

Temalo ya kelello e bakwang ke Aids ke eng?

Batho ba tshwerweng ke Aids ka nako e nngwe ba ka ba le temalo ya kelello, haholo mekgahlelong ya morao ya bokudi ba bona. Maqephe ana a tlhahisoleseding a hlalosa ka moo temalo ya kelello e fumanwang mmeleng. A tswela pele ho hlalosa matshwao a ho kula le ho hlakisa dikalafo tse fumanehang.

Aids (acquired immune deficiency syndrome) e bakwa ke boteng ba kokwanahloko ya “human immunodeficiency virus (HIV)” mmeleng.

HIV e sebetsa ka ho hlasela sistimi ya boitshireletso ba mmele, e leng se etsang hore motho ya tshwaeditsweng a be kotsing ya ho fumana ditshwaetso tsa mafu a mang. Temalo ya kelello e tliswang ke Aids e ka bakwa ke:



- Kameho ya HIV ka kotloloho bokong
- Ditshwaetso tse nkang monyetla wa sistimi ya boitshireletso ba mmele e fokolang.

E atile hakae?

Ho thata ho ka toba ka ho qaqqa boteng ba temalo ya kelello e bakwang ke Aids. Bongata ba dipu-putso tse entsweng mabapi le ketsahalo ena di entswe pele ho qaleho ya ‘kalafo e kopantsweng’ – tshebediso ya motswako wa meriana eo hajwale e sebediswang ho laola HIV.

Matshwao a ho kula

Matshwao a ho kula a amanang le temalo ya kelello e bakwang ke Aids a kenyeletsa:

- Bolebadi
- Mathata a ho tsepamisa maikutlo
- Mathata a puo
- Mathata a kgopolo ya nakong e kgutshwane
- Ho ba moferefere
- Ho se tsitse
- Metsamao ya mahlo e tloakang
- Ataxia ('ponahalo e kang ya ho tahwa')
- Diphetoho sebopehong sa botho
- Tahlehelo ya takatso ya dijo
- Dikarabelo tsa maikutlo tse sa amoheleheng
- Maikutlo a fetofetohang kapele
- Ho phofa

Tliahlobo ya bongaka

Ho ka ba le mathata a ho fumana boteng ba lefu la temalo ya kelello le bakwang ke Aids.

- Ho bile le pherekano mabapi le tlhaloso e nepahetseng ya bokudi bona.
- Batho ba bangata ba fumantshwa ditliahlobo tse reng ba na le kgateello ya maikutlo kapa bokudi bo bong ba tsa kelello ka phoso.

Ka nako e nngwe batho ba ba le matshwao a tshenyeho ya methapo mme

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ke ha morao feela ba fumanwang hore ba na le kokwanahloko ya HIV. Diteko tse latelang di ka etswa:

Teko ya HIV

Sena se tlameha ho etswa feela ho latela keletso ya ngaka e kgethehileng.

Sekene sa CT

Sekene sa CT (computerized tomography) se ka sebediswa ho fumana ditshwaetso tsa bokong.

Sekene sa MRI

Disekene tsa MRI (magnetic resonance imaging) di ka bontsha ho honyela ha thishu ya boko.

Ho hula lero ka nalete mokokotlong

Sena se etswa ka ho hula lero ka nalete ho tswa qetellong ya mokokotlo. Le ka sebediswa ho fumana bongata ba tshwaetso ya HIV lerong le potolohileng boko.

Diteko tsa 'neuropsychometric'

Diteko tsena tsa tshebetso ya kelello di sebediswa ho metha tshebetso ya dikarolo tse fapaneng tsa boko.

Kgulo ya lero la book

Kgulo ya lero la boko e etswa ka ho ntsha karolwana e nyane ya boko le ho e hlahloba ka laboratoring.

Mokgwatshebetso ona o etswa hangata haholo kaha o sebediswa bakeng sa tshebetso ya boko ka thipa.

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Kalafo

Meriana e alafang HIV

Hajwale ha ho kgonehe ho phecola Aids.

Leha ho le jwalo, qaleho ya 'kalafo ya motswako' – tshebediso ya meriana e mmedi kapa e meraro e alafang HIV – e ntlafaditse ka tsela e kgolo dilemo tse ka phelwang ke motho ya tshwerweng ke Aids le boleng ba bophelo ba hae.

Sepheo sa meriana ena e alafang HIV ke ho fokotsa bongata ba kokwanahloko mading, e leng se tla fokotsa tshenyoe eo HIV e ka e bakang. Batho ba nang le temalo ya kelello e bakwang ke Aids ka tlwaelo ba fuwa motswako wa dikalafo tsa HIV ho thibela hore HIV e fetele bokong.

Katleho ya meriana ena e bolela hore tjhebisiso ya kalafo jwale e fetetse ho tloha ho kokelo ya lefu ho ya kokobetsong ya lefu.

Meriana e meng

Meriana ya lefu la kelello hape e fuwa batho ba tshwerweng ke temalo ya kelello ka lebaka la Aids, ho kenyeletswa:

Meriana e kokobetsang maikutlo (jwalo ka fluoxetine, paroxetine, citalopram le venlafaxine). Meriana ena e sebedisetswa ho ntlafatsa takatso ya dijo.

Neuroleptics (jwalo ka olanzepine le risperidone). Meriana ena e ka kokobetsa ho teneha le tsitsipano ya kelello.

Ntjhafatso

Lenaneo le hlophisitsweng la ntjhafatso le ka thusa batho ba nang le temalo ya kelello e bakwang ke Aids ho ithuta lekgetlo la bobedi ditsebo tseo ba di hloakang hore ba itlhokomele. Sena se ka nna sa kenyeletsa ho ithuta ho hlapa, ho apara le ho iphepa hape, ho ithuta ho nwa meriana le ho pheha le ho lemoha boipaballo mebileng le polokeho ya lapeng.

E ngotswe ka thuso ya HIV Brain Impairment Unit, Mildmay Hospital, London

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