

Chikalata cha Hamburg pa za Chisamaliro cha Zaumoyo cha m’Zilankhulo Zambiri



Mawu oyamba

Masiku ano kugwiritsa ntchito zilankhulo zambiri kwa-sanduka chizindikiro chofunikira kwambiri pogwira ntchito zaumoyo padziko lonse lapansi. Ntchito zachipatala zikupitirira kupereka chisamaliro kwa odwala amene salankhula chilankhulo chofanana ndi cha ogwira ntchito zachipatala. Malo azachipatala padziko lonse, komwe kumachitika ntchito yozindikira matenda, kuunika kuopsa kwa matenda, kukhazikitsa kukhulupirirana pakati pa odwala ndi azachipatala, kupereka chivomerezo mozindikira, komanso kutsatira ndondomeko ya kalandiridwe ka mankhwala kumadalira kwambiri kulankhulana kwa pakamwa, vuto la kusamvana chilankhulo ndi limodzi mwa mavuto okhudza ntchito zachipatala, kagwiridwe kabwino kantchito komanso kayendetsedwe ka zipatala.

Chikalatachi chimazindikira kuti kulankhulana m’ziyankhulo zambiri ndi gawo lofunikira pantchito zopereka mwaukatswiri chisamaliro cha zaumoyo, osati ngati chongotsatidwa pamene mwafuna kutero. Kulankhulana ndi gawo lalikulu ndipo liyenera kuphatikizidwapa kachitidwe ka zinthu pachipatalapo monga kulandirira ndi kusamalira odwala; zilankhulo zonse (kuphatikizapo zilankhulo za manja) ndi mitundu yosiyanasiyana ya chilankhulo ziyenera kulemekezedwa ndi kuganiziridwa. Njira zothetsera mavuto a zilankhulo zomwe zilipo panopa zikadali zosakhazikika, sizilandira chithandizo chokwanira cha ndalama, ndipo nthawi zambiri zimadalira mayankho opangidwa mongoyembekezera monga kugwiritsa ntchito achibale a odwala kuti athandize kumasulira, ogwira ntchito amene amadziwa zilankhulo zingapo koma iwo sanachite maphunziro a ntchito yomsaulira, kapena kugwiritsa ntchito zipangizo zomasulira za kompyuta zopanda chitezezo chovomerezeka pa ntchito za chipatala.

Umboni umene unayikidwa m’chikalatachi ukuwonetsa kuti zotsatira za mavuto omwe amakhudza chilankhulo ndi kuchepa kwa mwayi wopeza chisamaliro cha zaumoyo, kuchepa kwa kamwedwe ka mankhwala motsata ndondomeko, zolakwika polankhulana, kusakhutira kwa odwala, kuzindikira molakwika matenda, zochitika zomwe zimakhudza anthu moyipa koma ndi zotheka kupewedwa, ndi zotsatira zachipatala zoyipa kwambiri. Mavuto amenewa amachuluka kwambiri pa ntchito zosamalira umoyo wa maganizo, komwe kulankhulanaku kumakhala chipangizo chachikulu chozindikirira matenda ndi kupereka chithandizo cha mankhwala.

Chikalatachi chikulimbikitsa kuti kulankhulana m’zine-nero zambiri pantchito ya zaumoyo kuzichitika motsatira mfundo zotsatirazi: chitetezo cha chipatala (njira zothandizira kulankhulana ziyenera kuyika patsogolo chitetezo cha wodwala, kuzindikira matenda molondola, ndi kupereka chithandizo chapamwamba); kukhala ndi mwayi wofanana wopezera chithandizo (odwala sayenera kulandira chithandizo chopanda pake); kuchita zinthu zapamwamba (chithandizo chokhudza zilankhulo chiziyikidwa mu ndondomekoza chisamaliro cha zaumoyo m’malo momachiganizira pamene chafunikira); kuganizira za chikhaliidwe ndi chilankhulo (njira zolankhulirana ziziganizira tanthauzo la chikhaliidwe, kafotokozedwe ka zinthu, masonyezedwe a zomwe anthu akuganiza kapena kumva, kuzindikira za zaumoyo); kusungirana chinsinsi ndi kuchita zinthu mwaungwiro (kulankhula kuzikhala kulemekeza chinsinsi cha munthu, momasuka, pazikhala chivomerezo utamvetsetsa zomwe zikuchitika ndi kulemekeza malire a ntchito ya ena); kugwirizana ndi vuto lomwe lilipo (njira yolankhulira izigwirizana ndi kukula kwa matenda ndi zotsatira zoyipa zomwe mungakumane nazo).

Mwachidule, pali njira zisanu zothanirana ndi zopinga zomwe zilipo pakagwiritsidwe ntchito ka zilankhulo m’ntchito za zaumoyo: kulankhulana mwachindunji kosinthidwa pakati pa opereka chisamaliro cha zaumoyo ndi odwala, kugwiritsa ntchito zipangizo zaukadaulo, kugwiritsa ntchito ziPANGIZO zolankhulirana m’zilankhulo zambiri, omasulira mawu omwe ali ndi maphunziro ndi omwe alibe maphunziro a ntchitoyi. Zotsatira zenizeni za njira iliyonse zafotokozedwa m’munsimu.

Zochitika pa mabungwe, pachigawo ndi m’dziko lonse pantchito zaumoyo pa nkhanu ya zilankhulo zambiri zimadalira maganizidwe abwino a anthu komanso zipangizo zogwirira ntchito ndi ndondomeko zake. Ndondomeko za ntchito zaumoyo padziko lonse lapansi zimasiyanasiyana malinga ndi zipangizo zake zogwirira ntchito. Chikalatachi chimaganizira izi polimbikitsa kupeza njira zothetsera mavuto okhudza dongosolo la chisamaliro cha zaumoyo lomwe limatsimikizira miyezo yapamwamba kwambiri ya khalidwe yoyenera malinga ndi mkhalidwe (mwachitsanzo omasulira ophunzira bwino ntchito yawo m’malo mwa omasulira wamba) pamene likuperekanso njira zina zabwino kwambiri komanso zotheka (mwachitsanzo antchito odziwa zilankhulo ziwiri komanso ophunzitsidwa omwe amagwira ntchito ngati omasulira) kumene

zipangizo zogwirira ntchito sizingakwane kulemba ntchito anthu ofuna ndalama zambiri.

Chikalata cha Hamburg chinakonzedwa poganizira Chikalata cha Amsterdam cholimbikitsa zipatala kukhala malo okomera anthu ochokera mayiko ena ([Declaration Towards Migrant-Friendly Hospitals](#)), chomwe chinatulutsidwa zaka makumi awiri zapitazo ndipo chinathandiza kusintha gawo ili kuchoka ku njira zochita zinthu ngati ntchito zachifundo chabe ndikukhala ntchito zapamwamba ndikutinso ntchito zake zizipita patsogolo. Potengerapo mwayi pa maziko amenewo, Chikalata cha ku Hamburg chikupitiriza njira imeneyi pofotokoza dongosolo lomwe limayang’ana pa mayankho a munthu payekha ndi a dongosolo lonse omwe angatheke kuwakwaniritsa. Sichitenga kugwiritsa ntchito chilankhulo ngati chinthu chochita kusankha, koma ngati ndondomeko yachitetezo cha zachipatala yomwe imafunika udindo wothandiza kuikwaniritsa pa malo antchito ndi ndondomeko zake zonse zochitira zinthu.

Chikalata cha ku Hamburg chikugwirizananso ndi Nsanamira za Chitukuko za Bungwe la United Nations (Cholinga 3 – Thanzi Labwino ndi Umoyo Wabwino, makamaka popeza chisamaliro cha zaumoyo choyenera chomwe ndi chapamwamba) ndi Pangano la UN pa Ufulu wa Anthu a Ulumali (Ndime 9, 21, ndi 25).

Chikalata cha Hamburg chinalembedwera onse okhudzidwa ndi ntchito zaumoyo padziko lonse amene akukhudzidwa mwachindunji kapena mwanjira ina iliyonse ndi chisamaliro cha odwala, komanso kwa okhudzidwa amene amakonza ndondomeko za ntchito ya zaumoyo, kuphatikizapo omwe akugwira ntchito yoyang’anira anzawo, okonza ndondomeko komanso ochita kafukufuku.

I. Kayendetsedwe ka Ntchito Zaumoyo

Anthu omwe amagwira ntchito m’magawo osiyanasiyana a ntchito zaumoyo ali ndi mwayi waukulu wopititsa patsogolo ntchito yogwiritsa zilankhulo zambiri m’zipatala zawo:

- Magawo onse a ntchito zaumoyo okhudza kuteteza, kusamalira anthu odwala kwambiri, kubwezeretsanso ku umoyo wakale akuyenera kuganizira zosowa za odwala pankhani ya zilankhulo zambiri.
- Polemba mbiri ya odwala phatikizaniponso zilankhulo zomwe odwala akufuna.
- Pokonza malipoti owona ngati ntchito ikuyenda bwino kapena malipoti apachaka .muphatikizeponso zizindikiro zokhudzana ndi zilankhulo zambiri.
- Perekani zipangizo zokwanira pofuna kuonetsetsa kuti zolembedwa zonse za pa chipatalapo (mwachitsanzo, mafomu a chivomerezo chopereka utamvetsetsa zomwe zikuchitika, zipangizo zofotokoza mbiri ya wodwala, mapepala a mafunso, webusayiti) zamasulilidwa mwaukadaulo mu zilankhulo zomwe zimafunika kawirikawiri.

- Muzichititsa maphunziro a ogwira ntchito pafupipafupi pa mitu yokhudzana ndi zilankhulo zambiri (mwachitsanzo kulankhula pamene mukukamba za magulu atatu a zizindikiro).
- Musalole ana kukhala omasulira m’zipatala.
- Onani ngati ogwira ntchito, kuphatikizapo omwe sakugwira ntchito zachipatala akugwira ntchito yomasulira anzawo akamayankhula pachipatalapo. Ngati izi zikuchitika, chititsani maphunziro a kumasulira nkhanu, pitirizani kuwayang’anira akamagwira ntchito, konzani makontilakiti apadera antchito, ndikuwawonjezera malipiro pa ntchito yomasulirayo.
- Ngati zipangizo zilipo, ziperekeni ku ntchito yophunzitsa anthu omasulira pachipatalapo.
- Sankhani munthu woyang’anira ndikukhazikitsa ofesi yothandizira pa bungwe lanu kuti azitha kulandira mayankho komanso maganizo onse okhudza nkhanu za zilankhulo zambiri.
- Pangani ndi kusindikiza malangizo a bungwe lanu a m’zilankhulo zambiri, kuphatikizapo malamulo okhudza kagwiritsidwe ntchito ndi malire a zipangizo zomasulirira nkhanu ndi omasulira nkhanu omwe siakatswiri.
- Pa ndondomeko zonse za kayendetsedwe ka chipatala phatikizanimu magawo onse ofunikira okhudza zilankhulo zambiri.

II. Ogwira Ntchito/Akatswiri a Zaumoyo

Ogwira ntchito onse omwe amagwira ntchito m’zipatala, mosatengera mbiri yawo ya ntchito, ali ndi mwayi wochuluka wopititsa patsogolo kulankhulana pogwiritsa ntchito zilankhulo zambiri m’zipatala zawo:

- Sinthani kayankhulidwe kachindunji pamene mukulankhulana ndi odwala amene amalankhula zilankhulo zosiyana pochita izi
 - kulankhula pang’onopang’ono;
 - kugwiritsa ntchito ziganizo zazifupi;
 - kuchepetsa kugwiritsa ntchito mawu ozama;
 - Kuyamikira moona mtima ndi kunyadira ngakhale luso lochepa la chilankhulo koyambirira kwa zokambiranazo; ndi
 - kutsimikiza ngati amva uthenga wofunikira powafunsa odwalawo kuti abwereze zimene amva, m’malo modalira mayankho ongovomera.
- Ngakhale odwala amatha kulankhula mokwanira m’chilankhulo chatsopano, atha kusankha kubweretsa womasulira poopa kuti mwina sangathe kumvetsetsa uthenga wofunikira.
- Pofuna kuchepetsa chisokonezo chomwe chingadze kamba ka womasulira wakunja wasaphunzira bwino, akatswiri a zaumoyo ayenera kuyamba akambirana ndi wodwalayo ngati zolinga zodzaonana ndi adokotala zingathe polankhula popanda womasulira.
- Ngati kulankhulana ndi adokotala popanda womasulira sikutheka, yesetsani kupeza chilankhulo chachitatu chodziwika bwino chomwe mbali zonse ziwiri zingalankhule bwinobwino.

- Pewani kupereka maudindo ambiri okhudza kulankhulana kwa anzanu amene amadziwa zilankhulo zambiri. Anzanu ena ogwira nawo ntchito atha kulankhula m’zilankhulo zomwe ogwira ntchito ena sayankhula. Ndi pofunika kukonza njira zodalira gulu kapena chipatala pofuna kupewa kuti anthu amene amadziwa zilankhulo zambiriwa asamakhale ndi ntchito yochuluka.
- Anthu ogwira ntchito amene ali m’maudindo aang’ono pachipatalapo (mwachitsanzo okonza m’maofesi, otumikira kapena achitetezo) atha kukhala ndi luso lolankhula zilankhulo zambiri zomwe zingathandize kulumikizana pakati pa ogwira ntchito zachipatala okhaokha. Anthu amenewa, nthawi zambiri amakhala kuti sanachite maphunziro apadera kapena kuthandizidwa kapena kulipidwa moyenera pa ntchito yomasulira imene amagwira. Zipatala ziyesetse kuti anthu amenewa aziphunzitsidwa mokwanira, kuyang’aniridwa pogwira ntchito ndi kupatsidwa malipiro apadera akagwira ntchito yomasulira.
- Mukamagwiritsa ntchito zipangizo zomasulirira nkhani, onetsetsani kuti musatchule mayina kapena mbiri ya munthu.
- Mukamagwira ntchito ndi omasulira omwe sanachite maphunziro a ntchitoyi, afotokozereni za malamulo amene akuyenera kutsatira ndi zomwe mukuyembekezera pa udindowu musanayambe kulankhulana ndi odwala, wongolerani zokambirana moyenera ndipo pamapeto pake athokozeni kamba ka chithandizo chawo.
- Nthawi zonse mukamagwira ntchito ndi womasulira wophunzira bwino amene sanagwireko ntchito m’chipatala, muyambe mwakambirana naye musanayambe kukambirana ndi odwala kuti muwafotokozere zolinga za kukumanako ndikulongosola zomwe mukuyembekezera komanso dongosolo lochitira zinthu.
- Afotokozereni mabwana za mavuto okhudza kulankhulana ndi kulimbikitsa njira za pachipatalapo zomwe zingathandize kuchepetsa ntchito kyomwe anthu akugwira.
- Gwiritsani ntchito mwayi wa maphunziro a ntchito yomasulira pofuna kupititsa patsogolo kagwiridwe kanu ka ntchito ndi anthu omasulira nkhani.
- Ngati palibe mwayi wa maphunziro, dziwitsani aku-luakulu oyang’anira chipatala chanu.

III. Opanga Ndongomeko za Ntchito Zaumoyo

- Magalu a anthu ochokera mayiko ena, mabungwe a anthu odwala, ndi mabungwe ogwira ntchito zaumoyo ali ndi mwayi wambiri wopereka mphamvu kwa odwala amene amakumana ndi zovuta pofuna kulankhulana ndi ogwira ntchito za zaumoyo:
- Ndongomeko ya zaumoyo iyenera kukhazikitsa dongosolo la ntchito zaumoyo za m’zilankhulo zambiri kudzera m’malamulo oyenera ndi ndongomeko za bungwe.
 - Ndongomeko ya zaumoyo iyenera kupereka ndalama zokwanira zophunzitsira anthu omasulira nkhani mogwirizana ndi zosowa za pachipatalapo.

- Ndongomeko ya zaumoyo iyenera kupereka zipangizo zofunikira ku zipatala kuti zipatalazo zizitha kupereka ntchito zaumoyo m’zilankhulo zambiri.
- Ndongomeko ya zaumoyo iyenera kuthandiza pope-reka mwayi wa maphunziro aulere kwa anthu omwe akufuna kuchita maphunziro a zomasulira nkhani.

IV. Ogwiritsa Ntchito Zaumoyo ndi Othandizira

- Magalu a anthu ochokera mayiko ena, mabungwe a anthu odwala, ndi mabungwe ogwira ntchito zaumoyo ali ndi mwayi wambiri wopereka mphamvu kwa odwala amene amakumana ndi zovuta pofuna kulankhulana ndi ogwira ntchito za zaumoyo:
- Magulu ndi mabungwe okhudzidwa ndi ntchito zaumoyo akuyenera kulimbikitsa zipatala kuti ziziyika chidwi pa ntchito zolankhulana m’zilankhulo zambiri.
 - Fotokozerani anthu ogwiritsa ntchito zipatala kuti kupeza chithandizo cha zaumoyo ndi ufulu wachibadwidwe ndipo kuti kulankhulana ndikumvana popanda vuto lilonse ndi udindo wa opereka chithandizo cha zaumoyo.
 - Fotokozerani anthu ogwiritsa ntchito zipatala kuti, nthawi iliyonse pamene sakumvetsa zomwe akuyankhula wazaumoyo, ayenera kufunsa ngati pali katswiri wa zaumoyo wodziwa zilankhulo zingapo, kapena ngati womasulira angapezeke nthawi yomweyo kapena ulendo wina wotsatira.
 - Ngati achipatala sangakwanitse kupeza womasulira, patha kukhala njira zina m’derali zothandizira kupeza anthu odziwa zilankhulo zingapo amene angathe kuthandiza ngati omasulira (mwachitsanzo ogwira ntchito othandizira anzawo, alangizi azaumoyo, amayi a m’madera, oyimira chikhalidwe)..

V. Maphunziro a Zaumoyo ndi Kuchititsa Maphunziro

- Mabungwe a za maphunziro atha kuphatikiza malo ochitirako maphunziro atha kuphatikiza mokwanira mutu wa zilankhulo zambiri m’maphunziro amene amapereka kudzera m’njira zosiyanasiyana:
- Phunziro la zilankhulo zambiri lizikhala lokakamiza kwa aliyense maphunziro ndi kupititsa patsogolo maphunziro antchito m’magawo onse a anthu ogwira ntchito zaumoyo.
 - Zipatala ziyenera kupereka pafupipafupi mwayi wa maphunziro okhudza zilankhulo zambiri.
 - Oyang’anira maphunziro, aphunzitsi, ndi oyang’anira ophunzira ayenera kudziwa bwino nkhani zokhudza zilankhulo zambiri.
 - Maphunziro amene amapereka masatifiketi a kumasulira nkhani m’madera ndi m’zipatala azichitika ndi kulandira thandizo la chuma m’zigawo kapena m’dziko.
 - Zipatala ziyenera kupereka maphunziro apadera kwa anthu amene amagwira ntchito zongothandizira (mwachitsanzo ogwira ntchito zothandizira anzawo, alangizi a zaumoyo, amayi a m’madera, oyimira chikhalidwe) amene amagwira ntchito ngati omasulira m’chipatalamo.

VI. Kafukufuku wa Zaumoyo

- Mabungwe am’dziko ndi am’chigawo komanso magulu ena apadera amene amapereka thandizo la zachuma, ayenera kutsatira njira zotsatirazi kuti alimbikitse kugwiritsa ntchito zilankhulo zambiri pa ntchito za zaumoyo:
- Kupereka mwayi wa ndalama zothandizira kupititsa patsogolo kugwiritsa ntchito zilankhulo zambiri m’zipatala posatengera zilankhulo zovomerezeka ndi boma.
 - Chidwi chachikulu chikhale pa ntchito za kafukufuku zimene zimalimbikitsa kuthetsa kusiyana kwakulu kodza kamba ka kusiyana zilankhulo makamaka pakati pa anthu amene zilankhulo zawo sizigwiritsidwa ntchito kwambiri.
 - Anthu omwe ali ndi mwayi wochepa wopeza zilankhulo zovomerezeka za kafukufuku ayenera kuphatikizidwa kwambiri mu kafukufuku poganizira zosowa zawo kumbali ya zilankhulo.
 - Kafukufuku wokhudza zilankhulo zambiri maka wowunika zosowa za anthu oyankhula zilankhulo zosiyanasiyana amafunika zipangizo zowonjezera ndipo kafukufuku wamtunduwu akuyenera kulandira chithandizo choyenera.

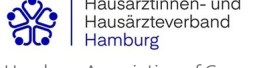
Ndani analemba Chikalata cha Hamburg Declaration?

Chikalata cha Hamburg chinakonzedwa potsatira kafukufuku wokhudza mbali zingapo komanso amene anachitika m’mayiko ambiri pa zilankhulo zambiri pofuna kupereka

chisamaliro chapamwamba cha zaumoyo wa m’magazino kwa anthu ochoka mayiko ena - zosowa, zipangizo ndi zizolowezi’ (MiM2M). Chikalata chimenechi chinalembedwa ndi mamembala onse a ntchito ya kafukufuku. Kafukufukuyu analandira thandizo la ndalama kuchokera ku Volkswagen Foundation ndipo ndalamazi zinachoka mbali ziwiri “Mobility – Global Medicine and Health Research” ndi Novo Nordisk Fonden (Denmark), Fundación Bancaria „la Caixa“ (Spain), Wellcome Trust (Great Britain) ndi Volkswagen Foundation (Germany). Mu gulu la kafukufuku la MiM2M munal: Prof. Dr. Mike Mösko, Dr. Sanna Higgen ndi Annika Kreienbrinck (onse a University Medical Center Hamburg-Eppendorf, Germany); Prof. Dr. Ted Sanders, Prof. Dr. Christopher Jenks, Houda Al-Kalaf (onse a ku yunivesite ya Utrecht, Netherlands); Prof. Dr. Barbara Schouten (University of Amsterdam); Prof. Dr. Răzvan Cherecheș, Dr. Alina Forray, Dr. Ovidiu Oltean (onse a ku Babeș-Bolyai University, Romania) ndi Prof. Dr. Dr. Leslie Swartz, Prof. Dr. Christine Anthonissen, Dr. Dr. Asithan-dile Nozewu, Dr. Rowan Madzamba (onse a Yunivesite ya Stellenbosch, South Africa).

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Chikalata cha Hamburg chinavomerezedwa ndi mabungwe otsatirawa:

 aves Mental Health, South Africa	 Scalabrini Centre of Cape Town, South Africa	 The Global Society on Migration, Ethnicity, Race and Health	 Federal Association of Networks of Migrant Organisations, Germany
 Centre for Multilingualism and Diversities Research, University of the Western Cape, South Africa	 St Luke's Combined Hospices, South Africa	 Bundes Psychotherapeuten Kammer Federal Chamber of Psychotherapists, Germany	 Hamburg Chamber of Psychotherapists, Germany
 Africa Unite – Uniting Voices, Empowering Change	 Foundation for Professional Development, South Africa	 Leibniz Institute for Prevention Research and Epidemiology – BIPS	 German Red Cross, Germany
 Department of Psychiatry Department of Psychiatry Department of Psychiatry Department of Psychiatry, Stellenbosch University, South Africa	 Heriot Watt University, Scotland	 Patient Safety Action Alliance, Germany	 Hamburg Association of General Practitioners, Germany
 Johannes Wier Stichting voor gezondheidszorg en mensenrechten Johannes Wier Foundation for Healthcare and Human Rights, Netherlands	 Lancet Migration, Regional HUB Europe	 Save the Children, Germany	 VdK German Social Welfare Organisation
 Africa Health Research Institute, South Africa	 Johannes Wier Stichting voor gezondheidszorg en mensenrechten Johannes Wier Foundation for Healthcare and Human Rights, Netherlands	 Research for Practice Center for Health and Migration, Austria	 German Association of Psychosocial Centers for Survivors of Torture, War, and Forced Displacement