Kalata yotengera chilorezo kwa makolo

**Mutu wa kafukufuku: Kuunikira njira yatsopano ndi yotchipa yopezera kukwinyimbira mwa achinyamata achisodzera ku Lilongwe, Malawi.**

MAu Oyamba

Kukwinyimbira kumachitika pamene msinkhu wa mwana uli ofupikira kusiyana ndimmene akuyenera kukhalira pa msinkhu wake. Ana opitirira 40% ku Malawi ndi okwinyimbira. Ngakhale zili chonchi, anawa ndiosazindikirika ndi anthu a m'madera mwawo ngakhalenso ndi mumabungwe azaumoyo. Mukafukufukuyu, tiyang`anna ubwino ogwiritsa ntchito ndondomeko yatsopanoyi imene tapeza kuti itithandize kupeza ana komanso anyamata achisodzera omwe ali okwinyimbira m`dera lililonse. Izi nzofunikira popitiriza kafukufukuyu ndicholinga chopezera njira yothana ndi bvuto la kukwinyimbirali. Matchati pakhoma atha kugwiritsidwanso ntchito pophunzitsa anthu kuti azindikire za kufunika kwa kukwinyimbira mmadera mwawo.

Zikomo chifukwa chopatula nthawi yanu kuwerenga uthengawu!

KODI KAFUKUFUKUYU NDI WA CHANI?

Tikuchita kafukufuku wa kukwinyimbira ku Malawi. Tikufuna kuyeza ndondomeko yatsopano imene idzigwriritsidwa ntchito pofufuza bvuto lakukwinyimbirali. Tikufuna kukulimbikitsani kutenga nawo gawo pochita nawo kafukufukuyi.

Ndichifukwa chanji mwana wanga akufunsidwa kutenga nawo mbali?

Mwana wina aliyense amene asakudwala kwambiri kapena osalumala akufunsidwa kutenga nawo mbali mukafukufuku ameneyu. Tikuyembekezera kulembetsa ana osachepera 300 mukafukufuku amaneyu.

Chidzachitike kwa mwana wanga ndichiyani?

GAWO 1

Tidzayeza msinkhu wa mwana aliyense pogwiritsa ntchito njira ziwiri:

a) Tchati ya ana okwinyimbira (tchati ya pa khoma)

b) Bolodi yoyezera msinkhu.

Izi zizatenga mphindi zokwana 10, poti pakhoza kukhala nthawiina yodikira mkatikati mwa mayezedwe, zoyeza zamsinkhu ndi zachinsinsi ndipo sizidza khumudwisa mwana wanu munjira ina iliyonse.

GAWO 2

Tizamufunsa mwna wanu kuti ayankhe mafunso angapo, kuti tidziwe malingaliro ake panjira ziwilizi. Mafunsowa adzaonanso zimene mwana wanu amadziwa za kukwinyimbira. Nfundo zonse zimene zidzagawanidwe ndi ife, zidzakhala zachinsinsi.

Kafukufuku ameneyu akhala ndi zotsatira zotani pa mwana wanga?

**Zoopsa**

Mwana wanu atenga nawo mbali mu kafukufuku amene ali ndi cholinga chokweza kazindikiridwe ka kunyentchera muno m’Malawi. Pakutenga nawo mbali mukafukufukuyu mwana wanu adzapindula pozindikira za bvuto laku kunkwinyimbira m’Malawi muno.

**Phindu**

Mwana wanu atenga nawo mbali mu kafukufuku amene ali ndi cholinga chokweza kazindikiridwe ka kunyentchera muno m’Malawi. Pakutenga nawo mbali mukafukufukuyu mwana wanu adzapindula pozindikira za bvuto laku kunkwinyimbira m’Malawi muno.

ndani azakhale ndi mwayi kuwona/ kudziwa chilichonse chimene chokhuza ine

Mfundo ina iliyonse imene idzasonkhanitsidwe idzawonedwa ndi mamembala a gulu la kafukufuku okha basi. Mfundozi zidzatetezedwa. Izi zikutanthauza kuti pamene tikulemba kapena kulankhula za nkhani zomwe tidzatenge sitidzagwiritsa ntchito dzina lamwana lenileni. Mfundo zokhazo zimene tikhoza kugawana ndi ena, ndi pokhapokha ngati mwana wanu azatiuze kuti ali pachiophyezoo chachikulu, monga chapathupi lake. Ngakhalebe choncho tidwauza ena pokhapokha titalankhulana kaye ndi mwana wanu.

Kodi zotsatira zidzagwiritsidwa ntchitwanji?

Zotsatira zamukafukufukuyu zidzaulutsidwa kwa anthu ambiri osiyanasiyana kuphatikizapo ogwira ntchito a zaumoyo ku Malawi kuno**.**

Chichitike ndi chiyani ngati mwana wanga sakufuna kutenga nawo mbali?

Mwana wanu atenge nawo mbali pokhapokha ngati iye akufuna; kusatenga nawo mbali sikudzamuika mwana wanu pachiophyezo chinachilichonse. Musanapange chiganizo chotenga nawo mbali kapena ayi, ndipofunikira kuti inu ndi mwana wanu mumvetsetse bwino lomwe zomwe kafukufukuyu akufuna. Funsaani ngati pali chilichonse chimene inu simunamvetsetse.

NDINGAPITE KWA NDANI NGATI NDIKUFUNA KUDZIWA ZAMBIRI

Ngati muli ndi mafunso kapena maganizo za kafukufukuyu, lemberani:

**Wamkulu oyendetsaa kafukufuku**

**Pannapat Chanyarungrojn**

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**Komiti yoona za akafukufuku**

**COMREC (College of Medicine Research and Ethics Committee)**

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| Kafukufuku ameneyu anavomerezedwa ndi komiti yoyang'anira akakafukufuku [Nambala ya kafukufuku]: | COMREC P.06/16/1955 |