

**TIYENDERE LIMODZI: KUKONZA NJIRA ZOGWIRIZANA NDI JENDA ZOPEZERA NDI KULANDILIRA
THANDIZO LA NTHENDA YA CHIFUWA CHACHIKULU (TB) MOSASIYA WINA M'MBUYO**



**KUFOTOKOZA ZOMWE ANYAMATA NDI
ATSIKANA AMAKUMANA NAZO AKADWALA
NTHENDA YA TB: KAFUKUFUKU WA MAU NDI
ZITHUNZI ZOJAMBULIDWA NDI ODWALA**



LILONGWE, MALAWI



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M'chaka cha 2022, anthu oposa 10.6 miliyoni* pa dziko lonse lapansi, makamaka osauka ndi magulu omwe samalabadiridwa, anadwala nthenda ya chifuwa chachikulu (TB). TB ndi nthenda yopasilana yomwe imayamba ndi kachirombo kotchedwa bakiteria (bacteria), kamene nthawi zambiri kamagwira mapapo ndipo kamapha anthu pafupifupi 1.3 miliyoni* chaka chilichonse pa dziko lonse lapansi. Ngakhale kuti munthu aliynse angathe kudwala TB, anthu ambiri amene amadwala nthendayi ndi ochokera mu Africa, ndipo chiwerengero cha anthu a tsopano ogwidwa ndi nthendayi chimakwana pafupifupi 2.5 miliyoni*, ndipo anthu opyola 300,000* amamwalira pa imfa zokhudzana ndi nthenda ya TB.

**Lipoti la bungwe la WHO ladziko lonse la pansi la nthenda ya TB la m'chaka cha 2023 (WHO Global Tuberculosis Report 2023)*

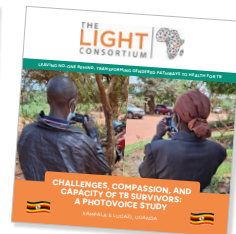
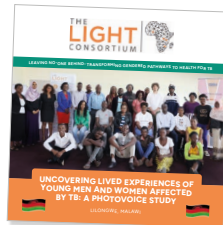
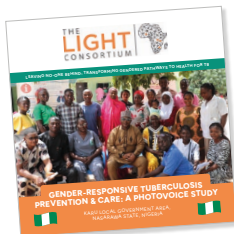
CHIFUWA CHACHIKULU (TB) M'MALAWI



Malawi ndi dziko lomwe limakhudzidwa kwambiri ndi nthenda ya TB ndipo m'chaka cha 2022, tsiku lililonse anthu opyola 68 ankapezeka ndi TB ndipo 10 ankamwalira chifukwa cha TB . Potengera ziwerengero za dziko lonse lapansi anthu ambiri amene amapezeka ndi TB m'Malawi muno anali amuna (56%). Kuwonjezera apo, m'chaka cha 2022, anthu oposera mmodzi, pa anthu anayi aliwonse amene anali ndi nthenda ya TB, sanapimidwe kuti adziwe nthenda yomwe ankadwala. Amuna makamaka ndi amene sanalandire thandizo la mankhwala ndi chisamaliro.*

Ngakhale munthu mmodzi pa anthu khumi ali wonse amene anadwala nthenda ya TB anali azaka pakati pa 15-24 zakubadwa, thandizo ndi chisamaliro chimene chimaperekedwa kwa anthu odwala nthendayi sichimakonza zosowa kapena nkhawa za anyamata ndi atsikanawa. Cholinga cha kafukufuku wa mau ndi zinthunzi zojambulidwa ndi okhudzidwa ndi nthendayi, amene LIGHT Consortium pamodzi ndi mabungwe ena ogwira nawo ntchito, AFIDEP ndi MLW anachita, chinali chofuna kumvetsetsa zipsyinjoo/zovuta zimene achinyamata amene anadwala TB amakumana nazo ndi cholinga chakuti adzagwiritse ntchito zotsatira zake pokonza njira zothandizira ndi kusamalira munthu aliyense malinga ndi zosowa zake, pofuna kuonetsetsa kuti atsikana ndi anyamata akulandira thandizo ndi chisamaliro choyenera.

**Lipoti la bungwe la WHO ladziko lonse la pansi la nthenda ya TB la m'chaka cha 2023
(WHO Global Tuberculosis Report 2023)*



Buku ili ndi limodzi mwa mndandanda wa mabuku anayi, ndipo buku limodzi lililonse linalembedwa pogwiritsa ntchito zotsatira za kafukufuku amene anthu okhudzidwa amatengapo gawo, yemwe magulu ogwira ntchito ndi LIGHT anachita ku Nigeria, Kenya, Malawi ndi Uganda.

LIGHT ndi pologalamu ya kafukufuku wa za umoyo ya pa dziko lonse ya zaka zisanu ndi chimodzi yomwe imagwira ntchito limodzi ndi akatswiri a magulu a maphuziro osiyanasiyana, ndipo imathandizidwa ndi ndalama zochokera ku UK Aid, motsogoleredwa ndi Liverpool School of Tropical Medicine (sukulu ya ukachenjede) mothandizana ndi mabungwe ogwira nawo ntchito m'mayiko a Kenya, Malawi, Nigeria ndi UK. Mabungwewa ndi African Institute for Development Policy (AFIDEP), Malawi-Liverpool-Wellcome Programme (MLW), Makerere University Lung Institute (MLI), Respiratory Society of Kenya (ReSoK), Zankli Research Centre (ZRC), London School of Hygiene & Tropical Medicine, and the Liverpool School of Tropical Medicine (LSTM).



MALO, ANTHU NDI NDONDOMEKO

MALO

Kafukufukuyu anachitika ku Lilongwe, likulu la Malawi, lomwe lili ndi anthu pafupifupi miliyoni imodzi. Anthu omwe anatenga nawo mbali mu kafukufukuyu anapezeka kudzera ku Chipatala cha Bwaila, chomwe chili pakati pa mzindawu.



ANTHU

Anthu amene anatenga gawo pa kafukufukuyu anali anyamata ndi atsikana khumi ndi awiri amene ankadwala chifuwa chachikulu (TB), omwe anali m'magawo awiri: atatu anali a zaka 15-17 ndipo asanu ndi anayi azaka 18-24. Amuna anali asanu ndi awiri ndipo akazi anali asanu. Anthu asanu ndi anayi anali akulandira kapena atamaliza kulandira mankhwala a TB. Atatu anali osamalira odwala TB; ena mwa iwo anali ochira ku nthenda ya TB. Kuphatikiza apo, anthu ogwira ntchito zokhudza chifuwa cha TB okwanira khumi ndi awiri-omwe anali ogwira ntchito za umoyo, oyang'anira mapulogalamu a TB, atsogoleri a m'mudzi, ndi okonza malamulo-anatenga nawo mbali pa chiwonetsero ndi msonkhano wokonza zoyenera kuchita.

NDONDOMEKO

Photovoice ndi njira ya luso ya kafukufuku yochita limodzi ndi anthu, yomwe imalimbikitsa anthu kulemba mbiri ya moyo wawo wa tsiku ndi tsiku komanso kufotokoza maganizo awo kudzera mu zithunzi. Njirayi imagwiritsa ntchito nkhani zimene zimalongosoledwa pogwiritsa ntchito zithunzi kuti anthu azimvetsetsa nkhani, kumvetsa momwe wina akumvera m'moyo mwake, kulimbikitsa anthu kukambirana, komanso kuchitapo kanthu pa moyo wawo. Achinyamata anatenga nawo gawo lalikulu pa kafukufukuyu. Anthu omwe ali m'zithunzizo ndi omwe anatenga nawo gawo pa kafukufukuyu komanso ena amene anavomera kujambulidwa.

Chithunzi: Kusonyeza polowera pa Chipatala cha Bwaila, ku Lilongwe

Kukambirana ndi anthu okhudzidwa
ndi chifuwa cha TB

1



2



Kuphunzitsa gulu
lochita kafukufuku
za njira, kujambula
zithunzi ndi malamulo
oyenera kutsata

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Kupeza anthu otenga
nawo gawo pa kafukufuku
ndi kupeza chilorezo
chochitira kafukufuku
powalongosolera kuti
adziwe cholinga chake
chenicheni

3



4



Kuphunzitsa anthu otenga nawo
gawo pa kafukufuku za kujambula
ndi malamulo oyenera kutsata



5

Kugawa makamera
kwa otenga
nawo gawo pa
kafukufuku

NDONDOMEKO YA KAFUKUFUKU WA PHOTOVOICE

Otenga nawo gawo pa kafukufuku
anayika m'magulu zithunzi
ndi kulemba mwachidule
matanthauzo a zithunzizo

Otenga nawo gawo
pa kafukufuku
analemba mitu pa
zithunzizo

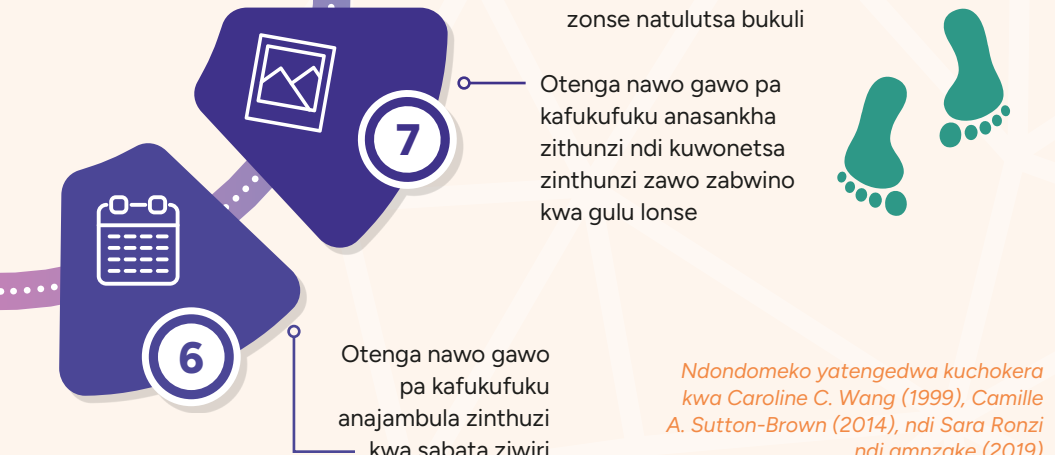
Msonkhano wa chiwonetsero
ndi kukonza zoyenera kuchita

Otsogolera
kafukufuku
anawunikila zotsatira
zonse natulutsa bukuli

Otenga nawo gawo pa
kafukufuku anasankha
zithunzi ndi kuwonetsa
zinthunzi zawo zabwino
kwa gulu lonse

Otenga nawo gawo
pa kafukufuku
anajambula zinthuzi
kwa sabata ziwiri

*Ndondomeko yatengedwa kuchokera
kwa Caroline C. Wang (1999), Camille
A. Sutton-Brown (2014), ndi Sara Ronzi
ndi amnzake (2019)*





Ophunzira a Photovoice akuseka limodzi pa nthawi ya msonkhano wowunika zotsatira za kafukufuku

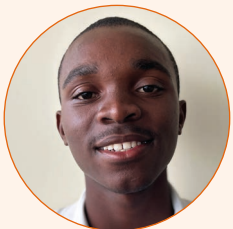


A Dr Azariah Benjamin Mosiwa (ochokera ku AFIDEP) akukambirana ndi wotenga nawo gawo mu kafukufuku pa msonkhano wa photovoice ku Lilongwe za zomwe amakumana nazo chifukwa cha nthenda ya TB zomwe zafotokozedwa kudzera m'chithunzi

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**ANTHU OMWE
AMATOLERA NKHANI
NDI MALINGALIRO
POJAMBULA
ZITHUNZI**



ACKIM JOHN (19)
WOPHUNZIRA



ALICE KAWONGA (24)
MAYI WAMALONDA



BILLY (24)
WOCHITA MALONDA



EUNICE GELESOMU (17)
WOPHUNZIRA



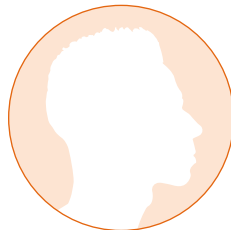
HALUNA CHAPOTERA (24)
WOGWIRA NTCHITO ZA UMOJO



LOUIS WISDOM (16)
WOPHUNZIRA



FAUZA YUSUF (17)
WOPHUNZIRA



ISLAM NNADI (23)
WOCHITA MALONDA



PRISCILLA MPASU (18)
WOPHUNZIRA



RAFICK JACKSON (23)
WOCHITA MALONDA



TIMOTHY CHINTENGA (23)
WOCHITA MALONDA



VINCENT CHIKAONDA (19)
WOPHUNZIRA

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**ZOVUTA ZA M'THUPI
ZIMALEPHERETSA
NTCHITO NDI ZOCHITA
ZA ANYAMATA NDI
ATSIKANA OMWE
AKHUDZIDWA NDI
CHIFUWA CHA TB**

Chifuwa cha TB chinakhudza kwambiri kagwiridwe ntchito ka matupi a anyamata ndi atsikana ambiri. Ambiri ankavutika ndi **kusowa mphamvu kapena kufooka kwa thupi, kupweteka m'thupi, kuperewera mpweya komanso kutopa**, zomwe zimawalepheretsa kuchita ntchito za tsiku ndi tsiku kuphatikizapo zomwe amayenera kuchita malinga ndi chibadwidwe chawo ngati munthu wa mamuna kapena wamkazi.

Amayi achichepere anatsindika kwambiri za mmene TB imawasokonezera kugwira **ntchito za pa khomo** monga kutunga madzi, kuphika, zimene ndi ntchito zofunikira kwambiri pa moyo wawo wa tsiku ndi tsiku.

Ngakhale abambo achichepere ena anafotokoza za ntchito za pa khomo, koma ankakamba makamaka mmene ankalepherera kugwira **ntchito zolemetsa** monga kunyamula zinthu zolemera kapena kugwiritsa ntchito makina. Kusowa kwa mphamvuku kunali kovuta kwambiri chifukwa choti kumasokoneza mmene amamvera mumtima mwawo kumbali yakufunikira kokhala ndi mphamvu ndipo zimasokonezanso udindo wawo pa ntchito zosowa mphamvu zambiri. Abambo achichepere anafotokozanso **zovuta zina zomwe zimachitika m'thupi mwawo chifukwa cha mphamvu ya makhwala a TB**.



"Ndisanadwale, ndinkatha kukatunga madzi ndowa zisanu kuchokera ku chitsime mosavuta. Tsopano ndimavutika ngakhale kudzaza ndowa imodzi, chifukwa ndimachita phuma ndikafuna kuchita zinthu zambirii."

Mtsikana wachichepere yemwe akumwa mankhwala a TB

"Ndisanadwale, ndinkatha kunyamula ndowa ziwiri za madzi kuchokera ku chitsime kupita kunyumba. Koma nditadwala, sindinkatha ngakhale kunseza ndowa imodzi. Pamenepo ndinaganiza zopita ku chipatala. Atandiyeza, zinawonekadi kuti ndinali wofooka kwambiri ndi chifukwa chake sindinkatha kuchita zinthu zambiri."

Mtsikana wachichepere yemwe anatsiriza kumwa mankhwala a TB





“Panali munthu amene ankandipatsa mankhwala. Ndisanadwale, ndinkatha kuphika komanso kuchita zinthu zosiyanasiyana monga kusewera mpira. Koma atangondipeza ndi TB, ndinayamba kuvutika ngakhale ndi ntchito zing'onozing'ono zomwe, monga kuphika. Munthu amene akuonetsedwa pa chithunzichi akundipatsa mankhwala, akusonyeza mmene ndinkafunikira thandizo pa nthawiyo; izi zikusonyeza mavuto amene ndinkakumana nawo pa moyo wa tsiku ndi tsiku.”

Bambo wachichepere yemwe akumwa mankhwala a TB

“Izi ndizinyalala zimene ndinkasesa ndili ku Madrasa (sukulu ya Chisilamu). Nthawi zambiri fumbi linkadzadza m'mphuno mwanga, zomwe zinkandichititsa kukhosomola komanso nthawi zina kusanza. Mwachidule, ndinkavutika kwambiri.”

Mnyamata wachichepere yemwe anatsiriza kumwa mankhwala a TB





"M'chithunzichi mukuona cylinder head ya injini ya galimoto. Nthawi imeneyo, ndisanadwale TB, ndinkatha kumasula injini imeneyi kufika pakati popanda vuto. Koma panopa, sindingathe kuchita zimenezi chifukwa ndimachita phuma. Zimandipweteka mtima chifukwa sindimatha kumasula injini monga ndinkachitira kale, zomwe zikutanthauza kuti mphamvu zanga zachepa."

Bambo wachichepere yemwe akumwa mankhwala a TB

"M'chithunzichi mukuona zida zomangira nyumba monga chida chopangira levulo, mpeni womangira, ndi zida zina, komanso mpeni wohekera zinthu. Ndisanadwale, ndinkatha kuchita ntchito zofuna mphamvu monga zomangamanga. Ndinkatha kunyamula miyala ikuluikulu mosavuta. Koma tsopano, zimakhala zovuta kuchita ntchitozi, makamaka chifukwa cha fumbi monga la simenti ndi mafumbi amitundu ina, zomwe zinayambitsa matenda anga. Tsopano sindingathenso kuchita ntchitozi, ndipo ndikuona ngati luso limeneli latayika. Panopa, ndimavutika ndi ntchito zambiri za tsiku ndi tsiku."

Bambo wachichepere yemwe akumwa mankhwala a TB





"Chithunzichi chimandikumbutsa zovuta zimene tinkakumana nazo pamene mlamu wanga ankadwala TB. Atamupeza ndi TB, sankathanso kuyenda, ndipo tinkamunyamula kulikonse. Chimenechi ndi chithunzi chomwe ndinajambula pokumbukira nthawi imeneyo."

Bambo wachichepere wosamalira wodwala

"Ndisanadwale TB ndinkakonda kusewera masewera amene ankandilimbitsa thupi. Koma chiyambire kudwala chifuwa cha TB, sindimaseweranso chifukwa ndimachita phuma."

Mtsikana wachichepere yemwe anatsiriza kumwa mankhwala a TB



"M'chithunzi changachi mukuona mankhwala amene ndinkamwa. Ndinadwala kwambiri ndipo ndinkakhosomola kwambiri. Amayi anga atandifunsa za vuto langa, ndinawauza za kukhosomola koopsa komanso kupweteka kwa m'thiti. Iwo anaganiza zonditengera kuchipatala, poganiza kuti mwina ndi TB. Atafufuza ku chipatalako, anatsimikiza kuti ndili ndi TB. Chodabwitsa ndi choti mtima wanga unakhazikika pansi chifukwa ndinazindikira vuto langa lenileni."

Bambo wachichepere yemwe akumwa mankhwala a TB



"Ndabwera ndi chithunzi changa. M'chithunzichi mukuona ndikudya Malambe, zomwe zinali zovuta. Izi zikusonyeza zovuta zomwe ndinkakumana nazo pokakamizidwa kudya chinthu chomwe munthu sakonda. Ndisanadwale TB, sindinkakonda kudya Malambe. Koma nthawi yomwe ndinkadwala, makamaka ndikamwa mankhwala, pakapita mphindi 10-15 ndinkayamba kumva nselu. Izi zimandichititsa kudya Malambe, apo bii ndinkayamba kulavula kwambiri. Zimenezi sizimawasangalatsa amzanga, akamaona ndi kulavula choncho. Kutu ndisachite nselu ndimangodya Malambe."

Bambo wachichepere yemwe akumwa mankhwala a TB



“Pamene ndinasankhidwa kupita kusukulu ya Livimbo, anandipatsa mapiritsi akuluakulu kwambiri, omwe anali aakulu kwambiri kwa msinkhu wanga. Mankhwala ankachititsa kuti miyendo yanga izitupa, ndipo zinali zovuta kwambiri kuyenda kupita ku Livimbo, chifukwa nthawi zambiri ndinkayenda wapansi. Chithunzichi chikusonyeza zovuta zimene ndinakumana nazo pa nthawiyo.”

Mnyamata wachichepere yemwe anatsiriza kumwa mankhwala a TB

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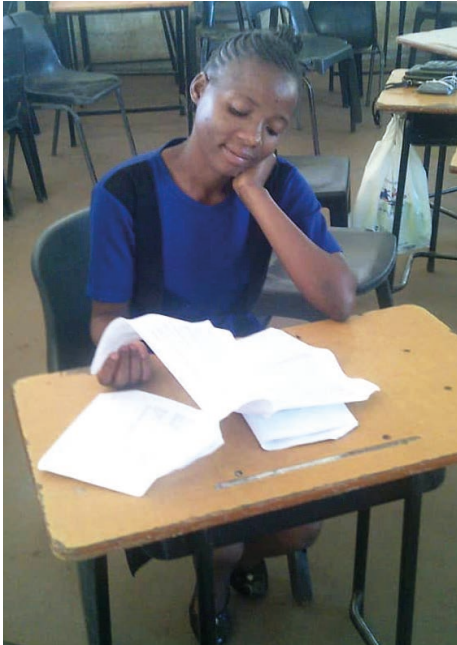


**CHIPSYINJO CHA CHUMA
CHOKUDZA CHIFUKWA
CHA NTHENDA YA
TB CHIMASOKONEZA
TSOGOLO LA ANYAMATA
NDI ATSIKANA**

TB inabweretsa mavuto aakulu a za chuma, omwe akukhudza momwe anyamata ndi atsikana, komanso mabanja awo amakhazikikira pa za chuma. Amuna ndi akazi omwe, anatsindika kuti matendawa **amafunika ndalama zambiri** kuyambira pamene akupeza nawo ndiponso chisamaliro chomwe chimafunikira, zomwe zimawachititsa kutenga ngongole kapena kusiya kumwa mankhwala. TB inasokonezanso maphunziro a achinyamata omwe akudwala komanso owasamalira.

Ngakhale mavuto aakulu obwera ndi TB pa za chuma amakhuza amuna ndi akazi omwe, atsikana ankafotokoza kwambiri zotsatira za TB pa ndalama za m'banja, pomwe anyamata ankayang'ana pa gawo lawo lokha limene amapereka ku banja. Nkhani za anyamata ambiri zinkafotokoza za kulephera kwawo kuchita ntchito zosowa mphamvu komanso kuthandiza mabanja awo pa chuma. Zimenezi zinawachititsa kugulitsa katundu wawo, kutha kwa mabizinesi awo, komanso kukhala opanda chakudya m'mabanja awo. **Kutaya ntchito** ndi kusatha kupeza ndalama kunasokoneza kukhala moziyimira pa wokha pa za chuma komanso mmene amamvera pa udindo womwe ali nawo ndi kufunikira kwawo pa moyo.

Kumbali ya atsikana, anafotokoza momwe TB **inasokonezera ndalama za m'banja** chifukwa cha kugula mankhwala komanso kuchepa kwa ndalama zomwe banja limapeza chifukwa cha kusolidwa kumene kumabwera chifukwa cha TB.



"Chithunzichi chikuwonetsa momwe tinkakhalira kunyumba. Poperekeza mlamu wanga kupita kuchipatala, vuto la mayendedwe limakhala lalikulu. Nthawi zina sitinkapita kuchipatala kukalandira mankhwala chifukwa cha kusowa kwa mayendedwe."

Bambo wachichepere, wosamalira wodwala

"Anandipeza ndi TB ndidakali pa sukulu, ndipo zinkandidandaulitsa nthawi zambiri. Amnzanga akachoka m'kalasi, ine ndinkatsalira ndekha, osadziwa chomwe chinkandichitikira. Ndinayenda m'zipatala zambiri, ndi kugwiritsa ntchito ndalama zambiri, ndisanadziwe kuti ndili ndi TB. Popeza sindinkadziwa chomwe chinkandichitikira, nthawi zambiri ndinkakhala ndekha, ndi kumawerenga kapena kuchita zinthu zina, pamene amnzanga ankandithawa."

Mtsikana wachichepere yemwe anatsiriza kumwa mankhwala a TB



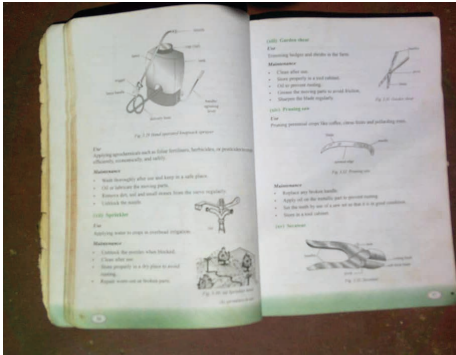
"Awa ndi mabuku a kusukulu. Mmene ndinadwala ndinali nditalemba kale mayeso a fomu 4 m'chaka cha 2022 ndipo sindinakhonze bwino. Mu January chaka cha 2023, chifukwa cha kudwala, ndinabwerezwa fomu 3 mmalo molemba mayeso a fomu 4 amene analembedwa mu September."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB



"Chithunzichi chikusonyeza madzi otayika kuchokera mundowa, kusonyeza ulendo wamoyo wanga. Mmene ndinali bwino, ndinali ndi khumbo lalikulu lobwerera kusukulu. Ndinalongeza masetifiketi (certificate) anga ngakhale sindinachite bwino ndipo ndinakonzekera kupitiliza maphunziro anga. Koma mmene ndinadwala, ndinasiya sukulu ndikukhala pakhomo. Ndalama zimene mwamuna wanga anasunga kuti ndi za maphuziro ndi zolipilira mayeso zinagwira ntchito ya kuchipata ndi kundithandiza kuti ndichire. Ndowa imeneyi ndi madzi otayika zikuyimilira kutayika kwa zinthu zonse zimene ndinazigwilira ntchito. Mwamuna wanga ntchito inamuthera ndipo takhala tikukumana ndi zovuta zambiri chifukwa cha TB. Nthendayi yachititsa kuti m'banja mwanga mukhale kukanukana, ndipo yasokoneza zinthu zambiri m'moyo mwathu."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB



“Chithunzichi chikuwonetsa sukulu ya sekondale imene ndinkapita mchimwene wanga asanadwale. Ndikuphunzira kumeneko m’bale wanga, amene ankandipatsa thandizo la ndalama, anadwala ndipo sankatha kugwira ntchito. Zinali zovuta kwambiri kuti apeze ndalama ali pa mphasa. Tinayamba kuvutika kulipira ndalama za sukulu komanso kupeza chakudya. Pamapeto pake, tinkathamangitsidwa kusukulu chifukwa chosalipira, kenako tinangosiya kupitako. Ndinavala udindo womusamalira m’bale wangayu, ndipo tinadutsa m’zovuta limodzi pa nthawiyi.”

Bambo wachichepere wosamalira wodwala

“Chithunzichi chikusonyeza moyo wanga, m’chimwene wanga asanadwale. Ndinkawerenga mpaka usiku kwambiri kapena nthawi iliyonse ndikapeza mpata. Koma mmene anadwala TB ndi kumangokhala chigonere, ndinavala udindo womusamalira. Chisamalirochi chimakhuza ntchito komanso maudindo osiyanasiyana, zimene zimachititsa kuti ndizikhala wotopa nkumalephera kuwerenga mpaka usiku kwambiri kapena nthawi iliyonse imene ndili ndi mpata. Chidwi changa chonse chinali chomusamalira iyeyo ngakhake nthawi ya masana.”

Bambo wachichepere wosamalira wodwala





"Mutha kuwona pa chithunzipa kuti pali mbale ya ufa. Chithunzichi chikusonyeza mmene timavutikira kupeza chakudya mlamu wanga atadwala. Iyeyu ndi amene timamudalira pakhomo, koma anasiya kupita ku ntchito. Kupeza chakudya ndikovuta, komanso kuti ineyo ndikadye kunyumba ndi zinthu zovuta."

Bambo wachichepere wosamalira wodwala



"Ndisanadwale TB ndinkadya zakudya za mitundu yosiyanasiyana mmene mukuwonera pa chinthunzichi, pali nyemba, ndiwo za masamba ndi mambilingano. Koma nditadwala zinkandivuta kudya zakudya zina, ndipo ndinkasankha. Ngati kunyumba kulibe chakudya chimene ndikuchifuna kapena ngati sitingakwanitse kugula, ndinkangongola ndalama kuti ndipeze chakudya chimene ndinkachilakalaka."

Bambo wachichepere amene anatsiriza kumwa za mankhwala a TB



"Nthawi imene ndinali bwinobwino anthu ankabwera kudzagula zinthu musitolo yathu. Koma nditangodwala, ndipo anthu atamva kuti a dokotala sakupeza matenda, anthu anayamba kunena kuti akundigwiritsa ntchito m'matsenga kuti bizinesi yathu iziyenda bwino. Izi zinachititsa kuti anthu asiye kutigula."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB



"Chithunzichi chikundikumbutsa mmene ndinalili ndisanadwale TB. Ndinkaweta nkhuku zambiri, koma pano bizinesi yalowa pansi chifukwa amene amandipatsa mpamba sakutha kuperekanso chifukwa sakutha kuyenda chifukwa cha matenda."

Bambo wachichepere wosamalira wodwala



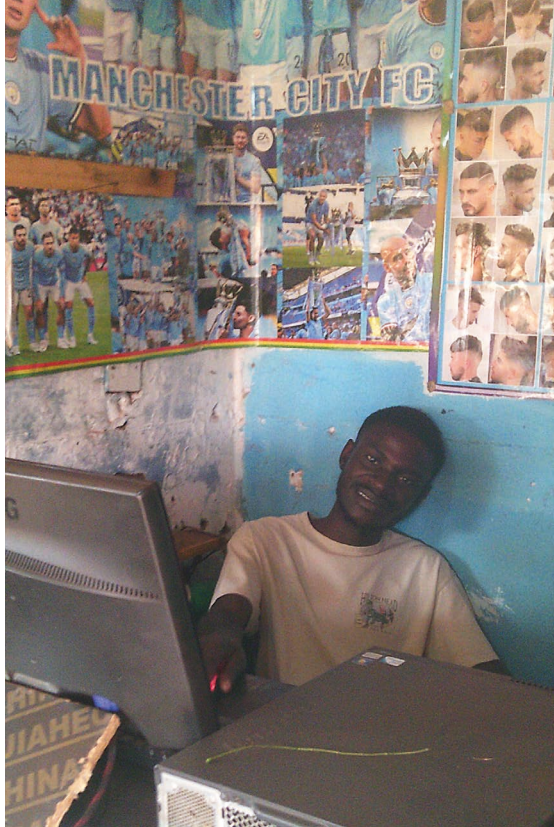
"Ndisanadwale, ndinkasamalira ziweto popanda vuto. Koma nditangodwala ndikulephera kugwira ntchito imeneyi."

Bambo wachichepere amene anatsiriza kumwa mankhwala a TB



"Mutha kuwona phulusa pa chithunzichi. Anthu ambiri amanena kuti ndinatenga matenda a TB kuchokera mu phulusa. Nthawi zambiri ndikayamba kukhosomola pagulu pa a mnzanga, amachokapo. Ndikapita ku ntchito sizingatheke kugwira ntchito popanda phulusa chifukwa ndi gawo la ntchito yanga. Ndiye chithunzichi chimandidandaulitsa kuti kapena ndinasankha ntchito yolakwika. Ndimafuna n'tasiya koma nanga ndizitani ndikasiya. Ndiye nthawi zonse ndimakhala wodandaula."

Bambo wachichepere amene akumwa mankhwala a TB



"Momwe mukuwonera pa chithunzi changa, uyu ndi ineyo. Ndisanadwale TB ndinali ndi studio yomakopera nyimbo kupita m'madisiki ena. Nditadwala TB, zidazo sizinkagwira ntchito, ndipo ndinalibe thandizo kuti ndithe kupeza mankhwala kuchokera kuchipatala. Ndinaganiza kuti ndigulitse katunduyo kuti ndalamazo zindithandizire pa matendawo. Izi zinachititsa kuti ndikhale opanda zida za studio."

Bambo wachichepere amene akumwa mankhwala a TB

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**TB IMAYAMBITSA
ZOWAWA ZA MUMTIMA
NDI KUSOKONEZA MOYO
WA TSIKU NDI TSIKU
WA ANYAMATA NDI
ATSIKANA**

Zotsatira zokhuza maganizo ndi moyo wa tsiku ndi tsiku za chifukwa cha TB zinali zokhuza anyamata ndi atsikana omwe. Ankanyozedwa, kusalidwa, komanso kusungulumwa chifukwa chakupatulidwa. TB inawapangitsa kuti **asiye kuchita zinthu zomwe ankazikonda** pa moyo wawo komanso ntchito zosangalatsa zomwe ankachita. Ambiri ankamva ngati **akupatulidwa ndi banja komanso kusalabadiridwa ndi anzawo**. Ngakhale zovuta zikuluzikulu za mumtimazi zinali zofanana kwa onse, zimene zimayambitsa nkhwazi zinali zosiyana chifukwa cha zomwe anthu timayembekezera kuchoka kwa anyamata ndi atsikana komanso mmene chikhalidwe chimawachitira kapena kuwawonera.

Atsikana ambiri ankafotokoza za zowawa za mumtima zimene ankakumana nazo chifukwa cha momwe anthu a m'mudzi komanso a m'banja ankawayankhulira. **Miseche ya m'mudzi**, monga kunamiziridwa kuti ndi achiwerewere ndi mphekesera zokhudza za chimene chinayambitsa matenda awo, zinkawapangitsa kukhala a manyazi ndi chisoni.

Kumbali ya anyamata, ena **ankavutika kuvomereza kuti ali ndi TB**, ndiponso sankavomereza zomwe anawuzidwa ku chipatala zimene zinachititsa kusalabadira kumwa mankhwala koyambirira. **Kusiya kuchita masewera ndi kuchita zinthu zimene anakonda**, zomwe anakadziwika nazo ngati mbali ya umunthu wawo, zinawapatsa chisoni chachikulu. Anyamata ena anafotokoza kuti, iwowo monga osamalira odwala, kapena anthu olephera kuchita bwino zinthu chifukwa cha TB, **amachitidwa nkhanza**.



"Ku sukulu yathu timachita masewera osiyanasiyana. Ine ndinali katswiri wosewera mpira wa miyendo. Koma nditapezeka ndi TB, nthawi iliyonse ndikamasewera ndinkavutika kupuma (kuchita phuma), choncho ndinkalephera kuthamanga. Pa chithunzi apa ndinali ndikusilira amnzanga akusewera mpira ku sukulu. Ndikufunabe kusewera mpira, koma mpaka pano sindingathe. Izi zimandikhudza kwambiri. Ndimamva ngati ndataya mwayi wanga wosewera mpira."

Mnyamata wachichepere amene anatsiriza kumwa mankhwala a TB

“Chithunzichi chikuwonetsa zipatso. Ndinkasangalala kudzala mitengo ya zipatso, ndi kuyisamala poyithilira madzi ndi kuyilimira. Koma chifukwa cha TB, ndinayamba kusasamala mitengoyo, ndipo zipatso zinayamba kuwuma. Izi zimandiwawa kwambiri mumtima chifukwa ndimakonda zipatso kwambiri.”

Bambo wachichepere yemwe akumwa mankhwala a TB



*"Monga momwe mukuwonera
pa chithunzichi, ndinkadzuka
tsiku ndi tsiku osadziwa
matenda amene ndinali
nawo. Ndinkakhala pa khonde
ndikumaganizira za zimene
zinkandichitikira. Ndinayenda
m'zipatala zosiyanasiyana.
Chithunzichi chikuwonetsa
momwe ndinalili munthu
wosautsidwa mumtima ndi
wa chisoni ndisanadziwe kuti
ndikudwala matenda anji."*

**Mayi wachichepere amene
anatsiriza kumwa mankhwala
a TB**



"Nthawi imene ndinkadwala TB, anthu sanandisonyeze chikondi monga momwe mukuwonera pa chithunzichi. Anandithawa. Ena anali ndi mantha kuti ndingawapatsire matenda, pomwe ena ankaganiza kuti ndili ndi matenda osadziwika. Panali nkhani zambiri zosiyanasiyana. Ndinkakhala ndekha nthawi zonse ndinali wa chisoni. Ndinkasowa chikondi chawo."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB



"Nthawi imene ndinkadwala, ndinawonda kwambiri ndipo zimenezi zinkandikhumudwitsa. Pa nthawi imeneyo ndinali ndisanadziwebe kuti ndili ndi TB. Ndinkamwa mankhwala kuti angothetsa mavuto amene ndimakumana nawo, koma panali mphekesera zambiri. Ena ankati ndinachotsa pakati, pomwe ena ankandipatula, poganiza kuti ndinali wachimasomaso ndipo ndinatenga matenda a HIV/AIDS. Zimenezi zinandisautsa kwambiri mumtima, ndipo nthawi zambiri ndinkakhala ndekha ndikuganzira za mmene ndinkamvera."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB

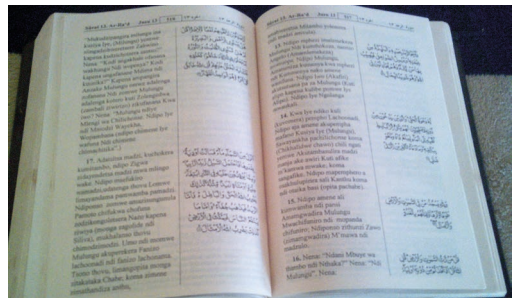


"Atangodziwika kuti agogo anga ali ndi TB, nthawi zambiri ndinkakhala ndekha. Ndinkasungulumwa ngati mmene mayiyu akuwonekera pa chithunzichi. Amnzanga sankabwera kudzandiyendera, ndipo ena ankangonena zinthu zoyipa. Ndiye pa nthawi imene ndinajambula chithunzichi, ndinkakumbukira nthawi imene ndinkakhala ndekha. Ndinkakhala ndi chisoni chifukwa ndinalibe amnzanga ocheza nawo."

Mayi wachichepere osamalira wodwala

"Ndisanayambe kudwala, ndinkatha kupita ku Madrasa (sukulu ya Chisilamu) kukawerenga korani (Qur'an). Koma nditapezeka kuti ndili ndi TB, anthu ku Madrasa sankafuna kuchita zinthu kapena kukhala nane limodzi. N'chifukwa chake ndinasankha kuwerengera Korani (Qur'an) kunyumba."

Mtsikana wa wachichepere yemwe akumwa mankhwala a TB



“Nditapezeka ndi TB, sindinakhulupilire poyamba. Choncho zinandizokoneza mutu. Ndinkamwa mowa komanso kuchita zinthu zina zosayenera. Poyamba sindinkamwa mankhwala anga motsatira ndondomeko, koma nditalandira uphungu, ndinasiya makhalidwe amenewo ndipo ndinayamba kutsatira ndondomeko yakamwedwe kamankhwala.”

Bambo wachichepere amene akumwa mankhwala a TB



“Ndisanayambe kudwala ndinkakwera njinga iliyonse yomwe ndimapeza pa siteji (stage). Koma nditapezeka kuti ndili ndi TB, anthu anayamba kundikana kukwera njinga zawo, kumanena kuti ndingawapatsire matendawo.”

Mtsikana wa wachichepere yemwe anatsiriza kumwa mankhwala a TB

"Nthawi imene ndinkasamalira wodwala wa TB, sindinkatha kupita kusukulu. Ndikapita, ankandibweza chifukwa chosalipira fizi (fees). Ndinkalephera kupeza ndalama zolipilira maphunziro, ndipo sindinkatha kuphunzira limodzi ndi amnzanga. Ndinkakhala wodandawula chifukwa sindinkadziwa zimene amnzanga ankaphunzira."

Bambo wachichepere wosamalira wodwala



"Ndabwera ndi chithunzichi. Nthawi imene ndinkadwala TB, ndinkavala malaya a pinki aakulu amene ndinkawavala ndisanayambe kudwala TB. Pa nthawi imeneyo ndinali ndi thupi, koma nditadwala ndinawonda kwambiri ndipo malayawo anayamba kukhala aakulu kwambiri. Ndinkakhala nthawi zambiri padzuwa pafupi ndi Mzikiti anthu asanadziwe kuti ndili ndi TB. Choncho anthu akabwera kudzapemphera, ankaganiza kuti ndine mwana wamasikini ndikudzafuna chithandizo. Ankandipatsa ndalama. Koma cholinga changa sichinali chimenecho. Ankamva chisoni nane, ndipo ndikakumbukira zimenezi, zimandikhudza kwambiri."

Bambo wachichepere amene anatsiriza kumwa mankhwala a TB





"Pa chithunzichi mukuwona mapoto. Awa ndi mapoto omwe ndinkatha kupanga ndisanadwale. Koma nditadwala, sindingathe kupanga ngakhale magulu awiri. Ndikhoza kupanga gulu limodzi lokha. Zikumandivuta chifukwa cha kudwala kwanga. Choncho ndikamawona mapotowa, ndimakhala ndi chisoni chifukwa kale ndinkatha kuwapanga, koma tsopano sindingathe. Zimenezi zimandivetsa chisoni komanso kundikhumudwitsa kwambiri."

Bambo wachichepere amene akumwa mankhwala a TB

“Ndinajambula chithunzichi cha ine ndikuwerenga Baibulo. Pa nthawiyo, ndisanadwale, ndinkatha kusala kudy. Koma nditadwala, anandiuza kuti munthu yemwe akumwa mankhwala sayenera kusala kudy. Ndimakhulupilira kuti munthu akamasala kudy, amalandira mayankho pa zinthu zomwe sangathe kuzifikira. Kudzera mu pemphero ndi kusala kudy, Mulungu amalowererapo ndi kumuyankha msanga. Apa ndinali ndi kuwerenga Baibulo pa nkhanu yokhudza kusala kudy. Nthawi zina ndikakhala ndekha ndikuganizira, ndimaona kuti nditasala kudy, ndingapeze mayankho anga. Koma pano ndine wokhumudwa chifukwa cha matenda anga, sindingathe kusala kudy.”

Bambo wachichepere amene akumwa mankhwala a TB



“M’chithunzichi mukuwona kuti ndikusonyeza kumwetulira, koma mozibweza. Zomwe zimandikhudza kwamabiri ndi zakuti sindimakhulupilira kuti ndi ine amene ndinadwala matenda. Poyamba zinkangokhala ngati ndi nkambakamwa chabe. Mpaka pano sindikumvetsa kuti ndi ine amene ndikudutsa m’nyengo yotere. Koma ndimadzilimbikitsa kusangalala, monga momwe mukuwonera pa nkhope yanga, ndikumwetulira koma osati kuchokera pansu pa mtima, kumwetulira koma ndili ndi malingaliro ambiri mumtima. Ndi zinthu ziwiri zomwe zikuchitika pa nthawi imodzi.”

Bambo wachichepere amene akumwa mankhwala a TB



"M'chithunzichi mukuwona ndikumwa mankhwala. Ndisanayambe kudwala TB, ndinali ndi ubale wabwino ndi amnzanga komanso abale anga. Tinkagona m'chipinda chimodzi. Koma nditapezeka ndi TB, abale anga onse anayamba kundikana. Ndinkagona ndekha m'chipinda. Zimenezi zinkandikhumudwitsa."

Bambo wachichepere amene akumwa mankhwala a TB



"Ndisanayambe kudwala TB, ndinkaphika komanso kudya limodzi ndi amnzanga ndi abale anga. Koma nditapezeka ndi TB, ndinayenera kugwiritsa ntchito ziwiya zanga zokha komanso kudya pa ndekha. Chithunzichi chikuwonetsa kusintha komwe kunachitika pa moyo wanga."

Bambo wachichepere amene akumwa mankhwala a TB

"Monga momwe mukuwonera pa chithunzichi, pali nyumba yosiyidwa. Pa nthawi imene mlamu wanga ankadwala, palibe amene ankabwera kudzatiyendera ngakhale abale athu amene ankadziwa za kudwala kwake. Choncho ndinkada nkawa kuti munthu akudwala koma palibe amene akufuna kumusangalatsa ndi kumulimbikitsa."

Bambo wachichepere wosamalira wodwala

"Ndabwera ndi chithunzichi. Kwathu, ndimakonda kusewera mpira monga ndidanenera pa chithunzi changa choyamba chija. Koma nditapezeka ndi TB, nthawi iliyonse ndikamasewera ndimavutika kupuma ndipo ndimasanza. Amnzanga anasiya kubwera kwathu kudzasewera mpira nane chifukwa ndinali mwini wa mpirawo, ndipo amawopa kuti ndingawapatsire TB."

Bambo wachichepere amene anatsiriza kumwa mankhwala a TB



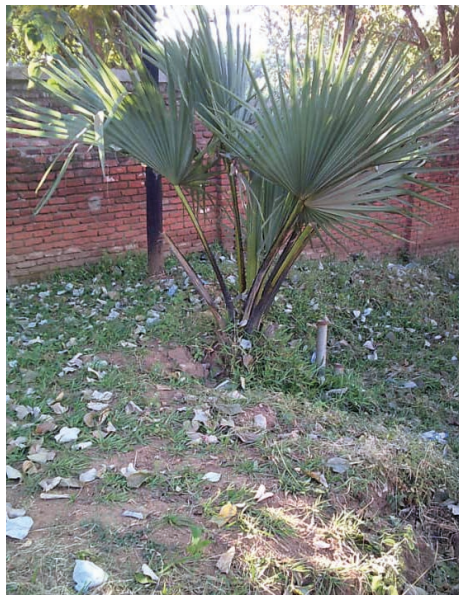


"Chithunzichi chimandikumbutsa zimene ndinkadutsamo pamene mlamu wanga ankadwala. Tinayendera kuchipatala kangapo koma matenda samadziwika. Anthu ena anayamba kunena kuti mwina matendawa akuchoka mu ufiti. Zimenezi zinapangitsa kuti tiyambe kukhulupilira zimenezo ndipo tinayamba kufunafuna thandizo kwa asing'anga."

Bambo wachichepere wosamalira wodwala

"Mukuwona chithunzichi? Apa ndi pa malo pamene tinkakhala nthawi yopuma kusukulu. Ndinkakumana ndi amnzanga onse pano ndipo timakambirana limodzi. Koma nditayamba kukhosomola pafupipafupi, amnzanga anayamba kuthawa, chifukwa ankaopa kuti ndingawapatsire chifuwa. Kenako, anandiiza kuti ndisamabwere pa malo amenewa. Pa nthawi yopuma, ndinkawawona atakhala pamenepo, koma ndikafuna kupitapo, onse ankathawa. Tsopano, nthawi iliyonse ndikamadutsa pamenepa, zimandikumbutsa mmene amnzanga amandichitira."

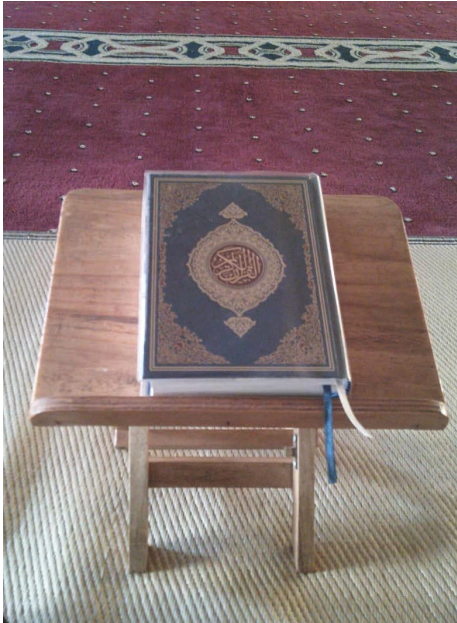
Bambo wachichepere amene akumwa mankhwala a TB





"Chithunzichi chikufotokoza za momwe ndinkaganizira pamene ndinkadwala TB. Pa nthawi imeneyo, ndinkakumana ndi chitongo chochuluka kwambiri. Abale ndi amnzanga sankafuna kukhala nane pamodzi. Zimenezi zinkandichititsa kuganiza kuti ndingothawa vutoli podzipha."

Bambo wachichepere wosamalira wodwala



"Chithunzichi chimandikumbutsa nthawi imene ndinkasamalira wodwala, ndinkam'patsa mankhwala. Ankandikalipira nthawi zina, n'kunena zinthu zosakhala bwino. Ndikamakumbukira zimenezo, ndimakhumudwa komanso kudandawula kuti n'chifukwa chiyani ankandikalipira pamene ndinkamuthandiza."

Bambo wachichepere wosamalira wodwala

"Ndikudwala kwambiri, ndinkapita ku Madrasa. Pa nthawiyo, ophunzira ankayenera kuloweza zomwe awerenga ndipo ngati alephera kuzilakatula kwa Shehe (Sheikh), ankalandira chilango. Chifukwa cha matenda anga komanso kuvutika kupuma, sindinkatha kuwerenga bwino, ndipo iye ankawona ngati ndalephera. Mapeto ake ankandimenya komanso kunditcha mayina osiyanasiyana. Ndinkavutikanso kuloweza Korani (Qur'an)."

Bambo wachichepere amene anatsiriza kumwa mankhwala a TB



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**ZINTHU ZABWINO
ZOKUMANA NAZO TSIKU
NDI TSIKU KOMANSO
CHIPEMBEDZO ZIMATHANDIZA
ACHINYAMATA KULIMBANA
NDI NTHENDA YA TB**

Ngakhale anyamata ndi atsikana anakumana ndi zovuta, panali nthawi imene anakhala ndi chiyembekezo pamene ankadwala TB. Nthawi zambiri, izi zinkachokera pa chithandizo chomwe ankalandira kuchokera kwa abale ndi amzawo. Anyamata ndi atsikana omwe ankasangalala ndikukhala ndi chiyembekezo pamene **ankayamba kuchira**, ndipo anakondwera kubwerera pang'onopang'ono ku zochita monga masewera kapena ntchito, zomwe zinawathandiza kumva ngati moyo wawo wabwerera mwakale komanso kupeza nyonga. Anyamata ndi atsikana anapeza chilimbikitso mu **chipembedzo komanso uzimu** pomwe iwo ankalingana ndi TB.

Chithandizo chinali chofunikira kwambiri kwa abambo ndi amayi achichepere, ngakhale aliyense ankatsindika mbali zosiyana pa matenda awo. Atsikana ankayamikira kwambiri **chithandizo cholimbikitsa mtima ndi ntchito**. Ankamva kuti ndi ofunikira ndipo kuti akulumikizana ndi ena pa nthawi yovuta kudzera pakuwawonetsera chikondi, kuwapatsa mphatso, chakudya chabwino, ndi thandizo pa mayendedwe, kuchokera kwa abale ndi amzawo. Anyamata **ankalimbikitsidwa** kuti apitirize maphunziro awo komanso ntchito za manja kuphatikiza pa chithandizo pa ntchito chomwe ankalandira.



"Monga mukuwonera pa chithunzichi, ndinayamba kumwa mankhwala a TB, tsopano ndili bwino. Ndili ndi mphamvu zambiri. Ndikutha kukwera masitepe, zomwe sindinkatha kale. Tsopano ndingathe ngakhale kuthamanga."

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB



"Pamene ndikudwala TB, chimene chimandisangalatsa ndi kuwerenga Baibulo komanso nthawi zina kuwonera TV."

Bambo wachichepere amene akumwa mankhala a TB



“Chithunzichi chimandikumbutsa nthawi yomwe mlamu wanga anapezeka ndi TB, ndipo mayendedwe anali ovuta kwambiri. Koma titafika kuno, mayendedwe anayamba kukhala osavuta kwenikweni. Chithunzichi chikusonyeza chimwemwe, makamaka chokhudzana ndi mayendedwe a bwino, zomwe tsopano zili zosavuta.”

Bambo wachichepere wosamalira wodwala

“Kale ndisanadziwe kuti ndili ndi TB, ndinkaganiza kuti ndizovuta kuchira ku TB. Koma atandipeza ndi TB ndipo nditayamba kumwa mankhwala moyenera, ndimakhulupirira kuti TB ndiyochizika.”

Bambo wachichepere wosamalira wodwala





"Nthawi imene ndinkasamalira wodwala, ndinkapeza nthawi yowerenga Korani (Qur'an) kuti akhalenso bwino. Mavutowa ankandilimbikitsa kuchita zabwino."

Bambo wachichepere wosamalira wodwala

"Ngakhale banja lathu linakhudzidwa ndi TB, sitinasiye kukhulupirira Mulungu. Timalimbikabe kupita ku tchalitchi ngakhale wodwalayo amavutika mayendedwe kukafika ku tchalitchi. Choncho timayesetsa kupita naye."

Bambo wachichepere wosamalira wodwala





"Pa nthawi imene ndinkadwala, ndinalibe mphamvu. Sindinkatha ngakhale kuyenda kupita kukatenga mankhwala anga. Koma panali anthu ena amene anandiwonetsa chikondi ndipo ankandichitira zinthu zonsezi."

Mtsikana wachichepere amene anatsiriza kumwa mankhwala a TB

"Nonse mukuwona chithunzichi. Nditadwala TB, ndinali wofooka kwambiri. Sindinkatha kuchita chilichonse ndekha, monga kuphika, kusewera mpira ndi zina zotero. Abale anga ankandichitira zonse. Ankandipatsa chakudya, mankhwala, ndi zinthu zina kuti ndikhale wokondwa. Choncho, chithunzichi chimasonyeza chimwemwe chifukwa ndinkasangalala ndi chikondi chimene ankandiwonetsa."

Bambo wachichepere amene akumwa mankhwala a TB





“Pamene ndinkadwala, abwenzi ndi abale ankandibweretsera mphatso, monga zidole izi, kuti andisangalatse ndi kundidziwitsa kuti amandikumbukirabe. Izi zimasonyeza nthawi ya chimwemwe pa nthawi imene ndinkadwala.”

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB

“Nthawi yomwe ndinkadwala ndinkafuna kuti anthu azindigulira ma donasi, ndipo ankachitadi izo. Ndinkasangalala kwambiri kudya ma donasi.”

Mayi wachichepere amene anatsiriza kumwa mankhwala a TB

"Nthawi imene tinkapita ku chipatala kukatenga mankhwala, tinkasowa njira zoyendera. Abale ena anatipatsa njinga iyi kuti itithandizire kuyenda mosavuta kupita ku chipatala."

Mtsikana wachichepere amene anatsiriza kumwa mankhwala a TB



"Mukuwona chithunzichi, chikusonyeza nthawi imene wachibale wanga ankadwala komanso mavuto amene tinkakumana nawo pomusuntha. Tinapatsidwa chikuku (wheelchair) ku chipatala kuti itithandizire kumamunyamulira mosavuta. Tsopano ndikumva bwino mu mtima chifukwa sindikuvutikanso kumunyamula ndi kuchita zonse ndekha."

Bambo wachichepere wosamalira wodwala



"Chithunzichi chikuwonetsa momwe mlamu wanga ankandilimbikitsira kupitiriza kupita kusukulu ngakhale ndinali wodwala. Ndi iyeyo amene amayesetsa kundipezera ndalama za sukulu. Ngakhale ali wodwala komanso wovutika kupeza zofunikira pakhomu, amandilimbikitsabe kulimbika pa maphunziro anga."

Bambo wachichepere wosamalira wodwala

"Ndinajambula chithunzichi chomwe mukuwona munthu akusoka. Ndisanapezeke ndi TB, ndinali ndi chifuniro chophunzira kusoka ndipo ndinayamba. Koma nditadwala, sindinkatha kugwiritsa ntchito makina osokera. Ndinkamva dzanzi miyendo yanga. Komabe, ndimapita kukaphunzira kusoka ndipo amandilimbikitsa kwambiri. Monga mukuwonera pa chithunzichi, munthuyo akundilimbikitsa kuti ndisataye mtima."

Bambo wachichepere amene akumwa mankhwala a TB



ZOFUNIKA KUCHITA POFUNA KUSINTHA KACHITIDWE KA ZINTHU

KUCHOKERA KWA ANYAMATA NDI ATSIKANA OMWE ANAKHUDZIDWA NDI TB

Pa nthawi imene timachita msonkhano wokonza zoyenera kuchita, anthu otenga nawo gawo pa kafukufuku ndi ogwira ntchito zokhudza TB anawunika njira zingapo zokonzera njira yothandizira ndi kusamalira anyamata ndi atsikana amene amakhudzidwa ndi TB m'Malawi. Zomwe zinakambidwa ndi zotsatirazi:

KULIMBIKITSA NDI KULUNZANITSA NJIRA NDI NTCHITO ZA TB

- Khazikitsani ntchito za umoyo wa m'maganizo mu mapulogalamu opereka chithandizo cha TB kuti anyamata ndi atsikana alandire chisamaliro mbali zonse za moyo, kuti tithane ndi zovuta zokhudzana ndi kunyozedwa ndi kusolidwa kobwera chifukwa cha zomwe anthu amakumana nazo malinga ndi jenda (kukhala mkazi kapena mwamuna) yawo.
- Limbikitsani ndi kuwonjezera mwayi wopezera thandizo la mafizo (physiotherapy) othandizira kuti thupi libwerere m'chimake pa nthawi yomwe anyamata ndi atsikana akulandira mankhwala a TB ndiponso pambuyo pake, kuti ziwathandize kuchira ndi kukhalanso ndi moyo wathanzi.
- Perekani thandizo la chakudya cha thanzi lokwanira kuti odwala azilandira zakudya zoyenera za magulu onse nthawi yomwe akulandira mankhwala, zomwe zingathandize kuti azitsatira bwino ndondomeko ya mankhwala a TB.
- Wonjezerani thandizo lokwanira ku zipatala zomwe zimayendera anthu (mobile clinic) komanso kuyendera m'madera kuti ntchito za TB zifikire anyamata ndi atsikana m'masukulu, malo antchito, ndi malo ochezera, komanso kugawa mankhwala kumadera komwe anthu amakhala.



KULIMBIKITSA ANYAMATA NDI ATSIKANA KUCHITA ZINTHU NDI KUZIIYIMIRA PA OKHA

- Khazikitsani njira kapena malo okumanira achinyamata kuti azilimbikitsana, kulankhula pa zinthu zowakhudza, komanso kugawana uthenga pakati pa anyamata ndi atsikana omwe akhudzidwa ndi TB.
- Limbikitsani anthu kuti akhale oziyimira pa okha pa za chuma, komanso ntchito zothandizira pa moyo kuti tichepetse vuto la kulephera kupitiriza maphunziro, kutha kwa ntchito, kapena kusapezeka kwa njira zopezera ndalama pakati pa anyamata ndi atsikana, ndi kuchilikitsira njira zokhazikika zopezera chuma m'mabanja awo pa nthawi yomwe akulandira chithandizo cha TB.
- Perekani uphungu ndi chithandizo kwa achinyamata omwe angowapeza ndi TB choti athe kumvetsetsa malamulo, kuti titeteze ufulu ndi ulemu wawo, komanso kufufuza mitundu iliyonse ya tsankho kapena kusalama komwe anyamata ndi atsikana okhudzidwa ndi TB amakumana nako.



KULIMBIKITSA MGWIRIZANO PAKATI PA ONSE OKHUZIDWA NDI OGWIRA NTCHITO ZA TB

- Konzani ndondomeko zatsatanetsatane zokhudza TB ndi mgwirizano pakati pa okhudzidwa ndi ogwira ntchito za TB, zoti ziziyang'ana nkhanu zokhudza anyamata ndi atsikana komanso kusiyana kwa amuna ndi akazi mu mapulogalamu ndi ntchito za TB.
- Falitsani ma uthenga odziwitsa anthu za TB poyendera madera komanso pogwiritsa ntchito njira zosiyanasiyana zofalitsira ma uthenga ndi cholinga chofuna kuchepetsa tsankho ndi mauthenga olakwika a TB okhudza amayi ndi abambo komanso kulimbikitsa anyamata ndi atsikana.



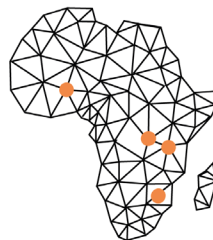
KUTHOKOZA

Gulu lochita kafukufukuyu likuthokoza kwambiri achinyamata onse omwe anatenga nawo gawo mu kafukufuku wa “photovoice” ku Lilongwe, Malawi. Tikuyamikira kwambiri chifukwa chakudzipereka kwawo, nthawi yawo, chidwi ndi Khama lawo komanso kumasuka kwawo pogawana ndi anthu zomwe amakumana nazo zokhudza chifuwa cha TB ndi mmene chakhudzira moyo wawo, komanso pofotokoza maganizo ndi malingaliro awo m’njira zokomera anyamata ndi atsikana.

Tikuthokozanso Chipatala cha Bwaila (Bwaila District Hospital), Lilongwe District Health Office, National Tuberculosis and Leprosy Elimination Program (NTLEP), Ministry of Gender, Community Development and Social Welfare (MoGCDSW), Partners in Hope, Radio Alinafe, JournAIDS, ndi Facilitators of Community Transformation chifukwa cha thandizo ndi utsogoleri wawo nthawi yonse yomwe timachita kafukufukuyu.

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Bukuli lalembedwa ndi thandizo lochoka ku bungwe la UK Aid la Boma la United Kingdom, koma maganizo amene afotokozedwa ndi a iwo omwe anatenga nawo gawo mu kafukufukuyu, ndipo sakuyimira malamulo kapena ndondomeko za boma la UK. LIGHT sikukhudzidwa ndi zolakwika kapena zotsatira zomwe zingachitike chifukwa chogwiritsa ntchito uthenga umene uli m'bukuli.

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