Revised: August, 2011

MALAWI

HEALTH PASSPORT
BOY CHILD HEALTH PROFILE

NAME .....
DZINA

DATE OF BIRTH ____/____/____
TSIKU LOBADWA day / month / year

VILLAGE .....
MUDZI

Please bring this book each time you come to see a Health Worker
Chonde bweretsani kabukuka podzaonana ndi a zaumoyo

Birth Certificate Number

Malangizo kwa mayi kapena oyang'anira mwana

1. M'chiphaso chamoyochi muli mbiri yofunikira ya umoyo wa mwana wanu.

2. Chiphasochi chimaperekedwa mwaulere kwa mwana akangobadwa ndipo chiyenera kugwiritsidwa ntchito moyo wake onse.

   - Mwana wamamuna akhoza kupitiliza kugwiritsa ntchito chiphasochi malinga ngati muli malo oti angalembepo matenda ena.

   - Ngati mwana wapyola zaka zisanu zakubadwa ndipo malo olembapo atha, akhoza kupatsidwa chiphaso cha abambo kuti apitilize.

3. Musaiwale kutenga chiphasochi kulikonse komwe mungapite ndi mwana wanu kukalandira chithandizo.

4. Muchiphasochi, mupezamo makadi awiri owonetsa m'mene mwana wanu akukulira. Muyenera kuphunzira kumasulira kwa kadi iyi kuchokera kwa azaumoyo amene amapangitsa sikelo ya ana.

5. Tsatanetsatane wa katemela ndi zina zonse mungazipeze pa tsamba loyamba. Onetsetsani kuti mwana wanu walandira akatemera onse pasanathe miyezi khumi ndi iwiri.

6. Patsamba lachitatu pakupezeka mbiri yomwe iyenera kulembedwa ndi azaumoyo. Mbiri ya banja iyenera kutengedwa pamene chiphasochi chaperekedwa, ndipo magawo ena azilembedwa akabwera kudzalandira chithandizo nthawi ina.

7. Chonde sungani chiphasochi mu pepala la pulasitiki kuti chisaonongeke.

Reminder to the mother / guardian

1. This passport contains valuable information for the life of your child.

2. This passport is issued at birth free of charge and should be used throughout the life. However,

   - A male child should continue using this passport provided that there is space for recording new consultations.

   - When a child is older than 5 years and space in the passport is used up, then a general passport has to be annexed for continuation.

3. Don't forget to carry this passport wherever you take your child for any consultations or any services.

4. In this passport, there are two growth-monitoring charts for assessing how your child is growing. You should learn to interpret it from your service provider.

5. Page 1 contains information on immunisation and other services. Make sure that all vaccines are given within 12 months of age.

6. Page 6 contains information on general history to be updated by the service providers. The family history has to be taken at the time of issue of this card, and other sections have to be updated in each subsequent visit.

7. Keep this passport in a plastic packet to prevent it from getting worn-out.

Date	Diagnosis/ LAB/ Treatment/ Notes

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IMMUNISATION RECORD

MASIKU OMWE MWANA WALANDIRA KATEMERA

BCG (at birth) Date given ___/___/___ Scar seen Yes ☐ No ☐

If no scar seen after 12 weeks, repeat dose Date repeat dose given ___/___/___

DPT - HepB-Hib 1(at 6 weeks or later) Date given ___/___/___
DPT - HepB-Hib 2 (1 month after 1st dose) Date given ___/___/___
DPT - HepB-Hib 3 (1 month after 2nd dose) Date given ___/___/___

PCV 1 (at 6 weeks or later) Date given ___/___/___
PCV 2 (1 month after 1st dose) Date given ___/___/___
PCV 3 (1 month after 2nd dose) Date given ___/___/___

Polio 0 (birth up to 2 weeks) Date given ___/___/___
Polio 1 (at 6 weeks or later) Date given ___/___/___
Polio 2 (1 month after 1st dose) Date given ___/___/___
Polio 3 (1 month after 2nd dose) Date given ___/___/___

ROTA 1 (at 6 weeks or later) Date given ___/___/___
ROTA 2 (1 month after the 1st dose) Date given ___/___/___

Measles (after 9 months) Date given ___/___/___

Check mother's HIV status. If HIV positive, have child tested for HIV

VITAMIN A SUPPLEMENTATION

Give **VITAMIN A** every 6 months from 6 months of age until 5 years. Dosage: 100, 000 IU below 12 months and 200,000 IU from 12 months.

Age range (months)	Date given	Age range (months)	Date given
6 – 11		36 – 41	
12 - 17		42 – 47	
18 - 23		48 - 53	
24 - 29		54 - 59	
30 - 35			

DE-WORMING SCHEDULE

Give de-worming tablets every 6 months from 12 months of age.
Dosage:
Albendazole, ½ tablet for children aged 12-23 months.
Albendazole, 1 tablet for children aged 24-59 months OR
Mebendazole, 1 tablet for children aged 12-59 months

Age range	Date given	Age range	Date given
12 - 17		36 - 41	
18 - 23		42 – 47	
24 - 29		48 - 53	
30 - 35		54 - 59	

LLIN for Malaria Date given ___/___/___

Maternal Status *(circle after checking mothers Health passport)*

1. DNA PCR Testing

Date	Age (Months)	Sample ID	Result Received from Lab *(circle)*		Date Result given to guardian
			Date	Result	

2. Rapid Antibody Testing

	Sample date	Age (Months)	HTC Serial No	Result *(Circle)*	
1st Contact				Exp	Inc
From 12 months				Exp	Inc
From 24 months				Exp	Inc

Treatment Date ___/___/___ Follow up Reg. No. ______

Referral Date ___/___/___

3. Follow Up

	Visit Date	CPT		NVP		Appointment Date
		Yes	No	Yes	No	
Initiation						
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						

Date	Diagnosis/ LAB/ Treatment/ Notes

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Reason for special care (Tick where applicable)

Birth weight less than 2500g	☐	Orphan	☐
Birth less than 2 years since last birth	☐	Fifth child or more	☐
2 or more children in family have died	☐	Twin	☐
HIV Exposure	☐		

Other (Specify).....

Presence of any of the above, the child needs special care

Initial New born Record

1. Place of birth Home ☐ Facility ☐
2. Birth weight (g).....
3. Length (cm).....
4. Head circumference.....

5. Eyes	Normal ☐	Abnormal ☐	Specify.....
6. Mouth	Normal ☐	Abnormal ☐	Specify.....
7. Umbilicus	Normal ☐	Abnormal ☐	Specify.....
8. Fingers	Normal ☐	Abnormal ☐	Specify.....
9. Toes	Normal ☐	Abnormal ☐	Specify.....
10. Feet	Normal ☐	Abnormal ☐	Specify.....
11. Spine	Normal ☐	Abnormal ☐	Specify.....
12. Genitalia	Normal ☐	Abnormal ☐	Specify.....
13. Rectum	Normal ☐	Abnormal ☐	Specify.....
14. Suckling reflex	Normal ☐	Abnormal ☐	Specify.....

Assessment of danger signs at one week postnatal check

Fever	Yes ☐	No ☐
Fast breathing	Yes ☐	No ☐
Bulging fontanelle	Yes ☐	No ☐
Umbilicus discharging	Yes ☐	No ☐
Cyanosis	Yes ☐	No ☐
Jaundice	Yes ☐	No ☐
Eye discharging	Yes ☐	No ☐
No Suckling	Yes ☐	No ☐

Family Medical History (diseases among relatives)

(Tick where appropriate)

Condition	Yes	No	Condition	Yes	No
Allergies			Cardiovascular		
Mental			Endocrine		
Neoplasm			Hypertension		
Asthma			Rheumatism		
Diabetes			Sickle cell		

Other specify

Medical History

Condition	Yes	No	Condition	Yes	No
Asthma			Mental		
Diabetes			Pneumonia		
Epilepsy			Sickle cell		
Hysteria			STI		
Jaundice			TB		

Other specify

Past Surgical History

Diagnosis..... Date ___/___/___

Diagnosis..... Date ___/___/___

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KUFUNIKA KOLEMBETSA MWANA MU KAUNDULA WAKUBADWA

1. Kulembetsa mwana wanu akabadwa ndikofunika chifukwa zimapereka umboni kapena chitsimikizo kuboma kuti mwanayu alipo ndipo ndi mbadwa ya dziko lino, zomwe zimathandiza boma kupereka chitetezo choyenera kwa mwanayu ku nkhaza zosiyanasiyana pamene akukula

2. Kulembetsa mwana wanu mukaundula wa ana wobadwa kumene ndikwaulere komanso mwana aliyense akuyenera kulembetsedwa. Ngati kabokosi kali pamwamba patsamba loyamba la chiphasochi yosonyeza kubadwa kwa mwana wanu (birth certificate) ndi kosalembedwa funsani azachipatala kuti akuthandizeni.

3. Onetsetsani kuti bokosi lili pamusipa mwalembamo zinthu zonse zofunikira pa kalembera wa mwana wanu ndicholinga choti azachipatala akupatseni thandizo loyenera.

Dzina la Mwana	
Dzina la mayi wa mwana	
Dzina la bambo wa mwana	
Tsiku lobadwa	___/___/___
Malo obadwira	
Mudzi, Mfumu yayikulu ndi Boma	

Birth Certificate Number [ ]

UTHENGA WOTETEZA ANA NDIKUSAMALIRA KUKULA BWINO KWAWO

1. Musamusiye mwana payekha popanda womuyang ‘anira. Ana ang’ono amafunika kuyang’aniridwa nthawi zonse. Muonetsetse kuti mukumuyang’anira mwana wanu, kapena musiyire munthu wodalirika. Ngozi zoopsa zitha kuchitika ngati ana sakuyang’aniridwa bwino. Onetsetsani kuti mwana wanu asayandikire zinthu zoopsa monga mpeni, sizasi, kapena madzi owira zomwe zingamuvulaze mwana wanu.

2. Mwana wanu akhoza kukhumudwa kapena kusangalala. Nthawi zonse mulankhureni mwana wanu modekha, musamukalipire mokweza mawu ngakhale mutakwiya chotani. Kulera mwana motere kumawonetsa chikondi kwa mwana, ndipo amakula osadzikaikira.

3. Ana ang ‘ono amakhala ogwira gwira komanso achidwi. Zaka ziwiri zoyambirira m’moyo wa mwana ndi zofunikira kwambiri kuti bongo ukhale wokhwima bwino. Yankhulani ndi kumuyimbira nyimbo mwana wanu kawiri kawiri ndipo muwonetsereni chikondi nthawi zonse. Izi zimathandiza kumanga maziko akukula msinkhu, nzeru ndi kukhwima m’maganizo kwa mwana wanu.

Mukambireni nthano za ana ndi kumuyimbira nyimbo zachikhalidwe cha makolo.

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Uthenga ofunika wa m'mene tingadyetsere mwana wa chaka chimodzi (12) mpaka atakula kufika zaka ziwiri (miyezi 24) kapena kupitilira apo

1. Yambani kumudyetsa chakudya choonjezera kawiri kapena katatu pa tsiku ndipo pitirizani kuyamwitsa mwana wanu pafupipafupi usiku ndi usana ndi cholinga choti mwanayu apitilire kukula ndi mphamvu komanso thanzi

2. Mdyetseni mwana wanu zakudya zimene anthu ena onse amadya pa banjapo kosachepera katatu kapena kasanu pa tsiku monga: mazira, nsomba, nyama, mafuta, zipatso, chinangwa, mbatata, tomato, mabilinganya, kaloti, masamba wobiliwira monga chisoso, nkhwani, molinga, bonongwe ndi kholowa.

3. Mpatseninso mwanayu zakudya zina zochotsa njala kosachepera kawiri patsiku kuti mwana akule bwino komanso moyenera.

4. Pamene mwana akudwala, mudzimuyamwitsa pafupipafupi komanso kumudyetsa zakudya zina zopatsa thanzi kuti achire msanga

5. Onetsetsani kuti mwanayo mwamupatsa chakudya mu mbale ya yekha ndiponso kuti wamaliza chakudya chake.

NJIRA ZABWINO ZOSAMALIRA UMOYO WA MWANA WANU

1. Sambani m'manja ndi sopo musanayambe kudyetsa mwana. Onetsetsaninso kuti mwamusambitsa mwanayo m'manja ndi sopo asanayambe kudya.

2. Sambani m'manja mwanu ndi sopo komanso madzi aukhondo mukachoka ku chimbudzi, mukasintha thewera kapena kuchotsa chimbudzi cha mwana.

3. Mwana akakwanitsa miyezi isanu ndi umodzi alandire Vitamini A owonjezera ndipo apitirize kulandira Vitamini A ameneyu pamiyezi isanu ndi umodzi uliwonse mpaka atakwana zaka zisanu (5) zakubadwa.

4. Mwana wanu alandire mankhwala a njoka za m'mimba pamiyezi isanu ndi umodzi uliwonse ngati mwanayo wakwanitsa chaka chimodzi chakubadwa.

KADYETSEDWE NDI KASAMALIDWE KOYENERA KWA MWANA

Mwana ongobadwa kumene kufikira miyezi isanu ndi umodzi (6)

1. Yamwitsani mwana wanu wongobadwa kumene mkaka wa m'mawere wokha mwakathithi kwa miyezi isanu ndi umodzi ndipo musampatse madzi kapena zakumwa ndi zakudya zina zilizonse.

2. Yamwitsani mwana wanu mwakathithi kosachepera kasanu ndi katatu usana ndi usiku kuti mawere azitha kupanga ndi kutulutsa mkaka okwanira nthawi zonse kuti mwana azikhuta ndiponso akhale wa thanzi.

3. Yamwitsani mwana wanu mkaka wa bere limodzi kufikira mkaka utheretu musanampatse bere linalo kuti mwana athe kuyamwa mkaka umene umatuluka koyambirira komanso omwe umatuluka kumapeto ngati mwana wayamwa nthawi yayitali.

4. Ikani mwana wanu ku bere moyenerera kuti ayamwe bwino, komanso kuti mkaka utuluke wambiri ndi kuti mawere anu asachite zironda kapena kutupa.

5. Ngati mayi kapena mwana wadwala, mayi apitilize kuyamwitsabe mwana wake pafupipafupi chifukwa mkaka wa m'mawere umateteza mwana ku matenda.

Uthenga ofunika wa m'mene tingadyetsere mwana wa miyezi isanu ndi umodzi (6) mpaka atakula kufika chaka chimodzi (12)

1. Yambani kumudyetsa mwana wanu zakudya zina zopatsa thanzi kawiri kapena katatu kuwonjezera pa mkaka wa m'mawere.

2. Pitilizani kumuyamwitsa mwana wanu mkaka wa m'mawere kosachepera kasanu ndi katatu usiku ndi usana mpaka atakwana zaka ziwiri.

3. Ana opyola miyezi isanu ndi umodzi ayenera kudya chakudya cha kasinthasintha chochokela ku magulu asanu ndi limodzi monga phala lothiramo nsinjiro, peyala, masamba, nsomba, mafuta ophikira kapena dzira kuti akule ndi thanzi.

4. Mpatseni mwana chakudya chowonjezera chochotsa njala (snack) kawiri pa tsiku monga nthochi, chikondamoyo, mango akupsya, papaya, peyala ndi zipatso zina, komanso zakudya zina monga chitumbuwa, mandazi, masikono, mbatata ngati wafika miyezi isanu ndi umodzi (6) mpaka chaka chimodzi.

5. Khalani odekha ndipo limbikitsani mwana wanu pamene akudya chakudya. Onetsetsani kuti mwanayo mwamupatsa chakudya mu mbale ya yekha.

6. Pamene mwana wanu akudwala, mudzimuyamwitsa pafupipafupi komanso kumudyetsa zakudya zina zopatsa thanzi kuti achire msanga.

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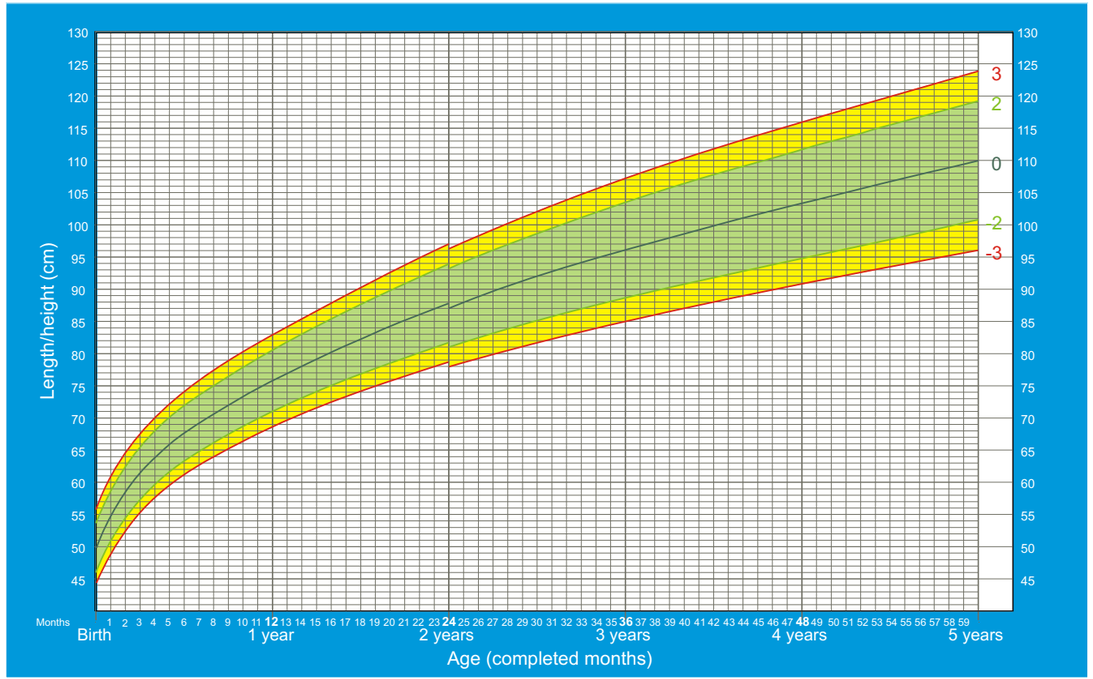
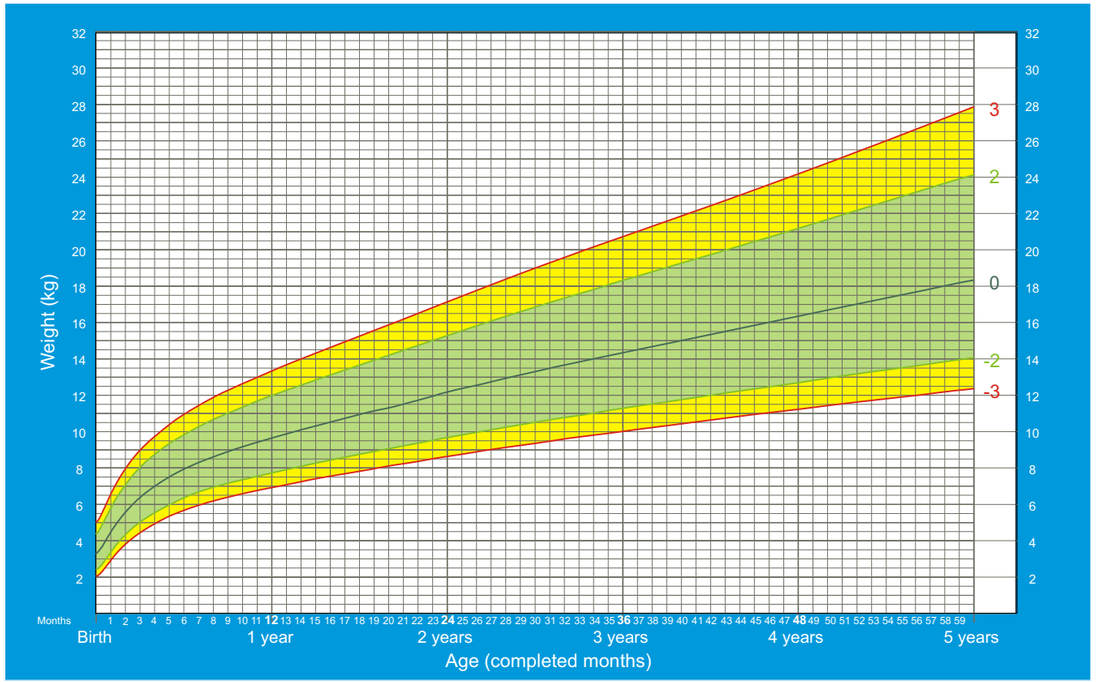
Length/height-for-age BOYS

Birth to 5 years (z-scores)



Weight-for-age BOYS

Birth to 5 years (z-scores)