OXYGEN KU MALAWI

ZOYENERA KUDZIWA ZOKHUDZA Mpweya wa OXYGEN (Okosijeni)

Kodi mpweya waumoyo ndi chiyani, ndipo n'chifukwa chiyani uli wofunika?

Tonse timafunika mpweya wa oxygen (okosijeni) kuti tikhale ndi moyo. Mpweya umenewu ndi wofunikira pamene munthu wadwala, umathandiza anthu kupuma. Mpweya wu ndi wofunikiranso kwambiri kwa:

- Ana obadwa ndi mavuto opuma.
- Amayi akangobereka kumene.
- Odwala pa nthawi ya opaleshoni.
- Matenda a chibayo, COVID-19, ndi matenda ena.

Kodi mpweya waumoyo ukupezeka ku Malawi?

Inde, koma ukupezeka mu zipatala zowerengeka.

- Malawi amagwiritsa ntchito makina osiyanasiya amene amatulutsa mpweyawu. Makinawa ndi monga konseteleta (concentrator), ma silinda (cylinder), ma pulanti akuluakulu a mpweya, ndi makina a madzi a mpweya.

Koma osati chipatala chilichonse chili ndi zokwanira.

- Zipatala zina zilibe ndalama zokwanira zogulira mpweya, motero amagwiritsa ntchito ndalama zazing'ono kuchokera ku bajeti zina.
- Zipangizo zogwilira ntchito monga ma pulse oximeter ndi zochepa (awa ndi makina omwe amathandiza kuzindikira nsanga munthu yemwe akufunika kulandira mpweya waumoyo).
- Pali malo asanu ndi anayi omwe othandizira ochokera padziko lonse lapansi athandiza kukukhazikitsa komwe kupezeka mpweya wu poonjezera ndi malo ena.
- Komabe, zipatala zambiri zikuvutikabe ndi mavuto a kasamalidwe ka zipangizo, kupeza mpweya mosalekeza, komanso kuphunzitsa ogwira ntchito.

Malawi akuchitanji pa nkhani ya Oxygen?

Malawi ali ndi Ndondomeko ya kagwiritsidwe ka Oxygen (Malawi National Medical Oxygen Roadmap) (2021-2026) ndi cholinga chopititsa patsogolo kupezeka kwa okosijeni kwa onse.

- Boma likulimbikitsa ogwira ntchito zachipatala kuti agwiritse ntchito mosamala oxygen ndi pulse oximeters (zida zoyezera mlingo wa oxygen wa wodwala).
- Zipatala zikukulirakulira, kuchuluka kwa oxygen, kugawa kwa oxygen, ndi kukonza mpweya wa moyo ndizo cholinga cha ndondomeko yi.
- Ndondomeko yi ikuphatikizapo malamulo ndi mfundo za kagwiritsidwe ntchito koyenera komanso ka makono ka oxygen popereka chisamaliro chofunikira.
- Mabungwe monga PATH ndi UNICEF amathandizira kukonza zida, komanso kupereka thandizo la ndalama.

NDANI ANGATHANDIZE KUFOTOKOZA ZAMBIRI ZA O?

Kuti mudziwe zambiri, funsani membala wa Malawi CSO Coalition for Medical Oxygen Access:

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Nkhani zabodza (FICTION) ndi zoona (FACT) zokhudza oxygen

NKHANI ZABODZA	NDI ZOONA
"Kukhala pa Oxygen kumatanthauza kuti wodwala watsala pang'ono kufa."	Oxygen imathandiza odwala kuchira ndikupulumuka. ndipo si chizindikiro cha imfa.
"Ngati wina amwalira ali pa oxygen, ndekuti oxygen yo wawapha."	Odwala nthawi zambiri amalandira okosijeni akadwala kwambiri. Ndi matenda—osati okosijeni—amene amapha.
"Madokotala amagwiritsa ntchito mpweya kuvulaza odwala."	Mpweya wa okosijeni umaperekedwa kupititsa thanzi patsogolo-osati kuvulaza.
"Makina a oxygen ndi owopsa."	Makina a oxygen amapereka mpweya kwa odwala ndi kupulumutsa miyoyo akagwiritsidwa ntchito moyenera.
"Makina a oxygen amakhala osweka nthawi zonse."	Ndi chisamaliro choyenera ndi chithandizo, zida zikhoza kugwira ntchito bwino.
"Oxygen sathandiza kwenikweni; ndi mpweya chabe."	Oxygen wamankhwala ndi wokhazikika komanso wamphamvu pochiza matenda.
"Oxygen ndi ya COVID-19 yokha."	Oxygen amathandiza ku matenda ambiri, osati COVID 19 yokha.
"Oxygen ndi owopsa kapena osokoneza bongo."	Oxygen ndi wabwino ndipo amathandiza anthu kuti achire.
"Oxygen ndiwokwera mtengo kwambiri."	Boma likuyesetsa kupanga mpweya wamoyo wotsika mtengo.
"Zipatala zazikulu zokha ndi zomwe zili ndi mpweya."	Oxygen ayenera kupezeka mu zipatala zonse, zazikulu komanso zazing'ono.
"Masilinda a oxygen ndi abwino kuposa mpweya w amma concentrators."	Pali njira zambiri zoperekera mpweya, ndipo kusankha njirazi moyenera kumasiyanasiyana malinga ndi zinthu zosowa za odwala komanso chipatala chomwe akuthandizikirako.