

Questionnaire:

Functional Capacity using the Health Assessment Questionnaire

tiku pemphani kuti mu chonge ku langiza mwa mene mu na kwansila pa kuchita zinthu zo siana pa sabatha la pita.

	kopanda bvuto iliyonse	Ndi bvuto la pa ng'ono	Kopanda bvuto la likulu	kulepela ku chita
1. Kubvala ndi ku konzekela				
Kodi mukwanisa ku:				
a. Zivalika ndi ku manga nthambo za nsapato ndi ku manga ma batani	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. ku sambika mu mutu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Kuima				
Kodi munga kwanise ku:				
a. ku nyamuka pa mu pando ulibe manja}	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. ku lowa ndi ku nyamuka po gona	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Kudya				
Kodi munga kwanise ku:				
a. kujuwa nyama yanu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. ku nyamula cup ya gilasi ndi kuika ku kamwa kanu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. ku tsegula chi katundu cha mkaka kapena sopo lo chapila la unga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Kuyenda	kopanda bvuto iliyonse}	bvuto la pa ng'ono	bvuto la maningi}	kulepela ku chuita}
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Kodi munga kwanise ku:

- | | | | | |
|----------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| a. Kuyenda pabwalo? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Kuyenda myenda zili
asanu? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

5. Udongo

Kodi munga kwanise ku:

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| a. Ku sambika ndi ku yumitsa
thupi lako lonse? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Ku samba pa thupi? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Ku ngeni ndi ku choka mu
chimbuzi? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

6. Kufika

Kodi munga kwanise ku:

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| a. Ku tenga thumba la
mbatasisi ili pa mutu panu
ndi ku ika pansu | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. ku welama kuti ndi tenge
nyula/nsalu ili pansu? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

7. Ku gwilisa

Kodi mu kwanitsa ku:

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| a. Ku tsegula ziseko za gali
moto? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Ku tsegula mbiya zimene
zina tseguliwapo kale? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Ku vala ma pompi a madzi? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

	kopanda bvuto iliyonse	Bvuto la pang'ono	Bvuto la li kulu	Kulepephela ku chita
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8. Zo chitika

Kodi unga kwanise ku;

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| a. Za ma ulendo ndi malonda? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Ku ngena ndi kuchoka mu gali moto? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Ku gwila nchito za pa nyumba ngati; ku pyela mwa ku sewenzesa makina a malaiti, ndi ku samalila maluwa ndi mu munda? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Tikupemphani kuti musankepo zili zonse zo thandizila zi mene mu ma sewenzesa pa zo chitika zo monga izi:

- | | | | | | |
|---|--------------------------|---|--------------------------|---|--------------------------|
| Ka mtengo | <input type="checkbox"/> | nsimbi zo thandizila kuti olemala kapena odwala kuti ayende bwino | <input type="checkbox"/> | Zinthu zo sewenzesa | <input type="checkbox"/> |
| Ndodo | <input type="checkbox"/> | ka mpando ka ma wilo awili ka mene odwala ama sewenzesa | <input type="checkbox"/> | Mpanda onyamuka mwamba | <input type="checkbox"/> |
| chi poto cho nkalapo pa ku chita chimbuzi | <input type="checkbox"/> | Mo sambila | <input type="checkbox"/> | Ka nsimbi ka mene ka ikidwapo zo sambila ngati nyula ndi zo pukutira thupi ndi zina zache | <input type="checkbox"/> |
| Zo sewenzesa zili ndi zogwilila zitali | <input type="checkbox"/> | | | Zo tsegulila mbiya | <input type="checkbox"/> |
| Zinthu zosewenzesa pa ku bvala | <input type="checkbox"/> | | | | |
| Zinthu zo sewenzesa pa ku bvala zobvala | <input type="checkbox"/> | | | | |
| Chulani zina: | | Kulibe | <input type="checkbox"/> | | |

Chongani pa malo aliyense amene mu ma funa thandizo ku chokela ku ena

- | | | | |
|------------------------|--------------------------|--------------------------------------|--------------------------|
| ku zikonzekela mu mawa | <input type="checkbox"/> | kudya | <input type="checkbox"/> |
| ku uka | <input type="checkbox"/> | kuyenda | <input type="checkbox"/> |
| Udongo | <input type="checkbox"/> | kugwila zinthu ndi ku zi segula | <input type="checkbox"/> |
| kufika | <input type="checkbox"/> | Za ma ulendo ndi nchito za pa nyumba | <input type="checkbox"/> |
| Kulibe | <input type="checkbox"/> | | |