

Isaynwe e..... ngomhla we..... kwinyanga ye.....ku
2019

Utyikitya apha wena okanye umzali okanye isizalwane

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APPENDIX 4: INFORMATION LEAFLETS IN ENGLISH AND XHOSA

4.1 - INFORMATION LEAFLET (XHOSA)

Iphepha lokwazisa umthathi-nxaxheba kuphando lwesigulo i-Catatonia

Mthathi-nxaxheba obekekileyo *okanye* Mzali okanye sizalwane esibekekileyo

Ngale ncwadi sikwazisa malunga ngophando nzulu oluqhutywa ziinzululwazi ezifuna ukufunda nzulu ngesigulo ekuthiwa yi-catatonia kweli ziko lempilo. Unyango obuhleli uzakulufumna alusayi kutshintsha okanye luphazamiseke wakuthatha inxaxheba kolu phando.

Yintoni i-catatonia?

I-catatonia sisigulo esiye sibangele ukuphazamiseka kwindlela umntu ashukuma ngayo apha emzimbeni. Kwabanye abantu sibangela ukuba umzimba lo ucothe kakhulu okanye ungakwazi kushuma, umntu azive eqinile, athi nokuba uyafuna ukushumisa umzimba wakhe njengesiqhelo ungakwazi. Ide ibangele loo nto ngelinye ixesha ukuba umntu aphethe ehleli ndawoninye okanye emile ndawoninye de kugqithe imizuzu emininzi okanye iiyure zibe liqela. Iyakwazi nokubangela ukuba umntu ungakwazi ukuphuma kwasebhedini, ungakwazi kuzityisa, ungakwazi kuzihlamba, asoloko elele ebhedini okanye ehleli esitulweni.

Kwelinye icala i-catatonia iyakwazi ukubangela ukuba umntu athi ngoku sele eqalile ukushukuma esithi wenza into ethile, suka umzimba lo uqine, aphethe amalungu omzimba afana neengalo, izandla, imilenze okanye iinyawo zilenga emoyeni ungakwazi ukuyigqibezela laa nthsukumo ebeyiqalile. Intamo nentloko nazo ziyakwazi ukuphetha zikekele ngenxa yoku kuqina komzimba kuvela ngesiquphe.

Okokugqibela, i-catatonia iyakwazi ukuphinda ibangele intshukumo engaphaya kunesiqhelo, aphethe umntu eshuku-shukuma kakhulu, angahlali ndawonye okanye angazinzi. Abanye baye bazule ndawoninye, abanye baqhweba izandla unomphelo okanye banqwale kungenjalo baninike intloko into engapheliyo.

Iyakwazi nokuvela ngokuba omnye umntu abetha-bethe amanqindi emoyeni, omnye athi nokuba usebhedini kube ngathi unyomfa ibhaysikili into engapheliyo. Babakhona nabaphetha bethetha into enye,

okanye benze isikhhalo esiphindaphindwayo okanye nayiphina intsholo abaye bayiqhube imizuzu emininzi okanye iiyure zide zibe liqela. Bakhona ke nabanye abaye balinganise loo nto ithethwa ngumntu ophambi kwabo kungenjalo balinganisa loo nto bayibona isenziwa ngumntu ophambi kwabo.

Ibangelwa yintoni i-catatonia?

I-catatonia iyakwazi ukubangelwa zizigulo ezithile zengqondo kungenjalo nezinye izigulo zomzimba ziyakwazi ukuhamba ne-catatonia. Ingxaki esiye siyifumane thina boogqirha neenzululwazi kukungazi xa siqala ukumbona umntu onale catatonia ukuba ingaba eyakhe ibangelwa sisigulo sengqondo na okanye sesomzimba kusini na. Yiloo tno side sabona ukuba kungakuhle ukuba sinokuyiphonononga nzulu le ngxaki.

Luqulethe ntoni olu phando?

Sijonge ekubeni wonke umntu oze kulaliswa kweli candelo, ahlolwe, kukhangelwe ukuba akahlaselwanga ziimpawu ezithile zale-catatonia kusini na. Wothi uhlolwe ngugqirha wakho ebehleli ezakuhlola kakade. Ukuba zikhona iimpawu ezithile ugqirha acinga ukuba uziqaphele apha kuwe, usenakho ukubuza ngazo umzekelo mhlawumbi ukuba ziqale nini, njani, kwaye ingaba uyaqala ukuba nazo na njalonjalo. Uzakube phofu ebhala loo nto umxelela yona. Apha ekubhaleni kwakhe kodwa akazokulibhala igama lakho nokuba ungubani kwaye uhlala phi. Oku kuhlolwa nokubuzwa nge-catatonia kungathatha imizuzu emihlanu ukuya kweli shumi kuphela. Ulwazi esilukoelelayo ngawe kukuba nje iimpawu zesi sigulo unazo na kwaye nale mibuzo sesiyikhakanyile kuphela.

Zimbini izinto esifuna ukuziqwalasela kolu phando nge-catatonia:

1. Ingaba bangaphi abantu abafunyanwa sesi sigulo kule ngingqi?

2. Ingaba zikhona izinto ezingunobangela wokuba abanye abantu bafunyanwe sesi sigulo abanye basinde, mhlawumbi njengobubudala bomntu, isini okanye ezinye izigulo zomzimba?

Nayiphi na into esinokuyifunda eyongezelela kulwazi esele sinalo ngesi-sigulo ingasinceda kakhulu ekubeni sikwazi ukusinyanga ngcono kwixa elizayo. Ngako oko ubukho bakho nokuthatha kwakho inxaxheba kolu phando kuya kunceda abantu abaninzi abanokuthi bafunyanwe sesi sigulo.

Alukho olunye uvavanyo oza kulwenza oludibene nolu phando. Naluphi na olunye uvavanyo okanye unyango ozakuthi ulufumane emva kokuba umongikazi okanye ugqirha egqibile ukukuhlola, lunyango lwesiqhelo obuhleli uzakulufumana kakade kugirha wakho.

Ukuba ndifunyaniswe ndinazo imipawu ze-catatonia loo nto ithetha ukuthini?

Ukuba ufunyaniswe unazo ezinye zezi mpawu ze-catatonia, ugqira wakho wokunika unyango lakho lwesiqhelo okanye enze uvavanyo ebehleli ezakulwenza kakade olunxulumene nempilo yakho.

Kuza kwenziwa ntoni ngeziphumo zolu phando?

Iziphumo zolu phando zizakudityaniswa zibhalwe kufndiswe abanye oogqirha neenzululwazi malunga nesi sigulo, kwiinkomfa zoogqirha neenzululwazi.

Ndithini ukuba ndinemibuzo?

Ukuba unemibuzo ngolu phando, cela ukuthetha nogqirha wakho okanye umongikazi ozakube encedisa kolu phando.

Siyabulela!

Sibulela kakhulu ngexesha lakho nokuzixhesha kwakho ngolu phando.

4.2 - INFORMATION LEAFLET (ENGLISH)**Information Leaflet about a Study of Catatonia**

Dear Participant / Parent/ Relative

This leaflet is provided to inform you about a study being conducted by researchers who would like to investigate a condition called catatonia at his health facility. The usual care you were going to get will not be changed or disturbed through taking part in this study.

What is catatonia?

Catatonia is a condition that affects the way a person moves his whole body or body parts. In some people it slows down the body considerably to the point where some will stop moving completely, causing the person to feel very stiff such that they are unable to move even when they want to. This may lead to a

person remaining in one position for a very long time (whether sitting or standing) to the point of many minutes or even hours. It can even cause some people to be bedridden, unable to feed themselves, or wash or attend to other daily needs.

Catatonia can also cause a person to appear frozen even after initiating a particular action, resulting in body parts like legs, arms hands or feet being frozen in awkward or unusual looking positions. The head and or neck may also be tilted at awkward angles. The change in movement can often occur suddenly.

Lastly catatonia can also cause an abnormality of excessive movement which is more than normal. A person may show excessive movement that lasts up to many minutes or hours with a seeming inability to stay still. Some people may pace up and down, others may clap or wave for long periods lasting minutes to hours, while others may show head nodding, head shaking, grimacing, etc. Some people have been seen to do shadow boxing or cycling movements even when lying down. It may also appear as repetitive speech of the same phrase, a cry or shout or other odd sound that can last for hours. Others may repeat what they hear around them non- stop or they may mimic actions of those around them as well.

What causes catatonia?

Catatonia may be seen with a number of mental illnesses but it can also be associated with some other medical conditions. The problem we run into as doctors is when a person presents with the first time with this syndrome it may be difficult in the beginning to know what the underlying cause is i.e. whether the cause is a mental condition or another medical condition. This is why conducting research on catatonia is so important.

What does this research involve?

We are looking at ensuring that everybody who is admitted into this unit is examined and screened for symptoms and signs of catatonia. Your admitting doctor will examine you as usual, which will include an initial screen for catatonia through examination only. Following this, a trained research assistant who is a nurse will proceed to do a full screen using a rating scale, to ensure that no other signs of catatonia were missed. If the research assistant finds any additional signs of catatonia, they will tell your treating doctor. In addition, the nurse may ask you questions like when did the symptoms start and how fast did they appear etc. She or he will note down your answers but will not include details like your name or your address which

can identify who you are. This further screening by the nurse not expected to take longer than 5 to 10 minutes. The information to be collected for the study about your condition is about the signs and symptoms and the few questions already mentioned to do with the illness, nothing more. There are two questions we would like to investigate about catatonia:

1. How many people experience this condition in this area?

2. Are there particular characteristics that make some people more prone to it and others less vulnerable to it like age, gender or other medical conditions?

Whatever we can learn about this condition, over and above what we know already will help us to come up with improved ways to diagnose it and to treat it in future. Taking part in this research will therefore help many people in future who may also get this illness.

There are no other tests you will be expected to take part in for this study. Whatever other tests or treatment interventions that follow will be those that your doctor would have undertaken anyway to help you manage your condition and get you better.

If I am found to show some of the symptoms or signs of catatonia what does that mean?

If you are found to have some signs and symptoms of catatonia, the research nurse will inform your treating doctor, so that your doctor can give you the appropriate and usual treatment for your condition. Your doctor may also decide to do more tests which would be what they would have done anyway even if you were not part of the study, in order to manage your condition.

What will be done with the results of the study?

The results of the study will be collected and put together to present to scientific congresses so that other doctors and scientists can learn from them.

What should I do if I have more questions?

If you have more questions, ask your treating doctor or the researcher, research assistant or nurse.

Thank you! Thank you very much for your patience and for spending the few minutes on this study.