

**Eye conditions and treatments: preventing blindness in Kenya through primary health care. Colour lithograph by Ministry of Health, ca. 2000.**

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# Zuia Upofu

## kupitia huduma ya afya ya msingi



### Kuumia

#### Mfano Hali / Matibabu

##### Kuingiwa kitu jichoni

1. Ondoa hicho kitu taratibu
2. Muwekee dawa ya macho
3. Mague siku inayofuata
4. Msafirisha kama huwezi kuondoa



##### Kukwanguliwa kioo cha jicho

1. Muwekee dawa ya macho ya mafuta kutwa mara tatu kwa siku tatu.
2. Funga jicho na kitambaa safi
3. Siku tatu kama hakuna nafuu msafirisha mgonjwa



##### Damu ndani ya jicho

1. Funga jicho na kitambaa safi
2. Mpumzisha mgonjwa kitandani siku 5
3. Msafirisha kama damu haijaondoka



##### Kuchubuka mfuniko wa jicho

1. Angalia jicho la pili kama haikuumia
2. Funga kitambaa safi na pazia
3. Mpe mgonjwa dawa
4. Msafirisha mgonjwa



##### Kuungua (Maji makali au moto)

1. Haraka sana mwaigilia jicho na maji safi
2. Muwekee dawa ya macho ya mafuta
3. Msafirisha mgonjwa haraka



##### Kupasuka jicho

1. Usimuwekee dawa yoyote
2. Funga na kitambaa safi
3. Mpe sindano ya kuuu wadudu
4. Msafirisha mgonjwa haraka



### Matatizo ya ghafla

#### Hali / Matibabu

##### Mfano

##### Kuvimba ngozi laini na kutoa usaha

1. Safisha macho mara kwa mara
2. Weka dawa ya kuuu wadudu
3. Siku tatu kama hakuna nafuu msafirisha mgonjwa



##### Kuvimba ngozi laini kwa mtoto mchanga

1. Safisha usaha kila mara
2. Weka dawa ya matone ya kuuu wadudu
3. Mpoke sindano ya kuuu wadudu
4. Mtoto na wazazi wasafirisha hospitalini



##### Kidonda cha kioo

1. Weka dawa ya kuuu wadudu ya mafuta
2. & 3 kama ni mtoto mpe kidonge cha vitamini A (200 00 IU)
4. Msafirisha mgonjwa haraka



##### Upofu kwa kukosa Vitamin A

1. Mpe kidonge cha vitamini A ameze na siku inayofuata (200 00 IU) rudia tena baada ya majuma mawili
2. Msafirisha mgonjwa haraka sana



##### Jicho jekundu linalouma na kupungua nguvu ya kuona

1. Msafirisha mgonjwa haraka sana



### Matatizo yanayoanza polepole

#### Hali / Matibabu

##### Mfano

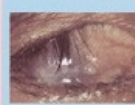
##### Trakoma

1. Safisha macho mara kwa mara
2. Weka dawa ya macho Tetracycline 1% au 3% kila siku
3. Watu wote wa jamaa ile wapimwe



##### kope kukunjikia ndani sababu ya trakoma

1. Ondoa kope zinazokwangua
2. Weka dawa ya macho kila siku
3. Msafirisha mgonjwa



##### Uvimbe pembeni mwa mboni (Pterygium)

Msafirisha kabla mboni hajaumizwa



##### Ukosefu wa Vitamin A

1. Mtoto apatiwe kidonge cha vitamini A kwa siku na baada ya siku saba (2000, 050 IU)
2. Shauri wazazi kumpatia mtoto vyakula vyenye (viini vya) vitamini A kila siku



##### Mtoto wa jicho (cataract)

Msafirisha mgonjwa kama hawazi kuhesabu vidole umbali wa meta 6 au chini yake.



Wagonjwa wote wasioweza kusoma umbali wa 6 / 18 au chini waonwe na daktari • Ni marufuku kutumia dawa yoyote yenye Steroids kama haikuandikwa na daktari