

Sections/ibikubiyemo

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PATIENT INFORMATION AMAKURU Y'UMUGENERWABIKORWA



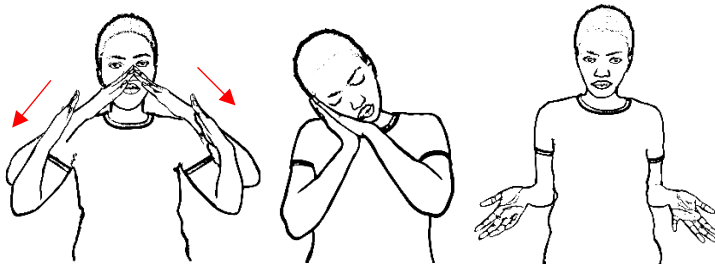
Name *Amazina*



Age *Imyaka*



Sex *igistina*

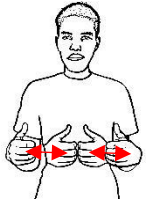


Address *aho utuye*

RELATIONSHIP/ IRANGAMIMERERE



Married *urubatse*



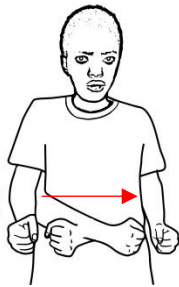
Divorced **waratandukanye**



OR/**CYANGWA**



Widowed **umupfakazi**

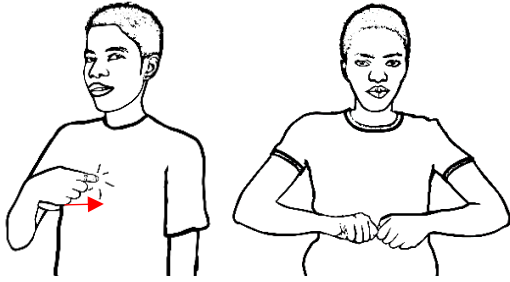


Partner **umufasha**

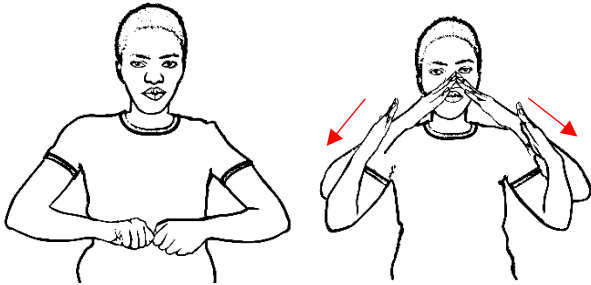


None **ntawe**

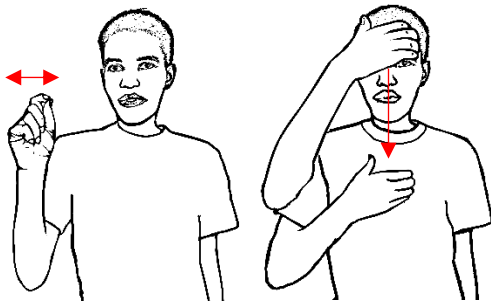
Occupation *icyo ukora*:



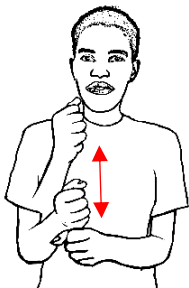
Civil servant *Ndikorera*



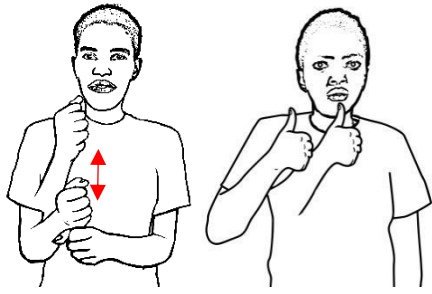
Housewife/man *nkorerera murugo*



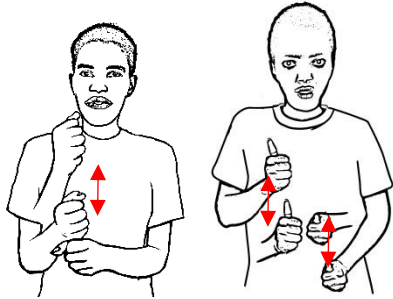
Student *Umunyeshuri*



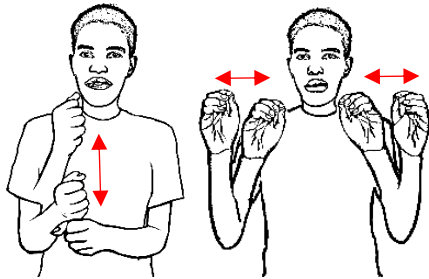
NGO employee *nkorerera umuryango utegamiye kuri Leta*



Private employee *nkorera abantu bigenga*



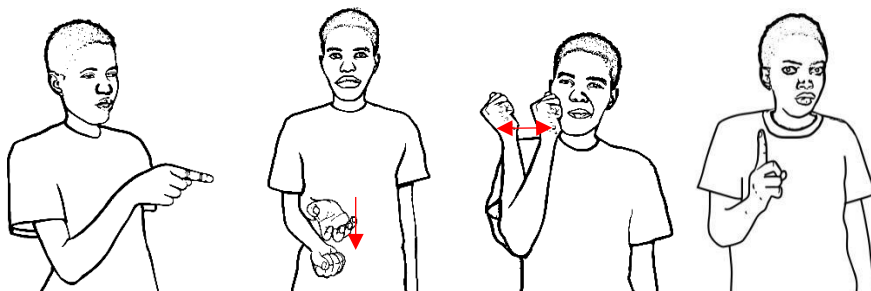
Self-employed *Rwiyemeza mirimo*



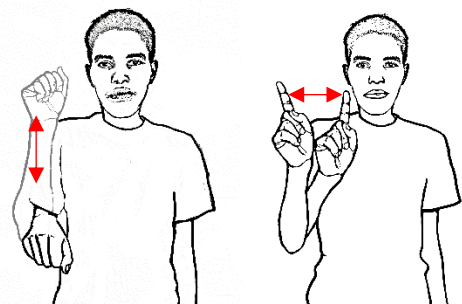
Unemployed *nta kazi*

FAMILY PLANNING/KURINGANIZA IMBYARO

Background information/amakuru yerekeye k'umuntu

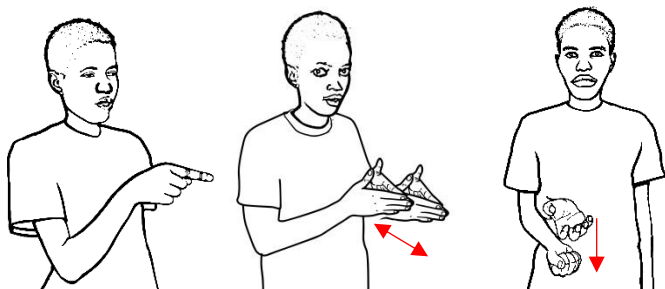


Have you had your first menstruation? /You Had Menstruation First /*Waba warigeze ugira imihango yambere??*

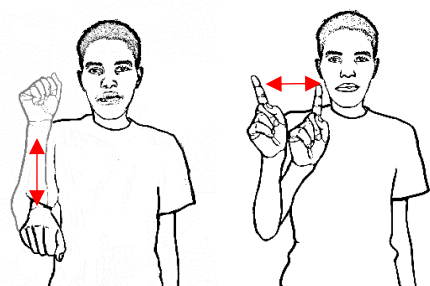


[Yes] *yego*

[No] *oya*

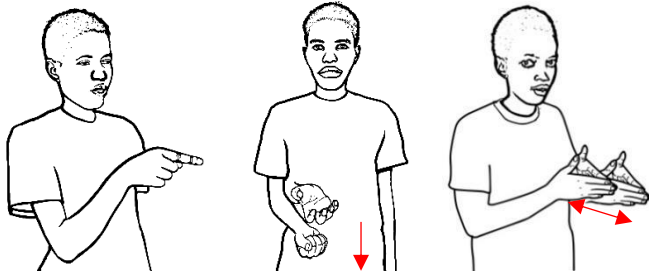


Have you had sexual intercourse already? /You Sex Had /*Wakoze imibonano mpuzabitsina?*

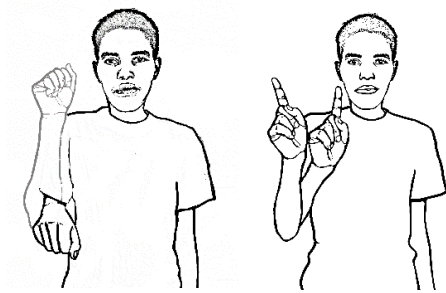


[Yes] *yego*

[No] *oya*

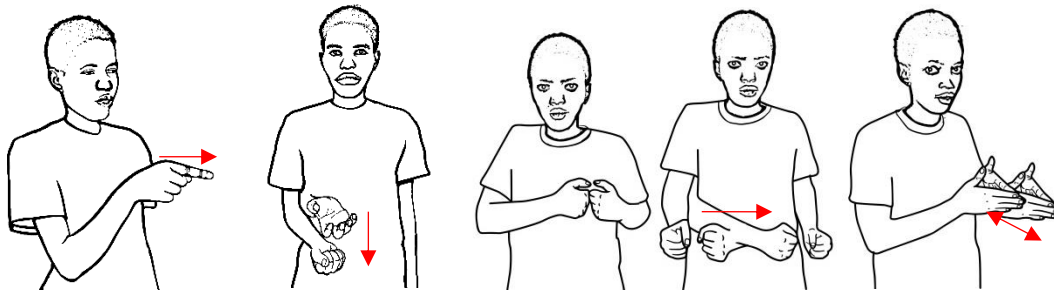


Are you currently sexually active? /You Having Sex/*ubu ukora imibonano mpuza bitsina ?*

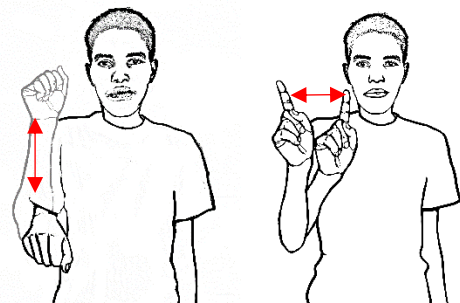


[Yes] *yego*

[No] *oya*

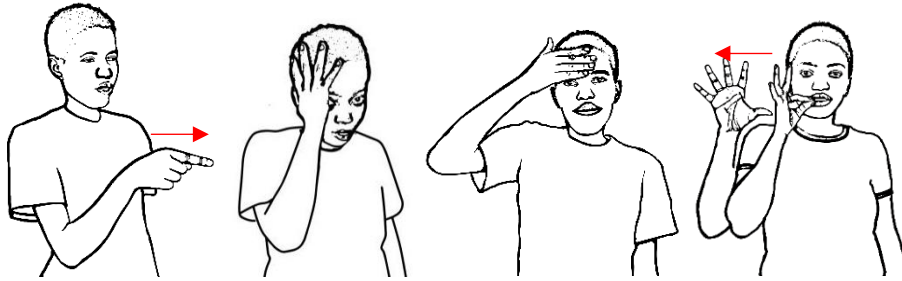


Do you have a regular sexual partner? /You Have Partner Sex/*Ufite uwo mukora imibonano mpuza bitsina mu buryo buhoraho*

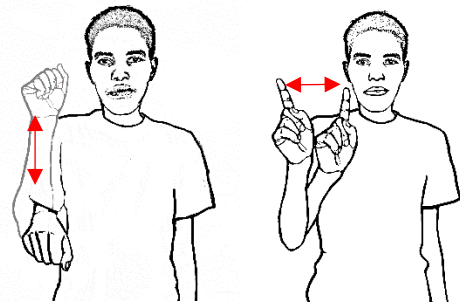


[Yes] *yego*

[No] *oya*

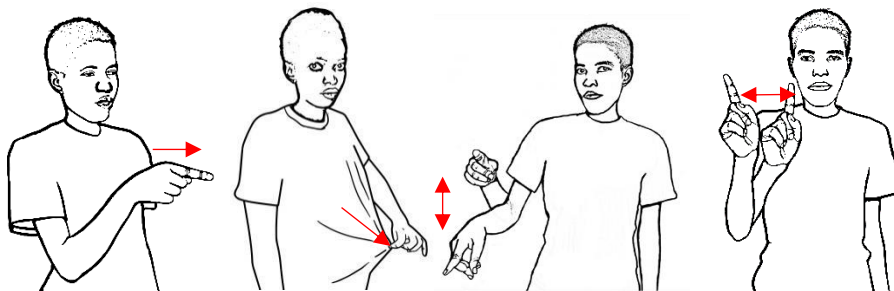


Are you concerned about sexually transmitted diseases or HIV/AIDS? /You Worried disease
 HIV/AIDS/*Ese ubyitaho ibijyanye n'indwara zandurira mumibonano mpuzabitsina cg ubwandu bwa
 Virus Itera SIDA(HIV/AIDS)*

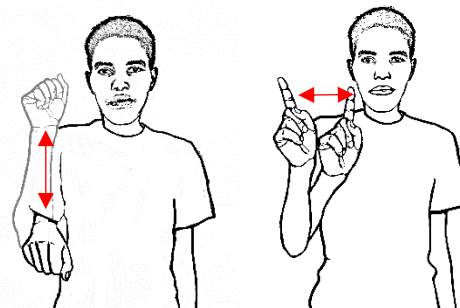


[Yes] *yego*

[No] *oya*



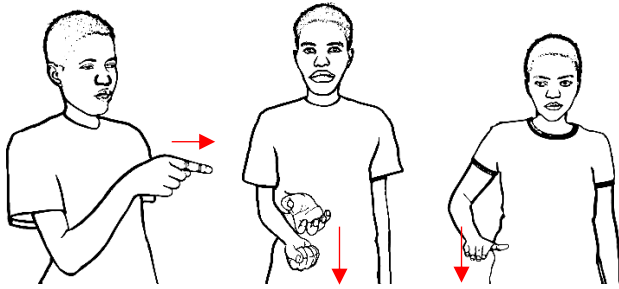
Do you want to prevent pregnancy now? /You Not Want Pregnancy/*Urashaka kwirinda gutwita
 nonaha?*



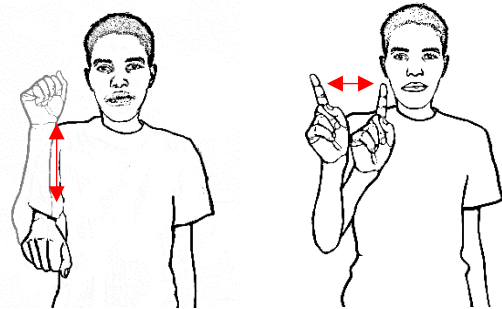
[Yes] *yego*

[No] *oya*

Current children/Umwana ufite ubu

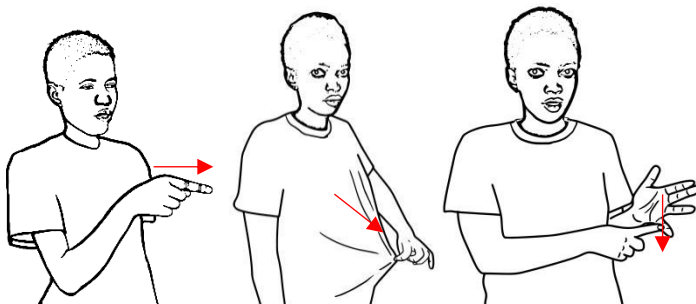


Do you have any children? /You Have Children/*Hari abandi bana ufite?*

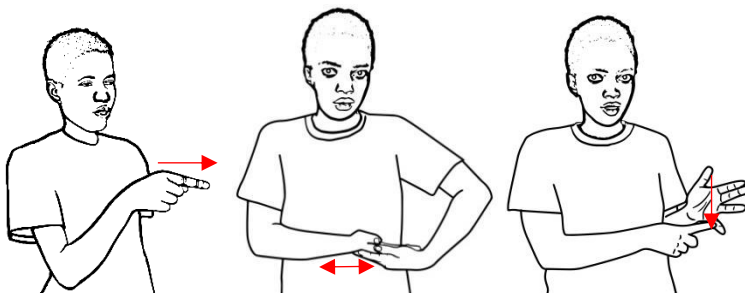


[Yes] *yego*

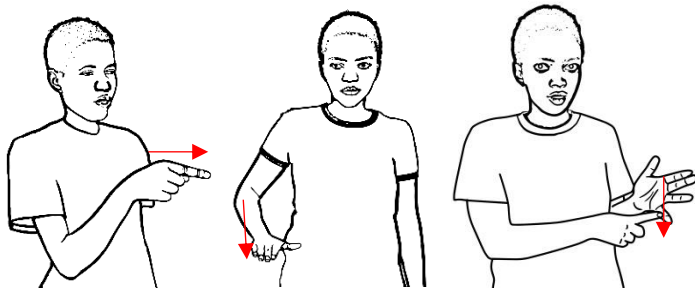
[No] *oya*



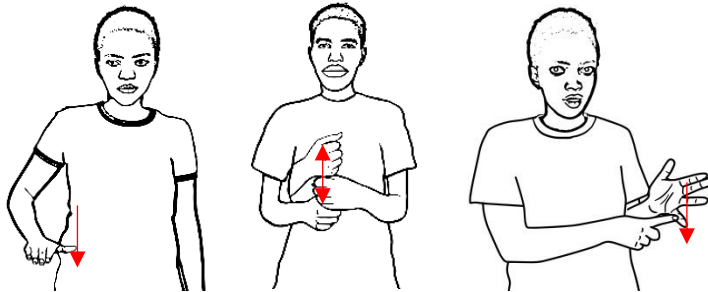
How many times have you been pregnant? /You Pregnant How many/*Waba waratwaye inda incuro zingahe!?*



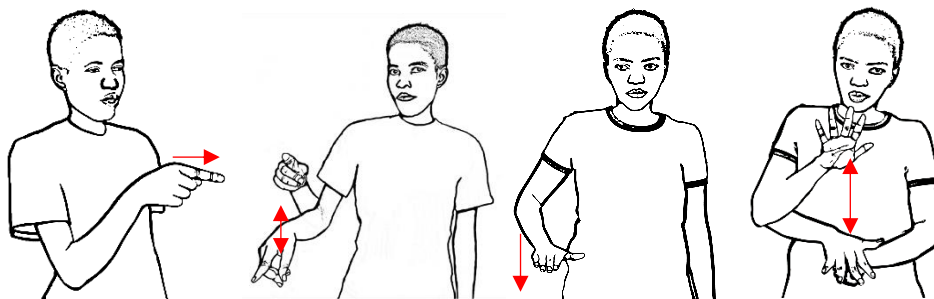
How many live births have you had? /You Babies How many/*Wabyaye imbyaro zingahe?*



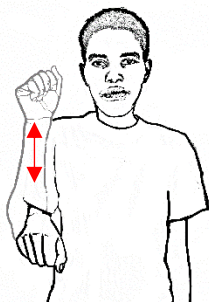
How many children do you have? /You Children How Many/*Ufite abana bangahe?*



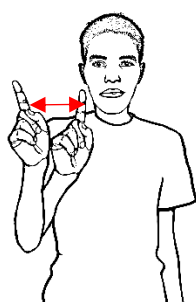
How old is your last child? /Youngest Age What/*Umwana wawe wa nyuma(Bucura) afite imyaka ingahe!?*



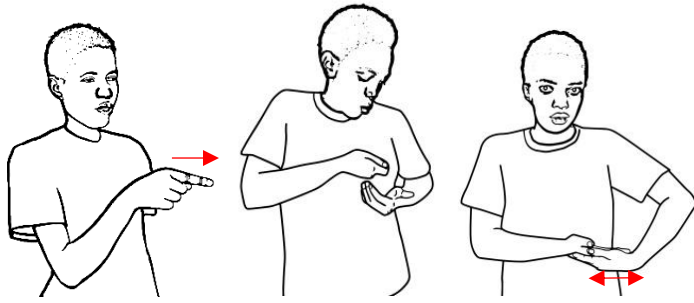
Do you want more children in the future? /You Want Children More/*Urashaka abandi bana mugihe cyawe kizaza!?*



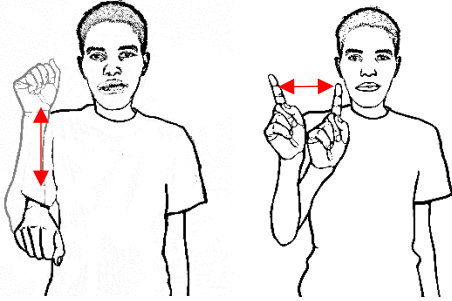
[Yes] *yego*



[No] *oyya*



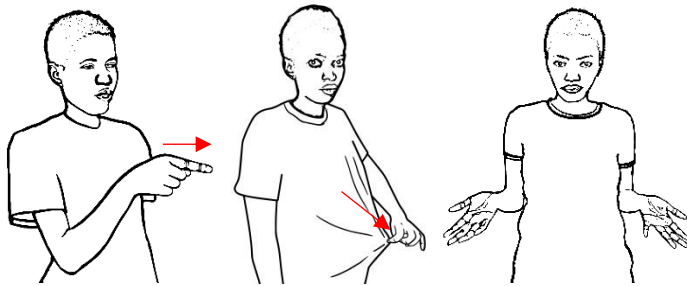
Are you currently breastfeeding a baby less than six months old? /You/Breastfeeding/Baby/*hari ubwo wonsa umwana uri muni y'amezi atandatu?*



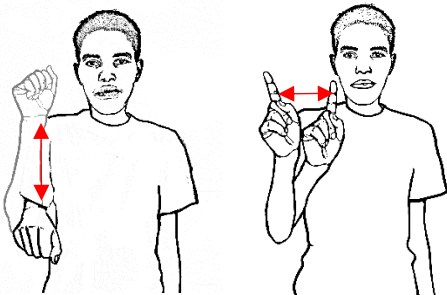
[Yes/*Yego*]

[No/*Oya*]

Confirming any pregnancy/Kwemeza ko atwite

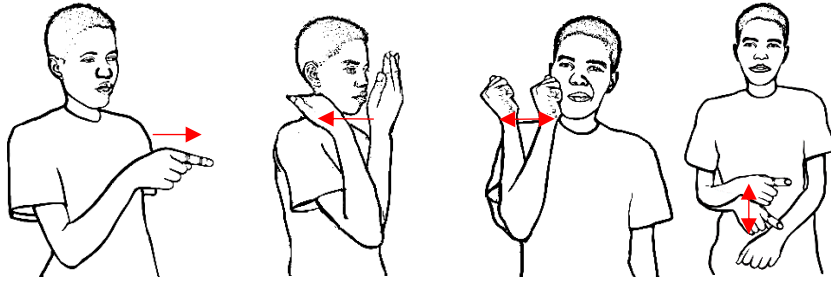


Do you think you could be pregnant? /You Pregnant Maybe/*irategereza ko ushobora gusama (Gutwita)*



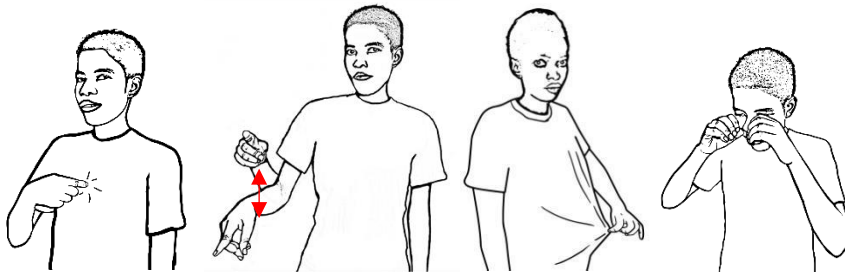
[Yes/*Yego*]

[No/*Oya*]

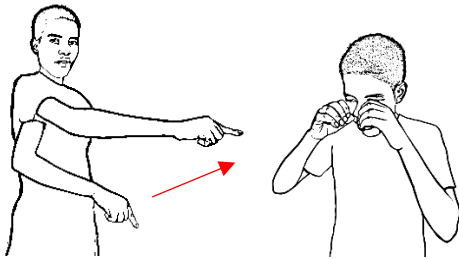


When was your last menstruation? /You last Menstruation When/*Uheruka imihango ryari?*

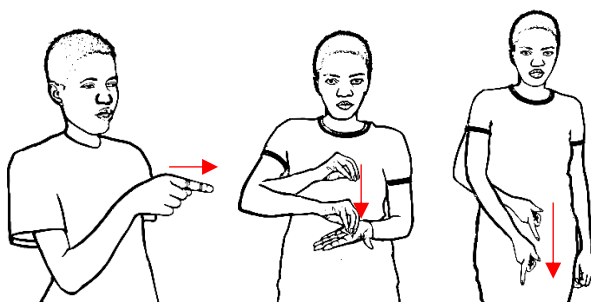
[see Dates]



I need to test for pregnancy. /Pregnancy Test/*Nkeneye gupima ko wasamye/utwite*

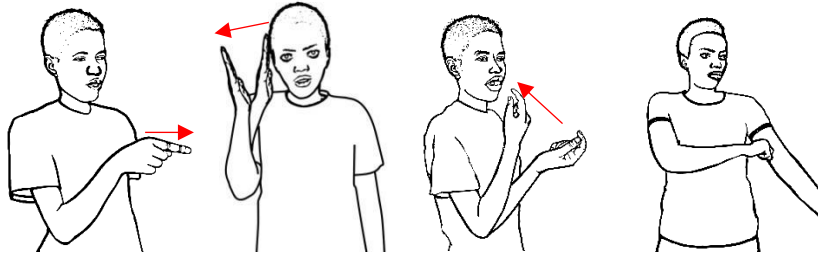


Go to the lab./Go Lab/*Wajya aho batangira ibizami?*

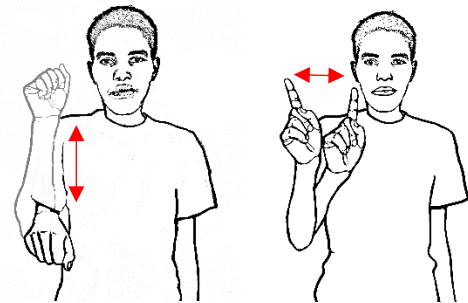


Provide some urine. /Give Urine/*Gutanga ikizami cy'inkari*

Previous contraceptive use/Igikoresho cyangwa uburyo wakoreshye mbere

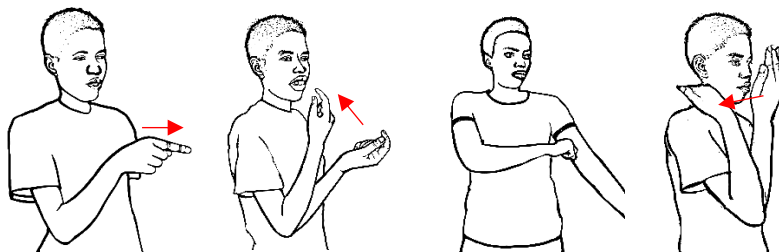


Do you know what contraceptives are? /You Know Contraceptives/uzi ibikoresho twifashisha mukuboneza urubyaro ari ibihe?

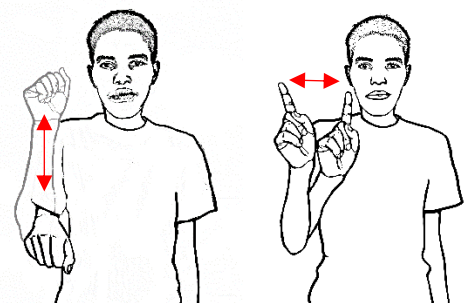


[Yes/*Yego*]

[No/*Oya*]

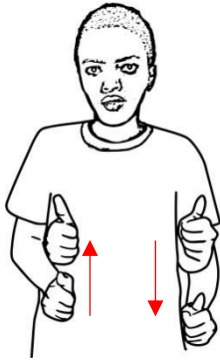


Have you ever taken any contraceptives before? /You Use Contraceptives last Before/hari uburyo /igikoresho mukuboneza urubyaro waba warigeze ukoresha?

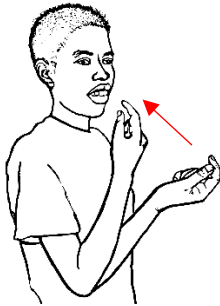


[Yes/*Yego*]

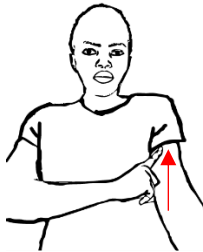
[No/*Oya*]



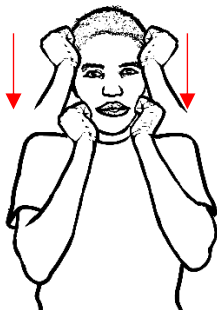
Which? [Which]/*ikihe*



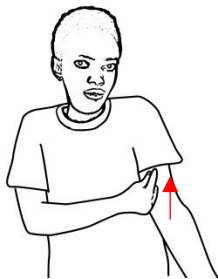
[Pills] *ibinini*



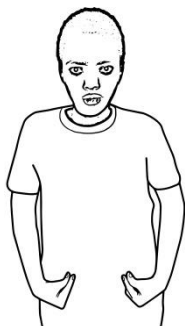
[Injection] *Agapira ko mumura*



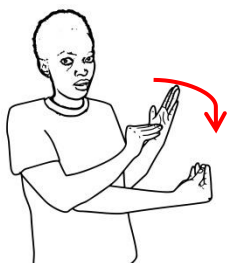
[Condoms] *Agakingirizo*



[Implant] *agapira ko mukuboko*



[IUD] *uburyo bwo kubara*



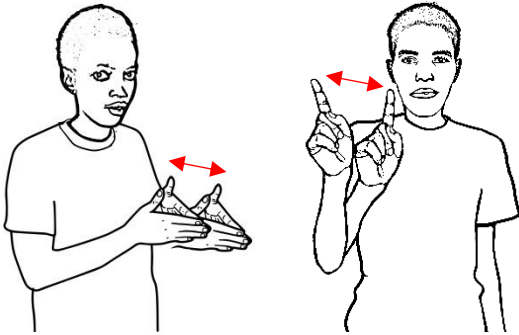
[Calendar method] *Uburyo bwo gukoresha amatariki*



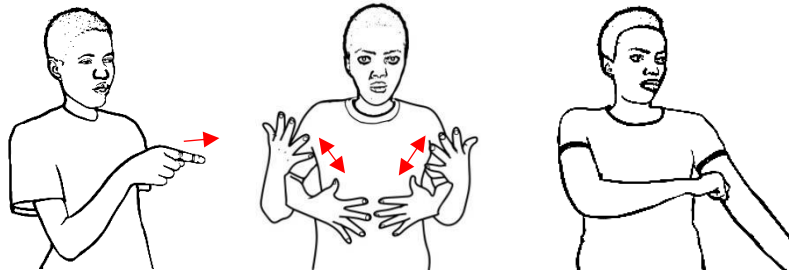
[Sterilization] *buryo bwo gusukura ibikoresha byo kwavmuganga kuburyo microbes zipfa ntiwanduze abandi*



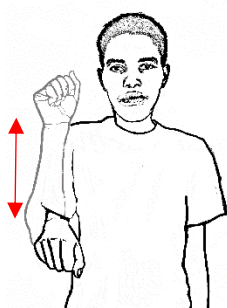
[Breastfeeding method] *Uburyo bwo konsa*



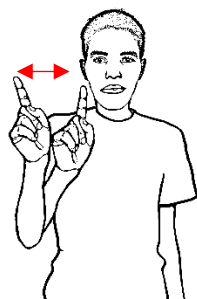
[Abstinence] *Kwifata*



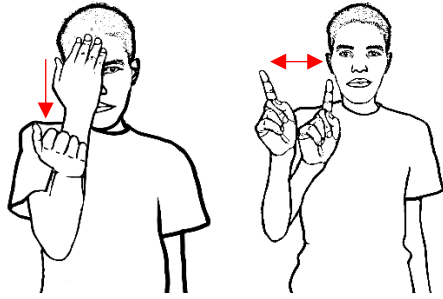
Were you happy with that method? /You Happy/Contraceptive/*Wigeze wishimira ubu buryo bwo kuringaniza imbyaro*



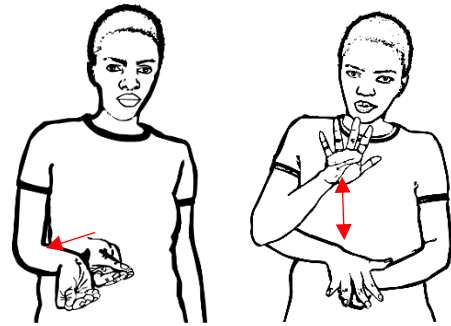
[Yes] *yego*



[No] *oya*



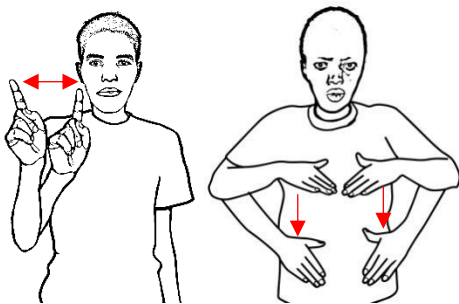
Why not? Why not/*kubera iki se?*



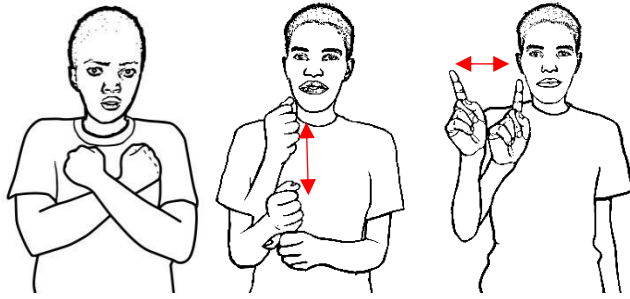
Too expensive /Expensive/*Birahenze cyane*



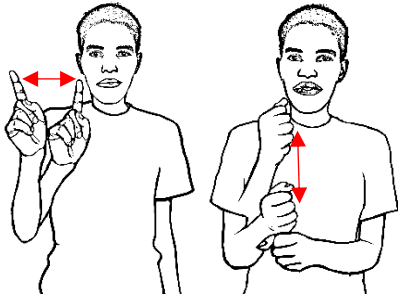
I kept forgetting /I Forget/*Rimwe na rimwe njya nibagirwa*



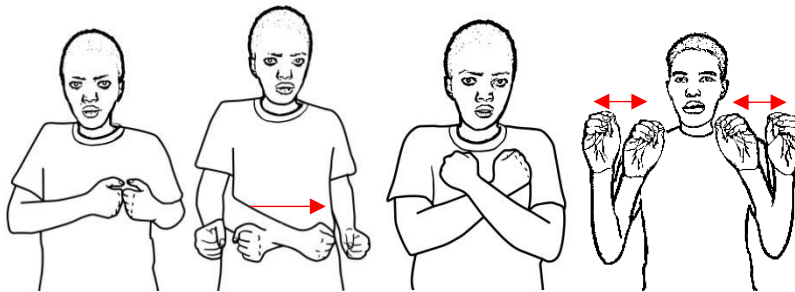
Not pleasurable /No Comfortable/*ntago gishimishije*



Didn't like side effects /Like Side effects No/*ingaruka (ibishobora kuba wakoreshye umuti/uburyo runaka) ntago uba wabikunze cg se ingaruka z'umuti/uburyo runaka ntago ari nziza*



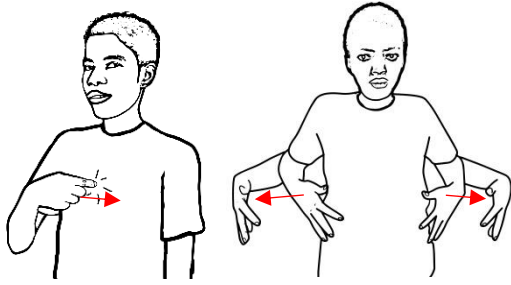
Not effective/Not Work/*Ntago buboneye/Ntago ari bwiza*



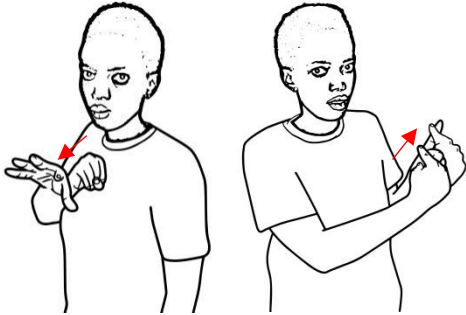
Partner did not like /partner not like/*Uwo twashakanye ntago abukunda*



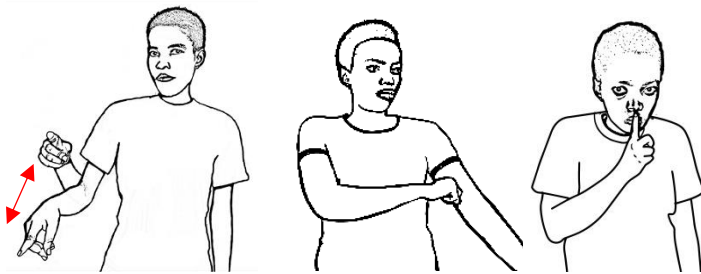
I got patches on the skin in the face /I Got/Patches Skin/*ngira ibintu bimeze nkibiheri mu isura*



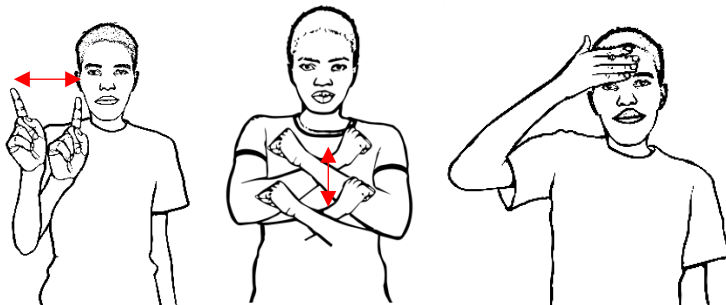
I had increase of weight /I Fat/*Ibiro byange byariyongereye*



I had fear to become infertile /Scared Infertile/*Ndatinya ko nazaba Ingumba*

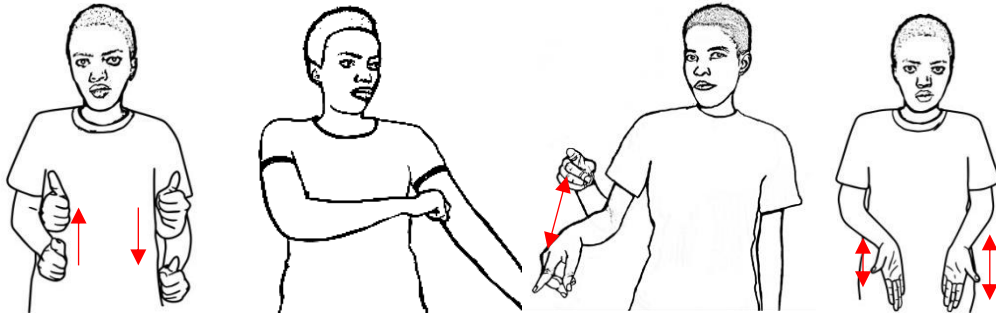


I want a method that I can keep private /Want Contraceptive Secret/*Ndashaka uburyo bwo kuringaniza Imbyaro nshobora kwibikira ubwanjye*

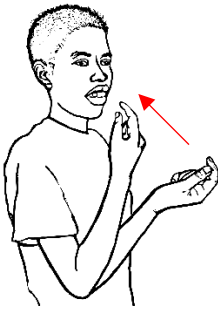


Does not protect against disease/No Protection Disease/*Ntango burinda indwara z'ibyorezo*

New contraception/Kwirinda gusama



Which contraceptive method would you like now? /Which Contraceptive Want Now/*N'ubuhe buryo bwo kuringaniza imbyaro bukunogeye?*



[Pills] *Ibinini*



[Injection] *Agapira ko mumura*



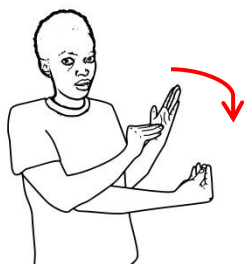
[Condoms] *Agakingirizo*



[Implant] *agapira ko mukaboko*



[IUD] *uburyo bwo kubara*



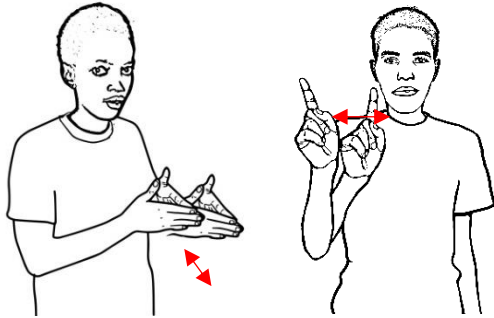
[Calendar method] *uburyo bwo kubara*



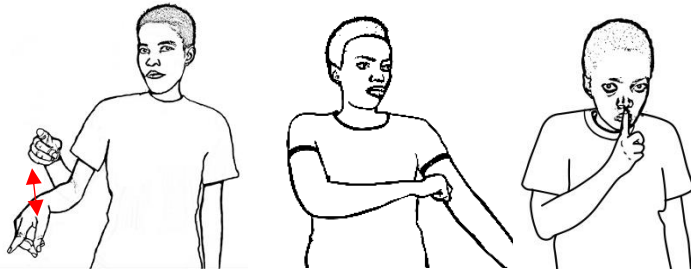
[Sterilization] *buryo bwo gusukura ibikoresho byo kwavmuganga kuburyo microbes zipfa ntiwanduze abandi*



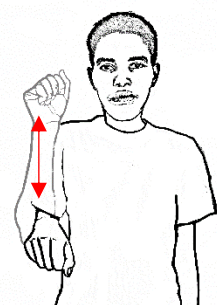
[Breastfeeding method] *Uburyo bwo konsa*



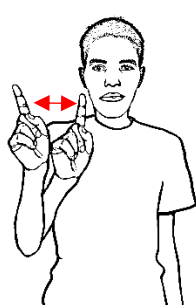
[Abstinence] *Kwifata*



Do you want to keep your contraceptive private from your partner? /Want Contraceptive Secret/
Ese urashaka ko uburyo bwo kuringaziza Imbyaro buguma hagati yawe nuwo mubana



[Yes] *yego*

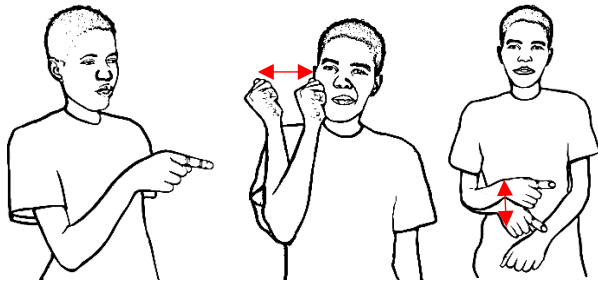


[No] *oyya*

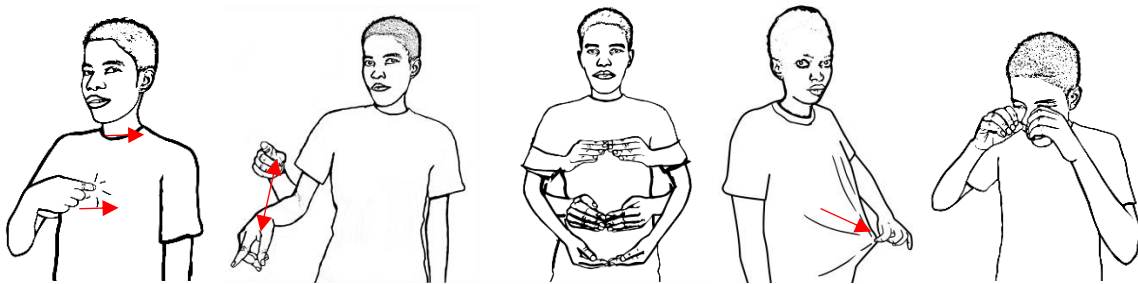
PRENATAL CARE/UBUFASHA BUHABWA ABABYEYI MBERE YO KUBYARA

Confirming the pregnancy/kwemeza ibimenyetso by'unurwayi

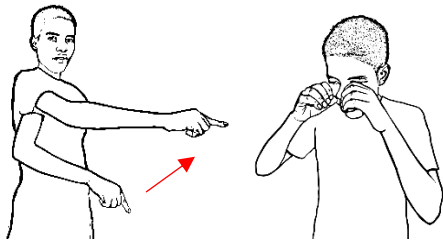
[see Dates]



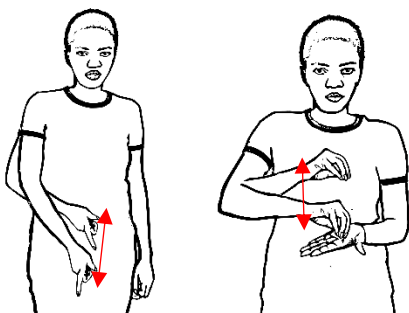
When was your last menstruation? /You Menstruation When/*Uheruka imihango ryari?*



I need to test for pregnancy. /I Want Pregnancy Test/*Nkeneye gupima ko wasamye/utwite*

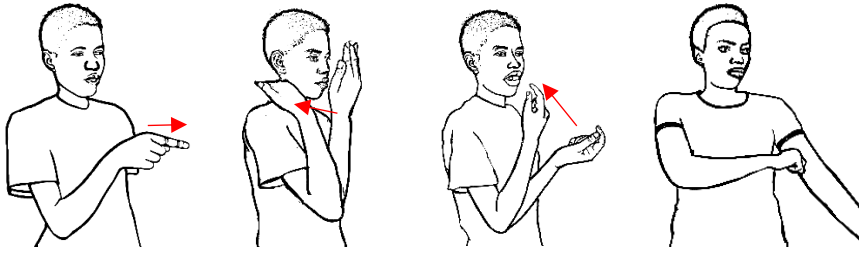


Go to the lab. /Go Lab/*Wajya aho batangira ibizami?*

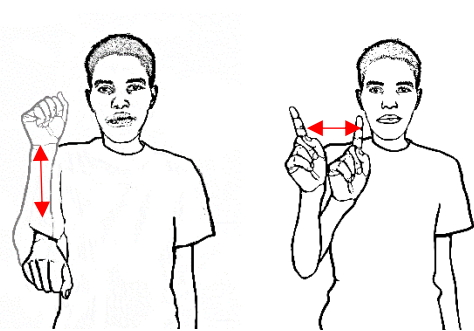


Provide some urine. /Give Urine/*Gutanga ikizami cy'inkari*

Contraception/Kuboneza urubyaro

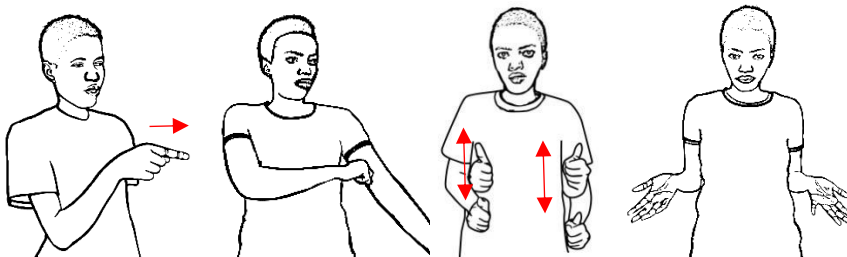


Were you using contraceptives? / You last contraceptives / *Waba ukoresha uburyo bwo kuboneza urubyaro?*

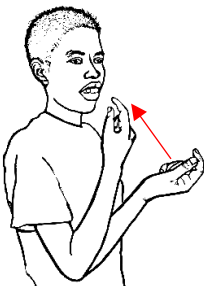


[Yes] *yego*

[No] *loya*



What contraceptive did you use? / You Contraceptives Which / *Ni ubuhe buryo bwo kuboneza urubyaro ukoresha?*



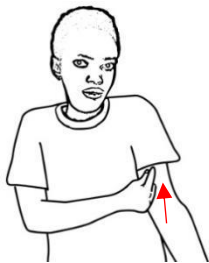
[Pills] *ibinini*



[Injection] *Agapira ko mumura*



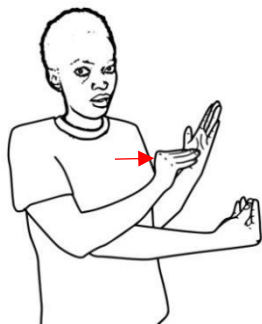
[Condoms] *Agakingirizo*



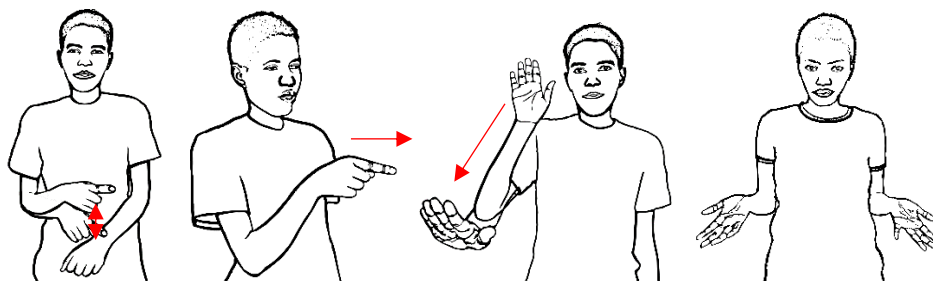
[Nor Implant] *agapira ko mukaboko*



[IUD] *uburyo bwo kubara*

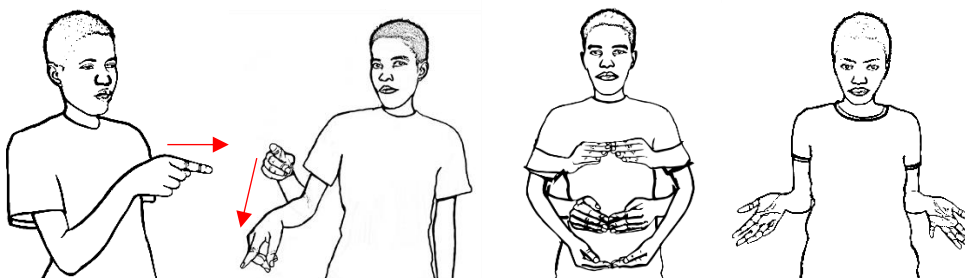


[Calendar method] *uburyo bwo kubara*

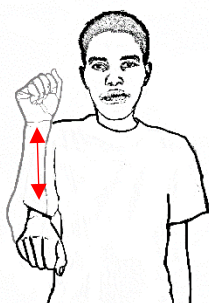


When did you stop? /When You Stop/*Wabihagaritse ryari?reba itariki.*

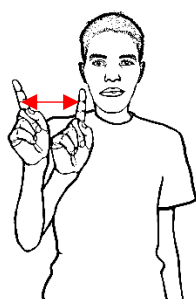
Pregnancy wish/ibirebana no gutwita



Do you want the pregnancy? /You Pregnancy Want/*Urifuza gutwita?*



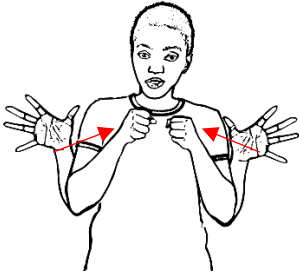
[Yes] *yego*



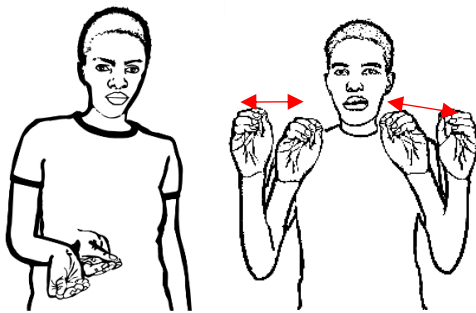
[No] *oya*



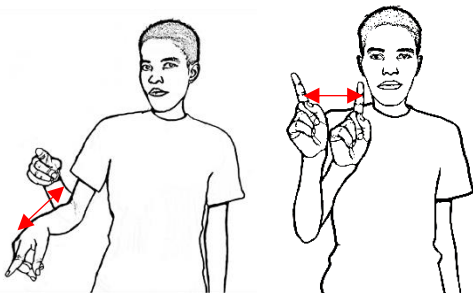
If no, why not? /why?/ *Niba ari oya kubera iki?*



[Rape] *Gufatwa kungufu*

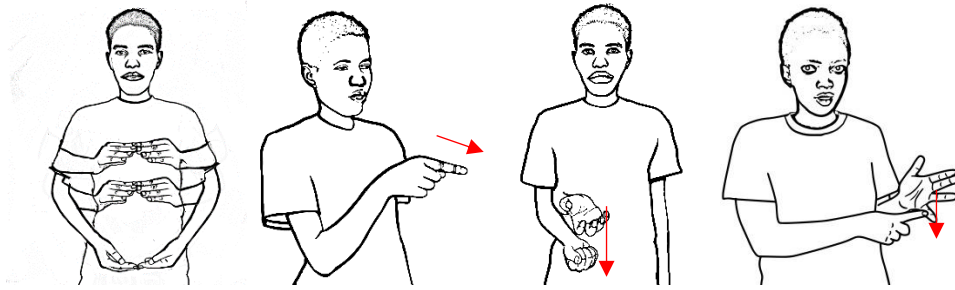


[No money] *Nta bushobozi,*

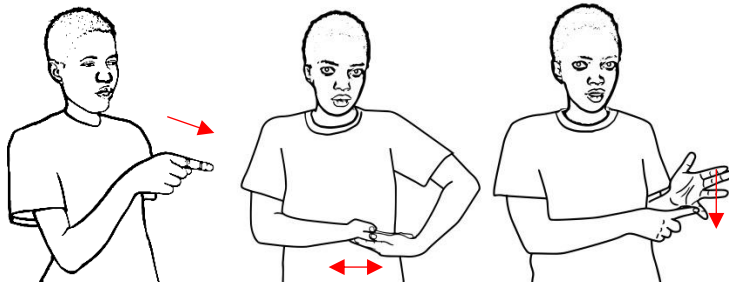


[Want Not] *simbishaka gusa*

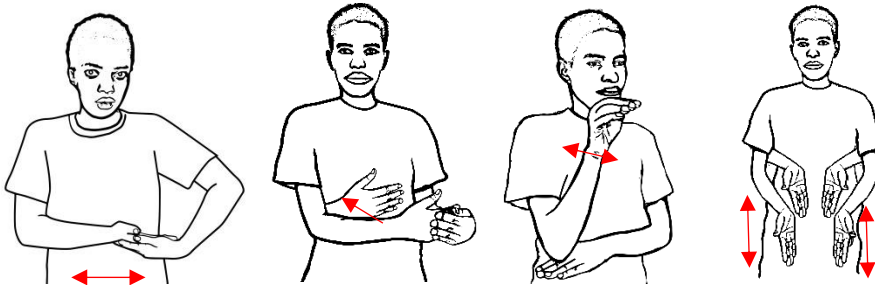
Previous pregnancies/Ibimenyetso wagize nyuma y'uburwayi



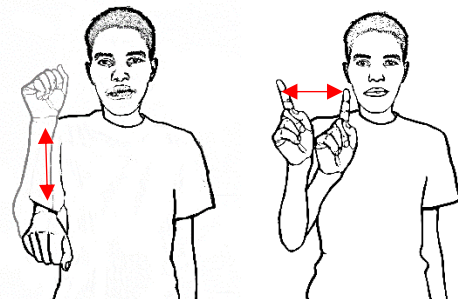
How many times have you been pregnant? /You Pregnant How many/*Ni ubwa kangahe ugiye gutwita?*



How many live births have you had? /You Babies How many/*Ufite abana bangahe?*

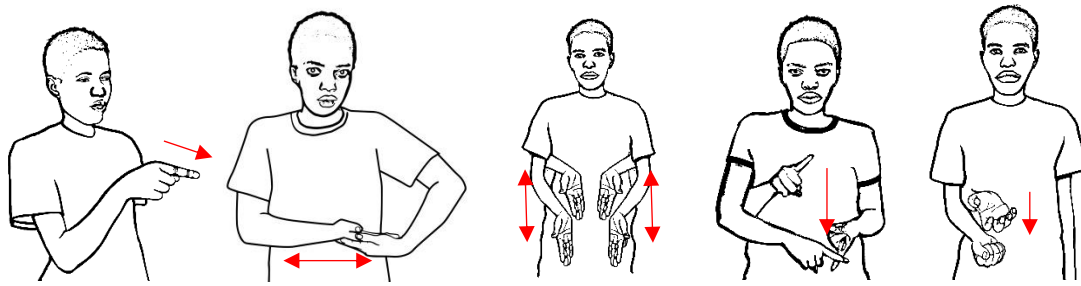


Did any of your previous babies have health or medical problems at birth? /Baby Before Problem Birth/*Ese hari umwana wawe waba waragize ibibazo mu kuvuka?*

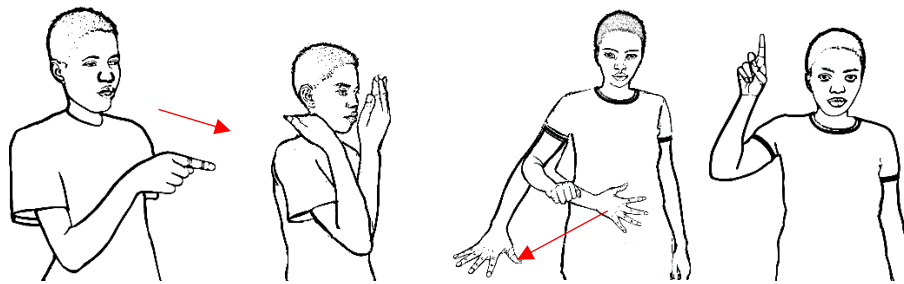


[Yes] *yego*

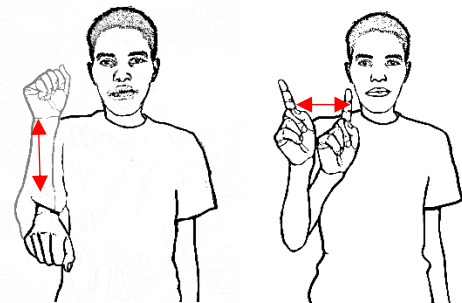
[No] *oya*



Did you have a miscarriage? /You Baby Birth Die Have/*Waba warigeze ubyara umwana upfuye?*

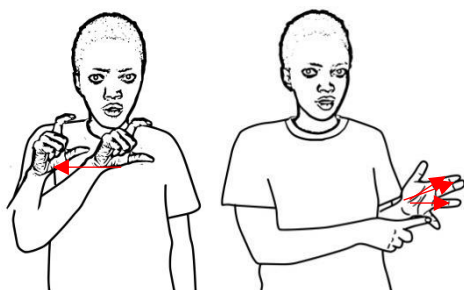


Did you have an abortion? You Before Miscarriage / Abortion/*Waba warigeze ukuramo inda?*



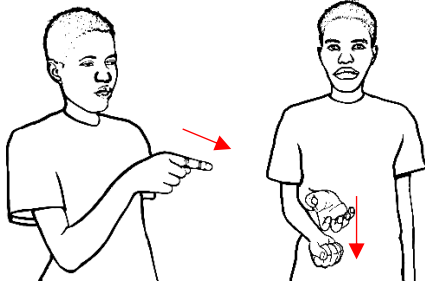
[Yes] *[yego]*

[No] *[oya]*

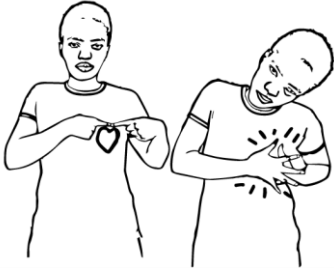


At how many weeks? /Weeks How many/*Nko kubyumweru bingaha?igihe kingana iki?*

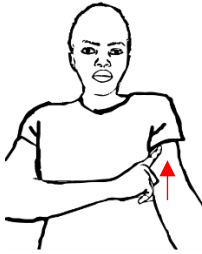
Medical history/Amakuru ajyanye n'ubuvuzi



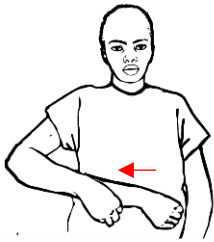
Do you have... ? /You /*Waba warigeze kugira?*



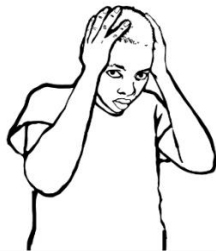
[Cardiac Problems]/ *indwara y'umutima?*



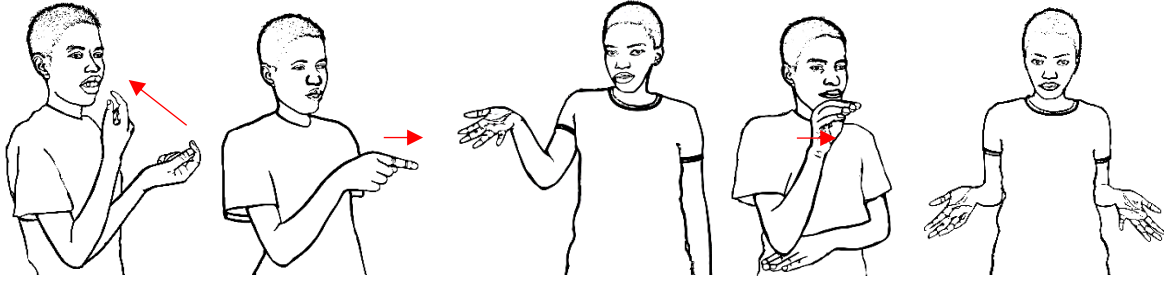
[Chronic Hypertension]/ *Umuwuduko*



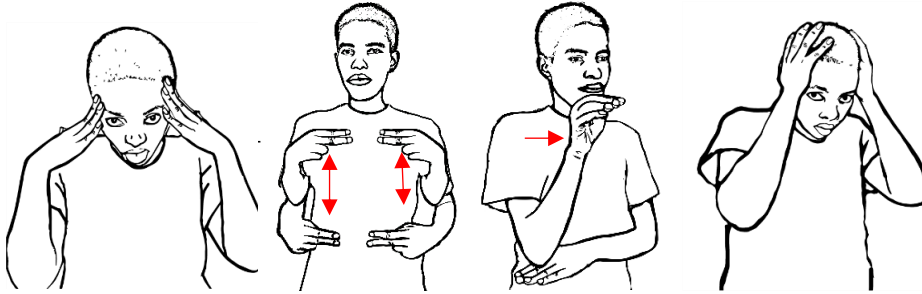
[Diabetes] /*diyabeti*



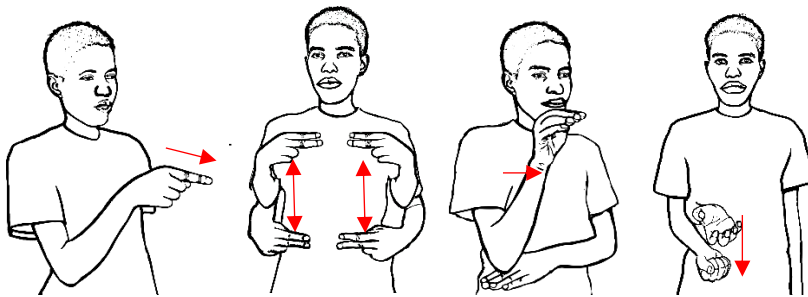
[Depression] /*depresiyo?*



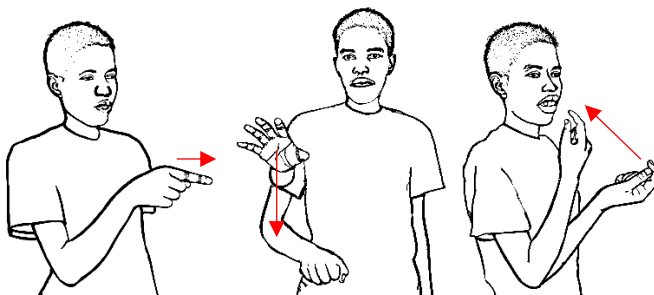
Allergy to drugs] /hari imiti ugiraho ikibazo?



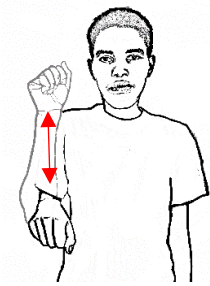
[Mental health problems]/ ibibazo byo mumutwe



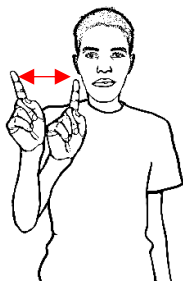
Any other health care problems not related to pregnancy? /Health/Problem/ibindi bibazo by'ubuzima bitajyanye no gutwita?



Are you taking any medication? /You Take/use Medicine/Hari imiti ufata?



[Yes] *yego*

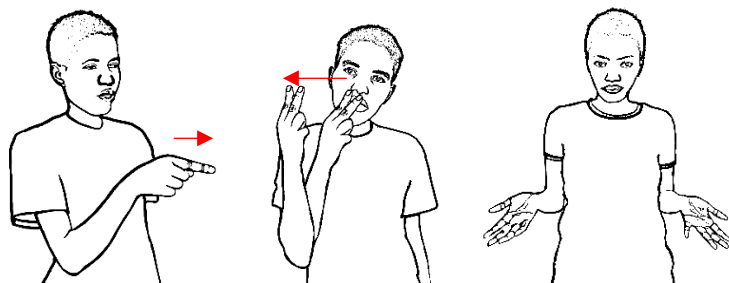


[No] *loya*

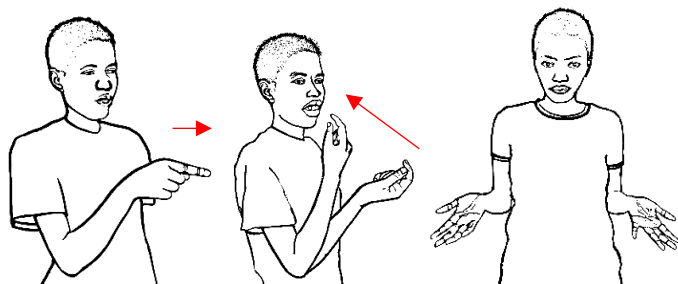
Prenatal care/ubufasha buhabwa ababyeyi mbere yo kubyara



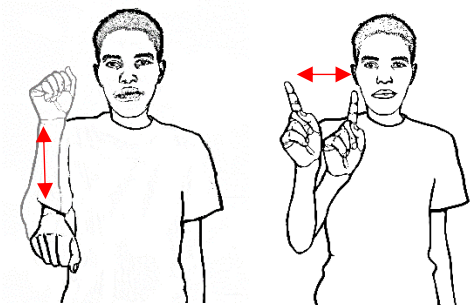
Are you drinking alcohol? /You drink alcohol/*Unywa inzoga?*



Are you smoking? /Smoke/*Unywa Itabi?*

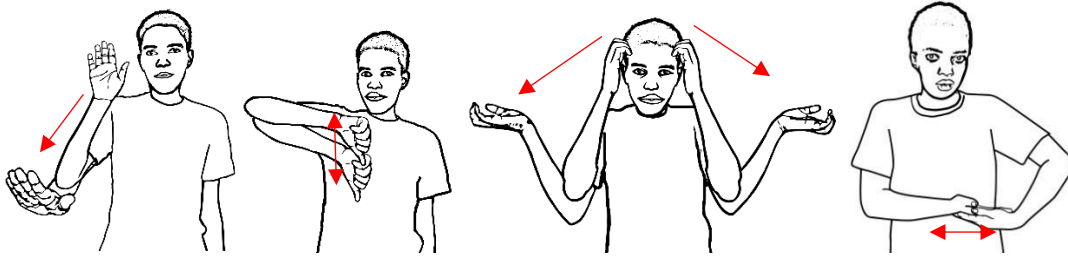


Are you using drugs? /drugs/*ibindi biyobyabwngwe?*

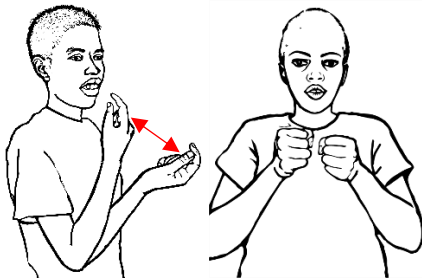


[Yes/*Yego*]

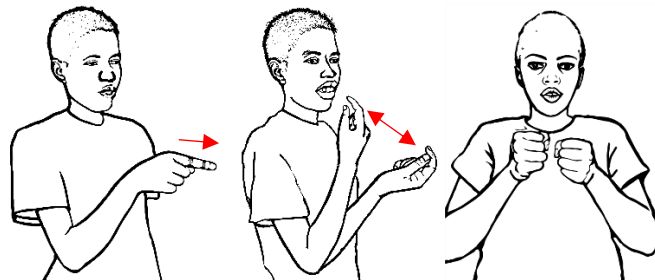
[No/*Oya*]



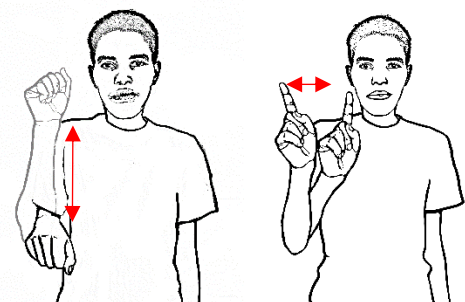
Yes? Then STOP. Dangerous for baby! /You Stop Bad Sick baby/*Niba ari yego bihagarike ni bibi ku mwana.*



Are you taking folic acid? /You folic acid/*Ese mufata acide folike?*

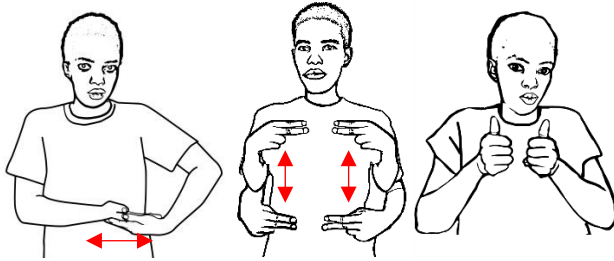


Are you taking calcium? /Calcium/*Ufata caliciumu?*

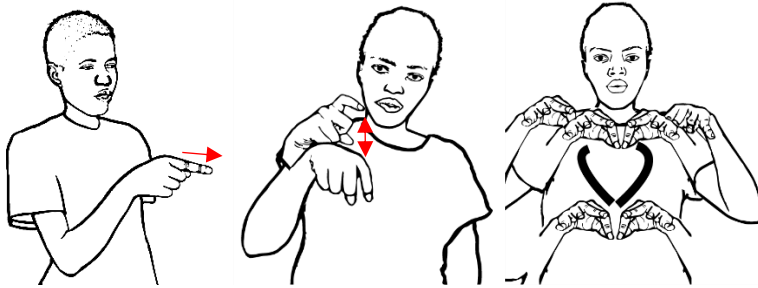


[Yes/*Yego*]

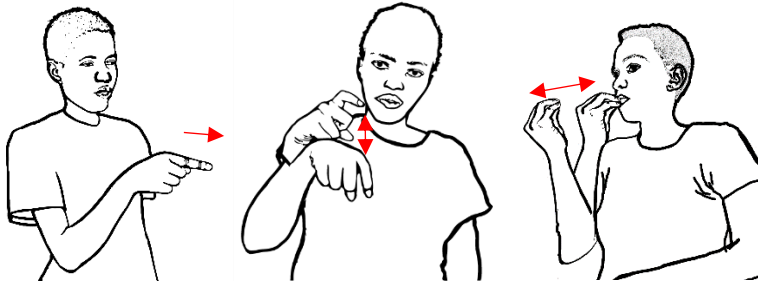
[No/*Oya*]



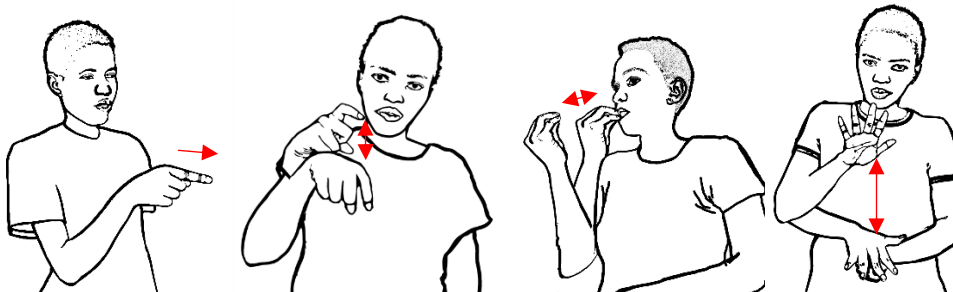
No? Then start. Healthy for baby! /Start Healthy baby/*Niba ari oya tangira ni byiza kumwana*



Make sure to... /You Must Important/*Ugomba kwita kuri:*



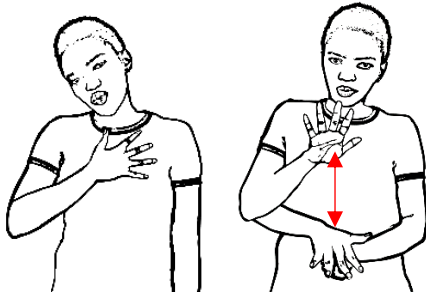
Take a balanced diet /Eat Must foods/*Kurya indyo yuzuye*



Eat more than usual/ Eat Must More/*Kurya kenshi kuruta ibisanzwe*

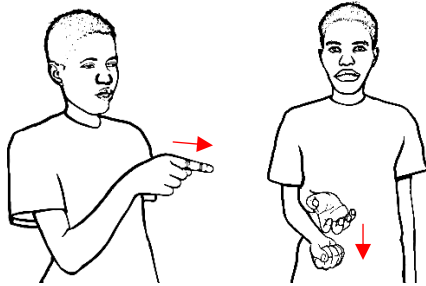


Keep personal hygiene/ Wash self/ *Kugira isuku*



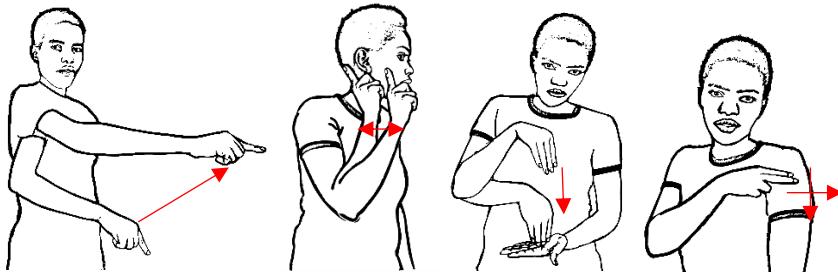
Take sufficient rest/ Rest more/ *Kuruhuka*

Danger signs during pregnancy/ Ibimenyetso bitari byiza ku muntu utwite

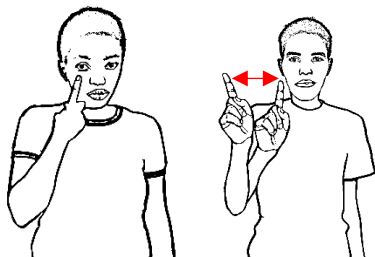


If you have any of these: you have

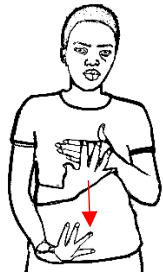
Niba ubonye kimwe muri ibi:



Go to hospital or health centre immediately! /Go Immediately Hospital Health centre / *Ihutire kujya kwa mu ganga*



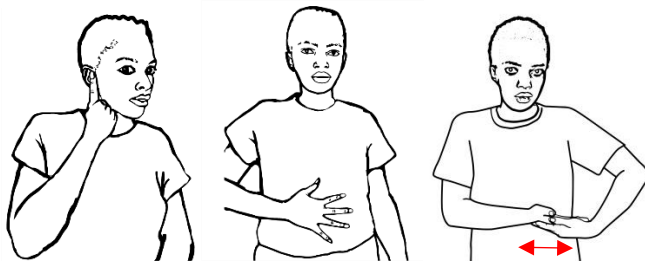
[Blurred vision] / *Utabona neza*



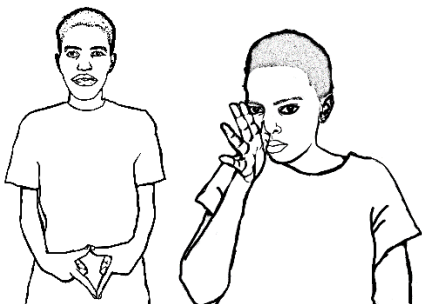
[Bleeding] / *Kuva amaraso*



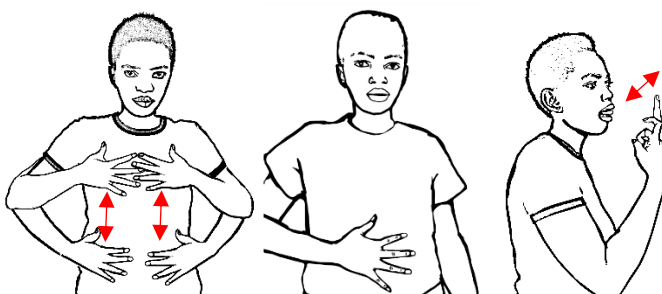
[Severe headache] / *Kuribwa umutwe bikabije*



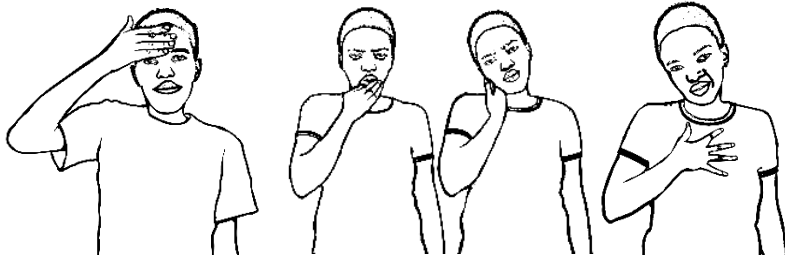
[Don't feel foetus move] / *Wumva umwana atagikora muvoma mu nda?*



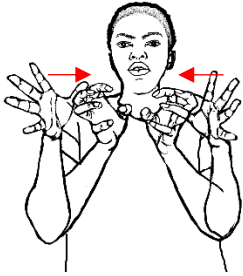
[Leaking of fluid from the vagina] / *Gutakaza amazi mugitsina*



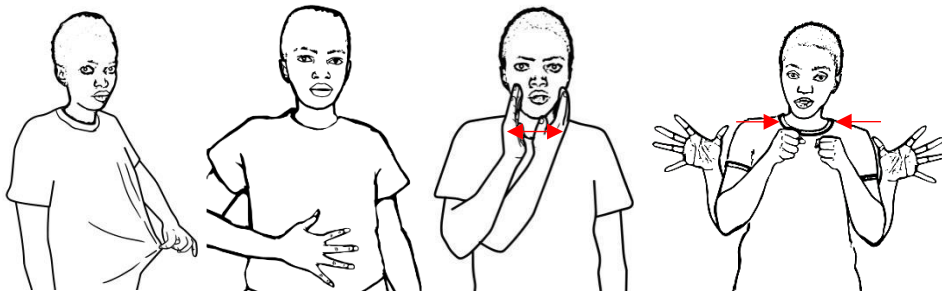
[Severe abdominal pain]/ *Kubabara mu nda bikabije*



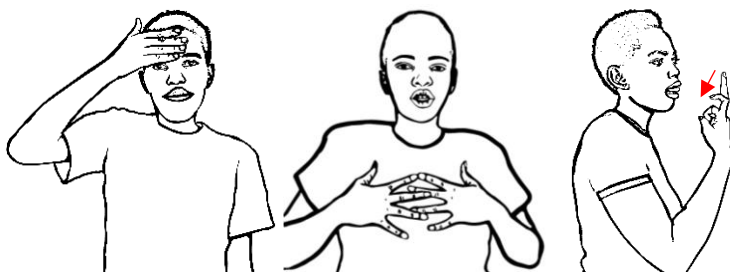
[Fever and too weak to get out of bed] / *Umuriro cg se intege nke no kunanirwa kubyuka*



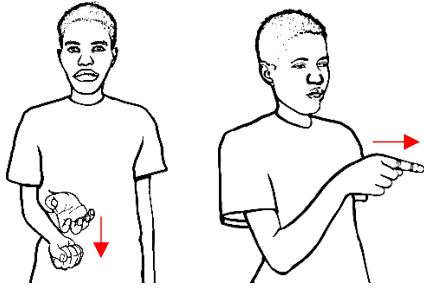
[Convulsions/Fits] / *Kugagara*



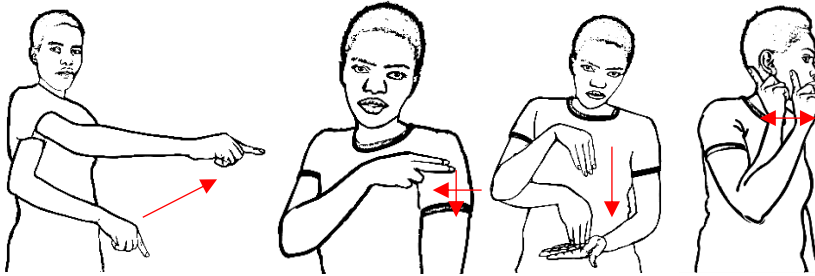
[Bursting of water bag without labour pain]/ *Kumeneka kw'isuha ibise bitaratangira*



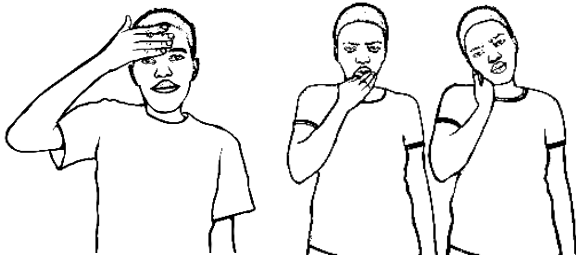
[Severe breathlessness] *kubabara gukabije*



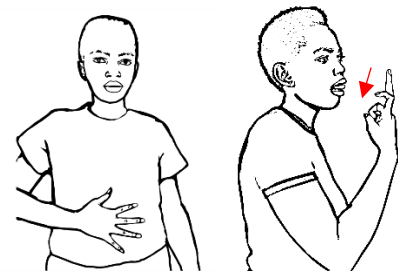
If you have any of these: /have you/*Niba ubonye kimwe muri ibi:*



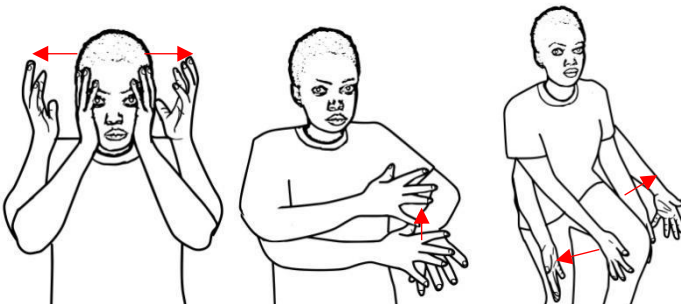
Go to health centre as soon as possible. /go health centre quick/*Ihutire kujya kwa muganga vuba bishoboka*



[Fever] *Umuriro*



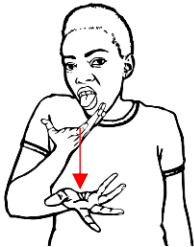
[Abdominal pain] *Kubabara munda*



[Swelling of face, hands and legs] *Kubyimba isura, Intoki, Ibirenge*

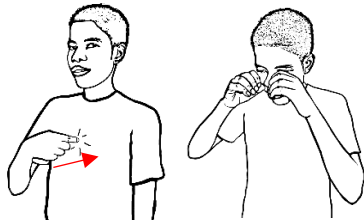


[Feel ill] *Kumva urwaye*



[Nausea] *Kugira isesemi*

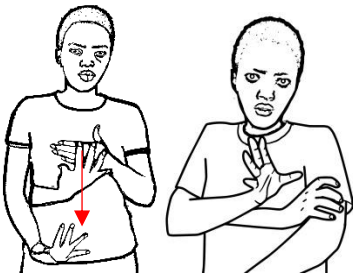
Health checks /Gusuzuma



I will now check you for: I check you/ *Nkeneye kugusuzuma ibi:*



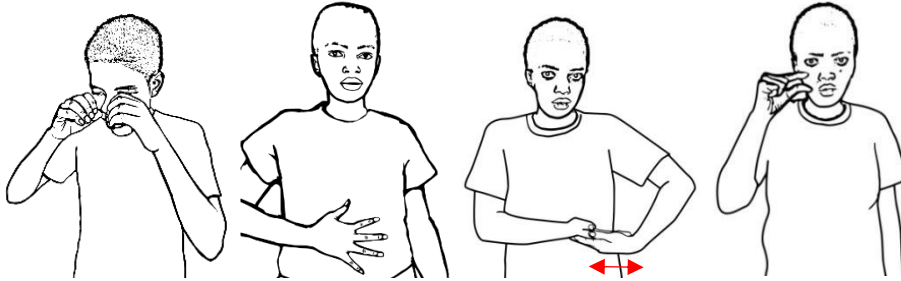
[HIV] *HIV*



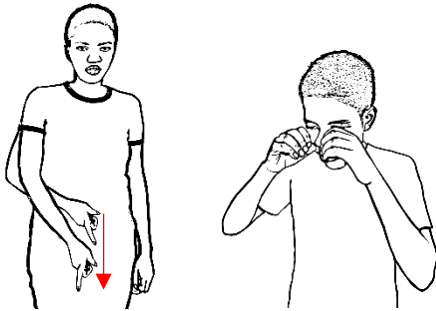
[Blood pressure] *Umuvuduko w'amaraso:*



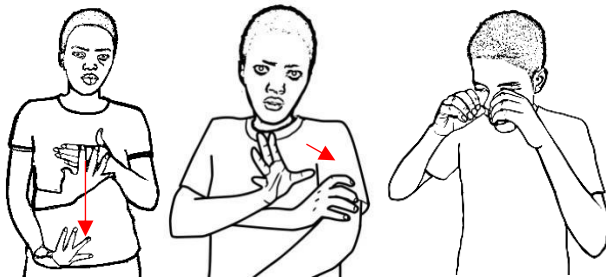
We will now do: /I do/ *Tugiye gukora:*



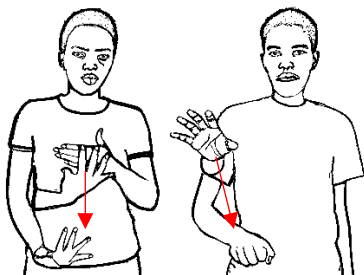
[An ultrasound] *Ekogarafi*



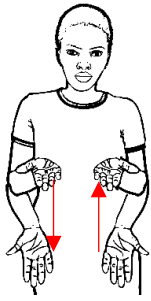
[Urine test] *Gupima inkari*



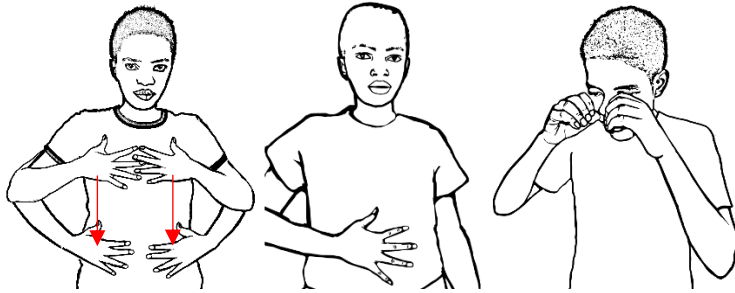
[Blood pressure test] *Umuvuduko w'amaraso*



[Take some blood] *Gufata amaraso*



[Weigh you] *Ibiro*

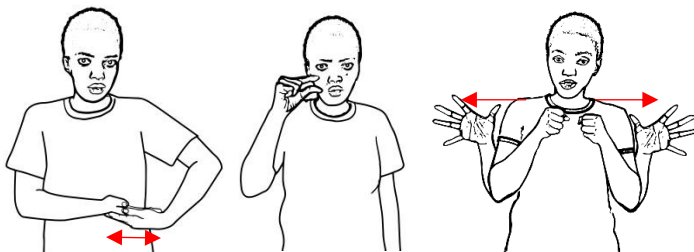


[Abdominal examination] *Ibizami byo mu nda*

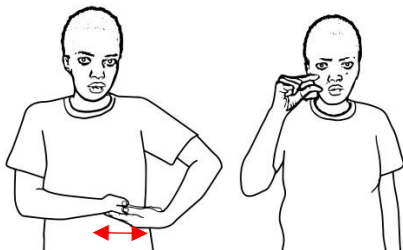
Word List/ Urutonde rw'amagambo



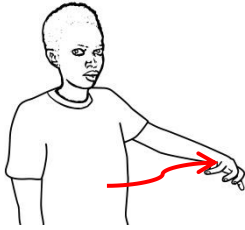
[Vagina] *igituba*



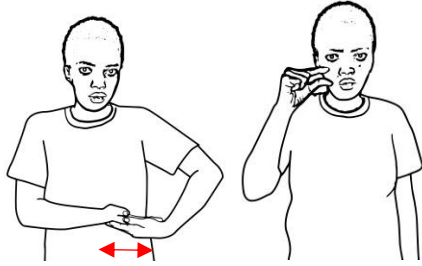
[Womb] *inda ibyara cyangwa nyababyeyi*



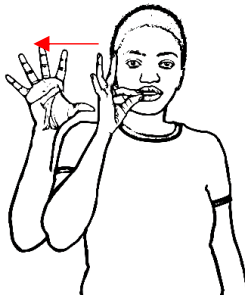
[Foetus] *urusoro*



[Placenta] *ingobyi*

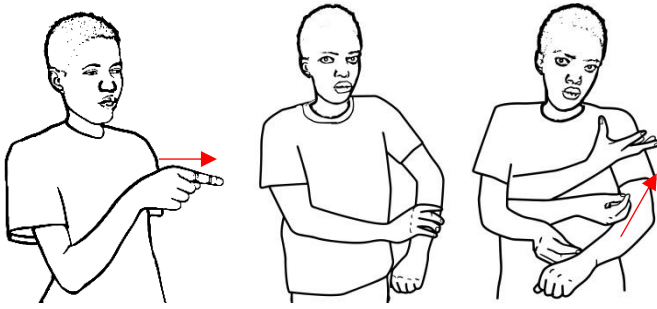


[Contraction]

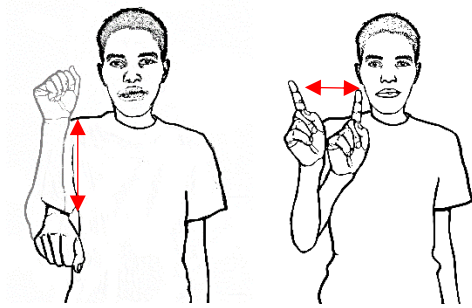


[HIV/AIDS] *HIV/SIDA*

Vaccinations/Inkingo



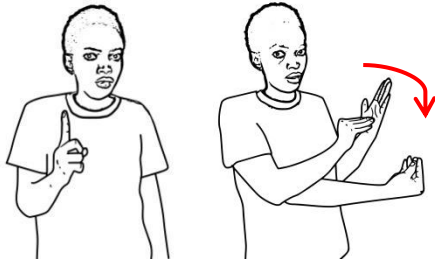
Have you had T.T. (Tetanus Toxoid) injections?/You vaccine T.T./*Waba warafashe urukingo rwa Tatanusi?*



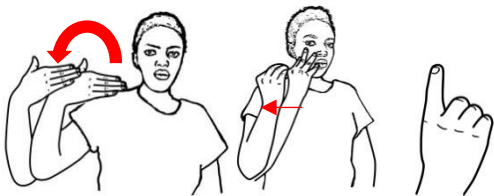
[Yes] *yego*

[No] *loya*

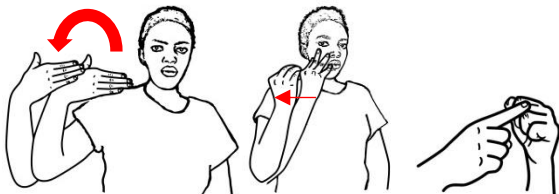
Injection schedule/Ingengabihe Y'ikingira



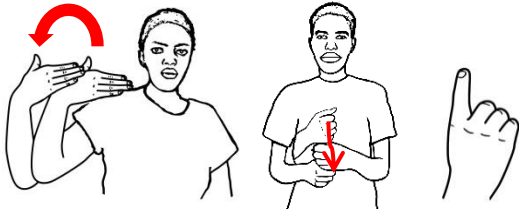
First visit (second trimester usually)/*Isuma rya mbere*



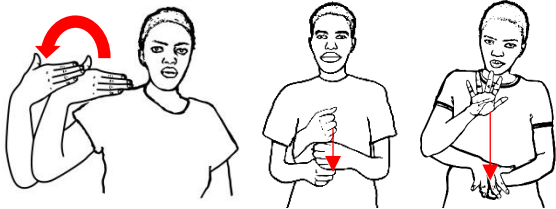
After one month/ *Nyuma y'ukwezi*



After 6 months/ *Nyuma y'amezi atandatu*



After one year/ *Nyuma y'umwaka*



After one more year/ *Nyuma y'umwaka*

Delivery/Imbonerahamwe

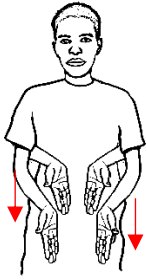
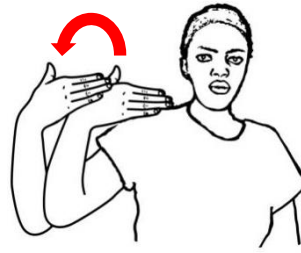


Chart on and one of the stages of delivery/ birth/*Imbonerahamwe yo kuringaniza imbyaro.*

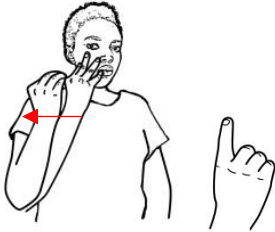
Dates/Amatariki



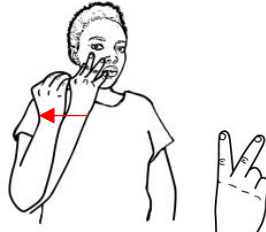
Last/Previous/*Giheruka/ubushize*



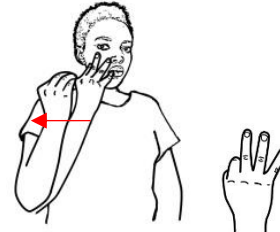
Next/Future/ *ukurikiraho/Ubutaha*



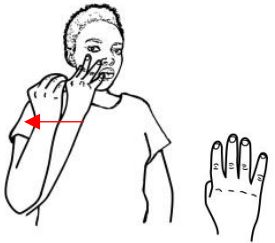
January *Mutarama*



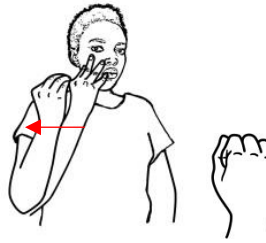
February *Gashyantare*



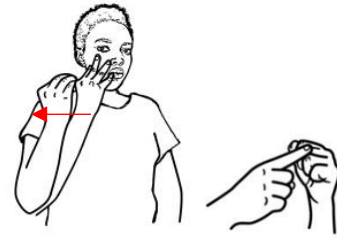
March *Werurwe*



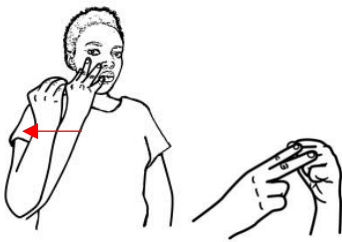
April *Mata*



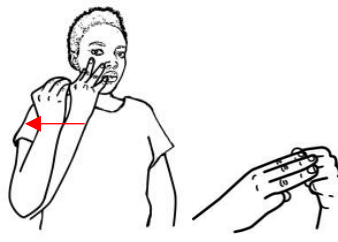
May *Gicurasi*



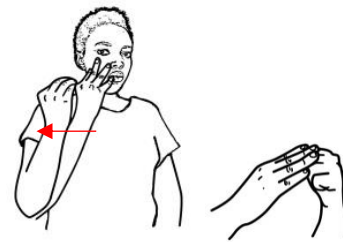
June *Kamena*



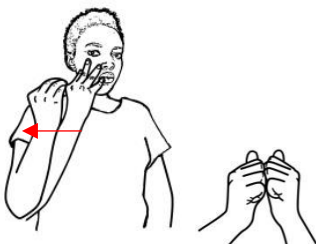
July *Nyakanga*



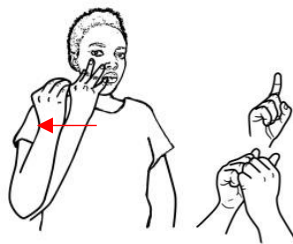
August *Kanama*



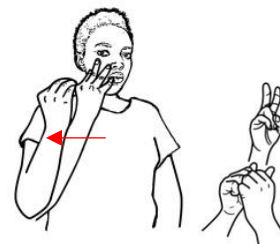
September *Nzeri*



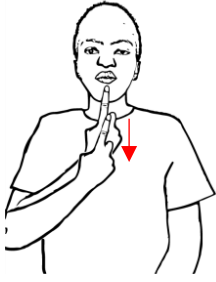
October *Ukwakira*



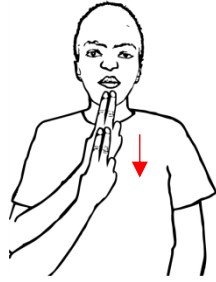
November *Ugushyingo*



December *Ukuboza*



Monday
Ku wa mbere



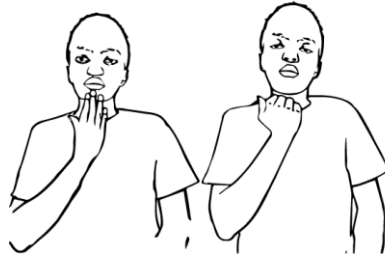
Tuesday
Ku wa kabiri



Wednesday
Ku wa gatatu



Thursday
Ku wa kane



Friday
Ku wa gatanu



Saturday
Ku wa gatandatu



Sunday
Ku cyumweru



Week *icyumweru*



Month *ukwezi*

1



2



3



4



5



6



7



8



9



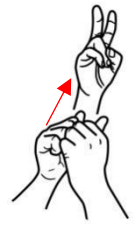
10



11



12



13



14



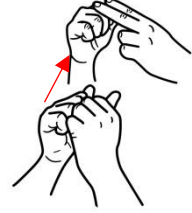
15



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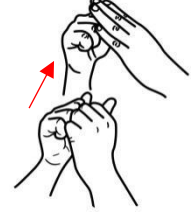
17



18



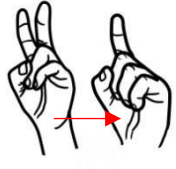
19



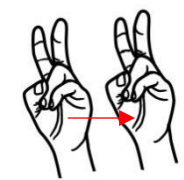
20



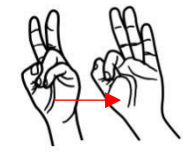
21



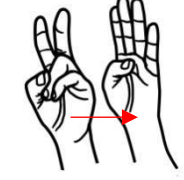
22



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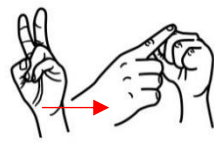
24



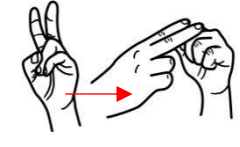
25



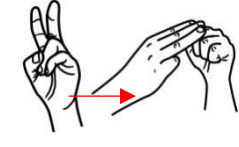
26



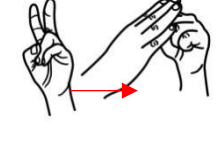
27



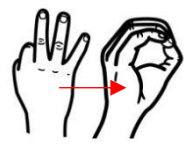
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30



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