



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

Helping Hand™

Health Education for Patients and Families

Qaabka iyo Sababta loo Adkeeyo Dareerayaasha

How and Why to Thicken Liquids (Somali)

Carruurta qaarkood waxay dhib ku qabaan wax laqida. Kan waxaa loo yaqaanaa cudurka cune-bucuuc (dis-fay-juh). Carruurta qaba dhibaatooyinka liqidda waxay u baahan yihiin in loo habeeyo cuntada iyo cabitaannada si ay si nabad ah u cunaan oo ay u cabbaan.

Haddii ilmuhu qabo dhibaato liqidda, waxaa laga yaabaa inaad u baahan tahay inaad ka dhigto cabbitaannada uu cabo kuwo dhumuc weyn leh. Waxyaabaha dareeraha ah ee la adkeeyo waxay u socdaan si tartiib ah marka loo eego dareerayaasha khafiifka ah. Talaabadaan waxay cunugaaga ka caawinaysaa inuu helo waqti dheeraad ah oo uu ku xakameeyo dareeraha marka uu laqaayo iyo si uu u neefsado. Tani waxay ka caawisaa in la ilaaliyo neef-mareenka.

Sida Loo Adkeeyo Waxyaabaha Dareera

- Haddii ilmuhu ka yar yahay 12 bilood (da'da la saxay), waxaa lagu taliyay in la isticmaalo **cunto bur ah** oo loogu talagalay dhallaanka si loogu dhumuciyao cabbitaannada.
 - **Ha u isticmaalin cunto bur ah caanaha naaska ee dhallaanka.** Caanaha naaska ee bini'aadamka waxay jebiyaan burka dhallaanka oo ma sii hayaan dhumucdiisa. Haddii aad qabto su'aalo, la hadal dhakhtarka cunugaaga ama adeeg bixiyaha caafimaadka.
 - Isticmaal qaadada wax lagu cabiro si aad ugu qiyaasto cadadka boorashka. Ha isticmaalin qaaddooyinka jikada.

- Hoos waxaa ku qoran tilmaamaha lagu dhumucayo cabbitaannada adigoo isticmaalaya burka dhallaanka. Raac heerarkan haddii ilmuhu **ka yar yahay** 12 bilood (da'da la saxay):



Heerka 1aad ee IDDSI – Dhumuc yar ah



Heerka 2 aad IDDSI Adeyg xoogaa khafiif ah/dareere macaan



Heerka 3 aad IDDSI Adeyg dhex-dhexaad ah/malab ah

Similac® Heerka 1 aad $\frac{3}{4}$ ilaa 2 qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad $1\frac{1}{2}$ ilaa $2\frac{1}{2}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $1\frac{3}{4}$ ilaa 3 tqaado oo badar ah/wiqiyood oo ah caanaha qasacada	Elecare® Heerka 1 aad $1\frac{1}{2}$ ilaa $2\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad $1\frac{3}{4}$ ilaa $2\frac{3}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $2\frac{1}{4}$ ilaa $3\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada
Neocate® Heerka 1 aad 1 ilaa $2\frac{1}{2}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad $1\frac{1}{2}$ ilaa $2\frac{3}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $2\frac{1}{4}$ ilaa $3\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada	Enfamil™ (kuma jirto Enfamil AR) Heerka 1 aad $\frac{1}{2}$ ilaa 2 qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad 1 ilaa $2\frac{1}{2}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $1\frac{3}{4}$ ilaa 3 tqaado oo badar ah/wiqiyood oo ah caanaha qasacada
Pediasure® Heerka 1 aad $\frac{1}{2}$ ilaa $1\frac{3}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad 1 ilaa $2\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $1\frac{3}{4}$ ilaa 3 tqaado oo badar ah/wiqiyood oo ah caanaha qasacada	Boost® Kids Essentials Heerka 1 aad $\frac{1}{2}$ ilaa $1\frac{1}{2}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 2 aad $\frac{3}{4}$ ilaa 2 qaado oo badar ah/wiqiyood oo ah caanaha qasacada Heerka 3 aad $1\frac{1}{2}$ ilaa $2\frac{3}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada

Cuntooyinka kale ee dhallaanka

Heerka 1 aad $\frac{1}{2}$ ilaa $2\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada

Heerka 2 aad $\frac{3}{4}$ ilaa $2\frac{3}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada

Heerka 3 aad $1\frac{1}{2}$ ilaa $3\frac{1}{4}$ qaado oo badar ah/wiqiyood oo ah caanaha qasacada

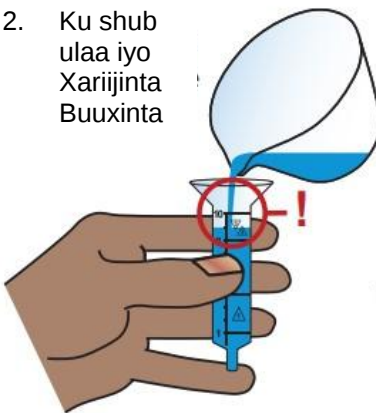
- Dareere walbo oo lagu adkeeyay badarka ilmaha waa in la tijaabiyaa qulqulkiisa ka hor intaan la siinin ilmaha. Tani waxay xaqiijinaysaa inuu yahay qiyaasta saxda ah. Si loo hubiyo in dareeraha si sax ah loo adkeeyay, isticmaal tijaabada fudud ee hoos ka muuqata (Sawirka 1 aad). **Isticmaal dublada IDDSI si aad u tijaabiso heerka qulqulka ee dareeraha.**

Heerka IDDSI waxay ku xiran tahay inta dareeraha soo hartay ka dib 10 ilbiriqsi oo qulqul ah:

1. Ku dabool afka fartaada



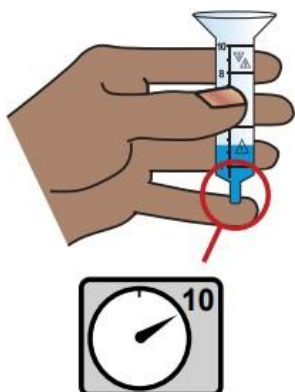
2. Ku shub ulaa iyo Xariijinta Buuxinta



3. Ka qaad afka farta markaad saa u bilaabayso saacada ebereberta la geeyo



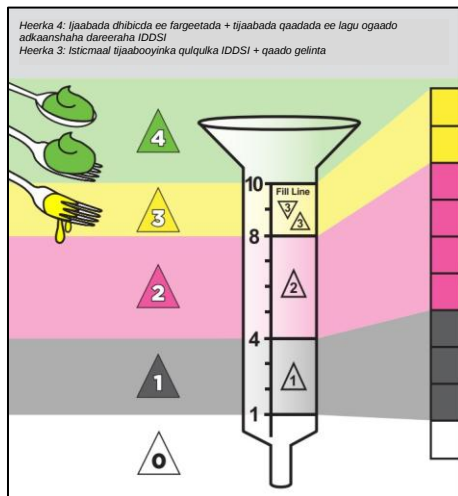
4. Jooji 10 ilbiriqsi kadib



Xusuusin: Qub dhammaan shay'yaasha cuntada ama dareeraha ee la tijaabiyay iyada oo isticmaalayo dublada IDDSI waana inaan la cunin.

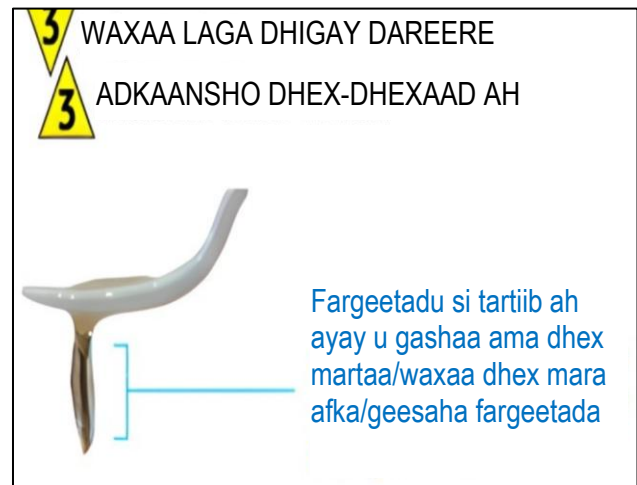
Sawirka 1 aad Tijaabada Heerka IDDSI

Sawirka 2



Sawirada Isha: ©The International Dysphagia Diet Standardisation Initiative, 2016 – <https://iddsi.org/framework/>

Sawirka 3



Sawirada 2 iyo 3 Ku adkeynta dareeraha badarka ilmaha yaryar. Eeg adkaanta habboon. Dareeraha heerka 3 aad waxay sidoo kale u baahan yihiin in la tijaabiyo ayadoo la adeegsanaayo tijaabada la geliyo fargeetada.

Tilmaamaha ku saabsan Sida Dareeraha Loo Adkeeyo

- Markaad ku diyaariso cabitaan badarka ilmaha markaad samaynayso tijaabada heerka, ku qas kaliya 1 ounce oo ah cabitaan ama caanaha qasacadaha. Markaad gaarto heerka saxda ah, isku qas inta kale ee cabitaanka ama caanaha dhallaanka ee aad u baahan tahay, adigoo isticmaalaya isla qadarka badarka dhallaanka halkii wiiqiyad dheeraad ah (Sawirka 2).
- Marka aad isticmaalayso **badarka** ilmaha, haddii tijaabada qulqulka ay tahay khafiif, ku sii kordhi badarka ilmaha cadadka $\frac{1}{4}$ **qaado**. Haddii ay aad u adagtahay, yaree badarka ilmaha $\frac{1}{4}$ qaado.
- Waxaan ku talineynaa in la isticmaalo badarka dhallaanka ee si fiican loo burburiyay (sida Earth's Best®) si loogu adkeeyo cabbitaannada, haddii ilmuhu ka yar yahay 12 bilood (da'da la saxay).
- Haddii aad isticmaaleyso badarka dhallaanka ee jajaban (sida Gerber®), geli bac caag ah, ka dibna mari gasac ama ul rogid ah si aad u burburiso, ama isticmaal makiinad shiidi kara si aad si fiican ugu burburiso badarka.
- Adkee waxa kujira dhalo kasta **waxyar kahor** inta aadan siin ilmaha. Haddii aad isticmaalayso caanaha qasacadaha oo qaboow, ku qas badarka **kadib** marka la qandiciyo caanaha qasacadaha. Si xoog leh u rux si aad si fiican iskugu qasto badarka iyo dareeraha. Sii ilmaha caanaha qasacadaha ee aad adkeysay isla markiiba. Caanaha qasacada waysii adkaanayaan marka ay fariistaan.

- Fiiri ibta dhalada marka aad ilmaha quudineyso si aad u hubiso inuusan badar ku xirmin. Waxaad u baahan kartaa inaad ibta dhalada wareejiso adoo adeegsanaaya farahaaga ama inaad ka saarto waxa isku xiray.

Ogeysiis Muhiim ah

- Weydii dhakhtarka cunugaaga, adeeg bixiyaha caafimaad, ama farmashiyaha sida loo adkeeyo daawooyinka dareeraha ah.
- La hadal dhakhtarka cunugaaga ama dhakhtar cunto oo ruqsadeysan haddii aad su'aalo ka qabto sida isbadelaan saameyn ugu yeelan karaan cadadka dareeraha iyo tirada kaloriyada uu cunugaagu helaayo.
- Cunugaagu wuxuu u baahan karaa ibta hore ee dhalada oo kale si ay usoo maraan dareeraha la adkeeyay. Kala hadal dhakhtarka cunugaaga, dhakhtarka luuqada hadalka ama dhakhtarka baxnaaninta kahor inta aadan sameyn wax isbadelo ah.
- U sheeg dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaad sida ugu dhakhsaha badan haddii uu ilmahaagu:
 - Uu cunaayo cunto yar oo ka yar sida caadiga ah
 - Uu xanaaq badan yahay
 - Uusan culeys ku darsameyn sida la filaayay
 - Qaba calool-fadhi
 - Lahayn xafaayado qoyan oo ka yar
 - Qufac ama hinqasho inta lagu jiro quudinta

Adkeynta Dareeraha ee La Adeegsado Waxyaabaha Macmalka Ah

Ha isticmaalin adkeeyayaasha macmalka ah haddii uusan ilmuhu ka weynayn 12 bilood (da'da la saxay). Su'aalaha la xiriira da'da la saxay, weydii dhakhtarkooda ama bixiyaha daryeelka caafimaad.

Raac tilmaamaha adkeynta ee uu bixiyay soo-saaraha kuna qoran gasacda ama xirmada.

Meesha Laga Gato Waxyaabaha Macmalka Ah ee Lagu Adkeeyo Dareeraha

Waxaa jira adkeeyayaal badan oo leh magacyo summadeed. Adkeeyayaasha macmalka ah ee dareeraha waxaad ka heli kartaa farmashiga deegaankaaga. Waxaad sidoo kale adkeeye ku dalban kartaa onlayn ahaan ama telefoon. Mar walba raac tilmaamaha shirkada ee ku qoran baakada si aad u adkeyso dareeraha.

Simply Thick®

www.simplythick.com

1 (800) 205-7115

Alaabtani waxaa sidoo kale loo adeegsan karaa caanaha naaska haddii ilmuhu ka weyn yahay **12 bilood** da'da la saxay. Alaabtaan waa inaan la siin ilmo da'diisu ka yar tahay **12 sano** gaar ahaan haddii ilmuhu qabo necrotizing enterocolitis (NEC, cilada uur kujirta ee dhallaanka).



Heerka 1 aad IDDSI Adeyg xoogaa khafiif ah – Isticmaal baakad adeeg xoogaha qafiif ah (Heerka 1 Adeyg Xoogaa Khafiif ah) oo leh 4 wiiqiyood oo ah dareere ama isticmaal baakad dareere macaan (Heerka 2 Adeyg Xoogaa Khafiif ah) oo ku qas 6 wiiqiyood oo ah dareere.



Heerka 2 aad IDDSI Adeyg xoogaa khafiif ah/dareere macaan - Ku qas hal baakad oo ah adeyg xoogaa khafiif ah/dareere macaan adoo adeegsanaaya 4 wiiqiyood oo ah dareere.



Heerka 3 aad IDDSI Adeyg xoogaa khafiif ah/dareere macaan - Ku qas hal baakad oo ah adeyg xoogaa khafiif ah/dareere macaan adoo adeegsanaaya 4 wiiqiyood oo ah dareere.

Purathick™

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1 (866) 950-7278

Alaabtaan ayaa la isticmaali karaa haddii cunugaagu **ka wayn yahay 12 bilood**, oo ah da'da saxda ah. Alaabtaan waa inaan la isticmaalin haddii cunugaagu qabo cilada la xariirta dheefshiidad la'aanta sonkorta ama haddii uu xasaasiyad ku qabo galactomannans.



Heerka 1 aad ee IDDSI – Adeeg yar: Ku qas hal xirmo 7 ilaa 8 wiiqiyadood oo dareere ah.



Heerka 2 aad ee IDDSI – Adeeg yar: Ku qas hal xirmo 5 ilaa 6 wiiqiyadood oo dareere ah.



Heerka 3 aad ee IDDSI – Adeeg yar: Ku qas hal xirmo 3 ilaa 4 wiiqiyadood oo dareere ah.

Waxaa jira alaabo kale oo dhumuc ka dhigi kara dareerayaasha. La hadal dhakhtarka ilmahaaga ama bixiyaha daryeelka caafimaad ka hor intaadan isticmaalin alaab adkaysa dareeraha.

Tilmaamo qaas ah
