



Nambala ya wotenga nawo mbali: \_\_\_\_\_

**CHIKALATA CHA UTHENGA CHA KHOLO/WOYANG'ANIRA MWANA (KUGONEKEDWA MUCHIPATALA KOYAMBA CHIFUKWA CHA CHIBAYO)  
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 WOYAMBA WAKAFUKUFUKU:** Dr Brenda Kwambana-Adams

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

**MAU OYAMBA**

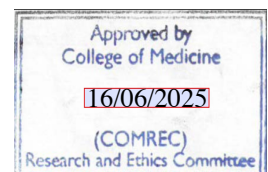
Mwana wanu wapemphedwa kutenga nawo mbali mukafukufuku wokhudzana ndi kunyamulidwa kwa majeremusi komanso zinthu zimene zimadzetsa kusagwira bwino ntchito kwa mankhwala a antibiotic m'phuno mwa ana. Ndichisankho chanu kutenga nawo mbali kapena ayi.

Kafukufukuyu wathandizidwa ndi ndalama 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 kulembedwa mukafukufukuyu.

Kafukufukuyu wavomerezedwa ndi makomiti oona za ufulu wa anthu mukafukufuku a College of Medicine Research Ethics Committee (COMREC; mogwirizana ndi KUHeS, ndipo makomitiwa ali ku Blantyre, Malawi) ndi LSTM Research Ethics Committee imene ili ku Liverpool, UK).

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 chichitike 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.



Nambala ya wotenga nawo mbali: \_\_\_\_\_

Mukafukufukuyu, titenga chilolezo chanu pogwiritsa ntchito chikalata cha uthengachi ndi chilolezo. Ngati mungathe kuwerenga, mupatsidwa chikalata cha uthengachi kuti muwerenga 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 kafukufukuyu 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 zoti 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, majeremusiwa amadzetsa matenda akalowa m'mapapo.

Cholinga cha kafukufukuyu ndi kuunika za m'mene majeremusi amene amapezeka m'phuno 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'phuno mwawo, komanso ngati tiziromboti sitikufa ndi mankhwala a antibiotic. Pofuna kuchita izi, titenga zoyesa kuchokera m'phuno mwa ana amene sakudwala ndi ana amene ali ndi matenda a muchifuwa pogwiritsa ntchito tizipangizo tokhala ndi thonje

Nambala ya wotenga nawo mbali: \_\_\_\_\_

kunsonga kwake, kenako tigwiritsa ntchito chipangizo chotchchedwa **metagenomic sequencing** (chipangizo chounikira ndondomeko imene zotengera kumtundu zimalumikizirana kapena kufufuza njira imene zimalumikizirana) ndi cholinga chopeza tiziroombo timene tilipo komanso kupeza kuti ndi mankhwala a antibiotic ati amene samagwira bwino ntchito, pomasulira mtundu wa zotengera kumtundu zimene zikupezeka mu zoyesa za m'phuno.

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

Mwana wanu wasankhidwa kutenga nawo mbali mukafukufukuyu chifukwa chakuti wagonkedwa muchipatala ndikupatsidwa thandizo la mankhwala a antibiotic pofuna kuchiza matenda a muchifuwa, koma sanagonekedwepo muchipatala m'buyomu. Kutenga nawo mbali kukhudzana ndi kutolera uthenga wa munthu komanso zoyesa kuchokera kwa mwana wanu pamaulendo atatu akafukufuku. Mwana wanu akuyembekezereka kukhala nawo mukafukufukuyu kwa miyezi itatu. Ulendo woyamba wakafukufuku uchitikira muchipatala akangolembedwa mukafukufukuyu, ulendo wakafukufuku wachiwiri uchitikira muchipatala tsiku limene mwana wanu watulutsidwa muchipatala, ndipo ulendo wakafukufuku wachitatu udzakhala ulendo woyenderedwa kunyumba pa miyezi itatu atamaliza kuyenderedwa pa ulendo woyamba wakafukufuku. Zochitika mukafukufukuyu zitenga pafupi-fupi ola limodzi.

Paulendo woyamba wakafukufukuyu tigwiritsa ntchito tizipangizo tiwiri toning'a tokhala ndi thonje kunsonga kwake pofuna kutenga zoyesa mkati mwa mphuno za mwana wanu; tizipangizo tokhala ndi thonje kunsonga kwake tidzayezedwa pofuna kupeza ngati tili ndi majeremusi, kuphatikizapo mavailasi ndi bakiteliya. Kachipangizo kamodzi kokhala ndi thonje kunsonga kwake kayezedwa pogwiritsa ntchito njira yotchchedwa metagenomic sequencing pofuna kupeza majeremusi a bakiteliya komanso kusagwira bwino ntchito kwa mankhwala a antibiotic; kachipangizo kena kokhala ndi thonje kunsonga kwake kayezedwa pofuna kupeza zotengera kumtundu za majeremusi a vairasi pogwiritsa ntchito njira ina, njira yotchchedwa: 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 ndi wachitatu wakafukufukuyu, tigwiritsa ntchito kachipangizo kamodzi koning'a kokhala ndi thonje kunsonga kwake pofuna kutenga zoyesa kuchokera kuseri kwa mkati mwa mphuno; izi zidzayezedwa pogwiritsa ntchito njira yotchchedwa: metagenomics sequencing pofuna kuzindikira majeremusi a bakiteliya ndi zinthu zawo zimene zimadzetsa kusagwira bwino ntchito kwa mankhwala a antibiotic mthupi.

Tikhoza kuchita kafukufuku woonjezera pa zoyesa pofuna kuyankha mafunso akafukufuku. Zoyesa za m'phuno zotengedwa pa mwana wanu zikhoza kutumizidwa ku UK kuti ziyezedwe moonjezera pa zoyesa zimene zisingachitike ku Malawi. Choncho, Zotsatira za kafukufukuyu sizisintha thandizo la mankhwala limene mwana wanu amalandira akadwala matenda a muchifuwa. Zotengera kumtundu zina zirizonse za mwana wanu zotengedwa m'phuno pogwiritsa ntchito kachipangizo koning'a kokhala ndi thonje kunsonga kwake zidzatayidwa ndikusagwiritsidwa ntchito pa akafukufuku wina aliyense. Zotengera kumtundu kuchokera

Nambala ya wotenga nawo mbali: \_\_\_\_\_

mu majeremusi opezeka kukachipangizo kotengera zoyesa za m'phuno kuchokera kwa mwana wanu kokhala ndi thonje kunsonga kwake sikadzalembedwa dzina, ndikugawidwa kwa ochititsa kafukufuku ena. Cholinga cha ndondomekozi ndikutolera uthenga kuti tiyankhe mafunso akafukufuku.

Tikufunsaninso mafunso okhudzana ndi umoyo wa mwana wanu komanso uthenga wina wokhudzana ndi mwanayu, kuphatikizapo thandizo lina lililonse la mankhwala a antibiotic laposachedwapa, kugonekedwa muchipatala ndi vuto laumoyo limene mwana wanu anakumanapo nalo. Titoleranso uthenga wokhudzana ndi madyedwe a mwana wanu komanso, ngati zakudyazo zilipo, zotsatira zakuyeza kupelewera kwa magari mthupi ndi malungo. Tikufunsaninso mafunso okhudzana ndi zinthu zimene zimakuthandizira kupanga chiganizo chopeza chisamaliro chaumoyo cha mwana wanu, kuphatikizapo maphunziro.

Pofuna kukuthandizani kukumbukira uthenga wokhudzana ndi thandizo la mankhwala a antibiotic amene mwana wanu amalandira pa miyezi itatu ya nthawi ya kafukufukuyu, tikupatsani chikalata choti muphatikize kubuku la kuchipatala la mwana wanu pa nthawi yonse yakafukufukuyu; chikalatachi chikhala ndi mabokosi amene mukuyenera kuchonga pofuna kulemba tsiku lina lililonse limene mwana wanu akulandira mankhwala a antibiotic pamene akutenga nawo mbali mukafukufukuyu. Kumaliza kulemba chikalatachi ndikosakakamiza. Titenga chikalatachi pamapeto a ulendo womaliza wa kafukufuku wa miyezi itatuyu.

Uthenga umene ungazindikiritse mwana wanu ndi mayankho kuchokera pa mafunso akafukufuku zidasungidwa mwachinsinsi. Uthenga wina uliwonse wokhudzana ndi munthu udzasungidwa mopanda dzina pa makompyuta otetezedwa ndi malamulo a mabungwe.

#### 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 opezeka m'mphuno mwa ana komanso kusagwira bwino ntchito kwa mankhwala a antibiotics m'thupi zimene zingadzitse 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 wokonzana ndondomeko zatsopano pa chisamaliro cha ana amene ali ndi matenda a chibayo m'Malawi komanso maiko ena kumene zipangizo zili zopelewera.

Nambala ya wotenga nawo mbali: \_\_\_\_\_

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

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

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

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

Ngati mwana wanu wavulala mukafukufukuyu, zimene ndi zokaikitsa, mwana wanu ndi woyenera kupepesedwa kudzera ku inshuransi ya wotenga nawo mbali mukafukufukuyu. Chonde lumikizanani ndi gulu la anthu la kafukufuku kuti muthandizidwe kulemba chikalata choitanitsira ndalama 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 wanu ngati kutenga nawo mbali mukafukufukuyu kungakhudze chipepeso chanu.

#### KODI UFULU WANGA NDI WOTANI?

Kutenga nawo mbali kwanu mu kafukufukuyu ndi kosakakamiza, muli ndi ufulu woletsa mwana wanu kutenga nawo mbali, kapena kusiya kutenga nawo mbali nthawi ina iriyonse, popanda kukumana ndi zovuta zina zirizonse.

Mukapanga chisankho choti mwana wanu asalowe mukafukufukuyu, inu ndi mwana wanu simuimbidwa mlandu mwa njira ina iriyonse. Inu ndi mwana wanu mulandira chisamaliro cha masiku onse chimene chimaperekedwa m'Malawi. Mukasankha kuti mwana wanu atenge 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 chimaperekedwa m'Malawi.

Muli ndi ufulu woona uthenga wokhudzana ndi mwana wanu umene utoleredwe ngati gawo lina la kafukufukuyu ndikudziwitsidwa zokhudzana ndi uthenga watsopano umene upezeke nthawi imene kafukufuku akuchitika. Chinsisi cha mwana wanu chidzatetedwa pa nthawi imene akutenga nawo mbali mukafukufukuyu. Uthenga wanu wotoleredwa

Nambala ya wotenga nawo mbali: \_\_\_\_\_

mukafukufukuyu udzaonedwa ndi gulu la anthu la kafukufukuyu, kuonjezerapo, 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 loyenelera komanso kukhala odalirika nthawi zonse ndikutsatira malamulo a anthu ogwira ntchito ku bungwe la MLW. Izi zikutanthauza kuti sakuyenera kukupemphani Ndalama, thupi lanu kapena kugonana nanu pobwezera kutenga nawo mbali mukafukufukuyu. Ngati mwana wanu angakumane ndi nkhanza, kupwetekedwa mtima kulikonse 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 mkati-kati 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 mkati-kati mwa zaka ziwiri zakutha kwa kafukufukuyu kudzera muzochitika zofananirako ndi izi.

Uthenga wakafukufukuyu zimene zingakuzindikiritseni kwa ena, kapena mwana wanu zidasungidwa kwa zaka zosaposera 10 kafukufukuyu akatha. Uthenga umene sungakuzindikiritseni inu kapena mwana wanu kwa ena zidasungidwa kuti zisanthulidwe moonjezera maka-maka pa cholinga chogwirizana ndi kafukufukuyu kuposera nthawi. Zoyesa zonse zimene zitengedwe nthawi 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 gawo 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 zokhala ndi nambala yanu yakafukufuku yakafukufuku basi. Ngati simukufuna kuti zoyesa za mwana wanu zitumizidwe ku maiko ena kapena mukasintha maganizo nthawi ina, mukhoza kupempha kuti zoyesa za mwana wanu ziongedwe.

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



Nambala ya wotenga nawo mbali: \_\_\_\_\_

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

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

*Dzina: Roseline Nyirenda*

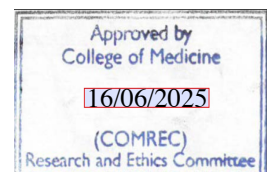
*Udindo: Project Manager*

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*Email: [nyirenda@mlw.mw](mailto:nyirenda@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.



Nambala ya wotenga nawo mbali: \_\_\_\_\_

**CHIKALATA CHA CHILOLEZO CHA KHOLO/WOYANG'ANIRA MWANA (KUGONEKEDWA  
KOYAMBA MUCHIPATALA CHIFUKWA CHA CHIBAYO)  
(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 wotulutsa mwana wanga mukafukufukuyu nthawi ina iriyonse popanda kupereka chifukwa komanso popanda kukumana ndi mavuto pamene ndikupeza chisamaliro chaumoyo chamasiku onse.
4. Ndikupereka chilolezo choti gulu la anthu la kafukufuku liyendere mwana wanga kunyumba pa nthawi imene kafukufukuyu akuchitika ngati gawo limodzi la zochitika za kafukufukuyu.
5. Ndikuvomereza kuti gulu la anthu lakafukufuku lilumikizansenso nane kuti ndiperekenso chilolezo kuti zoyesa za mwana wanga zigwiritsidwe ntchito mtsogolo muno pa akafukufuku ena/akafukufuku oonjezera kapena kudzatenga nawo mbali mumafunso oonjezera akafukufuku amene sanatchulidwe muchikalata cha uthenga cha wotenga nawo mbali koma ogwirizana ndi kafukufukuyu. ndikumvetsa kuti mwana wanga akhoza kutenga nawo mbali mukafukufukuyu ngakhale ndisakufuna kuti ogwira ntchito yakafukufukuyu alumikizansenso nane kapena kuperekanso chilolezo.



Nambala ya wotenga nawo mbali: \_\_\_\_\_

6. Ndikuvomereza kuti uthenga wokhudzana ndi mwana wanga opanda dzina (i.e umene ulibe uthenga wachinsinsi monga: dzina lanu ndi adilesi) ndi ochititsa kafukufuku dziko lonse lapansi (uthenga woopedwa ndi anthu onse) kwa nthawi yaitali komanso pacholinga china chirichonse, ndikulemba uthenga umene apeze mumabuku asayansi.
7. Ndikuvomereza kuti ochititsa kafukufuku aone buku la mwana wanga lakuchipatala ndikufupikitsa 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 ndikosakamiza. 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 zolinga zosunga uthenga, kuchita kafukufuku komanso kuchita chiwerengero.

Nambala ya wotenga nawo mbali: \_\_\_\_\_

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: \_\_\_\_\_