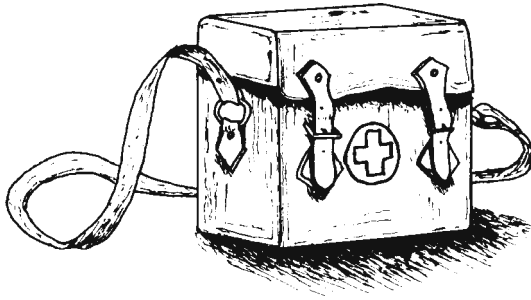

MOSUNGIRAMO MANKHWALA

23



Banja lililonse komanso mudzi uliwonse uyenera kukhala ndi mankhwala oti atha kugwiritsira ntchito wina akadwala mwadzidzidzi:

- Banja likhale ndi **mosungira mankhwala** (onani tsamba 351) oti athe kupereka chithandizo choyamba ngati wina wadwala matenda omwe ayamba kumene kapena matenda odziwika bwino.
- M'mudzi mukhale zofunikira **zonse zokhudza mankhwala** (onani tsamba 353) ndi zonse zofunika popereka chithandizo kwa odwala komanso matenda ena omwe adza mwadzidzidzi. Munthu wodziwa bwino zakagwiritsidwe ntchito ka mankhwala ndi yemwe ayenera kusunga mankhwalawo. Anthu monga ogwira ntchito zachipatala, (zaumoyo), aphunzitsi, makolo, wogulitsa musitolo, kapena aliyense ndi anthu omukhulupirira kuti angathe kusamamala mankhwala. Ngati ndi kotheka anthu onse pamudzi atengeko mbali pokhazikitsa ndikulipira anthuwo akalandira mankhwala. Amene angathe kupereka mowolowa manja akhoza kutero. Aliyense azindikire kuti **mankhwalawa ndi othandiza aliyense** yemwe angathe kulipira ndiponso anthu osauka.

M'masamba otsatirawa a m' buku lino mupeza zofunikira kukhala ndi mosungira mankhwala. Mungathe kusintha zofunikirazi malingana ndi zofuna zanu komanso zomwe zingathe kupezeka m'dera lanu. Ngakhale kuti mwa zofunikazi zambiri ndi mankhwala amakono opezeka kuchipatala, mankhwala enanso omwe ali odalirika achilengedwe opezeka m'midzi mwathu athanso kugwiritsidwa ntchito.

Kodi mlingo wa mankhwala osunga ukhale wotani?

Mlingo wa mankhwala oyenera kusungidwa ndi pang'ono chabe amene mungathe kupeze mwachangu. Nthawi zina atha kukhala ongokwanira kumpatsa odwala nthawi yomwe wayamba kudwala. Ndi koyenera kumtengera wodwalayo kuchipatala kapena kukamtengera mankhwala ena kuchipatala.

Mlingo wamankhwala omwe muyenera kusunga mosungiramo mankhwala anu uyenera kufanana ndi anthu omwe akalandire chithandizochi komanso mtunda womwe mumayenda pokatenga mankhwala ndi ndalama zomwe mumagwiritsira ntchito komanso zimene banja kapena mudzi ungakwanitse. Nthawi zambiri mankhwala omwe mukufuna kuti musunge amakhala okwera mtengo koma ndi chanzeru kusungabe mankhwalawa kuti muthe kuthandiza omwe adwala mwadzidzidzi.

Dziwani izi: Zipangizo zomwe zimafunikira kwa azamba ndiponso amayi oyembekezera pa nthawi yochira zalembedwa kuchokera pa tsamba 270 mpaka 271.

Mmene mungasa malire kabosi kosungiramo mankhwala

1. **Chenjezo:** Mankhwala onse muziwabisa kuti ana asaawone. Dziwani kuti kumwa mankhwala opitilira muyeso ndi koopysa popeza mankhwalawo amasanduka poyizoni.
2. **Muzitsimikizira kuti mankhwala onse ali ndi malebulo akeake.** Musaiwale kukhala ndi buku limodzi ngati lino mu kabokosi kanu kosungiramo mankhwala.
3. **Mankhwala ndi zipangizo zonse zamankhwala muzizisungira pamalo aukhondo, ouma komanso podutsa mphepo yozizira.** Pamalopo pasamafike mphemvu ndi makoswe. Zipangizo monga thonje ndi zina zizikhala zotetezedwa monga kuzikuta ndi kuziika ndi kuzimata m'matumba a pulasitiki.
4. **Muzisunganso mankhwala ofunikira kwambiri nthawi zonse omwe angama kuthandizeni pa matenda akudza mwadzidzidzi.** Nthawi ina iliyonse mukachotsamo mankhwala m'kabokosi kosungiramo mankhwala muzibwezeramo ena mwansanga.
5. **Muzizindikira tsiku lomwe mankhwala aliwonse adzathere mphamvu yake.** Tsikulo likadzadutsa kapena mankhwalawo akamaonetsa kuti afika powonongeka ndi koyenera kuwataya ndi kupeza ena atsopano.

Chidziwitso: Mankhwala ena, makamaka teterasayikirini, amakhala woopsa tsiku lomwe mphamvu yake iyenera kutha ikadutsa. Koma pamene *penicillin* wamapiritsi kapena mankhwala aufaufa opangira uchi, kapenanso jekiseni akhoza kugwiritsidwabe ntchito mwina kokwana chaka chathunthu kuchokera pa tsiku lomwe lidalembedwa kuti mankhwalawo mphamvu yake idzakhala itatha ngati atamasungidwa pamalo aukhondo, opanda chinyezi komanso wozozirapo. Zikatero ndi koyenera kugwiritsira ntchito *penicillin* woonjezera. (**Chenjezo:** Zindikirani kuti mukatero sizikhala zovuta ndi *penicillin* koma mukatero ndi mankhwala ena kuteroko ndi koopsa kwambiri popeza mwagwiritsira ntchito mankhwala wopyolera muyeso wake.)



Musamaike mankhwala pamalo pomwe ana akhoza kufikapo.



Kugula mankhwala oyika m'kabokosi kosungiramo mankhwala

Mankhwala ambiri omwe atchulidwa m'buku lino akhoza kugulidwa ku malo ogulitsirako mankhwala otchedwa mafamase omwe amapezeka m'matawuni aakuluakulu. Ngati mabanja achuluka kapena mudzi wathunthu akhoza kugwirizana zogulira pamodzi mankhwala awo nthawi imodzi, nthawi zambiri munthu wogwira ntchito mu famase akhoza kuwagilitsa mankhwala omwe iwo akufuna pa mtengo wotsika. Kapenanso ngati mankhwala ndi zipangizo za mankhwala zikhoza kugulidwa m'maholosero, mitengo yake imakhalanso yotsika.

Ngati famase ilibe mankhwala omwe inu mukufuna kugula, mutha kugula mankhwala ena ofanana nawo komanso mutsimikizire kuti ndi ofananadi ndipo mukumbuke kuona kuti akufanananso muyezo wawo.

Pogula mankhwala muzifananitsa mitengo yawo. Pali mankhwala ena omwe ndi ofanana koma osiyana mitengo popeza ena ndi okwera mitengo yawo ngakhale zili choncho. Nthawi zina mankhwala okwera mitengowo sikuti ndi opambana anzake. Ngati n'kotheke pogula mankhwala muziyang'ana dzina lake lenileni kusiyana ndi dzina lokhala ngati lofananako chabe mobera dzina lenileni. Mankhwala omwe dzina lake silobera amakhala otchipa koteru mutha kugula mankhwala ambiri ndi ndalama zomwe muli nazo kusiyana ndi mankhwala a dzina lobera omwe nthawi zambiri amakhala a mitengo yokwera kwambiri. Mwachitsanzo, mankhwala a *penicillin* okwana mayunitsi 600,000 amaguludwa motchipirapo kusiyana ndi mankhwala a *penicillin* a mayunitsi 300,000. Koteru muzigula mankhwala a mayunitsi ochulukirawo. Koteru mankhwala muzimwa maulendo awiri.

Kabokosi kosungiramo mankhwala pa banja

Banja lililonse limaneyera kukhala ndi zinthu zotsatirazi m'kabokosi kosungiramo mankhwala. Zipangizo zimenezi komanso mankhwalawa zizikhala zokwanira kuthandizira nazo kuchiza matenda osiyanasiyana makamaka m'madera a m'midzi.

M'kabokosika muzisungiramonso zipangizo zonse zothandiza.

ZIPANGIZOZO NAZI

<u>Ntchito zake</u>	<u>Zipangizo</u>	<u>Mtengo</u>	<u>Chiwerengero chake</u>	<u>Tsamba</u>
ZILONDA NDI MATENDA APAKHUNGU				
	phadi yasefasefa yokhala mu maenivulopu omata	20	99, 229, 279
	1-,2-, ndi 3-inchesi phadi laa mabandeji okulungidwa	2	88
	thonje laukhondo	kaphukusi kamodzi	14, 73, 84, 270
	pulasitala wogwira kwambiri wa thunthu lokwana 1 inchi	mathunthu awiri	86, 229
	sopo wopha tizilombo (monga Asepsa)	musi umodzi wa sopo kapena kabotolo kamodzi	384
	70% alikoholo	$\frac{1}{4}$ lita	73, 223, 270
	<i>hydrogen peroxide</i> m'botolo lamaonekedwe akuda	kabotolo kamodzi	84, 194, 224, 226
	Vaselini wa m'botolo kapena chubu	1	84, 88, 92, 147, 211
	viniga	$\frac{1}{2}$ lita	212, 248, 313, 328
	safa (<i>sulfur</i>)	100 mg	213, 217, 318, 223
	sizasi (yaukhondo osati yadzimbiri)	1	86, 270, 278
	twiza yosongoka kumapeto	1	85, 186
ZOPIMIRA KUTENTHA / KUZIZIRA				
	zoika mkamwa kapena kumtumbo	2	29, 42
ZOSUNGIRAMO ZIPANGIZO KUTI				
ZIKHALE ZAUKHONDO				
	timatumba lapulasitiki	tambiri	207, 350

MANKHWALA

Ntchito	Dzina	Chichewa	Mtengo	Chiwerengero chake	Tsamba
MATENDA A BAKITERIYA					
1.	<i>Penicillin</i> wa mapiritsi a 250 mg	40	366
2.	<i>Co-trimoxazole</i> wa mapiritsi a 400+80 mg	100	372
3.	<i>Ampicillin</i> wa maka-pusolo a 250 mg	24	367
ANYONGOLOTSI					
4.	<i>Mebendazole</i> mapiritsi	40 mapiritsi a 100 mg	387
KUTENTHANDI KUPWETEKA KWA THUPI					
5.	<i>Aspirin</i> wa mapiritsi a 300 mg	50	392
6.	<i>Acetaminophen (paracetamol)</i> wa mapiritsi a 500 mg	50	393
KUCHEPA KWA MAGAZI					
7.	<i>Iron (ferrous sulfate)</i> wa mapiritsi a 200 mg (amathandiza kwambiri akakhala ndi Vitamini C ndi <i>folic acid</i>)	100	406
MPHERE NDI NSABWE					
8.	<i>Lindane, benzyl benzoate lotion</i> kapena <i>Tetmosol</i> sopo	botolo 1 sopo 1	386 212
KUNYERENYESA KWA THUPI NDI KUSANZA					
9.	<i>Promethazine</i> wa mapiritsi a 25 mg	12	400
MATENDA A PAKHUNGU					
10.	<i>Gentian Violet</i> botolo laling'ono kapena antibayotiki wa mafuta odzola	botolo 1 chubu 1	384
MATENDA A MASO					
11.	Antibayotiki (mafuta a m'diso)	chubu 1	391

Bokosi la mankhwala la kumudzi

Bokosi la mankhwala liyenera kukhala ndi mankhwala ndi zonse zofunika zokwanira molingana ndi kukula kwa mudzi wanu komanso kutalika kwa mudziwo ndi komwe mumapezako mankhwala. Bokosi la mankhwalali liyenera kukhala ndi zinthu zomwe zili munsimu; zambiri za izo ndi zachithandizo cha matenda owopsa kwambiri. Mungathe kuwonjezera kapena kuchotsako pamndandandapo kutengera ndi matenda a m'dera lanu.

ZOWONJEZERA ZINA

Nchito yake	Zowonjezera zina	Mtengo wake	Kuchuluka kwake	Tsamba
ZOBAYIRA JEKESANI	masirinji, mazingano a 5 ml nambala 22, 3 cm; nambala 25 kusalika a 1 ¹ / ₂ cm	2 3-6 2-4	66
KUVUTIKA KUKODZA	kafatala ya labala kapena pulasitiki nambala 16 <i>French</i>	2	246
KUBINYA NDI KUTUPA MITSEMPHA	mabandjeji otamuka mainchesi 2 ndi 3 mulifupi	3-6	104, 186 225
KUCHOTSERA MAMINA	machubu ochotsera mamina kuti atuluke	1-2	85, 271 278
KUYANG'ANIRA M'KHUTU	tounikira ting'onoting'ono	1	33, 271 328

MANKHWALA OWONJEZERA

Nchito yake	Mankhwala	Dzina la mankhwalawa	Mtengo wake	Kuchuluka kwake	Tsamba
MATENDAAAKULU KWAMBIRI					
	1. <i>Penicillin</i> wajekeseni; ngati alipo mmodzi, <i>procaine penicillin</i> 600,000 U pa ml	20 - 40	366
	2. <i>Ampicillin</i> , wajekeseni a 250 mg chubu kapena <i>streptomycin</i> wogwiritsidwa ntchito 1 gm ndi <i>penicillin</i>	20 - 40	367 368
	3. mapiritsi kapena kapisozi wa <i>tetracycline</i> a 250 mg	20 - 40	370
PA MATENDAA MAMBA NDI GIARDIA					
	4. <i>Metromidazole</i> , 250 mg - mapiritsi	40 - 80	382
PA MATENDAAKUGWA, KAFUMBATA NDI CHIFUWA CHOKOKA MTIMA					
	5. <i>Phenobarbital</i> , 15 mg - mapiritsi; 200 mg - jekeseni	40 - 80 15 - 30	402
PAMATENDAAAMPHUMU NDI ZOTSATIRA ZINA CHIFUKWA CHA MANKHWALA					
	6. jekeseni ya <i>epinephrine</i> (<i>Adrenalin</i>), machubu a 1 mg	5 - 10	398

Nchito yake	Mankhwala	Dzina la mankhwalawo	Mtengo wake	Kuchuluka kwake	Tsamba
KWA MATENDA A MPHUMU					
	7. <i>Ephedrine</i> wa mapiritsi okhala ndi 15 mg	20-100	398
KUTULUKA KWA MAGAZI MWANA KAKABADWA					
	8. bayani majakiseni a <i>Ergonovine</i> okwana 0.2 mg	6- 12	404

MANKHWALA ENA OFUNIKA M'MADERA AMBIRI

KUMENE KULI VUTO LOUMA M'MASO					
	makapisozi a vitamini A, 200,000 U	10-100	405
KUMENE KULI VUTO LA KAFUMBATA					
	<i>Antitoxin</i> wa kafumbata, 50,000 U	2-4	401
KUMENE KULI VUTO LA VINGWANGWA					
	<i>Chloramphenicol</i> wa kapisozi, 250 mg	50-100	371
KUMENE ANTHU AMALUMIDWA NDI NJOKA KWAMBIRI					
	mankhwala othetsa ululu wa poyizoni wanjoka apadera	2-6	401
KUMENE KULI VUTO LA MALUNGO					
	mapiritsi a <i>chloroquine</i> 250 mg	50-200	379
	kapena mankhwala ena othetsera matendawa m'dera lanu		381
KUMENE NJOKA ZAM'MIMBA ZANGOWE ZAMAVUTA					
	mapiritsi a <i>mebendazole</i> , 100 mg	25-100	387
POCHIZA KAPENA KUPEWA KUTAYIKA KWA MAGAZI PAKATI PA ANA OBADWA OSALEMERA MOYENERERA					
	jekeseni ya vitamini K, 1 mg	3-6	407

MANKHWALA A MATENDA

Sibwino kukhala ndi mankhwala a matenda omwe amatenga nthawi **monga chifuwa chachikulu, khate ndi sikisitosomiyasisi m'bokosi la mankhwala la m'mudzi**. Ndi bwino kumuyeza munthu kuchipatala pofuna kudziwa kuti munthu akudwala amodzi mwa mankhwalawa. Kupezeka kwa mankhwala m'kabokosi kamankhwala ka kumudzi kangatengere ngati mankhwalawa akupezeka m'zipatala zoyandikira ndi kumudziko.

KATEMERA

M'bokosi la mankhwala la kumudzi simukhala mankhwala a katemera chifukwa mankhwalawa amaperekedwa ndi dipatimenti ya za umoyo. Komabe ndi koyenera kuwonetsetsa kuti ana alandira katemera akafika pa msinkhu woyenera kulandira katemera wosiyanasiyana. Ngati firiji ilipo, ndi bwino kusungiramo mankhwala akatemera makamaka a DPT (tsamba 154), poliyo ndi chikuku.

Mawu kwa ogulitsa kapena opereka mankhwala m'mudzi

Wokondedwa mnzanga,

Ngati mumagulitsa mankhwala m'sitolo yanu, mwina anthu amakufunsani mankhwala oti agule ndiponso nthawi kapena momwe angamwere mankhwalawo. Muli ndi udindo waukulu wowadziwitsa anthu zambiri za umoyo.

Bukuli lingakuthandizeni kupereka malangizo abwino komanso kuwonetsetsa kuti ogula mankhwalawo azigula mankhwalawo okhawa amene akufuna.

Monga mukudziwa, anthu ambiri amawononga ndalama zawo zochepe pa mankhwala osathandiza. Koma mungawathandize kudziwa zofunika pa umoyo wawo nkuwononga ndalama zawo mwanzeru. Mwachitsanzo:



- Anthu akabwera ndi kufunsa mankhwala akumwa achifuwa, otseka m'mimba, mavitamini B12 pa matenda ochepe magazi m'thupi, *penicillin* mukabinya kapena *tetracycline* pamene muli ndi chimfine, afotokozereni kuti mankhwala ndi osafunika ndipo akhoza kuwononga miyoyo yawo. Kambiranani nawo zoyenera kuchita.
- Ngati ena afuna kugula mankhwala a vitamini a toniki, alimbikitseni kuti agule mazira, zipatso kapena ndiwo zamasamba. Athandizeni kuti amvetse kuti akudyazi zili ndi mavitamini ndiponso zoyenerera m'thupi.
- Anthu ena akafuna jekeseni pamene mankhwala akumwa angathe kugwira bwino ntchito, alimbikitseni kugwiritsira ntchito mankhwala ochita kumwa.
- Munthu wina akafuna kugula mankhwala a mapiriitsi achimfine kapena ena a mtengo wapatali auzeni kuti agule aspirin wawambayu ndipo azimwa mankhwalawa ndi madzi ambiri.

Kungakhale kosavuta kuwauza anthu izi mutawerenga kaye bukuli nkuliwerenganso pamodzi nawo.

Onetsetsani kuti mukugulitsa mankhwala ofunikira okha. Sitolo yanu ikhale ndi mankhwala ndi zipangizo zina zofunika m'kabokosi ka mankhwala ka kumudzi komanso mankhwala ena ofunikira pamatenda owanda kwambiri m'dera lanu. M'sitolo mwanu muzikhala mankhwala otsika mtengo ndipo musamagulitse mankhwala otha mphamvu kapena owonongeka ndi opanda ntchito.

Sitolo yanu ingakhale komwe anthu angaphunzire mmene angasamalire umoyo wawo. Kuthandiza anthu kugwiritsira ntchito mankhwala mwanzeru ndi kuwonetsetsa kuti aliyense wogula mankhwala akuuzidwa bwino momwe angagwiritsire ntchito ndi mlingo wake komanso kuposa kwake ndi momwe angapewere zowopsa zake ndiye kuti mudzakhala mukugwira ntchito yotamandika kwambiri m'dera lanu.

Ndikufunirani Zabwino zonse,

David Werner