

## UXWEBHU LWEMIBUZO LWEZIPHUMO ZESIGULANA

### **Mnumzana \ Nkosazana Ethandekayo**

Singavuya gqitha ukuba unganenxaxheba kuphando lwethu ngendlela izigulana eziziva ngayo emva kotyando. Injongo yolu phando kukuphucula ulawulo lweentlungu emva kotyando kweli sebe.

Ukuthatha kwakho inxaxheba kokokuzithandela yaye inkcazelo oyinikelayo ayizi kufakelwa gama usakuba ufake olu xwebhu lwemibuzo. Oku kuthetha ukuba igama lakho okanye enye indlela yokukuchaza liya kucinywa kuxwebhu lwemibuzo emva kokuba ulufakile yaye alisayi kuqukwa nakweziphi na iingxelo esiya kuzigcina.

iimpendulo zakho kolu xwebhu lwemibuzo azisayi kunikwa iqela lakho lezempilo okanye elikunyamekelayo.

Iqela lakho liya kukuphatha ngendlela efanayo enoba ukhetha ukuthatha inxaxheba okanye akunjalo kuphando lwethu.

Enkosi kakhulu ngokucinga ngokuthatha inxaxheba kolu phando.

## UXWEBHU LWEMIBUZO LWEZIPHUMO ZESIGULANA

**Le mibuo ilandelayo iphathelele intlungu oyifumanayo ukususela ukutyandwa kwakho.**

**P1.** Kwesi sikali, nceda ubonise **eyona ntlungu imandla** ukhe wanayo ukususela oko watyand wayo:

0	1	2	3	4	5	6	7	8	9	10
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**zange ndibe nantlungu**

**eyona ntlungu imandla ndakha ndayifumana**

**P2.** Kwesi sikali, nceda ubonise **eyona ntlungu incinci** ukhe wanayo ukususela oko watyandwayo:

0	1	2	3	4	5	6	7	8	9	10
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**zange ndibe nantlungu**

**eyona ntlungu imandla ndakha ndayifumana**

**P3.** Kukangaphi usiba **nentlungu emandla** ukususela oko watyandwayo?

Nceda wenze isangqa kolona qikelelo lwakho lusemagqabini lwepesenteji yexesha oye wafu mana ngalo **eyona ntlungu imandla**:

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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**zange ndibe nentlungu emandla**

**ndisoloko ndinentlungu emandla**

**P4.** Yenza isangqa kwinani elinye ngezantsi elikuchaza kakuhle ukuba kukangakanani, ukususela oko watyandwa, **apho intlungu yakuphazamisa ...**

a. **ekwenzeni ezi zinto zilandelayo** njengokuguquka **ebhedini**, ukuhlala ngeempundu, ukutshintsha indawo okuyo:

0	1	2	3	4	5	6	7	8	9	10
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**ayikhange iphazamise**

**iphazamise ngokupheleleyo**

b. **ukutsala umoya** okanye **ukukhohlela**:

0	1	2	3	4	5	6	7	8	9	10
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**ayikhange iphazamise**

**iphazamise ngokupheleleyo**

c. **ukulala**:

0	1	2	3	4	5	6	7	8	9	10
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**ayikhange iphazamise**

**iphazamise ngokupheleleyo**

d. Ngaba ubukhe waphakama ebhedini ukususela oko watyandwa?

☐ Ewe ☐ Hayi

Ukuba uthi ewe, iintlungu obunazo **zukuphazamise njani, okanye zikuthintela njani ekwenzeni izinto ezi** njengokuhamba, ukuhlala esitulweni, ukuma esinkini:

0	1	2	3	4	5	6	7	8	9	10
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**ayikhange iphazamise**

**iphazamise ngokupheleleyo**

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**P5. Ukuba nentlungu kungachaphazela indlela oziva ngayo**

Kwesi sikali, nceda wenze isangqa kwinani elinye elibonisa kakuhle, ukuba kukangakanani, uku susela ekutyandweni kwakho, **ukuba nentlungu kungachaphazela indlela oziva ngayo**

**a. uxhalabile**

0	1	2	3	4	5	6	7	8	9	10
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akunjalo konke konke

ngamandla

**b. ungakwazi kuzenzela nto**

0	1	2	3	4	5	6	7	8	9	10
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akunjalo konke konke

ngamandla

**P6. Ngaba ukhe wanalo naluphi na kwezi mpawu zingathandekiyo zilandelayo ukususela oko watyandwayo?**

Nceda wenze isangqa ku-"0" ukuba uthi hayi; ukuba uthi ewe, yenza isangqa kwinani elinye eli bonisa kakuhle ubumandla bemeko nganye:

**a. Isicaphucaphu**

0	1	2	3	4	5	6	7	8	9	10
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akukho nanye

imandla

**b. Ukozela**

0	1	2	3	4	5	6	7	8	9	10
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akukho nanye

imandla

**c. Ukurhawuzelela**

0	1	2	3	4	5	6	7	8	9	10
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akukho nanye

imandla

**d. Ukuba nesiyezi**

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akukho nanye

imandla

**P7. Ukususela oko watyandwa, singakanani isiqabu kwiintlungu oye wasifumana?**

Nceda wenze isangqa kwipesenteji enye esibonisa kakuhle ukuba singakanani isiqabu oye wasifumana kulo lonke **unyango lweentlungu** ludibene (unyango lwezamayeza nolungelulo olwamayeza):

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
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akukho siqabu

isiqabu esipheleleyo

**P8. Ngaba unokuthanda ukufumana unyango OLUNGAKUMBI lweentlungu kunolo ulufumanayo?**

☐ Ewe ☐ Hayi

**P9. Ngaba uye wafumana nayiphi na inkcazelo ngokhetho unyango lweentlungu lwakho?**

☐ Ewe ☐ Hayi

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**P10.** Ngaba uye **wavunyelwa ukuba uthathe inxaxheba kwizigqibo** eziphathelele unyango lwakho lweentlungu kangangoko ubufuna?

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**akunjalo konke konke**

**kakhulu gqitha**

**P11.** Yenza isangqa kwinani elinye eliyibonisa kakuhle indlela **owaneliseke** ngayo ngeziphumo zakho **Zonyango lweentlungu** ukususela oko watyandwayo:

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**andanelisekanga ngokugqithiseleyo**

**ndaneliseke ngokugqithiseleyo**

**P12.** Ngaba uye wasebenzisa okanye wafumana naziphi na **iindlela ezingengomayeza** zokuthoma lalisa intlungu **yakho**?

☐ Ewe ☐ Hayi

Ukuba uthi ewe, **tika zonke** ezisebenzayo:

- ☐ Ipakethe ebandayo
 ☐ ukucamngca
 ☐ ukuphefumlela phezulu  
☐ ubushushu
 ☐ "accupuncture"
 ☐ umthandazo  
☐ ukuthetha nabasebenzi bezonyango
 ☐ ukuhamba  
☐ ukumasaja
 ☐ ukuthetha nabahlobo okanye izalamane
 ☐ ukuphumla  
☐ ukuba nombono okanye um fanekiso ngqondweni  
☐ I-TENS (Transcutaneous Electrical Nerve Stimulation)  
☐ ukuphazamiseka (njengokubukela ithivi, ukuphulaphula umculo, ukufunda)  
☐ ezinye (nceda uchaze):

**P13.** Ngaba uye **wanesigulo esibuhlungu esingapheliyo kangangeenyanga ezi-3** okanye ngaphezulu ngaphambi kokuza esibhedlele kolu tyando?

☐ Ewe ☐ Hayi

a. Ukuba uthi ewe, **ibimandla** kangakanani **intlungu** ixesha elininzi? Nceda wenze isangqa kwinani elibonisa oku.

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**zange ndibe nantlungu**

**eyona ntlungu imandla ndakha ndayifumana**

b. Ukuba uthi ewe, **biphi** le **ntlungu** ingapheliyo?

☐ Indawo yotyando
 ☐ kwenye indawo
 ☐ zombini (indawo yotyando nenye)

**Enkosi ngexesha nenkcazelo yakho**

To be filled in by the research assistant

Research assistant code:

Patient was interviewed: ☐ Yes ☐ No

If yes, please mark the reason(s):

- ☐ Too ill / weak
 ☐ Too much pain
 ☐ Requested assistance
 ☐ Did not understand scales  
☐ Technical reasons (patient has no eyeglasses / is blind; can not sit up; is illiterate; arm is in cast; etc)