

AMABHASO APHESHEYA

I-ISTAP ithabatha inxaxheba kwimfundo yehlabathi kunye nokukhuthaza isenzo esisekwe kubungqina kuthintelo nonyango lokrazuko kolusu. I-ISTAP yazukiswa ngokufumana elona bhaso loluntu liqhubela phambili kwiNkomfa yeManyano ePhilisayo ngo 2016.

AMQABANE ASEMTHETHWENI APHESHEYA



Ngo Januwari 2016 ISTAP yaba liqela elinomdla ngokusemthethweni la Bongikazi Abakhethekileyo Enxebeni, Ostomi kunye ne Kontinensi Khanada (NSWOCC-Nurses Specialized in Wound, Ostomy and Continence Canada).



Ngo Disemba 2018 ISTAP yaba liqabane elisemthethweni lehlabathi e Yurophu ku mbutho wokulawula inxeba (EWMA-European Wound Management Association).



Ngo 2019 ISTAP yaba liqabane elisemthethweni lo Manyano lweHlabathi lokuphilisa amaxeba (WUWHS-World Union of Wound Healing Society).



Ngo 2019 ISTAP yaba liqabane elisemthethweni le Jenali yamabhaso okhathalelo lwenxeba kwi (WUWHS).

IZIXHOBO EZIKHOYO

I-ISTAP inesixhobo sekhiti sokrazulo lusu sokunceda indawo yakho ekuncedeni ukukrazuka kolusu. Ezinye izixhobo ezifumanekayo kuwe:

- Indlela yokuhlola nokunyangwa
- Indlela yokuhlola ubungozi
- Uhlelo lokunciphisa ubungozi
- I-algorithm yesigqibo



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IPHANELI YEENGCEBISO ZOKUKRAZUKA KO LUSU YAPHESHEYA

Ukrazuko kolusu kubuhlungu kodwa uninzi ngumba wokhathalelo lwempilo onokuthintelwa. Ukrazuko kolusu kuchaphazela yonke iminyaka kwaye kuqhubeka ukuba yingxaki eqhelekileyo kuzo zonke iindawo zokhathalelo lwempilo.

Kukho ulwazi kunye nezixhobo ezinokusetyenziswa kumaziko akho nase khaya ukunceda ukukhusela nokunakekela ukukrazuka kolusu ibekwe pha kwi webhusayithi ye ISTAP.

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Singathanda ukumema ukuba wamkele isimemo sobhaliso lwelungu lwe ISTAP kwaye ufumane nolwazi lwamva nje ngo krazuko kolusu, okubandakanya iingcebiso ezifanelekileyo zothintelo kunye nolawulo kokrazuko kolusu oludala (Wounds International, 2018) ukwenzela ukuba uphucule iziphumo zesigulana.

UKUSEBENZELA ILIZWE ELINGENA KRAZUKO LOLUSU

Iphaneli Yeengcebiso Zokukrazuka Kolusu Yehlabathi (ISTAP) kukusebenzisana kwamaprofeshinali okunikezelwe ekwenzeni ngcono iziphumo kubantu abasengozini kunye noba banolusu olukrazukileyo ekuqhubekeni kokunakekelwa ngemfundo, uphando nenkxaso.

INTSHAYELELO

“Ulusu olukrazukileyo sisilonda esibuhlungu okubangelwa kukwenzakala, okubandakanya ukususwa kwezincamathisi. Ubungqongqo bunokwahluka ngobunzulu (ayoluli ngokusebenzisa ulusu olungaphantsi)” LeBlanc et al, 2018

- I-flap evulekileyo yethishu (tissue flap) inokubangela, kwaye iphinde ifakwe kwakhona .
- Ukukrazuka kolusu kunongcipheko okukhulu kokuba sisilonda esingapheliyo.
- Amanqanaba okuqhekeka kolusu alingana okanye makhulu kunezo zilonda zoxinzelelo (pressure ulcers).
- Ukukrazuka kolusu kunokwenzeka nakweyiphi iminyaka. Oku kubandakanya umntu omdala, abagula kakhulu, nabantwana abazelwe ngaphambi kwexesha.
- Uvavanyo olunzulu lomngcipheko kufuneka lubandakanye uvavanyo lwempilo yomntu ngokubanzi (isifo esinganyangekiyo/esibi, ubuninzi befamasi, kunye nokuqonda, iimvakalelo, ezibonakalayo, ukuva, kunye nobume besondlo).

INKQUBO YOKUHLELA YOLUSU OLUKRAZUKILEYO LWE-ISTAP

“Ulusu olukrazukileyo sisilonda esibuhlungu okubangelwa kukwenzakala, okubandakanya ukususwa kwezincamathisi. Ubungqongqo bunokwahluka ngobunzulu (ayoluli ngokusebenzisa ulusu olungaphantsi).” LeBlanc et al, 2018

Inkqubo Yokuhlela yoLusu Olukrazukileyo lwe – ISTAP kufuneka isetyenziselwe ukuqinisekisa ulwimi olufanayo lokuchonga nokubhala amaxwebhu ngolusu olukrazukileyo.

Type 1: No Skin Loss



Linear or Flap Tear which can be repositioned to cover the wound bed

Type 2: Partial Flap Loss



Partial Flap loss which cannot be repositioned to cover the wound bed

Type 3: Total flap loss



Total Flap loss exposing entire wound bed

LeBlanc et al 2013

Inkcazo ye-flap: I-flap yolusu olukrazukileyo ichazwa njengenxalenye yesikhumba (epidermis/dermis) esingahlulwanga (ngokuyinxenye okanye ngokupheleleyo) ngabom kwindawo yayo yoqobo ngenxa yokukhuhleka, ukuxubana, kunye okanye amandla angenabala. Olu luvo alunakudidaniswa nethishu ekhutshelwe ngabom kwindawo evela kuyo ukuze isetyenziselwe ukunyanga, umzekelo (e.g) utyando lolusu “Van Tiggelen et al, 2020

Inkqubo Yokuhlela yoLusu Olukrazukileyo lwe-ISTAP lunokufumaneka kwiilwimi ezininzi kwi-intanethi kwi (skintears.org/education/tools), kwakunye:

- IsiArabhu
- IsiTshayina
- Czech
- Danish
- IsiDatshi
- IsiNgesi
- IsiFrentshi
- IsiJamani
- IsiHebhere
- IsiTaliyani
- IsiJaphani
- IsiPhuthukezi
- IsiPhuthukezi saseBrazil
- Spanish
- Swedish
- IsiTurkish

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