

Kotlollo ea masapo le mesifa tsebeletsong tsa metseng

**Buka e ka sebelisoa ho thusa metseng eo hoseng
bobebe ho fihlela litsing tsa kokelo**



Thuso ho bohle – Kotlollo ea masapo le mesifa ho bohle

1. Selekela

Ka buka ena re rata ho fana ka kalafo e ntlafatseng sechabeng kahare ho metse, morero ele ho ntlafatsa litsebo tsa mantlha tseo ba ithutileng tsona ka kotlollo ea masapo le mesifa metseng (physiotherapy homebased care). U ka fumana lintlha tse ling tse hlakileng ho www.physioinlesoth.ch. Re ithuta hore kotlollo ea masapo le mesifa ke se sebelisoa se setle bakeng sa ho thusa batho ba kulang metseng. Litsebo ka kotlollo ea masapo le mesifa li bohlokoa haholo ho tlatsetsa litsebo ka bohlokomeli metseng. Kahare ho linaha tsa Sub-Sahara Africa, hona le feela mootloli a le mong a masapo le mesifa ho thusa batho ba makholo a mabeli a nang le metso e likete tse hlano. Ka koetliso ea basebeletsi ba tsa bophelo metseng le lingaka tsa setso, tsebeliso ea litsebo tsa mantlha ka kotlollo ea masapo le mesifa e ea atleha

Lenaneo la litaba: se kahare ho buka ena

Tlhaloso ea litsebo tsa mantlha tsa kotlollo ea masapo le mesifa, ka tlhokomelo le polokeho e atlehileng ka baoki metseng.

Basebelisi ba buka: buka ena e sebelisoa

Ke baoki metseng, lingaka tsa setso, bahlokomeli ba bakuli ka malapeng le bakeng sa sechaba ka kakaretso.

Lebaka la buka ena: why this booklet

Ke ho thusa kahare ho metse joaloka ha ho tsebisahala hore metse e mengata kahare ho litereke e hole le litsi le metebo ea kokelo ea bakuli, joale haba atlehe ho fumana kotlollo e ntlafatseng ea masapo le mesifa ka ha e fumaneha litsing tsa kokelo. Ele tlhokohalo ea chelete ea ho ba romella teng kapa mabaka a mang a itseng.

Thuso ho bohle - Kotlollo ea masapo le mesifa ho bohle

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Karolo ea pele

2. Mokhoa ho phela

Keng se re bolokang re phetse hantle?

Tse fokolang tse ka thusang ke:

- Bohloeki
- Metsi a hloekileng
- Ntlo (bohae)
- Lijo, etc.

Mokhoa o bolokehileng ho qhala kapa ho boloka lithole (Sanitation) Mekhoa e meng ea ho phela bophelo bo hantle e ngotsoe ka tlase. Re ipotsa hore na keng se re kulisang, re ka ipotsa hape hore na keng se etsang hore rebe le bophelo bo botle.

Mehlala e mehlano ea ho lula o phetse hantle:

Ho lula o tsamaea kantle moeeng le letsatsing

Ho lula o tsamaea kantle moeeng o hloekileng le letsatsing ho ea hlokahala bakeng sa ho lula o phetse hantle haholo holo hoseng le mantsibuea.

Ho phomola le ho robala hantle

Ho robala hantle ho thusa ho phela hantle ka hoba mele ea rona le boko li lokela kapa li hloka ho phomola hantle. Khanya ea television, fono, machine ho bonahetse li etsa hore motho aseke a khaleha kapa hona ho phomola hantle.

Lijo

Motho ea sebetsang offising, o lokela ho ja lijo tse fapaneng le motho ea sebetsang ka thata, a cheka, mohlala mobu, masimong. Motho ea sebetsang ka offisi o hloka lijo tse fokolang tse fanang ka matla ho feta motho ea sebetsang masimong. Motho ea tsofetseng ona le lithoko joalo ka motho ea kulang. Ho bohlokoa ho ja lijo tse tseo 'mele o lihlokang. Tsoekere e ngata le limatlafatsi tse ngata kapa tsona lino tse nang le acid ha li bohlokoa ha motho a batla bophelo bo botle.

Lijo tse nepahetseng ke meroho, litholoana le lihaha 'mele (nama). Lijo tse lekaneng li bohlokoa, kaha lijo tse ngata lika etsa motho a nyolohe 'meleng, ho ka bakang bothata ba pelo le manonyeletso.

Meroho, nama le lihaha li fana ka matsoai ohle ao 'mele e o hlokang, ka hona lithusa 'mele ho sebetsa hantle le hona ho fola mafung.

Sechaba se nang le chebelo pele sea ahana

Ho kopana le batho le ho ikutloa o amoelehile kahara batho ke ntho ea bohlokoa haholo bophelong e thusa ho lula o phetse hantle.

Likamano tse ntle

Hoba le motho eo o ka buang le eena ke taba ea bohlokoa, ho arolelana thabo le mahloko a hau le eena. Likamano tse seng hantle li ka silafatsa bophelo ba rona haholo hare kula. Seka khetholla batho ba kulang, ba hloka lerato le ts'ehetso ea rona. Ba khothatse.

3. Ho lula o tsamaea hoea thusa

Ho matlafala le ho tsamaea hoa letsatsi le letsatsi ho thusana ka mekhoea e mangata. 'Mele o koetlisoang o ka:

- Nyolla phallo ea mali
- Ntlafatsa tsela ea rona ea ho hema
- Matlafatsa pelo
- Ntlafatsa thabo
- Ntlafatsa ho tiea ha 'mele

Re itloaetse motsamao oa letsatsi le leng le leng, joaloka ho tloha sebakeng se seng hoea ho se seng. 'Mele ea rona e atleha le ho feta ka metsamao eo re ithutang eona ka nako tse re ikoetlisang.

Ho tsamaea ho lekane haho le hokae

Ho tsamaea hoa letsatsi le letsatsi le hoea hohle moo o ka khonang ho fihla. Bonyane metsotso e mashome a mararo ka letsatsi hau tsamaea kapa o koetla ea thusa. Nako eohle haho khoneha, ho lula fatse lihora tse ngata ho qojoe. Haeba ho koetla hoa hao hoa letsatsi ka letsatsi ho o tlišetsa ho fufuleloa ha nako e khutsoane le ho bupetsana hanyane o thuseha le ho feta.

Motsamao bakeng sa ba tsorefetseng

Lilemong tsa botsofali, motsamao oa letsatsi le letsatsi o bohlokoa le ho feta bakeng sa bana ba banyane. Batho ba seng ba holile ba tloaetse ho lula le ho khaleha haholo haho sena seo ba se etsang ka lapeng kapa metseng.

Ho koetla letsatsi le letsatsi hau lutse setulong, o phomotse liphateng le nako eohle ha motho a khona le kante moeeng e kaba leqheka le leano le letle haholo. Batho bohle ba holileng ba atisa hose tšalehe haba ena le bohloko 'meleng ba bile bana le bothata bo ikhethileng, ka ho lula ba tsamaea ba hahloa ke moea ho feta ba lulang le hona ho khaleha letsatsi lohle.

Motsamao bakeng sa batho ba kulang

Batho ba kulang ba una molemo o moholo ho koetlisoeng hoa 'mele. Koetliso e khethileng bakeng sa maemo a bona a bophelo e thusa haholo ha ona le bophelo bo ntlafatseng ebile ho thibela a mang a mathata a bokuli ba bona. Mohlala, bakuli ba kulang haholo ba hloka ho koetlisoa

ho thibela borurusi ba liphate le maoto a ruruhileng le ho thibela mathata a ho hema. Bakuli ba lefuba (TB) bantseng ba sebelisa lithhare ba hloekise mats'oafo ka ho hema moea o hloekileng ka koetliso ea ho hema.

Haeba mokuli a sa atlehe ho itsamaisa ka boeena, aka hloka mothusi, ho tsamaisa matsoho le maoto hore ba atlehe ho tsamaea ba atlehile.

Bakuli ba nang le lefu la lefuba (TB) le lefu la pelo, ha ba tsoanela ho etsa metsamao e bonahalang ele boima. Boemo bo bong le bo bong bona le koetliso ea teng e nepahetseng, joaloka ha mahlale le marang rang li entse bokantle ba bophelo bo ntlafeseng hona le tekanyetso e itseng bakeng sa hore motho a ka phela bophelo bo ntlafetseng.

Tsena li rutoa metseng ke baseletsi ba tsa bophelo ba koetlisitsoeng ho sebelisa litsebo tsa mantlha tsa kotlollo ea masapo le mesifa hae (physio skills home based care).

4. Litsebo ka kotlollo ea masapo le mesifa ka lapeng

A mang a mahlale le koetliso ea masapo le mesifa li ithutoa liphuthehong ho tseba ka litsebo tsa kotlollo ea masapo le mesifa ka lapeng. Basebeletsi ba tsa bophelo metseng ba ithuta ts'ebeliso ea litsebo ka kotlollo ea masapo le mesifa moo e bang mootlolli haeo. Mahlale a mangata a rutoa a aba sebelisoa motseng ka ho etsa joalo ha thusoa bakuli ba bangata baka unang molemo ka bophelo ba bona bo ntlafetseng. Tse lateng ke likoetliso tse thusanang ka malapeng:

Molaetsa oa litlhare

Ka mafura a litlolo le amang a mafura fela a litlhare bakeng sa bohloko ba masapo a 'mele, ho shoa bohatsu kapa ho ba shohlo, le ho matlafatsa phallo ea mali ,meleng.

Ho koetla / ho thapolla 'mele

Ho paqama, ho lula, ho tsamaea, ho ema, ka mekhoe e fapaneng.

Lisebelisoa tse batang kapa tse chesang

Ts'ebeliso ea malapi a hlapang (bath towels), metsi a batang kapa a chesang ho phomotsa 'mele ho fokotsa mahloko le borurusi.

Ts'ebeliso ea metsi

Meriana e fapaneng ea ho hlapa, joale ka ho hlapa o lutse, ho hlatsoa maoto, ho hlatsoa 'mele kaofela, bakeng sa ho phomola, ho felisa mahloko, ho ntlafatsa phallo ea mali 'meleng le ts'ebetso entle ea litho tsa ,mele.

Ho futha / arubela

Ho hema metsi a kopaneng le meriana e fumanehang hae ho hloekisa moea , ho fokotsa mosolo kapa borurusi le matlafatso ea ts'ebetso ea litho tsa ,mele

Kotlollo ka motsamao

Ho tsamaisa leoto kapa maoto a motho emong le liphaka kapa matsoho ho thusa ho boloka motsamao oa mesifa hore ebe bobebe le tsehetso ea teng. Haeba mosifa o le thata, ho bohlokoa ho otlolla ka mokhoo bobebe nako le nako ho thusa mosifa oo hore oska qetella o le thata.

Boima

Moo ho lokelang, ho bohlokoa hore motho a eme. Ho molemo bakeng sa masapo ho utloa boima, hape ho thusa senya hore sebe le matla. Li kanna tsa batla thuso ea hore li emisoe, e kaba basebeletsi ba tsa bophelo kapa thupa eo a tsamaeang ka eona.

5. Litlamlama tse teng haufi le hae

Ho teng litlamlama tse ngata tse tsejoang ke baahi motseng, tse ka thusanang haholo ho phekola mafu a fapaneng a letsatsi le letsatsi. Tse ling tsa tsona halia sebelisoa 'me li tla hlaloso ha morao ka bukeng eona. Ts'ebeliso e bolokehileng ea meriana e bohlokoa. Poloko ea litlamlama tsena e bohlokoa joalo ka ha likotuloa. Hantle-ntle re lema litlamlama tse 'maloa lijareteng tsa rona, moo li bolokehileng hole le liphoofole ebile lihlokometsoe ka makhetha.

Kotulo e nepahetseng le poloko li hlalositsoe bukeng engoe

Lengana, artemisia afra, wormwood

Ka kakaretso lengana lena le matla a ho loants'a le ho bolaea likokoana-hloko ka mefuta ea tsona. Le ka sebelisoa bakeng sa ho hlapa le ho arubela, Ha 'moho le mafura kapa oli le mahe a linotsi a ka sebelisoa ele moriana bakeng sa mathata a letlalo, joaloka ha tee e thusana ho loants'a likokoana tsa ka mpeng, sefuba le tse ling tse ngata.

Phefo, helichrysum, strawflower, Imphefo

Phefo ke moriana o matla oa setlamlama.

E loants'a kokoana le ho phomotsa mesifa le ho etsa 'mele o thapolohileng. Phefo e sebelisoa ele tee, ho arubela le ho hlapa 'mele kaofela.

Koena, mentha longifolia, Wild mint

Koena e tsejoa ke batho bohle ba Afrika ele moriana o thusang ka ho phefumoloha hantle. E le tee e thusanang haholo ka ho theola mats'oafu, mpa, ebile e ka sebelisoa ele senoko lijong. Koena hae sebelisoa ele tee, e bile e hengoa kapa arubela, e bula sefuba, e hloekisa le lits'ila tsa moea 'meleng. Makhasi a teng a mangata ka lapeng atlosa lintsintsi.

Boleukomo, eucalyptus globulus, Bleikom

Sefate sa boleikomo se teng hohle haholo ebile ho sebelisa makhasi a sona ka mekhoha e fapaneng bakeng sa ho arubela ke moriana o motle o matla mathateng a mangata a ho hema. Bo ka sebelisoa hape ele tee.

Polisa, foeniculum, wild fennel

Lithotse tsa polisa kapa makhasi a eona a ka sebelisoa ho etsa tee kapa ho etsa senoko lijong. E thusana ka ho sila lijo ka mpeng, ho fokotsa moea kahare ho mala hape e thusa ho eketsa lebese ho 'me' ea anyesang.

Re kotula le ho boloka litlama joang

Ho bohlokoa ho tseba litlamatlama tse nepahetseng. Fumana thuso ho motho ea litsebang hantle o ithute hantle. Litlama tse ling li ka shebahala li ts'oana hantle empa hali ts'oane ebile li kanna tsa lematsa maphelo a batho kapa ba hau. Hona le nako e nepahetseng ea kotulo, eseng kapele kapa ka morao. Mohlala, makhasi a lengana a kotuloe ha a se a batla a omella, hau ts'oara ka letsoho a utloahala ale mafura kapa a manama.

Ka kakaretso makhasi a omisoa sebakeng seo ho leng makhetha, meriting, hole le liphoofole, lerole le lits'ila.

Meriana ea litlamatlama e ts'oanela ho omisoa le ho bolokoa moo bana ba ke keng ba fihlela, hoba li kaba kotsi ha li sa sebelisoa hantle.

Ha makhasi a se a omile aka khabeloa kapa a suuo a bolokoa ka botlolong kapa sekotlolong sa khalase kapa polasitiki. Libotlolo tsena li lokela ho ngoloa matsatsi kapa letsatsi la kotulo le lebitso la moriana. Ho bohlokoa ho motho a qalang ho tseba litlama tse 'maloe le mokhoa oa ho libelisa hantle.

Ho sebelisa meriana hantle

Mona ke ts'ebeliso e tloaelehileng ea meriana:

- Ho futha kapa arubetsa
- Ho hemela ka mokotleng o ts'etseng litlama
- Ho robala holima mosamo o ts'etseng litlama
- Ho tsuba moriana
- Ho hlapha ka moriana
- Ho hlapha mmele ohle ka metsi a chesang le moriana

Meriana le litlolo li ka etsoa ka oli ea sonobolomo (sunflower oil), litlama tse omisitsoeng le mahe a linotsi. Mokhoa oo ho etsuoang litlolo o fumaneha leqhepeng la tataiso bukeng ena. Ts'ebeliso engoe le engoe ena le mohlala oa teng le tlhalosetso e hlakileng ea teng. Latela litaelo tse nepahetseng tsa ts'ebeliso le ho sheba maits'oaro a mokuli.

Mokhoa oa ho etsa tee e hantle ebile bolokehileng ka litlama

Litlama li lokela li hloeke, ebe likotutsoe ho tsoa moo ho hloekileng mohlala eseng moo eleng liphoofole li ithusetsang. Li kotuloe ke motho ea hlapileng matsoho a hloekileng.

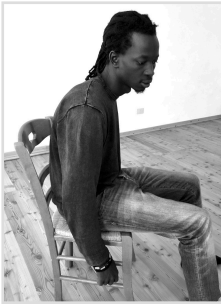
Ho bohlokoa ho latela ts'ebeliso e nepahetseng hau fa bana le batho ba baholo. Ka mehla sebelisa metsi a belisitsoeng ho bolaea likokoana-hloko. Qoba ho tsoaka meriana e fapaneng ho kaba kotsi. Tee ea litlama e ka nooa beke tse tharo feela eseng ho feta moo. Bakeng sa ho lula o bolokehile hau bona mats'oao a sa thabiseng ho mokuli emisa ho mofa meriana ea litlama hang. Hau latela litaelo o keke ua fumana litlamorao tsa letho.

Karolo ea bobeli

6. Ho thusa bakuli ka litsebo tsa kotlollo ea masapo le mesifa

Molala le mahetla a bohloko

Neck and shoulder pain



Hobaneng ho opeloa ke molala le mahetla?

Ho lula kapa ho its'etleha hampe ke tsona lintlha tse tloaelehileng ho baka bohloko boo. Tse ling tse bakang bohloko bona e kaba phetoho ea lesapo la mokokotlo, mesifa e tiileng ke ho touta kapa ho lemala molaleng ka nako engoe e kaba lona lebaka le etsang hore ho sekaba bohloko ho otlolla haholo ha ho sentse hona le bohloko.

Ba bang ba bakuli bana le bohloko ba molala ka mora ho fumana kapa hoba le bothata kapa ho fumana kotsi ea mebileng, pele o ka thusa mokuli ea joalo etsa hore le fumane keletso ho tloha ho ngaka kapa mooki ua hae ho qoba kotsi tse ling le ho roba masapo amang a itseng.

Mokuli aka etsang ha ale mong

Bakuli ka mehla baka ithapolla kapa ho ikoetlisa, ba ipholla kapa ho ikotlolla molaleng. Bonts'a bakuli na baka ithusa joang. Ho fumana sephetho ho bohlokoa hore mokuli a nke karolo.

Ho silila ka litlhare

Mokuli a opeloang ke molala aka otlolloa a lutse kapa hona a robetse ka mokokotlo. Mokuli a phutholohe haholo. Haho khoneha, a hlobole likobo le liphahlo. U ka silila mokuli a ntse a apere ha fela ele mariha. Haeba ona le monyetla oa ho silila mokuli nameng sebelisa li oli, sebelisa oli entse ele nakong hape roala liatlana. Haeba ho khonahala hore o fumane kamore e futhumetseng etsa hore o silile mokuli 'meleng a sa apara.



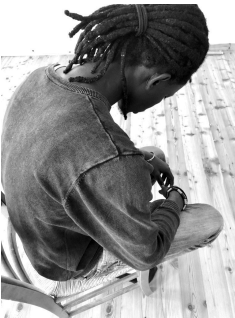
Mokuli a lule fats'e, a nne a tsamaise molala le mahetla hantle ho theohela liphakeng a its'ehelitse ka matsoho a mabeli. Matsoho a hle a tiee moo a its'ehelitseng (a seka tiisa haholo kapa hanyenyane haholo). Mesifeng ea mahetla silila o ts'oare hantle joalo ka u luba bohobe. Mahlakoreng a molala pota pota o silile o ea holimo le tlase. Ka ho silila o ea holimo le tlase ka letsoho, qala mokokotlong hoea tsebeng mahlakore ka bobeli. Silila ka lintlha tsa menoana hloohong. Qetella ho ho silila ka ho etsa

mela e meholo ho tloha morao ho hlooho hoea mahetleng le ka mokokotlong.

Bakeng sa bohloko ba nako e telele kapa bo nkang nako e telele, ho molemo ho sebelisa mafura a tsoakiloeng ka peri-peri le a tsoakiloeng ka lengana kaha tsona li sena kotsi kapa li ka se bake kotsi ea letho.

Hlokomela: seke oa silila haeba hona le maqeba a bulehileng, bakuling ba letlalo kapa ba lefu la pelo.

Boikotlollo bo bohlokoa



Mokuli a lule setulong a kobehe a khutle a lule a otlolohile hape. A otlolohe ebe o ba molele hape a hulele mahetla a hae morao hantle a habile mpa. A shebise hlooho ka lehlakoreng le letona le ka ho le lets'ehali, mahlo a hae antse a shebile nqa ele ngoe joalo kaha eka o shebile ntho e hole mane. A kobehe hlooho lehlakoreng joalo kaha eka o tla beha tsebe

lehetleng. Mokokotlo o ntse o eme o otlolohile a shebile pele feela asa shebe holimo le fats'e. a isilile ka matsoho a kobetse ka morao ho molala.

Khothaletso ho mokuli

Hlokomela molala oa hau le mahetla ka hore a lule a futhumetse ka mehla o apesitse o thatetse molala. Silila molala oa hau ka mafura a kopantsoeng le peri-peri kapa lengana. Qoba ho lula fats'e nako e telele, moo o lutseng kapa o its'etlehileng etsa bonnete bah ore mokokotlo o otlolohile le mahetla, mpa o e habile.

Bohloko ba mokokotlo

Mokokotlo o bohloko kapa letheka

Hangata ho feta hanyenyane bohloko ba mokokotlo kapa bohloko bo iseletsang thekeng bo bakoa ke ho sebetsa ka thata kapa ka mora ho fumana kotsi. Bohloko ba nakoana thekeng kapa mokokotlong bo ka bakoa ke ho tsamaea ha mesifa emeng e itseng kantle ho theriso ea letho. Ka nako tse ling bohloko bona ba mokokotlo bo ka bakoa ke hoba le ho soloa, boruruisi kapa ho ts'oaroa ke sefuba.

Keng seo bakuli baka se etsang



Bakuli ba nang le bohloko ba mokokotlo ba ka lula ka mehla ba ikoetlisa, ba ithuta ho lula kapa ho paqama kapa hona ho robala ba otlolohile le ho ithuta ho nka lintho tse boima bo lekaneng. Bonts'a bakuli hore na ba ithuse joang. Ho fumana sephetho ho bohlokoa hore mokuli a nke karolo.

Ho silila ka moriana



Ho silila mokokotlo ho etsua moo ho tsitsitseng, moo mokuli a otlolohileng, a paqame kapa a ile ka lehlakore. Ho silila mokokotlo kaofela ho tloha holimo hoesa tlase hape hoesa holimo, ka letsoho o tsamae holima lesapo la mokokotlo ho ea holimo le tlase.



Ka menoana e metona ea matsoho a mabeli silila lesapo la mokokotlo kapa letheka ho fihlela o ts'oara qholo o khutle hape, o khutlela thekeng. Qetela ho silila ka mokhoa o tsoanang le hau qala.

Bakeng sa bakuli ba nang le bohloko ba nako e telele ho silila ka mafura a nang le peri peri ho bohlokoa ho tsoana le ona a nang le lengana hobane hali bake kotsi ea letho.

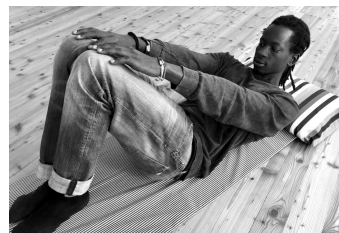
Hlokomela: qoba ho silila bakuli ba nang le maseba a bulehileng, matlalo a kulang le ba nang le lefu la pelo..

Boikotlollo bo ka thusang



Mokuli a behe maoto setulong a lutse fats'e patla ka mokokotlo, a hema hantle butle butle, ho thusa bakuli ba bangata ho koetla tjena ebile ho ka etsoa le ha hosena bohloko.

Otlolla mesifa ea mpa ka ho kakalla ka mokokotlo, mangole a kobe hile maoto a le fatse, a phahamisitse hlooho, menoana ea matsoho e ee mangoleng. Paqama ka mpa, beha matsoho ka bobeli pela mahetla. Ho koetla tjena ho etsua ka boiketlo.





Robala ka mpa, o isitse matso ka morao
molaleng, phahamisa mahetla le matsoho a
lule a phahame nako ea metsotso e leshome
hoea ho leshome le metso e mehlano.
Mokuli a nne a tsoele pele ho hema.

Ho lula setulong kapa ho ema lumella
mokokotlo oa hao ho otloloha, a ikotlolle a
habe mpa,

Khothaletso ho mokuli

Etsa hore 'mele ua hau o lule o futhumetse, etsa boikoetliso bona letsatsi le
letsatsi, seka emisa le hao ikutloa o le betere. Hao lokela ho nka lintho
fatse linke ka mokhoa sa tlo o thonkha. Qoba ho kobeha haholo hau nka
lintho fatse, qoba ho lula fatse nako e telele lula o tsamaea hangata ka
mokhoa ka khonang.

Lithopola le maoto a bohloko

Hobaneng hau opeloa ke lithopola

Bohloko bona bo qala ho tloha ka mokokotlong ho ea tlase maotong. Hangata bo bakoa ke mosolo kapa borurusi. Ha mosifa ea lithopola le leoto li tsitjoa, ho tiisoa, mokuli o utloa bohloko bo kang ba haa hlajoa ka linalete ho isa leotong, mosifa o ka hloka matla mokuli eaba o tsamaea ka thata.

Mokuli aka etsang bongoeng ba hae

Boemong boo mokuli a utloang a opeloa haholo a phomole a batle malebela ho mooki kapa ngaka mabapi le meriana e ke keng ea baka kotsi, mosolo boruruisi kapa tse ling tse itseng. Qoba ho lula fatse nako e telele. Mokuli ea opeloang ke letheka le lithopola o lokela ho etsa boikotlollo bo ikhethileng, a etse ka hohle hohle o eme kapa o lutse sebakeng se tsitseng hape a qobe ho lula fatse ha nako e telele. Bonts'a bakuli na baka ithusa joang. Ho fumana sephetho se hlakileng mokuli o lokela ho nka karolo.

Ho silila ka moriana

Mokhoa o tsoanang oa ho silila o ka sebelisoa joalo ka ha ho sililoa mokuli ea opeloang ke mokokotlo empa ka mokhoa o bobebe. Qoba ho utloisa mokuli bohloko nakong ea ho silila.



Ho silila hoa lithopola ho etsetsoa sebakeng se tsitsitseng kapa haho hlokahala, mokuli a paqame ka lehlakore. Ho silila ka mokokotlong kaofela makhethlo khetlo ho tloha holimo ho ea tlase o boela holimo hape, Eke ua pota pota ka letsoho mesifeng ea lesapo la mokokotlo holimo le tlase.

Ka matsoho a mabeli suthumetsa mesifa ea lesapo la mokokotlo mahlakoreng hape o a khutlise. Ka matsoho a mabeli sililla ho tloha thekeng hoesa fihla lithopoleng, o khutle o phete hape. Ho mokuli ea opeloang nako e telele o ka silila le maoto. Qetela ho silila ka mokhoa o ts'oanang le ha o qala.



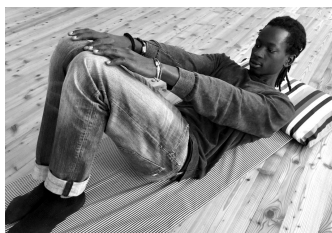
Bakeng sa bakuli ba lulang ba opeloa mafura a tsoakiloeng ka Peri-Peri a bohlokoa hammoho le mafura a tsoakiloeng le lengana hobane ha lina kotsi ea letho. O seke oa silila hahona le maqeba a bulehileng, mafu a letlalo, boemo bo holimo ba lefu la pelo.

Boikotlollo bo bohlokoa



Mokuli a kakalle a behe maoto holima setulo, a hemele butle-butle ka mpeng. Boemo bona bo thusa bakuli ba bangata ebile bokoetliso bona bohlokoa le haho sena bohloko. Koetlisa mpa le mesifa ea teng ka ho kakalla le ho penyetša mpa ho iselletsa mokokotlong nka nako e ka etsang metsotso e mehlano o tihisitse mpa o hema hantle kapa butle. Etsa joalo makhetlo aka bang mahlano.

Kobela mangole holimo maoto a ntse a hatile fatse, nyolla hlooho ebe o tlisa matsoho mangoleng.



Paqama ka pa matsoho o a kobetse ka morao ho molala o phahamisitse litsoe kapa litsu fela sebakeng se lekanang ha nakoana. Mokuli ha tsoelepele ho hema. Lula setulong tlohela mokokotlo o kobehe hanyane ebe o khutla hape o lula hantle o otlolohile. Hau bona hore sefuba sa mokuli se ile ka lehlakore le le leng, thusa mokuli hantle a khutlele sebakeng se nepahetseng.

Boikoetliso bono kaofela bo ts'oanetse ho etsoa nako eohle ha bobebe ntle le bohloko ba letho. Bohloko bo itseng ka maoto, ekaba linalete tse hlabang kapa ho shoa bohatsu ba maoto haho hlokahale hore ho etsahale.

Keletso kapa malebela ho mokuli

Qoba ho sebetsa ka thata le ho kakasa kapa ho nka lintho tse boima libeke tse seng kae. Ka mehla koetla hantle butle. Seke oa tlohela ho koetla hau utloa u le betere, tsoela pele. Robala habeli ka letsatsi metsotso e leshome le metso e mehlano ka mokhoa e hlakisitsoengka holimo, o paqame fats'e o behile maoto setuulong. Ha ngaka a ofa lithhare li sebelise ho fihlela o li qeta. Ho fola kapa ho folisa bohloko ba lithopola o ts'oanetse hoba le mamello. Ts'epa hore o tla fola.

Bothata ba bohloko ba nako e telele ea ho hema

Hobaneng hau ba le bothata ba ho hema

Amang a mathata atloaelehleng ke: serame, sefuba, mats'oafu lisaenase

Tse ling tse ka bakang bothata ba ho hema ke ho tsuba, lerole, mosi kapa tse ling tse fumanehang moeng. Lets'oea, mats'oafu, lefuba kapa a mang a ts'oaetsanang aka baka bothata ba ho hema.

Mokuli a ka etsang bongoeng ba hae

Mokuli a ka etsa boikoetliso ba letsatsi le letsatsi, ho phefomoloha ebe ua khohlela ho ka thusa hore hloekisa matsoafo. Mokuli a ka arubela ka metsi ho thusa hore hobe bobebe ho khohlela.



Ba ka lokisa tsela ea bona ea ho lula hantle hoba hoka ba thusa ho atleha ho hema ha bobebe.

Ho ka thusa ho phaphatha sefubeng kapa ho kopa ba bang ba lelapa ho etsa joalo ka mokokotlong.



Ho sa tsotellehe na ho khohlela ho bakiloe keng mokuli o ts'oanela ho latela melao ea lithare. Mokuli a sebelise lesela le o aka ts'oellang ho lona ho qoba ho ts'oella fats'e kaha hoo ho ka baka mafu kapa bohlasoa.

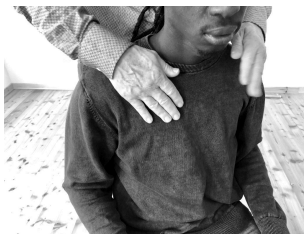
Mokhoa o ka phekolang bothata ba ho hema

Ho phekola hona ho kenyelelitse ho silila, ho itila sefuba le ho khohlela, boikoetliso ka ho lula. Mokuli a lule setulong le teng haho khoneha, mokuli a hlobole, hase setlamo hore mokuli aka hlobola, le hasa hlobola mokuli ontse a tla thusoa. Haeba o thusa mokuli a hlobotse liaparo, sebelisa liatlana tsa bakuli. Pele le ka morao ho phekolo, mokuli a latele melaoana ea lithhare, a sebelise sakatuku ho ts'oella.



Mooki a nke boikarabello ba ho sebeletsa ka moo ho butsoeng lifesetere molemomg ua hore moea o hloekileng kapa o pholileng o kene. Qala ho silila molala le mahetla ka ho pota pota ho thusa mesifa ho thapoloha, sebelisa lengana, mafura a ho silila kapa mafura a nang le

boleikomo.

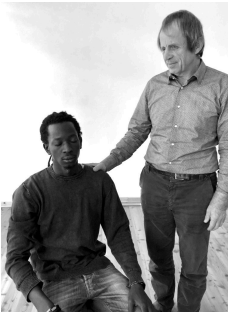


Mokuli a phahamisetse matsoho a hae holima hlooho mothuse hore le phahame hantle ebe joale o mo phaphatha ka lehlakoreng la sefuba.

Morute mokhoa o hantle oa ho hema haholo holo mokhoa ho ntsa sekhohlela, ka hona mokuli a lule a ena le sakatuku seo a ka tsoelang ho sona ele mokhoa bohloeki kapa pampiri e sebelisoang bakeng sa ntloana.



Mokuli a its'etlehe, a behe matsoho maotong qala ho mo phaphatha sefubeng, mokuli a phahamisitse letsoho la hae holima hlooho, mothuse ka ho motsehetsa ebe o qala ho mo phaphatha lehlakoreng la sefuba.



Mo rute boikoetliso ka ho hema le mahlale amang ho khohlela. Maemong ao mokuli a hlileng a khohlelang ka 'nete a sebelise sakatuku, pampiri ea ntloana kapa nkhoana ea ho ts'oella.

Bakeng sa bophelo bo botle, ema lehlakoreng ho mokuli hore o tle o seka oa hema moea ua hae kapa a seka o ts'oaetsa. Qetela ho phekola mokuli ka ho mosilila mahetla le liphaka.

Ho arubela le tselisiso ea litlamatlama

Litlamatlama tse ngata tse fapaneng li ka thusana haholo bakeng sa bakuli ba nang le bothata ba ho hema hoa nako e telele. Hona le a mang a mahlale a mangata a ka sebelisoang. Mohlala: koena. Boleikomo li ntle haholo bakeng sa mekhoe e fapaneng ea ho arubela. Meriana e matla joaloka bo lengana kapa phefo li matla haholo.

Ts'ebeliso ea mokotla oa ho hemela ke mokhoe o bobebe oa ho laola ho arubela lets'eare lohle, hape e molemo haholo bakeng sa masea le bana banyane. Ho futhumatsa ntlo ho hloekisa le ho etsa hore ka hara ntlo eno ho hloke 'me hobe bobebe ho mokuli hore a ka lula nako eohle.

Mekhoe e 'meli ea ho futha kapa ho arubela ho sebelisoa koena le boleikomo. Makhasi a boleikomo ke bakeng sa bakuli ba khohlelang hangata.

Ho arubela o ikhurumelitse ka likobo ho thata ho feta ho futhumatsa ntlo eohle e chese. Ela hloko hose chese thepa tse ka tlung. U seke ua siea ngoana ea monayne a futha kapa a arubela a le mong a ikhurumelitse kapa a ikoahetse ka likobo. Ho arubela ka likobo ho nke feela metsotso e leshome. Ts'ela letsoai ka khaba e nyane ka metsing ao o ts'etseng ho ona o tlo futha/ arubela, hape ka mehla sebelisa pitsa e ts'oanang bakeng sa mokuli ho qoba ts'oaetso ea mafu. Sebelisa metsi a fapaneng ao mokuli atlo arubela seka sebelisa metsi hangata, sebelisa metsi a hloekileng.

Ho hema mosi: litlhare tse kang lengana le phefo lika chesoa ka leshala ho etsa mosi moeeng. Mahlale ana a bohlokoa bakeng sa bakuli ba mats'oafu,

ese etsoe ho bakuli ba nang le lets'oea, o tla hlokomela hore mokuli o khohlela ka mora ho nakoana feela a hemile.

Mokhoa o bobebe oa ho hema kaho arubela ha nako e telele ke ho ts'ela lengana, koena ka mokotleng oa mosamo ele hore mokuli a heme bosiu bohle.

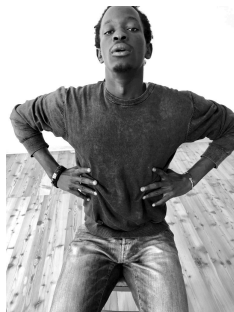
Lero la lengana le la boleikomo le ka sebelisoa ho silila sefubeng le ka linkong. Ho hlapa 'mele kaofela ka metsi a ts'etsoeng ka lengana, phefo kapa koena ke mokhoa o tsebahalang haholo ebile o le bohloka o phekola. Tse ling tsa li tee tsa litlamatlama tse thusang ho phomotsa mats'oafo a nang le bothata kapa a amehileng joalo kaha re fumana bakuli ba lets'oea. Ka lebaka le o koena kapa makhasi a phaena a sebelisoa.

Likhohlela tse manamang lika phekoloa ka tee ea lengana. Eba hlokolosi ho sebelisa moriana o lekaneng eleng se ka shebuoang qetellong ea buka ena me o lule o ithuta bohloeki.

Boikoetliso bo ka thusang



Mokuli a lule setulong maoto a behiloe hantle fatse, qala ho tsitsinya mahetle ebe o nyolla mahetla ontse o hema, theoha matsoho o ntso hemela kantle.



Beha matsoho a hao ka mahlokoreng a mabeli a sefuba ebe o hemela kahare le kantle ontso ikotlollat, expanding the chest while inhaling and then breathing out all the air in the lungs.

Beha matsoho a hao ka



mahlokoreng a mabeli a sefuba ebe o hemela kahare le kantle ontso ikotlolla



Iphaphathe sefubeng

Tlhokomeliso ho bakuli

Ho bohlokoa ho lula mokuli a futhumetse, a je lijo tse futhumetseng le tee e futhumetseng. Qoba ho lula moeeng o batang. Ha maoto a futhumetse le litlhafu, le mats'oafu a futhumala. Ka nako tsohle apara liphahlo tse omileng, kamora ho fufuleloa chenchela liphahlo.

Ho bakuli ba ts'oeroeng ke mafu a ts'oaetsanang ho bohlokoa ho lula ba hloekile ba bile ba mamela litaello tsa baoki ba bona. Bakuli ba lefuba ba lule ba hloekile le ba lelapa la bona. Ho arubela le meriana ea litlama li thusa joaloka ha ho bontsitsoe. Bakuli ba lokela ho nka meriana joalo kaha ba laetsoe ke lingaka kapa baoki ba bona, me bae bakeng sa ho fumana kalafo.

Mokuli oa lefuba ha tla hae

Ba bang ba bakuli ba lefuba aba okeloa sepetelele ka mabaka a fapaneng, ha ba bang bona ba okeloa mahaeng a bona.

Ho sa tsotellehe lebaka le entseng hore mokuli ua lefuba a ts'oeroe

sepetelele eletsa mokuli ho latela litaelo tsa ngaka kapa mokuli ua hae.

Mokuli haa lokela ho chenchela meriana ea hae ea e fuoeng ke mooki oa

hae, mooki kapa ngaka lokela ho joetsa mokuli litlamorao tsa litlhare, 'me

eena mokuli ha ana tokelo ea ho ichenchela litlhare tsa hae. Boholo ba

bakuli ba nako e telele ba qetella ba rata ho lula nqa ele ngoe haholo ho ka

bakelang hore ba qetelle bana le bothata ba ho tsamaea. Ho qoba bothata

ba nako e telele ho ka khothaletsoa mokuli hoea ngakeng ea kotlollo ea

masapo le mesifa.

Ke eng seo mokuli a ka se etsang

Mokuli a ka sebelisa mekhoe e fapaneng ea ho arubela. Mokuli a leke ho

lula a etsa lintho tse nyane tse ka mothusang, mohlala mokuli haa lokela

ho lula feela. Mokuli ea kulang haholo aka ikoetlisa antse a lutse setulong

kapa ale betheng, empa bakuli ba lefuba bas a kuleng haholo bona baka

tsamaea ka tlung ba ikoetlisa. Ba seng ba sa kule haholo bona baka etsa

mesebetsi e menyane, ba ikoetlisa hape ba leke honna ba tsamaea. Ha

mokuli a se a sa kule haholo ho khothaletsoa hore hoseng le mantsibuea

ake a lule kantle letsatsing ka ha letsatsi le le bohlokoa.

Ho arubela le ho sebelisa tse ling tsa litlama tsa tlhaho ho alafa.

Mefuta e fapaneng ea litlama tlama e ka thusa haholo ho mokuli oa lefuba.

Hona le mekhoe e fapaneng hape eka sebelisoang. Mokhoa oa ho

hlokomela mokuli o ka

Shebuoa karolong eo ho buoang ka bakuli ba nako e telele ba nang le

bothata ba ho hema. Lintho tseo bakuli ba lefuba ba li etsang:

Bakuli ba nang le bothata ba ho hema b aka arubela ka boleikomo, kapa ka koena.

Bakuli bao sekhohlela sa bona se leng thata, ts'ehla kapa tala ba ka a sebelisa lengana.

Bakuli ba lefuba ba ka sebelisa lengana ho arubela.

Ho raba kapa silila mokuli oa lefuba ka moriana oa boleikomo kapa

lengana sefubeng ho ka thusa haholo.

Ho hloekisa ntlo ho bohlokoa haholo hape ho besa lengana le omisitsoeng

ho thusa ho hloekisa moea. Ho sebelisa mosamo o ts'etseng makhasi a

macha a boleikomo kapa koena ho thusa mokuli hore a heme meriana

kapa moro oa litlamatlama tseo.

Tse ling tsa litee tsa litlamatse etsang hore 'mele o phomole kapa o thapolohe. Kamora beke tse peli chenchana tee o noe mofuta o mong ele hore tlo khone ho fumana mofuta e fapaneng ea litee.

Ho hlapha 'mele kaofela ka lengana le kopaneng le metsi ho thusa hore 'mele o phuthulohe me o fole. Ho khothaletsoa hararo ka beke. Mokuli o khothaletsoa ho hlapha mantsibuea a se a ilo robala ele ho mothusa hore a robale antse a futhumetse.

Boikotlollo bo thusang

Mokuli oa lefuba ea fokolang o lokela ho ikoetlisa a ntse a le betheng kapa ha lutse setulong. Haeba ho hloka hahala thusa mokuli ho ikotlolla betere. Mokoetlie ka hohle ka moo ka khonang empa ela hloko hore mokuli a seke khathala.

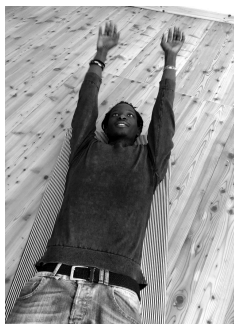
Mokuli easa kuleng haholo eena a ikoetlise le ka ho tsamaea antse a pota pota ntlong moo a lulang, kapa ha a lutse kantle setulong. Ho ikoetlisa hona ho lokela nka bonyane metsotso e leshome le metso e mehlano. Ikoetlise habeli ka letsatsi.

Ho bakuli ba lefuba ba seng bantse bat lo fola ba khothaletsoa ho ikoetlisa ka mokhoa ts'oanang, mohlala ho bapala ka bolo, ho leka ho matha empa ba saee hole mohlala bantse ba le ka tlung, kapa ha khona aka ea kantle. Ba khothaletsoa ho koetla ka matla ho fihlela ba fufuleloa.

Boikoetliso ka botlalo

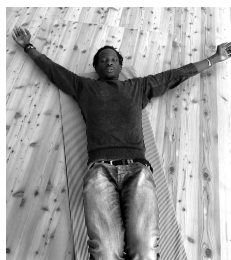
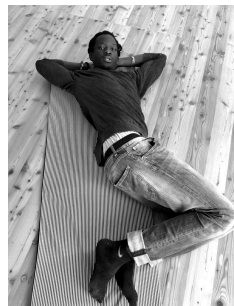


Ho robala ka mokokotlo, ole betheng, tlosa likobo ele hore o be le sebaka se lekaneng.



Qala ka matsoho a behile mpeng o ithute ho hema o habile mpa. Phahamisa matsoho ka bobeli o a ise holima hlooho o ntso hemela kahare, ebe o khutlisetsa matsoho mpeng o ntso hemela kantle.

Koba litlhafu/ mangole ebe oa kobolla, koba maoto morao eka o elella ka liraong ebe o isa mangole ka letsohong le letona le ka ho lets'ehali.



Isa matsoho ka mahlakoreng o ntso a khutlisa o itiisa ebe o bula hape.



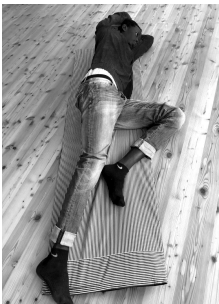
Isa matsoho a hao likhopong, hemela kahare haholo ele hore mokuli a tle a utloe ha likhopo tsa hae li tsamaea.

O otlotse maoto etsa matsoho selikalikoe (circle) se kenang kahare hape kantie.



Mokuli a robale ka mpa a ntse a otlotse maoto a hae, matsoho a behile tlasa hlooho antse a hema butle a ea kamorao.

Bakeng sa bakuli ba sa kuleng haholo



Robala ka lehlakore o kobehe hanyane o robale ka lehlakore le o ojang ka lona ebe o ikotlollela ka leqeleng matsoho le maoto a le holima hlooho. Lula moo o ntse o hemela ka lehlakoreng la leqele la sefuba.

Hau ntsole moo o robetse, beha mangole holima le leng ebe o tjekela ka letsohong le letona o ntso tsamaisa 'mele, lula moo nakoana o ntso hemela ka letsohong le letona la sefuba. Pheta sena o so fetotse lehlakore.



Boikoetliso o lutse fatse



Lula o otlolohile holima setulo lumella 'mele oa hao ho theoha hanyane ebe o tlisa selelu tlase ebe o otlolla mokokotlo hape ele hore o lule o otlolohile o shebe pele.



O ntso tsamaisa mahetla o a isa pele le morao, lula o a isitse mahetla holimo o a bilikise, o tlise mahetla pele.



Ikake ebe o bula liphaka tsa hao ebe o iaka hape o retelehela ka letsohong le letona le letsehali.



Ikake ebe o bula liphaka tsa hao ebe o iaka hape, retehela ka letsohong le letsehali le ka ho le letona ontso iaka. Beha matsoho a hao sefubeng ebe o hemela kante le kahare.

Beha letsoho la hau la leqele ka lehlakoreng la sefuba ebe o ntso nyolla kapa o tsamaisa 'mele, kobehele fatse.



Kobehele ho fihlela o ts'oara fats'e ebe o ikotlolla o butse matsoho o ntso a isa ka morao.





Beha leoto le leng pelenyana, leoto le leng le be tlasa setulo ebe o ntso tsamaisa matsoho moeeng o a phahamisitse holima hlooho

Phakalatsa matsoho a hao joalo ka mapheo a sefofane ebe o tsokela ka letsohong le letona le ka ho le lets'ehali.

Kobehela fats'e ebe o ts'oara lefats'e ebe o bula matsoho a hao haholo o a isa kamorao.

Beha leoto hantle fats'e le leng le be tlasa setulo o ntso le tsamaisa hantle, isa matsoho ka mahlakoreng o a phahamisetse holima hlooho. Hau ntso eme, o ntso hemela kahare, lula fats'e o theole matsoho o ntso hema haholo.

Boikoetliso o eme



Kobehela fats'e o ntso hemela kantle, ema hantle o otlolohile o seka its'arolla haholo, bula matsoho (liphaka) tsa hao haholo o ntso ela hloko hore o utloa mats'oaho a hao.





Isa matsoho a hao ka mahlakoreng oa o tlollotse haholo joalo ka mapheo a sefofane. Retelehela ka letshong le letona le ka ho le lets'ehali.



Letsoho le leng le behe qholong ea letsoho le letona ebe le leng o le phahamisetsa holima hlooho, kobehela ka mahlakoreng haholo ka leqeleng ele ho otlolla sefuba, ebe o pheta sena hape empa o so chenchile lehlakore.

Kotsomala fats'e ho fihlela matsoho a ts'oara fats'e ebe o ea morao hape. Haeba hole thata kapa boima ho kotsomala kobeha hanyane feela matsoho o a behe mongoleng.



Its'oare sefubeng ka matsho a mabeli ebe o tsamaisa botlase, empa etsa bonnete ba hore sefuba se seke sa tsamaea, ho tsamae botlase feela.



Iphaphathe sefubeng, mpeng
le maotong (litlhafung) qetella
liphakeng, ho iphaphatha hona
ho ka etsua ho lutsoe.



Ho matha o ntso le ka tlung, ho hemela haholo kahare le kantle. Etsa sena nako e telele eo o ka e khonang. Qalong o ka etsa sena mohlomong motsotso feela, empa ha nako entse e ea e ka ea ho metsotso e leshome. Ho tsamaea ka matla ho bohlokoa ho bakuli ba seng bas a kule haholo, hona ho bolela hore o ka tsamaea kapele o sa mathe, hema haholo ebe o emisa pele o ka khathala haholo. Mohlomong mokuli a qala ho ikoetlisa motsotso a tsamaea haholo metsotso e meli a leke ho tsamaea a sa potlaka haholo.

Hopola

Ba bang ba bakuli ba lefuba ba qalella ho khohlela haba qalella ho sebelisa 'mele ea bona ka matla, mohlomong ka ho koetla kapa ka ho etsa ho hong. Moo eleng hore mokuli oa khohlela seka mo potlakisa, mofe nako ea ho phomola lipakeng.

Ba bang ba bakuli ba lefuba bana le ho utloa lehlaba ka sefubeng ebe hoo ho ba ts'abisa ho ikoetlisa. Boemong bo joalo ba tiisetse hore ho tsamaea le ho ikoetlisa ho tla ba thusa haholo ho keke hoa ba lematsa. Tsoelapele ho etsa boikoetliso bo bobebe. Ruta mokuli ho sebelisa lengana le lengana le itlotsang.

Ba bang ba bakuli ba lefuba ba khathala ha bobebe nako eo ba ntseng ba ikoetlisa, joale ebe ba leka ho qoba ho ikoetlisa.

Ba bang ba bakuli ba lefuba ba ntse bana le sekhohelela, joale ba fe nako ea ho khohlela hape ba t'soele ele hoba thusa ho hema hantle.

Kaofela bakuli ba lefuba ba lokela ho etsa boikoetliso ba ho hema.

Morian o matla haholo bakeng sa mats'oafo le moea ke ho bina.

Bakuli kaofela ba lokela ho lula ba etsa boikoetliso ba ho hema. Ho ikoetlisa mats'oafo ka ho iphaphatha sefuba, ho khohlela.

Lihlopha tse tharo

Li lokela jo ithuta ho hema haholo ele ho hloekisa matsoafo hae a iphaphathe sefubeng, ebe o ea khoehlela hape o sebelisa lehlakana ho hemela.

Keletso ho bakuli

Ho bohlokoa ho mokuli ho lula a futhumetse, a je lijo tse futhumetseng hape a noe tee e chesang. Qoba ho lula moeeng o batang. Ho bohlokoa ho etsa hore maoto le lithafu li lule li futhumetse ka ha hoo ho ka thusa mats'oafo hore a lule a futhumetse.

Kamehla mokuli a lule a apere liphahlo tse omileng a lichenche ha fufuletsoe. Joalo kaha re tseba hore bohloeki bo bohlokoa haholo ho bakuli ba lefuba le ba lelapa la bona ela hloko hore mokuli o lula a hloekile. Etsa hore mokuli a robale hantle.

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 mohlapisela le ho mofelehetsa ha ea ntloaneng. Hape bonts'a ba lelapa hore nab aka mothusa 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 khothaletsa ho ikoetlisa kamehla. Ba rute hore na ba ka tsamaisa letsoho kapa leoto la bona joang basa ikutloise bohloko. Ba

khothaletse 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 thusa 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 menaana 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 otlolohile.

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 boeena. 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 boeena 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 nyofohe 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 hloloang ho iketsetsa sona

Haho khoneha, fa mokuli litaba tse monate tse khothatsang, 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.
- Tafote 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 hoea 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 hoea 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 etsuo 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.

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

Karolo ea bone

Maoto a ruruhileng

Hobaneng o ba le maoto a ruruhileng?

Hona le mabaka a mangata a bakang seo:

- Kamora hoba le ho lemala kapa hoba le kotsi leotong
- Ka kaba la phallo e mpe kapa bothata ho se be le phallo e hantle hoea methapong.
- Bothata ba pelo kapa liphieo
- Ts'oaetso
- Kalafo ea ts'oaetso ea HIV kapa lefuba eka baka borurusi
- Lefu la tsoekere
- Le tse ling tse ngata

Mokuli ea nang le bothata ba ho ruruha maoto o lokela hore a hlahlojoe ke ngaka kapa mooki ele hore ba tle ba fumane sesosa sa borurusi kapa ho ruruha hoo ebe ba fana ka kalafo e nepahetseng.

Borurusi hangata bo nka nako e telele ho mokuli empa ka nako e 'ngoe bo ka qetella bo sa fele.

Hopola

Bakuli ba borurusi ba lokela hore ba hlocomele hore ba se ka ba ngoapeha, ngoaea kapa lematsa leoto le ruruhileng, ha ba ntse ba sebetsa mesebetsi ekang: ho sebetsa masimong kapa ho sebetsa bo thabeng le tse ling.

Kamehla mokuli o lokela ho koaela leoto (maoto) a hae ele ho sireletsa letlalo la oona. Ho ingoaea kapa ho ngoapeha ho honyane ho ka baka bothata 'me ea qetella ele bothata boholo ho mokuli. Joale tse ling tsa lintho tsa setso tse kang ho phatsa ka lehare li lokela ho qhojoa.

Ela hloko hore hau kuta manala a maoto ha o itematse. Batho ba baholo ba inamang ka bothata ba lokela ho kopa thuso.

Hao bona mokuli oa borurusi a na le leqeba mokhothaletse ho bona ngaka hang.

Keng seo bakuli baka se etsang ka bo bona

Kamehla mokuli o lokela:

- ho tsamae
- Phomotsa leoto ka ho phahamisetsa holima setulo ha 'mele ona o robetse fats'e



- Leka ho ikotlolla le ho ikoetlisa, sheba tlase mona
- Haeba mokuli oa borurusi bo sa fele hang, thatela leoto ka lesela kaofela.

Boikoetliso le ho ikotlolla



Mokuli a robale fats'e ebe o phahamisetsa maoto holima setulo a heme haholo.

Mokuli a phahamise maoto a isa ka lehlakoreng le letsehali le letona.



Mokuli a phahamise maoto le letona le lets'ehali ebe mokuli o etsa libilikoe tse kenang kahare kapa li ea kante ebe mokuli o koba maoto a hae.





Hao ntse o paqame fats'e joalo phahamisa maoto ebe o otlolla leoto kaofela ho tloha menoaneng ho fihlela qholong, o ea kamor'a lengole, penya leoto la hao hantle ka matsoho a mabeli ebe joale oa ikotlolla ebe o ea ka leotong le leng



Ema ebe o iphaphatha mosifa o kamorao o ntso eme ebe o ema ka lints'ets'e ebe o khutla hape, o ntse o eme joalo. Etsa boikoetliso ba ho hemela kahare. Ho tsamaea hangata ho ea thusa ho etsa le hore mokuli a se kaba le boruruisi.

Pholiso ka meriana ea litlamatlama tse tloaelehileng.

Sopho e phehiloeng hantle ea meroho e tsoakiloeng le hanyanese kapa konofolo. Bobatsi bo thusa hore ho se be le metsi a mangata haholo 'meleng. Ts'ela polisa, tamati, lihoete le hanyanese e ngata lijong tsa hao, tseo kaofela li ka o thusa ho theola borurusi.

Noa tee e entsoeng ka polisa le bobatsi. Bakuli ba nako e telele ea borurusi ba lokela ho qoba lijo tse nang le mafura a holimo, bakeng sa bakuli bana ba lokela ho etsa bo nnete ba hore ha ba je lijo tse letsoai haholo.

Keletso ho bakuli

Ela hloko hore o se ka oa ngoapa kapa oa lematsa leoto la hao, sireletsa 'mele oa hao moo ho leng boima.

Etsa hore 'mele o lule o le mongobo ka ho sebelisa ntho e itlotsang e etsang hore 'mele o lule o sa omella.

Qoba ho chesoa ke letsatsi maotong a ruruhileng.

Qoba ho lula kapa ho ema nako e telele, ha beli ka letsatsi phahamisetsa maoto holima setulo. Beha mosamo tlasa leterase ele hore maoto a lule a ile holimo hao robala ele hore maoto a lule a phahamile. Hlatsoa maoto ka metsi a batang ele ho pholisa maoto haho chesa haholo.

Haeba borurusi bo sa theohe kapele itlamise ka lelapi, mosebeletsi oa tsa bophelo metseng kapa mooki ba tla o thusa ho bonts'a hore na o sebelise lelapi leo joang.

Lula o etsa boikoetliso bona ka mehla seka emisa hau bona sole betere.

Ho thusa bakuli ba robetseng ba nako e telele

Ba bang ba bakuli bana ha ba khone ho lula ba sa robala kapa ho tsoa ka likobong, nakong etsang libeke, ba bang ha ba khone ho hang. Boemo ba bona ba bokuli habo ba lumelle hore ba tsamae. Bakuli ba joalo ba hloka thuso.

Hopola

Le haeba mokuli a sa bontse letho le bonts'ang ho fola kapa ho tsoa betheng, ka thuso ea rona re ka bafa kalafo entle 'me ba ba le bophelo bo botle. Le ha reka etsa hanyane empa ho motho ea kulang ke thuso e kholo. Ka nako e 'ngoe ho keke hoa bonoa botle ba mosebetsi ua hau hang empa kamora nako mokuli tla bonts'a phetoho e kholo. Bakuli ba hlokometsoeng hantle ba ikutloa ba amohelehile 'me seo se etsa hore ba phutholohe ba amohele boemo ba bona ha bobebe, 'me bana le matla a ho tobana le liqholotso bana le khahleho ea ho fola.

Kotlollo ea masapo le mesifa e ka thusa mokuli ea robetseng joang?

Lintho tse hlano tse ka thusang: ho tsamaea, ho otlolla, ho thusa ho hema, ho thusa mokuli hore a tsamae ho tsitsinya. Ka lintho tsena re thusa mokuli hore a se kebe ba eba le liso, bothata ba phallo ea mali, ho khohlela, le bothata ba serame, ho siba kapa sokela, ho mesifa e fokolang.

Boikoetliso

Tsamaisa maoto le matsoho manonyeletso ohle o a ise ka mahlakore ohle. Haeba mokuli a khona ho itsamaisa 'mele ka bo eena motlohelle ebe eena ea etsang joalo, haeba mokuli a ena le bothata ba ho tsamaea mothuse hore a tsamae moo a sitoang, mo etsetse seo batlang ho se etsa.

Qala leotong ebe o ea lengoleng o ee le seropeng ebe ka leotong le leng o etsa ntho e ts'oanang letsohong o qala menoaneng ebe o ea setsung, hau tloha o ee lehetleng kamehla etsa mahlakore ka bobeli.

Boikoetliso ka mokhoa ho hema

Ka ha mokuli a sa tsamae hangata re ka mothusa ka mokhoa boikoetliso ba ho hema, mokhoa o motle oa ho khohlela ho phaphatha sefuba. Ho thusa mats'oafo a hloeke a sekaba le sekhohelela, e fa mokuli lehlakana le o a ka ikoetlisang ka lona ho hemela kantle ho thusa ho bula mats'oafo. Ho arubela ntlo ka boleikomo, kapa ka kuena ho ka thusa ka hore moea o ka tlung o hloeke ebile ho thusa ho bula mats'oafo.

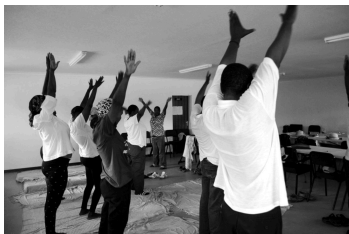
Haeba o khetha ho phaphatha sefuba etsa seo lehlakoreng le leng ebe o lumella mokuli ho lula metsotso e leshome ka lehlakere leo, ebe o fetola mokuli kahlakoreng le leng mophaphathe ka lehlakoreng leno, ka ho etsa seo sekhohlela se tsamaea betere ho thusa hore mats'oafu a hloeke le ho thusa ho hema hantle.

Keletso e akaretsang

Ela hloko ho koetlisa mokuli ka mokhoa o sa tlo mobakela ho kula haholo. Haeba mokuli a kula haholo ho bohlokoa ho mokoetlisa nako e khuts'oane hape ebe ka mokhoa o bobebe. Ho ikoetlisa ho bobebe ho ka thusa mokuli haholo. Lula o tsamaisa mokuli kamehla butle butle. Lula o moshebile ka nako tsohle hape etsa hore le seke la tata.

Bakuli haba sa thaba ba hloka tikoloho e pholileng ba thuse hore ba lule ba phuthulohile. Ba bang ba bakuli ba ka se be le ts'ebeliso 'moho ka mabaka a tsejoang ke bona, eba le mamello me o ba thuse ka hohle ka moo o ka khonang. Haholo sa khonehe se ka qobella ho thusa. Ho bakuli ba batenya haholo batla thuso ho motho emong ele hore le sekaba babeli feela le mokuli. Keletso ke hore o se kaba mong haholo ha boemo ba mokuli bo le boima haholo. Ho bohlokoa ho kenyetseba ba lelapa ele hore o ba bontse hore na ba ka thusa mokuli oa bona joang ka bo bona. Kamehla ithute ho sebeletsa moo ho hloekileng.

Mokhoa oa ho ruta batho ba motseng boikoetliso



Batho ba bangata ba rata hoba karolo ea boikoetliso. Ba etsa hore hobe monate ‘me ho be bonolo ho ikoetlisa ‘moho, ka hoo ho bohlokoa ho bokella batho hore le tlo ithuta ho ikoetlisa ‘moho.

Fa sehlopha lebitso le monate mohlala, “hare tsamaeeng bakeng” sa batho ba baholo, beha mabitso aka etsang hore ba rate sehlopha seno ebe mabitso a nang le molaetsa o molemo.

Sheba sebaka moo leka ikoetlisang teng ka mehla: holong ea kereke, lebaleng la sekolo kapa la motse kapa tlasa moriti oa sefate ho ka thusa haholo.

Melao e leshome ea ho ruta boikoetliso hantle

1. Hlophisa sehlopha hantl, etsa hore sehlopha se be teng ha le lokisa sebaka seo le tlo ikoetlisetsa ho sona etsang hore ebe batho kaofela.
2. Kopanya sehlopha ka pina kapa papali eo le ka etsang kaofela, kapa ho bua ka tse ling tsa lintlha tsa bophelo bo botle.
3. Etella sehlopha ho tloha qalong ho isa qetellong
4. Haeba o kopana le bothata kahara sehlopha sebetsana le bona hang. Hopola hore ke oena ea etelletse sehlopha pele.
5. Ba rute mokhoa oa ho ikoetlisa o bua hape o ba bonts’e hore na ba etseng.
6. Kopanya boikoetliso bo thata le bo bobebe.
7. Ba rute mokhoa oa ho ikoetlisa ka pina, ka ho opa liatla kapa ho bala kapa mekhoea emeng e mengata.
8. Lula o tsamaea ka hara sehlopha ho bona hore na ba ea utloisisa.
9. Ba fe sephetho se monate ha ba sebelitse hantle.
10. Ha o qetile koala sehlopha ka pina joalo ka ho o qala

Beha letsatsi le o le tla kopana hape bakeng sa boikoetliso ba lona, ka tsela eo ho tla thusa sehlopha hore se tsebe ‘me se behe sebaka seo baka kopanang. Kopanang metsotso e mashome a mane a metso e mehlano hoea horeng bakeng sa batho ba baholo mohlomong ekaba metsotso e mashome a maroro feela e betere. Sheba sehloha sa hao ‘me le etse hore le seke la hlaha likotsi.

Natefelo ke hoba ka hara sehlopha

Natefelo ke sehlopha sa hau

7. Tlhaloso

Meriana e ka sebelisoang ka ngakeng ea masapo le mesifa - mabitso le mokhoa ts'ebeliso ho batho ba baholo.

Lengana

Tee: ts'ela khaba e nyane ea makhasi a omisitsoeng le engoe e nyane ea lebese le phoofo kahara lebekere la metsi a belisitsoeng. Hararo ka letsatsi, bonyane nako ea beke tse peli.

Ho arubela: ts'ela khaba e nyane ea makhasi a phoofo a omisitsoeng oa ts'ela ka metsing a lethara a belangebe o hema, hula metsi ao makhetlo ka mokhoa ho arubela.

Ho hlatsoa mele koafela: letsoho le tletseng la makhasi a omisitsoeng kapa antseng ale metsi, kahara botloloa metsi a belang hangoe ka letsatsi seka ithakola ka thaole (towel) kamora ho hlapa 'mele koafela.

Ho futha ntlo: letsoho le tletseng la makhasi a omisitsoeng ka metsing a lithara, bula pitsa hanyane o e koahollotse belisa ho fihlela ho sena monko, belisa nako ea hora mosi o ntso o tsoa. Ts'ela phoofo ea lengana leshaleng le chesang kapa tsela mollong eketsa hape ha monko o ntso o fela.

Koena

Tee: ts'ela makhasi ka menoana hararo ea makhasi a omisitsoeng kahara kopi ea metsi a belang noa hararo ka letsatsi, emisa kamora beke tse tharo.

Ho arubela: hararo ka ntlha ea menoana ts'ela makhasi a omisitsoeng ka metsing a lethara a belang ebe oa arubela bonyane habeli ka letsatsi.

Ho arubela ntlo: hararo ka ntlha ea menoana ts'ela ka metsing a etsang lithara, ebe o bula pitsa hanyane metsi a ntse a bela ho fihlela ho se ho sena monko o ka etsa sena nako ea hora.

Ho sebelisa mosamo o tsetseng moriana ho hemela ka ho ona: ts'ela makhasi a se makae kahara selope sa mosamo, a chenche ha a se a sa nkhe.

Polisa

Tee: ts'ela khaba e nyane e tletseng ea lithotse tse omisitsoeng kahara kopi e tletseng metsi a belisitsoeng, noa tee ena hararo ka letsatsi nakong ea libeke tse peli, hape o ka sebelisa lintlha tsa menoana tsa makhasi a so omisoe.

Hlafuna: nka mothapo o ntse o le metsi o hlafune hau na le bothata b aka mpeng.

Boleikomo

Tee: ka ntlha ea menoana e meraro, nka makhasi a omisitsoeng kapa a khabetsoeng ebe o tsela ka koping e tsetseng metsi a belang, noa hararo ka letsatsi, emisa kamora beke tse tharo

Ho arubela: khaba e nyane ea makhasi a omisitsoeng kapa a khabetsoeng o a ts'ela ka metsing a belang aka etsang lithara. Arubela ka metsi ao habeli ka letsatsi.

Ho futha ntlo: letsoho le tletseng la makhasi a omisitsoeng ka hara metsi a lithara, tlohela pitsa e bulehile hanyane entse e bela ho fihlela ho se ho sa utloahale monko, etsa sena nako ea hora.

Ho sebelisa selope ho hemela: beha makhasia a ntse ale macha kahara selope chench a makhasi ana ha se a sa nkhe

Phefo

Tee: ka menoana e mebeli anka phoshoana e omisitsoeng le khaba e nyane ea lebesa ts'ela ka koping e ts'etseng metsi a chesang, noa hangoe kapa habeli. O ka noa tee ena hangoe ka letsatsi nakong ea beke tse peli, empa ho motho ea kulang haholo ekaba hararo ka beke nakong ea khoeli tse peli.

Ho hlapa 'mele kaofela: ts'ela habeli ka menoana e meraro ka metsing a lithara a belang, hlapa hangoe ka letsatsi o sa ikomise ka lesela. Mokuli o eletsoa ho tsoakanya ka lengana le omisitsoeng.

Ho futhela ntlo: habeli ka menoana e meraro ts'ela phoshoana eo ka metsing a etsang lethara, tlohella pitsa esa koaheleha etsa hore a bele ho fihlela monko oa moriana o so sa utloahale nako ea hora kaofela.

Beha phefo ka mokotleng: ts'ela phefo etletseng seatla kahara mokotla e ka ba e metsi kapa e omisitsoeng, sebelisa mokotla ona nako engoe le engoe ea hora ka ho tsuba kapa ho hula o ka sebelisa mokotla ona nakong ea libeke.

Re etsa oil ea meriana joang

Ha re sebelisa tsebo tsa kotlollo ea masapo le mesifa malapeng, re ka khola melemo e mengata ho tsoa merianeng kapa litlama tsa setso. Nako eohle hare sebelisa li oli kapa lintho tse tlotsang lithusa haholo letsatsi le letsatsi. Haho thata ho etsa li oli tsena.

Mokhoa – setlamatlama + oli = mollo = oli ea moriana

Pele lokisa metsi a hlapang: beha pitsa e ts'etseng metsi a sa tlang a halofo ea pitsa holima setofo. Engoe e nyane pitsa ts'ela kahara pitsa e ts'etseng metsi. Motsoako tla futhumala o ntsole kahara pitsa e nyane. Etsa bonnete bah ore haho metsi a kenang ka pitseng e nyane le ha pitsa e kholo e ka bela.

Haeba ka phoso metsi a ka kopana le oli moriana oa rona haona ba hantle. Makhasi le ona a lokela hore a be a ome haholo ha ana metsi a letho ele hore ho sekaba le metsi a ka kenang oling. Sebelisa oli tse tloaelehileng tse fumanehang hae mona joaloka oli tsa meroho limela, joalo ka bo sunflower oli, peanut oli kapa shea butter engoe ea li oli tse sa hloleng letlalo la motho.

Beha motsoako kahara metsi a ka pitseng ano belisa metsotso mashome a ts'eletseng, fuluo metsotso emeng le emeng e mehlano. Oli esekebe ea bela ea etsa makoeba. Sefa 'me o tlohelle hore e fole, o seka e fuluo nako eo o folisang. Oli tsa moriana lihloka ho sireletsoa khahlanong le letsatsi, mocheso kapa moea. Ka hoo boloka meriana kahara libotlolo tse koelehang hantle. Etsa hore litlale haholo ele ho se lumelle moea hore o kene ka moo. Seka kopanya li oli tse ncha le tsa khale ha oli se sa nkhe hantle seka sebelisa e lahle.

Seka khahloa ke lioli tsena tse menko e monate hoba menko eo e monate hoba menko eo le le mebala eno li ka etsa hore 'mele o be le bothata ka nako engoe. Lintho tse fang oli mobala lika etsa hore 'mele o be le bothata. Tsena tse iketsetsoang hae li hantle haholo bakeng sa bophelo ba hao. Mokhoa oa ho metha motho a ka sebelisa kopi, khalase kapa thine. Litlama tlama tsona hangata re sebelisa tse omisitsoeng kapa tse khabetsoeng.

Oli ea bana

Kopi ele ngoe ea makhasi a phofo ho tsoa sefateng sa lemone le kopi tse 9 tsa oli.

Oli ea botle

Kopi ele ngoe ea makhasi a phofo ho tsoa sefateng sa lemone kapa sefatengsa orange- kopi tse leshome tsa oli.

Oli ea ho otlolla

Kopi tse peli tsa boleikomo bokhabetsoeng- kopi tse leshome tsa oil.

Oil ea bohloko ba masapo

Kopi ele ngoe ea peri-peri e omisitsoeng- kopi ele ngoe ea pine haeba ele teng kopi tse 'ne tsa oli.

Oli ea lengana

Kopi ele ngoe ea lengana le phoofo- kopi tse peli tsa oli.

Reka oli entse ele nakong, ho felloa ke nako hooa meriana ho tla ts'oana le ea oli ena.

Qoba ho itlotsa mahlong, bakeng sa bana banyane sebelisa oli ea bana.

Kaofela lioli tsena li ka sebelisoa holima letlalo kapa li ka etsa ele ntho e tlotsang.

Ho etsa meriana e itlotsang

Mokhoa - oli ea meriana – mahe a linotsi + mocheso = moriana o itlotsang

Qhibilisa bonyane kopi ea mahe a linotsi, ha ale sieo nka keresee ts'oeu, kopi tse ts'eletseng tsa moriana oa oil kahara pitsa e lutse kahara pitsa engoe e ts'etseng metsi a belang ele hore oli e se ka chesa haholo. Sheba hore na mafura a itlotsang a joang ka hore o behe marotholi a fokolang holima poleite, haeba a le thata haholo ts'ela oli ea moriana, haeba ele metsi haholo tsela mahe a linotsi hape. Hlabula ts'ela mahe a linotsi a mangata mariha seka ts'ela mahe a mangata.

Ts'ela mafura a futhumetseng kahara libotlolo e be o tlohella hore a fole, pele o koahela e be joale o ngola na setsubelo se ts'etseng. Beha botlolo mo ho batang ebile ho le lefifi. Nako ea ho senyeha e tla ba ea oli e sebelisitsoeng ho etsa moriana.

Nka fumana thuso kae?

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

Lesotho:

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

- O ka fumana thuso ho mooki oa hao oa lefuba

Bakeng sa lintlha tse hlakileng etela leqephe la rona:

www.physioinlesotho.ch

