



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

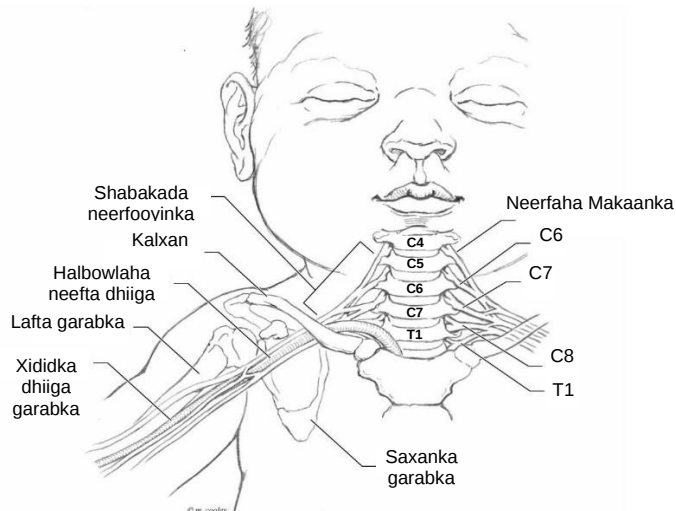
Dhaawaca Shabakada Neerfooyinka Brachial Plexus Injury (Somali)

Shabakada neerfooyinka waa koox dareemayaal ah oo ka bilaabma xadhigga lafdhabarta ee qoorta (Sawirka 1). Neerfahani waxay xakameeyaan dhaqdhaqaaqa iyo dareenka gacmaha, curcurka, xusullada, iyo garbaha. Haddii shabakada neerfooyinka ay dhaawacanta, waxay dhaawici kartaa neerfooyinka. Tani waxay u horseedi kartaa isbeddelka dhaqdhaqaaqa iyo dareenka garabka, gacmaha, ama gacanta dhinacaas jirka.

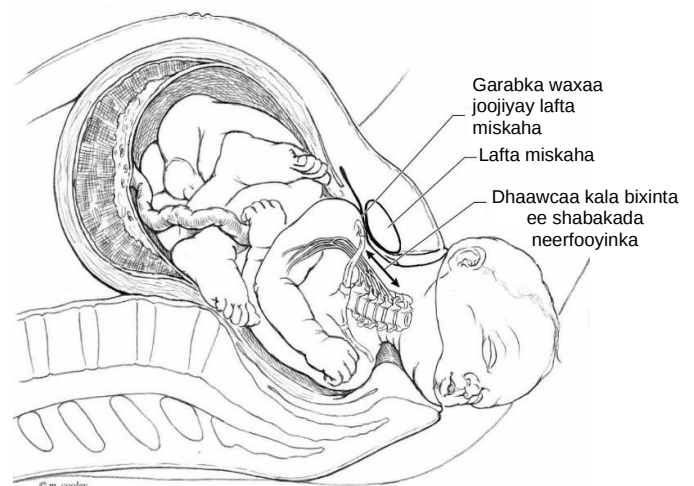
Waxyaabaha Keena

Xaaladaha badankood, dhaawacu wuxuu dhacaa waqtiga dhalmada. Waxaa laga yaabaa inay ku dhacday dhowr sababood.

- Sababta ugu weyn waa dhalashada ilmaha weyn oo dhinaca mareenka dhalashada yar (Sawirka 2).
- Sidoo kale, haddii ilmaha uu dhibaato ku qabo neefsiga ama booska dhalashada adag, dhaqtarka wuxuu isticmaali karaa qalabyada lagu caawinayo dhalida ilmaha. Dhaawaca shabakada neerfooyinka ayaa dhici kara haddii qoorta iyo garabka ilmaha la jiido inta lagu jiro dhalmada.
- Dhaawaca, sida shilalka baabuurta, dhaawacyada isboortiga, ama dhaca, waxay sababi



Sawirka 1 Shabakada Neerfooyinka



Sawirka 2 Dhaawaca shabakada neerfooyinka inta lagu jiro dhalashada

kartaa dhaawacyada shabakada neerfooyinka ee carruurta waaweyn.

Aastaamaha

Calaamadaha way kala duwanaan karaan iyadoo lagu saleynayo dhaawaca dareemayaasha iyo sida uu u xun yahay dhaawaca. Ilmahaagu wuxuu yeelan karaa dhammaan ama qaar ka mid ah calaamadahaas in dhinacyadooda dhaawacmay:

- Xaddidan ama aan dhaqdhaqaaq ku jirin garabka, cududa, iyo gacanta
- Tabar darida muruqa ama cudud jilicsan
- Lumitaanka dareenka garabka, cududa ama gacanta
- Nooc gaar ah oo dhaawacan ah waxaa ka mid noqon kara:
 - Soo dhacida baalka isha
 - Yaraanta (cidhiidhi) bu'da isha
- Carruurta ku dhasha dhaawacyada shabakada neerfooyinka ayaa sidoo kale laga yaabaa inay yeeshaan lafo jabay (jajab) inta lagu jiro geedi socodka dhalmada. Tani caadi ahaan waa jajab ka mid ah clavicle (collarbone) ama lafta humerus ee gacanta sare.

Waxa ay tahay in la Fisho

Daaweynta canugaaga waxay ku xirnaaneysaa dhaawaca.

- Xaaladaha badankood, dhakhtar xirfadle ah ayaa marka hore arki doona iyaga. Dhakhtarku wuxuu kugula talin karaa daaweynta joogtada ah iyo/ama booqashada kooxdayada shabakada neerfooyinka.
- Ilmahaagu wuxuu baran doonaa jimicsi gaar ah marka lagu jiro daaweynta. Tani waxay gacan ka geysan doontaa in muruqyadooda ay adkaadaan.
- Booqasho kasta, dhaqdhaqaaqa gacanta ilmahaaga ayaa la hubin doonaa si loo arko inay ka soo raynayso iyo in kale.
- Haddii isticmaalka garabka aysan ku wanaagsanaan waqti iyo jimicsi, canugaaga wuxuu u baahan karaa qaliin. Jadwalka qalliinka wuxuu ku salaysnaan doonaa dhaawaca ilmahaaga laakiin waxaa laga yaabaa in loo baahdo bilowga da'da 3 bilood.

Meelaynta ilmahaaga

Haddii ilmahaagu leeyahay jab inta lagu jiro dhalmada, raac talooyinka gaarka ah ee jabka.

- Haddii ilmahaagu **uusan** lahayn jajab, waxaad si tartiib tartiib ah u dhaqaajin kartaa gacantaada. Sameynta tan waa qayb muhiim ah oo ka mid ah dib u soo kabashada.
- Taageer gacmaha dhaawacmay ee ilmahaaga marka aad qaadayso ama aad qabato.
- Markaad dharka ugalinaysid ilmahaaga, waxaa laga yaabaa inay fududahay inaad marka hore dharka galisid gacanta dhaawacantay.

- Qabo cunugaaga labada dhinac waqti kaso, oo ay kujirta markaad quudineysid. Tani waxay u oggolaaneysaa ilmahaaga inuu madaxiisa u rogo labada dhinac.
- Ku dheji alaabta lagu ciyaaro iyo muraayadaha dhinaca uu dhaawaca kasoo gaaray ilmahaaga. Waa in ay isku dayaan in ay madaxooda ku jeestaan si ay u eegaan.
- Ilmahaagu wuxuu seexan karaa beerbeer ilaa iyo inta qof uu daawanayo. Waa qayb muhiim ah oo ka mid ah horumarkooda.