

Ungakusebenzisa kanjani ukugada ijubane nodokotela wakho wamalunga omzimba (iphysiotherapist)



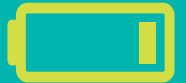
I-Pacing (ukugada ijubane) yisu lokuzilawula ngesikhathi somsebenzi wokugwema ukwanda kwezimpawu zokugula eziqhubeka ngamandla i post-exertional symptom exacerbation (PESE).

Lapho ugada ijubane, wenza umsebenzi omncane onomndlandla wawo, ukugcina imisebenzi imifushane, nokuphumula kaningi.

1

Funda mayelana nokulondolozeka komndlandla/umthombo

- Umthombo wakho womndlandla yiwo ochaza ukuthi ungakanani umndlandla onawo usuku ngalunye - lokhu kuzohluka ngakho-ke kungcono ukuthola isisekelo sakho ngokusebenzisa idayari yezenzo nomsebenzi. "Isisekelo" sakho yilokho ongakwenza kalula ngosuku oluhle futhi ukwenze nje ngosuku olubi.
- Kufanele njalo uhlose ukushiya umndlandla othile ekupheleni kokuvocavoca umzimba - ungaqhubeki uze uzizwe ukhathele.



2

Funda ukuthi unomndlandla ungakanani

Idayari yomsebenzi wakho nezimpawu kufanele iqale ukukhombisa amaphethini athile. Manje usunganciphisa noma uguqule amazinga womsebenzi wakho ukuze ungabangeli i-PESE noma "icrash". Lokhu kuzokusiza ukuthi uthole izinga lomsebenzi ongaligcina kuzo zombili izinsuku ezinhle nezimbi, ngaphandle kwalokho uzobuyela emuva. Funda ukubona izimpawu zokuqala ze-PESE bese uqala ngokushesha ukuma, ukuphumula, ukubheka ijubane ukugwema ukuphahlazeka.



3

Funda ukhlela imisebenzi yakho

- **Beka kuqala** lokho okudingeka ukwenze ngosuku noma ngesonto. Buza ukuthi ngabe yonke imisebenzi inesidingo yini. Ngabe omunye umuntu angakwenza? Ngingakwazi ukuguqula umsebenzi ukuze kube lula kimi?
- **Hlela** imisebenzi oyibeka eqhulwini yosuku. Hlela isikhathi sakho sokuphumula ukuze usuku luhambisane nesivini sokufunda komfundi.
- **ukuGada ijubane** - hlukanisa umsebenzi wakho ube imisebenzi emincane, imisebenzi elawulekayo enamakhefu okuphumula.
- **Ubumnandi** - sebenzisa umndlandla wakho ezintweni ozijabulelayo ukuthuthukisa izinga lempilo yakho.



4

Funda ukonga umndlandla

- Funda ukuthi cha.
- Gwema isilingo "sokwenza okuthe xaxa kancane".
- Shintsha imisebenzi yakho ukuze usebenzise umndlandla omncane.
- Thatha izindlela ezinqamulelayo futhi ucele usizo.



5

Funda ukuphumula phakathi kwemisebenzi

- Ukuphumula kusho ukusebenza okuncane kakhulu nokuvuselelwa kwengqondo okuncane noma okungekho nhlobo.
- Ngesikhathi sokuphumula gwema izinto ezingakhuthaza, njenge-TV kanye nezinkundla zemithombo yomphakathi yezokuxhumana.
- Zama izindlela zokuzindla kanye / noma ukuzivocavoca kokuphefumula.



Ngingakwazi yini ukwenza okwengeziwe?

- Uma izimpawu zakho sezithuthuka uzozwa ubuthakathaka nokukhathala okuncane. Sebenza nodokotela wakho wezokwelashwa kwamalunga omzimba (physiotherapist) ukuthola ukuthi ungawanyusa kanjani amazinga omsebenzi wakho kancane kancane, njengokuqhubeka nokuvivocavoca okuletha amandla noma ukwandisa inani ongahamba ngalo ngo-10%.
- Bhekana namaqiniso futhi uhlale uvumelana nezimo - zama ukwakha inqubo ejwayelekile yangesonto, kepha yamukela ukuthi kwezinye izinsuku uzodinga ukuphumula kakhulu kunezinye futhi uvikele izinto ezikuhlukumezayo.
- Gxila kulokho okufezile esikhundleni sezimpawu noma ongakuzuzi.

Ukuqapha kokushaya kwenhliziyu

Udokotela wakho wezokwelashwa kwamalunga omzimba (physiotherapist) angakufundisa ukuthi ungakuthatha kanjani ukushaya kwenhliziyu yakho. Bese, uthatha ukushaya kwenhliziyu yakho njalo ekuseni ngaphambi kokuvuka embhedeni. Ukugcina ukushaya kwenhliziyu yakho kungashayi izikhathi eziyi-15 ngomzuzu wesilinganiso sakho samasonto onke kufanele kunciphise ubungozi be-PESE.



Ukulawula indela yokusebenza noma ukuyalaza kungenzeka kube ukungenelela okuphephile nokusebenzayo kokulawula ukukhathala kanye nokwanda kwezimpawu zokugula eziqhubeka ngamandla i-post-exertional symptom exacerbation (PESE). Ukuqapha izinga lokushaya kwenhliziyu kungenzeka kube ukungenelela okuphephile nokusebenzayo kokulawula ukukhathala ne-PESE.

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



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