



PONSETI YA BATSADI[®]



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MANYUALE WA MOGAKOLODI WA BATSADI

We will walk with you

PONSETI YA BATSADI

Manyuale wa mogakolodi wa Batsadi

Ketapele

Maikaelelo a manyuale o ke go nna sediriswa sa thuto sa bagakolodi ba batsadi ba ba dirisanang le bamalapa mo ditleliniking tsa kgolafalo ya leoto.

Lenaneo la Ponseti ya Batsadi© la STEPS le itsise le go rotloetsa balelapa ba bana ba ba belegweng ka kgolafalo ya leoto. Le tlamela ka tshedimosetso ka ga kgolafalo ya leoto le kalafi, se ba ka se solofelang, le gore botsayakarolo jwa bona le maitlamo a bona a botlhokwa go le kana kang mo go netefatseng poelo e e atlegileng.

Dithutopatlisiso tsa sešweng, le dipegelo tsa magatwe tse re di amogetseng go tswa kwa ditleliniking tsa kgolafalo ya leoto, di kaya gore tshegetso ya balelapa le thuto e e nang le molaetsa o o siameng, di thusa batsadi go latela dikaedi tsa kalafi, e bile di fokotsa go ipoeletsa ga kgolafalo ya leoto.

Matheriale o na le tshedimosetso ya mosola mme o ka dirisiwa kwa ntle ga mathata. Go na le ditshupetso tse dintsi tse di nang le ditshwantsho go dira gore go nne bonolo go tlhaeletsa diteng.

Kgato nngwe le nngwe ya kalafi e tshwailwe ka mebala e e farologaneng, ka jalo go bonolo go fitlhelela le go tla o lebelela fa mogakolodi wa batsadi a bua le balelapa.

Re solofela gore o tlaa fitlhela se e le sediriswa sa boleng ga mmogo le tshegetso ya malapa a balelapa ba masea a a belegwang a na le kgolafalo ya leoto.

Ka boikokobetso,



Karen Moss

(Mothei wa STEPS le Mokaedi Khuduthamaga)

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ELA TLHOKO: Manyuale o o dirisiwa mmogo le matlhare a Ponseti ya Batsadi a a fiwang balelapa e le tshedimosetso e ba tsamayang le yona go ya kwa gae.

1. Letlhare la tshedimosetso ya Molwetse 1: Matseno le go tsenya samente

2. Letlhare la Tshedimosetso ya Molwetse 2: Go tsenya setlhako sa tshiamiso

TSHEDIMOSETSO YA MOGAKOLODI WA BATSADI

SEABE SA BATSADI

Tshegetso ya batsadi e botlhokwa thata go fitlhelela dipholo tse di siameng tsa kalafi ya kgolafalo ya leoto.

Fa batsadi ba sa tlhaloganye kgotsa ba sa latele ditaelo, go ka nna ga direga mathata, mme kgonagalo ya poeletso kgotsa go boela kwa maamong a koafalo go kwa godimo.

Go botlhokwa go tlhalosetsa batsadi gore seabe sa bona se botlhokwa go le kana kang mo go nneng le poelo e e atlegileng.

Ke karolo ya botlhokwa ya setlhopho se se netefatsang gore ngwana wa bona o tlaa tsamaya ka maoto a a tlhamaletseng e bile a kgona go kobega.

Kalafi e boimanyana mo batsading go feta mo baneng.

Ba ipona molato mme ba utlwa ba tlhoafetse ka ga se ngwana wa bona a se itemogelang, le go nagana gore ka gongwe ba dirile sengwe se se molato go baka se. Ba tshwenyegela gore ngwana wa bona o tlaa utlwa botlhoko. Ba ikutlwa ba tlhobaediwa ke dipelo tsa ngwana wa bona.

Gatelela le go tlhomamisa gore ga go ope yo o tshwanetseng go pegwa molato wa ngwana yo o nang le kgolafalo ya leoto.

Tlhalosa dikgato tsa kalafi ka kelotlhoko. Netefatsa gore ba tlhaloganya kalafi le botlhokwa jwa ditaelo tse.

Batsadi ba ka ikutlwa ba amiwa thata mo maikutlong ke tshedimosetso e ntsha.

Ba tshwenyegela gore ga ba kgone go itshokela se se tlhokegang. O ka ba netefaletsa gape gore kalafi e ga e gobatse ngwana, setlhako sa tshiamiso se se tsentsweng sentle mo leotong le le neng le golafetse mme kgolafalo eo e siamisitswe ga se a tshwanela go nna botlhoko, mme fa nako e ntse e tsamaya se tlaa nna karolo ya mokgwatlwaelo wa bona wa letsatsi le letsatsi.

{O TLA A KOPANA LE BATSADI MO DIKGATONG T SE DI FAROLOGANENG TSA KALAFI}

KOPANO YA NTLHA

- Tlhalosa kgolafalo ya leoto
- Tlhalosa gore kalafi ya Ponseti e dira jang, le gore e tsaya nako e e kana kang
- Gatelela ntlha ya gore tirisanommogo ya bona e botlhokwa go fitlhelela katlego.
- Ba netefaletse gape gore le fa go tlaa nna boima mo go bone, ngwana wa bone ga a kitla a itemogela botlhoko mme kalafi e atlegile.
- Tlhalosa poelo go ba netefaletsa gape:
 - E atlegile mo dikgetseng tse di fetang 90%
 - Ngwana o tlaa kgona go tsamaya le go taboga ka maoto a a tiileng, a a dirang sentle mme a se na botlhoko
- Ba fe letlhare le le ba neelang matseno gore ba tsamaye le lone go ya gae. – **Letlhare la tshedimosetso ya Molwetse 1: Matseno le go tsenya samente**

LEGATO LA TSHIAMISO – GO TSENYA SAMENTE LE KARO YA MONAPE (GANTSI DIBEKE TSE 4-8)

- Tlhalosa tlhokomelo ya samente – se tshole se omile, netafatsa gore tikologo ya madi e teng mo menwaneng ya maoto, jj.
- Tlhalosa karo ya menape le gore ke goreng samente se tshwanetse go tsenngwa sebaka se seleele.

LEGATO LA TSHOMARELO – GO TSENNGWA GA MOPAKO (GANTSI DINGWAGA TSE

- Gatelela ntlha ya gore go rwala setlhako sa tshiamiso ga se ntlha e go ka buisanwang ka yone
- Tlhalosa lenaneo la go rwala setlhako sa tshiamiso
- Tlhalosa gore le fa leoto le lebega le tlhamaletse, le ka boela mo teng fa go sa rwalwa setlhako sa tshiamiso
- Tlhalosa gore ngwana o tlhoka malatsi a le mmalwa go tlwaela setlhako sa tshiamiso, go lela go se kae ke selo se se tlwaelegile
- Gatisa gore setlhako sa tshiamiso ga se a tshwanela go ntshiwa fa ngwana a lela
- Setlhako sa tshiamiso se tshwanetse go nna karolo ya mokgwatlwaelo go simolola kwa tshimologong.
- Tsenya setlhako sa tshiamiso le motsadi mme o mo kope go dira seno le wena.
- Tlhalosa gore o ka netefatsa jang maemo a a nepagetseng a serethe mo teng ga setlhako
- Ba fe letlhare la setlhako sa tshiamiso gore ba tsamaye le lone go ya gae – **Letlhare la Tshedimosetso ya Molwetse 2: Go tsenya setlhako sa tshiamiso**

{Gatelela ntlha ya gore ba tshwanetse go tla mo tleliniking fa go na le letshwao lepe la mathata a a tlhalositse mo matlhareng a tshedimosetso le a go tsenya setlhako sa tshiamiso}

TATEDISO, POELO

- Tlhalosa gore dipeelano tsa tatediso di botlhokwa go netefatsa gore a setlhako sa tshiamiso se a lekana, go lebelela matshwao a go boela kwa maemong a koafalo kgotsa diphetogo tse dingwe
- Ba rotloetse go tla ka gale mo ditlhatlhobong tse di tseneletseng jaaka go reboletswe le go latela ditaello tsothle
- Gatelela ntlha ya gore ba tshwanetse go tla mo tleliniking fa e le gore go na le mathata ka go tlhola ba rwele ditlhako tsa tshiamiso
- Ba rotloetse gore ba bue le ngaka kgotsa badiri ba bangwe ba tleliniki ka ga matshwenyego a bone

BANA BA BAGOLWANE, DIKGETSE TSE DI RARAANENG, GO BOELA KWA MAEMONG A KOAFALO

{Go na le balwetse bangwe ba ba ka tlhokang tshedimosetso ya tlaleletso kgotsa e e fetotsweng}

- Go romelwa ke ngaka go setse go le thari, ipoeletso, kgolafalo ya leoto e e palelwang ke go siama (bokana ka 10% ya dikgetse), kgolafalo ya leoto e e raraaneng le e e nang le matshwao le ditshupo tse dintsi gantsi e tlhoka tshegetso thata le tshedimosetso ka botlalo.
- Balwetse ba ba tlhoka setlhopho sa bomaitseanape go dira tupobolwetse le go tlhalosa kalafi, mme mo mabakeng a mantsi kalafi e tsaya sebaka se seleelenyana, mo go tlhokegang tshegetso e e kgethegileng le e e tseneletseng ya balelape.
- Mo balwetseng ba ba sa feteng 10% kalafi e a palelwa gone leoto le raraane kgotsa le palelwa ke go siama.
- Kgolafalo ya leoto e e ipoeletsang gantsi e nna ka ntlha ya gore ngwana ga a rwale setlhako sa tshiamiso jaaka a laetswe. Leoto le ka alafiwa gape mme go ka neelwa tshedimosetso e ntsi ka ga go rwala setlhako sa tshiamiso.

Go thusa ka tlhaeletsano ya tshedimosetso, kgolafalo ya leoto e ka aroganngwa ka ditlhopho jaana:

- | | |
|---|---|
| a Kgolafalo ya leoto e e sa alafiwe – | Ba ba nang le dingwaga tse di ka fa tlase ga tse 2 |
| b Kgolafalo ya leoto e e itlhokomolositsweng – | Kgolafalo ya leoto e e sa alafiwe morago ga ngwana a se na go tshwara dingwaga tse 2 |
| c Kgolafalo ya leoto e e siamisitsweng – | E e siamisitsweng ka kalafi ya Ponseti |
| d Kgolafalo ya leoto e e ipoeletsang – | Leoto le simolola go retologela mo teng gape (tikoloso ya leoto fa tokololong), go ikotlolola ga serethe go a fokotsega, ngwana o tsamaya ka dintlha tsa menwana ya maoto (go palelwa ke go kobegela kwa godimo ga lengenana) |
| e Kgolafalo ya leoto e e palelang go siama – | Go gagamala ga leoto le le golafetseng, gantsi go bonwa ka ditshupo, sk. go baakanngwa ga tokololo e bong arthrogyposis |
| f Kgolafalo ya leoto e e raraaneng – | Gantsi go tlhalosa kgolafalo ya leoto le le alafiwe ka mokgwa o mongwe o e seng wa Ponseti mme go tlhoka kalafi e ntsi |

Go ya ka dithutopatlisiso 40-80% ya tshedimosetso ya kalafi e e fiwang balwetse e lebalwa ka bonako. Fa e fiwa e le ntsi, go gakologelwa fela e nnye. Gape bokana ka halofo ya tshedimosetso e e gakologelwang ke e e fosagetseng.

- Go gakologelwa + Go tlhaloganngwa gore ba nne le = Kgotsafalo ka kalafi = Kobamelo ya yone
- Ditaello tse di tlhamaletseng mme di totile kgang di gakologelwa botoka go na le dipolelo tsa kakaretso
- Re na le buka e e tshwailweng ka mebala e e farologaneng, ka jalo tlhaloso ya kalafi e arogantswe ka ditlhopho tsa magato a a farologaneng
- Dithusa-tlhaeletsano tse di nang le ditshwantsho di nonofile segolo thata mo balwetseng ba ba nang le bokgoni jo bo kwa tlase jwa go kwala le go buisa
- Manyuale le matlhare a tshedimose tso a na le ditshwantsho tse di siameng
- Go kopanngwa ga tshedimose tso e e buiwang (Tleliniki) le e e kwadilweng/e e nang le ditshwantsho (Matlhare a tshedimose tso) ke sengwe se se gaisang



Go ruta ka go kopa barutiwa go tlhalosa se ba se rutilweng go tlhomamisa gore o tlhalositse tshedimosetso ka tsela e motsadi kgotsa motlhokomedi a e tlhaloganyang sentle. O tlhomamisa se ka go kopa molwetse go go tlhalosetsa. Karabo e gape e ka thusa badiri ba tleliniki go batla ditsela tse di gaisang tsa go tlhaeletsa tshedimosetso.

- Simolola ka iketlo
- Rulaganyetsa mokgwatiriso wa gago
- Reetsa go le gontsi, bua go le gonnye
- Dirisa dipotso tse di nepagetseng: 'O tlile go dira eng fa o fitlha kwa gae?', 'Mpontshe gore o ka tsenya jang setlhako sa tshiamiso'.
- Tlhatlhoba kgopolo le bokgoni jwa go tlhaloganya
- Sedifatsa sengwe se se tlhokang tlhaloso e ntsi
- Boeletsa mokgwa wa Go ruta ka go kopa barutiwa go tlhalosa se ba se rutilweng go fitlhelela o kgotsofala gore motsadi o a tlhaloganya
- Dirisa matlhare a tshedimosetso a o tsamayang le one go ya gae, mme o bontshe ditshwantsho tse di mo manyualeng jaaka motswedi wa ditshwantsho



KOPANO YA NTLHA

TUPOBOLWETSE YA KGOLAFALO YA LEOTO LE KALAFI



le le tlwaelegileng



kgolafalo ya leoto

KE ENG KGOLAFALO YA LEOTO YA TLHOLEGO?

- Leoto le supile kwa tlase mme le kobegetse mo teng mo e leng gore karolo e e kwa godimo ya leoto e batlile e nna mo karolo e e kwa tlase e tshwanetseng go nna fa teng
- Leoto le gagametse mme ga le kgone go tlisiwa mo maamong a a tlwaelegileng
- Go ka amega leoto le le lengwe kgotsa a le mabedi
- Kgolafalo ya leoto 'ya tlholego' e raya gore ngwana o belegwa a na le bolwetse
- Leina la kalafi la kgolafalo ya leoto ke Talipes Equinovarus

KE ENG SE SE BAKANG KGOLAFALO YA LEOTO?

- Kgolafalo ya leoto ga se molato wa ga ope.
- Kgolafalo ya leoto ya lesele la gago ga e bakiwe ke sepe se o se dirileng, kgotsa se o sa se dirang fa o ne o imile
- Dingaka ga di ise di itse le ga jaana gore ke eng se se bakang kgolafalo ya leoto ya tlholego
- Ka dinako tse dingwe kgolafalo ya leoto e ka tsamaya mo malapeng, ka dinako tse dingwe ke kgetse e e ikemetseng kwa thoko
- Ka dinako tse dingwe kgolafalo ya leoto e golaganngwa le malwetse a mangwe, mme fela se se direga sewelo
- Bana ba bantsi ba ba nang le kgolafalo ya leoto ba itekanetse le fa go ntse jalo

KGOLAFALO YA LEOTO E ALAFIWA JANG?

- Mokgwa wa Ponseti ke kalafi ya boithlhophele
- Kalafi e e siamisa maemo a leoto ka iketlo le ka bonolo, gore ngwana wa gago a tle a nne le leoto le le dirang sentle mme le lebege jaaka le le tlwaelegileng, go se bothoko

KALAFI E SIMOLOLA LENG?

- Kalafi e ka simolola fa ngwana a na le malatsi a le 7 – 10.
- Tota, fa ngwana a na le dibeke tse 2, o tshwanetse go tsenngwa samente ya gagwe ya ntlha.
- Fa lesele la gago le le legolwane mme le sa tsamaye, kalafi e sa ntse e nonofile thata
- Fa ngwana wa gago a tsamaya, kalafi e sa ntse e ka atlega, mme fela e ka tsaya sebaka se seleele gonne leoto le kobega go le gonnye mme bana ba bangwe ba bagolwane ba ka tlhoka karo ya tlaleletso

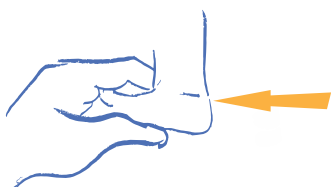
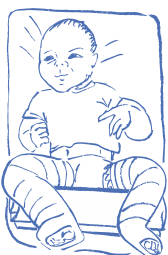
TEBOKAKARETSO YA KALAFI YA PONSETI YA KGOLAFALO YA LEOTO

Tlhaloso e e fa tlase ke mokgwatsamaiso o o tlwaelegileng wa masea a a nang le kgolafalo ya leoto ya tlholego. Fa ngwana wa gago a le mogolwane, kgotsa a na le mathata a mangwe a pholo mo godimo ga kgolafalo ya leoto, lenaneo la kalafi le ka farologana.

KALAFI E AKARETSA ENG?

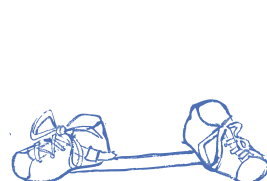
1. Legato la Tshiamiso

(GO TSENYA SAMENTE & KARO YA MENAPE)



2. Legato la Tshomarelo

(SETLHAKO SA TSHIAMISO)

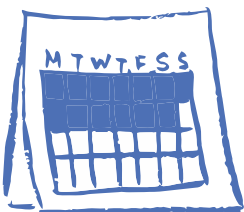
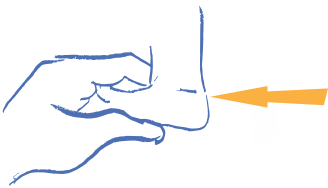


LEGATO LA TSHIAMISO GO TSENYA SAMENTE



- Leoto le tshwaratshwarwa ka bonolo go le tthatlhoba mme go tsenngwa samente e e apesang leoto lotlhe (POP) go tshegetsatsa leoto mo maemong le go otlolola dintha le menape.
- Samente e ntshiwa mo malatsing mangwe le mangwe a le 5 go ya go a le 7, morago leoto le tshwaratshwarwa gape mme go tsenngwa samente e nngwe (POP) go fitlhelela marapo a nna mo seemong se se nepagetseng
- Seemo sa leoto se tlaa fetoga ka bonako
- Mo maseeng a mannye a a simololang kalafi fa ba na le dibeke tse 2, gantsi go tlhokega disamente tse 4 go ya go tse 6 go siamisa
- Mo baneng ba ba nang le dikgwedi tse di ka fa tlase ga tse 6, go ka tsaya palogodimo ya disamente tse 8 mo pakeng ya dikgwedi tse pedi, mme se fetolwa beke le beke
- Mo baneng ba bagolwane le mo kgolafalong ya leoto e e raraaneng, go ka tsaya sebaka se seleele go siamisa leoto mme go ka nna ga tlhokega gore go tsenngwe disamente tse dintsinyana

KARO YA MENAPE LE SAMENTE SA BOFELO



- Bana ba bantsi ba tlaa tlhoka karo ya menape, e e leng karo e nnye e gantsi e dirwang ka go bolaya bogatsu karolo e e rileng ya mmele
- Bana ba tlhoka karo ya menape gonne monape wa direthe tsa bona (Achilles) o mokhutshwane e bile o gagametse mme o gogela serethe kwa godimo
- Fa go sa siamisiwe ngwana o tlaa tsamaya ka dintlha tsa menwana ya maoto
- Dingaka dingwe di dirisa kidibatso ya mmele otlhe mo balwetseng ba bagolwane
- Morago ga karo ya menape go tsenngwa samente ya bofelo ya POP mme e tlogelwa jalo dibeke di le tharo
- Ka nako e monape o tlhoga gape mo seemong se se leelefaditsweng mme leoto le ka obega bonolo go ya kwa godimo mo pele ga lenao (dorsiflexion)
- Fa lesele la gago le sa itumela morago ga karo ya menape, go siame go dirisa molemo o o bolayang ditlhabi (paracetamol) e e jaaka Calpol, jj. fela jaaka o ka dira morago ga meento

{GO LEBELELA TSHEDIMOSSETSO KWA GAE:

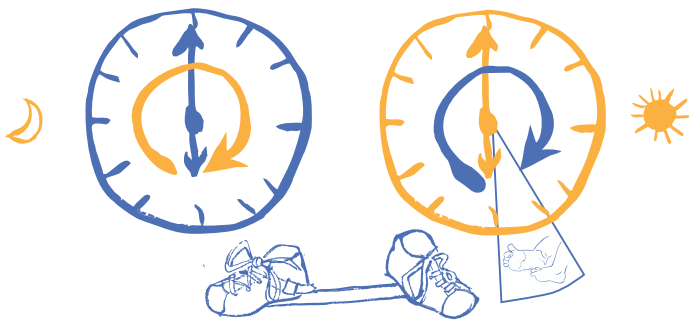
Letlhare la Tshedimosetso ya Molwetse 1 – Matseno le Go tsenya Samente}

LEGATO LA TSHOMARELO GO TSENYA SETLHAKO SA TSHIAMISO

- Go tsenya setlhako sa tshiamiso ke karolo ya botlhokwatlhokwa ya kalafi.
- Wena le balelapa la gago le tsaya karolo e e botlhokwa thata mo legatong le.
- Ka bonako morago ga fa samente ya bofelo e se na go ntshiwa, lesea la gago le tlaa simolola go rwala setlhako sa tshiamiso sa kgolafalo ya leoto (ditlhako tse pedi tse di mametleletsweng mo tshipinyaneng)
- Maoto ka bobedi a tsenngwa mo ditlhakong le fa e le gore ngwana wa gago o na le kgolafalo e le nngwe fela ya leoto.
- Le fa maoto a lesea la gago a ka lebega a siame jaaka a a tlwaelegileng a ka retologela mo teng gape fa o sa dirise setlhako sa tshiamiso.
- Fa leoto le retologela mo teng gape, go tlokega gore go tsenngwe disamente tse dintsi mme ka dinako tse dingwe go tlokega karo fa ngwana a le mogolwane.
- **Go botlhokwa thata go netefatsa gore lesea la gago le rwala ditlhako tsa tshiamiso jaaka o boleletswe:**

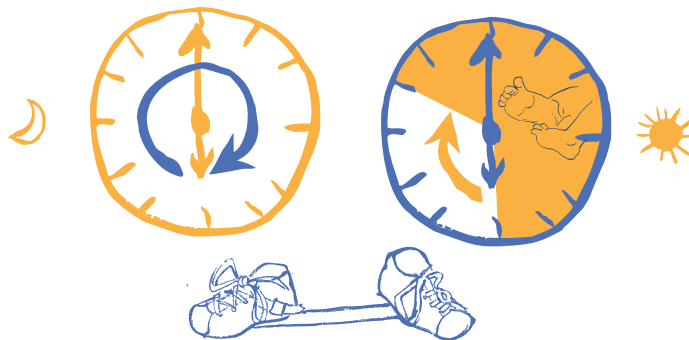
LENANEO LA NAKO YA GO RWALA DITLHAKO TSA TSHIAMISO YA KGOLAFALO YA LEOTO

Go fitlhelela dipholo tse di gaisang mo kalafing, ditaello di tlhoka go latelwa sentle. Go tlaa ya fela ka dingwaga tsa ngwana, mme fela lenaneo la go rwala setlhako sa tshiamiso ya kgolafalo ya leoto le jaana:



Dikgwedi tse 3 tsa ntlha:

Setlhako sa tshiamiso se rwalwa diura tse 23 letsatsi le letsatsi. Se rolwa fela ura e le nngwe fa ngwana a tlapisiwa



Morago ga dikgwedi tse 3 tsa go rwala setlhako sa tshiamiso ka dinako tsotlhe:

Go rwalwa ga setlhako sa tshiamiso go fokodiwa ka iketlo ka diura tse 2 ka kgwedi – fa lesea la gago le robetse (fa le robetse go se kae motshegare le bosigo).

ELA TLHOKO: Nna o rwele setlhako sa tshiamiso bonnye diura tse 14 go fitlhelela ngwana wa gago a simolola go tsamaya.

Fa ngwana wa gago a tsamaya: go atlanegisiwa gore a rwale setlhako sa tshiamiso (bosigo fa a robetse) go fitlhelela ngwana wa gago a nna le dingwaga tse 4.

GAKOLOGELWA: Nna le tlhomamo. Nna le mokgwatlwaelo go simolola kwa tshimologong mme ngwana wa gago o tlaa tlwaela setlhako sa tshiamiso. Go rwala setlhako sa tshiamiso go siame mme ke karolo ya kalafi.

GO LEBELELA TSHEDIMOSETSO KWA GAE:

Letlhare la Tshedimosetso ya Molwetse 2: Go tsenya setlhako sa tshiamiso

GO TLAA TSAYA LOBAKA LO LO KANA KANG?

Lenaneo le le fa tlase le tlwaelegile mo leseeng le le sa tswang go belegwa la dibeke tse di bokana ka tse 2

GO TSENYA SAMENTE

BEKE 1



BEKE 2



BEKE 3



BEKE 4



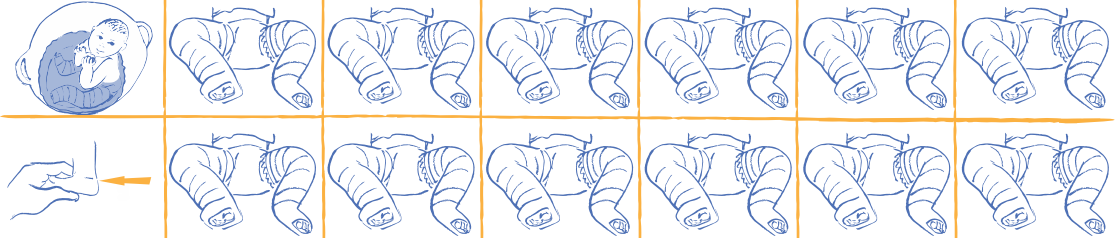
BEKE 5



BEKE 6

KARO YA MENAPE +
GO TSENYA SAMENTE
(90% ya dikgetse)

BEKE 7



BEKE 8



BEKE 9

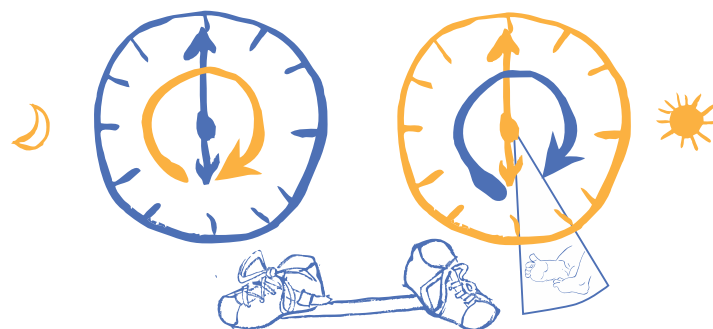


GO TSENYA SETLHAKO
SA TSHIAMISO
(legato la kwa
tshimologong)

KGWEDI 1

KGWEDI 2

KGWEDI 3



DIURA TSE
23 KA LETSATSI

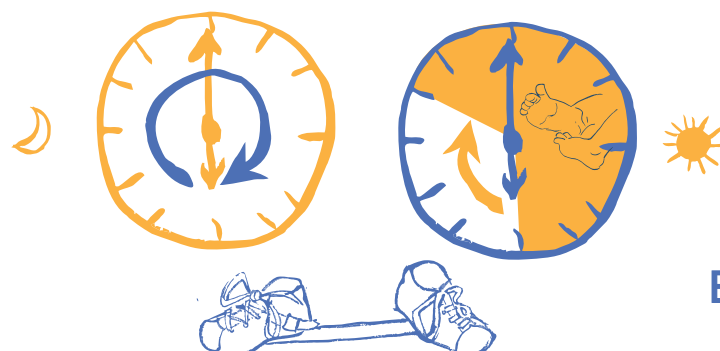
SETLHAKO SA
TSHIAMISO
(tshomarelo e
e tswelediwang)

NGWAGA 1

NGWAGA 2

NGWAGA 3

NGWAGA 4



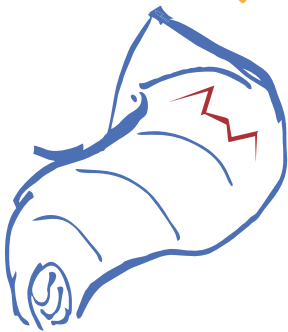
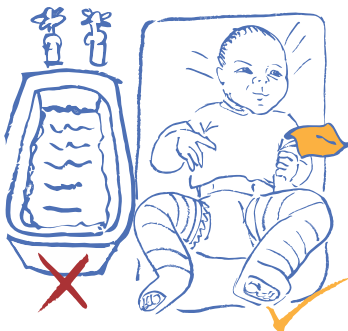
BOSIGO
& BOROKO JO
BOKHUTSHWANE

DITAELO LE KGAKOLOLO YA LEGATO LA TSHIAMISO A GO TSHWARWATSHWARWA LEOTO GO LE TLHATLHOBA LE DISAMENTE DI TLA GOBATSA LESEA LA ME?



- Go tshwaratshwara go bonolo thata mme ga go kitla go gobatsa leseae la gago
- Fa leseae la gago le tshwenyegile ka nako ya go tsenya samente, e ka nna ka ntlha ya gore ga le rate maoto a lone a tshwarwa, kgotsa ka ntlha ya gore ga le rate gore le apolwe diaparo tsa lone
- Go thusa ka se o ka gomotsa leseae la gago. Tla le leseae la gago kwa tleliniking le tshwerwe ke tlala mme o mo fepe ka nako ya go tsenya samente. Gape o ka nna wa tshameka, wa opela, le go dirisa ditshamekisi tse di nang le modumo kgotsa tse di phatshimang jaaka sengwe se se ka mo faposang mogopolo
- O tlaa kgona go fepa leseae la gago ka nako ya go tsenya samente, ba tlaa go bolelela gore ke lefelo lefe le le siameng thata go ema mo go lone le gore o ka tshwara jang leseae la gago
- Leseae la gago le ka nna la tlhoka boiketlo diura di le mmalwa morago ga go tsenngwa samente. Disamente di boima go fitlhelela di oma gotlhelele. O ka nna wa mena toulou e nnye mme wa e tsenya mo tlase ga mangole a leseae la gago go thusa go tshegetsa boima jwa samente

TLHOKOMELO YA SAMENTE KWA GAE



1. Tshola samente se le phepa e bile se omile.
2. O se ka wa tlhapisa leseae la gago fa le sa ntse le tsentswe samente – le robatse mo touloung, dirisa letsela le le nang le sesepa go tlhatswa, go tsokotsa mme o phimole ka toulou gore go ome, kwa ntle ga go kolobetsa samente.
3. Tlhola gore a ga go na mo go phanyegileng teng kgotsa mo go thubegileng teng mo samenteng.
4. Dintlha tse di magwata kwa godimo ga samente di ka tsenngwa sengwe se se bonojana jaaka khotenewulu go sireletsa letlalo gore le se ka la gotlhega.
5. O se ka wa tsenya dipoeri kgotsa setlolo mo teng ga samente.
6. Apesa samente fa ngwana wa gago a ja kgotsa a nwa.
7. Thibela gore ditshamekisi tse dinnye kgotsa dilwana di se ka tsa tsenngwa mo teng ga samente.
8. Fa mongato o dutla phimola samente ka tsela e e phepa ka moo go ka kgonagalang ka teng ka di-wet wipes (o se ka wa dirisa metsi kgotsa letsela le le metsi).
9. O tshwanetse ka dinako tsotlhe o kgone go bona menwana ya maoto ya leseae la gago.
10. Menwana ya maoto e tshwanetse go nna le mmala o o tlwaelegileng wa letlalo mme e utlwale e le bothito.
11. Tobetsa menwana ya maoto makgetho a le mmalwa go netefatsa gore a e bothito, le go netefatsa gore mmala o boela ka bonako morago ga moo.
12. Leseae la gago le tshwanetse go kgona go sutisa menwana ya leoto fa e le mo samenteng, kwa ntle ga bothata bope le fa o e ama.
13. Mo maemong a bosa a a tsididi o ka tsenya dikausu mo godimo ga disamente gore o tshole maoto a le bothito.

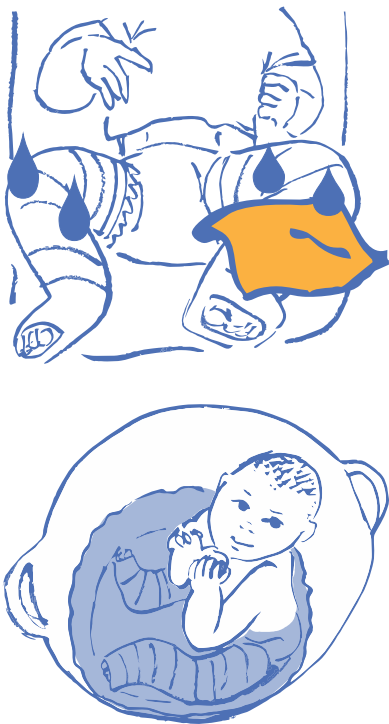
TLHOKOMELO YA SAMENTE KWA GAE (e a tswelediwa)

Fa o lemoga sengwe sa dilo dipe tse, kgotsa o tshwenyegile, leletsa ngaka ya gago kgotsa ya kwa tleliniking ka bonako.



1. Letshoroma le le kwa godimo
2. Thurugo e e oketsegileng mo godimo kgotsa mo tlase ga samente.
3. Seedi kgotsa monkgo o o seng monate go tswa mo teng ga samente.
4. Fa menwana ya maoto e le tsiditsana kgotsa tsididi.
5. Fa menwana ya maoto e se na mmala o o tlwaelegileng wa letlalo.
6. O sa kgone go bona menwana ya maoto, e boetse mo teng ga samente.
7. Fa samente se phanyegile kgotsa se le botobetobe
8. Menwana e e rurugileng ya maoto.
9. Fa samente se gagametse thata mo karolong e e fa godimo ga lenao.
10. Fa lesea la gago le raga samente gore se tswa.

GO NTSHA SAMENTE



- Ditleliniki tse dingwe di tlaa ntsha samente fa o goroga. Tse dingwe di tlaa go kopa gore o se ntshe ka bowena. Samente se tshwanetse go ntshiwa ka letsatsi la peelano, e seng bosigo pele ga moo
- Leoto le ka simolola go retologela mo teng morago ga go ntsha samente, ke sone se go sa tshwanelang go tsaya sebaka se seleele fa gare ga nako ya go ntsha samente se se tsentsweng la bofelo le ya go tsenya samente se se latelang
- Kolobetsa samente mme o se phuthele ka toulou e e metsi, morago o se apese ka kgetsana ya polasetiki go fitlhela polasetara e nna boleta
- O tshwanetse go batla tlhogwana ya sefapo (bandeitshe) gaufi le lengole moo o ka bofololang le go ntsha samente
- Go tshela aseine e se kae mo metsing pele o kolobetsa samante go thusa go dira polasetara boleta ka bonako
- Fa o ntsha samente kwa tleliniking, ba tlaa go fa setshodi se se nang le metsi a bothito gore ngwana wa gago a dule mo teng ga sone gore o kgone go kolobetsa disamente le go di dira boleta pele o di ntsha

{GO LEBELELA TSHEDIMOSSETSO KWA GAE:

Letlhare la Tshedimosetso ya Molwetse 1 – Matseno le Go tsenya Samente}

DITAELO LE KGAKOLOLO YA LEGATO LA TSHOMARELO

A SETLHAKO SA TSHIAMISO SE TLA GOBATSA LESEA LA ME?

- Setlhako sa tshiamiso ga se a tshwanela go gobatsa lesea la gago.
- O se ka wa ntsha setlhako sa tshiamiso fa lesea le lela, se se tlaa dira gore go nne bokete gore le nne le di rwele mo isagong.
- Malatsi a le mmalwa a ntlha a botlhokwa thata go tlhoma mokgwatlwaelo wa setlhako sa tshiamiso.
- Lesea la gago le tlhoka go tlwaela go rwala setlhako sa tshiamiso, go tsaya malatsi a le 2 – 7 gore masea a mantsi a tlwaele.
- Lesea la gago le tlhoka go tlwaela go sutisa le go tsholetsa maoto ka bobedi ka nako e le nngwe.
- O ka nna wa tshameka ka tshipinyana fa e tsentswe, wa e isa kwa godimo le kwa tlase, oba le go tlhamalatsa mangole go bontsha lesea la gago gore le sutise jang maoto a lone mmogo.
- Fa lesea la gago le tlwaetse setlhako sa tshiamiso, le ka nna la suta kwa ntle ga matsapa ape mme la fitlhelela dikgato tsa kgolo tse di jaaka go gagaba le go tsamaya fela jaaka ngwana mongwe le mongwe.
- O se ka wa emisa go dirisa tshipinyana fa o na le mathata. Kgolafalo ya leeto e ka ipoeletsa kwa ntle ga tshipinyana. Ya kwa ngakeng ya gago kgotsa kwa tleliniking mme o kope thuso.

GO LEKANTSHA SETLHAKO SA TSHIAMISO

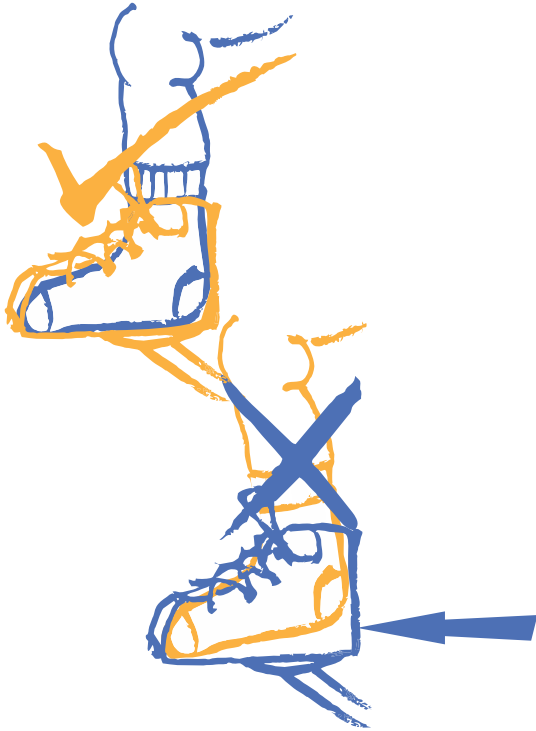
1. Go botlhokwa go rwea setlhako sa tshiamiso ka nepagalo mme se tshwanetse go rwalwa letsatsi le letsatsi ka selekano sa nako e ngaka e se buileng.
2. Ditlhako di tshwanetse go rwalwa se na le tshipinyana gore setlhako sa tshiamiso se kgone go dita tiro ya sone.
3. Go tsaya nako go tlwaela go rwala ditlhako, mme fela nna le tlhomamo mme ka bonako e tlaa nna karolo ya mokgwatlwaelo wa gago.

MATLHABABOTLHALE A DITLHAKO TSA TSHIAMISO



- Letlalo le le mo dinaong le maoto le tshwanetse go nna phepa e bile le omile.
- O se ka wa tshasa kherime kgotsa setlodi mo maotong.
- Dikauu tsa khothene tse di se nang moroko kgotsa diphethene ke tsona tse di sa kokoneleng.
- Dikauu tse di nang le tshwaro ya rabara mo tlase di ka thusa go thibela relela mo teng ga setlhako.
- Bana bangwe ga ba kokonelwe gotlhelele kwa ntle ga dikauu, segolo bogolo mo maamong a a fisang a bosa.
- Bula setlhako gotlhelele la ntlha gore o kgone go bona gore a leoto le mo maamong a a nepagetseng.
- Lekanya setlhako mo leotong le le amegileng kgotsa le le masisi thata pele.
- Koba lengole mme o le gatelele go le gonnye fa o tsenya setlhako. Se se thusa go tshola serethe se le kwa tlase le leoto le le mo maamong a a siameng.
- Fa o tsenya setlhako la ntlha, thala mola mo teng ga setlhako kwa menwana ya maoto e felelang teng.

MATLHABABOTLHALE A DITLHAKE TSA TSHIAMISO (E A TSWELEDIWA)

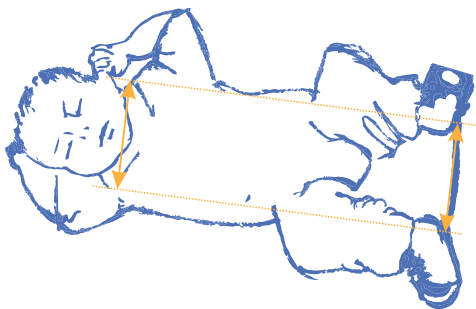


- Ka gale netefatsa gore serethe se siame kwa morago ga setlhako le gore se ama kwa tlase pele o gagamatsa megala kgotsa o e bofa.
- Tshola monwana wa gago wa kgonojwe o tobeditse go ralala monwana o o fa gare wa leoto gore o nne o le kwa tlase fa o gagamatsa megala.
- Gagamatsa megala ya ditlhako ka tshireletsego.
- O tshwere setlhako ka tsetsepalo ka seatla se le sengwe, gogela lenao kwa godimo go netefatsa gore leoto ga le sute mo teng ga setlhako. Fa le dira jalo, gagamatsa megala thata.
- O tshwanetse go bo o sa ntse o kgona go bona mola o o o thadileng mo pele ga menwana ya maoto. Fa o sa kgone go o bona go raya gore serethe se ile kwa godimo. Ntsha setlhako mme o simolole gape.
- Go tshola lengole le kobegile go thusa ka go isa serethe kwa tlase.
- Tlhola gape gore a serethe se sa ntse se le kwa tlase e bile se le kwa moragorago mo go lekaneng mo setlhakong. Ditlhako tse dintsi di na le leroba le lennye mo letlhakoreng la serethe gore o kgone go tlhola bonolo.
- Netefatsa gore o kgona go bona menwana yotlhe ya maoto, le gore e tlhamaletse.
- O se ka wa tshoga go dira se gape go fitlhelela o dira ka nepagalo. Morago ga nakwana, go tlaa nna bonako thata le bonolo mme e tlaa karolo ya mokgwatlwaelo wa gago.

Dira sekao sa ngwana se se bontshang gore o tsenya jang setlhako sa tshiamiso. Tlhola setlhako, menwana ya maoto, direthe jj.

Kopa motlhokomedi wa molwetse go go bontsha gore o rwea jang setlhako sa tshiamiso, mme o mo kaele, fa go tlhokega, go oketsa boitshepo jwa gagwe

MATHATA KA SETLHAKE SA TSHIAMISO

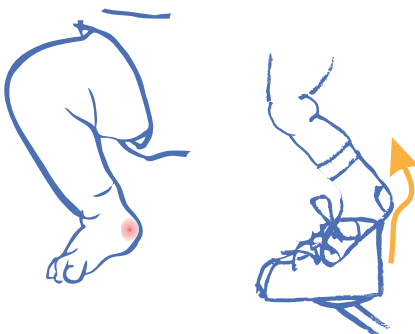


Morago ga malatsi a le mmalwa a ntlha a go tlwaela, ngwana wa gago o tshwanetse go rwala setlhako sa tshiamiso kwa ntle ga mathata.

Go botlhokwa go ela tlhoko diphetogo dipe le go ikgolaganya le ngaka ya gago kgotsa go boela kwa tleliniking gonne bothata ka setlhako sa tshiamiso bo ka raya:

- Gore bophara jwa setlhako sa tshiamiso bo bokhutshwane thata
- Ditlhako di dinnye thata
- Leoto le a retologa gape kgotsa ga le a siamisiwa sentle

GO ITEKANYA SETLHAKE, GO TLWAELE SETLHAKE SA TSHIAMISO



Fa setlhako se se lekane ka nepagalo, se ka baka mathata. Ikgolaganye le tleliniki ya gago ka bonako fa o bona:

- Matshwao a mahibidu a kgatelelo kgotsa matsadi mo maotong.
- Diso tse di bulegileng tsa kgatelelo kgotsa marophi mo maotong.
- Fa leoto le relela go tswa mo setlhakong le fa o se gagamaditse ka nepagalo.

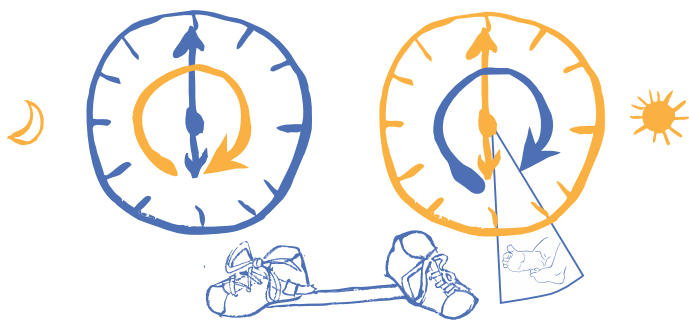
GO TLHOBABELA MO BOROKONG

Morago ga paka ya ntlha ya go tlwaela, bana ba bantsi ba robala sentle ba rwele ditlhako tsa tshiamiso. Fa ka gongwe, morago ga go tlwaela setlhako sa tshiamiso, lesea la gago le bontsha le sa itumela kgotsa le sa robale, mme le sa lwale kgotsa le sa medise, jj., go na le dilo di le mmalwa tse o ka di lelang:

- Netefatsa gore ditlhako e sa ntse e le tsa bogolo jo bo nepagetseng.
- Tshipinyana e ka nna tshesane thata ka ntlha ya gore ngwana wa gago o godile, fa o na le tshipinyana e o kgonang go e baakanya, go ka thusa go e bula go se kae, kgotsa o ka tlhoka go batla tshipinyana e kgolwane.
- Netefatsa gore dialo tsa bolao tse di bofologile ga di ikgolege mo setlhakong sa tshiamiso; kgetsana e e dirisetswang go robala kgotsa kojana e e seng boima thata ke tsona tse di tswang pele mo lebakeng le.
- Tsenya matsela mo letlhakoreng la khoto ya ngwana fa e le gore setlhako sa tshiamiso se ngata mo go yone mme go dira gore lesea la gago le tsoge.
- Sutisetsa lesea la gago le legolwane mo khotong ya kampa fa le tlhoka phatlha e ntsinyana ka ntlha ya setlhako sa tshiamiso

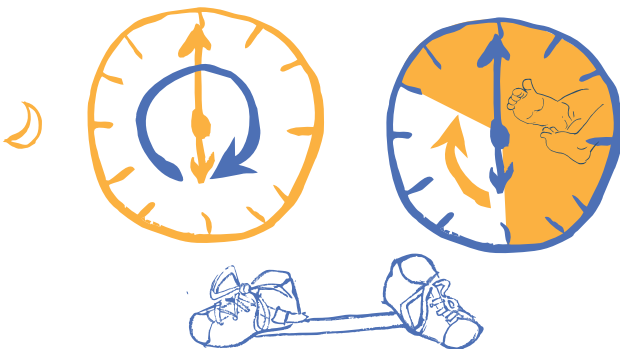
LESEA LA ME LE TSHWANETSE GO RWALA SETLHAKO SA TSHIAMISO SEBAKA SE SE KANA KANG?

Masea a mantsi a rwala setlhako sa tshiamiso go fitlhelela ba na le dingwaga tse nne.



Dikgwedi tsa ntlha tse 3:

Setlhako sa tshiamiso se rwalwa diura tse 23 letsatsi le letsatsi. Se ntshiwa ura e le nngwe ya nako ya go tlhapa.



Morago ga dikgwedi tse 3 tsa go rwala setlhako sa tshiamiso leruri:

Go rwala setlhako sa tshiamiso go fokodiwa ka iketlo ka diura tse 2 ka kgwedi – fa lesea la gago le robetse (boroko jo bokhutshwane jwa motshegare le bosigo). Ka nako ya fa leoto la lesea la gago le kgona go tshegetsa boima jwa lone jwa mmele, go rwala setlhako sa tshiamiso se rwalwa bonnye diura tse 12.

KE DIAPARO DIFE TSE LESEA LA ME LE KA DI APARANG, A KE TLHOKA DITLAMELWA TSE DI KGETHEGILENG

- Fa lesea la gago le le mo disamenteng, di-legging le disutu tse di tsenngwang mo mmeleng otlhe di siame thata.
- Fa le le mo ditlhakong tse di nang le tshipinyana, go bonolo go dirisa borukgwe jo bo nang le digokedi gore o kgone go fetola mongato le go ntsha diaparo kwa ntle ga go ntsha tshipinyana. Di-dankari di siame, mme basetsana ba ka apara mesese kgotsa dikete.
- Ditulo tse dintsi tsa dikoloi le diporema di tlaa siama, fa fela o sa ntse o kgona go gagamatsa le go bofelela sentle mogala o o fa gare. Ditulo tse di sepharanyana ke tsone tse di siameng thata.

{GO LEBELELA TSHEDIMOSETSO KWA GAE:

Letlhare la Tshedimosetso ya Molwetse 2: Go tsenya setlhako sa tshiamiso}

TATEDISO, POELO GO DIRAGALA ENG MO ISAGONG?



Ditlhatlhobo tse di tseneletseng tsa gale go netefatsa gore setlhako sa tshiamiso se lekana sentle mme maoto a sa ntse a lebega a siame. Mofuta mongwe le mongwe wa ditlhako kgotsa go sa rwale ditlhako gotlhelele go siame fa ngwana wa gago a sa rwale setlhako sa tshiamiso.

Lesea la gago le tlaa gola ka leoto le le tlhamaletseng le le kgonang go kobega mme le tlaa kgona go taboga, go tsamaya le go tshameka jaaka ngwana ope yo mongwe.

Palo e nnye ya bana e tlaa nna le kgolafalo e e palelang go siama ya leoto e e ka boang fa ngwana a gola mme e tlhoka go tsenngwa samente e ntsi kgotsa ka dinako tse dingwe karo. Ke sone se maeto a go le gale a tleliniki a leng botlhokwa.

KE MANG YO NKA BUANG LE ENE KA KGOLAFALO YA LEOTO?

Ditleliniki tse dintsi di na le mothusi wa tleliniki yo o tlaa tlhalosang kgolafalo ya leoto le kalafi. Ka malatsi a tleliniki o tlaa kopana le batsadi ba bangwe ba ba nang le masea le bana ba ba mo dikgatong tse di farologaneng tsa kalafi, o ka bua le bone kgotsa o ka tsenela setlhopha sa tshegetso ya batsadi.

Go bona tshedimosetso ka ga Ponseti ya mo Aforika e e mo Borwa ikgolaganye le:

www.steps.org.za
www.clubfoot.co.za
www.ponseti.co.za

Go botlhokwa go gakologelwa gore wena, motsadi, o karolo e e botlhokwa thata ya kalafi. Se se ka se kgone go dirwa ntle le go netefatsa gore ngwana wa gago o nna teng kwa peelanong nngwe le nngwe. Disamente di tlhoka go fetolwa gangwe ka beke mme setlhako sa tshiamiso se tlhoka go rwalwa bosigo bongwe le bongwe.

Fa o tlhoka thuso kgotsa tshegetso ka nako ya kalafi, tsweetswee ikgolaganye le tleliniki ya gago kgotsa setlhopha sa tshegetso ya batsadi go bona kgakololo 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 ya Batsadi©

Tetlokhopi © 2014 ka Thusomorafe ya Steps

E gatisitswe mo Aforikaborwa

Kgatiso ya ntlha, 2014

ISBN 978-0-620-60445-1

Ponseti ya Batsadi ©

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SOUTH AFRICA

TLHALOSO YA MAITLAMO

Manyuale o wa kgolafalo ya leoto wa thuto ya batsadi ga o a tlamelwa e bile ga o tlamele kgakololo ya kalafi, tupobolwetse ya porofesene, maikutlo a motho ka namana kgotsa kalafi. Manyuale o o tlamela tshedimosetso ya kakaretso ka mabaka a thuto fela. Tshedimosetso e e tlametsweng mo manyualeng o ga e emisetsa tlhokomelo ya kalafi kgotsa ya porofesene, mme ga o a tshwanela go dirisa tshedimosetso go emisetsa leeto, mogala wa go bona ngaka kgotsa kgakololo ya motlamedi wa tlhokomelo ya pholo wa Ponseti. STEPS ga e tseye maikarabelo a kgakololo epe, lenaneo la kalafi, tupobolwetse kgotsa tshedimosetso epe e nngwe e o e bonang mo manyualeng o.

STEPS e tshamile lenaneo la Ponseti ya Batsadi© go tshegetsatsa balelapa ka tshedimosetso ya botlhokwa le kgakololo go netefatsa gore go nna le kalafi e e atlegileng.

Batsadi le batlhokomedi ba botlhokwa thatathata mo phitlhelelong ya dipholo tse di siameng, gonne ke bone ba ba isang ngwana kwa tleliniking, ba ba samaganang le tlhokomelo ya samente kwa gae, ba ba tlholang gore a ga go na mathata ape, ba ba netefatsang gore setlhako se tshiamiso se tsene ka tsela e e maleba mo diureng tse 23 tsa letsatsi mo dikgweding tse tharo tsa ntlha tsa go se rwala mme jalo ba itlamba gore ngwana wa bone o tlaa robala ka setlhako sa tshiamiso go fitlhelela a na le dingwaga tse nne.

STEPS STEPS e tshamile lenaneo le la mekgwantsi ya tlhaeletsano ya thuto ya batsadi la ditleliniki tsa beke le beke tsa kgolafalo ya leoto:

- STEPS e supile bagakolodi mo ditleliniking ba ba ka katisiwang go tlhaloganya dikgato tse di farologaneng tsa kalafi le gore ba ka gakolola le go tshegetsatsa batsadi jang. Manyuane wa mogakolodi wa motsadi wa Ponseti ya Batsadi© o tlamela tshedimosetso ka kgolafalo ya leoto le kalafi ya yona, se o ka se solofelang, le gore botsayakarolo le maitlamo a gago di botlhokwa go le kana kang mo go netefatseng poelo e e atlegileng

- Matlhare a tshedimosetso a motho a tsamayang le one go ya gae a na le tshedimosetso ka bottlalo e bile a ka kgona go dirisiwa bonolo, mme a boeletsatsa molaetsa o o tswang mo go mogakolodi wa batsadi. Go na le ditshupetso tse dintsi tsa ditshwantsho go dira gore go nne bonolo go tlhaloganya diteng
- Motsadi yo o tlang lekgetlho la ntlha o amogela letlhare la tshedimosetso le a ka tsamayang ka lone ko gae le le nang le tshedimosetso ya motheo ka kgolafalo ya leoto, tebokakaretso ya kalafi, le legato la go tsenya samente
- Letlhare la bobedi le a ka tsamayang ka lone go ya gae ke go simolola legato la setlhako sa tshiamiso mme le tlhalosa go tsenngwa ga setlhako sa tshiamiso, le botlhokwa jwa go latela ditaello go thibela ipoapoeletso
- Go ka bontshiwa DVD ya tshedimosetso ya motsadi kwa ditleliniking mo diphaposing tsa tetelo, e e tlaa tlhaeletsang melaetsa e le mengwe le e e fiwang ke bagakolodi ba batsadi le matlhare a tshedimosetso
- Go na le phousetara e e tshametsweng go ka dirisiwa mo ditleliniking tsa pholo ya bana, ditleliniki tsa kimo, le mafelo a meento, jj. Se se tlaa thusa go oketsa temoso ya gore leoto le le gobetseng le ka alafiwa, tlhaloso e e bonolo ya gore le ka alafiwa jang, le gore motho a ka ya kwa kae go bona thuso

STEPS e itlamile go tshegetsatsa batsadi mme lenaneo la Ponseti ya batsadi© ke seabe sa rona sa go fitlhelela poelo e e gaisang ya bana ba ba nang le leoto le le golafetseng.

E letleletswe le go dumelelwa ke mokaedi wa kalafi wa Steps:
Ngaka Jacques du Toit

