PAIN ni iki?
Igerageza rya Prehospital Analgesia INtervention, canke muri make PAIN, ni icigwa c'ubushakashatsi kiriko kirakorwa kugirango bagereranye imiti y'ububabare ibiri, fentanyl na ketamine, mu barwayi bafise ibikomere bibabaza cane bitera ihahamuka bakeneye kuvugwa ububabare imbere yuko baja ku bitaro.

Gukurikirana ububabare bwaje inyuma y'igikomere gikomeye cane ni igice gikomeye co kwitaho umugwayi yakomeretse. Imiti ya Opioids, nka fentanyl, irakoreshwa henshi mukuvura ububabare. Iki cigwa kigereranya fentanyl na kentamine, itari umuti wa opioid, kugirango barabe ko umuntu agira ingaruka nkeya canke nyinshi gato zivuye k'umuti umwe ugereranije n'uwundi. Tuzokwihweza inyishu zizova muri iki cigwa kugira ngo dutahure neza uburyo bwiza bwo kuvura ububabare mu bagwayi ba babara cane muri kazoze.

Ni iki kigira iki cigwa co Kwirengagize Uburenganzira butangwa Hakurikijwe Amakuru [Exception from Informed Consent (EFIC)]?
Nimuje kuri iyi link canke mubaze umugwi w'icigwa kuri (PAINStudy@uvmhealth.org) kugirango mumenye amakuru yose kuberiki iki cigwa kiriko kirakorwa hamwe nukwirengagiza uburenganzira butangwa hakurikijwe amategeko (exception from informed consent) › https://www.litesnetwork.org/projects/emergency-research

Iki cigwa gitunganijwe gute?
Nimuje kuri iyi link canke mubaze umugwi w'icigwa kuri (PAINStudy@uvmhealth.org) kugirango mumenye amakuru yose kukuntu iki hamwe n'ivyigwa vyose vya EFIC bitunganijwe kandi bikurikiranwa› https://www.litesnetwork.org/projects/emergency-research

Ni bande bazoshirwamwo?
PAIN izoshiramwo abakuze b':
- Abagabo bafise imyaka 18 n'iyirenga n'abagore bafise imyaka 50 n'iyirenga
- Abagwayi bakomeretse cane bakeneye imiti y'ububabare biciye muri IV
- Abagwayi bariko batwagwa kubitaro mukugira uruhara muri PAIN

Iki cigwa kiriko kirakoregwa hehe?
Iki cigwa kiriko kirakoregwa ku bigo bikurikira bivura indwara zikomeye mugihugu cose:
- UPMC Presbyterian Hospital and UPMC Mercy Hospital (Pittsburgh, PA)
- Allegheny General Hospital (Pittsburgh, PA)
- Cooper University Hospital (Camden, NJ)
- Froedtert Hospital (Milwaukee, WI)

- UC San Diego Medical Center (San Diego, CA)
- Zuckerberg San Francisco General Hospital (San Francisco, CA)
- University of Cincinnati Medical Center (Cincinnati, OH)
- University of Utah Hospital (Salt Lake City, UT)
- Carolinas Medical Center (Charlotte, NC)
- Robert Packer Hospital (Sayre, PA)
- University of Vermont Medical Center (Burlington, VT)
- University of Wisconsin University Hospital (Madison, WI)

Iki cigwa kizomara igihe kingana gute?
Iki cigwa kizokwandika abagwayi 994 mu myaka myinshi. Nkuko biri ku migambi yose ya LITES EFIC, ibigezweho ku cigwa aho kigeze bizomenyeshwa biciye kuri https://clinicaltrials.gov/study/NCT05437575

<u>Ninde ariko afata mumugongo muvy'amahera kuri iki cigwa?</u>
Ubu bushakashatsi bushigikiwe n'Igisata co Kwivuna Abansi [Department of Defense (DoD)] amasezerano W81XWH-16-D-0024, Guhamagaza Igikorwa W81XWH19F0539 kw'ihangiro ryo gutanga ivyemeza bifise ifatiro, ubuhinga bwo kurokora ubuzima n'uburyo bwo gutanga ukwitaho kumeze neza ingwara z'ihahamuka.

<u>Kuberiki gukurikirana ububabare mu ntunganyo y'imbere yo kuja mu bitaro (prehospital)?</u>
Abagwayi b'ihahamuka bafise ibikomere bikomeye bakeneye kuronka imiti y'ububabare vuba cane. Gutanga umuti w'ububabare kare hashoboka inyuma yo kugira igikomere gikomeye bifise inyungu nyinshi, harimwo:

- Kugabanya umubabaro
- Birekurira abatanga EMS gutanga ubuvuzi bwo kurokora ubuzima (akarorero tourniquets, splinting) vyoroshe cane.
- Bishobora kugabanya ibibazo vy'amagara vyatewe n'igikomere
- Bishobora kugabanya ibibazo vy'igihe kirekire nk'ububabare budahera n'indwara y'umwitwarariko iterwa n'ihahamuka [post-traumatic stress disorder (PTSD)]

<u>Kuberiki iyi miti iri mubigize icigwa c'ubushakashatsi nimba yompi ikoreshwa n'abahinga mu buvuzi?</u>
Gukurikirana ububabare bwaje inyuma y'igikomere gikomeye cane ni igice gikomeye co kwitaho umugwayi yakomeretse. Imiti ya Opioids, nka fentanyl, irakoreshwa henshi mukuvura ububabare. Iki cigwa kizogereranya fentanyl na kentamine, itari umuti wa opioid, kugirango barabe ko umuntu agira ingaruka nkeya canke nyinshi gato zivuye k'umuti umwe ugereranije n'uwundi. Fentanyl na ketamine yompi iriko irakoreshwa mukuvura ububabare mu bagwayi

imbere yuko baja kubitaro, ariko ntibizwi ko umwe ari mwiza kubarwayi bafise ibikomere bibabaza cane bigatera ihahamuka. Turiko dukora kino cigwa kugirango tumenye nimba umuti umwe ari mwiza gusumvya uwundi.

<u>Ni ingeramizi izihe ziri muri iyi miti? Hariho inyungu iyariyo yose?</u>
Abagwayi muri kino cigwa bazoronka hagati ya fentanyl canke ketamine mu gukurikirana ububabare.

Umuti uwariwe wose w'ububabare urafise ingeramizi zikomeye; ariko, ibi biba gake, na canecane murugero rutoya rw'ibipimo ruzotangwa muri iki cigwa. Fentanyl irashobora guhuzwa n'ivuduka ritoya ry'umurindi w'amaraso, ingero z'impwemu ntoya, hamwe no gukenera icuma gifasha guhema. Mu bihe bimwe na bimwe, ketamine irashobora gutera gutwagwa n'ivyiyumviro, guhungabana, amaganya, canke kwumva umengo ntabucuti ufitaniye n'abandi.

Dushaka kumenya neza nimba hariho inyungu zo kuronka umuti umwe mu kibanza c'uwundi, ariko abashakashatsi biyumvira ko igipimo gitoya ca ketamine gishobora kuba ciza mukugabanya ingeramizi y'urupfu hamwe n'inkurikizi zikomeye z'amagara kubarwayi bakomeretse cane bari mu bubabare.

<u>Ni gute abantu biyandikisha mu cigwa?</u>
Abantu bashobora kwiyandikisha mu cigwa ca PAIN nimba bafise ibikomere bikomeye cane, bakeneye umuti w'ububabare, kandi bakaba batwawe kubitaro kugira uruhara mu cigwa ca PAIN.

Mubisanzwe, abashakashatsi bategerezwa kubaza umuntu ko avyemere imbere yuko aba mu cigwa - ibi bisigura gusoma amakuru, kuvugana n'abaganga n'aba foroma, no kugira umwanya wo kwiyumvira kubijanye no kwifatanya. Ibikomere bibabaza cane bigatera ihahamuka rikomeye bitegerezwa kuvurigwa aho nyene, nukuvugako hashobora kutaboneka umwanya k'umuntu yakomeretse kugirango atange icemezo ciwe co kuba mw'igerageza rya PAIN. Rimwe na rimwe abashakashatsi barashobora kuvugana n'umuryango w'umurwayi kugira babaze ko bavyemeye. Ariko, mugihe c'igikomere kibabaza cane kigatera ihahamuka c'ihutirwa, umuryango ushobora kuba utari hafi canke udashobora kuboneka imbere yuko umuntu yakomeretse ategerezwa kuvugwa.

Iki cigwa ntigishobora gukorwa ata ruhusha rudasanzwe rwemerera gushiramwo abantu imbere yo kuronka icemezo. Uruhusha rwitwa Ukwirengagiza Uburenganzira butangwa Hakurikijwe Amakuru (Exception From Informed Consent), canke EFIC. Mugihe umuntu yiyandikishije ameze neza kandi ashobora kwemeza canke umuryango wiwe ushitse kubitaro, abashakashatsi

bazobaza ukwiyemeza kugira ngo babandanye n'icigwa. Kuyandi makuru ajanye na EFIC, nyabuna musabwe kuja kuri: https://www.litesnetwork.org/projects/emergency-research

Gute noshobora kuva mu cigwa?
Ushobora kuva mu cigwa biciye muguhamagara kuri 1-800-664-0557, ubutumwa ngurukanabumenyi (emailing) kuri PAINstudy@edc.pitt.edu, canke ukuzuza ifishi iri hepfo ya www.LITESnetwork.org/PAIN gurtyo ihuriro rya LITES Network rishobora kuguha ikirezi (hypoallergenic silicone bracelet) co kwambara cerekana ko udategerezwa kwiyandikisha muri ico cigwa.

Nimba wipfuza kwanka kugira uruhara mu cigwa gikurikirana igikomere, urashobora kwanka mu mwanya wo kuvurwa na EMS. Nyabuna murasabwe kumenya ko kuva mu cigwa bisigura ko utazogira uruhara mu cigwa gusa. Kuva mu cigwa ntibizokubuza kuronka umuti w'ububabare nka kimwe muvyo kukwitaho bisanzwe.

Ni iki kiba nimba umuntu yaronse ikirezi co kuva mu cigwa, ariko akaba atacambaye mu mwanya yariko atwagwa na EMS?
Nimba waronse ikirezi co kuva mu cigwa ariko ukaba utacambaye mu mwanya wo gukomereka kwawe, birashoboka ko ushobora kwandikwa mu cigwa, kiretse wewe canke uwundi muntu aguherekeje ashoboye kuvuga ko udashaka gushirwa mu bushakashatsi. Nimba ivyo bishitse, urashobora kuronka umuti w'icigwa, fentanyl citrate canke ketamine hydrochloride, yompi ihabwa abagwayi bakomeretse kugira babavure ububabare.

Nyabuna murasabwe kumenya ko kuva mu cigwa bisigura ko utazogira uruhara mu cigwa gusa. Kuva mu cigwa ntibizokubuza kuronka umuti w'ububabare (harimwo vy'umwihariko umwe muri iyo miti ibiri) nka kimwe muvyo kukwitaho bisanzwe.

Nimba nfashe ingingo yo kugira uruhara mu mahamagara yo gukurikiranwa, ni ibihe ntegetswe mugihe c'amezi 6 c'igihe co gukurikiranwa? Ni ibihe bipimo n'imibonano noshobora kwitega?
Amezi atandatu yo gukurikiranwa ni kubushake. Nimba udashaka kugira uruhara, ntuzokwigera uhamagarwa n'umugwi w'icigwa.

Nimba ushaka kugira uruhara n'ukwiyemeza, nta bipimo vy'ubuvuzi vyiyongereye bihari canke imibonano. Ahubwo, uzotanga amakuru yawe y'ukuntu bogutora ku mugwi w'icigwa no kwuzuza amatohoza kubijanye n'ingene vyagenze mugihe warufise ububabare, amaganya, n'imiti y'ububabare. Umugwi w'icigwa bazoguhamagara kandi ku mezi 3 n'amezi 6 bakubaze ibibazo bimwe bijanye n'ububabare ufise, ububabare bw'imiti, amaganya n'indwara y'umwitwarariko

inyuma y'ihahamuka. Urashobora guhitamwo guhagarika kugira uruhara muri aya matohoza umwanya uwariwo wose.

Ni iki kiba nimba umuntu ahisemwo kutagira uruhara?

Kugira uruhara mu cigwa bishobora guhagarara umwanya uwariwo wose — umugwayi canke uwugize umuryango abibereye akeneye kubibwira umugwi w'icigwa.

Nimba kukintu runaka umugwayi, canke uwugize umuryango nimba batabishoboye, bavuze ko badashaka kugira uruhara, ubwo n'uburenganzira bwabo. Nimba ibi bibaye imbere y'uko umuti w'icigwa utangwa, umugwayi azovugwa hisunzwe urwego rw'ubuvuzi rwo kwitaho uko amerewe harimwo kuronka umuti w'ububabare ushobora kuba urimwo vyibuze fentanyl citrate canke ketamine hydrochloride.

Mu bitaro, abakozi b'ubushakashatsi bazosigurira icigwa umugwayi n'abagize umuryango wiwe kandi babaze ukwiyemeza kw'umurwayi kugira babandanye icigwa. Nimba umugwayi, canke uwugize umuryango nimba badashoboye, atemeye canke avuze ko adashaka kugira uruhara muri kino kiganiro canke umwanya uwariwo wose umuti umaze gutangwa, gusubira kwihweza amakuru yabo y'ubuvuzi (kubw'umutekano no kuraba ko umuti umwe ushobora kuba mwiza gusumvya uwundi) bizohagarara kandi ntibazokwuzuza amatohoza y'icigwa.

Nimba nariyandikishije mu cigwa, nzoshobora kumenya umuti naronse?

Abagwayi biyandikishije mu vyigwa vya FDA-vyemejwe na EFIC ntibabwigwa muri rusangi imiti baronse mu gihe icigwa gihumye. Ibi bisigura ko yaba umurwayi canke umuganga batabwirwa umuti bahawe mu kwirinda uguhengamira ukwariko kose ku muti. Bompi umurwayi n'umuganga bazobwirwa ko umugwayi yaronse umuti w'icigwa, ari wo vyibuze fentanyl citrate canke ketamine hydrochloride. Iyo miti yompi arakoreshwa hose mukuvura ububabare. Nimba hari ikintu cari kuba aho umuganga yitaho umurwayi akeneye kumenya umuti watanzwe, hariho integuro yo gutanga ayo makuru vyihuta cane.

Birashoboka ko icigwa kizoza gishobora gutanga incanco kubagwayi bata vyiyemereye?

Icigwa ca PAIN ntikiri mw'igeragezwa ry'urucanco kandi ubushakashatsi bw'urucanco buri kure cane y'ubushobozi bwo gukora bw'ihuriro rya LITES Network. Ku bw'ivyo, ntidushobora kuvuga kubijanye n'incanco ziba ziriko zirasuzumwa n'icigwa co Kwirengagiza Uburenganzira butangwa Hakurikijwe Amakuru (Exception From Informed Consent).