

Suuxinta: Su'aalo iyo jawaabo (Somali)

Waa maxay suuxintu?

Suuxinta (an-ess-thee-zha) waa daawo la qaato ka hor qaliinka si looga caawimo ilmahaaga in uu hurdo la dhaco oo uusan dareemin xanuun. (Tan waxaa kale oo la yiraahdaa “suuxinta guud” maxaa yeelay waxay saameeynaysaa jirka oo dhan. “Suuxinta gaar ahaaneed” waxaa loo isticmaalay qaybo jirka ka mid ah.)

Sidee baan ugu diyaarin karaa ilmahaaga suuxinta?

Ugu horrayn, ka warhay adiga dareenkaaga; waalideenta in badan ayaa wal-walsan. Way fiicantahay in aad xusuusato ujeedda suuxdinta iyo shaqaalaha Isbitaalka in ay yihiin dad ku takhasusay siinta daawada suuxinta.

Suuxinta sida ugu wanaagsan oo cunug yar loogu sharxi karo waa “daawo kaa caawinaysa seexashada marka qalliin la samaynayo si aadan u dareemin xanuun.” Kal-kaaliye caafimaad, qof takhasus u leh nolosha ilmaha, iyo kooxda suuxinta ayaa kula kulmi doonta ka hor inta aan ilmahaaga la suuxin, si dhamaantiin aad diyaar ugu noqotaan, su'aalaadkiinana looga jawaabo.

Si kasta oo loo diyaariyo, ilmaha qaarkood aad ayay uga walwalaan suuxista. Haddii ay saa noqoto, waxaa jirta daawo ka caawinaysa in ay dajiso. Daawadaas waxaa la siin karaa kadib markii uu eego ilmaha xaaladiisa suuxiyaha/suuxisada (dhakhtarka siiya suuxdinta) haddii ay jirto sabab caafimaad oo aan daawadaas loo siin **karin**, shaqaalaha ayaa ra'yi bixin kale ku siinaya.

Anesthesia: Questions and answers (English)

What is anesthesia?

Anesthesia (an-ess-**thee**-zha) is medicine given before a medical procedure to help your child fall deeply asleep and feel no pain. (This is also called “general anesthesia” because it affects the whole body. “Local anesthesia” is used only on certain parts of the body.)

How can I prepare my child for anesthesia?

First, be aware of your own feelings; many parents are nervous. It helps to remember the purpose of anesthesia, and that the staff at Children's are specialists in giving anesthesia to children.

Anesthesia is best described to a young child as “a medicine to help you sleep so you don't feel anything during the procedure.” A nurse, child life specialist, and the anesthesia team will meet with you before your child's procedure to help prepare all of you, and to answer your questions.

Even with preparation, some children are very nervous about anesthesia. If so, medicine is available to help them relax. This medicine can be given after the anesthesiologist (the doctor who gives the anesthesia) assesses your child. If there is a medical reason **not** to give your child this relaxing medicine, the staff will offer other suggestions.

Ma laga yaabaa inaan ilmahayga la joogo marka suuxintu bilaabato?

Mararka qaarkood. Kadib marku kula hadlo, dhakhtarka bartay suuxdinta baa go'aan ka gaaraya daawada ugu ammaansan uguna fiican ilmahaaga marka la bilaabay suuxdinta (midaan waxaa loogu yeeraa "u diyaarin"). Dhakhtarka bartay suuxdinta wuxuu tixgelin doonaa ilmahaaga da'diisa iyo baahida korilaankiisa iyo sida aad u rabto in aad uga qaybgasho.

Sidee baa ilmahaygu u fal-galin daawada suuxdinta?

Ilmaha siyaabo kala duwan ayay u dareemaan dawaada suuxdinta. Da'da, heerka koriimada, dabci, iyo waayo aragnimada xaga caafimaadka kuli intaas ayaa waxyeelo ku lahaanaya sida u dareemidoono daawada. Arimaha oo dhan ayaa dhakhtarka suuxiyaha/suuxisada kaa caawinaya go'aminta halkee iyo sidee uu u siinayo.

Sida caadiga ah, ilmaha wixii 12 bilood ka yar waxaa qolka qalliinka u qaadaya dhakhtarka bartay suuxdinta iyo kal kaaliyaha dhakhtarka suuxdinta, kolkiiba waalidka waxaa loo raacayaa qolka sugidda.

Ilmaha 1 sano ilaa 10 jirka ah, waalidku waa ay raaci karaan oo waa ay la joogi karaan inta ay ka gam'ayaan. Si ka duwan dadka waaweyn, Ilmahu sida badan waxay ku bilaabaan in daawada kaga neefsadaan maskarada. Ilmaha badan kooda sidaan ayaa ugaga fiican in irbad xididka looga duro si daawada loo siiyo.

Wakhtiga diyaarinta, ilmaha socod-baradka ah ama caruurta yar yar waxaad ku hayn kartaa dhabtaada. Ilmaha waawayn, waxaa u ammaano badan in la jiifiyo sariirta ka hor inta ayna gam'in.

May I be with my child when anesthesia is started?

Sometimes. After talking with you, the anesthesiologist will decide what will be safest and medically best for your child when starting the anesthesia (this is called the "induction"). The anesthesiologist will consider such factors as your child's age and developmental needs, and your own desire to participate.

How will my child react to anesthesia?

Children can have different reactions to anesthesia. Age, developmental stage, temperament, and past medical experiences all affect how they can react. These issues help the anesthesiologist decide where and how to give it.

Generally, children younger than 12 months will be carried directly to the operating room by the anesthesiologist and nurse anesthetist, while the parents are escorted to the waiting room.

For children 1 to 10 years old, parents may be invited to be present while their child falls asleep. Unlike most adults, children often begin their anesthesia by breathing the medicine through a mask. (For most young children this method works better than inserting an IV—a tube in the vein—to give the anesthesia.)

During induction, toddlers or young children may be held on your lap. For larger children, it is safer to lie on the bed before falling asleep.

Goorta la isticmaalayo maaskaro (a mask), ilmaha qaarkood ayaa si tartiib ah madaxooda uga leexiya maaskarada marka ay gam'ayaan. Hase-yeeshee, ilmaha qaar kood waa diidaan in maaskarada wajigooda lagu hayo. Waxaa laga yaabaa ilmaha waalid kood in laga codsado in ay hab-siiyaan/laabta saaraan si ilmaha dhaq - dhaqaaqa gacmaha u yaraado, si suuxiyahu ugu hayo maaskarad wajiga ilmaha. Hees ama muusik uu ka helo ilmahaagu way dajin kartaa.

Waxay qaadataa dhawr daqiiqo si aad u gama'did marka aad ku neefsatiid daawada suuxinta. Marka daawada lagu bilaabo, inta ay ka gam'ayaan, ilmaha qaar baa isku soo ko'ga si xanuun ku dhaganyahay, u neefsada si qaylo dheer una neefsada si aan fogayn oo deg deg ah. Sida caadiga ah, neefsashadu way degtaa waana yaraataa markii ilmuhu uu aad u sii gam'aba. Ilmahu intooda badan waxay u muuqdaan oo dareeman tabar darri, iyo iyadoo indhahoodu uusan wada xirmin. Isbeddelida waxay walwal galin karaan waaridka, lakin waa caadi.

Ilmaha waawayn iyo ilmaha arimo caafimaad oo gaara leh, tuubo yar (an IV catheter) ayaa la dhex galinayaa xididka jirka si looga siiyo daawada suuxdinta. Habkaan sida uu u shaqeeyo baa ka dhakhso badan habka maaskarada. Daawo ayaa lagu kabuubyeyaa jirka ka hor inta aan xididka irbad lagu mudin, haddii la rabo in aan xanuun la dareemin. (Eeg warqada barashada ee "Kareemka kabuubyada.")

Ka waran haddii aan go'aansado in aanan la joogin marka loo diyaarinayo suuxdinta?

Waalidiintu **kuma khasbana** in ay la joogaan ilmahooda marka suuxintu bilaabanayso. Mararka qaarkood waalidiintu waxay dareemayaan oo ku niyad qabaan **inayna** joogin goorta suuxinta. Adigu waxa aad rabtid

When using a mask, many children simply drift gently off to sleep. However, some may resist the mask being held on their face. Parents may be asked to "hug" their child in a way that limits their arm movement, letting the anesthesiologist hold the mask gently on the child's face. A favorite song or rhyme can be soothing to your child.

It takes several minutes to fall completely asleep by breathing the anesthesia medicine. During the transition from awake to asleep, some children may squirm, make loud breathing sounds, and breathe rapidly and shallowly. Usually, breathing quiets and slows as the child falls more deeply asleep. Most children will look and feel limp, and their eyelids may not be totally closed. The changes may worry parents, but they are all normal.

For older children and children with certain medical issues, an IV catheter (small tube) is put in a vein to give the anesthesia medicine. This method usually works more quickly than the mask method. Medicine can be used to numb the skin before the IV is put in, if needed for comfort. (See the education sheet "Anesthetic cream.")

What if I decide not to be present for the induction?

Parents are **not required** to be with their child when anesthesia is started. Sometimes parents feel more comfortable **not** being present. Your needs are important, too. Just let the

waa muhiim iyaduna. U sheeg suuxiyaha iyo kalkaaliye suuxisada waxaad doonaysid si ay kuugu taageeraan waxaad dooratid.

Haddii aan hada ka hor joogay suuxin u diyaarin, ma joogi karaa hada?

Khibrada suuxdinta aad kala kulantid midba mida kale waa ka duwan tahay. Waalidiinta qaar baa raba inay joogaan mar kale, qaarna ma rabaan. Da'da ilmaha, bisaylkiisa, ama isbeddel xaalad caafimaad baa sheegaysa sidii loo qaabili lahaa. Mar kale, ilmahaaga dhakhtarkiisa suuxinta ayaa go'aan ka gaaraya in la qaadan karo iyo in kale.

Haddii suuxiyaha uu oggolaado in la joogo, qof kee qoyska ka mid ah oo doonaya inuu joogo?

Lama oggola labo qof oo waaweyn in ka badan inay la joogto ilmaha qolka ku diyaarinta. Suuxiyaha iyo kalkaaliye suuxinta baa u baahan inaan dad badan usan joogin qolka si ay u helaan meel ay u maraan ilmahaaga. Haddii ilmahaaga suuxintiisa ay ka bilaabato qolka qalliinka, sida caadiga ah hal qof oo weyn ayaa loo oggolyahay inuu joogo. Qolka qalliinka looma oggola cunugga walaalihiis.

Goorma ayaan ilmahayga la kulmayaa kadib marka uu dhamaado qalliinku?

Qalliinka kadib, ilmahaaga waxaa loo wareejinayaa qolka qaybta daryeelka suuxdinta kadib (sidoo kale waxaa loogu yeeraa qolka soo tooska) si u uga soo tooso suuxinta. Kooxda suuxintu ilmahaaga way la joogayaan ilamaa ilmuhu soo miyirsado markaa kadib waxaa ilaalinaya oo daryeelaya kalkaaliyaha PACU. Goortii ilmahaagu bilaabo inuu soo tooso, kalkaaliyaha ayaa

anesthesiologist and nurse anesthetist know your wishes and they will be supportive of your choice.

If I've been present for induction before, may I be present again?

Each anesthesia experience is different. Some parents wish to be present again and others do not. A child's age, maturity, or changes in medical condition may call for a different approach. Again, your child's anesthesiologist will decide if this is an option.

If the anesthesiologist says it is all right, which family members can be there?

No more than two adults can be with the child in the induction room. The anesthesiologist and nurse anesthetist need enough room for easy access to your child. If your child's anesthesia begins in the operating room, usually just one adult may be present. Siblings may not be present during induction.

When can I be with my child after the procedure?

After the procedure, your child will be moved to the post-anesthesia care unit (also called PACU, or recovery room) to wake up from the anesthesia. The anesthesia team will stay with your child until stable and a PACU nurse will watch and care for your child. While your child is beginning to wake up, the nurse will assess for pain, make sure your child is

qiyaasaya xanuunka ilmaha, aadna u hubinaysana in ilmahaagu neefsashadiisu fiican tahay, eegaysana calaamadaha aasaasiga nolosha ee kuwaasoo ah (cadaadiska dhiiga ee qofka iyo garaaca wadnaha). (Eeg warqada barashada ee “Cutubka daryeelka.”)

Daawada xanuunka oo loo siiyo hadba sidu ugu baahdo. Daawada markii la siiyo kadib, ilmuhu waxay u baahanyihiin muddo la kor joogo sababtuna waa hurdo badan iyo iyada oo suurto tahay in qaabka neefsashadiisu ay isbadasho taasoo ay keento daawooyinka xanuun bi'iyayaasha badankood. Waxaad la kulmi doontaa ilmahaaga markii xaaladiisa cafimaadka guud ay xasisho uuna bilaabo in uu soo tooso.

Ilmaha qaarkood, khaasatan kuwa socod baradka iyo kuwa yar yar waxaa suurtoowda in xanaaq ama caro ka muuqato markii mi'yir koodu soo noqdo. Taasu waxay dhici kartaa xataa haddii ayna meel xanuunayn. Sida caadiga ah xaaladaan waa mid gaaban oo waxaa ilmahaaga caawimi kara kal – kaaliyaasha khibrada u leh. Ilmuhu waxaa laga yaabaa inay xasilaan markay mar labaad waalidiintood la kulmaan, laakin waxaa suurto gal ah in muddo sii caraysnaadaan. Sabur iyo qancin xagga waaridka iyo kalkaaliyaasha ayaa ilmaha ka caawini kara inuu dago xasilana.

Sidee ilmahaygu dareemayaa kadib marku ka soo tooso suuxinta?

Dareenka caadiga ah kadib suuxinta waxuu soconayaa 24 saac, iyo waxaa ka mid ah:

- hurdo badan
- caloosha oo qasanta
- dawakh/wareer
- madax xanuun
- cuna/dhuun xanuun
- caro badan/degenaansho la'aan
- muruqo xanuun

breathing well, and watch the vital signs (blood pressure and heart rate). (See the education sheet “Post-anesthesia care unit.”)

Pain medicine is given as needed. After receiving it, children need to be observed for a time due to the sleepiness and possible change in breathing caused by most pain medicines. You will be reunited with your child when vital signs are stable and beginning to wake up.

Some children, especially toddlers and young children, may be fussy as they gradually become alert. This can happen even if they are not hurting. Usually this phase is brief and the nurses are skilled at helping your child adjust. Children may calm down once with their parents again, but they may continue to be fussy for a short period. Patience and reassurance from parents and nurses will help children become comfortable and settled.

How will my child feel after waking up from anesthesia?

Common feelings after anesthesia may last up to 24 hours, and may include:

- sleepiness
- upset stomach
- dizziness
- headache
- sore throat
- irritability
- muscle aches

Isticmaal xoog siyaada ah marka u horaysa oo aad ilmahaaga qabatid, maxaa yeelay wuxuu ama waxay u muuqan kartaa in aysan cagaha ugu taagnayn sidii caadiga ahayd.

Su'aalo?

Warqadani khaas uma aha ilmahaaga, laakiin waa warbixin guud. Suuxiyaha/suuxisada ayaa kula kulmaya maalinta ilmahaaga la qallayo. Haddii aad qabtid su'aalo intaas ka hor, fadlan soo wac xarunta balanta qalliinka looga qabtay ilmahaaga.

Haddii aad rabtid warbixin ama qoraalo kusaabsan mawduucan ama mawduucyo kale oo caafimaad, fadlan wac maktabada Xarunta Adeegyada qoyska ama booqo shebekeda internetka ee www.childrensmn.org.

Children's – Minneapolis: Khadka teleefonka qallinka ka hor (*pre-surgery phone line*) (612) 813-6191

Children's – St. Paul: Cutubka Joogista Gaaban (*Short Stay Unit*) (651) 220-6195
Xarunta Qalliinka Maalinta ah (*Day Surgery Center*) (651) 241-6864

Children's West: Qalliinka (*Surgery*) (952) 930-8700

Use extra support when holding your child at first, as he or she may be less steady than usual.

Questions?

This sheet is not specific to your child but provides general information. An anesthesiologist will meet with you on the day of your child's procedure. If you have questions before then, please call the department where your child is scheduled for the procedure.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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