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Ukungakwazi ukuzibamba

Ukungakwazi ukuzibamba kunokuba kuyaxhalabisa kwaye kwenza iintloni kumntu onesifo sengqondo esixhalabisayo, kwakunye nokuba phantsi koxinzelelo kumntu okhathalela lo unesifo sengqondo esixhalabisayo. Nangona kunjalo, kukho iindlela eziliqela zokuphucula le meko kumntu wonke ochaphazelekayo. Nazi ezinye iingcebiso.

Ukungakwazi ukuzibamba ayilo phawu olungaqinisekanga lwesifo sengqondo esixhalabisayo.

Kukho izizathu ezininzi zokuba umntu onesifo sengqondo esixhalabisayo angakwazi kuzibamba. Kubalulekile ukufuna ingcebiso ngoko nangoko, kunye nokuqinisekisa ukuba umntu lowo unesifo sengqondo esixhalabisayo kunye nalowo umgcinayo bafumana uncedo olululo kwanenkxaso eyiyo.

Ukungakwazi kuzibamba kwenzeka xa umntu elahlekelwa kukulawula isinyi (ukungakwazi ukubamba umchamo) okanye amathumbu abo (ukungakwazi kubamba ituwa).

Abantu basenokuba neengxaki kuba bayalibala ukuya kwindlu yangasese, benza iphutha ngezinye izinto ezinje ngebhasikiti yamaphepha bacinge ukuba yindlu yangasese, bangazi ukuba iphi okanye abasayiqwalaseli into yokufuna ukuya endlwini yangasese.

Oku kusenokwenzeka ngamaxesha onke okanye ngamaxesha amaninzi okanye ngaloo maxesha. Ukungakwazi ukubamba umchamo kokona kuqhelekileyo kunokungakwazi ukubamba ituwa. Kokubini oku kusenokwenziwa ziimeko zomzimba ezinyangekayo, ngoko ke inyathelo lokuqala kukuya kwagqirha, eklinikhi okanye kwiZiko lezeMpilo loLuntu.

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limeko ezinyangekayo

- Kwiimeko ezinokwenza ukungakwazi ukubamba umchamo kukho ezi zilandelayo:
- Intsholongwane kummandla womchamo. Oku kusoloko kuphendula kunyango ngeyeza.
- Imeko yedlala lobudoda kumadoda. Kule meko kusenokucetyiswa uhlinzo.
- Iimpembelelo ezingezizo kumachiza. Oogqirha basenokuwatshintsha amachiza okanye batshintshe ubungakanani bokuthatha amachiza lawo.
- Ukuqhina okumandla kusenokwenza uxinzelelo esinyini, kwaye kusenokukhokelela ekungakwazini ukubamba ituwa. Ukutya ukutya okutyebileyo kwifayibha, ukusela amanzi okanye ulwelo oluninzi kunye nokuzilolonga okanye ukugcina umzimba usebenza, konke oko kuza kunceda kakhulu.

Ezinye izizathu ezinokubakho ekufuneka ziqatshelwe:

limeko zonyango/zokhubazeko

- Ukufa kwelungu/kwamalungu omzimba, iSwekile, iDumbe

Ukhubazeko emzimbeni

- Lunokuthintela umntu ekubeni aye endlwini yangasese ngokukhawuleza

Amayeza/amachiza

- I-Diuretics
- Amayeza/amachiza okulala kunye namayeza/namachiza anciphisa inkxalabo anokuzinzisa izihlunu zesinyi.

Izinto eziselwayo

- Ukuphunga iti okanye ikofu kakhulu kunokusebenza njenge- diuretic.
- Musa ukungahoyi ukusela ulwelo/amanzi. Ukoma kusenokukhokelela kwiintsholongwane zommandla womchamo kunye nezinye iinzima.

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Ezinye iintsusa zoncedo

- Apho kungekho nyango lukhawulezayo, ugqirha usenako ukunika ingcebiso. Umntu onesifo sengqondo esixhalabisayo usenokubhekiselwa kumongikazi woluntu.
- Kuyanceda ukuzola kunye nokuba izinto zibe zeziqhelekileyo xa uphethe umba wokungabi nakuzibamba. Soloko ukhumbula ukuba ayilo tyala lomntu onesifo sengqondo esixhalabisayo.
- Amaqhinga aluncedo
- Anokuquka la alandelayo:
- Ukukhumbuza umntu lowo ukuba aye endlwini yangasese okanye ukubasa kwindlu yangasese ngamaxesha aqhelekileyo emini.
- Ukungakwazi ukubamba ituwa ngamanye amaxesha kunako ukulawulwa ngokusa umntu lowo endlwini yangasese ngexesha elibekiweyo, ukuba ngaba imikhwa yabo iqhelekile.
- Ukuthatha impahla eyenye xa kuphunywa, ukwenzela xa kunokubakho ingozi yokungakwazi ukuzibamba.
- Ukuqaphela ukuba iimpawu ezinje ngokungakhululeki, ukwehla esonyuka okanye ukutsala iimpahla, oko kunokubonisa ukuba umntu lowo ufuna ukuya endlwini yangasese. Qaphela iimpawu nesiqhelo, uze ucwangcise ngazo.
- Qiniseka ukuba kulula ukubona indlu yangasese, kwanokuba kulula ukuyisebenzisa. Ingcali yokunyanga ngemiba enxulumene nomsebenzi isenokucebisa ngezixhobo ezinje ngeentsimbi zokubambelela.
- Qinisekisa ukuba lo mntu unempahla enokususwa ngokukhawuleza nengaqhotyoshwayo. Izixhobo zokuqhubosha ezinqomfayo endaweni yooziphu namaqhosha kunokuba lula ukuzisebenzisa ukuba ngaba umntu lowo uyakwamkela oko.
- Mnike ixesha elaneleyo lokuba sendlwini yangasese.
- Musa ukumnika iziselo phambi kokuba umntu lowo aye kulala ukuba ngaba abakwazi kuzibamba ebusuku. Nangona kunjalo, kufuneka uqinisekise ukuba basela ulwelo/amanzi amaninzi emini.
- Qinisekisa ukuba akukho ziphazamisi, ezinje ngefentshala ebekwe nje endleleni kunye neemethi ezithe saa endleleni yomntu lowo okanye iingcango ekunzima ukuzivula.
- Qinisekisa ukuba umntu lowo uyayazi ukuba iphi na indlu yangasese. Uphawu olusecangweni lunokuba luncedo – imifanekiso isoloko ingcono kunamagama, okanye nika izikhumbuzi.
- Ukuba kuba nzima kakhulu ukuba umntu lowo aye endlwini yangasese, okanye ukuba ikude kakhulu, kuya kuba luncedo ukusebenzisa itshemba.

Izixhobo zokungakwazi ukuzibamba

Ukuba ukukhuthaza umntu lowo ukuba aye endlwini yangasese ngamaxesha aqhelekileyo akwanlanga ekunqandeni ukungakwazi ukuzibamba, kukho iindlela ezininzi onokuzenza ukwenza ukuba umntu lowo azive ekhululekile, uze ukhusele izinto ezinje ngempahla kunye nezinto zokulala. Iim-

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veliso zokungakwazi ukuzibamba zingathengwa ekhemesti.

- Ungakhusela umatrasi ngesigqubuthelo esikhusela ukuba amanzi aye ematrasini, kodwa qinisekisa ukuba asidibani nolusu lwalo mntu, kuba ngokwenjenjalo siza kwenza ubuhlungu. Zikhona nezigqubuthelo ezizodwa zokukhusela iiduveyi nemiqamelo.
- Amashiti angaphantsi afunxayo, nanokuphinda asetyenziswe awenzelwe iibhedi nezitulo enza ukuba umntu lowo angqengqene okanye ahlale kwindawo eyomileyo.
- Imiqamelwana efunxa ubumanzi kunye neebhulukhwe zamadoda nabasetyhini zinganxitywa emini nasebusuku okanye ebusuku qha, zigcina indawo ekufutshane nolusu lomntu lowo yomile. Kubalulekile ukuqinisekisa ukuba ezi zizifunxi ezizizo, ezingatyabuliyo, kwanokuba zitshintshwa ngamaxesha onke xa kufuneka.

Ucoceko

Ukungakwazi ukuzibamba kusenokukhokelela ekutyabukeni kolusu, kwaye kunokwenza ukuba umntu lowo azive engonwabanga konke konke. Ukuba bamanzi okanye bamdaka, bancedise ekuhlambeni ngesepha ezolileyo namanzi adikidiki, uze ubosule ngenyameko phambi kokuba ufake imiqamelwana emitsha kunye nempahla ecocekileyo. Imiqamelwana esetyenzisiweyo kufuneka ifakwe kwisiququlathi esisiso, ze yona impahla nezinto zebhedi ezimdaka zihlanjwe kwangoko, okanye zisowukishwe kwisiququlathi esivalisisiweyo ide ibe iyahlanjwa.

Ukudideka

Abantu abanesifo sengqondo esixhalabisayo baphendula ngokwahlukileyo kumava okungakwazi ukuzibamba. Abanye abantu bakufumana oku kuxhalabisa kwaye kusenza iintloni; Abanye bakhangelleka beyamkela le meko. Abanye abantu baye bazame ukufihla ubungqina. Basenokuzilahla iimpahla ezimanzi okanye ezimdaka, okanye basenokuchama kwindawo engalunganga enje ngomgqomo wenkunkuma kuba becinga ukuba yindlu yangasese. Basenokudideka ngummandla obangqongileyo. Nangona uza kuyifumana le meko ixhalabisa, ayiz'ukuninceda nobabini into yokuba nibe nomsindo.

Aba bantu abanakuyinceda le ndlela yokuziphatha. Baza kufuna inkuthazo kunye nenkxaso yakho.

Iimvakalelo

Ucoceko lomntu ngumba oyimfihlo yomntu kuthi sonke. Abanye abantu bakufumana kunzima ukwamkela ukuba banokufuna ukuncedwa ngomnye umntu, nditsho nomntu osondele kakhulu kubo, yiyo loo nto yenza ukuba lo mba wenze uxhalabise kakhulu.

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Zama ukuba ungakhathazeki okanye ungacaphuki nokuba imeko ibisitsho. Kufuneka ube nononelelo novakalelo xa unceda umntu ngendlela esondele kangako. Ukuba ufumanisa ukuba kunzima ukulawula iimvakalelo zakho, kuchaze oku kwiqela lenu lenkxaso. Kubalulekile ukuba ungenzi ukuba ukungakwazi ukuzibamba kube ngumqobo kubudlelwane benu.

Musa ukumenza iintloni umntu lowo. Kungcono uthi “kukho into ekuchitheleyo. Masitshintshe ibhulakhwe yakho endaweni yokuthi “uzichamele!”

Funda amagama okanye amabinzana “avuselela” umntu lowo, umzekelo, basenokuthi “Andazi ukuba mandithini” xa befuna ngenene ukusebenzisa indlu yangasese.

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