

# Mutu 15: Ndemanga ndi Kawuniwuni

M'mutu uno muunika zimene mwaphunzira pa maphunzirowa. Mulonjeza kuti mudzagwira ntchitoyi mwachilungamo komanso mwachifundo.



## Zolinga

Pakutha pa Mutu 15, muyenera:

- a.** Kuonetsa kuti mukudziwa za matenda a EDZI, chifuwa chachikulu cha TB, matenda opatsirana pogonana ndi matenda ena omwe aphunzitsidwa pa maphunzirowa.
- b.** Kuzukuta momwe zinthu zilili zokhudza kaperekedwe ka mankhwala ndi chithandizo chopita kwa anthu amene ali ndi HIV/ EDZI ndi chifuwa cha TB.
- c.** Kuonetsa kuti mukudziwa udindo wa azaumoyo a m'mudzi ngati mkhalapakati wachipatala, wodwala ndi anthu am'dera lanu, komanso kuwathandiza m'maganizo ndi kuwasamalira anthu amene ali ndi HIV/ EDZI ndi chifuwa chachikulu.
- d.** Kuonetsa kudziwa cholinga ndi masomphenya a abwenzi muzaumoyo (APZU).



## Mfundo Zikuluzikulu

- Azaumoyo a m'mudzi sayenera kuloweza zizindikiro ndi mankhwala. Mmalo mwake ayenera kuonetsetsa zizindikiro zoopsa zosonyeza kuti wodwala ayenera kutumizidwa kuchipatala.
- Kuganizira mosamala kwambiri zinthu zokhudza maganizo, chikhalidwe asachite china chilichonse.
- Kukonzera zinthu zimene zimachitikachitika. Izi zidakuthandizani kukonzekera kuthana ndi zinthu zosokoneza kapena zovuta kwambiri.

## **Kudziwa Zizindikiro za HIV, Chifuwa cha TB ndi Matenda Opatsirana Pogonana**

Mukamayenda m’dera lanu fufuzani za momwe ulili moyo wa anthu amene mwayandikana nawo nyumba ndi ena onse. Mukaona wina aliyense ali ndi zizindikiro za HIV, za matenda opatsirana pogonana, kapena za chifuwa cha TB alimbikitseni kuti apite ku chipatala.

Mukawayendera odwala anu amene ali ndi HIV/ EDZI, muwafunse ngati akumva kutopa, kutuluka thukuta usiku, kutentha thupi, kukhosomola, kupweteka m’chifuwa, kuonda kapena kutha chilakolako cha zakudya. Izi ndi zizindikiro za chifuwa cha TB.

Afunseni ngati akutuluka mafinya ku mbolo kapena nyini, kumva kuyabwa ku nyini, kumva kupweteka pogonana, kumva kutentha pokodza, matuza kapena mabala pa mbolo kapena nyini kapena kumva kupweteka m’mimba. Izi ndi zizindikiro za matenda opatsirana pogonana.

Komanso afunseni ngati tsitsi lawo likunyololoka kapena kuthothoka ngati akutuluka zinthu zoyera kukamwa kapena ngati ali ndi matuza mwinanso mabala pa khungu kapena kumaliseche. Izi ndi zizindikiro za magawo otsirizira a HIV/ EDZI. Ngati ali ndi chizindikiro china chilichonse mwa izi, atumizeni ku chipatala. Odwala amene ali ndi HIV/ EDZI kumakhala kosavuta kuti agwidwe ndi matenda ena. Atha kugwidwa ndi matenda opatsirana pogonana kapena chifuwa cha TB ndipo n’kukhala osadziwa kuti ali nawo, choncho n’kofunika kufunsa mafunso amenewa.

Mukawayendera odwala amene ali ndi chifuwa cha TB, afunseni ngati ali ndi msungu kukhosi, akutentha thupi, akumva kupweteka mutu, m’mimba, akutsekula m’mimba, kumva kutopa, kutuluka zidzolo kumaso kapena m’khosi, kutuluka thukuta usiku, kumva kupweteka minyewa, kutupa m’tiwalo totulutsa madzi am’thupi kapena kusanza. Izi ndi zizindikiro za HIV/ EDZI.

## Mutu 15: Ndemanga ndi Kawuniwuni

Afunseni ngati akutuluka mafinya ku mbolo kapena nyini, kumva kuyabwa ku nyini, kumva kupweteka pogonana, kumva kutentha pokodza, matuza kapena mabala pa mbolo kapena nyini kapena kumva kupweteka m'mimba. Izi ndi zizindikiro za matenda opatsirana pogonana.

Ngati ali ndi zizindikiro zimenezi, atumizeni ku chipatala. Odwala amene ali ndi chifuwa cha TB atha kukhala ndi kachirombo ka HIV kapena matenda ena opatsirana pogonana koma iwowo sakudziwa kuti ali nawo, choncho n'kofunika kufunsa mafunso amenewa.

## Lonjezo la Wazaumoyo wa M'mudzi

Pa maphunziro onsewa mwakambirana za momwe bungwe la APZU, mothandizidwa ndi azaumoyo a m'mudzi limanena za chilungamo, limamanga umodzi ndi anthu osauka ndi kugwira ntchito pofuna kulimbikitsa ufulu wokhala ndi mwayi wa zaumoyo, maphunziro, malo okhala, chakudya ndi madzi. Wazaumoyo wa m'mudzi amalimbikitsa masomphenya a bungwe la APZU.

Monga azaumoyo a m'mudzi atsopano mudzalumbira ndi kupereka lonjezo. Lonjezoli ndi kudzipereka komanso kulumbira mwatchutchutchu. Lonjezoli ndi mawu olembedwa kapena kunenedwa kuti munthu achita chinthu china chake. Nthawi zina mawuwa amanenedwa m'dzina la Mulungu, dzina la kholo kapena azimu.

Adotolo akamaliza maphunziro awo amanena lonjezo lotchedwa kuti Hippocratic Oath. Lonjezo la Hippocratic likuganiziridwa kuti latha zaka zoposa 2000. Lonjezoli limanena kuti adotolo adzayesetsa kwambiri kuchita ntchito yabwino monga angathere. Sadzayika m'mavuto odwala awo kapena kupereka malangizo amene angadzetse imfa. Adzagwira ntchito mokomera odwala komanso adzasunga nkhani zonse zokhudza odwala mwachinsinsi.

Inu ndi azaumoyo a m'mudzi atsopano anzanu mudzalembe malonjezo anuanu.



# Sewero Longoyerekeza 1

(Eni nkhani: Nduna ya zaumoyo, gulu la azaumoyo a m'mudzi)

Nduna ya zaumoyo yabwera kudzayendera chipatala chanu ndipo yamva za ntchito yabwino imene chipatalachi ndi azaumoyo a m'mudzi akuchita. Koma ndunayi siyikumvetsa kwenikweni ntchito yeniyeni ya wazaumoyo wa m'mudzi. Azaumoyo a m'mudzi akhala ndi ndunayi ndi kumayankha mafunso kuchokera kwa ndunayi:

## Nduna ikufunsa:

- Ndiuzeni zambiri zokhudza ntchito yanu. Kodi pachipatala pano mumachita chiyani, udindo wanu pa odwala ndi wotani?
- Kodi odwala anu mumawayendera kangati ndipo mukawayendera mumachita chiyani?
- Aliyense wa inu ali ndi odwala angati? (Aliyense wa inu atha kupatsidwa odwala ochuluka kufika pati?)
- Kodi chinthu chovutitsitsa kwambiri pa ntchito yanuyi ndi chiyani?
- Ndi chiyani chimene mumachikondetsetsa pa ntchito yanuyi?
- Kodi mukuganiza kuti munaphunzitsidwa kokwanira ntchito yanu kotero kuti mulibe chikayiko choti mutha kuyigwiradi? Kapena imaoneka kuti ndi ntchito yaikulu mwinanso chiudindo chachikulu?
- Kodi boma ndi unduna wa zaumoyo utha kuchita chiyani pofuna kukuthandizani pa ntchito yanu yotumikira odwala?

## Sewero Longoyerekeza 2

(Eni nkhani: Wodwala watsopano amene ali ndi kachiroombo ka HIV amene ali ndi *ma-CD4* ochulukana, wazaumoyo wa m'mudzi)

Pamene wazaumoyo wa m'mudzi akugwira ntchito m'munda wake, munthu woyandikana naye, Joseph, wafika ndipo akumupempha kuti tsiku linalo amuperekeze ku chipatala. Joseph akumuuzza wazaumoyo wa m'mudziyo kuti achipatala anamuuzza kuti apite akamupime kamba koti anamupeza ndi kachiroombo ka HIV ndipo afunika kupitanso kuti akamve zotsatira zina za kupimidwa kwa magazi ake. Tsiku linalo apita limodzi ku chipatalako ndipo Joseph wauzidwa kuti sioyenera kuyamba kumwa *ma-ARV*. Koma kenako anali ndi mafunso ambiri omufunsa wazaumoyo wa m'mudzi.

### Joseph afunsa:

- Kodi ndi chifukwa chiyani nthawi yoyamba ija anatenga magazi anga ndipo anachita nawo chiyani?
- Mnzanga naye anamutenga magazi ndipo anayamba kumwa mankhwala. N'chifukwa chiyani iye anayamba kumwa mankhwala koma ine ayi?
- Kodi zimenezi zikutanthauza kuti ndiliba kachiroombo ka HIV?
- Ngati chiwerngero cha *ma-CD4* chili chokwera, kodi zimenezi zikutanthauza kuti n'kosafunika kuti ndizigwiritsa ntchito kondomu?
- Ndingachite chiyani kuti chitetezo cha m'thupi langa chipitirire kukhala chokwera? Ndingachite china chilichonse?

## Sewero Longoyerekeza 3

(Eni nkhani: Wodwala watsopano amene ali ndi kachiroombo ka HIV amene ali ndi *ma-CD4* ochepa, wazaumoyo wa m'mudzi)

Pamene wazaumoyo wa m'mudzi akugwira ntchito m'nyumba mwake, munthu woyandikana naye nyumba, Lekeleni Phiri, wafika ndipo akumupempha kuti tsiku linalo amuperekeze ku chipatala. Lekeleni Phiri akumuuzza wazaumoyo wa m'mudziyo kuti achipatala anamuuzza kuti apitenso ku chipatalako kukayamba kumwa mankhwala kamba koti anamupeza ndi kachiroombo ka HIV ndikutinso zotsatira za kupima kwa magari ake zinaonetsa kuti afunika kuyamba kumwa *ma-ARV*. Tsiku linalo atsagana ku chipatala ndipo wazaumoyo wa m'mudziyo wauzidwa kuti azimuthandiza Lekeleni Phiri. Alandira mankhwala ndi uphungu wokhudza kukhulupirika pakumwa mankhwala. Pobwerera kunyumba Lekeleni Phiri ali ndi mafunso ambiri omufunsa wazaumoyo wa m'mudziyo.

### Lekeleni Phiri afunsa:

- Poti tsopano ndili ndi mankhwala a kachiroombo ka HIV, ndiye kuti ndichira?
- Chingachitike n'chiyani ngati nditayiwala kumwa mankhwala?
- Achipatala akuti chiwerengero cha *ma-CD4* ndi chotsika. Kodi chiwerengero chidzakweranso nditamwa mankhwalawa?
- Kodi ndidzakhala ndikumwa *ma-ARV* kwa nthawi yayitali bwanji?
- Kodi izi zikutanthauza kuti palibe amene angatenge kachiroombo ka HIV kuchokera kwa ine poti panopa tsopano ndikumwa mankhwala?
- Nanga nditatenga mimba, ndidzachte chiyani? Kodi mwana wanga nayenso adzakhala ndi kachiroomboka?
- Palibe amene ndamuuza kuti ndili ndi kachiroombo ka HIV. Kodi inu muwauza chiyani anthu akakufunsani kuti n'chifukwa chiyani munatsagana nane ku chipatala?

## Sewero Longoyerekeza 4

(Eni nkhani: Wodwala watsopano amene ali ndi chifuwa cha TB, wazaumoyo wa m'mudzi)

Rose ndi mtsikana amene anadwala kwambiri ndipo anamupima ndi kumupeza ndi chifuwa cha TB. Anayamba kumwa mankhwala ake mwezi wathawu. Popeza pano akupezako bwino ndipo ali ndi mphamvu zambiri wayamba kukhala ndi mafunso ambiri. Rose akumufunsa wazaumoyo wa m'mudzi wake mafunso.

### Rose afunsa:

- Kodi ndidzakhala ndikumwa mankhwala moyo wanga wonse ngati m'mene amachitira anthu amene ali ndi kachiroombo ka HIV?
- Matenda awa anandidwalitsa kwambiri ndipo sindikufuna kuti ana anga atenge matendawa. Ndichite chiyani kuti ana anga asatenge chifuwa cha TB?
- Sindikumvetsa m'mene ndinatengera chifuwa cha TB. Kodi chifuwa cha TB chimachokera kuti?
- Nanga nditatenga mimba, kodi mwana wanga atha kutenga chifuwa cha TB kuchokera kwa ine?
- Ndikumva bwino tsopano choncho mwina zimenezi zikutanthauza kuti sindifunikanso kupitiriza kumwa makhwala. Kodi nditha kusiya kumwa mankhwala? Kodi ndingathe kumamwa mankhwalawa modukizadukiza?
- Popeza ndadwalapo chifuwa cha TB kodi zimenezi zikutanthauza kuti sindingadwalenso chifuwachi?








# Mayeso Olemba Mutatsiriza Kuphunzira

Mayeso Olemba Mutatsiriza Kuphunzira

















Dzina lanu: \_\_\_\_\_

Mwakhala kwa nthawi yayitali bwanji muli wa zaumoyo wa m'mudzi?

Zungulizani ngati zili "ZOONA" kapena "SIZOONA" pa ma funso ali m'munsiwa:

- |  |  |   |
|--|--|---|
| <p>1. Monga mulangizi wazaumoyo wa m`mudzi ndintchito yanu kulimbikitsa anthu kuti akayezetse ndi kudziwa ngati ali ndi HIV.</p> | <br>Zoona   | <br>Sizooona   |
| <p>2. Mutha kutenga kachilombo ka HIV pogwirana chanza ndi munthu amene ali ndi kachilombo ka HIV.</p>                           | <br>Zoona | <br>Sizooona |
| <p>3. Mayi amene ali ndi HIV ayenera kuyamwitsa komanso kupereka mkaka wa mbotolo kwa mwana wake.</p>                            | <br>Zoona | <br>Sizooona |
| <p>4. Odwala akayamba chikasu m`maso ayenera kudikira mpaka tsiku lozabwera kuchipatala kuti azawawuze adokotala.</p>            | <br>Zoona | <br>Sizooona |
| <p>5. Ngati wodwala wanu alibe chakudya chokwanira mukuyenera kudziwitsa wina wake kuchipatala.</p>                              | <br>Zoona | <br>Sizooona |

Mutu 15: Ndemanga ndi Kawuniwuni

6. Mukhoza kutenga kachilombo ka HIV podyera chakudya limodzi ndi munthu amene ali ndi HIV.    
Zoona Sizoona
- 
7. Sivuto kumakambirana za thanzi la odwala wanu ndi a m'banja mwanu komanso anzanu.    
Zoona Sizoona
- 
8. Azaumoyo a m'mudzi ayenera aziyendera odwala kamodzi pasabata.    
Zoona Sizoona
- 
9. Odwala anu akasamuka m'mudzi mwanu kupita mudzi wina, ndipo mwakanika kuona akumwa mankhwala. Mukuyenera kuwadziwitsa kapena kuwauza ogwira ntchito ku clinic ya ma ARV.    
Zoona Sizoona
- 
10. Kukana kuthandiza munthu chifukwa chakuti ali ndi HIV ndi chitsanzo cha kusalana.    
Zoona Sizoona
- 
11. Anthu amene ndi wokwatira akhoza kutenga matenda opatsirana pogonana.    
Zoona Sizoona
- 
12. Mutha kudziwa kuti munthu ali ndi kachilombo ka HIV pongomuona.    
Zoona Sizoona
- 
13. Anthu angapo m'mudzi mwanu akudwala matenda achilendo ndipo anthu akuganiza kuti ndi nkhani za ufiti. Nkofunika kuwadziwitsa a chipatala.    
Zoona Sizoona
-

**Zungulizani yankho loyenera pa mafunso ali m'munsiwa:**

1. Kodi munthu amene akumwa mankhwala a TB ayenera kuyenderedwa kangati patsiku:

**1**

**2**

**3**

Simukuyenera kupita kukamuona tsiku lililonse

2. Kodi munthu amene akumwa ma ARV ayenera kuyenderedwa kangati patsiku:

**1**

**2**

**3**

Simukuyenera kupita kukamuona tsiku lililonse

3. Mukamayendera wodwala amene akumwa mankhwala a TB tsiku ndi tsiku mukuyenera:

Kumufunsa wodwalayo ngati wamwa mankhwala

Kufunsa wachibale pa nyumbapo ngati wodwala wamwa mankhwala

Kuonetsetsa kuti wodwala wamwa mankhwala inu muli pomwepo

4. Kodi funso loyenera kumufunsa odwala kuti mudziwe ngati akukumana ndi zovuta zokhudza mankhwala a TB komanso ma ARV ndi liti?

Kodi mukukumana ndi zovuta zina zirizonse mukamwa mankhwala anu?

Muli bwanji?

Kodi mukutsekula m`mimba, miyendo ikupweteka, m`mimba mukuwawa kapena khungu lanu likufundula?

5. Tsiku lina mukupita kumsika ndipo mwadzidzidzi mwakumana ndi wodwala wanu ndipo wakuuzani kuti ndi wokhumudwa mukuyenera:

Kumuza kuti simungathe kuyankhula naye

Kuima ndi kumufunsa za vuto lomwe wakumana nalo ndi mumuperekeze kuchipatala ngati pakufunika uthenga wapadera

Kumuza kuti mudzamupeza masiku angapo akubwerawo kuti mudzamve mavuto ake

**6.** Namwino wazazira wodwala wanu mukuyenera:

**Kuyembekeza kuti pabwere  
namwino wina kuti  
adzathandize wodwalayo**

**Kuyankhula ndi munthu wina  
wogwira ntchito kuchipatalako  
ndi kumuza zomwe zachitika  
pakati pa namwino ndi  
wodwalayo**

**Bwelerani kunyumba ndi  
wodwalayo ndikukabweranso  
tsiku lina**

**7.** Mukapeza mayi amene ali ndi HIV atachilira ku nyumba muyenera kumulimbikitsa kuti apite kuchipatala:

\_\_\_\_\_ Pakatha mwezi umodzi    \_\_\_\_\_ Pakatha sabata imodzi    \_\_\_\_\_ Mwachangu/msanga

**8.** Mukayendera odwala mwapeza ana osakwana zaka zisanu ooneka onyentchera kodi mukuyenera kutani?

**Kulangiza makolo kuti apite  
kuchipatala**

**Kungosiya ana ena amakhala  
ali oonda**

**Kulangiza kuti ana azidya  
kwambiri**

**9.** Ngati odwala wanu wasiya kumwa mankhwala ndikukana kupita kuchipatala tsiku lake litakwana mukuyenera.

**Kuyembekeza kuti muone  
ngati atasinthe maganizo  
ndikupita kuchipatala**

**Awuzeni adotolo kapena  
anamwino mwansanga**

**Siyani kumuyendera**

**Zikomo!**

## Chikalata Chochitira Kawuniwuni

**Ndi phunziro liti limene munalikonda kwambiri lero? Chifukwa chiyani?**

---

---

---

**Ndi phunziro liti limene simunalikonde kwambiri? Chifukwa chiyani?**

---

---

---

**Ndi chiyani chimene mwaphunziro kuno chimene chili chofunikira kwambiri?** \_\_\_\_\_

---

---

---

**Ndi chiyani chimene mwaphunziro kuno chimene mukachigwiritse ntchito pa ntchito yanu?** \_\_\_\_\_

---

---

---

Mutu 15: Ndemanga ndi Kawuniwuni

**Pali china chilichonse chimene simunachimvetse? Perekani zitsanzo.**

---

---

---

**Ndi maganizo anji amene mungapereke kuti pofuna kukonza maphunzirowa kuti akhale a pamwamba kwambiri? Ndi chiyani chimene mungasinthe?** \_\_\_\_\_

---

---

---

**Jambulani nkhope imene ifotokoze bwino maganizo anu pa maphunziro a lero.** \_\_\_\_\_

---

---

---

**Zikomo kamba kolemba chikalata chochitira kawuniwunichi.**









**Partners In Health**  
641 Huntington Avenue  
Boston MA 02115 USA

+1.617.432.5256  
[www.pih.org](http://www.pih.org)