

MOYO NDI MATENDA

A ANA

21

Kodi tingachite chiyani kuti titeteze moyo wa ana?



Mutu 11 ndi 12 ikukamba zambiri za ubwino wa chakudya chokhala ndi zofuna za thupi, ukhondo ndi katemera. Makolo ayenera kuwerenga mitu imeneyi mosamala ndikuigwiritsira ntchito posamalira ndi kuphunzitsa ana awo. Mfundo zikuluzikulu zabwerezedwanso pano.

Chakudya chopatsa thanzi

Ndi kofunikira kwambiri kuti ana azidya chakudya chimene chili ndi zofunika zathupi chimene chingapezeke, kotero kuti adzikula bwino komanso asamadwale.

Zakudya zabwino kwambiri kwa ana a misinkhu yosiyanasiyana ndi izi:

- Miyezi 4 yoyamba: **mkaka wa m'mawere** osatinso zina ayi.
- Miyezi inayi kufikira chaka chimodzi: **mkaka wa m'mawere** komanso **zakudya zokhala ndi zonse zofunika m'thupi** monga chipere, mazira, nyama, zipatso zophika ndi ndiwo zamasamba, komanso nsima ndi mpunga.
- Kuchokera chaka chimodzi kupita m'tsogolo, mwana ayenera kudya zakudya zimene anthu akuluakulu amadya, **koma pafupipafupi**. Pa chakudya chathu chenicheni (mpunga, nsima ya chimanga, mawere, chinangwa kapena chimera) wonjezanipo 'zakudya zothandizira' monga zatchulidwa m'mutu wa 11.
- Koposa zonse, ana ayenera kudya chakudya **chokwanira** ndiponso kangapo pa tsiku.
- Makolo onse ayenera kukhala tcheru ndi zizindikiro za kunyentchera kwa ana awo ndipo ayenera kuwapatsa zakudya zabwino koposa zimene angakwanitse.

Ukhondo

Ana adzakhala ndi moyo wathanzi ngati midzi, makomo ndi iwo eni akewo ali aukhondo. Tsatirani malangizo aukhondo amene ali m'mutu 12. Aphunzitseni ana anu kuzitsatira ndi kuzimvetsa ubwino wake. Pano malangizo ofunika kwambiri abwerezedwa.

- Asambitseni ana anu ndi kuwasintha zovala zawo nthawi zonse.
- Aphunzitseni ana kusamba m'manja nthawi zonse pamene adzuka m'mawa, akachoka ku chimbudzi, komanso asanadye kapena kugwira chakudya.
- Kumbani zimbudzi ndipo aphunzitseni anawo kuzigwiritsira ntchito zimbudzizo.
- Kumene kuli mahukuwemu, musalole ana anu kuyenda opanda nsapato; gwiritsirani ntchito nsapato.
- Phunzitsani ana kutsuka mano ndipo musamawapatse mabisiketi ambiri, maswiti kapena zakumwa monga kokakola.
- Dulani zikhadabo zawo kuti zikhale zazifupi.
- Musalole ana amene ali odwala kapena amene ali ndi zilonda, mphere, nsabwe, kapena chipere kugona ndi ana anzawo kapena kugwiritsira ntchito zovala zimodzi kapena nsalu yopuputira.
- Apatseni chithandizo msanga ana amene ali ndi mphere, chipere, njoka zam'mimba, ndi matenda ena opatsirana mosavuta kuchoka kwa mwana wina kupita kwa mwana m'nzake.
- Musalole ana anu kuika zinthu zakuda m'kamwa kapena kulola galu kuwanyambita nkhope zawo.
- Musalole nkumba, agalu, ndi nkuku kukhala m'nyumba mwanu.
- Musaike zakudya za ana m'mabotolo, chifukwa amavuta kutsuka kwake ndipo zikhoza kubweretsa matenda. Apatseni makanda mkaka wa m'mawere kuchokera mu kapu kapena ndi sipuni.
- Gwiritsirani ntchito madzi otetezedwa kapena owiritsidwa monga akumwa. Izi nzofunikira kwambiri kwa makanda.

Katemera

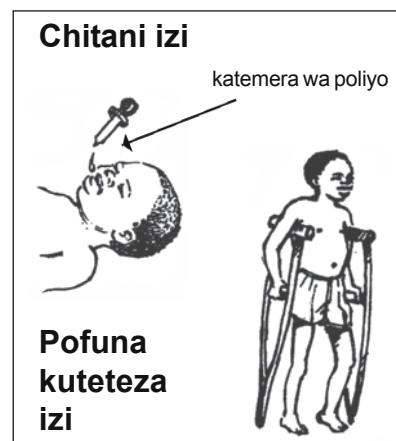
Makatemera amateteza ana ku matenda ambiri amene ali owopsa kwambiri kwa ana monga chifuwa chokoka mtima, *diphtheria*, kafumbata, matenda opuwalitsa ziwalo, chikuku ndi chifuwa chachikulu.

Ana ayenera kupatsidwa makatemera osiyanasiyana miyezi yoyambirira ya moyo wawo, monga tsamba 154 lasonyezera. Katemera wa matenda opuwalitsa ziwalo a poliyo ayenera kuperekedwa koyambilira pasanathe miyezi iwiri, chifukwa matenda opuwalitsa ziwalo ndi ochuluka pakati pa ana osapitirira chaka chimodzi.

Zofunika kudziwa: Kutu mwana atetezedwe mokwanira, makatemera a DPT (*diphtheria*, chifuwa chokoka mtima, kafumbata) ndi poliyo ayenera kuperekedwa kamodzi pa mwezi kwa miyezi itatu ndiponso kamodzi chaka chinacho.

Kafumbata wa mwana wongobadwa kumene atha kupewedwa powapatsa amayi katemera wa kafumbata pa nthawi imene iwo ali ndi pakati (onani tsamba 266).

Onetsetsani kuti ana anu akulandira makatemera onse amene akufunikira.



Kukula kwa ana komanso “msewu wopita ku moyo wa thanzi”

Mwana wathanzi amakula mosabwerera m'mbuyo. Ngati iye adya zakudya zokhala ndi zonse zofunikira m'thupi la munthu, komanso ngati alibe matenda ena aakulu, mwana amalemera mowonjezera mwezi uliwonse.

Mwana amene akukula bwino ndi wathanzi.



Mwana amene akukwera sikelo pang'onopang'ono kuyerekeza ndi ana ena, nasiya kukwera, kapena ngati akutsika, alibe moyo wathanzi. Mwana iye sakudya mokwanira kapena ali ndi matenda aakulu, kapena zonse ziwiri.

Njira yabwino yodziwira ngati mwana ali bwino komanso kuti akudya zakudya zokhala ndi zonse zofunikira m'thupi ndiyo kukamukweza sikelo mwezi uliwonse ndi kuwona ngati iye akuwonjezera kulemera moyenera. Ngati kukwera sikelo kwa mwana kusonyezedwa pa Matchati a Moyo wa Mwana, nkwapafupi kuwona ngati mwanayo akuwonjezera kulemera kwake moyenera.

Atagwiritsidwa ntchito bwino, matchati adzadziwitsa amayi ndi ogwira ntchito zachipatala pamene mwana sakukula moyenera, kotero kuti angachitepo kanthu. Akhoza kuyamba kuwonetsetsa kuti mwana akudya mokwanira, ndipo akhoza kumthandiza pa matenda ali wonse amene mwana angakhale nawo.

Tsamba lotsatira lili ndi Tchatu cha Moyo wa Mwana chenicheni chosonyeza 'Msewu Wopita ku Moyo wa thanzi' Tchatu chimenechi chitha kudulidwa ndi kusindikizidwanso.

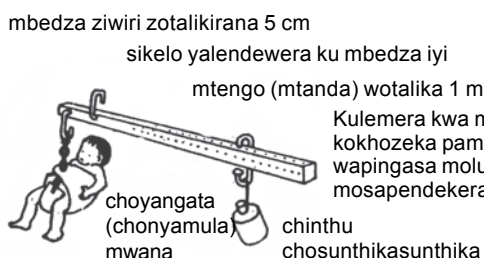
Ndi chinthu chofunika kwambiri kuti amayi onse akhale ndi Matchati a Moyo wa Ana ake onse a zaka zosafika 5. Ngati pafupi pali chipatala chaching'ono kapena chipatala cha sikelo ya ana, mayi ayenera kupita ndi ana ake, ndi matchati awo, kuti akakwezedwe pa sikelo ndikukawonedwa ngati akudwala mwezi uliwonse. Ogwira ntchito zachipatala atha kuthandiza kufotokoza za patchati ndi kagwiritsidwe kake ntchito.

Kuti musunge bwino Tchatu cha Moyo wa Mwana, ikani mu envelopu ya pulasitiki.

Kukweza sikelo ana ang'onoang'ono

SIKELO YOCHITA KUPANGA KUNYUMBA

Mutha kupanga sikelo ndi mtengo wouma kapena nsungwi. Mlingo wolemera umene mungagwiritsire ntchito ndi thumba, botolo, kapena chitini chodzadza ndi mchenga.



Kulemera kwa mwana kumakhala kokhozeka pamene mtanda uli wapingasa molunjika kapena mosapendekera mbali imodzi.

SIKELO YOMWE IMASONYEZA KULEMERA KWA MWANA MOSAPHEKA KAPENA MOKHOZA

Chitchati cha mwana chimaikidwa kumbuyo kwa sikelo pofuna kuti munthu wolemera kulemera kwa mwanayo asonjeza mosalakwitsa chiwerengero chenicheni cha mmene mwana walemerera pa sikelopo.



Graph showing the relationship between the weight of a 1m³ sample (kg) and the weight of a 1m³ sample (kg) for ZAKA 3 MPAKA 4 and ZAKA 4 MPAKA 5.

The Y-axis is labeled 'Kg' and ranges from 1 to 17. The X-axis is labeled 'MWEZI wobadwa CHAKA' and ranges from 0 to 60.

The line for ZAKA 3 MPAKA 4 starts at (0, 14) and ends at (60, 17). The line for ZAKA 4 MPAKA 5 starts at (0, 11) and ends at (60, 14).

DZINA LA MWANA	MTSIKANA MYAMATA	
TSIKU LOBADWA	tsiku mwezi chaka	SIKELA POBADWA

DZINA LA MAI WA MWANA
DZINA NGATI SIMAI WA MWANA
DZINA LA BAMBO WA MWANA
MWANA ANAKHALA KUTI?

Mai wakhala ndi ana angati?
Amoyo angati?
An kufa angati?

FUNSANI MAI ZIFUKWA ZOTSATIRAZI NGATI NDIZO ZAPANGITSA KUTI MWANA APATSIDWE THANDIZA LAPADERA (zungulizani mzere pa yankho okhonz a)

Kodi mwana anali wa si kelo yochepera 2.5kg pobadwa	Ayi
Kodi mwanayi ndi wamapasa	Ayi
Kodi mwanayi anaya mwitsi dwira m' mbotolo	Ayi
Kodi mal asiwa thandizo labanja lowoni ezera	Ayi
Kodi abale ake a mwanayu ndi osika si kelo	Ayi
mosavomerezele	Ayi
Kodi pali zifukwazina zosanalitsa pa mwanayi	Ayi
Mwachitsanzo - chifuwa chikulu, khathe kapena mavuto a kumutu dzo	

**SAMALI -
RANI MWA
PADERA**

AKATE MERA	TSIKU
BCG	
POLIO	<u>MLINGO WOYAMBA</u> <u>MLINGO WACHIWIRI</u> <u>MLINGO WACHITATU</u> <u>MLINGO WACHINAI</u>
Diphtheria Chir'wa chokoka mima Kafumbata	<u>MLINGO WOYAMBA</u> <u>MLINGO WACHIWIRI</u> <u>MLINGO WACHITATU</u>
CHIKUKU	
KATEMERA WA AMAYI TOXOID	<u>MLINGO WOYAMBA</u> <u>MLINGO WACHIWIRI</u> <u>MLINGO WACHITATU</u>

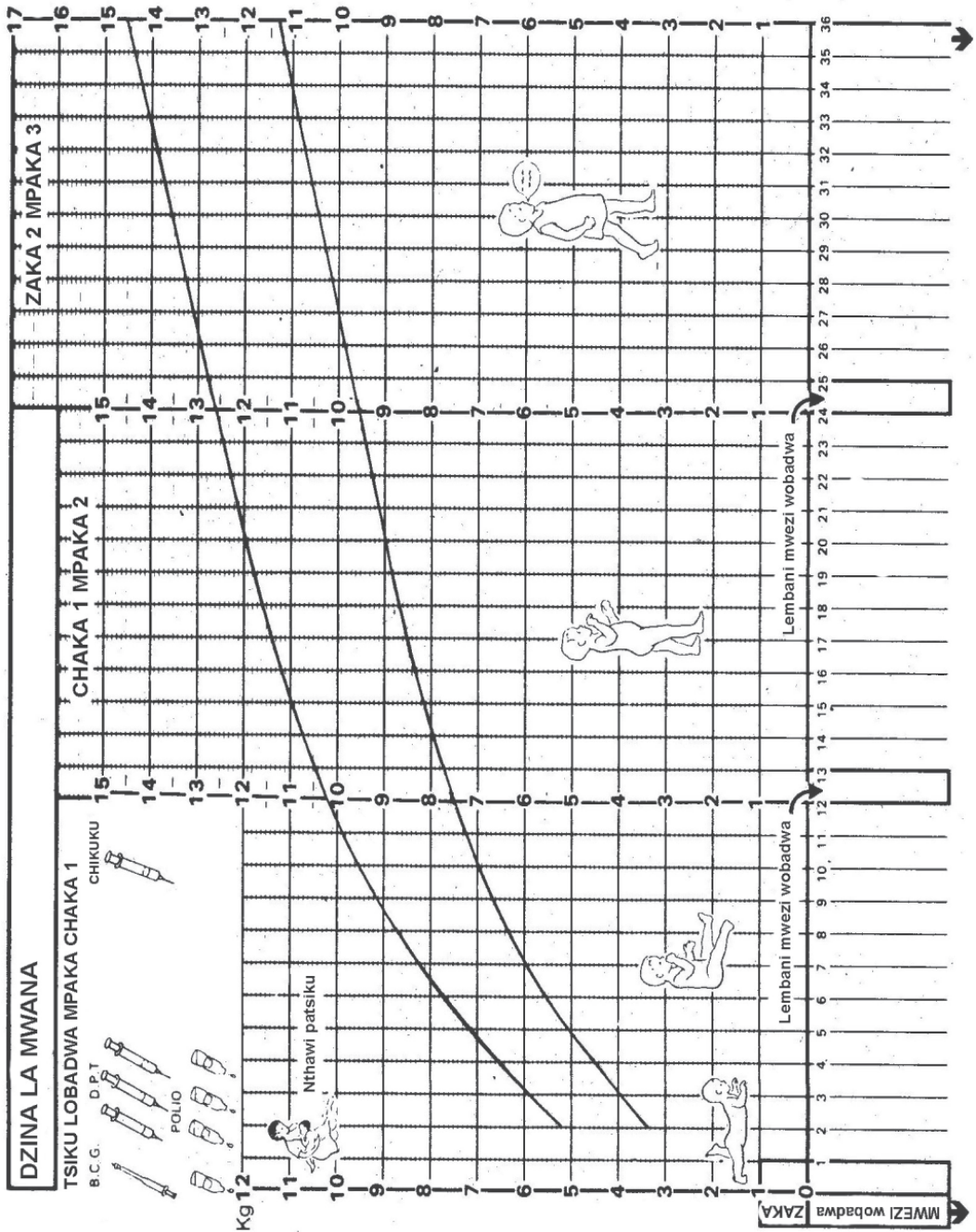


**MADZI OBWEZERA MCHERE MTHUPI
MASIKU**

Adaphun zitsi

*Adagwirit
ntchito*

Tsiku lofika kuchipatala



ONANI MMENE
MIZERE
UKUYENDERA

ZOSANGALATSA
Mwana akukula
bwino

ZOOPSA
Mwana sakukula
bwino. Pezani
chifukwa chake.

ZOOPSA KWAMBIRI
Sikelo ikamatsika
mwana amasonyeza kuti
akudwala kotozi afunika
kumasamalira kwambiri

LEMBANI PATCHATI
Nihenda iliyonse munga:
kutsegula mmimba, chikuku

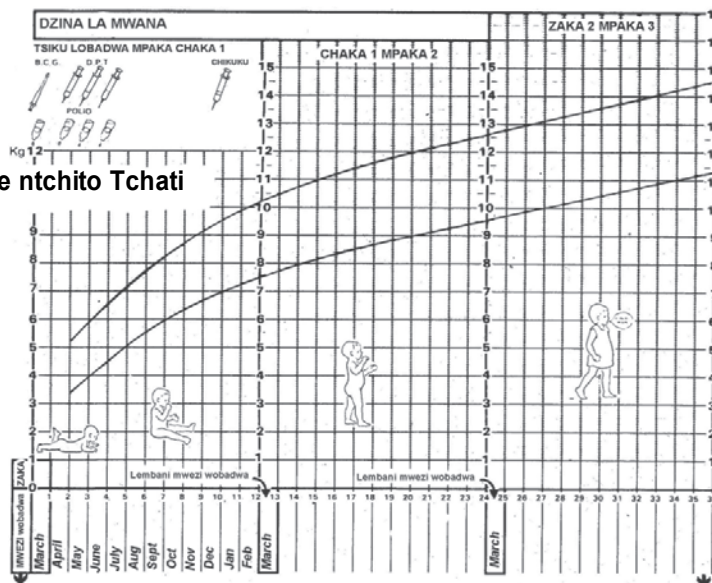
Kugonekedwa kuchipatala,
Zakudya zolimba zoyamba
kugonekedwa kwa mwana
Mwana waletsedwa kujamwa
Kubadwa kwa mwana wina.

Ngati chonchi:

Chikuku
Waperekedwa
Kutsegula mmimba
Anagonekedwa
Kuchipatala
Zakudya zapadera
Analandira mankhwalu
a mmimba

Mmene Mungagwiritsire ntchito Tchati cha Moyo wa Mwana

CHOYAMBA,
lembani miyezi ya
chaka cho
mtimabokosi
ting'onoting'ono
pansi pa tchati.



Lembani mwezi pamene mwana adabadwa
m'kabokosi koyamba m'chaka chilichonse.
Tchati ichi chikusonyeza kuti mwana adabadwa mmwezi wa Malitchi.

CHACHIWIRI, kwezani mwana pa sikelo.

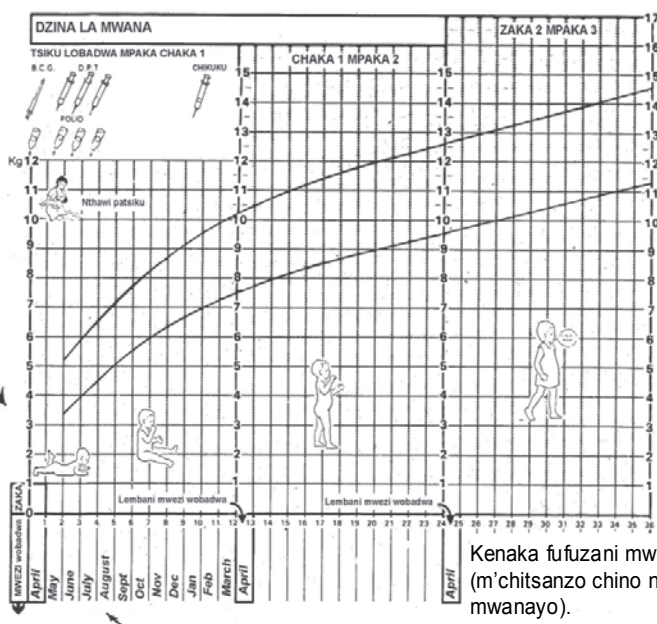
Tingoyerekeza kuti mwana adabadwa mwezi wa Epulo. Tsopano ndi Ogasiti, ndipo mwana akulemera makilogilamu 6.



Sikelo
yozendewera
kapena ya
katungw e

CHACHITATU, yang'anani pa khadi.

Makilogalamu amalembedwa kumbali kwa khadi.
Funani pamene palembedwa makilogalamu amene
mwana akulemera (M'chitsanzo ichi ndi makilogalamu 6).



Kenaka fufuzani mwezi umene tilimo pansi pa tchati (m'chitsanzo chino ndi Ogasiti wa chaka choyamba cha mwanayo).

**ONANI MMENE
MIZERE
UKUYENDERA**

ZOSANGALATSA
Mwana akukula
bwinso

ZOOPSA
Mwana sakukula
bwinso. Pazi
chifukwa chake.

ZOOPSA KWAMISITI
Sikelo ikamatsika
mwana amayonyeza kuti
akudenda kutero afika
kumamamita lozambira

LEMBANI PATCHATI
Nthenda iliyonse mpinga:
kufupile mimba, chikuku

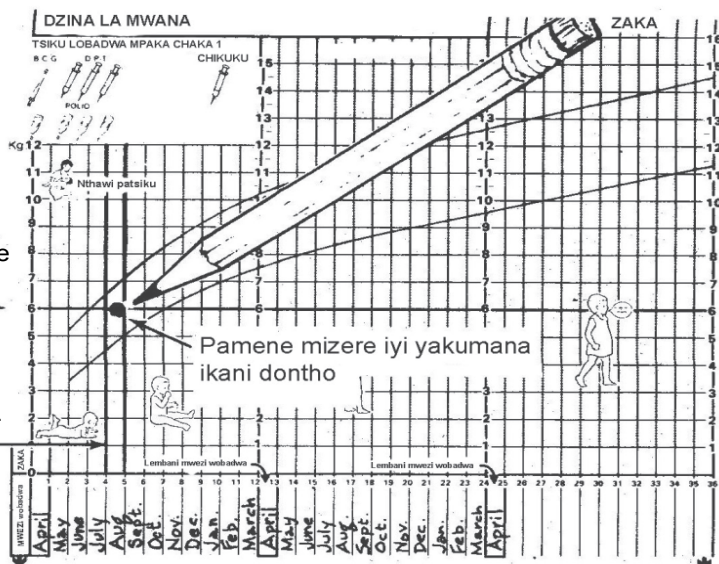
Kugonekedwa kuchipatela
Zakutya zolimba zoyamba
kuperekedwa kwa mwana
Mwana waleledwa kuyamba
Kubedwa kwa mwana wina.

Ngati chonchi:

Age Group	Count
Chikuku	10
Kuchepela	8
Anagonekedwa	6
Kuchipatela	4
Zakutya zolimba	2
Kubedwa	10

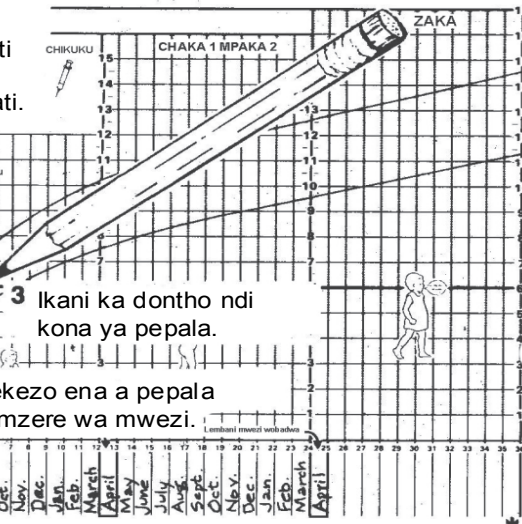
CHACHINAYI,
tsatirani mzere umene
ukuchokera ku 6

ndi
mizera imene ikupita
ikupita mmwamba
kuchokera ku Ogasiti.



Ndi kosavuta kudziwa pamene
payenera kuikidwa kadontho ngati
muika kapepala kangodya zinayi
kodula bwino pamwamba pa tchati.

1. Ikani malekezero
amodzi a pepala
motsatira mzere wa
kulemera kwa
mwana.



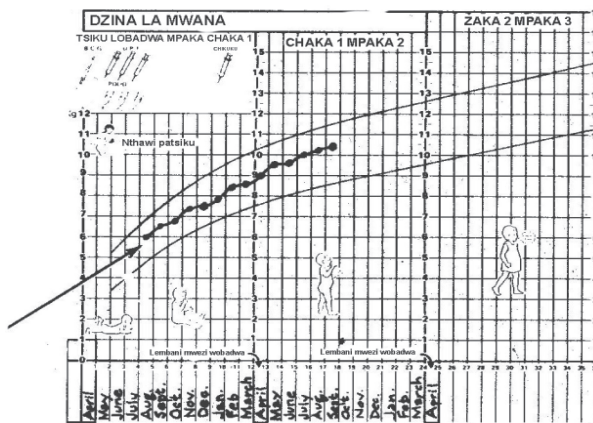
3. Ikani ka dontho ndi
kona ya pepala.

2. Ikani malekezo ena a pepala
wotsatira mzere wa mwezi.

Mwezi uliwonse kwezani
mwana sikelo ndikuika dontho
lina pa tchati.

Ngati mwana ali wathanzi,
mwezi uliwonse kadontho
kodzapita m'mwamba mwa
tchati kuposa mwezi
wam'mbuyo.

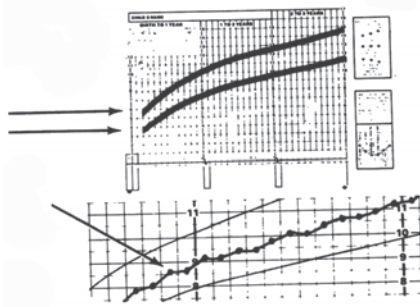
Kuti muwone kuti mwana
akukula bwino, lumikizani
timadontho ndi kamzera.



Mmene Mungawerengele Tchati cha Moyo wa Mwana

Mizere iwiri yokhota yomwe ili pa tchati ikusonyeza 'Msewu Wopita ku Moyo Wathanzi' umene mwana ayenera kuyenda.

Mzere wa madontho ukusonyeza kulemera kwa mwana kuchoka mwezi umodzi kufika wina, komanso kuchokera chaka china kufika chaka chinzake.



Kwa ana amene akukula moyenera ndi moyo wathanzi, kamzera ka madontho kamayenda pakati pa mizere yaitali yokhotayo. Ndi chifukwa chake malo amene ali pakati pa mizere iwiriyo amatchedwa Msewu Wopita ku Moyo Wathanzi.

Ngati kamzere ka madontho kakwera popanda kutsika, mwezi ndi mwezi, kulowera mbali imodzi monga mizere yaitali yokhotayo, ichinso ndi chizindikiro choti mwana ali ndi thanzi.

Mwana wathanzi, amene amalandira chakudya chokwanira chokhala ndi zonse zofunikira m'thupi, nthawi zambiri amayamba kukhala, kuyenda, ndi kuyankhula pafupifupi nthawi zimene zatchulidwa pansipa.

Chithunzi chenicheni cha
MWANA WATHANZI,
WODYETSEDWA BWINO

wayamba kuyenda
timasitepe tingapo

mwana akukhala
osagwiriridwa



wayamba
kulankhala
nau amodzi

wayamba kunena
maganizo omweka



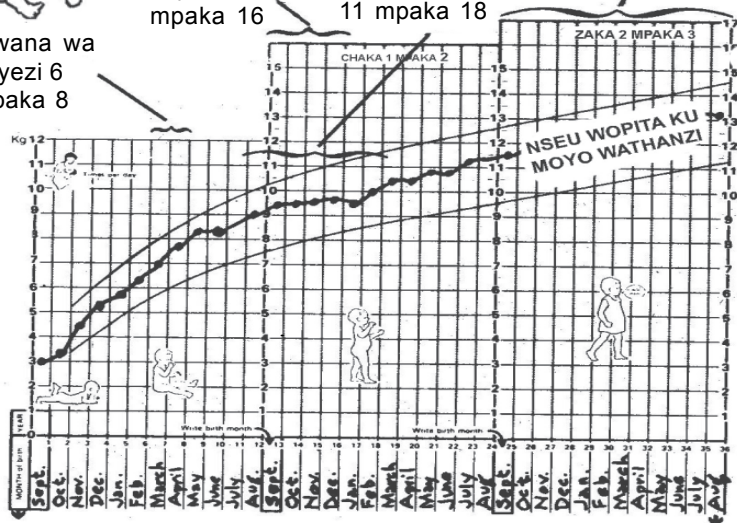
mwana wa
zaka zitatu

mwana wa
miyezi 12
mpaka 16

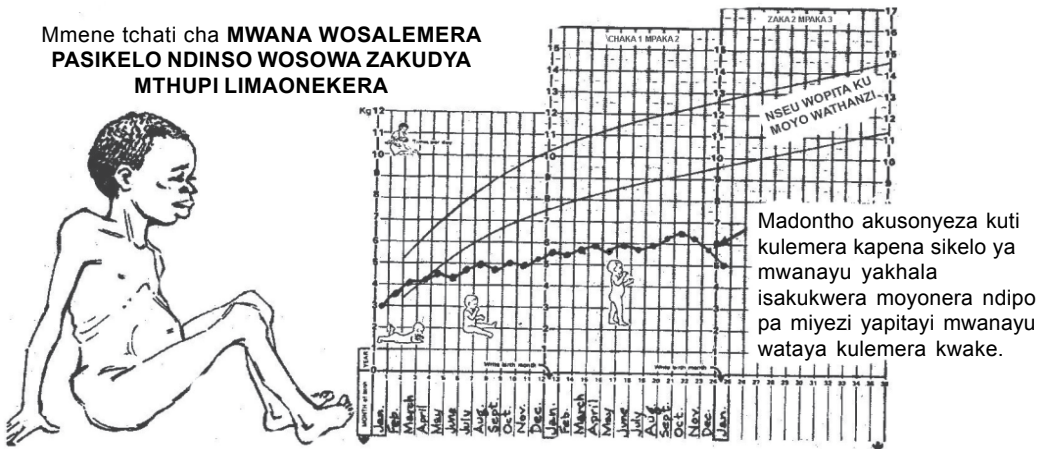
mwana wa miyezi
11 mpaka 18

mwana wa
miyezi 6
mpaka 8

Kwa mwana wa moyo wathanzi, wodyetsedwa bwino, sikelo imakwera mosalekeza. Madontho nthawi zambiri amakhala m'kati mwa mizere yosonyeza Msewu Wopita ku Moyo Wathanzi.



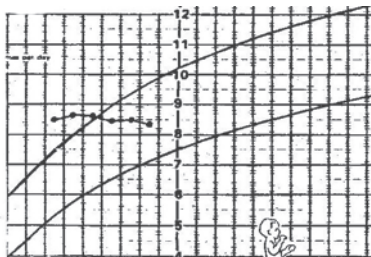
Mwana amene sadya mokwanira, ndi wodwaladwala akhoza kukhala ndi tchati monga chimene tikuchiona pansipa. Onani kuti kamzera ka madontho (kulemera kwake) kali pansi pa Msewu Wopita ku Moyo Wathanzi. Mzera wakenso wa madontho ndi osokonekerasokonekera ndipo siukwera kwambiri. Izi zikusonyeza kuti mwana akupita koipa.



Mwana amene ali ndi tchati ngati chili pamwambachi ali ndi vuto lalikulu la kusalemera. Chikhoza kukhala chifukwa choti sakudya zokwanira zokhala ndi zonse zofunikira m'thupi. Kapena chifukwa choti ali ndi matenda monga chifuwa chachikulu kapena malungo. Kapenanso zonse ziwiri. Ayenera kupatsidwa chakudya chokhala ndi zonse zofunikira m'thupi chimene chilipo, ndiponso ngati kuli kotheka, ayenera kumutengera kwa munthu wogwira ntchito zachipatala pafupipafupi kufikira tchati chake chitayamba kusonyeza kuti wayamba kulemera ndi kubwerera ku Msewu Wopita ku Moyo Wathanzi.

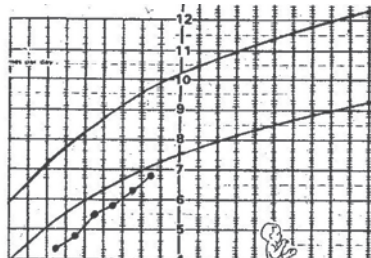
Chofunikira: Khalani tcheru komwe kamzere ka madontho kakulowera.

ZOOPSA: Mwanayu sakuwonjezera sikelo yake.



Ngakhale madontho a mwanayu adakali m'kati mwa mizera yaitali yokhota, mwanayu sakukwera bwino kwa miyezi yochuluka.

ALI BWINO! Mwanayu akukwera bwino sikelo.



Ngakhale kuti madontho a mwanayu ali kungsi kwamizere ikuluikulu yokhota iwiriyo, kupita kwawo m'mwamba kukusonyeza kuti mwana akukula bwino. Mwachilengedwe, ana ena amakhala aang'ono matupi kuposa ena. Mwinanso makolo a mwanayu ndi aang'ono kathupi kuposa mmene zimayenera kukhalira.

ONANI MMENE MIZERE UKUYENDERA

ZOSANGALATSA
Mwana akukula bwino

ZOOPSA
Mwana sakukula bwino. Pezani chifukwa chake.

ZOOPSA KWAMBIRI
Sikelo ikamatsika mwana amasonyeza kuti akudwala koteru afunika kumasamalira kwambiri

Kumene madontho akulowera kumatiuza zambiri za moyo wa mwana kuposa ngati madontho ali m'kati kapena kungsi kwa mizere yokhotayo. Monga chitsanzo, onani tsamba lotsatirali.

TCHATI CHA MOYO WA MWANA CHOSONYEZA MOYO WENIWENI WA MWANA

Mwanayu anali wathanzi ndipo amakwera bwino sikelo miyezi yoyambirira 6 ya moyo wake, chifukwa choti mayi ake ankamuyamwitsa.

Ali ndi miyezi 6, mayi adapezekanso ali odwala ndipo adasiya kumuyamwitsa. Mwana adayamba kudya tinthu tosakanwira monga chimanga ndi mpunga. Adasiya kuwonjezera kulemera.

Ali ndi miyezi 10 anayamba kutsekula m'mimba ndipo Adayambanso kutsika sikelo. adawonda ndi kudwala kwambiri.

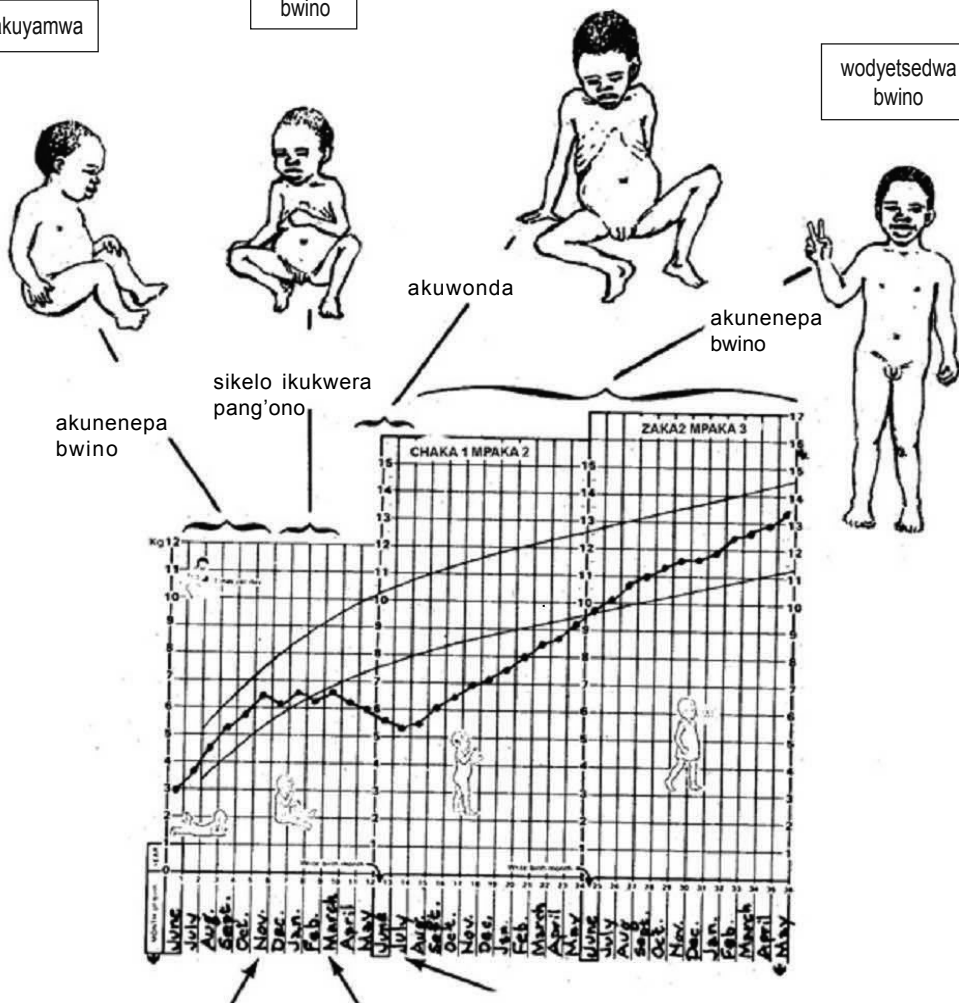
Ali ndi miyezi 13 mayi ake adaphunzira Ubwino wompatsa chakudya choyenera. Sikelo yake inayamba kukwera msanga. Ali ndi zaka ziwiri anali ali pa msewu Wopita ku Moyo wa Thanzi.

akuyamwa

sakudya bwino

akutsekula m'mimba

wodyetsedwa bwino



kusiyana kuyamba pa miyezi 6

kutsekula m'mimba kuyambika pa miyezi 10

kudya zakudya zathanzi kuyambika pa miyezi 13

Matchati osonyeza moyo wa mwana ndi ofunika. **Atagwiritsidwa ntchito bwino, amathandiza amayi kudziwa pamene ana awo akufunikira kwambiri zakudya za kasinthasintha ndi chisamaliro chapadera.** Amathandiza ogwira ntchito za chipatala kumvetsa bwino zosowa za mwana ndi banja lake. Zimathandizanso mayi kudziwa pamene wachita ntchito yotamandika.

Kubwereza: Mavuto pamoyo wa mwana amene afotokozedwa m'mitu ina

Ambiri mwa matenda takambirana m'mitu ina ya buku lino amapezeka ndi ana. Pano ena mwa mavuto obwera kawirikawiri abwerezedwanso mwachidule. Kuti mudziwe zambiri pa vuto lililonse, onani masamba osonyezedwa.

Kuti mudziwe kasamalidwe kapadera ndiponso zovuta za ana ongobadwa kumene, onani tsamba 286 kufikira 292.

Kumbukirani: Kwa ana, matenda amakula mofulumira. Matenda amene amatenga masiku kapena milungu yambiri kuti avulaze kapena kupha munthu wamkulu atha kupha mwana mawola owerengeka. Choncho, ndi bwino **kudziwa zizindikiro zoyambirira za matenda ndi kuchitapo kanthu nthawi yomweyo.**

Ana osowa zakudya m'thupi

Ana ambiri ndi wonyentchera chifukwa choti sadya chakudya chokwanira. Koma ena amanyentchera chifukwa choti amadya zakudya zopatsa mphamvu zokha basi monga chimanga, mpunga, chinangwa, kapena nthochi, m'malo mwakudya zakudya zomanga thupi ndi zoteteza kumatenda monga mkaka, mazira, nyama, nyemba, zipatso, ndi ndiwo zamasamba. M'maiko amene ali otentha ndi achinyontho, zakudya zosungidwa zikhoza kuwonongeka, ndipo kenaka zikhoza kuwononga thanzi la ana. Kuti mumve tsatanetsatane wa zakudya zimene ana akufunikira, werengani Mutu 11, makamaka masamba 115 ndi 127. Za makanda, onani masamba 125 ndi 126.

ANA AWIRIWA AKUSOWA ZAKUDYA ZOFUNIKIRA M'THUPI

Vuto laling'onopo



amaoneka:
wochepa
wosalemera
mimba
yotukumuka
manja owonda
ndi miyendo
yowonda

Vuto lalikulu



amaoneka:
wosalemera (akhoza kukhala wolemerapo chifukwa chotupa)
khungu
lamadonthomadontho,
lamfundu kapena
tizilonda
mapazi otupa

Kuperewera kwa zakudya m'thupi kungabweretse mavuto osiyanasiyana kwa ana, kuphatikizapo awa:

Kuperewera zakudya kwapang'ono:

- kupinimbira
- kutupa mimba
- kathupi kowonda
- kusafuna kudya
- kufowoka
- kusowa magari
- kufuna kudya zoipa
- tizilonda m'mbali mwa kamwa
- chimfine pafupi pafupi ndi matenda ena
- kuchita khungu usiku

Kuperewera zakudya kodetsa nkhwawa:

- sikelo kukwera pang'ono kapena osakwera kumene
- kutupa miyendo (nthawi zinanso nkhope)
- kuwonda kapena kuthothoka kwa tsitsi
- kusafuna kusekerera kapena kusewera
- tizilonda tam'kamwa
- kulephera kukula ndi nzeru moyenerela
- m'maso mopanda madzi (*xerosis*)
- khungu (tsamba 237)
- madontho oderapo, tizilonda

Kusiyanitsa ndi kufananiza kwa kunyentchera 'kokhala ndi madzi' (*wet malnutrition*) ndi 'kosakhala ndi madzi' (*dry malnutrition*), zochititsa zake, ndi kapewedwe kake zalembedwa m'matsamba a 117 ndi 118.

Zizindikiro za kuperewera kwa zakudya m'thupi zimadziwika koyamba mwana atadwala kwambiri matenda monga kutsekula m'mimba kapena chikuku. Mwana amene akudwala, kapena amene achira atadwala, amafunikiranso zakudya zowonjera zokhala ndi zofunika zonse za thupi kuposa mwana amene ali bwino.

Pewani ndi kuchiritsa matenda obwera chifukwa chosowa zakudya m'thupi powapatsa ana anu zakudya zabwino zopatsa thanzi ndi zakudya zomanga thupi zokwanira ndi zoteteza ku matenda, monga mkaka, mazira, nyama, nsomba, nyemba, zipatso, ndi masamba, NDIPO ADYETSENI ZIMENEZI KAWIRIKAWIRI.

Kutsekula m'mimba ndi m'mimba mwa kamwazi

(Tsatanetsatane wa zonse akupezeka kuyambira tsamba 162 mpaka 169.)

Ngozi yaikulu kwa ana amene akutsekula m'mimba makamaka ngatinso akusanza ndi **kutha kwa madzi m'thupi**. Apatseni **zakumwa zobwezeretsa madzi m'thupi** (onani tsamba 161). Ngati mwana ali oyamwa, **pitirizani kumuyamwitsa**, koma mupatseninso zakumwa zobwezeretsa madzi m'thupi.

Ngozi yaikulu yachiwiri kwa ana amene akutsekula m'mimba ndi kunyentchera. Mupatseni mwana chakudya chokhala ndi zonse zofunikira m'thupi akangoyamba kudya.



Kutentha kwa thupi (onani tsamba 77)

Kwa ana aang'ono kutentha thupi (koposa madigiri 39) kukhoza kuyambitsa khunyu kapena kuwononga bongo. Ngati kutentha thupi kuli kocheperapo, **mvuleni zovala mwana**. Ngati akulira ndi kusonyeza kusakondwa, mupatseni mankhwala ochepetsa ululu a **acetaminophen** (*paracetamol*) kapena *aspirin* pa mlingo woyenera (onani tsamba 393), ndipo mupatseninso zakumwa zochuluka. Ngati watentha kwambiri ndipo akunjenjemera, **mziziritseni ndi madzi (osati ozizira kapena otentha) ndipo mkupizeni**.



Kuphiriphitha ngati wogwa khunyu (onani tsamba 188)

Kawirikawiri zochititsa kuphiriphitha ngati wogwa khunyu ndiponso kutentha thupi kwakukulu ndi malungo, kufa ziwalo ndi matenda oumitsa khosi. Ngati thupi litentha kwambiri, chepetsani kutentha kwachangu (tsamba 77). Khalani tcheru ndi zizindikiro za kutha madzi kwa m'thupi (tsamba 160) ndi matenda oumitsa khosi (a kakhosi, tsamba 195). Kuphiriphitha kumene kumadza mwadzidzidzi popanda kutentha thupi kapena zizindikiro zina zili zonse ndi khunyu limenelo (tsamba 188), makamaka ngati mwana akhala ali bwinobwino akadzidzimuka pamenepo. Zizindikiro za khunyu kapena kuuma kwa mafupa a m'zibwano kenaka thupi lonse kungathe kukhala matenda a kafumbata (tsamba 192).

Matenda oumitsa khosi (*Meningitis*, tsamba 195)

Nthenda yowopsa imeneyi ingathe kubwera chifukwa cha chikuku kapene matenda ena aakulu. Ana a mayi amene ali ndi chifuwa chachikulu akhoza kudwala matenda oumitsa khosi ogwirizana ndi matendawo. Mwana amene wadwala kwambiri ndipo akungolira ndi kumakuwa, ndi mutu wake wogadamitsa, amene khosi lake lili louma gwa kulephera kulipindira kutsogolo, komanso amene thupi lake likusuntha mozizwitsa (zizindikiro za khunyu) atha kukhala ndi matenda oumitsa khosi a *meningitis*.



Matenda a kuchepa kwa magari m'thupi (tsamba 129)

Zizindikiro zodziwika msanga mwa ana:

- thupi la mbee lowonetsa kuti mwana alibe magari, makamaka m'kati mwa zikope za maso, nkamwa, ndi zikhadabo
- ndi ofowoka, amatopa msanga
- amakonda kudya zinthu zoipa



Zomwe zimayambitsa kawirikawiri:

- malungo (tsamba 181)
- matenda aja obadwa nawo a kuchepa kwa magari (tsamba 336)
- zakudya zosakhala ndi chakudya chimene chimabweretsa magari m'thupi monga chiwindi (tsamba 129)
- matenda osatha a zilonda zam'mimba ndi m'matumbo (zitsanzo zili pa tsamba 151)



Kupewa kwake ndi chithandizo:

- Sinthani madyedwe pochulukitsa zakudya zobweretsa magari m'thupi monga nyemba, mtedza ndi ndiwo zamasamba obiriwira; wonjezeranipo nyama, chiwindi ndi mazira ngati kuli kotheka.
- Mupatseni mankhwala a malungo kuti apewe, kapena kuchiritsa, malungo.
- Pitani naye kwa ogwira ntchito zachipatala kuti akawone ngati akudwala matenda aakulu ochokera kwa makolo a kuchepa magari m'thupi, ndi matenda ena aliwonse omwe angakhale nawo, mwachitsanzo matenda a mchikhodzodzo.
- Ngati kuli koyenera mupatseni mankhwala ochita kumwa a mchere obweretsa magari m'thupi (tsamba 406), koma osati kwa mwana yemwe akudwala akudwala matenda aakulu ochokera kwa makolo a kuchepa magari m'thupi. Afunikira mankhwala okhala ndi mbali ya vitamini B amene amathandiza kuchulukitsa magari ofiira (*folic acid*) ndi mankhwala olimbana kapena kuletsa malungo (tsamba 336).
- Zitavutitsitsa kukalandira magari kuchipatala kungafunikire.

Chenjezo: Osapereka mibulu ya ayironi kwa khanda kapena kwa mwana wamng'ono. Akhoza kumudwalitsa kwambiri kapena kumupha. Mupatseni iron wa madzimadzi; kapena sinjani mbulu ukhale ngati ufa ndipo sakanizani ndi chakudya.

Njoka za m'mimba ndi mmatumbo ndi zilombo zina (onani tsamba 146)

Ngati mwana mmodzi m'banja ali ndi njoka zam'mimba, banja lonse liyenera kulandira mankhwala. Kupewa kukhala ndi njoka zam'mimba, ana ayenera:

- Kutsata malangizo aukhondo (tsamba 138).
- Kugwiritsira ntchito zimbudzi.
- Kusayenda opanda nsapato.
- Kusadya nyama yaiwisi kapena yosapsa.
- Kumwa madzi okha owiritsa kapena otetezedwa.



Mavuto a pakhungu (onani Mutu 15)

Odziwika kwambiri pakati pa ana akuphatikizapo awa:

- Mphere (tsamba 211).
- Matenda a zilonda ndi *impetigo* (tsamba 213 ndi 214).
- Chipere ndi matenda ena obwera ndi tizilombo totchedwa *fungus* (tsamba 217).



Kuti mupewe matenda apakhungu, tsatirani malangizo a za ukhondo (tsamba 138).

- Sambitsani ndi kuwachotsa nsabwe ana anu nthawi zonse.
- Chotsani utitiri, nsabwe ndi mphere.
- Musalole ana amene ali ndi mphere, nsabwe, chipere, kapena matenda opatsirana a zilonda kusewera kapena kugona limodzi ndi ana ena. Apatseni chithandizo mwamsanga.

Matenda a maso (*Conjunctivitis*) (onani tsamba 230)

Thirani **m'kati** mwa zikope za diso mankhwala a madzi olimbana ndi kuwononga tizilombo toyambitsa matenda kanayi pa tsiku. Musalole mwana amene wadwala maso kusewera kapena kugona limodzi ndi anzake. Ngati sakupezabe bwino kwa masiku angapo, kawonaneni ndi adotolo.



Chimfine ndi flu (onani tsamba 172)

Chimfine, chotsagana ndi mamina, kutentha thupi pang'ono, kutsokomola, nthawi zambiri ndi zilonda zapakhosi, nthawi zinanso ndi kutsekula m'mimba ndi matenda obwera kawirikawiri kwa ana koma si kuti ndi owopsa kwambiri.

Athandizeni powapatsa *aspirin* kapena *paracetamol* (tsamba 393) ndi zakumwa zochuluka. Aloleni ana amene akugonabe kutero. Chakudya chabwino ndi zipatso zochuluka zimathandiza ana kupewa chimfine ndi kukhalanso bwino msanga.

Penicillin, *tetracycline*, ndi mankhwala ena olimbana ndi kupha tizilombo toyambitsa matenda sathandiza konse ku matenda a chimfine kapena 'flu'. Majekeseni safunikira pa matenda a mtundu wa chimfine.

Ngati mwana amene ali ndi chimfine adwala kwambiri, kutentha thupi kwambiri ndi kupuma cham'katikati, komanso pafupipafupi, atha kukhala kuti **chibayo chikulowererapo** (onani tsamba 180), ndipo mankhwala olimbana ndi kupha tizilombo ayenera kuperekedwa. Khalaninsu tcheru ndi matenda a m'khutu (onani tsamba lotsatira) kapena mtundu wina wa zilonda zapakhosi (tsamba 329). Pitani kuchipatala.



Matenda ena a ana amene sanafotokozedwe m'mitu ina

Kupweteka kwa khutu ndi matenda a khutu

Matenda a m'khutu ndi ochuluka pakati pa ana aang'ono. Matendawa amayamba patatha masiku pang'ono mwana akudwala chimfine. Kutentha kwa thupi kutha kukula, ndipo mwana nthawi zambiri amangolira kapena amangosisita mbali ina ya mutu wake. Nthawi zina mafinya akhoza kuwonekera mkhutu. Kwa ana aang'ono, matenda a mkhutu atha kuyambitsa matenda otsekula m'mimba. Choncho ngati mwana adwala matenda otsekula m'mimba ndi kutentha thupi, onetsetsani kuti muli tcheru ndi makutu ake.



Chithandizo:

- Ndi kofunikira kuchiritsa matenda a m'khutu mofulumira. Perekani mankhwala olimbana ndi kupha tizilombo toyambitsa matenda monga *penicillin* (tsamba 365) kapena *co-trimoxazole* (tsamba 372). Kwa ana osakwanira zaka zitatu (3), *ampicillin* (tsamba 367) nthawi zambiri amathandiza koposa. Komanso perekani *aspirin* kapena *panadolo* (*paracetamol*) woletsa ululu.
- Puputani mosamala mafinya pogwiritsira ntchito thonje, koma osatseka ndi thonje, masamba, kapena chinthu china chilichonse m'khutu.
- Ana amene ali ndi mafinya amene akutuluka mkhutu ayenera kusamba kawirikawiri koma sayenera kusambira kapena kuchita masewera osambira kwa milungu iwiri kuchokera nthawi imene achirira.

Kapewedwe kake:

- Aphunzitseni ana anu kupuputa koma **osati kumina** pamene ali ndi chimfine.
- Osadyetsera ana anu m'botolo – kapena ngati mutero, musalole mwana wanu kumwa atagona chagada, chifukwa mkaka utha kutaikila mmphuno ndi kuchititsa matenda a m'khutu.
- Ngati mphuno za ana zitsekedwa, gwiritsirani ntchito madontho a madzi a mchere ndipo kenaka yamwani mamina monga kwafotokozedwera pa tsamba 173.

Matenda a m'kati mwa njira ya m'khutu:

Kuti tidziwe ngati njira kapena chubu chopita m'kati mwa khutu ili ndi matenda, kokani khutulo pang'ono. Ngati kutero kukuchititsa kumva kuwawa, ndiye kuti njirayo ndi yodwala. Donthezeranimu mkhutu madzi a viniga katatu kapena kanayi pa tsiku. (Sakanizani supuni imodzi ya viniga ndi sipuni imodzi ya madzi owiritsidwa.) Ngati pali kutentha thupi kapena mafinya, gwiritsiraninso ntchito mankhwala olimbana ndi tizilombo toyambitsa matenda.

Matenda a mtundu wa zilonda zapakhosi (*tonsils* ndi *sore throat*)

Mavuto amenewa amayambika chifukwa cha chimfine. Kummero kukhoza kufiira ndi kumapweteka pamene mwana ameza. Nsungu ziwiri (zikuwoneka ngati mawuma mbali zonse ziwiri kumbuyo kwa mmero) zikhoza kukula ndi kupweteka kapenanso kutulutsa mafinya. Thupi litha kutentha kufika madigiri 40°.

Chithandizo:

- Tsukani ndi madzi ofunda kwambiri a mchere (supuni imodzi ya mchere mu kapu ya galasi ya madzi).
- Amwetseni *aspirin* kapena *paracetamol* wothetsa ululu.
- Ngati kumva ululu ndi kutentha thupi kubwera mwadzidzidzi kapena kupitilira kuposa masiku atatu, onani masamba otsatira.



Zilonda zapakhosi ndi zotsatira za kumva kuwawa m'nhongono ndi minyewa kapena kuti minofu (*rheumatic fever*):

Kwa zilonda zimene zimabwera limodzi ndi chimfine kapena (vingwangwa) fuluwenza, mankhwala olimbana ndi kupha tizilombo toyambitsa matenda sayenera kugwiritsidwa ntchito chifukwa palibe chabwino chimene angabweretse. M'mwetseni wodwala madzi ofunda kwambiri a mchere ndi *panadolo* (*paracetamol*) kapena *aspirin*.

Komabe, mtundu umodzi wa zilonda zapakhosi wotchedwa ***strep throat*** uyenera kuchiritsidwa ndi *penicillin*. Umapezeka kwambiri pakati pa ana ndi anyamata ang'onoang'ono. Umayamba mwadzidzidzi ndi vuto lalikulu la zilonda zapakhosi ndi kutentha thupi, nthawi zambiri popanda zizindikiro za chimfine kapena chifuwa. Kumbuyo kwa mkamwa ndi mmero zikhoza kufiira kwambiri ndipo nsungu zimene ili kungsi kwa mafupa a zibwano zikhoza kutupa ndi kufewa.

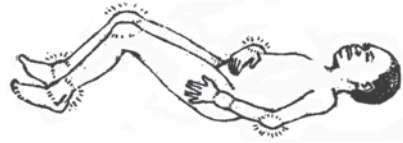
Perekani *penicillin* (tsamba 365) kufikira masiku khumi (10). Mankhwala a *penicillin* ataperekedwa mwamsanga ndi kupitiriza kufikira masiku 10, mpata woti nkudwala matenda a kumva kuwawa m'nhongono ndi minyewa ya minofu (*rheumatic fever*) n'ngochea. Mwana amene akudwala *strep throat* ayenera kudyera ndi kugona patali ndi anzake, kupewa kuti enawo angatengeko matendawo.

Matenda akumva kuwawa ndi kuwotcha malo okumana mafupa ndi m'minofu (*Rheumatic fever*)

Matendawa ndi a ana ndi anyamata ang'onang'ono. Amayamba mlungu umodzi kufikira itatu chiyambireni kudwala *strep throat* (onani m'mwambamu).

Zizindikiro zikuluzikulu (nthawi zambiri zitatu kapena zinayi za zizindikiro zimenezi zingawonedwe):

- Kutentha kwa thupi.
- Kumva kuwawa m'malo okumana mafupa, makamaka manja, mawondo ndi m'nhongono. Malowa amatupa ndipo nthawi zambiri amawotcha.
- Zotupa pansu pa khungu.
- Pamene vutoli lafika poipa, kufowoka, kusapuma mokwanira, kapenanso kumamva ululu mumtima.



Chithandizo:

- Ngati mukuganiza kuti ndi matenda akumva kuwawa ndi kuwotcha malo okumana mafupa ndi minyewa ya minofu (*rheumatic fever*), kawonaneni ndi adotolo. Pali ngozi yoti mtima utha kuwonongedwa.
- Imwani *aspirin* wambiri (tsamba 392). Mwana wa zaka 12 atha kumwa mapiritsi awiri kapena tatu a ma miligalamu 300. Nthawi zokwana 6 pa tsiku. Apatseni limodzi ndi mkaka kapena chakudya kupewa kumva kuwawa m'mimba. Ngati makutu ayamba kumva kulira ngati beru, imwani pang'ono.
- Perekani *penicillin*, mapiritsi a mayunitsi 400,000, piritsi limodzi kanayi pa tsiku kwa masiku okwana khumi (10) (onani tsamba 365).

Mapewedwe ake:

- Kuti mupewe matendawa, chiritsani '*strep throat*' mwamsanga ndi *penicillin* kwa masiku khumi.
- Kupewa matenda akumva kuwawa ndi kuwotcha m'malo okumana mafupa ndi minyewa ya minofu kubwereranso, komanso kupewa kuwonjezera kuwonongeka kwa mtima, ayenera kumwa *penicillin* kwa masiku khumi pamene awona zizindikiro za zilonda zapakhosi. Ngati asonyeza ndikale zizindikiro za kuwonongeka kwa mtima, ayenera kumwa *penicillin* mosadukiza kapena kulandira majekeseni okhala ndi *benzathine penicillin* (tsamba 367) kapena moyo wake wonse. Tsatirani malangizo operekedwa ndi ogwira ntchito zachipatala kapena dotolo.

Matenda a ana ofalitsidwa ndi tizilombo

Katsabola (*Chickenpox*)

Matendawa amayamba milungu iwiri kapena itatu kuchokera nthawi imene mwana wakhudzana ndi mnzake amene ali ndi matendawa.

Zizindikiro:



timadontho,
matuza ndi
ipsera

Poyambirira, timadontho ting'onoting'ono tofiira ndi toyabwa timawonekera. Iti timasintha ndikuwoneka ngati ziphuphu, kenaka matuza, kalikonse ngati dontho la madzi pa khungu. Izi zimakula ndipo kenako zimapanga tizipsera. Timayambira kumsana kapena kutsogolo kwa thupi, kenako pa nkhope, manja ndi miyendo. Pakhoza kukhala madontho, matuza ndi tizipsera, zonse nthawi imodzi. Kutentha kwa thupi kumakhalapo pang'ono chabe.



Chithandizo:

Matendawa amatha mlungu umodzi. Msambitseni mwana tsiku lililonse ndi sopo ndi madzi ofunda. Dulani zikhadabo zawo kuti zikhale zazifupi kwambiri. Ngati zipsera zigwidwa ndi matenda, pakani mankhwala otchedwa **gentian violet** kapena mankhwala olimbana ndi kupha tizilombo.

Chikuku

Matenda obwera ndi mavairasi oipitsitsawa **ndi owopsa kwambiri kwa ana** amene ndi **osadyetsedwa bwino** kapena ali ndi **chifuwa chachikulu**. Patapita masiku khumu chikhalire pafupi ndi munthu yemwe akudwala chikuku, zizindikiro za chimfine, kutentha thupi, kuchita mamina, zilonda za mmaso, ndi kukosomola zimawoneka monga chiyambi cha chikuku.

Matenda a mwana amakulirakulira. Mlomo wake ukhoza kukhala ndi zilonda zambirimбири ndipo atha kuyamba kutsekula m'mimba.

Patatha masiku atatu a kutentha thupi, pamatuluka totupatupa tating'onoting'ono kwambiri kapena ziwengo, poyambirira pachipumi ndi m'khosi, kenako nkhope yonse, thupi ndi manja ndi miyendo. Poyambirira totupati ndi tovuta kutiona pa khungu lakuda. Khalani tcheru ndi kukhakhala kwa khungu pamene kuwala kugwa pa mwanayo kuchokera mbali imodzi. Totupato tikatuluka mwana amayamba kumva bwino. Kunyala kumayambika, tizipsera toyerwa timawonekera, koma khungu lake limabweleranso akachira. Nthawi zina, kuwonjezera pa tizotupatupa toyembekezereka ngati madontho akuda patalipatali obwera chifukwa cha magazi oyendelera pa khungu angawoneke ('chikuku chakuda'). Izi zimasonyeza kuti matendawo ndi aakulu, ndipo mavuto ena angabukepo, komanso zitenga nthawi yaitali kuti achire kotheratu. Kafuneni chithandizo cha mankhwala ku chipatala.

Mavuto amene angabukepo:

Kwa mwana aliyense amene ali ndi chikuku amakhala ndi mphamvu yochepa yoziteteza ku matenda ena, monga chibayo, kamwazi, matenda a m'khutu, zithupsa (makamaka minofu yozungulira mafupa a m'mutu), ndi zilonda zam'mutu, komanso m'kati mwa diso. Zilonda zamkamwa zimachititsanso kuti mwana asafune kudya. Zimene zili m'diso, kupanda kulandira chithandizo, zingayambitse khungu. Kusowa kwa zakudya m'thupi nthawi zambiri kumatsatira chikuku, ndipo chifuwa chachikulu chinga dziwike, kudzera mu kutsika kwa sikelo, komanso kutuwa kwa khungu.

Chithandizo:

- Mwana ayenera kugonekedwa, kumwa zakumwa zambirimбири, ndipo apatsidwe chakudya chokhala ndi zonse zofunikira m'thupi. Ngati mwana sangathe kuyamwa, mpatseni mkaka wa m'mawere pa supuni (tsamba 125).



- Ngati iye akutentha thupi komanso kumva kukhala wosatakasuka, mupatseni *panadolo (paracetamol)* kapena *aspirin*.
- Ngati kuwawa kwa khutu kuyamba, mupatseni mankhwala olimbana ndi kupha tizilombo toyambitsa matenda (tsamba 365).
- Ngati zizindikiro za chibayo, matenda oumitsa khosi, kapena ululu wamphamvu m'khutu kapena m'mimba uyamba, kalandireni chithandizo kuchipatala.
- Chithupsa chiyenera kutumbulidwa (tsamba 214).

Kapewedwe kake ka chikuku:

Ana odwala chikuku اساسانikirane ndi ana ena, chifukwa matendawa amafalikira msanga. Ngakhale ana ena a m'banja lomwelo ayenera kukhala pafupi ndi odwalawo mphindi pang'ono kwambiri. Komabe nawo adzadwala chikuku masiku 10 kapena 14 obwerawo, ndipo kuchuluka kwa nthawi imene anali pafupi ndi odwala chikuku kudzatanthauza kudwala kodetsa nkhwala kwa iwo. Choncho yesetsani kuwalekanitsa. Ana enawo agone kwawokha kufikira wodwala chikukuyo alibe totupatupa tija. Kwakukulu, tetezani ana amene ali osowa zakudya zofunikira m'thupi, kapena amene ali ndi matenda ena. Chikuku chimatha kupha.

Kuti chikuku chisaphe ana, onetsetsani kuti ana onse akudya zakudya zoyenerera ndi zokwanira. Ana anu alandire katemera wa chikuku pamene ali ndi miyezi ya pakati pa 8 ndi 14 yakubadwa.

Chikuku cha German (German measles)

Chikuku cha German si chowopsa ngati chikuku wamba. Chimatha pakati pa masiku atatu kapena anayi. Zotupatupa zakenso ndi zapang'ono. Nthawi zambiri sungu zake kumbuyo kwa mutu ndi khosi zimatupa komanso zimafewa. Mwana ayenera kugonekedwa ndi kumwa paracetamol kapena *aspirin* ngati kuli kofunika.

Amayi amene adwala chikuku cha *German* miyezi itatu yoyambirira ya mimba yawo atha kubereka mwana wosakhala bwino ndi wopuwala. Chifukwa cha chimenechi, **amayi a pakati** amene alibe chikuku cha *German* kapena sakudziwa **asamayandikire** ana amene ali ndi matenda a mtundu umenewu.

Masagwidi/Kadukutu

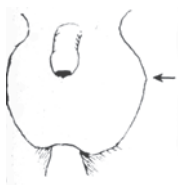
Zizindikiro zoyamba za matendawa zimayamba kuwoneka pakati pa milungu iwiri kapena itatu kuchokera nthawi imene mwana anayandikana ndi odwala masagwidi. Amayamba ndi kutentha kwa thupi ndi kumva kuwawa poyasamula kapena kudya. M'masiku awiri, chotupa chofewa chimawonekera m'munsi mwa khutu pa ngondya ya fupa la m'chibwano. Nthawi zambiri chimayamba mbali imodzi, kenaka mbali inayo. Pomeza samva kuwawa.

Chithandizo:

Chotupa chimatha chokha pakatha masiku pafupifupi 10, popanda mankhwala. *Panadolo (paracetamol)* kapena *aspirin* atha kumwetsedwa kuchepetsa kutentha kwa thupi ndi ululu. Mdyetseni mwana zakudya zofewa ndi zokhala ndi zonse zofunikira m'thupi ndipo onetsetsani kuti m, kamwa mwake ndi motsuka bwino. Mankhwala olimbana ndi kupha tizilombo toyambitsa matenda **si ofunika**.



Mavuto otsatira:



Kwa akuluakulu ndi ana a zaka zoposa 11, patatha mulungu umodzi akhoza kuyamba kumva ululu m'mimba, kapena atha kukhala ndi kutupa ndi kupweteka kwa machende (amuna). Anthu amene ali ndi chotupa chotere ayenera kukhala osasunthasuntha ndi kuika madzi a matalala kapena nsalu yonyowetsedwa ndi madzi ozizira m'malo otupawo kuthandiza kuchepetsa ululu ndi kutupa. Ngati zizindikiro za matenda oumitsa khosi ziwoneka, kalandireni chithandizo kuchipatala (tsamba 195).

Chifuwa chokoka mtima

Chifuwa chokoka mtima chimayamba pakati pa sabata imodzi kapena masabata awiri kuchokera nthawi imene mwana anayandikana ndi mwana amene ali ndi matendawa. Amayamba ngati chimfine ndi kutentha kwa thupi, kuchita mamina, ndi kutsokomola.



Masabata awiri otsatirawo kutsokomola kwenikweni kokoka mtima ndi minofu yonse ('cough spasm') kumayamba. Mwana amatsokomola pafupipafupi ndi nthawi zambiri popanda kupuma, kufikira atatulutsa makhololo onanda amene anatseka kukhosi. Kutsokomolaku kumathera mu kusanza, ndipo nthawi zina ndi phokoso la kukoka kwa mtima, nthawi imene mpweya ukubwerera m'chifuwa. Nthawi imene iye sakutsokomola mwanayo amawoneka ngati ali bwinobwino, ndipo chochititsa kutsokomola sichidziwika kufikira nthawi imene kutsokomola kokoka mtimako kuyambiranso.

Chifuwa chokoka mtima n'chowopsa kwambiri kwa ana osapitirira chaka chimodzi. Sangathe kutsokomola kapena kusanza pamene agwidwa ndi matendawa, koma amangosiya kupuma mphindi imodzi kapena ziwiri. Khungu lawo limasanduka lobiliwira (blue), ndipo atha kufa. **Choncho apatseni katemera mwachangu.** Ngati mwana wagwidwa ndi matenda otsokomola ndi maso awo atupa kapena kuwoneka ngati muli utsi pamene m'dera lanu muli mliri wa matenda a chifuwa chokoka mtima, mupatseni mankhwala a chifuwa chokoka mtima nthawi yomweyo.

Chithandizo:

- M'masiku oyambirira a chifuwa chokoka mtima, kutsokomola kusanayambe, mankhwala a *erythromycin* (tsamba 369), *tetracycline* (tsamba 370), kapena *ampicillin* (tsamba 367) atha kuperekedwa. Mankhwala a *chloramphenicol* amathandizanso koma ndi ochititsa ngozi. Kaperekedwe ka mankhwalawa kwa ana, onani tsamba 372. Ndi bwino koposa kupereka chithandizo cha mankhwala kwa ana osapitirira miyezi 6 pamene zizindikiro zoyamba zikawoneka.
- Zikafika povutitsitsa, mankhwala a *phenobarbital* (tsamba 402) atha kuthandiza, makamaka ngati kutsokomola sikuchititsa mwana kugona kapena ngati kukuchititsa kugwa ngati wa khunyu.
- Ngati mwana asiya kupuma atamaliza kutsokomola, mutembenuzeni ndi kuchotsa mankhholo a m'kamwa mwake ndi chala chanu. Kenaka mumenyeni mbama pamsana.
- Pofuna kupewa kutsika kwa sikelo ndi kunyentchera, mwana ayenera kudyetsedwa chakudya chokhala ndi zonse zofunikira m'thupi ndipo ayenera kudya akangomaliza kusanza.
- Mankhwala othetsa kutsokomola sathandiza. Mankhwala a chifuwa cha asima, monga *ephedrine* akhoza kuchepetsa kutsokomola kokoka mtima. Kafuneni chithandizo kuchipatala ngati zili zodetsa nkhawa.
- Kutsokomola kwa chifuwa chokoka mtimachi kutha kupitirira mpaka miyezi itatu kapena kupitirira, koma chithandizo cha mankhwala olimbana ndi kupha tizilombo toyambitsa matenda m'thupi si chodalirika pamene sabata imodzi yadutsa, ndipo si chiyenera kubwerezedwa.

Mavuto otsatira:

Magazi ofiira monyezimira m'mbali zoyera za diso atha kuchititsidwa ndi kutsokomola. Chithandizo cha mankhwala ndi chosafunikira (onani tsamba 236). Ngati kukomoka kapena zizindikiro za chibayo (tsamba 180) kapena matenda oumitsa ziwalo (tsamba 195) zioneka, kalandireni chithandizo kuchipatala.

Tetezani ana anu ku matenda a chifuwa chokoka mtima. Onetsetsani kuti alandira katemera koyamba ali ndi miyezi iwiri ya kubadwa.

Diphtheria

Matendawa amayamba ngati chimfine ndi kutentha thupi, kuwawa mutu, ndi zilonda zapakhosi. Kanthu kopyapyala komwe kamayala kapena kuteteza kummero ndi ka mtundu wachikasu konkira ku mtundu wokhala ngati phulusa (gireyi) katha kupangidwa kungsi kwa mmero, ndipo nthawi zina m'mphuno ndi pamilomo. Khosi la mwana litha kutupa. Mpweya umene amapuma umakhala wonunkha.



Ngati muli ndi maganizo oti mwana ali ndi diphtheria:

- Mgonekeni mchipinda chayekha.
- Kalandireni chithandizo cha kuchipatala mwamsanga. Pali mankhwala olimbana ndi tizilombo toyambitsa matenda a diphtheria.
- Perekani *penicillin*, mbulu umodzi wa mayunitsi 400,000, katatu pa tsiku kwa ana akuluakulu.
- Amwe madzi ofunda othira mchere pang'ono.
- Mkonzereni kuti apume mpweya wa madzi otentha kawirikawiri ndi mosalekeza (tsamba 177).
- Ngati mwana ayamba kutsamwa ndi kusandulika buluwu (*blue*), chotsani kangaude kummero kwake pogwiritsa ntchito kansalu kamene mwaveka chala chanu.

Diphtheria ndi nthenda yowopsa imene ingapewedwe mwachangu ndi katemera wa DPT. **Onetsetsani kuti ana anu alandira katemerayu.**

Poliyo (Polio, Poliomyelitis)

Poliyo akupezeka kwambiri pakati pa ana osakwana zaka ziwiri zakubadwa. Imabwera ndi kachilombo ka vairasi ngati kamene kamachititsa chimfine, kawirikawiri ndi kutentha kwa thupi, kusanza, kutsekula m'mimba, ndi zilonda m'minofu. Nthawi zambiri mwana amachira kotheratu m'masiku owerengeka. Koma nthawi zina chiwalo china chathupi chimafovoka kapena kupuwala. Nthawi zambiri izi zimachitika ku mwendo umodzi kapena yonse iwiri. Pakapita nthawi mwendo kapena mkono wofowoka uja umawonda ndipo siukula mofulumira ngati unzake uja.

Chithandizo:

Matendawa akangoyamba, palibe mankhwala amene adzaletse kupuwalako. (Komabe, nthawi zina mbali kapena mphamvu ina yonse imene yataika imabwerera pang'onopang'ono.) Mankhwala olimbana ndi kupha tizilombo toyambitsa matenda m'thupi sathandiza. Monga chithandizo choyambirira, chepetsani ululu ndi *panadolo* (*paracetamol*) kapena *aspirin* ndipo ikani nsalu zonyowetsedwa ndi madzi otentha paminofu yowawayo. Mkhazikeni mwanayo mwa njira yoti amve bwino ndi kuletsa kupinda kapena kuunjikana kwa minofu ya ziwalo. Pang'onopang'ono wongolani manja ake ndi miyendo kotero kuti mwanayo akhale mowongoka mmene angathere. Ikani zinsalu pansu pa mawondo ake, ngati kuli kofunika kuti ululu uchepe, koma onetsetsani kuti mawondo ake ndi owongoka.



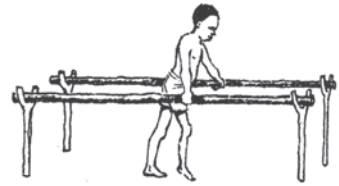
Kapewedwe kake:

- Katemera wa poliyo ndiye chitetezo chabwino kwambiri.
- Musapereke jekeseni wa mankhwala a mtundu wina uliwonse kwa mwana amene ali ndi zizindikiro za chimfine, kutentha thupi, kapene zizindikiro zina zili zonse zimene zitha kuchititsidwa ndi vairasi ya poliyo. Ululu wochititsidwa ndi jekeseni utha kusintha poliyo yapang'ono yosapuwalitisa ziwalo kukhala yodetsa nkhawa, yotsagana ndi kupuwala ziwalo. **Musabaye jekeseni wa mankhwala ena aliwonse pokhapokha ngati kuli koyenera.**

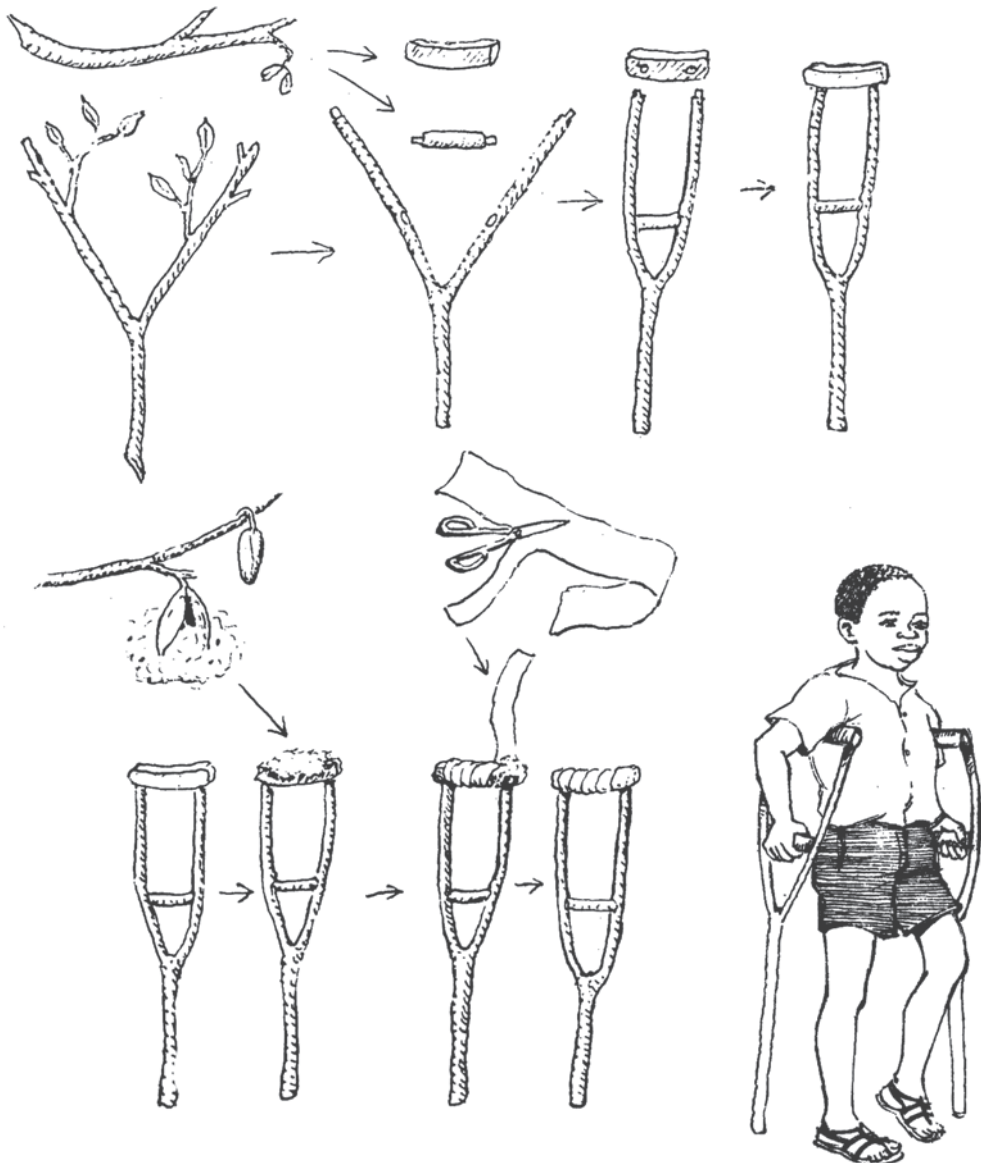
Onetsetsani kuti ana alandira katemera wa poliyo, wa 'madontho a poliyo' pamene ali ndi miyezi iwiri, itatu kapena inayi yakubadwa.

Mwana amene walumala chifukwa cha poliyo ayenera kudya zakudya zokhala ndi zonse zofunikira m'thupi ndi kuchita masewero olimbitsa thupi kuti minofu yotsalayo ikhale ya mphamvu.

Thandizani mwanayo kuyenda mulimonse mmene angathere. Pangani mitengo iwiri yoti adzigwira akamayenda, monga tikuwonera pano, ndipo kenako mpangireni ndodo zoyendera. Zogwirira mwendo, ndodo, ndi zipangizo zina zothandizira kuyenda zitha kuthandiza mwana kuyenda bwino ndipo zitha kuletsa kulumala.



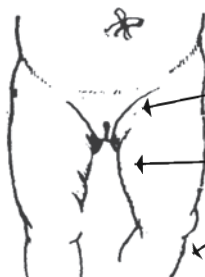
MMENE MUNGAPANGIRE NDODO ZOYENDERA OLUMALA



Mavuto amene ana amabadwa nawo

Mwendo kuchoka malo amene umakumana ndi fupa la m'chiuno

Ana ena amabadwa ndi mwendo wochoka malo ake pamene umakumana ndi fupa la mchiuno. Izi zimachitika kawirikawiri ndi ana aakazi. Chisamaliro cha mwamsanga chitha kuthetsa vutoli ndi kutsimphina kumene kungabukepo. Choncho ana onse ayenera kuunikidwa bwino kuwona ngati ali ndi vuto la kulekana kwa mafupa m'chiuno pamene akwanitsa masiku 10 chibadwireni.



1. Fananizani miyendo iwiriyo. Ngati ntchafu imodzi siili m'malo mwake, mbali inayo idzasonyeza kuti:

Mwendo wam'mwamba ukutseka mbali iyi ya thupi ku mbali imene mafupa alekana.

Minofu yapanga makwinya (tsinya) ochepa apa.

Mwendo ukuwoneka waufupi kapena ukamasuntha pa mlingo wodabwitsa.

2. Gwirani miyendo ndipo yonse iwiri mawondo akhale pamodzi motere,



ikhanyuleni motere (itayanitseni).



Ngati mwendo umodzi umaliza usiya msanga kapena udukiza kapena umveka kulira pamene mukukhanyula (mukuitayanitsa), ndiye kuti mafupa mchiuno ngolekana.

Chithandizo:

Mawondo a mwana akhale m'mwamba komanso okanulidwa:

Pogwiritsira ntchito motere mwana akamagona
Kugwiritsa ntchito matewera okhuthala ngati apa:



kapena pomangirira miyendo



kapena pochita izi:



Kumadera kumene amayi amatenga ana awo kotero kuti miyendo yawo imatsamira chiuno chawo, chithandizo chapadera si chofunikiranso.

Nthenda yobadwa nayo ya kuchepa kwa magari m'thupi

Ana ena amabadwa 'ofowoka pa magari', matenda amene amatchedwa sickle cell pa Chingerezi. Nthendayi imachokera kwa makolo, ngakhale kuti makolowo sadziwa zoti ali nawo. Amakhala kuti nthendayi ali nayo m'magazi mwawo. Mwana atha kuwoneka wathanzi miyezi isanu ndi umodzi yoyambirira, koma zizindikiro zina zimayambano kuwoneka.

Zizindikiro zake:

- Kutentha kwa thupi ndi kulira. Mwana amawoneka opanda magari, ndipo akhoza kuwonetsa mtundu wachikasu m'maso mwake.
- Mapazi ndi zala zake zitha kuwonetsa zotupa zimene zimabisala pakatha mulungu umodzi kapena milungu iwiri, ndipo kenaka amakhala bwino.
- Mimba itha kutupa ndi kulimba chifukwa cha kukula kwa ziwala za khoma la mimba kapamba (sathamagazi) ndi chiwindi.
- Pamene akwanitsa zaka ziwiri zakubadwa mutu ukhoza kuyamba kuwonetsa mabampu mu ngondya za mafupa. Uku kumatchedwa 'bossing' m'chingerezi.
- Mwana amakhala wopanda mphamvu yodzitchinjiriza nayo ku matenda ndipo kawirikawiri amadwala malungo, chifuwa, kutsekula m'mimba ndi matenda ena.
- Amakula mochedwa poyerekeza ndi ana ena.
- Nthawi ndi nthawi mwana amakhala ndi chimake cha vuto la 'kufowoka kwa magari', nthawi zambiri chifukwa cha malungo, kapena matenda ena obwera chifukwa cha tizilombo m'magazi. Mwana amatenatha thupi kwambiri ndi kupweteka kwambiri m'mafupa am'manja kapena miyendo, kapenanso m'mimba. Vuto la kusowa magari limafika poipa mosataya nthawi. Zotupa pamafupa zitha kuyamba kutulutsa mafinya. Vutoli litha kubweretsa imfa.



Chithandizo:

Palibe njira imene ingachitike kuti kufowoka kwa kapangidwe ka magari kungasinthe, koma mwana atha kutetezedwa ku zinthu zimene zimabweretsa mavuto, ndipo payenera kukhala makonzedwe oti azikawonana ndi anthu ogwira ntchito zachipatala mwezi ndi mwezi mosadukiza kuti azikamuunika ndikumampatsa chithandizo cha mankhwala.

1. Malungo. Mwanayo ayenera kulandira mankhwala olimbana ndi malungo kuti nthendayi isawonekere, nthawi zambiri pogwiritsira ntchito mankhwala a *pyrimethamine* kapena *chloroquine* (tsamba 379 ndi 381). Pa amene mankhwalawa muyenera kuwonjezeranso mankhwala okhala ndi gulu la mavitamini B osiyanasiyana amene amachulukitsa magari (*folic acid*, tsamba 406). Mankhwala a magari a *iron a ferrous sulfate* si ofunika kwenikweni.

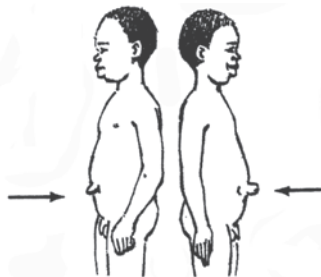
2. Matenda obwera chifukwa cha tizilombo tam'magazi. Tetezani mwana wanu ku matenda a chikuku, chifuwa chokoka mtima, ndi chifuwa chachikulu powapatsa katemera mwamsanga nthawi imene ili yovomerezeka. Chiritsani zizindikiro monga kutentha thupi, kutsokomola, kutsekula m'mimba, kukodza pafupipafupi, kapena kuwawa paliponse kwa m'mimba, miyendo kapena mikono, popita ndi mwana kwa ogwira ntchito zachipatala mofulumira monga mmene mungathere. Mankhwala olimbana ndi kupha tizilombo toyambitsa matenda atha kukhala ofunikira. Mupatseni madzi ochuluka akumwa, ndi *panadolo* (tsamba 393) pochepetsa ululu wa m'mafupa.

3. Asayandikire malo ozizira. Ayenera kuti akhale malo ofunda ndipo afunde bulangeti usiku ngati kuli kofunika. Gwiritsirani ntchito matiresi ofewa bwino ngati kuli kotheka.

4. Mimba. Mayi wachichepere ayenera kupewa zimenezi, pokhapokha ngati kuli kotheka kukachirira kuchipatala, chifukwa cha kukulitsa kufowoka kwa magari kwakukulu. Njira yakulera ya jekeseni (tsamba 312) ndiyo yovomerezeka kwa amayi amene ali ndi matenda a vuto la kapangidwe ka magari m'thupi monga njira yotetezedwa koposa yoletsera mimba, ndipo ithanso kuchepetsa mavuto omwe angabwerepo chifukwa cha zochititsa zina.

Kutalika mchombo

Mchombo umene umatalika chotere si vuto ayi. Mankhwala kapena chithandizo china chilichonse nzosafunikira kufupikitsira mchombo. Kumanga mimba ndi kansalu kapena lamba wa pamimba sizingathandize.



Ngakhale mchombo waukulu chotere ngati uwu si owopsa ndipo udzatha wokha. Ngati udakalipobe kufikira ali ndi zaka 5, opaleshoni itha kuchitika. Kalandireni malangizo kuchipatala.

Tchende lotupa (*Hydrocele* kapena *Hernia*)

Ngati tchende la mwana litupa mbali imodzi, ichi ndi chifukwa choti ladzadza madzi kapena chifukwa choti kanthu kena kake ka mbali ya thupi kathawira kumeneko (*hernia*). Kuti mudziwe chochititsa chenicheni, unikani ndi nyali kuti muwone ngati kuwala kudutsa chotupacho.



Ngati kuwala kudutsa chotupacho msangamsanga ndiye kuti m'tchendemu **muli madzi** (*hydrocele*).



Madzi nthawi zambiri amachoka okha pakapita nthawi popanda chithandizo chapadera. Koma pakatha chaka chathunthu, kafuneni chithandizo ku chipatala.

Ngati kuwala sikudutsa m'katimo, komanso ngati chotupa chikula mwana akamatsokomola kapena kulira, ndiye kuti **kachiwalo kena kake kam'thupi kathawira kumeneko** (*hernia*).



Hernia imafunika opaleshoni (onani tsamba 97).

Nthawi zina **hernia** imachititsa chotupa pamwamba komanso mbali imodzi ya tchende, osati m'kati.



Mukhoza kudziwa izi powona chotupacho (tsamba 89) chifukwa *hernia* imatupa ngati mwana akulira kapena waimirira mowongoka, ndipo imasowa ngati iye akhala chete.

Ana oganiza mochedwa (operewera), ogontha kapena opuwala

Nthawi zina makolo adzakhala ndi mwana amene adzabadwa osamva, woganiza mochedwa, kapena wa mavuto obadwa nawo (chomwe chikusonyeza china chake cholakwika pa thupi pake). Nthawi zambiri palibe chifukwa chimene chingaperekedwe. Palibe aliyense amene ayenera kududzulidwa. Nthawi zambiri zimangochitika mwangozi.

Komabe, zinthu zina zimakulitsa mpata woti mwana abadwe ndi mavuto ena. **Ndi povuta kuti mwana abadwe ndi vuto lina lake la pathupi ngati makolo atsatira machenjezo ena ake.**

1. Kusowa kwa zakudya zokhala ndi zonse zofunikira m'thupi nthawi imene mayi ali ndi pakati kukhoza kuchititsa kuganiza mochedwa kapena vuto lina lobadwa nalo lapathupi pa mwana.

Kuti mukhale ndi ana athanzi, amayi apakati ayenera kudya zakudya zokhala ndi zonse zofunikira m'thupi (tsamba 115).

2. Kusoweka kwa mchere wa ayodini mu zakudya za mayi wapakati kungabweretse vuto lina lobadwa nalo lotchedwa **cretinism** m'chingerezi.



CRETINISM

Nkhope ya mwanayo imawoneka yefufuma, ndipo imawoneka ya tondovi, lirime lake limayenda kunja, ndipo chipumi chonse chitha kukhala ndi tsitsi. Ngofowoka, sadya moyenera, amalira pang'ono, ndipo amagona kwambiri. Amaganiza mochedwa ndipo atha kukhala ogontha. Adzayamba kuyenda ndi kuyankhula mochedwa kuyerekeza ndi ana oti ali bwinobwino.

Pofuna kuthandiza kupewa vuto lobwera kwa mwana chifukwa chosowa mchere wa ayodini (iodine) m'thupi mwa mayi (cretinism), amayi apakati ayenera kugwiritsira ntchito mchere wokhala ndi iodine m'malo mwa mchere wamba (onani tsamba 135).

Ngati mukuganiza kuti mwana wanu atha kukhala ndi vuto la *cretinism* pitani naye kuchipatala kapena kwa dotolo nthawi yomweyo. Kulandira mankhwala mwachangu (a *thyroid*) kumatanthauza kukhalanso bwino mwachangu.

3. Kusuta kapena kumwa zakumwa zaukali pamene mayi ali ndi mimba kumachititsa ana kubadwa aang'ono thupi kapena kukhala ndi mavuto ena (onani tsamba 156). Osamamwa kwambiri kapena kusuta makamaka pamene muli ndi pakati.

4. Zikadutsa zaka 35, mpata ndi waukulu woti mayi adzakhala ndi mwana wokhala ndi vuto lina lake la pathupi. Matenda a *mongolism* kapena *Down's disease*, amene amawoneka ngati *cretinism* ndi ochuluka pakati pa ana amene mayi ali wachikulire kwambiri.

Ndi bwino kukonzeratu za ukulu wa banja lanu kotero kuti simukukhalanso ndi ana ena pamene mupyola zaka 35 (onani mutu 20).

5. Mitundu yosiyanasiyana ya mankhwala itha kuvulaza mwana amene akukula m'mimba mwa mayi.

Gwiritsirani ntchito mankhwala ochepa monga mmene mungathere pa mthawi imene muli ndi pakati ndipo akhale okhawa amene mukudziwa kuti saika moyo wa mwana pa chiswe.

6. Ngati makolo ali pachibale (pachisuweni, mwachitsanzo), pali mpata waukulu kuti ana awo adzakhala ndi vuto lapathupi kapena adzakhala oganiza mochedwa. **Maso a ntchefu, zala zowonjezereka, mapazi okhota, mlomo wam'mwamba wogawanika** ndi mavuto a pathupi odziwika bwino.

Pofuna kuchepetsa mpata wa mavuto amenewa ndi ena, musakwatire wachibale wapafupi. Komanso ngati muli ndi vuto lobadwa nalo lachilendolendo pa ana omwe muli nawo, ganizirani zosiya kukhalanso ndi ana ena (onani Ndondomeko za Kulera, mutu 20).

Ngati mwana wanu abadwa ndi vuto lapathupi, pitani naye kuchipatala. Nthawi zambiri kena kake kakhoza kuchitidwa.

- Ngati lili vuto lokhala ndi maso antchefu (*cross-eyes*), onani tsamba 234.
- Ngati mwana abadwa ndi chala chowonjezereka chaching'ono kwambiri ndipo ndi chopanda fupa m'kati mwake, chimangeni ndi kachingwe mothinita kwambiri. Chotsatira chake ndi chakuti chalacho chidzauma ndipo kenaka chidzaduka. Ngati chili chachikulu ndipo chokhala ndi fupa, muchisiye choncho kapena mupite kuchipatala kuti akachichotse.
- Ngati mapazi a mwana wobadwa kumene ali okhotera m' kapena apanga chibonga, yesetsani kumawawongolera monga mmene ayenera kukhalira. Ngati mungachite zimenezi msanga, chitani zimenezi kambirimbiri tsiku lililonse. Mapazi (kapena phazi) ayenera kukula pang'onopang'ono kuti akhale monga mmene ayenera kukhalira. Ngati simungathe kuwongola mapazi a mwanayo kuti akhale m'malo mwake, pitani naye **nthawi yomweyo** kuchipatala kumene mapazi ake atha kumangidwa kuti akhale mchimake, mwakuika mu chikhakha. Kutipakhale zotsatira zabwino ndi pofunika **kutero m'kati mwa masiku awiri akabadwa.**



**Phazi
lokhotera
m'kati**



**Phazi lokhala
ngati
chibonga**

- Ngati mlomo wa mwana kapena m'mwamba mwa mlomo wake ugawanika pawiri, atha kukhala ndi mavuto a kuyamwa ndipo ayenera kumadzamudyetsera sipuni. Mwakuchita opaleshoni wa mlomo wa m'mwamba zikhoza kubwezeretsa mlomowo m'malo mwake. Nthawi yabwino yochitira opaleshoni ya mlomo ndi pamene ali ndi miyezi 4 mpaka 6, ndipo miyezi 18 ngati ili opaleshoni ya m'mwamba mwa mlomo.



mlomo wogawanika pawiri

7. Zovuta pa nthawi yobereka nthawi zina zingachititse **kuwonongeka kwa bongo**. Zimene zingachititse mwana kukhala ndi ziwalo zouma ndi zizindikiro za kugwa khunyu. Mpata wa kuwonongekaku ndi waukulu ngati pa nthawi yobadwa mwanayo sapuma mofulumira, kapena ngati mzamba adapereka jekeseni yofulumizitsa kubadwa kwa mwana mwanayo asanabadwe (tsamba 282).

Khalani osamala ndi mmene mumasankhira mzamba wanu ndipo musalole mzamba wanu kugwiritsira ntchito mankhwala ofulumizitsa kubereka mwana wanu asanabadwe.

Mwana wa minofu yomangika (*Cerebral Palsy*)



Miyendo yopiringidzana kapena yopitama ngati sizesi.

Mwana wodwala matendawa amakhala ndi minofu yomangika ndi youuma kotero kuti satha kusuntha ziwalo bwinobwino. Nkhope yake, khosi lake, kapena thupi lake litha kupotoka, ndipo mayendedwe ake amadzandira. Nthawi zambiri minofu yomangika m'kati mwa miyendo yake imachititsa kuti miyendo yake ikhale yopachikana ngati sizesi.

Pa nthawi yobadwa mwanayo akhoza kuwoneka ngati ali bwinobwino kapena womasuka bwinobwino. Kumangika kumabwera iye akamakula. Mwanayo atha kudzakhala woganiza msanga kapenanso mochedwa.

Palibe mankhwala amene amachiritsa kuwonongeka kwa bongo kumene kumachititsa kumangika kwa minofu. Koma mwana afunikira chisamaliro chapadera. Pofuna kulewa kumangika kwa minofu m'miyendo kapena mapazi, perekani chithandizo monga cha mafupa olekana m'chiuno (tsamba 335) ndiponso mwendo wokhota (tsamba 338), ngati kuli kofunika.

Mthandizeni mwanayo kusuntha, kukhala komanso kuima kenaka kuyenda monga lasonyezera tsamba 334. Mlimbikitseni kugwiritsira ntchito kuganiza ndi thupi mulimonse mmene angathere. Mthandizeni kuphunzira (onani tsamba lotsatirali). Ngakhale kuti iye ali ndi vuto la kuyankhula atha kukhala ndi mphamvu yabwino ya kuganiza ndi kutha kuphunzira zinthu zochulukira atapatsidwa mpata. **Mthandizeni kuti adzithandize yekha.**

Kuchedwa kukula m'miyezi yoyambirira ya moyo wake (*Retardation*)

Ana ena amene ali ndi thanzi labwino pa nthawi yobadwa sakula bwino. Amayamba kuganiza mochedwa chifukwa sadya chakudya chokhala ndi zonse zofunikira m'thupi la munthu. M'kati mwa miyezi yochepa yoyambirira ya moyo wawo, bongo umakula mofulumira kuposa pa nthawi ina iliyonse. Chifukwa cha chimenechi chakudya choyenera kwa mwana ndi chofunika kwambiri. Mkaka wa m'mawere ndicho chakudya chabwino koposa kwa mwana (onani chakudya chabwino cha mwana, tsamba 125).

Pothandiza kuthetsa vuto la kuganiza mochedwa kapena mavuto a pathupi amene ana amabadwa nawo, mayi ayenera kuchita zinthu zotsatirazi:

1. Osakwatiwa ndi msuweni kapena wachibale wina aliyense.
2. Adye zakudya zabwino ndi zokwanira mmene angathere nthawi imene ali wodwala: nyama yochuluka, mazira, zipatso, ndi ndiwo zamasamba zochuluka mmene angathere.
3. Mugwiritsire ntchito mchere wokhala ndi *iodine* m'malo mwa mchere wamba, makamaka nthawi imene ali ndi mimba.
4. Musasute fodya kapena kumwa zoledzeretsa mwauchidakwa pa nthawi imene muli ndi mimba (onani tsamba 156).
5. Pamene muli ndi mimba, pewani mankhwala ngati kuli kotheka ndipo gwiritsirani ntchito mankhwalawo okhawo amene akudziwika kuti ndi otetezedwa.
6. Pamene ali ndi mimba, asayandikire anthu amene ali ndi chikuku cha German.
7. Samalani kasankhidwe ka azamba ndipo musalole mzamba kugwiritsira ntchito mankhwala ofulumizitsa mimba kuti mudzachire msanga mwana asanabadwe (onani tsamba 282).
8. Musakhalenso ndi pakati ngati muli ndi ana oposa mmodzi amene ali ndi chilema chofanana (onani Ndondomeko zakulera, tsamba 302).
9. Ganizirani zosiya kubereka mukakwanitsa zaka 35.



KUTHANDIZA ANA KUPHUNZIRA

Pamene mwana akula, mbali ina ya zinthu zimene amaphunzira ndi zimene waphunzitsidwa. Nzeru ndi maluso amene amaphunzira ku sukulu zitha kumuthandiza kumvetsa ndi kuchita zambiri m'tsogolo. Koteru sukulu ndi yofunikira.

Koma kwakukulu mwana amaphunzira kunyumba kapena m'tchire kapena m'munda. Amaphunzira kudzera mu zimene akuwona, kumva, ndi kuyesa payekha kuchita zimene ena akuchita. Saphunzira zambiri kudzera m'zimene ena akumuza, koma m'zimene akuwona mmene ena akuchitira. **Zina mwa zinthu zofunika kwambiri zimene mwana angaphunzire ndi monga chifundo, udindo, ndi kuwolowa manja kapena kugawana. Zonsezi zitha kuphunzitsidwa powonera chitsanzo chabwino.**

Mwana amaphunzira kudzera mu kuyenda ndi kudziwonera yekha ndi maso. Ayenera kuphunzira kachitidwe ka zinthu payekha, ngakhale athe kumachita molakwitsa. Pamene iye ali wamng'ono, mtetezeni ku ngozi. Koma pamene iye akukula, mphunzitseni kudzidalira yekha. Mupatseni udindo wina wake. Lemekezani maganizo ake, ngakhale akusiyana ndi maganizo anu.

Pa nthawi imene mwana ali wamng'ono, amafuna kuti zofuna zake zimveke basi. Kenaka amazindikira kusangalatsa kochita zinthu zothandiza ndi kuchitira anthu ena. Landirani chithandizo chawo ndipo asonyezeni kuti mukuwayamikira.

Ana amene alibe mantha amafunsa mafunso ambirimbi. Ngati makolo, aphunzitsi, ndi anthu ena alephera kuyankha msanga mafunso awo ndi mowona mtima – ndi kunena kuti sadziwa pamene akudziwa – mwana adzapitiriza kufunsa mafunso. Ndipo pamene akukula atha kufunafuna njira kuti malo ake ozungulira kapena mudzi wake ukhale malo abwino wokhalamo.

Maganizo ena othandizira ana kuphunzira ndi kulowetsedwamo mu njira za moyo zokhudza dera limene akukhala opangidwa ndi dongosolo lotchedwa CHILD-to-child Program imene tsopano ikugwira ntchito m'maiko ambiri amene akukwera kumene. Kuti mudziwe zambiri alembereni kalata pa keyala iyi:

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