

**Uxwebhu lwemibuzo 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 oziphose 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.

Isifo seMultiple sclerosis asiwuchaphazelan ga umsebenzi wam	0	1	2	3	4	5	6	7	8	9	10	Isifo seMultiple sclerosis sindithintele kwaphela ekusebenzeni
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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 onokuyenza kwakunye namaxesha apho uphumeze ngaphantsi kunoko ubufuna. Ukuba isifo semultiple sclerosis 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.

Isifo seMultiple sclerosis asiyichaphazelang a imisebenzi yam yemihla ngemihla	0	1	2	3	4	5	6	7	8	9	10	Isifo seMultiple sclerosis sindithintele kwaphela ekwenzeni imisebenzi yam yemihla ngemihla
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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.