



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

Helping Hand™

Health Education for Patients and Families

Kicinta Wadnaha-sambabada (CPR): Dhallaan Cardiopulmonary Resuscitation (CPR): Infants (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 masihiinka (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.

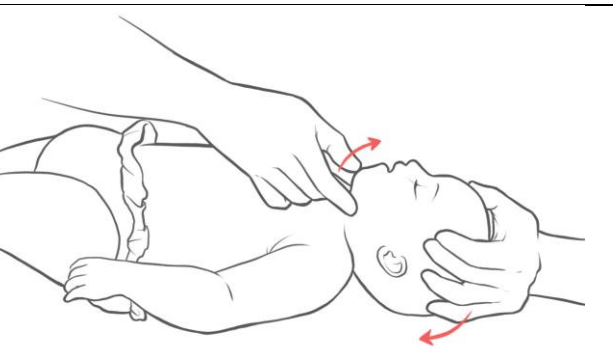
Sida loo Sameeyo CPR

Haddii aad u maleysid in ilmaha yar ama cunugaaga uusan neefsaneynin:

1. Horta eeg si aad u argto haddii ay kuu jawaabaya. Dhufo ciribta cagtooda oo ugu wac magaciisa ama magaceeda si aad u ogaato hadii uu kuu jawaabayo.
2. Haddii aysan ka jawaabin, **u wac** qof kuugu yeero 911 ama isticmaal mobeelkaaga si aad u wacdid 911 oo gasho sameecada dhagaha adoo bilaabay CPR.
3. U wareeji si simman sagxad **adag** oo dhabarkooda ah.
4. Fiiri wajigooda iyo xabadka si aad u aragtid haddii ay neefsanayaan. Fiiri ugu yaraan 5 ilbiriqsi, laakiin aan ka badneyn 10 ilbiriqsi (eeg shaxda bogga 3, talaabada 1).
5. Haddii aysan neefsaneynin, dharka ka saar laabta ilmaha yar.
6. Raadi booska saxda ah ee cadaadiska laabta adoo sawiraya sadar khayaali ah oo u dhexeeya ibta si aad u hesho bartamaha lafta naaska.
7. Saar 2 farood oo ka hooseeya sadar lafta naaska oo hoos ugu riix (cadaadi) si adag xabadka oo 1½ inji ee dhinaca laf-dhabarka (bogga 3, talaabada 2). U laabo laabta si ay u noqoto mid caadi ah ka dib marxalad kasta. U cadaadi xabadka si dhaqso ah oo heerka 100 illaa 120 daqiiqadiiba.
8. Ka dib markaad laabto laabta 30 jeer, fur marinkooda neefta oo ku neefashada af-ku-af, adoo isticmaalaya habka madax-qaadida 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 inaadan xirin afkooda oo dhan. Tan ayaa xiri karto marinka neeftooda. Xaji madaxooda kaliya illaa sanku ku aadayo saqafka.
9. Samee 2 neefsasho (eeg shaxda bogga 3, talaabada 4). Si aad taas u sameysid, afkaaga saar ama ku dabool **labadaba** afka iyo sanku ilmaha yar si aad u sameysid xirnaanshaha dhuuqsan ee hawada. Ku neefso afkooda iyo sankooda kaliya hawo ku fillan si aad u kicisid xabadkooda. Maadaama uu sambabada ilmaha uu yaryahay, waxaa loo baahan yahay kaliya hawo yar si loo buuxiyo.
10. Ku celi 30 jeer oo cadaadis ah iyo 2 neefsasho illaa caawimaad la helo.
11. 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 ilmaha uusan dhaqdhaqaaqayn ama neefsanayn, sii wad CPR.

Tixraac degdeg ah ee CPR

(Ku dhaji meel fiican oo derbi ah.)

 Tallaabada 1 Ma raadineysaa neefsashada.	 Tallaabada 2 Haddii aysan jirin neefsasho, raadi goobta toosan ee gacanta oo bilow inaad hoos u riixdo lafaha naasaha. Samee 30 cadaadin ama riixis.
 Tallaabada 3 Fur marin hawadeedka ilmaha adoo isticmaalaya habka leexinta, kor u qaadista garka.	 Tallaabada 4 Afkaaga saar sanko iyo afka ilmaha oo bilaw inaad ku neefsato. Samee 2 afuufid.

Lambara Teleefon Oo Ah Degdegga

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

Kooxda Birmadka:

Takhtarka: