

## **Guidelines for Volunteers Implementing CTC in the Communities**

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.

## Maphunziro A Mavoluntiya Pa Ntchito Zotukula Umoyo Wa Ana

### Cholinga cha Maphunziro

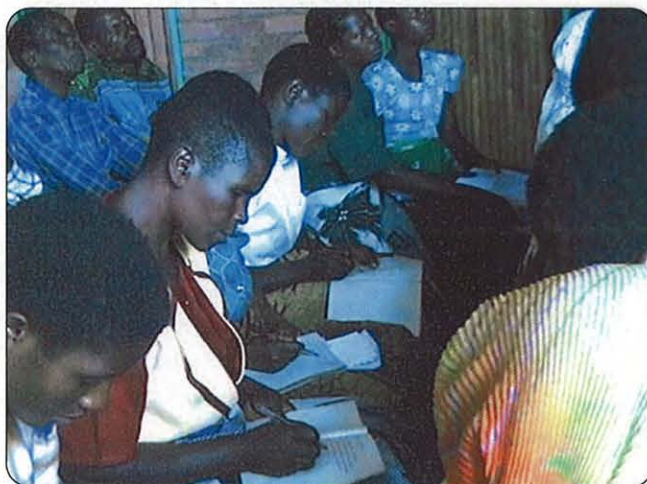
Kuthandiza ma voluntiya kuti athe;

- ❖ Kupeza mwana onyentchera
- ❖ Kumuyeza ndikuona ngati ali oyenera kulandira chiponde.
- ❖ Kulemba makadi
- ❖ Kutumiza mwana kukalandira chiponde kapena kukaonedwa ndi a Dotolo

### Zoyenera Kudziwa Voluntiya

Kodi kunyentchera ndi chiani?

Awa ndi matenda amene amadza chifukwa choperewera chakudya choyenera komanso chamagulu onse asanu ndi a modzi (6) mthupi



*MaVoluntiya pa Maphunziro ku Chambe, Mulanje.*

Kodi nanga tanthauzo la Community Therapeutic Care (CTC) ndi chiyani?

- ❖ Community - Kumudzi
- ❖ Therapeutic - Kuchiza
- ❖ Care - Chisamaliro

### Mutu Oyamba: Kuitanitsa Msonkhano

Tiyenera kuitanitsa misonkhano mwa atsogoleri monga mafumu. Pa nsonkhano anthu tiwadziwitse za chiponde:

- ❖ Kuti kodi chiponde ichi ndi chiyani ndipo chasiyana bwanji ndi chiponde cha kumudzi.
- ❖ Ubwino wa chiponde ku umoyo wa mwana wonyentchera
- ❖ Ubwino wa chiponde posiyanitsa ndi zina monga soya kapena kukagonekedwa ku chipatala.
- ❖ Udindo wa makolo pa kasamalidwe ka chiponde ku nyumba.

### Kupeza Mwana Onyentchera

Mwana onyentchera tingamupeze kuchipatala kapena kumudzi; amaoneka pa maso kuti ndi onyentchera:



*Chithunzi: Kuyeza mwana ngati ali wonyentchera ku Mchoka, Salima*

- ❖ Tikamuona tiyenera kumuyeza pa sikelo (weighing scale)
- ❖ Timuyeze mwamba la dzanja la kumanzere (Mid Upper Arm Circumference-MUAC) ngati ali opitirira miyezi khumi ndi iwiri (12 months)
- ❖ Timuyenzenso utali wa thupi lake (height) pa Thabwa loyazerapo (height board)
- ❖ Ngati tilibe zipangizo maka maka MUAC tape, tionetsetse kuti makolo amutengere mwana ku chipatala cha dera lathu kuti akayezedwe komanso kupimidwa.



## **Kumuyeza Ndikuona Ngati Mwana Ali Oyenera Kulandira Chiponde**

Mwana yemwe angalandire chiponde ndi yemwe

- ❖ Wayezedwa mkono (MUAC) ndipo yakwana 11cm kutsikira mmunsi. Chitsanzo 10.8cm, 10.5cm, 10.0cm
- ❖ Wayezedwa pa thambwa lopimila utali wa mwana (height board) ndipo yakwana 70% kapena kutsikirapo, chitsanzo 69%, 65%, 60%.
- ❖ Mwanayo ndi wotupikana (Oedema)

## **Kulemba Makadi**

Kuyambira pokweza sikelo, voluntiya ayenera kulemba bwino zomwe wapeza pa sikelo polemba mu buku kapena registala yomwe walandira, komanso polemba mu Khadi ya mwana. Akuyenera kutero kuti apewe

- ❖ Kupatsa chiponde mwana osayenera
- ❖ Kubweza mwana woyenera kulandira chiponde

## **Pofuna kupewa zimenezi ayenera**

- ❖ Kutenga MUAC bwino lomwe
- ❖ Kutenga utali (height) bwino lomwe

## **Kutumiza Mwana Kukalandira Chiponde Kapena Kukaonedwa Ndi A Dotolo**

- ❖ Tumizani mwana yekhayo amene mutamuyeza muli naye chikhulupiriro kuti alandira chiponde.
- ❖ Tumizani mwana yemwe ali ndi mavuto ena omwe angafunike a dotolo, monga mwana yemwe akuonekandi zironda mthupi.
- ❖ Potumuza mwanayo musauziretu kholo lake kuti akukalandira chiponde chifukwa mwina atha kukabwezedwa ngati simunayeze bwino MUAC, msinkhu, ngakhalenso sikelo imene.

## **Kalondolondo**

- ❖ Ma Voluntiya chitani kalondolondo kwa mwana aliyense yemwe munamutumiza ku chipatala.
- ❖ Kaoneni ngati akutsatira zomwe munamuza
- ❖ Ngati sakutsatira mukumbutseni zonse
- ❖ Chitani izi kufikira mwanayo atachira.
- ❖ Muyenela kudziwa nambala:
  - Chiwelengelo cha ana osaposa zaka zisanu
  - Kuchuluka kwa ana onyentchera mdela lanu
  - Kuchuluka kwa ana amene ali pa pologilamu ya chiponde mdela lanu



*Mmudzi mwa Kalemba, Balaka. Kodi nanga ana osapitilira zaka zisanu ndi angati mmudzi wanu?*

**Tiyeni tilimbikire kuti tichepetse chiwerengero  
cha ana onyentchera kudera lathu**