

IMIBUZO NGEMIPHUMELA ESIGULINI

Mnumzane \ Nkosazana Ethandekayo

Singabonga uma ungabamba iqhaza kwinhlobo-vo yethu emayelana nendlela iziguli ezizizwa ngayo ngemva kokuhlinzwa. Inhloso yale nhlobo-vo ukuthuthukisa indlela yokusingatha izinhlungu ngemva kokuhlinzwa kulo mnyango.

Ukubamba kwakho iqhaza ukwenza ngokuzithandela futhi lokho ositshela kona ngeke kwaziwe ukuthi kuvela kuwe uma nje usulibuyisile leli phephambuzo. Lokhu kusho ukuthi igama lakho noma ezinye izinto ezikudalulayo zizocishwa kuleli phephambuzo uma usulibuyisile futhi ngeke zifakwe emarekhodini esizowagcina.

Izimpendulo zakho kuleli phephambuzo ngeke zinikwe iqembu elikwelaphayo noma elikunakekelayo.

Iqembu elikwelaphayo lizokwelapha ngendlela efanayo ngisho noma ungalibambi iqhaza kule nhlobo-vo yethu.

Sibonga kakhulu ngokucabanga ngokubamba iqhaza kule nhlobo-vo.

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Imibuzo elandelayo iphathelele nezinhlungu obe nazo kusukela uhlinziwe.

P1. Kulesi sikali, sicela ubonise **izinhlungu ezinkulu kakhulu** obe nazo kusukela uhlinziwe:

0	1	2	3	4	5	6	7	8	9	10
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akukho zinhlungu

izinhlungu ezinkulu kunazo zonke

P2. Kulesi sikali, sicela ubonise **izinhlungu ezincane kakhulu** obe nazo kusukela uhlinziwe:

0	1	2	3	4	5	6	7	8	9	10
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bengingenazinhlungu

benginezinhlungu ezinkulu ngokwedlulele

P3. Uzizwe kaningi kangakanani **izinhlungu ezinkulu kakhulu** kusukela uhlinziwe?

Sicela ukokelezele iphesenti elibonisa kangcono ubungako besikhathi ozwe ngaso **izinhlungu ezinkulu kakhulu**:

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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angizange nhlobo ngibe nezinhlungu ezinkulu kakhulu

benginezinhlungu ezinkulu kakhulu ngaso sonke isikhathi

P4. Kokelezela inamba eyodwa ngezansi echaza kangcono kakhulu ukuthi, kusukela uhlinziwe, **izinhlungu zikuphazamise noma zikuvimbele kangakanani ...**

a. ukwenza **okuthile embhedeni** njengokuphenduka, ukuhlala, ukushintsha indlela yokulala:

0	1	2	3	4	5	6	7	8	9	10
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azikuphazamisanga

zikuphazamise ngokuphelele

b. **breathing deeply** or **coughing**:

0	1	2	3	4	5	6	7	8	9	10
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azikuphazamisanga

zikuphazamise ngokuphelele

c. **sleeping**:

0	1	2	3	4	5	6	7	8	9	10
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azikuphazamisanga

zikuphazamise ngokuphelele

d. Usuke **waphuma embhedeni** kusukela uhlinziwe?

☐ Yebo ☐ Cha

Uma uthi Yebo, **izinhlungu zikuphazamise noma zikuvimbele kangakanani ekwenzeni izinto ezinjengokuhamba, ukuhlala esihlalweni, ukuma kusinki**:

0	1	2	3	4	5	6	7	8	9	10
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azikuphazamisanga

zikuphazamise ngokuphelele

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P5. Izinhlungu zingayithinta indlela esizizwa ngayo.
Kulesi sikali, sicela ukokelezele inamba eyodwa ebonisa kangcono izinga, kusukela uhlinziwe, **izinhlungu ezikubangele ngalo ukuba uzizwe ...**

a. **unexhala**

0	1	2	3	4	5	6	7	8	9	10
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azange neze

ngokwedlulele

b. **ungenalusizo**

0	1	2	3	4	5	6	7	8	9	10
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azange neze

ngokwedlulele

P6. Kuke kwenzeka waba **nemiphumela emibi** elandelayo kusukela uhlinziwe?
Sicela ukokelezele u-"0" uma uthi cha; uma uthi yebo, kokelezela inamba eyodwa ebubonisa kangcono ubunzima bomphumela ngamunye:

a. **Isicanucanu**

0	1	2	3	4	5	6	7	8	9	10
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akukho

kukhulu kakhulu

b. **Ukozela**

0	1	2	3	4	5	6	7	8	9	10
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akukho

kukhulu kakhulu

c. **Ukulunywa**

0	1	2	3	4	5	6	7	8	9	10
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akukho

kukhulu kakhulu

d. **Isiyezi**

0	1	2	3	4	5	6	7	8	9	10
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akukho

kukhulu kakhulu

P7. Kusukela uhlinziwe, kungakanani **ukudanjiswa kwezinhlungu** okutholile?
Sicela ukokelezele iphesenti elilodwa elibonisa kangcono ukuthi kungakanani ukudamba okutholile kuzo zonke **iziqeda zinhlungu** sezihlangene (eziyimithi nezingeyona):

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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azidambanga

zidambe ngokuphelele

P8. Ubungathanda ukuthola **iziqeda zinhlungu EZENGEZIWE** kunalezo ozitholile?

☐ Yebo ☐ Cha

P9. Lukhona **ulwazi** olutholile mayelana nezinye izindlela **obungaqeda ngazo izinhlungu** zakho?

☐ Yebo ☐ Cha

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P10. Ngabe **uvunyelwe ukuveza umbono ezinqumweni ezenziwe**, ngezinga obuthanda ngalo, may elana **neziqeda zinhlungu** ozisebenzisayo?

0	1	2	3	4	5	6	7	8	9	10
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azange neze

kakhulu impela

P11. Kokelezela inamba eyodwa echaza kangcono izinga **owaneliseke** ngalo ngemiphumela **yeziqeda zinhlungu** ozisebenzisayo kusukela uhlinziwe:

0	1	2	3	4	5	6	7	8	9	10
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anganelisekile neze

nganeliseke kakhulu

P12. Ngabe zikhona **izindlela ezingewona umuthi** ozisebenzisile noma ozitholile ukuze udambise **izinhlungu**?

☐ Yebo ☐ Cha

Uma uthi yebo, **faka uqhushi kukho konke** okuyikho:

- ☐ ukubeka into ebandayo
 ☐ ukuzindla
 ☐ ukuphefumulela phezulu
☐ ukushisa
 ☐ aukutshopa (acupuncture)
 ☐ umthandazo
☐ ukukhuluma nabasebenzi bezokwelapha
 ☐ ukuhamba
 ☐ ukubhucungwa
☐ ukukhuluma nabangane noma nezihlobo
 ☐ ukuphumula
☐ ukuzakhela imifanekiso engqondweni noma ukubona izinto ngeso lengqondo
☐ i-TENS (Transcutaneous Electrical Nerve Stimulation)
☐ ukususa ingqondo ezinhlungwini (njengokubuka i-TV, ukulalela umculo, ukufunda)
☐ okunye (sicela uchaze)

P13. Ngabe ubuhlushwa **izinhlungu ezibeleseleyo izinyanga ezingu-3** noma ngaphezulu ngaphambi kokuza esibhedlela uzokwenziwa lokhu kuhlinzwa?

☐ Yebo ☐ Cha

a. Uma uthi yebo, **bezizinkulu kangakani** lezo **zinhlungu** ubuningi besikhathi? Sicela ukozelezele inamba ebonisa lokhu.

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bengingenazinhlungu

benginezinhlungu ezinkulu ngokwedlulele

b. Uma uthi yebo, **bezikuphi lezi zinhlungu ezibeleseleyo**?

- ☐ lapho ngihlinzwe khona
 ☐ kwenye indawo
☐ kokubili (lapho ngihlinzwe khona nakwenye indawo)

Siyabonga ngesikhathi sakho nangezimpendulo zakho

To be filled in by the research assistant

Research assistant code:

Patient was interviewed: ☐ Yes ☐ No

If yes, please mark the reason(s):

- ☐ Too ill / weak
 ☐ Too much pain
 ☐ Requested assistance
 ☐ Did not understand scales
☐ Technical reasons (patient has no eyeglasses / is blind; can not sit up; is illiterate; arm is in cast; etc)