



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

Helping Hand™

Health Education for Patients and Families

Daryeelka Dhuun daloolka hawa mareenka: Sida Looga Hortago Caabuqyada kudhaca Neef-mareenka

Tracheostomy Care: How to Prevent Trach Infections (Somali)

Caabuqa neef-mareenka wuxuu ilmahaaga u horseedaa khatar sare oo ah inuu ku dhaco infekshanka neef-mareenka. Cudurka qanjirka neef-mareenka (tracheitis) waa caabuq ku dhaca qanjirka neef-mareenka oo ku dhaca carruurta leh tuubbooyinka neef-mareenka. Ilmahaagu wuxuu u baahan karaa daryeel caafimaad.

Sida Looga Hortago Caabuqyada

- Si fiican u dhaq gacmahaaga ka hor iyo ka dib marka aad xannaaneyso qeyb ka mid ah tuubada neef-mareenka.
- Hubi in talaalada ilmahaagu (talaalada) qaatay ay yihiin kuwa ugu dambeeyay, haddii uusan dhakhtarku ama bixiyaha daryeelka caafimaadku kuu sheegin hadii kale.
- Nadiifi dhammaan qalabka iyo saadka.
- Ha u oggolaan in dadka jiran ay ilmahaaga ku soo dhawaadaan. Ha u oggolaan inay ilmahaaga qaadaan ama dhunkadaan. Weydii qofka inuu ku soo booqdo markuu caafimaado.

Aastaamaha Caabuqa

Xitaa haddii aad si taxadar leh u daryeesho, ilmahaaga weli wuu ku dhici karaa caabuq. Wac dhakhtarkaaga ama daryeel bixiyahaaga caafimaad haddii aad aragto mid ka mid ah calaamadaha caabuqa:

- Qandho ka sarreysa 100.4° Fahrenheit (F) ama 38° Celsius (C).
- Xab ka adag sida caadiga ah
- Xab jaale ama cagaar ah
- Xab leh dhiig guduudan oo dhalaalaya ama madowga ah (wax yar oo dhiig ah waa caadi)
- Xab dhagdhag leh
- Qufac
- Garaaca wadnaha oo sareeyo
- Nuugista wax ka badan sidii caadiga ahayd
- Casaan, xanuun, barar, ama diirimaadka goobta neef mareenka

Baadhitaanka caabuqa

Baadhitaanka qanjirka hawada waxaa lagu ogaanayaa waxa keena caabuqa. Waa wax caadi ah in la helo jeermis ku jira tuubada neefta. Marka uu ilmuhu caafimaad qabo, bakteeriyadani dhibaato ma keenaan. Haddii ilmahaagu uu qabo hargab ama fayras, bakteeriyadu waxay sababi kartaa infekshan u baahan in la daweeyo. Dhakhtarka ama bixiyaha daryeelka caafimaadku wuxuu dalbanayaa in ilmahaaga lagu baaro qanjirka neefta haddii uu u baahdo.