

ABC tsa setorouku (stroke)



**Kotlollo ea masapo le mesifa tsebeletsong tsa
metseng**

Thuso ho bohle – Kotlollo ea masapo le mesifa ho bohle

ABC tsa setorouku (stroke)

Setorouku keng?

Setorouku ke ho kibana kapa thibana hoa methapo ea mali ka hara boko, ha sena se etsahala mali ha ee hohle likarolong tsa 'mele, kahuna karolo tseo li ka utloa bohloko kapa ho shoa.

Setorouku se etsahala hangata ha:

- Mokuli ale motenya haholo
- Ana le bothata ba lefu la pelo
- A noa joala haholo
- Ana le phallo e holimo ea mali (high blood pressure)
- Ana le lefu la tsoekere
- Ho kila ba le emong kahara lelapa a nang le bothata ba setorouku
- Bothata ba liphieo

Hopola hore setorouku hase ts'oaetsane

Na baka ba betere kamora hoba le setorouku

Setorouku sea fapana empa hangata bakuli ba sona ba eba betere haholo, empa ba bang ba nka nako e telele ho fola, ha ba bang ba keke ba fola. Boholo ba bakuli ba setorouku ba isoa lipetlele ebe ba lula nakoana ba khutlele malapeng kamora libeke tse fokolang.

Kamora setorouku

Maoto le liphaka lika hloka matla, kapa tsa seke tsa tsamaea ho hang, kapa o kase utloe maoto kapa matsoho a hae. Bakuli baka thula lintho. Thusa mokuli kaho: mo nts'a ka likobong le ho mo kenya, mo lulise setulong, ho tsamaea, ho mo apesa, ho ja le ho noa, ho mohlapiso le ho mofelehetsa ha ea ntloaneng. Hape bonts'a ba lelapa hore nab aka mothuso joang.

Ela hloko: se ke oa hula letsoho le sa sebetseng ka ha seo seka baka bothata ho mahetla, me akaba le bohloko.

Ho qala boikoetliso hang kamora hoba le setorouku ho bohlokoa haholo

Bakuli ba lefu la setorouku ba ka ikutloa ba le hantle kapa ba le matla kamora ho ts'oaroa ke setorouku, ka hoo ke nako e ntle ea ho ba khothaletsa ho sebetsa ka thata, ba bonts'e mokhoa o motle oa ho ikoetlisa. Ba khothaletse ho ikoetlisa kamehla. Ba rute hore na ba ka tsamaisa letsoho kapa leoto la bona joang basa ikutloise bohloko. Ba

khothaleitse ho tsamaisa leoto kapa letsoho hangata ka moo baka khonang.

Mahetla aka ba bohloko, ahloka ho thusoa, bakuli ba sebelise sephaka sa bona ho ikoetlisa ho ka thusa hore letsoho kapa sephaka se boele sebe le matla hape. Fa mokuli thuso eka mo thusang kapa ts'ehetsa letsoho kapa sephaka ka mosamo nako eo ba lutseng kapa ba robetseng.

Boikoetliso bakeng sa batho beo setorouku se ba hlaselang khafetsa

O tla fumana hangata bakuli ba setorouku ba robetse hase hangata ba tsamaeang, ekanna eaba haba khone ho tsamaisa matsoho kapa maoto a bona ka bo bona.



Barute ho ikoetlisa ka ho pitika ka 'mele kaofela a ntsa chenchamahlakore.

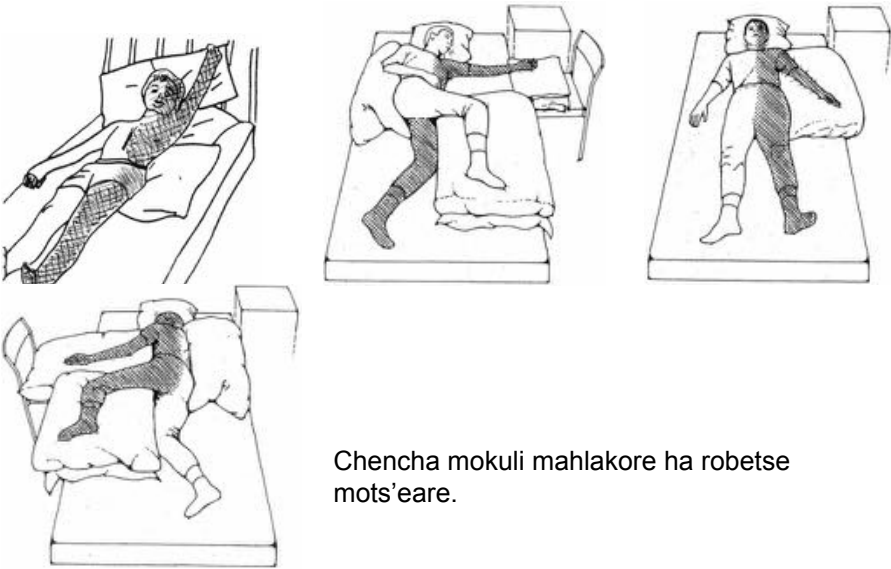
Hape mokuli a lule a ikoetlisa letsoho kapa leoto boholo ba nako.

Ba thuso ho tlisa letsoho le sa sebetseng holima hlooho, koba setsu ebe o otlolla letsoho.

Mokuli a kopanye matsoho joalo ka ha eka oa rapela, tsamaisa menoana ebe otlolla letsoho.



Thusa mokuli ho tsamaisa maoto. Koba mangole ka bobeli ebe o thusa mokuli hore a phahame ka lirao hanyane.



Chencha mokuli mahlakore ha robetse mots'eare.

Thusa mokuli ho lula ha ho khoneha haholo ebe mots'eare, a lule setulong se bolokohileng. Haeba mokuli a khona ho ema, etsa hore a leke ho ema ebe le etsa boikoetliso antse a eme. Leka hore a eme me haeba a utloa bohloko ka leotong le nang le ho lemala mokhothaletse hore a eme a otlohohile.

Boikoetliso bakeng sa bakuli ba setorouku

Mokuli a leke ho ikoetlisa a robetse ka mpa, haeba a khona ho ema a eme me ba etse boikoetliso bo bobebe.

Lamella mokuli ho ikoetlisa hangata kamoo aka khonang ka boena. Ba lule ba ikoetlisa hangata ka letsatsi ekaba ha ba robetse, paqame kapa ba lutse, le ha ba eme. Ba thuse ka seo b aka se hlohang molemong oa hore ba bolokehe. Ba thuse ho tsamaea ele mokhoa boikoetliso. Ba ikoetlise leha ba lutse setulong. Ka mehla hopola hore ho bohlokoa ho ikoetlisa le lehlakore le phetseng hantle, ka ha ho ka ba molemo hore le lehlakore le kulang le fole le tiee, le ho thusa hore 'mele ka kakaretso o o phele kapa o sebetse hantle.

Ha mokuli a se a qalile ho itsamaisa ka boena ela hloko hore ho sebe le letho le ka mo lielang moo a tsamaeang, ba ka hloka thuso ea thupa kapa motho eaka mo ts'ehetsang kapa ho mothusa ho ema a be lehlakoreng la hae. Ema ka lehlakoreng le kulang la bona hau tsamaea le mokuli.

Seo mokuli a se etsang kamehla ekaba mokhoa o mong oa boikoetliso: ho itlhapisa, ho ikapesa, ho itjesa le ho ikisa ntloaneng, ho ea kantle ele ho fumana letsatsi le ho kopana le batho.

Ha ho khoneha mokuli a etse boikoetliso a robetse fats'e, a ee fats'e hape a khutle a nyolohe kapa a eme ese ntse le mokhoa o mong o a ho ikoetlisa. Ho bohlokoa ho etsa ntho tseo mokuli a ka hlokanang ho lietsa hae joalo ka ho tsoa ka likobong, ho ikisa kantle le ho itjesa, joalo joalo.

Hopola melao e meraro ea ho thusana le mokuli

1. Mokuli a itsamaisa ka boena hangata ka moo a ka khonang'me a bolokehe.
2. Thusa mokuli moo a thatafalloang.
3. Etsetsa mokuli seo a hlokanang ho iketsetsa sona

Haho khoneha, fa mokuli litaba tse monate tse khotatsang, ho etsa hore a be morolo.

Lintho tse ka thusang

- Ts'epe holima ntloana eka thusang mokuli ho ema le ho lula holima ntloana.
- Ts'epe e thusang leoto le lemetseng: ho thusa mokuli ho ema le ho tsamea, batla keletso setsing sa kotlollo ea masapo le mesifa haufi le uena.
- Setulo se thusang ho tsamaea se mabili (wheelchair): eka thusa mokuli a sa khoneng hoea hole ha tsamaea, le ho tlisa mokuli kantle letsatsing. Haeba ho sena setulo seo se thusang ho tsamaea mokuli a ka sebelisa litulo tse peli tse tloaelehileng ho tsamaea ka tsonae

- Setulo se thusang ho tsamaea se eme ka pela mokuli se thusang eka tsepe e mona e thusang ho tsamaea.



- Khaba kapa fereko e tenya ho mothusa hore ho be bobebe ho e ts'oara ka letsoho le lemetseng kapa le senang matla aho itjesa.
- Tafole e tiileng kapa e thata pela bethe ho thusa ho tsoa le ho kena ka likobong.
- Setulo se tiileng se ka thusang hore ho be bobebe ho ema.
- Tsepe e thusang mokuli ea nang le bothata ba sephaka se sa sebetseng, haeba lehetla le le bohloko. Fa mokuli lintho tse ka mothusang letsatsi le tsatsi.

Keng se ka etsang hore bakuli ba be le bothata ba ho ja le ho noa

Ka nako engoe lijo li ka see ka mpeng

Bonts'a mokuli hore na a je le ho noa joang ka mokhoa o bolokehileng.

Leka hore kamehla pele ho lijo kapa linomokuli a lule hantle,

Tse ling tsa lintho o ka ba bonts'a: nka lijo tse nyane o je butle butle ele hore mokuli a tle a bone.

Ba bang ba bakuli ba hloka lethompo le thusang ho ja.

Joetsa mokuli a kope thuso haeba a ka khohlela kapa a qhoeloa antse a eja.

Haea ntloaneng

Ba bang ba bakuli ba ba le bothata ba hoesa ntloaneng. Ba joetse hore ba ee ntloaneng hangata ka mora hora. Ka nako engoe baka ba le bothata ba ho sesa ka mora hoba le setorouku, ho noa metsi haholo ho kaba thusa bothateng boo.

Joetsa mokuli a kope thuso ha batla hoesa ntloaneng.

Bua, utloisisa buisanang

Ba lelapa le bakhotsi ba ka thusa

- Bua mantsoe a makhuts'oane.
- Sebelisa matsoho kapa 'mele ho bua le bona haba sa utloisise.
- Ngola kapa sebelisa lits'oants'o.
- Hlakisa litaba tsa hao.
- Leka ho bua butle.

Leka ho bua hantle le mokuli oa setorouku seka mo tenehela kapa oa mo omanya bua le eena ka boikokobetso.

Kamora hoba le setorouku mokuli a ka ba le ho lebala kapa na lintho li etsua joang ha bobebe, baka se khone ho mamela kapa ho tsitlallisa kapa tsepamisa maikutlo, ho khathala kapele, ba bang baka koata le feela kapa b alula ba sena khotso.

Meriana

Mokuli o lokela ho noa meriana ka nako tse behiloeng ke ngaka 'me a seke a li fosa. Hape a noe tekanyetso e nepahetseng. Ho bohlokoa ho fumana keletso ho ngaka pele mokuli a tlohella meriana, 'me mokuli a lule a ea ngakeng hangata bakeng sa lithahlobo tsa hae.

Seo bakuli baka se etsang ho khutsufatsa monyetla oa setorouku:

Tsamaea kamehla, bapala bolo, e ea jareteng ho thusa, ikoetlise kamehla.

Seka tsuba

Seka noa

Ja meroho haholo me o fokotse papa le tsoekere

Lelapa le metsoalle b aka thusa

Ba lelapa le bakhotsi ba bohlokoa haholo ka ha ba ka thusa kapa ho ithusa ho uena hore na mokuli a ka hlokomeloa joang, ba bonts'e.

Khothaletsa ba lelapa ho lula ba mokhathaletsa ho lula a koetla.

Nka fumana thuso kae?

- Ho mooki kapa ngaka setsing se haufi le uena.
- Ho mooki oa hao oa kotlello ea masapo le mesifa.

Lesotho:

- Seboche, St Charles Hospital
- Thaba Tseka, Paray Hospital
- Roma, St Joseph Hospital
- Qacha, Tebello Hospital

- O ka fumana thuso ho mooki oa hao oa lefuba

Bakeng sa lintlha tse hlakileng etela leqephe la rona:

