ACREOL
African Center for Research on End of Life Care

CANADIAN VirtualHospice

Ibitekerezo icumi ku kwita ku barwayi barwaye indwara zidakira bari mu minsi yabo ya nyuma

Kwita ku barwayi barwaye indwara zidakira nubu abantu ntibabyumva kimwe. Ibi ni ibitekerezo icumi abantu bagira kenshi. Dufatanye guhinyuzaibyo bitekerezo dusangiza ibihamya bifatika abavandimwe, incuti, abo dukorana, abarwayi n'abatugana.

Ibitekerezo bya mbere: Kwita ku abarwayi barwaye indwara zidakira bituma yitaba Imana vuba.

Igihamya: Kwita ku barwayi barwaye indwara zidakira ntibituma bitaba Imana vuba, ahubwo byongera kumererwa neza n'ubuzima bwiza kuva indwara ibonetse kugeza bitabye Imana.

Ibitekerezo bya 2: Kwita ku barwayi barwaye indwara zidakirabigenewe gusa abantu bicwa n'indwara ya kanseri.

Igihamya: Kwita ku barwayi barwaye indwara zidakira ni iby'abarwayi bose barwaye indwara iyo ariyo yose ishobora gutuma ubuzima bwabo burangira vuba. Kubitaho bishobora gufasha abavandimwe babo ndeste n'incuti zabo.

Ibitekerezo bya 3: Hari abantu barwaye uburwayi budakira bahagarika kurya bakicwa n'inzara.

Igihamya: Abarwayi barembye ntabwo bagira inzara n'inyota nk'abantu batarwaye. Iyo bahagaritse kurya, bicwa n'indwara barwaye ntabwo bicwa n'inzara.

Ibitekerezo bya 4: Kwita ku barwayi barwaye indwara zidakira bikorerwa mu bitaro gusa.

Igihamya: Abarwayi barwaye indwara zidakira bashobora kwitabwaho ahantu hatandukanye harimo mu rugo, mu bigo byabugenewe no mu bitaro.

Ibitekerezo bya 5: Tugomba kurinda abana kwegera ahari abantu bari hafi yo kwitaba Imana

Igihamya: Kuganiriza abana hakiri kare ibyerekeye uburwayi bw'umuntu, no kubaha amakuru ya nyayo hakurikijwe ikigero cy'imyaka barimo nibwo buryo bwiza bwo kubarinda. Kimwe n'abantu bakuru, abana nabo bakenera kugira igihe cyo gusezera abantu b'ingenzi mu buzima bwabo.

Ibitekerezo bya 6: Kubabara bibanziriza gupfa.

Igihamya: Ntabwo burigihe kubabara bigomba kubanziriza gupfa. Iyo umurwayi afite ububabare bukabije mu munsi nyuma y'ubuzima bwe, hari uburyo bwinshi bwo kumugabaniriza ububabare.

Ibitekerezo bya 7: Gufata imiti igabanya ububabare mu minsi ya nyuma y'ubuzima bihindura uyifata imbata yayo.

Igihamya: Gufasha umurwayi kumva amererwe neza bisaba kongera ingano y'imiti igabanya ububabare uko umubiri ugenda umenyera iyo miti. Ntabwo ari uko umurwayi aba yahindutse imbata yayo.

Ibitekerezo bya 8: Umuti ugabanya ububabare wa morufine "Morphine" utuma umurwayi apfa vuba

Igihamya: Morufine "Morphine" n'indi miti biri mu cyiciro kimwe, yifashishwa mu gutuma umurwayi yumva amerewe neza, iyo itanzwe mu kigero cyiza, ntabwo yakwihutisha urupfu.

Ibitekerezo bya 9: Kwitabwaho mu minsi ya nyuma y'ubuzima bivuga ko nta kizere kigihari, abaganga bahagaritse kuvura.

Igihamya: Kwitabwaho mu minsi ya nyuma y'ubuzima bifasha abarwayi kubaho ubuzima bwiza bushoboka mu minsi basigaje kubaho. Ikizere cyo gukira indwara gihinduka ikizere cyo kubaho ubuzima bwiza bushoboka.

Ibitekerezo bya 10: Iyo umuvandimwe wanjye cyangwa incuti badapfiriye mu rugo, mba nabatereranye.

Igihamya: Rimwe na rimwe hari igihe ibikenewe n'umurwayi byose bidashobora kuboneka mu rugo, nubwo baba bakoresheje imbaraga nyinshi. Gukora ku buryo yitabwaho mu buryo bwiza bushoboka, aho yaba ari hose, ntabwo ari ukunanirwa kumwitaho.

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