

Daaweynta Buufinta Aerosol Therapy (Somali)

Buufinta waa ceeryaamo ay ku jirto daawo. Buufintaas waxay ku caawisaa inay wanaajiso dhibaatooyinka neefsiga. Canugaaga wuxuu ku neefsaday sambabada illaa maaskaraha ama qalabka afka (Sawirka 1). Saameynta buufinta waxay ku xirantahay nooca daawada la isticmaalay.

Raadi nashaado daganaan leh oo uu sameeyo cunugaaga inta uu fadhiyo oo uu qaadanaayo daawada. Qaar kamid ah tusaalayaasha waxaa kamid ah buug uu akhriyo, wax uu sawiro, ama inuu ciyaaro ciyaar uusan sameyneyn dhaqdhaqaaq. Si uu ula qabsado maaskaraha, canugaaga ha qabto maaskaraha, ha fiiriyo, hana iskudayo inuu xirto. U sheeg cunugaaga inay daawadu usoo uri karto si cajiib ah, laakiin marka uu neefsado daawada, mar danbe uma soo uri doonto.



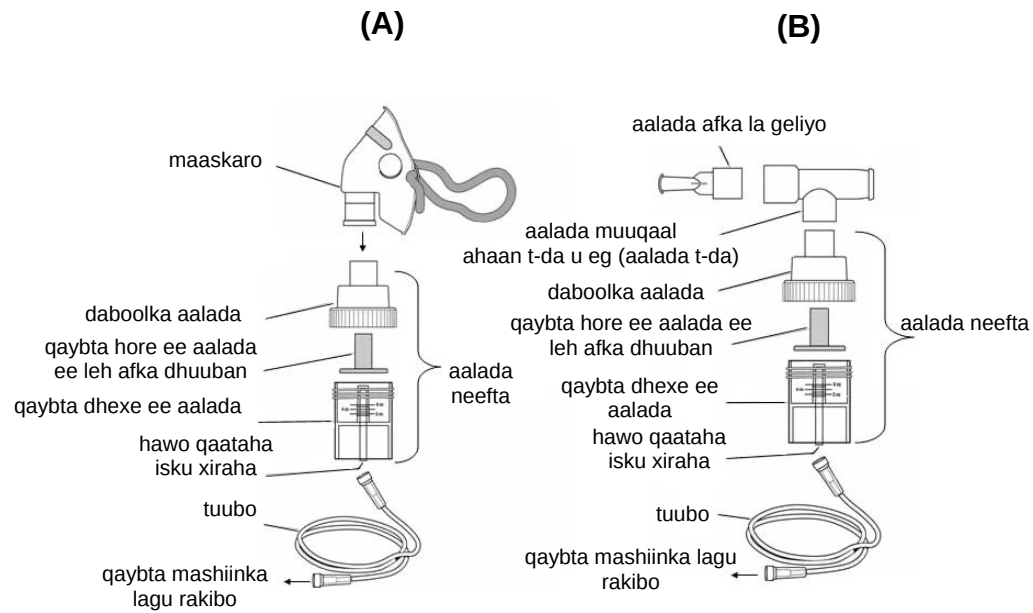
Waxaad u baahan doontaa:

- 1 ama 2 aalada neefta (ayadoo ay ku xiran tahay daawada)
- mashiinka neefta ee daawada lagula buufiyo jirka (mashiinka loo adeegsado daawo buufinta)
- tubo
- 1 ama 2 maaskaraha ama qalabka afka (Sawirka 2)
- daawada uu soo qoray dakhtarka cunugaaga (fiiri taariikhda ay dhacayso)
- khal cad oo lagu nadiifiyo qalabka (ama daawo jeermiska disha haddii uu qoro dhakhtarka cunugaaga)

Sawirka 1 Maaskaraha waxaa lala isticmaalaa aalada neefsiga illaa cunugu ka gaaraayo da'da 6 sano.

Haddii canugaaga isticmaalo Pulmicort Respules[®], Pulmozyme[®], Tobi[®], Bethkis[®], ama Hyper-Sal, waa inuu isticmaalaa aalada neefta ee PARI[™]. Haddii aadan haysan mid, la hadal dhakhtarka cunugaaga.

OGSOONNOOW: Ha siin daawadaan oo ah in ka badan inta dakhtarka soo qoray. Haddii aysan shaqeyn, wac dakhtarkaaga isla markiiba.

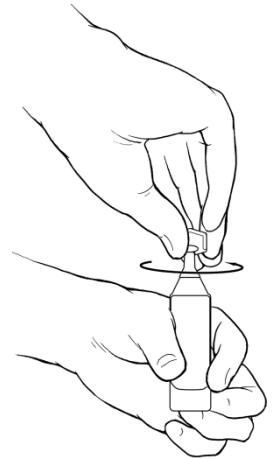


Sawirka 2 Aalada neefsiga waxaa lala isticmaalaa midkood maaskaraha (A) ama qalabka afka (B).

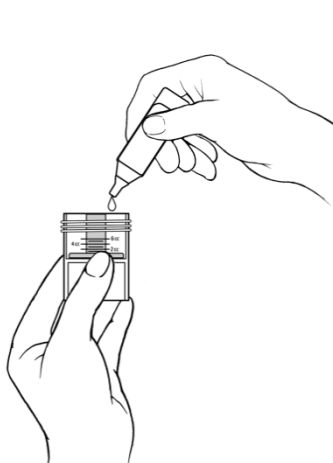
Sida loo siiyo Dawadaan

Furida daawada iyo ku xiririda mashiinka

1. Dhaq gacmahaaga. Sidoo kale cunugaagu ha dhaqo gacmahiisa.
2. Fur aalada neefta oo ka bixi daboolka aalada ee ku dhegan qaybta dhexe ee aalada.
3. Waxaad ka heleysaa daawada farmashiga oo ku jirto bacda caaga ah ama dhalada. Waxay diyaar u tahay ku isticmaalka mashiinka. Fur caaga daawada (Sawirka 3) iyo oo geli dhammaantood meesha mashiinka neefsiga (Sawirka 4).
4. Qabo meesha weli oo gadaal ugu wareeji daboolka meesha (Sawirka 5).
5. Ku xir maaskaraha ama qalabka afka dusha daboolka mashiinka neefsiga. (Sawirka 6).



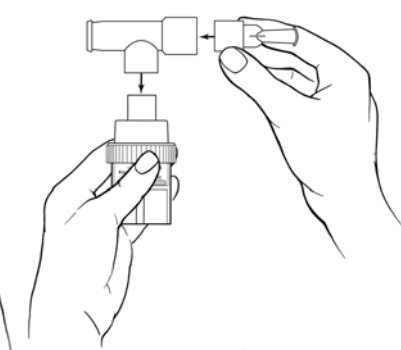
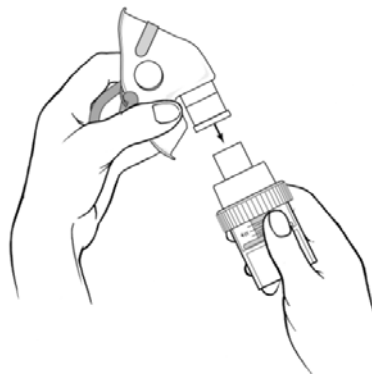
Sawirka 3



Sawirka 4

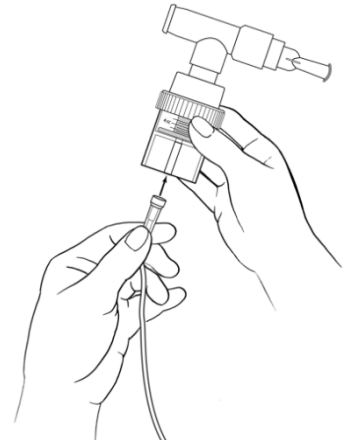


Sawirka 5



Sawirka 6

6. Ku xir mid dhammaadka tuubada ee hoosta mashiinka neefsiga iyo dhammaadka kale tuubada ee mashiinka buufinta (Sawirka 7). Dhibaato malahan dhammaadke tuubada ah ayaa ku lifaaqan mashiinka.
7. Dhig mashiinka neefta meel siman.
8. Korontada geli mishiinka neefta. **Ha isticmaalin fiilada korontada.** Daar mashiinka.



Sawirka 7

Iyada oo la isticmaalayo

1. Cunugaaga si quman ha u fariisto ama saar laabtaada. (Sawirka 1, bogga 1).
2. U oggoloow inuu qaato neef degan, oo meel dhexe ah illaa daawadu ka dhamaanayso. Tani waxay qaadataa 10 illaa 15 daqiiqo. Marka aad isticmaaleysid maaskaraha, cunugaagu wuxuu ku neefsanaa karaa afkiisa iyo sankiisa labadaba.
3. Hubi in maaskaraha ay daboolayso sanki iyo afka cunugaaga labadaba. Waxaad ku caawin kartaa adiga oo ku meeleynayo ama isticmaalayo suunka.

Isticmaalida qalabka afka

Hubi in cunugaagu ka neefsanaayo afka. Arrintaan ayaad xaqiijin kartaa adoo eegaya aalada afka. Haddii aad aragto ceeryaamo kasoo baxaysa ama gelaya, cunugaagu wuxuu sida saxda ah oga neefsanaaya afka. Laakin haddii ceeryaamadu ay marwalba ka soo baxeyso qaybta danbe ee qalabka afka, wuxuu ka neefsanaaya sanki.

1. Cunugaaga si quman ha u fariisto. Sii aalada afka si uu u qabto.
2. U sheeg inuu aalada afka ku qabto ilkihiisa kadibna uu isku qabto bishimaha ku wareegsan si uu kugu xajiyo. U sheeg inuu qaado neef degan, oo meel hoose ah asagoo adeegsanaaya afkiisa.
3. U oggoloow inuu qaato neef degan, oo meel dhexe ah asagoo adeegsanaaya afkiisa illaa daawadu ka dhamaanayso. Tani waxay qaadataa 10 illaa 15 daqiiqo.

Da'da wanaagsan ee lagu bilaabo isticmaalida qalabka afka qiyaastii waa 6 sanno jir. Haddii cunugaagu dhibaato ku qabo ka neefsashada afka, waxaad u baahan kartaa inaad isticmaasho maaskaraha daaweynta buufinta.

Daaweynta kadib

1. Demi mishiinka.
2. Ka saar mashiinka neefsiga tuubada.
3. Kala fur barka kore (daboolka mashiinka neefsiga) barka hoose (meesha) mashiinka neefsiga. Ka saar qalabka gudaha. (Sawirka 2, bogga 2). Haddii qalabka laga saari karo uu lumo ama uusan ku jirin mashiinka neefsiga, mashiinka neefsiga ma shaqeyneyso.

4. Ku dhaq qeybaha saabuun iyo biyo qandac ah, kadibna si fiican u biyo raaxi.
5. Qalabku ha ku qallalo hawada iyadoo dul saaran tuwaal warqad ah ahna nadiif.
6. Qalabka iyo daawada ku keydi meel ilmaha iyo xayawaanada guriga gaari aysan gaari kareynin.
7. Ka fiiri aalada buufinta daawada iyo tuubada inay leeyihiin dilaac ama meel jaban. Iska tuur qalabka jaban ama dilaacsan. Iska hubi inaad dib u dalbatid qalab cusub marka loo baahanyahay.

Nadiifinta

Nadiifi mashiinka neefsiga si aad u dishid bakteeriyada oo aad oga saartid waxa dul koray. Kala furfur oo biyo qandac iyo saabuun leh ku dhaq dhammaan qaybaha aalada. Eeg buug yaraha ama muuqaalka la yimaaday mashiinka cunugaaga. Qaybo badan oo kamid ah aalada neefta waxaa lagu mayri karaa mishiinka weelka lagu dhaqo.

- Maalin kasta - Qaybaha banaanka ee mashiinka ku nadiifi dharka wax lagu nadiiyo kadib marka aad korontada ka bixiso. Ha meyrin tuubada ama aalada la buufiyo.
- Haljeer isbuucii - Nadiifi qalabka adoo isticmaalaya midkood biyaha qalka ama jeermis dillaha ah ee uu dakhtarku soo qoray.
 - Si loo sameeyo biyaha qalka:
 1. Isku qas $\frac{3}{4}$ koob oo biyo ah iyo $\frac{1}{4}$ koob oo qal cad ah.
 2. Kala furfur aalada neefta oo ku rid digsi ama baaquli nadiif ah.
 3. Khal ku filan ku shub baaquliga si ay gaaraan qaybaha aalada.
 4. Udaa muddo dhan 30 daqiiqo ha qoyeene.
 5. Aalada afka ama maaskarada ku dhaq biyo kulul, oo saabuun leh.
 6. Biyo raaci qalabka.
 7. Qalabku ha ku qallalo hawada ayagoo dul saaran shukumaan warqad ah ahna nadiif.
- Haddii qaybta wax sifeysa ee aalada neefta ay leedahay midab buni madoow xigeen ah, mid cusub ku xir. Raacna tilmaamaha shirkada soo saartay marka aad badelayso sifeeyaha. Had iyo jeer gacanta ha kuugu jirto aalada sifeynta oo dheeraad ah. Haddii aad u baahatid mid cusub, waxaad la xiriirta bixiyaha.
- Qalabka iyo daawada ku keydi meel ilmaha iyo xayawaanada guriga gaari aysan gaari karin. Uumi bixiyaha `nebulizer'ka waxa lagu keydin karaa mishiinka dhexdiisa, ayadoo ay la socoto tuubadu.

Helida mashiinka neefta

- Waa inaad heysataa warqadda dhakhtarka si aad u heshid mishiinka daawada lagu qaato. Ka codso dakhtarkaaga ama shaqaalahiisa inay kaa caawiyaan inaad hesho shirkad soo saarta qalabka caafimaadka.
- Shirkado soo saara qalabka caafimaadka oo kaladuwan ayaa ka ganacsada mashiinka neef ahaanta daawada loogu qaato. Intooda badan waxay kuu oggol yihiin inaad mishiinka gadato ama aad kireysato. Waxaa laga yabaa inaad dooneyso inaad isku barbardhigto kharashka kahor inta aadan dalban. Kharashka mashiinku shirkaduhu way ku kala duwan yihiin. Shirkado badan oo caymis ah, Medicaid ama Medicare waxay bixinayaan qaar ama dhammaan kharashka.
- Caadiyan, qof ka socda shirkada soo saarta qalabka caafimaadka ayaa guriga kuugu keeni doona mashiinka. Waxay ku tusi doonaan sida loo adeegsado loona daryeelo.