



UKUKHUTHAZWA KWEZEMPILO NOKUVINJELWA KWEZIFO: NURS 209

Ukuhlola Ukukhuthaza Ezempilo

Isihloko Sohlukunisekisa:

Isihloko: IMPETHIGO

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)			
5. Chaza inhloso yengxoxo yezempilo -isihloko -isizathu sesihloko (kungani kufanele kuxoxwe ngaso) -balula okuzofezwa (lokho ofisa kufezeke ekugcineni)			
6. Chaza okuhloswe ukuba bafundiswe -yenza uhlu lwabantu abafanelekile ukuthola ingxoxo ngempethigo -Labo abasengcupheni			



<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]</p> <p>7.2 Isidingo [ingabe kungokwesidingo sezempilo esingokoqobo]</p> <p>7.3 Ukubamba iqhaza [kuvula amathuba okwamukeleka, ukuzimbandakanya nokuthatha izinqumo okuvulelekile]</p> <p>7.4 Ukukhuthaza [ukukwazi ukugcina umuntu enothando futhi ekhuthazekile ukushintsha indlelakuziphatha]</p> <p>7.5 Ukuqondakala [kusetshenziswa ulimi oluqondwa yilabo okuhloswe ukuba bafundiswe futhi lusezingeni labo]</p>			
<p>7.6 Ukugcizelela [ukuphinda umyalezo emazingeni anhlobonhlobo nangendlela ehlukelele ukuze ukhunjulwe]</p> <p>7.7 Ukufunda ngokwenza [khombisa ukuthi kwenziwa kanjani uvumele nezethameli ukuba zikwenze: ‘uma ngizwa, ngiyakhohlwa, uma ngibona, ngiyakhumbula, uma ngenza ngisuke sengazi’]</p> <p>7.8 Kokwaziwayo kuya kokungaziwa [sukela kulokho isiguli esikwaziyo kakade bese wethula lokho okusha]</p> <p>7.9 Ukubeka isibonelo [yenza izibonelo ezingokoqobo okuyamaniseka kalula nazo]</p> <p>7.10. Ubudlelwano obuhle [ikhono lokuxoxa ngokukhululeka nofundiswayo nangokuhloniphana]</p> <p>7.11 Ukwenanela [kunikeza ukwenanela okufanelekile futhi kwenze ukulungisa okufanelekile kuqinisekise nokuthi ofundiswayo ukuqonda konke]</p>			
<p>8. Ukusetshenziswa kolwazi olufundisayo lokugcizelela okufundwayo, isib. amapheshana noma imiyalelo ebhalwe phansi.</p>			
<p>9. Izejwayezi</p> <ul style="list-style-type: none"> -Ziyafaneleka kwabafundiswayo (ubudala, ulimi, isiko, izinga lemfundo) -ukuzwakala kwephimbo nokuphinyiswa kwalo -ukuzethemba 			
<p>10. Ukuvula amathuba okucela imibuzo kofundiswayo.</p>			
<p>11. Ukuphendula imibuzo ngobuqotho</p>			
<p>12. Ukubuza imibuzo embalwa ukugcizelela amaphuzu amqoka.</p>			



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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.....



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UKUKHUTHAZWA KWEZEMPILO NOKUVINJELWA KWEZIFO: NURS 209

Isihloko Sokuhlola Ukuthuthukiswa Kwezempilo: IMPETHIGO

- ..Kuqala kunjengamabala abomvu bese kushintsha kuba amabhamuza agcina eseqhumile avuleka. Izilonda imvamisa kazibuhlungu kodwa zingase zilume.
- Eziphuma uketshezi zibukeke ziwuqweqwe.
- Ezikhulayo ngosayizi nangenani. Izilonda zingaba nkulu ngangensumpa noma zibe nkulu ngangohlamvu lwemali.

Igama lomfundi..... Inombolo yomfundi.....
Usuku.....

Okuzofundwa Yebo Cha Akungeni

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)

5. Chaza inhloso yengxoxo yezempilo
- isihloko

- isizathu sesihloko (kungani kufanele kuxoxwe ngaso)
- balula okuzofezwa (lokho ofisa kufezake ekugcineni)

6. Chaza okuhloswe ukuba bafundiswe
- yenza uhlu lwabantu abafanelekile ukuthola ingxoxo ngempethigo
- Labo abasengcupheni

7. Ukwethula kokuzofundwa

Kuqinisekisa ukuthi yonke imigomo yokufunda ngezempilo ilandelwa isifundo sonke:

- 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, ukuzibandakanya 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]

- 7.6 Ukugcizelela [ukuphinda umyalezo emazingeni anhllobonhlobo nangendlela ehlukelele 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]



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7.11 Ukwenanela [kunikeza ukwenanela okufanelekile futhi kwenze ukulungisa okufanelekile kuqinisekise nokuthi ofundiswayo ukuqonda konke]

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.

Ukuphawula komelekeleli.....

Isiginesha kamelekeleli.....

Ihlonzwa kanjani impethigo?

Udokotela wakho imvamisa angase ahlonze impethigo ngokuvele abuke isikhumba sakho noma sengane yakho. Kokunye udokotela angasusa ngesineke isicutshana sesilonda asithumele elebhu ukuhlonza ibhaktheriya. Uma ingane yakho inezinye izimpawu zokugula, udokotela wakho angase athumele igazi noma umchamo wayo ukuyohlolwa.

Yelashwa kanjani?

Uma impethigo ingeyimbi, udokotela angase akunike okugcotshwayo okuyi-antibhayokthikhi noma ukhrimu kwezilonda. Uma iyimbi kakhulu, udokotela angase futhi akunike amaphilisi ayi-antibhayokthikhi.

Ngokuvamile ingane ingabuyela esikoleni noma enkulisa emva kwamahora angama-24 yelashiwe. Uma ugoba ukhrimu noma uphuza amaphilisi njengoba uyalelwe, iningi lezilonda lingaphola ngokuphelele ngeviki elilodwa.

Ekhaya, geza ngesineke izilonda ngamanzi ahlanzekile usuku ngalunye. Uma ziba noqweqwe, udokotela wakho angakweluleka ukuba uthambise noma ususe izingqweqwe lezo. Lokhu ungakwenza ngokuzicwilisa emanzini afudumele bese uzimbambatha zome. Lokhu kungasiza ukuba ukhrimu noma okokugcoba kusebenze kangconywana.

Emva kokuthinta indawo enezilonda, geza izandla zakho ngamanzi anensipho noma usebenzise isanithayiza.

Zama ukungazenwayi izilonda, ngoba ukuzenwaya kungasabalalisela amagciwane kwezinye izingxenye zomzimba. Ungasiza



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ukunqanda ukuzenwaya ngokugcina izinzopho zengane yakho zimfushane. Ungamboza izilonda ngebhandishi elingayinsinyi ingane. Izilonda zidinga umoya ukuze ziphole.

Iya emtholampilo. Uma ungabi ngcono njengokulindelekile noma uma izimpawu zokugula zidlebeleka ezinjengomkhuhlane, ukwenyukela kobuhlungu, ukuvuvukala, ukushiselwa, isikhumba esibomvu noma ubovu.

Ingavinjwa kanjani impethigo?

Uma wazi othile onempethigo, zama ukugwema ukuthintana nalowo muntu, kuze kuvele ngokuphelele ukugula kwakhe. Ningashintshani ngamathawula noma nisebenzise ndawonye amashidi noma izingubo kungakapheli ukugula. Washa konke okungenzeka ukuba kuke kwathinta indawo etheleleke ngalesi sifo.

Uma unengane enempethigo, ukwenwaya izilonda kungasabalalisa isifo kwezinye izingxeny zomzimba noma kwabanye abantu. Geza izandla zakho nezengane yakho ngensipho ukuvimba ukusabalala kwesifo.

Yini izilonda i-impethigo?

Izilonda impethigo zibangwa yibhaktheriya edala izifo esikhumbeni. Ibangela izilonda ezibomvu ezivama ukuvuleka, zitshaze uketshezi bese ziba noqweqwe olunsundu ngokuphuzi. Lezi zilonda zingamila noma kuphi emzimbeni.

Izilonda impethigo zingesinye sezifo zesikhumba ezijwayele ukuphatha izingane. Zingamila kubantu abadala kodwa zivame kakhulu ezinganeni. Impethigo yisifo esithathelwanayo futhi ingadluliselwa kwabanye ngokusondelana eduze nonaso noma ngokusebenzisa ndawonye amathawula, amashidi, izingubo, amathoyizi noma okunye. Ukuzenwaya kungase futhi kubangele izilonda ukuba zisabalalele kwezinye izingxeny zomzimba.

Yini ebanga impethigo?

Impethigo ibangwa wuhlobo lwebaktheriya – istrep (streptococcus) noma istaph (staphylococcus). La mabhaktheriya angena emzimbeni uma isikhumba sesincinzekile kakade noma sesilimele ngenxa yezinye izinkinga zesikhumba ezinjengokuhuqwa amahlamvu ancinzayo, ukulunywa yizinambuzane, ukusha, noma ukusikeka. Izingane zingaphathwa yi-impethigo emva komkhuhlane noma isihlungu okubangele isikhumba ngaphansi kwekhala ukuba sivuvukale. Kodwa futhi impethigo ingamila nasesikhumbeni esiphila kahle. Ngokuphelele.

Ziyini izimpawu?

Wena noma ingane yakho ninempethigo uma ninezilonda.