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# Ukuphunyukwa Yindle Nomchamo

**Ukuphunyukwa yindle nomchamo kungadumaza futhi kuphoxe kumuntu onokuwohloka koabanokuwohloka komqondo futhi kucindezele kakhulu kumuntu ongumnakekeli. Nokho, kunezindlela *eziningi lesi simo esingathuthukiswa ngaso kuwo wonke umuntu obandakanyekile. Nanka amacebiso ambalwa.***

Ukuphunyukwa yindle nomchamo akuyona into engagwemeka kumuntu onokuwohloka koabanokuwohloka komqondo.

*in·con·ti·nent*

*–adjective*

*1. unable to restrain natural discharges or evacuations of urine or faeces.*

Kunezizathu eziningi ezingafani ezenza umuntu onokuwohloka koabanokuwohloka komqondo aphunyukwe. Kubalulekile ukuthola usizo ngokushesha ngangokunokwenzeka nokuqinisekisa ukuthi lo muntu onokuwohloka koabanokuwohloka komqondo uthola usizo futhi uyasekelwa.

Ukuphunyukwa yindle nomchamo kwenzeka lapho umuntu engasenamandla okulawula isinye nesisu

Lo muntu angase futhi abe nenkinga ngoba ekukhohlwa ukuya endlini yangasese, edidanisa izinto ezithile njengomgqomo kadoti osendlini nethoyilethe, engazi ukuthi indlu yangasese iphi noma engasakwazi ukuzwa ukuthi uphisiwe.

Lokhu kungenzeka zikhathi zonke noma ingxenye enkulu yesikhathi noma ngezikhathi ezithile kuphela. Okuvame kakhulu wukuphunyukwa wumchamo kunokuphunyukwa yindle.

Kokubili kungabangelwa izimo ezithile emzimbeni, ezingase zelapheke, ngakho isinyathelo sokuqala ukubonana nodokotela, abaseMtholampilo noma iSikhungo Sezempilo Somphakathi.

## Izimo ezelaphekayo

- Phakathi kwezimo ezingabangela ukuphunyukwa wumchamo:
- Isifo emgudwini womchamo. Ngokuvamile lokhu kuyelapheka.
- Indlala yabesilisa engasesinyeni (*prostate gland*). Kungaba kuhle ukuba ihlinzwe.
- Imiphumela engathandeki yemithi. Udokotela angase ashintshe imithi yesiguli noma isilinganiso esisiphuzayo.
- Ukuqunjelwa ngokweqile kungacindezela isinye futhi kungaholela nasekuphunyukweni yindle. Kungasiza ukudla ukudla okuningi okumahhadlahhadla, ukuphuza uketshezi oluningi nokuhlale unyakazisa umzimba.

## Ezinye izimbangela ezingaba nomthelela oqwashiswa ngazo:

- Izimo Zokwelapha/Ezikhubazayo
- Ukkushaywa unhlangothi, Isifo Sikashukela, Isifo SeParkinson's
- Ukukhubazeka Ngokomzimba

## Kungavimbela umuntu ukuba afike masinyane endlini yangasese

- Imithi
- Echamisanayo
- Imithi yokulala nenciphisa ukukhathazeka ingenza imisipha yesinye ikhululeke.
- Iziphuzo
- Ukuphuza itiye noma ikhofi eliningi kungamchamisa.
- Ungamncishi uketshezi. Ukuphelelwa amanzi emzimbeni kungaholela ezifweni zomgudu womchamo nakwezinye izinkinga.

## Eminye imithombo yosizo

- Lapho ingekho indlela yokuyelapha ngokushesha le nkinga, udokotela angase eluleke ngokuthi kwenziwe njani. Umuntu onokuwohloka koabanokuwohloka komqondo angase athunyelwe kumhlengikazi womphakathi.
- Kuyasiza uma uhlale uzolile futhi ungabonisi kukhathazeka lapho ubhekene nenkinga yomuntu ophunyukwa yindle noma umchamo. Khumbula njalo ukuthi akulona iphutha lalo muntu onokuwohloka koabanokuwohloka komqondo.
- Amasu awusizo

Angase ahlanganise:

Ukukhumbuza lo muntu ukuba aye endlini yangasese noma ukumyisa khona njalo ngezikhathi ezithile phakathi nosuku. Ukuphunyukwa yindle okwenzeka ngezikhathi ezithile kungase kusingathwe ngokuba nezikhathi ezimisiwe zokuyisa lo muntu endlini yangasese, uma imikhuba yakhe ingashintshashintshi.

Phatha izingubo ezengeziwe lapho niphuma ezingasetshenziswa uma kwenzeka ephunyukwa.

Qaphela ukuthi izimpawu zokubamba eyeka, ukungahlaliseki noma ukudonsa izingubo zingase zibonise ukuthi lo muntu ufuna ukuya endlini yangasese. Qapha izimpawu ezinjalo nokuphikelela kwazo bese uhlela indlela yokubhekana nesimo ngokuvumelana nazo.

Qiniseka ukuthi kulula ukubona indlu yangasese futhi isebenziseka kalula. I-*occupational therapy* ingeluleka ngezinsiza ezinjengezibambelelo ezingase zifakwe emaceleni.

Qiniseka ukuthi lo muntu ugqoka izingubo angazikhumula kalula noma aziqaqe kalula. Izinto zokufasa ezineziboya ezinamathelayo lapho zicindezelwa esikhundleni sikaziphu noma izinkinobho zingase zisebenziseke kalula uma zamukeleka kulo muntu.

Mnike isikhathi esanele endlini yangasese.

Gwema ukumnika okuphuzwayo amahora amabili noma amathathu ngaphambi kokuba aye ukuyolala uma ezichamela ebusuku. Nokho, kumelwe uqiniseke ukuthi uphuza uketshezi oluningi phakathi nosuku.

Qiniseka ukuthi azikho izinto ezingamkhuba, njengefenisha ebekwe kabi nomata baphansi abanyakazayo endleleni noma eminyango evuleka kalukhuni.

Qiniseka ukuthi lo muntu uyazi ukuthi indlu yangasese ikuphi. Kungase kube usizo ukubeka uphawu emnyango – Ngokuvamile izithombe zingcono kunamazwi noma izikhumbuzo.

## Uma kuba nzima kakhulu ngalo muntu ukuba aye endlini yangasese noma uma ikude kakhulu kungase kube usizo ukuba nesikigi.

### Izinsiza zabanenkinga yokuphunyukwa

- Uma ukukhuthaza lo muntu ukuba aye endlini yangasese ngezikhathi ezithile kunganele ekuvimbeleni ukuphunyukwa, kunezinye izindlela eziningi ongamenza ngazo ukuba angaphatheki kabi futhi uvikele izinto ezinjengezembatho nezingubo zokulala. Izinto ezingase zisetshenziswe lapho umuntu enenkinga yokuphunyukwa zingathengwa ekhemisi.
- Ungavikela umatilasi ngesembozo esingangenisi amanzi kodwa uqiniseke ukuthi asithintani nesikhumba salo muntu ngoba singase sidale izilonda. Kungatholakala nezembozo ezikhethekile ezivikelayo zamaduvethi nemicamelo.
- Amashidi akwazi ukumunca amanzi nasebenziseka kaningi afakwa ngaphansi nezihlalo zombhede zingenza lo muntu akwazi ukulala noma ukuhlala endaweni eyomile.
- Kunemisubelo ekhethekile namabhulukwe angase asetshenziswe amadoda nabesifazane, emini nasebusuku noma ebusuku kuphela okugcina indawo eseduze kwesikhumba somuntu yomile.
- Kubalulekile ukuqiniseka ukuthi ziwamunca ngokufanele amanzi, ukuthi azimphucuzi nokuthi zishintshwa njalo lapho kudingeka.

### Inhlanzeko

Ukuphunyukwa yindle noma umchamo kungasishisa isikhumba futhi kungenza lo muntu ezwe ubuhlungu. Uma esemanzi noma esezingcolisile, msize ageze ngensipho emnene nangamanzi afudumele bese umsula kahle ngaphambi kokuba umfake imisubelo emisha futhi umgqokise izingubo ezintsha. Imisubelo esetshenziswe kufanele ifakwe emgqonyeni ofanele kanti izembatho nezingubo zokulala ezingcolisiwe kufanele ziwashwe masinyane noma zicwiliswe emgqonyeni ovaleka ngci zize ziwashwe.

## Ukwenza ngendlela ebonisa ukudideka

Abantu abanokuwohloka koabanokuwohloka komqondo basabela ngezindlela ezihlukile enkingeni yokuphunyukwa yindle noma umchamo. Kwabanye kuyabacindezela futhi bazizwe bephoxekile; Abanye babonakala bekwamukela. Abanye bazama ukufihla izinto eziwubufakazi bale nkinga. Bangase bakhumule izingubo ezimanzi noma ezingcolisiwe ukuze bazilahle noma bangase bachamele endaweni engafaneleki enjengomgqomo wasendlini kadoti ngoba beye bawudidanisa nethoyilethi. Bangase badidwe indawo abakuyo. Nakuba uyosithola sicindezela lesi simo, ngeke kusize muntu kini uma uthukuthela. Lo muntu akakwazi ukulawula indlela yakhe yokwenza. Uzodinga ukuba umqinisekise futhi umsekele.

## Imizwa

Indaba yokuhlanzeka komuntu iyindaba yomuntu siqu kakhulu kithina sonke. Abantu abaningi bakuthola kunzima ukwamukela ukuthi bangase badinge omunye umuntu ukuba abasize, ngisho noma lowo muntu esondelene kakhulu nabo, okuyikhona okwenza ukuba le ndaba icindezele kakhulu.

Zama ukudlulisa noma yikuphi ukuphoxeka nokungathandi ongase ube nakho. Kudingeka ukhulume ngendlela engacunuli futhi uzwele lapho usiza umuntu ngale ndaba esondelene kakhulu naye. Uma ukuthola kunzima ukulawula imizwa yakho, xoxa ngalokhu eqenjini lomasakhane. Kubalulekile ukuba ungavumeli le nkinga yokuphunyukwa yindle noma umchamo iphazamise ubuhlobo benu.

Ungamenzi azizwe ephoxekile lo muntu. Kungcono umane uthi “kukhona okukuchithekele.” Asishintshe ibhulukwe lakho, esikhundleni sokuthi “Uzichamele!”

Funda amagama noma izinkulumo “eziyizinkomba” lo muntu awasebenzisayo, ngokwesib. Angase athi, “Angazi ukuthi ngenzeni” lapho empeleni efuna ukuya endlini yangasese.

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