

MAKING THE INVESTMENT CASE

**COST-EFFECTIVENESS
EVIDENCE FOR HARM REDUCTION**

**Ensonga lwaki tusiga ensimbi mu
pulogulamu ya Harm Reduction**



Mu mulembe guno nga ensimbi okuva mu bavugirizi b`obuyambi zikendeede eziteekebwa mu kawuka ka siriimu, obulwadde bw'ekibumba C (HCV) n'akafuba (TB), n'ebikulu mu by'obulamu ebirala, waliwo essira ku kulaba omuwendo gwa ssente, okugabanya obulungi ensimbie, n'okulondoola nga ensimbi ziteekebwa wezirina okuteekebwa.

Obujulizi obumatiza okuva mu nsi yonna bulaga nti pulogulamu ezigenderedwamu okukendeeza ku bulabe “harm reduction” tebirina ssente nnyingi era kiyinza okukekkereza ssente mu bbanga eggwanvu.¹ Abawagira ensonga eno kati beetaaga okuteeka okunoonyereza era bategeeze abagaba obuyambi, okwongera obuyambi eri gavumenti mu kiseera kino nga abagabi b`obuyambi bakendeeza obugabirizi.

Omulumu guno ogw'okubunyisa amawulire tegubangako mukulu nga guno. Akawuka ka siriimu kakyagenda mu maaso okusinga mu bantu abakuba ebiragalalagala², naye ensimbi z'okukendeeza obulabe ziri mu akatyaabaga. Obugabirizi bw'obuyambi okulwanyisa akawuka ka sirimu eri abantu abeekuba ebiragalalagala mu mawanga amankuseere wamu n`awanga agakulakulanyemu ko akatono bwagenda mu bukadde bwa doola za Ameriaka¹³¹ mu mwaka gwa 2019 nga kino kikola ebitunddu bitano ku kikumi ku busedde bwa Amerika doola 2.7 ezetaagibwa buli mwaka okutuuka mu mwa gwa 2025.³ Ensimbi z'abawaayo ssente z'ensi yonna okukendeeza ku bulabe zikendedde ekitundu kimu kyakuna mu myaka kkumi egijise.⁴ Amawanga agalina ssente eza wakati geeyongera okubeera mu bulabe ng'abawaayo ssente oba bakendeeza oba okuggyayo ssente. Wadde nga amawanga mangi gateese ensimbi awaka mu by'obulamu wamu n'okulwanyisa akawuka k'amukkenenya, waliwo ensimbi ntono nnyo eziteekedwa mu pulogulamu za harm reduction wewaawo nga waliwo obwetavu.⁵

Mu bufunze buno wammanga buwa obujulizi abawagizi bwe beetaaga okulaga okukendeeza ku nsimbi ezisaasaanyizibwa mu kukendeeza ku bulabe n'omuwendo gw'ebyenfuna ogweyongera okuteeka ssente mu bikolwa ng'ebyo bijja kuleeta.

OKUKUUMA OMUTINDO GW`EMPEEREZA MU BANTU ABAKOZESA EBIRAGALALAGALA

Waliwo okweralikirira eri abalwanyirizi baabo abanyigirizibwa nti, singa essira lisukkiridde okuteeka ku nsaasaanya y'ensimbi, gavumenti n'abagaba obuyambi bayinza okukulembeza eby'ensimbi ku mutindo gw'obuweereza obuwebwa, ekintu eky'obulabe eri okukendeeza ku bulabe obusenziira ku ddembe ly'obuntu, nga kwesigamye ku bantu b'omukitundu

Mu maaso ga kino, enzikiriza yaffe eya 'tewali kintu kyonna ku ffe awatali ffe' elina okuba nga banywevu nnyo. Ebitundu birina okuba wakati mu kusalawo kwonna nti bikwatagana n'obulamu bwabwe, nga mw'otwalidde n'eb'ensimbi.

Okwekenenya ebyenfuna tekulina kuba musingi gwokka ku mbalirira okusalawo kukolebwa. Ensimbi eziwangaala okukendeeza ku bulamu n'obulabe kyetaagisa obwenkanya, eddembe ly'obuntu n'ekitundu okubeera wakati.

Okutunnuliza ebyenfuna kuleme okubeera nga lye kubo lyoka eritunnulirwa okukkanya butya ensimbi mwezirina okuteekebwa. ensimbi ez'omugunddu mu by'obulamu wamu ne pulogulamu za harm reduction z'etaaga okwekennena obwenkanya, eddembe ly'obuntu wamu n'okubeera nga abanyigirizibwa bateekebwa ku mwanjo

Ensimbi ennyingi mu pulogulaamu ezigenderera okuggyawo abantu ebiziyiza eddembe n'okutereeza enkola z'okubonereza bijja kuba bikulu nnyo singa okumalawo mukenenya, akafuba, okulwanyisa HCV, n'okutuuka ku Universal Health Coverage mu mwaka gwa 2030 okufuuka ekintu ekisingako ku kintu eky'ewala eri abantu abakozesa ebiragalalagala.

ENKOZESA Y' ENSIMBI ENNUNGAMU MU PULOGULAMU ZA HARM REDUCTION: EBISUNSUDDWA OKUVA MU BITUUNDU MUSANVU

1. Enteekateeka z'empiso n'empiso y'emu ku nkola ezisinga okukekkereza eby'obulamu bw'abantu ezibaddewo

UNAIDS ebalirira ssente za bulijjo ez'okukola pulogulaamu y'empiso n'empiso (NSP) okubeera US\$23–71 buli muntu buli mwaka.⁶ Bwe ssente ezisaasaanyizibwa mu kujjanjaba endwadde za siriimu ne HCV NSP ze zitangira zitunuulirwa, NSP ze zimu ekisinga okukendeeza ku nsimbi mu bikolwa byonna eby'ebyobulamu eby'olukale.^{7,8}

Okwekenenya ebyenfuna mu **Australia's** 2000-2009 NSP kwazuula nti, ku buli ddoola ya Australia eyateekebwamu, ddoola ezisukka mu nnya zaakolebwa mu kukekkereza ku nsaasaanya y'ebyobulamu. Nga batangira abapya abakwatibwa akawuka ka siriimu, ekitongole kya NSP kyasobozesa gavumenti okwewala ssente ennyingi ezikwatagana n'obulamu bwonna obujjanjabi. Bwe baalwoozebwako ku nsaasaanya ey'enjawulo, . nga kw'otadde n'amagoba n'okufiirwa mu bikolebwa, doola za Australia 27 zaterekebwa ku buli ddoola yateeka mu bizinensi.⁹

Okunoonyereza okwakolebwa mu kibuga Odessa ekya **Ukraine** kwazuula nti okuttumbula pulogulamu ezigaba empiso "NSP" wamu ne kondomu n'amawulire agakwata ku kawuka ka siriimu, nga bayita mu bifo by'obujjambi wamu n'bifo by'obujjanjabi byebatambuza mu bitundu enkola eno yakendeza omuwendo gwa bantu 790 abafuna akawuka ka mukenenya mu mwaka gumu gwokka, era kino nekikendeeza ensasanya ya doola za Amerika 97 ku buli muntu omupya eyandikwatidwa akawuka.¹⁰

Nemu bitundu pulogulamu zino wezakasanyizibwa ebitundu 20-38%, pulojekiti eno yazuulibwa nga ekola bulungi ate ettangira ddala akawuka ka siriimu ku musendo gw`ensimbi omutono ennyo.

Okunoonyereza okwakolebwa mu **Bangladesh** kulaga nti okussa mu nkola enkola ya NSP nga bukyali, ng`obungi bwa siriimu mu bantu abakuba empiso butono, buba bwa ssente nnyingi okusinga ng`obungi bwa siriimu buli waggulu wa bitundu 40%. Kyokka, enkola zombi kyazulibwa nga zikekerezwa ku nsimbi.¹¹

Mu ngeri y`emu, okunoonyereza okuva mu ssaza ly'e Yunnan mu **China** kwazudde nti NSPs zibeera nga tesaasaanya ssente nnyingi ate nga kikekerezwa ssente. Obukadde bwa ddoola za Amerika 1.04 ezaasaasaanyizibwa ku pulogulamu ya NSPs wakati wa 2002 ne 2008 kiteeberezebwa nti yataaza obukadde bwa doola za Amerika 1.38-1.97 mu bujjanjabi wamu n`okuziyiza akawuka ka siriimu.¹²

2. Opioid agonist therapy tesaasaanya ssente nnyingi eri abantu ssekinnoomu n`abantu

Pulogulamu ya Opioid agonist therapy (OAT) ya bbeeyi okusinga eya NSP, egula ssente wakati wa doola za Amerika 360-1,070 ku methadone ne doola za Amerika 1,230–3,170 ku buprenorphine buli mwaka naye era y`essinga okukekerezwa.¹³ Okukekerezwa kwa pulogulamu ya OST kweyongera singa wabawo okugannyulwa kw`abanyigirizibwa mu kitundu muno nga mwemuli okukendeeza obummenyi bw`amateeka wamu n`okusibibwa mu makommera.¹⁴

Okunoonyereza okwakolebwa mu **Indonesia** kwateebereza nti okugaziya OAT coverage okuva ebitundu 5% ku 40% mu West Java byandiziyizza abantu nga 2,400 abakwatibwa akawuka ka siriimu, ku ssente za doola za Amerika nga 7,000 buli bulwadde obuziyizibwa.¹⁵ Mu ngeri y`emu, mu **Russia** obujulizi bulaga nti OAT yandibadde ya ssente nnyingi, kubanga yandikekerezwa ssente nnyingi ez`ebyobulamu ezikwatagana ne siriimu n`akafuba.¹⁶

Okunoonyereza okumu kugeraageranya ssente za OAT ez`enjawulo. Ng`ekyokulabirako, okugezesebwa mu Vancouver, **Canada** yazudde nti obujjanjabi obuyambibwako heroin bwali bwa ssente nnyingi okusinga obujjanjabi obw`okulabirira eddagala lya methadone mu bantu abalina obulwadde obutawona okwesigamira ku ddagala lya opioid. Nga ebisale ebikwata ku bumenyi bw`amateeka n`ebisale ebiva mu nsawo

zaalowozebwako, obujjanjabi obuyambibwako heroin nakyo kyafuuka ekikekkereza ssente.¹⁷

3. Empeereza z'okukendeeza obulabe ezigatta zikendeeza nnyo ku nsimbi okusinga empeereza ezeetongodde

Obujulizi obw'amaanyi bulaga nti okugatta NSP, OAT n'eddagala eriweeweza ku kawuka ka siriimu (ART) bye bisinga enkola ennungamu era etali ya ssente nnyingi eri abantu abakuba ebiragalalagala.^{18,19,20}

Okunoonyereza okuva e **Malaysia** kwazuula okussa mu nkola enkola ya NSP okugatta ne OAT wakati wa 2006 ne 2013 yali nnungi ate nga ya ssente nnyingi okuziyiza akawuka ka siriimu, era nti okukendeeza ku nsimbi zaayo kwandiyongedde okumala ekiseera. Ensaasaanya y'ensimbi mu nteekateeka eno yalina obusobozi okuyamba ennyo okusingawo, singa yali ebunnye wonna era singa abantu wamu n'ebitunddu by'ateekebwa ku mwanjo.²¹

Mu **Slovakia**, okunoonyereza kwazudde nti buli Euro yateeka ssente mu kukendeeza obulabe yavaamu emigaso egya Euro ssatu, era buli bulwadde bwa HCV bwaziyizibwa yandikekkereza €106,000 mu bujjanjabi n'omutindo gw'obulamu mu 25 myaka.²²

Abanoonyereza mu **Bungereza** baazudde nti okubikka ku NSP ne OAT okugatta kikendeeza ku bulabe bw'okufuna HCV ebitundu 29-71%. NSP yazuulibwa nga ekendeeza ku nsimbi (era ekekereza ssente mu mbeera ezimu) olw'okuziyiza HCV. Okwawukana ku ekyo, okuggyawo OAT ne NSP kyandibadde n'okukosebwa ennyo ku ndwadde za HCV. Mu mbeera emu eya Bungereza eno yandiyongedde ku bulwadde bwa HCV obupya ebitundu 349% omwaka 2031 we gunaatuukira.²³

4. Engabanya ya naloxone mu bannaabwe ekendeeza ku ssente nnyingi

Naloxone nkola etaasa obulamu kuba ekola nnyo mu kuzzaawo okukozesa eddagala lya opioid erisukkiridde. Enteekateeka z'okugabanya bannaabwe ziwa abantu eddagala lya naloxone abayinza okulaba ng'anywa

eddagala erisukkiridde, gamba ng'emikwano n'ab'omu maka g'abantu abakozesa opioids, wamu n'okutendekebwa ku ngeri y'okuzigaba.²⁴

Okunoonyereza okumu okuva mu **Amerika** kwazuula ensaasaanya ya naloxone mu bannaabwe okubeera nga tesaasaanya ssente nnyingi mu kutangira okufa olw'okukozesa eddagala erisukkiridde.²⁵ Okufaanako ebyavuddemu byazuuliddwa mu kunoonyereza okwakolebwa mu bibuga bya **Russia**.²⁶

5. Ebisenge ebiteekebwawo okukozesebwa abakozesa ebiragalalagala senga baba baagala okunnywa ebiragalalagala bireeta empeera nnyingi

Ebisenge ebyateekebwawo okukozesebwa abakozesa ebiragalalagala senga baba baagala okubikozesa byawukana mu bugazi, n'engeri gy'ebyakolebwa mu wamu n'ensegeka yaabyo era n'omuwendo ogwabiteekebwamu okubiteekawo. Naye wadde nga okuteeka wo ebintu bino kya bbeyi, naye mepeera gy'ebireeta nnyingi.²⁷

Mu 2009, abanoonyereza okuva mu **Canada** bakinoganya omulimu ogwakolebwa ogwa pulogulamu z'empiso okuva mu kitundu kya Vancouver, kiwa omuganyulo gwa doola za Amerika obukadde mukaaga buli mwaka nga omaze okuggyako esimbi ezisaasanyizibwa mu kuddukanya emirimu gya pulogulamu eno.

Abanoonyereza okuva mu ggwanga lya **Amerika** beekennenya ensimbi ezandikozeseddwa mu kuleeta wo ettabi erikola mu kulondoola emirmu gye egya pulogulamu z'empiso mu bitundu bya Baltimore, ekibuga ekyali kirimu ennyo a katyabaga k'abantu abakannuka olw'okukozesa ebiragalalagala. Baakizudde nti buli mwaka ssente obukadde bwa doola za Amerika 1.8 ezandikozeseddwa mu kulondoola emirmu gino zisobola okuzaala ensimbi obukadde 7.8 obwa doola.

6. Obutakola, okukendeeza ku nsimbi oba okuggalawo empeereza zirina ebyenfuna ebibi ebiddirira

Waliwo obukakafu obulaga nti okukendeera kw'obulabe, oba okukomya ddala empeereza y'okukendeeza eyinza okuvaako okweyongera kw'obulwadde bwa siriimu ne/oba HCV.

Singa **Switzerland** yali eyimiriza empeereza y'okukendeeza obulabe mu 2005, okunonyereza kulaga nti abantu abalala 1,350 bandifunye akawuka ka siriimu era yali yeetaaga obujjanjabi obw'ebbeeyi.²⁸

Okunonyereza okwakolebwa mu **Mexico** kwazuula nti ekitongole kya Global Fund ekirwanyisa akawuka ka mukenenya, akafuba wamu n'Omusujja gwensiri okukendeeza obuyambi mu 2013 kyakendeeza nnyo ku buzibu bw'okufuna obuyambi eri abakozesa ebiragalalagala. Kino kiraga obukulu bw'enkyukakyuka ez'obuvunaanyizibwa, ez'amangu okuva ku Mugabi ensimbi okuweebwa obuyambi bw'awaka.²⁹

Mu **Belarus**, ekituli mu nsimbi ekyabaddewo mu myezi munaana kyakendeeza ku kugaba empiso ku 75%, nga kino nakyo kyakendeeza ku buzibu bw'okuyingira mu nsonga eno n'okukendeeza ku nsimbi. Awatali bbanga lino, modeling eraga nti pulogulaamu eno yandibadde yeewala Ebitundu 53% ebisinga okukwatibwa akawuka ka siriimu mu myezi munaana ate 26% mu myezi 22, era kino kisobola okuleetawo akatyabaga bitundu 11 ku kikumi okuleemesa okukendeeza akawuka ka mukennenya.³⁰

7. Ensimbi ezisaasaanyizibwa mu kuteeka wo amateeka amakakali mu kulwanyisa ebiragalalagala

Gavumenti nnyingi zisaasaanya ssente nnyingi nnyo ku nkola z'okukozesa ebiragalalagala ezibonereza. Nga kwotadde n'okutyoboola eddembe ly'obuntu, enkola eno eteeka eby'enfuna ebinene omugugu ku bulamu bw'abantu, abantu n'omuntu ssekinnoomu. Ensi nnyingi zisiba abantu olw'okukozesa ebiragalalagala n'okubisangibwa nabyo. Okusiba kuno kwa bbeeyi okusonda ssente era era kivaamu ssente nnyingi nnyo mu by'obulamu bw'abantu bonna. Okugeza, okusaasaana kwa siriimu kuli okutuuka ku mirundi 50 mu basibe okusinga mu bantu bonna.³¹

Mu mawanga ga Asia agawerako, abantu abakozesa ebiragalalagala basindikibwa mu ebifo ebikakatako eby'okusibira abantu ebiragalalagala n'okuddaabiriza abantu, ebitongole by'ekibiina ky'Amawanga Amagatte bye bavumiridde nti tebakola bulungi era nga batyoboola eddembe ly'obuntu. Okunonyereza mu **Vietnam** kwakizuula nga asiba omuntu akuba ebiragalalagala mu kifo we baddaabiriza ekifo kifiiriza gavumenti y'ebitundu emirundi 2.5 okusinga okubawa OAT mu kitundu okumala omwaka mulamba.³²

Okuggya omusango gw'okukozesa ebiragalalagala ku bubwe kyandiwoyeyza gavumenti ssente nnyingi nnyo ku kukwasisa amateeka

n'okusiba abantu mu makomera, nga bwe kyalagibwa **Abapotugali** obumanyirivu.³³ Okuddamu okugabanya ebitundu 7.5% byokka ku nsaasaanya y'okulwanyisa okukozesa ebidagaladagala (US\$7.66 obuwumbi) kyandiviirako okukendeera ebitundu 94% mu bantu abapya abakwatibwa akawuka ka siriimu abakuba ebiragalalagala, n'okukendeeza okufaananako n'okwo kw'abafa olwa mukenenya mu mwaka gwa 2030.^{34,35} Kino kyandimaze bulungi akawuka ka siriimu mu bantu abakuba ebiragalalagala – ekintu amawanga geewaddeyo okukola naye nga gali wala nnyo okutuukako.

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