**, Plot 3 Kimera Road; Ntinda, Kampala ku essimu 0414-705-513.

Ssinga oba olina ebibuuzo ku kunonyereza kuno, osobola okubibuuza kati oba okutukiriira ba dokita abogeddwako wagulu oluvanyuma. Ba dokita abakola ku kunonyerez abajja kulaba nga oli mu ddwaliro.

Okumanya ebisingaawo

Ebikwata ku kunonyereza kuno bisangibwa kumukutuogwa www.ClinicalTrials.gov , nga bwekilambikibwa amateeka g'Amerika. Omukutu guno ogwa website tegujja kubaako obubaka obukwasanguza. Ekikulu nyo, omukutu guno ogwa website gwakubaako ebintu ebisaamusaamu ebikwata ku kunonyereza. Osobola okebeera omukutu guno obudde bwonna.