

MACLUUMAADKA SONKORTA IYO COVID-19

Macluumaadka ay isu geeyeen kooxda daryeelka sonkorta ee Isbitaalka Caruurta oo idiin diyaarinaya sida ugu fiican oo aad u daryeeli lahayd ilmahaaga sonkorta qaba wakhtiga faafida COVID-19 (hadana loo yaqaano fayraska koroono). Fadlan gal shaashadaan [American Diabetes Association \(ADA\)](#), si aad ula socotid macluumaadka u gaarka ah sonkorta.

Marka aad ku daryeelaysid guriga ilmahaaga sonkorta qaba, aad baad ugu diyaar garoobaysaa, haddii aad raacdid fariimahaan.

Ururso qalab

- Waxyaalo yar-yar oo tamar leh sida soodhada, malabka, malmalaadada, nacnac adag ama jalaato si ay sonkortaada kor ugu qaado, haddii sonkortaadu hoos u dhacdo cunto xumi awgeed.
- Daawo badan qaado si aadan guriga uga soo bixin.
- Waa in aad haysataa insaliin kugu filan ilaa tadobaadka soo socda, haday dhici karto in aad jiratid oo aad raadsan weydo daawada.
- Qalab siyaada ah sida aalkolada la ismariyo iyo saabuunta aad gacmaha ku dhaqatid.
- **Haddii ay sonkortu hoos u dhacdo ama kor u kacdo isticmaal faliigyada Glucagon iyo ketone.**
- Waa in aad haysataa taleefanada kooxda daryeelka, farmishiyaha iyo caymiska.
- Waa in aad haysataa liiska daawooyinka iyo tirada la qaato (oo ay ka midyihiin fiitamiinada iyo nafaqooyinka kale).

Kala hadal kooxda daryeelka waxyaalaha soo socda:

- Marka aad u soo wacaysid xafiiska dhakhtarka (ketones, isbadalka qaadashada raashinka, qaabka siinta daawada)
- Inta jeer oo aad fiirinaysid sonkortaada
- Marka aad fiirinaysid ketones-ka
- Daawooyinka aad u isticmaalaysid hargabka, infuluweynsada, fayraska iyo caabuqyada
- Isbadalo kasta oo ku dhaca daawooyinka sonkorta marka aad jirantahay

Maxay tahay in aad samaysid marka aad jirantahay

Wac kooxda daryeelka, haddii ilmahaagu jirado ama astaamaha sonkortu siyaadaan.

Haddii ilmahaagu jirado, raac talooyinkaan, taasoo qofba qofka kale uu ka duwanaan karo.

- Dareere badan cab. Haddii biyuhu ku hakanayn caloosha, fiiq-fiiqso 15-kii daqiiqaba mar ama maalintoo dhan si aadan u fuuqbixin.
- Haddii aad dareemaysid hoos u dhac (BG ka hooseeya 70 mg/dl ama yoolkii aad lahayd), cun 15 garaam oo tamar ah taasoo si sahal ah loo liqi karo, malab, malmalaado, nacnac adag, jalaato, casiir ama soodho, fiiri sonkortaada 15 daqiiqo kadib, si aad u hubisid in ay sonkortaadu kor u soo kacayso. Fiiri sonkortaada wakhti dheeraad ah maalintii iyo habeenkiiba (fiiri 2-3 saac mar, haddii aad ku fiirisid dhiiga mitirka faliiga farta, isha ku hay horumarka dhiiga mar walba, haddii aad si joogta ah u isticmaashid sonkorta lagu eego mashiinka (la yiraahdo CGM kasoo ku tusaya 5-tii daqiiqo mar, laakiin waa in aad gacanta ku fiirisaa heerka sonkorta). Bukaanku waa in uu sameeyaa mid ka mid ah labadaas, marna hasamayn labadaba.
- Haddii sonkortaadu kor u kacdo (oo ay ka badato **BG 240mg/dl**) iyo ka badan laba jeer oo isku xigta, [fiiri ketones-ka si aad uga fogaatid DKA](#).
- Wac xafiiska dhakhtarkaaga, haddii ketones-gu ay siyaadaan ama bataan, waxbana ya ka badali weydo marka aad raacdid talooyinka lagu soo jeediyay.
- La soco qaar ka mid ah dareemayaasha CGM (Dexcom G5, Medtronic Enlite, iyo Guardian) waxaa waxyeelayn kara Taylenoolka. Ka fiiri dhiiga farta, si aad u hubisid saxnaanshaha
- Badal irbada (lancet) markasta oo aad dhiiga fiirisid.
- Gacmahaaga mayr, nadiifi meesha aad iska duraysid/meelaha daawada aad isaga duraysid iyo meelaha aad dhiiga ka keenaysid ku mayr saabuun iyo biyo ama aalkolo.

Goorta aad dhakhtarka wacaysid

- Diyaari natiijooyinka sonkortaada.
- Diyaarso natiijooyina ketone-ka.
- La soco inta uu dareere cabo ilmahaagu (waxaad isticmaali kartaa qarsho 1-liiter oo biyaha ah), soona gudbi.
- Cadee astaamaha (tusaale, ma lalabo baa ku haysa? Ma cabursantahay?).
- Weydii su'aalo ku saabsan sonkorta sidii aad u daryeeli lahayd.