THE COLLEGE OF MEDICINE
Malawi-Liverpool-Wellcome Trust
Clinical Research Programme
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Tsamba la uthenga kwa wotenga nawo mbali

Kafukufuku wowunikira za kuthekera kwa kuyesera kachirombo ka pneumococcal mwa munthu ku Malawi.

Chiyambi

Tikupempha anthu achikulire athanzi kutenga nawo mbali mu kafukufuku amene akufuna ngati zili zotheka kusamusa ndondomeko zokhazikika komanso zotetezeka kuchokera ku Liverpool, UK kubwera ku Blantyre ku Malawi ndi cholinga chofuna kuyeserera kuyika mphuno mwawo kachilombo ka bakiteliya ka *Streptococcus pneumoniae* (kamene kamatchedwa "pneumococci").

Anthu achikulire a thanzi komanso ana nthawi zambiri amakhala ndi kachirombo ka pneumococci mphuno mwawo koma opanda kuonetsa zizindikiro. Nthawi zambiri anthu achikulire ndi ana amene ali athanzi amakhala ndi kabakiteliya ka *Streptococcus pneumoniae* (kotchedwa "pneuomococci") kamene kamakhala m'mphuno mwawo opanda kuonetsa zizindikiro. Mwa akuluakulu ambiri amapezeka nako kamodzi pa chaka koma ana amapezeka nako kambirimbiri. Kukhala kwa kachiromboka, kumene kumatchedwa kuti "carriage" pachingerezi, kutha kuthandiza kupanga chitetezo kumatenda mwa chilengedwe. Komabe, palinso chiopsyezo kwa anthu ena amene ali osatetedzeka kuti kachiromboka katha kuyambitsa matenda.

Takhala tikupanga kafukufuku ku Liverpool, United Kingdom kwa zaka khumi kuunikira chomwe chimachitika ngati kachirombo ka *Pneuomococci* kayikidwa moyeserera mphuno mwa anthu ozipereka athanzi. Tatsiriza kupanga izi mosamala, kupangitsa kupezeka kwa kachirombo ku theka la wotenga nawo mbali koma opanda kuyambitsa matenda, mwa anthu ozipereka opitirira 1,000.. Timagwiritsa ntchito kuyesereraku kuti tiyeserere ngato makatemera atsopano amateteza *pneumococci* kukhala m'mphuno. Cholinga chathu ndi kukwaniritsa kusamutsira kafukufukuyu mosamala ku Malawi kuti tithe kupanga ma katemera othandiza kwambiri kwa anthu amene amawafuna kwambiri.

Tsamba ili lifotokoza zokhudza kafukufukuyu, komanso chimene chizachitike ngati mungavomereze kutenga nawo mbali mu kafukufukuyu. Mukapanga chiganizo chotenga nawo mbali m'kafukufukuyu, pali kuthekera koti mukhoza kuyikidwa kachirombo ka pneumococci mphuno mwanu. Adokotata kapena anamwino a kafukufuku azakambirana nanu za kafukufukuyu ndikuyankha mafunso ena aliwonse amene mungakhale nawo musanapange chiganizo chwotenga nawo mbali kapena ayi. Chonde werengani tsamba la uthengali ndipo kambiranani ndi anthu ena za kafukufukuyu ngati mukufuna kutero. Tengani nthawi yanu kupanga chisankho ngati mukufuna kutenga nawo mbali.

Kodi amene akupanga kafukufukuyu ndi ndani?

Kafukufukuyu akupangidwa ndi bungwe la Malawi-Liverpool-Wellcome Trust Clinical Research Programme (MLW), thambi ya College of Medicine ku University of Malawi. Bungwe la Wellcome Trust, United Kingdom ndilomwe likupereka ndalama zakafukufukuyu.

Cholinga cha kafukufukuyu ndi chani?

Cholinga chakafukufukuyu ndikuyesa njrira ndi ndondomeko za kafukufuku zimene zinagwiritsidwa ntchito ku Liverpool, UK pofuna kuonetsetsa kuti zikugwira ntchito komanso ndizotetezeka ku Blantyre, Malawi, monga zinakhalira ku Liverpool. Mukafukufukuyu tidzafanizira magulu atatu a anthu wotenga nawo mbali athanzi, kuyika chiwerengero chosiyana (mlingo) cha kabakiyeliya ka *pneumococci*, kuyambitsa kuti kakhalemphuno mwawo. Izi zizatithandiza kuonetsetsa kuti mlingo wa mabakiteliya umene unagwiritsidwa ntchito kuyambitsa kachirombo kukhala m'mphuno mwa anthu ozipereka athanzi ku Liverpool uli ndi

zotsatira zofanana mwa anthu ozipereka athanzi aku Malawi. Ozipereka ena sadzapatsidwa ka *Pneuomococci*, mmalo mwake azagwiritsa ntchito madzi a mchere pofuna kuonetsetsa kuti kusintha kulikonse kumene tikuona kukuchitika chifukwa cha mlingo wa bakiteliya osati pazifukwa zina.

Kodi amene angatenge nawo mbali ndi ndani?

Tikufuna odzipereka akuluakulu amene ali a mphamvu ndi thanzi. Ndinu oyenera ngati:

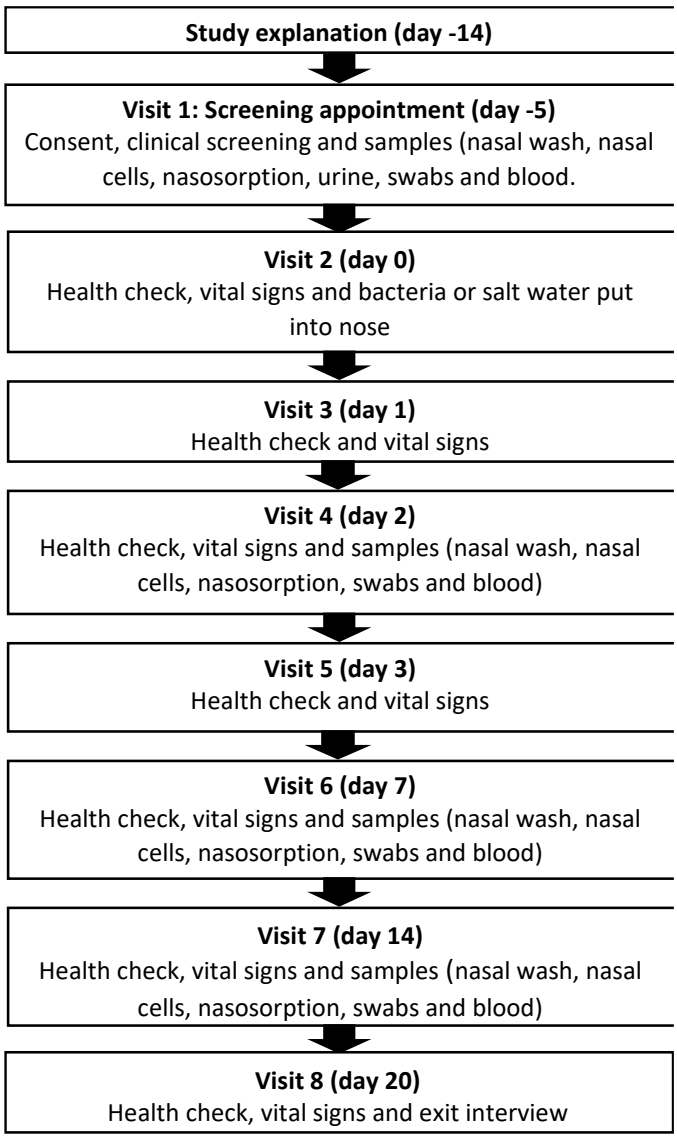
- Muli ndi zaka za pakati pa 18 kulekedzera 40, amphamvu ndi thanzi
- Mumalankhula ndi kuwerenga Chichewa kapena Chingerezi bwinobwino (izi ndi za chitetezo ndi cholinga choti mutha kutsatira malangizo a chitetezo mu nthawi mwadwala mosayembekezereka)

Ngati tingapeze chifukwa china chilichonse choti inu kapena oyandikana nanu atha kukhala pachiopsye chachikulu chotenga matenda, sitizakupemphani kuti muzatenge nawo mbali. Simuzakhala oyenera ngati:

- Simungathe kuwerenga Chichewa kapena Chingerezi (izi ndiza chitetezo kuti mutha kuwerenga zipangizo zimene zikufotokoza nthawi komanso momwe mungatipezere ife pa nthawi yamavuto)
- Munalandira kale katemera woteteza ku pneumococci
- Mumawengedwa ndi mankhwala a penicillin kapena amoxicillin
- Muli ndi pakati kapena mukufuna kutenga pakati
- Ndi okalamba (ali ndi zaka zopitilira 65)
- Muli pachiopsyezo chachikulu cha matenda chifukwa cha matenda amene mukudwala kapena mankhwala amene akuonjedzera chiopsyezo chotenga matenda (muzapatsidwa mwayi woyezetsa kachirombo ka HIV ngati mbali yimodzi ya kafukufukuyu)
- Simungakwanitse ndondomeko yokhazikika yamaulendo obwera kuchipatala
- Mukusuta kapena mwakhala mukusuta nthawi zambiri
- Muli ndi mbiri yogwiritsa ntchito mankhwala osokoneza bongo kapena mowa
- Mukukhala moyandikana mokhudzana ndi thupi (monga kugona chipinda chimodzi kapena kudwazika) ndi anthu amene ali pachiopsyezo chachikulu cha matenda (monga ana ochepera zaka zisanu zakubadwa, achikulire, kapena anthu amene ali ndi matenda amgonagona).

Kodi chidzachitike ndi chani?

Maulendo – pali maulendi asanu ndi awiri opita ku chipinda chakafukufuku ku chipatala cha QECH pa milungu yiwiri. Chithunzi chomwe chili m'munsi chikufotokoza zomwe zizachitike ndi nthawi ngati mungasankhe kutenga nawo mbali:



Ulendo woyamba

a) **Chilorezo** – tizakufunsani kuti musayinire chikalata cha chivomelezo ngati mwatsimikiza kuti mukufuna kutenga mbali ndipo tatsimikiza kuti mwamvetsetsa ndondomeko zones.
b) **Kufufuza zaumoyo ndi kuyenerera** – za chitetezo. Izi zikuphatikizapo kuunika kwachipatala kuphatikizapo kutenga magazi okayesa, kumvetserera kugunda kwa mtima wanu/mapapo, kuyesa kachirombo ka HIV, kuyesa mimba (azimayi).
c) **Kutenga zoyesa** – timatenga zoyesa kuchokera mu mphuno, ku mmero ndi magazi (*onani pansipa*)

Ulendo wachiwiri

Kuyika madontho a kabakiteliya ka pneumococcus mphuno mwanu – tizadonthezera madontho ochepa a mulingo woyeza mosamala a pneumococci kapena madontho a madzi a mchere mmphuno mwanu. Mudzayikidwa ku gulu lopatsidwa Pneumococci kapena madzi a mchere mwachisawawa chifukwa iyi ndi njira yachilungamo poonetsetsa kuti tili ndi anthu otenga mbali ofanana mu gulu lililonse. Simudzadziwa ngati mwapatsidwa kabakiteliya kapena madzi a mchere. Sitikuyembekedzera kuti maguluwa adzaona kusiyana kulikonse.

Ulendo wachitatu kufikira chisanu ndi katatu

a) Kuyang'anira: tizakupemphani kuti muzagonere ku Grace Bandawe ku Blantyre kwa mausiku atatu oyambirira mukapapatsidwa ka bakiteliya kapena madzi a mchere. Uku ndikufuna kuonetsetsa kuti ndinu otetezeka komanso kuti tithe kupereka chisamaliro cha chipatala mwachangu (ku chipatala cholipira cha Mwayiwathu) pa nthawi yimene kudwala kosayembekezeka kwachitika.

Mudzapatsidwa chipinda chanu ndipo chakudya chanu chizalipiridwa ndi ifeyo. Pambuyo pake, tidzapitiriza kukuyang'anirani kunyumba kwa matsiku asanu ndi awiri. Uku kuzakhala kuyendera kuchipatala cha kafukufuku pa tsiku la 7 ndi 14 komanso kuyankhulana kudzera pa foni ya mmanja mu masiku enawo. Tizayesa zizindikiro zofunika (kutentha kwa thupi, kapumidwe, kugunda kwa mtima, ndi muyezo wa mpweya) pa ulendo wina uliwonse pofuna kuonetsetsa kuti muli bwino

b) Kutenga zoyesa-Tidzatenga zoyesa pa tsiku lachiwiri, la 7 ndi la 14 kuti tione ngati mwakwaniritsa kukhala ndi kachirombo ka *pneumococci* m'mphuno mwanu ndipo ngati thupi lachitapo kanthu ku kachirombo ka *pneumococci* ka.

c) Mankhwala: Titha kudzakupemphani kuti mumwe mankhwala ngati mungadzapezeke kuti mukadali ndi pneumococci m'mphuno mwanu. This will occur on visit 7 or by telephone call within three days of visit 7. Izi zizachitika paulendo wa kachi 7 kapena mkati mwa masiku atatu oyendera 7 kuchipatala aja. Muzafunika kubwenza mankhwala ngati sadzafunika mu nthawi ya kafukufuku

Kodi mudzatenga zoyesa za Mtundu wanji?

- ***Zotsuka za m'mphuno:*** *timatsuka mmphuno mwanu pang'ono ndi madzi a mchere. Pakapita nthawi pang'ono madzi aja amagwetseredwa m'mbale. Izi zizatiuza zambiri za bakiteliya yimene yiri m'mphuno mwanu komanso chitetezo cha mthupi.*
- ***Zoyesa zaku m'mero:*** *timatokosa ku m'mero kwani ndi kathonje (kathonje kiyika kukamtengo) kuti tione ngati kuli ma bakiteliya ena aliwonse.*
- ***Zoyesa za magazi:*** *timatenga zoyesa za magazi pankono wanu (pogwiritsa ntchito jakisoni). Tizatenga magazi a mulingo wokwana 100 ml (zofanana ndi timasupuni ta tiyi 20) pa nthawi ya maulendo asanu ndi awiri.*
- ***Zoyesa zotokosa m'mpuno:*** *muzapemphedwa kuti mupereke maselo a m'mpuno pogwiritsa ntchito kachid kotchedwa kuti "*rhinoprobe*" (ngati kotokosolera m'mano) kutenga maselo kuchokera mkati mwa m'mpuno (kukanda pang'ono)*
- ***Nasosorption:*** *kutenga maselo kuchokera m'mphuno mwanu timayika kapepala kakang'ono mkati mwa m'mphuno mwanu kwa mphindi imodzi kapena ziwiri kenako timakachotsa kakanyowa.*
- ***Malovu:*** *timakupemphani kuti mulavulire muka botolo kakang'ono kapena kugwiritsa ntchito thonje kuti munyowetse ndi malovu.*

Phindu lotenga nawo mbali mu kafukufuku ameneyu ndi:

Muzalandira chithandizo chakuunikiridwa za thanzi lanu kuphatikizapo kuyezedwa kachirombo ka HIV. Tidzakutumizani ku chisamaliro cha akatswiri ngati tingapeze vuto line lilironse. Mudzakhala a gawo la zomwe timakhulupirira kuti ndi kafukufuku wofunika kwambiri yemwe angatithandize kupititsa patsogolo chisamaliro cha ku chipatala kwa anthu ena mtogolo.

Zosokoneza kapena ziopsyezo zotenga nawo mbali m'kafukufuyu ndi:

Ka bakiteliya ka moyo: pali chiopsyezo chochepa cha matenda kwa inuyo kapena oyandikana nanu. Tsamba la chitetezo limafotokoza zimene mungachite ngati simukumva bwino kapena muli ndi zizindikiro, tidzakupatsani toyezera kutentha thupi (mutha kusunga izi) ndi mankhwala a antibiotics. Tizayang'ana bwino bwino kuti muli pachipsyezo chochepa cha matenda musanalowe mu kafukufukuyu kenako tidzakuyang'anirani mwapafupafupi pofuna kuonetsetsa kuto palibe mavuto ena alionse. Tidzakapatsani mankhwala kuti athese zizindikiro mosachedwesa ngati zikufunika kutero. Mukapanga chiganizo chotenga nawo mbali, tsamba la uthenga wa chitetezo lidzaperekedwa kwa inu pofotokoza zimene mukuyenera kuchita pamene mwadwala mosayembkezereka.

Mimba: Tikukulangizani kuti musatenge pakati pa nthawi ya kafukufuku ndikutidziwitsa ngati mwatero. Tikukupemphani kuti mutiuze uthengawu chifukwa mimba yimasintha chitetezo cha mthupi, kukuyikani inuyo pachiopsyezo chachikulu cha matenda.

Zotsuka m'mphuno: Chotsatira chimene chimakhalapo ndi kusowa mtendere pang'ono chabe. Anthu ena amamva chimfine.

Maselo a m'mphuno: kusowa mtendere pang'ono, kutuluka timagazi kuchokera pamene akanda paja kapena zitha kukupangitsani kutuluka misozi.

Nasosorption: Kusowa Mtendere pang'ono.
Magazi: anthu ena atha kumva kachizungulire kapena nthawi zina atha kukhala ndi kachilonda. Ophunzitsidwa omwe ali ndi luso lotenga magazi komanso akutha kupanga ndondomeko zina zatchulidwazo azatenga zoyesa zanu pofuna kuchepesa ululu uliwonse kapena chisokonezo.

Malo ogona usiku: Mudzapemphedwa kugona masiku atatu ku Grace Bandawe kuyambira pa ulendo wa chiwiri wa kafukufuku. Tizalipira chilichonse chokhudzana ndi zimenezi. Kugona kunja kumene sikwani kukhoza kukusoonezani.

Kodi Uthenga umene ndikupatseni ndi wachinsinsi bwanji?

Gulu lokhalo lomwe limakhudzidwa ndi chisamaliro chanu lidzakhala ndi mwayi wopeza mauthenga anu. Kuti mutetezeke, tizatenga uthenga kuchokera kwa inu komanso mu bukhu lanu lakuchipatala kuti tione ngati muli a thanzi. Tidzatenganso uthenga wa momwe tingalumikizirane ndi uthenga woti timvetse zambiri zokhudza zoyesa zanu, mwachitsanzo zaka zanu ndi zoti ndi mwamuna kapena mkazi.

Uthenga, umene uzasitanisidwe ndi uthenga wokhudzana ndi inu, uzagwiritsidwa ntchito ndi a kafukufuku a ku bungwe la MLW komanso ndi magulu amene amayang'anira za kapangidwe kabwino ka kafukufuku. Tizasunga uthenga umene muzatipatsa mu makina a komputa otetezedwa ku Blantyre. Uthenga uliwonse wolembedwa uzasungidwa mumakabati okiyidwa. Tidzasunga uthengawu kwa zaka zosapitirira zisanu.

Kodi chizachitike ndi chani ku zoyesa zomwe muzatenge?

Tidzaunikira zoyesazi mu nyumba yoyezera ku MLW ndipo tizatumiza zoyesa zina kunyumba ya zoyezera zina zimene zili kunja kwa Malawi ngati palibe kuthekera kuyeza konkuno. Muli olandiridwa kuzayendera kunyumba yoyezeraku kuti muzamvetse mmene adzazisamalirire kuyeza kwabwino. Zoyesa zanu zimapatsidwa nambala yapadera ndipo simakulumikizani ndi dzina lanu. Tizasunga zoyesa zanu kwa zaka zosapitirira zitatu. Pakutha kwa nthawiyi zoyesa zizawonongedwa.

Kodi Zotsatira za kafukufukuyu zidzagawidwa bwanji?

Zotsatira za polojeckitiyi, zopanda mbiri ya munthu, zizafalitsidwa ku misonkhano ya kafukufuku ku Malawi ndi ku mayiko ena ndipo zizasindikidzidwa mu mamagazini a zamaphunziro. Zotsatirazi zidzagawidwanso ku nthambi yoyang'anira za chipatala, ku makomiti oyang'anira za kafukufuku ku Malawi komanso ku bungwe la Malawi-Liverpool Wellcome Trust. Tidzagawanso zotsatirazi kwa inu ndi kwa anthu onse.

Kodi ndikuyenera kutenga nawo mbali?

Ayi, kutenga mbali mu kafukufukuyu ndi chisankho chanu. Ngati mungasankhe kutenga nawo mbali, mudzapatsidwa chikalatachi kuti musunge ndipo tidzakupemhani kuti musayine chikalata cha chilolezo. Ngati mungasankhe kusatenga nawo mbali, sipazakhala kusintha kulikonse munjira yimene mungathandizidwire kuchipatala. Simukuyenera kupereka chifukwa. Muli ndi ufulu kusintha maganizo anu ndi kusankha kusatenga nawo mbali nthawi yinayiriyonse. Ngati mungaganize zosiya, tidzapitilidza kugwiritsa ntchito zoyesa ndi uthenga umene tatenga kale pokhapokha mutatiuza kuti tisatero. Muzalipiridwa kwa maulendo amene mwamalidzisa kufikira pa nthawi yimeneyo.

Kodi ndizathokozedwa potenga nawo mbali?

Muzathokozedwa chifukwa chogwiritsa ntchito ndalama zanu, poyendera, nthawi imene mwaononga ndi zipsyinjo zina za kafukufuku. Mudzalipiridwa paulendo uliwonse wakafukufuku. Malipiridwe ake akutengera pa 8400 kwacha pa ulendo uliwonse choncho tikuyembekedzera kuti idzakhala 63000 kwacha ngati kafukufukuyu watha. Mudzapatsidwa malo ogona ku Grace Bandawe kwa masiku atatu kuyambira ulendo wa chiwiri (tsiku la 0) kufikira ulendo wachisanu (tsiku la 7). Tidzalipira mtengo wa malo ogona komanso chakudya kuonjedzera pa kubwenza zomwe zatchulidwa m'mwambamu.

Kodi nanga ngati pali vuto?

If you have any concerns, you or your friends and family can contact us 24 hours-a-day by phone. In the event of emergency, you will be admitted to the Mwaiwathu Private Hospital with a pre-arranged payment schedule. You will not pay any medical costs for this admission. If you decide to participate in the study, you will be provided with a safety leaflet with clear explanation of what to do if there is a problem. Telephone contact numbers are provided below. If you wish to complain about any aspect of the study, you can contact us or the National Health Science Research Committee (NHSRC)

Ngati muli ndi nkhawa zina zilizonse, inuyo kapena anzanu komanso akubanja kwanu mutha kulumikizana nafe pa foni nthawi ina yiliyonse usana ndi usiku (24-hours). Ngati pali vuto logwa mwadzidzi, mudzagonekedwa ku chipatala cha Mwaiwathu pa ndondomeko imene inakonzedwa kale yokhudzana ndi zolipira. Simudzalipira china chilichonse ku chipatala chifukwa chogonekedwa. Mukasankha kutenga nawo mbali m'kafukufuyu, mupatsidwa tsamba la uthenga wa chitetezo lofotokoza bwino zimene muyenera kuchita ngati pali vuto lina lililonse. Manambala olumikizana nafe aperekedwa pansipa. Mukafuna kudandaula za china chirichonse za kafukufukuyu mutha kulumikizana ndi gulu la kafukufuku kapena komiti ya kafukufuku ya National Health Science Research Committee (NHSRC).

Kodi ndingalumikizane ndi ndani pofuna uthenga owonjedzera?

Ngati mukufuna uthenga uliwonse owonjezera mutha kulankhulana nafe kapena kuwayimbira thenifolo kapena imelo (onani munsimu). Ngati mukufuna kudandaula chinachilichonse chokhudza kafukufukuyu, mutha kutero kudzera mu ndondomeko ya madandaulo ya bungwe la MLW kapena polumikizana ndi kulikulu la **National Health Science Research Committee (NHSRC)** ku Lilongwe.

Njira zofunikira zolumikizirana ndi anthuwa zaperekedwa m'musimu:

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