



IBHUKWANA LOLWAZI LESIGULI ISIMO SOKWALIWA OKUDLIWAYO, I-ANAPHYLAXIS

- Isimo noma ukugula okwaziwa ngokuthi yi-anaphylaxis kusho isimo sokwaliwa okuthile imvamisa okuba okudliwayo nokungenzeka ukuthi kubeke impilo yomuntu engcupheni.
- Lesi simo kufanele sithathwe njengesimo esibucayi, futhi iziguli ezine-anaphylaxis noma ezisengcupheni yokuba ne-anaphylaxis kufanele zazi ukuthi zingayinciphisa kanjani ingcuphe yazo ngokuvikela ukuthi zingafinyeleli kulokho okungahle kube yizisusa, ukukwazi ukubona izimpawu zokuqala futhi zizimisele ukwelashwa ngokushesha noma ngasiphi isikhathi.

IZISUSA

Izisusa ezivamile zesimo sokwaliwa okuthile noma i-anaphylaxis yilezi:

- **Ukudla**

Amaqanda, ubisi, amakinati, amantongomane, inhlazi, imbaza, uludonqa, isoya kanye nokolo yizona zinhlobo zokudla okungenzeka zibangele isimo sokuthi umuntu kuthiwa waliwa okuthile, nokuyi-anaphylaxis. Cishe konke ukudla okusethinini, nakho futhi kungenzeka kubangele lesi simo sokwaliwa okuthile okudliwa, nokuyi-anaphylaxis.

- **Ukulunywa zilokazane**

Isibiba senyosi yiyona nto ejwayeleke kakhulu nebangela ukwaliwa yinto ethile edliwayo lapha eNingizimu Afrika.

- **Imithi**

Noma yimiphi imithi kuyenzeka ibangele ukwaliwa ukudla okuthile. Imithi ejwayelekile evame ukuba yizimbangela zifaka phakathi ama-antibiotics, imithi elwa nobuhlungu kanye nezidakamizwa ezisetshenziselwa ukuthi umuntu angabuzwa ubuhlungu, abe ndikindiki emzimbeni.

- **Okunye**

Ukwaliwa yizinto ezithile ezisarabha khona kuyisimo esingavamile neze.

Abanye abantu baba nesimo se-anaphylaxis kuphela uma kunezisusa ezikhona ezimbili, ezifana nokudla okuthile okuqondile nokuhambisana nokuvocavoca umzimba. Abanye abantu bavele baphathwe yi-anaphylaxis ngaphandle kokuthi kube khona isizathu esikhonjwayo.

IZIMPAWU ZESIMO SOKWALIWA YINTO ETHILE, I-ANAPHYLAXIS

- Izimpawu zesimo sokwaliwa yinto ethile, okuyi-anaphylaxis, zivame ukwenzeka ngokushesha, ingakapheli ngisho nemizuzu eyishumi nanhlanu kuya ehoreni elilodwa ngemuva kokuba umuntu eqondane noma edle leyo nto emalayo, ngesinye isikhathi kushesha kakhulu. Ukuthuthuka ngamandla kwalesi simo, i-anaphylaxis kanye nokuba kubi kwayo kuyenza ibe yisimo esiyingozi kakhulu.

- Kubalulekile ukuqonda ukuthi uma i-anaphylaxis umuntu isimphele, inezimpawu eziningi ezahlukeneyo okungaba yisikhumba esingesi kakhulu kanye nokuvuvukala ebusweni kuye kwezimbi kakhulu ezibeka impilo engcupheni, njengokwehluleka ukuphefumula nje kanye nokumelwa ukushaya kwenhliziyo.
- Ukuzibonakalisa kwalesi simo esikhumbeni, nokufakala phakathi ukulunywa yisikhumba, ububomvu besikhumba, ukuluma, ukutshabuka kanye nokutshabuke ezindaweni eziseduzane ezifana nasebusweni, yizona zonke izinto ezejwayelekile lezo.
- Izimpawu zangezansi zifaka phakathi amajaqamba, isicanucanu, ukuhlanzaz kanye nohudo
- Izimo ezimbi kakhulu ze-anaphylaxis zifaka phakathi izimo zokuphefumula kanye nenhliziyo.
- Ukuvimbela ukuphefumula kungabangela ukuvuvukala komgudu wolimi ohamba umoya, ngemuva kuqhoqho, kwindawo yegilo noma yomphimbo. Lokhu kungenzeka kuqale ngezwi elihoshozelayo kanye nokukhwehlela okomile okulokhu kuqhubeka bese kuqhubeka kuba nokuqina emphineni nokwenza ukuthi kube nzima kumuntu ukuthi aphefumule. Imigudu ehamba umoya emaphashini kungenzeka nayo ithintekile lokho bese kwenza ukuthi isifuba siqine kanye nekhalo elindodayo.
- Izimpawu ezifaka inhliziyi kanye nesimo esihambisa igazi emzimbeni yizona zimo ezimbi kakhulu umuntu angabhekana nazo kanti zifaka phakathi ukwehla ngokuzuma komfutho wegazi, ukungashayi ngendlela kwenhliziyo kanye nokuwa phansi komuntu.

NGABE KWENZAKALANI KWI-ANAPHYLAXIS NA?

- Akuyondakali kahle njengamanje ukuthi kungani abanye abantu abathile baliwa ukudla okuthile, baliwe izihlungu noma imithi ethile.
- Kodwa okwaziwayo ukuthi labo bantu abaliwa yizinto ezithile abazidlale nezingadliwa, kuba khona izivikelamzimba ezaziwa ngokuthi yi-IgE antibody abazikhiqizayo – kodwa-ke kuba yilabo bantu abasuke sekunento esibangenile egazini nokusuke sekwazeka ukuthi baliwa yizinto ezithile.
- Lezi zivikelamzimba ziyakwazi ukubona lezo zinto ezimalayo umuntu uma ezidlile bese zivele zizibamba zizibophe ndawonye, nokuyaye bese kwenza ukuthi kuphume izintwana ezingamakhemikhali abukhali kakhulu, afana ne-histamine kumaseli athile emzimbeni.
- Lawa makhemikhali aholela ekutheni kube nezimpawu ze-anaphylaxis.
- Umzimba ukwazi ukubhekana ne-anaphylaxis ngokwesimo semvelo ngokuthi ukhiqize isivikelamzimba esaziwa ngokuthi yi-adrenaline. I-adrenaline, okuyisosha lamakhemikhali elilwa nalesi simo, liphinda futhi libe yisosha lemvelo elikwazi ukubamba ngamandla isimo se-anaphylaxis.
- I-adrenaline:
Inciphisa ukuvuvukala komgudu ohamba umoya.
Igqugquzela ukuzungeza kwegazi liya ezingxenyeni ezibalukile zomzimba.

UKWELAPHA I-ANAPHYLAXIS

- I-anaphylaxis iyakwazi ukugwemeka futhi ingelapheki.
- Ukuhlonza izisusa kanye nokuzigwema kungcono kakhulu ukusenoma umuntu aqale elaphe isimo se-anaphylaxis!
- Isimo sokwaliwa okuthile okudliwayo kufanele sitholakale kusenesikhathi futhi kwelashwe kusenesikhathi ngaphambi kokuthi siqhubeke siye phambili.

- Ukushayela i-ambulensi :

Kwamasipala: 10177

Eyakwa-ER24: 084 124

EyakwaNetcare: 911: 082 911

- Indlela esebenza kakhulu yokwelapha isimo esibi sokuhlaselwa yisimo sokwaliwa yizinto ezithile ezifana nokudla yi-adrenaline. I-adrenaline kufanele ijovwe ingene emthanjeni ngokushesha okukhulu nje lapho umuntu ehlaselwa yilesi simo sokwaliwa yilokho okudliwayo. Uma umuntu ewuphethe lo mjovo wesimo esiphuthumayo, kungcono umsize ukuthi azijove emthanjeni omkhulu wamathanga ovelile noma-ke uwuthathe umjove wena ngokwakho.
- Siza ugweme isinxo ngokulalisa phansi lowo muntu obanjwe yilesi simo bese izinyawo zakhe ziba kwiphansi.
- Ungalinge unike umuntu umuthi ophuzwa ngomlomo uma lowo muntu enenkinga yokuphefumula. Ezinye izindlela zokwelapha nezingasiza ngemuva kokujova nge-adrenaline zifaka phakathi i-antihistamine kanye nama-steroids.

I-adrenaline enikwa iziguli ngenxa yokuphathwa kwazo yisimo se-anaphylaxis isindisa izimpilo futhi ihlehlisa kakhulu imiphumela ye-anaphylaxis enobungozi. Kwezinye izimo kungenzeka kube nesidingo sokuthi umgudu ohamba umoya ngaphakathi kwisiguli uvuleke, isiguli sihlinzekwe nge-oksijini kanye nokubheka isimo sokuhamba kwezibilini egazini kanye nomfutho wegazi ngokulandelela eduzane.

VIKELA I-ANAPHYLAXIS!

- Ukuvikela i-anaphylaxis, abantu abanesimo sokwaliwa ukudla kufanele bakwazi ukuhlolisa izisusa bese bakwazi ukugwema ukuthi bazithole besesimweni esifunze lesi ngomuso.
- Lokhu kwenziwa ngudokotela wezifo zokwaliwa okuthile, kanti lo dokotela uyaye abheke umlando omuhle, ukwenza ukuvivinywa okuyizinhlelo ezithile ezilawulwayo.
- Abantu abasengcupheni yokuhlaselwa yi-anaphylaxis kufanele bafundiswe ngokushesha ukuthi bakwazi ukubona izimpawu zokuqala ze-anaphylaxis. Laba bantu kufanele bahlinzekwe ngethuluzi elithile elichaza izimpawu zesimo esikahle kuya kwesinzima kanye nesimo sokuhlaselwa yilesi simo esinzima kakhulu bese befundiswa izindlela ezifanele zokubhekana nanoma yisiphi isimo esivelayo.
- Abantu abasengcupheni yesimo se-anaphylaxis kufanele bafake idiski okuyi-Medic Alert disc nesuke ibahlonza njengabantu abasengcupheni yokuhlaselwa yilesi simo futhi babhale nezimo zabo eziba yizisusa zezimo zabo.
- Iziguli kufanele njalo zihlale ziphethe izinto zokuzisiza ezimweni eziphuthumayo futhi kufanele bazi ukuthi bangazijova kanjani nge-adrenaline uma kwenzeka behlaselwa yilesi simo kanzima.

I-ADRENALINE

- Ezindlini zokwelapha zikadokotela wakho noma eMnyangweni Wezimo Eziphuthumayo esibhedlela, i-adrenaline lena ijovwa kusetshenziswa isirinjini kanye nenalithi.
- Kulabo bantu abangekho emkhakheni wezemithi abafana nabazali babantwana noma othisha abangaqeqeshiwe ekusebenziseni isirinjini. I-adrenaline lena bangayisebenzisa ngokuthi bayijove ngento ethile yokujova ezisebenzela yona ngokwayo.

- Le nto ye-adrenaline ezijovela yona ngokwayo kufanele kucindezelwe into engaphandle yangaphezulu ethangeni bese i-adrenaline ivese izijove yona ngokwayo kulowo muntu edingeka kuye. I-adrenaline ekwazi ukuzijova yona ngokwayo ekhona njengamanje eNingizimu Afrika yi-Epipen®. I-Epipen® lena ifika izindlela ezimbili ezinamandla ehlukene, kukhona i-Epipen® junior eqondene nabantwana abanezisindo zemizimba yabo eziphakathi kwamakhilogremu ayisi-8 kanye nangama-25 bese kuba ne-Epipen® yabantu abadala kanye nabantwana abanezisindo ezingaphezu kwamakhilogremu angama-25. Abantu abadala abakhulu kakhulu ngemizimba, kungenzeka ukuthi badinge ama-Epipens® amabili.
- Esimweni lapho khona i-Epipen® ingatholakali, iziguli kufanele ziphathe amabhodlelana e-adrenaline amancane kanye nenalithi zikufake ekesini elibekwe endaweni ephephile futhi bangadinga ukuqeqeshwa okunzulu ukubafundisa ukuthi bakwazi ukukha/ukudonsa inani elifanele lomuthi futhi basebenzise inani elifanele (0.01ml/kg) esimweni esiphuthumayo.

ABANTWANA KANYE NESIMO SOKWALIWA

YINTO EDLIWAYO, OKUYI-ANAPHYLAXIS

- Abantwana kufanele ngaso sonke isikhathi bafundiswe ukugwema izinhlobo zokudla ezibalayo.
- Isikole kumele sibe nohlelo lwalokho okufanele kwenziwe, nolwaziwa ngokuthi yi-adrenaline emergency Epipen® noma izinto zokusebenza lezi kufanele zibe nomntwana esikoleni futhi nothisha kufanele baziswe kahle mayelana nalezi zingcuphe futhi baqeqeshwe ukuthi bakwazi ukunika abantwana i-adrenaline ezimweni zezimo eziphuthumayo.
- Lapho izikole zinabantwana abaliwa yizinhlobo ezithile zokudla, ikakhulukazi amakinati, kungaba umqondo ophusile ukuthi leyo nhlobo yokudla ivinjwe ukuba abanye abantwana bangalokothi bayiphathe esikoleni.

AMAPHUZU ANQALA

Kubalulekile ukubonana nodokotela wakho uma kuke kwenzeka waba nesihlwathi sokuhlaselwa yisimo sokwaliwa ukudla okuthile. Kufanele ukwazi ukuthola kahle ngodokotela ukuthi yini yona le ekuphethe wena nokuyokwenza ukuthi kuqedelwe uhlelo lokukusiza, kugcwaliswe ifomu lesicelo oyokwazi ukuthola ngalo ibhanjana elisasiphandla elaziwa ngokuthi yi-Medic-Alert bracelet. Ngemuva kwalokho kuyaye kudingeke ukuba ufundiswe ngendlela efanele bese uhlinzekwa nangomjovo we-adrenaline noma izinto ze-adrenaline ukuze zisetshenziswe uma kunesimo esiphuthumayo sokuhlaselwa yilesi simo.

- Lesi simo sokwaliwa okuthile okudliwayo, i-anaphylaxis siyisimo esinzima kunazo zonke uma kuziwa ngasekuhlaselweni kanye nasekubekeni impilo engcupheni.
- Ukudla, izibiba zezilokazane, ama-antibiotics kanye neminye imithik yizona zisusa ezinkulu zesimo i-anaphylaxis.
- I-adrenaline yiyona ndlela esebenzayo enqala ekwelapheni i-anaphylaxis.
- I-adrenaline isetshenziswa ingumjovo kuphela.
- I-Epipen® yithuluzi elithile elenzelwe ukuthi lisetshenziswe yiziguli ezimweni eziphuthumayo, ngoba livele lizijovele lona ngokwalo i-adrenaline.
- Umuthi i-antihistamines awuzibuyiseli emuva izimo eziyingozi ezisuke sezibangelwe yilesi simo se-anaphylaxis kufanele asetshenziswe ngemuva kokujova nge-adrenaline.