

## **Uxwebhu Iwemibuzo yokuthotha kokusebenza nokuba nemveliso: Multiple Sclerosis V2.0 (WPAI:MS)**

Le mibuzo ilandelayo ibuza ngendlela isifo sakho semultiple sclerosis esichaphazela ngayo ukukwazi kwakho ukwenza imisebenzi yemihla ngemihla. *Nceda uzalise izikhewu okanye ubiyele ngesangqa inani njengoko kubonisiwe.*

1. Ingaba uyaphangela (uphangelela umvuzo)? \_\_\_\_\_ HAYI \_\_\_\_\_ EWE  
*Xa inguHAYI, phawula uHAYI uze utsibe uye kumbuzo wesi-6.*

Le mibuzo ilandelayo imalunga **neentsuku ezisixhenxe ezidlulileyo** ngaphandle kwanamhlanje.

2. Kwezi ntsuku zisixhenxe zidlulileyo uphose iiyure ezingaphi emsebenzini ngenxa yeengxaki ezayamene nesifo sakho semultiple sclerosis? *Quka iiyure oziphone ngeentsuku zokugula, amatyeli ofike ngawo emva kwexesha, ohambe ngawo ngaphambi kwexesha, njl njl, ngenxa yesifo semultiple sclerosis. Ungaliquki ixesha elilahleke ngethuba uthabatha inxaxheba kolu phando.*

\_\_\_\_\_ IIYURE

3. Kwezi ntsuku zisixhenxe zidlulileyo, uphose iiyure ezingaphi emsebenzini ngenxa yaso nasiphi na esinye isizathu, njengekhefu, iiholide, ixesha olithabathe ukuze ube yinxalenye yolu phando?

\_\_\_\_\_ IIYURE

4. Kwezi ntsuku zisixhenxe zidlulileyo, eneneni usebenze iiyure ezingaphi?

\_\_\_\_\_ IIYURE (*ukuba ngu “0”, tsiba uye kumbuzo 6*)

5. Kwezi ntsuku zisixhenxe zidlulileyo, isifo sakho semultiple sclerosis sikuchaphazele kangakanani ukubanakho ukuba nemveliso kwakho lo gama ubusebenza?

*Cinga iintsuku apho ubungakanani okanye uhlobo lomsebenzi onokuwenza ubunyiniwe, iintsuku apho uphumeze ngaphantsi kunoko ubukufuna, okanye iintsuku apho ungakwazanga ukwenza umsebenzi wakho ngononophelo ngokwesiqhelo. Ukuba isifo semultiple sclerosis siwuchaphazele nje kancinane umsebenzi wakho, khetha inani eliphantsi. Khetha inani eliphezulu xa isifo semultiple sclerosis siwuchaphazele kanobom umsebenzi wakho.*

Cinga kuphela ngendlela isifo semultiple sclerosis esikuchaphazele ngayo ukubanakho kwakho ukuba nemveliso lo gama ubusebenza.

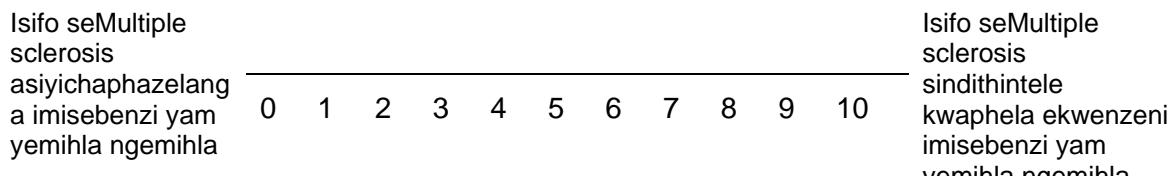


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6. Kwezi ntsuku zisixhenxe zidlulileyo, isifo semultiple sclerosis sikuchaphazele kangakanani ukukwazi kwakho ukwenza imisebenzi yakho yemihla ngemihla ngaphandle kwaleyo yempangelo.

*Ngemisebenzi yemihla ngemihla sithetha imisebenzi eqhelekileyo oyenzayo njengomsebenzi wasekhaya, ukuyokuthenga, ukukhathalela abantwana, ukuthamba, ukufunda, njl njl. Cinga amaxesha apho ubunyiniwe kubungakanani okanye uhlobo lwemisebenzi onokuyenye namaxesha apho uphumeze ngaphantsi kunoko ubufuna. Ukuba isifo semultiple sclerosiss siyichaphazele nje kancinane imisebenzi yakho, khetha inani eliphantsi. Khetha inani eliphezulu xa isifo semultiple sclerosis siyichaphazele kanobom imisebenzi yakho.*

Cinga kuphela ngendlela isifo semultiple sclerosis esikuchaphazele ngayo ukukwazi kwakho ukwenza imisebenzi yakho yemihla ngemihla ngaphandle kwaleyo yempangelo.



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Reilly MC, Zbrozek AS, Dukes EM. The validity and reproducibility of a work productivity and activity impairment instrument. *PharmacoEconomics* 1993; 4(5): 353-65.