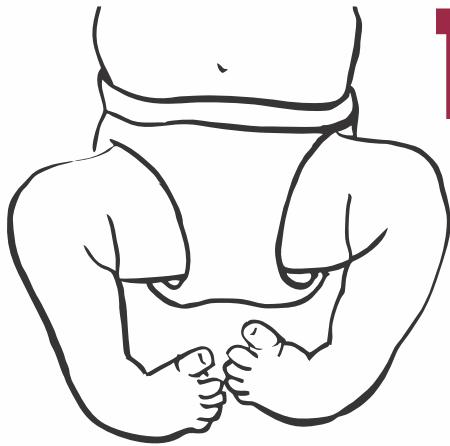


Uhlelo lwendlela ye-Ponseti IwaBazali[©]



Isingeniso



Ukufakwa ukhonkolo



**Izicathulo
ezihlanganiswe
ngensimbi noma
ngeplangwe zokuqondisa
izinyawo ezinganeni**



Ukuhlolwa okulandelayo

Uhlelo Iwe-Ponseti IwaBazali®

Incwajana yokweluleka abazali

Isethulo

Le ncwajana kuhloswe ngayo ukuthi ibe ithuluzi lokufundisa abeluleka abazali abahlangana nemindeni yezingane ezinezinyawo ezibhekene emitholampilo.

Uhlelo lakwa- STEPS Ponseti for Parents© lunika ulwazi futhi lukhuthaza imindeni yezingane ezizalwe nezinyawo ezibhekene. Luhlinzeka ulwazi mayelana nezinyawo ezibhekene kanye nendlela yokuziqondisa, ukuthi yini ongayilindela, nokuthi kubaluleke kangakanani ukuzibandakanya nokuzibophezela kwabo ekutholakaleni kwemiphumela eyimpumelelo.

Ucwaningo lwakamuva, kanye nemibiko engatholakanga ocwaningweni evela emitholampilo eqondisa izinyawo ezibhekene, ikhomba ukuthi ukweseka nokufundisa umndeni ngomlayezo okhuthazayo, kusiza abazali ukuthi balandele imihlahlandlela yokwelapha, futhi kunciphisa namathuba okuthi isimo sibuye futhi. Le zi zinsiza zinika ulwazi kakhulu futhi ziyakutshela nokuthi kwenziwa kanjani. Kukhona izithombe eziningi ongabuka kuzo ukuze kube lula ukudlulisela lokhu okubhaliwe.

Isigaba sokwelashwa ngasinye sehlukaniswe ngombala, ukuze kube lula ukufinyelela nokubheka kuso ngesikhathi oweluleka abazali esaxoxa nemindeni.

Sithemba ukuthi uzothola le nsiza iwumthombo obalulekile noweseka imindeni yabantwana abazalwa nezinyawo ezibhekene.

Ozithobayo,



UKaren Moss

(Umsunguli noMqondisi Omkhulu wakwa-STEPS)

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QAPHELA: Le ncwajana isetshenziswa kanye namapheshana abazali achaza ngohlelo Iwe-Ponseti anolwazi imindeni eya nalo ekhaya:

- 1. Ipheshana elinikezwa iziguli loku-1: Isingeniso nokufakwa ukhokolo**
- 2. Ipheshana elinikezwa iziguli lesi-2: Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene ezinganeni**

INSIZA YOWELULEKA ABAZALI

INDIMA YABAZALI

Ukwesekwa kwabazali kubalulekile ukuze kube nemiphumela emihle ekuqondisweni kwezinyawo ezibhekene.

Uma izingane zingaqondi noma zingalandeli imiyalelo, kungaba nezinkinga, maningi futhi amathuba okuthi isimo noma zingaphinde zibhekane futhi.

Kubalulekile ukuchazela abazali ukuthi indima yabo ibaluleke kangakanani ekuphumeleleni kokwelashwa.

Bayingxenye ebalulekile yethimba eqinisekisa ukuthi ingane yabo izohamba ngezinyawo eziqondile futhi ezikwaziyo ukuphenduka.

Uhlelo lokwelapha lunzima kakhulu ebazalini kunasezinganeni.

Bazizwa benecala futhi bedangele ngalokho okwenzeka ezinganeni zabo, bacabange ukuthi mhlawumbe kukhona okubi abakwenza okubangele lokhu. Bakhathaza ngokuthi ingane izoba sezinhlungwini futhi. Bazizwa benovalo ngomphumela wengane yabo.

Baqinise idolo futhi ufakazele ukuthi akekho umuntu okumele athweswe icala ngokuba kwengane yabo nezinyawo ezibhekene.

Chaza ngokucophelela izinyathelo zokwelapha. Qinisekisa ukuthi bayaluqonda uhlelo lokwelapha kanye nokubaluleka kwemiyalelo.

Kungenzeka abazali bazizwe bekhathazeke kakhulu ngenxa yolwazi olusha abalutholile.

Bayakhathazeke ngokuthi angeke bakwazi ukwenza lokho okudingekayo. Ungabaqinisa idolo ngokubatshelela ukuthi lolu hlelo lokwelapha aluyilimazi ingane, izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene ezifakwe ngendlela efanele ezinyaweni eziqondisayo akumele kube buhlungu, futhi ekuhambeni kwesikhathi kuzoba ingxenye yokwenzeka empilweni yansuku zonke.

UZOHLANGANA NABAZALI ABAKUMAZINGA AHLUKENE OHLELO LOKWELAPHA:

UKUBONWA OKOKUQALA

- Chaza ngezinyawo ezigobile.
- Chaza ukuthi lusebenza kanjani uhlelo lokwelapha lwe-Ponseti, nokuthi luthatha isikhathi esingakanani.
- Gcizelela ukuthi ukusebenzisana kwabo nabezempilo kubaluleke kakhulu ekuphumeleleni kohlelo.
- Ungabaqinisa idolo ngokuthi noma kuzoba nzima kubo, ingane yabo angeke izwe ubuhlungu nokuthi uhlelo lokwelapha luba yimpumelelo.
- Chaza umuphumela ukuze ubaqinise idolo:
 - Luba yimpumelelo ezinganeni ezibalelwa ku-90%.
 - Ingane izokwazi ukuhamba nokugijima ngezinyawo ezinamandla, ezisebenza kahle nezingenabo ubuhlungu.
- Banikeze ipheshana lokwethula lolu hlelo abazoya nalo ekhaya. – ***Ipeshana elinikezwa iziGuli loku-1: Isingeniso nokufakwa ukhonkolo***

ISIGABA SOKULUNGISA – UKUFAKA UKHONKOLO NOKUSIKWA UMSIPHA WESITHENDE

- Chaza ukunakekelwa kukhonkolo – ukuwugcina womile, ukubheka ukuthi igazi liyafika yini ezinzwaneni, njill.
- Chaza ukusikwa komsipha wesithende nokuthi kungani kumele kugcinwe ukhonkolo isikhathi esijana.

ISIGABA SOKUGCINA ESIMWENI – (IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE) (KUJWAYELE UKUTHATHA IMINYAKA EMI-4)

- Gcizelela ukuthi kumele zigqokwe izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Chaza uhlelo lwezikhathi zokugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Chaza ukuthi noma unyawo lubukeka luqondile, lungabhekana nolunye futhi uma zingagqokwa izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Chaza ukuthi ingane idinga izinsuku ezimbalwa ukuze ijwayele ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, kujwayelekile ukuthi zikhale.
- Gcizelela ngamandla ukuthi izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane akumele zikhunyulwe noma ngabe ingane iyakhala.
- Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane kumele zibe ingxenye yempilo yansuku zonke kusukela ekuqaleni.
- Gqokisa ingane izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane nabazali bese ubacela ukuthi bazijwayeze ukwenza lokhu nawe ukhona .
- Chaza ukuthi usibheka kanjani isithende ukuthi sisendaweni efanele phakathi kwesicathulo.
- Banikeze ipheshana abazolithatha baye nalo ekhaya elichaza tngezicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane – ***Ipheshaza leziguli lesi-2: Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane***

Gcizelela ukuthi kumele beze emtholampilo uma kukhona noma yiziphi izimpawu zezinkinga ezichazwe emapheshaneni ethula nachaza ngezicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane

UKUBONWA OKULANDELAYO, UMPHUMELA

- Chaza ukuthi ukuza ekubonweni okulandelayo kubalulekile ukuze kubhekwe indlela ezihlala ngayo izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, kubhekwe izimpawu zokubhekana kwezinyawo futhi kanye nezinye izinguquko.
- Bakhuthaze ukuthi bese ekuhlolweni njalo ngemva kwesikhathi esithile esibekiwe nokuthi balandele yonke imiyalelo.
- Gcizelela ukuthi kumele beze emtholampilo uma kukhona izinkinga mayelana nokugcina izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokiwe.
- Bakhuthaze ukuthi bakhulume nodokotela noma abanye abasebenzi basemtholampilo mayelana nalokho okubakhathazayo.

IZINGANE EZINDADLANA, IZIMO EZIBUCAYI KAKHULU, UKUPHINDA KWEZINYAWO ZIBHEKANE

Kukhona iziguli okungadingeka ukuthi zidinge olunye ulwazi olwengeziwe noma olulungiselwe isimo esithile.

- Ukuletha ingane sekuhamba isikhathi, ukuphinda kokubhekana kwezinyawo futhi, izinyawo ezibhekene ezingavumi ukuqondiseka (kubalelwa ku-10% wezingane ezibonwayo), izinyawo ezibhekene okungelula ukuziqondisa zidinga ukwesekwa okwenziwe nolwazi olufaka yonke imininingwane.
- Lezi ziguli zidinga ithimba longoti elikhethekile ukuze lihlolwe uhlobo kanye nendlela yokwelapha efanele, kanti isikhathi esiningi ukwelapha kuvame ukuthatha isikhathi eside, kudinga ukwesekwa okukhethekile nokumandla emindenini.
- Zingaphansi kwama-10% iziguli uhlelo lokwelapha olungasebenzi kuzo ngenxa yokuba mandla kwesimo noma ukungavumi konyawo ukuqonda. Kwezinye zalezi zimo uhlelo lokwelapha lusuke lusengasebenza kodwa kumele kube udokotela osemnkantshubomvu omelaphayo.
- Izinyawo ezibhekene ezibuye zibhekane futhi isikhathi esiningi kungenxa yokuthi ingane ayinagqokanga izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane njengoba bekuyalelwe. Unyawo lungelashwa futhi kuphinde kunikezwe olunye ulwazi mayelana nokugqokwa ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.

Ukuze kusizwe ngokudlulisa imininingwane, izinyawo ezibhekene zingabekwa ngalawa maqoqo alandelayo:

a Izinyawo ezibhekene ezingaqondiswa –

Ngaphansi kweminyaka emi-2.

b Izinyawo ezibhekene ezingaqondiswanga –

Izinyawo ezingaqondiswanga ngemva kweminyaka emi-2.

c Izinyawo ezibhekene eziqondisiwe –

Ziqondiswe ngendlela ye-Ponseti.

d Izinyawo ezibhekene eziphinde zibhekane futhi –

Izinyawo ziqala ukubhekana futhi (supination), ukweluleka kwesithende kwenza, ingane ukuthi ihambe ngamanzonzwane (equinus).

e Izinyawo ezibhekene ezingavumi ukuqonda –

Izinyawo ezibhekene ezingafuni ukuqonda, isikhathi esithingi zitholakala ezifweni, isib. i-arthrogyposis.

f Izinyawo ezibhekene ezingavumi ukuqondiseka –

Kuvamise ukuba kuchazwe izinyawo ezibhekene eziqondiswa ngenye indlela okungeyona i-Ponseti futhi lokhu kudinga ukwelashwa okumandla.

UKUXOXISANA NABAZALI NGENDLELA ESEBENZAYO

Ngokocwaningo ulwazi lwezempilo olungama-40-80% olunikezwa abazali balukhohlwa ngaleso sikhathi. Uma ubanika ulwazi oluningi, kuncane abakukhumbulayo. Futhi nohhafu walolo lwazi abalukhumbulayo alulona olufanele.

Ulwazi lwezempilo olunikezwa abazali kumele:

- Lukhunjulwe + Luqondwe ukuze bakwazi = Ukweneliseka ngensiza yokwelapha = Bakwazi nokwenza njengoba beyalelwe.
- Imiyalelo elula futhi eqondile ikhumbuleka kalula kunezitatimende jikelele.
- Sihlukanise incwadi ngokwemibala, ukuze ukuchazwa kwensiza yokwelapha kubekwe ngamaqoqo ezigabeni ezahlukene.
- Izinsiza zokudlulisa ulwazi ezibonwayo zisebenza nakakhulu ezigulini ezingafundanga okutheni.
- Incwajana kanye napheshana adwetshwe kahle kakhulu.
- Kungcono kakhulu ukuba nenhlanganisela yokukhulunywe (eMtholampilo) kanye nokubhaliwe/ulwazi olubonwayo (Amapheshana).



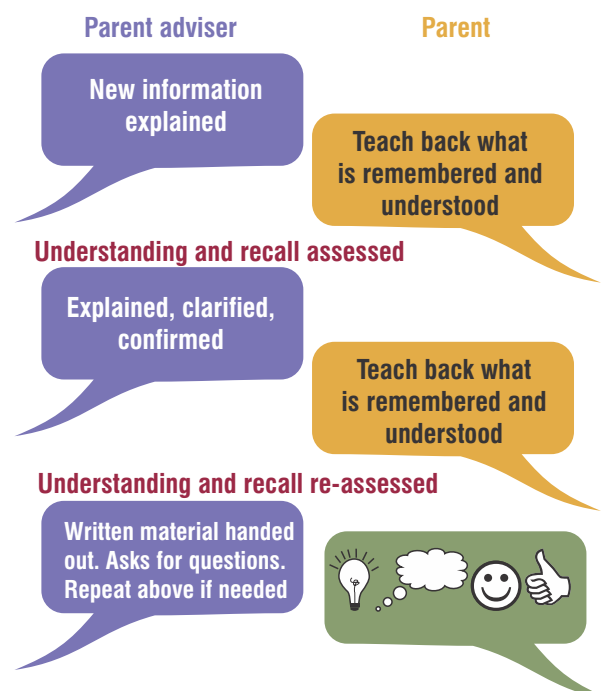
Overview of Ley's model on the interactions between patient-related factors and therapy adherence, Roy PC Kessels, PhD

Indlela 'Yokuphinda lokho okufundisiwe'

Ukuphinda lokho okufundisiwe kuqinisa ukuthi uchazele umzali noma umuntu onakekela ingane ngendlela ayiqonda ngokucacile. Uqinisekisa lokhu ngokucela umzali noma onakekela ingane ukuthi akuphindele lokho omfundise kona. Lokhu kuphindelewa okufundise umzali noma onakekela ingane kusiza abasebenzi basemtholampilo ukuthi bathole izindlela ezingcono kakhulu zokudlulisela ulwazi.

Amacebo 'Okuphinda lokho okufundisiwe':

- Qala kancane
- Hlela indlela ozodlulisa ngayo ulwazi
- Lalela kakhulu, ukhulume kancane
- Buza imibuzo efanele: 'Uzokwenzenjani uma ufika ekhaya?', 'Ake ungikhombise ukuthi uzosifaka kanjani izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.'
- Hlola ukwazi ukukhumbula nokuqonda kwabo.
- Cacisa noma yini edinga ukuchazwa kabanzi.
- Phinda indlela yokuphinda lokho umzali noma onakekela ingane akufundisiwe uze weneliseke ukuthi umzali uyakuqonda lokhu.
- Sebenzisa amapheshana okuyiwa nawo ekhaya, bese ukhombisa izithombe ezikwincwajana ukuze babone lokho okhuluma ngakho.



UKUHLONZWA KWEZINYAWO EZIBHEKENE KANYE NOKUQONDISWA KWAZO



SIYINI ISIMO SEZINYAWO EZIBHEKENE INGANE EZALWA NASO?

- Unyawo lubheka phansi bese lugobela ngaphakathi lubhekane nolunye bese indawo engaphezulu yonyawo icishe ibe lapho indawo engezansi okumele ibe khona.
- Unyawo luyaqina futhi alukwazi ukubekwa endaweni yalo efanele.
- Lokhu kungenzeka onyaweni olulodwa noma zombili.
- U-'Congenital' clubfoot uchaza isimo sezinyawo ezibhekene ingane ezalwa nazo.
- Igama lezempilo lezinyawo ezibhekene i-Talipes Equinovarus.

ZIBANGELWA YINI IZINYAWO EZIBHEKENE?

- Akulona iphutha lomuntu othile ukuba kwengane nezinyawo ezibhekene.
- Ukuba kwengane yakho nezinyawo ezibhekene akubangelwa yinto ethile oyenzile, noma ongayenzanga ngesikhathi ukhulelwe.
- Odokotela abakazi ukuthi yini ebangela izinyawo ezibhekene ingane ezalwa nazo.
- Ngesinye isikhathi izinyawo ezibhekene zingaba khona komunye umndeni, ngesinye isikhathi kwenzeka kanye.
- Ngesinye isikhathi izinyawo ezibhekene zihlanganiswa nezinye izifo, kodwa lena into engavamile.
- Izingane eziningi ezinezinyawo ezibhekene kuba yizingane eziphile kahle.

ZIQONDISWA KANJANI IZINYAWO EZIBHEKENE?

- **Uhlelo lwendlela ye-Ponseti** yilona hlobo lokwelapha olukhethwayo.
- Loluhlelo lokwelapha lulungisa indlela unyawo olumi ngayo kancane futhi kamnane, ukuze ingane yakho ibe nonyawo olusebenza kahle futhi lubukeka ngendlela ejwayelekile, futhi olungebuhlungu.

LUQALA NINI UHLELO LOKWELAPHA?

- Uhlelo lokwelapha lungaqala ingane inezinsuku eziyi-7 – kweziyi-10 izelwe.
- Kungcono, uma ingane inamasonto ama-2 izelwe, kumele ifakwe ukhonkolo wokuqala.
- Uma ingane yakho isindadlana kodwa ingakahambi, uhlelo lokwelapha lusengasebenza kahle kakhulu.
- Uma ingane yakho isihamba, uhlelo lokwelapha lusengaba impumelelo, kodwa luzothatha isikhathi eside ngoba unyawo alusathambile kakhulu futhi ezinye izingane ezindadlana zingadinga ukuthi zihlinzwe futhi.

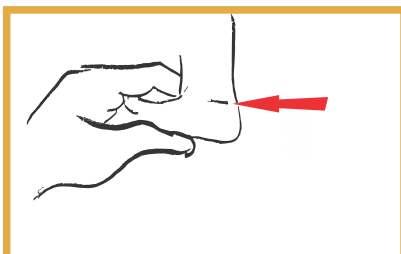
UKUCHAZWA JIKELELE KOHLELO LWENDLELA YE-PONSETI YOKUQONDISA IZINYAWO EZIBHEKENE

Incazelo engezansi ichaza ngenqubo jikelele yokuqondiswa kwezinyawo ezibhekene izingane ezizalwa nazo. Uma ingane yakho indadlana, noma inezinye izinkinga ngokuphathelene nempilo ngaphezu kwezinyawo ezibhekene, uhlelo lokwelapha lungahluka.

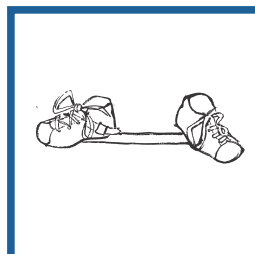
LUHLANGANISANI UHLELO LOKWELAPHA?

Uhlelo lokwelapha lunezingxenye ezimbili:

1. Isigaba sokuqondisa izinyawo (UKUFAKWA UKHONKOLO KANYE NOKUSIKWA KOMSIPHA WESITHENDE)



2. Isigaba sokucina unyawo lusesimweni (IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONSIZA IZINYAWO EZIBHEKENE ZEZINGANE)



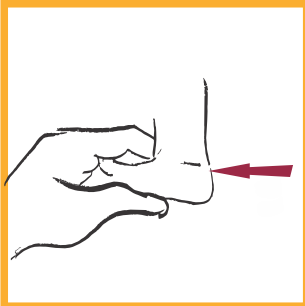
ISIGABA SOKUQONDISA IZINYAWO EZIBHEKENE

UKUFAKWA UKHONKOLO



- Unyawo lugotshiswa kamnene bese kufakwa ukhonkolo omboza umlenze wonke (i-POP) ukuze kugcinwe unyawo lusendaweni efanele kanye nokunweba izicubu nemisipha.
- Lo khonkolo uyakhishwa njalo ngemva kwezinsuku ezi-5 ukuya kweziyi-7, bese unyawo lugotshiswa kamnene kufakwe omunye ukhonkolo omboza umlenze wonke (i-POP) amathambo aze abe sendaweni yawo efanele.
- Indlela unyawo olumi ngayo izoshintsha ngokushesha.
- Ebantwaneni abancane uhlelo lokwelapha luqala umntwana enamasonto ama-2 ezelwe, lujwayele ukuthatha ukufakwa ukhonkolo ka-4 ukuya ka-6 ukuze izinyawo ziqonde.
- Ezinganeni ezingaphansi kwezinyanga eziyi-6 zizelwe, lokhu kumele kuthathe ukufakwa ukhonkolo okungadluli kwizihlandla eziyi-8 esikhathini esiyizinyanga ezimbili, oshintshwa njalo ngesonto.
- Ezinganeni ezindadlana ezinezinyawo ezibhekene ezibucayi kakhulu, kungathatha isikhathi esijana ukuqondisa unyawo futhi kungadingeka nokufakwa ukhonkolo kaningana.

UKUSIKWA UMSIPHA WESITHENDE KANYE NOKUFAKWA UKHONKOLO WOKUGCINA



- Izingane eziningi zizodinga ukusikwa umsipha wesithende, nokuwukuhlinzwa okungatheni okuvamise ukwenziwa ngokubulala iziguli imizwa ngomjovo ngaphambi kokuthi zihlinzwe.
- Izingane zidinga ukusikwa imisipha yesithende ngoba imisipha yazo yezithende imifishane futhi idonsa isithende siye phezulu.
- Uma lokhu kungalungiswa ingane izohamba ngamanzonzwane.
- Abanye odokotela bajova iziguli ezindadlana ngomjovo ozilalisayo.
- Ngemva kokusikwa komsipha wesithende kufakwa ukhonkolo omboza umlenze wonke wokugcina bese uyekwa cishe amasonto amathathu.
- Ngalesi sikhathi umsipha wesithende uyakhula futhi ngendlela owelulwe ngayo futhi nonyawo lungagotshiswa lubheke phezulu kalula lubheke phambi komlenze (i-dorsiflexion).
- Uma ingane yakho ingathokozile ngemva kokusikwa umsipha wesithende, kulungile ukusebenzisa imithi yokuqeda izinhlungu efana ne-paracetamol (i-Calpol, njill.) njengoba ubuzokwenza ngemva kokugonywa kwayo.

UKUZE UBHEKE ULWAZI EKHAYA:

Ipheshana elinikezwa iziGuli loku-1 - Isethulo nokuFakwa uKhonkolo

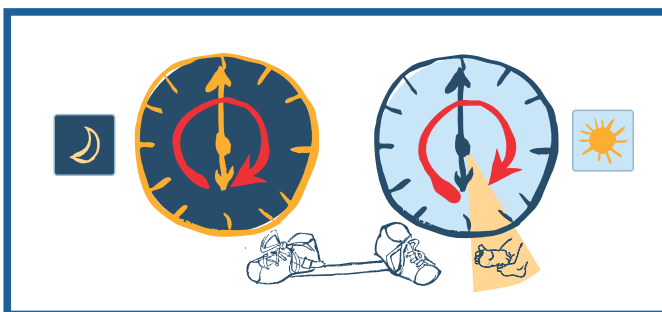
ISIGABA SOKUGCINA ESIMWENI

IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE

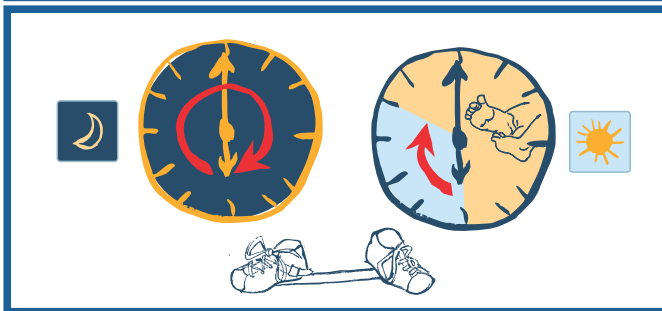
- Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene ziyingxenye ebalulekile yokwelapha.
- Wena kanye nomndeni wakho nidlala indima ebaluleke kakhulu kulesi sigaba.
- Ngemva kokukhishwa kukakhonkolo wokugcina, umntwana wakho uzoqala ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Izinyawo zombili zifakwa ezicathulweni noma ngabe ingane yakho inonyawo olubhekene nolunye olulodwa.
- Noma izinyawo zomntwana wakho zibukeka zime ngendlela efanele, ziphinde zibhekane futhi uma ungasebenzisi izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Uma unyawo luphenduka futhi, kumele kufakwe omunye futhi ukhonkolo kanti ngesinye isikhathi kudingeka nokuhlizwa uma ingane indadlana.
- **Kubaluleke kakhulu ukuthi umntwana wakho agqoke izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ngendlela obutshelwe ngayo:**

UHLELO LWEZIKHATHI ZOKUGQOKWA KWEZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE

Ukuze kutholakale imiphumela emihle, kumele kulandelwe kahle imiyalelo. Kuzoncika eminyakeni yengane, kodwa uhlelo lwezikhathi zokugqokwa kwezicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane kuvamise ukuba ngale ndlela elandelayo:



Izinyanga ezi-3 zokuqala: Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa amahora angama-23 nsuku zonke. Zikhishwa ihora elilodwa ngesikhathi sokugeza.



Ngemva kwezinyanga ezi-3 zokuhlala kugqokwe izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zikhathi zonke: Ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane kuyehliswa kancane ngamahora ama-2 ngenyanga - ngesikhathi umntwana wakho elele (uma elele emini kanye nasebusuku).

QAPHELA: Gcina izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokiwe okungenani amahora ayi-14 ingane yakho ize ikwazi ukuhamba

Uma ingane yakho isihamba: Kunconywa ukuthi ingane yakho igqoke izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane amahora ayi-12 (ebusuku ngesikhathi ingane ilele) ingane yakho ize ibe neminyaka emi-4.

KHUMBULA UKUTHI: Wenze lokhu njalo. Iba nohlelo kusukela ekuqaleni ukuze ingane yakho ikwazi ukujwayela izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane. Ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane kuhle futhi kuyingxenye yohlelo lokwelapha.

UKUZE UBHEKE ULWAZI EKHAYA:

Ipheshana elinikezwa iziGuli lesi-2 - Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.

HOW LONG WILL IT TAKE?

The schedule below is typical for a newborn of about 2 weeks old

CASTING

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

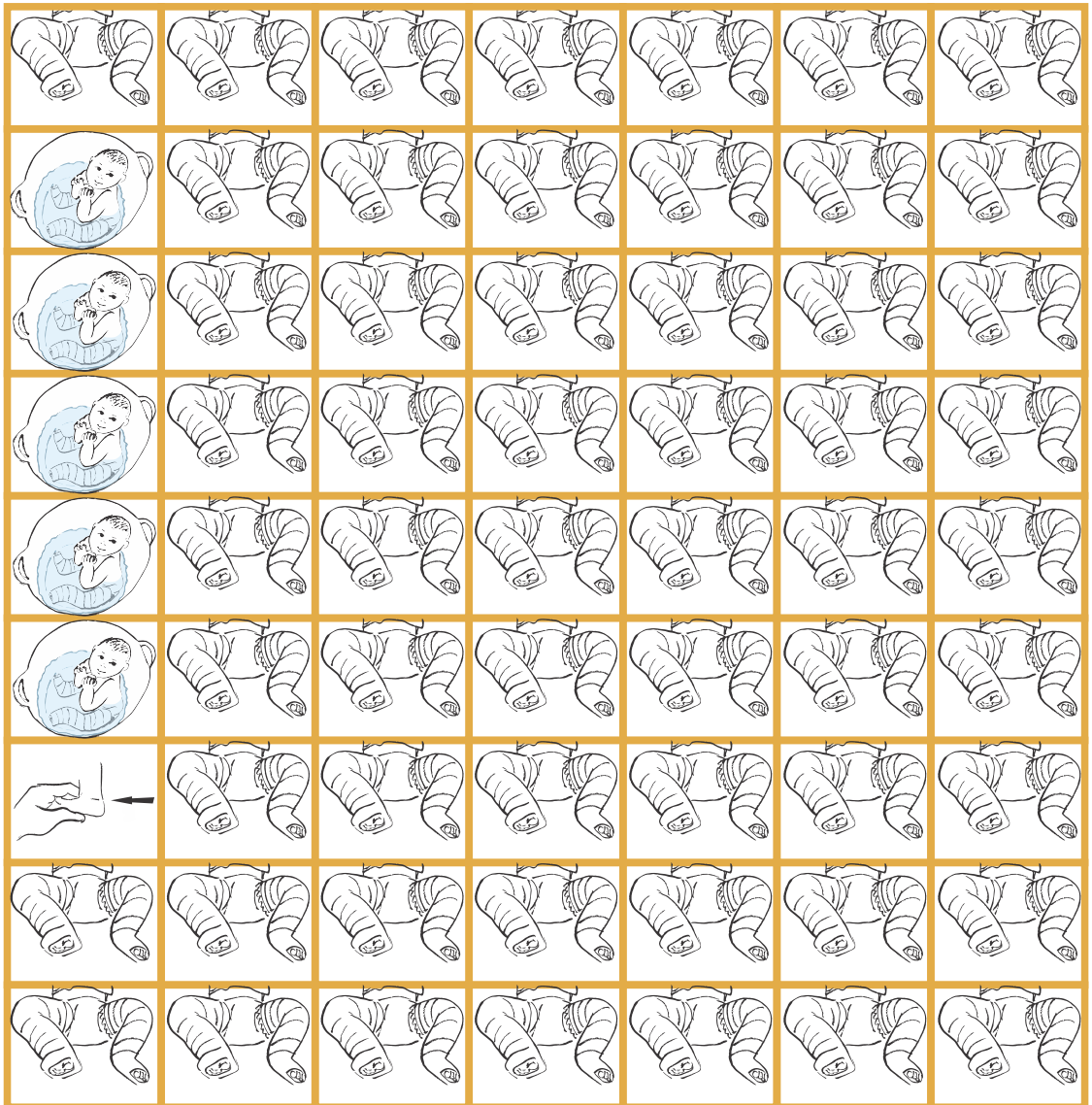
WEEK 6

TENOTOMY + CAST
(90% of cases)

WEEK 7

WEEK 8

WEEK 9



BRACE
(initial phase)

MONTH 1

MONTH 2

MONTH 3



**23 HOURS
A DAY**

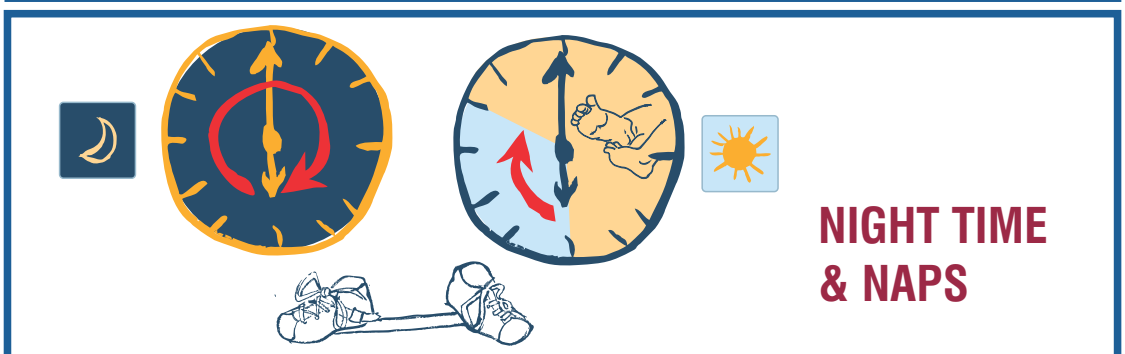
BRACE
(continued maintenance)

YEAR 1

YEAR 2

YEAR 3

YEAR 4



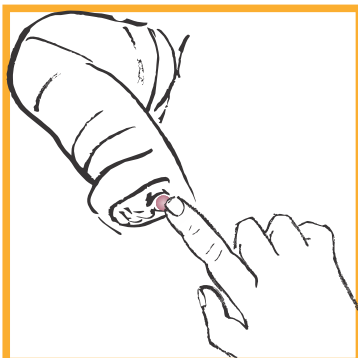
**NIGHT TIME
& NAPS**

NGABE UKUGOTSHISWA KONYAWO KANYE NOKUFAKWA UKHONKOLO NGEKE YINI KULIMAZE UMNTWANA WAMI?



- Ukugotshiswa konyawo kumnene kakhulu futhi angeke kulimaze umntwana wakho.
- Uma umntwana wakho engaphathekile kahle ngesikhathi efakwe ukhonkolo, kungenzeka kube ngenxa yokuthi akathandi ukuthi kubanjwe umlenze wakhe, noma ngenxa yokuthi akathandi ukukhunyulwa.
- Ungasiza kulokhu ngokuthuzela umntwana wakho. Woza nomntwana wakho emtholampilo elambile bese umupha ukudla ngesikhathi efakwa ukhonkolo. Ungadlala, ucule, futhi usebenzise namathoyizi enza imisindo noma abenyezelayo ukuze umphazamise ekunakeni lokhu.
- Uzokwazi ukupha umntwana wakho ukudla ngesikhathi efakwa ukhonkolo, kungenzeka bakutshela ukuthi kungcono ume kanjani nokuthi umbambe kanjani umntwana wakho.
- Umntwana wakho kungenzeka angazinzi kahle ngemva kwemahora ambalwa efakwe ukhonkolo. Ukhonkolo uyasinda kuze kube wome ngokuphelele. Ungagoqa ithawula elincane bese ulibeka ngaphansi kwedolo lomntwana wakho ukuze weseke isisindo sikakhonkolo.

UKUNAKEKELA UKHONKOLO EKHAYA



1. Gcina ukhonkolo uhlanzekile futhi womile.
2. Ungagezi umntwana wakho ngesikhathi efakwe ukhonkolo - lalisa umntwana wakho ethawuleni, mesule ngethawula elinensipho, myakaze bese umsula ngethawula, ngaphandle kokumanzisa ukhonkolo.
3. Bheka ukuthi ngabe ukhonkolo awuphukile noma awuklayekile yini.
4. Unqenqema olungekho busheshelezi phezulu kukakhonkolo lungafakwa uvolo ukuze kuvikelwe isikhumba singagudlani.
5. Ungalokothi ufake uphawuda noma isimonyo sokugcoba phakathi kukakhonkolo.
6. Mboza ukhonkolo ngesikhathi ingane yakho idla noma iphuza.
7. Vimbela ukufakwa kwamathoyizi amancane noma izinto phakathi kukakhonkolo.
8. Uma kuvuze kwaputshuka okuthile enabukenini sula ukhonkolo ngama-wet wipe (ungasebenzisi amanzi noma indwangu emanzi).
9. Kumele ukwazi ukubona izinzwane zomntwana wakho ngaso sonke isikhathi.
10. Kumele izinzwane zibe umbala wesikhaumba ojwayelekile futhi zifudumale.
11. Cindezela izinzwane kaningana ngosuku ukuze ubheke ukuthi zifudumele yini, bese uqinisekisa ukuthi umbala wezinzwane ubuya ngokushesha emva kwalokho.
12. Umntwana wakho kumele akwazi ukunyakazisa izinzwane zakhe kukhonkolo, zikhathi zombili ngokukhululeka nangesikhathi uzithinta.
13. Ungagqokisa ukhonkolo isokisi uma kubanda ukuze ugcine unyawo lufudumele.
14. Ungagoqa ithawula elincane ulibeke ngaphansi kwamadolo ukuze weseke izithende ngesikhathi ingane yakho ihleli esihlalweni sabantwana emotweni noma ikwinsiza yokuyiphatha, noma ilele.

UKUNAKEKELA UKHONKOLO EKHAYA (kuyaqhubeka)

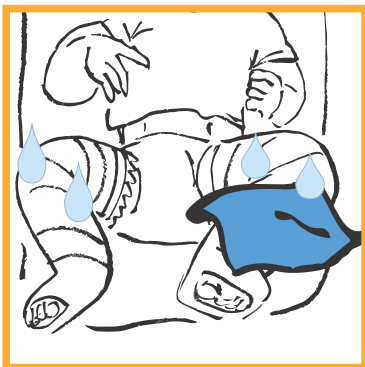
Uma ubona noma ikuphi kulokhu, noma ukhathazekile, shayela ucingo udokotela wakho noma uye emtholampilo ngaleso sikhathi.



1. Ukuba phezulu kwezinga lokushisa komzimba.
2. Ukuvuvuka ngephezu noma ngaphansi kukakhonkolo.
3. Uketshezi noma iphunga elibi eliphuma phakathi kukakhonkolo.
4. Ukuphola noma ukubanda kwezinzwane.
5. Ukungabi umbala ojwayelekile wesikhumba kwezinzwane.
6. Awukwazi ukubona izinzwane, zihlehlile zabuyela emuva nokhonkolo.
7. Ukuklayeka noma ukuthamba kukakhonkolo.
8. Izinzwane ezivuvukele.
9. Ukuqina kakhulu kukakhonkolo ukuzungeza isingenhla somlenze.
10. Umntwana wakho ekhahlele kwaphuma ukhonkolo.



UKUKHIPHA UKHONKOLO.



- Eminye imitholampilo iyawukhipha ukhonkolo ngesikhathi ufika. Eminye izokucela ukuthi uzikhiphele wena. Ukhonkolo kumele ukhishwe kuphela ngosuku olubekiwe, ungakhishwa ngobusuku obendulela lolo suku.
- Unyawo lungaqala ukubhekana nolunye ngemva kokukhipha ukhonkolo, ingakho kumele kungadluli isikhathi phakathi kokukhishwa nokufakwa komunye.
- Manzisa ukhonkolo ngethawula elimanzi, bese uwumboza ngoplastiki ukuze uwuthambise.
- Kufanele uthole insiza kakhonkolo engasemadolweni ezokusiza ukuthi ukwazi ukukhipha ukhonkolo.
- Ukuthela uviniga emanzini ngaphambi kokumanzisa ukhonkolo kusiza ukuthambisa ukhonkolo ngokushesha.
- Uma ukhipha ukhonkolo emtholampilo, bazokunikeza isiqukathi esinamanzi afudumele ozohlalisa umntwana wakho phakathi kwaso ukuze ukwazi ukumanzisa nokuthambisa ukhonkolo ngaphambi kokuwukhipha.



UKUZE UBHEKE ULWAZI EKHAYA:

Ipheshana elinikezwa iziGuli loku-1 - Isethulo nokuFakwa uKhonkolo

NGABE IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE NGEKE YINI ZILIMAZE UMNTWANA WAMI?

- Akufanele zilimaze umntwana wakho izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Ungazikhiphi izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane uma umntwana wakho ekhala, lokhu kuzokwenza ukuthi kube nzima ukumgcina ezigqokile esikhathi esizayo.
- Izinsuku zokuqala ezimbalwa zibaluleke kakhulu ekuqaleni uhlelo lokugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.
- Umntwana wakho kumele ajwayele ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, kuthatha izinsuku ezi-2 – 7 ukuthi abantwana abaningi bakwazi ukuzijwayela.
- Umntwana wakho udinga ukujwayela ukunyakazisa nokuphakamisa imilenze yomibili ngesikhathi esisodwa.
- Ungadlala ngensimbi noma iplangwe elihlanganisa izicathulo ngesikhathi umntwana egqoke izicathulo, liyise phezulu naphansi, gobisa bese ululaamadolo ukuze ukhombise ingane yakho ukuthi ingahamba kanjani ngemilenze emibili ndawonye.
- Uma ingane yakho isijwayele izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, inganyakaza ngokukhululeka ikwazi ukufinyelela ezigabeni zokukhula ezifana nokukhasa kanye nokuhamba njenganoma iyiphi ingane.
- Ungayeki ukusebenzisa insimbi noma iplangwe lokuhlanganisa izicathulo uma uhlangebuzana nezinkinga. Izinyawo ezibhekene zingaphinde zibhekane uma kungasetshenziswa insimbi noma iplangwe lokuhlanganisa izicathulo. Iya kudokotela wakho noma emtholampilo ukuze uyocela usizo.

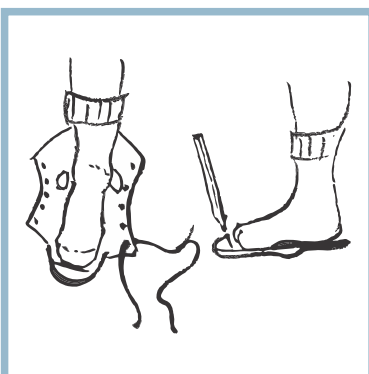
UKUFAKA IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKE ZEZINGANE

1. Kubalulekile ukufaka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ngendlela efanele futhi kumele zigqokwe nsuku zonke ngokwesikhathi esishiwo udokotela.
2. Izicathulo kumele zigqokwe ngensimbi noma iplangwe elizihlanganisayo ukuze zisebenze kahle.
3. Kuthatha isikhathi ukujwayela ukugqoka izicathulo, kodwa qhubeka nokugqokisa umntwana izicathulo njengengxenye yempilo yansuku zonke.

AMACEBO EZICATHULO EZINGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE



- Isikhumba sasemilenzeni nasezinyaweni kumele sihlanzeke futhi some
- Ungalokothi ugcoke ukhilimu noma isimonyo sesikhumba ezinyaweni.
- Amasokisi angenamthungo noma amaphethini apha kahle iziguli.
- Amasokisi anendawo yokubamba enerabha ngaphansi kwawo angasiza ukugwema ukushelela ngaphakathi kwesicathulo.
- Ezinye izingane zizizwa kahle uma kungekho masokisi, ikakhulukazi uma kushisa.
- Vula isicathulo ngokuphelele okokuqala ukuze ubone ukuthi ngabe unyawo luhleli ngendlela efanele yini.
- Faka isicathulo onyaweni olubhekene noma olubucayi kakhulu kuqala.
- Gobisa idolo bese ucindezela kancane ngesikhathi umfaka isicathulo. Lokhu kusiza ukugcina isithende siphansi nonyawo lusendaweni efanele.
- Uma ufaka isicathulo okokuqala, dweba umugqa ngaphakathi kwasekugcineni kwezinzwane.



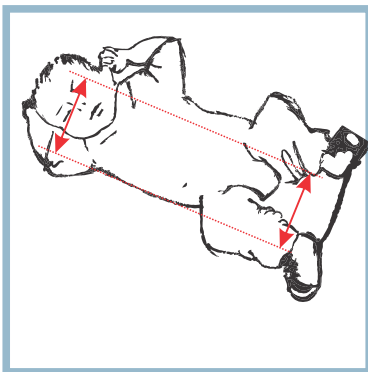
AMACEBO EZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE (AYAQHUBEKA)



- Bheka ngaso sonke isikhathi ukuthi isithende sisendaweni efanele ngemuva nesicathulo futhi sithinta emuva ngaphambi kokuba uqinise amabhande noma izintambo zesicathulo.
- Gcina isithupha sakho sicindezele phansi maphakathi nonyawo ukuze luhlale kahle phansi ngesikhathi usabopha izintambo noma amabhande.
- Bopha uqinise izintambo noma amabhande ezicathulo.
- Bamba uqinise isicathulo ngesandla esisodwa, phakamisa umlenze ukuze uqinisekise ukuthi unyawo alunyakazi phakathi kwesicathulo. Uma lunyakaza bopha isicathulo usiqinise kakhudlwana.
- Kumele ukwazi ukubona umugqa owudwebe phambi kwezinzwane. Uma ungawuboni kusho ukuthi isithende sihlehlile. Khumula izicathulo bese uqala phansi.
- Ukugcina idolo ligobile kusiza ukugcina isithende siphansi.
- Bheka futhi ukuthi ngabe isithende sisengemuva nesicathulo ngokwanele. Izicathulo eziningi ziba nembobo encane eceleni kwesithende ngakho kulula ukuthi ubheke lokhu.
- Bheka ukuthi ngabe ubona zonke izinzwane, nokuthi ziqondile.
- Ungesabi ukuphinda lokhu kuze kwenzeke ngendlela efanele. Ngemva kwesikhathi, kuzoshesha futhi kube lula kube nayingxenywe yempilo yansuku zonke.olo mme e tlaa karolo ya mokgwatlwaelo wa gago.

Khombisa ngengane ukuthi zigqokwa kanjani izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane. Bheka iisicathulo, izinzwane, nezithende njill. Cela onakekela isiguli ukuthi akukhombise ukuthi uzifaka kanjani izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, bese ubakhombisa, uma kunesidingo, ukuze wenyuse amazanga abo okuzethemba.

IZINKINGA EZIPHATHELENE NEZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE ZOKUQONDISA IZINYAWO EZIBHEKENE ZEZINGANE

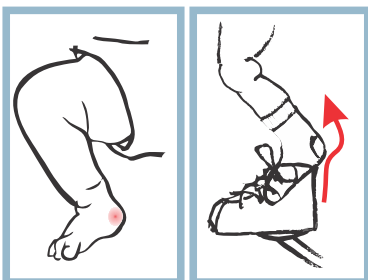


Ngemva kwezinsuku ezimbalwa zokuzejwayeza, ingane yakho kumele ikwazi ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ngaphandle kwezinkinga.

Kubalulekile ukuthi uqaphele ukuthi azikho yini izinguquko ezikhona bese uthinta udokotela wakho noma ubuyele emtholampilo ngoba izinkinga mayelana nezicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zingachaza ukuthi:

- Bufishane kakhulu ububanzi bensimbi noma beplangwe elihlanganise izicathulo.
- Zincane kakhulu izicathulo.
- Unyawo luyaphenduka futhi noma alulungisekile kahle.

UKUHLALA KWESICATHULO, UKULUNGISWA KAHLE KWEZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE.



Uma isicathulo singangeni kahle, lokhu kubanga izinkinga. Thinta umtholampilo wakho uma ubona:

- Omapa ababomvu noma imihuzuko ezinyaweni.
- Izilonda zokumpitsheka noma amabhamuza ezinyaweni.
- Unyawo luyaphuma esicathulweni noma isicathulo siqinise ngendlela efanele.

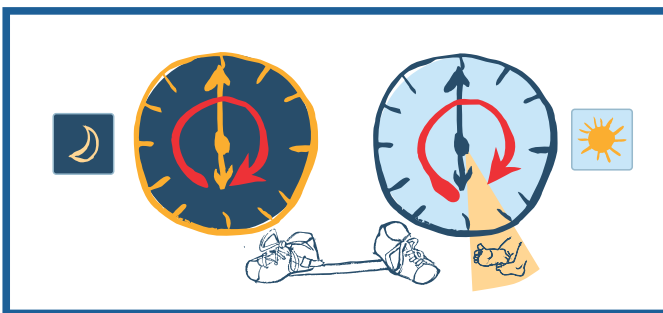
UKUPHAZAMISEKA EKULALENI

Ngemva kwesikhathi sokuqala sokuzejwayeza, izingane eziningi zilala kahle nezicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane. Uma, ngemva kokulungisa izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane, umntwana wakho esakhathazekile noma ingalali, kodwa ingaguli noma ingaqhumisi njill., kukhona izinto ezimbalwa okumele sizizame:

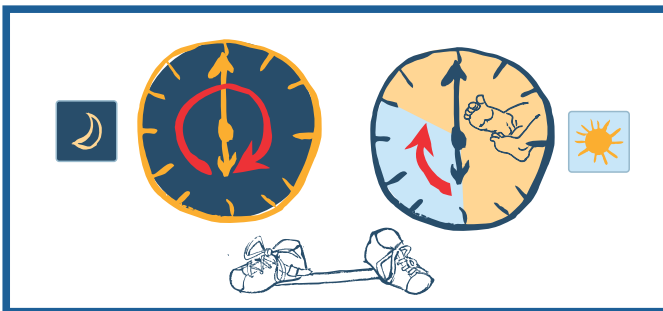
- Bheka ukuthi ngabe izicathulo ziseyisilinganiso esifanele.
- Kungenzeka ukuthi insimbi noma iplangwe libe lifishane kakhulu ngenxa yokuthi ingane yakho ikhulile, uma unensimbi noma iplangwe elilulekayo, kungasiza ukuthi ulilule kancane, noma kungadingeka ukuthi uthole insimbi noma iplangwe elikhudlwana.
- Qinisekisa ukuthi izinsiza zokwembatha azigaxeleki izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane; kungono ukusebenzisa i-sleeping bag noma ingubo yokulala elula.
- Beka okuthile okuntofontofo ku-cot uma izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zishayisa kuyo okubangela ukuthi umntwana wakho avuke.
- Susa ingane yakho endadlana uyibeke ku-camp cot uma udinga isikhala esiningi se-camp cot.

NGABE INGANE YAMI IZOZIGQOKA ISIKHATHI ESINGAKANANI IZICATHULO EZIHLANGANISWE NGENSIMBI NOMA NGEPLANGWE?

Abantwana abaningi bagqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane baze babe neminyaka emine.



Izinyanga ezi-3 zokuqala: Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa amahora angama-23 nsuku zonke. Zikhishwa ihora elilodwa ngesikhathi sokugeza.



Ngemva kwezinyanga ezi-3 zokuhlala kugqokwe ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zikhathi zonke: Ukugqoka izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane kuyehliswa kancane ngamahora ama-2 ngenyanga - ngesikhathi umntwana wakho elele (uma elele emini kanye nasebusuku). Ngesikhathi umntwana wakho esenesisindo (cruising), izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwa okungenani amahora ayi-12.

NGABE YIZIPHI IZINGUBO EZINGAGQOKWA UMNTWANA WAM, NGABE NGIDINGA IZINSIZA EZIKHETHEKILE

- Ngesikhathi umntwana wakho efake ukhonkolo, ama-legging aphela emaqakaleni kanti izingubo ezihlangene zingcono kakhulu.
- Ngesikhathi ingane isafake insimbi noma iplangwe elihlanganisa izicathulo, kulula ukusebenzisa amabhulukwe ahlanganiswa ngoqhafa ukuze ukwazi ukushintsha inabukeni ukhumule izimpahla ngaphandle kokukhumula izingubo ngaphandle kokususa insimbi noma iplangwe. Odangara balunge nakakhulu, kanti amantombazane angagqoka izingubo noma iziketi.
- Izitulo zezingane zasemotweni kanye nama-stroller/ama-pram amaningi azosebenza kahle, inqobo nje uma ungakwazi ukubopha ibhande eliphakathi nendawo. Kungcono kakhulu abanzi.

UKUZE UBHEKE ULWAZI EKHAYA:

Ipheshana elinikezwa iziGuli lesi-2 - Izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.

KUZOKWENZEKANI ESIKHATHINI ESIZAYO?



Ukuhlala uyohlolwa ukuze kuqinisekise ukuthi izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zisangena kahle nokuthi izinyawo zisabukeka kahle. Lulungile noma iluphi uhlobo lwezicathulo noma ukuhamba ngezinyawo uma ingane ingafakanga izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane.

Umntwana wakho uzokhula enezinyawo eziqondile futhi eziphenduka kalula futhi akwazi ukugijima, ukuhamba nokudlala njenganoma iyiphi ingane.

Sincane isibalo sezingane ezizoba nezinyawo ezibhekene ezingavumi ukuqondiseka kalula neziphinde zibhekane ngesikhathi ingane ikhula bese idinga ukufakwa omunye ukhonkolo ngesinye isikhathi ihlinzwe. Yingakho kubalulekile ukuthi uhlale uyovakashela emtholampilo.

NGINGAKHULUMA NOBANI NGEZINYAWO EZIBHEKENE ZEZINGANE?

Imitholampilo eminingi nomsizi wasemtholampilo ozochaza ngezinyawo zezingane ezibhekene kanye nezindlela zokwelapha. Ngezinsuku zasemtholampilo uzohlangana nabanye abazali abanabantwana kanye nezingane ezisezigabeni zokwelashwa ezehlukene ozoxoxa nabo noma ungene ethimbeni lokweseka abazali.

Ukuze uthole olunye ulwazi mayelana nePonseti eNingizimu Afrika ngena ku-:

www.steps.org.za

www.clubfoot.co.za

www.ponseti.co.za

Kubalulekile ukukhumbula ukuthi wena, mzali, uyingxenywe ebaluleke kakhulu ohlelweni lokwelapha. Lokhu angeke kwenziwe ngaphandle kokuthi uqinisekise ukuthi ingane yakho ibonwa ngazo zonke izikhathi ezihleliwe. Ukhonkolo kumele ushintshwe kanye ngesonto bese izicathulo ezihlanganiswe ngensimbi noma ngeplangwe ziggokwe njalo ebusuku.

Uma udinga usizo noma ukwesekwa ngesikhathi sokwelapha, sicela uthinte umtholampilo noma ithimba eleseka abazali ukuze uthole ukucetshiswa kanye nosizo.

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:	<i>See Achilles tendon.</i>
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:	<i>See Syndromic Clubfoot.</i>
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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SOUTH AFRICA

UKUZIKHIPHA ECALENI

Le ncwajana yezinyawo ezibhekene zezingane eyokufundisa abazali ayenzelwanga futhi ayihlinzeki ukucetshiswa kwezempilo, ukuhlola nokuchaza ukuthi ugula yini, umbono wezempilo noma ukwelashwa. Le ncwajana ihlinzeka ulwazi jikelele ngenhloso yokufundisa kuphela. Ulwazi oluhlinzekwe kule ncwajana akulona olokuthatha indawo yokunakekelwa kwempilo noma longoti abafundele lo msebenzi, futhi akumele usebenzise lolu lwazi esikhundleni sokuthi uye emtholampilo, uyoxoxisana noma ucebise ohlinzeka ngensiza yokunakekela kwezempilo ye-Ponseti. U-STEPS angeke athweswe icala noma abe nesibophezelo ngenxa yanoma ikuphi ukucetshiswa , indlela yokwelashwa, ukutholwa kokuthi ugula yini nanoma iluphi olunye ulwazi oluthole kule ncwajana.

U-STEPS uthuthukise uhlelo lwe-Ponseti lwabaZali© ukuze kwesekwe imindeni ngolwazi olubalulekile kanye nokucetshiswa ukuze ukwelapha kube yimpumelelo.

Abazali kanye Nabanakekela Izingane babaluleke kakhulu ekutholakaleni kwemiphumela emihle, njengoba kuyibo abahambisa ingane emtholampilo, ababhekelela ukugcinwa kukasimende usesimweni esifanele ekhaya, ukubheka ukuthi ngabe zikhona yini izinkinga, ukuqinisekisa ukuthi izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane zigqokwe ngendlela efanele amahora angama-23 ngosuku ezinyangeni ezintathu zokuzigqokiswa lezi zicathulo futhi bazinikele ekutheni ingane yabo izohlala igqoke izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane ize ibe neminyaka emine.

U-STEPS wenzele lolu hlelo ukuthi lube olokufundisa abazali ngokusebenzisa izinsiza zobuchwepheshe ezahlukeni ezisetshenziswa emitholampilo yamasonto onke yezingane ezinezinyawo ezibhekene:

- U-STEPS ukhetha abacebisa abazali emitholampilo abaqeqeshelwa ukuqonda izigaba ezahlukeni zokwelapha nokuthi babeseke futhi babeluleke kanjani abazali. Uhlelo lwe-Ponseti lwabaZali© luhlizeka ngolwazi mayelana nezinyawo ezibhekene kanye nendlela yokuziqondisa, ukuthi yini ongayilindela, nokuthi kubaluleke kangakanani ukuzibandakanya nokuzibophezela kwabo ekutholakaleni kwemiphumela eyimpumelelo.
- Amapheshana okuyiwa nawo ekhaya anika ulwazi futhi enza kusebenzeke kalula, futhi aphinda umlayezo woveluleka abazali. Kukhona izithombe eziningi ongabuka kuzo ukuze kube lula ukuthi bezwe kahle lokhu okubhaliwe.
 - Abazali abaqalayo bazogoduka namapheshana okunika ulwazi anolwazi oluyisisekelo mayelana nezinyawo zezingane ezibhekene, umbiko jikelele wohlelo lokwelapha, kanye nesigaba sokufaka ukhonkolo.
 - Amapheshana okuyiwa nawo ekhaya okunika ulwazi esibili awokuqala kwesigaba sokugqokiswa izicathulo ezihlanganiswe ngensimbi noma ngeplangwe zokuqondisa izinyawo ezibhekene zezingane achaza ngokugqokwa kwalezi zicathulo futhi achaza indlela yokugqokwa kwalezi zicathulo, uhlelo okumele lulandelwe, kanye nokubaluleka kokulandela okuyaleliwe ukuze kugwenywe ukuphinde kubhekane izinyawo futhi.
- I-DVD ingakhonjiswa emagunjini okulinda ngaphambi kokubonwa emtholampilo azodlulisa imilayezo efanayo nale ozoyithola kwabeluleka abazali kanye nakumapheshana.
- Kukhona ihosta elungiselwe ukuthi isetshenziswe emitholampilo yokunakekela izingane, emitholampilo yabantwana abasanda kuzalwa, ezikhungweni zokugoma, njill. Lokhu kuzosiza ukwazisa ukuthi ziyelapheka izinyawo ezibhekene zezingane, ukuchazwa kokuthi ziqondiswa kanjani, nokuthi ungaya kuphi ukuze uthole usizo.

U-STEPS uzinikele ekwesekeni abazali kuhlelo lwe-Ponseti yabaZali© luyindlela yethu yokuqinisekisa ukuthi kutholakala imiphumela emihle ezinganeni ezinezinyawo ezibhekene.

Lolu hlelo lungazwe futhi luvunywe umqondisi wezempilo wakwa-Steps: UDkt. Jacques du Toit

