

Dhaawaaca Maskax gariirka ah Concussions (Somali)

Dhaawaca maskax gariirka waa nooc ka mid ah dhaawaca madaxa. Waxay dhacdaa marka maskaxdu si degdeg ah ugu dhex dhaqaaqdo gudaha dhafoorka sababtoo ah barar, gariir, ama madaxa ku dhac meel.

Goorta dhaawaca maskax gariirku dhaco:

- Dhaawaca maskaxdu inta badan waa muddo gaaban (ku meel gaar ah).
- Waqti yar waxaa laga yabaa in ilmahaagu u fikiro, u dhaqmo, ama dareemo si kaduwan sidiisi hore.
- Si taxadar leh u ilaali ilmahaaga 4 ilaa 8 saacadood ee soo socota.

Hadii aad u maleeyso in ilmahaagu qabo dhaawaca maskax gariirka ah, samee ugu yaraan mid ka mid ah kuwan soo socda:

- Wac dhakhtarka ilmahaaga ama bixiyaha xanaanada caafimaadka si aad u hesho tilmaamo.
- Tag rugta daryeelka degdegga ah ama waaxda gurmada.
- Ballan ka qabso Xarunta dhaawaca maskax gariirka ee Cisbitaalka Qaranka ee Carruurta.



24 ilaa 48 saacadood ee ugu horeeysa

- U ogolow ilmahaaga inuu hurdo gaaban qaato ama nasto mar kasta ay u baahdaan inta lagu jiro maalinta. Waxaa laga yaabaa inay u baahdaan inay guriga ka joogaan 1 ilaa 2 maalmood.

- Cunugaagu wuxuu u baahan yahay hurdo fiican habeenkii. Uma baahnid in aad kiciso sifo aad u hubiso ayaga.
- Isticmaal bacaha barafka madaxa iyo qoorta sifo uga yaraado xanuunka.
- Haddii ay madax-xanuun yar dareemaan 24 saacadood gudahood, sii daawada xanuun baabi'iyaha ee la heli karo ayada oo aan jirin warqada daawada uu qoray dhaqtar (OTC), sida acetaminophen (Tylenol®). 24 saacadood ka dib, sidoo kale waa caadi in la siiyo **ibuprofen (Motrin®, Advil®)**. Akhri sumadda si aad u ogaato qiyaasta saxda ah ee cunuggaaga.
- Ka fogeey shaashadaha, sida TV-ga, kombayutarada, tablet-yada, iyo talefannada gacanta.
- Inta badan carruurta waxay ku noqdaan dugsiga 1 ilaa 3 maalmood gudahood ka dib dhaawaca maskax gariirka.
 - Calaamadaha qaarkood ayaa laga yaabaa inay si ku-meel-gaar ah u fiicnaadaan laakiin haddana soo noqdaan.
 - U sheeg shaqaalaha dugsiga ina madaxa uu dhaawac ka soo gaaray. Tani waxay ka caawinaysaa shaqaalaha inay u diyaar garoobaan isbedel kasta oo ilmahaagu yeelan karo, sida arrimaha iftiinka, buuqa, dhaqanka, diirada, ama xusuusta.
 - Sidoo kale u sheeg shaqaalaha dugsiga wax ka beddelka baahidooda maalmeed ee dugsiga si ay uga caawiyaan waxbarashada.
- Samee ballan lasocosho ee dhakhtarka ilmahaaga ama bixiyaha xanaanada caafimaadka. Booqashadaas, u sheeg wixii dhibaato ah ee ilmahaagu wali haysto.

Calaamadaha iyo Astaamaha

Calaamadaha dhaawaca maskax gariirka waxay noqon karaan kuwo khafiif ah ama daran. Sidoo kale way iman karaan oo tegi karaan. Waxay qaadan karaan daqiiqado ilaa toddobaadyo, laakiin dhammaantood waa inay waq ku tagaan.

Muuq	• Madax xanuunka ama cadaadiska madaxa ah • Lalabbo ama gocosha hunqaaco (matag) • Aan u adkeysan karin iftiinka • Aan u adkeysan karin qeylada • Qoor xanuun • Dhibaatooyinka dheelitirka • Wareer • Aragga iskudarsan
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Fikirka (garashada)	• Wareer • Dareen ah inaad ku jirto ceeryaamo • Aan feejigsanaan karin inyar	• Dhibaato xaga xasuusta ah • Aan caadi dareemeen • Dareen ah hoos u dhac
Shucuur	• Xanaaq badan, niyad jabsan, shucuursan • Ka shucuur badan sidii caadiga ahayd	• Murugo • Neerfiyoos ah ama walaacsan
Hurdada	• Hurdaysan • Ka hurdo badan ama yar sida caadiga ah	• Inerji aan hayn • Dhibaato hurdada ah

Goorta la Aadayo Caawinta Degdegga ah

U kaxee ilmahaaga qaybta gargaarka degdegga ah (ED) ee kuugu dhow ama wac dhakhtarkooda ama bixiyaha xanaanada caafimaadka si aad u hesho tilmaamo haddii ay:

- Matag soo noqnoqda ama aad u daran qabaan.
- Kabuubyo ama jiriiricyo ku leeyihiin wejiga, gacmaha, ama lugaha.
- Isku dardaraan hadalkooda.
- Hutayaan ama dhacaan marka ay socdaan.
- Leeyihiin dhibaato maqalka ah.
- Gariirayaan ama ay eegayaan meel bannaan, iyagoo dawakhsan, gariiraya, ama ruxmaya (qallal).
- Isbeddel ku yimaado dabeecadda ama shakhsiyadda oo iyaga ama kuwa kale khatar gelinaya.
- Umuuqdaan kuwo kasii daraya meeshay kasoo roonaan lahaayeen.
- Kacayn markaad taabato ama lahadasho.
- Leeyihiin Arag isku darsan ama laba-arag.
- Ka dabar beelaan gacan ama lug.
- Ka cawdaan madax xanuun ka sii daraya oo aan ku roonaanayn dawada xanuun baabi'iyaha.
- Dhegaha ka dhiigayaan ama ay dheecaan saafi ah ka imadaan sanko ama dhegaha
- Isha isu beddesho sida indho isdhaafsan, baalka isha soo yara dhaca, ama dhibaato isticmaalka indhahooda.
- Adag tahay inay toosaan maalintii ama ay si dhakhso ah hurdo u seexdaan ka dib markay toosaan.

Hawlaha La'ogolyahay

Ilmahaagu waxa uu samayn karaa hawlahaan soo socda 1 ilaa 2 maalmood oo nasasho ah ka dib, waa haddii astaamihiisa aanay ka sii darin:

- Daawadan TVga oo dhagaystaan muusigga cod gaaban.
- Isticmaalaan tignoolajiyada si xaddidan, sida kombayutarada, ciyaaraha fiidyaha, telefoonada, ama tablet-yada.
- Ciyaar boorarka fudud ama ciyaaraha kaarka, sida Go Fish ama Candy Land®.
- Akhriyaan, sawiraan, oo sameeyaan layliga guriga muddo gaaban.
- Socsocdaan oo sameeyaan jimicsiyada kale ee fudud.
- Lanasashada asxaabta.

Waxaad ogaan doontaa in ilmahaagu wanaagsan yahay marka ay samayn karaan dhaqdhaqaaqyo joogto ah oo ay sameeyaan jimicsi iyada oo aan lahayn calaamadaha miyirbeelka.

Hawlaha Aan La'ogolayn

Ilaa dhakhtarka ilmahaaga ama bixiyaha xanaanada caafimaadkaagu yiraahdo waa badqab, looma ogola inay:

- Ka qayb qaataan fasalka jimicsiga iyo nasashada tooska ah.
- Ciyaaraan ciyaaraha istaabashada iyo ciyaaraha adag.
- Sameeyaan wax ficil isdheeltir ah, sida wadista baaskiilka, iskeedboodhinka, ama dabaasha.
- Wadaan gaawarida mootarka sida baabuurta, ATV-yada, mootooyinka, mootooyinka iskootaaska, ama mootooyinka barafka.
- **Sameeyaan wax dhaqdhaqaaq kasta ah oo u keeni kara dhaawac kale oo madaxa ah.**
Tani waxay ka sii dari kartaa calaamadaha waxayna hoos u dhigi kartaa wakhtiga soo kabashada.

Kahortagga dhaawaca maskax gariirka

- Badqabka rakaabka – Isticmaal kuraasta baabuurka ama kuraasta suunka da'da iyo cabbirka ilmahaaga.
- Badqabka ciyaaraha – Hubi in ilmahaagu:
 - Xirto koofiyad si fiican ugu habboon.
 - Xirto qalabka difaaca, sida suxulka iyo jilbaha ama ilaaliyaha curcurka, marka la

isticmaalayo baaskiilka, iskeedboodhka, mooto, iskeetka, ama lagu ciyaarayo ciyaaraha taabashada, sida kubada cagta.

- Barto habka saxda ah ee loo ciyaaro ciyaaraha, sida cagwareejiska kubbadda cagta ama madax taabashada kubbadda cagta.
- Badqabka waddada – Bar ilmahaaga inuu ku ciyaaro meel ay ammaan tahay.