

Mutu 15: Mathero Ndi Kawuniwuni

Chiyambi

Pali mafunso awiri oyenera kufunsiwa pamathero pamaphunziro. Funso loyamba ndilakuti kodi zoti ziphunzitsidwe, zaphunzitsidwa moyenera? Lachiwiri, kodi amene amachita maphunzirowo, aphunzira bwino kuti akhoza kukagwiritsa ntchito luso lomwe alipeza? Asanakagwiritse luso lomwe apeza, ophunzira ayenera kuyesera kugwiritsa ntchito luso lawo mmalo abwino. Cholinga cha mutuwu ndi kupeza ngati ophunzira amvetsadi zoti ziphunzitsidwe, kutha kuunika ndi kuthana ndi mavuto amene akukumana nawo.

Zolinga








Pakutha pa mutu uwu ophunzirawa ayenera:








- a** Kuonetsa kuti akudziwa za matenda a EDZI, chifuwa chachikulu cha TB, matenda opatsirana pogonana ndi matenda ena omwe aphunzitsidwa.
- b** Kuunika zina ndi zina zokhudza mankhwala ndi thandizo loperekedwa kwa amene akudwala EDZI ndi chifuwa chachikulu.
- c** Kuonetsa kuti akudziwa udindo wa azaumoyo a m'mudzi ngati mkhalapakati wachipatala, wodwala ndi anthu amdera lawo, komanso kuwathandiza m'maganizo ndi kuwasamalira anthu amene ali ndi matenda a EDZI ndi chifuwa chachikulu.
- d** Kuonetsa kudziwa cholinga ndi masomphenya a Abwenzi Pa Za Umoyo (APZU).

Nthawi

4 Hours, 5 Minutes

Mutu Mwachidule

Ntchito	Zoti Ziphunzitsidwe	Njira	Nthawi	ipangizo Zofunikira
1	Sewero losanja zizindikiro za matenda	 <p>Ntchito ya M'magulu Ang'onong'ono</p>	 <p>20 Minutes</p>	<ul style="list-style-type: none"> • Maenivelopu • Matchati kapena kudzera pa makina a kompyuta • Chipangizo chotulutsa mawu ndi zithunzi (ngati akugwiritsa ntchito kompyuta) • Zithunzi zazizindikiro
2	Kukhala wa zaumoyo	 <p>Zokambirana za M'magulu ng'onoang'ono</p>  <p>Sewero Longoyerekeza</p>	 <p>1 Hour</p>	<ul style="list-style-type: none"> • Magawo a sewerolo
3	Mayeso atatha kuphunzira	 <p>Mayeso Olemba ndi Oyankhula Pakamwa</p>	 <p>45 Minutes</p>	<ul style="list-style-type: none"> • Mayeso • Zolemba

<p>4</p>	<p>Kuonanso ntchito za azaumoyo a m'mudzi</p>	 <p>Kupanga Mapositala</p>	 <p>45 Minutes</p>	<ul style="list-style-type: none"> • Nyuzi zakale • Maposita • Zolemba zazikuluzikulu • Sizasi • Zomatira
<p>5</p>	<p>Lonjezo la wazaumoyo wa m'mudzi</p>	 <p>Zokambirana za M'magulu Akuluakulu</p>	 <p>1 Hour</p>	<ul style="list-style-type: none"> • Mapepala akuluakulu olembapo • Zolemba zazikuluzikulu • Zomatira • Matchati kapena kudzera pa makina a kompyuta • Chipangizo chotulutsa mawu ndi zithunzi (ngati akugwiritsa ntchito kompyuta)
<p>6</p>	<p>Kuunikanso ntchito</p>	 <p>Kumva Kuchokera Kumagulu Akuluakulu</p>  <p>Kulemba</p>	 <p>15 Minutes</p>	<ul style="list-style-type: none"> • Mafomu ogwiritsa ntchito pounikanso zomwe zaphunzitsidwa • Mapepala akuluakulu olembapo • Zolemba zazikuluzikulu • Matchati kapena kudzera pa makina a kompyuta • Chipangizo chotulutsa mawu ndi zithunzi (ngati akugwiritsa ntchito kompyuta)

Mfundo Zikuluzikulu

- Azaumoyo a m'mudzi sayenera kuloweza zizindikiro ndi mankhwala. Mmalu mwake ayenera kuonetsetsa zizindikiro zoopsa zosonyeza kuti wodwala ayenera kutumizidwa kuchipatala.
- Zonse zofunika mankhwala ndiponso thandizo kwa odwala HIV/EDZI ziyenera kuonedwa kuchokera mbali zosiyanasiyana. Mbali ya wodwala, wazaumoyo wa m'mudzi, chipatala ndi anthu amdera lonse.
- Lingalirani maganizo zofuna kuchita ndi m'mene mungachitire.
- Kuyesera ndi kukonzekera zinthu zosiyanasiyana zingathandize azaumoyo a m'mudzi kukonzeka kuthana ndi zinthu zimene zingakhale zovuta.
- Azaumoyo a m'mudzi ayenera kuyesera kukambirana zinthu zachinsinsi kwambiri ndi kuyankha mafunso okhudza matenda ndi chithandizo chakuchipatala.

Ntchito 1

Masewero Osanja Zizindikiro za Matenda



Ntchito ya M'magulu Ang'onoang'ono



Nthawi

20 Minutes



Zolinga

- a** Kuonetsa kuti akudziwa za matenda a EDZI, chifuwa chachikulu cha TB, matenda opatsirana pogonana ndi matenda ena omwe aphunzitsidwa pamaphunzirowa.
- b** Kuunika zina ndi zina zokhudza mankhwala ndi thandizo loperekedwa kwa anthu odwala EDZI ndi chifuwa chachikulu cha TB.



Kukonzekera

- Lembani ndi kudula mndandanda wa zizindikiro (kutsatira ntchitoyi), kuti chizindikiro chilichonse chikhale papepala lalokha. Dziwani kuti zizindikiro zimene zimaoneka pa nthenda yoposera imodzi ziyenera kulembedwa kuposera kamodzi kuti iliyonse ikhale chikwanekwane.
- Konzani maenvelopu okwanira kuti mukawagawa azaumoyowo m'magalu ang'onoang'ono, gulu lililonse likhale ndi maenvelopu atatu. Envelopi imodzi ilembedwe "HIV" ina "TB" ndipo ina ilembedwe "STI."



Zipangizo Zofunikira

- Mapepala
- Maenvelopu
- Matchati kapena kudzera pa makina a kompyuta
- Chipangizo chotulutsa mawu ndi zithunzi (ngati akugwiritsa ntchito kompyuta)



Ndondomeko

1



Mathero Ndi Kawuniwuni

Auzeni azaumoyo a m'mudzi kuti mutuwu ukufuna kuona ngati akukumbukira “zoti ziphunzitsidwe” ndiponso athe kudziwa ndi kuunika mfundo zosiyanaasiyana kuti adzitha kuthana ndi mavuto.

- 2 Agaweni azaumoyo a m'mudzi mmagulu atatu ang'onoang'ono.
- 3 Gulu lililonse lipatseni maenvelopi atatu. Olembedwa “HIV” lina lolembedwa “TB” ndi lina lolembedwa “STI.”
- 4 Auzeni maguluwo kuti apatsidwa zizindikiro zosiyanasiyana ndipo azisankhe nkuziika m'maenvelopi oyenera. Aone kuti ayika zizindikiro zingati muenvelopi iliyonse m'mphindi ziwiri.
- 5 Apatseni maguluwo timapepala tolebapo zizindikiro ndipo muwerenge kufika 3 kuti ayambepo kusankha zizindikirozo. Kukakhala masekanzizo, adziwitseni.
- 6 Nthawi ikakwana kapena magulu onse akamaliza kusankha ndi kuika m'maenvelopi oyenera zizindikirozo, auzeni kuti azitulutsemo pozizika m'magulu awo.
- 7 Pemphani munthu m'modzi mgulu lililonse kuti awerenge zizindikiro zimene anaika muenvelopi ya “HIV.”
- 8 Afunseni magulu ena awiriwo ngati anaikamo zizindikiro zosiyana, ngati ndi choncho, ndi ziti? Ngati pali kusiyana, fotokozani zizindikiro zolondola.
- 9 Pemphani gulu lachiwiri kuwerenga zizindikiro zimene anaika muenvelopi ya “TB.”
- 10 Funsani magulu enawo ngati anaikamo zizindikiro zosiyana. Ngati pali kusiyana, fotokozani zizindikiro zolondola.
- 11 Funsani gulu lachitatu kuti liwerenge zizindikiro zimene anaika muenvelopi ya “STI.”

- 12** Funsani magulu ena awiriwo ngati anaika zizindikiro zosiyanasiyana, ngati ndi choncho, ndi ziti? Ngati pali kusiyana fotokozani zizindikiro zolondolazo.
- 13** Pokambirana, fotokozani kuti anthu amene ali ndi HIV kapena matenda opatsirana sangakhale ndi zizindikiro zimene zadziwikazo. Koma ngati munthu wina ali ndi zina mwa zizindikirozi, ndiye kuti akhoza kukhala ndi EDZI kapena matenda opatsirana pogonana. Ngakhalenso munthu amene alindichifuwachachikulu akhoza kukhala ndi zizindikiro zimene zili m'munsimu.

Mutu 15, Ntchito 1: Mndandanda wa Zizindikiro

Tsindikizani papepala zizindikirozo kuti zioneke monga m'munsimu. Asakanizeni mapepala olembedwapo zizindikirozo musanzipereke kwa azaumoyo a m'mudzi.

Mafinya kuchokera ku mbolo kapena nyini	Kusowa chilakolako cha chakudya
Kufooka	Kutsekula m'mimba
Zilonda zoyera mkamwa	Kuonda
Zilonda mthupi	Kutsokomola
Kutentha thupi	Kumva kutentha pokoza
Kupweteka m'mimba	Kutsokomola kwa masabata atatu
Zilonda kuziwalo zobisika	Tizilonda pa thupi
Kuvutika kumeza	Zilonda za kumalo obisika
Kusowa chilakolako cha chakudya	Kutenta thupi komanso kutuluka thukuta

koperani kapena dulani



Koperani kapena dulanii



Ntchito 2

Kukhala Wazaumoyo wa M'mudzi



Sewero Longoyerekeza



Ntchito ya M'magulu Ang'onoang'ono



Nthawi

1 Hour



Zolinga

- b** Kuunika zina ndi zina zokhudza mankhwala ndi thandizo loperekedwa kwa anthu odwala EDZI ndi chifuwa chachikulu cha TB.
- c** Aonetse kuti akudziwa udindo wazaumoyo wa m'mudzi ngati mkhalapakati wachipatala, wodwala ndi anthu a mdera lawo komanso kuwathandiza m'maganizo ndi kusamalira anthu amene ali ndi matenda a EDZI ndi chifuwa chachikulu cha TB.
- d** Aonetseni kudziwa cholinga ndi masomphenya a abwenzi mu umoyo.



Kukonzekera

- Sinthani mayina a m'masewero kuti akhale ogwirizana ndi kudera lanu.
- Tsindikizani timagawo tingapo tasewerolo ndipo mutipereke kumagulu ang'onoang'ono.



Zipangizo Zofunikira

- Magawo a sewerolo (kutsatira ntchitoyi pa tsamba la *Bukhu la Wazaumoyo wa M'mudzi*)



Ndondomeko

- 1** Aikeni azaumoyowo m'magulu anayi. Limodzi mwa maguluwo likhale ndi anthu anayi.
- 2** Gulu lililonse lipatseni limodzi mwamasewero amene ali patsamba 305 la *Bukhu la Wazaumoyo wa M'mudzi*. Sewero loyamba lifunika anthu anayi.



10 min

- 3** Apempheni omwe akuchita sewero kuti awerenge ndi kukambirana sewerolo ndi mafunso ake m'magulu ang'onoang'ono. Pamasewero enawo, gulu lililonse liyenera kusankha anthu awiri achite sewerolo. Sewero loyamba likhoza kukhala ndi anthu anayi. Alimbikitseni ochita sewerolo kuti aonetsedi makhalidwe osiyanasiyana ambali yasewero yomwe atenga.

- 4** Gulu lililonse likhale ndi mphindi 7 zoonetsera sewero lawo kwa ena onse. Perekani mwayi wofunsa mafunso ndi kupereka ndemanga zawo. Ngati mayankho osalondola akuperekedwa, kambiranani ndi kuonjezerapo mayankho oyenera.

Dziwani izi: Njira ina mphunzitsi angathe kusankha wophunzira m'modzi kuchokera mu gulu laling'ono kuti akhale ngati wazaumoyo wa m'mudzi ndipo mphunzitsi akhale ngati Nduna ya zaumoyo kapena odwala osiyanasiyana. Mnjirayi, mphunzitsi akhoza kutsogolera zokambirana, kufunsa mafunso ambiri ndi kuyankha mafunso.

Mutu 15, Ntchito 2: Masewero

Mutu 15: Ndemanga ndi Kawuniwuni

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?

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

305

Mutu 15: Ndemanga ndi Kawuniwuni

Sewero Longoyerekeza 2

(Eni nkhani: Wodwala watsopano amene ali ndi kachiroombo ka HIV amene ali ndi *ma-CD4* ochuluka, 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 ndilibe 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?

306

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

Mutu 15: Ndemanga ndi Kawuniwuni

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, ndidzachite chiyani? Kodi mwana wanga nayenso adzakhala ndi kachiroomboka?
- Palibe amene ndamuuzza kuti ndili ndi kachiroombo ka HIV. Kodi inu muwauza chiyani anthu akakufunsani kuti n'chifukwa chiyani munatsagana nane ku chipatala?

Bukhu la Wazaumoyo wa M'mudzi wa Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

307

Mutu 15: Ndemanga ndi Kawuniwuni

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?

308

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

Ntchito 3

Mayeso



Kuyesa Ophunzirawo



Nthawi

45 Minutes



Zolinga

- a** Kuonetsa kuti akudziwa za matenda a EDZI, chifuwa chachikulu cha TB, matenda opatsirana pogonana ndi matenda ena amene afotokozedwa pamaphunzirowa.
- b** Aunike zina ndi zina zokhudza mankhwalawa ndi thandizo loperekedwa kwa anthu odwala EDZI ndi chifuwa chachikulu cha TB



Kukonzekera

- Lembetsani mayeso kuyambira tsiku loyamba la maphunzirowo.
- Unikani ndi kuzukuta zotsatira zamayesowo kuti muone Madera amene azaumoyo a m'mudziwo amafunika kulimbikira kwambiri.
- Zotsatira zamayeso amene munalembetsa poyambirira penipeni ziyenera kubwezeredwa kwa ophunzira azaumoyowo.



Zipangizo Zofunikira

- Olembera zokwanira ophunzira onse
- Mayeso a onse



Ndondomeko

- 1** Fotokozani kuti cholinga cha mayesowo sikufuna kuona kuti wanzeru ndani ayi, koma kufuna kudziwa zimene azaumoyo a m'mudzi akudziwa komanso zimene sakuzidziwa kuti maphunzirowo akwaniritse zosowa zawo. Mayesowo akhoza kuthandizanso kudziwa ngiti maphunzirowo anali opambana ndiponso zoyenera kukonza kuti patsogolo adzakhale opambana kwambiri.
- 2** Fotokozani kuti muziwerenga mokweza mafunso ena a EDZI ndi matenda ena. Azaumoyo a m'mudzi ayenera kuyankha mafunsowo pozunguliza yankho lolondola pamapepala awo.

- 3** Kumbukirani kuyankhira limodzi funso limodzi kapena awiri pofuna kuonetsetsa kuti aliyense wadziwa m'mene angayankhire mafunsowo.
- 4** Auzeni ophunzirawo kuti atsekule m'*Bukhu la Wazaumoyo wa M'mudzi*, mutu 15 tsamba 311 pamene pali mafunso. Akumbutseni kulemba mayina awo patsamba lililonse pamene ayankhirapo mafunsowo.
- 5** Auzeni kuti ngati sakudziwa yankho lafunso, azingolisiya osaliyankha funsolo.
- 6** Awerengeni mokweza mafunsowo. Bwerezani kuwerenga mafunsowo ngati nkoyenera kutero.
- 7** Onse akatsiriza kulemba mayesowo, auzeni kuti ang'ambe pepala lamayesowo m'*Bukhu la Wazaumoyo wa M'mudzi*. Auzeni kuti mukafananitsa m'mene akhonzera mayesowo ndi amene analemba tsiku loyamba la maphunzirawo. Tsopano apatseni zotsatira za mayeso omwe adalemba poyambapo.
- 8** Kambiranani mayankho olondola ndi ophunzira azaumoyo a m'mudzi ndipo akonze zomwe analakwitsa pa mayeso amene alemba kachiwirika.
- 9** Afunseni ngati ali ndi mafunso ena oonjezera.
- 10** Tengani mayeso onse awiri amene ophunzirawo analemba.

Mayeso Olemba Mutatsiriza Kuphunzira

Mutu 15: Ndemanga ndi Kawuniwuni

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:



1. Monga mulangizi wazaumoyo wa m`mudzi ndintchito yanu kulimbikitsa anthu kuti akayezetse ndi kudziwa ngati ali ndi HIV.

 
 Zoona Sizoonna



2. Mutha kutenga kachilombo ka HIV pogwirana chanza ndi munthu amene ali ndi kachilombo ka HIV.

 
 Zoona Sizoonna



3. Mayi amene ali ndi HIV ayenera kuyamwitsa komanso kupereka mkaka wa mbotolo kwa mwana wake.

 
 Zoona Sizoonna

4. Odwala akayamba chikasu m`maso ayenera kudikira mpaka tsiku lozabwera kuchipatala kuti azawawuze adokotala.

 
 Zoona Sizoonna

















5. Ngati wodwala wanu alibe chakudya chokwanira mukuyenera kudziwitsa wina wake kuchipatala.

 
 Zoona Sizoonna

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

311

Mutu 15: Ndemanga ndi Kawuniwuni

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| <p>6. Mukhoza kutenga kachilombo ka HIV podyera chakudya limodzi ndi munthu amene ali ndi HIV.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>7. Sivuto kumakambirana za thanzi la odwala wanu ndi a m'banja mwanu komanso anzanu.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>8. Azaumoyo a m'mudzi ayenera aziyendera odwala kamodzi pasabata.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>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.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>10. Kukana kuthandiza munthu chifukwa chakuti ali ndi HIV ndi chitsanzo cha kusalana.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>11. Anthu amene ndi wokwatira akhoza kutenga matenda opatsirana pogonana.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>12. Mutha kudziwa kuti munthu ali ndi kachilombo ka HIV pongomuona.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |
| <p>13. Anthu angapo m'mudzi mwanu akudwala matenda achilendo ndipo anthu akuganiza kuti ndi nkhani za ufiti. Nkofunika kuwadziwitsa a chipatala.</p> | 
Zoona | 
Sizoonna |
| <hr/> | | |

312

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

Mutu 15: Ndemanga ndi Kawuniwuni

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

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

313

Mutu 15: Ndemanga ndi Kawuniwuni

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
kumulim-bikitsa 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!

314

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

Ntchito 4

Abwenzi Pa Za Umoyo ndi Ntchito ya Wazaumoyo wa M'mudzi



Kukonza Maposita



Nthawi

45 minutes (*Ngakhale kuti ntchitoyi ndiyofunika, mukhoza kuichita kapena ayi kutengera ndi nthawi yomwe ilipo.*)



Zolinga

Pakutha pa ntchitoyi, ophunzira azaumoyo a m'mudzi athe:

- c** Kuonetsa kuti akudziwa ntchito ya wazaumoyo wa m'mudzi ngati mkhalakale wachipatala, wodwala ndi anthu a mdera lawo, komanso kuwathandiza m'maganizo ndi kusamalira anthu amene ali ndi matenda a EDZI ndi chifuwa chachikulu cha TB.
- d** Kuonetsa kudziwa cholinga ndi masomphenya a Abwenzi Pa Za Umoyo (APZU).



Kukonzekera

- Lembani mitu yamaposita pamatchati ndipo muwaike matchatiwo pamalo oonekera mchipinda chamaphunzirowo.



Zipangizo Zofunikira

- Nyuzi zakale
- Maposita
- Zolemba zazikuluzikulu
- Sizasi
- Zomatira
- *Bukhu la Wazaumoyo wa M'mudzi*



Ndondomeko

- 1** Auzeni ophunzirawo kuti awerenge mpaka 3 munga momwe adachitira m'ntchito yam'mbuyomo kuti pakhale magulu atatu. Onse amene anatchula 1 akhale m'gulu loyamba; amene anati 2 akhale m'gulu lachiwiri ndi mgulu lachitatu mukhale onse amene awerenga 3.

- 2 Gulu lililonse liikeni pamalo akeake m'chipindamo ndipo mulipatse zolemba malembo akuluakulu, pepala limodzi laposita ndi magazini.
- 3 Auzeni kuti muwapatsa maminiti 30 kuti alembe posita yokhala ndi mitu yotsatirayi:
 - » *Cholinga chachikulu cha Abwenzi Pa Za Umoyo*
 - » *Ufulu wachibadwidwe*
 - » *Mfundo zikuluzikulu zisanu za Abwenzi Pa Za Umoyo*
 - » *Ntchito ya azaumoyo a m'mudzi*
 - » *Zomuyenereza wazaumoyo wa m'mudzi wabwino*



Mfundo Zothandiza

Iyikeni positayo pamalo abwino m'chipindamo kuti aliyense azitha kuyiona.



30 min

- 4 Fotokozani kuti mapositawo adzakongoletsedwa ndi zithunzi ndipo adzayikidwa pamalo oonekera pasukulupo.




15 min

- 5 Lipatseni gulu lililonse mphindi zisanu (5 minutes) kuti lifotokozere amzawo zomwe zili pamaposita awo.

6


Mfundo Zofunikira mu Mutu 15:
Mathero ndi Kuunikanso Ntchito

- Azaumoyo a m'mudzi sayenera kuloweza mayina a mankhwala kapena zizindikiro za matenda.
- Azaumoyo a m'mudzi ayenera kuzindikira zizindikiro zowopsa za matenda ndikulangiza odwala kuti apite kuchipatala.
- Nthawi zonse imvani maganizo a wodwala, wazaumoyo wa m'mudzi, chipatala komanso anthu ena onse.
- Ganizirani zotsatira za vutolo pa maganizidwe, chikhalidwe ndi umoyo komanso momwe vutolo lilili musaganizize zochita.

 Abwenzi Pa Za Umoyo

Mfundo Zazikuluzikulu M'mutu 15:
Mathero ndi Kuunikanso Ntchito

- Kutha kumvetsetsa zinthu ndikukhala okonzeka kukumana ndi zovuta zina zilizonse kungathandize azaumoyo a m'mudzi kulimbana ndi mavuto osiyanasiyana.
- Azaumoyo a m'mudzi ayenera kuyesera kuyankha mafunso okhudza matenda ndi mankhwala ake.

 Abwenzi Pa Za Umoyo

Mfundo Zazikuluzikulu za mutu 15: Mathero ndi Kuunikanso Zomwe Zaphunzitsidwa
Ziunikeninso mfundo zazikuluzikulu za m'mutuwu.

Ntchito 5

Lonjezo la Wazaumoyo wa M'mudzi



Zokambirana za M'magulu Akuluakulu



Nthawi

1 Hour



Zolinga

- c** Kuonetsa kuti akudziwa ntchito yawazaumoyo wa m'mudzi ngati mkhalakale wachipatala, wodwala ndi anthu a mdera lawo komanso kuwathandiza m'maganizo ndi kuwasamalira anthu amene ali ndi matenda a EDZI ndi chifuwa chachikulu cha TB.
- d** Kuonetsa kudziwa cholinga chachikulu ndi masomphenya a Abwenzi Pa Za Umoyo (APZU).



Kukonzekera

- Konzani dongosolo loti dotolo abwere ndikulankhulanipo mawo pang'ono palonjezo lomwe azaumoyo a m'mudzi amalonjeza [Hipokiratiki ofi].



Zipangizo Zofunikira

- Mapepala akuluakulu olembapo
- Zolemba zazikuluzikulu
- Zomatira



Ndondomeko

- 1** Auzeni ophunzirawo kuti pamaphunzirowo anakambirana m'mene Abwenzi Pa Za Umoyo (APZU), mothandizidwa ndi azaumoyo a m'mudzi angalimbikitsire chilungamo. Kuthandiza osowa, kulimbikitsa umodzi ndi osowa, kulimbikitsa ufulu wopeza chithandizo kuchipatala, maphunziro, malo okhala, chakudya ndi madzi. Tikudziwa kuti azaumoyo a m'mudzi amalimbikitsa cholinga cha 'abwenzi muzaumoyo.
- 2** Auzeni azaumoyo a m'mudzi kuti ayenera kupanga 'lonjezo la azaumoyo a m'mudzi' koma asanatero ayenera kudziwa kuti lonjezo ndi chiyani.

- 3** Apempheni omwe angathe kufotokoza tanthauzo la lonjezo. Lembani matanthauzo patchati. Ngati palibe wina aliyense wopereka tanthauzolo, lembani pa tchati kuti mawu amene munthu amanena polonjeza kuti adzadzipereka kuchita/kugwira ntchito. Nthawi zina lonjezolo limanenedwa polumbira kwa mulungu, kholo kapena makolo amene adafakalekale.
- 4** Afunseni a zaumoyowo ngati akukumbukira munthu wina aliyense amene adachitapo lonjezo (pogwira baibulo mkhoti kapena dotolo kuti adzagwira ntchito yake modzipereka) ndipo muwalembe malonjezowo patchati.
- 5** Auzeni azaumoyo a m'mudzi kuti mwaitana dotolo kuti adzawalankhule pang'ono pa lonjezo lomwe madotolo amalumbira akamayamba ntchito.
- 6** Mulandire dotolo yemwe mwamuitanayo. Iye awalankhule azaumoyowo kwa mphindi zisanu (5 minutes) pofotokoza za malonjezo ndi malumbiro omwe amachita akamayamba ntchito ndiponso kufunika kwake.
- 7** Azaumoyo a m'mudziwo akamvetsa za malumbirowo, afotokozereni kuti ayenera kukonza malumbiro awo.
- 8** Auzeni azaumoyowo kuti akhale m'magulu a anthu awiriawiri. Gulu lililonse lipeze mawu amene angamalize chiganizo chotsatirachi “Ngati wazaumoyo wa m'mudzi ndi kulonjeza/kulumbira kuti....”
- 9** Afotokozereni kuti chiganizochi chikhale chogwirizana ndi ntchito ya wazaumoyo wa m'mudzi ndi cholinga ndi mfundo zazikuluzikulu za APZU. Munthu m'modzi pagulu lililonse ayenera kulemba chiganizo. Maguluwo akatha kulemba ziganizo ziwiri-ziwiri, maguluwo alowe m'magulu ena kuti tsopano pakhale magulu anayi.
- 10** Gulu lililonse la anthu anayi agwirizane pa zaziganizo zitatu ndipo kenako lilowe m'gulu lina la anthunso anayi kuti gulu lililonse likhale la anthu asanu ndi atatu. Gululi tsopano likambirane ndi kugwirizana pa zaziganizo zisanu ndi chimodzi. Maguluwa akamaliza ntchito yomwe akuchita, ayenera kukhala pamodzi tsopano ndi gulu linalo ngati gulu limodzi lalikulu.
- 11** Sankhani munthu mmodzi kuti awerenge ziganizo zonse kugulu lonse.



15 min

- 12** Ziganizo zonse zilembedwe patchati ndipo muziunikenso nonse pamodzi. Werengani chiganizo chimodzu ndipo mufunse azaumoyo a m'mudzi amene akuganiza kuti akhoza kulumbira kuti ayimirire. Muwawerenge amene ayimirirawo. Chitani izi kufikira mutamaliza ziganizo zonse ndipo mupeze ziganizo zimene azaumoyo a m'mudzi akugwirizana nazo. Aloleni azaumoyo a m'mudzi kufunsa mafunso ndi kupereka ndemanga zawo.
- 13** Auzeni azaumoyo a m'mudzi kuti limenelo ndiye lonjezo lawo. Auzeni onse kuti ayimirire nkukweza mikono yawo m'mwamba. Muwauze kuti aziyankha kuti 'ndi kulonjeza' chiganizo chilichonse chikawerengedwa. Povomera ndiye kuti akugwirizana ndi lonjezo lazaumoyolo. Auzeni kuti lonjezolo alilemba nkuliika pasukulupo.

Ntchito 6

Kuonanso M'mene Maphunzirowo Ayendera ndi Kumva Maganizo a Omwe Amachita Nawo Maphunzirowo



Nthawi

15 Minutes



Kukonzekera

- Mupange mafomu okwanira ounikirapo m'mene maphunzirowo ayendera.
- Itanani mkulu wachipatala kuti azatsekere maphunzirowo.
- Mutenge ma satifiketi odzapereka kwa ophunzirawo kusonyeza kuti amaliza maphunzirowo.



Zipangizo Zofunikira

- Mafomu ogwiritsa ntchito pounikanso zomwe zaphunzitsidwa (ikatha ntchito iyi)
- Mapepala akuluakulu olembapo
- Zolemba zazikuluzikulu
- Masatifiketi
- Matchati kapena kudzera pa makina a kompyuta
- Chipangizo chotulutsa mawu ndi zithunzi (ngati akugwiritsa ntchito kompyuta)



Ndondomeko

- 1** Auzeni azaumoyo a m'mudzi kuti kumva maganizo kuchokera kwa iwo nkofunika chifukwa kumathandiza kukonzanso mwina ndi mwina kuti maphunzirowo akhale opambana.
- 2** Afunseni ngati ali ndi ndemanga ina iliyonse pa zinthu zomwe zinayenda bwino komanso zomwe anaona kuti sizinayende bwino kapenanso zofunika kuzikonza.
- 3** Lembani ndemanga zonse patchati. Kumbukirani kuti sintchito ya yemwe akutsogolera maphunzirowo kupereka ndemanga kapena kuyankhapo pa ndemanga; iye akuyenera kungolembe basi.



- 4** Apatseni ophunzirawo mafomu kuti alembe m'mene maphunzirowo ayendera.

10 min

5 Tengani kwa ophunzirawo mafomuwo akamaliza kulemba.

6



M'manja mwanu!

Kuyamikira ophunzira azaumoyo a m'mudziwo chifukwa chochita nawo ndi kumaliza maphunzirowo.

7 Afunseni ophunzirawo ngati ali ndi mawu ena alionse.

8 Mpempheni dotolo wamkulu kuti alankhule ndi kutsekera maphunzirowo.

9 Athokozeni ophunzira onse ndipo perekani masatifiketi osonyeza kuti amaliza maphunziro.

.....

Zolembalembe

.....

Fomu Yotsiriza Yowunikira Maphunziro

Mutu 15: Ndemanga ndi Kawuniwuni

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? _____

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

315

koperani kapena dulani





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.

316

Bukhu la Wazaumoyo wa M'mudzi a Bungwe la Abwenzi Pa Za Umoyo: Chisindikizo Choyeserera

.....

Zolembalembe

.....

.....

Zolembalemba

.....

Zoonjezera A: Kuunikanso Mafunso Tsiku Lililonse

Mafunso Ounikidwa, Tsiku Lachiwiri

1. Tchulani maiko anayi komwe APZU ikugwirako ntchito.
(Haiti, Rwanda, Lesotho, Peru, Russia, Malawi, United States, Mexico, Guatemala)
2. Kodi likulu la APZU lili kuti?
(Ku Boston, m'dziko la Amerika)
3. Kodi APZU ili ndi ogwira ntchito angati?
(Pafupifupi 5,000)
4. APZU idayamba liti?
(Zaka 21 zapitazo)
5. Kodi ufulu wachibadwidwe n'chiyani?
(Zinthu zimene munthu wina aliyense amayenera kukhala nazo posaganizira mtundu, zaka, chuma chomwe alinacho ndi komwe akuchokera)
6. Tchulani ufulu wachibadwidwe umene APZU imafuna kuti wina aliyense akhale nawo.
(Wokhala ndi chakudya, malo okhala, wamaphunziro, kugwira ntchito, wopeza chithandizo kuchipatala)
7. Kodi APZU idayambira kuti?
(Ku Central Plateau, m'dziko la Haiti)
8. Nchifukwa chiyani APZU imagwira ntchito ndi anthu kumudzi?
(Pofuna kuonetsetsa kuti APZU ikukhazikika m'midzimo ndiponso kuti kuwapezera anthuwo zosowa zawo)
9. Tchulani makhalidwe atatu amene wazaumoyo wa m'mudzi ayenera kukhala nawo.
(Kukhulupirika, ulemu, Chisoni, wosapereka chiweruzo, wodziwa udindo wake)
10. Kodi nkutheka kuti chilungamo chikhalepo ngati anthu alibe mwayi wolandira chithandizo kuchipatala, alibe chakudya ndi madzi komanso mwayi wopita kusukulu?
(Ayi)

11. APZU imathandiza anthu ambiri, ndi anthu ati amene imawathandiza kwambiri?
(Osowa chithandizo—osaukitsitsa)

12. Kodi kugwirizana ndi osauka kumatanthauzansi?
(Kuwavetsera, kuwathandiza kupeza chithandizo chakuchipatala, chakudya, madzi, kudziwa zosowa za anthu ndi kuwalankhulira kuti athe kupeza zinthuzo)

13. Tchulani zinthu zitatu zimene zimatsatidwa posankha azaumoyo a m'mudzi
(Azikhala kufupi ndi odwala, adzichokera dera lomwe wodwala akuchokera, akhale wovomerezeka, komanso wokhulupiridwa ndi wodwalayo)

14. Ndi ntchito yanji imene wazaumoyo wa m'mudzi amagwira pakati pa chipatala ndi anthu amdera lawo?
(Kukhala mkhalapakati wambali ziwirizi)

15. Kodi chinsisi ndi chiyani?
(Kusaulula zomwe mukudziwa zokhudza wodwala kwa munthu wina aliyense kupatulapo a chipatala)

16. Kodi azaumoyo a m'mudzi adamuthandiza bwanji Joseph Jenne?
(Adamuperekeza kuchipatala, adamupezera thiransipoti Joseph, adaliuza banja lake kuti lisadandaule za ndalama yokapereka ku chipatala, kuwonerera Joseph akumwa mankhwala ake.)

Mafunso Ounikidwa, Tsiku Lachitatu

1. Tchulani njira ziwiri m'mene HIV imafalira?
(Pogonana, kudzera m'magazi, kuchokera kwa mayi kupita kwa mwana.)
.....
2. Kodi HIV ili ndi mankhwala?
(Ayi, HIV imakhala mthupi kufikira kufa.)
.....
3. Chifukwa chakuti simungadziwe ngati munthu ali ndi HIV pongomuona, mungadziwe bwanji kuti munthu ali ndi HIV?
(Poyezetsa magazi.)
.....
4. Mawu akuti 'nthawi yobisika' atanthauzanji?
(Nthawi yapakati pamene munthu atenga HIV kufikira atayezetsa nkudziwa kuti ali ndi HIV.)
.....
5. Kodi ntchito yolimbana ndi matenda mthupi imatchedwa kuti chiyani?
(Chitetezo chamthupi.)
.....
6. Kodi dotolo angadziwe bwanji kuti chitetezo cha mthupi n'champhamvu kapena ayi?
(Powerenga CD4.)
.....
7. Ngati nambala ndiyopitirira 250, zitanthauzanji?
(Chitetezo cha mthupi chidakali champhamvu ndipo chikhoza kulimbana ndi matenda.)
.....
8. Zitanthauzanji ngati *ma-CD4* ndi ochepera 250 mthupi?
(Chitetezo cha mthupi n'chofooka ndipo wodwala ayambe kumwa ma-ARV.)
.....
9. Kodi ARV imatanthauzanji?
(Mankhwala olimbana ndi tizilombo toyambitsa HIV kapena mankhwala othandiza kuti odwala akhale moyo nthawi yayitali.)
.....
10. *Ma-ARV* amatani?
(Amathandiza kuti HIV isachulukane mthupi.)
.....
11. Munthu odwala akayamba kumwama *ARV*, kodi angasiye kutero?
(Ayi, amene ali ndi HIV ayenera kumamwa *ma-ARV* kawiri patsiku moyo wawo onse.)
.....
12. Tchulani zizindikiro zitatu za HIV.
(Mayankho angakhale awa: kuonda kwambiri, kutsekula m'mimba, zizolo, matuza kapena zilonda pathupi, kusosoka tsitsi m'mutu, kutentha thupi, kutsokomola.)
.....

13. Matenda obwera chifukwa chongopezerapo mwayi ndi otani?
(Ndi matenda amene amayamba chifukwa chakufooka kwa chitetezo cha mthupi komwe kumapereka mwayi kuti matendawo alowe mthupi.)
-
14. Tchulani matenda awiri amene amangopezerapo mwayi wolowa mthupi?
(Chibayo ndi chifuwa chachikulu cha TB.)
-
15. Tchulani njira ziwiri zopewera HIV.
(Mayankho angakhale awa: kugwiritsa ntchito makondomu, kukhulupirika pabanja, kudziletsa, kumwetsa mwana mkaka wam'sitolo ngati mayi ali ndi HIV.)
-
16. Wodwala ayenera kumwa *ma-ARV* angati?
(Odwala aliyense, amamwa mapilisi amphamvu zitatu. Odwala ambiri amamwa pilisi limodzi lotchewa T₃₀.)
-
17. Nchifukwa ninji wodwala ayenera kumwa *ma-ARV* tsiku lililonse?
(Kuti HIV isachulukane ndiponso kuti wodwalayo asadwalitsitse ndi kufa. Komanso kuti tizilomboto tisamaderere mankhwalawo kapena kuti mankhwala asalephere kugwira ntchito mthupi.)
-
18. *Ma-ARV* ayenera kusungidwa kuti?
(Pamalo owuma, patali ndi moto, dzuwa ndiponso kutali ndi ana.)
-
19. Kuti akhale ndi moyo wathanzi, wodwala matenda a EDZI ayenera kutani pamene akumwa *ma-ARV*?
(Apewe kumwa mowa ndi kusuta fodya ndiponso azidya zakudya zopatsa thanzi.)
-
20. Kodi mungapatse munthu wina HIV pamene mukumwa *ma-ARV*?
(Inde, ngati muli ndi HIV mungathe kupatsira ena ngakhale mukumwa *ma-ARV*.)
-

Mafunso Ounikidwa, Tsiku Lachinayi

1. Kodi dzina la kusagwirizana ndi mankhwala a *ma-ARV* mthupi ndi chiyani?
(Zovuta zodza kamba ka mankhwala.)
.....
2. Ndizoona kapena sizooona: *ma-ARV* ndi mankhwala okhao amene ali ndi zovuta zodza kamba ka mankhwalawa?
(Sizooona.)
.....
3. Zovuta zodza kamba ka mankhwala zikhoza kugawidwa m'magulu awiri. Maguluwo ndi ati?
(Ofunika chithandizo msanga ndi osafuna chithandizo msanga.)
.....
4. Wazaumoyo wa m'mudzi ayenera kuchita chiyani ngati aona kuti odwala ali ndi zovuta zodza kamba ka mankhwala?
(Amutumize kuchipatala.)
.....
5. Wodwala amene ali ndi zovuta zodza kamba ka mankhwala zosafuna chithandizo msanga ayenera kupita liti kuchipatala?
(Sabata imodzi isanathe.)
.....
6. Wodwala ayenera kupita liti kuchipatala pamene akuonetsa zovuta zodza kamba ka mankhwala zofunika kupita kuchipatala?
(Mwamsangamsanga.)
.....
7. Tchulani Zovuta zodza kamba ka *ma-ARV* zisanu.
(Mayankho angakhale awa: matuza, chikasu, kusanza, kutentha thupi, kupweteka m'mimba, zizolo kumaso kapena mthupi, kutsekula m'mimba, maloto odabwitsa, mapazi/kutentha, nkawa, mantha)
.....
8. Tchulani zovuta zodza kamba ka zisanu zina za *ma-ARV*?
(Kusowa chilakolako cha chakudya, matuza, chikasu, kusanza, kutentha thupi, kupweteka m'mimba.)
.....
9. Zoona kapena sizooona: anthu onse amakhala ndi zovuta zodza kamba ka mankhwala zofanana.
(Sizooona.)
.....
10. Ndifunso lofunika liti limene azaumoyo a m'mudzi ayenera kufunsa odwala tsiku lililonse?
(Mukupeza bwanji?)
.....
11. Ndi zoona kapena sizooona: Ndidwino kuti mayi woyembekezera yemwe ali ndi HIV aberekere kunyumba?
(Sizooona.)
.....

12. Nchifukwa chiyani mayi yemwe ali ndi HIV ayenera kuyamwitsa mwana wake miyezi isanu ndi umodzi yoyambirira?
(Ndinjira yabwino yopewera kupatsira mwana kachiroambo ka HIV ndipo sizofunika kugula zakudya zina zapamwamba.)
-
13. Mayi angampatsire bwanji mwana wake HIV?
(Pamene ali woyembekezera, pochira, poyamwitsa.)
-
14. Tchulani zifukwa zitatu zimene amayi akhoza kutenga HIV mosavuta.
(Mwachibadwidwe, amayi ali ndi malo akulu amene angachititse kuti atenge HIV; kuchekeka kwa nyini pogonana kungapangitse kuti HIV ilowe kudzera mochekekamo; muumuna muli HIV yambiri kusiyana ndi zotuluka kunyini; amayi sangathe kukambirana ndi mwamuna kuti agonane pogwiritsa ntchito kondomu; amayi ambiri amagwiriridwa mokakamizidwa; amayi ambiri ndi osaphunzira kusiyana ndi abambo.)
-
15. HIV ndi matenda opatsirana pogonana amagwirira ntchito limodzi bwanji?
(Matenda opatsirana pogonana amachititsa kapena amaonjezera chiopsezo chotenga HIV. Kukhalanso ndi HIV kumaonjezera chiopsezo chotenga matenda ena opatsirana pogonana.)
-
16. Tchulani zizindikiro zitatu za matenda opatsirana pogonana?
(Kumva kupweteka pokodza ndi pogonana, zilonda maliseche, kuyabwa ku maliseche, zotuluka kuchokera ku maliseche abambo ndi amayi, ana ang'ono amabadwa ndi khungu.)
-
17. Mayi akachirira kunyumba, wa zaumoyo ayenera kuchita chiyani?
(Auze mayiyo kuti apite ku chipatala pasanathe masiku atatu.)
-
18. N'chifukwa chiyani wazaumoyo wa m'mudzi ayenera kuuza mayi woyembekezera kuti apite ku sikelo?
(Kuti dotolo akaonetsetse kuti amayi ali ndi thanzi; kuti amayi akalandire mankhwala ndi mavitamini, kuti amayi akayezetse magazi kuti adziwe ngati ali ndi HIV ndipo ngati ali ndi HIV apewe kupatsira mwana yemwe akuyembekezera.)
-
19. Kodi PMTCT imatanthauzanji?
(Kuteteza mwana kuti asapatsiridwe HIV ndi mayi ake.)
-
20. Ndi njira ziwiri ziti zothandiza kupewa matenda opatsirana pogonana?
(Kugwiritsa ntchito makondomu ndi kudziletsa.)
-

Mafunso Ounikidwa, Tsiku Lachisanu

1. Kodi kusalana ndi chiyani?
(Kusalana ndi kuchita manyazi ndi munthu amene anthu ena amamuona ngati ngosayenera kucheza kapena kukhala naye. Ndi zotsatira za zimene anthu amaganiza.)
.....
2. Kodi tsankho ndi chiyani?
(Kuchitira anthu ena zinthu zosakhala bwino chifukwa choti ndi osiyana ndi ena. Tsankho ndi zimene timachita mosiyana ndi zimene tikuganiza.)
.....
3. Ndi zinthu zitatu ziti zimene zimachititsa kuti anthu azisalana ndi kusankhana?
(Kusadziwa, zikhulupiriro ndi mantha m'mene matenda a EDZI amafalira, mantha ndi imfa komanso matenda, kuweruza ena, maganizo olakwika amene anthu amakhala nawo a anthu ena.)
.....
4. Zotsatira zosalana ndi kusankhana ndi ziti?
(Zimalepheretsa anthu kuyezetsa magazi ndi kulandira chithandizo chamankhwala; anthu odwala amakhala okha opanda ocheza nawo ndiponso amakhala omvetsa chisoni; kumalepheretsa anthu kuuza abwenzi awo kuti ali ndi HIV; kumachititsa kuti chiwerengero chosiya sukulu chikwere; zimayambitsa nkhanza ndi kusiyana; zimachititsa kuti vuto la EDZI likule.)
.....
5. Ubwino wochepetsa kusalana ndi kusankhana ndi kuti?
(Anthu ambiri amayezetsa magazi awo; anthu ambiri amakalandira chithandizo kuchipatala; odwala samasowa ocheza nawo ndipo samvetsa chisoni.)
.....
6. Tchulani njira imodzi m'mene EDZI imakhudzira anthu.
(Matendawa amafooketsa anthu kotero kuti amalephera kugwira ntchito; odwala akhoza kuchotsedwa ntchito chifukwa chosankhana kapena kudwalako zimene zingachititse umphawi; odwala amaona kuti akusalidwa; odwala amanenedwa miseche kapena kunzunzidwa; ana amene ali ndi HIV akhoza kumasalidwa ndi anzawo kusukulu; wodwala akhoza kutaya chikhulupiriro ndipo angayambe kumafunsa ngati kumwamba kuli mulungu.)
.....
7. Tchulani njira imodzi m'mene EDZI imakhunzira maanja a omwe akudwala matendawa?
(Banja lonse likhoza kumasalidwa ndi anzawo; kusowa zinthu pakhomo chifukwa chakuti wamkulu wa pabanjapo yemwe akudwala sangakwanitse kupezera banja lake zosowa zawo; kupereka udindo waukulu kwa anthu ena; ana amasiya sukulu kuti azigwira ntchito nkumasamalira maanja awo; kumaonongetsa ndalama zambiri zolipirira kuchipatala; umphawi umachuluka; ndalama zambiri zimaonongeka kusamalira ana amasiye ndi ana ena ovutika.)
.....

8. Tchulani njira imodzi m'mene EDZI imakhudzira anthu ena onse m'madera mwawo?

(Maphunziro samayenda bwino chifukwa ana amasiya sukulu kuti azikagwira ntchito kapena kusamalira makolo kapena abale awo amene akudwala kapena ngati aphunzitsi apezeka ndi EDZI ndipo sungathenso kugwira ntchito. Ngati anthu akudwala kwambiri ndipo sangathe kugwira ntchito, madera awo satukuka ndipo umphawi umakula. Anthu amagwira njakata pamene akuluakulu ndi ana akudwala kapena kufa ndi EDZI; chiwerengero cha ana amasiye ndi maanja amene akuyang'aniridwa ndi ana amachuluka ndiponso anthu achikulire amatenga udindo wosamalira ana amasiye. Ngati makolo onse akudwala, ana amayenera kusamalira makolo awo. EDZI ikhozanso kukhudza anthu m'maganizo ndi muuzimu pamene ikupha anthu ambiri makamaka ngati anthuwo sadziwa m'mene EDZI imafalira ndi kupewedwera.)

9. Pezani mavuto atatu amene amakhudza anthu odwala EDZI m'maganizo ndi chikhalidwe chawo.

(Mantha, Chisoni, manyazi, mkwiyo, nkhwawa, kusazikhulupirira, kukhumudwa, maganizo odzipha okha.)

10. Pezani njira imodzi imene azaumoyo a m'mudzi angawathandizire anthu odwala m'maganizo.

(Kupereka uphungu ndi kuwapempha kuti akayezetse, kuwapezera akuluakulu a mipingo kuti awathandize muuzimu, kuwapezera chithandizo kuchokera kwa dotolo kapena ogwira ntchito yosamalira anthu, abale awo ndi anthu ena onse a mdera lawo.)

11. Kodi wodwala EDZI ayenera kufika pati m'maganizo ake kuti ayambe kulandira mankhwala nkuyamba kupeza bwino?

(Pamene avomereza.)

12. Wodwala amene mwakhala mukugwira naye ntchito kwa miyezi itatu akuoneka wachisoni ndiponso wotaya mtima. Akukuuzani kuti wakhala wotopa nthawi zonse. Akudabwa ngatu kuli koyenera kukhala ndi moyo pamene akukumana ndi zipsinjo chonchi. Mungachite chiyani?

(Kuuza a POSER, osamalira anthu, dotolo, namwino; kulimbikitsa wodwalayo kupita kukakambirana ndi osamalira anthu kuchipatala.)

13. Perekani chitsanzo chafunso limene wazaumoyo wa m'mudzi angamufunse wodwala kuti adziwe zambiri kuchokera kwa wodwalayo pofuna kuti amuthandize?

(Mwakhala mukudwala chonchi nthawi yaitali bwanji? Pali china chake chomwe chachitika chimene chakukhumudwitsani masiku angapo apitawo?)

14. Fotokozani maluso ena owonjezera a kayankhulidwe kabwino amene sanatchulidwe m'mbuyomu.

(Khalani odekha ndi osamalira; imvani zoyankhula ena; khalani aulemu; funsani mafuno amene angakupatseni mayankho ambiri; sungani chinsinsi; ombani mkota pa zimene zakambidwa.)

15. Ngati wazaumoyo wa m'mudzi, mwaona kuti anthu ambiri mdera lanu sacheza ndi odwala EDZI. Mukufuna kulimbikita kuti anthu a mderalo adzithandiza anthu amene ali ndi matenda a EDZI. Yerekezani kuti muli pamsonkhano wa ku dera lanu kuti mudziwe zambiri ndi kukambirana nkhaniyi. Tsogolerani zokambiranazo.

(Kusala ndi kusankha odwala EDZI kumakulitsa matendawo, matenda amakhudza aliyense mdera lanulo, munthu wina aliyense angathe kudwala EDZI, anthu odwala EDZI ayenera kutengedwa ngati wina aliyense, HIV singafale pogwirana kapena polankhulana, kusawasamalira bwino odwala EDZI kumangokulitsa matendawo. Afunseni anthu zimene akudziwa zokhudza EDZI, tsutsani zikhulupiriro zina zimene anthu amakhala nazo zokhudza EDZI, perekani uthenga wona wa EDZI.)

Mafunso Ounikidwa, Tsiku Lachisanu ndi Chimodzi

1. Chifuwa chachikulu cha TB chimafala bwanji?
(Kudzera ntimalovu tomwe timatsokomoledwa mumpweya.)
.....
2. Kodi munthu angadwale chifuwa chachikulu pakudya chakudya choonongeka?
(Ayi.)
.....
3. Tchulani zizindikiro zitatu za chifuwa cha TB.
(Kutsokomola, kupweteka pa chifuwa, kutopa, kuonda, kusakhala ndi chilakolako cha chakudya, kutuluka thukuta kwambiri pogona, kutentha mthupi.)
.....
4. Zizindikiro za odwala chifuwa chachikulu cha TB zimasiyana bwanji ndi za odwala EDZI?
(Anthu odwala EDZI sangakhale ndi zizindikiro zenizeni za chifuwa chachikulu cha TB chifukwa chifuwacho chinafalikira kale nthupi. Sangamatsokomole, kumva kupweteka pachifuwa koma kawirikawiri mimba imatupa ndipo amatsekula m'mimba.)
.....
5. Tchulani zizindikiro zina zitatu zachifuwa chachikulu cha TB.
(Kutsokomola, kupweteka pa chifuwa, kutopa kwambiri, kuonda, kusakhala ndi chilakolako cha chakudya, kutentha thupi, kutuluka thukuta kwambiri pogona.)
.....
6. Kodi chifuwa chachikulu cha TB n'chosachizika?
(Ayi, chifuwa chachikulu chikhoza kuchizika.)
.....
7. N'chifukwa chiyani kuli koyenera kuti amene ali ndi HIV adziyezetsa chifuwa chachikulu?
(HIV imakulitsa kwambiri chifuwa chachikulu cha TB ndipo chifuwa chachikulu chimene sichinaonekere chimadzuka kwambiri mthupi la odwala HIV.)
.....
8. Madotolo angamuyeze chiyani munthu kuti awone ngati ali ndi chifuwa chachikulu cha TB?
(Makhololo, pachifuwa ndiponso pakhungu.)
.....
9. Chifuwa chachikulu chogona chikusiyana bwanji ndi chodzuka?
(Chogona chimakhala m'mapapo koma sichikula ndipo munthu amakhala wathanzi. Chifuwa chachikulu chodzuka chimakhala chikukula m'mapapo ndipo chimafalikira kuziwalo zina za mthupi.)
.....
10. Munthu amene ali ndi chifuwa chachikulu chomwe sichinayambe kufalikira kuziwalo zina angafalitse chifuwachi kwa anthu ena?
(Ayi.)
.....

11. Chifuwa chachikulu chimakhala kuti mthupi chikamangoyamba kumene?
(M'mapapo.)

12. Chifuwa chachikulu cha TB chingafalikire kuti m'thupi?
(Pena paliponse.)

13. Tchulani gulu limodzi laanthu lomwe lili pachiopezo cha chifuwa chachikulu cha TB.
(Anthu amene akudwala kale, osoweka zakudya mthupi, amene ali ndi HIV, ana, akaidi, ophunzira ogonera konko.)

14. Zakudya zofunikira mthupi zimateteza bwanji anthu pachifuwa chachikulu cha TB?
(Zakudyazo zimachititsa munthu kukhala wathanzi kotero kuti thupi lake lingathe kulimbana ndi chifuwachi.)

15. Mazenera otsekula ndi dzuwa, zimateteza bwanji anthu ku chifuwa cha chikulu cha TB?
(Majeremusi oyambitsa chifuwachi amafa ndi mpweya wabwino komanso dzuwa.)

16. Wazaumoyo wa m'mudzi ayenera kuchita chiyani ngati akuganiza kuti munthu ali ndi zizindikiro za chifuwachi?
(Amutumize kuchipatala.)

17. N'chifukwa chiyani kutseka pakamwa potsokomola kumateteza kufala kwa chifuwa chachikulu cha TB?
(Kumathandiza kuti timalovu tokhala ndi majeremusi a TB tisalowe mumpweya nkukayambitsa matendawa m'matupi mwa anthu ena.)

18. Mankhwala a chifuwa cha chikulu cha TB ayenera kumwedwa bwanji?
(M'mamawa mutadya kadzutsa.)

19. Tchulani kuipa kwamankhwala a chifuwa chachikulu cha TB..
(Kupuma movutikira, kuona movutikira, lilime kutupa, kuleka kumva, kusanza, kusowa chilakolako cha chakudya, kutuluka zizolo, chikasu, chizungulire, kupweteka kwa mitsempha, kuvutika kumeza chakudya, kufooka kapena kutopa kwambiri.)

20. Munthu amene ali ndi chifuwa chachikulu cha TB chimene sichinayambe kukula ayenera kuchita chiyani kuti chifuwacho chisakule?
(Adzimwa mankhwala othandiza kuti matendawo asakule n'kufalikira kuziwalo zina.)

Mafunso Ounikidwa, Tsiku Lachisanu ndi Chiwiri

1. Kodi DOT imatanthauzanji?
(Kuonerera kumwa mankhwala: kuzonda odwala tsiku lililonse ndi kumuwonerera akumwa mankhala ake.)

2. Tchulani zinthu zitatu zomwe muyenera kuchita tsiku lililonse mukapita kukayendera wodwala?
(Mfunzeni m'mene akupezera; lembani mufomu yanu ya zaumoyo; mpatseni chilimbikitso wodwalayo.)

3. Kodi mankhwala muyenera kuwasunga bwanji?
(Pamalo ouma, patali ndi ana komanso dzuwa.)

4. Kodi muyenera kuchita chiyani ngati simungathe kuyendera wodwala tsiku lina chifukwa chakuti mukupita kutawuni?
(Pezani wazaumoyo wa m'mudzi kapena munthu wina wodalirika kuti akazonde wodwalayo, mpatseni malangizo munthuyo zoyenera kuchita; mumdziwitsenso wodwalayo kuti kubwera munthu wina kudzampatsa mankhwala.)

5. Kodi mumapita kangati ku chipatala ndi wodwala kukatenga mankhwala?
(Kamodzi pa mwenzi.)

6. Kodi mumapita kuchipatala kangati kukachita zokambirana za azaumoyo a m'mudzi?
(Kamodzi pa mwenzi.)

7. Mumawayendera kangatu wodwala anu?
(Tsiku lililonse.)

8. Mungawafotokozere bwanji anthu amene ali ndi EDZI kuti akhale ndi moyo wathanzi?
(Afotokozereni kuti asamasute kapena kumwa mowa chifukwa izi zingachititse kuti mankhwala asagwire ntchito mthupi, odwala ayenera kumadya zakudya zabwino ndiponso kumagona mukwanira.)

9. Tchulani luso litatu lofunika pamene mukucheza ndi odwala.
(Ulemu, kumvetsa madandaulo ake, kumvetsera zimene akunena, osapereka chigamulo, kufunsa mafunso oti adzitha kufotokoza zakukhosi kwake, kusunga chinsisi.)

10. Muyenera kuwafunsa kangati odwala m'mene akupezera?
(Tsiku lililonse.)

11. Muwafunse kangati odwala ngati mankhwala akuwabweretsera mavuto ena m'thupi?
(Kamodzi pa sabata.)

12. Mutaona mwana amene akudwala matenda osowa zakudya zofunikira mthupi, mungamutumize kwa yani kuchipatala?
(Namwino.)
-
13. Tchulani zinthu zinayi zimene wazaumoyo wa m'mudzi sayenera kuchita.
(Osakambirana ndi munthu wina aliyense zokhudza wodwala kupatula dotolo kapena namwino; osapempha ndalama kwa odwala; osabisa uthenga wina ulionse kuchokera kwa dotolo kapena namwino)
-
14. Fotokozani m'mene mungalembere fomu ya azaumoyo a m'mudzi.
(Chongani X pafomu ya odwala patsiku ndi nthawi iliyonse yolondola. Nthawi ina iliyonse mukayendera odwala ndi kuwapatsa mankhwala.)
-
15. Tchulani anthu atatu ogwira ntchito kuchipatala.
(Namwino, dotolo, osamalira odwala, opereka mankhwala, a POSER.)
-
16. Tchulani zifukwa ziwiri zomwe mungatumizire wodwala kuchipatala.
(Ngati wodwala ali ndi zovuta zodza kamba ka mankhwala zofunika chithandizo msanga; akuoneka wokhumudwa; akukana kumwa mankhwala pamene ali woyembekezera.)
-
17. Tchulani njira ziwiri m'mene azaumoyo a m'mudzi amagwirira ntchito ndi anthu a m'dera mwawo?
(Kupeza zosowa za anthuwo, kuphunzitsa anthu za matenda a EDZI, kuphunzitsa anthu za umoyo.)
-
18. Tchulani zinthu ziwiri zoyenera kuchita pamene mayi woyembekezera yemwe ali ndi HIV wabereka.
(Onetsetsani kuti mayiyo ali ndi mankhwala a madzi a AZT amwanayo; onetsetsani kuti mayi akuyamwitsa mwa kathithi; adziwitseni anamwino kuchipatala ngati mayiyo waberekera kunyumba.)
-
19. Tchulani zinthu ziwiri zoyenera kuchita mayi woyembekezera yemwe ali ndi HIV asanabereke.
(Mfotokozereni kuti kuchirira kunyumba nkoopso kusiyana ndi kuchipatala; mphunzitseni za kufunika koyamwitsa mwa kathithi mpaka mwana afike miyezi isanu ndi umodzi; auzeni za *ma-ARV* ndi mankhwala a madzi a AZT; limbikitsani mayi kupita kuchipatala pa masiku omwe audzidwa; limbikitsani mayi kukonzekera kupita ku chipatala asachire.)
-
20. Kodi wazaumoyo wa m'mudzi ayenera kuchita chiyani akaona kuti banja la wodwalayo lili pampanipani kapena lili ndi zosowekera zina monga chakudya chokwanira, nyumba yodontha komanso apabanjapo ngodwala?
(Akambirane ndi a POSER. Lithandizeni banjalo kuti likumane ndi mabungwe ena othandiza anthu osauka.)
-

.....

Zolembalemba

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Bukhuli tikulipereka kwa zikwizikwi za azaumoyo a m'mudzi amene khama lawo lathandiza kuti cholinga chathu chikwaniritsidwe, omwense ndi msanamira ya ntchito yathu yopulumutsa ndi kutukula miyoyo ya anthu osauka. Iwowa tsiku ndi tsiku amapereka mankhwala ndi chithandizo kwa odwala m'makomo mwawo, komanso kutumiza odwala kuchipatala, kuphunzitsa anthu za umoyo komanso kutiphunzitsa tonsefe kuti chifundo ndiyo njira yokhayo yogonjetsera matenda, umphawi ndi chikayiko.