

**"ADE SISSIYE PUMURPULLIIS DE DARANA"**

**About the Care of Wounds  
and Infections**

**Summer Institute of Linguistics**

**Publisher**

**1985**

Published in cooperation with  
the  
Bureau of Elementary Education  
and  
Institute of National Language  
of the  
Ministry of Education, Culture and Sports  
Manila, Philippines  
and the  
Parent-Teachers' Association  
of  
Lubo Barangay High School  
and  
Lubo Elementary School  
Lubo, Tanudan, Kalinga-Apayao

Additional copies of this publication are  
available from:

Book Depository  
Box 2270  
Manila 2801

A health book in  
Upper Tanudan Kalinga

77.4-385-2.76C

67.150PD-855013B

Printed in the Philippines



Republic of the Philippines  
Ministry of Health  
OFFICE OF THE MINISTER  
Manila


FOREWORD

A Literacy Program for the cultural communities of the Philippines could serve as a base from which the community can develop in many ways. It helps not only to preserve the beautiful cultural variety of our people but also to contribute to national development.

One of the most important ways in which a literacy program contributes to community development is through an improvement in the health and nutrition of the people of that community. This book is dedicated towards that end.

As an additional book in the dialect of our people, it will assist in the development of their literacy ability. If the instruction in the book is utilized, it will also contribute significantly to the physical development of our population.

We, in the Ministry of Health, hope that this book will be put to good and thorough use. If so, it will strengthen not only the community but the whole nation, as well.

  
J. C. AZURIN  
Minister of Health

## PREFACE

This booklet about the treatment of wounds was prepared as part of the curriculum of the Advanced Writers' Workshop held in Lubo, Tanudan, Kalinga-Apayao August 27-September 6, 1984, in order to provide reading material with practical and useful content for readers of Upper Tanudan Kalinga.

It begins with a story about a young woman who is called to help when a man severely cuts his leg while chopping wood. She applies simple, direct treatment to the wound and teaches the family how to continue his care.

Questions on the content of the story have been added to stimulate thinking and discussion. It is hoped that this booklet will be used in the schools as well as in adult seminars.

You will find the doctor's instructions, prepared by Dr. Steve Lynip of the Summer Institute of Linguistics, beginning on page 15. An English translation of the story and the doctor's instructions about the care of wounds begins on page 25.

The story "Ade Sissiye Pumurpulliis de Darana" was written by Apolonia G. Dalanao. Mrs. Dalanao also translated the doctor's instructions. Illustrations for the story were done by Cesar D. Maslang.

We wish to express appreciation to UNICEF for their assistance in the Tanudan Kalinga Literacy Project.

"ADE SISSIYE PUMURPULLIIS DE DARANA"

Ambaru de orgaw ya andi ye umag-agaw.  
Inggawak ap poroyni ye angkopya. Akit kad,  
gumminga tagutte pawaye bumagbagbaga.

"Awad tagud darom?"

"Annakani po. Ngi ibagam?"

"Awwaynu ud ta inka ilan de ikin  
Luggarug we ade dipu darana guminok - ade  
pumurpulliis."

"Ngi nangwos ay kan siya?"

"Andikot pos kak wot mawasay de ikina."  
Angkamkammus siya wot abus ay ak ginamigamku  
de pissay di sinnune amporkas.  
Antiluyunkani paye sadi umayaw.

"Sa ngi panos ot ay babarangon?"

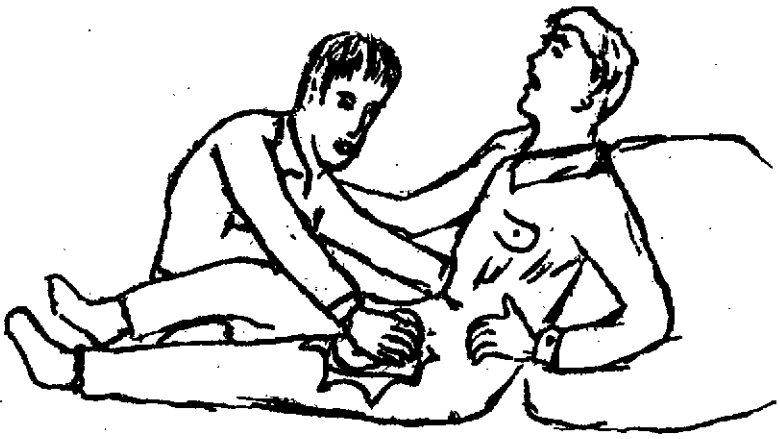
"Tuan! Lumawata ampaye...!" kane  
bummorwat.

Duknagkani pun atte boroy da Luggarug,  
atopay os dan anak ka tagu we amabakkong kan  
siya ya asida singngingiyu we ippun  
kangkangngoranda. Sumukisukkani yan ose  
waawaakonni yan pagay os dida.

"Na, mabukarkayu yane tagu ta awad ayon  
ni poyaaw," kake gumminga.

"Lumawakayu yan kammiin," kan ni ose  
ummabar.

Isdungak puk Luggarug, anne  
sasallayonde losan dara ikina. Amod de  
daratte datar. Anne poponnonda de badar ni  
bigadna. Nuupsatan de tollongna.



Arak de sadi ye sinnune agagku  
ginamigam wot lipliptiyok wot itaparkutte  
bigad. Nitapar kad indadappotku ta guminok  
de dara. Umayuwong atte kook idadappot,  
yakon kake, "Anusam yan ta piga nu guminok  
de darana. Siya kook angidadappotan de  
paginkok de amode dara. Midaraanka piin nu  
adita koon idadappot. Na, ilam kad, John,  
ta onnam denne ikina. Igiginnoknu  
koon! Katnat! Agagnu ingatngatu ta adi  
dara koon umoy attenne nasugat. Ambaru nu  
umoy atte kapit-atte uruna. Guminoke  
guminok nu koonta sanat.

"Na, dikayu we umuyuyute anak,  
lumoksadkayu! Ngai inkayu ilan?" kake  
gumminga.



Adida pum pun umayaw, naasitang de ose tagu kane, "Ingkayun ta awad inonni ye anggidu! Wayaanyu poyaawi!"

"Ngi angigiknam, Luggarug?"

"Unoyna pek akit, yakon paakmos moor-alimudong?" kane gumminga.

"Mary, angaraka ud yan atte danum ya asin. Idadappotnu uy yan denna," kak atte osa.

Induwwar Mary de antugaliyonge danum, wot ilaukku de sinkussaratte bamban-ite asin. "Anna inumom denne danum. Naapgad, yakon inumom kad ot bumaru angigiknam." Inumone sadi, wot anne makaan de ayuwongna ya iyyagayne makaanaana. "Mary, awad udum ak tumugaliyong ak niparuwage danum?" sinarudsudku.

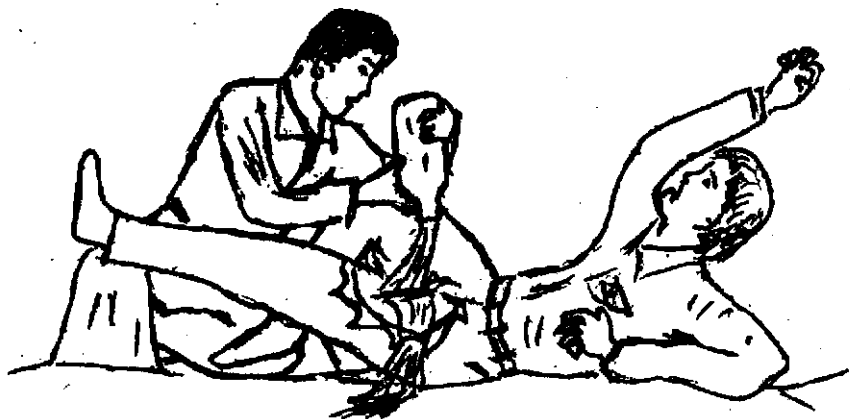
"Ippun, yakon awad nin kanda Juana te mansigab de anakna ya awad nin dinornatda. Iyyak pos ud ilan." Umoy paye sadi.

Panopanos kade sadi ye awad nin umoy ak gogwan di uras de ummayaw, inag-aggakawku we nangitayag atte taparna ta ilak nu gumminok de dara. "Annate gumminok de darana." Annose paginkonni dara, annose ippun adida pakwa. Dakom pay kanda udume, "Tingitingonyu wa!"

"Katna koonyu!"

"Ta ngosla da sanate upanyu koon?" kankande amborborwat. Isuk os dide ambimbinsawda go we sa koonda pay de igammuda, yakon idamuutni pagay de koonni go. "Giginnokkayu yan ta iillanyu koonni. Agay ni dare duknag nu oni. Iillanyu kad al"

Panos ke narakpus, inkasinku insiim wot  
innilake iyyagay ni dare duknag. Asikote  
sadi piyyagaye angidadappot. "Masapure  
borbarantaku anne bigadna. Siya  
amorbarantaku dokadya nallallad-ing. Mary,  
angidatongka ud atte nipatugaliyonge  
niparuwage danume sana ta borbaranta de  
bigad. Angarakos atte amporkase sinnun ya  
sabun."



Ummak yan ose sadi darusan de igid ni bigad atte dinornat ya sabun. Oni pun ta nagangput, tinuyyatuyyakak de sogopnatte danum ta madoknas da nilumute kiissaw. Yakon andi pay da udume kiissawe dipun nadoknas. Angaraak ose saditte sinnun wot ipurpullipulkutte igaw da kiissaw ta arana dida. Kinamak ak nang-iburaw. Nagangput pun, tinupyakak atte danum os ingkasin.

"Iwworne mitatapar anne amporkase sinnun ya adim pay maag igiddugiddu. Adiyu kaanon. Nu anne umoy masuyop, ikasinnu upan borbaran, Mary. Upam topyakan atte dinornate danum. Asik ituttudu de inome angwatte upam amborbar atte tubun ni gebat te nabarbaru sanak amborbarta nu sa abuse danum.

Bummaru pos pagay ak Luggarug.

Naroanan tuwa songpatna, yakon gumminok pos pay de darana. Nabadar de bigadna. "Anna ikasinnu anne naasinane danum inumon te masapur ni bungrum. Amod de darame ummayaw," kake gumminga kan Luggarug.

"Inumom kammiin," kan ni ose ummabar.

"Ilanyu ud ta makwa kotyan, naborbaru otyan pay nu iyoyyutte uspitar at Tabuk ta agasanda ya attandas siyatte antitetanus. Angwaniyam pagay nu madada-an de sane agas. Ilanyu kad de nakwa kan Dinurung we sa aman Tombali. Akit lawe sugat, yakon inkadadagna te sa tetanus ampay."

Nan-uugud kad da simboryan, ane kande,  
"Te ambaru pos tuwa. Sa ibuligtaku kammos  
pagay, yakon siya amorwa de dakor de  
danum." Panopanos kad de upanda  
ang-uugudan, kan John we gumminga, "Dong ud  
uwa nu intaku imuson nu makwele iyoy ni  
helicopter de nabigadan? Intaku ud  
makuugud ta itadunda kela, ambaru gos."  
Umoy de sadi makiimus.

Mabigat pun, umminit elawa wot akite  
sadi, annat de kamak mangngore kamat  
banabbab di helicopter. Bab! Bab! Bab!  
"Helicopter tuwa," kanda anake malullullude  
umoy atte heli pad. Akit tuwa ummayaw;  
nadanatong.

"Na, dikayu ud de umoy makuugud kasin  
atte pilot nu makwa paye iyoynat Tabuk,"  
kankanda amborborwat.

Panopanos kad, kande nampokaw,  
"Ansaganakayu kanu anggami gam atta masapuryu  
ya iyoyyu kanuk Luggarug."

"Dangoyontaku! Dangoyontaku!" kankan  
da amubulig te dakorane laraki. Iyoyde  
sadi te igaw ni helicopter. Induwarda kad  
atte helicopter ta pinoobog ni pilot, akit  
pu, nakaktaab de onob ni helicopter, wot  
mabanabbabe sadi wot tumayap. "Gappiya akay  
diyoy ta naligat ta dummatong de  
helicopter," kankan da tagu we mabukar.

## SARUSSUD

1. Ngai koon Luggarug atte nasongpatana?  
Ilam de page 2
2. Ngai inonde namaginok atte daran ni  
ikine pumurpulliis?  
Ilam de page 5
3. Ngai upanda namorbar atte bigadna?  
Ilam de page 10
4. Ngai pamosla masapure miyoy ak Luggarug  
atte uspitar at Tabuk?  
Ilam de page 11

Nu inka gela ansiput, angayu onnu angagguma onnu barangne sipute ang-usarkatte antadome gaman onnu wasay nu siya, ummaam te dipun asampiga ya nasongpatte tagu. Nu masongpatkela onnu da burunnu de masongpat, annaya da koom, te adu gela da angikatoy atte akite sugat amod gay nu maamin de darada umayaw.

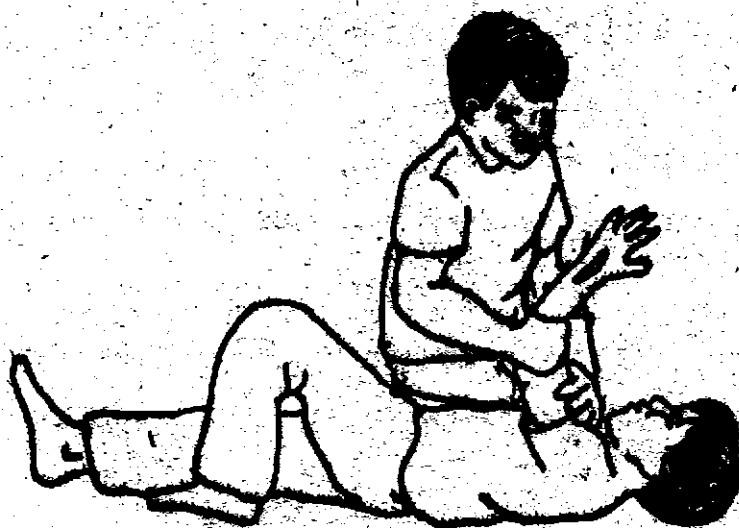
#### SA INONTATTE BIGAD

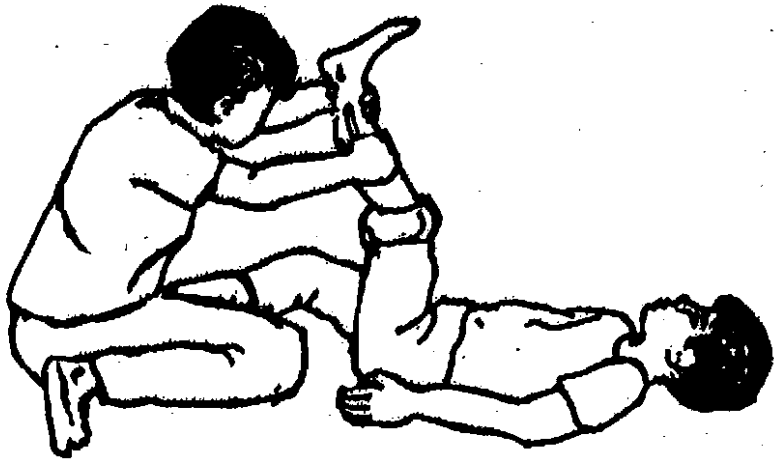
Sa umune koom nu mabigadanka, masapure paginkome paginkon de daran ni sugat. Lumipliptikatte amporkase sinnun ta awad ampunotnu atte bigad, ta agayne dumara.

Nu miid amporkas ak sinnun, usarom de imam. Buruwam yan umuna ta makaan da klissawna.



Flam ta bangngam de nabigadane angingatutte  
ikina onnu imane nabigadan ta man-osog de  
daratte uruna. Katna de koom.

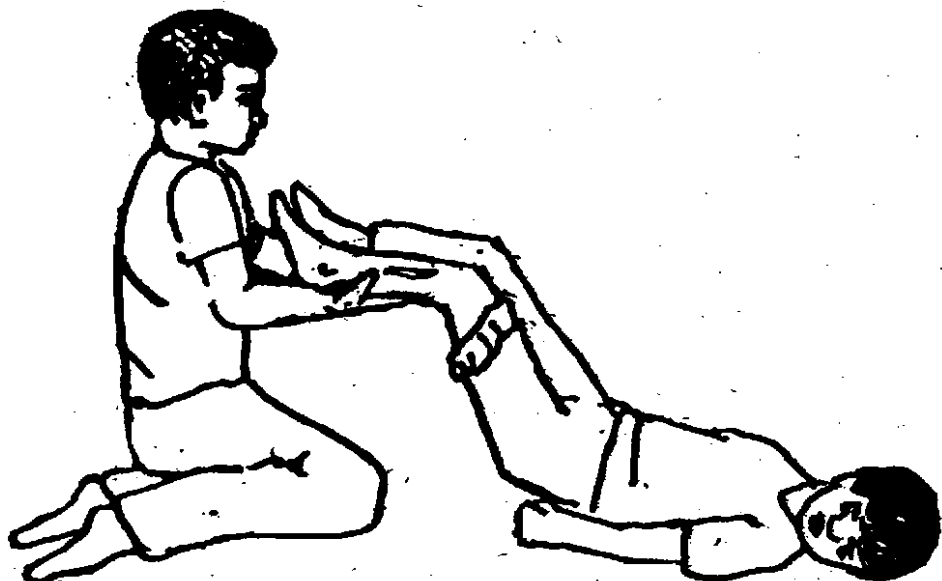




Nu mat-omat-om de tapar atte dara, adim kaanon. Angarakak ose tapar ta ilabawnu ya koom os indadappot. Adim maag kaanon de nandarome taparna.

Idadappotnu de bigad ak umoye simpuru kigad atte duwam puru we minutus ya asim ot umman iyag-aggakawe angitayag atte taparne angila nu sissiye dumaradara. Nu sissiye dumaradara, ikasinnu ipuuli.

Nu maar-alimudong de nabigadan, ummam siya poobgon. Agagnu ingatu de ikina nu sa uruna. Katna inom.



Nu dipun nabakas de somsomokna ya matattagu, piinumam as siyatte adu we danum. Upam kuwan as simpidite asin de sintase danume upam piinum.

## DA KOOM NU AGAY NI SUGATE DUMARA

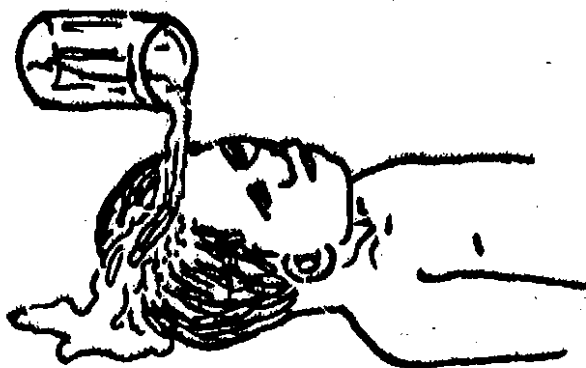
Guminok kad de bigade dumara, darusam de igid ni bigad atte sabun kan danume niparuwage naboanan de igidna, ya asimot os de amode sogopna.

Tuyyatuyyakam de bigad atte tummugaliyong ya amporkase danum ta doknasona da kiissawe nilumut atte bigad.

Awad kad natenan ak kiissaw, angarakatte amporkase sinnun ya pinurpullipurnu atte igaw da kiissaw ta siya de angaan atta nabun-ane kiissaw atte anne mipurpullipur de sinnun.



Sa naroanan kade bigad masapur de adu we  
dinornat ak amborbar. Nu angidornatkatte  
danum, duwan tasa kade danum, duwan pidite  
asin de ilauknu ya sa turung gamote  
natuktuke kattututtude tubun ni gebat.  
Iggam atte amporkase banga onnu kandilu ya  
imparuwagnuk turum puru we minutus (gogwan  
di uras). Tumugaliyong kad, nangarakatte  
amporkase sinnun ya sinagatnu da tubun da  
gebat. Sa danume sinagatnu, siya de  
mamborbarnutte bigad.



Magangput kad maborbaran, ummam taparan de bigad atta amporkas ka ammamag-ane sinnun. Passapassaniyam de sinnune intaparnu nu mas-ob kan makiissawan.

Sa borbar kan passapassanin ni sinnune nitapar, amigwatte binigat. Borborbaram pagay de bigad kigad ak angkimit.

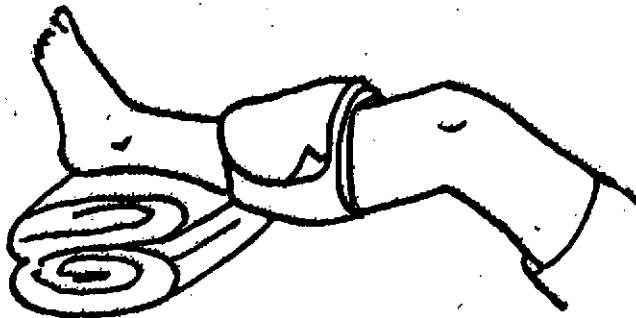
Nu makwa, iyoynu nabigadan atta doctor onnu Health Clinic ta ilanda ya ittandatte antitetanus injection.

## DA KOOM NU ALLALLAD-ING DE BIGAD

Nu dummilaag de bigad ya nallotlotog,  
nallallad-ing. Sa nabigadan kad o makwose  
an-atung. Annaya de koom nu mallallad-ing  
de sugat.

1. Angarakatte natamtampuke tubun ni gebat,  
asin ya inniggam atte danum ya  
imparuwagnu kamatte niibagatte 21 panid  
ni anne basa.
2. Ilinongnu bigad atte sissiyé andornate  
danum ak duwam puru kigad atte turum  
puru we minutus (gogwan di uras).  
Amitluwom atte orgaw koon. Nu piom,  
makwose ikasikasinnu koon.
3. Nu adi kad makwe milinong de nabigadane  
long-ag, angarakatta amporkase sinnun  
onnu tuworya ya sadi illinongnutte

ang-atunge danum ak mapanos ya asim  
okron. Koom posposon de nilinonge  
sinnun ya intaparnutte bigad. Taparam  
kasin de sadi ye sinnun atta ammamag-an  
ta adi allasu tumugaliyongan ni sinnune  
andornat. Itataparnu sadi ye andornate  
sinnun atte bigad ak duwam puru we  
minutus. Ikasikasinnu ilinong de sinnun  
atte andornate danum nu tumugaliyong ya  
ingkasinnu gos intapar. Isussuudnu pos  
pay koon atte orgaw.



Sa bigade nallallad-ing, angganas de maagasana nu miittan de nabigadan atta antibiotics. Sumapen pos de osatta antibiotics.

Sa kamang ni ittome Sumapen, nu dakor, ittam ak ossaane capsule, ya angimpat atte orgaw ingganak marakpus de lima onnu pitu we orgaw.

## "HIS BLOOD IS STILL SPURTING OUT"

It was a nice day and getting to be late afternoon. I was in the house doing some work. After a while some people were in the yard talking and calling out my name.

"Is anyone inside?"

"There's someone here. What do you want?"

"Please come and look at Luggarug's leg. The bleeding won't stop. The blood keeps on spurting out."

"What happened to him?"

"He was chopping wood and he hit his leg with the axe." The man was hurrying me so I only managed to get a clean piece of cloth to take with me. Then we went out together.

"Why was he so careless?"

"I don't know. We are so unfortunate and then . . .," he answered.

When we arrived at Luggarug's house - good heavens! There were so many people crowding around him. They were all talking, and no one could hear anything. We pushed our way through the crowd.

"Look, everyone, move aside so he can get some air," I said.

"Go outside," added someone else.

When I saw Luggarug, some people were holding him up in a sitting position, and his leg was all bloody. There was blood all over the floor. They were holding a bandage over his wound. He looked very pale. I took the cloth that I had picked up, folded it, and placed it on top of the wound. Then I pressed down on it very hard so that the bleeding would stop. Luggarug groaned as I kept on pressing, but I said, "Be patient and the bleeding will stop. The reason I am pressing hard is to stop so much blood from flowing. You will bleed to death if we do not keep pressing hard. Hey, John, hold his leg and keep it really still. Like this. Raise it a little so that the blood won't keep on flowing towards

the wound. It is better if it goes towards his head. It will certainly stop if we keep on doing this. Hey, you children who are crowding about, go downstairs. What do you think you are going to see anyway?" I said.

When they would not leave, someone else said loudly, "Go outside so that we can have some room to move. Move away so there will be some fresh air."

"How are you feeling, Luggarug?"

"A little better, but I feel dizzy," he said.

"Mary, please get some water and salt. Keep pressing on this," I said to someone else.

Mary handed me some cold water, and I mixed a teaspoon of salt in it. "Here, drink this water. It's salty, but drink it anyway so that you'll feel better."

Luggarug drank it, and then he stopped groaning and saying "Ana! Ana!"

"Mary, is there any more cold boiled water?" I asked.

"There isn't any more, but Juana might have some because her baby is sick, and they might have some that has been boiled. I'll go see." Off she went.

After half an hour had gone by, I carefully lifted up the cloth to see if the bleeding had stopped. "The bleeding has almost stopped." While we were trying to stop the bleeding, others had been making suggestions. Some said, "Let's perform the tingiting ceremony."

"Do it this way."

"What you're doing is just nonsense," responded another. They were all like me - upset and trying to do what was right, but we kept on with what we were doing. "Be quiet; you will see the point of what we are doing. The bleeding will stop soon. You will see." After a while, I peeked again at the wound and saw that the bleeding had stopped. Only then did I have the other person stop pressing on the wound.

After the bleeding had stopped, we had to wash the wound because it could get infected. "Mary, please get some more cool, boiled water so we can wash his wound. Get a clean cloth and some soap, too."

I carefully cleaned around the edge of the wound with the soap and boiled water. When I finished, I poured some water on the wound so that the dirt that was stuck in the wound would wash away. There was still some dirt that would not wash away so I took another piece of cloth and twirled it about in the wound in order to get the dirt out. You take it out just as if you were picking a speck of dirt out of someone's eye.

When that was done, I washed the wound again with more water. "Leave the clean cloth on the wound and don't move it. Don't take it off. Even if he goes to sleep, keep on washing out the wound, Mary. Keep pouring the boiled water on it. I will show you how to make a solution out of guava leaves that you can wash the wound with. That is even better than washing it with just plain water."

Luggarug was better now. His wound was very serious, but the bleeding had stopped, and the wound was bandaged. "Here, drink this salty water again because your body needs it. You lost a lot of blood," I said to Luggarug.

"You drink it now," added someone else.

"You had better take him to the hospital as soon as you can so they can treat him and give him an anti-tetanus shot. He should really have the shot right away. Remember what happened to Dinurung, Tombali's father. He only had a little wound, but he died of it anyway because he got tetanus."

After Luggarug's family talked it over, they said, "That's probably the best thing to do. We'll carry him out, but the trouble is the river is high right now."

After they talked about it some more, John said, "Suppose we go ask our neighbours if the helicopter can take him. Let's go talk to them because if they agree, then everything will be fine." He went off to ask them.

The next morning, it was nice and sunny. After awhile the "bab, bab" of the helicopter could be heard. 'Bab! Bab! Bab! "It's the helicopter!" yelled the children as they ran down to the helicopter pad. Soon the helicopter arrived.

"Say, go ask the pilot again if he can take Luggarug to Tabuk," they said.

After a few minutes they shouted, "Get ready and gather up the things you need so you can take Luggarug."

"Let's carry him in our arms! Let's carry him in our arms," said those who were carrying him because he was a big man. They took him to the helicopter pad. They lifted him up into the helicopter, and the pilot had him lie down. Then they slammed the door of the helicopter, and it flew away bab, bab, babbling. "Thank goodness it was fine weather so the helicopter could come," said the people as they went away.

## QUESTIONS

1. What was Luggarug doing when he was wounded?  
Look on page 25
2. How did they stop the blood spurting out of his leg?  
Look on page 26
3. What did they keep on washing his wound with?  
Look on page 29
4. Why did they need to take Luggarug to the hospital in Tabuk?  
Look on page 30

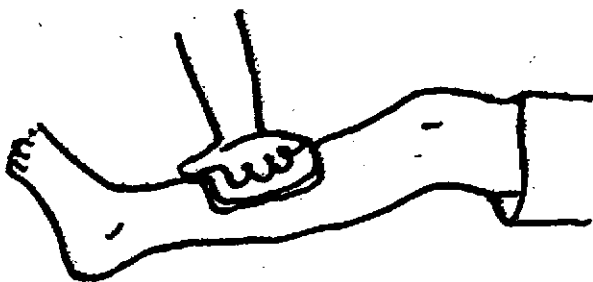
If you go to work - getting firewood, or clearing a plot of land, or any kind of work in which you use a sharp bolo or axe or whatever, be careful because you might accidentally hurt yourself. If you or your companions are wounded, here are the things you should do, because many people bleed to death from a little wound.

### CARE OF WOUNDS

#### FIRST - STOP THE BLEEDING!

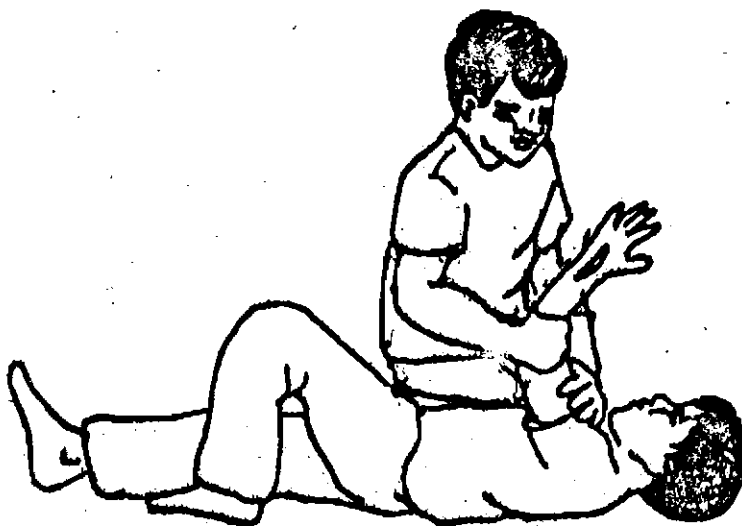
Fold a clean piece of cloth several times to form a pad.

Using the pad, apply strong pressure right on the wound to stop the flow of blood.

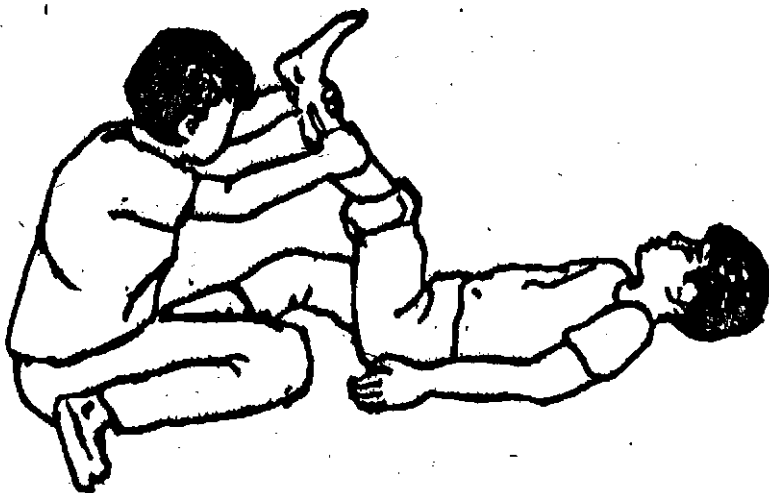


If no cloth is available, use your bare hands. First, wash any dirt from your hands.

Help the wounded one lift the wounded part over his head. If it is the arm, like this:



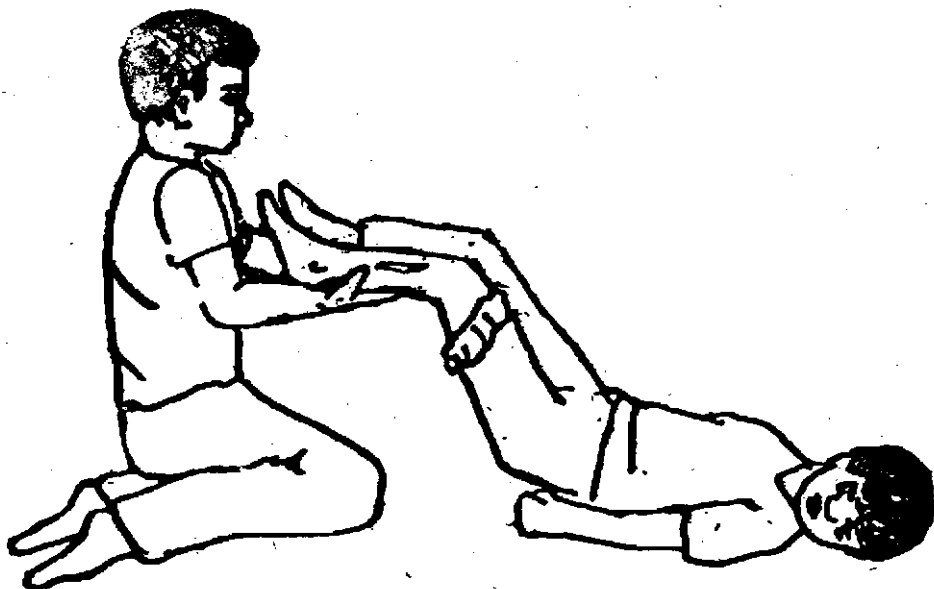
If it is the leg, like this:



If the pad becomes soaked with blood, add another pad on top and press more tightly. Do not remove the first pad.

Maintain the pressure for 10-20 minutes. Release slowly to check for continued bleeding.

If the wounded one feels faint, have him lie down. Lift his legs (not his head) like this:



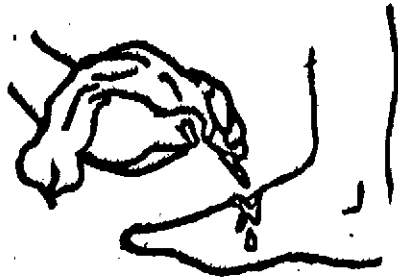
If the wounded one is conscious, have him drink plenty of water. Add one pinch of salt to each glass of water.

## FOLLOW-UP CARE

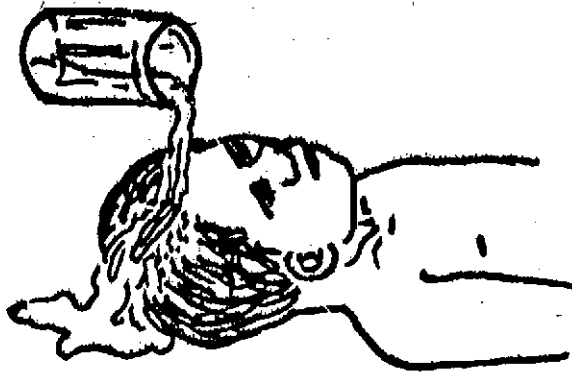
After the bleeding has stopped, wash the skin around the wound with soap and boiled water that is cool.

Pour plenty of cooled, clean water into the wound to float out all particles of dirt.

Remove any remaining particles of dirt with a tool or cloth.



For large wounds where much water is needed, add two pinches of salt and three handfuls of crushed, fresh guava leaves for each two cups of water. Boil for 30 minutes, then cool. Strain the mixture through a clean cloth. Pour the water into the wound.



Cover the wound with a clean, dry cloth. Replace the cloth whenever it gets wet and dirty.

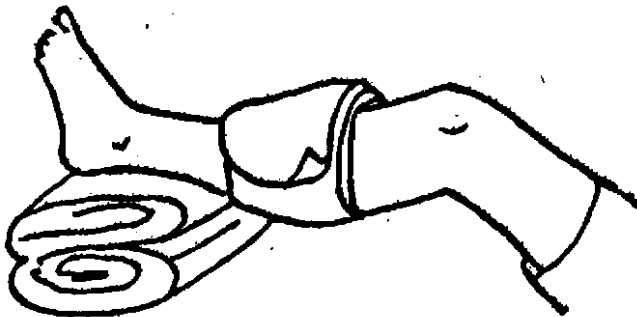
Wash and rinse the wound as instructed above twice daily until it closes.

If possible, take the wounded one to the doctor or Health Clinic for an anti-tetanus injection.

## CARE OF AN INFECTED WOUND

The wound may become red and swollen. The wounded one may become feverish. When this happens, there is an infection. Do the following things to treat an infected wound.

1. Prepare a solution with salt and water boiled with crushed guava leaves as already instructed on page 38.
2. Soak the wound in the warm water for 20-30 minutes. Do this three times a day or more.
3. If the wounded part cannot be immersed in water, soak a cloth in the hot water and cover the wound with the hot moist cloth. Keep reheating the cloth and applying it to the wound for 20 minutes many times throughout the day.



The infection will be healed faster if antibiotics can be given. One kind of antibiotic is Sumapen.

Dosage for Sumapen:

For adults and older children - give one capsule four times a day for 5-7 days.