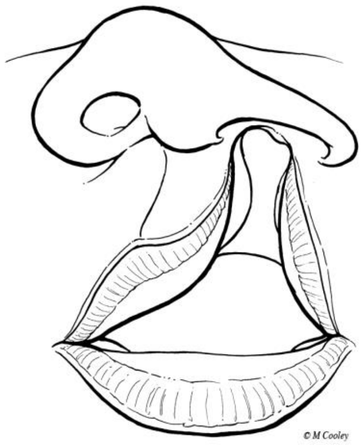
Nationwide Children's
When your child needs a hospital, everything matters.

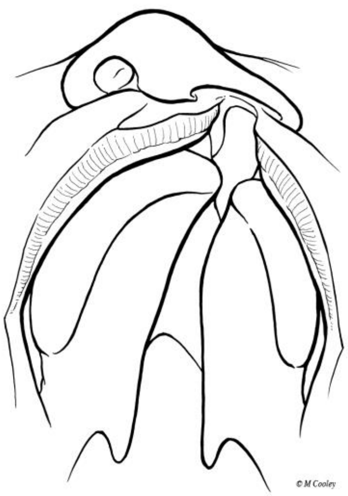
Helping Hand™ Health Education for Patients and Families

Caaryada Sanbuuqada (NAM)
Nasoalveolar Molding (NAM) (Somali)

Caaryada sanbuuqada (NAM) waxaa loo isticmaalaa in lagu daweeyo bushimaha jeexjeexan (Sawirka 1) iyo jeexjeexyada dillaacsan (Sawirka 2). **Sandul** macnaheedu waa sanka, **dhabxanag** waxaa loola jeedaa leenka cirridka, halka **caaryo** macnaheedu tahay wax wax beddela oo xajiya qaab. NAM waxay si tartiib tartiib ah isugu keentaa cirridka waxayna ka caawisaa inay daboosho duleelka (dillaaca) ee dhabxanaga iyo dibnaha. Daaweyntu waa inay billaabataa 1 illaa 2 toddobaad ka dib dhalashada. Ilmahaagu waxaa laga yaabaa in aanu u baahan doonin qalliin badan haddii NAM loo isticmaalo qaabaynta ciridka iyo sanka.



Sawirka 1 aad
Jeexa farruurta



Sawirka 2 aad
Jeexa cirridka

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Sii Socda…

Sida Ay u Shaqeyso

- Caaryada sanbuuqada (NAM) waa caag ka samaysan walxo ilko akrilik ah oo uu geliyo korka (saqafka) afka ilmaha dhakhtarka ilkaha ama dhakhtarka lafaha.
- NAM waxay la egtahay saqafka afka ee ilmahaaga. Waxay ku xidhantahay xadhig yar oo caag ah oo lagu dhejiyay wejiga ilmahaaga. Toddobaad kasta, dhakhtarka lafaha ayaa beddela qaabka NAM si uu u hago ciridka ilmahaaga marka ay koraan.
- Suufyo yaryar oo akrilik ah, ama tuubooyin sanka ah, ayaa loo isticmaalaa in dib loogu qaabeeyo sanka. Haddii ilmahaagu leeyahay dildillaac 2-geesood ah (laba-dhinac), sanka ayaa la isticmaali doonaa oo ay weheliyaan koollo lagu dhejiyay farruurta kore. Tani waxay gacan ka geysan doontaa dheereeynta buundada maqaarka ee u dhaxaysa 2-da sandullood ee sanka, oo loo yaqaan columella.
- Marka dildillaaca cirridku uu si fiican u xidhmo, bir ayaa lagu dhejiyaa caaryada wax lagu dhejiyo oo la geliyaa sanka. Birtan ayaa markaa si tartiib tartiib ah loo hagaajiyaa isbuuc kasta si kor loogu qaado sanka loona qaabeeyo daloolka sanka.

Daweynta Ka Hor

Kadib dhalashada ilmahaaga, dhakhtarkaagu wuxuu kuu gudbin doonaa takhasuska faruuryaha jeexjeexan ee Nationwide Children's Hospital. Waxay kaala hadli doonaan baahiyaha ilmahaaga iyo faa'iidooyinka daaweynta NAM si aad u billowdo daaweynta sida ugu dhakhsaha badan.

Sameynta NAM-ka

Si uu u sameeyo NAM-ka, dhakhtarka lafaha ee ilmahaaga ayaa:

- Sawirro ka qaadi doona faruurtooda ama dhabxanagooda.
- Sameyn doona baadhitaan caafimaad oo buuxa.
- Ku sameeyn doona caaryada (muuqaaleed) ee daanka sare ee ilmahaaga silikoon jilicsan oo heer caafimaad ah. Tani ma aha xanuun.
  - **Ilmahaagu wuxuu u baahan doonaa in laga joojiyo quudinta 2 ilaa 3 saacadood ka hor inta aan la sameyn muuqaalka.**
  - Waxaa laga yaabaa in ilmahaagu xanaaqo inta la sameynayo muuqaalka laakiin wuu degi doonaa wax yar ka dib markay dhammaato.
  - Waxaad heli doontaa saxan qaabaynta caadiga ah 1 ilaa 2 toddobaad ka dib marka fikradaha la sameeyo. Tani waxay u ekaan doontaa haynta lafaha.

Inta Lagu Jiro Daweeynta

Waxaa laga yaabaa in ilmahaagu ka xumaado in hadda wax afkooda ku jiraan mar kasta. Waa iska caadi inay ooyaan illaa ay la qabsadaan dareenkan cusub.

- Ilmahaagu waxa uu xidhan doona NAM-ka mar kasta (toddoba maalmood todobaadkii, 24 saacadood maalintii), xataa marka uu wax cunayo. Maalmaha ugu horreeya ka dib, waa inuu la qabsadaa.
- Waxaa laga yaabaa inay wakhti ku qaadato inuu ilmahaagu la qabsado NAM-ka. Waxaa laga yaabaa inay marka hore dhibaato kala kulmaan quudinta.
- Waxaa laga yaabaa in ilmahaagu ooyo marka koollada wejigooda la geliyo ama marka NAM-ka afka loo geliyo. Wax yar ka dib wuu is-dejin doonaa.

Sida Looga Taxaddaro NAM-ka

- NAM-ka soo saar afka ilmahaaga oo nadiifi hal mar maalin kasta. Isticmaal biyo diirran, caday, iyo saabuunta saxanka.
- Ka hor inta aadan NAM-ka dib ugu celin afka ilmahaaga, ka hubi meelo fiiqan, dillaacyo, ama isbeddello. Kuwaas waxaa laga yaabaa inay dhibayaan carabkooda ama ciridkooda. Isla markiiba na soo wac haddii ay wax si ka yihiin.
- **Ha** karkarin NAM-ka. Way dhalaali doontaa.
- **Ha** gelin NAM-ka microwave-ka.

Booqashooyinka Daba-galka ah

Waa inaad tagtaa booqashooyinka toddobaadlaha ah ee jadwaleysan ee dhakhtarka lafaha. **Tani waa habka kaliya ee daawaynta ilmahaagu u shaqayn doonto.** Waqtiyada ballantu waxay ku xiran yihiin nooca daloolka ee ilmahaaga.

- **Dildillaaca 1-dhinac ah (hal gees):** Waxaad tagi doontaa booqashooyinka rugaha caafimaadka toddobaad kasta 3 illaa 4 bilood, iyadoo ay ku xidhantahay darnaanta dildillaaca.
- **Dildillaaca 2-da dhinac ah (laba geesood):** Waxaad tagi doontaa booqashooyinka rugaha caafimaadka toddobaad kasta 5 illaa 6 bilood, iyadoo ay ku xidhantahay darnaanta dildillaaca.

Waa muhiim inaad caadi ku ahaato NAM-ka ilmahaaga. Ka wac kooxda dibinta iyo cirridka jeexjeexan wixii su'aalo ama walaacyo ah (614) 722-5602.