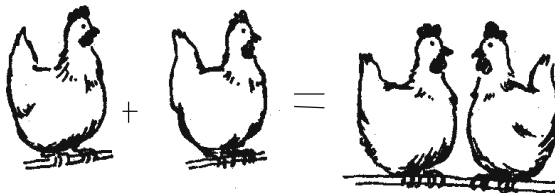


8

MMENE MUNGAYEZERE NDI KUPEREKERA MANKHWALA

Zizindikiro

= Kutanthauza: **zofanana ndi**
kapena **ndi chimodzimidzi ndi**



+ kutanthauza: **Kuphatikizira**

1 + 1 = 2

Mmene magawo amatabuleti amalembedwera nthawi zina

tabuleti imodzi = tabuleti lonse latunthu = limawoneka chonchi =



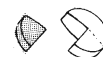
$\frac{1}{2}$ tabuleti = theka la tabuleti



$1\frac{1}{2}$ tabuleti = tabuleti limodzi ndi hafu



$\frac{1}{4}$ tabuleti = kagawo ka chinayi ka tabuleti = kamawoneka chonchi =



$\frac{1}{8}$ tabuleti = kagawo ka chisanu ndi mphambu zitanu ka tabuleti



muligawe tabuletilo mutizigawo 8 tofanana.

Kuyeza

Mankhwala amayezedwa m'magalamu (gm) ndi m'mamiligalamu (mg)

1000 mg = 1 gm (mamiligalamu 1000 amapanga galamu limodzi)

1 mg = .001 gm

Zitsanzo:

Tabuleti la akuluakulu
lili ndi mamiligalamu
300 a *aspirin*

.3 gm
0.3 gm
0.300 mg
300 mg

Zonsezi
ndi njira zotchulira
kuti
mamiligalamu 300



Aspirin mmodzi wa ana
ali ndi mamiligalamu 75

.075 gm
0.075 gm
75.0 mg
75 mg

Zonsezi ndi njira
zotchulira
mamiligalamu 75

Nthawi zambiri ndi bwino kudziwa kuti m'mankhwala muli mamiligalamu kapena magalamu mwakutimwakuti.

Mwachitsanzo, ngati mukufuna kum'mwetsa mwana kachibenthu ka *aspirin* wa aakuluakulu koma simukudziwa kuti mungamamumwetse kachibenthu kokula bwanji...

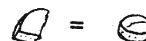
Werengani mawu aang'onoang'ono olembedwa pa lebulu la pepala la mankhwalawo. Palembedwa kuti; *Aspirin: acetylsacylic acid*. 3 gm (*acetylsacylic acid* = *aspirin*)



3 gm = 300 mg ndi .075 mg = 75 mg. Mungathe kuwona kuti *aspirin* mmodzi wa aakuluakulu ndi wolemera kanayi kuposa *aspirin* mmodzi wa ana.



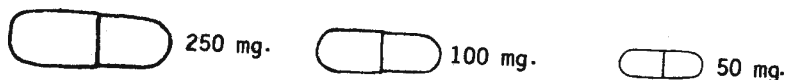
Mukaphwanya aspirin wa akuluakulu m'tizibenthu tinayi tofanana, kachibenthu kalikonse nkolingana ndi aspirin mmodzi wa ana.



Choncho ngati mwaphwanya *aspirin* m'tizibenthu tinayi, mungamwetse mwana kachibenthu kamodzi m'malo mwa aspirin wa ana. Onsewo ndi ofanana ndipo kachibenthu ka *aspirin* wa akuluakuluko nkotsika mtengo.

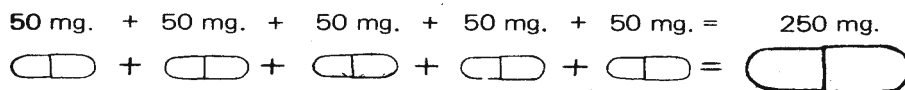
Chenjezo: Mankhwala ambiri makamaka maantibayotiki ndi olemera mosiyanasiyana komanso ali m'makulidwe osiyanasiyana. Mwachitsanzo, *tetracycline* angakhale m'makulidwe atatu a kapisozi motere:

Wonetsetsani kuti mukugwiritsa ntchito muyezo woyenera wa mankhwala.



N'koyenera kutsimikizirathu kuti mankhwala ali ndi mulingo wa magilamu kapena mamiligalamu angati.

Mwachitsanzo: ngati mwauzidwa kuti imwani *tetracycline*, kapisozi mmodzi kapena 250 mg kanayi pa tsiku, ndipo muli ndi makapisozi olemera mamiligalamu 50, muyenera kumwa makapisozi asanu olemera mamiligalamu 50 kanayi pa tsiku (makapisozi makumi awiri pa tsiku).



Kuyeza *penicillin*

Penicillin amayezedwa m'mayunitsi

U = yunitsi 1,600,000 = 1 gm kapena 1,000 mg

Penicillin wosiyanasiyana (wamapiritsi ndi majekeseni) amakhala mlingo wa mayunitsi 400,000. Choncho mayunitsi 400,000 ndi olingana ndi mamiligalamu 250.

Mankhwala amadzimadzi

Mankhwala amadzi otsekemera (siapu) akhathikhathi, opatsa mphamvu ndi ena amadzimadzi amayezedwa m'mamilimita:

ml = mililita

lita imodzi = mamililita 1000

Mankhwala amadzimadzi amaperekedwa pa supuni yaikulu kapena ya tiyi:

supuni imodzi ya tiyi ndi yolingana ndi mamililita asanu. Izi nchimodzimodzi masipuni atiyi atatu.

supuni ya yaikulu ndi yolingana ndi mamililita 15

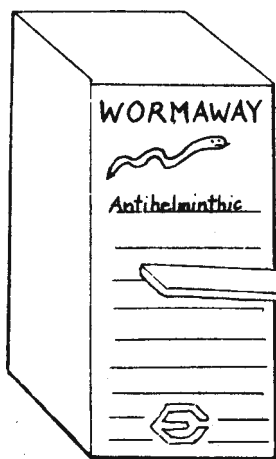


supuni zitatu zazing'ono = supuni imodzi yaikulu

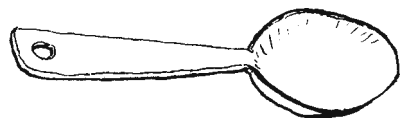
Malangizo a mankhwala akati: imwani supuni imodzi ya tiyi, zimatanthauza kuti mumwe mamililita 5.

Masupuni ambiri a tiyi omwe anthu amagwiritsira ntchito amatenga mamililita 8 kapena 3 a mankhwala. **Ngati supuni ya tiyi ikugwiritsidwa ntchito popereka mankhwala, ndi kofunika kuti mankhwalawo akhale okwanira mililita asanu ndipo asachuluke kapena kuchepa pa muyezowu.**

Mmene mungawonetsetsere kuti supuni ya tiyi yomwe mukugwiritsira ntchito popereka mankhwala ndi yamuyezo wa mamililita asanu.



1. Gulani supuni ya muyezo wa mamililita asanu.

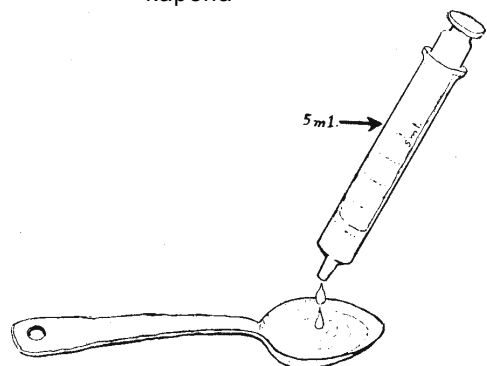


kapena

2. Gulani mankhwala okhala ndi supuni ya pulasitiki ya muyezo wa mamililita asanu ikadzadza ndipo ikhoza kukhalanso ndi mzere owonetsa muyezo wa theka ya mankhwalawo. Isungeni supuniyi ndipo muziyigwiritsira ntchito poyeza mankhwala ena.

kapena

3. Dzadzani supuni ina iliyonse yaing'ono imene muli nayo kunyumba ndi madzi okwana mamililita asanu ndipo gwiritsirani ntchito sirinji poyeza mlingo wa madziwo ndipo **muyike kachizindikiro pa supunipo ka mlingo wa madzi oyezedwawo.**



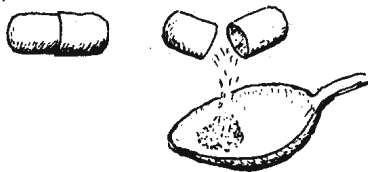
Mmene mungaperekere mankhwala kwa ana aang'ono

Mankhwala ambiri omwe ndi mapiritsi kapena makapisozi amakhalanso amadzimadzi kuti ntchito kwa ana. Mankhwala a madzimadziwa ndi okwera mtengo kusiyana ndi mapiritsi kapena makapisozi mukafanizira kuchuluka kwa mankhwala omwe mumamwa. Mutha kupulumutsa ndamana zambiri popanga mankhwala anu madzimadzi munjira iyi:

Perani
mapiritsi
bwinobwino



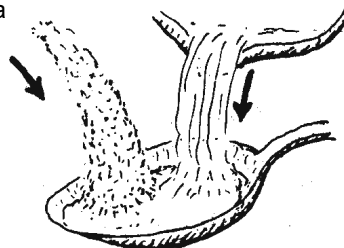
kapena tsekulani
kapisozi



uchi kapena
shuga

sakanizani ufa wa
mankhwala ndi madzi
omwe mwabwatitsa
(omwe azizira) ndi uchi
kapena shuga.

ndi madzi owira



Onjezani uchi ndi shuga
wambiri ngati mankhwala
akuwawasa (*tetracycline*
kapena *chloroquine*).

Mukamapanga mankhwala amadzi a ana kuchokera ku mapiritsi kapena makapisozi, **samalirani kuti musawamwetse mankhwala opyola muyezo wawo.**

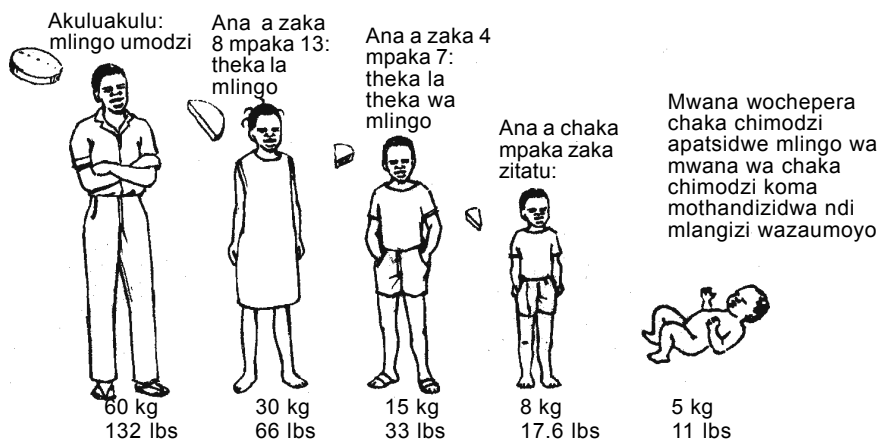
Chenjezo: Kuti mupewe kutsamwa, mwana asamwetsedwe mankhwala atagona chagada kapena ataweramitsa mutu pansi. Onetsetsani kuti mwanayo wakhala pansi kapena waimitsa mutu bwino. Musamwetse mwana mankhwala ngati ali mtulo, akudzidzimuka kapena atakomoka.

Mungapereke mankhwala ochuluka bwanji kwa ana ngati muli ndi malangizo opereker mankhwala kwa akulu okha

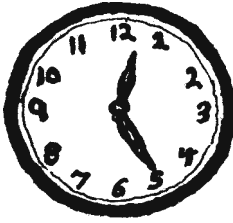
Mwana wamng'ono amafunika mankhwala pang'ono. Ndi kowopsa kumpatsa mwana mankhwala ochuluka.

Ngati muli ndi ndondomeko ya mlingo wa mankhwala a ana, itsatireni mosamala. Kudziwa zaka ndi kulemera kwa mwana zingakuthandizeni kudziwa mlingo woyenera wa mankhwala. Ana apatsidwe magawo a mlingo wa akuluakulu motere:

kilogramu (kg) imodzi = mapaundi (lb) 2.2



Kodi mankhwala amwedwe bwanji?

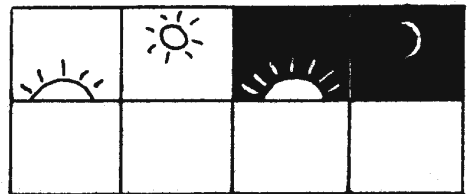


Ndi kofunika kumwa mankhwala pa nthawi yake yovomerezeka. Mankhwala ena ayenera kumwedwa kamodzi pa tsiku koma ena kuposa kamodzi. Ngati mulibe wotchi, musadandaule. Malangizo amati: Imwani mapiritsi atatu pa tsiku, piritsi lililonse pa mawola 8: limodzi m'mawa, limodzi masana ndi limodzi usiku. Ngati malamulo akuti mumwe mapiritsi anayi pa tsiku, "piritsi lililonse pa mawola 6" imwani limodzi m'mamawa, masana, madzulo ndi usiku. Ngati

malamulo akuti mumwe mapiritsi 6, imwani limodzi pa mawola 4 aliwonse mosasiyanitsa nthawi.

Pamene mukupereka mankhwala, ndi bwino kulemba malangizo ndikumupempha wodwalayo kubwereza kunena kwa inu momwe angamwere ndi nthawi yake. Onetsetsani kuti wodwalayo wamvetsa malangizowo.

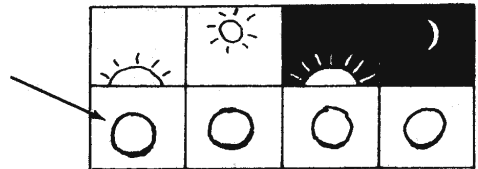
Kapepala kotere kaperekedwe kwa omwe sadziwa kuwerenga kuti kaziwakumbutsa nthawi yoti amwe mankhwala.



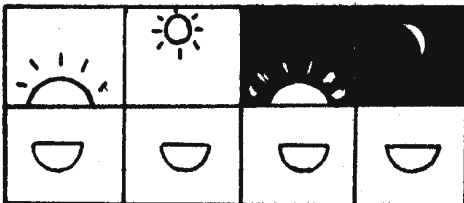
M'munsi mosalembedwamo, lembamoni kuchuluka kwa mankhwala oyenera kumwedwa ndipo mufotokoze tanthauzo lake.

Mwachitsanzo:

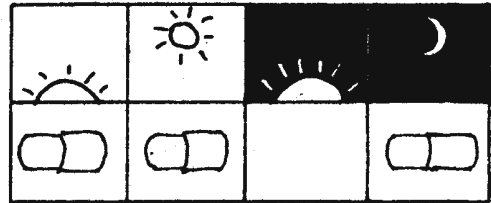
Izi zikutanthauza kuti mumwe matabuleti anayi pa tsiku, limodzi m'mawa, limodzi masana, limodzi madzulo ndi limodzi pakati pa usiku.



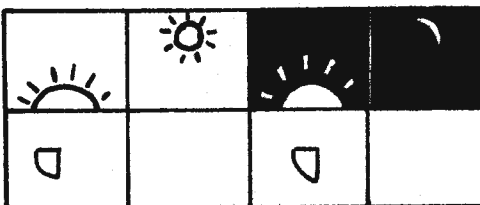
Izi zikutanthauza theka la mbulu umodzi kanayi pa tsiku



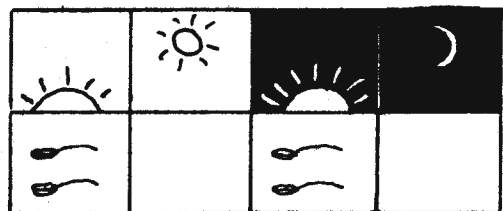
Izi zikutanthauza kapsolo imodzi katatu pa tsiku.



Izi zikutanthauza matheka awiri a mbulu umodzi kawiri pa tsiku









Izi zikutanthauza matiyisupuni awiri kawiri pa tsiku



Pamene mukupereka mankhwala kwa aliyense..

Nthawi zonse lembani papepala la mankhwala zotsatirazi ngakhale munthuyo sadziwa kulemba.

- dzina la munthuyo _____
- mankhwala _____
- matenda _____
- mlingo wake _____

			
			
Dzina: John Banda			
Mankhwala ake: Mibulu ya piperazine 500 mg			
Matenda ake: Njoka zam'mimba			
Kamwedwe kake: Mibulu iwiri kawiri pa tsiku tsiku			

Masamba osalembedwa mlingowu ali kumapeto kwa buku la wodwala. Athotholeni masambawo ndi kumawagwiritsira ntchito. Mungathe kupanga masamba ena ngati atha.

Mukamapereka mankhwala, ndi bwino. Kulemba ndi kusunga za mankhwala mwa. Ngati ndi kotheka sunzani zonse zomwe mwalemba zokhudza wodwalayo (onani tsamba 45).

Kumwa mankhwala mutadya kapena musanadye

Makhwala ena amagwira ntchito bwino mukamwa ola limodzi musanadye.

Mankhwala ena akamwedwa mukudya kapena mukangomaliza kudya, sangayambitse kudzimbidwa kapena kutentha pa chifuwa.

Imwani mankhwala awa ola limodzi musanadye:

- *penicillin*
- *ampicillin*
- *tetracycline*

Sibwino kumwa mkaka pasanapite kapena patatha ola limodzi mutamwa *tetracycline*.

Imwani mankhwala awa mukudya mukangomaliza kudya (kapena ndi madzi ambiri):

- *aspirin* ndi mankhwala okhala ndi *aspirin*
- ayironi
- mavitamini
- *erythromycin*

Mankhwala olimbana ndi asidi amathandiza mukawamwa ola limodzi musanadye, kapena awiri mutadya ndi nthawi yogona.

Wonetsani izi: Ndi bwino kumwa mankhwala mutayimirira kapena mutakhala tsonga. Yeseraninso kumwa kapu yamadzi pamene mukumwa mankhwala. Ngati mukumwa mankhwala a *Sulfa*, ndi bwino kumwa madzi ambiri, monga makapu 8 pa tsiku kupewa kuwononga impso zanu.