
XANUUNK A NEEFTA
IYO
SIDA GURIGA LOOGU DARYEELO

Macluumaadka Waalidka

The logo for Children's Minnesota, featuring the word "Children's" in a serif font with a small star above the letter "i", and the word "MINNESOTA" in a smaller, all-caps sans-serif font below it.

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Tusmada Qoraalka

Ilmahaagu wuxuu qabaa neef - xanuun wate ah oo sambabbada ku dhaca. Si aad u xakameyso astaamaha neefta, waxaa muhiim ah in aad barato wax walba oo ku saabsan neefta.

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Daawo fiidiyowada hoose adigoo sawiranaya calaamadda QR si ay kaamaradda taleefankaaga kuugu furto oo aad calaamadda QR ugu hesho fiidiyow kasta.

- Qorshaha Waxqabadka Neefta
- Daawada Neefta Afke ee Caagga Dheer
- Dawooyinka Neefta
- Waxyaabaha Neefta Kiciya

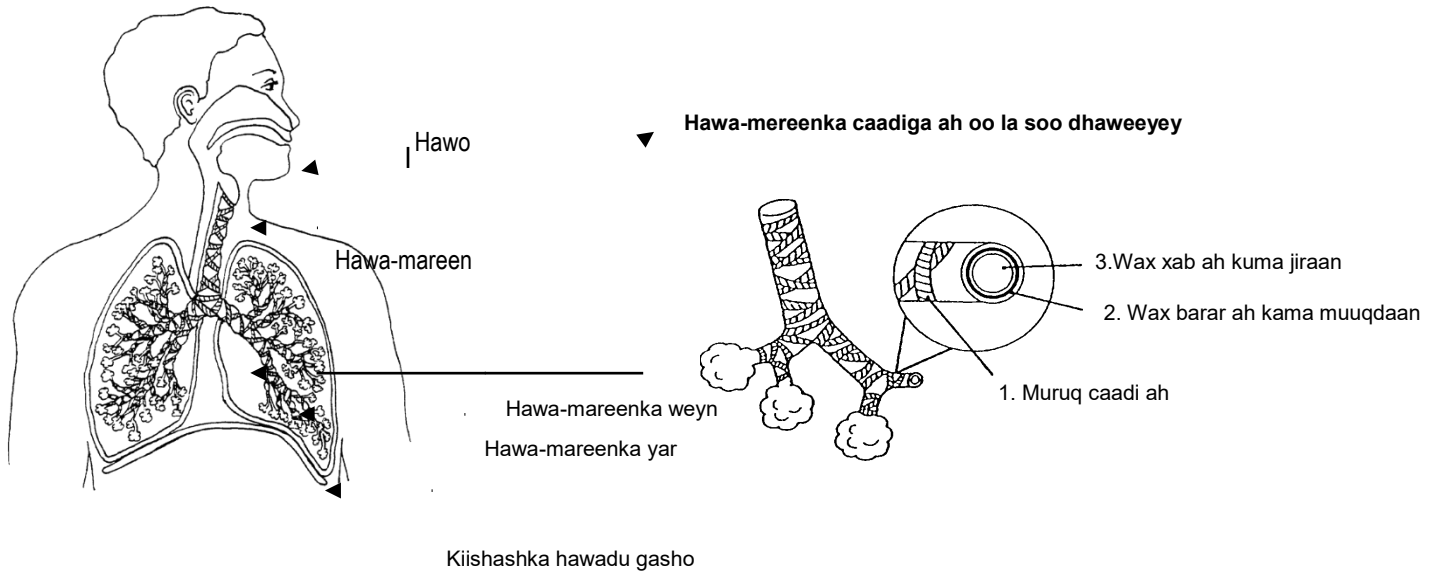


Xanuunka Neefta

Neeftu waa xanuun wate ah (ama muddo dheer socda) oo sambabbada ku dhaca. Xataa marka ay kaa ba'aan calaamadaha lagu garto, weli waad qabtaa xanuunkii neefta. Waxaa muhiim in la raaco Qorshaha Daaweynta Neefta si xanuunkan loo xakameeyo. (Eeg Qorshaha Daaweynta Neefta)

Neefta Caadiga ah

Markaad neefsato, hawada aad qaadato waxa ay sii dhex martaa sanka iyo afka. Waxay hoos u sii aaddaa hawa-mareenka, iyadoo sii dhex mareysa hawa-mareenka weyn iyo hawa-mareennada yaryar ee sambabbada ilaa ay gaarto kiishashka hawada.



Neef-qabadka ama marka neeftu kacdo

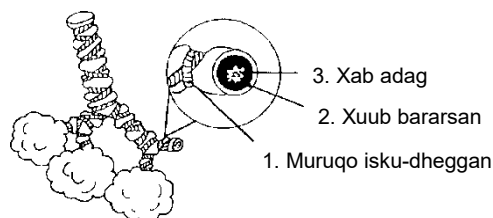
Marka ay qof neef ku kacdo:

1. Murqaha ku wareegsan hawa-mareennada sambabka ayaa isku dhega, oo dabadeedna waa ayyaraadaan.
2. Xuubka hawa-mareennada saambabka ayaa noqda mid bararsan.
3. Xab adag ayaa sameysma, oo waxa uu xiraa hawa-meennada yaryar ee sambabka.

Isbeddelakaasi waxa uu adkeeyaa in ay hawo gasho iyo in ay ka soo baxdo sambabbada. Waxaa laga yaabaa in la arko mid ka mid ama dhammaan calaamadaha soo socda:

- Quficid
- Hiinraag
- Naqaska oo ku dhega
- Xabadka oo cabbursan

Hawa-mareennada oo la soo dhaweyey marka neeftu kacdo



MAXAA SABABA XILLIGA NEEF-QABADKA?

Waxyaabaha keena neef-qabadka waxaa la yiraahdaa neef-kiciyeyaal. Qof kasta wuxuu yeelan karaa neef-kiciyeyaal kala duwan. Neef-kiciyeyaaasha waxay noqon karaan hargab, sigaar, xasaasiyad ama jimicsi. Baro neef-kiciyeyaaashaada si aad uga hor tagi karto. (Eeg xakameynta waxyaabaha neefta kiciya).

SIDEE LOO DAAWEYAA NEEF-QABADKA

Waa inaad la socoto dhakhtar/kalkaaliso sare si laguugu sameeyo Qorshaha Daaweynta Neefta. Qorshaha Daaweynta Neefta waa qorshe loogu talagalay in lagu maareeyo neefta maalin kasta ku qaban karta iyo sidoo kale waxa aad sameyneyso marka ay neeftu kugu sii xumaato.

Qorshahaaga waxaa ku jiri doona:

- Neef-kiciyeyaaasha iyo sida looga hortago
- Daawada aad qaadaneyso maalin kasta (Xaaladda Caadiga ah)
- Calaamadaha digniinta hore ee neef-qabadka iyo sida loo daaweeyo (Xaaladda Digtoonaanta)
- Goormaad caawimaad u baahan tahay (Xaaladda Khatarta ah)

XAALADAHA QORSHAHA DAAWEYNTA NEEFTA

Xaaladda Caadiga ah macnaheedu waa: "Waan fiicnahay oo wax calaamado ah iskuma arag."	Qaado daawadaada xakamaynta maalin kasta.
Xaaladda Cagaaran macnaheedu waa: "Neeftii ayaa igu bilaabaneysa." Waxaad isku arkeysaa calaamadaha digniinta horesida qufac uu hargab la socdo.	Waxaa muhiim in aad hadda bilowdo daawada aad u isticmaasho samatabixinta.
Xaaladda Khatarta ah macnaheedu waa: "Neeftii ayaa si daran ii haysa." Waxaad isku arkeysaa qufac joogto ahoo waxaaba kugu adkaanaysa in aad neefsato.	Hadda daawooyinkaaga qaado oo la xiriir dhakhtarkaaga/kalkaaliye sare.

Garaac 911 haddii aad welwel ka qabto in aadan dhibka u adkeysan karin 30 daqiiqo

SIDEE LAGU OGAAN KARAA MARKA UU XANUUNKA NEEFTU XAKAMEYSAN YAHAY?

Yoolku waa in aad ku jirto Xaalad Caadi ah. Neefta waxaa la xakameeyey:

- Marka habeenkii oo dhan la seexdo
- Marka aan la isku arkin qufac ama hiinraagid maalintii ama habeenkii
- Marka la sameyn karo dhaqdhaqaaqid iyo jimicsi
- Marka aan looga maqnaan iskuul ama shaqo

DARYEELKA LA-SOCOSHADA:

- U tag dhakhtarkaaga/kalkaaliye sare 6-dii biloodba mar
 - Raac qorshaha daaweynta neefta
 - Dib u soo buuxso daawadaada
 - Qorshaha daaweynta neefta tus iskuulka iyo xannaannada carruurta
- Share your asthma plan with school and daycare**

Qorshaha Daaweynta Neefta









Patient Name: _____		Date of Birth: _____	
Date _____	Time _____	Height _____	Weight _____
Asthma severity Allergies: Food Allergies: Medication Allergies:		Other Triggers:	
Green Zone: I feel good <ul style="list-style-type: none"> + Can work and play + Can sleep at night + No cough or wheeze 		Take these controller medications every day: Additional orders:	
Peak flow range _____ to _____ (80-100% of personal best/predicted)		For physical activity/gym/recess, take:	
Yellow Zone: I do not feel good <ul style="list-style-type: none"> + Cough with cough + Waking at night with cough + Wheeze, tight chest, or breathing Peak flow range _____ to _____ (50-79% of personal best/predicted)		Keep taking the Green and Yellow Zone Controller Medicines. Take these medications NOW and call your health care provider: Additional orders:	
If getting less than 4 hours of relief from albuterol, contact your health care provider.			
Red Zone: I feel awful <ul style="list-style-type: none"> + Breathing is hard and fast + Getting worse and medicine not helping + Cough continuously Peak flow range _____ to _____ (Less than 50% of personal best/predicted)		Keep taking the Green and Yellow Zone medicines. Take these medications NOW and call your health care provider: Additional orders:	
If breathing does not improve and you cannot contact your health care provider, go to the emergency room. CALL 911 if:			
<ul style="list-style-type: none"> + You can't talk in full sentences + You can't get air 		<ul style="list-style-type: none"> + You are worried about getting through the next 30 minutes + Fingernails or lips are grey or blue 	
INFLUENZA SHOT IN THE FALL		AVOID ASTHMA TRIGGERS	
NO SMOKING IN HOME OR CAR			
Follow up appointment at: Clinic Name _____ Clinic & Phone Number _____		Return to clinic in: _____	
Parent/Guardian signature _____		Date _____	
Health Care provider signature _____		Date _____	
Provider name _____			

AAP has been given and reviewed with patient and/or parent. This form provides consent for school/daycare to administer to my child the above medicine as provided by parent or guardian and allows the child to carry the inhaler for which our provider has assessed ability and if approved by the school nurse.

XAKAMAYNTA WAXYAABAHA NEEFTA KICIYA

Waa maxay waxyaabaha neefta kiciya?

Neef-kiciyeyashu waa waxyaabo kuga sii xumeyn kara neefta. Baro neef-kiciyeyashaada si aad uga fogaato oo aad uga hortagi karto in ay neeftu kugu kacdo.

Neef-kiciyeyasha		Waxaad sameyneyso si aad uga fogaato neef-kiciyeyasha
Sigaarka Qiiga sigaarku neefta ayuu ka sii dari karaa.		<ul style="list-style-type: none"> Guriga ama baabuurka ha u oggolaan in sigaar lagu dhex cabbo. Haddii aad sigaar cabto, shaqaalaha caafimaadka weydiiso inay kugu caawiyaan sida la isaga joojiyo. Soo garaac 1-800-Quit-Now (1-800-784-8669)
Hargabka: Juucjuuca hargabka neefta ayey kugu kicin karaan.		<ul style="list-style-type: none"> Mar kasta dhaq gacmahaaga. Gacmahaaga ka ilaali wejigaaga. Iska ilaali in aad u dhawaato dadka xanuunsan. Qaado tallaalka infuluwensada xilliga deyrta.
Busta aan la arkin: Waa cayayaan yaryar oo ku dhex nool gogosha iyo roogga, oo waa wax aad u yaryar oo aan la arki karin.		<ul style="list-style-type: none"> Maryo ku dabool barkinta iyo furaashka. Go'yaasha iyo busteyaasha biyo kulul ku meyr usbuuc kasta. Boombaleyaasha dharka ka sameysan iska dhaq inta badan. Roogagga usbuuc kasta ku nadiifi faakuumka la yiraahdo HEPA.
Caaryada: Caaryada darbiyada kuleylka iyo qoyaanka ayaa sii badiya.		<ul style="list-style-type: none"> Meelaha caaryeysan kara ku nadiifi saabuun iyo biyo kulul. Tuubbooyinka biyaha iska hagaaji si aysan biyo uga daadan. Qolalka qoyaanka leh ku qallaji mashiinka huurka
Xayawaan Dadka qaar ayaa xasaasiyad ku qaba xayawaanka.		<ul style="list-style-type: none"> Guriga ha ku haysan xayawaan rabbaayad ah. Haddii aad guriga ku haystaan xayawaan rabbaayad ah, ka ilaali qolka jiiifka oo albaabka ka soo xir. Iska ilaali inaad taabato xayawaanka rabbaayadda ah oo gacmahaaga meyr haddii aad korka u salaaxdo.
Baranbarada iyo jirka: Dadka qaar ayaa xasaasiyad ka qaada dheecaanka cayayaankaas.		<ul style="list-style-type: none"> Ha ka tegin cunto ama qashin aan daboolneyn. Cuntada ka ilaali qolka jiiifka. La xiriir dabargoynta cayayaanka.
Jimicsi: Jimicsigu neefta ayuu kicin karaa. Kala hadal dhakhtarka ka hor intaadan iska joojin jimicsiga.		<ul style="list-style-type: none"> Qaado daawada aad isku samatabixin karto ka hor intaadan aadin jimicsiga, haddii uu dhakhtar sidaas kugula taliyo. Is-kululee jimicsiga ka hor, ka dibna naso. Xilliga qaboobaha inta lagu jiro afka iyo sanku ku daboolo maro.
Saxarka geedaha: Geedaha, cawska iyo qasharkiisa waxay kicin karaan neefta inta lagu jiro xilliyada guga iyo deyrta.		<ul style="list-style-type: none"> Xilliga xasaasiyadda waa in ay kuu xirnaadaan albaabbada iyo daaqadaha. Dhakhtarka aad la xiriirto kala hadal in aad qaadata daawada xasaasiyadda.
Waxyaabaha udgoon: Waxyaabaha udgoon hawa-mareenka ayey u daran yihiin.		<ul style="list-style-type: none"> Iska ilaali waxyaabaha udgoon, saabuunta wax lagu nadiifiyo, barafuunka ama cadarka iyo waxyaabaha timaha lagu buufiyo.

Daawooyinka Neefta

Waxaa jira laba nooc oo ah daawooyinka neefta:

- Daawo ah samatabixin ama laga helo nafis degdeg ah
 - Daawo kala bixisa murqaha sambabka
 - Isteeroyd (sharoobbo ama kiniin)
- Daawada xakameynta ama daawada ka hortagga
 - Isteeroyd afka lagu buufiyo
 - Dheecaanka unugyada cadcad

DAAWOYINKA SAMATABIXINTA

Daawo kala bixisa murqaha sambabka (Albuterol)

Sida ay u shaqeeyaan:

Sida ay u shaqeeyaan waa in ay dabciyaan murqaha hawa-mareennada si ay hawadu si fudud ugu dhex marto.

Goorta la isticmaalo:

Daawooyinka samatabixidda waxaa la isticmaalaa markuu neef-qabad jiro si ay u bi'iso qufaca, hiinraagga iyo inuusan naqasku kugu dhagin. Daawooyinkaas waa in aad qaadato hargab marka uu kugu bilowdo. Daawadan waxay ku qoran tahay xaaladda digtoonaanta ee qorshaha daaweynta neefta. Daawadan waa mid kuu shaqeyneysa ilaa 5 daqiiqadood oo waxay jirkaaga ku jireysaa ilaa 4 saacadood. Haddii uu jimicsigu ka mid yahay waxyaabaha neefta kugu kiciya, waxaa laga yaabaa in lagugula taliyo inaad qaadato daawada 10 ilaa 15 daqiiqadood jimicsiga ka hor si looga hortago qufaca iyo/ama naqasku inuu kugu dhego.

Waxyeellada daawada:

Waxaa laga yaabaa inaad dareento wadne-garaacid degdeg ah ama khalkhal. Badanaa, waxyeellada daawada waa ay iska ba'aan ka dib marka daawada muddo la isticmaalo. La xiriir dhakhtarka/kalkaaliye sare haddii aad dhib ku qabto waxyeellada daawada ama ay kaa bi'i waayaan.

Isteeroyd (sharoobbo ama kiniin). (Prednisone, Orapred, Decadron)

Sida ay u shaqeeyaan:

Waxa ay yareeyaan bararka iyo xabka ku dhex jira hawa-mareennada gudahooda. Waxay bilaabaan in ay shaqeeyaan 6 ilaa 12 saacadood.

Goorta la isticmaalo:

Daawadan waxaa laga yaabaa in la qaadan karo xilliga neef-qabadka marka aysan daawada samatabbixinta kaligeed ku caawin karin. Daawadan waxay ku qoran tahay xaaladda khatarta ah ee qorshaha daaweynta neefta.

Waxyeellada daawada:

Waxaa laga yaabaa inaad dareentid in uu korodh ku yimaado rabitaankaaga cuntada, ama calool xanuun, ama dareemid ah fudfudeyd badan.

Daawadan cunto ku qaado si aad uga hortagta waxyeelladeeda. Yoolku waa in aadan daawadan qaadan wax laba jeer ka badan sannadkiiba.

Daawooyinka xakameynta

Isteeroyd afka lagu buufiyo (tusaale: QVAR, Flovent, Pulmicort)

Sida ay u shaqeeyaan:

Waxay yareeyaan bararka iyo xabka. Waa daawada ugu fiican ee lagu xakameeyo neefta. Ma aha isteeroydka murqaha weyneeya ee waa nooc aan dhib keenin oo maalin kasta la qaadan karo. Sababtuna waa in ay qiiq ahaan ku gaarto sambabbada ee lama laqo, waxyeelladoodu aad bay uga yar tahay isteeroydka afka laga qaato.

Goorta la isticmaalo:

Waa in la qaato maalin kasta, xataa markaad caafimaad qabto si aad u xakameeyso ugana hortagto neef-qabadka.

Waxyeellada daawada:

Waxyeellada waxaa ka mid noqon kara xabeeb iyo infakshanka yiistiga oo ay macquul tahay inuu ku dhaco afka. Dhuun tuubbo dheer ah ha kuu soo dhex marto daawada afka lagu buufiyo. Afka luqluqo oo biyaha iska tuf markaad daawadan isticmaasho si aad uga hortagto waxyeellada ka imaan karta.

Dheecaanka unugyada cadcad (Singular)

Sida ay u shaqeeyaan:

Waxay yareeyaan bararka iyo xabka.

Goorta la isticmaalo:

Waa in la qaato maalin kasta, xataa markaad caafimaad qabto si loo xakameeyo neefta loogana hortago neef-qabadka. Daawadan waa kiniin oo waa in la qaato fiidkii.

Waxyeellada daawada:

Madax xanuun, calool xanuun ama dabeecadda oo is beddesha ayaa ka mid noqon kara waxyeellada daawada. Waa in aad u sheegto dhakhtarkaaga haddii aad isku aragto calaamadahaas.

TALOOYINKA DAAWOYINKA:

- Iska hubso inaad haysato dibu-buuxiska daawada (yeysan kaa dhammaan).
- Waa inaad guriga iyo iskuulka/xannaannada ku kaysato daawada samatabbixinta ee afka lagu buufiyo.
- Waa inay daawooyinku yaallaan meel kuu dhow oo aad ku tashato sidaad u qaadaneyso maalin kasta adigoo danahaaga qabsanaya.
- Waa inaad raacdo qorshaha daaweynta neefta.

DAAWOYINKA AFKA LAGU BUUFIYO

Sideen baan u isticmaalayaa daawada afka lagu buufiyo?

Waxaa jira noocyo kala duwan oo ah daawooyinka afka lagu buufiyo - oo qiyaas go'an ayaa laga qaataa (MDI), daawo afka lagu buufiyo oo qiiq ah iyo daawo afka lagu buufiyo oo budo ah. Nooc kasta oo afka lagu buufiyo oo lagu qoro waa inaad u raacdo siyaabaha soo socda.

Badanaa waxaa la soo saaraa daawooyin cusub oo ah kuwa afka lagu buufiyo. Haddii aysan daawada aad afka isaga buufiso halkan ku qorneyn, waraaqda la socota ka eego sidaad u qaadaneysa.

Haddii aad qaadato wax ka badan hal nooc oo ah daawada afka lagu buufiyo, si aad u furto hawa-mareennada waa inaad qaadato daawadaada koowaad (sida albuterol). Taas ayaa caawineysa daawooyinka kale in ay gudaha u sii galaan sambabbada, dabadeedna si fiican ayey kuugu shaqeynayaan.

QIYAASTA DAAWADA AFKA LAGU BUUFIYO (MDI)

Qiyaasta daawada afka lagu buufiyo waxaa loo isticmaalaa tuubbo dhuun dheer, oo waxa kale oo la yiraahdaa 'spacer' ama 'holding chamber'. Waxay dhuuntan qiiqa daawada ku caawisaa in ay gaarsiiso gudaha sambabka. Haddii aadan neefta isku celin karin 10 ilbiriqsi, waxaad u baahan tahay inaad isticmaasho tuubbo dhuun dheer oo wadata maasgaro ama caagga sanko iyo afka lagu daboolo.

Diyaarso daawada afka lagu buufiyo:

1. Ka bixi daboollada ku xiran daawada afka lagu buufiyo iyo tuubbada dheer.
2. Si fiican u rux daawada afka lagu buufiyo (ilaa 5 ilbiriqsi) si aad isugu qasto daawada oo ay kor u soogaarto.
3. Daawada afka lagu buufiyo ku xir tuubbada dhuunta dheer.

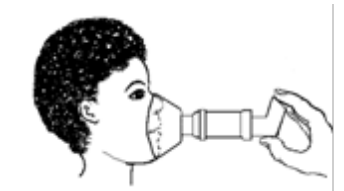
Markaad isticmaaleyso tuubbada dheer oo aan maasgaro wadan:

1. Si aayar ah adigoo jiidaya neef badan iska saar.
2. Daawada afka lagu buufiyo afka gasho, carrabka korkiisa, ilkaha ku qabo adigoo bishimaha ku xiraya.
3. Isku buufi daawada adigoo kor ka tuujinaya oo aayar neef ahaan u jiid si ay gudaha shishe u gaarto.
4. Isku celi neefta ilaa 10 ilbiriqsi si ay daawadu ugu dhex jirto sambabbada iyo hawa-mareennada.
5. Si tartiib ah u soo bixi neefta.
6. Sug oo u dhaxeysii ilaa 1 daqiiqo inta aadan isku buufin daawada samatabbixinta. Daawada xakameynta markaad isku buufineysa uma baahna wax sugid ah.



Isticmaal tuubbada dheer ee wadata maasgarada:

1. Maasgarada dul saar sanko iyo afka.
2. Kor ka tuuji batoonka daawada afka lagu buufiyo.
3. Maasgarada si fiican ugu qabo sanko iyo afka adigoo neef jiidaya oo iskana saaraya 3 ilaa 5 jeer.
4. Biyo ku luqluqo oo tuf markaad qaadato daawada afka lagu buufiyo ee isteeroydka ah (ama xakameynta).



Sidee baan ku ogaan karaa marka ay maran tahay daawada qiyaasta ah ee MDI?

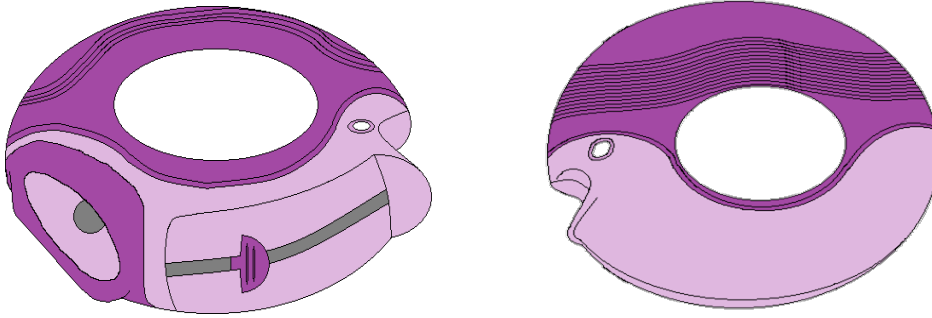
Yeysan kaa dhammaan

Daawada afka lagu buufiyo waxay leedahay meel aad ka eegi karto tirada qiyaasta kuu harsan. Haddii ay ku qoran tahay o, iska tuur oo doono mid cusub.

Sidee baan u nadiifiyaa tuubbada dheer?

Waraaqaha la socda ka eego siyaabaha aad u nadiifin karto Waraaqaha la socda ka eego siyaabaha aad u nadiifin karto

DAAWADA AFKA LAGU BUUFYO EE BUDADA AH: DISKUS

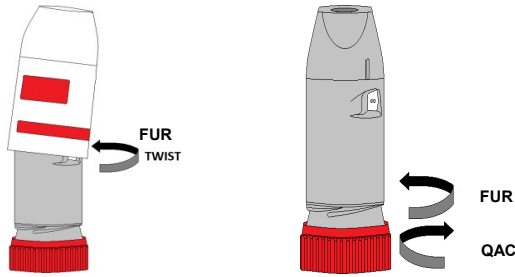


1. Hal gacan ku qabo marka hore. Suulka ku riix oo wareeji meesha laga furo ilaa ay is xirto oo ay kuu soo baxdo meesha daawada laga qaato ee afka la galiyo.
2. Gacanta aad ku hayso kor u qaad oo afka ku aaddiso. Meel yar qabo oo wareeji ilaa aad qac maqasho.
3. Madaxaaga dhinac uga leexi, neef qaado oo gebi ahaanba iska saar.
4. Afka gasho caagga daawada oo bishimaha ku cesho. Neef ahaan u jiid si fiican oo cabbaar ah.
5. Caagga daawada afkaaga ka bixi.
6. Ha neefsan ama neefta isku celi 10 ilbiriqsi. Dabadeedna aayar u neefso.
7. Xir caagga wareegsan ee daawada adigoo dib u celinaya intii uu socon karo.
8. Biyo ku luqluqo oo ha liqin ee iska tuf.

Sidee baan ku ogaanayaa marka ay maran tahay daawada wareegsan?

Meel yar oo lambar ku qoran yahay ayaa kuu sheegeysa intii kuu harsan. Markaad o ku aragto iska tuur oo soo qaado mid cusub.

DAAWADA AFKA LAGA QAATO EE BUDADA AH: CAAGGA DHUUBAN (FLEXHALER)



Sida loo diyaarsado daawadan

Daawadan marka ugu horreysa waa in hal mar la diyaariyo intaan la isticmaalin. Raac tilmaamaha soo socda:

1. Daboolka wareeji oo ka fur.
2. Caagga daawada soo qabo oo afka ku aaddiso.
3. Meesha la qabto ee midabka leh midigta iyo gadaal u wareeji oo soo celi.
4. Ku celi lambar 3. Hadda daawada waad isticmaali kartaa.

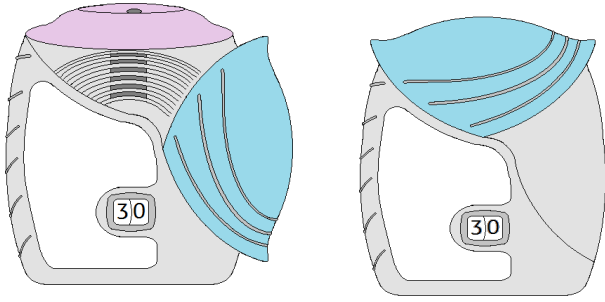
Marka la Isticmaalayo daawada caagga dhuuban

1. Wareeji daboolka oo kor u soo qaado. Caagga daawada soo qabo (oo afka ku aaddiso).
2. Meesha la qabto ee midabka leh midigta iyo gadaal u wareeji ilaa ay istaagto, dabdeedna bidix u soo celi ilaa aad qac maqasho.
3. Madaxaaga dhinac uga leexi daawada, neef qaado oo gebi ahaanba iska saar. (Ogsoonow: Ha ruxin hana ku neefsan daawada.)
4. Adigoo bishimaha ku qabanaya afka gasho oo daawada neef ahaan u qaado si xoog ah si ay sambabbada uga buuxsanto.
5. Afkaaga ka bixi caagga daawada.
6. Ha neefsan ama neefta isku celi 10 ilbiriqsi. Kaddibna aayar u neefso.
7. Ku soo celi 2 ilaa 6, haddii lagu soo qoray buufis labaad.
8. Markaad daawada qaadato, ku xir daboolkeeda.
9. Luqluqo oo iska tuf biyaha.

Sidee baan ku ogaan karaa marka ay daawadan maran tahay?

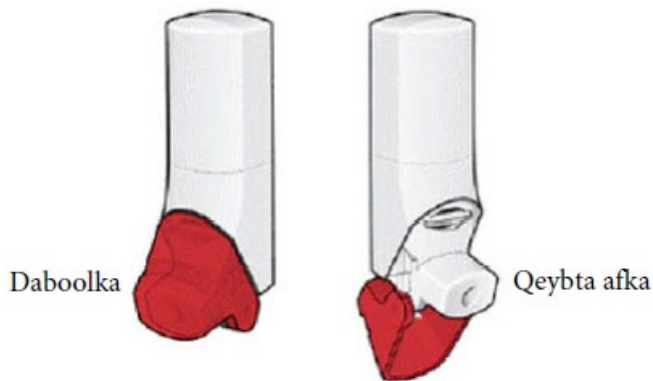
Daawadan waxba kuma jiraan markaad ku aragto "o" oo qeybta cas ee dambe ayaa soo gaarta daaqadda qeybteeda dhexe. Iska tuur caagga maran oo mid cusub soo qaado.

DAAWADA AFKA LAGU BUUFIYO: CAAGGA KUUSAN (ELLIPTA)



1. Fur daboolka daawada adigoo hoos u jiidaya si aad qeybtii afka u soo bixiso ilaa aad qac maqasho. Tiriye ku dheggan caagga ayaa xisaabinaya markiiba hal lambar. Si buuxda u neefso adigoo daawada ka fogeynaya afkaaga.
2. Si adag bishimaha ugu qabo daawada oo neef weyn oo aad jiideyso ka qaado afka.
3. Ha neefsan ama neefta isku celi 10 ilbiriqsi.
4. Markaad neefta qaadaneyso ka taxaddar inaad farahaaga ku daboosho duleelka.
5. Caagga daawada ka bixi afka.
6. Xir caagga daawada adigoo ku soo jiidaya daboolka qeybta afka ilaa inta uu soconayo.

BUDADA QALLALAN: CAAGGA DHUUBAN (RESPICLICK)



1. Ka fur daboolka oo hal dhinac u wareeji ilaa aad maqasho "qac"
2. Afka ka neefso, ha ku neefsan qeybta hoose ee afka la galiyo.
3. Afka gasho qeybta hoose oo bishimaha ku xir adigoo ku qabanaaya.
4. Neef weyn qaado.
5. Ha neefsan ama neefta isku celi 10 ilbiriqsi.
6. Caagga daawada ka bixi afka oo ku xir daboolkiisa.
7. Mar kale samee 1 ilaa 6 haddii aad weli u baahan tahay daawada.

Sidee baan ku ogaan karaa marka ay daawadu maran tahay?

Daawadan waxba kuma jiraan markaad ku aragto "o" oo qeybta cas ee dambe ayaa soo gaarta daaqadda qeybteeda dhexe. Iska tuur caagga maran oo mid cusub soo qaado.

BUDADA QALLAN: CAAGGA DHUUBAN (REDIHALER – NEEF AYAA LAGU QAATAA – DHUUN LOOMA BAAHNA)

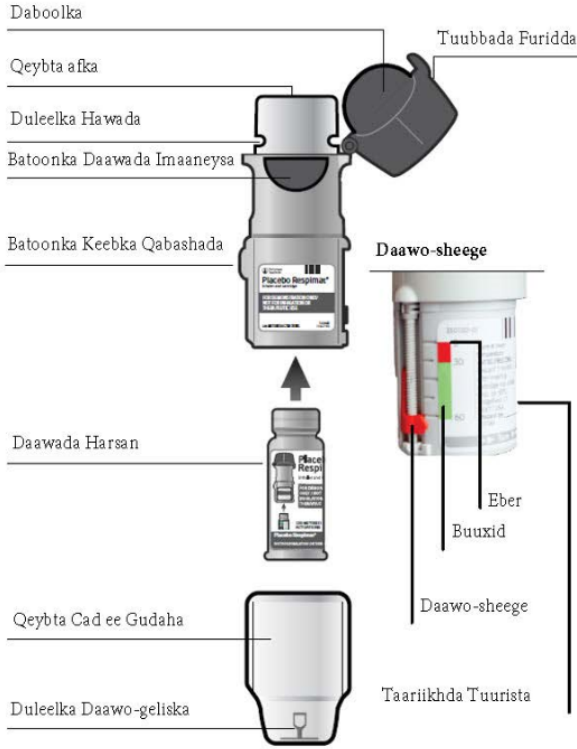


1. Fur daboolka.
2. Qabo daawada oo toosan.
3. Neef tuf laakiin ha ku neefsn qeybta afak la galiyo.
4. Qebta afka gasho bishimaha dhexdooda si aad ugu xirto.
5. Neef weyn qaado si aad daawada u jiiddo. Waxaad maqleysaa “qac” marka ay daawadu soo baxdo; neefta aad qaadaneyso sii wad.
6. Ha neefsan ama neefta isku celi 10 ilbiriqsi.
7. Dadadeedna si aayar ah u neefso adiga oo afkaaga ka leexinaya caagga daawada.
8. Daboolka ku xir.
9. Haddi aad daawada mar kale u baahan tahay waxaad sameysa 1 ilaa 8.

Sidee baan ku ogaan karaa marka ay daawadan maran tahay?

Daawadan waa ay maran tahay markaad ku aragto tiriyaha oo ah "o". Iska tuur caagga maran oo mid cusub soo qaado.

RESPIMAT (DAAWO AFKA LAGU BUUFIYO OO TARTIIB JIRKA U GASHA; UMA BAAHNA DHUUN DHEER)



In la isku shubo oo la diyaariyo

1. Taabo meesha batoonka la qabto adiga oo si adag gacantaada kale toos ugu soo jiidaya qeybta cad. Ka taxaddar inaadan taaban caagga yar ee la duleeliyo ee afka hoose.
2. Ku qor taariikhda "tuuridda" xaashida sumadda ah (tirada bilaha laga bilaabo taariikhda maanta).
3. Geli qeybta dhuuban ee caagga ay ku jirto daawada afka lagu buufiyo.
4. Dhig daawada afka lagu buufiyo oo si tartiib ah hoos ugu riix ilaa aad qac maqasho oo ay meesheeda gasho.
5. Beddel qeybta cad adiga oo ku hagaajinaya meesha uu batoonka gelayo oo gudaha iskula riix ilaa aad qac maqasho.
6. Iyadoo dabool ku xiran yahay, dhinaca fallaartu ka muuqato u xir xaashida summadda ah illaa aad qac maqasho.
7. Riix tuubbada yar, ee wareegga la furo illaa inta uu daboolku si buuxda u furmo.
8. Marka ay daawada afka lagu buufiyo u jeesato dhulka hoose, riix batoonka-siideynta qiyaasta daawada. Eeg qiiq soo baxaya.
9. Ku celi tallaabooyinka 7 & 8 illaa uu 4 meel ka soo baxo qiiq muuqda.

Maalin Kasta

1. Iyadoo dabool ku xiran yahay, dhinaca fallaartu ka muuqato u xir xaashida summadda ah illaa aad qac maqasho.
2. Fur daboolka furidda adiga oo ku riixaya tuubbada yar, ee wareegga ah illaa iyo inta daboolku si buuxda kuugu furmayo.
3. Si tartiib ah oo buuxda u tuf neefta. Bishimaha si wareegsan ugu qabo qeybta afka la geliyo adiga oo aan dabooleyn meesha hawadu ka baxdo.

4. Caagga daawada afka lagu buufiyo ku aaddi dhuunta dambe. Iyada oo si tartiib ah in badan looga neefsanayo afka, waa in la riixo batoonka madow ee daawo-siideynta oo weliba neefta ka sii qaado.
5. Ha neefsan ama neefta isku celi 10 ilbiriqsi ama intii aad sameyn karto.

Su'aalo?

Warqaddan gaar kuma aha ilmahaaga, laakiin waa mid laga helayo macluumaad guud ahaaneed. Haddii aad wax su'aalo ah ka qabto, fadlan la xiriir dhakhtarka.

Mashiinka Nebulizer

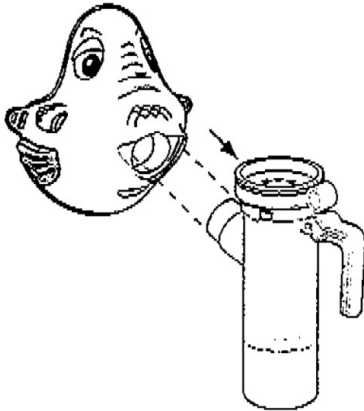
Waa maxay mashiinka nebulizer?

Nebulizer ama ("neb") waa mashiin lagu shubto daawo dareere ah oo uu qiiq u beddelo si loogu neefsado oo ay sambabbada u gaarto, oo waxaa la socda dabool ama maasgarada sanko ama caag afka la gashto. Waxaa mashiinka neb la socda caag yar oo daawada loogu shubo.

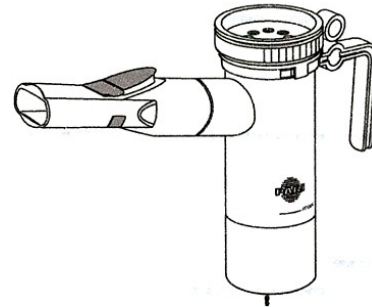
Sida loo isticmaalo mashiinka neb

Hoos ka eego tusaaleyaasha sawirro sida uu mashiinka neb u egyahay. Waxaa jira noocyo kala duwan oo ah mashiinno iyo caagag daawada loogu shubo, sidaas awgeed waxaa muhiim ah in ay shaqaalaha caafimaadka ku tusaan sida loo isticmaalo.

Ilmaha sabiga ah iyo carruurta yayar



Carruuta waaweyn iyo dhowr-iyo-toban jirrada



Mararka qaarkood waxaa la isticmaali doonaa wax ka badan hal daawo. Kala hadal dhakhtarka ama farmashiistaha sida la isugu daro daawooyinka.

Inta ay daawadu kuu socoto oo dhan si toosan u qabo caagga yar ee qiiqa. Daawada qiiqa ah waxay socotaa 7 ilaa 10 daqiiqadood. Isticmaal maasgaro ama caagga afka la galiyo si aad u qaadato daawada. Daawada qiiqa ah sambabbada ma gaareyso haddii aan lagu daboolin ee sanko iyo afka oo keliya lagu dhaweeyo.

Maasgarada wajiga: maasgarada wajiga waa in ay isticmaalaan carruurta yaryar.

Caagga afka: Waxaa loo isticmaali karaa carruurta waaweyn. Caagga afka waa in la kor saaro carrabka iyo in ilkaha lagu qabto. Waa in la arki karo qiiqa daawada ah ilaa iyo inta uu sidii hawo oo kale u galayo afka iyo sambabbada.

Sidee baan u nadiifinayaa qalabka daawada?

Sida ku qoran waraaqaha mashiinka la socda u nadiifi qeybaha kala duwan oo dhan.

Qaar ka mid ah caagga yar ee daawada waa in iska la iska tuuro oo hal toddobaad keliya ayaa la isticmaalaa. Hal toddobaad ka dib, caagga yar daawada si fiican uguma gudbiyo sambabbada. Nooca aad haysato weydii shaqaalaha caafimaadka ama shirkadda iibisa. Alaabta dheeraadka ah ku hayso guriga.

Isticmaal caag yar oo ah nooca aan la tuurin oo iska beddel 6-dii biloodba mar.

Meel ku qoro magaca shirkadda iibisa mashiinka si aad ula xiriirto haddii mashiinku xumaado ama haddii aad u baahato alaabta mashiinka.

Goobaha Daaweynta iyo Macluumaadka Neefta

Daaweynta iyo Macluumaadka:

Kilinigga Neefta, Isbitaalka Carruurta Minnesota
Children's Minnesota Asthma Clinic
Minneapolis: 612-813-6107
St. Paul: 651-220-6700

Isbitaalka Carruurta - Minneapolis
Minneapolis Hospital
2525 Chicago Avenue South
Minneapolis MN 55404
612-813-6000

Isbitaalka Carruurta - St. Paul
St. Paul Hospital
345 North Smith Avenue
St. Paul MN 55012
651-220-6000

XARUNTA TASIILAADKA QOYSKA EE GREAT CLIPS: MINNEAPOLIS

dabaqa labaad, ka soo horjeedka Welcome Center (Xafiiska 2109)

Saacadaha shaqada:

Isniin ilaa Jimce: 7-da ilaa 5-ta

Sabti: 10-ka ilaa 4-ta

Shaqaaale ayaa jooga:

Isniin ilaa Jimce: 9-ka ilaa 5-ta

Sabti: 10-ka ilaa 4-ta

[612-813-6816](tel:612-813-6816)

XARUNTA TASIILAADKA QOYSKA: ST. PAUL

River Tower, dabaqa saddexaad (Xafiiska 3107) • Soo raac wiishashka River Tower oo uga dego dabaqa saddexaad, dabadeedna dhinaca midig soo aad.

Saacadaha shaqada:

Isniin ilaa Jimce: 7-da ilaa 5-ta

Shaqaaale ayaa jooga:

Isniin ilaa Jimce: 9-ka ilaa 5-ta

[651-220-6368](tel:651-220-6368)

Macluumaadka Dalladda Dhakhaatiirta Neefta ee Isbitaalka Carruurta:

<https://www.childrensMN.org/services/care-specialties-departments/pediatric-asthma/>

