Nationwide Children's
When your child needs a hospital, everything matters.℠

Helping Hand™

Burukiitada
Bronchiolitis

Boronkiyoolitis (bronchiolitis) (bron-key-oh-LIE-tiss) waa caabuq ku dhaca marinada hawada oo uu sababo fayras. Fayraska ugu badan ama ugu caamsan ee keena waa RSV (respiratory syncytial virus), para influenza virus, rhinovirus (hargabka caadiga ah) human metapneumovirus, iyo adenovirus. Bixiyeyaasha daryeelka caafimaadku waxay badanaa boronkiyoolitis ugu yeedhaan "caabuq RSV." Boronkiyoolitis waxa badanaa la arkaa dhamaadka dayrta iyo bilaha jiilaalka ilaa Bisha Saddexaad.

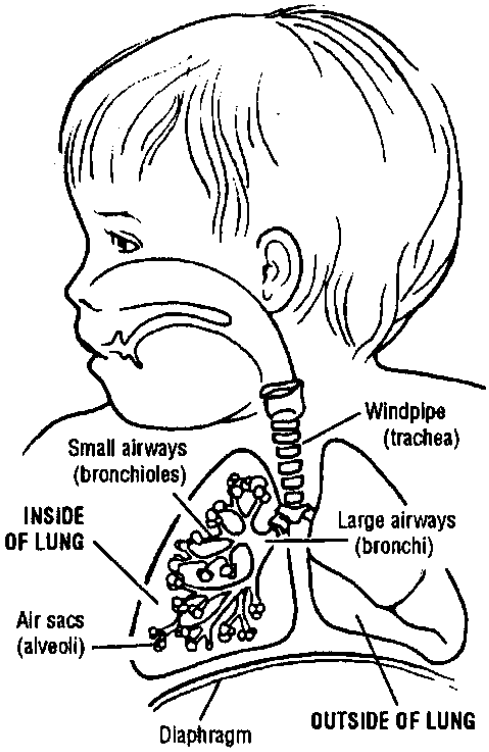
Boronkiyoolitis waxay saameysaa marinada yaryar ee hawada (bronchioles) ee marinka neefsashada ee hoose (Sawir 1). Marinadaas hawo ee yaryar way bararaan oo waxa buuxiya xab iyo qurubo unugyo oo yaryar. Marinada cidhiidhi noqday ayaa dhib ka dhiga in ilmuhu neefsado. Cudurkani waxa uu badanaa saameeyaa sabiga ama ilmaha yar ee da'diisu u dhexeysa 2 ilaa 12 bilood. Aad bay dhif ugu tahay caruurta ka weyn 2 sanno; hase yeeshee, caruurta da' roon iyo dadka waaweyn waxa ku dhici kara astaamo la mid ah kuwa hargabka oo uu sababay isla fayraskan.

Aastaamaha Hore ee Burukiitada
Early Signs of Bronchiolitis

- San duuf ka da'ayo iyo cabudh
- Qandho ayaa suurtogal ah
- Qufac (jira qiyaastii 3 illaa 4 todobaadkii)
- Xanaaq-dhawi

Aastaamaha Dambe
Later Signs

- Neefsasho degdeg ah oo qoto yar
- Laabtu hoos bay isugu noqon kartaa marka canugaaga neefsado (dib-u-noqoshooyin). Tani waxay dhacdaa markii isgaa ama iyada aanu hawada galin karin oo ka saarin karin sambabada.



Sawirka 1 Hab-dhiska neefsashada ee gudaha jidhka.

Ka sii socda bogga 2

Xaquuqda daabacaada 1985, Nationwide Children's Hospital

Aastaamaha Dambe, sii socda

Later Signs, continued

- Xiiq leh neefsasho dheer oo sanqadh leh. Xiiqda iyo neefsashada dhib ah waxay ka sii daraan 2 ilaa 3 maalmood, ka dibna waxay bilaabaan inay soo fiicnaadaan. Xiiqdu waxay jirtaa oo 7 cisho.
- Mudooyin qufac oo tiro badan
- Rabitaanka cuntada oo hooseeya
- Ilmaha oo aan sidii hore u ciyaar badnayn; si fudud u daala

Waxa Laga Filanayo Xafiiska Dhaqtarka ama Qolka Degdega

What to Expect at the Doctor's Office or Emergency Room

- Ilmahaaga waxa fiirin doona dhakhtar.
- Faashad leh qalab dareen leh oo leh nal yar oo cas ayaa laga yaabaa in la saaro farta gacanta ama farta cagta ee ilmaha. Tani waxay ku xidhan tahay mishiin muujinaya heerka oksijiinta ee ku jira dhiigiisa. Ma xanuunjiso.
- Ciriiriga sanka canugaaga waxaa lagu daaweyn karaa dhibcaha biyaha cusbada iyo ka saarida.
- Waad xejin kartaa oo isu dhaweyn kartaa ilmahaaga si aad u dejisid.

Ka hortaga

Prevention

Fayrasyada sababa boronkiyoolitis aad baa la isu qaadsiiyaa (loo kala qaadaa). Waxay dadka kale ku fidi karaan ilaa 28 maalmood. Cudurka waxa fidiya gacmaha ka dib marka la taabto xab, candhuuf, ama dheecaan kale oo ka yimid sanka iyo afka ilmaha.

- Waa in dhamaan xubnaha qoysku ay ku dhaqmaan gacmo dhiqis fiican, gaar ahaan ka dib marka ay taabtaan xab, candhuuf, iyo dheecaan ka yimid sanka iyo afka.
- Waa inaad masarada/safaleetiyada wajiga uga takhalustid si haboon.
- Dabool sanka iyo afka marka aad qufacaysid. Waxa lagu taliyay inaad ku qufacdid marada cududdaada halka aad ku qufuci lahayd gacmahaaga.

Waxa aad Ku sameyn Kartid Guriga

What You Can Do at Home

Ilmaha qaarkood ee qaba boronkiyoolitis waxa ku dhaca xiiq soo noqnoqota mar dambe oo ay guriga joogaan. Haddii ilmahaagu ka sii daro ka dib marka uu ku laabto guriga, wac dhakhtarka canugaaga. Halkan waxa ku yaala dhawr wax oo aad guriga ku sameyn kartid si aad ilmahaaga u gargaartid:

Ka sii socda bogga 3

Waxa aad Ku sameyn Kartid Guriga, sii socda

What You Can Do at Home, continued

- Ilmahaaga u jiifi dhinac ama dhabar iyada oo madaxiisu jiro dhinac.
- Isticmaal siringe la tuujiyo si aad u nadiifisid sanka ilmahaaga. (Ka tixraac Helping Hand HH-II-24, *Ka saarida Sanka oo ay la jiraan Saliingada Goomaha*.)
- Nuunuuga ama ilmaha yaryar, u sii wad naas-nuujinta. Waxa la og yahay in caanaha naasku ay gargaar ka geystaan la dagaallanka caabuqa.
- Sii cabitaano adiga oo badanaa u siinaya qadaro yaryar.
- Ilmahaaga ku dhiirigali inuu cabo cabitaano ka badan inta caadi ah.
- Cabitaanada cad ama Pedialyte® ayaa la siin karaa ilmaha ay dhib ku tahay qaadashada caanaha masaasadda ama naaska. Haddii ilmahaagu weli cabayo kaliya cabitaano cad ka dib 2 maalmood, fadlan wac dhakhtarkaaga.
- Ilmahaaga si tartiib ah u quudi oo u oggolow inuu nasto marrar badan.
- Si tartiib ah u xeji ilmahaaga oo ula hadal si tartiib ah.
- Qofna ha u oggolaan inuu sigaar ku cabo guriga ama agagaarka ilmahaaga. Qiiqa sigaarku waxa uu dhib ka sii dhigi doonaa in ilmahaagu neefsado. Waxa kale oo laga yaabaa inuu sababo caabuq sambab iyo dhego oo sii badan siina daran.

Haddii Canugaag la Isbitaalgeeyo

If Your Child Is Hospitalized

- Haddii ilmahaaga la dhigo cisbitaalka, qaar badan oo ah daweyta lagu siiyay Qaybta Gargaarka Degdegga ayaa la sii wadi doonaa.
- Waxa laga yaabaa in ilmahaaga lagu xidho mishiin la socda garaaca wadnaha. Heerka oksijiinta ee dhiigga ayaa sidoo kale la sii wadi doonaa in lala hubiyo.
- Waxa laga yaabaa in ilmahaaga lagu xidho faleebo/sayloon (IV) haddii loo baahan yahay in laga siiyo hooreyaal iyo nafaqo. Badanaa ilmaha qaba boronkiyoolitis aad bay dhib ugu tahay inuu wax cuno oo cabo.
- Haddii sanka ilmahaaga uu la geysmo xab, siringe la tuujiyo ama tuubo yar oo ku xidhan mishan nuugis ayaa la isticmaali karaa si loo saaro xabka.
- Caruurta ka yar 2 bilood, ama kuwa qaba cudur daran ama taariikh u leh cudur wadne ama sambab, waxay u baahan karaan daweyn gaar ah.
- Ilmaha qaarkood waxay u baahan karaan oksijiin. Tan waxa badanaa la bixiyaa iyada oo la isticmaalayo tuubo san (nasal cannula) (tuubada bacda iyo qaado yar oo sanka ku jirto) ama maaskolo.

Marka La soo Wacayo Dhaqtarka

When to Call Your Doctor

Wac dhakhtarkaaga haddii ilmahaagu leeyahay mid ka mid ah astaamahan:

- Quud qaadashada oo dhib ah
- Hurdada oo dhib ah
- Neefsashada oo dhib ah, ama neefsashadu aad degdeg u tahay
- Midabka maqaarka oo aan ahayn sidiisii caadiga ahayd, ama buluug u eg
- Maqaarka ka hooseeya ama u dhexeeya feedhaha oo gudaha u riixmaya marka ilmuhu neefsado.
- Ilmuhu ma xasilayo marka la hayo ama la quudiyo.

Haddii aad qabtid wax su'aalo ah, u hubso inaad weydiisid dhakhtarkaaga ama kalkaalisda, ama wac _____.