



UKUKHUTHAZA EZEMPILO NOKUGWEMA IZIFO: NURS 209

Ukuhlola Ukukhuthaza

Ezempilo

Uhlukuqinisekisa Isihloko:

AMATHUMBA

Igama lomfundi..... Inombolo

yomfundi.....

Usuku.....

Okuzo fundw a	Yeb o	Cha	Aku nge ni
1. Bingelela bese uzethula- (phemba ubudlelwano)			
2. Yisho ukuthi omfundisayo ungubani noma umcele azisho yena (ubudlelwano)			
3. Ukubukeka kwakho. Ugqoke ngendlela efanelekile futhi uzilungise kahle (izinwele, izinzipho, ukuziphophotha, umfaniswano kuvumelane nemithetho ebekiwe)			
4. Ukuhlela indawo yokufundela: ukubeka konke ngononina -Ukuhlala (kufanelekile kwabazobamba iqhaza) -Inhlanzeko -Iziphazamiso (akukho msindo, kukhanya kahle, umoya ungena kahle)			

<p>5. Chaza inhloso yengxoxo yezempilo</p> <p>-isihloko -isizathu sesihloko (kungani kufanele kuxoxwe ngaso) -balula okuzofezwa (lokho ofisa kufezeke ekugcineni)</p>			
<p>6. Chaza okuhloswe ukuba bafundiswe</p> <p>-yenza uhlu lwabantu abafanelekile ukuthola ingxoxo ngamathumba -Labo abasengcupheni</p>			
<p>7. Ukwethula kokuzofundwa</p> <p>Kuqinisekisa ukuthi yonke imigomo yokufunda ngezempilo ilandelwa isifundo sonke:</p> <p>7.1 Ukukholakala [ulwazi oludluliswayo lungethenjwa, kalushintshashintshi futhi lusekelwe ngobufakazi obungokwesayensi] 7.2 Isidingo [ingabe kungokwesidingo sezempilo esingokoqobo] 7.3 Ukubamba iqhaza [kuvula amathuba okwamukeleka, ukuzimbandakanya nokuthatha izinqumo okuvulelekile] 7.4 Ukukhuthaza [ukukwazi ukugcina umuntu enothando futhi ekhuthazekile ukushintsha indlelakuziphatha] 7.5 Ukuqondakala [kusetshenziswa ulimi oluqondwa yilabo okuhloswe ukuba bafundiswe futhi lusezingeni labo]</p>			
<p>7.6 Ukugcizelela [ukuphinda umyalezo emazingeni anhlobonhlobo nangendlela ehlukile ukuze ukhunjulwe] 7.7 Ukufunda ngokwenza [khombisa ukuthi kwenziwa kanjani uvumele nezethameli ukuba zikwenze: ‘uma ngizwa, ngiyakhohlwa, uma ngibona, ngiyakhumbula, uma ngenza ngisuke sengazi’] 7.8 Kokwaziwayo kuya kokungaziwa [sukela kulokho isiguli esikwaziyo kakade bese wethula lokho okusha] 7.9 Ukubeka isibonelo [yenza izibonelo ezingokoqobo okuyamaniseka kalula nazo] 7.10. Ubudlelwano obuhle [ikhono lokuxoxa ngokukhululeka nofundiswayo nangokuhloniphana] 7.11 Ukwenanela [kunikeza ukwenanela okufanelekile futhi kwenze ukulungisa okufanelekile kuqinisekise nokuthi ofundiswayo ukuqonda konke]</p>			



8. Ukusetshenziswa kolwazi olufundisayo lokugcizelela okufundwayo, isib. amapheshana noma imiyalelo ebhalwe phansi.			
9. Izejwayezi -Ziyafaneleka kwabafundiswayo (ubudala, ulimi, isiko, izinga lemfundo) -ukuzwakala kwephimbo nokuphinyiswa kwalo -ukuzethemba			
10. Ukuvula amathuba okucela imibuzo kofundiswayo.			
11. Ukuphendula imibuzo ngobuqotho			
12. Ukubuza imibuzo embalwa ukugcizelela amaphuzu amqoka.			
13. Ukubukeza amaphuzu amqoka nokuphetha ingxoxo.			
14. Ukubonga ababambiqhaza ngesikhathi sabo.			
15. Isikhathi sabiwe futhi sasetshenziswa ngokufanelekela ingxoxo			

***buza umfundi ukuthi yikuphi okugxilwe kukho, nokuthi kungukuVimbela Okuyisisekelo, Kokwenezela noma Okuphakeme.**

Kwenziwe kahle

Akwenziwanga
kahle

Ukuphawula komelekeleli.....

Isiginesha kamelekeleli.....

Yini amathumba?

Ithumba yipamuza elibomvu, elivuvukele elibuhlungu eliba ngaphansi kwesikhumba. Imvamisa libukeka njengensumpa enobovu. Amathumba invamisa abangwa yindlala ekhiqiza uboya esuke inobuthi. Ibhakthiriya yalobu buthi ikhiqiza ubovu. Ithumba lingakhukhumala libangele ubuhlungu obukhulu.



Amathumba invamisa amila lapho kunoboya khona nokunwaya. Izindawo eziywayelekile amila kuzo ngubuso, intamo, amakhwapha, amabele, izimbilapho nezingq.

Ulelapha kanjani ithumba?

Ungase ulelaphe ekhaya ithumba.

- Ungalikhami, ulenwaye noma ulivule ithumba. Ukulikhama kusabalalisa ubuthi esikhumbeni.
- Geza ngesineke indawo enethumba ngensipho namanzi kabili ngosuku. Yomise kahle.
- Beka indwangu efudumele, emanzi ethumbeni imizuzu engama-20 kuya kwengama-30, kathathu noma kane ngosuku. Kwenze lokhu zisuka nje ubona ithumba. Ukushisa nomswakama kungasiza ukuvula nokukhama ithumba kodwa kungathatha izinsuku eziyisi-5 noma isi-7. Kungasiza nokuthoba ngendwangu eshisayo ebekwe phezu kwethawula elimanzana.
- Qhubeka ubeka okushisayo phezu kwethumba izinsuku ezintathu livulekile. Faka ibhandishi phezu kwethumba ukuze okukhanyiwe kungasabalali. Shintsha ibhandishi nsuku zonke.
- Liyeke ithumba uma lizikhamekela. Qhubeka ulihlanze kabili ngosuku ngensipho namanzi.
- Ukunqanda ukusabalala kwamagciwane, amathawula akho okugeza nelokwesula umzimba makungasentshizwa ngabanye.

Udokotela wakho angase afune ukusika imbontshana ethumbeni ukuze kuphume ubovu. Lokhu kubizwa ngokuqhumbusa ithumba. Udokotela uzoqale enze indawo enethumba ibe ndikindiki kuqala. Kokunye kuke kubekwe ibhandishi lapho kusikwe khona ukuze ithumba liqhubeke likhameka

Udokotela wakho angase ukunike ama-antibhayothikhi ukuqeda ubuthi. Waphuze njengokwemiyalelo. Akungathi uma uzizwa usululeme noma ithumba selibukeka libohlile bese uyawayeka. Waphuze ama-antibhayothikhi aze aphele.

Ungaya nini kwadokotela?

Iya kwadokotela uma:



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- Ithumba lisebusweni, ngasemgogodleni noma ngasemdidi.
- Ithumba likhukhumala.
- Unamanye amaqhubu eduze kwethumba, ikakhulukazi uma ebuhlungu.
- Usezinhlungwini ezinkulu.
- Unemfiva.
- Indawo ezungeze ithumba ibomvu futhi inemidweshu ebomvu esuka kulo.
- Ithumba lilikhulu lisabholana.
- Ithumba lingapholi emva kwezinsuku eziyisi-5 noma isi-7 uzelapha ekhaya.
- Uhlale umilwa amathumba njalo nje.

Ungawavimba kanjani amathumba?

Uma uvame ukumilwa ngamathumba endaweni eyodwa, geza nsuku zonke leyo ndawo ngesineke ngamanzi anensipho. Njalo nje yomise kahle leyo ndawo. Ungagqoki izimpahla ezizokuthunuka. Uma unamathumba amaningi, udokotela wakho angase akunike umuthi wokugcoba oshuthekwa emakhaleni. Lokhu kungenxa yokuthi ibhakhthiriya evamise ukudala amathumba ihlala ngaphakathi emakhaleni bese isabalalela kwezinye izindawo, ngisho nasesikhumbeni. Udokotela angase akweluleke ukuba udle ama-antibhayothikhi isikhathi esijana kunokuvamile. Le mithi ingasiza ukunqanda ukuba amathumba alokhu ephinda ekumila.