

MATENDA OWOPSA OSOWA MANKHWALA AKUCHIPATALA

14

Matenda amene alembedwa m'mutu uno ndi ovuta kapenanso osatheka kuchiza popanda mankhwala a kuchipatala. Ambiri mwa matendawa amasowa mankhwala apadera omwe ndi ovuta kupeza kumadera akumidzi. Matendawa sangachizidwe pakomo ayi. *NGATI MUNTHU ALI NDI MATENDAWA, ANGACHIRE POKHAPOKHA ATAPITA KUCHIPATALA MWAMSANGA.*

Chenjezo: Matenda ambiri omwe alembedwa m'mitu ina ndi owopsanso ndipo mankhwala akuchipatala atha kufunikanso. **Onani zizindikiro za matenda owopsa pa tsamba 43.**

TB (Chifuwa chachikulu)

TB ya m'mapapo ndi nthenda yokhalitsa ndipo imafala mosavuta kotero kuti aliyense atha kuitenga. Kawirikawiri nthendayi imagwira anthu a zaka za pakati pa 15 ndi 35 makamaka amenenso ndi ofowoka, amene ali ndi zakudya zoperewera m'thupi mwawo kapena amene akukhala ndi munthu yemwe akudwala nthendayi.

TB ndi nthenda yochizika. Ngakhale zili chonchi, anthu ambiri amamwalira ndi nthendayi chaka chilichonse. Choncho **ndi bwino kuti mudziwe zizindikiro za TB ndi kukhala nazo tcheru.**

Zizindikiro za TB zomwe zimawoneka kawirikawiri:

- Chifuwa chosatherapo, makamaka podzuka.
- Kutentha thupi pang'ono masana.
- Kutuluka thukuta usiku.
- Kupweteka m'chifuwa kapena kumsana.
- Kutsika sikelo (kuwonda) ndi kufowoka.
- Munthu wakuda amayezuka (kuyera kosonyeza zotsatira za nthenda ina yake) makamaka kumaso.



Ngati mukuganiza kuti munthu akudwala TB onani momwe khungu lake likuwonekera ndi pofanizira ndi khungu la makolo ake kapenanso khungu la ana ena am'banjamo.

Zizindikiro za TB nthenda ikakhodzokera:

- Kutsokomola magazi (nthawi zambiri magazi pang'ono koma mwina ambiri).
- Mawu amasasa (ndiye kuti zavuta ndithu).

TB ya m'mapapo ndi yomwe imapezeka nthawi zambiri koma nthendayi itha kugwira gawo lililonse la thupi. Nthendayi ikagwira ana, kutsokomola kumayamba mochedwa. Musadikire kuti ayambe kutsokomolako. M'malo mwake onani ngati:

- Sikelo ikumangotsikiratsi kirabe.
- Thupi likumatentha kawirikawiri.
- Thupi likuyezuka (kuyera).
- Ngati m'khosi muli zotupa kapena m'mimba (tsamba 20).

Kwa ana, patha kukhalanso vuto la nthenda youmitsa khosi (kakhosi) (onani tsamba 195). Mavuto a pakhungu okhudzana ndi TB, onani tsamba 224.

Ngati mukuganiza kuti muli ndi TB (chifuwa chachikulu):

Pitani kuchipatala, pamene mwawona chizindikiro chakuti muli ndi TB. Pitani kuchipatala komwe madokotala akapime khungu lanu, Xray, ndi kupimanso makhololo anu kuti adziwe ngati muli ndi TB kapena ayi. Maboma ambiri amapereka mankhwala a TB awulere. Funsani kuchipatala chomwe muli nacho pafupi. Mwina atha kukupatsani ziwiri kapena zitatatu mwa zinthu izi:

- Jekeseni wa *streptomycin* (tsamba 377)
- Mampiritsi a *isoniazid* (I.N.H) (tsamba 375)
- Mampiritsi a *pyrazinamide* (tsamba 376)
- Mampiritsi a *thiacetazone* (tsamba 377)
- Mampiritsi a *ethambutol* (tsamba 376)

Ndi kofunika kuti mankhwala azimwedwa malinga ndi malangizo. Pa nthawi imodzi, ndi koyenera kumwa matabuleti awiri (zambiri zokhudza mankhwala amenewa, onani tsamba 375).

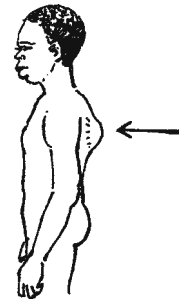
Pitirizani kumwa mankhwala mpaka adokotala atakuwuzani kuti mwachira.

Musangosiya kumwa mankhwala chifukwa chakuti m'thupi mwanu mwawona kuti muli bwino. Kuti TB ichizike bwinobwino pamatha nthawi yokwana miyezi isanu ndi inayi kapena kupitirira chaka.

Muzidya zakudya zabwino: zakudya zomanga thupi, za mavitamini komanso zopatsa mphamvu (tsamba 115).

Kupuma ndi kofunikanso. Musamagwire ntchito mpaka mutachira. Ndipo kuchokera pamenepo, musamagwire ntchito zotopetsa, zokupangitsani kuti muzipuma movutika. Muzipuma ndi kugona mokwanira.

TB ina iliyonse imadziwidwa chimodzimidzi ndi TB ya m'mapapo. Pali TB ya kukhosi (tsamba 224), TB ya m'mimba (tsamba 20), komanso TB ya m'malo mokumanirana mafupa monga pa bondo komanso TB ya kumsana. TB ya kumsana imayenera kuchita opaleshoni pofuna kupewa kufa kwa ziwalo.



TB ya m'mapapo ndi yosavuta kupatsirana. Anthu amene amakhala nyumba imodzi ndi munthu wodwala TB, makamaka ana atha kutenga nthendayi mosavuta.

Ngati wina ali ndi TB m'nyumbamo:

- Ngati ndi kotheke, banja lonse liyezetse TB.
- Ana alandire katemera wa TB (B.C.G).
- Aliyense makamaka ana azidya zakudya zopatsa nthanzi (onani tsamba 115).
- Munthu wodwala TB azidya ndi kugona payekha, ngati kungatheke azigona mu chipinda chakechake pamene akutsokomola.
- Munthu wodwala TB azitseka pakamwa pake pa nthawi yomwe akutsokomola komanso asamalavulire pansu.
- Anthu onse a mbanjamo azikwera sikelo kawirikawiri, kamodzi pamwezi mpaka vutoli litatha.

TB imayamba pang'onopang'ono ndiponso mwakachetechete. Mutha kuganizira kuti TB yayamba pamene:

- Sikelo ikutsika kwambiri.
- Ngati thupi likutentha kwa sabata ziwiri kapena kupitirira.
- Pamene munthu wayamba kuyera.
- Pamene munthu wayamba kutsokomola napitiriza kwa sabata zoposa ziwiri.

Ngati zizindikiro zimenezi zikuwoneka, mutengereni wodwalayo kuchipatala kuti akayezeze TB makhololo. Yesetsani kuchiza matendawo mwamsanga. Munthu yemwe alibe TB sangayifalitsenso.

Kuchiza nthendayi mwamsanga komanso kutsiriza mankhwala ndiye njira yabwino yopewera.

Chiwewe

Chiwewe chimadza chifukwa chakulumidwa ndi nyama ya chiwewe kapena yopenga'makamaka galu, mphaka, nkhandwe, ndi kanyimbi kapena gologolo. Mileme ndi nyama zina zimathanso kufalitsa chiwewe.



Zizindikiro za nyama ya chiwewe:

- Imachita zodabwitsa – kukwiya, kusakhazikika, kupsa mtima (kuipidwa).
- Thovu kukamwa, siidya ngakhale kumwa.
- Nyama imapenga ndi kuluma aliyense kapena chilichonse mwachisawawa.
- Nyamayo imafa pambuyo pa masiku asanu kapena asanu ndi awiri.

Zizindikiro za munthu wodwala chiwewe:

- Kupweteka ndi kuyabwa pamalo olumidwa.
- Kupuma modukiza ngati kuti munthuyo amalira.
- Ululu komanso kuvutika pomeza kanthu.
- M'kamwa mumakhala malovu ambiri okhathamira.
- Munthu amakhala watcheru koma wosachedwa kupsa mtima.
- Pamene watsala pang'ono kufa, amafa ziwalo komanso amadwala nthenda yakugwa.

Ngati muli ndi chikhulupiro kuti nyama yomwe yakulumani ndi ya chiwewe:

- Mangirirani kapena kutsekera nyamayo kwa sabata imodzi.
- Tsukani bala ndi madzi, sopo ndi *hydrogen peroxide*. Musamange balalo.
- Ngati nyamayo ifa sabata isanathe (kapena ngati inaphedwa kapena ngati singagwidwe), pitani ndi munthuyo kuchipatala mwamsanga kumene akamubaye jekesenji mungapo wa chiwewe.

Zizindikiro zoyamba za chiwewe zimayamba kuwoneka pambuyo pa masiku khumi mpaka zaka ziwiri pambuyo pa kulumidwa (nthawi zambiri pakati pa sabata zitatu ndi zisanu ndi ziwiri). Mankhwala ayambe kumwedwa zizindikiro zoyamba zisanayambe kuwoneka. Pamene nthenda yayamba palibe mankhwala amene angaichize.

Kupewa:

- Iphani ndi kukwirira nyama yomwe mukuiganizira kuti ndi ya chiwewe (kapena itsekereni kwa sabata imodzi).
- Gwirizanani ndi zomwe a boma akonza pobayitsa agalu anu katemera wa chiwewe.
- Ana akhale kutali ndi nyama zomwe zikukayikitsa machitidwe awo.

Kumbukirani kuti galu wamkazi amene ali ndi ana amaluma aliyense wobwera pofuna kuteteza ana ake. Galu wotere si kuti ali ndi chiwewe ayi koma zotere zimangochitika mwachilengedwe.

Samalani kwambiri ndi nyama iliyonse imene ikuwoneka ngati yodwala kapena imene ikuchita zodabwitsa. Ngakhale isalume aliyense, malovu ake atha kuyambitsa chiwewe ngati atagwera pa chilonda kapena pokandika.

Kafumbata

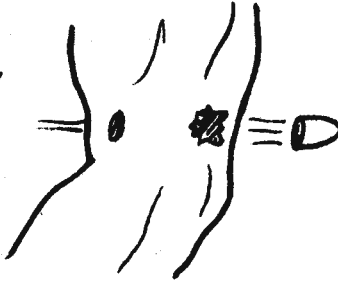
Nthenda ya kafumbata imadza pamene kachilombo komwe kamakhala mu ndowe kapena chimbudzi cha munthu kalowa m'thupi kudzera pa chilonda (bala). Mabala akuya ndi osatsuka ndi owopsa kwambiri.

Mabala omwe angathe kuyambitsa kafumbata:

mabala olumidwa ndi nyama
makamaka agalu ndi nkhumba



mabala owomberedwa
ndi zipolopolo kapena
obayidwa ndi mpeni



mabowo obowoledwa
ndi masingano akuda



kuvulala ndi waya wa minga



kubayidwa ndi minga,
zisonga, misomali

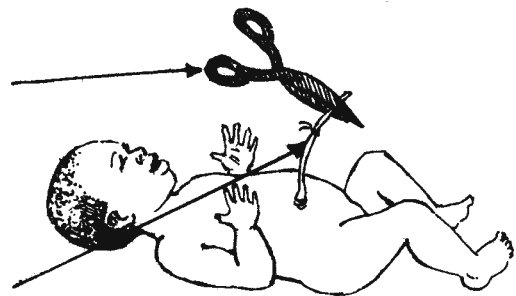


Zomwe zimayambitsa kafumbata mwa ana:

Tizilombo ta kafumbata timatha kulowa m'thupi la mwana podzera pa mchombo wa mwana wongobadwa kumene chifukwa chosamala kapena kulephera kutsata zinthu zina zosavuta monga izi...

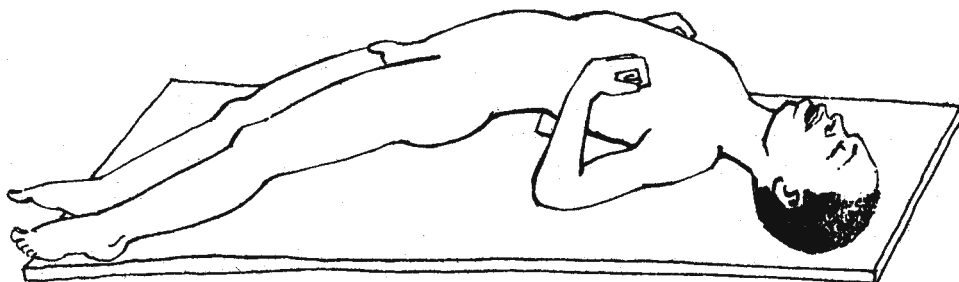
- Pamene mchombo wadulidwa ndi chipangizo chimene sichinawiritsidwe (chauve).
- Pamene mchombo wadulidwa motalikirana ndi thupi (tsamba 278).
- Pamene mchombo wodulidwa kumene wamangidwa mothina kwambiri kapenanso pamene ukumakhala wonyowa.

**NCHOMBO UKADULIDWA KUTALI NDITHUPI
MONGA TIKUONERA PA CHITHUNZICHI
NDIYE KUTI NKOSAVUTA KUTENGA
MATENDA A KAFUMBATA.**



Zizindikiro za kafumbata:

- Bala (nthawi zina silipezeka).
- Kuvutika pomeza.
- Nsagwada zimauma, kenaka khosi ndi ziwalo zina zimaumanso.
- Wodwala amagwa (chifufu) ndipo mukamugwira kapena kumusuntha amatha kuyamba kuphiriphitha monga zikuwonekera pa chithunzipa:



Kuphiriphitha kutha kuyambanso chifukwa cha phokoso ladzidzidzi kapenanso kuwala kwambiri.

Kwa mwana wobadwa kumene zizindikiro zoyamba za kafumbata zimawoneka pambuyo pa masiku atatu kufikira khumi pamene wabadwa. Mwana amalira mosalekeza ndipo **amalephera kuyamwa**. Kawirikawiri pa mchombo pamakhala pa uve kapena powoneka kuti palowa matenda. Pambuyo pa mawola angapo kapena masiku angapo nsagwada zimauma komanso zizindikiro zina zimayamba kuwoneka.

Ndi kofunika kuyamba kuchiza kafumbata pamene mwawona zizindikiro zoyambirira. Ngati mukuganiza kuti nthendayi yayamba (kapena ngati mwana akulira mosalekeza ndi kuleka kuyamwa) yesani izi:

Kugwedera kwa bondo:



Mwendo ukhale molendewera ndipo menyani pang'ono ndi nkhonya pansi pa fupa lapansi pa bondo.

Ngati mwendo ukulumpha pang'ono chabe, ndi momwe zimakhallira nthawi zonse.

Ngati mwendo ukulumpha kupita m'mwamba kwambiri, ndiye kuti pali matenda owopsa monga kafumbata (kapena nthenda youmitsa khosi, kapenanso kuti m'thupi mwalowa poyizoni).



Zimenezi zimathandiza kwambiri kudziwa ngati mwana wongobadwa kumene akudwala kafumbata.

Zoyenera kuchita pamene zizindikiro za kafumbata zilipo:

Kafumbata ndi nthenda yakupha. Pitani kuchipatala mukawona chizindikiro choyamba. Ngati mwachedwa kupeza thandizo, chitani izi:

- Pimani thupi lonse kuti muwone ngati lili ndi mawala. Mawala ake nthawi zambiri amakhala ndi mafinya. Psinyani balalo ndi kulitsuka ndi sopo ndi madzi otentha. Chotsani litsiro lonse, mafinya, minga, zisonga ndi zina. Thirani pabalapo *hydrogen peroxide* ngati alipo.
- M'bayeni wodwalayo jekeseni wa *procaine penicillin* mayunitsi 1milyoni kamodzin'kamodzi ndipo bwerezaninso pambuyo pa mawola khumi ndi awiri aliwonse (tsamba 367) (kwa ana ongobadwa kumene *crystalline penicillin* ndiye wabwino). Ngati palibe *penicillin*, gwiritsirani ntchito mankhwala ena monga *tetracycline*.
- Ngati mungapeze jekeseni wa **Tetanus Antitoxin**, bayani mayunitsi a pakati pa 40 000 ndi 50 000 kapenanso mayunitsi 5000 a **Human Immune Globulin**. Onetsetsani kuti mukutsata malangizo. *Human Immune Globulin* sabweretsa ziwengo kawirikawiri koma ndi wovuta kupeza ndiponso amagulitsidwa pa mtengo wokwera.
- Ngati munthu akutha kumeza, mupatseni zakumwa zopatsa thanzi pang'onopang'ono.
- Pofuna kupewa matenda akugwa (chifufu) wodwalayo mbayeni jekeseni wa *phenobarbital* (onani tsamba 402) kapena *diazepam* (**Valium**, tsamba 403) akulu 10-20 mg poyamba ndipo kenaka muzionjezera.
- Wodwalayo musamukhudzakhudze kapena kumusunthasuntha ndipo pewani phokoso kapenanso malo owala kwambiri.
- Ngati ndi kofunika gwiritsirani ntchito chipangizo cha labala cholulikidwa ku sirinji pofuna kuchotsa mamina kukhosi kapena m'mphuno. Zimenezi zimathandiza kutsekula njira ya mpweya.
- Kwa mwana wobadwa ndi kafumbata, pemphani adokotala amuyike chubu chomuthandiza kuyamwa mkaka wa m'mawere. Chubuchi chilumikize mphuno ndi mimba yake. Zimenezi zimathandiza kupereka chakudya chathanzi ndi kulimbana ndi matenda.

Kupewa kafumbata:

Ngakhale kuzipatala zabwino kwambiri, theka la anthu odwala kafumbata amamwalira. Ndi kosavuta kupewa nthendayi kusiyana ndi kuchiza.

- **Katemala:** Lyi ndiyo njira yodalirika kwambiri yopewera kafumbata. Ana ndi akulu omwe ayenera kulandira katemera. Banja lanu lonse likabayitse katemera kuchipatala chimene chili pafupi (onani tsamba 154). Bwerezani kubayitsa katemera pambuyo pa zaka khumi kuti mutetezedwe mokwanira. **Kupereka katemera kwa amayi oyembekezera kukhoza kuteteza kafumbata kwa ana obadwa kumene** (onani tsamba 266).
- Pamene muli ndi bala, makamaka bala lakuya losasamalika bwino, litsukeni ndi ku lisamalira monga zalembedwa pa tsamba 90.
- Ngati bala ndi lalikulu, lakuya kapena losasamalika, pitani kuchipatala. Ngati simunalandire katemera wa kafumbata, imwani *penicillin* komanso yesetsani kulandira jekeseni wa *tetanus antitoxin*.
- Mwana akabadwa kumene, ukhondo ndi wofunika. Chipangizo chodulira mchombo chikhale chowiritsidwa, mchombo udulidedwe pafupi ndi thupi (onani tsamba 278), ndipo bala la pa mchombo likhale laukhondo ndi louma.

NCHOMBO WA MWANA UYU UNADULIDWA BWINO PAFUPI NDI THUPI, BALALAKE LINALI LOUMA KOMANSO SILINAMANGIDWE KUTU LIZILANDILA MPWEYA WABWINO.



ANAKHALA NDI MOYO WABWINO

MCHOMBO WA MWANA UDASIYIDWA KWA NTHAWI YAITALI, SUDAVINDIKIRIDWE, NDINSO SUDASIYIDWE WOUMA.



ANAFANA NDI NTHENDA YA KAFUMBATA

Nthenda yowumitsa khosi (kakhosi)

Iyi ndi nthenda yogwira bongo yomwe imagwira kwambiri ana. Nthawi zina imayamba ngati nthenda ina monga chikuku, masagwidi, chifuwa chokoka mtima kapena kukhutu. Ana amene mayi wawo ali ndi TB nthawi zina amadwala nthenda yowumitsa thupi yoyamba chifukwa cha tizilombo ta TB.

Zizindikiro:

- Kutentha thupi.
- Mutu umapweteka kwambiri.
- Kuuma khosi. Mwana amawoneka odwala kwambiri ndipo amagona mutu wake ndi khosi lake zitagonera m'mbuyo motere.
- Msana umakhala owuma kwambiri kotero sangathe kuweremutsa mutu kuti ufike pa mawondo.
- Liwombo la ana omwe sanathe chaka limatupa.
- Ana amalira mwaphokoso kwambiri, ngakhale mayi wa mwanayo amalephera kumtonthoza pompatsa bere kuti ayamwe. Mwanayo sakhazikika ndipo amapanga phokoso kwambiri.
- Mwanayo amadwaliradwalirabe ndipo amakhala chete pamene wa komoka.
- Nthawi zina amachita chifufu (linjirinjiri).
- Nthenda yowumitsa khosi yomwe imayambika ndi tizilombo ta TB imayamba pang'onopang'ono ndipo pamatenga masiku kapena sabata kuti ikhazikike. Mitundu ina ya nthenda yowumitsa khosi imayamba mofulumira kwambiri, pambuyo pamawola kapena masiku.



Chithandizo:

Pezani thandizo la mankhwala mwamsanga! Mphindi iliyonse ndi yofunika! Ngati ndi kotheke kutero mutengereni wodwala kuchipatala. Podikirira kutero:

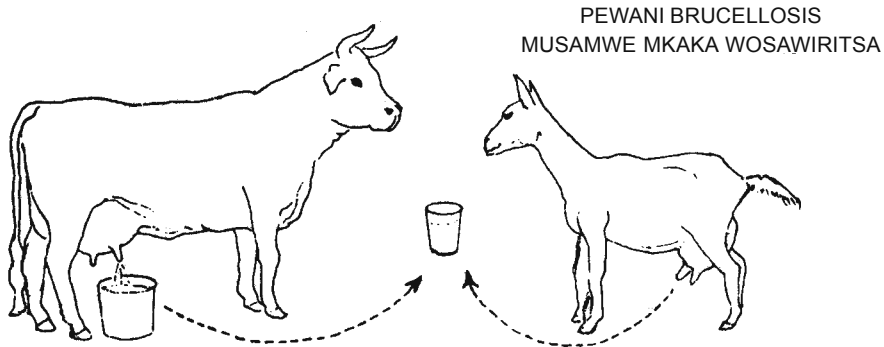
- Wodwalayo alandire jekeseni wa *ampicillin* 500 mg pambuyo pa mawola anayi aliwonse (onani tsamba 368) kapena jekeseni wa *crystalline penicillin*, mayunitesi 1,000,000 pambuyo pa mawola anayi aliwonse (onani tsamba 367).
- Ngati thupi latentha (kupitirira 40°) liziziritseni ndi nsalu zonyowetsa ndi madzi ozizira, ndipo amwe *aspirin* kapena panadolo (*paracetamol*) (masamba 392 - 394)
- Ngati mayi ali ndi TB kapena ngati pali chifukwa chokuchititsani kuti muganize kuti mwanayo ali ndi nthenda yowumitsa khosi yoyamba chifukwa cha TB, mubayeni 0.2 ml wa jekeseni wa *streptomycin* pa makilo asanu aliwonse omwe mwanayo akulemera ndipo pezani chithandizo cha mankhwala mwamsanga. Gwiritsirani ntchito *ampicillin* kapena *penicillin* ngati mukuganizanso kuti nthendayi si yochokera ku TB.

Kupewa:

Nthenda ya kakhosi yoyamba chifukwa cha tizilombo ta TB ingapewedwe popereka katemera wa BCG kwa ana pamene angobadwa kumene. Anawa akhale omwe mayi wawo ali ndi TB. Muyezo wa mankhwala kwa ana ongobadwa kumene ndi 0.05ml (theka la muyezo weniweni wa 0.1ml). Malangizo ena a kapewedwe ka TB alembedwa pa tsamba 190.

Brucellosis (Undulant fever)

Iyi ndi nthenda yomwe imadza pakumwa mkaka wosawiritsa wa ng'ombe kapena mbuzi yodwala. Nthendayi itha kulowanso m'thupi podzera m'malo osupuka kapena mabala a munthu amene amasamala ziweto zodwala monga ng'ombe, mbuzi, nkhumba kapenanso popuma mpweya wokhala ndi tizilombo ta nthendayi.



Zizindikiro:

- Brucellosis imayamba ndi kutentha thupi komanso kumva kuzizira. Munthu amatopa, kufowoka, safuna kudy, m'mimba mumapweteka, mutu komanso mokumanirana mafupa mumapwetekanso.
- Thupi limatentha pang'ono nthawi zina kwambiri. Kawirikawiri, munthu amamva kuzizira masana ndipo amatuluka thukuta m'mawa. Nthendayi ikakhalitsa, kutentha thupi kumatha kusiya kenaka ndikudzayambiranso. Popanda mankhwala, nthendayi ikhoza kukhala zaka zambiri.
- Pakhosi, m'khwapa ndi m'mphechempheche mumakhala zotupa kapena kuti anabele (tsamba 89).

Chithandizo:

- Ngati mukuganiza kuti nthendayi ndi *Brucellosis*, funsani anthu ogwira ntchito zachipatala chifukwa ndi kosavuta kusokoneza nthendayi ndi matenda ena ndipo mankhwala ake ndi a ndalama zambiri komanso nthendayi imatenga nthawi yaitali kuchiza.
- Odwala amwe *tetracycline*; akulu amwe makapusulo awiri a 250 mg kanayi pa tsiku kwa sabata zitatatu. Malangizo ake, onani pa tsamba 370. Kapena gwiritsirani ntchito *co-trimoxazole*. (Muyezo ndi malangizo ena onani tsamba 372.)

Kupewa:

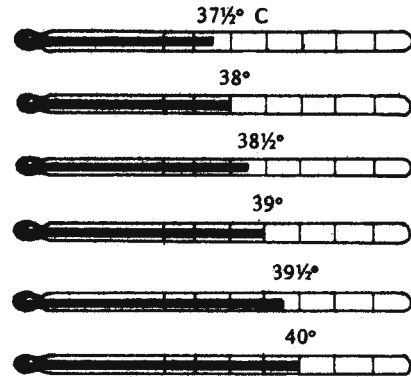
- **Imwani mkaka wa ng'ombe kapena wa mbuzi okhawa womwe wawiritsidwa.** Kumadera komwe kuli nthendayi, si bwino kudy mkaka wosasa (*cheese*) ngati mkaka wake uli wosawiritsa.
- Samalani kwambiri pamene mukuyang'anira ng'ombe, mbuzi ndi nkhumba makamaka pamene muli ndi zilonda (mabala).
- Muzigwirizana ndi akuluakulu owona za ziweto amene amawonetsetsa kuti ziweto zili ndi moyo wathanzi.

Taifodi (Typhoid fever)

Taifodi ndi nthenda ya m'mimba yomwe imakhudza thupi lonse. Imafalitsidwa kuchoka mu chimbudzi kupita pakamwa podzera mu chakudya chowonongeka kapena madzi ndipo imagwira anthu ambiri nthawi imodzi. Taifodi ndi nthenda yowopsa kwambiri mwa nthenda zonse zomwe zimatenthetsetsa thupi (onani tsamba 26).

Zizindikiro za taifodi:**Sabata yoyamba:**

- Imayamba ngati chimfine kapena fuluwenza
- Mutu, zilonda zakukhosi, kutsokomola kosatulutsa makhololo.
- Thupi limatentha ndi kutsika, koma limakwera pang'onopang'ono tsiku ndi tsiku mpaka kufika 40° C kapena kupitirira.
- Mtima umagunda pang'onopang'ono. Pimani kugunda kwa mtima ndi kutentha kwa thupi theka la ola lililonse. **Ngati kugunda kwa mtima kukutsika pamene kutentha kwa thupi kukukwera, ndiye kuti wodwalayo ali ndi taifodi** (tsamba 26).
- Nthawi zina odwala amasanza, kutsekula m'mimba kapena kudzimbidwa.

**Sabata yachiwiri:**

- Kutentha thupi kwambiri, kugunda mtima pang'ono.
- Zilonda zimawoneka pakhungu (*rash*).
- Kunjenjemera.
- Kubwebweta (munthuyo satha kuganiza molongosoko).
- Kufowoka, kutsika sikelo, kuchepa madzi m'thupi.

Sabata ya chitatu:

- Ngati palibe vuto lina kutentha kwa thupi ndi zizindikiro zina zimachoka.

Chithandizo:

- Funani thandizo la mankhwala.
- Kumadera komwe taifodi imalimbana ndi *chloramphenicol* ndi *ampicillin*, perekani mankhwala a *co-trimoxazole* (tsamba 372) kwa sabata ziwiri.
- Kapena yesani *chloramphenicol* (tsamba 371), akulu: makapusulo a 250mg atatu kanayi patsiku kwa sabata ziwiri. Ngati palibe *chloramphenicol*, gwiritsirani ntchito *ampicillin* (tsamba 367) kapena *tetracycline* (tsamba 370).
- Ziziritsani thupi pogwiritsira ntchito nsalu zonyowa m'madzi ozizira (onani tsamba 77).
- Perekani zakumwa zambiri: supu, madzi a zipatso, ndi madzi obwezeretsa mphamvu m'thupi (ORS) kuti thupi lisakhale losowa madzi (onani tsamba 161).
- Wodwala azidya zakudya zopatsa thanzi, zamadzimidzi ngati kungatheke wodwala azipumula (kugona) mpaka kutentha thupi kutatha.
- Ngati wodwala akuchita chimbudzi cha magari (tsamba 95) kapenanso ngati wayamba kudwala nthenda ya chikutiro cha mimbu (tsamba 180) kapena chibayo mutengereni kuchipatala mwamsanga.

Kupewa:

- Pofuna kupewa taifodi, onetsetsani kuti madzi asawonongeke ndi chimbudzi cha munthu. Tsatani mfundo zaukhondo zomwe zalembedwa m'mutu 12. Gwiritsirani ntchito chimbudzi. Onetsetsani kuti zimbudzi zatalikirana ndi malo omwe anthu amatungapo madzi.
- Nthenda ya taifodi imabuka pamene madzi asefukira kapena pamene pagwa zovuta zina ndipo ndi kofunika kwambiri kutsata njira zaukhondo pa nthawi imeneyi. Ngati m'mudzi mwanu mwagwa nthenda ya taifodi, madzi onse akumwa aziphitsidwa. Fufuzani chimene chachititsa kuti madzi kapena chakudya chiipe.

- Pofuna kupewa kufala kwa taifodi, munthu amene ali ndi nthendayi azigona m'chipinda chayekha. Munthu wina aliyense asagwiritsire ntchito zipangizo zomwe iye akudyera kapena kumwera. Chimbudzi chake chiziotchedwa kapena kukwiliri m'mayenje akuya. Anthu amene akumusamalira azisamba m'manja akatha ntchito yawo.
- Pamene munthu wachira atha kukhalabe ndi nthendayi ndipo atha kuyifalitsa kwa anthu ena. Choncho aliyense amene wadwala taifodi ayenera azikhala waukhondo ndipo asalowe ntchito kumalo ogulitsirako zakudya. *Ampicillin* amathandiza anthu amene akufalitsa nthenda ya taifodi.

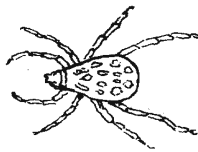
Taifasi

Taifasi ndi nthenda yofananako komanso yosiyana ndi taifodi. Nthendayi imafala ndi:

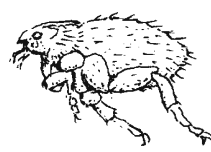
nsabwe



nthata



utitiri wa makoswe



Zizindikiro:

- Taifasi imayamba ngati chimfine. Pambuyo pa sabata imodzi thupi limayamba kutentha kwambiri. Wodwala amamva kuzizira, mutu umapweteka, komanso thupi ndi pachifuwa.
- Pakatha masiku angapo, wodwala amachita tizilonda (*rash*), poyamba m'khwapa, kenaka thupi lonse, m'mikono ndi m'miyendo (koma osati kumaso, m'manja ndi m'zidendene).
- Kutentha thupi kumatha sabata ziwiri kapena kupitirira. Taifasi simavuta kwambiri kwa ana kapena kwa anthu okalamba. Taifasi yogwira anthu ambiri nthawi imodzi ndiyo yowopsa.
- Taifasi yomwe imafala chifukwa cha nthata imadziwika chifukwa cha chotupa chopweteka kwambiri pamalo polumidwapo. Ziwalo zinanso m'kati pafupi ndi malo olumidwawo zimatupa ndiponso zimapweteka (anabele oyandikana ndi malo olumidwa amatupa).

Chithandizo:

- Mukayerekeza kuti mnzanu akudwala taifasi, ndi bwino apite kuchipatala kuti akamupime ngati akudwaladi.
- Ngati akudwaladi apatsidwe *tetracycline*, munthu wamkulu makapusolo 2 a 250 mg, kanayi pa tsiku kwa sabata imodzi (onani tsamba 370). *Chloramphenicol* nayenso akhoza kuthandiza komabe ndi wovutirapo (onani tsamba 371).

Kupewa wake:

- Khalani a ukhondo. Thetsani nsabwe m'banja lonse.
- Chotsani nthata za agalu anu ndipo agalu asamayendeyende m'nyumba mwanu.
- Iphani makoswe. Gwiritsirani ntchito amphaka kapena misampha (osati poizoni chifukwa ndi owopsa kwa ana ndi nyama zina).
- Iphani utitiri wa makoswe. Musagwire makoswe akufa chifukwa utitiri utha kulumphira pa thupi panu. Tenthani makoswe onse pamodzi ndi utitiri wawo. Thirani mankhwala m'mabowo a makoswe ndi pa masa (malo omwe makoswe amagona) a makoswe.



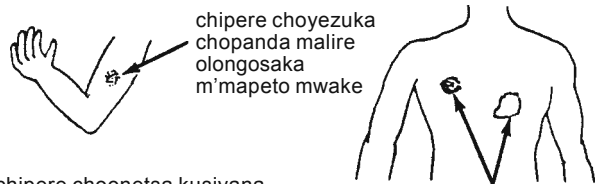
Khate

Nthendayi imayamba pang'onopang'ono ndipo imatenga zaka zambiri kuti ikhazikike. Nthendayi imafala kuchokera kwa anthu omwe sanachizidwe kupita kwa anthu amene thupi lawo lilibe chitetezo chokwanira ku nthendayi. Kumadera komwe kuli nthendayi, ana azipimidwa miyezi isanu ndi umodzi kapena miyezi khumi ndi iwiri iliyonse, makamaka ana amene akukhala ndi munthu wa khate.

Zizindikiro: Khate limayambitsa mavuto osiyanasiyana pa khungu, kusamva kanthu pamene wakhudzidwa komanso kufa kwa manja ndi mapazi.

Chizindikiro choyamba cha khate ndi kukula kwa chipsera pa khungu **chomwe sichinyerenyesa kapena kupweteka**. Poyamba, munthu amamva bwinobwino pamene wakhudzidwa pa malo a chipseracho koma kenaka ngati samamvanso kanthu, ndiye kuti mwina khate layamba (onani tsamba 37).

Pimani thupi lonse ngati lili ndi zipsera, makamaka kumaso, m'mikono, kumsana, ndi m'miyendo.

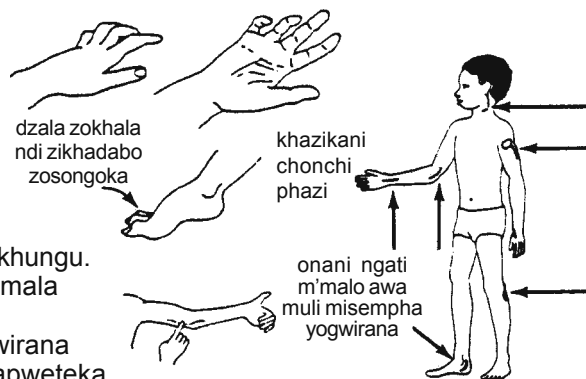


chipere choonetsa kusiyana ndi madera ena akhungu, komake chosaonetsa kuti ndi choyera chonse

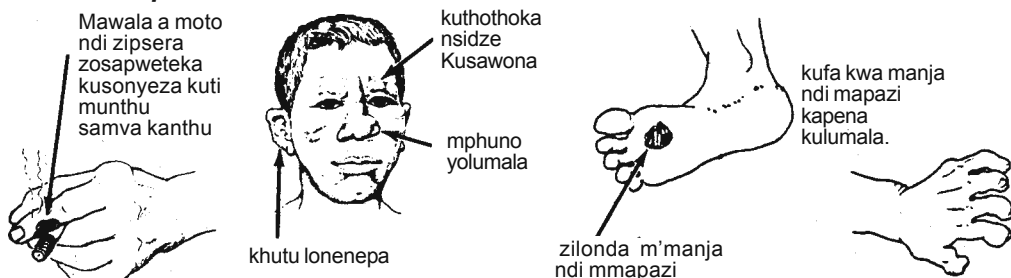
chipere chosalala kapena zamabaphu m'mbali mwake

Zizindikiro zomwe zimawoneka pambuyo zimasiyanasiyana malinga ndi momwe thupi la munthu lilili. Izi ndi zimene zikhoza kuchitika:

- Kuyabwa, kusamva kanthu pamene mwakhudzidwa m'manja ndi m'mapazi kapenanso kulumala kapena kusamva kanthu m'zipsera za pakhungu.
- Kufowoka pang'ono kapena kulumala m'manja ndi m'mapazi.
- Mitsempha yotupa yomwe imagwirana pansu pa khungu. Mitsempha imapweteka komanso nthawi zina sipweteka.



Zizindikiro pamene matenda akhodzokera:

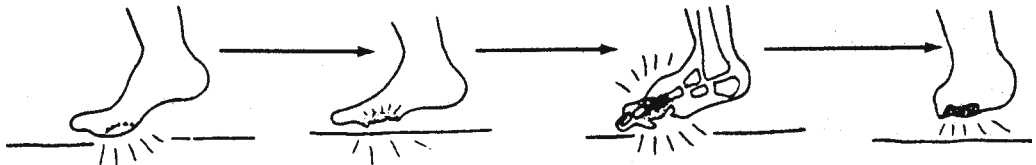


Chithandizo: Nthendayi ndi yochizika koma mankhwala amayenera kumwedwa kwa zaka zambiri. Mankhwala abwino kwambiri ndi *dapsone* ndipo ngati kungatheke aphantikizidwe ndi *rifampin* ndi *clofazimine* (onani tsamba 377 mpaka 379). Ngati pali zovuta zina pa nthawi yakumwa mankhwala, pitirizani mankhwalawo koma funsani zoyenera kuchita kwa anthu ogwira ntchito zachipatala (zovuta pa nthawi yakumwa mankhwala a khate ndi monga kutentha thupi, tizilonda, kupweteka, kutupa kwa manja ndi mapazi, kapena nthenda ya maso). Mankhwala a *prednisolone* amathandizanso (tsamba 399).

Kuteteza kuwonongeka kwa manja, mapazi ndi maso:

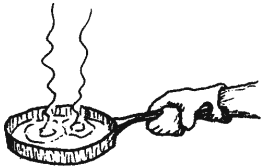
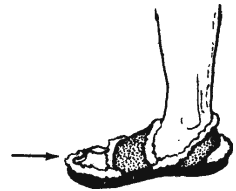
Zilonda zikuluzikulu zomwe zimawoneka m'manja ndi m'mapazi a munthu wodwala khate sizimayamba chifukwa cha nthendayi ndipo zingapewedwe. Zilondazi zimadza chifukwa pa nthawi imeneyi munthu samva kupweteka choncho samadzitetezanso ku ngozi.

Mwachitsanzo, pamene munthu wabwinobwino akuyenda kenaka kuphazi kwake nkupanga thuza, amamva kupweteka choncho amasiya kuyenda kaye kapena amayenda motsimpina.



1. Tetezani manja ndi mapazi ku zinthu zimene zingadzitse mabala, matuza kapena zomwe zingatethe manja ndi mapaziwo:

Musayende opanda nsapato makamaka pamene m'njira muli miyala ndi minga. Valani nsapato ikani zinthu zofewa m'kati mwa nsapato kapena panso pa zikopa za sandasi zomwe zingathe kumakhula khungu lanu.



Pophika chakudya valani magolovu. Musatenge chipangizo chotentha opanda magolovu kapena kansalu kopinda. Ngati kungatheke pewani ntchito yogwira zipangizo zakuthwa kapena zotentha. Musasute fodya.

2. Pakutha pa tsiku lililonse (kapena kawirikawiri ngati mukugwira ntchito kwambiri kapena kuyenda ulendo wautali) pimani manja anu ndi mapazi anu bwinobwino - kapena wina akupimeni. Onani ngati muli ndi mochekeka, mosupuka kapena minga. Yang'anandinso ngati m'manja ndi m'mapazi muli mbali zina zofiira, zotentha, zotupa kapena zimene zikuyamba matuza. Ngati zilipo, manja ndi mapazi zisagwirensa ntchito mpaka khungu lake lenileni litabweranso mawonekedwe ake. Izi zimathandiza kulimbitsa khungu. Zilonda zitha kupewedwa.

3. Ngati muli ndi bala, lizikhala laukhondo komanso chiwalo chomwe chili ndi bala chisamagwire ntchito kapena kuyendayenda mpaka bala litapola. Samalani kwambiri kuti musavulalenso pa chiwalocho ayi.

4. Tetezani maso anu. Nthawi zambiri maso amawonongeka chifukwa chosaphethira mokwanira. Mwina chifukwa cha kufowoka kapena chifukwa chakusamva kalikonse pambuyo pokhudzidwa. Ngati simungathe kuphethira bwinobwino muzitsinzina kawirikawiri pa nthawi ya masana makamaka pamene fumbi likuwomba. Muzivala magalasi a dzuwa komanso chipewa chodzitetezera ku dzuwa. Muzisamala maso anu ndipo ntchentche zisamatere m'masomo.

Ngati muchita zimenezi n.di kuyamba kugwiritsira ntchito mankhwala mofulumira, **kulumala ndi zovuta zambiri zomwe zimadza ndi khate zikhoza kupewedwa.**

Onkosasiyasisi (*Onchocerciasis*, *River blindness*)

Nthendayi ndi mtundu wa filariyasisi yomwe imapezeka m'madera ambiri a mu Africa. Imayamba ndi tinyongolotsi ting'onoting'ono tomwe timanyamulidwa kuchokera kwa munthu wina kupita kwa munthu mnzake ndi tizilombo tamtundu wouluka kapena totchedwanso tizilombo touluka takuda tomwe timaswana m'madzi othamanga kwambiri. Tinyongolotsiti timalowa m'thupi mwa munthu akalumidwa ndi tizilombo tomwe tili ndi tinyongolotsiti.

Zizindikiro zake:

- Miyezi yambiri ikadutsa kuchokera pomwe tinyongolotsiti tidalowa m'thupi la munthu yemwe adalumidwa ndi tizilombo takuda touluka, nyamakazi zotupa zimayamba m'thupi makamaka kuzungulira mchiuno ndi pachifukwa, mwa apo ndi apo m'mutu komanso m'malo olowa kwambiri momwe sizingakhudzidwe. Zotupazi zomwe sizipweteka zimakhala ndi nyongolotsi ziwiriziwiri zikuluzikulu ndipo zimabereka ana omwe amafalikira kwambiri m'thupi:

Tisanayambe kudzimva zotupazi, pamakhala zizindikiro zinayi zoyambirira zoyenera kuzidziwa:

- **Kunyerenyesa palipose** kapena pomwe nyongolotsizi zikufalikira.
- **Kupweteka kumsana**, m'mapewa kapena mchiuno kapena kupwanya kwa thupi lonse. Odwala ambiri amakalandira chithandizo kuchipatala chifukwa cha kupweteka kwa msana.
- **Kukula kwa mwanabere** wa mu chinena.
- **Kukhakhala kwa khungu** kumsana ndi m'mbali mwa mimba momwe mumakhala timabowo monga khungu la lalanje. Timabowoti tingawoneke bwino ndi kuwala kuchokera kudzuwa.



Maonekedwe a ntchetcha yakuda yonyamula tizirombo ta onkosasiyasisi.

Apa wodwala akatengeredwa ku chipatala kuti akalandire chithandizo komwe achipatala ngati atamuchekako khungu pang'ono m'chiuno nkuliika pa *microscope*, tiana tanyongolotsito tingathe kuwoneka ndipo angapatsidwe chithandizo choyenerera.

Ngati mlimi wamng'ono amamva kupweteka msana kosalekeza kotu sangathe kuyenda, ayenera kuyesedwa ngati ali ndi matenda a onkosasiyasisi.

Vutoli likalekereredwa, zotsatira zina zoyipa pakhungu ndi m'maso zingayambe.

- **Khungu** limakwinyika ngati la nkhalamba. Madontho oyera amawoneka pakhungu omwe amatchedwa khungu la kambuku (onani tsamba 209). Nthawi zina wodwalayo amakhala ndi khungu lokhakhala m'miyendo ya m'munsi ndi m'matako.

• **M'mutu mukakhala manodulesi (nodules)**, tinyongolotsi ting'onoting'ono tingathe kulowa m'maso. Izi zimayambitsa kunyerenyesa kwa m'maso ndiponso khungu. **Chifukwa cha ichi matenda a onkosasiyasisi amatchedwa "khungu lochokera mu mtsinje** (onani tsamba 238). M'madera momwe mumagwa mvula yambiri, matenda a maso amakhudza munthu mmodzi yekha mwa odwala makumi awiri aliwonse. M'madera momwe simugwa mvula yambiri mavutowa amakhudza anthu ambiri.



Chithandizo:

Kulandira mankhwala kapena chithandizo msanga kungathandize kupewa khungu. Wodwala ayenera kuyamba kulandira mankhwala akayamba kumva kupweteka kwa msana. Si bwino kudikira mpaka zizindikiro za maso ziyambe. N'kovuta kuti wodwala achire ngati achedwa kuyamba kulandira chithandizo.

- *Ivermectin* ndi mankhwala abwino a matendawa ndipo mlingo wake umakhala wa miyezi 6 mpaka 12 (onani tsamba 391). Mankhwala amapezeka aulere m'zipatala zaboma.
- *Diethylcarbamazine* (DEC) akugwiritsidwabe ntchito popha tiana tanyongolotsi koma ayenera kuperekedwa kwa sabata imodzi mpaka atatu mobwereza m'miyezi iwiri kapena itatu iliyonse (onani tsamba 391). Mankhwala akamwedwa wodwala amava kuyabwa, kutentha thupi ndikupweteka kwambiri m'thupi. Payenera kukhala chithandizo chapadera choperekedwa ndi a chipatala ngati maso nawo akhudzidwa.
- Jekeseni ya *suramin* imagwiritsidwa ntchito popha nyongolotsi zazikulu.
- *Phenobarbital* angagwiritsidwe ntchito pofuna kuthandiza wodwala kuti agone m'masiku oyambirira kulandira chithandizo (onani tsamba 402).
- Opaleshoni yochotsa chotupacho imachepetsa chiwerengero cha nyongolotsizo.
- Pewani kugona panja makamaka masana poti ndi nthawi yomwe tizilombo touluka timanyamula nyongolotsizi timaluma.
- Thandiza nawoni pa ntchito yolimbana ndi tizilombo touluka. Ntchitoyi imafuna kutchetcha kapena kudula zomera mmbali mwatimitsinje tamadzi othamanga kwambiri.

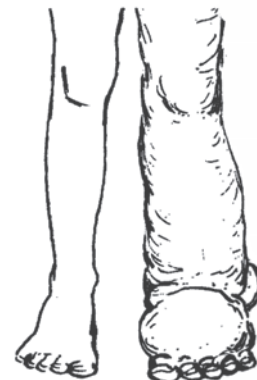
Kulandira chithandizo msanga kumateteza khungu komanso kumathandiza kuchepetsa kufala kwa matendawa.

Mitundu ina ya mtchetcha (*Filariasis*)

1. Mtchetcha (*bancroftian filariasis*): Matendawa amapezeka kwambiri mu Africa ndi m'madera ena ambiri otentha. Matendawa amafalitsidwa ndi udzudzu omwe umaluma usiku.

Zizindikiro zake:

- Kutupa ndi kupweteka kwambiri kwa phazi, nkukwera mpaka m'chinena ndi maliseche. Pang'onopang'ono zimatsikira m'munsi.
- Kupweteka chifukwa chotupako kumabwera nkupita kwa miyezi yambiri ndipo kupweteka ndi kutupaku kukhoza osatha mpaka kalekale ndikukhala mtchetcha wa m'miyendo kapena kukula kwa tchende limodzi (phudzi).



Odwala amene amamva ululu kawirikawiri chifukwa cha kutupa kwa phazi ayenera kutengeredwa kuchipatala msanga. Magazi oyezedwa usiku angawonetse nyongolotsi zazing'ono za filariya za ***Wucheria bancrofti***. Musadikire kuti mpaka mtchetcha uyambe.

Mankhwala a *diethylcarbamazine* (DEC) (tsamba 391) amapha nyongolotsi nkuchizanso matendawo. Opaleshoni ingathandize iwo amene ali ndi mtchetcha.

2. Loyiyasisi (Loiasis): mtundu uwu wa filariyasisi umapezeka m'madera otentha omwe amalandira mvula yambiri ku zambwe kwa Afrika. Amafalitisidwa ndi tizilombo touluka tomwe timaluma masana monga ntchentche zotchedwa **Chrysops**.

Zizindikiro zake:

- Kutupa kumbali kwa dzanja kapena kuzungulira diso kapena pa mwendo komwe kumayamba chifukwa chamasewero olimba thupi. Pamalopo pamamveka ngati malo osopuka koma sipamatentha ngati kuti pali mafinya. Kutupako kumayamba chifukwa cha nyongolotsi za *filaria*. Chotupacho chimalowa pakapita masiku angapo.
- Nthawi zina nyongolotsi yayikulu imawoneka ikuyenda mmaso. Nyongolotsiyi ndi yoyera ndi yotalika mainchesi 1½ ndipo imayenda kachibenthu kachinayi ka inchesi pa mphindi iliyonse. Tinyongolotsi tating'ono sitilowa m'kati mwa maso kukayambitsa khungu monga mmene timachitira mu onkosasiyasisi.



Mankhwala a *diethylcarbamazine* (DEC) amapha nyongolotsi zazikulu ndi zazing'ono zomwe popanda kumva kunyerenyetsa. Chipatala chomwe chili ndi zipangizo zoyenerera zopangira opaleshoni chingachotse nyongolotsizo nthawi zina podopthezera mankhwala kuti ululu uchoke.

Kawodzera (Trypanosomiasis, Sleeping sickness)

Awa ndi matenda owopsa ofalitsidwa ndi ntchentche za kashembe (tsetse) zochokera ku ng'ombe, nkhumba ndi nyama zina. Matendawa amapezeka m'madera ambiri am'midzi a mu Africa makamaka omwe ali pafupi ndi madzi momwe ntchentchezi zimaswaniranamo.

Zizindikiro zake:

- Kutentha thupi kosantha, nkutupa kwa m'malo momwe muli anabere monga nkhwapa ndiponso m'chinena. Izi zikhoza kupitirira kwa masabata kapena zaka zingapo.
- Kuchedwa kulandira chithandizo kumapangiza kukhala opanda nzeru, kumangozikanda kanda, nkumangogona masana komanso kulimba kwa mnofu. Wodwala amafa ngati salandira chithandizo.

Munthu yemwe akuwonetsa zizindikiro ayenera kutengeredwa ku chipatala msanga. Majekezeni a *suramin* amaperekedwa kwa odwala matendawa (onani tsamba 391).

Matenda amalungo achikasu

Awa ndi matenda aakulu onga (onani tsamba 183) otupa chiwindi chifukwa cha tizilombo tamavayirasi tomwe timafalitsidwa ndi udzudzu makamaka m'madera a m'midzi momwe muli anyani. Matendawa amagwira anthu ambiri m'dera limodzi. Ena si wowopsa kwambiri pamene ena amayambitsa kamfuno, kysanza magazi akuda ndipo munthuyo amagwa mu shoko ndi kukomoka. Matendawa alibe mankhwala ndipo wodwala ambiri amamwalira.

Mliri wamatendawa ukayamba, a boma ayenera kutumiziridwa uthenga kudzera pachipatala chilichonse chomwe chili pafupi kuti **bomalo lipereke katemera wa matendawa pofuna kuteteza anthu** ena kudwala matendawa.

Leishmaniasis (*Leishmaniasis*)

Matendawa amapezeka m'chipalamba cha sahara, mu Afrika. Matendawa amafalitsidwa kwa anthu ndi tintchentche ting'onoting'ono tamumchenga kapena tinyama tonga mbewa kapena mbira. Munthu amatenga matendawa akalumidwa ndi tintchentcheti.

Ena mwa matendawa amawononga m'thupi. Izi nzovuta kuzizindikira ndipo mankhwala ake ndi wokwera mtengo kwambiri ndinso ovuta kugwiritsa ntchito kwake. Ngati ndi kotheka wodwala ayenera kupita kuchipatala.

Matendawa angathenso kugwira khungu koma awa ndi osavuta chithandizo chake.

Zizindikiro zake:

- Chotupa chimawoneka pamalo penipeni panalumidwa pakadutsa masabata awiri kapena asanu ndi atatu.
- Chotupacho chimaphulika ndikukhala chilonda chamafinya.
- Zilondazo zimapola zokha koma zikhoza kutenga masabata ambiri kapena zaka zingapo.
- Mabakiteriya amafika pachilondapo mosavuta.

Chithandizo chake:

- Tsukani chilondacho ndi madzi ozizira omwe amawiritsidwa.
- Ikaponi kansalu kotentha konyowa pachilondapo kwa mphindi khumi kapena khumi ndi mphambu zisanu.
- Chitani izi kawiri pa tsiku kwa masiku khumi. Chithandizochi chimapoletsa chilondacho ndipo pamangokhala kachipsera.
- Ikanipo maantibayotiki pachilondapo ngati chagwidwa ndi mabakiteriya (onani tsamba 365).

Kutupa kwa chiwindi (*Hepatitis B*)

Awa ndi aakulu komanso osatherapo (onani tsamba 183). Matendawa amafala pamene magazi a wodwala alowa m'thupi mwa munthu wina. Mukakhala m'chipatala, izi zikhoza kuchitika ngati wodwala apatsidwa magazi osayezedwa bwinobwino. M'madera momwe muli anthu, amafala:

- pobwerekana majekeseni ndi munthu wodwala
- pogonana makamaka pamene m'ziwalo zobereka muli zilonda (onani masamba 252 ndi 260)

Matendawa amatchedwa 'seramu hepatitis' ndipo amapezeka kwambiri pakati pa anthu omwe amamwa mankhwala ozunguza bongo (onani tsamba 158) ndiponso ochita uhule. Zizindikiro zake ndi zolingana ndi za Hepatitis **A** koma zimayamba pang'onopang'ono. Munthu akhoza kuyamba matenda a chikasu (m'maso) ndi kuwonengeka kwa chiwindi kapenanso imfa. Hepatitis **B** imafala kwambiri kupasi HIV.

Wodwala ayenera kutengeredwa ku chipatala msanga.