

Aikin Gyaran Ponseti (Tsarin Ponseti)

Bugu nà uku



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Lynn Staheli, MD



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Gabatarwà

Wannan ne bugu na uku da Kunguyar Taimakon Duniya – Masu aikin Littafin bayanin Ponseti. A shekara dubu biyu da hudu mun buga sigon turanci daya à rubutun bugùn kusa kuma da (PDF) akan faifai na inji kwakwalwa (www.global-help.org). Wajen dubu ashirin cikakken bugun kusa a kala da juyi a harsuna biyar ne aka rarraba a kasashe da sun fi dari.

Ya fi dubu dari bugù na PDF à harsuna goma sha biyu da suka yi daga kasashe da suka fi dari da hamsin.

Wannan sabon shirye – shiryenmu ya ba da wannan bugùn kamar kashi daya a wani dakin karatu mai littattatai ashirin da shida da wasu sanarwa da aka kafa a cikin bugù daya. Wannan dakin karatun C.D ne zai ba da samun labaru daga inji mai kwakwalwa saukì, kuma mafi yawan samu a ko ina, musamman à kasashe masu tasowa da labaru kadan ko rashin labaru daga inji mai kwakwalwa.

Wannan sabon bugùn ne aka yi don à hada labaru na kwanan nan da abubuwan da ke ciki, mai da fassarai sauki, a kara ala'adu da yawa, kuma a kara labaru akan inji mai kwakwalwa. Mu yi gyaren-gyaren hanyoyi kamar nunawan amfani aikin gyaran Ponseti à jarirai mafi tsufa kuma da kwancen kafa mai wuya. Don a mai da fassaroci su fi sauki, mu ba da wani wuri wanda ya fi babba wà ko wane shàfi3. Mun yi wani adureshin inji mai kwakwalwa wanda za' a iya tuna da sauki na www.orthobooks.org.

Ina so in yi wa mutane da suka kara tamaikon shāwārari godiya. Na yaba da izini da Likita Pirani ya bāyar domin hadan kanashunonin littafi Uganda nā mu a wannan dab'I, shi kuwa ne ya sa wanan bugun yafi fahimta kuma ya zama na ala'adu da yawa. Na kuma gōdè wà Likita Morcuende akan sanin shi da ya kamata kuma da tamaikon shi da mayarda abubuwa cikin wanna sabon bugù daidai da na aikin gyaran Ponseti na yanzu daga Iowa. Na kuma yabà dà Helen Schinske waccè ta ba da gwanunta a rubutun Littafi da gungùn mutane da suka buga wanna bugù (McCallum Print Group) domin buga wanna bugù a wani rangwamèn kudi.

Mun yi murna da mun shìga à mai da aikin gyaran Ponseti ka'idàr à àikace kō inā cikin duniya.

Na yaba da mutane wadanda suka yi fassara wannan dab'I a wasu harsuna, wato ya ba da ingantai kan labaru a inji mai kwakwalwa akan dab'I a kasashe da yawa.

Mukàn yaba da ganinku kuma da shawarwarinku.



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Shekara dubu biyu da tara.



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Kunḡiyar Taimakon Duñiya ta ba da labarun a koshin lafiya a kyauta a kasashe masu tasowa kuma da taimako a mayar (da) wannan il'imin likita abin da za' a iya samu ko ina cikin duniya. www.orthobooks.org

Wasu Matàimaki

Ignacio Ponseti M.D.

Likita Ponseti ya yi wanna hanyar gyare-gyaren ta fi bayan shekara hamsin da sukà wucè kuma ya yi jiiyyar durrukàn jarirai a wannan hanyar gyara, ya kwānan nan fūrofēsà Eméutua a Jamila na Iowa ya bada taimako a duk lokacin bugùn littafi kuma ya rubuta 'Tushen Aikin na kimiyya' Tushen Aikin kimiyya.



Jose A. Morcuende, M.D. PH.D. Wani

abokin aikin Likita Ponseti, Likita Morcuende ya ba da littafi na aikin gyara kuma shawarà a duk lokacin shirye-shiryen bugùn littafi.



Shafique Pirani M.D.

Wani matayi gāgarumi mai gane à aikin Ponseti, Likita Pirani shi ne dan yākin neman kuma mai fara yin amfani da wannan hanyar a Kanada (Canada). Ya kirkira5 wani dacen samfūr mai amfani wà aikin gyara na Ponseti a kasashe masu fasowa.



Vincent Mosca, M.D.

Likita Vincent Mosca ya ba da sashen 'Labaru wà Iyaye' kuma ya nuna inda ana mayar da kuma da gyaran kashi mafi babba cikin kasusuwa biyu (tibialis) daga gaban kafa (anterior)



Norgrove Penny, MD

Likita Penny ne wani matayi gagarumi wa shirin Uganda. Ya ba da taimako da yawa akan karan kashin lafiya a kasashe masu tasowa.



Fred Dietz, MD

Wani abokin aikin Ponseti, Likita Dietz ya hada suroci da sashen rubutun aikin gyare-gyare



John E. Herzenberg, MD

Daya à cikin likitocin farko da suka dauki rikin hanyar Gyare-gyaren kwancen kafa na Ponseti wàje dà Iowa. Likita Herzenberg ya hada rubutu da mīsalai wà sashica akan takalmin gyare-gyaren kwancen kafa kuma da hanyar warken kōmōwan cutar.



Stuart Weinstein, MD

Wani abokin aiki da ya dade na Likita Ponseti kuma dan yakin neman na aikin gyaran shi. Likita Weinstein ya kara shāwārurārī da taimako.



Michiel Steenbeek

Mallam Steenbeek ne wani mai ilimin gyare-gyaren kasusuwan jikuna da abin rike natarar jiki kamar takalmin gyaran kafa. Shi ne ya yi zanen takalmin gyaran kafa da aka yi da kayan aiki kuma da abubuwa wanda za' a iya samu da sauki a ko'ina kuma ya mayar da shi ab'un da zai ba da amfani a kasashe masu tasowa.



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Gyare-gyaren mu na kwancen kafa ya danganta da ilimin halittu jiki na nakasar kwance kafa da kuma yadda ilimin halittar jiki na kafa ya na aiki

Ilimin Halittu

Kwancen Kafa /Gurgun kafa ba cuta daga tayi ba. Wata kafa maif girma daidai ce ta juya kwancen kafa lokacin watanni uku na biyu a ciki. Yana da wuyan gane da hoton dubawan ciki kafin a kai sati na sha shida da lokacin da mata ta yi ciki. Saboda haka, kamar duwawu da bai yi girma ba kuma da kashin à lankwasa ban da wani dalili, kwancen kafa/ gurgun kafa wani nakasar da hana girma nè.

Wani sati goma sha shidan dan tayin na namiji da gurgun kafa a kafafua biyun mafi tsanani a hagu ne an nuna (1-daya) wani sashe a kafa daya da aka raba cir zuwa kasa – wasu kasusuwa dogaye biyu a kasa da kafa na kwancen kafa à hannu dāma [2] ya nuna wa jijjiya a cikin kashi a gaban kafa (tibionavicular ligament), kuma jijjiyoyi cikin kashi mafi babba a cikin kasusuwa biyu a kasa da kafa a baya. suna da kauri kuma sun hadu da gajeren tafin sau jijjuyar aikun kashin bayan kafa. Wata jijjiya (interosseus talocalcaneal) yana yadda ta kamata (daidai)

Wani karami hoton jijjiya cikin kashin gaban kafa da aka dauka [3 uku] ya nuna (collagen fibres) wasu abubuwa kwayoyi farare kamar a kananande da kuma sun cūshe tare cikin jijjiya. Kwayoyin suna da yawa kuma yawancin su suna da siffa kamar kwallaye (nuclei) Karin girma na ainihi sau dari hudu da saba'in da biyar (x475).

Sifar gabobin kasusuwa cikin yatsun kafar ne aka canja domin su yi daidai da wurin canja kasusuwa cikin yatsun kafa. Gaban kafa yana a juye zuwa kasa (pronation) shi ne ya sa tafin sau yana a kwance (concave, cavus) à lankwashewa.

Yawan lankwashewan kasusuwa cikin yatsun kafa su na nan a cikin juyawa daga gefen tsakiya zuwa wuri daya.

A cikin kwancen kafa, da akwai jān kashin kafa mafi babba a baya a kasada kafa da yawa yana aiki tare da (gastrosoleus).

Akwai Karin kwayoyi mai irin aiki guda da yawan (collagen) wasu kwayoyi farare a cikin kasusuwa, wanda mai yiwu ne su kai cikin agara kuma da taren tsoka mai kauri.

A kwancen kafa, jijjiyoyin baya da tsakiyar idon kafa kuma gaBobin cikin yatsun kafa suna da kauri kuma tsauri. Saboda haka ya sa kafar à hali wanda ya sa yatsun kafa sunaa juye zuwa kasa kuma wani kashi da sifa kamar jirgīn ruwa a cikin kafa tare da kashi cikin diddige suna a juyè zuwa tsakiya, kuma da ciki a juyè zuwa waje. Kamar yadda aka kifa kwarya. Girman tsokar kafa yana daidai a juyè da tsananin nakasar. À kwancen kafa mai tsanani (da yawa) za'a gan (gastrosoleus).

Kamar wata tsoka mai sita karama a sama na uku dà dambubū. Yawan (collagen) kolajen (wasu abubuwa da suka taru suka zama jijjiyoyi (da faran kala) a jijjiyoyi, wasu abubuwa kwayoyi da suka hada tsoka da nama, zai iya dage har'jariri ya kai shekaru uku ko hudu dà haihuwa kuma wana mai yiwuwa sa cutar (ta komo dawowa'sau da yawa) a yawan kōmōwa.

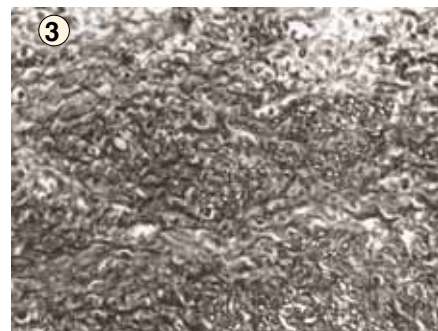
A karkashin madubi Likita, taren (collagen) da sun nuna wasu sifoci kamar kwallaye wanda akan kira (crimp) kirimp.

Wannan ne yana ba da saukin mikewan jijjiyoyin a jariri mikewa jijjiyoyi da hankali a jari-rai ba zai ba da ciwo ba. Wannan kirimp zai sake kōmōwa a kwanan kadan, bayan haka don a ci-gaba da mikewa, shi ne ya sa gyaran nafasar da sauki.

Kinematics

Nafasar kwancen kafa ko gurgun kafa yana faru a lokaci da yawa a cikin kasusuwan kafa wanda aka yi da (cartilage) wasu kwayoyi da suka hada suka zama kauri suna da iyawan jurè wa karfi suna a iyakar (flexion) halin lankwasuwa yadda kasusuwa dogaye wadanda sun zama gaBobin a kawo tare da juna, (adduction) juyawa zuwa tsakiyar kafa, kuma cikin à juyè zuwa waje lokacin halhuwa. (The talus) Wani kashi na biyu mafi babba a kafar.

Yadda aka nuna a jikin jariri mai kwanaki uku da haihuwa (hudu-a kashin shafi) kashi cikin kafa da sifa kamar jirgin ruwa (navicular) yana a juye daga tsakiya kuma a juyè tare da tsakiyar kan (talus) kashi na biyu mafi babba a cikin kafa. An iya gani (cuneiforms) a hannu dama da (navicular) kuma wani abu da sifa kamar kwayar sukārī yana a karkashinsa. GaBa cikin abu kashi abin da ya kamar kwayar sukārī ne an yi wà kwātancen daga baya zuwa tsakiya. Gaban kashi biyu a cikin uku kashin cikin diddige ne akan gani a karkashin (talus) kashi na biyu mafi babba a cikin kafa. Jijjiyoyin da suka hadu a cikin gaban kashi mafi babba a cikin kasusuwa biyu a kasa da kafa, jijjiyoyin cikin babban yatsun da jijjiyoyin cikin wasu yatsu suna nakasashe don haka sun juya daga tsakiya.



Ba ko wane digon motsi kamar wata gaBa a juye wuri daya (like a mitered hinge) Ne za' a samu ta juya'yatsun kafa ko a kwancen kafa ne ko kuma a kafar daidai. GaBobin cikin yatsun kafa suna aiki ko wace da kanta ne ba tare da motsin kashin cikin ko wane yatsa ba. Yin motsi da ko wane kashin yana tare da cirewan kasusuwa da suka dab da juna a lokacin guda. Yin motsi tare ya dogara da yadda kansu yana a gantsare kuma da yin aiki kuma da yadda sigar da jijiyoyin sun hadu. Ko wace gaBa tana da irin motsi nata. Saoda haka gyaran iyakar yadda, kasusuwa cikin yatsun kafa sun kau da kuma yadda suna a kifā a cikin kwancen kafa ya mai da shi dole a samu cirewan (narkula) wani kashi a cikin da sifa kamar jirgin ruwa kadan kadan a lokaci guda, (cuboid) wani abu da sifa kamar kwayar sukārī, kuma kashin ciikin diddige (calcaneus) kafin a juya su waje a wani wuri daye. Wadannan gyare – gyare sun na da sauki saboda jijiyoyin mai tsauri cikin yatsun kafan ne za iya mike da hankali.

Gyaran kasusuwan cikin kwancen kafa mai tsanani wanda sun yi motsi daga wuri zaman-su ne za' a bukar ganè irin áikin ilimin halittār jiki da yatsun kafa kuma da kafa – Akwai rashin sa' a saboda yawa cikin likitoci mai gyare – gyaren kasusuwan jiki (orthopaedists) da suna yin jiyya kwancen kafa suna da ra'ayi wanda ba daidai, ba akan cewa gaBobin cikin (subtalar) da gaBobin chopart suna a wurin juyawa guda wanda sun wuce daga tsakiyar gaba zuwa tsakiyar baya a layi guda sun kētā wani huje a cikin kashi (sinus tarsi). Sun amunce cewa da jiyawan kafar à rike à kife akan wannan layi a tsakiya ya tangadā gaban kafa a kārīn juyawa kafar zuwa kasa, don haka za' a iya gyaran juyawan kafa zuwa sama. Wannan ba haka ba ne.

Juyawan kwancen kafa a wannan ayi wanda ba za' a iya gani ba. Sakamakon wanna ne wani tsāgā a cikin diddige (hind foot) – à bayan kafa wato ya bari yadda diddige ta kau da zuwa tsakiya da rashin gyarta.

A kwanne kafa/gurgun kafa gaban kashin cikin dunduniya da diddige yana a kwance akan karkashin (talus) wani kashi na biyu mafi babba a tsakiyar kafa kusa da dunduniya. Wannan wurin ne ya sa da akwai nakasar (varus) kuma halin yadda yatsun sun juya kasa kuma mutum yana ta yin sanda (equinus) nakasar diddige da dunduniya kokarin tura kashin cikin diddige zuwa wajè ban da juyawarta daga tsakiya [2] zai danna kashi daga cikin diddige akan talus (wani kashi babba a cikin kafa) kuma ba zai gyara cutar cikin diddige ba. Halin juyawa daga tsakiyan kashi cikin diddige zuwa wuri daidai zamansa da (talus) [3] zai gyara nakasar kwance kafar.

Za' a samu gyaran kwancen kafa a isasshe da juye-juyen kafa zuwa sama lokacin da ana sà karfi akan gefen kan talus don a hana juyawa talus (kashi na biyu mafi babba a cikin kafa). Wata filastar simintin gyaran kafa kwarai ne zai rike kafar a wuring gyārawa sosai. Kada a mike jijiyoyin fiye da karfinsu. Bayan kwanaki biyar za' a iya sake mike jijiyoyin don a kara yawan gyaran nakasar.

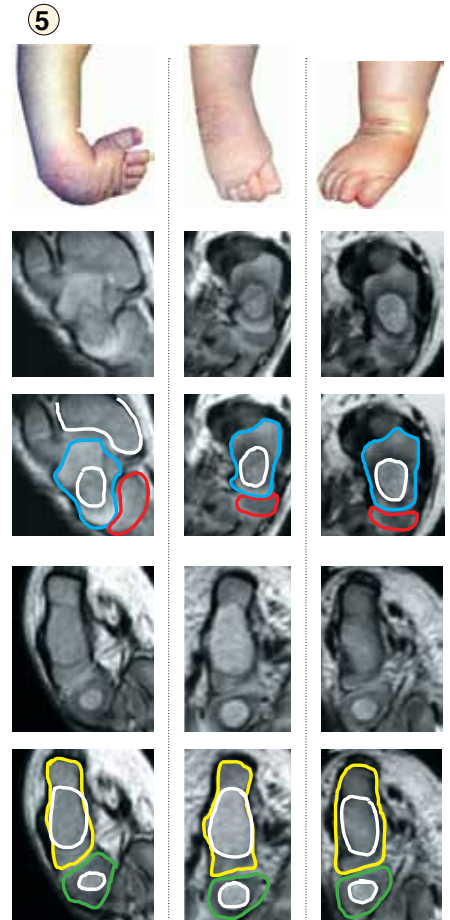
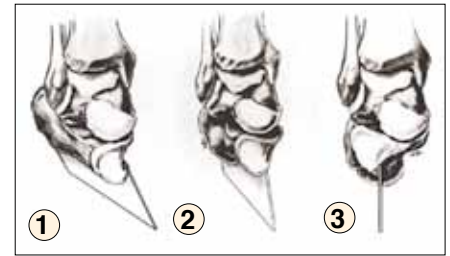
Kasusuwa da duk gaBobin ne za' a sake sà tare da ko wane simintin gyaran da aka sa saboda wasu abubuwa da ka hadu a cikin jijiyoyi, gurunguntsī, kuma kashi, wanda ya iya saje da juye abubuwa mai kārā kuzārī.

Wanna ne aka nuna sosai à hannun Pirani [5] ya kwantata surar na asibiti da na magnadisu kafin gyara, lokacin gyara, kuma bayan jiyar da simintin gyaran kafa. Ka ganè bambance a tsakanin talus da navikula da gabar kashin cikin diddige. Kafin jiyya wani kashi a cikin kafa da sifar kamar jirgin ruwa (navicular) jan shācī ya juya zuwa tsakiyar gefen kan talus (shudiya kala) ka ganne yadda wannan kawance ya koma daidai a lokacin jiyya da simintin gyare – gyaren kafa. Kamar da (the cuboid) wani abu da sifa kamar kwayar sukārī (kōrē) ya hada da kashi cikin diddige (rāwayā) a lokacin jiyya da simintin gyara dayan.

Kafin a sà filastār simintin gyare-gyaren kafa na karshe, dole a rarraba agara a kwar don a samu gyare-gyaren (equinus) a cikakken-Halīn wanda ya sa yatsun kafa suna a juye zuwa kasa. Agara, ba kamar jijiyoyin a kasusuwa bakwai cikin kafa wanda zai iya mike, an yi shi da wasu abu wanda ba zai iya mike da sauki ba kamar mai kauri, mai tsauri kunshin (collagen) kwayoyi farare kadan. Simitin gyara na karshe ne aka ajiye a wuri daya wajen sati uku lokacinda igiyar agara da ciwo mai tsananin yana kōmōwa tsayi daidai da tabō kadan. A wannan munzālī, gaBoBi cikin kasusuwa bakwai a cikin kafa sun koma wurin gyarta sosai.

A takāitāwa, da yawa a halayen kwancen kafa sun ci gyara bayan biyar zuwa shida canja simintin gyare – gyaren kafa kuma da yawa a halaye za su samu isasshen gyarta baya an sake simintin gyaran kafa sau biyar zuwa sau shida kuma a halaye da yawa, wani rarraba agarar ne za' a yi. Wannan hanyar ta zama sanadin kafafua mai karfi, mai lankwashewa kuma (plantigrade)

Adanin aikin da sauki ne an nuna a cikin wani shekaru talatin da biyar bī dà bi (a jeri) nazarī.



Aikin Gyaran Ponseti na Yau Da Kullum

An yarda da aikin Ponseti yanzu kamar jiyar mai amfani kwarai a duk duniya?

Kamar wáyen shekaru goma aikin Ponseti ya zama abin da mutane sun yarda da kamai mati duk [1] amfani kuma ya fi duk jiyar kwancen kafa ko gurgun kafa rashin sada.

Ta Yaya ne Aikin Ponseti yana gyara nakasar?

Yi tunani da tushen nakasar kwancen kafa. Gwada aikin kasusuwa cikin kwatanta kafa dáidai [2 hannu hagu] da na kwancen kafa [2 hannu daman]. Gane cewa talus (jâ) ya nâkasasshē kuma navicular, waní kashi a akin kafa da sifa kamar jirgín ruwa (rawaya) ya kwar daga tsakiya. Kafar tana zagaya a kai talus, kashi na biyu mafi babba a cikin kafa (dígón shudíya) alamar kibiya shudíya. Za a gyaran Ponseti samu da danyata wannan juyawa[3].

An samu gyarta da hankali da wasu simintin gyare – gyaren kafa à jeri. Hanyar gyaran Ponseti zai gyara nakasar da juyawan kafa a zazaga a kai talus (jān dāira) bayan makanni kadan a lokacin gyaran da simintin gyara kafa.

A wane lokaci ne ya kamata a fara jiyya da aikin gyaran kafa na Ponseti?

In ya yúwu fara da sauri bayan haihuwa (kamar kwanaki bakwai zuwa goma. Duk da haka yawancin nakasar kwancen kafa ne za'a iya gyara a duk lokacin yarinta, yin amfani da wanna aikin gyara.

In an fara Jiyya da wuri, simintin gyare gyaren kafa sau nawa ne za'a bukar?

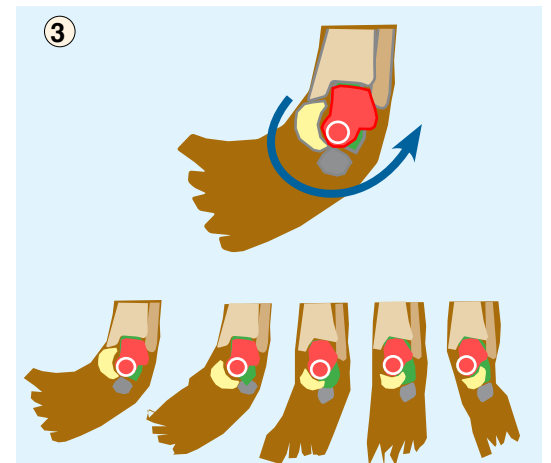
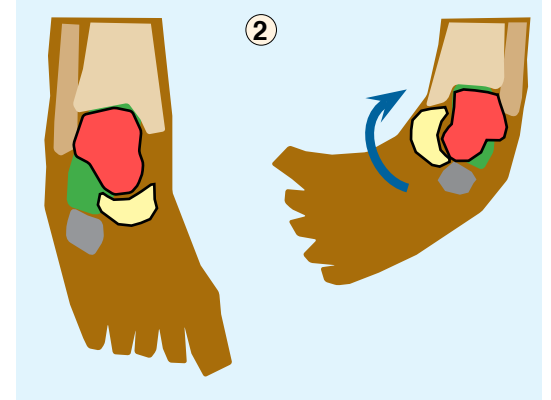
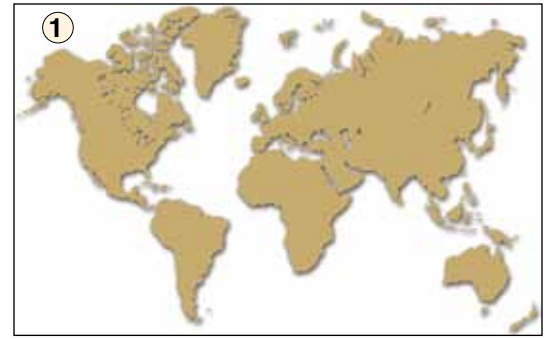
Yawancin nakasar kwancen kafa ne za'a iya yi wa jiyya a wajen sati shida da jiyya jān kafar a mako-mako ya biye da gyare-gyare da filastar simintin gyaran kafa. Idan nakasar bai gyara ba bayan an yi cañja sau shida ko sau bakwai simintin gyara mai yuwuwa ne jiyar tana da laifi.

Yaya ne Jiyya zaita iya Makara kuma ta ba da amfani?

Muradin ne a fara jiyya a makanni kadan da farko bayan haihuwa. Duk da haka za'a iya samu nasara à halaye da yawa har yarinta ta kusan karewa.

Aikin Ponseti tana da Amfani in an jinkirta jiyya?

Aikin gyara da aka jirkirta har yārínta mai yuwa fara da aikin gyara da simintin gyara na Ponseti. A wasu halaye za'a bukar yin aikin tiyata, amma muhumancin aikin mai yiwuwa rage kamar inda zai ba da amfani ban da aikin gyaran Ponseti.



Mene ne sakamakon da ana tsammanin wa jariri mai kwance kafa idan an ji mishi jiyya a hanyar gyara Ponseti?

A duk majiyyaci da kwancen kafa à kafa guda, kafa da rashin lafiya ta fi gajere kadan (matsakaici 1.3 cm) kuma ya fi matsattsē (matsakaici 0.4 cm) fiye da kafa daidai.

Gwajin kafafuwa daya ne, amma kewayen kafar mai cutar ta fi gajere (matsakaici 2.3 cm). Dole ne kafar ta zama mai karfi, mai lankwasuwa kuma maras ciwo. Wannan gyara ne ana tsammanin a duk rayuwa mutum. Wanna ya ba da damar yin aiki daidai a lokacin yārīntā [1] kuma kafa maras ciwo mai tafiya daidai lokacin da jariri ya isa mutum.

Mene ne dalilin gurgun kafa kwancen kafa a jariri da iyaye daya ko biyu da su kuma suna da kwancen kafa?

Idan iyaye daya tana da gurgun kafa, akwai wata kashi uku zuwa hudu cikin dari damar cewa zuriya za su samu. Amma in iyaye biyu suna da cutar kwancen kafa ya-ya suna da wata damar a kashi talatin cikin dari damar su samu kwancen kafa.

Yaya za'a iya gwada sakamakon aikin tiyata da na aikin gyaran Ponseti ?

Tiyātā ta ingāntā surar kafa ta farkō amma bata hana kōmōwa ba.

Kafar mutum da idon kafa ne likitoci sun ba da labari cewa wadannan kafafu da aka yi wa jiyya da tiyātā zasu zama maras karfi, sagē kuma mai ciwo à lokacin da jariri ya isa mutum.

Kamar sau nawa ne aikin gyaran Ponseti zai kāsa kuma tiyata ta zama dole?

Yawan nasara ya daganta da inda kafa ta kagē, goguwar likita, kuma da amuncin iyaye/dan'uwa.

A duk yawan halaye, za'a tsammani yawan nasara ya fi kashi casa'in da biyar cikin dari. Kasawa mai yuwuwa idan kafar ta sagē da wata yamusta mai zurfin a dunduniya ko sama da idon kafa, ciwo mai tsanani da kuma wata tsoka da suka hadu tare da hadawan wasu kwayoyi da ana kira fibrosis a cikin kasa da kafa.

Ko aikin Ponseti yana ba da amfani a jarirai masu kwanchen kafa da wasu cutukan tsoka da kasusuwa?

Aikin gyaran Ponseti yana ba da amfani a yara mai cutar aikin gaBoBin kafa (arthrogryposis), wata cutar da ta sa wata kashi à lakar ya tūro saboda wata nakasar kashi a kashin baya (myelomeningcele), bayyanar cutar Larsen da wasu alamun cūtuka.

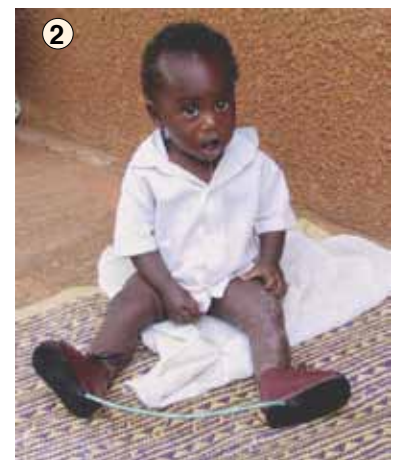
Jiyya ta fi da wuya, ya fi cin lokaci kuma dole ne a ba da jariri da cuta mai tsanani kula ta mūsammān yadda yake yi a wata cuta a cikin jiji-yoci da ta hiro kuma da akwai nakasa a girma don a daina ko a hana gyambuna a fata.

Aikin Ponseti zai ba kwancen kafa da aka yi ma jiyya à wasu hanyōyi amfani ko?

Aikin gyaran Ponseti yana da nasara in an sa a kafafu wandanda an yi ma jiyya da wasu likitoci wanda ba su gane ba à wanna ainihin aikin gyara.

Wàdannè ire-iren hanyoyí sarai à aikin gyaran Ponseti?

Mafi yawa à kwancen kafa ne za'a iya gyara da jan kafa kadan kuma da simintin gyaran kafan don a samu gyara a cikakke. Bayan waje simintin gyaren –gyare sau biyar, cavus, juye – juyen kafa zuwa tsakiyar (adductus), da cirewa zuwa tsakiya (varus) sun samu gyara. Za'a yi wani yanke – yanke wurin da kashi ya shiya nama a agara (percutaneous tenotomy) a kusan duk kafafu don a gama gyaran halin da yat-sun kafa sun juya kasa (equinus), kuma za'a sa kafar a cikin simintin gyara na karshe a sati uku. Wanna gyaran ne za'a ruga yi da yin tafiya da takalmin gyaran kafa da dare [2], wannan ne za'a ringa yi har shekaru biyu zuwa hudu dà haúhuwa. Kafa da aka yi ma jiyya a wannan hanyar aikin gyara sun nuna cewa sun na da karfi, lankwasewa, kuma maras ciwo mai ba da wata rayuwa yadda aka sàbà.



Kimar Kwancen Kafa

Ganon Cûtar

Dubawa Karfafa wasu ma'aikacin asibiti [1] su duduba duk jirajirai da jarirai a gani ko suna da nakasar na kafafu [2] da wasu matsaloli [3] su tura su jarirai da matsaloli ma kula a wani asibitin kwancen kafa.

Tabbatar (da) cewa ganon cutar da aka ba da shawara a lokacin dubawa wani gwani da gogwa a naatsalocin gaBobi da kasusuwa ne ya ba da ganè da sunan cutar. Ainihin sifoci da wani kwancen kafa ta hada da cavus, cirewa zuwa tsakiya (varus), yin motsi zuwa tsakiya (adductus), kuma halin yadda yatsun kafa sun juya zuwa kasa (equinus) [4].

A lokacin wanna kimar wasu halaye kamar halin yadda kasusuwa biyar a tsakanin kafa da idon kafa sun juya zuwa tsakiya (adductus metatarsus) kuma da hallarar cutuka za'a iya ce basu a nan. Bugu da kari kwancen kafa ya kashi-kashi. An yi wanna rarraba don a san (rikè) kintata da dalilin da jiyar cutar

Rabawa da kwance-kafa a kashi – kashi

Rabawa da wani kwancen kafa mai yiwuwa canja da lokacin daga ra da aikin gyara.

Kwancen Kafa Kwarai

Wanna shi ne kwancen kafa sosai (da halayen kwancen kafa a cikakke) kuma ana iya same shi a nakasashen jarirai. Galiban ya yiwuwa yi gyarta a simintin gyaran kafa sau biyar, kuma da gyaran Ponseti sakamakon tsawon ajali galiban yana da kyau ko da armashi

Kwancen kafa wanda ya sage Irin wanna nakasar ba mai lankwashuwa ba, ya sage kuma an yi tsammanin cewa ya auku saboda yatsun kafa sun matsa ne a ciki Za'a samu nasara cikin gyara da wajen sa simintin gyaran kafa sau daya ko sau biyu.

Kwance kafa da aka jinkirtar da gyaransa bayan wata shida da haihuwa.

Komowan Kwancen Kafa mai yiwuwa ko an fara jiyya da hanyar aikin gyaran Ponseti ne ko da wasu hanyoyin gyara.

Komowa bai saba sake aukuwa bayan gyara a aikin gyare – gyaren Ponseti, kuma yawanci yana aukuwa in an daina yin amfani da takalmin gyaran kafa da wuri. Irin sake komowa a sau da yawa ne cewa kafa zata juya zuwa sanmar (supination) ko yatsun kafa ya juye a kasa wanda a farko nakiya ne amma mai yuwuwa zama daidai bayan lokaci kadan.

Halin kwancen kafa da akan Jiyya da wasu hanyoyi ya hada da aikin tiyata da simintin gyaran kafa da ba na Ponseti.

Kwancen kafa sak

Irin wanna kancen kafa yana danganta da wasu matsaloli. Gyarta a yawanci ya fi da wuya.

Kandarrare, da ko dagewar wata kwancen kafa mai yuwuwa yi kamar siriri ko kiba. Kafafu mai kiba sun fi da wuya a jiyya sosai. Suna sage, gajere, mai kiba kadan da wata yamutsa mai zurfi a tafi kafa a bayan idon kafa kuma ya rage kashin na daya a cikin kasusuwa biyar na kafa a tsakanin idon kafa da yatsun kafa (shafi ashim da biyu). Wannan nakasar ta auku a jariri da nakasasshe.

Kwancen kafa wanda yana tare da wasu alamun cuta Wasu cutar da aka haife tare da jariri suma nan (shafi ashim da uku). Kwancen kafa daya ne cikin wasu alamu cutar. Aikin Ponseti zai ringa ba da kula mai kyau, amma mai yuwuwa fi da wuya, kumar ba za'a iya san irin amsa da zai bayar ba ko zai yiwuwa ko ba zai yi ba. Sakamakon karshe mai yiwuwa dogara da wasu halaye fiye da na kwancen kafa.

Kwancen kafa kamar nakasar cikin kasusuwa bakwai a cikin kafa - Kwancen kafa da yan nan da jariri a lokacin haihuwa.

Kwancen kafa wanda ya danganta da kwayoyi cikin jijiyoyi a kafa kamar meningomyeloce, wata cuta da ta sa wani kashi a lakar ya tura saboda wata nakasar kashi a kashin baya.

Kwancen kafa da akan samu bayan haihuwa kamar Streeter dysplasia, nakasar wanda to hana girma.



Aikin Gyarar da simintin gyaran kafa na Ponseti

Yin Shiri Kayan Aiki

Shirin gyara da simintin ya hada da sanyaya wà zuciyar yaron da nono cikin kwal-bar jariri [1] ko yaron ya sha nonon mama a lokacin jiyar. Idan mai yiwuwa a samu wanda ya hore sosai a wannan aiki.

A wadansu lokaci ya kamata iyaye su ba da taimako. Shirin jiyaya abi muhimmanci ne [2]. Maitaimako (digo-shudi) zai riƙe kafa lokacin da mai jan kafar (digo jã) yana yin gyara.

Jãn kafar da kuma gyare –gyare da simintin gyaran kafa

Fara da wuri bayan haihuwa. Bari jariri da iyaye su ji dadi. Bãr jariri ya sha nono a lokacin gyare-gyaren (lokacin jãn kafar da lokacin gyare da simintin gyaran kafar)

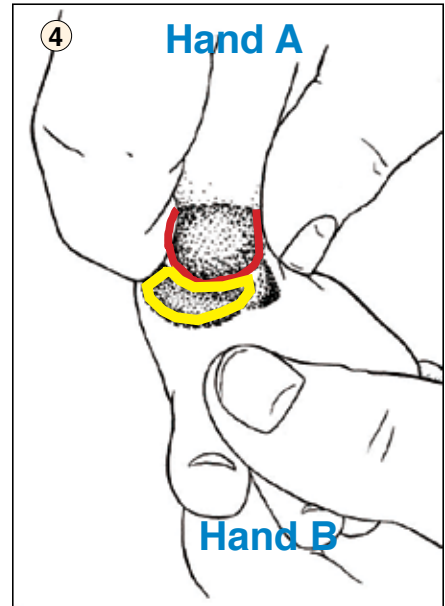
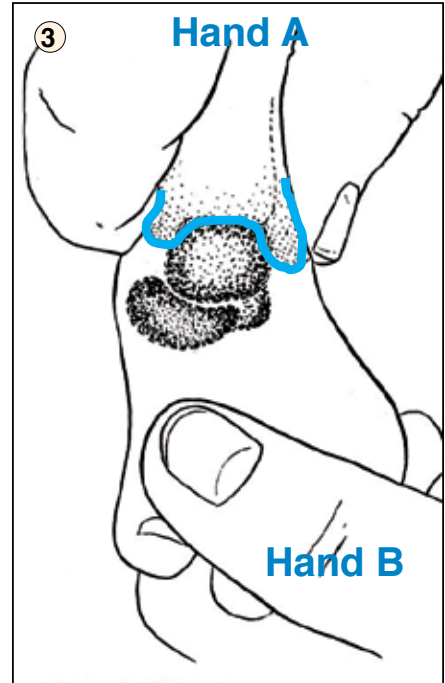
Neme daidai kan Talus, kashi na biyu mafi babba a ciki kafa

Wannan hanya mai muhimmanci ce [3]. Da farko, tausa malleoli (digo-shudi) da babba dan yatsa da kuma dan hali na hannu A lokacin da yatsun da kasusuwa biyar cikin kafa à tsakanin da yatsun kafa akan riƙe da hannu B. Bayan haka [4], zãmè babba dan yatsanka da dan hali na hannu A zuwa gaba ka tausa kan talus, kashi babba a cikin kafa (jã iyakar) a gaban idon kafa. Saboda navicular, kashi mai sifa kamar jirgin ruwa a kafa ya juya daga tsakiya kuma bututun ya kusa hulda da medial malleolus, wani kashi kama hama à kafa, za ka iya ji shahararren kan talus wãje a gefe daya daga tsakiya (jã) saboda da kyar ne fata ta rufe fatar a gaban lateral malleolus, wani kashi a cikin kafa da sifa kamar na hama. Za'a iya ji gaban kashi cikin diddige a karkashin kan talar, kashi babba cikin kafa.

Lokacin da ana juya gaban kafa a gefe daya zuwa sama (supination), za ka iya ji navicular, kashi cikin kafa mai sifa kama jirgin ruwa, yana yin motsi da hankali a gaban kan talus da kashi cikin diddige yana yin motsi daga gefe daya a karkashin kan talus.

Hanyar Jãn kafa

Jãn kafar kunshe da juyawa kafar daga tsakiya a karkashin kan talus wanda yana a wurin zama daya. Neme kan talus. Duk abubuwa cikin nakasar kwancen kafa, ban da na juye –juye idon kafa zuwa kasa, sun samu gyara lokacin guda. Don a samu wanna gyara, ya kamata ka neme kan talus wanda shi ne abin da yana bukatar gyara.



Rage cavus

Abin kanshin na farko wanda za'a gyara ne gyaran nakasar cavus da san gaban kafa a wuri daidai da bayan kafa. Cavus, wannan shi ne tsakiyar baka mai tsayi [1 rawaya baka] ya auku saboda juyawa kafa zuwa kasa kafa a shafa da bayan kafa (diddige). Cavus yana iya lank-washewa a jarirai kuma yana bukatar a daga gaban kafa sama kwarai don a samu daidai tsayin bakan da kafar [biyu da uku]. Za 'a juya gaban kafa sama har mun gan tafin sau yana nuna wata sura daidai – wadda bai yi yawan tsayi ba, bai kuma yi yawan lebur ba. Gyaran gaban kafa da bayan kafa ya zama dole don a samu wani (arch) layi daidai ma juyawan kafa daga tsakiyar kafar dona a gyara yadda ta juye zuwa tsakiya kuma varus

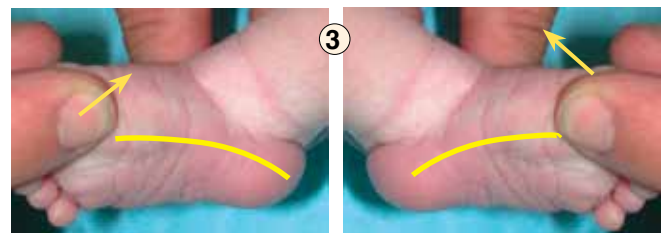
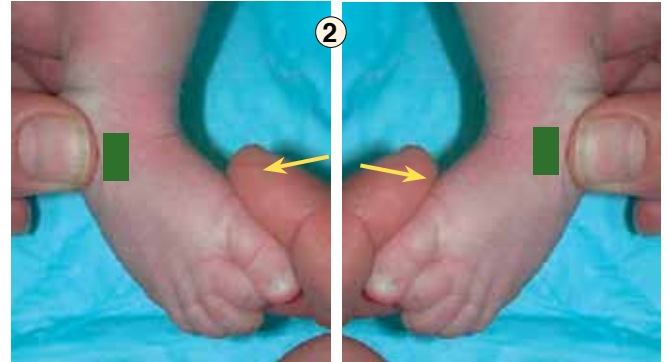
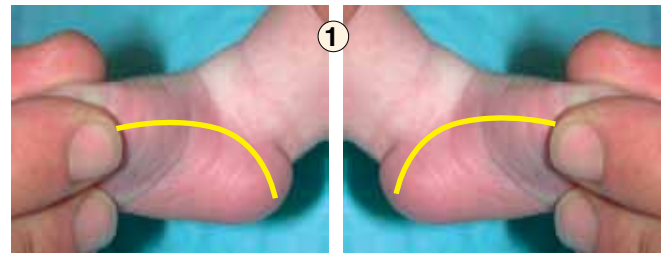
Hanyoyin gyara da simintin gyara kafa

Likita Ponseti ya ba da yabo a yi amfan da kayan filasta saboda ba ta da sada kuma ta fi na gilashi naduwa.

Abin da za'a yi kafin a fara jan kafar Kafin a sa simintin gyara sau daya, a ja kafar. Ba za'a taba dunduniya da diddige ba don a bari kashi cikin diddige ya juya daga tsakiya tare da kafar [4].

Sar simintin kafa da zai rike kafa Saka wani simintin gyara siriri kawai [5] don a bari ya gyara kafa ya ba da sifa mai kyau. Rike kafar a iyakar wurin gyara da rikewa yatsun kafar da akasin irin karfi da aka sa a kan talus lokacin da aka sa simintin gyaran kafa.

Yadda za'a sa simintin gyaran Da farko sa simintin a kasa da gwiwa kuma kara simintin zuwa sama da cinya. Fara da sau uku zuwa hudu a zagaye da yatsun kafa [6], sa'an nan kuma gyara zuwa sama wajen gwiwa [7]. Sa filastar mai laushi da hankali. Kara karfi kadan a ko wane kamun filasta a sama da diddige. Ya zama dole a rike kafa dasga yatsun kuma da filasta a kunshe bisa yatsun "mai gyara" don a ba da yatsun kafar isasshen wuri



Yin Simintin Gyaran Kafa Kada ka sa filastar simintin gyaran kafa da karfi. Yi da karfi kadan.

Kada ka sa da karfi da babba dan yatsa sama dà kan talus, zai fi kyau ka sa karfi kuma saka a ko wane kamu don a hana ciwo mai akan fata. Sa filastar simintin gyaran sama da kan talus lokacin da kana rike kafa a wuri daidai. [1] Gane cewa babba dan yatsan hannu hagu yana sãn filastar simintin gyaran a sama da kan talus lokacin da hannu damar yana san filastar simintin gyara à gaban kafa à juye zuwa sama. Yi gyara da filastar simintin gyara sosai a wurin da yana a lankwashewa à tafin sau don a hana kafar mai za lebur sifa ko nakasar tafin sau. (rocker bottom deformity). Yi gyaran diddige sosai amma kar a kai gyaran simintin har wuri kashin cikin dunduniya. A sa simintin gyaran kafa à malleoli, wasu kasusuwa kamar da sifar hama a kasa da kasusuwa dogaye biyu (tibia da fibula). Kada ka taba kashi cikin dunduniya/diddige a lokacin gyara da simintin jãn kafar. Ya kamata a yi gyare-gyaren kafar da han-laki, ko a wane lokaci tausa ko wane wuri. Ci-gaba da motsi har filastar simintin ya zawa tauri.

Kārã simintin zuwa cinya Sa simintin gyaran kafa da yawa a cinya don a hana gyambuna ko kyazbi a fata [2]. Za'a iya sã filastar a léyà a baya da gaba a sama da gaban gwiwa don a kara karfi [3] kuma a hana yawan filastar simintin gyara à wurin tsoka mai taimakon juyawa da motsi a bayan gwiwa (popliteal fossa), wannan ne ya sã cirewan simintin gyaran kafa ya fi da wuya.

Datsa simintin Gyaran Kafa Bari filastar simintin gyara a tafin sau ta rike yatsun kafa sosai [4], kuma datsa simintin gyaran daga baya zuwa gaBoBin cikin kasusuwa biyar a tsakanin idon kafa da yatsun kafa, yadda aka sa alama akan filastar simintin gyara. Yi amfani da wukar filasta – idan za'a cire bayan filastar simintin gyara da yankawa tsakiyar filastar dà farko sa'an nan kuma da tsakiya kuma da na gefen filastar. Bari bayan duk yatsun kafa a yantaccē wà kārì a cikakke. Ga gani surar simintin gyara na farko bayan gyara [5] yatsun kafar à suna a juye kasa (equinus) kuma gaban kafa yana a juye zuwa sama (ya dagà sama).

Halayen Juyawa daga Tsakiya sosai

Ka tabbata da cewa kafar ta juya daga tsakiya a isasshe don a kawo kafar da sauki daga siriri zuwa biyar (zafin jiki) na juyawa zuwa baya (a lankwashewa) kafin a yi yanke-yanke wurin da kashi ya shiga nama a kafa (tenotomy).

Alama mafi kyau ta juyawa daga tsakiya a isasshe ne iyawar motsin gaban kashin cikin diddige lokacin da tana juyawa daga tsakiya daga karkashin talus, kashi na biyu mafi babba a cikin kafa.

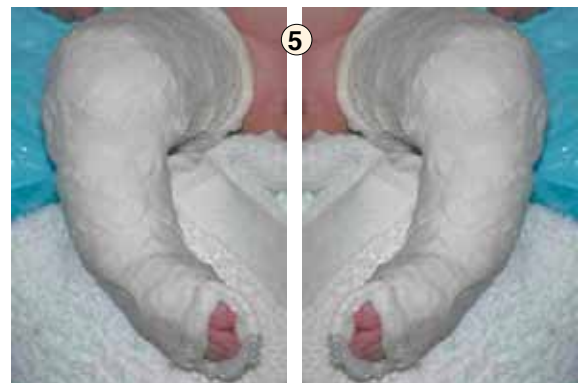
Juyawa daga Tsakiya wajen zarfin auna zafin jiki sittin a danganta da gaban kashi mafi a cikin kasusuwa dogaye biyu (tibia) mai yiwuwa.

Nunin Juyawa Daga Tsakiya kadan da bakin kalsis yana nan. Za'a iya samu wannan da yin tausa bayan (Os calcis)

Tuna Da Cewa wannan nakasar iri uku ce kuma da cewa wadannan musakai ne za'a gyara tare. Za'a samu gyarta da juyawan kafa zuwa tsakiya a karkashin kan talus. Kada ka taba juya kafar zuwa kasa.

Sakamakon Karshe

Baya an gama gyara da simintin gyara za ta yi kamar an sa simintin gyara kafa da yawa à juyawa daga tsakiya tare da irin sura da za'a samu a lokacin fatiya. Wanna da gaskiya ba gyara daya yi yawa ba. Da gaskiya gyara ne a cikakke don a sa kafa a juye a iyakar juyawa daga tsakiya. Wannan gyara ne a cikakke, daidai kuma cikakken gyara yana hana kōmōwa kuma bai sa gyara ya yi yawa ko kafa a juye zuwa kasa ba.



Matsalolin simintin gyaran kafa

In an yi amfani da da hanyar mai hankali yadda aka nuna ba a sāba samun matsaloli.

Makasar wurin da ya sa wurin da ya tafin sau yagantsanra ya nakasashe a ba juya zuwa tsakiya daga baya aikin wata gyara- gara mai tsauro sosai da aka.

Yatsun kafa wanda ya matsa ya auku saboda simintin gyaran kafa mai tsauro sosai akan yatsun kafa.

Simintin Diddige mai lebur zai auku in an sa karfi da yawa a diddige ban da sā simintin gyaran kafa samada idon kafa.

Gyambuna sama-sama ne za' a sarrāra da sār wata filastar simintin gyaran kafa kuma wani sabon simintin gyara da adadin abin rikewan simintin gyaran kafar.

Gyambuna mai karfi za su auku saboda yin amfani da wata hanyar gyara maras kyau. Irin wannan hanyar ta kunshi samu a kan talus, a sama da diddige, a karkashin kan metatarsal, kasusuwa biyar a cikin kafa tsakanin idon kafa da yatsun kafa kuma rashin amfani motsi da juyawa bayan gwiwa da wurin da cinya ta kumbura.

Ciwo mai zurfin ne akan daure kuma a bar daga sār simintin à sati daya don a bari ya warke. Kuma a koma yin gyara da simintin da kula na musamman don à hana cutar daga kōmōwa.

Cirewan Simintin Gyara

Cire ko wane simintin gyara a asibiti nan da nan bayan sāka sabo simintin gyara. Karka bari ya dade bayan an cire simintin kafar a tafi asibiti a sa sabon saboda mai yiwu ne gyara mai yawa zai bace daga lokacin da aka cire simintin har an sā sābo.

Irin cirewan simintin mafi kyan Kada ka yi amfani da zarton gyara don yana ba jariri tsoro kuma mai yiwu ne ya ba jariri rauni a fata.

Cirewan simintin Gyaran kafa da wuka Jike simintin gyara a ruwa wajen mintoci ashirin kuma kunshe simintin gyaran à tufafi wanda an jike kafin cirewa. Iyaye za su iya yi wannan kafin su je asibiti. Yi amfani da wukar filastar [2] kuma yanka à layi mai lankwasa don à hana yankan fata. Cire simintin gyara wanda yana a sama da gwiwa à farko [3]. Dàgà kārshē, cire simintin gyaran wanda yana a kasa da gwiwar [4].

Jikewa da kwancewa Wannan ce mafi amfani, amma an bukatar lokaci mafi yawa. Jike simintin gyaran sosai à ruwa [5] kuma in ta yi taushi sarai kwancē filastar [6]. Idan za' a mayar da wannan hanyar tafi sauki, bari karshen filastar a sāsauce wa shaida.



Kurakurai aikin Gyara da ana yi Gama-gari

Juyawan kafa zuwa kasa (promotion) ko juyawa zuwa wajè (eversion)

Wannan halin zai tsananta nakasar da Karin kavus (the cavus).

Juyawan kafar zuwa kasa ba zai yi kome ba à juyawa daga tsakiyar kafar wanda ta riga ta juyè zuwa tsakiya kuma a juye zuwa waje, wanda yana nan a kullè à karkashin talus. Zai kuma ba da wata saboar nakasar daga tsakiya tare da gaban kafa – kuwa zata samu wata kafa da sifa kamar wākè. *“Kada ka juye kafar kasa!”*

Juyawa daga waje don a gyara juyawa zuwa tsakiya lokacin da kashin cikin diddige/ dunduniya yana cikin jugawa zuwa tsakiya (varus).

Wanna shi ne kesa wani kashi mai sifa kamar hama yana a gefe daya dà juyan talus dagà waje a cikin idon kafa. Wannan cirewanne wata nakasar da akan samu daga jiyar kwancen kafa à farko.

Hana wannan matsala da juyawan kafa daga tsakiya à a lankwashewa kuma a juye kadan zuwa sama don a mike jijiyoyin ciki kasusuwa bakwai a cikin kafa, tare da sãn akashin karfin a gefen kan talus [2 – wurin babba dan yatsa]. Wannan zai ba da kashin ciki diddige amfanin juyawa daga tsakiya à karkashin talus tare da gyaran juyawan diddige da tana a tsakiya.

Hanyar Jãn kafa ta Kite

Kite yana da amince cewa kashin ciki diddige wanda yana a juye à tsakiyar ne za’ a iya gyara da juyawan kashi cikin diddige zuwa wajè kawai. Bai farga ba, cewa za’ a iya juya kashin cikin diddige zuwa wajè in an juya shi daga tsakiya kurùm. (shi ne juyawa a gefe daya daga tsakiyar) a karkashin talus.

Juyawan kafar à wajen gaBobin a tsakiyar kasusuwa karami bakwai a cikin kafa lokacin da babba dan yatsa yana sãn karfi a gefen kafa daga layi da yana tsakiya kusa da calcaneocuboid joint, wata gaBa dasifa kamar kwayar sukari a kashi da yake cikin diddige [2 bakin digo] ta tare wà juyawan kashi cikin diddige daga tsakiya kuma ta tsarè gyaran diddige wanda tanura juyè zuwa tsakiya. Tabbatar dā tana juya daga tsakiyar wajen kan talus [2 jãn digo].

Kurakurai simintin Gyaran kafa

Kasawa jãn kafar Ya kamata a yi gyaran kafa tare da wasu jijiyoyin cikin kafa a iyakar mikewa da aka samu a bayan ko wane jãn kafar/da gyaran kafar. A simintin gyara, jijiyoyin sun sausa, wato sun ba da mikewa mafi yawa a lokaci mai zuwa.

Gajeran Simintin Gyaran kafa A kara simintin gyaran zuwa cinya saboda gájeren simintin gyaran kafa bai zai rike kashi cikin diddige da aka juya daga tsakiya [3].

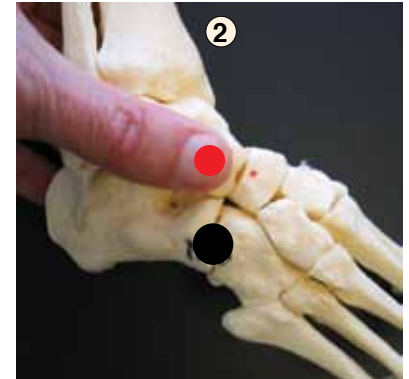
Gyare – gyare yatsun kafafu wanda suna a juye zuwa kasa kafin lokaci Yin yunkurin gyara yatsun kafa mai juye zuwa kasa kafin a gyara diddige da take a juye zuwa tsakiya zai ba da wata nakasar tafin sau da ana kira Rocker bottom deformity. Yatsun kafa da sun juye kasa ta hanyar gaBobin tsakiyar tala (subtalar joint) ne za’ a iya yi wa jiyya da juyawan kashi cikin diddige daga tsakiyar.

Rashin yin amfani da takalmin gyaran kafa tafiya na dare wanda ta dace

Hana yin amfani da wani gajeren takalmin gyaran kafa [4] saboda ya kasa riken kafar wanda ta yi mōtsi daga tsakiya yadda yake sō. A yi amfani da takalmin gyare-gyaren kafa a watanni uku daddare da rana kuma da dare à shekaru hudu. Rashin yin tafiya daidai da takalmin gyaran kafa zai ba kafa ciwo da komowan cutar.

Kokarin samu Gyara sosai daga ilimin Halittar Jiki

Ba daidai ba mu dauka cewar gyaran abubuwan wadda sun juye daga wurin zamansu da wuri shi ne zai ba da sakamakon ilimin halittar jiki daidai. Wani lokaci mai tsawo hotuna kafa wadda aka dauka a jère sun nuna cewa kafar tana da musakai. Duk da haka, za’ a iya yi tsam cewa kwancen kafa zai yi aiki daidai bayan wani tsawon lokaci. Babu wata kāmā a tsakanin surar hoton kafar da yadda zai yi aiki a lokaci mai tsawo.



Yadda aka yanka/raba wurin da kashi ya shiga nama a agara (Tenotomy).

Dalilin rabawa wurin da kashi ya shiga nama

An rarraba wurin da kashi ya shiga nama à agara don a gyara yatsun kafa da suna à juye zuwa kasa lokacin da cavus, kujawa kafar zuwa tsakiya (adductus), da cirewa zuwa tsakiya sun kai gyarta a cikakke amma idon kafa wanda yana a lankwashewa ya na nan a wuri daya bai kai digiri goma ba a aunan zafin jiki. Tabbata cewa juyawa daga tsakiya a daidai yake à yin aikin rarraba wurin da kashi ya shiga nama.

Halayen Juyawa daga Tsakiya a isasshe

Tabbatar da cewa kafar tana a isasshen juyawa daga tsakiya don a kawo kafar a siriri zuwa biyar digiri na a lankwashewa zuwa baya kafin a yi gyare-gyaren rabawa wurin da kashi ya shiga nama à agara.

Alama mafi kyau na juyawan kafar daga tsakiyar ce iyawar tausa duk abubuwa à bayan kashi cikin diddige (daga baya) tun da yana juya daga tsakiya à waje daga karkashin talus.

Juyawa daga tsakiya misalin digiri sittin à auna zafin jiki a dangantaka da gaban kashi da ya fi dogo a cikin kasusuwa biyu a kasa da kafa (tibia) ya yiwu.

Nunin Juyawa kadan na kashi cikin diddige yana nan. Za'a samu wannan in an tausa gaban kashi diddige (os calcis) da yin tausa bayan kashi diddige (os calcis).

Tuna da cewa wanna nakasar iri uku ne kuma da cewa za'a iya gyara wadannan musakai tare-ne. Za'a samu gyara à cikakke da juyawa kafa daga tsakiya à karkashin talus. Karka taba juya kafar zuwa kasa.

Shiri

Shirya iyaye Basu bayani akan dalilin aikin gyaran Ponseti kuma yadda aikin gyaran yake aiki. Basu bayani cewa rabawa wurin da kashi ya shiga nama a kafa ne wata kunkanuwar hanyar da aka yi da kokarin wata maganin sā barci da aka yi kasar a asibitin majinyaci wanda ba kwantar da ba.

Kayan Aiki Shirya duk kayan aiki kafin gyara [1]. Zabi wata reza yin irin wannan aikin (tenotomy blade) kamar na wata goma sha daya ko goma sha biyar dalar Amirka, wata irin rēzā karama kamar wata wukar yin aiki tiyata à ido.

Shirin Fata Shirya Kafar sosai daga tsakiyar dambubu zuwa tsakiyar kafar da wani abu wadda akan yi amfani da shi in za'a tsabtacè fata da aka yi ma rauni (antiseptic) lokacin da mai taimako yana rike kafa daga yatsun kafa da yatsun wannan hannu kuma cinya da dayan (Shafi na gaba)

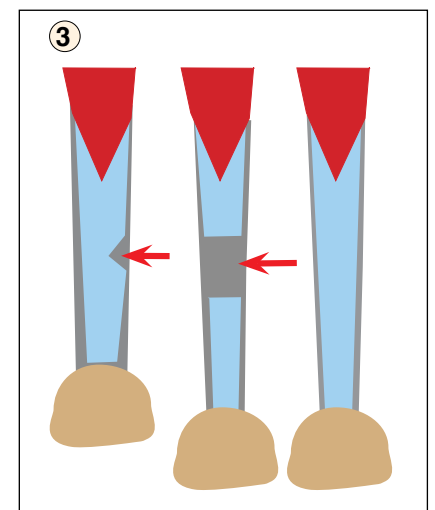
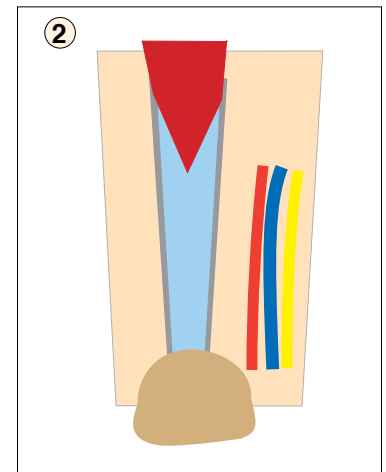
Maganin sā Barci Wat'a yar kimā maganin sā barci ya yiwuwa à sa kusa da agārār. (biyu shafi na gaba). Farga da cewa idan maganin sā barcin ya na da yawa zai sa yin danna wa agaārār da wuya kuma hanyar ta fi cūdè.

Yadda za'a yi aikin rabawa kashi wanda ya shiga nama a agàrà

Lokacin da mai taimako ya rike kafa a iyakar juyawa à baya, zabi wani wuri wājen daya da rabi (cm) bisa kashi cikin agàrà wa aikin gyara. Sa wata 'yar kīmā maganin sā barci kusa da tsakiyar agara a wurin da ka zabewa aikin gyaran kafar. Fargada cewa idan maganin sā barci yana da yawa zai sā aikin yi wa agarar danna da wuya kuma hanyar tafi cūdè. Tuna da ilimin hālittār jiki. Daurin taru kwayocic aikin jijiya. na a tsakanin gaba da tsakiyar wani abu kamar zare cikin dunduniya (the heel cord) [biyu]. Wani abu kamar igiya kamar zare acikin agàrà (shudi mai haskè) tana a kwance cikin murfin agàrà (tòka-tòka).

Yadda aka yanka wurin da kashi ya shiga nama a cucin kafa

Tsarmà karshe rezà daga gefen tsakiyar, saka da wuri a gaban agàrà (uku shafi na gaba). Rike kashi mai lebur na rezà a layi daya da agārār (wurin da za'a yi gyara). Shigerwarta farko ce sanadin wani karamin rauni. A yi da hankali kada a ba da babban rauni ba da gāngan ba a fatar. Murfin agàrà (toka-toka) ba za'a raba shi ba kuma a bar shi kawai [uku]. Sā'an nan a juye rēzar har karshe mai kaifin ya shiga daga baya zuwa wajen agàrà. Sa'an nan za'a ja rēzā kadan daga baya za'a ji wani sauti kamar "pop" a lokacin karshe mai kaifi ya sākè agarar. Kada ka yanka agara a cikakke ba sai an ji wani "pop". Wasu Karin auna zafin jiki wajen goma sha biyar zuwa ashirin na juyawar bayar ne za'a samu, bayan an raba wurin da kashi ya shiga nama a agàrà [hudu shafi na gaba]





Simintin gyara bayan Rabawa wurin da kashi ya shiga nama

Bayan gyara cutar da ya sa yatsun kafa su juye kasa da yin rabawa wurin da kashi ya shiya nama/ rabawan agara sa simintin gyaran kafa na biyar [5] da kafar a juye a wajen auna zafin jiki sittin zuwa saba'in a wuri daya da gaban idon kafa, da gomasha biyar auna zafin jiki da juyawar daga baya. Zai yi kamar an gyara kafar da yawa tare da cinya. Wannan gyara zai riƙe kafa à makanni uku bayan gyaran ya cika. Ya kamata a sàkè sà simintin gyaran kafa idan ya zama taushi ko ya Baci kafin makanni uku. Mai yiwuwa ne jaririnda mama su tafi gida nan da nan. Yawanci, ba wajibī ba ne a yi amfani da magani mai saukakan ciwo. Yawanci shi simintin gyara kafa na karshe wanda aka buƙatarsa a shiryen – shiryen jiyar.

Cirewan Simintin Gyara

Bayan makanni uku, an cire simintin gyaran kafar. Ashirin a auna zafin jiki da kafa a lankwashe zuwa baya (dorsiflexion) ne mai yiwuwa yanzu. Agarar ta warkè. Balshe aikin gyara bashi da yawa. Kafar, na a shirye wa tafiya da takalmin tafiya mai gyaran kafa [shida ww] kafar ta yi kama an gyara ta daga tsakiya (abduction). Wannan shi ne yana ba mai taimako kula a lokaci da yawa. Yi bayani cewa wanna ba gyara mai yawa ba anuma gyarata a cikakke kawai.

Kurakurai Lokacin rabawa wurin da kashi ya shiga nama a agārā

Kokarin gyara Yatsun kafa wadda ya juya kasa (equinus) kafin à Gyara diddige

wadda ta juya tsakiya zai zama sanadūn wani nakasa da ana kira rocker bottom deformity. Wata nakasar tafi za'a iya gyara gaBa cikin sau yatsu wurin da yatsun kafa ya juya kasa idan kashin cikin agara ya yiwuwa juga daga tsakiya. Za'a nuna gyaran wurin da kashi ya hada da nama a agara bayan cavus, juyawa zuwa tsakiyar (adductus) da juyawa daga tsakiya. Sun samu gyara cikakke.

Kasawar yin rabawa wurin da kashi ya shiga nama a agara a cikakke Idan an ji wani sauti kamar 'pop' ko "snap" ya nuna cewa an gyara wurin da kashi ya shiga nama a cikakke. Kasawar samu wannan mai yiwuwa nuna wani gyara wurin da kashi ya shiga nama wanda bai cika ba. Sake yin aikin gyara don a samu gyare – gyaren a cikakke idan babu wani "pop" ko "snap".



Takalmin tafiya na Gyaran kafa

Takalmin tafiya na Gyaran kafa yana da amfani

Bayan yin amfani da simintin gyare-gyaren kafa, kafa ya koma wurin day a kama ta a aunan zafin jiki wájen sittin zuwa saba'in (a kan tsaye – cinya da kafa). Baya an gyara wurin da kashi ya shiga nama cikin agara ko cikin kafa, za'a bar simintin gyaran kafa na karshe a wurin daya a makanni uku. Ya kamata a yi amfani da katakon gyaran kafa Ponseti don a rike kafar a juye daga tsakiya kuma a lankwasa dá baya. Wannan shi ne wani sándā da aka hada da takalma cir wadānda sun bude yatsu a karshe.

An bukatar wanna yawan juyawar kafa daga tsakiya saboda a rike juyawar kashi cikin agara da gaban kafa don a hana sake komowa. Kwayoci mai taushi iri daya a cikin kafa wadda suna aiki tare suna a kasance a nan awaje kawai idan an yi amfani da takalmin katakon tafiya na gurgun kafa bayan an yi gyara da simintin gyara kafa. A cikin takalmin gyaran kafa wadda aka yi zai rike kafa sosai don a samu daman tafiyar. Takalmin ba zai kai wurin gwiwoci ba don jariri ya iya shura kafafu don ya samu damar mikewa diddige. Juyawar kafa daga tsakiyar a cikin takalmin gyara, tare da wata lankwashewa kadan (a gantsarè daga yaro/jariri), zai sa kafafu ya lankwashe zuwa baya. Wannan zai taimake mikewa sosai a tsoka babba mai kai biyu cikin dāmbubū da wani abu kamar zare ko igiya a cikin diddige. Abin rike kafa da idon kafa (AFO) ba su da amfani saboda zai rike kafa a tsaye kawai ban da maikarfin lankwashe daga baya.

Dokokin yin amfani da takalmin Gyaran kafa

Sati uku bayan an gyara wurin da kashi ya shiga nama a kafa za'a cire simintin gyaran sai kuma a sa wani takalmin gyaran kafa nan da nan. Wannan takalmin gyaran kafa shi ne wani sanda da aka hada da talkamir doguwar cir da aka bude yatsun a karshe [daya]. A gurgun kafa guda za'a sa a auna zafin jiki sittin zuwa saba'in na juyawa daga waje a gefen wanda kwancen kafar take kuwa wajen talatin zuwa arba'in a auna zafin jiki a gefe (wanda ba gurguncin daidai [biyu]. A hālāyēi inda kafafu biyu ne da cutar, za'a sa saba'in auna zafin jiki na juyawa a waje à ko wane gefe. Ya kamata abin rikewan mai isasshen tsauro ne don dunduniyar takalmā suna à fādin kafada [biyu]. Wani kuskure gamagari ne idan an kayyade wani abin rikewa gajere da yawa, wanda jariri bai zai yi dadin saka ba. Wani Takalmin gyaran kafa maràs fādī ne dalilin gama – gari wa rashin yarda da dokokin. Ya kamata abin rikewan yana a lankwāshē biyar zuwa goma a auna zafin jiki da kan a gantsare daga jariri, don a rike kafafun a lankwasa zuwa baya.

Ya kamata jariri ya sa katakon takalmin gyaran kafa a cikakken da rana da dare a wata uku na farko bayan an cire simintin gyaran kafa na karshe. Bayan haka, ya kamata jariri ya sa takalmin katakon gyaran kafa a sa' a goma sha biyu da dare kuma sa' a biyu zuwa hudu a cikin rana wa jimlar sa' a goma sha hudu zuwa goma sha shida a cikin sa' a ashirin da hudu. Wannan hanyar yin amfani da katakon gyaran kafa zai ci gaba har jariri ya zama shekara uku zuwa shekara hudu a haihuwa. Lokaci-lokaci jariri zai samu juyawa da yawa daga tsakiyar diddige kuma yadda kashi wanda ya fi babba a cikin kashi biyu a kasa da kafa ya murda a waje (external torsion) a lokacin da akan amfani da takalmin katakon tafiya. A irin wadannan halaye, likita zai rage juyawar talkalmin a cikin abin rikewan sa daga wajen saba'in a auna zafin jiki zuwa arba'in.

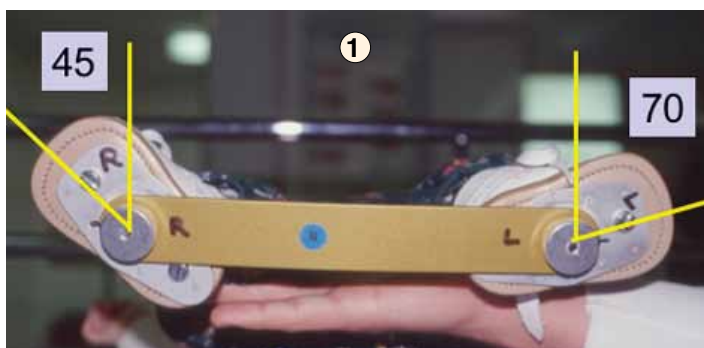
Amfanin Katakon Takalmin Tafiya na Gyaran kafa

Hanyar jan kafa na Ponseti tare da wani aikin gyara yadda aka raba a wurin da kashi ya shiga nama daga fata (percutaneous) à kài a kai zai ba da wani sakamako mai armashi. Duk da haka, idan babu wani aikin gyaran da takalmin katakon tafiya mai kwazo a jèrè, cutar zai sake komowa a halaye wanda ya fi kashi tamanin a cikin dari. Wannan shi ne akasi da za'a samu a iyaye da suka bi doka (Morcuende de wasu mutane).

Lokacin da ya kamata a daina amfani da katakon gyaran kafa

Har wani lokaci ne ya kamata à ci gaba da yi amfani da takalmin katakon tafiya daddare? Tun dà yana dawuya a lokaci da yawa a san tsanani, mu yaba wa yin amfani da katakon tafiya a shekara uku zuwa hudu.

Jarirai mai fi yawa sun sa'aba yin amfani da takalmin katakon gyaran kafa, kuma ya zama kashin halin rayuwansu. Idan baya shekara uku da haihuwa bindoka ya zama wuya, zai yiwuwa ya zama dole jariri ya daina yin amfani da takalmin katakon gyaran kafar. Za'a duba jariri sosai a gan ko dakwai wata shaidar sake komowa. Idan an gane wanna sake komowa da wuri, ya kamata a koma fara yin amfani da takalmin katakon gyaran kafa.



Irin Katakön tafiya na gyare-gyaren kafa

Gyare-gyare katakon tafiya a karshe na Ponseti ya ba da wasu amfani. Don a hana kafar ta zame daga takalmin za'a saka gammo a cikin takalmin. Sabon zâne - zâne zai bar kafar ta fi jin sauki a cikin takalmin katakon tafiya, jariri ya fi jin dadi da shi, kuma zai ba da jaririn saukin tafiya. Wanna takalmin katakon tafiya mai lankwasuwa zai ba da kâruwâ a bin dokokin.

Iri iri katakon takalmin gyaran kafa da yawa za'a iya zabi. An Nuna iri irin katakon takalmin gyaran kafa da za iya zabi [daya zuwa bakwai].

H.M. Steenbeek na yi wà Mishan Christoffel Blinden a Katalemiwa Cheshire Home à Uganda aiki, ya yi wani katakon takalmin tafiya na gyaran gurgun kafa wanda zai iya yi dagà kayaki da mai yiwuwa ne a samu da sauki a ko ina [2] Takalmin katakon gyare-gyare mai takalmin na gurgun kafa yana da amfani wajen riƙe gyara, da saukin fa'ida; da saukin kira, ba'a tsada, kuma irin da da za iya amfani da a ko ina ne (Gashafi ashirin da shida). Domin Bayani à kirar tûntubâ Michiel Steenbeek à steenbeek.michiel@gmail.com or www.global-help.org.

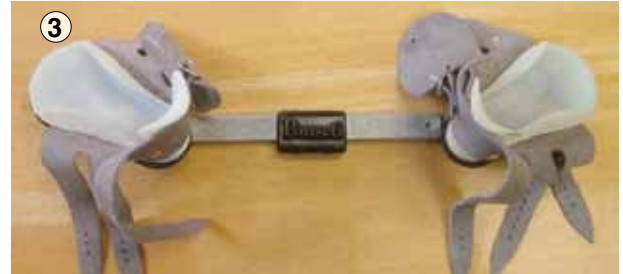
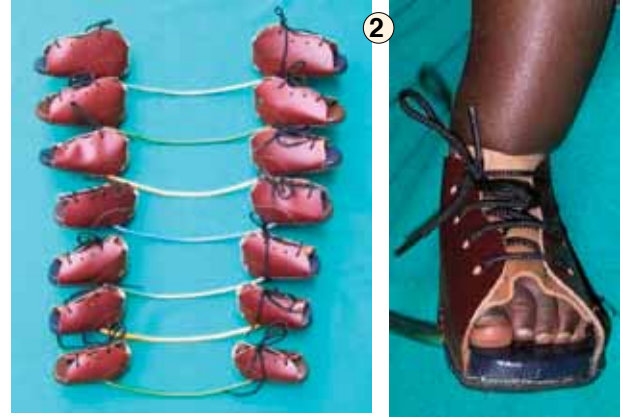
John Mitchell ya shirya wani katakon takalmin tafiya tare da bayanin Likita Ponseti. Wannan takalmin tafiya ya kunshi takalma da aka yi daga wata fata mai taushi kwarai da kasan takalmin mai rōbâ wadda aka zubi a siffar kafar jariri zai ba da dadi kuma da saukin sakawa [uku]. Ga: www.mdorthopaedics.com.

Likita Matthew Dobbs na Jami'a Washington a makarantar Ilimin Aikin Likita à St. Louis Amirka ya yi wani sabon katakon takalmin tafiya na gurgun kafa na zamani wanda zai bar kafar ta yi tafiya a lokacin da zai riƙe juyawa da an bukake [hudu]. Ya kamata a yi murda idon kafa da kafa su tsaya sosai don a hana lankwashewa a idon kafa da tafiya kafa.

M.J. Markel ya yi wani katakon takalmin gyare-gyaren kafa wadda ya ba da iyaye amfani su sa takalmân da farko a jariri kuma a daura ko wane takalmin à sanda [biyar].

Likita Jeffrey Kessler na Asibitin Kaiser a Los Angeles Amirka ya yi wani takalmin katakon tafiya na gyare-gyaren kafa mai lankwasuwa kuma maras tsada. An yi abin rikewan sandon da 1/8" (inci kashi daya a takwas) a kaurinsa (poly-propylene) [shida]. Wanna sakawa da takalmin tafiya na gyaran kafa mai yiwa kara bi dokokin saboda jaririn ya yarda da shi sosai. Ga: JPO –B 17:47 2008.

Likita Romanus ya kira wani katakon takalmin gyaran kafa a Sweden [bakwai]. An yi wanna da wani karfen rōbâ mai lankwasuwa wanda an yi a siffar kafar jariri. An rufe cikinsa da fata mai laushi kwarai, wanna ne ya ba siffar mai dadi kwarai. An daura takalma à jikin sanda da kusoci.



Karin bin Dokokin Takalmin Katakon gyaran Gurgun kafa

Iyaye mafi bin dokokin ne wadanda suka gane aikin gyaran kafa na Ponseti kuma amfanin takalmin-katakon gyaran kafa da amfani yin tafiya da shi.

Karin Ilimin

Samu damar koya ma iyaye game da Aikin Gyaran Kafa na Ponseti.

Kayan Rubutu yana ba da taimako kwarai a lokacin da an same shi. A lokaci da yawa kayan bugu ya fiye shawonkai da labarin bakà [daya].

Lokacin gyare-gyare da simintin gyaran kafa a mākō-mākō Lokacin sa ko wane simintin gyaran kafa samu dama yin shāwarār aikin gyaran Ponseti kuma karfafa muhimmancin yin takalmin katakon gyaran kafa na gurgu wanda ya riƙe gyara. Ba da amsa gā duk tambayoyin daga iyaye ko wasu mutanen gida. Kura idō a mutanen gida da basu yarda da wanna aikin gyara ba. Ba da bayani a wurin da ba su gane ba kuma wadda ya basu kula.

Shirya iyaye wa yin amfani da katakon takalmin gyaran kafa Basu bayani cewa kasewa zai yiwu faru idan a daīna yin amfani da takalmin gyaran kafa da wuri. Ba sau daya ba sau biyu ba karfafa muhimmacin irin wanna aikin gyaran kafa. Bar iyaye su gane cewa rikewan gyara da katakon takalmin gyaran kafa na gurgu yana ba da irin amfani daya da za'a samu a gyarawa da simintin gyaran kafa kuma da yadda aka raba wurin da kashi ya shiya nama a agarā.

Bayami wa katakon Gyaran kafa da takalmin gyaran kafa

Rabawan aikin karfafa Nan da nan bayan an sami nasara cikin gyara, sarai mayar da karfafa wa iyaye su riƙe gyaran da takalmin gyaran kafar da kuma katakon gyaran. Rabawa irin wanna wa uban mai yiwuwa ne ya cāncantā a wāsu hālāye.

Nūnā wa iyaye iyawar saka katakon takalmin gyare – gyaren kafa Nuna wa iyaye ta yaya za'a saka katakon takalmin gyaran kafa. Cire katakon takalmin gaya wa daya cikin iyaye ya sa katakon takalmin gyaran lokacin da kana dubawa. Ka tabbatar da jariri ya ji dadi da san katakon takalmin gyaran kafar. Idan jariri bai ji dadi ba, cire katakon takalmin ka duba fata ko dakwai shaidar kyāsfi da wasu jajaye à fata.

Sa Jariri A shiryè Wajen kwanaki kadan da farko ba da shawara cewa za'a iya cire katakon takalmin tafiyar a kwanaki kan don a kwanta ta hankurin jariri. Ba iyaye shawara cewa su kaucè cirewan takalmin katakon gyaran kafa idan jariri ya kuka. Idan jariri ya san idan ya yi kuka za'a cire takalmin katakon gyaran zai ba wuya gyaran samfrār karfafa, wa iyaye su maidā yin tafiya da takalmin katakon gyaran kafa kashi daya a halin rāyuwār jariri [uku].

Ci gaba da aikin

Ka'ida dawonwar a kwanaki goma zuwa goma sha hudu don a duba yin amfani da katakon takalmin tafiya na gyare-gyaren kafa ko yana yin aiki sosai, ka'ida ziyara mai zuwa a wājen wata uku. Bayan wanna lokaci, za'a iya daina yin amfani da katakon takalmin gyaran kafar da rana. Dole a saka takalmin katakon gyaran kafar wa barin rana kuma a lokacin barci da dare.

Ba da taimako Idan iyaye sun sha wuya da takalmin katakon tafiya na gyaran kafar, karfafa wa iyaye su je asibiti ko su koma asibiti.



Ala'adu wanda ya tsare hanyar aikin gyaran Ponseti

Iri-irin ala'adu da ya tsare aikin gyaranwan Ponseti

Wasu hanyar gyaran kwancen kafa Iyaye mai yiwuwa nemi wasu hanyoyi wadda ba na Ponseti ba, maganin gargajiya da wasu hanyoyi maras amfani kuma jinkiri zai sa hanya Ponseti ya fi wuya. Yi tafiyar da wanna matsala tare da ilimin iyaye, wasu mutane mai kula, da kashin lafiya dā jama'a /mutane duka.

Akida A wasu ala'adu alummoci sun na da akida cewa mugun alijanu, ma'ita, wata rantsuwā ko zūnubin uwar ne sanadin kwancen kafa [1]. Wadannan akida mai yiwuwa hada da labari banza cewa aikin Ponseti ba shi da amfani.

Halayen Mutane Wanda Bai kamata akan Wanna Cutar Idan mutane suna da akida cewar kwancen kafa sun faru saboda zunubai ko rashin ladabin iyaye, jariri da wata nakasar ne wani mafarun kunya kuma iyaye sun Böyè shi.

Haihuwar kauye Jarirai wadda aka haife a kauyuka ba da wata babbar matsala. Ba za su samu amfanin dubawa da aka saba yi da jinjiri a mai'aikatan asibiti wanda ya hore sosai à kula da koshin lafiya. Mai yiwuwa ne iyaye ba su da sanin cutar ko muradi wa jiyya da wuri.

Shāwō kan Matsalocin

Taimake iyaye su shawo kan matsaloci da wadannan hanyoci:

Kafa asibitin kwancen kafa Mai da aikin gyaran Ponseti abin da kowane a kasar zai iya samu.

Shāfā Ubanni Karfāfā wà zuciyocir ubanni a zuwan asibiti da su mama (uwar) kuma su shāfē a jiyyar. Ubani wanda su shafa da kuma gānè sun fi kamar su bayar da su uwar goyen baya a bin jiyya wa jaririn [2].

Yi shāwarā Aikin Gyaran kuma da tsarin /dabarar (a bi da bi) ci gaba ba

Aiki Sanar da mutane mai kula da lafiya a duk dabarar jiyya (Ziyarce - ziyarce ashirin a shekaru wanda ya fi hudu). Yin shawara da yin dabarar duk jiyyar da farko sai karfafa wa iyaye su yi dabarar akan samun kudi da ya kamata. Sanar da iyaye ko asibitin ne zai biya bukatar. Yi wa iyaye kwatancen cibiyar jiyyar Ponseti wa aikin gyara.

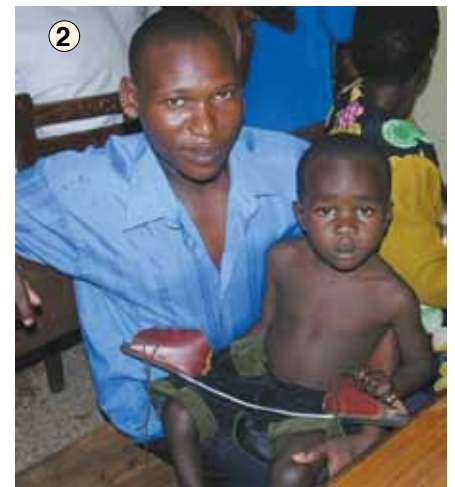
Hadin Gwiwa Karfafa wa gwiwa su abokin tarayya mai kula si sarrarā matsaloci iyaye da wasu mutane mai ba da kula su raba wuyar biyan kudi da wasu nauyin aiki a gida. Mai'aikatan asibiti sun raba nauyin aikin kula da lafiya. Yi la'akari da rokon gidajen almasihu, massallacai, aikin kungiyoci kuma hukumar agaji su taimake matalauci sosai da taimakon da abin sururi ko da wadansu aikin taimako.

Wayawar kāi, làdābi, kuma sake tabbacin

Ba iyaye da jama'a akan aikin gyaran Ponseti wanda zai wāyē kansur. Ba sanarwa game da kwancen kafa, sanadin cutar kuma da cewa aikin likita zai iya sarrara wadānan matsaloci. Wanna zai sa mutane su fi yarda da halin.

Bar su uwar su koma gida a wajen wadansu aikin gida da wuri kar su dakata da yawa a asibitoci.

Sake tabbatar wa masu cewa sanadin cutar ba don laifi iyaye ba kuma da cewa jiyya na da amfani sosai amma yana cin lokaci.



Sake Komowa

Shaidawar da sake kōmōwa cutar

Nan da nan an cire simintin gyaran kafa kuma an fara yi gyare – gyare da katakon takalmin ta fiya, yi shiri da ganin jariri ya koma a wādanan wurace don ka duba yadda jariri ya bi dokokin sa takalmin gyaran kafa:

A sati biyu duba yadda jariri ya bi dokokin yin tafiya da katakon takalmin mai gyaran kafa da rana kuma da dare.

A wata uku ya yi motsi zuwa sakawar takalmin wa barcin rana da barci da dare

Har shekara uku à háuhuwa ringa duba a kowane wata hudu don a duba yadda jariri yana bin dokokin sa takalmin kuma wa sake aukar cutar.

Shekara uku zuwa hudu a haihuwa duba a kowane watanni shida.

Daga shekaru hudu a haihuwa har jariri ya bala-ga duba sau daya a cikin shekara daya zuwa buyu.

Sake Kōmāwā cutar da Wuri

Jariri zai iya juya kafa yadda yake so ba wannan shi juyawa daga tsakiya zuwa baya kuma da sake komowa zuwa tsakiyar kafa kuma kafa a lankwasuwa zuwa ciki (cavus).

Sake Kōmāwā à jarirai lokacin da yana tafiya wajen mai dubawa

Neme juyawa gaban kafar zuwa sama . Wanna ta faru saboda yadda tsokar kasusuwa deguwar biyu a cikin kafa sun motse sun kā dà tsoka maras karfi [1]. Lokacin da jariri ya yi tafiya daga mai dubawa, neme juyawan dundunwa daga gefe zuwa tsakiyar (heel varus) [2].

Jariri wanda aka sa a zaune ya kamata a duba shi don a gani yadda idon kafar yana juyawa kuma da rashin juyawan don lankwashe zuwa baya sak. Duba ranjin juyawa. Duba yadda gaBobi cikin yatsun kafa da cikin kafa sun na motsawa. Wadanan gaBobi sun kamata sú juye da yanci. Idan ba su juya sosai ba da akwai shaidar cewa cutar ta koma dawowa.

Dalilai wa koma dawowa

Sanadin koma dawowan cutar mai gama – gari ne rashin bin dokokin aikin gyaran da katakon tafiya. Morcuende ya ba da baina cewa koma dawowa cutar mai yiwuwa faru a wajen kashi shida a cikin darin wurin iyaye mai bin dokoki kuma kashi tamanin a cikin dari a wuri iyaye da ba su bi dokokin ba. Idan koma sakewa ya faru a jarirai masu amfani da katakon takalmin gyare-gyaren kafa dalilin wanna ne wata gaBā a cikin kafa wanda bai tsaya sosai ba wanna kuma shi zai sa kafa ya sagè ko cutar ta koma dawowa.

Gyare-Gyaren simintin kafa wa koma Dawowan Cutar

Kada ka kyale Sake komowan cutar! Nan da nan bayan an shaida cewa cutar ta koma dawowa sa daya zuwa uku simintin gyare-gyaren kafa don a mike kafa kuma a sake samu gyarta. Wanna aikin gyara da simintin gyaran kafa iri daya aikin gyaran kafa da simintin na Ponseti na farko. Nan da nan idan an gyara nakasar da simintin gyaran kafa sake fara da yin aikin gyaran da katakon takalmin gyaran kafa. Ko dà jariri yana da koma dawowan wata cuta mai tsanani, wani lōkàcī simintin gyaran yana ba da amfani sosai [3].



Sake Komawan cutar kafar inda yatsun kafa ya juya kasa (mutum yana ta yin sanda).

Sake komawan kafa zuwa inda yatsun ya juya kasa ita ce wata nakasa wanda za iya ba rikita aikin gyaran. Kasusuwa doguwa biyu a cikin kafa (tibia) yi da alamar ya fi gastrosoleus tendon (kashin agara na gastrosoleus) yin girma. Tsokar ta yar (da) abubuwa cikin kwayocikuma agarar tana da doguwar sura kuma da yawanci abin da ana kira 'fibrous' yawan jijiyoci a fata [1].

Gyara da sakawan simintin gyare-gyaren kafa a jeri tare kafa a juye daga tsa-kiya. Ci gaba da gyare-gyaren da simintin sati-sati har za'a iya kawo kafa zuwa wajen goma a aunan zafi jiki a juye daga baya. Idan ba a samu nasara a cikin gyare-gyare da simintin kafa wajen sau hudu zuwa biyar sake yin gyara wurin da kashi ya shiga nama a dunduniya. Nan da nan bayan an gyara hali yadda yatsu sun juya kasa kuma mutum yana ta yin sanda, ci-gaba da yin tafiya da katakon takalmin gyaran kafa daddare.



Sake komowan cutar varus

Sake komowan kafar zuwa tsakiyar cikin kafa (hali wadda yasa yatsu su juya sama kuma mutun yana tga yin sanda) ta fi cutar cikin dunduniya gama-gari. Za'a iya gan shi da jariri a tsaye [2] kuma ya kamata a sake sa simintin gyaran kafa a jariri a tsakanin wata goma sha shida da wata ashirin da hudu, bayan haka za'a koma yin tafiya da katakon takalmin gyare-gyaren kafa.

Juyawar kafa zuwa sama maras tsauri

Wasu jarirai, yawanci tsakanin shekaru uku zuwa hudu a haihuwa, da kafar ta juya sama wanda bai yi tsauri ba za'a su samu nasara idan an mai kasusuwa doguwar biyu a cikin agara zuwa gaba [3]. Wanna mayar da tana da amfani in nakasar maras tsauri ce kuma idan ba mai karfi ba. Jinkirta aikin gyaran har bayan wata talatin da haihuwa lokacin da lateral cuneiform sunan wani kashi a wajen kafa ya zama kashi daga wasu abubuwa da ana kira cartilage (guntungunsi) wasu abubuwa mai taru da iyawra juya kashi. Yadda aka saba ba'a bukatar yin tafiya da katakon takalmin gyaran kafa bayan an mayar da.



Karshè

Wasu sake komawa da ya saba bayan aikin gyare-gyaren kafa na Ponseti sun fi wasu da ya sake komawa bayan tiyata sauki (traditional posteromedial release surgery).



Wani kwancen kafa kwarai

Mafi yawa kwancen kafa kwarai sun ishe a gyaran kamar wajen gyare-gyare da simintin gyaren kafa na Ponseti kamar sau biyar da aka yi sosai. Wadansu kwancen kafa suna da siffoci ta musamman sosai wanda ya tsawaita jiyya wato ya sa aikin gyaran ya fi wüyā. Mai yiwuwa ne à rarrābā wadanna kwancen kafa à wasu kashi.

Kwancen Kafa Kwarai wanda ba yi wa māgānī ba

Idan an jinkirta jiyya, kwancen kafa wadda ba san dalilinsa ba gyaran tana zama ta fi wüyā kumu tsawaita à bī dà bī.

Gyarta a cikakke mai yiwuwa ne har zuwa karshen yārintā.

Alal mī sālī, wanna yaro shekara hudu dà haihuwa da kwancen kafa da wadda ba yi jiyya ba [daya] shi ne aka jiyya da simintin gyare-gyaren kafa sau shida [biyu] yana biye da wani gyaran wurin da kashi ya shiga nama a cikin kafa kuma da simintin gyare-gyaren kafa sosai a sati shida. An gyara wanna kafar a cikakke [uku] – daga aikin Likita Shafique Pirani.

Kar à duba shekaru dà haihūwā fara jiyya da aikin Ponseti dàidaitacé, shaida cewa mai yiwu ne Karin jiyya.

Idan gyara bai cika ba kuma ba a yarda da sauran nakasar ba, mai yiwuwa ne a yi aikin tiyata na fata da na kashi don a kare gyaran.

Wani Kwancen Kafa Kwarai

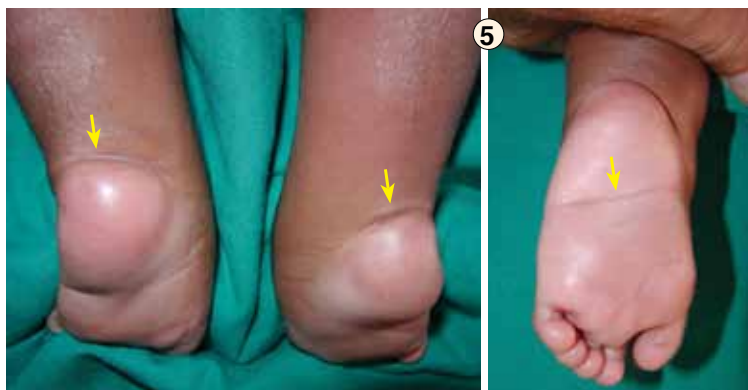
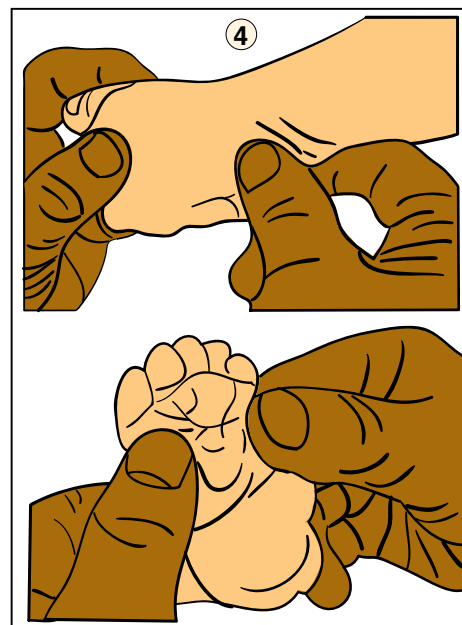
Wadansu kwancen kafa sun fi da wuyar gyara. Wadannan kwancen kafafu da suka kasa warke suna tare da wata mai sage wadda ba a saba ba. A wasu, kwancen kafa sun fi da wuya saboda ba yi masu jiyya da hanyoyi Ponseti ba. Irin wannan jiyya tana ba da karin nakasa sau da yawa wanda ya sa aikin gyaran ya fi da wüyā.

Kimantāwa Dubawa sau da yawa ya nuna juyawar tafin kafa mai tsanani (sever planta flexion) yadda kasusuwa doguntar wadda suka tare suka zama wata gaba, da duk kasusuwa biyar a tsananin idon kafa da yatsun wata layi daidai akan diddige kuma à kētarēn tsakiyar tafin kafa [alamu rawayu biyar], kuma wani dogo gajere babban yatsun.

Jiyya à Hanyar Ponseti Fara da jan kafa da wasu maganu kuma da hadawan simintin gyare-gyaren kafa. Farga cewa jiyyar zai tsawaita kuwa dakwai karin kasadar koma dawowa.

Yadda aka jan kafar Da hankali tabbatar dà kan talus, wani kashi babba a idon kafa a gefe daya daga tsakiyar. Bai kai fadin gaban kashin cikin dunduniya zāhirī ba. Lokacin jan kafar ya kamata dan hali ya hūta a bayan lateral malleolus (a gefe kasan fibula) lokacin babban dan yātsa hannu daya yana ta motsawa kan talus ta gefe[huɗu sama].

Kada à juya a aunan zafin jiki wanda ya fi talatin. Bayan an samu juyawa daga tsakiya a aunan zafin jiki talatin sosai, koma kan gyaran na cavus da juyawa kafa kasa (equinus). Za' a kara ja duk kasusuwa cikin yatsun kafa a lokaci guda da babba dan yatsa na hannuwa biyu [huɗu a kasa].



Gyare-gyare da simintin gyaran kafa Kōyāushe sa simintin gyare –gyaren kafa a sama da wurin gwiwa a auna zafin jiki dari da goma juyawan don a hana shi daga zamè. Ana buƙatar simintin gyare-gyaren kafa wajen shida zuwa takwas a gyara nakasa.

Gyare-gyare da simintin gyaran kafa Kōyāushe sa simintin gyare –gyaren kafa a sama da wurin gwiwa a auna zafin jiki dari da goma juyawan don a hana shi daga zamè. Ana buƙatar simintin gyare-gyaren kafa wajen shida zuwa takwas a gyara nakasa.

Yin Tafiya da Katakon Takalmin Gyaran kafa Rage juyawa daga tsakiya (abduction) a wurin da cutar take zuwa talatin a auna zafin jiki cikin takalmin katakon gyaran kafa. Gyare-gyare à jeri duk daya ne.

Wani Kwancen Kafa Daban (sosai)

Kwancen kafa yana faru tare da wasu cùtùka da aka haife tare da jariri kamar arthrogryposis [daya], myelomenigocele, wata cutar da ta sa kashi a lakar bayyanār ya turo saboda wata nakasa a kashin baya [hudu] da wasu alamun cutuka. Sau da yawa wanna bayyanar ce sanadin wasu abubuwa da ya kamata ya jiki koshin lafiya da ya kuma ki yin aiki daidai kamar collagen da wasu abubuwan jiki maitaushi sune suka zama jijiyoci da sun sage, jijiyoci da sun ritsà wata gaBada wasu abubuwan jiki mai taushi. Kwancen kafa mai bayyana sun fi wuya à jiyya kuma wani lokaci ya kama tilas a yi aikin tiyata.

Wata Bayyanar Cuta (Arthrogryposis) Fara jiyya da aikin gyare-gyare da simintin gyaran kafa dadattace na Ponseti. Tara zuwa goma sha biyar simintin gyare-gyaren kafa ne ya kamata a sa sau da yawa. Idan ba a samu gyara a cikakke ba, ya kamata a yi aikin tiyātā. Muhimmancin aikin tiyata zai rage saboda aikin gyaran Ponseti. Wasu aikin gyare-gyare wadda bai kai na Ponseti kyau ba kamar aikin gyare-gyare ta hanyar wani gyara à fata wanda ta saka dà jijiyoci cikin wani kashi wanda ya fi tsawo a kasusuwa bìyu a kafa – wanna kashi a baya yake (posterior tibialis), da jijiyoci cikin dunduniya da diddige [bìyu] da kankacewan tsokan babban yatsa wanda ya sa babban yatsa ya juya sama [uku] mai yiwuwa wādātār. Gyare-gyare da katakon takalmin gyaran ka bayan gyara yana da amfani kuma mai yiwu ne a ci-gaba da shi har tsakiyar yarinta ko kuma ya fi dadewa

Wata Bayyanar Cuta (Myelodysplasia) Saboda rashin jijiyoci, ya kamata a yi gyare-gyaren simintin kafa da hankali don a hana gambon fata. Kara gammaye [biyar] kuma kauçè wa danna da ta wuce kima a lokacin gyare-gyaren.

Wasu irin bayyanar cutuka Ana gani kwancen kafa da wasu bayyanar cutar kamar nakasar tsoka da jijiya, Bayyanar cuta na Mobius, bayyar na Larsen, bayyanar cuta na Wiedemann-Beckwith da na Pierre Robin. Yawanci Sakamakon aiki bayan wani lokaci ya dōgarà da irin bayyanar cuta a sau da yawa fiye da kwancen kafār.

Yin Sařrařa Sauran Nākasa

Idan gyare – gyare da simintin gyaran kafa bai cika ba kuma ba a yarda da sauran nakasar ba, ya kamata a yi tiyata. Fara gyara da simintin gyaran kafa na Ponseti. Kō dà gyaran bai cika ba à rage tsananin nakasar kuma aikin tiyata wanda an buƙace zai rage don a gamà gyaran. Idan an rage tiyata nufi cewa dakwai ragin kandàré, rashin karfi, kuma ciwò à lokacin da jariri ya girme.

Zabi aikin gyara dogara da shekarun jariri dà haihuwa kuma da tsananin irin nākàsar. Farga cewa kwancen kafa da aka gyara da tiyata mai yiwu kōmowa a duk lokacin yarintā (cikin dari wajen kashi ashirin da biyar zuwa hamsin).

Haduwar jijiyoci mai taushi ta nuna a jariri da yārintā. Hanyar ta dogara da tsanani kuma wurin nakasa.

Hanyoyin gyare-gyare Kashi an nuna kuma mai yiwu ne a yi amfani dasu a kārshēn yārinta. Hanyoci biyu ce da daya resection, da irin gyaran wadda abubuwa daban daban sun taru sun zama guda (fusions).

Hanyar Gyara Ilizarov ta fara zama abin ana yi sau da yawa a jariri da sun fi girma. An samu gyara a cikakke bar wa jariri abin ba zai ba shi kula da sakawa a wuri daidai a jeri. Rage kasadar komowa da abin da zai dauka hankalin jariri kafin gyara gyara.



Yadda za'a mayar da kasusuwa cikin. Mayar da jijiyocikin agara kashi mai fi dogo a kasa da kafa daga gaba.

Alama

Za'a gan alamar sauye idan jariri ya fi wata talatin da haihuwa kuma yana da komowa na biyu. Alamu sun hada da ciwo mai tsanani a kashin cikin dunduniya, diddige da juyawan kafa zuwa sama a lokacin tafiya; tafin kafa ya ba da alamar wata fata mai kauri a gefe daya daga tsakiya.

Gyara Nakasa

Ka tabbata da cewa ko wace nakasa mai naci ce an gyara sau biyu ko uku kafin a sauye. Yawanci cavus, wani juyawa kafa zuwa tsakiya (adductus) da varus su yi daidai. Hali yadda yatsun kafa sun juya sama kuma mutum yanata yi sanda mai yiwu ba da wuyen jiyya. Idan kafa ta juya zuwa baya da sauki ko babba dan yatsa ya juya sama goma a auna zafin jiki za'a bukata a sauye kawai. Idan ba haka ba a yi rarraba wurin da kashi ya shiga nama a wayar cikin dunduniya.

Māganin sā barci, sakawan wuri daidai da aikin yanke – yanke da cikin jiki (incision)

Sa majiyacin karkashin māganin sa barci, sa a juye zuwa sama. Yi amfani da wani kyalle ka daure cinya da kafa zuwa sama. Yi wani aikin yanke cikin kafa da baya tare da gefe akan lateral cuneiform suna wani kashi a gaban kafa. Alamar kansa ne wani fitowa daga kusa da kashin cikin yatsun kafa na uku a gaba kan talus [1]. Yanke yanke daga baya zuwa tsakiya (dorsomedial incision) ne aka yi akan hadawan gaBa tare da tsoka wanda tana juya da na jijiyoci cikin kashi mai fi dogo a kasa da kafa

Tsiraita Jijiyoci cikin kashi mai fi dogo daga Gaban kafa a kashin kasa da kafa

Tsiraita jijiyoci kuma Ballè bayan hadawan gaBa da tsoka wanda suna sa a juye [3]. Kada kara rabawa jijiyocin da yawa daga kai don a hana ba da wurin girma kashi cikin yi wa yatsu na daya ranni.

Sa kugiyar dinki

Sa wata dinki na dalla suriri (#0) mai yiwuwa narkè [4]. Yi ninki shigewa daga jijiyoci cikin agara don a samu gyarta kam.

Sauye Agara

Sauye jijiyoci cikin agara zuwa juyawa daga baya zuwa gefe daga tsakiya, sa karfi sosai har abin gyara ya shiga cikin fata [5]. Agara ta na nan karkashin retinaculum wani abu da gaBoBi cikin agara bayan kashi biyu tare sun kankance sun mike à layi daya. Yanta wurin da aka yanka don a ba agarar hanyar mikkakiya daga gefe daya.

Yi Amfani da abin matsayin (lateral cuneiform)

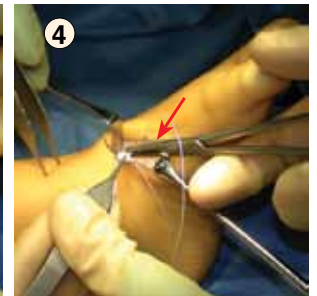
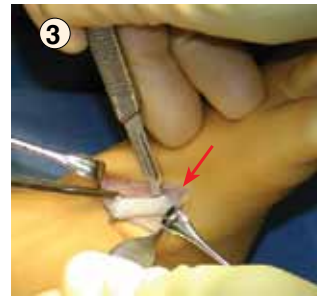
Idan dakwai yi amfani da hoto [6]. Ba wurin wata huda kula a hoton [6 tsinin kibiyar]. In ba haka ba gānè da gaBa ta kai a tsakaninsa da kashi cikin yatsun kafa na uku.

Gānè Wurin Sauye

Yi wani huda (3.8-4.2) a tsakiyar lateral cuneiform, wani kashi a cikin kashi wadda girman bakwai a cikin kafa, yana a cikakken saukar da agara [7].

Zura Dinke – Dinke

Zura zare à kafar wata allura cir akan ko wane dinki tam. Saka wata allura a cikin hūdà. Kyale allura ta daya à cikun huda lokacin da kana sakawan allura ta biyu don a hana yin huji à dinki na daya. [8]. Ka tabbatar da allura ta hūdà fata tafin kafa [8 tsinin kibija].



Yi là akāri da yin wata yanke-yanke da gyaran wurin da kashi ya shiga nama a cikin igiyar agara

Idan ya kamata, rarraba wurin da kashi ya shiga nama a igiyar cikin dunduñiya (agara) da wata rēzā na namba goma sha daya #11 ko goma sha biyar #15.

Sa allurai biyu

Saka allurai daga cikin wani gammō da an iya taBà sa'an nan kuma daga huhhujē dāban-dāban a cikin bōtin don a tsarē agara [1].

Kārē/ Tsarē Agara

Da rikewan kafa a juye, daga baya ja agarar zuwa cikin huji [2 tsinin kibiya] da jan kafar har an samu nasara kuma a rage ko hana nakasar akan dinki sai kuma à daure wurin dinki da ninkin kulli.

Kara abin Rikewa

Kara abin da ya rike agara zuwa abin da ya rike kashi (periosteum) wurin da agara ta shiga cuneiform, yin amfani da wani nauyin dinki mai shan ruwa [3].

Maganin kase zafi

Dura wa raunin allura da wani maganin kase zafi mai tsawon aiki. [4] don a rage ciwo da gaggawa bayan tiyata.

Halin Firi – Ban da abin Tokare

Ban da abin tokare, ya kamata kafar ta hūtā a firi ban da abin tokare à juy-awar babba dan yatsa da tafin kafa zuwà kasà [5] kuma ban da abin tokare à lokacin juye daga tsakiya kuma zuwa tsakiya (valgus – varus).

Yadda Za'a Rufe Fata

Rufe wurin da aka yanka da wasu dinke dinke waddanda za su iya shiga jiki da sauki [6]. Dinke gyāffa don a sa rufewan da sauki.

Yin amfani da simintin gyaran kafa

Sa abubuwa dauren rawni mai tsabta a cikakke kuma marcus kwayar cūtā kuma sa wani simintin gyare-gyare kafa mai kwāri [7]. Ajiye kafa a juye daga tsakiya kuma a juye zuwa sama.

Kula da Majiyyaí Bayan Aikin Gyara

Yawancī, za'a kwantar dà majiyyacin har kashēgarī. Dinke –dinken za su shiga cikin jiki. Cire simintin gyare-gyaren kafa dà bōtin à sati shida. Jaririn mai yiwuwa fara tafiya kamar zai iya jimirī.

Yin Tafiya Da katakon Takalmin Gyaran kafa kuma kula dà kàshin lafiyār Majiyyacin Bayan Jiyyar

Yin tafiya da katakon gyaran kafa ba dole ba ne bayan jiyyar Ka sake ganin jariri a wata shida don a duba ko aikin gyara ya fara ci (aikin sauyen). A wasu halaye, za'a bukata gashi don yà sake samu karfi yin tafiya daidai.

Likita : Likita Vincent Mosca.



Kirar takalmin katakon gyaran kwancen kafa

Nasarar aikin Ponseti ya daganta da katakon gyaran kafa mai amfani wadda za'a iya samu a ko ina da kudi maras yawa. Ban da yin amfani da katakon gyara, nakasar kwancen kafa zai koma dawowa kuma jiyya zai kasa.

Da'akida kyakkyawa ya kamata a yi katakon gyara kafa a kasar inda aka ba da jiyya. Wannan ne kesa katakon gyare-gyaren kafa su fi abin samuwa kuma sun ba da kayan aiki da gwaninta su gyara wadanda sun karye

Wani akidar misali da tsari mai amfani da aka gani a Uganda. Michiel Steebeek [1] ya yi wani katakon gyaran kafa na tafiya da aka yi a Uganda kuma yana nan a ko'ina a cikin kasar [3]. An yi wannan katakon gyaran kafa na tafiya da abubuwa wanda za'a iya samu a ko'ina [2] da kayan aiki wanda ana samu gama-gari.

Kāyāki da kāyan Aiki

Yin katakon gyare-gyare kafafu na bukata fata kawai, shafi, fale-falen katako kuma irin wani sandan barkin karfe maras tsanani. Yin aikin gyaran na bukata abubuwan aikin takalmi. Kayaki wanda za'a bukace ya hada da wani keke dinkin fata [4], kayan aikin karfe da kayan aikin welder.

Kudi

Kudin katakon gyare-gyaren kafa a Uganda ba kai dalar Amirka goma ba.

Hôrō

In za'a yi kirkira wani tsarin wanda zai iya dade ba mutanen horo a ta yaya akan yi katakon gyare-gyaren kafafu. Dalibai da suke koyo hanyar abin rike jiki kamar katakon gyaran kafafu (orthotic students) za'a su zama abokin akida nan gaba.

Littafin bāyāni da yin Katakon Takalmin Gyare – Gyaren Kafafu na Steebeek

Wanna littafin bāyāni yana nan da misalai a cikakken kalā da samfūrōci a duk lamba – lamba, akan inji ma kwakwalwa'a www.global-help.org

ko e.mail:

steenbeek.michiel@gmail.com.



Gwayin/Jaīrabāwār Kwancen Kafa

Lārūrār wa gwayin kwancen kafa ta kawo rigīmā. Mutane da suke ba da aikin gyaran goyon baya sun gan iri-iri gwaji da amfani à rarrābā kwancen kafa, yin kimantan ci-gāba, gwādā alamur komowa, kuma bā dā mafain cuta da ta yaya zai iya, warkē. Akwai dabaru iri biyu wadda ana amfani dasu gama-garī a gwajin kwancen kafa.

Gwājīn Kwancen Kafa na Pirani

Gwayin Pirani akan kwancen kafa ya ba da baina cewa tsananin nakasar da gwaji a jere (bí dā bi) ne wata hanyar kwarai à dūbāwār ci -gaba.

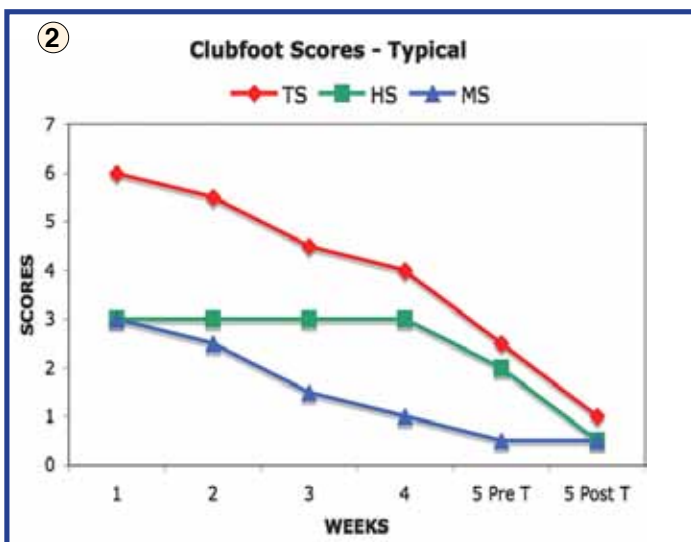
Dabara Yi amfani da alamun asibiti shída a san yawan tsananin nakasar [1] da kōwānè abu à cikin nakasar. Kowane abun ne za'a gwada kamar 0 siriri (daidai) 0.5 rabi (ba daidai ba sosai) ko 1 daya (ba daidai ba sam-sam). Rubuta kōwānè mākī da adadinsu a kōwācè ziyarar kilinik.

Kīmār ci-gaba A lokacin aikin gyaran Ponseti, sakamakon kimar ya nuna ko nakasar ta na gyaru dáidai [2] ko akwai wani abin damuwa, kuma da iyakacin gyara kōwānè abu a cikin kwancen kafa. Kimar mā ta taimake yankè shawarar lokacin da za'a yi wani gyare-gyare Karin wayar cikin dunduniya.

Mafari/Hanyār Sāmùn ShintuBā Likita Shafique wa cikakken bayani da wanna hanyar kima à: piras@aol.com.

Gwājīn Dimeglio

Gwajin Kwancen kafa na Dimeglio ya ba da wani karin hanyar kima kowane abu a cikin nakasar kwancen kafa. Gan van Mulken JM, Bulstra SK, Hoefnagels N.H. Kimar Kwancen Kafafu da gwajin Dimeglio. J Pediatr Orthop. Shekara dubu biyu da daya Satumbā zuwa Òktōbā ashirin da daya (biyar); dari shida da arba'in da biyu zuwa bakwai.



①

CLB

MC

LHT

PC

RE

EH

Labaru wa iyaye

Mèmě nè kwancen kafa?

Kwancen kafa ne nakasar kasusuwa cikin yatsun kafa da gaBobi mai fi gama-gari a jarirai. Yana auku a wajen daya cikin jarirai dubu (1-1000 babies). Ba wanda ya san sanadin kwancen kafa ba, amma mai yiwuwa ne wata cutar kwayoyin hali ce kuma ba ta faru saboda laifin iyaye ba. Don haka, ba wani dalili wanda zai sa iyaye su ji suna da laifi saboda suna da jariri mai kwnancen kafa. Halayen samu jariri na biyu da wani kwancen kafa wajen daya a cikin talatin ne (1 in 30). Iyayen wani jariri da nakasasshe wadda aka haife tare da kwancen kafa za'a iya tabbatar masu cewa jaririnsu idan wani gwani a wana fanni ya yi masa jiyya, zai samu irin kafa da aka saba da ainihin aiki daidai. Kwancen kafa da aka yi wa jiyya sosai ba zai ba abin damuwa ba kuma mutum zai iya rayu irin rayuwa mai kuzari da aka saba a cikakke.

Yadda akan fara jiyya

Ja kafar da hankali waje minti daya a kowānè mako don a mike gajere da mai tsaurin jijiyoci kuma da wadansu fararen kwayoci da suka hada tsoka da kashi akan ciki, baya da gindin kafar. Wani simintin gyaran kafa wadda ya tsawaita daga yatsun kafa zuwa wurin da cinya ta hudu da ciki ne za'a sa. Simintin gyara ya rike gyara da akan samu daga jan kafar kuwa ya sa kwayocir su huta har gyare-gyare jan kafa mai zuwa. A wana hali, kasusuwan da gaBobi wanda sun kau da daga wurin zama su ne za'a kawo zuwa wurin zama daidai. A fara jiyya a sati na farko ko na biyu da rayuwa don a samu sauki mikewan jijiyoci da kwayoci kafa a wannan shēkarā.

Kula Da Simintin Gyara à Gida

Duba yadda jini yana zāgāyā a cikin kafa a kowace awa cikin sā' à shida na farko bayan gyara sa'an nan kuma sau hudu a rānā. Tausa yatsun kuma duba komawa da yadda jini yana gūdānā. Yatsun za su zama fari kuma sa'an nan da wuri su koma ruwan hōdā idan gudanar jini zuwa kafa yana da kyau. Wannan shi ne ana kira blanching, komawa daga fari zuwa ruwan hoda.

Idan yatsun sun yi baki da sanyi kuma bai koma daga fari zuwa ruwan hoda ba killa simintin gyaran yana tsauri da yawa. Idan wana ya auku, tafi ofis likitan ka ko dakin hadari à asibiti su duba simintin gyara. Idan jaririnka na da wani irin simintin gyaran kafa da akan yi da gilashi mai taushī (glass fibre), cire shi.

Kula da yadda karshen yatsun kafa da karshen simintin gyaran suna nan tare Idan ya yi kamar yatsun su na dagēwa cikin simintin gyaran kafa, koma ofis likita ka ko asibiti wa dubawa.

Tsabtācē Daudar simintin kuma bari ya bushe Goge daudar simintin gyaran kafa da wani zane mai daushi kadan in ya yi datti.

Ya kamata a saka simintin gyaran kafa akan wani matashin kāi mai taushī ko gammo mai taushi har ya bushē kuma ya yi taurī Da yaronka/yarinya a ringingine, sa matashin kai a karkashin simintin gyaran kafa a bar kafar a dagē don dunduniyar ta tsawaita daidai a gaban matashin kāi. Wannan yana hana karfi akan dunduniya mai yiwu zama gyambo ko ciwō.

Hana datti daga simintin gyaran Sakē diapers daidai. Sakē wani kyallē mai kauri wanda aka daure a tsakanin kafafu jariri don ya kama datti daidai. Bari karshe na sama da simintin gyaran ya fito daga kyallen don a hana kashi da fitsārī shigawa cikin simintin gyaran. Irin kyalle da za'a iya zubar da wuri da irin kayalle mai rōbā suna da dace idan dakwai.

Sanar da likitanka ko nās mai aikin jiyà idan ka gan wani a cikin wadannan

* Dōyì – Warín dōyì kò wani datti daga cikin simintin gyaran

* Ja, gyambo à gyaffan simintin gyaran

* Jini ba gudana sosai a cikin yatsun kafa. (Gan #1 sama).

* Simintin gyaran kafa ya sullubè daga kafar

* Jariri yana zazabí na 38.50C/101.30F – talatin da takwas da rabi ko dari da daya 101.30F 38.50C ko 101.30F aunan zafin jiki ko kuma mai fi zafi ban dà wani dalili kamar jariri yana mura ko wata kwayar cuta.

A sa wani sabo simintin gyaran kafa à kowace kwanaki biyar zuwa bakwa

Za'a cire simintin gyaran kafa da wata wukar filasta ta musamman; saboda haka, dole à tausāsā simintin gyaran rana da za'a tafi asibiti. Idan za'a yi wana, sa jaririnka a cikin kwanon wanki, ka tabbata da cewa ruwa mai dumi yana shiga cikin simintin gyaran kafar (wajen mintoci sha biyar zuwa ashirin). Bayan wanka, nadā wa simintin gyaran wani tawul wadda ya jikē shārkaf kuma rufe da wata jakar lēdā. Jakar burodi zai yi aiki sosai a nan.

Lokacin kokarin Jiyya simintin gyare- gyaren

Daga biyar zuwa bakwai (kowane yana tsawaita daga yatsun zuwa sama da cinya, da gwiwar a wata kusurwā a layi daidai, kusurwa a layi mikakke) fiye da wani lokaci kamar sati hudu zuwa bakwai zai ya kamata ya ba da isasshen gyaran kwancen kafa (gan jerī (à) kasa). Ko kafafu da sun sagè suna bukata simintin gyare –gyaren kafa fiye da takwas ko tara don a samu gyarta a cikakke.

Hotuna kafafu ba dole ba ne, sai a halaye da wuya, saboda Likita zai ji wurin kasusuwa kuma da iyakar gyara da hannunsa/hannunta.

Kokarin Gyara a Cikakke

Za'a bukace wani aikin gyaran ofis kadan don à gyara cikakke a kafafu da yawa. Za'a mar da bayan idon kafa kagè, da mai da akan yi iri wanna aiki ko àllura, bayan haka za'a rarraba wayar da jijiyocin cikin agārā da wata wukar yin aikin tiyata. A sa simintin gyaran kafa na kashe. Agarar ta koma tsawon ta karfin ta daidai lokacin da akan cire simintin gyara bayan mako uku. A karshen jiyya, ya kamata kafa ta yi kamar an yi mata jiyya da yawa, da wata irin siffa mai lebur. Za ta koma daidai bayan wata kadan.

Ādanīn Gyara – Katakon takalmin gyare-gyaren kafa

Nakasar kwancen kafa mai yiwuwa komawa bayan gyara. Don a hana yawan komawan bayan an cire simintin gyara na karshe dole a sa katakon gyara kafa ko an rarraba jijiyoci da wayar cikin agarar ko ba a rarraba ba. Dakwai iri – irin juyawar da katakon gyare – gyaren kafa. Wanda ana amfani dashi gama-gari ya kunshi wani takalmin mai mikakken gefe, dogon murfi mai bude yatsun da aka hadā da gyaffan wani sandan gōran ruwā mai daidaituwa. Nisa à tsakanin dunduniyar takalmin yana daidai da fadin kāfādūr jariri. An yi gyare – gyare su yi wa jarirai daidai don a hana tākalmā daga sullube. Takalmin wanda aka yi wa kwancen kafa yana a juye daga wāye a zafin da ya kai wajen sittin zuwa saba'in kuma akan kafa daidai (idan jariri yana kwancen kafa guda), talatin zuwa arbain. Ana sa takalmin gyaran kafa à awoci ashirin da uku a cikin sa'a ashirin da hudu akalla à wata uku, kuma bayan haka, da dare kuma lokacin barci da ranawa shekaru uku zuwa hudu.

Lokacin na farko da na biyu daracen sa takalmin gyare-gyaren kafa, jariri bai yiwui ji dadi tun da yana/tana jimirin yadda aka daure kafar. Ya na amfani cewa ba cire takalmin gyaran kafa ba, saboda nakasar kwancen kafa zai koma dawowa ba shakka idan ba sa takalmin ba yadda aka bayyānā. Bayan dare na biyu jariri zai sajà da gyaran kafar. Idan ba a bukatar san takalmin gyaran kafa, za'a iya sa takalmin na kowa.

Ana amfanin da takalmin gyaren-gyaren kafa bayan an yi gyare-gyare jan kafa, simintin gyare-gyaren kafa a jere kuma rarraba wayar da jijiyoci cikin dunduniya (Gyaran dunduniya). Ko ma bayan gyara sosai, kwancen kafar mai yiwuwa ne ta sake dawowa har jariri ta kai wajen shekaru hudu dà haihūwa. Takalmin gyare-gyaren kwancen kafa, tun da shi kadai hanya mai fi dace idan za'a hana sake kōmōwā, yana da amfani a kashi casa'in da biyar cikin dāri a mutane da cutar idan an yi amfani da shi kwarai (a jere) yadda aka nuna à sama. Yin amfani da takalmin gyare-gyaren kafa ba zai jinkirtā girman jariri ba a lokacin da yaro yana a zaunè, a rarrafe ko lokacin tafiya.

Bayanin sanye da takalmin gyaran kafa

Ko yaushe yi amfani da sūsētīn audūgā wanda zai rufe kafar ko'ina takalmin ya tabā yatsun da kafar jariri. Bayan simintin gyara na karshe fatar jaririnka mai yiwuwa nuna abin damuwa kamar miki ko gyambo, za ka iya bukace sa safa kafa biyu à cikin kwana biyu na farko, bayan kwana na biyu, sa safa kafa daya kawai.

In jaririnka bai yi kuka ko ihu da aka sa mishi takalmin ba, za ka iya bukacen kura ido a kafa mai ciwo da farko

kuma mai fi lafiya a na biyu. Ko yaya, in jariri ya fiyè saurin kuka ko ihu da yawa sa takalmin a kafa mai fi kyau da farko, saboda jariri mai yiwu fiye saurin kuka da ihu in za'a sa mishi takalmin na biyu ke nan.

Rike kafar cikin takalmin kuma daure madaukin idon kafa da farko. Wannan madauki zai tāmākē rikewan dunduniyar zuwa kasa cikin takalmin. Kada ka sa alama akan huda madauki da ka yi amfani da, saboda yin aiki da shi (madaukin), madaukin fatar zai mike kuma alamar zata zama maràs azancī

Duba cewa dunduniya jariri na kasa cikin takalmin da jan kafar da sama kuma kasa a kasa da kafar. In yatsun sun yi mōtsi dā bāyā da gaba, kuma dunduniya bata a kasa sake daura madaukin. Ya kamata a sa wata alamar akan da dunduniyar takalmin don ta nuna wurin da karshe yatsun kafar jariri suke, yatsun mai yiwuwa ne ya na a kan layi ko bisa wannan in dunduniya tana a wuri daidai.

Sa Madaurin takalmin tam (dàkarfi) amma kada ka dainā gudanar jinī, tunā dā: madaukin ne mafi duk amfani. Ana amfani da madaurin a ya taimaka a rikewan kafar cikin takalmin.e.

Kā tabbatar da cewa yatsun kafa sun fita waje cir da kuma cewa ba wanda yana a lankwashe à karkashin. Sai ka tabbata da wannan mai yiwuwa ne ka yanka gwiwa daga wani safa kafā (daya) don ka gani da zāhirī duk yatsun.

Shāwàrwārī masu amfani wa takalmin gyare-gyare kafar

Yi tsammani cewa jaririnka/yaro zai bada damuwa cikin takalmin a kwana biyu na farko. Wannan ba saboda takalmin ya mishi ciwo ba, amma saboda abin sabo ne kuma dabam.

Yi wasa da yaronka a cikin takalmin gyare-gyaren. Wannan shi ne maganin shawo kār à ji haushi da yana fāru sau da yawa saboda rashin iyawar yaro/yarinya ta/ya yi tāfiyā yadda take/yake so. Dole ne ka koya ma jariri cewa ya/ta iya shura/ shuri kuma wurga kafa-fuansa/kafafuanta a lokaci guda cikin takalmin. Ka iyā hakande kan sandan takalmin kuma ka ja da hankali don koya ma jaririnka yadda zai lankwāsā kuma tsawatta gwiwarsa/gwiwarta a lokaci guda.

Mai da aikin abu na yau da kullum. Yārā zasu fi yi kyau in ka maida wannan aikin juyya abu na yau da kullum a rayuwarku. Lokacin shekara uku zuwa hudu akan tafiya da takalmin gyare-gyaren kafafu daddare, saka ma jariri in ka gan yana tafi “wurin barci”. Jariri zai sani cewa idan lokacin ya kai ya kamata ya saka takalmin gyare-gyaren kafa. Yaronka ba zai ba da damuwa ba in ka mai da wannan takalmin wani kashi cikin abu na yau da kullum a rayuwarku.

Kārē kan Sanda (Takalmin) – Tēf na hannu keke zai ba da amfani sosai anan. Da kārēn sandan takalmin, za ka kārē yaronka, kānku, da kayan daki daga bugū wajen sanda lokacin da yaro yana sāwā

Kada ka tabā shafa mai akan wani jā digon cuwo à fata. Mai shafa zai sa matsalar ta fi na dā tsānantā. Wasu jājāyē zai koma daidai in ana amfani da shi. Digo ja-ja wur ko bororo, musammañ à bayan dunduniyar, yawanci yana nuna cewa ba a sa takalmin tam à isasshe ba ka tabbatar (dā) dunduniyar tana a tsaye a kasa cikin takalmin. In ka ānkārā wani digo ja -jā -wur ko bororo ka gan likitanka.

Idan yaronka yana gudū daga takalmin, kuma dunduniyar bata zauna a kasa cikin takalmin ka yi kokarin wadannan haiyoyi;

- a. Dame madaukin da Karin hūdā guda
- b. Sake daure madaurin takalmin
- c. Cire harshen takalmin (Yin amfani da takalmin ban da harshe ba zai yi wa yaron illā ba.
- d. Yi kokarin sa madaurin takalmin daga sama zuwa gindi don alamar baka (bow) ta tsaya wajen yatsun.

Lokaci da Lokaci daure kusar akan marikin Sanda

Dūbāwā mai tsawon ajali

Bin gyaran kwancen kafa a cikakke, ziryace – ziyarcen kilinik mai yiwuwa ka’ida wata uku zuwa hudu à shekara biyu sa’an nan kuma à rage yawan zuwa. Likitanka zai yanke shawarā gaba daya akan lokacin sa takalmin gyaran kafa dogaru kwancen kafa yadda zai yiwuwa nakasar ta koma dawowa. Kada ka daina juyya da wuri ziryace. ziryace na shekara shekara ne za’a sa akan ka’idā wājen shekara takwas zuwa goma don a duba ko dakwai, komowan cutar bayan bayan ajali mai tsawo.

Komowan Cūtuka

Idan nakasar ta kuma dawowa lokacin shekaru biyu zuwa uku na farko gyare-gyaren jan kafa da gyare-gyare da simintin kafa ne za’a sake yi. Wadan su Lokaci, wani gyare-gyaren jijiyoyi da wayar cikin dunduniyar ne ana bukata. A wasu halaye duk dà takalmin gyaran kafa daidai, za’a bukatar wani aikin tiyata kadan lokacin da yaro ya fi shekaru uku dà haihuwa don a hana yawan kōmōwa. Wannan aikin tiyata yana kūshe da sauye da agara (jijiyoyin da waya cikin agara) daga cikin bakin kafar zuwa tsakiyar kafar.

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