



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

Helping Hand™

Health Education for Patients and Families

Kicinta Wadnaha-sambabada (CPR): Qaangaarka illaa Qofka weyn Cardiopulmonary Resuscitation (CPR): Puberty to Adult (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 jawaabayaana. 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 haddii aad kaligaaga tahay oo gasho sameecada dhagaha adoo bilaabay CPR.
4. Dul saar dhulka. CPR waa in lagu sameeyaa meel **adag** si ad u qabato hawsha.
5. U gedi dhabarkooda.
6. Fiiri wajigooda iyo xabadka si aad u aragtid haddii ay neefsanaayaan. Fiiri ugu yaraan 5 sekan, laakiin yaanay ka badan 10 sekan.
7. Ka saar dharka xabadkooda.
8. Cidhibta hal gacan saar badhka hoose ee lafta laabta inta u dhexeysa ibta naasaha. Cidhibta gacanta labaad dul saar gacantii hore (bogga 3, tallaabada 2). Cadaadi wadnahooda 30 jeer adigoo cadaadinaya feeraha oo qiyaastii 2 inji. U cadaadi xabadka si dhaqso ah oo heerka 100 illaa 120 daqiiqad walba. Waxay dareemeysaa inaad adigu aad u riixayso. U ogolow in xabadka ku soo laabto booskeesii caadiga ahaa riixid kasta kadib.
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 afka ilmaha oo dhan.
10. Samee 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 xabadkooda. Ka saar afkaaga ka dib neef-siin kasta si hawada ay uga soo baxdo.
11. Ku celi 30 jeer oo cadaadis ah iyo 2 neefsasho illaa caawimaad la helo.
12. Haddii aadan wali soo wicin 911 sababtoo ah keligaa oo aadan haysan telefoonka gacanta, wac 911 kadib 5 xirmooyinka dabaysha iyo neefta. Sii samee CPR illaa caawin ka timaado. Haddii caawimadu kuu soo dhawdahay hadana cunugga uusan dhaqdhaqaaqayn ama neefsanaayn, sii wad CPR.

Tixraac degdeg ah ee CPR

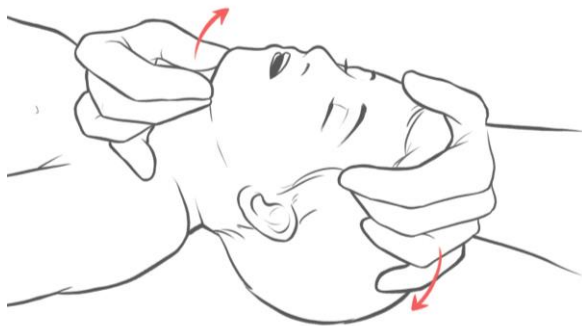
(Ku dhaji meel fiican oo derbi ah.)



Tallaabada 1 Fiiri neefsashada.



Tallaabada 2 Gacmahaaga saar lafta naasaha, inta u dhaxeysa ibta. Samee 30 cadaadin ama riixis.



Tallaabada 3 Fur marin hawadeedka ilmaha adoo isticmaalaya habka leexinta, kor u qaadista 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:
