**OKHUFUCHIRIRA OKHUSHIRIKIANA NI NAFWE MU OMURADI KWA WASH BENEFITS**



**INYANGA YA KHAKARI BWA OBULWALE OBWA MAZINGIRA MU OBUANDISHE**

**Eshirwe Eshiobuhabilishi:** WASH Benefits – Okhusaba amakhono, Obusirihi obwamatsi, Obusafi bwa Mungo, nende Okhulia nende Okhupima Matokeo Murisafu mwa Kenya (nomba Omuradi kwa Obulamu bwa aBaana).

**Okhwebula**

Elira Lianje ni \_\_\_\_\_\_\_\_\_\_\_\_\_\_, [*Elira*], khurula Innovations for Poverty Action (IPA) kuli mutsitauni tsia [KAKAMEGA nende BUNGOMA]. Ekholanga emilimo nende Clair Null okhurula mu University ya Emory. Embanganga [*Khupangangaa*] okhwitsa okhulonderera khu mkanda kwefu kwo okhukhabirisia, nokwa emulanjire ano.

Khukhusayanga witse mu ameko kano shichira khwabukula habari ya bandu mungo mwo ne khwekomba khumanya zaidi okhukhula khwo omwana wo buli.

**Lichomo**

Eshifune shiya elioko lino ni okhuhabirisia khu obulamu obwa bana khuluokhwenya okhumanya nga olwa ebindu abikhusialo khuno binyala okhunyasia okhukhula nende obulamu bwa bana. Khukholanga obukhabilisi khu obulwale bwo okhunyalala ne khubilila khu obukhabilisi buno khwenya khweka amatokeo ka amalwale ko okhunyalala khu abana. Khwikombere okhumanya matokeo akeimberi eyo khu mwana nanyalala. Khwikomba khumanya nga ebiakhulia Fulani nomba khulia nomba obulamu bubwe bwosi khunyala kwingirana nende khunyalala nomba obulwale bundi.

Khandi khukholanga obukhabirisi khu bindu bia abana banyoolanga khurula khu bebusi babwe nengalwa bibakholeranga ni bakhuyana nende obulwale obutinyu nga malaria. Abana banyoolanga ebindu binji khurula khu bebusi nende bakuka nende bakukhu. Obunji bwa bandu bamanya ebima bierwanyi nga oburambi. Abaana bosi banyala khunyola ebindu bindi okhurula khu bebusi nga khuba ba mani nomba abadofu khukhuyana nende amalwale Fulani. Khunyola ebindu binokhurula khu bebusi bilakhonya banasayansi khukasia emisaala micheni nende obuchanjo bwo malwale kano.

Khwenya okhukhola obukhabilisi mu amatsai, ichoo, eliswi, amenyali na amare ko omwana wuo okhumanyia okhulia khwe, amalwale nende obulamu bwe. Khandi khwenya khumanya ni kahaba efipimo ebya amare, eliswi, amatsayi nende amenyali kanyala okhumanyia obulwale, amaparo nende obulamu.

**Tsinjira**

Khulwa okhunyola eshiakhwenyanga mu elieko,noba wiyama ukhuinga nefu, khulabukula efipimo ebya amatsayi, eshinyeka nende amenyali ko mwana wuo. Nokhuesia irusa iyo khunyala okhubukula khandi efipimo ebya, amare tsinyanga 4, nende eliswi okhurula khu omwana uwo nende amenyali, amare tsinyira 4 nende eliswi okhurula khuiwe mwene. Khurula khu matsayi, khulapima efipimo fya ebikhulia, ebindu bimanyia ebindu ebya abaana babukula khurula khubebusi ne khulamanya kakhaba omwana wuo anyolile obulwale bwosi bwosi. Eshipimo shya amenyali shilakhukhonya okhumanya kakhaba omwana ali nende obulemu bwosi bwosi khulelungwa nende okhunyalala.Khulabukula eshipimo eshia eshinyeka shio omwana no obukhonyi bubwo okhupima obulwale shinga tsinzokha etsia munda. Eshipimo eshia amare shilakhukhonya okhumanya tsishida tsirerungwa nende amalware nende amaparo.

Nofuchirira khwiunga, afisa wefu alareba amarebo matiti kalabukula efise efie tsidaka ekhumi nende tsirano ne ahuleshere ichupa eya okhubukula ichoo ne akhuwe amalako akawalehonyera ohubukula ichoo eya omwana wuo. Walekhonyera amalako ako okhubukula ichoo mkamba asubuhi, nikaba mbu omwana yalatsia muchoo eshikundi eshia maafisa kefu neshsiri okhula ichoo eyo yenyekhana mwana atsie khu nomba mu idaipa ne walekhonyera eshindu eshia plastiki okhubukula eshipimo shititi eshia ichoo eya omwana yahatsia efise efio okhuchakira akulu wako noraa mu ichupa. Afisa wefu yalabukula ichupa eyo nende idaipa irumishirwe nende efipimo findi fiosi. Okhulondana nende iruhusa yao khandi khulabukula amalasire matiti kaera (tsimililita 5) okhurula khu omwana wuo. Khunyala khandi okhubukula amalasire matiti (tsimililita 5) khurula khu omusii kukwo. Khunyala okhubukula khandi efipimo ebya amalere mara 3 khurula khuibe nende omwana uwo etsisaa kabula, nikhutsiriranga nende khwakhamala okhubukula amatsai. Khandi afisa wefu yalapima obusiro obwa omwana niyekhonyera ikilo, apime oburambi bwe niyekhonyera olubao olwa ohupima oburambi nende obukhomefu obwa omurwe nende obukhomefu obwa omukhono niwekhonyera ifuti, nende okhubukula efipimo efya afya singa ‘presha’ ya matsai, okhuratsa oluya nende omukhupo kwo omwoyo. Khandi afisa wefu yalakhupima obusiro nende oburambi nende obukhomefu bwa akrikari bwo akulu wo omukhono kwo, efipimo fya afya singa ‘presha’ ya amatsai, okhuratsa oluuya nende omukhupo kwo omwoyo. Amatokeo akokhupimwa ‘presha’ ya matsai nende omukhupo kwo omwoyo olakhebwa isaa iyo.Afisa wefwe alabukula Liswi lilio nende lio omwana wo. Efise fiosi efia khulekhonyera khu inyanga ino ni amasaa 3.

Mkamba, khurakhusaba obukule amenyali kako aka asubuhi etsisaa tsiolabukha. Mpangilio kulaba okhunywesia omwana wuao amatsi ke isukari nende okhubukula eshipimo eshia amenyali khuu masaa karano. Ewe nga mama wa omwana walasabwa okhulisia omwana wuo lisa lala nikhushiri khumunywesia amatsi ke isukari. Ne isaa eya omwana alalitsanga tawe khulatisia omufuko okwa okhutasia amenyali okuli nende eshipira eshia okhubisia amenyali (echesia mufano ) khu mwana. Khandi khula bukula efipimo efya amare khu omwana. Alafu khula esia omwana amatsi keisukari nende okhubukula amenyali khu masaa karano. Efise fiene ngolwa khumala humunywesia amatsi ako. khulahusaba otinyisie omwana ohununa nomba ohunywa amatsi tsidaka amahumi kataru niyahamala ohunywa amatsi ke isukari hi kamuhonye ohwinyala. Afisa wefu yalarisua amenyali ohurula mu eshifuko, omwana niykahenyala. Amenyali kalabukulwa khu masaa karano ne nikahabwa eshifuko shilarusibwa khu omwana. Khu masaa karano ako kohutasia amenyali, olarebwa amarebo okhulondana nende efiokhulia nende emima echio okhulia munzu yiyo. Olarebwa amarebo amaparo koko okhulondokana nende emima echia ewenyu chinjirananga nende obulamu obwo mwana. Amasaa akakhula rumushira mukamba ni 7 mujumula.

Baadaye, mu laboratory, khulapima amalasire ako mwana, eshinyeka, amare, eliswi nende amenyali, khandi efipimo bya amalasire,amare, eliswi nende amenyali kako okhumanya ihali eyokhulia, amalwale nende obulamu.

**Bikha Bio bukhabirisi:** Iwe khuba mu mradi kuno khulakhubukula amasaa 10 tsinyanga tsibili

**Owobukhabirisi bukholerwa:** Nyangaino,emipango chiosi chiobukhabirisi chilekholekha habundu hano , ne mkamba khulalhuchendera hango wuwo.

**Obukhonyi**

Nochama okhuchiba amarebo kano bubulao obukhonyi bwosi bwosi bwaulanyola ne olaba nokhukhonyanga okhumanyrisia obukhonyi khu bulamu khulondokhana nende obulwale bwo okhunyalala nende shingana ebiokhulia, okhulia nende tsinjiar etsia obulamu mujumula binjiranaga nende okhunyalala nomba obulwale bundi.

**Hatari nende obulebulira**

Hatari inyala okhululirao, obulebulira, nende ebinyalao okhurulirao ne ebilondakho khwama huvuenjelesi vili:

* Amarebo kandi akandakhureba kalaba akabinafusi noba akalekhana omundu undi okhuulira khubera katira khu obulamu bwawo. Onyala okhuhulira obubi khu makhuwa kandi. SShili mbu ni lazma ochibe amarebo nomba wiunge nende okhubola/ameeko nolenyere ne khandi nobulayi. Shili lazma okhubire khulwa shina showeyere okhuchiba amarebo kosi tawe nomba showenyere okhuba mumeeko tawe. Amajibu kao khulakabikha andiyu ngalwa khunyalirwa, ne khupara mbu hatari ya ewe okhuba mu obukhabirisi buno ni obututu muno
* Omwana wuwo anyala okhubula okhuchama amatsi akeisukari kata kakhaba kalimo isukari ya kawaida ne indayi.
* Okhubukula amalasire inyala ukhuchira omwana aulire obululu atiti khulwa okhufumurwa isindani,nomba obulwale lakini shili buli lwosi tawe. Okhupungusia amakhuwa kano, amalasire kalabukulwa nende mtalaamu.
* Omwana wao anyala huba nende ubunyakhani butiti khulwa eshipira eshiohutasia amenyali khu masaa karano
* Hulaba nende itabu inditi khulwa ohubikha amakhuwa kosi khuba isiri.

**Obubinafusi**

**Okhufunaka obubinafusi:** ngalwa obukhabirisi bwosi, sinyalakhubawo sikha esiabubifusi bulanyala khulindwa tawe; halari, khutemanga ngalwakhunyalirwa okhubulinda.

* Obukhabirisi bwao khulatema ngalwakhunyalirwa khubulinde mu bubinafisi. Na si kwitsa okhurumbula elira lio khu omundu yesi yesi tawe

Okhulonderera khu hatari eyo bubinafusi, abalanyalirwa khula ireporti ikhusiyana ni nawe balaba abakholi ba IPA balala nande abemirisi bo mukanda. Esimanyisio siosi siosi silahakhasibwa nende makalusio kao kandi, kho abemirisi bo mukanda ni abalanyalirwa okhulonderera khulkalukha khu iwe. Ne amakaratasi kosi kalaba nende iripoti yawo khulaifungira abundu andiyu. Ne yosi yosi ibukulirwa khu Ikomputa ilaba encrypted. Iripoti yao ileresibwa okhulondakhana nende amalako

***Okhutong’a nende tsirekodi tsiobukhabirisi :*** Amalasire, eshinyeka, amare, eliswi nende amenyali ako mwana wuwo nende efipimo ebya amalasire,amare, eliswi nende amenyali kako na fibikhwe khuluono lo obukhabirisi nabuwe***.* Kachira tsinjira etsia laboratory tsimbia natsibeho okhukhonya okhumanyirisia obulwale obwo khunyala shinga la bunyasia obulamu bwa abaana. Habari inyolekhana okhurula khubukhabirisi ilanyana okhukabanwa nende mashirika kandi kakhaba bekomba lakini khulahakikisha khubikha habari yiyo obulayi nende obubinafsi shinga lwa khuborere khale. Efipimo binyala okhuyirwa mmataifa ke ehale bila irusa iyo.**

**Oli ne haki yokhukhaya efipimo fyo mwana wo ebya amastayi, ichoo, amare, nende amenyali khubikhwa mubutafiti bwa amatukhu kaimbeli.**

Okhurungwa

Sholarungwa khulwokhuba mu mukanda kuno tawe.

**Obunyali**

***Okhuba mu mukanda kuno no khwenya khukhuo.*** Oli nende obunyali bwokhukhaya nomba okhurula mubukhabirisi buno nolakosiakho shiosi shiosi shioba nokhonyerwe okhunyola.

Amarebo

Nomba namarebo inyuma wefu, onyalakhupira WASH Benefits khusimu ino 0728-716-661. Noba noli namarebo kandi khulondekhana nende obunyali bwawo, onyala wakhupira KEMRI Ethics Review Committee khu 0722-205901 nomba 0733-400003.

Khandi nomba noli namarebo khulondokhana nende obunyali bwawo nga mulala owo bukhabirisi buna onyala khupira iofisi ya UC Berkeley’s Committee for Protection of Human Subjects, khu 510-642-7461 noba [subjects@berkeley.edu](mailto:subjects@berkeley.edu)*.*

**OKHUCHAMA**

Wakheresibwa ekopi ye ikaratasi yo khuchama.

Nochama okhuba mu bukhabirisi buno, sinia mani wandike itare hasi awo.

Nochama kwakhayanza wandike elira lio isaini nende itare ilondakho.

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Olwala

Elira liawo *(please print)* Itare

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Isaini Itare

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Oubukula obuchami buno Itare

Nofuchirira omwana wuo khwiunga, chama ololesie mumaboksi kali asi ano khumanyia ebindu ebio wiyamire okhukhola.

**Ohubukula amenyali |\_\_|mama |\_\_| omwana**

**Ohubukula amalasire |\_\_| mama |\_\_| omwana**

**Ohubukula ichoo |\_\_| mama |\_\_| omwana**

**Ohubukula amabeere akohununia |\_\_| mama |\_\_| omwana**

**Ohubukula eliswi |\_\_| mama |\_\_| omwana**

**Okhubukula amare |\_\_| mama |\_\_| omwana**

Okhweinia

**Okhubikhwa okhwa amenyali efise efirambi |\_\_| mama |\_\_| omwana**

**Okhubikhwa okhwa amalasire efise efirambi |\_\_| mama |\_\_| omwana**

**Okhubikhwa okhwa eshinyeka efise efirambi |\_\_| omwana**

**Okhubikhwa okhwa amare efise efirambi |\_\_| mama |\_\_| omwana**

**Okhubikhwa okhwa eliswi efise efirambi |\_\_| mama |\_\_| omwana**