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**Safety in the midst of stigma: Experiencing HIV/AIDS in two Ghanaian communities**

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## Tɔfa (Twi summary)

Saa adesua yi ye nhwehwemu a wɔye faa dee ntia Ghanafoɔ bebreɛ mpe se wɔye VCT anaa ART no fa bi. Adesua yi fa A ne C ye nhwehwemu a efa ayaresa adwuma no ne ne nhyehyee ahodoɔ ho. Ɔfa B ye nhwehwemu a efa ɔmanfoɔ ne nnipa a wɔwɔ yareɛ-kodi-awuo HIV/AIDS mmoawa no bi ho. Eye mpensempensemmu fa adwenhodoɔ a ɔmanfoɔ anya wɔ VCT ne ART ho, na esane twe adwene gyina ɔhaw ahodoɔ bi a nnipa a wɔkɔgye ayaresa ne eho afotusem, ena nsem a efa animguaseɛ a etare saa anamɔntuo yi ho. Nhwehwemu dwumadie yi kɔ so wɔ Komfo Anokye Teaching Hospital wɔ Kumase ne ne mpɔtam ena St. Patrick's Hospital ne ne mpɔtam wɔ offinso. Saa beaɛ mmienu yi nyinaa wɔ Asanteman mu wɔ Ghana. Efiri Ebo 2007 -Ɔsanaa 2008 kosi Obubuo 2009 -Ɔpɛpɛn 2010, onipa a ɔyee saa nhwehwemu yi ne ɔmanfoɔ a na wanya yareɛ mmoawa, mekyere HIV no bi ne wɔn abusuafoɔ ne wɔn nnamfonom nyinaa na eboom tenaa saa mpɔtam mmienu a adesuadaɛ yi kɔ so no. Ɔnam nkɔmɔbɔ so, nhwehaa, nsemmissa a emu dɔ, nnipakuo adwene ntotoho, afie mu nsrahwɛ, nkrɔfoɔ suahunu wɔ HIV ne AIDS ho ena wɔn a afei koraa na wɔahunu foforo se wɔanya yareɛ-kodi-awuo HIV mmoawa no bi suahunu so na edii dwuma yi.

Nnipa a wɔtete saa mpɔtamu yi nyinaa mpe se wɔn anim begu ase nti daa wɔbɔ mmoden se wɔnnya din mmɔne biara. Eno nti seɛkɔba se obi nya yareɛ mmoawa (HIV) no bi, na ebeto dwa a, na aye animguasedee keseɛ, eno nti wɔbɔ mmoden biara de sie seɛbeyɛ a ɔmanfoɔ mfa wɔn nsa nkyerekyere wɔn so. Seɛba saa, wɔnnya ahomeka biara nkɔye VCT.

Wɔn a wɔhunuu se wɔanya saa yareɛ yi bi no amfiri wɔn ara pe mu ankɔye wɔn mmogya mu nhwehwemu, na mmon nyarewa ahodoɔ bi na ede wɔn kɔpuee ayaresabea ho maa wɔhwehwɛe wɔn mmogya mu a na wɔnnim mpo. Deɛɛdaa adie wɔ dwumadie yi mu baako nso ne se, ebeduru tebea sei mu no, na ɔyarefoɔ yi afa kokoam akwan bi so ape ayaresa a ɔnam – abibiduro, nhahanma, nnun-sifoɔne ahonhomsem so. Nnipa kakraabi na wɔn ara tumi kɔ ayaresabea kɔyee nhwehwemu bere a wotee apomuden ho kɔkɔbɔ nsem no. Se wohwe mu a, nnipa dodoɔ a wɔyee wɔn mmogya mu nhwehwemu no ye wɔn a na yareɛ mmoawa no adokoro wɔn akye, a wɔye wɔn ho hwee a, na enye yie no. Yei nti wɔannya mpontuo wɔ wɔn ayaresa mu sedee na ese se wonya. Ebinom koraa dee wɔantumi antena nkwa mu ankye.

Enam se nea wɔn a wɔanya HIV/AIDS no bi de ahye wɔn adwene mu se, se ebɛda badwam a wɔn anim begu ase nti na wɔwɔhaw akɛsee mmienu mu. Dee edi kan, na wɔn ara dwendwene dee wɔsusu se nkrɔfoɔ beka afa wɔn ho no ho.

Afei deɛ na wɔn ara nso nim a eyɛ nokorɛ a ɛfa wɔn ho no maa wɔn adwendwene. Yei boa wɔn ma wɔtumi de wɔn tebea no siee wɔn ahokafuɔ, abusuafoɔ, namfoɔ ne afipamfoɔ a wɔn ne wɔn tee no. Apomuden adwumayefoɔ bɔɔ wɔn kɔkɔ sɛe wɔnka wɔn yareɛ ho nsem nkyere wɔn adɔfonom, nanso wɔantumi enam deɛ na wɔredwene nti. Ehuu nti wɔtwaa atorɔ kyereɛ wɔn adɔfoɔ wɔ deɛ nti a wɔtaa kɔ ayaresabea no, wɔwiawiaa wɔn ho na na wɔnom wɔn nnuro a na ayaresabea de ma wɔn; na wɔnntuminkɔ ayaresabea a wɔhwe wɔn no wɔ bere ano bere ano, ɛfiri sɛ na wɔpɛ sɛ wɔyɛ saa wɔ bere a obiara nhu wɔn; ebinom koraa deɛ asopiti a na emmen wɔn na na wɔkɔ sɛ obiara nhu wɔn nti. Nhwehwemu yi da no adi sɛ, sɛ wɔyɛ obi HIV gyinapɛn mu nhwehwemu wie na ayaresa adwumayefoɔ no hunu sɛ onikorɔ no anya yareɛ no bi a, na aye den sɛ wɔbɛka no pɔtee akyere no. Wotumi kakyere onikorɔ no sɛ “wanya nsonsono mma anaa mmoawammoawa wɔ ne mogya mu.” Yei bɔɔ kwan maa wo yi kyereɛ wɔn yareɛ mu wɔ akwan foforɔ bi so a emma wɔnnye ahodasoɔ. Afei enam sɛ wɔkɔ suro sɛ wɔn yadeɛ no beba abetɔ dwa nti na ɔnkɔ nkɔyɛ nhwehwemu no kraa. Sɛ wɔkɔyɛ ye nso a, na aye den sɛ wɔbɛkɔ akɔgye ɛho mmuae no.

Sɛ wɔtumi kɔgye wɔn yareɛ mu nhwehwemu no ho mmuae na sɛ wɔhunu sɛ wɔanya yareɛ no bi a, wɔkɔ mmɔden biara si afoforɔ ho kwan sɛ wɔbehunu sɛ wɔyare. Afei wɔtaa nya adwene bi sɛ wɔnni wɔn ho awukoraa na deɛ ɛbeba mmra. Ebinom tumi di wɔn ho awu ampa. Yei kyere sɛ tebea a wɔkɔ mu no, ano ye den pa ara. Ebinom koraa deɛ, ɔkwan a na wɔfa so di wɔn ho awu kokoam ne sɛ, wɔn aba mu bu nti wɔmfa wɔn ho nkɔto ART so. Wɔtena ase wu nkakrankra saa ara. Nnipa dodoɔ no ara wɔnnkum wɔn ho no nso beyɛ ankonam aayaresa adwumayefoɔ ne nnipakuo ahodoɔ bi na wɔhyɛ wɔn nkuran ne wɔn di nkitaho. Afoforɔ wɔ hɔ a wɔn deɛ enam sɛ wɔmpɛ sɛ wɔn nkrofoɔ behu no sɛ wɔrefa ART anaa sɛ wɔnni sika a wɔde betua ɛho ka nti wɔn ankasa faa wɔn akwan so pɛɛ wɔn yareɛ ho aduro.

Obiara a na wanya yareɛ-kodi-awuo yi bi a ɔhyɛɛ ɛho nnuro nom ase no de betoo dwa sɛ wanya ahooɔden a ɛkyɛn ne kane tebea no. Nnuro yi nso a wɔnonom yi de ɔhaw bone foforɔ brɛɛ wɔn. Adunom ho nsusuanso bone a nnipa taa nya wɔ bere wɔrefiri aduro bi nom aseɛ, anaa nsusuansoɔ a wɔtaa nya enam sɛ obi nom aduro bi kyere pii nti. Afei daa adunom nso ye anito yie. Nsusuansoɔ bi te sɛ afefeafefee, anumu etoɔ ne anisobirie nso anyae wɔn amma wɔantumi amfa nnuro no sɛdeɛ na ɛsɛ fata. Bio, ɛduru bere bia sika kakra a wɔde befafa kaa akɔgye wɔn nnuro no na ɛho aye den. Afei deɛ wɔde betɔ nnuane adi atumi anom nnuro no nso etoɔ da a na ɛho aye den ama wɔn. Ebinom nso deɛ, sɛ wɔtumi nonom nnuro no na wɔnya ahooɔden pɛ a, na wɔagyae nom ɛfirise wɔsususu sɛ wate apɔ nti ɛho nhia sɛ wɔtoa so nom nnuro biara bio.

Nnipa dodoɔ no ara a na wɔanya yareɛ-ko-ankorɔ yi na wɔkɔ ohia buruburoo mu. ɛfirise, ansa na wɔreba ayaresabea ahodoɔ no mu ama wahwe wɔn no na

wɔadi kan akɔ kyinkyini nnunsifoɔ ne asɔfoɔ so wɔ mpaɛbofie ahodoɔ mu ahwehwe ayaresa, atontɔn wɔn agyapadeɛ ne wɔn ahodeɛ dodoɔ no ara a wɔannya ayaresa. Wɔn ka yi kɔ so ye akeseɛ ara ɛfirise toa ara na na ɛtwa se wɔtoa so didi nom wɔn nnuro na wɔkɔ so tua kaasika kɔgye nnuro wɔ ayersabea. Afei ɛduru bere bi mpo a, apɔmudene nsi-akyi-baa NHIS anaa ART ntumi ntua wɔn yareɛ no ka. ɛto da nso a, wɔhia sika kakra ato wɔn ho.

Ebinom ateeteɛ bi nso ne se, enam se wɔntumi nye adwuma biara mfa sika mma fie nti wɔnnyammoa titire biara mfiri abuasuafoɔ hɔ. Abusua a wɔn dee wɔnya anigyee boa wɔn mma a wɔwɔ tebea saa mu no, ɛnkye na wɔabɔ fam wɔ sikasem mu. Yei tumi de ohia beto abusua no so. Sika kakra a obi de betua kaasika akɔgye ne nnuro de bi ato nnuane adi atumi anonom ne nnuro no tumi si kwan ma obi gyae ne nnuro nom koraa.

Se ɛbeyɛ a wɔbekura wɔn mudie mu na wɔnya animguaseɛ biara nti, nnipa dodoɔ no ara a wɔwɔ yareɛ-ko-ankɔ no bɔ wɔn bra se wɔn a wɔnni yadeɛ biara. Wɔde yadeɛ yi sie a wɔmma obiara nhunu. ɛno nti se ɛkɔ ba se worebeware a, na aye kɔdaanna. Nokore ni, saafoɔ yi fa ɔhaw keseɛ mu wɔ awaresem mu. Se obi kɔse wɔn pɛ na wampene so a wɔse wɔnnte wɔn ase. Se wɔpene so nso a wɔse wɔpɛ se wɔde yadeɛ no sae nkrofoɔ ntira. Nhwehwemu yida no adi nso se, nnipa dodoɔ no ara a wɔwɔ wɔn adɔfonom ne abusuafoɔ amanee wɔ wɔn yareɛ ho no, annya mmoa biara amfiri wɔn hɔ. ɛmu kakraa bi na wɔnyaa mmoa kakra.

Enam se ART ye afeboɔ nti, PLHIV ne ayaresa adwumayefoɔ ahodoɔ a wɔn na wɔtaa ne wɔn a wɔnya HIV hyia no nyaa ayɔnkofa soronko koraa. Adwumayefoɔ afoforoɔ bi nso a wɔdi wɔn dwumadie wɔ afie mu ɛna PLHIV akuo ahodoɔ ne PLHIV foɔ yi dii nsawɔsoɔ a ɛmaa wɔn ahomeka. Wɔboaa wɔn maa wɔtumi tɔ kɔ so gyina VCT ne ART mu ara. Saa akuhodoɔ yi a wɔn a wɔwɔ yadeɛ-ko-ankɔ yi bi na akeka wɔn ho abobom no ateteɛ yi tumi boa ma ekuo mma no nya kuayɔ mu adesuahodoɔ ma ɛboa wɔn asetena ne sikasem mu. Wɔkyerekyere wɔn kuomma samina yɔ ne ade a na ɛtumi de sika bre wɔn. Se yede sika hye saa akuo yi dwumadie ahodoɔ yi mu a, ɛbeboa abɔ ban ne fapem de mpontuo abre wɔn a wɔyare yareɛ-ko-ankɔ yi, na ama wɔn daakye asetena sem mu aye yie.