

Xanuunka dhallaanka

(Somali)

Daryeelkayaga yareynta xanuunka

Waxaan rumeysan nahay in carruurta sabiga ah iyo ilmaha roonba ay xaq u leeyihiin heerka ugu wanaagsan ee yareynta xanuunka ee sida badbaadada leh loogu qaban karo. Sidaa darteed waxaynu cuskanaa dadaal kooxeed si aynu u yareyno xanuunka iyo welwelka inagoo isticmaalayna hababka daaweynta jirka iyo niyaddaba. Dantayadu waa wada shaqeynta waalidka iyo shaqaalaha si loo ogaado xanuunka sida ugu dhaqsaha badan, loona daaweeyo sida ugu habboon.

Dhallaanku xanuunka ma dareemaan?

Inkastoo dhallaanku weli korayo oo aanay inoo sheegi karin xanuunka, haddana way dareemaan xanuunka, xanuunkoodana waa la daaweyn karaa. Kooxda daryeelka caafimaadka waxay doonayaan inay sameeyaan inta ay kari karaan si ilmahaagu fayooobi u dareemo.

Maxaa keena xanuunka dhallaanka?

Xanuunka waxaa keeni kara waxyaabo badan, oo ay ka mid yihiin:

- dhaawaca qallinka ka dib:
 - meesha qalliinka lagu sameeyay
 - fidinta ama riixidda jirka ama xubnaha
- duritaanka sida xididka daawada laga qaato ama dhiigga labaarayo
- neerfayaasha oo dareema dhaawac jirka ama barar
- dareen xanuun oo ay keento hurgun

Pain in infants (English)

Our commitment to pain management

We believe that infants and children have a right to the best level of pain relief that can be safely provided. Therefore, we take a team approach to pain and anxiety management, using drug and non-drug therapies. Our goal is to have staff and families work together to evaluate pain promptly and treat it effectively.

Do infants have pain?

Even though infants are still developing and cannot tell us about their pain, they do feel pain, and their pain can be treated. The health care team wants to do all they can to relieve pain and make your baby comfortable.

Why do infants have pain?

Pain can have many causes, including:

- soreness after surgery caused by:
 - the incision (opening made in surgery)
 - stretching or pushing on tissue or organs
- procedures such as starting an IV or drawing blood for a lab test
- nerves that sense tissue damage or swelling
- an achy feeling that can be caused by an infection

- dhaawaca murqaha oo ka imaan kara sariir ku raagidda, ama dib u isticmaalka murqaha
- xanuun ka yimaada tuubooyinka
- dillaaca ama nabraha maqaarka

Sidee baynu u garannaa in dhallaanku xanuun hayo?

Waxaa jira in dhallaanku erayo inoogu sheegi karin halka xanuunku ka hayo, sida ay ilmaha waaweyn inoogu sheegi karaan, laakiin waxaynu eegi karnaa astaamo ku saabsan sida ay u dhaqmayaan. Waxaa kaloo aynu xanuunka ku cabbiri karnaa u fiirsasho sida illmahu wax u sameynayo ama astaamaha jirka (sida wadno qaraaca, heerka neefsashada, cadaadiska dhiigga) si uu u ogaado in dhallaanku xanuun hayo, khaas ahaan ilmaha aadka u yar.

Sidee ilmahu u dhaqmaan marka uu xanuun hayo?

Ilmaha marka uu xanuunka hayo siyaabo ka duwan marka ay caadiga yihiin ayey u dhaqmaan. Cunug walba si qaas ah inuu u dhaqmo ayaa laga yaabaa, sidaa oo is beddeli karta mararka qaarkood. Eeg astaamaha hoos ku taxan.

Dhallaanku waxay u dhaqmaan siyaabo kala duwan oo astaan u ah xanuun. Calaamadaha waa ay dhici karaan iyadoon ilmahu xanuun hayn, laakiin isku jirkooda inta badan waa xaadir marka ilmahu xanuun hayo.

- Oohin: Waxaa laga yaabaa in dhallaanku u ooyo si xiriir ah. Oohinta badanaa waa mid dhawaaqa iyo muddadu sii badato. Ilmaha aadka u xanuunsan ama dhiciska ah ee tabarta yar iyagoo xanuun hayo ayay aamusnaadaan.

- sore muscles from being in bed for a long time, or from starting to use muscles for the first time
- discomfort from tubes
- skin abrasions or sores

How do we know an infant is in pain?

Infants cannot tell us about their pain in words, like older children, but they do give us clues in certain behaviors. We can also measure pain by observing behaviors or vital signs (heart rate, breathing rate, blood pressure) to help decide if the infant is having pain.

How do infants act when in pain?

Infants will act differently when they are in pain than when they are comfortable. Each infant will respond individually and may be inconsistent in how they react from time to time. Look for clues listed below.

Infants use a combination of **behaviors** to signal pain. These signs may occur when the infant is not in pain, but combinations are **usually** present in an infant with pain.

- Crying: The infant may cry robustly. Crying is often increased in pitch and length of time. Babies who are very sick or premature and have no energy may be silent even though they are uncomfortable.

- Muuqaalka wejiga: Ilmaha waxaa laga yaabaa inay wejiga kaduudaan indhahana isku qabtaan. Garka oo gariira ayaa la arki karaa. Ilmaha makiinadda neefsiga ku xiran ayaa sidan yeela xitaa.
- Muruq adkeynta: Dhallaanku murqaha ayay adkeeyaan, iyagoo gacmaha isku soo dhejinaya lugahana kor u taagaya ama is wada fidinaya. Gacmaha ayay duubtaan ama way is wada adkeeyaan. Ilmaha aadka u jiran waxaa ka luma adkeynta murqaha waxayna noqdaan kuwaa aad u jilicsan.
- Dhallaanka xanuunka hayo badanaa way caro badan yihiin, deggenaanshahooduna wuu yar yahay, cuntada wey diidaan mana seexan karaan
- Dhaqdhaqaaqa waxaa uu ku xiran yahay caafimaadka iyo tabarta dhallaanka. Dhallaanka qaarkood si weyn ayay u dhaqaajiyaan gacmaha iyo lugahaba. Dhallaanka tabarta daranse aad bay u shanqar iyo dhaqaaq yar yihiin.
- Soo kicidda/hurdada: Dhallaanka xanuunka hayo badanaa waa ay dabci xun yihiin hurdadooduna yar tahay. Dhallaanka qaarkood intay isku mashquulaan ayay u eg yihiin inay hurdaan.
- Facial expression: Babies may have a furrowed or deeply wrinkled brow with eyes squeezed shut. Sometimes their chin quivers. Even babies on breathing machines may do this.
- Muscle tension: Infants will tense up their muscles, pulling the arms in and the legs up or sometimes stretching everything out (this is called flailing). They may also clench their fists or keep their body rigid. Infants who are very sick may lose muscle tension and become floppy.
- Infants in pain are also often irritable, restless, may refuse to eat and might be unable to sleep.
- Movement will depend on the infant's health status and energy level. Some infants will squirm and vigorously bend arms and legs. Infants that are frail will be very quiet and not move.
- Sleep/wake patterns: Infants in pain are often fussier and sleep less. Some infants may withdraw and seem to be asleep.

Maxay waalidku qaban karaan?

Waxa ay waalidka leeyihiin qeyb muhiim ah. Sababtoo ah adiga ayaa cunuggaaga ugu aqoon badan, waxaad si hoose ula shaqeyn kartaa shaqaalaha (sida dhakhaatiirta, kalkaaliyaasha, ama shaqaalaha maaweeliya ilmaha) si loo yareeyo xanuunka. Waxaad tahay qofka ugu habboon ee dhallaankaaga ka caawini kara xamilaadda marxaladaha cusub ama adag.

What can parents do?

Parents have a very important role. Because you know your infant best, you can work closely with Children's staff (such as doctors, nurses, or child life specialists) to make decisions about managing pain. You are the best person to help your baby deal with new and difficult situations.

Si aad u caawiso in cunuggaaga ugu adkeysto xanuunka, waxaad yeeli kartaa:

- Inaad xaadir ahaato, ama aad weydiiso qof cunuggaaga si wanaagsan u yaqaan inuu soo booqdo.
- Inaad u sheegto shaqaalaha haddii aad dareento in xanuunka aanu yaraaneyn, ama in cunuggaaga laga yareeyo daawada xanuunka hurdo daraadeed ama firfircoonida cunugga oo wanaagsan.
- Inaad isticmaasho wax kastoo niyad ahaan dejin kara cunuggaaga ka hor iyo ka dibba markii marxalad welwel keeni karta ay jirto: si deggan oo loo salaaxo ama masaajeeyo dhallaanka, qabashada, yara ruxidda ama cod dejinaya oo loogu sheekeeyo. Waan kugu caawin doonaa si aad u go'aansato habka ugu fiican ee dejinaya dhallaankaaga.

Maxaa la sameyn karaa si xanuunka loo yareeyo?

Siyaabaha aan daawada la isticmaaleyn

Xanuunku waa mid saameeya jirka iyo niyaddaba. Ilmahu waa ay dareemaan xanuunka jir ahaan, waxyaabaha ay dareemaan waxaa ka mid ah dareemid gubasho, wax ku taagan ama majiirid. Waxa kale oo ay ka fikiraan ama xasuustaan xanuunka niyad ahaan. Maadaamaa aanay dhallaanku hadli karin, waa ay nagu adag tahay inaan si xaqiiq ah u ogaanno waxay ku fikirayaan iyo sida ay u xusuustaan dareenka. Waxaanse isku daynaa inta aan awoodno inaan yareyno dareenka iyo welwelka xanuunka. Waxyaabaha caawiya si loo yareeyo welwelka iyo xanuunka waxaa ka mid ah:

- Beddelidda jawiga dhallaanka. Dhawaqa iyo waxqabadka oo lagu yareeyo sariirta agagaarkeeda waa ay dejinaysaa dhallaanka.

To help your baby cope with pain, you can:

- Be present, or ask others who know your baby to visit.
- Tell the staff if you think the pain is not being controlled, or if your baby is ready to have pain medicine decreased because he or she is too sleepy or more active.
- Use routine calming activities before and after a stressful event: gently patting or massaging your baby, holding, rocking, or talking in a soothing voice. We will help you to decide which are the best methods to help calm your baby.

What can be done to reduce pain?

Non-medicine methods

Pain is both a physical and psychological (mental) state. Infants feel pain in their body; they might feel sensations like burning, throbbing, or cramping. They may also have thoughts and memories about pain. Because infants do not yet have language, it is hard for us to know exactly what they think of it and how they remember feeling. We try to do our best to reduce the feelings and the worry about pain. Some things that can help reduce the worry are:

- Change the infant's environment. Less noise and activity at the bedside will help calm the baby.

- In dhallaanku nuugo masaasadda furkeeda maran waxay ka caawisaa siduu ugu adkeysan lahaa waxyaabaha xanuunka keeni kara.
- Dejinta sida isticmaalidda cod nasteexo leh, muusik, sheeko, ama heeso waxay ilmaha niyaddooda ka fogaysaa ka fikiridda xanuunka.
- Dhaqaajinta ilmaha adigoo haya - ruxidda ama la socoshada waa ay caawin kartaa.
- In loo qabto dhallaanku si dhaqaaqoodu u yaraado waa ay dejisaa. Sameynta sida Kaanguuradu u qabato dhasheeda oo kale ama u qabasho si maqaarku isu gaaro aad bay u dejisaa.
- Salaaxidda ama riixidda fudud waxay caawisaa jaha wareerinta dareemayaasha xanuunka u gudbiya maskaxda taasoo keenta in maskaxdu aanay dareemin xanuun aad u badan.
- Saaridda wax qandac ah ama qabow, meesha jugta ay gaartay waxay yaeryn kartaa xanuunka ka imman kara bararka murqaha dhaawacmay. (Waxaa sidan yeeli doona kalkaalisada.)
- Sucking on a pacifier can help an infant cope with procedures and other painful events.
- Distractions like using a soothing voice, music, stories, or songs can take an infant's attention away from the pain or the procedure.
- Rhythmic motion - rocking or other slow, steady movement - can help.
- Positioning infants so that they are more contained and move less can be very comforting. Doing Kangaroo Care or skin-to-skin contact can be very soothing.
- Rubbing or gentle massage helps relax the muscles and confuse the nerves that send pain messages to the brain. Then the brain does not sense as much pain.
- Putting something warm or cold, like a warm wrap or an ice pack, on an injured area can reduce pain from inflammation or sore muscles. (This would be done by the nurse.)

Waan kaa caawin doonaa inaad barato sidii aad u isticmaali laheyd hababkan.

We will help you to learn how to use these techniques with your child.

Daawooyinka

Medicines

Waxaa jir daawooyin badan oo kala duwan oo aynu isticmaali karno. Daawada ku habboon cunuggaagu waxay ku xiran tahay waxyaabo badan sida nooca xanuunka, inta xanuunku uu hayo, iyo sababta xanuunku u hayo.

There are many types of pain medicines we can use. Which type is best for your baby will depend on many things, including the type of pain, how long it will last, and the reason your child has pain. Some medicines are described below.

Daawooyinka qaar ka mid ah hoos ayaa lagu faahfaahinayaa.

Kareemka kabaabyanta, sida EMLA® ama ELA-Max® waxaa la saari karo jirka si ay u kabuubiso. Inta badan waxaa la isticmaalaa duridda maqaarka ama xididka ka hor. Waa inay saarnaataa maqaarka ugu yaraan hal saac si ay u kabuubiso. Kama hortagto xanuunka oo dhan, laakiin waxay caawiso yareynta xanuunka. Badanaa looma isticmaalo dhallaanka haddii ay ku dhasheen in ka yar 37 isbuuc. Eeg warqadda barashada “Anesthetic cream” (“Kareemka kabaabyanta”).

Daaweynt xanuun meel ku kooban waxaa lagu sameeyaa in lagu duro lidocaine (kabuubiso) ka hor inta aan tuubbo la gelin ama hab kale la sameynin. Waxaa sidan ay la mid tahay isticmaalidda novocaine (kabuubisada) ee dhakhtarka ilkaha.

Non-steroidal anti-inflammatory drugs (NSAIDs) waxay yareeyaan xanuunka iyo bararka. Waxaa la iibsano karaa iyadoo aanu dhakhtar kuu qorin, waxayna naaqusiyaan xanuunka yar ilaa kan dhexe. Si ay u yareeyaan xanuunka caloosha, waa in lala qaato cuntada markii ay macquul tahay. Ibuprofen (Motrin®, Advil®, ama nooc kale) ayaa ka mid ah daawooyinka NSAID.

Acetaminophen (Tylenol® ama nooc kale) waa nooc kale oo ka mid ah daawooyinka xanuunka ee la iibsano karo iyadoo aanu dhakhtar qorin, taasoo caawisa daaweynta xanuunka yar ilaa kan dhexe. Daawadan waa ay ka dhibaato yar tahay daawooyinka NSAIDs-ka, laakiinse ma yareyso bararka.

Narcotics waa daawoyin aad u awood leh oo loo isticmaalo daaweynta xanuunka dhexe ilaa kan saa'idka ah, inta badanna la isticmaalo qalliinka ka dib. Waxaa laga siin karaa xididka ama afka. Daawoyinkan waxay keeni karaan dhibaatooyin sida jir cun-cun, lallabo, ama saxarada oo adkaato ama yaraata. Dhallaanku badanaa way ku hordoodaan daawadan neefsigaooduna wuu isku dhimaa. Mararka

Anesthetic cream, such as EMLA® or ELA-Max®, can be put on the skin to numb it. It is often used before a needle is inserted under the skin, such as an IV. It has to be on for at least 60 minutes in order to work. It does not prevent all discomfort, but helps reduce it. It is not usually used on babies less than 37 weeks of gestation. (See the education sheet “Anesthetic cream.”)

Treating local pain can be done by injecting lidocaine in a small area before a tube is put in or a procedure is done. This is like using novocaine at the dentist’s office.

Non-steroidal anti-inflammatory drugs (NSAIDs) reduce pain and inflammation. They can be bought over the counter and help manage mild to moderate pain. To reduce stomachache, they should be taken with food or formula when possible. Ibuprofen (Pediaprofen®, Motrin®, Advil®, or another brand) is an example of an NSAID.

Acetaminophen (Tylenol® or another brand) is another over-the-counter medicine that helps treat mild to moderate pain. It has fewer side effects than NSAIDs but does not reduce inflammation.

Narcotics are strong medicines used to treat moderate to severe pain, often used after surgery. They may be given by IV or taken by mouth. Narcotics can have side effects of itching, nausea, and constipation. Infants will often become sleepy and their breathing can slow down. Sometimes NSAIDs or acetaminophen and narcotics are used together. To prevent constipation, your

qaarkood NSAIDs ama Tylenol iyo narcotics ayaa isku mar la wada isticmaalaa. Marka narcotics-ka afka laga qaato, waa in cunto lala qaataa si looga taxadaro lallabada. Si iyadana looga taxadaro saxarada oo adkaata ama yaraata, waa in ilmahaagu cabbaa cabbitaan badan, am faleebbo lagu duraa.

Marka cunuggaaga la geeyo guriga, raac tilmaamaha uu dhakhtarku ku siiyay ee daawo xanuun siinta. Sii daawada marka uu xanuunku billowdaba. Xanuunka saa'idka way adag tahay joojintiisa. Hubi inaad siiso daawada xilliga la seexo si uu cunuggaagu si fiican ugu seexo. Daawooyinka qaar waqtii walba ayaa la siiyaa. Dhakhtaarkaaga ayaa kuu sheegi doona xilliga la siinayo haddii loo baahdo.

Hubi inaad soo wacdo haddii ay daawadu aanay xanuunka yareyn ama xanuunku ka sii daro. Haddii aad u soo wacdo dhakhtarka xanuun waxaa lagu weydiin karaa haddii cunuggaaga qandho ay hayso, heerka xanuunku la'eg yahay marka lagu qiyaaso sida uu u dhaqmayo, iyo nabarka ama meesha la qalay sida ay u eg tahay.

Su'aalo?

Warqaddani khaas kuma aha xaaladda cunuggaaga, balse waxay bixinaysaa akhbaar guud ahaaneed. Fadlan haddii aad su'aal qabto la hadal dhakhtarka ama shaqaalaha la shaqeynaya cunuggaaga. Dhakhtarkaaga ama kalkaalisadaada waxay kuu heli karaan khabiirada xanuunka ee isbitaalka. In xanuunka si wanaagsan loo daaweeyo waa dadaal kooxeed.

baby should drink more fluids than usual, or may need a stool softener.

After your baby goes home, follow your doctor's instructions about giving pain medicines. Give the medicine as soon as the pain starts. Severe pain is harder to take away. Be sure to give medicine at bedtime to help your child sleep comfortably. Some medicines need to be given around the clock. Your doctor will tell you the schedule for this if it is needed.

Be sure to call the doctor if the medicine does not seem to help the pain, or if the pain becomes worse. If you call the doctor about pain you might be asked if your child has a fever, how severe the pain is based on how your baby is acting, and what the wound or surgical site looks like (if there is one).

Questions?

This sheet is not specific to your child but provides general information. If you have any questions or concerns, please talk with the doctor or the staff working with your child. Your doctor or nurse can also access other pain experts in the hospital. Good pain management is a team effort.

Children's Hospitals and Clinics
Minneapolis/St. Paul, MN
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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