

Guidelines for Volunteers Implementing CTC in the Communities – Tumbuka Version

Aim of volunteers training is to help volunteer identify, refer a malnourished child and follow up a child receiving RUTF

A description of a malnourished child and the meaning of CTC, and RUTF

Activities to be done by the volunteers after the capacity building:

- Calling for a meeting with chiefs and the community members and explaining what CTC and RUTF is, the importance of RUTF to a malnourished child and, the role and responsibility of the mothers, chiefs and the community members in the implementation of CTC.
- Finding malnourished children, whether in the community or at the hospital. Taking anthropometric measurements i.e. MUAC, weighing, weight for height measurements to assess the condition of the child.
- Referring a malnourished child to a facility
- Follow up the child to see the progress of treatment and give advice on feeding practices.

Kapwelelero ka Chimphonde Kwali Chibwandira pa Kaya: Uthenga kuwapapi

- ❖ Chibwandira ncha mwana yekha uyo wambako kutupa panji kughanda chomene chifukwa chakuperewera vyakurgha mu thupi (kunyentchera)
- ❖ Sungani chimphonde pa malo ghambula chithukuzi. Malo agho ghangawanga na tunyerere chara.
- ❖ Pambele wandakhwase chimphonde, mupapi wageze maoko makora na sopo. Wamugegese mwana mawoko na kumuso wuwo na maji ghaweme na sopo. Mwana uyo wakurgha yekha wakwenera naye kugeza makora mawoko na pamaso.
- ❖ Vundulani chibwandira makora na sipuni yitaliko kuti yifike pasi pa botolo. Chibwandira china mafuta ghanandi. Nchiweme kuti mafuta agha ghaskazike makora mupaka pasi kuti mwana waleke kurya vimafuta pera.
- ❖ Wana walwari wakukananga kurya chakurgha. Ntheura, mupani chimphonde pa choko Pachoko kananadi pa zuwa muhanya na usiku wuwo.
- ❖ Lawisiskani kuti mwana wargha chimphonde chakukhumbikira pa zuwa liri lose nga umo dokotala Wachiziya wayoboyera.
- ❖ Lutizgani konkhesa mwana uyo wachali pa bele.
- ❖ Pakurgha chimphonde, mwana wamwengeso na maji pafupi pafupi. Maji agha ghawe ghakubwatuska na kupozga makora. Kweneso mumalo mwakubwatuska maji, mungamanya kuwika munkhwala wa maji wula ukuchemeka chlorine panji water guard. Maji agho ghasungikenge pamalo ghaweme.
- ❖ Para mwana wangafumira, lutizyani kumuliska chimphonde na kumumwesa maji ghanandiko. Kwene para kupesa kwalutizga, rutani nayo mwana kuchipatala.
- ❖ Mwana mulwari wakusawa chara kupima. Ntheura muwalikani malaya ghakuthukizga thupi nyengo zose.
- ❖ Para mukufumapo pa nyumba na mwana, yeghani chimphonde chake kulingana na umo mubukulengepo kwali nkhu visopo, kuzowola, kunyifwa manyi nkuchipatal, kakani ka chibwaila ka chimphonde cha mwana.
- ❖ Sungani chimphonde pamalo patali na mawoko gha wana wanyake panyumba
- ❖ Mwana wangarghanga vyakurgha vinyake chara mupaka apo wayowoyelenge dokotala kuchipatala.
- ❖ Para mwana wakurgha makora yayi, panji wakukana chimphonde, wererani nayo kuchipatala mwa luwiro.



Agogo awa bakugeza maghoko nyengo yonse pambele adaleske mwana chibwandira

**Kumbukani kuti chimphonde ni munkhwala
wa mwana uyo ni mulwari.
Chimphonde ichi ncha mzinda chara.**

Milimo gha Wakujepeleka wa Ntchito ya Kovwira Wana wakupelera vya kurgha

Kasi Kunyentchera ni vichi?

Kunyentchera ni matenda agho ghakwiza para mwana waperewera chakurgha cha magulu sikisi (ghankhondi na limoza) muthupi lake. Magulu agha ni (1) vyakulya vyakupelera nkhongono nga sima, vikhawu/mayawo, mboholi, mpunga (2) vyakurgha vyakukuzga thupi vya nyama nga somba nyama, mkaka (3) vyakurgha vya kukuzga thupi vya kumunda nge ntchunga, zgama, skawa, ndozi zakomila, nkunde (4) vyakurgha vya kupelera mafuta nge ni mafuta ghakuphikila, majarini, nthendero (5) vyakurgha vyakuvikiliya matenda nga mphangwe chomene chomene mphangwe zakubiriwira (6) vyakurgha vyakuvikilira matenda vya vipaso vyakupambanapana

Wakujepeleka Wamanye Ivyi Kukwasana na Chimphonde

Wakujepeleka wakwamba ntchito yawo pakuwamanyiska wanthu muchikaya pa ungoro uwo ukuchemeka na ma vileji (mafumu). Pa ungoro uwo, wakujepeleka wakuwamanyiska wanthu vya:

- ❖ Chakulata chakupereka chimphonde ku wana wakunyentchera
 - Chimphonde cha kuchipatala ni Munkhwala agho ghana vyose ivyo vikusangika para mwana wargha chakurgha cha magulu sikisi
 - Chimphonde ichi chikuwezera muthupi ivyo vyaperera chifukwa chakutondeka kurgha makora vyakurgha vya magulu sikisi.
- ❖ Umu chimphonde cha munkhwala ichi chikupambanira na chimphonde cha kukaya. Chimphonde ichi chinankhongono chifukwa walikuyikamo: skawa, mkaka, shuga, mafuta gha kuphira na ma vitamini na tumchere icho pachingelezi ni minerals
- ❖ Uweme wa chimphonde kulinganisa na soya (Likuni phala panji mukaka wa ku wodi lamagulu)
 - Chimphonde chichoko waka chikuwezera muthupi nkhongono kujumpha umo mwana wangasangira ku soya.
 - Kasipuni kamoza pera kachimphonde kakupelera twakukhumbikira muthupi kwakulingana na kabakuli ka bala la soya. Chifukwa nchakuti mu chibwandira, walikuyikamo tavyakurya tunandi twa kasintha-sintha nga umo tayowoyera pafundo iyo tawazga kale.
- ❖ Kuti ntchito ya chibwandira cha munkhwala ilutize makora pa nthazi, wakujepeleka wose wakwenela kukolerana makora na walongozi na wapapi wose muvukaya.
- ❖ Kuti chibwandira ni munkhwala uwo ukuwezera kukula makora kwa mwana wakunyentchera.



**Wakujepeleka wa ku Mbalachanda
pa visambizgo vya chimphonde**