AMAHITAMO Y'UBUVUZI

INTANGAMARARA

Infyigo yawe ningirakamaro mugabo igihe kimwe kimwe zirashobora guhagarara gukora. Kugabanuka bitunguranye kw'imikorere vyitwa Indwara y'Infyigo y'Ukunanirwa gukora. Niyigihe kigufi kandi kenshi ivurya mugihe kigufi. Ingorane y'indwara y'infyigo imaze imyaka myinshi byitwa uburyayi bw'infyigo bukaze. Irananirwa gose kandi igihe hariko ipurusa 10 n'imikorere kukubanfu, ugukura imyanda mumubiri, canke hakenewe kushirwamo iyindi nfyigo.

Dialysise ifasha gkuramo imyanda mumubiri no kugabanya amazi adakenewe mumaraso yawe. Ngibi ibibanza bibiri ushobora koreramo dialysise – muhira canke ivyicaro vya dialysise. La dialyse péritonéale ni uburyo bumwe bw'ubuvuzi bubera muhira. L'hémodialyse ni ubuvuzi bukorerwa kumbure muhira canke muma centre ya dialyse.

Ushirwamo indi nfyigo bisaba guhabwa infyigo mumubiri wawe ivuye kumbure kumuntu akiri muzima canke yapfuye. Mubisanzwe ugomba kugira amagara meza kugira uronstwe infyigo. Dogiteri wawe arashobora kuguhanura nimbi ari vyiza kuri wewe. Raba amakuru arambuye y'*'Uguhabwa infyigo'.*

Nimba wewe udafise imbaraga canke uri umuntu akuze urashobora gihitamo ubuvuzi bwo kukurekera infyigbita conservateur aribwo bwiza. Ubuvuzi bwa conservateur bakoresha imiti, kugenzura indya ugomba gufungura n'ivyo kunywa kugira wonguruze imikorere y'infyigo yawe. Bifasha ubuzima busanzwe gukoresha ubundi buryo igihe infyigo idashobora gukora gose. Raba ubuvuzi bwita *'Conservateur: Uburyo bwo kuvura'* urukaratasi ruriko amakuru arambuye.

DIALYSE PÉRITONÉALE Y'UBURYO KAVUKIRE (DP)

Amahitamo meza ni ugukoresha uburyo karemano bwo gukura imyanda mumubiri ubaye ubishoboye. Dialyse péritonéale uyikorera muhira wenyene n'abadyango barashobora kwigishwa kugufasha. Igihe kigufi c'amahugurwa kirakenewe, kandi ibi bitegurwa n'umugwi w'abavuzi bawe. Hariho uburyo bubiri bwa dialyse péritonéale, sac z'umurango bita mururimi rw'igifaransa sacs de jour (DPCA) na cycleur yo mwijoro bita cycleur de nuit (APD).

UBURYO BW'UKUBAHO MURI PD

Uguhitamo hagati y'uburyo bwo gukora dialyse bivana n'uburyo nk'amagara yawe canke ukungene ushimwe ko ubaho. Ivyiza n'ibibi vyaburi buryo bigomba guharirwako n'umugwi w'ubuvuzi n'umuryango wawe. Nimba ushimye PD rero abantu banshi bangura CAPD hama ukayirungika kuri APD munyuma y'indwi 6-8 umubiri umaze kumenyera dialyse.

Hari ivyiza vyinshi vyo gukoresha PD, harimo:

- Ugutembera mumwidengevyo ukoresheje ubuyo butoyi wakoze
- Dialysise itagoranye yoroheje munzu yawe
- Ukugenzura imibereho yiwawe
- Ubuhinga bworoshe bushobora kwigwa n'abanty mundwi imwe
- Abantu benshi ntibagira ivyo babuzwa gufungura n'ivyo kunywa

- Urashobora kwinonora na siporo mugabo bisaba kwiyubara igihe ushimye koga
- Urashobora kubandanya ukora akazi
- Ibikoresho vyose vya dialyse biratangwa muhira iwawe kuri gusa

Dialyse péritonéale ikorwa mumubiri wawe uoresheje ibihimba vya péritonéale nkakayuguruzo. Kandi itanga amaraso menshi akukgahaye. Igihe ca dialyse péritonéale, ibihimba bikoreshwa kugira ikuremo imyanda no kugabanya amazi adakenewe mumaraso. Catheter idasanzwe (tube) ikoreshwa kugira irungike amazi ya dialyse yinjira n'asohoka muri cavite ya péritonéale. Ukoresheje PD mubisanzwe uba ufise dialyse mumubiri wawe ibihe vyose rero amaraso yawe yama asukuye ibihe vyose.

CAPD – UDUFUKA DUKORESHWA KUMURANGO

Uguhindura mubisanzwe bikorwa bikorwa buri munsi. Ihindurwa ryose bashirako agafuka gashasha k'amazi, kuvoma amazi ashaje no gushiramo amazi mashasha. Bitwara habi iminota 30 kandi birashobora gukorerwa ahariho hose. Igihe uriko urahinduranya uremerewe kubandanya ukurikirana ibikorwa vyawe vyaminsi yose.

Ijoro ryose uraruhuka cane igihe usinziriye. Uguhindura mubisanzwe bikorwa igihe uvyutse, igihe cifunguro ryo kumurango, amasaha y'icayi nambere yo k'ukuryama mw'ijoro. Agahengwe karaboneka iminsi ufisemo ibikorwa.

CAPD ikoreshwa n'uko iri hejuru. Iyo agafuka kavoma karihasi amazi avamo. Iyo udugije agafuka gashasha ka dialyse kagashikana kurutugu, dialyse nshansha ica itembere muri cavite ya péritonéale yawe.

APD – IMACHINI IKORA MW'IJORO

Igihe ukora APD imachini yitwa cycleur ikora ihinduranya kubwawe. Ijoro ryose catheter yawe iba ifashe kuga tuyau kawe ka cycleur. Ihinduranya inshuro nnshi, itwara dialyse imbere no hanse mumubiri wawe igihe usinziriye. APD ikorwa ijoro ryose kandi mubisanzwe imara amasaha 8-10. Kumurango dialyse dialyse iguma mumuburi wawe kugira dialyse ibandanye.

Raba urupapuro rwa *'dialyse péritonéale'* uronke amakuru arambuye

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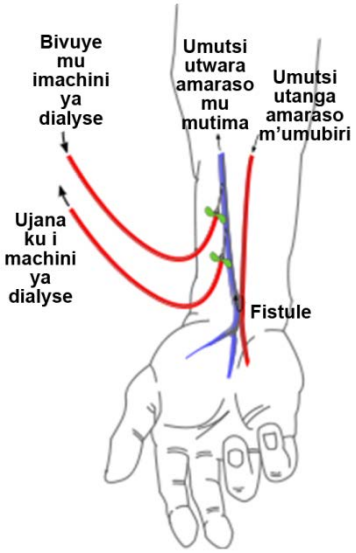
KUGIRA HÉMODIALYSE– MUHIRA CANKE KW'I CENTRE

Hémodialyse (HD) irashobora gukorwa na wewe muhira mugabo kuri babandi batabishoboye ni ubuvuzi bukorerwa kw'I centre bugakorwa n'abarwaza bo mubitaro bitwa aba nuerse.

UBURYO BW'UKUBAHO UKORA HÉMODIALYSE

- Kuri centre ya HP ugira randez-vous zitatu zashizweko zishobora gutwara amasaha 6 kumunsi. Wama uja kuri Clinique gukora dialyse igihe cose.
- HP zikorerwa muhira ishirako gahunda yawe ya dialyse n'umugwi w'ubuvuzi haba bavurira muhira kumurango canke mw'ijoro. Kubantu bamwe bamwe uku gusuzuma n'agahenge ko kwiyorohereza n'ingirakamaro, mugabo si vyankenerwa kumuntu wese.
- Abantu bagirira dialyse muhira barashobora kubikora ayandi masaha arenga ya dialyse, ashobora kugira amagara yawe kuba meza kandi abenshi babikora bitera ubuzima bwabo kuba bwiza.
- Indya n'amazi arabujije igihe ca HP nkeretse ushobora gukora ikindi gihe kirenga ko kw'imachini.
- Mubiruhuko ugomba guteguza indi Clinique ya dialyse.
- Kwiyunguruza uja gukora dialyse ni kumahera yawe. Muhira hafi y'ibisabwa vyose urabisubizwa. Urashobora kuduza amahera y'umuyaga nkuba n'amazi, mugabo udushimwe tumwe tumwe turaboneka.Muhira mubisanzwe nibwo buryo buhendutse kuri wewe.

KUBONA VASCULAIRE NIKI?



Kubona uburyo bwo gusukura amaraso yawe nivyingirakamaro kugira amaraso yawe asukurwe amazi arengako nibindi bintu vty'umwanda. 'Kubona vasculaire' ikorwa gihe bagukorera operation kugira ibi bishigweko. Kubarwa bikorwa kumurango. Bishobora guheza amezi 2 kugira bishikire ikiringo 'gikwiye' co gukora dialyse. Hariho uburyo butatu bwo kubona vasculaire:

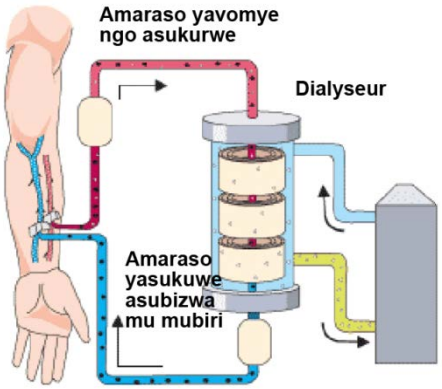
Fistule: Kuraba imitsi imwe yawe isohora amaraso iyatwara mumubiri n'imitsi itwara amaraso mumutima. Imitsi itanga amaraso mumutima mininiya niyo bita fistule. Kenshi iba mukoboka hepso canke haruguru rimwe na rimwe no kumaguru. Amasindano ashirwa muri fistule.

Graffe: Ukoresha aga tuyau gatoyi ukagashira hagati y'umutsi umwe muniniya n'umutoyi.

Catheter: Catheter mubisanzwe ni tube ishirwa mumitsi mininiya iha amaraso umutima gushika fustule canke graffe ishikanye igihe co kuyikoresha. Catheter irashobora guca ikoreshwa ubwo nyene.

Usabwe kubungabunga ivyo ugeraho. Isuku nziza izagufasha kwirinda indwara.

HÉMODIALYSE IKORA GUTE?



Igihe ukora hémodialyse amaraso yawe anyura mukayunguruzo kitwa 'dialyseur' imbere yuko isubira kuyungurura mumubiri wawe. Dialyseur igira fibre ntoyi (tube). Fibre iyariyo yose iba ifise futwenge dutoyi imbere. Amazi adasanzwe yitwa dialysat isukura fibre. Amazi arenga ko n'imyanda idakenewe ntikenewe gutembera mumubiri wawe binyuze pores za fibre no muri dialysat. Amaraso meza aca atemba mumubiri wawe. Dialysat ica ija hasi ikuramo.

NIGUTE NSHOBORA KW'IMENYEREZA HP YO MUHIRA?

Nimba ushimye gukora hémodialyse yo muhira, akantu kajana amazi gahambaye gashigwamo hama ni machine hama ibitangwa vyose bigatangwa. Ukoresha indwi 6-8 uja kuri clinique ya dialyse wiga uko ukoresha dialyse wenyene. Uwo mukorana nawene arashobora guhugurwa kugira aze agufashe. Mugabo abantu bamwe bamwe bikorera dialyse bonyene raba urukaratasi rwa *'hémodialyse yo muhira'* uronke amakaru arambuye.

MBEGA I CENTRE (IBITARO CANKE SATELLITE) YOBA NZIZA KURI JEWE?

Inkuru zo muhira iwawe canke amagara yawe arashobora gusigura ko ugomba umurwaza agufasha ubuvuzi bwa dialyse bwose. Centre ya satellite yama mubisanzwe muri comminaute hama abakozi bakagufasha. Ugukorera dialyse mubitaro urirusange bikorerwa babandi bagomvye ubuvuzi bunononsoye. Abakozi bazotegura isango uzoza urazako udasiba. Mubisanzwe amasaha y'umurango nayo mw'ijoro araboneka. Raba *'amahitamo y'ubuvuzi bwa hémodialyse'* kurupapuro uronke inkuru irambuye.

UBUVUZI BUDAHINDURANYA

Ubuvuzi udahinduranya n'amahitamo y'ubuvuzi bw'infyigo y'ananiwe igihe washimye yuko inzira yo kuvoma amazi canke gusukura amaraso canke guhabwa infyigo bitagukwiye. Abantu benshi nuko bafise amagara ataramye yoroshe ntibifuza ubuvuzi bugoye. Abantu bamwe bamwe bafise ubuvuzi bugoye igihe kimwe hama ubu bifuza guhagarika. Kubantu benshi badafise amagara meza y'ukubandanya kubaho n'ukunanirya kw'infyigo, bakoze canke ata dialyse bakoze vyose birasa.

Ukuvurya urahinduriwe bita ubuvuzi bwa conservateur bisigura ko ubuvuzi bwawe bubanda bukurikiranwa kandi bugafashwa n'abahinga b'amagara. Urashobora kuba ufise imiti n'indya utemerewe gufungura kugira amagara yawe yame ari meza. Ubuvuzi udahinduriwe nanone ntibizorambura ubuzima bwawe igihe infyigo yawe inaniwe gose. Bizwi kandi nk'ubuvuzi bufasha, kandi birashhobora gusaba umugwi w'ubuvuzi bukorohereza.

NIKI UGOMBA GUKORA NIMBA UHISEMO UBUVUZI BUDAHINDURA CANKE NGO BUSUKURE INFYIGO

Intambwe yambere ni ukuyaga n'umuryango wawe n'abaguha ubuvuzi butangura. Nimba mwese mwumvikanye hama mugakorana murashobora kwemeza ko ufise amagara meza gushika infyigo yawe inaniwe gose. Nivyiza ko ibintu vyawe vyose ubishira kumurongo, akarorero:

- Umenye neza ko ufise intahe
- Ushime gushirako procuration y'imidi
- Uze wibuke gushirako umurongo w'Ubuvuzi Buteyimbere
- Kora urutonde ry'ubyibutso rw'amahera yawe harimo compte ya banke, imitungo itimurwa, assurance n'ibindi
- Tanga aderesi z'abantu bazogufasha ibizokurikira akarorero, ukuburanira, umu comptabe n'uzoshira mungiro intahe zawe
- Uze ubarire abantu bamenye hejuru y'imihango y'ibikorwa vy'irimbi rwawe

AKAMARO K'UBUVUZI BWO GUPFUPFAHAZA N'UMUHERO W'UKUBAHO

Umuguwi w'ubuvuzi bupfupfahaza ni aba dogiteri n'abarwaza babahinga bagufasha kukorohereza ubururibwe no gukurikirana ibimenyetso. Ukuraba umugwi y'ugupfapfahaza nt'ugabanya ubuzima bwabwe mugabo ufasha amagara yawe y'ukubaho. Urashobora kuraba umugwi w'ubuvuzi bupfupfahaza kugira basuzume ibimenyetso n'ubwo woba wahisemo dialyse canke uguhabwa indi nfyigo.

Ibimenyetso vyo kunanirwa kw'infyigo hashobora kubamo kw'ishima uruhu, amaguru ataguma hamwe, n'ububabare umubiri wose. Umugwi w'ubuvuzi bupfupfahaza uragufasha wewe n'umuryango wawe kubaho mw'igenga kandi mumerewe neza uko mw'ifuza. Abantu bamwe basura umugwi w'ubuvuzi b'upfupfahaza imyaka myinshi, mbere na dialyse. Ukwitabira ubuvuzi b'upfupfahaza kenshi bitera navyone umuhero w'amagara meza.

MBEGA UKENEYE AMAKURU ARAMBUYE?

Ubumenyi bw'umugwi w'ubuvuzi ni ingirakamaro imbere yuko uhitamo ubuvuzi ushimye. Urupapuru ruriho inkuru rwitwa' Shirako isango y'ukubonana na dogiteri' ruriko impanuro nziza zijanye n'ibibazo ugomba kubaz dogiteri wawe. Uko uronka ubumenyi bwinshi, niko bikorohera gufata ivyemezo k'ubuvuzi bw'amagara yawe.

Niwakenera amakuru arambuye hejuru y'amagara y'infyigo canke iki kiganiro, ndagusavye menyesha Amagara y'Infyigo muri Australiya: Umurongo w'Itumanaho (uhamagara kuri gusa) kuri on 1800 4 INFYIGO (1800 4 543 639) canke sura urubuga www.kidney.org.au canke www.homedialysis.org.au

Yatejw'imbere Munyonyo 2012

Ibi vyakozwe muburyo bw'intanga marara rusange kuriki kiyago kandi ntabwo bisigura ko bitsimbuye aba dogiteri banyu canke Abahinga batanga Impanuro z'Amagara meza. Ubushishozi bwose bwakoreshejwe kugira ngo twemeze ko inkuru ihawe umusomyi kandi ikoreshwa muntara iyariyo yose muri Australiya. Bigomba kumenyekana ko Amagara y'Infyigo muri Australiya bazi ko ubumenyi bwa buri muntu wese ari kugiti c'umuntu wenyine kandi ko uko gutandukana bigaruka mubuvuzi no muburongozi bitewe n'ingorane z'umuntu wenyene, ubumenyi bw'amagara n'intara atuyemo. Ushobora gusaba inkuru irambuye igihe cose uze urabe dogiteri wawe canke umuhinga muvy'amagara meza.

Nimba ufise ingorane yo kumva, canke y'ukuvuga, menyesha Serivisi ijwejwe Kubafasha Mugihugu kuri 1800 555 677 canke www.relayservice.com.au.

- Inomero y'abakoresha TTY 1800 555 677 hama rero baza 1800 454 363
- Inomero y'Ukuvuga n'Ukumviriza 1800 555 727 hama rero baza 1800 454 363
- Abakoresha imiringo ya interineti - www.relayservice.com.au - " Terefona k'umurongo wa interineti ubunyine" hama rero baza 1800 454 363