

Lethathamo la Dipotso tsa Kgotsotsofalo ya Kalafo ya Lefu la Tswekere (DTSQs)

Dipotso tse latelang di ipapisitse le kalafo ya hao ya bongaka bakeng sa lefu la hao la tswekere (ho kenyeletswa le insulin, dipidisi le/kapa phepo) le tsebo ya hao dibekeng tse mmalwa tse fetileng. Ka kopo araba potso ka nngwe ka ho etsa sedikadikwe ho nomoro sekaleng ka seng.

1. O kgotsotsofetse ha kae ke kalafo ya hao ya ha jwale?

ke kgotsotsofetse haholo	6	5	4	3	2	1	0	ha ke a kgotsotsofala haholo
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2. Ke kgafetsa hakae o utlwileng eka ditswekere tse mading a hao di phahame haholo ka tsela e sa amoheleheng morao tje?

bohlo ba nako	6	5	4	3	2	1	0	ho hang
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3. Ke kgafetsa hakae o utlwileng eka ditswekere tse mading a hao di tlase haholo ka tsela e sa amoheleheng morao tje?

bohlo ba nako	6	5	4	3	2	1	0	ho hang
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4. O fumane ho le bonolo/ho le hantle ha kae ho sebedisa kalafo ya hao morao tje?

ho bonolo/hantle haholo ho e sebedisa	6	5	4	3	2	1	0	ha ho bonolo/ ha ho hantle ho e sebedisa
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