MUTU 4

KUSAMALIRA MUNTHU WODWALA

Matenda amafowola munthu. Kuti munthu apeze mphamvu ndi kuchira bwinobwino, ndi pofunika chisamaliro chapadera.

Chisamaliro chimene munthu wodwala amalandira ndi chofunika kwambiri kuti munthuyo achire.

Kawirikawiri, mankhwala si kuti ndi ofunika kwenikweni. Komabe chisamaliro chabwino ndi chofunika kwambiri. Chisamaliro chabwino chikukhudza ndi zinthu zotsatirazi:

1. Malo oyenera munthu wodwala

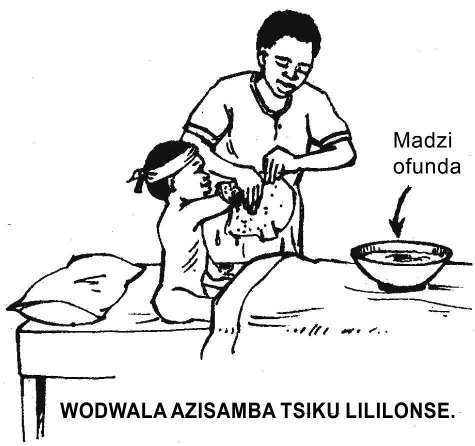
Munthu wodwala ayenera kupuma pamalo abwino monga opanda phokoso. Malowo akhale ofika mpweya wabwino ndipo akhale owala bwino. Wodwalayo asatenthedwe kapena kuzizidwa kwambiri. Ngati mpweya ndi wozizira kapena ngati munthu wazizidwa, mufunditseni nsalu kapena bulangeti. Koma ngati kunja kwatentha kapenanso ngati wodwalayo watentha thupi, musamfunditse (tsamba 76).

2. Zakumwa

Pa matenda ambiri makamaka pamene munthu watentha thupi kapena kutsekula m mimba, pamafunika kuti azimwa zakumwa zambiri monga madzi, tiyi, msuzi, madzi a zipatso ndi zina zambiri.

3. Ukhondo

Ndi kofunika kuti wodwala azikhala waukhondo komanso azisambitsidwa tsiku ndi tsiku. Ngati wadwala kwambiri wosatha kudzuka, musambitseni madzi ofunda ndi siponji kapena kansalu. Zovala zake ndi zofunda zomwe zizikhala zaukhondo. Onetsetsani kuti m'chipinda cha wodwala kapena pa kama pake pasakhale nyenyeswa ndi zakudya zina zotsalira.



WODWALA AZISAMBA TSIKU LILILONSE.

4. Chakudya chabwino

Pamene wodwala akufuna chakudya, mupatseni. Matenda ambiri sasowa zakudya zapadera.

Munthu wodwala ayenera kuti azimwa zakumwa zambiri ndi kudya zomanga thupi monga mkaka, mazira, nyama, nsomba, nyemba, ndiwo zamasamba ndi zipatso (onani Mutu 11).

Ngati munthu wafowoka kwambiri mupatseni zakudya zomwe zatchulidwa pa mwambapa koma zikhale zamadzimadzi.

Zakudya zopatsa mphamvu ndi zofunikanso kwambiri. Izi ndi zakudya monga phala la mgaiwa wachimanga, chilazi nthochi ndi chinangwa. Zakudyazi zimapatsa mphamvu kwambiri pothira shuga ndi mafuta. Mulimbikitseni wodwala kumwa zotsekemera makamaka ngati sakudya kwambiri.

Matenda ena amafunika/amasowa zakudya zapadera. Zimenezi zafotokozedwa kutsogoloku pa masamba (pagezi) awa:

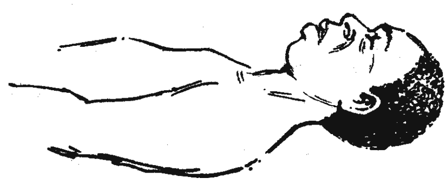
zilonda zam'mimba ndi kutentha kwa mu mtima....................tsamba 133

nthenda ya nsonga yathumbo, kutsekeka kwa thumbo kupweteka kwa m'mimba chabe komanso kupotokola kwambiri (si bwino pa nthawiyi kuti adye chakudya china chilichonse)....................................tsamba 94

nthenda ya shuga ....tsamba 132
nthenda ya mtima ....tsamba 345
nthenda ya ndulu..tsamba 344

Chisamaliro chapadera wa munthu amene wadwala

1. Zakumwa



Ndi kofunika kwambiri kuti munthu amene wadwala kwambiri azimwa zakumwa zokwanira. Ngati akumwa pang'ono chabe pa nthawi mupatseni chakumwa chochepa koma mwapafupipafupi. Ngati kumeza kukumuvuta mumwetseni pang'onopang'ono pakatha maminitsi asanu kapena anayi aliwonse.

Yezani kuchuluka kwa chakumwa chomwe wodwala akumwa tsiku lililonse. Munthu wamkulu ayenera kumwa malita awiri (2 l) kapena kupitirira pamenepa tsiku lililonse ndipo ayenera kukodza katatu kapena kanayi pa tsiku. Ngati munthu sakumwa kapena kukodza mokwanira, kapena pamene wayamba kusonyeza zizindikiro zosowa madzi m'thupi (tsamba 160), mulimbikitseni kuti azimwa kwambiri. Azimwa zakumwa **zopatsathanzi**, zothira mchere pang'ono. Ngati sangamwe zimenezi mupatseni zakumwa zobwezeretsa madzi ndi mchere m'thupi (tsamba 161). Ngati samwa zimenezi amawonetsa zizindikiro **zosowa madzi** m'thupi. Pamene ogwira ntchito za umoyo amatha kumuika **diripi**. Kuyikidwa diripi sikungafunikire ngati wodwalayo alimbikitsidwa kumwa pang'onopang'ono komanso kawirikawiri.

2. Chakudya

Ngati wodwala akulephera kudya chakudya cholimba mupatseni supu, mkaka, madzi a zipatso, msuzi ndi zakumwa zina zopatsa thanzi (onani Mutu 11). Phala lamgaiwa ndi chilazi ndi zabwinonso koma ziperekedwe pamodzi ndi zakudya zomanga thupi. Supu ikhoza kusakanizidwa ndi mazira, nyemba, nyama yogaya, nsomba kapenanso nyama ya nkhuku. Ngati wodwala akudya pang'ono, mupatseni chakudyacho pang'onopang'ono kangapo pa tsiku.

3. Ukhondo wa wodwala ndi kusintha kusintha mbali yogonera

Ukhondo ndi wofunika kwambiri kwa munthu amene akudwala. Azisambitsidwa ndi madzi ofunda tsiku ndi tsiku. Sinthani zogonera zake tsiku ndi tsiku komanso pamene zaipa. Zovala ndi zofunda zomwe wodwala waipitsira zizisamalidwa bwino. Zichapeni ndi sopo pogwiritsira ntchito madzi otentha.

Munthu amene wafowoka kwambiri ndipo akulephera kutembenuka yekha ayenera kuthandizidwa kuti asinthe mbali yogonera. Kutero kumathandiza kuti munthu asachite zilonda (matuza) pakhungu lake (onani tsamba 225).

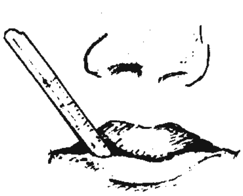
Mwana amene wadwala kwa nthawi yayitali ayenera kuti azinyamulidwa kawirikawiri pa miyendo ya amayi ake.

Kusintha mbali yogonera kawirikawiri kumathandizanso kuteteza chibayo chomwe chimatha kugwira aliyense amene wafowoka ndi kugona kwa nthawi yayitali. Ngati wodwala watentha thupi kapena wayamba kutsokomola, kupuma mothamanga kapenanso kupuma mosakoka mpweya kwambiri ndiye kuti mwina wayamba kudwala chibayo (onani tsamba 180).

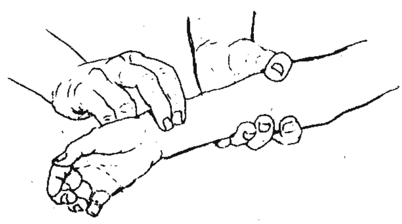
4. Kuyanganira zizindikoro zakusintha

Muyenera kuwona zosintha zilizonse kwa munthu amene akudwala popeza ndi zomwe zingakudziwitseni ngati wodwalayo akuchira kapena matenda akukulirabe. Muzilembanso zizindikirozi ndipo muzilembanso zinthu zotsatirazi kanayi pa tsiku:

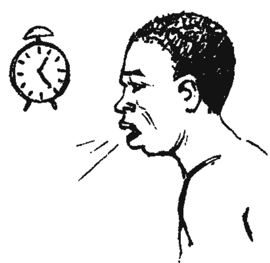
kutentha kapena kuzizira kwa thupi (madigiri angati)



kugunda kwa mtima (pa mminiti imodzi)



kupuma (miniti imodzi)



Lembani kuchuluka kwa zakumwa zimene wodwala akumwa, komanso lemberani kuti akukodza ndikuchita chimbudzi kangati pa tsiku. Sungani zimenezi ndi kudzazipereka kwa dokotala kapena ogwira ntchito za umoyo.

Ndi kofunika kwambiri kuwona zizindikiro zokuthandizani kudziwa kuti matendawo ndi aakulu kapena owopsa. **Zizindikiro zotsatirazi zimasonyeza matenda owopsa**. Ngati munthu akusonyeza zizindikiro zimenezi **pitani naye kuchipatala mwamsanga**.

Zizindikiro za matenda owopsa

Munthu amene akusonyeza chimodzi kapena zingapo mwa zizindikirozi ndiye kuti mwina akudwala kwambiri kotero kuti ndi bwino kupita naye ku chipatala m'malo mongomuchiza pakhomo. **Moyo wamunthuyo uli pa choopsaa chonde pitani ku chipatala msanga.** Podikira chithandizo tsatirani malangizo omwe a kupezeka pamasamba omwe alembedwa m'munsimu.

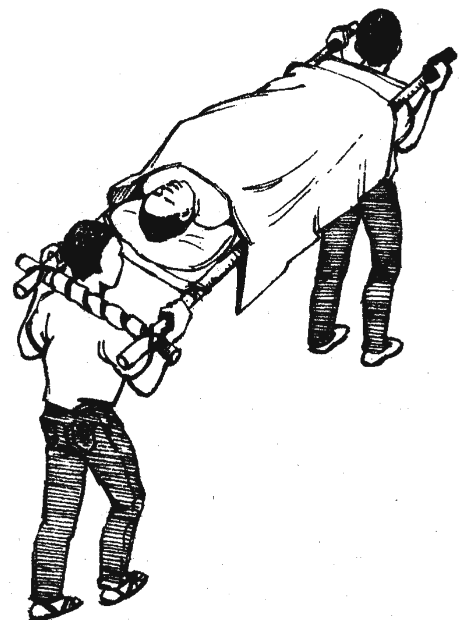
Tsamba

1. Kutaya magazi ambiri kuchokera gawo lathupi lina lililonse 83, 280, 299
2. Kutsokomola magazi 189
3. Milomo ndi zikhadabo zobiriwira (vutoli likangoyamba kumene) 29
4. Kuvutika kwambiri popuma ngati sikukusintha angakhale apume 176, 345
5. Kugona tulo tofa nato kapena akomoka 79
6. Kufowoka kwambiri komanso kukomoka akayima 345
7. Kukhala osakodza tsiku limodzi kapena masiku ambiri 244
8. Kukhala tsiku limodzi kapena angapo osamwa kanthu 160
9. Kusanza ndi kutsekula kwambiri kwa m'mimba kwa tsiku limodzi kapena angapo kapena kwa mawola angapo kwa ana 160
10. Chimbudzi chakuda ngati phula kapena masanzi amagazi 133
11. Kupweteka m'mimba kwambiri ndikusanza pamene munthu sakutsekula kapena kuchita chimbudzi 94
12. Kumva ululu mopitiriza kwa masiku atatu kapena kupitirira 28-37
13. Kuwuma kwa khosi ndi msana wokungika mokhota ngati uka mophati kizana kapena popanda kuuma kwa nsagwadu 192, 195
14. Linjirinjiri (chifufu) kwa munthu yemwe watentha thupi kapena matenda ena 77, 195
15. Kutentha kwambiri kwa thupi (kupitirira 39°C) kosaletseka kapena kupitirira masiku 4 kapena 5 76
16. Kuwonda kwa nthawi yopitirira 20, 257
17. Mkodzo wamagazi 153, 244
18. Zilonda zosapolerapo msanga ngakhalee mugwiritse ntchito mankhwala 199, 208, 223, 224
19. Chotupa chilichonse pambali ina iliyonse ya thupi chimene chikukulirakulirabe 208, 298
20. Mavuto okhudzana ndi mimba (pakati) kapena pa nthawi ya kubereka:
    - kutaya mwazi panthawi yoyembekezera 265, 299
    - kutupa kwa miyendo ndi nkhope pa miyezi yotsiriza 265
    - kuchedwa kwambiri pomwe matenda ayamba 283
    - kutaya magazi kwambiri 280

Kuyitanitsa thandizo la kuchipatala

Itanitsani chithandizo cha kuchipatala pamene mwawona chizindikiro choyamba chosonyeza kuti matendawo ndi owopsa. Musadikire kuti munthu adwale kwambiri kotero kuti nkukhala zovuta kapena zosatheka kumtengera kuchipatala.

Ngati munthuyo wadwala kapena kuvulala kwambiri kotero kuti simungamutengere kuchipatala, itanitsani dokotala. Koma ngati zinthu zavuta kwambiri musadikire wazaumoyo. Yesetsani kupita naye munthuyo kuchipatala mwamsanga.



Ngati mwamutega munthuyo pamachira, onetsetsani kuti ndi pabwino ndipo sangagwe. Ngati ali ndi mafupa othyoka, amangeni ndi timitengo tothandiza kuti mafupawo asamasunthesunthe (onani tsamba 101). Ngati kuli dzuwa lambiri mufunditseni nsalu kuti imutchinge ku dzuwalo, komanso nsaluyo ikhale yomwe mpweya wabwino ungamadutse.

Zoyenera kuwuza wazaumoyo

Kuti dokotala kapena wazaumoyo apereke mankhwala oyenera kwa munthu wodwala, ayenera kuwona wodwalayo. Ngati wodwalayo sizingatheke kupita naye kuchipatala, itanitsani wazaumoyo kuti adzamuwonere kunyumba. Ngati zimenezi sizingatheke tumani munthu wokhulupirika amene angafotokoze bwino za matendawo. **Musatume mwana kapena wozerezeka**.

Musanafufuze thandizo lachipatala, mupimeni wodwalayo bwinobwino. Lembani zomwe mwapeza za matendawo komanso momwe wodwalayo akupezera (onani Mutu 3).

Patsamba lotsatirali pali pepala (fomu) pamene mungalembe lipoti kapena mbiri ya wodwala. Kumapeto kwa bukuli kuli mapepala a malipoti otere angapo. Thotholani mapepalawa ndi kulembapo zomwe mungapeze.

Pamene mukupempha thandizo kwa dokotala kuti achize wodwala, nthawi zonse muzitumiza lipoti lolemba bwinobwino lokhudza matendawo.

LIPOTI LA WODWALA

Pamene tikuyitanitsa dokotala

Dzina la wodwala:...Zaka: ....

Mwamuna:.....................Mkazi:...................Ali kuti?...

Akudwala chiyani panopa?..

....

....

....

Adayamba liti kudwalako?..

Matenda adayamba bwanji?..

Adayamba wadwalaponso matendawa?...............................Liti?.......................

Watentha thupi?.. Madigiri angati? ....

Latentha kuyambira liti?...

Akumva ululu?.............................Pati?......................Ululu wotani?....................

Chimene chavuta ndi zinthu izi ndi chiyani?

Khungu:...**Makutu:**...

Maso:...**M'kamwa ndi mmero:**.......................

Maliseche:..

Mkodzo: Wa pang'ono kapena wambiri?.....................Mtundu wake?.................

Kodi pali vuto lililonse pokodza?...

Fotokozani:....................... Kangati pa maola 24: .... Kangati usiku: ....

Chimbudzi: Mtundu wake?.................Chili ndi magazi kapena mafinya?.............

Watsekula m'mimba?.................................Kangati pa usiku? ....

Akusowa madzi m'thupi?................................Pang'ono/ kwambiri?...................

Njoka zam'mimba?..................................Za mtundu wanji?..............................

Kapumidwe: Kangati pa mphindi imodzi?...

Makokedwe a mpweya: .... Kwambiri, Pang'ono, Moyenera?..............

Kuvutika popuma (fotokozani):...

Kutsokomola (fotokozani):...

Kulira (phokoso) m'chifuwa:................Mamina?.....................Magazi?...............

Kodi munthuyu ali ndi ZIZNDIKIRO ZA MATENDA OWOPSA zomwe zalembedwa pa tsamaba 43? ....Zizindikiro zake ziti? (fotokozani).............................

....

Zizindikiro zina:...

Munthuyu akumwa mankhwala?...........................Mankhwala anji? ....

Odwalayu adagwiritsirapo ntchito mankhwala omwe adayambitsa zidzolo zoyabwa kapena ziwengo zina?...

Mankhwala ake ati?...

Mmene wodwalayo alili: Akudwala pang'ono:..............Akudwala kwambiri:..........

Akudwala mwakayakaya:..

Kuseri kwa pepalali lembani zina zomwe mukuwona kuti ndi zofunika.