

PAMPIRI YA DIPOTSO TSA PATLISISO YA DITLAMORAGO TSA BALWETSE

Rre / Mme

Re ka leboga fa o ka tsaya karolo mo tshekatshekong ya rona ya kafa balwetse ba ikutlwang ka teng morago ga karo. Boikaelelo jwa tshekatsheko ke go tokafatsa tlhokomelo ya botlhoko morago ga karo mo bookelong bo.

Go tsaya karolo ga gago ke ga go ithaopa mme tshedimosetso e o fanang ka yone e tla nna tlhokaina fa o neelana ka pampiri eno ya dipotso tsa patlisiso. Seno se raya gore leina la gago kgotsa mokgwa mongwe wa boitshupo o tla phimolwa mo pampiring ya dipotso tsa patlisiso fa o sena go neelana ka yone mme di ka se akaretswe mo direkotong dipe tsa rona.

Dikarabo tsa gago mo pampiring eno ya dipotso tsa patlisiso di ka se abelanwe le setlhopha sa gago sa pholo kgotsa sa booki.

Baoki ba gago ba tla go oka ka tsela e e tshwanang e ka tswa o tlhopha go tsaya karolo mo tshekatshekong kgotsa nnyaa.

Re leboga fela thata go akanyetsa go tsaya karolo mo tshekatshekong eno.

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Dipotso tse di latelang di kaga botlhoko bo o nnileng le bone fa e sa le o dira karo.

P1. Mo sekaleng seno, tsweetswee bontsha **bogolo jwa botlhoko** bo o nnileng le bone fa e sa le o dira karo:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ke ne ke se na botlhoko

ke ne ke na le botlhoko bo bogolo

P2. Mo sekaleng seno, tsweetswee bontsha **botlhoko bo bo kwa tlase** bo o nnileng le bone fa e sa le o dira karo:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ke ne ke se na botlhoko

ke ne ke na le botlhoko bo bogolo

P3. O nnile le **botlhoko bo bogolo** ga kae fa e sa le o dira karo? Tsweetswee dira sediko mo phesenteng e e supang sentle nako e o nnileng le **botlhoko thata ka yone**:

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

ga ke ise ke nne le botlhoko bo bogolo

ke na le botlhoko bo bogolo ka gale

P4. Dira sediko mo nomorong e le nngwe e e tlhalosang sentle gore ke ga kae, fa e sa le o dira karo, **botlhoko bo go kgoreleditseng go ...**

a. go retologa, go dula, go fetola matlhakore **mo bolaong**:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ga bo nkgoreletse

bo nkgoreletsa thata

b. go hema thata kgotsa go gotihola:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ga bo nkgoreletse

bo nkgoreletsa thata

c. go robala:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ga bo nkgoreletse

bo nkgoreletsa thata

d. A o kile wa **tswa mo bolaong** fa e sa le o dira karo?

☐ Ee ☐ Nnyaa

Fa e le ee, ke gaka **botlhoko bo go kgoreleditsa** go tsamaya, go nna mo setilong, go ema mo sinking:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ga bo nkgoreletse

bo nkgoreletsa thata

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P5. Botlhoko bo ka ama maikutlo a gago.

Mo selekanyong seno, tsweetswee dira sediko mo nomorong e le nngwe e e bontshang sentle gore ke ga kae, fa e sa le o dira karo,

Botlhoko bo dirile go re o ikutlwe:

a. **O tlhobaela**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

le e sengl

go fetisa

b. **O se na mosola**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

le e sengl

go fetisa

P6. A o nnile le mangwe a a latelang a **mathata a pholo** fa e sa le o dira karo?

Tsweetswee dira sediko go "0" fa e le nnyaa; fa e le ee, dira sediko mo nomorong e le nngwe e e bontshang sentle bomasisi jwa nngwe le nngwe:

a. **Go feroa sebete**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

sepe

go fetisa

b. **Go otsela**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

sepe

go fetisa

c. **Go tlhotlhona**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

sepe

go fetisa

d. **Go tsewa ke sedidi**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

sepe

go fetisa

P7. Fa e sa le o dira karo, botlhoko ba gago bo ne ba okobala go le kana kang?

Tsweetswee dira sediko go phesente e le nngwe e e bontshang sentle gore bo okobetse go le kana kang o thuswa ke **dikalafi tsa botlhoko** di kopane (dikalafi tsa molemo le tse e seng tsa molemo):

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

ga bo a okobala

bo okobetse ka botlalo

P8. A o ne o ka rata **kalafi e e OKETSEGILENG ya botlhoko** go na le e o e neilweng?

☐ Ee ☐ Nnyaa

P9. A o neilwe **tlhaloso** ka mefuta ya **kalafi ya botlhoko**?

☐ Ee ☐ Nnyaa

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P10. A o ne o **letleletswe go tsaya karolo mo ditshwetsong** kaga **kalafi ya botlhoko ba gago** go ya kafa o neng o batla ka teng?

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

le e seng

ka botlalo

P11. Dira sediko mo nomorong e e bontshang sentle kafa o **kgotsofaletseng** ditlamorago tsa **kalafi ya botlhoko** fa e sa le o dira karo:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ga ke a kgotsofala gotlhelele

ke kgotsofetse thata

P12. A o dirisitse kgotsa o neilwe epe ya **mekgwa e e seng ya molemo** go alafa **botlhoko** gago?

☐ Ee ☐ Nnyaa

Fa e le ee, **tshwaya tsotlhe** tse di maleba:

- | | | |
|---|---|---|
| <input type="checkbox"/> pakete e e tsididi | <input type="checkbox"/> go ikutlwella | <input type="checkbox"/> go hemela kwa teng |
| <input type="checkbox"/> mogote | <input type="checkbox"/> kalafi ya go tlhaba ka dinnale | <input type="checkbox"/> thapelo |
| <input type="checkbox"/> go bua le badiredi ba tsa kalafi | <input type="checkbox"/> go tsamaya | <input type="checkbox"/> go sidilwa |
| <input type="checkbox"/> go bua le ditsala kgotsa ba losika | <input type="checkbox"/> go iketla | <input type="checkbox"/> bona ka mogopolo |
| <input type="checkbox"/> go akanya TENS (Transcutaneous Electrical Nerve Stimulation) | | |
| <input type="checkbox"/> go kgoreletsega (go leba TV, go reetsa mmmino, go bala) | | |
| <input type="checkbox"/> tse dingwe (tsweetswee tlhalosa): <input type="text"/> | | |

P13. A o ne o na le **botlhoko bo bo sa feleng dikgwedi tse 3** kgotsa go feta pele o tla bookelong go dira karo eno?

☐ Ee ☐ Nnyaa

a. Fa e le ee, **botlhoko bo nnile bogolo** nako e kae? Tsweetswee dira sediko mo nomorong e e bontshang seno.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|

ke ne ke se na botlhoko

ke ne ke na le botlhoko bo bogolo

b. Fa e le ee, **botlhoko bo, bo ne bo le fa kae?**

☐ lefelo la karo ☐ golo gongwe ☐ ka bobedi (lefelo la karo le golo gongwe)
Re lebogela nako le ditshwaelo tsa gago

—

To be filled in by the research assistant

Research assistant code:

Patient was interviewed: ☐ Yes ☐ No

If yes, please mark the reason(s):

- | | | | |
|---|--|---|--|
| <input type="checkbox"/> Too ill / weak | <input type="checkbox"/> Too much pain | <input type="checkbox"/> Requested assistance | <input type="checkbox"/> Did not understand scales |
| <input type="checkbox"/> Technical reasons (patient has no eyeglasses / is blind; can not sit up; is illiterate; arm is in cast; etc) | | | |