



CIGABA AKAN KULA DA LAFIYAR JARIRAI DA MATA LOKACIN GOYON CIKI DA HAIHUWA A CIKIN SHERARU UKU DA SUKA GABATA 2016 – 2019

HUKUMAR KULA DA HARKOKIN LAFIYA MATAKIN FARKO TA JIHAR GOMBE

kungiyoyi masu zaman kansu guda uku sun jima suna aiki a karkashin jagorancin hukumar kula da harkokin lafiya matakin farko ta jihar Gombe, wajen ganin sun tallafawa aikinta na inganta kula da lafiyar jarirai da mata lokacin goyon ciki da haihuwa, a kananan gundumomi da asibitoci 57. Wadannan kungiyoyi masu zaman kansu sune Society for Family Health, Pact Nigeria, and Evidence for Action.

kwararrun masu bincike na IDEAS sun auna canji ko cigaban da aka samu akan kula da lafiyar jarirai da mata lokacin goyon ciki da haihuwa a cikin sheraru uku da suka gabata wato daga shekara ta 2016 – 2019. Wannan rahoto ya bayyana wasu daga cikin cigaban da aka samu a kananan gundumomi da asibitoci 57 na jihar Gombe.





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Kula da lafiya da ceton rayuwar uwaye mata da kananan jarirai na da matuƙar muhinmanci ga jihar Gombe, da ɗaukacin Najeriya baki daya. Hukumar kula da harkokin lafiya matakin farko ta jihar Gombe ta lashi takobin samar da ingantaccen kiwon lafiya a cikin sauki ga dukkanin al'ummar jihar Gombe, domin a samu kyautatawar rayuwa a ɗaukacin jihar baki daya. Nasarar hakan na samuwa ne ta hanyar aiwatar da kyawawan shirye-shirye don kyautata ayyukan kula da harkokin lafiya matakin farko, tare da haɗin gwiwa da masu ruwa da tsaki,

Shirin kula da lafiyar kananan jarirai da mata a lokacin goyon ciki da haihuwa na jihar Gombe na daga cikin cikon wannan alkawarin. Hukumar kula da harkokin lafiya matakin farko ta jihar Gombe tare da haɗin gwiwar kungiyoyi masu zaman kansu, sun jima suna aiki don karfafa cibiyoyin kula da lafiya matakin farko, da tallafawa al'umma, don iyaye mata da kananan jarirai na jihar Gombe su sami kyakkyawar kulawa. Kamar yadda muka gani a wannan kasida, an sami ci gaba sosai a jihar Gombe, kuma an koyi mahimman darussa. Amma a koyaushe akwai karin abin da za a iya yi domin ɗorewar wannan ci gaban da aka samu. Hukumar kula da harkokin lafiya matakin farko ta jihar Gombe ta amsa kira, ta jajirce da ci gaba da aiki da al'umma don aiwatar da shirye-shiryen da ka iya kawo karshen mace-macen uwaye mata da kananan jarirai a jihar Gombe.

GODIYA TA MUSAMMAN

Muna godiya zuwa ga al'ummar jihar Gombe waɗanda suka ba da cikakken goyon baya, da lokacinsu, da kuma bayar da gudummawa ga wannan aikin. Muna kuma godiya zuwa ga abokan aikinmu na "Data Research and Mapping Consult Ltd".
<https://www.drmltd.org>

MUHIMMAN SAKAMAKON BINCIKE

Idan an kwatanta shekara ta 2016 da 2019:

Shirin kayan aiki a asibitoci don samar da ingantaccen kiwon lafiya

- Adadin asibitocin dake da kwararrun ungozoma da ake iya samu a wurin aikinsu dare da rana, a ko wane sati, don biyan bukatar matan da suka je asibiti haihuwa ya karu.
- Yawan asibitocin da ke da isassun magunguna da kayan aiki da ake bukata don ba da kulawa mai kyau sun karu.

Hulfa da ma'aikatan kiwon lafiya

- Mata da dama masu juna biyu sun samu hulfa da Ma'aikatan lafiya na karkara, kusan nunki biyu idan an kwatanta da 2016.
- Mata da dama sun je asibiti awon ciki (ANC) akalla sau huɗu, kuma da dama sun haihu a asibiti, amma da dama basu je duba lafiyar jariran su a asibiti ba, ba banbanci tsakannin shekara ta 2016 zuwa 2019.

Ingancin kulawa

- Sa sinadarin Chlorhexidine akan cibiyar jarirai a kowane lokaci don kulawa da tsabtace cibiyar jarirai ya karu.
- Jarirai marasa lafiya da aka kaisu a asibiti a yanzu sun fi tabbacin samun maganin kwayoyin cuta.

Fahimta da halayen jama'a a karkara

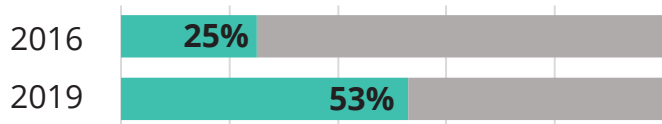
- Jarirai da dama sun samu kulawar dumama jiki (kulawa domin kare jarirai da kamuwa da mura ko sanyi), da ya hada da jinkirta wanka a cikin awanni 24 na farko na rayuwar jariri.
- da sa jarirai a kan kirjin uwar su, fata-da-fata, ba shamaki tsakani da zaran haihuwar su.
- Ilimin alamomin hadurran da ke tattare da daukar ciki ya inganta tsakanin sabbin uwaye, amma har yanzu a kwai karanci Ilimin alamomin hadurran da ke tattare da ruyuwar jarirai tsakanin sabbin uwaye.

Ba a kananan gundumomi da asibitoci 57 da aka inganta aikin su kadai ne aka samu wannan cigaban ba, wannan cigabane matuka, amma har yanzu akwai sauran aiki.



SHIRIN KAYAN AIKI A ASIBITOCI DON SAMAR DA INGANTACCEN KIWON LAFIYA

Samun kwararrar ungozoma a ko wane lokaci dare da rana



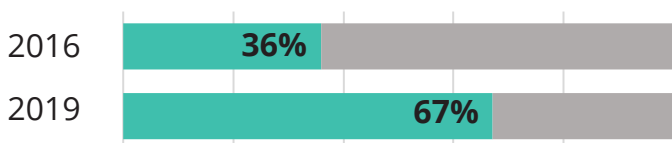
Cikin shirin kayan aiki don kula da mata lokacin haihuwa da jarirai, ya kamata asibiti na da kwararrar ungozoma a ko wane lokaci dare da rana. Yawan asibitocin da ke da ungozoma a ko wane lokaci dare da rana ya karu, wannan babban cigaba ne, amma har yanzu rabin asibitoci basu da kwararrar ungozoma a ko wane lokaci dare da rana.

Samun maganin Magnesium Sulphate domin kula da mata masu juna biyu da ke da hawan jini



Hawan jini na da matukar hadari a wurin mata masu juna biyu. Hawan jini sosai na bukatar magani da Magnesium Sulphate cikin gaggawa. A yanzu kusan dukkanin asibitoci suna da Magnesium Sulphate a cikin shekara ta 2019.

Samun maganin kwayoyin cuta don kula da jarirai mara sa lafiya da zazzabi



Ya kamata asibitoci suna da maganin kwayoyin cuta don kula da jarirai marasa lafiya ako da yaushe. Asibitocin da suke da maganin kwayoyin cuta don kula da jarirai marasa lafiya sunfi yawa a shekara ta 2019, sun nunka so biyu, fiye da a shekara ta 2016, amma har yanzu ba a samun maganin kwayoyin cuta don kula da jarirai marasa lafiya a cikin kashi 33% cikin dari na asitbitoci.

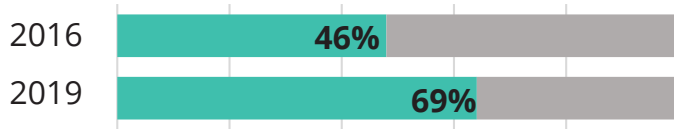
Samun jaka da abin rufe fuska na jariri wanda ake anfani da shi domin maganin matsalar numfashi na jarirai



Ya kamata ayi tanadin jaka da abin rufe fuska na jariri a asibiti don kula da matsalolin numfashi na jarirai idan da bukata. A cikin 2019, kusan dukkanin asibitota suna da jaka da abin rufe fuska domin maganin matsalar numfashi na jarirai.

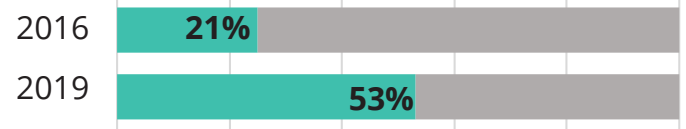
HULƊA DA MA'AIKATAN KIWON LAFIYA

Matan da suka halarci awon ciki (ANC) akalla sau hudu yayin cikin su na karshe



Ma'aikatan kiwon lafiya suna bawa mata masu juna biyu shawarar su halarci asibiti don awon ciki (ANC) akalla sau hudu yayin da suke da ciki, domin su bincika idan uwar tana cikin koshin lafiya, kuma cikinta na cigaba ko haɓaka kamar yadda ya kamata. Zasu iya ba mai-ciki shawara akan lafiyarta idan akwai matsaloli. A shekarar 2019 yawancin mata, ko kashi 59% na mata masu juna biyu, sun halarci asibiti don awon ciki (ANC) akalla sau hudu yayin da suke da ciki.

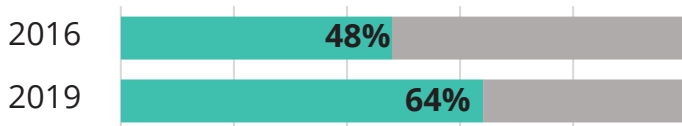
Matan da su ka sami hulɗa da ma'aikatan lafiya na karkara a lokacin da suke ɗauke da cikin su na karshe



Ma'aikatan lafiya a karkara suna ba da shawara game da juna biyu, haihuwa da kulawa da uwa da jarirai bayan haihuwa. Haka kuma, suna taimakawa mata don tuntuɓar asibiti domin samun kulawar yau da kullun, ko tuntuɓar babbar asibitin kwararru idan da matsala ko bukata.

Mata da dama sun samu hulɗa da ma'aikatan lafiya na karkara a yayin da suke ɗauke da ciki a cikin shekara ta 2019. Amma har yanzu sama da rabin mata masu juna biyu ba sa samnu wannan hulɗar.

Matan da suka haihu a asibiti



Ma'aikatan kiwon lafiya suna faɗakar da mata a kan anfanin haihuwa a asibiti bisa haihuwa a gida. A lokacin haihuwa a asibiti, ma'aikatan kiwon lafiya suna iya kare mai-haihuwa, ko hana wasu matsaloli da ke iya faruwa lokacin haihuwa, ko su tura mai-haihuwa a babbar asibiti idan da bukata.

Mata da dama sun haihu a asibitti a shekarar 2019. Wannan cigaba ne idan aka kwatanta da shekara ta 2016, amma har yanzu kusan kashi 40% na mata sun haihu a gida.

Jariran da aka duba lafiyar su a cikin kwanaki 2 na farko na rayuwar su



Ya kamata jarirai su samu awon lafiyar su a cikin kwanaki biyu na farko na rayuwar su. A waɗannan gwaje-gwajen, ma'aikatan kiwon lafiya za su iya duba alamun haɗurran da ke tattare da rayuwar jariri domin su ba da shawara game da kulawar da ya cancanta, ko ba da shawarar zuwa asibiti idan da bukata.

Alkalumma akan jariran da aka duba lafiyar su a cikin kwanaki 2 na farko na rayuwar su, ya nu na cewa kalilan jarirai ne su ka samu wannan gwajin lafiya kamar yadda aka bada shawarar.

INGANCIN KULAWA

Matan da aka duba ko auna bugun jinin su lokacin haihuwar su na karshe



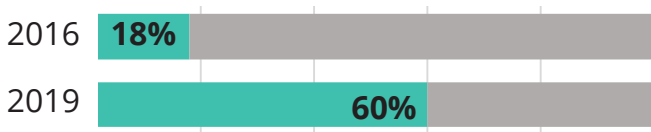
Hawan jini babban hadari ne ga masu juna biyu. A yayin awon ciki, yakamata ma'aikatan kiwon lafiya su duba ko auna bugun jinin mace mai ciki don bincika alamomin hawan jini, da ba wa matan da ke da alamar hawan jini magani cikin lokaci. An duba ko auna bugun jinin yawancin mata lokacin awon ciki.

Matan da su ka haihu a asibiti, wadanda suka karfi maganin hana zubar jini mai yawa



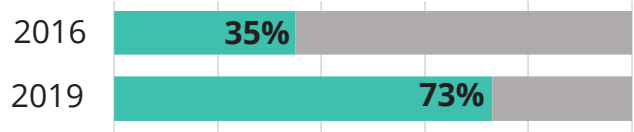
Wasu mata suna zubda jini sosai a lokacin haihuwa, akwai hadarin za su iya mutuwa saboda zubar jinin mai yawa. Ya kamata a bai wa mata maganin hana wannan zubar da jini lokacin haihuwa. Kusan dukkan mata sun sami maganin hana zubar jini mai nauyi ko yawa a lokacin haihuwa. Wannan kyakkyawan ingancin kulawa ne.

Jarirai da aka tsabtace tare da kulawa da cibiyar su



Ma'aikatan kiwon lafiya sun bada shawarar cewa asa sinadarin Chlorhexidine akan cibiyar jarirai, a cikin awanni 24 na farkon rayuwar su. Wannan bangare ne na kulawa da tsabtace cibiyar jarirai. A shekara ta 2019 an samu cigaba akan jariran da aka sawa sinadarin Chlorhexidine akan cibiyar su a cikin awanni 24 na farkon rayuwar su. Wannan kyakkyawan ci gaba ne, amma har yanzu kusan kashi 40% na jarirai ba sa samun wannan kulawar na tsabtace cibiyar jarirai.

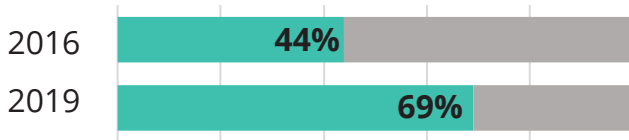
Jarirai marasa lafiya da aka ba wa maganin kwayoyin cuta



Gano alamun cuta ko rashin lafiya a jarirai, tare da kula da su ko ba su magani cikin gaggawa na da mahimmanci, kuma yana rage mutuwar jarirai. A yanzu, a Gombe, ana iya kai jarirai marasa lafiya a asibiti domin su samu maganin kwayoyin cuta. Wannan cigaba ne, amma fiye da rubu'in na jarirai marasa lafiya basu sami kulawar da suke bukata ba.

FAHIMTA DA HALAYEN JAMA'A A KARKARA

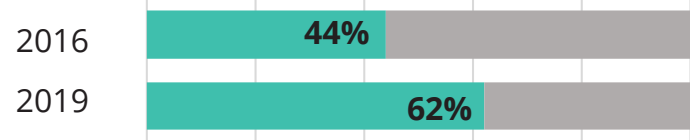
Jariran da suka samu kulawar sa jariri a kan kirjin uwa fata-da-fata, ba shamaki a tsakani, da zaran haihuwar sa, domin a dumama jikin jariri.



Jarirai na da saurin kamuwa da mura ko sanyi. Saboda haka, ma'aikatan kiwon lafiya sun ba da shawarar nau'ikan da za'a iya dumama jikin jarirai dasu (kulawa domin kare jarirai da kamuwa da mura ko sanyi), da suka hada da sa jarirai a kan kirjin uwar su, fata-da-fata, ba shamaki a tsakani, da zaran haihuwar su.

An samu kari akan jariran da aka aza su akan kirjin uwar su, fata-da-fata, ba shamaki a tsakani, da zaran haihuwar su. Duk da hakan a shekara ta 2019 sama da kashi 30% har yanzu ba sa samun wannan kulawar.

Jariran da aka jinkirta yi musu wanka a cikin awanni 24 na farko na rayuwar su domin a dumama jikin jariri



Jarirai na da saurin kamuwa da mura ko sanyi. Saboda haka, ma'aikatan kiwon lafiya sun ba da shawarar nau'ikan da za'a iya dumama jikin jarirai dasu (kulawa domin kare jarirai da kamuwa da mura ko sanyi), da suka hada da jinkirta wanka a cikin awanni 24 na farko na rayuwar jariri.

An samu kari akan jariran da aka jinkirta yi musu wanka a cikin awanni 24 na farko na rayuwar su domin a dumama jikin su, Duk da hakan a shekara ta 2019 sama da kashi 40% har yanzu ba sa samun wannan kulawar.

Matan da suka fahimci alamonin hadurran da ke tattare da junna biyu



An fadakar da mata masu juna biyu da danginsu alamomin hadurran da ke tattare da daukar ciki, haihuwa da kuma bayan haihuwa. A shekara ta 2019 mafi yawan mata masu juna biyu sun fahimci akalla alamomi biyu da ga cikin alamonin hadurran da ke tattare da juna biyu.

Matan da suka fahimci alamonin hadurran da ke tattare da rayuwar jarirais



An fadakar da mata masu juna biyu da danginsu alamomin hadurran da ke tattare da rayuwar jarirai. Amma har yanzu kashi 75% na sababbin uwaye mata, har yanzu ba za su iya ba da akalla alamomi biyu da ga cikin alamonin hadurran da ke tattare da rayuwar jariri ba.