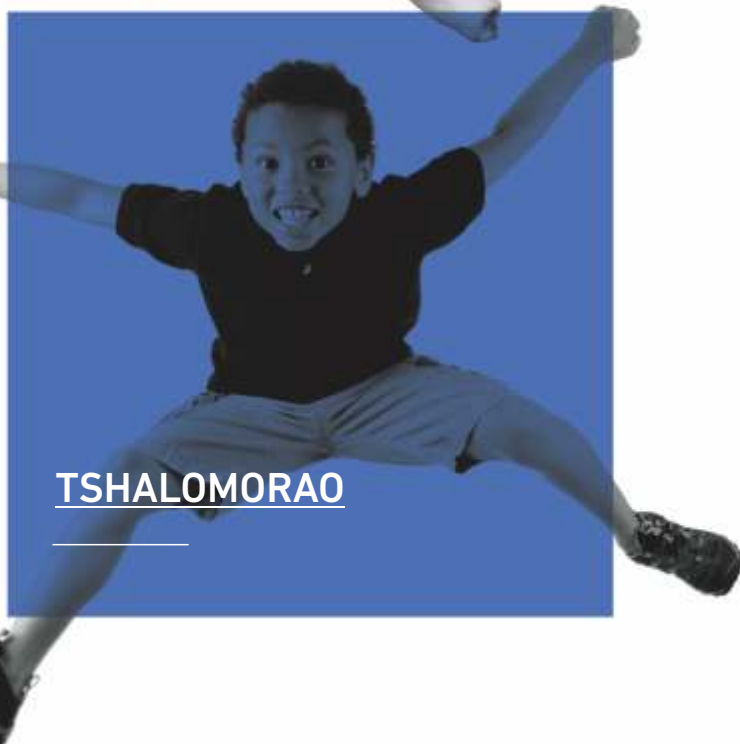




PONSETI BAKENG SA BATSWADI[®]



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BUKANA YA DIKELETSO YA BATSWADI

We will walk with you

PONSETI BAKENG SA BATSWADI

Bukana ya dikeletso ya batswadi

Ketapele

Bukana ena e etseditswe ho ba sesebediswa sa thuto bakeng sa baeletsi ba batswadi ba kopanang le malapa ditleliniking tsa maoto a koropaneng.

Lenaneo la STEPS Ponseti bakeng sa Batswadi © le tsebisa le ho kgothatsa ba malapa a bana ba tswetsweng ba ena le maoto a koropaneng. Le fana ka tlhahisoleseding mabapi le maoto a koropaneng le kalafo, se ka lebellwang, le kamoo seabo sa bona le boinehelo ba bona di leng bohlokwa ka teng ho netefatsa sephetho se atlehileng.

Diphuphutso tsa moraorao tjena, le ditlaleho tse sa fuputswang tseo re di fumaneng ditlaleniking tsa maoto a koropaneng, di bontsha hore tshehetso ya lelapa le thuto e nang le molaetsa, di thusa batswadi ho latela ditataiso tsa kalafo, mme di fokotsa ho kgutla hape ha boemo bona.

Dibukana tsena di na le thuto mme di a kgoneha. Ho na le ditlhahiso tse ngata tse bonahalang bakeng sa ho nolofatsa ho fetisa molaetsa.

Mohato ka mong wa kalafo o na le khouto ya mmala, kahoo ho bonolo ho o fihlela le ho o bala ha moeletsi wa batswadi a ntse a bua le malapa.

Re tshepa hore o tla fumana sena e le mohlodi o molemo le o tshehetsang malapa a nang le masea a tswetsweng le maoto a koropaneng.

Ka ditakaletso,



Karen Moss

(Mothei wa le Molaodi wa Phethahatso wa STEPS)

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HLOKOMELA: Bukana ena e sebediswa mmoho le ditlankana tsa Ponseti bakeng sa Batswadi tse fuwang malapa ho ya le tlhahisoleseding hae:

1.Setlankana sa 1 sa Mokudi: Selelekela le ho kenngwa samente

2. Setlankana sa 2 sa Mokudi: Tshehetso

BAKENG SA MOELETSI WA MOTSWADI

KAROLO YA MOTSWADI

Tshehetso ya motswadi e bohlokwahadi ho fihlella diphetho tse ntle bakeng sa kalafo ya leoto le koropaneng.

Haeba batswadi ba sa utlwisise kapa ba sa latele ditaelo, ho ka hlaha mathata, mme ho na le kgonahalo e kgolo ya ho hlaha hape kape ho kgutlela morao

Ho bohlokwa ho hlaloesetsa batswadi hore karolo ya bona e bohlokwa hakae bakeng sa diphetho tse atlehileng.

Ke karolo ya bohlokwa sehlopheng se netefatsang hore ngwana bona o tla tsamaya ka maoto a otlohloleng le a kgonang ho ya kwana le kwana.

Kalafo e batla e le boima ho batswadi ho feta ho ngwana.

Ba ipona molato le ho utlwa bohloko ka seo ngwana wa bona a lokelang ho feta ho sona, mme ba nahana hore mohlomong ho na le phoso eo ba e entseng ho baka seo. Ba kgathatseha hore ngwana bona o tla opelwa. Ba dula ba kgathatsehile ka diphetho bakeng sa ngwana bona.

Hatella le ho ba netefaletsa hore ha ho motho ya nang le molato bakeng sa leoto la ngwana le koropaneng.

Hlalosa mehato ya kalafo ka hloko. Etsa bonnete ba hore ba utlwisisa kalafo le bohlokwa ba ditaelo tsena.

Batswadi ba ikutlwa ba imelwa ke tlhahisoleseding ena e ntjha.

Ba kgathatseha hore ba ke ke ba kgona ho etsa se hlokwang. O ka ba netefaletsa hore kalafo ena ha e utlwise ngwana bohloko, tshehetso e lekanang hantle leotong le koropaneng ha e a lokela ho ba bohloko, mme e se kgale e tla ba karolo ya bophelo ba hae ba kamehla.

{O TLA KOPANA LE BATSWADI MAEMONG A FAPANENG A KALAFO}

KETELO YA PELE

- Hlalosa leoto le koropaneng
- Hlalosa hore kalafo ya Ponseti e sebetsa jwang, le hore e nka nako e kae
- Hatella hore tshebedisanommoho ya bona e bohlokwa haholo bakeng sa katleho
- Ba netefaletse hore le ha ho tla ba boima ho bona, ngwana wa bona a keke a opelwa mme kalafo eo e a atleha.
- Hlalosa sephetho ho ba netefaletsa:
 - E atleha ka hodimo ho 90% ya ditokiso
 - Ngwana o tla kgona ho tsamaya le ho matha ka maoto a matlafetseng, a sebetsang le a seng bohloko
- Ba fe leqetjhana la selelekela leo ba ka yang le lona hae – **Setlankana sa Mokudi sa 1: Selelekela le ho kenngwa samente**

MOHATO WA TOKISO – HO KENNGWA SAMENTE LE TENOTOMY (HANGATA KE DIBEKE TSE 4-8)

- Hlalosa tlhokomelo ya samente – ho di boloka di omme, ho lekola phallo ya madi menwaneng ya maoto, jj.
- Hlalosa tenotomy le lebaka la ho boloka samente nako e teletsana

MOHATO WA TLHOKOMELO – TSHEHETSO (HANGATA DILEMO TSE 4)

- Hatella hore ho rwalwa ha tshehetso ho bohlokwa haholo
- Hlalosa tlhophiso ya ho rwa tshehetso
- Hlalosa hore le ha leoto le shebahala le otlohlile, le ka nna la boela la kobehela ka hare haeba tshehetso e sa rwalwa
- Hlalosa hore ngwana o hloka matsatsi a mmalwa ho tlwaela tshehetso, ho lla hanyane ho tlwaelehile
- Toboketsa hore tshehetso ha e a lokela ho ntshwa haeba ngwana a lla
- Tshehetso e lokela ho ba karolo ya tlhophiso ho tloha qalong.
- Kenya tshehetso mmoho le motswadi mme o mo kope ho ikwetlisa mmoho le wena.
- Hlalosa kamoo ho lekolwang boemo bo nepahetseng ba serethe ka hara seeta
- Ba fe leqetshwana la tshehetso hore ba ye le lona hae – Pampitshana ya mokudi 2: Tshehetso

{Hatella hore ba lokela ho tla tleliniking haeba ho ena le letshwao lefe kapa lefe la mathata a hlalositse leqetshwaneng la selelekela le tshehetso}

TSHALO MORAO, SEPHETHO

- Hlalosa hore ditlhophiso tsa nako ya tshalomora di bohlokwa bakeng sa ho lekola hore tshehetso e lekana hantle, ho sheba matshwao a ho kgutlela morao kapa diphetoho tse ding
- Ba kgothalese ho tla ditsekolong tsa nako le nako jwaloka ha ho laetswe le ho latela ditaelo tsohle
- Toboketsa hore ba lokela ho tla tleliniking haeba ho ena le mathata a ho dula ba kentse tshehetso
- Ba kgothalese ho bua le ngaka kapa basebetsi ba bang ba tleliniking mabapi le dintho tse ba tshwenyang moyeng

BANA BA BAHOLWANYANA, MAEMO A RARAHANENG, HO BOELA MORAO

{Ho na le bakudi ba bang ba ka hlohang tlhahisoleseding e eketsehileng kapa e lokisitsewang.}

- Ho romelwa e se e le morao, ho kgutla ha bohloko, leoto le koropaneng le manganga (10% hantle ya dinyewe), leoto le koropaneng ka tsela e mpe haholo le le rarahaneng hangata di hloka tshehetso e ngata le tlhahisoleseding e nang le dintlha kaofela.
- Bakudi bana ba hloka sehlopha sa ditsebi ho fumana bohloko le ho kgetha kalafo, mme maemong a mangata kalafo e nka nako e telele, e hloka tshehetso e ikgethileng haholo le e keneletseng bakeng sa ba malapa.
- Ho ka tlase ho 10% ya bakudi, kalafo e hloleha hobane leoto le rarahaneng kapa le le manganga. A mang a maemo ana a ka nna a arabela hantle empa ke ngaka e nang le boitsebelo bo bohloko e lokelang ho fana ka kalafo.
- Ho kgutla ha leoto le koropaneng hangata ke hobane ngwana a sa rwale tshehetso jwaloka ha ho laetswe. Leoto le ka alafshwa hape mme ha fanwa ka lesedi le leng mabapi le ho rwa tshehetso

Ho thusa ka kgokahano ya tlhahisoleseding, leoto le koropaneng le ka hlophiswa jwaloka :

- | | |
|---|--|
| a Leoto le koropaneng le sa alafshwang – | Ka tlase ho dilemo tse 2 |
| b Leoto le koropaneng le sa hlokomelwang – | Leoto le sa alafshwang kamora hoba a le dilemo tse 2 |
| c Leoto le koropaneng le lokisitsewang – | Le lokisitsewa ka kalafo ya Ponseti |
| d Leoto le koropaneng le kgutlang hape – | Leoto le qala ho kobehela ka hare hape (supination), ho otlohlile ha serethe ho a fokotseha, ngwana o tsamaya ka ditsetsekwane (equinus) |
| e Leoto le koropaneng le manganga – | Leoto le tiileng, hangata le eba le metlwako ya mafu, mohl., arthrogryposis |
| f Leoto le koropaneng le rarahaneng – | Hangata ke ho hlalosa leoto le koropaneng le alafshwang ka mokgwa o mong ntle le Ponseti mme le hloka kalafo e eketsehileng |

HO BUISANA LE BATSWADI KA TSELA E MOLEMO

Ho ya ka diphuputso 40% - 80% ya tlhahisoleseding ya tsa bongaka e fuwang bakudi e lebaleha hanghang. Ha ba fuwa tlhahisoleseding e ngata, ba hopola e nyane. Hape halofo ya tlhahisoleseding e hopolwang ke e fosahetseng.

Tlhahisoleseding ya tsa bongaka e fuwang batswadi e lokela ho:

- Hopolwa + Utlwisiswa hore ba tle ba be le = Kgotsofalo ka kalafo = Boinehelo
- Ditaello tse bonolo le tse tobileng di hopolwa hantle ho feta ditatements tse akaretsang
- Re tshwaile buka ka mebala, kahoo tlhaloso ya kalafo e hlophisitswe ka mehato e fapaneng
- Dithusathuto tsa pono tsa kgokahanyo hangata di sebetsa ho bakudi ba rutehileng hanyane
- Bukana le dipampitshana di bontshitswe hantle ka ditshwantsho
- Motswako wa tlhahisoleseding e buuwang (Tleliniking) le e ngotsweng/e bonwang (Dipampitshana) ke ntho e lokileng haholo



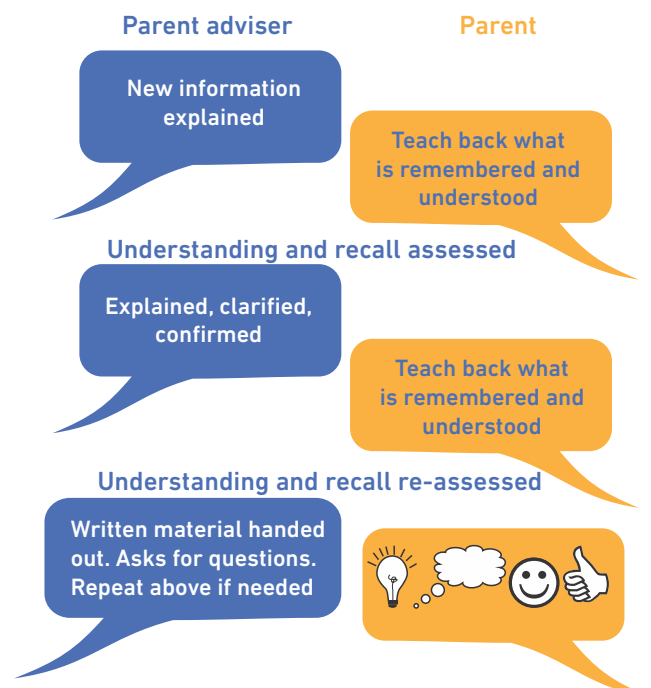
Overview of Ley's model on the interactions between patient-related factors and therapy adherence, Roy PC Kessels, PhD

Mokgwa wa “Ho Ruta O botsa”

Ho ruta o botsa ho netefatsa hore o hlalositse tlhahisoleseding ka tsela eo motswadi kapa mohlakomedi a e utlwisitseng ka ho hlaka. O netefatsa sena ka ho kopa mokudi hore a o hlalositse yona hape. Tlaleho ena e ka thusa le basebetsi ba tleliniking ho fumana ditsela tse molemo ho feta tsa ho fetisa tlhahisoleseding.

Dikeletso bakeng sa “Ho Ruta O Botsa”:

- Qala butle
- Rala tsela eo o tlang ho ruta ka yona
- Mamela haholo, o bue hanyane
- Sebedisa dipotso tse nepahetseng: 'O tlo etsang ha o fihla hae?' 'Mpontshe hore o tla kenya seeta le tshehetso jwang'
- Lekola kgopolo le kutlwisiso
- Hlakisa tsohle tse hlohang tlhaloso
- Pheta mokgwa wa Ho Ruta o Botsa ho fihlela o kgotsofetse hore motswadi o a utlwisisa
- Sebedisa dipampitshana tseo o ka yang le tsona lapeng, mme o bontshe ditshwantsho tse bukaneng jwaloka tlhalosetso e sebedisang tse bonwang



HO BONA NGAKA KGETLO LA PELE

HO THOLWA HA LEOTO LEKOROPANENG LE KALAFO



tlwaelehileng



koropaneng

LEOTO LE KOROPANENG KA TLHAHO KE ENG?

- Leoto le supa tlase mme le sothehetse ka hare hoo bokahodimo bo batlang bo eba moo bokahodimo bo lokelang ho ba teng.
- Leoto le tiile mme ha le kgone ho hatiswa hantle
- Ho ka ameha leoto le le leng kapa a le mabedi.
- Leoto le koropaneng 'ka tlhaho' le bolela hore ngwana eo o hlahile a le jwalo
- Lebitso la bongaka bakeng sa leoto le koropaneng ke Talipes Equinovarus

LEOTO LE KOROPANENG LE BAKWA KE ENG?

- Leoto le koropaneng ha se phoso ya motho.
- Leoto la lese a la hao le koropaneng ha le a bakwa ke seo wena o se entseng, kapa o sa se etsang ha o ne o imme
- Dingaka ha di eso tsebe hore leoto le koropaneng leo ngwana a hlahang le lona le bakwa ke eng.
- Ka nako e nngwe maoto a koropaneng a ba lefutso malapeng a mang, ka nako e nngwe a etsahala mothong a le mong lapeng leo
- Ka nako e nngwe maoto a koropaneng a nyalangwa le mafu a mang, empa sena ke ka sewelo.
- Bana ba bangata ba nang le maoto a koropaneng ba ipheletse hantle feela.

LEOTO LE KOROPANENG LE ALAFSHWA JWANG?

- Mokgwa wa Ponseti ke kalafo eo o ikgethelang yona.
- Kalafo ena e lokisa boemo ba leoto butlebutle ka hloko, ele hore ngwana hao a tle a be le leoto le sebetsang hantle le le shebahalang jwaloka a mang, ntle le ho opa.

KALAFO E QALA NENG?

- Kalafo e qala ha ngwana a le matsatsi a 7 – 10.
- Hantlentle, ha ngwana a le dibeke tse 2, o lokela ho kenngwa samente ya pele.
- Haeba lese a la hao le se le le leholwanyane empa le e so tsamaye, kalafo e ntse e ka atleha
- Haeba ngwana hao a se a tsamaya, kalafo e ka nna ya atleha, empa e ka nka nako e teletsana ka ha leoto le se le sa kobehe ha bonolo mme bana ba baholwanyane ba ka hloka opareishene e nngwe

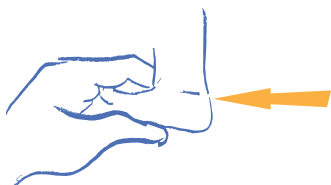
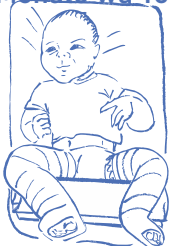
TJHEBOKAKARETISO YA KALAFO YA PONSETI BAKENG SA LEOTO LE KOROPANENG

Tlhaloso e ka tlase mona ke mokgwatshebetso o tlwaelehileng bakeng sa masea a hlalileng a ena le maoto a koropaneng.

Haeba ngwana hao a le moholwanyane, kapa a ena le mathata a mang a bophelo bo botle ka hodima a leoto le koropaneng, tlhophiso ya kalafo e ka nna ya fapana.

KALAFO E KENYELETSA ENG?

1. Mohato wa Tokiso (SAMENTE LE TENOTOMY)



2. Mohato wa Poloko (TSHEHETSO)

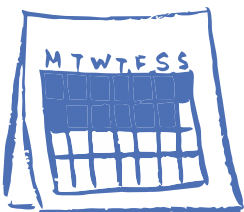
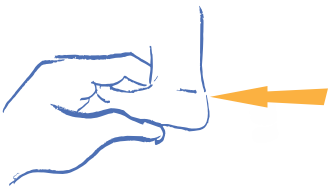


MOHATO WA TOKISO HO KENNGWA SAMENTE



- Leoto le sothwa ha bonojana mme ho kenngwa disamente tse lekanang monoto ohle (POP) ho tshwara leoto le le boemong le ho otlolla mesifa le di-tendone.
- Samente e ntshwa matsatsing a mang le a mang a 5 ho isa ho a 7, ebe leoto le a sothwa hape mme mme ho kenngwa polasetara e nngwe (POP) ho fihlela masapo a le boemong bo nepahetseng.
- Bakeng sa masea a manyenyane ho qala kalafo ha ba le dibeke tse 2, hangata ho nka disamente tse 4 ho isa ho 6 bakeng sa ho lokisa.
- Bakeng sa bana ba ka tlase ho dikgwedi tse 6, e lokela ho nka ho fihlela ho disamente tse 8 ka nako e ka bang dikgwedi tse pedi, e fetolwa beke le beke.
- Bakeng sa bana ba baholwanyane le leoto le koropaneng haholo, ho ka nka nako e teletsana ho lokisa leoto mme ho ka hloka hloka disamente tse ngata.

TENOTOMY LE SAMENTE YA HO QETELA



- Bana ba bangata ba tla hloka tenotomy, eo e leng opareishene e nyane eo hangata e etswang ka anesthesia(sebolaya bohloko/kutlo mmeleng) ya lapeng.
- Bana ba hloka tenotomy hobane tendone ya serethe sa bona(Achilles) e kgutshwane mme e tiile kahoo e hulela serethe hodimo.
- Haeba e sa lokiswe ngwana o tla tsamaya ka ditsetsekwane.
- Dingaka tse ding di sebedisa serobatsi sa kakaretso bakeng sa bakudi ba baholo.
- Kamora tenotomy samente ya POP ya ho qetela e a kenngwa mme e tlohelwe dibeke tse tharo
- Ka nako ena tendone e a hola boemong bo lelefaditsweng mme leoto le ka kobehela hodimo ha bonolo ho ya ka pele ho monoto(dorsiflexion)
- Haeba lesea la hao le sa thaba ka mora tenotomy, ho lokile ho sebedisa paracetamol(Calpol, etc) e itseng jwaloka ha o ne o ka etsa kamora ente.

{BAKENG SA REFERENCE YA LAPENG:

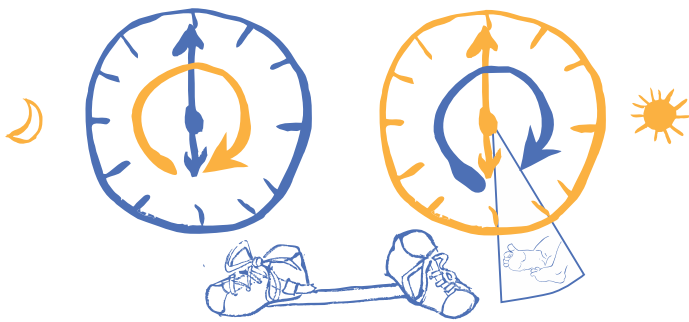
Setlankana sa Mokudi Nom. 1 – Selelekela le Ho kenngwa Samente}

MOHATO WA POLOKO TSHEHETSO

- Tshehetso ke karolo e hlokolosi ya kalafo
- Wena le ba lelapa la hao le bapala karolo e bohlokwa ka ho fetisisa mohato.
- Hanghang kamora ho ntshwa ha samente ya qetelo, ngwana hao o tla qala ho apara tshehetso ya leoto le koropaneng (dieta tse pedi tse hoketsweng ho bara).
- Maoto ka bobedi a kenngwa ka dieting le ha ngwana hao a koropane leoto le le leng.
- Le ha maoto a lesea la hao a tla shebahala a lokile, a ka nna sothehela ka hare hape ha o sa sebedise tshehetso.
- Haeba leoto leka sothehela ka hare hape, ho hlokeha disamente tse ding hape mme ka nako e nngwe opereishene haeba ngwana a hodile.
- **Ho bohlokwa haholo ho etsa bonnete ba hore lesea la hao le rwale tshehetso jwaloka ha le laetswe:**

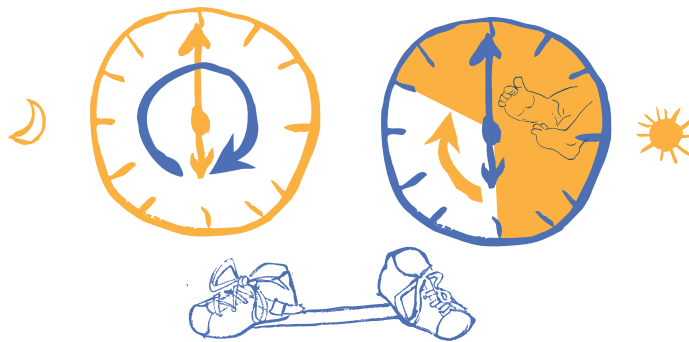
TLHOPHISO YA NAKO YA TSHEHETSO

Ho fihlella diphetho tse ntle haholo tse tswang kalafong, ditaello di hlokwa ho latedisiswa. Ho tla ya ka dilemo tsa ngwana, empa tlhophiso ya ho rwala tshehetso e tlwaelehileng tjena:



Dikgwedi tse 3 tsa pele:

Tshehetso e rwala dihora tse 23 letsatsi le letsatsi. E hlobolwa feela hora e le nngwe ha ho hlapuwa



Kamora dikgwedi tse 3 tsa ho rwala ha tshehetso ka dinako tsohle:

Ho rwalwa ha tshehetso ho fokotsa butle ka dihora tse 2 ka kgwedi – ha ngwana hao a robala (ka dinako tsa ho robala motsheare le tsa bosiu).

LEMOHA: Dula o mo rwesitse tshehetso dihora tse 14 ho fihlela ngwana hao a qala ho tsamaya.

Hang ha ngwana hao a tsamaya: Dihora tse 12 tsa tshehetso (bosiu ha a robetse) di a kgothaletswa ho fihlela ngwana hao a le dilemo tse 4.

HOPOLA: Etsa dintho ka tsela. Eba le tlhophiso ho tloha qalong mme ngwana hao o tla tlwaela tshehetso. Ho rwala tshehetso ke ntho e lokileng mme ke karolo ya kalafo.

**{BAKENG SA REFERENCE YA LAPENG:
Setlankana sa Mokudi No. 2 – Ho tshehetsa}**

E TLA NKA NAKO E KAE?

Tlhophiso e ka tlase e tshwanela lesea le qetang ho hlaha le ka bang le beke tse 2.

HO KENNGWA SAMENTE

BEKE YA 1

BEKE YA 2

BEKE YA 3

BEKE YA 4

BEKE YA 5

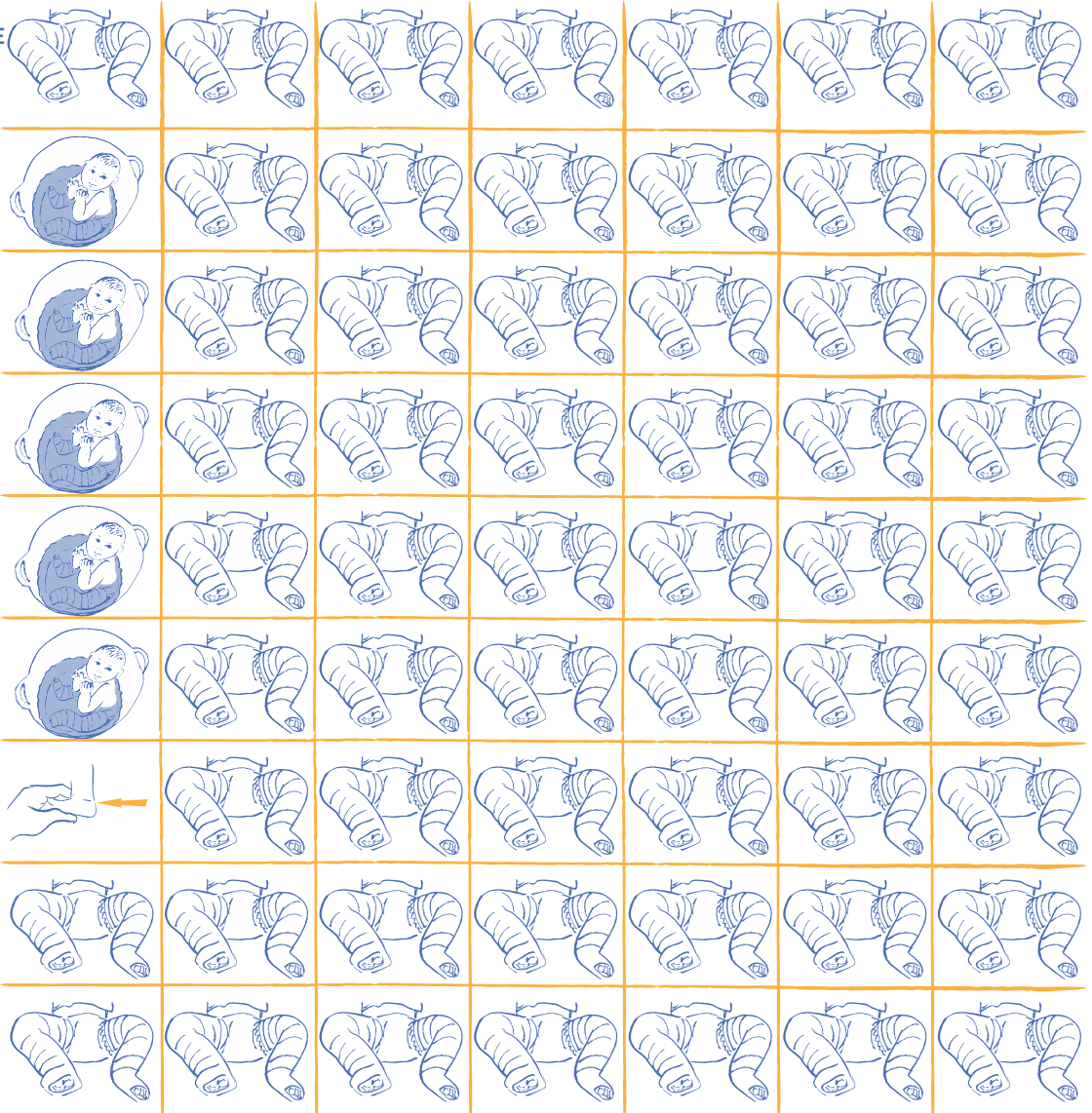
BEKE YA 6

TENOTOMY + SAMENTE
(90% ya bana ba jwalo)

BEKE YA 7

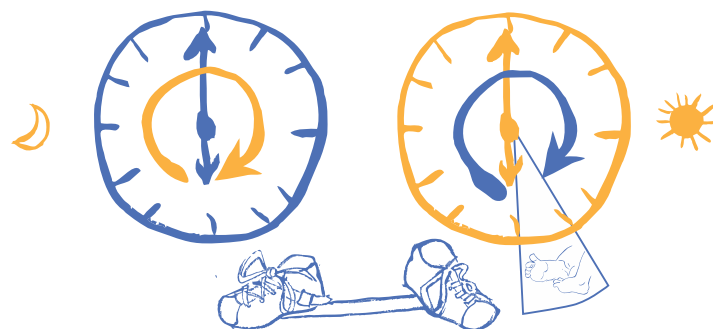
BEKE YA 8

BEKE YA 9



TSHEHETSO
(mohato wa pele)

KGWEDI YA 1
KGWEDI YA 2
KGWEDI YA 3



DIHORA TSE 23
KA LETSATSI

TSHEHETSO
(poloko e tswelang pele)

SELEMO SA 1
SELEMO SA 2
SELEMO SA 3
SELEMO SA 4



NAKO YA BOSIU
LE MAROKO

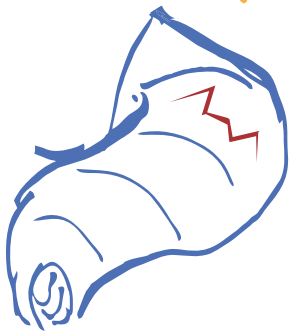
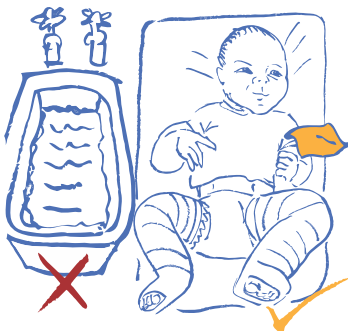
DITAELO LE DIKELETSO BAKENG SA MOHATO WA TOKISO.

NA HO OTLOLLOWA LE DISAMENTE DI TLA UTLWISA LESEA LA KA BOHLOKO?



- Ho otlollwa ho etswa ha bonojwana mme ho keke ha utlwisa lesea la hao bohloko.
- Haeba lesea la hao le kgena nakong ya ho kenngwa samente, e ka nna yaba ke hobane a sa rate ho tshwarwa maoto, kapa hobane a sa rate ho hlobodiswa diaparo.
- Ho thusa ka sena o ka thodisa lesea la hao. Tloo le lesea la hao tleliniking le lapile mme o mo nyantshe ka nako ya ho kenngwa samente. Hape o ka bapala, wa bina, le ho sebedisa dithoye tse lerata kapa tse benyang ho mo lebatsa.
- O tla kgona ho fepa lesea la hao ha ba ntse ba le kenya samente, ba ka o bolella sebaka se setle moo o ka emang teng le hore o ka tshwara ngwana hao jwang.
- Lesea la hao le ka nna la se dudisehe dihora tse mmalwa kamora ho kenngwa samente. Disamente di ba boima ho fihlela di omisisa. O ka harela toulo e nyane mme wa e bea ka tlasa mangwele a lesea ho thusa ho tshehetsa boima ba samente.

TLHOKOMELO YA SAMENTE LAPENG



1. Boloka samente e hlwekile e omme.
2. O se ke wa kenya ngwana bateng ha a ntse a rwetse samente – robatsa lesea la hao hodima toulo, sebedisa lesela le nang le sesepa ho mo hlatswa, ho pudutsa mme o hlakole ka toulo, ntle le ho metsisa samente.
3. Lekola ho peperana kapa ho tjhwatleha ha samente.
4. Dipento tse mahwashe hodimo samenteng di ka nna tsa kwahelwa ka boya ho sireletsa letlalo ho phoshoha.
5. O se ke wa tshela poire kapa loushene ka hara samente.
6. Kwahela samente ha ngwana hao a eja le ho nwa.
7. Thibela dithoye tse nyane kapa dintho ho se kenngwe ka hara samente.
8. Bakeng sa ho dutla ha maleiri hlakola samente ka hloko e kgolo ka diphomodi tse metsi(o se ke wa sebedisa metsi kapa lesea le metsi).
9. Kamehla o lokela ho kgona ho bona menwana ya lesea la hao ya maoto.
10. Menwana ya maoto e lokela ho ba mmala o tlwaelehleng mme e futhumale.
11. Petetsa menwana ya maoto makgetlo a mmalwa ka letsatsi ho lekola hore e ntse e futhumetse, mme o netefatse hore mmala o kgutla kapele kamora moo.
12. Lesea la hao le lokela ho kgona ho tsamaisa menwana e ntse ele ka samenteng, ka boyona le ha o e theetsa.
13. Ha ho bata o ka mo rwesa dikausi ka hodima samente ho boloka maoto a futhumetse.
14. O ka rola toulo e nyane mme wa e bea ka tlasa mangwele ho thusa ho tshehetsa direthe ha ngwana hao a le ka koloing kapa a pepilwe kapa a robetse.

TLHOKOMELO YA SAMENTE LAPENG (e tswela pele)

Haeba o ka lemoha e nngwe ya tsena, kapa o kgathatsehile, letsetsa ngaka ya hao kapa o ye tleliniking hanghang.



1. Motjheso o hodimo
2. Ho ruruha ho eketsehang ka hodimo kapa ka tlase ho samente.
3. Mokedikedi kapa monko o mobe o tswang ka hara samente.
4. Menwana ya maoto e phodile kapa e bata.
5. Menwana ya maoto e na le mmala o sa tlwaelehang wa letlalo.
6. Ha o bone menwana ya maoto, e honyetse ka hara samente.
7. Samente e peperane kapa e bonolo.
8. Menwana ya maoto e ruruhile.
9. Samente e tiile haholo hodimo monotong.
10. Lesea la hao le rahile samente hore e tswa.



HO NTSHA SAMENTE



- Ditleliniki tse ding di ntsha samente ha o fihla. Tse ding di o kopa hore o intshetse yona ka bowena. Samente e lokela feela ho ntshwa ka letsatsi le hlophisitsweng, eseng bosiuung bo tlang pele ho moo.
- Leoto le ka nna la qala ho kobehela ka hare kamora ho ntshwa ha samente, e leng lebaka leo e sa lokelang ho ba nako e telele pakeng tsa ho ntshwa ha samente le ho kenngwa ha e latelang.
- Metsisa samente mme o e phuthule ka toulo e mongobo, jwale e kwahele ka polasetiki ho fihlela polasetara e ba bonolo.
- O lokela ho fumana lefito la bandetjhe haufi le lengwele moo o ka thatollang mme wa ntsha samente.
- Ha o tshela vinika metsing pele o metsisa samente ho thusa ho thapisa polasetara ka pele.
- Ha o ntsha samente tleliniking, ba tla o fa setshelo se nang le metsi a futhumetseng ho dudisa ngwana hao ka hare ele hore o kgone ho metsisa samente mme o e thapise pele e ntshuwa.

{BAKENG SA REFERENCE YA LAPENG:

Setlankana sa Mokudi No. 1 – Selelekela le Ho kengwa Samente}

DITAELO LE DIKELETSO BAKENG SA MOHATO WA TLHOKOMELO

NA TSHEHETSO E TLA UTLWISA LESEA LA KA BOHLOKO?

- Tshehetso ha e a lokela ho utlwisa lesea la hao bohloko.
- Se ke wa ntsha tshehetso ha ngwana hao a lla, hona ho tla etsa hore ho be thata ho dula o e kentse nakong e tlang.
- Matsatsi a mmalwa a pele a bohlokwa ho bea tlhophiso ya nako bakeng sa tshehetso.
- Lesea la hao le hloka ho tlwaela ho rwala tshehetso, ho nka matsatsi al 2 – 7 ho masea a mangata ho tlwaela.
- Lesea la hao le hloka ho tlwaela ho tsamaisa le ho phahamisa maoto a le mabedi ka nako e le nngwe.
- O ka bapala ka baraa ha e ntse e le teng, e nyolose o e theose, koba le ho otlolla mangwele ho bontsha lesea la hao tsela ya ho tsamaisa ditlhafu mmoho.
- Ha ngwana hao a se a tlwaetse tshehetso, a ka nna a tsamaisa mmele ka bolokolohi mme a fihlela boemo ba ho kgasa le ho tsamaya jwaloka ngwana ofe kapa ofe.
- O se ke wa emisa ho sebedisa bara ha o ena le mathata. Leoto le koropaneng le ka kgutla hape ntle le bara. Eya ngakeng ya hao kapa tleliniking mme o kope thuse.

HO KENYA TSHEHETSO

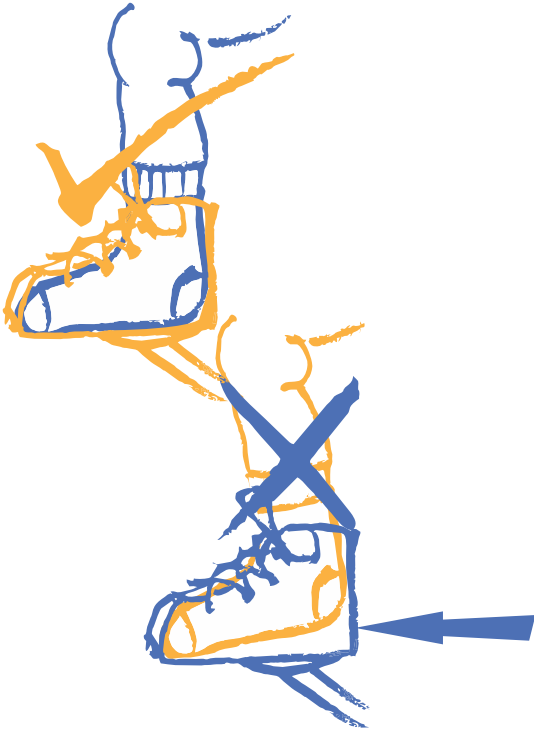
1. Ho bohlokwa ho kenya tshehetso ka tsela e nepahetseng mme e lokela ho rwalwa kamehla bolelele ba nako eo ngaka a e laetseng.
2. Dieta di lokela o rwalwa le bara hore tshehetso e tle e sebetse.
3. Ho nka nako ho tlwaela ho rwala dieta, empa dula o etsa jwalo mme e se neng e tla ba karolo ya diketso tsa letsatsi.

DIKELETSO TSA TSHEHETSO



- Letlalo le menotong le maotong le lokela ho hlweka le ho oma.
- se ke wa tlotsa setlolo kapa loushene maotong.
- Dikausu tsa khothone tse se nang moloho kapa dipaterone ke tsona tse aparehang ha monate.
- Dikausu tse nang le maqhutso a rabara ka tlase di ka thusa ho thibela ho thella ka hara seeta .
- Bana ba bang ba phutholohile hantle ntle le dikausu, haholoholo ha ho tjhesa jwalo ka ntle.
- Bula seeta ka ho phethahala lekgetlo la pele hore o tle o bone hore leoto le beilwe kanepo .
- Lekanya seeta leotong le amehileng kapa leoto le lebe haholo pele.
- Koba lengwele mme o hatelle hanyane ha o kenya seeta. Sena se thusa ho boloka serethe se le fatshe le leoto le le boemong bo nepahetseng.
- Ha o lekanya lekgetlo la pele, thala mola ka hare ho seeta maphethelong a menwana.

DIKELETSO TSA TSHEHETSO (DI A TSWELLA)



- Kamehla lekola hore serethe se hodimo ka morao ho seeta mme se thetsa fatshe pele o tiisa marapo kapa o kenya marapo.
- Dula o hatelletse ka monwana o motona ho parola bohare ba leoto ho etsa hore le dule le le fatshe le siretsehile ha o ntse o fasa marapo kapa o tlama dithapo.
- Tlama marapo a dieta kapa dithapo ka ho tiya.
- O tshwere seeta ka thata ka letsoho le le leng, hulela monoto hodimo ho etsa bonnete ba hore leoto ha le solle ka hara seeta. Ha le solla, tiisa marapo hape.
- O lokela ho be o ntse o kgona ho bona mola oo o o thadileng ka pele ho menwana ya maoto. Haeba o sa kgone, serethe se phonyohile. Ntsha seeta mme o qale hape.
- Ho boloka lengwele le kobehile ho thusa ho isa serethe fatshe.
- Sheba hape hore ebe serethe se ntse se le tlase le morao hantle ka hara seeta. Dieta tse ngata di na le lesoba le lenyane lehlakoreng la serethe hore o lekole ha bonolo.
- Lekola hore na o ka bona menwana yohle, mme e otlohlile na.
- O se ke wa tshaba ho pheta hape ho fihlela o e nepa. Kamora nako e itseng, e tla potlaka le ho ba bonolo mme e be karolo ya diketso tsa letsatsi.

Etsa pontsho ka ngwana o bontsha kamoo ho kenngwang tshehetso ka teng. Lekola seeta, menwana, direthe, jj.

Kopa mohlokomedi wa mokudi ho o bontsha hore o kenya tshehetso jwang, mme o mo tataise, ha ho hlokeha, ho eketsa boitshepo

MATHATA KA TSHEHETSO

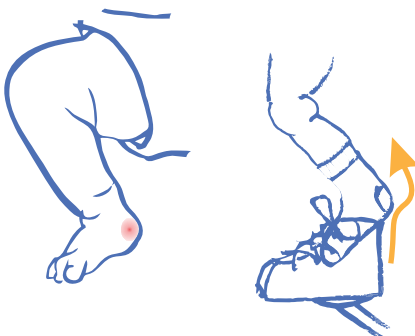


Kamora matsatsi a pele a mmalwa a ho tlwaela, ngwana hao o lokela ho be a rwala tshehetso ntle le mathata.

Ho bohlokwa ho elellwa phetoho efe kapa efe mme o ikopanye le ngaka ya hao kapa o kgutlele tleliniking ka ha bothata ba tshehetso bo ka bolela hore:

- Bophara ba tshehetso bo bokgutshwane haholo
- Dieta di nyane haholo
- Leoto le a fetoha hape kapa ha le a lokiseha hantle

HO LEKANYA SEETA, DITOKISO TSA TSHEHETSO



Haeba seeta se sa lekane hantle, se ka baka mathata.

Ikopanye le tleliniki ya heno hanghang haeba o bona:

- Matshwao a mafubedu a kगतello kapa ho ruruha maotong.
- Diso tse bulehileng tsa kगतello kapa dipudulana maotong.
- Leoto le thella le tswa ka seeteng le ha o se tiisitse hantle.

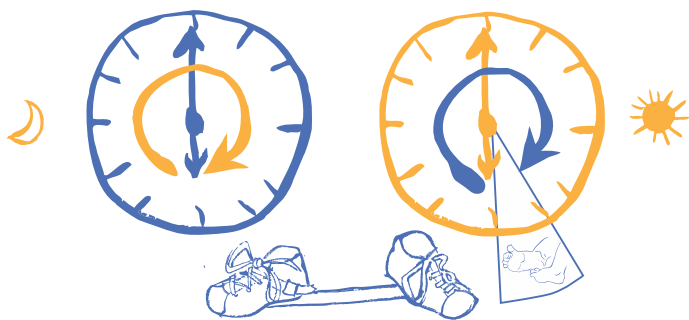
DITSHITISO TSA BOROKO

Kamora nako ya pele ya tlwaelo, bana ba bangata ba robala hantle ka tshehetso. Haeba, kamora ho tlwaela tshehetso, ngwana hao o ntse a sa thaba kapa a sa robale, empa a sa kule kapa a sa medise, jj., O ka leka dintho tsena tse mmalwa:

- Lekola hore dieta di ntse di le saese e nepahetseng.
- Bara e ka ba tshesane haholo hobane ngwana hao a hodile, haeba o ena le bara e lokisehang, o ka thusa ka ho e etsa sephara hanyane, kapa o ka hloka ho fumana bara e kgolwanyane.
- Etsa bonnete ba hore dikobo le dilakane ha di fasehe ka hara tshehetso; mokotlana wa ho robala kapa kobo e bobebe ke tsona tse lokileng.
- Bea ho hong ho bonolo ka mahlakoreng a khoto haeba tshehetso e e kokota mme e tsosa lesea.
- Isa ngwana wa hao e moholwanyane khotong ya kampa haeba a se a hloka sebaka se seholo bakeng sa tshehetso

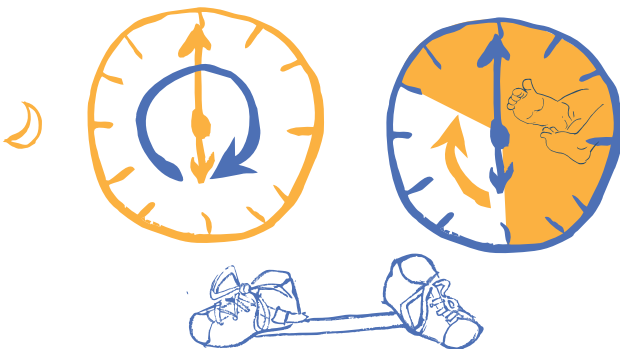
NGWANA KA O TLA TLAMEHA HO RWALA TSHEHETSO NAKO E KAE?

Bana ba bangata ba rwala tshehetso ho fihlela dilemong tse nne.



Dikgwedi tse 3 tsa pele:

Tshehetso e rwalwa dihora tse 23 kamehla. E hlobolwa hora e le nngwe ha ho hlapuwa.



Kamora dikgwedi tse 3 tsa ho rwalwa ha tshehetso ka nako tsohle:

Ho rwalwa ha tshehetso ho fokotswa ka dihora tse 2 ka kgwedi – ha ngwana hao a robetse (motsheare le bosiu). Ha ngwana hao a se a le boimanyana (a hodile), tshehetso e rwala bonyane dihora tse 12.

KE DIAPARO DIFE TSEO NGWANA KA A KA DI APARANG, NA KE HLOKA DISEBEDISWA TSE IKGETHANG?

- Ha ngwana hao a ntse a kentse samente, di-thaete tse se nang maoto le disutu tse kentseng tsohle ke tsona tse lokelang.
- Ha a ntse a kentse bara, ho bonolo ho sebedisa marikgwe a bulehang hore o kgone ho tjhentjha leleiri le ho mo hlobodisa ntle le ho ntsha bara. Didangari di lokile, mme banana ba ka apara mese le dikhete.
- Ditulo tse ngata tsa koloi le diporema di tla sebetsa hantle, ha feela o ntse o tla fasa lerapo le mahareng. Tse lokileng ho feta ke tse sephara.

{BAKENG SA REFERENCE YA LAPENG:
Tokomane ya Mokudi No. 2 - Tshehetso}

TEKOLO MORAO, SEPHETHO

HO TLA ETSahalang NAKONG E TLANG?



Ditekolo tsa nako le nako ho netefatsa hore tshehetso e lekana hantle mme le maoto a sa ntse a shebeha hantle. Mofuta ofe kapa ofe wa dieta kapa ho se rwale dieta ho lokile ha ngwana hao a sa rwala tshehetso.

Ngwana hao o tla hola ka maoto a otlohileng le a bonolo mme o tla kgona ho matha, ho tsamaya le ho bapala jwaloka bana ba bang.

Lenane le lenyane la bana le tla ba le maoto a koropaneng a manganga a ka nnang a kgutla hape ha ngwana a ntse a hola mme a hloke samente hape kapa ka nako e nngwe opareishene. Ke kahoo diketelo tsa nako le nako tleliniking di leng bohlokwa.

NKA BUA LE MANG MABAPI LE MAOTO A KOROPANENG?

Ditleleniki tse ngata di na le mothusi wa tleliniking ya tlang ho hlalosa maoto a koropaneng le kalafo ya ona. Ka matsatsi a tleliniki o tla kopana le batswadi ba bang ba nang le masea le bana ba mehatong e fapaneng ya kalafo, o ka nna wa bua le bona kapa wa kenela sehlopha sa batswadi sa tshehetso.

Bakeng sa tlhahisoleseding mabapi le Southern African Ponseti ikopanye le:

www.steps.org.za

www.clubfoot.co.za

www.ponseti.co.za

Ho bohlokwa ho hopola hore wena, motswadi, o karolo ya bohlokwahadi ya kalafo. Sena se keke sa etswa ntle le hore wena o netefatse hore ngwana hao o tla tleliniking nako e nngwe le e nngwe e beilweng. Disamente di hloka ho tjhentjhwa hanngwe ka beke mme ditshehetso di hloka ho rwalwa bosiu bo bong le bo bong.

Haeba o hloka thuso le tshehetso nakong ya kalafo, ka kopo ikopanye le tleliniki ya hao kapa sehlopha sa tshehetso sa batswadi bakeng sa dikeletso le thuso.

GLOSSARY OF TERMS

This glossary of terms is designed to be a quick guide to the medical terms.

Abduction:	The movement of a limb away from the midline of the body
Achilles Tendon:	The tendon that joins the bone of the heel to the calf muscle.
Anterior:	At or towards the front.
Anterior Tibialis Tendon Transfer (ATTT):	A procedure usually only performed around age four for children with continual relapse problems. To prevent further relapses, the tendon of the tibialis anterior muscle is transferred (pulled across and attached) to the third cuneiform (bone of the foot). This makes the foot plantigrade and prevents relapse.
Arthrogryposis:	Distal arthrogryposis type 1 is a disorder characterized by joint deformities (contractures) that restrict movement in the hands and feet. The characteristic features of this condition includes permanently bent fingers and toes (camptodactyly), overlapping fingers, and a hand deformity in which all of the fingers are angled outward toward the fifth finger (ulnar deviation). Clubfoot (syndromic) is also commonly seen with distal arthrogryposis type 1.
Bilateral clubfoot (BCF):	Both feet are affected.
Calcaneus:	Heel bone, the larger of the two bones forming the ankle joint
Complex clubfoot:	This clubfoot is shorter, broader and has a deep crease across the sole. It is more difficult to treat, and usually requires modified casting
Congenital:	A condition that is present at birth.
Deformity:	A distortion of any part of, or the body in general, different in size or shape
Dorsiflexion:	In clubfoot treatment, dorsiflexion is the ability to bend at the ankle, moving the foot upward in the direction of the shin.
Eversion:	Sole of the foot turns outwards
Genetic:	Refers to genes, and inherited traits or conditions.
Heel cord:	See Achilles tendon.
Idiopathic:	Medical term that means of unknown cause. Clubfoot is idiopathic in most cases, unless it is linked to a syndrome (in the minority of cases)
In utero:	When the baby is in the mother's womb.
Inversion:	Sole of the foot turning inwards

Ligament:	A short band of tough, flexible, fibrous connective tissue that connects two bones or cartilages or holds together a joint.
Maceration:	Skin softened by soaking. Maceration can occur if a child's skin becomes wet under the cast. The skin breaks down and it is painful.
Manipulation:	Manually stretching the clubfoot in specific positions to achieve correction before casting.
Metatarsus adductus:	Condition that looks similar to clubfoot but only the forefoot is turned in, the ankle is not twisted. Typically not treated with casts, it is usually outgrown as the child gets older.
Neurogenic clubfoot:	See Syndromic Clubfoot.
Orthotist:	An orthotist is trained to make orthotics such as braces or splints to support limb function. An orthotist working with will often fit the brace that is used after clubfoot correction.
Paediatric Orthopaedic Surgeon:	A doctor specialising in children's orthopaedics.
Percutaneous:	In surgery it refers to a procedure that punctures the skin rather than using the 'open' approach that exposes tissue. A 'percutaneous tenotomy' forms part of the Ponseti method and can be done using local anaesthetic only.
Physical therapy:	Some doctors prescribe physical therapy to assist with tight tendons in correct clubfoot. Parents can be taught stretching exercises to be done on their baby to increase flexibility and prevent relapse.
Plantigrade:	Walking evenly on the sole of the foot.
POP:	Plaster of Paris.
Positional clubfoot:	Not considered a clubfoot by doctors, this is when a baby is born with the foot turned in, but it is flexible and can be easily pushed into the correct position. Caused by position of the baby in utero, it usually self-corrects without any treatment. Also called "postural" clubfoot.
Posterior:	At or towards the back
Pressure sore:	A sore that develops from a long period of too much pressure on the skin. In clubfoot treatment, it is usually due to casts being put on too tight, or the brace shoes not fitting correctly – either due to incorrect measurement, or the clubfoot is not completely corrected.
Pronation:	The inward roll of the foot during normal motion and occurs as the outer edge of the heel strikes the ground and the foot rolls inward and flattens out. Moderate pronation is required for the foot to function. With excessive pronation, the foot arch flattens out and stretches the muscles, tendons and ligaments underneath the foot.

Recurrence:	In clubfoot treatment, refers to a recurrence of the symptoms. The foot turns in and children put weight on the outside of the foot when walking. Recurrence requires recasting, brace wear and sometimes surgery.
Serial casting:	The term used for the repetitive casting process that is used in the Ponseti method. A cast is applied and removed after five to seven days. This is repeated until the clubfoot is corrected.
Supination:	The opposite of pronation, it is the outward roll of the foot during normal motion. A natural amount of supination occurs during the push-off phase of running as the heel lifts off the ground and the forefoot and toes are used to propel the body forward.
Syndromic clubfoot:	This is a rare form of clubfoot that is associated with a syndrome. It is more difficult to treat. Some syndromes and conditions that can include clubfoot are arthrogryposis, spina bifida, tethered cord, Down syndrome, Ehler Danlos syndrome, and cerebral palsy. Some are also referred to as teratologic, neuromuscular or neurogenic clubfoot.
Talus:	Anklebone, the smaller of second the two bones forming the ankle and heel joint
Tenotomy:	A minor surgical procedure that clips the Achilles tendon (heel cord) to lengthen it and drop the heel. The cast is left on for three weeks to allow the tendon to heal. No stitches are required.
Tibia:	Shin bone.
Tibialis Anterior tendon:	Dorsiflexes and inverts foot at the ankle
Unilateral clubfoot:	Only one foot is affected by with clubfoot.
Valgus:	Directed away from the midline of the body.
Varus:	Directed towards the midline of the body.

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Ponseti bakeng sa Batswadi ©

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SOUTH AFRICA

BOITATOLO

Bukana ena e buang ka maoto a koropaneng bakeng sa thuto ya batswadi ha e rallwa ho mme ha e fane ka keletso ya bongaka, ho fumanwa ha bohloko ka seporofeshene, maikutlo kapa kalafo. Bukana ena e fana ka tlhahisoleseding ya kakaretso bakeng sa thuto feela. Tlhahisoleseding e fanweng bukaneng ena ha e nkele sebaka tlhokomelo ya bongaka kapa ya boporofeshene, mme ha o a lokela ho sebedisa tlhahisoleseding ena ho ena le ho etela, ho letsetsa kapa keletso ya mofani wa tlhokomelo ya bophelo bo botle wa Ponseti. STEPS ha e jare boikarabello bakeng sa keletso efe kapa efe, mokgwa wa kalafo, ho fumana bohloko kapa tlhahisoleseding efe kapa efe e nngwe eo o e fumaneng ka bukana ena.

STEPS developed the Ponseti for Parents© programme to support families with vital information and advice to ensure successful treatment.

Parents and caregivers are extremely important in achieving good results, as they are the ones who take the child to the clinic, deal with cast care at home, check for any problems, make sure the brace is on properly for 23 hours a day in the first three months of wear and then commit to their child sleeping in the brace until age four.

STEPS designed this as a multi-media parent education programme for weekly clubfoot clinics:

- STEPS identifies advisers in clinics who can be trained to understand the different stages of treatment and how to advise and support parents. The Ponseti for Parents© parent adviser manual provides information about clubfoot and the treatment, what to expect, and how important their involvement and commitment is to ensure a successful outcome
- The take-home leaflets are informative and practical, and repeat the message from the parent adviser. There are many visual references to make it simpler to absorb the content.
- The first time parent gets a take-home leaflet that has basic information on clubfoot, a treatment overview, and the casting phase
- The second take-home leaflet is for the start of the brace phase and explains brace fitting, routine, and the importance of following instructions to prevent recurrence
- The parent information DVD can be shown in clinic waiting rooms which will convey the same messages given by the parent advisers and the leaflets
- There is a poster designed for use in child health clinics, ante natal clinics, and immunisation centres, etc. This will help to raise awareness that clubfoot can be treated, a simple explanation of how it is treated, and where to go for help

STEPS is committed to supporting parents and the Ponseti for Parents© programme is our contribution to achieving the best outcome for children with clubfoot.

Endorsed and approved by
Steps medical director: Dr Jacques du Toit

