



INCWADANA YOLWAZI EYENZELWE ABAGULI I-ANAPHYLAXIS

I-anaphylaxis kukuhlaselwa kakhulu nangesiquphe yinto owaliwayo yiyo yaye oku kusenokubeka engozini ubomi.

- Kumele kuthathwe ngokuba yimo yongxamiseko, yaye abaguli abane-anaphylaxis okanye abasengozini yokuhlaselwa yi-anaphylaxis bamele bazi ukuba bangayinciphisa njani ingozi ngokuthintela ukuzibeka kwingozi yezinto ezinokuyibangela ivuke, bazi ukuba bangayibona njani imiqondiso yokuqala yaye bahlale belungele ukufumana unyango olungxamisekileyo nangeliphi na ixesha.

IZINTO EZIYIVUSAYO

Nazi izinto eziqhelekileyo ezivusa i-anaphylaxis:

- **Ukutya**

Amaqanda, ubisi, amandongomane, iinqoba, intlanzi, intlanzi eneqokobhe, isesame, isoya nengqolowa zezona zinto ziqhelekileyo ezityiwayo ezinokubangela i-anaphylaxis. Kodwa ke phantse nantoni na etyiwayo kungenzeka ibangele i-anaphylaxis.

- **Ulwamvila lwezimbuzane ezisuzelayo**

Ubuhlungu benyosi ngoyena nobangela uqhelekileyo we-anaphylaxis lulwamvila lwezimbuzane ezisuzelayo eMzantsi Afrika.

- **Amayeza**

Umntu unokwaliwa ngawo nawaphi na amayeza. Phakathi koonobangela abaqheleke kakhulu ngamayeza okubulala iintsholongwane (*antibiotics*), iipilisi zeentlungu namachiza asetyenziswayo okubulala ukuva iintlungu.

- **Ezinye izinto**

Ukwaliwa ngamasi omthi (*ilalex*) akuxhaphakanga kakhulu.

Abanye abantu bahlaselwa yi-anaphylaxis kuphela xa kukho izinto ezi-2 eziyivusayo, njengohlobo oluthile lokutya kunye nokwenza umthambo.

Abanye abantu bahlaselwa yi-anaphylaxis nokuba ngaba akukho nobangela ucacileyo.

IIMPAWU EBONAKALA NGAZO I-ANAPHYLAXIS

- Iimpawu ze-anaphylaxis ngokuqhelekileyo zibonakala ngokukhawuleza, ingaphelanga imizuzu eli-15 ukuya kwiye e-1 emva kokuba umntu edibene nalo nto aliwa yiyo, ngamanye amaxesha ngokukhawuleza nangaphezulu koku. Ukuvuka ngokukhawuleza nokugqagqanisa kwayo ukwenza umonakalo kuyenza i-anaphylaxis ibe yingulo eyingozi gqitha.
- Kubalulekile ukuqonda ukuba iimpawu ze-anaphylaxis zinokwahluka ukusuka kwiinguqu ezincinci zesikhumba nokudumba kobuso ukuya kwingxaki esongela ubomi yokuphefumla nentliziyo.

- Imbonakalo yesikhumba, equka ukuba nesifuthufuthu, ukuba bomvu, ukurhawuzelelwa, izigxala nokudumba ngokukodwa ebusweni iqhelekile.
- Iimpawu esiswini ziquka amahlaba, ubucaphuchaphu, ukugabha norhudo.
- Iinkalo ezizezona zibeka ubomi engozini ze-anaphylaxis ziquka isixokelelwano sokuphefumla nentliziyo.
- Iingxaki zokuphefumla zingabangela ukudumba kolwimi, umva womqala, ingqula. Oku kungaqala ngokurhwexa kwelizwi nokhohlokhohlo olomileyo oluzingileyo kuze ke kudlulele ekuminxaneni kwesifuba okwenza kube nzima ukuphefumla. Kungabandakanyeka imibhobho yomoya yemiphunga okubangela ukuminxana kwesifuba nokutswina.
- Iimpawu ezibandakanya intliziyo nesixokelelwano sokuhamba kwegazi zezona ziqatha kakhulu yaye ziquka ukuhla ngesiqophe koxinzelelo lwegazi, ukungabethi kakuhle kwentliziyo nokuwa okuqhelekileyo.

KWENZEKA NTONI KWI-ANAPHYLAXIS?

- Ukuba kutheni abanye abantu besaliwa zizinto ezityiwayo okanye ubuhlungu okanye amayeza akuqondwa kakuhle.
- Into eyaziwayo kukuba udidi olulodwa lwesibulala-zintsholongwane esaziwa ngokuba yi-IgE siveliswa ngabantu abaliwa zizinto ezithile nabathi bangalungelani nalo nto.
- Ezi zibulala-ntsholongwane ziyaziqaphela ezi zinto zalana nempilo yomntu ze zithi nca kuzo, nto leyo ibangela kukhutshwe iikhemikhali ezinandla gqitha ezifana nehistamine kwiiseli ezithile zomzimba.
- Ezi khemikhali ziphumela kwiimpawu ze-anaphylaxis.
- Impendulo yemvelo yomzimba kwi-anaphylaxis kukukhupha ikhemikhali yemvelo yomzimba ebizwa ngokuba yi-adrenalin. I-adrenalin, ikhemikhali yokulwa okanye yokubaleka, sisibulala-zintsholongwane semvelo sokulwa nentshukumo edalwa yi-anaphylaxis.
- **I-adrenalin:**
Inciphisa ukudumba kwemibhobho yokuhambisa umoya.

Ivuselela ukumpontshwa kwegazi yintliziyo liye kumalungu abalulekileyo.

UKUNYANGWA KWE-ANAPHYLAXIS

- I-anaphylaxis ingathinteleka yaye iyanyangeka.
- Ukuchonga izivuseleli ze uziphephe kungcono kakhulu kunokunyanga intshukumo edalwa yi-anaphylaxis!
- I-anaphylaxis imele iqondwe kwangoko ze inyangwe ngokukhawuleza ngaphambi kokuba ihambele phambili.
- Fowunela i-ambulensi:

Ekamasipala: 10177

U-ER24: 084 124

UNetcare: 911: 082 911

- Olona nyango lusebenza kakhulu lweziphumo ezinzulu ze-anaphylaxis yi adrenalin. I-adrenaline imele itofelwe esihlunwini kamsinya xa kubonakala iimpawu ze-anaphylaxis. Ukuba umntu uphethe isitofu semo yongxamiseko kuye, mncedise ukuzitofa kwisihlunu esikhulu ethangeni lakhe, okanye mtofe ngokwakho.
- Mncede ekuthinteleni ukothuka ngokumngqengqisa phantsi umntu iinyawo ziphakanyisiwe.
- Musa ukumselisa ngomlomo umntu amayeza ukuba unengxaki yokuphefumla. Amanye amayeza onyango anokuba luncedo emva kokuba enikwe i-adrenalin aquka iantihistamine neesteroid.

I-adrenalin esetyenziswa ngenxa ye-anaphylaxis isindisa ubomi yaye iyawulungisa umonakalo oyingozi obangelwa yi-anaphylaxis. Kwiimeko ezithile kusenokuba yimfuneko ukumpha umtyhi umguli, ukumnika i-oksijini nokubek' esweni ngokusondeleyo isixokelelwano sokujikeleza kwegazi kunye noxinzelelo-gazi.

THINTELA I-ANAPHYLAXIS!

- Ukuze kuthintelwe i-anaphylaxis, abantu abanentshukumo edalwa kukungalungelani nento bamele bachonge into evuselela le ntshukumo ze emva koko bakuphephe ukudibana naloo nto kwixesha elizayo.
- Oku kwenziwa ngokuthi ingcali eqeqeshiweyo yezinto ezalana nempilo yabantu ithathe imbali, yenze uhlobo lokubona izinto ezalana nempilo yaye ngamathuba athile yenze ucelo-mngeni phantsi kweemeko ezilawulwa ngokungqongqo.
- Abantu abasengozini ye-anaphylaxis bamele bafundiswe ukuzinakana ngoko nangoko iimpawu zokuqala ze-anaphylaxis. Bamele banikwe isicwangciso soko makwenziwe ngexesha likaxakeka nesichaza iimpawu zohlaselo oluncinci-oluphakathi nxamnye nohlasele oluqatha lwe-anaphylaxis, yaye bafundiswe indlela echanekileyo yokuphendula kwimeko nganye enokwenzeka.
- Abantu abasengozini ye-anaphylaxis bamele banxibe icwecwe elibonisa ukuba zinto zini na abangalungelani nazo nelibonisa ukuba basengozini nelidwelisa izinto ezivuselelayo kubo.
- Abaguli bamele baphathe izinto zonyango lwemo yongxamiseko ngamaxesha onke yaye bakwazi ukuzitofa nge-adrenalin xa bequtyulwa luhlaselo oluqatha.

I-ADRENALINI

- Kwindawo yokusebenza kagqirha okanye kwiSebe leeMeko zoNgxamiseko esibhedlele, iyatofelwa i-adrenalini kusetyenziswa isirinjini nenaliti.
- Ebantwini abangasebenzi ngezonyango abafana nabazali okanye ootitshala abangaqeqeshelwanga ukusebenzisa isirinjini, i-adrenalini ingafumaneka ngokusebenzisa isixhobo sokuzitofa.
- Esi sixhobo usuka nje usicinezalise ngaphandle ethangeni phezulu yaye ngokuzenzekelayo i-adrenalini iza kutofeleka kuloo mntu. Ekuphela kwesixhobo sokuzitofa nge-adrenalini esifumanekayo eMzantsi Afrika yi-Epipen®. I-Epipen® iphuma ngeentlobo ezi-2, i-Epipen® junior yabantwana abaphakathi kwe-8 ne-25 kg kunye ne-Epipen® yabantu abadala nabantwana abakhulu kunobunzima be-25 kg. Abantu abadala abakhulu kusenokufuneka babe nee-Epipens® ezimbini.
- Ukuba i-Epipen® ayikho, abaguli bamele baphathe ibhotilana ye-adrenalini kunye nenaliti kwibhokisi ekhuselekileyo yaye kufuneka bafundiswe kwaye baqeqeshwe kakhulu ukuze bakwazi ukutsala nokuzitofa ngomlinganiselo ochanekileyo (0.01ml/kg) kwixesha likaxakeka.

ABANTWANA NE-ANAPHYLAXIS

- Ngamaxesha onke abantwana bamele bafundiswe ukuphepha ukutya okwalana nempilo yabo.
- Isikolo simele sibe nekopi yesicwangciso sokusebenza, i-Epipen® okanye ikiti ye-adrenalini yokusetyenziswa imele iphathwe ngumntwana esikolweni yaye ootitshala bamele bachazelwe ngokugcweleyo ngezi ngozi yaye baqeqeshwe ekutofeleni i-adrenalini kwimeko yongxamiseko.
- Izikolo ezinabantwana abaliwayo zizinto ezithile ezityiwayo, ngokukodwa amandongomane, kungaba bubulumko ukuthintela ukuba ukutya okunjalo kungaphathwa esikolweni ngabanye abantwana.

IINGONGOMA EZINGUNDOQO

Kubalulekile ukubonana nogqirha xa ngaba ukhe waneempawu zokubonisa ukwaliwa kukutya ezisongela ubomi. Kumele kwenziwe uxilongo oluchanekileyo yaye ugqirha umele agcwalise isicwangciso soko makwenziwe, ifomu yesicelo sokufumana isacholo esinxitywayo ukubonisa izinto ongalungelani nazo, anikeze imfundo eyimfuneko aze achaze nesitofu se-adrenalini sokuzitofa okanye ikiti ye-adrenalini yokusetyenziswa ngamaxesha kaxakeka.

- I-anaphylaxis lolona hlobo luqatha lwentshukumo edalwa kukungalungelani nethi yenzeke ngesiquphe yaye ibeka engozini ubomi.
- Ukutya, ubuhlungu bezinambuzane, izibulala-ntsholongwane namanye amayeza thile zizinto eziphambili ekuvuseni i-anaphylaxis.
- I-adrenalini lunyango olubalulekileyo ekunyangeni i-anaphylaxis.
- I-adrenalini iyatofelwa kuphela.
- I-Epipen® sisixhobo esiyilelwe ukusetyenziswa ngamaxesha kaxakeka ngabantu abasengozini, nesithi sitofe i-adrenalini ngokuzenzekelayo.
- Ii-antihistamine azizilungisi iingxaki ezidalwe yi-anaphylaxis yaye zimele zisetyenziswe emva kokuba kufakwe isitofu se-adrenalini.

ILUNGELO LOBUNINI: ALLERGY SOCIETY OF SOUTH AFRICA

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