



# RIME COMPANY LTD

Research, Implementation, Monitoring & Evaluation

*A Social Enterprise*

Tel: (+250) 789 129 794 E-mail: rimecompany@gmail.com

Fields of intervention:

- Psychosocial
- Health
- Human Rights
- Development

Website: [www.rimecompanyspace.com](http://www.rimecompanyspace.com)

Werurwe, 2020

## **IBIBAZO BY'UBUZIMA BWO MU MUTWE BISHAMIKIYE KU CYOREZO CYA KORONAVIRUSI (COVID 19) MU RWANDA. HAKWIRIYE IZIHE NGAMBA?**

*Yanditswe na NTAWIGENERA Narcisse*



**NTAWIGENERA Narcisse**

*Umunyamwuga mu gufasha abantu kunoza imitekerereze n'imyitwarire (Clinical Psychologist)*

Muri iki gihe isi yugarijwe n'icyorezo cy'indwara ya COVID 19 iterwa n'agakoko ka Koronavirusi. Abashinzwe ubuzima ntibatuza kuvuga ku ngaruka z'icyo cyorezo ku buzima bwo mu mutwe. Zimwe muri izo ngaruka zishingiye kuri COVID 19 ubwayo nk'indwara y'icyorezo, yica, idafite umuti ntigire n'urukingo. Izindi zishingiye ku buremere bw'ingamba zashyizweho zigamije kurwanya ikwirakwira ry'icyo cyorezo.

COVID 19 ni indwara iterwa n'agakoko ka Koronavirusi yadutse mu mpera z'umwaka wa 2019, itangirira mu ntara ya wuhan mu gihugu cy'Ubushinwa. Nyuma y'icyo gihe, yakwirakwiriye mu bihugu bitandukanye by'isi, iza no kugera muri Afurika, no mu Rwanda. Umuntu wa mbere wanduye Koronavirusi yagaragaye mu Rwanda ku italiki ya 14 Werurwe 2020.



Mu nama zitangwa na Minisiteri y'ubuzima zigamije kwirinda koronavirusi, harimo kwirinda kuramukanya abantu bahana ibiganza cg bahoberana nk'uko bisanzwe mu muco wa Kinyarwanda, gusukura kenshi intoki abantu bakaresheje amazi n'isabune cg bakoresheje umuti wabugenewe, kwirinda guterana mu kivunge, kandi bagatanga amakuru mu gihe cyose babonye umuntu ufite ibimenyetso by'icyo cyorezo, bahamagara ku murungo utishyurwa wa 114.

Nyuma y'uko hagaragaye umuntu wa mbere wanduye Koronavirusi mu Rwanda, ingamba zarushijeho gukazwa. Abanyeshuri boherejwe mu miryango yabo, amashuri arafungwa. Ingamba z'isuku zarushijeho gukazwa, abantu basabwa gushyira "kandagira ukarabe" ahantu hose hahurira abantu benshi, ari na ko batozwa umuco wo gukaraba intoki neza hakoreshejwe amazi n'isabune cyangwa imiti yabugenewe (hand sanitizer). Byaje kugaragara ko ibyo bidahagije, hashyirwaho amabwiriza y'uko abantu bose bagomba kuguma mu ngo, ndetse n'imirimo myinshi irahagarikwa, uretse imwe n'imwe ya ngombwa, cyane cyane igamije guhangana n'icyo cyorezo n'ingaruka zacyo. Abakozi benshi basabwe gukorera mu ngo hifashishijwe ikoranabuhanga.

## **Koronavirusi n'ubuzima bwo mu mutwe ku byiciro by'abantu bitandukanye**

Iki cyorezo gifite ingaruka nyinshi ku buzima bwo mu mutwe bw'abantu batandukanye. Baba abamaze kucyandura, imiryango n'inshuti zabo, abaganga babitaho, inzego z'ubuyobozi n'abafatanyabikorwa mu iterambere, ndetse na rubanda muri rusange, bose kirabahangayikishije.

- Ku ruhande rw'abagaragaweho n'ubwandu bw'iki cyorezo, uburyo bwo gukurikirana ubuzima bwabo bushingiye ku gushyirwa mu kato bagakurikiranwa n'abaganga babihugukiwe. Uku kubakurikirana bijyana no kumenya abo baba barabonye, uhereye ku bo babanaga, imiryango yabo, ndetse n'abo bahuye, na bo bagashyirwa mu kato kugira ngo hakurikiranwe ko na bo baba bataranduye, bakaba bagumya gukwirakwiza icyo cyorezo.



Ubuzima nk'ubwo, bwo kuva mu bwigenge busesuye ujya mu buzima bw'akato, aho udashobora kugenda uko ushatse, ngo ubashe gusurwa usabane n'abawe, ukomeze kubaho nk'uko byari bisanzwe, nta gushidikanya ko bihungabanya ubuzima bwo mu mutwe. Kuri ibi hiyongeraho guhungabana biturutse ku kurwara indwara y'igikatu nk'iyi, idafite umuti ntigire urukingo, kandi irimo kwica abantu benshi. Nyir'ukuyirwara bimushyira mu mitekerereze y'uko yugarijwe n'urupfu, bikaba byamutera ihungabana. Birumvikana ko aba bantu mu byo bakeneye by'umwihariko, harimo kwita ku buzima bwabo bwo mu mutwe.

- Abaganga bahanganye n'iki cyorezo bafite akazi katoroshye. N'ubwo hari ingamba zo kurinda abakora mu rwego rw'ubuzima kuba bakwandura icyorezo nk'iki, ntibyakuraho burundu imihangiyiko ko umunota ku wundi, bashobora kwandura iki cyorezo, dore ko mu gihe abandi bantu bose basabwa kwirinda guhura n'abantu, abakora mu nzego z'ubuzima bo bidashoboka. Barasabwa gukomeza gukora akazi kabo, ko kwakira no kwita ku barwayi, harimo n'abashobora kuba baranduye Koronavirusi. Bafite kandi inshingano zo kugumya gukumira icyo cyorezo. Izi nshingano n'ubu butumwa bifite ingaruka ku mitekerereze, ibyiyumviro, amarangamutima, imibereho n'imibanire n'abandi. Izi ngaruka zigera no ku babana n'abakora mu rwego rw'ubuzima (imiryango yabo).
- Abashinzwe umutekano, abayobozi, ndetse n'abafatanyabikorwa mu nzego zitandukanye bafatanyije n'inzego z'ubuzima nabo bafite akazi katoroshye, ahanini kajyanye n'ishyirwa mu bikorwa ry'ingamba zashyizweho mu rwego rwo kwirinda ikwirakwira rya Koronavirusi. Ni bo bashinzwe kureba ko buri wese arimo kubahiriza ingamba zashyizweho, banagenzura ko nta cyaba cyaribagiranye, cyangwa se cyaba cyarumvikanye nabi, kugira ngo habe hatangwa andi mabwiriza. Ibi bijyana no gushaka uburyo icyo cyorezo cyagira ingaruka nke zishoboka ku mibereho myiza y'abaturage n'ubukungu bw'igihugu muri rusange. Nk'uko bisanzwe bizwi, akazi kenshi iyo gakoze bitajyanye no kwiyitaho bihagije bishobora kuba intandaro y'umunaniro ukabije w'umubiri n'ubwonko ("stress" & "burnout"), ari yo



mpamvu abantu bari muri iki cyiciro, kimwe n'abo mu rwego rw'ubuzima, bagomba guha agaciro ibikorwa byo kwiyitaho no kwitabwaho.

- Kuri rubanda rusanze, rutari abafashwe n'icyo cyorezo n'abashinzwe guhangana na cyo, bo barasabwa kuguma mu rugo. Dushingiye ku buryo bari basanzwe babayeho, dushobora kubagabanyamo ibyiciro byinshi. Ingaruka aya mabwiriza yo guhagarara kw'imirimo myinshi n'ingendo hagamijwe kwirinda ikwirakwira rya Koronavirusi aratandukanye kuri ibyo byiciro.
  - ❖ Hari abana babibona batyo, batazi iyo biva n'iyo bijya. Icyo babona ni uko ubuzima bwahindutse, batakiyira ku ishuri uko bisanzwe, bakabona biriranwa n'ababyeyi, bakuru babo, ndetse n'abandi bagize umuryango. Kuri ibi hiyongeraho kumva kenshi ijamba Koronavirusi. Birakwiye kugenzura no kwirinda ko abana baba imbata z'ibikoresho by'ikoranabuhanga nka Television na Telefoni ku bashobora kubibona. Bashobora gukoresha ibyo bikoresho mu buryo butari bwo kubera umwanya munini bafite, nta gahunda zifatika zo kubafasha nk'uko byajyaga bigenda mu biruhuko bisanzwe. Ibi bishobora kubagiraho ingaruka mbi z'igihe kirekire.
  - ❖ Hari abari mu cyiciro cy'abasanze batunze n'uko bakoze, umunsi ku munsi, kuri ubu bikaba bitarimo gukunda. Iki kiciro gihangayikishijwe mbere na mbere n'imibereho ya buri munsi, kubona iby'ibanze byo kubaho, mbere yo guhangayikishwa na Koronavirusi. Ni ikiciro gikwiriye kwitabwaho by'umwihariko, kuko bitabaye ibyo, bashobora gufata ibyemezo bimeze nk'ubwiyahuzi, bikaba byabagiraho ingaruka, cg se bikazigira no ku bandi. Gahunda zo kubakurikiranira hafi zikwiye gutegurwa kuva ku rwego rw'umuryango kugera ku rwego rw'igihugu.
  - ❖ Hari abantu n'ubusanze utamenya uko babayeho, batagira umurimo uzwi cg ikindi icyo ari cyo cyose kizwi kibatunze. Usanga akenshi iki kiciro cyari gisanganywe ibibazo biremereye birebana n'ubuzima bwo mu mutwe nk'agahinda gakabije, imihangayiko ihoraho, no kwiheba birenze urugero bishobora kubaganisha ku kwiyambura ubuzima.



Bamwe muri iki kiciro usanga bafite imyitwarire ibangamiye umuryango mugari w'abantu, cg se ibabangamiye bo ubwabo: gukora, gukwirakwiza no kwiyahuza ibiyobyabwenge, ibikorwa by'urugomo, ubujura, uburaya, kuba imbata y'ibintu runaka nk'imikino y'amahirwe, amafilimi n'ibindi. Ibihe nk'ibi byo kuguma mu rugo, nta gushidikanya ko byongera bya bibazo bari basanganywe. Aba na bo bakwiye kwitabwaho by'umwihariko, kugira ngo bya bibazo na ya myitwarire mibi basanganywe bitarushaho kugira ubukana.

- ❖ Hari abafite abakoresha, babasha kubahemba biturutse ko na bo bagize icyo binjiza. Bitewe n'umutima n'ubushobozi bw'umukoresha, aba na bo bashobora kubamo ibyiciro byinshi. Icyo bahuriyeho bose, ni umuhangayiko ko igihe iki cyorezo cyakomeza byabaviramo gutakaza akazi, imibereho igatangira kubagora.
- ❖ Hari abakorera Leta, imiryango n'ibigo bibahemba uko ukwezi gushize, bidashingiwe ku musaruro w'ibyo bakoze. Kuri aba bo, bafite ikibazo nyamukuru cy'uko iki cyorezo cyakomeza kugira ubukana, bikaba byavamo ihungabana rikomeye ry'ubukungu, ryagera kuri buri wese. Ibi byiyongera ku gihuriweho n'abantu bose, ko iki cyorezo gishobora gufata uwo ari we wese, igihe icyo ari cyo cyose. Muri aba twavugaga ko bafite "akazi gatekanye", harimo abari baraboshywe na ko, batagiraga umwanya na mba wo kuruhuka no kubana n'imiryango yabo. Usanga hari abo umwaka washiraga undi ugataha batabashije gufata ikiruhoro giteganywa n'amategeko agenga umurimo. Ihinduka ry'uko babagaho umunsi ku wundi ryarabatonze. Ku ruhanda rumwe izi mpinduka zishobora kuzana ibyiza, kimwe n'uko zishobora kuzana ibibazo. Ikiri nyamukuru ariko, ni uko uyu mwanya bakwiye kuwukoresha nk'uwo babonye wo kwitekerezaho, no kubana n'umuryango (ku bawufite bakaba bari kumwe).
- ❖ Hari abacuruzi b'ibyiciro bitandukanye. Muri bo hari abacuruzi ibiribwa, ibikoresho by'isuku n'ibindi byashyizwe mu kiciro k'iby'ibanze bikenewe cyane, ku buryo bemerewe kugumya kubicuruza. Abandi basabwe gukinga amaduka yabo bakaguma mu



rugo, kugeza igihe andi mabwiriza azatangirwa. Ku birebana n'umurimo wabo, abacuruzi bahangayikishijwe n'uko bashobora kubura ibyo barangura n'aho barangura, cg se ibiciro bikaba byakwiyongera ku buryo bukabije. Kugumya guhura n'abaza babagana, ihererekanya ry'amafaranga no kujya kurangura igihe bibaye ngombwa na byo byiyongera ku bibahangayikijishe, kuko bibashyira mu kiciro cy'abantu bafite ibyago byinshi byo kwandura Koronavirusi. Kuri bamwe muri bo, bibaza byinshi ku bijyanye n'agaciro k'ifaranga muri ibi bihe, na nyuma yabyo. Ari ukugira amafaranga, ari ukugira ibintu, ni iki kirimo inyungu kurusha ikindi?

- ❖ Hari imiryango isanzwe irangwamo ubwumvikane buke n'amakimbirane. Kuri bo, amahoro yajyaga aboneka ari uko umwe muri bo cg bose batari mu rugo. Muri iki gihe basabwa kuguma mu rugo bishobora kubabera ikizamini gikomeye, ndetse amakimbirane akaba yarushaho kugira ubukana.
- ❖ Hari abantu icyemezo cyo guhagarika ingendo cyafashwe bari kure y'imiryango yabo, mu buryo kandi batateganyije. Bamwe muri bo bibona nk'umutwari ku miryango bari bagendereye cg yabakiriye nyuma y'ifatwa ry'icyemezo cy'uko abantu bose baguma aho bari. Abandi bo byababereye ihurizo rikomeye, kuba muri ubwo buzima batari biteguye. Hagaragaye bamwe muri aba bafashe icyemezo cyo kugenda n'amaguru bagana mu miryango yabo, kuko bitashoboka kubona ikinyabiziga cyo kubafasha kuva icyo bari.

Ibi bibazo by'umwihariko bijyana n'ikiri rusange, cy'amakuru menshi anyura ku mbuga nkoranyambaga. Muri ayo makuru harimo ashingiye ku myemerere, ivuga ko ibirimo kuba ari ubuhanuzi burimo gusohora, ko isi irangiye. Harimo arebana no gusobanura inkomoko ya Koronavirusi, ibigiye gukurikiraho mu gihe kizaza, amabwiriza y'ibyo abantu bagomba gukora akenshi anyuranye n'ay'inzego zibishinzwe, n'ibindi. Amenshi muri ayo makuru ni ibihuha kandi ateye ubwoba, ku buryo ashobora gukura umutima uyumvise, bikaba byayobya imitekerereze n'imigirire ye. Ubukene bukabije bamwe izi ngamba bwabasanze, gahunda z'ibikorwa n'imishinga byahagaze cg bigasubikwa, biri mu bishobora gutuma bamwe bagira ibibazo byihariye birebana n'ubuzima bwo mu mutwe. Dutekereze nk'umuntu wari wateguye



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igikorwa cyagombaga kumwinjiriza amafaranga yari kwifashisha yishyura umwenda wa Banki, hanyuma icyo gikorwa kikaburizwamo n'ingamba zo kwirinda Koronavirusi! Dutekereze noneho igihe yazananirwa kwishyura wa mwenda, Banki ikaba yamutereza cyamunara! Nta kabuza, ibyamubayeho bizahungabanya imitekerereze ye, imigirire n'imikorere. Aramutse afite mu mutwe horoshye nk'uko abanyarwanda bakunda kubivuga, bishobora no gutuma afata ibyemezo bidakwiye, cg se akagira n'uburwayi bwo mu mutwe.

Ibimenyetso byihariye bigaragaza kudatekana mu mutwe kubera ingaruka z'iki cyorezo bishobora kugaragazwa no kwiyahuza inzoga, itabi n'ibiyobyabwenge, kubura ibitotsi, kuryamira bikabije, kunanirwa kurya, kwigunga no kujunjama, gutakaza ikizere cy'ejo hazaza, kugaragaza kwiyanga no kwirambirwa bishobora kujyana no kwifuzura urupfu, kugira "crises" ku bafite indwara zidakira nk'umutima, diyabete n'izindi. kuribwa umutwe, igifu, umushisha, umunaniro ukabije, kubunza imitima na byo ni bimwe mu bimenyetso bishobora kugaragaza guhungabana k'ubuzima bwo mu mutwe biturutse kuri koronavirusi cg ingaruka z'ingamba zashyizweho zigamije kurwanya ikwirakwira ryayo.

## **Zimwe mu ngamba zatuma ingaruka mbi za Koronavirusi ku buzima bwo mu mutwe zigabanuka**

Nk'uko abanyarwanda babivuga, ngo akatari amagara barahaha! Mbere y'ibindi byose, ni ngombwa kubahiriza amabwiriza atangwa n'inzego z'ubuzima mu rwego rwo kwirinda icyorezo cya Koronavirusi. Nyuma yaho, buri wese akwiriye gutekereza ku cyatuma ingaruka zayo zirushako kuba nkeya. Ibi bijyanye no kugira imyitwarire iboneye aho turi mu rugo, tukagira imitekerereze itwubaka ikubaka n'abandi, tukabanira neza abo turi kumwe mu rugo, mu mpande zacu, ndetse n'abo duhurira ku mbuga nkoranyambaga. Dukwiriye gushyigikira twivuye inyuma gahunda Leta yatangiye yo kuremera no gufashisha ibiribwa n'ibindi bikoresho by'ibanze abagizweho ingaruka zihariye n'ingamba zo gukumira koronavirusi. Ni igihe cyo gutekereza ariko na none, ku buryo n'izindi serivisi zikenewe zakorwa muri urwo rwego rwo kugabanya ingaruka za Koronavirusi. Abasanzwe batanga serivisi z'ubujyanama, abasanzwe bunganira abantu mu kunoza imitekerereze n'imyitwarire, bakwiye kongera imbaraga mu ikoreshwa ry'ikoranabuhanga mu gutanga serivisi zabo. Ni umwanya ukwiriye ko abo banyamwuga ndetse



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n'abafite izo nshingano mu buryo butandukanye (Counsellors, Psychologists, Social Workers, Mental Health nurses, Abaganga, Inshuti z'umuryango, abafasha mu by'amategako n'abandi) batanga serivisi bakoresheje uburyo bw'ikoranabuhanga nka Telefoni, Whatsapp, n'ubundi. Niba muri iki gihe abantu bamaze kubona ko bashobora gukora inama z'akazi bakoresheje uburyo bw'ikoranabuhanga nka Skype, Zoom, GoToMeeting n'ubundi butandukanye, kuki gahunda nziza nk'umugoroba w'ababyeyi zagiye zigorana mu ishyirwa mu bikorwa ryazo kubera guhugirana kw'abantu, uyu muni noneho hatakwiye kubazwa iryo koranabuhanga ku byiciro bimwe na bimwe by'abantu mu kuzishyira mu bikorwa?

## **Umwanzuro**

Koronavirusi yabaye icyorezo gitunguranye, gifite ubukana bukomeye, gituma ibyo abantu batekereza ko bitashoboka bishoboka. Nta watekereza ko umunyarwanda ashobora guhura n'undi badaherukana, ngo bareke guhoberana no guhana ibiganza. Nta watekereza ko urujya n'uruza rw'abantu rwahagarara ku mpamvu yo kwirinda kwandura uburwayi. Muri iki gihe kandi, abantu barushijeho kubona imbaraga z'ikoranabuhanga mu itumanaho. Birakwiye ko bimwe mu byo tubona muri iki gihe tubikuramo amasomo, azadufasha no mu gihe kizaza. Birakwiye ko dutekereza byimbitse ku byiciro by'abantu byihariye koronavirusi ifiteho cg izagiraho ingaruka zihariye, biramutse bibaye ngombwa bakegerwa bagafashwa kugira ngo ibibazo byabo bitazagaragara amazi yararenze inkombe. Birakwiye kandi ko ibyemezo byose bifatwa n'ibizafatwa mu gihe kizaza, hazirikanwa ku ngaruka bifite ku buzima bwo mu mutwe bw'abo bireba. Ababifitemo ubumenyi n'ababishinzwe bakwiye gukomeza gukorana no gukorera hamwe mu gushaka ibisubizo bikwiye kandi birambye, hibanzwe cyane cyane ku ngaruka rusange n'izihariye iki cyorezo cya Koronavirusi gifite cyangwa kizagira kuri buri wese.

## **NTAWIGENERA Narcisse**

Umunyamwuga mu gufasha abantu kunoza imitekerereze n'imyitwarire, ndetse no kuvura bishingiye ku bumenyi mu mitekerereze n'imyitwarire ya Muntu ("Clinical Psychologist"), akaba n'umuyobozi wa RIME COMPANY LTD ([www.rimecompanyspace.com](http://www.rimecompanyspace.com))





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