

# M'mene opelekeza mzimayi kobeleka akhoza kuwathandizira opeleka chithandizo pa nthawi yomwe matenda ayamba ndinso pobereka



## Kodi opelekeza ndi ndani nanga ubwino wawo ndiotani?

**Mzimayi aliyense ali ndi ufulu okhala ndi omuperekeza pa nthawi yobereka. Opelekezayo atha kukhala munthu aliyense amene mzimayiyo wasankha:**

- Kukhala naye pa nthawi yomwe matenda ayamba komanso pamene wabereka mwana;
- Kumupelekeza kuchipatala **ngakhale nyengo ino ya mulili wa COVID 19**, ndi;
- Kumuthandizira mzimayi pamene wabereka mwana mpakana nthawi yomwe adzamutulutse mchipatala.

**Azimayi amaona bwino komanso amathandizika kukhala ndi munthu amene iwo amamukhulupilira. Kukhala ndi munthu okhulupirika, nthawi zambiri azimayi:**

- Amamva kuti ali **otetezedwa, amphamvu, komanso odzikhulupilira.**
- Amamva kuti ali pa ufulu **ofunsa funso lililonse kwa amene akuwathandizira.**
- Amamva kuti owathandizira awathandiza pa khawa zawo ndi mantha aliwonse omwe ali nawo.
- Akhala ndi **uchembere wabwino komanso zotsatira zabwino pamene mwana wabadwa.**

**Ndikwabwino kukhala ndi munthu amene mzimayi wasankha kusiyana ndi kukhala ndi munthu ogwira nchito pompo ngati omuperekeza.**

- Azamba ndi ena onse azaumoyo atha kuwafotokozera amayi oyembekezera ndi owathandizira awo pa zinthu zosiyanasiya.
- Nawonso opelekeza akhonza **kuwathandiza azamba** mu tinchito tina ndi tina tomwe angapemphedwe kuti achite.
- **Owapelekeza akhoza kuwathandiza azimayi** powonetsetsa kuti alandira chithandizo mu nthawi yake; komanso.
- Owaperekeza okhulupirika akhoza **kupeleka chithandizo ndi chilimbikitso** pa nthawi yonse imene matenda ayamba mpaka nthawi imene Mzimayi wabereka.

# Kodi omupelekeza angatani?

## Kupeleka **chithandizo kwa mzimayi** pa nthawi yomwe matenda ayamba. Omupelekeza akhoza:

- ✓ Kuwalimbikitsa amayi oyembekezera komanso kusisita pa msana, miyendo ndi mikono pamene mzimayiyo wafunira, pofuna kuthandiza kuchepetsa ululu
- ✓ Kuwapuputa pa chipumi, khosi kapenanso pa mtima ndi chinthu/ nsaru chonyowa kapenanso kuwakupiza kumene kuti thupi lawo lizimvako kuizizira
- ✓ Ngati nzimayiyo wafuna azigwiridwa manja pa nthawi yomwe mimba ikuwawa
- ✓ Aziwathandizira kuti azitha kuyendayenda ndi kupeza pokhala poti atakasuke
- ✓ Kumuthandizira nzimayi pamene akufuna kuchita chimbuzi komanso pamene akufuna kusamba pa nthawi yomwe matenda asala pang'ono kuyamba
- ✓ Kulankhulana naye-kumulimbikitsa ndi kumufotokozera zomwe zikuchitika
- ✓ Kumukumbutsa kuti sivuta kukuwa, kukalipa kapenanso kulira pa nthawi yomwe akubereka
- ✓ Kumuthandizira nzimayi pa nthawi yomwe misempha yayamba kutukura ndi kupanga ma seweru olimbitsa thupi



## Opelekeza **akhoza kuthandizira panthawi yomwe matenda ayamba** powathandizira azamba ndi chilichinse chomwe angafunse, komanso kumukumbutsa ndi kumulimbikitsa nzimayi kuti:

- ✓ Azikodza pa ma ola awiri aliwonse kapena pafupipafupi
- ✓ Azimwa madzi pa ola iliyonse kapena kupyola komanso adzidya moyenelera akafuna
- ✓ Azigwiritsa ntchito njira zopumira zomwezingamuthandize kukhazikitsa mtima pansu
- ✓ Kugwiritsa ntchito njira zoti azimasuka pamene akuyembekezera kuchira (kuyenda, kukhala, kugonera mmbali)
- ✓ Azitchima pokhapokha pamene waudzidwa ndi mzamba



## Opelekeza **akhoza kuthandizira kutumiza ndi kulandira mauthenga pakati pa mzamba ndi nzimayiyo** pamene:

- ✓ Akumvetsera malangizo omwe mzamba akupeleka ndikumuuza mzimayi uja
- ✓ Akumuthandizira mzimayi uja kufunsa mafunso ndi kuonesetsa kuti akupeza mayankho omwe akufuna kudziwa
- ✓ Azionetsetsa kuti mzamba akumvetsetsa ndipo akupeleka mayankho pa zomwe nzimayi uja
- ✓ wapempha (monga., makhwala opha ululu)
- ✓ Kuonesetsa kuti njira zotumizira munthu kuchipatala china zakonzedwelatu ndipo zikusatiridwa moyenelera
- ✓ Dziwitsa aku banja mmene amayiyo akupezera



## Pamene **nzimayi wabereka** opelekeza akhoza kuthandizira ku:

- ✓ Azionetsetsa amayi ndi mwana, kuti alibe zizindikila zoopsya monga kutaya magazi modabwitsa, akaona izi aziwauza azamba
- ✓ Onetsetsa kuti amayi alandira uphungu oyenerela kuchokera kwa azamba pa momwe angadzisamalilire iwowo ndi mwana
- ✓ Pamene mzimayi wachira bwinobwino, amulimbikitse kuti adzimwa za madzi pafupipafupi
- ✓ Onetsetsa kuti amayi ndi mwana sanalekane (pokhapokha ngati achipatala anena)
- ✓ Onetsetsa kuti thupi la mwana lili logundana ndi thupi la mayi wake nthawi zonse
- ✓ Thandizirani kuti mwana ayambe kuyamwa mwachangu
- ✓ Dziwitsa achipatala pamene mwana akutaya magazi kuchokera pa nchombo ndi pamene mwana akuvutika kupuma
- ✓ Kuthandizira azamba pomuveka, kumusamalira ndikuonetsetsa kuti mwana alibwino komanso kumuthandizira nzimayi amene wayamba kumene kubereka ndi kumusintha mwana matewera



# Ndi zinthu ziti zimene inu ngati opelekela chithandizo mungamufunse kapena kumukumbutsa munthu opelekeza?

**Ngati munthu opeleka chithandizo, mukuyenera kuonetsetsa kuti munthu opelekeza mzimayi kobereka akudziwa mmene angaitanitsire chithandizo ngati:**

- ✓ Nthawi yomwe mzimayi akuyenera kuyesedwa ikakwana ngakhale palibe azamba
- ✓ Pamene nsuppa yasweka
- ✓ Mzimayi akutchima mimba ikawawa
- ✓ Mimba imawawa bwinobwino koma yapezeka kuti yasiya mwadzidzi
- ✓ Mwadzidzidzi wayamba kumva kuwawa kwambiri
- ✓ Ngati akumva chizungulire kapena kukomoka
- ✓ Akupuma mothamanga komanso akumva kuti mtima wake ukuchita ukuthamanga
- ✓ Akumakomoka
- ✓ Akutaya magazi kwambiri
- ✓ Mwana sakuyamwa
- ✓ Ngati pali madandaulo ena



**Kuwakumbutsa operekeza kobeleka kuti akuyenera:**

- ✓ Azisamba mmanja ndi sopo asanalowe kapena kutuluka mchipinda chomwe azimayi oyembekezera amachilira
- ✓ Azivala chodzitchingira kukamwa pa nthawi yomwe matenda ayamba komanso pobereka (kutsatira malamulo a COVID-19)



- ✓ Azisamba mmanja asanagwire kapena akagwira mwana
- ✓ Kuonesetsa kuti malo amene nzimayi ali mu chipinda chochilira komanso malo odikilira ndi aukhondo
- ✓ Azitsatira njira zopewera matenda osiyanasiyana (kuphatikizapo COVID-19)



**Kuwakumbutsa opelekezawo kuti sakuyenera:**

- ⊗ Kumumenya kapena kumulalтира mzimayiyo
- ⊗ Kumulimbikitsa nzimayiyo kutchima asanauzidwe ndi azamba
- ⊗ Kupeleka malangizo apadera osiyana ndi omwe apeleka azamba
- ⊗ Kukakamiza nzimayi kugona pamene nzimayiyo akufuna kuongola miyendo

- ⊗ Kupeleka mankhwala azitsamba kapena kumuyeza nzimayiyo
- ⊗ Kuulura zinsinsi zinazokhudzana ndi wodwala
- ⊗ Kubweretsa munthu wina odikilira muchipinda chomwe azimayi oyembekezera amachilira



**Kumufotokozera mwachidule munthu opelekeza: Zomwe akuyenera kuyembekezera pamene mwana akubadwa**

Pamene anthu ena opelekeza sanaonelereko mmene zimakhilira kumbali yakubereka, chonde pezaniko mphindi zochepa ndikuwalongosolera mwachidule koma momveka bwino **zomwe akuyenera kuyembekezera pa nthawi yomwe matenda ayamba ndi nthawi yobereka komanso mmene iwowo angakuthandizireni inu ngati anthu mzamba.**

Pamene afika, aonetseni opelekezawo malo amene azimayi amabeleka, makamaka ngati mukugwira ntchito nokha. Aoneseni malo omwe zinthu zofunikira zimasungidwa, **ndi kukonzeratu dongosolo la mmene opelekezayo atha kuthandizira pa nthawi yomwe zinthu zachitika mosayembekezera.**

- Pamene namwino wina, dokotala kapena mzamba wapezeka kuti athandizire.
- Bandeji, gozi padi ndi madzi osungunulira mankhwala
- Ngati ma NASG alipo, pamene amasungidwapo ndi mmene angakuthandizireni poveka odwala
- Aonetseni malo amene ziwiyi zogwiritsira ntchito posamba zimasiyidwa, komanso komwe angamataye mikodzo
- Kupezeka komanso chithandizo chomwe opelekeza amapeleka SIKUKUYENERA kulowa mmalo mwa mzamba; nthawi zonse akuyenera kutsatira zomwe azamba awauza

Ululu wauchembere ndi kubadwisa mwana kumakhala kosiyanasiyana, koma nthawi zonse pali masiteji anayi omwe aliyense amadutsamo: Pamene ululu wayamba kumene ndi pamene ululu wagundikiza, kubadwitsa, kutulutsa nsengwa ndi kuchira. **Chonde longosolelani opelekeza ndi amayi oyembekezerawo zomwe zimachitika pa siteji ili yonse ndicholinga chakuti azidziwa zoyenera kuyembekezera.**

Pali zinthu zambiri zomwe zomwe zimatsatiliwda pamene mzimayi akubereka, koma zomwe opelekeza sangazidziwe. Mwachidule longosolani njirazo komanso nthawi yomwe zimachitikira:

- Kumvetsera ngati mimba ikukunga pa mpindi makumi atatu aliwonse.
- Kumvetsera kugunda kwa mtima wamwana pa mphindi makumi atatu aliwonse.
- Timayesa njira yodutsa mwana ndi pamimba pa mzimayi kamodzi pa maola anayi aliwonse.
- Kugwiritsa ntchito choonera/chojamburira mwana pamene ali mmimba mwa mayi ake cha magetsi (ngati chilipo).

## Ndi chani chimene iwe ngati opeleka chithandizo cha zaumoyo ungamuze opelekeza kuti akuthandize:



**Kuwachosa nkhawa ndi kuwalimbikitsa amayi:** Auzeni opelekezawo kuti azizalimbikitsa amayiwo, kumawasisita

pa msana pofuna kuchepetsa ululu womwe akumva. Kuwathandiza amayi pamene akufuna kutaya madzi ndi kudzithandiza.



**Chakudya ndi madzi:** Auzeni owapelekeza kuti akonze chakudya ndi madzi ndipo azisunga pafupi.

Alimbikitseni amayiwo kuti adziya ndi kumwa za madzimadzi moyenera.



**Munthu othandizira:** Akumbuseni othandizira kuti asatalikire mu chipinda choberekera ndipo auzeni kuti azithandizirako tinchito tina ndi tina tikafunukira.

- Kupeleka jakisoni or kuwayambitsa madzi a mudilipi.

Nthawi zina pamachitika zinthu zina zomwe sizimayembekezeredwa. Zikatero ndi bwino kuchitapo kanthu mwachangu:

- **Sipangapezeke nthawi yolongosola zambiri.**
- Akhulupilireni azamba ndipo muchite chilichonse chomwe akuuzeni.
- Zikhoza kukhala zothandizanso kukhala kumutu kwa nzimayiyo ndikumupatsa chilimbikitso komanso kumuthandiza kuti zikokera phweya mkati ndikutulutsa pang'onopang'ono.

**Ngati opelekeza sangakwanitse kusamalira pamene zafika povuta, atha kuchoka nthawi iliyonse, koma awadziwitse azamba omwe ali pa ntchito nthawi imeneyo.**

**Ngati opelekezawo ali osokoneza kapena kubweretsa chiopsezo, aziuzidwa kuti achokepo.**



**Unikira:** Ngati nkoyenera mukhoza kumufunsa opelekeza kuti ayatse getsi kapena anyamule nyali pamene mukumuona mzimayi uja pamene akubereka ndi pamene wachira.



**Owona ngati mzimayi akutaya magazi:** Pamene mzimayi wabeleka, auzeni opelekeza kuti aziona ngati pa bedi pali magazi, ndipo ngati pali magazi awadziwitse azamba.



**Osamalira mwana:** Mutha kuwauza opelekeza kuti awathandize kuveka, kusamalira, ndikumumuona mwana. kumuona mwana pazizindikiro zoopsa.

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