

Skizofrenia ni nini? (*Schizophrenia: What is it?*)

Skizofrenia ni ugonjwa mbaya wa ubongo ambao huwaathiri watu wazima wapatao 2.2 milioni katika Amerika. Skizofrenia huathiri uwezo wa mtu wa kufikiri mtu sawasawa. Mtu hushindwa kutofautisha njozi na hali halisi, hushindwa kudhibiti hisia, kufanya maamuzi na kuhusiana na wengine.

Dalili na Ishara (*Signs and Symptoms*)

Ndoto: Mtu anakuwa akisikia sauti na kuona mambo yasiyokuwepo, au kujisikia anasumbuliwa na mambo yasiyo na chanzo halisi.

Maono ya uongo: Mtu anakuwa na mawazo ya ajabu ambayo hayana ukweli ndani yake. Maono haya ya uongo humfanya mtu aweze kuamini kwamba kuna watu wanaojua kinachoendelea katika mawazo yake au wanaomtafuta, na kwamba kuna watu wanaomchunguza kwa siri na kumtisha, au kwamba yeye anaweza kutawala mawazo ya watu wengine.

Semi zisizo na mpangilio: kunakuwepo utata kati ya kusema na kufikiri kwa mtu huyo hata tabia zao zaweza kutoleta maana yoyote. Sentensi asemazo mtu huyo hazina mpangilio.

Tabia zisizo na mpangilio: mtu anaweza kutembea polepole au kuzungukazunguka, pia havezi kutambua, kusikia, ua kuhisi mambo anayoyaona kila siku.

Dalili negatifu: Mtu huyo hawi na hisia wala haonyeshi kope za uso. Mtu havezi kuanza na kumaliza shughuli. Huwa na dalili za kukosa furaha au mvuto katika maisha. “Negatifu” haizungumzii tabia ya mtu, bali huonyesha upungufu wa mambo kadhaa katika tabia.

Matibabu (*Treatment*)

Ijapokuwa hakuna tiba ya Skizofrenia, ugonjwa huu unaweza kutibiwa na kudhibitiwa. Madawa yanayoweza kudhibiti dalili nyingi zisababishwazo na ugonjwa huu. Madawa aina ya antisaikotiki huweka sawa ukosefu wa mlingano katika kemia na kuwezesha chembechembe za ubongo kuwasiliana kwa usahihi.

Elimu ya saikolojia husaidia jamaa kuutambua ugonjwa na jinsi ya kuudhibiti.

Programu za Udhibiti saikolojia na makundi ya kujiendesha yenyewe yanaweza kuwasaidia wagonjwa wa Skizofrenia kujifunza mambo kadhaa katika jamaa, jinsi ya kudhibiti jazba, kuweza kutimiza mambo ya kila siku katika maisha mfano kwenda dukani na kudhibiti pesa.

Mpango wa kudhibiti wagonjwa ya akili unaweza kuwasaidia watu wenye skizofrenia kupata huduma za jamii mfano usafiri kwenda kumwona daktari, kuwasaidia kujaza maombi kwa ajili ya kupata usaidizi n.k.

Jinsi ya kupata msaada (*Getting Help from Project Participants*)

Wasiliana na mmojawapo washiriki katika Mental Health Access for Refugees and Immigrants Grant (MHARI).

Ajenti wa mradi: Somari Community Center (366-6868); Sudanese Community Association (315-9681); **Central African Community Contact Inc., c/o William Mwizerwa, 430-5609.**

Mental Health Treatment Provider: Centerstone 279-6700 (1921 Ransom Place Nashville TN, 37217.

Mfadhili wa Mradi: Kampaeni imefadhiliwa na Federal Grant kutoka Office of Minority Health, Washington.

Schizophrenia: What Is It?

Schizophrenia is a severe brain disorder that affects 2.2 million American adults. Schizophrenia interferes with a person's ability to think clearly, to distinguish reality from fantasy, to manage emotions, make decisions, and relate to others.

Signs and Symptoms

- *Hallucinations:* The person may hear voices, see things that do not exist, or experience sensations such as burning that have no source.
- *Delusions:* Bizarre thoughts that have no basis in reality. Delusions may cause the person to believe that people are reading their thoughts or plotting against them, that others are secretly monitoring and threatening them, or that they can control other people's minds.
- *Disorganized speech:* The person's thinking and speech may sound confused, and their behavior may not make sense. The person may not speak in coherent sentences.
- *Disorganized behavior:* The person may move slowly, or make movements such as walking in circles or pacing and have difficulty making sense of everyday sights, sounds and feelings.
- *Negative symptoms:* Emotional flatness or lack of facial expressions. The person may be unable to start and follow through with activities. A lack of pleasure or interest in life. "Negative" does not refer to a person's attitude, but to a lack of certain characteristics.

Treatment

While there is no cure for Schizophrenia, it is an illness that can be treated and managed.

Medication can control the most troubling symptoms. Antipsychotic medications help correct an imbalance in the chemicals that enable brain cells to communicate with each other.

Psychosocial education can help the patient and families understand the illness and how to manage it. *Psychosocial rehabilitation programs and self-help groups* can help people with schizophrenia learn to develop social skills, cope with stress, meet the routine requirements of daily life such as grocery shopping and managing money.

Mental health case management can help people with schizophrenia obtain needed services such as transportation to doctor appointments, help applying for benefits, etc.

Getting Help

Contact one of the participants in Mental Health Access for Refugees and Immigrants (MHARI)

Project Agencies: Somali Community Center 366-6868; Sudanese Community Association 477-2767; Central African Community Contact, c/o William Mwirerwa, 430-5609

Mental Health Treatment Provider: Centerstone 460-4357 (1921 Ransom Place Nashville, TN 37217)

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