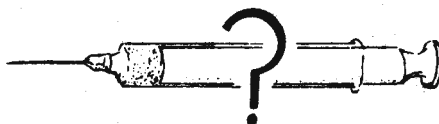


Kodi jekeseni igwiritsidwe kapena isagwiritsidwe ntchito pati?



Majekeseni si ofunika nthawi zonse. Matenda ambiri omwe amafunika chithandizo cha chipatala angachizidwe bwino ndi mankhwala akumwa. Mwa lamulo.

Ndi kowopsa kubaya jekeseni kusiyana ndi kumwa mankhwala.

Majekeseni agwiritsidwe pamene akufunika kwambiri. Jekeseni ibayidwe ndi ogwira ntchito za chipatala kupatula ngati pafunika chithandizo chamsangamsanga.

Mankhwala ayenera kuperekedwe kudzera m'majekeseni:

1. Pamene mankhwala akumwa omwe ndi ovomerezeka palibe.
2. Pamene wodwala akusanza, akulephera kumeza kapena wakomoka.
3. Pamene pafunika chithandizo chamsangamsanga.

Zoyenera kuchita adotolo akalemba mankhwala ajekeseni

Madotolo ndi ena ogwira ntchito za zaumoyo nthawi zina amatilemba jekeseni pomwe si wofunika. Madotolo angathe kulipiritsa jekeseni ndalama zambiri. Amayiwala mavuto ndi kuwopsa kopereka jekeseni m'madera a m'midzi.

1. Ngati adotolo akufuna kukubayani jekeseni onetsetsani kuti mankhwala ndi oyenera komanso kuti dotoloyo watsata kasamalidwe koyenera ka jekeseni.
2. Ngati dotolo wakulemberani jekeseni, mufotokozereni kuti mumakhala komwe kulibe ophunzitsidwa kubayidwa kotera kuti angakubayani jekeseniyo ndipo pemphani kuti ngati ndi nkotheka akupatseni mankhwala akumwa.
3. Ngati dotolo akufuna kukulemberani jekeseni wa mavitamini mafuta a mchiwindi kapena vitamini B₁₂, koma a sanayeze kaye magari anu, muwuzeni kuti mukapeza chithandizo kwa dotolo wina.

Chimene chimafuna jekeseni chithandizo chamsangamsanga

Pezani chithandizo chamsangamsanga kuchipatala pa matenda otsatirawa. Ngati muchedwe kupeza chithandizo kapena kutengera wodwala kuchipatala, m'bayeni jekeseni yoyenera mwamsanga. Mukafuna zambiri za mlingo wake, onani masamba ali m'munsimu musanabaye jekeseni, dziwani zotsatira zake zoipa ndipo khalani wosamala kwambiri.

Pamatenda awa	Mankhwalanga angaperekedwe ndi jekeseni
Chibayo (tsamba 180) Matenda obwera mwana akabadwa (tsamba 294) Chilonda chotukusira (tsamba 224) kapena njinda	<i>penicillin</i> wa mlingo wambiri (tsamba 366)
Kafumbata (tsamba 192)	<i>penicillin</i> (tsamba 365) ndi katemera wa kafumbata (tsamba 401) ndi <i>phenobarbital</i> (tsamba 403) kapena <i>diazepam</i> (tsamba 404)
Miyala yapamchombo (tsamba 95) <i>Peritonitis</i> ndi chilonda cha chipolopolo (tsamba 95)	<i>ampicillin</i> wambiri (tsamba 368) kapena <i>penicillin</i> wokhala ndi <i>streptomycin</i> (tsamba 368)
Ululu wa njoka (tsamba 106)	<i>antivenin</i> woletsa ululu wa njoka
Matenda oumitsa khosi (tsamba 195) pamene simukuganiza kuti ndi chifuwa chachikulu	<i>ampicillin</i> (masamba 367, 368) kapena ndi <i>Streptomycin</i> (tsamba 377) yochulukira kwambiri
Matenda oumitsa khosi (tsamba 195) pamene mukuganiza kuti mwina ndi chachikulu	<i>ampicillin</i> kapena <i>penicillin</i> pamodzi ndi <i>Streptomycin</i> (tsamba 377) ndipo ngati kungatheke mankhwala ena olimbana ndi chifuwa chachikulu (tsamba 375)
Kusanza kosaletseka (tsamba 170) matenda amene amadza chifukwa	mankhwalanga achimfine kapena oletsa chosayanjana ndi zinthu zina monga ziwengo, mwachitsanzo <i>promethazine</i> (tsamba 399)
Matenda osagwirizana ndi mankhwala ena (tsamba 71) komanso mphumu (tsamba 176)	<i>epinephrine</i> (Adrenalin , tsamba 398)
Matenda anthawi yayitali amafunika jekeseni koma safuna chithandizo chamsangamsanga, ndibwino kufunsa machiritso kwa ogwira ntchito za umoyo.	
TB (masamba 189, 190)	<i>streptomycin</i> (tsamba 377) pamodzi ndi mankhwala ena ochiza TB (tsamba 375)
Chindoko (tsamba 253)	<i>benzathine penicillin</i> mlingo wambiri (tsamba 367)
Chinzonono (tsamba 252)	<i>kanamycin</i> kapena <i>penicillin</i> (tsamba 374)

POSAYENERA KUBAYA JEKESANI



Musabaye jekeseni ngati mungathe kupeza thandizo la chipatala mwamsanga.

Musabaye jekeseni pa matenda osawopsa kwambiri.

Musabaye jekeseni pamatenda a chimfine.

Musabaye jekeseni wa mankhwala osavomerezeka pa matenda omwe mukufuna kuchiza.

Musabaye jekeseni pokhapokha mukudziwa kasamalidwe koyenera ka jekeseni.

Mankhwala osayenera kuperekedwa kudzera mujekeseni

Sibwino kupereka mankhwala ajekeseni awa:

1. **Mavitamini:** Mavitamini operekedwa pobaya jekeseni sangapose ochita kumwa. Jekeseni ndi yokwera mtengo komanso yowopsa. Gwiritsirani ntchito mavitamini a mapiritsi kapena amadzi koma otsekemera. Komanso idyani zakudya zokhala ndi mavitamini ambiri (onani tsamba 121).
2. **Msuzi wa chiwindi (*liver extract*), vitamini B₁₂, jekeseni wa ayironi:** Musapereke mankhwala pobaya. Mapiritsi a *Ferrous sulfate* ndi abwino pa matenda onse a kuchepa kwa magazi (onani tsamba 406).
3. **Calcium:** Kubaya jekeseni ya *calcium* mumtsempha ndi kowopsa ngati sabayidwa pang'onopang'ono. Jekeseni wam'matako angathe kuyambitsa zotupa. Anthu osaphunzitsidwa sayenera kubaya jekeseni wa *calcium*.
4. **Penicillin:** Matenda onse ofunika *penicillin* angachizidwe pomwa *penicillin*. *Penicillin* ndi woopsa akaperekedwa pobaya. Gwiritsirani jekeseni ya *penicillin* pa matenda owopsa okhaokha.
5. **Penicillin ndi Streptomycin:** Mwalamulo, pewani kumwa mankhwala awiri osakanizawa. Musawagwiritse pa chimfine kapena kuphusanga thupi (tsamba 127).
6. **Chloramphenicol kapena Tetracycline:** Mankhwala amagwira ntchito bwino akamwedwa. Gwiritsirani makapisozi kapena mankhwala amadzimadzi a silapu kusiyana ndi jekeseni (tsamba 371).
7. **Diripi.** Awa agwiritsidwe ntchito ngati wodwala ali ndi madzi ochepa m'thupi ndipo aperekedwe ndi munthu wophunzitsidwa bwino. Mankhwala angayambitse matenda ena kapena kupha kumene ngati saperekedwa bwino (tsamba 54).
8. **Mankhwala operekedwa kudzera mmitsempha:** Ndi kowopsa kwambiri kubaya jekeseni ya mankhwala ena aliwonse m'mitsempha kotero kuti ndi achipatala okha ndiwo ayenera kubaya jekeseni. Koma musabayidwe m'matako mankhwala olembedwa kuti "Oyenera kubaya m'mitsempha mokha". Musabayenso m'misempha mankhwala oyenera kubaya m'matako.

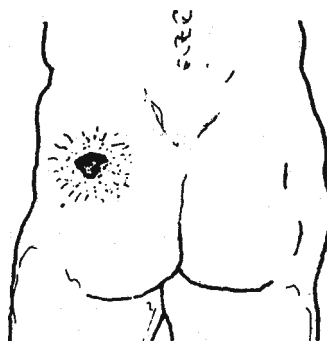
Kuwopa kwa jekeseni ndi kapewedwe kake

Kuwopsa kwa kubaya jekeseni ina iliyonse kuli motere: (1) Matenda omwe amayamba ndi majeremusi olowa m'thupi ndi zingano yobayira (2) zotsatira zina zoipa chifukwa chosagwirizana ndi mankhwalawo

1. Onetsetsani kuti zonse zogwiritsira ntchito popereka jekeseni n'zosamalidwa bwino pofuna kuchepetsa matenda omwe angadze chifukwa chogwiritsira ntchito jekeseni. Ndi kofunika kwambiri kuwiritsa zingano ndi sirinji musanabaye jekeseni. Mukawiritsa, musayigwire zingano ndi zala zanu.

Musamabaye anthu opitirira m'modzi ndi zingano imodzi ya jackisoni musadanyike m'madzi owiritsidwa. Wonetsetsani kuti mukusatira malamulo onse obayira jakisoni (onani masamba akutsogoloku)

Onetsetsani **kuti mwasamba m'manja mwanu** musanapereke jekeseni.



Chotupa ngati ichi chimabwera chifukwa cha jakisoni amene sanawiritsidwe bwino ndipo si waukhondo.

2. Ndi kofunika kudziwa zotsatira zomwe mankhwala angabweretse ndi kusamalitsa musanabaye jekeseni.

Musapereke mankhwala a mtundu womwewo kapena ofanana nawo ngati zizindikiro zosagwirizana ndi mankhwalawo zikuwoneka.

- totupa pakhungu kapena ziwengo zoyabwa
- kutupa paliponse
- kupuma movutikira
- zizindikiro za kuti thupi lasiya kugwira bwino nticho
- chizungulire komanso nseru (tsamba 71)
- vuto la maso
- kumva kulira m'khutu/ugonhi
- kupweteka kwa msana
- kuvutika pokodza



Timatuza tapakhungu toyabwa timatuluka mukangolandira jekeseni kapena pakapita masiku angapo. Ngati mankhwala omwewo aperekedwa kwa munthuyo angayambitse mavuto aakulu ngakhale kumwalira kumene (onani tsamba 71).

70

Mwana uyu adabayidwa ndi zingano yosawiritsa komanso yomwe inali ndi majeremusi.

Zingano yosawiritsayo idayambitsa matenda a chotupa chachikulu chopweteka kwambiri (chokhala ndi mafinya). Kenaka chithupsacho chinaphulika monga momwe chikuwonekera pachithunzi chili m'munsimu.

Mwanayu adamubaya chifukwa cha chimfine. Kukadakhala bwino akadapanda kupatsidwa mankhwala ena aliwonse. Jekeseni yomwe adamubayayo idamupweteka mwanayo m'malo momuchiritsa.

Chenjezo: Ngati ndi kotheka ana amwetsedwe mankhwala m'malo mwa jekeseni.



Kuti mupewe mavuto ngati awa:

Bayani jekeseni pamene yafunika kwambiri.

- Wiritani sirinji ndi zingano musanapereke jekeseni ndipo onetsetsani kuti ndi yosamalidwa bwino.
- Gwiritsirani ntchito mankhwala okhawa ovomerezeka pa matendawo ndipo onetsetsani kuti sadawonongeke.
- Bayani m'malo oyenera (mwanayu adamubaya m'munsi mwa thako momwe mitsempha ingathe kuwonongedwa).
- Ana aang'ono abayeni m'mwamba cham'mbali mwa ntchafu.

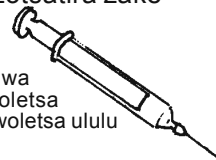


Zotsatira zowopsa zobaya jekeseni wa mankhwala ena

Magulu a mankhwalawa nthawi zina amayambitsa/amatulutsa zotsatira zake zowopsa mankhwala akangoperekedwa kudzera mujekeseni:

- *penicillin* (kuphatikizanso *ampicillin*)
- mankhwala olimbana ndi poizoni opangidwa kuchokera ku magari a bulu.

katamera woletsa ululu wa chinkhanira jekeseni woletsa ululu wa njoka jekeseni woletsa ululu wa kafumbata



Kwa munthu yemwe anabayidwapo ndi amodzi mwa mankhwalawa kapena mankhwala am'gululi, zotsatira zowopsa zobaya jekeseni zikhoza kukhala zazikulu. Kuwopsaku kumakhala kwakulua makamaka ngati mankhwalawo adaambitsa totupa, kuyabwa, kutupa, kulephera kupuma) masiku ochepa jekeseni itabayidwa.



Nthawi zina koma sikawirikawiri, ululu wadzidzi (*allergic shock*, ululu wosonyeza kuti thupi ladana nazo) umadza munthu akalumidwa ndi mavu kapena njuchi, kapenanso akamwa mankhwala.



Kuti mupewe zotsatira zowopsa za majekeseni:

1. Gwiritsirani majekeseni ngati kuli koyenera kutero. Zimakhala bwino ngati akugwiritsidwa ndi wachipatala.
2. Mukhale ndi machubu awiri a *Adrenalin* (tsamba 398) ndi *Antihistamine* ngati *Promethazine* (**Phenergan**, tsamba 400) kapena *Diphenhydramine* (**Benadryl**, tsamba 400) musanabaye jekeseni wa amodzi mwa mankhwalawa.
3. Musanabaye jekeseni, funsani kaye ngati mwina mwake jekeseni wofanana ndi jekeseni adayambitsapo kuyabwa ndi zotsatira zina zowopsa. Ngati wodwalayo avomera, musagwiritsire ntchito mankhwalawo kapena ena aliwonse m'njira ina iliyonse yobaya kapena kumwa.
4. Pamatenda owopsa ngati kafumbata kapena kulumidwa ndi njoka, ngati pali mwayi woti mankhwala othetsa ululu wa poyizoni angayambitse zotsatira zoipa, bayani *Antihistamine* mphindi khumi ndi zisanu musanapereke mankhwala a poyizoniwo. Mlingo wa *promethazine* - akulu, 25 – 50 mg, ana 6 – 25 mg kutengera ndi msinkhu, onani tsamba 400.
5. Mukabaya jekeseni ya mankhwala aliwonse, khalani ndi wodwalayo kwa mphindi makumi atatu kuti muwone ngati pangakhale zizindikiro zina zowopsa zazotsatira za jekeseniyo monga:
 - thukuta lozizira
 - kuvutika kupuma
 - kusazindikira zomwe zikuchitika (kukomoka)
6. Ngati zizindikirozi zingawoneke, bayani jekeseni ya *adrenalin* wa akulu $\frac{1}{2}$ ml ndi ana $\frac{1}{4}$ ml (onani tsamba 78). Wodwala apatsidwe mankhwala omwe amaperedwa kwa munthu yemwe thupi lake lachita thanzi chifukwa chakuti ladzidzi mka (*shock*). Kenaka perekani so mankhwala a *antihistamine* ochulukirapo.

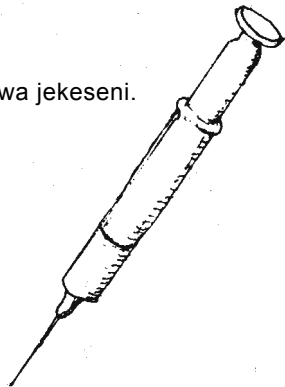
Kupewa zotsatira zowopsa za jekeseni wa *penicillin*

1. Pa matenda osawopsa kwambiri

perekani mapiritsi a *penicillin*



m'malo mwa jekeseni.



2. Musanabaye wodwala mfunseni:

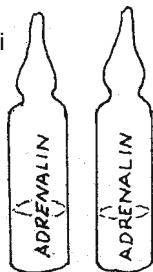
“Kodi munayamba mwatupapo, kumva kuyabwa, kapena kulephera kupuma atakubayani jekeseni wa *penicillin*?”



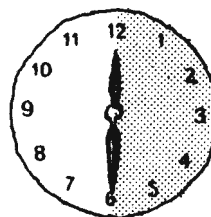
Ngati atavomera, musam'baye jekeseni ya *penicillin* kapena *Ampicillin*. Gwiritsirani ntchito mankhwala a maantibayotiki ena monga *erythomycin* (tsamba 369) kapena *sulfonamide* (tsamba 372).”

3. Musanabaye jekeseni ya *penicillin*,

onetsetsani kuti muli ndi chubu cha *adrenalin*

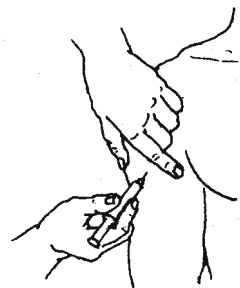


4. Mukabaya wodwala jekeseni,



khala nayeni wodwalayo kwa maminitisi makumi atatu.

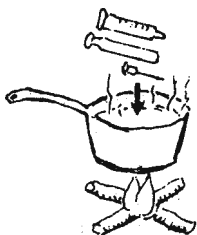
5. Ngati wodwala akulephera kupuma bwinobwino, mtima wake ukugunda kwambiri komanso ngati akuyamba kukomoka mubayeni wodwalayo theka la chubu cha *adrenalin* kamodzi ndipo bwerezano pakapita mphindi khumi. Ana apatseni theka la mlingo wa mankhwala oakulu.



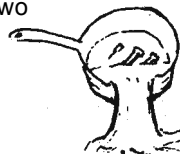
Mmene sirinji ya jekeseni angakonzekeredwe

Musanayambe, sambani m'manja ndi madzi komanso sopo.

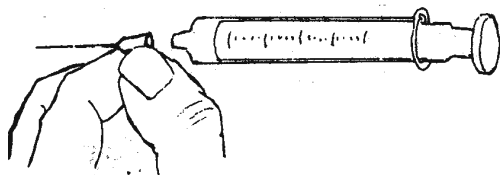
1. Masulani sirinjiyo ndi kuiwiritsa ndi zingano kwa mphindi khumi ndi zisanu.



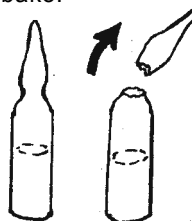
2. Tayani madzi owiritsawo posakhudza sirinjiyo kapena zingano.



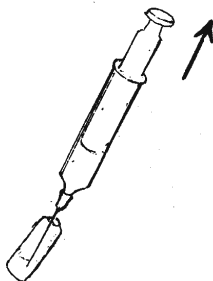
3. Ikani sirinji ndi zingano pamodzi pogwira m'munsi mwa zinganoyo ndi batani lofinyira.



4. Tsukani chubu cha madzi otcheza bwino kenaka phwanyani kapamwambako.



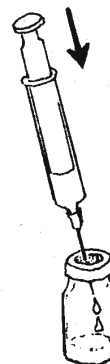
5. Dzadzitsani sirinji (onetsetsani kuti zingano isakhudze kunjira kwa chubu).



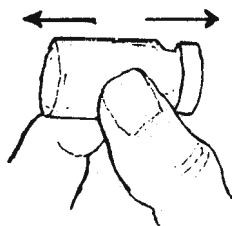
6. Pukutani labala wa botolo ndi nsalu yonyowa ndi mowa kapena madzi owiritsa.



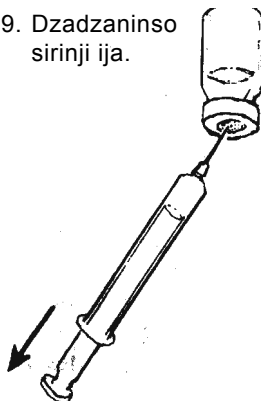
7. Bayirani madzi otchezedwa m'botolo la mankhwala aufa.



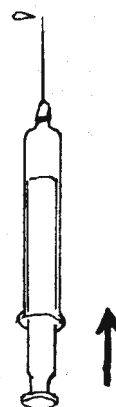
8. Khutchumulani mpakana mankhwala asungunuke.



9. Dzadzani sirinji ija.



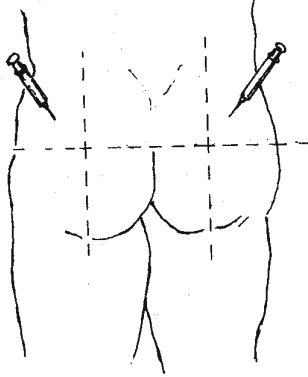
10. Chotsani mpweya wonse musirinji.



Onetsetsani kuti musakhudze zingano ndi chilichonse ngakhale ndi thonje la mowa. Ngati zingano yakhudza chala chanu kapena chilichonse, ibwatitseninsu zinganoyo.

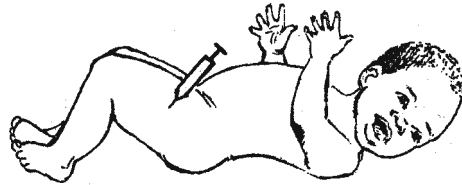
Malo oyenera kubaya jekeseni

Ndi kwabwino kubaya jekeseni m'minofu ya m'matako, nthawi zonse m'mbali cham'mwamba mwa thako.



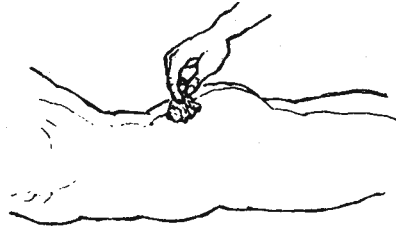
Musabaye jekeseni m'malo momwe muli chiwengo.

Ana ochepera zaka ziwiri asabayidwe m'matako. Abayeni m'mbali cham'mwamba mwa ntchafu.

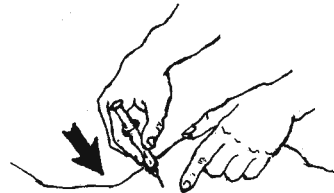


Tibaye bwanji?

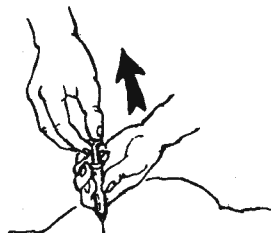
1. Tsukani khungu ndi sopo ndi madzi (kapena mowa) koma pofuna kupewa ululu wambiri, onetsetsani kuti mowa wouma musanabaye jekeseni).



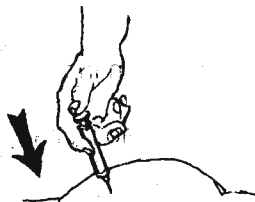
2. Bayani ndi zingano (kapena mosaikhotetsa (sizimapweteka ngati izi zachitidwa mofulumira).



3. Musanabaye, bwezani batani lofinyira mankhwala jekeseni (ngati magazi akulowa musirinji, itulutseni zingano ndi kuyiika pena pake).



4. Ngati magazi sakulowa musirinji, bayani mankhwalawo pang'onopang'ono.



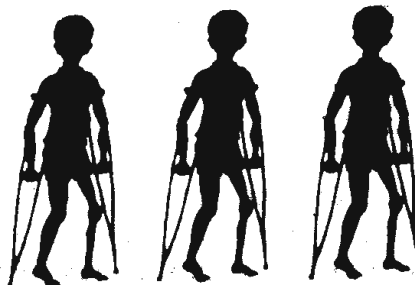
5. Chotsani zinganoyo ndi kutsukanso a pa khungupo.



6. Mukamaliza kubaya, tsukani sirinji ndi zingano nthawi yomweyo. Chotsani madzi musirinji kudzera m'zingano ndi kuzipatula ndi kutsuka sirinjiyo. Wiritsani musanagwiritsirensa ntchito.

Mmene jekeseni imapuwalitsira ana

Mankhwala ena operekedwa pobaya jekeseni ndi ofunika pa umoyo **ngati agwiritsidwa bwino ntchito**. Katemera, kuphatikiza ochita kubaya **amathandiza kuteteza moyo wa mwana ndiponso kupewa kupuwala**. Komabe, pofuna kuchepetsa kufa ziwalo chipikwa chapoliyo, ndi bwino kuti katemera asaperekedwe kapena jekeseni wina aliyense pamene mwana watentha thupi kapena akuwonetsa zizindikiro za chimfine. Kutentha kwa thusiku kutha kukhali chifukwa cha tizirombo ta poliyo komano juti sizidafike poopsa kapena kupuwalitsa zivalo. Ngati zili choncho, kuyabwa koyambitsidwa ndi jekeseni kukhoza kuchititsa kufa kwa ziwalo mpaka kalekale kuchokera ku poliyo amene sudafike poopsdyo. **Akatswiri ena akuti chaka chilichonse, zikwizikwi za ana zimafa ziwalo ndi poliyo chifukwa cha majekeseni. Majekeseni ambiriwa ndi wosafunika.**



Mwa odwala atatu a nthenda ya poliyo, mmodzi nchifukwa cha jekeseni.

Mmene mungatsukire zipangizo zobayira jekeseni

Matenda ambiri opatsirana monga Edzi (onani tsamba 257), nthenda ya chiwindi ndinso kafumbata angathe kupatsidwa (tsamba 183 ndi 192) kuchokera kwa wodwala kupita kwa munthu wangwiro (wopanda nthendayo) kudzera m' masirinji, zingano ndi zipangizo zina zosatsukidwa (izi ndi monga zipangizo zobowolera makutu, mphini kapena mdulidwe). Matenda ambiri apakhungu ndi zithupsa zimayamba chifukwa cha zimenezi. **Nthawi zonse khungu likabowoledwa, liyenera kutero ndi zipangizo zotsukidwa bwino komanso zowiritsidwa.**

Zina mwa njira zotsukira zipangizo zobayira jekeseni ndi izi:

- Ziwiritseni kwa mphindi makumi awiri (ngati mulibe wotchi, onjezani mpunga umodzi kapena uwiri m' madziwo, mpungawo ukapsa, zipangizonso nazo zatsakika).
- Kapena nthukutira ifikire zipangizozo kwa mphindi khumi ndi zisanu mpoto wapadera wotchedwa otikirevi (*autoclave*).
- Kapena viikani zipangizo kwa mphindi makumi awiri m' madzi osungunulidwa ndi gawo limodzi la *chlorine* mu magawo asanu ndi awiri amadzi kapena m' madzi usungunulidwa *ethanol* wokwana 70%. Ngati ndi kotheka muzikonza madzi osungunulidwawo tsiku lililonse chifukwa amatha m' phamvu. (Onetsetsani kuti mwatsuka m' kati mwa sirinji pokokera madzi osungunulira m' kati mwa sirinjiyo kenaka ndikuwatulutsamo).

Pamene mukuthandiza wodwala matenda opatsirana, sambani m' manja ndi madzi ndi sopo.