



World PT Day 2020

Farfadowar Lafiyar Jiki Bayan Kamuwa da COVID-19

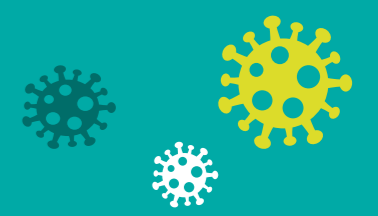
Yadda za'a gudanar

#worldptday
www.world.physio/wptday



World
Physiotherapy

Gangamin wannan shekarar: Farfadowar Lafiyar Jiki Bayan Kamuwa da COVID-19



Ku zo ayi daku

A wannan shekarar, gangamin ranar physiotherapy ta duniya (World PT Day) zai mai da hankali ne akan farfadowar lafiyar jiki bayan kamuwa da cutar COVID-19, da kuma rawar da likitocin physiotherapy ke takawa wajen kula da mutanen da suka kamu da cutar COVID-19

Gangamin na isar da waɗannan sakonnin:

- motsa jiki na da matuƙar muhimmanci wajen murmurewa daga cutar COVID-19
- kasancewar likitocin physiotherapy na zama kwararru a ilimin kimiyyar motsa jiki, za su taimaka muku da nuni da yadda atisaye zai taimake ku wajen murmurewa daga rashin lafiya
- mutanen da su ka kamu da matsananciyar cutar COVID-19, na buƙatar kulawa ta musamman da ayyukan physiotherapy domin su murmure daga matsalolin jinyar
- samarwa da kuma amfani da hanyar sadarwar zamani (telehealth) zai sauƙaƙa taimakon da likitocin physiotherapy za su iya yiwa masu cutar COVID-19

Likitocin physiotherapy su na taka muhimmiyar rawa a farkon kamuwa da kuma yayin farfadowa daga matsananciyar cutar COVID-19

- akwai fatan hanyar sadarwa ta zamani (telehealth) za ta yi matuƙar amfani dai-dai da yarda aka saba zuwa asibiti yau-da-gobe wajen inganta lafiyar jiki
- Komitin gudanar da Ranar Physiotherapy ta duniya na buƙatar kungiyoyin da mambobinta na likitocin physiotherapy a fadin duniya da suyi amfani da wanan mujallar wajen isar da sako ga sauran jama'a da kuma masu ruwa da tsaki.

Bayani akan Ranar Physiotherapy ta Duniya

Takwas ga watan Satumba (8/09 Miladiyya) na kowacce shekara rana da ake yin bikin ayyukan physiotherapy a fadin duniya, kuma ta yi dai-dai da ranar da ka samar da kungiyar tattaunawa akan physiotherapy (World Confederation for Physical Therapy) a shekara ta 1951. Amma, a wannan shekara ta 2020, an sauyawa wannan kungiya suna, yanzu ana kiran ta da suna "World Physiotherapy".

Likitocin physiotherapy na amfani d wannan rana wajen:

- nuna rawar da ayyukan su ke takawa wajen samun lafiya da inganta rayuwar al'ummar duniya
- jaddada martabar ayyukan physiotherapy
- gangami domin kira da gwamnati da masu ruwa-da-tsaki a ɓangaren lafiya akan ayyukan physiotherapy

Wannan rana ce ta haɗin kai ta al'ummar physiotherapy a duniya baki ɗaya. Ana amfani da ranar wajen yadda yadda al'umman duniya ke fa'idanta da ayyukan ayyukan likitocin physiotherapy.

World Physiotherapy na da burin tallafawa likitocin da kugiyoyinsu na physiotherapy, a azamar su wajen bunƙasa ayyukan physiotherapy da zamanantar da harkar lafiya a duniya, ta hanyar amfani da wannan Ranar Duniya ta physiotherapy.

World Physiotherapy ta kirƙiri abubuwan da kungiyoyin physiotherapy za su yi amfani da su wajen bikin Ranar Duniya ta Physiotherapy.

- hotuna: yadda hotuna a ma'aikatu/guraren taron jama'a
- karin bayani: rubutaccen karin bayani da za'a rabawa marasa lafiya da al'umma
- fassara; kofin fasta da bayanai a yaruka daban-daban, sama da 18
- kafafan sada zumunta: za'ayi amfani da kafafan sada zumunta wajen yadda bayanai don girmama wannan rana
- bayani da karin nassoshi: yadda za'a a samu bayani ta yanar gizo akan wannan gangami
- takardun bada shawara da ilimantarwa akan wannan ranar, da za'a yadda a yanar gizo ta World Physiotherapy
- abubuwan da za saukar a na'urorin ku domin bugawa a madabi'a
- zane a rigunan t-shirt: a buga a madabi'un kun a kasashen ku

Saukar da waɗannan abubuwa a kyauta:
www.world.physio/wptday

#worldptday

Likitan physiotherapy na bada tsare-tsaren motsa jiki da zai taimake ku wajen farfadowa daga cutar COVID-19

Motsa jiki muhimmiyar hanya ce da ke taimakawa wajen murmurewa daga cutar COVID-19, ana motsawa dai-dai da buƙatun jikin ka. Kasancewar likitocin physiotherapy na zama kwararru a ilimin kimiyyar lafiya ta hanyar motsa jiki/atsaye, sune kan iya nuna maka dabarun motsa jiki wajen:

- inganta cikakkiyar lafiya
- rage sarƙewar numfashi
- haɓaka karfin jijjuyi
- inganta tsayawa da sarrafa jiki
- haɓaka kalifin tunani
- rage gajiyar da karin nishadi
- kara karfin gwiwa
- inganta kuzari

Ku yi kokarin zama masu dabi'ar motsajiki, domin inganta lafiyar jiki da ta hunhu, a kuma kula da ci gaban da jikike samu.

Duk da cewa samun hutu na da muhimmanci, likitocin physiotherapy suna nuni da cewa yin atisaye na takaitaccen lokaci akai-akai, yafi na dogon lokaci wanda bai yawaita ba. Motsa jiki da zaka gwada.

- a tashi tsaye a koma a zauna
- tafiya a guri daya
- hawa da sauka a matattakala
- tafiya
- tsayuwa akan yatsun kafa (dage)
- tsayuwa akan dunduniya
- tsayuwa akan kafa ɗaya
- kokarin tura bango

Physiotherapy hanya ce ta murmurewa daga cutar COVID-19
Yayin da ka ke atisaye/motsa jiki, sai ka ji baka jin dadin, ko numfashin ka na yin sama-sama, to ka dakatar da motsa jiki, kuma tuntuɓi likitan physiotherapy

Ciwon Gajiya Sakamakon Kamuwa Kwayoyin Cutar Virus
10% daga cikin mutanen da suka kamu da COVID-19 na iya kamuwa da Ciwon Gajiya. Idan sauki bai samu ba, ko kuma damuwar gajiyar na karuwa idan an yi aiki, to sai a tuntuɓi likitan physiotherapy ko malaman lafiya domin a gano ko kana da Ciwon Gajiya. Akwai hanyoyi daban-daban wajen kulawa da Ciwon Gajiya sakamakon COVID-19.

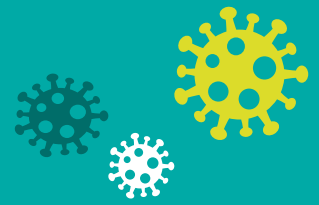
Shiryeyen kun na bikin wannan ranar a gurin aikin ku, ya zama yana da alaƙa ko ku yi tare da kungiyoyin ku na physiotherapy a kasashen ku.

Kungiyoyi karkashin kungiyar Physiotherapy ta Duniya.

www.world.physio/our-members.

Abubuwan da za ayi amfani da su domin bunƙasa ayyukan physiotherapy a duniya. Za a yi amfani da kafafan sada zumunta a bikin Ranar Physiotherapy ta Duniya da wannan hashtag #WorldPTDay

Shawarwarin gudanarwa



Likitan physiotherapy da ke aiki a asibiti, ko sha-katafi, da kuma wadanda ke aiki da kungiyoyin physiotherapy, duk na iya yin bikin Ranar Physiotherapy ta Duniya ta yadda ku ka zaba

Wadannan su ne za ku iya zaba dai-dai da burin ku, wajen shagalin bikin Ranar Physiotherapy ta Duniya.

Sakamkon bullar cutar COVID-19, gwamnatocin kasashe da dama, sun sa dokar takaita zirga-zirga da hana tarurruka. Don haka a yi la'akari da wannan halin da ake ciki wajen shirya bikin wannan rana (World PT Day), tare da bin dokoki da tsare-tsaren da hukuma ke bayarwa wajen bada tazara.

Zaka iya amfani da yanar gizo ko hanyoyin sada zumunta domin amfani da kaidodi da aka zayyana a nan. A yi kokarin kirkirar sashen tambayoyi da ansoshi ko ku yada a manhajar ku.

Zamu samar da hotuna domin illimintar da jama'a akan wanan rana.

Tarurrukan da za'ayi a cikin jama'a

- Za'a nuna wa taron jama'a yadda mutum zai yi atisaye (ko ta yanar gizo) misali; banbanci tsakanin motsa jiki ma tsakaici da kuma motsa jiki na tsahon lokaci.
- Bayanai a tarurruka ko a wajen aiki ko ta yanar gizo domin nuni da yadda motsa jiki zai zamo wani bangare na al'amuran mu na yau-da-kullum.
- Bayanai a cikin taron jama'a a gundumomi kan hukumomi.
- A ziyarci wurare da ban da ban a wanan rana ko kuma za'a ya ci gaba da wayar da kan jama'a a kan wanan rana har zuwa mako guda.
- Cututtuka da ke addabar jama'a, yan siyasa ko fitattatun mutane; misali, ganar da su yadda zasu rinka motsa jiki ta bangaren tafiya da kafa na dan takai taken lokaci a kowacce rana.

- Jawabi a babban taro a cikin birane kan yadda za'a rinka motsa jiki tare da sauran jama'a.

Tarurruka domin yara/matasa/ manya/tsofafi

- A shirya wayar wa da jama'a kai akan amfanin motso jiki ga wadanda suka kamu da cutar COVID-19 ta hanyoyin yanar gizo da sada zumunta.
- A shirya yin bita da nufin nuna amfanin atisaye ga yara/matasa/ manya/tsofafi.
- A yi aiki tare tare da masu jinyar marasa lafiya a gida, ko masu kula da masu cutar COVID-19 a cikin jama'a ta yadda za'a nuna mahimmancin physiotherapy ga masu murmurewa daga cutar COVID-19.

A asibitoci

- A ajiye mahimman bayanai a kan mahimmancin Physiotherapy a wajen kulawa da masu dauke da cutar COVID-19.
- A rabawa abokan aiki da sauran jamma rubutaccen bayanai a kan ranar Physiotherapy ta duniya.

Karin bayani

- A ne mi shahararun mutane domin su taimaka wajen yada manufar ranar Physiotherapy ta duniya, domin zai iya bawa mutane da yawa sha'awar sauraron abin da kuke yi.
- Za ku iya yin shirye shirye a gidan talabijin da radiyo ko amsa tambayoyi ta yanar gizo.
- Yi kokari ka bayya nawa jama'a abin da physiotherapy ke yi wa jikin dan'adam.

Ka yi sha'awa!

Dubi yadda ake girmama Ranar
Physiotherapy ta Duniya

www.world.physio/wptday/activities