



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

Helping Hand™

Health Education for Patients and Families

Baaritaanka Qulqulka Dhiiga Circulation Checks (Somali)

Socodka dhiigga ee ilmahaaga (qulqulka dhiiga) waxa laga yaabaa inuu saameeyo daawaynta ay u qaateen cudud ama lugtii ka dhaawacantay. Si aad uga hortagto dhaawacyo badan, waxaad u baahan tahay inaad ka xaqiijiso qulqulka dhiiga farahooda ama faraha lugahooda.

Xanuunka qaar waa caadi dhaawac ka dib. Waxaad siin kartaa ilmahaada daawada la soo iibsano karo ee uusan dhakhtar u qorin (over-the-counter, OTC) sida ibuprofen (Motrin®) ama Advil®) ama acetaminophen (Tylenol®) si aad u xakameyso xanuunka. Xanuunka sii xumaada ee aan la xakameynin wuxuu calaamad u noqon karaa qulqulka wareegga dhiiga ee liita. Soo wac dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka haddii aad ka walaacdo.

Baaritaanka qulqulka wareegga dhiiga waa in la sameeyaa:

- 4 mar maalinkii, 7 illaa 10 maalmood. Samee kuwan inta ilmahaagu soo jeedo.
- Haddi ilmahaagu ku soo gudbiyo cabasho cusub oo ku qaadan aagga dhaawaca qabta.
- Kahor quraacda, qadada, cashada, iyo wakhtiga jiifka. Iskubarbardhig meesha dhaawaca ah iyo meesha aan dhaawaca ahayn.

Baaritaanada Qulqulka Dhiiga

Si aad u hubiso qulqulka dhiiga, waxaad hubin doontaa faraha ama faraha lugaha meesha uu ilmahaagu dhaawaca ka qabo. Tusaale ahaan, haddii ay ka jabaan cududooda midig, waxaad hubin doontaa faraha gacantooda midig.

Midabka

Sida loo hubiyo: Is barbar dhig midabka gacmaha midig iyo bidix ama cagaha midig iyo bidix.

	• Caadi ah: Cidiyaha faraha ama faraha luguhu waa inay guduud khafiif ah ahaadaan • Aan caadi ahayn: Cidiyaha faraha ama faraha lugaha ayaa ah midab barax ah ama buluug ah. Cunuggaagu ha leexiyo farahiisa ama faraha lugahiisa.
Heer kululka	Sida loo hubiyo: Is barbar dhig heerkulka gacmaha midig iyo bidix ama cagaha midig iyo bidix. • Caadi ah: Faraha ama faraha lugahu waa kuwo diiran. • Aan caadi ahayn: Faraha ama faraha lugahu waa kuwo qabow yar ama qabow ah. Haddii faraha ama faraha lugahu ay qabow yihiin, ku dabool buste oo dib u eegna 1 saac gudahood.
Dib ubuuxinta Halbawlaha	Sida loo hubiyo: Xubinta dhaawacan, tuuji caaradda fartooda ama farta lugtooda. Waxa kale oo aad tuujin kartaa cididooda farta ama farta lugtooda. Meesha aad tuujisay ama cadaadisay waa inay u ekaataa caddaan ama sidii hore mid ka khafiifsan. Ka daa tuujinta kadibna sug waqtiga ay ku qaadata in midabku sidiisii kusoo noqdo. • Caadi ah: Meeshu waxay isu beddeshaa casaan 3 ilbidhiqsi ama wax ka yar gudahood (degdeg ah). • Aan caadi ahayn: Meeshu waxay qaadataa in ka badan 3 ilbiriqsi si ay u noqoto gaduud khafiif ah (gaabis ah).
Barar	Sida loo hubiyo: Iskubarbardhig meesha dhaawac ah ee cududa ama lugta iyo meesha aan dhaawaca ahayn. • Caadi ah: Waxaa suuragal ah inuu ka jiri doono xoogaa barar ah inta lagu jiro 3 ilaa 5 maalmood ee ugu horeeyaan. Bararka waa in aan lala xiriirin xanuun daran. Maqaarka oo aan lagu arag laalaabyo ayaa sidoo kale calaamad u ah bararka. • Aan caadi ahayn: Waxaa jira barar aad ubadan ama barar lala xidhiidhiyay xanuun daran.
Kabuubyada ama Dikaanka	Sida loo hubiyo: Waydii cunugaaga haddii farahooda ama faraha lugahoodu ay ka dareemayaan inay hurdaan camal (kabuubyeysan yihiin) ama hadii ay ka dareemayaan sida ineey ku jiraan biinan iyo cirbado (dikaamida). • Caadi ah: Faraha ama faraha lugaha dhaawacan waa inay dareemaan caadi.

	• Aan caadi ahayn: Waxaa jira kabuubyada ama dikaan. Sidoo kale caadi ma'aha in aad dareento xanuun daran oo ay weheliyaan kabuubyo ama dikaan.
Dhaqdhaqaaqa	Sida loo hubiyo: Ka yeel cunuggaagu inuu dhaqaajiyo farahiisa ama faraha lugahiisa. Y fiirso farahooda ama faraha lugahooda si aad u hubiso inay dhaqdhaqaaqayaan. • Caadi ah: Dhammaan faraha ama faraha lugaha dhaawacan ayaa dhaqdhaqaaqa. • Aan caadi ahayn: Faraha ama faraha lugaha dhaawacan ayaa dhaqdhaqaaqin.
Xanuun	Sida loo hubiyo: Cunuggaagu ha leexiyo farahiisa ama faraha lugahiisa. Toosi oo u kala fidi faraha oo dhan xagga dambe ee gacanta ilmahaaga ama faraha lugaha xagga sare ee cagtooda. • Caadi ah: Xogaa qadar xanuun ah xittaa haddii ay yihiin kuwo fudud ilaa dhexdhexaad ah. • Aan caadi ahayn: Xanuunka ba'an ama aad waxyeelo u gaysanaaya oo ka dhiga cunugaaga inuu dhaqaajin waayo faraha gacantooda ama lugtooda. Waxaa kale oo jiri kara xanuun daran markaad isku deydo inaad dhaqaajiso faraha gacanta ama lugaha ee cunugaaga.

- Hadii cunugaagu yeesho natiijo **an caadi ahayn**, kor uqaad gacanta ama lugta dhaawaca ah adoo gaarsiinaaya dusha wadnaha.
 - Cunugaagu waxa uu u baahan yahay inuu si siman ujiifto.
 - Kutiiri kartaa addinka buste, barkimo adag, suuf ama bustayaal duuduuban.
 - Farahoodu waa inay ka sarreeyaan xusulkooda. Suxulkoodu waa inuu ka sarreeyaa wadnahooda.
 - Farahooda lugahooda waa inay ka sarreeyaan heerka sankooda. Isticmaal bustayaal ama barkimo oo dhig gadaasha kubkooda. **Hubi wareega dhiiga 1 saac kadib.**
- Hadii uu jiro barar, saar bac baraf ku jira meesha gacanta ama lugta ee uu dhawaaca soo gaaray. Xaqiiji in bacda barafku kujiro aysan dilaacin.
- Ayadoo kuxiran da'da cunugaaga, waxaa adkaan karta in la ogaado astaamaha xanuunka qaar, sida kabuubyada iyo dikaanka. Marakay sidani jiraan, macluumaadka kalasoco meelaha kale ee aad hubisay.

Goorta la Wacayo Dhaqtarka

Wac dhakhtarka lafaha eeilmahaaga (dhakhtarka lafaha) ama bixiyaha daryeelka caafimaadka haddii:

- Baaritaanka wareegga hiigu uu muujiyo inuusan caadi ahayn oo uusana fiicnaan dareemin kadib 1 ilaa 2 saacadood ayadoo markaa gacanta ama lugta kor loo qaaday.
- Xanuunka cunugaagu waa uu kasii daraayaa, ma awoodan iney dhaqdhaqaaqiyaan faraha gacantooda ama lugtooda ama wax dareen ah kama dareemayaan meesha dhaawaca ah ee faraha gacantooda ama lugtooda.

Dabagalka

Wac Rugta Caafimaadka Lafaha/Kabaha-Lafaha ama adeeg bixiyaha daryeelka caafimaadka ee kuqoran tilmaamaha kabixinta cunugaaga isbitalka si aad uga qabsato balanta lasocoshada/dabagalka. Haddii aadba horey ballan u qabsateen, xajiso ama wac si aad u beddelato.

Haddii aad wax su'aalo ah qabtid, fadlan la xiriir bixiyaha daryeelka caafimaadka ilmahaaga ama Isbitaalka Qaranka ee Carruurta (Nationwide Children's Hospital) sida hoos ku cad.

Nationwide Children's Columbus	Nationwide Children's Toledo
• Wac (614) 722-5175 si aad u qabsato balan. • Daawada Isboortiska, ka wac (614) 355-6000. • Fiidyada, dhammaadyada isbuuca, iyo fasaxyada, soo wac (614) 722-2000. Weydiiso Dhakhtarka Lafaha Ku Takhasusay (Orthopedic Resident) si aad ugala hadasho calaamad kasta.	• Wac (419) 251-2061 si aad u qabsato balan. • Fiidyada, dhammaadyada isbuuca, iyo fasaxyada, soo wac (567) 290-6543. Weydiiso Dhakhtarka Lafaha Ku Takhasusay (Orthopedic Resident) si aad ugala hadasho calaamad kasta.