

# Mapoka Ekutsigirana Amadzimai EPAZ Mother Support Group Manual



Bhuku revashandi veutano uye  
vatungamiri vemapoka

Family AIDS Caring Trust  
Eliminating Paediatric AIDS in Zimbabwe Project



## Mashoko ekutenda

Chirongwa chekurambidza kutapurirwa kweutachiwana hweHIV/AIDS kuvana, Eliminating Paediatric AIDS in Zimbabwe (EPAZ) chakatangwa neFamily AIDS Caring Trust (FACT) muna 2012 vachibatirana pamwe chete neMinistry of Health and Child Welfare (MOHCW) uye Africa University Clinical Research Centre.

Chirongwa cheEPAZ chiri kuita tsvagurudzo ichatora makore mana. Ine chinangwa chekutsvaga kuti mapoka emadzimai anosangana pakiriniki achikurudzirana anobatsira here kudzikisira uwandu hwemadzimai ane hutachiwana hweHIV/AIDS nevana wavo vakayanikwa kuhutachiwana vanorasika muchirongwa chekudzivirira kutapudzirwa kwehutachiwana kubva kuna mai kuenda kumwana. Tsvagurudzo iyi ichapimazve kuti kutsvaga kwehutachiwana muvana panzvimbo yaanenge achirapirwa kuri kubatsira here kuwedzera kurapwa kwevana kudzivirira kuwanda kwehutachiwana mumuviri kumakiriniki ekumaruzevha eManicaland kumabvazuva eZimbabwe.

FACT inotenda nerutsigiro rwayakawana kubva kubazi rezveutano nekuchengetedzwa kwevana (MOHCW) AIDS and TB Unit, Bazi guru rezveutano (Provincial Medical Directorate) yeManicaland uye vakuru wevakoti (sisters-in-charge) nevashandi veutano wemakiriniki nezvipatara makumi matanhatu nemaviri uye vakuru vekuDistrict Health yeMakoni neMutare District.

Tsvagurudzo yeEPAZ imwe yematsvagurudzo matanhatu ari kutarisirwa neWorld Health Organisation (WHO) sechimwe chikamu chechirongwa cheINSPIRE (Implementing and Scaling-up PMTCT through Implementation Research. FACT inotenda vana mazvikokota wekuWorld Health Organisation (WHO) iri kuGeneva neHarare nerutsigiro rwavakapa uye mari yakauya kubudikidza neWHO kubva kuCanadian International Development Agency.

Tinovimba kuti bhuku rino richabatsira vashandi veutano nevatungamiriri vemapoka emadzimai anotsigirana kudzidzisa nekupa simba kumadzimai anoenda kumapoka ekukurudzirana ari pamakiriniki kana pazvipatara.



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Kutsigira, kudzidzisa, uye kusimbisa vanamai vari kurarama nehutachiwana hweHIV pamusoro pe utano hwavo nehwevana wavo.

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### Mapoka Emadzimai Anotsigirana ( Mother Support Groups)

Bhuku iri rinotsanangudza mashandiro emapoka emadzimai anotsigirana uye rinopa ruzivo rwakadzama ruchapiwa kumadzimai ane hutachiwana hweHIV munguva inosangana mapoka emadzimai achikurudzirana. Bhuku iri rinotungamirira vashandi veutano uye vatungamiriri vemapoka emadzimai anotsigirana vanenge vachizotungamirira misangano inoitwa mumapoka uye vanodzidzisa misoro yenyaya panguva inoitwa misangano vanhu vachipiwa ruzivo.

Ruzivo rwunopiwa kunhengo dzemapoka emadzimai anotsigirana mumasvondo gumi netanhatu vachisangana kasere. Madzimai anogona kupinda muboka senhengo chero nguva pamasvondo iyaya gumi netanhatu. Madzimai anouya kuboka kubva paanopinda muboka kusvika paanopihwa tsambayekupedza zvidzidzomushure memwedzi mitanhatu yekuzvara mwana uye anodzidza bhuku iri rose panguva iyoyi. Madzimai anoramba achiuya kuboka kakawanda anogona kudzorora zvimwe zvidzidzo.

Mudzimai anotungamirira boka remadzimai anoramba achitungamirira pese pavanosangana (Appendices 1 ne 2). Mushandi weutano kubva pakiriniki anodzidzisa achipa ruzivo pachikamu chemusangano wega wega unoitwa pachizotevererwa nemibvunzo nemhinduro. Mutungamiri weboka anozovhara chidzidzo chega chega kana nguva yakwana.

Misangano ine zvidzidzo ichava nemisoro yenyaya nedzidziso dzakakosha dzinotevera

Nhamba	Musoro wenyaya	Dzidziso yakakosha
1	Kutapurirwa kweutachiwana hweHIV kubva kuna mai kuenda kumwana (MTCT)	<ol style="list-style-type: none"> <li>1. Zvingangoitike uye nguva inofanira kudzivirirwa kutapurirwa kweutachiwana hweHIV kubva kuna mai kuenda kumwana</li> <li>2. Kudzikisira mukana wekutapurirwa kweutachiwana kubva kuna mai kuenda kumwana</li> </ol>
2.	Mushonga wekuderedza uwandu hweutachiwana hwe HIV (ART)	<ol style="list-style-type: none"> <li>1. Nei kumwa mushonga hwekuderedza utachiwana kweupenyu hwese?</li> <li>2. Kutevedzera zvinodiwa nemazvo</li> <li>3. Kutaririra (Monitoring)</li> <li>4. Zvinogona kukanganisika mumuviri kubudikidza nekumwa mushonga (side effects)</li> </ol>
3.	Kuzvarwa kwemwana, kuongororwa ropa uye kurapwa	<ol style="list-style-type: none"> <li>1. Kuzvarira kumakiriniki /zvipatara</li> <li>2. Kuongorora ropa remwana</li> <li>3. Kurapwa kwemwana</li> </ol>
4.	Kubuda pachena paumire maererano neutachiwana hwe HIV	<ol style="list-style-type: none"> <li>1. Zvakanakira nezvakashatira kubuda pachena nezveutachiwana hwe HIV</li> <li>2. Kuzivisa shamwari yako yepabonde maererano nezvepaumire panyaya dzeutachiwana hweHIV</li> </ol>

5.	Kurarama kwakanaka	<ol style="list-style-type: none"> <li>1. Kurarama kune utano</li> <li>2. Tsigiro mupfungwa nemararamiro</li> <li>3. Kudzivirira kutapurirwa kweutachiwana kushamwari dzepabonde</li> </ol>
6.	Kuronga mhuri uye zvirwere zvepabonde	<ol style="list-style-type: none"> <li>1. Nei kuronga mhuri kwakakosha</li> <li>2. Zvinoshandiswa kuronga mhuri</li> <li>3. Kudziwirirwa nekurapwa kwezvirwere zvepabonde</li> </ol>
7.	Kudya neutano hwemwana	<ol style="list-style-type: none"> <li>1. Kuyamwisa mukaka waamai</li> <li>2. Kupa mwana mukaka wemugaba</li> <li>3. Kuongorora makuriro neutano hwemwana</li> </ol>
8.	Kubatirana kwevarume	<ol style="list-style-type: none"> <li>1. Kuuya kwevarume kuchirongwa</li> <li>2. Kuongororwa ropa kwevarume</li> <li>3. Kana shamwari yako yepabonde isina utachiwana hweHIV</li> <li>4. Kubatirana kwevarume muboka remadzimai anotsigirana</li> </ol>

## Lesson 1

### Chidzidzo Chekutanga:

#### **Kutapurirwa kwehutachiwana hweHIV kubva kuna mai kuenda kumwana(MTCT).**

1.1 *Zvingangoitika uye nguva yekudzivirirwa kutapudzirwa kwehutachiwana hweHIV kubva kuna amai kuenda kumwana.*

1.1.1 *Kuparadzirwa kwehutachiwana hweHIV kunoitika mai vakatakura pamuviri, pavanozvara uye pakuyamwisa.*

1.1.2 *Vana vazhinji vakazvarwa naana amai vane hutachiwana hwe HIV vanozvarwa vasina hutachiwana hweHIV.*

1.1.3 *Kuyamwisa ndiko kwava kunyanya kukonzera hutachiwana hweHIV muvana vemuno muZimbabwe.*

Pasina kushandiswa kwemishonga yekudzikisira hutachiwana (ARV) muna amai nemwana, vana vashoma vari pasi pekota yevana vakazvarwa naana amai vane hutachiwana hweHIV vanowana chirwere vachangozvarwa; vana vazhinji vanotapudzirwa hutachiwana mushure memakore maviri ekuyamwisa pasina mushonga wekudzivirira.

Kuyamwisa mukaka waamai ndiyo yatova nzira inonyanyotapudzirwa nayo hutachiwana hweHIV kuvana muZimbabwe. Madzimai akazvitakura anofanira kutangwa pamushonga wekudzivirira kuwanda kwehutachiwana (ART) nekukurumidza voramba vachienderera mberi pamushonga kwenguva yavanenge vachiyamwisa kudzivirira kutapurirwa kwehutachiwana hweHIV.

#### **1.2 Kudzikisira mukana wekutapurirwa kwehutachiwana hweHIV kubva kuna amai kuenda kumwana**

1.2.1 *Zvinogoneka zvakananyanya kurambidza zvachose kutapurirwa kwehutachiwana kubva kuna amai kuenda kumwana.*

1.2.2 *Kukurumidza kuisa mai pamushonga wekuderredza utachiwana hweHIV (ART) mushure mekuonekwa kuti vane hutachiwana zvinodzikisira kuparadzirwa kwehutachiwana kumwana wake.*

1.2.3 *Kuyamwisa mukaka waamai chete pasina chimwe chikafu chinopiwa naamai pamwedzi mitanhatu yokutanga yeupenyu hwemwana zvinodzikisira kuparadzirwa kwehutachiwana hweHIV kumwana wake.*

Vana amai vane hutachiwana hweHIV vari kumwa mushonga wekudzivirira kuwanda kwehutachiwana (ART) panguva yavanobata nhumbu vane mukana wakadererawekutapudzira hutachiwana hweHIV kupfuura madzimai vanotanga kumwa mushonga (ART) vatozvitakura. Madzimai anotanga kumwa mushonga (ART) vatozvitakura zviri nane kuti vaenderere mberi kwehupenyu hwese. Pamusoro pekudzikisira kutapurirwa kwehutachiwana kumwana, mushonga wekuderredza utachiwana unobatsirazve kusimudzira utano hwaamai. Mushonga (ART) unomwiwa upenyu hwese naamai unoreva kudzivirirwa kwakasimba kwekutapurirwa kwehutachiwana panhumbu inotevera.

Kana mai vakasarudza kupa mukaka kumwana wavo, kuyamwisa chete pasina chimwe chikafu zvinodzikisira kutapurirwa kwehutachiwana hweHIV kwemwedzi mitanhatu yokutanga youpenyu hwemwana. Hazvichakurudzirwi kuti madzimai arege kuyamwisa pamwedzi wechitanhatu.

Kuyamwisa mukaka waamai kunogona kuenderera kusvika mugore rechipiri rose reupenyu hwemwana asi zvinenge zvowedzerawo mukana wekutapudzirwa kwehutachiwana hweHIV kumwana, kubudikidza nekurebesa nguva yekuyamwisa.

[CHERECHEDZAI KUTI: Nguva inofanira kutorwa mwana achiyamwa mukaka waamai yakatsanangurwa muChidzidzo chenomwe- kudya kwomwana neutano hwake].

#### **KUTANGA KWEHURUKURO.**

*Mamwe madzimai anomira kumwa mushonga ART mushure mekunge varumura mwana, pamwe nekuti vanenge vaona kuti mwana haasisina mukana wekubatira utachiwana uye ivo vanenge vasingaratidzi sevanorwara. Madzimai anofanira kukurudzirwa kuramba achimwa mushonga (ART) here kana ivo vasingagutsikani kuti zvakakosha here?*

## Lesson 2

### Chidzidzo Chepiri:

#### **Kurapwa nemushonga unoderedza hutachiwana hweHIV (ART)**

##### **2.1 Nei mushonga wekuderredza hutachiwana uchimwiwa kweupenyu hwese?**

*2.1.1 Kurapwa kwekuderredza utachiwana hweHIV (ART) kunotanga vanhu vasati vatanga kuratidza kurwara uye kunofanira kuenderera mberi kweupenyu hwese.*

*2.1.2 Imwa mushonga wako wekuderredza utachiwana mazuva ose. Mishonga yekuderredza utachiwana hweHIV (ARVs) kazhinji inorega kushanda zvakanaka mune vanhu vasinganwi mishonga yavo yekuderredza utachiwana (ARVs) mazuva ose. Kuvanhu vanorega kumwa mishonga mazuva ose, kazhinji mishonga iyi inorega kushanda zvakanaka.*

Kusvika munhu paanzoratidza zviratidzo zveutachiwana, masoja emumuviri anogona kunge akuwadzwa. Nekudaro mishonga iyi inoda kutangwa vanhu vasati vave nezviratidzo zvekuti vane utachiwana hweHIV.

Madzimai akazvitakura anenge atanga mishonga yekuderredza utachiwana hweHIV (ARVs) anofanira kuramba achinwa kweupenyu hwese. Munhu ane HIV ane chirwere cheupenyu hwese. Chirwere cheshuga ndicho chimwe chirwere cheupenyu hwese. Mishonga yekudzikisira utachiwana hweHIV uye mishonga yeshuga inopihwa kuzvirwere zveupenyu hwese; izvi hazvirape zvirwere zviri mumunhu. Nyangwe zvazvo mishonga iyi isingarape zvirwere, inobatsira kuderredza chirwere. Kana vanhu vane chirwere cheupenyu vakarega kumwa mishonga, chirwere chavo chinokurisa. Pamusoro pazvo, vanhu vakasamwa mapiritsi ekuderredza utachiwana hweHIV (ARVs) zvakanaka, mishonga iyi inogona kutadza kushanda zvakanaka. Munhu paanoda kuzoitanga, utachiwana hunenge hwakomba husisadairire mishonga. Nekudaro mishonga iyi haizoshandi kudzivirira chirwere chinokonzerwa neutachiwana hweHIV. Vanhu vazhinji kwazvo wava kurwara kunyangwe vari kumwa mishonga nekuti mishonga iyi haichashandi kudzivirira zvirwere zvavo.

##### **2.2 Kuteedzera zvinodiwa nemazvo**

*2.2.1 Kana uchinge wakanganwa kumwa mishonga yekuderredza utachiwana (ART), imwa nekukurumidza paunongozviyeuka. Nguva dzose gara wakachengeta mishonga yekumwa svondo iroro zvichienda mberi kuti usapererwe.*

Mishonga yaunomwa mazuva ose inorwisana neutachiwana mumuviri mako mazuva ose. Kana ukakanganwa kumwa mishonga kwemaawa anopfuura makumi maviri nemana worega kumwa mushonga wekuderredza utachiwana unomwiwa kamwe chete pazuva haunzwi mutsauko ipapo ipapo. Asi utachiwana hweHIV mumuviri mako unowedzera wotanga kuramba kunzwira mishonga. Mumashure menguva mishonga yekuderredza utachiwana (ARVs) haizokwanise kudzivirira utachiwana kuti husawande nekuti unenge usingachashande. Zvinogona kutora mwedzi yakawanda usati watanga kurwara. Ndicho chikonzero zvakanakosha kumwa mishonga mazuva ose.

##### **2.3 Kutaririra (Monitoring)**

*2.3.1 Kuongorora CD4 Count ( kanauwandu hweutachiwana) zvinoita kuti uzive kuti kurapwa nemishongayekuderedza utachiwana hweHIV kuri kushanda.*

Kazhinji usati watanga kurapwa mukoti anoongorora CD4 count. CD4 count inoongorora uwandu hwemauto anorwisa zvirwere mumuviri mako. CD4 test kana yakakwana kuvanhu vakuru inofanira kunge iri pakati pe500 kusvika 1500mm<sup>3</sup>.

Kana yakadzika zvakanyanya, zvinogona kukonzerwa nekuti masoja anorwisa zvirwere mumuviri haachina simba kana kuti akakuwadzwa.

Kazhinji kacho, mushandi wezveutano anotarisa uwandu hwemauto anorwisa zvirwere mumuviri mako (CD4 count) mushure memwedzi mitanhatu. Kana CD4 count ikadzika uchimwa mishonga, zvinogona kunge zvichikonzerwa nekuti unenge usiri kutora mishonga yako zvakana, kana kuti mishonga yacho haichanyatsoshandi. Ongororo yeuwandu hweutachiwana inoshandiswa kuongorora marapiro emushonga wekuderedza utachiwana (ART). Kana uchinge watora mishonga kwenguva inodarika mwedzi mitanhatu, uwandu hweutachiwana hunofarira kuva pasi pe1000 copies/ml.

## **2.4 Zvinogona kukanganisika mumuviri kubudikidza nekunwa mushonga**

*2.4.1 Kashoma kuti mushonga wekuderedza uwandu hweHIV ukanganise muviri zvakanyanya; unogona kukonzera kusvotwa, kurutsa, kuneta kana kuti tumapundu tunenge turi tushoma uye zvinogona kuita nani musvondo rimwe kana maviri anotevera.*

Kana ukaita zvimwe zviratidzo zvekurwara, zvitaurire kune mushandi weutano. Kana zviratidzo izvi zvakanyanya kana kuti zuva rako rekuonekwa riri kure sekuti masvondo akawanda mberi, dzokera kuchipatara nekukurumidza sezvo zviratidzo izvi zvinogona kunge zviru zvinetswa zvinokonzerwa nekunwa mushonga.

Sezvo mushonga unonzi efavirenz uchikonzera dzungu, unomwiwa munhu usati warara. Marwadzo echibereko, kunzwa kuneta kwemuviri uye matambudziko ekufema zvinogona kukonzereswa netenofovir uye lamivudine.

### **Kutanga kwehurukuro**

*Ko madzimai vane here zvavanoita kuti varangarire kumwa mishonga (ARV) mazuva ose?*



## LESSON 3

### Chidzidzo chetatu:

**Kuzvarwa kwemwana, kuongororwa ropa uye kurapwa kwake.**

#### **3.1 Kuzvarira muzvipatara/mumakiriniki**

*3.1.1 Kuzvarira kukiriniki/chipatara chakabvumidzwa neMinistry of Health uye kune vashandi veutano wakadzidziswa kunochengetedza madzimai nevana pane kuzvarira kumba.*

Kuteedzera zvinodiwa nechirongwa chekudzikisira kutapudzirwa kweutachiwana kubva kuna mai kuenda kumwana (PMTCT) zvinosanganisira kuzvarira kuchipatara. Pasi rose, uwandu hungasvika chikamu chepakati (hafu) chemadzimai vanofa nekuda kwezvirwere zvepamuviri vanobva muAfrica muno kuzasi kwegwenga reSahara chinova chikamu chegumi netatu kubva muzana reuwandu hwepasi rose. Chikonzero chikuru chinoita kuti madzimai akazvitakura afe kukundikana kurapwa nevashandi veutano vakadzidziswa. Kufa kwemadzimai akazvitakura kunodzivirirwa kuburikidza nekuzvarira muzvipatara/mumakiriniki umo vanobatsirwa nevashandi veutano wakadzidziswa nemazvo.

#### **3.2 kuongororwa kweropa revana**

*3.2.1 Hazvibviri kunyatsogutsikana kuti mwana ari pasi pemwedzi gumi nesere ane utachiwana hweHIV tichishandisa ongororo yeropa inokurumidzisa ichitsvaga uvapo hwemauto anorwisa utachiwana hweHIV muropa (Rapid test).*

*3.2.2 Kutu zvionekwe kuti mwana ane mwedzi nemasvondo maviri ane utachiwana hweHIV here, ropa rake rinotorwa ronoongororwa utachiwana kudzimba dzeongororo kuHarare. Mhinduro dzinogona kutora mwedzi mitatu dzisati dzadzoka.*

*3.2.3 Mhinduro yekuongororwa kweropa yava kukwanisa kuwanikwa musi wakarewo mumakiriniki epedyo kuburikidza nekuongororwa kweuwandu hweutachiwana muropa, zvichiitirwa pauri kuwanira rubatsiro (POC virological testing) kubva pavana vane masvondo matanhatu. (Taura zita rechipatara chiri pedyo nemi)*

*3.2.4 Vana vanoyamwa vari panjodzi yekubatira chirwere panguva yekuyamwisa, saka vanofanira kuongororwa ropa zvechimbi chimbi (rapid tests) kubva pamwedzi mipfumbamwe kusvika pagore nematanhatu. Izvi zvinofanira kudzikororwa kusvika mwedzi mitatu mushure mekumira kuyamwisa vana.*

Kuongororwa kwevana kunotendera kuti mwana anenge aonekwa kuti ane utachiwana atange kupiwa mishonga nekukurumidza. Vana vane utachiwana vasati vatangwa pamushonga vazhinji wacho vanorwara zvakaipisira kana kufa. Vana vasina utachiwana pakuongororwa ropa uye vachiri kuyamwa vari panjodzi yekubatira utachiwana hweHIV. Vanofanira kuteererwa voongororwazve ropa ravo kusvika mwedzi mitatu yopera mushure mekunge mwana arega kuyamwa mukaka.

#### **3.3 Kurapwa kwemwana**

3.3.1 Vana vanenge vanzi vane utachiwana hweHIV vanofanira kutanga kurapwa nemushonga wekuderedza utachiwana (ART) nekukurumidzisa.

Vana vanogona kutangwa kupihwa mushonga nevashandi weutano vari pamakiriniki woongororwa uwandu hweutachiwana muropa pavari kuwanira rubatsiro (point of care testing).Mishonga inoshandiswa kuvana inogona kunge yakaita mvura kana kuti mapiritsi anoita zvekumwaiwa mvura.Mishonga iyi kazhinji inonwiwa kaviri pazuva.Vana pavanoita vachikura, mishonga yavo inofanira kuita ichiwedzerwawo.

**Kutanga kwehurukuro**

*Dzimba dzekugarira kusununguka dzaanamai dzinowedzera here mikana yekuti madzimai azvarire munzvimbo ine utano?Ko, madzimai anoda kuzvarira mumakiriniki/muzvipatara vangaite sei kuti vakwanise kuzviita nyangwe hama dzisingadi?*

## LESSON 4

### Chidzidzo Chechina

#### **Kutaura pachena kuti ndine utachiwana**

##### **4.1 Zvakanakira kubuda pachena nezveHIV**

*4.1.1 Kana amai vakabuda pachena pavamire maererano neutachiwana hweHIV kushamwari yavo yepabonde, shamwari iyi inogona kukurudzirwa kuti inoongororwe ropa kuti ine utachiwana here?*

*4.1.2 Varume vazhinji vakaziva kuti vakadzi wavo vane utachiwana hweHIV vanowedzera kuvapa rutsigiro.*

*4.1.3 Murume akaziva kuti are hutachiwana hweHIV, anogona kutangwa pamushonga hwekuderedza utachiwana; Kana varume nemadzimai vachimwa vese mushonga hwekuderedza utachiwana, pane tarisiro zhinji yekuti vateedzere mamwiro emushonga nemazvo.*

*4.1.4 Kana shamwari yepabonde ikaziva kuti haina utachiwana hweHIV, inogona kutora nzira dzekuzvidzivirira mukuwana utachiwana hweHIV.*

Madzimai mazhinji vanogamuchira mararamiro avachaita mushure mekunge vazivisa shamwari dzavo dzepabonde pavamire maererano neutachiwana hweHIV. Kubudikidza nekubuda pachena, madzimai mazhinji vane zviratidzo zvishoma zvinokonzerwa nekushushikana mupfungwa uye kufunganya. Naizvozvo vanokwanisa kupinda zviri nyore mumapoka anotsigirana vowana rutsigiro ruzere mupfungwa nemararamiro.

##### **4.2 Zvakaipira kuburitsa pachena zvauri maererano neutachiwana hweHIV**

*4.2.1 Mushure mekubuda pachena, murume wemudzimai uyu anogona kupumha mudzimai wake kuti ipfambi zvokonzera mhirizhonga mumba, kuwedzera kweshamwari dzepabonde kunze kwewanano, kuparadzana nekurambana.*

*4.2.2 Murume akaziva kuti haana utachiwana mukadzi ainahwo, anogona kumusiya kana kumuramba zvokonzera kuti ashaiwe rutsigiro rwemari neupfumi.*

*4.2.3 Mudzimai anobuda pachena maererano nekuve neutachiwana anogona kurambwa nemhuri yemurume.*

Mamwe madzimai anosangana nezvinoshungurudza mushure mekutura kuti vane utachiwana zvinosanganisira kushorwa, kuitirwa ukasha, kunyenyeredzwa, kurwadziwa mumoyo, kushungurudzwa uye kutizwa pamba.

##### **4.3 Kuzivisa shamwari yako yepabonde maererano neutachiwana hweHIV.**

*4.3.1 Madzimai anoda kuzivisa varume vavo pavamire maererano neutachiwana hweHIV vanogona kubatsirwa kudaro nenzira dzinodzikisira mikana yekusiiwa kunze muzvirongwa, rusarura kana mhirizhonga.*

Mamwe madzimai anotaura pachena pavamire maererano neutachiwana kuvarume vavo pachinge paine shamwari kana hama (semuenzaniso tete/vakoma kana amai), mushandi weutano kana umwe ari muboka rekutsigirana. Kutya kubuda pachena kuripo zvechokwadi asi nyangwe zvazvo vazhinji vaitarisira zvakashata kubva kuvarume vavo kana shamwari dzepabonde, vakawana rutsigiro rwakakwana kubudikidza nekubuda pachena paine kupihwa mhosva nekukakawadzana kushoma.

### **KUTANGA HURUKURO**

*Madzimai akasiyana siyana vanoziyisa sei varume, hama neshamwari dzavo kuti vane utachiwana hwe HIV?*

## LESSON 5

### Chidzidzo Chechishanu

#### **Kurarama kwakanaka.**

##### **5.1 Kurarama kune utano**

*5.1.1 Mararamiro edu atinoita ane chekuita neutano hwedu zvose mune zvakanaka kana zvakaipa.*

*5.1.2 Kurarama kune utano kunoitwa namadzimai vane utachiwana hweHIV kunosanganisira kudya kwakanaka, mitambo yekusimbisa makodo uye kuzorora, kuregera kutora zvinokanganisa utano uye kuenda kundobatsirwa kukiriniki/chipatara nekukurumidza kana wonzwa kurwara kutsva kana kwakanyanya.*

Kurarama kwakanaka kwekugamuchira paumire kunosanganisira magariro ane utano kuti ubatsiridze mauto emumuviri anodzivirira zvirwere kurwisa utachiwana hweHIV. Kudya kwakanaka kunosanganisira kudya kwakawedzerwa kubudikidza nekuwedzera tuzvidyiwa twakasiyana-siyana, kudya kunovaka muviri kunosanganisira macarbohydrates (sesadza, chingwa nemupunga), proteins (sebeans, mazi,nyama, hove,nzungu) uye fats (semajarini, mafuta uyemakotopeya) pamwe nemichero nemiriwo yemashizha katatu kana kupfuura pazuva.

Kurega doro nguva yokuzvitakura uye doro rakawandisa mushure mekuzvara; nekurega kuputa fodya kana mbanje.

##### **5.2 Rutsigiro rwemupfungwa nemararamiro**

*5.2.1 Kazhinji zvinobatsira kutaura nevamwe vanoziva uye waunovimba navo pamusoro pezvaunobatikana nazvo.*

Kuzvidya mwoyo kwakanyanya uye kufunga ramangwanazvakanyanya kunoderedza kuyanana kwenhengo dzomuviri kwakanaka. Izvi zvinogona kuderedzwa kubudikidza nekutaura pamusoro pezvinetswa zvedu seboka kana kuti nevanhu vanovimbika. Rutsigiro rwemupfungwa nemararamiro runobatsira kugadzirisa zvinetswa zvinenge zvichiitika mupfungwa nemararamiro uye mune zvinodiwa muupenyu hwemudzimai ane hutachiwana hweHIV nemurume wake nemhuri. Mapato ekutsigirana amadzimai anopa mikana yekuti madzimai ane utachiwana hweHIV adzidze, kubvunza mibvunzo nekugoverana zvavakambosangana nazvo maererano neutachiwana hweHIV.

##### **5.3 Kudzivirira kubatidzira utachiwana kumudzimai/murume wako.**

*5.3.1 Usaende pabonde nemunhu asiri murume/mukadzi wako wemazuva ose; ukaenda pabonde nemumwewe munhu, shandisa chipfeko chepabonde (kondomu) uye iwa nechokwadi chokuti mumwe wako anoziva paumire maererano neutachiwana hweHIV.*

Kuzivisa vamwe maererano nekuva neutachiwana hweHIV inoramba iri imwe nzira inonyatsoshanda kudzivirira kuparadzirwa kweutachiwana hweHIV. Zvakakosha kuti vanhu vane utachiwana hweHIV vanoenda pabonde nevasina hutachiwana vange vari kumwa mushonga wekudzikisira utachiwana (ART) sezvo kurapwa iri nzira inoshanda kudzivirira utachiwana hweHIV.

**KUTANGA KWEHURUKURO**

*Madzimai ari muboka anowanzoshushikana nei kubudikidza nekuwa neutachiwana hweHIV*

## LESSON 6

### Chidzidzo Chechitanhatu:

**Kuronga mhuri uye zvirwere zvepabonde.**

#### **6.1 Nei kuronga mhuri kwakakosha?**

Kudzivirira hutachiwana hweHIV muvana kunosanganisira kudzivirira pamuviri pasina kurongwa mumadzimai ane hutachiwana hweHIV, izvi zvinosanganisira kupiwa ruzivo kwevarume nevakadzi wavo uye kutendedza kuti vawane zvekurongesa mhuri.

*6.1.1 Kuyamwisa kunodzikisira mukana wekuti mai vabate pamuviri asi haisi nzira yekuronga mhuri yekunyatsovimba nayo kunyanya mushure memwedzi mitanhatu yokuzvara.*

*6.1.2 Imwe nzira yekuronga nayo mhuri haina kukosha kusvika mwedzi mitanhatu mushure mekuzvara yapfuura, kunze hwekuti:*

*a. mai vacho vasati vtangazve kutevera,*

*b. kana vachiyamwisa chete.*

*c. Kana mai vasina nguva refu yekurega kuyamwisa usiku kana masikati.*

*6.1.3 Kubva pamwedzi mitanhatu (kana kuti isati yasvika pane dzimwe nhambo, onai 6.1.2) panenge pofanira kumisikidzwa nzira yokuronga nayo mhuri inonyatsoshanda.*

#### **6.2 Zvigadzirwa zvekuronga mhuri.**

*6.2.1 Nzira dzechizvinozvino dzekuronga mhuri dzinopinda kufarirwa kumadzimai ari kuyamwisa.*

*a. Piritsi rinomwiwa pazuva roga roga rinodzivirira kubata pamuviri*

*b. jekiseni rinobayiwa pamwedzi woga woga rokudzivirira kubata pamuviri*

*c. tumiseve tuviri twejadelle tunoiswa muruoko tuchirambidza kubata kwepamuviri*

*c .zvipfeko zvepabonde (makondomu) aya akanakira kuti anobatsirazve kudzivirira kuparadzirwa kwezvirwere zvepabonde.*

#### **6.3 Kudzivirirwa nekurapwa kwezvirwere zvepabonde.**

*6.3.1 Zvirwere zvepabonde zvinonyanyoonekwa muvarume wevakadzi vakazvitakura nevanoyamwisa.*

*6.3.2 Kubuda urwa panhengo dzakawanzika, maronda uye kurwadziwa pakurasa mvura yomumuviri kunogona kuratidza chirwere chepabonde muna mai kana mushamwari yavo yepabonde vose vanenge vofanira kurapwa nemushonga unorwisa zvirwere.*

Zvirwere zvepabonde zvinowanzowanikwa mumadzimai akazvitakura uye vanoyamwisa. Kana shamwari yako yepabonde iine chirwere chepabonde unofanira kunoongororwa uye/kana kurapwa chirwere chepabonde kana dai usati woratidza kurwara.

#### **KUTANGA HURUKURO**

*Chii chingaitwa namadzimai akazvitakura kana vanoyamwisa kuderedza mukana wavo wekubatira zvirwere zvepabonde kubudikidza nemaitiro evarume wavo panyaya dzepabonde idzi?*



## LESSON7

### Chidzidzo chechinomwe

**Kudya kwomwana uye utano hwake.**

#### **7.1 Kuyamwisa mukaka waamai**

Madzimai mazhinji ane hutachiwana hweHIV muZimbabwe anosarudza kuyamwisa vana vavo vachitarisa kuti zvinodhura kupa mwana mukaka womugaba uye pane tuzvinetswa twunowanikwa mukupa mwana mukaka wemugaba, zvinosanganisira chirwere chemanyoka, kushaikwa kwezvinovaka muviri vomwana oondoroka uye mabayo.

*7.1.1 Vana amai vanozvipira kuyamwisa mwana vanofanira kutanga nekukurumidza mushure mekunge vachangobva kuzvara.*

*7.1.2 Mukaka waamai unopa kudya kwose kwakaringana kumwana kusvika pamwedzi wechitanhatu. Hapana mvura, zvinwiwa zvinotapira, bota kana chimwe chikafu chakakora (chinobata ura) chinofanira kupiwa kumwana panguva iyoyi. Kuyamwisa mukaka waamai chete pasina chimwe chinopiwa kumwana zvinoita kuti mwana awe nemukana wakadzikira wokubatira hutachiwana hweHIV kana mai vacho vane utachiwana.*

*7.2.2 Mukaka waamai unofanira kuramba uchipiwa mwana kusvika mugore rechipiri rokuzvarwa kwomwana, unozongomirwa kana pava kukwanisa kutengwa chikafu chakaringana (chakakwana) chinochengetedza utano hwemwana nokuwaka muviri, pasina mukaka waamai.*

*7.2.3 Bota rinofanira kutanga kupiwa mwana pamwedzi wechitanhatu; mawandiro aro anofanira kuita achiwedzera zvishoma nezvishoma. Anoridya rutatu kana runa pazuva pamwe chete nezvekuwedzera zvinopa simba zvakaita semajarini, mafuta kana dovi.*

#### **7.2 Kutsiva kudya kwomwana nemukaka womugaba**

*7.2.1 Kunyangwe mukaka womugaba uchidzivirira kutapurira kwehutachiwana hweHIV, mukaka uyu unoshamwaridzanawo nekurwara kukuru uye ndufu zhinji saka haukurudzirwi kupa vana vazhinji vakaberekwa naamai vane hutachiwana hweHIV muZimbabwe.*

#### **7.3 Kutaririra kukura kwomwana uye utano hwake**

*7.3.1 Vana vari pasi pegore rimwe chete vanofanira kuyerwa mwedzi woga woga; pamwedzi mitanhatu yokutanga kwoupenyu hwomwana anofanira kuwedzera uremu mwedzi woga woga nemazana mashanu (500) grams kusvika pachuru chimwe (1000) gram.*

*7.3.2 Vana vakazvarwa naana amai vane utachiwana hweHIV vakarwara vanofanira kuendeswa kukiriniki kunoonekwa nemushandi woutano nekukurumidza achangotanga kurwara kuitira kuti anogona kuzorwarisa zvapakfurikidza.*

*7.3.3 Vana vanofanira kupiwa majekiseni ekudzivirira zvirwere ose akakwana mugore ravo rokutanga kurarama, BCG inofanira kubayiwa achangozvarwa, polio inodonhedzera mukana, pneumococcus, uye jekiseni repentavalent (diphtheria, tetanus, pertussis, hepatitis uye hemophilus)*

*pavhiki rechitanhatu, mwedzi wechitatu, mwedzi wechina uye jekiseni regwirikwiti pamwedzi wechipfumbamwe.*

### **Kutanga hurukuro**

*Kuyamwisa mukaka waamai mugore rechipiri rokuberekwa kwomwana kunoreva kuenderera mberi kwemukana mukuru wokutapurira hutachiwana hweHIV, asi mukaka waamai wakakosha kuti upe kudywa kwakakwana kunodiwa nevana vazhinji mugore ravo repiri rokurarama. Ko vanaamai vanofanira kusarudza sei nguva yazvinenge zvakanaka kuti vachimire kuyamwisa mwana kuti vaderedze mukana wokubatidzira mwana utachiwana hweHIV asi vachinyatsoona kuti mwana wavo aramba achikura zvakanaka?*

## **LESSON 8**

### **Chidzidzo Chesere:**

#### **Kubatirana kwevarume**

##### **8.1 Kuuya kwevarume**

*8.1.1 Shamwari dzechirume dzinofanira kukurudzirwa kuuya nemadzimai avo pamazuva akatarwa ekuongororwa kwepamuviri nekukudzidziswa kwemudzimai akazvitakura uye mushure mokuzvara.*

Vamwe varume vanonyatsoperekedza vakadzi wavo kukiriniki asi vachirega kuvaperekedza panguva iyo vanenge voenda kuchirongwa chekudzivirira kutapudzira utachiwana hweHIV kumwana pamazuva avanenge vakanzi vazouye. Shamwari dzepabonde dzinofanira kukurudzirwa kuuyawo pamazuva akanzi mudzimai auye kuti vanzwisise nezveutachiwana hweHIV uye zvese zvine chekuita nepamuviri.

##### **8.2 Kuongororwa ropa kwemurume**

Shamwari dzepabonde dzechirume dzinofanira kuongororwa utachiwana hweHIV. Kana shamwari yepabonde ine utachiwana hweHIV, inofanira kutangawo kumwa mushonga wekuderedza utachiwana (ART); varume nemadzimai vese kana vari pamushonga vane mukana mukuru wekurangarira kumwa mushonga.

##### **8.3 Kana shamwari yako yepabonde isina utachiwana hweHIV**

Pakuongororwa kweropa, vamwe varume vanoonekwa vasina utachiwana hweHIV nyangwe mukadzi aine utachiwana hweHIV.

*8.3.1 Varume vasina utachiwana hweHIV vanofanira kutora nhanho dzekuzvidzivirira kuti vasabate utachiwana hweHIV.*

*a) kubudikidza nekushandisa zvipfeko zvepabonde (makondomu) pavanenge vachisangana nemudzimai wavo.*

*b) kubudikidza nekuzvichengetedza kubva kuzvirwere zvepabonde (STI's)*

*c) kubudikidza nekucheudzwa kudzikisira mukana wekubatira utachiwana hweHIV.*

*d) kubudikidza nekucherechedza mudzimai kuti arambe achimwa mushonga wekudzikisira utachiwana (ART).*

*e) Shamwari yepabonde iri kushamwaridzana neshamwari ine utachiwana inofanira kuramba ichinoongororwa ropa kupera kwemwedzi mitanhatu yoga yoga.*

##### **8.4 Kubatirana kwevarume mumapoka emadzimai anotsigirana**

*8.4.1 Murume nemudzimai vari kuperekedzana pamazuva akatarwa kuzoongororwa nekudzidziswa kwemudzimai akazvitakura kana achangozvara vanogona kuda kuva nemapoka evarume nemadzimai vakaroorana vanokurudzirana vachirarama neutachiwana hweHIV.*

#### **KUTANGA HURUKURO**

*Munofunga kuti varume vanofanira kuuya kumapoka ekutsigirana emadzimai here?Kana kuti panofanira kuva neboka rekutsigirana rakasiyana remadzimai nevarume vakaroorana rinogadzirwa pakiriniki kuti varume nemadzimai avo vaende vose pamwe chete?*

## Appendix Yokutanga:

### **Mamiro emisangano yemapoka emadzimai ekutsigirana**

Misangano kazhinji inotungamirwa nemutungamiri weboka remadzimai rokutsigirana. Mushandi weutano achawanzopa ruzivo kunhengo dzeboka. Zviitiko zvinotevera ndizvo zvichaitwa pamisangano yese ichaitwa.

<b>Chiitiko</b>	<b>Tsanangudzo yechiitiko</b>
<b>1 Munamato wekuvhura</b>	Nhengo yeboka ichakumbirwa musangano usati watanga kuti ichazotungamira nemunamato.
<b>2 Kugamuchirwa kwenhengo itsva</b>	Madzimai atanga kupinda muboka kekutanga anoziviswa kudzimwe nhengo dzeboka.
<b>3 Tsanangudzo yechinangwa cheboka (Appendix yetatu)</b>	<ol style="list-style-type: none"> <li>1. Kukurudzira kuuya kuzoongororwa nekudzidziswa mudzimai akazvitakura uye mushure mokuzvara pamazuva akatarwa.</li> <li>2. Kukurudzira madzimai ane utachiwana hweHIV kuti amwe mushonga wekudzikisira utachiwana (ART) nemazvo.</li> <li>3. Kukurudzira kuzivisa murume mamiro ako maererano neutachiwana hweHIV, kuongororwa uye kurapwa.</li> <li>4. Kusimudzira utano hwemadzimai ane utachiwana hweHIV uye utano hwevana wavo.</li> </ol>
<b>4 Kusimbaradza kuchengetedzwa kwetsindidzo.</b>	Rangaridzai nhengo dzeboka kuti zvavanozivisana pamusoro peupenyu hwemunhu vari pamusangano wavo hazvifaniri kuzodzokororwa vabva paboka. Izvi zvinotendedza nhengo dzeboka kutaura vakasununguka, vachiziva kuti tsindidzo dzavo dzinoremekedzwa. Zvinobatsirazve kudzikisira kusarudzwa nekutarisirwa pasi kwevanhu vanorarama neutachiwana hweHIV.
<b>5 Tsanangudza zviitiko zvekutsigirana nekuchengetedzana (Appendix yepiri)</b>	<ol style="list-style-type: none"> <li>1. Nhengo dzeboka dzinotumidzirwa rangaridzo musangano weboka remadzimai anotsigirana usati wasvika.</li> <li>2. Nhengo dzeboka dzisiri kuuya kumusangano dzinogamuchira mashoko ekurangaridza kana kuchairwa runhare</li> <li>3. Nhengo dzeboka dzinoramba dzichirega kuuya kumusangano dzinogona kushanyirwa kumba.</li> <li>4. Madzimai asiri kukwanisa kuuya anokumbirwa kuti azivise mutungamiri weboka remadzimai anotsigirana.</li> </ol>
<b>6 Pembererai vana venhengo dzeboka vachangozvarwa</b>	Vana vatsva vanenge vazvarwa nenhengo dzeboka dziripo kana dzisipo vanofanira kuziviswa kuboka, varipo vanofanira kugamuchirwa. Vanamai vanoudzwa kuti kana vana vasvitsa masvondo matanhatu vanofanira kuongororwa ropa pakiriniki iri pedyo (PoC testing). Vana vanenge vaonekwa vaine utachiwana vanogona kutanga kumwa mushonga wekuderedza utachiwana musi iwoyo.
<b>7 Zivisa chimiro cheropa revana vakaongororwa</b>	Daidzai vana amai vanoda kutaurira vamwe pamusoro pemhinduro yakapihwa paongororo yeropa remwana (HIV result) vataure. Vazhinji vana vakadaro vanenge vasina utachiwana hweHIV- kutaurira vamwe kunosimbisa chinangwa chechirongwa chekurambidza kutapurirwa kweutachiwana hweHIV kubva kuna amai kuenda kumwana. Vana amai vane vana vane utachiwana kweHIV vanofanira kukurudzirwa kumwa mushonga

	wekudzikisira utachiwana (ART).
<b>8 Pembererai vari kupiwa tsamba dzokupedza zvidzidzo uye varangaridzei mitemo yekupedza zvidzidzo.</b>	Madzimai apfuudza mwedzi mitanhatu mushure mekuzvara uye ava pedyo nekubuda muboka anofanira kudaidzirwa mazita. Vaya vapedza zvidzidzo zvisere vanogamuchira tsamba inotaura kuti vapedza zvidzidzo. Vaya vanenge vapedza vakaita zvidzidzo zvisoma zvisingasviki zvisere vanogamuchira tsamba yokuti vakambouya kuzvidzidzo.(Appendix 3) Pese panoitwa mhemberero dzekupedza zvidzidzo , simbaradzai kuti vana mai vanopiwa tsamba dzokupedza zvidzidzo vobuda muboka pamwedzi wechitanhatu mushure mokuzvara.
<b>9 Ipai musoro wenyaya pachidzidzo</b>	Chikamu chekupa ruzivo chinogona kutungamirirwa nemushandi weutano anokwanisa kupindura mibvunzo yenhengo dzeboka pamusoro wenyaya wapihwa.
<b>10 Musangano unotevera</b>	Rangaridzai nhengo dzeboka musi wokusangana uye nguva nemusoro wenyaya wemusangano unotevera.
<b>11 Munamato wokuvhara</b>	Nhengo yeboka inenge yakumbirwa kare kuti izotungamira munamato.

## Appendix 2:

### **Zvichaitwa kumapoka ekuchengetedzana/ekutsigirana emadzimai.**

Kuchengetedza zvinoreva kutsigira madzimai ane utachiwana hweHIV nevana wavo muboka kuti varambe vachiyuwa pamwedzi wega wega kuzoongororwa nekudzidziswa panguva iyo amai vanenge vakazvitakura uye mushure mekuzvara muchirongwa chekudzivirira kutapurirwa kweutachiwana kubva kuna amai kuenda kumwana.

- A. Kuvakadzi vane pamuviri zvinoreva, kuti vanogara vachitarisirwa munguva yose yavanenge vakazvitakura uye nguva yose yavanenge vachiyamwisa (kana kuti kusvika pamwedzi gumi nepiri kana kupfuura mushure mokuzvara).
- B. Kuvana vakazvarwa naana amai vane utachiwana hweHIV, izvi zvinoreva kugara vachitarisirwa kusvika pamwedzi wetatu mushure mekurumurwa kana kupfuura uye chimiro chavo panyaya dzeutachiwana chinokwanisa kuzivikanwa (kana kusvika pamwedzi wegumi nepiri mushure mokuzvarwa).

Vatungamiri vemapoka emadzimai anotsigirana vane basa rokuona kuti vagadzira zviitiko zvemhando yepamusorosoro zvokuchengetedza madzimai nevana wavo muchirongwa chokudzivirira kutapurira kweutachiwana hweHIV kubva kuna amai kuenda kumwana vachitevererwa nevashandi voutano mumakiriniki.

**Table 3: Mashoko ekutsigirana uye kuchaiwa kwerunhare nemutungamiri weboka remadzimai anotsigirana kune nhengo dzeboka remadzimai anotsigirana.**

Nhamba	Anogashira mashoko	Musoro wemashoko achatumirwa	Kutumira mashoko/Kuchaya runhare	Nguva nemusi unotumirwa mashoko
1	Nhengo dzese dzeboka remadzimai anotsigirana	kurangaridza	<i>“Musangano uchateera weboka remadzimai uri musi wa_____ (Date) Pa_____ (Zita rekiriniki)”</i>	Pasvondo pega pega sokuti musi wesondo wega wega
2	Madzimai akarega kuuya kumusangano weboka kamwe chete	Kukundikana kuuya kumusangano kamwe chete	<i>“Takakushaiwai nezuro paboka remadzimai. Tapota vhakachirai kiriniki svondo rino kana makakundikanazve kuenda kuzoongororwa nekudzidziswa makazvitakura kana mushure mekuzvara pazuva rakatarwa”</i>	Musi mumwe chete mushure mekurega kuenda kumusangano weboka kekutanga

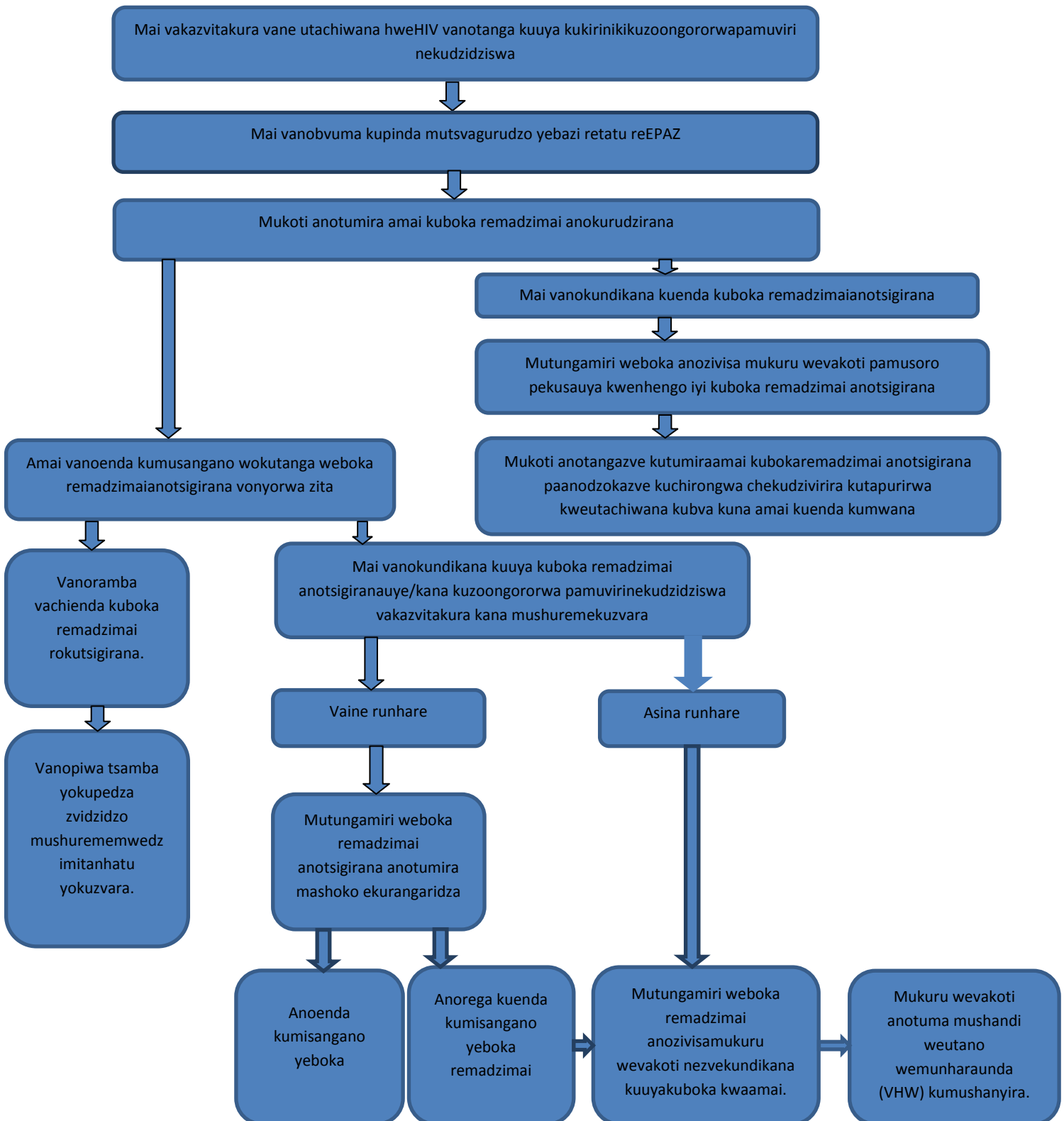
3a	Madzimai akakundikana kuuya kumusangano weboka kanopfuura kamwe chete.	Kukundikana kuuyakumusangano kanopfuura kamwe chete	<i>“Takakushaiwai zvakare kuboka remadzimai. Tapota vhakachirai chipatara svondo rino”kana makakundikana kuenda kunoongororwa nekudzidziswa makazvitakura kana mushure mekuzvara pazuva rakatarwa”.</i>	Musi mumwe chete mushure mekurega kuenda kumusangano weboka kechipiri kana kupfuudza
3b			Kuchaya runhare kutsvaga chikonzero chekurovha uye kukurudzira kuuya kumapoka ekutsigirana nekuramba mudzimai achienda kunoongororwa nekudzidziswa akazvitakura uye mushure mekuzvara	

- 1) Mutungamiri weboka rekutsigirana anotumira mashoko parunhare kana kuchaya runhare kumudzimai mumwe namumwe kumurangidza nezvemusangano uri kuda kuitwa nevatsigiri. (Table yechitatu)
  - 2) Mudzimai ari muboka rekutsigirana asingauyi kumusangano anotumirwa mashoko ekumurangidza nguva nenguva, kazhinji mushure mezuva raarega kuuya kumusangano
  - 3) Mudzimai anorega kuuya kumusangano anoramba achitumirwa mashoko panhare ekumurangidza. Mutungamiri wacho anoedzawo kumuchaira runhare. Mutungamiri weboka anozivisa mukuru wevakoti pakiriniki nezvekusauya kwemudzimai uyu kumusangano. Mutungamiri weboka kana mumwe wemadzimai kana mushandi wezveutano anogona kushanyira mudzimai uyu kumba.
  - 4) Mudzimai asingauyi kumisangano yekutsigirana kana kuzoongororwa nekudzidziswa akazvitakura kana achangobva kuzvara anokumbirwa kuti azivise mukuru weboka kuburikidza nekutumira mashoko parunharembosha.
  - 5) Hapana mashoko kana kutaurirana zvichaita kuti amai vanzi nevanhu vane utachiwana hweHIV. Mukuru weboka rekutsigirana paanochaya runhare, anofanira kutanga anyatsoziva kuti ndiye chaiye here mudzimai waari kutaura naye parunhare.
  - 6) Kana mudzimai achinge asina runharembosha, achakumbirwa kuti ape mukuru weboka rerutsigiro nhamba dzerunhare dzhama kana shamwari dzinokwanisa kushandiswa kumurangidza kana kumuchaira runhare.
  - 7) Kana pasina nhamba dzerunhare dzapihwa, panofanira kurongwa nzira dzekuteerera dzinosanganisira kushanyirwa kwemudzimai nemushandi weutano, mukuru weboka kana mumwe wemadzimai ari muboka rekutsigirana.
- Mutungamiri weboka anosangana kakawanda nemukuru wekiriniki uyo anopa rutsigiro mune zviitiko zvole (tarisai chati riri pasi).



**Chart Rokutanga:**

**Zvinoitwa nemutungamiri weboka uye mukuru wevakoti kuboka rekutsigirana**



### **Appendix Yechitatu:**

#### **Zvinangwa, mapindiro emuboka, uye kupedza zvidzidzo muboka remadzimai anotsigirana**

##### **1) Zvinangwa zveboka remadzimai rekutsigirana**

Boka remadzimai anotsigirana rine zvinangwa zvinotevera

- A. Kuchengetedza:kukurudzira madzimai kuti vaende kunoongororwa nekudzidziswa vakazvitakura uye mushure mekuzvara pamazuva akatarwa
- B. Kuteedzera nemazvo: Kukurudzira madzimai kumwa mushonga wekuderedza utachiwana nemazvo
- C. Kubuda pachena uye kubatirana kwevanhurume: Kukurudzira kubuda pachena kuvarume, kuongororwa ropa nekurapwa.
- D. Kutsigirana pakudya: Kupa rutsigiro pasarudzo inenge yaitwa naamai pamadyiro zvinochengetedza utano nekudya kwakanaka zvichidziwirira kutapurirwa kweutachiwana hweHIV kuvana.
- E. Kugamuchirwa kwenyaya dzekuronga mhuri: Kukurudzira kuti madzimai akwanise kuwana zvigadzirwa zvechizvino zvino zvekuronga mhuri.
- F. Rutsigiro rwemupfungwa nemagariro: Kupa madzimai simba rekusarudza zvinobatsira kusimudzira utano hwavo nehwehwehwe.

##### **2 Kupinda muboka rekutsigirana remadzimai**

Madzimai ane utachiwana hweHIV akazvitakura kana ari kuyamwisa vanokokwa kuti vapinde muboka rekutsigirana. Vanogona kunge vachizivikanwa kare kuti vane utachiwana hweHIV, kana kuti vanenge vakaonekwa kuti vane utachiwana pavange vakazvitakura kana kuti vachiyamwisa. Pekutanga vanogona kuramba kupinda muboka asi nenguva vanogona kushandura mafungiro wosarudza kupinda muboka pava paya.

Madzimai asingazivikanwi kuti akamira papi panyaya dzeutachiwana uye vasingadi kuongorororwa ropa vanogona kuda kupinda muboka. Madzimai anoziva kuti haana utachiwana hweHIV vanogona kupinda muboka rerutsigiro. Nyangwe boka kazhinji rakagadzirirwa vanhukadzi vanoziva kuti vane utachiwana hwe HIV, mamwe madzimai anogona kupindawo muboka iri.

##### **3. Kubuda muboka rerutsigiro**

Kazhinji mudzimai anobuda kubva muboka rerutsigiro kana mwana ava nemwedzi mitanhatu. Izvi zvakanosha kuti madzimai mamwe apindewo muboka. Zvinogona kuomera amai kusiya boka rerutsigiro mushure mekuramba achiuya pamasvondo maviri oga oga kwegore rese. Zvinotevera zvinokwanisa kushandiswa kubatsira madzimai kubuda muboka.

##### **A. Kupiwa tsamba yekupedza zvidzidzo**

Pamusangano wega wega mutungamiri weboka anodzokorora mashoko ekuti mudzimai anobuda muboka kana mwana ava nemwedzi mitanhatu. Kana mwana ava nemwedzi mitanhatu amai vanofanira kubuda muboka. Mukuru weboka anopa mudzimai uyu tsamba yekupedza zvidzidzo pamberi pemamwe madzimai emuboka.

- i. Mudzimai akauya kuzvidzidzo zveboka kanosvika kasere kana kupfuura anogamuchidzwa tsamba yekupedza zvidzidzo.

- ii. Kana mudzimai akauya kuzvidzidzo zveboka kasingasviki kasere, anopiwa tsamba yekuratidza kuti aimbouya kuboka. (Tarisai pazasi)

**B. Kubuda vachinopinda muboka rekutsigirana renharaunda.**

Mune dzimwe dzenguva, madzimai ari kubuda muboka rekutsigirana remadzimai vanogona kupinda muboka remunharaunda rerutsigiro rinove boka revanorarama neutachiwana kana kukurudzirana pane zveupfumi, Kana boka rechitendero rinokurudzira

**4. Kukura kwemapoka ekutsigirana emadzimai**

Kana boka rekutsigirana rikakura rikadarika vanhu makumi maviri, mukuru weboka anozivisa mutungamiri wechirongwa cheEPAZ. Mukuru wechirongwa cheEPAZ achakurukura nemukuru weboka uye nemukuru wevakoti pakiriniki kana zvichiita kutanga rimwe boka rerutsigiro.

**Muenzaniso wetsamba yekupedza zvidzidzo uye tsamba yokuuya kuzvidzidzo**



## **APPENDIX YECHINA:**

### **Mabasa evakuru vemapoka nevashandi vezveutano**

#### **1) Mutungamiri weboka remadzimai anotsigirana**

##### **Zvinotarisirwa**

- 1) Mudzimai ane utachiwana hweHIV
- 2) Anofanira kunge akapinda muchirongwa chekudzivirira kutapurirwa kweutachiwana kubva kuna amai kuenda kumwana- PMTCT (munguva iri kubva pamwedzi mitanhatu kusvika pamakore matatu)
- 3) Anogona kuverenga nekunyora, kuverenga manhamba uye ari munhu akura pamafungiro somuenzaniso apfuura makore makumi matatu.
- 4) Anofanira kunge akabuda pachena kune shamwari yake yepabonde kana kune munhu mumwe chete kana wakawanda wemumba mavo.
- 5) Anotendera nhoroondo dzemunharembozha yake inoshandiswa kuzviitiko zveEPAZ kuti iongororwe neveEPAZ.

##### **Zvavanotarisirwa kuita**

#### **A. Basa rekuita misangano yeboka**

1. Anoronga mazuva emisangano yeboka
2. Anopinda mumusangano woga woga unoitwa neboka
3. Anogamuchira nhengo itsva dzeboka pamusangano
4. Anotsanangura zvinangwa nemitemo yeboka remadzimai rekutsigirana, kusanganisira zviitwa zvekutsigirana pamusangano woga woga
5. Anopemberera kuzvarwa kwevana vatsva, mhinduro dzekuongororwa utachiwana hweHIV kuvana uye kupiwa tsamba yekupedza zvidzidzo kwaanamai pamisangano.
6. Anosangana nemukuru wevakoti mushure memusangano woga woga weboka remadzimai.
7. Anopiwa mazita emadzimai anoda kupinda muboka nemukuru wevakoti pakiriniki.
8. Anosarudza mudzimai anozomubatsira pazviitiko zvemuboka remadzimai anotsigirana ( Assistant Coordinator): Mudzimai uyu anogona kutungamira misangano kana mutungamiri weboka asipo

#### **B. Basa rerutsigiro muboka**

1. Anotumira mashoko ekurangaridza nezvemusangano weboka remadzimai pasvondo roga roga kunhengo yoga yoga.
2. Anotumira mashoko ekurangaridza maawa makumi mavirinemana asati apfuura kune madzimai anenge akundikana kuuya kumusangano weboka remadzimai anotsigirana achivarangaridza kuuya kumusangano unotevera.
3. Anochaya runhare maawa makumi maviri nemana asati apfuura mushure mekundikana kuuya kumusangano kune madzimai anenge achigara achikundikana kuuya kumisangano mizhinji.
4. Anozivisa mukuru wevakoti nezvekusauya kumusangano kwemadzimai anogara achikundikana kuuya kumisangano mizhinji yeboka remadzimai anotsigirana.
5. Anoronga kushanyirwa kudzimba kwemadzimai anogara achikundikana kuuya kumisangano mizhinji yeboka remadzimai anotsigirana.

## **APPENDIX 5**

### **C. Mabasa ekutaririra mafambiro ezvinhu (Appendix 5)**

1. Anonyora pasi nhorooondo yenhengo itsva mubhuku remazita enhengo dzeboka rerutsigiro.(Appendix 5a)
2. Anogara achiwedzera ruzivo runodikanwa mubhuku renhorooondo kana mudzimai asununguka, agamuchira mhinduro yekuongororwa kweutachiwana hweHIV muropa remwana uye agamuchidzwa tsamba yekupedza zvidzidzo (Appendix 5 a)
3. Anochengeta bhuku remazita enhengo dzeboka uye anozadzisa bepa rinotsanangudza zviitiko zvepamisangano yeboka remadzimai anotsigirana. (Appendix 5b)
4. Anozadzisa bepa rechitiko chakaipisira mushure mekunge maitika chero chitiko chakaipisira (Appendix 5c)

### **2. Mukuru wevakoti pakiriniki**

1. Anopinza madzimai muchirongwa cheEPAZ
2. Anopa mazita emadzimai matsva ari kupinda muboka kumutungamiri weboka remadzimai anotsigirana
3. Anosangana nemutungamiri weboka remadzimai mushure memasvondo maviri oga oga
4. Anopinda mumisangano yeboka kuti ape ruzivo/dzidziso
5. Anotungamirira mashandiro emutungamiri weboka.
6. Anoisawo runyoro rwake pabepa rinotsanangudza zviitiko zvepamusangano mushure memusangano wega wega (Appendix 5B)
7. Anogamuchira zvichemo pamusoro pemutungamiri weboka kana nhengo dzeboka ozivisa mutungamiri weEPAZ (Appendix 5B)
8. Anoisawo runyoro rwake pabepa rekumhan'ara chitiko chakaipisira mushure mekusangana nedambudziko hombe
9. Anozivisa nekukurumidza mukuru wetsvagurudzo yeEPAZ kana mukuru wechirongwa ichi kana pachinge paita chitiko chakaipisira chinokanganisa amai vari kubatirana mutsvagurudzo yeEPAZ (Appendix 5c)

## Appendix 5: (A) Member enrolment and graduation register

At first meeting								After birth							After testing	At graduation					
Name of mother	mother study and ART numbers (indicate "NE" if mother not enrolled in study)	date of first meeting	address	Telephone access			Tel no.	disclosure of HIV status to partner and date	expected date of delivery	Place of birth							d.o.b of baby	expected month of graduation	Infant HIV test result	date of graduation	disclosure of HIV status to partner and date
				own	other	none				1	2	3	4	5	6	7					
Mother 1								Y / N date:											pos / neg		Y / N date:
Mother2								Y / N date:											pos / neg		Y / N date:
Mother 3								Y / N date:											pos / neg		Y / N date:
Mother4								Y / N date:											pos / neg		Y / N date:
Mother 5								Y / N date:											pos / neg		Y / N date:
Mother6								Y / N date:											pos / neg		Y / N date:
Mother7								Y / N date:											pos / neg		Y / N date:
Mother8								Y / N date:											pos / neg		Y / N date:
Mother9								Y / N date:											pos / neg		Y / N date:
Mother10								Y / N date:											pos / neg		Y / N date:

**(B) Mother Retention Group meeting report form**

**Date of meeting.....**

name of mother	mother study number (indicate "NE" if mother not enrolled in study)	If mother attended mother's signature	If mother did not attend Action taken (tick any actions conducted)						mother or infant died specify	
			No. of meetings missed (in a row)	1 sent SMS reminder	2 MRGC phone call	3 MRG member home visit	4 inform sister-in-charge	5 VHW home visit		6 no action taken
Mother 1										
Mother2										
Mother 3										
Mother4										
Mother 5										
Mother6										
Mother7										
Mother8										
Mother9										
Mother10										
Mother11										
Mother 12										
Mother13										
Mother14										
Mother15										
Mother 16										
Mother17										
Mother18										
Mother19										
Mother 20										

1. Madzimai mangani ari muboka ari kuuya kumisangano?..... Uhwandu hwemadzimai ari muboka remadzimai rekutsigirana .....
2. Mutungamiri weboka remadzimai anotsigirana akauya here? Hongu/ Kwete  
Kana asina kuuya, Ndiani zita remunhu akatungamira musangano weboka remadzimai anokurudzirana.....
3. Pane mushandi weutano anga aripo here pamusangano?  
Kana anga aripo, zita rake ndiani?.....
4. Titaureiwo zvanga zvakanaka pamusangano uyu?
5. Titsanangurei matambudziko akakururwa kana kuonekwa pamusangano
6. Ndeipi misoro yenyaya yakakururwa nezvayo pamusangano uyu? .....
7. Makaona sei musoro wenyaya wakakururwa nezvavo pamusangano weboka?
8. Titsanangureiwo zvimwe zvakanaka pamusangano weboka uyu?
9. Pane chinetsa chikuru chaishungurudza nhengo yeboka chakadurwa pachena kana kufungidzirwa here somuenzaniso:
  - a. Kufungidzirwa kana kumhan'arwa kwenyaya yemhirizhonga yemumba yakakonzerwa nekuuya kuboka remadzimai anotsigirana? Hongu/Kwete
  - b. Kufungidzirwa kana kumhan'arwa kwekushaikwa kuchengetedzwa kwetsindidzo zvine chekuita nekuuya kuboka remadzimai anotsigirana? Hongu/Kwete
  - c. Kufungidzirwa kweturwara kwakanyanyisa, kushushikana mumoyo kana kuzvikuwadza kwemudzimai ari muboka remadzimai anotsigirana? Hongu/ Kwete
  - d. Chimwe chinetsa chikuru chiri kutambudza amai kana mwana vari mutsvagurudzo yeEPAZ? Hongu/Kwete
10. Makazadzisa here bepa rechiitiko chakaipisisa rinotsanangudza dambudziko iri?  
Hongu/Kwete
11. Runyoro rwemukuru weboka remadzimai anotsigirana Date .....

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Ndagutsikana/Handina kugutsikana nezvakaitwa nemukuru weboka remadzimai anotsigirana.Sarudza zvakanakodzera.Tsanangudza padzasi kana zvakanakosha.

12. Runyoro rwemushandi wezveutano Date.....

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**(C) Bepa rekumhan'ara chiitiko chakaipisisa**

Nhamba yemutsvagurudzo yaamai vakasangana nedambudziko\_\_\_\_\_

Bepa iri rinofanira kuzadziswa nemukuru weboka remadzimai anotsigirana nekukurumidza mushure mekunge aona kana kugamuchira dambudziko guru riri kukanganisa nhengo yeboka rekutsigirana kana mwana wenhengo yeboka.Bepa iri rinofanira kuiswawo runyoro rwemukuru



wevakoti. Matambudziko makuru anenge afungidzirwa kana zviitiko zvakaipisira zvinofanira kumhan'arwa kuti paitwe tsvagurudzo yepamberi, nyangwe zvisati zvanyatsobvumikiswa.

Ratidza ndudzi yechiitiko chakaipisira paumwe wemisoro yenyaya inotevera

- A. Kufungidzirwa kana kumhan'arwa kwenyaya yemhirizhonga yemumba yakakonzerwa nekuuya kuboka remadzimai anotsigirana? Hongu/Kwete
  - B. Kufungidzirwa kana kumhan'arwa kwekushaikwa kuchengetedzwa kwetsindidzo zvine chekuita nekuuya kuboka remadzimai anotsigirana? Hongu/Kwete
  - C. Kufungidzirwa kwekurwara kwakanyanyisa, kushushikana mumoyo kana kuzvikuwadza kwemudzimai ari muboka remadzimai anotsigirana? Hongu/ Kwete
  - D. Chimwe chinetswa chikuru chiri kutambudza amai kana mwana vari mutsvagurudzo yeEPAZ? Hongu/Kwete
1. Domai zuva/mazuva kana zuva ramunofungidzira kuti chiitiko chakaipisira chakaitika.....
  2. Domai nzvimbo yakaitikira chiitiko chakaipisira.....
  3. Tsanangudzai mamiriro echiitiko ichi
  4. Tsanangudzai kuti kuve nhengo yeboka remadzimai anotsigirana kwakabatsiridza sei pachiiitiko ichi.
  5. Tsanangudzai vakaitwa kubudikidza nechiitiko ichi uye ndivana ani vane zvavakaita panyaya iyi?
  6. Tsanangudzai zvingazoitwa munguva inotevera zvingava zvakakosha kuderedza udzamu hwechiitiko chakadai.
  7. Ndazivisa mukuru wevakoti nezvechiitiko chakaipisira ichi hongu/kwete
  8. Ndazivisa Dr Foster (Mukuru wetsvagurudzo yeEPAZ) (0772 265 830) uye/ kana Mr Zambezi (Mukuru wechirongwa cheEPAZ) (0774 726 038) kuti pakaitika chiitiko chakaipisira hongu/kwete
  9. Runyoro rwemukuru weboka remadzimai anotsigirana Date

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Ini, .....(zita remushandi weutano) ndinotsidza kuti ndaziviswa nezvechiitiko chakatsanangurwa pamusoro uye EPAZ yaziviswa. Ndinotsigira kuti zvinotevera zviitwe:

10. Runyoro rwemushandi woutano

Date