

Kwonsa no gukoresha imiti bijanye

Agatabo k'amakuru ku bavyeyi n'abarezi

Imiti n'ibintu vyinshi bica mu maberebere y'umuvyeyi vyoroshe harimwo ivyavuzwe hano. Nimba ufise ibibazo bidasanze, usabwe kuvugana n'umutangabufasha mu vy'ubuvuzi.



Aka gatabo kibanda ku miti itanditswe.

Ku miti yanditswe, usabwe kuvugana n'umutangabufasha wawe ku mpanuro zijanye n'imiti yawe. Itangwa amaberebere bishigikirwa muri rusangi mu gihe imiti imiti yandikiwe ikoreshe nk'uko vyerekanwa n'umutangabufasha mu vy'ubuvuzi. Ibi birimwo imiti yandikiwe ku gukoresha opiyoyide, benzodiazepines ku kabonge, ADHD, ku bikabura, hamwe na opiyoyide ku bubabare budahera.

Amakuru akurikira akoreshwa ku miti itanditswe

Nimba ukeneye ubufasha bwo kugufasha kugabanya ikoresha ry'imiti iyo ariyo yose muri iyi, vugana n'umutangabufasha wawe mu vy'ubuvuzi. Hariho amahitamwo y'ubuvuzi yizewe mu gihe co kwonsa. Aka gatabo gakoresha amajambo "kwonsa" n' "amaberebere" ariko aya makuru yerekeye ubwoko bwose bw'amata hamwe no kwonsa.

Inzoga: umuvinyu, ibiyeri, rikeri.

Ingaruka ku bana:

- Umwana ashobora kubura amata akwiye mu gihe co kwonka.
- Amaberebere arahindura akanovera.
- Abana barashobora kurya bike, kugorana, canke kuryama cane.



Hokorwa iki:

- Inzoga ija ningoga mu maberebere, muri ico gihe onsa canke kama amata y'umwana imbere yo unywa.
- Rindira amasaha 2 kuri buri kinyobwa imbere yo kwonsa umwana wawe.
- Ikinyobwa kimwe kingana na garama 5 z'umuvinyu, garama 12 z'ibiyeri, canke garama 1,5 vy'inzoga ikaze/rikeri.

Itabi (Nicotine): itabi, gutumura, e-cigs, amapake, ubugoro

Ingaruka ku bana:

- Abavyeyi bonsa bashobora kugira amaberebere make.
- Rirahindura ibiri mu maberebere kandi ryanduza umwana ubumara hamwe n'ibintu bikomeye.
- Ryongereza akaga k'ingorane zo guhema nabi nka asima



Hokorwa iki:

- Nimba ushobye, nywa rike canke urihagarike.
- Guma wonsa kuko amaberebere ni meza ku mwana wawe, naho yoba arimwo ubumara bwa nikotine.
- Reka kunywa itabi canke kutumurira iruhande y'umwana wawe kuko umwotsi w'itabi ushobora gutera umwana umugera umugera witwa sudden infant death syndrome (SIDS).
- Uhejeje kunywa itabi, hindura ishata hama ukarabe iminwe kugirango umwana ntahema imyotsi y'ubumara ivuye ku mpuzu zawe.

Cannabis: imyotsi ya cannabis (marijuana, urumogi, pot); amavuta arimwo THC, dabs, n'ibiribwa



Ingaruka ku bana:

- THC ziguma mu turemangingo, harimwo mw'ibere, kandi bikaja mu maberebere Abana bashora kuruha, bakagira ingorane zokurya, kandi ntibongere ibiro vyoroshe bishobora gutera ingaruka ku kuntu abana bakura kandi baterimbere.

Hokorwa iki:

- Nimba ushobye, nywa rike canke urihagarike.
- Guma wonsa kuko amaberebere aguma ari meza ku mwamwa wawe, naho yoba arimwo cannabis
- Ntunywere itabi hafi y'umwana wawe kuko guhemera mu myotsi bishobora gutera umugera witwa sudden infant death syndrome (SIDS) sudden infant death syndrome (SIDS).

Imiti ya Opiyoyide - oxycodone, codeine, methadone, buprenorphine

- Ibiyayuramutwe: heroin, fentanyl

Ingaruka ku bana:

- Abana barashobora gusinzira cane, kurya bike, guhema bukebuke cane, guhagarika guhema, kugira imbeho canke bakagumirwa
- Apiyoyide zimwe ziragira ingaruka cane ku bana kuko zirakaze cane, zimara umwanya muremure canke zikinjira mu mata vyoroshe cane. Fentanyl yama icangwa n'imiti y'ubumara (harimwo Xylazine) ishobora guca mu mata kandi irashobora kwinjira mu mubiri wawe amezi menshi.



Hokorwa iki:

- Ntiwonse canke gusesa amata mu masaha n'imiburiburi 24-48 inyuma yo kuyikoresha ubwanya. Rindira igihe igihe kirekire kuri fentanyl.
- Baza umutangabufasha wawe igihe bikwiye ko wokwonsa canke umuhe amata ukamye.

Imiti – ikabura: amphetamine, dextroamphetamine

– Ibiyayuramutwe: speed, ecstasy, bath salts, cocaine, meth

Ingaruka ku bana:

- Imiti itandukanye ishobora kugira ingaruka ku bana mu nzira nyinshi kandi imwe irashobora kumara igihe kirekire.
- Barashobora kudahwa, gucibwamwo, ingorane zo gufungura, gutakaza ibiro, gusinzira nabi, kugorana, canke kugira ubwoba.



Hokorwa iki:

- Ntiwonse canke usese amata nimiburiburi mu masaha 24-48 inyuma yikoreshwa rya nyuma.
- Baza umutangabufasha igihe kibereye co kwonsa canke kumuha amata wakamye.

Benzodiazepines: diazepam, lorazepam, clonazepam

Ingaruka ku bana:

- Abana bashobora kuryama cane, kurya nabi, canke kuvyibuha bukebuke.
- Benzodiazepines zimwe zimwe zimara igihe kinini mu mubiri kandi zirashobora gutera ibimenyetso ku bana.



Icokorwa:

- Ntiwonse canke usese amata nimiburiburi mu masaha 24-48 inyuma yikoreshwa rya nyuma.
- Baza umutangabufasha igihe kibereye co kwonsa canke kumuha amata wakamye.



Vyahinduwe bivuye: [Home | Academy of Perinatal Harm Reduction](#)