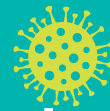


Ukukhathala kanye nokwanda kwezimpawu zokugula eziqhubeka ngamandla



**World
PT Day
2021**

FATIGUE

Ukukhathala kungumuzwa wokukhathala ngokweqile futhi kuyisifo esivame kakhulu se-Long COVID. Kona:

- akuqedeki kalula ngokuphumula noma ngokulala
- akuwona umphumela womsebenzi onzima ngokungavamile
- kunganciphisa ukusebenza emisebenzini yansuku zonke
- kuba nomthelela omubi kwikhwalthi yempilo



I-PESE

Ukwanda kwezimpawu zokugula eziqhubeka ngamandla (i-PESE) Post-exertional symptom exacerbation kuyakhubaza futhi kuvame ukuba ukubambezeleka kokukhathala okungalingani nomzamo owenziwe. Kwesinye isikhathi kuchazwa njenge- "crash". Izimo ezingadala lokhu kukhula kwezimpawu kungaba yinto ebekezelelwe kalula ngaphambili, njengo:

- msebenzi wansuku zonke (isb. Ishawa)
- ukuzijabulisa nomphakathi
- ukuhamba (noma okunye ukuzivocavoca)
- ukufunda, ukubhala noma ukusebenza edesikini
- ingxoxo evusa imizwa
- ukuba sendaweni enokuthinta imizwa (isb. Umculo onomsindo noma amalambu akhanyayo)



Izimpawu eziningi ezitholwa yilabo abaphila ne-Long COVID ziyefana kakhulu nalezo ze-myalgic encephalomyelitis (ME) / chronic fatigue syndrome (CFS).

I-World Health Organisation incoma ukuthi ukuvuseleleka kwiLong COVID kumele kufake phakathi ukufundisa abantu ngokuqala kabusha imisebenzi yansuku zonke ngendlela yasekuqaleni efanele, ngejubane elifanele eliphaphile futhi elilawulekayo kumazinga wamandla, ngaphakathi kwemikhawulo yezimpawu zamanje, futhi ukuzikhandla akufanele kuphoqelelwe kuze kufike ezingeni lokukhathala noma ukwanda kakhulu kwezimpawu zokugula



I-PESE ivame ukubangelwa ukuvivinya umzimba nokuvivinya umzimba. Cishe **ama-75% abantu** abaphila ne-Long COVID basathola iPESE ngemuva kwezinyanga eziyi 6.

Izimpawu eziba nzima ngokuzikhandla zingabandakanya:

- ukukhathala okunokukhubaza/ukukhathala
- ukungasebenzi kahle kwengqondo noma "inkungu yobuchopho"
- ubuhlungu
- ukuphefumula okunciphayo
- ukushaya ngamandla kwenhliziyi
- imfiva
- ukuphazamiseka kokulala
- ukungabekezeleli ukuzivocavoca



Izimpawu zivame ukuba zimbi kakhulu amahora angama-12 kuya kwangu-48 ngemuva komsebenzi futhi zingahlala izinsuku, amasonto noma izinyanga

Udokotela wakho wezokwelashwa kwamalunga omzimba (physiotherapist) angakuyala ngokuyaluzisa njengethuluzi lokulawula umsebenzi elisetshenziswa ngempumelelo kubantu abane-ME/CFS ukuvimbela ukuqala kwe-PESE.



YEKA ukuzama ukuphusha imingcele yakho. Ukusebenza ngokweqile kungalimaza ukwelulama kwakho.



UKUPHUMULA yiyona ndlela ebalulekile kakhulu yokuphola. Ungalindi uze uzwe izimpawu zokukhathala.



GADA IJUBANE lemisebenzi yakho yansuku zonke nemisebenzi edinga ingqondo. Lena yindlela ephaphile yokubhekelela izimbangela zezimpawu.

Ukusebenza komzimba kanye nokungenelela kokuzivocavoca kudinga ukuqapha njengamasu okuvuselela phakathi kwabantu abane-Long COVID nezimpawu eziqhubekayo zokuphefumula okungalingani ngokuzikhandla, ukushaya kwenhliziyi okuphezulu (tachycardia), kanye / noma ubuhlungu besifuba

Ukwelashwa ngokuvivinywa komzimba okukaliwe akufanele kusetshenziswe, ikakhulukazi lapho kukhona ukwanda kwezimpawu zokugula eziqhubeka ngamandla.



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