

# INgxenye 3

## Impilo Kamama Nengane

### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 3.1 sihlose ukukucobelela ulwazi mayelana nezindlela zokuhlela umndeni.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukuchazela omunye umuntu, umndeni, kanye nomphakathi ukuthi kuyini ukuhlela umndeni kanye nezinzuzo zako
- Ukuchaza izindlela ezahlukene zokuhlela umndeni

#### Okuqukethwe Yilesi Sifundo

- Inzuzo yokuhlela umndeni
- Izindlela zokuhlela umndeni

#### Kutholakala

1. National Department of Health. The Primary Health Care Package for South Africa – a set of norms and standards. South Africa. 2000
2. USAID, Johns Hopkins & WHO. Family Planning – Global Handbook for Providers. 2006
3. National Department of Health. Guideline on Reproductive Health. South Africa. 2009
4. National Department of Health. The South African Antiretroviral Treatment Guidelines. 2013
5. National Department of Health. National Contraception Clinical Guidelines. 2012

#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuchazela amaklayenti ukubaluleka kokuhlela umndeni nokuxoxa nawo ngezindlela zokuhlela umndeni ezikhona.

### 1. Kuyini ukuhlela umndeni?

Kubalulekile ukuthi umuntu wesifazane abe nolwazi mayelana nokuhlelwa komndeni ukuze azenzele izingqomo zokuthi ufuna ukukhulelwa nini, nokuthi uthanda ukuthola abantwana abangaki. Lokhu kubizwa ngokuthi ukuhlelwa komndeni, kunezindlela ezihlukene zokuhlela umndeni. Lezizindlela ziyachazwa lapha ngezansi.

Kungumsebenzi wowesilisa kanye nowesifazane bebambisene. Ngakho-ke kubalulekile ukuthi babenolwazi ngalezindlela zokuhlela ukuze bakwazi ukuzikhethela indlela abazoyisebenzisa.

### Kusiza ngani ukuhlela umndeni

- Uma owesifazane ekwazi ukuhlela ukuthi ufuna ukukhulelwa nini, uyonciphisa amathuba okukhulelwa engafuni, nokukhulelwa okungaletha izidingo empilweni yakhe nomntwana
- Uma umama enesifo esingabeka impilo yakhe engozini uma ekhulelwe, kubalulekile ukuthi ahlele kuze kufike isikhathi lapho impilo isisesimweni esihle ngaphambi kokuthi akhulelwe. Isibonelo, umfutho wegazi ophakeme ungadala izidingo empilweni kamama kanye nomntwana wakhe. Bebambisene nodokotela bangahlela ukuthi umfutho wakhe wegazi ophakeme ungelashwa kanjani ukuze yena nomntwana baphephe
- Umama angakhetha ukuthi ufuna ukwelamanisa emuva kwesikhathi esingakanani. Lokhu kunika isiqiniseko sokuthi umzimba wakhe uwunika isikhathi esanele sokubuyela esimweni sawo ukuze akhulelwe esephile kahle yena nomntwana
- Ukuthola abantwana ngokuhlelwe kusiza umndeni ukuthi ukwazi ukunikeza abantwana ukudla okwanele, izingubo zokugqoka, nemfundo enganeni ngayinye
- Ukuhlela umndeni kulungele bonke abesifazane kanye namantombazane azibandakanya ocansini ukuze kuvikelwe ukukhulelwa. Amantombazanyana asemancane akhulelwayo abeka impilo yawo engozini kwazise imizinjana yawo ayikakulungeli ukuthwala umntwana kanye nokubeletha
- Emiphakathini ekhuthaza ukuhlelwa komndeni, maningi amathuba amahle futhi angcono emisebenzi, imfundo kanye nempilo engcono



### 2. Izindlela zokuhlela umndeni

Kubalulekile ukuthi owesifazane asizwe ukukhetha indlela engcono kuye yokuhlela umndeni. Lokhu kuya ngokuthi owesifazane ufuna ukuhlela okwesikhashana noma ufuna ukuvala inzalo.

# INgxenye 3

## Impilo Kamama Nengane

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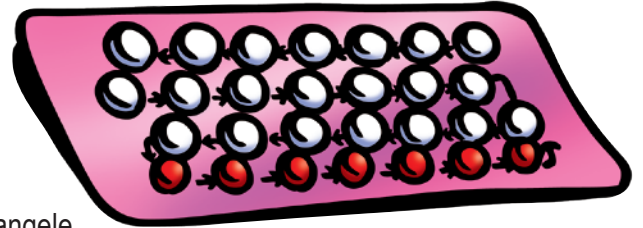
## Isifundo 3.1

Ukuhlela  
Umndeni

### a. Izindlela Zesikhashana

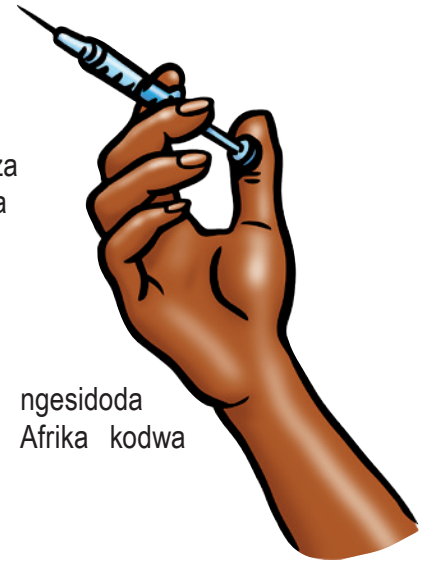
#### Iphilisi

Lamaphilisi aphuzwa zonke izinsuku anomthamo ophansi wamahomoni abesifazane. Avimba ukudaleka kwamaqanda enzalo adaleka zonke izinyanga esibeledweni. Uma ephuzwa ngesikhathi esisodwa njalo, indlela ekahle kakhulu ukuvikela ukukhulelwa. Abesifazane abafuna ukulamanisa kufanele bacabangele wona ngoba ayashesha ukuphela egazini uma umuntu eseyekile ukuwaphuza.



#### Umjovo

Lona umjovo wamahomoni onikezwa njalo emuva kwezinyanga ezintathu. Usebenza kahle kakhulu, kodwa uma owesifazane esefuna ukulamanisa kuthatha izinyangana ngaphambi kokuba umzimba wakhe uqale futhi ukukhiqiza amaqanda enzalo.

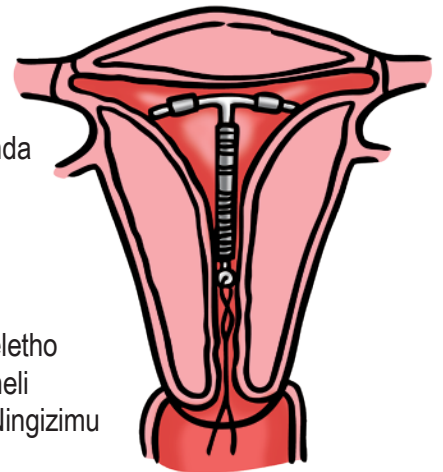


#### Isivikeli Sangangaphakathi Kwesibeledho (Cu IUD)

Lena intwana eyakhiwe ngeplastiki nekhopha evikela iqanda elivuthiswe ngesidoda linganamatheli ezindongeni sesibeledho. Lendlela ayikwaayelekile eNingizimu Afrika kodwa iyatholakala emitholampilo ethile. Ibizwa ngokuthi iluphu.

#### Izivikeli ezifakwa ngaphansi Kwesikhumba (Sub-Dermal Implants)

Lezivikeli zifakwa nje ngaphansana kwesikhumba engalweni engenhla. Sidedela kancane-kancane inani lamahomoni esifazane emzimbeni. Lokhu kudala ukuthi umzimba uyeke ukudedela amaqanda esibeledweni. Ekugcineni lama divaysi enza ungwengwezi oluvikela isibeledho lube luncane okushukuthi; uma iqanda lingavuthiswa isidoda, ngeke likwazi ukunamathela esibeledweni.



#### Isivikeli Sangaphakathi ('Ushobishobi')

Lena yindlela yokuvikela ngokushutheka into efana noshobishobi emlonyeni wesibeledho evikela ukuthi iqanda lowesifazane eselihlangene nembewu yowesilisa linganamatheli odongeni lwesibeledho ukuze kukhule ingane. Ayisajwayelekile ukusetshenziswa eNingizimu Afrika, kodwa isatholakala emitholampilo ethile. Yaziswa ngokuthi 'ushobishobi'.

### b. Izivimba-Ketshezi (Barrier Methods)

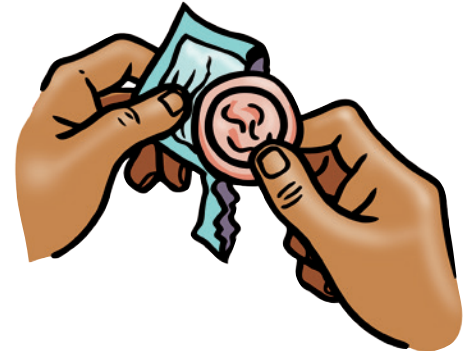
Lezi yizindlela ezivimba isidoda sowesilisa ukuba singangeni emomozini ukuze singahlangani neqanda lenzalo kowesifazane; izibonelo: amakhondomu awabesifazane nawabesilisa, nezinye izivikelo ezivimba emlonyeni wesibeledho. Uma zisetshenziswe ngendlela efanele ziyavikela kodwa azithembekile kahle.

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.1 Ukuhlela Umndeni

### Amakhondomu

Amakhondomu yiyona ndlela yokuvimba esetshenziswa kakhulu. **Futhi awukuphela kwendlela evikela ukuthelelana ngesandulela-ngculazi nezifo zocansi.** [bheka iSifundo 4.10 mayelana noKuvimbela I-HIV Nama-STI: Indima Yamakhondomu].



### c. Indlela yokuchithela ngaphandle

Kulapho owesilisa evikela ukukhulelwa ngokukhipha ipipi ngaphambi kokuba isidoda siphume. Akusiyo indlela ephephile ngoba imbewu yenzalo ingaphuma ngaphambi kokukhipha, futhi ayikwazi ukuvikela izifo zocansi noma isandulela ngculazi.

### d. Indlela yokuvala

#### Ukuhlinzwa

Ukuphela kwendlela yokuvala inzalo ukuhlinzwa. Abesilisa nabesifazane bangahlinzwa. Ukuhlinzwa kwabesilisa kubizwa ngokuthi i-vasectomy (kuvimbela isidoda ukuba siye epipini ngesikhathi echitha).



#### Amacebiso Awusizo

Akekho umuntu okufanele aye ocansini nomuntu uma engasazi isimo sakhe se-HIV kanye/noma sama-STI.

Abesifazane bangathola ukuhlinzwa ukubizwa ngokuthi i-tubal ligation (lokhu kuchaza ukuthi kusikwa amathunjana ayimigudu yokuhamba kweqanda ukuze lingafinyeleli esibeletweni). Lena yindlela enhle kakhulu kodwa inkinga ingukuthi akulula ukuba iphendukezelwe uma usufuna ukuthola abantwana futhi emva kwesikhathi.

Kusemqoka sazi ukuthi owesifazane akumele aphoqwe ukuthi abophe amathunjana enzalo, kanjalo nowesilisa ngokusikwa imithambo eletha inzalo.

Indlela yokugcina yokuhlela umndeni esizoyibheka ibizwa nge Philisi Lokuvimbela Ukukhulelwa Okuphuthumayo (Emergency Contraception).

I-Emergency contraception AYIYONA indlela ejwayelekile yokuhlela umndeni. Ingasetshenziswa lapho kungekho ukuhlela umndeni okusetshenzisiwe ngesikhathi socansi, Nomsa uma indlela yokuvikela ukukhulelwa ihlulekila, noma ikhondomu iqhumile. Ingasetshenziswa uma:

- Owesifazane ebenesivumelwano ngocansi noma indlela ayisebenzisile ingaphumelelang, njengokuthi; Ikhondomu ishibilikile noma eqjwe iphilisi lokuhlela umndeni noma umjovo
- Owesifazane edlwenguliwe engasebenzisi lutho lokuhlela umndeni

Zimbili izindlela eziphephile ze emergency contraception ezitholakala eNingizimu Afrika:

- Hormonal Emergency Contraceptive Pills (ECPs)-Amaphilisi okuhlela umndeni aphuthumayo asebenza ngamahomoni
- Cu IUD –Iluphu

I-Emergency contraception kufanele isebenze kuphela uma kunezimo eziphuthumayo. Akufanele isitshenziwe njalo kunezimo eziphuthumayo.

### Iyiphi indlela yokuhlela umndeni yabantu abaphila negciwane lesandulela-ngculazi?

Abantu abaphila negciwane lesandulela-ngculazi, ingculazi nezifo zocansi noma abaphuza imishanguzo yokudambisa igciwane lesandulela-ngculazi (ama-ARV), bangazisebenzisa izindlela zokuhlela eziningi ngokuphepha.

Ubuhle nobubi bezinye zezindlela zokuhlela nabu ngezansi:

- Amakhondomu, ukungangeni kowesifazane, kanye nokugwema ucansi: lezi zindlela zingakuvimbela ukukhulelwa kanye nezifo ezifana nesandulela-ngculazi nezifo zocansi
- Amaphilisi nemijovo: lokhu kungakuvimbela ukukhulelwa kodwa kungeke kuzivikele izifo ezifana nesandulela-ngculazi kanye nesifo socansi. Abesifazane abaphuza imishanguzo yokudambisa isandulela-ngculazi kumele babonane nawochwepheshe bezempilo ngaphambi kokusebenzisa amaphilisi okuhlela nemijovo, ngoba imishanguzo ingalehlisa izinga lokusebenza kwalokhu
- Ukuvikela kwangaphakathi ('Ushobishobi'): Lendlela yokuvikela ingasetshenziswa nayilabo besifazane abaphila negciwane lesandulela-ngculazi, kuphela nje uma bephile kahle. Ingavimbela ukukhulelwa kodwa hayi izifo zocansi kanye nokutheleleka ngegciwane lesandulela-ngculazi

# INgxenye 3

## Impilo Kamama Nengane

### 3 Isifundo 3.1

Ukuhlela  
Umndeni

#### Ingxoxo Yeqembu

UNoluthando ungumama onezingane ezintathu, uhlala emaphandleni akwaZulu Natal. Uneminyaka engamashumi amane nanhlanu (45). Ufisa ukucabangela kabusha izindlela zokuhlela umndeni wakhe. Indodakazi yakhe uThabile uneminyaka eyishumi nesishiyagalombili (18), uphila negciwane lesandulela-ngculazi. UThabile akakafuni ukuba nomntwana okwamanje kuze kube yisikhathi esikudana esizayo.

**Xoxisanani ngalokhu emaqenjini enu:**

1. Iyiphi indlela yokuhlela engalungela uNoluthando kule minyaka anayo kanye nenani lezingane anazo?

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2. Iyiphi indlela yokuhlela engalungela uThabile kule minyaka anayo, isimo sakhe negciwane kanye nesinqumo sakhe sokufuna ukukhulelwa esikhathini esikudana esizayo?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 3.2 sihlose ukukucobelela ulwazi mayelana nokuhushulwa kwezisu.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele:

- Bakwazi ukuchaza ngokuthi kuyini ukuhushulwa kwesisu (TOP) nokuthi owesifazane kumlungele nini ukuhushula isisu (TOP)

#### Okuqukethwe Yilesi Sifundo

- Ukuhushulwa kwezisu

#### Kutholakala

1. Choice on Termination of Pregnancy Amendment Act (Act 1 of 2008)
2. Smith J; Bomela N; De Vos M; Nyawo M and Trueman K. Handbook for the management of HIV-positive women of reproductive age. Durban, South Africa: Health Systems Trust; 2011

#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukunikeza ulwazi mayelana nokuhushulwa kwezisu (TOP) kumakhasimende esifazane nokuwacobelela inqubo ye-TOP.



# INgxenye 3 Impilo Kamama Nengane

## 1. Kuyini ukuhushulwa kwezisu?

INingizimu Afrika yakhipha umthetho ovumela bonke abesifazane ngisho nalabo abanegciwane lesandulela-ngculazi ukuthi bangahushula izisu (TOP) ngokuphephile. Lokhu kusho ukuthi uma owesifazane ezithola esekhulelwe unelungelo lokufaka isicelo sokuhushula isisu mahhala ngaphambi kokuba kufike isikhathi sokuba umntwana azalwe. Owesifazane kufanele asayine imvume esenikwe ulwazi. Uma umtholampilo wakhe ungayenzi i-TOP, kufanele umthumele esikhungweni sezempilo oseduze oyenzayo.

Njengoba ukuhushula isisu kuyigxathu elinzima kangaka, owesifazane kumele axoxisane nosonhlalakahle ngakho konke okuyizidingo okungamphethe kahle. Kungenzeka acindezeleke emphefumulweni emuva kokuhushula. Uma lokhu kwenzeka owesifazane kumele axhunyaniswe nosonhlalakahle ozomeluleka.

## 2. Kuvumeleke nini ukuhushula isisu (TOP)?

Kunamaphuzu asemqoka abhekwayo, futhi kuya nangokuthi ukukhulelwa kunesikhathi esingakanani ngesikhathi owesifazane efika esikhungweni sezempilo.



### Amacebiso Awusizo

Ukuvuma emuva kwencazelo kusho ukuthi umhlengikazi usemchazele owesifazane ngokuthi kuzokwenzakani kanye nazo zonke izingcuphe ezibandakanyekayo, nokuthi owesifazane usayinile ukuthi uyavuma ukuthi kwenziwe.

## Izimo zokwenza i-TOP

Unesikhathi esingakanani ekhulelwe?	Kunini lapho efanelekela khona i-TOP?	Ubani onganikeza imvume emuva kwencazelo?
Kuya emasontweni angu-12	Kuya ngesicelo kowesifazane (owesifazane nguye okufanele acele i-TOP)	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe
Amasonto angu-13 kuya kwangu -20	<ul style="list-style-type: none"> <li>• Kungenziwa uma ukukhulelwa kungaba yingozi emzimbeni noma emqondweni</li> <li>• Uma engeke akwazi ukunakekela umntwana ngoba engenayo imali noma uma ukuba nomntwana kuzophazamisa ubudlelwane bakhe nomndeni wakhe nomphakathi</li> <li>• Uma umntwana engakhuli ngendlela elungile</li> <li>• Uma ukukhulelwa kungumphumela wokudlwengulwa noma ucansi phakathi kwabantu abazalanayo ngokwegazi (incest)</li> </ul>	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe
Emuva kwamasonto angu-20	Uma ukukhulelwa kuzoba: <ul style="list-style-type: none"> <li>• yingozi empilweni yowesifazane</li> <li>• kuzobanga ukuthi ingane ingakhuli kahle ngokujwayelekile</li> <li>• kuzokwenza impilo yengane ibe sengozini</li> </ul>	Imvume emuva kwencazelo inikezwa ngowesifazane okhulelwe emuva kokubonisana noDokotela abangaphezu koyedwa, noma noDokotela oyedwa KANYE noMbelethisi

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.2

Ukuhushulwa  
Kwezisu (TOP)



### Amcebiso Awusizo

Owesifazane akufanele ophoqwe ukuba ahushule isisu ngenxa yokuthi unesandulela-ngculazi (HIV)!

### Ingxoxo Yeqembu

#### Ukuhushulwa Kwezisu

1. Kunini lapho owesifazane angafaka khona isicelo sokuhushula isisu (TOP)?

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2. Kubiza malini ukuhushula isisu (TOP)?

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3. Kusho ukuthini ukunika imvume emuva kwencazelo?

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4. Ngubani okumele anikeze imvume emva kwencazelo yokuhushula isisu (TOP) uma owesifazane esenamasondo angu-13 kuya kwangu-20 ekhulelwe?

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5. Kunini lapho owesifazane engaphoqeka khona ukuba ahushule isisu (TOP)?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 3.3 sihlose ukukucobelela ulwazi mayelana nokunakekelwa kowesifazane ngesikhathi ekhulelwe.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele:

- Baqonde ukuthi ukukhulelwa kwenzeka kanjani
- Bazi ngezimpawu zokukhulelwa
- Baqonde ngokubaluleka kokunakekelwa ngesikhathi ukhulelwe (ANC)
- Baqonde ngohlelo lokuya esikhungweni sezempilo ukuze unakekelwe ngesikhathi ukhulelwe (ANC)
- Baqonde uhlelo lokuvakashelwa ekhaya lwe-CCG nezinqubo zakhona
- Bazi ngezihloko zemfundo emayelana nokukhulelwa
- Baqonde ngezinto eziqondile ezithinta ukukhulelwa kwabantu abasha

#### Okuqokethwe Kulesi Sifundo

- Izimpawu zokukhulelwa
- Ukunakekelwa kowesifazane ngesikhathi ekhulelwe
- Uhlelo lokuya esikhungweni sezempilo ukuze owesifazane anakekelwe ngesikhathi ekhulelwe
- Indima ye-CCG ekunakekelweni kowesifazane ngesikhathi ekhulelwe
- Imfundo mayelana nempilo yokukhulelwa
- Ukukhulelwa kwabantu abasha

#### Kutholakala

1. National Department of Health. Community Maternal, Neonatal, Child, Woman's Health Framework. South Africa. 2009
2. KwaZulu-Natal Department of Health. KZN Integrated Antenatal and Postnatal Care Manual. South Africa. 2009
3. Woods D.L., Theron G.B. Perinatal Education Programme Manual 1. South Africa. 2002
4. National Department of Health. Community-based Maternal, Neonatal, Children and Women's Health and Nutrition Interventions – Pocket Booklet for Community Health Workers. South Africa. 2009

#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqinisekisa ukuthi owesifazane okhulelwe usheshe abhukhe (ngaphambi kwamaviki angu-14 ekhulelwe) ukuze athole ukunakekelwa kwangaphambi kokuteta; ukuqinisekisa ukuthi amaklayenti akho akhulelwe aya njalo esikhungweni sezempilo ngesikhathi ezibekiwe nokuthi zonke iziphakamiso zabasebenzi bezempilo ziyalandelwa. Kuyodingeka uthumele umama esikhungweni sezempilo ngokushesha uma engazizwa kahle.

### 1. Yini Ukunakekelwa Kowesifazane Ngesikhathi Ekhulelwe?

Kubaluleke kakhulu ukuba owesifazane athole ukwesekwa ngesikhathi ekhulelwe nangemuva kwalokho ukuze kuqinisekwe ukuthi yena nomntwana bahlala benempilo enhle. Ukunakekelwa kowesifazane ngesikhathi ekhulelwe (ANC) ukunakekelwa okuphelele komzimba nengqondo yowesifazane okhulelwe. Lokhu kwenziwa ngokuhlolwa esikhungweni sezempilo ukuze kuqinisekwe ukuthi umama unempilo nokuthi umntanakhe ukhula ngendlela efanele. Ukwengeza, umama uzothola ukwaziswa kanye neseluleko ngokukhulelwa, ukusikwa, ukuzalwa komntwana kanye nokunakekelwa kosana olusha. Kubalulekile kakhulu ukuthi umama ayesikhungweni sezempilo uma nje ethola ukuthi ukhulelwe. Lokhu kufanele kwenziwe phakathi namaviki okuqala angu-14 ekhulelwe. Kufanele avakashele umtholampilo okungenani kahlanu ngesikhathi ekhulelwe.

Abasebenzi bezempilo kanye namalungu omndeni kudinga babambisane ukuze basize umama abe nokukhulelwa okunempilo. Abasebenzi bezempilo nabo bakhonela ukuba basheshe babone izidingo ukuze owesifazane elashwe ngokushesha.

### Kungani kubalulekile ukunakekelwa kowesifazane ngesikhathi ekhulelwe?

Kubalulekile ngoba kuqinisekisa ukuthi umama nomntwana bahlala benempilo ngesikhathi sokukhulelwa kuze kube yilapho umntwana ezalwa. Okunye futhi, ukunakekelwa kowesifazane ngesikhathi ekhulelwe kumsiza ukuba azilungiselele ukuzalwa komntanakhe. I-ANC isiza nokuthola noma yiziphi izimo ezingabeka ukuphila kanye/noma inhlalakahle kamama noma yomntwana engozini, isib. ukuzalwa ekhubazekile, isifo sikashukela, i-HIV, Amagciwane Athelelwana Ngocansi. Lokhu kuzomvumela ukuba ahlolwe futhi elashelwe noma yimaphi amagciwane athelelwana ngocansi okungenzeka unawo, futhi ahlolwe isibeletso. Uma enesandulela-ngculaza, uzolungiselelwa bese eqaliswa ohlelweni olufanele lwemishanguzo yama-ARV, kuye ngesibalo sakhe samaseli e-CD4, ukuze kuncishiswe amathuba okuba umntanakhe athole isandulela ngculaza. Amaseli e-CD4 uhlobo lwamaseli egazi amhlophe futhi asebenza njengamasosha futhi avikele umzimba emagciwaneni agulisa abantu. Uzonikezwa nokwaziswa okuzomsiza aqonde ukuthi kungani kubalulekile ukuba ancise umntanakhe ubisi lwebele kuphela ezinyangeni eziyisithupha zokuqala.

### 2. Umuntu wesifazane ukhulelwa kanjani?

Umuntu wesifazane ukhulelwa lapho isidoda somuntu wesilisa singena emozini yowesifazane bese sivundisa iqanda ukuze kwakheke umntwana. Ukukhulelwa kungenzeka noma nini kusukela intombazane iqale ukuya esikhathini kuze kube yilapho kunqamuka ifindo. Kubalulekile ukuba owesifazane ahlele ukuthi ufuna ukukhulelwa nini [bheka iSifundo 3.1 mayelana noKuhlela Umndeni].

### Yiziphi izimpawu zokukhulelwa?

Abesifazane abakhulelwe bayoba nezimpawu ezithile ezifanayo ezivame ukubonakala noma zenzeke ngemuva kwamasono amane kuya kwayisithupha okukhulelwa, kodwa zingase zingenzeki kubo bonke abesifazane.

- Ukweqiwa isikhathi kuwuphawu oluvame kakhulu lokukhulelwa, ikakhulukazi uma owesifazane evame ukuya njalo esikhathini
- Ukuchama kaningi
- Amabele noma izingono ezizwela ubuhlungu noma ezibuhlungu
- Isicanucanu nokuhlaza noma yingasiphi isikhathi sosuku (kodwa ngokuvamile ekuseni) kuvamile ezinyangeni ezintathu zokuqala
- Ukuzizwa ukhathele, ikakhulukazi ekupheleni kosuku noma ntambama

# INgxenye 3

## Impilo Kamama Nengane

### Ithuluzi Lokuhlonza Ukukhulelwa

Leli thuluzi lokuhlonza lizosiza i-CCG ithole ukuthi kungenzeka yini ukuthi iklayenti likhulelwe.

## Ithuluzi Lokuhlonza Ukukhulelwa

**Y=Yebo** **C=Cha**

1. Lwalunini usuku lokuqala lokuya kwakho esikhathini ngendlela evamile okugcinile? (Ukuya kwakho esikhathini yinto eyenzeka nyanga zonke futhi lokhu kungase kuhluka kuye ngowesifazane, isib. igazi lingase liphume kakhulu, inani lezinsuku lingase lihluka).

DD MM

2. Ingabe uke waya ocansini ngaphandle kokusebenzisa indlela ethile yokuvimba inzalo?

Y

C

#### Phawula:

Uma impendulo yoMbuza 1 ibonisa ukuthi weqiwe ukuya esikhathini, impendulo yoMbuza 2 ithi 'YEBO', futhi iklayenti LINOLUNYE lwalezi zimpawu ezilandelayo, lithumele esikhungweni sezempilo liyohlololwa ukukhulelwa.

3. Ingabe amabele akho abuhlungu?

Y

C

4. Ingabe uzizwa unesicanucanu?

Y

C

5. Ingabe uhlale ukhathele?

Y

C

#### Okufanele kuphawulwe i-CCG:

Funda le mibuzo elandelayo uyifundele amaklayenti akho esifazane.

- Wathumele esikhungweni sezempilo ayohlololwa ukukhulelwa uma impendulo yoMbuza 1 ibonisa ukuthi eqiwe ukuya esikhathini futhi impendulo yanoma YIMUPHI wemibuzo kungu-'Yebo'

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.3

Ukunakekelwa  
Kowesifazane Ngesikhathi  
Ekhulelwe (ANC)

### 3. Kusho ukuthini ukuphila ngendlela enempilo lapho ukhulelwe?

Lapho owesifazane ehlela ukukhulelwa i-CCG ingameluleka ngalokhu okulandelayo ukuze isize ekuqinisekiseni ukuthi unempilo ngesikhathi ekhulelwe:

- Yidla ukudla okunempilo okunemifino eluhlaza kakhulu njengesipinashi
- Yeka ukubhema
- Yeka ukuphuza utshwala nokudla ezinye izidakamizwa
- Vocavoca umzimba ngendlela efanele. Buza umnakekeli wezempilo esikhungweni sezempilo ukuthi yikuphi ukuzivocavoca ongakwenza
- Nciphisa noma uyeke ukuphuza ikhofi noma iziphuzo ezinamagwebu
- Cela abasesikhungweni sezempilo babheke ukuthi ikhona yini imithi oyiphuzayo engaba yingozi kumntwana
- Hlolelwa isandulela ngculaza, uma owesifazane engasazi isimo sakhe sesandulela ngculaza
- Hlola amabele ukuthi awanazo yini izigaxa
- Hamba uyohlola isibeletso (PAP smear)



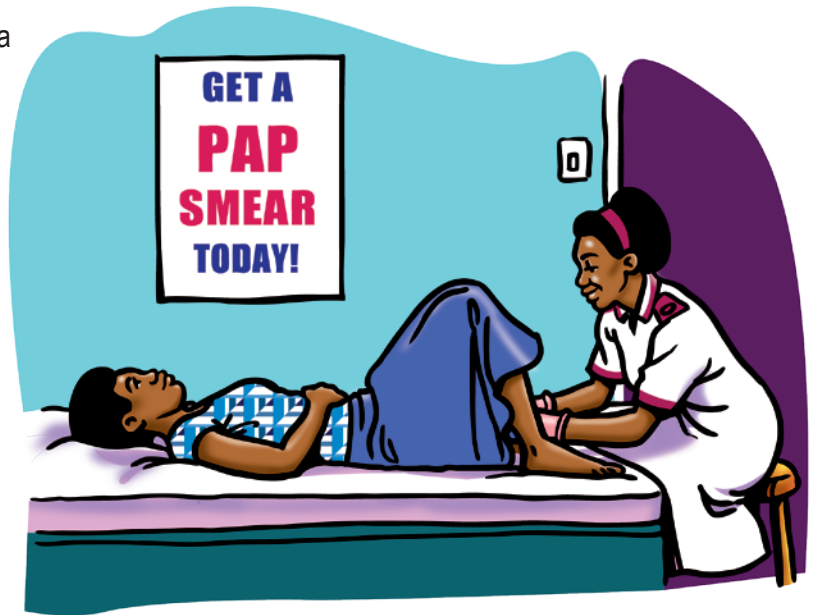
### Ukudla ukudla okunempilo ngesikhathi ekhulelwe

Kubaluleke kakhulu ukuba umama adle ukudla okunempilo ukuze umntwana akhule kahle.

Uma umama engadli ukudla okunempilo, angase abe ne-anemiya (abe nezinga le-ayoni eliphansi egazini) futhi lokhu kungase kubangele izidingo ngesikhathi esikwa, ebeletha kanye/noma lapho encelisa.

Abesifazane abakhulelwe kufanele:

- Badle ukudla okuphelele kathathu ngosuku futhi badle okokubambisa okunempilo, isib. isithelo, phakathi kwako
- Badle iphrotheni eyanele njengenkukhu nenhlanzi
- Badle amaveji amaningi ikakhulukazi imifino eluhlaza njengesipinashi esine-ayoni
- Baphuze izingilazi zamanzi eziyisithupha kuya kweziyisishiyagalombili ngosuku
- Basebenzise usawoti omncane kakhulu
- Bazame ukuyeka ukudla ukudla okuthengwa sekuphekiwe, ukudla okunamafutha, ukudla okunezinongo kakhulu kanye nokudla okuthosiwe



### Amacebiso Awusizo

Uma owesifazane okhulelwe ehlela ukuhamba aye endaweni enomalaleveva, kufanele axoxe nomnakekeli wezempilo esikhungweni sezempilo ngaphambi kokuba ahambe.

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.3 Ukunakekelwa Kowesifazane Ngesikhathi Ekhulelwe (ANC)

### 4. Owesifazane okhulelwe kufanele aye nini esikhungweni sezempilo?

Uma ekhulelwe nje ngendlela ejwayelekile engenazinkinga, owesifazane kufanele aye esikhungweni sezempilo okungenani izikhathi ezinhlanu kodwa kungaba ngcono uma eya kaningana kunalokho. Owesifazane kufanele aye esikhungweni sezempilo ngokushesha lapho eqiwa ukuya esikhathini okokuqala. Uma engayi ngemuva kokweqiwa ukuya esikhathini okokuqala, kufanele aye esikhungweni sezempilo lapho eseqiwa ukuya esikhathini okwesibili.

Kubalulekile ukuba aye esikhungweni sezempilo ngaphambi kwamaviki ayishumi nane (14) (izinyanga ezintathu (3)) ukuze umama nomntwana bathole ukunakekeleka okungcono nokuvikeleka ngesikhathi sokukhulelwa.

Inani lezikhathi umama adinga ukuya ngazo esikhungweni sezempilo liyoya nangesimo sokukhulelwa ukuze kuqinisekiswa ukuthi umntwana ukhula kahle futhi kungakwazi ukuba kugwenywe izidingo noma kuncishiswe izingcuphe.

Ekuvakasheni kokuqala owesifazane angalindela okulandelayo:

- Umhlengikazi uzothatha umlando wezempilo walona wesifazane, umlando womndeni kanye nokukhulelwa kwesikhathi esidlule
- Umhlengikazi uzomhlola umzimba
- Umhlengikazi uzohlola umfutho wegazi walo wesifazane
- Umhlengikazi uzohlola igazi nomchamo
- Umhlengikazi uzohlola isibeletho
- Umhlengikazi uzobuza imibuzo ukuze abone ukuthi kungenzeka yini lona wesifazane unesifo sofuba (TB)
- Umhlengikazi uzobheka nanoma yiziphi izimpawu zezifo ezithathelana ngocansi (STI). Izifo ezithathelana ngocansi yizifo ezidluliselwa kusuka komunye uphathini kuye komunye ngesikhathi kwenziwa ucansi [bheka iSifundo 4.8 mayelana nama-STI]
- Owesifazane uzothola umjovo we-Tetanus Toxoid
- Umhlengikazi uzokweluleka owesifazane bese ecela ukumhlolola isandulela ngculaza
- Owesifazane uzonikezwa amavithamini kanye namaphilisi e-folic acid abalulekile ukuze amgcine enempilo ngesikhathi ekhulelwe



#### Amacebiso Awusizo

Kungcono kakhulu ukuba owesifazane asheshe aye esikhungweni sezempilo uma ekhulelwe.

#### Ukuya Esikhungweni sezempilo

1. Ngaphambi kwezinyanga ezingu-3 (amaviki angu-14)
2. Izinyanga ezingu-4-5 (amaviki angu-20 – 24)
3. Izinyanga ezingu-6-7 (amaviki angu-26 – 32)
4. Izinyanga ezingu-7-8 (amaviki angu-34 – 36)
5. Izinyanga ezingu-9 (amaviki angu- 40)



### 5. Yini okufanele i-CCG iyenze uma iye emzini okuhlala kuwo owesifazane okhulelwe?

Kubaluleke kakhulu ukuba njalo lapho i-CCG iyile ibheke ukuthi owesifazane usithathile yini isinyathelo kulokho ayelulekwe kukho ngokudlule.

# INgxenye 3

## Impilo Kamama Nengane

# 3 Isifundo 3.3

Ukunakekelwa  
Kowesifazane Ngesikhathi  
Ekhulelwe (ANC)

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya weziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili
<p>Fundisa ngalokhu:</p> <ul style="list-style-type: none"> <li>• Ukubaluleka kokusheshe uyobhalisela i-ANC</li> <li>• Ukudla ukudla okunempilo lapho ukhulelwe</li> <li>• Ukuvivinya umzimba ngesikhathi ukhulelwe</li> <li>• Ukungaphuzi utshwala nokungabhemi</li> <li>• Ukubaluleka kokuya esikhungweni sezempilo njalo</li> <li>• Izincwadi ezifanele okufanele uye nazo esikhungweni sezempilo</li> <li>• Ukugomela i-Tetanus</li> <li>• Ukuphuza amaphilisi amavithamini ne-folic acid</li> <li>• Ukuhlololwa igciwane lesandulela ngculaza uma ebengakahlolwa</li> <li>• Indlela yokuhlala engenalo igciwane lesandulela ngculaza uma kuwukuthi akanalo</li> <li>• Indlela owesifazane onegciwane le-HIV anganqanda ngayo ukuba igciwane lidlulele kumntwana, kuhlenganise nokusebenzisa ikhondomu njalo lapho beya ocansini</li> <li>• Ukuthola isibalo samasosha omzimba uma enegciwane lesandulela ngculaza</li> <li>• Ukuqala ukwelashwa ngemishanguzo yama-ARV okufanele, uma engawathathi ama ARV</li> <li>• Chaza ukubaluleka kokuhlololwa isifo sofuba futhi umthumele ukuba ayohlolwa uma kudingeka</li> <li>• Khuluma naye nganoma ubani okhona lapho ehlala khona one-TB futhi uma kudingeka, mthumele esikhungweni sezempilo ukuze ayothola ukwelashwa kokulandelela</li> <li>• Xoxa ngokubaluleka kokuhlololwa izifo ezithathelananyo zocansi futhi umthumele esikhungweni sezempilo uma kudingeka</li> </ul>	<ul style="list-style-type: none"> <li>• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo</li> </ul>	<ul style="list-style-type: none"> <li>• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo</li> </ul>	<ul style="list-style-type: none"> <li>• Qiniseka ukuthi uyile esikhungweni sezempilo nokuthi ulandela noma yisiphi iseluleko asinikezwe abanakekeli bezempilo esikhungweni sezempilo</li> </ul>



# INgxenye 3

## Impilo Kamama Nengane

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya kweziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisihyagalombili
<ul style="list-style-type: none"> <li>Chaza ukusetshenziswa kokwelashwa ngemishanguzo yama-antiretroviral (ARV), ukubaluleka kokuthatha imishanguzo njengoba eyalelwe ngudokotela ngesikhathi ezoteta nalapho esetatile kanye nokwelulekwa nokunamathela emishanguzweni*</li> </ul>	<p>Fundisa ngalokhu:</p> <ul style="list-style-type: none"> <li>Ukudla ukudla okunempilo lapho ukhulelwe</li> <li>Ukuvocavoca umzimba ngesikhathi ukhulelwe</li> <li>Ukungaphuzi utshwala nokungabhemi</li> <li>Ukumncelisa ibele kuphela</li> <li>Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi ukumncelisa ibele</li> <li>Ukubaluleka kokuhlololwa igciwane lesandulela ngculaza kukamama nomntwana</li> <li>Umndeni kumele wazi ukuthi yiziphi izimpawu eziyingozi okufanele uzibheke phakathi nokukhulelwa, isib. ukopha, ukunganyakazi komntwana</li> <li>Ukudalula isimo segciwane lesandulela-ngculaza uma enayo</li> </ul>	<p>Fundisa ngalokhu:</p> <ul style="list-style-type: none"> <li>Ukudla ukudla okunempilo lapho ukhulelwe</li> <li>Ukuvocavoca umzimba ngesikhathi ukhulelwe</li> <li>Ukungaphuzi utshwala nokungabhemi</li> <li>Umndeni kufanele wazi ukuthi yiziphi izimpawu eziyingozi okufanele uzibheke phakathi nokukhulelwa, isib. ukopha, ukunganyakazi komntwana</li> <li>Ukumncelisa ibele kuphela</li> <li>Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi, ukumncelisa ibele</li> <li>Ukulungela ukubeletha (uzobelethela kuphi, yini azohamba nayo uma eya esibhedlela, ubani ozogada ezinye izingane angase abe nazo)</li> <li>Ukubhaliswa kokuteta kanye nezincwadi ayozidinga</li> <li>Ukubaluleka kokuhlololwa i-HIV kukamama nomntwana</li> <li>Xoxa naye ngokuthi kungani kubalulekile ukugoma umntwana</li> </ul>	<p>Fundisa ngalokhu:</p> <ul style="list-style-type: none"> <li>Ukudla ukudla okunempilo lapho ukhulelwe</li> <li>Ukuvocavoca umzimba ngesikhathi ukhulelwe</li> <li>Ukungaphuzi utshwala nokungabhemi</li> <li>Ukumncelisa ibele kuphela</li> <li>Ezinye izindlela zokuncelisa umntwana, uma umama engeke akwazi, ukumncelisa</li> <li>Ukulungela ukubeletha (uzobelethela kuphi, yini azohamba nayo uma eya esibhedlela)</li> <li>Ukubhaliswa kokubeletha kanye nezincwadi ayozidinga</li> <li>Ukubaluleka kokuhlololwa igciwane lesandulela-ngculaza kukamama nomntwana</li> </ul>
<ul style="list-style-type: none"> <li>Ukubaluleka kokuncelisa ibele kuphela, kanye nezinye izindlela zokuncelisa uma kwenzeka umama engakwazi ukuncelisa umntwana ibele kuphela</li> </ul>	<ul style="list-style-type: none"> <li>Khuthaza umama ukuba athathe amaphilisi akhe amavithamini kanye ne-folic acid</li> </ul>	<ul style="list-style-type: none"> <li>Xoxani ngamalungiselelo ento azohamba ngayo lapho eqala ukusikwa</li> </ul>	<ul style="list-style-type: none"> <li>Khuthaza omama abangenalo igciwane ukuba baphinde bayohlola</li> </ul>
<ul style="list-style-type: none"> <li>Chaza ukubaluleka kokutshela umelaphi wakhe wendabuko ukuthi ukhulelwe ukuze angamniki noma yimuphi umuthi ongase ube yingozi kuye noma kumntwana. Owesifazane kufanele futhi akhombise umsebenzi wezempilo esikhungweni sezempilo noma yimuphi umuthi wesintu okungenzeka uyawusebenzisa</li> </ul>	<ul style="list-style-type: none"> <li>Bheka ukuthi uhloliwe yini umfutho wegazi noma umchamo futhi umcele ukuba abuyele uma kungahlolwanga</li> </ul>	<ul style="list-style-type: none"> <li>Bheka ukuthi uhloliwe yini umfutho wegazi noma umchamo futhi umcele ukuba abuyele uma kungahlolwanga</li> </ul>	<ul style="list-style-type: none"> <li>Bheka ukuthi omama abanegciwane lesandulela ngculaza sebeyiqalile yini imishanguzo yama-ARV nokuthi bake bahlolwa yini isibalo samasosha omzimba</li> </ul>

# INgxenye 3

## Impilo Kamama Nengane

Ukuvakasha kokuQala	Ukuvakasha kweSibili	Ukuvakasha kweSithathu	Ukuvakasha kweSine
Ngaphambi kwezinyanga ezintathu	Phakathi kwezinyanga ezine kuya kwezinhlanu	Phakathi kwezinyanga eziyisithupha kuya kweziyisikhombisa	Phakathi kwezinyanga eziyikhombisa kuya kweziyisishiyagalombili
<ul style="list-style-type: none"> <li>Uma ene-HIV, chaza ukubaluleka kokuba atholele umntanake esibhedlela kunokumtholela ekhaya</li> </ul>	<ul style="list-style-type: none"> <li>Bheka ukuthi wahlolelwa yini igciwane lesandulela ngculaza ngesikhathi eya esikhungweni sezempilo nokuthi wabuyela yini ukuyothola imiphumela. Uma engakabuyeli, xoxa naye ngokubaluleka kokwazi isimo segciwane lesandulela-ngculaza sakhe nesomntanake</li> </ul>		<ul style="list-style-type: none"> <li>Xoxa naye ngokucela umlingane wakhe naye ayohlololwa igciwane lesandulela ngculaza, uma ebengakayi</li> </ul>
	<ul style="list-style-type: none"> <li>Bheka ukuthi wahlolelwa yini izifo ezithathelanayo zocansi</li> </ul>		<ul style="list-style-type: none"> <li>Xoxa ngokubaluleka kokuhlolelwa igciwane lesandulela-ngculaza kwakhe nophathini wakhe</li> </ul>
	<ul style="list-style-type: none"> <li>Mbuze ukuthi uhlelile yini ukuthi uzobuya nini ngokulandelayo ekuvakasheni kwe-ANC</li> </ul>		<ul style="list-style-type: none"> <li>Yenza amalungiselelo okubona umama nomntanake ngosuku lokuqala ngemva kokuba bephumile esibhedlela</li> </ul>
	<ul style="list-style-type: none"> <li>Mthumele eqenjini lokusekelana uma enegciwane lesandulela-ngculaza</li> </ul>		

*\*Ukwelulekwa kokunamathela emishanguzweni wukwelulekwa okwenziwa umsebenzi wezempilo osiza iklayenti ukuba liqhubeke liphuzo imithi yalo njengoba liyalelwe ngudokotela.*

Kubaluleke kakhulu ukuba i-CCG yenze lokhu kuvakasha okune emakhaya abesifazane abakhulelwe. I-CCG kufanele ixoxe ngezihloko ezisohlwini njalo lapho ize kowesifazane okhulelwe nomndeni wakhe.

### 6. Izimpawu eziyingozi lapho ukhulelwe

Kunezinye izimpawu i-CCG okufanele iziqaphele futhi ifundise amaklayenti ayo kanye nemindeni yawo:

- Ukuba iklayenti lingakhuluphali
- Ingabe lona wesifazane uphaphathekile futhi izinsini zakhe, izinkophe nolimi kumhloshana
- Ukuhlanza kakhulu kubangela ukuphelelwa amanzi emzimbeni. Ukuphelelwa amanzi emzimbeni kwenzeka lapho umzimba ungenawo amanzi noma uketshezi ngendlela okufanele ngayo
- Ukukhuluphala kakhulu okungase kubangele umfutho wegazi ophezulu
- Ukuvuvukala okungavamile kwezandla, ubuso noma imilenze
- Ukuphathwa ikhanda okunzima (okubi)
- Isithuthwane
- Ukuba buthakathaka, isiyenzi, ukuquleka

# INgxenye 3

## Impilo Kamama Nengane

- Imfiva ephezulu
- Ukukhwehlela kakhulu
- Izilonda, izinsumpa noma amashashazi emomozini noma eduze kwayo
- Ukuba kushise lapho echama
- Ukuba owesifazane akhathale futhi aphelelwe umoya
- Ukuba umntwana anganyakazi
- Ukopha emomozini
- Ingabe unemisiko?
- Ingabe amanzi asheshe aqhuma?
- Uma kunjalo, unjani umbala wamanzi (isib., aphuzi, aluhlaza)?

Uma kukhona noma yiluphi kulezi zimpawu, owesifazane kufanele aye esikhungweni sezempilo ayohlolwa.

### 7. Iseluleko mayelana nokugula ngesikhathi ukhulelwe

#### I-anemiya (ukuphelelwa yigazi emzimbeni)

I-anemiya yenzeka lapho igazi lingenayo i-ayoni eyanele. Lokhu kuyingozi ngoba i-ayoni esegazini ithwala umoya ohlanzekile (oxygen) iwuyise kuzo zonke izingxenye zomzimba.

Izimpawu ezijwayelekile ze-anemiya yilezi:

- Ulimi kanye nezinkophe eziphaphathekile
- Ukuzizwa ukhathale futhi ubuthaka
- Ukuzizwa uphelelwa umoya noma unesiyenzi
- Inhliziyo eshaya ngamandla
- Isicanucanu (ukuzwa kuthi hlanza)
- Ukuqunjelwa noma isifo sohudo

Okufanele ukwenze lapho une-anemiya:

- Thatha amaphilisi e-ayoni kanye nokudla ukuze unciphise isicanucanu
- Yidla amaveji amaningi asanda kukhiwa, izithelo kanye nemikhiqizo kakolweni (isib., isinkwa sikakolweni). Yidla ukudla okune-ayoni eningi njengenyama, inhlanzi, amaqanda, ubisi kanye nemifino njengesipinashi nolethisi

#### Isicanucanu

Abanye omama baba nesicanucanu futhi bahlanze ekuseni, kanti abanye baba nesicanucanu usuku lonke.

Lokho ongakwenza ngenxa yesicanucanu:

- Yidla ibhisikidi elomile, ucezu lwesinkwa, ilayisi noma iphalishi lapho nje uvuka ekuseni
- Kungcono ukuba ungahlali ungadlile, ngakho yidla ukudla okuncane izikhathi eziyisithupha kunokuba udle ukudla okuningi kathathu ngosuku
- Phuza iziphuzo phakathi nokudla hhayi ngesikhathi udla
- Ungakudli ukudla okunezinongo, okuthosiwe noma okunamafutha

# INgxenye 3

## Impilo Kamama Nengane

### Isilungulela

Lena yinto oyizwa sengathi iyashisa emphinjeni nasesifubeni. Isilungulela senzeka kakhulu uma ukukhulelwa sekuya ngasemaphethelweni ngoba njengoba umntwana ekhula, ucindezela isisu sikamama.

Lokho ongakwenza ngenxa yesilungulela:

- Yidla ukudla okuncane kaningi
- Ungakudli ukudla okunezinongo, okuthosiwe noma okunamafutha
- Phuza ubisi uma ukwazi ukuliphuza ngaphandle kwezinkinga
- Ungaziphuzi iziphuzo ezinamagwebu
- Ungalali phansi ngokushesha nje lapho uqeda ukudla

### Ukuqunjelwa

Abanye besifazane bayaqunjelwa ngesikhathi bekhulelwe. Lokhu kusho ukuthi amakaka ayaqina futhi kuba nzima ukuzikhulula.

Lokho ongakwenza ngenxa yokuqunjelwa:

- Yidla ukudla okumahadla njengokolweni nesinkwa esinsundu
- Phuza okungenani amalitha amabili amanzi nsuku zonke
- Yidla amaveji amaningi kanye nezithelo nsuku zonke
- Vivinya umzimba njalo kodwa kalula, isib. ukuhamba usheshe nsuku zonke
- Kubaluleke kakhulu ukuba umama ANGAPHUZI izinto zokugeqa isisu noma amakhambi abangela ukuba akhishwe yisisu ngoba lokhu kungabangela ukuphelelwa amanzi emzimbeni

## 8. Izimpawu zokusikwa

Kunezimpawu ezijwayelekile ezikhombisa ukuthi umntwana uselungele ukuzalwa.

Nazi:

- Ukuqhuma kwamanzi
- Kunokuthile okuphuma esithweni sangasese okunegazi
- Uqala ukuzwa imisiko eya ngokuya iqina
- Ubuhlungu obubeleselayo ezansi neqolo

Uma umama enanoma yiluphi lwalezi zimpawu, kufanele aphuthunyiswe esibhedlela.

## 9. Ukukhulelwa kwabantu abasha

Abantu abasha abakhulelwayo banakekelwa ngendlela efanayo neyanoma yimuphi owesifazane okhulelwe. Abantu abasha bangaba nezinkinga kalula ngesikhathi bekhulelwe, ngakho kudingeka baqashwe ngeso lokhozi.

Lokho okufanele kuqashelwe kubantu abasha abakhulelwe:

- Abantu abasha bangase besabe ukuthi abazali babo bazothini noma bazokwenzenjani, ngakho bangase bazame ukufihla ukuthi bakhulelwe. Lokhu kusho ukuthi ngokujwayelekile abayi esikhungweni sezempilo ukuze bahlolwe futhi lokhu kuyingozi ngoba kungenzeka banenkinga engaveli obala. Kufanele bakhuthazwe ukuba baxoxe nemindeni yabo ukuze ibasekele

# INgxenye 3

## Impilo Kamama Nengane

### Ingxoxo Yeqembu

#### Isivivinyo 1

Abanye besifazane bathatha iseluleko kwabesifazane abadala emphakathini ngesikhathi bekhulelwe. Ngesinye isikhathi lokhu kungase kube nomthelela ekukhulelweni.

**Hlukanani nibe ngamaqoqo, xoxani ngalokhu okulandelayo bese nibuya nizotshela ikilasi ngenikutholile.**

1. Yiziphi izinto ezimayelana nesiko ezinhle ezingathinta ukukhulelwa?

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2. Yiziphi izinto ezimayelana nesiko ezimbi ezingathinta ukukhulelwa?

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# INgxenye 3

## Impilo Kamama Nengane

### Ingxoxo Yeqembu

#### Isivivinyo 2

UThembi usanda kudalula indaba yokuthi usola ukuthi ukhulelwe. Uneminyaka engu-34 ubudala futhi ukhulelwe umntwana wesithathu.

1. Yiziphi izimpawu ezingase zibe khona zibonwe noma kubuzwe ngazo?

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2. Yisiphi iseluleko okufanele anikezwe sona?

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3. UThembi uthi unesicanucanu. Yini ezomsiza?

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4. UThembi nomndeni wakhe bayokwazi kanjani ukuthi useyasikwa?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 3.4 sihlose ukukucobelela ulwazi mayelana nokunakekelwa ngemuva kokubeletha.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele:

- Bachaze ukubaluleka kokunakekelwa ngemuva kokubeletha
- Baqonde uhlelo nezinqubo zokuvakashelwa ekhaya ukuze kunakekelwe umama nomtwana
- Babonise indlela ephumelelayo yokuncelisa umtwana
- Babonise indlela yokuhlaza kahle amademu, amatiti nezinkomishi zokuncela

#### Okuqukethwe Yilesi Sifundo

- Ukunakekelwa ngemuva kokubeletha
- Ukuncelisa
- Inhlanzeko lapho ufunza umtwana

#### Kutholakala

1. King F.S. AMREF. Helping Mothers to Breastfeed Revised Edition. Kenya. 1992
2. World Health Organisation. HIV and Infant Feeding. Geneva. 2009
3. Woods D.L, Theron G.B. Perinatal Education Programme Manual 1. South Africa. 2002
4. Ross S.R. CARE. Promoting safe maternal and newborn care. South Africa. 1998
5. Lang S. Breastfeeding Special Care Babies. Edinburgh: Elsevier/BaillièreTindall. 2002
6. National Department of Health. PMTCT Training Guides; Module 4 – Session 2; Postnatal care and follow up of HIV-positive mothers, Page 6

#### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqinisekisa ukuthi konke ukuvakasha kwasesikhungweni sezempilo kukamama nomntwana kuyagcinwa nokuthi umama nomntwana bathola ukunakekelwa abakudingayo. Kuyodingeka uthumele umama esikhungweni sezempilo ngokushesha ngangokunokwenzeka uma yena noma umntwana engazizwa kahle.

### 1. Kuyini ukunakekelwa ngemuva kokubeletha?

Ukunakekelwa ngemuva kokubeletha ukunakekelwa okunikezwa umama emavikini okuqala ayisithupha umntwana ezelwe. Kunezinto ezithile ezibalulekile okufanele ziqashelwe ukuqinisekisa ukuthi umama nomntwana bahlala benempilo ngemuva kokubeletha. I-CCG kufanele ivakashele umama oqeda kubeletha okungenani izikhathi ezine phakathi nezinyanga eziyisithupha zokuqala ngemuva kokubeletha ngoba izidingo eziningi eziba khona komama nabantwana zenzeka kulezi zinyanga eziyisithupha zokuqala ngemuva kokubeletha.

Lapho evakashelwa okokuqala kufanele avakashelwe ekhaya ngokushesha ngemuva kokuzalwa komntwana. Uma umama ededelwe ngalo ilanga abelethe ngalo esibhedlela, i-CCG kufanele ivakashele umama ngalo lelo langa ukuqinisekisa ukuthi yena nomntwana baphile kahle.

### 2. I-CCG kufanele yenzeni lapho isifikile?

#### Kumama

- Imbuze ngokopha nokuthi wopha kangakanani kanye nombala wegazi
- Imbuze ngobuhlungu
- Ixoxe nomama ngezimpawu zokutheluleka ngegciwane elithile (ubuhlungu lapho echama, igazi emchamweni, okuthile okuphuma esithweni sangasese)
- Imbuze ukuthi unayo yini imfiva
- Ixoxe nomama ngokubaluleka kokuncelisa umntwana ibele kuphela
- Imbuze ngamabele. Ingabe ayagcwala ubisi? Uma kungenjalo, ibheke ukuthi umama umncelisa ngendlela efanele yini umntwana ezokwenza ukuba ubisi lugeleze kahle
- Ifundise umama ngokubaluleka kwenhlanzeko yakhe, ikakhulu ukugeza imomozi [bheka iSifundo 2.1 mayelana noMzimba Womuntu], kanye nokufaka iphedi ngaphansi uma esalokhu opha
- Uma umama elele embhedeni kufanele anyakazise imilenze nezinyawo zakhe futhi asukume ahambe izikhathi eziningi ngoba ngale kwalokho angase avuvukale imilenze futhi ibe buhlungu
- Imbuze ngokuthi umama uyakuthanda yini ukudla. Kufanele adle ukudla okunempilo [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo] futhi aphuze amanzi amaningi
- Yeluleke umama ukuba aphumule lapho umntwana esalele. Kufanele aphumule ngokwanele ngoba lokhu kubalulekile ukuze kwakheke ubisi lwebele
- Uma umama ayehlolwe igciwane le-HIV kwatholakala ukuthi akanalo, imthumele ayohlolwa futhi
- Uma umama ene-HIV, bheka ukuthi uyawaphuza yini ama-ARV akhe
- Uma umama ene-HIV futhi engekho ohlelweni lwe-ARV, mthumele eKliniki ukuba ayohlolwe igciwane le HIV neTB
- Thumela umama ukuba ayokwenza ukuhlolwa kwe-PAP smear ukuze ahlole umdlavuza wesibebe
- Xoxani ngezindlela zokuhlola umndeneni ezihlukahlukene angase azisebenzise
- Buza ukuthi umama uyazi yini ukuthi kufanele ayohlolwa esikhungweni sezempilo ngemuva kwezinsuku eziyisithupha, ngemuva kwamaviki ayisithupha, nangemuva kwezinyanga eziyisithupha
- Yeluleka umama ngomjovo we-Tetanus Toxoid okufanele awuthole yena



# INgxenye 3 Impilo Kamama Nengane

## 3. Ikuphi ukunakekelwa nosizo elufanelwe ukutholwa ngumama ngemuva kokubeletha?

Kubalulekile kakhulu ukuthi umama athole ukunakekelwa nosizo eluzomenza akwazi ukuzinakekela yena nengane yakhe.

Enye yezindlela zokwenza umama ahlale enempilo ukuqinisekisa ukuthi uyaluthola usizo ekiniki uma evakashele okubalulekile [bheka isib. 3.5 ingane nokunakekelwa kwayo]:

- Emahoreni angu-6 ubelethile
- Zingakapheli izinsuku ezingu-6 ubelethile
- Ngemva kwamasono angu-6 ubelethile
- Ngemva kwezinyanga ezingu-6 ubelethile

### Uhlelo lokuvakasha komama esikhungweni sezempilo

Lelithebula elilandelayo likhombisa usizokalo ekumelwe zilindelwe umama ngesikhathi evakasha

Emahoreni angu-6 ubelethile	Zingakapheli izinsuku ezingu-6 ubelethile	Ngemva kwamasono angu-6 ubelethile	Ngemva kwezinyanga ezingu-6 ubelethile
Wena nomntwana wakho akufanele nidedelwe engakapheli amahora ayisithupha ubelethile	Vakashela umtholampilo zingakapheli izinsuku eziyisithupha ubelethile	Vakashela esikhungweni sezempilo emavikini ayisithupha ngemva kokuba ubelethile	Vakashela esikhungweni sezempilo ngemva kwezinyanga eziyisithupha ubelethile
<b>Ukuvivinywa okuzotholwa ingane</b>			
Kufanele uhlolwe: <ul style="list-style-type: none"> <li>• Ukulahlekelwa yigazi</li> <li>• Ubuhlungu</li> <li>• Umfutho wegazi</li> <li>• Ukushaya kwenhliziyo</li> <li>• Ukudabuka emozini</li> </ul>	Kufanele uhlolwe: <ul style="list-style-type: none"> <li>• Amazinga aphantsi e-ayoni</li> <li>• Umfutho wegazi</li> <li>• Izimpawu zokutheleleka ngegciwane</li> <li>• Ubuhlungu enxebeni lokuteta ngokuhlinzwa</li> <li>• Ubuhlungu endaweni yesibeletho</li> <li>• Izidingo emabeleni</li> <li>• Okuphuma emozini</li> <li>• Noma yimaphi amagciwane asemchamweni</li> </ul>	Kufanele uhlolwe: <ul style="list-style-type: none"> <li>• Amazinga aphantsi e-ayoni</li> <li>• Umfutho wegazi</li> <li>• Izimpawu zokutheleleka ngegciwane</li> <li>• Amanxeba nokudabuka okwenzeke ngesikhathi ubeletha</li> <li>• Izidingo emabeleni</li> </ul>	Kufanele uhlolwe: <ul style="list-style-type: none"> <li>• isisindo somzimba</li> <li>• Ukusebenza kwesisu</li> <li>• ukondleka</li> <li>• Kungabe ingane ikhula ngendlela elungile yini</li> </ul>
<b>Ukusekelwa Nokwelulekwa</b>			
Ukwelulekwa mayelana nezindlela zokuhlela umndeni	Thola ukwelulekwa mayelana nezindlela zokuhlela umndeni futhi kufanele unikezwe indlela yokuhlela umndeni oyikhethile	Kufanele uqhubeke udla ukudla okunempilo; ungabuza umhlengikazi ukuze uthole ulwazi olwengeziwe mayelana nokudla ukudla okunempilo	Kufanele uqhubeke udla ukudla okunempilo; ungabuza umhlengikazi ukuze uthole ulwazi olwengeziwe mayelana nokudla ukudla okunempilo
Ukwelulekwa nokusekelwa ngokuncelisa ibele kuphela, lingaxutshwa nalutho	Thola ukwelulekwa nokusekelwa ngokuncelisa ibele kuphela, lingaxutshwa nalutho	Ukwelulekwa mayelana nezindlela zokuhlela umndeni nendlela yokwenza ucansi oluphephile	Ukwelulekwa mayelana nezindlela zokuhlela umndeni nendlela yokwenza ucansi oluphephile

# INgxenye 3

## Impilo Kamama Nengane

# 3 Isifundo 3.4

Ukunakekelwa Ngemva  
Kokubeletha (PNC)

Emahoreni angu-6 ubelethile	Zingakapheli izinsuku ezingu-6 ubelethile	Ngemva kwamasono angu-6 ubelethile	Ngemva kwezinyanga ezingu-6 ubelethile
Ukwelulekwa mayelana nendlela yokuzinakekela ngemva kokubeletha	Ukunikezwa ulwazi mayelana nokudla ukudla okunempilo	Ukuhlonzwa ukuthi awunawo yini umdlavuzwa wesibebeletho	Ukuthola ukusekelwa mayelana nokuqalisa ukupha umntwana ukudla okuqinile
Uma une-HIV, isiqondiso mayelana nendlela yokunika umntanakho ama-ARV	Isiqondiso mayelana nokugcina umntanakho ephile kahle uma enesifo sohudo	Uyothola i-HCT uma wawungenayo i-HIV ngesikhathi ugcina ukuhlololwa i-HIV	Cela ukuhlonzwa ukuthi awunawo yini umdlavuzwa wesibebeletho uma ungakahlonzwa
	Uma une-HIV futhi ungawadli ama-ARV, uyoqaliswa amaARV	Uma une-HIV futhi ungawadli ama-ARV, uyoqaliswa amaARV uhlololwe neTB	Kufanele ucele i-HCT, uma ungakaphindi ukuhlololwa i-HIV
		Uma une-HIV, ungawadli ama-ARV futhi ungenayo i-TB, uyonikezwa imithi yokuvimbela i-TB (IPT)	Cela ukuhlololwa isibalo samaseli e-CD4 uma une-HIV futhi ungakahlololwa isibalo samaseli e-CD4
			Cela ukuhlonzwa ukuthi awunayo yini i-TB uma ubungakahlonzwa
			Uyothola ulwazi mayelana nezibonelelo zezehlalakahle ezitholalalayo komama nabanakekeli

### 4. Yiziphi izimpawu eziyingozi kumama?

#### Uma umama:

- Eshisa kakhulu
- Opha kakhulu noma kuphuma okunukayo esithweni sangasese
- Enesikhumba esiphaphathekile impela
- Amabele evuvukele kakhulu futhi ebuhlungu

Uma umama enanoma yikuphi kwalokhu okungenhla kufanele aphuthume esikhungweni sezempilo.

### 5. Yiziphi izimpawu eziyingozi kumntwana?

- Isifo sohudo nokuphalaza
- Ukushisa kakhulu
- Ukushintsha kombala wesikhumba (ompunga, ophuzi, oluhlaza okwesibhakabhaka noma onsundu kunalokho obuyikho ngaphambili)
- Ukungasabeli. Lokhu kusho ukuthi umntwana akanyakazi uma ethintwa noma ethathwa. Umntwana akaliphenduli ikhanda ukuze azame ukuthola ibele
- Ukuvuvukala kwekhanda

### Ulwazi olubalulekile mayelana nomntwana:

- Bheka ukuthi umama umncelisa kanjani umntwana
- Uma umntwana enesifo sohudo, thumela umntwana esikhungweni sezempilo ngokushesha futhi ufundise umama indlela yokwenza nokuncelisa umntwana isiphuzo sokubuyisela amanzi emzimbeni [bheka iSifundo 3.5 mayelana noKunakekelwa Kosana Nengane] kuze kube yilapho umama esekwazi ukufika nomntwana esikhungweni sezempilo
- Fundisa umama indlela yokugeza umntwana nokunakekela inkaba [bheka iSifundo 3.5 mayelana noKunakekelwa Kosana Nengane]
- Bheka ikhadi lomntwana i-Road-to-Health bese ukhumbuza umama ngohlelo lokugoma futhi umthumele esikhungweni sezempilo ukuba ayogoma umntwana lapho enamaviki ayisi-6, 10 ne-14
- Bheka isimo sokukhula komntwana usebenzisa ibhanjana lasengalweni lokuhlonza ukungondleki bese umthumela esikhungweni sezempilo uma umntwana ebonakala engakhuli kahle [bheka iSifundo 3.5 mayelana noKunakekelwa Kosana Nengane]
- Bheka indawo yokugoma ye-BCG ukuthi ayinazo yini izimpawu zokubhibha
- Fundisa umama ngezimpawu eziyingozi okufanele aziqaphele
- Khumbuza umama ukuya esikhungweni sezempilo lapho umntwana enezinsuku eziyisi-6, enamaviki ayisi-6, nalapho enezinyanga eziyisi-6
- Khuthaza umama ukuthi ayise umntwana ayohlololwa i-PCR lapho enamaviki ayisi-6 uma umama ene-HIV
- Uma umntwana engenayo i-HIV, khumbuza umama ukuba ayise umntwana aphinde ayohlololwa i-HIV lapho enezinyanga ezingu-18
- Uma umntwana ene-HIV, qinisekisa ukuthi umama unikeza umntwana umshanguzo we-ARV njengoba eyalelwe ngumsebenzi wezempilo
- Uma umama ene-HIV futhi umntwana engenayo i-HIV, qinisekisa ukuthi umntwana uyanikezwa i-co-trimoxazole njengoba eyalelwe

## 6. Yiziphi izidingo ezijwayelekile ezingenzeka ngemuva kokubeletha?

### a. Izingono ezibuhlungu

Izingono zikamama zingase zibe buhlungu noma zibe neminkenke uma umntwana encela engaphethwe ngendlela efanele. Nakuba lokhu kubuhlungu kakhulu kumama, ngokuvamile kusho ukuthi umntwana akatholi ubisi olwanele.

- Siza umama ambambele esifubeni umntwana ngendlela efanele lapho encela. Lokhu akufanele kwenze izingono zibe buhlungu
- Umama kufanele ageze amabele kanye kuphela ngosuku ngamanzi. Insipho ingazomisa izingono futhi yenze iminkenke nakakhulu
- Linda umntwana ayeke ukuncela. Uma umntwana 'edonswa' ukuze adedele ingono, lokhu kungenza isimo sibe sibi nakakhulu. Uma umama kudingeka amkhiphe umntwana ebeleni, umama kufanele afake umunwe wakhe ekhoneni lomlomo womntwana ukuze ayeke ukuncela
- Umama angase agcobe izingono ngobisi lwebele njalo emuva kokuncelisa. Lokhu kuyovimbela ukuba iminkenke ingaqhubeki



**Amacebiso Awusizo**

Ibele yilona elingcono.

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.4 Ukunakekelwa Ngemuva Kokubeletha (PNC)

### b. Amabele abuhlungu agcwele ubisi

Uma umntwana enganceli ngendlela efanele noma engaluqedi ubisi emabeleni lapho encela, angase agcwele ubisi futhi abe buhlungu. Amabele ayobukeka ecwebezela futhi eqinile futhi kungenzeka ubisi seluyekile ukugeleza.

- Ukufaka amakhasi eklabishi abandayo ku-bra kungasiza
- Ukugqoka u-bra ukuze usekele amabele kungasiza ebuhlungwini
- Umama kufanele abeke indwangu efudumele bese kuba ebandayo emabeleni
- Umntwana makancele kakhulu ngangokunokwenzeka
- Hlikihla amabele kancane ukuze ubisi lugeleze

### 7. Ukuncelisa usana

ENingizimu Afrika kukhuthazwa ukuba bonke omama bancelise abantwana ibele kuphela izinyanga eziyisithupha, kungakhathaleki ukuthi bane-HIV noma cha. **Ukuncelisa umntwana ibele kuphela** kusho ukuncelisa umntwana ubisi lwebele kuphela. Umntwana ngeke akudingi okunye ukudla noma iziphuzo. Ngesikhathi encelisa, umama akufanele anike umntanakhe amanzi, amafutha, amakhambi ayitiye, ijusi, iphalishi noma ezinye iziphuzo noma ukudla. Kulungile ukuba anikeze umntanakhe imithi, kanye nama-ARV awanikezwe umsebenzi wezempilo. Akukho makhambi noma imithi yesintu okufanele inikezwe umntwana.



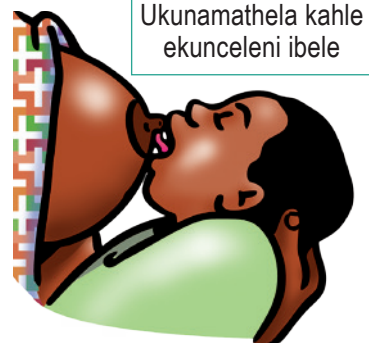
Uma umama engakwazi ukuba umntwana amncelise ibele kuphela izinyanga eziyisithupha, umama kufanele axoxe nabasebenzi basesikhungweni sezempilo ngokumncelisa ibhodlela kuphela.

Njengokumncelisa ibele kuphela, nalapha kubalulekile ukuba umntwana anganikezwa enye into ngaphandle kobisi lwebhodlela kanye nanoma yimiphi imithi, kuhlanganise nama-ARV ahlinzekwa umtholampilo.

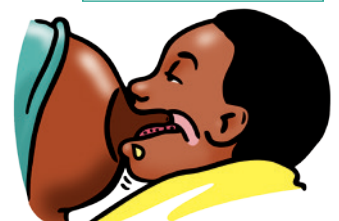
### a. Umbamba kanjani umntwana kahle ukuze ancele ngempumelelo?

#### Ukunamathela kahle

- Isilevu somntwana sithinta ibele
- Umlomo uvuleke kakhulu
- Izindebe zigobele ngaphandle
- Inkulu ingxenye yendawo emnyama yengono ebonakala ngaphezu komlomo womntwana, incane engaphansi
- Lokhu kubonisa ukuthi umntwana ufinyelela ngolimi lwakhe ngaphansi kwengono ukuze acindezele ubisi luphume
- Umntwana uncela kancane kodwa ajule
- Ukuncelisa kufanele kube mnandi kungabi buhlungu



Ukunamathela kahle ekunceleni ibele



Ukunamathela kahle ekunceleni ibele

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.4 Ukunakekelwa Ngemuva Kokubeletha (PNC)

### Ukunganamatheli kahle

- Isilevu somntwana asithinti amabele
- Umlomo womntwana awuvulekile kakhulu futhi udebe olungezansi alugobele ngaphandle
- Umntwana akayifakile yonke ingono kanina emlonyeni wakhe kodwa ufake ichopho nje layo kuphela

Ukunganamatheli kahle ekunceleni ibele



### b. Izindlela zokugona umntwana lapho encela

Kunezindlela eziningana umama angagona ngazo umntwana lapho emncelisa. Umama kufanele azizame zonke aze athole indlela ekahle kubo bobabili yena nomntwana.



### c. Izinzuzo zokuncelisa

- Ubisi lwebele lunawo wonke umsoco odingwa umntwana ezinyangeni eziyisithupha zokuqala
- Luhlale lukhona futhi alunagciwane
- Ubisi lwebele lusiza ukuvikela umntwana ezifweni
- Ukuncelisa umntwana ibele kuphela kunciphisa izingcuphe zokudlulisela i-HIV isuka kumama iya kumntwana
- Kuyasiza ekunciphiseni ukopha ngemuva kokubeletha kanye nasekutheni isibeletho sibuyele kusayizi waso ovamile
- Ukugona umntwana asondele kumama kuyabasiza bathandane



# INgxenye 3

## Impilo Kamama Nengane

### 3 Isifundo 3.4

Ukunakekelwa Ngemuva  
Kokubeletha (PNC)

#### 8. Yini umama angayenza uma encelisa futhi engeke akwazi ukuba nomntwana ngaso sonke isikhathi?

Umama angakhama ubisi (akhame ubisi emabeleni) ukuze omunye umuntu amncelisele umntwana. Kubalulekile ukuba lokhu kwenziwe ngendlela efanele ukuze umntwana angaguli.

##### a. Usihlanza kanjani isitsha sokufaka ubisi lwebele olukhanyiwe?

###### Isinyathelo 1

Chazela umama ukuthi kudingeka inkomishi noma ujeke onomlomo ovulekile. Mchazele ukuthi kubalulekile ukusebenzisa isitsha esihlanzekile ukuze ugcine ubisi olukhanyiwe ukuze umntwana angaguliswa yinoma yimaphi amagciwane asesitsheni.

###### Isinyathelo 2

Hlanza inkomishi ngensipho namanzi ahlanzekile uphinde uhlambulule yonke insipho.

###### Isinyathelo 3

Thela amanzi abilayo esitsheni, uwayeke imizuzu embalwa, bese uyawachitha. Amanzi abilayo azobulala amagciwane amaningi. Khamela ubisi esitsheni esingenalutho.



##### b. Ulugcina kanjani ubisi lwebele?

Ubisi lwebele lungase lugcinwe ngaphandle kwesiqandisi amahora ayisi-6 – 8 kodwa uma lugcinwe emuva kwesiqandisi lungahlala izinsuku eziyisi-8. Khumbula ukugcina ubisi lwebele esitsheni esinesivalo esivala ngcì.

##### c. Ulukhama kanjani ubisi lwebele ngesandla?

###### Isinyathelo 1

Ngaso sonke isikhathi owesifazane kufanele ageze izandla ngaphambi kokukhama ibele. Owesifazane kufanele ahlale noma ame akhululeke, nesitsha eduze kwamabele akhe.

###### Isinyathelo 2

Owesifazane kufanele abeke isithupha sakhe ebeleni phakathi kwengono nendawo ensundu ezungeze ingono, umunwe wakhe olandela isithupha ube sebeleni, uqondane nesithupha. Asekele ibele ngale eminye iminwe. Owesifazane kufanele athinte ngesithupha sakhe nomunwe osilandelayo ezwe ukuthi azikho yini izigaxa ezincane ngasekupheleni kwendawo ensundu ezungeze ingono.



# INgxenye 3

## Impilo Kamama Nengane

### 3 Isifundo 3.4

Ukunakekelwa Ngemuva  
Kokubeletha (PNC)

#### Isinyathelo 3

Bamba ibele ulicindezele ngesithupha nomunwe osilandelayo emva kwengono nendawo ensundu ezungeze ingono. Cindezela imibhobho emikhulu ngaphansi kwendawo ensundu ezungeze ingono. Ngezinye izikhathi uma amabele enobisi uyakwazi ukuyizwa le mibhobho. Injengemidumba, noma amantongomane. Uma owesifazane ekwazi ukuyizwa, kufanele ayicindezele.

#### Isinyathelo 4

Cindezela udedele, ucindezele udedele. Lokhu akufanele kube buhlungu – uma kubuhlungu, kusho ukuthi awenzi kahle. Ekuqaleni lungase lungabi bikho ubisi oluphumayo, kodwa ngemva kokucindezela izikhathi ezimbalwa ubisi luyoqala ukuphuma.

Khama ibele elilodwa okungenani imizuzu engu-3 – 5 kuze kube yilapho selugeleza kancane; yibe usukhama elinye ibele; bese uwaphinda womabili.



#### d. Ungawabulala kanjani amagciwane ngokuphephile futhi uhlanze izinkomishi?

#### Isinyathelo 1

Ngaso sonke isikhathi umnakekeli kufanele ageze izandla zakhe ngamanzi anensipho ngaphambi kokuba ahlanze izinkomishi zomntwana.

#### Isinyathelo 2

Ukuze uhlanze inkomishi, yigeze futhi uyishukushe emanzini ashisayo anensipho njalo lapho izosetshenziswa. Yiyakaze kahle kuphume yonke insipho. Cwilisa inkomishi emanzini abilayo, noma uthele amanzi abilayo kuyo ngaphambi nje kokuyisebenzisa. Zama ukungasebenzisi izinkomishi ezinezivalo noma ezinezindawo ezimahhadla lapho ubisi lungasalela khona bese kukhula amagciwane.



#### e. Ukugeza nokubulala amagciwane emabhodleleni omntwana namatiti

#### Isinyathelo 1

Ngaso sonke isikhathi umnakekeli kufanele ageze izandla zakhe ngamanzi nensipho ngaphambi kokuba ahlanze amabhodlela omntwana namatiti.

#### Isinyathelo 2

Kunzinyana ukugeza amabhodlela omntwana namatiti kunezinkomishi. Ibhodlela netiti kudingeka linyakazwe ngamanzi abandayo ngokushesha njalo emva kokulisebenzisa, bese ulishukusha ngaphakathi ngebhulashi lokugeza ibhodlela ngamanzi anensipho ashisayo. Liyakaze kahle kuphume yonke insipho. Ngemva kokugeza ibhodlela netiti, kufanele kubulawe amagciwane okungenani kanye ngosuku.



# INgxenye 3

## Impilo Kamama Nengane

# 3 Isifundo 3.4

Ukunakekelwa Ngemuva  
Kokubeletha (PNC)

### Isinyathelo 3

Ukubilisa amabhodlela namatiti ageziwe ngenye yezindlela zokuwabalala amagciwane.

#### Ukuze wenze lokhu:

Faka amabhodlela ebhodweni elinamanzi abilayo bese ukuyeka kubila imizuzu engaba yi-10. Yenza lokhu okungenani kanye ngosuku. Kungcono ukukwenza ekupheleni kosuku.

#### Enye futhi

Faka amatiti esitsheni bese uthela amanzi abilayo awamboze. Amatiti kudingeka aguqulwe ingaphakathi libe ngaphandle bese eshukushwa kusetshenziswa usawoti noma okuthile okumahhadla. Wayeke lapho imizuzu eyishumi.

### f. Ulwenzakanjani ubisi lwebhodlela ngokuphephile?

#### Isinyathelo 1

Ngaso sonke isikhathi umnakekeli kufanele ageze izandla zakhe ngamanzi nensipho ngaphambi kokwenza ubisi lomntwana.

#### Isinyathelo 2

Ngaso sonke isikhathi sebenzisa inkomishi noma ingilazi ebhalwe isikali ukuze ukale amanzi futhi usebenzise ukhezo olunikeziwe ukuze ukale ubisi oluyimpuphu. Kubalulekile ukuba umama noma umnakekeli afunde iziqondiso ezisethinini lobisi ukuze athole ukuthi angasebenzisa amanzi nobisi oluyimpuphu olungakanani. Umama noma umnakekeli kufanele azilandele ngokucophelela lezi ziqondiso noma acele umsebenzi wezempilo ukuba ambonise indlela yokwenza ubisi lomntwana.

Bilisa amanzi, thela inani elidingekayo lamanzi enkomishini yokukala bese uwayeka aphole. Wamboze ngesoso (ipuleti elincane noma okufana nalo) ngesikhathi esaphola futhi ungawayeki aphole imizuzu engaphezu kwengu-30. Lokhu kuyosiza ukuba amanzi angahlali isikhathi eside aze angenwe amagciwane.

Kala ubisi oluyimpuphu ngokhezo olunikeziwe futhi uqiniseke ukuthi uluhlelemba kahle, lungaqongi. Khumbula ukulandela iziqondiso ezisesitsheni ukuze ubone ukuthi uzosebenzisa amanzi nobisi olungakanani. Kubaluleke kakhulu ukuba lezi ziqondiso zilandelwe ngokucophelela.





# INgxenye 3

## Impilo Kamama Nengane

### 3 Isifundo 3.4

Ukunakekelwa Ngemuva  
Kokubeletha (PNC)

#### Isinyathelo 3

Thela izinkezo ezidingekayo enkomishini yamanzi aphilile. Goqoza kahle. Ncelisa umntwana usebenzisa inkomishi bese uchitha noma yiluphi ubisi olusale ngesikhathi encela. Uma umntwana eseqedile ukuncela, geza inkomishi kanye nezinye izitsha kahle.

Ngaphambi kokuncelisa umntwana, umnakekeli kufanele ahlole izinga lokushisa lobisi ngokuconsisela 'iconsi' esandleni sakhe umnakekeli ukuze aqiniseke ukuthi alushisi kakhulu.



#### g. Umncelisa kanjani umntwana ngenkomishi?

Ukuze ancilise umntwana ubisi lwebele olukhanyiwe ngenkomishi, umama kufanele:

#### Isinyathelo 1

Umama/umnakekeli kufanele ageze izandla zakhe ngensipho namanzi njalo ngaphambi kokupha umntwana ukudla.

#### Isinyathelo 2

Asonge umntwana ngengubo ukuze izandla zakhe zingayishayi inkomishi futhi ambambe eduze. Asekele ikhanda lomntwana futhi ahlalise umntwana aqonde noma athi ukutsheka kancane ethangeni lakhe umama.

#### Isinyathelo 3

Abambe inkomishi encane ezindebeni zomntwana; umntwana angase aqale ukuzama ukuncela.

#### Isinyathelo 4

Abambele unqenqema lwenkomishi odebeni lomntwana olungenhla bese elutshekisa kancane ukuze ubisi lufike kahle emlonyeni womntwana; umntwana uzobe eseqala ukudonsa ubisi ngolimi. Gcina inkomishi ithe ukutsheka futhi uyeke umntwana alawule izinga ancela ngalo ubisi.



#### h. Umfunza kanjani umntwana ngesipuni?

Ukufunza umntwana ngesipuni kuyasetshenziswa uma umntwana emncane kakhulu futhi ezalwe enesisindo esiphansi, noma ephefumula kanzima.

#### Isinyathelo 1

Umama/umnakekeli kufanele ageze izandla zakhe ngensipho namanzi njalo ngaphambi kokupha umntwana ukudla.

#### Isinyathelo 2

Vumela umntwana ukuba aphuze ubisi esipunini noma ungafaka ubisi oluncane emlonyeni wakhe usebenzisa isipuni. Kubalulekile ukuba ungatheli ubisi olusesipunini emlonyeni womntwana.



# INgxenye 3

## Impilo Kamama Nengane

**3** Isifundo 3.4  
Ukunakekelwa Ngemuva  
Kokubeletha (PNC)

### Ukudlala Indima Yabathile

**Khetha ilungu leqembu elizodlala indima yowesifazane okhulelwe ongaqiniseki ukuthi uzomncelisa ini umntanakhe.**

Xoxa naye ngokukhathazeka kwakhe mayelana nokuncelisa usana, nikhumbule inqubo-mgomo kahulumeni waseNingizimu Afrika mayelana nokuncelisa umntwana ibele kuphela.

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### OKUHLOSIWE NGALESIFUNDO

Isifundo 3.5 sihlose ukukucobelela ulwazi mayelana nokunakekelwa nokukhula kwezinsana nezingane.

#### Imiphumela Yesifundo

Ekupheleni kwalesi sifundo abafundi kufanele bakwazi:

- Ukukhombisa ukuqonda ukuthi unakekelwa kanjani umtwana osanda kubelethwa, ngenyanga yokuqala
  - Bakhombe izimpawu eziyingozi emntwaneni osanda kubelethwa
  - Bakhombise ukuthi ugezwa kanjani umtwana osanda kubelethwa
  - Bakhombise ukuthi inakekelwa kanjani inkaba ngendlela elungile
- Bachaze ukuthi kungani abantwana abathile beba nesisindo esincane uma bezalwa
- Bachaze baphinde babonise i-Kangaroo Mother Care
- Bakhombe futhi bacebise ngezinkinga ezijwayelekile zabantwana abasanda kuzalwa kanye nesikhathi sokuthi bangabathumela nini esikhungweni sezempilo
- Bakhombise ukuthi lifundwa kanjani ishadi lokuqapha ukukhula komtwana kwi-*Road-to-Health Book (RTHB)* nokukwazi ukubona umtwana ongakhuli ngendlela efanele
- Bakhombe izimpawu zokuntula ukudla okunomsoco ebantwaneni
- Bachaze ngezinye izindlela zokwelapha emakhaya abantwana abagulayo
- Bachaze iqhaza lama-CCG ohlelweni Lokukhulisa Izingane Zisencane (ECD)
- Bachaze izikhathi zokugoma kanye nokuthi kungani kubalulekile
- Bachaze ukuthi yikuphi ukunakekelwa umtwana okumele aluthole ngesikhathi ezalwa kuqhubeka njalo aze abe nezinyanga eziyisithupha ubudala, ngaphandle nje kuphela kwazinyanga zonke zokuhlolwa esikhungweni sezempilo
- Ukusebenzisa ithuluzi Lokuhlonza Impilo Yengane ukukhomba izinto okumele zenziwe unina womntwana kanye ne-CCG
- Xoxani ngAmacebiso angasiza abazali bathuthukise amakhono abo njengabazali

#### Okuqokethwe Kulesi Sifundo

- Ukunakwa komtwana osanda kubelethwa ngenyanga yokuqala ezelwe
- Izimpawu zengozi kumntwana osanda kuzalwa
- Ukugeza umtwana osanda kuzalwa
- Ukunakwa kwenkaba
- Izingane ezizalwa zinesisindo esincane
- I-Kangaroo Mother Care
- Izidingo ezijwayekile kumtwana osanda kuzalwa
- Ukuqapha ukukhula ohlelweni lwe-*Road-to-Health Book (RTHB)*
- Ukungondleki ezinganeni
- Ukwelashwa kwasekhaya kwabantwana abagulayo
- Iqhaza le-CCG ohlelweni lokuKhulisa iziNgane ziseNcane (ECD)
- Uhlelo lokugoma
- Ukunakekelwa komntwana aze abe nezinyanga eziyisithupha
- Ithuluzi Lokuhlonza Impilo Yengane
- Amakhono okuba umzali

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### Indima yakho njenge-CCG

Indima yakho njenge-CCG ukuqiniseka ukuthi umama uyisa umntanakhe esikhungweni sezempilo njalo lapho kufanele ayohlolwa ukuze kuqashwe ukukhula komntwana; futhi athole yonke imigomo. Kuyodingeka uthumele umama esikhungweni sezempilo ngokushesha uma umntwana engazizwa.

# INgxenye 3

## Impilo Kamama Nengane

### 1. Inyanga yokuqala emuva kokuzalwa

Isikhathi esibaluleke kakhulu somntwana inyanga yokuqala emuva kokuba ezelwe. Yile sikhathi lapho abantwana abaningi befa yize noma ukufa ngokuvamile kungagwemeka. I-CCG ingasiza kakhulu ukugwema lokhu kufa ngokufundisa amalungu ekhaya ngezimpawu zobungozi okumele zibhekwe ebantwaneni abasanda kuzalwa.

I-CCG ingasebenzisa lolu hlu lokuhlola olungezansi ukusiza ukunquma ngokuthi ngabe umntwana usengozini enkulu yokugula kabi. Uma impendulo kunoma imuphi umbuzo ongezansi uwela ebhokisini elinombala ohlwini lokuhlolwa, umntwana kuyodingeka athunyelwe ngokushesha esikhungweni sezempilo oseduze.

## Uhlu lokuhlola: Izimpawu zobungozi kubantwana

	Y=Yebo	C=Cha
1. Ngabe umntwana ukhala ngendlela enempilo yini?	Y	C
2. Ngabe umntwana uphefumula ngokushesha okukhulu noma kancane kakhulu yini?	Y	C
3. Ngabe isikhumba somntwana sinombala othi awube phuzi yini?	Y	C
4. Ngabe umntwana ubekade encela futhi ubisi lwehla kahle yini?	Y	C
5. Ngabe umntwana useke waba nako ukugwabuzela (fits) yini?	Y	C
6. Ngabe umntwana uyashiselwa noma ugodola kakhulu uma uthinta isikhumba sakhe?	Y	C
7. Ngabe umntwana useke wachama nje lokhu kusile namhlanje?	Y	C
8. Ngabe akhona amanzana aphuma emehlweni omntwana, noma ngabe amehlo akhe avuvukele yini?	Y	C
9. Ngabe isikhumba kujikeleza inkaba sibomvu noma sivuvukele?	Y	C
10. Ngabe umntwana uke waligcolisa inabukeni namhlanje yini? Ngabe amakaka akhe abeqinile noma bekuwuhudo?	Y	C
11. Ngabe umntwana uthola ubunzima uma ekaka? (Ngabe umntwana ukhala kakhulu uma ekaka?)	Y	C

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

### 2. Ukugeza umntwana osanda kuzalwa

Kubalulekile ukuthi i-CCG ikhombise umama omusha womntwana indlela enhle yokugeza umntwana. Abanye omama babantwana nabo bangakuthanda ukukhunjuzwa.

#### Umama uyodinga:

- Indawo efudumele eqondile phansi
- Ingubo ethambile noma ithawula
- Usinki noma indishi kaplastiki ofaka kuyo amanzi
- Indwangu yokugeza, elinye ithawula ngaphezulu, uvalo, insipho yabantwana epholile, i-shampoo yabantwana epholile, inabukeni elihlanzekile kanye nokushintsha izingubo

#### Izinyathelo zokugeza umntwana

- Gcina umntwana efudumele ngesikhathi egezwa. Membule kuphela ezindaweni osuke uzigeza njengoba abantwana begodola ngokushesha
- Lalisa umntwana ngomhlane ethawuleni noma engutsheni
- Manzisa indwangu yokugeza, ivoze amanzi bese usula ubuso bengane, asikho isidingo sokusebenzisa insipho
- Sebenzisa uvalo omanzi noma indwangu kakotini emanzi ukusula amehlo, ngaphakathi kuya emakhoneni ngaphandle
- Mugeze ngokukhulu ukuqaphela ngaphansi kwamakhwapha, ngemuva kwamadlebe, kujikeleza umqala nasendaweni ehlala inabukeni
- Muvule inqindi bese umugeza phakathi kweminwe kanye nezinzwane
- Khumbula ukumgeza esithweni sangasese uma eyingane yentombazana kusuka phambili kuya emuva ukuze amagciwane angangeni esithweni sakhe sangasese



#### KUBALULEKILE:

- Ukugcina indawo ifudumele, abantwana bagodola ngokushesha
- Amanzi kumele afudumale uma uwathinta, kodwa angashisi kakhulu
- Ungayifaki ingane emanzini okugeza kuze kube inkaba isiwile. Lokhu kuzosiza ukugwema ukuthi umntwana atheleleke ngezifo
- UNGALINGE ushiye umntwana yedwa emanzini okugeza – ngisho noma imizuzu embalwa. Umntwana angagwiliza ngisho noma ngabe usemanzini amancane
- Ungakhohlwa ukubheka lapho egome khona nge-BCG. Ungafaki lutho kuleyo ndawo
- Izingane zihlale zipaquza, qaphela zingawi

#### Amacebiso Awusizo

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

### 3. Ukunakekela inkaba

Indawo yenkaba enganeni ifana nokuba nesilonda futhi ingatheleleka kalula ngezifo uma inganakiwe ngendlela efanele.

- Indawo engasenkabeni kumele ihlanzwe ngaso sonke isikhathi uma ushintsha inabukeni. Sebenzisa uvolo kanye noketshezi lobuthi bakadokotela (surgical spirits). Ungalinge ugeze inkaba ngqo, kodwa ngasendaweni yayo. Qinisekisa ukuthi uyigeza yonke indawo engasenkabeni. Ungashiyi igazi elomile esiswini noma ngasenkabeni
- Hlola ukuthi ayikho indawo evuvukele yini noma ebomvu ngasesiqwini senkaba kanye noketshezana olunukayo
- Ungayimbozi inkaba ukuze ikwazi ukuphola bese yoma ngokushesha uma uyishiye ngaphandle kwezingubo. Lokhu ungakwenza ngokuthi uma ugqokisa umntwana izingubo umfake ezahlukene ibhulukwe nesikibha ukuze inkaba ingambozeki. Qinisekisa ukuthi ayimboziwe yinabukeni
- Umama womntwana angalinge azame ukususa inkaba ngenkani. Izoziwela yona ngokwayo. Into angayenza ukuhlaza ngasendaweni yayo izinsuku ezimbalwa emva kokuba inkaba iwile

#### Isivivinyo Seqembu

#### Umsebenzi 1

Khombisa ilunga leqembu ukuthi ugezwa kanjani umntwana.

#### Umsebenzi 2

Khombisa ukuthi ufundiswa kanjani umama ukuze inkaba.

### 4. Onjani Umntwana Ozalwa Enesisindo Esincane (LBW)?

Uma umntwana enesisindo esingaphansi kuka-2,5kg ngesikhathi ezalwa noma ezalwe ngaphambi kwamasono angama-37 ekhulelwe, lokho kubizwa ngokuthi umntwana ozalwe enesisindo esincane (Low Birth Weight [LBW]). Labantwana maning amathuba okuthi babe nezinkinga.

#### a. Yini ebanga ukuba abantwana bazalwe benesisindo esincane?

- Uma umama ebhema noma ephuza uphuzo oludakayo ngesikhathi ekhulelwe
- Ukukhulelwa kwabantu abasuka ku-13 kuya ku-19 weminyaka (teenagers) ngoba umzimba kamama awukakhuli ngokugcwele
- Uma umama engadli ukudla okunempilo
- Uma umama egula, isib. ephethwe isifo sofuba (TB)

#### b. Kungagwenywa kanjani ukuzalwa kwabantwana abanesisindo esincane ?

- Umuntu okhulelwe kufanele avakashele esikhungweni sezempilo njalo nje ngesikhathi esakhulelwe
- Umuntu okhulelwe kufanele ahlale edla ukudla okunempilo izikhathi eziningi ngesikhathi esakhulelwe
- Umuntu okhulelwe akufanele abheme ugwayi, aphuze uphuzo oludakayo noma adle izidakamizwa
- Umuntu okhulelwe kufanele adle izakhamzimba (vitamins) awanikwa esikhungweni sezempilo
- Umuntu okhulelwe kufanele adle imishanguzo yegciwane lengculazi (ama-ARV) noma yofuba (TB) uma vele ewadla

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

### c. Kufanele zinakekelwe kanjani izingane ezingama-LBW?

Indlela enhle kakhulu yokuphatha abantwana abangama-LBW ukusebenzisa **i-Kangaroo Mother Care**. Lendlela isetshenziselwa ukugcina umntwana efudumele futhi yinhle ekwakheni uthando phakathi kukamama nomntwana. Ukusondelana kunika umama isikhathi sokuqapha umntwana kuphinde kusize ukubeka ezingeni elifanele izinga lokushisa komntwana kuphinde kwehlise amathuba okuthi umntwana angenwe izifo. Noma iliphi ilunga lomndeni lingasiza umama wengane nge-Kangaroo Mother Care.

Umntwana akagqoke inabukeni kuphela, isigqoko kanye namasokisi bese-ke ebekwe phakathi kwamabele kamama wakhe bese embathiswa noma ingetshali noma indwangu esifubeni sikanina. Umntwana uphathwa ngasosonke isikhathi enamathele esikhumbeni kunina. Umama womntwana uyalala aphinde aphumule sengathi uhleli efake imicamelu emhlane wakhe ukuze agcine ingane inamathele esifubeni sakhe ngaso sonke isikhathi.



### d. Kumele zineliswe kanjani izingane ezizalwe zinesisindo esincane (ama-LWB)?

Indlela enhle kunazo zonke yokuncelisa ama-LWB ukuwancelisa ibele kuphela. Ukuncelisa ibele kuphela kusho ukuthi umntwana unceliswa ubisi lwebele kuphela futhi akaphiwa noma ikuphi okunye ukudla noma okuphuzwayo (ngisho namanzi imbala), ngaphandle kwemithi, efana nemishanguzo ama-ARVs, ayinikwa umsebenzi wezempilo esikhungweni sezempilo [bheka iSifundo 3.4 mayelana noKunakekelwa Ngemuva Kokubeletha].



Uma umntwana engakwazi ukuncela kahle umama womntwana angasebenzisa ezinye izindlela njengokukhamela ubisi enkomishini bese encelisa umntwana ngenkomishi noma amfunze ngesipuni [bheka iSifundo 3.4 mayelana noKunakekelwa Ngemuva Kokubeletha]. Labantwana bakuthola kunzima ukuphuza njengoba bengenawo amandla futhi bekhathala kalula. Kungenzeka bavele balale esikhundleni sokuthi baphuze isikali esigcwele sobisi. Lomntwana udinga ukunakwa okwanele kanti lokhu kuhlenganisa ukumunika izilinganiso zobisi kancane kancane njalo futhi umyise njalo esikhungweni sezempilo. Uma i-CCG inokukhathazeka kumele itshele umama wengane ukuthi ahambise umntwana kubahlengikazi esikhungweni sezempilo.

Kubaluleke kakhulu ukuhlola ukukhula komntwana. Uma ivakashela emakhaya, i-CCG kumele ihlole ukukhula komntwana isebenzisa ishadi lokuhlola ukukhula i-Road-to-Health Book bese ifundisa umama wengane ngendlela efanele yokuncelisa umntwana. Ishadi le-Road-to-Health ilapho kubhalwa ukukhula komntwana kusuka ezalwa kuqhubeka. Ligcina imininingwane yokugoma, isisindo kanye nobude bayo.



### 5. Iziphi izidingo ezingenzeka ezinganeni ezisanda kuzalwa?

#### a. Ukuthi umntwana angafuni ukuncela

Uma umntwana engalifuni ibele, kungenza kumkhathaze kakhulu umama wengane.

Yini engenziwa:

- Hlola ukuze ubone ukuba ngabe umntwana uyagula yini (ukushisa, uhudo noma ukuphalaza), bese umthumela esikhungweni sezempilo
- Duduza umama wengane
- Muqapheleni umama wengane uma encelisa ukuze nibone ukuthi ngabe ukwenza ngendlela eyiyo [bheka iSifundo 3.4 mayelana noKunakekelwa Ngemuva Kokubeletha]. Uma umama wengane naye abuye ancelse ingane ngebhodlela eliphethe ubisi lwebele umntwana kungenzeka adideke
- Khuthazani umama wengane ukuthi achithe isikhathi bejwayelana (bonding) nomntwana esebenzisa indlela ye-Kangaroo Mother Care

#### b. Umama wengane akanalo ubisi olwanele

Ngezinye izikhathi umama uyaye acabange ukuthi akanalo ubisi olwanele. Okungenzeka ukuthi ubetshelwe amanye amakhosikazi lokhu noma kungenzeka ukuthi usefuna isizathu sokushintshela umntwana obisini lwebhodlela.

I-CCG ingathola lokhu okulandelayo:

- Kungani umama wengane ecabanga ukuthi akanalo ubisi? Kungabe kukhona omunye umuntu omtshela lokhu?
- Kungabe umama wengane uzethemba ngokwanele ngokuncelisa umntwana ngendlela?
- Kungabe umama uncelisa umntwana ngendlela (Bheka ukuthi umama umncelisa kanjani umntwana)
- Buza ukuthi kukangaki umntwana echamela inabukeni. Umntwana oncelayo kumele abe cishe namanabukeni ayisithupha amanzi ngosuku. Uma ingane inamanabukeni ayisithupha amanzi, lokho kosho ukuthi ingane ithola ubisi olwanele

#### c. Amakhala engane acinene

Uma ingane inamakhala acinene, kungenza kube nzima ukuthi ingane incele iphinde iphefumule ngesikhathi esifanayo. Umama wengane angasebenzisa ithawula noma iphepha lethishu ukuklina amakhala engane. Angaligoqa licije bese-ke egoqoza ngalo kancane ngesineke emakhaleni. Kumele ahlanze omabili amakhala ngale ndlela. Uma amafinyila omile kuyasiza ukumanzisa iphepha lethishu ngamanzi ahlanzekile.

#### d. Ingane ekhala njalo

Ezinye izingane zikhala njalo. Kodwa kubalulekile ukuhlola ukuze ubone ukuthi ngabe azikho yini izimpawu zobungozi ohlwini olungasekuqaleni kwalesifundo. Uma yonke into ihamba kahle, emva kwalokho cebisani umama wengane ukuthi apha the aphinde aduduze umntwana. Uma kukhona noma iyiphi inkinga, thumelani umntwana esikhungweni sezempilo oseduzane.

# INgxenye 3

## Impilo Kamama Nengane

### 3 Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

#### e. Ingane incane kakhulu ukuthi ingancela

Uma ingane ingakanceli ngendlela nangesikhathi eside ngokwanele, noma incane kakhulu ukuthi ingancela, yenza noma yini engasebenzela umama wengane kangcono:

- Yekelani umama wengane akhamele ubisi lwebele emlonyeni wengane
- Yekelani umama wengane ukuthi akhame ubisi lwebele bese ephuzisa ingane ngenkomishi noma ngethisipuni [bheka iSifundo 3.4 mayelana noKunakekelwa Ngemuva Kokubeletha]

#### Isivivinyo

1. Yisho izinto ezintathu ezidala ukuzalwa kwezingane ezinesisindo esincane.

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2. Chaza nge-Kangaroo Mother Care kanye nokuthi yenziwa kanjani.

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3. Yisho izidingo ezintathu ezivamile ngezingane ezisanda kuzalwa kanye nokuthi iziphi iziluleko ongazinika umama wengane.

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# INgxenye 3 Impilo Kamama Nengane

## 6. Kuyini Ukuqapha Ukukhula (growth monitoring)?

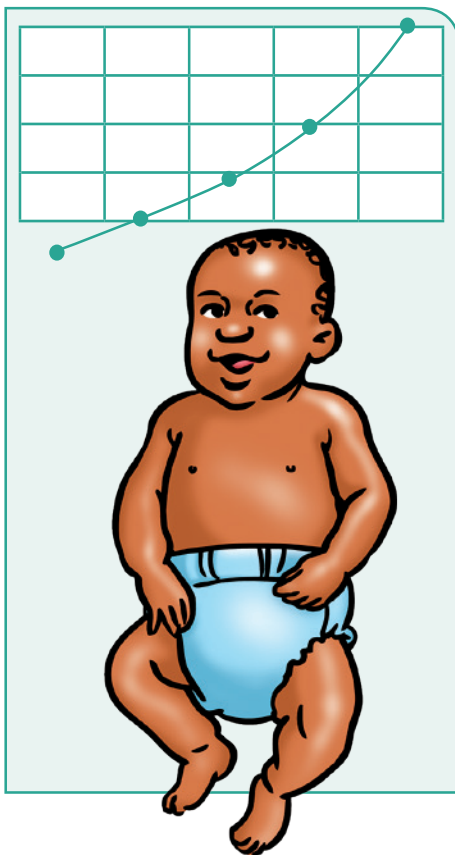
Ukuqapha ukukhula kusetshenziselwa ukuhlola ukuthi ngabe umntwana ukhula kahle yini. Ishadi le-*Road-to-Health Book* lisetshenziswa ukukhombisa isisindo sengane ukuze kubonakale ukuthi engabe umntwana ukhula kahle futhi ngendlela ehambisana nokulindelwe.

I-CCG ingenza lokhu okulandelayo:

- Ukukala ingane esikalini uma sikhona noma asebenzise uhlelo lwentambo yokukala i-Mid Upper Arm Circumference (MUAC) ukuhlola ukukhula kwengane (bheka isigaba esikhuluma ngokuntuleka kokudla okunomongo ngaphansi uma uqhubeka nalesi Sifundo)
- Chazela umama wengane ukuthi ngabe umdwebo osekhadini i-*Road-to-Health Book* usho ukuthini
- Uma kutholakala ukuthi umntwana akakhuli ngendlela, badlulisele esikhungweni sezempilo
- Fundisa umama ngokuthi kubaluleke kangakanani ukuhambisa umntwana esikhungweni sezempilo njalo ngenyanga ukuze akalwe

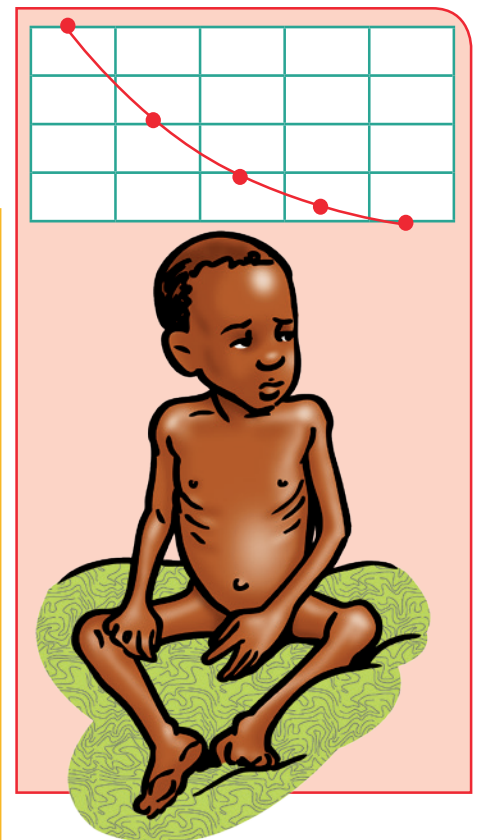
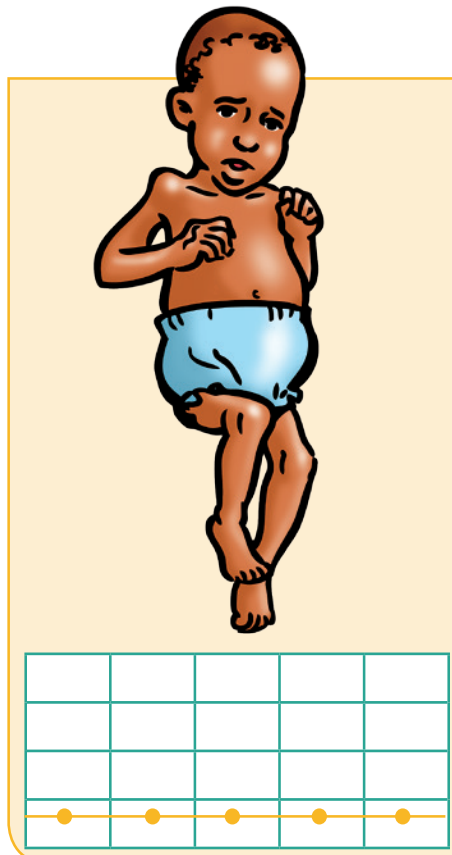
## 7. Kusuke kunjani uma umntwana engakhuli kahle?

Lona umntwana onesisindo esincane kunaleso esilindelekile noma umntwana ongakwazanga ukuthola isisindo esanele. Lokhu kuboniswa ngomugqa oyaye uqonde eshadini lokukhula. Lomntwana kumele avakashele umtholampilo cishe kanye ngenanga.



**KUHLE:** okusho ukuthi umntwana ukhula kahle

**INGOZI:** thola ukuthi kungani uthole nesiluleko



**OKUYINGOZI ENKULU:** mhlawumbe ugula kakhulu udinga ukunakwa kakhulu

# INgxenye 3

## Impilo Kamama Nengane

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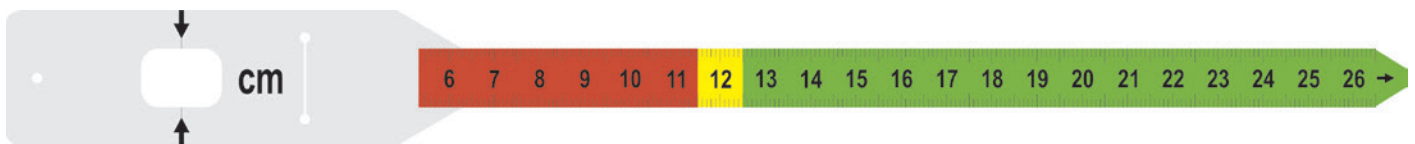
## Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

### 8. I-CCG ingasiza kanjani uma umntwana engondlekile kahle?

- Qaphela izinkomba zokungondleki kahle (ngokusebenzisa iThuluzi Lokuhlonza Ukungondleki) bese uthumela izingane ezingondlekile kahle esikhungweni sezempilo
- Vakashela amakhaya njalo uyohlola ukuthi ngabe umntwana unjani
- Fundisa umndeni ngokupheka kanye nokudla ukudla okunempilo [bheka iSifundo 2.2 mayelana noKudla Ukudla Okunempilo]

### Ithuluzi Lokuhlonza Ukungondleki (Ukukalwa kwe MUAC)

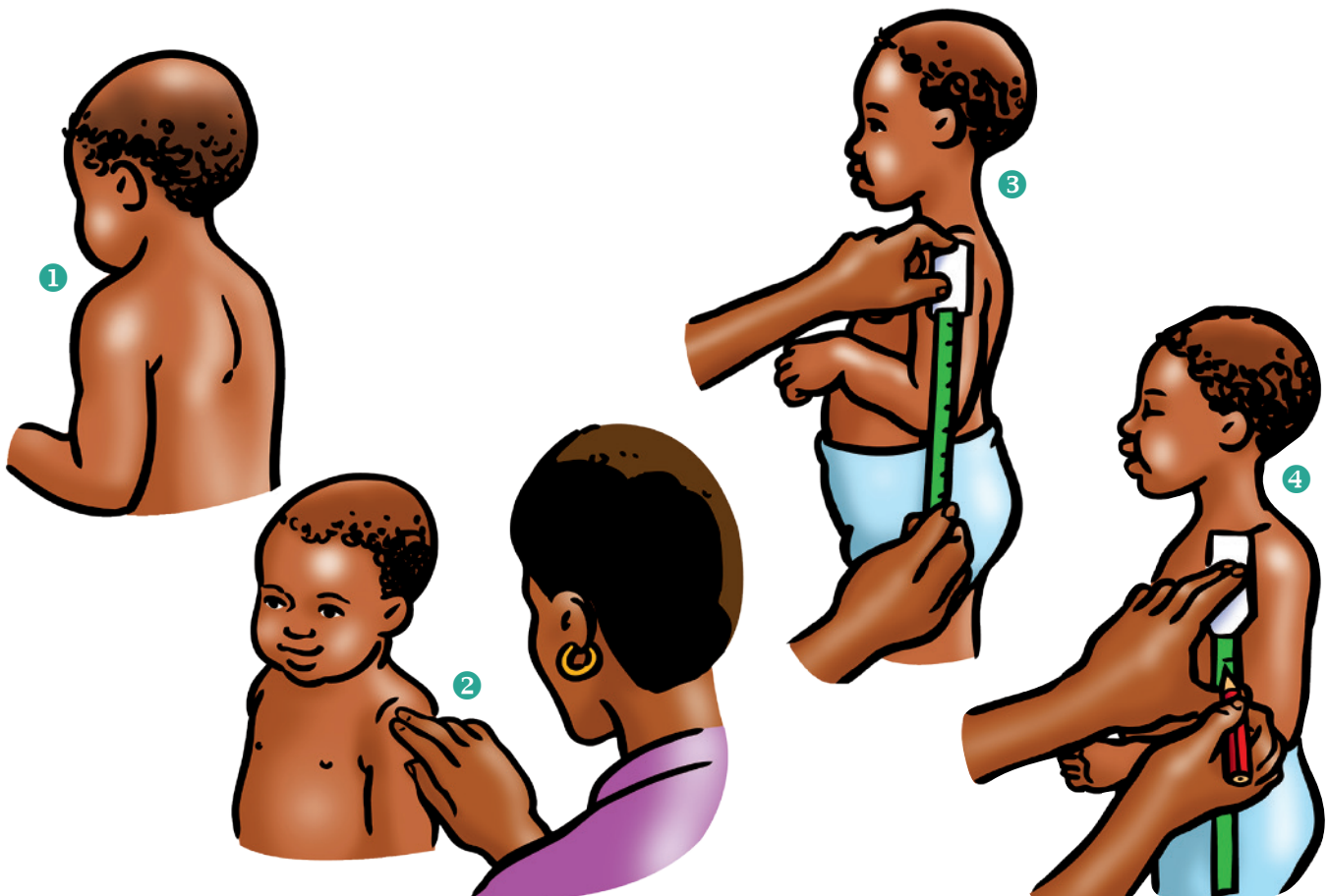


#### Isinyathelo 1

Buza umama wengane ukuthi indala kangakanani ingane yakhe. Uma umntwana ephakathi kwezinyanga eziyisithupha neminyaka emihlanu, cela imvume yakhe bese wenza okusheshayo, okuphephile futhi okungenabo ubuhlungu ukuhlolwa komntwana ukuthola ukuthi ngabe umntwana akondlekanga kahle yini.

#### Isinyathelo 2

Thola iphakathi nendawo lengalo engenhla esandleni sokudla; lokhu kuphakathi kwehlombe nendololwane.



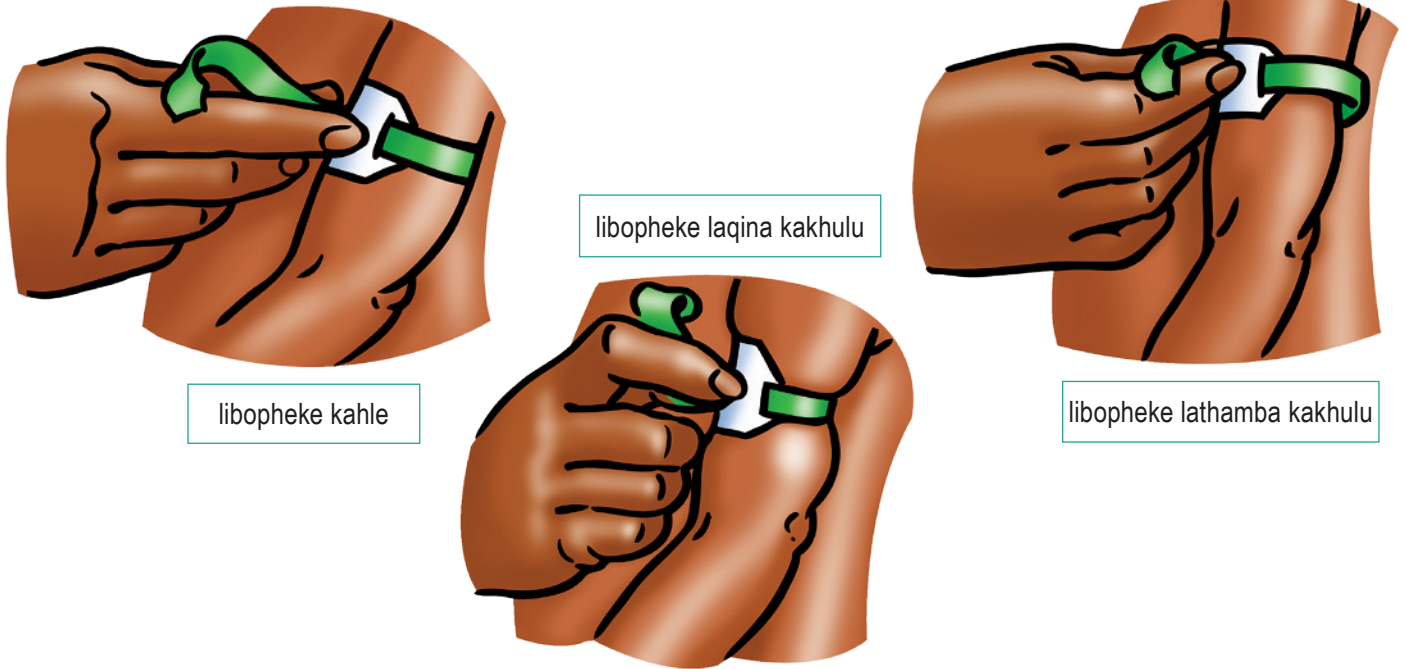
# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

### Isinyathelo 3

Cela umntwana ukuthi angaqinisi ingalo yakhe bese eyidedela ilenge eceleni komzimba wakhe. Yiba usuthatha okuyibhanjana likaplastiki bese uyinamathelisa maphakathi nengalo engenhla yengane.

Qinisekisa ukuthi ibhanjana lelo lingene kahle kujikeleza ingalo. Ungalidonsi liqine kakhulu lize ibange ukuthi isikhumba simpintsheke, noma ithambe kakhulu kuze kube iyawa.



### Isinyathelo 4

Ubamba ingxenye emhlophe yale ntambo esengalweni yomntwana, bopha kahle lentambo enemibala ngembotshana encane kuze kube iyilingana kahle ingalo yomntwana.

### Isinyathelo 5

Bheka umbala okhonjwe imicibisholo emibili ekhomba kuyona.

Imicibisholo izokubonisa obomvu, ophuzi noma ohlaza.

Uma uluhlaza, umntwana unempilo.

Uma uphuzi, kusho ukuthi umntwana usengcupheni yokungondleki kahle.

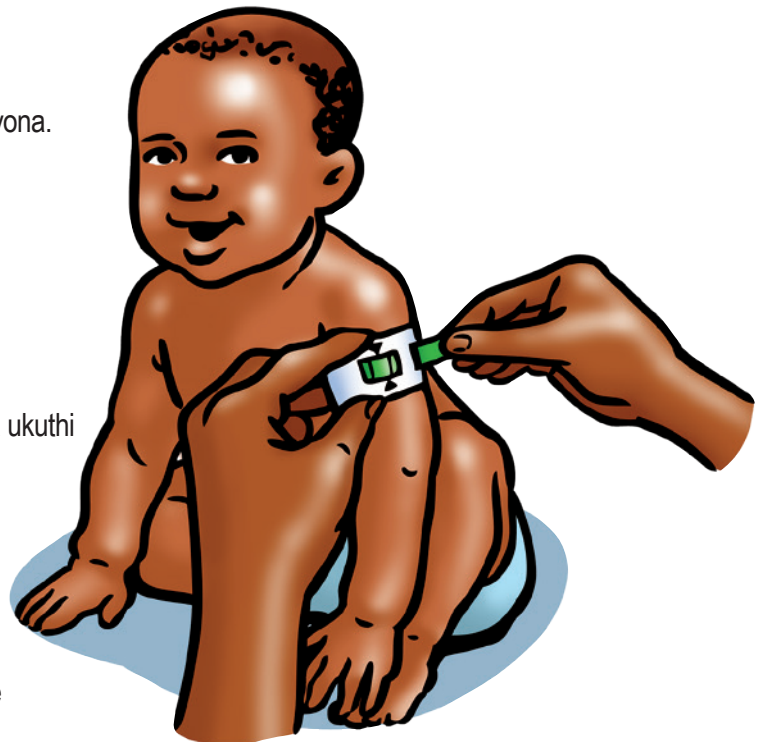
Uma ubomvu, kusho ukuthi ingane ayondlekile kahle.

### Isinyathelo 6

Phinda isinyathelo sesine nesesihlanu kabili ukuqinisekisa ukuthi umphumela uyafana njalo.

### Isinyathelo 7

Uma umphumela wengane ukhomba umbala ophuzi noma obomvu emuva kokuphuthula ukuhlolwa, qinisekisa ukuthi umama wengane uyihambisa esikhungweni sezempilo ngokushesha, njengoba ingane isengcupheni yokungondleki noma ayondlekile kakade.



# INgxenye 3

## Impilo Kamama Nengane

3 Isifundo 3.5  
Ukunakekelwa  
Kosana Nengane



### Amacebiso Awusizo

#### KUBALULEKILE!

Uma umphumela wokuhlolwa ukhomba ukuthi umntwana unempilo kodwa i-CCG ingenaso isiqiniseko, njalo phakamisa ukuthi umama wengane noma umnakekeli ahambise ingane esikhungweni sezempilo ukuze abahlengikazi bayihlole ngokugcwele.

### Ukudlala Indima Yabathile

**Khetha ilunga leqembu lenu libe umama elinye libe umntwana. Chazela iqembu ukuthi lokhu okulandelayo isimo abazobe bedlala indima kuso:**

Uma ivakashela amakhaya, i-CCG ikala ingane nge-Mid Upper Arm Circumference (MUAC).

Khombisa ukuthi kwenziwa kanjani ukukala nge-MUAC.

I-CCG ithola ukuthi umntwana usendaweni yombala ophuzi.

1. Yibani nengxoxo ngokubaluleka kokuthi umama wengane ahambise umntwana esikhungweni sezempilo ngokushesha.

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2. Nikanani ngeziluleko ngokudla okunempilo.

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3. I-CCG kumele ixoxisane nomama wengane ukuthi izobuya emzini lowo emasontweni amabili azayo ukuzolandelela ngokuvakasha futhi.

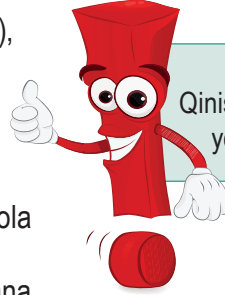
# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

### 9. Ukugula okujwayelekile ezinganeni

Ukuthetheleka ngegciwane esifubeni okuqala kungazelelwe (isib. inyumoniya, uhudo noma imfiva) kuvame kakhulu ezinganeni ezineminyaka engaphansi kwemihlanu ubudala. Inyumoniya ukuthetheleka ngegciwane ephashini elilodwa noma kuwo womabili. Izimpawu zihlanganisa ukukhwehlela okuhambisana nesikhwehlela (amathe ajiyile avela emaphashini), imfiva kanye nokuphefumula kanzima.

Izingane eziningi ziguliswa yilezi zifo noma izimo futhi zishone. Kubalulekile ukuphawula ukuthi eziningi zalezi zimo zingase zivinjelwe ngokuqinisekisa ukuthi izinsana kanye nezingane zithola yonke imigomo yazo. I-CCG kufanele ibheke ikhadi i-Road-to-Health (RTHB) ukuze iqiniseke ukuthi umama uyamyisa umntwana esikhungweni sezempilo ukuze athole yonke imigomo ye-RTHB. Lokhu kuyosiza ingane ingatholi lezi zimo.



#### Amcebiso Awusizo

Qiniseka ukuthi izingane zithola yonke imigomo yazo ye-RTHB.

### 10. Amakhambi asekhaya angasiza izingane ezigulayo

Lamakhambi angasetshenziswa isikhashana kuze kube yilapho umama wengane noma umnakekeli ekwazi ukuhambisa ingane esikhungweni sezempilo eseduzane.

#### a. Ukushisa

Ukushisa kungaba ingozi kubantwana ngoba kungenza babe nesithuthwane.

- Sebenzisa amanzi afudumele kancane (angafudumali kakhulu) ukupholisa umntwana. Lokhu kuzokwehlisa ukushisa
- Muphe i-Paracetamol (Panado) syrup ngendlela eshiwoyo ebhodleleni
- Gcina umntwana embozekile kancane kodwa angashisi ngokweqile
- Yipha umntwana amanzi okuphuza njalo emuva kwemizuzu engama-30
- Uma umntwana engabi ngcono, muhambise esikhungweni sezempilo masishane

#### b. Ukukwehlela

Abantwana ngesinye isikhathi baqala ukukhwehlela kodwa futhi abahlali bedinga umuthi wokukhwehlela njalo.

- Yenzela umntwana isiphuzo esifudumele itiye elinoshukela noma uju kanye nesiphuzo sikalamula (uma sikhona)
- Ubisi lwebele liyakuqeda ukukhwehlela uma umntwana esancela. Hlanza amakhala ngaphambi kokuncelisa umntwana
- Uma ukukhwehlela kungapheli noma uma umntwana enokushisa mhambise esikhungweni sezempilo

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

### c. Ukuphalaza

Kubalulekile ukuthi umntwana ophalazayo angaphelelwa amanzi emzimbeni. Ukuphalaza kungaba izimpawu zesifo esikhulu njenge-Meningitis.

Izimpawu zokuphelelwa amanzi emzimbeni:

- Indawo ethambile okhakhayini lomntwana ishona phansi
- Ukuphuza asheshe
- Amehlo ashone phakathi
- Ulimi olomile/izindebe
- Uma isikhumba sasesiswini usincinza, sithatha isikhathi ukuthi sibuyele esimweni saso esijwayelekile



#### Amacebiso Awusizo

Ingane engafuni ukuphuza amanzi noma enokuvilapha (ekhathele) kufanele ihanjiswa esikhungweni sezempilo osezuzane ngokushesha.

### d. Isifo sohudo

- Uma umntwana encela ebeleni, qhubeka nokumcelisa ibele kaningi kuphela uma umntwana engaphalazi
- Uma umntwana edla ukudla okuqinile, munike ezinye iziphuzo ezinjengamanzi elayisi noma estabhu, namasobho
- Nika umntwana amanzi axutshwe ushukela nosawoti (ISOLOLO), achazwe ngephansi

ISOLOLO
Ilitha elilodwa lamanzi abilile Amathisipuni awu-8 kashukela Uhafu wethisipuni
Kuxube kahle bese umphuzisa kancane kancane njalo emuva kwemizuzu engu-30

Uma ingane ikhombisa noma iluphi lwezimpawu ezingenhla, amakhambi asekhaya kumele anikwe umntwana kuze kube yilapho umama wayo noma umnakekeli eyihambisa esikhungweni sezempilo.

## 11. Kuyini Ukukhuliswa Komntwana Esemncane (ECD)?

Izingane zikhula ngokomqondo kanjalo nangomzimba ngenxa yalokho ziyaqala ukufunda nokwenza izinto ezinzima uma zilokhu zikhula. I-CCG kumele yazi ukuba yini elindelekile ebantwaneni esigabeni ngasinye ukuze izidingo zokukhula ziqapheleke bese bethunyelwa esikhungweni sezempilo. I-CCG kumele iqaphe ukuthi ngabe kukhona yini umntwana akufundayo uma elokhu ekhula.

### Ukukhula Komntwana Okujwayelekile

Kubaluleke kakhulu ukuthi njalo uma i-CCG ikhona ibheke ukuthi umama usithathile yini isinyathelo mayelana neseluleko sangokuvakasha okudlule.









# INgxenye 3

## Impilo Kamama Nengane

**3** Isifundo 3.5  
 Ukunakekelwa  
 Kosana Nengane

### Ukukhula Komntwana Okujwayelekile

	Ukubona	Ukuzwa Nokukhuluma	Ukunyakaza (Ukukhula Kwamakhono Okunyakaza)
<b>Buza njalo nje</b>	Ingane yakho iyakwazi ukubona?	Ingane yakho iyakwazi ukuzwa nokuxhumana nabanye njengezinye izingane?	Ingabe ingane yakho yenza izinto ezifanayo nezenziwa yizingane ezingangayo ngobudala?
 <b>amaviki ayi-14</b>	Umntwana ulandela izinto eziseduze ngamehlo	Umntwana uyezwa uma kunomsindo futhi uyayeka ukuncela, acwayize noma ajike	Ingane iphakamisa ikhanda uma uyibeka ehlombe
 <b>izinyanga eziyi-6</b>	Umntwana uyabubona ubuso abujwayele	Ingane ijikisa ikhanda ukuze ibheke umsindo	Ingane ibamba ithoyizi esandleni ngasinye
 <b>izinyanga eziyi-12</b>	Amehlo engane agxila ezintweni ezikude Ameblo anyakaza kahle ndawonye (awayona inxemu)	Ingane iyajika uma ibizwa	Ingane iyahlala futhi idlale ngaphandle kokusekelwa
 <b>izinyanga eziyi-18</b>	Ingane ibuka izinto ezincane nezithombe	Ingane iyakwazi ukukhomba izinto ezintathu ezilula Ingane isebenzisa okungenani amagama ama-3 ngaphandle kwamagama abantu Ingane iyayiqonda imiyalo elula	Ingane ihamba kahle Ingane isebenzisa iminwe ukuze idle
 <b>iminyaka emi-3</b>	Ibona izinto ezime ngendlela ethile ezincane emamitheni ayisi-6	Ingane ikhuluma imisho elula enamagama ama-3	Ingane igijima kahle futhi igibele ezintweni
 <b>iminyaka emi-5 kuya kweyi-6: ukulungela ukuya esikoleni</b>	Umsebenzi wezempilo uyosebenzisa ishadi i-Snellen E ukuze ahlole ukubona kwengane	Ikhuluma imisho epehele futhi iyakhuluma nezingane nabantu abadala	Iyaxhugela ngonyawo olulodwa Iyakwazi ukudweba umuntu wezinti

### THUMELA

Thumela ingane ezingeni elilandelayo lokunakekelwa uma kukhona izinto eziyingqopha-mlando ekukhuleni engakazifinyeleli. Uma inenkinga yokunyakaza yithumele ku-Occupational Therapist/Physiotherapist kanti uma inenkinga yokuzwa noma yokukhuluma yithumela ku-Speech Therapist/Audiologist uma zikhona lezi zinsizakalo endaweni yakini.

### 12. Ingasiza kanjani i-CCG nge-ECD?

Uma i-CCG ivakashela emakhaya kumele:

- Iqinisekise ukuthi umama wabantwana uzihambisa njalo izingane kuze kube zifika eminyakeni emihlanu esikhungweni sezempilo ukuba zikalwe
  - Kusuka ku-0 kuya onyakeni: njalo ngenyanga
  - Kusuka kowodwa kuya kwemibili: njalo ezinyangeni ezimbili
  - Kusuka kwemibili kuya kwemihlanu: njalo enyangeni yesithupha
- Ihlole isimo sezempilo sezingane ezingakangeni esikoleni bese izithumela esikhungweni sezempilo uma kufanele
- Ikale maphakathi nengalo engaphezulu bese ibhala eshadini lokukhula kwabantwana. Ithumele abantwana esikhungweni sezempilo uma isikali singaphansi kunaleso esifanele
- Ibheke ikhadi le-*Road-to-Health (RTHB)* ukubona ukuthi ngabe umntwana uke waleqa yini usuku lokugoma bese ithumela ingane iyogonywa uma usuku lwayo seludlulile
- Ihlole ukuthi ngabe umntwana uwutholile yini uVitamin A bese imdlulisela esikhungweni sezempilo uma kunesidingo
- Ihlole ukuthi ngabe ingane ikhishiwe yini izikelemu ezinyangeni eziyisithupha ezidlulile uma kungenjalo bese yeluleka umama womntwana ukuthi ahambise ingane leyo esikhungweni sezempilo
- Ihlole ukuthi ngabe ingane inaso yini isitifiketi sokuzalwa uma ingenaso ithumele umzali wayo noma umnakekeli wayo eMnyangweni WezaseKhaya

### 13. Kuyini ukugoma, futhi kungani kubalulekile?

Kubalulekile ukuthi bonke abantwana bagonywe ukuze bavikeleke ezifweni ezikhungatha abantwana. Uma umntwana engagonywa, usemathubeni amaningi okuthola izifo. Ukugoma akuvikeli nje umntwana kuphela, kuphinde kuvikele nomphakathi wonke njengoba phela izifo ezivinjwa ukugoma zithathelana.

Ama-CCG kumele abheke i-*RTHB* njalo bese ekhumbuza umama wengane ukuthi ahambise umntwana esikhungweni sezempilo ukuze ayogonywa, ngesikhathi esibekiwe ekhadini lakhe (Bheka ishadi le-*Road-to-Health Book* ukuze uthole isikhathi esigcwele sokugoma). Uma umntwana eqiwe amanye amathuba okugoma, umama wengane kumele aziswe ukuthi kumele abuyisele ingane emuva esikhungweni sezempilo ukuze ithole ukugonywa akweqile. Kubalulekile kakhulu ukuthi ingane ithole lokhu kugonywa. Makukhuthazwe umama womntwana noma umnakekeli wengane ukuthi ahambise ingane esikhungweni sezempilo ngokushesha.

Kungenzeka ingane igule kancane emuva kokugonywa. Lokugula kuvame ukuba kuncane futhi akuthathi ngaphezulu kosuku ukuthi kuphele.

Uma umntwana eqala ukushisa kakhulu, ekhala ngokungaphezulu kokujwayelekile, elala kakhulu, abe nesithuthwane, aqale ukuvuvukala umlomo, ubuso, noma umphimbo, abe nenkinga yokuphefumula kahle noma aqale ukuqubuka lowo mntwana kufanele ahanjise esikhungweni sezempilo ngokukhulu ukushesha.

# INgxenye 3

## Impilo Kamama Nengane

# 3 Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

Uhlelo Lokugoma			
Iqembu Lesikhathi Sobudala	Umgomo	Isifo	Imithelela engemihle
Ekuzalweni (iqoqo lokuqala lemijovo)	BCG	Isifo sofuba	Amashashazi
	OPV	Isifo sovendle	Imfiva, ukuhlanza, ukungaphatheki kahle
amaviki ayi-6 (iqoqo lesibili lemijovo)	OPV	Isifo sovendle	Imfiva, ukuhlanza, ukungaphatheki kahle
	RV	Isifo sohudo	Imfiva, ukuhlanza, ukungaphatheki kahle
	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, isifo sokubambeka imisipha, Ukhohlokhohlo, isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheteleka ngegcwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
	PCV	Inyumoniya	Imfiva nobuhlungu bemisipha
amaviki ayi-10 (iqoqo lesithathu lemijovo)	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, isifo sokubambeka imisipha, Ukhohlokhohlo, isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheteleka ngegcwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
amaviki ayi-14 (iqoqo lesine lemijovo)	RV	Isifo sohudo	Imfiva, ukuhlanza, ukungaphatheki kahle
	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, isifo sokubambeka imisipha, Ukhohlokhohlo, isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Hep B	Ukutheteleka ngegcwane kwesibindi	Imfiva, ukuhlanza, ukungaphatheki kahle
	PCV	Inyumoniya	Imfiva nobuhlungu bamamasela
izinyanga eziyi-9 (iqoqo lesihlanu lemijovo)	Measles	Isimungumungwana	Imfiva
	PCV	Inyumoniya	Imfiva nobuhlungu bamamasela
izinyanga eziyi-18 (iqoqo lesithupha lemijovo)	DTaP-1PV-HiB	Isifo esivimbanisa umphimbo, isifo sokubambeka imisipha, Ukhohlokhohlo, Isifo solwembu lobuchopho	Imfiva nokungaphatheki kahle
	Measles	Isimungumungwana	Imfiva
iminyaka eyisi-6 (iqoqo lesikhombisa lemijovo)	Td	Isifo sokubambeka imisipha kanye nesifo esivimbanisa umphimbo	Imfiva, ukuhlanza, ukungaphatheki kahle
iminyaka eyi-12 (iqoqo lesishiyagalombili lemijovo)	Td	Isifo sokubambeka imisipha kanye nesifo esivimbanisa umphimbo	Imfiva, ukuhlanza, ukungaphatheki kahle

# INgxenye 3

## Impilo Kamama Nengane

### 14. Iziphi usizokalo umama wengane okumele azilindele esikhungweni sezempilo ngezinyanga zokuqala eziyisithupha umntwana ezelwe?

Bonke omama babantwana kumele bahambise izingane zabo esikhungweni sezempilo NJALO ngenyanga bayokalwa kodwa zine izimo ezibalulekile zokuvakasha kwabo emuva kokubeletha futhi akumele bazeqe:

- Emahoreni ayisithupha emuva kokubeletha
- Ezinsukwini eziyisithupha emuva kokubeletha
- Emasontweni ayisithupha emuva kokubeletha
- Ezinyangeni eziyisithupha emuva kokubeletha

Ukuvakasha kokuqala kwenzeka emuva kokuba umama womntwana akhishwe esikhungweni sezempilo emahoreni ayisithupha ebelethile.

Kulokhu kubalulekile ukuthi umama wengane ahambise umntwana wakhe esikhungweni sezempilo kanye ngenyanga kuze kube yilapho umntwana esenonyaka owodwa, ukuqinisekisa ukuthi umntwana ukhula kahle.

### Uhlelo Lokuvakasha Kokunakekelwa Kwangemuva Esikhungweni sezempilo

Lelithebula elilandelayo liveza ukuthi ikuphi okunye ukunakwa kanye nosizo umntwana alitholayo ngesikhathi evakashela esikhungweni sezempilo. Lokhu kuvakasha kungaphezu kokuvakasha njalo kwenyanga ngayinye ukuze umntwana ayokalwa.

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
Umama nomntwana akumele bakhishwe esibhedlela engakadluli amahora ayisithupha ebelethile Umama uzofundiswa ngezindlela zokuncelisa <ul style="list-style-type: none"> <li>• Ukuncelisa ibele kuphela</li> <li>• Ukumncelisa ubisi lwebhodlela</li> </ul>	Hambisa umntwana esikhungweni sezempilo ukuyohlolwa ngezinsuku zokuqala eziyisithupha	Hambisa umntwana esikhungweni sezempilo ekuhlolweni kwamasono ayisithupha okuqala	Hambisa umntwana esikhungweni sezempilo ekuhlolweni kwezinyanga zokuqala eziyisithupha
Ukuhlolwa umntwana ayokuthola			
Umntwana kumele athole: <ul style="list-style-type: none"> <li>• Umgomo we-BCG</li> <li>• Umgomo wesifo sovindle</li> <li>• Uma umama womntwana enegciwane lesandulela-ngculazi HIV – umntwana uzodla ama-ARV futhi umama uyokwelulekwa ngokuthi kumele ayiphuzise kanjani ingane amaphilisi ama-ARV</li> </ul>	Umntwana kumele ahlolwe: <ul style="list-style-type: none"> <li>• Ijondisi (isikhumba somntwana sibukeka siphuzi)</li> <li>• Ukungakhuli kahle kwesisindo sakhe</li> <li>• Inkaba itheleleka ngezifo</li> <li>• Akakaki</li> <li>• Uphathwa uhudo</li> <li>• Akanceli ngendlela efanele</li> <li>• Akalali ngokwanele</li> <li>• Ngabe umntwana ukhula ngendlela ejwayelekile?</li> </ul>	Umntwana kumele ahlolwe: <ul style="list-style-type: none"> <li>• Ijondisi (isikhumba somntwana sibukeka siphuzi)</li> <li>• Ukungakhuli kahle kwesisindo sakhe</li> <li>• Inkaba itheleleka ngezifo</li> <li>• Akakaki</li> <li>• Uphathwa uhudo</li> <li>• Akanceli ngendlela efanele</li> <li>• Akalali ngokwanele</li> <li>• Ngabe umntwana ukhula ngendlela ejwayelekile?</li> </ul>	Umntwana kumele ahlolwe: <ul style="list-style-type: none"> <li>• Isisindo</li> <li>• Ukusebenza kwesisu</li> <li>• Ukondleka komzimba</li> <li>• Ukuthi ngabe umntwana ukhula ngendlela ejwayelekile?</li> </ul>

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
<b>Ukunakekelwa Nokusekelwa</b>			
<p>Abantwana abanomama abanegciwane lengculazi bazonikwa amaARV ngesikhathi besancela ibele</p> <p>Umntwana uzoqhubeka nokudla imishanguzo ama-ARV inyanga eyodwa emva kokuthi umama womntwana eyeka ukumuncelisa ibele</p> <p>Umntwana uyobe esedinga ukuthi ahlolwe igazi ukuthi akanayo yini i-HIV</p>	<p>Umnakekeli wezempilo kumele axoxe ngokubaluleka kokugoma umntwana bhuku le-<i>Road-to-Health</i> nomama womntwana</p> <p>Gcizelela ukubaluleka kumama ukuncelisa ibele kuphela okungenani izinyanga eziwu-6</p>	<p>Umntwana kumele athole ukugonywa kwamasono ayisithupha futhi lokhu kumele kubhalwe phansi ebhukwini le-<i>Road-to-Health</i></p> <p>Gcizelela ukubaluleka kumama ukuncelisa ibele kuphela okungenani izinyanga eziwu-6</p>	<p>Osompilo bazobhala phansi konke ukugoma umntwana akutholile eshadini le-<i>Road-to-Health</i>, kuhlanganisa ukugonywa umntwana akutholile ngesikhathi evakasha esikhungweni sezempilo amasono angu-10 kuya kwangu-14</p> <p>Gcizelela ukubaluleka kumama ukuncelisa ibele kuphela okungenani izinyanga eziwu-6</p>
	<p>Umama wengane uzotshelwa ukuthi kumele alethe umntwana esikhungweni sezempilo ukuze ayohlolwa futhi agonywe uma umntwana esenamasono ayisithupha ubudala</p>	<p>Uma umama enegciwane lesandulela gculazi i-HIV, kumele aphinde asekelwe mayelana nokuthi kumele ayinike kanjani ingane imishanguzo yama-ARV</p>	<p>Okunye ukusekelwa kanye nokululekwa ngezindlela zokugwema ukuba umntwana angaphelelwa amanzi emzimbeni ikakhulu abantwana abanohudo</p>
	<p>Uma umntwana edla imishanguzo ama-ARVs umntwana uzokalwa bese kuthi nemithi ishintshwe ukuze ihambisane nesisindo somntwana</p>	<p>Uma umama enegciwane lesandulela ngculazi i-HIV, umntwana uyovele aqaliswe ukudla imishanguzo ukugwema ukuthi angangenwa izifo</p>	<p>Umama uyokwaziswa ukuthi kumele abuyise umntwana azohlolwa igazi futhi athole eminye imigomo uma umntwana esenezinyanga eziyisishiyagalolunye ubudala</p>
		<p>Uma umama enegciwane lesandulela ngculazi i-HIV:</p> <ul style="list-style-type: none"> <li>• Umntwana kumele ahlolwe igazi enze ukuhlolwa kwe-HIV PCR ukuze kutholakale ukuthi ngabe unalo yini igciwane</li> </ul>	

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

Emahoreni ayisithupha emuva kokubeletha	Ezinsukwini eziyisithupha emuva kokubeletha	Emasontweni ayisithupha emuva kokubeletha	Ezinyangeni eziyisithupha emuva kokubeletha
		<ul style="list-style-type: none"> <li>• Umama womntwana uyokwaziswa ukuthi kumele abuyele esikhungweni sezempilo emva kwamasono amane ukuyolanda imiphumela yegazi emva kokwenza ukuhlolwa kwe-HIV PCR</li> <li>• Uma umntwana enegciwane lesandulela ngculazi, kumele umama wayo aqinisekise ukuthi ingane iqala ukudla imishanguzo ama-ARV masishane</li> <li>• Uma umntwana engenalo igciwane lesandulela ngculazi, umama kumele aqinisekise ukuthi umntwana uphinde abuyele ukuyohlola igazi ezinyangeni ezingu-18</li> </ul>	
		Umama uyokwaziswa ukuthi umntwana kumele abuyiswe azohlola igazi futhi athole nokunye ukugonywa, uma umntwana esenamasono angu-10 ubudala	

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.5 Ukunakekelwa Kosana Nengane

Uma kukhona izingane ezineminyaka engaphansi kwengu-5 ekhaya, i-CCG ingasebenzisa leli thuluzi ukuze ihlonze impilo yomntwana bese iluleka umama wayo ngendlela efanele.

## Ithuluzi Lokuhlonza Impilo Yengane

### Okufanele kuqashelwe i-CCG:

Sicela ufunde iziqondiso zombuzo ngamunye kuleli Thuluzi Lokuhlonza Impilo Yengane bese uhlonza zonke izingane ezineminyaka ephakathi kwamaviki ayisithupha neminyaka emihlanu

Khumbula, uma wenza uphawu kwelinye lamabhokisi elixhumene nokusebenza kuleli thuluzi lokuhlonza, kumele uthathe zonke izinyathelo ezintathu ezilandelayo:

- Thumela umama/umnakekeli nomntwana esikhungweni sezempilo ngokukhulu ukushesha. Mkhumbuze ukuthi athathe ikhadi lomgomo (*Road-To-Health Book*)
- Bhala ukuthi lowo muzi ukuphi nendawo nesizathu sokuvakasha uzolandela
- Buyela kulowo muzi kungakapheli amasonto amabili ukulandelela bese uqinisekisa ukuthi umntwana uhanjisiwe esikhungweni sezempilo. Qhubeka nokulandelela njalo emasontweni amabili kuze kube unaso isiqiniseko sokuthi umntwana uhanjisiwe esikhungweni sezempilo



### Amacebiso Awusizo

Buza umama/umnakekeli lemibuzo elandelayo kuzo zonke izingane emndenini eziphakathi kwamasonto angu-6 ukuya kwiminyaka engu-5.

1. Ingakanani le ngane ubudala?

Yakala izinyanga

### 2. Ukugoma

Cela ukubona ikhadi lomgomo (*Road-to-Health Book*) bese ubheka ukuthi yimiphi imigomo umntwana ayitholile.



Ingabe ingane iyithole yonke imigomo obekufanele iyithole?

Yebo

Cha



### OKUFANELE UKWENZE:

Khumbuza umama womntwana ukuthi kungani ukugonywa kwabantwana kubalulekile bese umkhuthaza ukuthi ahambise umntwana ngokushesha ayothola ukugonywa angakwenzanga.

# INgxenye 3 Impilo Kamama Nengane

### 3. Ukungondleki

Kala ubungako bengalo uzungeze iphakathi nendawo lengalo engenhla yengane. (bheka isivivinyo mayelana nokukala iphakathi nendawo lengalo engenhla engxenye ethi ukungondleki.)



Unjani umbala ebhandeni embotshaneni yebhande lokukala?

**Uuhlaza**

**Uphuzi**

**Ubomvu**



#### OKUFANELE UKWENZE:

Uma imaphakathi lengalo engaphezulu yomntwana liwela endaweni ephuzi noma ebomvu, tshela umama womntwana ukuthi kumele ahambise ingane yakhe esikhungweni sezempilo ngokushesha.

### 4. Ezinye izifo nezimpawu eziyingozi:

Ingabe umama ukhathazekile ngokuthi kungenzeka ukuthi umntwana AKAPHILILE ngenxa YANOMA YISIPHI ISIZATHU?

**Yebo**

**Cha**



#### OKUFANELE UKWENZE:

Uma umama ekhathazekile ngengane yakhe NOMA NGABE ISIPHI SONA ISIZATHU kumele ahambise ingane esikhungweni sezempilo ngokushesha.

**Ngabe ingane ike yabanazo izimpawu ezilandelayo zokugula?:**



#### OKUFANELE UKWENZE:

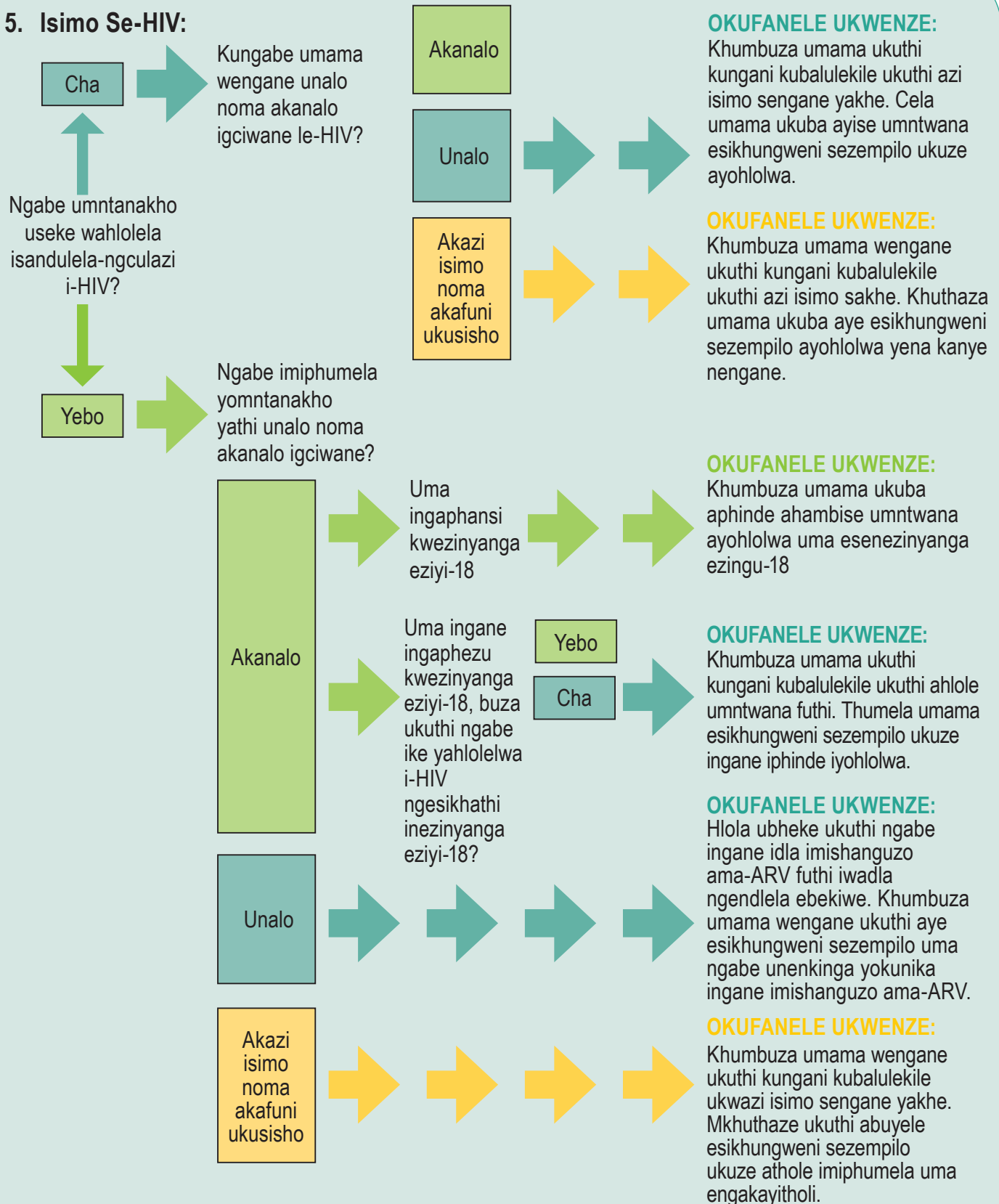
Uma ingane ike yaba nolunye lwalezi zimpawu zokugula, khuthaza umama ukuthi ahambise ingane esikhungweni sezempilo ukuze ihlolwe ngokushesha.

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| • Ayikwazi ukuphuza noma incele ibele .....                                       | <input type="checkbox"/> | • Iyavilapha (iyakhathala) noma iyaquleka .....        | <input type="checkbox"/> |
| • Umntwana akakhali ngendlela enempilo .....                                      | <input type="checkbox"/> | • Isikhumba sinombala ophuzi .....                     | <input type="checkbox"/> |
| • Isikhumba esizungeze inkaba sibomvu futhi sivuvukele .....                      | <input type="checkbox"/> | • Uhudo .....  | <input type="checkbox"/> |
| • Iphalaza konke ekudlile .....   | <input type="checkbox"/> | • Imfiva noma uyabanda kakhulu uma umthinta .....      | <input type="checkbox"/> |
| • Imiqhakanyeko (iyadlikiza) .....  | <input type="checkbox"/> | • Akazange achame namuhla .....                        | <input type="checkbox"/> |
| • Iyakhwehlela noma iphefumula kanzima .....                                      | <input type="checkbox"/> | • Akazange akake namuhla .....                         | <input type="checkbox"/> |
| • Iphefumulela phezulu noma iphefumula kancane kakhulu .....                      | <input type="checkbox"/> | • Umqala oqinile .....                                 | <input type="checkbox"/> |
| • Isifuba sishone phakathi (izimbambo zishona phansi uma ingane iphefumula) ..... | <input type="checkbox"/> | • Ukuqubuka .....                                      | <input type="checkbox"/> |
|   |                          | • Inkinga yendlebe, ibuhlungu noma iphuma ubomvu ..... | <input type="checkbox"/> |
|   |                          | • Isifo samehlo/amehlo akhalayo abomvu .....           | <input type="checkbox"/> |



# INgxenye 3 Impilo Kamama Nengane

### 5. Isimo Se-HIV:



# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.5

Ukunakekelwa  
Kosana Nengane

### Ukudlala Indima Yabathile

**Chazela iqembu ukuthi lokhu okulandelayo isimo abazobe bedlala indima kuso:**

Abazihlukanise ngababili. Omunye umuntu uzodlala indima ye-CCG kuthi omunye adlale indima kamama.

- I-CCG ivakashela umuzi onomntwana onezinyanga ezinhlanu
- I-CCG izoxoxa nomama ngethuluzi Lokuhlonza Impilo Yengane
- I-CCG kumele ikhuthaze umama wengane ukuthi athathe izinyathelo eziphakanyisiwe

### 15. Imaphi amakhono okuba umzali?

Ukuba umzali kuphathelele nokukhulisa abantwana ukuze bakhule babe abantu abadala abanempilo; emzimbeni, emoyeni nasengqondweni. Kuphathelele nokusekela abantwana, ukuba umuntu omuhle nokuphila impilo eyisibonelo kubona. Kuwumsebenzi othatha isikhathi eside, uthando, isineke nokuzinikela.



### Amacebiso Awusizo

Ukuba umzali kunzima, kodwa kunemivuzo eminingi.

### 16. I-CCG ingabasiza kanjani abazali?

I-CCG ingabanika amasu neziluleko ngokuthi bangaba kanjani abazali abalungile:

- Abantwana kumele bafundiswe futhi bakhuthazwe ukuthi bazimele:
  - Khuthaza abantwana ukuthi bazigqokise futhi basize nasendlini ngokubanika imisebenzi emincane okumele bayenze abangakwazi ukuyimela eminyakeni yabo
  - Lokhu kubafundisa ukuthi bakhulume namanye amalunga omndeni wabo bese kubasiza ukuthi babe nokuzethemba okukhulu (bacabange futhi benze ngendlela enhle)
- Abazali kufanele:
  - Baqiniseke ukuthi ingane iya njalo esikhungweni sezempilo lapho kudingeka ukuze iqaphwe ukukhula futhi ithole yonke imigomo
  - Bachithe isikhathi nezingane zabo. Lena ngenye yezingxenye ezibaluleke kakhulu zokuba umzali. Kufanele bakhulume nazo, bafunde nazo izincwadi futhi baphendule imibuzo yezingane. Ukuchitha isikhathi nezingane kusho ukuthi akufanele nje babukele i-TV nazo kuphela
  - Babonise imizwa nomoya omuhle ebantwaneni ngisho noma ngabe izinto zinzima. Lokhu kubasiza ukuthi bafunde ukumelana nobunzima



- Benze isiqiniseko sokuthi ikhaya liphephile kubantwana ukuze bakwazi ukudlala futhi bafunde. Ungagcini izinto eziyingozi endlini ezingalimaza abantwana [bheka iSifundo 2.5 esikhuluma ngokuPhepha eKhaya]
- Babeke imithetho banamathele kuyo. Bonke abantwana badinga ukwazi ukuthi yini abangayenza nengafanele bayenze
- Basize abantwana bakholelwe kubona ngokubakhuthaza ukuthi benze izinto ezifana nokuzigqokisa noma ukuzibopha izintambo zezicathulo
- Bavumele abantwana ukuthi bazenzele izinqumo zabo kusuka ezintweni ezincane isb. iziphi izicathulo okumele bazigqoke. Lokhu kuyobasiza bakwazi ukuzenzela izinqumo ezinkulu ekuphileni esikhathini esizayo
- Nika ukuqguqguzela okuningi nothando. Lokhu kukhulisa ukuzethemba ezinganeni
- Bavikele umntwana kuzo zonke izinhlobo zokuhlukunyezwa [bheka iSifundo 5.8 Ngodlame lasemaKhaya kanye nesifundo 5.10 esikhuluma ngokuHlukunyezwa kwabaNtswana]
- Benze isiqiniseko sokuthi abantwana bayazi ukuthi bangakwazi ukukhuluma nomzali noma ngabe iyiphi inkinga abanayo
- Bangalwi, baphikisane noma bahlukumezane phambi kwengane

### 17. Ukugcina izingane ziphephile

Iqhaza elibaluleke kakhulu lomzali ukugcina ingane iphephile kanye nokuyivikela. Ezinye zezindlela lokhu okungase kwenziwe ngazo yilezi:

- Hambisa ingane esikhungweni sezempilo njalo lapho kufanele iyohlolwa ukuze kuqashwe ukukhula kanye nokuvakasha kwe-*RTHB*
- Qiniseka ukuthi ingane ithola konke ukuhlolwa kwempilo okwenziwa esikoleni
- Sheshe uhambise ingane esikhungweni sezempilo uma ingazizwa kahle
- Thatha izinyathelo ezidingekayo zokuvikela ingane uma ihlala noma ihamba iyovakasha endaweni enomalaleveva [bheka iSifundo 4.15 mayelana noMalaleveva]
- Xoxa nengane ngokungabhemi, ngokungaphuzi utshwala noma ukudla izidakamizwa
- Xoxa nengane futhi ubheke izimpawu zokuhlukunyezwa ezinye izingane
- Xoxa nengane mayelana nokuthi kungani kungafanele ixoxe noma yamukela amaswidi kubantu engabazi
- Xoxa nengane ngokuhlukunyezwa ngokocansi futhi uqiniseke ukuthi iyazi ukuthi kufanele itshele othile emethembayo uma ithintwa ngendlela engafanele
- Gcina indawo ekhaya iphephile ngokugcina izintambo zikagesi zimboziwe; ukubeka umentshisi, uphalafini, imithi nezinye izinto eziyingozi kude lapho izingane zingafinyeleli khona
- Qiniseka ukuthi ingane iboshwe kahle uma isemotweni. Sebenzisa ibhande lesivikelo noma izihlalo zemoto ukuze ugcine ingane iphephile
- Qhamuka nohlelo. Yenza uhlelo lwesimo esiphuthumayo somndeni, njengendawo yokuhlangana lapho bonke kufanele bahlangane khona uma kukhona into engalindelwe eyehlakalayo emndenini noma emphakathini. Lokhu kusiza bobabili abazali nabantwaba ukuthi bazizwe bephephile

# INgxenye 3

## Impilo Kamama Nengane

### Isivivinyo

1. Yini okumele i-CCG iyihlole uma ihlola i-ECD?

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2. Chaza ukuthi kuyini ukugonywa futhi kungani kubalulekile.

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### Isivivinyo Seqembu

Ngamaqoqo, xoxani ngokuthi bangasiza kanjani abazali ukwenza isiqiniseko sokuthi abantwana babo banempilo ngokomzimba nasengqondweni.

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## INgxenye 3 Impilo Kamama Nengane

### Indaba Eyisibonelo

UBusi, i-CCG, uhlangana noGogo Mokoena emhlanganweni wengadi yomphakathi. Ngesikhathi eze kulo mhlango uBusi uxoxa nabo bonke mayelana nokuthi kubaluleke kangakanani ukuba abesifazane abacabanga ukuthi bakhulelwe baye esikhungweni sezempilo bayohlololwa ukukhulelwa ngokushesha nokuthi abesifazane abakhulelwe kufanele banakekelwe kahle ukuze bobabili umama nomntwana babe nempilo.

Ekupheleni kwalo mhlango, uGogo Mokoena utshela uBusi ukuthi uhlala nendodana yakhe yesibili kanye nomakoti wayo uThandi, kanye nezingane zabo ezincane ezimbili enye ineminyaka engu-3 kanti enye ineminyaka engu-7. Kanti futhi indodakazi esiyitshitshi yendodana yakhe endala nayo ihlala nabo. UGogo utshela uBusi ukuthi kungenzeka ukuthi umakoti wakwakhe ukhulelwe.



# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

Fundani le ndaba eyisibonelo, bese nihlukana nibe ngamaqoqo futhi nixoxe ngemibuzo yokuvakasha ngakunye.

1. Yini okungenzeka ukuthi uThandi uyitshela uGogo, eyenza uGogo acabange ukuthi uThandi ukhulelwe?

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2. Lapho ezwa lokhu akutshelwa uGogo, yini uBusi okufanele ahlele ukuyenza manje?

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#### Ukuvakasha 1:

UBusi uthola uThandi kanye nengane encane endlini. UThandi utshela uBusi ukuthi umyeni wakhe usemsebenzini kanti ingane yakhe endala nomshana wakhe basesikoleni.

UBusi utshela uThandi ukuthi baxoxile noGogo Mokoena emhlanganweni futhi uGogo ucabanga ukuthi kungenzeka ukuthi uThandi ukhulelwe. Ucela kuThandi imvume yokuxoxa naye mayelana nokuhlololwa ukukhulelwa. UBusi utshela uThandi ukuthi uzombuza imibuzo ukuze abone ukuthi kufanele yini aye esikhungweni sezempilo ayohlololwa ukukhulelwa.

1. Yiliphi ithuluzi lokuhlonza uBusi okufanele alisebenzise ukuze ahlele ukuthi uThandi kufanele yini ayohlololwa ukukhulelwa esikhungweni sezempilo?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

UThandi utshela uBusi ukuthi ugcine ukuya esikhathini emavikini ama-5 edlule nokuthi akasebenzisi lutho lokuvimbela inzalo.

2. Esebenzisa ithuluzi lokuhlonza kanye nolwazi olungenhla, uBusi kufanele atshele uThandi ukuba enzenjani? Nikeza izizathu zezimpendulo.

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UThandi utshela uBusi ukuthi kunzima ngokwezimali futhi ukhathazekile ngokuthi bangase bangakwazi ukunakekela umndeni wabo uma sekukhona omunye umntwana okufanele bamnakekele.

3. Yiziphi izinto uThandi angakhetha kuzo? Yini uThandi okuyodingeka ayenze ukuze afaneleke?

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4. Ingabe akhona amasiko okufanele awacabangele? Uma kunjalo, yimaphi futhi uBusi angamsiza kanjani uThandi kanye nomkhaya wakhe ukuba banqobe lokhu?

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5. Ubani omunye uThandi angaxoxa naye mayelana nalokhu?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

Okulandelayo, uBusi uxoxa noThandi ngempilo yalaba abanye abantwana ababili.

6. UBusi uyokwazi kanjani ukuthi izingane zinempilo nokuthi zikhula ngokufanele?

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7. Yiziphi usizokalo zezingane ezingatholwa uBusi kulo mphakathi?

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8. Khombisa ukuthi uBusi angalisebenzisa kanjani ithuluzi Lokuhlonza Impilo Yengane enganeni encane.

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UBusi ucela ukubona nekhadi lomgomo (*Road-to-Health Book*) lengane endala. Uphawula ukuthi le ngane ayizange iyithole imigomo yokugcina.

9. Yini uBusi okufanele ayitshela umama mayelana nalokhu?

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10. UBusi kufanele awulandelele nini futhi umkhaya wakaMokoena? Obani okufanele abalandelele futhi yini okufanele ayilandelele kumuntu ngamunye?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

#### Ukuvakasha 2:

UBusi uyabuyela kulo mkhaya. UThandi uyaqinisekisa ukuthi uyile esikhungweni sezempilo nokuthi umsebenzi wezempilo esikhungweni sezempilo umtshale ukuthi usenamasonto ayisi-8 ekhulelwe. Futhi uThandi unqume ukuthi amgcine lo mntwana.

1. Yini uBusi okudingeka ahlole ukuthi uThandi uyenzile yini ngesikhathi esesikhungweni sezempilo?

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2. Kufanele aye kaningi kangakanani uThandi esikhungweni sezempilo?

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3. Yiziphi izimpawu eziyingozi lo mkhaya okufanele uziqaphele?

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UThandi utshela uBusi ukuthi ukhathazekile ngokuthi kungenzeka ukuthi umshana wakhe useqale ukuya ocansini. Ucela uBusi ukuba akhulume nomshana ngokuhlela umndeni.

4. Yiluphi ulwazi mayelana nokuthi kungani kukuhle ukuhlela umndeni uBusi okufanele alutshale umshana?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

5. Umshana kufanele anqume kanjani ekutheni iyiphi indlela yokuhlela umndeni okufanele ayikhethe?

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6. Likhona yini olunye ulwazi olumayelana nokukhulelwa kwentsha uBusi okufanele alutshale umshana? Uma kunjalo, yiluphi lolo lwazi?

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7. UBusi kufanele ahlele ukuwuvakashela nini futhi umkhaya wakwaMokoena? Obani okufanele abalandelele futhi yini okufanele ayilandelele kumuntu ngamunye?

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8. Kufanele lube njani uhlelo lukaBusi oluphelele lokuvakashela kwaMokoena?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

9. Yimaphi amaphuzu abaluleke kakhulu uBusi abezowaxoxa nalo mndeni ekuvakasheni ngakunye?

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#### Ukuvakasha okulandelayo:

UBusi udlula kwaMokoena futhi ngosuku uThandi nomntwana abaphuma ngalo esibhedlela. UBusi ufuna ukubabheka ukuthi banjani. UThandi ukhathazekile ngokuthi umntwana akatholi ubisi olwanele ngokuncela. Ucabanga nokuthi amncelise ubisi lwebhodlela.

1. Yini uBusi okufanele ayisho kuThandi mayelana nokuthi kungani ukuncelisa umntwana ibele kuphela kukuhle nokuthi yini uThandi angayenza ngenkinga yakhe?

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2. Yini enye okungenzeka ivimbela uThandi ukuba afune ukuncelisa? UBusi angamsiza kanjani ukuba anqobe lokhu?

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UBusi ucela uThandi ukuba amkhombise ukuthi umntwana ulincela kanjani ibele.

3. Chaza ukuthi yini uBusi okufanele ayibheke ukuze aqiniseke ukuthi umntwana uncela ngendlela efanele.

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

4. UBusi uqinisekisa kanjani ukuthi umama nomntwana baphila kahle? Yini okufanele ayibheke kubo bobabili?

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5. Yini okufanele ayenze uma ecabanga ukuthi kunenkinga?

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#### Ukuvakasha okulandelayo:

UThandi uyafika futhi ngakusasa ukuze aqiniseke ukuthi uThandi uyakwazi ukuncelisa kahle umntwana. Ngesikhathi elapho, uGogo Mokoena ucela uBusi ukuba abasize bageze umntwana. Bakhathazekile nangokugeza inkaba.

1. Chaza ukuthi yimaphi amasu uBusi angawanika uGogo noThandi mayelana nokugeza umntwana.

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2. Bangayinakekela kanjani inkaba ukuze baqiniseke ukuthi ayingenwa amagciwane?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

#### Ukuvakasha okulandelayo:

UBusi uyabuyela futhi kwaMokoena ngemva kwenyanga.

1. Yini uBusi okufanele ayibheke kumntwana?

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2. Yiluphi ulwazi uBusi okufanele abanike lona mayelana nokuvakashela esikhungweni sezempilo okulandelayo?

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UThandi utshela uBusi ukuthi ukhathazekile ngendlela yokuqhubeka nokuncelisa uma esebuyela emsebenzini. Usebenza kude kakhulu futhi ngeke akwazi ukuza ekhaya phakathi nosuku ukuze azoncelisa umntwana.

3. Chaza ukuthi yini engase yenziwe ukuqinisekisa ukuthi umntwana uncela ubisi lwebele kuphela.

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4. Izinkomishi zokugcina ubisi kufanele zihlanzwe kanjani zibulawe amagciwane?

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# INgxenye 3

## Impilo Kamama Nengane

### Indaba Eyisibonelo

5. Khombisa indlela uBusi angaqapha ngayo ukukhula komntwana ukuze aqinisekise ukuthi umntwana ukhula kahle.

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6. Njenge-CCG esebenza kulo mphakathi, yimaphi amanye amaphuzu noma usizokalo ongaxoxa ngazo ukuze usize abakwaMokoena?

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### OKUHLOSIWE NGALESI SIFUNDO

Isifundo 3.6 sihlose ukukucobelela na ulwazi mayelana noPhila Mntwana namakhono adingekayo ezikhungweni ze Phila Mntwana.

#### Okuqukethwe Yilesi Sifundo

Ekupheleni kwalesi sifundo abafundi kufanele babe nolwazi (oluqondene nezingane ezineminyaka yobudala engaphansi kwengu-5):

- Ukunikeza ukuvikela okuphelele nokuthuthukisa ezempilo ezingeni lomphakathi
- Ukunikeza ubuholi bomphakathi kanye namalungu 'e-War Room' ukuqonda okulula kwesimo sempilo sezingane zewadi, ukuze kuthathwe izinyathelo zokulungisa uma kudingekile
- Ukuqapha isimo sokondliwa nesezempilo
- Ukuhlonza nokudlulisela lezo ezingondlekile kahle, ezinesifo sohudo, i-TB kanye nezinye izimo zempilo ngokushesha
- Ukuhlonza nokudlulisela lezo ezidinga ezinye usizo zeminyango kahulumeni
- Ukuqonda Amathuluzi Okubika kaPhila Mntwana

#### Okuqukethwe Kulesi Sifundo

- Okuqukethwe ngokuphelele u Phila Mntwana
- Ukuhlela Isikhungo sePhila Mntwana
- Indima yakho njenge-CCG esikhungweni sePhila Mntwana
- Amathuluzi Okubika ePhila Mntwana
- Amapheshana olwazi

#### Kutholalalaphi

1. Umgungundlovu Health District, Provincial Child Health and Operation Sukuma Sakhe. Phila Mntwana Implementation Toolkit. KwaZulu-Natal Province. 2013

#### Indima yakho njenge-CCG

Ukuqiniseka ukuthi uyakuqaphela ukukhula nokuthuthuka komntwana; futhi uqaphe *Ibhuku Lendlela Eya Empilweni* ukuze uqiniseke ukuthi ingane ikhula futhi ithuthuka ngendlela eyiyona . Futhi, kufanele ukwazi ukufundisa ngolwazi lwezempilo lokuvikela olufanele esikhungweni sePhila Mntwana ukuze uqinisekise ukuthi umama/umnakekeli uyisa ingane yakhe esikhungweni sezempilo ukuze iyohlolwa. Gcwalisa ibhuku yePhila Mntwana bese uthumela amathuluzi okubika ngomsebenzi owenzile njengoba kudingekile.

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.6

Phila Mntwana

### 1. Okuqukethwe ngokuphelele ngoPhila Mntwana

#### a. Isidingo se Phila Mntwana

Ukuthi 'Phila Mntwana' kusho 'ukuphila komntwana ngendlela efanele'. Izingane eziningi ziyafa ngenxa yokungondleki kahle, uhudo, i-TB, izifo ezihlobene ne-HIV. Ezinye zalezi zingane zishonela ekhaya kanti ezinye eziningi zishonela ezibhedlela. Lokhu kungenxa yokuthi umtholampilo noma isibhedlela sikude noma umama/umnakekeli uphuzile ukufuna ukunakekelwa okusheshayo ngenxa yokungabi nolwazi. Izikhungo zePhila Mntwana zethulwe ukuze zisize ukunqanda ukufa nokugula kwezingane ezingaphansi kweminyaka yobudala engu-5. Isinyathelo sePhila Mntwana sixhumene nama War Rooms ngaphansi kwe-Operation Sukuma Sakhe, uhlelo lukaHulumeni Wesifundazwe. Abanakekeli Bomphakathi bazonikeza usizo lokuvikela nokuthuthukisa ulwazi ezikhungweni zePhila Mntwana; besizwa Imitholampilo Engomahamba-Nendlwana naMathimba Empilo Yomndeni noma kuphi uma kungenzeka khona. Lokhu kuzohlanganisa ukungenelela okusheshayo nokudlulisela izidingo lapho okudingeka khona.



#### b. Zizovulwa nini Izikhungo zePhila Mntwana?

Izikhungo zizovulwa nsukuzonke (uMsombuluko kuya kuLwesihlanu) ukuze kunikezwe ukunakekela okuvikelayo nokuthuthukisayo kuzo zonke izingane ezingaphansi kweminyaka yobudala engu-5 ngisho noma ziphile kahle.



#### Amcebiso Awusizo

Cela umama/umnakekeli ukuba alethe ingane yakhe, engaphansi kweminyaka yobudala engu-5, esikhungweni sePhila Mntwana esiseduze naye ngisho noma iphile kahle.

#### c. Yiluphi usizo olutholakala eziKhungweni?

#### Ukuhlolwa Kwesimo Sokondliwa kweZingane Ezingaphansi Kweminyaka Engu-5

- Ama-CCG umjikelezo wenkonyane (I-MUAC) kuzo zonke izingane ezinezinyanga ezingu-6 – 59. Ukukalwa kwe-MUAC kuzokwenziwa nyanga zonke ukuze kutholwe ukungondleki okubucayi ezinganeni ezinezinyanga ezingu-6 – 59 [Bheka kuSifundo 3.5, Isigaba 6, 7 no-8 esimayelana Nokuqapha Ukukhula]

#### Ukuqapha Ukukhula

- Sebenzisa ishadi lesisindo ngeminyaka eBhukwini Lendlela Eya Empilweni (I-RTHB) ukuze uqiniseke ukuthi ingane ikhula ngokuvumelana nobudala bayo. Uma ingane ingenalo Ibhuku Lendlela Eya Empilweni, dlulisela umama/esikhungweni sezempilo



### Ukubuyiselwa Kwamanzi Emzimbeni Ngokuphuziswa

- Uma ingane inohudo, chazela bese utshengisa umama/umnakekeli indlela yokwenza Ingxube kaShukela-nosawoti (S-S-S)/Ingxube Yokubuyiselwa Kwamanzi Emzimbeni Ngokuphuziswa (I-ORS). Le ngxube kufanele inikezwe ingane kuze kube yilapho umama/umnakekeli esekwazi ukuhambisa ingane esikhungweni sezempilo [Bheka iSifundo 3.5 Isigaba 10D Uhudo ngaphansi kwesigaba samakhambi Asekhaya Ezingane Ezigulayo]

### Ukuncelisa ibele

- Ukukhuthazwa nokufundiswa ngokuncelisa ibele kuphela komama [Bheka iSifundo 3.4, Isigaba 7 Ukufunza Usana]

### Ukugonywa

- Hlola *Ibhuku Lendlela Eya Empilweni* bese ukhumbuza umama/umnakekeli ukuba ahambise ingane esikhungweni sezempilo ukuze igonywe ngokuvumelana Nohlelo Lokugonywa [Bheka iSifundo 3.5, Isigaba 13 Kuyini Ukugonywa, futhi kungani kubalulekile]

### Inhlalakahle

- Nikeza isenezelelo sikaVithamini A ezinganeni ezinobudala obuphakathi kwezinyanga ezingu-12 – 59 futhi kuphindwe njalo ezinyangeni ezingu 6
- Hlola *Ibhuku Lendlela Eya Empilweni* uma ingane kufanele iyokhishwa izikelemu futhi uyidlulisele uma kudingeka ukukhipha izikelemu
- Sebenzisa Ithuluzi Lokuhlola I-TB [Bheka kwi Ngxenyana 4, Isifundo 4.5 kuSigaba 1 iyini i-TB] ukuze kuhlolwe i-TB kumama/umnakekeli futhi kubuzwe ukuthi ukhona yini ekhaya onezimpawu ezibhalwe kuThuluzi Lokuhlola I-TB. Dlulisela umama/umnakekeli kanye nalabo bantu abanezimpawu esikhungweni sezempilo
- Ingane kufanele ihlungelwe i-TB kusetshenziswa Isiliphu Sokudlulisela Sokuhlungelwa Kwengane Isifo Sofuba [Bheka ibhuku lamathulizi ezinsiza zokusebenza, Isigaba D, Ukuhlungelwa Isifo Sofuba] bese udlulisela uma kudingekile. Hlunga ingane uma kukhona noma iliphi ilunga lomndeni/noma umnakekeli onezimpawu zesifo sofuba TB
- Sabalalisa Amakhondomu Abesilisa Nawesifazane [Bheka kwi Ngxenye 4, Isifundo 10 Ukunqandwa kwe-HIV Nezifo zocansi: Indima Yamakhondomu]
- Uhlelo lokuhlolwa nokululekwa olunikezwa esikhungweni sezempilo umsebenzi wezempilo (PICT) – Ukuthunyelwa kwabantwana abanezinyanga eziyishumi nesishiyagalombili nangaphezulu
- Fundisa omama mayelana nokulawula inhlalakahle yezingane zabo
- Zonke izingane ezivakashela Isikhungo sika Phila Mntwana kufanele zibe *neBhuku Lendlela Eya Empilweni* (i-RTHB)



#### Amacebiso Awusizo

Cela umama/umnakekeli ukuba aphaathe *Ibhuku Lendlela Eya Empilweni* lomntwana kukho konke ukuvakasha kwiSikhungo sePhila Mntwana.

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.6

Phila Mntwana

### Izinhlelo zomphakathi

- Ukuqaphwa kwezikhungo zama ECD nenani labantwana ababhalisiwe abaneminyaka ewu 3 – 5
- Ukuhlonzwa nokudluliswa kwezintandane nabantwana abasengcupheni (lokhu kuhlunganisa abantwana abasengozini ngoba kusoleka ukuhlukumezeka/ ukuhlukunyezwa, abantwana abasemakhaya aphelelwe abanye abantwana, abantwana abadinga usizo lokususwa emakhaya abo noma ukutholelwa amanye amakhaya nalabobantwana abakhombisa izimpawu zokunganakekelwa)
- Ukuhlonzwa nokudluliswa kwabantwana abafanele ukuthola isondlo sabantwana
- Ukuhlonzwa nokudluliswa kwabantwana abasolakala/asebaziwa ukuthi banokukhubazeka engqondweni noma emzimbeni



### Amacebiso Awusizo

Buza umama/umnakekeli ukuba alethe ibhuku lendlela yempilo yomntwana njalo uma uya esikhungweni sika Phila Mntwana.

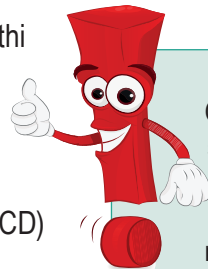


## 2. Ukulungiselela ukusebenza kwesikhungo sePhila Mntwana

### a. Zizotholakala kuphi Izikhungo zePhila Mntwana?

Izikhungo zePhila Mntwana zizoba sezingeni lewadi, okungukuthi eduze nemiphakathi. Indawo Yesikhungo sePHILA MNTWANA izonquywa ubuholi bendawo kwi War Room. Indawo izohlunganisa, kodwa ngeke igcine ngezinto ezilandelayo:

- Ama War Rooms
- Izikhungo zokunakekela abantwana zokuqala (ama-ECD)
- Amaqoqo Ezidlo Zasemini Abantu Abadala
- Nanoma iyiphi indawo ewodini eseduze kwezingane ezingaphansi kweminyaka emihlanu ezikude nomtholampilo noma indlu yempi (war room)



### Amacebiso Awusizo

Qinisekisa ukuthi isikhungo sikaPhila Mntwana sisebenza ngokuxhumana noMthola-mpilo onguMahamba-neNdlwana oseduze neWar Room (kulabo abangasebenzeli e War Room).

### b. Ubani onikeza ngezinhlelo Ezikhungweni zePhila Mntwana?

- UCCG unomsebenzi wokunikezela ngezinhlelo "EZIKHUNGWENI ZEPHILA MNTWANA"
- Ama-CCG azoshintshana maviki onke ukuze kuqinisekwe ukuthi ngaso sonke isikhathi usizo luyatholakala. Kuzoba umsebenzi womphathi wama -CCG/Umlawuli Wezempilo Yomphakathi ukuqinisekisa ukuthi ama CCGs ayashintshana ngokusebenza
- Ama-CCG azolekelelwa Umphathi wama-CCG/Umlawuli Wezempilo Yomphakathi

### c. Ukuxhumana kweThimba LeWar Room ne-OSS

- “ISIKHUNGO sePHILA MNTWANA” siyingxenye ebalulekile yeWar Room
- Ulwazi oluqoqiwe nolutholiwe ngezidingo ezidingekayo nezikeziwe kufanele lube yingxenye yohlelo lwezempilo yophakathi nemihlangano yase War Room
- Umlawuli WeWar Room kanye neKhansela Lesigceme Sendawo kufanele banikezwe imibiko emayelana nesimo sempilo sezingane zomphakathi emihlanganweni yePhila Mntwana
- Amashadi asodongeni kufanele abuyekwezwe futhi kuxoxwe ngawo kuleli zinga. Lawa mashadi kufanele ahlahle indlela ukuthi yikuphi ukungenelela okudingekile

### d. Yiziphi usizo ezidingekayo?

- Imininingwane yezinombolo, zocingo namakheli ezinhlelo ezisemqoka zokudlulisel
- Amatafula
- Izihlalo
- Amakhabethe ensimbi (ukugcinwa kolwazi ngesiguli)
- Amatheyiphu e-MUAC
- Intambo enganwebeki (obude obungu-50cm, umjikelezo wenkonyane)
- Izenezelo zikaVithamini A (200 000 iu)
- Amathuluzi okubhala nokubika nsuku zonke, maviki onke kanye nezinyanga zonke (amashidi amanani)
- Umbhalo wePhila Mntwana (ibhuku lokubhala)
- Ibhuku lemfundo yempilo (ibhuku lokubhala)
- Ibhuku lelogi (lokubhala bonke abafikile esikhungweni)
- Ishadi Lomnyango Wokuqapha Ukukhula
- Ingxube Kashukela Nosawoti/amaphakeshana e-ORS
- Isitsha esingenalutho esiyiLitha (noma yini isb: ibhodlela lejusi eliyilitha, njll)
- Amaphosta: Amaphosta emfundo omama kanye namaphosta okuqaphelisa ePhila Mntwana anikeza ulwazi mayelana nePhila Mntwana nezinhlelo ezinikezwa Ezikhungweni zePhila Mntwana.
- Amabhukwana e-IEC: Amabhukwana aqondene neminyaka ethile afundisa omama/abanakekeli mayelana nokugoma, i-HIV, ukondla, izigaba zokukhula nezimpawu eziyingozi okufanele ziqashelwe, kanye namabhukwana athile aqondene nayo yonke iminyaka amayelana nokulawulwa kwe-TB nohudo kuwo wonke amaqoqo [Bona Isigaba 4 (o): Imfundo Edingekayo Inikeziwe]
- Amathuluzi okulawula (Yonke imihlahlandlela, amasheduli okuqeqesha, izincwadi zokudlulisela, ukurekhoda kwe-CCG namathuluzi okubika)
- Izikali zesisindo sengane (lapho zidingeka khona)
- Amakhondomu (abesilisa nabesifazane)
- amakani okufaka amakhodomu
- Umfanekiso wesitho sangasese sowesilisa nowesifazane
- Isifutho sezandla sokususa amagciwane
- Izinto zokubhala (amapeni, imisizi, amarula, izisusi, izikele, okokubhala kwenze izimpawu ezibomvu, eziluhlaza neziphuzi; kanye nezinto zokunamathisela izimpawu endlini yempi (War room))
- Izinto ezisetshenziswayo ezizotholakala esikhungweni sezempilo (iphepha langasese, amaphepha okokwesula izandla, insipho, amaglavu, isampula lebhuku Lendlela eya empilweni-RTHB)
- Amashidi olwazi
- Amagrafu
- Amashidi afingqiwe eSonto nenyanga

# INgxenye 3

## Impilo Kamama Nengane

# 3

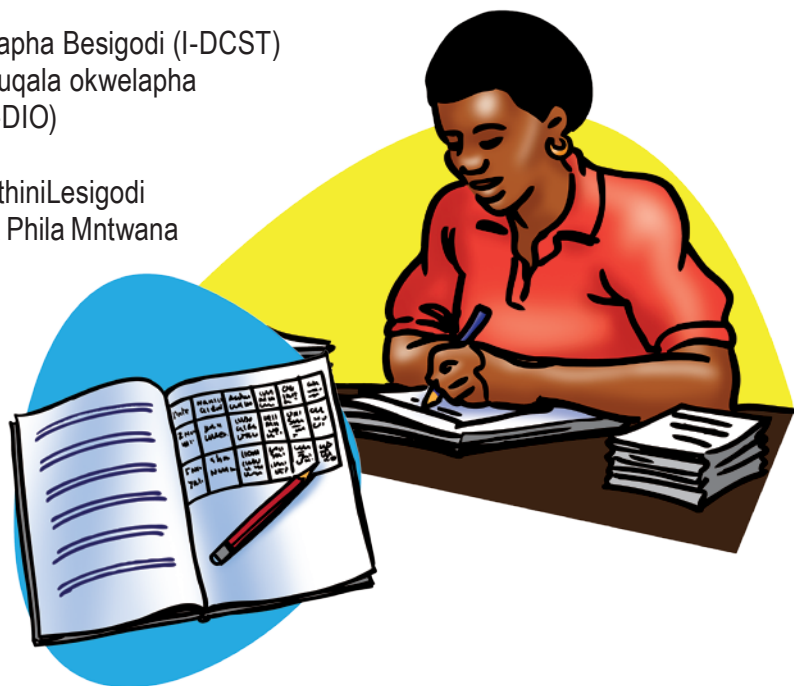
## Isifundo 3.6

Phila Mntwana

Kuye ngendawo Yezikhungo zePhila Mntwana, izingxenye ezihlukahlukene zinikezwe umsebenzi wokunikeza usizo, ngokwesibonelo, uma sitholakala Esikhungweni sokuthuthukisa Komntwana sokuqala, kuzoba Umnyango Wezokuthuthukiswa komphakathi noMnyango Wezemfundo onikeza usizo. Ngezikhungo zePhila Mntwana ezitholakala kuma endlini yempi (war room) omasipala banomthwalo wokunikeza usizo, njll. Umthwalo omkhulu wokuqinisekisa ukuthi izikhungo zePhila Mntwana zinezinsiza ezanele uzoba ngowomphathi wama-CCG/ Umlawuli Wezemfundo Yomphakathi.

### e. Obani abatholakala kuPhila Mntwana?

- Ama-CCG azoba nomthwalo wokunikeza usizo Ezikhungweni zePhila Mntwana
- Abaphathi be-CCG nabaLawuli Bezempilo Yomphakathi (ama-CHF) azophatha futhi aqaphe imisebenzi eyenziwa ama-CCG
- Amathimba Empilo Yomndeni (Ama-FHT) ahlanganisa Umhlengikazi Oqeqeshiwe (I-PN) Nomhlengikazi Obhalisiwe (I-EN) azosekela ama-CCG kuyo yonke imisebenzi yePhila Mntwana noma kuphi lapho ekhona
- Umphathi wasesikhungweni sezempilo uzokwengamela ukusebenza kwama-FHT futhi asebenze nama-CHF kanye nomele ezempilo kwi War Room ukuze kuhlelwe ukungenelela kokusingatha izidingo
- Ithimba elijutshiwe lasendlini yempi (war room) lizoqhuba imihlangano yamaviki onke futhi libuyekeze imibiko esuka Ezikhungweni zePhila Mntwana, lenze uhlelo lwesinyathelo sezinsalelo futhi liphawule ngezimo ezidinga ukungenelelwa
- Ezingeni Lesifunda, kunababambiqhaza abahlukahlukene ababhekelele ukulawulwa kwempilo Yomntwana. Lezi zihlanganisa izikhundla ezilandelayo:
  - Umxhumanisi wempilo Kamama Womntwana Nowempilo Yowesifazane (I-MCWH)
  - Ithimba Lochwepheshe Bokwelapha Besigodi (I-DCST)
  - Umxhumanisi osemazingeni okuqala okwelapha
  - Umlawuli Wolwazi Lwesigodi (I-DIO)
  - Udokotela Wokudla
  - Ithimba Lokufinyelela Emphakathini Lesigodi
  - Ithimba elijutshiwe Lesigodi sika Phila Mntwana



# INgxenye 3 Impilo Kamama Nengane

### 3. Indima yakho njenge-CCG kwiSikhungo sePhila Mntwana

#### a. Yamukela umama/umnakekeli nengane esikhungweni sika Phila Mntwana

- Qopha usuku esikhaleni sokuqala ebhukwini lika Phila Mntwana (Usuku (usuku/inyanga/unyaka)
- Bhala amagama akho ngokufinqiwe (initial) esikhaleni sesibili yesibili (Ama-inishiyeli e-CCG)
- Bhala igama lengane nesibongo esikhaleni sesithathu
- Bhala usuku lokuzalwa lwengane (usuku/inyanga/unyaka) esikhaleni sesine
- Bhala ubulili bengane (umfana/intombazane) esikhaleni sesihlanu
- Qopha igama likamama/umnakekeli kanye neminingwane yokuxhumana kwikholomu ka 6 yo Mbhalo wePhila Mntwana

#### Ibhuku lePhila Mntwana

Isifunda: ..... Isifunda esincane: .....

Inombolo yeWadi: ..... Igama le-CCG: .....

	Usuku (usuku/ inyanga/unyaka)	Igama elinqanyulelwe lika nompilo	Igama nesibongo sengane (gcwalisa zonke izingane)	Usuku lokuzalwa (usuku/inyanga/unyaka)	Ubulili (isiisa/isifazane)	Imininingwane yokuxhumana kamama noma yomnakekeli (Igama nesigodi nenombolo yocingo)
1						
2						
3						

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

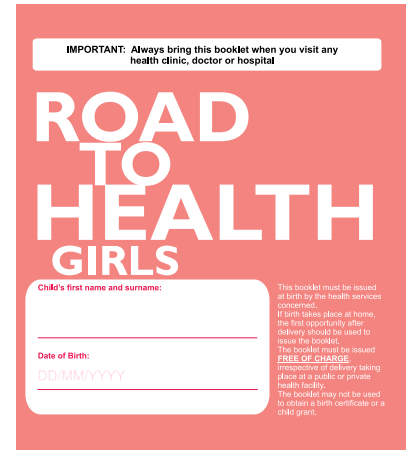
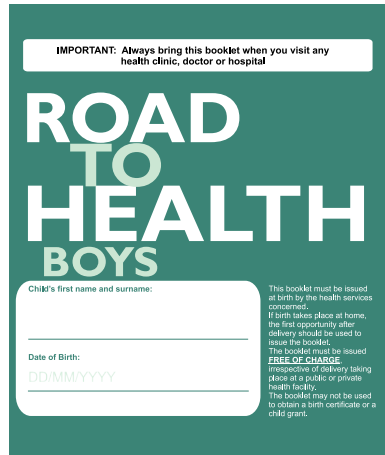
### b. Buyekeza *Ibhuku Lendlela Eya Empilweni* leNgane (I-RTHB)

#### *Ibhuku Lendlela Eya Empilweni*

Zonke izingane zinikezwa *Ibhuku Lendlela Eya Empilweni* ngesikhathi zizalwa noma ekuhlanganeni kokuqala nohlelo lokunakekelwa kwezempilo ngemva kokuzalwa. I-RTHB iphathwa umama/umnakekeli, okufanele alilethe kukho konke ukuvakasha kwezempilo. Izisebenzi zezempilo okuhlanganisa ama-CCG kufanele zisebenzise i-RTHB ukuze zisize omama/abanakekeli bezempilo bazuze ukuqonda okungcono kwempilo yengane nezidingo zokunakekelwe kwempilo. Ngakho ke, kubalulekile ukuchaza, ukuxoxa nokubuyekeza ulwazi oluku-RTHB nomama/nabanakekeli.

*Ibhuku Lendlela Eya Empilweni* liphinde futhi libe ithuluzi elibalulekile lokuqapha ukunakekelwa okusezingeni eliphakeme lezingane nokuqopha ulwazi olubalulekile, okuhlanganisa okulandelayo:

- Isimo sokondliwa
- Ukukhula nokuthuthuka
- Imigomo
- Isenezelo sikaVithamini A
- Ukukhipha izikelemu
- Isimo se-TB
- I-PMTCT (Ukunqandwa Kokudluliswa Kwesifo Sisuka Kumama Siya Enganeni)
- Ukuhlololwa i-HIV
- Ukuhlololwa ukubona nokuzwa
- Ukufunzwa kosana nengane esencane
- Amarekhodi okungeniswa esibhedlela nokuvakasha



#### Amacebiso Awusizo

- Cela umama/umnakekeli *Ibhuku Lendlela Eya Empilweni* lengane (i-RTHB)
- Hlola ukuthi i-RTHB yeNgane iphelele nokuthi lonke ulwazi lokuhlala kwabantu olubalulekile ekhasini 4 le-RTHB lugwalisiwe yini
- Uma Ingane engaphansi kweminyaka engu-5 ubudala ingenayo i-RTHB (isb. uma i-RTHB ilahlekile noma ingakhishwanga umtholampilo), dlulisela ingane esikhungweni sezempilo osezuzwe
- Gcizelela ukubaluleka kokugcina i-RTHB iphephile kanye nokuyiletha kukho konke ukuvakasha kwasesikhungweni sezempilo nokuvakasha kwasePhila Mntwana

# INgxenye 3

## Impilo Kamama Nengane

4

DETAILS OF CHILD AND FAMILY (To be completed at birth)	
Child's first name and surname: _____	
Child's ID number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Mother's ID number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Date of birth dd / mm / yyyy	Name of facility where child was born:
Child's residential address:	
Mother's name:	Mother's birth date:
Father's name:	Who does the child live with?
How many children has the mother had (including this child?)	
Number born (including stillbirths) <input type="text"/>	Reason(s) for death(s):
Number alive now <input type="text"/>	Date information given: / / / dd mm yyyy
<b>Child in need of special care (mark with X)</b> (Complete at delivery or at first contact with health services)	
Is the baby a twin, triplet, etc? <input type="checkbox"/> Yes <input type="checkbox"/> No	Does the mother need additional support to care for the child? (Specify) <input type="checkbox"/> Yes <input type="checkbox"/> No
Any disability present (including birth defects?) (Specify) <input type="checkbox"/> Yes <input type="checkbox"/> No	Other: (Specify)

ROAD TO HEALTH

# INgxenye 3

## Impilo Kamama Nengane

3 Isifundo 3.6  
Phila Mntwana

### Ukondleka kahle

Ezinganeni ezinezinyanga ezingu-6 kuya kwezineminyaka engu-5, thatha isikali se-MUAC ngokuvumelana nenqubo eyiyo ngendlela elandelayo:

### Ukukala Kwetheyiphu Ye-MUAC

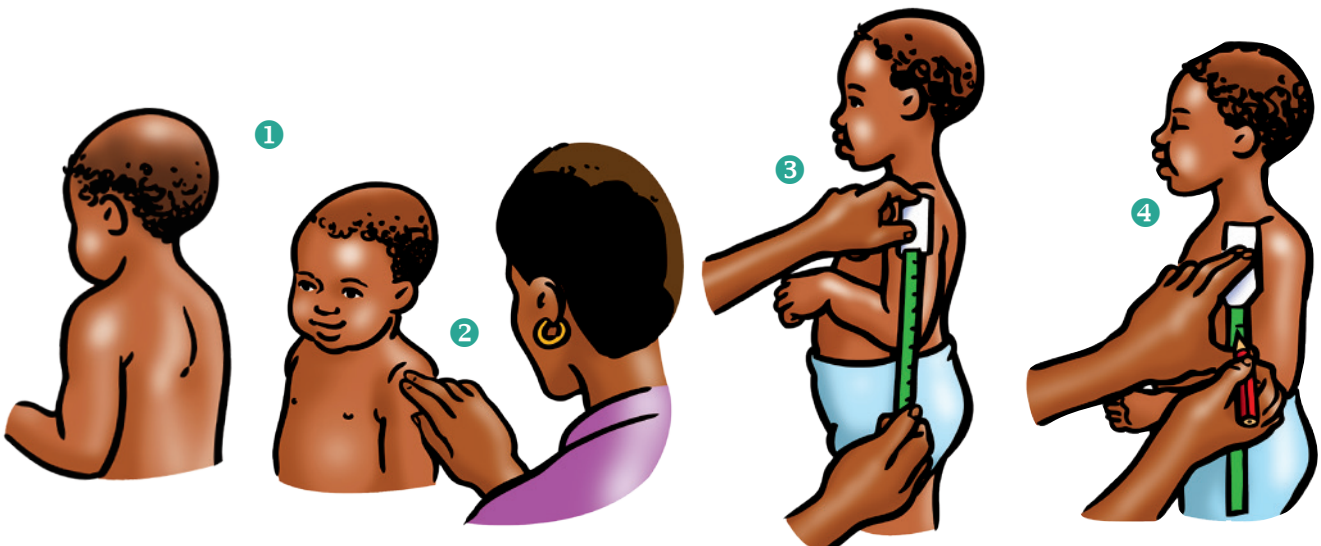
Ngetheyiphu enemibala emithathu elula (obomvu, oliphuzi, oluhlaza okotshani), hambisa isiphetho esikhaleni sokuqala bese uya esikhaleni sesibili. Funda umbala obonakala efasiteleni endaweni lapho imicibisholo emibili ibonisa khona.

### Itheyiphu ye-MUAC enemibala emithathu elula



### Indlela yokukala i-MUAC?

1. I-MUAC njalo ithathwa engalweni yesokunxele
2. Thola indawo emaphakathi yengalo yesokunxele engenhla yengane; lokhu kuphakathi
3. Kala ubude bengalo yesokunxele yengane, phakathi kwethambo elingenhla kwehlombe kanye nechopho lendololwane (ingalo yengane kufanele ibe igobile)
4. Thola indawo ephakathi nendawo yangenhla kwengalo bese wenza uphawu ngepeni. Kunconywa ukuthi kusetshenziswe intambo esikhundleni setheyiphu ye-MUAC ukuze kutholwe indawo ephakathi nendawo
5. Ingalo yengane kufanele yenziwe ikhululeke, ilenge eceleni komzimba wayo





# INgxenye 3 Impilo Kamama Nengane

6. Bopha itheyiphu ye-MUAC engalweni yengane, ngendlela yokuthi yonke ithintane nesikhumba sengane. Akufanele iqine kakhulu noma ixege kakhulu

### Incazelo ye-MUAC



Ukuqina okufanele



Ukuqina kuqine kakhulu



Ukuqina kuthambe kakhulu

#### Ingane ekhula kahle

##### KUHLE

Uma kutholakala ukuthi ingane ine-MUAC ethi  $\geq 12.5\text{cm}$ , ncoma umnakekeli wezempilo futhi umtshale ukuba aqhubeke nomsebenzi omuhle. Buza ukuthi "Uyondla kanjani ingane?" futhi unikeze iseluleko uma kunenkinga ehlobene nokondliwa.

#### Ingane Enokungondleki Kahle Okubucayi Okusesilinganisweni (i-MAM)

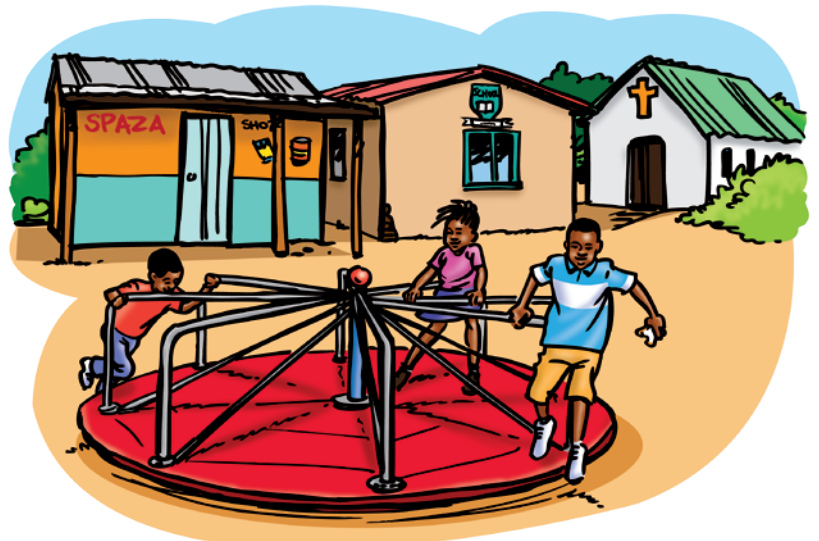
##### INGOZI

Uma ingane ine-MUAC ephakathi kuka- $11.5$  no- $12.4\text{ cm}$ , ingane iphethwe i-MAM. Dlulisela ingane esikhungweni sezempilo wendawo nencwadi yokudlulisela ye-CCG. Ingane kufanele iyiswe esibhedlela phakathi kwamahora angu-24.

#### Ingane ephethwe Ukungondleki Kahle Okubucayi Kakhulu (i-SAM)

##### INGOZI ENKULU KAKHULU

Uma ingane ine-MUAC ethi  $< 11.5\text{cm}$ , ingane iphethwe i-SAM. Dlulisela noma hambisa ingane esikhungweni sezempilo wendawo ukuze kwenziwe ukuhlolwa kwezempilo okuphuthumayo bese uchazela umama/umnakekeli ukuthi kungani kubalulekile.



# INgxenye 3

## Impilo Kamama Nengane

- Bhala isimo seMUAC kwi bhuku le Phila Mntwana. Uma ingane isombaleni oluhlaza (ayitshengisi isimo sokungondleki esibucayi), faka (✓) ku MUAC oluhlaza bese uyamncoma umnakekeli wengane. Uma ingane isombaleni ophuzi (Ukungondleki okuphakathi okungekubi kakhulu (MAM), faka u (X) kuMUAC ophuzi. Uma ingane iku MUAC obomvu uUkungondleki (ukungondleki okudlulele nokuyingozi -SAM), faka u (X) ku MUAC obomvu. Faka u(-) kumakholomu angasetshenziwe

Isifunda: ..... Isifunda esincane: .....

Inombolo yeWadi: ..... Igama le-CCG: .....

UKONDLEKA			UKUBALA AMAKHANDA						IZINHLELO ZOMPHAKATHI			OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelelu	Ukuhlelela ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminyane iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

- Bhala umbiko wengane weMUAC ekhasini 19 eBhukwini Lendlela Yempilo

MID-UPPER ARM CIRCUMFERENCE (MUAC) (Every 3 months)							
Date of visit	MUAC	Date of visit	MUAC	Date of visit	MUAC	Date of visit	MUAC
<b>&lt; 11.5 cm indicates severe acute malnutrition (REFER urgently)</b> <b>≥11.5 &lt; 12.5 cm indicates moderate acute malnutrition (Manage as in IMCI guide-lines)</b>							
HOSPITAL ADMISSIONS							
Hospital name	Admission number	Date of admission dd/mm/yyyy	Date of discharge dd/mm/yyyy	Discharge diagnosis			
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- Bhala isimo seMUAC sewadi esifingqiwe seSonto noma seNyanga egrafini. Gcwalisa izikhala ezinemibala ehambisana nesimo sengane seMUAC (isib. Uma ingane isendimeni eluhlaza, gcwalisa isikhala esiluhlaza). Landela uhla lwezombolo ngokombala uqale ngesikhala sokuqala, ngakwesokunxele ezansi ngakwesokunxele bese ubhala ugcwalisa kuze kufike ekupheleni komugqa. Uma umugqa wokuqala usugcwele, dlulela emgqeni wesibili. Gcwalisa isikhala esisodwa ngengane
- Dlulisela ingane esikhungweni sezempilo ngaphandle kokuchitha isikhathi uma ingane isendimeni ebomvu; noma angakapheli amahora angamashumi amabili nane (24) uma isendimeni ephuzi. Thumela ingane eMnyangweni Wezenhlalakahle ukuze benze ucwaningo oluphelele



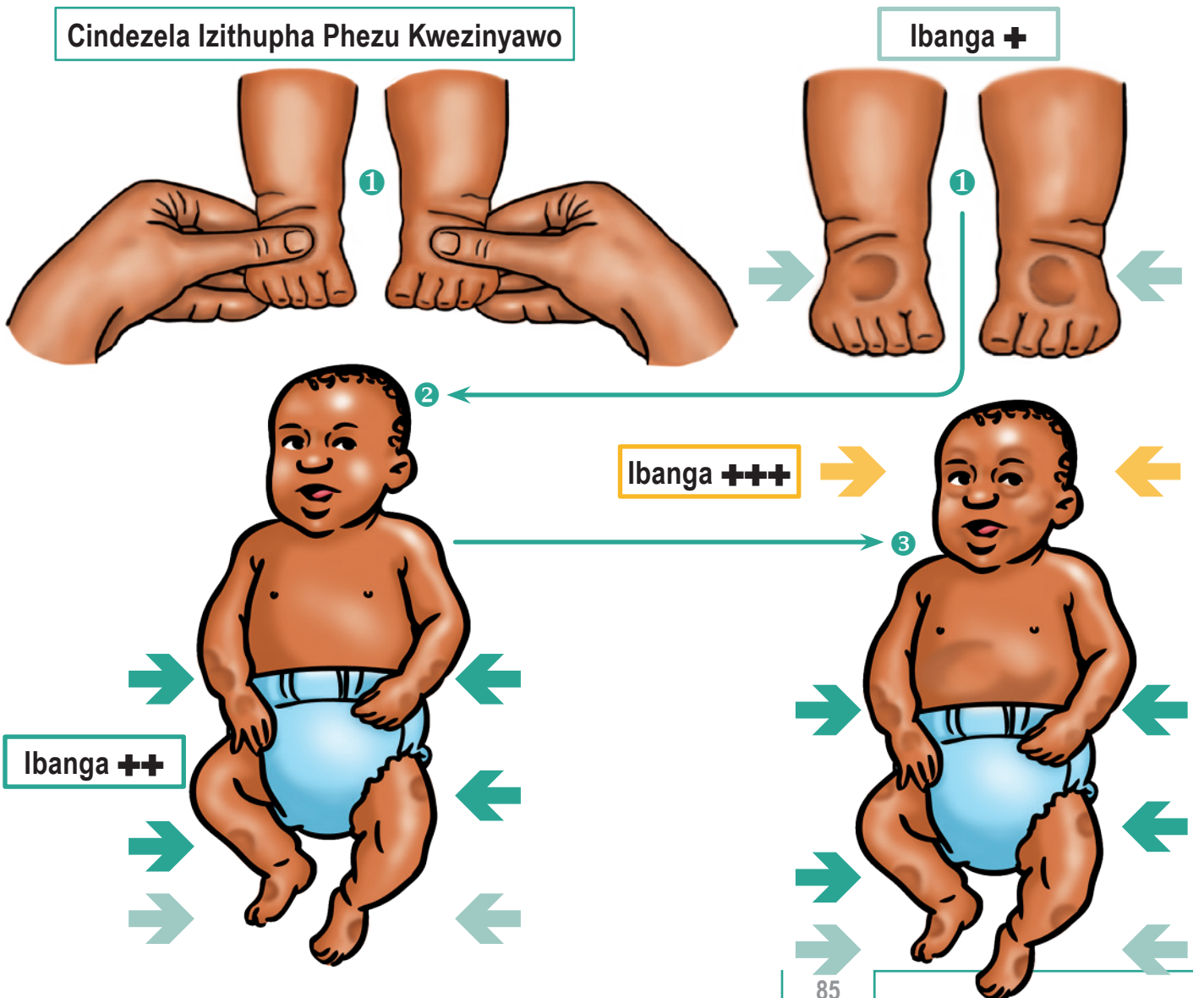
# INgxenye 3 Impilo Kamama Nengane

### Ukuvuvuka okunokufocoka kwezinyawo zombili: Indlela yokubheka futhi uzwe i-oedema (ukuvuvukala) kwazo zombili izinyawo

Ukuhlola i-Bilateral Pitting Oedema kufanele kwenziwe njalo. I-Oedema esonyaweni olulodwa kuphela ayihlobene nokungondleki kahle. Nokho uma ukuvuvukala kutholakala kuzo zombili izinyawo, kungenzeka kuhlobene ne-Kwashiokor ewuhlobo lokungondleki kahle okubucayi. I-Kwashiokor iwuhlobo oluvamile nolusabalele kakhulu lwesifo sokungondleki emazweni asathuthuka. Iwuhlobo lokungondleki kahle olubangelwa ukungawatholi amaphrotheni anele ekudleni. Ayibonakali ngokuzaca okuvamile okubonakala kwi-Marasmus. Ngakho ukuhlola ukuvuvuka kwezinyawo zombili kubaluleke kakhulu ukuze kutholwe i-Kwashiokor.

### Indlela Yokuhlola i-Bilateral Pitting Oedema

Isinyathelo ① Bamba izinyawo zengane bese ucindezela izithupha zakho phezu kwazo zombili izinyawo. Bala uze ufike ku-3 bese uphakamisa izithupha zakho. Uma kungabonakali umgodi noma uma kubonakala umgodi onyaweni olulodwa kuphela, ingane ayinayo i-Bilateral Pitting Oedema. Uma kubonakala umgodi ezinyaweni zombili, iya kuSinyathelo ②



# INgxenye 3

## Impilo Kamama Nengane

3 Isifundo 3.6  
Phila Mntwana

2 Qhubeka wenza ukuhlola okufanayo emilenzeni engezansi, izandla nezingalo ezingezansi. Uma ungekho umgodi ovela kulezi zindawo, kusho ukuthi ingane iphethwe (ibanga+) i-bilateral pitting oedema engekho bucayi. (I-bilateral pitting oedema engekho bucayi ibonakala kuphela ezinyaweni.) Uma kuvela umgodi kulezi zindawo, iya kuSinyathelo 3

3 Bheka ukuvuvukala ebusweni, ikakhulukazi ngasemehlweni. Uma kungekho ukuvuvukala ebusweni, kusho ukuthi ingane iphethwe (ibanga++) i-bilateral pitting oedema esesilinganisweni. Uma kuvela ukuvuvukala ebusweni, kusho ukuthi ingane iphethwe (ibanga+++ ) i-bilateral pitting oedema ebucayi.

4 Uma ingane iphethwe i-oedema, thola umuntu wesibili ukuthi aphinde ukuhlola ukuze kuqinisekiswa imiphumela. Izingane eziphethwe i-Bilateral Oedema kufanele zidluliselwe ngokushesha esikhungweni sezempilo oseduze. Uma ingane idinga udluliselwa esikhungweni sezempilo, rekhoda ukuthi ingane iphethwe i-bilateral pitting oedema Kwezinye Izizathu Kukholomu Yokudlulisela kuMbhalo we-Phila Mntwana.

### c. Ukuqapha Ukukhula

#### Kuyini Ukuqapha Ukukhula futhi Kungani Kubalulekile?

Ukuqapha ukukhula, kumayelana nokuhlola ukuthi ingane ikhula futhi ithuthuka ngendlela efanele yini ibonise ukunyuka kobude, isisindo, nokuthuthuka. Isilinganiso esifanele sokukhula siyinkomba yesimo sonkondliwa esihle ezinganeni; izidingo zokukhula zingase zibeyizinkomba zezidingo zempilo ebucayi kanye/noma ezingamahlalakhona. Ukuqapha ukukhula kunikeza ithuba umsebenzi wezempilo ukuba angenele ukuze kunqandwe izidingo zokukhula ezibucayi. Ukulandelela ukukhula kwengane kuyindlela elula kakhulu yokuqapha isimo sempilo sengane, kanye nendlela yokuthola ukungondleki kahle ngaphambi kokuba kube bucayi. Izingane ezinempilo zikhula ngokushesha eminyakeni yazo yokuqala, futhi ukuhluleka ukukhula kuwuphawu lokuqala lokungondleki kahle. Ukuqapha Ukukhula kungase futhi kusetshenziswe ukuze kuhlonzwe futhi kudluliselwe ezinye izidingo zempilo ezinganeni ezingaphansi kweminyaka yobudala engu-5. Lokhu kuzobe sekuba nomthelela wokunciphisa izinga lokufa kwabangaphansi kweminyaka engu-5 (Umgomo Wokuthuthukiswa Kwekhulu Leminyaka wesi- 4).



1. Hlola ukukhula kwengane engaphansi kweminyaka engu-5 kusetshenziswa ishadi leminyaka ngesisindo. Isimo sonkondliwa kufanele sihlolwe kusetshenziswa amashadi obude ngeminyaka, kanye nesisindo ngobude ku-RTHB
2. Isisindo: Uma ingane ingaphansi konyaka , kufanele ikalwe nyanga zonke. Uma ingane ineminyaka ephakathi kweminyaka engu-1 – 2, kufanele ikalwe njalo ezinyangeni ezingu-2. Uma ingane ineminyaka ephakathi kweminyaka engu-2 – 5, kufanele ikalwe njalo ezinyangeni ezingu-6. Uma ingane ingakaliwe ngokuvumelana nale sheduli, dlulisela ingane esikhungweni sezempilo ukuze ihlolwe isisindo
3. Ubude/ukuphakama: Ubude/ukuphakama kwengane kufanele kukalwe umhlengikazi esikhungweni sezempilo njalo ezinyangeni ezingu-6. Uma ingane ingazange ikalwe ngokuvumelana nale sheduli, dlulisela ingane esikhungweni sezempilo ukuze ikalwe

# INgxenye 3

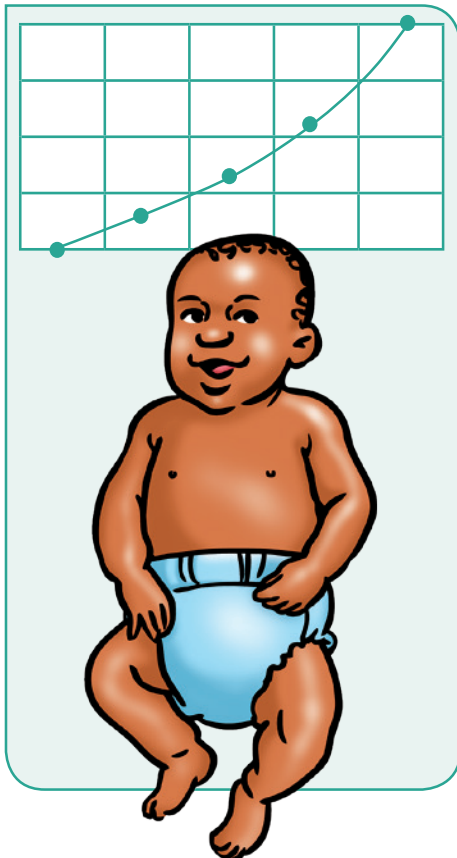
## Impilo Kamama Nengane

### Amacebiso Awusizo



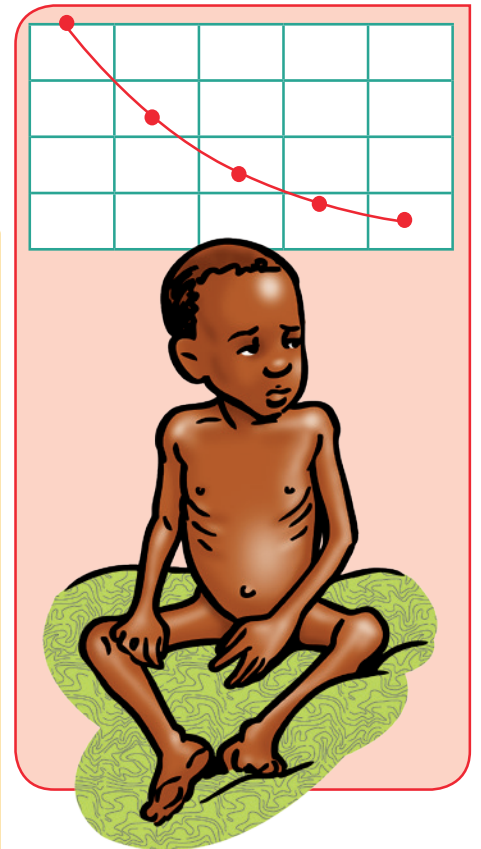
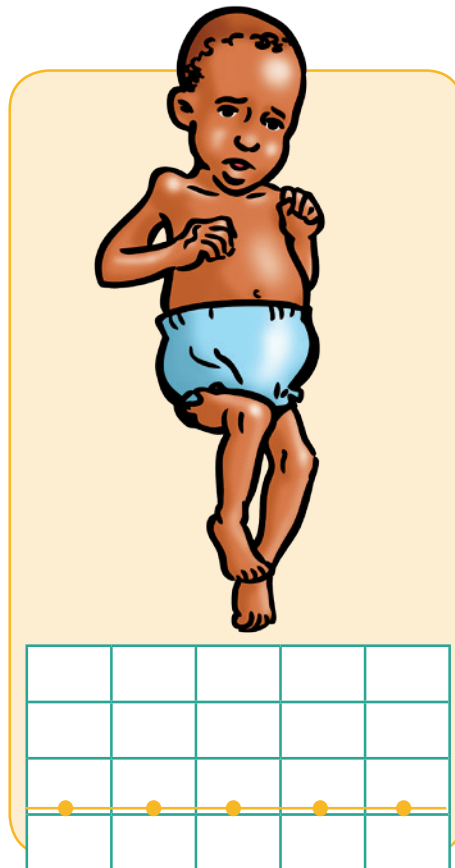
#### UKUQONDA ISHADI LOKUKHULA:

Lapho ingane ingazange ibe nesisindo esanele, kuboniswa ngekhevu eyisicaba kushadi lokukhula elirekhodiwe, lengane kufanele idluliselwe esikhungweni sezempilo wendawo nencwadi yokudlulisela ye-CCG engakapheli amahora angu-24. Uma ingane inesisindo esingaphansi kwaleso esilindelekile noma ingane inekhevu ebheke ezansi kushadi lokukhula, bhala incwadi yokudlulisela okuphuthumayo nokusheshayo eya esikhungweni sezempilo osezuze.



**KUHLE:** kusho ukuthi ingane ikhula kakhle

#### INGOZI: thola ukuthi kungani bese uthola iseluleko



**INGOZI KAKHULU:** kungenzeka igula kakhulu, idinga ukunakekelwa okwengeziwe

4. Isisindo ngobude/ukuphakama: Isisindo ngobude/ukuphakama sengane kufanele sihlolwe kukho konke ukuvakashelwa ngumhlengikazi esikhungweni sezempilo
5. Dlulisela ingane esikhungweni sezempilo uma lawa mashadi engenalo ulwazi oluphelele noma uma ingane:
  - Inesisindo esingaphansi ngokweminyaka yayo
  - Ukungakhuli
  - Ukuba buthakathaka

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

- Uma ingane ikhula kahle, inawo wonke amashadi angu-3 akalwe ngokuvumelana nohlelo olushiwo ngenhla, faka okuthi (✓) kukholomu Yokuqapha Ukukhula
- Uma ingane idinga ukwedluliselwa esikhungweni sezempilo faka uphawu (X) esikhaleni somnyango wezempilo ebhukwini lika Phila Mntwana

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane olihlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Ungomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### d. Isenezelo sikaVithamini A

**QAPHELA.** Ama-CCG angazange aqeqeshwe kufanele adluliselwe uqeqesho uMphathi wama-CCG noma ama-CHF ngaphambi kokunikeza usizo Ezikhungweni zePhila Mntwana.



#### Amacebiso Awusizo

Ukuqeqeshwa kwama-CCG ukuze asebenzise uVithamini A kuwuhlelo oluqhubekayo. Yazisa Umphathi/I-CHF wakho uma ungaqeqeshiwe.

- Zonke izingane eziphakathi kwezinyanga ezingu-6 – 59 zidinga ukunikezwa isilinganiso sikaVithamini A esihambisana neminyaka njalo ngemuva kwezinyanga ezingu-6
- Hlola i-RTHB yengane kukhasi 9 (bona ngezansi). Hlola ukuthi ingane igcine nini ukunikezwa isilinganiso sikaVithamini A
- Uma ingane inezinyanga ezingu-6 – 11, futhi uVithamini A ingazange inikezwe ngokwedlule dlulisela ingane esikhungweni sezempilo osezude bese ubeka okuthi (X) esikhaleni sika Vithamini A ebhukwini



#### Amacebiso Awusizo

Ama-CCG awavunyelwe ukuba anikeze izingane ezingaphansi kobudala bezinyanga ezingu-12 uVithamini A.





VITAMIN A SUPPLEMENTATION							
	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature	
200 000 IU Mother at delivery (not later than 6- 8 weeks)		/ /					
100 000 IU	6 mths	/ /					
200 000 IU every 6 months	12 mths	/ /		42 mths	/ /		
	18 mths	/ /		48 mths	/ /		
	24 mths	/ /		54 mths	/ /		
	30 mths	/ /		60 mths	/ /		
	36 mths	/ /					
ADDITIONAL DOSES:							
<p>For conditions such as measles, severe malnutrition, xerophthalmia and persistent diarrhoea. Omit if dose has been given in last month. Measles and xerophthalmia: Give one dose daily for two consecutive days. Record the reason and dose given below.</p>							
Date	Dose given	Reason	Signature	Date	Dose given	Reason	Signature
DEWORMING TREATMENT (Mebendazole or Albendazole)							
Dose	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature	
	12 mths	/ /		18 mths	/ /		
	24 mths	/ /		48 mths	/ /		
	30 mths	/ /		54 mths	/ /		
	36 mths	/ /		60 mths	/ /		
	42 mths	/ /					

# INgxenye 3

## Impilo Kamama Nengane

- Uma ingane inezinyanga ezingu-12 – 59 futhi iye yaphuthelwa isilinganiso esifanele sikaVithamini A sezinyanga ezingu-6, nikeza ingane isilinganiso esifanele sikaVithamini A eSikhungweni sePhila Mntwana. Bhala usuku iVitamin A elinikezwe ngalo le ngane ku-RTHB
- Uma unikeze ingane isilinganiso sikaVithamini A, beka okuthi (✓) esikhaleni kaVithamini A Bhuku wePhila Mntwana
- Uma ingane ingazange idinge isilinganiso sikaVithamini A, faka okuthi (–) kukholomu kaVithamini A

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelelu	Ukuhlelela ukukhula	ukubhalisela ukuza lwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### e. Ukondla Usana

- Ngezingane ezingaphansi kobudala bezinyanga ezingu-6, hlola ukuthi ziceliswa ibele kuphela (ukuthi azinikezwa nhlobo ifomula/ukudla okuqinile)
- Nikeza umama/umnakekeli imilayezo yokondla efanele ngokuvumelana nobudala bengane (Bheka ku-RTHB)
- Dlulisela izingane ezinezinkinga zokondliwa esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sokondla usana ebhukwini lePhila Mntwana
- Uma ingane ibingadingi ukudluliselwa, kodwa umnakekeli welulekwa ngokondla, faka okuthi (✓) esikhaleni sokondla Usana ebhukwini lika Phila Mntwana

# INgxenye 3 Impilo Kamama Nengane

UKONDLIKA					UKUBALA AMAKHANDA					IZINHLELO ZOMPHEKATHI			OKUNYE UKUDLULISELWA							
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUJAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUJAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUJAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolile isifo sofuba	Ukuhlolile igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolile izikelele	Ukuhlolile ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminyane iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### f. Isifo Sohudo

- Bheka izimpawu eziyingozi zesifo Sohudo. Yeluleka umama/umnakekeli ukuba ahambise ingane esikhungweni sezempilo NGOKUSHESHA uma kwenzeka ingane

Ingakwazi ukuphuza noma yini
Ihlanza yonke into
Inegazi endleni yohudo
Iphfumula ngokushesha
Inamehlo ashone phakathi noma umlomo owome kakhulu
Ikhathele noma ingaphaheme

- Fundisa bonke omama/abanakekeli indlela yokulungiselela ingxube kashukela-namanzi (i-SSS)/ingxube yobuyiselwa kwamanzi emzimbeni ngokuphuziswa (Ingxube kasawoti noshukela) [bona INgxenye 3, Isifundo 3.5 Isigaba 10d Uhudo: Amakhambi asekhaya ezingane ezigulayo]
- Dlulisela ingane egulayo esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sesifo Sohudo kwiBhuku kaPhila Mntwana
- Uma ingane itholakale ingenalutho futhi ingazange idinge ukudluliselwa faka okuthi (✓) esikhaleni yesifo sohudo

# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.6

Phila Mntwana

UKONDEKA			UKUBALA AMAKHANDA					IZINHLELO ZOMPHAKATHI			OKUNYE UKUDLULISELWA									
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUJAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUJAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUJAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umnyango wezempilo (DOH)	Umnyango wezokuthuthukiswa komphakathi (DSD)	Umnyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa



### Amcebiso Awusizo

**Bheka izimpawu zokungabi namanzi emzimbeni ezifana nokuthi:**

- indawo ethambile ephezu kwekhanda lengane ishone phakathi
- ingane iphuza ngokushesha
- ingane inamehlo ashone phakathi, ulimi noma izindebe ezomile
- isikhumba sesisu sengane sibuyela kancane kakhulu esimweni esivamile lapho incinza

10

### HEALTH PROMOTION MESSAGES

#### Up to 6 months

##### Feeding:

- Breastfeed exclusively (give infant only breast milk and no other liquids or solids, not even water, with exception of drops or syrup consisting of vitamins, mineral supplements or medication);
- Breastfeed as often as the child wants, day and night;
- Feed at least 8 to 12 times in 24 hours;
- When away from the child leave expressed breast milk to feed with a cup;
- Avoid using bottles or artificial teats (dummies) as this may interfere with suckling, be difficult to clean and may carry germs that can make your baby sick.



#### **Why is exclusive breastfeeding important?**

- Other foods or fluids may damage a young baby's gut and make it easy for infections (including HIV) to get into the baby's body;
- Decreases the risk of diarrhoea;
- It decreases risk of respiratory infections;
- It decreases risk of allergies;

**If you have chosen to formula feed your baby, discuss safe preparation and use of formula with the health care worker**

Play: Provide ways for your child to see, hear, feel, and move.  
Have colorful things to see and reach

Communicate: Look into your child's eyes and smile at him or her  
Talk to your child and get a conversation going with sounds or gestures.



## g. Ukuhlolola ukugonywa

- Hlola i-RTHB yengane (ikhasi 6) ukuze ubone ukuthi uhlelo lokugonywa lugcwalisiwe yini enganeni yalobo budala
- Fundisa umama/umnakekeli mayelana nohlelo lokugonywa bese umkhumbuza ngosuku olunikeziwe esikhaleni 2 lwe-RTHB yizisebenzi zomtholampilo lokugonywa okulandelayo.

6

IMMUNISATIONS															
Name and surname:			ID number:												
			<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>												
Age group	Batch no.	Vaccine	Site	Date given dd/mm/yy	Signature										
Birth		BCG	Right arm												
		OPV0	Oral												
6 weeks		OPV1	Oral												
		RV1	Oral												
		DTaP-IPV-Hib1	Left thigh												
		Hep B1	Right thigh												
		PCV 1	Right thigh												
10 weeks		DTaP-IPV-Hib2	Left thigh												
		Hep B2	Right thigh												
14 weeks		DTaP-IPV-Hib3	Left thigh												
		Hep B3	Right thigh												
		PCV2	Right thigh												
		RV2	Oral												
9 months		Measles1	Left thigh												
		PCV3	Right thigh												
18 months		DTaP-IPV-Hib4	Left arm												
		Measles2	Right arm												
6 years		Td	Left arm												
12 years		Td	Left arm												

<u>HEAD CIRCUMFERENCE AT 14 WEEKS AND AT 12 MONTHS</u>	
<b>14 Weeks:</b> _____ (Range: 38 - 43 cm)	<b>12 Months:</b> _____ (Range: 43.5 - 48.5)
REFER if head circumference is outside range	

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

- Uma imigomo yengane ingaphelele futhi lingekho ithimba likaMahamba-Nendlwana noma lthimba Lezimpilo Lomndeni (iFamily Health Team – (i-FHT)) elivakashela Isikhungo sePhila Mntwana, dlulisela ingane esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni ethi Ukugonywa
- Uma ingane ingakudingi ukudlulisela kokugonywa, faka okuthi (✓) esikhaleni sokugonywa

ROAD TO HEALTH

WELL CHILD VISITS – RECORDING SHEET FOR CHILDREN LESS THAN 5 YEARS OLD											
Record the following information for each visit on the spaces that are not shaded. Refer to the page numbers given in this booklet and complete the relevant section.						Remember to check the following. Tick if done, and record details on the relevant page				Date of next visit	
Age	Date	Growth (IMCI) (page 14)	PMTCT/ HIV status (IMCI) (page 7&8)	TB status (IMCI)	Feeding (EBF/EFF/ mixed feeding for first 6 months)	Immunisations (page 6)	Vitamin A (page 9)	Deworming (page 9)	Development (page 13)		Oral Health (page 20)
3 days											
6 wks											
10 wks											
14 wks											
4 mths											
5 mths											
6 mths											
7 mths											
8 mths											
9 mths											
10 mths											

2

UKONDLKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelele	Ukuhlolola ukukhula	Ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

### h. Ukuhlolwa Kwe-TB

#### Ithuluzi Lokuhlolwa Kwe-TB Lezingane

## Ithuluzi Lokuhlolwa Kwe-TB Lezingane

Funda imibuzo elandelayo kubo bonke abantu abakhona emndenini bese ubadlulisela ukuze bahlolwe i-TB esikhungweni sezempilo uma uphawula NOMA IYIPHI IMPENDULO ezikhaleni ezinemibala

Y=Yebo C=Cha

1. Ingabe ingane ibikhwehlela noma isfuba sinswininiza amaviki angaphezu kwamabili?	Y	C
2. Ingabe ingane ibilokhu incipha noma ingabe kube nokuzuzisa isisindo okunganelisi ezinyangeni ezintathu ezidlule?	Y	C
3. Ingabe ingane ibhekana nobuhlungu besifuba noma ukuphelelwa umoya?	Y	C
4. Ingabe ingane ike yaxhumana nomuntu ophethwe i-TB (umuntu ohlala noma ochitha isikhathi esiningi nengane)?	Y	C
5. Ingabe ingane ikhathele futhi/noma ayisadlali ngendlela evamile?	Y	C
6. Ingabe ingane ibe nemfiva (igodole ishise) zonke izinsuku, izinsuku ezingu-14 noma ngaphezulu?	Y	C

- Uma umama/umnakekeli ephendula ngokuthi yebo kunoma yimiphi imibuzo yokuhlolwa i-TB, dlulisela ingane esikhungweni sezempilo oseduze bese ufaka okuthi (X) esikhaleni sokuhlolwa i-TB ebhukwini lePhila Mntwana
- Uma ingane ingadingi ukudluliswa, faka okuthi (✓) esikhaleni Yokuhlungelwa i-TB ebhukwini le Phila Mntwana

UKONDEKA		UKUBALA AMAKHANDA		IZINHLELO ZOMPHAKATHI		OKUNYE UKUDLULISELWA	
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)		Ukuhlelela isifo sofuba		Ukubhalisela ukuzalwa		Umyango wezempilo (DOH)	
Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)		Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo		Izintandane nabantwana abasengcupheni yokuhlukumezeka		Umyango wezokuthuthukiswa komphakathi (DSD)	
Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)		Ukuhlelela izikelelu		Izinhlelo zokuthuthukiswa kwabantwana		Umyango wezezimpesheni (SASSA)	
Uvitamini A		Ukuhlelela ukukhula		Isibonelelo sabantwana		Eminye iminyango	
Ukondla usana		Ukubhalisela ukuzalwa		Umyango wezempilo (DOH)		Ukufundiswa ngezempilo	
Isifo sohudo		Izintandane nabantwana abasengcupheni yokuhlukumezeka		Umyango wezokuthuthukiswa komphakathi (DSD)		Usizo lutholakale mva kokudluliswa	
Umgomo		Izinhlelo zokuthuthukiswa kwabantwana		Umyango wezezimpesheni (SASSA)			
Ukuhlelela isifo sofuba		Isibonelelo sabantwana		Eminye iminyango			
Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo		Umyango wezokuthuthukiswa komphakathi (DSD)		Ukufundiswa ngezempilo			
Ukuhlelela izikelelu		Umyango wezezimpesheni (SASSA)		Usizo lutholakale mva kokudluliswa			
Ukuhlelela ukukhula		Eminye iminyango					
ukubhalisela ukuzalwa		Ukufundiswa ngezempilo					
Izintandane nabantwana abasengcupheni yokuhlukumezeka		Usizo lutholakale mva kokudluliswa					
Izinhlelo zokuthuthukiswa kwabantwana							
Isibonelelo sabantwana							
Umyango wezempilo (DOH)							
Umyango wezokuthuthukiswa komphakathi (DSD)							
Umyango wezezimpesheni (SASSA)							
Eminye iminyango							
Ukufundiswa ngezempilo							
Usizo lutholakale mva kokudluliswa							



# INgxenye 3 Impilo Kamama Nengane

### i. Ukuba sengcupheni yokutheleleka nge HIV

- Buza umama ngesimo sakhe se-HIV futhi uhlole i-RTHB yengane ekhasini 7 ukuze ubone ukuthi ulwazi lwe-PMTCT lugwalisiwe
- Uma umama ene-HIV, mbuze ukuthi ingabe ingane yakhe yahlolwa yini emavikini obudala angu-6, ngemva kokuyeka ukuncelisa ibele futhi nasebudaleni bezinyanga ezingu-18. Hlola ukuze ubone ukuthi ulwazi luphelele yini kukhasi 8 ku-RTHB yengane
- Uma ingane ingazange ihlolwe i-HIV noma i-RTHB ingaphelele, dlulisa umama nengane esikhungweni sezempilo bese ufaka (X) kukholomu Yokuchayeka ku-HIV kubhuku wePhila Mntwana

UKONDLAKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelelu	Ukuhlelela ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

# INgxenye 3

## Impilo Kamama Nengane

### j. Uhlelo lokweluleka nokuhlola olwenziwa abasebenzi bezempilo esikhungweni sezempilo (PICT)

- Bonke abantwana abanezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu kumele baluthole loluhlelo, noma ngabe sinjani isimo sesandulela ngculaci sikamama
- Uma ingane inezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu, ingakaze iluthole uhlelo lwe PICT, thumela ingane esikhungweni sezempilo bese ufaka u (X) esikhaleni se PICT ebhukwini lika Phila Mntwana
- Uma ingane inezinyanga eziyishumi nesishiyagalombili (18) nangaphezulu, ike yaluthola uhlelo lwe PICT, faka uphawu (✓) lomqhwizo esikhaleni se PICT ebhukwini likaPhila Mntwana

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelele	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa



### Amcebiso Awusizo

Uma ingane iphethwe i-HIV, qiniseka ukuthi iyaya esikhungweni sezempilo we-ART njalo ngenyanga ukuze ihlolwe futhi ilande imithi.

PMTCT/HIV INFORMATION			
Child's first name and surname:			
Child's ID Number: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			
<b>Fill in this section on discharge from Midwife Obstetric Unit (MOU) or obstetric ward or at first subsequent visit if not yet done</b>			
Mother's latest HIV test result	<input type="button" value="Positive"/>	<input type="button" value="Negative"/>	<input type="button" value="To be done"/>
When did mother have the test?	<input type="checkbox"/> Before pregnancy	<input type="checkbox"/> During pregnancy	<input type="checkbox"/> At delivery
Is the mother on life-long ART?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	
If yes, duration of life-long ART at time of delivery	<input type="checkbox"/> < 4 weeks	<input type="checkbox"/> > 4 weeks	<input type="checkbox"/> Before pregnancy
Document ARVs the mother received:			
Did the mother receive infant feeding counseling?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	
Decision about infant feeding	<input type="checkbox"/> Exclusive breast	<input type="checkbox"/> Exclusive formula	
Document Nevirapine given:			
<b>All HIV exposed infants should receive Nevirapine for a minimum of 6 weeks</b>			
Has the mother disclosed to anyone in the household?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	
Has the mother's partner been tested?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	
<b>Remember to offer testing for all the mother's other children if not yet done</b>			
Offer a mother with unknown HIV status a rapid HIV test. If mother's HIV rapid test is positive, perform an HIV DNA PCR test on infant if $\geq 6/52$			

# INgxenye 3 Impilo Kamama Nengane

### k. Ukusekela i-ART

- Uma ingane iphethwe i-HIV futhi ingawasebenzisi ama-ART noma ingakaze iye esikhungweni sezempilo emavikini angu-4 edlule, dlulisela ingane ngokushesha bese ufaka okuthi (X) esikhaleni sokuSekela kwe-ART kubhuku wePhila Mntwana
- Uma ingane ingakudingi ukudlulisela, faka okuthi (✓) kuKholomu Yokusekela ye-ART

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelemu	Ukuhlelela ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### l. Ukuhlolwa Kokukhipha Izikelemu

- Zonke izingane ezineminyaka engu-1 – 5 zidinga umuthi wokukhishwa izikelemu njalo ezinyangeni ezingu-6
- Hlola i-RTHB yengane kukhasi 9 bese uhlola ukuthi umuthi wokukhipha izikelemu unikezwa ingane kusukela eminyakeni yobudala engu-1, njalo ezinyangeni ezingu-6

DEWORMING TREATMENT (Mebendazole or Albendazole)						
Dose	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature
	12 mths	/ /		18 mths	/ /	
	24 mths	/ /		48 mths	/ /	
	30 mths	/ /		54 mths	/ /	
	36 mths	/ /		60 mths	/ /	
	42 mths	/ /				






# INgxenye 3 Impilo Kamama Nengane

- Dlulisela ingane esikhungweni sezempilo uma ukwelapha kokukhipha izikelemu kungekho esikhathini bese ufaka okuthi (X) kuKholomu Yokuhlololwa Ukukhipha Izikelemu kubhuku wePhila Mntwana
- Uma ingane ingakudingi ukudluliswa, faka okuthi (✓) esikhaleni sokuhlololwa Ukukhipha Izikelemu

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Ungomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abaneziyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelemu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Uminyango wezempilo (DOH)	Uminyango wezokuthuthukiswa komphakathi (DSD)	Uminyango wezezimpesheni (SASSA)	Eminyane iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### m. Ukuhlololwa Ukukhula

- Hlola ibhukwana yendlela yempilo yengane ekhasini 13 ukuze kuhlolwe ukuthi izingqopho-mlando zokukhula zihlolwe ngokuvumelana neminyaka yini
- Uma izigaba zokukhula zengane zingazange zihlolwe ngokuvumelana neminyaka, dlulisela esikhungweni sezempilo oseduze bese ufaka okuthi (X) kukholomu yoKukhula kubhuku wePhila Mntwana
- Uma izigaba zokukhula kwengane zihloliwe futhi kungekho ukudlulisela okudingekayo, faka okuthi (✓) kuKholomu Yokukhula
- Uma ingane ikhubazekile ngokomzimba noma ngokwengqondo noma kunezinsolo zalokhu, dlulisela ingane eMnyangweni Wezenhlalakahle (DSD) ukuyohlonzwa nokuthola isibonelelo esifanelekile, (njenge Mental Health Society/NACROD), Blind and Deaf Society, njalo njalo) bese ufaka u (X) esikhaleni soKukhula ebhukwini lePhila Mntwana

DEVELOPMENTAL SCREENING			
	VISION AND ADAPTIVE	HEARING AND COMMUNICATION	MOTOR DEVELOPMENT
ALWAYS ASK	Can your child see?	Can your child hear and communicate as other children?	Does your child do the same things as other children of the same age?
14 weeks	Baby follows close objects with eyes	Baby responds to sound by stopping sucking, blinking or turning	Child lifts head when held against shoulder 
6 months	Baby recognises familiar faces	Child turns head to look for sound	Child holds a toy in each hand 
9 months	Child's eyes focus on far objects  Eyes move well together (No squint)	Child turns when called	Child sits and plays without support 
18 months	Child looks at small things and pictures	Child points to 3 simple objects  Child uses at least 3 words other than names  Child understands simple commands	Child walks well   Child uses fingers to feed
3 years	Sees small shapes clearly at 6 metres	Child speaks in simple 3 word sentences	Child runs well and climbs on things
5-6 years: School readiness	No problem with vision, use a Snellen E chart to check	Speaks in full sentences and interact with children and adults	Hops on one foot   Able to draw a stick person
REFER	Refer the child to the next level of care if child has not achieved the developmental milestone. Refer motor problem to Occupational Therapist/Physiotherapist and hearing and speech problem to Speech therapist/Audiologist if you have the services at your facilities.		

# INgxenye 3 Impilo Kamama Nengane

### n. Ukubhalisela Ukuzalwa

- Buza umama/umnakekeli ukuthi ingane yabhaliselwa yini ukuzalwa emnyangeni wezasekhaya
- Uma ingane ingakaze ingabhaliswe dlulisela umama /umnakekeli emnyangweni wezasekhaya bese ufaka uphawu (X) esikhaleni sokubhaliselwa ukuzalwa ebhukwini like Phila Mntwana
- Uma ingane ibhalisiwe faka uphawu (✓) lokuqhwiza esikhaleni sokubhaliselwa ukuzalwa ebhukwini lika Phila Mntwana

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

- Uma umlando wokuba sengcupheni yokuthetheleka ngegciwane leHIV wawuhloliwe, kodwa kungekho sinyathelo noma kwakungekho ukudlulisela okwakudingeka, faka okuthi (✓) esikhaleni sokuba sengcupheni yokuthetheleka ngegciwane lengculazi

# INgxenye 3 Impilo Kamama Nengane

### o. Izintandane nabantwana abasengcupheni yokuhlukumezeka

- Uma u-CCG esola noma ikuphi ukuhlukumezeka noma ukunganakekeleki ngendlela noma izinto umnakekeli wontwana angaba nomshikashika wokuzimela, dlilisele umntwana emnyangweni wezokuthuthukiswa komphakathi (DSD) bese ufaka uphawu (X) esikhaleni sezintandane nabantwana basengcupheni yokuhlukumezeka ebhukwini lika PHila Mntwana
- Uma ingane ihla yodwa, ngaphandle komnakekeli omdala noma umnakekeli ogulayo, dlulisele umntwana emnyangweni wokuthuthukiswa komphakathi (DSD) bese ufaka uphawu (X) esikhaleni sezintandane nabantwana abasengcupheni yokuhlukumezeka
- Uma umntwana enokukhubazeka futhi engatholi ukunakekelwa ngendlela, mdlulisele emnyangweni wezempilo (DOH) nakwa DSD bese ufaka uohawu (X) esikhaleni sezintandane nabantwana nabasengcupheni yokuhlukumezeka
- Uma kungekho ukudluliselwa okudingekayo, faka uphawu (✓) lokuqhwiza esikhaleni sezintandane nabantwana abasengcupheni yokuhlukumezeka

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI			OKUNYE UKUDLULISELWA									
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudu	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphazulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisele ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usize lutholakale mva kokudluliswa



# INgxenye 3 Impilo Kamama Nengane

### p. Izinhlelo zokuthuthukiswa kwabantwana zokuqala

- Uma ingane iphakathi kweminyaka engu 3 – 5 ubudala, buza umnakekeli ukuthi ingane iyayihamba yini inkulisa, izikole zokuqala noma izikhungo zabantwana zokuqala
- Uma ingane ingazivakasheli lezikhungo zokuthuthukisa abantwana zokuqala qguquzela umama/umnakekeli ukuthi abhalise umntwana kulezinhlelo zokuthuthukiswa kwabantwana zokuqala. Dlulisela ingane kwa DSD bese ufaka uphawu (X) esikhaleni sesikhung sokuthuthukiswa kwabantwana sokuqala (ECD) ebhukwini lika Phila Mntwana
- Uma umntwana eya njalo faka uphawu (✓) lomqhwizo esikhaleni sesikhungo sokuthuthukiswa kwabantwana sokuqala (ECD)ebhukwini lika Phila Mntwana

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinnyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelemu	Ukuhlelela ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### q. Isibonelelo sabantwana

- Buza umama/umnakekeli ukuthi uyasithola yini isibonelelo sabantwana
- Uma ingane ingasitholi isibonelelo sabantwana idlulisela kwa SASSA bese ufaka uphawu (X) esikhaleni sesibonelelo sabantwana nebhukwini lika Phila Mntwana
- Uma umntwana esithola isibonelelo sabantwana faka uphawu (✓) lokuqhwiza esikhaleni sesibonelelo ebhukwini lika Phila Mntwana

# INgxenye 3

## Impilo Kamama Nengane

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI			OKUNYE UKUDLULISELWA									
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUJAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUJAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUJAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	<b>Isibonelelo sabantwana</b>	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

### r. Ezinye Izizathu Zokudlulisela

- Uma ingane idinga ukudluliselwa nganoma yisiphi esinye isizathu ngaphandle kwalezo ezibhalwe ezikhaleni ezithile fake u (X) esikhaleni esifanele “okunye ukudlulisela” (DOH, DSD, SASSA ne Eminye Iminyango)
- Ezinye izizathu zokunye ukudlulisela zingase zihlanganise:
  - Izimpawu zobungozi noma zezinye izimo zezempilo → dlulisela ingane esikhungweni seZempilo bese ufaka u (X) esikhaleni se DOH
  - Izisulu zobugebengu ezifana nokudlwengulwa → dlulisela ingane emaphoyiseni (SAPS) bese ufaka u(X) esikhaleni Seminye Iminyango

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHAKATHI			OKUNYE UKUDLULISELWA									
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUJAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUJAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUJAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelelu	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	<b>Umyango wezempilo (DOH)</b>	<b>Umyango wezokuthuthukiswa komphakathi (DSD)</b>	<b>Umyango wezezimpesheni (SASSA)</b>	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

- Izidingo zokuthola ukudla → dlulisela ingane kwa DSD nakwa SASSA bese ufaka u (X) ezikhaleni zika DSD nakwa SASSA
- Uma ingane ihloliwe ingenazidingo zokudluliselwa, faka u (✓) kuzo zonke izikhala 'zeminye iminyango'

### s. Imfundo Efanele Inikeziwe

- Qiniseka ukuthi omama/abanakekeli banikezwa iseluleko sezempilo nokondliwa kwenhlalakahle yengane kuhlenganise nazo zonke izinkonzo zempilo yengane ezingase zidinge ukwenzelwa ingane
- Sebenzisa ibhukwana le-IEC ukuze ufundise omama/abanakekeli mayelana nokunakekela ingane ekhaya ngokuvumelana nobudala bengane. Lawa amabhukwana ahambisana nobudala afundisa omama/abanakekeli ngokuphathelene nawo wonke amaqoqo obudala asuka emavikini angu-6 kuya eminyakeni engu-5
- Amabhukwana Namapheshana:
  - Ukunakekela Ingane yakho: Amaviki angu-6
  - Ukunakekela Ingane yakho: Amaviki angu-10
  - Ukunakekela Ingane yakho: Amaviki angu-14
  - Ukunakekela Ingane yakho: Izinyanga ezingu-6
  - Ukunakekela Ingane yakho: Izinyanga ezingu-9
  - Ukunakekela Ingane yakho: Izinyanga ezingu-12
  - Ukunakekela Ingane yakho: Izinyanga ezingu-18
  - Ukunakekela Ingane yakho: Iminyaka engu-2
  - Ukunakekela Ingane yakho: Iminyaka engu-3
  - Ukunakekela Ingane yakho: Iminyaka engu-4



# INgxenye 3

## Impilo Kamama Nengane

- Ukunakekela Ingane yakho: Iminyaka engu-5
- Ukunakekela Ingane yakho: Ukulawula Isifo Sohudo
- Ukunakekela Ingane yakho: Kunini lapho kufanele ukhathazeke khona nge-TB
- Qaphela, kunalawa mabhukwana angu-2 asebenza kuwo wonke amaqoqo obudala azoqondisa omama/ abanakekeli ngendlela yokulawula Isifo Sohudo ne-TB ezinganeni
- Wonke amabhukwana e-IEC anikeza ulwazi nemfundo ngokulandelayo ngokuqondene neqembu ngalinye lobudala:
  - Ukugonywa
  - I-HIV
  - Ukondla
  - Izigaba zokukhula
  - Ukuvakasha kwasesikhungweni sezempilo okulandelayo
  - Izimpawu Zengozi
- Nikeza umama/umnakekeli ibhukwana ipheshana lolwazi elihambisana nobudala bengane
- Khumbuza umama ukuthi ingane kufanele ihlolwe nyanga zonke Esikhungweni sePhila Mntwana noma esikhungweni sezempilo seduze
- Mazise ukuthi njengoba ingane ikhula ngezigaba ezahlukene, uzofundiswa kusetshenziswa Ipheshana lolwazi
- Gcwalisa isikhala esithi Imfundo Efanele Inikeziwe ebhukwini likaPhila Mntwana ngemva kokufundisa umama/umnakekeli ngokufaka isihloko semfundo



### Iseluleko Esisizayo

Fundisa umama usebenzisa ibhukwana le-IEC elihambisana nobudala bengane. Ngaphezu kwalokho, nikeza umama/umnakekeli ibhukwana leSifo Sohudo ne-TB ngenxa yokuthi ayafaneleka kuzo zonke izingane ezihamba Isikhungo sePhila Mntwana.

UKONDLEKA			UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI			OKUNYE UKUDLULISELWA										
Umjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelele	Ukuhlelela ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)	Umyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakale mva kokudluliswa

# INgxenye 3 Impilo Kamama Nengane

### t. Udaba Luvaliwe futhi Ukungenelela Kunikeziwe

- Dlulisela zonke izingane ezingaphansi kweminyaka engu-5 ezinezinkinga zempilo ku-CCG eyabelwe umndeni othile kanye neqembu le-FHT ukuze zilandelelwe futhi kwenziwe Iphrofayili Yomndeni
- Ama-CCG akha uhlu lakho konke ukudlulisela okwenziwe kweminye iminyango (referrals) ukuze kungenelelwe futhi ukuze lwethulwe ku-War Room ye-OSS ukuze kuthathwe isinyathelo esengeziwe
- Impendulo kufanele inikezwe umnyango ngamunye okwenziwe kuwo ukudlulisela kanye nokungenelela okunikeziwe kufanele kubhalwe
- Ama-CCG kufanele avakashele umtholampilo wokudlulisela maviki onke ukuze kuqoqwe Iziliphu Zokudlulisela zePhila Mntwana zezingane ezidluliselwe
- Lezo zingane ezilethwe esikhungweni sezempilo (njengoba kubhalwe umtholampilo ukuthi uzamukele iziliphu zokudlulisela), faka okuthi (✓) esikhaleni esithi “Udaba luvaliwe, usizo lutholakele emva kokudluliswa”. Lokhu kuzomakwa kuphela NGEMUVA kokuthi ingane isiyile esikhungweni sezempilo FUTHI ukungenelela kunikeziwe eminye iminyango kahulumeni okwenziwe kuyo ukudlulisela
- Ngezingane ezingazange zilethwe esikhungweni sezempilo, landelela udaba ngokuthinta umama/umnakekeli obhaliwe neWar Room ukuze ukungenelela okusuka kweminye imnyango kuvalwe

UKONDLEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI				OKUNYE UKUDLULISELWA								
Umjikelezo wamaphakathi nenkanyane oluhlaza (MUAC Green)	Umjikelezo wamaphakathi nenkanyane ophuzi (MUAC Yellow)	Umjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondla usana	Isifo sohudo	Umgomo	Ukuhlolola isifo sofuba	Ukuhlolola igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlolola izikelele	Ukuhlolola ukukhula	ukubhalisela ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlelo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Uminyango wezempilo (DOH)	Uminyango wezokuthuthukiswa komphakathi (DSD)	Uminyango wezezimpesheni (SASSA)	Eminye iminyango	Ukufundiswa ngezempilo	Usizo lutholakele mva kokudluliswa

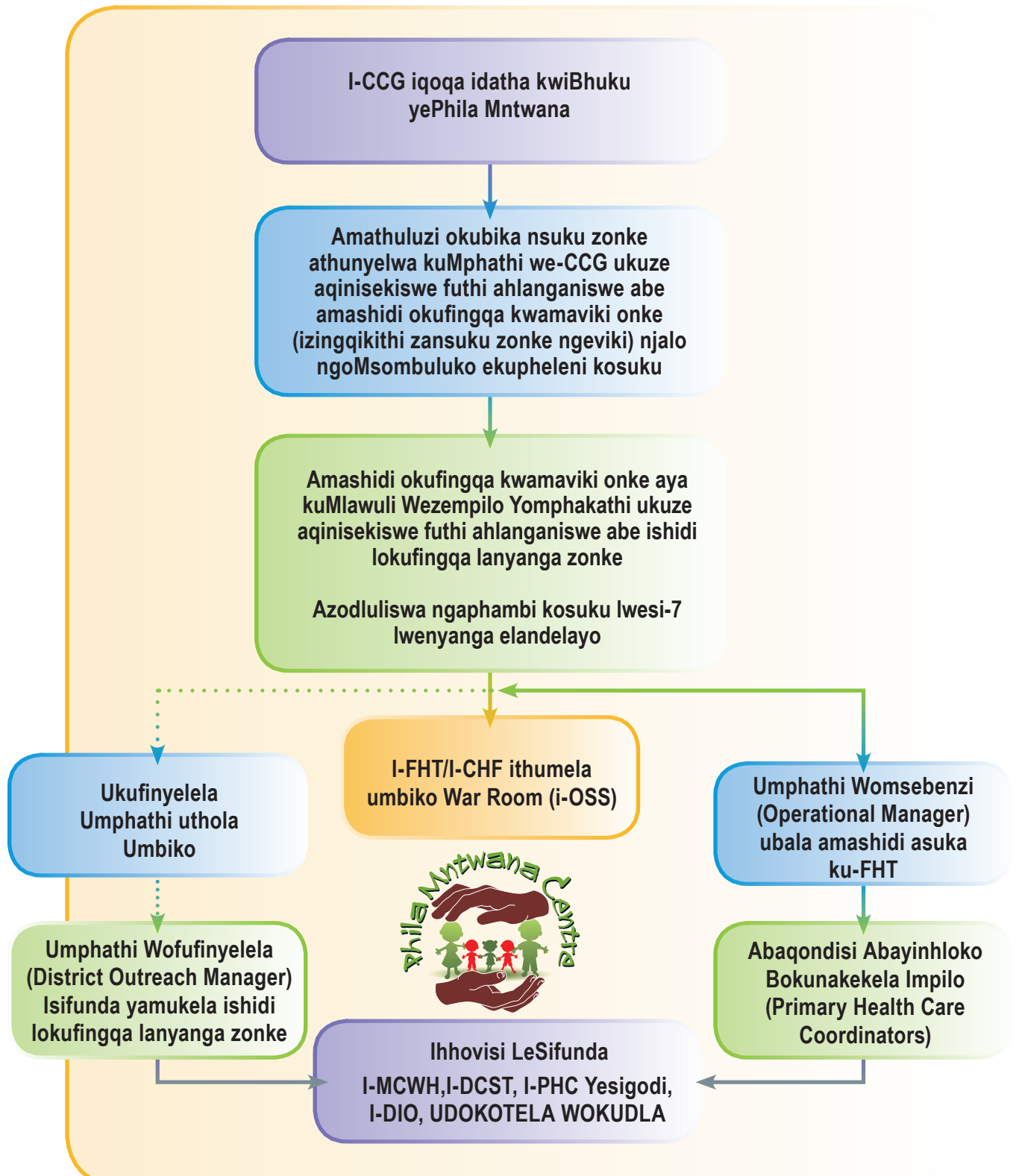
### Ukuqopha Imininingwane kanye nokubika

- Qiniseka ukuthi zonke izidingo ezinikeziwe ziqoshwe ebhukwini lePhila Mntwana
- Gcwalisa ibhuku ngokufanele, uqiniseke ukuthi ufaka okuthi (X) noma (✓) kuye ngokwesidingo
- Qiniseka ukuthi amashidi okufinqwa we-CCG amaviki nawenyanga ngayinye agcwalisiwe futhi adluliswe kwi-CHF nakwi-CDW eWar Room

# INgxenye 3 Impilo Kamama Nengane

### Inqubo yokusebenza emisiwe yokuhamba kolwazi (Ezikhungweni zika Phila Mntwana)

Ishadi Lokuhamba kolwazi libonisa imigudu yokubika nomzila olandelwa.



# INgxenye 3

## Impilo Kamama Nengane

# 3

## Isifundo 3.6

Phila Mntwana

### Ingxoxo Yeqembu

Iqembu ngalinye lizonikezwa Ithuluzi Lokubika lePhila Mntwana ukuze lilihlole kabanzi. Phendula imibuzo elandelayo ngokusekelwe Kumathuluzi Okubika e-CCG,

1. Elani leli Thuluzi?

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2. Ubani ogcwalisa leli Thuluzi?

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3. Luvelaphi ulwazi lokugcwalisa iThuluzi?

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4. Ingabe akhona Amathuluzi adingekayo ukuze kugcwaliswe ibhuku yeePhila Mntwana?

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5. Igcwaliswa nini ibhuku yePhila Mntwana, futhi kangaki?

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# INgxenye 3 Impilo Kamama Nengane

## 3 Isifundo 3.6 Phila Mntwana

### Amathuluzi Okubika e-CCG

#### 1. IBhuku likaPhila Mntwana

Ibhuku likaPhila Mntwana kufanele igcwaliswe ngokucophelela nangendlela okuqondiswe ngayo.

	Usuku (usuku /inyanga/unyaka)	Igama elinqanyulelwe lika nompilo	Igama nesibongo sengane (gcwalisa zonke izingane)	Usuku lokuzalwa (usuku/inyanga/unyaka)	Ubulili (isilisa/isifazane)	Imininingwane yokuxhumana kamama noma yomnaqekeli (Igama nesigodi nenombolo yocingo)	UKONDELEKA				UKUBALA AMAKHANDA				IZINHLELO ZOMPHEKATHI			OKUNYE UKUDLULISELWA					
							Unjikelezo wamaphakathi nenkonyane oluhlaza (MUAC Green)	Unjikelezo wamaphakathi nenkonyane ophuzi (MUAC Yellow)	Unjikelezo wamaphakathi nomkhono obomvu (MUAC RED)	Uvitamini A	Ukondisa usana	Isifo sohudo	Ungomo	Ukuhlelela isifo sofuba	Ukuhlelela igciwane lengculazi kubantwana abanezinyanga ezingu 18 nangaphezulu esikhungweni sezempilo	Ukuhlelela izikelemu	Ukuhlelela ukukhula	Ukubhaliseka ukuzalwa	Izintandane nabantwana abasengcupheni yokuhlukumezeka	Izinhlalo zokuthuthukiswa kwabantwana	Isibonelelo sabantwana	Umyango wezempilo (DOH)	Umyango wezokuthuthukiswa komphakathi (DSD)
1																							
2																							
3																							

#### 2. Ishidi Lokufingqa Lamaviki Onke

Leli shidi lokufingqa (summary) lamaviki onke kufanele ligcwaliswe kanye ngeviki, ngokuphathelelwe nazo zonke izingane ezibonwe i-CCG phakathi neviki.

Weekly Summary Sheet		
Health facility: .....	Date: .....	/ .....
Data Elements	Number	Comment
Children Screened at Phila Mntwana Centre		
Total Children Monitored for Nutrition (MUAC)		
Children with Green MUAC		
Children with Yellow MUAC (MAM)		



# INgxenye 3

## Impilo Kamama Nengane

Data Elements	Number	Comment
Children with Red MUAC (SAM)		
Children Given Vitamin A Supplementation		
Children Referred for Feeding Difficulties		
Children Referred for Diarrhoea		
Children Referred for Immunisations		
Children Referred for TB		
Children 18 Months and Older Referred for PICT		
Children Referred for Deworming Treatment		
Children Referred for Developmental Screening		
Children Referred to Home Affairs for Birth Registration		

\* To be completed by CHF and submitted to affiliated PHC facility every Monday at close of business.

**Completed By:** ..... **Designation:** .....

**Checked By:** ..... **Designation:** .....

# INgxenye 3

## Impilo Kamama Nengane

### 3. Ishidi Lokufingqa Lazinyanga Zonke

Leli shidi lokufingqa lazinyanga zonke kufanele ligcwaliswe kanye ngenyanga, ngokuphathelele nazo zonke izingane ezibonwe i-CCG phakathi nenyanga.

#### Monthly Summary Sheet

Health facility: ..... Date: ..... / .....

Data Elements	Number	Comment
Total Children Screened at Phila Mntwana Centre		
Children Monitored for Nutrition (MUAC)		
Children with Green MUAC		
Children with Yellow MUAC (MAM)		
Children with Red MUAC (SAM)		
Children Given Vitamin A Supplementation		
Children Referred for Feeding Difficulties		
Children Referred for Diarrhoea		
Children Referred for Immunisations		
Children Referred for TB		
Children 18 Months and Older Referred for PICT		

# INgxenye 3 Impilo Kamama Nengane

Data Elements	Number	Comment
Children Referred for Deworming Treatment		
Children Referred for Developmental Screening		
Children Referred to Home Affairs for Birth Registration		

\* To be completed by CHF and submitted to affiliated PHC facility by the 7th of every month.

**Completed By:** ..... **Designation:** .....

**Checked By:** ..... **Designation:** .....

# INgxenye 3 Impilo Kamama Nengane

## 4. Iziliphu Zokudlulisela Zokuhlola

Lesi Isiliphu Sokudlulisela Sokuhlola Komphakathi sakho konke ukudlulisela ngaphandle kokuhlola kwe-TB ezinganeni (Bona Ifomu Ngezansi). Lezi kufanele zigwaliswe esimweni sokudluliselwa yi-CCG.

### Community Screening Referral Slip

First Name of Child:

Surname of Child:

Name of Mother/Caregiver:

isiGodi/Physical Address:

Referral Health Facility:

Date of Community Outreach:

Bilateral Pitting Oedema: Yes No

MUAC: cm

Other Findings:

Name of CCG:

Signature:

Municipal Ward:

Date:

**PLEASE NOTIFY THE FACILITY OPERATIONAL MANAGER ABOUT THE REFERRAL THROUGH USUAL REPORTING CHANNELS.**

Report by the Facility:.....

Signature/or Stamp:.....

# INgxenye 3 Impilo Kamama Nengane

## 5. Isiliphu Sengane Sokudluliselwa Sokuhlolelwa Isifo Sofuba

### Child Tuberculosis Screening Referral Slip

First Name of Child:

Surname of Child:

Name of Mother/Caregiver:

isiGodi/Physical Address:

Referral Health Facility:

Date of Community Outreach:

#### TB Screening:

- Coughing or wheeze for more than two weeks
- Loss of weight or unsatisfactory weight gain during the past 3 months
- Chest pains or shortness of breath
- A positive TB contact (someone living with or regularly spending time with the child)
- Fatigue/reduced playfulness
- Fever every day for 14 days or more

If any of these signs are present, kindly refer to the clinic for IMCI Management.

Name of CCG:

Signature:

Municipal Ward:

Date:

**PLEASE NOTIFY THE PHC FACILITY OPERATIONAL MANAGER ABOUT THE REFERRAL THROUGH USUAL REPORTING CHANNELS.**

**Report by the Facility:**.....

**Signature/or Stamp:**.....

# INgxenye 3 Impilo Kamama Nengane

### 6. Igrafu Yokufingqa Yesigceme se-MUAC Yanyanga Zonke Neyekota

Kufanele kugcwaliswe isikhala esisodwa ngengane ngayinye ngokuphathelene nesimo se-MUAC.

**IGrafu Yesifinyezo Sanyanga Zonke Nsekota ye-MUAC Yesigceme Iminyaka: .....**

**uMasipala: ..... Inombolo ye gumbi: ..... Inani lezingane ezingaphansi kwe  
kwe minyaka eyisihlanu 5 kwi gumbi:**

781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	196	197	198	199	200	118	119	120
761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	191	192	193	194	195	115	116	117
741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	186	187	188	189	190	112	113	114
721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	181	182	183	184	185	109	110	111
701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	176	177	178	179	180	106	107	108
681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	171	172	173	174	175	103	104	105
661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	166	167	168	169	170	100	101	102
641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	161	162	163	164	165	97	98	99
621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	156	157	158	159	160	94	95	96
601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	151	152	153	154	155	91	92	93
581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	146	147	148	149	150	88	89	90
561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	141	142	143	144	145	85	86	87
541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	136	137	138	139	140	82	83	84
521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	131	132	133	134	135	79	80	81
501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	126	127	128	129	130	76	77	78
481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	121	122	123	124	125	73	74	75
461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	116	117	118	119	120	70	71	72
441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	111	112	113	114	115	67	68	69
421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	106	107	108	109	110	64	65	66
401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	101	102	103	104	105	61	62	63
381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	96	97	98	99	100	58	59	60
361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	91	92	93	94	95	55	56	57
341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	86	87	88	89	90	52	53	54
321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	81	82	83	84	85	49	50	51
301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	76	77	78	79	80	46	47	48
281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	71	72	73	74	75	43	44	45
261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	66	67	68	69	70	40	41	42
241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	61	62	63	64	65	37	38	39

Inyanga:

**Ukungondleki ngendlela -  
Ikhula Kahle  
i-MUAC  $\geq 12.5$ cm**

**Ukungondleki Kahle  
Okusesilinganisweni  
i-MUAC = 11.5 – 12.4cm**

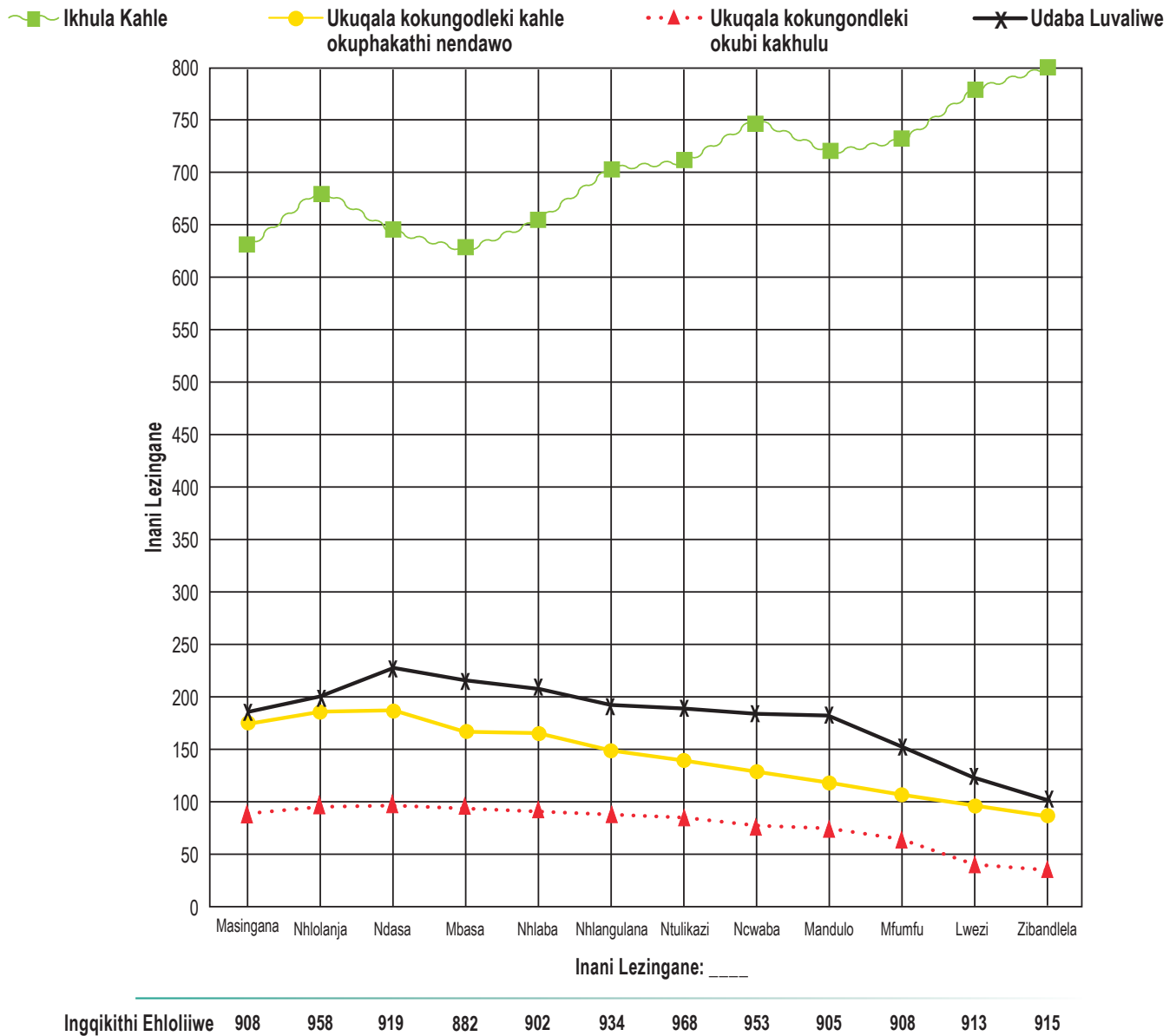
**Ukungondleki Okubucayi  
Kakhulu  
i-MUAC  $< 11.5$ cm noma  
i-Bilateral Pitting Oedema**

### 7. Amagrafu Okuqapha e-War Room

#### Indlela Yokwakha Igraphu Yokungondleki Kahle (I-MUAC):

1. Thatha ucezu olukhulu lwephepha legrafu (A1). Uma iphepha legrafu lingatholakali, yakha iphepha lakho legrafu ngokudweba igradi kuphepha elingenalutho elingu-A1
2. Engezansi kwegradi, faka izinyanga zonyaka
3. Ohlangothini lwesokunxele, faka izinombolo ngezikhala ezingu-50 kuze kufike kunombolo engu-800 (bona isibonelo ngezansi)
4. Ekuqaleni kwenyanga ngayinye, ngemva kokuthola izibalo zombiko “ZESIKHUNGO esithi PHILA MNTWANA”, dweba amachashazi kugrafu okulandelayo. Uma kunokwenzeka, sebenzisa omaka abanemibala evumelana nemibala yetheyiphu ye-MUAC. Lapho lingatholakali, sebenzisa izinhlobo ezihlukahlukene zemigqa ukuze uhlukanise
5. Inani lezingane ezikhula kahle (oluhlaza okotshani)
6. Inani lezingane elinikungondleki kahle okuphakathi nendawo (I-MAM) (oliphuzi)
7. Inani lezingane eliqala ukungondleki kahle, okubi kakhulu (I-SAM) (obomvu)
8. Isibalo sodaba lokungondleki kahle okuvaliwe enyangeni, njengoba kuxoxwe ngakho kumhlango weThimba Lomsebenzi Wesigceme (omnyama)
9. Ngaphansi kwenyanga, bhala ingqikithi yenani lezingane ezihlungelwe ukungondleki kahle (oluhlaza + oliphuzi + bomvu)
10. Inyanga ngayinye, xhuma amachashazi enyanga yamanje kumachashazi enyanga edlule ngokudweba umugqa ongamagagasi (wokukhula kahle), umugqa ohlangene (I-MAM) noma umugqa onamachashazi (I-SAM) noma umugqa wo-x (udaba luvaliwe)

### Isilandeleli Se-MUAC



### Xoxani ngemiphumela phakathi nemihlangano yeWar Room

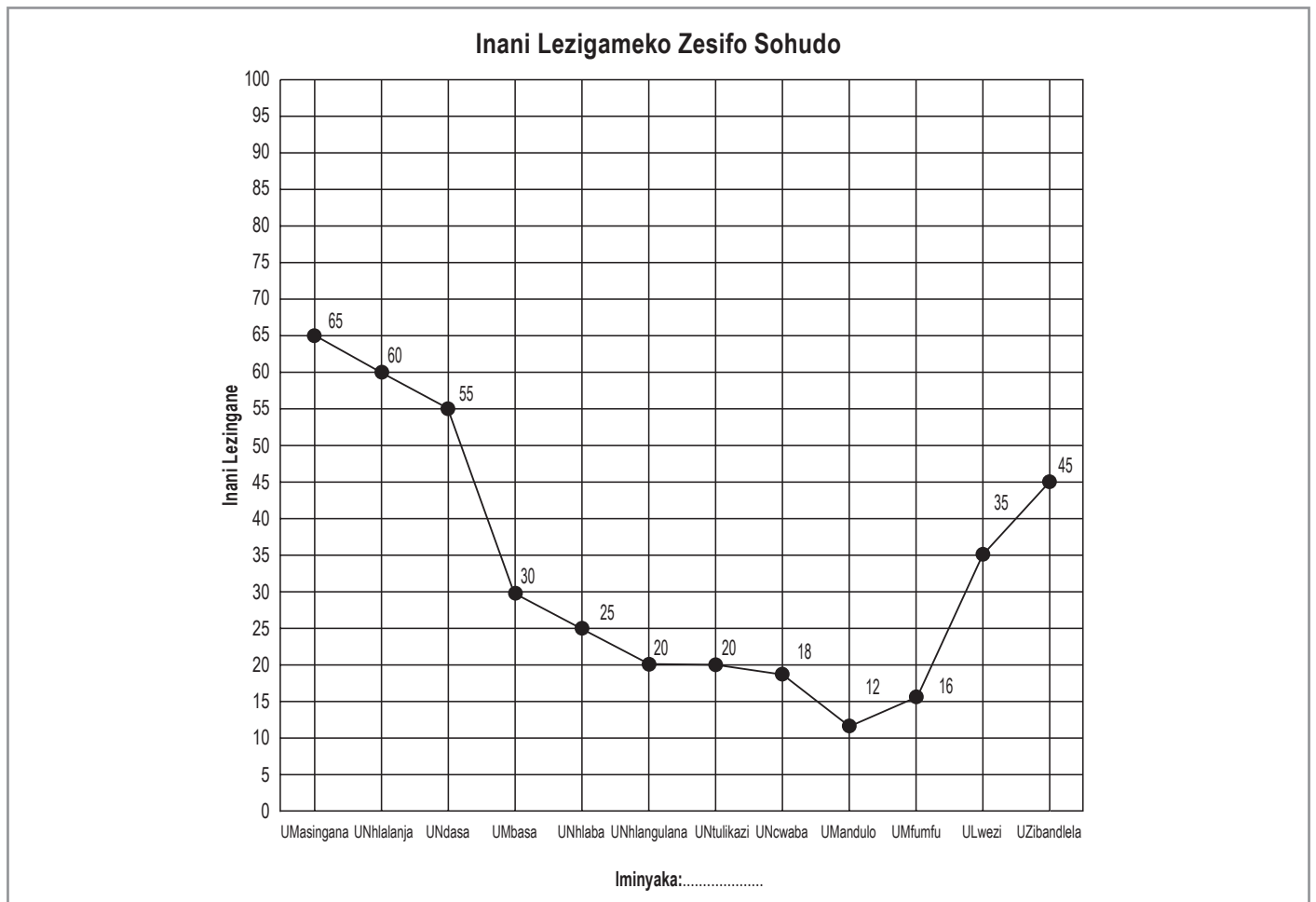
- Ingabe amanani abomvu naliphuzi ayancipha? Uma kungenjalo, yini ongayenza ukuze kuthuthukiswe ukondliwa kwezingane egumbini lakho?
- Ingabe zonke izingane ziyahlolwa “ESIKHUNGWENI sika PHILA MNTWANA” (Ingabe inani lengqikithi yezingane liyenyuka/limi ndawonye ngokuhamba kwesikhathi)? Uma kungenjalo, singabakhuthaza kanjani abanakekeli ukuba balethe izingane zabo njalo ngenyanga “ESIKHUNGWENI se PHILA MNTWANA”?
- Ingabe isibalo sodaba oluvaliwe lwenyanga lulingana nengqikithi yezingane eziphawulwe njengezingondlekile kahle (oliphuzi + obomvu)? Uma impendulo ithi cha, kungani? Iwar Room ingaqiniseka kanjani ukuthi zonke izingane ezingondlekile kahle zithola ukusekelwa ezikudingayo?



# INgxenye 3 Impilo Kamama Nengane

## Indlela Yokwakha Igrafu Yokuqapha Isifo Sohudo:

1. Thatha ucezu olukhulu lwephepha legrafu (A1). Uma iphepha legrafu lingatholakali, yakha iphepha lakho legrafu ngokudweba igradi kuphepha elingenalutho elingu-A1
2. Ezansi kwegradi, faka izinyanga zonyaka
3. Ohlangothini lwesokunxele, faka izinombolo ngezikhala ezingu-5 kuze kufike kunombolo engu-100 (bona isibonelo ngezansi)
4. Ekuqaleni kwenyanga ngayinye, ngemva kokuthola amanani ombiko wenyanga edlule 'YESIKHUNGO se PHILA MNTWANA', faka ichashazi lenani lezingane okubikwe ukuthi ziphethwe isifo sohudo
5. Bhala inani lezingane ezibikwe nesifo sohudo kuleyo nyanga eduze kwechashazi
6. Inyanga ngayinye, xhuma amachashazi enyanga yamanje nawenyanga edlule ngokudweba umugqa oqondile



## Xoxani ngemiphumela phakathi Nemihlangano Yethimba Lomsebenzi Wesigceme

- Zingaki izingane ebeziphethwe isifo sohudo kule nyanga?
- Ingabe leli nani belilikhulu noma belilincane noma lilingana kunelenyanga edlule?
- Ingabe kunembangela evamile yesifo sohudo? (isb. umthombo wamanzi, igciwane, njll)
- Yini esingayenza ukuze senze leli nani lifike ku-0?

### 8. Indlela Yokusekela Omaka Bakho

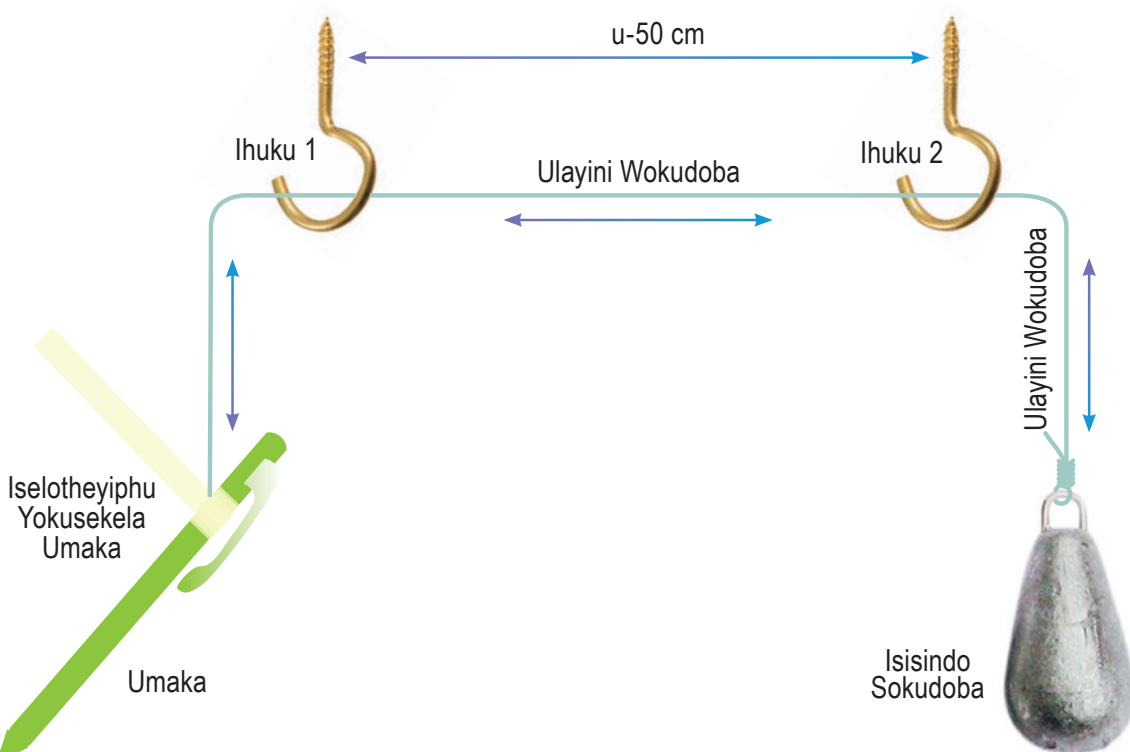
Ukuze uqiniseke ukuthi omaka bakho abanemibala abalahleki eWar Room, ungabanamathisela odongeni noma kusilingi.

#### Uzodinga okulandelayo:

- Amahuku Akulufwayo angu-6
- Ulayini Wokudoba
- Izisindo Zokudoba ezingu-3 ezinamehlo komunye umphetho (qiniseka ukuthi zinkulu kunamahuku akho ngobubanzi)
- Amamakha angu-3: Eluhlaza, Eliphuzi neBomvu
- Ibhola elilodwa lesolotheyiphu

#### Iziqondiso zendlela yokuhlenganisa amapeni akho:

- Kulufa amahuku kusilingi ngamapheya, ahlukane ngo-50cm kwelinye nelinye (lapho obona khona izipikili ophahleni, kuzoba nepulangwe, faka lapha)
- Namathisela omunye umkhawulo kalayini wokudoba kuisindo sokudoba
- Faka ulayini kumahuku akho (donsa ulayini uqine kuze kube yilapho isisindo sima kumahuku) bese ukala ukuthi udinga ulayini wokudoba omude kangakanani ukuze ufinyelele ngokukhululekile lapho ozobe udweba khona kuGrafu Yodonga
- Uma usuqiniseka ngobude bakho, nqamula ulayini wakho bese uwususa kumahuku
- Bopha omunye umkhawulo kalayini ngemuva kwepeni bese ubopha ngesalotheyiphu. Sebenzisa isalotheyiphu eningi, uyibophe ngemuva kwepeni lakho kuze kube yilapho ulayini usubopheke ngokuqinile
- Phinde uxhume kumahuku akho futhi ipeni lakho manje lingasetshenziswa ukuze kubhalwe kushadi lakho
- Vala amahuku ukuze unqande ulayini ukuthi ungaphumi
- Phinda lezi zinyathelo ezingu-3 kuwo wonke amamaka



# INgxenye 3

## Impilo Kamama Nengane

### Udaba Locwaningo

UNkk. Nkosi, umama wentombazane eneminyaka engu-3 ubudala, uNomusa, ukhathazekile ukuthi indodakazi yakhe ibonakala izaca. Umyeni wakhe ubengasebenzi izinyanga ezingu-6 futhi manje uthembele emsebenzini yesikhashana. Esikhungweni sePhila Mntwana, utshela i-CCG, ukuthi manje bathembela esidlweni esisodwa ngosuku.

**Funda udaba locwaningo olungenhla bese nixoxa njengamaqoqo.**

1. I-CCG kufanele imamukele futhi isabele kanjani kuNkk. Nkosi njengekhasimende elisha?

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2. Yiziphi izinyathelo ezibalulekile okufanele i-CCG izilandele ngemva kokubuyekeza i-RTHB yengane?

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3. UNkz. Nkosi ubika ukuthi ngezinye izikhathi uNomusa uphathwa isifo sohudo njengoba besebenzisa amanzi asemfuleni futhi abanazo izindlu zangasese ezishaywayo. Isiiphi isifundo okufanele i-CCG asinikeze uNkk. Nkosi mayelana nale ndaba?

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# INgxenye 3

## Impilo Kamama Nengane

### Udaba Locwaningo

4. UNkz. Nkosi uphawule ukuthi omunye wabangane baNomusa usekhwehlele amaviki amathathu. Yiziphi izinyathelo okufanele zithathwe i-CCG?

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5. I-CCG enakekela umndeni wakwaNkosi ngobuqotho idinga ukulandelela udaba ezingeni lomndeni. Lapho idlulisa udaba, yini okufanele igcizelelwe i-CCG esikhungweni sePhila Mntwana?

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**AMANO THI:**

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