

Di-eye drop di sebediswa jwang

1

Sebedisa di-eye drop jwalo ka ha o laetswe¹

2

Se ke wa tshela marothodi a mangata ho feta kamoo ngaka e laetseng ka teng¹

3

Se ke wa sebedisa di-eye drop nako e telele ho feta kamoo o laetsweng ka teng¹

7

Mehato ya ho sebedisa di-eye drop e bobebe



1. Hlatswa matsoho ka sesepa le metsi a futhumetseng. A hlakole ka lesela le hlwekileng.²



2. Tlosa sekwahelo botlolong. Se ke wa thetsa ntlha ya botlolo.³



3. Qethola hlooho ya hao o shebe hodimo.^{2,3}



4. Ka ntlha ya monwana wa hao o bula leihlo ka tlase ka hloko hore leihlo le kgakeletse moriana ha o tshela. Tshela lerotholi le le leng karolong e kgakelleditseng ka tlase leihlong. Se ke wa panya, wa hlakola leihlo la hao, kapa wa thetsa leihlo kapa sefahleho ka ntlha ya botlolo.^{2,3} Ntlha ya botlolo ya moriana e etseditswe ho ntsha lerothodi le le leng ka nako mme o lokela ho sutumetsa botlaaseng ba botlolo (A), kapa o penye botlolo mahlakoreng ka hloko (B).⁴



5. Kwala leihlo la hao. O sebedisa monwana wa hao, hatella sekwala leihlo se kopanang le lesapo la nko, o ntse o kwetse mahlo. Hatella metsotso e 2 ho isa ho e 3.^{2,3}



6. Hlatswa matsoho ho tlosa di-eye drop tseo ebang di saletse ho ona.^{2,3}



7. Haeba o tshela mefuta e fapaneng ya di-eye drop, emisa metsotso e mehlano pele o tshela di eye drops tse latelang.^{2,3}

Malebela a **8** kamora ophareishene ya ho okolwa mahlo⁵



1. O se ke wa kganna letsatsing la pele.



2. O se ke wa etsa mosebetsi leha e le ofe wa ho phahamisa dintho tse kapa o hlokanang matla nakong ya dibeke tse mmalwa.



3. Hang ka mora ophareishene, qoba ho inama, thibela ho beha kगतello e ngata leihlong la hao.



4. Haeba ho kgoneha, o se ke wa thimola kapa wa hlatsa hang ka mora ophareishene.



5. E la hloko ka ho tsamaya ka mora ophareishene, mme o se ke wa thula mamati kapa dintho tse ding.



6. Ho fokotsa kotsi ya tshwaetso, qoba ho sesa kapa ho sebedisa kapa bate e tjhesang bekeng ya pele.



7. O se ke wa beha leihlo la hao kotsing ya dintho tse ditshila , lerole le moya dibekeng tse mmalwa tse qalang ka mora ophareishene.



8. O se ke wa sidila leihlo la hao, ka mora ophareishene.

Direferense: 1. University of Michigan Health. Mathata a Mahlo: Ho Tshela di-Eye Drop le Di-Ointments tsa Mahlo. E fumaneha ho <https://www.uofmhealth.org/health-library/za1098#za1099> [E fumaneha ka la 5 Phato 2024]. 2. Batsamaisi ba WebMD Editorial. Mokgwa wa ho Kenya di-Eye Drop. Tihahlobo ya bongaka ke Seltman W, OD. E fumaneha ho <https://www.webmd.com/eye-health/how-insert-eye-drops>. [E fumaneha ka la Phato 5, 2024]. 3. Gudgeon DT. Mokgwa wa ho Tshela di-Eye Drop. American Academy of Ophthalmology. 5 Motsheanong 2023. E fumaneha ho <https://www.aao.org/eye-health/treatments/how-to-put-in-eye-drops> [E fumaneha ka la 5 Phato 2024]. 4. Cohen MR. Diphošo tsa Bongaka. *Nursing* 2017; 47(3):72. 5. Tsohle di ka pono. Ho fola ophareisheneng ya ho okolwa mahlo: Malebela a 8 a ho fokotsa nako ya ho hlaphohelwa. E fumaneha ho URL: <https://www.allaboutvision.com/conditions/cataract-surgery-recovery.htm> [E fumaneha ka la 29 Mphalane 2024].