



MALAWI LIVERPOOL  
WELLCOME PROGRAMME



KAMUZU  
UNIVERSITY  
OF HEALTH SCIENCES

Nambala ya wotenga nawo mbali:

**CHIKALATA CHA UTHENGA CHA KHOLO/WOYANG'ANIRA MWANA (MATENDA A CHIBAYO  
KUDELA)**

**Gawo lolumikizidwa 5.0 21/05/2025**

**MUTU WAKAFUKUFUKU:** Kusintha kwa zotengera kwa makolo zopezeka m'phuno zimene zimadzetsa kusagwira bwino ntchito kwa mankhwala a antibiotic mthupi potengera malo amene amapangitsa bakiteliya kugwira ntchito kapena ayi zimene zikukhudzana ndi kusintha pa umoyo wa odwala zimene zimadzetsa mavuto ena aumoyo.

**MALO AKAFUKUFUKU:** Blantyre

**MKULU WOYAMBBA WAKAFUKUFUKU:** Dr Brenda Kwambana-Adams

**MKULU WACHIWIRI WAKAFUKUFUKU:** Lucy O'Connor

#### CHIYAMBI

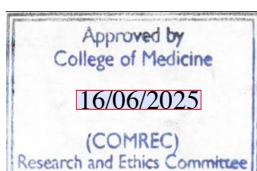
Mwana wanu wapemphedwa kutenga nawo mbali mukafukufuku wokhudzana ndi kunyamulidwa kwa majeremusi komanso zinthu zimene zimadzetsa kusagwira bwino ntchito kwa mankhwala a antibiotic m'phuno mwa ana. Ndichisankho chanu kutenga nawo mbali kapena ayi.

Kafukufukuyu wathandizidwa ndi ndalamu zochokera ku bungwe la Wellcome Trust (bungwe lochita zachifundo limene liri ku UK) ndipo akuchitika ndi bungwe la Malawi Liverpool Wellcome Research Programme(MLW; ku Blantyre, Malawi) mogwirizana ndi Kamuzu University of Health Sciences(KUHes; imene ilinso ku Blantyre, Malawi) ndi Liverpool School of Tropical Medicine(LSTM; imene ili ku Liverpool, UK). LSTM ndi bungwe limene likuyang'anira kafukufukuyu. Kafukufukuyu akhala akuchitika kwa miyezi pafupi-fupi 18. Otenga nawo mbali okwana 312 akuyembekezereka kulembewda mukafukufukuyu.

Kafukufukuyu wavomerezewa ndi makomiti oona za ufulu wa anthu mukafukufuku a College of Medicine Research Ethics Committee (COMREC) ndi LSTM Research Ethics Committee.

Chikalata cha uthenga chawotenga nawo mbalichi chikuthandizirani kupanga chisankho ngati mukufuna mwana wanu atenge nawo mbali mu kafukufukuyu. Chikufotokoza chifukwa chimene tikuchitira kafukufukuyu, zimene zizichitika mukatenga nawo mbali, phindu ndi ziopsyezo zimene zingakhalepo kwa mwana wanu, komanso chimene chidzachitike kafukufukuyu akatha. Tiwerenga limodzi uthengawu ndikuyankha mafunso onse amene mungakhale nawo.

Simukuyenera kupanga chisankho lero kuti mwana wanu atenge nawo mbali mukafukufukuyu. Musanapange chisankho, mukhoza kufuna kulankhula zokhudzana ndi kafukufuku ndi anthu ena, monga: banja lanu, anzanu, kapena wopereka chisamaliro cha umoyo. Khalani omasuka kutero. Ngati inu kapena anthu kuchokera m'banja mwanu komanso anzanu mungafune uthenga woonjezera, chonde musazengereze kulumikizana nafe.





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Mukafukufukuyu, titenga chilolezo chanu pogwiritsa ntchito chikalata cha uthengachi ndi chilolezo. Ngati mungathe kuwerenga, mupatsidwa chikalata cha uthengachi kuti muwerenge pa nonkha kutengera nthawi imene mungakwanitse kutero. Komabe, ngati simungathe kuwerenga, wotolera uthenga wa kafukufuku wophuzitsidwa mwaukadaulo, akuwerengerani chikalata cha uthengachi pamaso pa mboni yanu . Kaya muwerenga nokha, kapena wina akuwerengerani uthengawu, muli ndi ufulu wofunsa mafunso nthawi ina irilonse.

Mukapanga chisankho choti mwana wanu atenge nawo mbali mu kafukufukuyu, mukhoza kutsimikizira chilolezo chanu mu kafukufukuyu posayinira chikalatachi, kapena pogwiritsa ntchito padi ya inki kuti muike chidindo cha chala pa chikalatachi ngati simungathe kuwerenga kapena kulemba. Mupatsidwa chikalata cha uthenga ndi chilolezo kuti mupite nacho kunyumba kwanu. Chonde sungani chikalatachi malo abwino. Uthenga umene mupereke mu kafukufuku usungidwa mwachinsinsi. Uthenga wanu upatsidwa nambala. Dzina lanu ndi /kapena chidindo chanu cha chala sizidzasanthulidwa kapena kugwiritsidwa ntchito mu lipoti lina lirilonse.

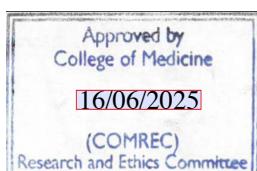
Chonde onesetsani kuti mwawerenga , kapena wina wakuwerengerani ndipo mwamvetsa matsamba onse a chikalata cha uthengachi.

#### KODI CHOLINGA CHA KAFUKUFUKUYU NDI CHANI?

Matenda a muchifuwa akhoza kudwalitsa kwambiri ana ang'ono. Majeremusi amene amayambitsa matenda a muchifuwa akhoza kupanga njira zina zatsopano kuti asaphedwe ndi mankhwala a antibiotic amene amagwiritsidwa ntchito kuthana ndi tiziromboti; izi zimatchedwa: kulephera kugwira bwino ntchito kwa mankhwala a antibiotic, ndipo izi zimapangitsa kuchiza matenda a muchifukwa kukhala kovuta kwambiri. Majeremusi amene amadzetsa matenda amuchifuwa amapezeka m'phuno mwa ana amene sakudwala, majeremuswi amadzetsa matenda akalowa m'mapapo.

Cholina cha kafukufukuyu ndi kuunika za m'mene majeremusi amene amapezeka m'mphuno mwa ana, komanso zinthu zotengera ku mtundu zimene zimapangitsa mankhwala a antibiotics kusagwira bwino ntchito, zimasinthira thandizo la mankhwala a antibiotic likaperekedwa ndi/ kapena akagonekedwa muchipatala chifukwa cha matenda a muchifuwa. Kafukufukuyu aunika ngati kusintha kumeneku kumakhudza m'mene ana amachitira akalandira thandizo la mankhwala a antibiotic pochiza matenda a m'chifuwa.

Kafukufukuyu alemba ana okwana 175 kuchokera kudera komanso ana 175 kuchokera kuchipatala amene ali ndi miyezi pakati pa 12-24. Kafukufukuyu aona tizirombo toyambitsa matenda mwa ana amene sakudwala, ndi ana amene ali ndi matenda a muchifuwa, timene atenga m'mphuno mwawo, komanso ngati tiziromboti sitikufa ndi mankhwala a antibiotic. Pofuna kuchita izi, titenga zoyesa kuchokera m'mphuno mwa ana amene sakudwala ndi ana amene ali ndi matenda a mumchifuwa pogwiritsa ntchito tizipangizo tokhala ndi thonje kunsonga kwake, kenako tigwiritsa ntchito chipangizo chotchedwa **metagenomic sequencing** (chipangizo chounikira ndondomeko imene zotengera kumtundu





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zimalumikizirana kapena kufufuza njira imene zimalumikizirana) ndi cholinga chopeza tizirombo timene tilipo komanso kupeza kuti ndi mankhwala a antibiotic ati amene samagwira bwino ntchito, pomasulira mtundu wa zotengera kumtundu zimene zikupezeaka mu zoyesa za m'mphuno.

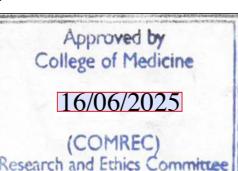
**KUTENGA NAWO MBALI KWANGA MUKAFUKUFUKU KUKHALA KOTANI?**

Mwana wanu wasankhidwa kutenga nawo mbali mukafukufukuyu chifukwa walememberedwa mankhwala a antibiotic pofuna kuchiza matenda a muchifuwa ndipo pakali pano sanagonekedwepo muchipatala. Kutenga nawo mbali kukhudzana ndi kutolera uthenga wa munthu komanso zoyesa kuchokera kwa mwana wanu pa maulendo awiri akafukufuku. Mwana wanu akuyembekezereka kukhala mukafukufuku kwa miyezi itatu. Ulendo woyamba wakafukufuku uchitikira ku chipatala chakudela mwana akangolemedewa mukafukufukuyu; ulendo wachiwiri wakafukufukuyu ukhala wakunyumba pakatha miyezi itatu. Zokambirana zina zirizonte za kafukufukuyu zitenga pafupi-fupi ola limodzi.

Pa ulendo woyamba tigwiritsa ntchito tzipangizo tiwiri tokhala ndi thonje kunsonga kwake pofuna kutenga zoyesa mkaati mwa kuseri kwa mphuno ya mwana wanu; tzipangizo tokhala ndi thonje kunsonga kwake tidzayedewa pofuna kupeza ngati tili ndi majeremusi, kuphatikizapo mavailasi ndi bakiteliya. Kachipangizo kamodzi kokhala ndi thonje kunsonga kwake kayezedewa pogwiritsa ntchito njira yotchedwa metagenomic sequencing pofuna kupeza majeremusi a bakiteliya komanso kusagwira bwino ntchito kwa mankhwala a antibiotic; kachipangizo kena kokhala ndi thonje kunsonga kwake kayezedewa pofuna kupeza zotengera kumtundu za majeremusi a vairasi pogwiritsa ntchito njira ina, njira yotchedwa: polymerase chain reaction. Titenganso mikodzo kwa mwana wanu kuti tiyese ngati pali maantibayotiki; izi zitengedwa pogwiritsa ntchito thumba lotengera mikodzo kwa ana, kapena botolo losamalidwa bwino. Muulendo wachiwiri wakafukufukuyu tigwiritsa ntchito kachipangizo kamodzi koning' a kokhala ndi thonje kunsonga kwake pofuna kutenga zoyesa kuchokera mkaati mwa kuseri kwa mphuno za mwana wanu; izi ziyesedwanso pogwiritsa ntchito njira yotchedwa: metagenomic sequencing pofuna kupeza majeremusi a bakiteliya ndi zinthu zimene zimadzetsa kusagwira bwino ntchito kwa mankhwala a antibiotic mthupi.

Tikhoza kufufuza zinthu zoonjezera pa zoyesa pofuna kuyankha mafunso akafukufuku. Zoyesa za m'mphuno zimene zitengedwe zitumizidwa ku UK kuti zikaunikidwe moonjezera zimene sizichitika ku Malawi. Choncho, zotsatira kuchokera mukafukufukuyu sizidzasintha thandizo la mankhwala amene mwana wanu amalandira akakhala ndi matenda a muchifuwa. Zinthu zina zirizonte zotengera kumtundu zopezeka pa tzipangizo totengera zoyesa m'phuno za mwana wanu zidzaonongedwa komanso kusagwiritsidwa ntchito ina iriyonse yofufuza. Zotengera kumtundu zopezeka mumajeremusi opezeka m'phuno za mwana wanu sizidzaikidwa dzina ndipo sizidzagawidwa kwa ogwira ntchito zakafukufuku ena. Cholina cha ndondomekozi ndikutolera uthenga kuti tiyankhe mafunso akafukufuku.

Tikufunsaniso mafunso okhudzana ndi umoyo wa mwana wanu komanso uthenga wina wokhudzana naye, kuphatikizapo thandizo lina lirilonse la mankhwala a antibiotic amene waladirapo posachedwapa, kugonekedwa muchipatala komanso matenda ena amgona-





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gona amene mwana wanu wadwalapo. Titoleranso uthenga wokhudzana ndi madyedwe a mwana wanu komanso ngati zilipo, zotsatira za kuyezetsa magazi ndi malungo. Tifunsanso mafunso okhudzana ndi zimene zinakulimbikitsani kupanga chiganizo chokapeza chisamaliro chaumoyo cha mwana wanu, kuphatikizapo maphunziro.

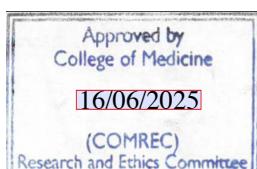
Pofuna kukuthandizirani kukumbukira thandizo lina lirilonse la mankhwala a antibiotic limene mwana wanu amalandira miyezi itatu yakafukufuku, tikupatsani pepala loti muphatikize ndi buku la mwana wanu lakuchipatala; chikalatachi chikhala ndi mabokosi amene mungachonge pofuna kulemba tsiku lina lirilonse limene mwana wanu akumwa mankhwala a antibiotic pamene ali mukafukufukuyu. Kumaliza kulemba chikalatachi ndikosakakamiza. Tidzatenga chikalatachi paulendo womaliza wa mwezi wachitatu wokhala mukafukufukuyu.

Uthenga wokhudzana ndi kuzindikiritsa mwana wanu kwa ena komanso mayankho kuchokera pa mafunso akafukufuku zidzasungidwa mwa chinsinsi. Uthenga wina uliwonse wokhudzana ndi munthu udzasungidwa malo osungira uthenga pamakina a kompyuta pansi pa ndondomeko za mabungwe zotetezera uthenga wachinsinsi.

### NDI PHINDU NDI ZIOPSYEZO ZANJI ZIMENE ZIKHOZA KUKHALAPO MUKAFUKUFUKU?

Kutenga nawo mbali kwa mwana wanu mu kafukufukuyu kutithandizira kumvetsa za m'mene thandizo la mankhwala a antibiotic komanso kugonekedwa muchipatala zimasinthira mtundu wa tizirombo ta majeremusi topezeka mphuno mwa ana komanso kusagwira bwino ntchito kwa mankhwala a antibiotic mthupi. Tili ndi chiyembekezo choti kafukufukuyu atithandizira kuzindikira ngati pali ndondomeko yoonetsa machitidwe a majeremusi opeze ka mphuno mwa ana komanso kusagwira bwino ntchito kwa mankhwala a antibiotics m'thupi zimene zingadzetsa matenda oopsya a muchifuwa amene sachizika ndi thandizo la mankhwala. Ndi zofunikira kwambiri kumvetsa kuti palibe phindu lobwera nthawi yomweyo kapena mwamsanga chifukwa choti mwana wanu watenga nawo mbali mukafukufukuyu; mwana wanu alandira chisamaliro monga mwa masiku onse kuchipatala chaching'ono kapena chachikulu kaya atenga nawo mbali mukafukufukuyu kapena ayi. Komabe, pakhoza kukhala phindu mtsogolo muno ngati kafukufukuyu angasinthe m'mene mankhwala a antibiotics amagwiritsidwira ntchito pochiza matenda a muchifuwa mwa ana. Kafukufukuyu akhozanso kupereka uthenga wokonza ndondomeko zatsopano pa chisamaliro cha ana amene ali ndi matenda a chibayo m'Malawi komanso maiko ena kumene zipangizo zili zopelewera.

Potenga nawo mbali mukafukufukuyu, mwana wanu akhoza kusowa mtendere pang'ono kapena ululu kuchokera malo pamene patengedwa zoyesa kuchokera kuseli kwa m'kati mwa mphuno. Mwa apo ndi apo, nthawi zambiri mwana akakhala ndi matenda a mgona-gona amene amawaika pa chiopsyero chotuluka magazi, akhoza kutuluka magazi m'phuno kwa nthawi yochepa akangotengedwa zoyesa m'phuno. Ndi udindo wa wofufuza kuonesetsa kuti mwana wanu waldira chisamaliro choyenelera pa nthawi imene mukutenga nawo mbali mukafukufukuyu.





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#### **NDI NDANI AMENE AKULIPIRA PA ZOKHUDZANA NDI KUTENGA NAWO MBALI MU KAFUKUFUKUYU?**

Wotenga nawo mbali aliyense adzapatsidwa ndalamu zokwana 17,000 Kwacha zoyendera kuchokera kunyumba kupita ku kafukufuku komanso kukuthokozani chifukwa cha nthawi yanu. Ndalamazi muzidzalandira pa ulendo wina uliwonse wokonzedwa ndi a kafukufuku.

#### **KODI CHINGACHITIKE NDI CHANI NGATI CHINA CHAKE CHALAKWIKA?**

Ngati mwana wanu wavulala mu kafukufukuyu, zimene ndi zokaikitsa, mwana wanu ndi moyenera kupepesedwa kudzera ku inshuransi ya wotenga nawo mbali mukafukufukuyu. Chonde lumikizanani ndi gulu la anthu la kafukufuku kuti muthandizidwe kulemba chikalata choitanitsira ndalamu za chipepesochi. Uthenga wokuthandizirani kulumikizana nawo uli m'munsimu.

Ngati mwana wanu ali ndi inshulansi yachipatala kapena ya moyo wake, mukhoza kufuna kudziwa kuchokera kwa ogwira ntchito ku inshulansi ya mwana wanua ngati kutenga nawo mbali mukafukufukuyu kungakhudze chipepeso chanu.

#### **KODI UFULU WANGA NDI WOTANI?**

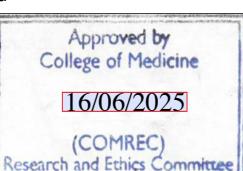
Kutenga nawo mbali kwanu mu kafukufukuyu ndi kosakakamiza, muli ndi ufulu kukana kutenga nawo mbali, kapena kusiya kutenga nawo mbali nthawi ina iriyonse, popanda kukumana ndi zovuta zina zirizone.

Mukapanga chisankho choti mwana wanu asalowe mukafukufukuyu, inu ndi mwana wanu simuimbida mlandu mwa njira ina iriyonse. Inu ndi mwana wanu mulandira chisamaliro cha masiku onse chimene chimaperekeda m'Malawi. Mukasankha kuti mwana wanu atenje nawo mbali, mulinso ndi ufulu wosintha maganizo ndi kutulutsa mwana wanu mukafukufukuyu, kapena pa zinthu zina za kafukufuku, nthawi ina iriyonse. Simukuyenera kupereka chifukwa. Palibe kupereka chindapusa chifukwa chotuluka mukafukufukuyu. Ngakhale mutamutulutsa mwana wanu mukafukufukuyu, mulandirabe chisamaliro chamasiku onse chimene chimaperekeda m'Malawi.

Muli ndi ufulu woona uthenga wokhudzana ndi mwana wanu umene utoleredwe ngati gawo lina la kafukufukuyu ndikudziwitsidwa zokhudzana ndi uthenga watsopano umene upenzeke nthawi imene kafukufukuyu akuchitika. Chinsisi cha mwana wanu chidzatetezedwa pa nthawi imene akutenga nawo mbali mukafukufukuyu. Uthenga wanu wotoleredwa mukafukufukuyu udzaonedwa ndi gulu la anthu la kafukufukuyu, kuonjezera apo, komiti yoona za ufulu wa anthu mukafukufuku, opanga malamulo kumalawi ndi woyang'anira kafukufuku.

#### **CHITETEZO**

Gulu la anthu la kafukufuku ndi otolera uthenga mukafukufuku akuyembekezereka kukhala ndi khalidwe loyenerera komanso kukhala odalirika nthawi zonse ndikutsatira malamulo a





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anthu ogwira ntchito ku bungwe la MLW. Izi zikutanthauza kuti sakuyenera kukupemphani Ndalamu, thupi lanu kapena kugonana nanu pobwezera kutenga nawo mbali mukafukufukuyu. Ngati mwana wanu angakumane ndi nkhanza, kupwetekedwa mtima kulikonde kapena kusasamalidwa ndi membala wa gulu la ogwira ntchito mukafukufukuyu, mukhoza kulumikizana ndi oona za chitetezo MLW poimba foni pa: 0993474061. Mukhoza kuimba pa nambalayi nthawi ina iriyonse. Mwanjira ina, mukhoza kupeza thandizo kuchokera ku One Stop Centre ku chipatala chachikulu cha Queen Elizabeth (0999 777 292, 0887 360 740 (uphungu) kapena ([onestopcentre.bt@gmail.com](mailto:onestopcentre.bt@gmail.com)).

#### CHICHITIKE NDI CHANI KAFUKUFUKUYU AKATHA?

Zotsatira za kafukufukuyu zidzapezeka kugulu la anthu pokha-pokha ogwira nawo ntchito onse oyenelera kuphatikizapo COMREC, unduna wa zaumoyo ku Malawi ndi ogwira nawo ntchito ena akapereka chilolezo. Maka-maka izi zichitika mkatiki-mkati mwa zaka ziwiri zakutha kwa kafukufukuyu. Zotsatira zimene ziperekedwe zidzagawidwa kwa otenga nawo mbali kafukufukuyu akangotha kudzera muzochitika za anthu kudela. Zotsatira zomaliza za kafukufukuyu zidzagawidwanso kwa otenga nawo mbali mkatiki-mkati mwa zaka ziwiri zakutha kwa kafukufukuyu kudzera muzochitika zofananirako ndi izi.

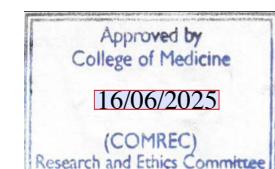
Uthenga wakafukufukuyu zimene zingakuzindikirtseni kwa ena, kapena mwana wanu zidasungidwa kwa zaka zosaposera 10 kafukufukuyu akatha. Uthenga umene sungakuzindikirtseni inu kapena mwana wanu kwa ena zidasungidwa kuti zisanthulidwe moonjezera maka-maka pa cholinga chogwirizana ndi kafukufukuyu kuposera nthawayi. Zoyesa zonse zimene zitengedwe nthawayi zisungidwa kwa zaka 5 kafukufukuyu akatha.

Zoyesa zimene zitoleredwe pa mwana wanu zisungidwa mu filiji kumalo athu oyezera zinthu zisanayezedwe. Tikupempha chilolezo chanu kuti tisunge zoyesazi; kusunga zoyesazi kuti zidzagwire ntchito muakafukufuku amtsogolo ndikochita kusankha. Tipemphanso chilolezo chanu kuti titumize gavo lina la zoyesazi kumalo oyezerako zinthu kumaiko ena kuti zidzayezedwe nthawi ina. Maiko awa ndi monga: UK ndi maiko ena ndithu. Tidzasunga zoyesa zanu mumafuliji ndi nambala yanu yakafukufuku basi. Zoyesazi sizikhala ndi dzina la mwana wanu, kapena adilesi. Anthu ogwira ntchito ku malo oyezerako zinthu kumaiko ena sadzakwanitsa kuzindikira mwana wanu. Zoyesazi zidzagwiritsidwa ntchito pazolingu za kafukufuku basi. Ngati simukufuna kuti zoyesa za mwana wanu zitumizidwe ku maiko ena kapena mukasinthia maganizo nthawi ina, mukhoza kupempha kuti zoyesa za mwana wanu zionongedwe.

Kulumikizana nanu mtsogolo muno pa akafukufuku ena mtsogolo muno ndi MLW, KUHeS komanso LSTM ndikochita kusankha.

#### NDINGALUMIKIZANE NDI NDANI NGATI NDIKUFUNA KUDZIWA ZAMBIRI KAPENA NGATI NDILI NDI NKHAWA?

Ngati muli ndi mafunso ena aliwonsene, nkhawa kapena madandaulo pa gavo lina lirilonse la kafukufuku, mwana wanu akhoza kulumikizana ndi:





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Nambala ya wotenga nawo mbali:

Dzina: Roseline Nyirenda

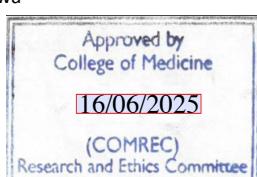
Udindo: Project Manager

Nambala ya foni: +265 998 45 12 98 kapena +265 882 44 98 70

Email: rnyirenda@mlw.mw

Mwanjira ina, mukhoza kulumikizana ndi wapampando wa komiti yoona za ufulu wa anthu mukafukufuku ya College of Medicine Research and Ethics Committee (COMREC), poimba foni pa namabalayi: 0888 118 993, polemba email ku [comrec@medcol.mw](mailto:comrec@medcol.mw) kapena kudzera pa adilesiyi , COMREC Secretariat, Kamuzu University of Health Sciences, P/bag 360, Blantyre 3.

Kafukufukuyu waunikidwa ndi kuvomerezedwa ndi komiti yoona za ufulu wa anthu mukafukufuku ya College of Medicine Research and Ethics Committee (COMREC) ku Blantyre. Iyi ndi komiti imene imaonesetsa kuti otenga nawo mbali ndi otetezeka kuti asavulale.





MALAWI LIVERPOOL  
WELLCOME PROGRAMME



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Nambala ya wotenga nawo mbali:

**CHIKALATA CHA CHILOLEZO CHA KHOLO/WOYANG'ANIRA MWANA (MATENDA A CHIBAYO  
OTENGERA KU NYUMBA) (Chikalata cha wotenga nawo mbali V5.0 21/05/2025)**

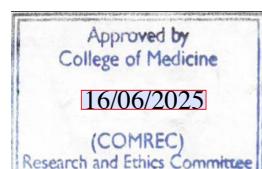
Dzina la wotenga nawo mbali \_\_\_\_\_

[Dzina la wotenga nawo mbali, Nambala ya wotenga nawo mbali zilembedwe kholo kapena woyang'anira mwana akasayinira kapena kudinda ndi chala pa chikalata cha chilolezo]

**KUSINTHA KWA ZOTENGERA KWA MAKOLO ZOPEZEKA M'PHUNO ZIMENE ZIMADZETSA KUSAGWIRA  
BWINO NTCHITO KWA MANKHWALA A ANTIBIOTIC MTHUPI POTENGERA MALO AMENE  
AMAPANGITSA BAKITELIYA KUGWIRA NTCHITO KAPENA AYI ZIMENE ZIKUKHUDZANA NDI KUSINTHA  
PA UMoyo WA ODWALA ZIMENE ZIMADZETSA MAVUTO ENA AUMOYO**

*Chonde yankhani mafunso otsatirawa poyika zilemba zoyambilira za dzina lanu kapena  
chidindo cha chala ngati simungathe kulemba kapena kuwerenga payankho loyenelera*

1. Ndawerenga/ndawerengedwa chikalata chauthenga cha wotenga nawo mbali cha kafukufukuyu ndipo ndafotokozeredwa tsatane-tsatane wa kafukufukuyu.
2. Mafunso anga okhudzana ndi kafukufukuyu ayankhidwa mwakukhutira kwanga ndipo ndikumvetsa kuti ndikhoza kufunsa mafunso oonjezera nthawi ina iriyonse.
3. Ndikumvetsa kuti ndili ndi ufulu wotuluka mukafukufukuyu nthawi ina iriyonse popanda kupereka chifukwa komanso popanda kukumana ndi mavuto pamene ndikupeza chisamaliro chaumoyo chamasiku onse.
4. Ndikuvomereza kuti ogwira ntchito yakafukufuku ayendere mwana wanga kunyumba panthawi imene kafukufukuyu akuchitika ngati mbali imodzi ya zochitika mukafukufukuyu.
5. Ndikupereka chilolezo choti gulu la anthu la kafukufuku lilumikizanenso nane kuti ndiperekenco chilolezo kuti zoyesa za mwana wanga zigwiritsidwe ntchito mu akafukufuku ena/akafukufuku oonjezera kapena kutenga nawo mbali mumafunso oonjezera amene sanatchulidwe muchikalata chauthengachi koma ogwirizana ndi kafukufukuyu. Ndikumvetsa kuti mwana wanga akhoza kutenga nawo mbali mukafukufukuyu ngakhale nditakana kuti ochititsa kafukufuku alumikizanenso nane kapena kukana kuperekanso chilolezo.
6. Ndikuvomereza kugawana uthenga wa mwana wanga wopanda dzina (i.e. wopanda zinthu zimene zingamuzindikirite kwa ena monga dzina lanu ndi adilesi) ndi ochititsa kafukufuku dziko lonse lapansi (uthenga woenedwa ndi anthu onse) kwa nthawi yaitali komanso pacholinga china chirichonse ndikulemba uthenga umene apeze mumabuku asayansi.





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7. Ndikuvomereza kuti ochititsa kafukufuku aone buku la mwana wanga lakuchipatala ndikupikitsa uthenga wofunikira posalemba dzina la munthu(i.e posaika uthenga wachinsinsi monga dzina lanu ndi adilesi).

8. Ndikuvomereza kuti zoyesa zitengedwe m'phuno mwa mwana wanga ndi mikodzo, ndikusungidwa kwa zaka 5 kafukufukuyu akatha pacholinga cha kafukufukuyu.

9. Ndikumvetsa kuti gawo lina lazoyesa za mwana wanga ziyezedwe kumaiko akuulaya komanso ndikuvomereza kuti zoyesazi zitumizidwe maiko akuulaya pacholinga cha kafukufukuyu.

10. Ndikumvetsa kuti kutenga nawo mbali kwa mwana wanga ndikosakakamiza. Ndikumvetsa kuti ndikhoza kutulutsa mwana wanga mukafukufukuyu nthawi ina iriyonse.

11. Ndikumvetsa kuti uthenga wokhudzana ndi ine udzagwiritsidwa ntchito potengera malamulo a kafukufuku amene akuchitika pantchito imene ikuchitika potengera zofuna za anthu komanso zolina zosunga uthenga, kuchita kafukufuku komanso kuchita chiwerengero.

Dzina la kholo kapena woyang'anira mwana (woyimira kholo/woyang'anira mwana ovomerezeka)*	Tsiku	Siginichala (kapena chidindo cha chala cha kholo/woyang'anira mwana amene sangathe kulemba kapena kuwerenga )
Dzina la mboni yosakondera(kwa makolo kapena oyang'anira mwana amene sangathe kulemba kapena kuwerenga)**	Tsiku	Siginichala
Dzina la membala wa gulu la anthu la kafukufuku amene akupempha chilolezo	Tsiku	Siginichala

\*Ubale pakati pa kholo kapena woyang'anira mwana ndi wotenga nawo mbali mukafukufukuyu:\_\_\_\_\_

\*\* Ubale pakati pa mboni yosakondera ndi kholo kapena woyang'anira mwana:\_\_\_\_\_

