



BUKU LOPHUNZITSA ZA CHITHANDIZO CHOYENERA KWA AMENE ALI NDI HIV



Lokonzedwa ndi kusindikizidwa ndi a Just Associates (JASS) pansi pa kampeni ya **Our Bodies, Our Lives** (Matupi athu, Miyoyo yathu) ku Malawi mogwirizana ndi mabungwe a COWLHA ndi MANERELA+ komanso Unduna wa Zaumoyo ndi thandizo la ndalama lochokera ku Comic Relief.



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Buku Lophunzitsa za chithandizo choyenera kwa amene ali ndi HIV:

Kuthokoza kukupita kwa amayi omenyera ufulu wachibadwidwe komanso amayi omwe ali ndi HIV ku Malawi. Gulu la amaiwa adathandizira kwambiri pakupanga mndandanda wa zochitika pa mikumano, kuyesa ndi kukonzanso zomwe zili mubukuli ndi kachitidwe kake. Bukuli lapangidwa kuti ligwiritsidwe ntchito limodzi ndi flipchart. Flipchart yikuthandizira ntchito yowonetsa zithudzi zomwe zikulongoledwa mu Bukhu Lophunzitsira.

Kusindikizidwa mu February 2024

Olemba Bukhuli: Dr Di Lavies

Kafukufuku ndi kusintha: Dr Di Lavies, Dr Vuyeseka Dubula, Anna Davies and Sibongile Chibwe Singini

Kuyamikira kwa opereka zazikulu: Tikuthokoza onse amene anatengapo gawo polemba ndi kusindikiza bukuli: Dr. Di Lavies ndi Amayi omenyera ufulu wachibadwidwe amene ali mu movement ya Matupi athu Miyoyo yathu mmalawi Kusindikizidwa ndi kupangidwa Bukuli lapangidwa ndi a Just Associates, Southern Africa (JASS SNA) mmalo mwa movement ya Matupi athu, Miyoyo yathu, mothandizidwa ndi COWLHA ndi Manerela+ komanso unduna wa zaumoyo ndi ndalama zochokera ku Comic Relief

Wojambula: Tayla Labensky ndi Donovan

Kasanjidwe ndi Kapangidwe: WE Designs

Omasulira bukuli: Brown Chiwandira, Bowen Kapondera, Ella Chamanga, Dr. Frank Chimbwandira, Sibongile Chibwe Singini ndi amayi omenyera ufulu wachibadwidwe ochokera mu movement ya Matupi athu Miyoyo yathu m'malawi

Ufulu okopera: Mwina kungonenapo ndemanga ngati zolembedwazi ndi zaulele kuti aliyense aigwiritse ntchito kapena ngati chilolezo chikufunika kupemphedwa ku JASS. Ufulu okopera; Zitha kugwiritsidwa ntchito koma mutapereka kuthokoza ku JASS (Gawo lomalizilali ndizomwe mabungwe ambiri amachita ndi zinthu zawo.



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Zochitika zoyambilira komanso zokonzekera maphunziro

Zokhudza maphunzirowa zakonzedwa motere:

- * Masiku anayi (4) a maphunziro
- * Mmagulu a amayi omwe ali ndi HIV okwanila pakati pa 25 ndi 30 machulukidwe
- * Aphunzitsi okwana atatu kapena anayi (3 – 4) pa gulu lililonse
- * Maphunzirowa akonzedwa kufuna kukafikila maboma 10 m'Malawi

Ma uthenga ophunzilira achokera mmabuku awa:

- * JASS Feminist Movement Builders school
- * Mediciens Sans Frontiers (MSF)
- * Malawi Ministry of Health Education flip charts and Malawi Clinical HIV Guidelines 2018
- * USAID (Community Treatment Literacy; 'Recognising Gender Issues in Adhering to HIV treatment', workshop manual)
- * Desmond Tutu HIV Foundation
- * TB/HIV Care

Zipangizo zofunikira pa maphunziro (anthu okwana 30):

- * Masamba 100 ama pepala a saizi ya A4 amitundu itatu yosiyana koma yosawala kwambiri
- * Masamba 100 ama pepala a saizi ya A4 amitundu itatu yosiyana koma yonse yowala kwambiri
- * Timabuku ting'onoting'ono tolebapo koma tomata tokwana 10
- * Mabuku olembapo okwana 30
- * Zolemba 30 (chimodzi wina aliyense)
- * Ma pensulo okhala ndi rabala (zofufutira) okwana 30 (imodzi wina aliyense)
- * Zosongolera pensulo zokwana 5
- * Ma sizasi (zizola) okwana 5
- * Choyimikila ndi kulemba pa mapepala akuluakulu (flipchart stand) ndi nkhatu 4 za mapepala akuluakulu (flipchart sheet pack)
- * Zolemba pa mapepala akuluakulu zamtundu wakuda zokwana 30
- * Zolemba pa mapepala akuluakulu zamtundu wofiira zokwana 30
- * Zolemba pa mapepala akuluakulu zamtundu ina zokwana ziwiri kapena zitatatu
- * Zomatira
- * Zomatira za mtundu wa mMufunseing tape imodzi
- * Chingwe
- * Bokosi la ma sitikala akuluakulu amtundu woyela polembapo mayina

Zina zofunikira:

- * Pepala lolebapo mayina – limodzi tsiku lililonse (lokhala ndi chizindikiro cha mabungwe ogwira nawo ntchito amene ali mbali imodzi ya maphunzirowa)
- * Masatifiketi a onse ochita nawo maphunziro
- * Ma fomu olembapo kuperekedwa kwa chilolezo okwana 30 (onani tsamba 69 mutu 11)
- * Ma fomu olembapo ndemanga za ophunzira okwana 30
- * Zophunzirira za HIV ndi ma ARV zosindikizidwa kale zokwana ziwiri

- * Ma pepala okonzedwa bwino owonetseka ndondomeko ya maphunziro a tsiku loyamba, lachiiwiri, lachitatu ndi lachinayi
- * Chida cha abambo chosema chimodzi
- * Makondomu abambo okwana 30 (imodzi kwa ophunzira aliyense)
- * Chifanifani cha maliseche amzimayi ndi mwamuna
- * Makondomu amayi ndi abambo okwana 30 (imodzi kwa ophunzira aliyense)
- * Chifanifani chamaliseche amzimai
- * Mabotolo a maARV kapena zikutiro zake zophunzitsila
- * Mapepala aku chimbudzi (tissues), zodzisamalira amayi nthawi ya nsambo
- * Jakisoni wamng'ono okwanila 2mls kapena 5mls
- * Buku la unduna wazaumoyo lokamba za HIV ndima ARV
- * Maphukusi okwana 30 olandiritsa ophunzira. Okhala ndi ma annex 2,3,4,5,6,7,9,10 ndi 11
- * Zowonjezela:
 - * Timapakete ting'onoting'ono toyikamo mankhwala tokwana 30 (kamodzi kwa ophunzira aliyense)
 - * Makalilole ang'onoang'ono okwana 30 (kamodzi kwa ophunzira aliyense)
- * Poyamba maphunziro, ophunzira aliyense alandire:
- * Polemba
- * Cholemba
- * Pensulo yokhala ndi rabala (chofufutira)
- * Kaphukusi ka ophunzira kamodzi

Uthenga wa ophunzitsa

KUKONZEKELA MAPHUNZIRO NTHAWI ISANAKWANE

- ✱ Adziwitseni ophunzira ngati mwakonza mayendedwe ndi pogona kapena ayi musanayambe zonse
- ✱ Onetsetsani kuti mwayitana ndi kudziwitsa onse amene mukuthandizana nawo kuphunzitsa
- ✱ Onetsetsani kuti malo opangira maphunziro ndi wofikiridwa ndi wina aliyense
- ✱ Gulani zipangizo zonse zofunika pamaphunziro kukatsala masabata awiri musanayambe maphunziro
- ✱ Mwachidwi onaninso zonse zofunika pa maphunziro kuti mukhale mutadziwa bwino zonse zodzachitika
 - ✱ Limodzi ndi ophunzitsa anzanu – gwirizanani za njira zomwe mukatsate pophunzitsa ndi kumvana za mmene mungagawilane magawo okaphunzitsa, Konzekerani mokwanila
- ✱ Konzani polemba kaundula wa ophunzira komanso masatifiketi a ophunzira awina aliyense

KUKONZA MALO A MAPHUNZIRO

- ✱ Onetsetsani kuti malo ndi akulu ndipo adzakwanila ophunzira 30 ndi ophunzitsa 3 kapena 4
- ✱ Pakhale ma tebulo awiri kapena atatu mbali imodzi ya chipindacho
- ✱ Pakhale mipando yokwanila yoyalidwa mozungulira mbali imodzi, pasakhale matebulo mkati mwake
- ✱ Makoma akhale okwanila
- ✱ Pakhale choyimikila mapepala ophunzitsira (flipchart stand)
- ✱ Pakhale zakumwa ndi zakudya
- ✱ Adziwitseni eniake a malowo kuti ogwira ntchito achimuna sakuloledwa kumalowa muchipinda chophunzirira

ZOFUNIKA KUCHITA MAPHUNZIRO ASANAYAMBE

- ✱ Onetsetsani kuti malo akonzedwa, kuphatikizapo zophunzirira zonse kuti zilipo. Muwunguze ngati chipinda cha maphunziro chili choyenera kuti anthu adzilankhulana ndi kugawana, kukhala koyika mipando mbali imodzi komanso kuti palibe ma tebulo mkati
- ✱ Dzikonzekeretseni nokha – onetsetsani kuti zonse zoti inu muchite patsikulo mwazimvetsetse ndi kuzidziwa. Werengani ngati kuli kofunika kutero chitani kafukufuku kuti mumvetsetse maphunziro onse
- ✱ Mutha kukonza kamphatso monga mapepala odulidwa mwa timitima ndi kuyika pa mpando pa ophunzira aliyense (Munene za chimenechi mmene maphunziro akuyamba, awuzeni kuti mtimawo ukuyimilira kuti iwowo ndi amene ali pamtima pa zonse zochitika komanso kuti zikuwonetsela chikondi cha pa iwo eni ake ndi pa anzawo)
- ✱ Mutsikmikizile kuti ogwira ntchito achimuna salowa mmalo ophunzirira
- ✱ Mukonze chimbale komanso cholemba momwe ophunzira adziponyamo mafunso onse omwe sanayankhidwe pa maphunziro kuti akumbukilidwe kuyankhidwa nthawi ina.

KUKONZEKELA KWA PATSIKU LA MAPHUNZIRO

- ✱ Ophunzitsa onse akumane pamalo amaphunziro mammawa watsiku lililonse ola limodzi maphunziro asanayambe. Funsanani wina ndi mnzake. Mvanani za zochitika za tsiku limenelo. Mugwirizane za amene akhale oyang'anila za mmene maphunziro akuyendera mmkatimo

KACHITIDWE KA ZINTHU PA NTHAWI YA MAPHUNZIRO

- * Gwiritsani ntchito chiyankhulo chomwe mungakonde inu eni ake, ikanimo zitsanzo zoyenera mukuphunzitsa kwanu
- * Tsiku lililonse onetsetsani kuti Mtima-Maganizo-Thupi zilibwino
- * Ophunzitsa afunsi wina ndi mnzake za momwe zinthu zikuyendela panthawi yopumulira
- * Yetsetsani kuchita zonse mu nthawi yomwe mwapatsidwa. Ophunzitsa ena adziwona za nthawi pamene mnzawo akuphunzitsa. Koma, nthawi yomwe inapelekedwa pa phunziro lililonse ndi mlozo chabe, itha kusinthidwa malingana ndi mmene maphunziro akuyendela
- * Ngati maphunziro atsikulo akuchedwa kwambiri mosalingana ndi nthawi, mutha kusiya zochitika za mmagulu kuti mufulumile. Zikatero mafunso onse ammagulu atha kuyankhidwa pa limodzi mmalo a maphunziro
- * Munthu aliyense yemwe amadzitenga kuti ndi mkazi ali olandiridwa ku maphunzirowa
- * Zokhudza kupemphera: Ngati ophunzira onse ali achipembedzo chofanana, pemphero litha kukhalapo maphunziro akamayamba ngati anthu angafune. Ngati sichoncho, ophunzira awuzidwe kuti atha kupemphereratu Kumalo awo ogona maphunziro asanayambe

MFUNDO ZOTSOGOLERA PA MAPHUNZIRO AKUNYADILA CHIZIMAYI

- * Kulimbikitsa kukhulupirirana ndi kuchita zinthu mwa umodzi
- * Kuyamba ndi zinthu zomwe amayi amakumana nazo pa umoyo wawo wa tsiku ndi tsiku
- * Kugwiritsa ntchito nkhani, luso, sewero ndi zinthu zina pofuna kubweretsa kufunsana komasuka kumene kumalimbikitsa maganizidwe ozama ndi kuthandiza kumvetsetsa nkhani za ulamuliro
- * Kulimbikitsa kuphunzira munjira ya kupanga nawo, polunjika pa mavuto odziwika bwino komanso njira zogwirika zothanilana ndi mavutowo
- * Kutsogoza kudziwunika wekha, kukambilana ndi kuchitapo kanthu ngati njira zabwino zophunzirira
- * Tiyambe ndikuziwunika tokha pokambilana komanso pochita zinthu ngati njira imodzi yophunzira kwa ena
- * Kuvomeleza kuti ndife anthu osiyana mmawonedwe athu azinthu, pa nkhani ya mphamvu zakulamulira komanso kuti timatha osagwirizana pa zinthu zina
- * Kuzindikira kufunika kofunso pa zinthu zina zilizonse zomwe ena amangoyelekeza komanso kuyesa kupeza njira zina zomvetsetsela zinthu zoterozo
- * Kugawana mauthenga atsopano omwe angathandize ophunzira kunena za zomwe iwo akukumana nazo ndikuti adzitha kuwona nkhani zomwe zimakhala kuseli kwa zochitika zikuluzikulu kudziko
- * Kubweretsa poyela chiyembekezo, chilimbikitso ndi chisangalalo mwa azimayi
- * Kupereka nthawi yodzisamala iwo eni ndi kudzikonzanso
- * Kusagwirizana kumabweretsa kusintha kwa zinthu, koma alimbikitseni ophunzira kumadziwa kutsutsa ziganizo osati kutsutsa munthu

ZOKHUDZA MALO ONSE OLEMBEDWA "UTHENGA WA OPHUNZITSA" M'BUKHULI

- * Uthenga omwe uli mmalo onse otere ndi womuthandizila ophunzitsa ndi Mfundo komanso machitidwe a phunziro lililonse. Ndi zomuthandiza ophunzitsa kuti Mfundo zonse zakambidwa mokwanila mkati mwa maphunziro komano kuti akumbutsidwe za mwina ndi mwina momwe angafune kuwonjezela
- * Ndi zoyenela kuwerengedwa ndi kumvetsetsedwa ndi ophunzitsa nthawi ya phunziro isanakwane. Ophunzitsa ali ndi ufulu olemba za zimene akayankhule ngati kutero kungawathandize

ZOKHUDZA BUKU LOPHUNZITSIRA LOTCHEDWA TRAINING FLIPCHART

- * Tsamba lililonse la bukuli linalembedwa mauthenga kumbuyo kwake kuti zidzithandizila kufotokoza za zomwe zili mzinthunzi za bukuli
- * Zithunzi zidziwonetsedwa kwa ophunzira pamene ophunzitsa akuwerenga mauthenga omwe ali kuseli kwa tsamba
- * Ndi kwabwino kuti ophunzitsa azidziwa bwino mauthenga onse asanakaphunzitse zomwe zili pa masamba abukuli ndi cholinga chakuti akaziphunzitse mwa ukatswiri

MSONKHANO WA OPHUNZITSA KUMAPETO A MAPHUNZIRO

- * Ophunzitsa onse akumane ndi kukambilana pa mapeto a tsiku lililonse komanso kumapeto a maphunziro
- * Izi ndi zothandiza kuti ophunzitsa akonze zinthu zina molingana ndi zina zobwera mkati mwa maphunziro komanso kukonzekela za tsiku lotsatira



Zomuthandiza ophunzitsa

M'PHUNZITSI OTSOGOLERA NDINDANI?

Ndi munthu amene udindo wake ndi kutsogolera, kuphunzitsa ndi kupanga ophunzira kukhala muchimene chikuphunzitsidwa nthawi zonse ndi kuwonetsetsa kuti liwu la ophunzira aliyense likumveka. Ndime imeneyi yikupereka nzeru zothandizila kaphunzitsidwe kabwino.

KUPHUNZITSA KOTSOGOLERA NDI CHANI?

Kuphunzitsa kotsogolera ndiko kuthandizila kuti maphunziro atheke makamaka pamene maphunziro akukhudza anthu akuluakulu. Mphunzitisiyu ndi amene amatsogolera ophunzira pa mutu womwe ulipo ndipo amawonetsetsa kuti pali kukambilana komanso kuti zonse zikuchitika mopereka mwayi kwa onse ndi mosunga nthawi.

KUSOGOLERA MAPHUNZIRO MWALUSO?

Ophunzitsa adzikhala ndi makhalidwe omuyeneleza komanso ndi luso loyenela pamaphunzitsidwe kuti akathe kuchita bwino ntchito yake. Ophunzitsa abwino ndi amene amakupanga kuphunzira kuwoneka kosavuta pochita zinthu zawo motsogoza nzeru za chibadwidwe zodziwira zinthu, ngakhale pamene anakonzekera mwakuya. Zitsanzo;

- * M'phunzitsi otsogolera wabwino amalemekeza anthu ndi maganizo awo
- * M'phunzitsi otsogolera wabwino amaganiza mwachangu ndi mozama
- * M'phunzitsi otsogolera wabwino ndi amene amatha kupereka uthenga momveka bwino
- * M'phunzitsi otsogolera wabwino amayika chidwi pa zomwe maphunzirowo akufuna kukwanilitsa komanso pa ndondomeko yonse yakachitidwe ka maphunzirowo.

KUKONZEKERA NTHAWI ISANAKWANE

Aphunzitsi otsogolera abwino amapanga ntchito kuwoneka yosavuta, chifukwa amakonzekelatu nthawi isanafike kuti akachite bwino.

MUNTHAWI YA MAPHUNZIRO

- * Fotokozerani zolinga za maphunziro kumayambiliro a zochitika. Ntchito ya otsogolera ndi kuwonetsetsa kuti ophunzira amvetsetse zomwe zikufuna zichitike
- * Mudziwoneka ndi kumveka kuti phunzirolo tili nalo chidwi. Kumawonetsetsa zomwe manja ndi thupi lanu likuchita
- * Malankhulidwe ndi ofunika kwambiri potsogolera maphunziro. Mudzikweza mau anu mokuti ophunzira adzikumvani bwinobwino
- * Gwiritsani ntchito chilankhulo chanu ndi zitsanzo zoyanjana ndi anthuwo kuti ophunzira adzikutsatirani bwino
- * Kumawayang'ana ophunzira nthawi zonse pophunzitsa kuti muziyendera limodzi
- * Gwiritsani ntchito buku lophunzitsira ngati mlozo chabe osati kukhazikika pa zokhazo zili bukuli
- * Khalani ochitachita kuti ophunzira azitha kukutsatirani nthawi yonse ya phunziro lanu. Mutha kugwiritsa ntchito nkhani zomwe ena zinawachitikilapo ngati zitsanzo kuti zophunzitsa zanu ziwoneke zofunika komanso zopasa chidwi
- * Mudziwayamikila ndi kuwazindikila ophunzira nthawi zonse akatengapo mbali mmaphunzirowo
- * Yetsetsani kusunga nthawi.

KUWONETSETSA KUTI ZINTHU ZIKUYENDA MWANDONDOMEKO

- * Ophunzira amakhala ndi zambiri zofuna kuyankhulapo pa maphunziro, koma ngati sipakuwoneka chidwi cholankhula mwa ophunzira, mutha kugwiritsa ntchito njira izi kuti adzilankhula:
 - * Kufunsa mafunso ofunika kafukufuku ozama
 - * Apempheni omwe ali ndi ukatswiri pa nkhaniyo kuti alankhulepo
 - * Kumaloza zala ophunzira kuti alankhule
 - * Kuyambitsa mtsutso pofunsa mafunso osafunika yankho la chindunji
 - * Kupangitsa zochitika zokhudza aliyense kuti ophunzira adzikhala ochangamuka
 - * Kupereka ntchito mmagulu kuti ophunzira onse adzitenga nawo mbali

KUKHAZIKIKA PA ZOCHITIKA KOMANSO KUSUNGA NTHAWI

Gulu lanu litha kukhala ndi zochitika zambiri kuti zikwaniritsidwe mu kanthawi kochepe. Mukakhala ndi anthu okonda zinthu komanso odziwa zambiri mu gulu lanu, ndi chapafupi kulowera ku nkhani zina zadela ngakhalenso mwina kuchedwapo pa phunziro limodzimidzi. Kuti gulu lanu liyike chidwi chonse pa maphunziro anu mutha kugwiritsa ntchito njira izi:

- * Akumbutseni kuti mukuyembekeza kuti onse adzipereka chidwi chawo pa zomwe mukuphunzira
- * Musawope kulibweza gulu likachulutsa zina zochitika ku zokambirana za pamutu omwe muli
- * Mutha kuwutseka mutu wa zokambirana kapena kuwusunga kuti mubwererapo nthawi ina
- * Kuwasiya anthu apange chiganizo

KUTHANA NDI MAKHALIDWE ACHABE

Makhalidwe achabe sakhala cholinga cha munthu wochitayu nthawi zambiri koma amakhala zotsatira za mkwiyo. Penanso mutha kukhala mwakumana ndi ophunzira omwe achotsa chidwi pa maphunziro ndipo akukonda kucheza. Nthawi zinanso mutha kukumana ndi ena omwe zinthu zomwe akudutsamo mmoyo wawo ndi zimene zadzadza mmalingaliro mwawo kwa enanso angokhala a mwano. Zikatero, chitani zinthu modekha pogwiritsa ntchito nthabwala kuti muwabwezeretse mu maphunziro

- * Fotokozaninso za malamulo omwe mukutsatira pa maphunzirowa
- * Lunjikani mafunso anu kwa omwe akuzunguzawo kuti alankhulepo
- * Pemphani thandizo kwa ophunzirawo
- * Ayitanileni pambali omwe akuzunguza nthawi yopumulira

Uthenga wa ophunzitsa

NJIRA ZOMWE MUNGAGWIRITSE NTCHITO PA ZOCHITIKA ZA MTIMA-MAGANIZO-THUPI

(Mmawa wa tsiku lachiwiri, lachitatu ndi lachinayi komanso paliponse pomwe mungafune kuti ophunzira athandizidwe kubwerera mu zochitika zagulu lanu)

1. Kumasuka kwa m'maganizo (Mutu 12, tsamba 70)
2. Mapumidwe akuti upeze bwino ndi kumasuka (Mutu 13, tsamba 73)
3. Kumasuka pogwiritsa ntchito zida (Mutu 14, tsamba 76)

NJIRA ZOMWE MUNGAGWIRITSE NTCHITO POMALIZA TSIKU/KUKUMBUKIRA ZOCHITIKA MUKAFIKA TSIKU LOTSATIRA

1. Mufunzeni ophunzira aliyense kuti atchule mau amodzi omwe angafotokozele za mmene akumvela pakali pano
2. Maso, makutu, mtima:
Zithunzi za makutu, maso ndi mtima zigawidwe kwa ophunzira
Omwe alandira makutu afunsidwe; *"Ndichani chomwe mwamva/munamva lero kapena dzulo?"*
Omwe alandira maso afunsidwe; *"Ndichani chomwe munawona/mwawona lero kapena dzulo?"*
Omwe alandira mtima afunsidwe; *"Ndichani chomwe chakukhudzani lero kapena dzulo?"*
3. Mbatata yamoto;
Pezani mpira, kapena apozi kapena pangani mpira wa mapepala ndikumata bwinobwino. Gulu lonse liyime mumzere wozungulira. Ponyani mpira ngati "mbatata yamoto" kwa ophunzira mmodzi ndikumufunsa kuti atchule chimodzi mwa zimene waphunzira, kenako apereke kwa wina mpaka onse atayankhulapo
4. 2-4-8;
Ophunzira awiri abwere pamodzi ndi kunena za zimene aphunzira tsiku limenelo. Aphantikizane ndi ena awiri kuti akwane 4. Kenako awuzane zomwe aphunzira. Asakanikilane ndi gulu lina kuti akhale 8. Akatero agawanenso zomwe aphunzira
5. Malizani mau awa;
"Chimodzi chomwe ndaphunzira dzulo/lero ndi" Kapena *"Chomwe chinandisangalatsa dzulo/lero ndi"* Kapenanso *"Chomwe chinandisokoneza dzulo/lero ndi"* Kapenanso *"Chinthu chimodzi chomwe sinnachimvetse ndi"* Kapenanso *"Chinthu chimodzi ndikuyamika nacho ndi"*
6. Mpira wokulunga;
Lembani pa mapepala mitu yonse yamaphunziro adzulo, kenako akwinyeni ndikuwayika ngati mipira yokulunga pakati pa bwalo. Pakhale mpira umodzi wa ophunzira aliyense Ophunzira adzitola mpira umodzi ndikuwerenga zomwe zalembedwapo, alankhulepo ndemanga yawo pa mutuwo kenako aponye mpirawo pakati pa bwalo.
7. Khoma la zolembalemba;
Lembani mitu ikuluikulu ya maphunziro pa mapepala akuluakulu ndikupachika mmakoma onse a chipinda chophunzirira. Afunzeni ophunzira akalembe mmene akuwumvela mutu uliwonse kapena alembe funso lomwe angakhale nalo pa mutu uliwonse

8. Nkhani ya lero/dzulo;
Mutakhala mozungulira awuzeni ophunzira akambe nkhani ya zomwe zachitika lero/dzulo. Atha kuyamba ndi kunena kuti – dzulo nditafika ndinawona kenako ampatsile mnzake ayankhule zomwe anawona mpaka nkhani ya zonse zomwe zinachitika itakambidwa. Ophunzitsa atha kumafunsa mafunso otsogolera
9. Barometer;
Pangani Barometer pojambula kachipangizo koyezela kutentha ndi kuzizira (Mwachitsanzo: Lembani kutentha = kusangalala ndi kuzizira = kukhumudwa) kuti mudziyezela mmene ophunzira akuwawonela maphunziro. Mukatero, mudziwafunsa ophunzira kuti alemba mzere kapena dzina lawo pa muyeso umene akuwona kuti ali pa chithunzipo
Kapena, mulembe mau osiyanasiyana pa pepala lalikulu ofotokozela za mmene anthu akumvela (Mwachitsanzo: Kukondwa/kukhumudwa, kuzunguzika/kumvetsetsa, kugwirizana nazo/kusagwirizana nazo). Afunsemi ophunzira kukalemba mayina awo kapena kuyika chizindikiro pansu pa mau amene akuyanjana ndi mmene akumvela
Ophunzitsa atolere mayankho onse – Mwachitsanzo: Zikuwoneka kuti anthu ambiri sali otsimikizika lero, alipo angandiuze chifukwa chake? Ena akuti ndiwosangalala lero, mungandiuze chakusangalatsani lero? Pezani mayankho kwa anthu ochepa amene angakonde kuyankhapo
10. Mu magulu a awiriawiri fotokozani za zomwe zakugwirani mtima lero/sabata ino ndipo Munene mmene mukagwiritse ntchito chimenecho mukabwerera kwanu. Kenako aliyense anene yankho wamva kuchokera kwa mzake kugulu lonse

NDONDOMEKO YA MAPHUNZIRO: TSIKU LOYAMBA

NTHAWI	ZOCHITIKA	MALIRE	TSAMBA
08h30-09h15	MALONJE NTCHITO YOYAMBA – Malonje NTCHITO YACHIWIRI – Kufotokoza za ndondomeko ya OBOL	Mphindi 45 Mphindi 40 Mphindi 5	11 11 11
09h15-09h45	CHIYEMBEKEZO CHA MAPHUNZIROWA NTCHITO YOYAMBA – Mtengo wa chiyembekezo	Mphindi 30	12 12
09h45-10h10 10h10-10h15	KUKONZA MALO OMASUKA NTCHITO YOYAMBA – Kukonza malo omasuka NTCHITO YACHIWIRI – Chilolezo	Mphindi 25 Mphindi 5	13 13 14
10h15-10h35	TEA	Mphindi 20	
10h35-12h30	PHUNZIRO LOYAMBA: MATUPI ATHU NTCHITO YOYAMBA – Kuliwerenga thupi: Ndi mbai ziti za thupi langa zomwe zimandipanga kumva bwino/kumva kuwawa?	Ora limodzi ndi mphindi 55	15 15
12h30-13h30	LUNCH	Ora limodzi	
13h30-14h15	NTCHITO YACHIWIRI – Kujambula ziwalo zathu za chizimayi	Mphindi 45	17
14h15-15h00 15h00-15h30	PHUNZIRO LACHIWIRI: JENDA NDI HIV NTCHITO YOYAMBA – Kutanthauzira nkhani ya kukhala mwamuna kapena mkazi komanso jenda NTCHITO YACHIWIRI – Thunthu la nkhani za jenda komanso za kukhala mwamuna kapena mkazi	Mphindi 45 Mphindi 30	17 17 19
15h30-15h50	TEA	Mphindi 20	
15h50-16h40	NTCHITO YACHITATU – Kuwunguza mmene thupi la mzimayi ndi chilengedwe cha uzimayi zimakhudzanirana ndi chiwopsezo chotenga HIV (Nchifukwa chiyani Grace anatenga HIV?)	Mphindi 50	19
16h40-16h50	Kuphela mphongo kuchokera kwa ophunzitsa/ Kukumbutsana/Kutsekera	Mphindi 10	21

NDONDOMEKO YA MAPHUNZIRO: TSIKU LACHIWIRI

NTHAWI	ZOCHITIKA	MALIRE	TSAMBA
08h30-09h00	MTIMA-MAGANIZO-THUPI	Mphindi 30	23
09h00-09h10	KUKAMBIRANA NDI KUKUMBUTSANA ZA DZULO	Mphindi 10	23
09h10-10h40	PHUNZIRO LACHITATU – DZIKO LOMWE TIMAKHALAMO NTCHITO YOYAMBA – Nyumba yongolamulidwa zochita : Mphamvu ya kulamulira ndi utsogoleri wa azibambo	Ora limodzi ndi Mphindi 30	23 23
10h40-11h00	TEA	Mphindi 20	
11h00-11h30	NTCHITO YACHIWIRI – Nyumba yongolamulidwa zochita : Kusanthula mphamvu za kulamulira	Mphindi 30	24
11h30-12h00	PHUNZIRO LACHINAYI – NDI CHIFUKWA CHIYANI KULI MAPHUNZIRO OZINDIKIRITSA ZA MAKHWALA AMA ARV? NTCHITO YOYAMBA – Phindu la maphunziro ozindikiritsa za thandizo lama ARV	Mphindi 30	27 27
12h30-13h30	LUNCH	Ora limodzi	
13h30-14h00	NTCHITO YACHIWIRI – Tingachepetse bwanji chiopsezo chotenga HIV	Mphindi 30	28
14h00-15h30	NTCHITO YACHITATU – Kumvetsa za mmene HIV imagwirira ntchito ikalowa mthupi la munthu	Ora limodzi ndi Mphindi 30	30
15h30-15h50	TEA	Mphindi 20	
15h50-16h20	PHUNZIRO LACHISANU: TIDZIWE ZA MANKHWALA OTHANA NDI HIV (MA ARV) NTCHITO YOYAMBA – Kuphunzira za ma ARV	Mphindi 30	32 32
16h20-16h45	Kuphela mphongo kuchokera kwa ophunzitsa/ Kukumbutsana/Kutsekera	Mphindi 25	33

NDONDOMEKO YA MAPHUNZIRO: TSIKU LACHITATU

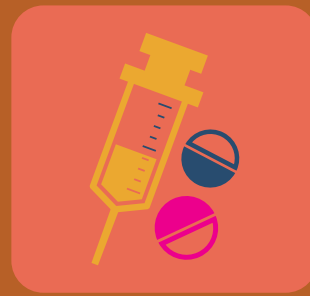
NTHAWI	ZOCHITIKA	MALIRE	TSAMBA
08h30-09h00	MTIMA-MAGANIZO-THUPI	Mphindi 30	34
09h00-09h15	KUKAMBIRANA NDI KUKUMBUTSANA ZA DZULO	Mphindi 15	34
09h15-09h30	PHUNZIRO LACHISANU NDI CHIMODZI: vayilo lodi NTCHITO YOYAMBA – Kumvetsetsa za vayilo lodi (kuchuluka kwa Tizirombo m'thupi)	Mphindi 15	34 34
09h30-10h45	PHUNZIRO LACHISANU NDI CHIWIRI: ZOVUTA ZOMWE ZIMATHA KUBWERA M'THUPI UKAMAMWA MA ARV NTCHITO YOYAMBA – Kuphunzira za zovuta zomwe zimatha kubwera m'thupi ukamamwa ma ARV	Ora limodzi ndi Mphindi 15	34 34
10h45-11h05	TEA	Mphindi 20	
11h05-11h50	PHUNZIRO LACHISANU NDI CHITATU: KUPIMA KWA MA ARV NTCHITO YOYAMBA – Kumvetsetsa za kusagwira ntchito kwa ma ARV	Mphindi 45	35 35
11h50-12h30	PHUNZIRO LACHISANU NDI CHINAYI: KUMWA MA ARV MWANDONDOMEKO NDI MOKHULUPIRIKA NTCHITO YOYAMBA – Phindu la kukhulupirika pa kamwedwe ka ma ARV	Mphindi 40	36 36
12h30-13h30	LUNCH	Ora limodzi	
13h30-14h45	NTCHITO YACHIWIRI – Zinthu zomwe zimakhudza kamwedwe ka ma ARV (Ndi chifukwa chiyani Grace anamwalira?)	Ora limodzi ndi	38
14h45-15h30	NTCHITO YACHITATU – Kupanga dongosolo lako lokhuthandizira kamwedwe kabwino ka ma ARV	Mphindi 15 Mphindi 45	41

15h30-15h50	TEA	Mphindi 20	
15h50-16h30	NTCHITO YACHINAYI – Amayi kuthandizana okhaokha ngati njira yolimbikitsira kamwedwe kabwino ka ma ARV	Mphindi 40	43
16h30-16h45	Kuphela mphongo kuchokera kwa ophunzitsa/ Kukumbutsana/Kutsekera	Mphindi 15	43

Kwa amene angafune: Zokambirana zamchezo nthawi yamadzulo zokhudza kugonana, umoyo wakugonana ndi kukwaniritsidwa pa kugonana

NDONDOMEKO YA MAPHUNZIRO: **TSIKU LACHINAYI**

NTHAWI	ZOCHITIKA	MALIRE	TSAMBA
08h30-08h45	MTIMA-MAGANIZO-THUPI	Mphindi 15	45
08h45-09h15	KUKAMBIRANA NDI KUKUMBUTSANA ZA DZULO	Mphindi 15	45
09h15-10h15	PHUNZIRO LACHISANU NDI CHIMODZI: VAYILO LODI		47
	NTCHITO YOYAMBA – Kumvetsetsa za vayilo lodi (kuchuluka kwa Tizirombo m'thupi)	Mphindi 15	47
10h15-10h30	TEA	Mphindi 20	
10h30-11h00	PHUNZIRO LA KHUMI NDI CHIMODZI: KUDZIWA ZA MALAMULO NDI MITUNDU YA MANKHWALA AMA ARV		49
	NTCHITO YOYAMBA – Kudziwa za malamulo ndi mitundu ya mankhwala ama Arv omwe alipo ku malawi kuno ndi za nkhani zoyeza HIV mmagazi	Mphindi 30	49
11h00-11h30 11h30-12h30	PHUNZIRO LA KHUMI NDI CHIWIRI: NDONDOMEKO YOGWIRIRA NTCHITO NDI KUMANGA UMODZI WOTSOGOZA NKHANI ZA AMAYI		49
	NTCHITO YOYAMBA – Lipoti lofotokoza za ntchito ya OBOL Movement	Mphindi 30	49
	NTCHITO YACHIWIRI – Kupanga ndondemeko zathu za kagwiridwe ka ntchito	Mphindi 60	51
12h30-13h30	LUNCH	Ora limodzi ndi	
13h30-13h50 13h50-14h10	NTCHITO YACHITATU – Tipita kunyumba ndi chani?	Mphindi 20	52
	NTCHITO YACHINAYI – Kutuluka mu Nyumba yongolamulidwa zochita	Mphindi 20	52
14h10-15h00	KUTSEKERA Kupereka maganizo mmene zinthu zayendera Masatifiketi	Mphindi 50	52



TSIKU LOYAMBA

BUKU LOPHUNZITSA ZA
CHITHANDIZO CHOYENERA
KWA AMENE ALI NDI HIV

Aliyense akhale ndi chomuzindikiritsa cholembapo dzina lake polowa!

→ MALONJE

Mphindi 45

08h30 – 09h15

- * Kulandira onse abwera ku maphunziro
- * Aliyense adzifotokoze payekha payekha kuti tidziwane
- * Gawani ophunzira akhale mmagulu a anthu awiriawiri cholinga aliyense akhale oyang'anila mnzake panthawi ya maphunziro.

Uthenga kwa otsogolera

NJIRA ZODZIWANILANA WINA NDI MZAKE

- * Membala aliyense anene dzina lake ndi kutchula chinthu chimodzi choyambila ndi chilembo choyamba cha dzina lake chimene chimamusangalatsa (ndi mau amodzi kapena chiganizo chimodzi). Ndi china chimodzi chomwe sichimusangalatsa
- * Imbani nyimbo imodzi yomwe mukupezekanso wina aliyense yemwe watchulidwa pano
- * Imani mozungulira kupanga bwalo. Wina aliyense anene kuti "Dzina langa ndi" ndi kuomba mmanja pogwiritsa ntchito chiwalo chilichonse cha pathupi panu. Ndipo aliyense ayankhe ndi mau oti "Hello" ndikubwereza ndondomekoyi
- * Imani mozungulira kupanga bwalo moti ophunzira aliyense athe kupeza mwayi oponya lalanje kwa mzake, ndipo mzake owakhayo atchule dzina lake pamene ophunzira onse ayankhe ndi mau oti "Hello" ndi kubwereza ponena dzina lakelo
- * Dzifotokozeni nokha pogwiritsa ntchito mfotokozi yemwe akuyamba ndi chilembo choyamba cha dzina lanu. Mwachitsanzo; Wokongola Wongani, Wamsangala Winnie, Ocheza Oliver.

Otsogolera anenepo za mgwirizano omwe uli pakati pa JASS, MANERELA+, COWLHA; ndi mbiri ya OBOL komanso momwe ntchito ya maphunziro amenewa ikuyendela.

Uthenga kwa otsogolera

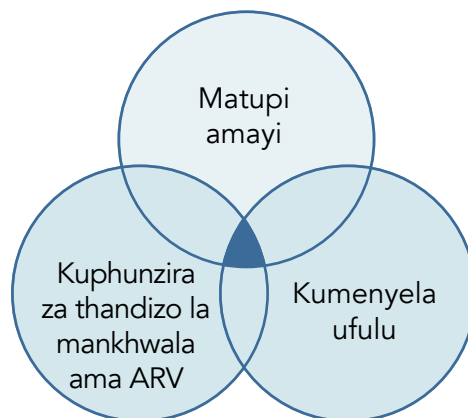
MALONJE OFOTOKOZERA ZA OBOL NDI NDONDOMEKO YAKE

JASS ndi bungwe lomwe limagwira ntchito ndi atsogolera a chizimayi, apangiri, komanso mabungwe osiyanasiyana a padziko lapansi, ku mmwera chakummawa kwa Asia, Meso America ndi kumwera kwa Africa. Bungweli limagwira ntchito ndi azimayi munjira zosiyanasiyana komanso mmadera osiyanasiyana ndi cholinga chomukonzekeretsa mzimayi ndi maphunziro abwino, luso ngakhalenso ndondomeko zabwino zobweretsa kusintha. Takhala tikugwira ntchito ndi amayi omwe anapezeka ndi HIV ku Malawi kuyambira m'chaka cha 2006. Mu chaka cha 2012, mogwirizana ndi bungwe lina lomwe timagwira nalo ntchito, la MANERELA+ tinakhazikitsa kampeni ya Our Bodies, Our Lives (Maupi athu, Moyo wathu) OBOL kuti tithandizile azimayi kubwera pamodzi kufuna kupeza thandizo la ma ARV labwino. Chiyambileni kugwira ntchito imeneyi, amayi akhala akudandaula za kusowa kwa maphunziro owazindikiritsa zama ARV ngati chosowa chawo chachikulu; chosowa chimenechi chinatsimikizidwanso kudzera mu kafukufuku amene tinapanga mu chaka cha 2012 amene anawonetsa kuti pafupifupi amayi onse okumwa ma ARV sadalandirepo maphunziro owazindikiritsa zama ARV kuposa kungodziwitsidwa kuti akuyenera amwe ma ARV moyo wawo onse.

JASS, posakhala bungwe laza umoyo kapena logwira ntchito zokhuza HIV, layesa njira zambiri pofuna kuwonetsetsa kuti chosowa chimenechi chayankhidwa ngati mbali imodzi yokweza kuchita zinthu mu umodzi wagulu la anthu. Mwachitsanzo, pogula zida za community media trust (mu Chichewa ndi chizungu) ndi kulemba ntchito Johanna Ncala (wogwira ntchito zophunzitsa anthu wakale ku bungwe la TAC) kuti tiyike nkhani za kutsogoza amayi maphunziro ozindikiritsa za thandizo lama ARV mu sukulu zophunzitsa kukweza nkhani za amayi (2013). Kuwonjezera apo, Johanna anathandiza kupangidwa kwa timabuku ting'onoting'ono tiwiri tofokozera za kutsogoza amayi pankhani za maphunziro a thandizo lama ARV mu chaka cha 2014 amene anatanthauzidwilanso muchichewa ndi kugawidwa.

Kuchokera kuma pempho ama membala a OBOL, pempho lofuna thandizo la ndalama linaperekedwa limodzi ndi bungwe la MANERELA+ ndikuphatikizapo bungwe la COWLHA ku komiti yowona za HIV ndi EDZI ku bungwe la Comic Relief momwe munali zinthu ngati zotsatira zapa maphunziro ozindikiritsa anthu zama ARV ndi umoyo wabwino wa amayi omwe ali ndi HIV ku Malawi. Kauniuni wathu wa zipangizo zomwe zilipo kale komanso za mmene kusintha kumabwerera pakati pa amayi, watipangitsa kuzindikira gawo ili la nkhani zokweza anthu kugwira ntchito mwagulu kuti zidzikhala zotsogoza amayi (makamaka kulunjika pa matupi a amayi) ndikuti zisangothepa pa kuzindikiritsana zama ARV kapena HIV. Ndi zinthu zokhudza matupi athu ndi umoyo wathu kumbali ya kugonana ndi ma ufulu ake omwe aliko ndipo ndi zotsogoza amayi (kuwunguza nkhani ya mphamvu zathu molingana ndi chibadwidwe chatu ngati amuna kapena akazi momwe amayi omwe ali ndi HIV amapezekamonso). Zipangizo izi kunalibe, kotero tinakhazikitsa kagulu ka anthu kuti kagwire ntchito yotsogoza amayi mu nkhani za thandizo lama ARV – munali amayi omwe ali ndi HIV ochokera ku OBOL, anthu ogwira ntchito zolimbikitsa nkhani za thandizo lama ARV ndi ena ophunzitsa, Ma dotolo omwe amawona za thandizo la anthu amene ali ndi HIV ndi ogwira ntchito ku JASS kuti apange ndondomeko ya maphunziro amenewa. Uwu si nkumano waza maphunziro ofanana ndi mikumano ina, uwu ndi mkumano womwe ukutsogoza amayi pa maphunziro – mmene timayamba ndi nkhani zomwe ife eni tadutsamo, matupi athu ndi miyoyo yathu – ndipo timaphatikizapo kuzindikiritsana ndi kudziwitsana kuti timangilirane tokhatokha komanso wina ndi mzake pogwiritsa ntchito njira zingapo monga ya kudzisamalira iwe mwini – kuti tikatero tikhale ndi uthenga, chidziwitso, ma luso ndi gulu la azathu otizungulira omwe amafunika kuti tikhale ndi moyo wabwino ndikumanga gulu lathu la amai a OBOL kuti ikafikile amayi ambiri.

Jambulani chinthunzi ichi pa pepala lalikulu:



Maphunziro awa ndi pamkumano pomwe matupi amayi, nkhani za kuphunzira za thandizo lama ARV



Chiyembekezo Ku Maphunziro Ano.

ndi kumenyela ufulu zikukumana.

<p>➔ Ntchito yoyamba: Mtengo wa chiyembekezo</p>	Mphindi 30	09h15-09h45
<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> * Kuzindikira zoyembekeza za munthu aliyense ndi kumveketsa zoyembekeza potengera zolinga zenizeni za pulogalamu. * Kuyamba kupanga nyengo yachidziwitso ndi mgwirizano. 	
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> * Jambulani mtengo waukulu pa mapepala akuluakulu awiri ophatikizidwa pamodzi. Matani pa khoma * Dulani mapepala owoneka ngati masamba okwana 30 amtundu wobiriwira (green) ndi enanso 30 odulidwa mowoneka ngati tiziphudu amtundu onga wofiira (pink) * Pepala lalikulu patalembedwa zolinga za maphunziro (onani mmusimu pa mutu wa uthenga wa ophunzitsa) 	
<p>Ntchito/Chochitika</p>	<p>Perekani tsamba limodzi ndi kachiphudu kamodzi kwa ophunzira aliyense.</p> <ul style="list-style-type: none"> * Pa tsambalo, mufunse ophunzira kuti alembe chinthu chimodzi chomwe ndi chiyembekezo chawo pa zomwe ataphunzire/ atakwaniritse pa maphunziro wa * Pa kachiphudu po, mufunse ophunzira kuti alembe chinthu chimodzi chomwe ndi chiyembekezo chawo momwe matupi awo atapindulire ndi maphunziro wa * Ophunzira aliyense awerenge mokweza kenako akamate zolemba zawo pa mtengo uli pa khoma uja. <p>(Kuthokoza eni ake anzeru izi: Nani Zulminarni and Dina Lumbantobing)</p>	

Ophunzitsa alembe zolinga za maphunziro (kuchokera pa mutu wa uthenga wa ophunzitsa uli mmsimu) pa pepala lalikulu ndipo afotokozele, makamaka ngati zasiyana kwambiri ndi zomwe ophunzira analemba

Zoyembekezela zomwe sizingakwaniritsidwe muziyike pambali pazokha, patha kukhala pepala lina la padera kapena muchibotolo chachikulu, ndipo mufotokoze kuti mitu imeneyo itha kukambidwa mwapaderadera mu nthawi yopumulira kapena pa maphunziro ena kutsogolo

Auzeni ophunzira kuti pakutha pa maphunziro tidzakawonanso/kukawonanso zomwe tinayika mu mtengo wathu wa chiyembekezo ngati zakwaniritsidwa.

Uthenga wa ophunzitsa

ZOLINGA ZA MAPHUNZIRO

- * Kupereka malo omasukilana pa nkhani ya kuphunzira ndi kugawana
- * Kuti ophunzira akathe kuwunguza za mmene miyoyo yawo yimakhudzidwira ndi nkhani ya kukhala mamuna kapena mkazi komanso nkhani za kusiyana mphamvu za kulamulira
- * Kuti ophunzira akadziwe zambiri zokhudza HIV ndi mankhwala a ma ARV
- * Kuti ophunzira athe kuzindikira, kumvetsetsa ndi kuchitapo kanthu pa zotsamwitsa zimene zimakhudza kamwedwe kabwino ka ma ARV
- * Kumanga ma ubale ndi kubweretsa amayi pamodzi kuti kufunsa za thandizo labwino lachipatala komanso mankhwala abwino
- * Kuwapatsa ophunzira kuthekera kopanga ziganizo zomwe ndizothandiza mtima-maganizo-thupi ndi umoyo.



Kupanga malo omasukilana mopanda mantha

→ Ntchito yoyamba: Kupereka malo omasukilana

Mphindi 25

09h45-10h10

Zolinga za phunziroli	<ul style="list-style-type: none">* Kupanga limodzi malo amene cholinga chake ndi kupereka mpata womasukilana mopanda mantha kwa wina aliyense muchipindamo, kulongosola za moyo, kuphunzira ndi kugawana.
Zipangizo/kukonzekela	<ul style="list-style-type: none">* mapepala akuluakulu ndi zolemba
Ntchito/Chochitika	<p>Afunseni ophunzira kutseka maso awo.</p> <p>Funsani: <i>Taganizilani nthawi yomwe mmoyo mwanu munamvapo kuti ndinu wotetezeka zedi.</i></p> <p>Ophunzira atsegule mmaso.</p> <p>Funsani: <i>Ngati mukufuna kumva koteroko kukhalenso muno, titani?</i></p> <p>Ophunzira apereke mayankho ndipo ophunzitsa ayikepo ndemanga yake kufikila gulu litagwirizana za mmaene chipindacho chipangidwile kukhala malo achitetezo kwa onse. Ophunzitsa alembe izi pa pepala lalikulu.</p> <p>Funsani: <i>Kodi tonse tikugwirizana nazo talembazi? Tikuvomerezana kutsatira zimenezi?</i></p> <p>Matani pepalalo pakhoma ndipo likhale pompo masiku onse amaphunziro.</p>

Uthenga wa ophunzitsa

MALO OMASUKILANA MOPANDA MANTHA AMATHEKA PAMENE OPHUNZIRA:

- * Akulamulira pa mmene akufunila adzitenga mbali
- * Akumva kulemekezedwa osati kuweluzidwa
- * Akumva kuti ndi ufulu wawo kukhala pa maphunzirowa monga mmene ziliri ndi anzawo ena onse
- * Adziwa kuti zomwe alankhule zikhala za chinsisi
- * Akumva kuti maganizo awo, nkhani zawo ndi mau awo zilemekezedwa

KUMBUKIRANI:

Munthu aliyense amene amadzitenga kuti iye ndi mkazi ndi olandiridwa muno.

MGWIRIZANO UTHA KUKHALA MONGA:

- * Kusungilana chinsisi
- * Kuzimitsa ma foni
- * Kusatulukatuluka pokhapokha pa nthawi yopumulira
- * Kusunga nthawi
- * Osadulana polankhula
- * Aliyense akhale ndi mwayi olankhula
- * Aliyense kutengapo mbali
- * Kusalankhulana nthawi imene wina ali kutsogolo
- * Kupatsana ulemu
- * Kuvomereza kutsutsana/kutsutsidwa
- * Kuchitirana zabwino, kuthandizana ndi kuwonetselana chikondi

ZOKHUDZA PEMPHERO:

Ngati ophunzira onse ali achipembedzo chofanana, pemphero litha kukhalapo maphunziro akamayamba ngati anthu angafune. Ngati sichoncho, ophunzira awuzidwe kuti atha kupemphereratu Kumalo awo ogona maphunziro asanayambe.

➔ Ntchito yachiwiri: Chilolezo

Mphindi 5

10h10-10h15

Zolinga za phunziroli	* Kupempha chilolezo kwa ophunzira kuti tikathe kugwiritsa ntchito nkhani zawo, ndemanga zawo, zithunzi komanso kanema wawo kuchokera mu maphunziro awa.
Zipangizo/kukonzekela	* Ma fomu a JASS operekera chilolezo okwana 30 (onani mutu 11 pa tsamba 69)
Ntchito/Chochitika	* Perekani ma fomu a JASS operekera chilolezo kwa ophunzira aliyense

Uthenga wa ophunzitsa

FOKOTOZANI

Mu maphunziro awa, tikufuna tipange malo omwe tonse titha kukhala omasuka mopanda mantha aliwonse— kuti tithe kugawana nkhani zathu ndi mafunso/nkhawa zathu. Pa chifukwa ichi, chimodzi mwa zomwe tigwirizane ndi kuti ZOMWE TIMVE KUNO, ZITHELE KUNO! Nkhani ya aliyense wa ife ndi yake ndipo palibe wina ali ndi ufulu okayikamba kwina pokhapokha ngati atenga chilolezo kwa mwini wa nkhani.

Chomwechinso chikupita kwa omwe akonza maphunziro wa – nthawi zina timafuna kugwiritsa ntchito nkhani zanu ndi zina zomwe mungakambe kuti tikagawane ndi ena - pofuna kuwakambira za ntchito ya OBOL Movement kuno ku Malawi, kapena kulemba nkhani za kusintha, kapenanso ma lipoti oti tigawane ndi inu komanso pofuna kupeza ndalama ya ntchito iyi.

Tikuyenela kupempha chilolezo chanu kuti tikagwiritse ntchito mau anu, zithunzi zanu komanso kanema wanu. Ichi ndi chifukwa chakuti zinthuzi eni ake ndi inu. Nthawi zina tikamagawana ndi ena nkhani zathu timatha kugawana nawo zinthu zomwe sitingakonde ena adera atazidziwa – ndi chifukwa chake tiyenela kutsimikiza ngati tikuvomeleza kupereka chilolezo. Kumbukirani, mutha kusintha maganizo nthawi ina iliyonse.

Ngati simungafune kuti dzina lanu ligwiritsidwe ntchito, titha kungolembe nkhani yanu popanda kuyikapo dzina lanu lenileni – mmalo mwake tingolembe “Omenyela ufulu wa amayi” kapenanso “membala wa OBOL”.

Simuli okakamizidwa kupereka chilolezo. Mau anu kaya nkhani yanu kapenanso chithunzi chanu chisanasindikizidwe mudzayimbilidwa foni kukufunsaninso ngati mwavomeleza.

- ☀ Lifunsi gulu – *Mukuvomeleza kuti titha kujambula zithunzi zanu?*
Kodi mukutivomela kumalemba zomwe mukuyankhula kuti zikakhale mu lipoti lathu?
- ☀ Kambiranani nkhowa zilizonse ndipo mufotokozele bwino cholinga cha zonsezi
- ☀ Afunsi onse ngati atsimikiza kuti asayine fomu ya chilolezo
- ☀ Ngati eya, mpatseni munthu mmodzi udindo otolera ma fomu a chilolezo pa nthawi yopumulira. Onetsetsani kuti mwawa thandiza onse amene ali ndi vuto lowerenga – chilolezo chikhale kuti akupereka atamvetsetsa.



Tea

Mphindi 20

10h15 – 10h35



Phunziro loyamba: Matupi athu

➔ **Ntchito yoyamba: kujambula ziwalo za pathupi pathu: Ndi ziwalo ziti pa thupi langa zomwe zimandipanga kumva bwino kapena kuwawa?**

Ora limodzi ndi 55 minutes

10h35 – 12h30

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Kuwona za matupi athu ndi umoyo wathu ndi mmene timamvela kusangalala komanso kuwawa ☀ Kuti tiwone kuti kodi amene amakhala ndi mphamvu pa matupi athu ndi ndani ndipo pachifukwa chiyani?
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ☀ Mapepala akuluakulu awiri omatidwa pamodzi aperekedwe kwa ophuzira aliyesnse ☀ Zolembela zoyenela ziwiri za mitundu yosiyana kwa ophuzira awiriawiri
Ntchito/Chochitika	<p>Mu magulu a anthu awiriawiri, ophuzira ajambulane chithunzithunzi cha wina ndi mnzake ma mapepalapo ndipo ndi cholemba chakuda awonetse malo amene amawapatsa kumva bwino. Kenako ndi cholemba chofiira awonetse malo amene amawapatsa ululu/ Kuwawa Afunseni ophuzira awonetse ku gulu. Matani mapepala ojambulidwawa m'makoma</p> <p>Tsogolerani zokambirana</p> <p>Mufunse: <i>Ndi zinthu ziti zofanana zomwe tikuziwona mmatupi ojambulidwawa?</i></p> <p><i>Kodi amayi amalimbikitsidwa kuti azimva bwino pa thupi pawo?</i></p> <p><i>Kodi amayi amalimbikitsidwa kudzithandiza okha kumva bwino?</i></p> <p><i>Kodi ndindani amene amapangira za zomwe zingatipatse kumva bwino kapena kuwawa pa matupi athu?</i></p> <p><i>Ndi ulamuliro otani umene tili nawo kapena tilibe pa matupi athu?</i></p> <p><i>Ngati ife tilibe ulamuliro pa matupi athu, nindani ali nawo?</i></p> <p>Ngati muli ndi malo okwanira, muzisiye zithunzizi m'makoma mpakana tsiku lachitatu pamene mudzakambirane za zovuta zomwe zimabwera ndi mankhwala.</p> <p>Apempheni ophuzira kuti ayamikilane wina ndi mnzake pokumbatirana ndi munthu amene nkhani yake inawakhudza kwambiri.</p>

Ophunzitsa alembe zolinga za maphunziro (kuchokera pa mutu wa uthenga wa ophunzitsa uli mmsimu) pa pepala lalikulu ndipo afotokozele, makamaka ngati zasiyana kwambiri ndi zomwe ophuzira analemba.

Uthenga wa ophunzitsa

NJIRA ZOTHANDIZA PAMENE TAKHUDZIDWA KWAMBIRI MUMTIMA MWATHU

(Kuthokoza: Bungwe la Raising Voices/JASS Facilitator workshop 2016)

Ngati zingachitike kuti chochitika ichi kapena zochitika zina za dzutsa kukhudzika mumtima kwakukulu, pali njira zingapo zomwe ophunzitsa atha kugwiritsa ntchito zikaterere:

- ✳ Ophunzitsa avomeleze kuti pamalo amene pali kumasukilana mopanda mantha ndi sizotheka kuletsetsa kuti anthu awonetsele pamene chinachake chawakhudza mtima; zikachitika muziwone ngati mbali imodzi ya ntchitoyi komanso kuti ndi chothandizila kuchira kwa mumtima
- ✳ Azindikileni ma ululu amumtima komanso omwe akugawana nanu zakuya/zozama – onetsetsani kuti ophunzira adziwe kuti mukuwamvetsela (mutha kumawayang’ana komanso ngati nkotheka kuwakhudza; mubwereze zomwe alankhula kusonyeza kuwazindikira)
- ✳ Pakapita mphindi pang’ono, bweretsanipo chochitika cha gulu lonse – kuti muwabweretse onse pamodzi (mutha kupumila mkati, kugwirana manja ndi zina)
- ✳ Lifunzeni gulu ngati ali ndi chilichonse chofuna kuwayankha omwe akamba nkhani zawo – (mwachitsanzo; kunena kuti “Ndasangalala nayo nkhani yanu; ndatha kuwona kuti mayi anu anali mzimayi wolimba mtima”). Koma, onetsetsani kuti pasakhale kuyambitsidwa kwa nkhani ina
- ✳ Kulingalira – Chotsatira chake ophunzitsa atha kulumikiza zomwe zakambidwazo ndi kunena kuti palibe mphamvu imene ingatiletse kutulutsa zomwe zili mkati mwathu; kunena za mmene tonse timatha kukhudzidwira ndi zinthu zomwe ndi zogwira mtima
- ✳ Chansangala - Mutha kuyimba nyimbo kapena kuchita chinthu chomwe ndi chokweza moyo – mutha kugwiritsa ntchito luso la anzanu ophunzitsa nawo kapena ophunzira ena
- ✳ Lifunzeni gulu ngati mutha kupitiriza zochitika zanu; vomelezani kuti anthu ena atha kufuna atasunthapo kaye kukhala pambali
- ✳ Kulondoloza – kumulondola munthu payekha ndi cholinga chopitiriza kumuthandiza. Izi zichitike ngati ndalama.

 LUNCH (NKHOMALIRO)	Ora limodzi ndi	12h30-13h30
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➔ Ntchito yachiwiri: kujambula ziwalo za pathupi lathu ngati amayi	Mphindi 45	13h30 – 14h15
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Zolinga za phunziroli	✳ Kutithandiza kudziwa ndi kumvetsetsa za ziwalo zakunja ndi mkati mwa thupi lathu ndi mmene zimagwira ntchito.
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ✳ Tsamba 1 ndi 2 la buku la “Flipchart” ✳ Ka kalilole kakang’ono kwa ophunzira aliyense (sizokakamiza kuti zikhalepo)

Ntchito/Chochitika

Pa tsamba limodzi lamu bukhu lawo, ophunzira afunsidwe kujambula mmene akuganizila kuti maliseche awo angawonekele atakhala kuti akuwawona ma kalilole atakhala chogona chagada.

Pa tsamba lina, afunsemi ophunzira ajambule zigawo za mkati mwa maliseche awo (zomwe sitiziwona ndi maso)

Mumagulu a anthu awiriawiri, afunsemi ophunzira awonetsane zomwe ajambula

Kenako mutsogolere zokambirana za gulu.

Mufunse: *Zinali zophweka kapena zovuta?*

Mumamva bwanji mmene mumajambula?

Ndi ziwalo ziti zomwe mmajambula mukuyika?

Awonetseni zithunzi zapa tsamba 1 ndi 2 ya "Flipchart". Bisani malemba ake ndi pepala kenako muwafunse atchule mayina a ziwalo zomwe zalozedwa. Vundukulani mayina ake. Fotokozelani ziwalo za kunjani ndi za mkati. **Dziwani kuti amayi amakhala ndi maliseche osiyana chifukwa ndi anthu awiri osiyana komanso kuti atha kukhala owoneka mosiyana ndi zomwe zili pachithunzi.**

Mufunse: *Kodi amayi ndi oloedwa kudziwa za ziwalo izizi zomwe ndi za pamatupi awo?*

Kodi titha kulemba mayina apa ziwalo izi mu chilankhulo chathu?

Kodi tikuloledwa kugwiritsa ntchito mawu amenewa? Ndi mawu abwino kapena oyipa?'

Izi sizokakamiza kuti zichitike:

Mufunse: *Quietly Mufunse yourselves which parts are important to you?*

Are there other people who have a say about this part that's important to you?

Izi sizokakamiza kuti zichitike:

Perekani kalilole kwa ophunzira aliyense ndipo muwauze kuti usiku akakhala mu chipinda chawokha, akawayang'anitsitse maliseche awo ndi chidwi.



Phunziro Lachiwiri: Jenda Ndi HIV

➔ **Ntchito Yoyamba: Kutanthauzira za kukhala mwamuna kapena mkazi komanso za jenda**

Mphindi 45

14h15 – 15h00

Zolinga za phunziroli	<ul style="list-style-type: none"> ✳ Kufuna kufotokozela kusiyana kwa za kukhala mamuna kapena mkazi ndi nkhani ya ma udindo obwera ndi jenda ✳ Kuwunika za zomwe zimatsatirapo pankhani ya jenda.
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ✳ Pepala lalikulu logawidwa ndi mzere pakati. Mbali imodzi kulembedwe “kukhala mamuna/mkazi”, mbali inayo kulembedwe “ma udindo a jenda”. Matani pakhoma ✳ Tsamba lokhala ndi ziganizo zofotokoza za jenda/kukhala mamuna kapena mkazi (dulani masamba 30, mutu 1). Podula musaphatikize ndi mau olemba kuti “G”/“S”. Kapena, mutha kungokopela ziganizo zonsezo pa mapepala a mitundu yosiyanasiyana.
Ntchito/Chochitika	<p>Malonje: Tayamba kugwiritsa ntchito mau ena lero monga “kugonana” ngati chinthu chimene chimachitika ndi anthu.</p> <p>Mufunse: <i>Koma zili ndi tanthauzo lanji kumakambirana za kugonana kwa anthu ena?</i></p> <p><i>Zimatanthauzanji tikati “kodi ndiwe mauna kapena mkazi?”</i></p> <p>Mubweretseno mau oti “jenda”.</p> <p>Mufunse: <i>Kodi nkhani ya munthu kukhala mamuna kapena mkazi ndi nkhani ya jenda ndi chinthu chimodzi kapena ndi zosiyana?</i></p> <p>Afunseni ophunzira atchule mau omwe amabwera mmutu mwawo akamva mau amenewa – koyamba afunseni za kukhala mamuna/mkazi, kenako afunseni za jenda</p> <p>Lembani mau omwe akutchula pa pepala lalikulu.</p> <p>Mufunse: <i>Tinene kuti mau awiriwa ndi chimodzimodzi? Ngati tikuti ayi, kusiyana kwake ndi kotani?</i></p> <p>Mweringe mokuwa matanthauzo za kukhala mamuna/mkazi ndi jenda (Onani uthenga wa ophunzitsa). Kambiranani ndipo mufotokozele ngati kuli kofunikabe</p> <p>Perekani mapepala okhala ndi ziganizo zofotokoza za kukhala mamuna/mkazi ndi jenda (Mutu 1) – pepala limodzi kwa ophunzira aliyense. Afunseni ophunzira amate chiganizo kumbali yoyenera pa pepala lalikulu lija</p> <p>Konzani pa pepala lalikulu lija ngati ziganizo zina zinayikidwa mbali yosayenela pa mbali ziwiri zija</p> <p>Mutsogolere zokambirana pa mafunso</p>

Mufunse:

Ndi chifukwa chiyani kuli kofunika kusiyanita nkhani ya kukhala mamuna/ mkazi ndi jenda?

Tikuwonapo chani pa ntchito zimene zimayekezedwa kuti ndi zogwira amayi okha tikamayang'ana za ndalama komanso ulemu?

Tikuwonapo chani pa ntchito zimene zimayekezedwa kuti ndi zogwira amuna okha tikamayang'ana za ndalama komanso ulemu?

Chimachitika ndi chani tikatenga ntchito zomwe zimayekezedwa kuti siza amayi?

Kodi nkotheke kuwatsutsa ma udindo omwe jenda imakambidwapo kwambiri?

Uthenga wa ophunzitsa

Nkhani ya **kukhala mamuna kapena mkazi** imafotokoza za kusiyana kwa chibadwidwe cha anthu. Dziwani kuti simatupi onse omwe amakhala mamuna kapena mkazi, anthu ena **amakhala ndi zizindikiro zonse; za mamuna ndi za mkazi ndipo amatchedwa Intersex.**

Ntchito zotengera Jenda ndi chinthu chomwe chimachita kubwera, chimaumbidwa ndi malo omwe tikukhala ndi zotizungulira; imakambanso za kusiyana kwa mmene mphamvu zathu ziiliri pakati pa amuna ndi akazi. Ndi nkhani yomwe yimafotokoza kuti kukhala ma kapena mkazi ndi chani; ndiko kufotokoza kuti tikati chachimuna ndi chani komanso tikati chachikazi ndi chani. Dziko limatikankhira nkhani izizi munjira yomwe imatchedwa **socialisation** (kuphunzira komwe timapeza chifukwa chakuti tili pakati pa anthu ena) yomwe ndi njira imene malamulo amenewa amasanduka kukhala mbali immodzi ya moyo wathu

Ntchito zotengera jendazi zimaphunzitsa munthu adziwe chimenea angakwanitse kuchichita malinga ndi zikhulupiriro zimene zimakhazikitsidwa ndi dziko pa munthu mwa chibadwidwe. Ntchito zotengera jendazi zitha kutsutsidwa.

Ndikofunukira kusiyasiyana pakati pa nkhani ya kukhala mamuna kapena mkazi ndi nkhani ya ntchito zotengera jenda chifukwa amayi ndi abambo ndi anthu osiyana. Zokhoma zambiri pa amayi ndi zokhudza ntchito za jenda osati nkhani yakukhala mamuna kapena mkazi. Izizi zimasiyana potengera mayiko, mitundu komanso madela.

Zindikirani kuti sichinthu chapafupi kuti munthu aliyense amakhala mamuna kapena mkazi. Monga mene titawonele mu chochitika chikubwera patsogolopa, ziganizo zimene tawona zofotokozela mamuna ndi mkazi zili ndi malire. Mwachitsanzo, mwachibadwidwe munthu akhonza kubadwa wamamuna koma akhoza kusankha kukhala mzimayi. Kapena munthu akhonza kusankha osakhala chimodzi mwa ziwirizi, mamuna kapena mzimayi.

➔ **Ntchito Yachiwiri: Thunthu la nkhani za jenda komanso za kukhala mwamuna kapena mkazi**

Mphindi 30

15h00 – 15h30)

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Kuphunzira za kusiyana kwa kudziwa kukhala mkazi kapena mamuna, kudziwa kuti ndiwe mkazi kapena mamuna, kubadwa mamuna kapena mkazi, chisankho chako pa nkhani ya kukhala mamuna kapena mkazi ☀ Kuzindikiritsana kuti mutu uliwonse wa nkhanizi sukuthera pongoyang'ana mbali ziwiri koma ndi nkhani yotambalala
Zipangizo/kukonzekela	☀ Masamba 30 antchito zimene zilizamamuna kapena mkazi ndi nkhani za jenda (mutu 2, tsamba 54)
Ntchito/Chochitika	<p>Awonetseni ophunzira tsamba 3 la Flipchart. Kambiranani gawo lililonse. Ngati ophunzitsa ali omasuka akhonza kukamba nkhani ya iwo eni pa mutu uwu. Kapena, ophunzitsa akhonza kupereka zitsanzo zomwe zikufotokozela kuwonetsa kuti mitu iyiyi sikotheke kuyilekeza pawiri.</p> <p>Perekani chophunzitsira kuchokera pa mutu 2 (Thunthu la nkhani za kukhala mwamuna kapena mkazi ndi za jenda). Funsani ophunzira alembe mwachinsinsi pomwe ali pa mitu ya jenda ndi khani za kukhala mamuna kapena mkazi ndi kuganizira ngati panali nthawi mmoyo mwawo pamene kusankha kwawo kukanakhala kosiyana ndi zomwe alemba pano.</p> <p>Lolani ophunzira afotokoze ngati ali omasuka kutero makamaka kunena ngati nkhani ya kukhala mamuna kapena mkazi ndi za jenda zi zinasinthapo panthawi ina yake mmoyo mwawo</p>

Uthenga wa ophunzitsa

Dziko limaganiza kuti munthu amayenera akhale mamuna kapena mkazi – munthu aliyense amakhala mkazi kapena mamuna. Pali kukamiza kumene dziko limapereka pa munthu kuti akuyenera kukhala chimene anabadwa nacho; mkazi kapena mamuna ndi kuti anthu adzikwatirana mamuna ndi mkazi ndipo chochitika chilichonse chomwe ndi chotsutsana ndi zimene zili zovomelekazi (kapena zophunziridwazi) chimawonedwa ndi chikayiko, mkwiyo ndi chiweruzo.

Nkhani za kukhala mkazi kapena mamuna, kudziwa kuti ndiwe mkazi kapena mamuna, kubadwa mamuna kapena mkazi, chisankho chako pa nkhani ya kukhala mamuna kapena mkazi ndi zachibadwa mu uthunthu wachikhalidwe cha munthu. Munthu aliyense akhonza kukhala paliponse mu nkhani zimenezi. Ndipo pamene munthu ali mu nkhani izizi pakhonza kusintha nthawi ina iliyinse pa moyo wake.

 TEA	Mphindi 20	15h30-15h50
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<p>➔ Ntchito yachitatu: Kuwunguza mmene thupi la mzimayi ndi ntchito zomwe zimatengera jenda zimakhudzanirana ndi chiwopsezo chotenga HIV (Nchifukwa chiyani Grace anatenga HIV?)</p>	<p>Mphindi 50</p>	<p>15h50-16h40</p>
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<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> ✦ Kuwunguza mmene thupi la mzimayi ndi ntchito zomwe zimatengera jenda zimamuyika mzimayi pa chiwopsezo chotenga HIV.
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> ✦ Masamba 30 ophunzitsira mutu uwu (Mutu 3: (Nchifukwa chiyani Grace anatenga HIV?)) ✦ Mapepala 30 ofotokoza zimene zimayika amayi pa chiwopsezo chotenga HIV (Mutu 4) ✦ Mapepala 6 a saizi ya A4
<p>Ntchito/Chochitika</p>	<p>Amayi amapezeke ndi HIV mochulukira kusiyana ndi abambo. Tiwona njira zingapo zimene amayi amakhaira pa chiwopsezo chochuluka chotenga HIV</p> <p>Perekani ndi kuwerenga mokweza nkhani imene ili pa Mutu 3. Mmagulu a anthu 4 kapena 5 kambiranani funso lotsatirali: Funsani:</p> <p>Nchifukwa chiyani Grace anatenga HIV? (Perekani Mfundo zonse zimene zinapangitsa kuti Grace apezeke ndi HIV)</p> <p>Kenako mukabwerera ku gulu: Jambulani chithunzi ichi pa pepala lalikulu.</p> <div data-bbox="517 1350 1422 1890" data-label="Diagram"> </div>

Afunseni magulu kuti apereke zotsatira pa zifukwa zomwe apezeka mu nkhani ya Grace kuti anapezeka bwanji ndi HIV ndipo lembani mfundo zawo pa mapepala akuluakulu mmene azifotokozerana.

Mfundo iliyonse imene yaperekedwa ikhale kuti cholinga chake chafotokozerana bwino kuti inamuyika bwanji Grace pa chiopsezo chochuluka chotenga HIV.

Funsani: *Mavuto a Grace ndi ofanana ndi akazi ena onse m'dziko lathu?*

Pali zifukwa zina zomwe tapeza kuchokera kwa ife eni zomwe zimapanga amayi kukhala pa chiopsezo chochuluka kutenga HIV?

Onjezelani izi pa zomwe mwalembe kale.

Funsani: *Ndi vuto la Grace kuti anatenga HIV?*

Uthenga wa ophunzitsa

NDI CHIFUKWA CHIYANI GRACE ANATENGA HIV?

Thupi:

- * Monga mkazi Grace ali pa chiopsezo chochuluka chotenga HIV kuposa amuna (ndi amene amakhala mbali yolandira, umuna umakhala ndi chiwerengero chochuluka cha Tizirombo ta HIV kuposa chikazi)
- * Anakwatiwa ali pa msinkhu wachichipere kotero minofu yaku maliseche kwake inali yanthete ndi yosachedwa kusupuka pa nthawi yakugonana
- * Grace anali ndi matenda opatsirana pogonana zomwe zimapangitsa kuti atenge HIV mosavuta ngati atagonana ndi munthu wina yemwe ali ndi HIV

Chikhalidwe:

- * Grace anakwatiwa ndi mamuna wamkulu kwa iye ndi zaka 15. Ndi zachidziwikile mamunayu wakhala ndi maubwenzi ena ogonana nawo ambiri m'mbuyomu ndipo izi zinamuyika pa chiopsezo chochuluka chotenga HIV. Choncho, Grace anali pa chiopsezo
- * Grace amayembekezedwa kugwira ntchito yakumunda molimbika ndinso kusamalira ana ake kotero analibe nthawi yokapeza thandizo la matenda opatsirana pogonana omwe anali nawo kuchipatala.
- * Njira zolelera kuphatikizirapo ma kondomu ndi zosavomelezedwa ndi mpingo wake zomwe zimamuyika Grace pa chiopsezo chochuluka chotenga HIV.
- * Mamuna wake wa Grace ndi achibale ake amayembekezera kuti Grace abelekenso mwana wamamuna. Grace alibe chonena pa nkhani ya ubereki wake kuphatikizapo nkhani yogwiritsa ntchito makondomu.
- * Mamuna wake akadzamwalira Grace ndiwokakamizidwa kudzakwatirana ndi mulamu wake chomwe ndi chomuyika iye pa chiopsezo cha HIV

Dziko (kuphatikiza nkhani za kusiyana mwayi chifukwa chakukhala mzimayi kapena mzibambo):

- * Mwamuna wake amamwa mowa mwa uchidakwa (zomwe zimamuyika pa chiopsezo chochita makhalidwe osayenera kuphatikizapo zogonana)
- * Mwamuna wake amamulankhula molalata choncho Grace amakhala wamantha ndi mwamunayu kotero sangathe kukambirana naye zogonana modzitetzeza
- * Grace ali ndi mantha kumuza mwamuna wake za matenda ake opatsirana pogonana kuwopa kulandira chitonzo, choncho mwamuna sanalandire nawo thandizo la matenda a Grace zomwe zikumuyika Grace pa chiopsezo chobwerezabwereza chotengera matenda komanso HIV.
- * Grace amakhala kumudzi mtunda wotalika makilomita 300 ndi Chipatala chawo kotero ndi kovuta kupeza thandizo la Chipatala loyenerera

Zachuma:

- * Mwamunayu amagwira ntchito yoyendayenda kuti apeze ndalama (izi zili ndi chiopsezo chokhala ndi maubwenzi ena ogonana nawo)
- * Grace samagwira ntchito kotero amadalira kuchokera kwa Paulo. Zimenezi zikutanthauza kuti sangathe kukakamila kugwiritsa ntchito makondomu kapena kupanga zisankho zina zokhudza thupi lake
- * Pakuti Grace samagwira ntchito amadalira kwa Paulo ndi abale ake a Paulo pa ndalama yoyendera kupita ku Chipatala kukapeza thandizo la matenda ake opatsiranana pogonana di nkhani zina zonse zofuna kuchipatala
- * Boma silinamange zipatala zokwanila mmadera ambiri zomwe ndi zofikilika ndi anthu onse

Perekani pepala lofotokozela kwa ophunzira aliyense (lochokera pa Mutu 4: Zinthu zimene zimawayika amayi pa chiopsezo chotenga HIV, Kusalana ndi Kusolidwa).

➔ KUPHELA MPHONGO KUCHOKERA KWA OPHUNZITSA/KUKUMBUTSANA/ KUTSEKERA

MPHINDI 10

16h40-16h50

Ophunzitsa adutsemo muzonse zimene zaphunzitsidwa tsiku limenelo. Atsindike Mfundo zomwe zili zikuluzikulu mmusimu.

Uthenga wa ophunzitsa

KUKUMBUTSANA ZA TSIKU LOYAMBA

- * Tikamawona za umoyo wa munthu wamkazi ndikofunikila kwa ife tonse, monga amayi, kuyamba ndi matupi athu. Monga tawonela ndi kumva lero, mochulukira sitikhala pa ulamuliro wa matupi athu. Titakhala nawo ulamuliro, tikhonza kukhala ndi chisangalalo ndi matupi athu (kugonana, kupanga zomwe zimatisangalatsa, kugwira ntchito, kusamalira ana athu ndi zina)
- * Nthawi zina sitimapeza uphungu woyenela kuti tidzikhala ndi matupi amphamvu, kusangalala ndi matupi athu ndi kukondwa ndi matupi athu. Titamapeza uphungu woyenera, titha kukhala athanzi ndikudziteteza ku kudwaladwala. Komabe, kupeza uphungu kokha sikokwanira, tikuyeneranso kuchitapo kanthu – ife eni komanso ndi pamodzi ndi anthu ena
- * Amuna ndi akazi akuyenera kukhala ofanana koma akazi ali ndi mwayi ochepa, kuthekera kopeza ndalama kochepe komanso samakhala ndi chonena pa zochitika za pathupi pawo. Izi zikuphatikiza kusakhala ndi chonena pa nkhani zogonana kapena kunena zomwe zimatikondweretsa pogonana
- * Nthawi zina tikuyenela kusiya zina zomwe tinaphunzira kapena kutsutsana ndi zinthu zina zimene tinaphunzitsidwa pokhala akazi kuti tikhale moyo okondwa – ndi kukhala pa ufulu okamba za ife eni opanda kulandira tsankho, kusalidwa ndi kuchitidwa chipongwe.
- * Ngati amayi apezeka ndi HIV pamawonjezeleka tsankho ndi kusalana zomwe zimakhala ndi zotsatira zoyipa ku thanzi lathu komanso pa ungwiro wa maganizidwe athu
- * Ichi ndi chifukwa chake maphunziro a kuzindikiritsana za thandizo la ma ARV amayamba ndi kuyang'ana matupi athu ngati amayi ndi yemwe ali ndi ulamuliro pa matupi athuwa kenako ndikumapitirira kukamba uthenga wa HIV oyenela, thandizo lake ndi mmene tingasungile matupiwa kuti akhale athanzi.

Ntchito yakunyumba (siyokakamiza):

Ophunzira aliyense atengele kunyumba kalilole wake ndipo akagwiritse ntchito kukadziwonela wokha mmene maliseche awo amawonekela.



TSIKU LACHIWIRI

BUKU LOPHUNZITSA ZA
CHITHANDIZO CHOYENERA
KWA AMENE ALI NDI HIV

→ MTIMA-MAGANIZO-THUPI	Mphindi 30	08h30 – 09h00
Ntchito	Onani zitsanzo za ntchito ku mutu 12, 13 ndi 14	

→ KUONANSO MOBWEREZA	Mphindi 10	09h00 – 09h10)
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Bwerezani zomwe zinapangidwa dzulo (onani zomwe zinabwerezedwa pa tsamba 5- 6)
 Matani ndondomeko ya maphunziro a tsiku limenero pakhoma.
 Funsani ophunzira ngati anagwiritsa ntchito galasi kuona maliseche awo usiku wathawu.
 Funsani ngati pali wina ofuna kufotokoza mmene anapangira kuwona maliseche ake.
 Funsani ngati pali funso kapena ndemanga kuchokera pamaphunziro adzulo.



Gawo lachitatu: Mdziko lomwe timakhala

→ Ntchito 1: Nyumba yongolamulidwa zochita	Ora limodzi ndi Mphindi 30	09h10-10h40
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Mphamvu ndi utsogoleri wa bambo

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Kumvetsa bwino mmene utsogoleri wa abambo ulili ndi mmene dziko lonse la pansi limagwiritsira ntchito pozunza amayi. Izi zichitika powona zichito za amayi pamutu oti “zomwe amai ndi abambo angakwanitse kapena kusakwanitsa” ndi zomwe anakumana nazo pomvetsa mphamvu zautsogoleri wa abambo.
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ☀ Mapepala a A5 kwana 100 (akhalepo 20 mmagulu 5 yamitundu yosiyana) ☀ Chithunzithunzi cha denga lanyumba ya abambo, kugwiritsa ntchito ma pepala akuluakulu ophunzilira ndipo amatidwe pa khoma ☀ Timapepala todula tokwana 10 – 15
Ntchito/Chochitika	<p>Funsani: <i>kodi zomwe timadziwazi timaziphunzira kuti?</i></p> <p>Lembani pa pepala lokula bwino lija ndipo sankhani magawo 5 zokhudza utsogoleri wa abambo kuti muphunzilirepo. (Chitsanzo: banja/mudzi, mpingo, maphunziro aku sukulu, chikhalidwe, ofalitsa nkhani, zipatala).</p> <p>Ophunzira agawane magulu 5 akwana anthu 6. Perekani gulu lililonse mapepala 20 amitundu yosiyana. Gulu lililonse lipeze malo amene angepezeko mbiri yokhudza mutu wa phunziroli.</p>

Funsani: *malo amene mwasankhawo amati chiyani zokhudza amayi kapena azibambo omwe ali ndi kachilombo ka HIV kuti azikhalira/azipangira popewa kufalitsa kachilomboka?*

Magulo onse alembe mfundo zawo pa mapepala omwe apatsidwa 20 amitundu aja. Alembe mfundo imodzi pa pepala lililonse ndipo alembe padera zokhudza amayi ndi azibambo pa mapepala osiyana.

Magulu aziyankha ndipo ophunzitsa azimata khoma mkalasi, monga khoma la nyumba yomwe mtsogoleri wake ndi bambo.

Funsani: *mwaonapo chiyani?*

Zomwe zapezeka mmagulu zikufanana? Kapena zikusiyana?

Kodi mnyumba yomwe mtsogoleri ndi bambo ikuti chiyani zokhudza amai?

Ndife omasuka kupanga zomwe tikufuna?

Amalamulira matupi athu ndindani?

Kodi amai ndi abambo amatsatira zimenezi?

Chimachitika ndi chiyani mukaphwanya lamulo kapena kutuluka mnyumba yomwe mtsogoleri ndi bambo?

Mphunzitsi asonyeze njira zoonetsa khalidwe Makhoma muyumba pagawo la abambo ophunzira akamafotokoza: (mwachitsanzo: nkhanza, mantha, umphawi) ndipo awonetse pa mapepala oyera.

Funsani: *Kodi nyumbayi ndi yandani?*

Tikuganizapo chiyani zokhudza nyumba yomwe mtsogoleri ndi bambo?

Tikumva motani mkati mwathu?

Timatengapo gawo lanji panyumba yomwe mtsogoleri ndi bambo?

Zimatanthauzanji kumphwanya ulamuliro wa utsogoleri wamnyumba ya bambo?

Kodi zikutanthauzanji kuti ukhale bwino mu nyumba imeneyi ya utsogoleri wa abambo?

Ophunzitsa atsogolere zokambirana zagulu

Itanani ophunzira mwachinsinsi kuti alembe njira imodzi imene akuganiza kuti imaonjezera kupititsa patsogolo utsogoleri wa abambo mnyumba, ndipo aponye mu bokosi mpaka pamathero amkumanowu.


Uthenga wa ophunzitsa

Utsogoleri wa makolo womwe olamulira amakhala bambo umakhalapo m'zonse zomwe timachita, m'malingaliro athu, momwe timaganizira za kugonana, ntchito, matupi athu, momwe timavalira, ndi zina zotero. Sitimabadwa ndi maganizo amenewa – timachita kuphunzira.

“UTSOGOLERI WA MAKOLO OMWE OLAMULIRA AMAKHALA BAMBO ndi dongosolo la ulamuliro wa amuna, limene limapangitsa kuponderezedwa kwa akazi kuoneke ngati chinthu chachibadwa ndi kwa muyaya. Chifukwa chakuti mchitidwe umenewu umakhala ndizachibadwa, sumaoneka ndi maso koma utsogoleri umenewu umagwira ntchito mu zinthu ngati ndale, zachuma, malamulo, mtundu wa anthu komanso mmipingo – ndi nthawi zina kudzera mmikangano. Utsogoleri wa mnyumba wa abambo wasintha pakudutsa kwa nthawi, ndipo wathandiza gulu la anthu olamula pakupitsa patsogolo ukapolo ndi tsankho pakati pa anthu osauka ndi olemera. Kutsutsana ndi ulamuliro wa makolo zitanthauzanso kutsutsana ndi mchitidwe opondelezana ndi kudyerana masuku pamutu – ngati kupondelezana pakati magulu a wanthu ndi pamtundu – zomwe zimayendera limodzi.” (UMODZI OTSOGOZA NKHANI ZA AMAI MASIKU A LERO, ILRIG)

Kutuluka mu ulamuliro wa makolo omwe mtsogoleri amakhala bambo kupita ku nkhani za HIV ndi Amayi ndi matupi athu:

“Nkhani yanga” imasanduka “nkhani yathu” – pamene tizindikira kuti nkhani iyi ikuchitika kwa tonse, timazindikira kuti zimene zimatchitikirazi – ngati osapeza ntchito, kusowa chakudya, kusapeza mankhwala – sivuto lathu; koma nkhani zokhudza boma kuti tizithetse tonse limodzi. Izi zimathandiza kumvetsetsa utsogoleri wa abambo mnyumba ngati chikhalidwe chopondelezana (ngakhale zimaoneka ngati zokhudza aliyense payekha). Izi zimaoneka ngati nkhani zokhudza ndale/boma ndipo zifunikira kuonedwa ndi tonse.

 TEA	Mphindi 20	10h40 – 11h00
➔ Ntchito 2: Nyumba yongolamulidwa zochita: Kusanthula mitundu ya mphamvu	Mphindi 30	11h00-11h30
Zolinga za phunziroli	<ul style="list-style-type: none">✳ Kudziwa ndi kumvetsetsa nkhani zokhudza amayi ndi ulamuliro wawo✳ Kuyamba kufotokoza tsinde ndi kusanthula za mphamvu za kulamulira✳ Kuona zolinga zosinthila mphamvu.	
Zipangizo/kukonzekela	<ul style="list-style-type: none">✳ Ma pepala a mtundu a A4✳ Buku la “Flipchart” lokhala ndi tebulo ngati mmusimu.	

Ntchito/Chochitika

Tiona zakusanthula mphamvu za kulamulira molingana ndi nyumba yongolamulidwa zochita.

Funsani: chimabwera mmutu mwanu ndichiyani choyambilira mukamva mawu onena kuti “mphamvu”.

Ophunzitsa ayike mawu mmagulu osiyana a mitundu yosiyana ya mphamvu (ogwirizana ndi otsutsana kapena zonse) ndikufananitsa ndi kale mmene amayi ankadziwira kuti ali ndi mphamvu kapena alibe molingana ndi mmene matupi awo aliri.

Ophunzitsa akhazikitse mitu ndipo awonetse mitundu yakusinthira kwa mphamvu (mphamvu zamkati, mphamvu zopita ndi mphamvu zamwini). Lembani matanthauzo anuwo mma pepala ndipo mumate pakhoma.

Funsani: *kodi amayi amalimbikitsidwa kukhala ndi mphamvu?*

Ophunzitsa ayambe kufotokoza za mutu waku Kusanthula za mphamvu za kulamulira – mphamvu zowoneka, zobisa ndi zobisika – poganizira za Nyumba yongolamulidwa zochita.

Fotokozani nkhope zitatu za mphamvu (Onani mu bokosi la ophunzitsa) ndi mkumano wa kusanthula mphamvu zakulamula.

Funsani: *tikaganiza za gulu la amai, ndindani omwe ali gulu ochita zowoneka, zobisika ndi zosawoneka ndi maso?*

Ndiye phunzitsani mmene gulu la amai lingayendetsere nkhani zokhudza mphamvu pogwiritsa mndandanda uli mmusiwu ngati chitsanzo

KUSANTHULA MITUNDU	YA MPHAMVU WOCHITA	TIKUCHITA ZOTANI
Zowoneka	Unduna wachipatala / anamwino / madotolo/TL/FL	Kuphunzitsa ndi kuwuzwa a chipatala
Zobisika	Boma ndi othandiza	Kupempha thandizo, mikumano ndi mabungwe
Zosawoneka ndi maso	Zolinga za boma, unduna wachipatala, aliyense payekha	Kupeza zichitochito/ kukhala ndi mikumano ndi mabungwe ena

Uthenga wa ophunzitsa

Mitundu ya mphamvu ilipo yitatu yomwe tayitenga mubuku la JASS la making change happen 3, lomwe limakamba Zamphamvu

Mphamvu: Ukadaulo wosunga katundu, anthu ndi ndalama zomwe zimatsatidwa ndima bungwe ambiri. Ukadaulo umenewu umakhala chiyambi cha mphamvu za munthu ndi anthu ena onse.

MPHAMVU (ZOKHAZIKIKA) ZOWONEKA NDI MASO: KUPANGA ZIGANIZO ZOKHAZIKIKA NDI KUTSATA MALAMULO

Mphamvu izi ndizimene zimakhala zowoneka komanso zodziwika ndi boma – zimakhala ndi malamulo okhazikika, olamulira ake, mabungwe ndi ndondomeko zopangira ziganizo ndi kutsata malamulo.

Zitsanzo za izi ndi monga zisankho, malamulo akunyumba ya malamulo, ndondomeko yachuma ndi makhoti ndi maboma ang'onoang'ono ndi kulikulu. Ukadaulo osintha mphamvu zimene zikuyetsa kusintha zinthu monga: opanga chiganizo akhale ndani, zipangizo zimenezi zimapangidwa bwanji ndipo zotsatira zake zizikhala zotani.

MPHAMVU ZOBISIKA: KUKHAZIKITSA ZOLINGA/MITU YA ULAMULIRO

Mwanseri, olamula ndi mabungwe ambiri amagwiritsa mphamvu zawo posankha omwe angathandize kupanga nawo ziganizo ndipo izi zimafikira ku boma kuti zitsatidwe.

Zitsanzo zake ndi monga zokhumba za mabungwe/makampani, magulu awupandu, amipingo, kusintha kwa zinthu ndi anthu ankhondo. Mbali ya mphamvu iyiyi sizikhudza komanso zimachepetsa malingaliro amagulu oyamba kumene komanso osakhazikika ndipo salabadira mfundo zopangidwa ndi atsogoleri awo. Poletsa maganizo abwino kufikira anthu, chifukwa ziganizo zabwino zitha kuthandiza anthu ena ambiri. Mapeto ake, ndondomeko zomwe zimalimbikitsa mabungwe a madera ambiri amathandiza kukhala ndi mphamvu zaumodzi ndi utsogoleri watsopano kuthandizira kuti boma lipite patsogolo ndi zolinga zake.

MPHAMVU ZOSAWONEKA NDI MASO: KUKHAZIKITSA ZOLINGA, MULINGO NDI CHIKHALIDWE

Mphamvu zosawoneka ndi maso izi sikuti ndizobisika konse ayi – timaziwona pakati pathu, ngati tikudziwa chimene tikufuna kuwona. Munjira yocheza, maganizidwe ndi chikhalidwe chatu, mphamvu zobisika zimamvomereza maganizidwe, zikhulupiliro ndi chikhalidwe komanso zimapatula zinthu zina pakati pathu. Pothandiza mmene munthu payekha amaganizira, mphamvu izi zimapeleka chithunzi cha zikhulupiliro za anthu ambiri, kuzidziwa ndi kuzimvomereza mwini. Mavuto owonekeratu ndi zina zizadziwika kugulu komanso kuphatikira mmitu ya anthu okhudzidwa. Kufuna mphamvu pa mulingo uwu zimafunika ndondomeko zothandiza anthu kupereka upangiri wawo, kukhazikitsa mtima pansu, kudziwa zambiri zaboma ndi kusalora maganizo opondoleza – kusintha maganizo awo komanso mmene anthu ena amadziwira zinthu za mdziko.

Mphamvu yaumwini: kutha kuyelekeza ndi kukhala ndi chiyembekezo

Mphamvu ya umodzi: kukhala anthu odalirana popanga ziganizo limodzi

Mphamvu yo bweretsa kusitha: izi ndi mphamvu zomwe zimanthandizira kubweretsa kusintha kofikira anthu ochuluka

TMAMVA CHANI ZA AMAYI NDI MPHAMVU

- ✿ Amayi salimbikitsidwa kukhala ndi mphamvu.
- ✿ Mphamvu zitha kukhala zabwino kapena zoipa.
- ✿ Palibe yemwe alibiretu mphamvu. Aliyense timphamvu tochepera alinato.
- ✿ Mphamvu zitha kuchokera mmaveredwe amunthu, kudziwana, chimnzake, mpando, mapezedwe a chuma, mnzeru ndi zina zambiri.
- ✿ Mphamvu zimakhudza amuna kapena amayi, mitundu ya anthu onse, achuma ndi osauka, chikhalidwe cha anthu, zaka, mitundu ya maukwati - kuthandizira ena kuchotsano ena. Nthawi zambiri zimathandizira abambo osati amai.
- ✿ Mphamvu ndizodziwana ndi zosakhazikika, ndipo zimatha kusintha.
- ✿ Izi ndizabwino kwaife ngati othandizira – kuti tiganizire ndi mphamvu ziti zomwe tikufuna tipange ndipo ndi mphamvu ziti zomwe tikufuna kukhala nazo



Phunziro Lachinayi – ndi chifukwa chiyani kuli maphunziro ozindikiritsa za mankhwala ama ARV?

→ Ntchito Yoyamba – Phindu La Maphunziro Ozindikiritsa Za Thandizo Lama ARV

Mphindi 30

11h30-12h00

Zolinga za phunziroli	☀ Kusaka phindu lokhala odziwa za thandizo la mankhwala a HIV
Zipangizo/kukonzekela	☀ Mapepala akuluakulu ndi zolemba
Ntchito	<p>Ndichinthu chimodzi chiti chomwe mufunitsitsa kudziwa chokhudza mmene mulili mthupi mwanu malingana ndi HIV kapena thandizo lanu la mankhwala a HIV?</p> <p>Lembani mayankho pamapepala akuluakulu.</p> <p>Fotokozani kuti liwu limene limagwiritsidwa ntchito pofuna kudziwaza HIV ndi thandizo lake ndi “kuzindikira thandizo la mankhwala”.</p> <p>Mngati gulu, kambiranani mafunso awa lirilonse palokha ndipo ophunzitsa atsogolere.</p> <p>Funsani: <i>Ndizofunikira bwanji kwa ife kuti tikhale ozindikira mankhwala?</i></p> <p><i>Maphunziro ozindikira mankhwala angatithandize motani mwa ife komanso umoyo wathu?</i></p> <p><i>Ndichifukwa chiyani ife ngati amayi tikufuna kukhala ozindikira mankhwala ama ARV?</i></p> <p><i>Tikuganiza motani mu zichiganizo izo: “maphunziro ozindikiritsa kachilombo ka HIV ndikofunikira ngati mankhwala ama (ARV)?”</i></p>

Uthenga wa ophunzitsa

TANTHAUZO LA MAPHUNZIRO OZINDIKIRITSA ZA THANDIZO LAMA ARV:

Kumvetsetsa nkhani zikuluzikulu zokhudza kachilombo ka HIV – monga sayansi yatsopano, mankhwala, zovuta zimene zimatha kubwera pamene munthu akumwa mankhwala ndi ndondomeko yake – ndi cholinga chakuti anthu akhale ozisamalira komanso ozindikiritsa bwino pa moyo wawo ndi kupempha thandizo loyenera pamene thandizo lofunikira sanakumane nalo kapena sanalandire moyenelera kuchipatala. (Kufotokoza kwatsopano kuchokera momwe anafotokoza a kampeni ya Treatment Action Group).

UBWINO WOPHUNZITSA MAPHUNZIRO OZINDIKIRITSA ZA THANDIZO LAMA ARV KWA MZIMAI:

- * Kuwonjezera ukadaulo ndi kudzimva kukwanira kuti angathe pawokha
- * Kuwonjezera kumvetsetsa za kachilombo ka HIV ndi kudzimva kuziyang'anira bwino lomwe mu nkhani za kachilombo ka HIV, kudzisamalira kwake ndi mankhwala ake.
- * Kumvetsa mmene ma ARV amachizira kachilombo ka HIV ndikuteteza matupi athu, zikatero ndikumvetsa zolinga zoyenera kumwa mankhwala moyenera – ndikuti ukakhazikika pa mankhwala umakhala ndi moyo wautali komanso wabwino wosadwaladwala.
- * Kumvetsa sayansi ya kachilombo ka HIV bwino lomwe kuti tipange chiganizo choyenera kumoyo wathu.
- * Ndi kudziwa kumeneku, titha kukhala wodzidalira pozisamalira ndi kupempha thandizo loyenera pamene thandizo lofunikira satinakumane nalo kapena sitinalandiridwe moyenelera kuchipatala.
- * Kudziwa koyenera kungatsatile kuchita zinthu
- * Kuti tikhale opititsa patsogolo umoyo wathu – ndiye titha kudziwa nthawi yokapeza thandizo kuchipatala; kuzifotokoza zomwe tikuziwona mmatupi mwathu ndi miyeso yanji yoti tionedwe mmatupi mwathu.

UBWINO WA MAPHUNZIRO OZINDIKIRITSA ZA THANDIZO LAMA ARV MOLUNJIKI PA AMAYI ONSE:

- * Zimayambitsa macheza pakati pa amayi zokhudza matupi athu, zogonana komanso zauzimai wathu zomwe sitimalimbikitsidwa kukhala nazo.
- * Umoyo umabwerela kukhala mmanja mwathu – kuti tikhale ndimoyo wabwino ndi kuthandiza amayi ena mdera lathu kuti akhale ndimoyo wabwinonso.
- * Kuti timvetse thandizo ndi mankhwala omwe tingapemphe ku boma – ntchito yozindikiritsa thandizo lamankhwala ama ARV ndiyofunika ndicholinga chakuti tikhale ndi akadaulo ozitsata omwe angathandize ma pologalamu a HIV ndi kuthandiza kukhazikitsa zomwe anthu angakambirane kuti zipititse patsogolo thandizo ili.
- * Maphunziro ozindikiritsa ndiuthenga wothondeza amayi kuti achite, akhale ndithanzi komanso kuwonetsa boma kuti liri ndi udindo owona kuti mankhwala oyenera akupezeka. Zimathandizanso amayi kuwonetsa kuti ogwira ntchito chipatala ali ndi udindo opeleka thandizo lamankhwala moyenera ndi kupeleka ukadaulo wokhudza kachilombo ka HIV mofunikira. Ngati amayi akhala wodziwa angathe kusinthitsa zinthu mdera lawo ngati zinthu sizili bwino.



Phunziro 5: Kudziwa zokhudza kachilombo ka HIV

→ Ntchito 1: Kachilombo ka HIV ndi chiyani? Kachilombo kameneka kamafalitsidwa ndi kusafalitsidwa bwanji?	Mphindi 30	12h00-12h30
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Zolinga za phunziroli	<ul style="list-style-type: none">* Kumvetsa tanthauzo la kachilombo ka HIV* Kumvetsa kusiyana kwa kachilombo ka HIV ndi chipwirikiti cha matenda (EDZI).* Kumvetsetsa njira zomwe kachilombo ka HIV kamafalitsidwa ndi njira zosafalitsira kachilombo ka kameneka ka HIV.
Zipangizo/kukonzekela	<ul style="list-style-type: none">* Ziduswa zamapepala a A6 – ikhale mitundu iwiri* Mapepala awiri olemba kuti “njira zomwe zimafalitsa kachilombo ka HIV” ndi “njira zomwe sizimafalitsa kachilombo ka HIV”.* Mapepala akuluakulu tsamba 4 – 6
Ntchito	<p>Funsani: <i>kachilombo ka HIV ndichiyani?</i> Gwiritsani ntchito mapepala akuluakulu ndimasamba 4 Ikani pamulu mapepala amitundu a A6 (ikhale mitundu iwiri yosiyana) ndi zolemba mapepala akuluakulu zikhale pansu Ophunzira onse ayime mozungulira mapepala aja Afunseni ophunzira kuti alembe mapepala amtundu umodzi zomwe akuganiza kuti zimafalitsa kachilombo ka HIV ndiponso alembenso pa mtundu wina wapepala winawo alembe njira zomwe akuganiza kuti kachilombo ka HIV sikamafalitsidwa (mabodza). Ikani mapepala olembadwawo pakati pa bwalo azungulira anthu. Apempheni ophunzira kuti asalembe mobwereza pa mapepala apatsidwa. Ophunzitsa atenge pepala ndipo awonetse gulu nakambirana ngati gulu likugwirizana nazo njira zomwe zalembedwa. Matani pamalo olondola.</p> <p>Zikatero, gwiritsani mapepala akuluakulu 5 (HIV imafalitsidwa motani?) ndi mapepala akuluakulu 6 (HIV simafalitsidwa kudzera njira ziti?) kuziika zonse pamodzi.</p>

Nkhomaliro	Ora limodzi	12h30-13h30
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➔ Ntchito Yachiwiri – Tingachepetse bwanji chiopsezo chotenga HIV

Mphindi 30

13h30-14h00

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Kumvetsa mmene tingachepetsere chiopsezo chotengera HIV.
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ☀ Chi pepala chimodzi chachikulu cholembedwa mutu waukulu wakuti “chepetsani chiopsezo chotenga HIV”, (mitu yaying`ono yakuti “kudzera kugonana”, “kudzera mmagazi” ndi “kudzera kwa kholo kupatsira mwana”). ☀ Ma kondomu azibambo 30 ndi chofaniza chida cha bambo ☀ Ma kondomu amayi 30 ndi chofanizira maliseche amai. ☀ Mapepala akuluakulu tsamba 7 – 8
Ntchito	<p>Funsani: <i>chiopsezo chotenga HIV kudzera mukugonana chingachepe bwanji?</i> <i>Chiopsezo chotenga HIV kudzera mmagazi chingachepe bwanji?</i> <i>Chiopsezo chotenga HIV kudzera kwa kholo kupatsira mwana chingachepe bwanji?</i></p> <p>Lembani mayankho pa mapepala akuluakulu.</p> <p>Fotokozani kuti chifukwa chimene timanenela kuti “kholo kupatsira mwana ” osati “mai kupatsira mwana” ndichifukwa chakuti nthawi zambiri amayi amenenedwa kuti ndiomwe amafalitsa HIV (angakhale kuti amayi ambiri amatenga HIV kudzera mwa mamuna wawo yemwe amamukhulupilira) ndipo tifuna tisamalitse tikamalimbikitsa maganizo akuti amayi ndiye chitengero cha HIV ndipo amanenedwa kuti amapatsiranso ana. Liwu lakuti “kholo kupatsira mwana” limawona upangiri wa makolo onse awiri popanga ana opanda HIV.</p>

Uthenga wa ophunzitsa

Kuti tichepetse chiopsezo chotenga HIV pogonana

- * Sankhani kugonana kosalowana
- * Gwiritsani ntchito kondomu ya amai kapena ya abambo nthawi zones zomwe mwapanga zogonana (kudzera mmaliseche amai, kopangira chimbudzi kapena mkamwa).
- * Kulandira chithandizo chakuchipatala msanga tikatenga matenda opatsirana pogonana (chifukwa chipsyezo chotenga HIV nthawi yogonana chimachuluka ngati munthu ali ndi matenda opatsilana pogonana).
- * Ngati bwenzi lathu lomwe liri ndi HIV likumwa mankhwala molondoloza bwino ndipo kuti kuchuluka kwa tizilombo ta HIV tinacheperatu, izi zithandizira kuchepetsa kwambiri kufalitsa HIV kwa okondedwa athu omwe alibe.
- * Mankhwala oteteza titakhudzidwa ndi HIV (mwachitsanzo kumwa ma ARV tikagwiriridwa) kumwa mankhwala a ARV komwe kumayambika maola 72 asanathe titagwiriridwa kwa masiku 30 zichepetsa chipsyezo chotenga HIV.
- * Mdulidwe wa abambo (uchepetse kutenga HIV kwa azibambo zomwensu zithandizira kuchepetsa kufalitsa kwa okondedwa awo).
- * Gwiritsani ntchito zonyowetsera kumaliseche kupewa kutemeka kapena kukandika kwa khungu lamkati mwa maliseche amayi.
- * Chidziwitso: Njira yogwiritsa ntchito ma ARV pofuna kupewa HIV (PrEP) inayamba tsopano kuno ku Malawi (2020 PrEP Guidelines).

Kuti tichepetse chiopsezo chotengera HIV kudzera njira ya magazi

- * Samalitsani magazi a anthu ena ndipo atengeni ngati kuti ndiwoipa nthawi zonse mwawakhudza
- * Musabwerekane singano yoperekera mankhwala pa mtsempha
- * Ogwira ntchito mchipatala alandire mankhwala oziteteza (masiku 30 ama ARV oyambidwa pasanathe maola 72 atadzibaya) ngati atadzibaya ndi singano yomwe inabaya munthu yemwe ali ndi HIV kapena munthu amene sadziwa mmene thupi lake liri.
- * Musabwerekane ma lezala
- * Musabwerekane miswachi (nthawi zina umatuluka magazi munkhama ukamatsuka mkamwa, angakhale chiopsezo chotengera HIV chake ndichochepa)
- * Unikani bwino magazi asanapatsidwe kwa odwala ngati akufunikira (izizi zikuchitika ku Malawi kuno)

Kuti tichepetse chiopsezo chotengera HIV kudzera kwa kholo-kupita-kwa mwana

- * Amai akhale pama ARV mu nthawi yomwe ali ndi mimba, nthawi yochira ndi nthawi yoyamwitsa (chiopsezo chake ndichochepera zisanu pa zana lililonse (5%) pamene tizilombo toyambitsa edzi takomoka/tachepe mthupi)
- * Mwana alandire ma ARV (nevilapini tsiku lililonse) mwamsanga akangobadwa mpaka atakwanitsa milungu isanu ndi umodzi atabadwa kuti awonjere kuchepetsa chiopsezo chotengera HIV kuchoka kwa mai ake.

- * Kuyamwitsa kokha kwa miyezi isanu ndi umodzi yoyambilira yakubadwa kwamwana. Kumpatsa mwana zakudya zowonjezera msanga zimaonjezera chiopsezo chofalitsa HIV kwa mwana chifukwa zimaotcha mmimba mwake. Ndongomeko zosamalira anthu a HIV mchিপatala ku Malawi kuno zimakamba zoyamwitsa mwakathithi ana kwa miyezi isanu ndi umodzi wakubadwa kwawo. Kenaka ndikuyamba pang'onopang'ono kuwonjezera zakudya zabwino zathanzi atakwanitsa miyezi imeneyi. Cholinga chake ndikuti timusiyitse kuyamwitsa pang'onopang'ono akamakwanitsa miyezi 22 yakubadwa. Mwana ameneyu azayesedwa HIV akazakwanitsa miyezi 24 kapena zaka ziwiri zakubadwa.

Gwiritsani ntchito mapepala akuluakulu 7 ndi 8 kuti muwonenso mmene mungagwiritsire ntchito makondomu amai ndi abambo.

Pelekani kondomu imodzi ya amai ndi imodzinso ya abambo kwa ophunzira wina aliyense

Funsani ophunzira mmodzi odzipeleka afotokoze mmene imagwiritsidwira ntchito kondomu ya amai ndi ya abambo pogwiritsa ntchito chofanizira chida cha abambo ndi chofanizira maliseche a amai.

Itatanani ophunzira kuti angathe kuphunzira kagwiritsidwe ntchito ka makondomu a amai ndi abambo nthawi ya buleki ikubwerayi.

<p>→ Ntchito Yachitatu – Kumvetsa za mmene HIV imagwirira ntchito ikalowa mthupi la munthu</p>	<p>Ora limodzi ndi Mphindi 30</p>	<p>14h00-15h30</p>
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<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> * Kumvetsa mmene HIV imachulukirana ikalowa mthupi, mmene imaonongera chitetezo ndi mmene zimenezi zimaperekera mpata wa matenda ndikuyamba kudwala.
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> * Flipchart tsamba 9 mpaka 18 * Sewero: mapepala owala amtundu wa A4, omanga ndi chingwe choti chingathe kuzunguliza mkhosi ndikulembapo gawo la ophunzira wina aliyense pa sewero: <ul style="list-style-type: none"> * 10 olembedwa "CD4" * 4 olembedwa "DNA" * Limodzi lolembedwa "kachilombo koyambitsa kamatenda" (Germs) * 3 olembedwa "chitetezo chamthupi" * Limodzi lolembedwa "HIV" * Limodzi lolembedwa "Reverse Transcriptase" (kapena kuti "wohandizira woyamba") * Limodzi lolembedwa "Integrase" (kapena "wohandizira wachiwiri") * Limodzi lolembedwa "Protease" (kapena "wohandizira wachitatu") * Ma isesi awiri * Kapepala kamodzi kakang'ono kolembedwa ("RNA") mkumata limodzi ndi pepala lolembedwa "HIV" * Timapepela tambiri totalika tamtundu umodzi

Ntchito/Chochitika	<ul style="list-style-type: none"> * Mafunso afunsidwe kugulu lonse, ophunzira adzipereke kuyankha funso liri lonse. Kenaka agwiritse ntchito masamba amapepala akuluakulu pofotokoza ndi kuphatikiza mayankho. * <i>Flipchart</i> tsamba 9: kodi chitetezo cha mthupi chimagwira ntchito motani? * <i>Flipchart</i> tsamba 10: kodi HIV imatani ku chitetezo cha mthupi? * <i>Flipchart</i> tsamba 11: kodi HIV imachulukana kuwononga maselo a gulu lakusiyana 4 motani mthupi? * Kozani pakati pa chipinda mutachotsa mipando yonse ndipo sonyezani zithunzi izi kugwiritsa ntchito gawo lotengedwapoli.
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Uthenga wa ophunzitsa

Ophunzira aliyense yemwe akutengapo gawo avale pepala lolembedwa la A4 kuzunguza makosi awo ndipo anene mbali yomwe asewere.

SEWERO LOYAMBA: MMENE MASELO A CD4 AMALIMBANILANA NDI TIZIROMBO TOYAMBITSA MATENDA

Otenga Gawo:

- * Chipinda chiyimira thupi, chitseko chiyimira kusweka kwa pakhungu
- * Ophunzira 10 pakati pa chipinda, akhale pa mipando ayang'anizane atagwirana manja kuyimira selo membureni ya CD4
- * Ophunzira 4 akhale mkati mwa selo ya CD4, atagwirana manja munzere, kuyimira chibadwa (DNA) mkati mwa phata la selo ya CD4.
- * Ophunzira atatu amwazikane muchipinda, kuyimira maselo ena a chitetezo chamthupi
- * Ophunzira mmodzi akhale panja pachipinda, kuyimira kachilombo koyambitsa matenda kamene katsala pang'ono kulowa.

Njira:

- * Kachilombo koyambitsa matenda kalowa muchipinda kudutsa pa chitseko (kuyimira thupi).
- * Anthu a gulu la CD4 awona kachilombo koyambitsa matenda kaja kakulowa ndikumaimba mluzu kapena kulankhula mokweza
- * Maselo ena atatu achitetezo chamthupi "adzuke", abwere akuthamanga kudzagwira kachilombo koyambitsa matenda kukazungulira ndikukapha.

SEWERO LACHIWIRI: MMENE HIV IMAPATSIRA MATENDA MASELO A MTUNDU WA CD4

Otenga Gawo

- * Chipinda chiyimira thupi, chitseko chiyimira kusweka kwa pakhungu
- * Ophunzira 10 pakati pa chipinda, akhale pa mipando ayang'anizane atagwirana manja kuyimira selo membureni lagulu la CD4
- * Ophunzira 4 akhale mkati mwa selo ya CD4, agwirane manja munzere, kuyimira chibadwa (DNA) mkati mwa phata mwaselo ya CD4.
- * Ophunzira atatu amwazikane muchipinda, kuyimira maselo ena a chitetezo chamthupi
- * Anthu 4 akhale ngati HIV kunja kwa chipindachi, kuti akufuna alowe: mmodzi ndichilengedwe cha zamkati mwa HIV; atatu enawo ndi michere ya mkati mwa HIV – Reverse transcriptase (yothandizira yoyamba), Integrase (yothandizira yachiwiri), Protease (yothandizira yachitatu). Protease ndi Integrase anyamule malumo/isesi

Njira

- * Kachilombo ka HIV kalowe muchipinda kudutsa pakhomo (kuimira khungu)
- * Kachilombo ka HIV kayende motsata selo ya CD4 ndipo ayike chala pa milomo ya munthu wa selo ya CD4 munthu ameneyu asanaimbe wezulo kwa maselo ena oteteza thupi. Ma selo ena oteteza thupi apitiliza kugona.
- * Kachilombo ka HIV kagwiritsa ntchito "Kiyi" (dzanja) kutsekula "Loko" (pamene anthu awiri a CD4 agwirana manja)
- * Kachilombo ka HIV (anthu 4 onse) kazembera mkati mwamphete mwa gulu la CD4
- * Kachilombo ka HIV kagawanikane panayi
- * Michere wa mtundu wa Reverse transcriptase (wothandiza oyamba) anyamule kachidutswa ka pepala ndipo amate pa pepala lolembedwa HIV. Fotokozani kuti michere imeneyi ikutembenuza miyendo yoima payokha ya RNA kuyisandusa kukhala miyendo yophatikizana kuti idziwike ndi selo ya CD4
- * Mchere wa mtundu wa Integrase (wothandiza wachiwiri) ugwiritse ntchito lumo kutsegula DNA ya selo ya CD4 ndipo alore chibadwa cha HIV chidzilowetse chokha
- * Fotokozani mmene chibadwa cha HIV chimalowera mu DNA ndikutembenuza selo ya CD4 kukhala fakitale yopangira tizilombo ta HIV tambiri.
- * Fotokozani mmene selo ya CD4 imayamba kupanga tizilombo tambiri ta chibadwa cha HIV (monga mmene zikuonetseredwa ndi mizere yamapepala mkati mwa selo)
- * Fotokozani kuti michere ya Protease (wothandiza wachitatu) imang'amba (kucheka ndi lumo) chibadwa chatsopano mmalo abwino kupanga chibadwa cha HIV chokhwima (dulani timapepala tatitali tija kuti tifupike)
- * Fotokozani kuti chibadwa chatsopano cha HIV chimadutsa pa membureni ya selo ya CD4, ndikubako ma membureni ena pa selo ya CD4 (munthu woyimirira membureni ya selo ya CD4 atenge kapepala kakang'ono nayenda motalikirana ndi selo), kukonzekera kuti apatsire ena matenda (awa ndi ana a kachilombo ka HIV omwe analowa koyambirila mu selo ya CD4
- * Selo yonse ya CD4 "igwa" ndikumwalira.

Gwiritsani ntchito ma flipchart awa:

Flipchart tsamba 12: chimachitika ndichiyani pamene HIV yawononga ma selo a CD4 ambiri?

flipchart tsamba 13: kodi HIV ili ndi magawo a matenda ati?

flipchart tsamba 14: Kodi chingachitike ndi chiyani mu Gawo 1?

flipchart tsamba 15: Kodi chingachitike ndi chiyani mu Gawo 2?

flipchart tsamba 16: Kodi chingachitike ndi chiyani mu Gawo 3?

flipchart 17: Kodi chingachitike ndi chiyani mu Gawo 4?

Funsani: Ndi pa gawo liti pamene HIV imafala mosavuta kwa wina?

Tsogolerani zokambirana za m'magulu.

Phatikizani ndi *flipchart* tsamba 18: Ndi gawo liti lomwe HIV limafala kwambiri?

 TEA	MPHINDI 20	12h30-13h30
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Phunziro 6: tidziwe za mankhwala olimbana ndi HIV (MA ARV)

→ NTCHITO YOYAMBA – Kuphunzira za ma ARV	Mphindi 30	15h50-16h20
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Zolinga za phunziroli	<ul style="list-style-type: none">* Kudziwa kuti ma ARV ndi chiyani* Kumvetsa mmene ma ARV amagwilira ntchito
Zipangizo/kukonzekela	<ul style="list-style-type: none">* <i>Flipchart</i> tsamba 19 – 20* Za sewero: mapepala owala amtundu wa A4, omanga ndi chingwe choti chingathe kuzunguliza mkhosi ndikulembapo mbali ya ophunzira wina aliyense nthawi ya sewero:<ul style="list-style-type: none">* 10 olembedwa "CD4"* 4 olembedwa "DNA"* Limodzi lolembedwa "kachilombo koyambitsa kamatenda" (Germs)* 3 olembedwa "chitetezo chamthupi"* Limodzi lolembedwa "HIV"* Limodzi lolembedwa "Reverse Transcriptase" (kapena kuti "wohandizira woyamba")* Limodzi lolembedwa "Integrase" (kapena "wohandizira wachiwiri")* Limodzi lolembedwa "Protease" (kapena "wohandizira wachitatu")

- * Atatu olembedwa "ARV"
- * Ma isesi awiri
- * Kapepala kamodzi kakang'ono kolembedwa ("RNA") mkumata limodzi ndi pepala lolembedwa "HIV"
- * Timapepela tambiri totalika tamtundu umodzi

Mafunso afunsidwe kwa gulu lonse, ophunzira adzipereke kuyankha funso lirilonse. Kenaka gwirtsani ntchito masamba a Flipchart pofotokoza mayankh.

Flipchart tsamba 19: kodi ma ARV ndichiyani?

Flipchart tsamba 20: kodi ma ARV amagwira ntchito bwanji?

Otsogolera atsogolere sewero lotsatirali.

Uthenga wa ophunzitsa

Aliyense mu sewerolo azivala pepala lolembedwa A4 pakhosi pake kuti anene udindo omwe amasewera.

SEWERO LACHITATU: MMENE MA ARV AMALIMBANILANA NDI HIV

Otenga gawo:

- * Chipinda chiyimira thupi, chitseko chiyimira kusweka kwa pakhungu
- * Ophunzira 10 pakati pa chipinda, akhale pa mipando ayang'anizane atagwirana manja kuyimira selo membureni ya CD4
- * Ophunzira 4 akhale mkati mwa selo ya CD4, agwirane manja munzere, kuyimira chibadwa (DNA) mkati mwa phata mwaselo ya CD4.
- * Ophunzira atatu amwazikane muchipinda, kuyimira maselo ena a chitetezo chamthupi
- * Anthu 4 akhale ngati HIV kunjwa kwa chipindachi, kuti akufuna alowe: mmodzi ndichilengedwe cha HIV; atatu enawo ndi michere yamkati mwa HIV – Reverse transcriptase (wohandizira woyamba), Integrase (wohandizira wachiwiri), Protease (wohandizira wachitatu). Michere ya mtundu wa Protease ndi Integrase anyamule malumo/isesi.
- * Ophunzira atatu ayimira ma ARV

Njira:

- * Kachilombo ka HIV kalowe muchipinda kudutsa pakhomo (kuimira khungu) kagwiritsa ntchito makiyi, kagawikana nkukhala michere yosiyansiyana ndikulowa mkati mwa mtima wa selo (ngati mu sewerolo lachiwiri). Fotokozani kuti selo ya CD4 tsopano ili ndi kachilombo ndipo munthuyo ali ndi HIV.
- * Ma ARV akuyenda mmalo mwake (monga ngati amene ali ndi kachilombo ka HIV ayamba kumwa ma ARV): 1 amaletsa mchere wa Reverse Transcriptase (Wothandizira oyamba), 1 amaletsa mtundu wa mchere wa Integrase (Wothandizira wachiwiri) ndipo 1 amaletsa michere ya mtundu wa Protease (Wothandizira wachitatu).
- * Fotokozani kuti kachilombo ka HIV kamene kamalowa mu mtima (DNA) wa selo ya CD4 ndi kamoyo, koma mayendedwe a moyo wake umatsekeredwa m'malo angapo osiyansiyana ndi mphamvu ya ma ARV. Ndipo Tizirombo tina tonse tomwe tinali kunjwa kwa selo ya CD4 timafa.
- * Fotokozani kuti ngati wina asiya kumwa ma ARV, mayendedwe a moyo wake wa HIV uyambiranso (wonetsani pochotsa ma ARV ndipo HIV imayambanso kuchulukana)

➔ **UPHELA MPHONGO KUCHOKERA
KWA OPHUNZITSA/KUKUMBUTSANA/
KUTSEKERA**

mphindi 25

16h20-16h45

Onani Tsamba 5-6 “MAGANIZO OTSEKA TSIKU”

Ntchito yakunyumba (itha kupangidwa komanso osapangidwa)

Wophunzira aliyense kuti aphunzire kulemba ndi kunena dzina lamankhwala awo (onse maina ogulitsira ndi mayina a mankhwala eni okhala mkatimo)

Apempheni ophunzira kuti ayesetse kuyika kondomu ya amayi mobisa mzipinda zawo madzulo.



TSIKU LACHITATU

BUKU LOPHUNZITSA ZA
CHITHANDIZO CHOYENERA
KWA AMENE ALI NDI HIV



➔ MTIMA-MAGANIZO-THUPI	Mphindi 30	08h30 – 09h00
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Ntchito	Onani zitsanzo za zochitika pa Mutu 12, 13 ndi 14 kumapeto kwa bukhuli	
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➔ KUKAMBIRANA MWACHIDULE NDI KUKUMBUTSANA	Mphindi 15	09h00 – 09h15
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Dutsani mokumbutsira phunziro la dzulo ndi kumata ndondomeko ya mitu ya mapunziro adzulo pakhoma.

Funsani ophunzira ngati anayesela kufufuza za mayina ama ARV omwe akumwa. Funsani ngati pali funso lililonse pa zochitika za dzulo.



Phunziro lachisanu ndi chiwiri: Vayilo Lodi

➔ Ntchito yoyamba: Kumvetsetsa za vayilo lodi	Mphindi 15	09h15-09h30
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Zolinga za phunziroli	✦ Kumvetsetsa za zotsatira za vayilo lodi (chiwerengero cha Tizirombo ta HIV m'thupi) ndi mavuto ake
Zipangizo/kukonzekela	✦ Bukhu lophunzitsira la "Flipchart" tsamba 21 mpaka 22
Ntchito/Chochitika	Funsani mafunso otsatirawa poyamba musanayambe kugwiritsa ntchito "Flipchart": "Flipchart" tsamba 21: Kodi kuyeza kuchuluka kwa Tizirombo ta HIV m'thupi ndi chani? (Yelekezani ndi jakisoni mmene kuchuluka kwa magari okwana okwana mulingo wa "1 millilitre" amawonekera) "Flipchart" tsamba 22: Kodi kuchuluka kapena kuchepa kwa Tizirombo ta HIV m'thupi zimatanthauza chani kwaine?



Phunziro lachisanu ndi chitatu: Zovuta Zomwe Zimatha Kubwera M'thupi Ukamamwa Ma ARV

<p>➔ Ntchito yoyamba: Kumvetsetsa za vayilo lodi</p>	<p>Ora limodzi ndi Mphindi 15</p>	<p>09h30-10h45</p>
<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> ☀ Kumvetsetsa za zovuta zomwe zimatha kubwera m'thupi ukamamwa ma ARV komanso mmene tingathanilane nazo ☀ Kumvetsetsa ndi kuzindikira kuti aliyense wa ife ali ndi nkhani yake yofotokoza za mbiri ya matenda m'thupi mwake, kuphatikizapo matenda ena omwe ali nawo mthupi mwake ndi zofowoka za mthupi mwake zimene zimampanga kukhala pa mtundu wa mankhwala amene akulandira pano ndi kunena ngati ali pa chiopsezo cha zovuta zobwera ndi mankhwala. 	
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> ☀ "Flipchart" tsamba 23 mpaka 27 ☀ Ma pepala 30 okamba za mitundu yama ARV omwe akuperekedwa ku Malawi ndi zovuta zomwe zimatha kubwerapo ukamamwa. Mutu 5 wopezeka ku masamba akumapeto kwa bukhuli. 	
<p>Ntchito/Chochitika</p>	<p>Gwiritsani ntchito masamba a "Flipchart" ali munsiwa kuti muyambitse zokambirana</p> <p>"Flipchart" tsamba 23: Chifukwa chiyani anthu amamwa mitundu yama ARV yosiyana?</p> <p>Funsani: Alipo m'modzi mwa ife amene angatifotokozele za mavuto amene anakumanapo nawo chifukwa chakumwa ma ARV?</p> <p>"Flipchart" tsamba 24: Ndi mavuto anji ndingakumane nawo ngati ndikumwa mtundu wa mankhwala a 5A? (zovuta zing'onozing'ono)</p> <p>"Flipchart" tsamba 25: Ndi mavuto anji ndingakumane nawo ngati ndikumwa mtundu wa mankhwala a 5A? (zovuta zikuluzikulu)</p> <p>"Flipchart" tsamba 26: Ndi mavuto ati ndingawapeze ngati ndikumwa mankhwala atsopano a "Dolutegravir"?</p> <p>"Flipchart" tsamba 27: Ndingapange chani ngati ndakumana ndi mavuto obwera chifukwa chakumwa mankhwala?</p> <p>"Flipchart" tsamba 28: Kodi "IRIS" ndi chiyani?</p>	

Gawani kwa aliyense pepala lofotokoza za mitundu yama ARV omwe akuperekedwa ku Malawi, zoletsa zake ndi zovuta zomwe zimatha kubwerapo ukamamwa . Mutu 5 wopezeka ku masamba akumapeto kwa bukhuli.

<p> TEA</p>	<p>Mphindi 20</p>	<p>10h45-11h05</p>
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Phunziro lachisanu ndi chinayi: Kupima kwa ma ARV

→ Ntchito yoyamba: Kumvetisa za
kupima kwa ma ARV

Mphindi 45

11h05-11h50

Zolinga za phunziroli	<ul style="list-style-type: none">☀ Kumvetsetsa za mavuto obwera kamba kakusatsata ndondomeko ya kamwedwe kama ARV ndinso mmene izi zingapangitsile kupima kwa kachiroombo ka HIV☀ Kumvetsetsa za kupima kwa kachiroombo ka HIV, kufunikila kwa kudziwa za izi ndi mmene tingapewe.
Zipangizo/kukonzekela	<ul style="list-style-type: none">☀ "Flipchart" tsamba 29 mpaka 30☀ Pepala lalikulu lolembapo kale mafunso
Ntchito/Chochitika	<p>Participants in groups of 3 or 4 to discuss the answers to these questions. Stick up the flipchart sheet to display the questions.</p> <p>Funsani: <i>Kodi kupima kwa kachiroombo ka HIV ndichani?</i> <i>Ndi nyengo ziti zimene kachiroombo ka HIV kamapima?</i> <i>Ndi zoyipa motani kwa ife ngati kachiroombo ka HIV m'thupi mwathu kangafike popima?</i> <i>Tingadzisamalire bwanji kuti kachiroombo ka HIV mthupi mwathu kasapime?</i></p> <p>Ophunzira apereke mayankho a mafunsowa onse ali pamodzi mmalo ophunzirira.</p> <p>Gwiritsani ntchito mayankho ali mu "Flipchart" kuti mutsendele pa zomwe ophunzira ayankha</p> <p>Onani "Flipchart" tsamba 29: Kodi kupima kwa kachiroombo ka HIV ndichani?</p> <p>Onani "Flipchart" tsamba 30: Tingapewe bwanji kupima kwa kachiroombo ka HIV?</p>

Gwiritsani ntchito mayankho ali mu "Flipchart" kuti mutsendele pa zomwe ophunzira ayankha

Onani "Flipchart" tsamba 29: Kodi kupima kwa kachiroombo ka HIV ndichani?

Onani "Flipchart" tsamba 30: Tingapewe bwanji kupima kwa kachiroombo ka HIV?

Uthenga wa ophunzitsa

Kupima kwa kachiroombo ka HIV

- ✿ Kachiroombo ka HIV katha “kupima” ku mitundu ina yama ARV
- ✿ Izi zikachitika zimatanthauza kuti ma ARV amenewo sangagwirensa ntchito yolimbana ndi HIV ngakhale atapirizidwa kumwedwa ma ndondomeko

Kodi kamapima bwanji kachiroombo ka HIV?

- ✿ Kumwa ma ARV mosatsatila ndondomeko
- ✿ Ngati ma ARV sakumwedwa moyenera zimapereka mwayi ku kachiroombo ka HIV kuti katulukile njira zogonjetsera makhwala ama ARV.

Ndi chifukwa chani zili zoyipa HIV ikapima?

- ✿ Ma ARV samagwiranso ntchito pamene kachiroombo ka HIV kapima, izi zimatero ngakhale tipitirize kumwa ma ARV moyenela
- ✿ Izi zimapangitsa kuti chitetezo chatu cha m’thupi (CD4 count) chizitsika ndipo kudwala kumabwerapo
- ✿ Zikatero umayenela kusinthilidwa ma ARV omwe kawirikawiri samakhala ophweka kumwa komanso amatha kukhala ndi zovuta zambiri

Kodi kupima kwa kachiroombo ka HIV tingakupewe?

- ✿ Imwani ma ARV mwa ndondomeko tsiku ndi tsiku
- ✿ Gwiritsani ntchito makondomu nthawi zonse kuti mupewe kutengela kachiroombo ka HIV kopima kale kuchokera kwa ena
- ✿ Yezetsani vayilo lodi mu nthawi yake kuti muthe kuzindikira mwachangu ngati tizirombo m’thupi mwanu tikuchuluka kuti zikatero muthandizidwe moyenela zisanafike poti HIV yapima.



Phunziro lachikhumi: Kumwa ma ARV mwandondomeko ndi mokhulupirika

➔ **Ntchito yoyamba: Phindu la kumwa ma ARV mwandondomeko ndi mokhulupirika**

Mphindi 40

11h50-12h30

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Ophunzira akhale ndi kumvetsetsa kwenikweni za kumwa ma ARV mwandondomeko ndi mokhulupirika ☀ Kumvetsa za kufunika komanso phindu la kumwa ma ARV mwandondomeko ndi mokhulupirika
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ☀ Mapepala akuluakulu olembapo okwana asanu (5) ☀ Jambulani chithunzi chili mmusichi ☀ Tsamba 31 la “Fipchart” ☀ Botolo la madzi, litadulidwa kunsonga kwake. Jambulani mizere iwiri pa botolopo molizungulira, wina mmwamba wina mmusi kapena mutha kugwiritsa ntchito tizingwe totanuka tiwiri (kuyimilira milingo iwiri ya mphamvu ya mankhwala akalowa m’thupi). Bowolani bowo Mmusi mwa botolo. Pakhalenso kapu kapena botolo lina. Mbale yolowa yoti madzi adzigwelamo.
Ntchito/Chochitika	<p>Funsani: <i>Tingafotokoze kuti kumwa mankhwala mwandondomeko ndi mokhulupirika mogwirizana ndi nkhani ya kulimbana ndi HIV kumatanthauzanji?</i></p> <p>Mvelani maynkho awiri kapena atatu kenako awerengereni mayankho ali mmusiwa.</p>

Uthenga wa ophunzitsa

KUMWA MANKHWALA MWANDONDOMEKO NDI MOKHULUPIRIKA MOGWIRIZANA NDI NKHANI YA KULIMBANA NDI HIV

- ☀ Kutsatira zonse zomwe tagwirizana pakati pa ife ngati olandira thandizo ndi achipatala
- ☀ Kukalandira mankhwala athu pa masiku omwe tauzidwa
- ☀ Kumwa mankhwala athu mmene anatiuzila: tsiku lililonse, panthawi yoyenera, pa mulingo wake woyenera. Kumwa mankhwala mokhulupirika kumatanthauzilidwa kuti ndi kumwa mapilitsi osachepera “95%” mwa mapilitsi omwe ukuyenela kuwamwa pa mwezi umodzi (izi zikusonyeza kuti usadumphitse pilitsi lopitirira limodzi pa mwezi)
- ☀ Kupita kuchipatala nthawi zonse zomwe ukuyenera kutero komanso kuyezedwa magari mu nthawi zonse zomwe ukufunika kutero

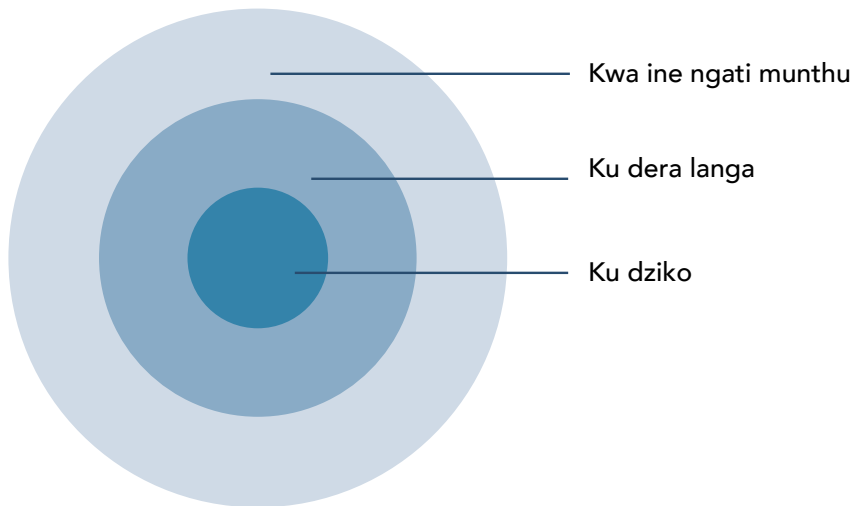
Ayikeni ophunzira mumagulu a anthu asanu (5) kapena asanu ndi mmodzi (6). Ophunzira alembe ntchito yawo pamapepala omwe ajambulidwapo kale zithunzi zozungulira.

Afunseni: *Ndi chifukwa chiyani timamwa ma ARV?*

Phindu lakumwa ma ARV ndichani kwa ife ngati anthu, nanga kwa dera lathu ndi kwa dziko lathu?

Achite zokambirana pa mafunsowa mu magulu awo.

Alimbikitseni ophunzira kulankhula za zomwe iwo adutsamo chiyambileni kumwa ma ARV.



Uthenga wa ophunzitsa

PHINDU LA MA ARV:

Kwa munthu:

- * Kutalikitsa moyo komanso kupereka moyo wathanzi
- * Kukwaniritsidwa kwa zokhumba komanso maloto amoyo wake
- * Kupewa kudwaladwala ndi kuwonongeka kwa chitetezo cha m'thupi
- * Kupewa matenda obwera chifukwa cha kuwonongeka kwa chitetezo cha m'thupi
- * Kupewa kufala kwa HIV kuchokera kwa kholo kupita kwa ana
- * Kupereka moyo wathanzi kuti tithe kulera ana athu tokha
- * Kuchepetsa chiopsezo chofalitsa HIV kwa okondedwa athu
- * Kupewa kupima kwa kachiroambo ka HIV

Ku dera:

- * Kuchepetsa chiwerengero cha anthu omwalira
- * Kuchepetsa kufala kwa HIV
- * Kuchepetsa chiwerengero cha ana amasiye
- * Kupititsa patsogolo ntchito yozindikiritsa anthu za HIV pamene anthu ena adziwika kuti akumwa ma ARV, ena amalimbikitsidwa kufuna kukayezetsa HIV

- * Kuchepetsa chipsinjo chosamalira anthu odwala makamaka kwa amayi
- * Kuti anthu athe kupitiriza kusamala mawanja awo makamaka pamene anthu a ntchito zaluso apitirira kukhala ndi moyo wathanzi womagwirabe ntchito zotukula miyoyo

Ku dziko:

- * Kuti ntchito zamalonda zipitirirebe pamene anthu ali ndi moyo wathanzi womagwirabe ntchito
- * Kuti thandizo lochepa ndi limene lidzipita ku ntchito zosamalira anthu odwala ndi ena amene ali ndi matenda a mgonagona
- * Kuchepetsa kukanganirana thandizo la zaumoyo
- * Kukweza chuma chadziko pamene anthu ambiri ali ndi moyo wathanzi wotenga nawo mbali pa chitukuko cha dziko
- * Kuti chuma cha dziko chisathele ku ntchito zosamalira anthu omwe alibe kuthekera kogwira ntchito chifukwa chodwala. Mwachitsanzo; thandizo lamuthumba la MASAF (Mtukula pakhomo)
- * Kuti tikathe kukwaniritsa masomphenya a m'bado opanda HIV komanso masomphenya a bungwe la UNAIDS a 95:95:95
- * "95%" ya nthu omwe ali ndi HIV adziwe za m'thupi mwawo
- * "95%" ya nthu omwe ali ndi HIV akadziwa za m'thupi mwawo akhale pama ARV
- * "95%" ya nthu omwe ali pama ARV akhale ndi vayilo lodi yotsikitsitsa.

Zifukwa zonse zili apazi ndi zomwe chili chilimbikitso chathu tikamamwa ma ARV.

Afunseni: *Ndi chifukwa chiyani tikuyenera kumamwa ma ARV molondola tsiku ndi tsiku?*

Gwiritsani ntchito "Flipchart" tsamba 31 pamene pali mutu wakuti ndi chifukwa chiyani tikuyenera kumamwa ma ARV pa nthawi yake tsiku ndi tsiku?

CHIWONETSERO: Thilani madzi m'botolo. Musiye kuthila madzi akafika pakatikati pa milingo iwiri munalemba pa botolo ija. Asiyeni madzi adzitayika kumusi kwa botolo (kuwonetsera kugayika kwa ma ARV ndi chiwindi komanso imphyo), kenako pitirizani kuthila madzi m'botolo (kuyimirira kumwedwa ka pilitsi lina la mankhwala). Awonetseni chomwe chimachitika ngati madzi ena sawonjezedwa m'botolo muja (kuyimirira kuphonya, osamwa pilitsi lina la mankhwala) – mulingo wa madzi umatsika kupitirira pa mzere wa mmusi umene ukuyimira mphamvu ya mankhwala akalowa m'thupi. Zikatero chiopsezo cha kupima kwa HIV chimabwerapo. Onetsaninso zomwe zimachitika ngati madzi ochuluka kwambiri athilidwa (chitsanzo cha kumwa mankhwala ambiri kupitirira mulingo) - mulingo wa madzi umakwera kupitirira pa mzere wa mmwamba umene ukuyimira mphamvu ya mankhwala akalowa m'thupi. Zikatero chiopsezo cha zovuta zobwera chifukwa cha mankhwala chimachuluka.



NKHOMALIRO

Ora limodzi ndi

12h30-13h30

➔ **NTCHITO YACHIWIRI – Zinthu zomwe zimakhudza kamwedwe ka ma ARV: Ndi chifukwa chiyani Grace anamwalira?**

Ora limodzi ndi Mphindi 15)

13h30-14h45

<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> ✳ Kuti ophunzira azindikire zifikwa zosiyasiyana zimene zimapangitsa kumwa mankhwala aliwonse mwandondomeko kukhala kovuta ✳ Kuzindikiritsana za zinthu zomwe zimathandizira kamwedwe ka mankhwala mwandondomeko
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> ✳ Mapepala 30 a nkhani ya Grace: Ndi chifukwa chani Grace anamwalira? (kuchokera pa mutu 6 ku masamba akumapeto kwa bukhuli) ✳ Chingwe ✳ Ilesi/sizasi ✳ Mapepala mitundu okwana 30 ang'onoang'ono
<p>Ntchito/Chochitika</p>	<p>Gawani mapepala okhala ndi nkhani ya Grace “Ndi chifukwa chani Grace anamwalira?” (kuchokera pa mutu 6 ku masamba akumapeto kwa bukhuli)</p> <p>Otsogolera maphunziro awerengere mokweza nkhani ya Grace Pemphani ophunzira mmodzi akhale ngati Grace. Akhale pa mpando Afunseni: <i>Ndi zifukwa ziti zomwe zinamulepheretsa Grace kukhulupirika pa kamwedwe ka mankhwala?</i></p> <p>Pamene akuyankha, ophunzira mmodzi adzilemba zifukwa zomwe zikutchulidwa papepala kenako adzimanga mapepalawo ku kachingwe ndikumumangirira Grace</p> <p>Afunseni: <i>Ndi zifukwa zina ziti zimene zingawapangitse amayi m'dera lathu kulephera kumamwa mankhwala mwandondomeko?</i></p> <p>Alimbikitseni ophunzira kukamba za zomwe iwo adutsamo kapena zomwe amayi ena owadziwa anakumana nazo, kuti tizindikire mavuto ena okhudzana ndi kamwedwe ka mankhwala mwandondomeko. Pitirizani kulemba mayankho pa mapepala ndikumawamangirira pa Grace.</p> <p>Akamaliza kupereka mayankho afunseni funso ili: <i>Kodi linali vuto la Grace posakwanitsa kumwa mankhwala mwandondomeko?</i></p> <p>Tsogolerani zokambirana</p> <p>Tsopano funsani ophunzira anene maganizo awo mmene tingathanilane ndi zovuta zalembedwazo.</p> <p>Muzichotsa chimodzichimodzi cha zingwe zomwe zinamangiriridwa pa Grace mofanana ndi maganizo omwe akuperekedwa kufikira Grace atakhalanso mfulu (okutha kumwa mankhwala ake mwandondomeko).</p>

Uthenga wa ophunzitsa

KWA AMAYI, MAVUTO AMENE ANGALEPHERETSE KAMWENDWE KA MA ARV MWANDONDOMEKO NDI MONGA: KUTSATIRA ZOMWE TAGWIRIZANA IFEYO NGATI OFUNA THANDIZO NDI ANTHU AKUCHIPATALA

Pa munthu/za mkati mwa munthu:

- * Kudzisala kapenanso manyazi
- * Kusowekela maphunziro ozindikiritsa za mankhwala
- * Matenda a nkhawa/matenda aku ubongo
- * Mowa/kugwiritsa ntchito mankhwala ozunguza bongo
- * Kuyiwalayiwala
- * Kutalikana ndi mankhwala (chitsanzo ndi pamene munthu wapita kosangalala)
- * Kutanganidwa kolephera nako kukatenga mankhwala kapena kumwa kumene
- * Mankhwala atha
- * Manyazi kumwa mankhwala anthu ena akuwona
- * Kulephera kowawululira anthu ena amene ukukhala nawo m'nyumba
- * Kusavomeleza – kukanitsitsa kuvomeleza kuti ali ndi HIV kapenanso kusafuna kukumbutsidwa za ichi ndi ena
- * Zovuta zimene zimatha kubwera ukamamwa mankhwala
- * Kuyendayenda
- * Kuchulukidwa ndi udindo wapakhomo kapenanso udindo osamala ana
- * Nkhanza zapanyumba
- * Kutanganidwa kokafunafuna chakudya
- * Kusowa ndalama yoyendera
- * Kudziwa kusawerengeredwa mpaka osamafuna kupita kuchipatala (chitsanzo ndi anthu omwe amachita mchitidwe ogonana amuna kapena akazi okhaokha)
- * Abale ako kumamwa nawo mankhwala ako
- * Kukhulupirira mankhwala azitsamba

Zina za makhalidwe athu:

- * Kuwopa kusalidwa ndi kusankhana
- * Kuwopa kukanidwa
- * Kusowa thandizo lokhazikitsa mtima lochokera kwa anthu
- * Kuletsedwa ndi achibale (chitsanzo ndi amuna amene amawakaniza akazi awo kumwa ma ARV)
- * Nkhambakamwa zokhudza HIV
- * Mantha chifukwa anamva kuti mankhwalawa ali ndi zovuta zake
- * Nkhanza za m'banja
- * Zikhulupiriro zonena kuti Mulungu ndi okwanira ndipo andichiza. Ma ARV sayenderana ndi chikhulupiriro mwa Mulungu
- * Kukhulupirira kuti wa mowa sayenela kumamwa ma ARV
- * Kukhulupirira kuti ma ARV samamwedwa osadyela

- * Achibale kukukankhila ku mankhwala a zitsamba ndi kwa asing'anga
- * Kutanganidwa ndi ntchito
- * Kusowa zofunukila pa moyo monga chakudya, ndalama ndi mayendedwe

Zokhudza kuchipatala:

- * Chipatala kukhala kutali
- * Kusowa uphungu wa achipatala okulimbikitsa
- * Kusowa ubale wabwino ndi achipatala
- * Achipatala osaphunzitsidwa bwino
- * Kutha kwa mankhwala kuchipatala
- * Mizere italiitali komanso kucedwa kulandira thandizo
- * Kuwopa kuti chinsinsi sichikasungidwa
- * Kuchepa kwa ndalama zoyendetsera ntchito za umoyo

KWA AMAYI, ZINTHU ZIMENE ZINGATHANDIZILE KAMWEDWE KABWINO KA MA ARV NDI MONGA:

Pa Munthu:

- * Kudzikhulupirira wekha
- * Kutchela alamu pa foni, kukhala ndi pomalembe ukamwa makhwala, zokukumbutsa (chitsanzo; pologalamu ya pakanema yomwe umakonda kuwonela) ndi zina mwa zinthu zomwe zimamukumbutsa munthu kumwa mankhwala
- * Kuwulula za m'thupi mwako kwa achibale ndi anansi
- * Kumatha kumwa ma ARV pakhomo opanda kubisa
- * Kulandira thandizo ngati uli ndi vuto logwiritsa ntchito mankhwala ozunguza bongo
- * Kulandira thandizo ngati uli ndi vuto la matenda amu ubongo
- * Kukhala nako kumvetsetsa za HIV, mmene ma ARV amagwirira ntchito komanso kumvetsa zotsatira za vayilo lodi

Zokhudza makhalidwe a anthu:

- * Thandizo lochokera kwa achibale ndi anansi
- * Thandizo lochokera kumagulu ngati ampingo ndi atsogoleri achipembedzo
- * Kukhala ndi magulu achilimbikitso a amayi omwe anapezeka ndi HIV kumadela athu (support groups)
- * Madongosolo othandiza anthu ndi chakuudya chaulere
- * Madongosolo ndi zochitika zolimbana ndi nkhanza za m'mabanja

Zokhudza kuchipatala:

- * Maphunziro abwino a HIV, ma ARV ndi kumwa mankhwala mwandondomeko
- * Madongosolo othana ndi kuusalana
- * Kupereka thandizo ndi mankhwala a ulere
- * Ogwira ntchito zachipatala achikondi ndi opanda makhalidwe oweruza
- * Zipatala pafupi-pafupi
- * Ntchito zaumoyo zimene ndi zolumikizana
- * Ogwira ntchito zachipatala ophunzitsidwa bwino
- * Kuchepetsa nthawi yodikilira kulandira thandizo kuuchipatala

Ophunzitsa agwiritse ntchito mutu wa KUSANTHULA MITUNDU YA MPHAMVU ndikundanda mwatsatane-tsatanane zomwe zimalepheletsa kamwedwe kabwino ka mankhwala ndi kuwerenga zoyenera kuchita kuchokera mu nkhani ya Grace poyang'ana mphamvu zomwe zili zosawoneka/zobisika/zowoneka (Mupereke chitsanzo pa mphamvu iliyonse):

Mwachitsanzo:

KUSANTHULA MITUNDU YA MPHAMVU	ZOLEPHERETSA KAMWEDWE KABWINO KA MANKHWALA	NJIRA ZOTHANIRANA NAZO
Zowoneka ndi maso	Boma – kotalikana kwa zipatala Makhalidwe achipongwe a anthu ogwira ntchito zachipatala	Kuupempha boma kuwonjezela ndalama kuntchito zaumoyo kuti limange zipatala zowonjezela kapena akhazikitse zipatala zoyendayenda Maphunziro a anthu ogwira ntchito zaumoyo
Zobisika	Ofesi yoyang'anila ntchito zaumoyo Boma	Kugwira ntchito zosaka thandizo mwagulu Kupanga misonkhano ndi achipatala
Zosawoneka ndi maso	Mipingo – Ziphuunzitso zomanena kuti pemphero lokha ndi limene lingachize HIV	Misonkhano yozindikiritsa ndi kuphunzitsa anthu m'madela Kuchiita zokambirana ndi achipembedzo

→ NTCHITO YACHITATU – Kupanga dongosolo lako lokhuthandizira kamwedwe kabwino ka ma ARV	Mphindi 45	14h45-15h30
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Zolinga za phunziroli	<ul style="list-style-type: none"> * Kutha kupanga dongosolo lakolako lokhuthandizira kamwedwe kabwino ka mankhwala * Kuzindikiritsana za zotchinga zomwe zitha kukhalapo/zimakhalapo ngati zomulepheretsa munthu kukhulupirika pa mankhwala komanso ndi m'mene angapangile dongosolo lomuthandizira kuthana nazo
Zipangizo/kukonzekela	<ul style="list-style-type: none"> * Mapepala 30 okhala ndi dongosolo la kamwedwe ka mankhwala (kuchokera pa Mutu 7 wopezeka ku mapeto kwa bukhuuli, dongosolo 1 kapena dongosolo 2) * Timabokosi tosungilamo mapilitisi tokwana 30: Izi zitha kukhalapo kapena ayi

Ntchito/Chochitika	<p>Gawani Mapepala okhala ndi dongosolo la kamwedwe ka mankhwala kwa ophunzira aliyense</p> <p>Sankhanipo dongosolo la kamwedwe ka mankhwala limodzi lomwe ngati gulu mwagwirizana nalo (kuchokera pa Mutu 7 wopezeka ku mapeto kwa bukhuli, dongosolo 1 kapena dongosolo 2)</p> <p>Ngati ndi dongosolo 1: Ophunzitsa awerenge mokweza mafunso otsogolera amene akupezeka pa mutu wa uthenga wa ophunzitsa uli mmusimu. Awerenge mutu umodzi umodzi ndi kupereka mpata kwa ophunzira kuti alembe kaye.</p> <p>Kenako, ophunzira aliyense awonetsane ndi mzawo yemwe ali naye pafupi zomwe alembe.</p>
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Lifunzeni gulu:

Ndi mavuto ati okhudza kamwedwe kabwino ka mankhwala munawapeza?

Afunzeni ophunzira agawane ndi gulu lonse mavuto omwe iwo apeza ndipo mutsogolere zokambirana.

Gawani timabokosi tosongilamo mapilitisi kwa ophunzira aliyense ndipo muwafotokozere mmene timagwiritsidwila ntchito.

Uthenga wa ophunzitsa

MAFUNSO OYAMBITSA MUNTHU KUTI ADZIWE KUFUNIKA KOKHALA NDI DONGOSOLO LA KAMWEDWE KA MANKHWALA (KUCHOKERA PA MUTU 7 WOPEZEKA KU MAPETO KWA BUKHULI, DONGOSOLO 1):

Zinthu zokuthandizila:

- * Amandithandiza ine ndindani?
- * Amandikumbutsa ine kumwa mankhwala ndindani?
- * Ndindani amene ndingamukhulupirire ndikuyankhula naye pamene ndili ndi mavuto pakamwedwe ka mankhwala?

Kuwulura – kwa ndani ndi zovuta zake:

- * Ndinamuwululira ndani?
- * Wina ndindani amene ndikufuna nditamuwululira?
- * Kodi zondivuta ine ndi ziti pa nkhani yakuwulura za m'thupi mwanga?

Mayina a ma ARV:

- * Kodi ndikuwadziwa mayina ama ARV anga?

Nthawi yomwela ma ARV:

- * Ndimamwa nthawi yanji ma ARV anga?
- * Kodi nthawi yomwe ndimamwa ineyi imandikhalira bwino?
- * Kodi ndikofunika ndisinthe nthawi yanga yomwela ma ARV?

Kasungidwe kama ARV

- * Ndimawasunga potani ma ARV anga?
- * Kodi ndimakhala ndikuwabisa kwa anthu ena?
- * Kodi ndimawasunga malo otetezeka? (mwachitsanzo; patali ndi ana)

Zondikumbutsa kumwa ma ARV

- * Kodi ndimakumbukira nthawi zonse kumwa ma ARV anga?
- * Ndi njira ziti zomwe ndimagwiritsa ntchito kuti zidzindikumbutsa kumwa mankhwala anga?
- * Kodi ndikufunika ntchito zina zoti zidzikumbutsa zowonjezela?

Dongosolo lopita kuchipatala

- * Kodi ndikoyenela ndidzikonzekelatu maulendo anga akuchipatala tsikulo lisanafike?
- * Kodi kuchipatala kwanga ndikoyendeka?
- * Ngati sikoyendeka, kodi ndikofunika ndikonzekele za mayendedwe kuphatikizapo ndalama yodzayendela?
- * Kodi ndikofunika ndikonzeletu za odzasamala ana kapenanso ndipangiletu zodzatsanzika kuntchito?

Kukonza za mayendedwe a ulendo wakuchipatala

- * Ngati ndili ndi ulendo wopita kwina kutali ndi kunyumba (mwachitsanzo; kumaliro kapenanso kokawayendela achibale ndi Anansi) ndikuyenela nditakonza motani nkhani ya mankhwala anga?
- * Kodi ndikuyenela ndikatenge mankhwala ena owonjezela kuti mwina ndikakhalitsa ku ulendowu?
- * Kodi ndikofunika ndiyende ndi bukhu langa lakuchipatala?

Mu zokambirana zanu, mutsindike mmene amayi angathandizilane wina ndi mzake kuti adzimwa mankhwala mokhulupirika ndi mwandondomeko komanso nkhani yopita kuchipatala.

 TEA	Mphindi 20	15h30-15h50
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→ NTCHITO YACHINAYI – Umodzi wa amayi ngati njira yolimbikitsira kamwedwe kabwino ka mankhwala	Mphindi 40	15h50-16h30
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Zolinga za phunziroli	* Kutiphunzira ayambe kuganiza za m'mene angathandizilane wina ndi mzake pochita zinthu mu umodzi
Zipangizo/kukonzekela	* Pitirizani kugwiritsa ntchito tsamba lomwe pali za dongosolo lothandizira kamwedwe kabwino ka mankhwala
Ntchito/Chochitika	Mu magulu asanu ndi limodzi (6) okhala ndi anthu asanu (5), gulu lifunse membala aliyense mu gulumo kuti; "Ife ngati amayi am'dela lanu, tingakuthandizeni bwanji?" Ophunzira aliyense ayankhe. Onetsetsani kuti mayankho adzikhala omwe ndi otheke kuwachita Ophunzira aliyense alembe kapena ajambule mayankho mu ndime yakumapeto ya tsamba lokhala ndi dongosolo lothandizira kamwedwe kabwino ka mankhwala. Gulu lililonse lipereke mayankho awo ku gulu la ophunzira onse ngati njira yogawana nzeru. lembani mayankhowo pa mapepala akuluakulu ndipo agwiritseni ntchito kutsogolera zokambirana.

Uthenga wa ophunzitsa

NJIRA ZIMENE AMAYI ANGATHANDIZILANE WINA NDI MZAKE NDI MONGA:

- * Kulimbikitsana ndi kuthandizana
- * Kugawana nkhani za miyoyo yawo komanso dongosolo lomwela mankhwala
- * Kukumbutsana kumwa mankhwala komanso maulendo akuchipatala
- * Kuwayendela amayi amene asiya kumwa mankhwala
- * Kugawana wina ndi mzake nkhani zophunzitsa za chithandizo choyenera kwa amene ali ndi HIV
- * Kugwirizana kupita kuchipatala tsiku lofanana kuti atha kumakachezelana podikirira kuthandizidwa
- * Kutumizilana ma uthenga apa foni okumbutsana kumwa mankhwala
- * Kuyambitsa gulu lochezelana lapa foni la WhatsApp
- * Kumakumana kamodzi pa mwezi ngati kagulu kakang'ono kuti tidzikambirana mavuto aliwonse ndi kulimbikitsa amayi ena kulowa nawo
- * Kumathandizana kusamala ana amzathu patsiku limene wapita kuchipatala
- * Kubwerekana ndalama ngati kuthekela kulipo, kuti wina ayendele patsiku lake lopita kuchipatala
- * Kupanga magulu okalandirirana mankhwala
- * Kupempha boma zithandizo zomwe zikufunika kwathu mu umodzi wathu. Mwachitsanzo; zipatala zoyendela
- * Kupempha kulowa nawo m'ma pologalamu ena aboma othandiza anthu osowa monga kulima m'minsewu

→ KUTSEKERA/KUPHELA MPHONGO KUCHOKERA KWA OPHUNZITSA

Mphindi 15

16h30-16h45

Onani maganizo pa njira zomwe mugawiritse ntchito potsekera pa tsamba 5 mpaka 6

Ntchito yokachita kunyumba (Yosakakamiza; itha kuchitidwa kapena ayi): Afunseni ophunzira adziwe kulemba ndi kutchula mayina a ma ARV ndi mitundu ya akhwala okhala mkati mwake

Zokambirana zamchezo zanthawi yakumadzulo pa mitu ya kugonana, zogonana ndi kukoma kwa kugonana

Chidziwitso: Madzulo amenewa atha kugwiritsidwa ntchito kuyankha mafunso amene anayikidwa ku chimbale chachikulu.

Uthenga wa ophunzitsa

Zokambirana zamchezo zanthawi yakumadzulo zitengele nkhani zomwe ophunzira akufuna kuzikambirana, koma nkhani zina mwa zomwe mungayambilepo ndi monga:

Poyambila: Ndi zinthu ziti zimene zimapanga kugonana kukhala kokoma kapena kosakoma kwa mzimayi

Ulamuliro omwe tili nawo kapena tilibe pa matupi athu ndi uti?

Ngati tilibe ulamuliro pa matupi athu, ndindani yemwe ali nawo?

Ndi mauthenga otani omwe atsikana ndi amayi ku Malawi amaphunzira okhudza kukoma kwa kugonana akamakula?

Kodi ndi ziti zomwe anthu akudziko amavomereza kapena savomeleza pa m'mene mzimayi angawonetsele mbali yake pankhani zakugonana? Ndipo kodi zimenezi zimalimbikitsidwa bwanji ndi anthu akudziko?

Amayi ali ndikuthekela komva bwino pogonana makamaka ngati ali ndi ulamuliro osankha amene akufuna kugonana naye, mmene akufunila kugonedwa ndi zomwe akufuna thupi lawo lidzichitidwa pogonanapo.

Amayi kawirikawiri amakhala ndi ulamuliro ochepa pa nkhani zimenezi chifukwa cha zopsinja izi zomwe zimatsogoleredwa ndi chikwalidwe chokomela amuna:

- * Amayi amayang'anidwa ngati kuti sakhala ndi chilakolako chabwinobwino chogonana.
- * Nkhani ya kugonana imayang'anidwa ngati yosafunika kwenikweni kwa mzimayi koma kwa mzibambo. Amayi amayembekezedwa kuti kwawo ndikumusangalatsa mzibambo nthawi iliyonse angafune .
- * Amayi amaphunzitsidwa kuti sakuyenela kumasamala kwambiri za kukoma kwa kugonana kwa iwo eni, kapena kuyambitsa kugonana kapenanso kudedeluka paza kugonana.
- * Amayi amayesedwa olephera ngati sabeleka ana ndipo amayembekezedwa kuti adzifuna kukhala ndi ana. Phindu lawo limayang'anidwa kuchokera kumbali ya kubereka.
- * Amayi amayembekezedwa kumavala ndi kuchita zinthu ngati mzimayi, ndi kuti adzigonana kapena adzikhala ndi chilakolako cha mzibambo basi.

Ngati amayi sakufikila pa zinthu zomwe dziko limayembekezela kuchokera kwa iwo amasalidwa, kudzudzulidwa, kukanidwa kapenanso kulangidwa ndi anthu okhala nawo (ndipo nthawi zina amachitidwa izi ndi amayi anzawo).



TSIKU LACHINAYI

BUKU LOPHUNZITSA ZA
CHITHANDIZO CHOYENERA
KWA AMENE ALI NDI HIV

➔ **MTIMA-MALINGALIRO-THUPI**

Mphindi 15

08h30-08h45

Ntchito

- ☀ Onani zitsanzo za zochitika pa mitu 12, 13 ndi 14 yopezeka kumapeto kwa bukhuli



Kukumbutsana za dzulo

➔ **NTCHITO YOYAMBA – Kuphunzira za mmene tingamwele bwino ma ARV**

Mphindi 30

08h45-09h15

Zipangizo/kukonzekela	☀ Mapepala 30 ofotokozerana za “Mafunso pa kuphunzira kumwa bwino ma ARV” (Kuchokera pa Mutu 8 ku masamba akumapeto kwa bukhuli)
Ntchito/Chochitika	<p>Yambani kukumbutsana zomwe anaphunzira dzulo podutsamo mu mitu yonse ya maphunziro adzulo kugwiritsa ntchito mndandanda womwe munamata pakhoma.</p> <p>Afunseni ngati ali ndi mafunso pa zochitika zadzulo</p> <p>Gawani mapepala okhala ndi mafunso a zakuphunzira kumwa bwino ma ARV” (Kuchokera pa Mutu 8 ku masamba akumapeto kwa bukhuli)</p> <p>Lembani mawu oti “zowona” ndi “zabodza” pa mapepala akuluakulu awiri ndipo muwamate mmakoma oyang’anizana</p> <p>Kenako yambani kufunsa funso limodzilimodzi ndipo gulu la ophunzira lidziyankha ndi miyendo yawo (kuyendetsa miyendo kuloza komwe kuli mawu oti “zowona” kapena “zabodza” molingana ndi mayankho awo)</p> <p>Muwafotokozele mokwanila.</p> <p>China chophatikizapo koma chosakakamiza: Wonjezelanipo nkhani zina zomwe zinatuluka mmasiku omwe adutsa zimene zinafunika kuziwonanso. Ziwerengeni mokweza ndipo ophunzira ayankhepo ngati zili zowona kapena zabodza pogwiritsa ntchito miyendo yawo.</p>

Funso	Uthenga wa ophunzitsa
1. Ku Malawi, anthu onse omwe ali ndi HIV atha kuyamba kumwa ma ARV mosatengela chitetezo chawo (CD4 Count)	ZOONA – Izi ndi zokomela umoyo wa munthuyo ndipo zimachotsa chiwopsezo chofalitsa HIV kwa ena.
2. Ma ARV ndi mankhwala okumwa moyo wonse	ZOONA – Kumwa ma ARV ndi chisankho cha moyo onse

<p>3. Ngati ndikuyamba kumene kumwa ma ARV adzandipatsa okumwa kamodzi patsiku</p>	<p>ZABODZA – Achipatala ndi amene adzakupatseni mankhwala okuyenelani. Izi zidzatengela kuti muli ndi matenda ena anji komanso mbiri ya mthupi mwanu. Anthu ambiri amayamba ndi 13A kapena 5A komabe achipatala atha kukupatsani ma ARV ena omwe ndiwokuyanjeni osakhala awawa.</p>
<p>4. Sizolakwika kudumphitsa kumwa mankhwala mwa apo ndi apo</p>	<p>ZABODZA – Zimachitika pa moyo wathu kuyiwala kumwa mankhwala nthawi zina koma onetsetsani kuti mukukumbukira kumwa tsiku lililonse. Mukadumphitsa mankhwala mukudziyika pa chiwopsezo cha kupima kwa HIV m’thupi mwanu. Mukuyenera kumamwa mapilitsi onse kuti mankhwala agwire ntchito yake bwinobwino. Izitu zikutanthauza kuti kuyiwala kumwa pilitsi limodzi kapena awiri pamwezi zimakuyikani pa chiwopsezo chakupima kwa HIV m’thupi mwanu.</p>
<p>5. Nditha kumamwa mankhwala anga pa nthawi zosiyana bola ndikumwa tsiku lililonse</p>	<p>ZABODZA – yesetsani kumamwa mankhwala pa nthawi yonga yomweyo tsiku lililonse. Pezani nthawi imene imakukhalirani bwino ndipo tsiku lililonse mudzimwa makhwala pa nthawi imeneyo.</p>
<p>6. Ndikayiwala kumwa mankhwala kwabwino kumwa nthawi imene ndakumbukila ngakhale itakhala kuti yayandikilana ndi nthawi ya pilitsi lotsatira</p>	<p>ZABODZA – zimatheka kuyiwala kumwa mankhwala kapenanso kuwamwa mochedwa. Mu kupita kwa nthawi zimadzazoloweleka kumamwa mosayiwala. Ngati mwakumbukila pamene nthawi siyinapitirire pakatikati ndi nyengo yomwela pilitsi lotsatira, imwani pilitsi mwakumbukalo. Koma ngati nthawi yapitilira pakatikati ndi nyengo yomwela pilitsi lotsatira musamwense. Musamwe mapilitsi awiri chifukwa chakuti munayiwala pilitsi lam’mbuyo.</p>
<p>7. Palibe chovuta kusiya kumwa makhwala ngati ndakumana ndi zovuta zobwera chifukwa cha kumwa makhwala. Bola ndawadziwitsa akuchipatala kwanga zikachitika</p>	<p>ZABODZA – Ngati mukusiya kumwa mankhwala pa chifukwa chilichonse kuphatikizapo zovuta zobwera chifukwa cha kumwa makhwala yambani mwawadziwitsa achipatala musanasiye. Akuchipatala adzakuthandizani kuti zisafike posiya kumwa mankhwala ndipo chiganizo chosiya makhwala mudzapangila limodzi ngati kuli kofunika kutero.</p>
<p>8. Ndikakumana ndi vuto la kupweteka m’mimba kowonjeza, chikaso m’maso kapena nsungu m’thupi monse ndidzakawadziwitse akuchipatala ndikamadzapita pa tsiku lomwe anandipatsa</p>	<p>ZABODZA – Izo ndi zizindikiro za zovuta zikuluzikulu zobwera chifukwa cha kumwa makhwala ndipo zikuyenela kukanena kuchipatala nthawi yomweyo.</p>
<p>9. Ndikuyenela nthawi zonse kudya kaye ndisanamwe ma ARV</p>	<p>ZABODZA – palibe vuto kumwa ma ARV usanadye. Komabe, ena amakonda kuyamba kaye adya. Koteru, kusowa chakudya sichifukwa chosamwela kapena kuchedwa kumwa mankhwala. Ndi nkambakamwa kunena kuti mankhwala aliwonse amayenela kudiyela kaye usanamwe.</p>

<p>10. Ngati ndasanza pasanathe theka la ora chimweleni makhwala, ndimwe pilitsi lina.</p>	<p>ZOONA – ngati mwasanza mutangomwa kumene makhwala kumakhala kuti mankhwalawo anali asanagayike ndikulowelera m’thupi. Ngakhale mutalephera kuliwona pilitsi pa masanzi anu, zitha kungotanthauza kuti mwina linagayika komabe linali lisanalowelere m’thupi mwanu.</p>
<p>11. Ngati ndamwa mowa, ndisamwe mankhwala anga.</p>	<p>ZABODZA – Nkwabwino kuchepetsa mowa nthawi zino, makamaka ngati uli pa ma ARV, koma ngati wamwabe mowa ndikofunika kuti umwenso mankhwala ako. Nkwabwino kumwa mankhwala utamwa mowa kusiyana ndikusamwaletu chifukwa chakuti wamwa mowa.</p>
<p>12. Palibe vuto kumwa mankhwala azitsamba kapena ma “Herbal” limodzi ndi ma ARV chifukwa mankhwala azitsamba komanso ma “Herbal” ndi zachilengedwe</p>	<p>ZABODZA – Sizinadziwike kwenikweni mmene mankhwala azitsamba amakhudzila ma ARV. Nkuthaka mankhwala azitsamba amasokoneza mphamvu yama ARV kuwapangitsa kuchuluka mphamvu (kuwapangitsa kubweretsa zovuta m’thupi) kapenanso kutsika mphamvu yake m’thupi (kuwapangitsa asagwire ntchito). Ngati mukumwa mankhwala azitsamba afunseni adokotala anu akuthandizeni.</p>
<p>13. Ma ARV anga akuyenela kumasungidwa malo otetezeka komanso patali ndi ana</p>	<p>ZOONA – Ana, makamaka amsinkhu waung’ono amakhala ogwiragwira kotero atha kudya mankhwala anu akawapeza. Izi ndi zoopsya kwa mwana. Chonde sungani makhwala kutali ndi ana nthawi zonse.</p>
<p>14. Ngati ndikulandira mankhwala ena aliwonse kuchokera kwa dokotala kapena wachipatala aliyense ndikuyenera kuwafotokozera kuti ndimamwa ma ARV</p>	<p>ZOONA – Makhwala amitundu ina atha kusokoneza kagwiridwe ntchito kama ARV m’thupi mwanu, kuwupanga mulingo wa ARV m’magazi mwanu kukwera kapena kutsika kwambiri (kuwapangitsa kubweretsa zovuta m’thupi kapenanso kuwapangitsa asagwire ntchito). Izi ndikuphatikizapo makhwala amene timagula tokha m’masitolo. Mudziyamba mwawafunsa adokotala anu musanamwe mankhwala amitundu ina nthawi zonse.</p>
<p>15. Ndi zabwinobwino kugawana ma ARV ndi abale anga ngakhalenso amzanga oyandikana nawo</p>	<p>ZABODZA – Ngati mugawana mankhwala anu ndi anthu ena amatha nsanga tsiku lanu lokalandira ena lisanakwane. Ndizothekanso kuti mankhwala anuwo ndi wosiyana ndi a anthu enawo. Mankhwala amaperekedwa kwa munthu aliyense payekha, kotero sikoyenera kugawana.</p>
<p>16. Ine ndi mzanga yemwe ndayandikana naye nyumba tili ndi matenda amodzi/ ofanana ndipo makhwala athu ndiwofanananso. Koma mtundu wa mabotolo athu amankhwala ukusiyana, ngakhalenso dzina la pa mabotolo athu ndi losiyana</p>	<p>ZOONA – Mankhwala amatha kupangidwa mosiyana koma ali amodzi. Mayina owapatsa athanso kusiyana koma mphamvu ya mankhwala amkati mwake kukhala ofanana.</p>



Phunziro la khumi: Kukhala moyo wabwino ndi kudzisamalira

➔ **NTCHITO YOYAMBA – Mtima-Malingaliro-Thupi za thanzi**

Ora limodzi

09h15-10h15

<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> ☀ Kufuna kumvetsa za kufunika koyika mfundo zokweza ndi kulimbitsa matupi a amayi komanso malingaliro awo ☀ Kuyang’ana mbali zosiyanasiyana zomwe zimapanga ungwiro wa Mtima, Malingaliro ndi Thupi pa mzimayi ndi kufunikila kwa zonsezi pakumupatsa mzimayi umoyo wabwino komanso chiyembekezo cha zakumtsogolo ☀ Kuyika umoyo wabwino wa amayi onse ngakhale mayi aliyense payekhapayekha patsogolo popanga zinthu
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> ☀ Mapepala akuluakulu atatu ojambulidwa Mtima (chithunzithunzi cha mtima), Malingaliro (Bongo) ndi Thupi (thupi la munthu)
<p>Ntchito/Chochitika</p>	<p>Afunseni ophunzira atseke maso awo atakhala pansu ndi kulingalira za thupi lawo. Alingalire mmene angamvele m’thupi mwawo muli bwino. Afunseni: <i>Zingamveke bwanji mutati muli bwino?</i></p> <p>Agaweni m’magulu atatu. Lipatseni gulu lililonse pepala lalikulu limodzi lojambulapo (Mtima, Malingaliro kapena Thupi) Afunseni: <i>Ngati mzimayi amene ali ndi HIV, ndingatani kuti ndidzikhala ndi moyo wabwino mumtima, m’malingaliro ndi m’thupi mwanga?</i></p> <p>Afunseni ophunzira alembe zomwe gulu lawo likuganiza pa chi pepala chomwe mwawapatsa. Awonetsetse kuti sakubwereza mfundo zomwe zilipo kale.</p> <p>Magulu onse akamaliza, mudutsitse chi pepala cha gulu lililonse ku magulu enawo kuti athe kuwonjezela zinthu zina.</p> <p>Zonse zikatha, matani mapepala ojambulidwawo m’makoma ndikuwakambirana ngati gulu limodzi.</p> <p>Kenako, ophunzira alingalire mozama aliyense payekhapayekha ndi kulemba m’buku mwawo poyankha mafunso awa: Afunseni: <i>Ndi mfundo ziti pa mndandanda wa zomwe zalembedwazo zomwe ine ndikuchita bwino ndikale?</i> <i>Ndi mfundo zitatu ziti zomwe zitha kundithandiza pa moyo wanga nditati ndayamba kudzichita?</i> <i>Kodi mwa zonsezi ndi mfundo ziti zomwe nditha kuyamba kudzichita sabata yamawa?</i> <i>Ndi mfundo ziti zomwe zifunike nthawi yokonzekelera ndisanayambe kudzichita?</i> <i>Ndikufunika nditani kuti izizi zitheke?</i></p> <p>Afunseni ophunzira kukambapo mbali yawo ndi kutsogolera zokambirana.</p>

Uthenga wa ophunzitsa

Mtima

- * Kukhala ndi ubale wabwino ndi bwenzi lako
- * Kuchezelana ndi ena
- * Kupanga zinthu zomwe umakondwera nazo
- * Kugawana ndi achibale/anzako omwe umawakhulupirira nkhwawa zako
- * Kusankha maubwenzi abwino
- * Kukhala ndi nthawi ndi okondedwa ako
- * Kulowa gulu lachilimbikitso la amayi
- * Kupemphera
- * Kuchitira ena zabwino komanso kuchitira iweyo mwini
- * Lola ena akukonde komanso udzikonda ena
- * Kumadzikonda wekha

Malingaliro:

- * Phunzira zambiri zokhudza HIV, ma ARV ndi kukhala moyo wathanzi
- * Kudzitukula wekha: kuwonjezela nzeru ndi maluso (usasiye kuphunzira zinthu zatsopano)
- * Kutha kuthana ndi kupanikizika (stress)
- * Kukhala ndi maganizo abwino
- * Kukhala okonzeka ndi ochilimika
- * Kuvomereza mmene m'thupi mwako mulili
- * Kuwululira ena (ngati kuli kofunika kutero)
- * Ubale wabwino ndi achipatala
- * Kufuna thandizo pamene tili okhumudwa, tili ndi nkhwawa kapenanso matenda amu ubongo
- * Kufuna thandizo kuchokera kwa Anansi ndi anthu amudera lathu
- * Kupeza, kugwiritsa ntchito ndi kusunga ndalama mwanzeru kuti tikhale odzidalira pachuma

Thupi:

- * Kudya chakudya cha magulu onse
- * Kuchita masewero olimbitsa thupi
- * Kumwa madzi mokwanila
- * Kugona mokwanila (ma ora 7 kapena 8 usiku uliwonse) ndi kupuma
- * Pewani kugwira ntchito mopyola muyeso
- * Kugonana mokwanila (koma mutadziteteza)
- * Kukhulupirira pa kamwedwe ka mankhwala
- * Ukhondo wa m'thupi
- * Kuzindikira matenda ndi kulandira thandizo mwachangu ukadwala (chitsanzo ndi monga TB)
- * Imwani mankhwala oteteza kumatenda ena (Chitsanzo ndi Bactrim kuti mupewe kudwaladwala ndi TPT kuti mupewe TB)
- * Osasuta fodya
- * Chepetsani mowa

- ☀️ Pewani matenda opatsirana pogonana (Gwiritsani ntchito makondomu moyenera) komonso landirani mankhwala mwansanga ngati mwatenga matendawa
- ☀️ Pewani kutenga HIV ya mitundu ina (Gwiritsani ntchito makondomu)
- ☀️ Imwani mankhwala a Bactrim kuti mupewe matenda a chibayo chachikulu, kutsekula mmimba, malungo ndi matenda ena)
- ☀️ Tengani njira zakulera kuti mupewe mimba zosakonzekera
- ☀️ Imwani mankhwala a TPT kuti mupewe matenda a TB mukukhala mu dera lomwe kuli TB yochuluka
- ☀️ Kuwonana ndi adokotala pafupipafupi

Chidziwitso: Mutsindikize za kulumikizana kwa mtima/malingaliro/thupi. Mwachitsanzo, Pamene ndili ndi thupi lathanzi, nditha kusangalala pogonana ndipo ndithanso kukhala ndi mtima wabwino. Pamene ndili ndi maphunziro okwanira ndi kumvetsetsa kwabwino zokhudza thanzi langa, nditha kupanga ziganizo zabwino zomwe zitha kundipangitsa ine kukhala ndi thupi labwino.



Phunziro la khumi ndi chimodzi: kudziwa za malamulo ndi mitundu ya mankhwala ama ARV

➔ **Ntchito Yoyamba – Kudziwa za malamulo ndi mitundu ya mankhwala ama arv omwe alipo ku Malawi kuno ndi za nkhani zoyeza hiv mmagazi**

Mphindi 30

10h30 – 11h00

Zolinga za phunziroli	<ul style="list-style-type: none"> ☀ Kuphunzira za tsatanetsatane wa ndondomeko yoperekela thandizo lokudzana ndi HIV molingana ndi bukhu la unduna wa zaumoyo la 2022 ndi kulondoloza ngati thandizo lotere ndi limene likuperekedwa m'zipatala za m'dera lathu
Zipangizo/kukonzekela	<ul style="list-style-type: none"> ☀ Gawani kwa ophunzira aliyense mapepala olembedwa "kudziwa za ndondomeko yoperekela thandizo lokudzana ndi HIV ku Malawi la 2022". (Mutu 9 pa masamba opezeka kumapeto kwa bukhu)
Ntchito/Chochitika	<p>Perekani pepala limodzi kwa ophunzira aliyense (Mutu 9 pa masamba opezeka kumapeto kwa bukhu). Ophunzitsa awerenge mokuwa chimodzichimodzi pa mndandanda wa zonse zolembedwazo.</p> <p>Afunseni: <i>Kodi thandizo lililonse pa mndandanda uwu limaperekedwa kuchipatala chakwanu? Ndi thandizo liti lomwe siliperekedwa?</i></p> <p>Ophunzira apereke mayankho awo kwa gulu lonse. Tsogolerani zokambirana.</p> <p>Afunseni: <i>Ndi kusintha kotani komwe mungakonde kutachitika mu ndondomeko iyi yoperekela thandizo lokudzana ndi HIV ku Malawi? Ndi kusintha kotani komwe mungakonde kukakuwona m'boma lakwanu pa mmene ndondomeko izizi zikutsatidwira?</i></p>

Uthenga wa ophunzitsa

Njira zomwe zingathandize kusintha ndondomeko yoperekela thandizo lokudzana ndi HIV ku Malawi:

- ☀ Kuyeza vayilo lodi chaka ndi chaka, osati kamodzi pa zaka ziwiri
- ☀ Kuyamba kaye ayesa "Creatinine" m'magazi (kufuna kuwona mmene inphyo zikugwirira ntchito munthu asanayambe kumwa ma ARV otchedwa Tenofovir omwe amapezeka mu 13A komanso mu 5A)
- ☀ Njira yoyesela kugwira ntchito kwa chiwindi (ALT) idzipezeka muzipatala kuti ipundulile iwo amene akuganiziridwa kuti akudwala matenda okhudza chiwindi chifukwa chakumwa ma ARV
- ☀ Kuyeza khansa yak homo la chiberekero ndi "Pap Smear" osati kugwiritsa ntchito vinegar



Phunziro la khumi ndi chiwiri: kuyika ndondomeko yogwirira ntchito ndi kumanga umodzi wotsogoza amayi

➔ **Ntchito Yoyamba – Lipoti lofotokoza za ntchito ya OBOL**

Mphindi 30

11h00-11h30

<p>Zolinga za phunziroli</p>	<ul style="list-style-type: none"> ✦ Kuphunzira za kusanthula mphamvu poyika mfundo za kampeni ya OBOL ✦ Kuganizira za zomwe taphunzira ndi zomwe tikukonzekela kukagawana ndi ena – ku dera lakwathu ndinso muntchito za OBOL ✦ Kudzitulutsa mu nyumba yongolamulidwa zochita ndikuwonetsetsa kuti sitikulimbikitsa zochitika zomwe zimapondereza amayi
<p>Zipangizo/kukonzekela</p>	<ul style="list-style-type: none"> ✦ Bokosi lomwe munayikidwa mapepala omwe ophunzira analembapo za mmene akuganizira kuti amalimbikitsira kumanga nyumba yongolamulidwa zochita (kuchokera pa phunziro lachisanu [5], ntchito yoyamba) ✦ Mapepala atatu a mitundu yosiyanasiyana a saizi ya A6 (mupereke kwa ophunzira aliyense mitundu yonse)
<p>Ntchito/Chochitika</p>	<p>Ophunzitsa awakumbutse ophunzira kuti chimene chatibweretsa pamodzi ndi azimai a OBOL – kotero tiyenera kuyamba kuganiza za mmene tikagwiritsire ntchito maphunziro talandirawa pokapititsa patsogolo gulu la OBOL.</p>

Uthenga wa ophunzitsa

KUFOTOKOZA ZA GULU LA AZIMAI A MATUPI ATHU, MOYO WATHU (OBOL) KU MALAWI

Kudzela mu ntchito ya zaka 6 ya bungwe la Just Associates kummwera kwa Africa (JASS SNA) yobweretsa amayi pamodzi pa nkhani za kuyika amayi patsogolo, kumanga magulu a amayi ndi kupereka maphunziro a utsogoleri kwa mazanamazana a amayi ochokera mbali zosiyanasiyana kuno ku Malawi, anthu omenyera ufulu wa amayi anapeza kuti matupi a amayi ndi amene amawerengedwa kwambiri, ndipo powathandiza amayi kutulutsa poyera mphamvu yokhala mkati mwawo ndi kuwabweretsa pamodzi, gulu la azimai a OBOL lomwe limafuna ma ARV abwino idayambitsidwa mu chaka cha 2012.

Kampeniya idali yobweretsa amayi pamodzi kuti akakamize unduna wa zaumoyo ku Malawi kupereka ma ARV abwino kwa amayi omwe adapezeka ndi HIV.

Mfundo yotikankha mu kampeniyi inali yakuti amayi amakumana ndi mavuto akuluakulu pa matupi awo obwera chifukwa chakumwa ma ARV otchedwa Stavudine omwe anali mankhwala amodzi mu mtundu wa ma ARV otchedwa T30 amene ankaperekedwa nthawi imeneyo. Kampeniyi idapundula kwambiri koyamba mu mwezi wa July chaka cha 2013 pamene unduna wa zaumoyo udayamba kupereka mtundu wina wabwino wama ARV. Undunawu udadziperereka kuwonetsetsa kuti munthu aliyense amene ali ndi HIV ku Malawi alandire mankhwala atsopano otchedwa Tenofovir pofika mu December 2013. Komabe, nkhwana idalipobe pa amayi makamaka ya zovuta zobwera ndi mankhwala zomwe zimadzawoneka mukupita kwa nthawi – monga ndi kusinthika kwa matupi – ngati Stavudine anali okuti sasinthitsidwa ndi Tenofovir mwachangu.

Mu chaka cha 2015, kampeni ya *Matupi athu, Moyo wathu: Nkhondo yofuna ma ARV abwino* (OBOL), idakhazikitsidwa ndi thandizo lochokera ku Comic Relief (Bungwe laku Mangalande). Izi zidathandiza kubweretsedwa pamodzi kwa amayi ambiri omwe ali ndi HIV. Kampeniyi idabweretsanso pamodzi bungwe la amayi omwe ali ndi HIV (COWLHA) ngati bungwe lachitatu mu ntchito za kampeniyi limodzi ndi mabungwe a MANERELA+ ndi JASS SNA. Ngakhale kuti mamembala ambiri a COWLHA akhala ali nawo mu zochitika za kampeniyi kuchokera pachiyambi, kubwera kwa COWLHA ngati bungwe kudzakhala mbali imodzi ya OBOL kampeni chinali chinthu chofunika ndi chonyaditsa kwambiri. Kampeni ya OBOL inagwiranso ntchito yolondoloza ngati amayi amapatsidwa mwayi okhala pa mankhwala atsopano a Tenofovir pa boma lililonse.

OBOL ikupitiriza kulimbikitsa ma komiti a m'maboma mudziko lonse la Malawi ndi cholinga chowonetsetsa kuti amayi omwe ali ndi HIV ali ndi mwayi wa mankhwala komanso akutha kukhulupirika pa kamwedwe ka mankhwala awo ama ARV. Mabungwe ogwira ntchito imeneyi – JASS SNA, MANERELA+ ndi COWLHA – adzipereka kulimbikitsa ndi kuyikweza gulu la azimaili pofuna kuwonetsetsa kuti yamangidwa, kutengedwa ndi kutsogoleredwa ndi amayi omwe ali ndi HIV ku Malawi ndipo kuti akutha kufikila chithandizo cha zaumoyo komanso akutenga nawo mbali pa nkhwana zomwe zikuwakhudza kuti mukutero akhale ndi moyo wabwino ndi wachiyembekezo.

Zotsatira za ntchito ya gulu la OBOL kuyambira chaka cha 2015 mpaka 2019 zili motero:

- * Kulondoloza nkhwana za kupezeka kwa ma ARV komanso kamwedwe kabwino
- * Kusintha umoyo wa amayi omwe ali ndi HIV
- * Kulimbikitsa ma komiti a OBOL pa boma lililonse komanso kulimbikitsa amayi omwe ali ndi HIV pa nkhwana yama ufulu awo ndi chithandizo chosiyanasiyana
- * Kuchepetsa kusalana ndi tsankho komanso kupereka kuthekera ku mabungwe kuti adzitha kuyimilira ndi kutumikila amayi omwe ali ndi HIV

Kodi OBOL ikufuna kukwaniritsa zotani?

- * Amayi omwe ali ndi HIV akhale ndi maufulu ofanana ndi wina aliyense
- * Kukhazikitsidwa kwa thumba lapadera ndi boma kuti lithandizile kuti mankhwala atsopanowa afikile wina aliyense yemwe ali ndi HIV ngati mbali imodzi yowonetsetsa kuti m'malawi aliyense akulandira thandizo loyenera la zaumoyo
- * Chithandizo choyenerera molingana ndi malamulo abungwe lowona za umoyo pa dziko lonse lapansi (WHO) omwe amanena kuti munthu yemwe ali ndi HIV amayenela kuyezedwa vayilo lodi kawiri pa chaka chilichonse

- * Kutsegula zipatala zing'ono-zing'ono zoyendayenda zambiri kuti anthu asamayende mtunda wautali kukapeza thandizo lachipatala
- * Kuwonetsetsa kuti mapologalamu a boma akupinduliranso amayi omwe ali ndi HIV (chitsanzo ndi makuponi a feteleza)
- * Amayi omwe ali ndi HIV azikhala nawo m'mabwalo omwe ziganizo zikuluzikulu zimapangidwa.

Mafunso ndi nkhani zikuluzikulu za OBOL

- * Ndi chifukwa chiyani amayi ndiamene amakhudgidwa kwambiri ndi HIV? Tingapange chani kuti tidzikhala athanzi?
- * Kulimbana ndi HIV si nkhani ya mankhwala yokha: amayi amafuna chakudya, feteleza ndi malo kuti athe kukhala moyo wabwino
- * Ululu ndi kusalidwa: Zotsatira zake ndi zotani pa moyo wa munthu?
- * Kodi ali ndi mphamvu pa ife komanso mphamvu pa zonse zomwe timafuna mu dera lathu ndindani, nanga mu dziko kapenanso kupitirira apo ndindani?
- * Kodi boma lingagwiritse bwanji ntchito ndalama pofuna kugula ma ARV?

Agaweni ophunzira mu magulu – kutengela ma mafumu adondo (TA) kapenanso zigawo

Afunsemi: *Muganize zinthu zitatu zomwe mukuchita ngati mbali imodzi ya ntchito ya OBOL?*

Muganize mavuto awiri amene amayi omwe ali ndi HIV mu dera lanu akukumana nawo

Kenako agawane ndi ku gulu lonse. Ophunzitsa awathandize magulu onse kusankhapo vuto limodzi lomwe akhazikikepo mu zochitika zotsatira.

→ Ntchito Yachiwiri – Kupanga njira zathu zogwirira ntchito

Mphindi 60

11h30-12h30

Ophunzitsa ajambule tebulo ndikugwiritsa ntchito vuto lomwe linasankhidwa pa ntchito yoyamba ija komanso chitsanzo chili chomwe m'musimu

Muwonenso matanthauzo a mphamvu pa tsamaba 25 ndi 26 ngati kuli kofunika

Chitsanzo cha dongosolo la momwe tingalembere njira zogwirira ntchito. Chitsanzo; Makhalidwe oyipa a anthu ogwira ntchito za chipatala.

MAKHALIDWE OYIPA A ANTHU OGWIRA NTCHITO ZA CHIPATALA	ZOTCHINGA	OMWE AKUTEN-GAPO MBALI	NJIRA ZOMWE TINGAG-WIRIRE NTCHITO	NTHAWI	OWONA ZONSE
ZOSAWONEKA	Ogwira ntchito yachipatala sasamala za amayi omwe ali ndi HIV	Ogwira ntchito pa chipatala	Kupita kuchipatala ngati gulu la azimayi kukalandira thandizo ndi kukayan-khulirana		
ZOBISIKA	Amfumu kulankhula mawu onyozetsa amayi omwe ali ndi HIV	Mafumu, mfumu ya ndodo			
ZOWONEKA	Unduna wa zaumoyo kulephera kuphunzitsa anthu achipatala za m'mene angamati-thandizile	Unduna wa zaumoyo	Kugwiritsa ntchito gulu la amai a OBOL kupempha maphunziro a anthu achipatala		

 NKHOMALIRO	Ora limodzi	12h30-13h30
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➔ Ntchito Yachitatu – Zomwe titengele kunyumba ndi ziti?	Mphindi 20	13h30-13h50
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Ophunzira apange izi:

- ✱ Ndipeze chinthu chimodzi chandekha (ndikuchilemba pa ka pepala kofira)
- ✱ Ndipeze chinthu chimodzi cha dera lakwathu (ndikuchilemba pa ka pepala kobiriwira)
- ✱ Ndilingalire ntchito yimodzi yomwe OBOLyingachite (ndikuchilemba pa ka pepala kachikasu)

Ophunzira ayime mozungulira ndipo aliyense ayike ka pepala kake kofira pansu, ndikuwerenga zomwe zili papepalapo. Kenako ayike pansu ka pepala kobiriwira, kenako ka pepala kachikasu

Ophunzira akamate ma pepala awo ofira pa mtengo wa chiyembekezo.

Afunseni: Kodi mukuwona kuti chiyembekezo chomwe munali nacho pa maphunzirowa chakwaniritidwa?

➔ Ntchito Yachinayi – Kutuluka mu nyumba yongolamulidwa zochita

Mphindi 20

13h50-14h10

Tulutsani bokosi lokhala ndi mapepala amene ophunzira aliyense analembapo za m'mene akuganizila kuti amalimbikitsila nyumba yongolamulidwa zochita (PHUNZIRO LACHITATU, Ntchito yoyamba)

Muyitaneni ophunzira aliyense kuti atole kapepala kamodzi ndi kukaponya mu bini kapena kukatentha ndi moto kuwonetsela kutulukamo.

➔ Kutsekela

50 minutes

14h10-15h00

Zinthu zofunikila/kukonzekela

- ✿ Mapepala okwana 30 olembapo tsatane-tsatane wa m'mene awawonela maphunziro
- ✿ Masatifiketi okwana 30

Perekani mapepala olembapo tsatane-tsatane wa m'mene awawonela maphunziro. Ophunzira alembe kenako ndikupereka kwa ophunzitsa

Perekani masatifiketi kwa ophunzira aliyense, m'modzi-m'modzi

Ophunzira aliyense apereke "mphatso" (kukumbatirana, kunena chokhumba, kutsimikizira, kapenanso munjira ina iliyonse) kwa munthu yemwe wayandikana naye

Ophunzira adziyamikile okha komanso ayamikilane wina ndi mnzake

Kondwelerani, imbani, vinani.

KUTSEKELA ZONSE

MASAMBA OWONJEZERA

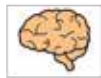
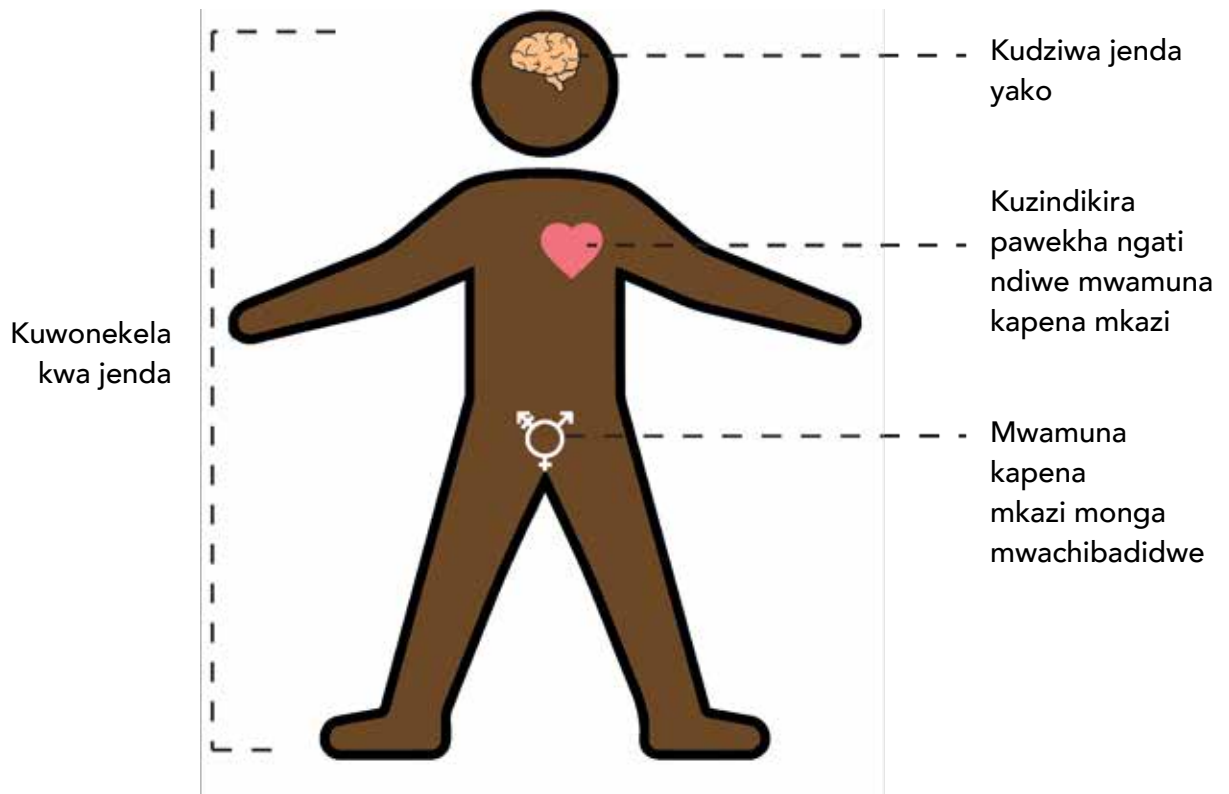
TSAMBA LOWONJEZERA – 1

Ziganizo zofotokozerza za “chachimuna kapena chachikazi/jenda”

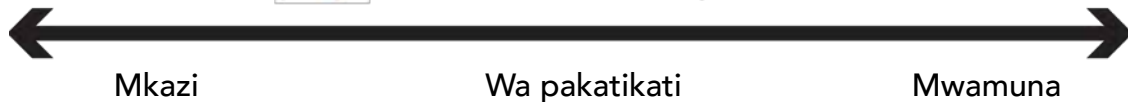
Atsikana ndi odekha	G	Amuna amakhala ndi tsitsi lambiri kuposa akazi kawirikawiri	S
Anyamata ndi ovuta	G	Amuna amakhala akatumba kuposa akazi	S
Amuna ndi madalayivala abwino	G	Akazi ndi amene amabereka ana	S
Akazi ndi madalayivala oyipa	G	Amuna samabereka ana	S
Akazi amakhala ndi tsitsi lalitali	G	Amuna amakhala ndi mawu a besi	S
Amuna amakhala andi tsitsi lalifupi	G	Akazi amakhala ndi mawu ofuula	S
Akazi sakonda zogonana	G	Akazi amakhala ndi mabere	S
Amuna amakonda zogonana	G	Akazi amayamwitsa	S
Akazi ndi amene amaphika ndi kugwira ntchito za pakhomo	G	Amuna sangayamwitse	S
Amuna ndiye obweretsa chakudya	G	Amuna amakhala ndi mbolo	S
Anamwino amakhala akazi	G	Akazi amakhala ndi nyini	S
Madokotala amakhala amuna	G	Amuna amakhala ndi machende	S
Amuna salira	G	Akazi amakhala ndi mazira mkati mwawo	S
Akazi sakhala otsimikizika pochita zinthu	G	Akazi amachita msambo	S
Amuna ndi amene amakhala andale abwino	G	Amuna sangachite msambo	S

TSAMBA LOWONJEZERA – 2

Thunthu la / Kauniuni wa nkhani za jenda komanso za kukhala mwamuna kapena mkazi



Kudziwa kuti kukhala mwamuna kapena mkazi



Mkazi

Wa pakatikati

Mwamuna



Kuziwonetsa kuti ndiye mwamuna kapena mkazi



Chachikazi

Wokhala ndi ziwalo zonse
(zachimuna/zachikazi)

Chachimuna



Mwamuna kapena mkazi monga mwachibadidwe



Mkazi

Wokhala ndi ziwalo zonse
(zachimuna/zachikazi)

Mwamuna



Kuzindikira pawekha ngati ndiwe mwamuna kapena mkazi



Okonda akazi

Okonda amuna komanso akazi

Okonda amuna

Thunthu la / Kauniuni wa nkhani za jenda komanso za kukhala mwamuna kapena mkazi

Anthu amakonda kuganiza za chibadwidwe cha munthu ngati chinthu chokhala ndi pawiri basi – kuti munthu aliyense amakhala wamwamuna kapena wamkazi basi. Pali kukakamidwa kwakukulu kumene kumachokera kwa anthu kuti munthu udzigwirizana ndi chilengedwe chomwe wabadwa nacho komanso kuti kugonana kumakhala kwa pakati pa amuna ndi akazi kokha ndipo kuganiza kulikonse kopatuka pachikhalidwe zovomerezekazi (chomwe timachita kuchiphunzira) zitha kuwonedwa mwaukali kapena chiweruzo

Kukhala mwamuna kapena mkazi, kudziwika kuti ndi mwamuna kapena mkazi, zosonyeza kuti ndiwe wamwamuna kapena wamkazi komanso kusankha m'mene uzichitira zogonana zonsezi ndi nkhani za mmene chilengedwe cha munthu chilili. Munthu aliyense akhoza kukhala pa mbali ina iliyonse pa mbali zonsezi tatchulazi. Ndipo mbali yomwe munthu ali ikhonza kusintha nthawi ina iliyonse pa moyo wake kapena pa tsiku ndi tsiku.

Kuzidziwa wekha kuti ndi mwamuna kapena mkazi (**Gender identity**): 'Kudziganizira nokha ngati mwamuna kapena mkazi (kapenanso, kudziganizira kukhala zonse pa ziwirizi kapena ayi)'. Mwa kuyankhula kwina, mosasamala kanthu za chilengedwe chomwe munthu anabadwa nacho, kuzidziwa wekha kuti ndiwe mwamuna kapena mkazi ndizochitika zamkati zomwe timamva ndi kudzizindikitsa tokha. Zitha kukhala zofanana kapena zosiyana ndi chilengedwe chomwe munthu anabadwa nacho. **Cisgender** amatanthauza munthu yemwe amadziwika kuti ndi mwamuna kapena mkazi mofanana ndi chilengedwe chomwe munthuyo anabadwa nacho.

Genderqueer amatanthauza munthu yemwe satsatira chimodzi mwa kukhala mwamuna kapena mkazi koma amasankha kudziwika ndi ziwiri zonsezi kapena ayinso pa ziwiri zonsezi. **Transgender** amatanthauza munthu yemwe kumudziwa kwakwe kuti ndi mwamuna kapena mkazi ndi kosiyana ndi chilengedwe chomwe munthuyo anabadwa nacho. Mwachitsanzo, munthu wobadwa msungwana angadzitchule kuti ndi mnyamata kapena mwamuna, ngakhale kuti anabadwa ndi maliseche aakazi. Kwa anthu osinthawa, monganso wina aliyense, kuzidziwa okha kuti ndi amuna kapena akazi sikukhala kufuna, koma ndi 'chimene iwo ali' ndipo kumafunsidwa mafunso pa chimene ali, kuweruzidwa kapenanso kukanidwa zitha kukhala zokhumudwitsa kwambiri.

Zosonyeza kuti ndiwe wamwamuna kapena wamkazi (**Gender expression**): Izi zikutanthauza momwe munthu amawonetsera chomwe ali pagulu - momwe munthu amasankhira kavalidwe, kayankhulidwe kapena machitidwe. Mwachitsanzo, munthu wobadwa wamkazi akhoza kudziwonetsa yekha ngati mkazi, koma kumasankha makonzedwe a tsitsi ndi zovala zomwe zimaonedwa ndi anthu kuti ndi zachimuna. **Androgenous** amatanthauza munthu yemwe samawonetsera zachikazi kapena zachimuna.

Kukhala mwamuna kapena mkazi mwachibadwidwe (**Biological sex**): Ichi ndi chilengedwe chomwe tinapatsidwa titangobadwa ndipo zimatengera pa mawonekedwe akunja kwa maliseche athu. Kunja kwa maliseche a mwana kutha kuwoneka ngati mwana wabadwa mwamamuna kapena wamkazi. Koma ndizothekanso kuwoneka ngati pang'ono zonse zachimuna ndi zachikazi zilipo (**intersex**).

Kusankha mmene uzichitira zogonana (**sexual orientation**) kumafotokozera za mtundu wa anthu (akazi kapena amuna kapena onse) umene amakopeka nawo ndi kumafuna atagonana nawo. Mwachitsanzo, mkazi akhoza kukopeka ndi akazi ena, kapena amuna, kapena onse (**bisexual**) kapena ayi (**asexual**).

TSAMBA LOWONJEZERA – 3

PHUNZIRO LACHIWIRI: JENDA NDI HIV:

Ntchito yachitatu: Kuwona momwe chibadwa cha amayi ndi jenda zimakhudzanirana ndi chiopsezo chotenga HIV

NKHANI YOPHUNZIRAPO: Ndi chifukwa chiyani Grace anatenga HIV?

Grace ndi mkazi wazaka 33. Pamene anali ndi zaka 16 anakwatiwa ndi Paulo, yemwe anali wamkulu ndi zaka 15 kuposa iye. Anali mwamuna woyamba komanso yekhayo wogonana naye. Abale ake anasangalala kwambiri pamene anakwatiwa naye poti anali wamkulu ndipo anali pa ntchito. Grace anasamukira kumudzi kumene banja la kwa amuna ake limachokera, omwe unali pamtunda wa makilomita 300 kuchokera ku tawuni yapafupi. Iye ndi Paulo anamanga nyumba yaing'ono, ndipo inali pafupi ndi khomo la makolo a Paulo. Anali kumagwira ntchito m'munda wawo wawung'ono, kumalima chimanga, mtedza ndi ndiwo zamasamba mu kamunda kena kapakhomo. Grace nthawi zonse amavutikira ndalama chifukwa Paulo samamupatsa iye ndalama zambiri.

Ali ndi ana aakazi atatu azaka 6, 4 ndi 2. Paulo amagwira ntchito mu hotelo ku Johannesburg, chifukwa sanapeze ntchito ku Malawi. Amabwera kunyumba katatu kapena kanayi kokha pachaka, chifukwa kubwera nthawi zambiri kumakhala kodula komanso samakhala ndi nthawi yochulukira yopuma pantchito yake.

Paulo akabwera kunyumba patchuthi, amapita kukamwa mowa ndi amnzake. Nthawi zambiri amaledzera ndipo amabwera kunyumba mochedwa. Sanamumenyepo Grace koma nthawi zina amamunyoza akakhala wamwa mowa. Amakwiya msanga ndi ana ndipo nthawi zina amawalalaira kapena kuwamenya akakhala akupanga phokoso kapena akachita zolakwika.

Chaka chitatha adawona chikazi chonunkha kumaliseche kwake. Panadutsa masabata 6 kuti apeze mwayi kupita ku chipatala, chifukwa chipatalacho chili kutali (mtunda wa makilomita 300km) ndipo amakhala wotanganidwa kwambiri nthawi zonse kusamalira ana ake ndikugwira ntchito zakumunda. Pamene anakwanitsa kukafika kuchipatala, anauzidwa ndi anesi kuti ali ndi matenda opatsirana pogonana. Analandira chithandizo chamankhwala a matendawo ndipo analangizidwa kukagwiritsa ntchito kondomu nthawi zonse ndi kukawauza amuna ake kuti nawo abwere kuchipatala kudzalandira chithandizo. Amachita mantha kumuza mwamuna wake kuti ali ndi matenda opatsirana pogonana chifukwa amaopa akhoza kumuyimba mlandu wa kugona ndi amuna ena. Grace ndi Paulo sagwiritsa ntchito njira iliyonse yolerera. Iwo ndi mamembala a Chiroma, tchalitchi cha Katolika chomwe chimaletsa kwambiri kugwiritsa ntchito njira zakulera pakati pa mawanja. Grace sakufunanso kukhala ndi ana, chifukwa cha thanzi lake. Iye wayesera kulankhula ndi Paulo za kugwiritsa ntchito makondomu, koma adakwiya kwambiri. Iye sakonda kugwiritsa ntchito kondomu ndipo mulimonse iye akufunabe mwana wammuna. Pamene Grace analankhula ndi azakhali ake, amayi ake ndi mlongo wake wa Paulo ndi azakhalinso a Paulo onsewa adadabwa kwambiri! Kuti iye angaganize bwanji zosiya kubereka ana pamene anali asanamupatsa Paulo mwana wammuna? Pamene Paulo anamva kuti mkazi wake analankhula ndi amayi amnzakewo, iye anati, "Wokondedwa wanga, ngati watopa ndi kukhala mkazi wa ine, ukhoza kubwerera ku banja lakwanu bola undibwezere malowolo anga!"

Tsiku lina Paul anamwalira mwadzidzidzi pa ngozi ya galimoto. Apongozi ake adamuza kuti akwatirane ndi mchimwene wa malemu mwamuna wake, ndipo zinachitikadi.

Grace anatenga mimba yachinayi. Atapita ku chipatala cha amayi oyembekezera anakamuyezako magazi ngati gawo limodzi la thandizo lopekedwa kwa amayi oyembekezera ndipo anamupeza kuti ali ndi HIV.

Kodi Grace adali bwanji pachiwopsezo chachikulu chotenga HIV?

TSAMBA LOWONJEZERA – 4

Zinthu zomwe zimapangitsa amayi kukhala pachiwopsezo chotenga HIV, kusolidwa komanso tsankho

Akazi ochuluka kuposa amuna ali ndi HIV ku Malawi

- * Lipoti la kafukufuku wa Malawi Population-Based HIV Impact Assessment (MPHIA) la 2015-2016 likuti kufala kwa kachilombo ka HIV ndikwambiri pakati pa amayi kuposa abambo. Mugulu la anthu a zaka zapakati pa 14-49, akazi okwana 12.4% ali ndi kachilombo ka HIV, poyerekeza ndi amuna okwana 7.5%. Mugulu la anthu a zaka za pakati pa 25-29 kusiyanaku kumawonekera kwambiri ndi 14.1% ya amayi omwe ali ndi kachilombo ka HIV poyerekeza ndi 4.8% yokha ya amuna.

Amayi mwachibadwidwe chawo amakhala pachiwopsezo chotenga HIV

- * Monga bwenzi longolandira, amayi ali ndi malo akuluakulu mkati mwawo amene amakhala pa chiopsezo cholowerapo kachilombo ka HIV panthawi yogonana.
- * Umuna umakhala ndi chiwerengero cha tizirombo ta HIV tochuluka kuposa momwe zimakhala mu chikazi cha mzimayi.
- * Ngati kugonana kukuchitika ali aang'ono, mkati mwa maliseche a mzimayi mumakhala mofewa kwambiri kotero mosatetezeka kutha kuchekeka ndi matenda.
- * Amayi amakhala pachiwopsezo kwambiri ngati maliseche awo avulazidwa chifukwa nkhanza za pogonana monga kugwiridwa.

Chikhalidwe chimawayika amayi pachiwopsezo chotenga HIV

- * Mchitidwe woti amayi amayembekezeka kugonana ndi m'bale wa malemu amuna ake pambuyo pa imfa ya mwamunayo (kapenanso kugona ndi mwamuna waganyu ngati palibe wachibale wamalemuyo amene akufuna) zimamuyika mzimayi pa chiopsezo chotenga kachilombo ka HIV. (*Kulowa Kufa*)
- * Mitala imapangitsa kuti amayi azikhala pa chiopsezo chotenga kachilombo ka HIV kuchokera kwa okonedwa awo omwe ali ndi abwenzi ena ambiri
- * Amayi amakonda kukwatiwa kapena kugonana ndi amuna akulu msinkhu omwe kawirikawiri amakhala ndi abwenzi ogonana nawo ambiri chomwe ndi chiopsezo choti atha kukhala ali ndi HIV kusiyana ndi amuna achinyamata
- * Amayi amayembekezeka kuti asakhale ochilimika pa nkhani yogonana choncho sapatsidwa mphamvu zokakamira kugwiritsa ntchito kondomu kuti adzitetze pogonana
- * Miyambo yolangiza atsikana akatha msinkhu (chinamwali) yomwe nthawi zina imaphatikizapo kugonana ndi mnyamata kapena mzibambo (fisi).
- * Mkazi akakhala mu ukwati wopanda mwana, amayembekezeka kugonana ndi mwamuna wina wadera ngati akuganiziridwa kuti mwamuna wake alibe mphamvu kapena ndi wosabereka (fisi), izi zimamuyika mzimayi pa chiopsezo chotenga HIV.
- * Mchitidwe woti anyamata amakawalowera atsikana mu mphala mwawo usiku ndi kuwagwirira (gwamula)
- * Mchitidwe wogonana 'kumaliseche kutawuma' - kugwiritsa ntchito zitsamba zowumika kumaliseche musanagonane, pofuna kusangalatsa mwamuna. Izi zimapangitsa kuti kumaliseche kwa mkazi kuthetheke mosavuta
- * Ukwati wa ana pomwe atsikana osakwana zaka 18 amakwatiwitsidwa ndi amuna akuluakulu. Amunawo nthawi zambiri amakhala kuti zogonana adaziyanika kalekale mwinanso kutheka kuti ali kale ndi HIV yomwe amakayifalitsa kwa akazi awo achicheperewa.

Amayi ali pachiwopsezo chotenga HIV chifukwa cha makhalidwe a anthu, kuphatikizapo kusiyana komwe kumakhalapo pakati pa amayi ndi abambo (gender inequality)

- * Kusafanana kwa mphamvu pakati pa abambo ndi amai kumatanthawuza kuti nthawi zambiri amayi sakhala ndi mwayi wokambirana za kugonana kotetezeka, motero zimawapangitsa kukhala osatetezeka. Kusiyana kwa pakati pa amuna ndi akazi nthawi zambiri kumayambitsa nkhanza zomwe zimawonjezera kuwalanda mphamvu amayi, makamaka atsikana, kuti azitha kudziteteza okha.
- * Amayi sikwenikweni kukhala ophunzira kuposa amuna choncho amasowa chidziwitso chowathandiza kupanga zisankho zabwino pa zaumoyo
- * Pali chikakamizo chochokera kwa anthufe kuti amayi amayenera abereke ana, zomwe zimachititsa kuti azigonana mosadziteteza
- * Amayi amayembekezeka kukwaniritsa maudindo ambiri otenga nthawi monga ntchito zapakhomo, kusamalira ana kapena okalamba motero sangakhale ndi nthawi yopita kuchipatala panthawi yomwe akufunika kukawonana ndi achipatala
- * Azimayi nthawi zina mayendedwe awo amaletsedwa ndi abambo kotero amamanidwa mwayi wopita kuchipatala kuti akathandizidwe za mbali ya moyo wawo wakugonana
- * M'maboma ena, chithandizo chaumoyo ndi chosakwanira komanso chosafikirika, zomwe zimapangitsa kusowa kwa chithandizo chokwanira cha HIV ndi uchembere wabwino (SRH), kotero amayi amalephera kusamala za thanzi lawo la moyo wakugonana kuti achepetse chiopsezo chotenga HIV
- * Amayi ambiri alibe mwayi wa mauthenga owona ndi oyenera okhudza HIV komanso kugonana kotero amakhala asakudziwa za kuopsa kwake

Mfundo zokhudza chuma zimene zimayika amayi pa chiopsezo chachikulu chotenga HIV

- * Amayi aku Malawi nthawi zambiri amakhala osauka komanso osakhala pa ntchito yolembedwa, zomwe zimawapangitsa kudalira amuna pachuma motero: satha kuyambitsa zokambilana za kugonana modziteteza kapenanso kuchoka mu maubwenzi ozunza
- * Amayi atha kukhala opanda ndalama zokwanira zoyendera kupita kuzipatala chifukwa chopeza ndalama mochepekedwa kusiyana ndi amuna, kapenanso kukhala opanda ndalama kumene
- * Amuna ogwira ntchito kutali ndi kwawo makamaka ochokera kumidzi amagwira ntchito kwa nthawi yayitali asanapite kwawo mu ntchito monga za migodi, oyendetsa galimoto kapena asilikali ndipo amatha kugonana ndi ena mosadziteteza ali kutaliko. Amunawa amatha kutenga HIV ndi kupatsira akazi awo akabwerera kunyumba.
- * Kupanikizika pofuna kudzithandiza okha kapena ana awo kukhonza kupangitsa amayi kuchita mchitidwe wogonana ndi amuna amene amawapatsa ndalama, fizi ya sukulu kapena mphatso posinthanitsa ndi kugonana (transactional sex). Pochita zimenezi amayi sangakwanitse kumunenerera mwamuna kuti agonane modziteteza.

Azimayi amasalidwa kwambiri akapezeka ndi kachilombo ka HIV

- * Amayi amatha kuchita mantha kuyezetsa HIV kuopa kuzunzika chifukwa chakusalidwa akayezetsa ndikupezeka kuti ali ndi HIV
- * Amayi nthawi zambiri amakhala oyamba kupezedwa ndi HIV kudzera ku sikelo ya amayi oyembekezera ndipo zikatero amadzudzulidwa kuti apatsira amuna awo, zomwe zimapangitsa kuti azisiyidwa ukwati kapenanso kuchitiridwa nkhanza

- ☀ Amayi nthawi zambiri amawaimba mlandu wochita uhule ngati atapezeka ndi HIV kotero amawopa kupita kuchipatala kapena kuulula kwa wokondedwa awo

Amayi omwe ali ndi HIV amakumana ndi tsankho ku Malawi

- ☀ Amayi omwe ali ndi HIV amasiyidwa mu ntchito zambiri zachitukuko monga mapulogalamu opereka feteleza otsika mtengo ndi mapulogalamu ena olandira thandizo la chakudya
- ☀ ☑ Amayi omwe ali ndi HIV amakanizidwa chithandizo, zomwe nthawi zambiri zimayambira pa mauthenga oyipa ochokera kwa asing'anga ndi atsogoleri a mpingo

TSAMBA LOWONJEZERA – 5

Mitundu ya ma ARV ku Malawi, zomuletsa munthu kumwa ma ARV ndi zovuta zomwe zimatha kukhalapo kwa amene akumwa ma ARV

Mitundu ya ma ARV a anthu akuluakulu malingana ndi Malawi Clinical HIV Guidelines 2022:

Dzina la mtundu wa ma ARV	Mayina a mankhwala okhala mkati mwake	Amaperekedwa kwa ndani
4A	Zidovudine/Lamivudine + Efavirenz	☀ Munthu oyamba kumene
5A	Tenofovir/Lamivudine/Efavirenz	☀ Munthu oyamba kumene
7A	Tenofovir/Lamivudine + Atazanavir/Ritonavir	☀ Munthu amene wakanika pa oyamba
8A	Zidovudine/Lamivudine + Atazanavir/Ritonavir	☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
9A	Abacavir/Lamivudine + Lopinavir/Ritonavir	☀ Munthu oyamba kumene ☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
10A	Tenofovir/Lamivudine + Lopinavir/Ritonavir	☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
11A	Zidovudine/Lamivudine+ Lopinavir/Ritonavir	☀ Munthu oyamba kumene ☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
12A	Darunavir + Ritonavir + Dolutegravir (+/- NRTIs)	☀ Munthu amene wakanika pa makhwala pa makhwala achiwiri
13A	Tenofovir/Lamivudine/Dolutegravir	☀ Munthu oyamba kumene ☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
14A	Zidovudine/Lamivudine/Dolutegravir	☀ Munthu oyamba kumene ☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
15A	Abacavir/Lamivudine + Dolutegravir	☀ Munthu oyamba kumene ☀ Munthu amene wakanika pa makhwala pa makhwala oyamba
17A	Abacavir/Lamivudine + Efavirenz	☀ Munthu oyamba kumene

Mayina a ma ARV, zomuletsa munthu kumwa ma ARV ndi zovuta zomwe zimatha kukhalapo kwa amene akumwa ma ARV:

Dzina la ma ARV	Zomuletsa munthu kumwa ma ARV a mtundu umenewo	Zovuta zomwe zingakhalepo munthu akamwa
Abacavir	Ngati munthuyo anadwaka kale atamwa mankhwala a Abacavir kumbuyoko	Matenda obwera chifukwa chakuti thupi ladana ndi mankhwala a Abacavir: kutentha thupi, kuphwanya kwa thupi, kusanza, chifuwa, zilonda zapakhosi, kubanika kwambiri
Lamivudine	Palibe	Nthawi zambiri sipakhala vuto. Koma nthawi zina munthu amawona nseru
Nevirapine	Chikasu/kutupa kwa chiwindi/ Kulephera kwa chiwindi kugwira ntchito	Kuwonongeka kwa chiwindi (kupweteka kwa m'mimba, nseru, kusanza, kutentha thupi, chikasu, mkodzo wakuda) nsungu pakhungu (zitha kuchita kwambiri)
Zidovudine	Kuchepa kwa magazi	Kuchepa kwa magazi (magazi ochepa omwe sangathe kunyamula oxygen bwino), kutsika kwa chiwerengro cha asilikali am'thupi, Kufooka kwa minofu
Efavirenz	Mbiri ya matenda a misala kapena nthenda ya kukhumudwa kwakukukulu (severe depression)	Chizungulire, kusakhazikika bwino Maloto oipa Psychosis, kukhumudwa, kufuna kudzipha, Kuwonongeka kwa chiwindi, nsungu zapakhungu (zitha kuchita kwambiri)
Tenofovir	Kulephera kwa Impso kugwira ntchito	Kuchepa kwa magazi (magazi ochepa omwe sangathe)
Atazanavir		Chikasu (koma kawirikawiri chosavulaza)
Ritonavir		Kutsekula m'mimba
Lopinavir		Nthawi zambiri sipakhala vuto. Koma nthawi zina munthu amawona nseru
Dolutegravir	Kuwonongeka kwa Impso kuwonongeka kwa chiwindi Matenda a shuga amene sakumva mankhwala	Kusowa tulo, mutu, mukubwadamuka, nseru, kutsegula m'mimba nsungu zapakhungu

Chidziwitso:

- * Ma ARV amitundu ingapo amatha kupangitsa kutopa, nseru, kusanza, kupweteka m'mimba, kupweteka kwa minofu, mutu.
- * Mndandanda womwe uli pamwambapa sunawonetsele zonse. Kuti mupeze mndandanda wathunthu chonde onani kachipepala komwe kamakhala mkati mwa bokosi la mankhwala. Ngati simunapatsidwe kuchipatala, funsani achipatala kuti akupatseni.
- * "Zomuletsa munthu kumwa ma ARV a mtundu umenewo" zikutanthauza kuti ngati muli ndi zina mwa izi, ndiye kuti mankhwalawo sakuyenera kupatsidwa kwa inu.

TSAMBA LOWONJEZERA – 6

Zopinga pa kamwedwe kabwino ka mankhwala

NKHANI YOPHUNZIRIAPPO: Chifukwa chiyani Grace anafa?

Grace tsopano anakwatiwa ndi mlamu wake ndipo ali ndi pakati pa mwana wake wachinayi. Anesi kuchipatala adamuyambitsa kumwa ma ARV. Wauzidwa kuti adzibwera mwezi uliwonse kudzalandira mankhwala ake. Ulendo wopita ku chipatala umatenga tsiku lonse. Poyamba analiuzza banja lake kuti akuyenera kumapita ku chipatala mwezi ndi mwezi kusikelo ya amayi oyembekezera koma akuda nkhwala za chifukwa chomwe adzagwiritse ntchito mwana wake akabadwa.

Grace sanaulule za momwe m'thupi mwake mulili. Ali ndi mantha kuti mwamuna wake wapano komanso azilamu ake adziwa kuti ali ndi kachilombo ka HIV chifukwa akuwopa kuti angakanidwe ndikutumizidwa kwawo. Mwamuna wake nayenso nthawi zina amamutonza ndi kumumenya, choncho akumuopa.

Anayesa kubisa mapiritsi ake m'nyumba mwake, koma nyumba yake ndi yaing'ono ndipo mulibe chinsinsi. Amawayika mu thumba la pulasitiki pansu pa matiresi ake.

Atayamba kumwa mapiritsi ake anayamba kudwala mutu kwambiri ndipo izi zimapangitsa kuti zikhale zovuta kuti aziyang'anira ana ake ang'onoang'ono atatu kapenanso kugwira ntchito zakumunda. Patatha sabata imodzi, khungu lake linayamba kuyabwa ndipo anaona kuti thupi lake latuluka nsungu. Anayima kaye kumwa mapiritsi ake chifukwa cha mantha kuti nsungu zichuluka kwambiri. Kutipite kuchipatala kukanena za zovutazi ndi pafupifupi mwezi umodzi kuchokera lero pamene mwamuna wake adzampatse ndalama yoyendela. Namwino woona zama ARV wamuuzza kuti ayambirensa kumwa mapiritsi ake ndikuti zovuta zonsezo zitha pakatha sabata imodzi kapena ziwiri. Mwamwayi kwa Grace, nsungu zija sizidapangenso ayi.

Namwino woona zama ARV wamuuzanso kuti adzimwa mapiritsi ake 8 koloko usiku uliwonse, koma mwamuna wake amakhala ali panyumba nthawi imeneyo ndipo naye Grace amakhala wotanganidwa kwambiri kuphika ndi kudyetsa banja lake ndi kugoneka ana ake. Nthawi zina amatha kumwa mapiritsi ake pamene mwamuna wake akuwonera TV, koma nthawi zina samapeza mwayi. Grace akuganiza kuti bola akamamwa mapiritsi oposela theka ndiye kuti adzikhala okwanira. Pamasiku omwe walephera kumwa nthawi ya 8 koloko, amadumpha osamwanso.

Mwana wake anabadwa masiku asanakwane ndipo tsopano ali ndi maudindo ena owonjezela. Anayamba kudzimva kuti wayamba kumakhala ofooka kwambiri m'maganizo, kumalengeza misonzi ndi kuyiwalayiwala. Magonedwe ake asokonekera ndipo chilakolako cha chakudya chachepa.

Tsiku lina kutchalitchi, abusa analalikira kuti zinthu zonse n'zotheka ngati anthu ali ndi chikhulupiriro chokwanira. Matenda aliwonse akhoza kuchiritsidwa mozizwitsa makamaka ngati anthu apemphera mokwanira ndikukhulupirira kuti zidzachitika. Grace sakudziwa chenicheni chomwe akuyenera akhulupirire, koma mwezi wotsatira sangathe kupita ku chipatala kuti akatenge mankhwala ake chifukwa amayenera kuyang'anira mwana wake wodwala, choncho anayamba kupemphera kwambiri tsiku ndi tsiku m'malo mwake.

Patatha miyezi isanu ndi umodzi chiyambileni kulandira ma ARV, anakayezetsa magari kuti adziwe kuchuluka kwa tizilombo ta HIV m'thupi mwake (vayilo lodi) ku chipatala. Mwezi otsatirawo anesi anamuuzza kuti vayilo lodi yake yakwera ndipo Grace anadzudzulidwa kwambiri chifukwa chosamwa mankhwala ake motsatira ndondomeko.

Patatha mwezi umodzi atapita kukatenga mankhwala adauzidwa kuti chipatala sichinalandirebe ma ARV. Anauzidwa kuti abwerenso mulungu wotsatira. Grace sangathe kutero chifukwa mwamuna wake wamuuza kuti sangachokenso panyumba kwa tsiku lathunthu posachedwapa chifukwa apongozi ake sangayembekezere kuti adzasamaliranso ana ake. Ndipo zitatha izi Grace anawopa kupitanso kuchipatala chifukwa anamwino adzamukalipira kuti sanabwerere kuchipatala mu nthawi yabwino.

Patatha miyezi itatu, Grace anayamba kutsokomola, kuwonda komanso kutuluka thukuta kwambiri usiku. Pamene amabwereranso kuchipatala anali akudwala kwambiri. Adapezeka ndi chifuwa chachikulu cha TB. Asilikali a m'thupi mwake (CD4 count) anali pa 52. Anayambitsidwa chithandizo cha TB, koma patatha masiku angapo anadwala mutu kwambiri ndi kutentha thupi (kukhala ngati inali TB yamu ubongo) ndipo anafera kunyumba.

Ndi zopinga zotani zomwe zinapangitsa kuti Grace afe?

TSAMBA LOWONJEZERA – 7 (Njira yoyamba)

Ndondomeko wayekha ya kamwedwe ka bwino ka mankhwala



Kodi muli ndi komwe mumadalira kupezako thandizo?



Kuwulula – kwa ndani ndipo zovuta zake ndi ziti?



Mayina a ma ARV omwe mukumwa?



Mumamwa nthawi yanji ma ARV?



Mumasunga pati ma ARV anu kunyumba?



Zomwe zimakukumbutsani kumwa ma ARV



Dongosolo la maulendo akuchipatala

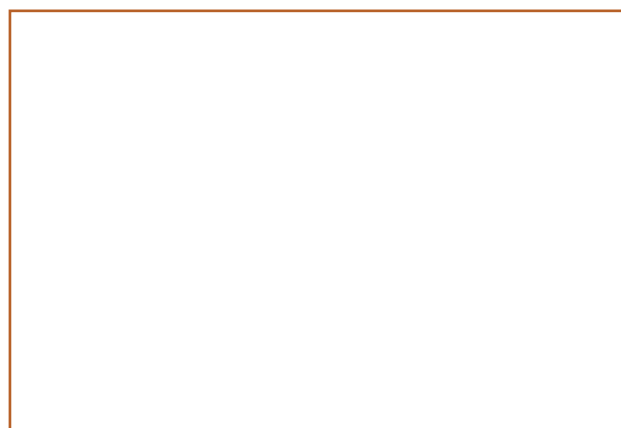


Dongosolo la m'mene mudzimwela ma ARV mukayenda ulendo

Sankhani zopinga zitatu pa kamwedwe kabwino ka mankhwala



Njira zothetsera zopinga



TSAMBA LOWONJEZERA – 7 (Njira yachiwiri)

Ndondomeko ya kamwedwe ka bwino ka mankhwala

Thandizo:

Kodi ndani amene alimapamundandanda woti akhoza kundithandiza pakali pano?

Ndani wina amene angandithandize pa nkhani za mankhwala anga?

Kuwulula:

Ndaulurapo kwandani? _____

Kodi ndindani amene sindikufuna kumuwululila? _____

Kodi ndichifukwa chiyani sindikufuna kuwulula? _____

Ndindani amene ndikukonza zomuwululila? _____

Ndani angandithandize pakuwulula? _____

Kutsatira kamwedwe ka mankhwala:

Nthawi yabwino yoti ndimwe mankhwala anga ndi _____

Ndidzisunga kuti mankhwala anga? _____

Kodi ndingakumbukire bwanji kumwa mankhwala anga?

Mkati mwa sabata? _____

Loweruka ndi Lamulungu? _____

Pa tchuthi? _____

Ndani angathandize kundikumbutsa kumwa mankhwala anga? _____

Kodi ndingasunge potani mankhwala ogwiritsa ntchito pakagwa zadzidzidzi? _____

Kupita ku chipatala kukatenga mankhwala ndikuwonana ndi akatswiri azaumoyo:

Ndikafika bwanji kuchipatala tsiku langa lopitako likakwana? _____

Kodi ndidziwakumbukira bwanji masiku anga opita kuchipatala? _____

Ulendo:

Ngati ndayenda ulendo, ndidzikonza motani dongosolo lokhala ndi mankhwala owonjezera? _____

Kodi chipatala changa chapafupi chikhala chiti? _____

Kodi kuchipatala chimenecho amapereka ma ARV? _____

Zopinga pa kamwedwe kabwino ka mankhwala:

Ndili ndi zovuta izi:

Palibe chithandizo chokwanira chochokera kwa ena?	Inde	Ayi
Kupsinjika maganizo, nkhawa mavuto ena okhudza kaganizidwe kangwiro?	Inde	Ayi
Mavuto akugwiritsa ntchito mankhwala osokoneza bongo?	Inde	Ayi
Kuyiwala kumwa mankhwala?	Inde	Ayi
Kuopa kumwa mankhwala pamaso pa ena mu nyumba?	Inde	Ayi
Zovuta zobwera chifukwa chakumwa mankhwala?	Inde	Ayi
Kusowa chakudya?	Inde	Ayi
Kutanganidwa kwambiri (ndi ntchito kapena zochitika zapakhomo) kuti ndipite kuchipatala?	Inde	Ayi
Kusalana komwe kumayambitsa kusafuna kupeza chithandizo cha kuchipatala?	Inde	Ayi
Kukakamizika chifukwa cha banja, anthu amdera lanu kapena mpingo kuti musamamwe mankhwala?	Inde	Ayi
Nkhanza zapakhomo?	Inde	Ayi
Kusowa ndalama zoyendera ku chipatala/kuchipatala?	Inde	Ayi
Chipatala chili kutali kwambiri?	Inde	Ayi
Khalidwe la ogwira ntchito ya chipatala?	Inde	Ayi

Pamayankho onse a "Inde", ndingachite chiyani kuti ndithane ndi vutoli?

TSAMBA LOWONJEZERA – 8

Kuphunzira momwe mungamwere bwino ma ARV:

Mafunso	ZOONA/ZABODZA
1. Ku Malawi, onse omwe ali ndi kachilombo ka HIV ali oyenera kuyamba ma ARV, posatengera chiwerengero cha asilikali am'thupi otchedwa CD4 count.	
2. Ma ARV ndi chithandizo cha moyo wonse	
3. Ngati ndiyamba kulandira ma ARV kwa nthawi yoyamba, adzandipatsa makhwala okumwa piritisi limodzi kamodzi patsiku	
4. Ndibwino kudumpha mapiritsi ena kangapo pa sabata	
5. Ndikhoza kumwa mapiritsi anga nthawi zosiyanasiyana, bola ndikuwamwa tsiku ndi tsiku	
6. Ngati ndayiwala kumwa mankhwala, ndi bwino kumwa nthawi iliyonse ndikakumbukira, ngakhale itakhala nthawi yapafupi ndi nthawi yomwela piritisi lotsatira	
7. Palibe vuto kusiya kumwa mankhwala anga ngati ndi zovuta zobwera chifukwa chakumwa mankhwala bola ndidzawadziwitse achipatala nthawi ina ndikadzabwerera kuchipatala	
8. Ndikamva kupweteka kwambiri m'mimba, chikasu mmaso kapena nsungu zapakhungu zowopsa, ndiyenera kuwawuza achipatala nthawi ina ndikadzabwerera kuchipatala	
9. Ndimayenera kudya ndisanayambe kumwa ma ARV	
10. Ngati ndisanza mkati mwa mphindi 30 nditamwa ma ARV, ndikuyenera kumwa Piritisi lina.	
11. Ndikamwa mowa, ndiyenera kudumpha osamwa mankhwala anga.	
12. Sizowopsa kumwa mankhwala achikuda kapena azitsamba nthawi imodzi ndi yomwe ndikumwa ma ARV anga, chifukwa ndi zinthu "zachilengedwe"	
13. Ma ARV anga azikhala otetezedwa komanso kutali ndi ana	
14. Ndikalandira mankhwala aliwonse kwa dokotala kapena kwa opereka mankhwala, ndiyenera nthawi zonse kuwauza kuti ndikumwanso ma ARV	
15. Ndizabwinobwino kugawana mapiritsi ndi achibale anga kapena anansi anga	
16. Ine ndi mnansi wanga titha kukhala ndi matenda ofanana komanso kumamwa mankhwala ofanana, koma kabokosi ka mankhwala athu kapena botolo lake zikhoza kuwoneka mosiyana ndipo dzina la mankhwala likhoza kukhalanso losiyana.	

TSAMBA LOWONJEZERA – 9

Kudziwa zamu Malawi Ministry of Health Clinical HIV Management Guidelines a 2022

	Zomwe zili mu ndondomeko zoperekela thandizo la HIV ku Malawi ya 2022	Kodi izi zikuchitika ku chipatala changa?
Ndindani amene ali woyenera kumwa Ma ARV?	Pali mitundu 8 yama ARV omwe anthu amayambirapo akayamba kumene kumwa ma ARV, pali mitundu 8 yama ARV amene anthu omwe mankhwala awo oyamba akakhala sakugwira ntchito amamwa ndiyenso pali mtundu umodzi wa gulu lachitatu (3rd line). Anthu ambiri amamwa ma ARV a mtundu wotchedwa 13A kuphatikizapo amayi a mimba (yambani kumwa tsiku lomwelo ngati muli woyembekezera). Kuchokera Januware 2019 onse omwe ali oyenerera anasinthidwa Mankhwala ndikuyamba kulandira mankhwala okhala ndi Dolutegravir (m'malo mwa mankhwala okhala Efavirenz ndi Nevirapine). Ena mwa anthu omwe ali ndi HIV akhonza osapatsidwa makhwala Dolutegravir pa zifukwa, (werengani za makhwala okhala ndi Dolutegravir). Mankhwala a Stavudine anayimitsidwa kalekale kuperekedwa. Mankhwala a 3rd line akhoza kuyambitsidwa ndi a Katswiri aza ma ARV okha basi	
Kuyeza kuchuluka kwa chiwerengero cha asilikali a m'thupi (CD4 count)	Bukhu lokamba za ndondomeko zoperekela thandizo la HIV limati CD4 count iyezedwe panthawi imene munthu akuyamba kumene ma ARV, ngati kutero kuli kotheka. Pambuyo pake, CD4 count ikhoza kuyezedwa nthawi ina iliyonse kwa anthu amene adwalika	
Kuyeza vayilo lodi	Pakapita miyezi 6 ukumwa ma ARV, kenako kamodzi chaka chilichonse. Azaumoyo amathanso kukuyeza vayilo lodi nthawi ina iliyonse, "targeted testing", ngati pali chisonyezo chofunika kutero	
Kuyeza khansa ya khomo lachiberekero	Kuwunika kwa pachaka pogwiritsa ntchito Acetic asidi (kuwunika mwachindunji kwa khomo lachibelekero pambuyo politsuka ndi acetic asidi kuti tiwone zizindikiro zachilendo)	
Phukusi la thandizo lopewera matenda osiyanasiyana loperekedwa kwa onse omwe akumwa ma ARV	Chithandizo cha kulera (monga makondomu + mankhwala a jakisoni olera), Cotrimoxazole (Bactrim) othandiza kupewa matenda osiyanasiyana ndi maukonde opewera udzudzu onyikidwa m'mankhwala	

Cotrimoxazole (Bactrim)	Ayenera kuperekedwa kwa onse omwe ali ndi HIV (kuphatikiza makanda oyambira masabata 6 akubadwa) tsiku lililonse kwa moyo onse	
Makhwala oteteza ku matenda a TB - operekedwa limodzi ndi Vitamini B6 Perekani moyo kwa ana ndi akulu onse okhalamo	Maboma 5 omwe ali ndi chifuwa chachikulu cha TB, malinga ngati alibe zizindikiro za TB: Lilongwe, Blantyre, Zomba, Thyolo ndi Chiradzulu	

Ndondomeko yoyendetsera ntchito zokhudza HIV (2020 - 2025) kuno ku Malawi ikuphatikizapo masomphenya a 95-95-95 okamba za thandizo laza HIV malingana ndi mfundo za bungwe la UNAIDS:

- ☀ Anthu 95 pa anthu 100 aliwonse (95%) omwe ali ndi HIV adziwe momwe alili
- ☀ Anthu 95 pa anthu 100 aliwonse (95%) omwe akudziwa momwe alili akhale pa ma ARV
- ☀ Anthu 95 pa anthu 100 aliwonse (95%) omwe ali pama ARV akhale vayilo lodi yosawoneka

TSAMBA LOWONJEZERA – 10

Zolemba zofotokozerwa za Dolutegravir (DTG)

Ma Regimens 13A, 14A ndi 15A (DTG-based ART Regimens) **ali ndi maubwino awa:**

- * Kuchepetsa vayilo lodi pakutha pa milungu ingapo yokha
- * Sichapafupi kuti HIV ipime ku mankhwalawa (mitundu ya kachiroombo ka HIV siyikwanitsa kugonjetsa DTG)
- * Wosavuta: piritsi limodzi laling'ono lomwe limamwedwa kamodzi patsiku
- * Woyanja ambiri: anthu ochepa amakumana ndi zovuta akamwa mankhwalawa
- * Salimbana ndi mankhwala ena akakumana m'thupi (onani m'munsimu): palibe kulimbana m'thupi ndi njira zolerera za mahomoni

Zomuletsa (koma zosadetsa nkhwawa) munthu kumwa mankhwala omwe muli DTG:

- * Matenda a shuga omwe sakumva mankhwala (mavuto a 'shuga')
- * Kulephera kwa impso kugwira ntchito
- * Kuwonongeka kwakukulu kwa chiwindi

Zovuta zomwe zimatha kubwera munthu akamwa DTG (zomwe sizichitika kawirikawiri):

- * Kusowa tulo, mutu, kusokonezeka (Mankhwala okhala ndi DTG nthawi zambiri amamwedwa m'mawa kuti achepetse chiopsezo cha kusowa tulo)
- * Mseru, kutsegula m'mimba
- * Nsungu za pakhungu
- * Kuwonongeka kwa chiwindi

Mankhwala omwe amalimbana DTG ndi akakumana m'thupi:

- * Rifampicin (mankhwala a TB): muyenera kumwa kawiri mlingo wa tsiku ndi tsiku wa DTG (imwani piritsi lowonjezera la 50mg Dolutegravir tsiku lililonse monga mwa malangizo akuchipatala)
- * Mankhwala okhala ndi iron, magnesium, calcium, zinc (Mwachitsanzo mankhwala owonjezera magazi, a mavitamini ndi oletsa kupweteka m'mimba): mudikile papite maola awiri musanamwe DTG kapena mawola 6 chimweleni DTG
- * Pakhoza kukhala kulimbana ndi mankhwala a matenda a shuga
- * DTG sayenera kuphatikizidwa ndi Nevirapine kapena Etravirine (omwenso ndi ma ARV)
- * DTG sayenera kuphatikizidwa ndi mankhwala oletsa khunyu

Mitundu ya mankhwala yokhala ndi DTG:

- * DTG atha kugwiritsidwa ntchito kwa omwe akuyamba kumene ma ARV, kwa iwo amene akusinthalidwa mankhwala kupita pa 2nd Line kapenanso 3rd Line
- * DTG ndiwothandizanso kwa odwala omwei HIV yam'thupi mwawo yapima ku mankhwala a 1st ndi 2nd Line
- * Mankhwala a 13A (Tenofovir/Lamivudine/Dolutegravir) amaperekedwa kwa magulu a anthu otsatirawa, pokhapokha ngati pali zolepheretsa:
 - * Anyamata ndi atsikana ambiri olemera kuposera pa 30kg
 - * Amuna ndi akazi ambiri
- * Anthu omwe anali pa mitundu ina yama ARV anasinthidwanso kale kupita ku DTG kuchokera ku 2019 ngati anali oyenera
- * Kuyambira 2019 DTG akugwiritsidwanso ntchito mu Post Exposure Prophylaxis regimen

TSAMBA LOWONJEZERA – 11



Fomu ya JASS yoperekela chilolezo

JASS (Just Associates) imadzipereka kukweza mawu a amayi, kuwayika amayi poyela, ndi kukweza umodzi wa mphamvu za amayi pa dziko lonse la lapansi omwe akugwira ntchito za chilungamo, zowona kuti pali kufanana ndi zowona ufulu wa anthu m'madera ndi mayiko awo. Ife tikuganiza kuti malingaliro anu, komanso zomwe mwakumana nazo m'moyo wanu ndi nzeru zanu ndizofunikira kuntchito ya magulu omwe amagwira ntchito yofuna kubweretsa kusintha padziko lonse lapansi, kotero ife tikupempha chilolezo chanu kuti tikagawane maganizo anu ndi anthu ena.

Chochitika: _____ Tsiku: _____

Ine _____ andikuvomera kuti JASS indiyike nawo mu zinthu zosindikizidwa komanso za pa intaneti kuti ndidziwitse anthu za udindo wofunikira wa amayi obweretsa kusintha kwa chikhalidwe cha anthu, kulimbikitsa amayi ena kuti akhale osintha muzochita zawo m'madera awo, ndikubweretsa chithandizo (mgwirizano ndi ndalama) pa ntchito ya JASS yobweretsa pamodzi amayi ndi mabungwe padziko lonse lapansi. Ndikumvetsetsa kuti mawu anga, zithunzi zanga, kapena makanema (chotselani chilichonse chomwe simukufuna JASS yikagwiritse ntchito) zikhoza kuwonekera mu malipoti ndi zolemba zina za pulogalamu, mukafukufuku ndi zida zophunzitsira komanso pa masamba a pa intaneti a JASS ndi pa masamba amchezo (Facebook, Twitter, Instagram, ndi ena.).

Ndikufuna kufotokozedwa motere: (chonde chongani ndikulemba momwe mukufunira)

Dzina (chonde lembani dzina lanu lonse mwakukonda kwanu apa):		Wotenga nawo mbali pamwambo (chitsanzo; wochita nawo mkumano wa JASS)	
Womenyera ufulu wa amayi		Womenyera ufulu wotsogoza nkhani za amayi	
Kutchulidwa malingana ndi bungwe lomwe akuyimilira		Zina (chonde tchulani):	

Chidziwitso chofunikira: Ngati tingalembe nkhani ya inu mwatsatanetsatane ndikutchulamo zambiri za inu, JASS idzakupemphani kuti mupeleke chilolezo chowonjezera ndikuwonetsetsa kuti mwalandira zomwe zidzalembedwe komaliza.

M'mene tingakupezeleni: (JASS siyidzagawana ndi wina aliyense za momwe mungapezedwele)

Nambala ya foni		Nambala ina	
Imelo (kalata yapa internet)		Imelo ina	
Bokosi la positi ofesi			

Ndikuloleza JASS kuti iwonetse nkhani yanga mu Women Crossing the Line (chonde ikani chochonga ngati mwafikiridwa ndi wogwira ntchito ku JASS kuti akukayika nkhani yanu mu zolemba za Women Crossing the Line).

Siginecha _____

**Ngati nthawi ina iliyonse mungafune kuchotsa chilolezochi, chonde lembani ku adminsna@justassociates.org
KAPENA imbani foni ku ofesi ya JASS pa +27 218022519/ +27 218016779/+265994641961.**



Kupumula Kosinkhasinkha kwa Mtima, Malingaliro ndi Thupi

Mwachidule:

Muntchito yathu, nthawi zambiri timalimbana ndi kupsinjika, nyengo zovuta komanso mantha zomwe zimakhudza matupi athu, malingaliro athu ndi mzimu wamkati mwathu. Chochitika ichi chimatithandiza kumasuka, kukhazikika ndi kukhala odekha munjira yosavuta.

Cholinga: Ntchitoyi idapangidwa kuti itithandize kupumulitsa matupi athu ndi malingaliro athu - kukhazika mtima pansi pambuyo pa zolingaliro zambiri komanso kuthana ndi mikangano kapenanso kuthana ndi nkhani zovuta

Zida: Belu lothandizila pakusinkhasinkha/mbale, ndodo yamtengo, mipando

Nthawi: Mphindi 5 mpaka 20

Kuthokoza: Ofesi ya JASS ku Southeast Asia (JASS SEA)

Njira:

1. Konzani chipinda.

Onetsetsani kuti chipindacho ndi chotakasuka komanso chomasuka, komanso kuti malo akukhalapo palibe magetsi owala kwambiri kapena phokoso lalikulu.

Ikani mipando mozungulira ndi kusiya malo okwanira kuti wina aliyense asamakhudze mnzake. Ngati muli ndi ophunzira ambiri, pangani mabwalo awiri, lina kuseri kwa limzake.

2. Landirani onse ndipo adziwitseni kuti ayitanidwa kuti akhazikike mitima pansi, kuti akhazikike ndi kuti amasuke.

Funsani ophunzira kuti akhale chete, osayankhula, ndi kufewetsa mayang'andwe awo poyang'ana pansi, osayang'ana amnzawo.

Apempheni ophunzira kuti ayambe kumasuka, powafotokozera kuti kumasuka sikungokhudza thupi komanso malingaliro. Yambani kutontholetsa malingaliro, kungotsatira mawu a munthu otsogolera ndikukokera mpweya mkati ndi kunja kwa chifuwa chanu. Funsani ophunzira kuti alole malingaliro awo ndi thupi lawo kupumula mu chete.

3. Zimitsani kuwala kwa magetsi kuti azingowala pang'ono. Fotokozani kwa ophunzira kuti padzakhala masitepe angapo ndipo phokoso lidzakhala likumveka (kuchokera ku mbale kapena belu) kusonyeza sitepe iliyonse:

Mukamva belu loyamba tsekani maso anu (ngati muli omasuka kutero) ndikulunjika malingaliro anu mkati. Alekeni apite malingaliro okhudza zochitika kunyumba, mdera lanu komanso m'nkhani zomwe mwamva - zoipa kapena zabwino.

Zonse zidutse pakadali pano. Izzizi ndi zinthu zoti zinachitika kale ndipo ndi za m'mbuyo basi. Chikuchitika tsopano lino ndikuti takhala pamodzi ndi anzathu. Yesani kuwona ngati mungathe kupumila mkati, kulowetsa mpweya m'thupi lanu ndikulola kuti thupi limasuke.

Phokoso lachiwiri: Apempheni ophunzira kuti akhale phee m'mphepete mwa mpando kapenanso ngati ali omasuka, agwade pansi kapena kukhala chopingasa miyendo atayika manja awo pa mawondo awo. Aloleni apereke nthawi yokhala chete - pafupifupi mphindi ziwiri kapena

zitatatu. Pamene ganizo kapena nkhwawa ibwera m'mutu mwanu, zilekeni zipite, muwone ngati mukhoza kumasuka mu kudzera m'mapumidwe anu panthawiyi. Pajatu mwazunguliridwa ndi abwenzi ndi anansi.

Atengeleni mowathandizira mu kumasuka: Apempheni kuti ayang'ane kwambiri minofu ndi zina zonse zomwe akumva m'thupi lawo. Pogwiritsa ntchito mawu odekha komanso mawu omveka bwino: pumilani mpweya ku gawo lililonse la thupi lanu ndikulipempha gawolo kuti limasuke: ubongo masuka, chipumi masuka, makutu masuka, maso awiri masuka, zikope masuka, mphuno masuka, masaya masuka, milomo masuka, lilime masuka, nsagwada masuka, khosi masuka, phewa masuka, mikono yonse masuka, manja onse masuka, manja onse masuka, zala zonse masuka, chithunthu cha thupi masuka, mimba masuka, mumtunda mwansana masuka, m'munsi mwa msana masuka, matako masuka, ntchafu zonse masuka, mawondo onse masuka, akatumba wonse masuka, momerera mapazi masuka, mapazi masuka, zala masuka. Thupi ndi maganizo masuka. Maganizo masuka, thupi masuka.

Bwerezani njira yomasukilayi kamodzinsu - yang'anani kuti muwone ngati nkhope zawo zikuwoneka zomasuka.

Belu lachitatu ndi lamphindi imodzi kapena ziwiri zomaliza pofuna kuyitanira gawo lomaliza la kuyika chidwi pa mapumidwe ndi kukhala pa chochitika cha munthawi ino. Khalani chete kwa mphindi ziwiri. Imbani belu kawiri. Pamene amva phokoso la belu likulira kawiri, ndiziwonetsela kuti zonse tamaliza. Funsani wophunzira kuti asunthe pang'ono. Sunthani mikono, sunthani miyendo, kusuntha thunthu la thupi kumanja ndi kumanzere, maso ali chitsekele.

4. Muwuzeni aliyense kuti atsegule maso awo mwapang'onopang'ono. Akakonzeka akhoza kuyamikilana wina ndi mizake kenako kusuntha kupita pamalo ena, kumalizitsa chochitikachi.



Mapumidwe othandiza kukhala bwino ndi mwa bata

Mwachidule:

Thanzi la thupi lathu, malingaliro athu ndi mtima wathu zimakhudwidwa mwa kawirikawiri ndi nkhani za kuvulala, chiwawa, nkhwawa, mantha, zakudya, chilengedwe, nkhani zochitika tsiku ndi tsiku, ndi zovuta zina za m'moyo. Zochita zotsatirazi zomwe ndi zosavuta kuzichita ndi zimene tingagwiritse ntchito nthawi yomwe tikumva kupsinjika, kukhumudwa, kuthedwa nzeru kapena kubalalitsidwa. Zida zimenezi ndi za aliyense wa ife, kaya ndife oti tinapuluma ku zinthu zotipweteka, kaya ndife omenyera ufulu anthu omwe akuphwanyidwa ufulu ndi kuponderezedwa, kaya ndife opereka chisamaliro kwa ena omwe azunguliridwa ndi mavuto komanso opsinjika ndi moyo watsiku ndi tsiku.

Cholinga:

Mpweya ndiye gwero la moyo, umabweretsa mphamvu zatsopano mkati mwa thupi lathu ngati njira yodyetsela thupi, malingaliro ndi munthu yense. Tikamapumila kunja, kupsinjika kochuluka ndi poizoni wokhala m'thupi zimatulutsidwa. Kupuma mu nthawi yolemetsa ndi njira yabwino yochotsera kupsinjika komwe kumachulukana m'thupi. Kupuma mokoka mpweya wambiri kangapo kwakanthawi kochepa panthawi yomwe tikudutsa muzovuta kungathe kusintha momwe timachitira zinthu. Mapumidwe otere pamodzi ndi kumayang'ana zithunzi za kuwala kapena za zachilengedwe zimabweretsa mtendere, bata ndi kulunjika mumaganizidwe.

Kuchita mapumidwe oterewa ndi chinthu chosavuta ndipo zimatsitsimula mmene misempha yonyamula mauthenga am'thupi lathu komanso malingaliro zimagwirira ntchito. Kupumila kunja kwanu kuyenera kukhala kwanthawi yayitaliko kuposa momwe mumakokera mpweya mkati, mtsempha wa "vagus: (omwe umayenda kuchokera pakhosi kutsika mpaka kuni kwa mapapo) umatumiza chizindikiro ku ubongo wanu kuti ubongo uyimike ntchito ya misempha ya mtundu wa sympathetic ndikuyambitsa ntchito misempha ya parasympathetic. Mtundu wa misempha ya sympathetic imalamulira zokhudza m'mene timachitira tikawona chinthu chotipatsa mantha, ndipo misempha imeneyi ikati yakolera moto, imapangitsa kugunda kwa mtima ndi mapumidwe othamanga, ndikupangitsanso kutuluka kwa michele ina yamthupi monga cortisol womwe umapangitsa kulimba mtima ndikulimbana ndi vuto lomwe lingakhalepo. Mwachitsanzo, ngati chokuwopseza chikunena kuti, "Mkango ukundithamangitsa ndipo ndiyenera kuthawa," izi ndizokuthandiza. Ngati chikunena kuti, "Ndachedwa kuntchito" kapena, "Ndakhumudwa kwambiri ndi mnzanga" izi sizothandiza kwenikweni, ndipo zingatse kukuvulaza.- pamene cortisol wakwera kwa nthawi yayitali kapena kawirikawiri amasokoneza machitidwe onse a michele ina m'thupi. Mtundu wina wa misempha yotchedwa parasympathetics, kumbali inayi, imawongolera za m'mene tipumulila, za m'mene timamasukila, ndi za magayidwe a zakudya. Misempha ya mtundu wa parasympathetic ikakhala kuti ndi imene ikugwira ntchito, Mapumidwe anu amatsika mwabwino, kugunda kwa mtima wanu kumatsika mwabwino, kuthamanga kwa magazi anu kumatsika chifukwa chakuti mitsempha ya magazi ikumasuka, ndipo thupi lanu limakhala lili pa bata komanso kuchira.

Nthawi: Mphindi 5 mpaka ora limodzi

Kuthokoza: Zasinthidwa kuchokera ku Capacitar Emergency Response Tool Kit www.capacitar.org

Zida: Malo opanda phokoso, mpando kapena ngati mukufuna mutha kukhala pansi pomwe mungafunike khushoni kuti mukhale mwa ufulu.

Cholinga: Zochita zotsatirazi ndizoyenera kugwiritsidwa ntchito nthawi yomwe tikumva kuti tatopa kapena kubalalika. Zida zimenezi ndi za tonsefe, kaya ndife omwe tinakumana ndi nkhanza, osamalira ena kapenanso anthu omwe talemetsedwa ndi kupsinjika ndi moyo watsiku ndi tsiku.

Dongosolo lake la machitidwe:

Kupuma 1: Kupuma kogwiritsa ntchito mimba

Njira:

Pumani mozama ndipo mulunjike chidwi chanu chonse pa inu mwini, kuyiwala nkhwana zonse ndi malingaliro onse. Kupuma kogwiritsa ntchito mimba kutha kuchitidwa mutagona chagada, kukhala pansi kapena kuyimirira.

Gonani pansi. Gwirani miyendo yanu pang'ono ndikusiya mapazi agwere m'mbali. Mangani manja anu ndikuwayika pamimba panu, zikhatho kuyang'ana pansi. Kokelani mpweya mozama, kufikila kuti mimba yanu iyambe kufufuma ndikupangitsa zala za manja anu omwe mwayika pamimba kuyamba kulekanitsika. Lolani kuti mimba yanu ifufume momwe ingathere. M'mene mukuyamba kutulutsa mpweya, dinikizani pamimba panu ndi manja anu. Tulutsani mpweya onse. Chinsinsi cha kupuma bwino ndi kutulutsa mpweya moyenera. Mukamatulutsa mpweya mwabwino, kulowetsa mpweya kwanu kudzakhalanso bwino.

Bwerezani izi kangapo. Ngati mungathe, tengani mpweya wonse wa m'mimba popanda kugwiritsa ntchito manja anu. Ndipo pangani mapumidwe anu wokhalitsa komanso wosachita kukokela, pamene mukutulutsa komanso kulowetsa mpweya.

Kupuma 2: Kupuma Modekha

Njira:

Poyamba, khalani pheee ndi mowongoka pamalo enaake omwe ndi omasuka. Tsekani maso anu ndipo pumani mogwiritsa ntchito mphuno yanu.

Kenako, lowetsani mpweya mukuwerenga kawiri... mukatero usungeni mpweya mukuwerenga kamodzi ... kenako tulutsani mpweya mukuwerenga kanayi ... ndipo malizani potulutsa mpweya mokoka mukuwerengera kamodzi. Mapumidwe anu akhale ofanana ndi osachita kukamiza.

Ngati kuwerenga cha 2 mpaka 4 kukuwoneka koyandikana kwambiri yesani kuwonjezera powerenga 4 polowetsa mpweya mkati ndi 6 potulutsa kunja, kapena 6 mkati ndi 8 kunja ndi zina zotero. Koma ngati mapumidwe oterewa akukupatsani nkhwana iliyonse palibe chifukwa chodzidakamizila. Chofuna kuwonetsetsa kwambiri ndi chakuti kutulutsa mpweya kunja kukutenga nthawi yaitali kuposa kulowetsa mpweya mkati. Gwiritsani ntchito wotchi ndikupumira motere kwa mphindi zosachepera zisanu. Mudzawona kusintha pa m'mene mukumvela.

Kupuma 3: Kupuma ndi chilengedwe

Njira:

Chilengedwe ndi chida chachikulu chothandizila kuchira komanso kuyika mtima pansi. Mutayika mapazi anu pansi, pumani mozama kwinaku mukuganiza zoti mapazi anu ndi mizu yayitali yomwe yalowerera pansi. Pumani mokokela mkati kufuna kutenga mphamvu zakudziko: kenako

pumani motulutsa mpweya kunja powonetsela kutulutsa kupsinjika, kukangana ndi kupweteka. Pang'onopang'ono lunjikani chidwi chanu pa kumasuka kwa gulu lilironse la minofu yanu kwa kamphindi. Yambani ndi mapazi ndi zala, kenako yendani mpaka mawondo, ntchafu, kumbuyo, chifuwa, mikono, manja, khosi, nsagwada ndi maso – pangani zonsezi mukupitiriza mapumidwe akuya komanso a pang'onopang'ono. Tengani kamphindi kuti mumvetsere phokoso la chilengedwe pamene mukuwabwezeretsa pang'onopang'ono ophunzira amene munali, awuzeni kuti atsegule maso awo mwa pang'onopang'ono ndi modekha akamva kuti ndiwokonzeka kutero.

Kupuma 4: Kupatsa mpweya thupi lanu

Njira:

Imani mutayika mapazi anu mokhazikika pansu. Kwezani manja anu mumlengalenga. Pumilani mkati mozama. Mukuwatsitsa manja anu pumilani kunja molimbika, zigongono zanu zikubwera pafupi ndi m'mbalim'mbali mwa thupi lanu. Bwerezani kasanu ndi katatu (8). Chenjezo: Kuchita izi kumapangitsa kuti mpweya wa okosijeni ulowe mthupi lani mofulumira ndipo izi zikhonza kupangitsa chizungulire pang'ono.



The Holds – Zida Zothandiza kupumula ndi kukhala moyo wabwino

Mwachidule:

Chochitika ichi chimatha kuchitidwa munjira zingapo zomwe mungadzipangire nokha kapena kupangira munthu wina pofuna kuthana ndi nkhwana, kuwawidwa kwa m’magano kapena kwam’thupi, malingaliro amphamvu monga mkwiyo, mantha, ndi kusowa tulo ndinso pamene mwafuna kuti mutakasuke kotheratu. Kupyolera mu mphamvu ya manja athu tili ndi mphamvu zobweretsa mgwirizano ndi kuchiritsa kwa thupi, malingaliro ndi mtima. Izi ndizothandiza mukamayamba kukambirana za mtima-malingaliro-thupi ngati gawo lofunikira kwambiri pa zochitika zomanga umodzi wa anthu, popereka malo ochitira zamtunduwa tsiku lililonse la mkumano wanu. Iyi yimakhalanso njira yoyankha kukhudzidwa kwa mkati mwa moyo ngakhalenso kukhudzika kochokera mu zina zomukopa munthu zochokela kwina ndi kwina zimene zimatha kumamukhudza munthu mkati mwa mkumano wanu.

Cholinga:

Kugawana njira yoyendetsera magano athu komanso magano/mphamvu zomwe zimawonekera mu ntchito yathu potsogolera magulu a anthu. Mu ntchito yathu yolimbikitsa umodzi wa amayi pokweza nkhanu zawo, pamakhala nthawi zambiri chisoni chochokela mkati kapena ululu zomwe zimatikankha mu zochita zathu, izi zitha kukhala zothandiza koma tiyenera kusamala powonetsetsa kuti ophunzira akuzindikira kuti ali pamalo a maphunziro (malo otetezeka). Zochitikachitika zimathandizira “kukhazikika” kwa ophunzira, kuwapangitsa kuti adzifuna kukhala pa maphunziro komanso kukhala omasuka.

Nthawi: Mphindi 50; mphindi 10 zachiwonetsero, mphindi 20 pagulu lililonse la anthu

Kuthokoza: Zachokera ku CAPCITAR Emergency Response Toolkit, www.capcitar.org/kits/engcapemergkit.doc

Zipangizo ndi Malo Ofunika:

Malo aakulu okwanira kuti ophunzira athe kukhala mmagulu a anthu awiriawiri, m’modzi atakhala pampando ndipo winayo adzitha kuyenda momasuka mozungulirazungulira.

Mafuta abwino odzola kapena zitsamba zomwe zimakhala ndi fungo labwino lotsitsimula kapena lopatsa mphamvu (mutha osakhala nazo izi) mwachitsanzo maluwa a lavender, mandimu.

Njira:

1. Ophunzitsa apange chiwonetsero za zinthuzi pamaso pa gulu lonse.
2. Kenako ayitane ophunzira omwe angayesere mu magulu a awiriawiri, pezani mpando ndi malo pomwe achitilepo izi.
3. Ophunzitsa adzakutsogolerani m’masitepe onse a zochitikazo.
4. Ophunzitsa afunse kuti - munamva bwanji kulandira/kupeleka mutu wanu musanapereke mpata kwa mzanu winayo kuti achitenso chimodzimodzi.

Zomwe otsogolera akuyenera kudziwa: Fotokozerani kwa gulu kuti ichi ndi chochitika chomwe utha kupanga pawekha kapena pamunthu wina, pokhazikitsa mu malingaliro ndi mumtima mamvedwe akuya a mtendere, kuwala ndi kutakasuka. Chilichonse mwa zochitikazi zitha kuchitika kwa mphindi zingapo chilichonse mwa icho, potsatiridwa ndi kupuma mozama pogwiritsa ntchito mimba pofuna kubweretsa kumasulidwa kwakukulu. Kugwiridwa komwe kumakhala ndikopepuka ndipo ngati wina akuwopa kugwiridwa chifukwa cha ululu kapena mbiri yakuchitiridwa nkhanza, ameneyo akhoza kugwiridwa molilambalala thupi lawo. Pemphani chilolezo nthawi zonse mukamachita chochitika chilichonse chokhudza kumugwira munthu wina. Mukhozanso kupanga chochitikachi popanda kumugwira munthu pathupi pofuna kulemekeza malire a munthuyo.

Ndikoyenera kuliwonetsa gulu poyamba kenako ndikumawawongolera momwe apangire chochitikachi kwinaku mukuwalimbikitsa kuti azipuma mozama nthawi zonse.

Gawo 1. Chilolezo

Choyamba funsani mzanuyo ngati muli ndi chilolezo chomugwira, komanso ngati mukugwiritsa ntchito mafuta, afunseni ngati zili zabwino kuti mugwiritse ntchito mafuta pa iwo.

Gawo 2. Kugwira makutu

Imani kumbuyo kwa mzanuyo ndikuyika manja anu kutali ndi makutu awo ndi inchesi imodzi. Iyi ndi njira yopereka moni pathupi la munthuyo zisanayambe zochitika. Awuzeni ophunzira kuti apumire pamodzi mozama, pokokela mpweya ndi m'mphuno ndi kuwutulutsila m'kamwa. Akachita izi kangapo, afunseni iwo kuti azisunthila okha ku malo ena.

Gawo 3. Kugwira mutu

Dzanja limodzi limagwira mutu mopepuka pamphumi; dzanja linalo ligwire maziko a chigaza (kuchibwano). Mphamvu zokhala m'manja zimalumikizana ndi mbali za ubongo zokhudzana ndi kukumbukira ndi malingaliro. Langizani ophunzira kuti apitilize kupuma mozama.

Gawo 4. Kugwira mapewa

Manja amakhala mopepuka pamapewa, awa ndi malo am'thupi okhudzana ndi nkhwawa, zinthu zonse zolemetsa kapena zothodwetsa za moyo.

Gawo 5. Kugwira Mtima

Dzanja limodzi limatsamira pa fupa lapakati pa chifuwa. Dzanja lina limagwira mumtunda mwamsana kumbuyo kwa mtima. Malo omwe pali mtima nthawi zambiri ndipamene pamasunga ululu wamaganizo, mabala akale, chisoni ndi mkwiyo. Pumani mozama ndikulingalira ululu wamumtima ukutsikira pansu. Mukhozanso kuchita izi osagwira pathupi lamunthu ngati kutero kulemekeza malire a munthuyo.

Gawo 6. Kugwira Mapazi

Pamwamba pa mapazi pathanso kugwiridwa kuti munthu afike poti wakhazikika. Yendani mozungulira kupita kutsogolo kwa munthuyo ndi kugwada patsogolo pake.

Malangizo:

- * Mafuta onunkhira kwambiri amatha kuwadwalitsa anthu omwe ali ndi pachifuwa podana ndi mafungo otero, onetsetsani kuti mwapempha chilolezo ndipo tsegulani mazenera ena.
- * ☒ Pamene mukuzolowerana bwino ndi njirazi, ndikwabwino kuyamba kulumikiza mongoganizira - pa sitepe iliyonse, monga wopanga chochitika akugwira wochitiridwa m'mitima yawo - athokozeni pa zimene athandizira pamkumanowu/pazolimbikitsanazi; kuvomereza chilichonse chomwe atha kukhala kuti akulimbana nacho m'moyo wawo ndi kuwafunira zabwino zam'tsogolo.



JASS (Just Associates) ndi gulu la anthu ochokera mmayiko osiyanasiyana okwanira 26 apadziko lonse lapansi momwe ena ndi omenyera ufulu, aphunzitsi otchuka, komanso akatswiri omwe akugwira ntchito yolimbikitsa ndi kukweza mawu, mawonedwe, ndi umodzi wa mphamvu za amayi pofunafuna dziko lomwe ndilachilungamo ndi lokomera aliyense. Pokhazikika mmadera akummwera kwa dziko lapansi, JASS imawakonzekeretsa, kuwaperekeza ndi kuwakweza amayi omenyera ufulu akumidzi ndi mabungwe akumidzi powapatsa zida ndikuwalumikizitsa ku zinthu zomwe amafunikira kuti apititse patsogolo mapempho ndi maganizo awo pa njira zothetsera mavuto a kusafanana komanso nkhanza. Chidwi cha ntchito yathu chili pa amayi ndi mabungwe omwe ali mmadera omwe mwagwa mavuto akuluakulu komanso momwe mukuchita kusintha kwa zinthu mu mayiko aku Mesoamerica, kummwera kwa Africa ndi kummwera chakummawa kwa mayiko akwa aluya (makamaka eni nthaka, akumidzi, LGBTQ, achinyamata ndi amayi osauka). Ngakhale kuti nthawi zambiri samakhala nawo mumagulu opanga ziganizo, amayi ndi omwe akutsogolera midzi ndi kuyambitsa njira zatsopano zothetsera mavuto ambiri dziko – izi amachita nthawi zambiri ali mkati mwa chiwopsezo chachikulu.

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