

KAGWIRITSIDWE NTCHITO KA MANKHWALA OLIMBANA NDI MATENDA OYAMBA NDI TIZILOMBO TABAKITERIYA

Mankhwala ndi abwino kwambiri akagwiritsidwa ntchito moyenera. Amalimbana ndi matenda oyamba ndi tizilombo tating'onoting'ono **Tabakiteriya**. Ena odziwika mwa mankhwalawa ndi *penicillin*, *tetracycline*, *streptomycin*, *chloramphenicol*, ndinso mankhwala okhala ndi *sulfa* koma *sulfonamides*.

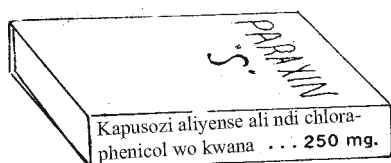
Mankhwala osiyanasiyanawa amagwira ntchito m'njira zosiyanasiyana pamatenda osiyanasiyananso. Mankhwala onsewa ali ndi kuopsa kwake komano ena mwa mankhwalawa ndi owopsa kwambiri koposa ena pogwiritsira ntchito. Ndi koyenera kusamala kwambiri posankha ndi kugwiritsira ntchito mankhwalawa.

Mankhwala olimbana ndi mabakiteriyawa alipo a mitundu yosiyanasiyana ndipo aliwonse amagulitsidwa pogwiritsira ntchito mayina osiyanasiyana. Izi zikhoza kukhala zosokoneza. Komabe, mankhwala ofunika kwambiri olimbana ndi bakiteriya ali m'magulu akuluakulu angapo motere:

Gulu la mankhwala olimbanandi bakiteriya	Chitsanzo (dzina loguritsira kapena la pa malonda)	Mayina opezeka kudera kwanu	Tsamba
<i>Penicillin</i>	<i>Pen-V-K</i>	365
<i>Ampicillin</i> *	<i>Penbritin</i>	367
<i>Tetracycline</i>	<i>Terramycin</i>	370
<i>Sulfa</i>	<i>Gantrisin</i>	372
<i>Streptomycin</i>	<i>Ambistryn</i>	377
<i>Chloramphenicol</i>	<i>Chloromycetin</i>	371
<i>Erythromycin</i>	<i>Ethrocine</i>	369

***Dziwani:** *Ampicillin* ndi mtundu wa *penicillin* yemwe amapha mabakiteriya ochuluka kusiyana ndi *penicillin* wamba.

Ngati muli ndi dzina logulitsira mankhwalawa koma simukulidziwa gulu lake, werengan malembo olembedwa bwino pa botolo kapena bokosi. Mwachitsanzo, ngati muli ndi **Paraxin 'S'** koma simukulidziwa chomwe chili m'kati mwake, werengan malembo olembedwa bwinobwino. Amalemba kuti "*chloramphenicol*".



Pezani mawu akuti *chloramphenicol* m'masamba obiriwira (tsamba 371). Mupeza kuti ayenera kugwiritsidwa ntchito pa matenda ochepa okha owopsa monga kaliwawa/vingwangwa (*typhoid*) ndipo ndi owopsa akaperekedwa kwa ana akhanda.

Musagwiritsire ntchito mankhwala olimbana ndi matenda oyamba ndi mabakiteriya pokhapokha mukadziwa gulu lake, matenda amene amalimbana nawo ndiponso njira zoyenera kuti mugwiritsire ntchito bwino mankhwalawo.

M'amasamba obiriwira mukuppezeka zambiri za kagwiritsidwe ntchito ka mankhwala, mlingo komanso kuwopsa kwa mankhwala olimbana ndi matenda oyamba ndi mabakteriya. Pezani dzina la mankhwala mumndandanda wa mayina a mankhwala oyamba ndi chilembo choyamba cha alifabeti kumayambiriro a masambawo.

Njira zoyenera kutsata pogwiritsa ntchito maantibayotiki onse

1. Musagwiritsire ntchito maantibayotiki ngati simukudziwa kagwiritsidwe ntchito kake ndi matenda ake.
2. Gwiritsirani ntchito maantibayotiki ovomerezeka okha pamatenda omwe mukufuna kuti muthane nawo.
3. Dziwani kuwopsa kogwiritsira ntchito antibayotikiyo ndi momwe mungasamalire powagwiritsira ntchito.
4. Gwiritsirani ntchito antibayotiki wa mlingo woyenera. Mlingowo umatengera zaka, kulemera kwa wodwalayo komanso mmene matendawo alili.
5. Musagwiritsire jekeseni ya antibayotiki ngati kumwa mankhwalawo kukhoza kugwira ntchito bwinobwino. Gwiritsirani ntchito jekeseni ngatidi kuli kofunika kutero.
6. Pitirizani kugwiritsira ntchito maantibayotiki mpakana mutachira kapena kwa masiku ena awiri kutentha thupi ndi zizindikiro zina zamatenda zitathakale. (Matenda ena monga chifuwa chachikulu ndi khate amafunabe mankhwala kwa miyezi ina kapena zaka kuyambira pamene wodwala adachira. Tsatani malangizo a matenda aliwonse.)
7. Munthu asiyiretu kugwiritsira ntchito maantibayotiki ngati amamuyabwa, amatuluka totupa pakhungu komanso ngati amavutika kupuma (onani tsamba 71). Asadzawagwiritsenso ntchito mankhwalawo m'moyo mwake.
8. **Gwiritsirani ntchito maantibayotiki ngati kuli kofunikira kwambiri kutero.** Maantibayotiki akagwiritsidwa ntchito kwambiri, sagwiranso ntchito bwino.

Njira zoyenera kutsata pogwiritsa ntchito maantibayotiki

1. Musagwiritsire ntchito jekeseni ya *penicillin* kapena *ampicillin*, muyenera kukhala ndi **Adrenalin** (*epinephrine*) pofuna kuchepetsa mavuto ena amene amayamba chifukwa cha mankhwalawa (onani tsamba 71).
2. Anthu omwe matupi awo sagwirizana ndi *penicillin*, ayenera kumwa maantibayotiki ena monga *erythromycin* kapena *sulfa* (onani masamba 369 ndi 372).
3. Musagwiritsire ntchito *tetracycline* kapena maantibayotiki pa matenda omwe *penicillin* kapena mankhwala ena opha tizirombo tamituidu yochepa angathe kugwira ntchito (onani tsamba 59).
4. Mwa lamulo, gwiritsirani *chloramphenicol* pa matenda a kaliwawa basi (*typhoid fever*). Mankhwala ndi owopsa. Musawagwiritse pa matenda omwe si owopsa kwambiri. Musawaperekenso kwa ana akhanda (kapatula pa chifuwa chokoka mtima (onani tsamba 332).
5. Musagwiritsire ntchito jekeseni ya *tetracycline* kapena *chloramphenicol*. Mankhwala ndi abwino, popeza sapweteka kwambiri ndipo amagwira ntchito bwino akamwedwa.

6. Amayi apakati pa miyezi isanu kapena ana a zaka zochepera zisanu ndi chimodzi sayenera kupatsidwa *tetracycline*, onani tsamba 370.
7. Mwa lamulo, nthawi zonse gwiritsirani ntchito *Streptomycin* ndi zonse zopezeka m'mankhwalawa pa chifuwa chachikulu (TB) chokha pamodzi ndi mankhwala ena a chifuwa chachikulu (onani tsamba 375) *streptomycin* pamodzi ndi *penicillin* angagwiritsidwe ntchito pa zilonda zazikulu zam'mimba ndi m'thumbo ngati palibe *ampicillin* (kapena ngati ali wokwera mtengo) koma asagwiritsidwe ntchito pa chimfine ndi matenda ena a zivalo zopumira monga mapapo ndi phuno.
8. Mankhwala onse a m'gulu la *streptomycin* ndi poyizoni. Nthawi zambiri mankhwalawa amaperekedwa pamatenda omwe sali oopsa kotero kuti mankhwalawa amangoononga m'malo mokonza thupi mankhwalawa amape Mankhwalawa ndi ovomerezeka kugwiritsidwa ntchito pamatenda owopsa okha.
9. Kudya yogati kapena chambiko kumathandiza kubwerezera bakiteriya wofunika muthupi yemwe aphedwa ndi mankhwala monga *ampicillin* kuti thupi likhale ndi thanzi (onani tsamba lotsatirali).

Tingatani ngati antibayotiki sakuthandiza?

Matenda ambiri amasintha pakadutsa tsiku limodzi kapena awiri antibayotiki akagwiritsidwa ntchito. **Ngati matenda sakusintha ndi antibayotiki yemwe mukugwiritsira ntchito nkutheka kuti:**

1. Matendawo si amene mukuwaganizira. Mukhoza kukhala kuti mukugwiritsira ntchito mankhwala olakwika. Yesani kupeza kuti matendawo ndi ati ndipo gwiritsirani ntchito mankhwala oyenera.
2. Mlingo wa antibayotikiyo ndi wolakwika. Uwononinso bwino mlingowo.
3. Mabakiteriya afika poti **sangathe kugonjetsedwa** ndi antibayotiki yemwe akumwedwa, yesani antibayotiki wina wovomerezeka pa matendawo.
4. Mwina simukudziwa zambiri za kachiritsidwe kamatendawo. Ngati matenda akukulirabe, pitani kuchipatala.

Ana atatuwa anali ndi chimfine...

Chinavuta ndi chiyani ?



Penicillin! (onani Zoopsa zake tsamba 71)

Chinavuta ndi chiyani ?



Chloramphenicol onani (zoopsa za mankhwalawa pa tsamba 371)

Ndi chifukwa chiyani mwana uyu anachira?



Sanamwe mankhwala owopsa, anangomwa madzi azipatso, chakudya chabwino ndi kupuma mokwanira.

Maantibayotiki sathandiza pa chimfine. Gwiritsirani ntchito maantibayotiki pa matenda okhawa amene mankhwalawo amathandiza mokwanira.

Ubwino wogwiritsa ntchito maantibayotiki mosapyola muyezo

Kugwiritsira ntchito mankhwala kuzikhala ndi malire. Izi ndi zowona makamaka ndi maantibayotiki chifukwa cha zifukwa zotsatirazi:

1. Kutulutsa poyizoni ndi zotsatira zake. Maantibayotiki samangopha mabakteriya okha ayi. Angathenso kuwononga thupi kudzera m'poyizoni yemwe mankhwalawo amatulutsa kapenanso kuyambitsa zotsatira zina zoipa. Chaka chilichonse anthu ambiri amafa chifukwa chogwiritsira ntchito maantibayotiki osayenera.

2. Kusokoneza m'thupi mmene liyenera kukhalira. Si kuti mabakteriya onse m'thupi ndi owononga. Ena ndi othandiza kuti thupi lizigwira ntchito zake bwino. Maantibayotiki kawirikawiri amaphera limodzi mabakteriya abwino ndi oyipa. Ana amene amapatsidwa maantibayotiki nthawi zina amatuluka zilonda (fangayi) m'kamwa (tsamba 249). Ichi ndi chifukwa chakuti maantibayotiki amapha bakiteriya amene amateteza tizilonda timeneti.

Pa chifukwa chimenechi, anthu amene amamwa *ampicillin* ndi mankhwala ena a antibayotiki angathe kutsekula m'mimba. Maantibayotiki angathe kupha mabakteriya ena amene amathandiza kuti chakudya chigayike bwino kotero zimasokoneza bakiteriya wabwino wa m'matumbo.

3. Kusagwira ntchito kwa mankhwala (kupima): Chifukwa chachikulu chimene, muyenera kuchepetsa kugwiritsira ntchito **maantibayotiki ndi chakuti akagwiritsidwa ntchito kwa nthawi yaitali sagwiranso ntchito mokwanira.**

Bakteriya akalimbana ndi mankhwala kwa nthawi yaitali amakhala ndi mphamvu ndipo safanso ndi mankhwalawo. Kotero maantibayotikiwa satha kupha mabakteriyawo. Pa chifukwa chimenechi, matenda ena oopsa ngati kaliwawa (*typhoid*) akuvuta masiku ano kuchizika ndi mankhwala monga *Chloramphenicol*. Mankhwalawa akhala akugwiritsidwa ntchito kwambiri pa matenda aang'ono, amene akanatha kuchizidwa ndi maantibayotiki ena kapena amene safuna ngakhale maantibayotiki

Padziko lonse lapansi matenda aakuluakulu sakuchizika ndi mankhwala a maantibayotiki – kwakulu ndi chifukwa chakuti maantibayotiukiwa amagwiritsidwa ntchito pamatenda aang'ono. **Kuti maantibayotiki apitirire kuchiza matenda, tiyenera kusintha kagwiritsidwe ntchito kake.** Izi zidzadalira kuti madokotala, azaumoyo ndi odwala onse azigwiritsira ntchito moyenera mankhwalawa.

Kwa matenda ambiri aang'ono maantibayotiki safunika kugwiritsidwa ntchito. Matenda a pakungu ambiri angathe kuchizidwa pogwiritsira ntchito sopo ndi madzi otentha kapena popaka GV (onani tsamba 384). Matenda aang'ono okhudza ziwalo zopumira angathe kuchizidwa pakumwa zakumwa zambiri, kudya chakudya chabwino, ndi kupuma mokwanira. Matenda ambiri otsekula m'mimba si kofunika kumwa maantibayotiki. Mwina mankhwalawa angathe kupweteka wodwala ngati amwa chifukwa chotsekula m'mimba. Chofunikira kwambiri ndi kumwa zamadzimadzi zambiri (onani tsamba 164) ndikumupatsa mwana chakudya chokwanira.

Osagwiritsira ntchito maantibayotiki pa matenda amene thupi lanu lingathe kulimbana nawo palokha. Asungeni kuti mudzawagwiritsire ntchito pamene ali ofunikira kwambiri.