ᑰᓇᐅᔭᓕᐅᕋᓱᐊᕐᓂᖅ ᓂᕿᓪᓚᑦᑖᓂᒃ ᓂᕿᓂᒡᓗ ᐊᑭᓖᔭᕆᐊᖃᕐᓂᕐᒧᑦ: ᑲᓚᓖᑦ ᓄᓈᑦ ᓄᓇᕗᑦᓗ ᑲᔪᓯᑐᐃᓐᓇᕆᐊᖃᕈᑎᒃ ᐃᓱᒪᒋᔭᐅᓯᒪᔪᑦ

ᔪᐊᓇ ᐱᑦᕋᓯᒃ ᒪᒃᑖᓄᑦ[1], ᑲᑐᕋᓐ ᕼᐅᑦ[1], ᔭᐃᒥᓯ ᕗᑦ[1], ᐊᓚᓴᓐ ᓴᑕᓐᒪ[2], ᐋᓚᓴᓐ ᒪᕈᕆ[2]

[1] ᐃᖅᑲᓇᐃᔭᕐᕕᐊᓂᒃ ᓄᓇᓕᕆᓂᕐᒥᒃ, ᒪᑭᐅᑦ ᓯᓚᑦᑐᖅᓴᕐᕕᒡᔪᐊᖅ, ᒪᑐᕆᐅᑦ ᑯᐸᒃ, ᑲᓇᑕᒥᑦ

[2] ᐃᖅᑲᓇᐃᔭᕐᕕᐊᓂᒃ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᑦ, ᓄᓇᕗᑦ ᒐᕙᒪᖕᒐᓂ, ᐃᖃᓗᖕᓂᑦ, ᑲᓇᑕᒥᑦ

ᐱᒋᐊᕈᑎᐊ

ᑲᓇᑕᐅᑉ ᐅᑭᐅᖅᑕᖅᑐᖕᒐᓂ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᖅ ᐊᒃᓱᕈᖕᓇᖅᑑᓂᖕᒐᓂ ᐊᑐᐃᓐᓇᐅᑎᑦᑎᓂᖅ ᓂᕿᓪᓚᑦᑖᓂᒃ, ᐱᓗᐊᖅᑐᒥᑦ ᐃᓄᐃᑦ ᓄᓇᖕᒐᓂᒃ. ᑕᐃᑲᖕᒐᓂ 2001–ᒥᓂ ᓂᕿᑦ ᑐᑭᒧᐊᒃᑕᐅᑦᑎᐊᓂᖕᒋᒻᒪᑕ ᓄᓇᕗᒥᑦ 25%–ᒥᑦ 70%-ᒧᑦ. ᑖᓐᓇ ᐊᑲᐅᖕᒋᓕᐅᕈᑎᕐᔪᐊᖅ ᑐᕋᒐᓇᓗᒍ, ᐊᑕᐅᓯᖅ ᐱᔾᔪᑎᖕᒐᑦ ᓄᓇᕗᒥᑦ ᓂᕿᖅᑲᐃᓐᓇᖅᑎᑦᑎᓂᕐᒧᑦ ᑐᑭᒧᐊᒍᑎᒃᓴᒥᑦ ᓄᓇᕗᒥᑦ ᓂᕿᑦ ᑐᑭᒧᐊᒍᑎᒃᓴᑦ ᐸᕐᓇᐅᑖᓂᒃ ᕿᒥᕐᕈᓗᒍ ᒪᑭᒪᔾᔪᑎᑦ ᑮᓇᐅᔭᒃᓴᒍᑕᐅᓇᓱᐊᕐᓗᑎᒃ ᓂᕿᓪᓚᑦᑖᑦ. ᐅᓂᒃᑳᓕᐅᖅᑕᐅᕋᑖᓚᐅᖅᑐᖅ ᑲᑎᒪᔨᒪᓇᒥᒃ ᓇᓗᓇᐃᖅᑕᐅᓂᖕᒐ ᓂᕿᑦ ᑐᑭᒧᐊᒍᑎᒃᓴᒥᒃ ᐅᑭᐅᖅᑕᖅᑐᒥᑦ ᑲᓇᑕᒥᑦ ᐊᐃᕙᓯᒪᔪᑦ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᓇᓱᐊᖅᑎᓪᓗᒍ ᓂᕿᓪᓚᑦᑖᑦ ᐊᑐᐃᓐᓇᐅᓕᖅᑎᒃᑲᓐᓂᕐᓗᒋᑦ ᓂᕿᑦ. ᑖᓐᓇ ᐱᓕᕆᐊᒃᓴᖅ ᖃᐅᔨᓴᐅᑕᐅᔪᖅ ᐋᖅᑭᒃᓱᐃᑐᐃᓐᓇᕋᓱᒋᔭᐅᓗᓂ ᓯᔪᒪᒧᐊᒃᓴᐃᓗᓂᓗ ᓂᕿᓪᓚᑦᑖᓂᒃ ᑮᓇᐅᔭᒃᓴᕈᑎᒃᓴᓂᒃ ᓄᓇᕗᒥᑦ ᒪᓕᒃᓗᒍ ᐊᑐᖅᑕᐅᒐᔪᒃᑐᒥᒃ ᖃᖕᒐᑕᓱᑯᒃᑕᐅᖃᑦᑕᖅᑎᓪᓗᒋᑦ ᓂᕿᓪᓚᑦᑖᑦ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᓇᓱᐊᒃᑐᓂᒃ ᑲᓛᓕ ᓄᓈᓂᑦ (ᖃᐅᔨᒪᔭᐅᒋᓪᓗᓂ ᑲᓛᓖᐊᕋᕐᒥᑦ ᐊᑯᑭᑦᑐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐸᕋᑦᑎᑦ ᑕᐃᓂᓯᑐᑦ).

ᖃᐅᔨᓴᐅᑕᐅᔪᑦ ᐊᐱᖅᑯᑎᑦ

1. ᖃᓄᖅ ᓂᕿᓪᓚᑦᑖᓂᒃ ᑮᓇᐅᔭᒃᓴᕋᓱᐊᓱᖑᒪᑕ ᑲᓛᓕᑦ ᓄᓈᓂᒃ ᐊᐅᓚᑕᐅᓱᖑᒪᑦ?
2. ᓂᕿᓪᓚᑦᑖᑦ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᓇᓱᐊᖅᓗᓂ ᐊᒃᑐᐃᓯᒪᖕᒪᑦ ᓂᕿᓂᒃ ᑐᑭᒧᐊᒍᑕᐅᓇᓱᒃᓗᓂ?
3. ᖃᓄᖅ ᑲᓛᓕᑦ ᓄᓈᓂᑦ ᐱᓕᕆᐊᖃᖅᓯᒪᕙᑦ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᓇᓱᐊᖅᑐᓂᒃ ᑐᓴᖅᑎᑕᐅᔪᓐᓇᖅᐸᑦ ᓄᓇᕗᒥᑦ ᓂᕿᓂᒃ ᑐᑭᒧᐊᒍᑎᖃᕋᓱᒃᑎᓪᓗᒋᑦ?

ᐅᐸᓗᖕᒐᐃᕐᓂᖅ

ᐊᑐᖅᑕᐅᓱᖅ ᑎᑎᖅᑲᓕᕆᓂᕐᒧᑦ ᕿᒥᕐᕈᓂᖅ

ᕿᒥᕐᕈᓗᒍ PubMed, Ovid/Medline, Google Scholar ᐊᒻᒪ Google ᓇᓗᓇᐃᕋᓱᒡᓗᒋᑦ ᓴᖅᑭᑕᐅᔪᓕᒫᑦ ᐊᑐᐃᓐᓇᐅᔪᓪᓗ ᑕᑯᓇᑦᑎᐊᕐᓗᒋᑦ ᕿᒥᕐᕈᔭᐅᔪᕕᓃᑦ ᐊᒻᒪ ᐊᑐᐃᓐᓇᐅᖕᒋᑦᑐᓪᓗ ᕿᒥᕐᕈᔭᐅᓯᒪᔪᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᖃᓪᓗᓈᑎᑐᑦ, ᐅᐃᕖᑎᑐᑦ ᐊᒻᒪ ᑕᐃᓂᔅᑎᑐᑦ. ᐅᖃᐅᓯᐅᔪᓪᓗ ᐅᑎᒧᖕᒐᔪᑦ. ᕿᒥᕐᕈᔭᐅᓯᒪᕙᑦ 119 ᑎᑎᖅᑲᑦ.

ᑐᓴᒐᒃᓴᓪᓚᑦᑖᑦ ᐊᐱᖅᑯᑕᐅᓯᒪᔪᑦ

40 ᖃᐅᔨᓴᐅᑕᐅᔪᑦ ᐊᐱᖅᑯᑎᑦ 48–ᓂᒃ ᑐᓴᒐᒃᓴᓪᓚᑦᑖᓂᒃ ᐱᖃᑕᓱᐅᑎᕙᑦ ᐃᓱᒪᓕᐅᕈᑎᓂᒃ, ᐃᓈᖃᑎᑏᑦ ᑲᑐᔾᔨᖃᑎᖕᒋᑦ, ᖃᐅᔨᓴᖅᑎᑦ ᐊᒻᒪ ᑭᒡᒐᖅᑐᐃᔨᑦ ᐃᓄᐃᑦ ᑲᑐᔾᔨᖃᑎᖕᒋᓐᓄᑦ ᑰᐸᓐᐊᐃᑲᓐ, ᕈᔾᑭᑐ, ᐋᖃᐅᔾ, ᓈᒃ, ᖃᕿᕐᑕᕐᓱᐊᖅ, ᐃᖃᓄᐃᑦ, ᐸᖕᓂᖅᑑᖅ, ᑲᖕᒋᖅᓱᓂᖅ ᐊᒻᒪ ᒪᓐᑐᕆᐅᓪ. ᑎᑎᖅᑲᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑦ ᐊᑐᖅᑕᐅᒐᔪᒃᑐᓂᒃ ᐊᔾᔨᒋᓕᖅᑎᑦᑎᓇᓱᐊᖅᓗᑎᒃ.

ᑎᑎᖅᑲᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑦ

- **ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᐊᓱᔾᔨᖅᓯᓂᖅ** ᓄᓇᓕᖕᓂᒃ ᓂᕿᖕᒋᓐᓂᒃ ‘ᐱᖕᒐᓇᖅᐸᓯᐊᓂᒃ’ ᓂᕿᖕᒋᓐᓂᒃ ᑲᔪᒍᓐᓇᖅᐳᖅ ᑕᒪᒃᑭᑦ ᑲᓛᓕᒥᑦ ᓄᓇᕗᒥᓪᓗ ᑭᓯᐊᓂᒃ ᓂᕿᓪᓚᑦᑖᑦ ᐃᓕᖅᑯᓯᕐᒧᖕᒐᓂᖕᒐ ᓇᓗᓇᐃᖅᓯᒪᔪᖅ, ᓄᓇᓕᖕᓂᒃ, ᑲᑎᓱᐃᓂᖅ ᓇᓗᓇᐃᕈᑖᓂᒃ, ᐃᓕᖅᑯᓯᒧᖕᒐᑦᑎᐊᖅᓗᓂ ᐊᒻᒪ ᐊᑕᐅᓯᐅᑎᑦᑎᓗᓂ.
- **ᐊᔾᔨᑏᖕᒋᑦᑐᓂᒃ ᑮᓇᐅᔭᒃᓴᕋᓱᐊᕐᓂᖅ** ᑕᒪᒃᑭᑦ ᓂᓇᖃᑦᑕᕐᓂᖅ ᐊᒻᒪ ᐃᖅᑲᓇᐃᔭᕐᓂᖅ ᑐᑭᓯᓇᑦᑎᐊᖅᐳᖅ ᑕᒪᒃᑭᒃ ᑲᓛᓕᑦ ᓄᓈᓂᑦ ᓄᓇᕗᒥᓪᓗ.

- **ᐱᖅᑯᓯᑐᖃᕐᒥᑦ ᓂᕿᖃᑎᖃᖅᓂᖅ** ᐊᑑᑎᑦᑕᕆᒃᐳᖅ ᐃᓅᖃᑎᒌᓄᑦ ᐊᒻᒪ ᐃᓄᐃᑦ ᓄᓇᖓᓂᒃ ᐃᓅᖃᑎᖏᓐᓄᑦ ᐊᒻᒪ ᓂᕿᓪᓕᑦᑖᖅᑕᑲᓐᓂᕐᓂᖅ ᐊᑐᐃᓐᓇᐅᑎᑦᑎᓂᕐᓗ.
- **ᑲᓚᓖᑦ ᓄᓇᓂᒃ ᓂᐅᕈᑎᖃᖃᑦᑕᖅᓯᒪᕗᑦ** 150–ᓂᒃ ᐊᕐᕌᒍᑦ ᖃᖏᖅᓱᒋᑦ. ᓂᕿᑦ ᑲᓚᓖᑦ ᓄᓇᓂᒃ ᓂᐅᕕᐊᒃᓴᐅᖃᑦᑕᖅᑐᑦ ᐅᖃᐅᓯᐅᒐᔪᒃᐳᖅ ᐊᓯᖏᓐᓂᒃ ᐅᑭᐅᖅᑕᖅᑐᒥᑦ ᐱᔪᒥᓇᖅᓴᐃᓗᑎᒡᓗ ᑲᓚᓖᑦ ᓄᓇᓂᒃ ᐊᖏᕋᖏᑕ ᒐᕙᒪᖓᓂᒃ ᐊᐅᓚᑕᐅᕗᖅ.
- **ᓄᓇᕗᒥᑦ ᓂᐅᕈᑎᖃᒐᔪᖏᑦᑐᑦ** (ᓱᕐᓗ ᐱᓕᕆᐊᒃᓴᐅᓗᓂ ᓄᓇᕗᒥᑦ). ᓂᕿᓪᓕᑦᑖᑦ ᓂᐅᕈᑎᒋᔭᐅᒐᔪᒃᐳᑦ ᓇᖕᒥᓂᖅ ᑮᓇᐅᔭᒃᓴᐅᑎᑦᑎᐊᕙᐅᓗᓂᓗ ᓂᕿᓪᓕᑦᑖᑦ ᐱᓕᕆᐊᒃᓴᑦᑎᐊᕙᐅᕗᖅ ᐊᔾᔨᒌᖏᑦᑐᓂᒃ ᐊᕕᒃᑐᖅᓯᒪᔪᓂᒃ.

ᑐᓴᒐᒃᓴᓪᓕᓈᑦ ᐊᐱᖅᓱᖅᑕᐅᓂᒃᑯᑦ ᖃᐅᔨᔭᐅᔪᑦ

ᑲᓚᓖᑦ ᓄᓈᓂᑦ

- ᐊᖑᓇᓱᒃᓂᕐᒧᑦ ᐱᔪᓐᓇᐅᑎᖃᕆᐊᓕᒃ (ᐊᖑᓇᓱᒃᑎᓪᓕᕆᖕᒥᒃ, ᐱᔪᓐᓇᖅᑐᖃᖅᑎᓪᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᙵᐊᕐᓂᒃᑯᑦ) ᐊᖑᓇᓱᒃᑐᐃᓐᓇᐅᓪᓗᑎᒃ ᐃᖃᓪᓕᐊᕐᓂᒃᑯᓪᓗ. ᐊᖑᓇᓱᒃᑐᓕᒫᑦ ᐊᕐᕌᒍᑕᒫᖅ ᐅᓂᒃᑳᓕᐅᕆᐊᖃᕐᑯᔭᐅᔪᑦ.

- ᐊᖑᓇᓱᒍᓐᓇᐅᑎᑦ ᐃᖃᓪᓕᐅᕈᑎᑦ ᐊᑐᐊᒐᓪᓗ ᐃᓱᒪᒋᔭᐅᖃᑦᑕᖅᐳᑦ ᖃᓄᐃᑦᑐᓂᖏᑦ ᐆᒪᔪᓄᑦ ᒥᓂᔅᑕᒧᑦ ᐊᖑᓇᓱᒃᑐᓕᕆᔨᒃᑯᑦ, ᐃᖃᓪᓕᐊᖅᑎᒃᑯᑦ ᐱᕈᓴᐃᔨᓪᓗ ᓄᓇᓖᖕᓂᒃ ᑐᓂᐅᖃᖅᑕᖏᓐᓂᒃ.

- ᐊᖑᓇᓱᒃᑎᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᕐᓂᒃ ᐊᖑᓇᓱᖃᑦᑕᖅᑕᖏᓐᓂᒃ (ᓱᕐᓗ ᕈᐃᔪ ᑲᓚᓖᑦ ᓄᓈᓂᒃ ᓂᐅᕈᑕᐅᓪᓗᑎᒃ, ᓂᕈᑎᖃᕐᓂᕐᒧᑦ ᒪᒃᐱᖓᑎᑦᑎᓂᖅ, ᓇᖕᒥᓂᕆᔭᐅᔪᓂᒃ ᑕᐃᒪᓐᓇᕈᔪᒃ) ᐅᓄᕐᓂᖅᓴᑦ ᐱᖃᑕᐅᔪᑦ ᑖᒃᑯᐊ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᑦ ᓈᒻᒪᖃᑦᑕᕐᓂᖏᓐᓄᑦ ᐱᔨᑦᑎᖅᑕᖏᓐᓄᑦ.

- ᓇᖕᒥᓂᖃᑎᐅᖃᑕᐅᔪᓪᓕᕆᑦ: ᒥᓂᔅᑕᖓᑦ ᐊᖑᓇᓱᒃᑎᓂᒃ, ᐃᖃᓪᓕᐊᖅᑎᓂᒃ ᐊᒻᒪ ᐱᕈᖅᑐᕕᓂᓕᕆᓂᖅ, ᓄᓇᓖᑦ, ᑲᓛᓪᓕᑦ ᓄᓈᓐᓂ ᐋᓕᓴᕐᑐᑦ ᑲᑦᑕᕐᕕᐊᑦᓂᒃ, ᐊᖑᓇᓱᒃᑎᑦ, ᑮᓇᐅᔭᒃᓴᕋᓱᐊᖅᑐᓄᑦ ᐊᐅᓚᑦᑎᔨᑦ ᓱᕐᓗ ᕈᐃᔪᑦ ᑲᓚᓖᑦ ᓄᓈᓂᑦ)

ᓄᓇᕗᑦ

- ᐃᓄᐃᑦ ᐊᖑᓇᓱᒋᐊᕐᓗᑎᒃ ᐃᖃᓪᓕᐊᕐᓗᑎᒡᔫᓐᓃᑦ ᓄᓇᕗᒥᑦ ᐊᖑᓇᓱᒍᓐᓇᐅᑎᖃᕆᐊᖃᖏᑦᑐᑦ. ᓄᓇᕗᒥᑦ ᓄᓇᑖᕈᑎᐊᓂ ᐊᖏᕈᑎᐊᓂᒃ ᐊᑎᖃᖃᑕᐅᔪᓕᒫᑦ ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑦ ᒪᑭᒪᐅᔭᔪᑎᓄᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᖑᓇᓱᒍᓐᓇᖅᓱᑎᒃ ᓂᐅᕈᑎᖃᕐᓗᑎᒡᓗ ᓂᕐᔪᑎᑕᖅᑕᖏᓐᓂᒃ ᐃᓚᔭᕆᖕᓂᒡᓗ.

- ᓄᓇᕗᒥᑦ ᐆᒪᔪᕐᓂᐊᖅᑎᑦ ᐊᐅᓚᑦᑎᔨᖏᑕ ᑲᑎᒪᔨᖏᑦ ᐊᐅᓚᑦᑎᕗᑦ ᐱᔭᒃᓴᖃᖅᓱᑎᒡᓗ ᑲᑐᔾᔨᖃᑎᒌᖑᓪᓗᑎᒃ ᐆᒪᔪᓂᒃ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ.

- ᓄᓇᕗᒥᑦ ᖃᓄᐃᑦᑐᕈᓗᔭᕐᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕈᑎᖃᑦᑕᖅᐳᑦ (ᓱᕐᓗ Facebook–ᑯᑦ ᓂᐅᕕᒃᓴᖃᖅᑐᑦ, ᓂᕿᑖᕐᕕᖕᒥᑦ ᓂᐅᕈᑕᐅᓲᑦ ᐳᖃᖅᑕᐅᓪᓗᑎᒃ, ᓄᓇᓕᖕᓂᒃ ᓂᕕᖅᑎᑦᑎᓲᓂᒃ ᑕᐃᒪᓐᓇᕈᔪᒃ) ᑭᓯᐊᓂ ᐋᔨᖃᑎᒌᖏᓗᐊᕐᒪᑕ ᐃᖃᓗᖕᓂᑦ ᑖᒃᑯᐊ ᐊᑐᐃᓐᓇᐅᔪᓐᓇᕐᒪᖔᑦ ᐊᒻᒪ ᓂᕈᑎᖃᕈᒪᔪᑦ ᐃᑲᔪᕈᓐᓇᕐᒪᖔᑕᓗ ᐊᔾᔨᒋᖏᑕᖓᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᓂᒃ.

ᓄᓇᕗᑦ

- ᐃᓄᐃᑦ ᐊᖑᓇᓱᒋᐊᕐᓗᑎᒃ ᐃᖃᓪᓕᐊᕐᓗᑎᒡᔫᓐᓃᑦ ᓄᓇᕗᒥᑦ ᐊᖑᓇᓱᒍᓐᓇᐅᑎᖃᕆᐊᖃᖏᑦᑐᑦ. ᓄᓇᕗᒥᑦ ᓄᓇᑖᕈᑎᐊᓂ ᐊᖏᕈᑎᐊᓂᒃ ᐊᑎᖃᖃᑕᐅᔪᓕᒫᑦ ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑦ ᒪᑭᒪᐅᔭᔪᑎᓄᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᖑᓇᓱᒍᓐᓇᖅᓱᑎᒃ ᓂᐅᕈᑎᖃᕐᓗᑎᒡᓗ ᓂᕐᔪᑎᑕᖅᑕᖏᓐᓂᒃ ᐃᓚᔭᕆᖕᓂᒡᓗ.

- ᓄᓇᕗᒥᑦ ᖃᓄᐃᑦᑐᕈᓗᔭᕐᓂᒃ ᓂᕿᓂᒃ ᓂᐅᕈᑎᖃᑦᑕᖅᐳᑦ (ᓱᕐᓗ Facebook–ᑯᑦ ᓂᐅᕕᒃᓴᖃᖅᑐᑦ, ᓂᕿᑖᕐᕕᖕᒥᑦ ᓂᐅᕈᑕᐅᓲᑦ ᐳᖃᖅᑕᐅᓪᓗᑎᒃ, ᓄᓇᓕᖕᓂᒃ ᓂᕕᖅᑎᑦᑎᓲᓂᒃ ᑕᐃᒪᓐᓇᕈᔪᒃ) ᑭᓯᐊᓂ ᐋᔨᖃᑎᒌᖏᓗᐊᕐᒪᑕ ᐃᖃᓗᖕᓂᑦ ᑖᒃᑯᐊ ᐊᑐᐃᓐᓇᐅᔪᓐᓇᕐᒪᖔᑦ ᐊᒻᒪ ᓂᕈᑎᖃᕈᒪᔪᑦ ᐃᑲᔪᕈᓐᓇᕐᒪᖔᑕᓗ ᐊᔾᔨᒋᖏᑕᖓᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᓂᒃ.

- ᓇᖕᒥᓂᕐᑲᖅᑎᐅᕐᑲᑎᑏᑦᓚᓈᑦ: ᐊᕙᑎᓕᕆᔨᒃᑯᑦ, ᓄᓇᕗᑦ ᑐᙵᕕᒃᑯᑦ, ᓄᓇᕗᒥᑦ ᐆᒪᔪᕐᓂᐊᖅᑏᑦ ᐊᐅᓚᑦᑎᔨᖕᒋᑕ ᑲᑎᒪᔨᖕᒋᑦ, ᐊᕕᒃᑐᖅᓯᒪᔪᑦ ᐆᒪᔪᕐᓂᐊᖅᑏᑦ ᑎᑎᕋᕐᕕᖕᒋᑦ, ᐊᖑᓇᓱᒃᑐᓕᕆᔨᒃᑯᑦ, ᐅᑭᐅᖅᑕᖅᑐᒥᒃ ᐱᕙᓪᓕᐊᔪᓕᕆᔨᑦ, ᓂᐅᕕᖅᑎᑦ.

ᕿᒥᕐᕈᔭᐅᓯᒪᔪᑦ ᐃᑲᔫᑎᑦ

- ᓂᕿᓪᓚᑦᑖᑦ ᐊᑐᐃᓐᓇᐅᓕᖅᑎᒃᑲᓐᓂᕐᓗᒋᑦ
- ᐊᖑᓇᓱᒃᑎᓄᑦ ᑮᓇᐅᔭᒃᓴᕈᑎᐅᒃᑲᓐᓂᓕᕐᓗᑎᒃ
- ᐊᖑᓇᓱᖕᓂᖅ ᐃᑲᔪᖅᓱᕐᓗᒍ ᒪᑭᒪᔾᔪᑎᑦ
- ᐊᔾᔨᐅᖕᒋᑦᑐᓂᒃ ᐊᖑᓇᓱᒍᒥᓇᖅᓯᑎᑦᑎᓇᓱᐊᕐᓗᑎᒃ ᓯᕗᒻᒧᐊᒃᓴᐃᓗᑎᒡᓗ ᐆᒪᔪᑦ ᐱᖅᑯᓯᕐᒥᖕᒫᖅᑐᓂ
- ᐃᓕᖅᑯᓯᓄᖕᒐᔪᒃᑲᓐᓂᑦ ᐃᑲᔫᑎᑦ

ᐊᒃᓱᕈᓐᓇᖅᑑᔪᑦ

- ᑲᑐᔾᔨᖅᑎᑏᑎᐊᖕᒋᒻᒪᑕ
- ᐆᒪᔪᖅᑲᖅᑎᑦᑎᓐᓇᕆᐊᖅᑲᕐᓂᖅ
- ᐊᖑᓇᓱᒐᓱᐊᕐᓗᓂ ᐊᒡᕕᐊᕈᑎᑦ (ᓱᕐᓗ ᐊᑭᑐᓂᖕᒐᓂ, ᐊᖑᓇᓱᒃᑐᖅᑲᓗᐊᕈᓐᓇᖕᒋᒻᒪᑦ)
- ᓂᕿᖅᑲᑦᑎᐊᖕᒋᓐᓂᖅ
- ᖃᓄᐃᓕᐅᕐᓂᐊᓂᕐᒥᓄᑦ ᐊᕖᔅᖅᑎᖅᑲᖕᒋᓗᐊᕐᒪᑕ

ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎ ᑲᔪᓯᑎᓐᓇᓱᐊᕐᓗᒍ

ᐃᓱᒪᒋᓗᒍ ᓂᐅᕈᑎᖅᑲᕈᓐᓇᖅᓯᒪᖕᒐᑕ

ᑲᓚᓕᑦ ᓄᓈᓂᒃ ᓯᕗᓂᐊᓂᒃ ᐊᔾᔨᑏᖕᒋᑦᑐᓪᓗ ᐃᓅᖅᑎᑏᑦ ᑮᓇᐅᔭᒃᓴᕈᑎᖕᒋᑦ ᐊᒻᒪ ᓄᓇᕗᑦ ᐱᓕᕆᐊᖑᔪᓐᓇᑦᑎᐊᖅᑐᖅ ᑭᓯᐊᓂ ᐊᐅᑉᐸᖕᒐᒐᒍᑦ ᐊᔪᑐᐃᓐᓇᕆᐊᓕᒃ. ᐊᖕᒋᓗᐊᓂᖕᒋᑦ ᓄᓇᓕᖕᓂᒃ ᓄᓇᕗᒥᑦ ᓂᕿᓪᓚᑦᓄᑦ ᑮᓇᐅᔭᒃᓴᕈᑕᐅᓇᓱᖕᓂᖕᒐ ᓄᓇᓕᖕᓂᒃ ᐃᓕᓴᕆᔭᐅᖕᒋᒻᒪᑦ ᓯᕗᓪᓕᐅᔾᔨᔭᕆᐊᖅᑲᖅᑐᓂᒃ ᐱᓇᓱᐊᖅᑕᐅᔪᓐᓇᖅᑐᓂᒡᓗ, ᐱᓕᕆᐊᒃᓴᓂᒃ ᐊᒻᒪ ᒪᑭᒪᔾᔪᑎᓂᒃ.

ᐋᖅᑭᒃᓱᐃᓂᖅ ᐊᔾᔨᑏᖕᒋᑦᑐᓂᒃ ᐱᖁᑎᓄᑦ ᐊᒻᒪ ᑐᒃᓯᕋᖅᑕᐅᔪᓂᒃ

ᑲᓚᓖᑦ ᓄᓈᓂᑦ ᓂᕿᓪᓚᑦᑖᑦ ᐊᑐᐃᓐᓇᐅᒐᔪᒃᑐᑦ. ᐊᒃᓱᕈᑎᖕᒋᑦ ᓄᓇᕗᒥᑦ ᐊᖕᒋᔫᕗᖅ ᐱᖁᑎᓄᑦ ᑐᒃᓯᕋᖅᑕᐅᔪᓄᑦ ᒪᑭᒪᔾᔪᑎᐅᓕᕈᓐᓇᖅᑐᓂᒃ ᑮᓇᐅᔭᓂᒡᓗ ᐊᑑᑎᖅᑲᕈᓐᓇᖅᑐᓂᒃ ᓂᐅᕈᑎᖅᑲᕐᓂᕐᒧᑦ.

ᐋᖅᑭᒃᓱᐃᓂᖅ ᐃᓱᒪᒋᔭᐅᔪᓂᒃ

ᐆᒃᑐᑎᑦ ᐋᖅᑭᒃᓯᒪᔪᑦ ᐱᐅᔪᒥᒃ ᐊᑐᕈᓐᓇᖅᑐᑦ ᓂᕿᓪᓚᑦᑖᓂᒃ ᓂᐅᕈᑎᖅᑲᕐᓂᖅ (ᓱᕐᓗ ᐱᓕᕆᐊᒃᓴᖅ ᓄᓇᕗᒥᑦ), ᐊᔾᔨᑏᖕᒋᑦᑐᓂᒃ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᑕᖅᑲᖅᐳᖅ ᓂᕿᓪᓚᑦᑖᓂᒃ ᓂᐅᕈᑎᖅᑲᕐᓂᖅ ᓄᓇᕗᑦ ᓄᓇᓕᖕᒋᓐᓂᒃ.

ᐊᐅᓚᑦᑎᓂᖅ ᓂᐅᕈᑎᖅᑲᕐᓂᕐᒧᑦ ᐃᓱᒪᒋᓗᒍ

ᐊᑲᐅᖕᒋᓕᐅᕈᑎᑦ ᓱᕐᓗ ᑖᒃᓲᔭᕐᓂᖅ, ᐃᑲᕋᓕᐅᕐᓂᖅ ᐊᒻᒪ ᑮᓇᐅᔭᒃᓴᕐᓂᖅ, ᖃᓄᑎᒋ ᐃᓕᓐᓂᐊᕐᓂᕐᒧᑦᓗ ᓂᕿᓂᒡᓗ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐊᑑᑎᑦᓚᓇᒃᐳᑦ.

ᑐᓴᖅᑎᑕᐅᓇᓱᐊᖅᑐᑦ

ᑲᓚᓖᑦ ᓄᓈᓂᑦ ᓂᐅᕈᑎᖃᕋᓱᒐᔪᒃᐳᑦ ᑮᓇᐅᔭᓕᐅᑦᑎᐊᖅᑐᓂᒃ ᑐᓴᖅᑎᑦᑎᓇᓱᐊᖅᓗᑎᒡᓕ ᓂᐅᕈᑎᖃᓕᕋᔭᕐᓂᕐᒧᑦ ᓄᓇᕗᒥᑦ ᑮᓇᐅᔭᓕᐅᓗᐊᖅᐸᖕᒋᑦᑐᓄᑦ ᐱᖃᑕᐅᖕᒋᓗᑎᒃ ᓂᕿᓪᓚᑦᑖᑦ ᓂᐅᕕᐊᒃᓴᑦ ᐱᔭᕆᐊᖃᓪᓚᕆᒃᑐᓂᒡᓗ.

ᐃᓕᓴᕆᔭᐅᔪᑦ

ᑕᓯᓯᒥᖓ ᖃᐅᔨᓴᖅᑎᓪᓗᒋᑦ ᖁᔭᓪᓕᑦᑎᐊᐳᑦ ᑐᓴᖅᑕᐅᔭᕆᐊᖃᖅᑐᓕᒪᑦ ᐱᖃᑕᐅᔪᓂᒃ. ᖁᔭᓕᒋᕗᓪᓗ ᓱᕝ ᔪᐊᐅᑦ ᓴᐃᑲᐸᓴᓐ ᐃᑲᔪᖅᑲᑕᐅᑎᓪᓗᒍ ᑕᓂᓯ ᑎᑎᕋᐅᓯᖕᒋᓐᓄᑦ ᕿᒥᕈᑎᓪᓗᒍ.

ᓇᓗᓇᐃᒃᑯᑕᑦ

ᕗᕐᒐᓪ ᓯ, ᐊᐊᒻᒧᑕᓐ ᓯ, ᒥᐊᑲᓐ ᓴ. ᕋᔭᑕᕝ ᕕ. ᓄᓇᕗᑦ ᒐᕙᒪᖓᑦ, ᔫᓂ 2012:106-ᒥᑦ.

ᓄᓇᕗᒥᑦ ᓂᕿᕋᑲᕈᓐᓇᕐᓂᕐᒧᑦ ᑲᑐᔾᔨᕋᑲᑎᖕᒋᑦ. ᓄᓇᕗᒥᑦ ᓂᕿᓂᒃ ᐸᕐᓇᐃᔨ ᐸᕐᓇᐅᑖᓂᒡᓗ 2014-16-ᒥᑦ.

ᑲᑎᒪᔨᑦ ᑲᓇᑕᒥᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒋᓐᓂᒃ, ᓈᓚᒃᑎᒻᒪᓈᑦ ᖃᐅᔨᒪᓂᕐᒧᑦ ᓂᕿᕋᑲᕈᓐᓇᕐᓂᕐᒥᑦ ᐅᑭᐅᖅᑕᖅᑐᒥᑦ ᑲᓇᑕᒥᑦ.

ᐅᓂᒃᑳᓇᔭᐅᓇᓱᐊᖅᑐᖅ: ᓄᓇᖃᖅᑳᓯᒪᔪᑦ ᓂᕿᕋᑲᕈᓐᓇᕐᓂᖅ ᐅᑭᐅᖅᑕᖅᑐᒥᑦ ᑲᓇᑕᒥᑦ: ᖃᐅᔨᓴᖅᑕᐅᔪᖅ ᖃᐅᔨᒪᔪᒥᒃ.

ᓚᕐᓴᓐ ᔭᓇ, ᕙᓐᑕᐊᐊᓪ ᒋ, ᓄᑕᒃ ᑲᑎᒪᔨᖕᒋᑦ ᒥᓂᔅᑕ, ᓄᐊᑎᑦ ᑲᑎᒪᔨᖕᒋᑦ ᒥᓂᔅᑕᐅᑉ ᑎᑎᕋᖅᑎᖕᒋᑦ. ᐅᑭᐅᖅᑕᖅᑐᒥᑦ ᐃᓄᖕᓄᑦ ᐱᕙᓪᓕᐊᔪᑦ ᐅᓂᒃᑳᓕᐊᖅ: ᐊᕕᒃᑐᖅᓯᒪᔪᑦ ᐱᓕᕆᐊᖕᒋᑦ ᓯᓚᕐᔪᐊᒨᖓᔪᓄᓪᓗ ᑐᕌᖓᔪᑦ (AHDR-II).

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