

Ingene amaraso y'iwawe agenda: Cencura • Tahura • Rungika

Ingene amaraso agenda mu muvyeyi ni igiharuro ca nkenerwa mu kiringo atwite na hama y'uko ikibondo cavutse. Ingene amaraso agenda mu kiringo co gutwita bigaragaza ingee gutwita bicungerewe, bigaragaza ikiringo wo kwibarukirako, kandi ni ikimenyetso ca nkenerwa c'amatati n'ingorane hagati y'umuvyeyi n'ikibondo, nka preeclampsia na HELLP Syndrome, mu kirngco gutwita na hama yaho.

CENCURIRA mu rugo ingene amaraso y'iwawe agenda

Raba incuro 2 ku munsi: Kimwe mu gatondo n'ikindi mu kagoroba. Andika ibivuyemwo.

Mbere yo kuraba ingene amaraso y'iwawe agenda

kuja muri koga



Kwicara utimaje iminiti 3-5



Mu miniti 30

NTUKWIYE



itabi

rya

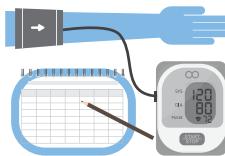
fata imiti

ronka
kafeyine

imyitozo

Raba ingene amaraso y'iwawe agenda

- Wicaye shira ukuboko kw'iwawe ku kigero c'umushaha, shira ukuboko kw'ibubafu mu kafu ushitse hejuru y'inkokora.
- Reka amaguru adafatanye n'ibirange biryamye hasi.
- Fatisha cane kafu ku kuboko kw'iwawe maze ufunge neza Velcro fastener.
- Fyonda START. Kafu izokwama ivyimba, ifate cane ukuboko kw'iwawe, hama irekure. Humeka bisanzwe, ntuyage, ntiwishaganye kandi utujije.
-



TAHURA ingene amaraso y'iwawe agenda

Systolic BP(igiharuro co hejuru)		Diastolic BP(igiharuro co munsi)	
Munsi ya 140	na	Munsi ya 90	Birasanzwe
140 gushika kuri 159	canke	90 gushika kuri 109	Hamagara ikigo wivurizako
160 canke kuzamura	canke	110 canke kuzamura	Rondera ubuvazi bwa muganga

RUNGIKA ingene amaraso y'iwawe agenda

- Yaga amakuru ku bijanye n'ingene amaraso agenda buri gihe uje kwivuza mbere yo kuvyara na hama yo kuvyara.
- Gira ico wokora ku biharuro biri mu muhondo canke umutuku ako kamwanya. Wirindira gahunda itegekanyijwe



The Cuff Kit

Amabwiriza no Kwandika ingene amaraso agenda

Izina ry'iwawe:

Raba 2 ku munsi: kimwe mu gatondo n'ikindi mu kagoroba, canke ingene vyahanuwe n'ikigo wivurizako. Andika inyishu zose hani munsi.

Ni gute woronka ubufasha (andika umwidondoro hano)

Fomu irimwo ubusa, videwo yo kwigisha, n'ibindi bikoresho birahari kuri
www.preeclampsia.org/blood-pressure

IVYO UOKWAGIRIZA IBITARO: Iyi porogarama, ijanye n'ibikoresho na serevise zitajanye n'ivyo muganga yahanuye, yagusuzumye canke yakuvuye. Ubwiza bw'ibipimo bifatiwe mu rugo bifatiye ku kungene n'ibikoresho. Hora uyaga n'ikigo kikuvura ku gusuma no kuvura, harimwo n'ivyo ukeneye mu buvuzi bw'iwawe. Nimba ufise canke ukenze ko woba ufite itati mu magara canke mu kungene umeze, turagusavye yaga n'umuhinga mu buvuzi ako kamwanya. Nimba uri muri leta zunze kumwe za Amerika kandi ukaba ufise itati ryihuta, hamagara 911 canke uhamagare ako kamwanya ubufasha mu buvuzi.



www.preeclampsia.org