



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

Helping Hand™

Health Education for Patients and Families

Kicinta Wadnaha-sambabada (CPR): Da'da 1 illaa Qaangaarka Cardiopulmonary Resuscitation (CPR): Age 1 to Puberty (Somali)

Kicinta wadnaha-sambabada, ayaa sidoo kale loo yaqaan CPR, waa qaab aad ku badbaadin kartid nafta qof haddii ay joojiyaan neefsashada ama wadnahooda joogsado. Wuxuu ka koobanyahay cadaadinta xabadka (bamgareyn) oo dhiigga ka saaraysa wadnaha oo gaadhsiinaysa jidhka, iyo afuufid ama neef-siin ah af-ka-af oo oksijiin gaadhsiinaysa sambabada.

Sida Sambabada iyo Wadnaha U shaqeeyaan

Ujeedada sanbabadu waa inuu neefsado (hawo-qaadasho) hawo ka samaysan oxygen, oo aan u baahanahay inaan ku noolaano. Wadnaha ayaa dhiiga ku riixaya sambabada iyo jidhka. Wadnaha iyo sambabada way wada shaqeeyaan si ay oksijiin ugu diraan dhiiga illaa jirka kale oo dhan.

Haddii Ilmuhu Joojiyo Neefsashada Ama Wadnuhu Joojiyo Garaaca

Haddii canugaaga joojiyo neefsashada, ma helayaan oksijiinka ay ugu baahanyihiin inay ku noolaadaan. Haddii neefsashadu joogsato, wadnaha ayaa sidoo kale joogsanayo durbadiiba.

WAA INAAD KA FALCELISAA ISLAMARKAASBA ADOO:

- Bamgareey wadnaha ilmahaaga adigoo gacantaada saaraya (cadaadinaya).
- Neefsashada hawada sanbabada ilmaha (hawo qaadasho).

Ku tababaranayo

- **MUHIIM:** Waa in aad ku shaqeysid CPR-da mashiinka (boombalaha) oo wehliso kalkaaliso si ay u hubiso inaad si sax ah u sameyneysid. Waa in tan la sameeyo ka hor inta aanad ilmahaaga kala bixin cisbitaalka.

- Haddii aad rabto inaad ku noqotid shahaadadaada CPR, la xariir American Heart Association® ama Red Cross® ee bulshadaada.

Sida loo Sameeyo CPR

Haddii aad u maleyneyso in ilmuhu uusan neefsanaayn:

1. Horta eeg si aad u argto haddii ay kuu jawaabayaan. U taabo si tartiib ah oo lux garbahooda si aad u aragtid haddii ay dhaqaaqayaan.
2. Ugu yeer magacooda oo weydii, “Ma fiicantahay?”
3. Haddii aysan ka jawaabin, **u wac** qof kuugu yeero 911 ama isticmaal mobeelkaaga si aad u wacdid 911 oo gasho sameecada dhagaha adoo bilaabayo CPR.
4. Dul saar dhulka. CPR waa in lagu sameeyaa sagxad **adag** si ay u shaqeyso.
5. U gedi dhabarkooda.
6. Fiiri wajigooda iyo xabadka si aad u aragtid haddii ay neefsanayaan. Fiiri ugu yaraan 5 sekan, laakiin yaanay ka badan 10 sekan.
7. Ka saar dharka xabadkooda.
8. Dhaji cidhibta gacantaada qeybta hoose ee naas-nuujinta u dhaxeysa ibta. Adoo isticmaalayo hal gacan, ku riix (cadaadi) xabadkooda 30 jeer adoo riixayo lafaha cabadka oo qiyaastii 2 inji (eeg shaxda bogga 3, tallaabada 2). Haddii aysan kuu suurtoogaleynin inaad hoos u riixdid qiyaastii 2 inji oo hal gacan ah, isticmaal labo gacmood. U cadaadi xabadka si dhaqso ah oo heerka 100 illaa 120 daqiiqad walba. Waxay dareemeysaa sida inaad si adag u riixaysid. U laabo laabta si ay u noqoto mid caadi ah ka dib marxalad kasta.
9. Ka dib markaad laabto laabta 30 jeer, fur marinkooda neefta oo ku neefashada af-ku-af, adoo isticmaalaya habka madax-xajinta garka (eeg shaxda bogga 3, talaabada 3). Gadaal u janjeedhi madaxa adiga oo hal gacan saaraya dhafoorka. Adigoo isticmaalaya fiida faraha gacantaada kale si aad kor ugu qaaddo garka. Ka taxaddar inaad xirin afkooda oo dhan.
10. Sii iyaga 2 neefsasho (eeg shaxda bogga 3, talaabada 4). Si aad tan u samayso, isku qabo sankooda oo afkooda ku dabool afkaaga si aad u sameyso xiritaan hawo. Ku neefso afkooda kaliya hawo ku fillan si aad u kicisid xabadka. Ka qaad afkaaga ka dib afuufid kasta oo hawadu ha ka soo baxdo. Maadaama uu sambabada canuga uu yaryahay, waxay u baahan yihiin hawo yar oo ka buuxsanto badelkii sambabada dadka waaweyn.
11. Ku celi 30 jeer oo cadaadis ah iyo 2 neefsasho illaa caawimaad la helo.
12. Haddii aadan wali soo wicin 911 sababtoo ah aad keligaa tahay oo aadan haysan telefoonka gacanta, soo wac 911 kadib 5 qeybood oo 30 cadaadin ah iyo neefsiyo. Sii

samee CPR illaa caawin ka timaado. Haddii caawimadu kuu soo dhawdahay hadana cunugga uusan dhaqdhaqaaqayn ama neefsanayn, sii wad CPR.

Khayraadka: Tilmaamaha 2015 AHA : Cusbooneysiis CPR iyo ECC

Tixraac degdeg ah ee CPR

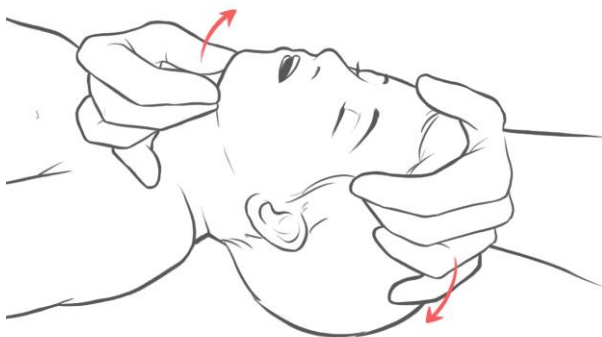
(Ku dhaji meel fiican oo derbi ah.)



Tallaabada 1 Fiiri neefsashada.



Tallaabada 2 Saar hal gacan feeraha, u dhaxeeyo ibta naasaha. Samee 30 cadaadin ama riixis.



Tallaabada 3 Fur marinka hawada canuga adoo isticmaalayo habka madax-xajinta garka.



Tallaabada 4 Isku qabo sanko canuga. Dul saar ffaaga afka canuga oo sii 2 neefsiyo.

Lambara Teleefon Oo Ah Degdegga

Ku qor lambarada teleefonka, kadib ku keydi taleefonkaaga oo ku dhaji taleefonkaaga:

Kooxda Birmadka:

Takhtarka:
