

# 3-HAB OO LOO DOORTO DHAKHTARKA CARRUURTA

Waalidku waxay ilmahooda u rabaan waa waxa ugu fiican, sidaas awgeed ayey muhiim u tahay doorashada dhakhtarka carruurta. Waa in laga fekero talooyinka hoose marka la dooranayo dhakhtar.

## 1 OGW WAXYAABAHA KUU MUHIIMKA AH

Ogow waxa adiga iyo qoyska idiinku muhiimsan markaad dooraneysaan dhakhtarka carruurta. Su'aalo muhiim kuu ah hoos ka akhriso:

- Waa maxay habka daryeelka ee uu dhakhtarku raaco? Miyey ku habboon tahay qiyamkaaga?
- Miyey idinku habboon yihiin goobaha caafimaadka? (Miyey leeyihiin goobo u dhow gurigaaga, shaqadaada, ama meelaha kale ee noloshaada muhiimka u ah?)
- Miyaad kilinigga ka heli kartaa adeegyada muhiimka kuu ah? (wakhtiyada ay furan yihiin, daryeel degdeg ah, ballan dhakhso ah)
- ama ballan la'aan in la iska yimaado, intarnetka in lagala socon karo feylka caafimaadka, iwm.)
- Miyuu kiliniggu la shaqeeyaa isbitaal ama ma ku xiran yahay goobo dhakhaatiir takhsus ah laga helo?
- Dhakhtarka iyo/ama kilinigga miyey ceymisyada ilmahaaga u tixgeliyaan "barnaamij ay la shaqeeyaan" oo muhiim ah?

## 2 TALO RAADSO OO ADIGU SOO OGW WAX KASTA

- Talooyin weydiiso dhakhtarkaaga uurka iyo umulisada. Soo ogow wax ka baxsan magacyada iyo kilinigyada oo keliya: weydii sabab gaar ah oo hal meel loogu xirnaado.
- Qoysaska iyo asxaabta aad la xiriirto weydii waxa ay kala kulmaan kilinigyada iyo dhakhaatiirta carruurta ee ay la xiriiraan.
- Intarnetka ka baaro dhakhaatiirta carruurta iyo kilinigyada si aad u fiirsato kuwa aad ka heli karto.
- Baraha intarnetka ee kilinigyada waa meelaha ugu fiican ee laga bilaabi karo baaristaada, laakiin waa in aad ka sii baarato meelo kale ama baraha xiriirka bulshada.
- Taleefan su'aalo ku weydii; haddii aadan dhakhtar la hedlin, la hadal maamulaha kilinigga.
- Ballan ka qabso dhakhtarka carruurta (soo booqo ama taleefan kula hadal). Kilinigyo badan ayaa hooyo kasta oo uur leh u haya macluumaadyo ay go'aan ku gaari karaan.

### LA XIRIIR MID KA 9 KILINIG OO AH DAAWEYNTA GUUD

**Brooklyn Park**  
Partners in Pediatrics  
763-425-1211

**Hugo**  
Children's Minnesota  
Primary Care Clinic  
651-426-1141

**Maple Grove**  
Partners in Pediatrics  
763-559-2861

**Minneapolis**  
Children's Minnesota  
Primary Care and  
Adolescent Clinics  
612-813-6107

**Plymouth**  
Partners in Pediatrics  
763-520-1200

**Rogers**  
Partners in Pediatrics  
763-428-1920

**St. Louis Park**  
Partners in Pediatrics  
952-930-8400

**St. Paul**  
Children's Minnesota  
Primary Care Clinic  
651-220-6700

**West St. Paul**  
Children's Minnesota  
Primary Care Clinic  
651-726-9500

[childrensMN.org/  
primarycare](http://childrensMN.org/primarycare)

### 3 SOO KOOB GOBAHA AAD KALA DOORANEYSO OO SU'AALO WEYDII

#### Goobta

- Miyuu kiliniggu ku yaalla meel dhow oo idinku fiican?
- Miyuu kiliniggu leeyahay barxad baabuurta la dhigto oo laga galo?
- Miyuu kiliniggu leeyahay goobo la shaqeeya oo u dhow oo la aadi karo haddii loo baahdo?

#### Khibradda shaqaalaha kilinigga

- Immisa sano ayey shaqadan si toos ah ugu soo jireen?
- Waa maxay heerka waxbarashada ee (Dhakhtar kastta, dhakhtar-xigeenka, dhakhtarka carruurta ama takhasuska daaweynta qoyska)?
- Dhakhtar carruur oo nin ama haween ah kee baad doorbideysaa? Miyey kilinigga ka shaqeeyaan labada jinsi si ilmahaagu u kala dooran karaan mustaqbalka?

#### Habkooda daryeelka/sida ay dadka ula xiriiraan

- Sidee bay dadka ula xiriiraan? Miyey dhageystaan oo ma aaminaan waalidku waxa ay sheegaan? Miyey ka jawaabaan su'aal kasta, talooyin fiican ma laga helaa si loola yeesho iskaashi lagula shaqeyn karo oo ah daryeelka ilmaha?
- Waa maxay habka daryeelkooda? Fikradahooda ku saabsan arrimaha tallaalka? Wiisitada carruurta ee sannad kasta — miyey raacaan talada Ururka Dhakhaatiirta Carruurta ee Mareykanka? Waa maxay fikradda ay ka qabaan qoritaanka daawooyinka? Carruurta si guud ma u daaweeyaan — oo miyey ku dedaalaan ka-hortagidda, nafaqada, kobcinta, caafimaadka maskaxda iyo deegaanka qoyska?

#### Sababaha Wax Lagu Doorto

- Saacadahee ayey furan yihiin?
- Ma laga helaa ballan degdeg ah ama ma la iska imaan karaa ballan la'aan?
- Waa maxay saacadaha galabtii ama daryeelka degdegga ah ee ay furan yihiin?
- Miyey furan yihiin sabtiyada iyo axadaha?
- Miyey u joogaan dhakhaatiir kale oo ah kuwa carruurta oo ballan laga heli karo markuu hal dhakhtar maalin ka maqanaado shaqada?

- Miyey u joogaan kalkaaliyeyaal toos loola soo xiriiro maalin kasta si looga helo talooyin sida haddii loo baahan yahay ballan dhakhtar?
- Miyey furan yihiin fiidkii iyo maalmaha aan la shaqeyn?
- Maxay yihiin adeegyada kale ee kilinigga laga heli karo (raajo, sheybaar, la-taliyeyaasha nuujinta, wiisiteyn ah maqal ama muuqaal, takhasus kasta, farmashiye)?

#### Dhib-la'aan

- Miyuu kiliniggu leeyahay nalal fiican iyo soo-dhaweyn?
- Shaqaaluhu miyey dadka caawiyaan oo u weji furan yihiin?
- Miyey fahmaan baahida ilmaha si ay wax ugu qabtaan sida ugu fiican?
- Miyey kala duwan yihiin goobaha sugidda ee carruurta iyo/ ama dhaallaanka?
- Miyuu wakhtigooda sugidda dhakhtarka yar yahay? Miyuu wakhtigooda ballanta yahay mid ku filan si looga jawaabo su'aalaha ay waalidku qabaan oo dhan?

#### Xarumo kale

- Miyuu kiliniggu qeyb ka yahay isbitaal weyn oo leh takhasusaadka carruurta?
- Miyuu ku xiran yahay isbitaal kale?
- Xaaladaha degdegga ah ama imarjensada halkee bay ku xiran yihiin?
- Miyey xarumahooda oo dhan qaataan ceymiska aad haysataan?

#### Ceymis

- Miyuu kiliniggu la shaqeeyaa adeeg kasta oo ceymisku bixinayo?
- Miyuu kiliniggu fuliyaa qorshayaal kala duwan haddii ceymiskaagu is beddelo?
- Ka warran qofkii aan haysan wax ceymis ah?
- Miyey hayaan qorshe hadba qaar lagu bixiyo lacagta marka aan la haysan ceymis? Miyey hayaan kaalmo dhaqaale oo lagu bixiyo kharashka bukaanka?
- Waa sidee habka kilinigga ee bixinta lacagta, biilasha, kharashka sheybaarka iyo qaansheegadka ceymiska?