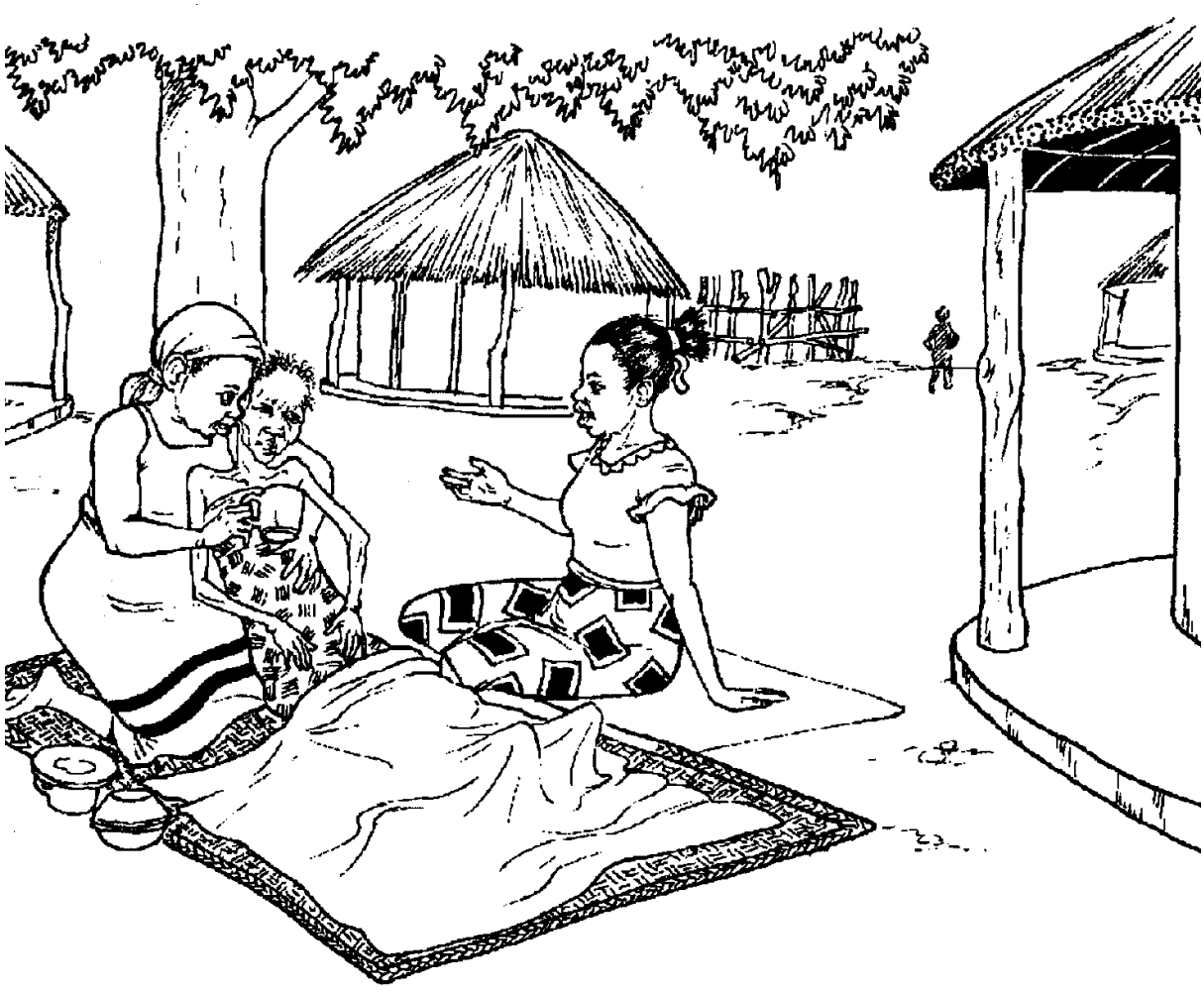
CHISAMALIRO CHABWINO KWA ANTHU OMWE ALI NDI MATENDA OSACHILITSIKA

Njira zothandizira ogwira ntchito modzipereka kumidzi



Njira zoyenera kutsata zomwe zili m'bukhu ili zidakonzedwa ndi odwala, maanja awo komanso ogwira ntchito yothandiza anthu m'madayosezi a mpingo wa Katolika ku Malawi.

Anna Anderson

Ndondomekoyi idalembedwa kuti azigwiritsa ntchito ndi anthu ogwira ntchito modzipereka pantchito yochepetsa ululu. Ndondomekoyi ingathe kuperekedwa kwa anthu awa:

- Amene akugwira ntchito yophunzitsa ena za chithandizo chabwino kwa anthu omwe ali ndi matenda osachilitsika
- Ngati njira yothandiza anthu amene akupereka thandizo kapena kuthetsa mavuto
- Komanso anthu amene akugwira ntchito modzipereka pophunzitsa anthu odwala kapena amene akuwayang'anira.

Lidasindikizidwa koyamba m'chaka cha 2008

Tikuthokoza bungwe la anthu ogwira ntchito yothandiza kuchepetsa ululu pakati pa odwala la Palliative Care Association of Malawi (PACAM) komanso la African Palliative Care Association (APCA) chifukwa chowonjezeramo zina ndi zina.

Wojambula: Isiah Mpande
Mkonzi, wotayipa ndi amene adakonza ndondomekoyi m'chingerezi: Sara Millington

Mabukhu tidagwiritsa ntchito

Pogwira ntchitoyi, panali mabukhu ena amene tatolamo zina ndi zina. Awa ndi monga:
Palliative Care Training Manual for Community Home-Based Care Volunteers, draft copy (Malawi: Catholic Health Commission, ECM, May 2007).
Hirt, Dr H. ndinso Lindsey, Dr K., *Natural Medicine in the Tropics: A Seminar Handbook*, 2nd edn (Winnenden: ANAMED, 2002)
Merriman, A.,: *Palliative Medicine: Pain and Symptom Control in the Cancer and/or HIV/Aids Patient in Uganda and other African countries, third edition* (Kampala: Hospice Africa, 2002).
World Health Organization, *A Guide for Patients, Family Members and Community Caregivers: Caregiver Booklet* (Geneva: WHO, 2004).

Uthenga kwa anthu odzipereka pogwira ntchito yopereka chithandizo chabwino kwa anthu omwe ali ndi matenda osachilitsika

Tili ndi chikhulupiliro kuti bukhuli likuthandizani ndi kukumbutsani pazomwe muyenera kutsata popereka thandizo, kusamalira ndi kuthandiza anthu odwala komanso maanja awo.

Inu ndi maso, makutu, manja, komanso mtima weniweni wa gulu la anthu othandiza kupereka thandizo lochepetsa ululu. Ndondomeko iyi yaperekedwa kwa inu.

Zamkatimu

Nkofunika kuti tikaone Mayi Chilenje. Akuwoneka kuti ali wokhawokha komanso akumva ululu. Ana awo ali ndi njala komanso sakupita kusukulu. Mwinatu tingathandizepo.

Kusamalira thupi, mtima ndi uzimu

Kodi chisamaliro chabwino kwa odwala amene ali ndi matenda osachilitsika nchiyani?

Kuchepetsa ululu ndiko kupereka chisamaliro chapadera kwa anthu amene ali ndi matenda osachizika. Chisamaliro chotere chingaperekedwe kunyumba, m'zipatala ndipo angapereke ndi maanja awo, ogwira ntchito modzipereka, anamwino, madotolo, abusa ndi ena achipembedzo komanso azaumoyo.

Kuchepetsa ululu:

- Kumathandiza anthu amene ali ndi nthenda zosachizika ndi maanja awo kuti akhale ndi moyo wabwino ndi waphindu
- Kumawona mbali zonse zaumunthu: kuthupi, m'maganizo, momwe akukhalira ndi ena komanso kuuzimu
- Kumathandiza kupewa ululu ndi zizindikiro zina zofowoketsa
- Kumathandiza kuti anthu kumadera awo azitengapo mbali pothandiza odwala
- Kumathandiza kupereka chisamaliro panthawi ya imfa
- Kumathandiza kulimbikitsa anamfedwa nthawi yachisoni

Kumbukirani kuti: *Kuyang'ana mbali zonse za umunthu popereka chithandizo nkofunika. Kuthandiza mbali zonse zaumunthu: kuthupi, m'maganizo, momwe akukhalira ndi ena komanso muuzimu*

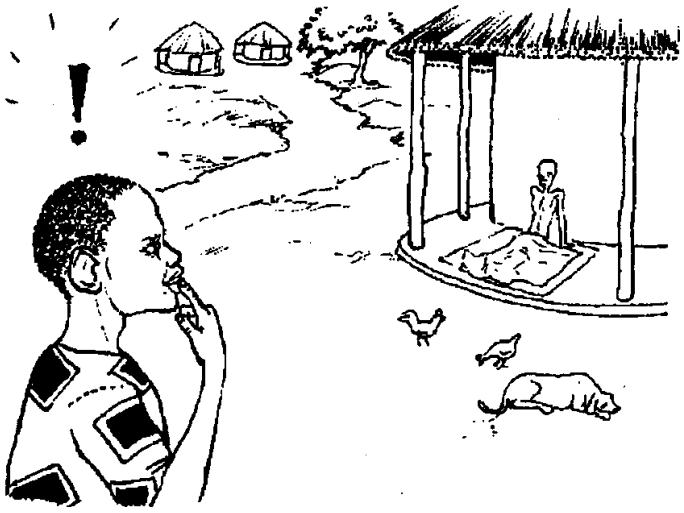
2. Ntchito za anthu odzipereka kusamala odwala m'makomo

Kwa ogwira ntchito yothandiza anthu m'makomo modzipereka
Inu ndiye muyenera kulumikiza odwala, maanja awo, anthu am'madera omwe iwo akukhala komanso anthu ogwira ntchito zochepetsa ululu.

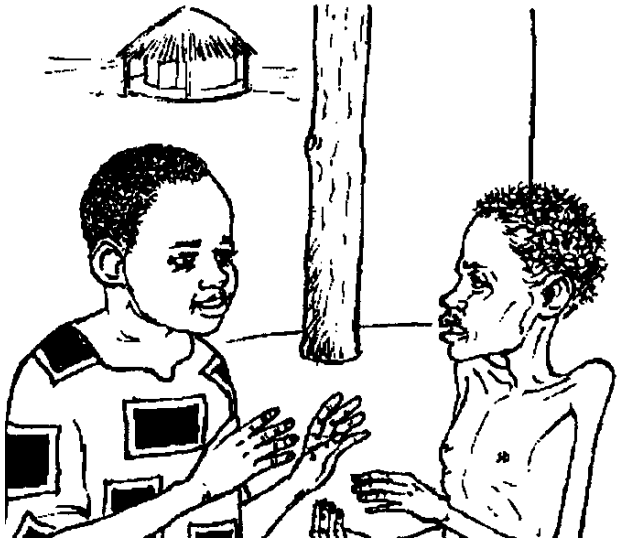
Ntchito zanu ndi izi:

1. Kupeza odwala amene akufunika thandizo lochepetsa ululu
2. Kuwona zosowa za odwala komanso maanja awo
3. Kukanena zamavuto amene alipo kwa anamwino, chipatala, abusa ndi ena achipembedzo, ogwira ntchito zoyang'anira anthu m'madera awo ndi anthu ena opereka thandizo losiyanasiyana
4. Kuthandiza kupereka chisamaliro chonse chofunika
5. Kulimbikitsa odwala ndi maanja awo powapatsa uphungu, ubwenzi komanso kumvera mavuto awo
6. Kuphunzitsa odwala ndi maanja awo momwe angaperekere chisamaliro chabwino
7. Kuwathandiza odwala ndi maanja awo kuti akonzekere zanthawi yaimfa ndi chisoni
8. Nthawi zonse muyenera kugwira ntchito ndi anthu kumadera

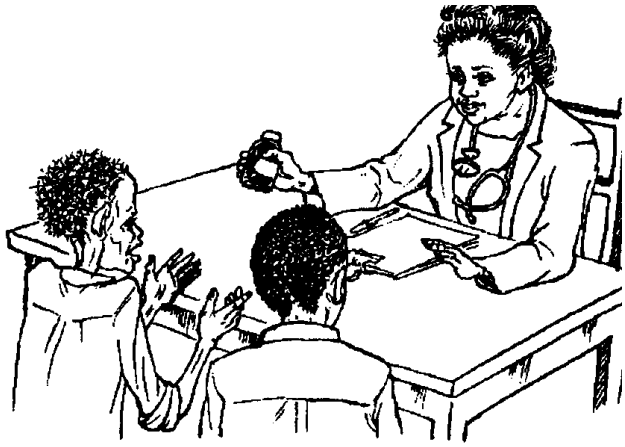
Zofunika kudziwa:
M'kabukhuka mupezamo malangizo azomwe muyenera kuwauza anamwino ndi anthu ena amene mukugwira nawo ntchito. Koma muyenera kutsata ndondomeko yoyenera pamene mukukanena, molingana ndi ntchito yanu



1) Pezani wodwala



2) Pezani zovuta ndi zosowa zawo



3) Atumizeni odwala ndi owayang'anira kwa anamwino kuchipatala

4) Thandizani popereka chisamaliro komanso chilimbikitso

Izi ndi ntchito za munthu ogwira ntchito modzipereka zochepetsa ululu kwa anthu

3. Kulumikizana ndi odwala ndi maanja awo

Kulankhulana molakwika kumabweretsa kusamvetsetsana, kusowa kwa kukhulupilirana komanso kutaya chikhulupiliro. Nkofunika kupeza njira zabwino zoyenera kutsata polankhula ndi odwala komanso maanja awo ncholinga choti athe kukumvetsetsani komanso kuti muwathandize bwino

Zina mwa njira zoyenera kutsata:

- Mvetserani, lankhulani ndi kuchita zonse mwaulemu
- Wonetsani chidwi kuti mukufunitsitsa kumvetsetsa zomwe zikukuvuta
- Nenani zowona zokhazokha komanso khalani odalilika
- Mvetsetsani umo odwala akumvera m'thupi. Kodi akudandaula, kapena akumva ululu, kapena ali ndi njala?
- Mvetsetsani chenicheni chomwe akufuna kunena
- Onetsetsani momwe akugwiritsira ntchito thupi lawo pofuna kufotokoza mavuto
- Onetsetsani kuti mukumvetsetsa bwino. Funsani mafunso pomwe simunamvetse
- Apatseni chikhulupiliro powonetsetsa nthawi zonse zoyenera kuchita
- Musachititse kuti odwala ndi maanja awo akhale ndi nkhawa, achite manyazi kapena akhale odandaula
- Apatseni odwala mwayi ndi nthawi kuti apange chisankho pazochita ndi zoganiza
- Alimbikitseni kuti athe kukonza mapulani paokha
- Limbikitsani kuti odwala ndi maanja awo azilankhulana

Mutayerekeza kuganiza muli inu amene mukudwala, mungathe kuwona momwe mungamvetsetsere mavuto awo

4. Kuunikira zosowa za odwala ndi maanja awo

Pamene mwapeza odwala amene akufunika thandizo lochepetsa ululu, muyenera kudziwa zofuna ndi zosowa za odwala ndi maanja awo ndi kupeza mavutowo. Muyenera kuwauza zomwe mwapeza kumayambiriro antchitoyi.

Mvetserani, onetsetsani ndipo funsani mafunso pazomwe zikuchitika.

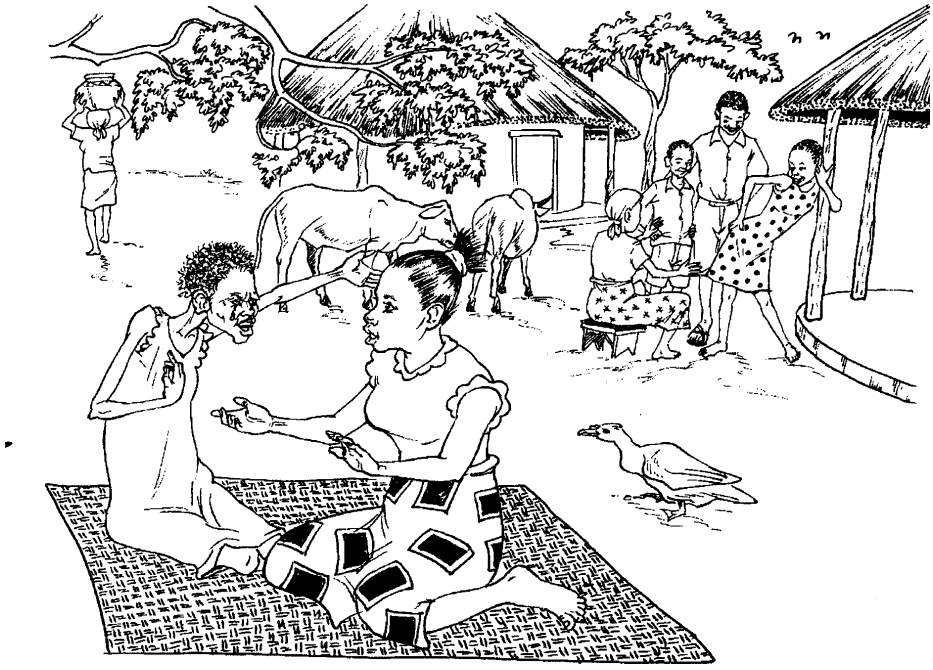
Mungathe kufunsa mafunso awa pofuna kupeza mavuto ndi zofuna za odwala komanso maanja awo:

1. Zofuna kuthupi
- Muli bwanji?
- Mukumva kupweteka? Pati? Kwayamba liti?
- Kudi mukumva kufowoka, kusowa tulo, kutsegula m'mimba, kutentha thupi, mukumafuna kusanza?
- Mukumwa mankhwala aliwonse ndipo akukuthandizani bwanji?

2. Zofunika m'maganizo
- Kodi mukudandaula chiyani?
- Kodi nthawi zina mukumasokonekera m'maganizo?
- Mutakhala ndi mavuto aliwonse, mungawuze ndani?

3. Zofuna pakakhalidwe ndi anthu ena
- Alipo akukuthandizani mwanjira iliyonse? Ndani? Akukupatsani thandizo lamtundu wanji?
- Ndi maubale ati omwe ndiofunikira kwa inu?
- Kodi mukusungulumwa?
- Banja lanu likukuthandizani bwanji?
- Kodi mukudandaula za banja lanu—ana anu, mkazi kapena mwamuna wanu?

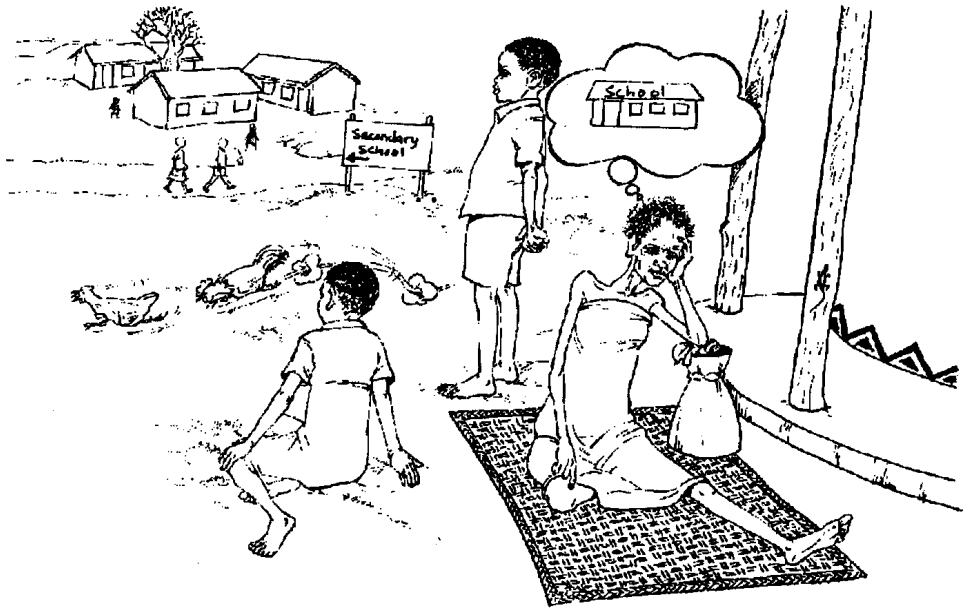
Chithunzi chikusonyeza zosoweka m'maganizo: "Koma ndidzatha kukhala popanda iwo?



Chithunzi chikusonyeza zosoweka m'madera momwe odwala akukhala: "Tawawonani, palibe akundithandiza kapena kusamala matenda anga"

4. Kusowa ndalama

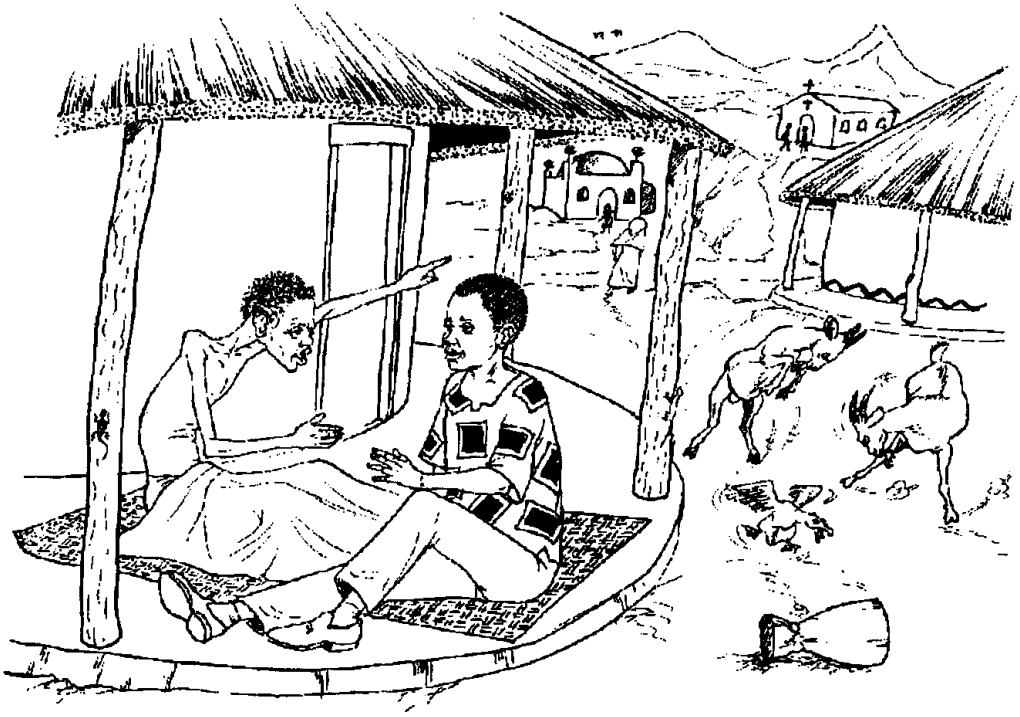
- Chakudya ndi zosowa zina mumazipeza bwanji?
- Ana anu amapita kusukulu?
- Ndani akulipilira ana anu sukulu?
- Kodi muli ndi ndalama zoyendera kupita kuchipatala?



Kusowa ndalama: "Palibe ntchito yomwe ndingagwirenso. Ndipo ngakhale ana anga sakupita kusukulu."

5. Zosowa pa moyo wauzimu

- Kodi chimakupatsani chiyembekezo nchiyani pamene muli pa mavuto?
- Muli ndi mantha kodi?
- Ndi thandizo lotani lomwe lingakuthandizeni?
- Mukufuna kulankhula ndi atsogoleri achipembedzo?



Kusoweka pamoyo wa uzimu: "Sindikutha kupita kukapemphera ndipo palibe amabwera kudzandiwona"

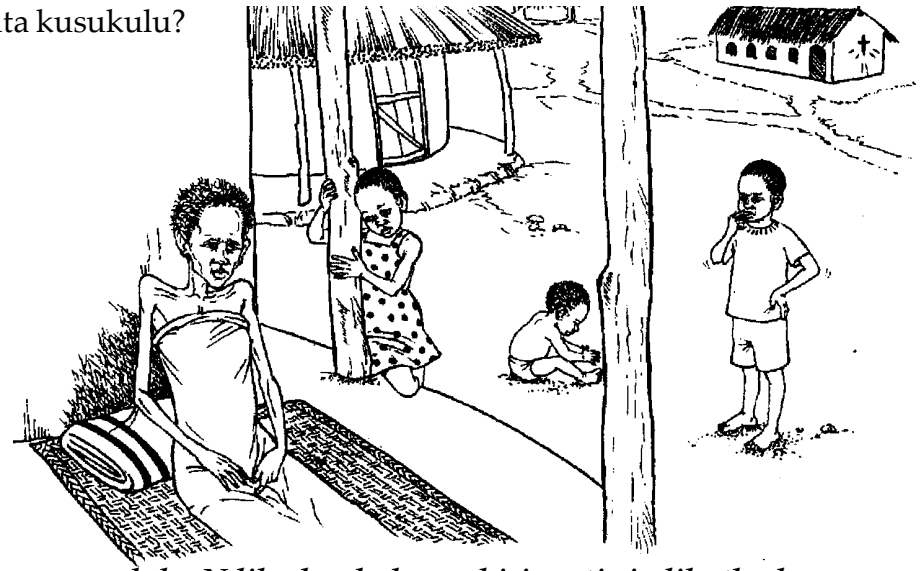
6. Zosoweka pachikhalidwe

- Mungalongosole chomwe chikukudwalitsani?
- Kodi nchiyani chingakuthandizeni kuti mupeze bwino?

Zosowa pachikhalidwe: "Kodi mukuyesa nkhalambayo yakulodzani?"

Zosowa za ana

- Kodi mukudandaula zatsogolo la ana anu?
- Akusamalilidwa bwanji anawo?
- Kodi mukuganiza kuti akufuna ndi kusowa chiyani?
- Angalankhule ndi yani atapeza mavuto aliwonse?
- Kodi iwo akumvetsa zomwe zikuchitika?
- Nanga akupita kusukulu?



"Ana akuwoneka osasangalala. Ndikudwala kwambiri moti sindikutha kuwasamalira"

Zomwe mungachite pofuna kuthandiza

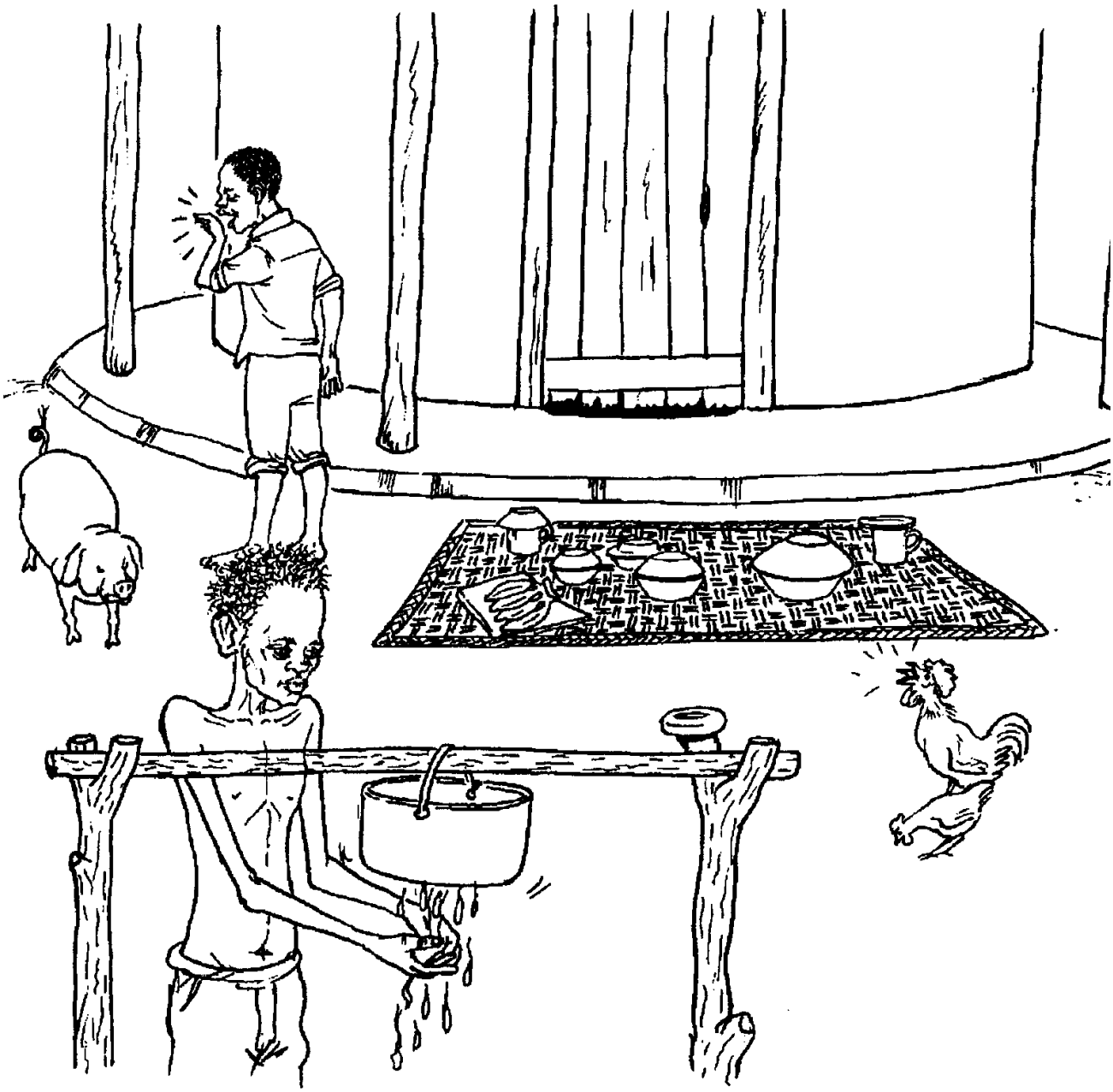
- Athandizeni odwala ndi maanja awo kupeza ndi kufotokoza mavuto awo
- Athandizeni kuti athetse mavutowo
- Perekani uphungu ndi malangizo moyenera
- Zindikirani kuti odwala angathe komanso lemekezani ufulu wawo osankha
- Limbikitsani anthu am'madera momwe akukhala komanso perekani thandizo lauzimu

Sindikusungulumwa ngakhale kudandaula monga kale

Muyenera kuwuza anamwino kapena ena achipatala pamene mwapeza zofuna, zosowa ndi mavuto omwe odwala akukumana nawo. Komanso mungathe kuwuza abusa ndi ena ogwira ntchito zofalitsa uthenga wa Mulungu, ogwira ntchito zothandiza anthu m'madera omwe akukhala, oyang';'anira zakayendedwe, mabungwe othandiza amasiye, mafumu ndi ena

5. Kuthandiza mavuto okhudza chisamaliro chathupi

Ndi bwino kupewa mavuto otere asanayambike, ngati nkotheka. Ngati vuto liwoneka, nkofunika kulithetsa mwamsanga pofuna kupewa masautso ndi ululu osafunika. Gawo ili likusonyeza momwe mungapewere mavutowa.



Ukhondo umathandiza kupewa ndi kugonjetsa matenda

Ndondomeko zothandiza kuthetsa mavuto

- Khalani aukhondo nthawi zonse
- Sambanim'manja musanayambe kuthandiza odwala komanso mukamaliza, mukapita kuchimbudzi komanso pamene mukufuna kudya
- Valani magalavu kapena mapulasitiki popewa kugwira madzi ochoka m'thupi mwa odwala kapena zilonda
- Pewani kukhudza zilonda zosapola. Onetsetsani kuti zilonda zizikhala zosamalidwa ndiponso zomangidwa ndi mabandeji aukhondo
- Ikani zovala zomwe zawonongeredwa mosiyana ndi zinthu zina
- Pamene mukhosomola kapena kuyetsemula tsekani pakamwa panu ndi kumbuyo kwa dzanja lanu lamanzere ndipo yang'anani kumbali kwa amene mukuwathandiza ndipo alimbikitseninso ena kuchita chimodzimodzi
- Samalani popewa kutenga matenda pamene mwayandikana ndi amene akudwala matenda monga TB, zifuwa ndi matenda ena opatsirana mumpweya, mashingozi kapena katsabola
- Tsukani bwino chakudya ndipo chisungeni posafika tizilombo komanso makoswe
- Imwani madzi otungidwa malo abwino kapena awiritseni madzi kwamphindi zingapo nkuwaziziritsa musanawagwiritse ntchito. Ngati madziwo akusungidwa, ayenera kuvindikiridwa bwino ndipo ngati aliyense akufuna kumwa madzi, ayenera kugwiritsa ntchito kapu kapena chikho chakechake
- Ngati zoyenera kuchita, monga kumanga chilonda, zikupereka ululu kwa odwala, muyenera kuwapatsa mankhwala mphindi 30 musanayambe ntchitozo
- Muyenera kuwonetsetsa ngati odwala akuchitiridwa nkhanza kapena kunyanyalidwa (mwachitsanzo muwone ngati sakusamalidwa, akuwoneka kuti akusowa chakudya m'thupi, kupwetekeka komanso ngati akungokhala yekhayekha ndi zina zotere)
- Onetsetsani kuti odwala akumwa mankhwala kuphatikizapo ma ARV monga mwa malamulo adotolo

Kaneneni zovuta zokhudza chisamaliro cha thupi, kunyanyalidwa, matenda opatsirana, mankhwala kulephera kugwira ntchito yake kwa anthu oyenera pamene inu mwalephera

Kusamalira mkamwa

- Kukhala ndi mkamwa mosamalidwa bwino kumathandiza kupewa kutenga matenda ena. Komanso kumathandiza kupewa zilonda ndi fungo losakhala bwino
- Tsukani bwino mano, zitsakano ndi lilime pogwiritsa ntchito muswachi wabwino kapena kamtengo kokonzedwa bwino mukatha kudya kuti muchotse zotsalira pakudya. Koma ngati mkamwa muli zilonda, gwiritsani ntchito kansalu. Mukatero tsukani mkamwa ndi madzi oyera.
- Gwiritsani ntchito madzi amchere, kapena mankhwala amano molingana ndi momwe odwala angakondera
- Ngati wodwala sakumwa kapena kudya, tsukani mkamwa pogwiritsa ntchito madzi amchere kenako kutsuka bwino ndi madzi
- Alimbikitseni odwala kumwa zakumwa zosiyanasiyana kupatula zakumwa zotsekemera
- Wonani ngati mkamwa mulibe zilonda, simofiira komanso mulibe chiseyeye ndi mavuto ena
- Pakani mafuta a Vaseline m'milomo ya wodwala

Kusamalira mkamwa kumathandiza kupewa kutenga matenda ndi ululu

Awuzeni azachipatala za kupweteka mkamwa, chiseyeye, kununkha mkamwa ndi zina zotero.

Kusamba

- Kusamba kawirikawiri kumathandiza kupewa matenda ena, fungo loyipa ndipo zimachititsa kuti anthu akhale motakasuka komanso mwaulemu
- Tengani zinthu zomwe mungafune monga bafa, madzi, sopo, mafuta odzola, chopuputila komanso malaya abwino
- Athandizeni odwala kuti amve kutentha komanso asunge ulemu wawo pofunda nsalu kapena chopuputila
- Tsekani mazenera ndi zitseko powopa kuti mphepo ingalowe
- Poyamba, asambitseni kumaso
- Asambitseni tsiku ndi tsiku pogwiritsa ntchito sopo ndi madzi. Musawanyule malo amene angasupuke ndipo musagwiritse ntchito mankhwala amphamvu kwambiri. Ngati mwawapaka sopo, wonetsetsani kuti watsukidwa bwino ndipo mulore paume bwino.
- Alangizeni odwala kuti aziyesetsa kusamba okha ndipo ayenera kusambitsanso ziwalo zawo zobisika. Kupanda apo, afunseni odwala ngati alipo ena angathandize pamenepo.
- Musawadzoze mafuta ambiri chifukwa mafuta akakhala ambiri pakhungu zingathe kuyambitsa matenda enanso
- Adzokeni mafuta kumsana. Musawadzoke mafuta pamene pali chilonda
- Yang'anitsitsani ngati thupi lawo lili ndi chilonda
- Tseketani zikhadabo komanso metani tsitsi la odwala monga kukufunikira
- Yang'anitsitsani kuti pathupi palibe chovuta chili chonse

Kusamba kumathandiza kupewa matenda komanso kumachititsa odwala akhale motakasuka

Kaneneni kwa anamwino ngati muwona mavuto aku pweteka, kufowoka, zilonda kapena zizindikiro zamatenda kapena zotuluka mafinya ndi zonunkha

Kuyang'anira odwala amene akukodzebwa ndi kunyerebwa

Wodwala wolephera kudzigwira ndi amene mikodzo kapena chimbudzi chake chifunika kuyang'anira bwino kuti adzisungire ulemu komanso kuti akhale bwino ndiponso ayenera kupewa matenda wopatsirana komanso zilonda zopweteka.

- Onetsetsani kuti odwala ulemu wake ukusungika
- Ngati adziwonongera, chapani ndi sopo ndi madzi
- Valani ma *glove* kapena mapepala apulasitiki kuti mudziteteze
- Tetezani khungu loyandikira pokhalira ndi ziwalo zobisika pogwiritsa ntchito Vaseline kuti ziwalo zimenezi zisaume ndikuthetheka
- Tetezani malo amene agona ndipo matilesi muwakulunge ndi pulasitiki kenako yalanipo nsalu (musalore pulasitiki izikhudzana ndi khungu kuwopetsa zilonda chifukwa chakutentha
- Ngati wodwala afuna kupita kukadzithandiza, muthandizeni msanga
- Muthandizeni wodwala kupita ku chimbudzi ngati akutha kuyenda
- Ngati sakutha kuyenda apatseni choti akodzeremo kapena kuchitiramo chimbudzi (onetsetsani kuti sichobowoka kapena chophwanyika)
- Katayeni zinthuzo mchimbudzi ndipo tsukani chomwe anakodzeramo kapena kuchitira chimbudzicho ndi Jik kapena ndi sopo komanso madzi
- Onenetsetsani kuti zofunda ndi zaukhondo ndipo ziyanikeni nthawi ndi nthawi kuti tizilombo tife
- Awonetseni chikondi ndipo adziwe kuti inu mukuwamvetsetsa
- Onetsetsani kuti m'chipinda mukukhala fungo labwino potsegula mazenera, kugwiritsa ntchito makala kapena viniga

Athandizeni olephera kudzigwira m'njira zowasungira ulemu

Kaneneni kuchipatala ngati odwala akudandaula ndi ululu, kutsegula mmimba, magazi m'chimbudzi kapena ngati nkodzo ukununkha kapena akumva ululu pokodza

Kusintha momwe wodwala wakhalira kapena wagonera

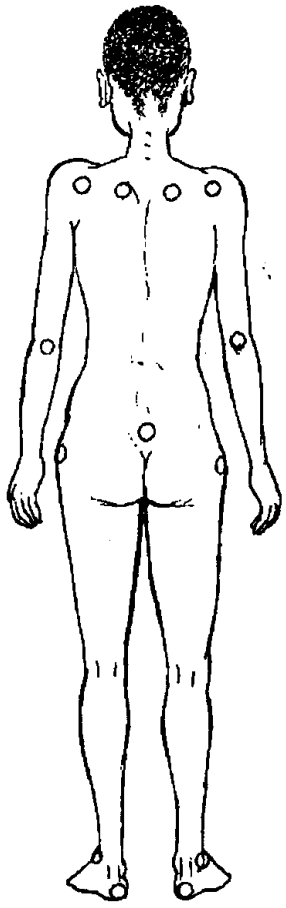
Kusintha kawirikawiri malo amene wodwala wakhala kapena kugona nkofunika pofuna kupewa matuza. Izi nzofunikanso makamaka kwa odwala amene sakutha kusuntha okha

Matuza obwera chifukwa chokhalitsa kapena kugonera mbali imodzi

Matuza amenewa amatuluka pathupi, makamaka pokumanirana mafupa, ngati odwala agonera kapena kukhalira mbali imodzi kwanthawi yayitali. Kuzilekerera kungabweretse zilonda zopweteka ndi zonunkha kwambiri. Kuzipewa zilondazi sikufuna nthawi yayitali koma mpovuta kuti muzichize ndipo nthawi zambiri sikutheka.

Ngati odwala akutha kuyenda okha, alimbikitseni kuti azitembenuka nthawi ndi nthawi

- Alimbikitseni odwala amene sakutha kudzuka pogona kuti azisintha magonedwa pakatha maola awiri alionse. Ngakhale kungosintha pang'ono kokha
- Tetezani malo amene mafupa amatuluka monga paphewa, akashukushuku (elbows), kumbuyo kwa mutu ndi makutu; kumsana; m'chiuno, zitendeni ndi malo ena olumikizana mafupa. Ikani zinthu zofewa malo amenewa. Mungathe kuyika nsalu yopinda, kamtsamilo (*pillow*) kakang'ono kapena masamba anthochi owuma m'kasalu
- Zofunda zikhale zowuma komanso zovala zikhale zositidwa bwino
- Sisitani malo onse amene mafupa amatuluka monga tatchula kale pogwiritsa ntchito mafuta, kapena Vaseline. (Chonde musasisite thupi lomwe lang'ambika).
- Gwiritsani ntchito nsalu zopindapinda kapena mitsamiro kuti wodwala akhale malo abwino. Thupi lawo likhale malo oti pamene pakumana mafupa pasakhale zopinga zina
- Thupi likhale laukhondo ndi louma nthawi zonse
- Yang'anirani thupi tsiku lililonse ndipo likhale louma
- Muyenera kuyang'ana kuti thupi la wodwla lili bwanji tsiku ndi tsiku ndipo wonani ngati akumva ululu
- Alimbikitseni odwala kuti azidya zakudya zakasinthasintha komanso kuti azimwa madzi kapena madzi azipatso
- Perekani thandizo lamankhwala ngati penapake pathupi la odwala sipali bwino



Madela amene angakhudzidwe ndi zilonda

Njira zoyenera kutsata potembenuza wodwala amene wagonekedwa

- Ngati anthu awiri alipo sizikhala zovuta kugwirira ntchito limodzi
- Mfotokozereni wodwala chili chonse chomwe mukuchita. Wodwala ayenera

kudziwa zomwe zikuchitika.

- Sungani kansalu kabwino pamene wodwala wagona nthawi zonse. Kameneka ndiko mungagwiritse ntchito pomunyamula, kutembenuza ndi kusintha malo amene wagona
- Munyamuleni wodwala bwinobwino ndi kansalu ndipo musamukoke ncholinga choti thupi likhale myaaa!
- Nthawi zonse, wonetsetsani kuti mawondo a wodwala ndi opinda pamene mukumusuntha kapena kutembenuza
- Yesetsani kuti muyandikire wodwala ndipo kansalu kagunda thupi la wodwala ndipo muwagwire m'chiuno ndi paphewa
- Ngati pali anthu awiri, aliyense agwire wodwala paphewa ndi m'chiuno ndipo onse anenere limodzi kuti "1-2-3" ndipo akamaliza kuwerengako amusunthe wodwala atatha kuwerenga katatu
- Ngati muli nokha, pindani nsalu pamapewa onse a wodwala ndipo msuntheni pang'onopang'ono
- Msiyeni wodwala kuti akhale motakusuka

Kusuntha wodwala pamene agona kapena kukhala kumathandiza kuti asakhale ndi zilonda

Kaneneni ngati muwona kuti wodwala akumva ululu, ali ndi zilonda kapena sakutha kusuntha komanso pamene mwawona kuti pakhungu lake pali matenda

Kulimbitsa minofu ndi molumikizira mafupa

Kulimbitsa minofu ndi pokumana mafupa kumathandiza kuchepetsa ululu, kuwuma kwa ziwalo ngakhalenso kulumala kumene.
Dziwani kuti kufewetsa minofu ndi pokumana mafupa sikoyenera pamene maola omaliza amoyo waodwala

- Onetsetsani kuti wodwala sakukhala nthawi yaitali osatakataka
- Alimbikitseni odwala kuti azichita masewero olimbitsa thupi kamodzi patsiku
- Sisitani mokumana mafupa bwino lomwe ndi mafuta kapena Vaseline
- Pindani, kenako wongolani ndipo kokani pang'onopang'ono mokumana mafupa ndipo onetsetsani kuti simukuchititsa kuti odwala amve ululu
- Awonetseni odwala komanso amene akuwayang'anira momwe angalimbitsire minofu ndi mokumana mafupa bwino

Kulimbitsa minofu ndi mokumana mafupa kumathandiza kupewa ululu ndi kuwuma ziwalo

Kaneneni kwa anamwino ngati ziwalo zina zikuvuta kusuntha

6. Zakudya ndi zakumwa pachisamaliro chabwino kwa anthu amen akudwala nthenda zosachilitsika

Matenda amachititsa kuti munthu azilephera kudya kapena kumwa bwinobwino. Koma nkofunika kuti wodwala adye ndi kumwa zabwino.

Ndi zinthu ziti zomwe muyenera kuwonetsetsa

- Onetsetsani ngati wodwla akuti alibe chilakolako chofuna kudya komanso ngati akukana kudya
- Palinso zinthu zina zomwe zingawalepheretse kudya. Izi ndi monga nselu, kusanza, kusintha kwa kakomedwe ka chakudya, kuvutika potafuna ndi kumeza, kutsegula mmimba, kulephera kupita kuchimbudzi, kutopa, kulephera kugaya zakudya, kupweteka m'thupi kapena zotsatira zamankhwala amene anamwa
- Kuwonda, kufowoka komanso tsitsi kunyankhalala kwa wodwala
- Kuwonaso ngati wodwala kapena owayang'anira akutha kupeza chakudya chakasinthasintha
- Kuwona ngati akudziwa ubwino odya zakudya zakasinthasintha komanso kufunika kokhala ndi madzi okwanira m'thupi
- Wonaninso ngati pali mavuto okhudzana ndi momwe akukhalira ndi anthu ena komanso pamoyo wawo wauzimu komanso wonetsetsani ngati akusalidwa, akukhala okhaokha komanso kusiyidwa m'chikayiko

Mungachitepo chiyani?

- Aphunzitseni zakadyedwe kabwino komanso kuti m'thupi musamasowe madzi
- Perekani chakudya china chowonjezera ndi zina zofunika
- Onetsetsani kuti zovuta zobwera kaamba kosowa chakudya chokwanira zikuthetsedwa. Izi ndi monga mselu, ululu komanso kutsegula m'mimba
- Awuzeni wodwala ndi owayang'anira za zakudya ndi zakumwa zina zabwino monga chambiko, thobwa, yogati, madzi azipatso, likuni phala, phala la nsinjiro ndi chakumwa chopatsa mphamvu
- Aphunzitseni ubwinoosunga bwino madzi ndi chakudya
- Alangizeni azichita masewero olimbitsa thupi nthawi ndi nthawi

Kakonzedwe ka chakumwa chopatsa mphamvu

Pezani kapu imodzi ya jinja; makapu awiri a mandimu; makapu awiri a *aloe vera* yemwe wasendedwa bwino; masipuni awiri aakulu a uchi; malita 5 a madzi. Wilitsani zonsezi kwa mawola awiri. Odwala amwe masipuni atatu aakulu patsiku, ngati nkotheka, kuti apeze mphamvu.

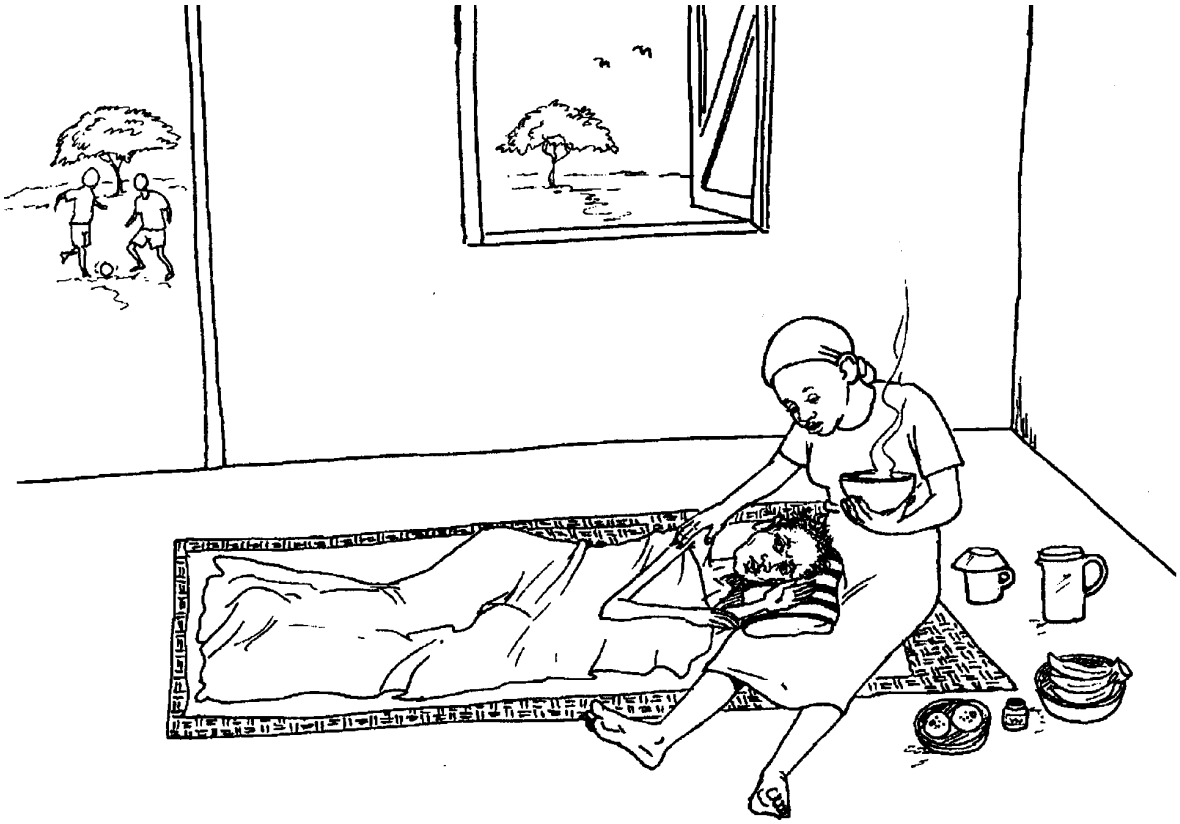
Pamene ndidasiya kusanza ndipo ndidayamba kudya bwino, ndidayamba kukhalanso ndi mphamvu

Chakudya kwa wodwala amene akuthatha

- Musawakakamize kudya. Perekani chakudya kwa odwala okhawo akudziwa chomwe chikuchitika ndipo akuvomereza zomwe zichitika
- Wonetsetsani ngati pali mavuto ena aliwonse potafuna kapena pomeza
- Pewani zakudya zimene wodwala sakuzifuna
- Tsatirani zomwe wodwala akufuna. Apatseni zomwe angathe kudya
- Akhazikeni odwala bwino lomwe kuti adye bwinobwino
- Ngati wodwala akukana zakudya kapena zakumwa, wonetsetsani kuti mkamwa mwake simukukhala mowuma ndipo wonetsetsani kuti mukukhala mwaukhondo pogwiritsa ntchito kansalu konyowa kaukhondo ndipo milomo yawo muziwapaka mafuta monga Vaseline
- Perekani chithandizo, chilimbikitso ndikuphunzitsa akubanja panthawi imeneyi

Onetsetsani izi:

- **Kukakamiza munthu amene akuthatha kuti adye kungachititse kuti atsamwe ndi chakudyacho zomwe zingachititse kuti amwalire msanga kapena kumva ululu kwambiri**
- **Kuchepa madzi m'thupi ngakhalenso kupanda kudya sikuchititsa kuti munthu amve ululu pamene akuthatha ndi imfa**
- **Nthawi zonse muwonetsetse kuti pakamwa, mkamwa komanso milomo ikhale yaukhondo**



Ndili ndi phala lofunda, ndikhala wokondwa mutangomwako pang'ono

Kaneneni kwa anamwino ngati pali kusintha mwadzidzidzi pakadyedwe, zizindikiro zosowa chisamaliro, kufowoka kuthupi, m'maganizo, moyo wauzimu, kuchepa kwa chakudya, njala ndiponso ndalama zogulira chakudya. Kaneneninso ngati amene akupereka chisamaliro sakutha kupereka zofunikira komanso ngati pali mavuto m'banja

7. Kuwunika ndi kuthandiza odwala omwe akumva ululu

Pali zambiri zomwe zingachititse kuti munthu amve ululu; matenda monga a khansa, Edzi, mankhwala ndi thandizo lina, zilonda, matenda opatsirana, kuwonongeka kwa minyewa ndi zina. Ululu ungathe kukula ngati munthu akuvutika m'maganizo, akusungulumwa komanso kudandaula. Aliyense amamva ululu, kungoti ululu umabwera mosiyanasiyana.

Mafunso ounikira ululu

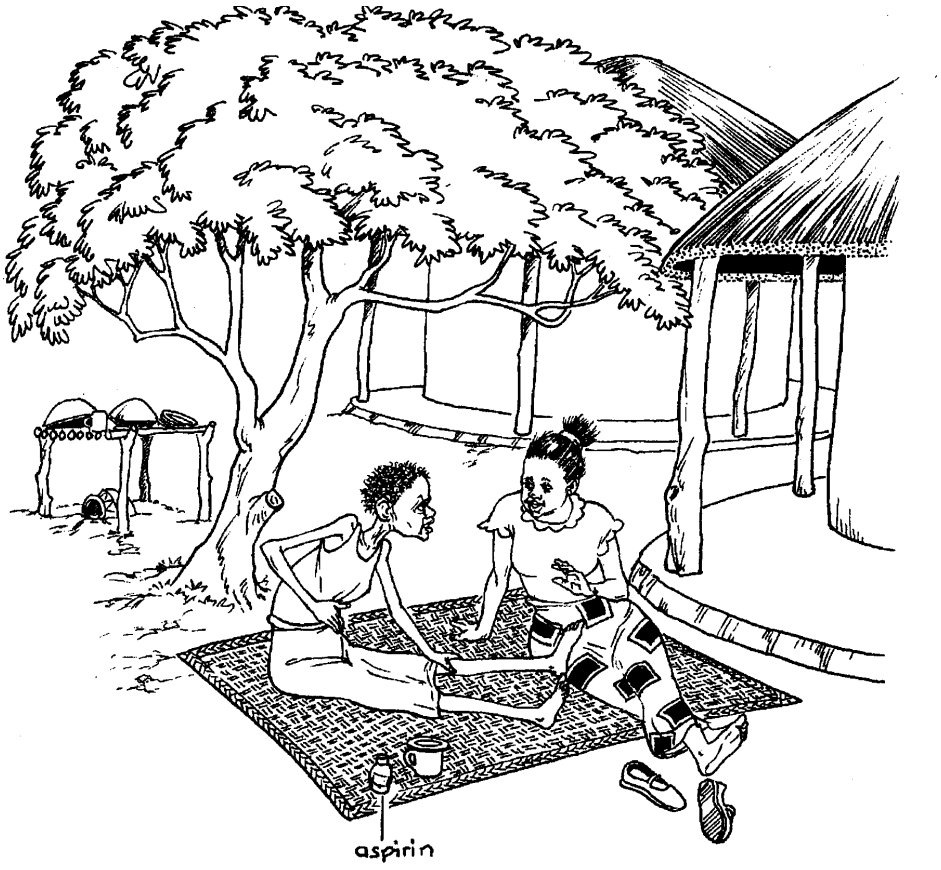
- Kodi mukumva ululu? Ndi ululu wotani womwe mukumva?

Afunseni wodwala mafunso awa pazaululu omwe akumva:

- Mukumva ululu pati? Mungandiwonetse pamene pakupweteka?
- Kodi kupweteka kudayamba liti?
- Kupwetekako mumamva nthawi yanji? Kodi kumangopitilira kapena kumakhala kanthawi kenako ziii?
- Kodi ululu mumamva malo amodzi kapena mumamva apa kenako apo?
- Kodi ululu womwe mukumva, umakhala opweteka pang'ono, kapena kwambiri kapenanso kopyola muyeso?
- Kodi mumamva kupweteka nthawi yanji: m'mawa kapena usiku?
- Nanga ululu wake umakhala otani: mumamva kubaya, kapena kutentha kolapitsa, kupweteka basi, kapena thupi limachita ziii?
- (Funsoli ndilofunika chifukwa yankho lomwe angapereke limasonyeza ngati kupweteka komwe wodwala akumva nkokhudza mitsempha kapena nkupweteka basi)
- Kodi pali mavuto ena amene akubwera pamwamba pa ululu omwe mukumva? (Mwachitsanzo, mukulephera kupita ku chimbudzi, kapena mukutsegula kapenanso mukulephera kupuma?)
- Kodi chikukulitsa ululu omwe mukumva nchiyani? (Mwachitsanzo, kutakataka, kutopa, kusungulumwa, kuyenda, kukhala pansi kapena kudya)
- Nanga nchiyani chikuchepetsa ululu? (Mwachitsanzo: kupuma, kutakataka, chakudya kapena kucheza)
- Kodi ululu umakhudza bwanji moyo wanu wa tsiku ndi tsiku? (Mwachitsanzo kugona, kadyedwe, banja ndi momwe mumakhalira ndi anthu ena: kukhala wosangalala kapena wokwiya)
- Kodi ndi thandizo lanji limene mukulandira ndipo likuthandiza bwanji?
- Mukuganiza kuti nchiyani chikubweretsa ululu womwe mukumva?

Zofunika kukumbukira pamene mukufuna kudziwa kuti ululu ngochuluka bwanji

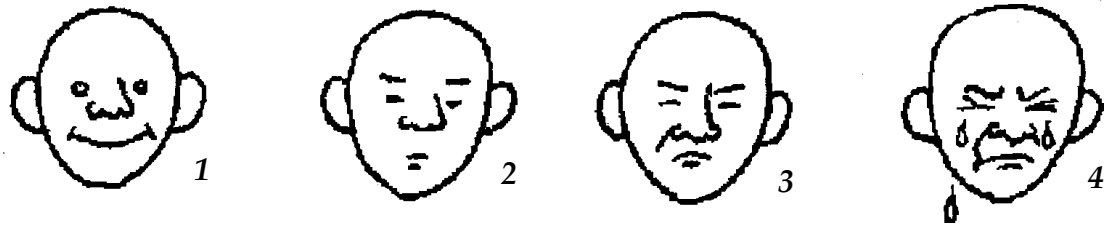
- Kumbukirani kuti kudziwa momwe wodwala alili ndicho chiyambi chowapatsa chisamaliro choyenera kuti ululu uchepe
- Alimbikitseni wodwala kuti akufotokozereni mavuto awo onse komanso ululu umene akumva
- Wonetsetsani kuti mwamva mvemvemve zomwe iwo akunena. Pamene simukumvetsetsa, ndibwino kuwafunsitsa bwino
- Kumbukirani kuti odwala ambiri amamva ululu ungapo nthawi imodzi
- Afunseni mafunso osavuta ndipo mvetsetsani zomwe akukuwuzani odwala ndi owayang'anira
- Wonetsetsani ngati wodwala asonyeza zizindikiro zoti akumva ululu kapena nthumanzi. Izi mungaziwone powonetsetsa momwe akukwinyira nkhope yawo ndi momwe akukhalira
- Afotokozereni zomwe mukufuna kuchita kuti muwathandize
- Sungani zomwe mwapeza ndipo kawauzeni anamwino
- Fufuzani nthawi iliyonse yomwe mwabwera kudzawayendera



Mungandiwuze pamene mukumva ululu?

Njira zina zomwe zingakuthandizeni kuwona kuti wodwala akumva ululu bwanji

Nkovuta kuwona ngati ana akumva ululu kapena ayi.. Ngati mukufuna kuwona kuti ana akumva ululu wotani, mungathe kuwajambulira nkhope zili pamunsipa ndipo iwo aloze kuti ndi nkhope iti ingalongosole bwino zaululu omwe iwo akumva:

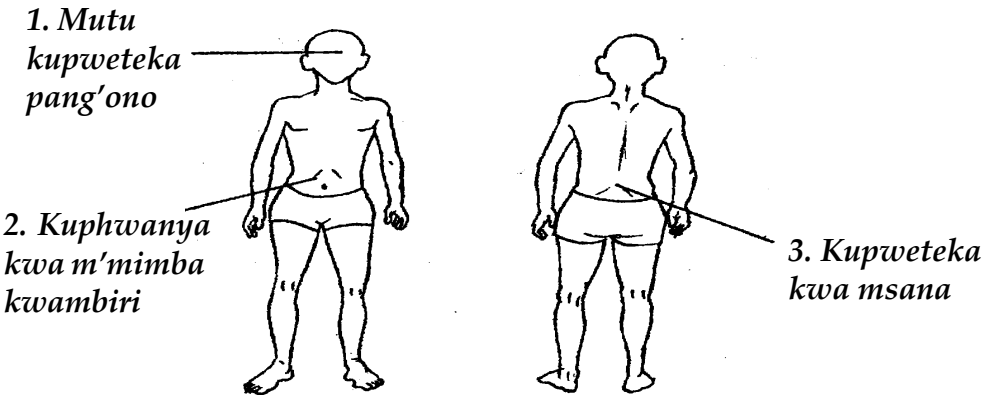


Kukula kwa kupweteka: (1) Palibe ululu, (2) ululu wochepa, (3) ululu wochulikirapo ndi (4) kupweteka kwambiri

Mungathenso kuwona kuti ululu ukuchuluka bwanji pogwiritsa ntchito miyala yomwe ndiyosiyana kakulidwe kake. Mwana angathe kusankha mwala womwe akuwona kuti ukuyimira bwino ululu womwe akumva.Mwala waung'ono kwambiri ukutanthawuza ululu wochepa omwe akumva ndipo waukulu ukusonyeza kuti akumva ululu kwambiri.

Kugwiritsa ntchito miyala pofuna kuyerekeza ululu

Komanso mungathe kujambula anthu ndi kulemba malo osiyanasiyana amene munthu angamve ululu. Mungathe kupereka manambala molingana ndi kukula kwa ululu omwe akumva:



Umu ndimo munthu angamvere kupweteka

Kaperekeni zomwe mwapeza kwa anamwino

Kodi ululu umathetsedwa bwanji pachisamaliro chabwinochi?

Ntchito yanu yochepetsa ululu njofunika kwambiri. Ngati wogwira ntchito modzipereka, mumafufuza, kuthandiza, kuphunzitsa, kuyang'anira komanso kuwuza anamwino ndi achipatala ena. Kuti izi zitheke, muyenera kuzindikira momwe mungayendetsere ntchito yochepetsa ululu.

Zofunika kukumbukira nthawi zonse

- Ululu wanthawi yaitali umachepa ngati wodwala amwa mankhwala ochepetsa ululu maola 4 kapena 6 aliwonse. Izi zimathandiza kuchepetsa ululu omwe ungathe kupewedwa
- Wodwala amwe mankhwala monga amuwuzira
- Ululu osiyana umachepetsedwansso m'njira zosiyana
- Ululu onse uyenera kuchepetsedwa nthawi imodzi

Kuchepetsa ululu wapang'ono

Ena mwamankhwala ochepetsa ululu wapang'ono ali m'gulu la mankhwala omwe mudalandira. Awa ndi monga Panado ndi Asipulini. Ibuprofeni mungathenso kukalembetsa kwa wodziwa zamankhwala

Chofunika kudziwa: Kumwa mankhwala amodzimodzi mopyoza muyeso kungakhalenso ndi zovuta zina. Pofuna kuchepetsa izi, nkoyenera kuwapatsa wodwala mankhwala osiyanasiyana. Mwachitsanzo, wodwala angathe kumwa Panado maola 4 aliwonse nthawi yamasana koma pogona amwe asipulini kapena ibuprofeni. Kusinthasintha mankhwalako kuli njira zingapo zomwe angakufotokozereni anamwino ngati mutawafunsa.

Kumbukirani kuti wodwala ayenera kumwa mankhwala pokhapokha ngati wadya.

Kuchepetsa ululu wocheperako

Kupweteka kumeneko kungathe kutha ngati wodwala mumupatsa mankhwala a Codeine kapena Morphine wocheperako mphamvu. Awa ndi mankhwala a DDA omwe odziwa zamankhwala okha ndiye angakuloreni kupereka kwa wodwala

Kuthetsa kupweteka kwambiri

Mankhwala amene amathana ndikupweteka ndi a Morphine basi

Kuthandiza kupweteka komwe kumafuna mankhwala amitundu ina

Wodziwa bwino zamankhwala ndiamene angathe kuyitanitsa mankhwala ena anthenda zokhudza ubongo, nthenda zopatsirana, komanso ululu wam'mafupa

Njira zina zothetsera ululu

Ululu umakula malinga ndi kusowa tulo, kukhala ndi nthumanzi, kusungulumwa kapena chisoni. Ululu ungathe kuchepa ngati wodwala akupatsidwa chikhulupiliro, kupumula mokwanira komanso kusangulitsidwa. Pali njira zambiri zomwe zingathandize kuti wodwala amene akumva ululu athandizidwe:

- Apatseni thandizo labwino la zonse zomwe angafune monga kusamba ndi kusamalira thupi, kagonedwe kapena kakhalidwe, kuthowa ndi nsanza yotentha kapena yozizira, chakudya chabwino
- Kuwapatsa zoti ziwathandize kuyiwala ululu wawo monga nyimbo, zamasewero, kucheza, kuwerenga ndi zina
- Mungathenso kuwauza kuti mukonza limodzi bukhu lachikumbutso kapena bokosi lomwe muli zithunzi ndi nkhani zomwe mungathe kugawana ndi ana. (Bokosi lotere ndimo mungasunge bwino zinthu zofunika monga bukhu lakuchipatala komanso mankhwala amene achipatala akuwuzani kuti muwapezere wodwala.)
- Perekani uphungu woyenera kwa amene ali ndi mavuto ndi madandaulo
- Pempherani kuti muwapatse chikhulupiliro ndipo wonetsetsani kuti akulandira chilimbikitso pamoyo wawo wauzimu
- Athandizeni abale ndi anansi kuti aphunzire njira zochepetsera ululu kwa wodwala.

Kucheza kungathandize kuti ululu uchepeko

Mankhwala ochepetsa ululu a Morphine

Udindo wa wogwira ntchito modzipereka amene akuthandiza odwala amene akumwa morphine

- **Muli wololedwa kupereka mankhwala a morphine kwa odwala** koma muyenera kuonetsetsa kuti mankhwalawo akumwedwa pamlingo woyenera
- Thandizani wodwala ndi owayang'anira kuti apeze njira zokumbukira kuti amwe mankhwala (angathe kukhala ndi nthawi yokhazikika, kuyendera dzuwa, nthawi yakudya kapena yogona ndi njira zina)
- Wonetsetsani kuti wodwala akulandira thandizo labwino kuchoka kwa abale ake
- Wonetsetsani mankhwala amene atsala m'botolo nthawi zonse mukapita kukazonda matenda kuti muwone ngati wodwala akumwa mulingo woyenera
- Wonetsetsani kuti botolo lamankhwala lidalembedwa molondola
- Wonetsetsani kuti mankhwala akusungidwa malo abwino, wosafikira ana omwe ndiwozizira bwino komanso owuma
- Yang'anani kuti wodwala akumva ululu wochuluka bwanji nthawi zonse mukawayendera
- Wonani ngati nkofunika kuwonjezera mankhwalawa ncholinga chofuna kuchepetsa ululu
- Wonetsetsani kuti wodwala akupewa zomwe zingamuchititse kulephera kupita ku chimbudzi, pokhapokha ngati akutsegula m'mimba
- Wonetsetsani kuti wodwala kapena apabanja sakugawana mankhwalawa. Mankhwala aliwonse amaperekedwa kwa wodwala mmodzi basi
- Gwirani ntchito limodzi ndi anamwino komanso ena amene akugwira ntchito yothandiza kuchepetsa ululu

Sungani ndi kukanena izi:

- Kaneneni msanga ngati wodwala asokonekera m'maganizo
- Kaneneni msanga ngatiakupuma movutikira
- Kaneneni ngati akumva nselu kapena kusanza
- Kulephera kupita kuchimbudzi komwe sikukumva kulephera kumva mankhwala
- Kugona tulo kopyoza muyeso
- Ululu osalekeza ngakhalenso mavuto ena obwera ndi ululu
- Ngati wodwala akuyenera mankhwala a morphine apadera kuti ululu uchepe (wodziwa zamankhwala angathe kuwonjezera mankhwala omwe wodwala angamwe patsiku)

Mfundo zina zofunika za mankhwala a Morphine

Morphine amapezeka kawirikawiri ndi wamadzi otchedwa **Liquid Oral Mophine** kapena wamapilitsi wa **Morphine Slow Release Tablets (MST)**

1. Morphine wamadzi

- Amagwira ntchito msanga m'thupi
- Wodwala ayenera kumwa pakatha maola anayi alionse
- Amakonzedwa ndi akadaulo a za mankhwala ndi kuyikidwa m'mabotolo motere: morphine wocheperako mphamvu obiriwira ndipo wamphamvu kwambiri wofiira

Malangizo kwa wodwala ndi owayang'anira:

1. Muyenera kumwa monga akuwuzirani
2. Thirani morphine pang'ono m'kapu
3. Gwiritsani ntchito jekeseni pofuna kuwona mlingo woyenera
4. Thirani morphine m'kamwa mwa wodwla koma pewani kuti mankhwalawa asakhudze milomo kapena kamwa
5. Morphine amene anatsalira m'kapu abwezeretsedwe m'botolo lake. Sungani patali ndi dzuwa komanso posafikira ana
6. Tsukani jekeseni uja chifukwa mungathe kudzagwiritsanso ntchito ngati sakhudzana ndimadzi wochoka m'thupi
7. Wodwala amwe mankhwala kawirikawiri monga amuwuzira ndipo azimwa milingo iwiri pogona ngati wauzidwa kutero
8. Ngati mwadzidzidzi amva ululu, ayenera kumwa morphine wapadera
9. Chepetsani kulephera kwa odwala kupita kuchimbudzi powapatsa zakumwa zambiri, zipatso, nthangala zapapaya pokhapokha ngati akutsegula m'mimba
10. Ngati wodwala akulephera kumeza, mankhwalawa angathe kuperekedwa kupyolera pokhalira/pochitira chimbudzi

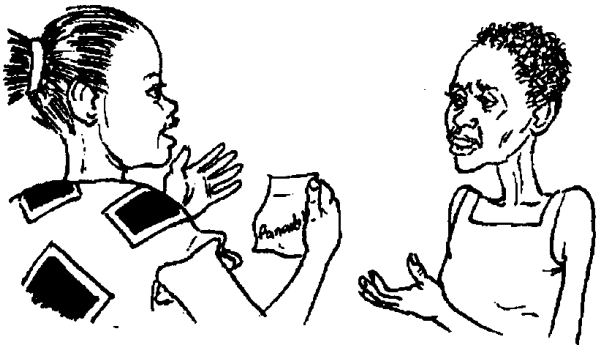
2. Morphine wamapilitsi

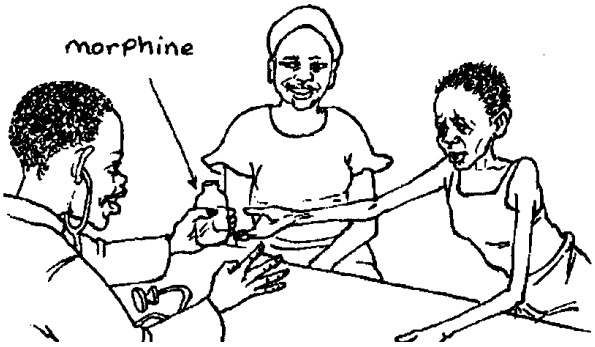
- Amagwira ntchito pang'onopang'ono
- Wodwala ayenera kumwa pakatha maola 12 alionse
- Amagwira ntchito bwino ngati ululu wathetsedwako ndiponso ngati wodwala akutha kuyenda
- Simuyenera kubenthula mankhwalawa ***chifukwa sagwira bwino ntchito ngati muwabenthula***

Malangizo kwa wodwala ndi owayang'anira:

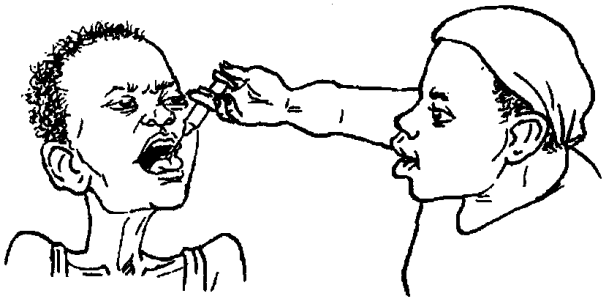
1. Imwani mapilitsi omwe akulangizani pakatha maola 12 aliwonse ndipo mwerani madzi kapena chakumwa chilichonse akulangizani
2. Pewani ndipo chizani kulephera kupita kuchimbudzi
3. Ngati akanika kumeza mankhwala, apatseni mankhwalawa kupyolera pokhalira/pochitira chimbudzi

Ndiganiza mukufuna mankhwala amphamvu zedi kuti ululu uchepe





Imwani mankhwalawa pakatha maola anayi alionse ndipo imwani 8 pogona



Mankhwalawa akuthandizani kuti mupezeko bwino. Ndiyenera kukakonza phala tsopano

Ululu wanga wachepa. Tsopano ndingathe kuyenda ndi Faith kupita kukawona anzanga

8. Kuchepetsa zizindikiro zofowoketsa

Nthawi zambiri odwala amawonetsa zizindikiro zofowoketsa. Muyenera kuwafunsa mafunso osavuta za chizindikiro chilichonse. Mvetsetsani ndipo wonetsetsani zomwe zikuchitika. Zina mwazizindikiro zomwe zimawonekawoneka tazifotokoza ndiponso tapereka maganizo a momwe mungathandizire.
Mungathe kugwiritsa ntchito mapepala ali kumapeto kwa bukhuli pofuna kulemba zofunika

Mfundo zoyenera kutsata

- Afunseni zachizindikiro chilichonse, monga mumachitira ndi ululu
  - Kodi chizindikirocho nchoyipa bwanji
  - Zimachitika nthawi zanji? Zimachitika kawirikawiri?
  - Chimachititsa kutizinkilenkile nchiyani ndipo zimathandiza kuti zichepe ndi chiyani?
  - Mumamva bwanji?
  - Kodi zimakhudza bwanji zina zomwe mumachita monga kugona, chilakolako chakudya ndi zina
- Kaneneni kwa anamwino kapena azaumoyo ngati muwona zizindikiro zoti akusalidwa,kuzunzidwa, kutayidwa
- Apatseni chilimbikitso odwala ndi maanja awo
- Onetsetsani kuti mankhwala omwe akumwa akuperekedwa ndi anthu odziwa zamnkhwala
- Sambani m'manja ndipo khalani aukhondo nthawi zonse

Kutsegula m'mimba

Nthendayi imakhudza kwambiri anthu amene akukhudzidwa ndi HIV/AIDS ndipo kutsegula m'mimba kumachititsa munthu kuti ataye madzi ambiri, moy nkukhala pachiswe

Chisamaliro chomwe mungapereke

- Alimbikitseni odwala kumwa zakumwa monga madzi, supu, phala, madzi ampunga, tiyi wopanda masamba ambiri, thobwa ndi mankhwala obwezeretsa madzi m'thupi a ORS
- Alimbikitseni odwala kuti apitirize kudya mokwanira koma apewe zakumwa zotsekemera kwambiri ndi mowa
- Achepetse kudya masamba osaphika ndi zipatso zongochoka mumtengo
- Onetsetsani kuti madzi akumwa ndi abwino ndi aukhondo pomwe mukukonza ndi kusunga chakudya
- Limbikitsani ana akhanda kuti aziyamwa kwambiri ngati akutsegula m'mimba. Ayenera kupatsidwa zakudya ndi zakumwa zowonjezera
- Yesetsani kuti pochitira chimbuddzi pazikhala paukhondo nthawi zonse ndipo pakani Vaseline nthawi zonse akangochoka kuchimbudzi

- Yesani kuwapatsa tiyi wamasamba a gwafa
- Chapani zovala zomwe ayipitsira ndi Jik ngati alipo kapena ziwiritseni ndikuyanika padzuwa

Zizindikiro zakuchepa madzi

- Kukodza mkodzo ochepa owoneka wakuda
- Kamwa ndi lilime zowuma
- Odwala amamva ludzu kwambiri
- Mukakoka mnofu wa pamimba, thupi limachedwa kubwerera m'chimake

'Muyenera kudya ndi kumwa kwambiri kuti mukhale ndi mphamvu'

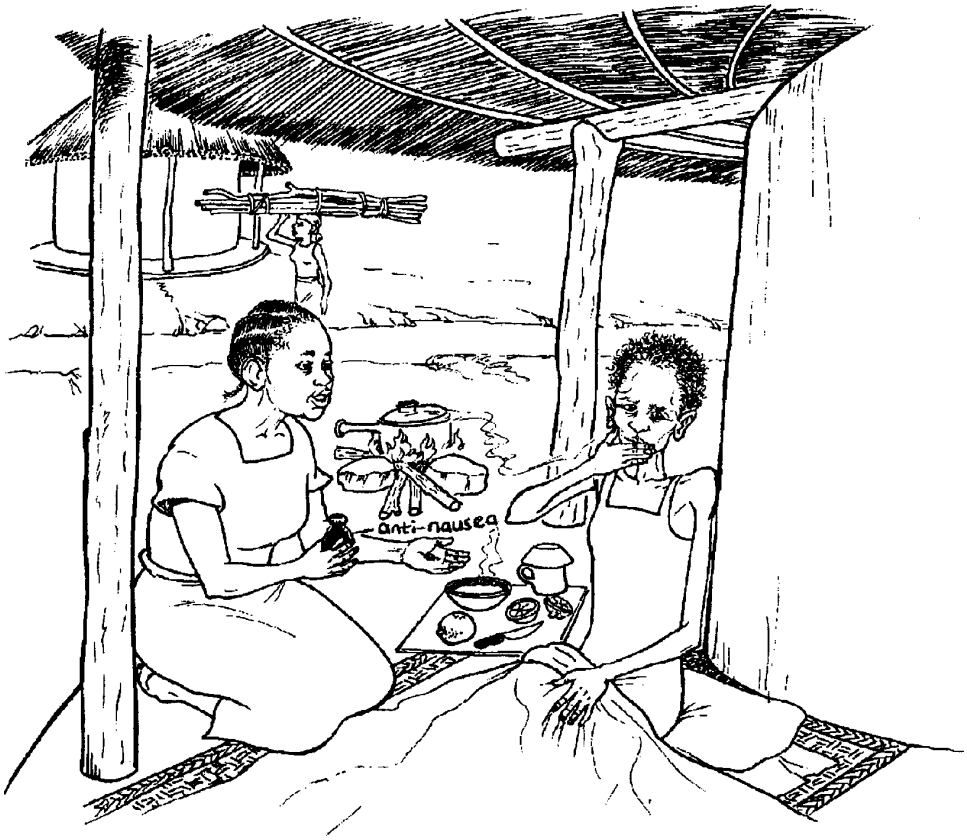
Kaneneni kwa anamwino ngati kutsegula m'mimba kutenga masiku angapo, komanso ngati wodwala akusowa madzi m'thupi, ngati chimbudzi chake chili ndi magazi. Komanso kaneneni ngati wodwala akudwalika kwambiri ndipo akufowoka kapenanso ngati akusanza ndi kutentha thupi

Mselu komanso kusanza

Kusanza mosalekeza kumachititsa kuti madzi achepe m'thupi komanso kuti chakudya m'thupi chizisowa

Njira zina zomwe zingathandize ndi izi:

- Apatseni odwala zakudya zomwe angathe kudya (osati zamafuta ndi zokazinga)
- Apatseni zakudya zosiyanasiyana monga nsima, phala, mbatata, chinangwa kapena nthochi
- Thilani mandimu okwana masipuni awiri m'phala kapena tiyi
- Apatseni zakumwa pang'onopang'ono komanso pafupipafupi monga zasoda, tiyi, madzi ndi zipatso
- Pewani fungo lazakudya zomwe zimachititsa kuti odwala asamve bwino
- Onetsetsani kuti pali mpweya okwanira
- Chepetsani kuchepa kwa madzi m'thupi pogwiritsa ncthito ORS
- Odwala azitsuka m'kamwa, kutsuka mano, kudya nanadzi, mandimu, mpesa kapena malalanje



'Imwaniko mankhwalawa ndipo kenako mumwe phala ndi tiyi'

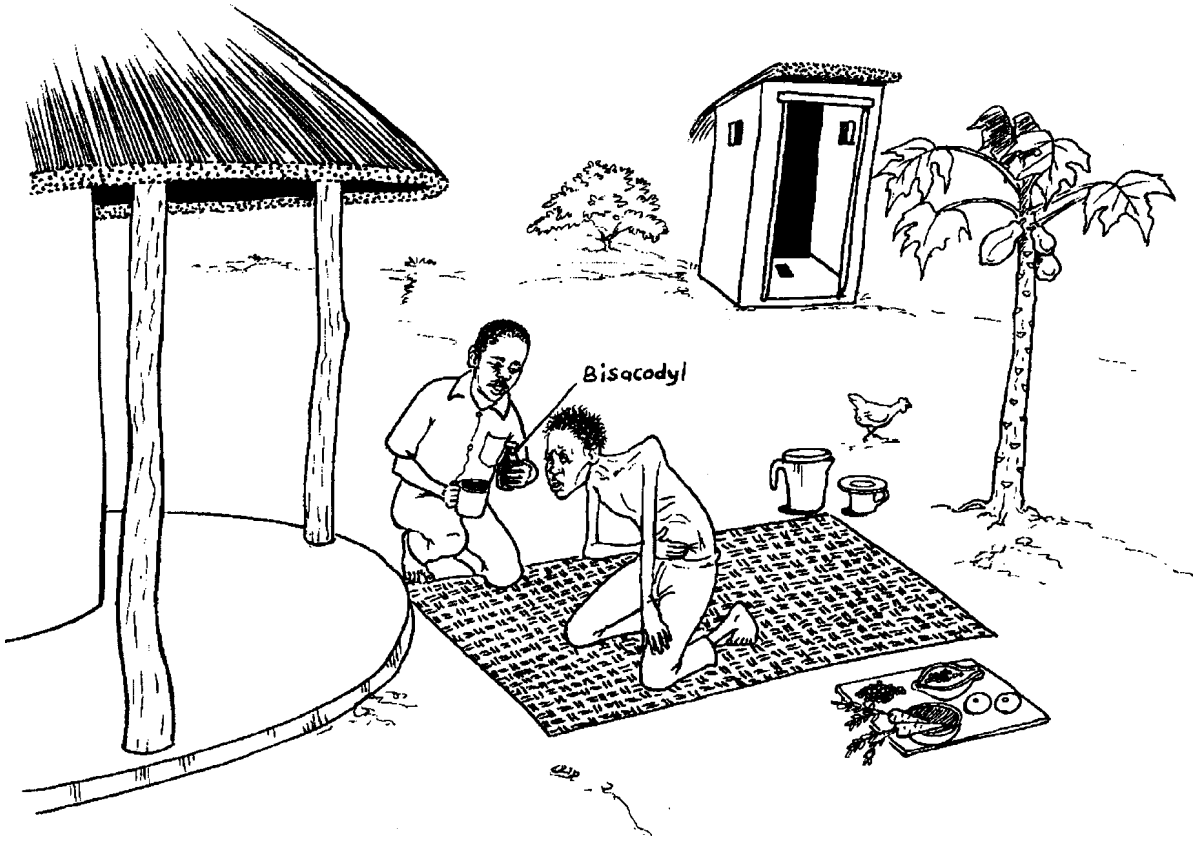
Kaneneni kwa anamwino ngati pakuwoneka kuchepa kwa madzi m'thupi, kusanza koposa kwa tsiku limodzi, kutentha thupi, masanzi okhala ndi zakudaa kapena kulephera kudya ndi kumwa koposa tsiku limodzi.

Kulephera kuchita chimbudzi

Nthawi zina kuchita chimbudzi kungathe kukhala ntchito yopweteka zedi ndi yovuta. Izi zimakhala chifukwa chakufowoka, kusowa madzi m'thupi kapena mankhwala monga morphine.

Thandizo lomwe mungapereke:

- Alimbikitseni odwala azimwa zinthu zamadzimadzi zambiri ndiponso azidya zipatso ndi masamba
- Alimbikitseni kuti azitakataka ngati angathe kutero
- Yesetsani kuwapatsa odwala sipuni imodzi yaikulu ya margarine kapena mafuta amasamba asanadye chakudya cha m'mawa (mfwinsulo)
- Ikani mafuta odzola (Vaseline) pochitira chimbudzi pawodwala ndipo siyani komweko kwa mphindi makumi awiri (20) kuti chimbudzi chifewe
- Alimbikitseni odwala kuti azimwa mankhwala owachititsa kuti asakhale ndi phuma monga angawauzire anamwino kapena adotolo (awa ndi monga Bisacodyl,yemwe angayambe kumwa mapilitsi awiri ndipo kenako asanu usiku)
- Alimbikitseni odwala kuti azitafuna nthangala zamapapaya zapakati pa 5 ndi 10. Muthanso kuziwumika nthangalazo nkuziphwanya kenako nkuwamwetsa ndi sipuni ya madzi



'Muzimwa kwambiri ndiponso muzidya zipatso ndi masamba ambiri. Mankhwalawa akhozanso kuthandiza'

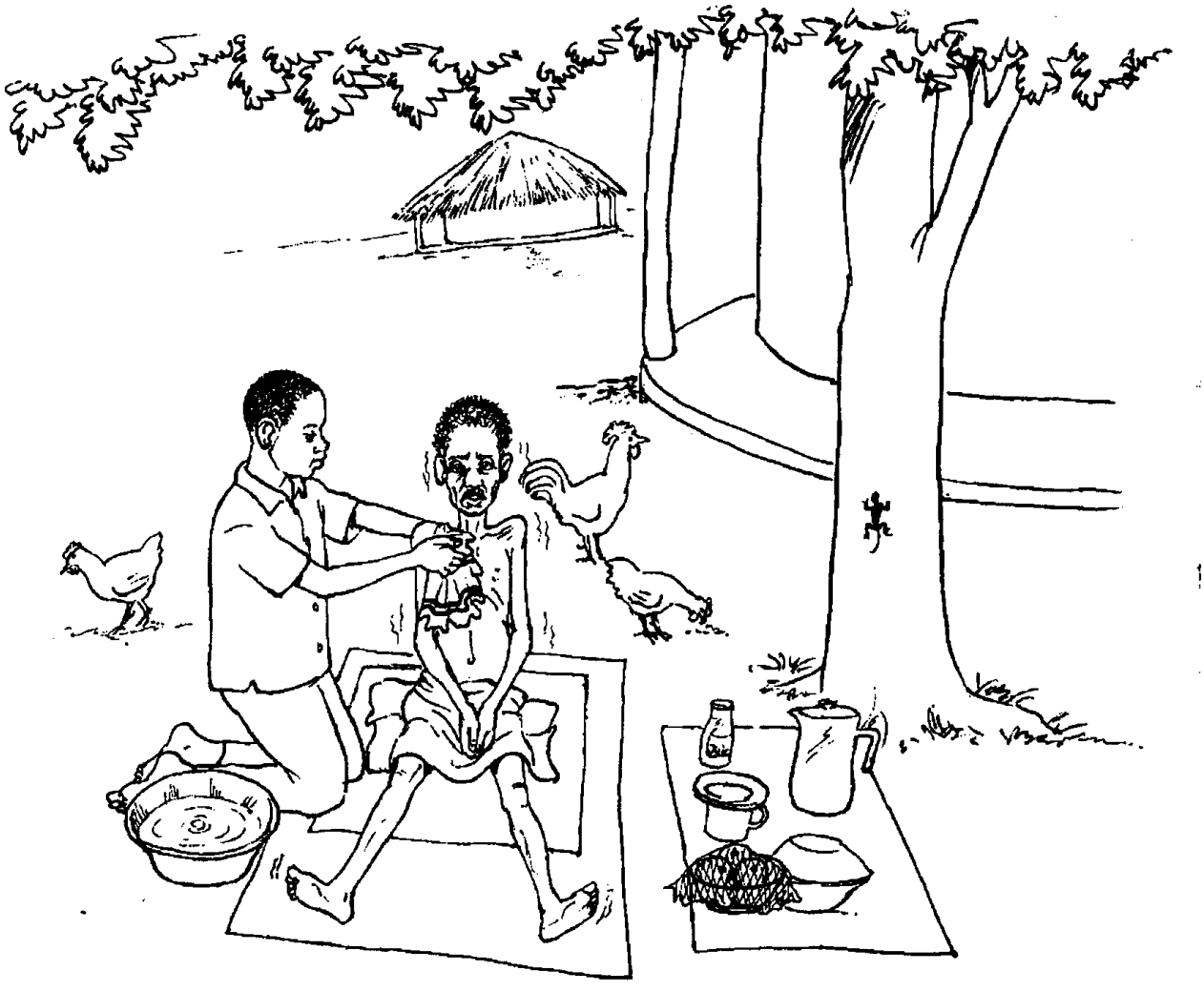
Kaneneni kwa anamwino ngati pali kupweteka kulikonse, thupi latentha ndipo ngati chithandizo chakunyumba sichikuthandiza

Kutentha thupi

Kutentha thupi ndi chizindikiro choti pali nthenda ina. Wodwala angathe kumva kuzizira ndikumanjenjemera kapena kumva kutentha zedi uku akutuluka thukuta, chipumi chake chikutentha mukachigwira. Anthu amene adwala kwambiri ndi okalamba akhozakudwla nthenda zina koma thupi osatentha

Zina mwazomwe mungachite:

- Asambitseni wodwala ndi madzi ofunda kuti muchepetse kutentha thupi
- Musawaveke zovala zambirimbiri
- Apatseni mpata opitidwa mphepo ndiponso azikhala pam'thunzi
- Apatseni Panado katatu patsiku ndi chakudya
- Alimbikitseni kumwa zakumwa zosiyanasiyana
- Apatseni mankhwala monga akuwuzirani adotolo kapena anamwino



'Madzi awa akuthandizani kuti mupezeko bwino'

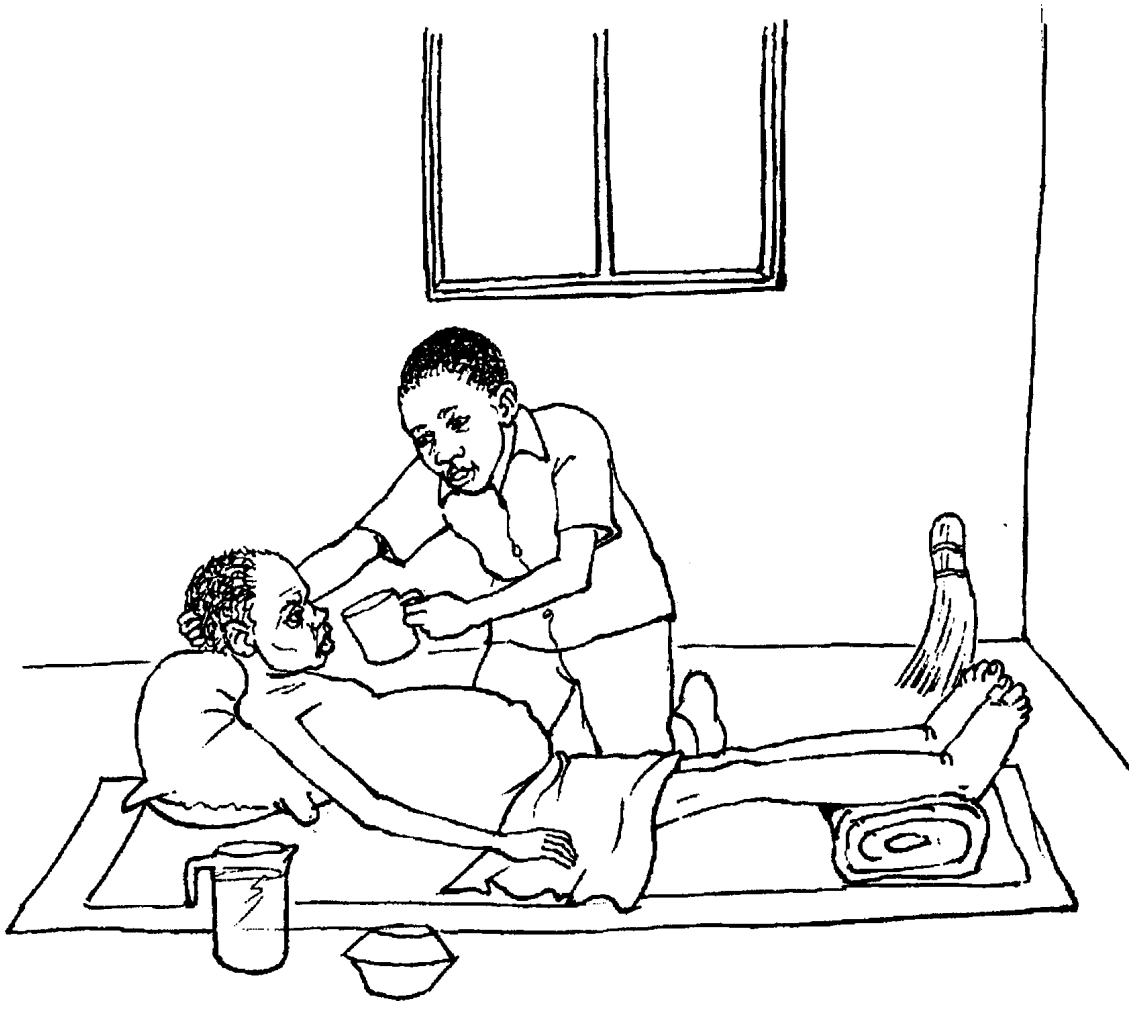
Kaneneni msanga kwa anamwino ngati wodwala akomoka. Ndiponso kaneneni ngati muwona zizindikiro monga kukhosomora, kuvutika popuma, kuwuma khosi, kupweteka, kutsegula m'mimba mowirikiza, kugwa, kusokonekera m'maganizo ndi kusanza.

Kutupikana (oedema)

Kutupikana kungachitike malo aliwonse pathupi. Izi zimachitika kaamba kakusowa kwa chakudya chabwino m'thupi, matenda a Kaposi's Sarcoma, mitundu yakhansa ina, mavuto amtima ndi nthenda zina.

Mugathandize motere:

- Ikani mapazi awo pamwamba pa pilo kapena zovala zomwe mwazipindapinda ngati mapaziwo atupa
- Onetsetsani kuti odwala avala zovala zomwe sizothina
- Atahndizeni pamene akulephera kupuma
- Alimbikitseni kuti azipuma kapena kutakataka pang'ono
- Sisitani madera amene atupikana



Nkofunika kuti apumule ndipo ikani miyendo yotupa pamwamba papilo kapena zovala

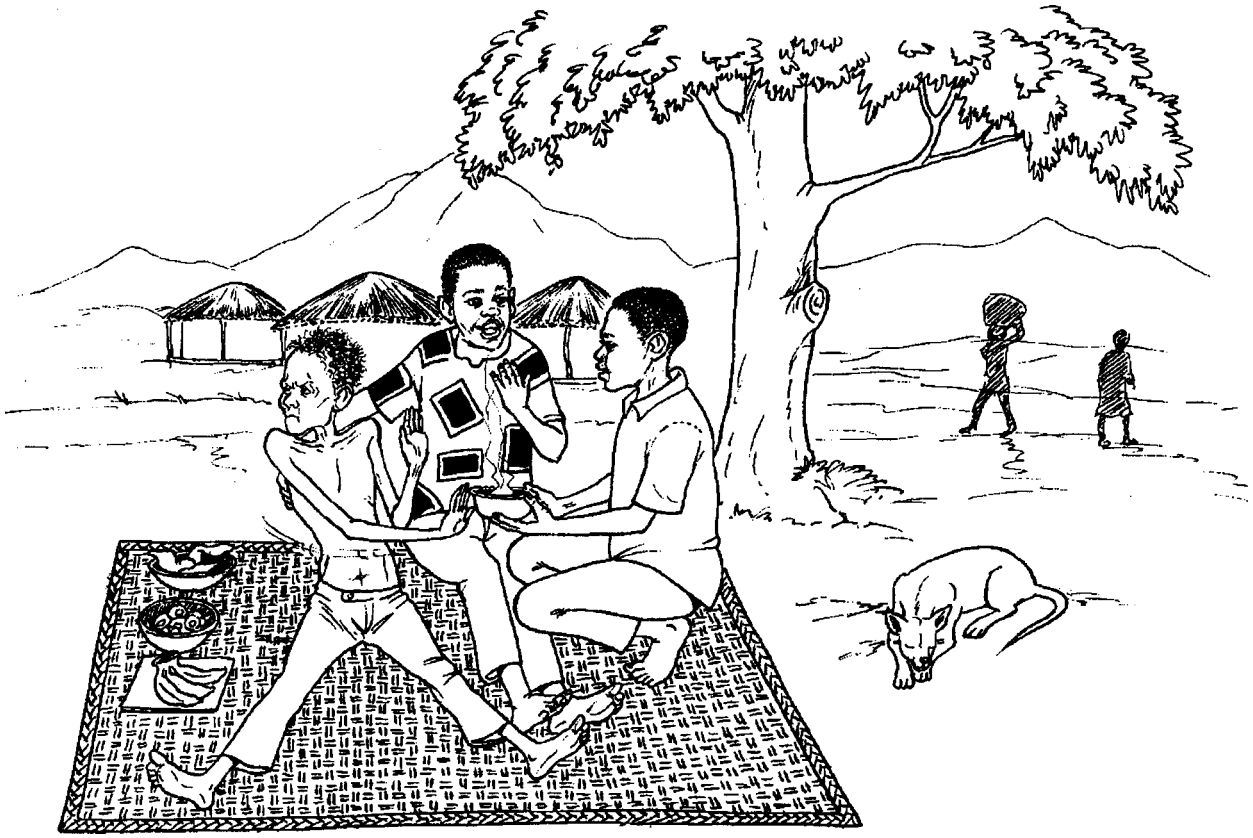
Kaneneni ngati chomwe chikuchititsa kutupikana sichikudziwika ndiponso ngati zikuwalepheretsa kupuma kapena zikuwachititsa kuti azidandaula

Kukhala opanda chilakolako chakudya ndi kuwonda

Izi zimakhala zodandaulitsa kwa maanja a anthu odwala amene angawawumilize kuti adye. Izi zingachititse kuti pakhale kusemphana maganizo kwakulu pakati pa odwala ndi maanja awo ndipo angathe kuleka kuwasamalira.

Zomwe mungachite

- Afunseni odwala nchifukwa chiyani sakufuna kudya (Kodi akhumudwa? Akudandaula? Akuchita nselu? Akulephera kupita kuchimbudzi? Akutsegula m'mimba?)
- Apatseni chakudya chopatsa mphamvu chomwe nchosavuta kupeza komanso kutafuna, kumeza ndi kugayika (ichi ndi monga nsima, mpunga, mbatata, nthochi, chinangwa ndi zina zotero)
- Apatseni tizakudya tina totolatola pang'onopang'ono komanso pafupipafupi
- Alimbikitseni kuchita zolimbitsa thupi
- Musachite phuma, kuwakakamiza kapena kuwakwiyira odwala
- Pelekani chilimbikitso kwa odwala ndi maanja awo



'Tangoyesani kudya pang'ono mbatatesi izi, zangochoka kumsika'

Kaneneni kwa anamwino ngati chomwe chikuchititsa kuti awonde mwamsanga nchiyani, ngati akukhala opanda chilakolako chakudya, kutentha thupi, litsipa, kusokonekera m'maganizo, kutupikana ndi zizindikiro zina

Kulepehera kupuma ngati akudwala chifuwa kapena ayi

Kulephera kupuma ndi chizindikiro chodziwika kwambiri ngati odwala ali ndi matenda apachifuwa, TB, Kaposi's Sarcoma ndi kufowoka kwa mtima. Odwala nthawi zambiri amamva ngati akubanika.

Zomwe mungachite:

- Akhazikeni malo otakasuka ndipo mungathe kuwayikira mapilo (akhale tsonga ndipo manja akhale m'mbali kuti ayimike bwino thupi.)
- Ayikeni popita mphepo kapena muziwakupiza
- Apatseni madzi ambiri kuti madzi ena atuluke m'thupi
- Aphunzitseni njira zokhosomolera ndi kupumira: kupumira mkati kenako nkukhosomola
- Alimbikitseni odwala kuti akhale motakasuka kuti asataye mphamvu zambiri m'thupi
- Apatseni zakumwa zotentha, mandimu kapena uchi
- Tenthetsani madzi kuti m'chipindamo mukhale nthuzi
- Aphunzitseni kukhosomola kwa bwino potseka pakamwa ndi kumbuyo kwa dzanja lamanzere pamene akukhosomola. Kenako asambe m'manja
- Aphunzitseni kulavula bwino makhololo. Ayenera kulavulira m'chitini momwe muli mchenga ndipo akataye m'chimbudzi chokumba. Kachitiniko katsukidwe ndi Jik kapena sopo ndi madzi otentha. Anagathenso kulavulira papepala lakuchimbudzi (*tissue)* kenako nkukataya m'chimbudzi nkugwejemula. Sambani manja.

Aphunzitseni njira zokhosomolera ndi kupumira

Kaneneni kwa anamwino ngati akumva kupweteka, akulephera kupuma, magazi apezeka m'makhololo, chifuwa chomwe chadutsa masabata awiri, makhololo obiriwira kapena a *brown,* ndiponso ngati akumva kupweteka pachifuwa

Zilonda zamkamwa ndi kuvutika pomeza

Zilonda zamkamwa ndi mavuto pomeza ndi mavuto amene angachititse kusowa kwa madzi m'thupi komanso kusoweka kwa chakudya choyenera.

Mungachite zinthu izi:

- Fufuzani chikuchititsa izi nchiyani
- Apatseni zakudya zofewa zomwe nzosavuta kutafuna ndi kumeza. Mutha kumazinyowetsa kuti azimeze mosavuta
- Apatseni chakudya chozizira
- Onetsetsani kuti akusamalira mkamwa nthawi ndi nthawi. Gwiritsani ntchito kansalu kofewa ngati mkamwa muli zilonda
- Tsukani mkamwa ndi madzi amchere nthawi yomwe atha kudya ndiponso pamene akupita kogona
- Apatseni chakudya pang'ono nthawi ndi nthawi, ndipo aloreni odwala adye mwachifatse
- Ngati akumva ululu, sungunurani aspirini muwiri m'madzi ndipo tsukani mkamwa katatu kapena kanayi ndi aspirini mwasungunulayo
- Apatseni chinanadzi, malalanje kapena zipatso zina kuti adye ngati samva ululu

'Mwinatu aspirini athandiza kuchepetsa ululu omwe ndikumva'

Kaneneni kwa anamwino ngati mavuto apitilira. Awa ndi mavuto monga pomeza, ululu, zilonda, chiseyeye kapena kununkha mkamwa

Zilonda ndi mabala

Thandizo labwino ndilo kupewa. *Zilonda zina ndi zovuta kuchiza kwake ndipo zimachititsa kuti munthu azimva ululu kwambiri zomwenso zingachititse kuti amwalire msanga*

Mungathandize bwanji

- Pewani kupanikiza khungu lomwe lawonongeka
- Tsukani zilonda zazing'ono ndi madzi omwe munawawilitsa ndipo azizila. M'madzimo mukhale kuti munayikamo mchere. Lolani kuti chilondacho chiume ndipo muthanso kuthira utomoni wapapaya
- Pewani kugwiritsa ntchito sopo woyabwa
- Tetezani khungu lomwe layandikira chilonda polipaka Vaseline
- Onetsetsani kuti mankhwala ochepetsa ululu akumwedwa mwa mlingo wake
- Ngati zilonda zikutuluka magazi kapena zikununkha, phwanyani mankhwala a flagyl/ metronidazole ndipo awazeni pachilondapo musanamange ndi bandeji kapena kansalu kaukhondo ndi kowuma
- Pofuna kuchepetsa fungo, lolani mpweya uzilowa m'chipindamo, muyikemo makala kapena viniga mu ferempani
- Ngati zilonda zili zakuya, tsukani tsiku lililonse ndi madzi a mchere, kapena uchi, shuga kapena papaya lakupsa ndipo mangani ndi kansalu kapena bandeji youma (Zindikirani kuti musayike papaya pamene chilonda chikutuluka magazi ndipo musasiye pompo kuposa maola awiri)

'Titsuka ndikumanga chilonda ichi ndipo tizimutembenuza pakatha maola awiri aliwonse kuti chisapitilire'

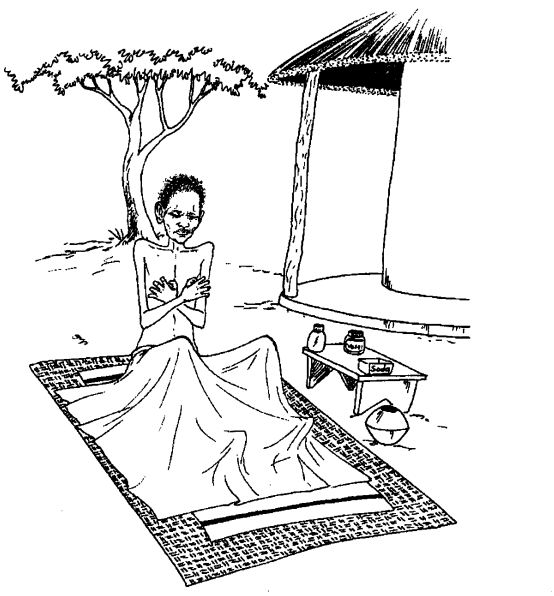
Kaneneni kwa anamwino ngati akumva ululu, ngati magazi akutuluka osalekeza, ngati akuwoneka kuti pachilonda palowa matenda ena komanso pamene chilonda chikununkha ndipo khungu lili ndi mtundu wina

Kuyabwa kwa thupi

Kuyabwa kwa thupi ndi chizindikiro ndipo nthawi zambiri chimabwera chifukwa chamatenda, mankhwala, kusagwirizana ndi mankhwala kapena chifukwa thupi ndi lowuma

Mungachite izi:

- Lolani m'chipinda mulowe mpweya wabwino kapena akupizeni
- Asambitseni mumadzi asoda (mungathe kuthira sipuni yaying'ono imodzi m'madzi ozizira ndi abwino)
- Gwiritsani ntchito madzi ozizira osati otentha ndipo gwiritsani ntchito nsalu zonyowa ndi zozizira
- Ikani sipuni yaikulu imodzi yamafuta ophikira mumalita 5 amadzi osamba ozizira bwino
- Alimbikitseni odwala kuti apewe kudzikanda. Thupi likhale laukhondo ndipo zikhadabo zikhale zowenga
- Adzole mafuta monga Vaseline akamaliza kusamba
- Yeserani kuyika masamba atiyi pakansalu konyowa ndikusisita malo amene akuyabwa
- Adzole mafuta a calamine, menthol ndi cortisone ngatialipo koma thupi lisakhale ndi zilonda
- Onetsetsani kuti zofunda ndi zovala ndizoyera ndipo zikusinthidwa nthawi ndi nthawi



'Mayine, ndikumva kuyabwa ponseponse. Vaseline ali kuti kodi?'

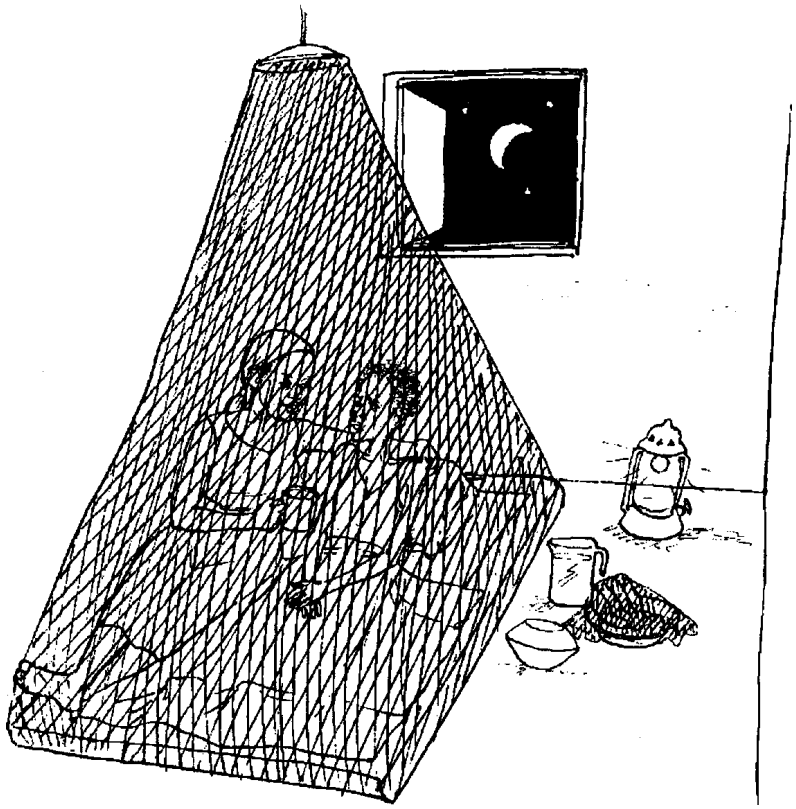
Kaneneni kwa anamwino ngati kuyabwa sikukusiya ndipo patuluka matuza kapena zizindikiro zamatenda ena monga mafinya, kupweteka, kutentha thupi, kutupikana ndi kutentha

Nkhawa ndi kulephera kugona

Kulephera kugona, nthumanzi ndi chisoni zingachititse kuti ululu ndi mavuto ena kuti zikule.

Mungachite chiyani

- Alimbikitseni odwala kuti afotokoze zowopa ndi nkhawa zawo. Ndipo fufuzani chomwe chingayambitse mantha ndi nkhawazo: kodi ndi ululu wam'thupi, m'maganizo, momwe akukhalira ndi ena, kapena kuuzimu
- Ngati muwona kuti odwala angathe kudzipha kapena kudzichitira china, afunseni mosapsatila: 'Kodi mwakwiya kwambiri?' kapenanso kuti 'Kodi nthawi zina mukulingalira zofuna kufa basi?'
- Alimbikitseni kuti azitakataka ndipo ziwatangwanikitsani ndi zomwe amakonda, monga kuyendera abwenzi
- Apatseni zakumwa zofunda asanagone
- Asisiteni ngati zimathandiza
- Apatseni mtendere, bata komanso kudzisungira chinsinsi pamene akugona



'Chakumwa chotenthachi chikuthandizani kuti mugone. Mufuna china chiyani?'

Kaneneni kwa anamwino ngati njira zopewera kupweteka ndi kufowoka m'maganizo zalephereka. Kaneneni **msanga** ngati odwala asaonyeza kukhumudwa kwambiri ndipo mukuganiza kuti akulingalira zodzipha yekha. Itanani achipembedzo ngati zifika apo.

Kusokonekera maganizo

Ichi ndi chizindikiro matenda akafika povuta kwambiri. Odwala angathe kukhala ndi mavuto pokumbukira, kuganiza ndi kulankhula zomveka. Odwala amakhala ndi mantha, ndipo nthawi zambiri amakhala duuu komanso angathe kuwona kapena kumva zinthu zomwe kulibe. Odwala ena amatukwana, kukuwa zilizonse ndiponso kufuna kukhala osavala basi. Kosokonekera maganizo kumakula pakati pausiku. Pali mankhwala ena amene amachititsa kuti munthu asokonekere kwambiri m'maganizo.

Zomwe mungachite

- Alongosolereni achibale komanso amene akuthandiza odwala kuti odwalayo sanapenge kapena kulodzedwa. Kusokonekera m'maganizo kukubwera chifukwa cha matenda
- Yankhulani ndi odwala modekha, momveka ndi mosonyeza chikondi
- Akumbutseni odwala kuti ali kuti komanso kuti nthawi ili bwanji ndi zina zotere
- Onetsetsani kuti chisamaliro chikuperekedwa ndi anthu onse amene wodwala akuwadziwa ndi kuwakhulupilira
- Onetsetsani kuti pamene odwala akhala palibe zinthu zowopsa kapena mankhwala
- Pakhale getsi loti lizikhala loyaka usiku ngati mungathe

'Ayi simunapenge. Mwangosokonekera chifukwa mukudwala.'

Kaneneni kwa anamwino ngati kusokonekera m'maganizo kwafika pena kapena akukhala ndi mavuvu. Ngati abale a munthu wodwala akumuloza zala chifukwa cha kusokonekera m'maganizo kwake.

9. Uphungu

Cholinga chopereka uphungu ndi kuthandiza odwala ndi maanja awo kuti afotokoze zakukhosi kwawo ndi madandaulo awo, kuwunikira zosowa zawo komanso momwe angathetsere mavuto amene akukumana nawo.

Ndondomeko yopereka uphungu

1. Khalani okonzeka

Dziwani za nthawi yomwe muli nayo ndipo khalani okonzeka kumvetsera. Tengani cholembera ndi pepala ndipo lembani zomwe wodwala akunena. Ganizirani zomwe mukudziwa kale komanso zina zomwe muyenera kufufuza zokhudza wodwala ndi banja lake

2. Konzekerani zamalo amene mukumane

Wonetsetsani kuti wodwala sakumangika komanso kuti mukambirana mwachinsinsi

3. Mungathe kuyamba

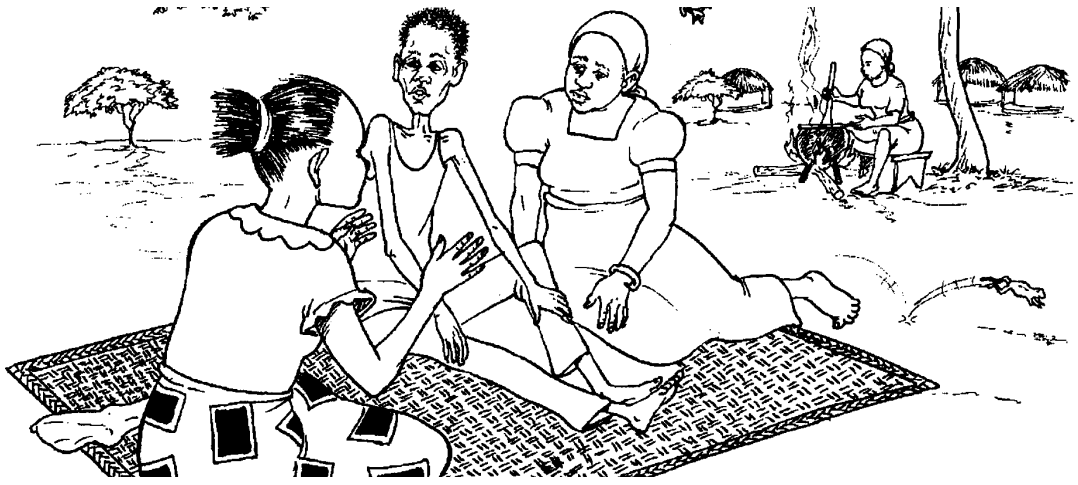
Awuzeni kuti mukhala nthawi yayitali bwanji mukukambirana ndiponso chifukwa chiyani mukukumana nawo. Fotokozani zomwe mukufuna kudziwa komanso momwe mungathandizire

4. Yendetsani uphungu

- Yang'anani zofuna ndi zofuna za wodwala poyang'ana mbali zonse zaumunthu wake. Kodi iye akufuna kuti asinthe chiyani?
- Pezani zovuta zoyenera kuzithetsa poyamba
- Kambiranani njira zothetsera mavutowo ndipo zingathandize bwanji
- Kambiranani zoyenera kuchita kuti mukwaniritse zomwe mwakambirana

5. Kumalizitsa

Afunseni ngati ali ndi mafunso kapena nkhani zina zoyenera kukambirana? Athokozeni chifukwa chakuyesetsa kwawo ndipo ngati nkoyenera atumizeni kwa abusa. Yambani kukonza kuti mudzakuamananso liti.



'Ndikudziwa mukudandaula za anawa. Ndabwera kudzakambirana nanu nonse awiri kuti tikambirane mmene tingawatumizirenso kusukulu'

Kaneneni ndipo kawaperekeni kwa anthu oyenera ngati pali mavuto akulu monga ululu, nkhanza, malingaliro odzipha, njala, umphawi, kusalidwa ndi zina.

Kulemba ndondomeko yakagawidwe ka katundu

Alimbikitseni odwala kuti azilemba wilo akangoyamba kudwala kuti ateteze okondedwa awo. Mungathe kufunsa oyang'anira momwe anthu akukhalira kuti akuthandizeni.

Wilo iyenera kusungidwa malo abwino monga kuofesi ya DC, kwa abusa kapena munthu aliyense amene angamukhululupilire

Wilo ndi chiyani?

- Iyi ndi ndondomeko yomwe imafotokoza momwe munthu akufunira kuti chuma chake chidzagawidwe iye akamwalira. Izi zimateteza anamfedwa ndi ana osiyidwa kumchitidwe wolanda katundu ndi kuba zomwe zingawayike paumphawi
- Mu wilo mungathenso kukhala malangizo amomwe munthu akufunira kuti adzayikidwe bwanji komanso zachisamaliro cha ana ake

Kulemba wilo yovomerezeka ndi malamulo

- Aliyense amene ndi wazaka zoposa 18 ndipo mutu wake ukugwira bwino ntchito angathe kulemba wilo
- Angathe kulemba yekha padzanja kapena kumulembera anthu odziwa zamalamulo
- Pamafunika kuti mboni ziwiri zomwe zili ndi zaka zoposa 18 kuti nazo zisayinire
- Pamayenera kukhala dzina lonse ndi keyala yamunthu amene akulemba wilo komanso mayina a mwamuna kapena mkazi wake ndi ana onse, komanso ena amene alandire nawo kangachepe
- Wilo ifotokozenso zakatundu amene yemwe akulemba wilo ali naye ndipo zidzagawidwa bwanji akamwalira

10. Kuthandiza odwala ndi maanja awo nthawi ya imfa

Pamene moyo wafika kumapeto, munthu amakhala wofooka ndipo angayambe kukana kudya ndi kumwa. Izi zimachitika pang'onopang'ono kwa odwala khansa koma zimakhala zosapanganika kwa anthu amene ali ndi HIV/AIDS. Pakutha kwa moyo, odwala ndi maanja awo amafunika chisamaliro ndi chithandizo chapadera.

Kuyankha pazosowa zamumtima pakutha kwa moyo

Zofuna za wodwala

- Mvetserani zofuna ndi madandaulo a wodwala. Athandizeni kapena alangizeni moyenerera
- Yang'anitsitsani momwe wodwala akuyesetsera kuti akuwuzeni momwe akumvera. Wonetsetsani mawu amene akulankhula, momwe nkhope yawo ikuwonekera akamalankhula ndiponso thupi lawo
- Yankhani mafunso omwe angafunse mwachilungamo. Mvetsetsani chifukwa chomwe akufunsira mafunsowo musanayankhe
- Athandizeni odwala kukonzekera zathandizo la ana awo komanso maanja awo
- Konzani kuti abusa abwere ngati nkofunika kutero. Pempherani limodzi ngati akupemphani
- Lemekezani zofuna za odwala
- Wonetsetsani kuti bata lilipo nthawi zonse
- Musamusiye wodwala yekhayekha

Zofuna za banja

- Athandizeni achibale pazomwe akufuna komanso madandaulo awo
- Khalani odekha ndi achibale ndipo athandizeni kuti amvetsetsetse zomwe zikuchitika
- Awuzeni achibale kuti wodwala angathe kumva ngati anthu amukhudza ngakhale sangasonyeze kuti akuzindikira choncho ayenera kupitiriza kuwayankhulitsa
- Awonetseni momwe angasamalire m'kamwa mwa wodwala komanso momwe akukhalira kapena kugonera
- Alimbikitseni achibale kuti alore m'bale wawo kuti amwalire mwamtendere. Angathe kuyesera kutseka maso awodwala ndi kuwongola manja ndi miyendo yake. Ayenera kumvetsetsa kuti izi zingadzetse ululu kwa wodwala; adzapanga zimenezi pambuyo
- Aloleni achibale awonetse chisoni chawo koma zisakhumudwitse wodwala

Alimbikitseni achibale kuti wodwala amwalire mumtendere

Zizindikiro zakumapeto kwa moyo

Ululu

- Ululu sikuti umakhala wochuluka kuposa poyamba koma chifukwa umakhala ovuta kuwupeza
- Onani ngati akumva ululu powayanga'na pankhope, ndipo onaninso momwe akungira chibakera kapena thupi likunjenjemerera
- Yang'anani ndipo athandizeni odwala pamene sakukhala motakasuka. Mungathe kuzindikira izi poyang'ana izi: momwe akukhalira, akutha kudzigwira motani nanga ali ndi zilonda zobwera kaamba kokhala kapena kugonera mbali imodzi?
- Apatseni chilimbikitso odwala ngati akuda nkhawa
- Dziwani kuti kubuwula sikuti kumasonyeza kumva ululu nthawi zonse, kuthanso kukhala chifukwa chosokonekera m'maganizo
- Ayenera kuchepetsa kamwedwe ka mankhwala ochepetsa ululu a Morphine (koma sikuti asiyiretu). Kuchepetsaku nkoyenera chifukwa odwala amataya madzi am'thupi. Nthawi zina Morphine angathe kuperekedwa kudzera pochitira chimbudzi kapena kudonthezeredwa m'kamwa mwa odwala pang'onopang'ono (motsatira malangizo aanthu odziwa zamankhwala)

Kufowoka, kutopa, kulephera kuyenda ndi kulankhula

- Wodwala adzafuna thandizo poti atembenuke , kusamba, kutsuka m'kamwa, kusamala maso ndiponso kusintha makhalidwe kapena momwe akugonera
- Afotokozereni achibale kuti wodwala amatha kumva zomwe iwo akukamba ngakhale akulephera kuwayankha

Kukana zakudya ndi zakumwa

- Osamukakamiza wodwala kuti adye kapena kumwa, malo mwake samalani pakamwa pawo, maso ndi khungu lawo
- Awuzeni achibale kuti kusoweka m'madzi m'thupi sikupweteka

Phokoso popuma

- Awuzeni achibale kuti izo sizodandaulitsa kwa wodwala

- Akhazikeni kapena kuwagoneka wodwala kuti asamasokose pamene akupuma—kugonera chambali
- Alimbikitseni azisamalira m'kamwa ngati akukhala oyasama nthawi yaitali
- Achotseni malovu ngati akuchuluka m'kamwa ndi kansalu koma musachititse kuti atsamwe

Kusokonekera m'maganizo ndi kukhala ndi nthumanzi

- Ili ndi vuto lalikulu kwambiri
- Fufuzani kuti wodwala akudandaula chiyani
- Musakangane ndi wodwala yemwe akuwona kapena kumva zinthu zomwe kulibe. Khalani woleza
- Athandizeni achibale akhale ndi bata ndipo azilankhula wodwala moleza
- Ngati wodwala akugwa, muwateteze. Chotsani zinthu zomwe zingawapweteka ndipo ayikireni pilo kumutu. Alimbikitseni achibale kuti pamene akugwa wodwala sakuzindikira chomwe chikuchitika pamene agwa
- Kusakhazikika kungabwere kaamba komva kutentha. Awuzeni achibale kuti wodwala angathe kukhala ndi manja ndi mikono yozizira koma atha kumamva kutentha. Musawafunditse thupi lonse ndipo mulore mpweya uzilowa m'chipindacho

Fungo loyipa

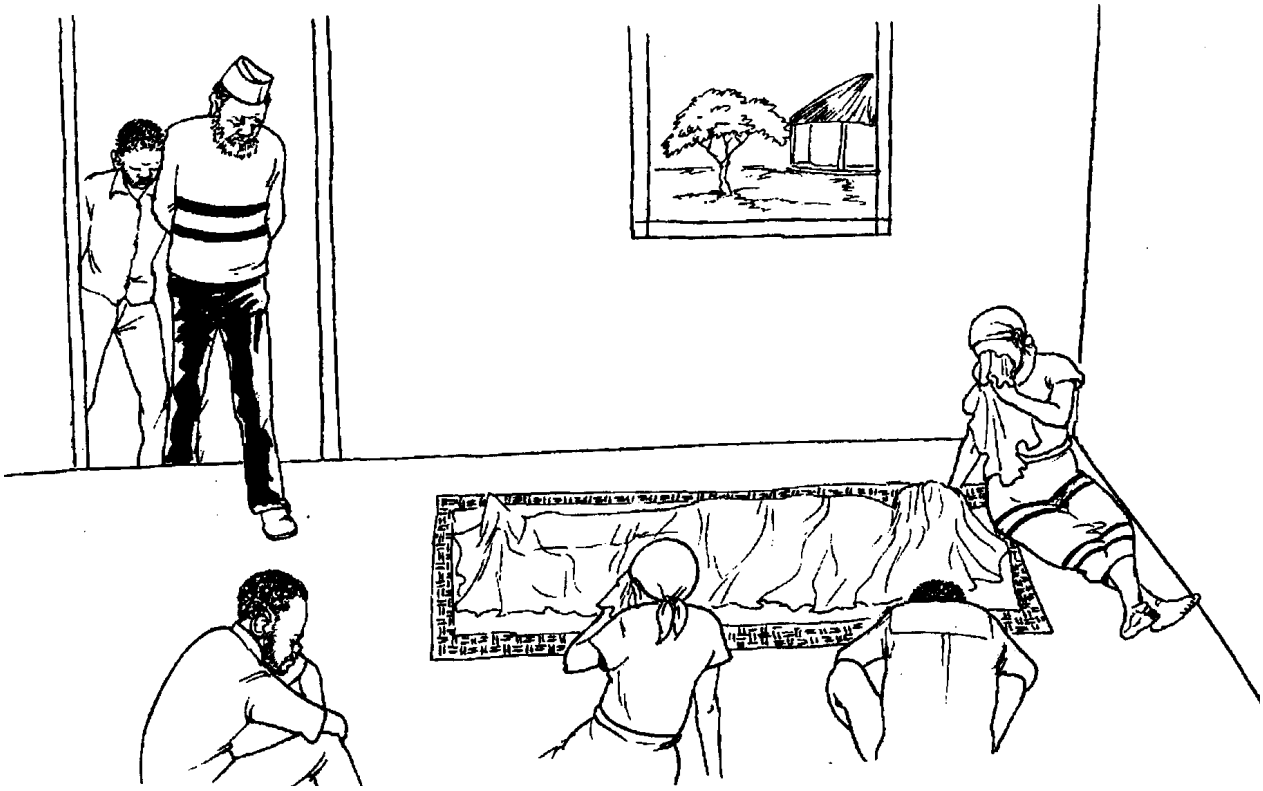
- Wodwala akhale waukhondo ndipo zovala ndi zofunda zikhale zouma ndipo muwonetsetse kuti m'chipindacho mukulowa mpweya wabwino
- Chepetsani fungo loyipa pogwiritsa ntchito makala kapena viniga ali mbale. Mungathenso kuthila mankhwala a metronidazole amene mwaphwanya nkuwathira pazilonda

Kufa mwadzidzidzi

- Chomwe chingachititse kufa mwadzidzidzi ndi kutaya magazi kwambiri
- Khalani odekha ndipo perekani chithandizo kwa banjalo
- Agwireni ndipo athandizeni wodwala ndipo agonetseni cham'mbali kupewa kutsamwa

Nthawi yakufa

- Lemekezani maganizo aachibale ndi momwe akuganizira
- Lankhulani ndi achibale modekha koma monena zowona zokhazokha kuti apewe kupanikizidwa
- Zizindikiro zaimfa ndi izi: kupuma kumasiyika ndipo mtima umasiya kukankha magazi, maso amakhala otsegula pang'ono, chitsakano chimagwa ndipo kukamwa kumakhala koyasama, wodwala amakodzedwa kapena kudziwonongera ndipo sayankha ngati akhudzidwa kapena kulankhulidwa
- Modekha athandizeni achibale panthawi yawo yachisoni
- Lemekezani miyambo yachipembedzo ndi chikhalidwe
- Lisamaleni thupi ndi ulemu onse
- Musawaweruze malinga ndi momwe ayilandirira nkhani yazovuta komanso musawaletse kubuma
- Pempherani ndipo apatseni thandizo lauzimu
- Awuzeni kuti mukhoza kukathandiza nawo kusambitsa mtembo ngati achibale atakulorani kutero
- Yang'aniraninso zosowa za ana
- Perekani chithandizo chosalekeza kwa achibale



Chipembedzo ndi zachikhalidwe zingathe kukhala potsamira achibale

Kaneni zaimfayo kwa anamwino
Kaneni kwa anthu kuderalo komanso ampingo momwe angafunire achibale
Mupitirize kufufuza zosowa za achibale

11. Nthawi yakuferedwa

Anthu amafunika kuti alilire okondeka amene awasiya ncholinga choti apilire ndi miyoyo yawo. Chisamaliro chingathandize kupewa zovuta kwa nthawi yayitali zokhudza momwe munthu amakhalira ndiena komanso m'maganizo.

Zotsatira zachisoni

Zotsatira zokhudza maganizo
Kukhumudwa kwambiri, kusamvetsetsa, mkwiyo, nkhawa, kusokonekera, kudandaula, mantha, kuganizira kawirikawiri za munthu womwalirayo; kulingalira zodzipha

Zotsatira zokhudza moyo wauzimu
Kutaya chikhulupiliro, kufuna kutsatira womwalirayo, kufunafuna mayankho, kulimbikira kupemphera,kusowa thandizo lauzimu

Zokhudza momwe akukhalira ndi anthu ena
Kupewa anzawo ndi achibale, kusunga zinsinsi ndi kuchita manyazi, kukangana ndi ena komanso kuloza zala ena paimfayo

Zokhudza kuthupi
Kusowa chilakolako chakudya, kuvutika pogona, kupweteka pachifuwa, kuvutika popuma, kutsegula m'mimba, kulira, kukhala mosatakasuka, kutopa, kumwa mowa kuti ayiwale ndiponso kuchita zachiwerewere

Mungawathandize bwanji

- Aloreni anamfedwa afotokoze kupweteka komwe akumva komanso zachisoni chawo, mvetserani zamomwe akumvera , maganizo awo ndi zomwe akukumbukira
- Khalani wochezeka, womvetsetsa ndi wodekha
- Athandizeni achibale ndi abwenzi kuti amvetsetse kuti anthu ayenera kulilira, kulankhula za munthu amene watisiya komanso ululu omwe akumva anthuwo. Izi nzabwinobwino ndiponso zofunika. Pamafunika nthawi kuti anthu ayiwale zaabale amene anatisiya

'Aliyense ali ndi chisoni. Koma Grant akujambula chithunzi chabambo ake chifukwa akuwasowa'

- Athandizeni anthu/anamalira kuti azimanga mfundo komanso azipeza njira zothetsera mavuto amene angakumane nawo
- Musamange mfundo ndi phuma
- Alimbikitseni anamfedwa kudya mokwanira ndiponso azidziyang'anira ndikudzisamalira
- Athandizeni kuti azichita zochepetsa ululu monga kuwona zithunzi, kupanga bukhu lachikumbutso, kulowa gulu lothandiza ena ngati nkofunika kutero, kujambula zithunzi, kusewera ndi zina zotero

Kaneneni kwa anamwino ngati anthu akhala akukhuza maliro kwa nthawi yayitali kwambiri, sakutha kuyang'anira moyo wake watsiku ndi tsiku, akumwa mwauchidakwa ndiponso akukhala ndi malingaliro odzipha
Kawauzeni abusa, ansembe kapena ashehe kuti apereke thandizo lauzimu; kwa anthu kumadera pazathandizo lazachuma ndi mavuto ena; kwa akatswiri aza ana ngati pakuwoneka kuti mwana akulephera kumvetsetsa chomwe chikuchitika

Kuthandiza ana oferedwa

Ana amalira mosiyana ndi akulu ndipo nthawi zambiri sitiwalabadira. Ana nthawi zina amaganiza kuti munthu womwalira wangochokapo ndipo abweranso. Nthawi zina anawo amaganiza kuti iwo adachita china chake kuti munthu amwalire. Iwo amaganiza zambiri ndipo amawopa kukamba za anthu omwalira. Nthawi zina amawona ngati ali paokhaokha (mwina chifukwa akuluakulu amakhala akuwona zachisoni chawo nawonso). Komatu iyi ndi nthawi yomwe ana amasowa chikondi

Ana atha kuwonetsa kuti akumva chisoni m'njira zosiyanasiyana, kuphatikizapo izi:
- Kukhala osamvera, okwiya komanso amtudzu
- Amalota zoyipa ndipo amawopa kukhala okha
- Chidwi chawo pamaphunziro kapena anzawo chimathawa
- Iwo amayerekeza munthu amene wamwalirayo
- Amayamba kukhala ngati mwana wocheperako

Ana mungawathandize motere:
- Kuwapatsa chikondi ndikuwalandira
- Kumvetsera zomwe anganene ndikukhala nawo nthawi yokwanira
- Kulankhula nawo mwachilungamo
- Kuwalora kuti akazonde ndi kulankhula ndi makolo kapena abale amene akumwalira
- Kumvetsetsa kuti kulira nkoyenera ndipo palibe cholakwika
- Kupemphera nawo, kuwona zithunzi, kukamba nkhani ndikuwalora azijambula zithunzi
- Kulimbikitsa abale kuti azithandiza ana ndi kumvetsetsa kufunika kokhuza maliro
- Kufunsa ena ngati simukudziwa kuti ana mungawathandize bwanji

12. Kudzisamalira nokha

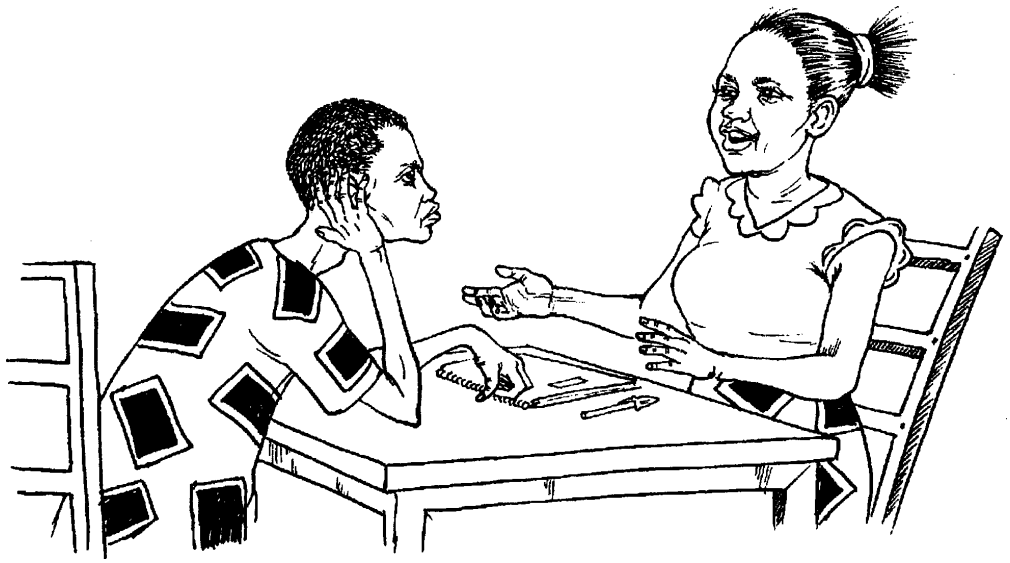
Ntchito yomwe mukugwira ndiyovuta kwambiri. Mumayigwira kaamba kakukoma mtima kwanu. Nthawi zambiri mumayigwira ndi zipangizo zochepa komanso nthawi yambiri mumakhala mukugwira ntchitoyi. Nthawi zambirinso mumakagwira ntchito kutali kwambiri. Malipiro omwe mumalandira nkuwona kupweteka kukuchepa pakati pa abale ndi alongo anu m'madera amene mukukhala. Ena mwa odwala amene mumawayang'anira amamwalira; ambiri amamwalira popanda owasamalira ndipo ululu umakhala ponseponse, ngakhale inu munayesera kuchepetsa ululuwo. Choncho inu mwina mumaganiza kuti ntchito yanu simukuyikwanitsa, kudzikayikira nokha. Chifukwa chakudzikayikira kumeneko, nanunso mungathe kudwala, kukhala ndi nkhawa ndiponso kulephera kugwira ntchito.

Angakusamalireni ndani?

Muyenera kuchita izi:

- Onani zizindikiro zakufowoka pakati painu ndi anzanu omwe mukugwira nawo limodzi ntchitoyi: kutopa, kusowa chidwi pantchito yanu ngakhalenso pabanja lanu, kukhala osowa chithandizo, kulephera kugona, kusalabadira, kulira, kunyanyala, kuyiwalayiwala, kusachedwa kupsa mtima ndi zizindikiro zina zambiri
- Chitani changu pofuna kuthetsa zovutazi
- Pumulani mokwanira, idyani chakudya chabwino ndiponso pumani kuntchito yanu nthawi zina
- Vomerezani kuti ntchitoyi ndiyotopetsa ndipo kambilanani zamavuto komanso njira zowathetsera pamodzi ndi anzanu. Mungathe kukhazikitsa gulu
- Afunseni anzanu, abale anu ndi ogwira nawo ntchito kuti akuthandizeni
- Mukhale ndi nthawi yochita zomwe mumakonda
- Pemphani kuti mukaphunzire zina ndi zina
- Pungulani ntchito yanu kwa kanthawi
- Pitani mukapume

Kumbukirani kuti popanda inu palibe ntchito yochepetsa ululu



'Mukugwira ntchito molimbika. Muyenera kukapuma, kudya zabwino ndiponso muzisewerako mpira ndi anzanu!'

13. Kakonzedwe kazakudya

Zothandiza m'kamwa

Kutsuka ndi madzi amchere

Sipuni imodzi yayikulu ya mchere kuthira m'madzi oyera ndi owilitsa bwino okwana makapu anayi

Kusakaniza mchere ndi soda

Theka la sipuni yaying'ono ya mchere, soda okwana sipuni yaying'ono imodzi ndi makapu awiri a madzi oyera ndi owilitsa

Kutsuka m'kamwa ndi soda

Sipuni yaying'ono imodzi ndi madzi oyera komanso owilitsa okwana makapu awiri

Kutsegula m'mimba

Tiyi wamasamba a gwafa

Masamba a gwafa odzadza kumanja ndi lita imodzi yamadzi oyera ndi owilitsidwa bwino. Wilitsani kwa mphindi pakati pa 10 ndi 20 kenako sefani

Kuthandiza kulephera kupita ku chimbudzi

Nthangala zapapaya

Apatseni odwala nthangala zapakati pa zisanu ndi khumi kuti atafune asanachite chilichonse m'mawa kukacha. Mungathenso kuyika theka lasipuni yaying'ono yanthangala zapapaya zomwe mwazigaya m'phala la ana

Kutaya madzi m'thupi

ORS

Wilitsani malita anayi a madzi ndipo ikanimo mchere wodzadza theka la sipuni yaying'ono ndiponso shuga odzadza masipuni awiri aakulu

Imwani makapu angapo patsiku. Akulu amwe malita atatu ndipo ana amwe ochepera pamenepo malinga ndi momwe akulemerera komanso zaka zawo.

Kutsuka zilonda

Utomoni wapapaya

Tengani madontho asanu a utomoni wapapaya losapsa lomwe lidakali mumtengo ndipo sungunurani ndi lita imodzi ya madzi ozizila amene munawawilitsa

Kuthandiza zilonda zobwera kaamba kogonera kapena kukhalira mbali imodzi

Uchi kapena shuga

Tsukani chilonda tsiku lililonse ndi madzi owira amene mwathiramo mchere. Muyike sipuni yaikulu imodzi palita yamadzi iliyonse

Yesani imodzi mwanjira izi:

1) Kusakaniza uchi ndi shuga nkukutira chilonda. Manganinso ndi nsalu zoyera kapena bandeji ndipo sintani kangapo patsiku
2) Thirani sipuni imodzi yashuga pofuna kuti chilonda chitsekeke. Chitani monga tafotokozera pamwamba

Papaya

Tengani papaya lomwe silinapse ndipo lipakeni pachilonda. Musayike pachilonda chimene chikutuka magazi ndipo musalisiye papaya pachilonda mpaka maola awiri adutse

Kuyabwa

Kusamba ndi soda

Thirani sipuni yaying'ono imodzi ya soda m'madzi ochepa ndipo pakani pakhungu

Kuchulukitsa mphamvu

Chakumwa champhamvu

Jinja wodzadza kapu imodzi, makapu awiri amandimu, makapu atatu a aloe vera wosendedwa ndi kudulidwa, shuga wa *brown,* masipuni aakulu awiri ndi malita 5 amadzi. Wilitsani kwa mawola awiri. Muzimwa sipuni yaikulu imodzi tsiku lililonse kuti muchulukitse mphamvu.