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Tusmada Buugga

Cutubka 1aad: Hordhaca Koorsada 1
- Casharka 1aad: Hordhac 2
  - Soo Dhawoow! 2
  - Shuruudaha Tababarka Kaaliyaha Daryeelka Guriga 3
  - Sida uu Fasalkani u Shaqeeyo 4
  - Si Guul leh Ku Dhammeysashada Koorsada 6
  - Casharka oo Kooban 7
  - Bartilmaameedka lagu duulo 7

Cutubka 2aad: Daryeelka uu Qofku Xuddunta u Yahay 9
- Casharka 1aad: Hordhaca Daryeelka uu Qofku Xuddunta u Yahay 10
  - Guudmarka 10
  - Falsafada uu Qofku Xuddunta u Yahay 10
  - Barashada Dadka 11
  - Qiimeynta Dadka 14
  - Taageeridda Dadka 16
  - Casharka oo Kooban 18
  - Bartilmaameedka lagu duulo 18
- Casharka 2aad: Qaddarinta Kala-duwanaanshaha 19
  - Guudmarka 19
  - Daryeelka Dhaqan Ahaan Habboon 20
  - Eexasho 22
  - Ixtiraamidda Aqoonsiga Jinsiga iyo Lab iyo Dheddig 24
  - Casharka oo Kooban 28
  - Bartilmaameedka lagu duulo 28

Cutubka 3aad: War-isgaarsiinta 29
- Casharka 1-aad: War-isgaarsiinta Aasaasiga ah 30
  - Guudmarka 30
  - Dhageysi 31
  - Maareynta War-isgaarsiinta 36
  - Caqabadaha Horyaalla War-isgaarsiinta 39
  - Hagidda War-isgaarsiinta Adag 41
  - Dhibaato Xallinta Waxtarka leh 43
  - Casharka oo Kooban 45
  - Bartilmaameedka lagu duulo 45
- Casharka 2aad: Ka-gudbidda Caqabadaha 46
  - Guudmarka 46
  - Liidashada ama Luminta Maqalka 47
  - Ka-gudbidda Dhibaatooyinka War-Isgaarsiinta 49
  - Casharka oo Kooban 52
  - Bartilmaameedka lagu duulo 52
  - Dib-u-eegista Cutubka 53
  - Xaaladda La Hal-abuuray ee Cutubka 54

Cutubka 4aad: Macaamiisha iyo Xuquuqahooda... 55
- Casharka 1-aad: Macmiilka 56
  - Guudmarka 56
  - Macaamiisha 57
  - Gaboobidda iyo Caafimaadka 59
  - Casharka oo Kooban 61
  - Bartilmaameedka lagu duulo 61
- Casharka 2aad: Xuquuqaha Dadka Degan iyo Macaamiisha 62
  - Guudmarka 63
  - Xuquuqaha Aasaasiga ah 63
  - Xuquuqaha Uu Leeyahay Qofka Degan 68
  - Ilaalinta Sharciga ah 70
  - Casharka oo Kooban 73
  - Bartilmaameedka lagu duulo 74
  - Dib-u-eegista Cutubka 75

Cutubka 5aad: Daryeelaha 77
- Casharka 1-aad: Daryeelaha Xirfadlaha ah 78
  - Daryeelaha Xirfadlaha ah 79
  - Bixinta Daryeelka Shakhsiyeed 79
  - Xirfad: Hab-dhaqannada Daryeelka Guud 84
  - U fiirsadashada, Diiwaangelinta, iyo Ka-warbixinta 86
  - Hab-dhaqanka Xirfadeed iyo Xuduudaha 90
  - U-diyaar-garowga iyo Wax-ka-qabashada Xaaladaha Degdegga ah 94
  - Casharka oo Kooban 99
  - Bartilmaameedka lagu duulo 100
- Casharka 2aad: Ka-warbixinta Khasabka ah iyo Ka-hortagga Saxariirinta 101
  - Guudmarka 105
  - Ka-warbixinta Khasabka ah 102
  - Cunsurrada Halista 102
  - Aqoonsashada Calaamadaha Xadgudubka, Dayaca, iyo Dhiigmiirashada 103
  - Sameynta Warbixinta 107
  - Casharka oo Kooban 108
  - Bartilmaameedka lagu duulo 108
  - Dib-u-eegista Cutubka 109

Cutubka 6aad: Xakameynta iyo Ka-hortagga Caabuqa 111
Casharka 1-aad: Jebinta Silsilada Caabuqa 112
Guudmarka 112
Cudurka Faafa 113
Ka-hortagga Caabuqyada 115
S.W.I.P.E.S. 116
Xirfad: Gacmo Dhaqasho 116
Xirfad: Gacmo-gashiyada Gasho 118
Xirfad: Gacmo-gashiyada Iska-bixi 118
Xirfad: Isticmaalka Qalabka is-ilaalinta ee shakhsiga 119
Xoojinta Hab-dhiska Difaaca Jirka 122
Casharka oo Kooban 123
Bartilmaameedka lagu duulo 123
Casharka 2aad: Cudur-Sidayaasha Dhiigga Ka Dhasha 124
Guudmarka 124
Cudur-Sidayaasha Dhiigga Ka Dhasha iyo Cudurrada 125
HIV/AIDS 127
Casharka oo Kooban 133
Bartilmaameedka lagu duulo 133
Dib-u-eegista Cutubka 134
Cutubka 7aad: Dhaqdhaqaaqa 135
Casharka 1aad: Si Ammaan ah Ugu Caawi Socodka iyo Kala Wareejinnada 136
Guudmarka 136
Taageeridda Dhaqdhaqaaqa 137
Cilmiga iyo Barashada Dhaqdhaqaaqa Jirka 137
Hab-dhaqannada Daryeelka Guud ee Dhaqdhaqaaqa 138
Xirfad: Ka Caawi Macmiilka in uu Socdo 139
Xirfad: Macmiilka Ka Soo Wareeji Sariirta una Soo Wareeji Kursi ama Gaariga Dadka Naafada ah 141
Casharka oo Kooban 144
Bartilmaameedka lagu duulo 144
Casharka 2aad: Dhicidda iyo Ka-hortagga 145
Overview 145
Istaatistika Dhicidda 145
Waxyaabaha Keena Dhicidda 145
Cawaaqibta Ka Dhalata Dhicidda 146
Yareynta Halista Dhicidda 147
Waxa la Sameeyo haddii aad Aragto Macmiil Dhacaya 148
Waxa la Sameeyo Haddii Macmiil uu ku Dhaco Dhulka 148
Casharka oo Kooban 150
Bartilmaameedka lagu duulo 150
Dib-u-eegista Cutubka 151
Xaaladda La Hal-abuuray ee Cutubka 152
Cutubka 8aad: Daryeelka Maqaarka iyo Jirka 153
Casharka 1-aad: Daryeelka Maqaarka 154
Guudmarka 154
Maqaarka 155
Kor-u-qaadista Maqaarka Caafimaad Qaba 155
U-fiirsashada iyo Ka-warbixinta Dhibaatooyinka Maqaarka 156
Dhaawacyada Cadaadiska 157
Xirfad: Geddi oo Booska u Beddel Macmiil Sariir Saaran 159
Casharka oo Kooban 160
Bartilmaameedka lagu duulo 160
Casharka 2aad: Daryeelka Jirka 161
Guudmarka 161
Xirfad: Daryeelka Afka 162
Xirfad: Nadiifi oo Kaydi Xirmada Ilkaha Gacan Ku Sameyska ah 163
Xirfad: Ugu Xiir Sakiin Amaan ah 164
Xirfad: Daryeelka Ciddiyaha 164
Xirfad: Daryeelka Cagta 165
Xirfad: Ka Caawi Macmiilka Qubeyska Sarriirta 165
Xirfad: Ka Caawi Macmiilka Gacanta Itaal-daran ee Daciif ah leh Dhar-xirashada 167
Xirfad: Macmiilka U Xir Sharabaad Dhaadheer oo u Gaaraya Jilibka 168
Xirfad: Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn 168
Casharka oo Kooban 169
Bartilmaameedka lagu duulo 169
Dib-u-eegista Cutubka 170
Xaaladda La Hal-abuuray ee Cutubka 171
Cutubka 9aad: Maamulidda Cunnada iyo Nafaqada 173
Casharka 1-aad: Nafaqada 174
Guudmarka 174
Cunista Caafimaad Qabka Leh 175
Tilmaamaha Nafaqada Wanaagsan 178
Qorsheynta, Dukaameysiga, iyo Diyaarinta Raashiinka 184
Wax-ka-beddelka Cuntooyinka: Shuruudaha iyo Xaddidaadaha 185
Xirfad: Ka Caawi Macmiilka in uu Wax Cuno 187
Aqoonsiga iyo Ka-warbixinta Astaamaha Nafaqo-xumada iyo Fuuqbaxa 188
Dhibaatooyinka ay Keeneen Arrimaha ama Khaladaadka Cunnada 189
Casharka oo Kooban 189
Bartilmaameedka lagu duulo 189
Casharka 2aad: Maamulidda Cunnada ee Ammaanka ah 190
Guudmarka 190
Jirrooyinka Ka Dhasha Cunnada 191
Ka-hortagga Jirrooyinka Ka Dhasha Cunnada 193
Casharka oo Kooban 202
Bartilmaameedka lagu duulo 202
Dib-u-eegista Cutubka 203

Cutubka 10aad: Adeegsiga Musqusha 205
Mindhicirka iyo Kaadi-haysta 206
Guudmarka 206
Shaqada Kaadi-haysta iyo Mindhicirka..... 207
Dhibaatooyinka Shaqada Kaadi-haysta iyo Mindhicirka 209
Casharka oo Kooban..... 214
Bartilmaameedka lagu duulo..... 214
Casharka 2aad: Caawimaadda Adeegsiga Musqusha 215
Guudmarka 215
Kaalinta Daryeelaha uu ku leeyahay Adeegsiga Musqusha 216
Xirfad: Ka Caawinta Daryeelka Saxaaxa..... 217
Xirfad: Ka Caawinta Macmiilka Isticmaalka Tuunjiga 218
Badeecooyinka Aan La Hayn Karin..... 219
Kateetarrada Kaadi-haysta 220
Xirfad: Daryeelka Kateetarka..... 221
Xirfad: Daryeelka Kateetarka Cinjirka ah 222
Daryeelka Saxaro Weecinta 222
Casharka oo Kooban..... 223
Bartilmaameedka lagu duulo..... 223
Dib-u-eegista Cutubka 224
Xaaladda La Hal-abuuray ee Cutubka 225
Cutubka 11aad: Xil Wareejinta Kalkaaliyaha Caafimadka iyo Daawooyinka..... 227
Casharka 1aad: Xil Wareejinta Kalkaaliyaha Caafimaadka iyo Daryeelka Qofka Is-haga 228
Guudmarka 228
Xil Wareejinta Kalkaaliyaha Caafimadka..... 229
Daryeelka Qofka Is-haga..... 231
Casharka oo Kooban..... 233
Bartilmaameedka lagu duulo..... 233
Casharka 2aad: Gargaarka Daawooyinka iyo Maamulka Daawooyinka 234
Guudmarka 235
Aasaasiyaadka Daawooyinka..... 235
Gargaarka Daawooyinka iyo Maamulka Daawooyinka..... 239
Xirfad: Gargaarka Daawooyinka..... 241
Kaydinta iyo Ka-takhalusidda Daawooyinka..... 246
Casharka oo Kooban..... 248
Bartilmaameedka lagu duulo..... 248
Dib-u-eegista Cutubka 249
Xaaladda La Hal-abuuray ee Cutubka 251
Cutubka 12aad: Is-Daryeelka loogu talagalay Daryeelayaasha 253
Casharka 1aad: Ku Dhaqanka Is-Daryeelelka 254
Guudmarka 254
Daalka iyo Walbahaarka Daryeelaha..... 255
Ku Dhaqanka Is-Daryeelka..... 257
Casharka oo Kooban..... 265
Bartilmaameedka lagu duulo..... 265
Casharka 2aad: Ka Badbaadidda Tiiraanyada iyo Khasaaraha..... 267
Guudmarka 267
Tiiraanyo 268
Daryeelka Guriga Lagu Xannaaneeyo Bukaanka 271
Casharka oo Kooban..... 272
Bartilmaameedka lagu duulo..... 272
Dib-u-eegista Cutubka 273
Lifaaqyada 275
Diiwaanka Kheyraadka..... 276
Doorarka uu Kaaliyaha Daryeelka Guriga ku leeyahay Goobaha Kala Duwan 276
Habka Diyaarinta Cuntada Gaarka ah ee loogu talagalay Gaboobidda Caafimaadka leh 277
POLST 278
Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta iyo Adeegga oo Kooban) 280
Heshiiska Adeegga Lagu Gorgortamey..... 303
Qalabka War-isgaarsiinta..... 309
Dhisidda Xiriir Wada-shaqeyn sida Daryeele Qoys oo Mushaar Qaata ahaan 310
Joogteynta Xiriirrada Xirfadeed ee Wanaagsan 312
Liis-hubineedyada loogu talagalay Ammaanka 314
Ammaanka Guriga ee loogu talagalay Macaamiisha Garasho Ahaan Naafo ah..... 317
Khataraha Deegaanka..... 318
Liisto-hubineedyada U-diyaar-garowga Musiibada.....319
Habraacyada Xaaladaha Degdegga ah iyo Qorsheyaasha Daadguraynta..... 320
Ammaanka Dabka iyo Ka-hortagga 321
Liisto-hubineedka Ammaanka Dabka Guriga 323
Nadiifinta iyo Jeermis-ka-dilka Guriga 324
Nadiifinta iyo Jeermis-dilka iyadoo la adeegsanayo Warankiillo 327
Diidmada/Oggolaanshaha Tallaalka Fayraska Cagaarshow B (Hepatitis B)..... 330
Halista ka-dib Wajahidda..... 331
HIV iyo Ilaalinta Shaqada..... 332
Talooyinka Ammaanka Gaariga Dadka Naafada 335
Luminta Maqalka 336
Talooyinka ku saabsan Maamulidda Hab-dhaqannada Adag 339
Caafimaadka Afka 343
Cuntooyinka Khatarta Suuragalka ah leh (PHFs)..... 344
Kuddaridda Cunnada Miro iyo Khudaar Badan 345

Macaamiisha Ku Adag Wax Cunista 347
Talooyinka loogu talagalay Helidda Hurdo Habeenkii ah oo Wanaagsan 351
Iskala-bixin 352
Ku Dhiirrigelinta Macmiilka in uu Jir Ahaan Noqdo Qof Firfircoon 355
Xaaladaha iyo Cudurrada Caamka ah 355
Tuf 356
Xanuunka Isbeddelka Dabeecadaha (bipolar disorder)..... 358
Kaansar 359
Caadka Indhaha 360
Wadne Istaag Cabbudhideed (CHF)..... 361
Xanuunka Laabta oo Cufan (COPD)..... 362
Cudur Xusuus Dhuminta Keenna 363
Niyadjab 365
Naafonimada koritaanka 366
Sonkorow 368
Gulukooma 370
Wadne Qabad (Wadne Wareen, ama MI) 371
Cagaarshowga A, B, C, D iyo E 372
Caddaadiska Dhiigga oo Sarreeya (Dhiig-kar ama “HTN”) 374
Bu’e (Multiple Sclerosis) 375
Lafa-beel 377
Cudurka Dadka Xasuusta Ka Lumiya ee Parkinson ... 378
Wareento 379
Iskudhexyaac Maskaxeed 380
Istaroog, Shilka La Xiriira Maskaxda iyo Xididdadeeda Dhiigga (CVA), ama Maskax Xanuun 381
Dhaawaca Maskaxda ee Qarracan (TBI) 383
Qaaxo (TB) 385
Erey-bixinnada Kaaliyaha Daryeelka Guriga 394
Liisto-hubineedyada Xirfadaha 420
Hab-dhaqannada Daryeelka Guud 420
War-isgaarsiinta iyo Xuquuqaha Macmiilka 420
S.W.I.P.E.S. 420
Gacmo Dhaqasho 420
Gacmo-gashiyo Gasho 421
Gacmo-gashiyada Iska-bixi 421
Isticmaalka Qalabka is-ilaalinta ee shakhsiga (PPE) .. 421
Ka Caawi Macmiilka in uu Socdo 421
Macmiilka Ka Soo Wareeji Sariirta una Soo Wareeji Kursi ama .....
Gaariga Dadka Naafada ah 421
Geddi oo Booska u Beddel Macmiil Sariir Saaran 422
Daryeelka Afka 423
Nadiifi oo Kaydi Xirmada Ilkaha Gacan Ku Sameyska ah 423
Daryeelka Ciddiyaha 423
Daryeelka Cagta 424
KKa Caawi Macmiilka Gacanta Itaal-daran ee Daciif ah leh Dhar-xirashada 425
Macmiilka U Xir Sharabaad Dhaadheer, Laastiko leh oo u Gaaraya Jilibka 425
Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn 425
Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn ee loogu talagalay Hal Jilib iyo Canqow 426
Ka Caawi Macmiilka in uu Wax Cuno 426
Ka Caawi Macmiilka Qubeyska Sarriirta 426
Ka Caawinta Daryeelka Saxaaxa 427
Daryeelka Kateetarka 428
Daryeelka Kateetarka Cinjirka ah 428
Gargaarka Daawooyinka 429
Ka Caawi Macmiilka Isticmaalka Tuunjiga 429
Ugu Xiir Sakiin Amnaan ah 429



Cuntubka 1: Hordhaca Koorsada

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay aqoonsan doonnaan shuruudaha tababarkooda waxayna adeegsan doonnaan istiraatiijiyadaha si guul leh loogu dhammeysanayo koorsadan.

Casharka 1aad: Hordhac

Casharka 1aad Hordhac

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado shuruudaha tababarka ee looga baahan yahay Kaaliyayaasha Daryeelka Guriga; iyo
2. Isticmaalo istiraatiijiyadaha si guul leh loogu dhammeysanayo koorsadan.

Ereyada Muhiimka ah

Waxbarasho Joogto ah (CE): tababar sannadle ah oo la ansaxiyey kaas oo cusbooneysiinaya ama waqtiga la socodsiinaya aqoonta iyo xirfadaha Kaaliyaha Daryeelka Guriga (HCA).

Kaaliyaha Daryeelka Guriga (HCA): qof dhammeystay 75 saacadood oo tababar aasaasi ah, ka gudbey imtixaanka shahaado qaadashada Kaaliyaha Daryeelka Guriga ee Waaxda Caafimaadka ee Gobolka Washington, kaas oo ku joogteeya ama ku ilaalsada shahaadadiisa ka-qaybgalka 12 saacadood oo waxbarasho sannadle ah oo joogto ah.

Xirfadlenimo: raacidda hab-dhaqan shakhsiyadeed oo heer sare.



Soo Dhawoow!

Ku soo dhawoow tababarka aasaasiga ah ee Kaaliyaha Daryeelka Guriga, kaas oo qayb ka ah tababarka shahaadiga ah ama shahaado qaadashada HCA. Koorsadan gacan ka qabashada ah waxaad ku baran doontaa aqoonta iyo xirfadaha aad u baahan tahay si aad u bixiso daryeel shakhsiyeed. Casharka koowaad wuxuu sharxi doonnaa shuruudaha tababarkaga wuxuunna ku siin doonnaa guudmarka koorsada. Waxaad sidoo kale baran doontaa xoogaa istiraatiijado ah oo loogu talagalay in si guul leh loo dhammeysto koorsada.

Waxaan dooneynaa in aad fasalkan ka baxdo adiga oo ku kalsoon aqoontaada iyo xirfadahaaga si aad u bixiso daryeel tayo leh. Hubso in aad macallinkaaga isla-markiiba weyddiiso haddii aad qabto wax su'aalo ama dhibaatooyin ah, ama haddii aad caawimaad u baahan tahay.

Shuruudaha Tababarka Kaaliyaha Daryeelka Guriga

Kaaliyayaasha Daryeelka Guriga waa in ay ku dhammeystaan 75-ta saacadood ee tababarka loo baahan yahay 120 maalmood gudahooda laga soo bilaato taariikhda shaqadooda. 75-ta saacadood waxaa ka mid ah afar qaybood:

1. Hanuuninta iyo ammaanka
2. Awoodaha Aasaasiga ah (buuggan)
3. Ku tababar-qaadashada xirfadaha
4. Mowduucyada gaarka u ah dadka, kuwaas oo ay ka mid yihiin tababarka takhasus iyo/ama xil wareejinta Kalkaaliyaha caafimadka

Shahaadooyinka Tababarka

Ka-dib marka aad dhammeyso dhammaan shuruudaha ama waxyaabaha loogu baahan yahay tababarka Kaaliyaha Daryeelka Guriga, waxaad heli doontaa shahaaddada dhammeysashada 75-saac. La-soco shahaadooyinkaaga tababarka. Waxaad u baahan doontaa in aad siiso Waaxda Caafimaadka oo ah sida qayb ka mid ah baaristaada.

Imtixaanka Kaaliyaha Daryeelka Guriga

Ka-dib marka aad dhammeysato dhammaan 75-ta saacadood ee tababarka loo baahan yahay, waa in aad qaadato Imtixaanka Kaaliyaha Daryeelka Waaxda Caafimaadka ee Gobolka Washington. Imtixaanka wuxuu ka kooban yahay imtixaan qoraal ah iyo imtixaan lagu soo bandhigayo xirfadaha. Waa in aad imtixaanka ku qaadataa 200 maalmood gudahooda laga soo bilaabo taariikhda lagu shaqaaleeyay ma 260 maalmood haddii aqoonta aad u leedahay luuqadda Ingiriisku ay kooban tahay.

Imtixaanka Qoraalka ah

Imtixaanka qoraalka ah wuxuu muujin doonnaa haddii aad baratey qodobbada muhiimka ah ee ku jira koorsadan. Marka aad dhammeyso bartilmaameedka lagu duulo iyo dib-u-eegisyada cutubka, waa in aad diyaar u ahaataa ka gudubka imtixaanka qoraalka ah.

Imtixaanka Muujinta ama Soo Bandhigidda Xirfadaha

Imtixaanka xirfadaha wuxuu muujin doonnaa haddii aad sameyn karto hawlaha daryeelka shakhsiyeed iyo xirfadaha kale ee daryeel-bixinta muhiimka ah ee la barey intii fasalka lagu guda jirey. Waxaad waqti badan ku heli doontaa fasalka oo aad ku qaadaneyso tababarka xirfadahan.



Shuruudaha Waxbarashada Joogtada ah

Waa maxay Waxbarashada Joogtada ah?

Waxbarashada joogtada ah waa tababar dheeraad ah oo loogu talagalay in waqtiga lala socodsiiyo aqoontaada iyo xirfadahaaga. Waxbarashada joogtada ah waa in ay noqotaa mowduuc la halmaala baahiyada daryeelka macmiilka iyo goobta daryeelka ama kobcinta xirfadda shaqo ee shaqaalaha daryeelka muddada dheer.

Goormee la igaaga Baahan Yahay in Aan Dhammeeyo Waxbarashada Joogtada ah?

Marka aad noqoto Kaaliyaha Daryeelka Guriga ee la aqoonsadey ama la xaqiijiyey waa in aad dhammeysaa 12 saacadood oo ah tababarka waxbarashada joogtada ah ee la ansaxiyey marka ay tahay maalintaada dhalashada ee sannad kasta. Haddii maalintaada dhalashada ka-dib marka aad qaadato shahaadadaada Kaaliyaha Daryeelka Guriga ay ka yar tahay sannad buuxa laga bilaabo taariikhda shahaado qaadashadaada, waxbarashada joogto ah ama la sii wato lagaaga ma baahna muddada dib-u-cusboonaysiinta ee ugu horreysa.

Waa in aad haysata shahaadooyinkaaga iyo caddeymaha saacadaha waxbarashada joogtada ah.

Haddii aad rabto macluumaad ku saabsa Imtixaanka Kaaliyaha Daryeelka Guriga, booqo prometric.com/test-takers/search/wadoh

Haddii aad rabto macluumaad ku saabsan Waxbarashada Joogtada ah, booqo dshs.wa.gov/altsa/training/continuing-education-ce

Sida uu Fasalkani u Shaqeeyo

Barte ama ardey ahaan, waxaad tahay qayb muhiim ah oo fasalkan ka mid ah. Ka-qaybgalkaaga iyo ku-lug-lahaanshahaaga wuxuu sii wanaajin doonnaa waayo-aragnimadaada barasho waxayna fasalkan ka dhigi doonnaan mid uu qof walba ku guuleysta.

Ahdaafta Barashada

Waxaa koorsaan ku jira shan ahdaaf barasho waaweyn.

1	Fahan waxa lagaaga baahan yahay oo lagaaga filanayo shaqadaada.
2	Isticmaal xirfadaha war-isgaarsiinta wanaagsan iyo dhibaato-xallin marka aad la tacaamuleyso macmiilka, xubnaha qoyska, iyo xubnaha kale ee kooxda daryeelka.
3	Ogow sida loo dhowro xuquuqaha macmiilka iyo sababta ay muhiim u tahay dhowrista xuquuqaha macmiilka.
4	Dhowr ammaanka jireed iyo midka caafimaad ee macmiilka iyo kuwa naftaada.
5	Si sax ah u bixi daryeelka shakhsiyeed iyo hawlaha kale ee la oggol yahay adiga oo: • fahmaya sida uu macmiilku doonaya in waxyaabaha loo sameeyo iyo in aad hawlaha sidaasi u sameyso; • ixtiraamaya asturnaanta, sharafta, iyo kala duwanaanshaha macmiilka; iyo • ku dhiirrigelinaya macmiilka in ay inta karaankooda ah wax isu qabtaan.

Sida Fasalka Wax Loo Baro

Waxaad si firfircoon ugu qaybqaadan doontaa uguna tababar-qaadan doontaa waxa aad baraneyso. Tani ayaa lagu gaari doonnaa:

- Munaaqashooyinka fasalka iyo koox yar;
- muxaadarooyin gaaban oo uu bixiyo macallinta ama baraha;
- kooxo waxbarasho;
- ku tababar-qaadashada xirfadaha daryeelka shakhsiyeed oo lagu qaato goobaha xirfadaha; iyo
- dib-u-eegisyada cutubka iyo xaaladaha la hal-abuurey ee cutubka.





Hagaha Bartaha (Buuggan)

Hagahaaga bartaha waa buug hawleedkaaga ee koorsada oo dhan. Hubso:

- la imow maalin kasta;
- qoraallada ku qoro si uu kaaga caawiyo in aad xusuusato qodobbada muhiimka ah; iyo
- u isticmaal in aad kula socoto casharrada uu fasalka ku bixinayo macallinka.

Waxaa jira afar qaybood oo kale oo ku qoran bogga dambe hagahaaga bartaha:

1. **Diiwaanka Kheyraadka** waxaa ku jira ama ku qoan xog iyo kheyraadyo waxtar kuugu yeellan doonno fasalka iyo mustaqbalka.
2. **Erey-bixin** waxaa ku jira qeexidda ereyada daryeel-bixinta caamka ah ee laga yaabbo in ay kugu cusub yihiin.
3. **Liisto-hubineedyada Xirfadaha** waxay ku siinayaan tilmaamaha tallaabo-tallaabada ah ee loogu talagalay qabashada hawlaha daryeelka shakhsiyeed.
4. **Xaaladaha iyo Cudurrada Caamka ah** qaybtan waxaa ku jira macluumaadka ku saabsan xaaladaha iyo cudurrada lagu arko macaamiil badan.

Filashooyinka Bartaha

Si aad koorsadan uga gudubto, waxaa lagaa doonayaa in aad imaato oo aad ka soo qaybgasho dhammaan fasallada iyo in aad muujiso awoodda aad u leedahay in aad si sax ah u qabato xirfadaha.

Haddii aadan fasalka imaan karin: Waxaa lagaa filayaa in aad timaado fasal kasta. Haddii ay jirto xaalad degdeg ah, la hadal macallinkaaga.

Haddii aad u baahan tahay taageero dheeraad ah: Haddii aad caawimo ugu baahan tahay qoraalka, akhriska, fahamka luuqadda Ingiriiska, ama aad wajahayso caqabado kale, kala hadal macallinkaaga.

Xirfadlenimo: Imaw fasal kasta adiga oo diyaar u ah in aad shaqeyso. U soo lebbiso sida in aad shaqo u socoto. Qof walba ula dhaqan si ixtiraam leh.



Waxa Aad Ka Filan Karto Macallinka

Waxaad filan kartaa in macallinkaaga uu noqdo macallin aqoon leh oo awooda in uu kugu hago guud ahaan hannaanka tababarka.

Macallinkaaga wuxuu fahmi doonnnaa fasallada aad u baahan tahay in aad qaadato wuxuunna ku siin doonnaa macluumaad iyo caawimaad si aad u dhammeysato tababarkaaga Kaaliyaha Daryeelka Guriga.

Macallinkaagu waa in uu ku siiyaa buuggan, kaaga jawaabaa su'aalahaaga, ku siiyaa waqti aad ku tababarqaadato xirfadaha adiga oo adeegsanaya dhammaan sahayda loo baahan yahay iyada oo uu ku siinayo hagid, iyo in uu fasallada qabto muddada waqtiga ee loo baahan yahay ee lagu muujiyey shahaadadaada.

Haddii aad qabto walaacyo ku saabsan tababbarkaaga, fadlan ka wac Qaybta Tababbarada DSHS lambarkan (360) 725-2550. Looma baahna in aad magacaaga u sheegto.

Si Guul Leh in Loo Dhammeysto Koorsada

Ka-qaybaglka firfircoon ee fasalka wuxuu muhiim u yahay guusha koorsadan. Sida badan ee aad uga qaybgasho, waa sida aad wax badan uga faa'iideyso tababarkan, iyo sida wanaagsan ee aad ugu diyaar-garoobeyso qabashada shaqadaada wanaagsan ee shaqadaada.

U-diyaar-garow Fasal Kasta

1. Noqo qof nastey oo diyaar u ah waxbarasho.
2. Akhri casharrada ku qoran buugga akhrista ka hor fasalka.
3. Fasalka gudahiisa ka ilaali baahiyada/mashquulka bannaanka.



Isticmaal Buugga Akhriska

1. Khad ku dul muuji ama hoosta ka xariiq qaybaha ugu muhiimsan cashar kasta.
2. Buuxi bartilmaameedyada lagu guulo ee casharka si aad isu imtixaanto una xoojiso aqoontaada.
3. Hubso in aad qaadato waqto aad ku fahamto DHAMMAAN tallaabooyinka muhiimka ah iyo qaybaha waxa aad baraneyso.

Si Firfircoon Uga Qaybqaado Fasalka

1. Adiga oo waqtiga ilaalinaya ka soo qaybgal fasal kasta.
2. U heellanow in aad si fiican oo intii karaankaaga ah uga faa'iideysato fasalka.
3. Dhageyso oo wax ka qoro.
4. Si taxaddar leh u daawo bandhigyada oo si xikmad leh u isticmaal waqtiga tababar-qaadashada.
5. Su'aalo weyddii haddii aadan wax fahmin.
6. Door firfircoon ka qaado kooxaha waxbarashada iyo munaaqashooyinka.

Isbarashada Bartayaasha Isku Fasalka ah

Adiga iyo bartayaasha aad isku fasalka tihiin ayaa wada-shaqeyn doonna oo is caawin doonna bilow ilaa dhammaadka koorsada. Dhowr daqiiqo ku qaado in aad isbarataan qaar ka mid ah bartayaasha aad isku fasalka tihiin adiga oo adeegsanaya waxqabadka hoose.

Tilmaamaha: Isticmaal su'aalaha hoose si aad u wareysato bartaha dhinacaaga fadhiya. Hubso in qofkani yahay qof aadan garaneyn. Mid kasta oo idin ka mid ah waxaa la siin doonna hal daqiiqo oo uu qofka kale ku wareysto. Ka-dib marka ay dhammaadaan labada wareysi, waxaad qofka deriskaaga ah bari doontaa fasalka intiisa kale.

Magacaa?

Waa maxay midabka aad ugu jeceshahay?

Waa maxay luuqadaha aad ku hadasho?

Waa maxay waxqabadka ama hiwaayadda aad ugu jeceshahay?

Halkeed daryeele ahaan uga shaqeysaa?

Waa maxay yoolalka shakhsiyeed ee aad ka leedahay fasalkan?

Soo koobid

Kaaliyayaasha Daryeelka Guriga waa in ay ku dhammeystaan tababarka shahaado-qaadashada Kaaliyaha Daryeelka Guriga 120 maalmood gudahooda laga soo bilaabo taariikhda la shaqaaleeyay. Waa in ay qaataan imtixaanka tababarka shahaado-qaadashada Kaaliyaha Daryeelka Guriga 200 maalmood gudahooda laga soo bilaabo taariikhda la shaqaaleeyay. Waa in ay sidoo kale dhammeeyaan 12 saacadood oo waxbarasho joogto ah sannad kasta. Si ay guul ugu dammeystaan koorsadan, Kaaliyayaasha Daryeelka Guriga waxaa la filayaa in ay si firfircoon uga qaybgalaan fasal kasta iyo in ay si waxtar leh ula shaqeeyaan macallinkooda iyo bartayaasha ay isku fasalka yihiin.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Qor lambarada bogga ee aad jawaabta ka heshay.

1. Immisa saacadood ayaa lagu qaadanayaa tababarka shahaado qaadashada Kaaliyaha Daryeelka Guriga oo dhammeystiran?

2. Kumaa ka mas'uul ah la-socoshada shahaadooyinka tababarka?

3. Immisa maalmood ayay tahay in aad ku dhammeyso tababarka shahaado qaadashada Kaaliyaha Daryeelka Guriga?

4. Sideed u qaadan kartaa imtixaanka Kaaliyaha Daryeelka Guriga?

5. Immisa saacadood oo waxbarashada joogtada ah ayay tahay in aad dhammeyso sannad kasta?

6. Halkeed ka heli kartaa macluumaad heeri ah oo ku saabsan waxbarashada joogtada ah?

Qoraallo:



Cutubka 2aad: Daryeelka uu Qofku Xuddunta u Yahay

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay adeegsan doonnaan istiraatiijiyadaha uu qofku xuddunta u yahay si uu u bixiyo daryeel dhaqan ahaan la qaadan karo.

Casharka 1-aad: Hordhaca Daryeelka uu Qofku Xuddunta u Yahay

Casharka 2aad: Qaddarinta Kala-duwanaanshaha

Casharka 1aad Hordhaca Daryeelka uu Qofku Xuddunta u Yahay

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Kala-saaro hab-dhaqannada in badan/in yar uu qofku xuddunta u yahay; oo
2. Ka hadlo qiimaha daryeelka uu qofku xuddunta u yahay.

Ereyada Muhiimka ah

Oggaansho: hannaanka joogtada ah ee si buuxda loogu baranayo qof guud ahaan.

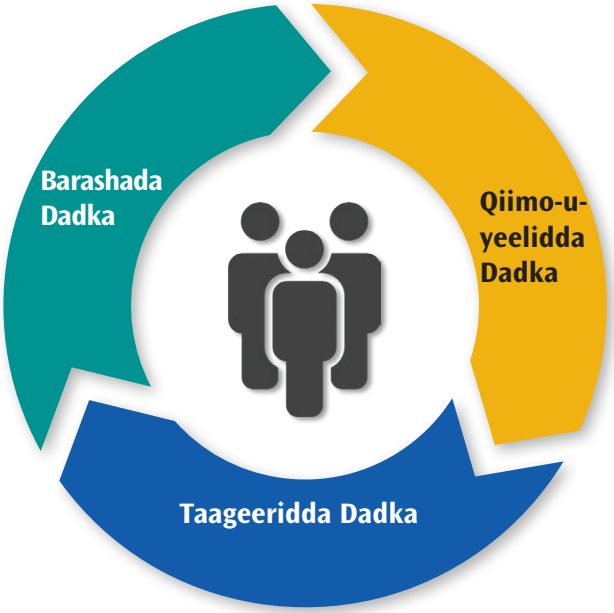
Muhiim ah u AH / Muhiim u LEH: fikradda qofku xuddunta u yahay ee sharxaysa waxa uu qofku u baahan yahay si uu qofku u noqdo qof faraxsan, raaxo dareemaya, ka soo baxay wixii laga rabey, ammaan ah, oo caafimaad qaba.

Luuqadda marka hore qofka: waa habka loola hadlo dadka oo muujineysa in qofku aad uga muhiimsan yahay cudurradooda, naafonimadooda, ama xaaladahooda.

Tixgelinta wanaagsan ee shuruud la'aanta ah: aqbalaadda iyo taageeridda qofka iyada oo aan la tixgalinayn waxa uu qofku sheegayo ama uu sameeyo.

Guudmarka

"Qofka xuddunta u ah" waxay sharxaysaa hab gaar ah oo looga fikiro dadka iyo sida aad ula dhaqmeyso. Shakhsi kasta wuxuu si loo siman yahay xaq ugu leeyahay daneyntaada, ixtiraamkaaga, naxariistaada, jaceylkaaga, iyo adeeggaaga. Hab-dhaqanka uu qofku xuddunta u yahay wuxuu ka tarjumayaa in. Dadka daneynaya in ay noqdaan qofka xuddunta u ah way ku baranayaan. Waxay doonayaan in ay oggaadaan waxa muhiimka kuu ah. Waxay doonayaan in ay kaagala shaqeeyaan xallalka u haqabtiraya baahiyada hab kuu shaqeynaya. Waxay kor u qaadayaan awoodahaaga, dookhaaga, jihadaada, xakameyntaada, farxadaada, iyo wanaaggaaga. Haddii si kale loo dhigo dadka qofka xuddunta u ah waxay wax ka baran doonnaan adiga, qayimkaaga, wayna ku taageerayaan.



Falsafada uu Qofku Xuddunta u Yahay

Daryeelka uu qofku xuddunta u yahay uma fududa sida hannaanka barashada tallaabo tallaabada ah. Waxay aad ula mid tahay barashada falsafo, ama hab fikir cusub. Tababarkan waxaad ku baran doontaa dhowr fikradood oo uu qofku xuddun u yahay. Inta aad sii baraneyso fikrad kasta isweyddii su'aalahan soo socda:

- Miyaan u maleynayaa in fikraddan ay qiimo leedahay?
- Miyaan horey ugu adeegsadey fikraddan nolol maalmeedkeyga?
- Sideen ugu adeegsan karaa fikraddan hab-dhaqankeyga daryeel-bixinta maalin kasta?
- Ma aaminsanahay in ku adeegsiga fikraddan daryeel-bixinteyda in ay dad ku yeellan doonto saameyn macno leh?

Fikradaha waxaa loo habeeyay 3 qaybood: BARASHADA dadka, QIIMEYNTA dadka iyo TAAGEERIDDA dadka.

Barashada Dadka

Barashada dadka aad daryeelayso waa muhiim. Daryeelayaasha ugu wanaagsan waxay had iyo jeer isku dayayaan in ay wax baran ka bartaan dadka ay la shaqeeyaan oo ay daryeelaan. Hannaankaasi ee sida buuxda qofka loo baranayo in muddo ah ayaa inta badan loo yaqaanna oggaansho.

U Heellanaanta Oggaansho (Joogto ah)

Waxaad marka hore macmiilka ka baran kartaa waxa uu yaahy qorshahooda adeegga. Waxaad sidoo kale macluumaad ka heli kartaa xubnaha kale ee kooxda daryeelka (oo ay ku jiraan saaxiibada iyo qoyska). Si kastaba ha ahaatee, isha macluumaadka ugu wanaagsan waa macaamiisha laf-ahaantooda.

In aad qofku barato waqti ayay qaadaneysaa. Macmiilkaaga waxaa laga yaabaa in uusan dooneyn in la wareysto saacado marka ugu horreyso ee aad kulantaan, ama waxay ku farxi karaan in ay nafsadooda kaagala sheekaystaan. Qof kasta wuu duwan yahay. Labada dhinacba, hannaankan si dabiici ah ha u dhaco inta aad qabaneyso hawlaha kale ee daryeel-bixinta. Daneyn dhab ah u muuji noloshooda, waxa ay ku fikirayaan, iyo sida ay dareemayaan. Macmiilkaaga wuxuu doonayaa in aad daryeesho iyaga oo aanad kaliya daryeelin.

Oggaanshaha Qofka oo *Dhan*

Waa muhiim in aad oggaato baahiyada caafimaadka jireed ee macmiilkaaga iyo adeegyada ay helaan, laakiinse waxaa si la mid ah muhiim ah in aad tixgeliso awoodahooda iyo waxyaabaha ay ku xoogan yihiin. Waxaannu dhammaan qaddarinaa in naloo fahmo sida aadanaha adag in la fahmo ee aannu nahay.

Samee dedaal ay daacad kaa tahay oo aad dhab ahaan ugu oggaaneyso macmiilka qof ahaan. Marka uu xiriirkiinna sii kordho, oo ayna bilaabaan in ay kugu kalsoonaadaan, waxaa laga yaabaa in ay is furfuraan oo ay noqdaan kuwo raaxo badan ku qaba in ay kula wadaagaan.

- Cidda ay yihiin?
- Waxa ay soo sameeyeen noloshooda?
- Waxa ay si wanaagsan u sameyn karaan?
- Waxa ay aaminsan yihiin oo ay qiimeeyaan?
- Waxyaabaha dhiirrigeliya?
- Waxqabadyada macnaha leh ee ay jecel yihiin?
- Xiriirrada aadka muhiimka ugu ah?
- Sida ay isu arkaan oo ay doonayaan in loo arko?
- Waxa ay jeclaan lahaayeen in ay wax badan ka oggaadaan?

Hordhac Dheeraad ah oo Dhan

Bal qiyaas in aad shaqo u aadey xarunta xannaaneynta waayeelka iyo naafada. Hordhac noocee ah ayaad doorbideysaa in aad ka hesho kormeerahaaga cusub? Ma jirtaa mid si wanaagsan u metelaysa fikradda qaddarinta qofka oo dhan?

Ikhtiyaarka A: *Dadyow dhageysta: Waxaa nagu soo biirey xubin cusub oo shaqaalaha ka tirsan. Wax waayo-aragnimo ah uma lahan daryeel-bixinta wuxuunna idinkaaga baahan doonnaa caawimaad badan. Fadlan tusiya waxa la sameeyo. Oo fadlan hubsada in aanan kaligiisa looga tagin macaamiishiinna la ildaran cudurka xusuus dhumin keenna... ma soo dhammeysan tababarka takhasusiga ah ee loo baahan yahay.*

Ikhtiyaar B: *Waan idin salaamey dhammaantiinna. Igu caawiya soo dhaweynta Miguel, oo ah xubin cusub oo hadda ku soo biirrey kooxdeenna daryeelka! Midkiinna ma caawin karaa oo ma towjiihin karaa Miguel inta uu ka baranayo gurigeenna? Wuxuu u muqdaa in uu yahay qof u heellan in uu wax barto wuxuunna leeyahay xirfadaha daryeelka ee uu qofku xuddunta u yahay oo aad u wanaagsan oo uu nala wadaagayo. Sidoo kale waa qof laba luuqadood yaqaanna taas oo aad noo caawin doonta. Waan ku faraxsanahay in aad nagu soo biirto, Miguel!*



Aqoonsiga iyo Qaddarinta Aragtiyada Caalamiga ah, Fikradaha, iyo Hab-dhaqannada

Macaamiisha qaarkood waxaa laga yaabaa in ay waxyaabaha u arkaan si ka duwan sida aad u aragto. Fikradahooda ku saabsan bulshada ayaa laga yaabaa in ay ka duwan yihiin kuwaaga. Waxaa laga yaabaa in ay haystaan diimo kale, aragtiyo siyaasadeed ama qiimayaal. Kala-duwanaanshaha ayaa qof kastaba ka dhiga mid gaar ah! Waqtiyada qaarkood waxaa laga yaabaa in aad ku faraxdo kala duwanaanshahaasi. Mararka kalena waxaa laga yaabaa in aad ku dareento raaxo la'aan ama xitaa aad xanaaqdo, laakiinse had iyo jeer xusuusnow mas'uuliyadaada xirfadeed ee ah in aad ahaato qof dulqaad iyo ixtiraam leh.

Ka taxaddar in aadan qofka xukmin. In kasta oo laga yaabo in aadan waafaqsaneyn aragtida macmiilkaaga, fadlan ixtiraam xuquuqda ay u leeyihiin in ay u fikiraan nafsadooda iyo in ay ahaadaan cidda ay yihiin. Haddii aad rabto macluumaad dheeraad ah, eeg Cutubka 2aad, Casharka 2aad: Qaddarinta Kala-duwanaanshaha ee ku yaalla bogga 19aad.

Barashada Waxa "Muhiimka u AH" iyo "Muhiimka u LEH" Qofka

"Muhiimka u AH / Muhiimka u LEH" waa fikrad uu qofku xuddun u yahay oo kugu dhiirrigelinaysa in aadan keliya ka fikirin keliya baahiyada qofka kaaliinse sidoo kale qiimayaashooda.

"Muhiimka u AH" waa wax aad qiimeyso. Waxaa ka mid waxyaabaha kaa dhiga qof faraxsan, raaxo dareema, ka soo baxay wixii laga rabey, oo qanacsan. Waqti la qaadashada saaxiibbo, aadista dukaameysi, iyo cunista cunnooyinka aad jeceshahay ayaa waxaa laga yaabaa in ay dhammaan muhiim KUU leeyihiin.

"Muhiim u Leh" waa waxyaabaha kaa dhigi kara qof ammaan iyo caafimaad qaba. Helidda jimicsi kugu filan, bixinta biilasha iyo cabbista biyo badan ayaa waxay noqon karaan tusaalooyinka waxyaabo dad badani muhiim u leh.

Isku-dheelitirka "Muhiim u AH" iyo "Muhiim u LEH"

Mararka qaarkood waxa muhiimka noo LEH ayaa sidoo kale muhiim noo AH (tusaale ahaan waxaa laga yaabaa in aad ku raaxaysatid jimicsi joogto ah). Mararka kale taas run ma ahan (waxaa laga yaabaa taa beddelkeeda in aad ku raaxaysto sigaar cabbid). Haddii aad in badan xoogga saarto waxa muhiimadda u LEH macmiilkaaga oo aadna iska dhaafto waxa muhiimka iyagga u ah, waxay u badan tahay in ay ka niyad-jabaan la joogitaankaaga iyo in ay qaataan go'aan aan caafimaadkooda u fiicnayn marka aadan la joogin. Haddii in badan diiradda saarto wax iyaga muhiimka u AH, oo aad dayacdo waxa iyaga muhiimka u LEH, ma dhiirrigelinayso caafimaadkooda iyo ammaankooda.

Baaxadda shaqadaada ee sida daryeelaha qofka xuddunta u ah waa in aad ka caawisaa macaamiisha in ay helaan (iyaga) isku-dheelitirnaan wanaagsan oo u dhaxeysa labada. Ka caawi in ay gaaraan go'aamo ay xog oggaal u yihiin kuwaas oo tixgeliya farxadooda muddada gaaban iyo raaxo iyo sidoo kale wanaaggooda muddada dheer. Taageer dookhooda, jihadooda iyo kantaroolkooda, laakiinse ka caawi in ay fahmaan saameynta suuragalka ah ee dookhyada aan caafimaadka u wanaagsaneyn.

Si aad u awooddo in aad taageerto qofka oo dhan, waxaad u baahan tahay in aad barato labadaba waxa iyaga muhiimadda u LEH iyo waxa iyaga muhiimka u AH.

Naftaada isu buuxi shaxda Muhiim u AH / Muhiim u LEH. Tusaale ayaa la bixiyey.

Muhiim ii AH	Muhiimad ii LEH
Tusaale: Waxaan jeclahay in aad habeenkii ilaa waqti dambe soo jeedo iyo in aan hurdo ilaa duhurkii.	Waxaan haystaa dhowr daawo oo aan u baahanahay in aad si maalinle ah u qaado si aan u caafimaadqabo.

Maxaad sameyneysaa si aad isugu dheellitirito waxa muhiimka kuu AH iyo waxa Muhimaadda kuu Leh?

Tusaale: In aad daawadeyda qaato waqtigii loogu talagalay oo ii saamaxeysa in aan soo tooso waqtiga aan rabo.

Barashada in aad Si Waxtar leh ula Hadasho Qofka

Mid kasta oo naga mid ah wuxuu u hadlaa siyaabo isaga u gaar ah. Waxaan adeegsanaa baaqyo hadal ah iyo kuwo aan hadal ahayn si aan dadka kale ugu sheegno sida aan dareenno iyo waxa aannu u baahanahay. Marka aad macaamiisha la shaqeynayso, fiiro gaar ah u yeello siyaabahooda gaarka ah ee war-isgaarsiinta ama wadahadalka. Ka fikir su'aalahan soo socda.

- Maxay ula jeedaan ereyadooda iyo baaqyadooda?
- Sidey u sheegaan ama u muujiyaan raaxo la'aantooda ama xannuunka?
- Sideed ku garan kartaa marka ay kurbeysan yihiin?
- Sideed ku xaqiijin kartaa in ay ku fahmaan?

Tusaale:

Waxaad iminka bilowdey in aad Mark taageerto. Marka wuxuu ku hadlaa baaqyo aan hadal ahayn. Wuxuu adeegsadaa baaqyada ama tixaabaha wejiga iyo hab-dhaqan si uu uga hadlo dareennadiisa, shucuurahiisa, iyo rabitaannadiisa. Subax subaxyada ka mid ah ayaa waxaad Mark ka caawineysay in uu dharkiisa xirto. Adiga oo hawsha ku guda jira, ayaa Mark wuxuu iska riixay gacamahaaga ka-dibna wuxuu joojiyey in adiga ku soo eego.

Sideen ku oggaan kartaa waxa uu Mark damacsan yahay in uu kuu sheego?

Hab-dhaqanka waa nooc ka mid ah war-isgaarsiinta. Si aad si wax-ku-ool ah u taageerto macmiilka, waxaad u baahan tahay in aad oggaato waxa loola jeedo filashooyinkooda iyo hab-dhaqannadooda.

Si aad u oggaato istiraatiijiyadaha war-isgaarsiinta, eeg Cutubka 3aad: War-isgaarsiinta, bogga 29aad.

Qiimo-u-yeelidda Dadka

Qiimeynta shakhsiga waxaa loola jeedaa aragga waxa ay ku wanaagsan yihiin iyo qaddarinta waxa ay bixin karaan. Waxaa loola jeedaa in lagu aqballo sida ay yihiin (beddelkii waxa ay noqon karaan). Mararka qaarkood waxaan tani ugu yeernaa tixgelin wanaagsan oo shuruud la'aan ah. Waxaad qofka ku tusin kartaa in aad qiimeyso ereyadaada iyo hab-dhaqannadaada.

Aqbalidda qofka oo dhan waxaa loola jeedaa awoodahooda jireed, aaminsanaantooda shakhsiyeed, niyadooda, qiyamkooda, iyo aragtiyada ay ka haystaan caalamka. Marka ay tani oggolaano, waxaannu aqoonsaney qiyamkooda oo iskuma dayeyno in aad tani wax ka beddelno si aad uga sal gaarno aragtiyadeenna shakhsiyeed.

Muujinta Ixtiraam iyo Sharaf

Waxaad macmiilka u muujin kartaa ixtiraamka iyo ilaalinta sharaftooda waqti kasta ee aad la tacaamusho. Marka aad si asluubeysan ula dhaqanto oo aad qaddariso waxyaabaha dookhooda ah, waxaad macmiilka tusineysaa in aad aragto oo aad qaddariso qayimkooda.

Tixgeli labada xaaladood ee hoos ku xusan. Daryeelahee aad u ixtiraam badnaa?

Daryeele A ayaa soo galaya qolka macmiilka wuxuunna si edebeysan ugu sheegayaa in la gaarey waqtigii la qabeysan lahaa.

Daryeele B ayaa soo gargaraacaya albaabka macmiilka, wuxuu sugayaa fasax uu qolka ku soo galo, wuxuunna u salaamayaa si edebeysan ka-dibna wuxuu bixinayaa ikhtiyaarada goorta la qubeysanayo.



Luuqadda Marka Hore Qofka

Luuqadda marka hore qofka, qofka ayaa aad uga muhiimsan xaaladiisa dhimir iyo tan jireed. Luuqadda marka hore qofka ayaa muujineysa in aad qiimeyno oo aan ixtiraamno dadka aynu ka hadleyno. Waxaa jira laba xeerar oo aasaasi ah oo ay leedahay luuqadda marka hore qofka.

1. Marka hore shakhsiga soo hormarsii ka-dibna xaaladda ku xiji. Tusaale ahaan, dheh "Waxaan daryeelee shakhsiyaadka la kulmaya cudurka xusuus dhuminta keenna" oo ha dhihin "Waxaan daryeelaa bukaannada qaba cudurka xusuus dhuminta keena."
2. U sharrax xaaladaha sida hal (adiga oo aan qeexin) sifo oo uu leeyahay qof dhan. Tusaale ahaan, dheh “Michele wuxuu qabaa cudurka sonkorowga” oo ha dhihin “Michele waa qof cudurka sonkorowga la xiriira.”

Marka aad isticmaasho luuqadda marka hore qofka, waxaad aqoonsaneysaa oo aad qiimeynaysaa qofka oo dhan, adiga oo xooga saaraya shakhsiyadooda kana horeysiinaya baahiyo daryeel caafimaad kasta ee ay qabaan.

Dib-u-qor bayaan kasta adiga oo adeegsaaya luuqadda marka hore qofka.

Bill waa naafo.	
Waxaan ku faraxsanahay in naafadu ay haystaan adeegyo badan.	
Joan ayaa la dhibtoonaya maskax-suux.	
Xitaa dadka caadiga ah waxay adeegsadaan albaabo otomaatik ah.	
Sal waa bukaan qaba cudurka xusuus dhuminta keenna.	

Luuqadda Marka Hore Aqoonsiga

Ma ahan in qof kasta uu doorbidayo luuqadda marka hore qofka. Dadka qaarkood waxay dareemaan in xaaladoodu ay tahay qayb aasaasi ah oo ka mid ah aqoonsigooda waxayna doorbidi karaan luuqadda marka hore aqoonsiga. Tusaalooyinka luuqadda marka hore aqoonsiga "Waxaan ahay qof maskax ahaan yara dhiman (Autistic)," ama "Dadka dhegoolayaasha ah waxay leeyihiin dhaqan iyaga u gaar ah."

Qof kastaba wuxuu leeyahay dookh isaga u gaar ah. Weyddii qofka aad daryeesho sida ay jeclaan lahaayeen in loogu yeero.

Aqoonsiga Sharafta Halista

In aan gacanta ku dhigno nolosheenna waa xusuuqul insaan aasaasiga ah, tanina waxaa ka mid ah sameynta doorashooyin laga yaabo in aysan ahayn kuwa noogu caafimaad badnayn. Xusuusnow sida daryeel xirfadle ah waa in aad had iyo jeer dhiirrigelisaa caafimaad wanaagsan iyo ammaan. Waa in aad sidoo kale tixgelisaa doorashada iyo xakameynta shakhsiyeed ee macmiilkaaga.

Haddii ay tahay mid muhiim u AH iyaga in ay ka qaybgalaan hab-dhaqanno halis ah, waxaad la yeellan kartaa wada-sheekaysi ku saabsan saameynta muddada-dheer ee suuragalka ah ee ay leeyihiin go'aamadaasi. Ha oggaadaan in aad ka walaacsan tahay iyaga oo xusuusi doorkaaga iyo mas'uuliyadaada daryeele ahaan. Iyaga ayaa ku xukuma, laakiinse waxaad daneynaysaa oo aad daryeeshaa wanaagga. Haddii hab-dhaqannadu ay yihiin kuwo aad halis u ah, diiwaangeli oo kala hadal qofka habboon sida kormeere ama maareeye kiis.

Marka la soo koobo:

- La wadaag macmiilkaaga sababta aad u walaacsan tahay.
- Weyddii haddii ay daneynayaan ina y ka munaaqashoodaan waxyaabo kale oo beddeli kara kuwaas oo laga yaabo in ay u wanaagsan yihiin isku dheellitirka iyaha muhiin u AH/LEH.
- U soo sheeg walaacyada aadka halista u ah qofka ugu habboon ee jooga goobtaada daryeelka (dookha macmiilka ayaa lagu qori doonnaa qorshaha adeegga).
- Haddii ay ku habboon tahay goobtaada daryeelka, diiwaangeli walaacyadaada, waxa aad sameysay, iyo cidda aad u sheegtay.

Haddii aad rabto macluumaad badan oo ku saabsan taageeridda doorashooyinka macmiilka, eeg Aaya-ka-talinta ee Cutubka 4aad bogga 63aad.



U-dabbaaldega Aqoonsiga Dhaqanka, Kala Duwanaanshaha, iyo Shakhsinimada

Kala duwanaanshaha kooxda iyo shakhsiga ayaa adduunkeenna ka dhiga meel xiiso leh. Aragtiyo badan ayaa sidoo kale inna siiya fikrado kala duwan waxayna ka dhigayaan bulshadeenna mid caafimaad leh.

Barashada aqoonsiga iyo dhaqanka qofka ayaa wax badan kaaga sheegi kara cidda ay yihiin iyo waxa ay doorbidayaan. Haddii aad ka qaybgashey hannaanka oggaanshaha (labada is-oggaanshaha iyo oggaanshaha qofka aad taageerto), waxaad ka warqabi kartaa kala-duwanaanshaha suuragalka ah. Baro in aad ixtiraamto kala duwanaanshahaasi ka yimaada raadraaca shakhsiyeed ama dhaqan ee qofka. Maxaa qaabeeyay aragtiyadooda, aaminadooda, iyo qiyamkooda? Maxaa ku qaabeeyay? Haddii aad rabto macluumaad dheeraad ah, eeg Cutubka 2aad, Casharka 2aad: Qaddarinta Kala-duwanaanshaha ee bogga 21aad.

Noqoshada qof karti dhaqameed leh waxay kaaga baahan doontaa in aad waqti ku qaadato ka fikirka naftaada iyo dadka kale. Adiga ama macmiilka midkiinnana ma leeyahay mala-awaalo dhaqameed iyo/ama dhan u eexasho ee aad ka warqabto? Midkiinna ma dareemaa in uu xuquuq ku leeyahay ama uusan ku lahayn bulshada? Qiyamkaagu miyuu la jaanqaadaa kuwa macmiilkaaga? Qiyamka macmiilka miyuu la jaanqaadaa kuwa nidaamyada daryeelka caafimaad ee ay adeegsadaan?

Waa in aadan iska mala-awaalin wax kasta oo qofka ku saabsan oo ku saleysan halka ay ku dhasheen, waxa ay u egyihiin, ama luuqadaha ay ku hadlaan. Taa beddelkeeda, wax ka baro shaqsi ahaan adiga oo waqti la qaadanaya oo weyddiinaya in ay kula wadaagaan waxyaabaha iyaga ku saabsan inta ay doonayaan.

Taageeridda Dadka

Ka fikir in aad taageerto macmiilka adiga oo la yeelanaya iskaashi wada-shaqeyn. Mid kasta oo idin ka mid ah wuxuu keenaa aqoon iyo waayo-aragnimo muhiim ah. Waxay ku sugan yihiin boosta ugu wanaagsan ee ay ku fahmi karaan baahiyadooda in kastoo adiga laguu tababarey in aad taageerto dedaallada ay ku haqabtirayaan baahiyadaasi. Marka aad ka caawiso hawlahooda nolol maalmeedka iyo yoolalka daryeelka caafimaadka adiga oo qaddarinaya dookhyadooda, waxaad taageeraysaa doorashooda, madax-bannaanidooda iyo ammaankooda.

Kor-u-qaadista Doorashada, Jihada, iyo Xakameynta

In aan gacanta ku dhigno nolosheenna waxay saameyn wanaagsan ku leedahay wanaagga. Kor-u-qaadista awoodda macmiilka uu ku gaarayo go'aanno iyo doorashooyin waa mid ka mid ah mas'uuliyadahaaga ugu muhiimsan.

Marka aad baraneyso dadka aad taageerayso, ayaa waxaad baran doontaa nidaamka joogtada ah ee maalinlaha ah iyo dookhyadooda. Maalin kasta ee aad la shaqeyso iyaga waa fursad lagu taageerayo doorashooyinkooda ee ku saabsan sida ay u qaadanayaan daryeelka uguna noolaanayaan noloshooda.

Tusaale:

Marwo Cortez waxay jeceshahay in ay u lebbisato casho waxay u heellan tahay muuqaalkeeda. Cambuurka ay jeclaan lahayd in ay xirato waa mid laalaaban waxayna jeclaan lahayd in aad u feereyso, laakiisne durba waa daahdey. Waa kee kan aad ugu janjeera habka uu qofku xuddunta u yahay?

Doorashada A: Ku wargeli in uusan waqtiga ku filnayn oo ka codso in ay cambuur kale doorato.

Doorashada B: U soo-bandhig in aad u feerayn doonto cambuurkeeda laakiinse u soo jeedi in ay dhici karto in ay cashadeeda ka daahdo.

Tixgeli sida aad doorashooyinka u sameyso oo xakamee noloshaada. Sidee bay kuu saameyn kartaa in aad lumiso xakameyntaasa?

Kor-u-qaadista Aaya-ka-tallinta, Is-Hagidda, Is-maamul, iyo Madax-bannaani

Daryeele ahaan, waxaad taageeraysaa awoodda macmiilka uu ku noqonayo qof madax-bannaan. Macmiil kasta wuxuu ugu baahan doonnaa heerar iyo noocyo kala duwan oo taageero ah nolol maalmeedkooda. Xaaladaha qaarkood, macmiilka wuxuu u baahan doonnaa in aad qabato hawsha oo dhan. Si kastaba ha ahaatee, xaalado badan waxaad bixin doontaa kaalmo badan maadaama loo baahan yahay in hawshu ay laf ahaantoodu qabtaan.

Ka Fikir

Tixgeli farqiga u dhaxeeya in aad xirto galuusyada shaatiga macmiilka iyo in aad ka caawiso dhidbinta gacmahooda si ay nafsad ahaatooda u xirtaan galuusyadooda/badhamada.

Macaamiisha qaarkood ayaa u baahan doonna taageero badan marka loo eego qaarka kale. Hubso in aad taqaanno inta ay le'eg tahay iyo nooca taageerada ee uu macmiilku doorbidayo.



Adeegsiga Awoodda Lagula Leeyahay Beddelkii Awood Aad Kaligaa Leedahay

"Awoodda aad kaligaa leedahay" waa ku dhaqanka in aad waxyaabaha u "hagaajiso" sida aad u aragto in ay habboon tahay. Waa dabiici in daryeelaha uu doonayo in uu waxyaabaha hagaajiyo isaga oo ka wakiil ah macaamiisha. Isku-day in aad iska celiso rabitaanka in aad sidaa sameyso adiga oo aan weyddiin.

"Awoodda lagula leeyahay" waxaa loola jeedaa in aad taageerayso ismaamulka iyo madax-bannaanida macmiilka adiga oo weyddiinaya haddii ay jeclaan lahaayeen caawimaad, inta ay le'eg tahay, iyo nooca ay tahayba.

Isku-day in aadan ka fikirin wadaagista mas'uuliyadaha sida "oggolaanshaha" ama "fasaxidda" in macmiilka uu wax sameeyo. "Awoodda lagula leeyahay" waa shaqo-kooxeed iyo go'aan taageero oo ku wajahan macmiilka.

Dhisidda Xiriirro Caafimaadqabka leh

Dhisidda xiriirro caafimaadqab leh, dhab ah oo lala yeelanayo macaamiisha ayaa ka dhigaya isdhexgalka qofku xuddunta u yahay mid suuragal ah. Tani macnaheedu ma ahan in aad noqoto saaxiibka ugu wanaagsan ee macmiilkaaga ama sameynta wax kasta oo ay doonayaan goorta ay doonayaan. Waxaad kaloo u baahan tahay in aad joogteyso xuduudaha xirfadeed iyo in aad tixgeliso baaxadda hawsha. In aad ka shaqeyso sidii aad u noqon lahayd qof daahfuran, la aamini karo, ixtiraam leh oo dhibaatooyinka u xaliya hab waxtar leh. In aad marka hore dhageysato oo aad daacad noqoto marka aad waxqabaneyso waa siyaasadda ugu wanaagsan. Haddii aad rabto macluumaad badan oo ku saabsan dhibaato xallinta, eeg Dhibaato Xallinta Waxtarka leh ee ku qoran Cutubka 3aad bogga 43aad.

Fududeynta Hawl-kooxeedda

Daryeele ahaan, waxaad tahay qayb ka mid ah koox ka wada shaqeynaysa taageeridda macmiilka. Macmiil kastaba wuxuu dooranayaa kooxdiisa, koox kastana waxay noqon doontaa mid kuwa kale ka duwan. Mas'uuliyadaada ayay noqon doontaa in aad oggaato oo aad la shaqeyso kooxda macmiilkaaga (si aad ugu darto taageerooyinka qoyska iyo kuwa aan rasmiga ahayn). Tixgeli mas'uuliyadaha iyo doorka taageerada qof kasta. Gacan ka geyso fududeynta isdhexgalka kooxda oo hubso in macmiilka uu leeyahay hoggaaminta.

Eeg Cutubka 4aad, Casharka 1aad: Macmiilka ee ku qoran bogga 57aad si aad u hesho macluumaad dheeraad ah oo ku saabsan kooxaha daryeelka.



Xaalad Waafajinta Daryeelkaaga

Ereyga " daryeelka uu qofku xuddunta u yahay" wuxuu soo-jeedinayaa in aad dooneyso in aad hawsha daryeelkaaga waafajiso baahiyada iyo dookhyada shakhsi kasta. Marka aad barato macmiil kasta oo aad la yeellato xiriir, waxaad oggaan doontaa sida ugu wanaagsan ee loo taageero. Si kastaba ha ahaatee, barashada oo keliya kuguma filna – waa in aad go'aansataa in aad ku dhaqaaqdo aqoontaasi. Had iyo jeer fiiro gaar ah u yeello saameynta ay taageeradaada ku yeellaneyso macmiilka. Tixgeli (adiga oo kaashanaya macmiilkaaga), waxa shaqeynaya? Waxa aan shaqeynaynin? Daryeelkaaga waafaji isbeddelka dookhyada iyo baahiyada macaamiishaada. Maskaxda ku hay in qof waliba uu isbeddelo muddo ka-dib. Mararka qaarkoodna waxaan maskaxdeenna u beddelkaa si ku meelgaar ah. Ka hor inta aadan taageerada bixin, dib-ula-xaqiiji macmilkaaga. Haddii baahiyada iyo dookhyada macmiilka ay muddo ka-dib isbeddelaan, waa muhiim in aad ku wargeliso kormeerahaaga ama maareeyaha kiiska macmiilka si qorshaha adeegga loo cusbooneysiiyo si loogu muujiyo baahiyada daryeelka hadda.

U-qareemeynta Qofka

Taageeridda qofka waxaa ka mid ah u-qareemeyntooda. Daryeele ahaan, waxaad waqti badan la qaadataa macmiilkaaga, waxaadna u baran kartaa si wanaagsan. Waxaad door muhiim ah ka qaadan kartaa in aad gacan ka geysato ilaalinta hantidooda, ammaankooda, xuquuqahooda, iyo raaxadooda. Haddii aad rabto macluumaad dheeraad ah, eeg Cutubka 5aad, Casharka 1aad: Daryeelaha Xirfadlaha ah ee ku qoran bogga 77aad.

Ku dhiirrigeli macmiilkaaga in uu isu qareemeeyo si uu u helo adeegyada daryeel tayo leh oo loo siman yahay. U-qareemee adiga oo iyaga ka wakiil ah marka ay ku weyddiistaan. Waxaad ka caawin kartaa joogteynta xakameynta adeegyada caafimaadka, hubinta in codkooda lagu maqlo munaaqashooyinka kooxda, hubinta in ay ka qaybgalayaan hawlo macnaha leh, oo kala shaqee in ay helaan isdhexgalka bulshada ee ay qiimeeyaan.

Soo koobid

Waxaad baratey dhowr fikradood oo la xiriira daryeelka uu qofku xuddunta u yahay. Waxa loo qaybin karaa saddex qaybood oo waaweyn: BARASHADA dadka, QIIMEYNTA dadka, iyo TAAGEERIDDA dadka. Waxaan kugu dhiirrigelinaynaa in aad raadiso fursado tababar dheeraad ah marka aad xirfadle ahaan kobceys. Waxaan rajeynaynaa in aad sii wadi doonto ka fikirka fikradahan. Waxaan rajeynaynaa in aad si firfircoon u dooran doonta in aad ku dabaqdo hawshaada daryeel-bixinta maalinlaha ah. Annaga oo ka wakiil ah dhammaan DSHS, waan idin salaameynaa! Waxaan bogaadineynaa daryeeleyaasheenna qofka xuddunta u ah, waxaanna bogaadineynaa adeegga aad u fidisaan macaamiisheenna.

Bartilmaameedka

Iskuday in aad su'alahan ka jawaabto adiga oo adeegsanay ra'yigaaga iyo ereyadaada. Marka aad dhammeyso, kala hadal jawaabahaaga qof aad isku fasal tihiin ama qof kale.

1. Soo koob falsafada qofka xuddunta u ah adiga oo adeegsanaya ereyo adiga kuu gaar ah.

2. Fikradaha qofka xuddunta u ah kuwee ayaa kuu leh qiimaha ugu badan daryeele ahaan? Maxay tahay sababta?

3. Fikradaha qofka xuddunta u ah kuwee ugu muhiimsan macmiilka? Maxay tahay sababta?

4. Waa maxay fikradda qofka xuddunta u ah oo aad durba ku dabaqdo nolol maalmeedkaaga? Sideed ugu dabaqdaa?

5. Waa maxay caqabadaha hor-taagan bixinta daryeelka uu qofku xuddunta u yahay?

6. Dooro hal fikrad oo ka mid ah fikradaha uu qofku xuddunta u yahay ka-dibna sharrax sida aad ugu adeegsan doonto daryeel-bixintaada.

Casharka 2aad Qaddarinta Kala-duwanaanshaha

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa:

1. In uu fahmo sida loo bixiyo daryeel dhaqan ahaan habboon;
2. In uu sharxo sida raadraaca ama asalka dhaqanka, dhaqamada hab-nololeedka iyo caadooyinka ay u saameyn karaan daryeelka; iyo
3. In uu adeegsado hababka lagu go'aaminayo laguna xaqiijinayo in kuwani la ixtiraamo oo la tixgeliyo marka daryeelka la bixinayo.

Ereyada Muhiimka ah

Eexasho: u-janjeeridda, isbeddelka, damaca iyo jeclaanta wax, dareen ama ra'yi aan khasab ahayn in uu run yahay. Tusaalooyinka waxaa ka mid ah eexasho xaqiijin (u janjeeridda raadinta caddeyn lagu taageerayo aaraadeenna) iyo eexasho isu-ekaansho (rabitaanka in aan isku hareerayno dad annaga nala mid ah).

Jinsiga Lagu Dhashey (Cisgender) (sifo): qofka aqoonsiga jinsigiisu uu la mid yahay lab ama dheddig hadba kii markuu dhashey loo qoondeeyay.

Caqiido: nidaamka rumeysashada ama aaminsanaanta diimeed.

Dhaqan: caadooyinka, luuqadda, iyo hab-dhaqannada koox dad gaar ah. Waxaa ku jira aragtiyo ku saabsan cuntada, lebbiska, diinta xiriirrada iyo doorarka qoyska.

Qowmiyad: koox dad ah oo wadaaga dhaqan, diin, luuqad caam ah, iwm.

Muujinta Jinsiga: sida magaca qofka, magacuyaalkiisa, dharkiisa, habka uu timaha u jarto, hab-dhaqankiisa, codkiisa iyo/ama sifooyinka jirkiisa ay u muujiyaan jinsigiisa.

Aqoonsi Jinsi: jinsiga uu qofku gudaha, si qoto dheer ugu dareemo.

Hidde: caadooyinka iyo dhaqanka soo yaalka ah ee la iska dhexlo oo ay ummad gaar ahi leedahay.



Labeeb (sifo): Dadka xubnaha jirkooda iyo/ama hidde-sideyaashoodaba muujiya sifooynka dheddigga iyo labka.

Feejignaan: in uu si daqiiqo-daqiiqo ah qofka ugu warqabo fikirkiisa, dareenkiisa, ama waayo-aragnimadiisa.

Sinji: kala-qaybsanaanta bulsho ee dadka oo lagu saleeyay sifooyinka jireed qaarkood sida midabka maqaarka.

Diin: nidaam aaminsanaan, xaflado iyo xeerar loo adeegsado in lagu caabudo eebbe.

Aftahannimo: luuqad leh saameyn wax ka dhaadhicin oo inta badan aan lahayn daacadnimo ama waxyaabo macno leh.

Dookha Galmo: soo-jiidashada jireed, jaceyl, iyo/ama dareen ee qofka u qabo xubno ay isku jinsi yihiin iyo/ama ay kala jinsi yihiin.

Guudmarka

Qaddarinta kala-duwanaanshaha waxaa loola jeedaa ixtiraamidda dhaqanka, asalka, iyo shakhsiyadda macmiilka. Daryeeleyaasha waa in ay ka shaqeeyaan in ay ka warqabaan eexashadooda iyo in ay qaadaan tallaabo ay kaga gudbayaan si ay u bixiyaan daryeel loo siman yahay.

Daryeelka Dhaqan Ahaan Habboon

Dhaqanka qofka ayaa inta badan qaabeeya sida uu adduunka u arko. Wuxuu wax ku biirrinayaa aqoontiisa, waxyaabaha uu doorbido iyo aaminsanaantiisa. Wuxuu saameyn karaa doorashooyinka cuntada, dharka, ruuxiga iyo war-isgaarsiinta. Bixinta daryeelka dhaqan ahaan habboon ayaa ka caawiya macaamiisha in ay u noolaadaan si macno leh oo ay ku qanacsan yihiin. Wuxuu kaloo sii wanaajinayaa tayada daryeelka wuxuunna u horseedayaa natiijooyin caafimaad oo wanaagsan.

Si ay macaamiisha ugu fidiyaan daryeel dhaqan ahaan habboon, daryeelayaasha waa in ay fahmaan oo ay ixtiraamaan shakhsiyadda gaarka ah ee macmiil kasta. Daryeelayaasha ayaa sidoo kale u baahan in ay fahmaan sida dhaqamadooda, deegaannadooda iyo aqoonsiyadooda u saameeyaan aaminsanaantooda iyo hab-dhaqannadooda marka ay macmiilka daryeelayaan.

Aqoonsiga iyo Shakhsiyadda

Qof kastaba waa shakhsi gaar ah oo qiimo leh. Gaar ahaanshahan waxay ka timaadaa waayo-aragnimo qofka cumrigiisa oo dhan ah oo ay saameeyaan waxyaabahaan oo kale:

- sinjiga iyo isirka/qowmiyadda,
- raadraaca dhaqanka,
- diinta lagu soo barbaariyey iyo aaminsanaanta,
- jinsiga,
- dookha galmo,
- xaaladda guudka,
- waxbarasho,
- xaaladda dhaqaale,
- kooxo bulsho, iyo
- naafonimada jirka, dhimirka, iyo/ama dareenka.



Dhammaan arrimahan marka ay isla falgalaan ayaa waxay saameeyaan:

- xuquuqaha bulsho ee uu qofku helo ama takoorka ay la kulmaan,
- sida ay adduunka u arkaan,
- waxa ay aaminsan yihiin oo ay qiimeeyaan,
- waxa ay u arkaan siyaabaha la aqbali karo in loo ekaado oo loo dhaqmo, iyo
- waxa ay u arkaan wax “caadi ah.”

Isku-xirnaanta

Isku-xirnaanta waa fikradda in dhaqamada iyo aqoonsiyada ay isku labmaan. Kooxaha qaar ee dadka ayaa la kulma takoor marka loo eego kuwa kale. Sinnaan la'aanta ayaa xoogeysata marka qofka uu ka tirsan yahay iskujirka kooxo la garbiyo. Dadka qaar waxay xuquuqahooda ka heli karaan meelaha qaar waxaanna laga yaabaa in aysan meelo kale aysan ka helin oo la garbiyo. Tusaale ahaan, haweenay Madow ah ayaa waxay la kulmi kartaa takoor sida dadka kale ee Madowga ah ama haweenka kale. Sidoo kale, waxay la kulmeysaa isku-dhafka gaarka ah ee takoor sida haweenay Madow ah.

Is-Muujin Dhaqameed

Daryeelayaasha waxay keenaan aqoonsigooda iyo shakhsiyadooda xiriirka daryeel-bixinta. Ka hor inta aadan qaddarin oo aadan ixtiraamin aqoonsiga iyo dhaqanka macmiilka, waxaad u baahan tahay in aad ka warqabto sida raadraacaaga asalka iyo waayo-aragnimadaada nololeed ay u qaabeyn karaan aragtida aad ka qabto adduunka. Ka fakar arrimaha shakhsiyadaada ee hoose. Shey kasta, tixgeli sida uu u saameyn karo aaminsanaantaada, hab-dhaqankaaga, qiyamkaaga iyo dabeecadahaaga.



**Waxqabadkan waxaa laga soo qaatey moodelka WAX-KA-QABASHADA ee Wax Looga Qabanayo Dhibaatooyinka Dhaqanka ee Hawsha ee ay soosaartey Pamela A. Hays.*

Barashada Macmiilka

U baro macmiil kasta in uu yahay shakhsi gaar ah. Dedaalkaaga barashada iyo fahamka iyaga ayaa kaa caawin doonna in aad dhisto kalsooni iyo ixtiraam. Wuxuu sidoo kale gacan ka geysan doonnaa in macmiila laga dhigo in uu dareemo qaddarin iyo aqballaad. Barashada macmiilka ayaa sidoo kale kuu sheegaysa hab-dhaqanka ay u arkaan in uu yahay mid ixtiraam leh oo habboon. Tani ayaa kaa caawineysa ka fogaanshaha in aadan si aan ula-kac ahayn ugu xad-gudubto macmiilka ama isfahan la'aanta kale – gaar ahaan marka ugu horreyso ee aad wada-shaqeynta bilowdaan.

Si aad u oggaato wax badan oo ku saabsan macmiilkaaga, weyddii su'aalo xubnaha kale ee kooxda daryeelka oo fiiro gaar ah u yeelo tilmaamo kasta ee ka imaanaya sida ay u dhaqmaan, u lebbsitaan, ula xiriiraan dadka kale iyo/ama agabyada muhiimka ah ee lagu soo bandhigay qolkooda ama gurigooda. Waxaad sidoo kale si toos ah su'aalaha u weyddiin kartaa macmiilka. Ogsoonow in macmiilku uu aragti kala duwan ka haysan karo noocyada su'aalaha ixtiraamka leh iyo kuwa habboon.

Sidee bay dhaqanka macmiilka, waayo-aragnimadiisa nololeed iyo diinta uu aaminsan yahay saameyn ugu yeellan karaan doorashooyinkiisa iyo dookhyadiisa daryeelka? Tixgeli mowduucyada sida cuntada, dharka, war-isgaarsiinta iyo taabashada.

Khushuuc Dhaqameed

Bixinta daryeelka dhaqan ahaanta habboon waxay dhaafsiisan tahay yeelashada aqoon ku saabsan dhaqamada kala duwan. Xaqiiqdii, isku halleynta aqoon keliya waxay horseedi kartaa iska necbaan iyo mala-awaal aan sax ahayn.

Ka shaqee aqoonsiga iska necbaanta aad u hayso kooxaha dadka. Su'aal iska weyddii iska necbaantaasi oo ballanqaad in aadan adeegsan doonnin iska necbaantaasi si aad go'aan uga qaadato dadka kale.

Barashada daryeelka dadka ka kala socda dhaqammada kala duwan ee hannaan nolosha oo dhan soconaya. Had iyo jeer maskax furnow oo diyaar u ahaw in aad dhageysato oo aad shakhsi ahaan u barato macaamiisha. Oggolow in aqoontaada iyo aaminsanaantaaduba ay yihiin keliya hal si oo adduunka loo arki karo, iyo in siyaabaha kale ay sidoo kale sax yihiin sida kuwaaga oo kale.

Eexasho

Dhan u eexashadu waa shaqo dabiici ah oo uu qabto maankeenna oo nagu caawinaysa in aan macnu u sameyno adduunkeenna adag in la fahmo. Waxay noo oggolaaneysaa in aan qaadanno go'aamo adag oo ku saleysan xaddiga kooban ee macluumaadka. Eexashooyinka waxay noqon karaan kuwo wanaagsan iyo kuwo xun, iyo midkood kas loo sameeyay ama aan kas loo sameyn.

Falcelinnadaada iyo dareennadaada ku aaddan dadka kale, gaar ahaan dadka adiga kaa duwan, ayaa si otomaatik ah u dhaca oo ku saleysan aaminsanaanta iyo qiyamka laga bartey dhaqankaaga, deegaankaaga iyo waayo-aragnimadaada nololeed.

Eexashooyinka waxay saameyn xun oo qoto-dheer ku yeellan karaan xiriirrada macmiilka/daryeellaha iyo sidoo kale tayada daryeelka iyo natiijooyinka caafimaadka. Hase-yeeshee, waxaa jira siyaabo looga gudbi karo eexashada, xitaa haddii ay tahay mid aan kas loo sameyn.



Eexasho Cad marka loo eego Mid Dahsoon

Eexashada cad waxay jirtaa marka qofku uu ogsoon yahay in uu go'aan sal iyo raad toona lahay iyo dabeecado in uu ka aaminsan yahay kooxo gaar ah. Cunsuriyadda cad iyo faallooyinka cunsuriyadda waa tusaalooyinka eexashada cad.

Eexashada dahsoon waa midda aan si ul-kac ahayn loo sameeyo. Kama warqabno in aannu leenahay dareennadan eexashada ku saleysan. Waxaa laga yaabaa in aanan aqoonsan sida ay u saameeyaan falalkeenna, dabeecadaheenna iyo go'aamadeenna. Eexashada dahsoon waxay kaa dhigi kartaa in aad iska qiyaasato in dhakhtar aadan la kulmin in uu yahay nin.

Qof kastaba wuxuu leeyahay eexashooyin dahsoon. Waxay ka dhashaan nolosheenna ee waxa aannu aragno, maqalno oo aan la kulanno. Xitaa dadka aaminsan in aysan haysan aragti sal iyo raad toonna lahayn waxay leeyihiin eexashooyin dahsoon.

Cilmi-baaris ayaa muujineysa in ay eexasho dahsoon ay ka jirto guud ahaan dadweynaah Dalka Mareykanka. Eexashadan waxay ku saabsan tahay jinsiga, da'ada, dookha galmada, isirka, sinjiga, diinta, naafonimada iyo arrimo kale. Eexashooyinkan waxay jecel yihiin dadka cadaanka ah, dhallinyarada, dadka aan naafada ahayn, qofka aan khaniiska ahayn, dadka haysta jinsigii ay ku dhasheen iyo dadka caatada ah.

Saameynta Xun ee ay Leedahay Eexashada Dahsoon

Eexashooyinka dahsoon ayaa saameyn kara sida aad u hadasho, u eegto oo aad u sameyso waxyaabaha loogu talagalay macmiilka. Tani waxay keeni kartaa tayada hooseysa ee daryeelka iyo natiijooyinka caafimaadka ee xun ee loogu talagalay dadka laga yaabo in aad ka haysato eexashooyin dahsoon oo aan fiicnayn.

Tusaalooyinkan soo socda ee farqiyada caafimaadka ee lala xiriiriinayo eexashada dahsoon ee u dhaxeysa xirfadlayaasha daryeelka caafimaad:

- Aasiyaanka Mareykanka ayaa u badan in ay u dhintaan cudurka kansarka marka loo eego dadka kale, laakiinse waxaa aad u yar in lagu la taliyo baaritaan kaansar.
- Haweenka madowga ah waxaa yar in laga baaro kansarka ilmo-mareenka ku dhaca.
- In kasta oo haweenku ay leeyihiin xanuun aan bixin oo ayna aad ugu nugul yihiin xanuunka, warbixinnada xanuunka haweenka ayaan si dhab ah loo qaadan marka loo eego kuwa haweenka, haweenkuna waxay helaan daaweynta xanuunka oo aan degdeg ahayn marka loo eego ragga.
- Bukaannada Afrikaanka Mareykanka ah waxay la kulmaan heerarak dhimashada dhallaanka oo aad u sarreysa marka loo eego caddaanka aan Hisbaaniga ahayn.

Waa muhiim in laga warqabo oo su'aal laga keeno sida waxyaabaha aad aaminsan tahay iyo qiyamkaaguba u saameeyaan la dhaqankaaga dad kale. Xusuusnow in kala-duwanaanshaha uusan wanaagsanyan ama uusan xumayn. Waa sida aad ula dhaqanto waxa muhiimka ah.

Ka digtoonow astaamaha muujinaya in eexashooyinka aan la is waydiin ay saameynayaan ficiladaada ee macmiilka, oo ay ku jiraan:

- go'aamada aan fiicnayn ee ku saabsan doorashooyinka macmiilka, hab-nololeedka, iwm.;
- u arkidda dookhyada dhaqanka macmiilka in aysan muhiim ahayn;
- dulqaad la'aanta iyo maskax furnaan la'aanta ku saabsan baahiyada macmiilka; ama
- sameynta kaftanka ku saabsan macmiilka.

Eexashada Goobaha Daryeelka Muddada-Dheer

Eexashada cad iyo tan dahsoon waxay horseedi karaan takoor, xoog-sheegasho iyo dhaqanxumo kale. Iyada oo ay tani sabab u tahay, macaamiisha qaarkood waxay ka qarin karaan qaybaha qaar ee aqoonsigooda, sida diintooda, hiddahooda, ama dookhooda galmo daryeelayaashooda ama dadka kale ee la deggan. Qayb ka mid ah doorkaaga daryeele ahaan waa in aad gacan ka geysato hubinta macmiil kasta in uu dareemo soo dhaweyn iyo ammaan.

Yareynta Eexashada Dahsoon

Maadaama eexashada dahsoon ay tahay mid aan si ul-kac ahayn loo sameeyo, way adag tahay in la aqoonsado oo la yareeyo. Si kastaba ha ahaatee, waxaa jira tallaabooyinka qaar oo aad qaadi karto si aad isaga joojiso eexashada dahsoon.

1. Ogow eexashooyinkaaga dahsoon adiga oo qaadanaya tijaabooyinka isku-soosooca dahsoon (implicit association tests): implicit.harvard.edu/implicit/
2. Ku dhaqan hababka lagu yareyn karo walbahaarka laguna kordhin karo feejignaanta, sida khilaawada (meditation), yoga, ama neefsashada diirrad saaridda. Sida ay degganaantaadu u badan tahay, waa sida ay u yar tahay in maskaxdaadu ay ku tiirsanaato falcelinno degdeg ah, oo otomaatik ah.
3. Iska ilaali fikradaha aad iska haysato. Marka aad maqasho hadalka kooxaha ama dadka fikradaha iska haysta ama aad isqabato adiga oo sameynaya mala-awaal ku saabsan qof oo sabab u ah dhaqankooda, sinjigooda, iwm., isku-day in aad diiradda ka qaado qofka iyo sifooyinkiisa shakhsiyeed.
4. Iska diid oo ka hor imaaw fikradaha aad iska haysato. Waqti ku qaado in aad ka fikirto ama bal aad qiyaasto dadka jebiya fikradaha caadiga ha ee lala xiriiriyo kooxahooda.
5. Eeg waxyaabaha adiga oo ka eegaya dhanka aragtiyadooda. Bal qiyaas in aad xusuusato kooxaha fikradaha qaar laga aaminsan yahay.
6. Raadi fursado aad kula yeellan karto isdhexgal wanaagsan oo macno leh dadka ka soo jeeda kooxaha kale. Waayo-aragnimada shakhsiyeed ee kooxaha lagama aaminsan yahay fikradaha qaar ayaa sii wanaajiya siyaabaha aan u dhaqanno iyo la tacaamulka kooxahaasi.

Ixtiraamidda Aqoonsiga Jinsiga iyo Lab iyo Dheddig

Dookha galmo iyo aqoonsiga jinsiga waa qaybo muhiim ah oo ka mid ah dareenka qofka. Xorriyadda in aan noqonno nafsadeenna ayaa aasaasi u ah tayada nolosheenna. Dadka ka tirsan bulshooyinka khaniisada, khaniiska, laba-jinsiilaha ah, jinsi baddelane iyo labeebka (LGBTQ) waxaa laga yaabaa in aysan ammaan ku dareemin in ay si furan u noolaadaan. Waxay qarin karaan aqoonsiyadooda si ay isaga ilaaliyaan in si xun loola dhaqmo. Daryeele ahaan, waxaad ka caawin kartaa macmiil kasta in uu dareemo ammaan oo la soo dhaweeyo iyada oo si buuxda loo aqoonsan yahay cidda ay yihiin. Sida saxda ee aad dooneyso in laguu soo dhaweeyo oo laguu aqoonsado iyada oo aan la eegayn kala duwanaanshaha.

Dimuqraafiga iyo Dadka Bulshada LGBTQ

Sannadkii 2020-ka, Ku dhowaan 5.6% ee dadka qaangaarka ah ee mareykanka ayaa loo aqoonsadey in ay yihiin khaniisad, khaniis, laba-jinsiile, jinsi-beddelane, ama wax kale oo aan ahayn qof aan khaniis ahayn ama qof haweysta cayn qofeed oo ka duwan. Dadka ka tirsan LGBTQ ayaa ku dhex nool bulshooyin kala duwan ee guud ahaan dalka. Waxay ka yimaadaan dhammaan asallada, dhaqamada iyo taariikhooyinka nolosha.

Furadaha jira ayaa ah in macaamiisha qaarkood ee aad la shaqeyso in ay yihiin LGBTQ xitaa haddii aysan kuu sheegin. Waxaa muhiim kuu ah in aad si ula-kac ah u soo dhaweyso dadka nooc kasta oo uu yahay dookooda galmo iyo aqoonsiyadooda jinsi.



Farqiyada Daryeelka Muddada-Dheer

Shakshiyaadka LGBTQ iyo bulshooyinkooda waa kuwa xooggan oo adkeysi leh. Waxaa ay ka soo gudbeen jiilal ay bulshada caadiga ah kala kulmayeen takoor, dembi ka dhigis iyo garbin. Dhowaanahan, dad badan oo LGBTQ ah ayaa si ammaan ah ugu noolan kara "bannaanka" ama si furan u sheegi kara dookhooda galmo iyo aqoonsiga jinsigooda.

Haseyeeshee, bulshadan ayaa weli kala kulmeysa takoor iyo farqiyo qaybo badan oo nolosha ah. Hal sabab oo dadka waaweyn ee LGBTQ ah aysan u sheegin dookhooda galmo ama aqoonsiga jinsigooda ayaa sabab u ah in ay kala kulmaan heerar sare oo takoor iyo xadgudub ah daryeelka muddada-dheer.

Sida laga soo xigtay *Sheekooyinka LaGa Helay Gudaha Xarumaha Daryeelka Muddada Dheer ee Dadka Waaweyn ee ah LGBT (2015)*:

- 23% ee ka jawaabayaasha waxay kala kulmeen dhibaateyn jireed ama mid afka ah dadka kale ee la deggan;
- 14% waxay kala kulmeen dhibaateyn jireed ama mid afka ah shaqaalaha;
- 9% ayaa waxay la kulmeen shaqaale diidaya in kuwa xarumaha deggan ee jinsiga iska beddelay in ugu yeeraan magaca ama magacuyaalka saxda ah; iyo
- 6% ayaa waxay la kulmeen shaqaalaha oo diidaya in ay u fidiyaan daryeelka ama adeegyada aasaasiga ah.

Daryeel ahaan, waa in ay kaa go'an tahay in aad si isku mid ah ula dhaqanto qof kasta. Tani waxaa loola jeedaa fahamka fikradaha iyo arrimaha LGBTQ, iyo in aad u dhaqanto si taageeraysa dhammaan dadka, haddii ay isu aqoonsan yihiin LGBTQ ahaan ama haddii kale.

Hab-dhaqannada Ugu Wanaagsan ee loogu talagalay Abuurista Deegaan Ammaan ah

Doorkaaga daryeele ahaan, waxaad awood u leedahay in aad taageerto ammaanka iyo tayada nolsosha ee macmiil kasta. Waxaa jira hab-dhaqanno gaar ah oo aad raaci karto si aad u hubiso in aad taageerayso tayada nolosha macaamiisha ah LGBTQ.

SAMEE	HA SAMEYNIN
Ka soo qaad qaar ka mid ah macaamiisha aad la shaqeyso in ay yihiin LGBTQ.	In aad ka soo qaado qofka in uu yahay qof haweysta cayn qofeed ka duwan iyo/ama jinsigii uu ku dhashey.
Xusuusnow in dadka LGBTQ ah laga yaabo in ay leeyihiin xaas, lammaane, ama in aysan guursan iyo in ay carruur leeyihiin.	In aad ka soo qaado in aad sheegi karto haddii qofku uu yahay LGBTQ adiga oo xukminaya qaabka uu u egyahay, hab-dhaqankiisa, qaab-dhismeedka qoyska, codka, ama habka uu u hadlo.
Ilaali sirta iyo asturnaanta qof kasta.	In aad dookha galmo ee qof ama aqoonsiga jinsiga aad kala hadasho dadka kale.
Baro oo isticmaal luuqad ixtiraam leh oo loogu talagalay dookha galmada iyo aqoonsiga jinsiga.	In aad ereyada u isticmaasho hab xun oo xaqiraad ah ama in aad sheego hadalo kaftan oo khaniis nacayb ama dadka jinsiga iska beddelay nacayb ah.
Qaddari qof kasta adiga oo adeegsanaya magaca iyo magacuyaalada ay ku siiyaan.	In aad qalado jinsiga dadka adiga oo iska indhatiraya magaca iyo magacuyaalka ay ku siiyaan– tani waa si xun ula dhaqan waxayna takooreysaa shakhsiga.
Xusuusnow in ay jiraan xiriirro badan oo kala duwan. Qorka wuxuu yeellan karaa "xaas," "nin," "lammaane," "nin/gabar ay saaxiibo yihiin." "qof ay isku qol yihiin," ama "shiriig," tusaale ahaan.	In aad sameyso wax mala-awaal ah oo ku saabsan nidaamka taageerada ama qoyska ee qofka. Iska ilaali su'aalaha iska qiyaasaya xaaladda xiriiraka sida "ma walaashaa baa?"
Oggolow in qaybahaasi jirka aysan qeexin aqoonsiga jinsiga qofka. Ragga iyo haweenkaba waxay yeellan karaan qaab-dhiska ragga, qaab-dhiska haweenka, ama isku jirkooda (sida dadka jinsiga iska beddelay ama nin-iyo-naagnimo).	In aad si yaab leh u dhaqanto haddii macmiil aad ka caawinayso dhar xirashada, musqusha, ama qubeyska uu leeyahay hab-dhis aanan waafaqsaneyn fikradii aad ka heysatey jinsigooda.

Luuqad Ixtiraam Leh

Luuqaddu way kobocdaa, oo macnaha iyo isticmaalka ereyada ayaa muddo ka-dib isbeddela. Waa muhiim in la oggaado ereyada ixtiraamka leh marka dadka lala hadlayo. Tani ayaa gaar ahaan run ah haddii dadkaasi ay soo martey taariikh takoor.

L – Khaniisad: Haweenayda dareen ahaan, jaceyl ahaan, ama galmo ahaabna soo jiita haweenka kale.

G – Khaniis: Ninka dareen ahaan, jaceyl ahaan, ama galmo ahaabna soo jiita ragga kale. Sidee kale waa erey dalladeed loogu yeero dadka LGBTQ ah.

B – Laba-jinsile: Qofka dareen ahaan, jaceyl ahaan, ama galmo ahaabna soo jiita in ka badan hal jinsi.

T – Jinsi iska beddele: Erey dalladeed loogu talagalay dadka aqoonsiga jinsigooda uu ka duwan yahay kii loogu qoondeeyay dhalashada. Jinsi iska beddelaha waa sharraxaada aqoonsi jinsi marka loo eego dookha galmo. Dadka jinsiga iska beddelay waxay yeellan karaan dookh galmo kasta.

Q – Dadka aan jinsigooda la aqoon: Erey ay dadku adeegsadaan si ay ugu mujiyaan dookh iyo aqoonsi aan la aqoon. Inta badan waxaa la adeegsadaa beddelka “LGBTQ.” “Qof aan jinsigiisa la aqoon” ayaa horey loogu adeegsan jirey sida ceebayn, oo qofna raaxo kuma dareemo isticmaalkiisa. “Q” ayaa sidoo kale u taagnaan karta “Su'aalo-weyddiin.” Tani ayaa qeexaysa dadka baaraya dookhooda galmo ama aqoonsigooda jinsi.

Waxaa ereyo badan oo kale kuwaas oo qeexa aqoonsiga jinsiga iyo dookha galmada. Kheyraadyo barta internet-ka laga helo ayaa kaa caawin kara barashada ereyo ixtiraam leh. Kuwani waxaa ka mid ah: hrc.org/resources/glossary-of-terms and lgbtq.wa.gov/data/general-information-and-definitions

Habka ugu ixtiraamka badan ee qof loogu yeeri karo waa adeegsiga ereyo iyo magacyo ee ay isticmaalaan. Si taxaddar leh u dhageyso oo si ixtiraam lehna u weyddii in ay helaan ereyada saxda ah.



Qaddarinta Aqoonsiga Jinsiga

Aqoonsiga jinsiga qofka waa fikradda gudaha ee qofka naftiisu ka haysto sida lab, dheddig, isku jirkooda ama midkoodna. Habka ay dadku u muujiyaan aqoonsiga jinsigooda ayaa dadka ku kala duwan. Dharka, qaabka timaha, codka iyo hab-dhaqanka ayaa dhammaan ah siyaabo lagu muujinayo aqoonsiga jinsiga qofka. Si kastaba ah ahaatee, kuma oggaan kartid jinsiga qofka sida ay isu soo bandhigaan.

Tixgelinta aqoonsiga jinsiga macmiilka waa mid ka mid ah waxyaabaha ugu awoodda badan ee uu daryeelaha sameyn karo si uu u dareensiiyo ammaan iyo ixtiraam. Kaaliyayaasha Daryeelka Guriga waa in ay taageeraan doorashooyinka macmiilka ee dharka iyo qaabka timaha, isticmaalaan magacyada iyo magacuyaallada ee uu qofku isticmaalo, waana in ay ka digtoonaadaan kala duwanaanshaha hab-dhiska jirka ee dadka.

Hab-dhiska Jirka iyo Jinsi Iska Beddelaha

Dadka jinsiga iska beddelay waxay leeyihiin aqoonsi jinsi ka duwan kii loo qoondeeyay markii ay dhasheen iyadoo lagu saleeyay astaamaha jirkooda. Waxaa laga yaabaa in qalliin lagu sameeyay ama in aanan lagu sameyn si ay wax uga beddelaan jirkooda si ay u waafajiyaan aqoonsiyada jinsigooda. Taasi waxaa loola jeedaa, tusaale ahaan, haweenay jinsiga iska beddeshay waxay yeellan kartaa astaamaha hab-dhiska ragga sida gus.

Daryeele ahaan, waxaad u baahan tahay in aad ogsoon tahay suuragalnimadan sababta oo ah waxay saameyn karaan baahiyada daryeelka macmiilka. Tusaale ahaan, ninka jinsiga iska beddelay waxaa laga yaabaa in uu u baahdo in laga caawiyo alaabada caadada/cisada. Xusuusnow in aadan sameyn mala-awaal ku saabsan jirka iyo baahiyada macmiilka iyada oo lagu saleynayo jinsiga uu soo bandhigayo.

Magacuyaalo

Dadka intooda badan waxay isticmaalaan magacuyaalo waafaqsan aqoonsiga jinsigooda. Waxaad qofka si edeb leh u weyddiin kartaa (waxaa la doorbidayaa si gaar ah) waxa ay yihiin magacuyaaladooda, laakiinse ha isku dayin in aad qof ku khasabto in uu kula wadaago. Hal si oo loo sameeyo deegaan soo dhoweyn leh waa in aad magacuyaaladaada wadaago marka ugu horreysa ee aad qofkaasi la kulanto.

Hubso in aad had iyo jeer adeegsadto magacyada iyo magacuyaallada uu macmiilku ku siiyo, xitaa marka aysan joogin. Tani waxay muujineysa ixtiraamka iyo taageerada loo hayo aqoonsiga jinsigooda. Haddii aadan garaneyn magacuyaallada qof loo adeegsanayo, in la adeegsado "iyaga/ayaga" ayaa ixtiraam leh. Marnaba qof ha ugu wacin "waa/it."

Magacuyaallada waxaa ka mid ah:

- Isaga/naftiisa (He/him/his/himself)
- Iyada/nafteeda (She/her/hers/herself)
- Iyaga/waxooda/naftooda (They/them/theirs/themselves)

Waxaad sidoo kale maqli kartaa magacuyaalo kale:

- Ey/em/eir/eirs/emself
- Ze/hir/hir/hirs/hirself

Ugu dambeyn, waxaa jira magac jinsi ahaan dhexdhexaad ah oo beddel u ah Mudane iyo Marwo (Mr., Mrs., Miss, iyo Ms). Waanna “Mx.” (oo loogu dhawaaqo “mix.”)



Sameynta Khaladaad

Haddii aad si aan ula-kac ahayn qof ugu adeegsado magac ama magacuyaal khaldan, keliya raalligelin ka bixin, isa-sax, horey u soco, oo ku celceli marka xigta kaligaaga. Dadka intiisa badan waxay qaddarin doonnaan in aad iskudayayso in aad ixtiraam yeellato xitaa haddii khalad sameyso.

Haddii aad rabto macluumaad dheeraad ah oo ku saabsan magacuyaallada iyo isticmaalkooda, eeg: uwm.edu/lgbtrc/support/gender-pronouns/

Soo koobid

Qiyamka iyo aqoonsiga qof kasta waxaa lagu saleyaa waayo-aragnimada qofka noloshiisa. Dhaqamadeenna iyo shakhsiyadeena ayaa saameeya sida aan u aragno adduunka oo aan dadka kale ula dhaqanno.

Daryeelayaasha waa in ay dib uga fikiraan sida aqoonsigooda, dhaqankooda iyo qiyamkooda ay u saameeyaan daryeelka ay bixiyaan, oo waa in ay iska ilaaliyaan eexashooyinka iyo xukunnada qarsoon. Daryeelayaasha waa in ay ula tagaan macmiil kasta aqbalaad iyo ixtiraam, waana in ay qof ahaan u bartaan qofka oo ayna waafajiyaan daryeelkooda si ay u haqabtiraan baahiyada gaarka ah ee macmiilka.

Bartilmaameedka

Iskuday in aad su'alahan ka jawaabto adiga oo adeegsanay ra'yigaaga iyo ereyadaada. Marka aad dhammeyso, kala hadal jawaabahaaga qof aad isku fasal tihiin ama qof kale.

1. Waa maxay arrimaha dhaqanka ama waayo-aragnimada nololeed ee inta badan si xooggan u saameeya qiyamkaaga?

2. Waa maxay qiyamkaaga ee saameeya sida aad daryeelka u bixiso?

3. Waa maxay qaar ka mid ah caqabadaha ku gedaaman bixinta daryeel dhaqan ahaan habboon? Sideed uga gudbi kartaa caqabadahan?

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

4. Waa maxay saddex siyaabood oo gaar ah oo aad ku oggaan karto wax badan oo ku saabsan dookhyada dhaqanka ee macmiilka?

5. Waa maxay saddex siyaabood oo kala duwan oo lagu yareyn karo eexashada dahsoon?

6. Maxay muhiim u tahay soo dhaweynta dadka dhammaan dookhyada galmo iyo aqoonsiyada jinsi, xitaa haddii aadan u maleyn in aad u shaqeyso qof LGBTQ ah?



Cutubka 3aad: War-isgaarsiin

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay isticmaali doonnaan istiraatiijiyado loogu la hadlayo hab ixtiraam leh oo habboon macaamiisha, xubnaha qoyska, iyo xubnaha kooxda daryeelka.

Casharka 1-aad: War-isgaarsiinta Aasaasiga ah

Casharka 2aad: Ka Gudubka Caqabadaha War-isgaarsiinta

Casharka 1aad War-isgaarsiinta Aasaasiga ah

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. La shaqeeyo oo ixtiraam u muuji macmiilka iyada oo loo marayo war-isgaarsiinta hadalka ah iyo tan aan hadalka ahayn;
2. Si taxaddar leh u dhageysto oo go'aami in macmiilka, marka uu awoodo, in uu fahmo waxa la sheegay;
3. Aqoonso oo ka jawaab war-isgaarsiinta macmiilka oo ay ku jiraan calaamadaha xanuunka, jahwareerka, ama isfaham la'aanta;
4. Aqoonsado sida baaqyada hadalka ah iyo kuwa aan hadalka ahayn ay u saameyn karaan war-isgaarsiinta lala yeelanayo macmiilka iyo kooxda daryeelka;
5. Isticmaalo istiraatiijiyadaha looga gudbayo caqabadaha caamka ah ee horyaalla war-isgaarsiinta wax-ku-oolka ah; iyo
6. Isticmaalo hab wax-ku-ool ah oo lagu xallinayo dhibaatooyinka.

Ereyada Muhiimka ah

Dhageysi firfircoon waa hab dhageysi oo dhageystaha siiyo hadlaha niyadiisa oo dhan oo keliya uma fiirsado ereyadiisa laakiinse sidoo kale u fiirsada baaqyada aan hadalka ahayn sida jir ka hadalka iyo tayada codka ama dhawaaqa.

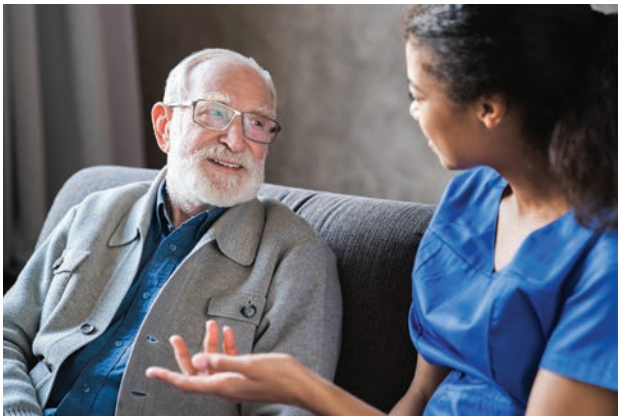
Jir ka hadalka: war-isgaarsiinta aan hadalka ahayn ee loo marayo dhaqdhaqaaqyo iyo baaqyo la ogsoon yahay iyo kuwa aan la ogsoonayn.

Maskax-maal: in si xor ah loo abuuro fikrado ama xalal badan qiimeyn ama dhalleecayn la'aan.

Awoodda Garashada iyo Fahamka Dadka Kale: awoodda lagu fahmayo oo dareen loogu muujinayo dareennada qof kale.

Jawaabcelin: Jawaabta ama falcelinta aan ka bixinno fariimaha aan helno.

War-isgaarsiinta aan hadalka ahayn: war-isgaarsiinta aan hadalka ahayn, oo ay ku jiraan jir ka hadalka, baaqyada, iyo dhugashada dareenka wejiga.



Guudmarka

War-isgaarsiinta wanaagsani waxay aasaasi u tahay daryeel-bixinta. Waxay kugu caawinaysaa kalsooni dhisidda iyo ixtiraamidda macmiilka iyo xubnaha kale ee kooxda daryeelka. Waxay sidoo kale kuu oggolaanaysaa in aad hesho macluumaadka aad u baahan tahay si aad si fiican ugu qabsato shaqadaada.

War-isgaarsiinta waxay dhaafsiisan tahay isweydaarsiga hadalka afka ah. Waxay ku lug leedahay qiyam, dareenno, dabeecado, ficillo, iyo xiriirro. Habka aan u wada-hadalno waxaa saameyn ku leh waayaheennii hore dadkana way ku kala duwan yihiin.

Kaaliyaha Daryeelka Guriga waxaa laga yaabaa in looga baahan yahay in uu ka gudbo caqabadaha war-isgaarsiinta. Maskax furnaanta iyo isticmaalka istiraatiijiyadaha war-isgaarsiinta wax-ku-oolka ah ayaa sii wanaajin doonna daryeelka aad bixiso waxayna shaqadaada ka dhigi doonnaan mid aad ku raaxaysato.

War-isgaarsii cad oo ixtiraam leh ayaa loo baahan yahay mar kasta oo aad bixinayso kaalmada daryeelka shakhsiyeed. Eeg War-isgaarsiinta iyo Xuquuqaha Macmiilka ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 420aad si aad u hesho macluumaad dheeraad ah.

Sidee baad jeceshahay in aad dad ula hadasho?

Maxaa muhiim kuu ah marka aad qof la hadleyso?

Waa maxay caqabadaha war-isgaarsiinta ee aad u maleynasyo in Kaaliyaha Daryeelka Guriga uu la kulmi doonno?

Dhageysi

Dhageysigu waa xirfad aasaasi ah oo loogu talagalay Kaaliyayaasha Daryeelka Guriga. Dhageysiga wax-ku-oolka ah ayaa kaa caawinaya in aad barato macmiilka iyo baahiyadiisa. Waxaa intaa dheer, dhageysiga laf ahaantiisa in uu yahay farsamo daryeel-bixin awood badan leh. Noqoshada dhageyste wanaagsan waxay u baahan tahay dedaal iyo ku dhaqan. Waa in aad yeelataa rabitaanka in aad la xiriirto macmiilka iyo in aad u fahamto aadane ahaan. U furfurnow fikrado cusub, joogtee dabeecadda ixtiraamka, iskuna day in aad waxyaabaha ka eegto dhinacyo kale oo laga eego. Xirfadaha dhageysiga ee aad u horumariso daryeel-bixinta ayaa sidoo kale kaa caawin doonna qaybaha kale ee noloshaada.

Sideed u qeexi lahayd qofka dhageystaha wanaagsan ah? Ka waran dhageystaha xun?

Sideed dareemaysaa marka uu qof si taxaddar leh kuu dhageysto?

Dhageysi Firfircoon

Dhageysiga firfircoon waa hab war-isgaarsiineed oo diirrada saaraya fariinta iyo dareennada qofka kale. Kani wuxuu u wanaagsan yaahy dhageystaha iyo hadlaha. Dhageysiga firfircoon wuxuu kugu caawinayaa:

- in aad qofka kale la xiriirto,
- in aad si wanaagsan u fahamto farriintooda,
- in aad aqoonsato waxa aad ay doonayaan in aad sameyso, iyo
- in aad muujiso iyo in aad ixtiraam hesho.

Marka aad diiradda saarto dhageysiga qof, waxay dareemaan qiimeyn iyo in ay muhiim yihiin. Dhageysiga firfircoon wuxuu muujinayaa in aad dooneyso in aad feejigaan muujiso oo aad fahamto. Dadku waxay u badan tahay in ay kula hadlaan oo ay kuu oggolaadaan in aad caawiso haddii ay dareemaan in ay si dhab ah kuu dhageystaan oo ay kuu fahmaan.

Dhageysi firfircoon wuxuu u baahan yahay tamar, ku tababar qaadasho, iyo xoog-saarid. Dhageysi adiga oo dhan oo si firfircoon ugu lug yeelanaya. Feejignaan u muuji waxa ku jira, dareennada, iyo jir ka hadalka qofka hadlaya.

Is-Qiimeynta Dhageysiga Firfircoon

Dhammaanteennu waxaannu leenahay meelo aan sii wanaajin karno. Marka dadka kale la dhageysnayo, qiimee inta jeer ee aad kuwan soo socda sameyso.
(Qodob kasta ku calaamadee “marnaba,” “mararka qaarkood,” “inta badan,” ama “mar kasta.”)

1. Iskala sheekaysto ama ka fikiro waxyaabo kale beddelkii dhageysiga?
2. Ka fikir waxa aad dhihi doonto beddelkii aad dhageysan lahayd?
3. Qofka ama farriintiisa go'aan ka gaar adiga oo ku saleynaya qiyamkaaga?
4. Mashquuli ama ku kor hadal qofka?
5. Dareennadaada hakaa carqaladeeyaan in feejignaan u muujiso qofka kale?
6. Jooji waxa aad sameysnayso si aad u dhageysato?
7. Qofka niyadaada ama dareenkaaga oo dhan sii?
8. Hubso in jir ka hadalkaaga uu muujinayo in aad dhageysaneyso (samee indho isku dhaca, madaxaaga lux, u janjeerso dhanka qofka)?
9. Hubso in aad si buuxda u fahamtey waxa uu qofku yiri?

Toddobada Fureyaal ee lagu Noqonayo Dhageyste Firfircoon oo Wax-ku-ool ah

1 Aamusnaantu waa furaha!
Mararka qaarkood, in aad si aamusnaan leh u sugto waa waxa ugu wanaagsan ee aad sameyn karto. Qofka kale sii waqti uu kaga fikiro waxa uu rabo in uu sheego.

2 Ka eeg waxyaabaha dhanka aragtiyada qofka kale.
Iskuday in aad ka fahamto waxyaabaha dhanka aragtiyadooda. Ka fikir fikradahooda, qiyamkooda, iyo taariikhdooda iyo sida xaaladdu ay u saameyn karto fahamkooda ama aragtidooda.

3 Tusi qofka in aad dooneyso in aad maqasho.
Qofka in aad wejiga aadiso indha iskudhac wanaagsan la yeello. Jirkaaga hoos u soo dhig ilaa heerka isha si aaney kor kuu soo eegin. Qaabka istaaga ama fadhiga ka dhig mid debecsan. Lux madaxaaga oo kuddar faallooyin u oggolaanaya in aad dhageysaneyso, sida "Waan arkaa," iyo "Iihi haye."

4 Qofka sii niyadaada ama feejignaantaada oo dhan.
Diiradda saar qofka kale oo iskuday in aad xaddido mashquulinta. Haddii ay suuragal tahay oo ay habboon tahay, jooji waxa aad sameynayso. Weyddiiso fasax aad ku daminayso telefishanka ama aad albaabka ku xirayso.

5 Dulqaad iyo ixtiraam yeelo.
Hadalka haka dhexgalin qofka. Qofka kale sii waqti uu ku dhammeysto ka hor inta aadan soo gelin. Wadahadalku ha noqdo mid ay la socon karaan!

6 La-soco dareennadaada.
Haddii aad leedahay falcelin dareen oo xooggan oo lid ku ah waxa aad maqasho, hubso in aad si taxaddar leh u dhageysato. Qaado neefsasho qoto-dheer oo naso. Marka uu dareenkaagu kacsan yahay, waxaad seegi kartaa qaybaha muhiimka ah ee waxa uu qof kuu sheego. Ka warqab jir-ka-hadalkaaga. Waxaad u badan taahy in aad dirto farriimo aan fiicnayn haddii aad xanaaqsan tahay.

7 Hubso in aad fahamtey farriinta.
Dhageyste ahaan, waxaa jiri doonno waqtiyo aad jahwareeri doonto ama aadan hubin in aad si buuxda u fahamtey waxa uu hadlaha uu iskudayayo in uu sheego.

Kuwan soo socda waa siyaabaha lagu xaqiijin karo in aad fahamsan tahay waxa uu hadluhu leeyahay.

- **Dib-u-sheegidda:** Adiga oo adeegsanaya ereyo adiga kuu gaar ah, dib-u-sheeg fikradaha qofka hadlaya. Tani waxay gacan ka geysan doontaa xaqiijinta in aad u heshay farriinta sidii loogu talagalay. Looma baahna in aad oggolaato waxa ay sheegaan si aad si wax-ku-ool ah ugu sameyso.
- **Kala-caddeyn:** Su'aalo weyddii oo hel macluumaad dheeraad ah haddii aadan wax fahmin. Ha sugin oo halis u gelin jahawareerkaagu in uu noqdo isfaham la'aan weyn. Isticmaal oraahyada sida "Qodobkan waan ku jahwareeray," "Waxaan u baahanahay macluumaad dheeraad ah si aan u fahmo waxa aad tiri," ama "ma i tusin kartaa?"
- **Xaqiijin:** Haddii qofku xanaaqsan yahay, isticmaal erayo adiga kuu gaar ah si aad u garowsato dareenkiisa. Tusaale ahaan, waxaad ku dhihi kartaa "Waxay u egtahay in aad isku buuqsan tahay."

Aqoonsiga Warisgaarsiinta Aan Hadalka Ahayn

Ereyada ay dadku ku hadlaan (war-isgaarsiinta hadalka ah) waxay inna siiyaan keliya qayb ka mid ah farriintooda. Xaqiiqdii, dadku waxay ugu hadlaan in badan oo farriintooda ah habab aan hadal ahayn. War-isgaarsiinta aan hadalka ahayn waxaa ka mid ah dhawaaqa hadalka, muuqaalka wejiga, qaabka istaaga ama fadhiga, dhaqdhaqaaqa jirka, iyo dhawaaqyada aan hadalka ahayn sida siiddeynta neef dheer iyo taahid.

Waxaa jira sababo badan oo macmiilka uusan hadal ahaan ugu muujin dareennadiisa ama fikradahiisa. Waxaa laga yaabaa in ay ka fogaadaan mawduuc iyada oo ay sabab u tahay in ay ka xishoonayaan ama ay ku adag tahay in ay ka hadlaan. Xaaladaha qaarkood, xaaladooda waxay ka dhigi kartaa war-isgaarsiinta hadalka ah mid adag ama aan suuragal ahayn. Kaaliyayaasha Daryeelka Guriga waa in ay bartaan in ay aqoonsadaan war-isgaarsiinta aan hadalka ahayn ee macmiil kasta si ay u aqoonsadaan baahiyada macmiilka iyo in ay si habboon wax uga qabtaan. Barashada aqoonsashada astaamaha xanuunka ee aan hadalka ahayn iyo jahwareerka ka yimaada macmiilka ayaa gaar ahaan muhiim ah.





Astaamaha Xanuunka

- **Cabashooyinka dhawaaqa aan hadalka ahayn:** taahid, jibaadid, oohin, nuunaasid, neeftuurid, siideynta neef-dheer
- **Muuqaalka dareenka wejiga:** weji kaduud, hinqad, muuqaalka welwel murugo, muuqaal cabsi ama weji maroojin, sunniyo xariiqo leh, indho kaduudid, il-biriqsad degdeg ah, isku-dhajinta ilkaha, faruuro adkayn, yaab af-kalaqaad leh
- **Xoog iyo Tamar Keena:** giigsan, feejignaan, murqo ad-adag, ku dhagidda ama qabsashada alaabada guriga ama qalab si uu ugu helo taageero, isbeddelo ku yimaada qaab-socodka, u xaglinaya meesha ay saameysay xilliga dhaqdhaqaaqa
- **Nasasho la'aan:** isbeddeladda ama ka sikashada goobta oo joogto ah, ruxmada, awoodid la'aanta in uu isdejiyo, dhaqdhaqaaqyada gacanta oo joogto ah ama joogsada oo haddana bilowda/ruxidda lugaha ama gacmaha, tallaabayn
- **Xoqid:** duugista goobaha ay saameysay
- **Isbeddellada hab-dhaqanka:** Kurbo, xanaaq, jahwareer, hab-dhaqan iska caabbin, hurdo la'aan, dagaal diyaar u ah, caro, niyadjab, dib uga gurashada hawlaha shakhsiyaadka ka dhaxeeya, ama isbeddellada rabitaanka cuntada, waxqabadyada caadiga ah, ama awoodda lagu qabanayo hawlaha nolol maalmeedka.

Astaamaha Jahwareerka

- **Muuqaalka dareenka wejiga:** weji kaduud, sunniyaha oo isku imaanaya, xariiqo ka sameysmaya inta u dhaxeysa sunniyaha, ku dhaygagidda meel maran
- **Dareen la xiriira:** kurbo, walaac, cabsi, xal-waa
- **Hab-dhaqan la xiriira:** go'aanxumo, feejignaan la'aan, dhiirrigelin la'aan, noqoshada qof aamusan, ka goosashada dadka, xanaaqa, carooda
- **Jir ahaan:** cagajiidid ama sikasho, ereyo aan la garan karin ama yeelashada aamusnaan dheer xilliga hadalka, nasasho la'aan
- **Garasho:** ku dhibtoodidda in wax diiradda la saaro, ilowsho ama hilmaamid, garasho-xumo, fikir aan habeysnayn, isbedbeddelka heerka garaadka, ka warqabid la'aanta goobta ama waqtiga
- **La xiriira cod ama dhawaaq:** ganuunac ama sheegidda waxyaabo aan macno lahayn

Tibaaxaha qaarkood ee aan hadalka ahayn waa astaamo aadane oo guud. Si kastaba ha ahaatee, muuqaalka dareenka wejiga, baaqyada, iyo falcelinnada codka ama dhawaaqa ah ayaa ku kala duwan dhaqamada. Waxaa intaa dheer, in dhan u eexashadeenna shakhsiyeed in ay saameyso sida aan dadka u aragno iyada oo lagu saleynayo sifooyinka jireed. Waa in aad ka digtoonaataa astaamaha kore, laakiinse marnaba ha u qaadan in fasiraadahaagu ay yihiin kuwo sax ah adiga oo aanan ka xaqiijin macmiilka.



Dhageysi la socda Awood Garasho

Caadi ahaan marka aanu wax dhageysano, waxaan waxaasi ka fikirnaa annaga oo ka eegayna dhanka aragtideenna. Waxaannu isweyddiinaa su'aalaha sida "Arrintaasi ma saxbaa ama ma khaladbaa?" Dhageysiga noocaan ah waa mid go'aan lagu gaaro wuxuunna waxtar aad ah u leeyahay nolol maalmeedkeenna.
"Dhageysi la socda awood garasho" waxaa loola jeedaa dhageysiga qof kale, dareemidda shucuurtiisa, iyo fahamka guud ahaan adiga oo ka eegaya dhanka aragtadiisa. Dhageysiga noocaan ah, ee aan la socon go'aan ama talo, wuxuu waxtar badan u yeellan karaa qofka kale.

Wada-sheekaysiyadan soo socda midkee baa ah tusaalaha dhageysi la socda awood garasho?

Wada-sheekaysi A

Jesse: Deriskeyga ma jecli. Eeygiisa ayaa maalintii oo dhan ciya, barxadiisa horena waa mid isku yaacsan.

Pham: Taasi waa dhibaato. Maxaad intaad baxdo ugu sheegi waysay sida aad dareento? Waxaa laga yaabaa in uu wax ka qabto.

Wada-sheekaysi B

Luis: Cuntada halkan waa mid aad u xun. Ma cuni karo waxa aan doonayo.

Idrisa: Taasi waxay u egtahay wax laga niyad-jabo. Taasi waxay meesha ka saareysaa raaxadii uu sida gaarka ah u lahaa waqtiga cashada.

Wada-sheekaysiga koowaad, Pham wuxuu go'aan ka gaarayaa dhibaatada Jesse, wuxuunna siinayaa talo. Taasi ma ahan tusaalaha dhageysi la socda wwood garasho. Talada Pham waxaa laga yaabaa in aysan caawin Jesse, oo marka uu talo siiyo, waxay diiradda ka qaadeysaa dareennada Jesse. Wada-sheekaysiga B waa tusaalaha dhageysi la socda awood garasho sababta oo ah Idrissa wuxuu isku dayayaa in uu waxyaabaha ka eego dhanka aragtida Luis wuxuunna diiradda saarayaa shucuurahiisa.

Inta badan arrimaha ay dadku la kulmaan ma lahan xallal fudud. In kastoo aadan awoodin in aad dhibaatooyinkan xalliso, waxaad caawin kartaa adiga oo keliya dhageysanaya oo iskudayaya in aad fahamto. Marka ay dadku oggaadaan in aad dhageysato oo aad fahamto shucuurtooda, waxay dareemayaan wanaag. Waayo-aragnimadan ayaa kaa caawin karta in aad dhisato kalsooni iyo isku-xirnaan dareen.

Layli loogu talagalay Dhageysi la socda Awood Garasho

Tilmaamaha: Dhageysiga la socda awoodda garasho wuxuu u baahan yahay tababar-qaadasho. Akhri bayaamada hoose ka-dibna qor jawaab garasho ama faham leh oo mid kasta loogu talagalay. Marka hore, aqoonso dareenka uu qofku dareemayo ka-dibna dib u sheeg. Ka-dibna, aqoonso wax muhiim u AH qofkaasi iyada oo lagu saleynayo bayaankooda.

Tusaale: "Waxaan dareemaa in si aan cadaalad ahayn la iigu la dhaqmo shaqada. Taliyaheyga wuxuu iga jecel yahay shaqaalaha kale isaga oo u dhiibaya shaqooyin xiiso leh wuxuunna ii dhiibaa hawlo isku mid ah oo aan mar walba qabto."

Dib-u-sheeg shucuurta ay dareemayaan: Taasi waa mid niyadjabo.

Xaqiiji waxa Muhiimka u AH: Waxay u egtahay in aad ku raaxaysato in lagugu xujeeyo shaqadaada.

1. “Waxaan isku dayayaa in aan lacag meel dhigto, laakiinse waxay u egtahay in aysan suuragal ahayn. Waxaan isku dayay waxyaabo badan laakiinse waxba in ay shaqeynayaan uma eka.”

   Dib-u-sheeg shucuurta ay dareemayaan:

   Xaqiiji waxa Muhiimka u AH iyaga:

2. “Carruurteyda ma fahamsana sida aan dareemo – ima dhageysan doonnaan.”

   Dib-u-sheeg shucuurta ay dareemayaan:

   Xaqiiji waxa Muhiimka u AH iyaga:

3. “Ma dareemo in aan diyaar u ahay isbeddelada hadda nolosheyda ka dhacaya.”

   Dib-u-sheeg shucuurta ay dareemayaan:

   Xaqiiji waxa Muhiimka u AH iyaga:

4. “Waxaan u baahanahay in ay tani hadda dhacdo. Ma haysti waqti aan sugo.”

   Dib-u-sheeg shucuurta ay dareemayaan:

   Xaqiiji waxa Muhiimka u AH iyaga:

5. “Jooji in aad iskudaydo in aad i caawiso. Aniga nafteyda waan fiicanahay."

   Dib-u-sheeg shucuurta ay dareemayaan:

   Xaqiiji waxa Muhiimka u AH iyaga:



Maareynta War-isgaarsiintaada

Marka laga soo tago xirfadaha dhageysiga wanaagsan, war-isgaarsiinta wax-ku-oolka ah ayaa sidoo kale u baahan in aad ka taxaddarto sida aad isu muujineyso. Xaqiiqdii, inta badan farriimaha aad dadka kale u dirto ayaa waxaad ku gudbisaa jir ka hadalkaaga iyo dhawaaqa codkaaga. Kuwani waxay noqon karaan ilaha dhibaatooyinka war-isgaarsiinta ee goobta shaqada iyo guriga.

Sida aan u hadalno annaga oo adeegsaneyna jir ka hadalkeenna waa natiijada caadooyinkii sameysmey cumrigaaga oo dhan– haddii aad ka warqabto iyo haddii kaleba. In aad in badan aad ugu warqabto jir ka hadalkaaga iyo dhawaaqa codkaaga waa tallaabada koowaad ee lagu aqoonsanayo laguna wanaajinayo cadooyinkaaga war-isgaarsiinta.

Isticmaalka Wax-ku-oolka ah ee Jir Ka Hadalka ee lagu adeegsado Daryeel-bixinta

Jir ka hadalkaaga wuxuu gudbinayaa dareennadaada iyo macnaha gudaha ee ka dambeeya ereyadaada. Hubso in jir ka hadalkaaga in uu gudbinayo ixtiraam iyo in ay la xiriirto macmiilka.

Dareenanda way adkaan kartaa in la qariyo. Dadka kale waxay oggaan karaan dareenno adag kasta ee aad dareemeyso - xitaa haddii aad u maleyso in aad shaqo wanaagsan qabaneyso oo ah qarintooda. Waxyar oo keliya ayay qaadataa in aad gudbiso dareennada sida xanaaqa, caajiska, yaqyaqsi, ama ixtiraam-darro. Xusuusnow in jir ka hadalka ay dhaqamada ku kala duwan yihiin. Barashada filashooyinka dhaqanka dadka aad daryeesho ayaa kaa caawin kara in aad ka fogaato khalad in laguu fahmo. Tani ayaa sidoo kale sii wanaajin doonta tayada daryeelka aad bixiso.





Baaqa

- Baaqyadaadu waa in ay noqdaan kuwo debecsan oo aaney noqon kuwo dadka mashquuliya.
- Isticmaal baaqyo calaacal furan, oo deggan.
- Iska ilaali baaqyada gudbiya xiisad ama ixtiraam-darro (t.a., garaacidda cagahaaga, tumidda cidiyahaaga, iwm.).

Qaabka Fadhiga ama Istaaga ee Jirka

- Isu-qabo qaab u eg mid dabiici ah, saaxiinimo leh oo kalsooni leh.
- Istaag meel qofka kale u jirta masaafo uu raaxo ku dareemo (ku dhowaad dhererka gacanta). Xaddiga masaafada ee raaxada leh waxay ku xiran tahay qofka. Haddii aad shaki ka qabto, weyddii!

Muuqaalka dareenka wejiga

- Isticmaal muuqaallada dareenka ama tibaaxaha wejiga saaxiibnimo leh, deggan oo farxad leh.
- Iswaafaji dareenka muuqaalka wejigaaga iyo ereyada aad ku hadleyso.
- Dhoola cadee (haddii ay habboon tahay).

Si joogto ah isu eeg maalintii oo dhan si aad u aragto inta ay le'eg tahay giigsanaanta aad wejigaaga ka dareemayso. Haddii aad ka dareento giigsanaan ama cadaadis halkaasi, waxaa suuragal ah in aad gudbinayso in aad walaacsan tahay, xanaaqsan tahay, ama in aad isku buuqsan tahay. Deji murqaha foolkaaga qaybta ka sarreysa sunniyadah iyo agagaarka indhahaaga iyo afkaaga. Qaadashada dhowr neefsasho oo qoto-dheer ayaa noqon kara qalab isdejin, oo wanaagsan.



Isku-dhaca indhaha

Isku-dhaca indhaha ee wanaagsan ayaa kaa caawinaya in aad qof kale la xiriirto, in aad muujiso daacadnimadaada iyo furfurnaantaada, iyo in aad ilaaliso feejignaanta qof kale. Dhaqamo badan, joogteynta indho isku-dhaca inta aad qof la hadleyso ayaa loo arkaa ixtiraam, waxayna muujineysaa feejignaan iyo xiiseyn. Dhaqamada kale, waa calaamad ixtiraam la'aan iyo gardarro.

- Qofka kale la sameeyo indho isku-dhaca habboon (dhaqankooda ayaa saameeya waxa u habboon).
- Mar kasta oo ay suuragal tahay, fadhiiso ama istaag adiga oo hoos isu dhigaya ama kor isu qaadaya ilaa heerka isha qofka aad la hadleyso.

Marka xigta ee aad qof la hadleyso, falanqee jir ka hadalkaaga:

Maxay yihiin baaqyada aad isticmaasho? Maxaa loola jeedaa?

Waa maxay qaabka istaagaaga ama fadhigaaga? Sidee ayuu ula xiriiraa dareennadaada?

Sideed u dhaqaajiyaa wejigaaga marka aad dareento shucuurro?

Indho isku dhac intee le'eg ayaa raaxo lagu dareemaa?

Isticmaalka Wax-ku-oolka ah ee Ereyadaada Hadalka

Hubso in ereyada aad isticmaasho, iyo dhawaaqa codkaaguba ay yihiin kuwo laga fikiro oo ixtiraam u muujinaya qofka kale.

- Ka fikir waxa aad dooneyso in aad sheegto ka hor inta aadan hadlin.
- Isticmaal ereyo fudud iyo ereyo guud oo aad hubto in uu qofka kale fahmayo.
- Waqtigiiba hal qoddob samee.
- Ka fogaaw hadalka hor iyo gadaal u noqnoqda iyo kan dheer - qodobbadaada ka dhig kuwo kooban oo cad.
- Si cad ugu dhawaaq erey kasta adiga oo aan gunucgunuclayn.
- Ka fogaaw isticmaalka ereyada af suuqa ama dhaarashada.

Dhawaaqa Codka

- Isticmal dhawaaq deggan oo ixtiraam leh.
- Ha kula hadlin macmiilka dhawaaqyada aad u isticmaaleyso carruurta.
- Isticmaal heerka dhexe ee codkaaga.

Xawaaraha Hadalka

- Ku hadal xawaare uu raaxo ku dareemo qofka kale. Macmiilka wuxuu u baahan karaa in uu si tartiib ah u hadlo maadaama uu u baahan karo waqti badan oo uu ku fahmo macluumaadka. Marka aad ka shakiso, weyddii. "Si degdeg ah miyaan u hadlayaa? Waxaan ku farxi lahaa in aad tartiibiyo."

Heerka Dhawaaqa

- Macmiilka waa in uu awoodaa in uu si fudud kuu maqlo isaga oo aan cadaadis isa saarin.
- Si aad u qaylo badan ha u hadlin. Tani waxay u muuqan kartaa dirqin ama ka caraysiin.

Had iyo jeer looma baahna in aad ereyo isticmaasho. Mararka qaarkood, in aadan waxba oran ayaa noqon karta waxa ugu wanaagsan. Baaqa fudud ee daryeelidda ayaa noqon karta farriinta ugu wanaagsan ee aad gudbin karto.

Iswaafajinta Jir Ka Hadalkaaga iyo Waxa Aad Sheegto

Dadka ayaa ku aamini oo kugu kalsoonaada marka ereyadaada, jir ka hadalkaaga, iyo dhawaaqa codkaaga ay dhamman soo gudbinayaan wax isku mid ah. Marka farriimahaagu aysan iswaafaqsaneyn, dhageystaha waxaa laga yaabaa in uu ku jahwareero ama uu ka shakiyo. Waxay kuu arki karaan sida qof aan la aamini karin ama aan daacad ahayn. Tani ayaa wax u dhimi karta xiriirka shaqo ee lala yeelanayo macmiil ama xubnaha kale ee kooxda daryeelka.

Bal qiyaas in aad dooneyso in aad qof tusiso in aad ku faraxsan tahay in aad caawiso. Waa maxay iskujirka ereyada, dhawaaqa codka, iyo jir ka hadalka aad adeegsan karto si aad farriintaasi u dirto?



Xaqiijinta in Farriintaada La Fahmey

Si aad si wax-ku-ool ah ula hadasho macmiilka ama xubnaha kale ee kooxda daryeelka, dhageystaha wuxuu u baahan yahay in uu u fahmo farriintaada sida aad ula jeedo. Waxaa jira saddex siyaabood oo lagu xaqiijinayo in farriintaada si sax ah loo fahmo. Waxaad u baahan tahay:

1. in aad fiiro gaar ah u yeellato sida farriintaada loo helay (jawaabcelin),
2. in aad u hadasho siyaabo macmiilka sida ugu wanaagsan ugu shaqeeya, iyo
3. mar kale iskuday haddii ay u egtahay in macmiilka uu si khalad ah u fahmey farriinta.

Jawaabcelin

Jawaabcelinta eeg si aad u hubiso dhageystaha in uu si sax ah u fahmo farriintaada.

- Daawo jir ka hadalka qofka. Ma waxaad aragtaa muuqaal jahwareer ama lulid faham ah? Jir ka hadalka wuxuu ku siinayaa jawaabcelin muhiim ah. Xirfadaha u fiirsashada wanaagsan ayaa halkan muhiim ah.
- Weyddiiso: "Wax su'aalo ah ma qabtaa?"
- Fiiro gaar ah u yeello jawaabta hadalka ah ee macmiilka. Miyay waafaqsan tahay nooca jawaabta aad fileysay? Miyay waafaqsan tahay waxa jir ka hadalkaaga uu kuu soo gudbinayo?

War-isgaarsiinta Siyaabaha Macmiilka Sida Ugu Wanaagsan ugu Shaqeeya

Marka aad baraneyso dadka aad taageerto, waxaad baran doontaa waxa muhiimka u ah iyaga iyo sida ay jecel yihiin in ay u soo gudbiyaan ama uga hadlaan. Haddii aad ula hadasho siyaabo ay jecel yihiin, waxaa u fududaanaya in ay ku fahmaan. Tani waxay kaa caawinaysaa in aad ka fogaato war-isgaarsiin xumo iyo jahwareer iyo abuurista xiriir waaagsan.

Si aad u oggaaro sida macmiilku uu jecel yahay in uu hadlo:

- Dhageyso ereyada iyo oraahyada ay isticmaalaan.
- Fiiro gaar ah u yeello sida macmiilka uu ula tacaalo macluumaadka cusub. Ma waxay doonayaan in ay meel ku qortaan, isku dayaan, akhriyaan, maqlaan, iwm.?
- Si toos ah u weyddii, “Ma wanaagsan tahay in aad meel kuugu qoro ama waxaan ku xasuusinayaa kahor inta aanan bixin?”

Iskuday oo Mar Kale Iskuday

Mararka qaarkood iskudaygeenna koowaad ee war-isgaarsiinta ayaa guuldareysta. Haseyeeshee, waxaa muhiim ah in aadan ka quusan. War-isgaarsiinta wanaagsan ayaa ka hortageysa khaladaadka iyo isfaham la'aanta, waxayna nagu caawinaysaa in aannu dhisno xiriirro wanaagsan. Iskuday siyaabo cusub oo aad ku hadalkaaga ku gudbineyso ilaa aad ka hesho mid shaqeeya.

Liisto-hubineedda War-isgaarsiinta

Ugu tababar qaado xirfadahan war-isgaarsiintaada maalinlaha ah. Marka aad dareento in aad baratey xirfada, calaamad ku jiid liiska.

- ❑ Baaqyadeyda iyo muuqaalada wajigeyga ayaa abuura dareen furfurnaan iyo ixtiraam.
- ❑ Qaabka jirkeyga wuxuu u egyahay mid dabiici ah, saaxiibnimo leh, oo kalsooni ka muuqata.
- ❑ Indho isku-dhaceyga waa mid habboon.
- ❑ Ereyada aan doorto waa kuwa laga soo fikirey oo uu macmiilka fahmi karo.
- ❑ Dhawaaqa codkeyga waa mid deggan, oo leh xawaare iyo dheeraan ku habboon macmiilka.
- ❑ Jir ka hadalkeyga wuxuu la halmaalaa farriinteyda.
- ❑ Waxaan hubaa in macmiilka uu fariinteyda u fahmayo sida aan ula jeedo.

Caqabadaha Horyaalla War-isgaarsiinta

Caqabadaha horyaalla war-isgaarsiinta wax-ku-oolka ah waa xaaladaha ama hab-dhaqannada war-isgaarsiinta ka dhiga kuwo aad u adag. Kuwani waxay carqaladeyn karaan war-isgaarsiinta lala yeesho macmiilka ama xubnaha kale ee kooxda daryeelka.

Caqabadaha Horyaalla Deegaanka

Caqabadaha deegaanka waa mashquulinta, carqaladeynta, iyo arrimaha jira ee soo farageliya war-isgaarsiinta. Tusaalooyinka qaarkood waxaa ka mid ah:

- qaylada ka timaada telefishanka, raadiyaha, iwm.,
- dadka kale ee soo galaya ama ka baxaya qolka,
- telefoonnada dhacaya ama gariiraya, iyo
- heerkulka aan raaxada lahayn ama hawo-siinta liidata.



Yareynta Caqabadaha Deegaanka

- Dooro waqti si wanaagsan ugu shaqeynayo macmiilkaaga (t.a, marka ay si buuxda u soo jeedaan, u feejigan yihiin, oo ay raaxo u qabaan).
- Hoos u dhig heerka codka raadiyaha ama telefishanka (si edeb ku dheehan fasax u weyddiiso).
- Aamusi codka telefoonkaaga gacanta marka aad la sheekaysaneyso macmiilka.
- Hubso in deegaanka uu yahay mid raaxo leh (heerkulka, iftiinka, qaylada, iwm.).
- Meel kale oo ka duwan aad halkaasi oo leh mashquulin, carqaladeyn yar, ama asturnaan badan.

Hadalka iyadoo la adeegsanayo Af-xiro

Hadalka iyadoo la xiran yahay af-xiro ayaa ku adkaan kara macaamiisha iyo Kaaliyayaasha Daryaalka Guriga. In feejignaanta macmiilka marka hore la helo, in si tartiib ah oo cad loo hadlo, iyo isticmaalka jir ka hadalka ayaa dad caawin kara.

Caadooyinka Xun ee Wada-sheekaysiga

Caadooyinka xun ee wada-sheekaysiga waa hab-dhaqannada si degdeg ah u joojiya ama u carqaladeeya war-isgaarsiinta wanaagsan. Saddex ka mid ah guud ahaan caadooyin xun ee wada-sheekaysiga waa ku khasbidda aragtidaada, la-talin, iyo ka fogaansho. Waa in aad ogsoonaataa caadooyinka inta aad la shaqeynayso macmiilka ama xubnaha kale ee kooxda daryeelka.

Ku khasbidda Aragtidaada

Marka aad aragtidaada ku khasabto hadlaha, qofka kale ayaa inta badan ku dambeeya in uu dareemo in uu isdifaacayo oo aan la fahmin, sida in aad beddeshay aragtiyadooda. Waxaad siyaabo badan ugu khasbi kartaa aragtidaada:

- **Xukmin:** "Tani ma dhici lahayn haddii aadan ahaan lahayn sida..."
- **Magaca-ugu-yeerid:** “Carruur ayaad tahay.”
- **Amrid:** “Orad oo sidan hadda samee!”
- **Hanjabaad:** “Haddii aadan sidan sameyn, kuma caawin doonno.”
- **Isticmaalka luuqad xadgudub ah**

Ficillada hadalka ah ama aan hadalka ahayn ee u hanjabaya, xaqiraya, dhibaateynaya, khasbaya, cabsi-gelinaya, faquuqaya, si aan macquul ahayn u xiraya, ama ciqaabaya qofka weyn ee nugul ayaa waxaa loo tixgeliyaa xadgudub dhimir. Xadgudubka dhimirka waxaa ka mid noqon karan ku qosolka, ku qaylinta, ama u dhaarashada. Eeg Cutubka 5aad: Daryeelaha ee ku yaalla bogga 101aad haddii aad rabto macluumaad dheeraad ah oo ku saabsan xadgudubka iyo saxariirinta.



La-talin

La-talintu waa marka aad si toos ah u soo gasho si aad u xalliso "dhibaatada" macmiilka. In kastoo aad dooneyso in aad caawiso, waxaad dhab ahaantii sii xumeyn kartaa waxyaabaha. Macmiilka waxaa laga yaabaa in uusan ka fikirin in ay dhibaato jirto, ama fahamkaaga waxaa laga yaabaa in uusan dhammeystirnayn. Macmiilka wuxuu ku dambeyn karaa in uu dareemo caro ama eedayn. Iska ilaali in aad tiraahdo waxyaabaha sida, "Haddii aan adiga ku ahaan lahaa, waxaan..." ama "Maxaad dhibaatada ugu xallin la'dahay sidan oo kale?"

Ka-fogaansho

Ka fogaanshaha waa marka aad mowduuca beddesho iyada oo sabab u ah in aadan raaxo ku dareemin, caajisan taahy, ama in aadan dooneyn in aad wax ka hadasho. Beddelidda mowduuca ama in aad naftaada ku soo jeediso feejignaanta ama dareenka waa tusaalooyinka ka fogaanshaha wada-sheekaysi. Ka fogaaw in aad sheegto waxyaabaha sida, “Aan kuu sheego wax la mid ah oo aniga igu dhacey...” ama “Hagaag, intaasi way nooga filan tahay arrintaasi, ma daawatey barnaamijkii xaley telefishanka ka socdey?”

Maxay muhiim u tahay in diirrada la saaro macmiilka beddelkii aan dareenka ama feejignaanta isku soo jeedin lahay?

Goormee adiga, daryeele ahaan, helaysaa fursad aad isku muujiso?

Sidee ayay caadooyinka xun ee wada-sheekaysiga ula xiriiraan Dhageysiga la socda Awoodda Garasho?

Ka fikir qof aad taqaanno oo ay adag tahay in lala hadlo. Sidee ayay u wanaajin karaan xirfadahooda war-isgaarsiinta ama wadahadalka?

Ma leedahay wax caadooyinka xun ee wada-sheekaysiga ah oo aad jeclaan lahayd in aad bedesho?

Hagidda War-isgaarsiinta Adag

In kastoo la is-khilaafo dadka kale ay noqon karto mid aan raaxo lahayn, khilaafka laf-ahaantiisa had iyo jeer ma ahan wax xun. Khilaafka ayaa noqon kara wax wanaagsan marka uu dadka caawinayo:

- caddee dhibaatooyinka iyo arrimaha muhiimka ah,
- xalli dhibaatada,
- dareenka u soosaar di caafimaadqab leh, iyo
- gaar meel la isku aaminayo oo la isku fahmayo.

Dhibaatooyinka ama khilaafka aan la xallin ama sida liidata loola tacaamulo ayaa dhibaato soo gaarsiin kara ama khatar ku ah adiga ama wanaagga jireed ama/iyo dareenka macmiilka. Si kastaba ha ahaatee, xirfadaha war-isgaarsiinta wanaagsan iyo dhageysiga firfircoon ayaa gacan ka geysan kara xaaladaha khilaafka ama dhibaatada.

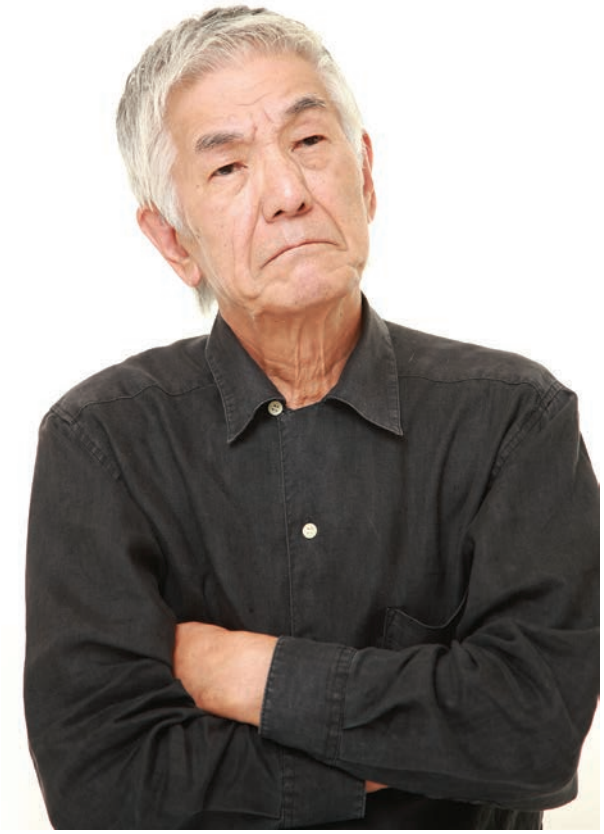
La-tacaamulka Hab-dhaqannada Adag

Hab-dhaqannada adag ee dadka kale ayaa noloshaada ka dhigi kara mid niyad-jab ah haddii aad u oggolaato. Maadaama aadan beddeli karin qofka kale, baro in aad diiradda saarto beddelidda habka aad ugu jawaabto.

Tallaabooyinkan qaad marka aad wajahdo hab-dhaqanno adag:

1. **Ka jooji** naftaada in aad ka falnaqdo diidmada.
2. Is **deji oo noqo qof isku dheellitiran**.
3. Samee doorasho la ogsoon yahay oo ah sida aad dooneyso in aad **wax uga qabato**.

Qorshaha adeegga macmiilka wuxuu uu leeyahay tilmaamo loogu taagalay la tacaamulka hab-dhaqanka adag. Had iyo jeer diiwaangeli oo ka soo warbixi isbeddelo kasta ee ku yimaada hab-dhaqanka si qorshaha adeegga uu u noqdo kii ugu dambeeyay.



1. Ka Jooji Naftaada in aad Ka Falnaqdo

Facnaqyada waa ficillo dareen ku saleysan oo aanan laga soo fikirin. Marka diidmo la wadaago, dareenkeenna dabiiciga ah waa in aan ugaga falcelinno diidmo. Tani ayaa dhibaatada ka dhigeysa mid weyn. U tababar naftaada in aan aqoonsato marka aad falnaqeys, oo raac tallaabooyinkan si aan u joojiso falcelinnadaada xun ee otomaatiga ah:

1. Haki oo isdeji dhowr daqiiqadood.
2. Qaado laba ama saddex neefsasho qoto-dheer.
3. Is-xusuusi in aad adiga gacanta ku hayso ama maamusho.
4. Diiradda saar in aad gaarto waxa aad dooneyso.



2. *Isdeji oo Noqo Qof Isku-dheellitiran*

Marka aad joojiso falnaqaaga otomaatiga ah, tallaabada xigta waa in aad is-dejiso oo aad noqoto qof isku-dheellitiran. Waxaa jira siyaabo badan oo tani loo sameeyo. Ku tababar-qaado sidaa daraadeed waxaad si guul leh u adeegsan kartaa marka aad si aad ah ugu baahan tahay:

- Qaado dhowr neefsasho qoto-dheer oo dheeraad ah.
- Tiri ilaa toban.
- Iska ilaali dareennada xaaladda.
- Aqoonso in aysan adiga kugu saabsaneyn.
- Diiradda saar hab-dhaqannada adag, ee qofka ha saarin.
- Naftaada ugu celi oraah wanaagsan (t.a., “Waxaan ahayn qof deggan oo dhexdhexaad ah”).
- Bal qiyaas dhacdo, qof, ama waayo-aragnimo ku siinaya dareen degganaansho.

Haddii aadan weli awoodin in aad isdejiso oo aad is-dheelitirti, naftaada sii waqti-qaadasho kooban (haddii ay suuragal tahay, xaaladaada) ama caawimaad weyddiiso. Waxaa wanaagsan in aad baxdo dhowr daqiiqo oo aad isa soo dejiso marka loo eego in aad qaadato halista falcelinta iyo ka dhigista xaaladda mid xun.



3. *Samee Doorasho la Ogsoon Yahay oo ah Sida aad Dooneyso in aad Uga Jawaabto*

Ka-jawaabistu waa ficil aanan laga fikirin. Waxaad diyaar u tahay in aad ka jawaabto marka aad si caadi ah u neefsaneyso, marka aad naftaada ka warqabto, iyo marka aad fikrad ka haysato waxa la sameeyo. Iskuday in aad wax ka qabato waxa keenay hab-dhaqanka xun beddelkii hab-dhaqanka laf-ahaantiisa. Kuwan waa qaar ka mid ah waxyaabaha suuragalka ah in la eego:

- **Jirka** dhibaatooyin, sida xanuun, raaxo la'aan, fuuq-bax, daal, calool-fadhi, baahi ama oon

Haddii aad ka walaacsan tahay xaaladda caafimaad ee macmiilka, had iyo jeer la xiriir xubinka habboon ee kooxda daryeelka. Caawimaad hel!

- **Degaanka** arrimaha, sida heerkulka, qaylada, iftiinka, ama asturnaan la'aanta
- **Dareen** waxyaabaha kiciya, sida carqaladeyna nidaamka joogtada ah, niyadjabka, dhimasho dhowaan dhacdey, ama dhibaatooyin lagala kulmo dadka kale

Xusuusnow in hab-dhaqanka adag in uusan adiga kugu saabsaneyn. Hab-dhaqanka kasta oo adag waxaa ka dambeeya qof ay baahi hayso. Shakhsi ahaan ha u qaadan oo iskuday inta aad awooddo in aad dadka kula kulanto halka ay joogaan. Haddii aad wax ka qabato baahida, beddelkii hab-dhaqanka xun, waxaad awoodi kartaa in aad khilaafka u xalliso hab wanaagsan.

Ugu dambeyn, hubso in aad isdaryeesho inta lagu guda jiro iyo ka-dib xaaladaha adag. Naftaada u dulqaado. U eeg isdhaafsi kasta oo adag sida casharka sida loola tacaamulo dadka kale oo xusuusnow in aadan kaligaaga ahayn. Waxaad had iyo jeer weyddiisan kartaa caawimaad marka aad u baahan tahay.

Ka fikir xaalad adag oo aad kala kulantey qof ama naftaada ama shaqado.

- Waa maxay qaar ka mid ah dareennada aad dareentay?
- Maxaad sameysay si aad isu dejiso si aad diiradda u saarto la tacaalidda xaaladda?
- Ma waxaa jirey sababo jireed, deegaan, ama dareen?
- Sideed so la duwan ula tacaali lahayd xaaladda si loo helo natiijo aad u wanaagsan?

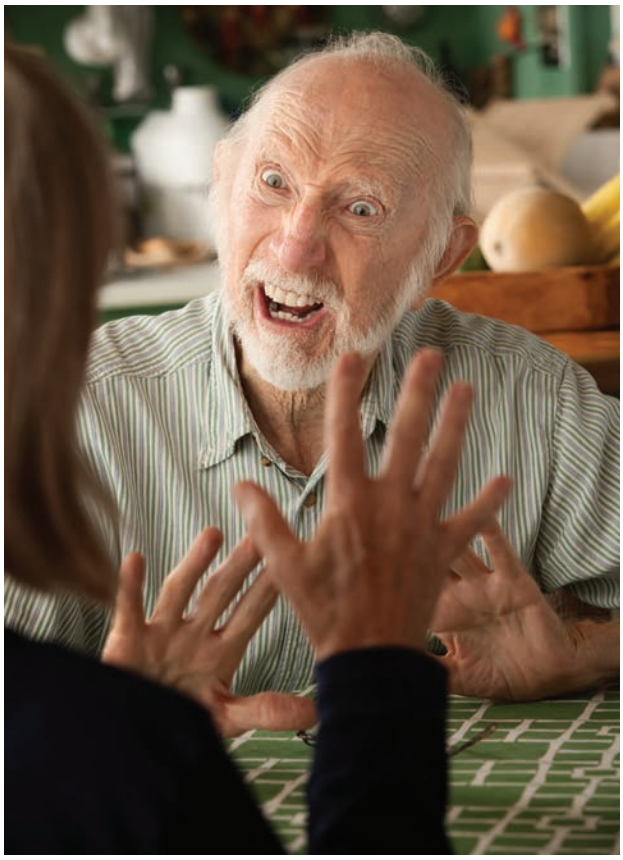
Talooyinka La Tacaalidda Hab-dhaqanno Adag oo Gaar ah

Daryeelayaasha qaar waxaa ay ku sugnaan karaan xaalad hab-dhaqanka adag ee macmiilka ay noqoneyso mid aad xad-dhaaf u ah. Hab-dhaqannada adag waxaa ka mid noqon kara waxyaabaha sida in macmiilku uu noqdo qof xanaaqsan, rabshoole ah, galmo ahaan habboonayn, ama ixtiraam-darro.

Tani waxaa keeni kara dhowr arrimood.

- Cudurkooda ama xaaladooda
- Waxyeellooyinka soo raaca daawooyinka
- Arrimo deegaan (t.a., mashquulin ama qaylo badan)

Si aad hesho istiraatiijiyado dheeraad ah oo faahfaahsan, eeg Talooyinka ku saabsan La-tacaamulidda Hab-dhaqannada Adag ee ku qoran Diiwaanka Kheyraadka bogga 339aad.



Dhibaato Xallinta Wax-ku-oolka ah

Dhibaato xallinta wax-ku-oolka ah waa xirfad aasaasi ah oo loogu talagalay Kaaliyayaasha Daryeelka Guriga. Habkan dhibaato xallinta wuxuu raacaa afar tallaabo:

1. Faham dhibaatada.
2. Maskax-shiil ku samee xalalka suuragalka ah.
3. Xal qaado, qorshe samee, oo samee!
4. Hel jawaab-celin ku saabsan sida ay u shaqeysay.

Marka aad aqoon dheeraad ah u yeelato tallaabooyinka, waxaad u adeegsan karaa in aad ku xalliso dhibaatooyin badan oo kaaga yimaada xagga shaqada.

Tallaabada 1aad – Faham Dhibaatada

Waa maxay dhibaatada dhabta ah, oo maxaa keenaya? Macluumaad ururi oo ka fikir waxa dhacaya.
Jooji oo aqoonso:

- maxaa dhacaya,
- goormee ayay dhacayaan,
- yay la dhacayaan, iyo
- maxay u dhacayaan?

Ku celceli in aad weyddiiso "sababta" ilaa aad ka gaareyso salka dhibaatada.

Waxyaabaha La Xusuusanayo

- Qof maskax furan ahaaw.
- Mid gaar ah ka dhig intii suuragal ah.

Waxyaabaha laga Fogaanayo

- Ha iskudayin in aad dhibaato xalliso ka hor adiga oo aan faham wanaagsan u yeellan waxa ay dhibaatadu tahay.
- Iskuday in aadan si dareen ahaan ah isla-markiiba ugaga falcelin dhibaatada.
- Diiradda ha saarin astaanta dhibaatada oo taa beddelkeeda diiradda saar waxa dhibaatada keenay.

Dhibaato Xallinta lala sameeyo Dadka Kale

Qof kasta oo ku lug leh wuxuu u baahan yahay in uu wadaago aragtida iyo firkadda uu dhibaatada ka haysto. Yoolka wadaagistan waa in la gaaro heshiis guud oo ah waxa ay dhibaatadu tahay. Waxay sida ugu wanaagsan u shaqeysaa haddii dhibaatada loo arko sida wax la isla xallinayo, oo ma ahan dagaal lagu guuleysanayo. Badanaa, dhibaatada ayaa dib loo qeexaa ama xitaa la xalliyaa marka laga munaaqashoodo.

Tallaabada 2aad – Maskax-shiil ku Samee Xallalka Suuragalka ah

Si aad u hesho xalka ugu wanaagsan, tixgeli ikhtiyaaro badan oo suuragal ah. Mid ka mid ah hababka ugu wanaagsan ee tani loo sameeyo waa maskax-shiil. Haddii dhibaatadu ay ku lug leeyihiin dad kale, kuddar hannaanka maskax-shiilka. Si wadajir ah, ula imaada xallal badan intii suuragal ah. Xitaa fikradaha lala yaabo waxay noqon karaan miraha xal wanaagsan.

Waxyaabaha La Xusuusanayo

- Noqo qof hal-abuur leh marka aad ikhtiyaaro la imaanayso.
- Haku joogsanin dhowrka ikhtiyaar ee ugu horreeya – ka sii fikir.
- Ixtiraam fikradaha oo dhan. Waqtigan ma ahan waqtigii la qiimeyn lahaa.

Waxyaabaha laga Fogaanayo

- Ha isku soo koobin isticmaalka xallalka caadiga ah; ee hal-abuur yeello.
- Ha joojinin maskax-shiilka ka-dib hal ama laba ikhitiyaaro: tax intii suuragal ah.

Tallaabada 3aad – Xal Qaado, Qorshe Samee, Ka-dibna Samee!

Eego waxyaabaha uu iktiyaar kastaba ku fiican yahay ama ku xun yahay ka hor inta aadan go'aan gaarin. Qaado waxa aad u maleyso in uu yahay ikhtiyaarka ugu wanaagsan ka-dibna qorshee sida aad u sameyn doonto. Waxaa dhici karta in doorashada ugu wanaagsani in ay iska caddahay ama in ay dhici karto in aad go'aamiso xalka leh fursadda ugu wanaagsan ee dhibaato xallinta.

Xalka In La Isla Wada Doorto

Marka dhibaata xallinta ay ku lug leedahay dad kale, isku-raaca shuruudaha la adeegsan doonno si go'aan looga gaaro xalka la isku dayayo. Waxaa tani ka mid noqon kara in cod loo qaado oo aqlabiyadda loo oggolaado in ay maamusho, iyada oo la isku raacayo kooxda oo dhan in ay is-afgarad gaarto, ama qiimeynta fikrad kasta iyada oo lala eegayo liiska shuruudo degsan.

Xal/ikhtiyaar dooro kaas oo cadaalad, faa'iida u leh qof kasta, oo diiradda saaraya xalka ugu wanaagsan. Tani waxay kooxda ka caawin kartaa ka fogaanshaha tartanka rabitaannada halka qofka ugu xooggani uu guuleysto. Hubso qof walba in ay u caddahay tallaabooyinka ama falalka ay u baahan yihiin in ay ku dhaqaaqaan si ay dhibaatada u xalliyaan. Qof kasta waxaa loo baahan yahay in ay ka go'an tahay in uu falalkan ku dhaqaaqo.

Waxyaabaha La Xusuusanayo

- Dookhyada iyo baahiyada macmiilka ka dhig mudnaanta.
- Ka fikir kheyraadka aad hayso (waqtiga, lacagta, rabitaanka dadka kale, tamarta ku baxaysa si loo sameeyo).
- Ka fikir sida qorshaha iyo xalka uu u saameyn karo dadka kale.

Waxyaabaha laga Fogaanayo

- Ha dooranin xalka ugu fudud iyada oo sabab u ah in uu u baahan yahay dedaalka ugu yar.
- Ha iska indhotirin wax ka mid ah saameynta qorshaha iyo xalka.
- Haka gudbin tallaabooyinka marka aad qorshaha sameyso.

Tallaabada 4aad – Helidda jawaabcelin

Tallaabada kama dambeysta ah ee dhibaato xallinta waxay ku lug leedahay helidda jawaabcelin. Weyddii naftaada iyo dadka ku lugta leh sida xalku uu u shaqeynayo. Haddii isbeddelo loo baahan yahay in la gaaro, eeg ikhtiyaarrada maskax-shiilka oo iskuday xal kale. Ha u qaadan in dhibaatadu had iyo jeer xal laga gaari doonno marka qorshaha la dhaqangeliyo.

Soo koobid

Xirfadaha war-isgaarsiinta ama wadahadalka wanaagsan waxay aasaasi u yihiin bixinta daryeel habboon, oo tayo sare leh. Kaaliyaha Daryeelka Guriga ahaan, waa in aad awoodo in aad kula dhaqanto macaamiisha, qoyska, iyo xubnaha kooxda daryeelka si garasho iyo ixtiraam leh. Waa in aad u fiirsataa jir ka hadalka oo aad hubisaa in qofba qofka kale uu fahmo. Waxaa jiri doonnao maalmo xun iyo maalmo wanaagsan, waxaanna loo baahan doonnaa in aad debecsanaato oo aad xaaladda la qabsato. Xusuusnow in aad naftaada daryeesho, oo aad ku faanto shaqada aad qabato, iyo in aad caawimo weyddiisato marka aad u baahan tahay.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Qor lambarada bogga ee aad jawaabta ka heshay.

1. Waa maxay qeexidda awood garasho?

2. Waa immisa Furayaasha Dhageysiga Firfircoon ee jira? Saddex ka mid ah sharrax.

3. Bixi saddex tusaale oo ah war-isgaarsiinta aan hadalka ahayn ee muujiya xanuun ama jahwareer.

4. Waa maxay saddex siyaabood oo lagu xaqiijin karo in macmiilku uu si sax ah kuu fahmey?

5. Waa maxay farqiga u dhaxeeya ka falnaq iyo wax ka qabasho?

6. Waa maxay afarta tallaabo ee dhibaato xallinta wax-ku-oolka ah?

Casharka 2aad Ka Gudubka Caqabadaha

Ujeeddooyinka Barashada

Ka-dib marka uu casharkan dhammeeyo, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado astaamaha caamka ah ee lala xiriirinayo maqal la'aanta;
2. Aqoonsado astaamaha maqal la'aanta ama isbeddellada xaaladda marka laga eego halka wax laga bilaabey;
3. Xusuusnaado goorta iyo cidda loo sheego marka awoodda maqalka ee macmiilka ay isbeddesho;
4. Isticmaalo istiraatiijiyadaha lagula hadlayo macmiilka la kulmaya maqal la'aanta; iyo
5. Isticmaalo istiraatiijiyadaha looga gudbayo dhibaatooyinka war-isgaarsiinta;

Ereyada Muhiimka ah

Halka Wax Laga Bilaabey: xaaladda caadiga ah ee macmiilka iyo heerka awoodda (jirka, dareenka, dhimirka, hab-dhaqanka iyo bulshada)

Naafonimo: iin ama curyaanimo u baahan wax-ka-beddelka ama caawimaadda hawl ama shaqo. Naafonimadu waxay noqon kartaa mid joogto ah iyo mid aan joogto ahayn.

Xanuun: xaalad caafimaad oo keenta naafonimo maskaxeed ama mid jireed.

Maqal Lumin: hoos u dhaca awoodda maqalka codadka; dhegoolenimo.

Curyaanimo: xaalad aan caadiga ahayn, luminta guud ahaan ama qayb ahaan, ama luminta shaqada qayb jirka ka mid ah, unug, ama habdhis.



Guudmarka

Macaamiisha qaarkood waxay la nool yihiin xaalado war-isgaarsiinta ka dhiga mid adag. Daryeele muddo-dheer ahaan, qayb ka mid ah mas'uuliyadaada waa la socoshada isbeddellada ku yimaada xaalad iyo ka warbixintooda. Sidaa daraadeed, waxaad u baahan tahay in aad aqoon u leedahay xaaladahan caamka ah. Waxaa intaa dheer, fahamka xaaladahan in ay kuu diyaarinayso in aad la hadasho macaamiisha qaba ama in aad horumariso.

Liidashada ama Luminta Maqalka

Sida laga soo xigtay cilmi-baarayaal, ku dhowaan boqolkiiba 25 ee dadka ay da'doodu u dhaxeyso 65 ilaa 74 iyo boqolkiiba 50 ee kuwa da'doodu tahay 75 iyo kuwa ka weyn waxay leeyihiin maqal lumin ama maqal la'aan naafo ka dhigaya. Daraasado ayaa la xiriirinaya lumintan maqalka dhibaatooyin socod, kufid, iyo ka soocnaanta bulshada. Tani waxay aad muhiim uga dhigeysaa daryeelayaasha in ay aqoonsadaan goorta macmiilka uu la kulmi karo luminta maqalka wuxuunna u baahan karaa qiimeyn xirfadeed.

Tilmaamaha Ka-warbixinta

Si aad si wax-ku-ool ah ugaga warbixiso xaaladda macmiilka, u fiirso awoodooda garasho iyo midda jireed ka-dibna barbardhig halka wax laga bilaabey. Ilaha wanaagsan ee macluumaadka halka wax laga bilaabey waxaa ka mid ah macmiilka, qorshahooda adeegga, iyo kooxda daryeelka inteeda kale. Waa in aad diiwaagelisaa oo aad ka warbixisaa marka aad aragto isbeddelo kasta ee ku yimaada xaaladda macmiilka. Waa in aad soo sheegtaa marka macmiilku ay la soo deristo dhibaato cusub ama uu leehaya baahiyada daryeel shakhsiyeed ee aanan la haqabtirin ama lagu diiwaangelin qorshaha adeegga. Haddii aad rabto macluumaad dheeraad ah oo ku saabsan diiwaangelinta iyo ka-warbixinta, ka eeg Cutubka 5aad: Daryeelahae bogga 86aad.



Astaamaha Suuragalka ah ee Maqal Luminta ama Isbeddelka Xaaladda marka laga eego Halka Wax Laga Bilaabey

Dadka la kulmaya luminta maqalka waxay sameyn karaan kuwan soo socda.

- Waxay kordhiyaan heerka maqalka ee aaladaha fiidiyowga/maqalka
- Waxay soo sheegaan in ay dhawaaq dhegaha ka maqlaan
- Si xooggan ayay u hadlaan
- Waxay noqdaan kuwo aan dhawaaqa ka jawaabin
- Ma awoodaan in codkaaga maqlaan, ama waxay dhibaato ku qabaan in maqlaan dhawaaqyada dhaadheer
- Ma awoodaan in ay kala saaraan dhawaaqa leh qaylo gadaal ka yeeraysa, ama marka ay laba qof halmar wada hadlayaan
- In uu si khalad ah u fahmo hadallada, gaar ahaan haddii dhaqdhaqaaqa dhib ku qabo, t.a., aan awoodin in uu u jeesto dhanka hadlaha isaga oo ku fadhiya gaariga dadka naafada ah
- Uga baahan qofka hadlaya in uu dhowr jeer hal wax ku celceliyo
- Wuxuu qofka hadlaya weyddiistaa in uu u hadlo si tartiib ah, cad oo dheer
- Wuxuu u dhaqmaa in uu dadka ka goostey
- Wuxuu seegaa qayb ka mid ah ama ereyada oo dhan
- Keliya iska dhiga in uu fahmey marka lala hadlo
- Aan awoodin in uu maqlo qofka telefoonka ka soo wacey
- Seega digniinaha, sida saacadda jikada
- Aan awoodin in uu maqlo qof kale oo qol kale ku jira
- Ku dhibtooda in uu la socdo waxa la yiri
- Sheega wacitaanno telefoon oo uu seegay
- Aan maqlin dadka albaabka soo garaacaya

Xallinta Dhibaatada Liidashada ama Luminta Maqalka

Marka adiga ama macmiilka aad oggaataan astaamaha daciifnimada ama luminta maqalka, waxaa jira dhowr waxyaabood oo aad sameyn karto si aad u caawiso.

- Ogow haddii macmiilka uu xirto maqal kaaliye – eeg si aad u aragto in ay shidan tahay, nadiif tahay, shaqeynayso, iyo in ay beytariyo leedahay.
- Dib-u-eegis ku samee qorshaha adeegga si aad wax uga oggaato luminta ku meelgaar ah ama luminta joogtada ah ee maqalka macmiilka.
- Eeg goortii ugu dambeysay ee uu macmiilku baarey adeeg-bixiye caafimaad. Macmiilka kala munaaqashoo haddii ay jeclaan lahaayeen in loo qabanqaabiyo baaritaanka adeeg bixiye caafimaad (t.a., dhakhtarka daryeelka aasaasiga, dhakhtarka maqalka). Iyada oo ku xiran deegaankaaga shaqo, waxaa jiri kara siyaabo kala duwan oo loo qabanqaabiyo baaritaanka bixiyaha caafimaadka.
- Waxyaabaha aad aragtey kala munaaqashoo macmiilka iyo kooxdiisa daryeelka.

Ka Caawinka Macaashiisha Liidashada ama Luminta Maqalka

- Isticmaal tiknoolajiyadda dadka caawisa maqalka sida qalabka kaaliya maqalka (kuwani waxay u oggolaanayaan wax-ku-oolnimo dhererka cuddada gacanta gaaraya ee deegaamada buuqa badan).
- U tilmaan macmiilka qoraallada ku hoos qoran telefoonnada, telefishanka.
- Tartiibi wada-sheekaysiga oo diirradda saar hal mowduuc waqtigiiba.
- Aqoonso codadka gadaal ka yeeraya, oo macmiilka la shaqee si aad u yareyso ama aad meesha uga saarto mashquulinta.
- Ku dhiirrigeli macmiilka in uu dadka kale ka codsado in ay wax ka beddelaan hab-dhaqanka (t.a., in uu dadka hadlaya weyddiiso in ay dhankiis u soo jeestaan).

La-hadalka Macmiilka uu Maqalka Ku Adag yahay

- Hadal ahaan ama taabasho ahaan u soo jiido dareenka macmiilka (t.a., si tartiib ah qofka uga taabo garabka ama gacanta).
- Si toos ah ugu jeeso macmiilka oo gacmahaaga ka dheeree wejigaaga. Hubso in uu jirro iftiin dad ku filan si macmiilka ay ugu fududaato in uu wejigaaga arko.
- Si tartiib ah u hadal oo si taxaddar leh u dhis ereyaada.
- Isticmaal jumlado fudud, oo gaaban.
- Inta ugu badan ee suuragal ah yaree qaylada mashquulinta iyo qaylada badan ee gadaal ka yeeraysa.
- Isticmaal baaqyo iyo muuqaallada wejiga oo kaa caawinaya in aad naftaada sharraxdo.
- Eeg si aad u hubiso in macmiilka uu fahmey waxa aad sheegtay ka hor inta uusan horey ugu socon.
- Iska-ilaali in aad xanjo ruugto, ama in ay afkaagu wax ku jiraan marka aad hadleyso.

Macluumaad Dheeraad ah oo ku saabsan Tiknoolajiyadda Dadka Ka Caawisa Maqalka

Sida bixiyaha daryeelka muddada-dheer ahaan, waxaad u baahan tahay in aad oggaato xaqiiqooyinka ku saabsan qalabka kaaliya maqalka iyo kheyraadyada la heli karo. Ka eeg Luminta Maqalka gudaha Diiwaanka Kheyraadka ee bogga 336aad si aad u hesho macluumaad dheeraad ah.



Ka-gudbidda Dhibaatooyinka War-Isgaarsiinta

Dhibaatooyinka war-isgaarsiinta ayaa waxaa keeni kara arrimo badan, oo ay ku jiraan xanuuno xaaladeed, dhaawac, ama cudur. Kuwani waxay war-isgaarsiinta iyo fahamkaba ka dhigaan kuwa ku adag macmiilka iyo daryeelaha.

Si aad uga caawiso macmiilka in uu caqabadahan ka gudbo, waa in aad yeelataa dulqaad, debecsanaan, oo aadna isticmaashaa dhammaan xirfadahaaga wanaagsan ee war-isgaarsiinta ama wadahadalka. Shaqadaada u qabso si ixtiraam iyo garasho leh oo xusuusnow in macmiilka uu sameynayo inta karaankiisa ah ee uu awoodo.

Hadalka oo Dad Ku Adkaada

Waxaa jira xaalado badan oo hadalka ka dhigo mid adag ama aan macquul ahayn. Iskuday kuwan soo socda.

- Yaree mashquulinta iyo qaylada badan ee gadaal ka yeeraysa.
- Su'aalaha u weyddii qaab macmiilka u oggolaaneysa in uu ugu jawaabo hal erey, baaqyo gacmeed, ama madax lulid.
- Sii doorashooyin cad, laakiinse ha siinin kala doorashooyin badan.
- Sii waqtoi badan oo ay ku fikiraan kuna fahmaan.
- Daawo faruurahooda iyo baaqyadooda si ay kaaga caawiyaan in aad fahamto farriintooda.
- Dulqaad yeelo. Haddii aadan fahmin, mar kale weyddii.
- Tilmaamaha muuqaalka ah waa kuwo waxtar leh. Isticmaal sawirro ama kaabayaal. Wado waraaq iyo qallin-qori.
- Xaddid dhererka wada-sheekaysigaaga si macmiilka uusan u daalin.
- Haddii macmiilku uu niyadjabo, tixgeli in aad u beddelato waxqabad kale.
- Ha iska dhigin in aad fahmeyso.

Ka eeg Qalabka War-isgaarsiinta gudaha Diiwaanka Kheyraadka ee bogga 309aad si aad u hesho siyaabaha looga gudbo caqabadan oo faahfaahsan.



Liidashada Garashada

Liidashada garashada waxay saameyn kartaa awoodda aan ku direyno, ku helayno, oo aan ku fahmeyno farriimaha. Waa in aad ka taxaddartaa waxa aad kula hadleyso iyo sida aad ula hadasho qofka la kulmaya liidasho garasho. Waxay dareemi karaan isku buuqsanaan, xanaaq, walaac, hoos u dhaca isku kalsoonaanta, iyo niyadjab.

- Si toos tartiib ah u hadal adiga oo isticmaalaya cod deggan, debecsan oo hooseeya.
- Marba hal su'aal weyddii kana sug jawaabta. Ku celi su'aalaha haddii loo baahdo.
- Isticmaal oraahyo iyo bayaanno kooban, oowanaagsan. Ku celinta macluumaadka ayaa waxtar yeellan karta.
- Isticmaal tilmaamo fudud, hal-tallaabo ah.
- Muuji sida hawsha loo qabto marka laga soo tago sharxidda.
- Bixi tilmaamo ka caawinaya kala-guurka (t.a., "Shan daqiiqo gudahooda, waxaan aadi doonnaa qado").
- Macluumaadka ku xooji sawirro ama waxyaabo kale oo muuqda.
- Macmiilka ka qaybgeli wada-sheekaysiyada iyaga ku saabsan, haddii ay habboon tahay. Marna ha u hadlin sida in macmiilka uusan halkaa joogin.
- Xusuusnow, qofka ay garashadiisu xaddidan tahay in uu badanaa u nugul yahay jir ka hadalka iyo mowjadda codka. Xakamee dareennadaada aan wanaagsaneyn.

Xusuus dhumin (Dementia)

Xusuus dhuminta waxaa keena cudur, dhaawac, ama jiro waxyeellaysa unugyada maskaxda. Inta ay xusuus dhuminta sii kobceysa, war-isgaarsiinta ama hadalka ayaa noqdan mid adag.

- Qofka waxaa laga yaabaa in uusan ku xusuusan. U sheeg cidda aad tahay waqti kasta ee aad u dhowaato. Xirashada calaamad magac ku qoran ayaa caawin karta qofka caawimaadda yar ugu baahan xusuusashada magacaaga.
- Waxaa laga yaabaa in aysan garaneyn halka ay joogaan ama qaybta noloshooda ee ay ku jiraan. Ka fogaaw in aad waqtiga xusto (dheh “Waxaa la joogaa waqtigii wax la cuni lahaa” beddelkii “Waa 8 saac.) Wada-sheekaysigaaga diiradda ku saar xaqiiqdooda. Dib ugu jihaynta xaqiiqdaada waxay keeni kartaa jahwareer, aamin-darro, iyo xanaaq badan oo suuragal ah.
- Waxay dad u sheegi karaan sheeko isku mid ah ama waxay marar badan dad weyddiin karaan su'aal isku mid ah. Dulqaad yeelo.
- Iyaga tusi in aad dhageysaneyso. Isdeji, diiradda saar, oo muuji walaac iyo taageero.
- Fiiro gaar ah u yeello shucuurta iyo dareennada qofka. Isticmaal dareennadaada si aad u fahamto waxa uu qofku soo gudbinayo.
- Qofka qaba xusuus dhuminta wuxuu si aad ah ugu nugul yahay dareenka, shucuurta, iyo war-isgaarsiinta aan hadalka ahayn. Fiiro gaar ah u yeello war-isgaarsiintaada aan hadalka ahayn. Ka taxaddar waxa aad sheegto, iyo sida aad u sheegto.
- Isticmaal mowjadda codka oo saaxiibnimo leh kana fogaaw in aad codkaaga kor u qaado. Noqo qof naxariis leh, dhoola-cadeeya, oo wanaag muujiya.
- Si tartiib ah oo cad u hadal. Weyddii su'aalaha "haa" ama "maya". Sii waqti ay kugu weyddiiyaan su'aalo una jawaab.
- Qofka waxaa laga yaabaa in uusan fahmin wax kasta oo la sheegay, laakiinse waa muhiim in la ilaaliyo sharaftooda iyo isku kalsoonaantooda.
- Hubso deegaanka in uu deggan yahay, raaxo leeyahay, iyo in uusan buuq lahayn.



Daawaca Maskaxda ee Qarracan

Dhaawaca soo gaara maskaxda ayaa saameeya xirfadaha war-isgaasiinta ama wadahadalka. Ma jiraan laba dhaawac maskaxeed oo isku mid ah, caqabadaha war-isgaarsiintana waxaa laga yaabaa in ay kala duwan yihiin. Dhibaatada ugu badan ee ay wajahaan shakhsiyaadka qaba dhaawaca maskaxda waa war-isgaarsiinta bulshada. Tani waxay u horseedi kartaa dhibaatooyinka dhisidda iyo joogteynta xirirrada iyo in ay si wax-ku-ool ah ula hadlaan daryeelayaasha.

- Si cad u hadal. Waxaa laga yaabaa in aysan fahmin jir ka hadalkaaga iyo muuqaalka wejigaaga. Si toos ah oo cad ugu sharrax dareennadaada.
- Sii waqti ay ku fikiraan oo ay ku habeeyaan fikradahooda.
- Hubso in farriintaada la fahmey. Ku dhiirrigeli in ay su'aalo ku weyddiiyaan si aad ugu kala cadeyso.
- Dhibbanayaasha qaarkood ee dhaawaca maskaxda ee qarracan waxay dhibaato ku qabaan in marba qof tookadiisa hadalka qaato. Si edeb leh u farogeli ka-dibna weyddiiso fursad aad ku hadasho.
- Hubso in aad fahamto farriintooda. Weyddii in ay hadalkooda ku celiyaan haddii aadan fahmin.

Dhibbanayaasha qaar waxaa ku adkaan karta isticmaalka war-isgaarsiinta aan hadalka ahayn ama waxaa laga yaabaa in aysan ka warqabin sida ficiladooda dhabta ah ay dadka kale u saameeyaan. Ha isku halleynin jir ka hadalka, oo si toos ah u weyddii waxa uu qofku dareemayo. Si edeb leh qofka u weyddii in uu wax ka beddelo hab-dhaqankiisa muuqda haddii ay lagama maarmaan tahay.

Naafonimo

Naafonimadu waa xaalad kasta ee jirka ah ama dhimirka ee wax-ka-beddel ama caawimaad ugu baahan hawlaha qaarkood. Waxaa jira naafonimo noocyo badan ah, baahiyada iyo waayo-aragnimada qof kastaba waa mid gaar ah.

- Ula dhaqan qofka sidii aad ula dhaqmi lahayd qof kale oo weyn.
- Haka cabsan in aad su'aalo weyddiiso marka aadan hubin waxa la sameynayo.
- Naftaada un ahaaw. Isticmaal mowjadda caadiga ah ee codka iyo baaqyada jirka. Isdeji. Haka xishoon haddii ay dhacdo in aad adeegsato tibaaxaha caadiga ah sida "Ma dooneysaa in aad soo socoto," ama "Waxaan jeclaan lahaa in aad aragto?" taasi waxay la xiriiri kartaa naafonimada qofka.
- Si kibir ka muuqata ha ula hadlin qof naafada ah. Qiimee xawaaraha, adkaanta, iyo erey-bixinta hadalkaaga marka loo eego kooda.
- Haddii aad dhibaato ku qabto in aad fahamto, madaxa ha lulin oo ha iska dhigin in aad fahamtey. Qofka weyddii in uu ku soo celiyo waxa uu sheegay. Haddii, marka aad iskudaydo ka-dib, oo aadan weli fahmin qofka, weyddii in uu qoro ama uu helo hab kale uu wadahadal.
- Ha u qaadanin in qofka maadaama uu yahay naafo, in uu caawimaad u baahan yahay. Habka ugu dhaqsiyaha badan ee lagu oggaan karo haddii qofka uu caawimaad u baahan yahay waa in la weyddiiyo. Haddii ay doonayaan in la caawiyo, weyddii sida ka hor inta aadan tallaabo qaadin.
- La hadal oo si toos ah su'aalaha u weyddii qofka naafada ah, ee ha weyddiin qof kale oo laga yaabo in uu qofka la socdo.
- Marka aad tilmaameyso naafonimada qof, ka taxaddar luuqadda aad adeegsaneysa. Dheh "qof naafonimo leh" beddelkii "qof naafo ah."
- Haddii wada-sheekaysi uu soconaya in ka badan dhowr daqiiqo oo qofkuna uu u baahan yahay in uu fadhiisto ama isticmaalo gaariga dadka naafada ah, fadhiiso ama jilbaha dhulka dhigo si aad ula hadasho adiga oo ku aaddan heerka isha qofka.

La Shaqeynta Turjumaanno

Kaaliyayaasha Daryeelka Guriga waxay u baahan karaan in ay macmiilka la hadlaan iyaga oo turjumaan adeegsanaya. Talooyinkan soo socda ayaa gacan ka geysanaya in ixtiraam loo muujiyo macmiilka.

- Ku hadal heerka iyo mowjadda codka ee caadiga ah.
- Ku hadal oraahyo gaagaaban ka-dib joogso si aad waqti u siiyo turjumaanka in uu u tarjumo.
- Si toos ah ula hadal macmiilka adiga oo adeegsanaya oraahyo sida "Sidee dareemaysaa?" beddelkii aad turjumaanka weyddiin lahayd “Sidee ayay dareemaysaa?”
- Macmiilka eeg marka aad hadleyso, ee ha eegin turjumaana.
- Ugu jawaab macmiilkaaga jir ka hadalkaaga.



Soo koobid

Liidashooyinka maqalka iyo shaqooyinka kale ee jirka ayaa aad u adkayn kara war-isgaarsiinta hadalka ah iyo tan aan hadalka ahayn. Daryeele ahaan, waa mas'uuliyadaada in aad oggaato oo aad raacdo siyaasadda dokumentiyada ee goobtaada. Marka aad adeegsado istiraatiijiyadaha war-isgaarsiinta wax-ku-oolka ah ee loogu talagalay xaalado gaar ah, waxaad kor u qaadi doontaa xiriirka aad la leedahay shakhsiyaadka aad daryeesho. Qof walba wuxuu mudan yahay in loola hadlo si cad, ixtiraam leh iyada oo aan qofka la xukmin. Isticmaal xirfadahaaga naxariista iyo garashada dareenka oo diyaar u ahaw in aad maqasho waxa uu qofku sheegayo.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Qor lambarada bogga ee aad jawaabta ka heshay.

1. Waa maxay isbeddelka halka wax laga bilaabey?

2. Bixi afarta astaamood ee liidashada ama luminta maqalka ee macquulka ah.

3. Maxaad sameynaysaa haddii aad dareento liidashada ama luminta maqalka?

4. Halkee adiga iyo/ama macmiilka ka heli kartaan macluumaad badan oo ku saabsan tiknoolajiyadda dadka ka caawisa maqalka?

5. Bixi saddex istiraatiijiyadood oo loogu talagalay war-isgaarsiinta wanaagsan ee qofka la nool xanuunka xususs luminta.

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Waa maxay faa'iidooyinka laga dheefayo isticmaalka xirfadaha dhageysiga firfircoon?
   a. Dhageysiga firfircoon wuxuu naga caawiyaa fahamka.
   b. Dhageysiga firfircoon wuxuu xiriirkeenna shakhsiyadeed ka dhigaa mid xooggan.
   c. Dhageysiga firfircoon waa ixtiraam.
   d. Dhammaan kuwa kor ku xusan

2. Waxaad ku gudbisaa wax walba ereyada aad ku hadasho.
   ❑ Run ❑ Been

3. Macmiilka ayaa xanaaqsan, oo ma hubtid in aad fahamtey waxa uu kuu sheegayo. Waa in aad:
   a. Iska dhaaf. Haddii ay muhiim tahay mar kale ayuu imaan doonnaa.
   b. Dib u sheeg fikradahooda aasaasiga ah adiga oo adeegsanaya ereyadaada si aad u tijaabiso fahamkaaga.
   c. U sheeg in aadan dhageysan doonnin ilaa ay iska dejiyaan.

4. Marka aad hab-dhaqanno adag kala kulanto dadka kale, waxaa aad u wanaagsan in aad:
   a. Uga falnaqdo si isku mid ah.
   b. Isdejiso oo aad isku dheellitirnaato.
   c. Is-difaacdo oo aad dib ula dagaalanto.

5. Waa maxay tallaabo koowaad ee dhibaato xallinta wax-ku-oolka ah?
   a Maskax-shiil ku sameynta xallalka.
   b. Hubsashada in aad fahamsan tahay sababta keentay dhibaatada.
   c. Iskudayidda xalka koowaad ee aad ka fikireyso.

6. Qayb ka mid ah shaqadaada sida Kaaliye Daryeel Guri ahaan waa in aad ogsoonaataa astaamaha liidashada ama luminta maqalka.
   ❑ Run ❑ Been

7. Dadka badankooda waxay dareemaan marka maqalkooda uu sii xumaado.
   ❑ Run ❑ Been

8. Haddii aad dareento astaamaha liidashada ama luminta maqalka, waa in aad u soo sheegtaa macmiilka iyo kooxdooda daryeelka.
   ❑ Run ❑ Been

9. Waxaa jira noocyo badan oo ah dhibaatooyinka war-isgaarsiinta, laakiinse xirfadaha dhageysiga firfircoon ee wanaagsan ayaa had iyo jeer dad caawiya.
   ❑ Run ❑ Been

1. D, 2. Been, 3. B, 4. B, 5. B, 6. Run, 7. Been, 8. Run, 9. Run

Xaaladda La Hal-abuurey ee Cutubka

Marwo Jones waa macmiil 78 sano jir ah oo qabta xanuunka Xusuus Luminta iyo Xanuunka Raagey ee Laabta Cufan (COPD). Waxaa ku adag in ay fahamto sababta ay ugu baahan tahay in ay isticmaasho haanteeda ogsijiinta waxayna dhowr jeer maalintii iska saartaa tubbooyinkeeda. Caadi ahaan waxay la shaqeysaa daryeelayaasha marka ay dib ugu xiraan tuubbooyinka. Maanta, markii Michael, oo ah daryeele kale oo ka shaqeeya xarunta xannaaneynta waayeelka iyo naafada uu u baxay in uu caawiyo, dhanka kale ayay ka eegtay, way ooysey iyada oo ku qaylinaysa in aysan dooneyn in uu akteeda yimaado.

Fahamidda dhibaatada

Waxaa kuu keenaya in aad ka fikirto in ay dhibaato jirto? Xusuusnow in aad ka fikirto:

- maxaa dhacaya
- goormee ayay dhacayaan
- yay la dhacayaan
- maxay tahay sababta ay u dhacayaan

Hal jumlad, ku qeex waxa aad u maleynayso in ay tahay dhibaatada u baahan in la xalliyo.



Cutubka 4aad: Macaamiisha iyo Xuquuqahooda

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay adeegsan doonnaan istiraatiijiyadaha daryeelka uu qofku xuddunta u yahay si ay kor ugu qaadaan una ilaaliyaan xuquuqaha aadanaha iyo kuwa sharciga ah ee macmiilka.

Casharka 1-aad: Macmiilka

Casharka 2aad: Xuquuqaha Degganaha iyo Macmiilka

Casharka 1aad Macmiilka

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Sharraxo muhiimadda iyo saameynta uu u leeyahay daryeelka uu macmiilka xuddunta u yahay madax-bannaanida macmiilka, aaya-ka-talinta, iyo tayada nolosha;
2. Sharraxo doorka kooxda daryeelka iyo doorka shaqaalaha daryeelka muddada dheer ee kooxda daryeelka; iyo
3. Dib-u-xusuusto hadafka laga leeyahay qorshaha adeegga iyo sida loo abuuro oo wax looga beddelo.

Ereyada Muhiimka ah

Guriga Qoyska ee Qaangaarka (AFH): guri xaafadeed, degaan ah oo shati u haysta daryeelka laba ilaa lix qof (guryaha u qalma waxay codsan kartaa ilaa sideed qof).

Qiimeyn: soo ururinta macluumaadka lagu go'aaminayo daryeelka iyo adeegyada macmiilku u baahan yahay oo uu doonayo iyo sida iyo goorta ay doonayaan in caawimaadda loo fidiyo.

Xarunta Xannaaneynta Waayeelka iyo Naafada (ALF): xarun degaan ah oo weyn oo shati u haysata daryeelka toddobo qof ama ka badan.

Goobta daryeelka: halka uu macmiilka ku nool yahay sida guriga qoyska ee qaangaarka ah, xarunta xannaaneynta waayeelka iyo naafada, xarunta adeegyada la wanaajiyey, ama gurigooda ama abaarmankooda.

Kooxda daryeelka: qof walba oo macmiilka taageera, oo ay ka mid yihiin xirfadlayaasha, saaxiibada, qoyska, iyo macmiilka laf-ahaantiisa.

Xarunta adeegyada la wanaajiyey (ESF): xarumo degaan ah oo loogu talagalay ilaa lix-iyo-toban qof lehna hawlwadeenno gaar ah iyo adeegyo degdeg ah oo diirrada saaraya waxqabadyada hab-dhaqanka.

Naafonimo shaqo: xaalad jireed, garasho, dareen, ama dhimir oo ay sababeen cudur, naafonimada koritaanka, ama kiimiko ku-tiirsanaan kuwaas oo naafeeya awoodda shaqsiga uu si madax-bannaan ugu noolaanayo.



Aayo-ka-talin: awoodda uu qofku u leeyahay in uu xakameeyo waxa uu sameeyo iyo waxa ku dhacaya.

Qorshaha adeegga ama qorshaha daryeelka: hagaha ama khariidada daryeelka iyo adeegyada macmiilka doonayo una baahan yahay, oo ay ku jiraan sida iyo goorta ay adeegyadu tahay in la bixiyo iyo cidda bixin doonta. Xarunta xannaaneynta waayeelka iyo naafada, dokumentigan waxaa loogu yaqaannaa "heshiiska adeegga laga wada-xaajoodey."

Guudmarka

Daryeelka muddada-dheer ayaa dadka waaweyn ee naafonimo shaqo leh ka caawinaya in ay si madax-bannaan ugu noolaadaan gurigooda ama goob daryeel oo sida guriga oo kale ah. Daryeelka uu macmiilka xuddunta u yahay ayaa aasaasi u ah tayada nolosha iyo wanaagga. Kaaliyayaasha Daryeelka Guriga ayaa taageera doorashooyinka iyo aayo-ka-talinta macmiilka.

Macmiil kasta wuxuu u baahan yahay xaddiyo iyo noocyo kala duwan oo taageero ah. Qiimeynta ayaa tilmaameysa baahiyada gaarka ah ee macmiilka. Macmiilka iyo inta kale ee kooxdeeda daryeelka ayaa ka wada-hadala qorshaha adeegga ee hagaya daryeelka macmiilka. Kaaliyaha Daryeelka Guriga ayaa raacaya qorshaha adeegga macmiilka iyo dookhyo si uu u bixiyo daryeelka iyo taageerada habboon.

Dareen noocee ah ayaad dareemi lahayd haddii aad lumiso awooddii aad ku sameyn lahayd hawlaha aad sameyntooda ku raaxaysato?

Macaamiisha

In ka badan 70,000 oo dad waaweyn ah ayaa ku qaata taageerada iyo adeegyada daryeelka muddada-dheer gobolka Washington, iyada oo kuwa badan ay ku soo biirraan sannad walba. Dadkan sii kordhaya waxaa ka mid ah dad leh waayo-aragnimo nololeed, dhaqamo, isirro, luuqado, aqoonsiyo jinsi iyo awoodo kala duwan. Dadkan waaweyn waxay u baahan yihiin xoogaa caawimo ah iyada oo sabab u ah in caqabado shaqeyn, jireed, iyo/ama dhimir ay ka haysato in ay is-daryeelaan. Taageerada ay daryeelayaasha ka ehlaan ayaa ka caawisa in ay joogteeyaan heerkooda madax-bannaanida ee ugu sarreysa.

Erey-bixin: "Macmiil" ama "Deggane?"

Waaxda Adeegyada Caafimaadka iyo Bulshada ayaa marar badan u adeegsata ereyga "macmiil" dadka loo fiidiyo daryeelka muddada-dheer. Goobaha degaanka ah, sida guriga qoyska ee qaangaarka ah, xarunta xannaaneynta waayeelka iyo naafada, ama xarunta adeegyada la wanaajiyey, "deggane" ayaa inta badan la adeegsadaa.

Waxaad maqli kartaa ereyo kala sida "daryeel qaate," "adeeg ka-qaybgale," ama "adeegsade." Ereyada aad dooraneyso ayaa saameeya dadka aad taageerta iyo qoysaskooda. Weyddii waxa ay doorbidayaan oo isticmaal ereyga aadka ugu habboon goobtaada daryeelka.

Sidee ayuu ereyga aan dooraneyno u saameyn karaa dadka kale? Iskuday in aad jawaabtaada la xiriirriso waxa aad ku soo baratey Cutubka 2aad: Daryeelka uu Qofku Xuddunta u Yahay ee ku yaalla bogga 14aad

Goobaha Daryeelka

Dadka intaada badan waxay doorbidayaan in ay ku noolaadaan kuna gaboobaan guryahooda iyo bulshooyinkooda dhexdooda. Waxay doonayaan in ay u dhowaadaan qoysaskooda, saaxiibadooda, xayawaanadooda rabaayadda ah, iyo in ay ka qaybgalaan hawlo macno leh. Nooca goobta daryeelka ee uu macmiilka doorto waxay ku xiran tahay adeegyada iyo taageerada ay u baahan yihiin.

Macaamiisha waxay caawimaad ka heli karaan Kaaliyayaasha Daryeelka Guriga iyaga oo joogo goobo badan oo kala duwan, oo ay ku jiraan:

- abaarmankooda ama gurigooda gaarka ah,
- guriga qoyska ee qaangaarka,,
- xarunta xannaaneynta waayeelka iyo naafada, ama
- xarunta adeegyada la wanaajiyey.



Kooxaha Daryeelka

Kaaliyaha Daryeelka Guriga ahaan, waxaad qayb ka tahay kooxda taageeraysa wanaagga macmiilka. Kooxdan sidoo kale waxaa ka mid ah macaamiisha laf-ahaantooda iyo qof kasta oo kale ee uu macmiilku doorto, sida:

- qaraabada macmiilka,
- saaxiibadiisa,
- dhakhaatiir,
- kalkaaliyayaal caafimaad,
- wakiilo rasmi ah,
- shaqaale bulsho, iyo
- maareeyayaasha kiiska.

Miyaad ka fikiri kartaa dad kale oo laga yaabo in ay qayb ka yihin kooxda daryeelka qof kale?

Kooxda daryeelka ayaa ka wada shaqeynaysa bixinta daryeelka uu qofku xuddunta u yahay oo ku saleysan doorashooyinka, awoodaha iyo yoolalka macmiilka.

Daryeelka iyo Doorashada Macmiilka

Meel kasta oo uu macmiilka ku nool yahayba, waxay leeyihin doorashooyin ku saabsan daryeelka iyo adeegyada ay qaataan. Xitaa macaamiisha leh xaaladaha garashada ee xaddida awoodda ay sida buuxda ugu hagayaan daryeelkooda waxay awoodi karaan in ay doorashooyinka qaarkood sameeyaan. Yoolka daryeelka muddada-dheer ee uu qofku xuddunta u yahay waa in la taageero madax-bannaanida macmiilka iyo in la ixtiraamo dookhyadooda.

Qorshayaasha Adeegga

Marka qofku uu bilaabo in uu qaato adeegyada daryeelka muddada dheer, qiimeyn ayaa go'aamineysa baahiyada iyo dookhyada. Maareeyaha kiiska ama kormeeraha ayaa la shaqeynaya macmiilka iyo kooxda daryeelka inteeda kale si ay u diyaariyaan qorshe adeeg (oo sidoo kale loo yaqaanno qorshaha daryeelka laga wada xaajoodey).

Qorshaha daryeelka waa sharraxaadda faahfaahsan ee baahiyada macmiilka iyo adeegyada ay heli doonnaan. Guud ahaan, qorshaha adeegga wuxuu tilmaamayaa:

1. Hawlaha uu macmiilku doonayo iyo baahiyada uu u baahan yahay in laga taageero;
2. Kumaa ku taageeri doonno hawl kasta; iyo
3. Sida iyo goorta macmiilka uu doonayo in hawsha la qabto.

Kooxda daryeelka waxay mas'uul ka tahay in ay waqtiga la socodsiiso qorshaha adeegga macmiilka. Baahiyada macmiilka ayaa muddo ka-dib isbeddeli karta, waxayna u baahan karaan taageero badan ama yar. Hal mas'uuliyad ee uu leeyahay Kaaliyaha Daryeelka Guriga waa in uu ugu warbixiyo isbeddeladan kooxda daryeelka inteeda kale.



Akhri warbixinta macmiilka ee hoose.

Waa maxay nooca adeegyada iyo taageerada ee uu shakhsi kasta u baahan karo?

Waa maxay tixgelinnada uu qofku xuddunta u yahay ee daryeelayaasha loo baahan yahay in ay ka warqabaan?



Jeff waa 33 sano jir wuxuunna gurigiisa kula nool yahay hooyadiisa.

Hooyadiisa waxay shaqeysaa maalmo, iyada oo Jeff uu guriga keligiisa joogo.

Jeff wuxuu qabaa Maskax-Suux wuxuunna adeegsadaa kursi matoor leh oo uu ku dhaqdhaqaaqo.

Wuxuu ka soo shaqeeyaa guriga wuxuunna jecel yahay hiwaayado badan.



Daisy waa 65 sano jir. Shiriigeeda oo 40 sano jir ah ayaa dhowaan dhintey, waxayna u guurtey guriga qoyska ee gaangaarka ah dhowr toddobaad ka hor.

Waxay la nooshahay xaddidaadyo jireed, waxayna u baahan tahay in laga caawiyo dhaqdhaqaaqa, gaar ahaan marka ay qubeyska aadeyso.

Daisy waa haweeney jinsigeeda beddeshay, waxayna doorbideysaa daryeelayaal haween ah in ay ka caawiyeen daryeelka shakhsiyeed.



Zainab waa 69 sano jir. Waxay xarunta xannaaneynta waayeelka iyo naafada ku noolayd muddo laba sano ah.

Waxay leedahay xusuus lumin sii kordheysa, taas oo u keenaysa in ay ilowdo halka ay joogto iyo cidda ay yihiin dadka la jooga.

Zainab waxay sidoo kale la nooshahay dhowr xaaladood oo daba-dheeraadey oo ay ku maareyso daawooyin ay maalin kastaba qaadato.



Bernard waa 80 sano jir. Sannadkii la soo dhaafey, waxaa uu ka jabey misigta iyo cududda gacanta markii uu kufey. Waxaa dhowaan laga soo wareejiyey guriga lagu kalkaaliyo waxaanna loo soo wareejiyay xarunta xannaaneynta waayeelka iyo naafada.

Tan iyo markaasi, Bernard waxaa uu la kulmayey niyadjab iyo walaac sii kordhaya.

Bernard waxaa uu la nool yahay xanuunka laamaha sambabbada, laakiise wuxuu doortey in uu sigaar sii cabbo. Bernard wuxuu doorbidayaa in uu Af-Isbaanish ku hadlo, laakiinse wuxuu sidoo kale ku hadlaa Af-Ingiriis.

Gaboobidda iyo Caafimaadka

Qof walbaba wuxuu dareemaa isbeddelo marka uu gaboobo. Dadka qaar ayaa isbeddelladan la kulmo waqti dhow marka dadka kale loo eego. Hiddo-sideyaasheenna, hab-nololeedkeenna, nafaqada, walbahaarka, jimicsiga, aragtida guud ee maskaxdeenna, caafimaadka hab-dhaqanka, deegaanka muuqda iyo cudurrada ayaa dhammaan saameeya sida aan u gabowno.

Eeg Habka Diyaarinta Cuntada Gaarka ah ee loogu talagalay Gaboobidda Caafimaadka leh ee ku yaalla Diiwaanka Kheyraadka ee bogga 277aad si aad u heho macluumaad dheeraad ah.

Fahamidda Hannaanka Gaboobidda

Waxaa jira isfahamdarro badan oo caam ah kuna saabsan hannaanka gaboobida dabiiciga ah. Tusaale ahaan, dadka qaar waxay aamini karaan in dhammaan dadka waaweyn ay yihiin dad:

- jirran/xanuunsan,
- kaligooda ah oo murugeysan,
- garasho ahaan hoos u dhacay,
- aan waxsoosaar lahayn,
- gebi ahaanba ku tiirsan dadka kale, iyo
- daciif ah ama debecsan.

Kuwan midkoodna sax uma ahan qof walba. Fahamkan khaladka ah wuxuu keeni karaa waxyeello haddii ay ka hortagaan qofka in uu helo daryeelka loo baahan yahay iyo/ama taageero. Tani waxay dhici kartaa marka daryeeleyaasha ay arki waayaan xaaladaha la daaweyn karo ayna u qaataan in ay yihiin natiijooyinka gaboobidda ee aanan laga fursan karin.

Waa maxay mala-awaalka kale ee ay dadka intoobad badan ka qaadaan dadka waaweyn?

Waa maxay qaar ka mid ah xaaladaha la daaweyn karo ee ay dadku la kulmaan marka ay qaboobayaan?

U fiirso xaaladaha u baahan in uu eego bixiyaha adeegga daryeelka caafimaadka ee macmiilka. Macmiilka ku dhiirrigeli in uu helo talo caafimaad oo xirfadeed marka ay u baahan yihiin. Diiwaangeli oo u soo sheeg walaacyo kasta ee aad ka qabi karto macmiilka qofka ku habboon ee jooga goobtaada daryeelka.



Isbeddellada Guud ee Jirka ee Lala Xiriirinayo Gaboobidda

In kastoo qof walba uu la kulmo isbeddello kala duwan marka uu gaboobo, waxaa jira xoogaa isbeddelo caam ah oo ay dad badani wadaagaan:

- **Awoodda Aragga:** luminta aragga (dhinac) dacal ama geesta ah iyo hoos u dhaca awoodda qoto-dheerida lagu go'aaminayo. Hoos u dhaca hufnaanta midabada (tusaale ahaan, midabyada budada ah iyo buluugga). Baahida iftiinka badan. Il-ku-gubidda oo adag in loo dulqaato.
- **Maqalka:** maqal luminta, gaar ahaan codadka dhawaaqyada dhaadheer. Hoos u dhaca awoodda lagu kala saarayo codadka marka uu jiro cod gadaal ka yeeraya oo ereyaduna ay noqdaan kuwo adag in la kala saaro.
- **Urta iyo dhadhanka:** hoos u dhaca awooda wax urinta iyo dhadhaminta.
- **Taabasho:** hoos u dhaca dareenka xanuunka, taabashada, iyo heerkulka xad-dhaafka ah.
- **Keliyaha iyo Kaadi-haysta:** kororka inta jeer ee la soo kaadiyo. Keliyaha iyo kaadi-haysta ayaa yaraada/shuuqa waxayna noqdaan kuwo aan waxtar badan lahayn.
- **Lafaha:** marka uu qofku gaaro ku dhowaad da'da 35, lafaha ayaa macdanta u lumiya si ka dhaqsiyo badan tan beddelkood la helo. Dhererka ayaa yaraan kara, lafaha ayaa daciifi kara waxaanna kordhi kara halista jabidda, qaabka uu qofku u istaago ama u fadhiisto ayaa ka sii dari kara.

- **Wadnaha:** wuxuu la sii weynaadaa da'da. si hufnaan yar ayuu u soo tuuraa dhiigga.
- **Sambabbada:** meel ku dhow da'da 20aad, ayay nudayaasha wadnaha waxay ku bilaabibaan in ay ku lumiyaan in ay jiidjiidmaan, murqaha feerahanna waxay bilaabaan in ay yaraadaan. Neefsashada ayaa yaraata waxaanna hoos u dhaca awoodda qufaca.
- **Murqaha:** badnaanta murqaha ayaa hoos u dhac ku yimaada, gaar ahaan marka ay jimicsi la'aan ay jirto.
- **Maqaarka:** maqaarka ayaa noqda mid dhuuban, qallalan oo laablaab badan leh. Si tartiib ah ayuu u bogsadaa.
- **Ciddiyaha:** si tartiib ah ayay u koraan oo ay u weynaadaan.
- **Dheef-shiidka:** faytamiinnada qaarkood si tartiib ah ayaa loo nuugaa, hab-dhiska dheefshiidka ayaa tartiibiya. Calool-fadhi ayaa dhibaato ku noqota qofka.
- **Hab-dhiska dareen-wadaha:** falnaqyada jirka ayaa gaabiya, iyaga oo aanan liiqliiqan cagaha kuma taagnaan karaan, waxaanna dhibaata ku noqoneysa kufid. Shakhsiyaadka waxaa laga yaabaa in ay waxyar oo inyar qoto-dheer in ay hurdaan waxayna marar badan soo toosayaan habeenkii.

Xaaladaha iyo Cudurrada Guud

Dadka waaweyn intooda badan waxay la nool yihiin hal ama in ka badan oo ah xaalado caafimaad oo daba-dheeraadey. Dadka waaweyn ee la nool cudurrada ama xaaladaha daba-dheeraadey, waxaa ku badan kuwan soo socda.

- Dhiig kar (Cadaadiska Dhiigga oo aad u Sarreeya)
- Stroke / Istaroog
- Kolestarool Badan ama Sarreeya
- Tuf
- Cudurka wadnaha
- Sonkorow
- Cudurka kelyaha ee daba-dheraada
- Hawlgabidda wadnaha
- Niyadjab
- Cudurka Dhimir-beelidda ama noocyada kale ee cudurka luminta xusuusta
- Xanuunka Laabta oo Cufan
- Arag daciifid

Cudurradan iyo xaaladahan, iyo sidoo kale jirrooyinka kale ee guud, ayaa waxay saameyn karaan dadka aad daryeelka u fidiso. Sidaa daraadeed, waxaa muhiim kuu ah in aad barato.

Ka eeg qaybta Xaaladaha iyo Cudurrada Guud ee ku taalla bogga 356aad si aad u hesho macluumaad badan oo ku saabsan tusaalooyinkan.

Xusuusta iyo Gaboobidda

Dadka intooda badan waxay xoogaa waayo-aragnimo ah u leeyihiin iloobidda magacyada, ballamaha, ama waxyaabaha qiimaha yar leh sida halka ay kaga soo tageen furayaashooda.

Xusuus luminta ayaa la duwan ilowga oo ma ahan qayb ka mid ah hannaanka gaboobidda. Xusuus luminta waxaa ka mid noqon kara:

- qofka in uusan awoodin xusuusashada dhacdooyin muhiim ah (t.a., aroosyada qoyska, dadka uu garanayo, ama goobo);
- iloowidda sida loo sameeyo hawlaha la garanayo (t.a. in albaabka uu fure ku furo);
- in uu oraahyo ama sheekooyin ugu soo celceliyo hal wada-sheekaysi; iyo
- qofka uu ku adag in uu wax kala doorto.

Xusuus lumintu waxay la xiriirtaa cudurrada qaarkood waxayna noqon kartaa mid joogto ah sida cudurka dhimir beelka. Xusuus lumintu waxay sidoo kale noqon kartaa mid aan joogto ahayn waxaanna keeni kara fuuq-bax, jirro, ka falnaqaa daawooyinka, niyadjabka, iyo/ama walbahaar.

Ka eeg Cudurka Xusuus Dhuminta Keenna ee ku jira Xaaladaha iyo Cudurrada Guud ee ku yaalla bogga 364aad si aad u hesho macluumaad ku saabsan cudurka xusuus dhuminta keenna iyo tarsaaska.



Soo koobid

Adeegyada daryeelka muddada-dheer ayaa dadka waaweyn ka caawiya joogteynta madax-bannaanidooda iyo tayada nolosha. Sida qayb ka mid ah kooxda daryeelka macmiilka, waxaad macmiilka siin doontaa taageerada ay u baahan yihiin. Daryeelka uu xuddunta u yahay macmiilka ee aad bixiso ayaa awood u siinaya macmiilka in uu ku noolaado sharaf iyo aayo-ka-talin.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay faa'iidooyinka laga dheefayo taageeridda madax-bannaanida macmiilka?

2. Kumaa dejiya qorshaha adeegga macmiilka?

3. Kumaa doorta xubnaha kooxda daryeelka macmiilka?

4. Goormee ayuu isbeddelayaa qorshaha adeegga macmiilka?

5. Xusuus luminta ma tahay qayb caadi ah oo ka mid ah hannaanka gaboobidda?

Casharka 2aad Xuquuqaha Degganaha iyo Macmiilka

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado xuquuaha aadanaha iyo kuwa sharciga ah ee macmiilka ee ay dhowraan shuruucda federaalka iyo kuwa gobolka;
2. Qaado tallaabo habboon oo kor loogu qaadayo laguna ilaalinayo xuquuqaha macmiilka uu u leeyahay sirta, sharaf, asturnaan, iyo deegaan aan juujuub lahayn; iyo
3. Dhiirrigeliyo oo uu taageero madax-bannaanida ugu badan ee macmiilka marka uu daryeelka bixinayo.

Ereyada Muhiimka ah

Xadgudub (RCW 74.34.020): falka ama fal la'aanta ula-kaca ah ee qofka u geysta dhaawac, xiridda aan macquulka ahayn, cabsi-gelin, ama ciqaabidda qofka weyn ee nugul, oo ay ku jiraan xadgudub galmo, xadgudub dhimir, xadgudub jireed, iyo dhiigmiirashada shakhsiyeed ee qofka nugul, iyo isticmaalka aanan habboonayn ee xannibidda ka dhanka ah qofka weyn ee nugul.

Dardaaranka horumarsan: dokumenti qoraal ah oo ay ku qoran yihiin rabitaannada ama dardaaranka qofka ee ku saabsan dayeelka caafimaad haddii ay dhacdo in aysan awoodin in ay go'aamo iyaga isu gaaraan.

Gargaarka Degdegga ah ee Dib Loogu Soo Celiyo Wadnaha iyo Neefsashada Istaagey (CPR): cadaadiska iyo hawo-siinta xabadka ee gacanta lagu sameeyo iyada oo la iskudayayo in dib loo soo celiyo shaqada wadnaha ee qofka.

Sir/Qarsoodi ah: macluumaad gaar ah, sir ah oo ay tahay in aanan dad lala wadaagin haddii uu lagama maarmaan u yahay daryeelka macmiilka mooyaane.

Cabasho: cabasho rasmi ah.

Mas'uul: waa qof ay maxkamaddu u oggolaatey in uu metelo ama uu qaato go'aamada ku jira danaha ugu wanaagsan ee macmiilka karti ama awood la'aanta ah.



Karti/Awood La'aan: aan awoodin in uu tallaabo qaado, sameeyo, ama uu soo gudbiyo go'aamo wanaagsan (sida, qof aan awoodin in uu gaaro go'aamada ku saabsan daryeelkooda.)

Cidlaynta khasabka ah: in qofka isaga oo raali ka ahayn in la cidleeyo, nooc xadgudub maskaxeed ah.

Qof difaaca xuquuqda macmiilka: qof u qareemeeya xuquuqaha macaamiisha ku jirta xarumaha daryeelka muddada dheer.

Juujuubka: shey ama hab lagu xayirayo dhaqdhaqaaqa ee loogu talagalay edbin ama ku habboonaan oo aan caafimaad ahaan loo baahnayn. Isticmaalka xannibaadda/juujuubka waa sharci-darro.

Qof weyn oo nugul (RCW 74.34.020): qof lixdan sano jir ah ama ka weyn kaas oo leh karti la'aan jireed, dhimir ama mid shaqo ee uu ku daryeelayo naftiisa ama nafteeda; ama loo arko in uu karti la'aan yahay iyada oo la raacayo cutubka 11.88 RCW; ama kaas oo leh naafonimada koritaanka sida lagu qeexay xeerka RCW 71A.10.020; ama la dhigay xarun kasta; ama qaadanaya adeegyo uu ka helay caafimaadka guriga, guri lagu xanneeneeyo bukaanka iyo waayeellada, ama hay'adaha daryeelka guriga shatiga haysta ama loo baahan yahay in ay shati haystaan sida ku cad cutubka 70.127 RCW; ama adeegyo ka helau adeeg bixiye shakhsi ah; ama kaas oo nafiisa hayaga daryeelkiisa ama daryeelkeeda kana hela adeegto kaaliye shakhsiyaad sida receiving services from an individual provider; cad cutubka 74.39 RCW.

Guudmarka

Tayada nolosha qofka waxay ku xiran tahay xorriyadda uu ku adeegsanayo xuquuqdiisa aadanaha. Qayb ka mid ah shaqadaada sida Kaaliye Daryeel Guri ahaan waa in aad ilaalisaa xuquuqaha dadka aad taageerto. Waxaa adkaan karta in la isku dheellitiro xuquuqaha macmiilka iyo ammaankiisa iyo wanaaggiisa. Waxaad u baahan tahay in aad fahamto xuquuqahooda iyo in aad barato siyaabaha habboon ee lagu taageerayo.

Maxaad ugu maleynaysaa in ay aad muhiim kuugu tahay ilaalinta xuquuqaha dadka waaweyn ee nugul?

Xuquuqaha Aasaasiga ah

Dhammaan dadka waxay leeyihiin xuquuqo aadane, madani iyo kuwo sharci iyada oo aan loo eegaynin wax cudur, naafonimo ama xaalad ah. Waxay ilaaliyaan xuquuqahooda marka ay soo galaan xarunta degaanka ah iyo/ama ay bilaabaan helidda adeegyada daryeelka ee muddada-dheer. Sharciyada federaalka iyo kuwa gobolka ayaa gaar ahaan ilaaliya xuquuqaha dadka waaweyn ee nugul.

Daryeelka uu qofku xuddunta u qahay ayaa kor u qaadaya xuquuqahan isaga oo siinaya kala doorasho iyo xakameyn qofka taageerada helaya. Marka la oggaado, kor loo qaado, oo la ilaaliyo xuquuqaha macmiilka, waxaad ka caawineysaa ilaalinta ammaanka, madax-bannaanida, is-ixtiraamka, iyo sharafta.

Ka-xorrowga Xadgudubka iyo Dayaca

Macaamiisha waxay xaq u leeyihiin in ay xadgudub la'aan noolaadaan. Waxaa ayaandarro ah, in dadka waaweyn ee nugul ay yihiin dhibbaneyaasha xadgudub. Sannad walba, Adeegyada Ilaalinta Dadka Waaweyn iyo hay'adaha sharci u hoggaansamidda xarumaha ayaa baara in ka badan 39,000 oo warbixinno xadgudub iyo dayac ah.

Kaaliye Daryeek Guri ahaan, waa in aad fahamtaa, aqoonsataa, soo sheegtaa oo ka hortagtaa xadgudubka. Eeg Cutubka 5aad, Casharka 2aad: Ka-warbixinta Khasabka ah iyo Ka-hortagga Saxariirinta ee ku yaalla bogga 101aad si aad u hesho xaqiiqooyinka ku saabsan xadgudubka iyo mas'uuliyadahaaga.

Aayo-Ka-Talin

Luminta guriga, shaqada, awoodda, shaqeynta, iyo/ama caafimaadka ayaa xaddidi karan dareenka qofka ee xorriyadda iyo madax-bannaanida. Wanaagga iyo tayada nolosha ee macmiilka ayaa waxay ku xiran tahay in ay sii wadaan go'aan qaadashada ku saabsan nolol maalmeedkooda.

Dhammaan macaamiisha waxay xaq u leeyihiin in ay kantaroolaan go'aamada noloshooda, oo ay ku jirto xaqa ay u leeyihiin:

- in ay jiheeyaan qorshahooda adeegga iyo isbeddellada qorshaha adeegga;
- in ay diidaan daaweynta, daawooyinka, ama adeegyada;
- doortaan waxqabadyadooda, jadwaladooda, dharkooda, iyo qaabka timahooda;
- in ay ka qaybgalaan waxqabadyadada diimeed, siyaasadeed, madani, madadaallo, iyo kuwa bulsheed;
- in ay go'aamiyaan cidda ay doonayaan in ay waqti la qaataan iyo goorta ay doonayaan;
- in ay go'aamiyaan waxa ay doonayaan in ay cunaan iyo goorta; iyo
- in ay diidaan qabashada adeegyada loogu talagalay dadka kale sida shaqo guri ama shaqada dayrka guriga.

Kaaliyayaasha Daryeelka Guriga ayaa taageera xuquuqahan iyaga oo oggaanaya dookhyada macmiilka iyo qaddarinta doorashooyinkooda. Waxaad dookhyada macmiilka ka baran kartaa qorshahooda adeegga iyo marka aad la hadasho.

Mararka qaarkood macmiilka ayaa sameyn kara doorasho aadan shakhsi ahaan ku raacsaneyn. Si kastaba ha ahaatee, haddii ay ku weyddiistaan wax aanan habboonayn ama ammaan ahayn mooyaane, waa in aad qaddarisaa oo aad raacdaa doorashooyinkooda.



Isku-dheellitirka Ammaanka iyo Xuquuqda Doorashada Macmiilka

Macaamiishu waxay xaq u leeyihiin in ay sameeyaan doorashooyin iga u gaar ah, xitaa haddii doorashooyinkaasi aysan ahayn kuwo ugu ammaansan ama ugu caafimaadqab badan. Tixgeli tusaalooyinkan:

Tusaalaha 1: Sasha waxay la nooshahay cudurka sonkorowga, waxayna dooneysaa in ay bac naanac ah ku qadeyso.

Tusaalaha 2: Dani ma qubeysan dhowr maalmood, sidoo kale ma dooneyso in ay maanta qubeysato.

Marka doorashada shakhsiyeed ee macmiilka ay caafimaad-darro tahay ama aysan ammaan u ahayn iyaga ama dadka kale, tallaabooyinkan raac:

1. Macmiilka u sharrax sababta aad u walaacsan tahay.
2. U soo bandhig waxyaabo kale oo ammaan ah oo ka soo bixi kara rabitaanka macmiilka iyada oo loo oggolaanayo in ay doorashada kama dambeysta ah gaaraan.
3. U soo sheeg walaacyadaada qofka ugu habboon ee jooga goobtaada daryeelka (dookha macmiilka ayaa lagu qori doonnaa qorshaha adeegga).
4. Diiwaangeli walaacyadaada, waxa aad sameysay, iyo cidda aad u sheegtay.

Sideed u raaci kartaa tilmaamahan si aad isugu dheellitirto doorashada iyo ammaanka ee tusaalooyinka Sasha iyo Dani?

Haddii aad ka walaacsan tahay in falalka macmiilka ay iyaga ama dadka kale gelin karaan halis degdeg ah, wac 911.

Xuquuqda uu Macmiilka u Leeyahay In uu Qaato Go'aamada Daryeelka Caafimaadka

Gobolka Washington, dhammaan dadka waaweyn waxay xaq u leeyihiin in ay qaataan go'aamadooda ku saabsan daryeelka caafimaad. Ka hor inta uusan daaweynta qaadan, macmiilka waa in uu fahmaa ujeeddada, faa'iidooyinka, waxyaabaha beddelka ah iyo halisaha suuragalka ah. Bixiyaha daryeelka caafimaadka ee macmiilka ayaa kuwan sharxaya. Ka-dibna, macmiilka ayaa go'aaminaya haddii ay daaweynta doonayaan iyo haddii kale. Hannaanka waxaa loo yaqaanna "Oggolaansho Xog-ogaal loo yahay."

Qorshaha adeegga macmiilka ayaa sharxaya adeegyada iyo daaweynta uu macmiilka oggolaadey in uu qaato. Haseyeeshee, macmiilka wuxuu xaq u leeyahay in uu oggolaado ama doorto in uusan qaadan wax daaweyn ah waqti kasta.

Xuquuqda Diidista Daaweynta

Macaamiishu waxay xaq u leeyihiin in ay diidaan daaweynta, daawooyinka, ama adeegyada waqti kasta. Cidna macmiilka kuma khasbi karto in uu sameeyo wax macmiilka uusan doonayn in uu sameeyo.

Haddii macmiilka uu diido daaweynta, daawooyinka, ama adeegyada, raac tilmaamaha isku dheellitirka doorashada iyo ammaanka (sharrax walaacyadaada, bixi beddel kale oo ammaan ah, soo sheeg, oo diiwaangeli).

Haddii aad rabto macluumaad dheeraad ah oo ku saabsan macmiilka oo doorta in uusan daawooyinka qaadan, ka eeg Cutubka 11aad, Casharka 2aad: Gargaarka Daawooyinka iyo Maamulka Daawooyinka ee ku yaalla bogga 245aad.

Deegaan Aan Juujuubka lahayn

Dadka oo dhan waxay xuquuq aadane iyo mid sharci ahba u leeyihiin in ay noolaadaan juujuub iyo cidlayn khasab ah la'aan. Juujuub jireed/aalad iyo kiimiko ku shaqeeya, iyo cidlaynta khasabka ah ayaa halis ah waxayna keeni karaan waxyeello halis ah. Waxaa jira waxyaabo kale oo ammaan ah oo beddeli kara juujuubka.

RCW 70.129.120 wuxuu dhigayaa in macmiilka uu xaq u leeyahay in uu xor ka ahaado juujuubka jireed iyo/ama kiimiko ee xarunta xannaaneynta waayeelka iyo naafada ama guriga qoyska ee qaangaarka.

WAC 388-76-10650 ilaa **388-76-10665** waxay dhigayaan xeerar gaar ah oo ku saabsan juujuubka guryaha qoyska ee qaangaarka.

WAC 388-107-0410 iyo **388-107-0420** waxay bixinayaan xeerar gaar ah oo ku saabsan isticmaalka juujuubka ee lagu adeegsado xarumaha adeegyada la wanaajiyey.

Juujuubka Jireed / Aaladeed

Wax kasta ee ka hortagga ama xaddida dhaqdhaqaaqa macmiilka ama gaarista jirkooda ee juujuubka jireed. Tusaalooyinka juujuubka jireed waxaa ka mid ah

- qoor-xir, suun, ama funaanad loo adeegsado in macmiilka looga celiyo in uu sariirta ama kursiga ka soo dego;
- dhar uusan macmiilka si madax-bannaan isaga saari karin (sida toob gadaal galuuso/badhammo ku leh si macmiilka looga celiyo in uu iska bixiyo);
- kursi isku laamba ama aan qofka ka dhicin, fadhi, ama sariir uusan macmiilka ka degi karin;
- xayn-daab sariireed oo aan si madax-bannaan hoos loogu dhigi karin ama loo adeegsado in macmiilka lagu hayo sariirta; ama
- "wax dhabta loogu xiro" qofka ku fadhiya gaariga dadka naafada ah.



Juujuubka kale ee jireed waxaa ka mid ah:

- in qofka gacantiisa hoos loo celiyo saga oo aan raalli ka ahayn;
- in qofka hab la siiyo si loo xaddido dhaqdhaqaaqiisa; ama
- qabashada gacmaha ama lugaha qofka si looga hortaggo in uu sariirta ka dego.



Juujuub Kiimiko

Juujuubka kiimiko waa daawooyinka xakameeya dareenka qofka hadka sida uu yahay, xaaladda dhimirka, ama hab-dhaqanka, laakiinse aan daaweyn xaaladaha caafimaad. Daawo ama maandooriye kasta (xitaa haddii uu dhakhtarka soo qoro) waxay noqon kartaa juujuub kiimiko haddii:

- qofka la siiyo mar aysan jirin astaamo ama tilmaamo muujinaya waxa loo adeegsado;
- qofka kuurooyin ama wax badan laga siiyo;
- qofka loo siiyo si ku habboon daryeelaha ama hawlwadeennada kaler; ama
- qofka la siiyo iyada oo aan jirin korjoogteyn ku filan ama habboon.

Cidlaynta Khasabka ah

Cidlaynta khasabka ah ama go'doominta waa marka qofka isaga oo aan raalli ka ahayn in meel gaar ah lagu xannibo. Tusaalooyinka cidlaynta khasabka ah waxaa ka mid ah balse aan ku xaddidnayn:

- in macmiilka lagu soo xiro qofkiisa; ama
- in macmiilka lagu khasbo in uu sariirta jiifo isaga oo aan raalli ka ahayn.



Marka Wax uu Juujuub Noqdo

Aaladaha caafimaadka, sida xargaha garabka lagu xirto ee gaariga dadka naafada ah, waxay gacan ka geysan karaan in ay macaamiisha ka ilaaliyaan in uu dhaawac soo gaaro. Haseyeeshee, waxay kaloo noqon karaan juujuub ama xannibaad haddii si khaldan loo adeegsado. Wax ayaa noqda juujuub ama xannibaad marka uu macaamiisha ka hor-istaago in ay adeegsadaan rabitaankooda ay xorta u yihiin. Tixgeli tusaalooyinkan:

Tusaalaha 1: Macmiilka wuxuu ku raaxaysanayaa in uu fariisto kursiga uu jecel yahay laakiinse ma awoodo in uu caawimaad la'aan ka soo kaco. Daryeelaha wuxuu la socdaa macmiilka waxaanna loo heli karaa in uu ka caawiyo macmiilka in uu kursiga ka soo kaco.

Tusaalaha 2: Daryeelaha ayaa ku dhaafa macmiilka kursiga isaga oo aan la kormeerayn, wuxuunna u baxayaa in uu qabto hawlo kale. Macmiilka ayaa ku xannibma kursiga, mana awoodo in uu ka soo kaco marka uu rabo.

Tusaalaha 1aad, kursiga ma ahan juujuub ama xannibaad. Daryeelaha ayaa diyaar u ah ama loo heli karaa in uu macmiilka ka caawiyo adeegsiga dookha xorriyadiisa. Tusaalaha 2aad, kursigu waa juujuub ama xannibaad jireed. Wuxuu macmiilka ka hor-istaagayaa in uu si xor ah u dhaqaaqo. Tani waxay waxyeello u geysaneysaa macmiilka, waxayna ku xadgudbeysaa xuquuqdiisa, waxaanna loo arkaa xadgudub.

Khataraha Juujuubka

Si ka soo horjeeda aaminsanaanta guud, juujuubka ama xannibaadaha:

- MA yareeyaan dhicidyada ama kama hortagaan dhaawacyada;
- KAMA dhigaan macaamiisha in ay dareemaan ammaan iyo ilaalin;
- KAMA hortagaan dacwadaha ama sheegashooyinka dayacdarrada; ama
- KAMA dhigaan dareel-bixinta mid aad u hufan oo ay in yar ay ka walwalaan hawlwadeennada.

Xaqiiqdii, xannibaadaha ama juujuubka waa khatar waxayna keenen waxyeello jireed iyo mid dareen, oo ay ku jiraan:

- kaadi isku celin la'an sii kordheysa iyo/ama calool-fadhi daba-dheeraadey;
- dhaawacyada cadaadiska iyo halisaha kale ee dhaqdhaqaaq la'aanta;
- dhaawaca ama dhimashada suuragalka ah ee ka imaaneysa macmiilka iskudayaya in uu ka baxo xannibaadda/juujuubka;
- kororka dareennada rajo la'aanta, cabsida, walaaca, argagax, niyadjab, xanaaq, iyo dullayn;
- isbeddellada hab-dhaqanka iyo dareenka qofka hadba sida uu yahay;
- hoos u dhaca xiriirka bulsho, luminta madax-bannaani;
- kororka carada iyo jahwareerka;
- siinta daroogo xad-dhaaf ah (in qofka uu waqti kasta xirnaado ama in uu dhaadhaco); iyo
- dawakhaad, kororka halista dhicidda/kufidda iyo jabka sinta ama misigta.

Waxyaabaha Beddeli Kara Juujuubka

Juujuubka ma ahan jawaabta dhibaatooyinka iyo hab-dhaqannada adag. Taa beddelkeeda, kooxda daryeelka waa in ay ka shaqeyso aqoonsiga sababaha kale ee keena arrinta. Ka-dibna, istiraatiijiyadaha daryeelka waa in ay wax ka qabtaan baahiyada shakhsi ee macmiilka iyada oo aanan la adeegsan xannibaad/juujuub.

Tusaalooyinka qaar ee juujuubka beddelka ah ayaa hoos lagu qorey. Xaaladaha qaarkood, xirfadlayaasha ku takhasusey xallinta hab-dhaqan gaar ah iyo/ama walaacyada ammaanka ayaa loo baahan karaan in ay caawimaad bixiyaan.

Tusaalooyinka juujuubka jireed ee beddelka ah waxaa ka mid ah:

- qiimeynta xanuunka iyo daawooyinka sida habboon loogu adeegsadey xanuun baabbi'inta;
- daliiga ama duugista lagu dejinayo qofka walaacsan ama careysan; iyo
- adeegsiga habboon iyo isticmaalka gaariga dakda naafada ah (ma ahan sida xannibidda/meel ku xiridda ama xaddidada dhaqdhaqaaqa).

Tusaalooyinka waxqabadyada waxaa ka mid ah:

- hawl maalmeed nidaamsan;
- ku socoshada ama ku tallaabaynta meel ammaan ah sida dayr xiran;
- jimicsiyo jireed oo habeysan;
- boodh waxqabad le'eg dhabta macmiilka;
- muusik; iyo
- akhris.

Tusaalooyinka wax-ka-beddelka deegaanka waxaa ka mid ah:

- albaab aamusan, jeebbo, iyo qaylo-dhaanta meelaha laga baxo (gariirka codka dheer ayaa noqon kara mid cabsi leh oo laga xanaaqo);
- calaamado, xariga xannibaadda ee jaallaha ah;
- kordhinta ama yareynta iftiinka hadba sida loogu baahdo macmiilka; iyo
- yareynta heerka qaylada.

Ilaalinta Sirta iyo Asturnaanta

Macaamiisha waxay xaq u leeyihiin ilaalinta sirta iyo asturnaanta shakhsiyeed ee diiwaannadooda caafimaad iyo kuwa shakhsiyeed. Daryeele ahaan, waxaan oggaan kartaa macluumaad gaar ah oo qarsoodi ah kuna saabsan macmiilka. Waa mas'uuliyadaada in aad ilaaliso asturnaanta macmiilka iyo in laga dhigo macluumaadkooda shakhiyeed ee sirta ah mid ammaan ah.

Ilaalinta Asturnaanta Macmiilka

Waxaa jira dhowr siyaabood oo aad ku ilaalin karto xaqa asturnaanta macmiilka. Tusaalooyinka qaarkood waxaa ka mid ah:

- gargaraacidda iyo sugidda ilaa iyo inta lagaaga oggolaanayo ka hor inta aadan galin qolka macmiilka;
- hubinta in macmiilka aysan dadweynaha arkin inta lagu guda jiro daryeelka shakhsiyeed;
- in aadan sawirro, fiidiyowyo, ama si kale in aadan u duubin macaamiisha; iyo
- hubsashada in macmiilka uu leeyahay asturnaan xilliga wadahadalka (t.a. booqashooyinka, kulannada, telefoonka, iyo boostada).

Macluumaadka oo Laga Dhigi Mid Sir ama Qarsoodi ah

Macaamiisha waxay xaq u leeyihiin in mid qarsoon laga dhigo diiwaannadooda shakhsiyeed iyo kuwa caafimaad. Kuwani waxaa ka mid ah macluumaadka ku saabsan qabanqaabooyinka nololeed, daaweynta caafimaad, maaliyadaha iyo daryeelka shakhsiyeed. Dhammaan xubnaha kooxda daryeelka waa in ay raacaan shuruucda ilaalinta sirta iyo anshaxa xirfadeed marka ay macaamiisha la munaaqashayaan.

Ilaalinta xuquuqda macmiilka uu u leeyahay ilaalinta sirta iyo asturnaanta waa waxyaabaha lagu saleeyo xiriirkaaga xirfadeed. Marka aad u baahan tahay in aad la wadaagto macluumaad sir ah xubnaha kale ee kooxda daryeelka, hubso in:

- aad wadaagto keliya waxa loo baahnaa iyo waxa ku jira danaha ugu wanaagsan ee macmiilka;
- aadan xaman; iyo
- aadan munaaqashooyinka ku yeellan goob dadweyne oo ay dad kale ku maqli karaan.

Lama wadaagi kartid macluumaadka sirta ah dadka kale ee ka baxsan kooxda daryeelka iyada oo aanan fasax qoraal ah laga helin macmiilka. Haddii qof ka baxsan kooxda daryeelka uu ku weyddiisto in aad la wadaagto macluumaad sir ah, u sheeg in ay weyddiistaan macmiilka. Haddii qofku uusan joojin weyddiinta, u sharrax in aadan ka hadli karin arrimaha gaarka ah ee macmiilka.

Marnaba ha uga hadlin macmiilka meel ka baxsan shaqada xitaa haddii aadan magacooda adeegsan. Xitaa wada-sheekaysiyada caadiga ah ayaa wax u dhimi kara asturnaanta macmiilka.



Xeerka Isla- xisaabtanka iyo Caymiska Caafimaadka ee La-qaadi Karo (HIPAA)

HIPAA waa sharci federaal oo maamula isticmaalka iyo shaacinta macluumaadka caafimaadka. Sharcigan wuxuu ilaalinayaa macluumaadka caafimaadka shakhsiga isaga oo u oggolaanaya in ay helaan bixiyeyaashooda adeegga daryeelka caafimaadka. Loo-shaqeeyahaaga ayaa kula eegaya waxa aad u baahan tahay in aad ka oggaato xeer-nidaamyada HIPAA ee loogu talagalay shaqadaada.

Tarjumaanno iyo Tarjumooyin

Macaamiisha waxay xaq u leeyihiin adeegyada tarjumaan/tarjumo oo lacag la'aan ah iyada oo aan jirin dib-u-dhac weyn.

Xuquuqaha Degganaha

Dadka ku nool xarumaha daryeelka muddada-dheer waxay leeyihiin xuquuqaha degganaha oo dheeraad ah. Xuquuqahan gaarka ah waxay hubinayaan in dadka deggan ay u helaan daryeel qaab joogteynaya ama sii wanaajinaya tayada noloshooda. Dhammaan dadka deggan waxay xaq u leeyihiin sharaf iyo xushmo iyadoo si buuxda loo aqoonsanayo shakhsiyadooda iyo aqoonsigooda.

Ilaalinta Xuquuqaha Aasaasiga ah

Dadka Deggan waxay xaq u leeyihiin in ay sii wadaan ku raaxeysiga xuquuqahooda aasaasiga ah ee madaniga iyo sharciga. Waa in aysan lumin wax xuquuq ah marka ay xarunta u soo wareegaan. Dhammaan dadka deggan waxay xaq u leeyihiin in si xor ah ugu dhaqmaan xuquuqahooda iyadoo aan jirin farogelin, khasab, takoor, ama ciqaab.

Xaqa Macluumaadka

Dadka xarunta deggan waxay xaq u leeyihiin in ay oggaadaan macluumaadka ku saabsan nafsadooda iyo xarunta ay ku nool yihiin. Xarunta waa in ay ku bixisaa macluumaadkan luuqad ay dadka deggan fahmaan. Dadka deggan waa in ay helaan macluumaadka qaar ka hor inta aysan u soo wareegin:

- xuquuqahooda sida dadka deggan xarunta;
- xeerarka iyo xeernidaamyada xarunta;
- helitaanka iyo kharashka adeegyada, walxaha, iyo waxqabadyada; iyo
- sida loola xiriirro cidda u doodda xuquuqdooda iyo sida ay cabasho ugu gudbinayaan hay'adda dowladde ee ku habboon.

Xarumaha waa in ay ogeysiiyaan dadka deggan isbeddelada saameeya, oo ay ku jiraan:

- isbeddellada ku yimaada helitaanka iyo kharashka adeegga, walxaha, ama waxqabadyada; iyo
- isbeddellada ku yimaada xeerarka xarunta.

Dadka deggan waxay sidoo kale xaq u leeyihiin qaar ka mid ah diiwaannada xarunta. Diiwaannadan waxaa ka mid ah:

- warbixinnada baaristii ugu dambeysay, oo ay ku jiraan qorsheyaasha sixitaanka; iyo
- diiwaananda ku saabsan nafsadooda oo ay ku jiraan diiwaannada caafimaadka (24 saac gudahooda).

Kaaliye Daryeel Guri ahaan, sideed u taageeri kartaa xaq uu macmiilka u leeyahay macluumaadka?



Raaxada iyo Amniga

Dadka xarunta deggan waxay xaq u leeyihiin deegaan ammaan ah, nadiif ah, raaxo leh oo kan gurig oo kale ah. Xarunta waa in ay awoodo in ay daboosha baahiyada dadka deggan iyo in ay ixtiraamto dookhyadooda intii suuragal ah. Dadka deggan waxay xaq ugu leeyihiin asturnaan qaybtooda ama qolkooda, oo ay ku jirto in ay awood u leeyihiin in ay albaabkooda soo xirtaan.

Dadka deggan waxay xaq u leeyihiin in ay xarunta ku sii jiraan oo aanan loo wareejin meel kale ama in aanan looga bixin sababo macquul ah la'aan, iyo ogeysiis 30 maalin ah haddii xaalad degdeg ah ay saamaxdo waqti yar mooyaane.



War-isgaarsiinta iyo Booqashada

Qofka deggan ayaa go'aaminaya cidda uu la tacaamulaya, waxaa uuna xaq u leeyahay ka qaybgalka kulannada dadka xarunta deggan.

Xarunta waa in ay u oggolaadaa dadka soo booqanaya ee qofka deggan uu rabo in uu arko marka ay doonayaan in ay arkaan. Haddii xaruntu ay aaminsan tahay in qof soo booqanaya uu khatar ku yahay dadka kale, xarunta waa in qofka xarunta deggan kala shaqeysaa qorsha lagu ilaalinayo ammaanka dadka kale. Ka hor inta aan la sameyn isbeddel kasta ee ku xudgudbaya xuquuqda qofka deggan, xarumta waa in ay marka hore iskudayda taageerooyin wanaagsan oo wax looga qabanayo arrinta. Haddii tallaabooyinkan aysan shaqeyn, xarunta waa in ay oggolaansho ka heshaa qofka deggan ka hor inta aysan xaddidin dadka soo booqanaya. Kuwani waxaa ka mid ah qoyska, saaxiibada, dhakhtarka ama kuwa kale ee bixiyaha daryeelka caafimaadka, wakiillada hay'adaha ilaalinta, ama kuwa u dooda xuquuqdooda. Qofka xarunta deggan wuxuu sidoo kale xaq u leeyahay in uu u oggolaado kuwa xuquuqdooda u dooda in ay baaraan diiwaankooda caafimaad.

Si loo hubiyo in dadka xarunta deggan ay helaan fursad ay ku hadlaan, waxay xaq u leeyihiin:

- in ay diraan oo ay helaan waraaqaha boostada oo aanan la furin;
- in ay helaan waraaq, qalin/qallin-rasaas, boqshad, shaabado (oo kharashkoodu ay iyaga qabaan); iyo
- in ay helaan telefoon iyo asturnaan marka ay adeegsanayaan.

Hantida iyo Maaliyadaha

Dadka deggan waxay xaq u leeyihiin in ay haystaan oo ay u isticmaalaan hantidooda si ammaan ah oo macquul ah. Xarunta waa in ay si xushmad leh ula dhaqantaa hantida dadka xarunta deggan.

Dadka xarunta deggan waxay xaq u leeyihiin in ay haysteen oo ay maareeyaan maaliyadahooda. Xaruntu waa in aysan uga baahan dadka deggan in ay maaliyadahooda shakhsiyeed u dhiibtaan xarunta.

Cabashooyinka

Dadka xarunta deggan waxay xaq u leeyihiin in ay soo gudbiyaan cabashooyin rasmi ah oo ku saabsan adeegyada ama adeegyo la'aan. Xarunta waxaa laga mamnuucey in ay qof xarunta deggan u ciqaabto in uu cabasho ama warbixin soo gudbiyey.

Macaamiisha Medicaid waxay xaq u leeyihiin dhageysiga dacwadaha maamulka la xiriira marka ay ka hor-imaadaan go'aanka ku saabsan adeegyada ay ka helaan DSHS.

Xaalad la hal-abuuray: Qofka xarunta deggan ayaa kaaga soo cawdey daryeelka uu helayo.

Maxaad sameynaysaa si aad u taageerto madaxbannaanida dadka xarunta deggan oo aadna u ilaaliso xuquuqahooda sharci?

Ka fikir laba ama saddex tallaabo oo kala duwan oo aad qaadi karto, oo ka munaaqashoo jawaabahaaga.



Ilaalinnada Sharci

Macaamiisha waxay haystaan ikhtiyaaro sharci waxayna heli karaan ururro ilaaliya xuquuqdooda. Kaaliyayaasha Daryeelka Guriga waa in bartaan oo ay fahmaan kheyraadyadan.

Awaamiirta Horumarsan

Awaamiirta horumarsan waa dokumentiyo sharci ah oo ilaaliya xaqa uu macmiilka u leeyahay in ay go'aamadooda qaataan. Waxaa jira dhowr nooc oo ah awaamiirta horumarsan oo ka jira gobolka Washington, mid kastana wuxuu leeyahay shaqo u gaar ah:

- **Dardaaran nololeed ama awaamiirta daryeelka caafimaadka** waxay sharxaan go'aamada daryeelka caafimaadka macmiilka lacala haddii ay noqdaan karti la'aan.
- **Awoodaha qareenka** waxay qof kale u oggolaadaan in uu go'aamo gaaro ama tallaabo qaado isaga oo ka wakiil ah macmiilka.
- **Hadiyado anatomi** wuxuu muujinayaa macmiilka in uu doonayo in uu u tabarruco dhammaan ama qayb ka mid ah jirkiisa jir-ku-tallaalid, daaweyn, cilmi-baaris, ama waxbarasho marka uu dhinto.

Dokumentiyadan waxay metelayaan rabitaannada macmiilka waxaanna keliya sameyn kara ama ka noqon kara macmiilka.

Dardaaran Nololeed

Dardaaranka nololeed ayaa muujinaya rabitaanka macmiilka in uu qaato ama ka joogsado habraacyada nolosha ee joogtada ah. Haddii macmiilku uu noqdo qof aanan karti lahayn, dardaarankiisa nololeed ayaa kuwa bixiya adeegyada daryeelka caafimaad u sheega habraaca ay oggol yihiin iyo kan aysan oggolayn. Tusaale ahaan, dardaaranka nololeed ayaa u sheegi kara bixiyaha daryeelka caafimaadka in macmiilku diidey taageerada nolosha ama hawo-siinta macmalka ah. Dardaaranka nololeed ayaa mararka qaarkood loogu yeeraa Awaamiirta Daryeelka Caafimaadka.

Awoodaha Qareenka (POA)

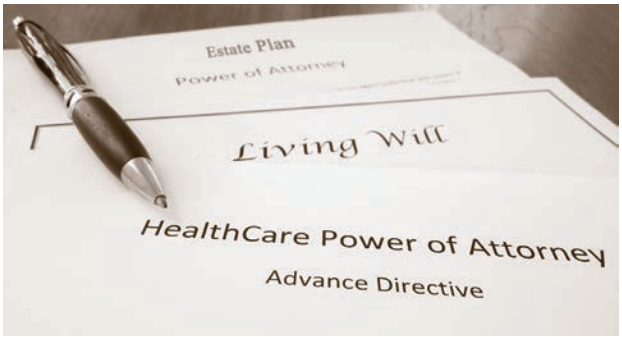
Dokumentiga POA ayaa qof kale siiya fasax sharci si uu go'aamo ugu sameeyo ama tallaabo u qaado isaga oo ka wakiil ah macmiilka. Macmiilka ayaa maamulka wax kasta ee ku saabsan POA-gooda, dokumentigana wuxuu bixinayaa oggolaansho gaar ah. Macmiilka ayaa dooranaya waxa qofka idman uu sameyn karo iyo goorta go'aamada POA la qaadan karo. Caadi ahaan, POA-yada daryeelka caafimaadka iyo POA-yada maaliyadaha waa dokumentiyo kala gaar ah.

Awoodda Qareenka ee Waarta

POA-ga fudud ayaa keliya shaqeeya marka macmiilka uu awoodo in uu go'aamadiisa qaato. Wuxuunna joogsadaa marka macmiilka ay karti la'aan ku dhacdo. Awoodda qareenka ee waarta ayaa noqoneysa (sii jireysa) mid shaqeysa ama hawlgal ah marka macmiilka uusan awoodin in uu go'aamo qaato.

Awoodda Qareenka ee Waarta ee Daryeelka Caafimaadka

Awoodda qareenka ee waarta ee daryeelka caafimaadka wuxuu qof kale u oggolaanayaa in uu gaaro go'aamada caafimaadka ee macmiilka. Go'aamadan waxaa ka mid noqon kara doorashada daaweynta, daawooyinka, ama daryeelka nolosha lagu soo afjarayo. Macaamiisha ayaa caadi ahaan waxay doorkan muhiimka ah u doortaan xubin qoyskooda ka tirsan ama saaxiib u dhow. DPOA loogu talagalay daryeelka caafimaadka waxaa ka mid noqon kara tilmaamo ka caawinaya qofka idman in uu raaco dardaaranka macmiilka.



Mas'uuliyiin

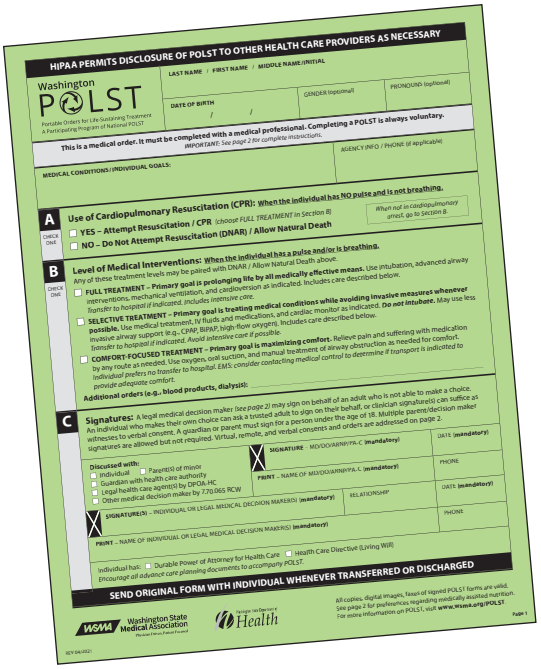
Haddii macmiil qof weyn ah ay karti la'aan ku dhacdo, mas'uul sharci ah ayaa la wareegi kara mas'uuliyadda danahooda. Qof ay qaabo yihiin, saaxiib, xarun daryeel, ama maareeyaha kiiska ayaa maxkamadda weyddiisan kara in ay u magacawdo mas'uul sharci ah. Ka-dib hannaan iyo dib-u-eegis faahfaahsan, garsooraha ayaa saxiixaya waraaqo magacaabaya mas'uul.

Mas'uuliyiin waxay mas'uul ka yihiin qaadista tallaabo ku jirta danaha ugu wanaagsan ee macmiilka. Waxay raacaan rabitaannada macmiilka waxayna sameeyaan doorashooyinka uu macmiilka laf-ahaantiisa uu doorran lahaa. Mas'uulka wuxuu sidoo kale yeellan karaa awood ka baxsan go'aamada daryeelka caafimaad, oo ay ku jiraan hantida, dakhliga, iyo/ama maaliyadaha macmiilka.

Waxaad u baahan kartaa in aad oggaato sida iyo goorta ay tahay in lala xiriirro mas'uulka. Tani waxay ku xirnaan doontaa nooca mas'uuliyadda iyo goobta daryeelka ee aad ka shaqeyso.

Foomka Amarrada La Wareejin Karo ee loogu talagalay Daaweynta Nolosha-Joogteysa (POLST)

Foomka POLST ma ahan amar horumarsan. Waa rabitaannada macmiilka oo kooban kuna saabsan daaweyn nolosha lagu joogteeyo oo lagu aqoonsadey awaamirtooda horumarsan. Macaamiisha qabta hal ama in ka badan oo ah jirrooyinka ba'an ama daba-dheeraada, ama kuwaasi oo ku jira marxaladaha ugu dambeeya jirro nolosha halis-gelinaysa waxay diyaarin karaan foomka POLST. Macmiilka (ama wakiilkooda sharciga ah) ayaa kala shaqeynaya bixiyaha adeegga caafimaadka buuxinta iyo saxiixidda.



HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY

Washington POLST
Portable Orders for Life-Sustaining Treatment
A Participating Program of National POLST

LAST NAME / FIRST NAME / MIDDLE NAME/INITIAL
DATE OF BIRTH
GENDER (optional)
PRONOUNS (optional)

This is a medical order. It must be completed with a medical professional. Completing a POLST is always voluntary.
IMPORTANT: See page 2 for complete instructions.

MEDICAL CONDITIONS / INDIVIDUAL GOALS:
AGENCY INFO / PHONE (if applicable)

A Use of Cardiopulmonary Resuscitation (CPR): When the individual has NO pulse and is not breathing.
CHECK ONE
☐ YES – Attempt Resuscitation / CPR (choose FULL TREATMENT in Section B)
☐ NO – Do Not Attempt Resuscitation (DNAR) / Allow Natural Death
When not in cardiopulmonary arrest, go to Section B

B Level of Medical Interventions: When the individual has a pulse and/or is breathing.
CHECK ONE
Any of these treatment levels may be paired with DNAR / Allow Natural Death above.
☐ FULL TREATMENT – Primary goal is prolonging life by all medically effective means. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Includes care described below.
Transfer to hospital if indicated. Includes intensive care.
☐ SELECTIVE TREATMENT – Primary goal is treating medical conditions while avoiding invasive measures whenever possible. Use medical treatment, IV fluids and medications, and cardiac monitor as indicated. Do not intubate. May use less invasive airway support (e.g., CPAP, BiPAP, high-flow oxygen). Includes care described below.
Transfer to hospital if indicated. Avoid intensive care if possible.
☐ COMFORT-FOCUSED TREATMENT – Primary goal is maximizing comfort. Relieve pain and suffering with medication by any route as needed. Use oxygen, oral suction, and manual treatment of airway obstruction as needed for comfort. Individual prefers no transfer to hospital. EMS: consider contacting medical control to determine if transport is indicated to provide adequate comfort.
Additional orders (e.g., blood products, dialysis):

C Signatures: A legal medical decision maker (see page 2) may sign on behalf of an adult who is not able to make a choice. An individual who makes their own choice can ask a trusted adult to sign on their behalf, or clinician signature(s) can suffice as witnesses to verbal consent. A guardian or parent must sign for a person under the age of 18. Multiple parent/decision maker signatures are allowed but not required. Virtual, remote, and verbal consents and orders are addressed on page 2.

Discussed with:
☐ Individual ☐ Parent(s) of minor
☐ Guardian with health care authority
☐ Legal health care agent(s) by DPOA-HC
☐ Other medical decision maker by 7.70.065 RCW

SIGNATURE – MD/DO/ANP/PA-C (mandatory) | DATE (mandatory)
PRINT – NAME OF MD/DO/ANP/PA-C (mandatory) | PHONE
SIGNATURE(S) – INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) (mandatory) | RELATIONSHIP | DATE (mandatory) | PHONE
PRINT – NAME OF INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) (mandatory)

Individual has: ☐ Durable Power of Attorney for Health Care ☐ Health Care Directive (Living Will)
Encourage all advance care planning documents to accompany POLST.

SEND ORIGINAL FORM WITH INDIVIDUAL WHENEVER TRANSFERRED OR DISCHARGED

WSMA Washington State Medical Association
Washington State Department of Health

All copies, digital images, faxes of signed POLST forms are valid.
See page 2 for preferences regarding medically assisted nutrition.
For more information on POLST, visit www.wsma.org/POLST

Foomka POLST ee saxiixan ayaa wuxuu metelayaan rabitaannada macmiilka iyo amarrada dhakhtarka. Wuxuu tacliimaad siinayaa dhakhtarrada iyo hawlwad-eennada xaaladaha degdegga ah ee caafimaadka haddii ay dhacdo xaalad caafimaad oo degdeg ah. Wuxuu sharxayaa daaweynta macmiilka uu doonayo, iyo haddii la bilaabayo Gargaarka Degdegga ah ee Dib Loogu Soo Celiyo Wadnaha iyo Neefsashada Istaagey (CPR) iyo haddii kale.

Gobolka Washington, foomkan ayaa caadi ahaan waxaa lagu daabacaa warqad cagaaran oo dhallaaleysa, in kastoo midabyada kale la aqbali kari. Nuqullada iyo fakisyada foomamka POLST la saxiixay ayaa sidoo kale ah kuwo sharci ah oo sax ah.

Ka eeg Foomka POLST gudaha Diiwaanka Kheyraadka ee bogga 278aad si aad u hesho tusaale.

Ha Isku Dayin Dib u Soo Celinta Wadnaha iyo Neefsashada ee Istaagey (DNAR)

DNAR waa codsiga macmiilka uu ku diidayo CPR haddii wadnahooda ama neefsashadooda ay joogsadaan. Tani waxaa loo qori karaa sida amar dhakhtar ama qaybta A ee foomka POLST ee saxiixan. Kaaliyayaasha Daryeelka Guriga waxay qaddarin karaan dardaaranka diiwaangashan ee macmiilka ee ku saabsan CPR. Hubso in aad garaneyso oo aad raacdo habraacyada iyo siyaasadaha shirkadaada/xaruntaada ee ku saabsan waxa la sameeyo haddii aad aragto macmiil aan neefsaneyn/aan wadne garaac lahayn.

Maxay kula tahay sababta uu qofku ku diidayo in lagu sameeyo CPR?

Wax-ka-qabashada Xaaladaha Caafimaadka ee Degdegga ah

Guud ahaan, haddii ay jirto xaalad degdeg ah, waa in aad wacdaa 911. Haseyeeshee, goobtaada daryeelka waxay yeellan kartaa habraacyo xaaladaha degdegga oo dheeraad ah. Waa in aad fahamtaa siyaasadaha iyo habraacyada xaaladaha degdegga ah ee u degsan goobta daryeelka ee aad ka shaqeyso.

Macaamiisha qaarkood waxay qaataan daryeelka guriga lagu xannaaneeyo bukaanka. Qorshahooda guriga lagu xannaaneeyo bukaanka waa in uu ku jiraa cidda la wacayo haddii ay dhacdo xaalad degdeg ah. Hubso in aad taqaanno sida looga jawaabo xaaladaha degdegga ah ee loogu talagalay macmiil kasta oo gaar ah ka hor inta aysan dhicin.

Baro siyaasadaha ku saabsan awaamiirta horumarsan iyo jawaabta xaaladaha degdegga ah ee goobtaada daryeelka. Waxaad u baahan kartaa dokumentiyada macmiilka in aad siiso hawlwadeennada adeegyada caafimaadka degdegga ah (EMS) marka ay imaadaan. Xaaladdan, hubso in aad garaneyso halka laga helo foomka POLST iyo awaamiirta horumarsan haddii ay haystaan dokumentiyadan.

Eeg Cutubka 12aad, Casharka 2aad: Ka Badbaadidda Tiiraanyada iyo Khasaaraha ee ku yaalla bogga 267aad si aad u hesho macluumaad dheeraad ah oo ku saabsan la shaqeynta guriga lagu xannaaneeyo bukaannada.

Barnaamijka Qofka Difaaca Xuquuqda Macmiilka Daryeelka Muddada-Dheer ee Gobolka Washington

Barnaamijka Qofka Difaaca Xuquuqda Macmiilka Daryeelka Muddada-Dheer ee Gobolka Washington wuxuu ilaaliyaa xuquuqaha, sharafta iyo wanaagga shakhsiyaadka ku jira xarumada daryeelka mudda-dheer. Barnaamijka Qofka Difaaca Xuquuqda Macmiilka Daryeelka Muddada-Dheer ayaa waxaa u baahan Xeerka Federaalka ee Dadka Waaweyn ee Ameerikaanka ah. Waxaa uu leeyahay saddax mas'uuliyadood oo aasaasi ah:

- ka shaqeynta xallinta cabashooyinka dadka xarumaha deggan;
- korjoogteynta hay'adaha la-socoshada ee gobolka; iyo
- faallo ka bixinta xeernidaamyada iyo shuruucda gobolka ee la soo jeediyay.

Waxaa jira shabakad ka kooban 13 xafiisood oo maxalli ah kuna yaalla guud ahaan gobolka Washington. Iskaa-wax-u-qabsadayaasha iyo shaqaalaha xafiisyada difaaca xuquuqda macmiilka ayaa booqda kumanaankun oo xarumood si ay u xaqiijiyaan in xuquuqaha dadka deggan la ilaaliyey. Adeegyada waa kuwo bilaash ah oo qarsoodi ah.

Waajibaadyada Kuwa Difaaca Xuquuqda

Kuwa difaaca xuquuqda ayaa u dooda xuquuqda shakhsiyaadka ku jira xarumaha daryeelka muddada-dheer (RCW 70.129). Qofka difaaca xuquuqda macmiilka:

- ayaa la shaqeeya dadka deggan xarumaha, qoysaska iyo hawlwadeennada xarunta si loo daboolo baahiyada iyo walaacyada dadka halkaasi ku nool;
- wuxuu dhageystaa oo uu gacan ka geystaa xallinta cabashooyinka iyo walaacyada;
- ayaa korjoogteeya shuruucda, xeernidaamyada iyo siyaasadaha saameeya dadka xarumaha deggan;
- wuxuu bixiyaa waxbarasho dadweyne si kor loogu qaado fahamka wanaagsan ee ku saabsan shuruucda, xeernidaamyada iyo jaangooyada maamulaya xarumaha daryeelka muddada-dheer; iyo
- gacan ka geystaa dhisidda golaha qoyska ama dadka xarunta deggan.



Helidda Barnaamijka Kuwa Difaaca Xuquuqda:

Dadka laga yaabo in ay helaan Barnaamijka Kuwa Difaaca Xuquuqda waxaa ka mid ah:

- dadka deggan guryaha kalkaalinta, guryaha qoyska ee qaangaarka ah, xarumaha adeegyada la wanaajiyey, xarumaha xannaaneynta waayeelka iyo naafada, iyo guryaha halgamayaashii hore;
- qaraabada iyo saaxiibada xarumaha daryeelka muddada-dheer;
- maamulayaasha iyo shaqaalaha guryaha kalkaalinta, guryaha qoyska ee qaangaarka ah, xarumaha adeegyada la wanaajiyey, xarumaha xannaaneynta waayeelka iyo naafada, iyo guryaha halgamayaashii hore;
- koox ama shakhsi kasta ee ka walaacsan daryeelka iyo xannaanada dadka deggan xarumaha daryeelka muddada-dheer; iyo
- guud haan bulshada.

Si aad u hesho macluumaad dheeraad ah ama si aad u hesho xafiiska cidda difaacda xuquuqda, booqo waombudsman.org ama wac 1-800-562-6028.

Haddii aad rabto macluumaad ku saabsan Xafiiska Cidda Difaacda Xuquuqda Naafonimada Koritaanka, booqo www.ddombuds.org.



Xuquuqaha Naafonimada ee Washington (DRW)

DRW waa urur aan faa'iido u shaqeyn oo gaar loo leeyahay kaas oo ilaaliya xaquuqaha dadka naafada ah ee gobolka oo dhan. Hiigsiga DRW waa in la horumariyo sharafta, sinnaanta, iyo aayo-ka-talinta dadka naafada ah. Waxay adeegyo bilaash ah u fidiyaan dadka naafada ah, oo ay ku jiraan:

- macluumaadka xuquuqda naafonimada;
- kaalmo farsamo oo loogu talagalay arrimaha naafada;
- macluumaad guud oo ku saabsan xuquuqaha sharciga ah;
- istiraatiijiyadaha ku saabsan sida loo noqdo isu-qareemeeye xooggan;
- xaashiyo macluumaad oo ku saabsan mowduucyo badan si awood loogu siiyo shakhsiyaadka naafada ah in ay si wanaagsan ugu qareemeeyaan nafsadooda;
- Tababarka iyo waxbarashada bulshada; iyo
- adeegyada sharci ee xadgudubyada xuquuqaha naafada.

DRW kala xiriira 1-800-562-2702 ama booqo disabilityrightswa.org.

Soo koobid

Dhammaan macaamiisha waxay xaq u leeyihiin in ay xadgudub, dayac, iyo juujuub la'aan noolaadaan. Waxay xaq u leeyihiin in ay sameeyaan doorashooyin ku saabsan noloshooda iyo go'aamo ku saabsan daryeelkooda caafimaadka. Ilaalinta sirta iyo asturnaanta macmiilka waxay aasaasi u tahay wanaagooda iyo sharaftooda. Dadka xarumaha deggan waxay leeyihiin xuquuqo dheeraad ah oo gaar u ah ku noolaanshaha daryeelka shaqaalaha xarunta.

Awaamiirta horumarsan ayaa sharci ahaan ilaaliya xuquuqda macmiilka uu ku gaarayo go'aamo haddii ay karti la'aan noqdaan. Kuwa difaaca xuquuqda ayaa ka shaqeeya ilaalinta xuquuqda degganaha. Kaaliyaha Daryeelka Guriga ahaan, waxaad sidoo kale tahay u-qareemeeya muhiim u ah macaamiisha iyo xuquuqahooda.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay xuquuqaha uu qofku lumiyo marka uu bilaabo in uu helo adeegyada daryeelka muddada-dheer?

2. Qor saddex xuquuqood oo ay leeyihiin dadka ku nool xarumaha degaanka ah.

3. Qor laba siyaabood oo aad kor ugu qaadi karto asturnaanta macmiilka.

4. Goormee ayay cad maro ah noqotaa juujuub aaladeed?

5. Waa maxay tallaabooyinka ay tahay in aad raacdo marka macmiil uu doonayo in uu gaaro go'aan aan ammaan ahayn ama aan caafimaad ahayn?

6. Kumaad wacaysaa haddii aad aaminto xuquuqo uu macmiil lahaa in lagu xadgudbey?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Dhakhtarka macmiilka wuxuu mas'uul ka yahay sameynta isbeddelo kastoo lagu sameynayo qorshaha adeegga macmiilka.

   ❑ Run ❑ Been

2. Macmiilka wuxuu leeyahay xuquuq sharci:
   a. Oo uu daryeelaha ugu sheegayo waxa ay xiraneyso.
   b. Oo uu ku xiranayo dharka qofka kale isaga oo aan oggolaansho ka haysan.
   a. Oo uu ku dooranayo waxa uu xiranayo.

3. Marka macluumaad sir ah ay tahay in lala wadaago xubnaha kale ee kooxda daryeelka oo ku saabsan macmiilka, waa in aad:
   a. Heshaa fasaxa qoraalja ah ee macmiilka ka hor inta aadan sidaa sameyn.
   b. Keliya la wadaagtaa waxa loo baahan yahay iyo waxa ku jira danaha ugu wanaagsan ee macmiilka.
   c. Keliya uga hadashaa bannaanka goobta shaqada.

4. Daryeelayaasha waxay macmiilka ka dhigi karaan in uu qaato daawadiisa haddii ay naftiisu halis galeyso haddaan sidaa la sameyn.

   ❑ Run ❑ Been

5. Waxaa jirta xaalad caafimaad oo degdeg ah, 911 ayaa la wacay, macmiilkaagana wuxuu leeyahay awaamiir hore. Daryeelayaash waa in ay:
   a. Siiyaan hawlwadeennada EMS marka ay yimaadaan.
   b. Keliya siiyaan hawlwadeennada EMS haddii ay weyddiistaan.
   c. Siiyaan hawlwadeennada EMS haddii ay soo xusuustaan.

6. Macmiil ayaa ku weyddiistey in aad sameyso wax aad dareento in uu ammaankiisa halis gelinayo. Waa in aad:
   a. Sharrax sababta aad u walaacsan tahay ka-dibna u soo bandhig beddel kale oo ammaan ah.
   b. U sheeg macmiilka in aadan sameynayn ka-dib si edeb leh meesha uga tag.
   c. Samee waxa macmiilka uu ku weyddiisanayo adiga oo aadan su'aal ka keenin.

7. Mudane Stevens wuxuu qabaa cudurka dhimir beelka wuxuunna si joogto ah u helaa siyaabo uu bannaanka ugu baxo ka-dibna uu u soo warwareego. Waa in aad:
   a. Wac oo u sheeg DSHS.
   b. Ka xir albaabka marka aad aragto isaga oo aadaya meel u dhow.
   c. Dhiirrigeli isticmaalka qaylo-dhaanka albaabka meesha uu ku nool yahay.

8. Xannibaadaha ama juujuubka waa in la adeegsada si macmiilka looga ilaaliyo in uu ka soo dhaco sariirta.

   ❑ Run ❑ Been

1. Been, 2. C, 3. B, 4. Been, 5. A, 6. A, 7. C, 8. Been

Qoraallo:



Cutubka 5aad: Daryeelaha

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay muujin doonnaan fahamka doorkooda sida daryeelayaal iyo ka soo warbixiyeyaasha khasabka ah ee xadgudubka, ka-tagidda, dayaca, iyo dhiig-miirashada maaliyadeed.

Casharka 1-aad: Daryeele Xirfadle ah

Casharka 2aad: Ka-warbixinta Khasabka ah iyo Ka-hortagga Saxariirinta

Casharka 1aad
Daryeel Xirfadle ah

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Dib-u-xusuusto shuruudaha iyo waajibaadyada shaqo ee aasaasiga ah ee looga baahan yahay Kaaliyaah Daryeelka Guriga;
2. Adeegsado qorshaha adeegga si uu u bixiyo daryeel gaar ah, habboon oo kor u qaadaya asturnaanta, sharafta, iyo xuquuqaha macmiilkaa;
3. Taageero doorashooyinka macmiilka,
4. Adeegsadaa istiraatiijiyado habboon oo lagu dhiirrigelinayo laguna taageerayo madax-bannaanida badan marka uu daryeelka bixinayo;
5. Aqoonsado isbeddellada halka wax laga bilaabey ee xaaladda jirka, dhimirka, iyo dareenka macmiilka iyadoo loo marayo u fiirsasho;
6. Siiyo warbixinnada isbeddellada halka wax laga bilaabey iyo walaacyada xubnaha kooxda daryeelka ee ku habboon; iyo
7. Isticmaalo istiraatiijiyadaha lagu joogteynayo xuduudaha xirfadeed;

Ereyada Muhiimka ah

Waxqabadyada nolol maalmeedka (ADLs): Waxqabadyada daryeelka shakshiyeed ee maalinlaha ah oo ay ku jiraan qubeyska, dhaqdhaqaaqa sariirta, cunista, nadaafadda shakshiyeed, caawimaadda daawooyinka, socodka/awoodda socodka, wareejinta, iyo isticmaalka musqusha.

U-qareemeyn: in aad u hadasho ama tallaabo u qaado qof kale.

Hab-dhaqannada daryeelka Guud: hab-dhaqanno guud oo ay daryeeleyaasha isticmaalaan inta lagu guda jiro daryeelka shakhsiyeed si kor loogu qaado xuquuqaha, sharafta, raaxada, iyo ammaanka macmiilka.

Waxqabadyada waxtarka u leh ee nolol maalmeedka (IADLs): hawlaha joogtada ah ee guriga ama bulshada sida cunto karinta, dukaameysiga, nadiifinta, iyo bixinta biilasha.

Korjoogteyn: in si taxaddar leh loola socdo ama loo kormeero qof ama xaalad.

Xil Wareejinta Kalkaaliyaha Caafimaadka (WAC 388-112A-0550): marka kalkaaliye caafimaad diiwaangashan oo shati haysta (baro) hawl gaar ah oo loogu talagalay macmiil gaar ah shaqaalaha daryeelka muddada-dheer oo la aqoonsan yahay. Xil wareejinta kalkaaliyaha caafimaad ayaa keliya lagu oggol yahay goobaha daryeelka qaarkood.

U-fiirsasho: in la daawado, dhageysto, ama si kale loo oggaado faahfaahin muhiim ah oo ku saabsan xaaladda jirka, dhimirka, iyo dareenka macmiilka.

Adeegyada daryeelka shakhsiyeed: hawlaha la sameeyo si macmiilka loogu caawiyo hawlaha nolol maalmeedka iyo hawlaha waxtarka u leh nolol maalmeedka.

Xudduudaha xirfadeed: xaddadka habboon ee xiriirrada shaqo.

Xubin jirka ka mid ah oo gacan ku sameys ah: qayb jirka ka mid ah oo gacan ku sameys ah sida lug, gacan, naas, ama il.

Guudmarka

Kaaliyaha Daryeelka Guriga ahaan, waxaad sii wanaajineysaa tayada nolosha ee macmiilka iyada oo loo marayo daryeelka uu qofku xuddunta u yahay. Waxaad macmiilka ka caawineysaa ADLs iyo IADLs iyada oo la raacayo baahiyadiisa iyo dookhyadiisa. Waxaad waqti kastaba ilaalineysaa asturnaanta, sharafta, iyo ammaanka macmiilka.

Waxaad tahay xubin aasaasi u ah kooxda daryeelka macmiilka. Waxay isku halleynayaan u-fiirsashadaada ama indha-indhayntaada iyo warbixinnadaada si loo xaqiijiyo in macmiilku uu sii helo daryeel habboon.

Waxaad ka oggaan kartaa waxyaabaha uu macmiilka ku xooggan yahay iyo baahiyadiisaba qorshahooda adeegga ama qorshaha daryeelka laga wada-xaajoodey. Waa in aad sidoo kale macmiilka u barataa shaqsi ahaan una ixtiraamtaa doorashooyinkiisa iyo dookhyadiisa. Naxariistaada, mas'uuliyadaada, iyo xirfadlenimadaada waxay muhiim u yihiin wanaagooda iyo ammaankooda.

Ra'yigaaga Ahaan

Waa maxay mas'uuliyadda Kaaliyaha Daryeelka Guriga ee ugu adag? Ugu abaal-marinta badan? Maxay tahay sababta?



Daryeele Xirfadle ah

Kaaliyaha Daryeelka Guriga waa daryeele xirfadle ah. Waa in aad fahamtaa mas'uuliyadahaaga oo aadna yeelataa aqoonta iyo xirfadaha si wanaagsan loogu qabanayo. Shaqadaada waxay si toos ah u saameyn dontaa tayada nolosha iyo wanaagga dadka aad taageerto.

1. U bixi daryeelka shakhsiyadeed sida uu ku amrey qorshaha adeegga iyo dookhyada macmiilka.
2. Raac hab-dhaqannada daryeelka guud si aad kor ugu qaado oo aad u ilaaliso ammaanka, asturnaanta, sharata iyo xuquuqaha macmiilka.
3. U fiirso, diiwaangeli, oo ka soo warbixi isbeddellada ku yimid hab-dhaqanka macmiilka iyo/ama xaaladda.
4. Raaca heerka sarreeya ee hab-dhaqanka xirfadeed, oo ay ku jiraan joogteynta xudduudaha xirfadeed.
5. U-diyaar-garowga oo wax-ka-qabo xaaladaha degdegga ah.

Waajibaadyadaada gaarka ah waxay ku xirnaan doonaan goobtaada daryeelka. Ka eeg Doorarka Kaaliyaha Daryeelka Guriga ee Goobaha Daryeelka Kala Duwan gudaha Diiwaanka Kheyraadka ee bogga 276aad si aad u hesho macluumaad dheeraad ah.

Bixinta Daryeelka Shakhsiyadeed

Hawlaha daryeelka shakhsiyadeed waa waxqabadyada joogtada ee aannu naf ahaanteenna sameysan. Waxaa ka mid ah qubeyska, wax cunista, iyo hawlaha kale ee daryeelka shakhsiyeed oo innaga dhiga kuwo nadiif ah, caafimaadqaba, oo wanaagsan. Kaaliyaha Daryeelka Guriga ayaa taageera madax-bannaanida macmiilka isaga oo ka caawinaya noocyadan hawlaha daryeelka shakhsiyadeed.

Qof walba waxaa uu leeyahay waxyaabo uu ku xooggan yahay, dookhyo, iyo baahiyo. Macaamiisha qaarkood waxaa laga yaabaa in ay keliya doonayaan in aad ka taageerto hawlaha sida qubeyska, dhar-xirashada, iyo qaadashada daawooyinkooda. Qaar kale waxay caawimaad dheeraad ah ugu baahan karaan cunto cunista, adeegsiga musqusha, iyo isgeddinta sariirta. Mas'uuliyadaadu waa in aad ilaalisaa madaxbannaanida, asturnaanta, iyo sharafta macmiilka maadaama aad ka caawiso baahiyadooda gaarka ah.

Adeegyada daryeelka shakhsiyeed

Macmiilka wuxuu helayaa adeegyada daryeelka shakhsiyeed oo gaar ah oo ku xiran baahiyada iyo dookhyada.

Su'aal Dib-u-milicsi

Bal qiyaas in aad u baahneyd qof kale in uu kaa caawiyo isticmaalka musqusha qubeysa iyo in aad dhar-xirato. Sidee ayuu tayada daryeelkaasi muhiim ugu noqonayaa noloshaada?



Waxqabadyada Nolol Maalmeedka (ADLs)

ADLs waa hawlaha aan qabanno si aad u daboolno baahiyada aasaasiga ah ee nolosha maalinlaha ah. Macmiilka wuxuu ugu baahan doonnaa heer taageero ah hawlaha noocyadan ah. Hawlaha qaarkood waxaa laga yaabaa in uusan qaban Kaaliyaha Daryeelka Guriga la'aanta xil wareejinta kalkaaliyaha caafimaad.

Ka eeg Cutubka 11aad, Casharka 1aad: Xil Wareejinta Kalkaaliyaha Caafimaad iyo Daryeelka Qofka Is-haga bogga 277aad si aad u hesho macluumaad dheeraad ah.

Qubeyska	qaadashada qubeys jirka oo dhan ah, qubeys masixid ah, ama u wareejinta gudaha/dibedda qubeyska.
Dhaqdhaqaaqa sariirta	u guurista ama ka guurista boos jiif ah, isu geddinta min dhinac ilaa dhinac, iyo hagaajinta booska jirkooda iyaga oo sariirta jiifa.
Daryeelka jirka	waxaa ku jira dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn, marinta daawo lagu dhayo ama faashad ku xirid (waxay u baahan tahay xil wareejinta kalkaaliyaha caafimaad) iyo ku dhayidda boomaato jirka (waxay u baahan kartaa xil wareejinta kalkaaliyaha caafimaad), daryeelka cagaha iyo cidiyadaha iyadoo cagaha cidiyaha laga jarayo kareemna la marinayo. **Fadlan ogsoonow in daryeelka jirka AYSAN ku jirn:** • daryeelka cidiyaha ama cagta ee loogu talagalay macaamiisha la xanuunsan cudurka sonkorta ama leh wareegga dhiigga oo liita; iyo • beddelidda faashadaha ama sharootooyinka marka habraacyo jeermis la'aan ah loo baahan yahay.
Dhar-xirashada	xirashada, dhuujinta, iyo iska bixinta dhammaan agabyada dharka ah, oo ay ku jiraan xubnaha jirka ee gacan ku sameyska ah.
Cunista	cunista iyo cabbista, iyada oo aan la eegayn xirfadda. Cunista waxaa ku jira hab kasta oo lagu qaadanayo nafaqo sida afka ama tuubbo (waxay u baahan karaan xil wareejinta kalkaaliyaha caafimaadka).
Ku socoshada qolka iyo deegaanka nololeed ee u dhow	u kala socoshada inta u dhaxeysa goobaha qolka iyo deegaanka nololeed ee u dhow. Tani waxaa ka mid noqon kara socodka ama isticmaalka kursiga naafada ama mootada lagu istaago. Sidoo kale loo yaqaanno “dhaqaaqid.”
Ku socoshada bannaanka deegaanka nololeed ee u dhow, oo ay ku jiraan bannaanada	aadista, iyo ka soo noqoshada, goobaha ka baxsan deegaanka nololeed ee u dhow sida daaradda hore, dayrka, sanduuqa boostada, ama deriska sokeeye, iwm. Tani waxaa ka mid noqon kara socodka ama isticmaalka kursiga naafada ama mootada lagu istaago. Sidoo kale loo yaqaanno “dhaqaaqid.”
Maareynta daawooyinka	qaadashada daawooyinka la isku qoro ama kuwa la iska soo iibsado (OTC), diyaarinta, ama daawo dhireed dheeraad ah. Maareynta daawooyinka qaar waxay u baahan tahay xil wareejinta kalkaaliyaha caafimaadka.
Isticmaalka musqusha	isticmaalka musqusha, fadhi-musquleed, tuunjiga, ama meelaha lagu kaadsho, geynta/ka soo bixinta musqusha, nadiifinta saxaaxa xubnaha taranka, beddelidda xafaayadda, maareynta kateetarka ama daloolka gacan ku sameyska ah iyo hagaajinta dharka.
Wareejinta	u kala wareegidda sagxadaha (t.a. fuulista/ka soo degidda sariirta, kursiga, gaariga dadka naafada ah, kursiga qubeyska). Kani waxaa ka mid noqon kara tilmaan-bixin, caawimaad gacanta ah, ama qaadis aaladeed.
Nadaafadda shakshiyeed	joogteynta nadaafadda shakshiyeed, oo ay ku jiraan timo shanleynta, ilko cadeyn, daryeelka ilkaha macmalka ah, marsashada agabka isqurxiska, dhaqidda/qalalinta wejiga, gacmaha, iyo daryeelka caadada/cisada.

Waxqabadyada waxtarka u leh ee nolol maalmeedka (IADLs)

IADLs waa waxqabadyo joogto ah oo laga qabto hareeraha guriga ama bulshada dhexdeeda. Kaaliyayaasha Daryeelka Guriga qaarkood waxay sidoo kale ka caawin karaan hawlahan guriga.

Cunto diyaarin	qorsheynta cuntooyinka, karinta, soo ururinta waxyaabaha la isku daro ee cuntada, diyaarinta cuntada iyo maacuunta, iyo nadiifinta alaabta ee cuntada ka-dib.
Shaqada caadiga ah ee guriga	qabashada shaqada caadiga ah ee guriga (t.a. nadiifinta suxuunta, tirtiridda, goglidda sariirta, hagaajinta, dhar dhagaalka.
Soo adeegashada aasaasiga ah	soo iibinta cuntooyinka, waxyaabaha caafimaad ahaan loo baahan yahay, iyo agabka guriga si loo haqabtiro baahiyada caafimaadka iyo nafaqada ee macmiilka. Tani waxaa ka mid ah la soo adeegidda ama u soo adeegidda macmiilka.
Keenista qoryaha	jejebinta, raseynta, ama qaadista qoryaha (marka macmiilka uu qoryo u adeegsado in uu wax ku karsado iyo/ama kuriga ku kululeysto).
U safridda adeegyada caafimaadka	gaari u raacidda xafiis caafimaad ama rug caafimaad oo ku taalla degaanka maxalliga ah si loo helo baaritaan caafimaad ama daaweyn. Tani waxaa ka mid ah in macmiilka uu gaariga isaga wato ama in uu rakaab ahaan u raaco gaari, bas, ama taksi.
Maareynta maaliyadaha	bixinta biilasha, isku dheellitirka buugga jeegga, maareynta kharashka guriga. **Inkasta oo aad arki karto kuwan oo ku qoran qorshaha daryeelka DSHS, hawshan caadi ahaan waxaa saxameeya qoyska ama saaxiibbada macmiilka. DSHS daryeelayaasha lacag kuma siiso in ay macmiilka ka caawiyaan maareynta maaliyadaha.**
Isticmaalka telefoonka	qabashada iyo sameynta wacitaannada telefoonka, oo ay ku jiraan isticmaalka aaladaha caawinta sida tiro waaweyn oo ku yaalla telefoonka ama kordhinta ama kor-u-qaadista codka hadba sida loo baahdo.



Qorshayaasha Adeegga

Marka qofku uu bilaabo in uu qaato adeegyada daryeelka muddada dheer, qiimeyn ayaa go'aamineysa baahiyadooda taageero. Kooxda taageerada (oo uu ka mid yahay macmiilka) waxay adeegsaneysaa qiimeynta lagu diyaarinayo qorshaha adeegga ama qorshaha daryeelka laga wada-xaajoodey. Qorshahan wuxuu ku siinayaa macluumaadka ku saabsan macmiilka iyo tilmaamaha mas'uuliyadahaaga daryeel-bixinta.

Dhammaan qorshayaasha adeegga waxaa ku jira faahfaahin ku saabsan macmiilka iyo daryeelka aad bixin doonto, sida:

- dookhyada macmiilka ee ku saabsan daryeelka, waxqabadyada, iyo arrimaha kale ee shakhsiyeed;
- xaaladda macmiilka, baahiyada gaarka ah, astaamaha hab-dhaqan, iyo/ama cudurrada;
- goorta iyo sida aad caawimaadda u bixin doonto iyada oo lagu saleynayo baahiyada macmiilka, caafimaadka, dookhyada, iyo ammaanka;
- sida daawooyinka macmiilka loo maareeyo; iyo
- sida uu macmiilka u hadlo.

Qorshaha adeegga waxaa sidoo kale ku jiri kara macluumaadka xiriirka ee xubnaha kooxda daryeelka ama awaamiirta horumarsan ee macmiilka.

Heerka Taageerada

Macmiil kasta wuxuu heer taageero kala duwan uga baahan yahay hawlaha daryeelka shakhsiyeed. Liiska hawlaha iyo qaddarta taageerada ee uu macmiilka u baahan yahay ayaa waxaa ay ku jiraan qorshahooda adeegga.

Haddii macmiilkaaga uu haysto qorsha DARYEELKA DSHS (faahfaahinta qiimeynta iyo adeegga oo kooban), wuxuu kuu sheegi doonnaa inta ay le'eg tahay taageerada macmiilka u baahan yahay si uu si ammaan ah ugu qabto hawl kasta. Waxaa jira shan heerar oo taageero ah oo ku jira qoshaha DARYEELKA DSHS:

- **Madax-bannaani:** Ma jiraan walaacyo ammaan, oo macmiilkana uguma baahna wax caawimaad ah ama xusuusin hawshan gaarka ah.
- **Kormeer:** Macmiilka ayaa si ammaan ah u qaban kara hawsha, laakiinse waad la socod doontaa si aad u xaqiijiso. Waxaad u baahan kartaa in aad macmiilka xusuusiso ama towjiihiso iyaga oo hawsha qabanaya. Kormeerka ka mid ma ahan wax taageero gacanta laga qabannayo.
- **Caawimaad Xaddidan:** Macmiilka ayaa si aad ah ugu lug leh hawsha laakiinse wuxuu u baahan yahay xoogaa caawimaad gacanta ah. Waxaa laga yaabaa in aad ka caawiso hagidda gacmahiisa marka uu hawsha qabannayo. Caawimaadda Xaddidan ka mid ma ahan wax taageero miisaan culus qaadid ah.
- **Caawimaad Ballaaran:** Macmiilku wuxuu u baahan yahay taageero miisaan qaadid ah ama caawimaad buuxda inta lagu guda jiro qaybo ka mid ah hawsha. Waxaad u baahan doontaa in aad taageerto culeyska ama miisaanka macmiilka ama in aad ka taageerto qabashada qaybo ka mid ah hawlah.
- **Ku-tiirsanaan Guud:** Macmiilka ma awoodo in uu ka qaybgalo qayb kasta oo hawsha ah. Waxaad u baahan doontaa in aad dhammaan qaybaha hawsha aad macmiilka u sameyso.

Heerarkan taageerada waxay gaar ku yihiin DSHS. Heerarka taageerada way kala duwanaan karaan iyagoo ku xiran goobtaada daryeelka iyo qalabka qorshaha adeegga ee uu adeegsado.

Eeg Qorshaha Adeegga

Eeg tusaalaha Qorshaha DARYEELKA DSHS (Qiimeynta Faahfaahsan iyo Adeegga oo Kooban) ee ku yaalla Diiwaanka Kheyraadka ee bogga 280aad. Waa maxay heerka taageerada ee uu macmiilka ugu baahan yahay isticmaalka musqusha?

Eeg tusaalaha Heshiiska Adeegga ee Laga Wada-xaajoodey ee ku yaalla Diiwaanka Kheyraadka ee bogga 303aad. Sidee ayay sharraxaadda baahiyada iyo dookhyada ku saabsan adeegsiga musqusha ay uga duwan tahay Qorshaha DARYEELKA DSHS?





Qorshayaasha Adeegga iyo Goobaha Daryeelka

Qorshaha adeegga waxaa uu magac kale ku yeellan karaa goobtaada daryeelka. Qaar ka mid ah magacyada kale waa "qorshaha daryeelka laga wada-xaajoodey", "heshiiska adeegga laga wada-xaajoodey," "qorshaha daryeelkaa," ama "qorshe daryeel."

Halka aad ka helayso qorshaha adeegga ayaa sidoo kale ku xiran goobtaada daryeelka. Guryaha qoyska ee qaangaarka, xarumaha xannaaneynta waayeelka iyo naafada, iyo xarumaha adeegyada la wanaajiyey ayaa caadi ahaan ku haya ama dhexgaliya qorshaha adeegga shaxda degganaha. Haddii goobtaada shaqada ay leedahay diiwaannada caafimaadka elektaroniga ah, qorshaha adeegga ayaa waxaa laga heli karaa aaladda tablet-ka ama kombiyuutarka. Haddii aad taageerto qof gurigiisa jooga, waxaad laga yaabaa in aad keliya hesho liiska hawlaha.

Halkeed ka heli kartaa qorshaha adeegga qof aad ku taageerto goobtaada shaqada?

Fahamka Dookhyada Macmiilka

Dadku waxay xaq u leeyihiin in ay kala doortaan daryeelka ay helaan. Ma jiro qorshe adeeg oo leh dhammaan faahfaahinta aad u baahan doonto si aad u bixiso taageero habboon. Waa in aad sidoo kale macmiilka kala hadashaa hawl kasta ee aad sameyso.

Qorshaha adeegga waa dokumenti oo keliya, oo dookhyada iyo baahiyada macmiilka ayaa muddo ka-dib isbeddeli karaa. Si joogto ah ula hadal macmiilka si aad u hubiso in aad u taageerayso sida ay doorbidayaan. Diiwaangeli oo ka soo warbixi isbeddelo kasta.

La hadalka macmiilka

Macaamiisha qaarkood waxaa ku adag hadalka, gebi ahaanba ma hadlaan, ama waxay adeegsadaan habab kale oo war-isgaarsiineed (fara fiiq-fiiq, aaladaha caawimaadda, ama baaqyo).

Qorshaha adeegga wuxuu leeyahay macluumaad ku saabsan sida aad u fahmi kartid ama uu kuu fahmi karo macmiilka. Kormeerahaaga ama loo-shaqeeyahaaga ayaa sidoo kale ah kheyraad wanaagsan oo loogu talagalay sida ugu wanaagsan ee aad ula hadli karto macmiilka.

Haddii macmiilku uu leeyahay qof ka mas'uul ah ama awood qareen, qofkaasi wuxuu awood u leeyahay in uu u hadlo ama go'aamo u gaaro macmiilka. Macluumaadka xiriirka go'aan gaaraha kale waa in lagu qoraa qorshaha daryeelka.

Macmiilka qof ka mas'uul ah leh ama Awoodda Qareenka wuxuu weli xaq u leeyahay in uu wax kala doorto marka uu awoodo.

Daryeelka uu Xuddunta U Yahay Macmiilka

Liisto Hubineedda ku taalla bogga 420aad ayaa soo bandhigaya habka gaarka ee tallaabo-tallaabada ah ee loogu talagalay hawl kasta. Tallaabooyinkan ayaa ammaan u ah adiga iyo macmiilka. Marka aad si fiican u barato hawlahan, waxaad diyaar-garoobi doontaa qaadashada tijaabada xirfadaha ee loogu talagalay shahaado-qaadashada Kaaliyaha Daryeelka Guriga. Waa in aad tixgelisaa dareennada, hadba sida uu yahay dareenka, iyo dookhyada maalinlaha ah ee macmiilka. Marnaba ha isku dayin in aad ku khasabto macmiilka in uu sameeyo waxyaabo fudud si aad u ilaaliso jadwalka shaqadaada. Madax-bannaanidan iyo maamulka ayaa muhiim u ah caafimaadka iyo wanaagga macmiilka.

Xusuusnow taageeridda madax-bannaanida iyo baahiyada bulsho ee qofka in saameyn awood badan leh ay ku leeyihiin wanaagooda iyo tayada noloshooda.

Maxaad sameyn doontaa xaalad kasta?

Xaaladda A
Sandra waxay deggan taahy xarunta aad ka shaqeyso. Liiska hawlahaaga ee subaxdan waxaa ka mid ah in aad dhar-xirashada ka caawiso. Haseyeeshee, marka aad albaabka gargaraacdo, ayay waxay kuu sheegtay in aysan weli diyaar u ahayn in ay toosto.

Xaaladda B
Miguel wuxuu deggan yahay guriga aad ka shaqeyso. Wuxuu u baahan yahay in laga caawiyo ilkihiisa in uu cadeysto. Si kastaba ha ahaatee, marka aad hawsha bilaawdey, ayaa inta uu kaa joojiyo ayuu wuxuu kuu sheegay in uusan dooneyn in uu sameeyo.

Xaaladda A, waa in aad Sandra weyddiisaa sababta aysan u dooneyn in ay soo kacdo si aad u xaqiijiso in aysan waxba ka khaldaneyn. Ka-dibna weyddii goorta ay jeceshahay in ay dharkeeda xirato ka-dibna jadwalkaaga wax ka beddel si aad u waafajiso dookeeda.

Xaaladda B, daryeelka afka ayaa aasaasi u ah ammaanka iyo caafimaadka Miguel. Miguel kala hadal sababta ay muhiim u tahay, weyddii sababta uusan u doonayn in uu cadeysto, oo kala xaajoo waqti kale ama sidii lagu xaqiijin lahaa in afkiisa iyo ilkahiisaba la nadiifiyo.



Xirfad: Hab-dhaqannada Daryeelka Guud

Sida aad daryeelka u bixiso ayaa si xooggan u saameysa wanaagga dareen ee macmiilka. Hab-dhaqannada daryeelka guud ayaa kor-u-qaada oo ilaaliya xuquuqda macmiilka, ammaanka, raaxada, iyo baahiyada bulshada iyo aadanaha. Hab-dhaqannadan way kala duwan yihiin iyaga oo ku xiran hawsha gaarka ah ee aad qabaneyso iyo awoodaha iyo baahiyada macmiilka.

Eeg Hab-dhaqannada Daryeelka Guud iyo War-isgaarsiinta iyo Xuquuqaha Macmiilka ee ku jira Liisto-hubineedda Xirfadaha ee bogga 420aad si aad u hesho liista tallaabooyinka oo faahfaahsan.

Adiga oo macmiilka ka caawinaya wax cunista, dhiirrigeli oo ilaa...

Xuquuqda macmiilka uu wax ku dooranayo	Weyddii waxa ay jeclaan lahaayeen in ay cunaan, ama bixi kala doorashooyin.
Sharaf macmiilka	Istiraasho sii.
Baahiyada bulshada macmiilka	Fadhiiso heer ishiisa ku aaddan oo la yeelo wada-sheekaysi inta cuntada la cunayo.
Ammaanka macmiilka	Ka digtoonow calaamadaha ku saxashada ama dhibaatada laqista
Madax-bannaanida macmiilka	Ku dhiirrigeli macmiilka in uu qabsado fargeetada ama qaandada haddii uu awoodo.
Raaxada macmiilka	Macmiilka u dhawoow, oo cabbitaanno sii inta u dhaxeysa cunto goosad kasta.

Waxqabadyada Hab-dhaqannada Daryeelka Guud

Waxaad macmiil ka caawineysaa in uu ka soo baxo qofkiisa oo uu imaado goobta lagu cunteeyo si uu ugu quraacdo. Tallaabooyin noocee ah ayaad qaadi kartaa in aad u dhiirrigeliso oo aad u ilaaliso:

xuquuqda macmiilka uu wax ku dooranayo:

sarafta macmiilka:

baahiyada aadanaha iyo bulshada ee macmiilka:

ammaanka macmiilka:

Madax-bannaanida macmiilka:

raaxada macmiilka:

Ilaalinta Asturnaanta Macmiilka

Badankeenna waxaan doorbideynaa in aan u qubeysano, isu-qurxinno, oo aan isu daryeelno nafteenna si asturnaan leh. Marka uu qofku kaalma ugu baahan yahay daryeelka shakhsiyeed, waxay dareemi karaan nuglaan ama xishood. Waxay dareemi karaan madax-bannaani la'aan iyo isku-kalsoonaan la'aan sababta oo ah waxay taageero ugu baahan yihiin hawlaha aasaasiga ah.

Asturnaanta Jireed

Hal si oo loo dareensanaan karo macmiilka waa in la ilaaliyo asturnaantooda marka aad sameyso wax daryeel shakhsiyeed ah. Had iyo jeer:

- gargaraac ka hor inta aadan galin qolka albaabkiisu xiran yahay, oo sug ilaa lagaaga oggolaado in aad soo gasho;
- xir daaqadaha, daahyada, iyo albaabada ka hor inta aadan bilaabin hawlaha daryeelka shakhsiyeed;
- dabool macmiilka jirkiisa inta ugu badan ee suuragalka ah; iyo
- macmiilka sii asturnaan uu ku sameeyo is-daryeelka ugu badan ee suuragalka ah.



Asturnaanta Shakhsiyeed

Qof walba wuxuu mararka qaarkood u baahan yahay asturnaan shakhsiyeed. Ixtiraam oo taageer asturnaanta macmiilka marka:

- macmiilka uu doonayo in uu kaligiisa noqdo si uu uga fikiro oo uu ula tacaalo dhibaatooyinka ama dhimashooyin;
- macmiilka uu dad booqanayo, telefoonka ku hadlayo, ama uu waraaqahiisa akhrisanayo; ama
- macmiilka uu doonayo in uu ku raaxayso xoogaa waqti xasilloon oo uu keligiisa qaato.



Taageeridda Madax-bannaanida Macmiilka

In aad macmiilka ka caawiso in uu madax-bannaani helo waa mid ka mid ay yoolalkaaga aasaasiga ah Kaaliye Daryeel Guri ahaan. Awoodda aan nafteenna ku daryeelayno ayaa naga caawineysa in aan dareenno ammaan iyo ujeeddo. Madax-bannaani luminta waxay keeni kartaa walaac iyo niyadjab.

Taageeridda dhaqdhaqaaqa macmiilka, isku-xirnaanta bulshada iyo dareemidda isla-hanweynaan ayaa jir ahaan iyo dareen ahaanba daawo leh. Marka aad macmiilka ka caawiso in uu isaga qabsado inta karaaniisa ah, waxaad taageeraysaa madax-bannaanidiisa.
Waxaad taageeri kartaa madax-bannaanida macmiilka inta lagu guda jiro hawlaha daryeelka shakhsiyeed adiga oo:

- macmiilka siinaya fursado uu naftiisa wax ku qabsan karo inta ugu badan ee suuragal ah.
- ku dhiirrigelinaya macmiilka in uu hawlaha qabsado isaga oo qaadaya tallaabooyin yaryar si aysan uga niyadjabin;
- siinaya dhiirrigelin badan iyo jawaabcelin wanaagsan; iyo
- ku dhiirrigelinaya isticmaalka aalad(o) kasta oo qofka caawiya.

Dulqaad yeelo. Haku degdeggin ama ha u oggolaan in aad "shaqadaada qabsato" in aad ka hormariso taageeridda madax-bannaanida macmiilka

U-qareemeynta Macmiilka

Taageeridda macmiilka ayaa sidoo kale la macno ah u-qareemayntooda. Tani waxaa ka mid ah uga digidda dadka kale (oo uu ku jiro macmiilka) in:

- macmiilka uu leeyahay baahiyo shakhsiyeed dheeraad ah oo aanan la daboolin;
- macmiilka uu leeyahay dookhyo gaar ah oo aanan la raacin;
- aad ogtahay adeegyo kale oo laga heli karo bulshada kuwaas oo caawin kara macmiilka;
- aad ogtahay aalado caawin kara ama qalab dheeraad ah oo macmiilka siin kara madax-bannaani dheeri ah.

Dhageyso macmiilka si aad uga hesho baaqyo ku saabsan waxa muhiimka u ah iyaga ee loogu talagalay tayada noloshooda. Ka fikir sida baahiyadaasi loo dabooli karo.

Tusaale ahaan, haddii qofka xarunta deggan uu in badan ka hadlo aadista bandhigto faneed, tani waxay la macno noqon kartaa in muusigu uu muhiim u yahay. Muusig ma helaan? Ma haystaan wax fursad ah oo ay kaga qaybgali karaan muusik si toos ah loo qabanayo? Ka soo bixidda baahidan waxay saameyn wanaagsan ku yeellan kartaa dareennada macmiilka iyo tayada nolosha.

U-fiirsadashada, Diiwaangelinta, iyo Ka-warbixinta

Kaaliyaha Daryeelka Guriga waa xubin muhiim ah oo ka tirsan kooxda daryeelka macmiilka. Maadaama aad tahay daryeelaha maalinlaha ah ee macmiilka, waxaad ku sugan tahay meesha ugu wanaagsan ee lagu oggaan karo isbeddellada xaaladooda. Qayb ka mid ah mas'uuliyadaada shaqo waa in aad diiwaangeliso oo aad u soo sheegto isbeddeladan xubna kooxda daryeelka ee habboon.

Isbeddellada qaar ee ku yimaada xaaladda macmiilka, astaamaha, ama awoodaha ayaa u baahan in la waafajiyo qorshaha adeegga. Marka aad u fiirsato, diiwaangeliso, oo aad ka warbixiso, waxaad hubsaneysaa in macmiilka uu had iyo jeer helo taageerada uu u baahan yahay.

U-fiirsashada Isbeddellada Halka Wax Laga Bilaabey

Xaaladda dareenka, dhimirka, iyo jirka ee macmiilka ayaa sii hagaagi karta ama hoos u dhici karta muddo ka-dib. Waxaad u baahan tahay in aad oggaato halka wax laga bilaabey ee macmiilka iyo in aad si taxaddar leh ula socoto in aad aqoonsato isbeddelo kasta.



Halka Wax Laga Bilaabey ee Macmiilka

Halka wax laga bilaabey ee macmiilka waxaa loola jeedaa xaaladooda caadiga ah iyo heerka awoodda. Halka wax laga bilaabey ayaa sidoo kale loo yaqaanna heerka shaqeynta caadiga ah ee macmiilka. Waxaad halka wax laga bilaabey ee macmiilka ka oggaan kartaa macmiilka, qorshahiisa adeegga, iyo xubnaha kale ee kooxda daryeelka.

Maxaad Sameyn Lahayd

Macmiil aad la shaqeyso ayaa ka soo cawdey in ay inta badan leeyihiin goobo qallalan, teel-teel ah oo ku yaalla lugaha. Sideed ku oggaan kartaa haddii goobahan aysan caadi u ahayn iyaga?

U-fiirsashada Isbeddellada

Ka dhig u-fiirsashooyinka joogtada ah qayb ka mid ah nidaamkaaga joogtada ah oo oggow xaaladda macmiilka. Waqti kasta ee aad la kulanto, isbarbardhig waxa aad u fiirsatey iyo waxa aad ka ogtahay halka ay wax ka bilaabeen. Ka digtoonow oo fiiro gaar ah u yeello isbeddelo kasta.

Mararka qaarkood macmiilka ayaa wax kaaga sheegaya isbeddellada ay la kulmayaan. Ku dhiirrigeli macmiilka in uu kuu sheego sida uu dareemayo iyo xanuun kasta oo ay leeyihiin. Si taxaddar leh u dhageyso oo sii waqti ay si buuxda ugu jawaabaan.

Isticmaal dhammaan dareennadaada marka aad u fiirsaneyso macmiilka. Waxaad arki kartaa, maqli kartaa, urin kartaa, ama dareemi kastaa astaamaha isbeddelka ama dhibaatooyinka.

Tusaalooyinka isbeddellada laga eegayo macmiilka

Waxa aad aragto	
	Hadba dareenka sida uu yahay ama dabci • Xanaaq durba yimaada • Xanaaq • Murugo ama niyadjab
	Isbeddelo jireed • Isbeddelka maqaarka (midab, finan, meelo dillaaca) • Bararka gacmaha, cududdaha, lugaha, ama cagaha • Isbeddellada heerka waxqabadka • Isbeddelka awoodda macmiilka uu hawlo ku qabanayo
	Dhaqdhaqaaq • Isbeddelka sida macmiilka u dhaqaaqo (t.a. u janjeersada hal dhinac, awoodda uu ku istaagayo, in aan si aad ah ugu xasillin cagaha) • Bilaaba in uu dhutiyo, dhic-dhicid, ku-fid, ama in uu waxyaabo ku dhaco • Dhicid ama dhaawacyo
	Awoodda neefsashada • Neefashada oo dhib ku noqota, neeftuurid, ku adag hadalka • Neefsashadu waa mid aayar ah oo dhaqso ah
	Muuqaalka • Isbeddelka dabeecadaha nadaafadda ama muuqaalka jireed • Shanlaysan la'aan ama dhar wasakheysan • U muuqda qof walaacsan, isku buuqsan, cabsada, ama niyadjabsan • Isbeddelka heerka miyir-qabka; aan awoodin in uu si fudud ku soo tooso
	Caadooyinka musqullaha • Calool-fadhi ama shuban • Kaadin joogto ah ama kaadi midab cajiib ah leh • Aan in ku filan kaadin, ama badanaa ku filan (fuuq-bax) • Kaadi dhiig leh (basali ama midab guduud) • Xanuun ama raaxo la'aan marka la adeegsanayo musqusha
	Wax cunid • Kororka ama hoos u dhaca rabitaanka cuntada • Luminta/qaadista culeyska iyada oo aan la isku-dayin - dhar ama suun holof-holof ah ama giigsan • Tilmaan kasta ee muujineysa in macmiilka uusan wax cuneynin ama ay ku adag tahay wax cunista • Ku adag cunto liqidda

Tusaalooyinka isbeddellada laga eegayo macmiilka

Waxa aad maqasho	• Oohin, jibaadid • La hadalka qofka naftiisa ama walxo ama dad kale oo aan qolka joogin • Hadal aan la garan karin, ku adag hadalka ama helidda ereyo • Macmiilka ayaa kuu sheegaya isbeddelka uu isku arkey • Macmiilka ayaa ka hadlaya kalinimo iyo/ama is-dilis*
Waxa aad dareento / taabato	• Heerkulka maqaarka iyo qoyaan • Kuus ama buruq maqaarka hoostiisa ku yaalla
Waxa aad uriso	• Neef ama af ur • Ur aan caadi ahayn oo ka soo baxaya kaadida ama saxarada • Ur ka soo baxaya nabar ama meel jirka ah oo dillaacda



Diiwaangelinta U-fiirsashooyinka

Marka aad isbeddelo ku aragto xaaladda macmiilka, waxaad u baahan tahay in aad meel ku qorto. Diiwaangelinta u-fiirsashooyinka macnaheedu waa in diiwaan qoraal ah laga hayo isbeddelo kasta ama walaacyada ku saabsan macmiil, oo ay ku jiraan:

- isbeddellada xaaladda macmiilka ama halka wax laga bilaabey;
- astaamaha dhibaatooyinka ama calaamadaha jirro; iyo
- walaacyada ku saabsan hab-dhaqanka macmiilka ama dhacdo gaar ah.

Abuurista diiwaanka qoraalka ah ee u-fiirsashooyinka ayaa ka caawinaysa adiga iyo xubnaha kale ee kooxda daryeelka in aad:

- xusuusataan faahfaahinnada muhiimka ah.
- aragtaan qaababka isbeddellada muddo ka-dib; iyo
- ka hadashaan macluumaadka saxda ah ee ku saabsan taageeridda macmiilka.

Diiwaangelinta Dhabta ah

Hadafka diiwaangelinta laga leeyahay waa in loo diiwaangeliyo xaqiiqooyinka sida aad u aragtey. Diiwaangelinta dhabta ah ka mid ma ahan ra'yigaaga shakhsiyeed ama fasiraadda. Macluumaadka qofka dareenkiisa ku saleysan oo kan oo kale waa mid waxtar yar u leh xubnaha kale ee kooxda daryeelka.

Haddii aad diiwaangelinayso wax uu macmiilka kuu sheegay, qor ereyadooda saxda ah. Haddii lagu weyddiiyo in aad bixiso ra'yigaaga ku saabsan isbeddelka ama u-fiirsashada ku saabsan macmiilka, had iyo jeer ku bilow xaqiiqooyinka dhanka ah ee horseeday gunaanadkaaga.

*Khadka Tooska ah ee Dhibaatada iyo Is-dilista ee 988 wuxuu gacan ka geysan karaa ka hortagga is-dilista. Khadka tooska ah wuxuu bixiyaa taageero cod ama qoraal sir ah oo bilaash ah 24/7, oo loogu talagalay dadka ku sugan dhibaato kurbo dareen ama is-dilis. Keliya garaac ama farriin u dir 988.

Dhab Ku Saleysan marka loo eego Dareen Ku Saleysan

Akhri tusaalooyinka hoos ku qoran. Maxaa ka dhigaya tusaalaha koowaad mid dareen ku saleysan? Maxay tahay sababta tusaalaha dareenku ku saleysan u marin-habaabin karaa xubnaha kale ee kooxda daryeelka?

Dareen ku Saleysan: Carol ma jeclaan quraacdeeda subaxan, sidaa daraadeed ma cunin. Waxaan weyddiiyay haddii ay doonayso wax kale, laakiinse ma sheegan. Waxaan qiyaasayaa in aad u baahan doonto caawa, sidaa daraadeed waa in aan siino laba casho.

Dhab Ku Saleysan: Carol subaxan quraacdeeda ma cunin. Waxay tiri "ma doonayo in aan tan cuno." Waxaan weyddiiyay haddii ay doonayso wax kale, laakiinse waxay tiri "Maya, hadhow ayaa cunayaa."

Goobaha Daryeelka iyo Diiwaangelinta

Nooca gaarka ah ee diiwaangelinta ee aad u baahan tahay in aad sameyso ayaa waxay ku xiran tahay goobtaada daryeelka. Loo-shaqeeyahaaga wuxuu yeellan doonnaa xeerar iyo habraacyo ku saabsan sida, goorta, iyo waxa aad u baahan tahay in aad diiwaangeliso. Hubso in aad fahamto mas'uuliyadahaaga ku saabsan diiwaangelinta. Goob kasta, waxaa had iyo jeer fikrad wanaagsan ah in aad hayso qoraallada ama diiwaanka u-fiirsashooyinkaada.

Goobaha daryeelka badankooda, waxaad qori doontaa qoraallo toddobaadle ama maalinle ah oo ku saabsan xaaladda iyo horumarka dadka goobaha deggan. Kuwani waxaa loogu yeeri karaa "ka-sheekayn," "qoraallo horumarineed," ama wax kale. Qoraalladan waxaa ay dheeraad ku yihiin isbeddellada gaarka ah ama dhacdooyinka dhici kara.



Tilmaamaha Diiwaangelinta

Waa in aad barataa siyaasadaha dokumentiyada ee goobtada daryeelka. Guud ahaan, marka aad diiwaangelinayso u-fiirsashooyinkaaga:

- hubso waa in aad haysato diiwaanka macmiilka ee saxda ah k hor inta aadan wax qorista bilaabin;
- isticmaal qallin khadiisu madow ama buluug tahay (ha isticmaalin qallin-qori), ka sheekayntaadu waxay qayb ka tahay diiwaannada joogtada ah;
- diiwaannada u qor si cad oo la akhrin karo;
- ha isticmaalin u-fiirsashooyin aan inta badan la adeegsan;
- kuddar taariikha iyo waqtiga saxda ah;
- hubso in dokumentiyadaadu ay dhammeystiran yihiin.
  - **Sharraxaad:** maxaa dhacay, goormee ayay dhaceen oo yaa halkaasi joogey?
  - **Ficilka:** Maxaad sameysay adiga, daryeele ahaan, oo ku saabsan dhibaatada/arrinta/dhacdada?
  - **Jawaabta:** Sidee ayuu macmiilka uga jawaabey dhibaatada, dhacdada, ama arrinta iyo ficiladaada? Maxay ahayd natiijada?
- saxiix qoraalladaada; iyo
- marnaba ha beddelin ama ha tirtirin diiwaanka.

Haddii laguu sheego in aad diiwaan wax ka beddesho sabab kastaba ha noqotee, si cad ugu qor xarfaha hore ee magacaaga iyo taariikhda diiwaangelinta oo ay la socoto taariikhda wax ka beddelka uu dhacey.

Diiwaangelinta Liidata marka loo eego Diiwaangelinta Wanaagsan

Diiwaangelinta Liidata:
Galab isniin ah. Musqul ku qaylin. Gudaha isku-xirtay oo si dhab ah u xanaaqsan.

Diiwaangelin Wanaagsan:
10/11/20, 4:30 P.M. Waxaan maqley Marwo. Hirono oo iyada oo musqusha ku jirta ku qaylinaysa “Let me out.”Iga fura aan bannaanka u soo baxee." Waxaan arkey musqusha Marwo Hirono oo albaabkeeda xiran. Waxaan aniga oo adeegsanaya fure ka furey albaabka. Marwo Hirono waxay sheegtay in ay ka baqeyso in ay ku xiranto musqusha, sidaa daraadeed waxaan u xaqiijiyeyin ay bedqabto, waxaan tusiyey sida ay lafteeda isaga furi karto albaabka, waxaanna booqdey ilaa ay ka noqoto cabsi la'aan.

- Waxaa saxiixay Mx. Daryeele Taxaddar Badan leh

Diiwaangelinta wanaagsan waxay sawir xaqiiq ah, dhammeystiran ka bixinaysaa waxa dhacey. Daryeelaha wuxuu qoray waxa uu arkey oo uu maqley, waxa uu macmiilka ka yiri xaaladda, iyo waxa uu sameeyay si uu ugu jawaabo. Dokumentiyada ayaa sidoo kale la taariikheeyaa lana saxiixaa.

Ka-warbixinta:

Loo-shaqeeyahaaga wuxuu yeellan doonnaa xeerar iyo habraacyo ku saabsan sida, goorta, waxa, iyo cidda ay tahay in aad u sheegto. Hubso in aad fahamto habraacyadan oo kormeerahaaga weyddii haddii aad wax su'aalo ah qabto.

Marka aad warbixintaadu diyaarineyso, kuddar u-fiirsashooyinkaaga dhab ku saleysan ee aad diiwaangelisay. Ka-dib marka aad warbixintaadu sameyso, waa in aad diiwaangelisaa xaqiiqda in aad soo sheegtay iyo cidda aad u soo sheegtay.

Marka aad aragto isbeddellada halka wax laga bilaabey, si degdeg ah ugu soo sheeg qofka ku habboon ee ku sugan goobtaada daryeelka.

Tilmaamaha Ka-warbixinta

Xusuusnow in aad had iyo jeer raacdo xeerarka iyo habraacyada aasaasiga ah ee ku saabsan diiwaangelinta iyo ka-warbixinta goobtaada daryeelka. Guud ahaan, warbixin ka samee marka:

- aad maqasho ama aad tuhunto xadgudub ama dayac;
- aad qabto walaacyo ama su'aalo ku saabsan isbeddelada xaaladda macmiilka;
- macmiilka uu yeesho dhibaato cusub;
- macmiilka uu leeyahay baahiyada daryeel shakhsiyeed ee aanan la daboolin;
- macmiilka uu fiicnaanayo oo uusan caawimaad ugu baahnayn qaar ka mid ah hawlaha aad sameynayso;
- aad taqaanno kheyraadyo dheeri ah oo wax ku daraya tayada daryeelka macmiilka ama madax-bannaanida;
- aadan awoodin ama raaxo aan ku qabin qabashada hawlaha lagu muujiyey qorshaha daryeelka; ama
- lagu weyddiisto in aad qabato hawlaha aanan lagu muujin qorshaha daryeelka oo aadanna macmiilka la xallin karin arrintan.

Layli Ka-warbixin

Adiga oo Mudane Ito ka caawinaya in uu dharkiisa xirto subaxii, ayaad waxaad oggaatey in uu xanaaqo oo uu niyadjabo. Wuxuu si lama filaan ah kuugu sheegayaa in aad joojiso caawintiisa oo aadna isaga tagto. Waxaad weyddiisa waxa ka qaldan, laakiinse wuxuu diidayaa in uu kuu jawaabo. Waxaad siinaysaa xoogaa waqti ah ka-dibna waxaad u soo noqoneysaa dhowr daqiiqo ka-dib. Mudane Ito ayaa kuu oggolaanaya in aad dhameystirto in aad ka caawiso dhar-xirashada laakiinse wuxuu weli u muuqdaa in uusan ku faraxsaneyn.

Waa maxay tallaabooyinka aad qaadeyso si aad dhacdadan u diiwaangeliso? Miyaad u sheegaysaa kormeerahaaga? Haddii ay sidaa tahay, waa goorma?



Hab-dhaqanka Xirfadeed iyo Xuduudaha

Shaqadaada Kaaliye Daryeel Guri ahaan waxay si toos ah u saameynaysaa ammaanka iyo wanaagga dadka aad taageerto. Tayada noloshooda ee maalinlaha ayaa inta badan ku xiran sida taxaddarka iyo miyirqabka leh aad shaqadaada u qabsato.
Waxaad mas'uul k atahay in aad raacdo hab-dhaqan xirfadeed oo heer sare ah marka aad waajibaadyadaada fulineyso. In aan noqoto qof la isku halleyn karo, diiradda saaraya shaqadiisa, oo joogteynaya xuduudaha habboon ayaa aasaasi u ah daryeel-bixinta xirfadeed.

Eeg Talooyinka ku saabsan Joogteynta Xiriirrada Xirfadeed ee Wanaagsan iyo In aad si Xirfadlenimo ah Ula Hadasho Kormeerahaaga iyo Loo-shaqeeyahaaga ee ku jira Diiwaanka Kheyraadka ee bogagga 312aad iyo 313aad.

Imaanshaha

Macmiilkia, kooxda daryeelka inteeda kale, iyo loo-shaqeeyahaaga ayaa isku kaan halleynaya in aad shaqada imaato waqtigii lagaaga baahnaa ee jadwaleysan. Taageerada aad bixiso waa qayb muhiim u ah qorshaha adeegga macmiilka. Haddii aad daahdo ama aad maqan tahay, qaar ka mid ah baahiyada macmiilka ayaa laga yaabaa in aanan la taageerin.

Habee noloshaada shakhsiyeed, sida gaadiidka iyo daryeelka carruurta, si aad u ilaaliso waajibaadyadaada shaqo.

Xaaladaha Degdegga ah iyo Waqti Qaadasha

Marka aad maqan tahay ama soo daahdo iyada oo ay sabab u tahay xaalad degdeg ah, sida ugu dhaqsiyaha badan ee suuragalka u wac macmiilkaaga. Hubso in aad taqaanno cidda la waco oo lambarka telefoonkooda ku qoro meel aad ka heli kartid.

Haddii aad ogtahay in aad u baahan doonto waqti qaadasho, sida ugu dhaqsiyaha badan ee suuragalka ah ugu sheeg cidda aad u shaqeyso. Tani waxay siineysaa fursad ay ku qabanqaabiyaan caynsanaan inta aad maqan tahay.

Jirro

Guriga joog oo shaqo ha aaddin haddii aad leedahay astaamaha jirro la kala qaadi karo sida matag, shuban, ama qandho. Haddii aad shaqeyso adiga oo xanuunsan, waxaad laga yaabaa in aad xanuunka ku daarato macmiilka ama shaqaalaha kula shaqeeya. Haddii aadan hubin in aad cudurka faafin kartid, la xiriir bixiyaha daryeelkaaga caafimaadka oo taladooda raac.

Waa in uu caafimaadkaagu wanaagsan yahay si aad u taageerto dadka kale. Hubso in aad naftaada ilaaliso!

Ku wargeli loo-shaqeeyahaaga isla-marka aad oggaato in aadana woodi doonin in aad shaqadaada aaddo. Haddii ay suuragal tahay, la samee qorshe gurmad ah loo-shaqeeyahaaga waqti hore lacala haddii aad xanuunsato.





Waxqabad Shaqo

Si aad u bixiso daryeelka ugu wanaagsan ee suuragalka ah, diiradda saar shaqadaada inta aad shaqada joogto. Waxaad yeellan doontaa hawlo badan oo ay tahay in aad qabato maalin kasta oo jadwalkaagu mashquul yahay. Ka soo bixidda baahiyada macmiil kasta ayaa kuu fududaan doonta haddii aad nidaamiso hawlahaaga oo aadna shaqada u diyaar-garowdo maalin kasta.

Is-nidaaminta

Hubso in aad fahanto waajibaadyada laguu qoondeeyay iyo in aad abuurto qorshe aad dhammaan ku sameynayso. Ilaali nidaamka joogtada ee maalinlaha ah, haddii ay suuragal tahay. Samee nidaam u shaqeynaya adiga iyo macaamiisha oo fudeed ka dhig! Marka aad qorsheynayso shaqadaada maalintaa:

- Tixgeli dookhyada iyo baahiyada macmiilka oo jadwalkaaga iyaga ku salee;
- hawlaha isku-midka ah si wadajir ah u samee. Tani waxay dhaqaaleynaysaa waqtigii hore iyo gadaal loogu kala gooshi lahaa hawlaha aanan xiriirka lahayn; iyo
- hawl kasta u qorshee waqti badan oo ku filan. Tani ayaa jadwalkaaga ka dhigeysa mid aad u debecsan.

Xusuusnow in taageeridda madax-bannaanida macmiilka, ammaanka, iyo wanaagga ay yihiin waajibaadkaaga ugu muhiimsan. Ka raadi macmiilka waxa ay u baahan yihiin aad sameyso oo debecsanow. Mararka qaarkood waxaad u baahan doontaa in qorsheyaashaada beddesho.

Shaqo u Diyaar-garow



Isku diyaarinta naftaada dhimir ahaan iyo jir ahaanba shaqada maalin kasta ayaa kaa caawineysa in aad shaqadaada si fiican u qabsato. Isku soo bandhiga naftaada xirfadle ahaan ayaa waxay macaamiisha iyo loo-shaqeeyahaagaba siin doontaa kalsooni ay ku qabaan awoodahaaga.

Si aad dhimir ahaan isu diyaariso, iskuday in aad guriga ugaga soo tagto noloshaada shakhsiyeed. Maskaxda ku hay shaqadaada inta aad shaqadaada qabsaneyso.

Ka eeg Cutubka 12aad: Is-Daryeelka loogu talagalay Daryeelaha ee ku yaalla bogga 352aad joogteynta isku-dheellitirka shaqada/nolosha.

In aad jir ahaan isu diyaariso maalin kasta ayaa shaqadaada ka dhigi doonta mid fudud waxayna gacan ka geysan doontaa in macaamiisha iyo adgaba kaa dhigto qof bedqaba. Ka eeg loo-shaqeeyahaaga tilaamaha gaarka u ah goobtaada daryeelka. Guud ahaan:

Timaha	Timahaaga ka dhig kuwo nadiif ah, hufan, oo dib uga weecsan wejigaaga.
Jawharadaha	Hubso in jawharaadkaaga (dhegdhegaha iyo silsiladda) aysan ku xannibin marka aad qabaneyso hawlaha daryeelka. Iska ilaali jawharadaha (far-gashiyada) dillaacin kara maqaarka macmiilka. Ka fogow dhago-dhagaha laalaada iyo katiinadooyinka dhaadeer sababta oo ah kuwani inta la qabto ayaa la soo jiidi karaa waxayna keeni karaan dhaawac.
Kabaha	Xiro kaba aad si ammaan ah oo raaxo leh ugu shaqeyn karto. Kabuhu waa in ay noqdaan kabo xiran oo leh jaan aan simbiriirixan lahayn. Kabaha lagu ciyaaro kubadda shaqada, kabaha jilicsan, ama kabaha oxfords ee hooseeya ayaa ugu wanaagsan.
Dharka	Xiro dhar nadiif ah, raaxo leh oo aad ku socon karto. Dharka ciriiriga kugu ah waxay xaddidi karaan dhaqdhaqaaqaaga, dharka holof-holofka ahna waxay qabsan karaan meelo waxayna keeni karaan shilal. Waxaad inta badan ka shaqeyn kartaa guriga qof ama goob "sida guriga oo kale ah." Xiro dhar ku habboon deegaanka aad ka shaqeynayso, ama xiro yuunifoomka uu tilmaamey loo-shaqeeyahaaga.
Barfuunka	Iska ilaali in aad marsato barfuun, catar ama waxyaabaha kale ee carafta leh. Dad badan waxay leeyihiin xasaasiyado ama waxay u nugul yihiin carafta ama urta.
Cidiyaha faraha	Cidiyaha faraha waa in ay noqdaan kuwo nadiif ah, si sulub ah loo soofeeyay, oo gaagaaban kana hortaya dhaawac. Cidiyaha dhaadheer waxay cidiyeysan karaan, dillaacin karaan, duri karaan qofka, ama waxay hoos ku wadan karaan jeermis.
Nadaafad	Nadaafadda maalinlaha ah ee jirka iyo afka ayaa ka caawin karta adiga iyo macmiilkaba in ay raaxo dareemaan oo ay caafimaadqabaan.

Xuduudaha Xirfadeed

Xuduudaha xirfadeed waa xadadka uu leeyahay xiriirka aad la leedahay macmiilka. In kastoo aad xiriir shakhsiyeed oo dhow la yeellan karto, xiriirka aad la leedahay waa in uu ahaadaa mid xirfadeed.

Saaxiibtanimo dhow in lala yeesho macmiilka waa tusaalaha ka gudubka xuduudda xirfadeed. Ka gudubka xuduudaha xirfadeed ee lala yeesho qofka aad taageerto waxay horseedi karaan xaalado khatar ah oo aan raaxo lahayn.

Xuduudaha xirfadeed ee cad ayaa waxay kaa caawinayaan in aad macmiilka la yeelato xiriir ammaan ah, kalsooni ku dheehan, oo anshax leh. Haddii aad taageero dad badan, xuduudaha Xirfadeed ayaa kaa caawinaya in aad dadka oo dhan ula dhaqanto si siman ugana fogaato nin-jeclaysi.

Dejinta Xuduudaha

Sugida cad ee xuduudaha ee la sameeyo bilowga xiriirkaaga shaqo ayaa kaa caawinaya:

- maareynta xiriirka aad la leedahay macmiilka iyo xubnaha kale ee kooxda daryeelka;

- in aad ilaaliso masaafada dareen iyo midda jireed ee caafimaadqabka leh ee u dhaxeeya adiga iyo macmiilka; iyo
- joogteynta aqoonsigaaga oo ah daryeele xirfadle ah.

Waxaad u baahan tahay in aad ka taxaddarto waxa aad sheegto iyo waxa aad sameyso si aad u sameyso xuduudo cad. Uga fikir daryeel-bixintu in ay shaqadaadu tahay oo iskuday in aad ka gooni yeesho noloshaada shakhsiyeed. Ka fogaaw ficillada aanan u habboonayn xiriirada shaqo, sida:

- ka hadalka dhibaatooyinka shakhsiyeed;
- sameynta qabanqaabooyin gaar ah oo loogu talagalay adeegyo ka baxsan waajibaadkii laguu xilsaarey, sida shaqo dheeraad ah ama ujeeddooyin adeeg;
- in aan ka oggolaato bakhshiish, hadiyado, ama lacag macmiilka ama qoyskiisa;
- in aan ka amaahado ama aad diimiso lacag macmiilka ama qoyskiisa;
- isticmaalka alaabooyinka macmiilka, sida telefoonka ama gaarsiga, oo loo adeegsado isticmaal shakhsiyeed;
- xamashada; iyo
- dad kale in aad macmiilka ama degganaha hortiisa dhegta wax ugu sheegto.

Astaamaha Digniinta

Daryeelayaal badan waxaa ku adag in ay ilaaliyan xuduudaha xirfadeed ee ay la leeyihiin macmiilka. Waa dabiici in aad xiriirro dareen yeellato marka aad si dhow qof ugula shaqeysa gurigooda ama abaarmankooda. Way adkaan kartaa in la diido hadiyad ama la dhaho "maya" soo-jeedinta naxariista leh.

Haseyeeshee, ka gudbidda xuduudaha xirfadeed ayaa carqaladeeyo awoodda aad u leedahay bixinta daryeel tayo leh. Naftaada ka eeg astaamaha muujinaya in aad ka gudbayso xuduudaha xirfadeed, sida:

- la qaadashada waqtigaaga firaaqada ah macmiilka;
- la wadaagista macluumaadkaaga shakhsiyeed ama cabashooyinka shaqada macmiilka;
- siin tixgelin gaar ah oo la siiyo hal macmiil marka la eego mid kale;
- siraha oo lagu qarsado macmiilka; ama
- in aan hadiyado ama lacag ka qaadato macmiilka.

Aqbalidda hadiyadaha ama lacagta macmiilka ayaa loo arki karaa dhiigmiirasho maaliyadeed, adeegyada ilaalinta dadka waaweyn ayaa loogu yeeri karaa in ay baaraan.

Haddii macmiilka ama qoyskiisa ay isku dayaan in ay hadiyad ku siiyaan, si naxariis ah balse adag ugu sheeg in aadan ka aqbali karin hadiyadaha ka-dibna ugu mahadceli soojeedintooda. Haddii macmiilka ama qoyska uu ku adkeysto, ama haddii aad horey u aqbashey hadiyadda, islamarkiiba u sheeg kormeerahaaga ama cidda aad u shaqeyso.

Ilaalinta Xuduudaha

Qayb ka mid ah shaqadaada maalin kasta waa ilaalinta xuduudahaaga xirfadeed. Is-weyddii haddii ereyadaada ama ficiladaada ay yihiin kuwo xirfadeed oo habboon. Haddii aad is-aragto adiga oo shakhsi ahaan ugu lug yeelanaya arrimaha macmiilka, isla-markiiba hab-dhaqankaaga wax ka beddel.

Xubin qoyska ka tirsan ama saaxiibka dhow ee loo shaqaaleeyay Kaaliye Daryeel Guri ahaan waxaa uu leeyahay caqabado kala duwan oo uu kala kulmayo sugidda xiriirka shaqo ee xirfadeed ee u la leeyahay macmiilka. Ka eeg Dhisidda Xiriir Wada-shaqeyn sida Daryeele Qoys oo Mushaar Qaata ahaan Diiwaanka Kheyraadka bogga 310aad si aad u hesho talooyin iyo macluumaad dheeraad ah.



U-diyaar-garowga iyo Wax-ka-qabashada Xaaladaha Degdegga ah

Ilaalinta ammaanka macmiilka waa mudnaan maalinleh ah oo la siiyo Kaaliyaah Daryeelka Guriga Xaaladda degdegga ah, waxaad mas'uul ka tahay ilaalinta ammaanka macmiilka. Waxaad sidoo kale ku sugan tahay meel wanaagsan oo aad ku oggaan karto oo aadna gacan uga geysan karto xallinta dhibaatooyinka ka hor inta aysan waxyeello geysan.

Waxaa jira afar siyaabood oo aad ku ilaalin karto wanaagga iyo ammaanka macmiilka.

1. Ku dhaqan caadooyinka ammaanka ee wanaagsan ee gacan ka geysan kara ka hortagga shilalka.
2. La-soco walaacyo ama dhibaatooyin kasta ee aad aragto.
3. Aqoonso astaamaha xaaladda caafimaadka degdegga ah oo si habboon uga jawaab; iyo
4. U diyaargarow dabka, musiibooyinka dabiiciga ah, iyo xaaladaha kale ee degdegg ah.

Ka-hotag Shilalka

Ku dhaqanka caadooyinka ammaanka ee wanaagsan ayaa ka hortagi kara shilal iyo dhaawac. Yeelashada deegaan ammaan ah ayaa sidoo kale macmiilka siinaysa dareen amni. Caadooyinka ammaanka ah ee wanaagsan waxaa ka mid ah:

- Ka dhigista meelaha lagu socdo meel nadiif ah, bannaan oo iftiin wanaagsan leh;
- si ammaan ah u kaydinta agabka khatarta ah; iyo
- qaadista tallaabooyin laga taxaddaro si looga hortago dhicidda, gubashada, iyo shoogga korontada.

Eeg Liisto-hubineedda Ammaanka Guriga, Ammaanka Guriga ee loogu talagalay Macaamiisha Garasho ahaan Naafada ah, iyo Khataraha Deegaanka ee ku jira Diiwaanka Kheyraadka bogagga 314aad iyo 317aad si aad u hesho talooyin ammaan oo faahfaahsan.



"La-soco" Walaacyada

Marka aad aragto dhibaato ama aad qabto walaacyo ku saabsan ammaanka, qaado tallaabo lagu xallinayo xaaladda. La hadal macmiilka iyo/ama xubnaha kale ee kooxdooda daryeelka, ka-dibna u sheeg kormeerahaaga. Haddii aad dhibaatada isla-markaaba la tacaasho, waxaa ka hortagi kartaa shilalak halis ah ama xaalado khatar degdeg ah leh.

Tusaalooyinka La-socoshada Habboon

Tusaale A: Adiga oo subaxdan John ka caawinaya qubeyskiisa, ayaa waxaad dareentay biyuhu in ay sida caadiga ah ka kulul yihiin. Waxaa ku adkaadey in aad saxdo heerkulka si uu raaxo ugu dareemo. Waxaad ogtahay in biyaha kulul ay gubi karaan maqaarka iyo in ay dhibaato keeni karaan. Waxaad arrintan u sheegtay kormeerahaaga, kaas oo hagaajiyey kululeeyaha biyaha kulul.

Tusaale B: Shirley, oo ah macmiil adeegsada socod caawiyaha lagu socdo, ayaa maanta ku kufey roog yaalla albaabka hore ee guriga. Waxaad oggaatey in geeska roogga uu laalaabmey iyo in uusan fidsameyn. Si aad uga hortagto kufid kale, ama wax ka daran, dhicin, waxaad meesha ka qaadey roogga waxaadna arrinta ku wargelisay kormeerahaaga.



Wax-ka-qabashada Xaalad Caafimaad oo Degdeg ah

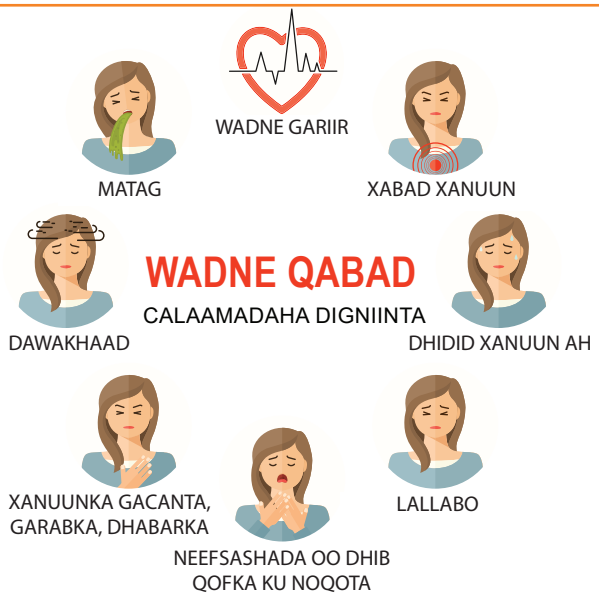
Isla-markiiba wac 911 haddii macmiil uu la kulmo wax ka mid ah xaaladahan caafimaad ee soo socda:

- dhiig-bax aan joogsanin;
- dhibaatooyin neefsasho (neefashada oo dhib ku noqota, neefsashada oo gaabis ku yimaada);
- isbeddel ku yimaada xaaladda dhimirka (sida hab-dhaqanka aan caadiga ahayn, jahwareer, dhibaato kicid);
- xabad xanuun;
- Ku saxasho;
- qufacidda ama matagidda dhiig;
- suuxid ama miyir-beel;
- dhaawac soo gaara madaxa ama laf-dhabarta;
- dhibaatooyinka caafimaadka dhimirka, sida haddii qof uu halis isku yahay ama uu halis ku yahay qof kale;
- matag daran ama joogto ah;
- dhaawac lama filaan ah oo sabab u ah gubasho ama gudo u neefsashada qiiq, dhaawac weyn ama qoto-dheer, iwm.;
- xanuun lama filaan ah, daran oo ku soo booda meel ka mid ah jirka;
- dawakaad lama filaan ah, liidasho ama isbeddel ku yimaada aragga;
- laqidda maadooyin sun ah; ama
- cadaadiska ama xanuunka caloosha qaybteeda sare.

Istarooga ama wadne qabadka waa xaaladaha caafimaadka degdegga ah ee ku badan dadka waaweyn. Baro astaamaha mid kasta.

Astaamaha iyo Calaamadaha Wadne Qabadka

- Xanuun ama raaxo la'aan laga dareemo xabadka
- Wareer, lallabo ama matag
- Daan, qoor ama dhabar xanuun
- Raaxo la'aan ana xanuun gacanta ama garabka ah
- Neefsashada oo qofka dhib ku noqota
- dheef-shiid-xumo/gaas
- Daal xad-dhaaf ah



Astaamaha iyo Calaamadaha Istarooga

- Kabuubyada ama daciifnimada dhinac ka mid ah jirka
- Jahwareerka ama dhibaatada hadalka ama fahamka
- Dhibaato xagga aragga ah
- Dhibaato xagga socodka ah ama isku dheelitirnaan la'aan
- Madax-xanuun daran oo aan lahayn sabab la ogyahay

Haddii aad u maleyso in macmiilkaagu uu qabo istaroog, B.E F.A.S.T.:



U-diyaar-garowga Dabka iyo Musiibooyinka Dabiiciga ah

Xaaladaha degdegga ah ayaa dhici kara waqti kasta, xitaa toddobaadyada ugu horreeya ee shaqada. Maalinta koowaadba, ka fikir sida aad wax uga qabaneyso:

- xaalad caafimaad oo degdeg ah,
- dab,
- dhul-gariir,
- daad, iyo
- bixidda ama tagidda korontada.

Marka ay xaalad degdeg ah dhacda, waxaad noqon kartaa qofka keliya ee bixin kara ama heli kara caawinaad. Ka dhig ka warqabta iyo u-diyaar-garowga xaaladaha degdegga ah mudnaan.

Wax-ka-qabashada Xaaladda Degdegga ah ee ka jirta Goobtaada Daryeelka

Guryaha qoyska ee qaangaarka ah, xarumaha adeegga la wanaajiyey iyo xarumaha xannaaneynta waayeelka iyo naafada waxay leeyihiin qorsheyaal, siyaasado iyo habraacyo wax looga qabanayo xaaladaha degdegga ah iyo musiibooyinka. Haddii aadan hubin waxa aad ka sameynayso xaalad degdeg oo ka dhacda goobtaada daryeelka, kormeerahaaga weyddii. Eeg agabkaaga tababarka ammaanka iyo hanuuninta si aad dib-u-eegis ugu sameyso u-diyaar-garowga xaaladda degdegga ah ee goobtaada daryeelka.

Haddii aad macmiil ku taageerto gurigiisa, kala hadal habraacyada xaaladaha degdegga ah iyo qorshaha daadguraynta. Haddii uusan jirin qorshaha xaaladda degdegga ah oo rasmi ah, ka wada shaqeeya sidii aad ku sameyn lahaydeen mid. Eeg Habraacyada Xaaladaha Degdegga ah iyo Qorsheyaasha Daadguraynta ee ku yaalla Diiwaanka Kheyraadka bogga 320aad.

Qorshaha adeegga macmiilka waxaa ka mid noqon kara macluumaad ku saabsan taageerada ay ugu baahan yihiin xaaladda degdegga ah. La hadal macmiilka iyo kooxda daryeelka si loo xaqiijiyo in aad u diyaarsan tihiin xaaladda degdegga ah.

Diyaar u Ahaw Xaaladaha Degdegga ah

In horey loo qorsheysto oo loo oggaado sida wax looga qabto dabka ama xaaladda kale ee degdegga ah ayaa ammaan u ah adiga iyo ammaanka macmiilka. Hubso in aad garaneyso habraaca daadgureynta xaaladda degdegga ah ee goobtaada daryeelka. Waxaad kaloo u baahan tahay in aad oggaato goobta laga helo telefoonnada, dab damiyeyaasha, xirmooyinka gargaarka degdegga ah, iyo tooshashka ama aaladaha kale ee iftiinka xaaladaha degdegga ah.

Goobtaada shaqada waxay sameyn kartaa carbis loogu tababar-qaadanayo daadgureynta. Haseyeeshee, waxaa laga yaabaa in aadan ka qaybqaadan carbis ka hor inta aysan dhicin xaalad degdeg ah. Daraasee habraacyada daadgureynta xaruntaada, oo kaligaaga ku tababar-qaado.

Wax-ka-qabashada Dabka

Wax-ka-qabashada koowaad ee ku habboon xaaladda degdegga ah ee dabka ayaa ku xiran xaaladda. Guud ahaan, raac tallaabooyinka hoos lagu qorey.

- Had iyo jeer ka caawi macmiilka in uu meel ammaan ah tago ka hor inta aadan wax kale sameyn;
- wac 911 oo u sheeg dabka - isticmaal telefoonka gacanta ama telefoonka deriska haddii ay lagama maarmaan tahay; iyo
- haddii ay noqoto in aad guriga/dhismaha ka baxdo, isgaabi intii suuragal ah marka aad ka baxayso; qiiq yar ayaa dhulka u dhow.

Xusuusnow ereyga R.A.C.E si uu kuu xusuusiyo sida ammaanka ah ee wax looga qabto haddii aad aragto dab:

R	Badbaadi	Ka wad qof walba agagaarka u dhow.
A	Qaylo-dhaan	Yeeri qaylo-dhaanka ama gargaar u waco
C	Ku soo koob goobta	Xir albaabada iyo daaqadaha goobta.
E	Dami	Dami dabka haddii uu ku kooban yahay meel yar iyo haddii aad ku kalsoon tahay in aad damin karto.

Eeg Ka-hortagga iyo Ammaanka Dabka ee ku taalla Diiwaanka Kheyraadka ee bogga 321aad si aad u hesho macluumaad dheeraad ah.

Kuleylka Daran

Kulaylka daran (ka sarreeya 90°F / 32°C) wuxuu keeni karaa jirro iyo dhimasho. Wuxuu si gaar ah khatar ugu yahay dadka waaweyn, leh dhibaatooyin caafimaad, ama qaata daawooyinka qaar.

Kaaliyayaasha Daryeelka Guriga waa in ay garanayaan sida loogu caawiyo macmiilka in uu qaboobo, aqoon u leeyihiin astaamaha jirrooyinka kulaylka la xiriira, oo ayna wax ka qabtaan xaaladaha degdegga ah.

Qaboojinta

Ka caawinta macmiilka in uu dareemo qabow iyo fuuqcelin waa habka ugu wanaagsan ee looga hortagi karo jirrooyinka kulaylka la xiriira. Hab-dhaqannadan soo socda ayaa caawin doonna.

- Gudaha joog. Haddii aad bannaanka aadeyso, waqtiga kuleylka ku xaddid 10 daqiiqo, marso kareemka cadceedda oo xiro koofiyadda cadceedda oo ballaaran oo xoog badan ha isa-saarin.
- Xir daahyada, il-xirada, iyo dadabyada maalintii. Daaqadaha haweenkii oo keliya fur, iyo keliya haddii uu banaanka qabowyahay.
- Isticmaal qaboojiyeyaal iyo marwaaxado. (Ogow: marwaxadaha kuma filna in ay ka hortagaan jirrooyinka kulaylka la xiriira haddii heerkulku uu 90-meeyo ku jiro ama uu ka badan yahay.)
- Xiro dhabr debecsan, khafiif ah, oo midab iftiimaya leh.
- Qaado qubeys qabaw ah (oo aan ahayn qabaw aad ah).
- Ku dhiirrigeli macmiilka in uu nasto.
- Ha u adeegsanin foornada in aad wax ku kariso. Sii cuntooyin fudud iyo raashiin qabaw
- Si aad gacan uga geysato hoos u dhigidda heerkulka jirka ee macmiilka, geli dhar-qabow oo biyo qabow lagu soo qaboojiyey xagga dambe ee qoortooda, curcuradooda, canqowyadooda, iyo kil-kiliyaashooda.

Haddii uu gudaha aad u kulul yahay, raadi xarunta qaboojinta degaanka. Goobaha ka eeg mareegada degmadaada Maktabadaha dadweynaha ayaa sidoo kale ah kheyraadyo wanaagsan oo loogu talagalay qaboojinta.



Fuuq-celinta

Jirkeenna wuxuu isticmaalaa biyo si uu u qaboobo marka uu kulul yahay, sidaa daraadeed waa muhiim in macaamiisha lagu caawiyo in ay fuuq-celin leeyihiin.

- Sii dareereyaal badan oo aan lahayn aalkulo, kafeen, ama sonkor. Haddii uu dhakhtar u sheegay macmiilka in uu xaddido dareereyaasha, weyddii dhakhtar waxa la sameeyo xilliyada cimiladu ay kulushahay.
- Ku dhiirrigeli macaamiisha in ay si joogto ah wax u cabbaan, xitaa haddii aysan haraad ama oon dareemaynin.
- Gelatin, jallaato-qori, iyo baraf waa siyaabo wanaagsam dareere lagu siiyo macaamiisha aanan jeclayn dareereyaasha.
- Cun miraha barafeysan sida canabka, quuqa(peaches), ama caananaas cadad ah.
- Jirka ayaa milixda lumiya marka uu dhidido. Tani waxay keeni karaa muruq-go'a kulaylka. Cabbidda cabbitaannada miraha, cabbitaannada khudaarta, iyo cabbitaannada isboortiska ayaa gaca ka geysan kara ka hortagga ama qaadista muruq-go'a kulaylka.

Eeg Cutubka 9aad, Casharka 1aad: Nafaqada ee ku qoran bogga 174aad si aad u hesho macluumaad dheeraad ah oo ku saabsan fuuq-baxa.

Astaamaha Jirrada Kulaylka La Xiriirta

Marka aad ku aragto calaamadda koowaad ee mid kasta oo ka mid ah calaamadahan, macmiilka u wareeji goob qabow, ha nasto oo si tartiib ah ha u cabbo biyo qabow. Isticmaal dhar qabow ama qubeys qabow si aad gacan uga geysato hoos u dhiga heerkulka jirkooda.

- dhidid badan
- Qabow, maqaar midab dilan
- Wadne garaac degdeg ah, oo daciif ah
- Lallabo ama matag
- Murqo xanuun
- Daal ama daciifnimo
- Dawakhaad
- Madax-xanuun
- Dareemidda suuxdin

Isla-markiiba caawimo hel haddii astaamaha ay socdaan in ka badan 1 saac, ay ka sii daraan, ama haddii macmiilku uu matagayo.

Istaroogga Kulaylka

Kuwan soo socda waa astaamaha lagu garto kulaylka, oo ah xaalad degdeg ah oo u baahan daryeel caafimaad oo degdeg ah.

- Heerkul gaaraya 103°F ama ka kulul
- Maqaar kulul, qallalan, guduudan ama qoyaan leh
- In aanu dhididin, xitaa haddii uu kulayl jiro
- Wadne garaac degdeg ah, oo xooggan
- Isbeddello ku yimaada hab-dhaqanka, sida jahwareer, caro, tabar la'aan, gabgablayn, in la noqdo qof aad u xanaaqa, ama si yaab leh u dhaqmid
- Suuxid/miyir-beelid

Istaroogga kulaylka waa xaalad caafimaad oo degdeg ah. Haddii macmiilku uu muujiyo astaamaha istaroogga kulaylka, wac 911.



Wacidda 911

Wax-ka-qabashada koowaad ee ku habboon dabka, caafimaadka, ama xaaladaha degdegga ah ee booliska ayaa ku xiran xaaladda. Xaaladaha intooda badan:

- hubso in macmiilku ammaan qabo ka hor inta aadan wax kale sameyn; iyo
- wac 911 si aad ugu hesho caafimaad xaalad kasta ama dhibaatada aad u maleynayso in ay tahay xaalad degdeg ah.



Wacidda 911 waxay noqon kartaa mid laga cabsado ama laga xishoodo. Ha u oggolaan dareennadan in ay kaa joojiyaan in aad kor u soo qaado telefoonka. Hawlwadeennada adeegyada caafimaadka xaaladaha degdega ah ee ka soo jawaaba marka aad wacdo 911 waxay bilaabi doonnaan in ay macmiilkaaga siiyaa daryeel caafimaad isla-markiiba iyo in ay si dhaqso ah u geeyaan cusbitaalka saxda ah ee ku habboon xaaladooda caafimaad ee degegga ah.

Hubso in aad taqaanno sida loo isticmaalo nidaamka telefoonka ee goobtaada shaqada si aad u wacdo adeegyada xaaladaha degdegga ah.

Marka aad wacayso 911:

- is-deji;
- si koobban u sharrax dhibaatada;
- sii cinwaanka iyo isgoyska ama waddada ugu weyn ee kuu dhow; iyo
- ku jir telefoonka lana soco jihooyinka cidda la soo direy.

Waa fikrad wanaagsan in macluumaadka xaaladaha degdegga ah la dhigo meel u dhow telefoonka ama goob kale oo muuqata. Macluumaadkan waxaa ka mid noqon kara cinwaanka iyo waddada marta guriga macmiilka ama xarunta daryeelka hortooda.

Ka-dib marka macmiilka uu bedqabo oo xaaladda degdegga ahna la xakameyo, xaaladda la socodsii xiriirrada Xaaladda Degdegga ah ee macmiilka. Kuwani waxaa lagu qori karaa qorshaha adeegga ama diiwaan kale sida shax am gal. Guriga qoyska ee qaangaarka, xarunta adeegga la wanaajiyey, ama xarunta xannaaneynta waayeelka iyo naafada, kormeerahaaga weyddii xiriirrada xaaladaha degdegga ah iyo mas'uuliyadaha.

Soo koobid

Waajibaadyada shaqada aasaasiga ah ee Kaaliyaha Daryeelka Guriga waxaa ka mid ah bixinta daryeel shakhsiyeed, taageeridda xuquuqaha iyo madax-bannaanida macmiilka, oggaanshaha iyo u sheegidda isbeddellada qofka ku habboon ee ka mid ah kooxda daryeelka, iyo u-diyaar-garowga iyo wax-ka-qabashada xaaladaha degdegga ah.

Daryeele xirfadle ah ahaan, Kaaliyaha Daryeelka Guriga waa in uu raacaa hab-dhaqan xirfadeed oo wanaagsan oo uu ilaaliyaa xuduudaha xirfadeed si uu u bixiyo daryeelka ugu tayo sarreeya.

Bartilmaameedka

Ka jawaab su'aalahan adiga oo ku saleynaya goobtaada daryeelka. Haddii aadan jawaabaha garaneynin, la eeg tababarahaaga ama kormeerahaaga.

1. Halkeed ka heli kartaa qorshaha adeegga macmiilka?

2. Kumaad u sheegi kartaa haddii aad qabto walaacyo ama dhibaatooyin ku saabsan xaaladda macmiilka?

3. Goormee, halkee, iyo intee jeer ayaad u baahan tahay in aad diiwaangeliso u-fiirsashadaada ku saabsan macmiilka?

4. Waa maxay siyaasadda macmiilkaaga ee ku saabsan wacidda marka aad xanuunsan tahay?

5. Waa maxay habraaca loogu talagalay xaaladaha caafimaad ee degdegga ah sida istaroogga ama wadne qabadka ee ka jira goobtaada daryeelka?

6. Waa maxay habraaca loogu talagalay dabka ee ka jira goobtaada daryeelka?

Casharka 2aad Ka-warbixinta Khasabka ah iyo Ka-hortagga Saxariirinta

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Xasuusto shuruudahiisa ka warbixinta ee khasabka ah;
2. Aqoonsado calaamadaha guud ee xadgudubka, ka dayrinta, dayaca, iyo dhiigmiirashada maaliyadeed; and
3. Muujiyo sida iyo goorta ay tahay in la soo sheego xadgudubka la tuhunsan yahay, ka dayrinta, dayaca, iyo dhiigmiirashada maaliyadeed.

Ereyada Muhiimka ah

Ka-warbixiyaha ku khasban (RCW 74.34.020): waa qof uu sharcigu ka doonayo in uu soo sheego xadgudubka la tuhunsan yahay, dayaca, ama dhiigmiirashada maaliyadeed ee dadka waaweyn ee nugul. Waxaa ka mid ah shaqaale kasta oo u shaqeeya Waaxda Adeegyada Caafimaadka iyo Bulshada; sarkaalka sharci fulinta; shaqaalaha bulshada; hawlwadeena iskuulka ee xirfadlaha ah; adeeg-bixiyaha shakhsiga ah; shaqaalaha xarunta; hawlgale ka shaqeeya xarunta; shaqaalaha adeegga bulshada, daryeelka, caafimaadka dhimirka, caafimaadka maalintii ee dadka waaweyn, daryeelka maalintii ee dadka waaweyn, caafimaadka guriga, daryeelka guriga, ama hay'adda guriga lagu daryeelo bukaanka; baaraha caafimaadka ama qofka degmada u qaabilsan baaritaannada dhimashada; xirfadlaha Sayniska Masiixiga; ama bixiyaha adeegga daryeelka caafimaadka.

Dayac: marka qofka ay mas'uuliyadda ka saaran tahay qofka weyn ee nugul uu ku guuldareysto in uu bixiyo adeegyada ama alaabooyinka lagama maarmaanka u ah, ku guuldareysto in uu ka hortaggo waxyeello jireed iyo mid dhimir, ama khatar geliya qofka weyn ee nugul.

Guudmarka

Kaaliyayaasha Daryeelka Guriga waxay taageeraan dadka waaweyn ee nugul. Qayb ka mid ah taageeradaasi waa in ay la socdaan, aqoonsadaan, oo isla-markiiba soo sheegaan calaamadaha xadgudubka, ka dayrinta, dayaca, iyo dhiigmiirashada maaliyadeed.

Kaaliyayaasha Daryeelka Guriga waa in ay fahmaan doorarkooda ka-warbixiyeyaasha ay khasabka ku tahay oo ayna ka warqabaan arrimaha haliska iyo calaamadaha dhaqan-xumada.



Ka-warbixinta Khasabka ah

Sharciga Gobolka Washington (RCW 74.34) wuxuu u qorayaa Kaaliyayaasha Daryeelka Guriga sida ka-warbixiyeyaal ku khasban in ay soo sheegaan dhammaan eedaymaha ka dayrinta, xadgudubka, dhiigmiirashada maaliyadeed, iyo dayaca.

Kaaliye Daryeel Guri ahaan, waa in aan si degdeg ah ugu soo sheegtaa DSHS haddii aad hayso sabab aad ku aamineyso in qof weyn kasta oo nugul in waxyeello ay soo gaarto. Waa in aad soo sheegtaa sida ugu dhakhsiyaha badan ee adiga iyo macmiilka aad dareentaan in ay ammaan tahay in sidaa la sameeyo. Mas'uuliyadahaaga ka-wabixiye ay ku khasabto ahaan ayaa sii soconaya haddii aad shaqada joogto iyo haddii kaleba (24-saacadood maalintii, 7 maalmood/toddobaadkii) waxaanna u jira qof kastoo nugu oo weyn – keliya ma ahan macmiilka(macaamiisha) aad la shaqeyso.

Haddii aad ka shakiso xadgudub galmo ama mid jireed, waa in aad u soo sheegtaa sharci fulinta iyo waaxda DSHS ee ku habboon. Haddii aad u maleynayso qof weyn oo nugul in uu khatar ku jiro ama in uu caawimaad degdeg ah u baahan yahay, wac 911. Ka-dibna u soo sheeg DSHS.

Waa muhiim in aad si dhab ah u qaadato doorkaaga ka-warbixiyaha ay khasabka ku tahay. Kiis kasta oo xadgudub ah oo la soo sheego, istaatistiga qaranka ayaa muujinaya in ilaa afar kiisas aan la soo sheegin. Tani waxaa loola jeedaa in dadka waaweyn ee nugul intooda badani ee waxyeellada soo gaarta in ay la sii kulmaan waxyeellada - inta badan iyada oo aan jirin hab ay caawimaad ku helayaan.

Waa in aysan waxba kaa hor-istaagin in aad soo sheegto. Haddii aad soo sheegi waydo, waxaad jebinaysaa sharciga waxaadna halis-gelinaysaa qof noloshiisa ama in uu dhibaato la sii kulmo haddii waxyeello loo geysanayo.

Haddii qofku uu ku jiro halis degdeg ah, wac 911.



Cunsurrada Halista

Ma jiro hal qaab oo loogu talagalay waxyaabaha keena xadgudubka ama cidda la waxyeellayn karo. Xadgudubka ayaa ku dhaca dadka dhammaan jinsiyada, asallada sinjiga, iyo xilalka bulsho. Waxa la garanayo waxaa ka mid ah:

- xadgudbaha in uu inta badan (in kastoo aysan had iyo jeer ahayn) uu yahay xubin ka tirsan qoyska ama lammaane;
- xadgudubka ayaa ka dhaca guryaha gaarka loo leeyahay iyo goobaha daryeelka bulshada; iyo
- dadka waaweyn ee nugul waxad halis badan ugu jiraan in lagu xadgudbo.

Qoysaska iyo Xadgudubka Dadka Waaweyn ee Nugul

Xaaladaha qoyska ee gacanta ka geysan kara xadgudubka waa:

- taariikhda xadgudub ka dhex dhaca qoyska;
- wadajirkaa bulsho ee qofka weyn ee nugul;
- isbeddellada ku yimaada xaaladaha nolosha iyo xiriirrada;
- dad ku tiirsanaanta iyo/ama nugaylka sii kordhaya ama sii socda ee qofka weyn ee nugul;
- walbahaar dareen iyo mid maaliyadeed oo dheeraad ah;
- dhibaatooyin nafsaani ama dareen; iyo
- dhibaatooyinka daroogada ama khamriga.

Xadgudubku, sida nooc kasta oo tacaddi ah, marnaba ma ahan qaab la aqbali karo oo looga jawaabo dhibaato kasta.

Dhaqan-xumada Xarumaha Degaanka ah

Xarumaha degaanka ah inta badan waxay leeyihiin dad badan oo macmiil ah iyo xiriirro bulsho oo qaybo badan ka kooban. Xadgudubka macmiil-macmiilka ah ayaa ku badan xarumaha degaanka. Cunsurrada halista ee xadgudubka macmiilka-macmiilka waxaa ka mid ah:

- macaamiisha xarumaha deggan ee cudurka xusuus luminta qaba, liidashada garashada ama dhibaatooyinka hab-dhaqanka;
- xarumaha/guryaha deggan dhallinyarada dhimirka loogu jiro, iyo/ama dadka deggan oo taariikh tacaddi leh; iyo
- macaamiisha degaanka e qaba niyadjabka, dhallanteed run-moodid, ama wahamka.

Aqoonsashada Calaamadaha Xadgudubka, Dayaca, iyo Dhiigmiirashada

Daryeele ahaan, waa in aad taqaannid oo aad raadisid calaamadaha suuragalka ah ee dhaqan-xumada ama saxriirinta. Hal calaamad ama iskujirka calaamado ayaa kugu abuuri kara in aad ka shakido in ay wax qaldan yihiin. Isticmaal xirfadahaaga indha-indhaynta ama u-fiirsashada oo ka feejignow waxa aad aragto iyo wax aad maqasho.

Daawo iyo/ama dhageyso:

- calaamad kasta oo ay dhibaato leedahay;
- waxa uu macmiilka kuu sheegayo;
- dareenka dhibid oo muujinaya in wax aysan saxnayn;
- waxyaabaha aanan lahayn sabab sharraxaad leh; iyo
- sharraxaadaha dhaawacyada ama hab-dhaqanka ee aan u muuqan kuwo caqligal ah.

Noocyada Xadgudubka

"Xadgudub" waxaa loola jeeda ficilka ama ficil la'aanta ku dhaca sida bareerka, ula-kaca ama taxaddar la'aanta ah ee u geysaneysa dhaawac, xirid aan macquul ahayn, cabsigelin, ama ciqaab qof weyn oo nugul. Xaaladaha xadgudub lagula kaco qofka weyn oo nugul oo aanan awoodin in soo bandhigo ama sheego waxyeello jireed, xanuun, ama xanuun dhimir, xadgudubka waxaa loo qaadanaya in uu keeno waxyeello jireed, xanuun, ama xanuun dhumir. Xadgudubka waxaa ka mid ah xadgudub galmo, xadgudub dhimir, xadgudub jireed, iyo dhiigmiirashada shakhsiyeed ee qofka weyn ee nugul, iyo isticmaalka aanan habboonayn ee juujuub ka dhan ah xadgudub nugul.



Xadgudub Galmo

"Xadgudub galmo" waxaa waxaa loola jeedaa nooc kasta oo hab-dhaqan galmo oo aanan raalli laga ahayn, oo ay ku jiraan balse aan ku koobnayn taabashada aanan la rabin ama aanan habboonayn, kufsi, galmo afka ama dabada ah, galmi khasab ah, ka qaadista sawirro qaawan, iyo dhibaateyn galmo.

Calaamadaha xadgudubka galmo waxaa ka mid ah:

- murxidda hareeraha naasaha ama xubnaha taranka iyo hareerahooda;
- caabuqyo ku dhaca xubnaha taranka, dhiig-baxa siilka ama dabada;
- dhibaato xagga socodka ama fadhiga ah;
- dharka hoos-gashiga oo dhiig leh, jeexjeexan, ama wasakheysan;
- qofka weyn ee nugul oo diiday in uu qubeysto; ama
- qofka weyn ee nugul oo sheega in galmo ahaan loogu xadgudbey;

Xadgudub galmo waxaa sidoo kale ka mid ah hab-dhaqan galmo kasta ee u dhaxeeya qof hawlwadeennada ka mid ah, oo aan sidoo kale ahayn qof deggan ama macmiil ka ah, xarunta ama qof ka mid ah hawlwadeennada barnaamij la oggol yahay sida ku cad cutubka 71A.12 RCW, iyo qof weyn oo nugul oo ku nool xaruntaasi ama ka qaadanaya adeeg barnaamij la oggol yahay sida ku cad cutubka 71A.12, haddii uu yahay mid wada oggol ah iyo haddii kaleba.

Xadgudub Jireed

"Xadgudub jireed" waxaa loola jeedaa falka ku dhaca sida bareerka, ula-kaca ama taxaddar la'aanta ah ee lagu geysanayo dhaawac jireed ama dabanbaabyo jireed. Xadgudub jireed waxaa ka mid ah, balse aanan ku xaddidnayn, dhufashada ama ku dhufashada shey, dharbaaxid, qanjaruufyo, cayjin, laadid, riixid, ama juqayn.

Calaamadaha xadgudubka jireed waxaa ka mid ah:

- jug jirka gaartey, indho madow, dillaac;
- lafo jaban;
- dhaawacyo aan la daaweyn oo maraya marxaladaha bogsashada oo kaal duwan;
- dhaawac aan la sharxin;
- muraayadaha/qalfoofka ookiyaalaha oo jaban; ama
- isbeddel lama filaan ah oo ku yimaada hab-dhaqanka ama dib uga gurashada waxqabadka caadiga ah oo aan la sharxin;
- calaamado muujinaya in la juujuubey (murxid ama calaamado aan la sharxin oo ka muuqda curcuraha, dhaawaca xariga keena);
- qofka weyn ee nugul ayaa sahalsanaya dhaawacyada;
- qofka weyn ee nugul ayaa ka caga-jiidaya in uu dhakhtar aado ama wuxuu marar badan iska beddelaa dhakhtarka; ama
- qofka weyn ee nugul oo sheegaya in waxyeello loo geystay;

Xadgudub Dhimir

"Xadgudub dhimir ama maskaxeed" waxaa loola jeedaa falka ku dhaca sida bareerka, ula-kaca ama taxaddar la'aanta ah ee hadalka ama aan hadalka ahayn ee loogu hanjabayo, lagu bahdilayo ama liidayo, lagu dhibaateynayo, lagu khasbayo, lagu faquuqayo, si aan macquul ahayn loogu xirayo, ama lagu ciqaabayo qofka weyn ee nugul. Xadgudubka dhimirka waxaa ka mid noqon karan ku qosolka, ku qaylinta, ama u dhaarashada.

Calaamadaha xadgudubka dhimirka waxaa ka mid ah:

- in dareen ahaan uu qofku xanaaqsan yahay, caroonayo, ama walaacsan yahay;
- hab-dhaqanno aan caadi ahayn (nuugista, qaniinjada, dhagaxeynta);
- in si xad-dhaaf ah dib u gurasho loo sameeyo ama loo cabsado;
- ka naxa ama diida dadka qaarkood;
- niyadjab ama qaraw; ama
- qofka weyn ee nugul oo sheegaya in dhimir ahaan loogu xadgudbey;

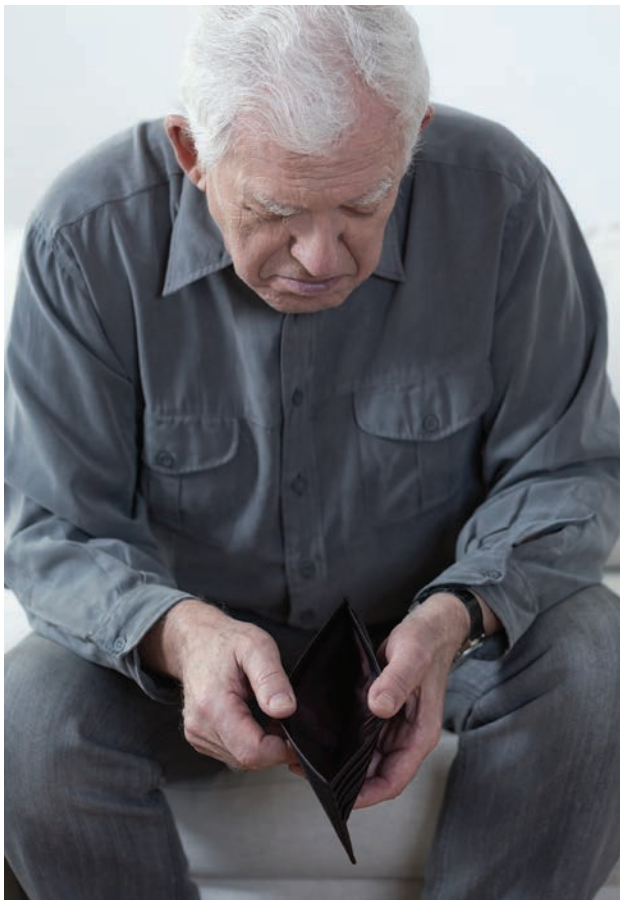


Dhiigmiirasho Shakhsiyeed

"Dhiigmiirasho shakhsiyeed" waxaa loola jeedaa falka ku khasbidda, ku waajibinta, ama ku dirqinta saameyn aan loo baahnayn qofka weyn ee nugul taas oo keenaysa qofka weyn ee nugul in uu dhaqmo hab aanan waafaqsaneyn hab-dhaqank hore,a ama keenaysa qofka weyn ee nugul in uu qabto adeegyo faa'iido ugu jira qof kale.

Maxaad Sameyn Lahayd?

Macmiil aad la shaqeyso ayaa waxaa marmar soo booqdo xubin ka tirsan qoyskiisa. Ka-dib qaar ka mid ah booqashooyinkan, macmiilka wuxuu noqdaa qof aamusan, dib u gurta, niyadjabsan, oo xanaaqsan. Maxay noqon lahayd jawaabta habboon ee laga bixin karo u fiirsashadan/indha-indheyntan? Miyaad uga soo warbixin lahayd xadgudub la tuhusan yahay ahaan? Maxay tahay sababta ama maxaa diidday?



Dhiigmiirasho Maaliyadeed

"Dhiigmiirasho maaliyadeed" waxaa loola jeedaa isticmaalka sharci-darrada ah ama aanan habboonayn ee hantida, dakhliga, kheyraadyada, ama amaanada maaliyada qofka weyn ee nugul.

Tusaalooyinka waxaa ka mid ah in si sharci-darro ah lacag loogala soo baxo akoonka qof kale, in jeeggag la been-abuuro, ama in waxyaabo guriga la xado.

Calaamadaha dhiigmiirashada maaliyadeed waxaa ka mid ah:

- in magacyo dheeraad ah lagu darro akoonnada bankiga;
- In ATM-ka lagala baxo lacago aanan la oggolayn;
- jeeggag la la'yahay ama maqan;
- isbeddelo lama filaan ah oo lagu sameeyo dardaaranka ama dokumentiyada kale ee maaliyadeed;
- isticmaalka ama qaadashada hantida ama alaabada qofka weyn ee nugul fasax la'aan;
- bilaasha oo aanan la bixin;
- khiyaannooyinka telefoonnada suuq-geynta – kuwaas oo adeegsada been, xeelado khiyaanno ah, iyo hanjabaado si qofka weyn ee nugul uu lacago u soo diro;
- hanti dad kale lagu wareejiyo oo aan sharraxaad lahayn (t.a. saamiyo, curaar, sabarloogooyinka);
- soo muuqashada lama filaanka ah ee dad qaraabo ah oo aanan horey ugu lug lahayn oo sheeganaya lacag iyo/ama alaabooyin kale; ama
- qofka weyn ee nugul oo sheegaya dhiigmiirasho;

Dayac

"Dayac" waa marka qofka ay mas'uuliyadda ka saaran tahay qofka weyn ee nugul uu ku guuldareysto in uu bixiyo adeegyada ama alaabooyinka lagama maarmaanka u ah, ku guuldareysto in uu ka hortaggo waxyeello jireed iyo mid dhimir, ama khatar geliya qofka weyn ee nugul.

Tusaalooyinka waxaa ka mid ah in aanan la bixin agabyada aasaasiga ah sida cuntada, biyaha, dharka, meel ammaan ah oo lagu noolaado, daawo, ama daryeel caafimaad, iwm.

Calaamadaha dayaca waxaa ka mid ah:

- dhaawacyo aan la daaweyn, dhibaatooyin caafimaad, ama ilko;
- qofka weyn ee nugul oo aanan haysan dharka saxda ah ee ku habboon cimilada xilliga;
- cunto la'aan;
- khatarta, nadaafad-darro, ama xaalado nololeed aan ammaan ahayn (sida, kulayl la'aan, biyo aan qulqulayn);
- ku habsashada xayawaan ama cayayaan;
- dhalooyinka daawada oo eber ah ama aan calaamaysanayn ama rijeetooyin duugoobay;
- luminta ookiyaale, ilkaha gacan ku sameyska ah, ama aaladaha kale ee qodka caawiya;
- dhaawacyada cadaadiska oo aanan la daaweyn;
- sariir ama dhar wasakheysan;
- qofka weyn ee nugul oo wasakheysan ama ay ka soo ureyso kaadi ama saxarro; ama
- qofka weyn ee nugul oo sheegaya dayac;

Ka-deyrin

"Ka-dayrin" waxaa loola jeedaa falka ama la'aanta qofka ama hay'adda waajibaadka daryeel uu ka saaran yahay qofka weyn ee nugul oo uga tageysa qofka la'aanta habab ama awoodo uu ku helayo daryeelka caafimaadka, hoyga, dharka, ama cuntada lagama maarmaanka ah.

Tusaalooyinka waxaa ka mid ah in qof weyn oo nugul looga tago goob fagaare ah, in qof weyn oo nugul looga tago guriga iyada oo aan jirin habab lagu helayo waxyaabaha daruuriga u ah nolosha aasaasiga ahm, ama daryeele ka shaqeynaay guriga macmiilka kaas oo ogeysiis la'aan shaqada isaga dhaafo.

Calaamadaha ka dayrinta waxaa ka mid ah:

- qofka weyn ee nugul ayaa looga tagey goob fagaare ah iyaga oo aanan haysan habab u suuragelinaya in ay is-daryeelaan;
- qofka weyn ee nugul ayaa guriga kaligiisa/kaligeeda looga tagey iyaga oo aanan awoodin in ay si ammaan ah isu-daryeelaan;
- daryeelaha oo aanan u imaan si uu ugu fidiyo daryeelka loo baahan yahay taas oo keenaysa xaalad aanan ammaan u ahayn qofka weyn ee nugul;



- daryeelaha oo shaqada isaga taga isaga oo aanan ku wargelin maareeyaha kiiska, kormeeraha, qofka weyn ee nugul, ama xiriirka qofka weyn ee nugul;
- qofka weyn ee nugul oo sheegaya ka dayrin;
- in aanan la raacin qorshaha daryeelka;
- si xun u maareynta daawooyinka; ama
- Ka-gaabin in wax laga qabto ama la soo sheego walaacyada caafimaadka.

Is-dayacid

"Is-dayacid" waxaa loola jeedaa ka gaabinta qofka weyn ee nugul, ee aanan xarun lagu daryeelka ku noolayn, in ay isa-siiyaan alaabooyinka iyo adeegyada lagama maarmaanka u ah caafimaadkooda jirka ama dhimirka, taas oo wax u dhimeysa wanaagooda. Qeexida waxaa ka mid noqon kara qofka weyn ee nugul ee adeegyada ka helaya caafimaadka guriga, guriga lagu daryeelo bukaanka, ama hay'adda daryeelka guriga, ama adeeg bixiye shakhsi ah marka dayacu uusan ka dhalan tallaabo qaadid la'aanta hay'adda ama adeeg bixiyaha shakhsiga ah.

Calaamadaha is-dayacidda waxaa ka mid ah:

- kaydsasho;
- qofka in uusan haysan biyo ama cunto ku filan;
- xaalado nololeed khatar ah, aan ammaan ahayn, ama aan nadiif ahayn;
- dhar aan ku filnayn iyo/ama aan ku habboonayn;
- daryeel caafimaad oo aan ku filnayn, in aysan si habboon u qaadan daawooyinka loo soo qorey.

Caawinta Qofka Weyn ee Is-Dayacaya

Haddii ay habboon tahay, ka caawi qofka weyn ee nugul:

- in uu oggaado waxa dhacaya iyo sababta;
- in uu qabsado oo uu ilaaliyo ballamaha caafimaadka;
- in uu sameysto nidaamyo joogto ah iyo tallaabooyin ka caawinaya ilaalinta nidaamka joogtada ah;
- in uu ka qaybgalo shaqooyinka bulshada; ama
- in laga qaybgeliyo xubnaha kale ee qoyska ama xirfadlayaal (t.a maareeyaha kiiska).

Nooc kasta oo xadgudub ah waa calaamad cad oo muujinaysa in dadka ku lugta leh ay u baahan yihiin caawimaad degdeg ah.

Sameynta Warbixinta

Waxaad warbixinta ka sameyn kartaa barta internet-ka ama telefoonka.

Ku Soo Gudbinta Warbixinta Telefoonka

Waxaad la xiriiri kartaa mid kasta oo ka mid ah kuwan soo socda:

Khadka Tooska ah ee ENDHARM ee DSHS: 1-866-ENDHARM (1-866-363-4276)

Adeegyada Ilaalinta Dadka Waaweyn: 1-877-734-6277 (TTY: 1-833-866-5595)

Kala xiriir APS warbixinnada eedaymaha xadgudubka, ka dayrinta, dayaca, is-dayaca iyo dhiigmiirashada maaliyadeed ee dadka waaweyn ee ku dhex nool bulshada iyo xarumaha.

Qaybta Xallinta Cabashada: 1-800-562-6078 (TTY 1-800-737-7931)

La xiriir CRU si aad ugu soo sheegto walaacyada ku saabsan qofka xarunta ku nool (t.a. xarunta xannaaneynta waayeelka iyo naafada, guriga qoyska qaangaarka ah, guriga kalkaalinta, xarunta adeegyada la wanaajiyey, daryeelka dhexe ee loogu talagalay shakhsiyaadka caqliga dhiman) ama qaadanaya adeegyada nolosha ee la taageero.

Ka Soo Warbixinta Barta Internet-ka Ka Dhacaysa

Ka soo warbixinta barta internet-ka ka dhacaysa waxaa la heli karaa 24 saacadood maalintii, toddobada maalmood toddobaadkii. Si aad warbixin u soo gudbiso, booqo:

www.dshs.wa.gov/altsa/reportadultabuse

Haddii aad tahay shaqaale ka shaqeeya xarunta degaanka ah, fadlan buuxi warbixinta barta internet-ka ka dhacaysa ee Adeegyada Daryeelka Degaanka ah:

www.dshs.wa.gov/altsa/residential-care-services/residential-care-services-online-incident-reporting

Sidoo kale isla-markiiba soo sheeg xadgudubka la tuhunsan yahay, dayaca, ama dhiigmiirashada kormeerahaaga. Qofka goobta deggan ayaa la ilaalin doonnaa waxaanna si degdeg ah u bilaabanaya baaritaan.

Wax Badan oo ay Tahay In Laga Oggaado Ka-warbixinta

- Qofna fasax ugama baahnid si aad warbixin u soo gudbisid (oo ay ku jiraan macmiilka iyo/ama kormeerahaaga).
- Uma baahnid caddeyn si aad warbixin u soo gudbiso.
- Haddii adiga oo si niyadsami ku jirta warbixin u soo gudbiya haddana ay dhacdo in uusan xadgudub jirin, laguma eedayn karo, dhibaatanna lama kulmeysid.
- Magacaaga waxaa laga dhigi doonnaa mid sir ah (haddii uu jiro nidaam sharci mooyaane, aad bixiso fasax lagu siideynayo magacaaga, ama halka sharcigu uu baahan yahay in magacaaga la siiyo hay'ad sharci fulin ama shati-bixin).
- Magacaaga lama siin doonno macmiilka.

Marka aad soo sheegto, waxaa lagu weyddiin doonnaa in aad sheegto waxa aad ka ogtahay:

- magaca, cinwaanka iyo da'da qofka aad tuhunsan tahay in la waxyeelleeyay ama la dhibaateeyay;
- waxa aad u maleynayso in ay dhacayaan, goorta ay bilowdeen, iyo haddii ay dhibaato sii yihiin;
- cidda aad u maleynayso in ay waxyeelladu geysaneyso;
- magacyada qof kasta oo kale ee laga yaabo in uu hayo xoogaa macluumaad ah oo ku saabsan xaaladda; iyo
- magacaaga, cinwaankaaga, iyo waqtiga ugu wanaagsan ee lagula soo xiriiri karo, sidaa daraadeed waxaa lagu soo weyddiin karaa su'aalo kasta.

Dhammaan warbixinnada waxaa baari doonnaa Qaybta Xallinta Cabashada (CRU) ee gudaha Adeegyada Daryeelka Degaanka iyo/ama Adeegyada Ilaalinta Dadka Waaweyn.

Uma baahnid caddeyn si aad u soo sheegto silcinta la tuhunsan yahay.

Soo koobid

Xadgudubka loo geysto dadka waaweyn ee nugul waa dembi culus laakiinse caam ah. Waxaa murugo leh, in xadgudubyada badankooda in aanan la soo sheegin. Kaaliyaha Daryeelka Guriga waa ka soo warbixiye ku khasban oo waa in uu si degdeg ah u soo sheegaa xadgudub kasta iyo silcinta la tuhunsan yahay. Ka soo warbixiyeyaasha uma baahna in ay caddeyn hayaan oo waa in ay soo sheegaan dhammaan silcinta/dhaqan-xumada la tuhunsan yahay.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Kumaa ka mas'uul ah soo sheegidda xadgudubka loo geysto dadka waaweyn ee nugul?

2. Goormee ayay tahay in aad soo sheegto xadgudubka la tuhunsan yahay?

3. Maxaad sameynaysaa haddii uu qofku khatar degdeg ah ku sugan yahay?

4. Qor oo qeex 3 nooc oo xadgudub ah.

5. Waa maxay 2 calaamadood oo lagu garto xadgudub maaliyadeed?

6. Waa maxay lambarrada telefoonka aad waci karto si aad u soo sheegto xadgudubka la tuhunsan yahay?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Si aad u taageerto madax-bannaanida macmiilka marka aad ka caawineyso daryeelka shakhsiyeed, waa in aad macmiilka ku dhiirrigeliso:
   a. In uu sameeyo waxa uu awoodo.
   b. In uu maalin walba iskudayo waxyaabo waaweyn, oo cusub.
   c. In uusan isticmaalin aaladaha qofka gacanta siiya.

2. Marka aad bixinayso daryeelka shakhsiyeed, qaddari baahida macmiilka iyo xaqa uu asturnaanta u leeyahay:
   a. Waqti kasta ee aad daryeelka bixisayso.
   b. Marka aad waqti hayso.
   c. Haddii macmiilka uu weyddiisto.

3. Habka ugu wanaagsan ee lagu joogteynayo xuduudaha xirfadeed, caafimaadqab leh ee u dhaxeeya adiga iyo macmiilka waa in aad daryeel-bixinta u aragtaa in ay shaqadaadu tahay.
   ❑ Run ❑ Been

4. Qorshaha adeegga macmiilka waxaa ku qoran dhammaan macluumaadka aad u baahan tahay si aad shaqadaada u qabsato.
   ❑ Run ❑ Been

5. Si aad si wax-ku-ool ah uga eegto isbeddello macmiilka, barbardhig halka wax laga bilaabey:
   a. Waxa aad aragto, maqasho, uriso, ama dareento.
   b. Hab-dhaqannada kale ee macmiilka.
   c. Booqashadooda ugu dambeysa ee dhakhtarka.

6. Faalladan iyo tusaalahan soo socda ma yahay diiwaangelin dhab ku saleysan ama dareen ku saleysan?
   “Marwo Smith waxay galabtan oo dhan ahayd qof aanan la xakameyn karin.”
   ❑ Dhan ku saleysan ❑ Dareen ku saleysan

7. Xaaladaha degdegga ah badankooda, jawaabtaada koowaad waa in ay noqotaa in:
   a. La eego qorshaha adeegga.
   b. La hubiyaa shakhsigu in uu ammaan yahay.
   c. Aad uga soo warbixiso maareeyaha kiiskaaga/kormeerahaaga.

8. Isbeddellada ku yimaadaka halka wax laga bilaabey ee macmiilka waa in aad soo sheeto marka aad:
   b. Waqti hayso.
   b. Dareento in aad sameyso.
   c. Oggaato.

9. Waxyaabaha aad aaminsan tahay iyo qiyamkaaga ayaa saameeya sida aad daryeelka u bixiso.
   ❑ Run ❑ Been

(Lagu sii wado bogga soo socda)

10. Calaamadda suuragalka ah ee xadgudub jireed waxaa ka mid ah qof weyn oo nugul oo leh dhaawac la tuhunsan yahay oo diidaya in uu dhakhtarka arko.

    ❑ Run ❑ Been

11. Tani iyo markii Mudane Rogers uu soo shaqaaleystay ama uu qortey daryeele kale muddo bil ah ka hor, wuxuu siiyay $800 si ay ugu hagaajisato gaarigeedda, $725 oo ay ku bixiso booqashada daryeelka ilkaha, wuxuunna “waayay” buugiisa jeegagga maran. Maxaad sameyn lahayd?

    a. Waxaan waci lahaa oo aan u sheegi lahaa DSHS.

    b. Waxaan kala hadli lahaa daryeelaha cusub.

    c. Waxaan waci lahaa qoyska Mudane Roger si aan ugu sheego.

12. Ku qor lambarka qeexidda saxda ah meel xigta ereyga uu qeexayo.

Qeexid tirada	Ereyga	Qeexid
	Dhiigmiirasho maaliyadeed	**1)** Ficilka ama ficil la'aanta ula-kaca ah ee u geysaneysa dhaawac, xirid aan macquul ahayn, cabsigelin, ama ciqaab qof weyn oo nugul.
	Ka-deyrin	**2)** Isticmaalka sharci-darrada ah ama aanan habboonayn ee hantida, dakhliga, kheyraadyada, ama amaanada maaliyada qofka weyn ee nugul.
	Dayac	**3)** Ka tagidda qofka nugul isaga oo aanan lahayn habab ama awood uu ku helo cuntada, dharka, hoyga, ama daryeelka caafimaad ee loo baahan yahay.
	Xadgudub	**4)** Ku guuldareysiga bixinta adeegyada ama alaabooyinka lagama maarmaanka u ah, ku guuldareysiga ka hortagga waxyeello jireed iyo mid dhimir, ama khatar gelinta qofka weyn ee nugul.

13. Goormee ayay daryeeluhu ku waajibtaa in uu so sheego xadgudubka loo geystay qofka weyn ee nugul? (Goobo-geli jawaabta saxda ah)

    a. Waqti kasta ee uu daryeelaha ka shakiyo xadgudubka.

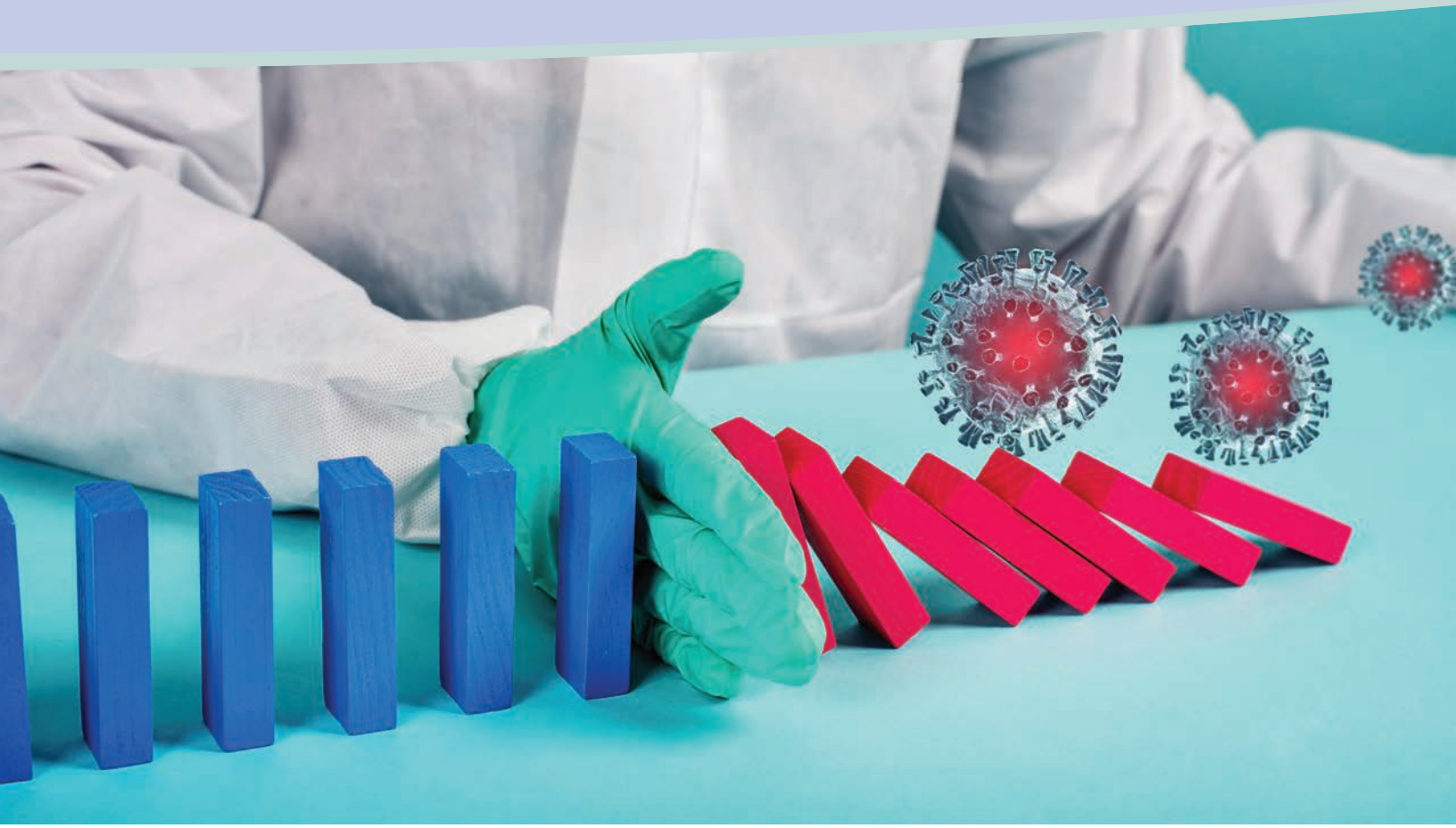
    b. Ka-dib marka ay hesho fasaxa kormeeraheeda.

    b. Ka-dib marka ay hesho fasaxa macmiilka.

14. Calaamadda suuragalka ah ee dayaca waxaa ka mid noqon kara qof weyn oo nugul oo ku nool xaalado nololeed aan ammaan ahayn ama nadaafad lahayn.

    ❑ Run ❑ Been

1. A, 2. A, 3. Run, 4. Been, 5. A, 6. Dareen ku Saleysan, 7. B, 8. C, 9. Run, 10. Run, 11. A, 12. 2-3-4-1, 13. A, 14. Run



Cutubka 6aad: Xakameynta iyo Ka-hortagga Caabuqa

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay isticmaali doonnaan hab-dhaqannada ugu wanaagsan ee xakameynta iyo ka hortagga faafidda caabuqyada, oo ay ku jiraan caabuqyada dhiigga ka dhasha.

Casharka 1-aad: Jebinta Silsilada Caabuqa

Casharka 2aad: Cudur-sidayaasha Dhiigga Ka Dhasha

Casharka 1aad Jebinta Silsilada Caabuqa

Ujeeddooyinka Barashada

Ka-dib marka ay casharkan dhammeeyaan, Kaaliyayaasha Daryeelka Guriga waxay awoodi doonnaan in ay:

1. Aqoonsadaan calaamadaha caabuqyada inta daban si caadi ah u dhac;
2. Aqoonsadaan siyaabaha ay caabuqyada u faafaan;
3. Hirgeliyaan taxaddarada caadiga ah ee xakameynta caabuqa;
4. Adeegsadaan hab-dhaqannada ugu wanaagsan ee hadda lagu xakameeyo faafitaanka caabuqa, oo ay ku jiraan isticmaalka gacmo-dhaqasho, gacmo-gashiyo, iyo noocyada kale ee qalabka is-ilaalinta ee shakhsiga;
5. Adeegsadaan tallaabooyinka dhardhaqidda iyo maamulka hawl-guriyeedka si ay gacan uga geystaan xakameyna faafidda caabuqa;
6. Si habboon u adeegsadaan agabka nadaafadda si uu jeermiska uga dilo dusha alaabooyinka; iyo
7. Dib-u-xusuustaan tallaalada lagu taliyey ee loogu talagalay dadka waaweyn si loo yareeyo oo looga hortaggo faafitaanka jirrooyinka.

Ereyada Muhiimka ah

Silsiladda caabuqa: lix tallaabooyin oo sharxaya sida cudurrada faafa ay ugu faafaan mid hal qof ilaa qof kale.

La isku daarto: ku faafa min hal qof ilaa qof kale iyada oo uu jiro xiriir toos ah ama aan toos ahayn.

Jeermis-dil: Iyada oo la adeegsanayo warankiilo ama milan kale oo jeermis-dil ah si loogu dilo bakteeriyada saaran walxaha iyo sagxadaha/dullaha.

Nadaafadda gacanta: in si joogto ah gacmaha loogu dhaqdo saabuun iyo biyo ama gacmaha in jeermiska looga dilayo waxyaabaha gacmaha la marsado ee aalkulada ku jirta (ABHR).

Hab-dhiska difaaca jirka: difaacyada dabiiciga ah ee jirka ee la dagaalama cudur-sidayaasha kana hortagga caabuqyada.

Cudur faafa: jirro ay keenaan cudur-sidayaasha ku kora ama ku kobca gudaha jirka qofka.

Cudur-Sidayaal: jeermisyada waxyeellada leh sida bakteeriyada, fayrasyada, fangiga, iyo ku dul noolayaasha ee caabuqa keeni kara.

Qalabka Ilaallada Shakhsiyeed (PPE): dhaaraanka, gacmo-gashiyada, af-xirada, qalabka lagu neefsado, iyo qalabka indhaha difaaca ee is-hortaaga gudubka cudur-sidayaasha ee mara dheecaannada jirka iyo dhibcaha hawada raaca.

Taxaddarada caadiga ah: hab-dhaqannada ka hortagga caabuqa ee loo adeegsado macmiil kasta si looga fogaado gudbinta cudur-sidayaasha.

Tallaalid: falka tallaal loogu muddayo jirta si loo abuurro sifaac ka dhan ah cudur gaar ah.

Tallaal: wax la soosaaro oo hab-dhiska difaaca jirka u diyaarinaya la dagaalanka cudur gaar ah.

Guudmarka

cudurrada faafa waxay aad halis ugu yihiin dadka waaweyn, cudur-sidayaashanna waxay si degdeg ah ugu faafi karaan goobaha daryeelka ee la deggan yahay.

Marka ay bixinayaan daryeelka shakhsiyeed, Kaaliyeyaasha Daryeelka Guriga waxay qofka ka eegaan astaamaha caabuqa waxayna iska ilaaliyaan in caabquyadu laf-ahaantoodu qaadaan.

Kaaliyayaasha Daryeelka Guriga waa in ay fahmaan sida ay caabuqyadu u faafaan una adeegsadaan taxaddarada caadiga ah si loo jebiyo silsillada caabuqa.

Iyaga oo ku dhaqmaya nadaafadda wanaagsan ee gacmaha, si wanaagsan u isticmaalka gacmo-gashiyada iyo PPE kale, iyo jeermis-ka-dilka dulalka, Kaaliyayaasha Daryeelka Guriga waxay ilaalin karaan macaamiisha iyo nafsadooda.

Maxaad sameysaa si aad isaga ilaaliso in aad xanuunsato?



Cudurrada Faafa

Cudurrada faafa waxay keeni karaan xanuun, dhaawac, naafonimo, ama xitaa dhimasho. Waxay yimaadaan marka cudur-sidayaasha sida bakteeriyada, fayraska, ama fangaska ay galaan jirka qofka ka-dibna ay meesha ku bataan. Tusaalooyinka caabuqyada caamka ah ee ka jira goobaha daryeelka caafimaadka waxaa ka mid ah kuwan soo socda.

- caabuqyada kaadi-haysta ku dhaca
- Caabuqyada maqaarka, cidiyaha, ama dhaawaca
- Hargab
- Ifilo (flu)
- SARS-CoV2 (COVID-19)
- Jirrooyinka ku lugta leh shubanka
- Wareento

Caabuqyo badan waa kuwo la iska kala qaado. Waxay ku koraan hal qof ka-dibna waxay ku faafaan dadka kale iyadoo loo marayo xiriir toos ah ama mid aan toos ahayn.



Calaamadaha iyo Astaamaha Caabuqa

Aqoonsashada marka qofka uu qabo caabuqa ayaa kaa caawinaysa in aad daaweyso kana hortagto in u cudurka uu ku faafo dadka kale. Fiiro gaar ah u yeello calaamadahan iyo astaamahan caabuqa ee caamka ah:

- Qandho, qarqaryo, dhidid
- Cabur iyo qufac
- Lallabo ama matag
- Xanuun
- Jahwareer ama isbeddelka xaaladda dhimirka
- Madax-xanuun ama dawakhaad
- Meel jirka ka mid ah oo leh guduudasho, barar, ama kulul marka la taabto
- Maqaar kulul ama qallalan
- Gubasho ama xanuun marka la kaadinayo
- Dareemidda daal, xumaan, ama tabbar-darro
- Hoos-u-dhaca wannaaga guud
- Kororka heerarka neefsashada iyo wadne garaaca
- Finan
- Boogo furan oo ka soo baxaya dheecaan cagaar ah oo uraya
- Oon

Haddii macmiilku uu astaamo leeyahay, diiwaangeli oo u sheeg qofka ugu habboon ee joogta goobtaada daryeelka. Haddii adiga laf-ahaantaada isku aragto wax calaamado ah, ogeysiis loo-shaqeeyahaaga oo guriga joog si aad uga hortagto faafidda caabuqa.

Xusuusnow in dadku ay caabuq qabi karaan iyo in ay dadka kale u gudbin karaan iyaga oo aanan wax astaamo ah lahayn. Si aad u bedqabto, waa in aad had iyo jeer isticmaashaa taxaddarada caadiga ah marka aad daryeel bixinayso.

Jebinta Silsilada Caabuqa

Fahamka sida cudur-sidayaasha u koraan una faafaan ayaa kaa caawinaysa in aad naftaada iyo dadka kaleba ka ilaaliso cudurka. Silsiladda caabuqa ayaa sharxaysa sida cudur-sidaha ama jeermiska faafa uu ugu faafi karo mid hal qof ilaa qof kale.

3 Barta Bixidda:
Sida ay jeermisyadu uga baxaan jirka

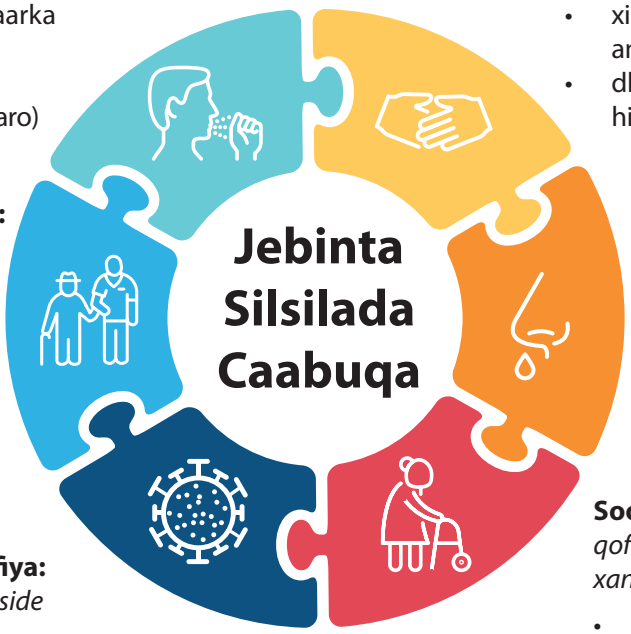
- afka (matag, candhuuf)
- dillaacyo maqaarka ah (dhiig)
- isticmaalka musqusha (saxaro)
- sanka (duuf)

2 Meesha uu ku ururro:
halka jeermiska ku nool yahay kuna bato

- dadka
- xayawaannada iyo kuwa rabaayadda ah
- cuntada
- ciidda
- biyaha

1 Waxyaabaha Faafiya:
jeermis ama cudur-side

- bakteeriya
- fangas
- fayras
- dulin



4 Habka Isu-Gudbinta
Sida ay jeermisyadu u socdaan

- xiriir (taabashada qof ama dul)
- dhibco (marka aad hadasho, hindhisto, qufacdo)

5 Barta Gelidda:
Sida ay jeermisyadu u galaan jirka

- afka
- sanka
- dillaacyo maqaarka ah
- la neefsado iyaga oo gala sambabbada

6 Sooraha Nugul:
qofka xiga ee xanuunsada

- dadka waaweyn
- carruurta aadka u yaryar
- dadka hab-dhiska difaacooda jirka uu liito

Tusaale:

Daryeele ayaa qaba hargab ifilo ah laakiinse astaamo ma lahan. Waxay ku qufacdaa gacanteeda ka hor inta aysan daryeel shakhsiyeed ka caawin cid deggan goobta daryeelka. Fayraska ifilada hergabka ayaa ku wareegaya gacanta cidda deggan goobta daryeelka. Cidda deggan ayaa taabaneysa wejigeeda, ka-dibna fayraska ifilada ayaa jirkeeda galiyada isaga oo maraya xuubka duufka ee sankeeda. Ma aysan qaadan tallaalkeeda ifilada ee sannadlaha ah, sidaa daraadeed waxaa kobcaya oo badanaya fayraska. Silsilada caabuqa waxay cudurka faafa u horseeday in qof ka baxo ka-dibna gala qof kale. Cidda deggan goobta daryeelka waxay qaadsiineysaa cudurka dadka kale ee la deggan iyo daryeelayaasha.

Waa maxay tallaabooyinka gaarka ah ee daryeelaha iyo/ama cidda goobta deggan ay ahayd in ay qaadaan si ay u jebiyaan silsillada caabuqa?

Xusuusnow: Caabuqyada intooda badan ayaa ku faafa xiriir toos ah ama mid aan toos ahayn.

Taxaddarada Caadiga ah

Daryeele ahaan, shaqadaadu waa in aad jebisaa silsilada caabuqa. Fahamka iyo raacidda taxaddarada caadiga ah ayaa ka ilaalinaya adiga iyo dadka kale ee aad daryeesho cudurka faafa. Taxaddarada caadiga ah waxaa ka mid ah.

- Nadaafadda gacmaha
- Isticmaalka qalabka is-ilaalinta ee shakhsiga (PPE) ee habboon sida gacmo-gashiyada, af-xirada, qalabka neefsiga, dhaaraanka, iyo indho-xir
- Nadaafadda neefsashada/aadaabta qufaca
- Ammaanka waxyaabaha afaysan
- Hab-dhaqannada irbadda ee ammaanka ah
- Si habboon in loo nadiifiyo/jeermiska looga dilo qalabka iyo aaladaha
- Nadiifinta iyo jeermis-ka-dilista deegaanka.

Waa in aad raacdaa taxaddarada caadiga ah waqti kasta ee aad daryeel siiso macmiil kasta.

Xakameynta Caabuqa Marka Laga Eego Dhanka Aragtida Macmiilka

Xirashada gacmo-gashiyada iyo hab-dhaqannada kale ee xakameynta caabuqa ayaa xaddidaya xiriirka jireed ee aad la yeelaneyso dadka aad daryeesho, tanina waxay farogelin kartaa baahida macmiilka ee isku-xirnaanta iyo taageerada shucuureed. Waxay dareemi karaan wasakh, kalinimo, ama go'doomin.

Waxaad u baahan tahay u baahan tahay in aad u nuglaato dareennada macmiilka, laakiinse waa in aad raacdo taxaddarada caadiga ah. Kala hadal macmiilka sababta hab-dhaqannadan ay muhiim ugu yihiin caafimaadkooda iyo wanaaggooda. U xaqiiji in taxaddarada caadiga ah loogu talagalay ammaankooda.

Nadaafadda Gacmaha

Nadaafadda gacmaha waxaa loola jeedaa in aad gacmahaaga nadiifiso adiga oo ku dhaqaya saabuun iyo biyo ama isticmaalaha daawada gacanta la marsado ee aalkulada ku jirta. Gacmahaaga waxay jeermis ka soo qadi karaan qor kasta, dul kasta, iyo shey kasta ee aad taabato. La'aanta nadaafadda gacmaha oo habboon, gacmahaagu waxay si degdeg ah u faafin karaan jeermis.



Nadaafadda gacmaha waa halka shey ee ugu muhiimsan ee aad sameyn karto si loo xakameeyo faafidda caabuqa.

Xarunta CDC waxay ku qiyaaseysaa in 2 milyan oo dadka daryeelka qaata ah in ay sannad walba caabuq ka qaadaan bixiyeyaasha daryeelka caafimaadka. Ku dhowaad 90,000 oo qof ayaa caabuqyadan u dhinta.

Goorta Gacmaha La Nadiifiyo

Jeermisyadu waa wax aad u yar oo aan la arki karin. Xitaa haddii gacmahaagu ay u egyihiin kuwo nadiif ah, waxay faafin karaan caabuqyo. Waa in aad nadaafadda gacmaha ka dhigtaa qayb joogto ah oo ka mid ah waxqabadkaaga maalinlaha ah.

Gacmahaaga nadiifi waqtiyadan soo socda.

- Marka aad shaqada timaado
- Marka aad galeyso qolka/abaarmanka uu deggan yahay qofka; ka hor inta aadan bixin daryeelka qofka deggan ee gacmaha lagu bixiyo
- Ka hor inta aadan gacmo-gashiyada gashan
- Ka-dib marka aad gacmo-gashiyada iska bixiso
- Ka hor inta aadan ka bixin qolka/abaarmanka uu deggan yahay qofka; kadib marka aad bixiso daryeelka qofka deggan ee gacmaha lagu bixiyo
- kahor inta aadan cuntada diyaarin
- Ka hor iyo ka-dib cunto cunista
- Ka-dib marka aad musqusha adeegsado
- Ka-dib marka aad taabato walxo wasakheysan oo suuragal ah
- Ka-dib marka aad duufsato sankaaga, hindhisooto, qufacdo, ama aad wejigaaga taabato
- Ka-dib marka aad sigaar cabto
- Ka-dib taabashada xayawaanka/rabaayadda
- Ka hor inta aadan shaqada ka tagin dhammaan kaltankaaga

S.W.I.P.E.S

Kaaliyayaasha Daryeelka Guriga waa in ay gacmahooda dhaqdaan ka hor inta aysan sameyn hawl daryeel shakhsiyeed kasta. Habraaca xirfadda daryeel shakhsiyeed kasta waxaa ka mid ah ereyada la isku soo gaabiyey ee "S.W.I.P.E.S.", kuwaas oo kugu caawinaya in aad xusuusato:

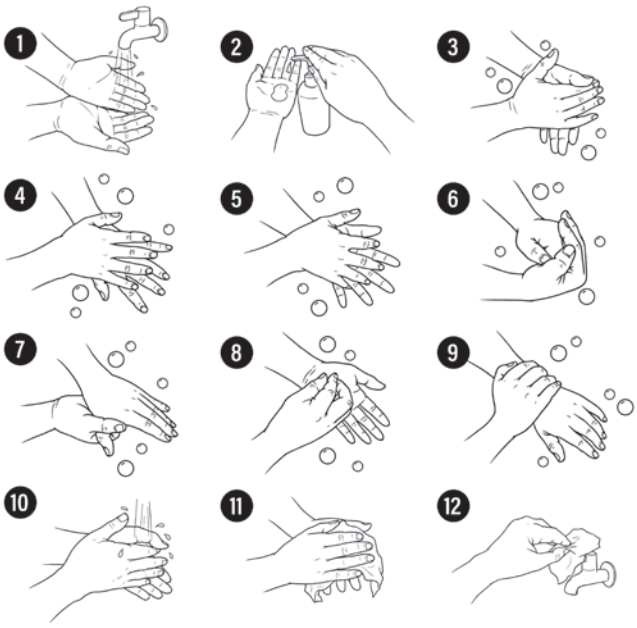
S	Soo ururi **sahayda** ka hor inta aadan hawl bilaabin
W	**Dhaq** gacmaha ka hor inta aadan u dhowaan ama taaban macmiilka
I	**Aqoonso** naftaada adiga oo macmiilka u sheegaya magacaaga
P	Bixi **asturnaan** bilow ilaa dhammaadka daryeelka adiga oo adeegsanaya daah, dadab, ama albaab
E	**U sharrax** macmiilka waxa aad sameynayso
S	**Isha-mari** goobta si aad u hubiso in aad wax kasta meeshoodii ku celisay ka-dib marka aad hawshu dhammeyso

Xirfad: Gacmo Dhaqasho

Si laguugu aqoonsado Kaaliya Dayeel Guri, waa in aad muujiyaa in aad taqaanno sida saxda ah ee loo dhaqo gacmahaaga. Eeg Gacmo Dhaqasho ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 420aad si aad u hesho liiska faahfaahsan ee tallaabooyinka.

Jeermisyada ayaa si dhaqso ah ugu kobca shukumaaannada dharka ah. Isticmaal keliy shukumaanno waraaq ah si aad ugu qalajiso gacmahaaga.

Tallaabooyinka Dhaqidda Gacmahaaga



Cudurdaarrada Caamka ah ee Aanan Loo Sameynin Nadaafadda Gacmaha

Dadku mararka qaarkood waxay doortaan in ay gacmahood dhaqdaan marka ay awoodaan. Sababaha ugu badan ee keena waa:

Cudurdaarka	Xaqiiq
"Gacmaheyga uma eka in ay wasakheysan yihiin."	Jeermisyadu waa wax aad u yar oo aan la arki karin. In aad eegto oo keliya gacmahaaga kuma oggaan karto haddii ay dhab ahaan "wasakh" leeyihiin. Waxaad u baahan tahay in aad gacmahaaga dhaqdo adiga oo ku saleynaya waxqabadyada aad qabato daryeele ahaan.
"Waqti ma hayo."	Dhowrka daqiiqadood ee yar ee ay kugu qaadato waxay u qalmaan faa'iidooyinka aad ka hesho adiga iyo macmiilka. Gacmo dhaqashada ka dhig qayb ka mid ah nidaamkaaga joogtada ah si aad si otomaatik ah ugu sameyso waqti aad ku darto jadwalkaaga.
"Gacmaheyga ayaa ku qallalaya in aan marar badan dhaqo."	Isticmaal saabuunta iyo looshanka dufan yar leh si aad uga hortagto dildillaacidda iyo qallalidda gacmaha.

Gacmo dhaqashadu waxay badbaadineysaa nafo.

Daawada Gacanta La Marsado ee Aalkulada leh (ABHR)



Isticmaalka daawada gacanta la marsado ee aalkulada leh (ABHR) waa hab kale oo lagu dilo jeermisyada gacantaada. Si kastaba ha ahaatee, haddii gacmahaagu ay wasakh ka muuqato, saabuun iyo biyo ayaa weli ah ikhtiyaarka ugu wanaagsan. Si uu u noqdo adeegsiga ABHR mid wax-ku-ool ah:

- isticmaal badeeco ay ku jirto 60-95% ethanol ama aalkulada isopropyl;
- gacantaada oo qoolaabsan ama isku godan mari badeecada, in ku filan ku filan in dusheeda oo dhan la mariyo;
- gacmahaaga is-marmari, adiga oo gaarsiinaya dhushooda oo dhan oo ay ku jiraan calaacalada, gacan kasta gadaasheeda, iyo inta faraha u dhaxeysa;
- ismari ilaa ay ka qallalaan - tani waa in ay kugu qaado qiyaastii 20 ilbiriqsi.

Kormeerahaaga weyddii haddii ABHR la heli karo oo la oggol yahay in lagu isticmaalo goobtaada daryeelka. Hubso in aad raacdo siyaasadda cidda aad u shaqeyso ee ku saabsan isticmaalka ABHR.

Daryeelka Maqaarka iyo Ciddiyaha

Gacmo-dhaqashada iyo isticmaalka daawada jeermis-dilka joogtada ah ayaa qallajin kara maqaarkaaga. Isticmaal looshannada iyo kareemada aan carafta lahayn si aad dufan yar u mariso. Hubso goobtaada daryeelka in ay oggoshahay looshannada aad isticmaasho.

Jeermisyada ayaa ku hoos noolaan kara ciddiyaha dhaadheer, xitaa ka-dib nadaafadda gacmaha. Dhererka ciddiyada dabiiciga ah ka dhig mid ka yar ¼ inji. Ha xiran ciddiyo gacan ku sameys ak marka aad bixinayso daryeel shakhsiyeed.

Nadaafadda Gacmaha ee loogu talagalay Macaamiisha.

Jeermisyada ayaa inta badan ku faafa macaamiisha aan helin fursad ay ku dhaqdaan gacmahaooda ama lagu dhiirrigeliyo in ay sidaa sameeyaan. Dhiirrigeli, u tilmaan, oo ka caawi macaamiisha in ay dhaqaan gacmahooda mar kasta oo ay suuragal tahay.



Xirashada Gacmo-gashiyo

Gacmo-gashiyada adiga iyo macmiilkaba siinayaan difaac. Isticmaalka habboon ee gacmo-gashiyada halka mar la adeegsado ayaa kaa caawinaya ka fogaanshaha faafitaanka jeermisyada min hal qof ilaa qof kale.

Goorta Gacmo-gashiyada La Isticmaalo

Waa in aad gacmo-gashiyo xirato marka aad:

- xiriir toos ah la yeelato dhiig, dheecaanno jireed, ama xuubabka duufka;
- gacanta ku qabaneyso waxyaabaha ku wasakheysan jeermisyada sida waraaqaha gacmaha lagu tirtirto, hoos guntiyada mar-adeegsadka ah, ama dharka ama marooyinka wasakheysan;
- bixinayso gargaar degdeg ah;
- xiriir la yeelanayso macmiilka leh dhaawac furan;
- nadiifinayso dheecaannada jirka;
- ka caawinayso macmiilka isticmaalka musqusha ama hawlaha kale ee daryeelka shakhsiyeed; ama
- leedahay gacmo dildillaacan, xoqan, jeexan, ama maqaar xanuun, iwm.

Isticmaalka Habboon ee Gacmo-gashiga

Gacmo-gashiyada mar-adeegsadka ah waa:

- in ay si fiican kuula egyihiin iyo in aysan lahayn dareen holof-holof;
- in laga sameeyay agab habboon, caadi ahaan latex*, nitrile, ama vinyl;
- in aysan fiiqmin, dillaacin, midabkooda isbeddelin, ama waa in aysan lahyn daloolo ama jeexdin;
- la iska tuuro ka-dib isticmaal kasta; iyo
- la beddelo inta u dhaxeysa hawlaha iyo marka ay jeermisyo ku wasakhoobaan (t.a. dheecaanno jireed).

* Dad badan ayaa xasaasiyad ka qaba latex. Isticmaal gacmo-gashiyo aan latex ama goomo ahayn haddii adiga ama macmiilka aad xasaasiyad ka qabtaan goomaha/latex. Gacmo-gashiyada qaarkood waxay leeyihiin budo, taas oo dadka qaarkii cuncun u keeni karta. U beddelo gacmo-gashiyo aan budada lahayn haddii budada ay dhibaato ku tahay adiga ama macmiilka.

Xirfad: Gacmo-gashiyada Gasho

Gacmo-gashiyada waxay difaac wax-ku-ool ah yihiin oo keliya haddii si sax ah loo adeegsado. In gacmo-gashiyada si sax ah loo adeegsado waxay u baahan taahy in la raaco tallaabooyin gaar ah.

Eeg Gacmo-gashiyada Gasho ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 421aad si aad u hesho habraaca faahfaahsan.



Xirfad: Gacmo-gashiyada Iska-bixi

In gacmo-gashiyada hab sax ah la isaga bixiyo waxaa loola jeedaa in si ammaan ah la isaga bixiyo iyo ka takhalusidda iyada oo aan jeermisyada la faafin.

Eeg Gacmo-gashiyada Iska-bixi ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 421aad si aad u hesho tallaabooyinka gaarka ah.



Qalabka Is-ilaalinta ee Shakhsiga (PPE)

Qalabka is-ilaalinta ee shakhsiga waxay gacan ka geysan karaan jebinta silsilada caabuqa. Af-xirada/qalabka neefsashada iyo ilaalinta indhaha waxay ka hortagaa qufaca, hindhisada, iyo dhibcaha in ay galaan indhahaaga, sankaaga, iyo afkaaga. Dhaaraanka ama dufan-dhowrka waxay nadiif ka dhigaan dharkaaga iyo maqaarkaaga si looga hortaggo in si aan ula-kac ahayn in jeermisyada loogu faafiyo dadka kale.

Waa in aad qalabka PPE xirataa marka ay suuragal tahay in ay ku soo gaaraan dhiig ama dheecaannada jirka oo ka imaanaya macmiilka. Haddii macmiilka uu leeyahay astaamaha ama caabuq la xaqiijiyey, gasho qalabka PPE ka hor inta aadan qolka galin. La hadal kormeerahaaga si aad u barato qalabka PPE ee lagama maarmaanka ah u ah xaalad kasta.



Xirfad: Isticmaalka Qalabka Is-ilaalinta ee Shakhsiga

Qalabka is-ilaalinta ee shakhsiga ayaa keliya shaqeeya haddii aad u gashato ama isaga bixiso hab sax ah. Kuwani waa xirfado u baahan tababarasho.

Eeg Gacmo-gashiyada Iska-bixi ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 421aad si aad u hesho tallaabooyinka oo faahfaahsan.

Iska-bixinta Qalabka PPE oo Dhan

Iska-bixinta Qalabka PPE waxay faafin kartaa jeermisyo haddii si khalad ah loo sameeyo. Marka aad iska bixiso qalabkaaga PPE, u qaado in qaybta bannaanka ah ee dhammaan qalabkaaga PPE in uu wasakheysan yahay. Iska bixi qayb kasta oo qalabka PPE adiga oo aan taaban bannaanka. Haddii gacmahaagu ay wasakhoobaan adiga oo iska bixinaya qayb ka mid ah qalabka PPE, si degdeg ah u nadiifi gacmahaaga adiga oo aan sii-wadin. Si aad si ammaan ah isaga bixiso qalabka PPE, tallaabooyinkan raac:

1. Gacmo-gashiyada iska bixi oo tuur
2. Dhaaraanka iska bixi oo tuur
3. Ka bax qolka macmiilka
4. Samee nadaafadda gacmaha
5. Iska-bixi gaashaanka wejiga/ookiyaalayaasha
6. Iska-bixi oo tuur af-xirka
7. **Samee nadaafadda gacmaha**





Nadaafadda Neefsashada iyo Asluubta Qufaca

Ku dhaqan nadaafadda neefsashada si aad uga hortagto faafidda cudur-sidayaasha isugu gudbiyo dhibcaha neefsashada:

- Afkaaga iyo sankaagaba ku dabool af-tire marka aad qufaceys ama hindhiseyso.
- Ku tuur waraaqda lagu tirtirto weelka qashinka ee kuugu dhow.
- Haddii aadan haysan waraaqda lagu tirtirto, ku qufac ama ku hindhiso gacmaha dhaadheer ee maradaada ama suxulkaaga beddelkii gacmahaaga.
- Gacmahaaga dhaq ama isticmaal daawada gacmaha la marsado ee aalkulada leh.

Haddii aad si joogto ah u qufacayso ama u hindheyso, tixgeli in aad weji-xir xirato si aad u ilaaliso dadka kale.

Ammaanka Waxyaabaha Afka leh

Siriinjo, irbado, mindiyo, sakiinno, iyo waxyaabaha kale ee afka leh waxay dillaacin karaan maqaarkaaga waxayna halis kuu gelin karaan cudur-sidayaal.

Halista caabuqa ayaa aad u hooseysa, laakiinse waa in aad oggaato sida habboon ee loo maareeyo waxyaabaha afka leh si aad naftaada iyo dadka kaleba u ilaaliso.

Baro Khatarta Suuragalka ah ee Wajahi Karto

Ogsoonow halka aad ka heli karto irbadaha ama waxyaabaha kale ee afka leh ee goobtaada shaqada. Tusaale ahaan, haddii aad taageeto macmiil qaata irbadaha daawada sonkorta ee insulinta, ka eeg irbado ka hor inta aadan soo qaadin xirmada dharka la dhaqayo.

Aaladaha Ammaanka Waxyaabaha Afka leh

Waxyaabo badan oo af leh waxay ku yimaadaan aalado ammaan oo ku wareegsan sida irbadaha dib loo celin karo ama daboolo caag ah ama galal. Haddii goobtaada shaqada ay waxyaabahan adeegsato, loo-shaqeeyahaaga weyddii in uu ku tusiyo sida ay u shaqeeyaan sidaa daraadeed ayaa waxaad u maamuli kartaa si ammaan ah.

Mid ka mid ah aaladaha ammaanka waxyaabaha afka leh oo muhiim ah waa weelka lagu rido waxyaabaha afka leh ee la tuurayo. Kuwani waa weelal caag ah oo adag kuwaas oo aysan irbad daloolin karin. Cidda aad u shaqeyso weyddii oo hubso in aad taqaanno halka ay weelashan ka yaallaan goobtaada shaqada.



Si Ammaan ah Gacan Uga Qabashada Irbadaha

Tilmaamahan soo socda waxay gacan ka geysan doonnaan ka hortagga dad mudidda irbadda ee shilka ah.

- Ha laabin, dib ha u daboolin, ama ha isku-dayin in aad irbadaha ka bixiso saliingada
- Ha jebinin ama ha jarin irbadaha
- Isla-markiiba ku rid waxyaabaha afka leh ee la adeegsadey weelasha ku habboon



Soo-qaadidda Siliinjooyinka La Tuurey

Marka aad hesho saliinjo la tuurey, iska ilaali oo si habboon u tuur adiga oo raacaya tallaabooyinkan:

1. Gasho gacmo-gashiyo dalool u adkeysta.
2. Saliinjada gacmahaaga haku taabanin.
3. Isticmaal bir-qaado ama biinso si aad ugu soo qaado saliinjada.
4. Ku rid saliinjada weelka lagu rido waxyaabaha afka leh adiga oo horumarinaya irbadda.
5. Iska-bixi gacmo-gashiyadaada ka-dibna ku tuur bacda qashinka.
6. Gacmahaaga dhaq ama isticmaal daawada gacmaha la marsado ee aalkulada leh.

Ka-takhalusidda Weelka Ammaanka ee Waxyaabaha Afka leh

Weelasha ammaanka ah ee waxyaabaha afka leh waa in laga takhaluso marka weelka uu buuxsamo ilaa ¾. Marnaba si aad ah ha u buuxinin weelka waxyaabaha afka leh. Degmo kasta oo ku taalla Gobolka Washington waxay leedahay xeernidaamyo ku saabsan sida looga takhaluso weelka ammaanka ah ee waxyaabaha afka leh. La eeg cidda aad u shaqeyso ama Waaxda Caafimaadka degaanka haddii aadan hubin.



Nadiifinta iyo Jeermis-ka-dilista Deegaanka.

Si degdeg ah u nadiifi oo jeermiska-uga-dil dul kasta oo ku wasakheysan dheecaanno jireed ama dhiig. Had iyo jeer xiro gacmo-gashiyo marka aad nadiifinayso dullaha wasakheysan. Isticmaal shukumaanno waraaq ah in aad ku nadiifiso. Si habboon u tuur agabka wasakheysan. Ka-dibna isticmaal jeermis-dil la ansaxiyey si aad u disho jeermisyo kasta ee saarnaa dusha.

Agabyada sida go'yada la isticmaaley, suxuunta wasakhda ah, iyo dharka la xirtay, iyo sidoo kale meelaha sida qololka jiifka iyo musqullaha waxay u baahan yihiin nadiifin joogto ah iyo jeermis-dil.

Tilmaamaha Guud ee Nadiifinta iyo Jeermis-dilka:

Nadiifinta iyo jeermis-dilka isku mid ma ahan. Ku nadiifinta saabuun, biyo, iyo rugidda waxay bixinaysaa wasakhda iyo xoogaa jeermis ah. Jeermis-dilka iyadoo la adeegsanayo milan warankiilo ah ama milanka nadaafadda guryaha waxay dilayaan jeermisyada dheeraadka ah.

Waxaa jira 2 tallaabo oo loo qaado nadiifinta iyo jeermis-dilka dul kasta:

1. Dusha ku nadiifi oo ku rug biyo iyo saabuun.
2. Goobta jeermis-dil ku samee adiga oo adeegsanaya milan warankiilo ah ama milanka nadaafadda guryaha.

Raac tilmaamaha ku qoran dhallada warankiilada ee loogu talagalay diyaarinta milanka warankiilada ee barxan. Haddii dhaladaadu aaney lahayn tilmaamo, waxaad sameyn kartaa milanka warankiillada adiga oo ku qasaya 5 qaaddo oo kuwa miiska (1/3 koob) oo ah warankiilo hal galoon oo biyo heerkulka caadiga ah.

Eeg Nadiifinta iyo Jeermis-dilka iyadoo la adeegsanayo Warankiillo ee ku yaalla bogga 327aad iyo Nadiifinta iyo Jeermis-ka-dilka Guriga ee ku yaalla bogga 234aad si aad u hesho macluumaad dheeraad ah.



Habraacyada Dhar-dhaqa Gaarka ah

In kastoo halista wajahidda ee ka imaaneysa dharka wasakheysan ay aad u yar tahay, ula dhaqan dharka ku wasakheysan dheecaannada jirka ama dhiig in ay yihiin kuwo fadaraysan ama wasakhaysan. Waxaa wanaagsan in aanan lagu darin dharka wasakheysan ee hal macmiil dharka wasakheysan ee uu leeyahay macmiil kale si loo yareeyo faafitaanka jeermiska. Marka aad gacanta ku qabaneyso dharka wasakheysan:

- Gacmo-gashiyada xiro.
- Ku rid agabka faddareysan ama wasakheysan bac, aan wasakhda daadin ama maryagur daboolan ilaa ay diyaar ugu noqonayaan in la dhaqo.
- Qaad inta ugu yar ee suuragal ah oo ha ruxin agabka.
- Ka fogaaw in aad agabka wasakheysan qabato adiga oo ku celinaya dharkaaga.
- Agabka ku dhaq saabuun iyo/ama warankiilo adiga oo raacaya tacliimaadka soosaaraha.
- Kala-saar marooyinka wasakheysan iyo kuwa nadiifka ah.
- Gacmahaaga dhaq ka-dib marka aad dhameysato.

Eeg Nadiifinta iyo Jeermis-ka-dilka Guriga ee ku taalla Diiwaanka Kheyraadka ee bogga 326aad si aad u hesho macluumaad dheeraad ah oo ku saabsan dhar-dhaqa.

Ka Takhalusidda Habboon ee Wasakhda Faddareysan

Wasakhda faddareysan waxaa loo baahan yahay in si ammaan ah looga takhaluso. Kormeerahaaga la hadal oo hubso in aad taqaanno sida saxda ah ee looga takhaluso wasakhda fadareysan ee goobtaada shaqada.

Xoojinta Hab-dhiska Difaaca Jirka

Inta aan sii weynaaneyno, nidaamyadeenna difaaca jirka ayaa waxtar yar u yeesha la dagaalanka caabuqyada. Cunsurradan soo socda ayaa sidoo kale saameyn xun ku yeesha hab-dhiska difaaca jirka.

- Nafaqo xumo
- Fuuq-bax
- Walbahaar
- Hurdo la'aan
- Cudur daba-dheeraada ama daawooyinka qaarkood
- Yaraanshaha maqaarka
- Sigaar ama khamri cabbid

Kuwan soo socda waxay xoojinin karaan hab-dhiska difaaca jirka.

- Sameynta doorashooyin caafimaadqab leh sida cuntada, qaadashada dareera, iyo jimicsi
- Helidda nasasho badan
- Joogteynta caadooyinka nadaafadda shakshiyeed ee wanaagsan, oo ay ku jirto nadaafadda ilkaha
- Yareynta walbahaarka
- Qaadashada tallaalo
- In si joogto ah loo booqdo dhakhtarka

Sameynta doorashooyin caafimaadqab leh, iyo ku dhiirrigelinta macaamiisha in ay si la mid ah sameeyaan, ayaa gacan ka geysan karta ka hortagga caabuqa.





Tallaallada

Shaqaalaha daryeelka caafimaadka waa in tallaaladoodu ay waqtiga la socdaan. Iyada oo sabab u ah in aad si toos ah ula shaqeyso macaamiisha oo aadna gacanta uga qabato dheecaannada jirka, waxay u badan tahay in aad qaadid oo aad faafisid cudur halis ah.

Loo-shaqeeyahaaga la eeg si aad u aragto haddii wax tallaalo ah laga heli karo goobtaada shaqada. Dhakhtarkaaga la eego si aad u hubiso in aad waqtiga la socodsiiso tallaalladaada. Ku dhiirrigeli macaamiishaada in ay sidoo kale raacaan soojeedimada tallaalka ee dhakhtarka.

Noocyada Tallaallada

- Teetano/Gawracato/jix (xiiq dheer) – toban sano kasta ama haddii aad dhaawacanto
- Jadeeco, Qaamo-qashiir, iyo Rubeella – hal ilaa laba kuuro (nolosha qofka oo dhan)
- Tallaalada ifalada hergabka – hal kuuro sannadkii
- SARS-CoV2 (COVID-19)
- Tallaalla wareentada – hal ama laba jeer iyada oo ku xiran da'da iyo hab-nololeedka
- Cagaarshow A – 2 irbadood oo taxane ah, oo 6 bilood u kala dhaxeysa
- Cagaarshow B – 3 irbadood oo taxane ah, caadi ahaan 0, 1, oo 6 bilood u kala dhaxeysa
- Bus-bus – 2 kuuro, 4 toddobaad u kala dhaxeysa (haddii uu san jirkiisa iska difaaci karin)

Booqo hhs.gov/immunization/who-and-when/index.html si aad u hesho macluumaad dheeraad ah oo ku saabsan tallaallada lagugu taliyey.

Soo koobid

Cudurrada faafa waxay noqon karaan kuwo aad iyo aad khatar u ah. Waxaa jira dhowr siyaabood oo Kaaliyeyaasha Daryeelka Guriga ay uga hortagi karaan faafidda caabuqa. Ogaanshaha iyo daawasahda astaamaha caabuqyada caamka ah, gacmo dhaqashada, raacidda taxaddarada caadiga ah, iyo isticmaalka tallaabooyinka habboon ee nadaafadda iyo maamulka hawl-guriyeedka ayaa waxay dhammaan ilaaliyaan ammaanka macaamiisha iyo daryeelayaasha.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Maxaad sameynaysaa haddii macmiilka uu muujiyo astaamaha caabuq?

2. Maxaa loola jeedaa “SWIPES”?

3. Goormee loo baahan yahay in aad gacmahaaga dhaqdo? Qor ugu yaraan 5 xaaladood.

4. Sideed u maareynaysaa dharka ama gogosha ku wasakhoobay dheecaanno ka yimid jirka?

5. Sideed jeermiska uga dileysaa dusha ama sagxadaha?

6. Waa maxay shan siyaabood oo aad ku xoojin kartid hab-dhiska difaaca jirka si uu isaga difaaco caabuqa?

Casharka 2aad Cudur-sidayaasha Dhiigga Ka Dhasha

Ujeeddooyinka Barashada

Ka-dib marka ay casharkan dhammeeyaan, Kaaliyayaasha Daryeelka Guriga waxay awoodi doonnaan in ay:

1. Aqoonsadaan cudurrada iyo cudur-sidayaasha caamka ah ee dhiigga ka dhasha;
2. Dib u xusuustaan sida cudur-sidayaasha dhiigga ka dhash loo gudbiyo;
3. Isticmaalaan taxaddarrada caadiga ah si aad uga hortagto faafitaanka cudurka dhiigga ka dhasha;
4. Dib-u-xusuuso waxa la sameeyo haddii aad wajahdo cudur-sidayaasha dhiigga ka dhasha, oo ay ku jirto sida loo soo sheego;
5. Dib-u-xusuustaan sida caabuqa HIV uu ugu shaqeeyo jirka;
6. Aqoonsadaan astaamaha guud ee lagu garto HIV/AIDS;
7. Dib-u-xusuustaan arrimaha sharciga iyo anshaxa ee la xiriira HIV, oo ay ku jiraan ka-warbixinta loo baahan yahay, ilaalinta sirta, iyo takoor la'aanta; iyo
8. Qaddariyaan muhiimadd ay leedahay arrimaha dareenka iyo taageeridda macaamiisha iyo shaqaalaha daryeelka muddada-dheer.

Ereyada Muhiimka ah

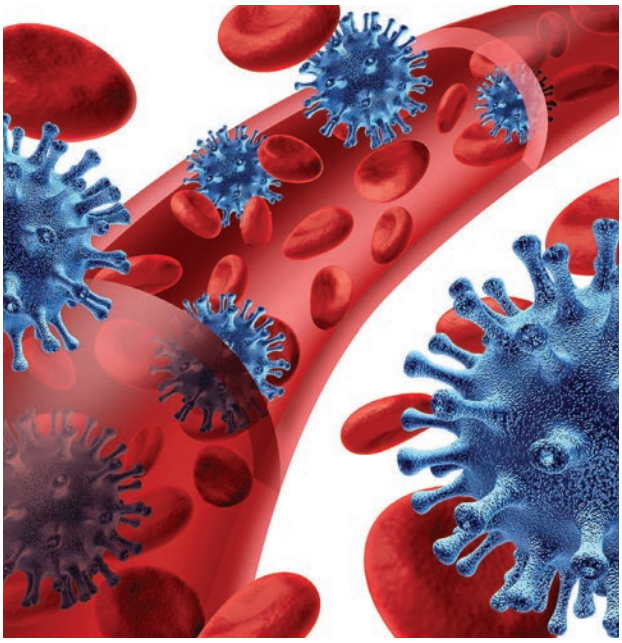
Cudurka Yareeya Difaaca Jirka (AIDS): marxaladda ugu sarreysa ee cudurka HIV marka hab-dhiska difaaca jirka ay waxyeello xun gaarto. Jirku wuxuu u nuglaanayaa noocyo badan oo caabuqyo halis ah.

Cudur-sidaha Dhiigga Ka Dhasha: noolayaal yaryar oo faafa oo ku jira dhiigga aadanaha kuwaas oo cudur u keeni kara aadanaha.

Cagaarshowga (B iyo C): caabuqyada fayraska ee beerka.

Fayruska Yareeya Difaacka Jirka Aadanaha (HIV): fayras weerrara hab-dhiska difaaca jirka, ka hortagga in jirka uu caabuqyo la dagaalamo. Haddii aanan la daaweyn, HIV wuxuu keeni karaa AIDS.

Caabuqyada dagashada eegta: Caabuqyada soo weerara jirka ee sababta u ah hab-dhiska difaaca jirka ee daciifka ah.



Faquuq: dabeecadhaa xun iyo takoorka ka dhanka ah qofka oo ku saleysan muuqaalka jirka, oggaanshaha xaaladda, iyo/ama aaminsanaanta ee keenaya dareen ceeb ah.

Gudbin: hannaanka gudbinta wax laga qaadayo hal qof ama meel iyada oo la gaarsiinyo qof ama meel kale.

Aan la oggaan karin= Aan la gudbin karin (U=U): istiraatiijiad ka hortag oo ka dhan ah caabuqa HIV taas oo yareynta tirada fayraska dhiigga ku jira ay ka hortageyso gudbinta fayraska uu ku gudbo galmada.

Rarka fayraska: cadadka fayraska ku jira dhiigga, candhuufta, duufka, ama dheecaanka kale ee jirta.

Guudmarka

Kaaliyayaasha Daryeelka Guriga waxay mas'uul ka yihiin raacidda taxaddarada caadiga ah iyo ka hortagga faafitaanka cudurrada iyo cudur-sidayaasha dhiigga ka dhasha.

Kaaliyayaasha Daryeelka Guriga waa in ay fahmaan arrimaha ku hareersan HIV/AIDS, oo ay ku jiraan ceebayn/faquuq suuragalka ah, iyo oggaanshaha kheyraadyada la heli karo.

Waa maxay dareennada aad ka qabto cudurka dhiigga ka dhasha? Maxaad filaysaa in aad uga barato casharkan?

Cudur-Sidayaasha Dhiigga Ka Dhasha iyo Cudurrada

Daryeele ahaan, waxaa ku soo gaari kara dhiigga ama dheecaannada kale ee jirka ee macmiilka. Tani waxay keenaysaa halista qaadista cudur-sidayaasha dhiigga ka dhasha oo yar. Daryeele ahaan, waxaad u baahan tahay in aad oggaato waxyaabahan soo socda.

- Noocyada caamka ah ee cudurrada dhiigga ka dhasha
- Sida cudurrada ka dhasha dhiigga ay ku faafi karaan ama aysan ku faafi karin
- Sida loo adeegsado taxaddarada caadiga ah si aad naftaada iyo macaamiishaba uga ilaaliso
- Waxa la sameeyo haddii ay ku soo gaaraan dhiig ama dheecaannada jirka

Cudurrada Dhiigga Ka Dhasha ee Caamka ah

Saddex cudurro dhiigga ka dhasha oo caam ah ee ugu badan ee ay keenaan cudur-sidayaasha dhiigga ka dhasha waa Cagaarshow B, Cagaarshow C, iyo HIV/AIDS. Waraabowga iyo Fayraska Galbeedka Nile ayaa sidoo kale waxaa keenna cudur-sidayaasha dhiigga ka dhasha:

Cagaarshow B (HBV)

Cagaarshow B waa caabuq fayras ah oo ku dhaca ama saameeya beerka. Waa caabuq aad u badan aadna u faafa marka loo eego HIV. Qiyaastii 90% dadka waaweyn ee ku dhaca HBV ayaa ka soo bogsada. Dadka qaar ee ku dhaca HBV waxaa laga yaabaa in aysan lahayn wax astaamo ah.

Dhakhtarkaaga kala hadal haddii aad qaadaneyso tallaalkan iyo in kale. Haddii horey laguu tallaaley, lagaagama baahna in mar kale lagu tallaalo. Haddii aadan tallaalka heli karin adiga oo adeegsanaya caymiskaaga caafimaadka, cidda aad u shaqeyso waa in ay kharashka bixisaa. Haddii aad doorato in aad tallaalka diido, waa in aad bayaanka diidmada saxiixdaa. Haddii aad goor dambe go'aansato in aad dooneyso tallaalka, markaa waa in aad ka hesho cidda aad u shaqeyso.

Eeg Diidmada/Oggolaanshaha Tallaalka Fayraska Cagaarshowga B ee ku yaalla Diiwaanka Kheyraadka ee bogga 330 si aad u hesho tusaalaha foomka oggolaanshaha Cagaarshowga B.

Cagaawshowga C (HCV)

Cagaarshowga C ayaa sidoo kale ah caabuq fayras ah oo ku dhaca beerka kaaso oo keeni kara barar ba'an oo la socda beer-mariil ah (cudur daba-dheeraada oo dhammeeya unugyada beerka) wuxuunna keennaa dhaawac joogto ah oo beerka soo gaara. HCV uma fududa in loo qaado sida HBV, laakiinse weli aad ayuu u faafaa marka loo eego HIV. In kasta oo xaaladaha qaarkood ay noqon karto jirro muddo-gaaban socota, CDC waxay sheegtay in 75%–85% ee dadka uu ku dhaco fayraska HCV in ay qaadi doonnaan caabuq daba-dheeraada. Habka ka hortagga ugu waxtarka badan waa iska ilaalinta hab-dhaqannada halista badan. Ma jiraan wax tallaalo ah oo hadda la heli karo, laakiinse waxaa jira daawooyin dhowr ah oo la heli karo si loogu dabbiiba Cagaarshowga B ee daba-dheeraada.

HCV iyo HBV labadoodaba waxay ku faafi karaan taabashada ama xiriirka dhiigga qallalan.

Eeg qaybta Xaaladaha iyo Cuddurrada Guud si aad u hesho macluumaad badan oo ku saabsan Cagaarshow A, B, C, D iyo E oo ku yaalla bogga 372.

Fayruska Yareeya Difaacka Jirka Aadanaha (HIV)

Fayruska Yareeya Difaacka Jirka Aadanaha waa fayras waxyeelleeya hab-dhiska difaaca jirka qofka la nool HIV. Ma jiro tallaal ka dhan ah fayraska HIV. HIV waxaa si aad u faahfaahsan loogaga hadli doonnaa casharkan.



Sidee Cudur-sidayaasha Dhiigga Ka Dhasha Ugu Faafaan Goobta Shaqada

Cudur-sidayaasha dhiigga ka dhasha ayaa ku faafa xaalado gaar ah. Si kastaba ha ahaatee, xiriirrada oo dhan ma ahan in ay faafinayaan cudur-sidayaasha dhiigga ka dhasha.

Siyaabaha cudur-sidayaasha dhiigga ka dhasha ay ku faafi KARAAN:

- Irbad juqsiin ama mudid ama boog kale oo daloosha
- Caawinta macmiil dhiig-baxaya
- Beddelidda marooyinka ku wasakheysan dhiigga ama dheecaannada kale ee jirka
- Gacan ka siinta nadiifinta dhiigga, mataga, kaadida ama saxarada
- Beddelidda faashad ama suuf leh dhiig ka soo baxaya goob dhaawac ah
- Xiriirka maqaar dillaaca (dildillaacan, nabarro leh, ama maqaar-xanuun)
- Xiriirka xuubka xabeedka (afka, sanka, iyo indhaha)

Dib-u-eeg taxaddara caadiga ah ee Cutubka 6aad, Casharka 1aad. Taxaddarada gaarka ah keebaa gacan ka geysta ka hortagga faafitaanka cudurka dhiigga ka dhasha?



Siyaabaha cudur-sidayaasha dhiigga ka dhasha AYSAN ku faafi karin.

- Bixinta daryeel loogu talagalay macmiilka qaba cudur dhiigga ka dhasha marka taxaddarada caadiga ah la isticmaalo
- Wadaagista maacuunta wax lagu cuno, suxuunta, ama galaasyada
- Wadaagista musqulaha
- Hawada
- Habsiinta
- Salaanta isgacan-qaadka ama qabashada gacmaha

Wajahidda Cudurrada Dhiigga Ka Dhasha

Waqti kasta ee uu qofk u si toos ah xiriir ula yeesho dhiigga ama dheecaannada kale ee jirka, waxaa jirta halis ah in ay soo gaaraan cudur-sidayaasha dhiigga ka dhasha. Kaaliyayaasha Daryeelka Guriga waa in ay isla-markiiba oggaadaan waxa la sameeyo haddii ay wajahaan.

Nooca Wajahidda	Waxa la sameeyo
Indhahaaga waxaa ku soo firiray dhiig ama dheecaanno jireed.	Si degdeg ah u raaci biyo waaskada/fool-dhaqa ee socda muddo shan daqiiqo ah il kasta ama biyaha indhaha lagu dhaqdo.
Dhiig ama dheecaanno jireed kasta oo gala afkaaga.	Afkaaga biyo raaci. Daryeel caafimaad raadso si aad waxqabad dheeraad ah u hesho.
Indhaha iyo afka oo labadoodaba faydan.	Si degdeg ah u biyo raaci labada indhoodba oo ah sida kor lagu taliyay si aad waxqabad dheeraad ah u hesho.
Irbad juqsiin ama mudid ama dhaawac daloola.	Si fiican ugu dhaq biyo iyo saabuun. Daryeel caafimaad raadso si aad waxqabad dheeraad ah u hesho.
Qaniinyo kasta, xoqid, ama nabarro laga yaabo in uu soo gaarey dhiig ama dheecaan jireed.	Goobta si fiican ugu dhaq saabuun iyo biyo. Boogta ku dabool faashad aan jeermis lahayn. Daryeel caafimaad raadso si aad waxqabad dheeraad ah u hesho.

Goobtaada daryeelka waxay yeellan doontaa habraacyo gaar ah oo loogu talagalay wajahidda dhiig ama walxo kale oo suuragal ah in ay faafaan (OPIM). Loo-shaqeeyahaaga ama kormeerahaaga kala hadal waxa aad sameynayso haddii aad wajahayso.

Haddii aad wajahayso, loo-shaqeeyahaaga waa in uu ku siiyaa tallaabka Cagaarshow B, bixiyaa kharashkaaga caafimaadka, ilaaliyaa diiwaannada caafimaadka sirta ah, ama ku siiyaa baaritaanka caafimaad ee wajahidda ka-dib.

Waxaad kaloo codsan karta baaritaanka HIV ee shakhsiga uu ka imaanayo. Haddii shakhsiga uu ka imaanay uusan doonayn in la baaro, caawimaadda sarkaaalka caafimaadka degaanka ayaa la codsan karaa, haddii:

- codsiga la sameeyay toddoba maalmood gudahooda ee wajahidda;
- sarkaalka caafimaadka uu go'aamiyo in "wajahid baaxad leh" ay dhacdey. Sarkaalka caafimaadka ayaa sameyn kara go'aaminta in baaritaanka aanan loo baahnayn; iyo
- wajahidda baaxadda leh ay shaqada ka dhacey.

Eeg Halista Ka-dib Wajahidda ee ku taalla Diiwaanka Kheyraadka ee bogga 331aad haddii aad rabto macluumaad dheeraad ah oo ku saabsan halista, la-socoshada, iyo ka-warbixinta wajahidda.

HIV/AIDS

Fayruska Yareeya Difaacka Jirka Aadanaha (HIV) waa fayras weerarra hab-dhiska difaaca jirka. Haddii qofka qaba cudurka HIV uusan qaadan daaweyn, waxay qaadi karaan AIDS (cudurka yareeya difaaca jirka). HIV aan la daaweyn ayaa caadiga ahaan mara saddexdan marxaladood ee soo socda:

1. caabuqa HIV ee daran
2. caabuqa HIV ee daba-dheeraadey
3. Cudurka Yareeya Difaaca Jirka (AIDS)

Astaamaha Cudurka HIV/AIDS

Astaamaha hore ee HIV ayaa waxaa ka mid noqon kara daal, qandho, shuban, qanjirrada dhareerada oo weynaada, luminta rabitaanka cuntada, ama dhidid habeenkii ah.

Dadka qaba caabuqa HIV ee aanan la daaweyn waxay yeellan karaan dhibaatooyin caafimaad oo badan. Kuwani waxaa ka mid ah wareento daran, dhowr noocyo kansar ah, waxyeello soo gaarta maskaxda iyo hab-dhiska neerfaha, iyo hoos u dhaca miisaanka jirka oo xad-dhaaf ah.

Sida uu HIV u Faafo

Fayraska HIV ayaa gudba marka dhiigga jirran, minada, dheecaannada siilka, iyo/ama caanaha naaska ay jirka ka galaan xuub xabeedka dabada, siilka, guska (kaadi-mareenka), ama afka ama iyada oo loo marayo dillaac, nabarro, ama meelaha maqaarka ee muruxsan. Meelaha uu aad ugu soo ururo fayraska HIV waa dhiigga, minada, dheecaanka siilka, iyo caanaha naaska.

Qof kasta ee qaba rar fayras oo la oggaan karo ayaa gudbin kara fayraska. In aad caabuqa sido waxaa loola jeedaa in fayrasku uu jirkaaga ku jiro in uu ku jiri doonno noloshaada inta ka harsan. Waxaad HIV u wareejin kartaa dadka kale haddii aad qabto rar fayras oo la oggaan karo iyo in aad ku lug yeelato hab-dhaqanno gudbin kara HIV, sida kuwan soo socda.

- In qof caabuqa HIV lala yeesho galmo afka, dabada ama siilka oo aanan ilaalsaneyn. Galmada aanan ilaalsaneyn waa galmo aanan lahayn isticmaalka joogtada ama saxa ah ee kondhamka.
- Isticmaalka ama in ay dad mudo irbad ama saliinjo uu isticmaaley qofka caabuqa qaba, oo ay ku jiraan irbadaha sawirka loogu xardha iyo irbadaha jirka lagu duro ama dalooliyo.



- Wadaagista qalabka daawooyinka lagu adeegsado. Qalabka daawooyinka lagu adeegsado ee caabuqa la isugu gudbin karo waa irbadda saliingada, "qalabka lagu karsho," suuf, iyo/ama biyaha lagu raaciyo. Wadaagista agabkan (oo mararka qaarkood loogu yeero "shaqooyin") waxay faafin karaan fayraska. Wadaagista shaqooyinka ayaa sidoo kale gudbin kara Cagaarshowga C.
- Dhalmada. Haweenka qaba caabuqa HIV ee la oggaan karo ayaa waxay fayraska u gudbin karaan ilmahooda yaryar xilliga uurka ama dhalmada.
- Naas-nuujin. Fayraska ayaa ka soo gudbi kara hooyooyinka una soo gudbi kara dhallaankooda iyaga oo u soo maraya caanaha naaska.
- Dhiig-qaadasho. Halista caabuqa ka soo gudbaya dhiig ku shubidda ayaa ku dhowaad meesha laga saarey tan iyo 1985 markaasi oo tijaabada iyo baaritaanka baahsan ee laga taxadarey ee dhiigga si looga eego caddeynta HIV uu noqdey hab-dhaqan caadi ah.

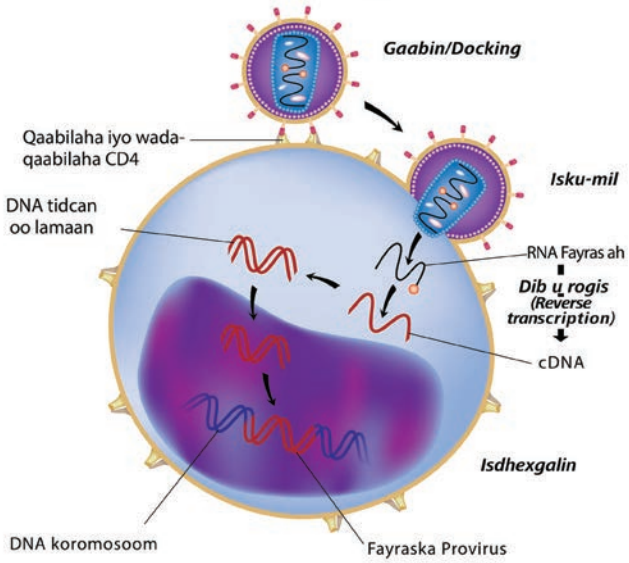
HIV la isugu ma gudbiyo candhuuf, ilin, ama dhidid. HIV kama qaadi kartid habsiin, salaanta gacmo-qaadka ah, wadaagista musqulaha, shuminta af-xiran, waxqabadyada galmo ee aan ku lugta lahayn isdhaafsiga dheecaano jireed, ama hawada.

Sida Caabuqa HIV ugu Shaqeeyo Jirka

Hal qof ayaa wajahaya HIV, fayraska ayaa gala dhiigga wuxuunna ku dhegayaa unugyada dhiigga cad qaarkood, oo loo yaqaanno unugyada-T (T-cells). Doorka unugyada-T waa in uu unugyada kale ugu baaqo in ay soosaaraan lid-jidh-galeyaal la dagaalama cudur-sidayaasha. Soo-saaridda lid-jidh-galeyaasha waa shaqo muhiim ah oo ay leeyihiin hab-dhiskeenna difaaca jirka.

Iyada fayraska HIV uu ku dheggan yahay unugyada-T, lid-jidh-galeyaasha jirku soosaarey si ay ula dagaalamaan fayraska HIV ma awoodaan in ay sidaa sameeyaan. Muddo ka-dib, fayraska HIV wuxuu burburinayaa unugyada-T iyo hab-dhiska difaaca jirka. Burburka ayaa qofka u keenaya in uu u nugulaado caabuqyada dagashada eegta, kaansarka, iyo cudurrada kale ee nafta-halis gelinaya.

Gelidda HIV unugga T



Cudurka Yareeya Difaaca Jirka (AIDS)

Dhammaan dadka laga helay AIDS waxay qabaan HIV, laakiinse dhammaan dadka qaba HIV lagama helin AIDS. AIDs-ku wuxuu bilowdaa marka qofka qaba caabuqa HIV uu leeyahay tirada unugyada-T oo ka yar 200. Ama, waxay heli karaan mid ka mid ah caabuqyada dagashada eegta iyo kansarro ku dhici kara marka uu jiro caabuqa HIV. Marka laga helo AIDS, baaritaanka dib isuguma beddelayo HIV haddii tirada unugyada-T ee qof ay dib ugu noqdaan in ka badan 200.

Daaweyn caafimaad ayaa dib u dhigi kara bilaabashada AIDS. Daaweyn la'aan, qofka wuxuu haystaa celcelis ahaan toban sano inta u dhaxeysa waqtiga qaadista hore ee HIV iyo bilowda astaamaha AIDS.

Si uu u caafimaadqabo intii suuragal ah, waxaa qofka muhiim u ah in uu oggaado xaaladiisa HIV iyo in uu sida ugu dhaqsiyaha badan ee suuragalka ah daawo u qaato. Oggaanshaha hore ayaa qofka la nool HIV u oggolaanaysa in uu helo daaweynta loo baahan yaahy si uu daryeel wanaagsan ugu fidiyo hab-dhiskiisa difaaca jirta. Daaweynta habboon ayaa bixinaysa ku dhowaad rajada-nolosha ee qofka aanan qabin caabuqa HIV.

Cudurrada Lala Xiriirinayo HIV/AIDS

Caabuqyada dagashada eegta caadi ahaan ku haya halis yar ama halis la'aan dadka leh hab-dhisyada difaaca jirka oo caafimaadqab leh. Dadka laga helay caabuqa HIV/AIDS, caabuqyadan waxay u keeni karaan mid ama kuwo badan oo ka mid ah cudurradan soo socda:

- **Wareentada Pneumocystis Carinii pneumonia:** caabuq daran oo ku dhaca sanbabbada oo lagu garto qufac qallalan iyo neefashada oo dhib ku noqota qofka.
- **Kaposi's Sarcoma:** kansar ku dhaca maqaarka kaas oo keena nabarro midabyada bunni/buluug-caas ah, kor u kacsan oo ka soo baxa wejiga, gacmaha, ama goobo kale.
- **Toxoplasmosis:** cudur u soo duula nudaha wuxuunna si xun u waxyeellayn karaa hab-dhiska neerfaha dhexe, astaamaha caamka ah waxaa ka mid noqon kara, qandho, madax-xannuun, jahwareer, iyo/ama suuxdin.
- **Cryptococcosis:** cudur uu keeno fangas, kaas oo lagu garto nabarro ama malax ku jirta sanbabbada, nudaha, kala-goysyada ama maskaxda.
- **Cryptosporidiosis:** caabuq ku dhaca mindhiciirka oo uu keeno dulin ka dhasha biyaha kaas oo keena shuban ba'an, fuuqbax, iyo liidasho.
- **Candidiasis:** cudur uu keeno fangas, kaas oo lagu garto dahaar cad oo fuula afka, hunguriga, siilka, ama sanbabbada.
- **Mycobacterium Avium-Complex (MAC):** caabuq ku dhaca marinka mindhiciirrada iyo caloosha kaas oo si degdeg ah ugu faafi kara beer, qanjirrada, iyo dhuuxa lafta. Wuxuu keennaa daciifnimo, calool xanuun, qandho, iyo caatoobid (30 maalmood gudahooda oo lagu lumiyi 10% ama in ka badan oo ah miisaanka jirka).
- **Xusuus Dhuminta la aixiirta caabuqa HIV:** waxyeello daran ilaa mid fudud oo soo gaara dhimirka iyo hab-dhiska neerfaha dhexe taas oo keenaysa jahwareer, xusuus lumin, dhibaatooyinka xakameynta dhaqdhaqaaqa, isbeddellada niyadda qofka hadba sida ay tahay, xoog-saarid liidata, iyo isbeddellada shakhsiyadda.

Ka-Hortagga HIV

Waxaa jira qalab badan oo loo heli karo ka hortagga HIV. Macaamiishaada kala hadal istiraatiijiyadaha ka hortagga caabuqa HIV. Qaar ka mid ah qalabyada ugu awoodda badan ee ka hortaggi kara isu-gudbinta HIV waa:

- Doorashada waxqabadyo galo oo aan ku lug lahayn is-taabashada dheecaannada jirta (minada, dheecaanka siilka, ama dhiigga).
- Isticmaalka kondhom—wuxuu waxtar badan u leeyahay ka hortagga HIV iyo cudurrada kale ee galmada lagu kala qaado (STDs).
- Qaadashada PrEP (daawada ka hortagga hore ee aydhiska ee loo yaqaanno pre-exposure prophylaxis)—daawo ay qaataan dadka halista ugu jira HIV si ay ugu hortagaan HIV. Waa in loo qaato sida uu dhakhtarka u qorey.
- Go'aansashada in aanan la galmoon (ka fogaansho). In aanan galmo la sameyn waxay ka hortageysaa STD-yada kale iyo uurka.
- Iska baar oo halagaa daaweeyo STD-yada kale—dadka qaba STD kale waxay u badan tahay in ay qaadaan HIV. In qofka laga baaro oo laga daaweeyo STD-yada kale waxay hoos u dhigi karaan fursadda qaadista HIV.



Daaweynta loogu talagalay HIV/ AIDS

Ma jirto daawo loogu talagalay HIV, laakiinse waa la daaweyn karaa. Xaqiiqdii, dadka badankiisa waxay awoodaan in ay qaataan daawo fudud oo maalintii hal mar la qaato si loo daaweeyo HIV-gooda. Daaweynta Lidka Fayraska Retroviral (ART) waxay yareysaa xaddiga HIV ee dhiigga ku jira. Daaweyntu waxay horseedi kartaa rarka fayraska in uu aad u yaraado oo xitaa loogu waco "rarka fayraska ee aan la oggaan karin."

Dadka dadka la nool fayraska HIV ay gaaraan oo ayna joogteeyaan rarka fayraska ee aan la oggaan karin, galmo ahaan fayraska uguma gudbin karaan dadka kale. Horumarkan daaweynta waxaa loo yaqaannaa "U=U" (Aan La Oggaan Karin "Undetectable" = Aan La Gudbin Karin "Untransmittable"). U=U waa istiraatiijyadda "daaweynta ka hortag ahaan".

Aan La Oggaan Karin La Mid ah Aan La Gudbin Karin (U=U)

Fikradda U=U waxaa loola jeedaa in dadka la nool fayraska HIV ay gaaraan oo ayna joogteeyaan rarka fayraska ee aan la oggaan karin, galmo ahaannna fayraska uguma gudbin karaan dadka kale. Guusha U=U sida hab looga hortagayo HIV waxay ku xiran tahay gaarista iyo joogteynta rarka fayraska aan la oggaan karin iyada oo ART si maalinle ah loogu qaadanayo sida uu dhakhtarka u qorey. Kaaliyaha Daryeelka Guriga ahaan, waxaad taageeri kartaa macmiilka qaba HIV adiga oo ka caawinaya in daawooyinkooda u qaatey sidii loogu soo qorey.

Iska Baaridda HIV

Qofka kasta ee soo gaara dhiigga ama dheecaannada jirka qof kale waxay u baahan karaan in laga baaro HIV. Haddii aad ka shaqeyso xarun deggaan ah, raac borotakoolka u degsan halka aad ka shaqeyso. Haddii cidda aad u shaqeyso uu yahay macmiilkaaga, wac dhakhtarkaaga si aad ugala hadasho baahiyada loo qabo tijaabada/baaritaanka.

Muddada Daaqadda

Ma jiro baaritaan HIV oo isla-markiiba ka-dib caabuqa lagu oggaan karo HIV. Haddii aad u maleyso in uu HIV wajahdey 72 saacadood ee ugu dambeeyay, si degdeg ah ugala hadal bixiyahaaga daryeelka caafimaad daawada ka hortagga aydhiska ka-dib wajahidda ee loo yaqaanno post-exposure prophylaxis (PEP).

Waqtiga u dhaxeeya marka qofka laga yaabo in uu wajahay HIV iyo marka baaritaanku uu xaqiijin karo haddii uu qabo fayraska waxaa loo yaqaannaa muddada daaqadda. Muddada daaqadda waxay u kala duwan tahay min qof ilaa qof waxayna ku xiran taahy nooca baaritaanka la adeegsadey si loo oggaado HIV. Waxay noqon kartaa muddo gaaban oo 10 maalmood ah ama ilaa 3 bilood. Weyddii bixiyaha daryeelkaaga caafimaad ama la-taliyaha baaritaanka wixii ku saabsan muddada daaqadda ee baaritaanka aad sameynayso.

In Lagu Baaro

Sida laga soo xigtay CDC, waa in sida ugu dhakhsiyaha badan ee suuragalka ah lagaaga baabaa HIV ka-dib marka aad wajahdo si aad lagaa baaraa si loo helo gundhig ama halka wax laga bilaabey. Waxaad u baahan doontaa in marar kale lagu baaro inta lagu guda jiro dhowrka bilood ee ku xiga. Kala-munaaqashoo dhakhtarkaaga ama shaqaalaha baaritaannadaada bilowga ah waxa waxtarka u leh xaaladaada. Waxaa in aad bixiyaa oggolaansho xog-ogaal loo yahay oo qoraal ah ama afka ah oo loogu talagalay baaritaanka HIV. Oggolaanshaha waa in la diiwaangeliyaa.

Dadku waxay HIV isaga baari karaan guriga, waaxaha caafimaadka dadweynaha, iyadoo loo marayo bixiyaha daryeelkooda caafimaad, xarumaha qorsheynta qoyska, ama xarumaha caafimaadka bulshada. Baaritaanka ayaa caadi ahaan ku lug leh qaadista qaddar yar oo dhiig ah, ama bixinta muunad candhuuf ama kaadi ah.



Baaritaan Sir ah ama Magac La'

Baaritaanku wuxuu noqon karaa mid sir ah ama mid magac la'aan ah. Baaritaan sir ah waxaa loola jeedaa in natiijooyinka ka soo baxa baaritaanka in ay noqon doonnaan kuwo gaar ah. Natiijooyinka baaritaanka waxay keliya aadayaan qofka la baarayo iyo shaqaalahiisa daryeelka caafimaad ee bixiya daryeelka caafimaad iyo/ama la-taliyaha baaritaanka.

Marka la adeegsanayo baaritaanka sirta ah, qofka wuxuu bixinayaa magaciisa dhabta ah. Bixiyeyaasha daryeelka caafimaadka waa in ay u gudbiyaan warbixinta sirta ah ee natiijooyinka baaritaanka HIV ee waa laga helay ah saraakiisha caafimaadka dadweynaha ee degaanka.

Baaritaanka magac la' waxaa loola jeedaa in rugta caafimaadka aysan haynin wax diiwaan ah oo muujiaya magaca qofka. Waxay keliya adeegsadaan koodh ama sumad loogaga shaqeynayo diiwaannada iyo dhiigga loo qaadey baarista. Baaritaanka magac la' lama adeegsan karo xaaladaha gaarista shaqada.

La-talin

La-talinta ka hortagga ah ee baaritaanka ka hor ayaa loogu baahan yahay keliya dadka halista sii kordheysa ugu jira caabuqa HIV ama kuwa codsada.

Mowduucyada la-talinta waxay ku saleysan yihiin soojeedimada CDC, oo ay ku jiraan qiimeynta halista ee qaadista ama gudbinta HIV, gacan ka geysashada dejinta yoolalka isbeddelka hab-dhaqanka iyo istiraatiijiyadaha yareynta halista, iyo bixinta gudbinnada.

La-talinta ka hortagga ah ee baaritaanka ka-dib waa in la bixiyaa. Keliya dadka natiijadooda baaritaanka noqota waa laga helay waa in la-talinta la siiyaa. Xaaladdan, qofka waxaa loo diraa waaxda caafimaadka degaanka ama urur bulsho kale ee adeeggan bixinaya.

Shuruudaha Ka-warbixinta

Bixiyeyaasha daryeelka caafimaadka waa in ay ugu soo wargeliyaan kiisaska HIV iyo AIDS maamullada caafimaadka degaanka saddex maalmood oo kuwa shaqada ah gudahooda ka-dib oggaanshaha.

Natiijooyinka waa laga helay ah ee lagu oggaadey baaritaanka magac la' lama soo sheegi karo. Haseyeeshee, marka bukaannada laga helay HIV loo arko daryeel caafimaad ama baaritaanno, bixiyaha daryeelka caafimaadka iyo sheybaarrada waa in soo sheegaan kiiska. Sharciga federaalka ayaa sidoo kale u baahan in gobolladu ay qaadaan tallaabo u baahan in "dedaal niyad wanaag leh" la sameeyo si loo ogeysiiyo dhammaan lammaanayaasha shakhsiyaadka qaba HIV.

Sharciga Ka Soo Horjeeda Takoorka (Cutubka RCW ee 49.60)

Caabuqa HIV iyo AIDS waa xaalado caafimaad loo arko naafonimada sida ku cad Sharciga Gobolka Washington ee Ka Soo Horjeeda Takoorka, Cutubka 49.60 RCW iyo Xeerka Naafonimada Ameerikaanka ee Federaalka.

Tani waxaa loola jeedaa in ay sharci-darro tahay in la takooro qofka qaba ama la aaminsan yahay in uu qabo AIDS ama qaba-HIV. Meelahan soo socda ayuu sharcigu khuseeyaa:

- Shaqo
- Kirada, iibinta, ama iibsashada abaarman, guri, ama hanti maguurto ah
- goobaha martigelinta (maqaayadaha, tiyaatarrada, iwm.)
- Daryeelka caafimaadka, adeegyada caafimaadka, dayactirada guriga, iyo adeegyada kale ee shakhsiyeed ee ay heli karaan guud ahaan dadweynaha codsanaya amaahda ama kaarma deynta, ama macaamulaadka kale ee amaahda
- Macaamaadka caymiska qaarkood

Ka eeg HIV iyo Ilaalinta Shaqada gudaha Diiwaanka Kheyraadka ee bogga 332aad si aad u hesho macluumaad dheeraad ah.

La Noolaanshaha HIV

Sannadkii 2020, 50% ee dhammaan Dadka Mareykanka ah ee la nool HIV waxay ka weynaayeen 50 sano jirro. Dadkani waxay u badan tahay in ay si weyn u koraan. Iyagoo la nool HIV, ayay dadka qaarkood waxay dareemi karaan luminta waxyaabahan soo socda.

- Awoodaha iyo xoogga jireed
- Awoodaha dhimirka
- Dakhliga iyo keydka
- Caymiska caafimaadka
- Guryeyn, hantida shakhsiyeed, oo ay ku jiraan xayawaannada rabaayadaha ah
- Taageero dareen oo laga helo qoyska, saaxiibbada, shaqaalaha la wadaago, hay'adaha bulshada iyo diinta
- Shaqada
- Madax-bannaani iyo asturnaan
- Doorarka/xiriirrada bulshada
- Isla-hanweynaan
- Saaxiibada, laga yaabo in ay u dhintaan HIV/AIDS



Taageero Nafsaani

Qaadista caabuqa HIV waxay kurbo u keeni kartaa kuwa HIV qaba iyo kuwa daryeelaba. Liidashada jireed iyo xanuunka ayaa hoos u dhigi kara awoodda qofka uu raaxo uga helayo waxqabadyada maalinlaha ee caadiga ah. Dadka qaarkood ee qaba HIV/AIDS waxay bulsho ahaan noqon karaa kuwo faquuqsan, taas oo keeni karta kalinimo iyo arrimo kale oo caafimaadka dhimirka ah, oo ay ku jiraan niyadjab iyo fikrado isdilis.

Qaar ka mid ah dareennada ku badan dadka qaba HIV/AIDS waxaa ka mid noqon kara dareennada sida kuwan soo socda.

- Khasaare iyo niyadjab ama quusasho—noloshu sidii ay garanayeen waligeeda ma noqoneyso
- aaminid la'aan, dareen la'aan, iyo awoodid la'aanta in xaqiiqooyinka la wajaho
- Cabsi laga qabo “wax aan la garaneyn” iyo qaadista aids
- Diidmada qoyska, saaxiibada, iyo saaxiibada shaqada
- Dareemista dembi ku saabsan cudurka, ku saabsan hab-dhaqanno hore, ama ku saabsan suuragalnimada in qofka uu u gudbiyey dad kale
- Murugo, rajo la'aan, caawimaad la'aan, dib-u-gurasho, iyo go'doomin
- Xanaaq uu kula duldhaco cudurka, rajada kelinimada, dhimasho xanuun badan, takoor caadi ahaan la socda cudurka, iyo la'aanta daaweyn wax-ku-ool ah oo la awoodi karo

Inta badan daryeelayaasha waxay yeellan karaan dareenno la mid ah kuwa qofka la nool HIV. Daryeelayaasha waxay dareemi karaan go'doomin la mid ah tan uu dareemo qofka qaba caabuqa HIV. Helidda nidaam taageero, oo uu ku jiro la-taliye aqoon sare leh, ayaa muhiim u ah daryeelaha sida qofka qaba HIV/AIDS. Taageero laga helo saaxiibada shaqada ayaa gaar ahaan muhiim ah.

Ururro dhowr ah ayay waxay ka jiraan Washington kuwaas oo bixiya adeegyada maareynta kiiska, oo uu ku jiro taageero loogu talagalay guryeynta, gaadiidka, cuntada, iyo isku-xirka barnaamijka caawimaadada daawada (ADAP) ee Washington. Waaxda Caafimaadka ee Gobolka Washington waxay haysaa liiska adeeg bixiyeyaasha ee awooda in ay ka caawiyaan macaamiisha la nool HIV adeegyada maareynta kiiska.

doh.wa.gov/YouandYourFamily/IllnessandDisease/HIV/ClientServices/CaseManagement

Eeg Halista Ka-dib Wajahidda ee ku taalla bogga 331aad ee Diiwaanka Kheyraadka si aad u hesho xiriirrada dheeraadka ah ee degaankaaga maxalliga ah.



Fuquuq

Dadka la nool fayraska HIV/AIDS waxay la kulmi karaan hab-dhaqanno xun iyo takoor. Tani waxay keeni kartaa waxyeello waxayn ka hortagi kartaa qofka in uu helo daryeelka iyo taageerada uu u baahan yahay.

Had iyo jeer dadka ula dhaqan si xushmad iyo sharaf leh iyada oo aan la eegayn xaaladooda HIV. Ilaali sirka macmiilka oo hakala munaaqashin xaaladooda HIV dadka kale haddii ay lagama maarmaan u tahay daryeelkooda mooyaane.

Ka sokow ilaalinta asturnaantooda, maxaad sameyn kartaa si aad u joojiso faquuqa ka dhan ah dadka la nool fayraska HIV/AIDS?

Soo koobid

Fayraska cagaarshowga B iyo C, iyo HIV waa cudur-sidayaasha ugu badan ee dhiigga ka dhasha. Kaaliyayaasha Daryeelka Guriga waxay yareyn karaan halista wajahidda iyaga oo raacaya taxaddarada caadiga ah. Haddii Kaaliyaha Daryeelka Guriga uu wajaho dheecaannada jirka ama waxa kale ee suuragalka ah ee faafin kara, waa in ay qaadaan tallaabo degdeg ah, raacaan siyaasadda ka-warbixinta ee goobtooda daryeelka, iyo in ay talo ka raadiyaan kuwa bixiya adeegooda caafimaad.

Dadka la nool fayraska HIV/AIDS waxay wajahi karaan caqabado badan. Kaaliyayaasha Daryeelka Guriga waa in ay ka warqabaan arrimahan, oo ay ku jiraan faquuqa iyo takoorka, iyo in ay had iyo jeer ula dhaqmaan qof walba oo ay taageeraan si xushmad iyo sharaf leh.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Sidee cudur-sidayaasha ka dhasha dhiigga ugu faafaan min qof ilaa qof kale? Qor ugu yaraan saddex siyaabood.

2. Waa maxay labada nooc ee xiriirka/taabashada jireed ee aanan ku faafi karin cudur-sidayaasha dhiigga ka dhasha?

3. Maxaad sameynaysaa haddii aad dheecaannada jirka kaa gaaraan indhaha iyo afka?

4. Waa maxay farqiga u dhaxeeya HIV iyo AIDS?

5. Macmiilka ma loo diidi karaa daryeel haddii ay la nool yihiin HIV?

6. Maxay muhiim u tahay in la ilaaliyo sirta xaaladda HIV ee macmiilka?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Caabuqyada badankooda waxay ku faafaan hawada.

   ❑ Run ❑ Been

2. HIV wuxuu ku faafi karaa:
   a. Qabashada gacmo ama hagid.
   b. Sameynta galmo aan difaac lahayn.
   c. Wadaagista maacuunta ama galaasyada wax lagu cabo.

3. In si wax-ku-ool ah loo dilo jeermisyada saaran dulaha, waa in aad:
   a. Ku nadiifisaa keliya saabuun iyo biyo.
   b. Jeermiska ka dishaa ka-dibna ku nadiifisaa saabuun iyo biyo.
   a. Ku nadiifisaa saabuun iyo biyo ka-dibna aad jeermis-dil ku sameysaa.

4. Isticmaal taxaddarada caadiga ah keliya haddii aad u maleynayso in macmiilka uu qabo cudur dhiigga ka dhasha.

   ❑ Run ❑ Been

5. Waxaa keliya lagama maarmaan ah in aad gacmahaaga dhaqdo haddii ay u egyihiin kuwo wasakheysan.

   ❑ Run ❑ Been

6. Dadka qaarkood ee qaba caabuqa ma lahan wax astaamo ah.

   ❑ Run ❑ Been

7. Shaqada daryeelaha waa jebinta silsilada caabuqa:
   a. Mar kasta iyo meel kasta ee aad awoodo.
   b. Marka uu qayb ka yahay qorshaha daryeelka.
   c. Marka aad hayso waqti dheeraad ah.

8. Waxa ugu muhiimsan ee aad sameyn karto si loo xakameeyo caabuqa waa in aad:
   a. Daboosho afkaaga.
   b. Dhaqo gacmahaaga.
   c. Qaadato tallaalka hargabka/ifilada.

9. Waxaa jira sharciyo qofka la nool HIV/AIDS ka ilaaliya takoorka.

   ❑ Run ❑ Been

10. Cudur-sidayaasha dhiigga ka dhasha waxay ku faafi karaan:
    a. Wadaagista musqul
    b. Qufacid ama hindhisid
    c. Nadiifinta dhiigga

11. Waqtiga keliya ee ay tahay in aad xirato gacmo-gashiyada mar-adeegsatka ah waa in la nadiifiyo dhiiggaama dheecaannada jirka.

    ❑ Run ❑ Been

12. Marka aad dhiig ka nadiifinayso dul kasta, had iyo jeer gacmo-gashiyo xiro.

    ❑ Run ❑ Been

13. Natiijooyinka baariaanka HIV waxaa:
    a. Laga dhigaa kuwo sir ah
    b. La siiyaa loo-shaqeeyahaaga
    c. Laga heli karaa barta internet-ka

1. Been, 2. B, 3. C, 4. Been, 5. Been, 6. Run, 7. A, 8. B, 9. Run, 10. C, 11. Been, 12. Run, 13. A



Cutubka 7aad: Dhaqdhaqaaq

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay isticmaali doonnaan hab-dhaqannada ugu wanaagsan iyo dhaqdhaqaaqa jirka ee habboon si ay u sameeyaan hawlaha daryeelka shakhsiyeed ee la xiriira dhaqdhaqaaqa iyo ka hortagga dhicidda.

Casharka 1-aad: Si Ammaan ah Ugu Caawi Socodka iyo Kala Wareejinnada

Casharka 2aad: Dhicitaannada iyo Ka-hortagga

Casharka 1aad
Si Ammaan ah Ugu Caawi Socodka iyo Kala Wareejinnada

Ujeeddooyinka Barashada

Ka-dib marka uu casharkan dhammeeyo, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Isticmaalo dhaqdhaaqa jirka ee habboon marka uu qabanayo hawlaha lagu muujiyey qorsha adeegga; iyo
2. Muujiyo dhammaan tallaabooyinka muhiimka ah, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si uu qofka si ammaan ah:
   a. Ugu caawiyo macmiilka in uu socdo; iyo
   b. Uga wareejiyo macmiilka min sariirta ilaa gaariga dadka naafada ah.

Ereyada Muhiimka ah

Aaladaha gacansiinta: qalab qofka ka caawiya in uu hawl qabto iyo in uu joogteyo ama dib-u-helo madax-bannaani. Tusaalooyinka waxaa ka mid ah laakiinse aysan ku koobnayn gaariga dadka naafada ah, socod-caawiye, bakoorad, kursiga musqusha oo kor u qaatan, iyo kursiga qubeyska.

Dhaqdhaqaqa jirka: habka aan u dhaqaaqno xilliga waxqabadyada maalinlaha ah. Xeeladaha dhaqdhaqaaqa jirka ee habboon ayaa ka hortagga dhaawaca gaara qofka iyo dadka kale marka walxo qaadayaan ama dhaqaajinayaan.

Awood-siiye: aaladaha uu macmiilku adeegsado si uu u joogteeyo madax-bannaani / wax kasta ee ka caawinaya macmiilka in uu qaato daawooyinkiisa (tusaale; koob, qaando).

Wiish makaaniko: aalad makaaniko oo ay daryeelayaashu adeegsadaan si ay macaamiisha ugu kala wareejiyaan sariiraha, kuraasta, iyo goobaha kale. Wiishashka ayaa la adeegsadaa marka dhaqdhaqaaqa macmiilka uu xaddidan yahay.

Dhaqdhaqaaq: awoodda looga tagayo min meel ilaa meel ama dul ilaa dul.

Meelaynta: sida habboon ee macmiilka u fadhiyo ama u jiifo.

Wareejinnada: ka wareejinta macmiilka meel ilaa meel kale; tusaale ahaan sariirta ilaa kursiga naafada.

Suunka wareejinta/suunka qaab-socodka: suun lagu xiro hareeraha dhexda macmiilka si uu uga caawiyo kala wareejinnada iyo socodka.

Boodhka wareejinta: boodhka fidsan ee macmiilka u suuragelinaya in uu ka soo taraaraxo hal heer oo dul ah ilaa mid kale, sidoo kale loo yaqaanno boodhka taraaraxa.

Guudmarka

In macmiilka laga caawiyo dhaqdhaqaaqa ayaa fure u ah taageeridda madax-bannaanidooda iyo tayada noloshooda. Hawlaha daryeelka shakhsiyeed ee la xiriirra dhaqdhaqaaqa waa kuwo jir ahaan hawl u baahan.

Si looga hortago dhaawaca soo gaara macaamiisha iyo naftooda, Kaaliyayaasha Daryeelka Guriga waxay adeegsadaan dhaqdhaqaaq jireed oo habboon iyo aalado gacansiiya marka ay qabanayaan hawlaha daryeelka shakhsiyeed ee ku lugta leh in macmiilka laga caawiyo dhaqaaqa ama socodka.

Waa maxay caqabadaha laga yaabo in uu daryeelaha la kulmo marka uu macmiilka ka caawinaya in uu dhaqaaqo ama socdo?



Taageeridda Dhaqdhaqaaqa

Dhaqdhaqaaqu waa qayb aasaasi ah oo ka mid ah madax-bannaanida qofka. Ka-qaybgalka waxqabadyada macnaha leh, cunto helidda, iyo adeegsiga musqusha ayaa dhammaan u baahan awoodda lagu dhaqaaqayo. Arrimo badan ayaa gacan ka geysan kara dhaqdhaqaaqa xaddidan, oo ay ku jiraan kuwan soo socda.

- Xaalado jira xilliga dhalashada
- Jirro
- La'aanta jimicsi/dhaqdhaqaaq joogto ah
- Dhaawac jireed
- Daawooyin

Dhaqdhaqaaqa ayaa sidoo kale la yareyn karaa iyada oo sabab u aha isbeddello da'da la xiriira oo ka jira hab-dhisyadan soo socda.

- Aragga indhaha
- Maqalka
- Dareenka taabashada
- Cufnaanta muruqa
- Habdhiska neerfaha/dareenka

Dhaqdhaqaaqa xaddidan wuxuu yeellan karaa saameyn dareen, dhimir iyo mid jireed, oo ay ku jiraan kuwan soo socda.

- Dhaawacyada cadaadiska
- Dhibaatooyin kaadi (celinta ama celin la'aanta)
- Calool-fadhi
- Cadaadis kordhaya oo wadnaha la saaro
- Liidashada murqaha
- Dareenka caawimaad la'aan
- Niyadjab
- Welwel

In macmiilka lagu dhiirrigeliyo in uu dhaqdhaqaaq sameeyo waxay si weyn u saameynaysaa wanaagga jirkooda iyo dareenkooda.



Makaanikada Jirka

Shaqadaada daryeele ahaan waxaa ka mid ah in aad si joogto ah gacan uga siiso macmiilka in uu dhaqaaqo. In macmiilka gacan laga siiyo in uu dhaqaaqo waa mid jir ahaan hawl badan u baahan waxayna keeni kartaa dhaawac halis ah. Farsamooyinka iyo makaanikada jirka ee habboon waxay kaa caawin doonnaan ilaalinta dhabarkaaga, qoortaada, garbahaaga, jilbahaaga, iyo curcuradaada.

Qiimee Xaaladda

Ka hor inta aadan macmiilka ka caawin in uu dhaqaaqo, hubso in aad si ammaan ah dhaqdhaqaaqa u sameyn kartid. Tixgelin inta uu le'eg yahay culeyska aad u baahan tahay in aad qaado iyo inta ay le'eg tahay masaafada aad u baahan tahay in aad aado. Qorshee in aad isticmaasho aalado gacan ku siiya kuwaas oo la heli karo. Hubso in aad dhaqaaqa u sameyn karto si ammaan ah oo aan lahayn dhaawac ama muruq-roor. Haddii ay suuragal tahay, raadso qof kale oo ka caawiya marka ay lagama maarmaan tahay.
Xusuusnow in aad macmiilka kala hadasho waxa aad sameynayso iyo in aad fahamto dookhyadooda.

Bixi Sal Taageero oo Wanaagsan

Ka hor inta aadan taageerin wax miisaan ah, hubso in jirkaagu uu ku dhidban yahay meel adag. Cagahaaga kala fidi adiga oo kala fogeynaya ilaa ballaca garabka oo hal cag waxyar ka hormarsii cagta kale. Booskan wuxuu kaa dhigayaa qof dhidban wuxuunna ilaalinayaa laf-dhabartaada.

Miyaad ka fikirtaa sida aad u istaagto marka aad qaadeyso walxo culus? Miyaad ku qaadaa lugahaaga ama dhabarkaaga?



Ka Hortagga Dhaawaca Dhabarka

Laabista moxogaagga ama maroojinta jirkaaga adiga oo taageeraya miisaanka waxay keeni kartaa dhaawaca dhabarka ama laf-dhabarta. Is-ilaali adiga oo raacaya tilmaamahan:

- Culayska miisaanka ama culeyska ku qabo sida ugu dhow jirkaaga intii suuragal ah.
- Dharkaaga toosi intii suuragal ah.
- Dhabarkaaga iyo qoortaadaba toosi oo xariiq toosan ka dhig.
- Ka dhig dhabarkaaga, cagahaaga iyo dhexdaadaba kuwo isla-jaanqaadaya oo ha maroojinin moxogaagga.
- Haddii aad u baahan tahay in jihadaada wareejiso, durki cagahaaga oo qaad tallaabooyin yaryar.

Ku Qaad Cagahaaga

Murqaha lugahaaga iyo bariyahaaga waxay ka xoog badan yihiin murqaha dhabarkaaga hoose. Iska qalloocinta moxogaagga iyo ku qaadista dhabarkaaga waxay keeni karaan daal iyo dhaawac. Laab jilbahaaga si aad kor ugu qaado ama hoos ugu soo dhigto culeyska, oo lugahaaga ku qaad.

Iska Ilaali Qaadista

Daryeelayaasha waxay halis badan ugu jiraan dhaawacyada garabka iyo dhabarka. Iska ilaali qaadista mar kasta oo ay suuragal tahay. Tixgeli jiidista, riixista, ama taraaraxinta walxaha culus intii aad qaadi lahayd.

MARNABA ha isku-day in aad riixdo, jiido, ama taraaraxiso macmiilka. Waa khatar waxaadna si xun u dhaawaci kartaa naftaada ama iyaga. Haddii aadan awoodin in aad si ammaan ah u caawiso macmiilka, tixgeli aalad gacansiin ama caawimaad hel.

Hab-dhaqannada Daryeelka Guud ee Dhaqdhaqaaqa

Sida hawsha daryeel shakhsiyeed kasta, taageeridda dhaqdhaqaaqa macmiilka waxay u baahan tahay xirfad, xirfadlenimo, faham iyo dareen. Marka aad macmiil ka caawineyso in uu dhaqaaqo, raac tilmaamahan:

- Hubso in ay intii suuragal ah ku raaxaystaan.
- Samee wax kasta ee aad awooddo si aad u ilaaliso sharaftooda iyo asturnaantooda.
- Si taxaddar leh u dhageyso oo kuddar dookhyadooda.
- Si cad oo ixtiraam leh u hadal, oo sharrax waxa aad sameynayso.
- Ku dhiirrigeli macmiilka in uu sameeyo waxa ay awoodaan oo ku taageer heerka caawimaadda ay u baahan yihiin.
- Waqtigaaga qaado; oo ka fogaaw in aad naftaada iyo macmiilka dedejiso.
- Si ammaan ah oo sax ah u adeegso aaladaha gacansiinta.
- Ka warqab oo wax-ka-qabo walaac ammaan kasta ee hawsha la xiriira.

Eeg Hab-dhaqannada Daryeelka Guud iyo War-isgaarsiinta iyo Xuquuqaha Macmiilka ee ku jira Liisto-hubineedda Xirfadaha ee bogga 420aad si aad u hesho tallaabooyinka gaarka ah ee loogu talagalay xirfadahan.



Xirfad: Ka Caawi Macmiilka in uu Socdo

Qofku wuxuu sababo kala duwan ugu baahan karaa taageero marka uu soconayo. Dhaawac, daciifnimo, ama xaalado kale ayaa socodka mid adag oo xitaa khatar ah. Dhiciddu waa khatar culus oo ay wajahaan dadka waaweyn. In macmiilka laga caawiyo in uu si ammaan ah u istaago una socdo waa xirfad aasaasi ah oo loogu talagalay Kaaliyayaasha Daryeelka Guriga.

Eeg Ka Caawi Macmiilka in uu Socdo ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 421aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Talooyin loogu talagalay Ka Caawinta Macmiilka in uu Socdo

1. U diyaar-garow socodka ka hor inta aadan bilaabin.
   - Kala hadal macmiilka oo eeg hareeraha deegaanak si aad u hubiso in labadiinnuba aad diyaar tihiin. U cadee macmiilka meesha uu rabo in uu aado oo go'aami heerka caawimaadda uu u baahan yahay.
   - Ka fakar waxa macmiiku uu xiran yahay. Dharka holof-holofka ah ee dhaadhaar sida goonnada iyo khamiiska ee ka hooseeya anqowyada waxay keeni karaan turaan-turin iyo ku kufid. Ku dhiirrigeli macaamiisha in ay adeegsadaan galaasyadooda iyo/ama maqal-kaaliyeyaal haddii ay haystaan. Kabo si fiican ula eg, oo aan lagu sinbiririxin ayaa sidoo kale gacan ka geysta yareynta kufidda iyo dhicidda.
   - Dariiqa eeg ka hor inta aadan socodka bilaabin. Hubso in uu bannaan yahay oo aannu ahayn mid isku-dhexdaadsan.
2. Macmiilka jirkiisa ka dhig intii macquul ah mid toosan iyadoo macmiilka lagu caawinayo in la istaago. Haddii macmiilku uu leeyahay lug daciif ah, ku celi ama ku adkee jilibkaaga marka uu macmiilku taagan yahay.
3. Marka macmiilku uu istaagan yahay, u soo jeedi in ay istaagnaadaan dhowr daqiiqo ka-dibna xasilli isku dheellitirnaantooda ka hor inta aadan socon. Ku dhiirrigeli macmiilka in uu si toos ah u istaago, horey eego, oo uu qaado tallaabayn cabbiran, habsami-socod leh.
4. Waxyar istaag xagga dambe ee macmiilka ama dhinaciisa si aad sida ugu wanaagsan u taageerto haddii uu liicliicayo.

Marnaba ha jiidin gacmaha macmiilka ama ha gelinin gacmahaaga hoosta kilkiliyaashooda marka in ay istaagaan lagu caawinayo.

Ka Caawinta Macmiilka in uu Jaranjarooyinka Fuulo

Jaranjarro fuulista ayaa ku adkaan karta qofka dhaqdhaqaaqiisa xaddidan. Ka hor inta aadan macmiilka ka caawin in uu fuulo ama ka soo dego jaranjarooyink, hubso in aad taqaanno xaaladda laga helay macmiilka iyo heerka taageerada uu u baahan yahay. Isticmaal suunka qaab-socodka loogu talagalay ammaanka. Suubka qaab-socodka hal gacan ku qabo gacanta kalena ku meelee meel u dhow (adiga oo aan taabanayn) garabka jira dhinaca daciifka ah ee macmiilka.



Marka macmiilka uu hoos ugu dhaadhacayo jaranjarrooyinka, istaag dhankooda daciifka ah (haddii ay mid leeyihiin). Waa in ay qabsadaan gacan cuskadka hareermara dhankooda xooggan waanna in ay ku soo daadegaan marka hore lugtooda daciifka ah. Haddii macmiilku uu adeegsanayo bakoorad, waa in ay marka hore usha iska dhigaan, ka hor inta aysan ku soo daadegin lugta tabar-darran. Daryeelaha waa in uu cag kastaba saaraa jaranjaro kala duwan waanna in uu tallaabo qaadaa keliya marka macmiilka uusan dhaqaaqeynin ama soconin.



Marka aad kor u fuuleysaan jaranjadarrada, inyar gadaal ka istaag macmiilka adiga oo maraya dhinaca oo uu macmiilka ka tabbar-daran yahay (haddii ay mid leeyihiin). Macmiilku waa in uu qabsadaa gacan cuskadka hareermara dhanka uu ka xooggan yahay waanna in ay hormariyaan marka hore lugta uu ka xooggan yahay.

Daryeelaha waa in uu cag kastaba saaraa jaranjaro kala duwan waanna in uu tallaabo qaadaa keliya marka macmiilka uusan dhaqaaqeynin ama soconin.

Ku dhiirrigeli macmiilka in uusan si aad ah ugu foorarsan ama janjeerarsan dhanka hore ama dhanka gadaale. Haddii macmiilka uu bilaabo in uu isku dheelitirnaantiisa lumiyo, taageero sii adiga oo gacantaada ku celinaya ama ku taageeraya garabkiisa, oo dhanka macmiilka u dhaqaaq si aad u taageerto. Macmiilka dhankaaga ha u soo jiidin. Haddii ay lagama maarmaan noqoto, la dhaqaaq macmiilka si aad u fadhiisiso jaranjarada. Macmiilka u sheeg in aad ka caawin doonto fadhiisashada jaranjarada. Caawimaad u waco oo dhacdada sheeg.

Maxaad sameyn kartaa si aad kor ugu qaado asturnaanta iyo sharafta macmiilka marka aad ka caawinayso in uu socdo ama fuulu jaranjarrada?

Aaladaha Gacansiinta ee Socodka

Socod-caawiyeyaal

Macaamiisha culeyska ku celin kara lugahooda laakiinse aanan xassilnayn iyo/ama caawimaad ugu baahan isku dheelitirnaanta waxay isticmaalaan socod-caawiyeyaal. Waa muhiim in la hubiyo dhererka socod-caawiyaha in la waafajiyo kan macmiilka.

Ku dhiirrigeli macaamiisha adeegsata socod-caawiyeyaasha in ay:

- si habboon u adeegsadaan socod-caawiyaha - qaar waxay leeyihiin lugo ama taayiro ay ku taraaraxaan, qaar kale waa in la qaadaa oo meel xagga hore ah la dhigaa;
- ka fogaado ku tiirsashada socod caawiyaha;
- miisaankiisu saaro lugta xooggan iyo gacmaha;
- ka fogaado in uu jiido socod-caawiyaha marka uu istaagayo; iyo
- uu raaco tilmaamaha soosaaraha ee loogu talagalay socod-caawiyeyaasha lugaha ama taayirrada hore leh.

Marnaba macmiil socod-caawiye ku socda hortiisa ha socon. Istaag macmiilka gadaashiisa ama hortiisa markaad ka caawinayso in uu socdo. Si gaar ah uga taxaddar goobaha halista badan leh sida musqusha iyo/ama qolka qubeyska

Bakoorado

Bakooradaha toosan waxaa loogu talagalay isku dheelitirnaanta oo looguma talagalin in ay culeys qaadaan. Macmiilka waa in uu awoodo in uu culays ku qaado labada lugood iyo in uu qabsado bakooradiisa. Macaamiisha adeegsata bakooradda, raac tilmaamahan:

- Macmiilka waa in uu bakooradda ku isticmaalo dhankiisa xooggan.
- Bakooradda ayaa marka hore horey u baxeysa, waxaanna ku xiga luga tabbar-daran ka-dibna lugta xooggan.
- Haddii macmiilka uu caawimaad ugu baahan yahay socodka, waa in aad istaagtaa dhinaca tabbar-daran ee macmiilka (haddii uu mid leeyahay).

Ulaha Lagu Tukubbo

Ulaha lagu tukubbo waxay bixiyaan taageero iyo xassilooni marka macmiilka uu keliya culays ku qaadi karo hal cag. Ulaha lagu tukubbo oo ay xaaladoodu liidato ama aanan si sax ah loo hagaajin waxay keeni karaan dhaawac. Ulaha lagu tukubbo waa in si sax ah loo waafajiyaa dhererka macmiilka. Waa in ay leeyihiin afaf nuugid cinjir ah, oo culus si ay uga hortagaan sinbiriiraxa iyo dhicidyada.

Marada xibnaha lagu xiro (Braces)

Marada xibnaha lagu xiro waxay bixisaa taageero gaar ah oo loogu talagalay murqaha iyo isgoystada tabbar-daran ama xannibidda goobta dhaawacan. Marada waa in si gaar ah loogu soo sameeyaa shakhsiga. Macmiilka wuxuu u baahan doonnaa cufid difaac ah, waxaanna jiri kara jadwal qofka loo qoro oo loogu talagaley adeegsiga iyo nasashada. Waa muhiim in laga taxaddaro caafimaad-darrada maqaarka ama nabarro iyo in kuwaasi lagu wargeliyo kormeerahaaga iyo cidda kuu qortey.

Xirfad: Macmiilka Ka Soo Wareeji Sariirta una Soo Wareeji Kursi ama Gaariga Dadka Naafada ah

Wareejinnada waa beddelidda booska macmiilka iyo/ama ka guurinta hal meel iyadoo la geynayo meel kale. Wareejinnadu waa kuwo si aad ah shakhsi u ah. Macmiilka wuxuu garanayaa waxa u shaqeeya iyo waxa aanan u shaqeyn waxayna yeellan doonnaan ra'yi qeexan oo ku saabsan sida ay doonayaan in loo wareejiyo.

Si looga hortago dhaawac soogaara macmiilka iyo sidoo kale naftaada, waa muhiim in aad u raacyo hab-dhaqannada ugu wanaagsan wareejin kasta. Haddii macmiilka uu ku weyddiisto in aad u wareejiyo hab aanan ammaan ahayn, ha sammeynin wareejinta oo kormeerahaaga ku wargeli arrintan.

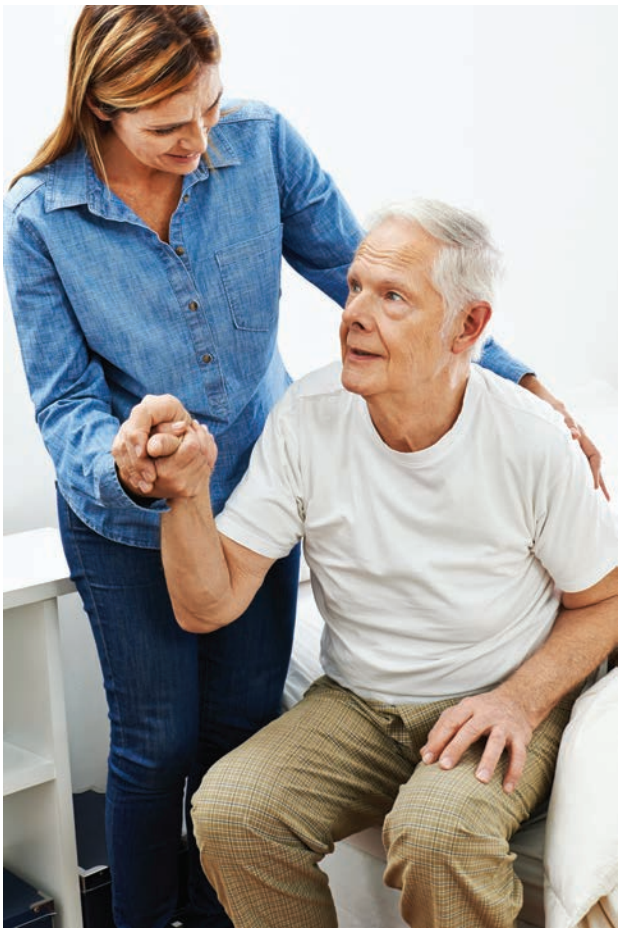
Sida hawl daryeel shakhsiyeed kasta, kala hadal macmiilka dookhyadooda ka hor inta aadan bilaabin wax wareejin ah.

Ka Caawinta Macmiilka in Fariisto Sariirta Dhinaceeda

Qofka sariir jiifa wuxuu u baahan doonnaa in uu soo fariisto oo uu cagahiisa dhulka dhigo ka hor inta uusan istaagin ama loo wareejin gaariga dadka naafada ah ama kursi nooc kale ah. Si aad ugu caawiso macmiilka in uu soo fariisto sariirta dhinaceeda:

- hubso in macmiilka uusan si aad ah ugu soo dhoweyn sariirta geeskeeda;
- macmiilka jilbahiisa ha laabo isaga oo cagahiisa ku fidinaya sariirta ka-dibna isu soo geddinaya dhinaca adiga ku soo xiga;
- si dhow ula soco oo caawi haddii loo baahdo;
- macmiilka lugahiisa haka soo dejiyo sariirta oo gacmahiisa ha kor ha isugu xajiyo ilaa uu ka gaaro boos fadhi;
- ku dhiirrigeli macmiilka in uu ku soo socdo sintiisa haddii uu awoodo (isagoo waqtigiiba hal sin horey u soo dhaqaajinayo) marka uu u soo dhaqaaqayo dhanka sariirta;
- haddii macmiilka uusan ka soo dhaqaaqi karin jiifka una soo dhaqaaqi karin booska fadhiga isaga oo aan caawimaad gacanta ah loo sameyn, caawi macmiilka adiga oo hal gacan ka hooseysiinaya garabkooda tan kalena saaraya bowdada; iyo
- ugu dambeyn, u soo laab lugaha macmiilka dhanka geeska sariirta ka-dibna cagahooda dhulka dhig.

Ka-dib marka la raaco tallaabooyinkan, macmiilka wuxuu ku sugnaan doonnaa xaalad uu ku istaago ama ugu wareego gaariga dadka naafada ah ama kursi kale.



Eeg Macmiilka Ka Soo Wareeji Sariirta una Soo Wareeji Kursi ama Gaariga Dadka Naafada ah ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 421aad si aad u hesho habraacyada gaarka ah ee wareejinta.

Aaladaha Gacansiinta ee Wareejinnada

Boodhadhka Wareejinta

Boodhka wareejinta waa boodh adag oo fidsan oo qofka ka caawiya in uu ku soo sibibaxo hal dul ilaa mid kale. Boodhadhka wareejinta ayaa ka caawin kara macmiilka in uu soo wareego isaga oo caawimaad yar helaya. Boodhadhka wareejinta waxay si wanaagsan ugu shaqeeyaan macaamiisha u adeegsan kara gacmahooda in ay kaga soo durkaan hal dhinac ilaa dhinac kale.



Suunka Wareejinta / Suunka Qaab-socodka

Suunka wareejinta, sidoo kale loo yaqaanno suunka qaab-socodka, waxaa uu ka sameysan yahay cad maro ah oo xoog leh oo ku xiran cilaaaqad/bir suunka lagu xiro ama isku-xire. Suunka wareejinta waxaa lagu xiraa moxogga macmiilka waxayna daryeelaha siineysaa qabsasho xooggan. Isticmaalka suunka wareejinta waxaa loogu taliyey macaamiisha wareejinta ama socodka ugu baahan caawimaad.

Kala hadal kormeerahaaga in aad hesho suunka wareejinta haddii aad mid u baahan tahay.

Kuwan soo socda waa talooyinka isticmaalka ammaanka ah ee suunka wareejinta.

- Suunka ku xir wareegga moxogga macmiilka.
- Suunka ku xir hareeraha dharka macmiilka, ee ma ahan maqaarkiisa oo qaawan.
- Suunka waa in uu noqdaa mid debacsan oo aanan aad u giigsaneyn. Waa in aad awoodaa in aad geliso gacantaada oo fidsan suunka hoostiisa.
- Hubso naasaha macmiilka in aanan lagu qaban suunka hoostiisa.
- Si adag u qabo suunka marka aad ka caawineyso wareejinta ama socodka.

Go'yada Durkinta/Qaadista

Go'a durkinta/qaadiska waa go' sariirta la saaro oo yar (ama go'a caadiga ah oo dhexda laga laabey) oo daryeelayaasha isticmaali karaan si uu uga caawiyo in ay dhaqaajiyaan macaamiisha sariirta saaran. Go'yada durkinta/daadista ayaa loo adeegsadaa in macmiilka loo geddiyo dhinacyadooda ama in kor loogu qaado sariirta. Go'a durkinta/qaadista ayaa dherer ahaan loo hoos dhigaa macmiilka, inta u dhaxeysa jilbahooda iyo garbahooda.

In go'a durkinta/qaadista loo adeegsado in macmiilka lagu qaado waxay u baahan tahay laba qof. Dhinacyada ka soo duuduub go'a iyada oo uu macmiilka sariirta jiifa, ka-dibna kor uga qaad macmiilka sariirta.

Ka taxaddar in aadan jiidin cirbaha macmiilka. Haddii macmiilka uu awoodo, waxay sidoo kale dad ka caawin karaan soo laabidda jilbahooda iyo kor isku riixid marka daryeelayaasha ay adeegsanayaan go'a durkinta/qaadista.

Si aad u yareyso halista dhaawacyada, isticmaal wiish makaaniko marka ay suuragal tahay.

Wiishash Makaaniko

Macaamiisha qaarkood ma qaadi karaan miisaankooda oo dhan ama waxay u baahan yihiin caawimaad buuxda si loo wareejiyo. Waxaad u baahan doontaa tababar gaar ah iyo wiish makaaniko (sida wiishka bukaanka, wiishka xarig ah, Wiishka fadhi-ilaa-istaag ama Hoyer) si aad ugu caawiso wareejinta. Loo-shaqeeyahaaga ayaa bixin doonna tababarka wiishash makaaniko kasta ee aad ku adeegsan doonto shaqadaada.

Awood-siiyeyaasha Kale

Aaladaha sida biro ku teedsan sarriirta/dhinacyada, bakooradda sariirta, iyo tiirarka wareejinta ayaa macmiilka ka caawin kara in booskiisa hagaajisto ama in uu meel kale isu wareejiyo. Aaladahan ammaan ma ahan haddii ay waxyeello gaarto ama si sax ah aanan loo adeegsan. Aaladaha debecsan ama aanan si fiican u xirnayn waxay keenikaraan dhaawac culus.

Hubso in macmiilka awood-siiyeyaasha u adeegsado si sax ah oo ammaan ah. Si degdeg ah ugu soo sheeg isticmaal kasta oo aan ammaan ahayn ama awood-siiyaha waxyeellada gaartey kormeerahaaga.

Awood-siiyeyaasha waxay noqon karaan xannibaad haddii ay macmiilka ka hor-istaagaan in uu u dhaqaaqo sida uu doonayo.



Haddii aad oggaato in aalad gacansiin ay ka hortageyso macmiilka ii uu sida uu rabo u dhaqaaqo, maxaa kula gudboon in aad sameyso?

Ka Soo Wareejinta Macmiilka Gaariga Dadka Naafada ah iyada oo loo Wareejinayo Baabuur

Hal wareejin oo caam ah waa ka soo wareejinta gaariga dadka naafada ilaa baabuurka. Waxaa jira dhowr tallaabo oo aad raaci karto si aad u sameyso wareejin ammaan ah.

Baabuurka Boos Ku Habboon Dhig

- Ka fogaw baabuurka in aad dhigto meel kacsan ama taag ah.
- Baabuurka dhig meel ka fog kaabbiga si macmiilka uu u istaago heerka marsho-biyeedka, ama baabuurka keen meel u dhow kaabbiga si macmiilka aysan u dhicin in uu ka soo dego kaabbiga oo uuna hoos ugu dego marsho-biyeedka.
- Fur albaabka baabuurka.
- Intii suuragal ah gadaal u celi kursiga baabuurka. Kursiga hore ee rakaabka ayaa la doorbidayaa.
- Waxyaabaha maqaarka oo kale ah oo aan islis lahayn ayaa ka caawiya macmiilka in uu si fudud u sibiibaxo. Bacda gudaha loo geliyo weelka qashinka, oo weyn ayaa sidoo kale la adeegsan karaa si qofka loogu fududeeyo in uu sibiibaxo.
- Demi matoorka baabuurka—baabuurka meel dhig isaga oo barreegiisu habeysan yahay.



Ka Caawi Macmiilka Wareejinta

- Hubso in gaariga dadka naafada uu taagan yahay isaga oo xiran. Ka bixi caga-saarada.
- Macmiilka gacantiisa midix ha saarto albaabka baabuurka.
- Macmiilka gacantiisa bidix ha u adeegsado in uu isaga riixo gaariga dadka naafada isaga oo taaggan.
- Macmiilka ha wareegsado oo ha u jeesto dhanka albaabka, ka-dibna gacantiisa bidix ha saarto xagga dambe ee kursiga ama qalfoofka albaabka ha oo dhinac dhinac ha u fadhiisto kursiga.
- Macmiilka ha u jeesto dhanka kursiga oo ka caawi, haddii loo baahdo, in uu hal cag saarto marka hore, ka-dibna cagta kale in uu soo saarto, gaariga.
- Ku noqo hannaankan haddii aad baabuurka ka dejinayso macmiilka.

Eeg Talooyinka Ammaanka Gaariga Dadka Naafada ee ku yaalla Diiwaanka Kheyraadka ee bogga 335 si aad u hesho macluumaad dheeraad ah oo ku saabsan ammaanka gaariga dadka naafada ah.

Ammaanka Wareejinnada

Wareejinnada oo si khalad ah loo sameeyo waxay dhaawac u geysan karaan macmiilka iyo daryeelaha. Haddii adiga ama macmiilka aad ku dhibtooneysaan wareejinta, jooji oo dib u qiimee xaaladda.

Haddii aad xanuun ama muruq-roor ka dareento qaybta hoose ee dhabarkaaga, tani waxay digniin u tahay in aad isdhaawacayso. Jooji wareejinta oo caawimaad hel.

Macmiilka waa in uusan marnaba gacmahiisa saarin hareeraha qoortaada inta wareejinta lagu guda jiro. Wuxuu kuu jiidi karaa dhanka hore, wuxuunna kaa lumin karaa isku dheelitirnaantaada, iyo/ama wuxuu dhibaato gaarsiin karaa dhabarkaaga.
Haddii macmiilku uu isticmaalo gaariga dadka naafada ah, had iyo jeer xaqiiji lugaha ama taayirada in ay xiran yihiin wareejin kasta. Ka bixi caga-saarada si aysan u keenin khatar kufid inta lagu guda jiro wareejinta.

Soo koobid

Ka caawinta macmiilka dhaqdhaqaaqa iyo wareejinnada waxay aasaasi u tahay wanaagga macmiilka iyo tayada nolosha. Haseyeeshee, haddii wareejinnada si khalad ah loo sameeyo, waxay dhaawac halis ah u geysan karaan macmiilka iyo daryeelaha. Isticmaalka makaanikada jirka ee habboon iyo in si sax ah loo isticmaalo aaladaha gacansiinta ayaa yareyn kara halisaha.

Wareejinnnadu waa kuwo si aad ah shakhsi u ah, Kaaliya Daryeelka Guriga waa in uu dareen gaar ah u yeesho dookhyada macmiilka iyo baahiyada ay hawlahan qabanayaan.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Sideed u ilaalin kartaa dhabarkaaga adiga oo macmiilka ka caawinaya wareejinta? Qor ugu yaraan 3 siyaabood.

2. Marka aad macmiilka ka caawineyso in uu istaago, ma waxaad jiideysaa gacmahooda si aad u caawiso?

3. Waa maxay aaladda gacansiinta ee ay tahay in aad isticmaasho marka aad macmiilka ka caawineyso in uu jaranjarro fuulo?

4. Maxay khatar u tahay Kaaliyaha Daryeelka Guriga in uu jir ahaan u qaado macaamiisha?

5. Goormee ayuu awood-siiye sida birta sariirta ee la cuskado ama tiirka wareejinta uu noqon karaa xannibaad?

6. Maxaad sameynaysaa haddii aad muruq-roor ama xanuun aad ka dareento dhabarkaaga inta wareejinta lagu guda jiro?

Casharka 2aad: Dhicitaannada iyo Ka-hortagga

Ujeeddooyinka Barashada

Ka-dib marka uu casharkan dhammeeyo, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado cunsurrada halista dhicidda;
2. Qaado tallaaabo lagu yareynayo halisaha dhicidda ee macmiilka; iyo
3. Qaado tallaabooyin habboon oo lagu caawinayo macmiilka dhacaya ama dhacey.

Ereyada Muhiimka ah

Dhicid: dhaqaaqa lama filaanka ah ee aan qorsheysnayn ee la aado dhanka dhulka ama heer hoose, dhaawac ama dhaawac la'aanba.

Khatarta Dhicidda: xaalad ama wax kordhinaya halista dhicidda.



Guudmarka

Dhicidda waa dhibaato caafimaad oo weyn oo ay la kulmi karaan dadka waaweyn waxayna noqon kartaa walaac laga qabo dadka qaba naafonimada koritaanka qaar. Fahamidda waxyaabaha keenna dhicidda, sida loo yareeyo tirada dhicitaannada, iyo sida wax looga qabto dhicitaannada waxay muhiim u yihiin kor-u-qaadista ammaanka macmiilka.

Istaatistika Dhicidda

- Mid ka mid ah afartii qofeed ee reer Mareykan ah oo ay da'diisu tahay 65+ ayaa sannad kasta dhaca.
- 11 ilbiriqsi kasta, qof weyn oo qaangaar ah ayaa qolka xaaladaha degdegga ah looga daaweeyaa dhicidda, 19 daqiiqo kastana, qof weyn oo qaangaar ah ayaa u dhinta dhicidda.
- Dhicitaannadu waa waxyaabaha ugu badan ee keena dhaawaca halista ah iyo waxa ugu badan ee keena cusbitaal dhigidda la xiriirta dhaawac aan dhimasho lahayn ee dadka waaweyn.
- Dhicitaannadu waxay keennaan in ka badan 2.8 milyan oo ah dhaawacyada lagu daaweeyo waaxdaha xaaladaha degdegga ah sannad kasta, oo ay ku jiraan 800,000 oo cusbitaal-dhigis iyo in ka badan 27,000 oo dhimasho.
- Haweenka ayaa inta badan dhaca marka loo eego ragga.

Waxyaabaha Keenna Dhicitaannada

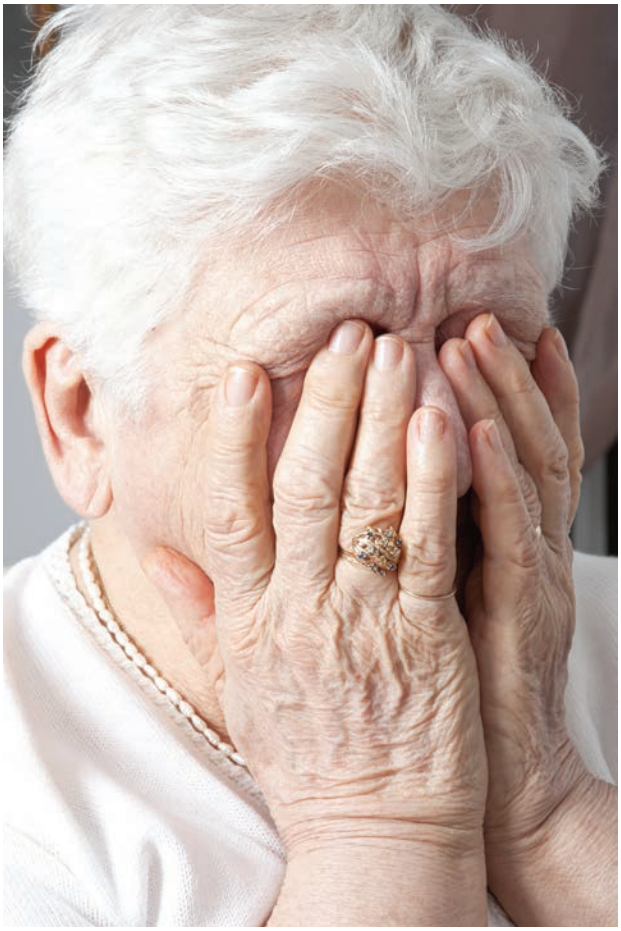
Dhicitaannada ayaa dhici kara sababo la xiriira sabao deegaan ama dhimasho la xiriira.

Sababaha Deegaanka ee Keenna Dhicitaannada

- Iftiin hooseeya ama liita
- Agabka guriga sida roogagga, xargaha, alaabada guriga iyo xayawaannada rabbaayadda ah
- Dhulka qoyan ama simbiriirax ah
- Dhul aan sinnayn

Sababaha Caafimaadka la Xiriira ee Keenna Dhicitaannada

- Caabuq
- Dhibaatooyin xagga aragga ama maqalka ah
- Isku-dheelitirnaan liidata ama wacyigelin
- Xoog yaraan
- Khamriga iyo isticmaalka maandooriye
- Suuxdin
- Daawooyin
- Fuuq-bax ama nafaqa-xumo
- Waqtiga falcelinta oo tartiib ah
- Dhaqdhaqaaq la'aanta jirka



Cudurrada iyo Xaaladaha Kordhiya Halista Dhicidda

- Stroke / Istaroog
- Cudurka wadnaha ama isgoysyada
- Cudur ku dhaca dareemeyaasha
- Xususs dhuminta
- Tarsaas
- Niyadjab
- Cudurka Dadka Xasuusta Ka Lumiya ee Parkinson

Cawaaqibta Ka Dhalata Dhicidda

Waxaa jira cawaaqib badan oo ka dhalata dhicista soo gaarta macmiilka, oo ay ku jiraan dhaawac, cabsi, iyo lumin.

Dhaawac

In ka badan 95% ee jabka sinta waxaa keena dhicid, caadiga ahaan in dhinac dhinac loo dhaco. Dhaawacyada kale inta badan waxaa ka mid ah jabka curcurka, garabka, ama laf-dhabarta. Dhicitaannada waxay sidoo kale keeni karaan dhiigbax gudaha ah iyo daawaca maskaxda ee qarracan.

Cabsi iyo Lumin

Macaamiil badan waxay ka cabsi qabaan dhicid (gaar ahaan haddii ay horey u dhaceen) ama in ay lumiyaan kalsoonida ay ku qabaan awoodda ay si ammaan ah ugu soconayaan. Cabsidan waxay:

- xaddidi kartaa hawlo maalmeedkooda;
- ka hortagi kartaa in ay bulshaawi noqdaan;
- kordhin kartaa dareennadooda ku saabsan ku tiirsanaan, kelinimada, iyo niyadjabka; iyo
- horseedi kartaa luminta dhaqdhaqaaqa.

La'aanta dhaqdhaqaaqa jirka waxay abuureysaa khatar dhicis oo weyn.

Yareynta Halista Dhicidda

Waxaa jira waxyaabo badan oo aad sameyn karto si aad u yareyso halista dhicidda macmiilka. U sheeg walaacyada aad qabto ee ku saabsan dhicitaanka macmiilka qofka ku habboon ee jooga halka aad ka shaqeyso.

Ku dhiirrigeli macmiilka in uu:

- sameeyo jimicsiyada xoojinta iyo is-dheelitirka oo joogto ah;
- jir ahaan firfircoonaado (macmiilka wuxuu u baahan karaa barnaamij gaar ah oo uu nakh-shadeeyay dhakhtar ama daaweeye dhakhtar ah);
- sameeyo baaritaannada indhaha oo joogto ah iyo in uu xirto ookiyaalaha loo qorey;
- sameeyo baaritaannada maqalka oo joogto ah iyo in uu xirto maqal kaaliyeyaasha loo qorey;
- daawooyinkiisu dib-u-eegaan dhakhtarkiisa ama farmashiistaha;
- cuno raashiin caafimaadqab leh, joogto ah, iyo in uu cabbo cabbitaanno ku filan;
- yareeyo khataraha dhicidda ee guriga;
- isticmaalo socod-caawiye ama aaladaha kale ee gacansiinta ee loo baahan yahay (waxyar istaag xagga dambe ee macmiilka ama dhinaciisa si aad sida ugu wanaagsan u taageerto haddii uu liicliicayo);
- in uu si tartiib ah u soo tooso ka-dib marka uu wax cuno, seexdo, fadhiyo, ama uu nasanayo;
- si tartiib ah u socdo, fiiriyo halka uu u socdo, iyo in uu isticmaalo gacan cuskadka; iyo
- ka fogaado marooyin ama khamiisyo dhaadheer, iyo in uu xirto kabaha nooca saxda ah.

Kabo ama cago-gashi

Dhammaan macaamiisha waa in ay haystaan kabo ay ku socdaan oo adag oo taageera cagahooda iyo canqowyada. Kabo xirma ama kabo taageero leh, jilicsan oo wata jaan dhuuban oo aan lagu simbiriraxoon iyo dhuujiyeyaasha Velcro si kabaha loo waafajiyo bararka cagaha ayaa ugu wanaagsan. Dacaska iyo kabaha ruclaynta oo leh jaaman dhumuc weyn waa in la iska ilaaliyaa. Dhakhtarka wuxuu kuu qori karaa kabo u roon lafaha oo loogu talagalay taageero iyo dhidbanaan.



Talooyinka Lagu Yareynayo Khataraha Dhicidda ee Guriga

- Banee marinnada lagu socdo - gaar ahaan loo aado musqusha.
- Goobka ka qaad ruuggaga iyo waxyaabo kasta oo kale ee uu macmiilka ku kufi karo.
- Qolalka iyo jaranjarrada waa in aysan isku-dhexdaadsaneyn.
- Qolalka oo dhan waa in ay leeyihiin iftiin wanaagsan, gaar ahaan marinnada iyo jaranjarooyinka.
- Jaranjarooyinka waa in ay leeyihiin gacan-cuskad xooggan.
- Kala du' midabyada heerka dhulka si aad u aragto halka ay yihiin sagxadda lagu tallaabsado iyo geesaska.
- Ku isticmaal nalalka habeenkii qolka macmiilka, marinka iyo musqusha.
- Geli agabka sida joogtada ah loo adeegsado khaanadaha hoose ee jikada io musqusha.
- Isticmaal gacan-cuskadka ku yaalla baafka qubeyska iyo musqulaha agtooda.
- Isticmaal gacan qabsiyada si ay kaaga caawiyaan dhidbanaanta.
- Isticmaal fadhiyada musqusha ammaanka ah si ay istaaga iyo fadhiisashadaba kuugu fududaadaan.
- Baafafka iyo musqulaha qubeyska ku isticmaal jaamo dhulka la dhigo.

Waxa la Sameeyo haddii aad Aragto Macmiil Dhacaya

Raac tallaabooyinkan haddii aad aragto oo aad u tagi karto macmiil dhacaya:

1. Iskuday in aad taageerto madaxa macmiilka oo si tartiib ah macmiilka u dhig dhulka.
2. Dhabarkaaga ka dhig mid toosan, cagahaaga u dhig qaab sal ballaaran oo taageero ah leh. Debci jilbaha iyo sinta marka aad macmiilka hoos ugu dhigayso dhulka.
3. Haddii aad taagan tahay macmiilka gadaashiisa, si tartiib ah ha ugu soo tiirsadaan jirkaaga.

Ha isku dayin in aad qaado ama qabato macmiil dhacaya. Intii aad awooddo si tartiib ah hoos ugu dhig kadibna iskuday in aad dhulka u dhigto qaab yareynaya dhaawaca.

Ha iskudayin in aad dhicidda joojiso. Labadiinnaba dhaawac ayaa idin soo gaari kara.

Waxa la Sameeyo Haddii Macmiil uu ku Dhaco Dhulka

Ogow oo raac siyaasadda hay'adaada ama xaruntaada ee ku saabsan wax-ka-qabashada dhicidda.

Hoos waxaa ku qoran tallaabooyinka lagu taliyey ee la qaado.

1. Si degdeg ah u weyddii macmiilka waxa dhacey iyo sida uu dareemo. Xusuusnow in dadka badankiisa ay xishoodaan oo ayna doonayaan in ay soo toosaan ama ay kuu sheegaan in wax kasta ay fiican yihiin xitaa haddii uu dhaawac soo gaaro. Si taxaddar leh u indha-indhay qofka.
2. Haddii macmiilka uu sheego in uu dareemo in uusan dhaawacmin oo raaxo ku qabo in uu soo toos, si taxaddar leh u indha-indhee inta uu ka soo kacayo.



   a. Iyada oo ku xiran halka aad ka shaqeyso, waxaa lagaa filan karaa in aad macmiilka ka caawiso in aad dib ugu celiso booskii uu markii hore ku sugnaa ka hor inta uusan dhicin. Raac habraacyada iyo siyaasadaha cidda aad u shaqeyso. Haddii macmiilka uu dhibaato ku qabo in uu soo tooso, waxaad ka caawin kartaa in aad dhidbiso, laakiinse kor ha u qaadin.
   b. Haddii macmiilka uu dhaawacmey, doorkaaga waa in aad macmiilka u raadiso caawimaad caafimaad. Haddii aad macmiil ku daryeeleyso guri gaar loo leeyahay, waa in aad wacdaa 911. Daryeelayaasha guryaha qoyska qaangaarka ah, xarumaha daryeelk la wanaajiyey, ama xarumaha xannaaneynta waayeelka iyo naafada waa in ay garanayaan oo ayna raacaan habraacyada iyo siyaasadaha xaaladaha degdegga ah ee cidda ay u shaqeeyaan.
   c. Ka dhig macmiilka qof raaxo dareemaya intii suuragal ah oo kululee adiga oo ku daboolaya buste ilaa iyo EMTs ama gargaar caafimaad kale uu ka imaanayo.
   d. Macmiilka ha siinin wax uu cabbo ama meeshiisa haka dhaqaajinin.
3. Diiwaangeli oo u soo sheeg dhicida qofka ku habboon ee halka aad ka shaqeyso.



Waxa La Sameeyo Ka-dib Dhicidda

Dhicidda ka-dib, ka eeg macmiilka dhaawacyo ama isbeddello xaaladeed oo si dhaqso ah wax uga qabo. Eeg jirka macmiilka si aad u aragto haddii ay wax dhaawacyo ah jiraan (murux, dillaac, nabarro, iwm). Eeg heerkulka maqaarka oo dhageyso isbeddellada ku yimaada neefsashada. Isbeddellada ku yimaada xaaladda macmiilka ayaa gacan ka geysan kara aqoonsiga waxa keenay dhicidda.

Dhicidda u soo sheeg kormeerahaaga. Dhicidda waxaa sidoo kale sida habboon loo soo sheegayaa dhakhtarka macmiilka iyo xubinka qoyska ee daneynaya. Waxaad u baahan doontaa kormeerahaaga in uu baaro waxa keenay dhicidda, iyo in aad gacan ka geysato hirgelinta qorshe loogaga hortagayo dhicid kale.

Xusuusnow in la kulanka dhicidda ay keeni karto falnaqyo dareen oo xooggan sida cabsi ama niyadjab. Kuwani waxay dhici karaan isla-markiiba, saacado, ama maalmo ka-dib dhicidda. La hadal macmiilka oo dhageyso sida ay dareemaan. Diiwaangeli oo ka soo warbixi isbeddelo kasta ee aad aragto.



Soo koobid

Dhiciddu waa khatar weyn oo ay wajahaan dadka waaweyn. Dhiciddu waxay saameyn xun oo culus ku yeellan kartaa caafimaadka iyo tayada nolosha ee macmiilka. Kaaliyayaasha Daryeelka Caafimaadka waxay yareyn karaan halista dhicitaannada iyaga oo qaadaya khataraha keenna dhicidda kuna dhiirrigelinaya macaamiisha in ay sameeyaan doorashooyin caafimaadqab leh oo ammaan ah.

Kaaliyayaasha Daryeelka Guriga waa in ay garanayaan sida wax looga qabto dhicidda waanna in ay fahmaan siyaasadaha goobtooda daryeelka. Dhicitaannadu waa in si wanaagsan loo diiwaangeliyaa oo la soo sheegaa si ay gacan uga geystaan ka hortagga dhicitaannada mustaqbalka.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Sidee ayay ugu badan yihiin dhicitaannada dadka ay da'doodu ka weyn tahay 65 sano jir?

2. Waa maxay saddexda sababo deegaan ee keenna dhicitaannada?

3. Maxay yihiin cudurrada iyo xaaladaha kordhin kara halista dhicitaannada? Qor ugu yaraan afar.

4. Waa maxay noocyada kabaha ugu ammaansan ee uu macmiilka xiran karo?

5. Haddii macmiilka uu dhacayo, ma in aad isku daydaa in aad qabato?

Ka jawaab su'aalahan adiga oo ku saleynaya goobtaada daryeelka. Haddii aadan jawaabaha garaneynin, la eeg tababarahaaga ama kormeerahaaga.

6. Waa maxay siyaasadda marka macmiil uu ku dhaco goobtaada daryeelka?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Haddii aad aragto macmiil dhacaya, ha isku dayin in aad dhicidda ka joojiso.

   ❑ Run ❑ Been

2. Suunka wareejinta/qaab-socodka ayaa keliya la adeegsadaa haddii macmiilku uu u baahan yahay caawimaad ballaaran si loogu caawiyo wareejin ama socod.

   ❑ Run ❑ Been

3. Xilliga wareejinta, ha u oggolaan macmiilka in uu gacmahiisa saarto:
   a. Qoortaada
   b. Garbahaaga
   c. Misgahaaga/Sintaada

4. Daryeele ahaan ma sameyn kartid wax lagu yareynayo halista dhicitaanka macmiilka.

   ❑ Run ❑ Been

5. Marka aad macmiilka ka caawineyso in uu socdo, waa in aad waxyar daba-socotid macmiilka adiga oo ka maraya:
   a. dhinaca ay ka xooggan yihiin.
   a. dhinaca ay ka tabbar-daran yihiin.
   c. dhinac kastab, dhib ma lahan.

6. Haddii macmiilka uu dhaco ka-dibna uu dhaawacmo:
   a. Sariir ama kursi ku qaad.
   b. Caawimaad caafimaad u raadi
   c. Galaas biyo ah sii.

7. Makaanikada jirka ee habboon waxaa loola jeedaa in aad ku qaado:
   a. Dhabarkaaga.
   b. Calooshaada.
   c. Lugahaaga.

1. Run, 2. Been, 3. A, 4. Been, 5. B, 6. B, 7. C

Xaaladda La Hal-abuurey ee Cutubka

Marwo Singh waa macmiil 89-sano-jir ah oo la nool Wadne Istaag Cabbudhideed (CHF) iyo caddaadiska dhiigga oo sarreeya (dhiig-kar). Waxaad goor dhow soo gashey qolkeeda waxayna ku fadhidaa kursigeeda dhacdiidka ah. Waxay ku sheegtay in ay dawakhdey, oo waxyar ka horna ay dhacdey, ka-dibna ay kurisga soo fuushey. Waxay kuu sheegtay in aysan dhaawacmin waxayna ku weyddiinaysaa in aadan cidna u sheegin in ay dhacdey. Waxayna hadda jeceshahay in aad ka caawiso sidii ay u tegi lahayd sariirteeda.

Cilmi-baaris:	Dib-u-eeg macluumaadka ku saabsan CHF ee ku qoran bogga 361aad, dhiig-karka bogga 374aad, iyo dhicitaannada bogagga 145-149.
Xallinta Dhibaatada:	1. Aqoonso dhibaatada (dhibaatooyinka) daryeelaha loo baahan yahay in uu wax ka qabto xaaladdan. 2. Qaado hal dhibaato ka-dibna maskax-shiil uga samee siyaabaha loo xallinayo. Xal dooro. 3. Sidee ayay tani u saameysaa sida uu daryeelaha u bixiyo daryeelka?
Muuji:	Hal koox ayaa fasalka u soo bandhigeysa habka habboon ee loogu caawin karo Marwo Singh in ay ka soo kacdo kursigeeda iyo in ay ka caawiyaan in ay u soo socoto sariirteeda.



Cutubka 8aad: Daryeelka Maqaarka iyo Jirka

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay kor-u-qaadi doonnaan oo ay joogteyn doonnaan wadajirka maqaarka macaamiisha waxayna sameyn doonnaan hawlaha daryeelka shakhsiyeed ee la xiriirra nadaafadda, dhar-xirashada iyo dhaqdhaqaaqa kala duwan ee qaybaha jirka.

Casharka 1-aad: Daryeelka Maqaarka

Casharka 2aad: Daryeelka Jirka

Casharka 1aad Daryeelka Maqaarka

Ujeeddooyinka

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Dhiirrigeliyo hab-dhaqannada daryeelka maqaarka ee caafimaadqabka leh oo ay ku jiraan nadaafadda, nafaqada, fuuqbaxa, iyo dhaqdhaqaaqa;
2. Dib-u-xusuusto baahida loo qabo in si joogto ah loogala socdo maqaarka macmiilka astaamaha iyo calaamadaha caafimaad-darrada maqaarka;
3. Isticmaalo hab-dhaqannad daryeelka shakhsiyeed ee kor u qaadaya oo joogteynaya wadajirka maqaarka oo ay ku jiraan beddelaadaha booska marka la fadhiyo ama la jiifo muddooyin dhaadheer, iyo farsamooyinka wareejinta iyo meelaynta habboon;
4. Muujiyo dhammaan tallaabooyinka muhiimka ah, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si macmiilka loogu geddiyo oo booska loogu beddelo macmiilka oo ammaan ah;
5. Dib-u-xusuusto cunsurrada halista ee caafimaad-darrada maqaarka;
6. Aqoonsado dhaawaca cadaadiska iyo in uu qaado tallaabo habboon haddii macmiilka uu u muuqdo in uu yeelanayo ama uu leeyahay dhaawaca cadaadiska; iyo
7. Dib-u-xusuusto marka la sheegayo isbeddellada maqaarka iyo cidda loo sheegayo.

Ereyada Muhiimka ah

Faashad saarid: dabool difaac ah oo la saaro maqaarka si looga ilaaliyo dhaawac ama caabuq dheeraad ah. Faashadaha waxay noqon karaan kuwo “nadiif ah” ama kuwo “aan jeermis lahayn.”

Xil Wareejinta Kalkaaliyaha Caafimaadka: marka kalkaaliye caafimaad diiwaangashan oo shati haysta ku wareejiyo (baro) hawl gaar ah oo loogu talagalay macmiil gaar ah shaqaalaha daryeelka muddada-dheer oo la aqoonsan yahay. Xil wareejinta kalkaaliyaha caafimaad ayaa keliya lagu oggol yahay goobaha daryeelka qaarkood.

Dhaawacyada cadaadiska: caafimaad-darrada maqaarka ama dhaawaca uu keeno cadaadista ama islisidda oo si kordheysa u waxyeeleeya lakabyada maqaarka, dufanka iyo/ama murqaha ka hooseeya. Dhaawacyada cadaadiska waxaa sidoo kale loogu waci karaa nabarrada cadaadiska ama nabarrada sariirta.

Baraha cadaadiska: meelaha jirka ay laftu keento cadaadista ugu badan ee soo fuula murqaha iyo maqaarka. Meelahan waxay halista ugu badan ugu jiraan dhaawacyada cadaadiska.

Daryeelka Qofka Is-haga: sharci ilaaliya xaqa qofka qaangaarka ah ee naafonimada shaqo leh ee ku nool gurigiisa u leeyahay in uu hago oo uu kormeero kaaliye shakhsiyeed oo mushaarka qaata, sida adeeg bixiye shakhsi ah, si uu ugu qabto hawl daryeel caafimaad oo qofka weyn naftiisu qabsan lahaa.

Caafimaad-darrada maqaarka: caafimaad-darro kasta ee ku timaada maqaarka, taas oo abuureysa halista caabuq iyo dhaawac dheeraad ah.

Wadajirka maqaarka yeelashada maqaar dhammeystiran, aan waxyeello lahayn, oo is-haysta.

Guudmarka

Maqaarku waa xubin muhiim u ah jirka aadanaha. Kaaliyeyaasha Daryeelka Caafimaadka waxay leeyihiin door muhiim ah oo kor loogu qaadayo laguna joogteynayo wadajirka maqaarka macmiilka. Waxaa jira waxyaabo badan oo Kaaliyaha Daryeelka Guriga uu sameyn karo si ay gacan uga geystaan in maqaarka macmiilka ay ka dhigaan kuwo ammaan ah. Kaaliyeyaasha Daryeelka Guriga waa in uu sidoo kale si joogto ah ula socdo maqaarka macmiilka, u oggaado noocyada dhibaatooyinka la eegayo, iyo in uu si degdeg ah u diiwaangeliyo una soo sheego dhibaatooyinka maqaarka.



Maqaar

Maqaarku waa xubinta ugu weyn ee jirka. Maqaarku waa khadka koowaad ee difaacca macmiilka ee ka hortagga kulaylka, qabowga, iyo caabuqa. Da'da iyo jirrada daranba waxay horseedi karaan:

- in uu maqaarka noqdo mid dhuuban oo qallalan - si fudud u jeema oo aanan si fudud u bogsan;
- luminta lakabka dufanka ka hooseeya maqaarka, hoos u dhaca awoodda diirramaadka;
- qanjirrada dhididka oo luminaya awoodda qaboojinta jirka;
- luminta awoodda dareenka xanuunka, kuleylka, ama taabashada fudud.

Kor-u-qaadista Maqaar Caafimaadqab leh

Waxaa jira shan siyaabood oo loo ilaalin karo caafimaadqabka maqaarka.

1. Nadiifi maqaarka.
   - Nadiifka aqaarka, cidiyaha, timaha, iyo gerka.
   - Samee jadwal qubeys joogto ah.
   - Mark aad qubeysaneyso, biyo diiraan, aan aanan ahay kuleyl iyo saabuun khafiif ah. La-soco heerkulka biyaha si aad uga fogaato gubashada macmiilka.
   - Taxaddar dheeraad ah samee si aad u hubiso laablaabatooyinka maqaarka in ay kuwo nadiif ah oo qallalan yihiin. Laalaabatooyinka maqaarka waxay qabtaan bakteeriya, caabuqa qamiirka, wasakhda, iyo unugyada maqaarka dhintey.
   - Inta u dhaxeysa qubeysyada, maqaarka nadiifi marka aad u aragto ama ka uriso wax saaran.
2. Maqaarka qallaji.
   - Isticmaal cad jilicsan oo nuuga ama qoyaanka ka ilaaliya maqaarka macaamiisha aan kaadida ceshan karin. U isticmaal kareem ama boomaato sida ilaalin dheeraad ah oo loogu talagalay maqaarka. Bixi daryeelka saxaaxa iyo musqul isticmaalka, oo beddel alaabaha loo adeegsado kaadi ceshasho la'aanta isla marka ay wasakhoobaan.
   - Ka fogaaw isticmaalka “xafaayadda buluugga ah” ama xafaaqadda hoosgashiga mar-adeegsadka ah ee aan biyaha ka gudbin ee qoyaanka ku hayn kara maqaarka. Xafaayadda marada ah ee aan biyaha ka gudbin ee la dhaqi karo dibna loo adeegsan karo ayaa beddel wanaagsan ah.
3. Isticmaal kareemooyinka iyo looshanka dufanka leh.*
   - Si tartiib oo joogto ah maqaarka qalallan u mari looshan.
4. Dhiirrigeli nafaqo wanaagsan.
   - Raashiinku wuxuu wax badani ku biirriyaa maqaarka caafimaadqabka leh. Ku dhiirrigeli macmiilka in uu cuno cunto caafimaadqab leh, oo si fiican isugu dheellitiran iyo in uu cabbo dareere badan (haddii uu ku jiro xaddidaan dareer mooyaane). Eeg Cutubka 9aad ee ku yaalla bogga 173aad si aad u hesho macluumaad dheeraad ah.
5. Dhiirrigeli dhaqdhaqaaqa.
   - Ku dhiirrigeli macmiilka in uu intii suuragal ah dhaqdhaqaaqo.
   - Ku dhiirrigeli waxqabadyo ama jimicsiga gacan ka geysan kara kordhinta wareejinta.
   - Macaamiisha aan awoodin keligooda in ay socdaan, si joogto ah boos beddel ugu samee si aad cadaadiska ugu yareyso qayb kasta oo jirkooda ah. Waxaad u baahan kartaa barkimo si aad cadaadiska u yareyso.

*Hawlaha Qaarkood Lama Oggola

Kaaliyaha Daryeelka Guriga wuxuu:

- adeegsan karaa boomaatooyin aanan dhakhtar qorin, kareemmada ama looshannada xannibaadda (t.a. shaambada ka horagta daadashada timaha ama looshanka jirka si looga hortagga qalalka maqaarka); iyo
- adeegsan karaa ama beddeli karaa Band-Aid si uu wax uga qabto xaalad gargaarka degdegga ah.

Daryeelaha MA:

- beddeli karo faashadaha jeermis la'aanta ah; ama
- adeegsan karo boomaatada ama looshanka dhakhtarka qoro si uu ugu dabiibbo xaalad (haddii uu hoostagayo Xil Wareejinta Kalkaaliyaha Caafimaad ama Daryeelka Qofka Is-Haga mooyaane).

Eeg Cutubka 11aad ee ku yaalla bogga 227aad si aad u hesho macluumaad dheeraad ah oo ku saabsan Xil Wareejinta Kalkaaliyaha Caafimaad iyo Daryeelka Qofka Is-Haga

U-fiirsashada iyo Ka-warbixinta Dhibaatooyinka Maqaarka

U fiirso maqaarka macmiilka mar kasta oo aad sameynayso daryeel shakhsiyeed. Eeg maqaarka macmiilka ugu yaraan hal jeer maalintii. Haddii aadan haysan fursad aad ku eegayso maqaarka macmiilka, weyddii haddii ay qabaan wax walaacyo ah oo ku saabsan isbeddellada maqaarka.

Dhibaatooyinka Maqaarka ee uu Daryeelaha Arki Karo

Nooca Dhibaatada	Muxuu yahay?
Dhaawacyada Cadaadiska (nabarrada/boogaha cadaadiska)	caafimaad-darrada maqaarka ama dhaawaca ee ay keento cadaadiska iyo/ama maqaarka tabbar-daran ee waxyeelleeya maqaarka iyo/ama nudayaasha ka hooseeya oo ay ku jiraan muruqa. Dhaawacyada cadaadiska waxaa loo kala-soocaa (ama loo soo bandhigaa) sida qoto-dheer ee maqaarka iyo nudayaasha ka hooseeya ay waxyeello u soo gaartey.
Boogaha La Xiriira Xiddidada Yaryar	Meesha ba'an ee sida xun u furan, ee uu keenay wareegga dhiigga xididdada oo liita. Astaamaha hore waa finan ama harag, goob guduudan iyo cuncun. Maqaarka hareeraha boogta ayaa noqonaya mid leh midab dillan oo guduud-bunni ah. Tani waxay inta badan ka dhacaa qaybaha hoose ee lugaha iyo cagaha.
Boogaha La Xiriira Halbowlaha	Goobo wareegsan guduudan oo ku yaalla cagta iyo qaybta hoose ee lugta waxaanna sabab u ah la'aanta qulqulka dhiigga ee lugaha.
Finan iyo Caabuqyo	Finanka badankooda waa meelo kuuskuusan, guduudan, kor u kacsan oo ku yaalla maqaarka kuwaas oo inta badan cuncun leh. Caabuqyada maqaarka waa dalool ku yaalla maqaarka, sida xoqid, halka bakteeriya ama fangasku ay ku faafeen oo ayna keeneen caabuqa.
Gubasho	Maqaarka uu waxyeeleeyay dabka, qorraxda, kiimikooyin, walxo kulul ama dareereyaal, ama koronto. Gubashooyinka waxaa loo kala-soocaa sida qoto-dheer ee ay maqaarku dhibaato u soo gaartey. gubashooyinka darajada 1aad waa marka maqaarka guddooto waxaanna laga yaabaa in uu bararsan yahay oo uu danqanayo. gubashooyinka darajada 2aad caadi ahaan waxay leeyihiin hambalaaluq, gudduudasho aad u daran, xanuun iyo barar. gubashooyinka darajada 3aad waa kuwa ugu daran waxayna ku lug leeyihiin dhammaan lakabyada maqaarka.
Kaansarka Maqaarka/ Nabarro	Koboca maqaarka ee aan caadiga ahayn kaas oo caadi ahaan aanan faafin lana daaweyn karo. Nooca maqaarka kaansarka ee aadka u khatar badan waa Kansarka maqaar beddella ee loo yaqaanno melanoma. Kansarada loo yaqaanno melanomas waa kuwo aanan qaab lahayn waxaanna lagu tilmaami karaa “buro qalaad” ama buro isbeddelaysa. Haddii macmiilku uu leeyahay buro qalaad, isla-markiiba arrintan ku wargeli kormeerahaaga.

Waxa Laga Raadiyo ama Eego

- Guduudasho ama isbeddelo kale oo ku yimaada maqaarka
- Barar
- Isbeddellada heerkulka (diirran ama qabow)
- Daloolka maqaarka
- Finan, nabarro, ama toxob madow ama danbas u eg oo soo fuulo barta cadaadiska
- Ur
- Xanuun

Arkidda wax ka mid ah astaamahan waxay noqon karaan wax tilmaamaya dhibaato maqaar waanna in si degdeg ah loogu wargeliyaa qofka ku habboon ee jooga goobtaada daryeelka.

Dhaawacyada Cadaadiska

Dhaawacyada cadaadiska waxay aad ugu badan yihiin dadka waaweyn. Waa kuwo xanuun badan leh oo tabaryar, waxayna horseedi kartaa caabuqyo halis ah, oo xitaa naf-halisgeliya.

Waxyaabaha Keena Dhaawacyada Cadaadiska

Dhaqdhaqaaq la'aanta waa waxa koowaad ee keenna dhaawacyada cadaadiska. Marka qofka u fadhiyo ama u jiifo qaab muddo dheer isaga oo aanan dhaqaaqin, miisaanka jirkooda ayaa cadaadis saaraya maqaarka iyo muruqa. Cadaadiska wuxuu ka imaan karaa lafta oo riixaysa qayb kale oo jirka ah ama faraash ama kursi. Cadaadiskan aan la qaadin ayaa maqaarka ka joojinaya dhiigga socda. Sahay dhiig la'aan, maqaarka - iyo marka dambe muruqa ka hooseeya - ayaa dhimanaya ka-dib dhaawac cadaadis ayaa sameysmaya.

Qaddarka cadaadiska loo baahan yahay in uu keeno dhaawaca cadaadiska ayaa wuxuu u dhaxeeyaa qaddar yar oo cadaadis ah oo muddo dheer ah iyo cadaadis badan oo muddo gaaban ah.

Dhaawacyada cadaadiska ayaa sidoo kale imaanaya marka maqaarka ay daciifiyaan waxyaabahan soo socda.

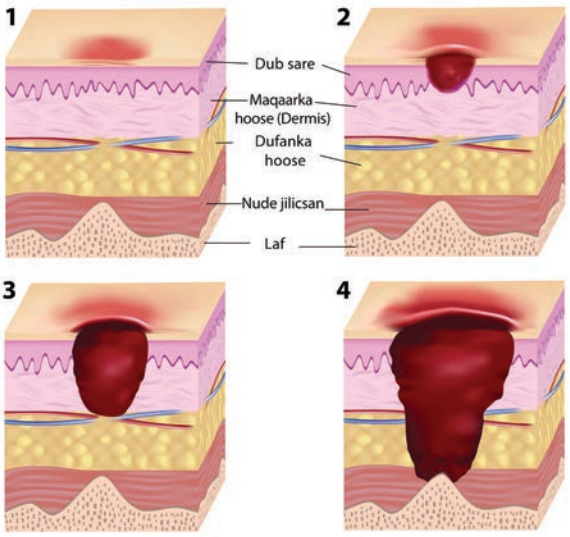
- Islis
- Qoyaan badan oo gaara maqaarka
- Qallal iyo dildillaac
- Cuncunka ay keenaan kaadida, dhididka, ama saxarada
- Nafaqa-xumo iyo/ama fuuq-bax
- Xaaladaha ama cudurrada daba-dheeraada qaarkood - gaar ahaan kuwa xaddida wareegga dhiigga

Halista Sare ee Dhaawacyada Cadaadiska

Macaamiisha gebi ahaan ama qayb ahaan dhaqaaqi karin ama kuwa leh maqaarka daciifka ah waxay halis sare ugu jiraan in uu soo gaaro dhaawaca cadaadiska. Kuwani waxaa ka mid ah macaamiisha:

- saaran gaariga dadka naafada ah ama waqti badan ku qaata kursi ama sariir;
- dhaawac cadaadis horey u soo gaarey;
- baralayska ah;
- aan kaadida ceshan karin;
- nafaqada liidata leh iyo/ama fuuqbaxa;
- qaba jirrooyinka ba'an, sida sonkorowga, oo yareeya wareegga dhiigga;
- leh liidashada garashaada taas oo ka dhigeysa in ay iloowaan dhaqaaqa;
- hoos u dhac ku yimid awoodooda dareenka;
- aadka u cayilan ama aad caato u ah.

Marxaladaha Dhaawacyada Cadaadiska



Sida ay U-egyihiin Dhaawacyada Cadaadiska

Sida uu dhaawac caadiska u egyahay waxay ku xiran tahay sida uu u daran yahay. Astaamaha koowaad ee dhaawaca cadaadiska waxaa ka mid ah kuwan soo socda.

- Guduudashada maqaarka aan daloolin oo soconeysa 15-30 daqiiqo ama in ka badan dadka maqaarkoodu cad yahay. Dadka maqaarkoodu madow yahay, dhaawaca wuxuu u ekaan karaa guduud, buluug, ama buluug-guduud. Haddii aad ka shakiso, isbarbardhig ku samee goobta iyo dhinaca kale ee jirka macmiilka.
- Meel kasta oo furan - waxaa laga yaabaa in ay u dhuuban tahay sida kumi oo aanan ka ballaarneyn ibta-Q.
- Murxid/xoqmid, hambalaaluq, ama daloool gun-dhow.
- Isbeddellada dareenka taabasho - maqaarka wuxuu yeelanayaa dareen “jilicsan” beddelkii adeyk marka la taabto. Tani ayaa gaar ahaan run ah marka la eego cirbaha, suxullada, iyo sinta.

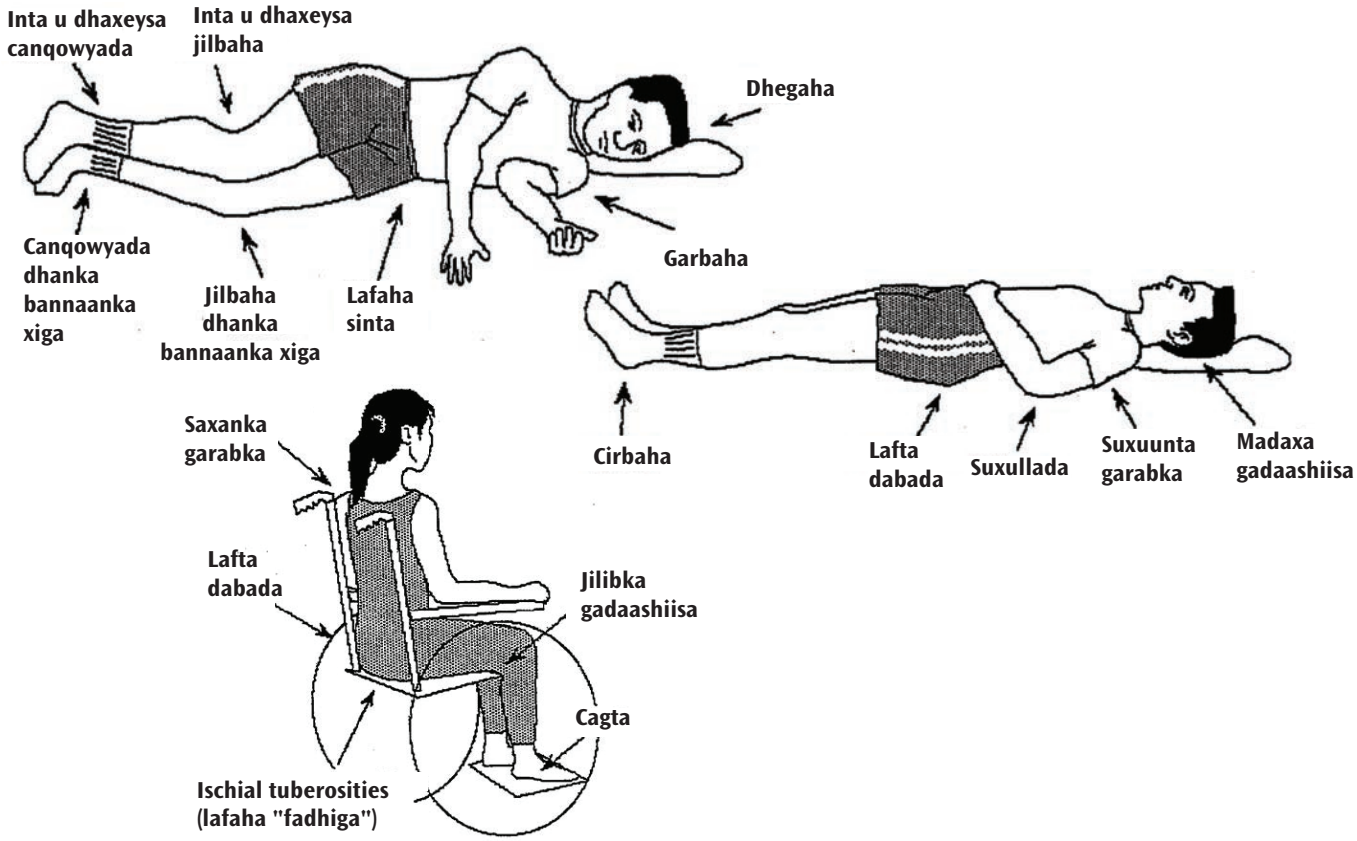
Dhaawaca cadaadiska wuxuu mararka qaarkood u ekaan karaa toxob madow ama midab danbas ah leh. Toxobta hoosteeda waxaa ku yaalla dhaawac cadaadis. Haddii aad toxob ku aragto bar cadaadis, si degdeg ah ugu sheeg qofka ku habboon ee jooga goobtaada daryeelka. Toxobta haka qaadin. Haddii dhaawaca cadaadiska uu ka hooseeyo, tani waxay keeni kartaa waxyeello ama u horseedi kartaa caabuq.





Baraha Cadaadiska

Baraha cadaadiska waa meelaha ay u badan tahay in uu gaaro dhaawacyada cadaadiska.



Waxa la sameeyo haddii aad dhibaato aragto

Waqti kasta oo aad guduudasho ku aragto maqaar aan daloolin ama aad ka dareento kuleyl goobta oo soconaya 15-30 daqiiqo ama in ka badan - gaar ahaan barta cadaadiska:

- ka beddel booska macmiilka meesha guduudan isla-markiiba si aad cadaadiska ugu qaado goobta;
- u sheeg qofka ku habboon ee halka aad ka shaqeyso (hubso in aad waqti hore ogtahay cidda loo sheego xaaladda noocaan ah); iyo
- ku qor walaacyadaada diiwaannada macmiilka ama xusuus-qorka horumarka.

Ha:

- duugin ama daliigin goobta ama maqaarka hareeraha goobta;
- isticmaalin nalka kululaynta, qalabka timaha lagu qalajiyo, betadine, ama daaweynta kale ee boogaha ee si aad ah maqaarka u qallajin kara, taas oo keenaysa dhaawac dheeraad ah; ama
- isticmaalin looshanno ama kareemooyin maqaarka aad u qoya; kuwan ayaa sidoo kale keenna caafimaad-darrada maqaarka.

Xirfad: Geddi oo Booska u beddel Macmiil Sariir Saaran

Eeg Geddi oo Booska u beddel Macmiil Sariir Saaran ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 422aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Macmiilka wuxuu u baahan yahay in uu si joogto ah booska u beddesho si uu u ilaaliyo maqaarkiisa. Dhaawaca cadaadiska wuxuu bilaaban karaa marka ay macaamiishu sariirta saaran yihiin hal ilaa laba saacadood oo aysan awoodin in ay dhaqaaqaan. Macaamiisha ku fadhiista kuraasta oo aan dhaqaaqi karin waxay xitaa waqti yar gudahiisa ku yeellan karaan dhaawacyada cadaadiska sababta oo ah cadaadiska saaran maqaarka ayaa badan.

Macmiilka ku kooban sariirta waa in uu boos beddeshaa ugu yaraan 2-dii saacba mar. Qofka ku kooban kursiga ama gaariga dadka naafada ah waa in uu qaadaa miisaankiisa kursiga ugu yaraan 15 daqiiqo kasta muddo 15 ilbiriqsi ah waana in uu boos bedeshaa saacad kasta mar.

Kuwan soo socda waa talooyin guud oo ay tahay in la xusuusto marka macmiilka loo boos beddelayo.

- Hubso sariirta in uu boos ka bannaan yahay oo lagu geddinayo macmiilka.
- Macmiilka weyddii in uu eego jihada loo geddinayo.
- Ha geddinin macmiilka adiga oo jiidaya ama riixaya gacmahiisa.
- U noqo Cutubka 7aad: Dhaqdhaqaaqa ee ku yaalla bogga 135aad si aad u hesho talooyinka ku saabsan ka caawinta macmiilka in uu si ammaan ah u dhaqaaqo.

Ka-hortagga Islisidda Maqaarka

Islisidda ayaa yimaada marka maqaarka la isku xoqo ama dul lagu jiido. Xitaa islisidda ama xoqidda yar ee maqaarka waxay keeni kartaa dhaawac cadaadis - gaar ahaan macaamiisha uu maqaarkoodu daciifey. Daryeelaha waa in uu si gaar ah u taxaddaraa marka uu wareejinayo oo uu u boosbeddelayo macmiilka. Macmiilka waa in had iyo jeer:

- la qaadaa - oo aanan la jiidin marka la wareejinayo;
- si sax ah loogu hagaajiyaa booska kursiga ama sariirta si aysan u simbiriiraxoonin; iyo
- la dhigaa maro ama dhar sulub ah; laablaabyada waxay cadaadis ugu dari karaan maqaarka.



Talooyinka Daryeelka Maqaarka ee loogu talagalay Hagaajinta Booska Macmiilka Ku Kooban Sariirta ama Kursiga

Furaash gaar ah oo ay ku jiraan xumbo, hawo, jeel, ama biyo ayaa la adeegsan karaa. Dhakhtarka ama maareeyaha kiiska (haddii macmiilku uu mid leeyahay) ayaa ka caawin kara macmiilka in uu helo qalab gaar ah. Si maalinle ah u hubi furaash gaar ah kasta si aad u xaqiijiso in uu si habboon u shaqeynayo.

Ha isticmaalin barkinnada qaabka burka-dhexda daloola oo kale ah leh. Waxay yareeyaan qulqulka dhiigga waxayna keenaan nudaha in uu bararo. Tani waxay kordhinaysaa halista macmiilka in uu soo gaaro dhaawac cadaadis.

Dooro boos si siman u faafinaya culeyska iyo cadaadiska, oo macmiilkana uu raaxo ku dareemo Isticmaal barkinno ama taako jilbaha ama canqowyada looga ilaalinayo in ay istaabtaan ama taabtaan sariirta (si looga hortaggo nabarrada ciribta).

Barkimo hoosta ka geli lugaha macmiilka laga bilaabo kub lugeedka ilaa canqowga si aad uga ilaaliso cirbaha macmiilka sariirta haddii macmiilka uusan gebi ahaan dhaqaaqi karin.

Marnaba si toos ah barkimaha ha u gelinin jilibka gadaashiisa. Wuxuu saameyn karaa wareegga dhiigga iyo/ama kordhin karaa halista dhiig xinjirow.

Mararka qaarkood miisaanka bustayaasha ayaa cadaadis soo saari kara xagga sare ee cagta, sidaa daraadeed qalab gaar ah oo loo yaqaanno biraha sariirta kor loogu takaaro ayaa la isticmaali karaa. Biraha sariirta kor loogu takaaro ayaa sidoo kale saamaxaya wareegga hawada si ay cagaha ugu caawiyaan in ay qallalaan.

Ka taxaddar in aad kor u qaado madaxa sariirta. Tani waxay cadaadis badan saareysaa lafta dabada waxayna macmiilka u oggolaanaysaa u uu simbiriirixo, taas oo kordhineysa halista dhaawaca cadaadiska. Jiifka siman ayaa dhibaato ku noqon kaa macaamiisha neefsiga dhib ku qaba. Haddii ay xaaladdu sidan tahay, madaxa sariirta waa in aanan kor loogu qaadin in ka badan xagal 30°, haddii ay lagama maarmaan u tahay neefsashadu mooyaane. Macluumaadkan waa in lagu daraa qorshaha adeegga macmiilka.



Ka fogaaw in aad macmiilka si toos ah ugu seexiso lafta sinta marka ay dhinac dhinac u jiifanayaan. Barkimo geli gadaasha dhabarka macmiilka marka uu qaabkan u jiifo.

Casharka oo Kooban

Kor-u-qaadista iyo joogteynta maqaar caafimaadqaba wuxuu aasaasi u yahay caafimaadka wanaagsan. Kaaliyayaasha Daryeelka Guriga waxay mas'uul ka yihiin in ay gacan ka geystaan joogteynta maqaar caafimaadqaba iyo in ay sida ugu dhaqsiyaha badan ee suuragal ah u aqoonsadaan dhibaatooyinka maqaarka. Gaar ahaan, Kaaliyaha Daryeelka Guriga waa in uu awoodo in uu aqoonsado dhaawaca cadaadiska iyo in uu qaado tallaabo habboon, oo ay ku jiraan in uu si ammaan booska ugu beddelo macmiilka si looga hortaggao dhaawaca in uu bararo. Kaaliyayaasha Daryeelka Guriga waa in ay si joogto ah u eegaan maqaarka macmiilka oo ayna u diiwaangeliyaan ugana soo warbixiyaan dhibaatooyin ama caalamado kasta ee caafimaad-darrada maqaarka.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay shanta siyaabood ee kala duwan ee kor-loogu-qaadi karo maqaar caafimaadqab leh?

2. Maxaad sameynaysaa haddii aadan haysan fursad aad si toos ah ugu eegi karin maqaarka macmiilka?

3. Immisa jeer ayay tahay qofka sariirta ku kooban in booska loo beddelo?

4. Waa maxay aaladaha gacansiinta la adeegsan karo marka la geddinayo ama booska loo beddelayo macmiilka sariirta saaran? (Hadal-dhac: eeg Cutubka 7aad)

5. Halkee ayay u badan tahay in dhaawacyada cadaadiska ay ku dhacaan?

6. Waa kuma cidda ay tahay in aad u sheegto caafimaad-darrada maqaarka ee joogta goobtaada shaqada?

Casharka 2aad Daryeelka Jirka

Ujeeddooyinka

Ka-dib marka uu casharkan dhammeeyo, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Isticmaalo hab-dhaqannada ugu wanaagsan si uu u qabto hawlaha daryeelka shakhsiyeed ee lagu muujiyey qorshaha daryeelka iyo isaga oo ku daraya dookhyada macmiilka;
2. Muujiyo dhammaan tallaabooyinka muhiimka ah, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si uu qofka si ammaan ah:
   a. Bixiyo daryeelka afka;
   b. Nadiifiyo oo meel dhigo ilkaha gacan ku sameyska ah;
   c. Si ammaan ah ugu xiiro sakiin;
   d. Bixiyo daryeelka cidiyaha faraha;
   e. Bixiyo daryeelka cagta;
   f. Bixiyo qubeyska sariirta;
   g. Ka caawiyo macmiilka gacanta itaal-daran ama daciifka ah leh in uu dhar xirto;
   h. Macmiilka u geliyo sharabaadyo dhaadheer oo laastiik ah;
   i. Bixiyo dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn ee loogu talagalay hal garab; iyo
   j. Bixiyo dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn ee loogu talagalay hal jilib iyo canqow.

Ereyada Muhiimka ah

Daryeelka jirka: hawlaha daryeelka shakhsiyeed ee macmiilka ka caawiya nadaafadda, dhayidda, iyo jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka.

Sharabaadyo Dhaadheer oo Laastiik ah: (oo sidoo kale loo yaqaanno sharabaadyada cadaadinta) shabadaadyo dhaadheer ama sigiso dhaadheer oo yareeya bararka lugaha wanaajiyanna wareegga dhiigga.

Daryeelka Afka: hawlaha daryeelka shakhsiyeed ee gacan ka geysta ilaalinta nadaafadda iyo caafimaadqabka ilkaha, carabka, iyo cirridka.

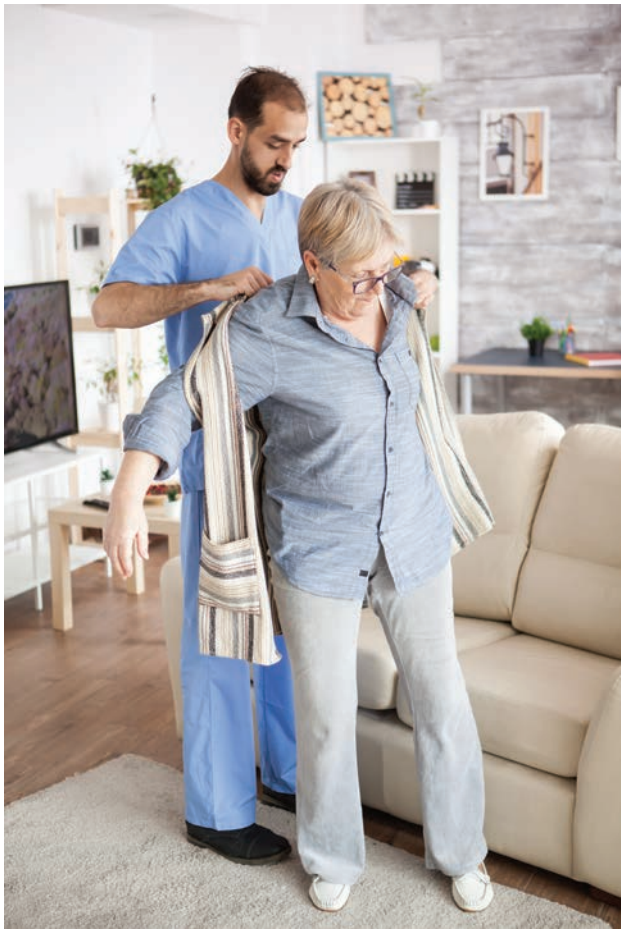
Nadaafadda Shakshiyeed: nadiifinta iyo qurxinta qofka, oo ay ku jiraan daryeelka timaha, ilkaha, ilkaha gacan ku sameyska ah, xiirashada iyo soofeynta ciddiyaha.

Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka: inta kala-goyska jirka uu dhaqaaqi karo. Dhaqdhaqaaqa kala duwan ee qaybaha jirka ee firfircoon (AROM) waxaa loola jeedaa in macmiilka uu dhaqaajin karo kala-goysyadiisa kaalmo la'aan; dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn (PROM) waxaa loola jeedaa daryeelaha in uu jir ahaan dhaqaajiyo kala-goysyada macmiilka si uu u joogteeyo debecsanaan.

Sakiin ammaan ah: qalab lagu xiirto oo ku leh aalad ilaalineed inta u dhaxeysa geeska sakiinta iyo maqaarka.

Guudmarka

Ka caawinta daryeelka jirka waa qayb muhiim ah oo ka mid ah ka caawinta macmiilka in la ilaaliyo caafimaadka jirkooda iyo maqaarkooda. In qofka si fiican loo qurxiyo ayaa sidoo kale noqon karta wax muhiim ah oo kor-u-qaadaya dhimirka iyo jirka. Kaaliyayaasha Daryeelka Guriga waxay qofka ka caawin karaan hawlaha daryeelka shakhsiyeed ee kala duwan ee taageero caafimadka jirka iyo maqaarka.



Xirfad: Daryeelka Afka

Eeg Daryeelka Afka ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 423aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Daryeelka haboon ee afka iyo ilkaha wuxuu taageeraa caafimaadka guud ee macmiilka wuxuunna gacan ka geystaa ka hortagga xanuunka afka, dhibaatooyinka wax cunista, dhibaatooyinka hadalka, dhibaatooyinka dheefshiidka, suuska ilkaha, cudurka ciridka, iyo xitaa xanuunka wadnaha.

Bixinta daryeelka afk ayaa sidoo kale kor-u-qaadi kara rabitaanka cuntada ee caafimaadqabka leh. Tusaale ahaan, bixinta daryeelka afka quraacda ka hor waxay kor-u-qaadi kartaa awoodda macmiilka ee dhadhaminta cuntada iyo ku raaxeysiga cuntada.

Si aad gacan uga geysato ka hortagga suuska iyo cudurka ku dhacs ciridka, ilkaha waa in maalintii laba jeer lagu cadeeyaa daawada ilkaha lagu cadeysto ee floraydh haddii la heli karo. Haddii daawada lagu cadeysto ilkaha ee floraydh aan la heli karin, biyo iyo cadeyn timo jilicsan ayaa ku filan. Waxaa xitaa wanaagsan in la cadeysto ka-dib mar kasta oo cunto la cuno. Ilkaha waa in dun lagu nadiifiyaa ugu yaraan hal jeer maalintii in lagu nadiifiyo inta u dhaxeysa ilkaha halka uusan buraashka gaarin.

Eeg, diiwaangeli, oo soo sheeg meelo kasta oo nabar leh ee afka, isbeddellada nudaha, cabashooyinka uu macmiilka ka qabo in uu si raaxo leh wax u cuno, ama wax kasta ee aan caadi ahayn ee ku jira gudaha afka macmiilka.

Eeg Caafimaadka Afka ee ku yaalla Diiwaanka Kheyraadka ee bogga 343aad si aad u hesho macluumaad dheeraad ah oo ku saabsan cudurrada ciridka, af qallal, iyo kansarka afka.



Kuwan soo socda waa talooyin guud marka macmiilka laga caawinayo daryeelka afka.

- Marka aad ka caawineyso cadeysiga, isticmaal dhaqdhaqaaqyo wareeg ah, gaaban, adiga oo si tartiib ah ugu cadeynaya dhaqdhaqaaq duugid ee hareeraha ilig kasta. Hubso in aad u shaqeyso si isdaba-joog ah si aanan ilig loo dhaafin.
- Cadey timo jilicsan ayaa waxaa ku taliyey dhakhaatiirta ilkaha waana in la beddelaa marka timuhu ay dhammaadaan (caadi ahaan saddexdii biloodba mar).
- Hubso in aad iftiin wanaagsa haysato oo aadna aragto waxa aad sameynayso.
- Ka taxaddar in aadan ku taaban tilmaha cadeyga ama sheyga caafimaadka afka sagxadaha kale sida miiska, fool-dhaqa, gacmahaaga, iwm.
- Ha wasakheynin khasabadda meesha laga furo ama laga xiro, gacan-qabsiyada khaanadaha, ama dullaha kale adiga oo ku taabanayo gacmo-gashiyada ee taabtey afka macmiilka.
- Haddii macmiilka uu dhibaato ku qabo qabashada cadeyga, gacan-qabsiga ku weynee isbuunyo, kubad cinjir ah ama kuulo ku dhejisa. Buraash ama cadey elektaroonig ah ayaa xaaladdan fudud in la maareeyo marka loo eego kan gacanta.
- Toothettes, maro khafiif ah oo qoyaan, ama waxyaabaha la midka ah waxaa laga yaabaa in aysan gebbi ahaan nadiifin ilkaha waxayna cuntada gelin karan meelaha ilkaha u dhaxeeya ee bannaan. Badeecooyinkan waxay waxtar u leeyihiin nadiifinta nudayaasha afka marka macmiilka uusan lahayn ama uu leeyahay ilko dhowr ah, ama macmiilka aan awoodin in u afkiisa furo.

Kuwan soo socda waa talooyin guud marka macmiilka laga caawinayo dun ku nadiifinta ilkaha.

- Ku bilow dunta lagu nadiifiyo ilkaha oo dhererkeedu yahay 18 inji.
- Isticmaal dunta lagu nadiifiyo ilkaha oo horey loo xiray ama galka dunta ilkaha lagu nadiifiyo (aalad gacansiin wanaagsan), dunta ku duuduub farta dhexe ee labada gacmood.
- Isticmaal suulashaada ama murugsatooyinka si aad ugu maamusho dunta.

- Si tartiib ah ugu nadiifi dunta inta u dhaxeysa ilkaha macmiilka adiga oo adeegsanaa dhaqdhaqaaq hore iyo gadaal ah oo debecsan.
- Si taxaddar leh ugu xoq kor iyo hoos, adiga oo si tartiib ah uu socodsiinaya dunta ciridka hoostiisa ilaa meesha ugu sarreysa iligta. Dunta ku hay iligta si aaney u waxyeellayn ciridka.
- Haddii macmiilka uusan horey ugu caddeysan dun ama dhowaan, ciridka waxaa laga yaabaa in uu dhiig-baxo marka aad dun ku cadeysato. Haddii macmiilka ay waxyaabu waaweyn ka saaran yihiin ilkaha, waxaa adkaan karta in dunta la geliya ilkahooda dhexdooda.

Xirfad: Nadiifi oo Kaydi Xirmada Ilkaha Gacan Ku Sameyska ah

Eeg Nadiifi oo Kaydi Xirmada Ilkaha Gacan Ku Sameyska ah ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 423aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Sida ilkaha dabiiciga ah oo kale, ilkaha gacan ku sameyska ah waa in si habboon loo daryeelaa si cumrigooda u dheeraado. Haddii macmiilka uusan lahayn wax ilko ah ama uu xirto ilkaha gacan ku sameyska ah, ciridka iyo afka waa in la cadeeyaa oo la nadiifiyaa ugu yaraan laba jeer maalintii.

Ka feejignow, diiwaangeli, oo soo sheeg dhibaatooyin kasta ee uu macmiilka ku qabo ilkaha gacan ku sameyska ah sida raaxo la'aan, dhibaato cunto cunis, dhibaatooyin hadal, cabashooyinka ilkaha gacan ku sameyska ah oo aan si sax ah ula ekayn, baro nabarro ah oo ka hooseeya ama ku yaalla hareeraha ilkaha gacan ku sameyska ah, ama ur.

Kuwan soo socda waa talooyin guud marka macmiilka laga caawinayo daryeelka ilkaha gacan ku sameyska ah.

- Ku dahaar fool-dhaqa maro ama shukumaan kale ka hor inta aadan nadiifin ilkaha gacan ku sameyska ah; tani waxay gacan ka geysaneysaa ka hortagga jebidda lacala haddii ay kaa dhacaan ilkaha gacan ku sameyska ah inta lagu guda jiro hannaanka nadiifinta.
- Ilkaha gacan ku sameyska ah habeenkii biyo haku dhex bariyaan (ama dhowr saacadood, iyada oo ku xiran soojeedimada dhakhtarka ilkaha ama dookha macmiilka).
- Ilkaha gacan ku sameyska ah ka raadi dillaacyo, cad, ama ilko jabsan.
- Ilkaha gacan ku sameyska ah waxaa ka jabi kara cad, dillaac ayay yeellan karaan, ama xitaa wey jabi karaan haddii ay keliya ka soo dhacaan dhowr inji. Sidoo kale waa kuwo sibibiq ah. Taxaddar dheeraad ah samee si aad ugu fogaato in ay kaa dhacaan.
- Dhig ilkaha gacan ku sameyska ah meelo nadiif ah, sida koobka ilkaha ka-dib marka la raaciyo.
- Ka fogaaw buruushyada timaha adag leh ee waxyeellayn kara ilkaha gacan ku sameyska ah.
- Haku ridin ilkaha gacan ku sameyska ah biyo kulul - way qalloocin karaan.
- Haku dhigin ilkaha gacan ku sameyska ah biyo warankiillo leh. Warankiilada ka tirtiri kartaa midabka basaliga, waxay midabka ka beddeli kartaa birta ilkaha gacan ku sameyska qaybta ah, ama waxay dhadhan bir ah u yeelli kartaa afka macmiilka.
- Macmiilka weyddii agabka lagu nadiifiyo ilkaha gacan ku sameyska ah ee ay adeegsadaan. Saabuunka gacanta, dareere weelasha lagu dhaqo oo khafiif ah, ama nadiifiyeyaasha ilkaha gacan ku sameyska oo gaar ah dhammaan waa la aqbali karaa. Ha isticmaalin nadiifiyeyaasha guriga ee budada ah oo aad wax u murxiya.
- Ilkaha gacan ku sameyska ah ha qallajinin - waxay lumiyaan qaabkooda.
- Marnaba ha qoynin ilkaha gacan ku sameyska oo wasakh ah. Had iyo jeer buraash marka hore si aad ugu bixiyo cuntada qashinka ah.





Xirfad: Ugu Xiiridda Sakiin Amaan ah

Eeg Ugu Xiir Sakiin Amaan ah ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 429aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo xiirashada.

- Si adag hoos ugu riixin ama sakiinta /garxiirka si dhaqso ah ha u marinin wejiga macmiilka.
- Marka koowaad xiir dhinacyada wejiga, ka-dib afka iyo sanka hoostooda.

Macaamiisha qaadaneysa daawooyinka khafiifinaya dhiigga waa in lagu dhiirrigeliyaa in ay isticmaalan makiinnada lagu xiirto ee korontada ku shaqeysa. Haddii aad isticmaaleyso makiinad koronto ku shaqeysa,

- Si joogto ah u nadiifi shaashadda makiinadda iyo sakiinadeeda. Waxaa wanaagsan in la nadiifiyo makiinadda ka-dib saddex xiirasho kasta, waxaa ugu wanaagsan ka-dib xiirasho kasta.
- Dhammaan makiinnadaha elektarooniga ah isku mid ma ahan. Waxay qaadaneysaa waqti in wejiga macmiilka uu la jaanqaado isticmaalka nooc kale oo ah makiinnadaha korontada ee lagu xiirto.

Xirfad: Daryeelka Ciddiyaha

Eeg Daryeelka Ciddiyaha ee ku yaalla bogga 423aad ee Liisto-hubineedyada Xirfadaha si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Daryeelka ciddiyaha wuxuu qayb ka noqon karaa nidaamka qubeyska. Daryeelka ciddiyaha lugaha waxaa si faahfaahsan loogu hadley xirfadda daryeelka cagta.

Kuwan soo socda waa talooyin guud marka macmiilka laga caawinayo daryeelka ciddiyaha.

- Ka bilow hal dhinac adiga oo aadaya dhanka kale oo hal jiho oo keliya ah ama ka soo soofee ciddi kasta min gees ilaa dhexda. Horey iyo gadaal ugu wad soofaha ciddiyaha, in si qoto-dheer loo aado geesaha ayaa waxay kala goyn karaan oo ay daciifin karaan ciddiyaha.
- Qolofka ayaa faraha ka difaaca caabuq ama infekshan. Ha jarin
- Kareem ama looshan dufan leh mari gacmaha iyo haraga ciddiyaha ka hooseeya ka-dib marka aad dhammeyso.



Xirfad: Daryeelka Cagta

Eeg Daryeelka Cagta ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 424aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Ciddiyaha siman, ee nadiifka ah waxay raaxo iyo ammaan siinayaan macmiilka. Ciddiyaha afka ama girgirrada xanafka ah leh waxay qabsan karaan oo ay dillaacin karaan dharka waxayna dhaawac u geysan karaan faraha lugaha. Had iyo jeer si tartiib ah oo taxaddar leh ula tacaal cagaha macmiilka.

Kuwan soo socda waa talooyin guud marka macmiilka laga caawinayo daryeelka cagta.

- Si joogto ah cagaha macmiilka uga baar isbeddelada midabka (gaar ahaan guduudasho), heerkulka, hambalaaluq, dillaac ama xagxagasho, dildillaacyada inta u dhaxeysa faraha cagta, ama isbeddelo kale. Diiwaangeli oo soo sheeg barar ama guduudasho kasta ee aad ku aragto goobta.
- La-soco sarmooyinka yaryar oo ilaali nadaafadoodu.
- Looshan ha marin inta u dhaxeysa faraha cagaha-looshanka wuxuu sababaa qooyaan dhiirrigeliya koboca fangaska.
- Macaamiisha intooda badan, waxaad kaliya soofeyn doontaa ciddiyahooda, ee ciddiyaha kama jari doontid. Had iyo jeer xaqiiji qorshaha daryeelka macmiilka ka hor inta aadan sameyn daryeelka cagta si aad u go'aamiso haddii daryeelka cagta macmiilka ay ku jirto soofeynta ciddiyaha. Marnaba ha u jarin ciddiyaha faraha lugaha macmiilka qaba sonkorowga ama dhibaatooyinka wareegga dhiigga.
- Ha jarin geesaha ciddiyaha faraha cagta macmiilka ama haku qodin hareeraha ciddida qalab af leh.
- Marnaba ha u soofeyn ciddiyaha si aad u gaaban maadaam ay tani keeni karto ciddiyaha faraha lugta in ay gudaha u baxaan, ciddiyaha u soofee dhanka hoose.
- Qolofka ayaa faraha ka difaaca caabuq ama infekshan. Ha jarin

Haddii macmiilku uu qabo dhibaato wareegga dhiigga ah ama sonkorow, Kaaliyaha Daryeelka Guriga waxaa laga yaabaa in uusan jarin ciddiyaha faraha lugaha ama ciddiyaha faraha gacanta.



Xirfad: Ka Caawi Macmiilka Qubeyska Sarriirta

Eeg Ka Caawi Macmiilka in uu Socdo ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 426aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Qubeyska wuxuu qofka siin karaa nasasho. Qubeyska ayaa u adeegaya ujeeddooyin kale oo muhiim ah oo loogu talagalay macmiilka, oo ay ku jiraan:

- nadiifinta maqaarka;
- dhiirrigelinta wareegga dhiigga;
- bixinta dhaqdhaqaaq iyo jimicsi; iyo
- bixinta fursad lagu eegayo maqaarka macmiika.

Qubeyska wuxuu ka dhici karaa musqusha qubeyska, baafka qubeyska, sariirta, ama sida qubeyska isbuunyada. Halka, goorta iyo inta jeer ee uu macmiilku qubeysto waa ikhiyaarka macmiilka oo waa in lagu daraa qorshaha adeegga.



Qalabka Qubeyska Biyaha La Dhexgalayo

Sida wanaagsan, musqusha qubeyska waa in ay leedahay qalabkan soo socda.

- Roogga qubeyska
- Kursiga qubeyska
- Qubeyska gacanta lagu qabsado
- Biro la qabsado oo meelo sax ah ku rakiban

Haddii musqusha qubeyska aysan agabkan lahayn, kala hadal qofka ku habboon halka aad ka shaqeyso si aad u oggaato sida macmiilka u heli karo qalabka loo baahan yahay.

Talooyinka Qubeyska Biyaha La Dhexgalayo

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo qubeyska.

- Marka aad qubeyska ka caawineyso, ka bilow madaxa macmiilka, hoos ka shaqeey oo dhammee qaybtood kore marka hore, haddii macmiilka uu leeyahay dook kale.
- Isticmaal saabuun yar - saabuunta badan waxay kordhineysaa qalalka maqaarka.
- Maqaarka nugul wuxuu u baahan yahay taabasho aad u debecsan.
- Hubso in iftiinku uu wanaagsan yahay.
- Hubso in musqusha qubeyska ay tahay mi diirran oo aan lahayn hawo qabow ah.

Qubeyska biyaha hooreya

Waxaad sidoo kale lagaa codsan karaa in aad macmiilka ka caawiso qubeyska biyaha hooreya beddelkii qubeyska biyaha la dhex galayo. Tani waxaa ka mid noqon kara in macmiilka laga caawiyo in uu galo khasabadda qubeyska ee biyaha ka soo hooraya, dhaqidda qaybaha jirka ee uu macmiilka gaari karin, ka caawinta macmiilka in uu ka soo baxo khasabadda qubeyska, iyo in la qalajiyo oo loo xiro dharkiisa.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo qubeyska biyaha hooreya iyadoo la adeegsanaya kursiga qubeyska.

- Hubso in dhulku uu qallalan yahay marka qof laga caawinayo in uu ka soo baxo ama uu galo qubeyska biyaha hooreya.
- Hubso in dhammaan qalabka in ay sugan yihiin oo la xiray ka hor inta aan qof laga caawin in uu ku fariisto ama ka kaco qalabka.
- Ku dhiirrigeli macmiilka in uu sidaa sameeyo intii karaankiisa ah.
- Haddii caawimaad loo baahdo, hubso in aad si tartiib ah oo dabiici ah u dhaqaajiso qaybaha jirka, adiga oo iska ilaalinaya xoog iyo fidinta xad-dhaafka ah ee isgoysyada iyo addimaha.
- Marka aad ka caawineyso macmiilka in uu ka soo kaco kursiga qubeyska, hubso in qofka si wanaagsan loo qallajiyey si aysan u kufin.
- Ka raadi dhibaatooyinka maqaarka, gaar ahaan baraha cadaadiska iyo cagaha.

Marka aad macmiilka qubeyska ka caawineyso, waxaad oggaan doontaa macluumaad gaar ah oo ku saabsan jirkooda. Sideed ula tacaali doontaa macluumaadkan?



Qolalka qubeyska iyo musqullaha waa goobaha halista badan ee lagu kufo. Gadaal ama dhinac ka istaag macmiilka markaad ka caawinayso socodka. Marnaba macmiilka adeegsanaya socod-caawiyaha hortiisa ha socon.



Xirfad: Ka Caawi Macmiilka Gacanta Itaal-daran ee Daciif ah leh Dhar-xirashada

Eeg Ka Caawi Macmiilka Gacanta Itaal-daran ee Daciif ah leh Dhar-xirashada ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 425aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Macaamiisha caawimaadda ugu baahan dhar-xirashada inta badan waxaa ku adag in ay sameeyaan waxyaana u baahan dhaqdhaqaaqyada farta yar sida guluuf xiradda, siib xiridda, gashiga sigsaanta, iyo/ama xirashada xargaha kabaha.

Macaamiisha uu ku dhacey istaroogga ama baraleyska ah sabab kastabaha ha noqotee waxaa ay u badan tahay in ay heleen xoogaa baxnaanin iyo tilmaan ah oo ku saabsan sida dharka loo xirto.

Aaladaha Gacansiinta ee Dharxirashada

Waxaa jira qalab badan oo caawimaad leh kuwaas oo qofka ka caawin kara in uu si madax-bannaan u lebbistey. Shaqadaadu waxay noqon kartaa in macmiilka laga caawiyo isticmaalka qalabkan si uu u lebbisto.

- Xirayaasha (velcro) beddelkii guluusyada ama xargaha kabaha
- Xargaha lagu jiido siibka oo ku dheggan birta siibka si ay macmiilka u siiyaan awood dheeraad ah oo uu ku xirayo ama ku furayo siibka (birta waraaqaha la iskula qabto oo weyn ayaa sidoo kale la adeegsan karaa)
- Qalabka kabaha lagu gashto oo dheer ayaa u oggolaanaya macmiilka in uu gabahiisa gaaro isaga/iyada oo aanan foorarsan

Noocyada Dharka

Noocyada dharka qaarkood ayaa sidoo kale macmiilka u fududeyn kara in uu dharxirto.

- Surwaal iyo goonno la jiido
- Agab hore ka xirma oo ay ku jiraan naasa-reeb, canbuurro, shaatiyo, iyo surwaalo xagga hore ka xirma
- Dhar laga sameeyay maro kala-baxda, sida kuwa si debecsan loo toley
- Xirayaasha velcro iy guluuso fidsan, waaweyn oo fudud in la xiro oo la furo

Doorashada Dharka ee Macmiilka

Doorashada dharka waa bayaan shakhsiyeed oo aad ah. Macaamiisha waxay u baahan yihiin in ay doortaan waxa ay doonayaan in ay xirtaan.

Waxaa laga yaabaa in aysan noqon waxa aad dooraneyso, laakiinse haddi dharku uu yahay mid ku habboon yahay cimilo-gooreedda, nadiif ah, oo si wanaagsan u hagaagsan, ha faragelinin dookha macmiilka. Haddii macmiilka uusan geli karin armaajada ama khaanadaha si uu u doorto dharka maalintaas, tusi dhowr kala doorasho oo kala duwan kuna dhiirrigeli macmiilka in uu doorto.

Dharka macmiilka waxaa loo baahan yahay in uu si habboon ula ekaado. Dharka aadka u debecsan ama u giigsan waxay calaamad u noqon karaan isbeddelka xaaladda macmiilka ama dhibaato ammaan oo waa in loo sheegaa qofka ku habboon ee joogta goobtaada daryeelka.



Xirfad: Macmiilka U Xir Sharabaad Dhaadheer oo u Gaaraya Jilibka

Eeg Macmiilka U Xir Sharabaad Dhaadheer, Laastiko leh oo u Gaaraya Jilibka ee ku yaalla bogga 425aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Macaamiisha wareegga dhiigooda cagaha uu liito ama cagaha ka bararsan iyadoo sabab u ah dareere ku jira nudaha (barar) waxay xiran karaan sharabaad dhaadeer oo laastiko leh. Kuwani waxaa caadi ahaan dalba dhakhtarka macmiilka, waxayna u baahan yihiin tixgelin gaar ah marka la dhaqayo ama la qalajinayo si aysan u kala-bixin.

Marka aad hawshan ka caawineyso, husbo in aad ka eegto isbeddelo kasta ee ku yimaada midabka maqaarka, heerkulka, barar, ama meelo furan oo ku yaalla lugaha. Diiwaangeli oo soo sheeg isbeddellada ama xaaladaha maqaarka ee aan caadiga ahayn.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo xirashada sharabaad dhaadheer oo laatik leh.

- Ku dhiirrigeli macmiilka in uu kuu oggolaado in aad ka caawiso xirashada sharabaadyada laastikada leh in ay noqoto waxa ugu horreeya ee subaxii, ka hor inta bararka cagaha uusan ka sii darin.
- Ku dhiirrigeli macmiilka in uu kuu oggolaado in aad sharabaadyada u xirto iyaga oo sariirta jiifa.
- Hubso in ciribta sharabaada in ay ku aadisan tahay meesha saxda ah.
- Hubso in aad sharabaadyada ka eegto laablaab ka-dib marka macmiilka loo xiro dharkiisa. Laalaabyada sharabaadyada waxay keeni karaan dhaawac cadaadis waxayna qofka u horseedi karaan caafimaad-darrada maqaarka.





Xirfad: Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn

Eeg Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn iyo Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka ee Aan Firfircooneyn ee Hal Jilib iyo Canqow ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogagga 425aad iyo 426aad si aad u hesho tallaabooyinka gaarka ah ee xirfadahan.

Jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka waxay ka caawinayaan in kala-goysyada macmiilka ay noqdaan kuwo debecsan oo xooggan, yareynta qallafsanaanta, iyo/ama kordhinta dhaqdhaqaaqa kala duwan ee qaybaha Jirka ee goob gaar ah. Marka macaamiisha aannu awoodin in ay jirkooda si madax-bannaan u dhaqaajiyaan, waxay u baahan doonnaan in laga caawiyo jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha Jirka ee aan firfircooneyn.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo dhaqdhaqaaqa kala duwan ee qaybaha Jirka ee aan firfircooneyn.

- Ku dhiirrigeli macmiilka in uu nasto inta lagu guda jiro jimicsiyada.
- Jimicsi kasta u samee si tartiib ah oo joogto ah. Ha bilaabin oo ha joojinin heerka- dhexe.
- Haddii muruqa uu gaar ahaan u muuqdo mid debecsan, si tartiib ah u soo jiid. Iskala-bixinta tartiibka ah, ee joogtada ah waxay dejin doontaa muruqa.
- U dhaqaaji kala-goysta si tartiib ah ilaa uu ka gaaro meel iska-caabbin leh.
- Jooji haddii aad ku aragto calaamado xanuun wejiga macmiilka ama macmiilka uu kuu sheego in uu xanuun dareemayo.
- Iyada oo ku xiran halka aad ka shaqeys, tababar dheeraad ah ayaa loo baahan karaa ka hor inta aan macmiilka laga caawin jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn oo dhammeystiran.

Cutubka 8aad

Casharka oo Kooban

Kaaliyayaasha Daryeelka Guriga waxay macaamiisha ka caawin karaan hawlo kala duwan ee taageero caafimadka jirka iyo maqaarka. Hawlahan waxay u baahan yihiin tababar-qaadasho iyo xirfad. Hawlaha nadaafadda, dhar-xirashada, iyo layliga dhaqdhaqaaqa jirka ee kala duwan dhammaan waa hawlo shakhsiyeed. Kaaliyayaasha Daryeelka Guriga waa in ay la hadlaam macaamiisha oo ay ula dhaqmaan si sharaf leh inta ay qabanayaan hawl kasta. Ilaalinta asturnaanta macmiilka iyo ula dhaqmidda si xushmad leh waxay aasaasi u tahay bixinta daryeel tayo leh.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Maxay fikrad wanaagsan u taahy in la qabto nadaafadda afka quraacda ka hor?

2. Sidee meel loo dhigayaa ilkaha gacan ku sameyska ah?

3. Maxay muhiim u tahay in aanan looshan la marin inta u dhaxeysa faraha lugaha ka-dib bixinta daryeelka cagta?

4. Intee jeer ayay tahay in aad biyaha bedesho xilliga qubeyska sarriirta? (Hadal-dhac: eeg Liist-hubineedda Xirfadaha ee ku yaalla bogagga 426-427)

5. Kumaa go'aaminaya waxa uu macmiilka xiranayo?

6. Sharabaadyada laastiiga leh ma keeni karaan dhaawacyada cadaadiska?

7. Muxuu faa'iido u leeyihiin jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan dirfircooneyn?

Dib-u-eegista Cutubka

1. Fuuq-baxa waa waxa ugu badan ee keena dhaawacyada cadaadiska.

   ❑ Run ❑ Been

2. Si aad qaab sax ah macmiilka ugugu fadhiisiso sariirta, dooro boos si siman ug faafinaya miisaanka iyo cadaadiska.

   ❑ Run ❑ Been

3. Macaamiisha halista-sare ugu jira dhaawacyada cadaadiska waxaa ka mid ah dadka:
   - Sigaar cabba.
   - Aan kaadida ceshan karin.
   c. Qaba xasaasiyadaha cuntada.

4. Si aad gacan uga geysato ilaalinta caafimaadka maqaarka ee macmiilka, ku dhiirrigeli:
   a. In ay isticmaalaan xafaayadaha hoose ee qoyaanka ku haya maqaarka.
   b. In uu cuno cunto si fiican isugu dheellitiran iyo in uu cabbo dareereyaal badan.
   c. In uu si maalinle ah u qubeysto isaga oo adeegsanaya biyo kulul oo badan.

5. Sharabaadyada laastiiga leh ee laalaaban waxay keeni karaan dhaawacyada cadaadiska.

   ❑ Run ❑ Been

6. Waqti kasta ee aad guduudasho ku aragto maqaarka macmiilka, gaar ahaan bar cadaadis:
   a. Goobta si degdeg ah cadaadiska ugu qaad.
   a. Si degdeg ah u kordhi cadaadiska goobta fuula.
   c. Waxba ha sameynin - laakiinse si dhow uga feejignow dhowrka saacadood ee xiga.

7. Marka aad ka caawineyso jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn, si tartiib ah u dhaqaaji kala-goyska ilaa uu ka gaaro bar:
   a. Xanuun.
   b. Iska-caabbin.
   c. Raaxo.

8. Si aad ugu fidiso daryeel wanaagsan ilkaha gacan ku sameyska ah ee macmiilka, had iyo jeer ku qoy
   a. Warankiilo.
   b. Biyo kulul.
   c. Biyo qabow.

9. Marka aad macmiilka ka caawineyso qubeyska sariirta, beddel biyaha 2 daqiiqo kasta.

   ❑ Run ❑ Been

1. Been, 2. Run, 3. B, 4. B, 5. Run, 6. A, 7. B, 8. C, 9. Been.

Xaaladda La Hal-abuurey ee Cutubka

Casharka 1aad

Mudane Bernard waa macmiil 44-sano-jir ah oo istaroog ku dhacey (CVA) lix bilood ka hor. Natiijooyinkii ka soo baxey istaroogga waxay Mudane Bernard ku dhaafeen niyadjab. Waxaa uu ka tabar-daran yaahy dhinaca bidix wuxuunna caawimaad ugu baahan yahay hawlo daryeel badan oo ay ku jiraan in uu naf-ahaatiisa isku meeleeyo boos sariirta ah ama iska beddelo booska. Tan iyo subaxan, mudane Bernard wuxuu diidey in uu sariirta ka soo kaco wuxuunna isku hal meel fadhiyey dhowr saacadood.

Cilmi-baaris:	Xallinta Dhibaatada	Muuji
Dib-u-eeg macluumaadka ku saabsan istaroogga (CVA) ee ku yaalla bogga 381aad, niyadjabka ee ku yaalla bogga 365aad. Dib-u-eeg macluumaadka ku saabsan dhaawacyada Cadaadiska ee ku yaalla bogga 157aad iyo beddelidda boosta macmiilka ee bogga 159aad.	1. Aqoonso dhibaatada (dhibaatooyinka) daryeelaha loo baahan yahay in uu wax uga qabto xaaladdan. 2. Qaado hal dhibaato ka-dibna maskax-shiil ku samee siyaabaha loo xallinayo. Xal dooro. 3. Sidee ayay tani u saameysaa sida uu daryeelka u bixiyo daryeelaha?	Hal koox ayaa fasalka u soo bandhigi doonna boos beddelka sariirtiisa loogu sameynayo mudane Bernard, iyadoo la xaqiijinayo in laga fogaado cadaadiska fuula goobata halista ugu jira caafimaad-darrada maqaarka.

Casharka 2aad

Mx. Stevens waa macmiil 78 sano jir ah oo la nool cudurka sonkorowga. Maanta markii ay ka caawinayeen daryeelka cagta, waxaad aragtey laba nabar oo cusub oo cagahooda ka soo baxay. Waxay ku weyddiisteen in aad nadiifiso ciddiyaha faraha lugahood iyo in aad nadiifiso oo aadna faashad ku xirto nabarada. Waxay kuu sheegeen in aadan ka welwelin nabarrada, oo ay yihiin qayb ka mid ah sonkorowga.

Cilmi-baaris:	Xallinta Dhibaatada	Muuji
Dib-u-eeg qaybta cudurka sonkorowga ee Xaaladaha iyo Cudurrada Guud ee ku yaalla bogga 368aad.	1. Aqoonso dhibaatada (dhibaatooyinka) daryeelayaasha loo baahan yahay in ay wax uga qabtaan xaaladdan. 2. Qaado hal dhibaato ka-dibna maskax-shiil ku samee siyaabaha loo xallinayo. Xal dooro. 3. Sidee ayay tani u saameysaa sida uu daryeelka u bixiyo daryeelaha?	Hal koox ayaa fasalka u soo bandhigeysa daryeelka cagta.

Qoraallo:



Cutubka 9aad: Maamulidda Cunnada iyo Nafaqada

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay qorsheyn doonaan oo ay diyaarin doonnaan cuntada iyaga oo adeegsanaya aqoonta aasaasiga ah ee nafaqada, fuuq-celinta, kuddaridda xayiraad cunto kasta ama wax-ka-beddelka, iyo ka hortagga jirrada cuntada ka dhalata iyada oo cuntada loo maamulaya loona diyaarinaya hab ammaan ah.

Casharka 1-aad: Nafaqada

Casharka 2aad: Maamulidda Ammaanka ah ee Cuntada

Casharka 1aad
Nafaqo

Ujeeddooyinka

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Raaco tilmaamaha nafaqada iyo fuuqcelinta wanaagsan si uu u qorsheeyo, soo iibiyo, oo u diyaariyo raashiinka macmiilka;
2. Kuddaro cunto kasta oo loo baahan yahay iyo xannibaadaha sida ku cad qorshaha daryeelka iyo dookhyada macmiilka;
3. Aqoonsado oo uu soo sheego marka doorashooyinka cuntada ee macmiilka ay ka duwanaan karaan tilmaamaha ku xusan qorshaha adeegga;
4. Muujiyo dhammaan tallaabooyinka muhiimka ah, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si qofka goobta deggan loogu caawiyo in uu si ammaan ah cuntada u cuno;
5. Aqoonsado wax-ka-bedelka cuntada ee loogu baahan yahay xaaladaha caafimaad qaarkood oo ay ku jiraan cunto liqidda oo qofka ku adkaata; iyo
6. Aqoonsado oo uu ka soo warbixiyo astaamaha caamka ah ee nafaqada liidata iyo fuuqbaxa.

Ereyada Muhiimka ah

Xasaasiyad: dareenka sareeya iyo falnaqa laga bixiyo maadooyinka qaar (t.a. cuntooyinka qaar, faxal, qaniinjada shinnida).

Kaalari: cabbirka tamarta jirkeennu uu ka helo cuntada aan cunno.

Fuuqbax: jirka oo aanan helin dareere ku filan. Tani waxay keeni kartaa xaalado caafimaad oo aad u daran iyo sidoo kale jahwareer.

Cunto liqidda adkaata: adkaashaha wax liqidda.

Qaababka cunto cunista: cuntooyinka aan cunno, xaddiga aan cunno iyo inta jeer ee aan cunno.

Nafaqa-xumo: xaalad ka dhalata la'aanta nafaqa kugu filan oo uu helo jirka. Waxaa keenna in aanan la cunin wax kugu filan, ama in aanan la cunin cuntooyin nafaqo leh.

Nafaqooyin: maaddo ay dhirta ama xayawaannada u baahan yihiin si ay u noolaadaan una koraan.

Nafaqo: hanaanka jirka ee qaadashada iyo isticmaalka cuntada

Cunto la farsameeyay: cunto kasta ee la diyaariyey ama la beddelay ka hor inta aanan la iibin sida rootiga, suugada gasaceysan, raashiinka barafeysan, jibsi baradho laga sameeyay, hilib digaag karsan, iwm. waxaa ka mid ah cuntooyinka sida dhaqsaha ah loo diyaariyo.

Guudmarka

Cunista caafimaadqabka leh waxay muhiim u tahay caafimaadka wanaagsan ee dhammaan marxaladaha nolosha. Nafaqada cuntada caafimaadqabka leh waxay kordhineysaa tamarta, hagaajineysaa jirka, ka hortageysaa cudurrada, waxayna gacan ka geysaneysaa maareynta miisaanka jirka. Nafaqada wanaagsan waxay gaar ahaan muhiim u tahay dheereynta madax-banaanida, maareynta xaaladaha daba-dheeraada, iyo ka hortagga dhaawaca.

Dhammaan Kaaliyayaahsa Daryeelka Guriga waa in ay fahmaan nafaqada aasaasiga ah waanna in ay awoodaan in ay macaamiisha ka caawiyaan in si ammaan ah wax u cunaan. Doorkaaga ee nafaqada macmiilka wuxuu ku xirnaan doonaan halka aad ka shaqeyso iyo heerka kaalmada ay u baahan yihiin.

Nafaqaxumada, fuuqbaxa, iyo khaladaadka cuntada waxay keeni karaan dhaawac ama dhimasho. Waa in aad oggaataa baahiyada iyo dookhyada gaarka ah ee macmiilkaaga oo aadna raacdaa qorshahooda adeegga ee gaarka ah. Marka aad ka taageerto qaabka cunista caafimaadka iyo ammaanka ah waxaad ka caawin kartaa macmiilka joogteynta caafimaadka wanaagsan.

Ka sokow caafimaadka wanaagsan, maxay cuntada muhiim ugu tahay noloshaada?



Cunista Caafimaadqabka leh

Cunista caafimaadqabka leh waxay muhiim u tahay caafimaadka wanaagsan. Nafaqada cuntada caafimaadqabka leh waxay:

- kordhin kartaa caafimaadka guud iyo tamarta - dheereynta madax-banaanida;
- ka hortagi kartaa oo ay xakameyn kartaa cudurrada qaarkood (t.a. sonkorowga, lafa-beelka, cudurka wadnaha, cadaadiska dhiigga oo sarreeya, kansarka, suuska ilkaha);
- yareyn kartaa jabka lafaha;
- dhiirrigelin kartaa hoos ud haca miisaanka jirka ama joogteynta miisaan caafimaadqab leh.

Doorashada cuntooyin caafimaadqab leh oo kala duwan oo saamigal isku-dheellitiran ah ayaa bixiya nafaqada iyo fuuqcelinta uu jirku u baahan yahay. Marka aan isku dheellitirno waxa aan cunno iyo waxqabadka maalinlaha ah, waxaan sii wanaajin karnaa oo aan joogteyn karnaa caafimaad wanaagsan.

Maxay kuuga dhigan tahay cunista Caafimaadqabka leh?

Qaababka Cunista Caafimaadqabka leh

Ma jirto cunto ku habboon in loo adeegsado xaaladaha oo dhan oo shaqsi kasta (ama ay tahay) uu raaci karo. Jirka qof kasta waa mid gaar ah, oo qaababka cunista ayaa sii kobca bilowga ilaa dhammaadka nolosha qofka. Qoyska, dhaqanka, fursadaha bulshada iyo dhaqaalaha, iyo helidda ikhtiyaarada cuntada ayaa dhammaan saameeya doorashooyinka qofka.

Qorshaha adeegga macmiilka wuxuu yeellan doonaa tilmaamo faahfaahsan oo ku saabsan caadooyinka cunista, waxyaabaha uu jecel yahay iyo kuwa oo neceb yahay, baahiyada nafaqo iyo wax-ka-bedelka cuntada. Kaaliya Daryeel Guri ahaan, waa in aad sidoo kale macmiilkaaga u barato qof ahaan. Ogow waxa uu macmiilkaagu jecel yahay iyo waxa uu awoodo in uu cuno. Ka qaybgeli qorsheynta iyo diyaarinta raashiinka intii suuragal ah, oo sii doorashooyin.

Waa maxay cuntooyinka gaar ahaan muhiim kuu ah? Maxay tahay sababta?

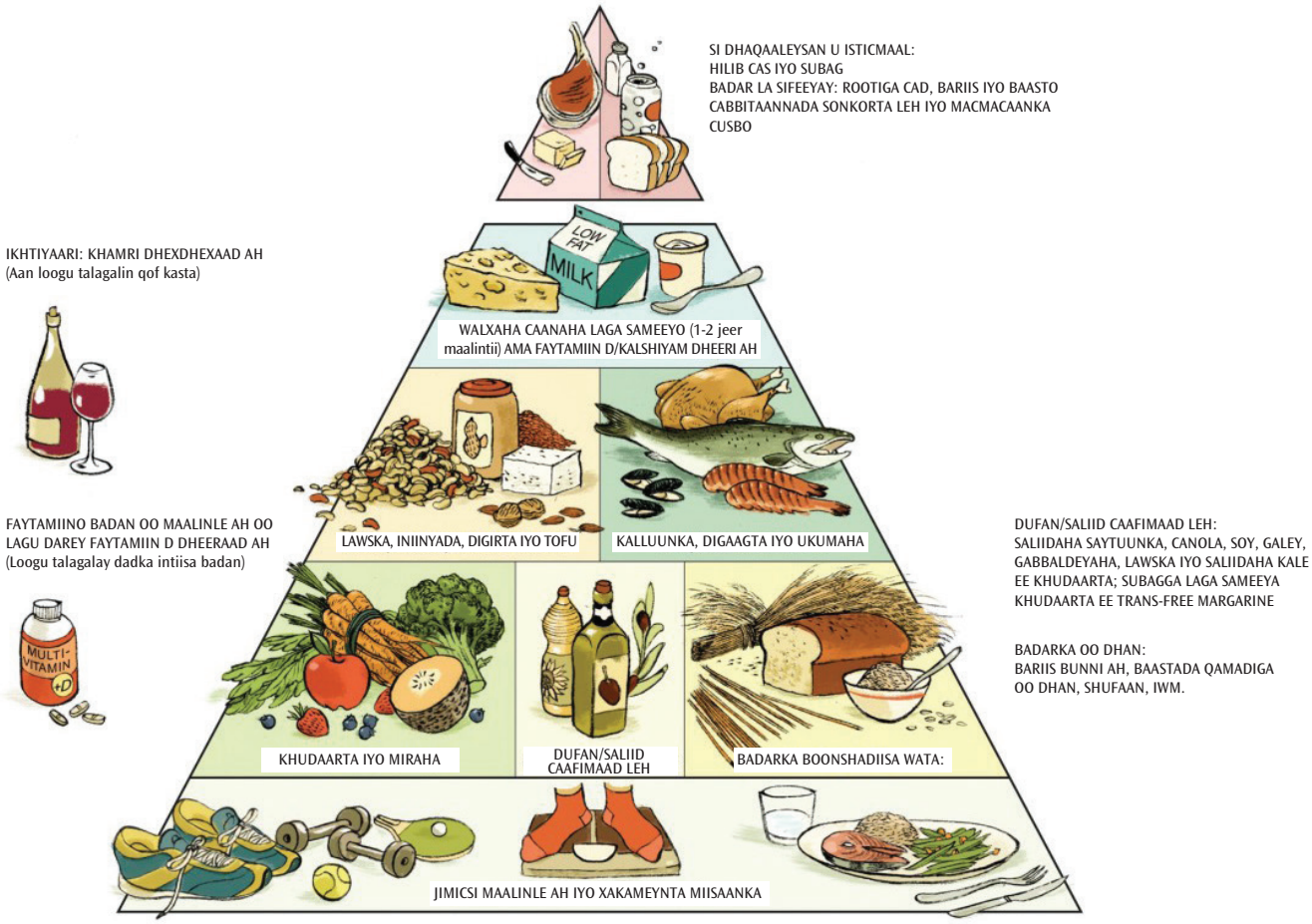


Kala Duwanaansho

Cuntada caafimaadqabka leh waxay inta badan ka kooban tahay khudaar, miro, iyo badarka dhan iyo dufanka iyo borotiinka qaar ee caafimaadka leh.

HARAMKA CUNISTA CAAFIMAADQABKA LEH

Waaxda Nafaqada, Dugsiga Caafimaadka Dadweynaha ee Harvard



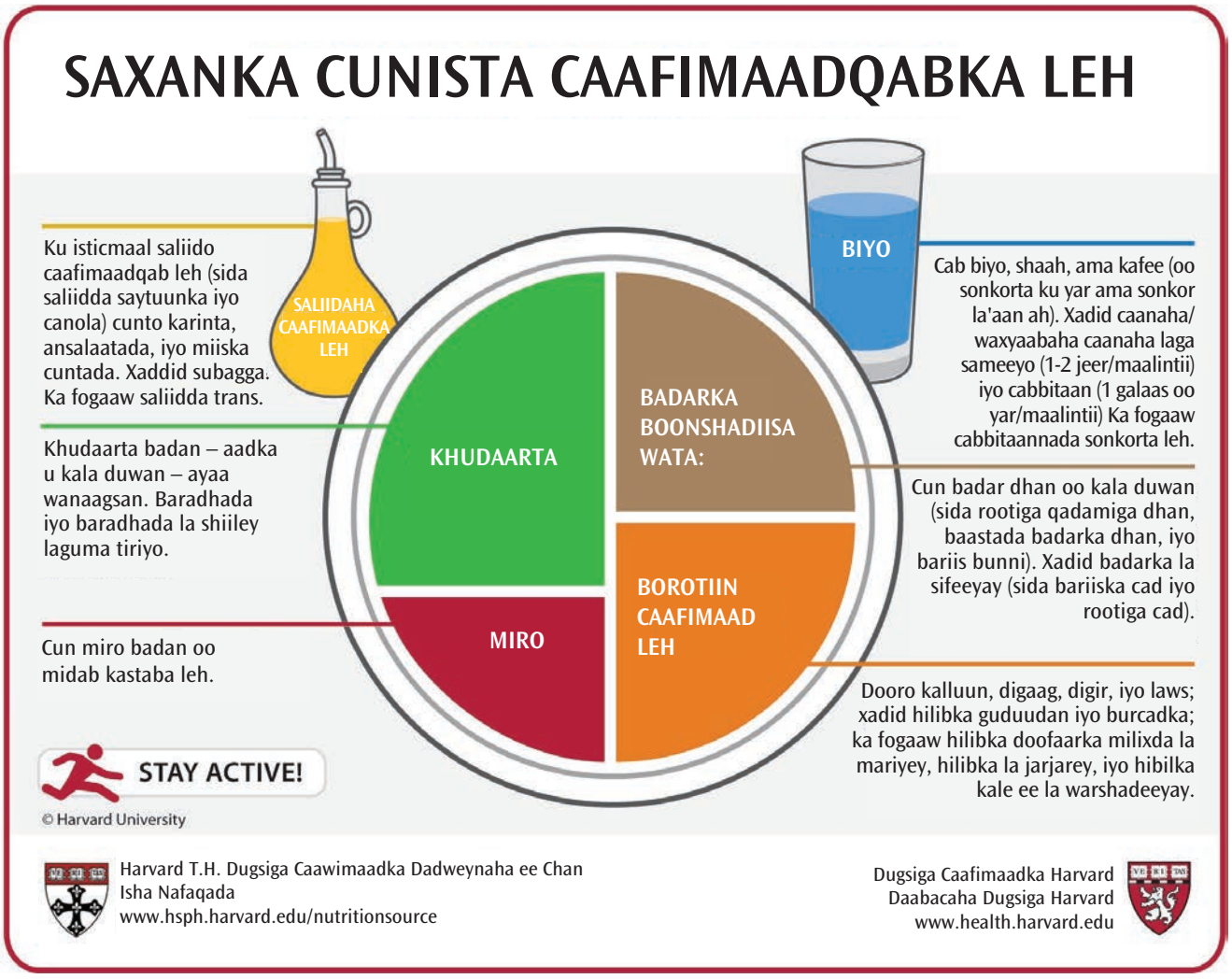
Dad badan oo reer Mareykan ah ayaa aqoon u leh "haramka cuntada," kaas oo muujinaya tusaalooyinka cuntooyinka koox cunto kasta. Lakab kasta oo haramka ah ayaa sidoo kale inna tusinaya inta aan ka cuneyno koox cunto kasta. Haramkan cuntada, heerarka caafimaadqabka leh ee waxqabadka ayaa lagu muujiyey aasaaska cunista caafimaadqabka leh.

Waxaad uga fikir kartaa "Haramka Cunista Caafimaadka leh" sida nooc ka mid ah liiska cuntada. Waxyaabaha, sida khudaarta, miraha, badarka dhan, borotiinta caafimaadka leh, iyo caano yar haddii la rabo waa in ay ku jiraan gaarigaaga dumeysiga toddobaad kasta. Cuntooyinka ku jira halka sare ee haramka, sida hilibka guduudan iyo bariiska cad, waa in ay ka koobnaadaan qaybta ugu yar ee cuntadaada.

Maxaad caadi ahaan cuntaa toddobaadkii? Ma jiraan kooxo cunto ah oo aad jeclaan lahayd in aad wax badan ka cunto? Waxyar ka cunto? Samee liiska cuntooyinka aad jeceshahay koox cunto kasta.

Qaddarka

"Saxanka Cunista Caafimaadka leh" wuxuu muujinayaa saamiyada cuntada ee raashiinka isku-dheellitiran, ee caafimaadka leh.



Beddelkii aad u arki lahayd doorashooyinka cuntada ee qofka kuwo xun ama fiican, waxaa caawimaad leh in la arko sawirka guud ee qaadashada cuntada ee qofka. Tusaale ahaan, cunista gabal doorsho ah toddobaadkiiba mar, iyada oo inta kale ee cuntada la cuno ay ka yimaadaan miraha, khudaarta, badarka dhan, iyo borotiinta cufan waa qorshe cunis guud ahaan heersare ah.

Marka aad cuntooyinka qorsheynayso, u tixgeli saxanka sida kor ku sawiran. Abuurista cunto isku dheellitiran waxay ka bilaabaneysaa in kala-barkeed lagu buuxiyo miro iyo khudaad, iyo nuska kale laga buuxiyo borotiin caafimaad leh iyo badar dhan.

Eeg liiskaaga ee cuntooyinka aad jeceshahay ee ku jira Haramka Cunista Caafimaadka leh oo qorshee raashiin caafimaadqab leh oo ku saleysan Saxanka Cunista Caafimaadka leh ee kor ku xusan.

Tilmaamaha Nafaqada Wanaagsan

Tilmaamaha nafaqada wanaagsan wuxuu guud ahaan sharxayaa, sida uu u egyahay qaababka cunista caafimaadqabka leh. Si ay u heshaan cunto caafimaad leh, dadka intiisa badan waa in ay cabbaan biyo badan oo ayna cunaan cuntooyin:

1. **ku yar** dufanka fashaqsan iyo nooca trans;
2. **ku yar** soodhiyam;
3. **ku yar** sonkorta; iyo
4. **ku badan** cuntada faybarka ama liilta.

Cuntooyinka baakadeysan ee la warshadeeyay, sida cuntada fudud, saloolka mashiinka lagu kariyey, nacnaca, buskudka burbura, iyo baradhada jibsiga ma raacaan tilmaamahan. Cuntooyinka noocyadan ah waxaa ku baran dufanka, soodhiyaamta, iyo sonkorta, iyo la'aanta faybarka iyo nafaqooyinka kale ee muhiimka ah.



Dufanka

Dufanka waa nafaqo muhiim ah oo jirka tamar siisa. Wuxuu jirka ka caawinayaa in uu nuugo faytamiinnada iyo in uu taageero shaqooyinka jirka ee muhiimka ah sida maskaxda iyo hab-dhiska difaaca jirka. Dufanka ayaa sidoo kale lagama maarmaan u ah timaha iyo maqaarka caafimaadka qaba.

Waxaa jira dufan dhowr ah oo ku jirta cuntooyinka aan cunno, qaarna waxay ka caafimaad badan yihiin kuwa kale. Raashiinka ay ku badan yihiin dufannada aan caafimaadka lahayn waxay horseedi karaan kolostaroolka heerarka sarreeya ee LDL (xun) leh iyo cudurka wadnaha.

Dufannada Caafimaadka Leh

Dufannada aan fashaqa ahayn ((labadaba polyunsaturated iyo monounsaturated) kor uma qaadaan kolostaroolka dhiigga. Dufannadan caadi ahaan waa saliidaha dhirta ee dareere ah marka ay ku sugan yihiin heerkulka caadiga ah. Tusaalooyinka waxaa ka mid ah saliidda saytuunka, saliida ofakaadhaha, iyo saliid macsaradaha.

Cuntada caafimaadka leh waxaa ku jira cuntooyin badan oo ay ku jiraan dufannada aan fashaqa ahayn.

- Subagga loowska Almond
- Afokaadho
- Kalluunka sida salmon iyo tuna
- Loowsaska sida almonds, pecans, cashews, iyo walnuts
- Saytuun
- Iniinyada sida bocorka, gabbaldeyada, sisinta, iyo jiyaa



Dufannada Aan Caafimaadka Lahayn

Dufannada fashaqa ah waa kuwo aan caafimaad lahayn sababta oo ah waxay kordhin karaan halisaha cudurrada wadnaha, sonkorowga, kansarka, cayilka. Dufannada noocaan ah waa kuwo adag marka ay ku sugan yihiin heerkulka caadiga ah.
Cun cuntooyin yar oo ay ku jiraan dufanka fashaqda ah.

- Subag
- Farmaajo/Burcad
- Dufanka digaagga
- Maqaarka digaaga
- Saliidda qumbaha
- Kareem
- Jalaato
- Hilib
- Caano
- Saliid Timareed

Dufannada aan fashaqa ahayn ee dhirta waxayeello ayay leeyihiin sababta oo ah waxay kor u qaadaan kolostaroolka LDL (xun) waxayna hoos u dhigaan kolostaroolka HDL (wanaagsan). Maamulka Cunnada iyo Daawooyinka wuxuu Mareykanka ka mamnuucey dufannada gacan ku sameyska ah sannadkii 2018. Haseyeeshee, cuntooyinka qaarkood waxaa weli ku jiri karta qaddar yar oo ah dufan aan caafimaad lahayn ah oo sabab u warshadeynta cuntada. Waxaa intaa dheer, dufanka aan caafimaadka lahayn in weli laga heli karo cuntooyinka la warshadeeyaya ee aan soo iibsaney ka hor inta mamnuucidd aysan dhaqangelin. Eeg sumadda nafaqada ee ku dheggan cuntooyinka ee weli ku jiri kara dufannada aan caafimaadka lahayn.

- Nacnacyada dhuudhuuban
- Jibs
- Kareemka kafeyga
- Buskudka jajaba
- Khudaarta shiidan (sida Crisco)
- Baradho la shiilo
- Biisa barafeysan
- Saloolka lagu kariyo mashiinka
- Waxyaabaha cajiinka laga sameeyay ee la qaboojiyey
- Subagga dhirta dhuudhuuban qaarkood

Cuntooyinka fudud ee la shiilay qaarkood ayaa waxaa sidoo kale ku jiri kara heerar sare oo ah dufanka aan caafimaadka u fiinayn iyada oo sabab u ah heerkullada sareeye kariska ee xilliga shiilidda.

- Digaag la shiiley
- Kalluun la subageeyay
- Burka dhexda-daloola
- Baradho la shiilo
- Mozzarella dhuudhuuban

Talooyin Lagu Yareynayo Dufannada Aan Caafimaadka Lahayn

- Si taxaddar leh u akhri summadaha nafaqada si aad u aragto haddii dufannada fashaqsan (saturated ama trans) ay ku jiraan liiska summadda ku qoran.
- Ka raadi ereyada “partially hydrogenated” si aad dufanka aan caafimaadka lahayn ee trans uga hesho liiska waxyaabaha la iskudarey.
- Dooro hilib cad ama digaag aan maqaar lahay ka-dibna ka jar dhammaan dufanka ka muuqda ka hor inta aadan karin.
- Isticmaal hababka dufanka yar wax lagu kariyo sida solidda, dubidda, uumi ku karinta, shiilidda, solid qallalan, ama ku karin biyo iyo dareere aad u yar.
- Ka qaad dufan xagga sare ee fuudka, maraqa iyo suugada.
- Ku kari dufannada aan fashaqa ahayn sida saliidda saytuunka.
- Xaddid maqara iyo suugada kareemka ku saleysan.

XAQIIQOOYINKA NAFAQADA

Kaalariyada cuntada mar qof loo guro	280
Inta mar ee la bixin karo xirmo kasta	1

Qaddarka/Mar-bixinta	**% Qiimaha Maalintii**
Wadarta Dufanka 14 g	22%
Dufan Fashaq ah 5 g	25%
Kolostarool 5 mg	2%
Sodhiyam 140 mg	6%
Wadarka Kaarbohaydarayt 35 g	12%
Faybarka Cuntada 1 g	4%
Sonkorta 33 g	
Borotiin 4 g	
Kaalshiyam	4%

WAXYAABAHA AY KA KOOBAN TAHAY
Shukulaato Caano, Loows, Malabeeko Galley, Sonkor, Caano Labeenta Laga Qaadey, Subag, Saliidda Digirta Soya oo Qayb Ahaan Haydarajiin Lagu Daren (Partially Hydrogenated), Dhadhan Macmal ah.

Raadi dufannada aan caafimaadka lahayn ee ku jira sumadda nafaqada ee kor ku xusan. Hadal-dhaca: Ka raadi dufannada fashaqa ah iyo dufannada trans.

Soodhiyam

Soodhiyam (macdan milixda ku jirta) waxay gacan ka geysataa joogteynya isku dheellitirnaanta biyaha jirka, cadaadiska dhiigga, waxayna ka hortageysaa fuuq-bax. Soodhiyamta aadka u badan waxay keeni karaa caddaadiska dhiigga oo sarreeya (dhiig kar) iyo cudurka wadnaha.

Dad badan waxay cunaan soodhiyam aad u badan. Xitaa haddii cusbo lagu darin marka wax la karinayo ama aysan miiska oolin, macmiilka wuxuu weli helayaa soodhiyam badan oo ku jirta cuntadiisa ama isaga oo cunata cuntooyinka la warshadeeyay iyo/ama horey loo soo baakadeeyay.

Tilmaamaha Soodhiyamta

Tilmaamaha Cuntada ee Dadka Mareykanka ayaa ku taliya in dadka waaweyn ee caafimaadka qaba in ay qaataan in ka badan 2,300 mg oo soodhiyam ah maalintii (1 qaado oo tan shaaha ah) Ururka Wadnaha ee Mareykanka ayaa kula teliyay xad wanaagsan oo aan ka badneyn 1,500 mg maalintii inta badan dadka waaweyn. Qaadashada soodhiyamta waxay ku yaraan kartaa macmiilka iyada oo ku xiran caafimaadkooda. Macaamiisha qabta wadne istaag cabbudhideed ama caddaadiska dhiigga oo sarreeya waxay u badan tahay in ay ku jiraan dadka qaata cuntada cusbada ku yar.

Talooyinka Lagu Yareynayo Soodhiyamta

- Raado oo isticmaal cuntooyinka la farsameeyay oo soodhiyam la'aan ah, ku yar tahay, ku hooseyso, laga yareeyay, soodhiyamtu khafiif tahay, ama aanan wax cusbo ah lagu darin.
- Isbarbardhig heerka cusbada ku jirta cuntooyinka la farsameeyay - xaddiga wuxuu si ballaaran ugu kala duwanaan karaan magacyada shirkadaha.
- Dooro Hilib iyo khudaar hadda la soo gurey, barafeysan, ama qasaceysan oo aan cusbo lagu darin.
- Marka aad cunto karineyso ku badi "bisbaaska iyo geedaha' beddelkii "cusbo". Cuntooyinka dhadhanka ku jira geedo-geedaha, bisbaaska, liinta, lime-ka, ama qalka.
- Iska ilaali cusbada ku jirta weelka la ruxruxo ama beddelka cusbo ku shubo dhir geedo-geedo ah.
- Xaddid raashiinka qasaceysan, karsan oo diyaar ah, ama baakadka ku jira sida baastada noodle-ka ama bariiska.
- Xaddid cuntooyinka aadka cusbada ugu badan sida hilib lo'aadka karsan, hilibka doonfaarka milixda leh, hilibka luncheon, khudaarta la dhanaaniyey, jibsi, buskudka burbura, burka dhexda duleela, ama hilibka la kaydiyey.

Weedhahan ka raadi warqadaha cuntada ku dheggan

Soodhiyam-la'aan ama cusbo-la'aan	Cuntada mar-bixiska ah ee badeecadan waxaa ku jirta in ka yar 5 mg oo soodhiyam ah.
Soodhiyam aad u yar	Cuntada mar-bixiska ah waxaa ku jirta 35 mg oo soodhiyam ah ama ka yar.
Soodhiyam hooseysa	Cuntada mar-bixiska ah waxaa ku jirta 140 mg oo soodhiyam ah ama ka yar.

Oraahyada qaar dadka ayay marin-habaabin karaan!

Soodhiyam la dhimey ama yar	Badeecada waxaa ku jira ugu yaraan soodhiyam 25% ka yar nooca caadiga ah.
Soodhiyam khafiif ah	Soodhiyamta ku jirta waxaa laga yareeyay ugu yaraan 50% marka loo eego nooca caadiga ah.
Cusbo la'aan ama cusbo ma lagu darin	Wax cusbo ah laguma darin intii lagu guda jiru farsameynta cuntada ee caadi ahaan ay ku jirto cusbo. Haseyeeshee, cuntooyinka qaarkood ee sumadahan leh waxaa weli ku badnaan kara soodhiyam sababta oo ah qaar ka mid ah waxyaabaha ku jira waxaa ku badnaan karta soodhiyam.



Sonkor

Sonkortu waa kaarbohaydarayt dabiici ahaan looga helo miraha, caanaha, iyo khudaarta. Kaarbohaydaraytyada kale waxaa laga helaa badeecooyinka badarka sida rootiga iyo baastada. Cuntooyinka la farsameeyay badankooda ayaa sidoo kale waxaa ku jirta sonkor lagu darey.

Jirka ayaa sonkor iyo kaarbohaydarayt-ka kale u adeegsada tamarta. Sonkorta badan waxay keeni kartaa sonkorow, cayil, suuska ilkaha, iyo cudurka wadnaha. Dadka reer mareykan badankooda waxay cunaan sonkor badan oo cuntooyinka lagu darey, cayilka iyo sonkorowga waa cudurro safmar ah oo maanta Mareykanka ka jira.

Tilmaamaha Sonkorta Lagu Darey

Intii suuragal ah ka fogaaw ama yaree sonkorta lagu darey. Tilmaamaha Cuntada ee Dadka Mareykanka ayaa ku taliya in dadka Mareykanka badankooda ay cunaan wax ka yar 50 garaam (ku dhowaad saddex qaadada miiska ah) oo ah sonkorta lagu darey maalintii.

Talooyinka Lagu Yareynayo Sonkorta

Ka fogaaw ama si adag u xaddid cuntooyinka sonkorta lagu darey. Cuntooyinka ugu badan ee leh sonkorta lagu darey waxaa ka mid ah.

- Kafeega la macaaneeyay
- Soodhada
- Cabbitaannada tamarta
- Cabbitaannada casiirka miraha
- Nacnacyada dhuudhuuban
- Buskudyada
- Macmacaannada jilicsan
- Nacnacyada
- Doorshooyinka ama macmacaanada kale ama waxyaabaha sonkorta lagu dhayo

Waxyaabahan ku beddel doorashooyin caafimaadqab leh sida miraha dhan ama waxyaabaha miraha laga sameeyo oo aan lahayn sonkor lagu darey.



Ka raadi sonkorta lagu darey liiska waxyaabaha laga sameeyay cuntooyinka baakadeysan. Ka sokow ereyga "sonkor," ereyadan soo socda ee ku dul qoral sumadda nafaqada ee cuntada baakadeysan ayaa sidoo kale la macno ah sonkor.

- Guluukows
- Faraktaws
- Sukraws
- Malabeeko galley oo ku badan faraktows (HFCS)
- Cabbitaanka qasabka oo la uumi bixiyay
- Barley malt
- Malabeekada galleyda
- Dextrose

Si xikmad leh u dooro kaarbohaydaraytyada kale. Iskuday badarrada oo dhan (sida bariis bunni ah, bulgur, couscous, iyo quinoa) Ka beddelo badarka la sifeeyay oo u beddelo noocyada badarka dhan ee rootiga, heeda, baastada, iyo bariis.

Ka eeg Kuddaridda Cunnada Miro iyo Khudaar Badan gudaha Diiwaanka Kheyraadka ee bogga 345aad si aad u hesho macluumaad dheeraad ah.

Si aad u hesho macluumaad dheeraad ah oo ku saabsan sonkorowga, kaarbohaydarayt-ka, iyo cuntada, ka eeg Sonkorow gudaha Xaaladaha iyo Cudurrada Guud bogga 368aad.

Faybarka Cuntada La Xiriira

Faybarka cuntada la xiriira waa nooc kaabohaydarayt ah oo jirka ka hela kaalari badan ama uusan kaalari ka helin (tamar). Waxaa dabiici ahaan looga helaa digirta iyo digir cagaarta, mirada, loowska, iniinyada, iyo khudaarta. Faybarka cuntada la xiriira wuxuu hoos u dhigi karaa kolostaroolka LDL ee (xun) wuxuunna gacan ka geysan karaa xakameynta gulukowska dhiigga (sonkorta dhiigga). Wuxuu sidoo kale gacan ka geystaa in aad dareento dhereg, kordhinta inta jeer ee aad saxarootid, wuxuunna yareeyaa halista cudurka wadnaha.

Tilmaamaha Faybarka Cuntada La Xiriira

Dad badan oo reer Mareykan ah ma helaan faybarka cuntada la xiriira oo ku filan. Dadka reer Mareykan badankooda waa in ay helaan ku dhowaad 28 garaam oo faybar ah maalintii. Dadka intooda badan waxay heli karaan qaddarka lagu taliyey ee faybarka iyaga oo cunaya shan jeer miro iyo khudaar maalintii.

Macaamiisha waxay la eegi karaan dhakhtarkooda ka hor inta aysan kordhin ama yareyn qaadashada cuntada faybarka. Qaadashada faybarka waxaa loo baahan karaa in loo xaddido dadka waaweyn ee qaba dhibaatooyinka caafimaad qaarkood sida weynaan cudureed ee loo yaqaanno diverticulitis (bararka ama caabuqa ku dhaca mindhiciir weynaha) ama in loo kordhiyo macaamiisha calool-fadhiga ba'an leh.

Faybarka waa in si tartiib ah loogu kordhiyo cuntada. In si aad iyo aad ah loo kordhiyo faybarka waxay keeni kartaa dibiro iyo neef. Maadaama faybarku uu nuugo biyo, waxaa sidoo kale muhiim ah in la cabbo dareere badan marka la kordhinayo faybarka cuntada ama la qaadanayo faybar dheeraad ah.

Talooyinka Kordhinta Faybarka Cuntada La Xiriira

- Kuddar digir, digir cagaar iyo misir maraqa, fuudka, ansalaatada, iyo raashiinka bariiska ah. Digirka oo lagu beddelo hilibka waxay bixin doontaa qaadashada faybar iyo dufan yar.
- Dooro rooti laga sameeyay barad aan buunshabbaxsanayn iyo heed oo la socda "burka qamidaga aan buunshabbaxsanayn," "burka qamadiga makiinnada dhaqaxa ah lagu shiidey" ama " bur laga sameeyay qamadi boqolkiiba 100 aan buunshabbaxsanayn" sida waxyaabaha koowaad ee la isku darayo.
- Tijaabi badar kala duwan oo aan buunshabbaxsanayn sida couscous, barley, bulgur, quinoa, iyo kasha oo lagu darayo ansalaatooyinka, maraqyada, iyo casseroles si loo kordhiyo faybarka.
- Cun miraha sida tufaaxa, mooska, miraha loo yaqaano pears, berries, qaro, ama liin oranji. Maqaaraha iyo iniinyada miraha waxay kordhiyaan faybarka.
- Cun khudaarta sida karootada, bataatiga, madax-cagaarka, koostada, ama digirta cagaaran.
- Si aad u kordhiso faybarka ku jira khudaarta, cun khudaarta oo ceyriin ah ama iyada oo uumi lagu kordhiyey ilaa ay ka jilicdo oo maqaarkeeda ku dhaaf.
- Miro la qalajiyey kuddar heeda, doolshada, iyo rootiga degdegga ah si aad u kordhiso faybarka.

Weedhahan ka raadi warqadaha cuntada ku dheggan

Il Wanaagsan oo laga helo Faybar, Waxaa Ku Jira Faybar, Bixiyaa Faybar	2½ garaam ilaa in ka yar 5 garaam
Faybar Badan, Hodan ku ah Faybar, Il Faybar oo Heersare ah	5 garaam ama in ka badan

Cuntooyinka Hodanka Ku af Faybar

Cunto	Cabbirta Mar-bixinta	Liil/faaybar (Fiber)
Buunsho	1/3 koob	8.5 g
Heeda kale ee faybarka ku badan	1 koob	5 g
Baasto qamadi aan uunshabbaxsanayn laga sameeyay	1 koob	4 g
Galley sabuulkeeda wadata	1 dheg	6 g
Yaam la dubey	1	7 g
Karooto weyn	1	2 g
Moos	1	4 g
Faraawlaha (Strawberries)	1 koob	4 g
Tufaax maqaarkiisa wata	1	3 g
Digir la dubay	1 koob	8 g
Digir beebeeshee	1 koob	7 g
Maraqa digir falfaliir	1 koob	5 g
Baradho la dufey oo maqaar leh	1	3 g
Madax-cagaar	1 koob	4 g
Geed-khudaareed la qalajiyey	3 celcelis	10 g
Miraha pear	1 yar	4 g
Prunes	5	4 g

Biyo, Nafaqada la Iloobey

Jirka bani'aadamka wuxuu u baahan yahay biyo si uu u noolaado. Fuuq-baxa (la'aanta biyo ku filan jirkeenna) keliya qofka kama dhigo in uu xumaan dareemo, laakiinse wuxuu sidoo kale dad u horseedi karaa dhaawaca wadnaha, hawlgabka keliyaha, iyo dhimasho. Yaraanshaha biyaha ee 2% wuxuu keeni karaa daal, jahwareer, xusuus lumin gaaban, iyo isbeddelka dareenka sida kororka xanaaqa ama niyadjab. Fuuqbaxu wuxuu kordhin karaa halista caabuqa ku dhaca habdhiska kaadida (UTI), dhagax kelliyeed, kelida dhagaxa gal, iyo calool-fadhi.

Jirku wuxuu biyuhu u adeegsadaa in uu:

- cuntada shiido;
- wasakhda bixiyo;
- nafaqooyinka iyo ogsijiinta geeyo unug kasta ee jirka ka mid ah;
- jirku qaboojiyo;
- dhayo kala-goysyada iyo nudayaasha; iyo
- joogteeyo maqaar caafimaadqab leh.

Tilmaamaha Qaadashada Biyaha

Baahiyada biyaha ee dadka way kala duwan yihiin. Dadka caafimaadka qaba intooda badan waxay u baahan yihiin in u dhaxeysa 9 iyo 13 koob maalin kasta, iyadoo 1 koob le'eg yahay 8 wiyadood.

- Maadaama miraha iyo khudaarta ay intooda badan yihiin biyo, cunista ugu yaraan "shan maalintii" ayaa sidoo kale gacan ka geysaneysa fuuqcelinta. Ku dhowaan 20% ee wadarta biyo qaadashada qofka ee maalinlaha ah waxay ka yimaadaan cuntooyinka biyaha hodanka ku ah sida begelka, cagaarka caleemaha ah, qajaarka, barbarooniga, bocor, ansalaato, miro, iyo qaro.
- Kafeega iyo shaaha waxay wax ku biirrin karaan dareere qaadashada maalinlaha ah.
- Biyaha badan waxay raacin karaan macdanta iyo dheecaanada kale ee jirka ee korontada gudbiya ee uu jirkaaga u baahan yahay tanina waxay dad ku yeellan kartaa saameyn xun.

Macaamiisha qaarkood waxaa laga yaabaa in ay qaataan cunto dareere xaddidan leh kuwaas oo xaddidaya biyaha ay maalintii qaataan iyo sidoo kale cuntooyinka ay biyaha badan ku jiraan.



Cabbista Biyo Badan

Inta badan dadka waaweyn ee Mareykanka ma cabbaan biyo ku filan, dadka waaweyna waxay u badan tahay in ay cabbaan biyo ka yar inta ay cabbaan dadka dhallinyarada ah. Dareenka oonka ayaa hoos u dhaca marka aan weynaano, taas ku adkeynaysa dadka waaweyn in ay gartaan in ay dareere badan u baahan yihiin. Xaaladaha sida istaroogga ama xusuus dhuminta ayaa sidoo kale wax u dhima oonka. Kuwan waa xoogaa talo ah oo kor loogu qaado cabista biyo badan:

- Ku dhiirrigeli macmiilka in uu biyo cabbo ka hor inta uusan oon soo qaban.
- Dareer si joogto ah u sii maalintii oo dhan. Waxaa sidoo kale fikrad wanaagsan ah in galaas biyo ah la dhigo kursiga ama sariirta macmiilka akteeda.
- Buuxi dhalo 20-wiqiyadood oo biyo ah afar jeer maalintii ama ku cab galaas weyn oo biyo ah cuntada iyo cunto fudud kasta.
- Dhadhan u yeel biyaha adiga oo ku daraya
  - liin jarjaran,
  - reexaan la tumey,
  - qajaar ama sanjabiil fiiaqan oo jarjaran,
  - miro la tumey,
  - qaro la jarjarey,
- Kuddar waxyar oo casiir ah biyo birqaya si aad u hesho cabbitaan dhalaalaya, oo lagu nasto.

Qorsheynta, Dukaameysiga, iyo Diyaarinta Raashiinka

Waxaad mas'uul ka noqon kartaa in aad macmiilka ka caawiso qorsheynta/karinta raashinka iyo soo iibinta adeegga cuntada. Waxaa jira tallaabooyinka qaar oo aad qaadi karto si aad shaqadan uga dhigto mid fudud oo aad u hufan.

Sameey Qorshe Raashiin

Kala shaqee macmiilka in aad dhowr maalmood ka hor qorsheysaan raashiinka. Ku bilow qorsheynta raashiinka ugu badan ka-dib go'aami waxa kale ee lagu darayo. Isticmaal Saxanka Cunista Caafimaadka leh si aad ugu darto cunto ku filan oo laga soo qaatey koox cunto kasta. Marka aad qorsheynayso, tixgeli:

- cuntooyinka uu macmiilka doorbidayo;
- cuntooyin kasta ee soo hara ee loo baahan yahay in la isticmaalo;
- waxa ku jira qaboojiyaha ama armaajada;
- waxa qiimaha jaban la iibinayo toddobaadkan ama kuuboon kasta ee aad haysato; iyo
- inta uu le'eg yahay waqtiga aad u heli karto cunto karinta ama awoodaha macmiilka haddii ay wax karsanayaan.

Sameynta Liiska Dukaameysiga

Eeg qorshahaaga raashiinka oo hubso in aad haysato waxyaabaha la iskudarayo ee loo baahan yahay. Qor agab kasta ee aad u baahan tahay in aad dukaanka ka soo iibsato. Isticmaal Haramka Cunista Caafimaadka leh si aad koox kasta uga doorato noocyada ugu wanaagsan cuntooyinka. Tusaale ahaan, haddii qorshahaaga cuntada uu ku jiro rooti, hubso in aad soo iibiso rootiga laga sameeyay barad aan buunshabbaxsanayn. Marka aad hesho liiskaaga toddobaadka, waxaa la gaarey waqtigii dukaameysiga.

Si Xikmad leh u Dukaameyso

Miraha cusub, khudaarta, iyo borotiinnada waxay leeyihiin nafaqooyin badan iyo waxyaabo yar oo lagu darey marka loo eego cuntooyinka la farsameeyay. Cuntooyinka baakadeysan sida cashooyinka la barafeeyay inta badan waxaa ku jira dufanno, sonkor, iyo cusbo lagu darey. Miraha barafeysan ee qasacaysan waxay noqon karaan kuwo caafimaad leh, laakiinse ka eeg sonkor iyo cusbo lagu darey. Si aad lacag u dhaqaaleyso, iibso cuntooyinka qiimo dhimista loo sameeyay ama kuwa xilliyada qaar le eh. Xusuusnow in aad eegto qiimaha miisaan kasta beddelkii aad eegi lahayd qiimaha shey kasta marka agabka aad isbarbardhigeyso. Had iyo jeer iskuday in aad cunto ka hor inta aadan dukaameysiga aadin si aadan ugu dhiirran in aad soo iibsato cuntooyin fudud.

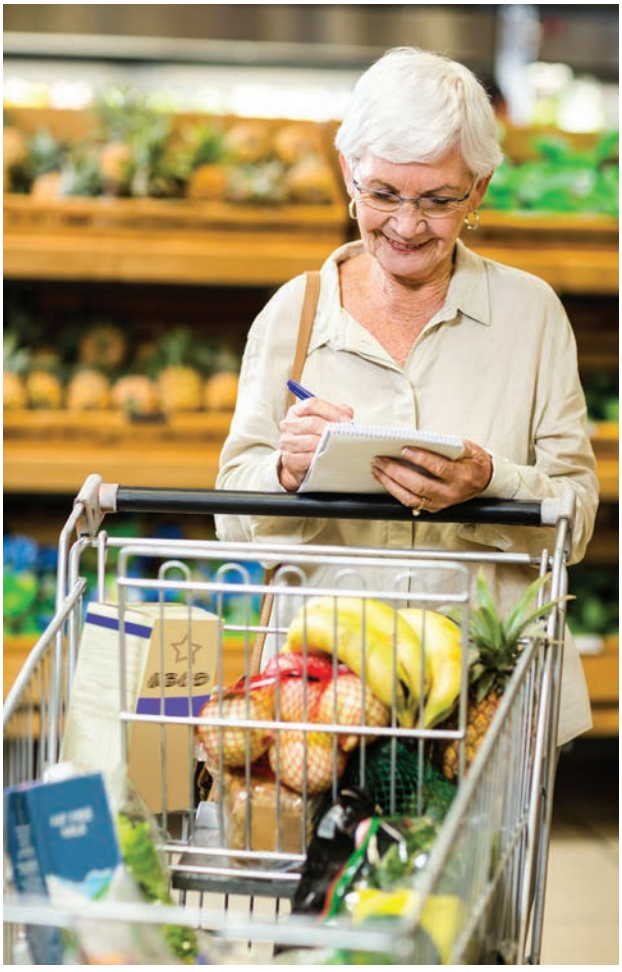
Waa maxay qaar ka mid ah fikradaha dukaameysiga xikmadda ku dheehan ee aad ogtahay in ay dadka kale caawin karaan?

Akhrinta Summadaha Cuntada

Akhri summadaha xaqiiqooyinka nafaqada ee ku dheggan cuntooyinka baakadeysan. Iskuday in aad soo iibsato badeecooyinka raaca tilmaamaha nafaqada wanaagsan. 5% ama in ka yar qiimaha maalintii (DV) waa "hoose" iyo 20% ama in ka badan waa "sare." Raadi badeecooyinka ku:

- **yar** in dufanka fashaqa ah, kolostaroolka, soodhiyamta, iyo sonkorta lagu daro; iyo
- **badan** cuntada faybarka iyo borotiinta leh.

Liiska waxyaabaha ay cuntada ka kooban tahay ayaa sidoo kale la adeegsan karaa si loo eego haddii waxyaabaha qaar ay ku jiraa cuntada ama badeecada. Tani ayaa gaar ahaan muhiim ah haddii macmiilka uu qabo xasaasiyado ama sababo kale oo looga fogaan karo waxyaabo gaar ah.



Wax-ka-beddelka Cuntooyinka: Waxyaabaha loo baahan yahay iyo Xadidaadaha

Macmiilka wuxuu cuni karaa cunto gaar ah iyada oo ay sabab u tahay cudur, xaalad, daawo, ama xasaasiyad cunto. Cuto qaadasho gaar ah waxay xadidi kartaa ama kordhin kartaa qaadashada cuntooyinka qaar ama sida cuntooyinka ay tahay in loo diyaariyo.

Waa kuu muhiim in aad fahamto sida iyo sababta daaweyn nafaqo loogu baahan yahay iyo cuntooyinka ay tahay in lagu darro ama looga fogaado cunto diyaarinta.

Macmiilka waa in uu haystaa rijeetada dhakhtarka ka hor inta aadan isbeddelo ku sameyn cunto qaadashadooda caadiga ah. Haddii aadan haysan macluumaadka gaarka ah ee aad u baahan tahay, ogeysii maareeyaha kiiska ama kormeerahaaga iyada oo ku xiran goobta daryeelka ee aad ka shaqeyso.

Isku-dheellitirka Doorashada iyo Ammaanka

Xaaladaha qaarkood, macmiilka wuxuu dooran karaa in uusan raacin cunto qaadashada gaarka ah ee loo soo qorey ama in ay sameeyan doorashooyin cunto oo aad u caafimaad badneyd sida kuwa kale. Doorashada cuntooyinka la cuno waa xaq uu macmiilku leeyahay.

Haddii macmiilku uu sameynayo doorashooyin cunto oo aan caafimaad lahayn ama aanu raacin cuntada loo qorey, Raac tallaabooyinka lagu muujiyeyey Isku-dheellitirka Ammaanka iyo Xuquuqda Doorashada Macmiilka ee ku yaalla Cutubka 4aad ee bogga 64aad.

1. walaacyadaada u sharrax macmiilka;
2. u soojeedi beddel kale oo ammaan ah;
3. walaacyadaada u sheeg qofka ku habboon ee jooga goobtaada daryeelka; iyo
4. diiwaangeli walaacyadaada iyo waxa aad sameysay.

Xasaasiyadaha Cuntada

Dadka qaarkood waxay xasaasiyado ka qabaan cunto keeni kara falcelinno nafta halisgelin kara, oo si lama filaan ah ku yimaada. Xitaa qaddar yar oo cuntada ah ayuu ku xanuunsan karaa qofka qaba xasaasiyadda cuntada.

Cuntooyinka keenna xasaasiyadaha ugu badan waxaa ka mid ah caano, sooya, ukumo, qamadi, loows, kalluun, iyo kalluunka qolofta leh ee loo yaqaanno shellfish. Cuntooyinka laga fogaanayo waa in lagu daraa qorshaha adeegga macmiilka.

Macmiilka qaba xasaasiyadaha cuntada waa in uu ka fogaadaa il kasta oo laga heli karo cuntadaasi.

Ammaanka macmiilka wuxuu ku xirnaan karaa tallaabooyinka diyaarinta ammaanka ah ee jikada (t.a. in feejignaan dhow loo yeesho waxyaabaha ku jira liiska summadaha cuntada). Hubso in aad macmiilka kala hadasho xasaasiyado cunto kasta ee ay qabaan.

Astaamaah falnaqa xasaasiyadda ee cuntada waxaa ka mid noqon karan kuwan soo socda.

- Dareen cuncun ama jariiraco
- Boogo (qoyaan badan oo gaara maqaarka)
- Bararka afka ama cunaha, daboolka indhaha, wejiga, bushimaha, iyo carabka
- Calool xanuun
- Shuban
- Lallabo
- Matagid
- Qofka oo ay neefsashadu ku adkaato
- Madax-wareer
- Miyir beel

Waa xaalad caafimaad oo degdeg ah haddii qofku uu yeesho xitaa hal falnaq jirka oo dhan ah. Sida xaaladaha kale ee degdegga ah, wac 911 oo raac xaaladda degdegga ah iyo habraacyada ka warbixinta ee halka aad ka shaqeyso.

Cunto liqidda adkaata

Cunto liqidda adkaata waa xaalad guud oo cunto liqidda ka dhigta mid aad u adag. Cunto liqidda adkaata waxay u badan tahay in ay la kulmaad dadka uu ay ku dhaceen istaroogga, cudurrada qaar (Parkinson, bu'e, kansarada qaar), xusuus dhuminta, shaqsiyaadka qaarkood ee qaba naafonimada koritaanka, iyo dadka qaata daawooyinka qaarkood. Calaamadaha digniinta ee cunto liqidda adkaata waxaa ka mid ah:

- waqti dheer in ay qofka ku qaadato in uu bilaabo liqidda ama u baahdo in uu 3-4 jeer laqo af-gashi kasta;
- in uu qofka xanuun dareemo marka uu cuntada laqayo;
- qofka in uusan awoodin cuntada in uu laqo;
- buuxidda ama giigsanaanta cunaha ama xabadka ama dareenka cunto halkaasi ku dhegaysa;
- adkaanshaha xakameynta dareeraha afka ama dhareer ka soo baxaya xagga hore ee afka ama dhinacyadisa;
- Xabeebsasho;
- dib u soo celinta cuntada; calaanjo naqsad
- yeelashada laabjeex joogto ah;
- cuntada ama ashiidka caloosha oo dib ugu soo noqonaya cunaha;
- hoos u dhaca miisaanka jirka oo aan la filaynin;
- qufacidda ama ku margashada ka hor, inta lagu guda jiro ama ka-dib cunto liqidda;
- In cuntada loo jarjaro gabbalo yaryar ama ka fogaanshaha cuntooyinka qaarkood iyada oo sabab u ah dhibaato xagga cunto liqidda ah; ama
- cuntada oo lagu hayo afka (cuntada oo lagu kaydiyo dhabannada), soo tudidda cuntada, ama diidista in wax la cuno.

U sheeg mid kasta oo ka mid ah calaamadahan qofka ku habboon ee jooga goobtaada daryeelka haddii macmiilka aanan horey looga helin xaaladda adkaanshaha cunto liqidda.

Daryeelidda Macmiilka Ku Adkaata Cunto Liqidda

Macaamiisha ku adkaata cunto liqidda waxay u baahan yihiin taageero si loo hubiyo in ay helaan nafaqo ku filan iyo fuuqcelin iyo sidoo kale si looga ilaaliyo cuntada ama dareeraha gelaya hawo-mareenka iyo sanbabbada.

Macaamiisha ku adkaata cunto liqidda waxay qaadan doonnaan cunto gaar ah oo loo qorey. Iyada oo ku xiran darnaanta xaaladda, adkaanshaha cuntada iyo dareeraha waa in la beddelaa si loo fududeeyo oo ay ammaan u noqoto macmiilka in uu cunno ama cabbo (t.a. ka dhigidda cuntooyinka kuwo jilicsn oo fudud in la laqo ama la adkeeyo ama la dhuubiyo si looga hortaggo ku saxasho).

Waxaa sidoo kale lagu weyddiin karaa in aad si toos ah ula shaqeyso bixiyaha daryeelka caafimaadka ee macmiilka si aad u fahanto sida saxda ah ee cuntada loo diyaariyo. Tani waxay ku xiran tahay goobta daryeelka ee aad ka shaqeyso.

Wax-ka-beddelka cuntada uu qaato macmiilka waa in lagu daraa qorshaha adeegga macmiilka. Kormeerahaaga la eeg haddii aad qabto wax su'aalo ah.

Ka eeg Macaamiisha Ku Adag Wax Cunista gudaha Diiwaanka Kheyraadka ee bogga 347aad si aad u hesho macluumaad dheeraad ah.



Cutubka 9aad

Xirfad: Ka Caawi Macmiilka in uu Wax Cuno

Dad badan, cuntooyinka keliya kama haqabtiraan baahiyada nafaqo laakiinse waxay sidoo kale ka haqabtiraan baahiyada bulsho. Muhiimadda bulshada ee waqtiga raashiinka wuxuu muhiim ugu tahay wanaagga macmiilka sida cuntada uu cuno ay muhiim ugu tahay.

Marka aad macmiilka ka caawineyso in uu wax cuno, samee waxyaabo waqtiga cuntada ka dhigaya waayo-aragnimo raaxo leh.

- Dalabka cuntada la qorshee macmiilka haddii ay suuragal tahay.
- Diyaaro goobta iyo cuntada si ay ugu ekaato meel soo-jiidasho leh oo ay fududahay in macmiilka uu gaaro oo cuno cuntada.
- Macmiilka la fadhiiso mar kasta oo ay suuragal tahay.
- Hubso in macmiilka uu si raaxo leh u fadhiyo.
- Caawi oo keliya marka caawimaad loo baahdo.
- Cuntada u sii si tartiib ah.
- Waqti qaado si aad cunista uga dhigo waxa ugu muhiimsan maalintii.

Eeg Ka Caawi Macmiilka in uu Wax Cuno ee ku taalla Liisto-hubineedyada Xirfadaha ee bogga 426aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Talooyin loogu talagalay Ka Caawinta Macmiilka in uu Wax Cuno

- Marnaba haku caawin in uu wax cuno macmiil jiifa, isku laaban, ama aad u hurdoonaya.
- Hubso madaxa macmiilka in uu hore soo jiro iyo in gerkiisa uu hoos jiro.
- Xaddi yar oo cunto ah saar qaadada ama fargeetada.
- Macmiilka sii waqti badan oo ay cuntada ku calaliyaan kuna laqaan. Marnaba ha degdegin.
- Macmiilka u sheeg cuntada qaadada ama fargeetada saaran ka hor inta aadan afkooda gelinin.
- Ula dhaqan macmiilka qof qaangaar ah ahaan ee ma ahan in aad ula dhaqanto sida carruurta.

Macmiilka waa in uu kor u taagnaadaa ugu yaraan 20 ilaa 30 daqiiqo ka-dib raashiin dhameysashada.

Talooyinka Guud Marka Macmiilka Ku Adag Cunto Liqidda Lagu Caawinayo in uu Wax Cuno

- Qofka ha arko, ha ururiyo, oo ha dhadhamiyo cuntada si aad ugu dhiirrigeliso in ay candhuufta socoto iyo si aad u sii wanaajiyo cunto rabitaankooda ka hor inta aysan cunto cunista bilaabin.
- Ka fogaaw macmiilka in uu hadlo inta uu wax cunayo.
- Cuntada u saar bartamaha qaybta hore ee carabma marka saddex meelood loo qaybiyo, oo carabka hoos u riix (tani waxay carabka ka joojineysaa in uu dib ugu dhaco afka oo uu hor-istaago liqidda).
- Ka feejinow cuntada in ay afka laablaabkiisa u gasho. Haddii ay tani dhacdo, ka soosaar cuntada oo macmiilka ha istartiibiyo ama weyddii macmiilka in uu sameeyo "carab ku xaaqid" haddii uu awoodo.
- Waxaad u baahan kartaa in aad dhiirrigeliso hannaanka liqidda adiga oo adeegsanaya hadallada sida “si fiican u calaanji,” “mar kale laq,” “neefta isku qabo marka aad cuntada liqeyso,” iyo “cunahaaga banee.”

Aaladaha Gacansiinta ee Caawin Kara Cunista

Aaladaha gacansiinta oo badan ayaa gacan ka geysan kara joogteynta madax-bannaanida macmiilka marka ay wax cunayaan oo ay ku jiraan maacuun qacanqabsi leh sida loogu fududeeyo qabsasahda, koobab laba gacmo-qabsi leh, tuubbada wax lagu nuugo, saxan qaybsan ama saxan leh qar (waxay fududeyanyaan in "qaado lagu soo daro" cuntada weelasha ku jirta).



Aqoonsiga iyo Ka-warbixinta Astaamaha Nafaqo-xumada iyo Fuuqbaxa

In ka badan kala-bar dadka waaweyn waxay halis ugu jiraan nafaqaxumo. Nafaqaxumadu waxay dhacdaa marka jirka qofka uusan helin nafaqooyin ku filan. Tani waxaa sabab u noqon kara cunto qaadashada, dhibaatooyin dheefshiid, dhibaatooyin ilko, ama xaalad caafimaad. Arrimaha kale ee nafaqaxumada horseedi kara waxaa ka mid ah kuwan soo socda.

- Dhibaatooyinka calajinta, af xanuun, ama ilkaha gacan ku sameyska oo aan qofka le'ekayn
- Caloosha oo kacsan, calool-fadhi, dibir, ama neef
- Keli noolaasho
- Qaadashada daawooyin badan
- Isticmaalka maandooriye
- Rabitaan cunto la'aan

Nafaqaxumadu waxay keeni kartaa dhibaatooyin caafimaad, liidasho oo keenaysa dhicif iyo kufitaan, iyo cusbitaal dhigid.

Macmiilka ay nafaqaxumada hayso waxaa hoos u dhic kara awoodda uu isaga caabbinayo caabuqa, bogsasha dhaawacyada, ama ka soo kabashada jirrooyinka, qalliinka iyo daaweynta kale.

Ka eeg macaamiisha calaamadaha digniinta ee nafaqaxumada.

- Hoos u dhaca miisaanka jirka oo aanan qorsheysneyn (t.a. dhar hadda aad uga weyn)
- Cunista wax ka yar kala bar raashiinnada iyo cuntooyinka fudud
- Daal ama dawakhaad joogto ah
- Niyadjab, kelinimo, murugo
- Jahwareer

Diiwaangeli oo u soo sheeg calaamado kasta ee lagu garto nafaqaxumada ama fuuqbaxa qofka ku habboon ee jooga goobtaada daryeelka.



Fuuqbax

Fuuqbaxa waxaa keeni kara luminta dareere badan, in aadan cabbin biyo ama dareere kugu filan, ama daawooyinka qaarkood. Waxa ugu badan ee keena fuuqbaxa waa luminta dareereyaasha ee lagu lumiyo mataga, shubban, iyo/ama qandho sarreysa.

Fuuqbaxa wuxuu noqon karaa mid yar, dhexdhexaad ah, ama daran. Marka uu daran yahay, fuuqbaxa wuxuu noqon karaa xaalad degdeg ah oo nafta halis-gelisa. Arrimo badan ayaa saameeya sida degdegga ah ee uu macmiilku u fuuqbaxo oo ay ku jiraan kulayl, daawooyin, cunto, sida ay u firfircoon yihiin, iyo inta uu jirkooda le'eg yahay.

U soo sheeg calaamado kasta oo kuwan ka mid ah qofka ku habboon ee jooga goobtaada daryeelka.

Calaamadaha Digniinta ee Fuuqbaxa

- mag ama shuban daba-dheeraada
- oon
- af qallalan ama dhegdhegaya
- bushimo dildilaaca
- madax-xanuun
- daal
- dawakhaad
- jahwareer
- dhidid badan
- qandho
- kaadi madow
- calool-fadhi
- lugo xanuun

Helidda macluumaad dheeraad ah

Barnaamijyada Nafaqada Dadka Waaweyn ayaa laga helaa inta badan degaamada juqraafi waxayna dadka waaweyn ka caawiyaan dhibaatooyinka nafaqada. La xiriir ama ku dhiirrigeli macmiilka in uu caawimaad u yeeto ama u gudbi cunto-yaqaan si uu caawimaad uga helo.

Dhibaatooyinka ay Keeneen Arrimaha ama Khaladaadka Cunnada

Arrimaha cunto qaadashada waxay waxyeelo culus u geysan karaan macmiilka. Tusaalooyinka qaar ee arrimahan waa:

- qiyaas aad u badan oo soodhiyam ah (cusbo) in uu qaato macmiilka qaba wadne istaag cabbureed kaas oo si aad ah loogu xaddidey soodhiyamta waxay u keeni kartaa dareere in ay sanbabbada ka galaan iyo in uu wajaho cawaaqib aad halis u ah;
- cuntooyinka qaarkood waxay la falgali karaan daawooyinka waxayna yareyn karaan, hoos u dhigi karaan, ama beddeli karaan sida daawooyinka ay jirka ugu shaqeeyaan, ama waxay keeni karaan waxyeello soo raaca oo aan fiicnayn;
- xasaasiyadaha cuntada waxay keeni karaan falcelinno dhimasho keeni kara, oo ay ku jiraan cabburin sabab u ah barar ku yimaada cunaha; ama
- shakhsiga cunto liqista ku adag waxaa ku saxan kara cuntada ee aanan si habboon wax looga beddelin.

Kala munaaqashoo macallinkaaga ama koox yar arrimahan cuntada mid kasta oo suuragal ah. Sidee daryeelaha uga hortagi karaa arrimahan in ay dhacaan?

Soo koobid

Cuntadu waxay aasaasi u tahay nolosha aadanaha, cuntooyinkanna waxay xuddun u yihiin nidaamkeenna maalinlaha ee joogtada ah. Waxa iyo sida aan u cunno waxay jir ahaan, dhimir ahaan, bulsho ahaan, iyo ruux ahaanba noogu yeeshaan saameyn. Kaaliyaha Daryeelka Guriga wuxuu taageeraa macmiilkiisa isaga oo ka caawinaya in ay sameeyaan doorashooyin cunto oo caafimaadqab leh iyo in ay si ammaan ah wax u cunaan. Daraaseynta qorshaha daryeelka macmiilka iyo shakhsi ahaan in loo barto waxay muhiim u tahay bixinta daryeel macno leh.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Maxay u egtahay cuntada caafimaadka leh? Intee in le'eg ayay tahay koox kasta oo cunto inay ku jiraan saxanka?

2. Sideed ku oggaan kartaa xadidaadaha iyo baahiyada cunto ee macmiilkaaga?

3. Maxaad sameyn kartaa marka macmiilka uu doorto in uu raaco qaab cunis oo aan caafimaad ahayn?

4. Waa maxay siyaabaha qaarkood ee lagu caawin karo macmiilka cunto liqidda ku adag?

5. Waa maxay saddexda calaamadood ee ka digaya fuuqbaxa?

6. Waa maxay saddexda calaamadood nafaqada liidata?

Casharka 2aad Maamulidda Ammaanka ah ee Cuntada

Ujeeddooyinka

Casharkan ka-dib, Kaaliyayaasha Daryeelka Guriga waxay awoodi doonnaan in ay:

1. Aqoonsadaan waxyaabaha keena jirrooyinka ka dhasha cuntada iyo halisha la xiriira;
2. Dib-u-xasuustaan tusaalooyinka khataraha suuragalka ah iyo cuntooyinka ay halistoodu sarreyso;
3. Ku dhaqmaan nadaafadda shakhsiyeed ee wanaagsan iyaga oo:
   a. Guriga joogata marka ay la kulmaan jirrooyinka ama astaamaha qaar;
   b. Si habboon gacmaha u dhaqannaya iyo waqtiyada saxda ah; iyo
   c. Ka hortagaya taabashada gacanta oo faydan iyaga oo adeegsanaya gacamo-gashiyo ama maacuun marka ay gacanta ku qabanayaan cuntooyinka cunista u diyaarsan;
4. Isticmaalaan hab-dhaqannada gacan ku haynta cuntada si looga hortagga jirrooyinka cuntada ka dhasha:
   a. Nadiifi: si habboon u nadiifi oo jeermiska uga dil qalabka iyo meelaha ay cuntada taabato. Dhaq waxsoosaarka aan ahayn hilibka, digaaga, ama ukumaha;
   b. Kala-bixi: iska ilaala is-faddareynta;
   c. Kari: dhallaali, kar, dib u kululee, oo ku joogtee cuntada heerkulyada ugu habboon; iyo
   d. Qabooji: si ammaan ah u qaboojo oo kaydi cuntooyinka.

Ereyada Muhiimka ah

Faddareysan: ku jira waxyaabo halis ah sida jeermis khatar ah ama kiimikooyin.

Is-faddareyn: faafitaanka jeermisyada ka soo gudba hilibka cayriinka ah una soo gudba cuntooyinka kale ama marka qof uu jeermisyada faafiya isaga oo ka soo tagaya hawl "wasakh ah" ka-dibna imaanaya hawl "nadiif ah" isaga oo aan marka hore iska bixin gacmo-gashiyada mar-adeegsadka ah ka-dibna aan sameyn nadaafadda gacanta.

Soonaha khatarta: heerkulka u dhaxeeya 41°F - 135°F (5°C - 57.2°C) halkaasi oo jeermisku uu ku koro cuntooyinka halista ah.



Dhabbaha saxarada-afka: habka jeermiska halista ah ee ka yimaada saxarada hal qof uu ku geli kara afka qof kale, kaas oo ugu dambeyntiinna jirro keenaya.

Jirrooyinka cuntada ka dhasha: jirro kasta ee ka dhalata cunista cunto faddareysan (sidoo kale loo yaqaanno cudurka cuntada ka dhasha ama cunto ku sumow).

Dadka aadka u nugul (HSP): dadka u badan in ay la kulmaan jirrada cuntada ka dhalata. Waxaa ka mid ah dadka ay da'doodu ka yar tahay 5 sano jir, dadak ka weyn 65 sano jir, haweenka uurka leh, ama dadka difaaca jirkooda liita (sabab u ah kansar, AIDS, sonkorow, daawooyinka qaarkood aa xaalado kale).

Cuntooyinka khatarta suuragalka ah leh (PHF): cuntada u baahan kantaroolka heerkulka si looga hortago jeermiska in uu ku koro (sidoo kale loo yaqaanno cuntooyinka u baahan kantaroolka heerkulka/waqtiga loogu talagalay ammaanka (TCS)).

Cuntooyinka cunista diyaarka u ah (RTE): cuntada aanan u baahnayn diyaarinta dheeraadka ah ama karinta si loo gaaro ammaanka cuntada.

Jeermis-ka-dilid: in meel laga dhigo ammaan si loogu diyaariyo cunto saarista.

Guudmarka

Jirrada cuntada ka dhalata waa mid caam ah waxayna qof walba ka dhigi karta qof aad u xanuunsan. Dadka aadka u nugul waxay u badan tahay in ay xanuunsadaan, ay qaadaan jiro aad halis u ah, iyo in ay cusbitaal dhigis u baahdaan.

Marka aad oggaato waxa keenna jirrada cuntada ka dhalata iyo siyaabaha looga hortaggo, waxaad si ammaan ah u ilaalin kartaa macmiilka.

Jirrada Cuntada Ka Dhalata

Sida laga soo xigtay Xarumaha Xakameynta Cudurada (CDC), sannad walba ku dhowaad 1 marka la eego 6 qof oo Ameerikaan ah (48 milyan oo qof) ayaa ku xanuunsada cunista cuntada faddareysan. Tani waxay keenaysaa ku dhowaan 128,000 cusbitaal-dhigis iyo 3,000 oo dhimasho. Dadka waaweyn iyo dadka qaba jirooyinka daba-dheeraada waxay ku jiraan halis badan waxaanna loo tixgeliyaa kuwa aad u nugul. Ku dhowaan kala-bar dadka ay da'doodu tahay 65 iyo ka weyn ee ku dhacda jirro cuntada laga qaado waxay u baahan yihiin cusbitaal-dhigis.

Astaamaha jirrada cuntada ka dhalata waxay soo muuqan karaa dhowr saacadood gudahooda ilaa dhowr toddobaad ka-dib cunista cuntada faddareysan. Waxay noqon karaan kuwo fudud ama daran, oo ku xiran sababta. Astaamaha ugu badan waxaa ka mid ah calool kacsan, calool majiir, shuban, lallabo, matag, qandho, iyo fuuqbax. Saameyn muddada-dheer ee daran waxaa ka mid ah hawlgabka kelida, tuf daran, waxyeellada maskaxda iyo neerfaha, iyo dhimasho.

Waxyaabaha Keenna Jirrada Cuntada Ka Dhalata

Jirrooyinka cuntada ka dhasha waxaa keena cunista cunto faddareysan. Kiimikooyinka sunta ah, walxaha la taaban karo, iyo faddareynta baayoloji waxay dhammaan ka dhigi karaan qofka mid xanuunsan.

- **Fayrasyo** waa jeermis yaryar oo uu qof u gudbin kara qof kale iyaga oo u soo maraya cuntada. Haddii qofku uu xanuunsan yahay ama uusan gacmahiisa dhaqan, waxay fayraska gaarsiin karaan dadka kale. Fayrasyada kuma koraan cuntada sida bakteeriyada oo kale.
- **Bakteeriya** waa jeermis yaryar oo ah waxa ugu badan ee keenna jirrada cuntada ka dhalata. Bakteeriyadu waxay ka timaadaa ciidda, xayawaannada, hilibka cayriinka ah, iyo aadanaha. Waxay si dhaqso ah ugu kori karaan cuntada waxayna noqon karaan halis haddii cuntada lagu keydiyo heerkulka qaldan muddo gaaban.
- **Dulin** waa noolayaal ku dhex nool xayawaannada kale. Dulinka sida gooryanka wareegsan (roundworms) iyo qooryanaka tapeworms waxay ku habsan karaan dadka cunto hilibka aan karsaneyn aa cabba biyaha faddareysan.
- **Kiimikooyin** waxay cuntada faddareyn karaan inta lagu guda jiro weji kasta oo warshadeynta ah. Sunta cayayaanka ee beeraha, birta weelasha kaydka, iyo kiimikooyinka nadaafadda iyo kuwa jeermisdilka aadka u xooggan ee jikrada waxay dhammaan keeni karaan in ay dadku xanuunsadaan.



- **Walxaha La Taaban Karo** sida galaaska jabey, jawharada, faashadda, biraha qardhablada, iyo ciddiyaha faraha ayaa ku dhici kara cuntada waxayna keeni karaan dhaawac.
- **Fangi, oo ay ku jiraan caaraysiga iyo khamiiridda** waxay cuntada ka dhigi karaan mid aan ammaan ahayn in la cunno. Caaraysiga, oo u eg duf ka soo baxaysa cuntada, wuxuu soo saari karaa sun. Khamiirka wuxuu u egyahay wareeg, jaamo qaab dhibic ah leh waxayna ku caawin karaan bakteeriyada waxyeellada leh in ay korto.
- **Waxyaabaha xasaasiyadda keenna** ee ku jira cuntooyinka waxay falnaqyo halis ah u keeni karaan dadka qaba xasaasiyadaha cuntada. Cuntooyinka qaar ee caadi ahaan keena falnaqyada xasaasiyadda waa loowska, caanaha, ukumaha, kalluunka, kalluunka crustacean shellfish, loowska geedaha, loowska dhulka, qamadiga iyo digirta sooya. Qaddar yar oo kuwan ah ayaa ku filnaan kara in ay keennaan falnaq dhimasho keeni kara.

Ilaha Jeermiska Cuntada Ka Dhasha

Adduunka waxaa ka buuxa jeermis. Jeermisyada badankooda waa kuwo aan waxyeello lahayn, laakiinse qaar ayaa dadka aad ugu xanuunsan kara. Marka aad fahamto sida jeermiska waxyeellada leh uu u faddareeyo cuntada, waxaad diyaar u noqon doontaa ka hortagga jirrada cuntada ka dhalata.

- **Dadka:** Dad badan ayaa taabta cuntadeenna ka hor inta aanna cunin. Haddii ay xanuunsan yihiin ama gacmahooda aysan nadiif ahayn, waxay faafin karaan cudurrada. Fayrasyada sida **Norovirus** iyo **Cagaarshowga A** ayaa habkan ugu faafa min qof ilaa qof.
- **Xayawaanno:** Xayawaannada caafimaadka qaba sida lo'da iyo digaagga waxay bakteeriya ku sitaan gudaha jirkooda iyo maqaarkooda. Bakteeriyada sida **Salmonella, Staph,** iyo **E. Coli** waxay faddareyn karaan hilibka, ukumaha, iyo caanaha. Haddii aan cunno cuntooyinkan oo cayriin ah ama si fiican u karsaneyn, bakteeriyada ayaan aad ugu xanuunsan karnaa.
- **Kaydinta:** Bakteeriyada ayaa si dhaqso ah ugu badata cuntada aan si habboon loo kaydin. Tusaale ahaan, **C. perfringens** ayaa ku korta cuntada heerkulyada min 54°F - 140°F (12°C - 60°C). **Botulism** ayaa ku kori karta cuntooyinka aanan si ammaan ah loo gasaceyn ama dhalo loogu shubin.
- **Deegaanka:** Bakteeriyada khatarta ah qaarkood waxay ku nooshahay biyaha iyo ciidda. Miraha iyo khudaarta waxay sidi karaan **Listeria** oo ay ka soo qaadeen meelaha ay ka baxeen. **Vibrio** wuxuu ku nool yahay biyaha dhanaan, wuxuunna faddareyn karaa cuntada badda iyo kalluunka shellfish ee halkaa ku jira.

Eeg Cagaarshowga A, B, C, D iyo E ee ku jira qaybta Xaaladaha iyo Cudurrada Guud ee bogga 372 si aad u hesho macluumaad dheeraad ah.

Ka fikir ilaha jeermiska cuntada ka dhasha Waa maxay tallaabooyinka aad qaadi karto si aad uga hortagto jirrada cuntada ka dhalata ee il kasta?

Dadka Aadka u Nugul

In kasta oo qof waliba uu ku xanuunsan kara cuntada marka si aan ammaan ahayn loo maamulo, dadka qaar ayaa marar badan ku xanuunsada waxayna qaadaan jirro aad u daran. Dadka aadka u nugul waxaa ka mid ah dadka ay da'doodu ka yar tahay 5 sano jir, dadak ka weyn 65 sano jir, haweenka uurka leh, ama dadka difaaca jirkooda liita (sabab u ah kansar, AIDS, sonkorow, daawooyinka qaarkood aa xaalado kale). Cuntooyinka qaarkood waxay u badan tahay in ay u keenaan jirrada cuntada ka dhalata dadka aadka u nugul. Cuntooyinkan waxaa ka mid ah kuwan soo socda.

- Cuntada cayriinka ah ama aanan si fiican loo karin ee ka yimaada xoolaha (sida hilibka lo'da, digaagga, ukumaha ama cuntada badda)
- Dhalatada cayriinka ah ama sida fudud loo kariyay
- Cariirada iyo caanaha la karkariyey (cayriinka)
- Farmaajo jilicsan (sida queso fresco), haddii lagu summadey in laga sameeyay caano la karkariyey mooyaan



Cuntooyinka Khatarta Suuragalka ah leh (PFHs)

Cunto kasta waxay noqon kartaa mid faddareysan oo keeni karta jirrada cuntada ka dhalata, sidaa daraadeed maamulka cuntada ee ammaanka ah ayaa had iyo jeer lagama maarmaan ah. Haseyeeshee, cuntooyinka qaarkood waxaa aad suuragal u ah in ay keenaan jirrada cuntada ka dhalata marka loo eego kuwa kale. Cuntooyinka qaarkood, ee loo yaqaanno cuntooyinka khatarta suuragalka ah leh (PFHs), waxay u badan tahay in ay keenaan jirrada cuntada ka dhalata haddii lagu keydiyo heerkullo aan caadi ahayn. Cuntooyinkan waa in la kululeeyaa (135°F / 57.2°C ama ka badan) ama la qaboojiyaa (41°F / 5°C ama ka yar) si loo xaqiijiyo ammaankooda. Cuntooyinka khatarta suuragalka ah leh ee caamka ah waxaa ka mid ah hilibka, digaagga, ukumaha, kalluunka, istaarji karsan, khudaar la kariyey, dhalato, liin la jarjarey, yaanyo la jarjarey, iyo caleemo cagaaran oo la jarjarey.

Si aad hesho faahfaahin dheeraad ah, eeg Cuntooyinka Khatarta Suuragalka ah leh ee ku qoran Diiwaanka Kheyraadka ee bogga 344aad.



Ka Hortagga Jirrada Cuntada Ka Dhalata

Kaaliyayaasha Daryeelka Guriga waxay door muhiim ah ka qaataan ka hortagga jirrada cuntada ka dhalata. Waxaad macmiil taageeri kartaa adiga oo u diyaarinaya cuntada, cuntada siinaya, ama ku caawinaya cunto cunista. Waa in aad qaataa tallaabooyin looga ilaalinayo macaamiisha jeermisyada waxyeellada leh mar kasta oo aad diryeel u fidiso.

Jeermisyada sida bakteeriyada iyo fayrasyada waa kuwo aad u yar oo aan la arki karin lana urin karin. Gacmaha iyo cuntada ee nadiifka u eg waxaa laga yaabaa in ku jiraan jeermis ku filan macmiilka in uu ku xanuunsado. Cuntada muddada dheer saarneyd miiska waxaa laga yaabaa in ay cunisteedu tahay khatar, laakiinse waxay u ekaan kartaa mid wanaagsan. Habka kaliya ee looga hortagi karo jirrada cuntada ka dhalata waa in la yeesho nadaafad shakhsiyeed wanaagsan iyo in la raaco hab-dhaqannada maamulka cuntada oo ammaan ah.

Ku Dhaqan Nadaafadda Shakshiyeed ee Wanaagsan

Tallaabada koowaad ee ugu muhiimsan waa in la fogaadaa in aad jeermis ku faddareyso cuntada macmiilka. Kaaliyayaasha Daryeelka Guriga, xiyaa haddii ay u egyihiin oo ay dareemaan caafimaad, waxay si aan kama ahayn jeermisyada waxyeellada leh ugu faafin karaan cuntada macmiilka haddii aysan lahayn nadaafad wanaagsan.

Caafimaadka Shaqaalaha

Shaqaalaha caafimaadka qaba waa mid ka mid ah qaybaha ugu muhiimsan ee ka hortagga jirrada cuntada ka dhalata. Marka aad xanuun dareento, waa in aadan cunto ka shaqeyn. Jeermisyada aad ku xanuunsatey ayaa ku faafi kara cuntada macmiilka iyo dadka kale. **Kaaliyayaasha Daryeelka Guriga waa in aysan cunto ka shaqeyn haddii ay qabaan**:

- astaamo shuban, matag ama cagaarshow;
- ama laga helay caabuqyo ku faafi kara cuntada sida Salmonella, Shigella, E. coli, ama cagaarshow A;
- dhaawacyo aan daboolnayn, oo jirran; ama
- hindhiso, qufac, ama duuf ka socda oo joogto ah.

Si kastaba ha ahaatee, shaqalaha waxay ka shaqeyn karaan cunto haddii ay xirtaan gacmo-gashiyada mar-adeegsadka oo nadiif ah si ay ugu daboolaan dhaawacyadooda ama caabuqyadooda ee gacmahooda kale ama curcuradooda. Shaqaalaha waa in aysan shaqadooda ku noqon ilaa ay calaamadaha kaga dhammaadaan ugu yaraan 24 saacadood.

Gacmo-dhaqasho

Mid ka mid ah waxyaabaha ugu muhiimsan ee aad sameyn karto si aad uga hortagto jirada cuntada ka dhalata waa in aad gacmahaaga nadiifisaa. Inta badan jirrada cuntada ka dhalata waxay ku faaftaa dhabbajha saxarada-afka. Gacmahaaga marwalba dhaq, gaar ahaan inta lagu guda jiro waqtiyadan marka jeermisku uu faafi karo.

- Ka hor, inta lagu guda jiro, iyo ka-dib diyaarinta cuntada
- Ka hor iyo ka-dib cunto cunista
- Ka-dib adeegsiga musqusha
- Ka-dib marka aad qof ka beddesho hoos-gashiga/kastoomada ama aad ka caawiso adeegsiga musqusha ama nadiifinta
- Ka-dib taabashada xayawaan, cuntada rabaayadaha, ama wasakhda xayawaanka
- Ka-dib taabashada gashin
- Ka hor iyo ka-dib daryeelka qof xanuunsan
- Ka hor iyo ka-dib daaweynta meel dillaacsan ama boog
- Ka-dib marka aad duufsato sankaaga, qufacdo, ama aad Hindhisooto
- Ka-dib qabashada ukumo aan karsaneen ama hilib cayriin ah, digaag, ama kalluun ama dheecaanadooda

Daawada aalkolada ee gacanta la marsado waxay si waangsan ugu shaqeysaa gacmaha nadiifka ah. Marka aad cunto diyaarineyso, waxaad isticmaali kartaa daawada aalkolada ka-dib marka aad gacmahaaga dhaqdo, laakiinse ma isticmaali karto beddelka gacmo dhaqashada. Waxba ma qaata booska gacmo-dhaqashada habboon.

Dib-u-eeg Gacmo Dhaqasho ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 420aad iyo Nadaafadda Gacmaha ee Cutubka 6aad, Casharka 1aad ee bogga 115aad.

Ka Hortagga Gacmo Faydan Ku Taabashada Cuntooyinka Cunista U Diyaarsan

Xitaa marka shaqaale uu gacmahiisa si fiican u dhaqdo, waa in uusan gacmahiisa oo faydan ku taaban cuntooyinka cunista diyaarka u ah. Sababtu waa in jeermisyada ku harey gacmaha laga ilaaliyo in ay galaan cuntada macmiilka. Cuntooyinka cunista u diyaarsan waxaa ka mid ah cuntooyinka la bixiyo iyada oo aan lagu sameyn dhaqid ama karin dheeraad ah si loogu bixiyo jeermisyada. Shaqaalaha waa in ay adeegsadaan maacuunta sida farsuulooyinka, maqorof, warqadaha deli, ama gacmo-gashiyada mar-adeegsadka ah si looga ilaaliyo taabashada cuntooyinka cunista u diyaarsan. Isticmaalka habboon ee cacmo-gashiga waxaa ka mud ah kuwan soo socda.

- Gacmaha iska dhaq Ka hor inta aadan gacmo-gashiyada gashan.
- Iska beddel gacmo-gadhisyada dillaaca.
- Iska beddel gacmo-gadhisyada faddareysan.
- Ha dhaqin ama dib ha u adeegsan gacmo-gashiyada mar-adeegsadka ah.
- Iska beddel gacmo-gashiyada marka aad ka shaqeynayso cuntooyin cayriin ah iyo kuwo cunis u diyaarsan.
- Gacmo-gashiyada iska tuur ka-dib marka aad isticmaasho.
- Gacmaha iska dhaq ka-dib marka aad iska bixiso gacmo-gashiyada.

Dib-u-eeg Gashashada Gacmo-gashiyada iyo Iska-bixinta Gacmo-gashiyada ee ku yaalla Liisto-hubineedyada Xirfadaha and Xirashada Gacmo-gashiyo ee Cutubka 6aad, Casharka 1aad ee bogagga 421aad iyo 117aad.



Caadooyinka Shakhsiyeed

Caadooyinka shakhsiyeed waxay saameyn karaan ammaanka cuntada. Marka aad cunto ka shaqeyso:

- xiro wax lagu daboolo timaha marka aad diyaarineyso ama aad gacanta ku qabaneyso cunto;
- ciddiyaha iska jar si ay u fududaato in la nadiifiyo;
- ka fogaaw taabashada sankaaga, afkaaga, ama qaybaha kale ee wejigaaga;
- xiro gacmo-gashiya mar-adeegsad ah marka aad cuntada gacanta ku qabaneyso haddii aad ku leedahay dhaawacyo ama caabuqyo gacmaha ama curcurada; iyo
- u isticmaal qaado ama fargeeto nadiif ah in aad cuntada ku dhadhamiso. Dib ha u adeegsanin ka hor nadiifinta iyo jeermid-ka-dilka.

Nadiifi oo Jeermiska Ka Dil Dullaha iyo Qalabka

Nadiifinta waa lagama maarmaan si looga hortaggo jirrada cuntada ka dhalata. Jeermisyada waxyeellada leh waxay ku noolaan karaan meel badan, oo ay ku jiraan gacmaha, cuntooyinka, dullaha, suxuunta, iyo maacuunta. Marka aad nadiifiso wax kasta ee taabta cuntada macmiilka, waxaad ku caawin kartaa in aad ammaan siiso.

Nadiifi Dulaha Cuntada iyo Maacuunta

Jeermisyada ayaa si fudud ugu faafa min hal dul ilaa mid kale. Si habboon u nadiifi oo jeermiska uga dil goobaha aad ku diyaariso kuna bixiso cuntada.

- Dhaq oo jeermiska ka dil boodhadhka wax lagu jaro iyo miisaska korkooda gaar ahaan ka-dib marka la dhigo hilib cayriin ah, digaag, cuntada badda, ama ukumo.
- Si joogto ah u nadiifi miisaska goobaha lagu cunteeyo, kuraasta, iyo dulalka, oo ka ilaali qaybaha cuntada.
- Ka fogee waxyaabaha lagu nadiifiyo xayawaannada rabaayadda ah, guriga iyo kiimikooyinka kale cuntada iyo dulaha cuntada loo isticmaalo.

Tilmaamaha Guud ee Nadiifinta iyo Jeermis-dilka

Nadiifinta iyo jeermis-dilka isku mid ma ahan. Nadiifinta waxay adeegsataa saabuun, biyo, iyo rugidda si wasakhda iyo raashiinka looga qaado saqxadaha. Jeermis-dilka wuxuu adeegsadaa kiimikooyin ama kuleyl si uu u dilo jeermisyada. Waa muhiim in la xusuusnaado in saqxadaha nadiifka u eg in ay weli yeellan karaan jeermisyo oo aadan arki karin. Jeermis-dilayaasha waa in la isku qasaa iyadoo la raacayo tilmaamaha summadda ku qoran. Saabuun waa in aanan lagu darin jeermis-dilayaasha. Dhammaan suxuunta iyo saqxadaha cuntada taabata waa in la dhaqaa, la biyo-raaciyaa oo jeermiska laga dilaa inta u dhaxeysa isticmaalka.

1. Ku dhaq oo ku rug suxuunta biyo saabuun leh oo kulul.
2. Ku raaci suxuunta biyo kulul oo nadiif ah.
3. Jeermiska ka dil suxuunta adiga oo ku qoynaya biyo iyo jeermis-dile la oggol yahay.
4. Hawo ku qallaji dhammmaan suxuunta iyo maacuunta beddelkii aad isticmaali lahayd shukumaan.

Jeermis-dilaha ugu badan ee lagu adeegsado jikooyinka waa milan warankiilo barxan oo laga sameeyay iskudarka hal qaado shaah oo warankiilo aan carfeynin ah oo lagu darey hal galoon oo biyo qabow ah.

Awoodda warankiillada ee shirkadaha kala duwan soosaara ayaa kala duwan. Had iyo jeer raac tilmaamaha ku qoran dhalada oo tijaabi milankaaga adiga oo adeegsanaya xaashiyada dhuudhuuban ee lagu tijaabiyo kalorinta si aad u xaqiijiso in ay ammaan tahay.

Eeg Nadiifinta iyo Jeermis-dilka iyadoo la adeegsanayo Warankiillo ee ku taalla Diiwaanka Kheyraadka Directory ee bogga 327aad si aad u hesho tilmaamo gaar ah.



Qalabka jikada iyo qalabka ka mid ah maacuunta guriga waxay sidoo kale qaadi karaan faddareeyeyaal waxyeello leh.

- Ilaali nadaafadda firijiteerada, qaboojiyeyaasha, iyo baraf sameeyayaasha.
- Nadiifi waxyaabaha ka soo daata mashiinta cuntada lagu kululeeyo, tan cuntada lagu kariyo, ama foornadda ka-dib isticmaal kasta.
- Hubso marwaaxaha goobaha cutada lagu diyaariyo in ay nadiif yihiin.
- Nadiifi, jeermiska ka dil, oo hawo ku qalaji makiinadaha cuntada lagu shiido, kuwa cuntada lagu diyaariyo iyo kuwa iskuqasa isticmaal kasta ka-dib.
- Marar badan nadiifi qalabka qasacadaha lagu furo (jeermisyada ayaa isugu ururra oo meeshaasi ku kura).
- Tirtir furarka qasaca ka hor inta aan la furin si looga tirtiro busta iyo qurubada.
- Nadiifi oo jeermiska ka dil heerkul-beegyada cuntada isticmaal kasta ka-dib.

Waxa aan u adeegsan karno nadiifinta ayaa sidoo kale cudurka faafin kara. Bakteeriyada halista ah ayaa si degdeg ah ugu kori karta meelaha masakhda sida isbuunyooyinka, dharka lagu tirtiro weelasha, biyo saarada fool-dhaqa iyo gacan-qabsiyada khasabadaha.

- Nadiifi oo jeermiska ka dil waaskadaha fool-dhaqa iyo khasbadaha.
- Waraaqaha wax lagu tirtiro u isticmaal in aad ku nadiifiso waxyaabaha daata kuna tirtir dulaha.
- Tuur waraaqaha wax lagu tirtiro ee la isticmaaley, oo dib ha u adeegsanin.
- U isticmaal waraaqaha wax lagu tirtiro oo nadiif ah oo gaar ah qallajinta gacmaha.
- U isticmaal waraaqaha wax lagu tirtiro oo gaar ah in aad ku tirtirto waxyaabaha ku daata dhulka.
- Marar badan dhaq dhammaan shukumaannada, dharka iyo isbuunyooyinka.
- Dhaq isbuunyooyinka ku jira weelka alaabta lagu dhaqdo dhowrkii maalmoodba mar, oo beddel dhowrkii toddobaadba mar.
- Isticmaal marooyinka alaabta lagu dhaqo hal mar ka-dibna ku dhaq wareegga biyaha kulul ee mashiinta dharka lagu dhaqdo.
- Marnaba haku biyo raacin rugayaasha waaskada jikada ee alaabta lagu dhaqdo.



Ka-dib Nadiifinta

- Dhulka ka ilaali digsiyada, birtaawayaasha, iyo maacuunta.
- Koobabka iyo galaasyada adiga oo afkooda hoos aadinaya dhig meelo nadiif ah. Marka kale ee aad soo qaadeyso, qararka haka taaban.
- Marka aad meel dhigayso maacuunta cuntada lagu cuno, kaliya taabo gacan-qabsiyada.

Dhaq Miraha iyo Khudaarta, laakiinse ha dhaqin Hilibka, Digaagta, ama Ukumaha

Hubso in waaskadaada alaabta lagu dhaqdo in la nadiifiyey oo jeermis-dil lagu sameeyay ka hor inta khudaarta iyo miraha lagu dhaqin. Dhammaan khudaarta iyo miraha cayriinka ah waa in la biyo la raaciyaa iyaga oo la hoos dhigayo biyo socda si looga saaro wasakhda, qashinka iyo busta ka hor inta aanan la jarjarin. Si adag u rug dalagga sida qaraha ama qajaarka adiga oo ku rugaha buraashka dalagga lagu rugo adiga oo biyo raacinaya. Waxyaabaha lagu dhaqo dalagga ee laga helo suuqyada waa la aqbali karaa marka loo isticmaalo sida ku xusan sumadda tilmaamaha. Ha u adeegsan saabuun ama warankiilo in aad ku nadiifiso dalagga. Lagama maarmaan ma ahan in la dhaqo dalagga baakadeysan ee ku sumadeysan "cunis diyaar u ah" ama "horey loo soo dhaqey." Ha biyo raacin hilibka, digaagga, ama ukumaha. Tani waxay keliya bakteeriyada ku sii faafinaysaa saqxadaha kale.



Kala-saar si aad uga Hortagto Is-Faddareynta

Hilibka cayriinka ah, digaagga, ukumaha, iyo cuntada badda waxay cuntada kale ku faddareyn karaan jeermisyo waxyeello leh. Waa muhiim in cuntooyinka cayriinka ah iyo cabbitaannada kale laga fogeeyo cuntada karsan, cuntada cunista diyaarka u ah, iyo dalagga. Raac talooyinkan si aad uga fogaato is-faddareynta marka aad gacanta ku qabaneyso, diyaarineyso, oo kaydinayso cuntada.

- Gacmahaaga dhaq ka-dib marka aad gacanta ku qabato hilib cayriin ah, digaag, ama cuntada badda.
- U isticmaal boodhadhka wax lagu jarjaro, weelal, iyo maacuun kala gaar ah hilibka cayriinka ah, digaag, ukumo iyo cuntada badda.
- Marnaba ha u adeegsan boodhadhka wax lagu jarjaro, weelal, ama maacuun cuntooyinka cayriinka ah iyo cuntooyinka karsan.
- Dhaq, biyo-raaci, oo jeermiska ka dil meelaha wax lagu jarjarto, maacuunta iyo mindiyaha ka-dib marka lagu jarjaro hilib cayriin ah, digaag, ama cuntada badda.
- Ku kaydi hilibka cayriinka ah, kalluunka, iyo digaagga weelal aanan daadin oo la dhigo iskafaalooyinka hoose ee firinjeerka.
- Marnaba yaysan dhiigga ama dheecaanka ka imaanaya hilibka cayrinka ah, kalluunka, ama digaagga ku dhibcin cuntooyinka kale ee ku jira firinjeerka.
- Isticmaal weelasha, maacuunta iyo boodhadhka wax lagu jaro oo ay xaaladoodu wanaagsan tahay. Qaandooyinka alwaaxa ah ee dillaaca ama weelasha jajabsan waa meelo wanaagsan oo uu jeermisku ku koro oo waa in la iska tuuraa.
- Marnaba dib ha u dhigin cuntada karsan isla hal saxan ama boodhka wax lagu jarjaro oo horey loogu hayay cunto cayriinka ah.
- Haddii aad u isticmaashey geedo-geedo loogu talagalay cunto cayriin ah sida maraqa cunto karsan, marka hore karkari.
- Had iyo jeer u isticmaal suxuun nadiif ah in aad cuntada dad ku siiso.



Si Ammaan ah u Kaydi Cuntooyinka

- Barafee hilib kasta oo cayriin ah, digaag, iyo cuntada badda ee aadan 2 maalmood gudahooda ku isticmaali doonin.
- Ukumaha haku sii jiraan kartoonkooda asalka ka-dibna ku kaydi qolqolka ugu weyn ee firinjeerka.
- Marnaba haku kaydinin cuntada karsan, cuntooyinka cunista u diyaarsan ama dalallaga cusub isla weelka ay ku jiraan hilibka cayriinka ah, kalluunka, ama digaagga.
- Haku kaydinin waxyaabaha xumaan kara, sida ukumaha, albaabka firinjeerka. Iyada oo sabab u ah in albaabka si joogto ah loo furo, heerkulkiisa wuxuu caadi ahaan ka sarreeyaa inta kale ee firinjeerka waxaanna laga yaabaa in aysan ammaan ahayn.
- Gaarigaaga adeegga raashiinka, hilibka cayriinka ah, digaagta, cuntada badda, iyo ukumaha ka dheeree cuntooyinka kale.
- Marnaba cuntada haku kaydanin dhulka, saqxadaha saliideysan, ama meel mirir u dhow.
- Ku kaydi sahayda nadaafadda iyo kiimikooyinka meel ka hooseysa oo ka fog cuntada.
- Haku kaydanin cuntada qasacyada ku dheehan macdinta zinc ama weelasha leh dahaarada birta ah sababta o ah cuntooyinka qaarkood waxay "soo goosan karaan" birta taas oo keeni karta sumoobid.
- Ka eeg cuntooyinka qasaca iyo dhallooyinka ku jira ningaxyada habboon. Haddii cuntadu ay u ekaato ama ay leedahay ur xun, ama haddii qasacu uu waxyeellaysan yahay, iska tuur.

Kari oo Ilaali Heerkullada Habboon ee Cuntada

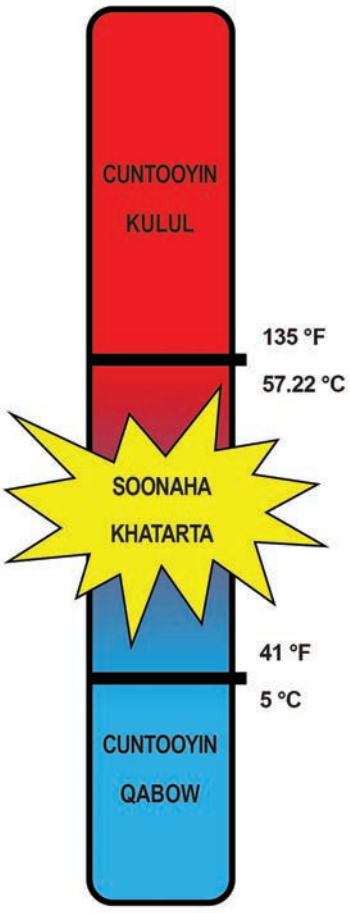
In cuntooyinka khatarta ah lagu kariyo heerkul sarreeya waxay dileysaa jeermisyada waxyeellada leh waxayna ka dhigeysaa cuntada mid ammaan ah in la cuno. Cuntooyinkan waxay mar kale noqon karaan kuwo khatar ah haddii ay muddo dheer dhex yaallaan heerkulka qolka ee caadiga ah. Bakteeriyada ayaa si degdeg ah u kobacda, waxayna ku labanlaabmi kartaa wax le'eg 20 daqiiqo. Waa in aad karisaa oo aad ka dhigtaa heerkulyo ammaan ah si aad uga fogaato jirrada cuntada ka dhalata.

Soonaha Khatarta 41°F - 135°F (5°C – 57.2°C)

Marnaba ha uga tagin hilib cayriin ah, digaag, ukumo, ama kalluun heerkulka qolka; ku kaydi firintijeer ama qaboojiye.

Si aad uga dhigto hilibka, digaaga, ukumaha, iyo kalluunka kuwo ammaan ah in la cunno, ku kululee heerkulkooda karinta ugu yar.

Cuntada u bixi sida ugu dhaqsiyaha badan ee suuragalka ah ka-dib marka la kariyo.



Marnaba cuntada bannaanka firinjeerka ha ugu tagin in ka badan 2 saacadood. Haddii heerkulka uu ka sarreeyo 90°F, cuntada ha uga tagin bannaanka in ka badan 1 saac.

Cuntada kulul ha kululaato: Ku kaydi PHF-yada 135°F ama in ka badan. Ku rid cuntada karsan weelasha kululeysada ah, miisaska uumiga ee horey loo kululeeyay, saxanada kululaynta, iyo/ama cunto kariyeyaasha tartiibka wax u kariya.

Cuntada qabow ha qaboobaato: Ku kaydi PHFs-yada 41°F ama ka hoose. Ku rid cuntada firinjeerrada ama weelal baraf ku jira.

Heerkulbeegyada Cuntada

Isticmaalka heerkulbeegyada cuntada waa habka kaliya ee la isku halleyn karo ee lagu eegi karo heerkulka cuntada. Marka aad cunto karineyso, isticmaal heerkulbeegga si aad u hubiso in cuntadu ay gaareyso heerkulka gudaha ugu yar ee ammaanka ah. Cuntooyinka qabow iyo kuwa kululba, isticmaal heerkulbeeg si aad u hubiso in ay ku sii jiraan heerkulyada haynta ee ammaanka ah.

Heerkulbeegyada cuntada ee dijitaalka ah waxay ku gaaraan oo ay ku soo bandhigaan heerkulyada gudaha 2 ilaa 5 ilbiriqsi gudahooda. Baaraha birta dhuuban ee heerkulka wuxuu eegi karaa heerkulka cuntooyinka dhumuc weyn iyo kuwa dhumuc yar.

Dhaq, biyo raaci oo jeermiska ka dil heerkulbeegga ka hor isticmaalka iyo ka-dib marka lagu adeegsado cuntooyinka xoolaha ee cayriinka ah si looga hortaggo is-faddareynta. Isticmaal suufka aalkulada ama jeermis-dile marka aad eegayso heerkulka cuntooyinka cunista u diyaarsan ee kala duwan.

Habka saxda ah ee lagu cabbiro heerkulka gudaha wuxuu ku xiran yahay nooca cuntada:

- Had iyo jeer geli heerkulbeegga qaybga ugu dhumuc weyn ee cunada, ee ka fog lafta, dufanka, ama carjawga adag.
- Cuntooyinka leh qaababka aan caadiga ahayn sida digaagta iyo cuntada la dubo, sidoo kale eeg heerkulka dhowr meelood.
- Cuntooyinka lagu kariyo mashiinka cuntada lagu kululeeyo, walaac si aad gacan uga geysato in cuntada ay si siman u wada karto, oo eeg dhowr meelood.
- Cuntooyinka dhumuc yar sida hilibka la dhexgaliyo hambeegarka, hubso baaraha heerkulbeegga in uusan taaban birtaawada ama dusha wax lagu kariyo.
- Cuntooyinka isku-jirka ah sida casseroles iyo quiches, sidoo kale eeg heerkulka dhowr meelood.



Heerkulka Cunto Karinta Ammaanka ah

Cuntada ayaa si ammaan ah loo kariyaa marka heerkulka gudaha uu aad u sarreeyo oo uu dili karo jeermisyada aad ku xanuunsan kartid. Jeermisyada waxyeellada leh badankooda waxaa lagu baabi'iyaa inta u dhaxeysa 140 °F iyo 165 °F. Cuntooyinka kala duwan waxay leeyihiin heerkulka ammaanka ah ee ugu yar oo kala duwan. Had iyo jeer ku kari hilibka cayriinka ah iyo digaagta heerkulkooda gudaha ugu yar ee ammaanka ah.

Marka aad u maleyso in cuntada ay kartey, isticmaal heerkulbeegga cuntada si aad ugu eegto heerkulka. Eeg shaxda heerkulyada karinta ugu yar si aad u hubiso in cuntooyinku ay gaareen heerkulkeeda ammaankooda ah. Cuntooyinka qaarkood waxay u baahan yihiin waqti nasasho kadib marka la kariyo. Cuntooyinkan ka bixi isha kulaylka oo meel ha yaallaan waqtiga loo cayimey.

Heerkulyada Karinta Ugu Yar (leh muddooyinka loo baahan yahay)

165°F (73.9°C) muddo 15 ilbiriqsi ah	• Digaag (digaag iyo digaag turki) • Baasto waxyaabo lagu cubey, kalluun, hilib, digaag, shimbiradaha shafka fidsan leh (emu, goroyo) • Wax ku cubidda ama casseroles ku jira kalluun, hilib, digaag, ama shimbiraha shafka fidsan leh • Dhammaan cuntooyinka xoolaha ee lagu kariyey mashiinka cuntada lagu kululeeyo
155°F (68.3°C) muddo 15 ilbiriqsi ah	• Hilib ama kalluun la shiidey, la jarjarey, dib loo habeeyay, ama la isku-darey, sida hambeegar iyo hilibka ridqan ee la dhuubo • Shimbiraha shafka fidsan leh (emu, gorayada) • Hilibka makaaniko ahaan loo jilciyey ama la durey • Ukumo aan la karkarin oo loo kariyey hayn kulul (ukumaha la karkariyo ma lahan heerkulka karinta ee loo baahan yahay)
145°F (62.8°C) muddo 15 ilbiriqsi ah	• Ukumo aan la karkarin oo loo kariyey in si degdeg ah loo cuno (ukumaha la karkariyo ma lahan heerkulka karinta ee loo baahan yahay) • Kalluun ama hilib, pp uu ku jiro hilib doofaar, oo aan la wax lagu cubin ama aan la yaryareyn (aan ku jirin hilibka la dubet, ama si kale loogu sheegay heerkulyada karinta ee kor lagu sheegay) • Xayawaannada ugaadha ah ee uu baarey USDA
145°F (62.8°C) (dusha)	• Isteegga hilib lo'aadka ishaysta, muruqa oo dhan ah (sida uu ku summadey warshadeeyaha) ee aan la suntin ama ama la jilcin waa in la kariyaa si uu dusha uga dhaco isbeddel midab
135°F (57.2°C)	• Cuntooyinka dhirka ee iyaga oo kulul la hayn doonno



Dib-u-kululaynta Cuntada

Isla-marka ay cuntadu qabowdo una gaarto heerkulka ka hooseeya 135 °F, ayay waxay bakteeriyadu bilaabi kartaa in ay dib u kobocdo. Dib-u-kululee cuntada ilaa 165 °F ay ka gaarto 2 saacadood gudahooda si ay u disho jeermisyo kasta oo waxtar leh oo cusub. Raac tilmaamahan si aad si ammaan ah dib ugu kuleyso cuntada.

- Keliya dib-u-kululee cuntada sida ammaanka ah loo diyaariyey oo si dhaqso ahna loo qaboojiyey.
- Haddii cuntadu ay soonaha khatarka ku sugnayn in ka badan laba saacadood, iska tuur.
- Haddii cunto reeb-reeb ah ay firinjeerka ku jirtey in ka badan 3 maalmood, iska tuur.
- Isticmaal shawlad dabeedda saaran mashiinka wax lagu kariyo, kan wax lagu kululeeyo, ama kululeeyaha labada ah.
- Gudaha foornada mashiinka cuntada lagu kululeeyo, cuntada dabool, walaaq, oo gedgedi si ay si siman ugu kululaato.
- Isticmaal heerkulbeegga cuntada si aad u eegto heerkulka cuntada dib loo kululeeyay.

Ka taxaddar marka aad bixinayso cuntada dib loogu kululeeyay mashiinka cuntada lagu kululeeyay si aad uga hortagto gubashooyin. Cuntooyinkan waxay noqon karaan kuwo aad u kulul meelaha qaarkood ama xitaa aad ayay u kulaan karaan marka ay soo baxaan.



Dhalaalinta Cuntada Barafeysan

Marnaba haku dhallaalinin cunto heerkulka caadiga ah ee qolka, adiga oo saaraya miiska, ama ku ridaya biyo kulul. Hababkan waxay u oggolaanayaan bakteeriyada waxyeellada leh in si dhaqso ah oo badato, sida suuragalka ahna tirooyin aan ammaan ahayn. Gudaha cuntada wuxuu yeellan karaa heerkul ammaan ah, laakiinse bannaanka ayaa aad ugu wanaagsanaan kara kororka bakteeriyada.

Waxaa jira 3 siyaabood oo ammaan ah oo lagu dhallaalin karo cuntooyinka. Qorey u qorsheyso si aad waqti ku filan u siiso in si sax ah loo sameeyo!

1. Cuntada gudaha firinjeerka ku dhallaali. Waxay qaadan kartaa waqti dheer, laakiinse habkan waa habka ugu wanaagsan uguna ammaansan.
2. Cuntada ku hoos qabooji biyo qabow oo socda - marnaba haku hoos qaboojin biyo diiirran ama kulul.
3. Isticmaal mashiinka cuntada lagu kululeeyo oo raac tilmaamaha dhallaalinta ee soosaaraha.

Ma jiraan wax ka mid ah tilmaamaha cunto maamulidda ammaanka ah oo kaa yaabiyey? Ma jiraan wax aad si kale u sameyn lahayn hadda oo aad taqaanno?

Qabooji oo Si Habboon Cuntooyinka u Kaydi

Mid ka mid ah waxyaabaha ugu badan ee keenna jirrada cuntada ka dhalata waa qaboojinta aanan habboonayn ee cuntooyinka la kariyey ee reeb-reebka ah. Bakteeriya ayaa ku kori kasta cunto kasta xitaa ka-dib marka si ammaan ah loo kariyo. Qaboojinta iyo kaydinta cuntooyinka ee habboon waa muhiim si loo yareeyo jirrada cuntada ka dhalata.

Qaboojinta Cuntooyinka

Si aad ammaan uga dhigto cuntooyinka, sida ugu dhaqsiyaha badan firinjeerka u geli ka-dib marka la kariyo. Bakteeriyada ayaa si dhaqso ah ugu kori karta cuntada qaboobeysa. Si aad ugu qaboojiso cuntada heerkul ammaan ah si dhaqso ah u isticmaal habka birtaawo gun-dhow leh.

- Cuntada u qaybi qaybo yaryar (in ka yar dhumuc 2 inji ah) adiga oo ku ridaya weelal yaryar, kala-gooni ah oo aan daboolneyn.
- Weelasha si toos ah u geli firinjeerka ama qaboojiyaha. Si xad-dhaaf ah weelasha ha ugu raseyinin firinjeerka. Hawadu waa in ay awoodaa in ay si xor ah oo taabogal ah u wareegato si ay u qaboojiso cuntada.
- Isticmaal heerkulbeeg si aad ugu eegto in cuntadu heerkulkeedu ka hooseeyo 41°F / 5°C ka-dibna dabool, duuduub, ama xir weelasha.
- Summadee oo taariikhda ku qro cuntooyinka la qaboojiyey ama la barafeeyay.

Tixgelin gaar ah oo loogu talalagay ansalaatada qabow

Baradho, baasto, makarooni, ukun, iyo ansalaatada digaaga waa in si ku filan loo qaboojiyaa si looga hortago bakteeriyada in ay ku kobacdo. Marka cuntooyinkan la sameynayo, ku kari dhammaan waxyaabaha cuntada ee la iskudarro ilaa heerkullo ammaan ah ka-dibna ku qabooji heerkul ka hooseeya 41°F / 5°C. Ka-dib si dhaqso ah isugu qas waxyaabaha la iskudarey oo bixi.

Kaydinta Cuntada Ammaanka ah

Xitaa firinjeerka, cuntada waxay noqon kartaa mid aan ammaan ahayn in la cuno. Cuntada xumaatey waxay yeellan kartaa ur ama dhadhan xun, ama waxay yeellan kartaa bakteeriya waxyeello leh Si joogto ah u tuuro cuntada firinjeerka ku jirtey muddo dheer. Iska tuur cuntooyinka dhaafey taariikhdooda dhicitaanka. Cuntooyinka reeb-reebka ah waxay firinjeerka ku jiri karaan ilaa 3 maalmood.

Cuntada barafeysan waxay muddo ka-dib lumineysaa qoyaanka (biyaha). Firinjeerkaaga waa in laga dhigaa heerkul cuntada ka dhigaya 41°F / 5°C ama ka hoose barafeeyahaaganna waa in laga dhigaa heerkul ka dhigaya cuntada xaalad adag, oo barafeysan. Isticmaal heerkulbeegyada qalabka elektarooniga ah ee guriga si aad u hubiso.

Barafka Ka Dhallaalinta Cuntooyinka Reeb-reebka ah ee Horey Loo Barafeeyay

Mararka qaarkood waxaa jira reeb-reeb ka soo hara reeb-reeb hore. Waa ammaan in barafka laga dhallaaliyo cunto kasta ee soo harta ka-dib dib-ugu-kululeynta reeb-reebyada horey loo barafeeyay heerkulka ammaanka ah ee 165°F / 73.95°C ee lagu cabbirey heerkulbeegga cuntada.

Haddii weel weyn oo reeb-reeb ah la barafeeyay oo keliya qayb ka mid ah loo baahan yahay, waa ammaan in la dhallaaliyo reeb-reebyada ku jira firinjeerka, bixi qaybta loo baahan yahay oo barafka ka dhalalalin reeb-reebyada adiga oo aanan dib u kululayn.







Soo koobid

Jirrada cuntada ka dhalata waxay noqon kartaa mid aad u daran, gaar ahaan dadka waaweyn. Waxaa jira waxyaabo badan oo keenna jirrada cuntada ka dhalata laakiinse maamulidda cuntada ee ammaanka ah ayaa ka hortageysa. Waa in aad taxaddartaa madka aad gacanta ku qabaneyso cutada macmiilka ama ku caawineyso in ay cunto cunaan. Ku dhaqan nadaafadda shakshiyeed ee wanaagsan (ha shaqeynin marka aad xanuunsan tahay, gacmhaaga dhaq, ka hortag taabashada gacanta oo faydan lagu taabto cuntooyinka cunista U diyaarsan) oo raac tilmaamaha nadiifi, kala-bixi, kari, iyo qabooji si aad u ilaaliso ammaanka macmiilka. Hab-dhaqannadan waxay ku caawin doonnaan adiga iyo qoyskaaga in aad ka fogaataan jirrada cuntada ka dhalata, iyo sidoo kale.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Kumaa qayb ka ah dadka aadka u nugul?

2. Waa maxay saddexda tusaale ee cuntooyinka khatarta suuragalka ah leh?

3. Waa goorma goorta Kaaliyaha Daryeelka Guriga loo baahan yahay in uusan cunto ka shaqeyn?

4. Waa maxay noocyada cuntada oo ay tahay in aadan ku taaban gacmahaaga oo faydan?

5. Waa maxay farqiga u dhaxeeya nadiifinta iyo jeermis-ka-dilka?

6. Maxay muhiim u tahay in cuntooyinka laga dheereeyo soonaha khatarta ah?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Biyo oo keliya ayaa lagu tiriyaa dareere qaadashada maalinlaha ah ee macmiilka ee loo baahan yahay.

   ❑ Run ❑ Been

2. Haddii macmiilku uu jiro qaadashada cuntooyin gaar ah, waxaad u baahan yahay in aad oggaato:
   a. Haddii qoyska macmiilka uu jecel yahay cunnada.
   b. Cuntooyinka iyo cunto diyaarinta gaarka ah ee loo baahan yahay.
   c. Haddii cunnada ay u shaqeysay dad kale.

3. Summadda nafaqada cuntada ayaa lagu adeegsadaa qorsheynta cuntada iyo adeegashada si ay kaaga caawiso:
   a. Go'aansashada haddii aad jeclaan doonto dhadhanka cuntada.
   b. Isbarbardhiga iyo doorashada cuntooyinka caafimaadqabka leh.
   c. Oggaanshaha haddii ay tahay wax uu macmiilku jecel yahay.

4. Fuuqbaxa waa xaalad nafta halis-gelinaysa.

   ❑ Run ❑ Been

5. Cunno caafimaadqab leh waxaa loola jeedaa doorashada cuntooyin caafimaadqab leh oo kala duwan:
   a. In aanan marnaba la cunin cuntooyinka caafimaadqabka yar leh.
   a. In xad loo sameeyo cunista cuntooyinka caafimaadqabka yar leh.
   c. Cunista cuntooyin caafimaadqab leh dhowr maalmood toddobaadkii.

6. Habka ugu ammaansan ee loo dhallaalinayo cuntooyinka waa in waxyaabahan soo socda la adeegsado:
   a. Miis.
   b. Fijinjeer.
   b. Biyo kulul.

7. Si looga hortaggo is-faddadeynta, had iyo jeer isticmaal meel u go'an in lagu jarjarro hilibka, kalluunka, iyo digaagga, iyo meelo kala duwan oo wax lagu jaro oo loogu talagalay rootiga, miraha, iyo khudaarta.

   ❑ Run ❑ Been

8. Jirrooyinka cuntada ka dhasha waxaa keena cunista cunto faddareysan.

   ❑ Run ❑ Been

(Lagu sii wado bogga soo socda)

9. Si ay cuntootinka ammaan u noqdaan, firinjeerkaaga heerkulkiisa waa in laga dhigaa heerkul cuntada ka dhigaya 41°F ama ka hoose.

   ❑ Run ❑ Been

10. Tirada cunto-qaadashada maalinlaha ah ee looga baahan yahay in laga qaato mid kasta oo ka mid ah kooxaha haramka cunista caafimaadka leh ee qof kasta waa isku mid.

    ❑ Run ❑ Been

11. Jeermisyad ayaa si dhaqso ah ugu kobca heerkulyada gudaha soonaha khatarta ah, kuwaas oo ah:

    a. 0°F iyo 100°F

    b. -10°F ilaa 120°F

    c. 41°F - 135°F

12. Cuntooyinka waa in dib loo kululeeyaa iyagga oo laga dhigayo 165°F.

    ❑ Run ❑ Been

13. Hab-dhaqannada maamulidda cuntada ammaanka ah ee ugu muhiimsan waa:

    a. Dhaqidda gacmahaaga iyo karinta iyo qaboojinta cuntooyinka ee ammaanka ah.

    b. Soo adeegidda iyo diyaarinta cuntooyin nafaqo leh.

    c. Isticmaalka gacan-gashiyada foornada marka gacanta lagu qabanayo cuntooyinka ama hilibka kulul.

1. Been, 2. B, 3. B, 4. Run, 5. B, 6. B, 7. Run, 8. Run, 9. Run, 10. Been, 11. C, 12. Run, 13. Carruurta



Cutubka 10aad: Adeegsiga Musqusha

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay fahmi doonnaan kala-fogaanshaha caadiga ah ee u dhaxeeya shaqada mindhiciirka iyo kaadi-haysta (saxarada iyo kaadida) iyo in si ammaan ah loogu caawiyo hawlaha daryeelka shakhsiyeed ee adeegsiga musqusha.

Casharka 1-aad: Shaqada Mindhiciirka iyo Kaadi-haysta

Casharka 2aad: Ka Caawinta Adeegsiga Musqusha

Casharka 1aad Mindhiciirka iyo Kaadi-haysta

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Muujiyo fahamka shaqeynta mindhiciirka iyo kaadi-haysta, oo ay ku jiraan:
   a. Arrimaha kor-u-qaada shaqdeynta mindhiciirka iyo kaadi-haysta ee caafimaadqabka leh;
   b. Calaamadaha, astaamaha, iyo waxyaabaha caamka ah ee keena shaqada mindhiciirka iyo kaadi-haysta ee aan caadiga ahayn;
2. Xusuusto baahida loo qabo oggaanshaha heerka aasaasiga ah ee shaqeynta mindhiciirka iyo kaadi-haysta ee qofka deggan goobta lagu daryeelo; iyo
3. Xusuusto goorta iyo cidda loo sheego isbeddellada.

Ereyada Muhiimka ah

Kaadi-hays: xubinta jirka ururisa ka-dibna haysa kaadida.

Mindhiciirrada: hab-dhiska mindhicirrada ee farsameeya cuntada jirkana ka saara wasakhda adag.

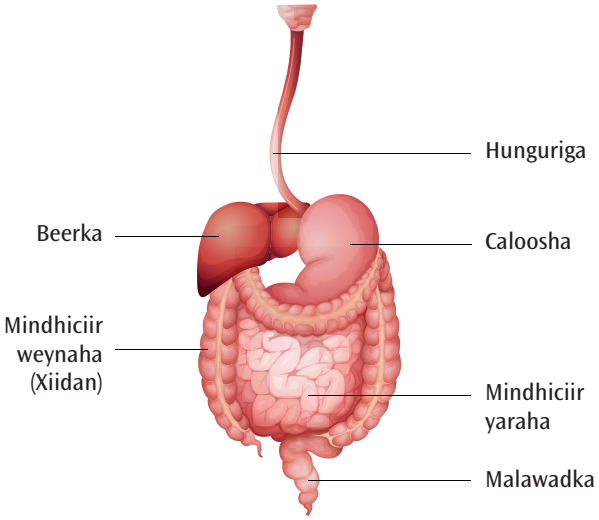
Saxaro: wasakhda adag ee mindhiciirada soo marta ka-dibna ka baxxda jirka.

Kaadi-ceshasho la'aanta: awoodid la'aanta xakameynta shaqooyinka kaadi-haysta.

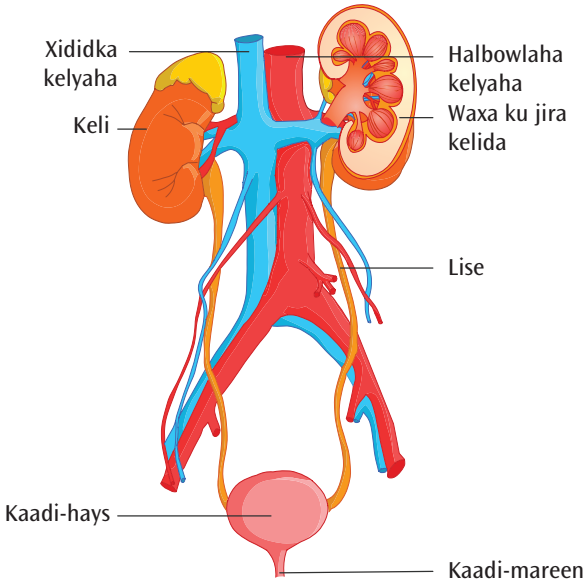
Kaadi-mareen: tuubbada ama dhuunta qaada kaadida ka soo baxda kaadi-haysta ee bannaanka u bixisa.

Habdhis kaadiyeed: hab-dhiska xubnaha soosaara kaadida ka-dibna jirka ka saara.

Hab-dhiska Dheefshiidka Aadanaha



Habdhis Kaadiyeed



Guudmarka

Jirka bani'aadamka wuxuu soosaaraa sunta iyo wasakhda isaga oo marsiinaa habdhiska kaadiyeed iyo mindhiciirada. Kaaliyayaasha Daryeelka Guriga waxaa loo baahan yahay in ay fahmaan waxa uu shaqada shaqada Mindhiciirka iyo Kaadi-haysta ee macmiilka iyo in ay soo sheegaan dhibaatooyin kasta.

Kaaliyayaasha Daryeelka Guriga ayaa sidoo kale ku dhiirrigelin kara macmiilka in uu sameeyo kala-doorashooyinka joogteynta shaqooyin kaadida iyo saxarada ee wanaagsan.

Shaqada Kaadi-haysta iyo Mindhiciirka

Kuwan waa tilmaamaha guud ee waxa ah shaqada kaad-haysta iyo mindhiciirka ee caadiga ah ama aan caadiga ahayn.

Waxaa kala duwan shaqada mindhicirka caadiga ah ee min qof ilaa qof. Waa muhiim in aad oggaato heerka aasaasiga ah ee macmiilka si aad u garato, diiwaangeliso, oo u soo sheegto isbeddellada.

Shaqada Kaadi-haysta

Caadi	Aan caadi ahayn
• Faarujinta kaadi-haysta ku dhowaad 3-4 saacadood kasta maalintii (6-8 jeer 24 saacadood) • Soo kicidda hal jeer habeenkii si loo faarujiyo kaadi-haysta	• Soo kicidda in ka badan laba jeer habeenkii si loo faarujiyo kaadi-haysta • La kulmidda isku kaadin shil ah (kaadi ceshaho la'aan) • Xanuun ama belbel xilliga kaadinta • Faarujinta kaadi-haysta in ka badan 8 jeer maalintii • Rabitaanka xooggan, kedista ah, joogtada ah ee aadista musqusha • Kaadi dhiig leh (wuxuu u muuqan karaa basali) • Kaadi midab madow ama duruuro ah leh • Ur kaadi oo xooggan

Shaqada Mindhiciirka

Caadi	Aan caadi ahayn
Shaqada mindhiciirka "caadiga ah" ayaa si aad ah ugu kala duwan dadka. Kuwan waxay qeexayaan kala fogaanka caadiga ah ee shaqeynta mindhiciirka • Joogto ah, dhacda 3 jeer toddobaadkii ilaa 3 jeer maalintii • Qaabeysan, laakiinse jilicsan • La'aanta degdeg xad-dhaaf ah (u baahan in loo cararo musqusha) • Leh dedaal yar oo aan lahayn cadaadis • Iyada oo aanan loo baahan waxyaabo la isku shubansiiyo	• Cadaadis ama adkaanshaha in saxarada la gudbiyo • Saxarrada oo adag; leh dhiig iyo/ama xab • Calool majiir, calool xanuun • Calool-fadhi • Shuban • Dibirro iyo/ama neef xad-dhaaf ah • Isbeddellada caadooyinka caloosha • Baahida joogtada ah ee loo qabo waxyaabo la isku shubansiiyo • Saxaro dhiig leh (waxay u muuqan kartaa madow ama “damuur ah”, ama guduud dhallaalaya)

Joogteynta Shaqada Kaadi-haysta iyo Mindhiciirka ee Wanaagsan

Inta badan soojeedimada joogteynta shaqada kaadi-haysta iyo mindhiciirka ee wanaagsan waxay la mid yihiin qaadashada doorashooyinka wanaagsan ee wannaaga iyo caafimaadka guud.

Ku dhiirrigeli macmiilka in uu qaado tallaabooyinkan soo socda.

- **Cab dareereyaal badan:** Cab 6-8 koob oo dareere ah (la doorbidayo biyo) maalintii, wax badan ka cab marka cimilo-gooreeddu kulushahay ama marka aad jimicsi sameynayso. Iska yaree khamriga iyo cabbitaannada ay ku jirta maadada kafiinta (shaaha, kafeyga, soodhada) iyo sonkorta (casiirka miraha, soodhada, “cabbitaannada tamarta”).
- **Samee doorashooyinka cuntada caafimaadqabka leh:** Faybarku wuxuu gaar ahaan muhiim u yahay shaqada caloosha ee wanaagsan. Miro, khudaar, digir, loows, iyo iniinyo badan ayaa kordhiya faybar qaadashada.
- **Intii suuragal ah noqo qof firfircoon oo taam ah:** Dhaqdhaqaaqa jireed wuxuu dedejiyaa socodka cuntada ee hab-dhiska dheefshiidka.
- **Isdeji:** Culeys ha isku saarin faarujinta kaadi-haysta ama caloosha ama muddo dheer musqusha ha fadhinin.
- **Dhakhtar la hadal:** Ku dhiirrigeli macmiilka in uu dhakhtarkiisa arko mar kasta oo ay jiraan isbeddelo ama walaacyo ku saabsan caadooyinka kaadinta ama saxaroodidda.





- **Ilaali nidaamyada adeegsiga musqusha ee macmiilka:** Ku dhiirrigeli macaamiisha in aysan iska indhotirin baaqyada jirkooda iyo in ay musqusha aadaan marka ay dareemaan “rabitaanka” in ay aadaan. Baro waxa qaabka caadiga ah ee macmiilka uu yahay si aad ugu hesho waqti aad ku caawiso oo aadna ku garato haddii ay jiraan isbeddello ku yimid musqul adeegsiga macmiilka ee caadiga ah.
- **Hubso in deegaanku uu taageero nidaamka caadiga ah ee macmiilka:** Ka qaad ama ka banee dhabbaha loo maro musqusha waxyaabaha isku dhexdaadsan. Dhig aaladaha gacansiinta, sida socod-caawiyaha ama bakooradda, meel u dhow. Musqusha ku xir nalka habeenkii ama nalka oo shidan ka tag. U dhig fadhi musquleed, tuunji, ama weel lagu kaadsho sariirta dhinaceeda haddii macmiilka uusan awoodin in uu musqusha aado.



Dhibaatooyinka Shaqada Kaadi-haysta iyo Mindhicirka

Caabuqyada Ku Dhaca Habdhiska Kaadida (UTI)

Caabuqa ku dhaca habdhiska kaadida ayaa qofka haleela marka bakteeriya ay weerarto habdhis kaadiyeedka qofka ayna badato, taas oo caabuq keenta. Caabuqyada ku dhaca habdhiska kaadida waxay ku badan yihiin dadka leh anatmiga dheddiga.

Caabuqyada ku dhaca habdhiska kaadida waa waxa ugu fudud in la daaweeyo haddii la oggaado ka hor inta aysan ka sii darin ama aysan ku faafin meel dhaafsiisan kaadi-haysta oo uusan gaarin kelyaha.

Si degdeg ah ugu sheeg calaamado kasta oo UTI ah qofka ku habboon ee jooga goobtaada daryeelka.



Caabuqyada Ku Dhaca Habdhiska Kaadida (UTI)

Waxyaabaha caamka ah ee keena	• Caadada sugidda muddo dheer in la kaadiyo • Weynaanshaha qanjirka ku dul yaalla kaadi-haysta • Dhibaatooyin neerfaha la xiriira oo saameeya faarujinta kaadi-haysta, oo ay ku jiraan bu'e iyo xaaladda caafimaad ee sameysa laf-dhabarta ee loo yaqaanno spina bifida • Sonkorow • Waxqabad galmo • Caado-baxa ka-dib • Uur-qaadis badan • In aanan laga dhigin goobaha ku hareera kaad-mareenka, siilka, iyo dabada meelo nadiif ah oo qallalan • Tirtiridda laga soo bilaabayo galaa ilaa horeda, iyadoo la gelinayo bakteeriyada saxarada kaadi-mareenka • Wax ku jira habdhiska kaadida oo joojinaya qulqulka kaadida (t.a. dhagaxa kelida)
Astaamaha ama Calaamadaha	• Xanaaq ama jahwareer ka sii daraya ama aanan la sharxin • Rabitaanka aadka ah ee in la kaadsho oo ay ku xigaan soo kaadinta keliya qaddar yar oo kaadi ah • Dareen belbel, xanuun badan leh oo laga dareemo aagga kaadi-haysta ama kaadi-mareenka xilliga kaadinta • Kaadi caano, duruuro oo kale ah, ama guduudan oo sabab u ah dhiig ku jira • Kaadi leh ur aan fiicneyn • Dareemidda “yaqyaqsi” ama tabbar-darro • Xanuunka qaybta hoose ee dhabarka oo aan la sharxin • Qandho, qarqaryo, dhidid • Xanuunka/muruq-roorka kaadi-haysta • Xanuunka miskaha ee bartamaha lafta miskaha • Lallabo • Cadaadis aan raaxo lahayn oo laga dareemo lafta gumarka korkeeda • Dareemidda malawad buux

Kaadi Ceshasho La'aan

Kaadi ceshasho la'aanta waxay dhacdaa marka qofka uusan xakameyn karin shaqooyinka kaadi-haystiisa. Waxyaabaha ugu badan ee keena waxaa ka mid ah kuwan soo socda.

- Caabuqyada ku dhaca habdhiska kaadida ama siilka
- Waxyeellooyinka soo raaca daawooyinka qaarkood
- Calool-fadhi
- Kaadi-mareen xanniban oo sabab u ah weynaanshaha qanjirka kaadi-haysta ku yaalla
- Nuglaanshaha murqaha kaadi-haysta booskiisa ku haya
- Muruqa kaadi-haysta oo aad u firfircoon
- Noocyada qaar ee qalliinka
- Dhaawacyada xandullaha
- Cudurrada ku lugta leh neerfaha iyo/ama muruqa (bu'e, cudur iin ku keenna murqaha, cudurka dabeysha, ama istaroog tusaale ahaan)

Inta badan kaadi ceshasho la'aanta waa la daaweyn karaa.



Noocyada Kaadi Ceshasho La'aanta

- **Kaadi ceshasho la'aanta cadaadiska keenna:** luminta kaadida marka qofka uu qufaco, qoslo, iskala jiido, wax qaado, iwm. Waa dhibaatada daciifidda murqaha lafta miskaha. Tani waa nooca ugu badan ee kaadi ceshasho la'aanta.

- **Kaadi ceshasho la'aanta rabitaanka/kas ku imaan:** baahida lama filaanka ah, xooggan ee daba socota isku soo ururidda kaadi-haysta ee degdegga ah iyo kaadi siideyn aan kas loo sameyn. Inta badan ma lahan waqti badan oo u dhaxeeya rabitaanka kaadinta iyo kaadinta.

Caafimaad loogu talagalay Kaadi Ceshasho La'aanta

Dad badan waxaa ku adag in ay ka hadlaan kaadi ceshasho la'aanta. Dad badan, oo ay ku jiraan macaamiil badan, waxay weli aaminsan yihiin in ay qayb ka tahay gaboobidda caadiga ah iyo in aysan jirin wax laga qaban karo. **Xaalku sidaa ma ahan.** Inta badan kuwa ay ku dhacdo xaaladda kaadi ceshasho la'aanta waa la daaweyn karaa ama ugu yaraan astaamaha ayaa la sii wanaajin karaa. In kastoo nisbooyinka guusha ee dabbiibidda kaadi ceshasho la'aanta ay sarreeyaan, haddana dad tiro yar ayaa caawimaad weyddiista.

Dad badan, kaadi ceshasho la'aanta ayaa sidoo kale saameynaysa wanaagga dareenkooda nafsaani iyo kan bulsho. Dad badan waxay ka baqaan ka-qaybgalka hawlo maalmeedka caadiga ah ee aad uga fogeyn kara musqusha; qaar kale waxay ka fogaan karaan kulannada bulshada am dibed baxyada iyaga oo ka baqaya “in ay kaadida ka fakato.”

Macmiilka waa in lagu dhiirrigeliyaa in uu kala hadlo dhakhtarkiisa iyo in uu oggaado waxa keenaya dhibaatada. Mararka qaarkood isbeddelo fudud oo lagu sameeyo cuntada am beddelidda daawooyinka qaar ayaa daaweyn kara ama sii wanaajin kara kaai ceshasho la'aanta. Inta badan, daaweyntu waxay ku lug leedahay iskujirka daawo, tababarka kaadi-haysta ama layliyada halka ay ku fadhido lafta miskaha.

Soo Sheeg Kaadi Ceshasho La'aanta

Hubso in aad u soo sheegto dhibaatooyin kasta oo aad kala kulanto kaadi-ceshasho la'aanta qofka ku habboon ee ku sugan goobtaada daryeelka – gaar ahaan haddii ay tani tahay dhibaato cusub oo uu wajahayo macmiilka.

Cutubka 10aad

Calool-fadhi

Calool-fadhiga waxaa keena marka saxaradu ay si tartiib ah ugu socoto mindhiciirada iyadoo jirkana uu nuugo biyo badan. Tani waxay ka dhigeysaa saxarada mid adag, qalallan, iyo in ay dhib noqoto dhammaan ama qayb kasta oo saxarada ka mid ah in ay gudubto oo dibadda u soo baxdo. Calool-fadhigu waa walaac caam ah oo ay la kulmaan macaamiil badan.

Ka Caawinta Calool-fadhiga

Waxa keenay calool-fadhiga ayaa loo baahan karaa in la aqoonsado si loo qorsheeyo daaweynta saxda ah. Xaalado badan, isbeddellada cuntada iyo hab-nololeedka (kordhinta faybarka, biyaha, iyo heerarka dhaqdhaqaaqa jirka) ayaa gacan ka geysta qaadista astaamaha iyo ka hortagga calool-fadhiga.

Waxaa lagu weyddiin karaa in aad gacan ka geysato barnaamijka caloosha ee shakhsi ahaan loogu talagalay macmiilka iyo/ama in la adeegsado qalab gaar ah. Macmiilka, xubinka qoyska, ama xirfadlaha caafimaadka waa in uu kuu tababaraa adeegyo kasta oo qofka ku gaar ah.

Goorta La Soo Sheegayo Calool-fadhiga

Ha u oggolaan macmiilka in uu saxaro la'aan joogo in la badan hal ama laba maalmood adiga oo aan dhibaatada u soo sheegin qofka ku habboon.

Dhiig ku jira saxarada ama isbeddelka midabka saxarada waa walaac gaar ah. Saxarada dhiigga leh inta badan waxay u muuqataa mid madow ama daamur leh. Ogsoonow in macdanta birta ee dheeraadka ah, quwaaxa, miraha madow, miraha buluugga ah, ama khudaarka cagaarka ah ay si ku meelgaar ah u beddeli karaan midabka kaadidada iyo saxarada.

Isbeddelka ku yimaada caadooyinka caloosha ee macmiilka ayaa noqon kara calaamadda jiro halis ah.



Calool-fadhi

Waxyaabaha caamka ah ee keena	• Daawooyinka qaar (gaar ahaan kuwa loo adeegsado in lagu daaweeyo xanuunka) • Cuntada oo aan ku jirin dareere iyo/ama faybar dad ku filan • Isticmaalka xad-dhaafka ah ee waxyaabaha la isku shubansiiyo • Jimicsi la'aan, dhaqdhaqaaq la'aan • Walaac, niyadjab, ama murugo • Isbeddellada nolosha ama nidaamka joogtada ah • Cudurrada sida sonkorowga, cudurka xusuusta ee Parkinson, bu'e, iyo dhaawacyada xandullaha • Xaaladaha sida gubashada bararista ama baabasiirta • Iska-indhatirta rabitaanka in la saxroodo • Dhibaatooyinka malawadka ama mindhiciir weynaha
Astaamaha ama Calaamadaha	• Saxaroodidda oo ka yar inta caadiga ah ee shakhsiyada ama in ka yar 3 jeer toddobaadkii • Saxaro adag ama sida dhoobada oo kale ah • Cadaadis • Xanuun ka hor, inta lagu guda jiro, ama ka-dib marka la saxaroodo • Gudbinta qaddar yar oo saxaro ah ama awoodid la'aanta in la saxaroodo • Raaxo la'aan xagga caloosha ah, dibirro, lallabo, dareen dherganaan • Dareemidda baahida loo qabo dhaqdhaqaaqa caloosha laakiinse aan la raaci karin • Dhiig guduudan oo dhalaalaya oo ku jira saxarada ama isbeddel ku yimaada midabka saxarada

Saxarro Isku-cadaadsan

Saxarro isku-cadaadsan waa saxarro adag, qallalan oo macmiilka uusan gudbin karin malawadka ama mindhiciir weynaha. Macmiilka waxaa laga yaabaa ama aan laga yaabin in uu leeyahay rabitaan saxarro lagu gudbinayo. Macaamiisha la ildaran calool-fadhiga daba-dheeraada ayaa halista ugu badan wajahaya.



Soo Sheeg Astaamaha Saxarro Isku-cadaadsan

Si degdeg ah ugu soo sheeg wax kasta oo ka mid ah astaamahan soo socda qofka ku habboon

- Shuban biyood, lama filaan ku yimaada (gaar ahaan macaamiisha la ildaran calool-fadhiga daba-dheeraada)
- Cadaadiska joogtada ah ee gudbinta dareere ama saxaro yar, oo xoogaa qaabeysan
- Calool majiir ama raaxo la'aan
- Xanuun aagga malawadka ah
- Rabitaan cunto la'aan ama lallabo
- Jahwareer sii kordha iyo/ama xanaaq
- Qandho
- Neefsashada ur aan caadi ahayn

Shuban

Shubanka wuxuu dhacaa marka saxaradu ay si dhaqso ah uga soo gudubto habdhiska mindhiriicrada iyo in aanan biyo dad ku filan laga bixin saxarada ka hor inta aanan la gudbin.

Caawimaadda loogu talagay Shubanka

Waxyeello khatar ah suuragalna ah oo la socota shubanka waa fuuqbax. Dareereyaal cad (biyo, casiir mido ah oo la barxay, cabbitaannada isboortiska, fuud, iyo shaah) ayaa macmiilka ka caawiya fuuqcelinta. Kulayl la joojiyo haddana dib loo bilaabo ayaa la saari karaa ubucda si uu gacan uga geysta qaadista xanuunka, majiirka, iyo danqashada. Waxaa wanaagsan in laga fogaado waxyaabaha caanaha laga sameeyo (caanaha, subagga, iyo kareemka) kuwaas oo shubanka uga sii dari kara. Weyddii qofka ugu habboon ee jooga goobtaada daryeelka waxa ay tahay macmiilka in uu cuno marka uu shubmayo.

Goorta La Soo Sheegayo Shubanka

Shubanku wuxuu noqon karaa calaamadda dhibaato halis ah. Kala-soco macmiilka isbeddellada cunista, cabbitaanka, iyo caadooyinka isticmaalka musqusha iyo tilmaamaha kale ee muujin kara in uu qabo xaalad halis ah.

U sheeg qofka ku habboon ee joogta goobtaada daryeelka haddii macmiilku uu shuban qabo. Ka feejignow oo si degdeg ah u soo sheeg wax ka mid ah astaamahan soo socda.

- Xanuun daran oo laga dareemo ubucda ama malawadka
- Qandho
- Dhiig ku jira saxarada
- Astaamaha fuuqbaxa (oonka, af dhegdhegaya ama qallalan, bushimo dildillaaca, madax-xanuun, daal, dawakhaad, jahwareer, qandho, kaadi madow, casiraadda lugaha)
- In ka badan laba dhacdo oo shuban ah muddo 24 saac gudahooda

Marka macmiiku uu shubmayo, u soo sheeg nooca saxarada (waxyaabaha ku jira, urta, midabka) iyo inta jeer uu saxroodo qofka ku habboon ee joogta goobtaada daryeelka. Diiwaangelinta iyo duubista dhaqdhaqaaqa mindhicirka ama caloosha ayaa fududeynaya marka la soo sheegayo.

Shuban

Waxyaabaha caamka ah ee keena	• Caabuq fayras ama bakteeriya • Jirro cuntada ka dhalata • Walaac, walbahaar • Waxyeellada soo raacda daawada • Isticmaalka xad-dhaafka ah ee waxyaabaha la isku shubansiiyo • Faybar badan • Xaalado mindhiciir (t.a. huridda mindhicirka weyn, cudurka Crohn, gubashada bararista) • U dulqaadasho la'aanta cuntada (t.a. laktoos, gulutiin) ama cuntooyinka qaarkood (t.a. digir buruuns, cabbitaan liin ah) • Isbeddel weyn oo ku yimid xagga cuntada • Isticmaalka kafiinta ama khamri xad-dhaaf ah
Astaamaha ama Calaamadaha	• Baahida degdegga ah ee isticmaalka musqusha • Saxarro jilicsan, biyo ah, oo joogto ah • Calool majiir ama calool xanuun • Dibirro • Lallabo • Qandho

Qoraallo

Soo koobid

Shaqada mindhiciirka iyo kaadi-haysta ee wanaagsan waxay lagama maarmaan u tahay caafimaadka wanaagsan. Kaaliye Daryeel Guri ahaan, waxaad taageeri kartaa shaqada mindhiciirka iyo kaadi-haysta ee wanaagsan adiga oo ku dhiirrigelinaya macmiilka in uu sameeyo doorashooyin caafimaadqab leh iyo in uu ka feejignaado oo uuna soo sheego calaamado kasta oo ay dhibaatadu leedahay.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay saddexda siyaabood ee lagu joogteyn karo shaqada kaadi-haysta iyo mindhiciirka ee wanaagsan?

2. Immisa jeer maalintii ayay kaadi-haystu faaruqdaa marka kaadi-haystu ay si caadu ah u shaqeyso?

3. Kaadi ceshasho la'aantu ma tahay qayb caadi ah oo ka mid ah gaboobidda?

4. Haddii macmiilku muujiyo xanaaq ama jahwareer aan caadi ahayn, maxay kula tahay dhibaatada?

5. Goormeed soo sheegaysaa shubanka?

6. Siduu u egyahay dhiigga ku jira saxarada?

Casharka 2aad Caawimaadda Adeegsiga Musqusha

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Isticmaalo istiraatiijiyadaha uu qofku xuddunta u yahay si uu kor ugu qaado oo u ilaaliyo madax-bannaanida, asturnaanta, raaxada, iyo ammaanka macmiilka isaga oo ka caawinaya hawlaha adeegsiga musqusha;
2. Muujiyo dhammaan tallaabooyinka muhiimka ah, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si uu qofka si ammaan ah uga caawiyo;
    a. Daryeelka saxaaxa (sidoo kale loo yaqaanno “pericare”),
    b. Daryeelka kateetarka,
    c. Daryeelka kateetarka kondhomka,
    d. Isticmaalka tuunjiga, iyo
    e. Alaabooyinka ceshasho la'aanta kaadida.

Ereyada Muhiimka ah

Saxaro-weecin: dalool ku yaalla dusha sare ee ubucda halkaasi oo mindhiciirka laga furo ka-dibna loo jiheeyo jirka bannaankiisa.

Kateetarka kondhomta: kateetarka kaadi-haysta dibedda oo daboola guska wuxuunna qaadaa kaadida iyadoo loo marsiinaya tuubbo.

Daryeelka saxaana (Pericare): nadiifinta goobaha xubnaha taranka iyo dabada ee jirka.

Kateetarka kaadida: tuubbo la geliyo kaadi-haysta si ay uga qaado kaadida.

Kaadi-weecin: dalool ku yaalla dusha sare ee ubucda halkaasi oo tuubbo laga geliyo kaadi-haysta si looga faarujiyo kaadida.



Guudmarka

Macmiil kasta wuxuu u baahan yahay xaddiyo iyo noocyo kala duwan oo caawimaadda adeegsiga musqusha ah. Waxaa gaar ahaan muhiim ah in laga caawiyo macmiilka in uu noqdo qof nadiif ah oo qallalan. Waxay doontaba ha noqotee caawimaadda aad bixiso, waxaad ilaalin kartaa asturnaanta, sharafta, iyo madax-bannaanida macmiilka.

Marka aad macmiilka ka caawineyso isticmaalka musqusha, qayb ka mid ah shaqadaada Kaaliye Daryeel Guri ahaan waa in aad la socotaa astaamaha dhibaatooyinka caloosha, dhibaatooyinka kaadi-haysta, iyo caafimaad-darrada maqaarka. Waa in aad kuwan u soo sheegto qofka ku habboon ee jooga goobtaada daryeelka.

Sideed dareemi lahayd haddii aad caawimaad ugu baahan tahay isticmaalka musqusha?

Sideed jeclaan lahayn qofka ku caawinaya in uu u dhaqmo?

Kaalinta Daryeelaha uu ku leeyahay Adeegsiga Musqusha

Qorshaha adeegga macmiilka wuxuu muujin doonnaa caawimaadda adeegsiga musqusha ee uu macmiilka u baahan yahay. Caawimaadda waxaa ka mid noqon kara kuwan soo socda midkood.

- Baaq iyo xusuusin
- Ka caawinta macmiilka in uu tago kana soo noqdo musqusha
- Ka caawinta macmiilka geynta iyo ka soo wadidda iyo isticmaalka musqusha ama qalabka gacansiinta
- Furfuridda dharka macmiilka, hoos u jiididda dharka, iyo dib u xiridda saxda ah ee dharka marka ay adeegsiga musqusha dhammeystaan
- Daryeelka saxaaxa
- Ku faarujinta musqusha ee tuunjiga, fadhi musquleedka iyo weel lagu kaadsho
- Faarujinta bacda kateetarka kaadida, beddelidda bacda kateetarka kaadida, hagaajinta tuubada kateetarka, iyo/ama nadiinta tuubbooyinka kateetarka
- Ka caawinta agabka kaadi ceshashada sida cadka jilicsan ee dhawris ahaanta loo adeegsado, dabagaab, ama kareemka ka hortagga qoyaanka.



Sideed u taageeri kartaa madax-bannaanida macmiilka adiga oo bixinaya nooc kasta o caawimaadda kor ku xusan ah?



Asturnaanta, Sharafta, iyo Madax-bannaanida

Adeegsiga musqusha waa arrin aad iyo aad khaas u ah. Si kasta oo ay joogto kuugu noqoto, waa waqti macmiilku uu aad u nugul yahay oo uu difaac la'aan yahay. Dabeecadda dib u xaqiijinta ee kaa timaadda ayaa gacan ka geysan karta yareynta dareennada ceebta ee macmiilka.

Marka aad macmiilka ka caawineyso adeegsiga musqusha, samee wax kasta ee aad awooddo si aad macmiilka u siiso asturnaan una ilaaliso sharaftooda. Tani waxaa ka mid noqon kara waxyaabaha sida:

- In dhowr daqiiqo la eego dhanka kale;
- ka bixidda qolka (haddii ay ammaan tahay in sidaa la sameeyo);
- in macmiilka loo oggolaado waqti dheeraad ah oo uu isaga ku sameeyo waxa uu awoodo; iyo
- in dulqaad la sheego marka codsiga caawimaadda yimaado adiga oo waxyaabo kale ku mashquulsan.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo adeegsiga musqusha.

- Ku caawi macmiilka inta ugu badan ee suuragalka ah boos fadhi, oo caadi ah.
- Haddii aad ka caawineyso u wareegidda musqusha ama aalad gacansiin, hubso in sheygu uu xasillan yahay ama uu xiran yahay ka hor inta aadan bilaabin u wareejinta.
- Dhig wax kasta ee uu macmiilka u baahan yahay meel fudud in uu gaaro (t.a. waraqad musqusha).
- Haddii aad ka caawineyso tirtirashada, hore ka soo bilaw ilaa gadaal, si tartiib ah laakiinse fiican u samee, oo gacmo-gashiyo xiro.

Xirfad: Ka Caawinta Daryeelka Saxaaxa

Daryeelka saxaaxa, ama “pericare,” waa nadiifinta goobaha xubinta taranka iyo dabada. Saxarada iyo kaadida waxay cuncun u keeni karaan maqaarka waxayna keeni karaan caabuq. Daryeelka saxaana wanaagsan ee joogtada ah waa lagama maarmaan si loo ilaaliyo wadajirka maqaarka macmiilka iyo caafimaadka wanaagsan.

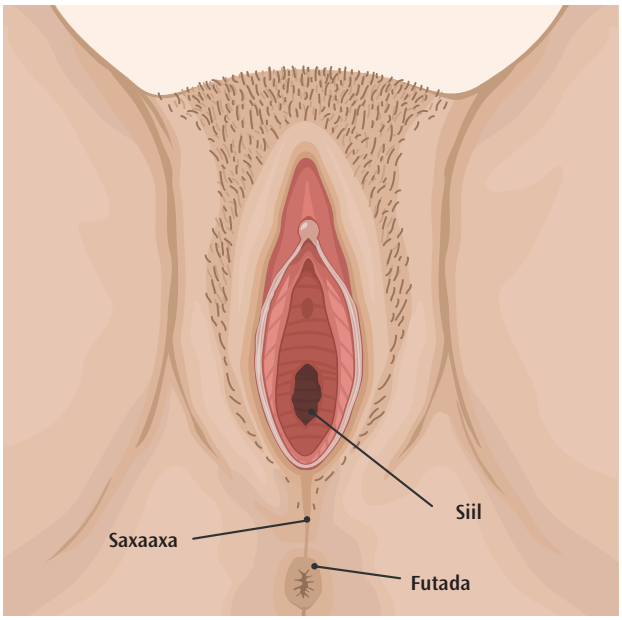
Macmiilka wuxuu dooni karaa daryeelkiisa saxaaxa haddii ay suuragal tahay. Bixinta asturnaan iyo ilaalinta sharafta macmiilka waa muhiim haddii caafimaad uu macmiilka u baahan yahay.

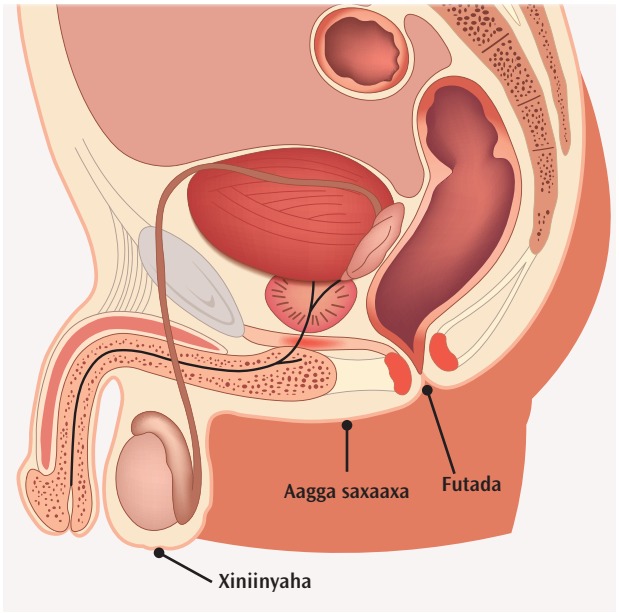
Eeg Ka Caawinta Daryeelka Saxaaxa ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 427aad si aad u hesho tallaabooyinka gaarka ah ee xirfaddan.

Kuwan soo socda waa qaar ka mid ah talooyin guud marka macmiilka laga caawinayo daryeelka saxaaxa.

- Had iyo jeer macmiilka u sheeg waxa aad sameynayso ka hor inta aadan bilaabin daryeelka saxaaxa.
- Haddii macmiilka uu sariir saaran yahay, cad jilicsan oo dhawris ahaan ah ama wax kale saar si aad sariirta u ilaaliso ka hor inta aadan hawsha bilaabin.
- Ka feejignow xanuun kasta, cuncun, guduudasho, ama finan ka soo baxa meeshan. U soo sheeg walaacyo kasta oo kuwan ka mid ah qofka ku habboon ee jooga goobtaada daryeelka.
- Tirtirayaasha shakhiga, oo aan aalkulo lahayn* ayaa waxaa doorbidi kara macmiilka beddelkii saabuunta iyo marada wax lagu dhaqo.
- Haddii macmiilka uu ku kaadsho ama ku saxaroodo sariirta, ka ilaali suufka kaadi ceshasho la'aanta ee qoyan adiga oo suufka isku laabaya dhanka qoyanna gudaha marsiinaya dhan qalallanna dibedda soo marsiinaya. Ka bixi suufka oo isticmaal suuf qalallan, oo nadiif ah.

*Marnaba ha biyo raacin tirtiryaashashakhsiga lagu nadiifiyo musquasha, xitaa haddii ay baakadoodu ay ku qoran tahay waa “la biyo raacin karaa”. Kuddar qashinka.





Xirfad: Ka Caawi Macmiilka Isticmaalka Tuunjiga

In kastoo la doorbidayo in la isticmaalo musqusha, taasi had iyo jeer suuragal ma ahan. Macmiilka wuxuu adeegsan karaa qalab gacansiin, sida tuunji, fadhi musquleed, ama weel lagu kaadsho.

Macaamiisha aan awoodin in ay sariirta ka kacaan waxaa loo baahan karaa in ay tuunji isticmaalaan. Eeg Ka Caawinta Macmiilka Isticmaalka Tuunjiga ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 429aad si aad u hesho tallaabooyinka faahfaahsan ee xirfaddan.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo tuunjiga.

- Had iyo jeer u caawi macmiilka sida ugu dhakhsiyaha badan ee uu kaaga codsado.
- Sariirta saar cad jilicsan oo dhawris ahaan ah ka hor inta macmiilka uusan isticmaalin tuunjiga.
- Haddii tuunjigu uu qabow yahay, ku kulee biyo diirran.
- Marka macmiilka uu xaajadiisa dhammeysto, ilaali heerka tuunjiga si uusan u daadan.
- Haddii macmiilka uu ku kaadsho ama ku saxaroodo sariirta, ka ilaali suufka kaadi ceshasho la'aanta ee qoyan adiga oo suufka isku laabaya dhanka qoyanna gudaha marsiinaya dhan qalallanna dibedda soo marsiinaya. Ka bixi suufka oo isticmaal suuf qalallan, oo nadiif ah.
- Had iyo jeer xiro gacmo-gashiyo marka aad u dhigayso tuunjiga iyo marka aad qaadeyso.



Aaladaha Kale ee Gacansiinta

Fadhi musquleed

Macaamiisha aan musqusha geli karin, fadhi musquleed ayaa aad u caawin kara. Fadhi musquleedku waa kursi la qaadi karo oo leh meelo gacmaha iyo dhabarta la saarto iyadoo halka lagu fadhiistana ay u furan tahay sida musqusha, fadhiga hoostiisanna waxaa ku jira baaldi. Baaldiga waxaa loo baahan yahay in la faarujiyo, la nadiifiyo, oo jeermiska laga dilo ka-dib isticmaal kasta. Baaldiga oo maran in lagu shubo biyo yar, saabuun dareere ah, ama qaddar yar oo warankiilo biyo ah ayaa fududeynaya nadiifinta baaldiga isticmaalka ka-dib.

U noqo Cutubka 7aad: Dhaqdhaqaaqa ee ku yaalla bogga 135aad si aad u hesho tallaabooyinka macmiilka loogu caawinaya wareejinta, sida fadhi musquleedka sariirta la dhinac dhigo.



Weel lagu kaadsho

Weelka lagu kaadsho waa agab lagu kaadsho marka qofku uusan awoodin in uu musqusha tago. Waxaa qaabab kala duwan oo ay leeyihiin weelasha lagu kaadsho ee loogu talagalay dadka leh anatomiga labka ama dheddiga.

Muddo dheer oo waqti ah ha ugu tagin weelka lagu kaadsho macmiilka. Wuxuu caafimaad-darro u keeni karaa maqaarka/ Faaruji, nadiifi, oo jeermiska ka dil weelka lagu kaadsho isticmaal kasta ka-dib. Hubso in weelka lagu kaadsho aad dhigto meel uu macmiilka gaari karo, si uu u gaaro marka uu u baahdo.



Badeecooyinka Kaadi Ceshasho La'aanta

Waxaa jira badeecooyin badan oo suuqa yaalla si looga caawiyo macmiilka in uu maareyo kaadi ceshasho la'aanta, oo ay ku jiraan kareemyo qoyaanka ka hortagga, cad jilicsan oo mar-adeegsad ah, iyo daba-gaab. Badeecooyinkan ugu yeer “daba-gaab” intii aad ugu yeeri lahayd “xafaayad;” tani waxay ilaalineysaa sharafta macmiilka waxayna yareynaysaa ceeb kasta oo lala xiriiriyo kaadi ceshasho la'aanta.

Macmiilka wuxuu doorbidi karaa badeecooyinka qaar, sidaa daraadeed ogow dookhyada macmiilka.

Ka Caawinta Badeecooyinka Kaadi Ceshasho La'aanta

Kaadida iyo saxarrada waa kuwo cuncun badan u keea maqaarka. Si joogto ah u eeg si aad u aragto haddii macmiilka uu caawimaad ugu baahan yahay beddelidda badeecooyinka. Hubso in macmiilka uu nadiifinayo maqaarka mar kasta oo badeecooyinka la beddelo; sida loo baahdo u caawi. Had iyo jeer u caawi macmiilka sida ugu dhaqsiyaha badan ee ugu baahdaan ama u codsadaan.

Xusuunow in aad u fiirsato maqaarka macmiilka iyo in aad soo sheegto dhibaatooyin kasta ee aad aragto.

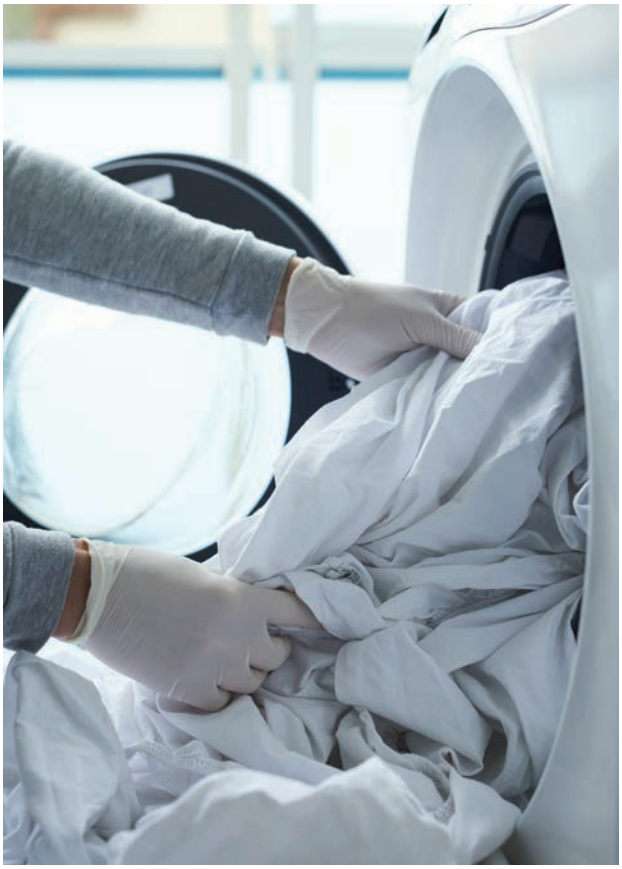




Ka-takhalusidda iyo Dhaqidda Dharka

Marka laga takhalusaya badeecooyinka kaadi ceshasho la'aanta:

- gacmo-gashiyada xiro;
- saxarrada ku shub musqusha;
- ku dir cadka jilicsan ee dhowrista ah, daba-gaabka, ama tirtirayaasha iyo gacmo-gashiyadaada bacda qashinka;
- baxda xir oo bannaanka u bixi si aad isla-markiiba ugu darto qashinka;
- gacmahaaga dhaq; iyo
- u carfi qolka, hadba sida loogu baahdo.



Kateetarrada Kaadida

Kateetarada waa tuubbooyin kaadida ku shuba bac. Macmiilka waxaa uu isticmaali karaa kateetarka iyada oo sabab u ah:

- xirmidda kaadi mareenka,
- kaadi-hays nugul oo aan awoodin uu gebi ahaanba faaruqo,
- kaadi ceshasho la'aan aan la maareyn karin,
- qalliin (loo adeegsado in lagu qaado kaadida inta lagu guda jiro iyo ka-dib qalliinka), ama
- caafimaad-darro maqaar (u oggolaanaya maqaarka in uu bogsado ama nasto muddo waqti ah)

Kateetarada gudaha

Waxaa jira saddex nooc oo kaateetaro ah oo si toos ah u galaya kaadi-haysta in ay kaadida uga saaraan.

1. Toos (kateetarka gudaha iyo bannaanka).
    - Kateetarka toosan ayaa la geliyaa kaadi-haysta, kaadida ayaa laga bixiyaa, ka-dibna kateetarka ayaa la bixiyaa.



Haddii daryeelaha ay dhacdo in uu kateetarka noocan ah u xiro macmiilka, hawsho waxaa loo baahanayaa in lagu wareejiyo ama loo wakiisho daryeelaha isaga oo hoos tagaya xil wareejinta kalkaalisada caafimaadka ama macmiilka guriga lagu daryeelka isaga oo hoostagaya daryeelka qofka is-haga. Hawshu waa in lagu diiwaangeliyaa qorshaha adeegga macmiilka waxaanna loo baahan yahay tababar gaar ah.

2. Kateetarka Indwelling Suprapubic.
    - Kateetarka indwelling suprapubic waa tuubbo toosan oo buufin ku leh meel u dhow foodda hore. Waxaa si toos ah loo geliyaa kaadi-haysta iyadoo la soo marsiinayo daloolka kaadi weecinta (god laga sameeyay ubucda meel ka sarreysa lafta gumaarka). Buufinta ama haanta yar waxaa lagu buufiyaa milan cusbo caadi ah ka-dib marka kateetarka lagu xiro qofka waxayna dhexda ka ilaalisaa in ay dhacdo.



3. Kateetarka Kaadi-mareenka ee Indwelling/Foley.
    - Kateetarka kaadi-mareenka indwelling sidoo kale waa tuubbo toosan oo buufin ku leh meel u dhow foodda hore laakiinse waxaa la geliyaa kaadi-mareenka.
    - Kateetarka Suprapubic ama kateetarka Foley, labadaba kateetarka wuxuu ku xirmaa tuubbooyin kaadida ku shuba bac kaadida lagu saar oo lugta ku xiran ama bac habeenkii qofka loo xiro. Bacda lugta waxaa lagu dhejiyaa lugta, bowdada, ama shanshada. Bacda kaadida ku shubanta ee habeenkii waxaa laga soo laalaadiyaa sariirta ama kursiga. Waxaa muhiim ah in bacda lagu xiro meel ka hooseysa heerka kaadi-haysta macmiilka, si kaadidu ugu shubmato oo aysan dib ugu soo noqon kaadi-haysta.
    - Daryeelayaasha waxaa la weyddiisan karaa in ay beddelaan bacaaha, nadiifiyaan tuubbada ama faarujiyaan bacda ay kaadida ku hoorto (eeg bogga soo socda).

- Kateetarkan wuxuu qofku ku xirnaan karaa muddo laba ilaa hal bil ah haddii aysan dhibaatooyin jirin. Kalkaaliye caafimaad ama dhakhtar ayaa qofka ka furi kara ama ku xiri kara kateetarka, caadi ahaan si joogto ah laakiinse sidoo kale marka uu xannibmo ama marka uu dibadda u soo baxo.
- Waxaa muhiim ah in daryeelaha uu eego tuubbooyinka si uu u xaqiijiyo in aannu qalloocin ama laabmin, sidaa daraadeed kaadidu waxay ka soo baxeysaa kaadi-haysta waxayna ku hooreysaa bacda iyada oo aan dib u noqon.
- Tuubada waxaa inta badan lagu xiraa lugta macmiilka si aysan u soo jiidmin. Waxaa muhiim ah daryeelaha in uu si joogto ah u eego maqaarka, si joogto ah u beddelo halka tuubbada lagu xiro, iyo in uu caafimaad-darro kasta ee ku timaada maqaarka in uu u soo sheego qofka ku habboon ee ku sugan goobtaada shaqada.

Kaaliyayaasha Daryeelka Guriga looma oggola in ay geliyaan ama beddellaan kateetarrada indwelling. Kaaliyayaasha Daryeelka Guriga waxaa la weyddiisan karaa in ay beddelaan bacda kaadida ku hoorta.



Xirfad: Daryeelka Kateetarka

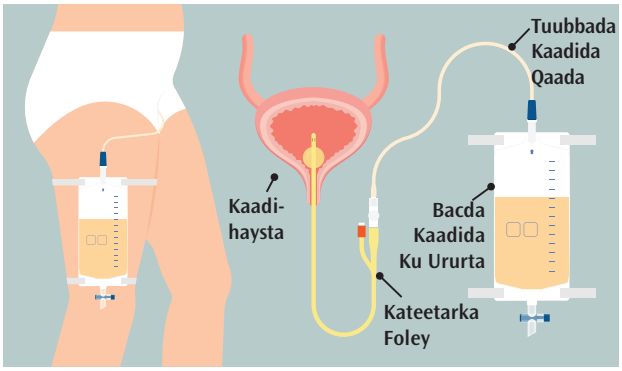
Eeg Daryeelka Kateetarka ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 428aad si aad u hesho tallaabooyinka faahfaahsan ee xirfaddan.

Kuwan soo socda waa talooyin guud oo la adeegsado marka macmiilka laga caawinayo daryeelka kateetarka.

- Hubso in bacda ay ka hooseyso kaadi-haysta.
- Hubso in kateetarka uu had iyo jeer ku xiran yahay lugta si looga hortago soo-jiidista tuubada.
- Nadiifi adiga oo ka soo bilaabaya afka ama daloolka una soo baxaya dhanka hoose, ee ka fog jirka.
- Marka aad faarujineyso bacda kateetarka kaadida, hubso in dhammaadka bacda in uusan waxba taaban. Tani waxay gacan ka geysaneysaa in jeermisku ay ka celiso in uu bacda galo.
- Goobaha daryeelka qaarkood, waxaa lagu weyddiisan karaa in aad cabbirto qaddarka kaadida ku jirta bacda.

Hubso in aad indha-indhayso oo aad soo sheegto haddii:

- kaadidu u muuqato mid daruuro leh, midab madow ah leh, ama ay soo ureyso;
- aysan jirin kaadi badan oo la faarujiyo (marka la barbardhigo isla waqtiga maalmaha kale);
- kateetarka in-dwelling uu dibedda u soo baxo; ama
- macmiilka uu leeyahay xanuun, gubasho/belbel, ama cuncun.



Xirfad: Daryeelka Kateetarka Cinjirka ah

Kateetarrada Cinjirka/Kondhomka (sidoo kale loo yaqaanno kateetarrada dibedda) waxaa loo nakhshadeeyay in ay galaan guska. Kateetarka cinjirka wuxuu ka sameysan yahay gal (ama kondhom) ku xiran tuubbo tagto bac dareere saaris. Kondhomka ayaa lagu dhejiyaa iyada oo la adeegsanayo sharooto ama wax kale oo dhegdhega.

Eeg Daryeelka Kateetarka Cinjirka ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 428aad si aad u hesho tallaabooyinka faahfaahsan ee xirfaddan.

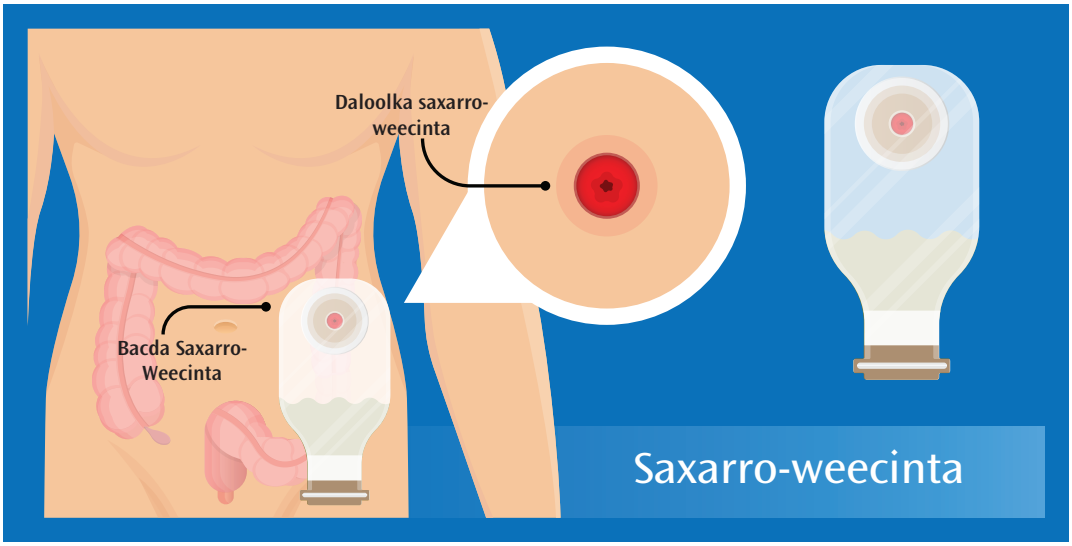
Kuwan soo socda waa talooyin guud oo la adeegsado marka macmiilka laga caawinayo daryeelka kateetarka cinjirka ah.

- Kateetarrada cijirka/kondhomka ah waxaa adkaan karta in meeshiisa lagu hayo waanna in la beddellaa maalin kasta ama hadba sida loo baahdo.
- Indha-indhee maqaarka macmiilka si aad uga eegto cuncun uu ka dhasho xasaasiyadda ama u nuglaanshaha waxa lagu dhejinayo.
- Sameynta kateetarka cinjirka oo guriga lagu sameynayo iyada oo la adeegsanayo kondhomka caadiga ah iyo tuubbooyin laguma talin.



Daryeelka Saxarro-Weecinta

- Macaamiisha qabta cudurka Crohn, kansarka xiidanka, cudurka xubin bararka, ama dhaawac daran oo soo gaara xiidanka waxay u baahan karaan saxarro-weecin. Bac ayaa lau dhejiyaa maqaarka daloolka korkiisa si loogu ururiyo saxarrada ka soo baxaysa mindhiciirka. Saxarro weecintu waxay noqon kartaa mid joogto ah ama ku-meelgaar ah, iyada oo ku xiran sababta loogu baahdey.
- Macmiilka ayaa u maareeya saxarro-weecintiisa habka uu rabo. Goobta daryeelka guriga gudahiisa ah, daryeelaha wuxuu macmiilka ka caawin karaa daryeelka saxarro-weecinta haddii loo shaqeeyaah uu yahay qof isaga hagta daryeelkiisa ama haddii hawshu cid kale loo wakiishay ama lagu wareejiyay si waafaqsan xil wareejinta kalkaaliyaha caafimaadka. Tababar gaar ah ayaa loo baahan yahay si hawshan loo qabto. Guryahay qoyska qaangaarka ah ama xarumaha xannaaneynta waayeelka iyo naafada, daryeelka saxarro-weecinta waxaa ka mid ah faarujinta, nadiifinta, iyo beddelidda bacda. Beddelidda dabool maqaarka difaac u ah, oo loo yaqaanno wafer (cad xalleef ah oo xardhan), iyo bixinta daryeelka maqaarka ka hooseeya xalleefka wafer waxay u baahan tahay kalkaaliye caafimaad, ama daryeele ay hawshaasi u wakiilatey ama ku wareejisay kalkaaliye caafimaad.
- Indha-indhee maqaarka si aad uga eegto guduudasho iyo/ama cuncun. Sidoo kale ka feejignow isbeddelka ku yimaada adkaanshaha saxarrada ama inta jeer ee uu qofku saxarroodo. Diiwaangeli oo u soo sheeg dhibaatooyin kasta qofka ku habboon ee jooga goobtaada daryeelka.



Cutubka 10aad

Soo koobid

Kaaliyayaasha Daryeelka Guriga waxay macaamiisha uga caawinayaan adeegsiga musqusha hadba sida macmiilka gaarka ah u baahan yahay. Haddii aad ka caawiso macmiilka tirtirashada ama nadiifinta, hubso aagga saxaaxa in si wanaagsan loo nadiifiyo. Had iyo jeer ilaali sharafta macmiilka, ilaala asturnaantooda, oo taageer madax-bannaanidooda marka aad caawimaadda bixinayso.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa halkee aagga saxaaxa?

2. Maxay muhiim u tahay in la nadiifiyo oo la qallajiyo aagga saxaaxa.

3. Waa maxay saddexda aaladood ee gacansiinta ee loogu talagalay adeegsiga musqusha.

4. Maxeysan u habboonayn in badeecooyinka kaadi ceshasho la'aanta loogu yeero “xafaayad?”

5. Kaaliyaha Daryeelka Guruga ma bixin karaa kateetarrada kaadida ee indwelling?

6. La'aanta xil wareejinta kalkaaliyaha caafimaad, sidee ayay Kaaliyaha Daryeelka Guriga u caawin kartaa macmiilka leh saxarro-weecinta?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. fuuq-axo wuxuu noqon karaa waxyeello halis ah oo uu keeno shubanka.

   ❑ Run ❑ Been

2. Shaqada mindhiciirada ama caloosha ee qof walba caadi ahaan waa isku mid.

   ❑ Run ❑ Been

3. Macmiilka xaaladee ayuu halis badan ugu jiraa saxarro isku-cadaadsan?
   a. Cadaadiska dhiigga oo aad u Sarreeya (dhiig-kar).
   b. Sonkorow.
   c. Calool-fadhi daba-dheeraada.

4. Marka aad ka caawineyso daryeelka kateetarka, had iyo jeer nadiifi adiga oo ka soo bilaabaya daloolka ilaa dhanka hoose ee ka fog jirka.

   ❑ Run ❑ Been

5. Kaadi ceshasho la'aanta waa qayb ka mid ah gaboobidda oo daaweyn caafimaad oo dhowr ah ayaa waxtar u leh.

   ❑ Run ❑ Been

6. Kuwan soo socda kuwee gacan ka geysanaya xakameynta astaamaha ama ka hortagga calool-fadhiga?
   a. Yareynta dhaqdhaqaaqa jireed.
   b. Kordhinta qaadashada biyaha iyo faybarka.
   c. Isticmaalka xad-dhaafka ah ee waxyaabaha la isku shubansiiyo.

7. Jahwareer aan sharraxaad lahayn ama ka sii daraya ayaa wuxuu noqon karaa astaanta caabuqa ku dhaca habdhiska kaadida.

   ❑ Run ❑ Been

8. Si loo joogteeyo shaqada kaadi-haysta iyo mindhiciirka oo wanaagsan, ku dhiirrigeli macmiilka in uu:
   a. Akhriyo waraaq musqusha ku jirta si uu u nasto.
   b. Beddelo nidaamkooda adeegsiga musqusha toddobaad kasta.
   c. Jir ahaan firfircoonaado intii tabartiisa ah.

1. Run, 2. Been, 3. C, 4. Run, 5. Been, 6. B, 7. Run, 8. C

Xaaladda La Hal-abuurey ee Cutubka

Marwo Crump waa macmiil 52-sano-jir ah oo la nool cudurka Parkinson iyo xanuunka iinta ee Down Syndrome. Waxaa ku adag in ay musqusha waqti fiican tago inta badanna kaadida ma ceshan karto. Maanta waxaa kaadi kaga fakatey halka lagu cunteeyo waxayna kaa diidey in aad ka caawiso dharka in ay iska beddesho.

Cilmi-baaris:	Dib-u-eeg qaybaha ku saabsan cudurka Parkinson ee ku yaalla bogga 378aad iyo Naafonimada Koritaanka ee ku yaalla bogga 366aad ee qaybta Xaaladaha iyo Cudurrada Guud.
Xalli dhibaatada:	1. Aqoonso dhibaatada (dhibaatooyinka) daryeelaha loo baahan yahay in uu wax uga qabto xaaladdan. 2. Qaado hal dhibaato ka-dibna maskax-shiil ku samee siyaabaha loo xallinayo. Xal dooro. 3. Sidee ayay tani u saameysaa sida uu daryeelka u bixiyo daryeelaha?
Muuji:	Hal koox ayaa fasalka u soo bandhigeysa habka habboon ee qofka looga caawinayo daryeelka saxaaxa.

Qoraallo



Cutubka 11aad: Xil Wareejinta Kalkaaliyaha Caafimadka iyo Daawooyinka

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay aqoonsan doonnaan hawlaha u baahan xil wareejinta kalkaaliyaha caafimaad waxayna raaci doonnaan tallaabooyinka lagama maarmaanka ah si macmiilka looga caawiyo daawada.

Casharka 1-aad: Xil Wareejinta Kalkaaliyaha Caafimaadka iyo Daryeelka Qofka Is-haga

Casharka 2aad: Gargaarka Daawooyinka iyo Maamulka Daawooyinka

Casharka 1aad Xil Wareejinta Kalkaaliyaha Caafimaadka iyo Daryeelka Qofka Is-haga

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado shuruudaha qabashada hawl kalkaaliye caafimaad dad ku wareejiyay, sida lagu qeexay WAC 388-112A-0550; iyo
2. Xusuusto marka daryeelka qofka is-haga uu suuragal yahay.

Ereyada Muhiimka ah

Bixiyaha shakhsiga ah (IP): shaqaale aqoon leh oo qandaraas ku qaatey daryeel muddo dheer kaas oo daryeel-bixin guriga gudahiisa ah u fidiya macaamiisha xaqa u leh adeegyada daryeelka guriga gudahiisa ah ee Medicaid.

Shaqaalaha daryeelka Muddada-dheer (LTCW) (WAC 388-71-0836): shakhsi bixiya adeegyada daryeelka shakhsiyeed, mushaar lagu qaato oo loogu talagalay dadka waaweyn ama dadka naafada ah. LTCWs waxaa ka mid ah Kaaliyayaasha Daryeelka Guriga ee Aqoonsiga haysta ama La Xaqiijiyey (HCA), Kaaliyeyaasha Kalkaalinta – La Xaqiijiyey (NAC), iyo Kaaliyayaal Kalkaalin – Diiwaangashan (NAR).

Xil Wareejinta Kalkaaliyaha Caafimaadka (WAC 388-112A-0550): marka kalkaaliye caafimaad diiwaangashan oo shati haysta (baro) hawl gaar ah oo loogu talagalay macmiil gaar ah shaqaalaha daryeelka muddada-dheer oo la aqoonsan yahay. Xil wareejinta kalkaaliyaha caafimaad ayaa keliya lagu oggol yahay goobaha daryeelka qaarkood.

Kalkaaliye caafimaad oo diiwaangashan: kalkaaliye caafimaad oo ka soo qalinjebisay barnaamij kalkaalin, kana gudubtey imtixaanka shati-bixinta qaranka, oo ayna ka soo baxdey dhammaan shuruudaha shati-qaadashada gobolkeeda.

Daryeelka Qofka Is-haga (RCW 74.39.007): sharci ilaaliya xaqa qofka qaangaarka ah ee naafonimada shaqo leh ee ku nool gurigiisa u leeyahay in uu hago oo uu kormeero kaaliye shakhsiyeed oo mushaarka qaata, sida adeeg bixiye shakhsi ah, si uu ugu qabto hawl daryeel caafimaad oo qofka weyn naftiisu qabsan lahaa.



Guudmarka

Waxaa jira hawlo shaqaalaha daryeelka muddada dheer uusan qaban karin isaga oo aanan helin tababar gaar ah oo dheeri ah. Hawlahan daryeelka caafimaadka waxay u baahan yihiin aqoon xirfadeed, xirfad, iyo xil wareejin/ergasho si ammaan ah loogu qabanayo shaqada. Caadi ahaan, kalkaaliye caafimaad ayaa hawlahan qabata. Xil wareejinta kalkaaliyaha caafimaadka waxay u oggolaaneysaa kalkaaliyaha caafimaadka ee diiwaangashan (RN) in ay u tababarto shaqaalaha daryeelka muddada dheer in ay hawlahan ka qabato goobaha daryeelka qaarkood.

Shuruudaha xil wareejinta kalkaaliya caafimaadka waxay ku qoran yihiin sharci. Keliya Kalkaaliyeyaasha Daryeelka Guriga ee La Xaqiijiyey, Kaaliyeyaasha Kalkaalinta - La Xaqiijiyey (NAC), ama Kaaliyeyaasha Kaalinta - Diiwaagashan (NAR) ayaa sameyn kara hawlaha la wareejiyo ama la wakiisho.

Macaamiisha guryahooda ku nool ee shaqaaleeya daryeele shakhsiyeed oo mushaar qaata sida adeeg bixiye shakhsi ah ayaa hagi kara daryeelkiisa. Xaaladdan, macmiilka waa in uu u tababaaraa daryeelaha mushaarka qaata qabashada hawsha. Waxaa jira kala duwanaansho badan oo muhiim ah oo u dhaxeeya xil wareejinta kalkaaliyaha caafimaadka iyo daryeelka qofka Is-haga. Shaqaalaha daryeelka muddada-dheer waa in uu si cad u fahmaa kala-duwanaanshahaasi.

Xil Wareejinta Kalkaaliyaha Caafimadka

Xil wareejinta kalkaaliyaha caafimaadka waa sharci ka jira Gobolka Washington oo u oggolaanaya kalkaaliye caafimaad diiwaangashan (RN) in uu u tababarro shaqaalaha daryeelka muddada-dheer in uu qabto hawl daryeel caafimaad gaar ah oo loogu talagalay hal macmiil oo goobaha qaarkood jooga. Hawlahan waxay ka duwan yihiin hawlaha daryeelka shakhsiyeed. Xil wareejin la'aanta kalkaaliyaha caafimaadka, shaqaalaha daryeelka muddada-dheer looma oggola in uu sameeyo.

Xil Wareejinta Kalkaaliyaha Caafimadka iyo Goobaha Daryeelka

Xil wareejinta kalkaaliyaha caafimaadka waxay ka dhici kartaa guriga daryeelka, xarunta xannaaneynta waayeelka iyo naafada, ama guriga qoyska qaangaarka ah. Xil wareejinta kalkaaliyaha caafimaad lama oggola in ay ka dhacdo xarumaha adeegyada la wanaajiyey, xarumaha kalkaalinta xirfadeed, rugaha caafimaadka, ama cusbitaallada.

Shuruudaha Tababarka Xil Wareejinta Kalkaaliyaha

Ka hor inta aadan oggolaan hawsha la wakiishey, waa in aad:

1. tahay HCA, NAC ama NAR la xaqiijiyey oo shahaado-haysta;
2. ka gudubtaa fasalka Xil Wareejinta Kalkaaliyaha Caafimaadka ee loogu talagalay Kaaliyayaasha Kalkaalinta iyo Kaaliyayaasha Daryeelka Guriga iyo tababarka loogu talagalay hawsha macmiilka ee macmiilka gaarka ah*;
3. diyaar u taahy qabashada hawsha xirfadda gaarka ah ee ay tahay in la wareejiyo; iyo
4. tusisaa RN xil wareejinta sameynaya in aad si sax ah u qaban karto hawsha xirfadda gaarka ah.

*haddii lagugu wareejin doonno hawsha irbadaha insuliinta, waa in aad si guud leh u dhammeysataa Xil Wareejinka Kalkaaliyaha Caafimaadka ee loogu talagalay Kaaliyayaasha Kalkaalinta: Diirrad-saaridda gaaka ah ee Tababarka sonkorowga.

Haddii aad qabto walaacyo ama cabashooyin ku saabsan xil wareejinta kalkaasida caafimaad, la xiriir RN kuu wakiilatey ama la hadal loo-shaqeeyahaaga. Haddii arrintu ay gaarto ilaa heer xadgudub, dayac, ama xaqiraad kale, ka wac DSHS lambarkan 1-800-562-6078.

Hawlaha La Wareejiyo/Wakiisho

Ka-dib markii aad ka soo baxdey shuruudaha oo dhan, waa in aad tacliimaadka ka qaadataa NR hawsha kugu wareejinaya. RN wuxuu kormeeri doonnaa xil wareejinta wuxuunna qiimeyn doonnaa xaaladda macmiilka. RN-ka wuxuu go'aamin doonnaa goorta xil wareejinta kalkaaliyaha caafimaad ay bilaabaneyso iyo goorta ay dhammaaneyso. Hawl kasta ee loogu talagalay macmiil kasta si gaar ah ayaa loo wareejiyaa.

Noocyada Hawlaha ay tahay in La Wareejiyo ama Cid Kale Loo Wakiisho

- Maamulka daawooyinka
- Beddelidda faashadaha jeermis la'aanta ah
- Kateetar-gelinta kaadi-mareenka iyadoo la adeegsanayo farsamo nadiif ah
- Daryeelka daloolka saxarro-weecinta iyo kaadi-weecinta (daryeelidda maqaarka iyo beddelidda xalleefka ku wareegsan daloolka) ee xaaladda bogsatey iyo tan jirta
- La-socoshada guluukowsta dhiigga
- Quudinta tuubbada (gastrostomy) ee xaaladda bogsatey iyo tan jirta

Liiska hawlaha kor ku xusan ee la wareejin karo ama la wakiishan karo ma ahan liis dhammeystiran. RN ayaa go'aamin doonna haddii hawl ay tahay in cid kale lagu wareejiyo wuxuunna kuu sheegi doonnaa sida ammaanka iyo saxa ah ee loo qabto hawshaasi.

Waa sidee dareenkaaga ku saabsan qabashada mid kasta oo ka mid ah hawlahan ay kuu wakiilatey kalkaalisada caafimaad?

Noocyada Hawlaha laga yaabo IN AANAN cid kale Lagu Wareejin

Waxaa jira hawlaha qaar oo uu sharcigu dhigayo oo aan cid kale loo wareejin karin.

- Irbadaha, aan insulinta ahayn
- Habraacyada jeermis la'aanta
- Gacan ku haynta ama hagaajinta khadadda dhexe ee IV
- Wax kasta ee u baahan go'aan kalkaalineed

Doorkaaga Xil Wareejinta Kalkaaliyaha Caafimaadka

Waxaad door muhiim ah ka qaadaneysaa daryeelka iyo wanaagga macaamiisha. Marka lagu baro hawl laguu wakiilanayo oo loogu talagalay macmiil gaar ah, waxaad mas'uul ka tahay shan fal oo aasaasi ah.

1. **In aad u qabato** hawsha laguu wakiishay si waafaqsan tilmaamaha gaarka ah ee RN. Tilmaamahan waa in meel lagu qoraa si aad hadba marka aad u baahato dib ugugu noqoto. Waxaa lagaaga baahan karaa in aad diiwaangeliso in aad hawsha dhammeysay.
2. **In aad ka eegto** macmiilka isbeddellada tilmaami kara:
   - waxyeellooyinka soo raaca oo suuragal ah in laga qaadey daawooyinka,
   - falnaqyada aan wanaagsaneyn ee habraacyada, ama

   b. dhibaatooyinka ka yimaada cudurka macmiilka.
3. **In aad si degdeg ah u soo sheegto** isbeddellada ku yimaada xaaladda macmiilka.
   - Haddii aad ka shaqeyso xarun ama u shaqeyso hay'ad daryeel guri, u soo sheeg RN kuu wakiishay iyo kormeerahaaga adiga oo raacaya siyaasadda cidda aad u shaqeyso.
   - Adeeg bixiyeyaasha shakhsiga ah waxay warbixintoodu siiyaan RN wakiishey iyo maareeyaha kiiska.
4. **In aad u soo sheegto** RN ku wakiilanaya isbeddelo kasta ee ku yimaada daaweynta ama daawooyinka laguu ergadey, ama daaweynta ama daawooyinka u baahan kara ergashada.
5. **Dib-u-cusbooneysiinta** diiwaangelintaada am shahaaddo qaadashadaada oo waqtigeeda dhacda si aad sharci ahaan u sii wado qabashada hawlaha laguu wakiishay.

Waxaad isbeddel ku sameyn kartaa tayada caafimaadka iyo nolosha ee macmiilka adiga oo u fiirsanaya oo si dhaqso ahna u hadlaya.





Daryeelka Qofka Is-haga

Sharciga Gobolka Washington ayaa ilaalinaya xuquuqda macmiilka ku nool gurigiisa si uu hago kaaliye shakhsiyeed oo mushaar qaata (si gaar ah u shaqeysanaya ama adeeg bixiye shakhsi ah, aan loogu talagalay hay'ad daryeel guri) in uu qabto hawlo daryel caafimaad oo macmiilka jir ahaan uusan sameyn karin. Kuwani waa hawlaha daryeelka shakhsiyeed ee daryeelaha aan si kale loogu oggolaan karin in uu sameeyo (t.a. kiniini gelinta afka macmiilka ama ka caawinta irbad uu qaato).

Is-haga hawlahan daryeelka caafimaad ayaa macmiilka siineysa xorriyadda in uu hago oo uu kormeero daryeelkiisa. Waxay u oggolaanaysaa in uu guriga ku sii noolaado beddelkii uu u guuri lahaa xarunta daryeelka, halkaasi oo xirfadle shati-haysta ay dhici lahayd in uu u qabto hawsha(hawlaha) ama daryeelka aqoonsi haysta uu ku sameyn lahaa xil wareejin kalkaaye caafimaad.

Xeerarka Daryeelka Qofka Is-haga

Sharciga daryeelka qofka is-haga waxaa keliya loo adeegsadaa macaamiisha shaqaaleysta kaaliye shakhsiyeed oo mushaar qaata sida IP. Adeeg-bixiyeyaasha hay'adda ah iyo macaamiisha deggan guryaha qoyska qaangaarka ah, xarumaha xannaaneynta waayeelka iyo naafada, iyo xarumaha adeegyada la wanaajiyey looma oggola in ay ka qaybgalaan daryeelka qofka is-haga.

Haddii kaaliyaha shakhsiyeed uu yahay adeeg bixiye shakhsi ah, hawlo daryeel kasta ee macmiilku doonayo in uu isaga hago waa in lagu qoraa qorshaha daryeelka DSHS. Maareeyaha daryeelka waa in uu ku lug leeyahay oo qorshaha daryeelka DSHS wuxuu u baahan yahay in la cusbooneysiiyo si loogu daro hawsha ka hor inta aanan la sameyn.



Doorarka Daryeelka Qofka Is-Haga

Doorarka iyo mas'uuliyadaha gaarka ah ee macmiilka, kaaliyaha shakhsiyeed iyo maareeyaha kiiska waxaa lagu muujiyey sharciga.

Mas'uuliyadaha macmiilka waxaa ka mid ah:

- ku wargelinta cidda bixisa daryeelkooda caafimaad in hawsha(hawlaha) uu isaga ku hagi doonno daryeelaha;
- ku wargelinta maareeyaha kiiska rabitaankiisa in uu isaga hago hawlaha qaarkood iyo bixinta macluumaadka lagama maarmaanka ah ee ay tahay in lagu diiwaangeliyo qorshaha daryeelka DSHS; iyo
- u tababaridda, hagidda, iyo ku kormeeridda kaaliyaha shakhsiyeed qabashada hawsha(hawlaha).

Mas'uuliyadaha kaaliyaha shakhsiyeed waxaa ka mid ah:

- go'aaminta haddii ay raaxo ku qabaan qabashada hawsha daryeelka qofka is-haga;
- in uu tababar qabashada hawsha(hawlaha) ka qaato macmiilka; iyo
- in uu hawsha(hawlaha) u qabto si waafaqsan tilmaamaha uu macmiilka siiyo.

Mas'uuliyadaha maareeyaha kiiska waxaa ka mid ah:

- ku diiwaangelinta hawlaha daryeelka qofka is-haga qorshaha daryeelka DSHS, oo ay ku jiraan waxa ay tahay in la sameeyo iyo cidda sameynaysa;
- siinta kaaliyaha shakhsiyeed iyo macmiilka nuqulka qorshaha daryeelka DSHS oo ay ku qoran yihiin hawlaha daryeelka qofka is-haga;
- cusbooneysiinta qorshaha daryeelka DSHS, hadba sida loogu baahdo.

Farqiga u Dhaxeeya Xil Wareejinta Kalkaaliyaha Caafimaadka iyo Daryeelka Qofka Is-haga

Farqiga u dhaxeeya barnaamijyadan waa lagu wareeri karaa. Shaxdan soo socota ayaa sharxaysa farqiyada ugu waaweyn ee u dhaxeeya barnaamijyadan.

	Xil Wareejinta Kalkaaliyaha Caafimadka	Daryeelka Qofka Is-haga
Kumaa bixiya tababarka hawsha laf-ahaanteed oo kormeera?	Kalkaaliye Caafimaad oo Diiwaangashan	Macmiilka
Halkee lagu sameyn karaa?	Xarunta Xannaaneynta Waayeelka iyo Naafada Guriga Qoyska ee Qaangaarka Guri-gudahiisa	Guri gudahiisa oo keliya (aan loo marin hay'ad daryeel guri)
Kumaa ka qaybgali kara?	Shaqaalaha daryeelka muddada-dheer ee ka soo baxey dhammaan shuruudaha	Kaaliyayaal shakhsiyeed oo mushaar qaata sida adeeg-bixiyayaasha shakhsiga ah

Qoraallo

Soo koobid

Xil wareejinka kalkaalisada caafimaad waxay u oggolaaneysaa shaqaalaha daryeelka muddada-dheer in ay qabtaan hawlaha daryeelka caafimaad ee u baahan xirfadaha iyo aqoonta heerka kalkaalinta. Hawl kasta waa in si gaar ah loogu igmado macmiil kasta; tani waxay kuu oggolaanaysaa tilmaamo gaar ah oo ku saleysan dookhyada iyo baahiyada gaarka ah ee macmiilka. Shaqaalaha daryeelka muddada-dheer waa in ay si guul leh u dhammeystaan tababarka dheeraad ah ka hor inta aysan qaban wax hawl ah oo loo igmadey.

Kalkaaliyaha RN ee cid kale ku wareejiya xilka qabashada hawlaha xirfadda u baahan wuxuu mas'uul ka yahay korjoogteynta waxqabadka shaqaalaha daryeelka muddada-dheer. Shaqaalaha daryeelka muddada-dheer wuxuu hoos imaanayaa kalkaaliyaha RN wuxuunna raacayaa tilmaamahooda. Macaamiisha guryahooda ku nool ee shaqaaleysta kaaliya shakhsiyeed oo mushaar qaata ama adeegbixiye shakhsi ah oo ay dowladda maalgeliso waxay korjoogteyn karaan oo ay hagi karaa hawlaha daryeelkooda caafimaad oo haddii kale ay iyagu qabsan lahaayeen.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay afarta shuruudood ee shaqaalaha daryeelka muddada dheer ay tahay in uu ka soo baxo ka hor inta uusan qaban hawsha uu ku wareejiyay kalkaaliyaha caafimaadka?

2. Waa maxay magaca koorsada tababarka xil wareejinta kalkaaliyaha caafimaad?

3. Kumaa ka mas'uul ah kormeeridda xil wareejinta kalkaaliyaha caafimaad?

4. Waa maxay shanta mas'uuliyadood ee shaqaalaha daryeelka muddada-dheer ee qabanaya hawsha uu u igmadey kalkaaliyaha caafimaad?

5. Kumaa daryeelkiisa isaga hagan kara?

6. Kaaliyaha Daryeelka Guriga ee ka shaqeeya xarunta xannaaneynta waayeelka iyo naafada miyuu ka qaybqaadadan karaa daryeelka qofka is-haga?

Casharka 2aad Gargaarka Daawooyinka iyo Maamulka Daawooyinka

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado waxa Kaaliyaha Daryeelka Guriag loo oggol yahay ama aan loo oggolayn in uu sameeyo marka laga caawinayo daawooyinka;
2. Xusuusto ereyada la xiriira gargaarka daawooyinka oo ay ku jiraan daawooyinka la isku qoro, daawooyinka sida caadi ah la iska soo iibsado, iyo hadba sida loogu baahdo daawooyinka (PRN), waxyeellada soo raacda daawooyinka, iyo isla-falgalka daawooyinka
3. Muujiyo dhammaan tallaabooyinka muhiimka ah ee gargaarka iyo maamulka daawooyinka, oo ay ku jiraan isticmaalka aaladaha gacansiinta iyo hab-dhaqannada daryeelka guud, si uu qofku u bixiyo gargaar daawo oo ammaan ah;
4. Xusuusto mid kasta oo ka mid ah shanta sax ee gargaarka daawooyinka;
5. Aqoonsado astaamaha caamka ah ee waxyeellooyinka soo raaca daawooyinka;
6. Isticmaalo istiraatiijiyadaha la shaqeynta qof xarun deggan ee doorta in uusan qaadan daawooyinka la isu qoro;
7. Xusuusto marka la sheegayo walaacyada, iyo cidda loo sheegayo;
8. Aqoonsashada waxa uu yahay khaladka daawooyinka, goorta la sheegayo khaladka daawooyinka, iyo cidda loo sheegayo; iyo
9. Isticmaalo hab-dhaqannada ammaanka ah ee kaydinta daawooyinka iyada oo la raacayo tilmaamaha summadda warqadaha daawada ku dheggan.

Ereyada Muhiimka ah

Shanta saxa ee daawooyinka: habdhaqan daawo ammaan ah oo lagu xaqiijinayo daawada saxda ah, kuurada/qiyaasta saxda ah, meesha laga qaadanayo ee saxda ah iyo bukaanka saxda ah ee waqiga saxda ah.

Daawo halyey ah (Legend drug): daawo kasta ee u baahan rijeeto dhakhtar ama ay isticmaalkeedu xaddideen xirfadlayaasha.



Daawooyin: Maado beddelaysa waxqabadka kiimiko ee jirka bani'aadamka. Waxaa ku jira daawooyinka la isu qoro, daawooyinka si caadi ah la iska soo iibsado ee aan u baahnayn qoraal dhakhtareed, faytamiinnada, iyo daawo dhireedka.

Maamulka daawooyinka: taageerada daawooyinka ee ka sarreysa gargaarka daawooyinka. Tani waxaa ka mid noqon kara in macmiilka afka loo geliyo kiniini ama in loo mariyo boomaato daaweysan. Maamulka daawooyinka wuxuu u baahan yahay kalkaaliso caafimaad in ay bixiso daawada ama xil wareejin kalkaaliye caafimaad.

Gargaarka daawooyinka (RCW 69.41.010): ka caawinta macmiilka in uu maamusho ama isticmaalo daawooyinkiisa. Tani waxaa ka mid noqon kara in kiniini la siiyo ama in kuuro daawada ah qaado lagu shubo. Macmiilka waa in uu sameeyaa tallaabada kama-dambeysta ah (sida in uu kiniiniga afka u geliyo).

Isla-falgalka daawooyinka: saameynta iskujirka ah ee daawooyinka badan ama daawooyin iyo cunto.

Dariiqa daawada loo qaato: habka ay daawadu jirka u gasho.

Daawooyinka qoraal dhakhtar la'aan la iska soo iibsado (OTC): daawada uma baahna qoraal dhakhtar ama rijeeto. Daawooyinka OTC waxaa ka mid ah faytamiinno iyo daawooyin dhireed.

Waxyeellooyinka soo raaca: Saameyn labaad oo caadi ahaan aan loo baahnayn oo ay daawadu ama daaweyntu leedahay.

Waa maxay caqabadaha macmiilku uu kala kulmi karo daawooyinkiisa?

Guudmarka

Daawooyinku waa maadooyin beddelaysa waxqabadka kiimiko ee jirka bani'aadamka. Daawooyinku waxay yeellan karaa saameyn wanaagsan ama saameyn xun. Kaaliyayaasha Daryeelka Guriga waa in ay bartaan sida aammaanka ah ee macaamiisha looga caawiyo daawooyinka. Waa muhiim in la aqoonsado oo la soo sheego falnaqyada aan wanaagsaneyn.

Kaaliyayaasha Daryeelka Guriga waa in ay ogyihiin farqiga u dhaxeeya gargaarka daawooyinka iyo maamulka daawooyinka. Kaaliyayaasha Daryeelka Guriga waxay mas'uul ka yihiin in ay ku sugnaadaan gudaha xuduudahooda xirfadeed.

Aasaasiyaadka Daawooyinka

Daawooyinku waa maadooyin awood badan leh oo daaweyn kara, ama gacan ka geysan kara xakameynta jirooyinka, qaadi kara astaamaha xanuunka, kana hortagi kara cudurrada. Daawooyinka waxaa ka mid ah:

- daawooyinka uu dhakhtarka dad u qoro (sidoo kale loo yaqaanno daawooyinka halyeyga (legend drugs)) kuwaas oo ay tahay in uu amro xirfadlaha daryeelka caafimaad (dhakhtar, kalkaaliye caafimaad oo xirfadle ah, ama dhakhtarka ilkaha); iyo
- daawooyinka la iska soo iibsado ee aannu dhakhtarku dad u qorin (OTC) oo uu qof walba farmashiyaha ka soo iibsadn karo isaga oo aan wadan qoraal uu dhakhtar u soo qorey.

Iskudhis kasta ee beddelaya waxqabadka kiimiko ee jirka bani'aadamka gudahiisa waa daawo. Faytamiinno, daawo dhireedka, maadooyinka gudaha loo neefsado, daawooyinka dabiiciga ah iyo kuwa beddelka ah.





Magacayada Daawooyinka

Daawooyinka oo dhan waxay leeyihiin magac guud iyo magac ganacsi ama shirkad ay gooni u leeyihiin. Magaca guud wuxuu bixiyaa macluumaad ku saabsan kiimikooyinka ay daawadu ka sameysan tahay. Magacyada guud ee daawooyinka xarfo waaweyn laguma qoro. Magaca ganacsiga ama shirkadda ay gooni u leeyihiin waxaa adeegsada soosaare gaar ah marka ay badeecadu iibinayaan. Magaca waxaa iska leh soosaaraha, had iyo jeer wuxuu ku qoran yahay xarfo waaweyn, mana adeegsan karto shirkad kale.

Magac ganacsi ama shirkad ay gooni u leeyihiin.	**Magaca guud ee daawada**
Tylenol	acetaminophen
Motrin or Advil	ibuprofen
Lasix	furosemide

Baakadaha Daawooyinka

Daawooyinka waxaa loo baakadeeyaa siyaabo kala duwan.

- Quraaradaha/dhallooyinka kiniiniyada ama dhallooyin leh tifqiye;
- Baakado ama baco buruqyo leh ama kaararka bingo (kaararka baakad ah oo leh jiif-u-taxyada baco buruqyo leh oo loogu talagalay qiyaas ama kuuro kasta oo daawo ah);
- Abaabulayaasha daawooyinka, sida xirmooyin daawo ah iyo sanduuqyada kiniiniyada toddobaad kasta;
- Baakadaha qiyaasta halka ah iyada oo qiyaas kastaba si gaar ah loo baakadeeyo. Baakadaha qiyaasta-halka ah waa in ay ningaxnaadaan ilaa ay diyaar u noqdaan in la adeegsado sidaa daraadeed sumadda ayaa ku dhegnaaneysa daawada.

Summadaha Daawooyinka

Daawooyinka oo dhan waa in ay ku jiraan dhallada ama weelasha kale ee daawada ee uu summadey soosaaraha ama farmashiyaha. Macluumaadkan soo socda waa macluumaadka loo baahan yahay in uu had iyo jeer ku qornaado summadda daawada.

- **Magaca macmiilka** - oo uu ku jiro magaca koowaad iyo magaca dambe.
- **Magaca daawada** - magaca guud ama kan shirkadda gaarka ah.
- **Qiyaasta** - qaddarka kiniiniyada, dhibcaha, iwm. ee ay tahay in la adeegsado. Caadi ahaan waxaa lagu qeexaa miligaraam (mg) ama maykrogaraam (mcg).
- **Habka daawada loo qaato** - sida daawada ay taahy in loo qaato (afka, jirka la marsado, iwm.). Haddii daawada ay tahay in afka laga qaato, tani caadi ahaan laguma sheego summadda.
- **Inta-jeer ee la qaato/waqtiga** – inta jeer ee ay tahay in daawada qofka la siiyo (t.a. laba-jeer maalintii, ama afar saacadood kasta).
- **Qaddarka** – inta ay le'eg tahay daawada ku jirta weelka
- **Taariikhda** - goorta la buuxiyey ama la bixiyay daawada dhakhtarka uu soo qorey, iyo taariikhda dhicitaanka daawada.

Waxaa sidoo kale jiri kara summad digniin gaar ah oo bixinaysa macluumaad dheeraad ah oo ku saabsan isticmaalka daawooyinka. Tusaale ahaan: “Daawooyinka waa in cunto lala qaataa.”





Isla-falgalka Daawooyinka iyo Waxyeellooyinka Soo Raaca

Daawooyinka waxaa loo isticmaalaa dheefahooda wanaagsan. Tusaale ahaan, waxay qaadi karaan xanuun, hoos u dhigi karaan cadaadiska dhiigga, wanaajin karaan dareenka qofka hadba sida uu yahay, qaadi karaan finanka, yareyn karaan qandhada, ama dilli karaan jeermisyada. Si kastaba ha ahaatee, daawooyinka waxay sidoo kale keeni karaan waxyeello culus ama xitaa dhimasho. Si ay gacan uga geystaan ka hortagga waxyeellada aan wanaagsaneyn, Kaaliyayaasha Daryeelka Guriga waa in ay fahmaan fikradaha aasaasiga ah ee isla-falgalka daawooyinka iyo waxyeellooyinka soo raaca.

Isdhexgalka Daawooyinka

Daawooyinka dhakhtarka dad u qoro iyo daawooyinka OTC waxay la falgeli karaan daawooyinka kale, cuntada, khamriga, faytamiinnada, iyo daawo dhireedda. Isla-falgalkan wuxuu kordhin karaa ama yareyn karaa wax-ku-oolnimada iyo/ama waxyeellooyinka soo raaca daawada la qaato. Isla-falgalyada waxay u badan tahay in ay la kulmaan macaamiisha tiro badan oo daawooyin ah qaata.

Akhri summadda ku dheggan iyo warqada gudaha ku jirta ee la timaada daawada oo ka feejignow tilmaamaha gaarka ah, wax kasta oo ay tahay in la iska ilaaliyo (t.a. cuntada), iyo/ama waxyeellada soo raacda ee suuragalka ah ee daawada.

Tusaale ahaan, macdanta birta ee dheeraadka ah (sida ferroos salfeyt) waa in la qaataa iyadoo ay calooshu maran tahay. Marka lala qaado noocyo antibayootiga ah, macdanta birta waxay yareysaa awoodda daawada antibayootiga ah ee disha jeermiska.

Waxyeellooyinka Soo Raaca

Saameynta daawooyinka ee aan qaybta ka ahayn faa'iidooyinkooda wanaagsan waxaa loo yaqaannaa waxyeellooyinka soo raaca. Dadka waaweyn ama qaba cudurka(cudurrada qaarkood) waxay u badan tahay in ay isku arkaan waxyeellooyin soo raaca.

Qayb ka mid ah shaqada Kaaliyaha Daryeelka Guriga waa in uu u indha-indheeyo macmiilka oo uuna ka feejignaado waxyeellooyinka soo raaca daawooyinka. Baro waxyeellooyinka soo raaca ee ugu badan si aad u garato marka ay dhacaan.

Waxyeellooyonka roo raaca ee hoose lagu taxay waa keliya kuwa ugu badan. Marka macmiilka uu bilaabo qaadashada daawooyinka dhowaan loo qorey, eeg waxyeellooyinka soo raaca si aad u oggaato waxa laga feejignaado.

Si dhaqso ah u soo sheeg waxyeello soo raaca kasta ee aad aragto. Dhammaan waxyeellooyinka soo raca waxay fiiro uga baahan yihiin bixiyaha adeegga daryeelka caafimaadka. Waxyeellooyinka soo raaca ee daran waxay u baahan yihiin fiiro degdeg ah.

Waxyeellada caamka ah ee soo raaca daawooyinka

Waxyeellooyinka soo raaca ee fudud ilaa dhexdhexaad

- Calool-fadhi marmar ah
- Qalalnaanta afka, sanka, maqaarka
- Daal ama dhacsaan aan caadi ahayn
- Lallabo
- Xassilooni la'aan fudud
- Matagid
- Miisaan koror

Waxyeellooyinka soo raaca ee daran

- Aragga oo caad gala
- calool-fadhi daran
- Shuban
- Boogo ama nabarro
- Hawlgab kacsi
- Caado aan joogto ahayn
- Naxsanaan, awoodidda in si deggan loo fadhiisto
- Gariir
- Dubaaxis/tardive dyskinesia
- Kaadi iskucelin
- Bararka faruuryaha, wejiga, iyo/ama carabka



Falnaqyada Xasaasiyadda ah ee Daawooyinka

Falnaqa xasaasiyadda ah ayaa dhaca marka hab-dhiska difaaca jirka uu ka falceliyo daawo keenaysa jirka in uu soosaaro kiimikooyin keena cuncun, barar, muruq-roor, waxayna keeni kartaa giigsanaanta cunaha iyo hawo-mareenka. Falnaqa wuxuu u dhaxeyn karaa mid fudud ilaa mid nolosha halis-gelinaya.

Haddii macmiilka uu la kulmo falnaqyo ama waxyeellooyin soo raaca oo noqon kara kuwo nolosha halisgelinaya, sida neefsiga oo dhib ku noqda qofka, wac 911.

Dariiqyada Daawooyinka Loo Qaato

Daawooyinka waxaa loo qaadan karaa hababab ama siyaabo dhowr ah oo kala duwan. Hababkan waxaa loo yaqaannaa dariiqyo Kuwan waa toddobada dariiq ee daawooyinka loo qaato:

Dariiqa	Qeexid
Afka	Daawooyinka afka waxaa laga qaataa afka waanna la laqaa; inta badan lagu qaato galaas biyo ah ama cabbitaan kale. Daawooyinka afka laga qaato waxay u yimaadaan qaab dareere, sharoobo ah, budo, kiniin, ama kaabsol ah. Daawooyinka waxaa nuuga qulqulka dhiigga iyada oo mareysa xuubka caloosha iyo mindhiciirka. Dariiqan waa habka ugu tartiibkan ee daawadu ku gaarto unugyada jirka.
Carabka hoostiisa la geliyo	Maamulka carrabka hoostiisa waxaa loola jeedaa in daawada la geliyo carrabka hoostiisa halkaasi oo ay ku milanto candhuufta macmiilka. Dariiqa carrabka hoostiisa waa in aanan lala cabbin galaas biyo/cabbitaan ah, laakiinse taa beddelkeeda loo oggolaado in ay si buuxda u milmanto. Daawada waxaa nuuga xuubna xabka ee ka sameysan dahaarka afka. Macmiilka waa in uusan laqin kiniiniga, ama wax cabbin ama cunin, ilaa ay ka milmaan daawooyinka oo dhan. Daawooyinka lagu qaato dariiqa carrabka hoostiisa ah ayaa si degdeg ah loo nuugaa marka loo eego dariiqa afka.
Maqaarka la mariyo	Ka qaadashada maqaarka waa in daawada si toos ah loo mariyo maqaarka ama xuubka xabka. Daawooyinka loogu talagalay isticmaalka maqaarka waxaa caadi ahaan loogu talagalay in lagu dejiyo nudayaal cuncunaya, ama si looga hortago ama loo daaweeyo caabuqyada ku dhaca goob gaar ah. Daawooyinka maqaarka waxay u yimaadaan qaab kareem, looshan, boomaato, dareere, budo, jaan, iyo dhicbaha dhegaha iyo dhibcaha indhaha ama boomaato ah.
Malawadka la geliyo	Daawada futada laga qaato waa gelinta daawo malawadaka oo ah qaab saboosto ama hab caloosha laga qaato. Nuugista loo marayo dahaarka malawadka waa hab tartiib ah oo aan caadi ahayn. Dariiqa ayaa la isticmaalaa mararka qaarkood marka macmiilka uusan qaadan karin daawooyinka afka laga qaato.
Siilka la geliyo	Daawada siilka laga qaato waa gelinta daawo siilka oo ah qaab qareem, xoor, kiniini, ama saboosto ah. Daawooyinka siilka laga qaato waxaa caadi ahaan loo siiyaa saameyntooda goobta, sida daaweynta caabuqyada siilka.
La neefsado	Daawooyinka neefsi ahaanta loo qaato waxaa lagu buufiyaa ama neef ahaan looga qaataa sanka, cunaha, iyo sambabada iyada oo la adeegsanayo qalabka daawada buufiska ama la neefsado ee gacanta lagu qabsado. Nuugista daawada waxay dhacdaa iyada oo jirka u mareysa xuubka xabka ee sanka iyo cunaha, ama iyada oo jirka loo marsiinayo kiishashka hawada ee sanbabbada buuxiya.
Irbad	Daawooyinka ayaa lagu duri karaa iyadoo jirka lagu mudayo irbada ka-dibna daawada la gelinayo muruqa, nudaha dufanka, maqaarka hoostiisa, ama xididka.

Gargaarka Daawooyinka iyo Maamulka Daawooyinka

Waxaa jira farqi sharci oo u dhaxeeya gargaarka daawooyinka iyo maamulka daawooyinka. Kaaliyayaasha Daryeelka Guriga waa in ay fahmaan hawlaha ay qaban karaan. Maamulka daawooyinka wuxuu u baahan yahay xil wareejinta kalkaaliyaha caafimaadka

Gargaarka Daawooyinka

Gargaarka daawooyinka waa ka caawinta macmiilka in uu si madax-banaan u isticmaalo daawooyinka. Gargaarka daawooyinka uma baahna xil wareejinta kalkaaliyaha caafimaadka. Gargaarka daawooyinka waxaa ka mid ah:

- furitaanka weelka ay daawadu ku jirto;
- weelka oo gacanta laga saaro macmiilka ama isticmaalka awoodsiiyaha, sida koob, weel daawo, ama qaado, si daawooyinka macmiilka loo siiyo;
- ka soo shubidda qiyaasta daawada dareeraha ah ee halka mar la isticmaalo iyada oo lagu shubayo qaadada daawada, koobka daawada, ama siliingaha afka;
- xusuusinta macmiilka in uu daawada qaato;
- xasillinta gacanta/curcurka; ama
- wax-ka-beddelka daawooyinka.

Wax-ka-beddelka Daawooyinka

Wax-ka-beddelka daawooyinka waxaa loola jeedaa burburinta ama milidda daawooyinka si ay u fududaato in la qaato. Wax-ka-beddelka daawada waxay u baahan tahay ansaxinta xirfadlaha caafimaadka (kalkaaliye caafimaad, dhakhtarka, kaaliyaha dhakhtarka ee la xaqiijiyey, dhakhtarka ilkaha, ama farmashiilaha).

Wax-ka-beddel kasta ee daawada lagu sameeyo waa in lagu qoraa qorshaha adeegga macmiilka ama meel kale oo ka mid ah galka caafimaadka ee macmiilka. Daawooyinka qaarkood wax lagama beddeli karo, sida daawooyinka siideynta la ballaariyey (ER) iyo siideynta la joogteeyay (SR).



Shuruudaha Gargaarka Daawooyinka

Sharci ahaan, waxaa jira laba shuruudood oo loo baahan yahay in laga soo baxo si loo tixgeliyo gargaarka daawooyinka. Macmiilka:

- waa in uu awoodo in uu “tallaabada ugu dambeysa” laf-ahaantiisa qabsan karo (t.a. in uu afkiisa gashan karo kiniin ama in uu boomaatada maqaarka marsan karo); iyo
- waa in uu ogsoon yahay in uu daawooyin qaadanayo.

Haddii macmiilka uusan ka soo bixin labadan shuruudood ee loogu talagalay gargaarka daawada, daawada waa in uu bixiyaa kalkaaliye caafimaad oo shatiile ah ama loo wakiishaa ama loo maamulaa si waafaqsan xil wareejinta kalkaaliyaha caafimaadka.

Gargaarka Daawooyinka ee Xarumaha Xannaaneynta Waayeelka iyo Naafada

Xaruma xannaaneynta waayeelka iyo naafada ee shatiga haysta, Kaaliyaha Gargaarka Guriga wuxuu sameyn karaa tallaabada ugu dambeysa haddii macmiilka uusan si sax ah ugu hagi karin Kaaliyaha Daryeelka Guriga in uu sidaa sameeyo. Tani waxaa loola jeedaa in macmiilku uu ogyahay waxa ay daawadu qabato, sida loo qaato, wuxuunna fari karaa Kaaliyaha Daryeelka Guriga in uu sameeyo falka dhabta ah ee gelinta daawada halka loo baahan yahay in la geliyo. Tani ka mid ma ahan daawooyinka la isku-durro sida insuliinta.

Xaaladdan ka reeban waxaa keliya loo adeegsadaa xarumaha xannaaneynta waayeelka iyo naafada iyo macaamiisha leh xannibaad jireed oo ka hor-istaageysa in ay iyagga isa siiyaan daawada iyaga oo aanan laga caawin.

Xaaladdan ka reebban waxaa lagu qorey sharci gaar ahaan loogu talagalay xarumaha xannaaneynta waayeelka iyo naafada oo laguma dabaqo guryaha qoyska qaangaarka ah, xarumaha adeegyada la wanaajiyey, ama hay'adaha daryeelka guriga.

Maamulka Daawooyinka

Maamulka daawooyinka ama daawo siinta waxay u baahan tahay midkood kalkaaliso caafimaad in ay sameyso, ama daryeele aqoon u leh oo ay hawshaasi u wakiilatey kalkaaliso caafimaad. Iyadoo la raacayo xil wareejinka kalkaaliya caafimaad, waxaa daawooyin u siineysaa macmiilka habka uu ku farey kalkaaliyaha RN ee kuu wakiishey. Xaaladdan, macmiilka waxaa laga yaabaa in uu jahwareero, in uusan ka warqabin in ay qaadanayaan daawooyinka, ama jir ahaan laga yaabo in uusan awoodin in uu qabto "tallaabada ugu dambeysa."

Siyaabahan soo socda waa habab aad u sameyn karto maamulka daawooyinka iyada oo la raacayo xil wareejinta kalkaaliyaha caafimaad.

- Geli daawada afka macmiilka.
- Daawada mari maqaarka macmiika.
- Daawada sii adiga oo u marinaya tuubbada dhinaca ka furka caloosha (gastrostomy tube).
- Irbadaha insulin kudur (waxay u baahan tahay tababar dheeraad ah).

Xil wareejinta kalkaaliyaha caafimaadka ayaa loo baahan yahay si Kaaliyaha Daryeelka Guriga u maamulo daawada.

Maamulka waadada waa lagama maarmaan marka:

- macmiilka uusan ogsooneyn in uu daawo qaadanayo; ama
- macmiilka uusan jir ahaanba awoodin in uu qaato ama marsado daawadiisa.

Hawlaha maamulka daawooyinka qaarkood cid kale looma wareejin karo.



Isbarbardhig Gargaarka Daawooyinka iyo Maamulka Daawooyinka

Hawsha	Gargaarka Daawooyinka	Maamulka Daawooyinka	Cid kale ayaa loo igman/ wareejin karaa?
Furitaanka weelasha, u dhiibidda weelka macmiilka	X		
Ku shubidda daawada dareeraha ah weelka iyo u dhiibidda macmiilka	X		
Saaridda daawada gacanta macmiilka	X		
Burburinta, jarjaridda, ama iskuqasidda daawooyinka (keliya haddii farmashiiste ama cid kale oo bixisa daryeel caafimaad ay go'aamiso in ay ammaan tahay) iyo u dhiibidda macmiilka.	X		
Gelinta daawada afka macmiilka ama marinta maqaarkiisa		X	Haa
Xajinta ama hagidda curcurka macmiilka	X		
Kuduridda daawooyinka (aan ahayn insuliinta)		X	Maya

Xuquuqaha Macmiilka

Macaamiishu waxay leeyihiin saddex xuquuqood aasaasi ah oo la xiriira daawooyinka:

1. Xaq ay u leeyihiin doorashada in aysan qaadan daawooyinka
2. Xaq ay u leeyihiin oggolaansho xog-ogaal loo yahay (macmiilka wuxuu xaq u leeyahay in uu oggaado waxa daawooyinka loo siinayo)
3. Xaq ay u leeyihin in aan kiimiko ahaan loo xannibin/juujuubin (daawooyinka looma isticmaali karo si ku habboon macmiilka ama si loo beddelo hab-dhaqanka qofka goobta deggan)

Ilaali xuquuqaha macmiilka mar kasta oo aad ka qaybgasho gargaarka ama maamulka daawooyinka.

Gargaarka daawooyinka ka mid ma ahan in macmiilka lagu qasbo qaadashada daawooyinkiisa ama in wax daawooyinka loogu dhex qariyo, sida cuntada, si qofku uu u qaato.





Xirfad: Gargaarka Daawooyinka

Doorkaaga daryeele ahaan wuxuu noqon karaa in aad macmiilka ka caawiso qaadashada daawooyinka. Qorshaha adeegga macmiilka ama diiwaanka maamulka daawooyinka ayaa si sax ah u faahfaahin doonna waxa ay yihiin mas'uuliyadahaaga ee halkan.

Kaaliyayaasha Daryeelka Guriga waxay mas'uul ka yihiin raacidda tallaabooyin cayiman marka ay bixinayaan gargaarka daawooyinka. Tallaabooyinka waxaa ka mid ah diyaarinta qiyaasaha, ka caawinta macmiilka qaadashada daawooyinka, indha-indhaynta, iyo diiwaangelinta.

Eeg Gargaarka Daawooyinka ee ku yaalla Liisto-hubineedyada Xirfadaha ee bogga 429aad si aad u hesho tallaabooyinka oo faahfaahsan.

Kuwan soo socda waa talooyinka guud marka macmiilka laga caawinayo daawooyinka afka laga qaato:

- Weyddii macmiilka in uu soo fariisto marka uu qaadanayo daawooyinka afka laga qaato si ay ugu fududaato liqidda.
- Haddii macmiilka uusan kor u soo farriisan karin oo uuna jiifo sariirta, ku caawi iyada/isaga in ay dhinac dhinac isu gediyaan si ay ugu fududaato liqidda."

Shakhsiyaadku waxay xaq u leeyihiin asturnaan marka ay daawooyinka qaadanayaan. Hubso in aad ilaaliso asturnaantooda. Tani waxaa ka mid ah asturnaanta diiwaannada caafimaad iyo macluumaadka caafimaad.

Shanta "Sax" ee Daawooyinka

Waxaa jira shan “sax” ee ay daawadu leedahay oo haga falalkaaga waqti walba oo aad macmiilka ka caawiso daawooyinka: daawada, macmiilka, qiyaasta, dariiqa, iyo waqtiga saxda ah. Eeg shanta sax saddexdan waqtiyadood:

- Marka koowaad marka aad daawooyinka ka soo saareyso goobta lagu kaydiyo
- Mar kale marka aad ka soo bixineyso weelka ay asal aan ku jirtey oo aadna ku rideysa awood-siiyaha (koobka daawada, iwm)
- Ugu dambeyn marka aad dib ugu celinayso goobta lagu kaydiyo

Saddex hubinno oo la sameeyo waqti kasta qof laga caawiyo/loo maamulo daawo waxay yareynayaan khaladaadka daawooyinka.

1. *Daawada Saxda ah*

Waqti kasta oo daawo cidda lagu caawiyo ama loo maamulo, eeg warqadda ku dheggan daawada si aad u hubiso:

- magaca macmiilka in uu ku dul qoran yahay weelka (loogu talagalay keliya daawooyinka uu dhakhtarka qor);
- magaca daawada ku dul qoran weelka in ay waafaqsan tahay dalabka dhakhtar daawada soo qorey;
- in daawadu aysan dhicin; iyo
- in aad xaqiijiso waqtiga saxda ah, qiyaasta, dariiqa iyo in aad ka warqabto tilmaamo kasta oo gaar ah ee daawadan loogu talagalay (t.a. in loo baahan yahay in cunto lagu qaato).



2. *Macmiilka Saxda ah*

Had iyo jeer aqoonsi macmiilka. Waa mas'uuliyadaada in aad si buuxda u hubiso in aad taqaanno cidda uu macmiilku yahay ka hor inta aadan daawooyinka ka caawin. Macmiil kasta la joog inta ay daawadu qaadanayaan.

3. *Qiyaasta Saxda ah*

Ogow ereyada la isku soo gaabshey iyo calaamadaha qiyaasta saxda ah ee daawooyinka Hubso in qaddarka uu macmiilku qaadanayo in uu waafaqsan yahay qaddarka warqadda yar ku qoran.

Ereyada La Isku Soo Gaabshey ee Guud Aan Loo Isticmaalo* Qiyaasta

cc	Sintimitir saddex-jibbaaran, la mid ah ml
cm	Sintimitir
gm	Garaam
gtt	Dhibic
gtts	Dhibcooyin
IU	Halbeegyo caalami ah
Kg	Kilogaraam
L	Litir
mcg	Maykrogaraam
mEq	Milliquivalent
mg	Miligaraam
ml	Mililitir, la mid ah cc
mm	Milimitir
u	Halbeegga

*Waxaad arki kartaa ereyadan la isku soo gaabshey marka aad ka qaadaneyso dalab uu dhakhtar kuu soo qorey, laakiinse marka lagu qorayo xaashida daawada (MAR), hab-dhaqanka ugu wanaagsan waa in aanan ereyada la soo gaabin.

4. Dariiqa Saxda ah

Hubso macmiilka in uu daawada ka qaato halka loogu talagalay.

Toddobo Dariiqyo

Afka	afka laga qaato oo la laqo
Carabka hoostiisa la geliyo	carrabka hoostiisa la geliyo
Maqaarka la mariyo	si toos ah loo mariyo maqaarka ama xuubka xabka
Malawadka la geliyo	futad la geliyo
Siilka la geliyo	siilka la geliyo
La neefsado	lagu qubeysto ama lagu buufiyo sanka ama cunaha
Irbad	la geliyo murqaha, nudaha dufana, maqaarka hoostiisa ama xididka iyadoo irbad la adeegsanayo

Ereyada Guud ee La Isku Soo Gaabshey ee Dariiqyada

OD	Isha midig
OS	Isha bidix
OU	Labada indhood
po	Afka laga qaato
SC ama SQ	Maqaarka hoostiisa (dariiqa irbadaha insulin-ta)
SL	Carabka hoostiisa la geliyo
PR	Malawadka la geliyo



5. Waqtiga Saxda ah

Jadwalka joogtada ah ee daawooyinka waxaa go'aamin doonna macmiilka, dhakhtarka, kalkaaliyaha caafimaadka, ama siyaasadda xarunta/hay'ada ee halka aad ka shaqeyso. Jadwalka waa in uu noqdaa mid cad si aad macmiilka u caawiso waqtiga saxda ah. Ka eeg diiwaanka daawada ama weelka daawada waqtiga saxda ah ee loogu talagalay daawooyinka. U noqo liiska si aad u xaqiijiso in aad taqaanna ereyada la isku soo koobay ee waqtiyada.

Ereyada La Isku Soo Gaabshey ee Guud Aan Loo Isticmaalo Waqtiyada

@	At
p	Ka-dib
pc	Ka-dib cuntooyinka
Prn*	Sida loo baahdo
hs	Waqtiga jiifka
a	Hadda ka hor
ac	Kahor
q	Kasta
q4h	4 saacadood kasta
qhs	Waqti jiif kasta
qd	Maalin kasta
qod	Maalin dhaaf
bid	2 jeer maalintii
tid	3 jeer maalintii
qid	4 jeer maalintii
dc	Jooj
noc	Habeenkii
c	La socda
s	La'aan

Daawooyinka hal-jeer maalintii la qaato waa in waqti isku mid ah la qaataa maalin kasta. Daawooyinka qaarkood waa in la qaataa waqtiyo cayiman. Tusaale ahaan, daawooyinka warfarin (Coumadin) iyo statin ayaa waxaa si joogto ah loo qaataa goor dambe oo galabtii/fiidka ah. Daawooyinka lagu dabbiibo tayroodhka macduunka ah (hypothyroidism) waxaa guud ahaan la qaataa marka ugu horeysa ee subaxii iyada oo waxba la cunin.

Waqtiyada waa in ay gaar u ahaadaan macmiilka gaarka ah. Tusaale ahaan. Haddii daawooyinka la amro in la qaato AM, oo qofka degganna uu soo tooso 10, markaa taasi waxay noqoni doontaa “AM” macmiilka degganaha ah. Qof kale oo la deggan oo haysta amar la mid ah kaas oo soo toosa subax walba 6 AM waxay dooni karaan daawooyinkooda 7.

Raac siyaasadda ku saabsan waqtiyada daawooyinka ee halka aad ka shaqeyso.

Haddii macmiilka uu seego qiyaas, ha siinin laba qiyaasood waqtiga xiga haddii in sidaa la sameeyo uu faro xirfadle caafimaad mooyaane.

**Daawooyinka Hadba Sida Loogu Baahdo iyo Go'aanka Xirfadeed*

Daawooyinka PRN (oo laga soo gaabshey ereyga laatiinta ah ee Pro Re Nata) waa daawooyinka loo qaato si ku saleysan “hadba sida loogu baahdo”

Waxaad ka caawin kartaa macmiilka daawooyinka “hadba sida loogu baahdo” haddii ay jiraan tilmaamo gaar ah, qoran oo la raaco ama macmiilka uu tilmaamo in ay daawooyin u baahan yahay.

Tusaale ahaan, haddii macmiil aan qabin liidasho xagga garashada ah uu ku weyddiisto daawooyinka xanuunka qaada, waa HAGAAG in Kaaliyah Daryeelka Guriga uu bixiyo gargaar daawo.

Haseyeeshee, haddii go'aan xirfadeed loo baahan yahay si loo go'aamiyo haddii daawada loo baahan yahay, ama goorta macmiilka uusan awoodin in uu go'aamiyo waxa loo baahan yahay, gargaar daawo suuragal ma ahan.

Tusaale ahaan, haddii macmiilka uu qabo liidasho garasho oo uusanna hadli karin oo qorshahiisa adeeggana uusan ku qorneyn sida macmiilka u muujio xanuunka, Kaaliyaha Daryeelka Guriga ma go'aamin karo goorta la siinayo daawada xanuunka.

Indha-indhayn, Diiwaangelin, iyo Ka-warbixin

Sida qabashada hawl daryeel kasta, qayb ka mid ah mas'uuliyadaada ee gargaarka daawada waa in aad indha-indhayso, diiwaangeliso, oo aad soo sheego isbeddelada.

Indha-indhaynta

Gargaarka daawada, indha-indhee oo hubso macmiilka in uu daawadiisa qaato. Sidoo kale ka feejignow waxyeellooyinka soo raaca ama falcelinnada kale. Soo-sheeg isbeddelo ama walaacyo kasta.



Diiwaangelinta iyo Ka Soo Warbixinta

Xeerarka diiwaangelinta gargaarka daawada iyo maamulka daawada ayaa waxaa dhigaya sharci loogu talagalay xarumada xannaaneynta waayeelka iyo naafada, xarumaha adeegyada la wanaajiyey, iyo guryahay qoyska qaangaarka. Waa in aad diiwaangeliso daawo kasta oo la qaatey ama la diidey, iyo sidoo kale in aad raacdo daawooyinta PRN oo aad diiwaangeliso in ay shaqeeyaan ama in kale. La eeg cidda aad u shaqeyso/kormeerahaaga si aad wax badan uga oggaato sida loo diiwaangeliyo iyo goorta la diiwaangeliyo. Shaqaalaha hay'adda waa in ay raacaan tilmaamaha hay'adda.

Ma jiraan xeerar diiwaangelin cayiman oo loogu talaalay macaamiisha guriga gudahiisa. IP-yada, waa hab-dhaqan wanaagsan in la diiwaangeliyo:

- falcelin daawo kasta, waxyeellooyinka soo raaca ee suuragalka ah, iyo/ama isbeddellada la arkey;
- haddii macmiilka uu doorto in uusan daawooyin qaadan.

Marka Macmiilka uu Doorto in uusan Qaadan Daawooyinka

Shakhsiyaadka waxay xaq u leeyihiin in ay doortaan in aysan qaadan daawooyinka ama daaweynta.

Mararka qaarkood macmiilka ma doonayo in uu daawada qaato. Waxa ugu horreeya ee ay tahay in aad sameyso waa in aad keliya weyddiiso sababta aysan u qaadan daawooyinka.

Macaamiisha waxaa laga yaabaa in aysan dooneyn daawooyinka in ay qaataan dhowr sababood awgood. Mararka qaarkood macmiilka waxaa laga yaabaa in uusan kuu sheegin in uusan doonaynin daawada in uu qaato laakiinse waxay keliya “ku qarinayaan” dhabannadooda, carabkooda hoostiisa, ama way soo tufayaan ka-dib marka aad qolka ka baxdo.

Dib-u-eeg shaxdan soo socota oo ay ku qoran yihiin qaar ka mid ah sababaha guud ee uu macmiilka u dooran karo in uusan qaadan iyo daawooyinka suuragalka ah.

Haddii aysan xal lahayn sababta macmiilka uusan u dooneynin in uu qaato daawada iyo/ama ay sii doortaan in aysan qaadan, arrinta u soo sheeg qofka ku habboon ee jooga goobtaada daryeelka. Diiwaangeli in macmiilka uusan daawooyinkiisa qaadan, sababta uusan u qaadan, iyo cidda aad ku wargelisay iyada oo la raacayo xeerarka halka aad ka shaqeyso.

Sababta/Qiilka	Xalka
Dhadhan aan fiicnayn	Macmiilka sii buskutka burbura, tufaax, ama cabbitaanno ka-dib qaadashada si aad uga caawiso baabi'inta dhadhanka xun. Isticmaal baraf si aad ugu baabi'iso dareenka dhadhanka aan fiicneyn dhowr daqiiqo ka hor inta macmiilka uusan daawooyinka qaadan. Arrinta kala munaaqashoo dhakhtarkaaga ama kormeerahaaga si aad u aragto haddii macmiilka uu isticmaali karo nooc kale oo daawada ah ama daawooyin kale.
Waxyeellooyin soo raaca oo aan fiicnayn	Tusaalaha waxyeellada soo raacda ee aan fiicnayn waxay noqon karta dawakhaad ama af khalal. Dhakhtarka ama kormeerahaaga weyddii haddii daawo ka duwan ay suuragal taahy ama haddii daawada la qaadan karo waqti kale oo maalintii ah. Haddii isbeddel aan lagu sameyn karin daawada, kala munaaqashoo sida loo dabbiibo waxyeellada soo raacda daawada.
Faham la'aan	Bixi xusuusino fudud sida “Kiniinigan wuxuu hoos u dhigaa caddaadiskaaga dhiigga ee sarreeya.”
Diidmada baahida daawada	Waxaad kala munaaqashoon kartaa baahida loo qabo qaadashada daawooyinka macmiilka, laakiinse haka murmin. Waxaa caawimaad yeellan kara macmiilka in la tusiyo bayaan uu dhakhtarka qorey. Macmiilka wuxuu xaq u leeyahay in uusan daawada qaadan.
Sababo dhaqan ama asal	Dhaqanka iyo/ama asalka macmiilka waxay saameyn ku yeellan karaa aragtidiisa ku saabsan isticmaalka daawooyinka marka loo eego noocyada kale ee daaweynta iyo/ama daaweyn dhaqameedyada. Macmiilka ku dhiirrigeli in uu walaacyo kastaba la wadaago bixiyaha daryeelka caafimaadka.

Soo-sheegidda Khaladaadka

Waxaa loo tixgeliyaa khalad marka daawooyinka aanan loo siin sida ku cad tilmaamaha. Tani waxaa ku jira khalad kasta ee la xiriira shanta sax ee daawada. Kuwan waxaa ka mid ah:

- Waqti qalad ah,
- Daawo qalad ah,
- Shakhsi qalad ah,
- Qiyaas qalad ah,
- Dariiq qalad ah,
- Iska dhaafid kasta.

Waa in aad faham ka haysataa waxa la sameeyo marka aad oggaato khaladka. Hubso in aad taqaanno habraacyada gaarka ah ee ka jira goobtaada shaqada.

Waa muhiim in aad u soo sheegto khaladaad kasta ee aad oggaato sida ugu dhakhsiyaha badan ee suuragalka ah.

In kastoo dhammaanteenna aan iskudayno in aanan khaladaad sameyn, mararka qaarkood wey dhacaan. Soo sheeg khaladaadka aad oggaato adiga oo aanan eegayn cidda laga yaabo in ay sameysay khaladka iyo adiga oo aanan eekayn natiijada ka soo baxdey macmiilka.

Waa in aad heshaa tababar iyo hanuunin dheeraad ah oo ku saabsan shaqadaada dad ka caawinta daawooyinka. Kala hadal kormeerahaaga qaadashada tababarka. Hadii aadan hubin waxa la sameeyo marka aad daawooyinka ka caawineyso, qofka ku habboon ee jooga goobtaada daryeelka ka hor inta aadan sameyn gargaarka daawada.





Kaydinta iyo Ka-takhalusidda Daawooyinka

Waxaa jira dhabbetuseyaal dhowr ah oo loo baahan yahay in aad ka taqaano kaydinta daawooyinka:

- Daawooyinka waa in la kaydiyaa iyaga oo ku jira weelasha asalka ah oo ku dhegan warqad yar asal ah, oo la akhrin karo.
- Daawooyinka aanan firijeerka la gelin waa in la dhigaa meel qalallan, oo aan ka kululayn 85°F.
- Daawooyinka firinjeerka la geliyo waa in lagu kaydiyaa heerkul dhan 36-46°F. Waxaa ugu ammaan badan in daawooyinka firinjeerka la geliyo in lagu xiro bacaha daawada ee siibka leh ama weel kale oo aanan daadin.
- Hubso in aad kala saarto kaydka daawooyinka iyo kaydka cuntada.
- Haddii aad ka shaqeyso guriga qoyska qaangaarka ah ama xarunta xannaaneynta waayeelka iyo naafada, raac siyaasadda xarunta ee ku saabsan kaydinta daawooyinka.

Macaamiisha guryahooda lagu daryeelo waxay daawooyinka u kaydsan karaa sida ay doortaan. Ku dhiirrigeli macmiilka in uu daawooyinka dhigo meel aysan carruurta ama rabaayadaha gaari karin, iyaga oo ku jira weelkii asal ahaan lagu keenay, iyo in ay ku kaydiyaan meel qalallan oo qabow ah.

Kaydinta Maadooyinka La Xakameeyo

Daawooyinka jadwaleysan waxaa aad suuragal u ah in si xun loo adeegsado oo waa in si ammaan ah loo kaydiyaa. Tusaalooyinka daawooyinka jadwaleysan waa morphine iyo fentanyl. Xarumaha xannaaneynta waayeelka iyo naafada, guryaha qoyska qaangaarka ah, iyo xarumaha adeegyada la wanaajiyey, daawooyinkan waxaa loo baahan yahay in si laban-laab ah meel loogu xiro iyada oo kaltan kastanna ay tirinayaan laba xubnood oo shaqaale la xaqiijiyey ah.

Ka-Takhalusidda Ammaanka ah ee Daawooyinka

Daawooyinka waxaa loo baahan yahay in laga takhaluso marka la joojiyo ama la soo celiyo, ay dhacaan, ama haddii macmiilka uu geeriyoodo. Raac habraacyada iyo siyaasadaha cidda aad u shaqeyso ee ku saabsan burburinta habboon ee daawooyinka dhacey ama la joojiyey. Marka laga takhalusayo maadooyinka la xakameeyo, markhaati ayaa loo baahan yahay.

Haddii macmiilka uu gurigooda ku nool yahay, waxaad ku caawin kartaa in uu la xiriirro waaxda booliska degaanka iyo in ay oggaadaan haddii uu jiro hab celin oo la heli karo. Waaxda Caafimaadka ayaa sidoo kale leh barnaamij daawo soo celin ammaan ah:

doh.wa.gov/forpublichealthandhealthcareproviders/healthcareprofessionsandfacilities/safemedicationreturnprogram



Qoraallo

Soo koobid

Kaaliyayaasha Daryeelka Guriga waxay gargaar aasaasi ah u fidiyaan macaamiisha iyaga maamusha daawooyinkooda. Gargaarkan daawada waxaa ka mid noqon kara furitaanka weelasha, diyaarinta qiyaasta daawada, iyo u dhiibista daawada macmiilka. Gelinta daawada afka macmiilka ama si kale u siinta daawada waxay u baahan tahay in kalkaaliso caafimaad ay daawadu bixiso, ama Kaaliyaha Daryeelka Gurga uu bixiyo daawada marka ay u igmato kalkaalisada caafimaadka.

Qayb ka mid ah mas'uuliyadda Kaaliyaha Daryeelka Guriga inta lagu guda jiro gargaarka daawada waa in la indha-indheeyo oo laga feejignaado waxyeellooyinka soo raaca iyo falnaqyada kale. Kaaliyaha Daryeelka Guriga ayaa diiwaangeliya oo u soo sheega qofka ku habboon ee joogta goobtooda daryeelka. Kaaliyaha Daryeelka Guriga ayaa sidoo kale diiwaangeliya oo soo sheega marka macmiilka uu doorto in uusan daawada qaadan.

Kaaliyayaasha Daryeelka Guriga ayaa eega shanta sax ee daawada waqti kasta ee uu sameeyo gargaar daawo wuxuunna si degdeg ah uga soo warbixiyaa khaladaad daawo kasta ee uu arko. Kaaliyayaasha Daryeelka Guriga ayaa sidoo kale si habboon u raaca warqadaha daawooyinka, siyaasadaha ka jira goobtooda daryeelka, iyo hab-dhaqannada ugu wanaagsan ee kaydinta iyo ka-takhalusidda daawooyinka.

Bartilmaameedka

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Kaaliyaha Daryeelka Guriga ee bixinaya gargaarka daawada kiniini afka ma u gelin karaa macmiilka?

2. Maxay muhiim u tahay in Kaaliyaha Daryeelka Guriga uu fahmo isla-falgalka daawooyinka iyo waxyeellooyinka soo raaca?

3. Kaaliyayaasha Daryeelka Guriga ma loo oggol yahay in ay macmiisha ka caawiyaa daawooyinka PRN iyaga oo aanan haysan xil wareejinta kalkaaliye caafimaad ama aysan u igman kalkaaliye caafimaad?

4. Maxaad sameyn lahayd haddii aad aragto khalad daawo?

5. Tallaabooyin noocee ah ayaad qaadeysaa haddii macmiil uu doorto in uusan daawooyin qaadan?

6. Waa maxay shanta sax ee daawooyinka?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Fal kasta ku aaddi qaybta saxda ah.

Hawsha	Gargaarka Daawooyinka	Maamulka Daawooyinka ee hoos imaanaya Xil-Wareejinta Kalkaaliyaha Caafimaadka	Kaaliyaha Daryeelka Guriga waxaa laga yaabaa in uusan sameyn
Gelinta daawada afka macmiilka ama marinta maqaarkiisa			
In daawada gacanta loo saaro macmiilka			
Isticmaalka go'aan kalkaalineed oo ku saabsan daawada			
Xajinta ama hagidda curcurka macmiilka			
Xusuusinta ama ku towjiihinta macmiilka in uu daawada qaato			

2. Halista isla-falgalka daawooyinka ayaa kordha marka macmiilka uu qaado daawooyin badan.

   ❑ Run ❑ Been

3. Macaamiisha ku nool guriga qoyska qaangaarka ah ama xarunta xannaaneynta waayeelka iyo naafada waxay daryeelka naftooda ku hagi karaan hawlaha daryeelka.

   ❑ Run ❑ Been

4. Hawlahan daryeelka ee soo socda kuwee ayuusan sameyn karin daryeelka hoos tagaya xil ku wareejinta kalkaaliyaha caafimaadka? (goobo-geli jawaabta saxda ah).

   a. Quudinta tuubbada.
   b. Kuduridda daawooyinka (aan ahayn insuliinta).
   c. Daryeelka saxarro-weecinta.

5. Daryeelaha wuxuu macmiilka ka caawin karaa daawooyinka PRN, marka ay jiraan tilmaamo qoraal ah, oo cad iyo: (goobo-geli jawaabta saxda ah)

   a. Macmiilka codsado.
   b. Go'aan kalkaalin loo baahan yahay.
   c. Aad codsato waqti caawimaad.

6. Daryeelaha ayaa go'aaminaya waxaa loo baahan yahay in la diiwaangeliyo ee ku saabsan daawooyinka guriga qoyska qaangaarka ah ama xarunta xannaaneynta waayeelka iyo naafada.

   ❑ Run ❑ Been

(Lagu sii wado bogga soo socda)

7. Daawo qaldan ayaa waxaa macmiilka loo siiyay si qalad ah. Tallaabadaada koowaad waa in ay noqotaa: (goobo-geli jawaabta saxda ah)
   a. In aad ka feejignaataa waxyeellooyinka soo raaca.
   b. In aad si degdeg ah u soo sheegto
   c. In aad daawada saxda ah siiso.

8. Marka aad daawooyinka ka caawineyso, waa in aad akhrisaa warqada ku dheggan daawada oo aadna xaqiijisaa in ay tahay daawada, qofka, waqtiga, qiyaasta, iyo dariiqa saxda ah: (goobo-geli jawaabta saxda ah)
   a. Keliya marka koowaad ee aad macmiilka siiso.
   b. Waqti kasta ee aad bixiso gargaar daawo.
   c. Marka aad ka fikirto aadna waqti u hayso.

9. Keliya soo sheeg diidmada joogtada ah ee macmiilka haddii aad u maleyso in ay waxyeellayn doonto.
   ❑ Run ❑ Been

1. Maamulka Daawooyinka ee hoos imaanaya xil-wareejinta kalkaaliyaha caafimaadka - Gargaarka Daawooyinka - Kaaliyaha Daryeelka Gurigа waxaa laga yaabaa in uusan sameyn - Gargaarka Daawooyinka - Gargaarka Daawooyinka, 2. Run, 3. Been, 4. B, 5. A, 6. Been, 7. B, 8. B, 9. Been

Xaaladda La Hal-abuurey ee Cutubka

Mudane Gaines waa macmiil 67-sano-jir ah oo ku nool guriga qoys qaangaar ah; wuxuu qabaa cudurrada sonkorow, tuf, iyo kansar. Daaweynta kansarka waxay ka dhigtey qof aad u liita. Wuxuu caadi ahaan maareeyaa daawooyinka uu afka ka qaato, waxaana siisaa qalinkiisa insulin-ta. Maanta wuxuu ku weyddiistay in aad furto dhallooyinkiisa daawooyinka, sababta oo ah waa qof liita oo aanan furka ka qaadi karin. Wuxuu sidoo kale ku weyddiistey in aad irbadda u geliso caloosha oo aadna insulin-ta ku muddo.

CILMI-BAARIS:	XALLI DHIBAATADA:	MUUJI:
Dib-u-eeg Xaaladaha iyo Cudurrada Guud si aad u hesho macluumaad ku saabsan tufka oo ku yaalla bogga 356aad iyo kansarka oo ku yaalla 359aad.	1. Aqoonso dhibaatada (dhibaatooyinka) daryeelaha loo baahan yahay in uu wax uga qabto xaaladdan. 2. Qaado hal dhibaato ka-dibna maskax-shiil ku samee siyaabaha loo xallinayo. Xal dooro. 3. Sidee ayay tani u saameysaa sida uu daryeelka u bixiyo daryeelaha?	Hal koox ayaa fasalka u soo bandhigeysa habka habboon ee qofka looga caawinayo daawooyinka.

Qoraallo



Cutubka 12aad: Is-Daryeelka loogu talagalay Daryeelayaasha

Yoolka Barashada

Kaaliyayaasha Daryeelka Guriga waxay isticmaali doonnaan istiraatiijiyado lagu yareynayo walbahaarka, looga fogaanayo daal, oo lagula qabsanayo tiiraanyada iyo khasaaraha.

Casharka 1-aad: Ku Dhaqanka Is-Daryeelka

Casharka 2aad: Ka Badbaadidda Tiiraanyada iyo Khasaaraha

Casharka 1aad
Ku Dhaqanka Is-Daryeelka

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Xusuusto arrimaha shaqada shaqaalaha daryaalka muddada-dheer ee keeni kara walbahaar iyo daal;
2. Aqoonsado astaamaha iyo calaamadaha walbahaarka iyo daalka;
3. Xusuusto muhiimadda ku dhaqanka is-daryeelka si looga fogaado daalka; iyo
4. Isticmaalo hab-dhaqannada iyo kheyraadka lagu yareyn karo walbahaarka loogana fogaan karo daalka.

Ereyada Muhiimka ah

Daal: xaaladda daal jireed, dareen, iyo mid maskaxeed.

Dhacsaal naxariiseed: walbahaarka ka dhasha wajahidda dhibaatada dadka kale.

Is-daryeel: falalka lagu joogteynayo wanaagga, caafimaadka iyo farxadda.

Walbahaar: cadaadis ama welwel dhimir ama dareen.

Cadaadiye: Xaalad ama fikir kasta ee kaa dhiga in aad dareento niyadjab, xanaaq, ama walaac.

Walbahaar xad-dhaad ah: yeelashada walbahaar badan oo faragelinaya waxqabadyada iyo nolol maalmeedka.



Guudmarka

Walbahaarku waa qayb dabiici ah oo nolosha ka mid ah, laakiinse walbahaarka badan wuxuu saameyn xun ku yeellan karaa wanaagga. Kaaliyeyaasha Daryeelka Guriga waxaa loo baahan yahay in ay fahmaan astaamaha iyo calaamadaha lagu garto walbahaarka si ay u daryeelaan naftooda uguna fogaadaan daalka.

Is-daryeelka wuxuu u baahan yahay waqti, niyad, iyo dedaal. Marka ay ku tababar-qaataan, Kaaliyayaasha Daryeelka Guriga waxay adeegsan karaan farsamooyinka is-daryeelka si ay u maareeyaan walbahaarka una joogteeyaan wanaaggooda.

Waa maxay noocyada waxqabadyada ee aad qabato si aad naftaada u daryeesho? Intee jeer ayaad sameysaa? Ma dareentaa in aad kantarooleyso maareynta walbahaarka?

Walbahaarka iyo Daalka daryeelaha

Daryeel-bixintu waa shaqo abaalmarin leh, laakiinse waxay sidoo kale noqon kartaa mid jir ahaan iyo dareen ahaanba adag. Sida xirfadaha kale oo dhan, daryeelayaasha ayaa sidoo kale leh mas'uuliyado iyo cadaadis nololeed kale. Daryeelayaasha waxay aad ugu mashquuli karaan daryeelidda dadka kale waxaanna dhici karta in ay dayacaan caafimaadkooda dareenka, dhimirka, jirka iyo kan ruuxi. Waxaan oo dhan waxay walbahaar badan u keenaan hal qof.

Walbahaarka oo dhan ma xumo. Walbahaarku waa qayb caadi ah oo ka mid ah nolosha maalin walba. Qaddarada caadiga ah ee walbahaarku waxay kaa dhigaan qof fiijigan waxayna kugu dhiirrigelinayaan in aad tallaabo qaado. Si kastaba ha ahaatee, walbahaarka badan ee muddada dheer ee waqtiga ah wuxuu ku adag yahay jirkaaga, maskaxdaada iyo ruuxaaga.

Marka uu walbahaar badani ku saaran yahay, jirkaaga wuxuu galayaa feejignaan sare. Shaqooyinka aasaasiga ah ee jirka, sida neefsashada iyo heerka wadnaha, ayaa xawaarahooda kordha. Hawlaha aan sidaa degdegga u ahayn, sida hab-dhiska difaaca jirka, waxay noqdaan kuwo nugul. Tani waxay halis badan kuu gelinaysaa caabuqyo, cudurrada qaarkood, niyadjab, ama welwel.

Walbahaarka badan ee muddada dheer socda wuxuu keeni karaa daal. Daryeelayaasha daala waxay dareemi karaan sida in aysan “waxna u harin.” Marka laga soo tago dhacsaalka jireed, waxaa badanaaba jira rajo, ujeeddo, iyo macno la'aan.

Maxay noqon karaan qaar ka mid ah cawaaqib-xumada ka dhalan karta daalka daryeelaha?



Astaamaha iyo Calaamadaha Walbahaarka iyo Daalka

Walbahaarka iyo daalka waxay saameyn karaan jirkaaga, dareenkaaga, maskaxdaada, iyo hab-dhaqankaaga. Ka digtoonow astaamahan digniinta caamka ah ee soo socda. Haddii aad dareento astaamahan, waxaa ku soo fuuli kara walbahaar badan waxaadna halis u geli kartaa daal.

Astaamaha iyo Calaamadaha Guud ee Walbahaarka

Jirka	Dareenka / Dhimirka	Hab-dhaqanka
• Madax-xanuun • Muruq xanuun ama kacsanaan • Xabad xanuun • Daal • Isbeddelka galmo rabidda • Calool qasan • Dhibaatooyin hurdo	• Welwel • Xassilooni la'aan • Dhiirrigelin ama diirrad saarid la'aan • Dareemidda culeys badan • Xanaaq ama caro • Murugo ama niyadjab • Cabsi	• Wax cunista oo badan ama yar • Xanaaq durba yimaada • Isticmaalka khamri iyo daroogo • Isticmaalka sigaar/tubaako • Dib-ugu-gurashada bulshada • Jimicsi aan badneyn • Dhibaatooyin xagga ciriirrada ah

Waxyaabaha Keena Walbahaarka (Cadaadiyayaasha)

Waxyaabaha keenna walbahaarka, ama cadaadiyayaasha, waxay siyaabo kala duwan u saameeyaan dadka. Xaaladda ama dhacdada keenaysa hal qof in uu cadaadis badan soo fuulo waxaa laga yaabaa in aysan qof kale dhibaato ku ahayn.

Nolosha maalin kasta waxay wax ku biirrisaa heerarka walbahaarkeenna. Shaqada, hawlaha waalidnimada, iyo arrimaha maaliyadda ayaa dhammaan ah cadaadiyayaal guud.

Walbahaarka ayaa sidoo kale ka yimaada dhacdooyinka ugu waaweyn nolosha sida guurka ama furiinka, dhalashada ama dhimashada ka dhex dhacda qoyska, shaqo ka tagidda, ama bilaabista mid cusub.

Waxyaabaha kale ee keena walbahaarka waxaa ka mid ah:

- Arrimaha qoyska
- Walaaca caafimaadka shakhsiyeed/jirrada
- Walaaca caafimaadka/jirrada dadka kale
- Xoog-sheegasho ama dhibaateyn
- Dhimashada qof aad kuugu dhow
- Isku-dayidda joogteynta hab-nololeed caafimaadqab leh
- Arrimo ka taagan goobta shaqada
- Luminta shaqaadaada ama dareemidda sugnaan la'aan shaqo

Aqoonsashada waxyaabaha keenaya walbahaarkaaga waxay ku siin karaan xoogaa xakameyn ah waxayna kaa caawin karaan in aad fiifnaan dareento.



Daalka Naxariista

Daalka naxariista (sidoo kale loo yaqaanno dhibaato labaad) waa kurbo dareen, jireed iyo mid ruuxi ah oo ka dhalan karta bixinta daryeel loo fidiyo dadka kale ee la kulma dhibaato iyo xanuun jireed ama dareen oo mug leh. Daalka naxariista wuxuu kordhin karaa kurbada daba-dheeraata wuxuunna wadaagaa qaar badan oo ka mid ah astaamaha daalka. Wuxuu keeni karaa dhacsaalka jirka iyo dhimirka.

Dhibaatooyinka Goobta Shaqada

Dhibaatooyinka daran ee goobta shaqada, sida takoorka, dhubaateynta, iyo hab-dhaqanka xadgudubka leh waxay abuuri karaan deegaan aan ammaan ahayn oo aan caafimaad lahayn. Waxaad xaq u leedahay in aadan goobta shaqada kala kulmid takoor, dhibaateyn iyo xadgudub.

Haddii macmiil ama saaxiib shaqo uu u dhaqmayo si kaa dhigaysa in aad dareenta takoor, dhibaateyn, ama xadgudub, kala hadal kormeerahaaa ama cidda aad u shaqeyo.

Fikirka Aan Fiicnayn

Kurbada waxaa sidoo kale keeni kara dareennadeena iyo fikirkeenna. Kuwan soo socda waa tusaalooyinka qaar ee fikirka aan fiicnayn.

- “Wax walba gacanteydu way ka baxeen.”
- “Ma lihi wax tabbar ah oo aan xaaladda ku beddelo.”
- “Wax igu filan ma sameynayo.”
- “Shaqo fiican ma qabanayo.”
- “Tani mar kale ma sameyn karo.”

Iskuday in aad dib u qaabeysaan fikirka aan fiicnayn. Naftaada weyddii “Fikirkan qaldan ma runbaa? Miyaanan nafteyda u naxariisaneynin? Sideen mar kale u qaabeyn karaa fikirkan adiga oo dhan kale ka eegaya?”

Ku Dhaqanka Is-Daryeelka

Is-daryeelka wuxuu kaa caawinayaa la qabsiga walbahaarka iyo ka fogaanshaha daalka. Si la mid ah in gaariga laga buuxiyo gaas ka hor inta uusan ka dhammaan oo uusan shaqo joojin, jirkaaga, masaxdaada, iyo ruuxaaga waxay dib uga shidaal qaadan karaan is-daryeelka.

Is-daryeelka wanaagsan ee daryeelayaasha waxaa ka mid ah kuwan soo socda.

- Aqoonsashada iyo yareynta walbahaaga noloshaada.
- Samee xuduudo.
- Raadi meelo dareen wanaagsan lagu muujiyo.
- Baro in aad nasato.
- Samee doorashooyinka nafaqo oo caafimaadqab leh.
- Biyo kugu filan cab si aad u hesho fuuq-celin.
- Hel hurdo kugu filan iyo waxqabad ama dhaqdhaqaaq jireed.

Iska-qiimeynta Walbahaarka

Eeg hab-dhaqanno kasta ee run kuu noqon kara.

- ❑ Waxaan qaataa wax ka badan inta aan dhab ahaan sameyn karo.
- ❑ Waxaan ka boodaa biriirifyada, qadada, ama waqtiyada kale ee aan firaaqada leeyahay.
- ❑ Fasax ma qaato – xitaa marka aan mid u baahannahay.
- ❑ Way igu adag tahay in aan caawimaad weyddiisto - xitaa marka aan u baahannahay.
- ❑ Iima fududa in aad taageero dareen ka raadsado dadka kale.
- ❑ Ma sameysto ama ma ilaaliyo balamaha caafimaadka ee loo baayan yahay.
- ❑ Aniga caadi ahaan ma qaato waqtiga saxda ah ee wax la cuno ama la jimicsado.
- ❑ Ma helo hurdo igu filan.
- ❑ Waxaan yeeshay xoogaa caadooyin aan caafimaad lahayn oo aan jeclaan laaa in aan iska dhaafo.

Haddii aad “haa” ku calaamadeysay dhowr bayaanno, waa in aad tixgelisaa bilaabista nidaam is-daryeel si aad ula qabsato walbahaarkaaga ungana fogaato daalka.

Talooyinka Sameynta Isbeddelada Habdhaqan ee Wanaagsan

Sameynta isbeddelo hab-nololeed oo wanaagsan ayaa adkaan karta. Dabeecaduhu waxay u baahan yihiin waqti yo dedaal si loo beddelo. Waxaa caawimaad leh in aad kalsooni ku dareento awoodaada beddelka iyo in aad aragto muhiimadda iyo dheefta ay kuu leedahay iyo/ama kuwa aad jeceshahay. Waa kuwan saddex talo oo muhiim u ah in aad noloshaada ku sameyso isbeddelo wanaagsan.

Naftaada Daacad ugu Noqo Awoodahaaga iyo Yoolalkaaga

Sameyso yoolal muddo-dheer iyo kuwo muddo-gaaban oo cayiman, macquulna ah. Diiradda saar isbeddellada yaryar oo si tartiib ah u bilow. Waxay u badan tahay in aad guuleysato haddii aad waqtigiiba qaado hal tallaabo oo yar. Dejinta yoolal aan macquul ahayn ama isbeddelo badan oo halmar la sameeyo waxay horseedaysaa dareen niyadjab ama guuldarro waxayna keeni kartaa in la isdhiibo.

Caawimaad Hel

Abuur nidaam taageero. Eegista iyo aqballaadda caawimaadda waa mid ka mid ah qalabyada ugu wanaagsan ee aad haysato marka aad sameynayso isbeddel guul leh. Raadso dad kugu dhiirrigelinaya oo kaa taageeraya ku dheganaanta yoolalkaaga. La hadalka qof horey u soo marey waxa aad hadda mareyso ayaa sidoo kale waxtar leh. Ha u qaadan in dadka kale ay akhrin karaan maskaxdaada oo ayna ogyihiin waxa aad u baahan tahay. Si gaar ah u sheeg oo weyddii waxa aad dooneyso. Haddii qofkaasi uusan ku siin karin, raadso qof awoodda! Hadba sida aad ugu baahato caawimo uga raadso daaweeye shati-haysta ama xirfadlayaal kale.

Naftaada Abaalmari

Abuur nidaamkaaga abaal-marinta oo naftaada dhiirrigeli in aad jidka ku sii jirto. U dabbaaldeg guul kasta, sida kasta oo ay u yar tahay. Ka fogaaw abaalmarinnada sida cuntada iyo soo iibsashada waxyaabo. Taa beddelkeeda, isku abaalmarin hurdo gaaban muusika aad jeceshahay, ama in aad waqti ku qaadato hiwaayad aad jeceshahay. Dulqaad yeelo - natiijooyin degdeg ah ha filan. Wanaag ka dareen tallaabooyinka aad sameynayso oo ku dedaal in aad wanaagsanaato. Haddii aad simbiriiraxato oo aadna dib ugu noqoto hab-dhaqanno hore, ha isdhiibin. Bilooyin ayay qaadan kartaa in dabeecado cusub la sameeyo. Naftaada u mahadnaq oo isku siiday.

Dejinta Xuduudaha

Waqtigaaga iyo tamartaada waa kheyraadyo xaddidan. Mid ka mid ah ficillada koowaad ee aad sameyn karto si aad u yareyso walbahaarka ugana hortagto daalka waa aqoonsashada in aad xaq u leedahay in aad daboosha baahiyadaada iyo in aad dejiso xuduudo macquul ah ee waxa aad awoodo in aad dadka kale u sameyso iyo waxa kale ee aadan awoodin.

Sida loo Dejiyo Xuduudaha

Si aad u dejiso xuduudaha, waa in aad marka hore naftaada u sheegtaa waxa aad sameyn karto iyo waxa kale. Ka shaqee qaadashada waqti dheeraad ah si aad uga fekerto waxa lagu weyddiistey in aad sameyso beddelkii aad si toos ah u dhihi lahayd “haa.” Kuwan soo socda waa qaar ka mid ah su'aalaha kaa caawinaya in aad kala saarto waxa aad awoodo in aad sameyso iyo waxa aadan awoodin.

- Ma kuu cad yihiin waxa lagaa codsanayo in aad sameyso?
- Ma daneynaysaa waxa lagu weyddiistey in aad sameyso?
- Miyaad dhab ahaan haysaa waqti lagu darayo hawshan jadwalkaaga adiga oo aanan abuuin walbahaar aan loo baahnayn?
- Miyaad oggolaansho ka raadineysaa dad kale adiga oo dhahaya haa oo aanan ka fikirin waxa kuu wanaagsan?
- Waa maxay falnaqa “dareenkaaga fog” ee waxa kuu wanaagsan?
- Maxaa dhici doonna haddii aad dhahdo “maya?”

Haddii aadan hubin sida aad ka dareemeyso oo aysanna ahayn xaalad degdeg ah, qofka kale ha oggaado in aad u baahan tahay waqti aad kaga soo fakarto. Tusaale ahaan, “Waxaan u baahanahay xoogaa waqti ah oo aan kaga soo fakaro, waxaan dib kuugu soo noqonayaa galabtan.”



Ka Hadalka Xuduudahaaga

Marka aad dooneyso in aad dhahdo “maya”:

- Isticmaal ereyga “maya” marka aad qof kale u sheegayso in aadan awoodin ama aadan wax sameyn karin.
- Isticmaal bayaannada “aniga” adiga oo aanan cudurdaar sameynin. Wax cudurdaar ah looma baahna. Waxaad leedahay xuquuq aasaasi ah oo aad ku dhihi karto “maya.”
- Sharxidda sababta aad “maya” u tiri lagama maarmaan ma ah, laakiinse haddii aad dareento baahida loo qabo in aad sharraxdo, soo koob. Sharraxaado dhaadheer looma baahna waxayna u egyihiin cudurdaar.
- Hubso in jir-ka-hadalkaaga uu waafaqsan yahay waxa aad leedahay. Inta badan dadka waxay iyaga oo aan ogeyn ruxaan madaxyadooda marka ay dhahayaan “maya.”
- Horey u sii qorsheyso. Haddii aad ogtahay in uu qof ku weyddiin doonno, horey u qorsheyso waxa aad dhihi doonto.
- Waxaa loo baahan karaa in aad dhowr jeer “maya” dhahdo ka hor qofka inta uusan ku maqlin. Kaliya si deggan ugu celi “maya”.
- Soo bandhigi beddelaad kale haddii ay jiraan oo ayna xuduudahaaga ku jiraan. “Ma awoodi in aan sameeyo waxa aad i weyddiisey, laakiinse waan sameyn karaa...”

Ku-tababar-qaado, Ku-tababar-qaado, Ku-tababar-qaado

Dhahidda “maya” waxay fududaaneysaa marka aad ku tababar-qaadato. Ku bilow tallaabooyin yaryar iyo dad ama xaalado ka baxsan qoyskaaga iyo shaqadaada. Tusaale ahaan, “maya” ku dheh qofka telefoonka wax ku iibiya ee ku soo waca ama karaaniga dukaanka raashiinka jooga ee ku weyddiista cinwaanka email-kaaga.

Marka aad ku dhahdo “maya” qoyska iyo saaxiibbada, xusuusnow in aysan la qabsan in aad xuduudo u sameyso. U diyaar-garow in aad kala kulanto iska-caabbin ama diidmo awoodaada ee aad ugu dhegnaaneyso “maya.” Sidan waa sida caadiga ah ee uu bani'aadamka uga falceliyo isbeddelka. Taa macnaheedu ma ahan waxa aad sameynayso in ay qaldan yihiin ama in aad dareento dembi. Ku dhegnow xuduudahaaga haddii ay ku jirto danahaaga ugu wanaagsan.



Caqabadaha Sameynta Xuduudaha

Inta badan, daryeelayaasha waxay doonayaan “in ay dhammaan sameeyaan” iyo waxaanna ku adkaan karta in ay dhahaan “maya” meelo badan oo noloshooda ah. Si kastaba ha ahaatee, in aanan la dejin caqabado caafimaadqab leh waxay horseedi kartaa walbahaar, daal, niyadjab, iyo inta badan xanaaq iyo caro. Kuwan soo socda waa talooyin looga gudbayo dhibaatooyinka sameynta caqabadaha.

Caqabadda	Talo
Way igu adag tahay in aan dhaho “maya.”	Barashada in la dhaho “maya” waxay qaadataa tababar-qaadasho. Ku bilow adiga oo ku dhahaya “maya” waxyaabaha yaryar si aad kalsoonidaada u kordhiso.
Waxaan dareemaa dembi ama anaaninnimo marka aan isku-dayo in aan sameeyo xuduudaha.	Haddii aad qaadato shaqo badan oo aadan qaban karin, ma awoodi doontid in aad si fiican u qabato. Dhabnimo u muuji inta aad sameyn karto.
Iima fududo in aan dadka kale u sheego goorta Nafteyda ayaan waqti ugu baahanahay.	Qof walba wuxuu u baahan yahay waqti uu ku daryeelo naftiisa. Xaq ayaad u leedahay waxaadna u baahan tahay in aan naftaada daryeesho.
Waxaan ka baqayaa dadka kale in ay xanaaqaan haddii aan u sheego in aanan wax sameyn karin.	Ma kantarooli kartid oo mas'uul kama tihid falcelinnada ama dareennada dadka kale. Haddii ay kugu cabsigeliyaan qaadashada shaqo ka badan inta aad qaban karto, labadiinaba idinma wanaagsanna.
Waxaan sameeyaa xuduudo laakiinse si fudud ayaan uga noqdaa.	Sameynta iyo ilaalinta xuduudaha waxay u baahan yihiin tababar-qaadasho. Haddii uu qof ku cadaadiyo, isdeji oo ku celi “maya” daada.
Dadku si dhif iyo naadir ah ayay iigu qaataan in ay dhab iga tahay marka aan isku-dayo in aad xuduudo sameeyo.	Haddii aadan marnaba horey u sameyn xuduudo adag, dadku kuma aamini karaan. Ku dheganow xuduudahaaga dadkuna waxay oggaan doonaan in ay dhab kaa tahay.

Helidda Meelo Dareen Wanaagsan Lagu Muujiyo

Waa caadi in daryeelayaasha ay dareemaan dareenno xooggan oo kala duwan. Waa muhiim in dareennadan loola tacaalo hab wax dhisaya.

La-hadalka Dadka Kale

Hadalku wuxuu kaa caawin karaa siideynta dareennadaada, kala-cadeynta dareennadaada, dareemidda ku xirnaanta dadka kale, iyo fududeynta cadaadiska iyo walbahaarka.

- **La hadak saaxiib aad ku kalsoon tahay ama qof qoyskaaga ka tirsan.** La hadalka saaxiib ama qof qoyskaaga ka tirsan oo ku fahmaya waxay kuu fududeyn kartaa dhibaatooyinka in aad wajahdo oo aad la tacaamusho. Waxaad u baahan kartaa in aad sharraxdo xaaladaada ama baahida aad caawimaadda u qabto. Waxaa waxtar yeellan karta in aad oggaato haddii aad kaliya siideynayso ama haddii aad caawimaad ugu baahan taahy aqoonsiga xalka. Haddii aad ka hadasho baahiyadaada, saaxiibada iyo qoyska waxay bixin karaan taageero dareen.
- **La hadal kormeerahaaga iyo daryeelayaasha kale.** Kooxaha taageerada daryeelka waxay bixin karaan meel ammaan ah oo lagula wadaagayo waayo-aragnimada shakhsiyeed iyo dareennada dadka kale xaalado la mid ah ku sugan. Kooxaha taageerada waxay wadaagi karaan istiraatiijiyadaha la-qabsiga wayna is-caawin karaan. Si aad u hesho kooxo taageero, ka raadi “kooxaha taageerada daryeelaha ee ii dhow” internet-ka ama la hadal kormeerahaaga.
- **La hadal la-taliye shati-bixin ama daaweeye.** Ballamo joogto ah ka sameyso xirfadle si uu kuu siiyo qalab badan oo loogu talagalay siyaabo caafimaadqab leh oo lagula qabsanayo walbahaarka. Looma baahna in aad sugto ilaa aad ka qabto dhibaato u baahan in aad la kulanto xirfadle. Xirfadlayaasha waxay ku siin karaan qalab lagu kordhinayo adkeysigaaga ee marka dhacdooyin walbahaar leh ay mustaqbalka dhacaan.
- **Xusuusqor hayso.** Meel ku qor fikradahaaga iyo dareennadaada. Xusuus-qoristu waxay gacan ka geysan kartaa bixinta aragti waxayna noqon kartaa siideyn muhiim u ah dareennadaada.

Xusuusnow in aad sir ka dhigto macluumaadka macmiisha iyo dadka deggan marka ad dareennadaada kala hadleyso saaxiibbo aad ku kalsoon tahay ama koox taageero.

Waxqabadyada Dib-u-buuxinaya Maskaxdaada, Jirkaaga, iyo Ruuxaaga

Kuwan soo socda waa xoogaa siyaabo wanaagsan ah oo lagu nasanayo, walbahaarka la isaga qaadayo, oo ay ku shidaal-qaadan karaan maskaxdaada, jirkaaga, iyo ruuxaaga.

- Socod
- Bannaanada waqti ku soo qaadasho
- Hurdo yar qaadasho
- Beer-falasho
- Akhrinta ama dhageysiga buug
- Waqti la qaadashada saaxiibo
- Dhageysiga muusik
- Khilaawo
- Yoga sameyn
- Maskaxda ka sawirrasha dhacdo raaxo leh
- Qosol
- Diiwaangelinta dhacdo-maalmeedka

Raadi/Hel waxa kuu shaqeeya. In bulshada lagu xirnaado oo lagu lug yeesho hawlaha iyo dadka ku siiya raaxada waxay aasaasi u tahay is-daryeelka wanaagsan. Samee nidaam joogto ah oo jadwalee waqtiyada hawlaha ee toddobaad kasta.



Farsamooyinka Nasashada

Farsamooyinka nasashada waa hab-dhaqanno jireed oo aad isticmaali karto si aad kala duwanaansho ugu sameyso sida aad dareento.

Neefsasho Qoto-dheer

Hal jimicsi fudud oo waxtar leh waa neefsasho qoto-dheer. Marka aan walbahaar dareenno, neefsashadeenna waxay noqotoo mid gun-dhow oo degdeg ah. Neefsashada qoto-dheer waxay ku lug leedahay barashada xakameynta heerka neefsashadaada adiga oo sidoo kale baranaya in aad bogga ka neefsato.

Waxaa jira dheefo badan oo laga helo neefsashada qoto-dheer. Neefsasho qoto-dheer waxay:

- •. hoos u dhigeysaa cadaadiska dhiigga (dhiig-karka);
- debcineysaa murqaha;
- tartiibinaysaa wadne garaacaaga iyo heerka neefsashada;
- ka hortageysaa in walbahaarku uu bato;
- yareynaysaa walaac guud; iyo
- kordhineysaa heerka tamartaada.





Raac tallaabooyinka si aad ugu tababar-qaadato neefsashada qoto-dheer.

1. Fariiso ama seexo, hadba mid kasta oo ugu raaxo badan ugu habboon waqtigan. Indhahaaga xir.
2. Hal gacan gee meel ka hooseysa feerahaaga. Gacanta kalena xabadkaaga saar.
3. Si tartiib ah oo qoto-dheer dheer u qaado adiga oo ka qaadanaya sankaaga, kana bilaabaya boggaaga. Gacantaada ku dareen kor u kaca iyo hoos u dhaca calooshaada.
4. Neefta isku-celi daqiiqad ama laba*, ka-dibna si tartiib ah uga neefso afkaaga. Dareen calooshaada oo neefta la noqoneysa.
5. Marka aad gudaha u neefsaneyso, bal qiyaas hawada aad neefsaneyso in ay nasasho ku faafineyso jirkaaga.
6. Marka aad dibedda u soo neefsaneyso, bal qiyaas neeftaada in ay riixeyso walbahaaga iyo cadaadiska.
7. Ku-celi ilaa aad ka dareento nasasho iyo walbahaar la'aan.

*Haddii aad qabto caddaadiska dhiigga oo sarreeya, gulukooma, dhibaatooyinka wadnaha, ama maskaxda, iska ilaali in aad neefta isku celiso.

Iskuday in aad sameyso neefsashada qoto-dheer maalin walba. Waxaad isticmaali kartaa in aad isku-dejiso waqti walba adiga oo jooga meel kasta.

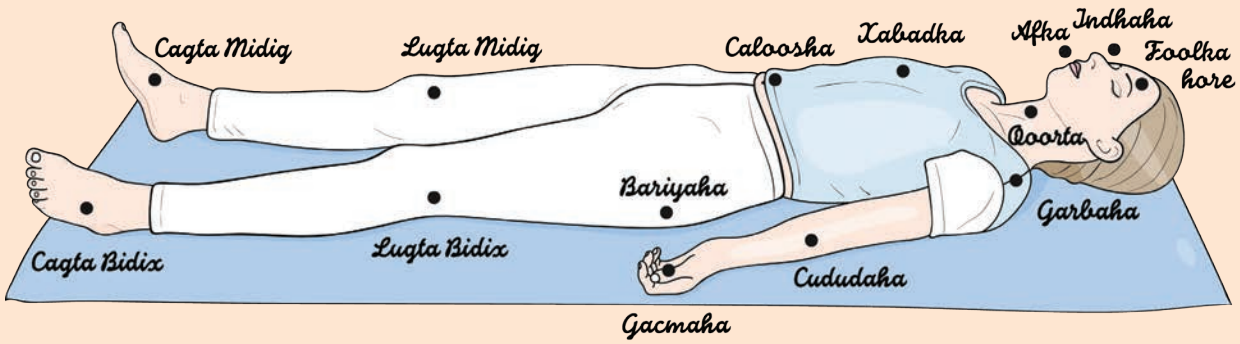
Haddii aad caawimo u baahan tahay, apps-yo badan oo bilaash ah iyo fiidiyowyo laga helo barta internet-ka ayaa la heli karaa si ay kuu hagaan.

Nasashada Murqaha ee Tartiib Tartiibka ah (PMP)

PMR waa xeelad kale oo lagu nasanayo laguna yareynayo walbahaarka oo fudud. PMR waxay ku bareysaa debcinta murqahaaga. Iyadoo tababar-qaadasho loo marayo, ayaa waxaad adeegsan akrtaa PMR marka ugu horreysa ee aad isku aragto astaamaha kacsanaan, walaac, ama walbahaar si aad u nasato.

Haddii aad leedahay taariikhda dhaawacyo halis ah, muruq-rooryo, ama dhibaatooyin dhabarka ah, la eeg bixiyaha adeegaaga daryeelka caafimaadka ka hor inta aadan sameyn PMR.

1. Kursi ku fariiso ama sariir seexo. Hel intii suuragal ah raaxo kugu filan—ha xiran dhar kugu giigsan, ha xiran kabo, oo ha is-gudbinin lugahaaga. Neefsasho qoto-dheer qaada.
2. Diiradda saar koox murqo gaar aj (cago, gacmo, weji, iwm.).
3. Hab-dhaqanka caadiga ah waa in cag iyo lug kastaba la geeyo ilaa ubucda, xabadka, gacan kasta, qoorta, garbaha, iyo wejiga.
4. Gudaha u neefso oo si adag oo raaxo leh u giiji oo u tuuji muruqa la doortey muddo sideed ilbiriqsi ah.
5. Marka si habboon loo sameeyo, giigsanaanta waxay keenayaan murqaha in ay bilaabaan giriir waxaadna dareemi doontaa raaxo la'aan yar. Haddii aad xanuun dareento - jooji oo si adag ha u tuujin. Ka taxaddar murqaha cagahaaga iyo dhabarkaaga.
6. Dibedda u neefso oo si degdeg ah u sii daa murqaha - adiga oo u oggolanaya in ay debecsaan oo ay jiljileec noqdaan. Giigsanaanta iyo xanuunka haka soo baxaan murqaha. Muddo shan-iyo-toban ilbiriqsi ah naso oo u gudub muruqa xiga.



Helidda Hurdo Kugu Filan

Helidda hurdo kugu filan waa qayb aasaasi ah oo ka mid ah joogteynta caafimaad wanaagsan. Hurdo la'aantu waxay keeni kartaa dhibaatooyin muddo-dheer ama muddo-gaaban oo halis ah, oo ay ku jiraan kuwan soo socda.

- Feejignaan la'aan
- Hurdo maalintii oo xad-dhaaf ah
- Dhibaatooyinka xusuusta
- Dareenka qofka hadba sida uu yahay
- Dhiirrigelin la'aan
- Suuragalnimada shilal badan
- . Cadaadiska dhiigga oo sarreeya
- Sonkorow
- Wadne qabad
- Stroke / Istaroog
- Miisaan koror

Dadka intiisa badan waxay u baahan yihiin ku dhowaan toddobo ilaa sideed saacadood oo hurdo ah maalin walba. Si kastaba ha ahaatee, dad badan waxaa ku adag in ay helaan hurdo ku filan. Ka eeg Talooyinka loogu talagalay Helidda Hurdo Habeenkii ah oo Wanaagsan gudaha Diiwaanka Kheyraadka ee bogga 351aad si aad u hesho macluumaad dheeraad ah.

Doorashooyinka Caafimaadqabka leh ee loogu talagalay Waxqabadka Jireed

Ka sokow yareynta walaaca iyo walbahaarka, firfircoonida jir ahaanta ah ayaa sidoo kale kaa caawin karta:

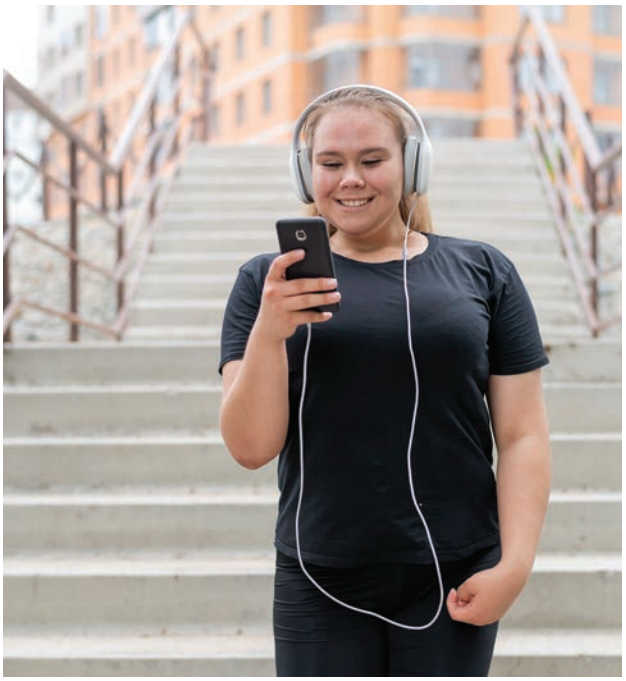
- in aad si wanaagsan u seexato;
- . yareynta cadaadiska dhiigga (dhiig-karka);
- kordhinta caafimaadka wadnaha iyo maskaxda;
- hoos u dhiga halista kansarada qaar;
- joogteynta miisaan caafimaadqab leh;
- sii wanaajinta awoodda lafta; iyo
- yareynta halista dhicitaannada.

Intee in Le'eg oo Jimicsi ah ayaa Dad Ku Filan?

In aad jir ahaan firfircoonaato macnaheedu ma ahan in aad isboortis ciyaarto ama aad ku jimicsato xarumaha jirdhiska. Dadka waaweyn ee ay da'oodu u dhaxeyso 18-64 sano jir, CDC waxay ku talineysaa ugu yaraan:

- 150 daqiiqo toddobaadkii oo waxqabad dhexdhexaad aj sida socodka dhaqsiyo leh iyo
- 2 maalmood toddobaadkii oo hawlo murqaha xoojinaya ah.





Talooyinka loogu talagalay Bilaabidda ama Joogteynta Waxqabad Jireed

Firfircoonida waxay si wanaagsan u shaqeysaa marka aad:

- Doorato waxqabadyo aad ku raaxaysato. Tixgeliso doorashooyin kala duwan. Waxqabadyo isku daba xiga oo kala duwan.
- Hel xubin qoyska ka tirsan ama saaxiib waxqabadka kula sameeya.
- Deji yoolal cayiman oo muddo gaaban ah oo aad gaari karto, sida socoshada sodo daqiiqo maalintiii saddex maalmood toddobaadkii.
- Xusuusnow in wax ay ka fiican yihiin wax la'aan. Hiigso xiisado gaabaan, oo marar badan la sameeyo beddelkii xiisado dhaadheer oo marmar la sameeyo.
- Isticmaal nidaamyo joogto ah oo maalin walba ah. Jaranjarada raac beddelkii wiishka, isticmaal fargeeto beddelii caleen buufiye, u lugee ama baaskiil u wado dukaan xaafadeedba intii aad gaari u wadan laheed, ama samee jimicsiyo iska-bixin adiga telefishanka fiirsanaya.



Tilmaamaha Guud ee Jimicsiga

- Is kululee ka-dibna iskala-bixi ka hor inta aadan jimicsan. Had iyo jeer fududee waxqabadka shanta daqiiqo ee ugu horreysa oo xawaaraha tartiibi shanta daqiiqo ee ugu dambeysa beddelkii si lama filaan ah ku joojin lahayd. Ka eeg Jimicsiyada Iskala-bixinta ee ku yaalla Diiwaanka Kheyraadka ee bogga 353aad si aad u hesho tusaalooyin dheeraad ah oo ku saabsan jimicsiyada iskala-bixinta.
- Ku bilow jimicsi toban daqiiqo ah maalintii oo si tartiib tartiib ah u kordhi ugu yaraan sodon daqiiqo maalmaha badankooda.
- Jimicsiga samee adiga oo adeegsanaya xawaare raaxo leh. Si aad u eegto xawaarahaaga, isticmaal "tijaabada hadalka." Waa in aad dhowr ereyo oo taxane ah ku hadashaa, laakiinse waa in aadan awoodin in aad heesto.
- Xiro kabo kula eg iyo dhar kula socda.
- Cab dareereyaal badan, gaar ahaan biyo.

Had iyo jeer la eeg dhakhtarkaaga ka hor inta aadan wax barnaamij jimicsi ah bilaabin.

Eeg Ku Dhiirrigelinta Macmiilka in uu Jir Ahaan Noqdo Qof Firfircoon ee ku yaalla Diiwaanka Kheyraadka ee ku yaalla bogga 355aad si aad u hesho macluumaad iyo talooyin qaar ee ku saabsan taageeridda waxqabadka jireed ee macmiilka.

Sameynta Doorashooyin Caafimaadqabka leh ee Nafaqada

Diiradda saar cunista miro, khudaar, iyo badar aan buunshabbaxsanayn. Waxyar ka cun sonkor, cusbo, iyo dufannada aan caafimaadka lahayn.

Eeg Cutubka 9aad, Casharka 1aad: Nafaqada ee ku qoran bogga 174aad si aad u hesho macluumaad dheeraad ah oo ku saabsan sameynta doorashooyinka caafimaadqabka leh ee waxa aad cunto.

Talooyinka loogu talagalay Bilaabidda ama Joogteynta Cunno Caafimaadqab leh

- Beddel waxa aad cunto adiga oo beddelaya hal raashiin waqtigiiba.
- Qorshee raashiinkaaga iyo cuntooyinka fudud ka-dibna iibso cuntada aad u baahan tahay toddobaadkii.
- Quraac cun. Cunista jadwalka joogtada ah leh waxay kaa caawineysaa xakameynta cunto rabistaada.
- Biyo badan cab.
- Dooro qaybo yaryar.
- Si dhif ah wax uga cun maqaayadda oo iska ilaali cuntooyinka fudud ee maqaayadaha.
- Shaqada u qaado raashiin iyo cunto fudud oo caafimaadqab leh.
- Guriga ka qaad waxyaabaha ku duufsanaya.
- Marka aad wax cuneyso diiradda saar cuntada oo ku raaxayso. Si tartiib ah wax u cun, xaddid waxyeebaha ku mashquulinaya, oo raashiinka kula raaxeyso dadka kale.
- Iska ilaali in aad dareen dartiisa wax u cunto, sida walbahaar, caajis, ama dareenno aan wanaagsaneyn.

Daryeele Ahaan Qiimee Doorkaaga

Is-daryeelkaaga iyo wanaagaagga waxay aasaasi u yihiin doorkaaga daryeele ahaan. Ku faan waxa aad sameynayso iyo guulahaaga. Baahiyada iyo caqabadaha daryeel-bixinta waxaa laga yaabaa in dadka kale aysan arkin, sidaa daraadeed waa muhiim in aad ku faanto shaqadaada. Waxaad qabataa shaqo aasaasi ah oo aad u adag. Waxaad istaahishaa in laguu aqoonsado waxa aad qabato. Haddii aqoonsiga aadan ka heli karin kuwa kugu hareera, raadso siyaabo aad isu qaddarin kartid oo aad isu abaal-marin karto.

Soo koobid

Arrimo badan oo noloshaada iyo shaqadaada ah waxay kuu keeni karaan walbahaar. Walbahaarka badan caafimaadka uma wanaagsanna wuxuunna keeni karaa daal. Barashada la qabsiga walbahaarka ee noloshaada waa qayb muhiim ah oo ka mid ah awoodda aad u leedahay daryeel bixin. Dejinta yoolal macquul ah, joogteynta xuduudo caafimaadqab leh iyo ku dhaqanka xeeladaha is-daryeelka wanaagsan waxay kaa caawin karaan la qabsiga walbahaarka iyo ka fogaanshaha daalka.

Bartilmaameedka lagu duulo

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay saddexda sabab ee ugu badan ee keena walbahaarka?

2. Waa maxay “dhacsaalka naxariista?”

3. Walbahaarka wuxuu kugu yeellan karaa saameyn jireed, dareen, iyo mid hab-dhaqan. Qayb kasta hal saameyn ka qor.

4. Maxay muhiim u tahay ku dhaqanka is-daryeelka wax-ku-oolka ah?

5. Hurdo iyo jimicsi intee le'eg ayay dadka badan inteedu badan u baahan yihiin?

Samee Qorshaha Is-daryeelka Shakhsiyeed

Sameynta yoolal muddo-gaaban, la gaari karo waxay muhiim u yihiin is-daryeelka wax-ku-oolka ah. Ka fikir toddobaadka xiga oo qorshee ugu yaraan afar yoolal is-daryeel cayiman oo aad gaari karto. Iskuday in aad doorato isku-jirka waxqabadyo jireed, dareen, iyo kuwo dhimir.

Qorshaheyga Is-daryeelka Shakhsiyeed:

Aniga oo ah, _____ (geli magaca), waxaan toddobaadkan ku dedaali doonnaa in aan ku guuleysto yoolalkan is-daryeelka ee soo socda:

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad

Marka aan ku guuleysto hal yool is-daryeel oo cayiman, waxaan ugu dabbaadegi doonnaa guusheyda:

Marka aan ku guuleysto afar yoolal is-daryeel oo cayiman, waxaan ugu dabbaadegi doonnaa guusheyda:

Casharka 2aad Ka Badbaadidda Tiiraanyada iyo Khasaaraha

Ujeeddooyinka Barashada

Casharkan ka-dib, Kaaliyaha Daryeelka Guriga wuxuu awoodi doonaa in uu:

1. Aqoonsado khasaarooyinka caamka ah ee macmiilka iyo shaqaalaha daryeelka muddada-dheer la kulmi karo;
2. Aqoonsado astaamaha caamka ah ee lala xiriirinayo tiiraanyada iyo khasaaraha;
3. Xusuusto sababta is-daryeelka uu muhiim u yahay inta lagu guda jiro hannaanka tiiraanyada; iyo
4. Isticmaalo istiraatiijyado iyo kheyraadyo lagu taageerayo nafsadooda iyo macmiilka ee hannaanka tiiraanyada.

Ereyada Muhiimka ah

Tiiraanyada La Filayo: tiiraanyada dhacda ka hor dhimashada ama khasaaraha kale.

Tiiraanyo: falnaqa dareen iyo midka jireed ee looga falnaqayo khasaaraha weyn sida dhimashada qof kuu dhow.

Guri lagu xanaaneeyo bukaanka maliilsan: daryeel loogu talagalay dadka sida aadka ah u xanuunsan oo diirradda saaraya raaxada iyo tayada nolosha isaga oo yareeya xanuunka iyo dhibaatada.



Guudmarka

Tiiraanyadu waa falnaqa dabiiciga ah ee laga bixiyo khasaaraha iyo geerida. Waxay qofka ku yeellan kartaa astaamo jireed iyo kuwa dareen oo xooggan. Qof walba wuxuu hannaanka tiiraanyada u maraa si isaga u gaar ah. Dareemidda iyo muujinta qofka dareenkiisa waa lagama maarmaan si loo maro marxaladaha tiiraanyada.

Macaamiisha iyo daryeelayaasha waxay la kulmi karaan tiiraanyo iyo khasaare. Kaaliyayaasha Daryeelka Guriga waxay taageeri karaan macaamiisha la kulmeysa tiiraanyada in ay la joogaan oo ay dhageystaan. Waa in ay sidoo kale ku dhaqmaan is-daryeelka wanaagsan si ay u maareeyaan tiiraanyadooda.

Tiiraanyo

Tiiraanyadu waa falnaqa jireed iyo midka dareen ee laga bixiyo khasaaraha. Waxay keeni kartaa xanuun iyo dareenno adag. Dareenku wuxuu noqon karaa mid xad-dhaaf ah oo nolosha ku adkey kara qofka dareemaya tiiraanyada. Waa muhiim daryeelayaasha in ay u nuglaadaan macmiilka laga yaabo in uu dareemayo tiiraanyo iyo khasaaraha.

Dhimashada qof qoyskaaga ka tirsan waa keliya hal sabab uu suuragal ah in ay tiiraanyadu keento. Macaamiisha waxay sidoo kale ka tiiraanyoon karaan la kulmidda khasaarooyin kale, sida kuwan soo socda.

- Guri iyo hanti shakhsiyadeed
- Awoodo jireed
- Xiriirrada iyo waxqabadyada bulshada
- Dakhli ama sugnaan maaliyadeed
- Dareemidda ujeeddo iyo macne
- Asturnaan
- Xakameyn
- Rajooyinka mustaqbalka
- Islahanweynaan
- Madax-bannaani

Tiiraanyada Daryeelaha

Waxaa sidoo kale kuu muhiim ah in aad ka warqabto khasaarooyinka aad shakhsi ahaan la kulmi karto adiga oo ah daryeele. Daryeelayaasha qoyska, iyo sidoo kale daryeelayaasha aan qaraabada ahayn, ayaa sidoo kale la kulmi kara tiiraanyo la filayo marka ay arkaan xaaladda qofka oo ka sii dareysa ama marka aad filayso dhimashada qofka. Tiiraanyada macmiilka ayaa sidoo kale kuu keeni kara falcelinno dareen oo xooggan.

Dib-u-milicso waqti ama waqtiydo noloshaada ka mid ah oo aad la kulentey ama aad filaysey khasaare. Sideed isu taageertay waqtiyadan tiiraanyada?

Astaamaha Tiiraanyada

Sida xooggan ee aan uga falnaqno khasaaraha waxay ku xiran tahay arrimo badan, qof kastana wuxuu tiiraanyada ula kulmi karaa si isaga u gaar ah. Ma jiro hab sax ah ama qalad ah oo la dareemo ka-dib khasaaraha, falcelintanna waxaa laga yaabaa in aanan la fileynin. Tiiraanyadu waxay yeellan kartaa saameyn dareen, jireed, dhimir, iyo mid bulsho.

Dareenka

- Naxdin iyo aammin-darro
- Murugo
- Dembi dareemid
- Xanaaq
- Cabsi

Dhimirka

- Hilmaan
- Awoodin la'aan xoog-saarid
- Mashquulin ama wax ku hawlanaan
- Jahwareer
- Garasho la'aanta waqtiga
- Adkaanshaha go'aamo qaadashada

Jirka

- Daal
- Lallabo
- Difaaca jirka oo hooseeya
- Miisaanka jirka oo hoos u dhaca ama miisaanka oo kordha
- Kaar iyo xanuun
- Hurdo la'aan

Bulshada

- Dib uga gurashada dadka kale
- Ku-tiirsanaan sii kororta
- Dareen xad-dhaaf ah
- Daneyn la'aan
- Dhibaatooyin xiriir
- Isla-hanweynaan hooseysa

Ruuxa

- Dareemidda ka go'idda ama ka xanaaqidda Eebbe ama su'aalo weyddiin diimeed

Marka aad dib-u-milicsatey waayo-aragnimadaada tiiraanyada, miyaad la kulantey wax astaamahan ka mid ah? Dib-u-milicso siyaabaha aad u taageeri karto naftaada iyo dadka kale ee la kulmaya astaamahan.

Hannaanka Tiiraanyada

Tiiraanyadu waa hannaan socon kara toddobaadyo, bilo, ama xitaa sannado. Hannaanka tiiraanyada ma raaco nimdaam xaddidan. Hannaanka wuxuu ku imaan karaa mowjado. Dareennada iyo falcelinnada ayaa soo muuqan kara, libdhi kara, ama mar kale dib u soo muuqan kara goor dambe. Mowjadaha waxay u bilaaban karaan si weyn oo baaxad leh waxayna noqon karaan kuwo jilicsan oo muddo ka-dib faafa.

Furaha ka gudubka hannaanka tiiraanyada waa aqoonsiga, dareemidda, iyo muujinta dhammaan dareennada iyo falcelinnada ay la yimaadeen isbeddellada la xiriira tiiraanyada.

Haddii aad dareemayso tiiraanyo, naftaada dhageyste wanaagsan noqo. Naftaada dareennada dareen. Ma jiro hab sax ama qalad ah oo la dareemo. Ma jiro waqti u cayiman. Iskuday in aad fahamto waxa ay dareennadaadu kuu sheegayaan. Dulqaad yeelo. Qof walba wuxuu u murugoodaa si isaga u gaar ah iyo waqti gaar ah.

Caadooyinka Tiiraanyada

Waa muhiim in la helo siyaabo lagu caafimaadqabaha oo lagu sii shaqeynayo marka aad mareyso hannaanka tiiraanyada. Is-daryeelka u samee sida xaalad kastoo kale oo nololeed oo walbahaar leh.

Isticmaalka caadada ama hab-dhaqanka macnaha leh waa hab kale oo lagula qabsanayo khasaaraha. Caadooyinka qaar oo ay dadku adeegsadeen waxaa ka mid ah kuwan soo socda.

- Abuurista buug xusuusqor
- Beerista ubax gaar ah, geed, geed-gaab
- Ka-qaybgalka duugta, baraarujinta iyo adeegga maamuska
- Qorista waraaq ku socota qofka dhintey
- Wax ku tabarrucidda ama ku deeqidda hay'ad samafal oo aad jeceshahay
- U dabbaaldegidda nolosha qofka
- Shumac shididda
- Sameynta kaar ka weyn qiyaasta caadiga ah oo loogu talagalay qoyska iyo hawlwadeennadaba in ay ku qoraan waqtiga gaarka ah



Taageerada loogu talagalay Tiiraanyada iyo Khasaaraha

Taageerada fool-ka-foolka ah ee dadka kale laga helo waxay kaa caawin kartaa hannaanka tiiraanyada. Taageero ka raadso saaxiibbada iyo qoyska. Wadaag sida aad dareemeyso iyo dhibaatooyinka aad mareyso, xitaa haddii ay yihiin kuwo sirgaxan ama adag. Muujinta dareennadaada waxay lagama maarmaan u yihiin ka gudbidda hannaanka tiiraanyada.

Marka laga soo tago saaxiibada iyo qoyska, waxaad raaxo ka heli kartaa dhaqamada diinta, ku biiro kooxda taageerada tiiraanyada, ama la hadal daaweeye ama la-taliye dadka kala taliya tiiraanyada. Si aad degaankaaga uga hesho koox taageero, la xiriira cusbitaallada degaanka, guryaha lagu xannaaneeyo bukaanka, guryaha aaska, iyo xarumaha la talinta.

Goorta La Raadsanayo Caawimaad Xirfadeed

Murugada khasaaraha marnaba gebi ahaan ma baxayso, laakiinse waa in aysan noloshaada weligeeda la wareegin. Haddii astaamaha tiiraanyada ay aad u daran yihiin oo ayna daba-dheeraadaan oo aadan dib u bilaaban karin noloshaada, ama haddii aad ka fikireyso khasaaraha in uu carqaladeeyo nidaamkaaga joogtada ah iyo xiriirrada kale, waa in aad la hadashaa xirfadle caafimaadka dhimirka qaabilsan.

Taageeridda Dadka Kale ee Tiiraanyadu Hayso ama Dhimashada Wajahaya

Waa wax caadi ah in daryeelayaashu ay ku hareersan yihiin dad kale oo ka murugoonayo khasaarooyin kala duwan ama in ay daryeelaan macmiil dhimashada u soo dhow. Way adkaan kartaa in la oggaado waxa la sheego ama in aanan xaaladahan la sheegin.

Ma jiraan siyaabo fudud ama sax ah oo looga hadlo tiiraanyada ama dhimashada, oo dad badan ayaa ka fogaada. Ma jirto hadiyad ka wanaagsan oo aad siin karto qof kale oo aadane ah in aad u furfurnaato oo aad la joogto inta waqtigan lagu guda jiro. Macmiilak doonaya in uu ka hadlo dhimashada ama khasaarooyinka kale ee xanuunka badan wuxuu u baahan karaa:

- in loo xaqiijiyo in aysan kaligooda ahayn;
- in uu oggaado in qof uu si fiican u daneynayo in uu dhageysto;
- in uu ka munaaqasho xusuusaha muhiimka ah ama barashooyinka noloshaada;
- in uu helo caawimaadda la qabsiga cabsiga iyo dareennada daran; iyo
- in uu helo habab uu ku macsalaameeyo adiga iyo dadka kale.

Noqo qof la heli karo

Qofka sii waqti uu ku hadlo. Hadalka hakala wareegin. Qofku ha oggaado in aad diyaar u tahay in aad dhageysato oo aadna dooneyso in aad hadasho. Maadaama oggaanshaha waxa la yiraahdo aysan had iyo jeerba fududeyn, kuwan waa dhowr soo-jeedimo:

- “Haddii aad dooneyso in aad arrintan ka hadasho, halkan adiga ayaan kuu joogaa.”
- “Run ahaantii si buuxda uma fahmi karo waxa aad dareemayso, laakiinse waxaan kuu fidin karaa taageeradeyda.”
- “Muhiim ayaad ii tahay.”
- “Waxaan jeclaan lahaa in aan garanayo waxa saxda ah ee la sheego, laakiinse waan daneynayaa, waxaanna joogaa halkan haddii aad ii baahan tahay.”
- “Sideen kuu taageeri karaa?”

Waa maxay fikradaha ama oraahyda kale ee uu muujin karo qofka aad dooneyso in aad caawiso adiga oo dhageysanaya?

Dareen oo Muuji Dareennadaada

Naftaada ahow. Dad badan waxay isku-dayaan in ay dareennadooda qariyaan sababta oo ah ma doonayaan in ay ka xanaajiyaan qofka wajahaya dhimashada ama khasaaraha mugga leh. Waqtiga intiisa badan waxaa caawimaad leh oo habboon qofka kale in loo oggolaado in uu oggaado in aad murugeysan tahay oo aad ka walaaceyso.

Xusuusnow Dadku In ay Kala Duwan Yihiin

Dadku waxay dareennadooda iyo fikradahoodaba u muujiyaan siyaabo kala duwan. Ka fogaaw sameynta iyo ka hadalka go'aamada ku saabsan sida ay qofku tahay in uu dareemo.

Dhaqamada qaarkood, lama aqbali karo in laga hadlo dhimashada ama tiiraanyo la muujiyo. Dedaal si aad uga warqabto kala-duwanaansho dhaqameed kasta ee qofka ku yeellan kara saameyn xiriirka ay la leeyihiin khasaare iyo dhimasho.

Mararka qaarkood in aanan waxba la sheegin waa waxa saxda ah ee la sameeyo. Dhageysiga oo keliya ayaa noqon kara waxa ugu wanaagsan ee macmiilka ka caawin kara in uu dareennadiisa ka shaqeeyo.





Daryeelka Guriga Lagu Xanaaneeyo Bukaanka

Macaamiisha qaarkood ee la aaminsan yahay in aysan haysan lix bilood ka badan oo ay noolaadaan waxay dooran karaan oo ay xaq u yeellan karaan daryeelka guriga lagu xanaaneeyo bukaanka. Daryeelka guriga lagu xanaaneeyo bukaanka waxaa loogu talagalay in lagu qaado ama lagu yareeyo xanuunka iyo xakameynta astaamaha kale. Waxa diiradda la saarayo ma ahan daaweynta cudurka. Yoolka daryeelka guriga lagu xanaaneeyo bukaanka waa ka caawinta hubinta maalmaha ugu dambeeya ee qofka in uu u qaato si raaxo leh, sharaf iyo tayo leh, iyaga oo ay ku hareeraysan yihiin xubnaha qoyskooda.

Daryeelka guriga lagu xanaaneeyo bukaanka waxaa lagu siin karaa guriga macmiilka, cusbitaal, guriga qoyska qaangaarka, xarunta xannaaneynta waayeelka iyo naafada, guriga kalkaalinta, ama xarun bukaanka lagu xannaaneeyo oo gaar loo leeyahay.

Haddii guriga lagu xanaaneeyo bukaanka ay noqoto mid ku lug leh daryeelka macmiilka, kalkaalisada caafimaadka guriga xanaaneyo waxay kala shaqeyn doontaa kooxda daryeelka diyaarinta qorshaha daryeelka guriga xanaaneynta. Haddii macmiilka uu heli doonno daryeelka xanaaneynta, maareeyaha kiiska ama kormeerahaaga ayaa loo baahan yahay in ay ku lug yeeshaan si loo xaqiijiyo qorshaha adeegga in la cusbooneysiiyey.

Iyada oo ku xiran halka aad ka shaqeyso ama xiriirka aad la leedahay macmiilka, sida aad ugu lug leedahay qorshaha daryeelka xanaaneynta ayaa kala duwanaan doonta. Sidaas oo ay tahay weli waxaad tahay xubin muhiim ah oo ka tirsan daryeelka macmiilka.

Soo koobid

Qof walba wuxuu khasaare iyo tiiraanyo mar un kala kulmaa noloshiisa. Daryeelayaasha waxay tiiraanyo kala kulmi karaan khasaarahooda iyo kuwa ku dhaca dadka ay daryeelaan. Maareynta dareennada iyo astaamaha tiiraanyada jireed waa qayb muhiim ah oo ka mid ah is-daryeelka daryeelaha. Daryeelayaasha ayaa sidoo kale macaamiisha ka caawin kara hannaankooda tiiraanyada iyaga oo diyaar u ah oo dhageysanaya.

Bartilmaameedka lagu duulo

Iskuday in aad ka jawaabto su'aalahan adiga oo aan dib u eegin casharka. Marka aad dhammeyso, eeg jawaabahaaga ka-dibna dib-u-eegis ku samee macluumaad kasta ee laga yaabo in aad seegtay Meel ku qoro bogogga aad jawaabaha ka heshay.

1. Waa maxay qaar ka mid ah khasaarooyinka caamka ah ee uu macmiilka la kulmi kari? Ugu yaraan saddex ka qor.

2. Tiiraanyadu waxay yeellan kartaa saameyn dareen, jireed, dhimir, bulsho, iyo mid ruux. Mid kasta hal ka qor.

3. Maxay muhiim u tahay daryeelayaasha in ay ku dhaqmaan is-daryeel xilliga hannanka tiiraanyada?

4. Maxaad sameynaysaa si aad uga gudabto hannaanka tiiraanyada?

5. Halkeed ka raadin kartaa kooxda taaageerada tiiraanyada iyo khasaaraha?

Dib-u-eegista Cutubka

Su'aal kasta, dooro jawaabta ugu wanaagsan.

1. Hannaanka tiiraanyada caadi ahaan wuxuu raacaa dhabbe nidaamsan, oo go'an.

   ❑ Run ❑ Been

2. Daalka daryeelaha waxaa caadi ahaan keenna walbahaar badan oo muddo dheer socda iyada oo aan jirin is-daryeel si ay jirka/dhimirka/ruuxa uga shidaal qaataan.

   ❑ Run ❑ Been

3. Si aad si wax-ku-ool ah u tiraahdo “maya” marka aad sameynayso xuduudaha aad la leedahay dadka kale:
   a. Bixi sharraxaad dheer oo loogu talagalay sababta aadan waxba u sameyn.
   b. Isticmaal ereyga “maya” oo ku celi haddii ay lagama maarmaan tahay.
   c. Bixi cudurdaar wanaagsan oo loogu talagalay sababta aadan u sameyn karin.

4. Qaddarka sarreeya ee walbahaarka wuxuu xoojinayaa hab-dhiskaaga difaaca jirka.

   ❑ Run ❑ Been

5. Saaxiibada iyo qoyska ayaa kuu sheegaya in walbahaarku uu dhibaato ku noqonayo noloshaada. Goormeed qaadeysaa tallaabooyin lagu yareynao?
   a. Sida ugu dhaqsiyaha badan ee suuragalka ah.
   b. Dhowr bilood gudahooda.
   c. Wax tallaabo ah looma baahna.

6. Is-daryeelka wanaagsan waxaa ka mid ah in aad si dhab ah oo wanaagsan u daryeesho qof walba oo aan adiga ka ahayn.

   ❑ Run ❑ Been

7. Tiiraanyadu waxay keliya saameysaa dareennada qofka.

   ❑ Run ❑ Been

8. Galabtan macmiil ayaa oggaadey dhimasho ku timid saaxiib dhow. Waa in aad:
   a. U sheeg dhammaan wax kasta oo ku saabsan waayo-aragnimada aad u leedahay khasaaraha.
   b. Qofka ha oggaado in aad daneynayso oo aadna diyaar u tahay in aad dhageysato.
   c. Dhowr maalmood iska ilaali wada-sheekaysi kasta ee ku saabsan.

9. Si aad si guul leh isbeddel ugu sameyso hab-nololeedkaaga, (t.a. cunista wanaagsan, helidda jimicsi badan) deji yoolal caqligal ah oo si tartiib ah u bilow.

   ❑ Run ❑ Been

10. Si aad u dejiso xuduudo caafimaadqab leh oo u dhaxeeya adiga iyo dadka kale, waa maxay waxa marka hore ay tahay in aad waaqici ka dhigto?
    a. Haddii qofku uu aqbali doonno iyo haddii kale.
    b. Waxa aad leedahay awood aad ku sameyso.
    c. Waxa u wanaagsan qofka kale.

1. Been, 2. Run, 3. B, 4. Been, 5. A, 6. Been, 7. Been, 8. B, 9. Run, 10. B

Qoraallo



Lifaaqyada

Diiwaanka Kheyraadka

Xaaladaha iyo Cudurrada Guud

Erey-bixinta

Liisto-hubineedyada Xirfadaha

Doorarka Kaaliyaha Daryeelka Guriga ee Goobaha Daryeelka Kala Duwan

Guri-Gudahiisa (IP ama iyadoo Hay'ad loo marayo)	Guriga Qoyska ee Qaangaarka	Xarunta Adeegyada La Wanaajiyey	Xarunta Xannaaneynta Waayeelka iyo Naafada
• In uu ka shaqeeyo abaarman ama guri uu qof gaar u leeyahay • Loo baahan yahay in uu madax-bannaanaado oo uu awoodo la tacaalidda xaalad kasta ee timaada • Waa in uu heli karaa qorshaha daryeelka DSHS – waa in uu faahfaahinnada hawlaha si toos ah ugala shaqeeyaa macmiilka (IP oo keliya) • Waxaa laga yaabaa in uusan haysan "shaxaha" macmiilka ee rasmiga ah – laakiinse qaab diiwaan ah ayaa waxtar leh waanna lagu taliyey • Waxaa laga yaabaa in uu sameynayo hawlo badan oo kala duwan waxaanna loo baahan karaa in uu debecsanaado oo xaaladda la qabsan karo sida ay u baahan tahay xaaladda macmiilka • Waxaa laga doonayaa in uu gacanta ku hayo xaashiyada waqtiga iyo in uu sameeyo hawlaha kale ee warqadaha ee la xiriira saacadaha uu shaqeeyay • Waxaa laga yaabaa in uusan haysan taakuleyn gadaale oo badan haddii aad xanuunsan tahay ama aadan awoodin in aad shaqada timaado • Waxaa dhici karta in la weyddiisto sameynta hawlaha daryeelka qofka is-haga (IP oo keliya) • Waxaa dhici karta in la weyddiisto sameynta hawlaha kalkaalisada caafimaadka ay u igmato	• Wuxuu hoos yimaadaa kormeere (bixiye/ maareeyaha degaanka) • Wuxuu qaban karaa hawlo kala duwan oo badan sida cunto karin, nadiifin, iyo sidoo kale daryeel shakhsiyeed • Waxaa dhici karta in la weyddiisto sameynta hawlaha kalkaalisada caafimaadka ay u igmato • Waa in uu helaa qorshaha adeegga laga wada-xaajoodey • Waxaa laga yaabaa in uusan haysan taakuleyn gadaale oo badan haddii aad xanuunsan tahay ama aadan awoodin in aad shaqada timaado • Waa in uu raacaa habraacyada AFH iyo in uu fahmo oo taageero dookhyada macmiilka • Wuxuu sameyn doonnaa xoogaa heer diiwaangelin ah sida ku cad habraacyada guriga qoyska qaangaarka ah	• Wuxuu hoos yimaadaa kormeeraha ama Maamulaha ESF • Wuxuu qaban karaa hawlo kala duwan oo badan sida cunto karin, nadiifin, aadista bannaan baxa, iyo sidoo kale daryeel shakhsiyeed • Waxaa dhici karta in uusan qaban hawlaha kalkaalisada ay igmato • Waa in uu helaa qorshaha adeegga laga wada-xaajoodey • Waa in had iyo jeer uu ka soo baxaa saamiga shaqaalaha-ilaa-degganaha, xitaa marka shaqaalaha aysan awoodin in ay shaqadu yimaadaan • Waa in uu raacaa habraacyada ESF iyo in uu fahmo oo taageero dookhyada macmiilka • Wuxuu sameyn doonnaa xoogaa heer diiwaangelin ah sida ku cad habraacyada xarunta	• Wuxuu hoos yimaadaa kormeeraha • Wuxuu daryeelaa in ka badan hal macmiil. • Shaqada daryeelaha waxay diiradda saari kartaa daryeelka shakhsiyeed ee waaxaha kale ee xarunta, wuxuu mas'uul ka yahay arrimaha kale ee daryeelka sida hawlaha, maamulka hawl-guriyeedka, dhar dhaqashada, diyaarinta raashiinka • Waxaa dhici karta in la weyddiisto sameynta hawlaha kalkaalisada caafimaadka ay u igmato • Waa in uu helaa heshiiska adeegga laga wada-xaajoodey (qorshaha daryeelka) • Waxaa laga yaabaa in uusan haysan taakuleyn gadaale oo badan haddii aad xanuunsan tahay ama aadan awoodin in aad shaqada timaado • Waa in uu raacaa habraacyada ALF iyo in uu fahmo oo taageero dookhyada macmiilka • Wuxuu sameyn doonnaa xoogaa heer diiwaangelin ah sida ku cad habraacyada xarunta

Habka Gaboobidda Caafimaadqabka leh

Dadka caafimaadqaba, faraxsan, ee madax-banaan marka ay qaboobaan waxay wadaagaan sifooyinka qaarkood. Dadkan:

- waa kuwo jir ahaan firfircoon;
- waxay cunaan raashiin ku badan miro, khudaar, iyo badar aan buunshabbaxsanayn, iyo kuna yar dufanka fashaqa ah;
- waa kuwo bulsho ahaan firfircoon oo la dhaqma saaxiibbo iyo qoyska;
- sigaar ma cabbo;
- waxay joogteeyaan heerka miisaanka ee lagu taliyey;
- waxay ku joogteeyaan cadaadiskooda dhiigga iyo kolosteroolka gudaha heerarka caadiga ah;
- waxay si habboon u qaataan daawooyinka;
- waxay helaan kaalsiyam ku filan;
- khamri dhexdhexaad ah ayay cabbaan (haddii ayba cabbaan);
- waxay si joogto ah u arkaan bixiye daryeel caafimaad, si ay wax uga oggaadaan tijaabooyinka baaritaannada (t.a. baaritaanka naaska, luqumeedka, iyo kansarrada xiidmaha, sonkorowga, iyo niyadjabka), waxayna qaataan tallaalada ay u baahan karaan;
- waxay daryeelaan ilkahooda waxayna si joogto ah u booqdaan dhakhtarka ilkaha;
- waxay bartaan waxyaabo cusub waxayna ku firfircoon yihiin bulshada;
- qoslaan; iyo
- helaan oo ay isticmaalaan siyaabo si wax-ku-oolka lagu la qabsanayo dhacdooyinka walbahaarka badan leh.



Saaxiibtinnimada waxaa la oggaadey in ay saameyn wanaagsan ku leedahay gaboobidda caafimaadqabka leh iyo ilaalinta dhisnaanta jirka. Saaxiibtinnimada waxay gacan ka geysataa:

- kordhinta dhererka muddada nolosheenna;
- in ay saameyn wanaagsan ku yeelato hab-dhiskeenna difaaca jirka; iyo
- in ay maskaxdeenna ka ilaaliso hoos u dhaca dhimirka marka aan weynaano.



Amarrada La Wareejin Karo ee loogu talagalay Daaweynta Nolosha-Joogteysa (POLST) (1 ee 2)

HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY

Washington POLST
Portable Orders for Life-Sustaining Treatment
A Participating Program of National POLST

LAST NAME / FIRST NAME / MIDDLE NAME/INITIAL		
DATE OF BIRTH / /	GENDER (optional)	PRONOUNS (optional)

This is a medical order. It must be completed with a medical professional. Completing a POLST is always voluntary.
IMPORTANT: See page 2 for complete instructions.

MEDICAL CONDITIONS / INDIVIDUAL GOALS:	AGENCY INFO / PHONE (if applicable)

A CHECK ONE

Use of Cardiopulmonary Resuscitation (CPR): **When the individual has NO pulse and is not breathing.**

☐ **YES – Attempt Resuscitation / CPR** *(choose FULL TREATMENT in Section B)*
☐ **NO – Do Not Attempt Resuscitation (DNAR) / Allow Natural Death**

When not in cardiopulmonary arrest, go to Section B.

B CHECK ONE

Level of Medical Interventions: **When the individual has a pulse and/or is breathing.**
Any of these treatment levels may be paired with DNAR / Allow Natural Death above.

☐ **FULL TREATMENT – Primary goal is prolonging life by all medically effective means.** Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Includes care described below.
Transfer to hospital if indicated. Includes intensive care.

☐ **SELECTIVE TREATMENT – Primary goal is treating medical conditions while avoiding invasive measures whenever possible.** Use medical treatment, IV fluids and medications, and cardiac monitor as indicated. ***Do not intubate.*** May use less invasive airway support (e.g., CPAP, BiPAP, high-flow oxygen). Includes care described below.
Transfer to hospital if indicated. Avoid intensive care if possible.

☐ **COMFORT-FOCUSED TREATMENT – Primary goal is maximizing comfort.** Relieve pain and suffering with medication by any route as needed. Use oxygen, oral suction, and manual treatment of airway obstruction as needed for comfort.
Individual prefers no transfer to hospital. EMS: consider contacting medical control to determine if transport is indicated to provide adequate comfort.

Additional orders (e.g., blood products, dialysis): _____

C

Signatures: A legal medical decision maker *(see page 2)* may sign on behalf of an adult who is not able to make a choice. An individual who makes their own choice can ask a trusted adult to sign on their behalf, or clinician signature(s) can suffice as witnesses to verbal consent. A guardian or parent must sign for a person under the age of 18. Multiple parent/decision maker signatures are allowed but not required. Virtual, remote, and verbal consents and orders are addressed on page 2.

Discussed with: ☐ Individual ☐ Parent(s) of minor ☐ Guardian with health care authority ☐ Legal health care agent(s) by DPOA-HC ☐ Other medical decision maker by 7.70.065 RCW	X **SIGNATURE** – MD/DO/ARNP/PA-C **(mandatory)**	DATE **(mandatory)**
	PRINT – NAME OF MD/DO/ARNP/PA-C **(mandatory)**	PHONE

X **SIGNATURE(S)** – INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) **(mandatory)**	RELATIONSHIP	DATE **(mandatory)**
PRINT – NAME OF INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) **(mandatory)**		PHONE

Individual has: ☐ Durable Power of Attorney for Health Care ☐ Health Care Directive (Living Will)
Encourage all advance care planning documents to accompany POLST.

SEND ORIGINAL FORM WITH INDIVIDUAL WHENEVER TRANSFERRED OR DISCHARGED

WSMA Washington State Medical Association
Physician Driven, Patient Focused

Washington State Department of Health

All copies, digital images, faxes of signed POLST forms are valid.
See page 2 for preferences regarding medically assisted nutrition.
For more information on POLST, visit **www.wsma.org/POLST**.

REV 04/2021

Page 1

Amarrada La Wareejin Karo ee loogu talagalay Daaweynta Nolosha-Joogteysa (POLST) (2 ee 2)

HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY

LAST NAME / FIRST NAME / MIDDLE NAME/INITIAL	DATE OF BIRTH / /

Additional Contact Information (if any)

LEGAL MEDICAL DECISION MAKER(S) (by DPOA-HC or 7.70.065 RCW)	RELATIONSHIP	PHONE
OTHER CONTACT PERSON	RELATIONSHIP	PHONE
HEALTH CARE PROFESSIONAL COMPLETING FORM	ROLE / CREDENTIALS	PHONE

Preference: Medically Assisted Nutrition (i.e., Artificial Nutrition)

☐ **Check here if not discussed**

This section is NOT required. This section, whether completed or not, does not affect orders on page 1 of form.
Preferences for medically assisted nutrition, and other health care decisions, can also be indicated in advance directives which are advised for all adults. The POLST does not replace an advance directive. When an individual is no longer able to make their own decisions, consult with the legal medical decision maker(s) regarding their plan of care, including medically assisted nutrition. Base decisions on prior known wishes, best interests of the individual, preferences noted here or elsewhere, and current medical condition. Document specific decisions and/or orders in the medical record.

Food and liquids to be offered by mouth if feasible and consistent with the individual's known preferences.

☐ Preference is to avoid medically assisted nutrition.
☐ Preference is to discuss medically assisted nutrition options, as indicated.*
Discuss short- versus long-term medically assisted nutrition (long-term requires surgical placement of tube).

* Medically assisted nutrition is proven to have no effect on length of life in moderate- to late-stage dementia, and it is associated with complications. People may have documents or known wishes to not have oral feeding continued; the directions for oral feeding may be subject to these known wishes.

Discussed with: ____ Individual ____ Health Care Professional ____ Legal Medical Decision Maker

Directions for Health Care Professionals

NOTE: An individual with capacity may always consent to or refuse medical care or interventions, regardless of information represented on any document, including this one.

Any incomplete section of POLST implies full treatment for that section. This POLST is valid in all care settings. It is primarily intended for out of hospital care, but valid within health care facilities per specific policy. The POLST is a set of medical orders. The most recent POLST replaces all previous orders.

Completing POLST

- Completing POLST is voluntary for the individual; it should be offered as appropriate but not required.
- Treatment choices documented on this form should be the result of shared decision making by an individual or their health care agent and health care professional based on the individual's preferences and medical condition.
- POLST must be signed by an MD/DO/ARNP/PA-C and the individual or their legal medical decision maker as determined by guardianship, DPOA-HC, or other relationship per 7.70.065 RCW, to be valid. Multiple decision maker signatures are allowed, but not required.
- Virtual, remote, and verbal orders and consents are acceptable in accordance with the policies of the health care facility. For examples, see FAQ at www.wsma.org/POLST.
- POLST may be used to indicate orders regarding medical care for children under the age of 18 with serious illness. Guardian(s)/parent(s) sign the form along with the health care professionals. See FAQ at www.wsma.org/POLST.

NOTE: This form is not adequate to designate someone as a health care agent. A separate DPOA-HC is required to designate a health care agent.

Honoring POLST

Everyone shall be treated with dignity and respect.

SECTIONS A AND B:

- No defibrillator should be used on an individual who has chosen "Do Not Attempt Resuscitation."
- When comfort cannot be achieved in the current setting, the individual should be transferred to a setting able to provide comfort (e.g., treatment of a hip fracture). This may include medication by IV route for comfort.
- Treatment of dehydration is a measure which may prolong life. An individual who desires IV fluids should indicate "Selective" or "Full Treatment."

Reviewing POLST

This POLST should be reviewed whenever:

- The individual is transferred from one care setting or care level to another.
- There is a substantial change in the individual's health status.
- The individual's treatment preferences change.

To void this form, draw a line across the page and write "VOID" in large letters. Notify all care facilities, clinical settings, and anyone who has a copy of the current POLST. Any changes require a new POLST.

Review of this POLST form: Use this section to update and confirm order and preferences.

This meets the requirement of establishing code status and basic medical guidance for admission to nursing and other facilities.

REVIEW DATE	REVIEWER	LOCATION OF REVIEW	REVIEW OUTCOME
			☐ No Change ☐ Form Voided ☐ New Form Completed

SEND ORIGINAL FORM WITH INDIVIDUAL WHENEVER TRANSFERRED OR DISCHARGED

Copies, digital images, and faxes of signed POLST forms are legal and valid. May make copies for records.
For more information on POLST, visit **www.wsma.org/POLST**.

REV 04/2021

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(1 ee 19)

Washington State Department of Social & Health Services
Transforming lives

Assessment Details
Current Significant Change

Client Demographics

Client Information

Client Name: Hadalamb, Mari

Assessor Name: Lennox, Tari A (RomoTA)

Current Case Manager: Lennox, Tari A (RomoTA)

Office: Vancouver HCS/Vancouver/Clark

Assessment Date: 03/08/2022

Reason For Assessment

Mari moved from Illinois to move in with her daughter. She is requesting in-home care with her daughter as her contracted IP. Her friend and room-mate Dolly is willing to help out at night after she gets home from work.

Was client the primary source of information? Yes

Other sources of information:

Wolf, Nancy

My Goals and Plans

What's important to me:

To help my daughter.
Family
Spend more time with my friend.

Topics of Interest

Category: Recreational

Subcategory: Increase participation in activities

Related to: Interested in Bingo

General Strength(s) and Preference(s)

Strengths:

Client is motivated, Recognizes need to dial 911, Doesn't need assistance at night, Client is weight bearing, Able to exit in emergency, Client is cooperative with caregiver, Will ask for assistance, Able to dial 911, Client participates in tasks with cueing, Client participates in tasks with some assistance

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(2 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Preferences:

Prefers to try tasks before assistance is offered, Prefers to Self-direct care, Client expresses preferences, Client prefers to take part in tasks, Client prefers to make own decisions

Safety

Mari reports that she fell 3 times in the Fall because of a new puppy. She was able to crawl to furniture to help herself up.
She was sad that she had to give him away to move here.

In-home evacuation plan: Client can evacuate independently

Collateral Contacts

Name: CASA Ministries
Relationship: Not related
Role:
Facility staff

Name: Hadalamb, Mari
Relationship: Self

Name: SW Hospice
Relationship: Not related
Role:
Home Health Provider

Name: Party, Dolly
Relationship: Friend
Role:
Durable Power of Atty/Healthcare, Durable Power of Atty/Financial
Phone:
(360)555-6454

Communication

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(3 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Speech/Hearing

Client's ability to make themselves understood by those closest to them, using any means of communication:

Usually Understood

Client's level of understanding of others, using any means of communication:

Usually Understood

Modes of expression:

Speech

Hearing: Minimal difficulty in noisy setting

Equipment:

Type	Status	Supplier
Hearing aid left	Has, uses	
Hearing aid right	Has, uses	

Telephone Use

How telephone calls are made or received (with assistive devices such as large numbers on telephone, amplification as needed)

Caregiver Instructions:

Provide assistance at client's request

Vision

Ability to See: Impaired

Limitations:

None of these

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(4 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Equipment:		
Type	**Status**	**Supplier**
Glasses	Has, uses	

Mental/Physical Health

Diagnosis

1. RESTLESS LEGS SYNDROME
2. Hypertension
3. Osteoporosis
4. HYPERLIPIDEMIA NEC/NOS

   High Cholesterol
5. VITAMIN D DEFICIENCY NOS

Health Indicators:

History of recurrent infections, Fatigue

Is client comatose? No

Medications

The list of medications was obtained from medical record/client/caregiver on the date of this assessment. Do not use this list as the basis for assistance with or administration of medications.

1. BONIVA TABLET
2. Calcium Tablet Chews
3. CARBIDOPA LEVODOPA TABLETS
4. LISINOPRIL

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(5 ee 19)

Washington State Department of Social & Health Services
Transforming lives

Assessment Details
Current Significant Change

5. MIRALAX POWDER FOR SOLUTION

6. NAPROXEN

7. SIMVASTATIN

8. VITAMIN D CAPSULES

What are the routes?
Oral

At most, how many times per day does the client take medications? 3

Medication Management

Self Administration: Assistance required

Frequency of need: Daily, Partially met, 1/4-1/2 of the time

Client Limitations:
Complex regimen, Cannot open containers, Poor coordination, Forgets to take medications, Unaware of dosages

Caregiver Instructions:
Document medication taken, Inform client of each medication given, Place medication in client's hand, Re-order medications, Report adverse reactions

Provider
Party, Dolly
WOLF NANCY L

Pain

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(6 ee 19)

Washington State Department of Social & Health Services
Transforming lives

Assessment Details
Current Significant Change

Pain Site:	
Pain Site	**Score**
Joint pain	3

Frequency with which client complains or shows evidence of pain:

Pain less than daily

Pain Management: Treated, full control

Impact:

Fatigue

Medical Additional Details

Client states she was hospitalized early 2021 when she had a stroke. She then contracted COVID at the hospital.

Health Indicators

Height: 5 feet **Weight:** 125 pounds

Body Mass Index: 24.40972 Normal

Weight loss: 5% or more in last 30 days; or 10% in last 180 days: No

Weight gain: 5% or more in last 30 days; or 10% in last 180 days: No

In general, how would you rate your health?: Good

Date of last doctor visit: 01/2022

Doctor name: Riggs, Paul

Allergy

Any severe or life threatening allergies: No

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(7 ee 19)

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Assessment Details
Current Significant Change

Treatments/Programs/Therapies

Self Directed Care: Individuals who have a functional impairment may direct their Individual Provider to perform a health related task that they would normally be able to perform themselves if they did not have a functional impairment that prevents them from doing so.

Nurse Delegation: In private homes, Adult Family Homes, and in Assisted Living Facilities a Registered Nurse may delegate specific health related tasks to a qualified provider. The tasks are performed as instructed and supervised by the delegating nurse.

Type: Programs
Name: Wellness education

Providers:	
Provider	**Frequency**
Other	Monthly

Type: Rehab/Restorative Care
Name: Range of Motion (active)

Providers:	
Provider	**Frequency**
Client	QD (once daily)

Client needs to continue her ROM to continue her strength after her stroke.

General comments

Mari reports that she was a seamstress for over 30 years. She lived in Illinois and was married with 2 children. 1 has passed. She is happy to be spending time with her daughter.

Sleep

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(8 ee 19)

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Assessment Details
Current Significant Change

Is provider generally able to get 5 hours of sleep out of an 8 hour period?

Yes

Care planning for sleep:

Stays up late, Sleeps in, Naps, Wakens to toilet all/most nights

Is client satisfied with sleep quality? Yes

Mari likes her room cold and her electric blanket or extra blankets on the bed. The blinds must be pulled. She likes her door closed.

Memory

Is there evidence of short term memory loss? Short term memory is OK

Is there evidence of long term memory loss? Long term memory problem

Caregiver Instruction(s):

Give simple, one step directions, Simplify environment, Give gentle verbal reminders

Is individual oriented to person? Yes

Cognitive Performance

Decisions

How the client made decisions related to tasks of daily living in the last 7 days:

Difficulty in new situations - The client had an organized daily routine, made decisions related to ADLs in familiar situations, but experienced some difficulty in decision making when faced with new tasks or situations.

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(9 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Behavior

Current Behaviors (occurred in the last 7 days):

Name: Non-health related repetitive anxious complaints/questions

Behavior description:

Ever since she had her stroke she believes that she is having another one when her leg is tired and/or giving out.

Frequency: Daily

Alterability: Easily altered

Personalized interventions:

Remind Mari that this is normal. Remind her to be off of her feet and put her feet up often. Offer tea.

Past Behaviors (did not occur in the last 7 days):

Name: Left home and gotten lost

Last occurred: 02/2018

Is there a current intervention? Addressed with current interventions

Personalized interventions:

Mari will need to be Supervised when outside and during shopping trips

Name: Hiding items

Last occurred: 10/2017

Is there a current intervention? No interventions in place

Depression

She misses "home"

ADL

The following are the clients functional limitations as they impact ADL functioning:

General weakness, Left sided weakness, Partial weight bearing, Unsteady gait

Independence and Improvement

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(10 ee 19)

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Assessment Details
Current Significant Change

Number of days per week the client usually went out of their residence:

Daily

Overall self-sufficiency has changed significantly as compared to status of 90 days ago: No Change

Potential for improved function in ADL's and/or IADL's:

Client : can be more independent

Do tasks need to be broken down into individual steps to be accomplished (task segmentation)? No

Does client adjust easily to change in routine? Yes

Universal Precautions

The formal and informal caregiver will use latex/plastic gloves when in contact with any secretions to prevent spread of infection. Thorough hand washing with soap will be done before and after gloving. Gloves will be put on and discarded at the end of each task. If the primary care provider orders these gloves they can be paid for through the medical coupon.

Walk in Room, Hallway, and Rest of Immediate Living Environment

Self Performance and Support Provided in the last 7 days:
Limited assistance, One person physical assist

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Physically assist with uneven surfaces and stairs, Physically assist with walking, Make sure client wears shoes/slippers, Encourage to walk daily

Equipment:

Type	Status	Supplier
Walker w/seat	Has, uses	

Provider:
Party, Dolly
WOLF NANCY L

The Dr prefers that she uses her walker in the house. Physically assist her by guiding her back to her walker and remind her.

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(11 ee 19)

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Assessment Details
Current Significant Change

Locomotion in Room and Immediate Living Environment

How the individual moves to and returns from areas outside of their immediate living environment

Self Performance and Support Provided in the last 7 days:
Limited assistance, One person physical assist

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Equipment:		
Type	**Status**	**Supplier**
Walker w/seat	Has, uses	

Provider:
Party, Dolly
WOLF NANCY L

Locomotion outside of Immediate Living Environment to Include Outdoors

How the individual moves to and returns from areas outside of their immediate living environment

Self Performance and Support Provided in the last 7 days:
Limited assistance, One person physical assist

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Physically assist with mobility, Keep client within sight

Equipment:		
Type	**Status**	**Supplier**
Walker w/seat	Has, uses	

Provider:
Party, Dolly
WOLF NANCY L

She prefers to hold onto someone when walking outside, carts in the stores and use her walker if she has to.

Bed Mobility

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(12 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

How individual moves to and from lying position, turns side to side, and positions body while in bed

Self Performance and Support Provided in the last 7 days:
Independent, No setup or physical help

Caregiver Instructions:
Provide assistance at client's request

Falls

How many times has client fallen within last 6 months? : 3

Consequence(s):

Injury

Transfers

How client moves between surfaces, to/from bed, chair, wheelchair, standing position, (exclude to/from bath/toilet)

Self Performance and Support Provided in the last 7 days:
Extensive assistance, One person physical assist

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Physically assist completing transfers, Transfer slowly

Provider:
Party, Dolly
WOLF NANCY L

Eating

How individual eats and drinks (regardless of skill). Includes intake of nourishment by other means (e.g., tube feeding, total parenteral nutrition)

Self Performance and Support Provided in the last 7 days:
Supervision, Setup help only

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(13 ee 19)

Washington State Department of Social & Health Services
Transforming lives

Assessment Details
Current Significant Change

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Cue to complete eating tasks, Bring food to client, Cut food into small pieces

Equipment:		
Type	**Status**	**Supplier**
Partials	Has, uses	

Provider:
Party, Dolly
WOLF NANCY L

Toilet Use

How individual uses the toilet room (or commode, bed pan, urinal); transfers on/off toilet, cleanses, changes incontinence pads, manages ostomy or catheter, adjusts clothes

Self Performance and Support Provided in the last 7 days:
Independent, Setup help only

Status and Assistance Available:
Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Provide assistance at client's request, Empty/clean bedpan/urinal/commode, Put commode near bed at night

Equipment:		
Type	**Status**	**Supplier**
Commode	Has, uses	
Mattress cover	Has, uses	
Briefs/pads	Has, uses	
Raised toilet seat	Has, uses	

Provider:
Party, Dolly
WOLF NANCY L

Mari is adamant that she wants to be alone in the bathroom.

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(14 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Continence Issues

Bladder control (last 14 days): Frequently incontinent

Bowel control (last 14 days): Usually continent

Bowel Pattern (last 14 days):

Regular

Appliances & Programs (last 14 days):

Any scheduled toileting plan, Pads/briefs

Individual management (last 14 days): Uses independently

Dressing

How individual puts on, fastens, and takes off all items of street clothing, including donning/removing prosthesis

Self Performance and Support Provided in the last 7 days:
Limited assistance, One person physical assist

Status and Assistance Available:
Partially met, Over 3/4 but not all of the time

Caregiver Instructions:
Physically assist with dressing tasks

Provider:
Party, Dolly
WOLF NANCY L

Her friend helps her dress in the morning and at night.

Personal Hygiene

How individual maintains personal hygiene, including combing hair, brushing teeth, shaving, applying makeup, washing/drying face, hands, and perineum

Self Performance and Support Provided in the last 7 days:
Supervision, Setup help only

Status and Assistance Available:
Met

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(15 ee 19)

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Assessment Details
Current Significant Change

Caregiver Instructions:
Cue client to complete personal hygiene tasks, Provide assistance at client's request

Provider:
Party, Dolly

Bathing

How individual takes full-body shower, sponge bath, and transfer in/out of Tub/Shower

Self Performance and Support Provided in the last 7 days:
Physical help/transfer only, One person physical assist

Status and Assistance Available:
Unmet

Caregiver Instructions:
Standby while client bathes, Transfer in/out of tub/shower

Equipment:		
Type	**Status**	**Supplier**
Shower chair	Has, uses	
Grab bars	Has, uses	
Non-slip tub mat or surface	Has, uses	

Provider:
WOLF NANCY L

Foot Care

Foot Care Needs:	
Foot Care	**Status**
Orthotics	Received
Toenail trimming	Needs

Toenail Trimming

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(16 ee 19)

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Assessment Details
Current Significant Change

Diabetes, poor circulation to the feet, and/or blood thinning medication require trimming of nails and callouses to be self-directed or done by a family member or health care professional, unless trimming of nails is only done by filing.

Will any assistance be provided with toenail trimming? Yes

Who will assist with toenail trimming? Formal

Skin Care

Skin Care (Other than feet):	
Skin Care	**Status**
Application ointments/lotions	Need met

Pressure injuries:
Skin intact over all pressure points

Number of current pressure injuries: 0

Client had skin injury that was resolved or cured in the last year: No

IADL

Meal Preparation

How meals are prepared (e.g., planning meals, cooking, assembling ingredients, setting out food and utensils)

Client Needs:
Assistance, Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Prepare breakfast, Prepare dinner, Prepare lunch, Ask for client's choices, Work out a menu with client

Provider:
Party, Dolly
WOLF NANCY L

Nutritional/Oral

Nutrional Problems:

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(17 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Complains about taste of food, Leaves 1/4 or more on plate

Oral hygiene and dental problems:

None of these

Nutritional Approaches:	
Diet	**Adhere To**
Low sodium	No

Ordinary Housework

How ordinary work around the house is performed (e.g., doing dishes, dusting, making bed, tidying up, laundry)

Client Needs:
Assistance, Partially met, 1/4-1/2 of the time

Caregiver Instructions:
Provide assistance at client's request, Clean kitchen after each meal, Vacuum/mop/sweep/dust regularly

Provider:
Party, Dolly
WOLF NANCY L

Essential Shopping

How shopping is performed for food and household items (e.g., selecting items, managing money). Limited to brief, occasional trips in the local area to shop for food, medical necessities, and household items required specifically for the health and maintenance of the client

Client Needs:
Assistance, Met

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(18 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Caregiver Instructions:
Assist to complete essential shopping task, Pick up medications

Provider:
Party, Dolly

Transportation

How client travels by vehicle for medical needs (e.g., gets to places beyond walking distance). Includes accompanying or transporting client to physician's office or clinic in the local area to obtain a diagnosis or treatment

Client Needs:
Assistance, Partially met, Less than 1/4 of the time

Caregiver Instructions:
Drive client to appointments, Accompany client to appointment

Provider:
Party, Dolly
WOLF NANCY L

Wood Supply

How client gets wood for heat (this must be only source of heat)

Is wood the only source of heat? No

Provider Information

Provider Information

The following schedule(s), if identified, are based on the consumer's preference at the time of the assessment.

Qorshaha DARYEELKA DSHS (Faahfaahinnada Qiimeynta)
(19 ee 19)

Washington State Department of Social & Health Services
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Assessment Details
Current Significant Change

Client's Preferred Schedule:	
Day	**Time of Day**
Weekdays	Afternoon

Informal Providers:

Provider: Party, Dolly **Phone:** (360)555-6454
Assigned Tasks:
Dressing, Eating, Essential Shopping, Housework, Locomotion In Room, Locomotion Outside Room, Meal Preparation, Med. Mgmt., Personal Hygiene, Toilet Use, Transfers, Transportation, Walk In Room

Provider: Hadalamb, Mari
Assigned Tasks:
Application ointments/lotions, Range of Motion (active)

Formal Providers:

Provider: Smart Source of California LLC
Assigned Tasks:
Wellness education

Provider: WOLF NANCY L **Phone:** (360)555-8283
Assigned Tasks:
Bathing, Dressing, Eating, Housework, Locomotion In Room, Locomotion Outside Room, Meal Preparation, Med. Mgmt., Toenail trimming, Toilet Use, Transfers, Transportation, Walk In Room

Definitions

ADL Self-Performance Code Definitions

Based on the last 7 Days (after set up has occurred)...

Independent:

No help or oversight OR help/oversight only 1 or 2 times.

Supervision:

Qorshaha DARYEELKA DSHS (Adeegga oo Kooban)
(1 ee 4)

Washington State Department of Social & Health Services
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Service Summary
Current Significant Change

Client Information

Client Name: Hadalamb, Mari

Address:
9859 NE 63rd Street, Vancouver, WA, 98662

Phone: (360)555-6684 **Ext:** **Type:** Home

Gender: Female **Age:** 91

Primary Spoken Language: English

Speaks English? Yes **Interpreter Required?** No

Contacts

Substitute Decision Makers:

Name: Party, Dolly
Type: Durable Power of Atty/Financial, Durable Power of Atty/Healthcare
Phone: (360)555-6454

Services

Client is functionally eligible for: CFC + COPES

Recommended Living Situation:

Client Chosen/Planned Living Situation:
In Home

Transportation Reimbursement:
You are eligible to receive up to 100 miles per month from your individual provider (IP) to meet your identified transportation needs. Mileage reimbursement is based upon use of the paid IP's personal vehicle and actual miles driven, not to exceed the 100 mile limit. The miles may be split between one or more qualified individual providers. Mileage reimbursement may be used for essential shopping and/or medical transportation not met by a Medicaid Brokered transportation resource.

Classification: B Med **Daily Rate:** N/A **Monthly Hours:** 45

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Qorshaha DARYEELKA DSHS (Adeegga oo Kooban)
(2 ee 4)

Washington State Department of Social & Health Services
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Service Summary
Current Significant Change

Your IP cannot work more hours than their work week limit unless:
- DSHS has approved this ahead of time; or
- You had an unplanned health or safety need and your IP had to stay with you until help arrived. If this happens, your IP must report the emergency to your case manager the next business day or as soon as possible.

It is up to your IP to tell you if she or he is also working for another client because that may change the number of hours your IP can work for you.

You may use your CFC hours for any combination of personal care, relief care, and/or skills acquisition training.

Provider Information

The following schedule(s), if identified, are based on the consumer's preference at the time of the assessment.

Client's Preferred Schedule:

Day	Time of day
Weekdays	Afternoon

Informal Providers:

Provider: Party, Dolly **Phone:** (360)555-6454

Assigned Tasks:

Dressing, Eating, Essential Shopping, Housework, Locomotion In Room, Locomotion Outside Room, Meal Preparation, Med. Mgmt., Personal Hygiene, Toilet Use, Transfers, Transportation, Walk In Room

Provider: Hadalamb, Mari **Phone:**

Assigned Tasks:

Application ointments/lotions, Range of Motion (active)

Formal Providers:

Provider: Smart Source of California LLC **Phone:**

Assigned Tasks:

Wellness education

Provider: WOLF NANCY L **Phone:** (360)555-8283

Assigned Tasks:

Bathing, Dressing, Eating, Housework, Locomotion In Room, Locomotion Outside Room, Meal Preparation, Med. Mgmt., Toenail trimming, Toilet Use, Transfers, Transportation, Walk In Room

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Qorshaha DARYEELKA DSHS (Adeegga oo Kooban)
(3 ee 4)

Washington State Department of Social & Health Services
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Service Summary
Current Significant Change

Referrals/Indicators

Nursing Service Indicators

Indicator: Immobility issues affecting plan **Refer ?** No

Reasons not Referred:

Need being met by caregiver, Prevention plan in place

My Goals and Plans

What's important to me:

To help my daughter.
Family
Spend more time with my friend.

Topics of Interest

Category: Recreational

Subcategory: Increase participation in activities

Related to: Interested in Bingo

Necessary Supplemental Accommodation

The client will need her friend who is the POA to help her with her paperwork.

Worker Information

Assessor: Lennox, Tari (RomoTA)

Current Case Manager Name: Lennox, Tari A RomoTA

Phone: (360)555-9503 **Ext:**

The role of the Case Manager is to:

1. Determine program eligibility, complete assessments identifying your preferences, strengths and needs and reassess annually or as needs change;
2. Assist you to develop a plan of care that documents your choice of services and qualified providers;
3. Authorize payment for services identified in your plan of care;
4. Monitor that services are provided according to your plan of care.

Clients have the right to waive case management services other than those listed in items 1, 2, 3, and 4 above.

0123365488000000

Qorshaha DARYEELKA DSHS (Adeegga oo Kooban)
(4 ee 4)

Washington State Department of Social & Health Services
Transforming lives

Service Summary
Current Significant Change

Client Signature

I am aware of all alternatives available to me and I understand that access to 24-hour care is available only in residential settings, including community residential settings. I agree with the above services outlined on this summary.

- I understand that participation in all ALTSA/LTC paid services is voluntary and I have a right to decline or terminate services at any time.
- I understand that I must notify my case manager if I have a change in my living situation.

By signing this plan, I agree that I have been included in creating it and I agree to receive the services listed in it. I understand that agreeing to receive the services in this plan does not waive any hearing rights I have.

_____

Client/Representative Signature **Date**

Social Service Specialist/Case Manager Signature

_____

Social Service Specialist/Case Manager Signature **Date**

Signature of Provider responsible for implementing the Plan of Care

_____

Provider Signature **Provider Printed Name** **Date**

0123365488000000

Client Name: Hadalamb, Mari
Client ACES ID: 012336548
Client ProviderOne ID: 100102057WA

Assessment Date: 03/08/2022
Date Completed: 03/16/2022
Date Printed: 03/16/2022 06:06 PM

Heshiiska Adeegga Lagu Gorgortamey
(1 ee 6)

NEGOTIATED SERVICE AGREEMENT

Client's name: Jonathan ("John") Packard Date of birth: December 24, 1942

Medical History:	Current Medical Status:
John has high blood pressure, dementia, and had a stroke.	**John is stable. He needs reminders for meals and help with everyday tasks.**

	What client prefers to do independently	**What provider/support person does/When**
Dressing Indep Assist Depend ☐ **X** ☐ Day time wishes: **Dressed by 8 AM.** Nighttime wishes: **In pajamas by 8 PM.**	John can choose his clothes. He likes to wear suspenders with his pants. He likes his clothes to match, and they must be ironed and hung up.	Put on his socks and shoes, and button is shirts. Ensure his shirt is tucked in, and tell him he looks "sharp" before he leaves his room. If his clothes get dirty during the day, assist him to change into clean ones.
Personal Hygiene Indep Assist Depend ☐ **X** ☐ How often? **Twice a day** When? **Before breakfast and bed** Time required: **10 – 15 minutes** Preferences: **Do not rush him; he can easily get frustrated.**	John likes to wash his face and hands before breakfast and bed. He brushes his teeth at that time too. He needs reminders to comb his hair.	After John gets dressed in the morning, wet a warm washcloth and encourage him to wash his hands and face. Put the toothpaste on his toothbrush and encourage him to brush his teeth. Put his brush in his right hand and tell him to comb his hair.

Client Name: Jonathan "John" Packard

Heshiiska Adeegga Lagu Gorgortamey

(2 ee 6)

Negotiated Service Agreement

	What client prefers to do independently	What provider/support person does/When
Bathing Indep Assist Depend ☐ **X** ☐ How often? **Mondays and Thursdays** When? **Before bed** Time/equipment needed: **30 minutes; bath bench** Preferences: **Likes ivory soap**	John likes to wash his own hair and the body parts he can reach. He can adjust the temperature of the water himself.	John will sometimes tell you he doesn't want to shower. Offer him options – 7 PM or 7:30, for example. Help him in and out of the shower. Wash areas he cannot reach. Help him rinse off, especially his hair. Tidy up after the shower and ensure the floor is dry.
Eating Indep Assist Depend **X** ☐ ☐ Special diet? **Regular diet** Eating habits: **Three meals a day** Food allergies: **Shellfish** Equipment needed: **None** Wishes: **Coffee at every meal**	John gets to breakfast each morning by 8:15. He drinks coffee "with the boys." He prefers scrambled eggs. He likes "meat and potatoes" and will ask for an alternate if he does not like what is on the menu.	If John does not show up for a meal, please go to his apartment and check on him. If he starts needing reminders for meals, please notify the nurse.
Toileting Indep Assist Depend ☐ **X** ☐ Urinary problems? **Incontinence** BM problems? **Occasional constipation** Needed equipment: **Briefs, size medium** Wishes: **Honor his dignity**	John has urinary incontinence. He knows when he needs to use the restroom, and can get there on his own. He sits down when he uses the bathroom. He is able to wipe himself.	John needs help changing his briefs before breakfast, lunch, dinner, and at bedtime. Provide perineal care during this time. Report any redness or skin breakdown to the nurse. Order his briefs from Capital Products (1-800-555-1212) on the first of every month; store them in his closet. Report constipation to the nurse.

Client Name: Jonathan "John" Packard

Heshiiska Adeegga Lagu Gorgortamey
(3 ee 6)

Negotiated Service Agreement

	What client prefers to do independently	What provider/support person does/When
Mobility/Transfers Indep Assist Depend **X** ☐ ☐ Adaptive equipment? **Transfer pole** Extra transporting support? **No.** Preferences:	John has a transfer pole near his bed and in the bathroom near his toilet. He uses this to stand up and sit down. He is proud and does not like hands-on assistance. He walks independently without any assistance.	Report any changes in his transfer status and mobility/walking ability (unsteadiness on his feet, falls) to the nurse.
Positioning Indep Assist Depend **X** ☐ ☐ Equipment/supplies? **None** Preferences: **Sleeps on his back mostly**	John can position himself in bed on his own.	
Communication/Visual Visual problems: **X** yes ☐ no Hearing problems: **X** yes ☐ no Able to express self: **X** yes ☐ no Comments:	John wears glasses. He stores them in his bedside table at night. John wears hearing aids. He can adjust the loudness on his own.	Please clean John's glasses each morning and whenever they appear dirty. Please put his hearing aids in each morning and plug them in to charge each night (charger in the bathroom). Change batteries as needed.
Medication Indep Assist Administer ☐ **X** ☐ Schedule: **AM, noon, and bedtime** Allergies: **Keflex, Digoxin** Preferences: **Takes medications only in his room.**	John knows he takes medications, and can tell you which one is which. He can put them in his own mouth.	Order, store, and deliver medications. Watch John take his medications. If he refuses a medication, notify the nurse.

Client Name: Jonathan "John" Packard

Heshiiska Adeegga Lagu Gorgortamey

(4 ee 6)

Negotiated Service Agreement

Pleasurable Activities Indep Individual Group X X X Preferences: **John likes to participate in activities with the other men in the home.**	**What client prefers to do independently** John watches westerns in his room most afternoons. He likes to "tinker" with small engines, and water the plants in the garden. He enjoys trivia groups and outings "with the guys."	**What provider/support person does/When** Invite John to activities. If he looks bored, offer to take him to the "shop" to work on an engine or wood project.
Nursing Services Yes No ☐ X	DESCRIBE NURSING SERVICES PROVIDED: None.	DESCRIBE NURSE DELEGATED TASKS: None.
Behavioral Issues Yes No X ☐ Describe: **John easily gets frustrated when he cannot complete tasks on his own.**	John likes to make his own decisions and do things at his own pace. When he feels rushed, he will yell and often refuse care.	Offer choices. Take your time. Encourage John to do as much as he can on his own. Thank him for his efforts. Speak slowly, calmly, and smile.
Leaving the Home Can client leave home independently? Yes No ☐ X If no, describe methods to maintain safety: **John's son will come take him on outings weekly. Elopement protocol.**	John likes to spend time in the courtyard, sitting on the bench or watering the plants. This is a safe place where he cannot get lost.	Whenever John goes on an outing, he needs a caregiver with him. Do not leave him alone in a store or other location. If he goes missing, follow the elopement protocol.

Health issues to monitor: **Check blood pressure every Friday and report results to the nurse.**

Client Name: Jonathan "John" Packard

Heshiiska Adeegga Lagu Gorgortamey
(5 ee 6)

Negotiated Service Agreement

Volunteer services provided/when: **None.**

Contractors utilized/services/when: **John's chaplain comes in once a week, often Saturdays, to visit. They usually visit in his room.**

Physical enablers: **Transfer pole (see assessment for safety).**

NOTES: John's condition has remained relatively unchanged since his last service agreement update. He asks more about where his room is, and will occasionally get lost on his way to the dining room; this is not a daily event, however. We will continue monitoring and adjust the service agreement should this become routine. His doctor changed his blood pressure medication since our last update; this seems to have better maintained his blood pressure readings.

Client Name: Jonathan "John" Packard

Heshiiska Adeegga Lagu Gorgortamey
(6 ee 6)

Negotiated Service Agreement

SIGNATURE PAGE – NEGOTIATED SERVICE AGREEMENT

Date of original plan: February 29, 2020

Signatures:

Provider: Sandra Nurse, RN	Date: 2.29.2020	Review Date: 2.28.2021	Review Date:
Client: John Packard	Date: 2.29.2020	Review Date: 2.28.2021	Review Date:
Client Representative: John Packard Jr.	Date: 3.1.2020	Review Date: 2.28.2021	Review Date:
Client Representative: N/A	Date:	Review Date:	Review Date:
Case Manager (if applicable): N/A	Date:	Review Date:	Review Date:
Other Participant: N/A	Date:	Review Date:	Review Date:

INFORMATION WITHIN THIS DOCUMENT IS CONSISTENT WITH REQUIREMENTS IN WAC 388-78A

Client Name: Jonathan "John" Packard

Qalabka War-isgaarsiinta

Marka war-isgaarsiinta hadalka ah ay adag tahay ama aysan suuragal ahayn, qalabkan ayaa ka caawin kara daryeelaha iyo macmiilka in ay si wax-ku-ool ah u wada-hadlaan. Kuwan waxay marka hore u baahan yihiin tababar-qaadasho, waxaanna laga yaabaa in aysan qof walba u shaqeyn. Si kastaba ha ahaatee, wax kasta oo taageera war-isgaarsiinta wanaagsan waxay mudan yihiin in la isku-dayo.

Shaxda War-isgaarsiinta

Shaxda War-isgaarsiinta waa kheyraad uu qofku xuddun u yahay oo kaa caawin kara in aad la hadasho macmiilka aad daryeesho. Waxay cod ku siin kartaa daryeelkooda waxayna ka caawin kartaa kantaroolka sida loo taageero. Wuxuu sidoo kale kaa caawinayaa in aad barato iyaga iyo in aad oggaato sida loo taageerayo, xitaa waqtiga adag.

Shaxda War-isgaarsiinta waxay noo sheegaysaa waxa uu qofku ku soo gudbinayo ha-dhaqankiisa. Waxay sidoo kale dadka kale u sheegtaa sida ay uga jawaabi karaan hab-dhaqankaasi. Ugu dambeyn, wuxuu diiwaangelinayaa baahiyada iyo qaababka war-isgaarsiinta qofka, taas oo waxtar u yeellan karta shakhsiyaadka kale ee taageerada bixiya.

Sameynta Shaxda War-isgaarsiinta

Shaxda war-isgaarsiinta waa jadwal ka kooban afar joog-u-taxyo iyo tiro kasta oo jiif-u-taxyo ah:

Waxaan sameeyaa sidan…	**Xaaladdan…**	**Badanaa waxaa loola jeedaa…**	**Iyo waxaan rabaa in aad…**
madaxeyga ruxa	*aan qubeysanayo*	*Waxaan doonayaa in aan banaanka u baxo.*	*iga caawiso in aan baxo*
madaxeyga ruxa	*waqtiga cuntada*	*Ma rabo waxaas in aan cuno.*	*in aad wax kale isiiso*

Buuxi shaxda adiga oo raacayan afartan tallaabo ee soo socda:

1. Ku bilow joog-u-taxa koowaad. Sharrax hab-dhaqanka ama tallaabada daryeelaha uu arki doonno, dareemo doonno, ama maqli doonno.
2. Tallaabada xigta, buuxi jaag-u-taxa labaad. Hab-dhaqannadu waxay macno kala duwan ku yeellan karaan xaaladaha kala duwan.
3. Joog-u-taxa saddexaad, ku sharrax waxa aad u maleynayso in tallaabadu ay caadi ahaa la macno tahay. Xusuusnow in dadku aysan had iyo jeer u dhaqmin si isku mud ah waqti kasta.
4. Joog-u-taxa afaraad, ku sharrax dsida daryeeleyaasha ama dadka kale ay tahay in ay uga jawaabaan hab-dhaqanka. Sidoo kale sharrax sababta aysan u sameyn ama u dhihin iyaga oo ka jawaabaya.

Shaxda war-isgaarsiinta waxay adiga iyo dadka kaleba ka caawin kartaa fahamka waxa uu macmiilku isku-dayayo in uu sheego ama waxa ay u baahan yihiin. Si kastaba ha ahaatee, waa qalab, oo aadan gebi ahaan ku tiirsanaaneyn. Caadi ahaan waa fikrad wanaagsan si loo xaqiijiyo waxa uu qofku u baahan yahay ka hor inta aadan ka falnaqin. Had iyo jeer u noqo qorshaha adeegga macmiilka. Haddii aad la abuurto shax war-isgaarsiineed macmiilkaaga, la wadaag kormeerahaaga. Waxay ku dari karaan qorshaha adeegga macmiilka.

Kaararka Sawirka

Kaararka sawirka waxay waxtar aad ah u leetihiin dadka la nool xaaladaha saameeya war-isgaarsiinta. Macmiilka iyo daryeelaha waxay isticmaali karaan kaararka sawirka si ay uga wadahadlaan waxqabadyada, doorashooyinka, baahiyada, dareennada, iyo waxyaalo kale oo badan. Waxay muujin karaan jawaabo hal-erey ah oo fudud ama jumlado dhammeystiran iyo fikrado.

Tusaale ahaan, beddelkii aad weyddiin lahayd “Maxaad dooneysaa in aad ku qadeyso?” daryeelaha wuxuu macmiilka u soo bandhigi karaa sawirro uu ka doorto. Tusaale kale ahaan, macmiilka wuxuu kor u qaadi karaa sawirka sariir marka uu rabo in uu seexdo. Iyada oo la adeegsanayo dhowr kaarar, ayaa waxaa sii hagaagi kara warisgaarsiinta u dhaxeyso adiga iyo macmiilkaaga.

Waxaa jira kheyraadyo badan oo baraha internet-ka laga helo oo loogu talagalay noocyadan kararka war-isgaarsiinta. Qaar baa lacag la'aan lagu soo degsan karaa laguna daabacan karaa, in kastoo qaar kale ay yihiin kuwo ganacsi ahaan loo soosaarey oo la iibiyo. Waxaa sidoo kale nuqullo nuqullo dijitaal ah oo lagu adeegsan karo telefoonnada casriga ah ama tablet. Ururrada qaarkood waxay bixiyaan tababar ku saabsan badeecooyinkooda iyo nidaamyadooda war-isgaarsiinta sawirka ah. Kormeerahaaga u soo sheeg istiraatiijiyada war-isgaarsiineed kasta ee aad isticmaasho si ay u cusbooneysiiyaan qorshaha adeegga.

Dhisidda Xiriir Wada-shaqeyn sida Daryeele Qoys oo Mushaar Qaata ahaan

Marka macmiilka uu yahay xubin qoyska ka tirsan ama saaxiib, waxaa jira caqabado kala duwan oo lagu dhisayo xiriir wada-shaqeyn wax-ku-ool ah. Waxaa jira sannado taariikhda qoyska ee la soo dhaafey, beddelidda doorarka qoyska, iyo xubnaha kale ee qoyska oo ku lug leh aaraadooda iyo baahiyadooda.

Haddii aad tahay daryeele qoys oo mushaar qaada, Maareeyaha Kiiska ee DSHS ama Shaqaalaha Bulshada waxay leeyihiin waayo-aragnimo ay qoysaska sida kaaga oo kale kala shaqeynayaan xaaladdan. Waa kheyraad wanaagsan waxayna ku siin karaan xoogaa soojeedimo heersare ah iyo talo ku saabsan sida waxyaabaha looga dhigo kuwo shaqeeyo.

Deji xeerarka lagu wada shaqeeyo

Samee xeerarka lagu wada shaqeeyo ka hor inta aadan bilaabin xiriirkan wada-shaqeynta, ee cusub. Tixgeli su'aalahan marka aad sameynayso xeerarka lagu wada shaqeeyo ee adiga iyo xubinka qoyskaaga aad oggolaan kartaan:

- Sideed ugu fududeyn kartaa xubinka qoyskaaga ka tirsan in uu kuu sheego sida ay doonayaan in waxyaabaha loo sameeyo?
- Ma jiraan siyaabo xubinka qoykaaga ka tirsan uu jeclaan lahaa in si kale loola dhaqmo marka aad “shaqeynayso?” Ma jiraan waxyaabo aad si kale u sameyn lahayn inta saacadaasi lagu guda jiro?
- Waa maxay waxyaabaha aad sameyn karto si aad ugu caawiso xubinka qoyskaaga in uu dareemo ama uu u madax banaanaado intii suurtagal ah??
- Sideed u maareyn lahayn dareennada xanuunka, isfaham la'aanta, ama waxyaabaha marka labadiinaba aad xanaaqsan tihiin?
- Ma jiraan hawlo daryeel shakhsiyeed oo xubinka qosykaaga ka dhigi kara in uu dareemo walaac ama xishood? Haddii ay sidaa tahay, waa maxay qaar ka mid ah waxyaabaha aad sameyn karto si aad uga caawiso xubinka qoyskaaga in uu raaxo badan dareemo?
- Sideed u xallin kartaa dhibaatooyinka ku yimaada xubnaha kale ee qoyska?
- Maxaad sameynaysaa si aad u joogteyso madax-banaanidaada, sharaftaada, iyo xushmadaada?

U arag saacadaha aad shaqeynayso shaqo ahaan

Raadi siyaabo aad saacadaha shaqada uga dhigi karto kuwo ka duwan waqtiga qoyska ee caadiga ah. Qaybta ugu adag ee daryeelkan ee qoysaska badankooda waa cidda go'aamineysa waxa ugu wanaagsan qofka daryeelka u baahan.

Inta lagu guda jiro saacadahaaga shaqada ee laguu qoondeeyay, xadkan waa in uu ahaadaa mid aad u cad. Xubinka qoyskaaga waa cidda aad u shaqeyso inta lagu guda jiro saacadaha shaqada. Dookhyada iyo doorashooyinka xubinka qoyskaaga ayaa go'aamiya sida waxyaabaha loo sameynayo.

Samee oo ilaali nidaam joogto ah oo degsan

Joogtee jadwalka iyo saacadaha shaqada sida aad ka sameyn lahayd shaqo kasta oo kale. Yeelashada nidaam joogto ah oo degsan ayaa sidoo kale ka caawineya xubnaha kale ee qoyska in ay oggaadaan marka aad “shaqeynayso.”

Isticmaal Qorshaha Daryeelka DSHS

Qorshaha Daryeelka DSHS waa qalab kaa caawinaya in aad qeexdo hawlaha loo baahan yahay in la sameeyo. U isticmaal Qorshaha Daryeelka DSHS sida bar bilowga loogu talagalay ka munaaqashidda waxa loo baahan yahay in la sameeyo. Sidaasi ayaa waxyaabaha si buuxda looga hadlaa mana jiraan waxyaabo yaab leh. Xusuusnow in aad ogeysiiso maareeyaha kiiska haddii qorshahan loo baahan yahay in la cusbooneysiiyo.

Qiimee awoodda aad u leedahay in aad sii bixiso daryeelka

In aad naftaada daryeesho waxay aasaasi u tahay wanaagaaga iyo awoodda aad ku sii bixineyso daryeel tayo leh oo loogu talagalay xubnaha qoyskaaga (eeg Cutubka 12aad ee ku yaalla bogga 254 si aad u hesho talooyin badan oo ku saabsan is-daryeelka.)

Barnaamijka Taageerada Daryeelaha Qoyska

Barnaamijka Taageerada Daryeelaha Qoyska wuxuu taageero, nafis, tababar, iyo/ama talo siiyaa daryeelayaasha qoyska ee aan mushaarka qaadan. La xiriir xafiiska Caawimaadda iyo Macluumaadka Dadka Waaweyn ee degaankaaga si aad u oggaato wax badan oo ku saabsan caawimaadda la heli karo. Si aad wax badan u oggaato, booqo mareegtada ALTSA: dshs.wa.gov/altsa/home-and-community-services/agencies-help#FCSP. Si aad u hesho xafiiska degaanka, ka raadi Adeegyada Dadka Waaweyn boggaga jaallaha ah (yellow pages) ee buugaaga telefoonka oo raadi Caawimaadda iyo Macluumaadka Dadka Waaweyn ama booqo dshs.wa.gov/ALTSA/resources si aad degmo ahaan uga raadiso “Hay'adaha Degaanka ee Gaboobidda Bulshadaada”.



Joogteynta Xiriirrada Xirfadeed ee Wanaagsan

Aaminaaddu waa qayb muhiim ah oo ka mid ah dhisidda iyo joogteynta xiriirro shaqo, wanaagsan, oo taabogal ah. Saaxiibadaada shaqada iyo/ama kormeerahaaga waxaa loo baahan yahay in ay dareemaan:

- in ay aamini karaan waxa aad leedahay;
- in aad u dhaqmi doonto si mas'uuliyad ku dheehan; iyo
- in aad qaddarin doonto ballanqaadyada aad sameyso.

Talooyinka Joogteyta Xiriirrada Xirfadeed ee Wanaagsan

1. Hakuu cadaadaan waxa ay yihiin waajibaadyadaada shaqo oo ballanqaad in aad sameyso.
   - Daacad ahow oo ha oggolaan in aad waxyaabo sameyso haddii aadan qorsheyn in aad raacdo.
   - Ha oggolaan in aad wax sameyso haddii aadan garaneyn sida loo sameeyo; weydii in waddada saxda ah lagu tusiyo.
2. Xaqiiji taariikhaha kama dambeysta ah iyo joongooyooyinka la filayo in aad ka soo baxdo.
   - Ogow sida aad ku oggaan karto isbeddelo kasta ee ku yimaada waajibaadyada iyo hawlaha loo igmadey.
   - Ka soo bax taariikhda kama dambeysta ee shaqada oo ogeysii kormeerahaaga iyo saaxiibadaada shaqada guulaha iyo dhibaatooyinka.
   - Mar kasta oo suuragal ah, oggolow in aad la eegto saaxiibada shaqada ka hor inta aadan go'aamin arrin kasta ee saameysa.
   - Marka aad wax isku qilaaftaan, haka aamusin. Si cad oo wax-dhis leh u sharrax sababahaaga iyo xalalkaaga.
   - Si joogto ah dib-u-eegis ugu samee waxa aad sameyso marka la eego hurnaanta iyo wax-ku-oolnimada oo aqoonso siyaabaha waxyaabaha loo sii wanaajin karo.
   - Hindise muuji, oo soo bandhig go'aan wanaagsan, oo su'aalo weyddii marka aad jahwareersan tahay.
   - Ka munaaqashoo oo wax ka qabo dhibaatooyinka marka ay soo ifbaxaan.
3. Si ixtiraam iyo xusham leh ula dhaqan dadka kale oo ugu mahadnaq waxyaabaha ay kugu soo biirriyeen.
   - Ku bilow waxyaabaha ay isku midka ka yihiin, oo ma ahan kala duwanaanshaha, ee u dhaxeeya dadka markaad xiriirro dhisto.
   - Qiimee kala duwanaanshaha – ha filan in qof walba uu sidaada oo kale yahay.
   - Qiimee kooxda.
   - Ula shaqee dadka kale si dhiirrigelinaysa furfurnaan iyo daacadnimo.
   - Filo in aad isku-raacdaan.
   - Ka fogaw in aad difaac gasho.
   - Ogow waxa sirta ah oo aan loo baahnayn in laga munaaqashoodo.

Si Xirfadlenimo ah ula Hadlidda Kormeerahaaga/Loo-shaqeeyahaaga

- Hubso in yoolalkaaga, doorkaaga, iyo waxa ah hab-dhaqannada iyo hannaanada shaqada ee la aqbali karo, in dhammaan si fiican loo qeexay oo ayna isku wada raacdeen labadiinna.
- Samee khad wadahadal wanaagsan. Diyaar u noqo in aad wadaagto waxa aad taqaanno iyo in aad kormeerahaaga ku wargeliso heer ku habboon qaabka shaqadooda.
- Joogtee daacadnimo iyo ku tiirsanaan adiga oo ilaalinaya ballanqaadyada iyo taariikhaha kama dambeysta ah.
- Noqo qof doorkiisa ka qaata kooxda. Kormeerahaaga u keen macluumaadka wanaagsna ee ku saabsan saaxiibadaada shaqada ama shaqooyinka si wanaagsan loo qabtey oo had iyo jeer ha u keenin cabashooyin iyo dhibaatooyin.
- Fahan cidda uu kormeerahaagu yahay iyo waxa ay filayaan. Arrimaha ka eeg dhanka ragtidooda – oo dhankaaga un haka eegin.
- Arrimaha ka hadal ka hor inta aysan dhibaatooyin noqon.
- Si xun dadka kale ha ugala hadlin arrimaha ku saabsan kormeerahaaga, saaxiibadaada shaqada, ama macaamiisha.

Marka ay dhibaato jirto

- Jadwalee waqti aad ula hadleyso kormeerahaaga hal-hal.
- Si cad u sheeg dhibaatada iyo saameynteeda adiga oo aanan difaac ama weerar galin.
- Caddee waxa aad dooneyso ama u baahan tahay.
- Haddii aad qalad sameysey mas'uuliyadiisa qaado.
- Kormeerahaaga weyddiii jawaabcelin, ka-dibna isticmaal jawaabcelinta si aad tallaabo u qaado.
- Kala-shaqee kormeerahaaga la imaatanka istiraatiijiyado ama xallal lagu xallinayo dhibaatada.
- Haddii aad dhibaato ku qabto qof gaar ah, marka hore qofka la hadal si aad u aragto haddii aad xallin kartaan.
- Haddii aad xanaaqsan tahay ama uu dareenkaagu kacsan yahay. Raadi hab aad naftaada ku dejin karto ka hor inta aadan qofka madaxa kuu ah la hadlin.



Liisto-hubineedyada Ammaanka

Caadooyinka ammaanka ee wanaagsan waxay gacan ka geystaan ka hortagga shilalka ka dhaca guriga ama xarunta waxayna kordhiyaan dareenka macmiilka ee ammaan iyo sugnaan jireed. U soo sheeg walaacyo kasta ee aad qabto qofka ku habboon ee jooga goobtaada daryeelka.

	Jiko
	Ka dheeree xargaha, shukumaanada, waraaqaha, iwm., mashiinka cuntada lagu karsado.
	Gacan-qabsiyada digsiyada gudaha u rog.
	Ka saar mindiyada iyo walxaha kale ee afka kale maacuunta kale.
	Ku kaydi daawooyinka iyo waxyaabaha guriga lagu nadiifiyo meel ka fog cuntada. (goobaha daryeelka ee ALF iyo AFH waxay leeyihiin shuruudo kayd oo cayiman)
	Ha isticmaalin qalabka korontada ee guryaha oo u baahan dayactir.
	Isla-markiiba tirtir waxyaabaha daata.

	Musqusha qubeyska (shilalka ugu badan waxay ka dhacaan musqusha qubeyska. Fiiro gaar ah u yeello sidii aad musqusha qubeyska uga dhigi lahayd meel ammaan ah.)
	Musqusha qubeyska ammaanka ah waxaa ay yeellan doontaa kursi qubeys, biro la qabsado (weelka saabuunta la saarto iyo biraha shukumaanada la surto ma ahan biraha la qabsado), iyo qalab qubeys oo gacmaha lagu qabsado. Haddii musqusha aysan lahayn biraha la qabsado ama ay haleysan yihiin, qofka(dadka) ku habboon ee joogta goobtaada daryeelka kala hadal.
	Eeg heerkulka biyaha si aad u hubiso in aysan aad u kululeyn. Heerkulka biyo kululeeyaha ka dhig mid ka hortagaya gubashooyinka shilka ah. Ogow: 120 digrii F waa heerkulka ugu badan ee biyaha kulul ee lagu oggol yahay xarumaha xarunta xannaaneynta waayeelka iyo naafada iyo guryaha qoyska qaangaarka ah.
	Eeg jaanta qubeyska. Ma tahay mid nadiif ah oo dhowrsan? Jaamaha qubeyska waxaa lagu dhaqi karaa 2-3 bilood kasta biyo kulul oo la socda warankiilo si hoos loogu dhigo qaska ku dhasha. Jaamaha qubeyska midabka leh ayaa si wanaagsan ugu shaqeeya dadka aragga liita leh ama xusuus dhumidda leh.
	Dhulka musqusha nadiifi oo qallaji. Biyo ka eeg salka baafka qubeyska ama oo biyo-saarka ka bixi waxyaaaha xira. Biyaha taagan waxay keeni karaan simbiriiraxsho.
	Qalabka korontada lagu isticmaalo ka fogee biyaha oo korontada ka saar marka aanan la isticmaalin.
	Hubso daawooyinka iyo maadooyinka sunta ah in ay si cad u calaamadeysan yihiin. Daawooyinka u kaydsi si waafaqsan qaybta daawooyinka ee qorshaha daryeelka. Haddii uu madax-bannaan yahay, daawooyinka dhig meel uu macmiilka si fudud ugu gari karo. Daawooyinka meel ku xir haddii ammaan loo baahan yahay. Xusuusnow in aad daawooyinka oo dhan dhigto meel aysan carruurta gaari karin.

Albaabada, armaajooyinka, khaanadaha	
	Albaabada armaajooyinka iyo albaabada muraayadaha ah ee taraaraxa waa in ay si fudud u socdaan oo aysan dhabbahooda ka bixin.
	Hubso albaabada muraayadaha ah in ay fududahay in la arko si loo yareeyo halista in lagu socdo. Sawirrada lagu dhejiyo muraayadaha oo heerka isha ku aadan ayaa fikrad wanaagsan ah.
	Xir albaabada armaajooyinka si aad uga hortagto dadka in ay madaxyadooda ku dhufsadaan.
	Albaabka armaajada waa in si fudud looga furi karo gudaha ama bannaan.

Ammaanka Korontada	
	Ka eeg xargaha korontada duugoobid, fiilada xiriirka koronto sameysa oo debecsan, iyo kuwa saddexda dalool leh oo meesha ka maqan. Ha isticmaalin qalabka korontada ku shaqeeya ilaa xariga xumaadey laga hagaajiyo.
	Qabo gufka marka aad qalabka korontada ka bixinayso daloolka, ee xariga ha qabanin.
	Daloollada korontada ee guduudan waxay daboolayaan meelaha loo qoondeeyay daloollada laga talaasho quwada korontada ee matooradaha taakulada ah.
	Fiilooyinka ama xargaha korontada ka ilaali marinnada.
	Xargaha korontada ha marsiinin roogagga hoostooda.
	Iska ilaali isticmaalka koronto ka badan inta quwadda korontada daloolka ay xammili karo.
	Iska ilaali isticmaalka xiriireyaal koronto.

Alaabooyin guriga	
	Banee meel loogu talagalay in lagu isticmaal oo lagu soo kala wareejiyo kursiga naafada, socod-caawiye, ama bakoorad.
	Dhig alaabtada (sida gambarka caga saarka ah) meelaha caadiga ah.
	Iska ilaali isticmaalka kuraasta wareegta haddii macmiisha aysan degganeyn ama ay leeyihiin dhibaatooyin isdheellitir.
	Halka kuraasta ee lagu fadhiisto waa in ay dhulka u jiraan 18-20 inji. Dhererka ayaa oggolaanaya qaadista ama wareejin fudud.
	Miisaska waa in ay ugu jiraan dhulka u jiraan 30 inji si macaamiisha ku fadhida kursiga naafada loogu oggolaado in ay miiska soo fadhiistaan.
	Alaabooyinka guriga oo dhan waa in ay noqdaan kuwo xooggan.

Meelaha guriga laga soo galo, marinnada, jaranjarooyinka
Meelahan oo dhan ka banee walxaha xannibi kara marina, ama keeni kara khatar simbiriiiraxsho.
Gacan cuskadyada labada dhinac ka mara jaranjarada iyo halka jaranjarada laga galo waa kuwo caafimaad leh (kuwan waxaa looga baahan yahay xarumaha xannaaneynta waayeelka iyo naafada, guryaha qoyska qaangaarka ah, iyo xarumaha adeegyada la wanaajiyey).
Dheji dhammaan waxyaabaha dhulka la dhigo (roogagga dhulka lagu fidiyo).
Roogagga dildilaacey waa in la hagaajiyaa.
Si loo helo muuqaal wanaagsan, geesaska jaranjarooyinka waa in ay leeyihiin midabyo kale. Waxaa caawimaad leh in lagu calaamadiyo saqxadaha lagu tallaabsado ee jaranjarada mida ka duwan inta kale ee jaranjarada.
Jaranjarooyinka iyo marinnada waa in ay iftiin wanaagsan leeyihiin.

Goobaha kaydinta
Ha isku-qasin milannada nadaafadda. Gaas sun ah ayaa sameysmi kara.
Ha adeegsan badeecooyin aan calaamadeysnayn. Si habboon uga takhalus.
Badeecooyinka nadaafadda ka dheeree badeecooyinka cuntada ah.

Guriga oo dhan
Dhulka waa in uu noqdaa mid aan lagu simbiriirixin.
Meelaha laga qalo qol walba waa in ay leeyihiin daare-damiye nal ama oo si fudud loo gaari karo lana shidi karo.
Agabyada maalin walba la adeegsado waa in lagu kaydiyaa meel si fudud lagu gaari karo.
Albaabada waa in ay si fudud u furmi karaan.
Iftiinka gudaha iyo dibedda waa in uu wanaagsan yahay.
Dariiqyada bannaanka waa in aysan lahayn khataro lagu kufo sida alaabta deyrka, tubbooyin, iyo walxo kale.
Telefoonnada waa in si fudud loo gaaraa iyadoo marinnadana aysan marin fiillooyinka telefoonka.
Nalalka waa in si fudud loo gaari karaa lana shidi karaa.
Hubso in jaranjarada ama miiska jaranjar ahaanta loo adeegsado in ay xooggan yihiin, iyo in sagxadda jaranjarada aanan lagu kufin.

Ammaanka Guriga ee loogu talagalay Macaamiisha Garasho Ahaan Naafo ah

Macmiilka garasho ahaanta liita waxaa laga yaabaa in uusan fahmin ama uu leeyahay faham xaddidan ee khatarta ama xaalado khatar ah. Tilmaamahan waxay gaar ku yihiin macaamiisha ku nool guryahooda. Goobaha kale ee daryeelka, la eeg kormeerahaaga iyo siyaasadaha/habraacyada ku saabsan ilaalinta ammaanka macaamiisha garashada liidata. Iyada oo ku xiran heerka iyo nooca liidashada garashada ee macmiilka, taxaddaro ammaan dheeraad ah ayaa loo baahan karaa si loo yareeyo khatarta loogana hortago waxyeellada. Ka hortagyadan waxaa ka mid noqon kara kuwan soo socda.

- Sunta, sahayda nadaafadda, iyo daawooyinka dhig meel ka fog aragtida, gaarista, iyo meel la xiri karo.
- Isticmaal aaladaha digniinta aamusan ee lagu xiro meelaha laga baxo si ay u ogeysiiyaan shaqaalaha haddii qof uu ka baxay kuwaas oo digniinka ku soo gaarsiinaya qalab elektaroonig ah oo qof digniin siiya ama aalado la mid ah. Alaarmiga maqalka wuxuu keeni karaa cabsi ama dudidda macmiilka oo waa in aanan la isticmaalin. Ka hor inta aadan wax ku rakabin, waa in aad la tashataa maareeyaha kiiska ama RCS.
- Isha ku hay macmiilka sigaarka cabba adiga oo xaqiijinaya in ay si sax ah u isticmaalaan taraq / jansiigar, saxanka sigaarka lagu damiyo, oo si ammaan ah u soo bixi sigaar kasta.
- Haddii macmiilka uu sigaar cabbo, si degdeg ah ugu sheeg kormeerahaaga haddii in uu sidaa sameeyo macmiilka aaney ammaan ahayn (dharka gubo, aannu awoodin in uu si ammaan ah u shito sigaarka ama si ammaan ah u tuuro).





- Si ammaan ah u kaydi qalabka sida mindiyaha, walxaha afka leh, ama qalabka korontada iyo, haddii uu macmiilka isticmaalo, waa in ammaan loo arkaa oo la kormeeraa.
- Isha ku hay macmiilka ay u badan tahay in uu ka tago mashiinta cuntada lagu karsado o shidan.
- Qoryaha rasaasta ka saar oo meel ku xiran adiga oo sidoo kale rasaasta meel kale oo gaar ah ku xiraya.
- Ku dabool daloollada korontada ee aan la isticmaalin daboolo ammaan.
- Hubso in uu bannaan yahay dhabbaha loo maro musqusha iyo in uu ku rakiban yahay nalka habeenkii.
- Irid ku xir xagga sare iyo/ama xagga hoose ee jaranjarooyinka ama goobaha khatarta ah.
- Furayaasha baabuurka dhig meel ammaan ah.
- Ku rakib qalabka oggaada dhaqdhaqaaqa qolka jiifka ama meelaha laga baxo ee dhow (aamusan).
- Nalalka bannaanka habeenkii dami. Ka bixi ama dabool muraayadaha.
- Ka qaad dhammaan alaabooyinka guriga iyo alaabta isdhexdaadsan ee aan loo baahneyn.
- Agabka marar badan la isticmaalo isku meel dhig.
- Fogee agabka keeni kara jahwareerka.

Khataraha Deegaanka

Isticmaalka kiimikooyinka khatarta ah

Daryeele ahaan, waxaad ku isticmaali kartaa ama ku wajahi kartaa kiimikooyin khatar ah shaqadaada. Tani looma baahna in ay noqoto wax daran. Kiimikooyinka khatarta ah waxay kuu fududeyn karaan shaqadaada. Tusaale ahaan, kuwa lagu nadiifiyo dufanka waxay kuu fududeyn karaan nadiifinta iyadoo jeermis-dilayaashana ay kaa caawin karaan joojinta faafitaanka caabuqa iyo badbaadinta nafo.

Waxaa ku soo gaari kara kiimikooyin khatar ah inta lagu guda jiro maamulka hawl-guriyeedka joogtada ah, nadiifinta waxyaabaha daata, ama bixinta wasakhda. Badeecooyinka waxay u muuqan karaan kuwo aan waxyeello lahayn, laakiinse waa mileyaal waxyeellayn kara maqaarka iyo indhaha. Had iyo jeer xiro difaac habboon, sida gacmo-gashiyada guriga iyo muraayadaha ammaanka, oo raac digniinaha iyo tilmaamaha badeecada.



Warqadaha digniinta ee ku dheggan kiimikada

Warqadda digniinta waxaa loogu talagalay in ay kaaga digto in kiimikadu ay khatar tahay. Waxay muujin doontaa:

- magaca kiimikada ee badeecada;
- wax kasta oo khatar ah oo ku jira;
- digniinaha khatarta; iyo
- Cinwaanka iyo magaca soosaaraha kiimikada.



Waxaad oggaan kartaa sida ammaank ah ee loogu shaqeeyo kiimikooyinta khatar ah adiga oo akhrinaya warqadaha digniinta iyo adiga oo raacaya siyaasadaha iyo habraacyada goobta shaqada.

Sharci ahaan, weel kiimiko kasta waa in uu leeyahay warqad digniin oo ku dhegan badeecada. Dabeecad ka dhigo akhrinta warqadaha ku dheggan weelka badeeco kasta ee aad isticmaasho.

Waxaa sidoo kale muhiim ah un weelasho ay warqad ku deggan tahay ama calaamadeysan yihiin. Beddel warqadaha waxyeellaysan, aan dhammeystirnayn ama maqan. Marka aad kiimiko ku shubeyso weel kale, hubso in aad weelka cusub ku calaamadeyso in ay khatar tahay. Marnaba haka tagin weel aan calaamadeysnayn oo ay ku jirto kiimiko khatar ah.

MUHIIM AH: Marnaba ha isku qasin warankiilo iyo ammooniya ama waxyaabaha kale ee guriga lagu nadiifiyo sida waxa muraayadaha lagu nadiifiyo. Isku-qaska warankiilada iyo ammooniyaha waxay abuuri kartaa gaas sun ah oo waxyeellayn kara ama dili kara adiga ama qofka aad daryeelayso.



Liisto-hubineedyada U-diyaar-garowga Musiibada Dabiiciga ah

Marka xigta ee musiibo dhacdo, waxaa laga yaabaa in aadan haysan waqti badan oo aad ku diyaar-garowdo. Baro sida loo ilaaliyo naftaada iyo dadka kale adiga oo horey u sii qorsheysanaya. Liisto-hubineedda hoose ayaa ku caawin doonta. Ku daabac liisto-hubineedda meel uu qof walba ka heli karo, waxaa la doorbidayaa, meel u dhow liisto-hubineedyada kale ee xaaladaha degdegga ah.

Si aad u hesho macluumaad dheeraad ah, la xiriir xafiiskaaga Laanqeyrta Cas ee Mareykanka ama waaxaha degaankaaga ee booliska/dabka. Abuur Qorshaha Xaaladda Degdegga ah ee Musiibada:

- Dhabbayaasha baxsashada waa in lagu soo daabacaa qol kasta.
- Ku daabac lambarrada xaaladda degdegga ah meel u dhow dhammaan telefoonnada.

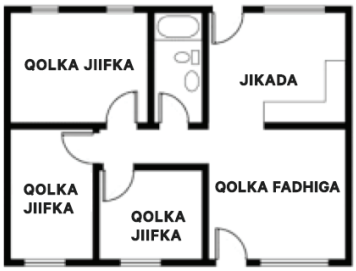
Xirmada Sahayda Musiibada Dabiiciga ah

	Biyo (hal galoon qof kasta maalintii) sahay 3 maalin
	Cuntooyin qasacaysan ama baakadeysan (sahayda 3 maalin)
	Qasac furaha aan elektariga ahayn
	Mashiinka cuntada lagu kariyo ee la qaadi karo, digsi iyo bir-taawo, saxanno, maacuun qalinka ah, weelal
	Cuntooyinka xayawaanka rabaayadda ah (sahayda 3 maalin)
	Sanduuqyo afar-gees ah iyo aqoonsiyada xayawaannada rabaayadda ah
	Beddelka dharka, dhar roobeed, iyo kabo adag
	Bustooyin ama baco lagu seexdo
	Xirmada gargaarka degdegga ah
	Daawooyinka uu dhakhtarka dad u qoro
	Ookiyaale dheeraad ah
	Raadiye bateri ku shaqeeya
	Toosh
	Bateriyo dheeraad ah
	Kaararka amaahda iyo kaash
	Furayaasha baabuurta iyo furayaasha guriga oo dheeraad ah
	Liiska lambarrada telefoonka muhiimka ah
	Agab kasta oo gaar oo loogu talagalay macaamiisha naafada/waayeelka ah
	Qorshaha xiriirka

Habraacyada Xaaladaha Degdegga ah iyo Qorsheyaasha Daadguraynta

Diyaarinta qorshaha daadguraynta

1. Sawir sawirka muujinaya dabaqa kaas iyo waddooyinka baxsashada/meelaha laga baxo ee ugu dhow.
2. Samee LABA meelood oo laga baxo oo loogu talagalay qol kasta. Hal meel oo laga baxo waxay loo baahan karaa in ay daaqad noqoto haddii dabku uu xannibo albaabka.



3. Haddii la adeegsan karo, seexo qolka jiifka iyada oo uu albaabka xiran yahay. Haddii uu celinayo kuleylka iyo qiiqa.
4. Dhismaha hadduu yahay guri dabaq ah oo abaarmanno ah, ogow halka dabka looga baxsado iyo sida loo adeegsado si dhismaha looga baxo. Tiri tirada albaabada dhismaha ee laga gudbo si loo gaaro meesha laga baxo. Dabka, waxaa laga yaabaa in aadan awoodin in aad xitaa aragto astaanta meesha laga baxo tilmaameysa ee iftiinka leh iyadoo uu qiiqu sabab u yahay.
5. Ha adeegsan wiishashka haddii uu dab kaco.
6. Ogow waxa, haddii ay jiraan, qaybaha dhismeyaasha ee uu qaylo-dhaanka dabka saameeyay (sida, albaabada oo si otomaatik ah u xirma, iwm.).
7. Daadgureynta xaaladaha degdegga ah ayaa caadi ahaan la sameeyaa iyada oo la isuduwayo EMS. Isku waafaq goob xaddidan oo albaabada bannaankooda ah halkaasi oo dadka oo dhan isugu imaanayaan si madax tiris loogu sameeyo. Heerka caawimaadda loo baahan yahay si loo daadgureeyo macmiilka waxaa lagu dari karaa qorshaha daryeelka. Ogow sida macmiilka loo geeyo ammaanka iyo aaladaha gacansiinta ee loo baahan karo. Hubso in aanan cidna gudaha ku noqon marka aad dibadda u bax.
8. Ku-tababar-qaado – Ku-tababar-qaado – Ku-tababar-qaado.
9. Ku dheji sawirka dhismaha daqabada xarunta (sida loogu baahan yahay xeerarka shati-bixinta), ama guriga macmiilka.

Daadgureynta Xaaladaha Degdegga ah ee Shakhsiyaadka Naafada ah*

Shakhsiyaadka naafada ah waxay leeyihiin afar ikhtiyaar daadgureyn aasaasi ah:

1. Daadgureyn jiif ah: ka fogaanshaha goobta khatarta iyada oo loo gudbayo meel ammaan ah oo isla dabaqa dhismaha/guriga ah ama isticmaalka meelaha dhismaha looga baxo ee lagu tago heerka dhulka ee bannaanka ah.
2. Daadgureynta jaranjarada: isticmaalka jaranjaro lagu gaarayo meelo looga baxo dhismaha/guriga oo heerka dhulka ah.
3. Joogista Goobta: haddii ay jirto khatar degdeg ah mooyaane, ku jir qol leh daaqad bannaanka ah, telefoon, iyo albaab adag ama dabka iska caabiya. Iyada oo habkan la adeegsanayo, qofka wuxuu la soo xiriiri karaa adeegyada xaaladaha degdegga ah isaga oo garaacaya 911 ka-dib si toos ah u soo sheegaya goobta isaga ama iyada ay joogaan.
4. Goob gabbaad ah: adiga oo la socda kaaliye daadgureyn, aadista goob ka fog khatarka muuqata. Kaaliya daadgureynta wuxuu ka-dib aadayaa bar kulanka daadgureynta guriga/dhismaha wuxuunna ku wargelinayaa hawlwadeenka xaaladda degdegga ah goobta uu joogo qofka naafada ah. Hawlwadeennada xaaladaha degdegga ah ayaa go'aamin doonna haddii daadgureyn dheeraad ah ay lagama maarmaan tahay.

Alaarmada beenta ah ama dabka la go'doomiyey oo la xakameeyay, qofka naafada ah waxaa laga yaabaa in aanan loo baahnayn in la daadgureeyo.

* Macluumaadka waxaa laga soo qaatey buugyaraha Ammaanka iyo Caafimaadka Deegaanka ee Jaamacadda Washington.

Ogow oo raac qorshaha daadguraynta ee loogu talagalay macmiil kasta laguna muujiyey qorshahooda daryeelka.

Dadka Naafada ah ee Adeegsada Kursiga Naafada

Shakhsiyaadka isticmaalaya kuraasta naafada waa in ay Meeshooda joogaan, ama waa in ay Meel Gabaad leh la aadaan kaaliyahooda marka qaylo-dhaanka uu yeero.

Daadgureynta jaran-jarada ee adeegsadayaasha kursiga naafada waa in ay sameeyaan xirfadlayaal tababaran. Keliya xaaladaha khatarta xad-dhaafka ah ay jirto waa in dadka aan tababarneyn iskudayaan in ay daadgureeyaan adeegsadayaasha kursiga naafada. Kursiga naafada ee laga dejinayo jaran-jarta marnaba ammaan ma ahan.

Dadka Naafada ah - Aanan Adeegsan Kursiga Naafada

Qofka qaba dhibaatooyinka dhaqdhaqaaqa ee weli si madax-bannaan u socon kara ayaa wuxuu awoodi karaa in uu ka soo daadego jaran-jarada xaaladda degdegga ah isaga oo caawimaad yar helaya. Shakhsiga waa in uu sugaa ilaa ciriiriga badan uu ka dhammaado ka hor inta uusan isku-dayin jaran-jarooyinka haddii ay suuragal tahay. Haddii aysan jirin khatar degdeg ah (qiiq la oggaan karo, dab, ama ur aan caadi ahayn), qofka naafada ah wuxuu dooran karaa in uu dhismaha ku sii jiro, isaga oo adeegsanaya ikhtiyaaro kale, ilaa hawlwadeennada xaaladda degdegga ah ay ka yimaadaan oo ayna go'aamiyaan haddii daadgureynta ay lagama maarmaan ahayd.

Ammaanka Dabka iyo Ka-hortagga

Kuwan soo socda waa taxaddaro guud oo loogu talagalay ammaanka dabka ee guriga qofka. Haddii aad ka shaqeyso xarun deggaan ah, raac habraacyada ammaanka dabke ee loo-shaqeeyaha.

Guri iyo xarun kasta waa in ay leeyihiin qiiq sheegeyaal shaqeeya, tooshash, iyo dab-damiyeyaal (eeg hoose). Beddel beteriyada dhammaan qalabka ka diga qiiqa lixdii biloodba mar.

Ku daabac cinwaanka dhammeystiran ee guriga xarunta oo la socda lambarka telefoonka meel u dhow telefoon kasta. Xaaladaha degdegga ah, way sahlan tahay in la baqo oo la iloowo macluumaadka aad caadi ahaan xusuusato. Cinwaanka iyo lambarka telefoonka waa in qoraa far waaweyn, oo cad.

Sidoo kale:

- Beddel nalalka gubtey.
- Agabka oo dhan ka dheeree kululeelayaasha.
- Ka fogaaw isticmaalka kululeeyaha hawada.
- Hubso in ay jiraan meelo loo maro meelaha ama iridaha bannaanka loogu baxo – Ha xannibin meelaha laga baxo.
- Ogow dhammaan meelaha kale ee laga baxo si aad u adeegsato haddii uu dab kaco.
- Hubso nidaamyada war-isgaarsiinta, sida telefoonnada, in ay shaqeynayaan iyo in aad taqaanno sida looo isticmaalo.

Xusuusnow QIIQA in uu yahay qaybta ugu halisahan ee dabka.



Ammaanka Dabka

Marnaba:

- Biyo haku shubin dabka ka kacey dareeraha ama dufanka. Biyuhu waxay keeni doonnaan dabka in uu faafo.
- Biyo haku shubin dabka korontada ka dhashey. Waxaa ka qaadi kartaa shoog halis ah.
- Dib ha u galin dhismo gubanaya si aad u badbaadiso xayawaan rabaayad ah ama waxyaabo qiimo leh.
- Ha isku dayin in wax gubanaya ka bixiso qolka.
- Ha u isticmaalin wiishka sida waddo dabka looga baxsado.

Isticmaalka dab damiyaha

Guri ama xarun kasta waa in ay haysataa dab damiye. Daryeele ahaan, waxaad u baahan tahay in aad taqaanno sida loo isticmaalo. Ogow halka dab damiska laga helo oo hubso in uu yahay mid wanaagsan oo shaqeynaya. Ka fikir ereyga P.A.SS si uu kaaga caawiyo in aad xusuusato tallaabooyinka isticmaalka dab damiyaha.

P = Jiid	Si toosan u qabo dab-damiyaha oo jiid furaha, iyada oo la furayo ningaxa caaga ah.
A = Shiish	Gadaal uga duruq dabka, shiish salka dabka kuu dhow.
S = Tuuji	Adiga oo dab-damiyaha si toosan u hayo, isku tuuji gacan-qabsiyada si aad u soo saarto.
S = Xaaq	Min dhinac ilaa dhinac ugu xaaq.

Marka dabka uu damo, daawo si aad u xaqiijiso in uu dansan yahay. Ka daadguree dadka oo dhan goobta oo hawo sii goobta waxyar ka-dib isticmaalka dab-damiyaha.

Xiridda xaaladaha degdegga ah

Inta lagu guda jiro xaaladda degdegga ah, waxaad kaloo u baahan kartaa in aad oggaato sida loo xiro gaaska, biyaha iyo korontada. Ogow halka ay ku yaallaan kantaroolada ugu weyn ee laga maamulo:

- halka laga maamulo qaylo-dhaanka dabka iyo/ama qalabka ka diga qiiqa;
- halka laga maamulo korontada iyo/ama sanduuqa korontada;
- Matoorka xaaladaha degdegga ah iyo ilaha (tuubbada gaaska dabiiciga ah ama haanka gaaska dabiiciga ah ee taalla dhismaha dibadiisa);
- biyaha qabow – halka ugu weyn ee laga xiro;
- kululeeyayaasha – halka ugu weyn ee laga xiro;
- halka ugu weyn ee laga xiro gaaska; iyo
- halka uu yaallo ogsijiinka (kan la isticmaalo iyo kan keydka ah).



Liisto-hubineedda Ammaanka Dabka Guriga

Calaamadee Haa ama Maya ee ku dhinac yaala su'aal kasta	Haa	Maya
Dabaq kasta oo gurigaaga ah ma leeyahay ugu yaraan hal qalab oo qiiqa ka diga?		
Qalabkaaga ka digaya qiiqa ma ku jiraan beteriyo xaalad wanaagsan ah oo shaqeynaya?		
Qof kasta oo qoyskaaga ka tirsan miyuu garanayaa in lambarka xaaladaha degdegga ah uu yahay 911?		
Ma leedahay qorshe baxda oo gurigaaga looga baxayo lacala haddii uu dab ka kaco?		
Qoyskaaga miyuu gurigaaga ku qabtaa carbis dab?		
Miyaad baneysaa meelaha gurigaaga looga baxo?		
Miyaad xaqiijisaa in dhammaan sigaarka, iyo dabka shiishadda in gebi ahaan la damiyo ka hor inta aanan la tuurin? Taraqa/aaladaha iftiiminta meel ammaan ah dhig.		
Dhammaan xubnaha qoyskaaga miyaa la farey in aysan sariirta sigaar ku cabbin?		
Miyaad ka saartey dhammaan wasakhda, burburka, iyo qashinka garaashkaaga?		
Haddii aad rinji, dhallaaliyem iwm. ku kaydiso garaashka, meelasha had iyo jeer si dhuujisan ma loo xiraa?		
Ma jiraa qasac ammaan ah oo loo ansaxiyey kaydinta shidaalka mashiinka cawska lagu jaro, mashiinka barafka lagu xaaqo, iwm.?		
Miyaad qaybta dhismaha ee dhulka hoostiisa ah, bakhaarada, iyo qaybaha kore ee guriga ka qaadaa qashinka, waraaqaha duugga ah, bustooyinka saliidda gaartey, iwm.?		
Mashiinnada cuntada lagu karsado, kululeelayaasha, iyo qalabka kale cuntada lagu karsado meel ma la dhigaa iyaga oo nadiif ah oo dufan la'aan ah?		
Miyaad xirtaa dhammaan qalabka lagu adeegsado gaaska dabiiciga ah?		
Dhammaan goobaha dabka kiyay ku qalabeysan yihiin albaabada muraayadda ah ee aan dabka ka soo gudbin ama dadabka dabka?		
Dhammaan qololka ma leeyihiimn tirada godod ah ku filan dhammaan qalabyada korontada ku shaqeeya?		
Miyaad iska dhaaftey dhammaan fiilooyinka korontada ee qalab badan lagu xiro?		
Dhammaan fiilooyinka nalalka iyo xiriiriyeyaasha korontada ee gurigaaga ma yihiin kuwo bannaanka yaalla; midkoodna aanan marin rooggaga hoostooda, hangoolada dushooda, meelaha kala qaybiya albaabada; iyo in aanan dillaacin oo aysan dalloolin?		
Foornadaada si joogto ah ma loo dayactiraa?		
Miyaad had iyo jeer aragtaa kululeysadaada hawada in la dhigo meel wanaagsan oo ka fog daahyada, alaabooyinka guriga, iwm.?		

Nadiifinta iyo Jeermis-ka-dilka Guriga

Agabka loo baahan yahay

- Ruge qalallan
- Ruge qoyan
- Istiraashooyinka boorka
- Qalabka wax lagu nadiifiyo
- Gacmo-gashiyo
- Buraash lagu jafo dharka
- Xaaqin
- Baaldi caag ah
- Baaldi bir ah
- Xagaaf iyo buraash



Nadiifiyayaal

Had iyo jeer akhri warqadaha yar ama caalamadaha ku dhegan oo raac tacliimaadka badeecada ka hor inta aadan isticmaalin badeeco nadiifin iyo jeermis-dil kasta.

Nadiifiyayaashan soo socda waa kuwo ammaan ah oo aanan sumeyn deegaanka:

- Khamiir (baking soda)
- Qal cad (white vinegar)
- Borax

Agabkan waxaa loo adeegsan karaa in lagu nadiifiyo tuunjiga musquqsha, baafka qubeyska/meesha qubeyska, si ay u nuugaan urta, si ay wasakhda uga bixiyaan roogagga, si loogu nadiifiyo daaqadaha iyo agabka dhalada ah.

Sida loo nadiifiyo musqusha

Way fududahay in la nadiifiyo musqusha haddii aad maalin walba nadiifiso.

- Biyo-raaci fool-dhaqa ka-dib isticmaal kasta.
- Meel sur shukumaannada iyo marooyinka lagu qubeysto.
- Dhaq waaskada lagu qubeysto ka-dib isticmaal kasta.
- Biyo-raaci musqusha ka-dib isticmaal kasta.
- Timaha xad-dhaafka ah ka bixi fool-dhaqa ama waaskada qubeyska.
- Dharka wasakhda ah ka bixi.

Dhulka, tuunjiga musqusha, waaskada qubeyska iyo/ama goobta qubeyska, iyo fool-dhaqa waa in toddobaad walba la nadiifiyaa oo jeermiska laga dilaa. Goobahan waxaa gacanta loogu hayn karaa si joogto ah iyadoo la adeegsanayo nadiifiyayaasha guriga ee caadiga ah. Xiro gacmo-gashiyo iyo af-xir haddii ay habboon tahay.

1. Gasho gacmo-gashiyo cinjir ah.
2. Roogagga qaad oo bannaanka ku soo hurguf. Geli lamadaayada si loo nadiifiyo haddii loo baahdo.
3. Ku buufi ama ku bilbil nadiifiyaha. U oggolow nadiifiyaha in ay dhowr daqiiqo saarnaato, ka-dibna biyo-raaca ama tirtir.
4. Ku tirtir dhammaan dusha fool-dhaqa jeermis-dile.
5. Nadiifi meelaha saabuunta la saarto.
6. Ku buufi muraaradda waxyaabaha lagu nadiifiyo ka-dibna tirtir.
7. Ku tirtir waaskada qubeyska iyo meesha lagu qubeysto jeermis-dilayaal.
8. Musqusha gudaheeda ku rug buraash. Biyo-raaci musqusha si aad u nadiifiso tuunjiga. Tuunjiga musqusha gudahiisa ku rug buraash qacanqabsi dheer leh. Ku tirtir bannaanka suunjiga, fadhiga iyo daboolka jeermis-dile.
9. Xaaq ama ku nadiifi qalabka lagu nadiifiyo dhulka.
10. Marmarka ama mutuleelka, ku nadiifi jeermis-dile.
11. Qashin kasta bannaanka u saar.
12. Dib u soo celi roogagga.
13. Eeg oo buuxi warqadaha musqusha.
14. Saar shukumaano nadiif ah

Talooyinka kale

- Biyaha loo isticmaaley in lagu nadiifiyo meelaha faddareysan ama dharka waa in lagu biyo raaciyaa musqusha.
- Sahayda meel ammaan ah dhig.
- Nadiifi kadib qubeyska uumiga leh. Derbiyada, waxyaabaha musqusha lagu rakibo, iwm. waxay aad u fudud yihiin in la nadiifiyo ka-dib marka uumiga uu jilciyo wasakhda.

Sida Jikada Loo Nadiifiyo

Si aad nadiifinta jikada uga dhigto hawl fudud, tirtir waxyaabaha ku daata isla-marka ay daataanba, ka ilaali miisaska isdhexdaadsanaanta, oo nadiifi marka aad cuntada diyaarineyso.

1. Adiga oo isticmaalaya nadiifiye loo adeegsado ujeeddo kasta, tirtir xagga kore iyo xagga hore ee mashiinka cuntada lagu kariyo.
2. Foornada nadiifiugu yaraan bil kastaba mar adiga oo adeegsanaya qalabka lagu nafiifiyo foornada raacayanna tacliimaadka qasaca ku yaalla.
3. Ku tirtir dhinacyada, albaabka, iyo gacan-qabsiga firinjeerka jeermis-dile.
4. Ka bixi wax kastoo gudaha ku jira. Adiga oo adeegsanaay nadiifiyaha ujeeddo kasta loo adeegsado, nadiifi dhinacyada, iskafaalooyinka, iyo khaanadaha khudaarta.
5. Was kastaba ku celi firinjeerka, adiga oo ku daraya weel yar oo uu khamiir (baking soda) ku jiro si aad ur kasta ugu baabi'iso.
6. Ku tirtir miisaska korkooda iyo waaskada alaabta lagu dhaqdo jeermis-dilayaal. Fiiro gaar ah u yeello khasabadda iyo gacmo-qabsiyada.
7. Tirtir bannaanka iyo gudaha mashiinka cuntada lagu kululeysto (microwave). Si aad gudaha u nadiifiso, biyo ku shub baaquli mashiinka aan waxba u dhimin, karkari biyaha, ka-dibna muddo 5-10 daqiiqo hagu jiro. Baaquliga dibadda u soosaar ka-dibna tirtir gudaha mashiinka si aad u nadiifiso.
8. Dhulalka ku nadiifi jeermis-dileyaal.

Talooyinka kale

- Marooyinka loo adeegsado in lagu nadiifiyo miisaska iyo weelashada waa in aanan loo adeegsan in lagu nadiifiyo dhulka ama in lagu nadiifiyo waxyaabaha musqusha ku daatey.
- Mar kasta beddel oo dhaq marooyinka weelasha lagu dhaqo.
- Ka digtoonow saxarrada jiirka ee ku jira firintijeerada hoostooda, armaajooyinka, khaanadaha, iyo hoosta waaskada alaabta iyo foolka lagu dhaqdo ee jikada iyo mushqusha. Nadiifi oo jeermiska-ka-dil goobahan.



Nafiinta Goobaha Kale ee Guriga (Dhulka, Ka Masaxidda Boorka, Ku Masaxidda Rugaha, Xaaqidda)

Qalabka wax xaaqa ku nadiifi rooggaga iyo meelaha kale

Waxaan oggaan kartaa in gurigaagu uu nadiif noqonayo oona yeelanayo baahi yar oo loo qabo nadiifin qoto-dheer haddii aad si joogto ah ugu xaaqdo qalabkada lagu xaaqo. Isticmaal waxyaabaha ku xiran qalabkaaga lagu xaaqo oo muddo kadibba mar dulmar meelaha huwan iyo meelaha qarsoon.

- Eeg bacda ama qasaca qalabka wax lagu xaaqo. Beddel bacda ama faaruji qasaca haddii loo baahdo.
- Hubi in qalabka wax lagu xaaqo uu shaqeeyo, iyo in uusan lahayn fiilooyin fiiqan.
- Roogagga bannaanka ku soo hurguf.

Dhaq derbiyada iyo daaqadaha

- Xiro gacmo-gashiyo iyo af-xir haddii ay habboon tahay.
- Isticmaalka Jeermis-dilayaal.
- Xaqiiji ammaanka macmiilka iyada oo sabab u ah xasaasiyado, iwm.
- Meelaha mashquulka badan si joogto ah u nadiifi.
- Nadiifi daare-damiyeyaasha nalalka, marinnada, iwm.
- Dhaqidda derbiyada iyo gudaha daaqadaha waxaa lagu xaddidaa laba jeer sannadkii meelaha uu macmiilka dhab ahaantii adeegsado.

Alaabooyinka guriga boorka ka masax

- Isticmaal nadiifiye habboon.
- Gacmo-gashiyada xiro haddii loo baahdo.
- Isticmaal isbuunyo iyo/ama calal nadiif ah.
- Ka taxaddar waxyaabaha qiimaha leh ee abka-ab la iska dhaxlo iyo agabkii hore ee macmiilka, iwm.

Nadiifi il-xirka

- Qalab ku xaaq meelaha gabbaadka ah iyo/ama daahyada/ilxirada adiga oo adeegsanaya qalabka ku xiran qalabka dhulka lagu xaaqo.
- Si aad u sameyso nadiifin wanaagsan, soo deji il-xirrada/daaha oo ku qoy waaskada qubeyska ama dibedda dhig oo dhaq adiga oo adeegsanaya tuubbada biyaha.
- Rog si aad labada dhinacba uga nadiifiso.

Sida Dharka Loo Dhaqo

Waxaa wanaagsan in aanan dharka hal macmiil lagu dhex darin dharka macmiil kale. Waxaa sidoo kale wanaagsan in dharka macmiilka loo dhaqayo aan lagu darin dharka xarunta loo dhaqayo (shukumaannada jikada tusaale ahaan).

1. Ka soo ururi dhammaan dharka wasakhda ah goobaha kala duwan
   - Musqusha
   - Qolalka jiifka
   - Jikada
2. Kala-saar dharka cad iyo dharka madow
   - Akhri waxyaabaha ku qoran dharka
   - Xargaha dharka lagu warto ku qallaji
   - Mashiinka dharka lagu dhaqdo ku qallaji
3. Gacanta ku nadiifi meelaha wasakhda leh haddii ay lagama maarmaan tahay
   - Badeeco ma taallaa guriga?
   - Macmiilka ma doonayaa in uu badeecada isticmaalo?
   - Macmiilku miyuu xasaasiyad leeyahay?
4. Saabuunta dharka lagu dhaqdo
   - Guriga ma taallaa saabuunta dharka lagu dhaqdo?
   - Macmiilku dookh ma leeyahay?
   - Macmiilku xasaasiyad maka qabaa wax saabuunta dharka lagu dhaqdo ah?
5. Warankiilo ku dhaq haddii ay lagama maarmaan tahay
   - Akhri waxa ku qoran
   - Weyddii macmiilka haddii ay doonayaan warankiilo in la adeegsado
   - Macmiilku miyuu xasaasiyad leeyahay?





6. Maro jilciye, haddii la rabo
   - Akhri waxa ku qoran
   - Weyddii macmiilka haddii ay doonayaan maro jilciyo in loo adeegsado dharkooda
   - Macmiilku miyuu xasaasiyad leeyahay?
7. Dharka wasakhda ah ku rid mashiinka dharka lagu dhaqdo
   - Hubso in mashiinka dharka lagu dhaqdo in aanan si xad-dhaaf ah loo buuxin
8. Ku shub saabuunta, warankiilada, maro jilciyaha qaybaha loo calaamadeeyay.
9. Shid mashiinka dharka lagu dhaqdo
10. Dharka la dhaqey ku rid qallajiyaha ama war hadba sida ku habboon
11. Laallaab oo ku celi armaajada ama khaanadda dharka ee macmiilka

Nadiifinta iyo Jeermis-dilka iyadoo la adeegsanayo Warankiillo

Washington State Department of Health

DOH 970-216 January 2015

Disinfecting and Sanitizing with Bleach
Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments

Preparation Tips

- **Prepare** a fresh bleach solution each day in a well-ventilated area that is separate from children.
- **Label** bottles of bleach solution with contents, ratio and date mixed.
- **Use cool water. Always add** bleach to cool water, **NOT** water to bleach.
- **Wear** gloves and eye protection.
- **Prepare** solution in an area with an eye wash.

Disinfecting Solutions
For use on diaper change tables, hand washing sinks, bathrooms (including toilet bowls, toilet seats, training rings, soap dispensers, potty chairs), door and cabinet handles, etc.

Water	Bleach Strength* 2.75%	Bleach Strength* 5.25-6.25%	Bleach Strength* 8.25%
1 Gallon	1/3 Cup, plus 1 Tablespoon	3 Tablespoons	2 Tablespoons
1 Quart	1½ Tablespoons	2¼ Teaspoons	1½ Teaspoons

Sanitizing Solutions
For use on eating utensils, food use contact surfaces, mixed use tables, high chair trays, crib frames and mattresses, toys, pacifiers, floors, sleep mats, etc.

1 Gallon	1 Tablespoon	2 Teaspoons	1 Teaspoon
1 Quart	1 Teaspoon	½ Teaspoon	¼ Teaspoon

Disinfection of non-porous non-food contact surfaces can be achieved with 600 parts per million (ppm) of chlorine bleach. To make measuring easier, the strengths listed in this table represent approximately 600-800 ppm of bleach for disinfecting, and approximately 100 ppm for sanitizing. Chlorine test strips with a measuring range of 0–800 ppm or higher can also be used to determine the strength of the solution.

Contact your local health jurisdiction for further instructions on cleaning and disinfecting if specific disease or organisms are identified as causing illness in your program.

***Use only plain unscented bleach** that lists the percent (%) strength on the manufacturer's label. Read the label on the bleach bottle to determine the bleach strength. For example, Sodium Hypochlorite…6.25% or 8.25%.

Steps to Follow

- **Clean** the surface with soap and water before disinfecting or sanitizing.
- **Rinse** with clean water and dry with paper towel.
- **Apply** chlorine bleach and water solution to the entire area to be disinfected or sanitized.
- **Air dry** for at least 2 minutes.

This chart was created by the Disinfection Workgroup led by the Washington State Department of Health. Workgroup members consist of staff from the Department of Early Learning, Snohomish Health District, Local Hazardous Waste Management Program in King County, Washington State Department of Ecology, the Coalition for Safety and Health in Early Learning, and the Washington State Department of Health.

For people with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).

Based on the information contained herein, careful review of the literature and correspondence with EPA, the Disinfection Workgroup recommends staying as close as possible to a 600 ppm disinfection level for general non-food contact surface disinfection.

A thorough review of evidence-based literature has shown that 600 ppm to be an effective disinfectant when used appropriately. The literature suggests that there are key advantages to using lower strength chlorine bleach as a disinfectant (CDC, 2009). Chlorine bleach:

- Does not leave a toxic residue that requires rinsing in children's areas.
- Is unaffected by water hardness.
- Is inexpensive and fast acting.

The Disinfection Workgroup created a chart titled *Disinfecting and Sanitizing with Bleach: Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments* that lists recipes for creating disinfection and sanitizing solutions for the most common concentrations of chlorine bleach currently on the market. The chart uses a disinfection level of 600-800 ppm, and a sanitizing level at approximately 100 ppm. The chart also reminds providers to check with their local health department when disease or pathogenic organisms are present that require a higher level of disinfection to kill. For example, a norovirus outbreak, or dealing with a child with *Clostridium difficile.*

How to Determine Chlorine Bleach strength:

- Read the fine print on the label.
- The active ingredients may be listed on the back or front of the container's label, and listed in a similar manner to the example below showing the strength or percent of chlorine in a container of 8.25% bleach.

Active Ingredients
Sodium Hypochlorite...8.25%
Other ingredients.....91.75%
Total.....100%

References

Centers for Disease Control and Prevention (CDC). (2009, December 29). Guideline for Disinfection and Sterilization in Healthcare Facilities, 2008. Retrieved from http://www.cdc.gov/hicpac/disinfection_sterilization/6_0disinfection.html.

Environmental Protection Agency (EPA). (2014, June 12). Pesticides: Regulating Pesticides – Antimicrobial Policy & Guidance Documents. Retrieved from http://www.epa.gov/oppad001/regpolicy.htm.

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Washington State Department of Health

Chlorine Bleach Disinfecting and Sanitizing Chart Companion Document

DOH 970-216 January 2015

Background: Sodium hypochlorite is the active ingredient in household bleach or chlorine bleach. It is economical, and is an effective disinfectant with a broad spectrum of antimicrobial activity. It has been the primary disinfectant used in early learning programs in Washington State for more than 30 years. During this time, most household chlorine bleach was available at strengths of 5.25-6.25%. The recommended concentration for disinfection has been 600-800 ppm of chlorine bleach and 50 to 200 parts per million (ppm) for sanitizing.

In 2012, some manufacturers changed their chlorine bleach formulation to a strength of 8.25% with a registered non-food contact surface disinfection level of 2400 ppm, the level often used in hospitals. Their sanitizing level is 200 ppm, the upper end of the range allowed by the Food and Drug Administration (FDA).

Problem: As of 2014, the most available household chlorine bleach used for disinfection in children's programs in many areas of Washington State is at a strength of 8.25%. Instructions for use of these products and other strength bleaches indicate 2400 ppm of chlorine bleach is needed for disinfection. This represents 3 to 4 times the levels previously recommended for Washington's child cares. This issue has raised the question of what guidance to give child care providers regarding the concentration of disinfection and sanitizing solutions for use in their programs.

Discussion: It is prudent to use as few chemicals as possible in a child's environment. We believe 2400 ppm is too strong to use in children's environments when they are present, especially since children's lungs are still developing, and are more vulnerable to exposures to toxic chemicals.

The U.S. Environmental Protection Agency (EPA) (2014) guidelines contain procedures for testing, and test organisms that products must be able to destroy at 99.9% in order to be labeled as disinfectants and receive EPA's approval. The Disinfection Workgroup found several products that received EPA approval for disinfection at a strength of 600 ppm. For example:

Name of Product	Strength of Sodium Hypochlorite	EPA's Approval date
Aqua Guard Bleach	12.5%	August 4, 2014
Clorox Ultra Bleach	6.15%	August 29, 2012
KA Steel	12.5%	February 25, 2014
KIK International –Pure Bright Disinfectant Bleach	5.25%	January 13, 2014
So White Brand Bleach and Disinfectant	5.25%	July 11, 2013
Vertex	5.25%	February 12, 2014

Prepared by: The Disinfection Workgroup led by the Washington State Department of Health. Workgroup members consist of staff from the Local Hazardous Waste Management Program in King County, Snohomish Health District, the Coalition for Safety and Health in Early Learning, Washington State Department of Early Learning, Washington State Department of Ecology, and the Washington State Department of Health.

Diidmada/Oggolaanshaha Tallaalka Fayraska Cagaarshowga B (Hepatitis B)

Cudur-sidayaasha Dhiigga Ka Dhasha

Waxaan helay oo aan fahmey macluumaad ku saabsan kuwan soo socda:

- Asaamaha iyo hababka isu-gudbinta cudur-sidayaasha dhiigga ka dhasha. Kuwan waxaa ka mid ah fayraska Cagaarshowga B (HBV).
- Barnaamijka xakameynta caabuqa ee xarunta.
- Habraaca xarunta ee la raacayo haddii dhacdo wajahid ah ay dhacdo.
- Tallaalka Cagaarshowga ayaa shaqaalaha qaarkood, waxay ku heli karaan si bilaash ah. Shaqaalaha xaqa u leh waxay ka shaqeeyaan shaqooyin ku soo gaara dhiig ama wax kale oo suuragal ah in cudurka uu ku soo gaaro.
- Soojeedimada hab-dhaqanka caafimaadka caadiga ah ee bulshada wuxuu hagi doonnaa tallaalka shaqaalaha.

Saxiixa Shaqaalaha _____ Taariikhda _____

Qof Magaca Shaqaalaha _____

Diidmada Tallaalka Cagaarshow B (Lifaaqa A ilaa Qaybta 1910.1030)

Waxaan fahamsanahay in aan halis ugu jiro qaadista caabuqa HBV iyadoo sabab u ah shaqadeyda oo ay dad ku soo garaan dhiig ama wax kale oo cudurka faafin kara. Waxaan helay fursad la igu tallaalo tallaalka Cagaarshow B, oo aan wax lacag ah iigu fadhin. Si kastaba ha ahaatee, waxaan diidayaa in aan waqtigan tallaalka qaato. Waxaan fahamsanahay:

- Waxaan halis ugu sii jiri doonnaa in aan qaado Cagaarshow B marka aan diido tallaalkan.
- Waxaan mustaqbalka heli karaa taxanaha tallaalka, oo lacag la'aan ii ah haddii:
  - Shaqadeydu ay igu soo gaarayaan dhiig ama waxyaabo kale oo suuragal ah in aan caabuq ka qaado, iyo;
  - Aan doonato tallaalka.

Saxiixa Shaqaalaha _____ Taariikhda _____

Magaca Shaqaalaha ee Qoran _____

Qiyaasta #1 Taariikhda _____ Lootada # _____ Goobta _____

Qiyaasta #2 Taariikhda _____ Lootada # _____ Goobta _____

Qiyaasta #3 Taariikhda _____ Lootada # _____ Goobta _____

Halista Ka-dib Wajahidda

Ma jirto caddeyn cilmi ah oo muujineysa in isticmaalka daawooyinka ka hortagga iyo nadiifinta jeermiska ee loo isticmaalo daryeelka dhaawaca ama majuujinta dhaawaca in ay yareyn doonnaan halista isu-gudbinta HIV. Isticmaalka maadooyinka aashitada oo kale ah ee sida warankiillada laguma tallin.

- Wajahidda ama gaarista ka timaada muddida irbadda ama saridda ayaa keeni caabuqyada ugu badan. Celceliska wajidda halista caabuqa HIV ka-dib muddida/saridda irbadda ee dhiigga HIV qaba waa 0.3%.
- Halista ka-dib wajahidda isha, sanka, ama afka ee dhiigga sida caabuqa HIV waxaa lagu qiyaasey 0.1%.
- Halista ka-dib wajahidda maqaarka ee dhiigga sida caabuqa HIV waxaa lagu qiyaasey in ka yar 0.1%. Halista ayaa sarreyn karta haddii maqaarku uu dhaawacan yahay ama haddii taabashadu ay ku lug leedahay goob ballaaran oo maqaarka ah ama ay daba-dheeraato.

In kastoo halista ka qaadista cudur wajahid shaqo ay yar tahay, waa in aad tixgelisaa ikhtiyaaraadada ka hor inta aadan qaadan go'aamo saameyn kara noloshaada inteeda kale.

U soo sheeg wajahidda qofka ku habboon ee joogta goobtaada shaqada. Warbixinta degdegga ah waa aasaasi sababta oo ah, xaaladaha qaarkood, daaweynta waa in loo bilaabaa sida ugu dhakhsiyaha badan ee suuragalka ah.

Kala munaaqashoo halisaha suuragalka ah ee Cagaarshow B iyo Cagaarshow C bixiyaah daryeelkaaga caafimaadka. Haddii aadan horey u qaadan tallaalka Cagaarshow B, daaweynta waxaa caadi ahaan ku jiri doonna tallaalka Cagaarshow B.

Tijaabinta iyo Oggolaanshaha Ka-dib Wajahidda Cudur-sidaha Dhiigga Ka Dhasha

Haddii aad wajahdo dheecaano jirka ah, waxaan ayaa loo baahan yahay in aad oggaato:

- Waa in aad diiwaangelisaa oo aad ka soo warbixisaa dhacdada. Diiwaangelintu waa muhiim si aad u ilaaliso naftaada iyo dadka kale.
- Waxaad xaq u leedahay qiimeyn caafimaad iyo tijaabinta lidh-jidh-galaha HBV/HIV ka-dib wajahidda. Qofka uu ka yimid dheecaanka ayaa laga baarayaa HBV/HIV. Oggolaanshahooda haddii loo baahan yahay haddii:
    - Codsiga baaritaanka uu dhaco 7 maalmood gudahooda ka-dib wajahidda mooyaane.
    - Wajahidda ay ku habboon tahay shuruudaha qeexidda “wajahid baaxad leh” sida lagu qeexay xeerka WAC 246-100-205 mooyaane.
    - Aad ka tirsan tahay qayb shaqaale gaar ah mooyaane (bixiyaha adeeg caafimaad, sharci fulinta, dab-demiska, iyo shaqaalaha xarumaha daryeelka caafimaad sida lagu qeexay xeerka WAC 246-100-205).
- Waa in aad raadsataa daryeel caafimaad haddii wax dhacdooyin qandho ama jiro oo aad u daran ay soo baxaan 12 toddobaad gudahooda ka-dib wajahidda. Shaqaale kasta oo lidh-jidh-galeyaashiisa HIV aan la oggaan karin waa in dib loo baaraa lix toddobaad, saddex bilood, iyo lix bilood ka-dib wajahidda.
- Haddii aad wajahdey HBV, Guddiga CDC kala-taliyo Hab-dhaqannada Tallaalka ayaa ku talinaya tallaabo looga hortago wajahidda HBV ka-dib oo waqtigeeda dhacd si looga hortago caabuqa HBV iyo qaadista ku xigta ee caabuq ba'an ama cudurka beerka. Nooca habraacyada waxay ku xirnaan doonnaan xaaladda tallaalkaaga HBV iyo xaaladda lidh-jidh-galayaasha ee HBV.

Lambarrada Kheyraadka iyo Gudbinta Gobolka Washington

Khadka Tooska ah ee HIV/AIDS ee Gobolka Washington: 1-800-272-AIDS (2437)

Bogga Hore ee Xafiis Goboleedka CMS: https://www.cms.gov/Medicare/Coding/ICD10/CMS-Regional-Offices

Xarumaha Adeegyada Medicare iyo Medicaid (CMS) waa Hay'ad Federaal oo ka tirsan Waaxda Adeegyada Caafimaadka iyo Aadanaha ee Mareykanka. Barnaamijyada ay CMS ka mas'uul tahay waxaa ka mid ah Medicare, Medicaid, Barnaamijka Caymiska Caafimaadka Carruurta ee Gobolka, HIPAA, iyo CLIA.

Bogga Hore ee Adeegyada Macmiilka HIV:

https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HIV/ClientServices

Bogga Hore ee Adeegyada Macmiilka HIV wuxuu bixin doonnaa macluumaad ku saabsan adeegyada taageeraya ee caawiya shakhsiyaadka la nool HIV/AIDS, sida Barnaamijka Waxqabadka Hore. Mareegtadan waxay gacan ka geysan akrtaa ka jawaabidda su'aalaha ku saabsan adeegyada iyo bixinta linkiyada mareegtooyinka kale ee la xiriira. Waxaad heli kartaa nuqulka “Haga Kheyraadka Qoyska” adiga oo wacaya 877-376-9316.

HIV iyo Ilaalinta Shaqada

Shaqada

Loo-shaqeeyayaasha kuma takoori karaan shakhsiyaadka qaba caabuqyada HIV ama AIDS:

- Shaqo
- Shaqo-ka-qorista
- Beddelaadaha
- Shaqo ka fariisinta
- Shaqo ka joojinta
- Mushaarka
- Shaqo qoondeynta
- Fasaxyada maqnaashaha
- Fasaxa bukaanka, fasax kale
- Gunnooyinka dheeraadka ah ee shaqada lagu helo

Deegaan Aan Takoor Lahayn

Loo-shaqeeyayaasha waa in ay:

- Suurageliyaan oo ay joogteeyaan deegaan shaqo oo aan takoor ka jirin.
- Hubiyaan in wax dhibaateyn, cabsigelin, ama kala-sooc shaqaale ah aan la samayn marka la eego iyo shuruudaha shaqada.
- Bixiyaan waxbarasho habboon, haddii ay hanjabaad takoor suuragal ah ay ka dhalato goobta shaqada. Waxbarashadu waa in ay diiradda saartaa joojinta dhibaateynta, isticmaalka dhaliisha, iyo/ama cabsigelin.

Shaqaalaha qaba caabuqa HIV waxay xaq u leeyihiin in lagula dhaqmo isla sharafta, walaaca, iyo taageerada shaqaalaha qaba jirrooyinka kale ee nafta halis-gelinaya.

Shakhsiyaadka qaba caabuqa HIV iyo/ama AIDS ee dareema takoorka waxay cabasho u gudbin karaan:

- Guddiga Fursadda Shaqada Loo Siman Yahay ee Mareykanka, ama
- Guddiga Xuquuqul Insaanka Gobolka Washington (WSHRC).

Daboolidda Baahiyaha Macquulka ah

Loo-shaqeeyayaasha waxay mas'uul ka yihiin daboolidda baahiyaha goobta shaqada oo macquul ah, kuwaas oo u suuragelinaya shaqaalaha aqoonta leh, kuwa naafada ah, ama kuwa shaqo doonta ah in ay qabtaan hawlaha aasaasiga ah ee shaqada.

Daboolidda baahiyaha macquulka ah waxaa loola jeedaa wax-ka-beddel yar oo qiimo jaban, sida:

- bixinta qalab gaar ah;
- wax-ka-beddelka degaanka shaqada;
- oggolaanshaha waqti debecsan ama oggolaanshaha in shaqaalaha uu guriga ka soo shaqeeyo;
- bixinta waqtiyo nasasho oo soo noqnoqda; iyo
- dib-u-habeynta shaqada.

Caadi ahaan, kormeeraha ayaa la shaqeynaya dhakhtarka shaqaalaha si uu u qiimeeyo xayiraadaha caafimaadka. Waxay ka-dib abuurayaan xaalado shaqo oo si lagu qanci karo u daboolaya baahiyada shaqaalaha.

Loo-shaqeeyayaasha Ma Weyddiisan Karaan ama Uma Baahan Karaan Waxyaabahan Soo Socda Inta Lagu Guda Jiro Wareysiga Shaqada:

- Su'aalaha ku saabsan fikradda laga aaminsan yahay ama qabidda caabuqa HIV ama AIDS, haddii ay ku saleysan yihiin shuruudaha shaqada “dhabta ah/bona fide” ee ku qoran xeerka WAC 246-100-206 (12) mooyaane.
- Tijaabo dhiig si loo go'aamiyo caabuqa HIV ama AIDS.
- Baaritaan jireed oo lagu aqoonsanayo caabuqa HIV ama AIDS, haddii loo baahan yahay daboolidda baahiyaha macquulka ah oo la xiriira xaaladaha shaqada mooyaane.
- Su'aalaha ku saabsan hab-nololeedka, qabanqaabooyinka nolosha, ama dookh galmo ama dookha jaceyl.

Xeerka waxaa ka reeban: codsiyada militeriga Mareykanka, hay'adaha Peace Corps, iyo Job Corps, iyo shakhsiyaadka codsada dhalashada Mareykanka.

Goobta shaqada waxaa laga yaabaa in qofku uu ka qaado ama ku wajaho HIV. Haddii ay tani dhacdo, qofka waa in uu raacaa soojeedimada Xeerka Caafimaadka iyo Ammaanka Warshadaha ee Washington (WISHA). Kuwani waxay sheegayaan qofku in uu haysto toddoba maalmood in uu wajahidda ugu soo sheego kormeeraha. Muddada baaritaanka way ka duwan tahay.

Dhammaan macluumaadka caafimaadka ee la siiyey maamulka, shaqaalaha kormeerka, iyo/ama kooxaha daaweynta ee ku saabsan qofka la oggaadey in uu qabo caabuqa HIV ama AIDS waa mid si adag sir u ah.

Shaacinta ama ku xadgudubka sirtan waa sharci-darro. Tallaabo sharci ah ayaa la qaadi karaa iyada oo la raacayo sharciyada gobolka iyo kuwa fedraalka ee khuseeya haddii:

1. Xadgudubkaasi uu dhaco, oo;
2. Keeno tallaabo xun ay qaadaan maamulka, kormeereyasha, shaqaalaha oo ka dhan ah qof kasta oo naafo ah.

Bixiyeyaasha daryeelka caafimaadka waxay keliya isdhaafsan karaan macluumaad caafimaad marka loogu talagalay daryeelka, daaweynta, iyo dheefta bukaanka. Bixiyeyaasha daryeelka caafimaadka looma oggola in ay isdhaafsadaan macluumaadka caafimaadka ee loogu talagalay xakameynta caabuqa (WAC 246-101-120).

Dhibaateyntu waa sharcidarro

- Shaqaaluhu waa in aysan dhibaateyn qofka qaba HIV, loo arki in uu qabo HIV, ama kan qaba AIDS.
- Shaqaale kasta ee dhibaateeya ama takoora shaqaale qaba HIV wuxuu wajahi doonnaa tallaabo anshax-marineed.
- Kulannada hawlwadeennada ee loo jadwaleeyay qeexidda siyaasadaha goobta shaqada ee ku saabsan HIV/AIDS iyo HBV waxaa laga yaabaa in ay waxtar leeyihiin.

Baaritaanka La Xiriira Weerarka Galmo

Khubarrada intooda badan waxay ku talinayaan in dhibbanaha weerarka galmada in ay si toos ah u aaddo qolka xaaladaha degdegga ah ee cusbitaalka ugu dhow. Hawlwadeennada tababaran ee qolka xaaladaha degdegga ah waxay la-talin doonnaan dhibbanaha. Waxay sidoo kale u fidin karaan baaritaanta iyo u gudbinta HIV, cudurrada galmada lagu kala qaado (STDs), iyo uurka. Waaxaha xaaladaha degdegga ah qaarkood waxay u gudbin karaan dhibbanayaasha weerarka galmada waaxda caafimaadka degaanka si HIV looga baaro. Gobolka Washington, keliya dhibbanayaasha dembiilayaasha galmada ee dembiga lagu helay ayaa oggaan kara xaaladda HIV ee cidda soo weerartey.

Ogeysiinta Lammaanaha/Xaaska

Ogeysiiinta lammaanaha waa mid adeeg sir ah, oo ikhtiyaari ah oo loo fidiyo dadka qaba cudurka HIV iyo lammaanahooda galmada iyo/ama wadaaga qalabka irbadaha. Sida uu qabo sharciga federaalka, iskuday niyad wanaag ku dheehan waa in la sameeyaa si loogu wargeliyo xaaska qofka qaba HIV. “Xaas” waxaa lagu qeexaa qof xiriir guur la leh qofka qaba HIV/AIDS ilaa 10 sano ka hor baaritaanka. Habraacyada iyo hagidda ogeysiinta lammaanaha waxaa laga heli karaa WAC 246-100.

Talooyinka Kursiga Naafada Ee Ammaanka

Ka hortag shilalka ka hor inta aysan dhicin. Waqti hore sii qorsheyso xaaladaha degdegga ah, sida hawlgabka joojiyaha ama bareega kursiga quwadda korontada ku shaqeey, kursiga quwadda oo isaga iswada, ama kursi gacanta lagu wado oo gadaal u liicaya.

Walaacyada Deegaanka

- Marka aad macmiil kursiga naafada saaran aad bannaanka ku riixayso, ka feejignow deegaanka oo iska ilaali godadka ama dildilaacyada ku yaalla socod-hareereedyada ee keeni kara kursiga naafada in uu horey u tuurmo ama u dhaco.
- Iska ilaali roobka iyo barafka kuwaas oo gaar ahaan ah khatar ay wajahayaan adeegsadayaasha kursiga naafada ee quwadda korontada ku shaqeeya iyo qalabka qaalliga ah.

Talooyinka Guud Ee Ammaanka

- Kuraasta naafada ee quwadda korontada ku shaqeeya, had iyo jeer dami matoorkooda oo xir ka hor inta aadan qofka ka qaadain ama marka aad adeegsaneyso wiishka taaga (aalad makaaniko oo kor u qaadeysa kursiga naafada si ay u geyso sagxad sare sida gaariga qafilan). Kuraasta naafada ee gacanta lagu maamulo, had iyo jeer lugaha ka xir ka hor inta aadan qofka ka qaadain ama wareejin.
- Ka fogee walxaha debecsan ama waxa lagu daboosho dhabta giraangirada lugaha kursiga naafada.
- Haddii aad haysato kursiga naafada oo leh gacmo ama luga saar laga furi karo, husbo in ay meeshooda ku rakiban yihiin ka hor inta aadan qaadin adiga oo qabanaya gacmaha oo si tartiib ahna u laabaya lugo saarada kursiga. Hubso cago-saarada in aysan hortiisa yaallin marka macmiilka uu istaagayo, si aysan ugu kufin.





- Rar culus ha saarin xagga dambe ee kursiga naafada ee gacanta lagu maamulo - waxay keeni kartaa kursiga in uu gadaal u liico ama u dhaco.

Talooyinka Dayactirka

- Ku dhiirrigeli macmiilka in kursigiisa uu hubiyo ugu yaraan hal jeer sannadkii shirkadda laga soo iibiyey iyo/ama in uu ku sameeyo dayactir kasta ee loo baahan yahay.
- Hubso bareekyada, qufulada, gacamo-saarrada, cago-saarada, lugaha, taayarada, aariyada taayarka, iyo garaangarada in ay xaaladoodu tahay mid wanaagsan oo shaqeynaysa.
- Hubi in barkinka kursiga uusan dumin. Heerka hawada barkimaha la buufin karo waxaa loo baahan yahay in si joogto ah loo eego. Barikanada jeelka waxaa loo baahan yahay muddo-kadibba in mar la duugo si looga ilaaliyo jeelka in uu noqdo kuusas adag.
- Bateriyada waa in si buuxda loo danabeeyaa ka hor inta aanan guriga laga bixin. Muddo-kadibba mar, waa in bateriyayaasha uu farsamayaqaan ka eegaa heerarka dareeraha habboon iyo awoodaha danabeynta ee harsan. Bateri si buuxda u danabeysan oo taakule ah waa muhiim si loo adeegsado lacala haddii ay korontada baxdo ama ay dhacaan xaalado kale oo degdeg ah.

Riixidda Kursiga Naafada oo Ku Socda Hoobad/ Degaandag

- Marka hoobadka uu yahay mid aad hoos ugu yuuqan, riix macmiilka adiga oo gadaal u celinaya si aad uga hortagto adeegsadana kursiga naafaqada in uu liico.
- Marnaba haku soconin jid kacsan. Kursiga naafada waxay u badan tahay in uu dhinac-dhinac u dhaco.

Maqal Lumin

Caabuqyo, daawooyinka qaarkood, wajahidda dhawaqyo aad u dheer oo muddo waqti dheer soconaya, iyo gaboobidda waxay dhammaan keeni karaan maqal lumin. Maqal lumintu waxay inta badan u dhacdaa si tartiib-tartiib ah, dad badanna waxay ogsoon yihiin in ay dhibaato la kulmayaan. Daryeele ahaan, waa muhiim in aad ogtahay astaamaha maqal luminta iyo xaqiiqooyinka ku saabsan qalabka kaaliya maqalka.

Qalabka Kaaliya Maqalka

Dadka waaweyn ee ay da'doodu tahay 70 ama ka weyn ee la ildaran maqal luminta kuwaas oo ka faa'iidi kara qalabka kaaliya maqalka, in ka badan hal marka la eego saddex (boqolkiiba 30) ayaa waligooda isticmaaley. Xitaa qaangaaro ka tiro yar oo da'doodu u dhaxeyso 20 ilaa 69 (qiyaastii boqolkiiba 16) oo ka faa'iidi lahaa xirashada qalabka kaaba maqalka ayaa abad isticmaaley.

Diidista Xirashada Qalabka Kaaba Maqalka

Dad badan waxay sameyn karaan wax kasta si ay u diidan in ay maqalka la'yihiin. Inta badan tani waxaa sabab u ah in ay u haystaan qalabka kaaba maqalka in uu ka dhigayo in ay u ekaadaan ama dareemaan weynaan, waxay ka xishoonayaan maqal la'aanta, ama waxay ka cago-jiidayaan in ay isbeddel sameeyaan oo ay bartaan in ay la qabsadaan xirashada qalabka kaaba maqalka.

Qirashada in ay jirto dhibaato xagga maqalka waa tallaabada koowaad ee ku guuleysashada ka caawinta qof in uu caawimaad helo. Waxaa jira aalado kordhiya codka oo loogu talagalay telefoonka iyo raadiyaha, qalabka kaaba maqalka, iyo farsamooyinka qaarkood sida akhrinta bushimaha ee qofka ka caawin kara maqal luminta.

Waxa aad sameyn karto si aad u caawiso

- Noqo qof taageero leh oo dhiirrigelinaya.
- Ka fogaaw dhibidda ama falcelinnada kale ee u keeni kara in ay dareemaan kalinnimo iyo qof aan lahayn aqoon iyo xirfad.
- Qofka bar qof xirta qalabka kaaba maqalka kaas oo ku faraxsan, firfircoon, oo la qabsadey xirashada. Tani waxay dad badani ka dhaadhicisey in ay raadsadaan qalabka kaaba maqalka marka loo eego hababka kale.
- Ka samee tallaabooyin yaryar codsiyadaada dhiirrigelinta. Marka hore weyddii “Maka fikireysaa in aad aaddiid…” Goor dambe, weyddii: “Miyaad si dhab ah u tixgelinaysaa in aad sameyso…?” ka-dibna: “Ka waran haddii aan ballan ka qabto…?”

La qabsiga xirashada qalabka kaaba maqalka

- Marka macmiilka uu helo qalabka kaaba maqalka, waxay ku qaadaneysaa dhowr toddobaad iyo in mararka qaarkood in ka badan in uu barto sida loo isticmaalo iyo in uu raaxo ka qabo qalabka kaaba. Inta waqtigan lagu guda jiro, waa muhiim in macmiilka uu ku noqdo dhakhtarka si loogu sameeyo hagaajin kama dambeys ah iyo sidoo kale in uu weyddiiyo arrimo kasta ee ay qabaan.
- Qofka sii taageero badan oo ku dhiirrigeli xubnaha qoyska iyo saaxiibbada in ay ka faalloodaan inta uu macmiilka maqlayo tani iyo markii loo xiray qalabka kaaba maqalka.

Khuraafaadka iyo Xaqiiqooyinka ku saabsan Qalabka Kaaba Maqalka

Khuraafaad	Xaqiiq
Qalabka kaaba maqalka wuxuu caadi ahaan ku soo celiyaa maqalka sida ookiyaalaha dadka loo qoro u aragga u soo celiyo "20/20."	Qalabka kaaba maqalka dib uguma soo celiyo maqalka "caadi ahaan," waxay sii wanaajiyaan awoodaha maqalka iyo dhageysiga iyo sidoo kale tayada nolosha.
Qalabka kaaba maqalka wuxuu waxyeeleeyaa maqalkaaga.	Qalabka kaaba maqalka ee sida habboon loo xirtay loona dayactirey dhib uma geysanayo maqalkaaga.
Xirashada qalabka kaaba maqalka waa astaan muujineysa in aad duqowdey.	Liidashada maqalka wuxuu ku badan yahay dadka waaweyn, si kastaba ha ahaatee waxaa jira dad da'aad kastaba jira oo ka faa'iidi kara.
Qalabka kaaba maqalka waa wax weyn oo foolxun. Dadka intiisa badan ma doonayaan in ay xirtaan.	Dadka intiisa badan kama warqabaan horumarinadii ugu dambeeyay ee laga sameeyay qalabka kaaba maqalka. Waxaa jira qalabka kaaba maqalka oo yar, le'eg oona ku qarsooma "dhegta gudaheeda." Nooca qalabka kaaba maqalka wuxuu ku xiran yahay nooca maqal luminta iyo qofka ay dhibaatadu haysato.

Ururrada iyo Kheyraadyada Dhegoolayaasha iyo Dadka Maqalka Ku Adag

Waaxda Adeegyada Caafimaadka iyo Bulshada ee Gobolka Washington - Xafiiska Dhegoolayaasha iyo Dadka Maqalka Ku Adag:
dshs.wa.gov/altsa/office-deaf-and-hard-hearing

Ururka Mareykanka ee Maqal Luminta - Ururka Gobolka Washington (HLA-WA):
hearingloss-wa.org • P. O. Box 265, Redmond, WA 98073-0265 • E-mail: info@hearingloss-wa.org

Ururka Mareykanka ee Maqal Luminta
hearingloss.org/ • 6116 Executive Blvd., Suite 320, Rockville, MD 20852
E-mail: info@hearingloss.org

Loop Washington
Get in the Hearing Loop! Olole waxbarasho oo lagu kordhinayo wacyigelinta ku saabsan maqal luminta, qalabka kaaba maqalka, faa'iidooyinka qalabyada maqalka ee telecoils, hearing loops iyo haqabtirka baahiyada helidda maqalka ee dadweynaha.
hearingloop.org
E-mail: cheripz@gmail.com

Faa'iidooyinka Daaweynta Waqtiga Hore ee Maqal Luminta
betterhearing.org/your-hearing-health/the-benefits-of-healthy-hearing/

Aqoonsashada Astaamaha Maqal Luminta
hearingloss.org/hearing-help/hearing-loss-basics/symptoms-diagnosing/

Sida Loola Hadlo Qofka Aanan Wax Maqlin
agingcare.com/articles/hearing-loss-communication-techniques-144762.htm

Labo Ayay Qaadaneysaa In La Hadlo: Kaararka Talada War-isgaarsiinta Labada-Dhinac:
hearingloss.org/news-media/brochure-downloads/

Tiknoolajiyadda Dadka Ka Caawisa Maqalka

Tiknoolajiyadda dadka ka caawisa maqalka waxay qofka ka caawineysaa in uu si fiican wax u maqlo xaaladaha qalabka kaaba maqalka aysan dad ku filneyn. Aaladaha kale ee dhageysiga la caawiyo, sida qalabka jeebka lagu qaato ee (pocket talkers), waxay suuragelinayaan la hadalka qofka maqal la'aanta ah laakiise aanan xiran qalabka kaaba maqalka.

- Diglo (oo horey loo oran jirey Harris Communications): Diglo.com
- Xafiiska Adeegyada Dhegoolayaasha iyo Dadka Maqalka Ku Adag ee Gobolka Washington: dshs.wa.gov/altsa/odhh/telecommunication-equipment-distribution (waxay dadka dhegoolaha ah iyo kuwa maqalka ku adag u qaybiyaan telefoonno cod-dheer iyo qoraalba leh)

Xirfadlayaasha Maqalka, Qalabka Kaaba Maqalka, iyo Xarumaha Maqalka ee Kuu Dhow

- Hearing Tracker: hearingtracker.com/hearing-aids/usa/washington (wuxuu goob ahaan u raadiyaa kheyraadyada kaaba maqalka)
- Xarunta Maqalka Hadalka iyo Dhegoolaha: hsdc.org/ (waxay maareynta kiiska, u-qareemeynta iyo macluumaadka siisaa shakhsiyaadka dhegoolaha ah iyo kuwa maqalka ku adag)

Caawimaad Maaliyadeed oo loogu talagalay Qalabka Kaaba Maqalka

- Northwest Access Fund: nwaccessfund.org/who-we-are/about-us/
- Xarunta Maqalka Hadalka iyo Dhegoolaha: hsdc.org/
- Bukaan-eegtada Maqalka iyo Hadalka ee Jaamacadda Washington: sphsc.washington.edu/hearing-aid-assistance-program-haap
- Caafimaadka Ciidankii Hore: “Ciidankii Hore! Maqalka makugu adag yahay? VA ayaa ku caawin karta.” www.prosthetics.va.gov/psas/Hearing_Aids.asp
- Cilmi-baarista Caafimaadka Maqalka: hearinghealthfoundation.org/research



Talooyinka ku saabsan Maamulidda Hab-dhaqannada Adag

Aadanuhu waa wax adag in la fahmo. Dadka daryeela dadka kale iyo dadka hela daryeelka waxay si kala duwan u muujin karaan dareennada aan fiicnayn. Daryeele ahaan, waxaa wanaagsan in aad fiiro gaar ah u yeelato baahida macmiilkaaga si aad u awoodo in aad muujiso dareenno aan fiicnayn, laakiinse in aad tahay daryeele macnaheedu ma ahan in aad u dulqaadato wax kasta oo ixtiraam-darro ah ama si un kuu waxyeelaynaya.

Akhri oo u noqo qorshaha adeegga macmiilka. Tusaale ahaan, waxaa wanaagsan in la oggaado daawooyinka uu macmiilku qaadanayo iyo waxyeellooyinka soo raaca ee jiri kara. Xusuusnow, haddii aad la kulanto hab-dhaqanno adag, haka labalabeyn in aad kala hadasho kormeerahaaga ama maareeyaha kiiska ee macmiilka. Hab-dhaqanka waa nooc ka mid ah war-isgaarsiinta. Xitaa aamusnaanta ama “hab-dhaqan la'aantu” waa war-isgaarsiin.

Xanaaq

La-qabsiga Xanaaqa Qof Kale

- Xanaaqa shakhsi ahaan ha u qaadan. Inta badan, xanaaqa qof kale ayaa wuxuu ku jihaysan yahay waxa aad metesho ama xaaladda, ee adiga shakhsi ahaan ma ahan.
- Qir xanaaqa oo qofka kale ha oggaadoin aad ogsoon tahay in ay xanaaqsan yihiin.
- Si taxaddar leh u dhageyso waxa uu qofka kale sheegayo. U oggolow qofka kale si uu xanaaqiisa muujiyo ka hor inta aadan u jawaabin.
- Raadi wax aad isku waafaqtaan.
- Deji dhawaaqa codkaaga oo hoos u dhig heerka codkaaga.
- Qofka sii fursad oo go'aamo ku qaato oo xakamee.
- Eeg qaababka hab-dhaqanka xanaaqa. Iskuday in aad jebiso qaabka. Haddii aad iskudaydo in aad ka fogaato waxyaabaha keena xanaaqa, waxaad yareyn kartaa xal-waaga aad labadiinaba dareentaan.
- Ku caawi qofka in uu dib u helo dareen xakameyn adiga oo weyddiinaya in uu jiro wax ka caawinaya in ay fiicnaan dareemaan.
- U soo jeedo habab kale oo ay ku muujin karaan xanaaqa (t.a. in uu cabashooyinka liis ku qoro).
- Ogow goorta laga joogsanayo. Mararka qaarkood marka ay dadku xanaaqsan yihiin, waxay u baahan yihiin waqti kaligooda ah oo ay isku dejiyaan kuna nastaan. Haddii midkiinna ay xaaladdu gacantiisa ka baxayso, ka soco (haddii aysan adiga ama macmiilka aysan khatar gelinaynin).
- Qaado dhowr neefsasho qoto-dheer, tiri ilaa 10.

Haddii qofku uusan awoodin in uu xakameeyo xanaaqa iyo/ama aad ka baqayso in ah khatar kugu yihiin, naftooda ama dad kale, caawimaad hel.

Talooyin Lagu Muujinayo Xanaaqaaga

- Baro in aad aqoonsato oo aad qirato xaqiiqda in aad tahay/dareemeyso xanaaq.
- Go'aami haddii ay habboon tahay in xanaaq la muujiyo ama in kale. Si taxaddar leh uga fikir ka hor inta aadan jawaabin.
- Haddii aadan dareemin in aad xanaaqaaga xakameyso, qaado "waqti aad bannaanka ku aado" (t.a., qolka ka baxa oo bannaanka ku soo socsoco ilaa aad deganaansho ka dareento, haddii adiga ama macmiilka aysan halis idin gelinaynin).
- Xanaaqaaga si toos ah oo habboon u muuji adiga oo adeegsanaya bayaannada "aniga".
- Marka aad qirto oo aad muujiso xanaaqaaga, iska saar.

Waxa La Sameeyo Marka ay Xaaladdu Isu Beddesho Gacan-ka-hadal

- Adiga kaligaaga meel hala joogin qof aad u maleyso in uu khatar yahay. U jiro masaafo ammaan ah, dhabarkaaha ha aadinin, oo meel fadhi haddii ay suuragal tahay. Albaabka ha furnaado ama fur albaabha xiran oo albaabka agtiisa fadhiiso. Hubso in qof kale oo ku caawiya kuu dhow yahay, haddii ay suuragal tahay.
- Isticmaal hab deggan, aan adkeyn si aad xaaladda u dejiso. U soco oo u hadal si tartiib ah, aamusnaan leh, oo haddana kalsooni ku dheehan tahay. Qof ixtiraam leh noqo.
- MARNABA ha taaban qofka oo ha isku dayin in aad qofka goobta ka kaxeyso. Xitaa riixidda debecsan ama qabasada gacanta qofka waxaa loo fasiran karaa khala qofkana wuxuu ku jawaabi karaa rabsho.
- Isticmaal xeelado daahin si aad ugu caawiso qofka in aad siiso waqti uu isku dejiyo (t.a., biyo uu cabo ku sii koob waraaq ah).
- Haddii ay xaaladdu ka sii darto, raadi hab aad ka cudurdaarato, goobta/qolka ka bax oo caawimaad hel. "Waxaad ka dhawaajisey xoogaa su'aalo wanaagsan ah. Waxaan la hadli doonnaa kormeeraheyga si aan u aragno waxa aan sameyn karno." "Waxaan u maleynaa in aan maqlo qof albaabka jooga. Iga raalli noqo muddo daqiiqad ah si aad u soo eego cidda ay tahay." Hubso in ka bixidda qoflka in adiga ama macmiilka aysan halis gelinaynin.

Haddii Qofka uu Qabo Nooc Xusuus Lumin ah

Dadka xanuunka xusuus luminta qaba waxaa laga yaabaa in ay si fudud u jahwareeraan una shakiyaan. Waxay u maleyn karaan in dadka kale ay isku dayayaan in ay waxyeeleyaan. Iyada oo sabab u ah dhalanteed run moodid ama waham, falcelinnada daawo, iyo xanuun, dadka qaarkood waxaa laga yaabaa in ay noqdaan kuwo rabshado gacan qaad leh sameeya. Tusaale ahaan, qofka wuxuu noqon karaa qof rabshad sameeya marka qubeysku aad u qabow yahay.

- Had iyo jeer eeg haddii aad garan karto waxa dhici kara. Ma qaab baa jira? Hab-dhaqannada rabshada wata ma waxay dhacaan waqtiyada qaarkood ama iyada oo laga falnaqayo dhacdooyinka, dadka, ama waxyaabaha qaarkood? Ka faa'iideyso qaabab ama baaqyo kasta si aad isugu daydo oo aad uga hortagto dhibaatada in ay dhacdo.
- Iskuday mashquulin. Samee siyaabo lagu mashquulinayo qofka haddii aad aragto rabshad dillaaceysa.
- Baro oo isticmaal waxyaabo uu qofku jecel yahay (t.a. in socod la aado, dhageysiga muusik, cunista cunto fudud) oo kuwan u soo bandhig.
- Caawimo hel. Haddii aad aragto hab-dhaqannadan in ay dhacaan inta lagu guda jiro waxqabadyada qaarkood (sida qubeyska ama dhar-xirashada), iskuday in aad waqtiyadan caawimaad ka raadsato dadka kale.
- Haddii kuwan oo dhan lagu guuldareysto, is-ilaali. Meel fog ka istaag. Haddii aad dareento qofka in uu dhaawac kuu geysan karo, qofka isaga bax oo caawimaad raadso.

Hab-dhaqanka Ixtiraam-darrada ah

Daryeelaha waa xirfadle wuxuunna istaahilaa ixtiraam. Waa muhiim in la sameeyo hab-dhaqan ixtiraam leh oo u dhaxeeya macmiilka iyo daryeelaha. Kala shaqee macmiilka dejinta xudduudo la wadaago iyo filashooyinka wadahadalka ixtiraamka leh.

- Is-deji. Jawaabta dabiiciga ah ee aad bixinayso marka si ixtiraam-darro ah lagugula dhaqmo waa xanaaq. Qaado dhowr neefasho qoto-dheer, oo nasasho leh. Imminka waxaad diyaar u tahay in aad si wax-ku-ool ah uga jawaabto.
- Hab-dhaqanka qiimee. Ma si ula-kac ahbaa loo sameynayaa ixtiraam-darrada? Ma dhibaato ayay abuureysaa?
- Aqoonso waxa, haddii ay jiraan, ka jira deegaanka ee laga yaabo in uu keenayo habdhaqanka (t.a., kafee badan, daawashada barnaamijyada dembiyada ee telefishanka) oo yaree waxqabadyadan.
- Ogow daawooyinka uu macmiilka qaadanayo iyo waxyeellooyinka soo raaca ee suuragalka ah. Meesha ka saar arrimo ama walaacyo kasta.
- Dhageyso waxa macmiilka laga yaabo in uu dhab ahaantii ka hadlayo ee ka dambeeya ereyada ixtiraam-darrada ah.
- Mararka qaarkood macmiilka waxaa laga yaabaa in xuduudaha soo dhaafo si uu falcelin uga helo daryeelaha. Daryeelayaasha qaarkood waxay si dhaqso ah uga jawaabi doonnaan ixtiraamdarrada, laakiinse mararka qaarkood in aanan la siin falcelinta uu filayo macmiilka ayaa wanaagsanaan karta.
- Jawaabcelin cad bixi. Macmiilka ha oggaado waxa uu sameeyay in ay tahay ixtiraam-darro iyo sida ay kaa dhigeyso in aad dareento. Si gaar ah u sheeg, isticmaal bayaannada “aniga”, oo faallooyinkaaga ka dhig kuwo gaaban oo xaqiiqda ku saleysan. “Marka aad ila isticmaasho dhawaaqa codkaasi, way i xanaajineysa, waxaanna dareemaa qaddarin la'aan.”
- Samee xuduudo oo si edeb leh u sheeg sida aad jeclaan lahayd in lagugula dhaqmo.
- Macmiilka weyddii, “Maxaa qaldan?” Tani waxay gacan ka geysan kartaa xallinta xaaladda beddelkii ay sii xumeyn lahayd. Dib u milicso waxa aad arkeyso/maqleyso, eeg, xusuusi qofka xeerarka lagu wada shaqeynayo, oo u sheeg aragtidaada ku saabsan waxa aad la kulmeyso iyo in aad ixtiraamdarro dareento.

Hab-dhaqannada Galmada

Hab-dhaqanka galmada waxaa laga yaabaa in uusan ahayn mid shakhsiyadeed ma xitaa aanan loogu gol lahayn galmo ahaan. Hab-dhaqannada la xiriira ceebta ama xushmo la'aanta dadweynaha (isqaawin, siigeysi, iwm.) waxay dhab ahaantii noqon karaan kuwo baahi lagu muujinayo. Tusaale ahaan, macmiilka iska siibaya surwaalkiisa wuxuu u baahan karaa in uu musqusha aado. Khasab ma ahan in ay “isu qaawinayaan” sababo galmo.

- La xiriir kormeerahaaga ama maareeyaha kiisak macmiilka isla-markiiba marka ay ammaan tahay in sidaa la sameeyo haddii xubinka qoys kale ama deris uu kaa dhigayo in aad dhib kala kulanto.
- In kastoo hab-dhaqanka laga xanaaqi karo iyo/ama aad ka xishoon karto, haddana iskuday in aadan aad uga falnaqin. Macmiilka waxaa laga yaabaa in uu ka falnaqayo wax siiya dareen wanaagsan oo uu iloowey xeerarka.
- Raadi siyaabo aad macmiilka ugu jihayn karto waxqabad kale ama uga kaxeyn kartid goobta haddii ay tahay goob fagaare ah.
- Diiwaangelinta oo ka soo warbixi, oo raac habraacyada iyo siyaasadaha goobtaada daryeelka.
- Xusuusnow in aadan kaligaa ahayn. La hadal kormeerahaaga ama maareeyaha kiiska ee qofka marka aad caawimaad u baahan tahay ama haddii uu jiro wax aad ka xanaaqeyso ama ku dhibaya oo dhacaya.
- Waa muhiim in aad soo sheegto oo aad ka hadasho tusaalooyinka hab-dhaqanka galmada ee aanan habboonayn. Inta badan, “iska dhaafta” daryeelayaasha, oo ah hab khatar ah oo lagula tacaali karo hab-dhaqanxumada galmada ah. Taageero uga raadi dareennadaada deegaan taageero leh oo xannaano ah. La hadal kormeerahaaga ama qof kale si aad uga hesho hagid ku saabsan maareynta habdhaqanka galmada ee raaxo la'aanta kaa dhiga.

La-tacaalidda Dhaqanxumada marka aad Daryeelka Ku Bixinayso Qofka Gurigiisa

Qof walba waa in aad ammaan dareemaa marka uu shaqada joogo. Iskuday farsamooyinkan haddii aad dareemeyso raaxo la'aan ama ammaan la'aan, ama aad dareemeyso dhibaateyn, xadgudub ama takoor adiga oo macmiilka kula shaqeynaya gurigiisa ama abaarmankiisa.

Heerka 1aad Waxaad **raaxo la'aan ka dareentaa** habdhaqanka macmiilka ama qof kale oo guriga jooga, laakiinse **ma dareento in ammaankaagu uu khatar ku jiro.**	• Haddii aad raaxo la'aan dareento, macmiilka weyddii in uu hab-dhaqanka joojiyo ka-dibna u sheego in aad raaxo la'aan dareemeyso. • Dib-u-akhri qorshaha adeegga macmiilka si aad u aragto haddii hab-dhaqanka aan loo baahnayn looga hadley qorshaha iyo haddii ay jiraan waxqabadyo la qorey oo kaa caawinaya in aad hab-dhaqankooda wax ka qabato. La xiriir kormeerahaaga ama loo-shaqeeyahaaga si aad u hesho nuqulka cusub ee qorshaha. • La xiriir kormeerahaaga ama loo-shaqeeyahaaga si aad u hesho soo-jeedimada ama si aad u soo sheego hab-dhaqannada cusub, ee aan loo baahnayn.
Heerka 2aad Waxaad **ammaan la'aan ka dareentaa** habdhaqanka macmiilka ama qof kale oo guriga jooga, **laakiinse ma dooneyso ama uma baahnid in aad si degdeg ah xaaladda uga tagtid.**	• La xiriir kormeerahaaga ama loo-shaqeeyahaaga oo u sheeg hab-dhaqannada kuu keenaya in aad ammaan la'aan aad dareento. Bixi faahfaahinna ka caawinaya in ay xaaladda fahmaan. • Tixgeli in aad hesho tababar gaar ah si uu kaaga caawiyo in aad si fiican u fahamto baahiyada hab-dhaqanka macmiilka. Si aad wax badan uga oggaato ikhtiyarada tababarka, la xiriir kormeerahaaga ama loo-shaqeeyahaaga. • La xiriir kormeerahaaga ama loo-shaqeeyahaaga haddii aadan dooneyn in aad daryeel u fidiso macmiilka.
Heerka 3aad Waxaad **ammaan la'aan ka dareentaa** habdhaqanka macmiilka ama qof kale oo guriga jooga waxaadna **dooneysaa ama u baahan tahay in aad si degdeg ah uga tagto xaaladda.**	• Guriga isaga tag, oo islamarkiiba wac kormeerahaaga ama loo-shaqeeyahaaga si aad u oggeysiiso in aad baxdey oo sharrax walaacyada aad xaaladda ka qabto. Haddii ay jiraan walaacyo ku saabsan in macmiilka uu kaligiisa yahay oo aadanna awoodin in aad kormeerahaaga ama loo-shaqeeyahaaga la xiriirto, iskuday in aad la xiriirto kormeeraha ama xubin kale oo ka tirsan shaqaalaha Hay'adda Degaanka ee Gaboobidda/DSHS. Haddii in macmiilka kaligiisa laga tago ay halis degdeg ah gelinayso wac 911. • Dib-u-eeg dhammaan waxqabadyada lagu qorey heerarka 1aad iyo 2aad. • La xiriir kormeerahaaga ama loo-shaqeeyahaaga haddii aadan dooneyn in aad daryeel u fidiso macmiilka.

Caafimaadka Afka

Suuska Ilkaha

Suuska ilkaha ama yeelashada ilko bolol ah waxaa keena marka bakteeriyada (jeermisyada) afka ku jira ay abuuraan aashito ka timaada cuntada aan cunno. Aashitooyinka waxay burburiyaan waxa adag ee daboola ilkaha, waxayna keenaan in ilkaha ay yeeshaan dalool ama bolol.

Marka cudurka uu sii socda, ilmaha waxay noqon karaan kuwo u nugul kuleylka, qabowga, ama macaanka, iyo waxaanna haleeli kara caabuq (ka soo bax). Haddii iligta aanan la dayactiri karin, waxaa loo baahan karaa in la bixiyo, taas oo dhibaato cusub u keeni karta cunista, hadalka, iyo islahanweynaanta.

Cudurka Cirridka

Cirrid belbel waa marka dabar ilkaha ah (jeermiska iyo cunyada ku dhegta ilkahaaga) aanan maalin kasta ilkaha laga bixin, bakteeriyada waxay cuncun u keenaysaa cirridka, taas oo keenaysa cirrid belbel. Cirridka waxaa laga yaabaa in uu noqdo mid guduudan oo bararsan, waxaanna laga yaabaa in ay si fudud u dhiigbaxo marka la cadeeyo ama dun lagu nadiifiyo.

Haddii cirrid belbelka aanan ka xakameyn, bakteeriyada waxay baabi'in kartaa lafta ilkaha booskooda ku hayso. Tani waxaa loo yaqaanna Cudurka (Cirridka) Periodontal. Marka laftu baaba'do, ilkaha waxay noqon karaan kuwo debecsan waxayna u baahan karaan in la bixiyo. Dadka la nool cudurka sonkorowga iyo kuwa sigaarka cabba waxay halis badan ugu jiraan in ay qaadaan cudurka cirridka.

Af Qalallan

Afka qalallan wuxuu u keenaa ilkaha, cirridka, carabka, iyo nudayaasha kale ee afka in ay qalleel dareemaan. Afka qalallan waxaa keeni kara waxyeellooyinka soo raaca daawooyinka, dhibaatooyinka qanjirka candhuufta, daaweeynta shucaaca ama kiimikada (chemo).

Marka afka uu qalallan yahay, ilkaha waxay u badan tahay in uu suus halleelo sababta oo ah ma lahan candhuuf ku filan oo dhaqda qurubada cuntada iyo aashitada. Waxaa sidoo kale ka dhalan kara dhibaatooyinka cirridka iyo caabuqyo kale.



Badeecooyinka afka qalallan iyo waxyaabaha beddela candhuufta ayaa la heli karaa si loo yareeyo astaamaha. Ku dhiirrigeli macmiilka in uu kala xiriiro dhakhtarkiisa ama farmashiilaha wixii ku saabsan waxyeellooyinka soo raaca daawooyinka.

Xanjo sonkor la'aan ah ama nacnaca reexaanka oo ay ku jirto xylitol ayaa ah hab wanaagsan oo lagu dardargeliyo qulqulka candhuufta ilaalisa afkaaga. Marnaba ha dhuuqin nacnaca sonkorta leh si aad ugu qoyso afkaaga.

Kansarka Afka

Kansarka ayaa haleeli kara meel kasta oo afka gudahiisa ah: carabka, bushimaha, dhabanada, cirridka, qaybta kore ama qaybta hoose ee afka, iyo cunaha. Sigaarka iyo khamriga waxay kordhiyaan halista qaadista kansarka. Kansarka afka caadi ahaan waxaa xanuun la'aan marka uu marayo marxaladaha ugu horreeya, sidaa daraadeed astaamaha ayaa la iska indhatiri karaa ilaa xaaladdu ay ka noqoto mid xanuun badan. Calaamadaha digniinta ee kansarka afka waxaa ka mid ah:

- nabarro aanan ku bogsan 2 toddobaad gudahooda;
- kuuskuus, ama barar;
- jaanan cad ama guduudan ama nabarro; iyo
- adkaanshaah calaajinta ama liqidda.

Waa muhiim in wax kasta ee aanan ku bogsan laba toddobaad gudahooda in uu eego dhakhtar ama dhakhtarka ilkaha.

Cuntooyinka Khatarta Suuragalka ah leh (PHFs)

Digaag, Hilib Lo'aad, Hilib Doonfaar, iyo Turki	Inta badan hilibka cayriinka ah ee xayawaannada waxaa ku jirta bakteeriya. Waxaad bakteeriyada dili kartaa adiga oo ku karinaya digaagga iyo hilibka heelkulka gudaha oo ammaan ah.
Miraha iyo Khudaarta	Miraha iyo khudaarta cusub waxaa ay wasakh ku soo gaari kartaa min beerta ilaa miiska, oo ay ku jiraan is-faddeynta ka dhacda jikada. Miraha iyo khudaarta ugu ammaansan waa kuwa la kariyay; kuwa ku xiga ee ugu ammaansanna waa la dhaqey. Had iyo jeer dhac dallaga markaasi oo go'ay.
Caano iyo Waxyaabaha Caanaha Laga Sameeyo	Caanaha (aan la karkarin) waxay yeellan karaan jeermisyo waxyeello leh. Badeecooyinka caanaha laga sameeyo, sida farmaajada jilicsan, jallaatada, iyo caano-fadhiga ayaa sidoo kale keeni kara caabuqyo halis ah. Ka hor inta aadan adeegsan badeecooyinkan, hubso in laga sameeyay caano la karkariyey.
Ukumo	Ukummaha waxay yeellan karaan Salmonelle xitaa haddii ay u egyihiin kuwo nadiif ah. Had iyo jeer kari ukumaha ilaa qaybahiida jaallaha ah iyo kuwa cad ay ka noqdaan kuwo adag oo dilla bakteeriyada oo ammaan ka dhig.
Cunto-badeed	Sida hilibka iyo diggaaga cayriinka ah oo kale, cuntada badda ee cayriinka ah waxay yeellan karaan bakteeriya halis ah. Ku kari cuntada badda heerkul ammaan ah, oo ha cunin kalluun ama shellfish cayriin ah ama si fiican loo karin.
Dhalatada	Dhalatada iyo bakteeriyada waxay si fiican ugu koraan deegaanka diirran, ee qoyaanka leh. Dhalatada cayriinka ah ama sida fiican loo karin waxay yeellan karaan bakteeriya waxyeello leh. Biyo-raacinta dhalatada meesha kama saareyso bakteeriya. Si fiican u kari dhalatada si aad u yareyso fursadda jirrada cuntada ka dhalata.
Bur Cayriin ah	Burka caadi ahaan lama daaweyn si looga dilo jeermisyada. Cuntada laga sameeyay burka waxay ammaan tahay oo keliya marka la kariyo. Marnaba ha cunin cajiin cayriin ah ama bur la garaacey.
Qaro	Qaraha la jarey ee yaalla heerkulka caadiga ah ee qolka waa deegaan wanaagsan oo ay bakteeriyadu ku kobocdo. Iska-tuur qaraha la jarey ee looga tagey heerkulka qolka caadiga muddo ka badan 4 saacadood. Qaraha la jarey markaasiba cun oo firinjeerka heerkulkiisu yahay 41° F ama ka qabow geli yuusanna ku jirin muddo ka badan 7 maalmood.
Hilib Cajiman oo Mululuqsan iyo Hilibka Qadada	Badeecooyinka hilibka ee la diyaariyey waa deegaan wanaagsan oo ay bakteeriyadu ku korto. Kululee hibilka cajiman ee mululuqsan, hilibka qadada, hilibka qabow ee la jarjarey, bologna, ama suuseejka qalalan heerkulka gudaha oo ammaan ah kahor inta aadan bixin si loo cuno. Dadka waaweyn waa in ay ka fogaadaan cunista pâté ama halibka ka yimaada deli ama miiska hilibka ee la firinjeerka la geliyay.
Kalluun La Qiiciyey	Noocyada qaar ee hilibka la kaydiyo waa in firinjeerka la geliyo. Walxaha kalluun la qiiciyey ee qabow waxaa inta badan lagu calaamadiyaa “nova-style,” “lox,” “kippered,” “la qiiciyey,” ama “jerky.” Dadka waaweyn waa in aysan cunin kalluunka la qiiciyey ee qabow haddii la qasaceeyay ama muddadiisu xasillan tahay mooyaane ama ay ku jirto cunto la kariyey, sida saxanka iskuddarka cuntada.

Kuddaridda Cunnada Miro iyo Khudaar Badan

Cunista ugu yaraan shan jeer miro iyo khudaar maalin kasta waxay gacan ka geysan kartaa yareynta halista noocyada qaarkood ee kansarka, cudurka wadnaha, istaroog, sonkorow, iyo cudurrada kale. Xitaa marka ay sidaa tahay, dad badan ma cunaan miro iyo khudaar ku filan.

Cunnada Markiiba La Bixiyo

Shan mar cunto la bixiyo ayaa caadi ahaan ah tirada ugu yar ee miraha iyo khudaarta ay tahay in si maalinle ah loo cuno. Caadi ahaan sagaal mar bixin ayaa wanaagsan.

Inta ay le'egtahay inta markiiba la bixiyo:

- 1 miro cabbir dhexdhexaad ah;
- 1 koob oo miro cayriin ah, la kariyey, la barafeeyay ama la qasaceeyay (oo 100% cabbitaan ah) ama khudaar;
- 1 koob (6 oz.) Casiir 100% miro ama khudaar ah;
- ½ koob oo dhimbiil karsan, qasaceysan ama barafeysan ah (digir iyo digir cagaaran);
- Laba koob oo khudaar caleemo, cayriin ah;
- ½ koob oo miro la qalajiyey ah.

Talooyinka loogu talagalay Kuddaridda Miro iyo Khudaarta Badan

Waxay u ekaan kartaa mid adag in la cunno miraha iyo khudaarta badan maalin kasta. Kuwan waa xoogaa caadooyin cunto wanaagsan oo ku caawin kara:

- Dabeecad ka dhig in aad ku darto hal ama in ka badan oo khudaar iyo miro mar-bixis ah xilli cunt kasta iyo waqtiyada cuntada fudud la cuno. Qadada ku sii ansalaato, cuntada fudud ee galabtii ahna tufaax ugu dar.
- Miraha iyo khudaarta dhig meel ay ka arki karaan. Ku kaydi khudaar la jarjarey oo la nadiifiyey meel ku aaddan heerka indhaha oo firinjeerka ah ama baaquli miro ka buuxi miiska saar.
- Maalintii ku bilow casiir 100% miro ama khudaar ah.
- Waxyaabaha ka dhig wax cusub oo xiiso leh adiga oo ku daraya miro iyo khudaar dhadhan iyo midabo kala duwan leh, sida canab cas oo cadad



cananaas ah la socda, ama qijaar iyo barbarooni guduudan.

- Kuddar miro iyo khudaar cusub cuntooyinka uu durba macmilkaaga cuno — sida miro iyo moos lagu daro caano-fadhiga ama badarka, khudaarta lagu daro baastada iyo biisaha, iyo begelka, yaanyada, iyo basasha lagu daro rootiga dhexda wax laga geliyo.
- Miradaha iyo khudaarta la barafeeyay waa kuwo caafimaadqab leh oo diyaar ah marka aad u baahan tahay. Kuddar khudaar iskujir ah oo barafeysan maraqa iyo fuudka qasaceysan ama qalallan iyo iskuddarka cuntooyinka.
- Samee furlaata degdeg ah adiga oo adeegsanaya miraha la barafeeyay.
- Kor kaga dar miro cusub jalaato uu dufanku ku yar yahay.
- Barafee khudaarta reebreebka ah si aad ugu darto maraqa.

Cunista Midab Qaabso-Roobaad ah

Miraha iyo khudaarta midabyada leh waxay bixiyaan faytamiinno kala duwan, macdan, faybar, iyo kiimikooyinka uu jirka isticmaalo si uu u joogteeyo caafimaad wanaagsna iyo heerarka tamarta, u ilaaliyo saameynta gaboobidda, iyo yareynta halista kansarrada qaarkood iyo cudurka wadnaha.

Mid ka mid ah hababka ugu wanaagsan ee lagu ilaalin karo caafimaadka jirkaaga waa in iskudayida in aad cunto maalin walba miro iyo khudaar midabyo badan oo kala duwan leh.

- Buluug/Buluug-casaan: xusuusta, gaboobid caafimaad leh, iyo habdhiska kaadida
- Guduud: wadnaha, xusuusta, habdhiska kaadida
- Cagaar: aragga, lafo iyo ilko adag
- Jaalle/Oranji: wadnaha, aragga, habdhiska difaaca jirka
- Caddaan: wadnaha iyo joogteynta heerarka kolostaroolka ee caafimaadka leh







Guduud	Oranji/Jaalle	Cagaar	Buluug/Buluug-Casaan	Caddaan
tufaax guduud	tufaac jaalle	tufaac cagaar ah	balakberri	moos
quwaax	mash-mash	madax-gunbur (artichoke)	miraha blueberries	kaabaj-dhalacadde
kaabaj guduud	bocor butternut	curdan	badanjaan (eggplant)	toon
miraha cherries-ka	xabxab tantaloob	ofokaadho	geed-khudaareed (fig)	sanjabiil
miraha cranberries-ka	karooto	digir cagaar	miraha juneberries	jicama
liin bambeelmo	liin bambeelmo	madax-cagaar	miraha plums	baarbuq
canab guduud	liin	geed khudaareed	miraha prunes	basal
barbarooni guduud	cambe	kaabaj cagaar	canab buluug-guduud ah	quwaax (parsnip)
rummaan	khuukh nectarine	qajaar	sabiib	baradho
baradho guduud	liin oranji	canab cagaar		dabocase
dabocase	khuukh	batiiqa honeydew		
miraha raspberries-ka	miraha pear	kiwi		
caleemaha rhubarb	barbarooni jaalle	begel		
faraawlaha	cananaas	liin dhanaan		
yaanyada	bocor	basal cagaar		
qare	bocor jaalle/jiillaal	digir cagaar		
	galley	barbarooni cagaar		
	Bataati	koosto/isbiinaj		
	liin tangariin	zucchini		
	yaanyo jaalle			

Awoodista Lacaga Miraha iyo Khudaarta

Helidda miro iyo khudaar kugu filan macnaheedu ma ahan in aad lacago badan isticmaasho. Miraha iyo khudaarta dhab ahaantii waa waxyaabo wanaagsan oo la soo iibsado iyada oo la tixgelinaya qaddarka nafaqooyinka caafimaadka leh ee ku jira.

- Iibso miraha iyo khudaarta raqiiska ah oo ku ekow kuwa xilliga ay soo go'aan la joogo.
- Soo iibso miraha iyo khudaarta barafeysan iyo kuwa qasacaysan. Inta badan qiimahoodu waa jaban yahay.
- Isbarbardhig agabyada qasaceysan iyo kuwa barafeysan ee ay soosaaraan shirkadaha kala duwan si aad u hesho macaamilka ugu wanaagsan.

Ka Dhigista Dalagga Mid Cusub

Ku dhiirrigeli macmiilka in uu soo iibsado miraha markaasi la soo gurey iyo kuwa qasaceysan ama barafeysan (waxaanna la doorbidayaa 100% casiir ama biyo) khudaar, iyo cabbitaanno. Isticmaal dalagga markaasi la soo gurey oo kaydso agabka qasaceysan si aad goor dambe oo toddobaadka ah u isticmaasho. Soo iibso miraha iyo khudaarta bisil iyo kuwa aan si fiican u bislaan. Tusaale ahaan, soo iibso boos cagaaran iyo mid jaalle ah si booska aan si fiican u bislayn uu maalmo u jiro si uu u sii bislaado oo loo cuno kadib marka la dhammeeyo kuwa bisil.

Macaamiisha Ku Adag Wax Cunista

Macaamiisha ku adag wax cunista waxay halis badan ugu jiraan nafaqoxumo. Ka feejignow was kasta oo ka mid ah caqabadahan oo raadi istiraatiijiyado macmiilka lagu caawinayo in uu si fiican wax u cuno. Soo sheeg oo diiwaangeli isbeddelo kasta ee ku yimaada xaaladda macmiilka ama astaamo nafaqoxumo kasta.

Calalinta oo Adkaata

Dhibaatooyinka calalinta waxaa sabab u noqon kara ilkaha gacan ku sameyska ah ama xanuunka kale ee afka. Ku dhiirrigeli macmiilka in uu booqdo dhakhtarkiisa ilkaha maadaama dhibaatooyin badan la daaweyn karo. Ku dhiirrigeli macmiilka in uu iskudayo:

- karinta cuntooyinka oo dhan ilaa ay ka jilcaan; iyo
- u jarjaridda cuntada cadad yaryar iyo u cunista si tartiib ah.

Cuntooyinka la Bixinayo

- Casiirro khudaar iyo laga sameeyay
- Miro qasacaysan oo jilicsan
- Khudaar la shiidey oo kareem lagu darey
- Ku beddelidda hilib shiidan ama la yaryareeyay hilibka waaweyn
- Ukumo, caano-fadhi, macmacaan jilicsan iyo maraq (marnaba ha isticmaalin ukumo cayriin ah)
- Badarka la kariyay, bariis, rooti macmacaan leh iyo buskud/bur jilicsan
- Cuntooyinka maraq ku jira si loogu jiliciyo oo loo fududeeyo calalinta

Cunto Rabitaan La'aan

Macmiilka waxaa laga yaabaa in uusan dareemin rabitaanka wax in uu cuno ilaa hoos u dhaca awoodda dhadhanka iyo urta, daawooyinka, niyadjabka, xanuunka ilkaha macmalka ah, ama caloosha oo fadhida. Ku dhiirrigeli macmiilka in uu iskudayo:

- la hadalka dhakhtarkiisa;
- cunista 4-6 raashiin oo yaryr maalintii;
- Kordhinta heerkiisa waxqabadka (haddii uu awoodo);
- doorashada cuntooyin caafimaadqab leh, kaalariga ku badan, cuntooyinka borotiinta ku badan ama kuddarid cabbitaanka nafaqo ahaan isku dheellitiran;
- cunista cuntada ugu badan marka rabitaankooda cuntada uu wanaagsan yahay; iyo
- kudarridda geedo-geedo badan iyo/ama dhir cuntada si loo kordhiyo dhadhanka.

Cunto liqidda adkaata

Cuntooyinka ku adag in ay cunaan macaamiisha cunto liqidda ku adkaata waxaa ka mid ah:

Cuntooyinka Kala Daata	Cuntooyinka Dhegdhega ama Waaweyn
Rooti qalallan, buskut-ka burbura	Rooti cad oo cusub
Jibsi iyo loows	Subag loows
Maraq tufaac la adkeeyay, oo khafiif ah	Baradho la jejebiyay oo keligeeda ah
Bariis cade	Moos
Badar kulul, khafiif ah	Digir dib loo shiiley
Hilin la shiiday oo aan wax kale lagu darin	Badarka bran cereals
Gelley ama digir cagaar la kariyey	Cadad hilib kaligiisa ah
	Khudaar cayriin ah iyo xoogaa miro ah

Diyaarinta Cunnada

Cuntooyinka waa la adkeyn karaa ama waa la khafiifin karaa iyadoo ku xiran baahiyada shakhsiga. Cuntooyin badan ayaa loo adeegsan karaa in dareere loogu beddelo adkaansho kala duwan. Tusaale ahaan:

Si aad cuntooyinka u adkeyso, kuddar:	Si aad cuntooyinka u khafiifiso, kuddar:
Jab-jab rooti ah	Fuud
Istaarj galley ah	Bouillon
Badarka la kariyay (kareemka qamadiga ama bariiska)	Fuud
Iskujir kastar ah	Casiir
Jab-jabka buskudka graham crackers	Gelatin dareere dhadhan leh
Fuud	Subag kulul oo la dhallaaliyey/subag laga sameeyay khudaar
Baradho la jejebiyay/xaleefyo baradho ah	Caano (kulul ama qabow)
Budada gelatin oo aan dhadhan lahayn	Caano-fadhi cad
Miro, hilib, khudaar la adkeeyay	Maraqyo la adkeeyay oo la miirey oo
Jab-jabka buskudka saltines crackers	Biyo
Maraq ad (cad, farmaajo, yaanyo)	

Waxaad arki kartaa dalabaadyo dhumucweyni sida dheecaan culus (si fudud loo shubi karo, la mid ah maraqyada kareemka), dhumucweynida malabka (xoogaa dhumuweyn yara adag in la shubo, la mid ah malab dareere ah), ama dhumucweyni qaado (yeesha qaabkiisa, ma shubmi karo, caadi ahaan qaado lagu cuno, la mid ah macmacaan jilicsan ama caano-fadhi). Qaddarka maadada adkeynta ee loo baahan yahay si loo gaaro adkaanshada cuntada qaar way kala duwan yihiin iyada oo ku xiran cuntada la adkeynayo iyo maadada adkeynta ee la adeegsanayo. **Had iyo jeer raac amarrada dhakhtarka ee gaarka ku ah adkaanshaha cuntooyinka iyo dareereyaasha.**

Cabbitaannada La Adkeeyay

Macaamiisha ku adag cunto liqidda si dhaqso ah ayay u fuuq-baxaan haddii aanan cabbitaanno ku filan la siin. Waxay sidoo kale halis badan ugu jiraan cuntada oo gasha habdhiska neefsashada (neef-jiidista cuntada ama dareeraha) haddii la siiyo dareereyaal khafiif ah.

Haddii dhakhtarka macmiilka uu u qorey dareereyaal la adkeeyay iyo/ama cuntooyin la adkeeyay, raac tilmaamaha ama siyaasadda goobtaada shaqada si loo xaqiijiyo diyaarinta habboon ee waxyaabahan.

Talooyinka Looga Dhigayo Cuntooyinka Kuwo Fudud in la Calaliyo oo La Laqo

- Si looga fogaado in ay qolof adag ku sameysanto xagga sare ee cuntada ama geesaskeeda, cuntada ku kari saxanka iskuddarka cuntada oo daboolan.
- Si aad u sameyso ukumo walaaqan oo jilicsan, ukumaha ku kara xagga sare ee laba digsi oo la isdulsaaro.
- Si aad uga dhigto hilibka ama kalluunka mid qoyan, ku kari casiir ama maraq.
- Si aad u sameyso hilib yara jilicsan, marka hore biyaha ka miir hilib jilicsan, oo la kariyey. Hilibka ku rid hilib farsameeye ama iskuqase si aad uga dhigto mid yara adag. Kuddar dareere kulul (fuud) hilibka la yara adkeeyay ka-dibna khafiifi ilaa uu ka noqdo adkaanta la rabo.

Dalabka Cuntada oo Tusaale ah

Quraac	• Kafee ama shaah ama furlaato miro iyo khudaar ah • Badar habboon (t.a. shuufaan ama kareem bariis ah oo lagu cuno sokor mareeray iyo kareem la isku-qasey)
Barqa-kulul/ Subax-Dhexe	• Casiir • Farmaajo dufan buuxda leh oo fudud ama milkshake la xoojiyey
Qado	• Maraq khudaareed ama hibil oo la adkeeyay • Baradho la jejebiyay • Koosto la adkeeyay • Maraq tufaac ama miro la jejebiyay oo la adkeeyay
Galab	• Cabbitaanka la dooranayo • Miro jilicsan iyo/ama macmacaan jilicsan
Fiid	• Maraq • Digir jilicsan • Baradho la jejebiyay • Khudaar jilicsan oo la karkariyey • Miro (moos ama miro la isku qooshey) • Cabbitaanka la dooranayo
Habeenkii	• Macmacaan jilicsan ama gelatin dhadhan loo yeelay

Hababka cunto diyaarinta

Miro ruxid lagu xooreeyay

- Makiinadda khudaarka lagu shiido, ku shub 1½ koob oo ah miro qasacaysan, barafeysan, ama cusub iyo 1 koob oo caano ah.
- Qas ilaa uu sulub ka noqdo.

Miro la isku-qasey

- Makiinadda khudaarka lagu shiido, ku shub ¼ koob oo cabbitaa tufaax ah, ¼ koob oo cabbitaan oranji ah, iyo 1 koob oo khuukh qasaceysana ama miraha pears.
- Qas ilaa uu sulub ka noqdo.

Furlaato borotiin badan leh

- Makiinadda khudaarka lagu shiido, isugu qas 1 koob oo caano-fadhi oo dhadhan miro leh, miro la fiiqey oo jilicsan, miro qasacaysan iyo 1 koob oo farmaajo kooteej ah.
- Qas ilaa uu sulub ka noqdo.

Farmaajo kooteej oo la macaaneeyay

- Isku-qas ¼ koob oo farmaajo kooteej ah iyo 3 qaado oo tan miiska ah oo miro la adkeeyay ah.
- Qabooji.

Maraq khudaar kareem leh

- Makiinadda khudaarka lagu shiido, ku shub ½ koob oo khudaar la kariyey oo aad u jilicsan, ½ koob oo caano la xoojiyey ah, kareem, ama farmaajo cad, 1 qaadada shaaha oo subag khudaareed ah, milix, basal budo ah, iyo kabsar caleen la burburiyey oo qalallan si dhadhan loogaga dhigo.
- Isku-qas ilaa laga gaaro adkaanta loo baahan yahay.

Talooyinka loogu talagalay Helidda Hurdo Habeenkii ah oo Wanaagsan

Haddii aad leedahay dhibaatooyin hurdo (aadan awoodin in aad seexato, marar badan soo qado, aadan dareemin in aad si fiican u nasatey marka aad subaxii soo toosto) ama aad keliya dooneyso in aad sii wanaajiso tayada iyo tirada hurdadaada, iskuday xeeladahan soo socda.



- Samee waqti joogto ah oo sariirta la aado lana soo tooso subaxii.
- Ka fogaaw hurdooyinka gaaban, gaar ahaan fiidkii.
- Sida ugu dhaqsiyaha badan sariirta u tag.
- Ka fogaaw isticmaalka saacadaha gambaleelka codka dheer leh.
- Qolka jiifka ka dhig mid qaboe, hawo wanaagsan leh, oo mugdi ah haddii ay suuragal tahay.
- Sariirta jiif hurdo oo keliya u isticmaal, waqtiga xad-dhaafka ah ee sariirta la saarnaado waxay u egtahay in ay hurdada dad ku kala-goyso.
- Samee wax aan ku nasato nuska saac ee ka horreeya waqtiga jiifka. Akhriska, khilaawada, ama socodka raaxada ah dhammaan waa waxqabadyo habboon.
- Jimicsiga subaxdii ah ayaa ugu wanaagsan. Si kastaba ha ahaatee, haddii subaxdii aysan suuragal ahayn markaa jimicsiga samee cashada ka hor. Tamartu waxay hoos u dhacdaa dhowr saacadood ka-dib jimicsiga; hurdada ayaa ka-dib si fudud u imaata. Jimicsi sameynta xilli u dhow waqtiga sariirta, si kastabaha, waxay kordhin kartaa feejignaata.
- Qubeys kulul qaado ku dhowaad saacad iyo bar ka hor waqtiga hurdada. Tani waxay wax ka beddelaysaa heerkulka jirka waxayka dadka ka caawiyaa in ay si fudud oo joogto ah u hurdaan. Qubeysashada xilli u dhow waqtiga sariirta waxay sidoo kale kordhin kartaa feejignaanta.
- Cun cunto fudud oo jadwaleyso cashada afar ilaa shan saacadood ka hor waqtiga jiifka. Cunto fudud sida miro ama cad hilibka turkiga ah ayaa hurdada kaa caawin kara. Raashiinka badan ka hor inta aadan sariirta aadin wuxuu kugu yeellan karaa saameyn lid ah.
- Iska ilaali dareereyaasha waxyar ka hor waqtiga sariirta/jiifka si aysan hurada kaaga carqaladeyn baahida loo qabo kaadida.
- Ka fogaaw kafeega saacadaha ka horreeya hurdada.
- Ka fogaaw cabbitaannada khamriga ah ka hor inta aadan sariirta aadin.
- Haddii aad weli soo jeedo 20 daqiiqo ka-dib marka aad iskudaydo in aad seexato, qol kale aad oo wax akhri, xusuusqor samee, ama waxqabad aamusnaan leh samee adiga oo adeegsanaya iftiin yar ilaa aad hurdo kaa soo qabaneyso. Iska ilaali daawashada telefishanka, isticmaalka kombiyuutar, telefoonka gacanta ama tablet, ama isticmaalka iftiin siyaado ah.
- Haddii welwel gaar ah uu hurdada kaa reebayo, iskuday in aad dhibaatada ka fikirto adiga oo sawiranaya beddelkii ereyada. Ama, xoogaa waqti ah ku qaado in aad meel ku qorto si aadan ugu sii dheganaan. Habkan wuxuu kuu oggolaan karaa in aad si degdeg ah u seexato iyo in aad soo toosto adiga oo waxyar ka walaacsan.
- Saliidda aasaasiga ah ee lavender, chamomile, saliidda bergamot, saliidda valerian, iyo kuwo kalbe waxay kor u qaadaan isdejin keenaysa hurdo.
- Sariirta sharaabaad u xiro. Waxaa waxtar leh in waxyar oo saliidda aasaasiga ah la mariyo cagtaada hoosteeda ka hor inta aadan sharaabaadka xiran.
- Joogtee miisaan caafimaadqab leh;

Iskala-bixin

Debecsanaanta waxay lagama maarmaan u tahay qabashada hawlaha u baahan foorarsashada, qaadista, ismaroojinta, iyo gaarista. Murquhu in ay yaraadaan ayay daciifaan haddii aanan la isticmaalin. Haddii murqahaaga aanan debecsaneyn waxaad halis ugu jiri kartaa dillaaca ama kala jiidista muruqa taas oo noqon karta mid aad u xanuun badan.

Iska-bixinta waxay kaa caawin doontaa joogteyta qaab istaaga ama fadhiga oo wanaagsan, waxay ka dhigi doontaa kala-goysyadaada kuwo shaqeeya, waxayna ka hortagi kartaa dhaawacyada qaarkood.

Talooyinka iskala-bixin

- Diiri jirkaaga ka hor inta aadan iskalabixin maadaama ay tani kordhineyso qulqulka dhiigga ee jirka iyo murqahaaga waxay noqonayaan kuwo aad u jiljilicsan.
- Haddii aadan awoodin in aad is-diirriso, markaa iska-bixi ka-dib qubeys diirran. Murqahaaga waxay noqon doonnaan kuwo loolsama oo yeella iskalabixinta.
- Ku bilow jimicsiyada dhaqdhaqaaqa oo tartiib-tartiib ah ee dhammaan isgoystada jirka (t.a., curcurrada wareeg, gacmahaaga laab, oo rog garbahaaga).
- Waxay keliya qaadataa 5 ilaa 10 daqiiqo, waxaadna jimicsyada ku sameyn kartaa meel kasta oo aad raaxo ku dareento.
- Marnaba ha boodin adiga oo iskala-bixinaya maadaama ay kuu keeni karto waxyeelo muruq.
- Hay iskala-bixinta muddo 15 ilaa 20 ilbiriqsi ah. Haddii aad dareento xoogaa raaxo la'aan ah, haddii aad dareento xanuun markaa waa in aad joojisaa jimicsiga iskala-bixinta.
- Xusuusnow in aad neefsato, oo neefta ha isku celinin.
- Ha sameyn jimicsiyada iskalabixinta islamarka aad soo toosto. Xilligan waa waqtiga ay u badan tahay in aad muruq jiido.

Jimicsiyada biyaha iyo dabaasha waxay dhammaan u fiican yihiin kordhinka debecsanaanta. Biyaha diirran waxay gacan ka geystaan nasinta murqaha iyo yareynta jiidista cufisjiidadka waxay oggolaaneysaa dhaqaaqa masaafo ballaaran.



Jimicsiyo Iskala-bixin

Kalabixinnada dhinaca qoorta ah



1. Fadhiiso ama istaag iyadoo gacmahaaga ay si debecsan dhinacyada uga soo laalaadaan.
2. Madaxa dhinac dhinaca u leexi, marka hore hal dhinac ka-dibna dhinaca kale.
3. Sidaa ku hay 5 ilbiriqsi, naso, ka-dibna ku celi 1-3 jeer.

Kalabixinnada qoorta gadaale



1. Fadhiiso ama istaag iyadoo gacmahaaga ay si debecsan dhinacyada uga soo laalaadaan.
2. Si tartiib ah madaxa u soo foorari xagga hore si aad u kalabixiso qoorta gadaale.
3. Sidaa ku 5 ilbiriqsi, naso, ka-dibna ku celi 1-3 jeer.

Kalabixinnada dhinaca garabka iyo xagga dame ee gacanta sare



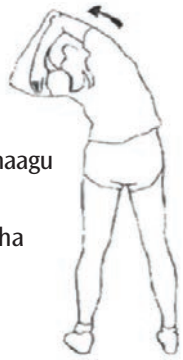
1. Istaag ama fariiso ka-dibna gacanta midig saar garabka bidix.
2. Adiga oo adeegsanaya gacanta bidix, u soo jiid suxuka midig dhinaca kale ee xabadka ee dhanka garabka bidix
3. Sidaa ku hay 10 ilaa 15 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada garabka, dhabarka dhexe, cududaha, gacmaha, faraha, curcurka



1. Faraha isdhexgali ka-dibna calaacalaha dibedda u soo riix/geddi.
2. Cududaha u soo idi xagag hore adiga oo gaarsiinaya dhererka garabka.
3. Sidaa ku hay 10 ilaa 20 ilbiriqsi, naso, ka-dibna ku celi.

Kalabixinnada muruq saddex-suulayaasha, garbaha korkooda, dhexda



1. Jilbaha xooga debci.
2. Istaag ama fadhiiso iyadoo cududahaagu ay madaxaadu ka sarreeyaan.
3. Suxulka ku qabo gacanta cududaha ka soo horjeeda.
4. Suxulka si tartiib ah ugu soo jiid madaxa gadaashiisa adiga oo si tartiib ah ugu janjeeraya dhinac ilaa iskalabixinta laga dareemo.
5. Sidaa ku hay 10 ilaa 15 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada dhabarka dhexe



1. Istaag iyadoo gacmahaagu ay saaran yihiin miskahaaga.
2. Si tartiib ah u marooji qaarka sare ilaa iskalabixintu laga dareemo. Jilbaha xooga debci.
3. Sidaa ku hay 10 ilaa 15 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada xagga hore ee bowdada (murqaha hore ee bowdada)



1. Istaag meel derbi u dhow ka-dibna gacanta bidix saar derbiga si aad taageero uga dhigato.
2. Adiga oo si toos ah u taagan, ku qabo xagga sare ee cagta bidix gacanta midig.
3. Ciribta u jiid xagga baridaada.
4. Sidaa ku hay ilaa 20 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada kub lugeedka

1. Derbi aktiisa istaag ka-dibna ku tiirso adiga oo saaraya gacmahaaga hore, iyadoo madaxaagu saaran yahay gacmahaaga.
2. Cagtaada midig hortaada dhig, iyadoo lugtaadu laaban tahay, lugtaada bidixna ay si toos ah gadaashaada u taallo.



3. Si tartiib ah miskahaaga hore ugu dhaqaaji ilaa aad ka dareento kalabixista lugtaada bidix.
4. Fidi ciribtaada bidix iyadoo faraha lugahaaga oo toos horey ugu jeedo.
5. Ku hay iskala-bixin fudud 10 ilaa 20 ilbiriqsi. Ha boodin ama neefta ha isku celinin.
6. Ku celi dhanka kale.

Kalabixinnada bowdada gudaha, inta u dhaxeysa caloosha iyo bowdada



1. Istaag iyadoo cagahaagu ay horey ku aaddan yihiin, iyagoo u kala dhaxeeya wax inyar ka badan balaca garabka. Haddii ay lagama maarmaan tahay, qabso wax sida (kursi, iwm.) si aad u hesh isku dheelitirnaan.
2. Waxyar laab jilibka midig oo sinta bidix dhanka hoose ee jilibka midig u dhaqaaji.
3. Sidaa ku hay 10 ilaa 15 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kala-bixinnada dhinaca sinta, seeda



1. Dhulka fadhiiso iyadoo lugta midig ay horey u fidsan tahay.
2. Laab lugta bidix, cagta bidix gudbi, ka-dibna dhig bannaanka jilibka midig.
3. Jiid jilibka bidix adiga oo u jiidaya dhanka jirka ee ku aaddan garabka ka soo horjeeda.
4. Sidaa ku hay 10 ilaa 20 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada dhabarka hoose, dhinaca sinta, iyo qoorta

1. Dhulka fadhiiso iyadoo lugta bidix ay horey u fidsan tahay.
2. Laab lugta midig, cagta midig gudbi, ka-dibna dhig bannaanka jilibka bidix.
3. Laab suxulka bidix ka-dibna dhig bannaanka jilibka midig.



4. Gacanta midig dhig dhulka miskaha gadaashooda.
5. Madaxaaga u leexi dhanka garabka midig, dhanka midig u wareeji qaybta sare ee jirka.
6. Sidaa ku hay 10 ilaa 15 ilbiriqsi, naso, ka-dibna ku celi dhanka kale.

Kalabixinnada garbaha, cududaha, gacmaha, cagaha iyo anqowyada

1. Dhulka seexo, cududaha gacmaha dhulka madaxaaga ka sareeya ku fidi, lugahaaganna toosii.
2. Lugahaaga iyo gacmahaaga ha gaaraan jihooyinka iska soo horjeeda.
3. 5 ilbiriqsi iskalabixi, oo naso.



Ku Dhiirrigelinta Macmiilka in uu Jir Ahaan Firfircoonaado



Dad badan oo leh xoogaa heer naafonimo ah ama jirro ba'an waxay u qaataan in aad looga daahey in isbeddel la sameeyo. Si kastaba ha ahaatee, waxaa jirta caddeyn cilmi ku saleysan, oo xooggan oo muujineysa in si dhif ah looga daaho in doorashooyinka hab-nololeedka caafimaadqabka leh in uu si wanaagsan u saameeyo caafimaadka jireed, dareen iyo midka dhimir ee qofka.

Waxqabadyada xoojinta ayaa macmiilka ku caawin kara:

- in ay murqaha iyo lafaha xoojiyaan;
- kordhinta xoogga iyo madaxbannaanida;
- yareynta baahida loo qabo bakoorad; iyo
- yareynta halista jabka lafaha iyo dhaawacyada kale ama dedejinta bogsashada haddii ay dhaawacmaan.

Waxqabadya dulqaadka joogtada ah (jimicsiga) wuxuu macmiilka ku caawin karaa:

- rididda ama joogteynta miisaanka;
- xoojinta wadnaha iyo hoos u dhigga cadaadiska dhiiggaaga iyo kolostaroolka;
- sii socoshada dhaqdhaqaaqa kalagoystada iyo yareynta xanuunka tufka;
- hoos u dhiga walbahaarka iyo kor u qaadista niyaddiisa;
- helidda tamar badan; iyo
- la kulanka saaxiibo wanaagsan isaga oo ku biirraya fasal ama koox lugeysa.

Doorka uu Daryeelaha ku leeyahay Waxqabadka Jireed ee Macmiilka

Doorkaaga daryeele ahaan waa in aad macmiilka ka taageerto in uu jir ahaan noqdo qof firfircoon intii macquul ah. Tani waxay la macno noqon kartaa:

- siinta macmiilka waqti dheeraad ah oo uu hawl ku qabsanayo naf ahaantiisa;
- faham wanaagsan ka heysashada faa'iidooyinka muhiim ah ee ay leedahay firfircoonaanta;
- ka caawinta macmiilka fahamka faa'iidooyinka badan ee ay leedahay firfircoonaanta;
- qof lagu daydo ahaan u adeegidda iyadoo la sameynayo doorashooyin caafimaadqab leh iyo noqoshada qof jir ahaan firfircoon; iyo
- ku dhiirrigelinta macmiilka in uu kala hadlo bixiyaha adeegga daryeelkiisa caafimaad arrintan iyo tallaabooyinka ay qaadi karaan si ay u noqdaan ama u sii ahaadaan kuwo jir ahaan firfircoon.

Had iyo jeer ku tiirsanow qorshaha daryeelka macmiilka iyo macaamiisha laf ahaantoosa si ay u fahmaan awoodahooda, yoolalkooda, iyo dookhooda.

Kheyraadyo Dheeri ah

Macluumaad heersare ah, bilaash ah oo ku siinaya tusaalooyin iyo sharraxaad ku saabsan sida loo sameeyo jimicsiyada xoojinta, dulqaadka, isdheelitirka, iyo debecsanaanta ayaa waxaa laga heli karaa nia.nih.gov/health/exercise-physical-activity



Xaaladaha iyo Cudurrada Guud

Tuf(Arthritis)

MAXAY TAHAY

Tuf waa xaaladaha daba-dheeraada oo keenaysa xanuunka kalagoysyada. Waxaa jira noocyo kala duwan oo uu tufku leeyahay, kuwaas oo u baahan daaweyn kala duwan. Noocyada ugu waaweyn ee tufka waa:

Tuf-bujiso/Osteoarthritis (OA) – nooca ugu badan ee tufka ee saameeya kalagoysyada culeyska qaada oo ay ku jiraan gacmaha, faraha, miskaha, jilbaha, iyo lafdhabarta. OA wuxuu keenaa giigsanaan iyo xanuun saameeya kalagoysyada.

Tuf-riix/Rheumatoid (RA) – cudurka kalagoysyada haleela oo sii fida kaas oo keena kakanaan iyo xanuun. RA waxay saameyn karaa mid kasta ama dhammaan kalagoysyada jirka, waxaanna wehliyada qandho, daal, iyo guud ahaan in aanan fiicnaan la dareemin. RA wuxuu leeyahay suuragalnimada in uu keeno waxyeellada ugu badan, maadaama uu saameyn karo ku dhowaad dhammaan kalagoysyada jirka.

Tuf-buro/Gout – waxaa keena asiidhka yuurik oo jirka ka buuxsama kaas oo keena xanuun, guduudasho, iyo barar haleella kalagoysyada yaryar, inta badan faraha lugaha.

CALAAMADAHA/ASTAAMAHA

- Guduudashada, bararka, ama diirranaanta kala-goyska
- Hoos u dhaca awoodda lagu dhaqaajinayo kalagoyska
- Xanuunka iyo/ama kakanaanta kalagoyska(kalagoysyada)
- Kakanaan subaxii ah
- Dhaqdhaqaaq tartiib ah
- Cabashooyinka xanuun ama ka fogaanshaha hawlaha

NOOCYADA DAAWEYNTA

Yoolasha daaweynta laga leeyahay waa yareynta xanuunka iyo bararka, hoos u dhiga ama joojinta waxyeellada kalagoyska, iyo sii wanaajinta awoodda qofka ee shaqeynta. Daaweyn badan ayaa waqtigiiba la isticmaali karaa, waxaanna ka mid noqon kara:

- **Daawooyin uu dhakhtarka dad u qoro iyo kuwo la iska soo iibsado (OTC)** si loogu dabiibbo xanuunka looguna yareeyo bararka;
- **raashiinka nafaqada leh** si loo joogteeyo oo loo yareeyo miisaanka iyo si loo sii wanaajiyo caafimaadka guud;
- **nasasho** si loo sii wanaajiyo awoodda jirka uu u lee yahay in uu isdayactiro;
- **jimicsi ama iskalabixin** si loo kordhiyo dhaqdhaqaaqa jirka iyo si loo yareeyo giigsanaanta; iyo
- **qalliin** si loo beddelo kalagoyska (caadi ahaan sinta iyo jilibka).

Daaweynta beddelka waxaa ka mid noqon kara:

- **daaweynta kuleylka iyo qabowga** – tufka qaarkii, kuleylku wuxuu si kumeelgaar ah u nasin karaa kalagoysyada, gaar ahaan jimicsiga ka hor. Cadaadis kulul iyo qubeys diirran ayaa qofka caawin kara. Cadaadiska qabow ayaa la saari karaa kalagoysyada xanuunaya si looga yareeyo xanuunka;
- **irbad la isku daaweeyo oo laga isticmaalo shiinnaha** – dad badan oo tuf-ka qaba waxay aaminsan yihiin in irbadda la isku daaweeyo ay yareyso xanuunka iyo/ama ay hoos u dhigto walbahaarka xanuunka la xiriira;
- **yareynta walbahaarka** – walbahaarku wuxuu saameyn karaa qaddarka xanuunka ee uu qofku dareemo. Kooxo taageero iyo farsamooyin shaxaynta, oo la socda siyaabo kale oo lagu nasto laguna helo raaxo, ayaa gacan ka geysan kara yareyta walbahaarka;
- **faytamiinno iyo daawo dhireed ee dheeri ah**; iyo
- **jir-duugis**.

WAXYAABAHA LAGA FOGAANAYO

- Waxqabad la'aan ama jimicsi xad-dhaaf ah
- Qaadashada daawooyin, faytamiinno ama daawo dhireed dheeri ah iyada oo aan talo laga helin dhakhtarka ama marar badan marka loo eego inta lagu taliyey

SIYAABAHA LOOGA HORTAGGO

Kiisas badan lagama hortagi karo. Yoolka xaaladahan waa in waqti hore la oggaado lana daaweeyo cudurka tufka. Kiisaska laga hortagi karo:

- joogteynta miisaan caafimaadqab leh;
- jimicsi joogto ah samee (daryeelidda in aanan si xad-dhaaf ah loo adeegsan kalagoysyada);
- ka fogaaw dhaqdhaqaaqyada soo noqnoqda ee kalagoysyada iskumidka ah;
- naso marka loo baahdo; iyo
- cun raashiin caafimaadqab leh oo ku jira miro iyo khudaar, iyo faytamiinno dheeraad ah.

Tuf/Arthritis (la sii wadey)

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Waxyeellooyinka soo raaca daawooyinka

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Sii biriirif nasasho joogto ah oo la socda jimcsi.
- Ku dhiirrigeli macmiilka in uu qaato daawooyinkii loo qorey.
- Ka caawi habeynta deegaanka macmiilka si uu u noqdo intii suuragal ah qof madaxbannaan.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Hay'adda Qaranka ee Cudurrada Maqaarka, Murqaha iyo Lafaha, iyo Tufka (NIAMS)
  1 AMS Circle
  Bethesda, MD 20892-3675
  (877) 22-NIAMS
  niams.nih.gov
- Muasasada Cudurka Tufka/Arthritis Foundation (National)
  1355 Peachtree St NE Suite 600
  Atlanta, GA 30309
  1-800-283-7800
  arthritis.org

Xanuunka Isbeddelka Dabeecadaha (Bipolar Disorder)

MAXAY TAHAY

Xanuunka isbeddelka dabeecadaha (bipolar disorder), sidoo kale loo yaqaanno niyadjabka maic, waa xanuun daran oo maskaxda ku dhaca kaas oo keena kor-u-kaca iyo hoos-u-dhaca xad-dhaafka ah ee niyadda qofka, tamarta, iyo shaqeynta. Waa xaalad daba-dheeraata oo nolosha qofka oo dhan jirta.

CALAAMADAHA/ASTAAMAHA

Iyada oo sabab u ah in xanuunka isbeddelka dabeecadaha (bipolar disorder) in uu leeyahay laba-cirfadood, maina iyo niyadjab, astaamaha way kala duwan yihiin iyadoo ku xiran halka uu qofku kaga jiroa meertada xanuunka. Astaamaha/calaamadaha lagu garto **cirifka manic** waxaa ka mid noqon kara kuwan soo socda.

- Dareen farxadeed oo xad-dhaaf ah
- Dareen kacsanaan iyo/ama xanaaq
- Kororka tamarta iyo waxqabadka
- Fikrado dheeraad ah iyo fikir ka degdegsan kan caadiga ah
- Hadal badan iyo hadal ka dhaqsi badan kan caadiga ah
- Qofka oo si aan caqligal ahayn u aaminsan awoodahiisa iyo karaankiisa
- Go'aan liita
- Kororka galmo xiiseynta iyo waxqabadka
- Hurdo yaraansho

Astaamaha/calaamadaha lagu garto **cirifka niyadjab** waxaa ka mid noqon kara kuwan soo socda.

- Niyadda oo “hoos u dhacda”
- Hoos u dhaca tamarta iyo waxqabadka
- Isbeddel ku yimaada rabitaanka cuntada (midkood cunista wax badan ama waxyar)
- Isbeddel ku yimaada qaababka hurdada (midkood yar ama badan)
- Degenaansho la'aan iyo caro sii kororta
- Hadal yaraan, xawaaraha hadalka oo yar
- Xiiseyn iyo ka-qaybgalka waxqabadyada caadi ahaan lagu raaxeysto oo yar
- Hoos u dhaca galmo xiiseynta iyo waxqabadka
- Dareemidda rajo la'aan iyo caawimaad la'aan
- Dareemidda dembi iyo qiimo la'aan
- Aragto taban
- Fikrado isdilis

NOOCYADA DAAWEYNTA

Maadaama xanuunka isbeddelka dabeecadaha (bipolar disorder) aanan la daaweyn karin, yoolka daaweynta waa in astaamaha lagu maareeyo daaweyn lagu daaweeyo isbedelka niyadda (mania) iyo niyadjabka, daaweyn hab-dhaqan, iyo kooxo taageero.

WAXYAABAHA LAGA FOGAANAYO

Qaadashada daawo dhireed ama daawooyinka OTC oo lagu darey daawooyin dhakhtarku qoro iyada oo aanan marka hore lala hadlin dhakhtarka.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Ka hadla isdilista – caawimaad degdeg ah hel. Wac 988 si aad u gaarto Khadka Tooska ah ee Dhibaatada iyo Is-dilista
- Is-waxyeellayn ama habdhaqanno waxyeelleyn kara dadka kale – caawimaad degdeg ah hel.
- Waqtiyada marka macmiilka uu doorto in uusan qaadan daawooyinka dhakhtarku qoro – ogeysii kormeerahaaga iyo dhakhtarka daawada qorey.

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu daawooyinka u qaato sidii la farey.
- Dhiirrigelin waxqabad macno leh.
- Macmiilka dhageyso.
- Ku dhiirrigeli macmiilka in uu sidaa naftiisu sameeyo intii karaankiisa ah.
- Bixi nidaamyo joogto ah.
- Ku dhiirrigeli macmiilka in uu sameeyo doorashooyinka caafimaadqabka leh ee cunnada iyo jimicsiga.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Isbaheysiga Qaranka ee Jirrada Dhimirka / National Alliance on Mental Illness (NAMI)
  4301 Wilson Boulevard, Suite 300
  Arlington, VA 22203
  1-800-950-NAMI
  nami.org

Kansar

MAXAY TAHAY

Kansarku wuxuu bilowdaa marka unugyada qayb jirka ah ay bilaabaan in ay si aan xad lahayn u koraan. Inkastoo kansarku leeyahay noocyo badan, waxay dhammaan ku bilowdaan koridda unuga oo aan caadi ahayn.

CALAAMADAHA/ASTAAMAHA

Astaami badan waxay la xiriiraan halka kansarka uu jirka kaga yaalo (t.a. dhiig saxarada soo raaca oo ka yimaada kansarka xiidanka ama neefashada oo dhib ku noqota qofka oo ka timaada kansarka sambabka ku dhaca). Kansarrada qaarkood waxaa laga yaabaa in aysan wax astaamo ah lahayn. Astaamahan soo socda ayaa ku badan kansarrada intooda badan.

- Qandho
- Qarqaryo
- Dhidid hebeenkii ah
- Miisaan lumin
- Rabitaan cunto la'aan
- Daal

NOOCYADA DAAWEYNTA

Ikhtiyaarada daaweynta waxaa loo isticmaali karaa kali ahaan ama iskujir ahaan, iyada oo ku xiran nooca kansarka iyo xaaladda macmiilka. Daaweynta waxaa ka mid ah kuwan soo socda.

- **Qalliin** - haddii kansarku uu hal meel oo keliya ku kooban yahay oo uusanna faafin, qalliin ayaa lagu bixin karaa dhammaan ama qayb kansarka ah.
- **Daaweyn shucaac** - waxay beegsataa oo ay dishaa unugyada kansarka ee goob gaar ah oo jirka ka mid ah. Shucaacu wuxuu sidoo kale saameyn karaa unugyaca caadiga ah.
- **Daaweyn kiimiko** - daawooyin kuuro ah oo dila unugyada jirka oo dhan, kuwa kansarka ah iyo kuwa caadiga ahba.
- **Daawooyin** - waxaa loo isticmaalaa in lagu daaweeyo astaamaha kansarka iyo waxyeellooyinka roo raaca daaweynta (t.a. xanuun, qandho, caabuq, iyo/ama lallabo).
- **Daaweyn kale** - midkood kaligeeda ama iskujirka ikhtiyaarada kale ee kor lagu qorey, oo ay ku jiraan:
  - irbad ku daaweyn;
  - faytamiinno, macdan, iyo daawo dhireed;
  - nafaqa;
  - khilaawo; iyo
  - quraac-saar/diin ku daaweyn.

WAXYAABAHA LAGA FOGAANAYO

- Sigaar cabbid ama tubaako calaalin
- cuntooyinka dufanka ku badan
- Dadka qaba cudurrada faafa – dadka qaba kansarka waxay leeyhin habdhiska difaaca jirka oo aanan si fiican u shaqeyn, sidaa daraadeed waxay u badan tahay in ay caabuq qaadaan.

SIYAABAHA LOOGA HORTAGGO

Noocyada qaar ee kansarka waa natiijo ka timaada taariikhda qoyska (hiddi-sidayaal). Inkastoo aanan laga hortagi karin, waxaa la oggaan karaa waqti hore si waqti habboon loo daaweeyo. Dedaallada looga hortagayo kansarka waxaa ka mid ah kuwan soo socda.

- Iska ilaalinta khamriga xad-dhaafka ah, qoraxda iyo sariiraha maqaarka madoobeeya, iyo sigaarka.
- Cun cuntooyin dufanku ku yar yahay adiga oo la cunaya miro iyo khudaar badan.
- Joogtee miisaan caafimaadqab leh;
- Si joogto ah u jimicso.
- Baaritaan caafimaad oo joogto ah samee.
- Ka fogaaw wasakhowga deegaanka sida sigaarka qofka kale cabba iyo qiiqa baabuurta.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Xanuun
- Caabuq
- Miisaan lumin
- Jahwareer
- Niyadjab

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu jimicsi sameeyo, marar badan nasto, cunto nafaqo leh cuno, iyo in uu cabbitaan cabbo.
- Sii waxyaabaha raaxada siiya iyo kuwa xanuunka yareeya.
- Dareensanow xaaladda jirka iyo dhimirka ee macmiilka.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
  Ururka Kansarka Mareykanka
  1-800-ACS-2345
  cancer.org

Caadka Indhaha

MAXAY TAHAY

Caadka indhaha waa daruuro fuula bilaacooyinka isha kuwaas oo aragga yareeya. Caadka indhaha badankiisa wuxuu la xiriiraa gaboobidda. Caadka indhaha wuxuu ku dhici karaa mid ama labada indhood. Iyada oo sabab u ah in caadka indhaha uu si tartiib ah u kobco, aragga ayaa muddo ka-dib ka sii dara.

CALAAMADAHA/ASTAAMAHA

- Aragga oo daruuro ama caad gala
- Nalalka waxay u muuqan karaan kuwo aad iftiimaya, sida if wiriq ah - goobo ayaa ku wareegsami karta nalalka hareerahooda
- Midabyada uma muuqdaan kuwo ifaya
- Aragga habeenkii oo liita
- Isbeddelo joogto ah oo lagu sameeyo ookiyaalaha ama xuub-arageedka loo qoro

NOOCYADA DAAWEYNTA

Daaweynta hore waxaa ka mid ah kuwan soo socda.

- Ookiyaale ama xuub-aragteed cusub oo loo qoro
- Iftiin wanaagsan
- Ookiyaalaha lidka if-wiriqa iyo ookiyaalaha cadceedda
- Isticmaalka weyneyso

Ka-dib marka la isku-dayo ikhtiyaarada kor ku xusan, daaweynta kale ee keliya jira waa qalliin. Haddii macmiilka uu caadka indhaha ku leeyahay labada indhoob, qalliin ayaa lagu sameynayaa hal il waqtigiiba si loo oggolaado bogsashada inta u dhaxeya qalliinada.

WAXYAABAHA LAGA FOGAANAYO

- Nalalka iftiinka aadka ah leh
- Gaari wadis habeenkii ah

SIYAABAHA LOOGA HORTAGGO

- Xiro ookiyaale iyo koofiyad leh food oo kaa celisa qorraxda.
- Ka fogaaw sigaar cabidda.
- Cun cunto caafimaadqab leh ida miro iyo khudaar badan – gaar ahaan caleemaha cagaarka ah ee madow.
- La-soco oo korjoogtee dhiigkarka iyo sonkorowg.
- Ka fogaw khamriga xad-dhaafka ah.
- Baaritaanka indhaha oo joogto ah samee.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Haddii macmiilka uu qalliin sameeyay, wuxuu dareemi karaa xanuun qalliika kadib.
- Guriga ka qaad waxyaabaha khatarta ee lagu kufo – hubso in dariiqyadu aaney waxba oolin oo ay bannaan yihiin.

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Macmiilka ku caawi in uu helo agab akhris oo far waaweyn ku qoran.
- Hubso in gurigu uu leeyahay iftiin ku filan.
- Ku caawi macmiilka in uu u socdo hadba sida loo baahdo, gaar ahaan meelaha uusan aqoonin ama dhulka sinnayn.
- Ookiyaalaha macmiilka ka dhig mid nadiif ah oo la gaari karo.
- Ku dhiirrigeli macmiilka in uu ballan caafimaadka indhaha ah uu qabsado iyo in uu ilaaliyo.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Xafiiska Macluumaadka Machadka Qaranka ee Indhaha / National Eye Institute Information Office
  31 Center Drive MSC 2510
  Bethesda, MD 20892-2510
  (301) 496-5248
  2020@nei.nih.gov
  nei.nih.gov

Wadne Istaag Cabbudhideed (CHF)

MAXAY TAHAY

Wadne istaag babbudhideed (CHF) waa marka uu wadnuhu daciifo oo uusan ku shubi karin dhiigga jirka oo dhan. Tani waxay keenaysaa dhiigga in uu dib ugu noqdo sambabada iyo/ama qaybaha kale ee jirka. CHF ayaa inta badan si tartiib tartiib ah u kobca sannado laakiinse wuxuu u dhici karaa si lama filaan ah.

CALAAMADAHA/ASTAAMAHA

- Neefsashada oo qofka dhib ku noqota
- Qufac
- Bararka lugaha iyo cagaha
- Miisaan koror
- Hoos-u-dhaca feejignaanta ama xoog-saaridda
- Dhibaatooyin hurdo
- Dawakhaad

NOOCYADA DAAWEYNTA

- **Hab-nololeed caafimaadqab leh** si loo maareeyo qaar ka mid ah astaamaha CHF
- **Daawooyin**
  - Diuretics ama “kiniiniyada biyaha” si loo yareeyo bararka
  - Kiniiniyo lagu yareynayo cadaadiska dhiigga (dhiig-karka)
  - Kiniiniyo looga dhigaya wadne garaaca mid xooggan oo tartiib ah
- **Daaweyn ogsijiin** si ay nooga caawiso neefsashada
- **Daaweynta jirrooyinka kale** si loo wanaajiyo astaamaha CHF
- **Xadidaadda dareeraha** si looga fogaado ururka dareeraha ee sambabbada

WAXYAABAHA LAGA FOGAANAYO

- Cuntooyinka dufanka ku badan, milixda ku badan
- Sigaar cabbid
- Khamri xad-dhaaf ah
- Deegaanno aad u kulul ama aad u qabow

SIYAABAHA LOOGA HORTAGGO

- Samee doorashooyin caafimaadqabka leh ee cuntada (oo ay ku jiraan cunto ay milixdu ku yar tahay), jimics, iyo cabbista qamriga.
- Ka fogaaw sigaar cabidda.
- Xakamee jirrooyinka kale ee daba-dheeraada sida sonkorowga ama cudurka wadnaha.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

Astaamahan soo socda waa kuwo halis ah oo waa in si degdeg ah loo soo sheegaa.

- Miisaan koror lama filaan ah
- Neefashada oo dhib ku noqota qofka taas oo ka sii dareysa
- Lug barar oo cusub
- Qufac ama xiiqlayn
- Baahida in la seexdo iyada oo la fadhiyo ama meel lagu tiirsan yahay
- Xabad xanuun ama culeys xabadka laga dareemo

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu ballan caafimaadka qabsado iyo in uu ilaaliyo.
- Ku dhiirrigeli macmiilka in daawooyinka uu u qaato sidii la farey.
- Ku dhiirrigeli macmiilka in uu sameeyo doorashooyinka caafimaadqabka leh ee cunnada iyo jimicsiga.
- Ku dhiirrigeli macmiilka in uu xirto dhar.
  - aan aad ugu dheganeyn – sharaabaad aan ku dhegganeyn, kabo aan ku dhegganayn, iwm. waxay xannibi karaan qulqulka dhiigga; iyo
  - ku habboon cimilo-gooreedda – dhar macmiilka ka dhigaya qof aad u kulul ama aad u qabow waxay u keenayaan in jirku si xooggan u shaqeeyo si uu u joogteeyo heerkulka saxda ah.
- Ku caawi macmiilka in uu tamartiisa kaydsado marka uu waxqabad maalinle ah uu sameynayo.
- Ka warqab haddii macmiilka uu haysto ama isticmaali kiniiniyada nitroglycerin (NTG).

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
  National Heart, Lung, & Blood Institute (NHLBI)
  Building 31
  31 Center Drive
  Bethesda, MD 20892
  (877) 645-2448
  nhlbi.nih.gov
- Xarunta Qaranka ee Ururka Wadnaha Mareykanka / American Heart Association
  National Center
  7272 Greenville Avenue
  Dallas, TX 75231
  1-800-AHA-USA-1 or 1-800-242-8721
  americanheart.org

Xanuunka Laabta oo Cufan(COPD)

MAXAY TAHAY

COPD waa koox cudurrada sambabka ah oo waxyeelleeya sambabbada kuna adkeeya neefsashada. Hawo-mareennada (tuubbooyinka iyo kiishyada hawada ee hawo geeya kana qaada sambabada) qayb ahaan la xannibo ama waxyeelleeyo, oo ka dhigeysa hawada in ay gudaha u soo gasho ama dibedda uga baxdo. Sigaar cabistu waa waxa ugu badan ee keenna COPD. Noocyada caamka ah ee COPD waa xanuunka laamaha sambabbada iyo burukiito aan bixin.

CALAAMADAHA/ASTAAMAHA

- Neefsashada oo qofka dhib ku noqota
- Qufac aan bixin
- Xab xad-dhaaf ah
- Xiiqlayn
- Xabad giigsanaan
- Hoos u dhaca dulqaadka jimicsiga

NOOCYADA DAAWEYNTA

COPD lama daaweyn karo. Dhakhtarka macmiilka wuxuu ku talin doonnaa daaweyn gacan ka geysata qaadista astaamaha iyo ka caawinta macmiilka in uu si fudud u neefsado. Yoolalka daaweynta COPD waa:

- qaadista astaamaha;
- tartiibinta horumarka cudurka;
- in macmiilka laga dhigo qof firfircoon;
- ka hortagga iyo daaweynta dhibaatooyinka neefsashada; iyo
- sii wanaajinta caafimaadka guud.

Daaweynta COPD waxaa ka mid noqon kara:

- daawo/daaweyn la neefsado (si loo furo hawo-mareennada loona dejiyo bararka);
- daaweyn ogsijiin;
- jimicsi; iyo
- cusbo yar, cunto nafaqo leh oo ay ku jiraan dareereyaal ku filan.

WAXYAABAHA LAGA FOGAANAYO

- Sigaar cabbid
- Cusbo/soodhiyam
- Cuntooyin aan lahay nafci
- Kafiin/kafee

SIYAABAHA LOOGA HORTAGGO

- Ka fogaaw sigaar cabidda.
- Ka fogaaw qiiqa sigaarka dadka kale cabba, wasakhda deegaanka, iyo qiiqa baabuurta.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Kororka neefsashada qofka dhib ku noqota
- Calaamadaha caabuqa - kororka ama isbeddelka midabka, qandho, jahwareer
- Miisaan lumin
- Calaamadaha niyadjabka – COPD wuxuu xaddidaa waxqabadyo badan

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Bixi cuntooyin yaryar, nafaqo leh oo marar badan la siiyo beddelkii 3 waqtiyo raashiin oo waaweyn xilliga maalintii. Cunista iyo cabbista waxay kordhin kartaa neefsashada oo qofka ku adkaata iyo in ay noqoto mid macaamiisha aana raaxo ku dareemin.
- Ka fogow marsashada barfuunka, looshan ama carafka timaha lagu buufiy, iyo xarafta kale ee cuncun u keeni kara sambabada.
- Dhiirrigeli waxqabad muddooyinka nasashada.
- Barkimo kor ugu qaad ama kor u qaad madaxa sarriirta si aad macmiilka ugu caawiso in uu si fudud u neefsado. Macaamiisha qaba COPD waxaa laga yaabaa in aysan awoodin in ay neefta isku celiyaan marka si siman loo seexiyo.
- Biyo badan sii, haddii dhakhtarka uu sheego in aysan dhib lahayn. Biyuhu waxay khafiifiyaan xabka sambabbada.
- Ku dhiirrigeli macmiilka in uu qaato tallaalka xabad wareenka ba'an e halka mar la qaato iyo tallaalka sannadlaha ee ifilada.
- Waqti badan u oggolow waxqabadyada.
- Sigaar haku cabbin meel u dhow macmiilka.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Sambabbada Mareykanka (Qaran) / American Lung Association (National)
  61 Broadway, 6th Floor New York, NY 10006
  1-800-LUNGUSA
  lung.org
- The American Lunch Association in WA
  5601 6th Ave S Ste 460
  Seattle, WA 98108
  (206) 441-5100
  InfoMTP@Lung.org
- Xarunta Macluumaadka Caafimaadka ee National Heart, Lung, & Blood Institute NHLBI
  PO Box 30105
  Bethesda, MD 20824-0105
  (301) 592-8573
  nhlbi.nih.gov

Xusuus dhumin (Dementia)

MAXAY TAHAY

Xusuus dhuminta ma ahan qayb caadi ah oo ka mid ah gaboobidda ama cudur. Ereyga "xusuus dhuminta/ dementia" wuxuu qeexayaa astaamaha cudur, dhaawac, ama jiro. Cudurka xusuus dhuminta wuxuu dhaawaci karaa xusuusta, wadahadalka iyo luuqadda, diirrad saaridda iyo feejignaanta, sababeynta iyo go'aanka, iyo aragga. Cudurro badan ayaa keena xusuus dhuminta, oo uu ku jiro cudurka dhimir beelidda ee Alzheimer iyo cudurka xididdada dhiigga. Noocyada xusuus dhuminta tartiib-tartiibka ah waxaa ka mid ah kuwan soo socda.

- Xusuus dhuminta ka dhalata istaroog badan (vascular, ama multi-infarct dementia)
- Lewy Body
- Cudurka dadka xasuusta ka lumiya ee Huntington
- Cudurka dadka xasuusta ka lumiya ee Parkinson
- Cudurka Pick's disease
- Cudurka dadka xasuusta ka lumiya ee HIV/ AIDS
- Cudurka Korsakoff (la xiriira khamriga ama tayimiin yaraanshaha ba'an)

Tarsaas

Waa muhiim in laga feejignaado iyo in la soo sheego jahwareer kasta oo si lama filaan ah ku yimaada ama astaamaha kale ee sida xusuus luminta oo kale ah. Tarsaaska waa la rogi kara marka la helo qiimeyn caafimaad oo habboon iyo daaweyn. Sababaha suuragalka ah ee tarsaaska waxaa ka mid ah kuwan soo socda.

- Caabuq (inta badan wareento ama caabuqa ku dhaca habdhiska kaadida)
- Fuuqbax/nafaqoxumo
- Isku-dheelitirnaan la'aanta gudbiye milma, sonkorow aan la xakameyn karin, dhibaatooyinka tayrood, dhibaatooyin kelyaha
- Daawooyin

CALAAMADAHA/ASTAAMAHA

- Xusuus lumin tartiib-tartiib ah
- Awoodin la'aan xoog-saarid
- Hoos u dhaca xirfadaha xallinta dhibaatooyinka iyo awoodda go'aaminta
- Jahwareer
- Waham iyo dhalanteed runmoodid
- Aragti wax-laga-beddelay
- Awoodid la'aanta garashada walxaha ama dadka la garanayo/caanka ah
- Qas ama isbeddelka meertada hurdada-soo-jeedista
- Liidashada shaqooyinka dhaqdhaqaaqa oo ay ku jiraan:
  - awoodid la'aanta qofka in uu dharkiisa xirto marxaladaha dambe ee nolosha ama sameynta waxyaabaha kale ee isdaryeelka;
  - iseddelada habsocodka qofka/halis dhicid; iyo
  - dhaqdhaqaaq aan habboonayn.
- Jahwareer, uu ku jiro:
  - qofka, goobta, waqtiga;
  - awoodda sheegidda meesha walxaha ay yaallaan; iyo
  - awoodid la'aanta in la turjumo baaqyada deegaanka.
- Awoodid la'aanta xallinta dhibaatada ama barashada
- Awoodda luuqadda oo liidata ama aan jirin, oo ay ku jiraan:
  - awoodid la'aanta in la fahmo waxa ay dadka kale sheegayaan;
  - awoodid la'aanka akhriska iyo/ama qorista;
  - awoodid la'aanta hadalka;
  - awoodid la'aanta sheegidda magaca walxaha;
  - hadalka aan habboonayn; isticmaalka ereyo dad gaar ah adeegsada ama ereyo qalad ah; iyo
  - ku celcelinta joogtada ah ee oraayada.
- Isbeddel shakhsiyadeed, oo uu ku jiro:
  - xanaaq;
  - xakameynta xanaaqa oo liidata;
  - welwel;
  - go'aan la'aan;
  - isku-mashquul;
  - debecsanaan la'aan;
  - isbeddel niyadeed oo la arki karo ma jiro (saameyn siman);
  - hab-dhaqan ama niyad aan wanaagsaneyn;
  - hab-dhaqannada galmo oo aanan wanaagsaneyn; iyo
  - awoodid la'aanta shaqeynta ama la dhaqanka bulshada ama xaalado shakhsiyeed.

Xusuus dhuminta (la sii wadey)

NOOCYADA DAAWEYNTA

Iyadoo sabab u ah in xusuus dhumintu aaney lahayn daawo, ayuu yoolka daaweynta wuxuu yahay xakameynta astaamaha. Tallaabada koowaad waa qiimeynta xaaladda caafimaadka macmiilka, si loo hubiyo in jirro kae ama waxyeello soo raaca daawada in aannu abuureyn jahwareerka sii kordha. Daaweynta waxaa ka mid noqon kara:

- **Sameyta isbeddelo deegaan** – abuurista jawi ammaan ah, oo leh deegaan iyo dad la yaqaanno;
- **Waxqabadyada hab-dhaqanka** – xooji hab-dhaqannada la rabo, iyadoo si habboon looga jawaabayo hab-dhaqannada adag, iyo filashada baahiyada macmiilka; iyo
- **Daawooyin** – ikhtiyaaro daawo oo si gaar ah loogu talagalay in lagu daaweeyn xusuus dhuminta waxay tartiibin karaan horumarka cudurka.

WAXYAABAHA LAGA FOGAANAYO

- Daawooyinka loo isticmaalo sida juujuub kiimiko – daawooyinka waa in loo adeegadaa in lagu daaweeyo astaamaha, oo yeysan noqon kuwo u sahlan shaqaalaha.
- Daawooyinka uusan qorin dhakhtarka macmiilka oo ay ku jiraan daawooyinka la iska soo iibsado (OTC) iyo daawo dhireed waa in aanan la qaadan.
- Daawooyin badan waxay leeyihiin waxyeellooyin soo raaca oo ka dhigi kara astaamaha xusuus dhuminta kuwo xun ama sii kordhin kara astaamaha habdhaqanka.
- Hanuuninta dhabta – xusuusinta qofka, adiga oo u sheegaya in ay qaldan yihiin ama in aysan wax si sax ah u xusuusan.
- Ka fogaaw la muranka macmiilka.

SIYAABAHA LOOGA HORTAGGO

Waxa keena xusuus dhuminta lama garanayo. Daraasado badan ayaa la sameeyay, oo leh fikrado cusub oo ku saabsan waxyaabaha keenaya xusuus luminta. Qaar ka mid ah mowduucyada ka hortagga caamka ah waxaa ka mid ah:

- sameynta doorashooyinka caafimaadqabka leh ee cunnada iyo jimicsiga; iyo
- in aad maskaxdaada aad ku xujeyso ciyaaro, xujooyinka ereyada, iyo mas'alooyin maskaxda ku adag.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Jahwareer si kedis ah ku kordha, astaamo hab-dhaqan sii xumaanaya ama kordhaya – kuwan waxay noqon karaan astaamaha tarsaaska (xaaladda ba'an ee jahwareerka dhimirka) oo ay tahay in si degdeg ah loo daaweeyo.
- Niyadjab – dad badan oo qaba xusuus dhuminta way niyadjabaan.
- Xanuun ama raaxo la'aan – dadka qaba xusuus dhuminta waxaa laga yaabaa in aysan awoodin in ay kuu sheegaan xanuunka ama raaxo la'aan kuwanna waxaa ay ka muuqan karaan hab-dhaqannadooda.

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Dhageyso macmiilka, oo u oggolow waqti uu saman la soo dhaafey ku xusuusto.
- Tartiibi oo waqti badan u oggolow waxqabadyada.
- Macmiilka intii karaankiisa ah oo suuragal ah wax ha sameysto.
- Macmiilka “kahu hanuuninin xaqiiqda dhabta ah” – xaqiiji dareenkiisa.
- Haddii macmiilka uu dareemayo astaan hab-dhaqan, iskuday in aad oggaato waxa keenaya hab-dhaqanka (t.a. dhibaatooyinka jireed ee xanuunka keenaya).
- Naftaada daryeel – daryeelka qofka qaba xusuus dhuminta wuxuu u baahan yahay tamar iyo dulqaad badan.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Alzheimer ee Washington
  1-800-272-3900
  alzwa.org

Niyadjab

MAXAY TAHAY

Niyadjabku waa dareen murugo oo aad u daran. Wuxuu socon karaa muddooyin dhaadheer oo waqti ah, wuxuunna ka horistaagi karaa qofka in uu ku noolaado nolol uu doorbidayo. Niyadjabku waxaa loo kala saaraa sida ay u kala daran yihiin oo ay ku jiraan fudud, dhexdexaad ah, ama daran. Waxyaabaha niyadjabka keena waxaa ka mid noqon kara:

- taariikhda qoyska ee niyadjabka;
- isku-dheelitirnaan la'aan kiimiko ama dhibaatooyinka kale ee dhimirka;
- dhibaato iyo walbahaarka;
- jiro jirka ah; iyo
- jirooyinka kale ee dhimirka, sida walaaca ama iskudhexyaaca maskaxda.

CALAAMADAHA/ASTAAMAHA

- Murugo, walaac, ama niyad “eber ah” oo joogto ah
- Oohin, ilmayn, ama awoodid la'aanta in la ooyo
- Dareemidda rajo la'aan, dembi, ama qiimo la'aan
- Xiisayn la'aan, raaxo, ama dib uga gurashada hiwaayadaha iyo/ama waxqabadyada bulshada ee mar lagu raaxaysan jiray
- Hoos u dhaca tamarta, dhacsaal
- Dhibaato xoog-saarid, xusuusasho, qaadashada go'aamo
- Isbeddellada qaababka hurdada
- Isbeddel isdabajoog ah oo ku yimaada rabitaanka cuntada, oo keenaya hoos u dhaca ama kororka miisaanka jirka
- Fikrado dhimasho ama isdilis, iskudayo isdilis
- Degenaansho la'aan, caro
- Astaamo jireed joogto ah oo aan ka jawaabin daaweynta, sida madax-xanuun, xanuuno xagga dheefshiidka ah, iyo/ama xanuun ba'an

NOOCYADA DAAWEYNTA

Heerka niyadjabka wuxuu saameeyaa daaweynta waxaanna ka mid noqon kara:

- daawooyinka yareeya niyadjabka ama niyadxumada,
- daaweyn hab duugmi/diirrin ama “hadal ku daaweyn”;
- daaweyn kale sida irbad ku daaweyn, duugis, iftiin ku daaweyn, dhir ku daaweyn, iyo daaweynta faytamiinnada waaweyn; iyo
- raashiin caafimaadqab leh iyo jimicsi joogto ah.

WAXYAABAHA LAGA FOGAANAYO

- Khamri iyo waxyaabaha kale ee niyadjabka keenna
- Faquuq/go'doomin bulsho

SIYAABAHA LOOGA HORTAGGO

Ma jiro hal shey oo keeena ama ka hortagga niyadjabka. Fikradaah qofka ka caawin kara in uu ka gudbo waqtiyada adag waa:

- Xirfadaha la-qabsiga wanaagsan;
- qof lagu kalsoon yahay oo lala hadlo;
- la-talin ka hor inta niyadjabku uusan sii xumaan;
- caadooyinka hab-nololeed caafimaadqab leh; iyo
- iskaa-wax-u-qabsi ama ku lug lahaanshaha waxqabadyo kooxeed si looga fogaado go'doomin bulsho.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Macmiilka ayaa ka hadlaya is-dilis iyo/ama dhimasho.Wac 988 si aad u gaarto Khadka Tooska ah ee Dhibaatada iyo Is-dilista
- Kororka astaamaha
- Waxyeellooyinka soo raaca daawooyinka

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- U kala qaybinta hawlaha waaweyn kuwo yaryar, iyo ku dhiirrigelinta macmiilka in uu sameeyo waxa ugu wanaagsan ee uu awoodo.
- Ka caawi macmiilka in uu dejisto oo ka mirodhaliyo yoolal macquul ah.
- Ku dhiirrigeli macmiilka in uu:
  - in uu ku lug yeesho oo uu bulsho ahaan firfircoonaado;
  - jir ahaan firfircoonaado;
  - qaato daawooyinka loo qorey iyo in uu ka qaybgelo daaweynta; iyo
  - dhageysto oo uu taageero bixiyo.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Machadka Qaranka ee Caafimaadka Dhimirka (NIMH)
  6001 Executive Blvd, Room 6200, MSC 9663
  Bethesda, MD 20892-9663
  (866) 615-6464
  nimh.nih.gov/index.shtml
- Isbahaysiga Taageerada Niyadjabka iyo xanuunka isbeddelka dabeecadaha (DBSA)
  55 E Jackson Blvd, Suite 490
  Chicago, IL 60604
  (800) 826-3632
  dbsalliance.org

Naafonimada Koritaanka

MAXAY TAHAY

Qiyaastii 1.49% ee dadka, ama 89,000 ee carruurta iyo dadka waaweyn ee Washington, waxaa laga yaabaa in laga helay naafonimada koritaanka taas oo xaq u siineysa adeegyada gobolka.

Sababahan iyo noocyada naafonimada koritaanka aad ayay u kala duwan yihiin. Hoos waxaa ku qoran xoogaa tusaalooyin ah.

Naafonimada Caqliga

Dadka qaba naafonimada caqliga waa shakhsiyaad ku adag barashada aqoonta guud ama la qabsiga deegaanka.

Waa ugu badan ee keena naafonimada caqliga waa xaaladda iinta ee Down Syndrome, oo ah xaalad ay keento koromosom caadiga ka baxsan halkaasi oo koromosom dheeraad ah ay saameyso koboca maskaxda iyo jirka.

Waxyaabaha kale ee keena naafonimada caqliga waxaa ka mid ah:

- caabuqyada sida rubeella;
- maandoorsamidda xilliga uurka sida Fetal Alcohol Syndrome (FAS);
- arrimaha deegaanka ee waqtiga hore oo liita; iyo/ama
- waxyeellada dhimirka ka hor da'da sideed iyo toban.

Waxaa ka jirta kala duwanaansho ballaaran heerka naafonimada caqliga, shakhsi kastaba wuxuu yeellan doonnaa awoodo iyo baahiyo kala duwan.

Maskax-suux

Maskax suun waa erey guud oo loo adeegsado in lagu qeexo koox xanuunno daba-dheeraad ah oo keen adkaanshaha xakameynta dhaqdhaqaaqa. Xanuunka wuxuu soo muuqdaa sannadaha hore ee nolosha, oo guud ahaanna kama sii daro waqti kadib.

Dadka qaba maskax suuxa waxaa laga yabaa in ay si xaddidan u xakameeyaan murqahooda iyo addimahooda. Waxaa jiri kara giigsanaanta muruqa oo xad-dhaaf ah, ka kanaanta jirka ama addinaha, musqo giriiraya, hadal aan la garan karin, iyo dhaqdhaqaaqyo tartiib ah, ama aan la xakameyn karin.

Shakhsiyaadka qaba maskax suuxa waxa leeyihiin noocyo kala duwan oo awoodo iyo naafonimo ah (t.a. indhoolenimo, dhegoolenimo, qallal, ama naafonimada caqliga). Dad badan oo qaba maskax-suux waxa leeyihiin calqi dhexdhexaad ah ama dhexdhexaad ka badan.

Qallal

Qallalka waa xanuun dhimirka ku dhaca oo ku lug leh suuxid soo noqnoqota. Suuxdintu waa dhacdooyinka carqaladeynta shaqada dhimirka ee keenaysa isbeddelo ku yimaada feejignaanta iyo/ama hab-dhaqanka. Suuxdintu waxay la xiriiri kartaa:

- dhaawac soo gaara maskaxda (t.a. istaroog ama dhaawaca madaxa);
- xaalad aan caadi ahayn oo la iska dhaxlo;
- xaalad ku meelgaar ah, sida qaadashada ama joojinta daawooyinka qaarkood, ama qaadashada soodhiyam ama kulugows gala dhiigga (suuxdinta soo noqnoqota waxaa laga yaabaa in aysan soo noqon marka dhibaatada kale ee keenaysa la saxo); ama
- sabab aanan la aqoonsan karin.

Darnanta astaamaha waxay u kala dhaxeyn karaan eegista dhaygagyo muddo gaaban ah ilaa miyir beel iyo sarco xoog leh.

Sida laga soo xigtay Ururka Qallalka ee Mareykanka, 50% ilaa 80% kiisas, suuxdinta waxaa si ammaan ah loogu xakameyn kara daawooyin iyo daaweyn habboon. Dadka qallala waxay leeyihiin caqli la mid ah kuwa dadka kale. Ragga iyo dumarkaba si isku mid ah ayuu ugu dhacaa.

Xaaladda Autism

Autism/dhakaakaha waa xanuun koritaan oo in la fahmo ay adag tahay kaas oo caadi ahaan soo muuqda 3 sanno ee nolosha ugu horreeya, wuxuu saameeyaa koritaanka caadiga ah ee maskaxda, wuxuunna keenaa hab-dhaqanno kala duwan. Autism-ku wuxuu badanaa ku dhacaa ragga marka loo eego dumarka.

Astaamaha waxay u kala dhaxeeyaan kuwo fudud ilaa daran waxaanna ka mid ah:

- liidashada la dhaqanka bulshada (t.a. doonista ka fogaanshaha bulshada, dareemidda xishood/qajilaad bulsho, awoodid la'aanta in si raaxo leh looga qaybgalo wadasheekaysi laba-dhinac leh);
- liidashada war-isgaarsiinta aan hadalka ahayn iyo tan hadalka ah (t.a. gebi ahaanba in aanan la hadlin, aan awoodin fasiraadda jir ka hadalka); ama
- qaababka hab-dhaqan soo noqnoqda ama xaddidan (t.a. adkaanshaha barashada fikradaha fahamkooda adag, macluumaadka guud, iyo u dulqaadashada isbeddellada nidaamyada joogtada ah iyo/ama deegaannada).

Marka aad hesho daaweyn habboon, qaar badan oo ka mid ah astaamaha autism-ka waa la wanaajin karaa, inkastoo dadka badankiisa ay yeellan doonnaan astaamaha qaar noloshooda oo dhan.

Naafonimada Koritaanka (la sii wadey)

NOOCYADA DAAWEYNTA

Yoolka aasaasiga ah ee daaweynta qof kasta ee la nool naafonimo waa in la kobciyo awoodda suuragalka ah ee qofka. Waxqabadyada qaarkood waxaa ka mid noqon kara kuwan soo socda.

- Daaweynta baxnaano shaqo
- Daaweynta jirka
- Daaweynta hadalka
- Waxbarasho lagu helayo shaqo lagu sii negaanayo
- Tababarka xirfadaha nololeed

TALOOYINKA DARYEELBIXINTA

Dadka waaweyn ee naafada ah waxay doonayaan in loola dhaqmo sida dadka madax-bannaan. Had iyo jeer bixi doorashooyin da'da ku habboon, gaar ahaan haddii qofka uusan si toos ah u muujin karin waxa uu doonayo.

Qofka naafonimada leh waa garsooraha waxa uu sameyn karo ma waxa uusan sameyn karin. Ha u gaarin go'aamo ku saabsan ka-qaybgalka waxqabad kasta.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Mareegtada Qaybta Naafonimada Koritaanka ee Gobolka Washington waa meel heersare ah oo laga heli karo macluumaad dheeraad ah iyo kheyraadyo.
  dshs.wa.gov/dda
- The Arc of Washington State
  2638 State Avenue NE
  Olympia, WA 98506
  www.arcwa.org

Sonkorow

MAXAY TAHAY

Jirku wuxuu isticmaalaa hoormoon loo yaqaanno insuliin si ay u geyso sonkor (guluukows) unugyada jirka oo ay tamar siiso. Haddii ay jirto insuliin yar ama insuliin la'aan (Sonkorowga/Macaanka Noocta 1), ama jirka uusan si sax ah ugaga jawaabin insuliinta (Sonkorowga/Macaanka Nooca 2), unugyada ma helayaan tamarta loo baahan yahay, guluukowstana waxay isugu imaanaysaa dhiigga socda iyada oo aanan la adeegsan. Guluukowstan soo harta waxay keeni kartaa xaalado caafimaad muddo-gaaban iyo kuwo muddo-dheer marka aanan la daaweyn.

Sonkorowga/Macaanka Nooca 1 ayaa caadi ahaan qofka laga helaa carruurnimadiisa. Jirku wuxuu sameeyaa insuliin yar ama maba sameeyo waxaanna loo baahanayaa irbado maalinle ah ama bambeyn insuliin.

Sonkorowga/Macaanka Nooca 2aad ayaa aad u badan wuxuunna dhacaa marka jirka uusan soo saarin insuliin ku filan in ay ka dhigaan heerarka guluukowska mid caadi ah iyo/ama jirku uusan si wanaagsan uga jawaabin insuliinta. Sonkorowga/Macaanka Nooca 2aad wuxuu dadka ku haleelaa qaangaarnimada wuxuunna sii kordhayaa iyada oo sabab u ah tirada dadka Mareykanka ee waayeellada ah ee sii kordhaya, cayilka, iyo jimicsi la'aan.

CALAAMADAHA/ASTAAMAHA

Sonkorowga/Macaanka Nooca 1:

- Haraad sii kordhaya
- Kaadi marar badan
- Miisaanka jirka oo hoos u dhaca iyada oo rabitaanka cuntada uu sii kordho
- Daal
- Lallabo/matag

Sonkorowga/Macaanka Nooca 2:

- Haraad sii kordhaya
- Kaadi marar badan
- Kororka rabitaanka cuntada
- Daal
- Aragga oo caad gala
- caabuqyada si tartiib ah u bogsada

Iyada oo sabab u ah in Sonkorowga/Macaanka Nooca 2aad uu si tartiib ah u kobco, dadka qaar oo sonkorta dhiigga ee sarreysa qaba gebi ahaanba ma dareemaan wax astaamo ah.

Marka la daryeelayo shakhi qaba cudurka sonkorowga, waxaa muhiim ah in la dareemo astaamaha sonkorta dhiigga ee sareysa ama hooseysa, iyo sido kale walaacyada maqaarka. Marka cudurka sonkorowga aanan la maareyn, xaalado nafta halis-gelinaya ayaa dhici kara.

Calaamadaha iyo astaamaha sonkorta dhiigga ee hooseysa:

- Daciifnimo, gariirid
- Dawakhaad
- Madax-xanuun
- Jahwareer
- Dawakhaad
- Aragga oo laba-laabma
- Wadne garaac degdeg ah
- Suuxdinno ama miyir beelid

Calaamadaha iyo astaamaha sonkorta dhiigga ee sarreysa:

- Kororka oon iyo kaadin
- Lallabo
- Neefsasho qoto-dheer oo degdeg ah
- Baahi
- Dawakhaad
- Miyir beel

NOOCYADA DAAWEYNTA

Cudurka sonkorowga ma lahan daawo loogu talagalay. Yoolka muddada-gaaban waa xasillinta sonkorta dhiigga. Yoolalka muddada-dheer ee daaweynta waa qaadista astaamaha iyo ka hortagga dhibaatooyinka muddada-dheer sida cudurka wadnaha iyo hawlgabka kelyaha.

Macmiilka sonkorta qaba waxaa lagu dhiirrigelin doonaa in uu:

- cuno cunto si fiican isugu dheelitiran;
- xaddido cunista cuntooyinka la warshadeeyay iyadoo sabab u ah in ay ku badan yihiin sonkorta, dufanka, iyo soodhiyamta;
- xakameeyo qaadashada kaarbohaydarayt;
- xaddido cunita kaarbohaydaraytyada “fudud” sida burka cad, bariiska cad iyo baastada, cuntooyinka sonkorta leh sida macmacaamka, bur-dhexdaloolka, doorshada iyo burka, iyo in uu ka fogaado cabbitaannada sonkorta leh;
- ka fogaado ama xaddido dufanka fashaqa ah;
- kaalin firfircoon ka qaato fahamka aasaasiyaadka nafaqada wanaagsan iyo saameynta ay ku leedahay sonkorta dhiigga;
- jimicsi sameeyo oo uu xakameeyo miisaankiisa.

Hadafka macmiilka qaba sonkorowga waa joogteyna cunto caafimaadqab leh iyo xakameynta heerarka sonkorota dhiigooda. Waxaa jira noocyada cunto badan oo kala duwan oo loogu taliyay sonkorowga. Dadka qaba sonkorowga waxay fikrad ka heli karaan dhakhtarkooda oo ku saabsna noocyada cuntada ee la cuno iyo noocyada laga fogaado. Qof ku xeeldheer noocyada cuntada iyo nacfiyadooda ayaa sidoo kale ka caawin kara qorsheynta cuntooyinkooda. Caadi ahaan, qof ku xeeldheer noocyada cuntada iyo nacfiyadooda ayaa nakh-shadeyn kara barnaamij gaar ku ah baahiyada caafimaad ee macmiilka iyo dookhyada cunto ee shakhsiyeed.

Sonkorow (la sii wadey)

Daawooyin

Dadka qaba Sonkorowga/Macaanka Nooca 1aad waxay irbad ahaan u qaataan insuliin maalin kasta, mararka qaarkood marar badan maalintii. Dadka qaba Sonkorowga/Macaanka Nooca 2aad caadi ahaan waxay qaataan daawooyinka afka laga qaato maalin kasta si ay u kordhiyaan soosaarista insuliinta ama u nugulaanshaha jirka ee insuliinta.

Jimicsigu wuxuu dadka ka caawiyaa xakameynta sonkorta dhiigga, miisaan ridid da, iyo cadaadiska dhiigga ee sarreeya. Dadka qaba sonkorowga waa in kala hadlaan dhakhtarkooda ka hor inta aaney wax barnaamij jimicsi ah bilaabin.

WAXYAABAHA LAGA FOGAANAYO

- Sigaar cabbistu waxay keentaa hoos u dhaca wareegga dhiigga, gaar ahaan cagaha.
- Khamrigu wuxuu saameyn xun ku yeellan karaa sonkorta dhiigga.
- Cuntooyin aan lahay nafciga waxaa ku badan sonkor, soodhiyam, iyo dufan.

SIYAABAHA LOOGA HORTAGGO

Sonkorowga/Macaanka Nooca 1 waxaa loo maleynayaa in uu yahay mid la iska dhaxlo waxaanna laga yaabaa in aanan laga hortagi karin.

Dadka qaba Sonkorowga/Macaanka Nooca 2aad caadi ahaan waa kuwo miisaankoodu sarreeyo waxaanna laga yaabaa in aysan jir ahaan firfircoonayn. Ka hortagga waxaa ka mid noqon kara dhiirrigelinta sonkor sarreysa oo caafimaadqab leh, cunto dufanka ku yar yahay oo lala qaato miro cusub, khudaar, iyo badar aan boonshadabaxsanayn iyo nidaam jimicsi joogto ah.

Ururka Sonkorowga Mareykanka wuxuu ku talinayaa in dhammaan dadka waaweyn laga baaro sonkorowga ugu yaraan saddexdii sannaba mar. Qofka halista badan ugu jira waa in marar badan la baaraa.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Calaamadaha/astaamaha sonkorta dhiigga ee sarreysa ama hooseysa
- Xaaladda maqaarka, gaar ahaan lugaha iyo cagaha

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Dhiirrigeli doorashooyinka cuntada caafimaadqabke lahe iyo cunis joogto ah.
- Ku dhiirrigeli macmiilka in uu in uu si joogto ah ula socdo sonkorta dhiigga, haddii uu dhakhtarka sidaa ku taliyo.
- Ogow qorshaha macmiilka ee ku saabsan waxa la sameeyo marka sonkorta dhiigga ay aad u badato ama yaraato.
- Ku dhiirrigeli macmiilka in uu qaato daawooyinka oo dhan.
- Ku caawi macmiilka in uu si maalinle ah cagahiisa u baaro.
- Ku dhiirrigeli macmiilka in uu ka fogaado dharka xaddidaya wareegga dhiigga, sida sharabaadyo dhaadheer oo laastiik ah ee cariiriga ah iyo sigsaanta.
- Ku dhiirrigeli macmiilka in uu xirto kabo si fiican ula eg, iyo in uu kabahiisa ka eego dhaqaxaan yaryar ama walxo kale.
- Ku dhiirrigeli macmiilka in uu xirto katiinad ama jijimaha ka diga sonkorowga ee Medic Alert Diabetese.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Sonkorowga, Heerka 1 Daryeelbixinta Awoodda leh ee Sonkorowga
  Tababarka Takhasusiga ah ee ALTSA
  Daabacaadda DSHS #22-1849
- Ururka Sonkorowga ee Mareykanka
  2451 Crystal Drive, Suite 900
  Arlington, VA 22202
  (800) 342-2383
  diabetes.org
- Machadka Qaranka ee Cudurrada Sonkorowga iyo Dheefshiidka iyo Kelyaha
  1-800-860-8747
  niddk.nih.gov/health-information/diabetes

Gulukooma

MAXAY TAHAY

Gulukooma waa koox cudurrada indhaha ku dhaca ah oo keeni kara luminta aragga iyo indhoolenimo iyaga oo waxyeellaynaya neerfaha aragga ee xagga dambe ee isha.

CALAAMADAHA/ASTAAMAHA

Inta badan dadka qaba gulukooma ba'an ma lahan wax astaamo ah ilaa ay ka arag beelaan.

Gulukoomaha Ba'an ee Angle-Closure

Gulukoomaha Ba'an ee angle-closure wuxuu u yimaadaa si degdeg ah, astaamaha qaarkoodna waxaa ka mid ah:

- indho xanuun;
- madax-xanuun;
- goobooyin ku wareegsama nalalka;
- ballaarashada wiilasha indhaha;
- luminta aragga;
- indho guduudan; iyo
- lallabo ama matag.

Islamarkiiba aad qolka xaaladaha degdegga ah ama xafiiska dhakhtarka indhaha haddii macmiil uu la kulmo qaar ka mid ah astaamaha gulukoomaha da'an ee angle-closure.

NOOCYADA DAAWEYNTA

- **Daawooyin** – caadi ahaan dhibco indhaha lagu dhibciyo, daawooyinkan waxay midkood yareynayaan qaddarka dareeraha isha ama waxay isha ka caawinayaan in ay dareeraha iska soo saarto.
- **Qalliin** – wuxuu abuuri karaa meelo loogu talagalay dheecaanka isha in uu ka baxo, ama waxay dib u furi karaan goobaha loogu talagalay dheecaan saarista.

WAXYAABAHA LAGA FOGAANAYO

- Daawooyinka qaarkood sida daawooyinka hargabka iyo xasaasiyadda, kuwaas oo u keeni kara gulukooma ba'an in ay ku soo kacdo dadka qaba gulukoomaha daba-dheeraada
- Kafeen, oo kordhin karta cadaadiska isha fuula

SIYAABAHA LOOGA HORTAGGO

- Samee baaritaanka indhaha oo joogto ah si aad kol hore u oggaato.
- Si fiican u maaree sonkorowga iyo dhiig-karka.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Luminta aragga oo tartiib tartiib ah ama dhaqo ah
- Indho xanuun
- Madax-xanuun daran

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in daawooyinka uu u qaato sidii la farey.
- Bixi deegaan ammaan ah si aad uga hortagto dhicitaannada.
- Ku caawi macmiilka in uu helo buugaag far-waaweyn ku daabacan iyo waxqabadyo, buugaag cod ahaan u duuban, iwm.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Xafiiska Macluumaadka Machadka Qaranka ee Indhaha / National Eye Institute Information Office
  31 Center Drive MSC 2510
  Bethesda, MD 20892-2510
  (301) 496-5248
  2020@nei.nih.gov
  nei.nih.gov

Wadne Qabad (Wadne Wareen, ama MI)

MAXAY TAHAY

Wadne qabad wuxuu dhacaa marka dhiigga aada qayb ka mid ah muruqaha wadnaha uu si xad-dhaaf ah u yaraado ama uu joogsado ka-dib marka mid ama in badan halbowlayaasha ay xirmaan.

CALAAMADAHA/ASTAAMAHA

Astaamaha wadne qabadka dadka ayaa kala duwanaan kara. Dad badani waxay la kulmaan wadne qabad "aamusan", oo macnaheedu yahay in astaamahooda aysan ka mid ahayn xabad xanuun, oo sidaa daraadeedna la iska indhotiro. Astaamaha caamka ah waxaa ka mid noqon kara:

- caadis aan raaxo lahayn, tuujin, dhereg, ama xanuun xabadka ah;
- xanuun ama raaxo la'aan hal ama laba gacmood ah, dhabarka, qoorta, daanka, ama caloosha;
- neefsashada oo qofka dhib ku noqota;
- dareenka dheefshiid la'aan;
- lallabo ama dawakhaad;
- dhidid qabow;
- dareenka madax khafiif;
- maqaarka oo midabkiisa beddelma;
- dareemidda daciifnimo ama daal xad-dhaaf ah; iyo
- walaac aan la macnayn.

Dumarku waxay u badan yihiin in ay yeeshaan xabad xanuun caadi ah ama cabashada calool xanuun, neefsiga oo dhib ku noqdo qofka, lallabo, iyo daal aan la micnayn.

NOOCYADA DAAWEYNTA

Inta lagu guda jiro ama isla-markiiba ka-dib wadne qabadka, shaqaalaha qolka xaaladaha degdegga ah waxay macmiilka siin karaan daawooyin burburinaya xannibaada, yareynaya xanuunka, oo mar kale oggolaanaya dhiigga in uu wadnaha tago. Macmiilka waxaa lagu sameyn karaa qalliin lagu wanaajinayo qulqulka dhiigga aada wadnaha. Daaweynta ka-dib wadne qabadka inta badan waxaa diirrada lagu saaraa ka hortagga wadne qabad kale, waxaanna ka mid ah:

- **daawooyin** - iyadoo ku xiran aaladda macmiilka, daawooyinka waxaa loo adeegsan karaa ka hortagga xannibaadaha dhiigga aada wadnaha, kordhinta qulqulka dhiigga, hoos u dhigga cadaadiska dhiigga iyo/ama kolostaroolka.
- **isbeddello hab-nololeed,** oo ay ka mid yihiin:
  - cunto caafimaadqab leh – ku yar cusbada iyo dufanka, ku badan miraha, khudaarta iyo badarka aan boonshobaxsanayn;
  - kordhinta jimicsiga;
  - iska-dhaafidda sigaar cabidda;
  - miisaan lumin, haddii loo baahda; iyo
  - hoos u dhigga iyo/ama maareynta wanaagsan ee walbahaarka

SIYAABAHA LOOGA HORTAGGO

- Ka fogaaw sigaar cabidda
- Si joogto ah u jimicso, joogtee miisaan caafimaadqab leh
- Cun cuntooyin caafimaadqab leh, oo ku yar milixda iyo fufanka kuna badan miraha iyo khudaarta
- Maaree walbahaarka
- Joogtee cadaadiska dhiigga ee wanaagsan, sonkorta dhiigga, iyo heerarka kolostaroolka

TALOOYINKA DARYEELBIXINTA

Talooyinkan waxaa loogu talagalay macmiilka horey u qabey wadne qabad.

WAXYAABAHA LAGA FEEJIGNAANAYO

- Ogow noocyada astaamaha macmiilka uu lahaa xilligii wade qabadkoodii ugu dambeeyay oo ka feejignow astaamahan. Astaamaha wadne qabadka labaad waxaa laga yaabaa in aaney la mid ahayn kuwa wadne qabadkii koowaad. Si degdeg ah u wac 911 haddii aad aragto, ama macmiilka uu soo sheego astaamaha wadne qabadka.
- Hubso in macmiilka uusan cadaadis badan isa-saarin. Cadaadiska dareen ama shaqada jireed waxay kicin karaan wadne qabadka.

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in daawooyinka loo qorey uu u qaato sidii la farey.
- Ku dhiirrigeli macmiilka in uu ballan caafimaadka qabsado iyo in uu ilaaliyo.
- Xusuusi macmiilka in uu nasto oo xawli ku habboon ku socdo si uu uga fogaado daal.
- Hel tababarka CPR

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Xafiiska Caafimaadka Haweenka, ee Waaxda Adeegyada Aadanaha iyo Caafimaadka
  200 Independence Avenue, SW
  Washington, DC 202011
  1-800-994-9662
  womenshealth.gov
- Xarunta Qaranka ee Ururka Wadnaha Mareykanka / American Heart Association National Center
  7272 Greenville Avenue
  Dallas, TX 75231
  1-800-AHA-USA-1 or 1-800-242-8721
  americanheart.org

Cagaarshowga A, B, C, D iyo E

MAXAY TAHAY

Cagaarshowgu waa cudur haleella beerka ee uu keeno fayraska cagaarshowga. Cagaarshowgu waxaa lagu kala soocaa xarfo, iyadoo ku xiran sababta iyo astaamaha cudur. Dalka Mareykanka, inta badan xaaladaha cagaarshowga waxaa ka mid ah Cagaarshowga A, B, iyo C. Cagaarshowga D iyo E sidaa uma badna.

Cagaarshow A

Cagaarshowga A waa barar ku dhaca beerka ee uu keeno fayraska Cagaarshow A. Cagaarshowga A wuxuu caadi ahaan ku faafaa min qof ilaa qof iyadoo la cunayo ama la cabbayo wax ku fadareysan fayraska Cagaarshowga A. Xiriirka caadiga ah kuma faafo fayraska. Cagaarshowga A caadi ahaan wuxuu socdaa mudo gaaban.

Cagaarshow B iyo C

Cagaarshow B iy C waxaa lagu kala qaadaa in uu qofku gaaro dhiig (cusub ama qalallan) ama dheecaannada kale ee jirka ee qof qaba fayraska Cagaarshow B iyo C.

Badanaa dadka uu ku dhaco Cagaarshowga B wuxuu fayraska kaga baxaa 6 bilood gudahooda. 10% ee dadka qaba Cagaarshowga B waxay qaadaan caabuq daba-dheeraada, oo noloshooda oo dhan qabaan. Cagaarshowga B ee daba-dheeraada wuxuu kordhiyaa fursadaada waxyeello soo gaarta beerka oo joogto ah, oo uu ku jiro beer mariil ah (harag fuula beerka) iyo kansarka beerka.

Dad badan oo qaba caabuqa cagaarshow C ma haystaan astaamo. Cagaarshow C ayaa badanaa la oggaadaa xilliga baaritaannada dhiigga ee habraacyada caafimaadka jirka ama kuwa kale ee caadiga ah. Haddii caabuqa uu sannado badan jirey, beerka ayaa laga yaabaa in uu si joogto ah u harageysto.

Cagaarshow D

Cagaarshow D waxaa laga qaadaa dhiigga (cusub ama qalallan) ama dheecaannada kale ee jirka laakiinse wuxuu keliya qofka qaadaa haddii qofka uu sidoo kale qabo cagaarshowga B. Cagaarshow D wuxuu kordhin karaa darnaanta astaamaha lala xiriirinayo dhammaan noocyada cagaarshowga B.

Cagaarshow E

Cagaarshow E waxaa uu ku faafaa cunto ama biyo fadareysan wuxuunna ku badan yahay meelo ay dadku ku adag tahay in ay biyo nadiif ah helaan.

CALAAMADAHA/ASTAAMAHA

Dad badan ma muujiyaan astaamaha cudurka. Kuwa qaba, astaamahooda waxaa ka mid ah:

- indho jaalle ah;
- kaadi madow;
- lallabo/matag;
- qandho;
- daal aad u badan;
- rabitaan cunto la'aan;
- calool-xanuun; iyo
- muruq ama kalagoys xanuun.

NOOCYADA DAAWEYNTA

- Ma jiraan daaweyn caafimaad oo loogu talagalay Cagaarshow A. Raaxo la'aanta waxaa lagu qaadi karaa nasasho iyo nafaqo habboon.
- Daawooyinka waxaa loo qoraa dadka qaba cagaarshowga B ama C ee daba-dheeraadey.
- Daaweynta cagaarshow D waxay la mid tahay tan cagaarshow B.
- Cagaarshow E ma lahan wax daaweyn ah. Cagaarshowga E caadi ahaan kaligiisa ayaa iska dhammaada muddo dhowr toddobaad ah ilaa bilo.

WAXYAABAHA LAGA FOGAANAYO

- Khamriga iyo maadooyinka ayaa sun ku noqon kara beerka, sida acetaminophen (Tylenol)

SIYAABAHA LOOGA HORTAGGO

- Tallaalada qaado (cagaarshowga A iyo B oo keliya).
- Immune Globulin (IG), haddii waxtar ka-dib qaadista la isticmaalo, waxay ka hortagi kartaa in uu cagaarshowga sii kobco.
- Iska ilaali cuntada iyo biyaha aan nadiifka ahayn.
- Gacmahaaga marar badan dhaqo.
- Ku nadiifi dusha fadareysan ama wasakhda biyo warankiilo ah ama jeermis-dilayaal kale.
- Samee galmo ammaan ah.
- Dad hala wadaagin irbadaha ama agabka kale daryeelka shakhsiyeed (t.a. sakiinta ama cadeyga).
- Iska ilaali biyaha tuubbada marka aad caalamka ku safreyso oo ku dhaqan nadaafad iyo fayodhawr wanaagsan.

Cagaarshowga A, B, C, D iyo E (la sii wadey)

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Midabka kaadida oo madow iyo saxarro midab dillan – kuwan waa astaamaha soo daaha ee cagaarshowga.

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Isticmaal xeeladaha xakameynta caabuqa ee habboon – oo ay ku jiraan dhaqidda gacmahaaga iyo nadiifinta iyo Jeermis-dilka goobaha.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Cagaarshowga B
  3805 Old Easton Road
  Doylestown, PA 18902
  (215) 489-4900
  hepb.org

Caddaadiska Dhiigga oo Sarreeya (Dhiig-kar ama "HTN")

MAXAY TAHAY

Cadaadiska dhiigga waa xoogga halbowlayaasha marka ay wadnuhu garaacayaan (cadaadiska oominta wadnaha/systolic ama lambarka sare/top number) iyo marka ay wadnuhu nasan yihiin (cadaadiska waraabinta wadnaha/diastolic ama lambarka hoose). Caddaadiska dhiigga oo sarreeya ee dadka weyn waxaa lagu qeexaa caddaadiska dhiigga ah ama ka badan 130 cadaadiska systolic, ama kan ah ama ka badan 80 cadaadista diastolic (130/80). cdc.gov/bloodpressure/facts.htm

CALAAMADAHA/ASTAAMAHA

Dadka badankiisa ee qaba cadaadiska dhiigga oo sarreeya gebi ahaanba ma lahan wax astaamo ah waxayna oggaadaan marka ay dhakhtarka booqdaan oo cadaadiska dhiigooda la cabbiro. Dadka astaamaha qaba, waxay yeellan karaan kuwan soo socda.

- Madax-xanuun
- Aragga oo caad gala
- Dawakhaad
- Dhawaaq dhegahooda ka yeerra

NOOCYADA DAAWEYNTA

- **Hab-nololeedka caafimaadqabka leh** - marka uu sameeyo doorashooyin cunto oo caafimaadqab leh, jimicsiga iyo isticmaalka khamriga, qofka wuxuu mararka qaarkood maareyn karaa cadaadiska dhiigga oo sarreeya iyada oo aan jirin daaweyn kale.
- **Daawooyin**
- **Daaweyn kale** – dhaawooyin dhireed, irbad ku daaweyn, khilaawo, iyo daaweyn kale oo beddel ah ayaa keligooda la adeegsan karaa ama waxaa lala adeegsan karaa daaweyn kale.

WAXYAABAHA LAGA FOGAANAYO

- Cuntooyinka dufanka ku badan, milixda ku badan
- Sigaar cabbid
- Isticmaalka xad-dhaafka ah ee khamriga
- Walbahaar
- Kuddaridda OTC iyo/ama daawooyinka dhirta daawooyinka uu dhakhtarka qorey - la hadal dhakhtarka ka hor inta aadan daawooyinkan qaadan.

SIYAABAHA LOOGA HORTAGGO

- Samee doorashooyinka caafimaadqabka leh ee cunnada, jimicsiga, iyo isticmaalka khamriga.
- Ka fogaaw sigaar cabidda.
- Culeyska yaree.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Cabashooyinka madax-xanuun, dawakhaad, ama aragga oo caad gala

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu daawooyinka u qaato sidii la farey.
- Ku dhiirrigeli macmiilka in uu ballan caafimaadka qabsado iyo in uu ilaaliyo.
- Ku dhiirrigeli macmiilka in uu sameeyo doorashooyin cunto oo caafimaadqab leh (cusub yar, dufannada fashaqa ah oo yar).
- Ku dhiirrigeli oo ku caawi macmiilka in uu sameeyo waxqabadyo nasasho.
- Ku dhiirrigeli macmiilka in uu jimicsi sameeyo, haddii uu awoodo.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Xarunta Qaranka ee Ururka Wadnaha Mareykanka / American Heart Association National Center
  7272 Greenville Avenue
  Dallas, TX 75231
  1-800-AHA-USA-1 or 1-800-242-8721
  americanheart.org
- Xarunta Macluumaadka Caafimaadka ee National Heart, Lung, & Blood Institute NHLBI
  PO Box 30105
  Bethesda, MD 20824-0105
  (301) 592-8573
  nhlbi.nih.gov

Bu'e (Multiple Sclerosis)

MAXAY TAHAY

Bu'e (MS) waa cudur daba-dheeraada, aan la saadaalin karin, oo si tartiib tartiib ah u kobco oo haleella hab-dhiska dhexe ee neerfaha wuxuunna weeraraa oo baabi'iyaa nudayaasha maskaxda iyo xandullaha. Waxaa jira dhowr nooc oo MS ah, laakiinse dhammaan noocyada oo dhan waxay saameeyaan shaqada neerfaha, taas oo keenaysa min kabuubyo khafiif ah iyo dhibaato socod ilaa baralays iyo indhoolenimo.

CALAAMADAHA/ASTAAMAHA

Dadka qaarkood waxay astaamo yeellan karaan muddo waqti ah oo gaaban (dib-u-xanuunsad), ka-dibna waxay noqon karaan astaan la'aan muddo dheer (fududaansho). Dadka kale waxay si joogto ah ula kulmi karaan astaamo waxaanna laga yaabaa astaamaha in ay ka sii daraan. Astaamaha caamka ah qaarkood waxaa ka mid ah kuwan soo socda.

- Daal
- Dhibaatooyinka aragga
- Kabuubyo
- Dawakhaad
- Shaqeyn la'aanta galmo, kaadihaysta iyo/ama mindhiciirrada
- Kakanaanta lugta iyo/ama socodka oo adag
- Daciifnimo
- Gariir
- Hadal aan la garan karin
- Dhibaatooyinka liqidda
- Xanuun daba-dheeraada
- Isbeddelo garasho oo fudud
- Niyadjab

Astaamaha ayaa sii xumaada marka macmiilka uu daalo (inta badan dabayaaqada galabtii) ama culeys badan uu fuulo.

Astaamaha ayaa ka sii dari kara marka heerkulka jirka ee macmiilka uu kor u kaco.

NOOCYADA DAAWEYNTA

- **Daawooyin** waxaa la muujiyey in ay yareeyaan tirada iyo darnaanta soo noqoshada, meelo cusub oo barar soo fuula, iyo dib-u-dhigidda horusocodka cudurka oo muddo gaaban ah. Daawooyinka ayaa sidoo kale loo isticmaalaa in astaamaha lagu daaweeyo (t.a. xanuunka).
- **Daaweyn jireed** waxay ka caawin karaan macmiilka joogteynta xoogga iyo xaddiga kacsanaanta muruqa.
- **Daaweyn hadalka** waxay dad ka caawin kartaa hadalka aan la garan karin iyo dhibaatooyinka liqidda.
- **Daaweynta baxnaano shaqo** waxay dad ka caawin kartaa isbeddellada deegaanka macmiilka ee uu kula qabsan karo isbeddelada jireed ee cudurka.
- **La-talin iyo daaweyn kooxeed** waxay dad ka caawin karaan dhinacyada dareenka ee cudurka.
- **Isbeddello hab-nololeed** oo ay ku jiraan iskujir dad ku filan oo ah jimicsi iyo nasasho, oo la socda cunto nafaqo leh.
- **Daaweynta isteeroyd muddo-gaaban soconeysa, oo qiyaas sare ah** waxaa loo isticmaalaa in lagu yareeyo darnaanta iyo dhererka soo noqoshada iyo in lagu yareeyo suuragalnimada waxyeello joogto ah.
- Macaamiisha qaarkood waxay isticmaalaan **daaweyn kale oo beddel ah** oo lagu darayo daaweyn kale oo ay ka mid yihiin faytamiin iyo macdan dheeri ah, farsamooyin nasasho, xashiish, irbad ku daaweyn, iyo duugis.

WAXYAABAHA LAGA FOGAANAYO

- Qubeyska baafka oo kulul, qolka uumiga qandaca ah leh, ama deegaanno kale oo keeni kara heerkulka macmiilka in uu sii kordho

SIYAABAHA LOOGA HORTAGGO

Ma jiro ka hortag la ogyahay oo loogu talagalay MS.

Bu'e (Multiple Sclerosis) (la sii wadey)

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Qandho – xitaa caabuq yar ayaa keeni kara astaamaha in ay soo muuqdaan
- Astaamaha niyadjabka
- Ku adag cunto liqidda

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Debecsanow. MS mararka qaarkood lama saadaalin karo. Macmiilka waxaa laga yaabaa in uusan sameyn karin hawl uu sameynayey shaleyto ama wuxuu dib u heli karaa awood uu ku qabto hawl horey uu ugu baahnaa in laga caawiyo.
- Ku dhiirrigeli macmiilka in uu si joogto ah jimicsi u sameeyo iyo in uu nasasho ku filan uu helo.
- Ku dhiirrigeli macmiilka in uu cuno cuntooyin nafaqo leh oo ay faybartu ku badan tahay. Cuntada caafimaadka leh waxay gacan ka geysan doontaa in ay xoojiso hab-dhiska difaaca jirka, iyadoo faybarku uu gacan ka geysan doonno ka hortagga calool-fadhiga, kaas oo ku badan dadka qaba MS.
- Hubso in guriga/abaarmanka macmiilka in aysan aad u kulaan. Isticmaal hawo qaboojiye ama habab kale oo qaboojineed si aad uga ilaaliso macmiilka in uu si xad-dhaaf ah u kulaado.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Qaranka ee Bu'e (Multiple Sclerosis)
  1-800-334-4867
  nationalmssociety.org

Lafa-beel

MAXAY TAHAY

Lafa-beelku waa cudur ay lafuhu noqdaan kuwo nugul oo jabi-og waxayna u badan tahay in ay jabaan. Kani wuxuu inta badani ku dhacaan haweenka marka loo eego ragga, inta badanna wuxuu haleellaa sinta, laf-dhabarka, iyo curcurada (inkastoo ay laf kastaba jabi karto). Haweenka qaba cudurka lafo-beelka waxay ku jiraan xilli caada-guurka ka-dib laakiinse lafa-beelka waxaa laga yaabaa in uu horey u bilowdey.

CALAAMADAHA/ASTAAMAHA

Inta badan wax astaamo ah ma jiraan – lafa-beelku si tartiib ah ayuu u dhacaa muddo ka-dib. Astaanta kowaad waxay noqon kartaa laf jabtey oo ka timid dhaawac yar, sida wax ku dhicid. Astaamaha kale waxaa ka mid noqon kara kuwan soo socda.

- Xanuun (gaar ahaan dhabarka hoose, qoorka, iyo misigta)
- Yaraanshaha jooga
- Qaab jireed “foorarsan”

NOOCYADA DAAWEYNTA

- **Jimicsi** - miisaan xamilid, sida socod, ruclayn, qoob-ka-ciyaar, ama tababarka iska-caabbinta, oo uu ku jiro miisaan-qaadid
- **Faytamiin iyo macdan dheeri ah** (t.a. kaalsiyam, magniisiyam iyo faytamiin D)
- **Nafaqada** - cunto caafimaad leh oo ka kooban miro, khudaar, iyo badar boonshadiisa qaba, iyo kaalsiyam
- **Daawooyin** - si loo yareeyo lafo lumin ama xanuun, ama si loo kordhiyo cufka lafaha ama cufnaanta lafaha

WAXYAABAHA LAGA FOGAANAYO

- Daawooyinka daalka keena (kuwani waxay kordhin karaan dhicidda iyo jabka)
- Sigaar cabbidda iyo sticmaalka xad-dhaafka ah ee khamriga

SIYAABAHA LOOGA HORTAGGO

- Qaado kaalsiyam maalinle ah oo hel faytamiin D kugu filan (iftiinka qorraxda).
- Cun cunto caafimaad leh oo hodan ku ah kaalsiyam (waxyaabaha caanaha laga sameeyo, khudaar caleen cagaar ah leh, kalluun lafo leh, digir la dubay, iyo miro qalallan).
- Maalin kasta jimicsi samee, gaar ahaan jimicsiyada miisaan-xamilid iyo tababarka iska-caabbinta (t.a. socodka, qoob-ka-ciyaarka, ruclaynta, miisaan qaadid).
- Dhakhtarkaaga wax ka weyddii baaritaanka cufnaanta lafta si aad u go'aamiso halistaada hadda.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Ammaanka guriga – hubso in aaney jirin khatarro dhicid keeni kara.
- Xanuun

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku caawi macmiilka in uu socdo, haddii loo baahdo.
- Ku dhiirrigeli macmiilka in xirto kabo si fiican ula eg.
- Ku dhiirrigeli macmiilka in uu si joogto ah u jimicsado.
- Ku dhiirrigeli macmiilka in uu sameeyo doorashooyin cunto oo caafimaadqab leh oo ay ku jirto kaalsiyam.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Qaranka ee Lafa-beelka
  251 18th Street S, Suite 630
  Arlington, VA, 22202
  1-800-231-4222
  info@nof.org
  http://www.nof.org/

Cudurka Dadka Xasuusta Ka Lumiya ee Parkinson

MAXAY TAHAY

Cudurka Parkinson waa iin ama xanuun ku dhaca maskaxda oo lagu garto gariir (ruxmasho) iyo adkaanshaha socodka, dhaqdhaqaaqa, iyo iskudubaridka.

CALAAMADAHA/ASTAAMAHA

- Kakanaanta murqaha
- Adag laabidda gacmaha iyo lugaha
- Luminta isku-dheelitirnaanta
- Socod "cagajiid ah"
- Dhaqdhaqaaqyo tartiib ah
- Adkaanta in dhaqaaq la bilaabo
- Xanuuno iyo muruq xanuun
- Ku adag cunto liqidda
- Dhareerid
- Gariir ama ruxmasho oo ay ku jiraan:
  - xilliga waxqabashada (laakiinse aad loo dareemi karo xilliga nasashada);
  - wuxuu noqon karaa mid qofka ka hor-istaagi kara waxqabadyada; iyo
  - Wuxuu ka sii dari kara marka la daalan yahay ama uu culeys jiro.
- Hoos u dhaca awood lagu muujinayo muuqaal dareenka wejiga ah, oo uu ku jiro:
  - weji "damuuqid";
  - dhaygagid;
  - awoodid la'aanta in afka la xiro; iyo
  - Hoos u dhaca il-biriqsadka.
- cod hal dhawaaq leh, oo tartiib ah;
- luminta xirfadaha dhaqdhaqaaqyada yaryar, oo ay ku jiraan:
  - gacan qoraalka ayaa noqda mid adag, oo isku dhexyaacsan;
  - cunista ayaa noqon karta mid adag, tartiib ah; iyo
  - dhicitaanni joogto ah,
- calool-fadhi;
- xususs dhuminta cudurka Parkinson oo horumarsan; iyo
- niyadjab.

NOOCYADA DAAWEYNTA

Cudurka Parkinson lama daaweyn karo. Daaweynta waxaa diiradda lagu saarayaa yareynta astaamaha, waxaanna ka mid noqon kara:

- **daawooyin** waxaa loo adeegsanayaa in lagu:
  - kordhiyo maadada dopamine ee maskaxda, si loo sii wanaajiyo dhaqdhaqaaqa iyo isku dheelitirnaanta;
  - yareeyo gariirka;
  - yareeyo xanuunka; iyo
  - daaweeyo niyadjabka
- **kooxaha taageerada**;
- **daaweyn** - daaweynta jireed, shaqo, iyo midda hadal waxay macmiilka ka caawin karaan in uu kor u qaado awoodahiisa iyo la qabsiga nidaam maalmeedka joogtada ah si kor loogu qaado madax-bannaanida.
- **nafaqo iyo jimicsi** - iyada oo sabab u ah liqiddu in ay adag tahay, oo calool-fadhigana uu badan yahay, wax cunista ayaa laga yaabaa in aanan lagu raaxeysan. Eeg Cutubka 9aad ee ku yaalla bogga 186 si aad u hesho macluumaad dheeraad ah oo ku saabsan cunto liqidda adkaata. Jimicsi, la socda biriirif nasho oo joogto ah ama badan, ayaa debcinaya murqaha waxayna gacan ka geysanayaan joogteynta madaxbanaanida.

WAXYAABAHA LAGA FOGAANAYO

- Walbahaar
- Qaadashada daawo badan

SIYAABAHA LOOGA HORTAGGO

Maadaama aanu caddeyn waxa keenaya cudurka Parkinson, hadda ma jirro habab ka hortag.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- waxyeellooyinka soo raaca daawooyinka
- Ku adag cunto liqidda
- Jahwareer

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ka caawi macmiilka in uu socdo ama kormeero kuna dhiirrigeli isticmaalka aaladaha gacansiinta ee loo baahan yahay (t.a., socod-caawiye ama bakoorad).
- Macmiilka u oggolow waqti uu ku jawaabo oo u dulqaado waxqabadyada nolol maalmeedka.
- Ku dhiirrigeli macmiilka in uu ka fogaado walbahaarka oo daryeelbixintaadu u samee hab aan walbahaar lahayn.
- Ku dhiirrigeli biriirif/waqtiyo nasasho oo soo noqnoqda.
- Waqti badan sii marka uu wax cunayo oo cunteynta ka dhig mid raaxo leh oo lagu nasto.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Cutubka Waqooyin Galbeed ee Ururka Cudurka Parkinson ee Mareykanka (American Parkinson Disease Association Northwest Chapter)
  180 Nickerson Street, Suite 108
  Seattle, WA 98109
  (206) 695-2905
  apdaparkinson.org/community/northwest

Wareento

MAXAY TAHAY

Wareentadu waa caabuq sambabbada haleella. Inta badan xaaladaha wareentada waxaa keenna bakteeriya, waxayna noqon kartaa xaalad labaad oo sii cusleysiisa ifilada(hargab). Mararka qaarkood fayraska fangiga ayaa keeni kara wareentada.

Wareentada asbayreshan (Aspiration pneumonia) waxay ka dhalataa marka qofka uu gudaha u neefsado waxyeebo afkiisa ama calooshiisa ku jiraan ka-dibna ay u gudbaan sambabbada (tani waxay mararka qaarkood dhacdaa marka qofka ay ku adag tahay in uu wax laqo).

Dadka halista badan ugu jira in ay wareento ku dhacdo waxaa ka mid ah kuwa qaba jirooyinka daba-dheeraada sida sonkorowga, cudurka wadnaha, ama COPD, qaata daawooyinka isteeroyd (steroid), iyo/ama kuwa hab-dhiska difaaca jirkooda uusan si fiican u shaqeyn (t.a., dadka qaadanayo daaweyn kiimiko ama qaba HIV/AIDS).

Wareentadu waa waxa ugu badan ee keena cusbitaal dhigista carruurta iyo dadka waaweyn. Xaaladaha intooda badan si guul leh ayaa loo daaweyn karaa, laakiinse tobanaan kun oo dad ah kuna dhaqan Mareykanka ayaa u dhinta cudurka wareentada sannad kasta, intooda badanan waa dad ay da'doodu ka weyn tahay 65.

CALAAMADAHA/ASTAAMAHA

- Qandho
- Qarqaryo
- Ciddiyo iyo bushimo midab buluug ah leh
- Qufac la socda xab (wareentada uu keeno fayraska wuxuu yeellan karaa qufac qalallan oo aan xab lahayn)
- Neefsashada oo qofka dhib ku noqota
- Xabad xanuun
- Neefsasho iyo wadne garaac degdeg ah
- Hoos u dhaca rabitaanka cuntada
- Daal
- Hoos u dhaca heerarka ogsijiinta (akhriska oximetry)

Macaamiisha waaweyn, daal iyo jahwareer ayaa noqon kara astaamaha keliya ee jira.

NOOCYADA DAAWEYNTA

Daaweyntu waxay ku xiran tahay waxa keenay wareentada iyo sida ay u daran tahay. Daaweynta qaar waxaa ka mid ah:

- daawooyin lagu daaweynayo caabuqa ama lagu daaweynayo astaamaha (sida qandhada iyo xanuunka);
- nasasho;
- dareereyaal sii kordha;
- ogsijiin;
- qufac iyo si qoto-dheer u neefsasho (tani waxay gacan ka geysan kartaa in sambabbada laga nadiifiyo xabka, iyo in murqaha xabadka la xoojiyo); iyo
- daryeel cusbitaal.

WAXYAABAHA LAGA FOGAANAYO

- Sigaar cabbid
- Khamri

SIYAABAHA LOOGA HORTAGGO

- Gacmahaaga si joogto ah u dhaq.
- Qaadashada tallaalka xabad-wareenka ba'an iyo tallaalka ifilada ee sannadlaha ah.
- Sigaar ha cabbin.
- Sameynta doorashooyinka caafimaadqabka leh ee cunnada iyo jimicsiga.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Astaamo aanan ku fiicnaan daaweyn

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu daawooyinka oo dhan u qaato sidii la farey.
- Ku caawi macmiilka in uu fadhiisto oo uu socsocdo (tani waxay ka caawineysaa debcsinta xabka iyo ogsijiinta in ay gasho sambabbada iyo dhiigga).
- Gacmaaga dhaq oo isticmaal hab-dhaqannada xakameynta caabuqa si aad uga hortagto faafitaanka caabuqa.
- Ku dhiirrigeli macmiilka in uu dareere cabbo iyo in uu cunno cuntooyin nafaqo leh.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Sambabbada Mareykanka (Qaran) / American Lung Association (National)
  61 Broadway, 6th Floor New York, NY 10006
  1-800-LUNGUSA
  lung.org
- The American Lunch Association in Washington
  5601 6th Ave S Ste 460
  Seattle, WA 98108
  (206) 441-5100
  InfoMTP@Lung.org

Iskudhexyaac Maskaxeed (Schizophrenia)

MAXAY TAHAY

Iskudhexyaaca maskaxeed (Schizophrenia) waa xanuun daba-dheeraada oo faragelinaya awoodda qofka uu si cad ugu fikirayo, ku kala saarayo xaqiiqda iyo dhallanteedka, ku maareynayo dareenka, ku qaadanayo go'aamo, iyo kula sameynayo xiriir uu dadka kale la yeesho.

CALAAMADAHA/ASTAAMAHA

- Waham– maqalka codad ama arkidda waxyaabo aanan jirin
- Dhalanteed run moodid – aaminsanaan been ah (t.a. aaminidda in ay Eebbe yihiin, aaminidda qof in uu maskaxdiisa akhrin karo)
- Hadal iyo fikir jahwareersan
- Qofka oo ku adag in uu dad la sheekaysto
- La'aanta raaxo ama xiiso nololeed
- Hoos u dhaca niyadda iyo dhiirranaanta in wax la sameeyo
- Isbeddellada niyadda qofka hadba sida ay tahay

NOOCYADA DAAWEYNTA

- **Daawo** - in la isku dheelitiro kiimikooyinka maskaxda, iyada oo marka dambana la xakameynayo ama la yareynayo astaamaha
- **Daaweyn kooxeed iyo mid shakhsiyeed**
- **Cusbitaaldhigid** - marka astaamaha ay gacanta ka baxaan oo daawooyinkana loo baahan yahay in dib loo qiimeeyo oo loo toosiyo

WAXYAABAHA LAGA FOGAANAYO

- Daawooyinka OTC iyo daawo dhireedka haddii ay hoos imaanayaan tilmaamaha dhakhtarka mooyaane
- Maandooriyaha waddooyinka lagu iibiyo

SIYAABAHA LOOGA HORTAGGO

Cidna ma taqaanno waxa dhabta ah ee keeno xanuunka iskudhexyaaca maskaxeed (schizophrenia) Maadaama aaney jirin sabab la garanayo, hababka ka hortagga ma cadda.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Calaamadaha muujinaya in jirrada aanan si fiican loo xakameyn
- Hab-dhaqanka macmiilka ama qof kale u keeni kara waxyeello

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigelo oo ku caawi macmiilka in uu cunto caafimaadqab leh cunno.
- Ku dhiirrigeli macmiilka in daawooyinka uu u qaato sidii la farey. Haddii macmiilka uusan dareemin baahida loo qabo qaadashada daawooyinka, xusuusi faa'iidooyinka ay leedahay qaadashada daawooyinka, iyo halisaha ay wajahi karaan haddii ay doortaan in aysan qaadan.
- Marka macmiilka uu dareemo astaamaha habdhaqanka, wahamka iyo/ama dhalanteed run moodidda, waxa dhacaya ayay dhab ahaatii run moodaan. Hubso in aad isdejiso, qofka u sheeg in aad iskudayeyso in aad fahamto sida ay dareemayaan, iyo in aad iskudayeyso in aad ammaankooda ilaaliso.
- Joogtee nidaamyo joogto ah.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Isbaheysiga Qaranka ee Jirrada Dhimirka / National Alliance on Mental Illness (NAMI)
  4301 Wilson Boulevard, Suite 300
  Arlington, VA 22203
  1-800-950-NAMI
  nami.org

Istaroog, Shilka La Xiriira Maskaxda iyo Xididdadeeda Dhiigga (CVA), ama Maskax Xanuun

MAXAY TAHAY

Istaroogga wuxuu dhacaa marka xididka dhiigga ee dhiigga geeya maskaxda uu dillaaco ama uu xinjir xiro. Daqiiqado gudahooda, unugyada neerfaha ee goobtaasi maskaxda ayaa dhaawacmaya ka-dibna way dhimanayaan. Qaybta jirka ee ay maamusho qaybta dhaawacan ee maskaxda oo aan si caadi ah u shaqeyn.

Istaroog la dhifan (A transient ischemic attack (TIA)) waa istaroog yar oo leh astaamo la mid ah kuwa istaroogga, laakiinse astaamaha TIA ayaa caadi ahaan ku dhammaada 10 ilaa 20 daqiiqo gudahooda (waxay socon karaan ilaa 24 saac).

TIAs waa astaamaha digniinta ee istaroog kale, sidaa daraadeed macmiilka wuxuu u baahan yahay in uu si degdeg ah u arko dhakhtar haddii ay tani dhacdo.

CALAAMADAHA/ASTAAMAHA

Astaamaha ayaa si lama filaan ah ku bilowda waxaanna ka mid noqon kara:

- wejiga oo hoos u raaraca ama kaduudyo hal dhinac ah;
- Daciifnimada cududda ama kaduudyo hal dhinac ah;
- hadal aan la garan karin, oo adag in la fahmo;
- dhibaato ah in wax laga arko mid ama labada indhood, sida aragga oo mugdi gala, caad fuula, laba noqda, ama aragga oo luma;
- isku-dheelitirnaan la'aan, madax-xanuun, ama dawakhaad;
- madax-xanuun daran; iyo
- jahwareer cusub ama ka sii daraya.

Si degdeg ah u wac 911 haddii macmiilka uu muujiyo xitaa mid ka mid ah astaamaha istaroogga.

NOOCYADA DAAWEYNTA

Ka-dib daaweynta caafimaadka ee cusbitaalka iyo/ama xarunta baxnaaninta, daaweynta guriga waxaa diiradda lagu saarayaa dib u helidda shaqeynta caadiga ah iyo ka hortagga istaroog dheeri ah. Daaweynta waxaa ka mid ah:

- xoojin jireed, hadal iyo/ama daaweyn shaqo; iyo
- hoos u dhaca cunsurrada halista.

Maadaama dad badan oo qaba istaroogga ay sidoo kale qabaan jirrooyin kale oo daba-dheeraada (t.a. sonkorow, cadaadiska dhiigga oo sarreeya, kolostarool badan, iyo xaalado wadne), waxa diiradda la saarayo waa sii wanaajinta xaaladahaasi. Daawooyin lagu sii wanaajinayo jirrooyinka kale ee daba-dheeraada ayaa loo qori karaa.

- Daawooyin lagu khafiifinayo dhiigga ayaa sidoo kale loo qori karaa haddii istaroogga uu keenay dhiig xinjirow.

WAXYAABAHA LAGA FOGAANAYO

- Qaddaro khamri oo xad-dhaaf ah (qaadashada khamriga badan waxay keeni kartaa dhiigkar)
- Dufanka badan, cuntada milixda ku badan (cuntooyinka dufanka iyo milixda ku badan waxay kordhiyaan cadaadiska dhiigga waxayna xiri karaan halbowlayaasha)
- Sigaar cabbista iyo kafiinta (waxay cadaadin karaan jirka waxayna kor u qaadi karaan cadaadiska dhiigga)

SIYAABAHA LOOGA HORTAGGO

Waxaa jira siyaabo badan oo lagu yareeyo suuragalnimada istaroogga, oo ay ka mid yihiin:

- ka fogaanshaha sigaar cabidda;
- cunista cunno caafimaadqab leh, dufanka ku yar yahay, milixdana ku yar tahay, oo ay ku jiraan miro iyo khudaar cusub, iyo badan boonsho leh.
- sameynta jimicsi joogto ah.
- daawooyinka oo loo qaato sida la farey;
- in cadaadiska dhiigga si joogto ah loo hubiyo, iyo in dhakhtar loo tago haddii uu aad u sarreeyo;
- in la joogteeyo miisaan caafimaadqab leh; iyo
- in la yareeyo walbahaarka.

Istaroog, Shilka La Xiriira Maskaxda iyo Xididdadeeda Dhiigga (CVA), ama Maskax Xanuun (la sii wadey)

TALOOYINKA DARYEELBIXINTA

Talooyinkan waxaa loogu talagalay macmiilka horey uu ugu dhacey istaroogga.

WAXYAABAHA LAGA FEEJIGNAANAYO

- Astaamaha istaroogga ama Istaroog la dhifan (A transient ischemic attack (TIA))

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

Inta ay le'eg tahay in daryeelaha uu caawin karo ama uu taageeri karo macmiilka waxay ku xirnaan doontaa shaqooyinka uu istaroogga saameeyay.

Leh Liidasho Hal-Dhinac ah:

- Isticmaal ereyada sida dhinaca “midig” ama “bidix”, oo ha adeegsan dhinaca "wanaagsan" ama "xun'.
- Ku caawi macmiilka socodka ama wareegidda adiga oo ka taageeraya dhinaca liita.
- Ka caawi dhar-xirashada adiga oo dharka u gelinaya dhanka liita marka hore kana bixinaya dharka marka koowaad dhanka xooggan.
- Sida ugu habboon u isticmaal dharka iyo qalabka la qabsiga.
- Waqti badan u oggolow waxqabad kasta.
- Hubso in guriga uusan lahayn khatarro lagu kufi karo.

Leh Dhibaato Hadal ama Luuqadeed:

- Su'aalahaaga iyo tilmaamahaaga kuwo fudud ka dhig oo midba mar la bixiyo.
- Iskuday in aad weyddiiso su'aalaha “haa” iyo “maya”.
- Isticmaal boodhka sawir, haddii uu habboon yahay.
- Macmiilka sii qalin-qori iyo waraaq haddii ay awoodaan in ay wax qoraan.

Leh Dhibaato Xagga Liqidda ah:

- Ka eeg macluumaadka ku saabsan cunto liqidda adkaata ee ku taalla Macaamiisha Ku Adag Wax Cunista ee gudaha Diiwaanka Kheyraadka ee bogga 348aad.

Bixi Taageero Dareen:

- Istarooggu wuxuu noqon karaa mid dhib weyn u geysta macmiilka wuxuunna u keeni karaa xal-waa, xanaaq, iyo niyadjab. Barashada mar kale sameynta waxyaabaha ay had iyo jeer awoodeen in ay sameeyaan way adag tahay waanna hannaan tartiib ah.
- Noqo qof taageero iyo wanaag u muujiyo macmiilka mar kasta oo uu horumar sameeya.
- Ku dhiirrigeli macmiilka in uu in uu ilaaliyo ballamaha daaweynta oo uu jimicsiyadiisa sameeya.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Istaroogga ee Mareykanka (American Stroke Association)
  7272 Greenville Avenue
  Dallas TX 75231
  1-888-4-STROKE
  stroke.org
- Ururka Qaranka ee Maamulayaasha Dhaawacyada Madaxa ee Gobolka/National Association of State Head Injury Administrators (NASHIA)
  PO Box 1878
  Alabaster, AL 35007
  nashia.org

Daawaca Maskaxda ee Qarracan (TBI)

MAXAY TAHAY

Dhaawac Maskaxda Gaara/Acquired Brain Injury (ABI) waa dhaawac gaara maskaxda, kaas oo dhaca dhalashada ka-dib. ABI-yada waxaa ka mid ah Daawaca Maskaxda ee Qarracan (TBI). TBI waa dhaawac maskaxda gaara wuxuunna noqon karaan mid aan joogto ahayn ama mid joogto ah wuxuunna keeni karaa naafonimo qayb ahaan ama muddo-fog ah ama ka-gaabinta in lala qabsado baahiyada nolol maalmeedka. Nooca ugu badan ee dhaawaca maskaxda soo gaara waa jug. Jugta gaarta madaxa waxaa keena garaaca, wax ku dhufashada, ama ruxmidda madaxa ama wax lagu dhufto jirka oo keena in madaxa hore iyo gadaal si degdeg ah ugu dhaqdhaqaaqo. Dhaqdhaqaaqan degdegga ah wuxuu keeni karaa maskaxda in ay ku dhex boodboodo ama ku dhex wareegto qalfoofka madaxa gudahiisa, taas oo abuureysa isbeddelo kiimiko oo ku dhaca maskaxda oo mararka qaarna ku fidaya ka-dibna dhaawacaya unugyada maskaxda. Jugta gaarta madaxa waa halis. Jugta gaarta madaxa waxaa laga yaabaa in aysan halis galinynin nafta, in kastoo saameynta jugta gaarta madaxa ay noqon karto mid halis ah.

Maskaxdu waxay ka kooban tahay qaybo kala duwan, dhaawac maskaxeed kastana waa mid gaar ah. Astaamaha qaarkood ayaa islamarkiiba soo muuqan karan, iyadoo qaarna aysan soo bixin maalmo ama toddobaadyo. Mararka qaarkood dhaawaca ayaa ku adkeeya dadka in ay aqoonsadaan ama ay qirtaan in ay dhibaatooyin qabaan.

Calaamadaha dhaawaca maskaxda waxay noqon karaan kuwo aad u sii xulan, dadkna waxay u ekaan karaa dad caafimaad qaba in kasta oo ay u dhaqmayaan ama dareemayaan si ka duwan. Sababta oo ah dhammaan dhaawacyada way kala duwan yihiin, waxaa sidaas oo kale u kala duwan ka bogsashada. Inta badan dadka leh dhaawaca fudud si buuxda ayay u bogsadaan, laakiinse waqti ayay ku qaadan kartaa. Dhaawaca iyo bogsashadaba waxaa saameyn kara nooca iyo darnaanta, da'da, goobaha maskaxda ee dhaawacmey, xaalado jireed iyo kuwo dhimir oo hpre iyo cunsurro kale oo badan.

CALAAMADAHA/ASTAAMAHA

Calaamadaha iyo astaamaha TBI-yada waxay gaar ku yihiin shakhsi kasta iyo dhaawaca maskaxda. Calaamadaha iyo astaamaha waxay ku kala duwanaan karaan shakhi ahaan iyo darnaanta dhaawaca. Calaamadahan iyo astaamahan waxay u jiri karaan jir ahaan, dareen ahaan ama garasho/dhimir ahaan.

Calaamadaha iyo astaamaha fudud waxaa ka mid ah:

- Physical: Hurdada oo qofka ku adkaata, dawakhaad ama isku-dheelitirnaan la'aan, daal ama hurdeysnaan, madax-xanuun, miyir beelid dhowr ilbiriqsi ilaa dhowr daqiiqo ah, lalabbo ama matag, dawakhsan, jahwareersan, dhibaatooyin hadalka ah, iyo seexasho aan caadi ahayn.
- Dareen: Dareen nugul u yeelashada iftiinka ama codka, aragga oo caad gala, dhawaaq dhegaha ka yeera, dhadhan xumada afka ama isbeddelo ku yimaada awoodda wax urinta.
- Cognitive or mental: Dareemidda niyadjabsanaan ama walaac, dhibaatooyin xusuus ama xoog-saarid, isbeddellada niyadda qofka hadba sida ay tahay.

Calaamadaha iyo astaamaha Dhexdhexaad ilaa Daran waxaa ka mid ah:

- Physical: Dareereyaal cad oo ka imaanaya sanka ama dhegaha, sarco ama suuxdin, ballaarashada wiilasha indhaha labada ama mid, awoodid la'aanta in hurdada qofka laga soo toosiyo, miyir beel dhowr daqiiqo ilaa saacado ah, iskudubarid la'aan, madax-xanuun joogto ah oo ka sii dara, matag ama lallabo soo noqnoqota, iyo liidashada ama kabuubyada faraha gacmaha iyo kuwa lugaha.
- Cognitive or mental: Kacsanaan, dagaalownimo ama hab-dhaqan kale oo aan caadi ahayn, kooma iyo xanuunada kale ee miyirka, jahwareer qoto-dheer, iyo hadal aan la garan karin.

NOOCYADA DAAWEYNTA

TBI wuxuu u keeni karaa dhibaatooyin jireed, caqli, dareen, bulshi, iyo/ama xirfadeed qofka qaba dhaawaca maskaxda. Dhibaatooyinkan waxay saameyn karaan nolosha hadda iyo tan mustaqbalka iyo shakhsiyadda dhibbanaha dhaawaca maskaxda. Daaweynta loogu talagalay dhaawaca TBI waxaa lagu saleeyaa darnanta dhaawaca. Daamaa TBI aanan la daaweyn karin, daaweynta waxaa diiradda lagu saarayaa adeegyada taageerada iyo baxnaaninta. Ikhtiyaarrada qaar ee daaweynta waxaa ka mid ah:

- daaweyn (baxnaanis, jireed, hadal/luuqadeed, madadaalo);
- daaweynta tayada nolosha (muusik, fan, qoob-ka-ciyaar/dhaqdhaqaaq, yooga, khilaawo);
- caawimaadda daryeelka shakhsiyeed;
- wax-ka-beddelka guriga; iyo
- adeegyada taageerada qoyska.

SIYAABAHA LOOGA HORTAGGO

Yaree halista dhicitaannada adiga oo:

- ka qaybgalaya jimicsiyada isku dheelitirnaanta joogtada ah, xoogga, iyo isuduwidda;
- joogteynaya guri aan ka jirin isku-dhexdaadsanaan;
- hubinaya daawooyinka in aaney keenin dawakhaad ama faragelinta isku dheelitirnaanta;
- sameynaya hubinnada aragga oo joogto ah; iyo
- ka fogaanaya qaadashada khamriga xad-dhaafka ah.

Daawaca Maskaxda ee Qarracan (TBI) (la sii wadey)

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Cabashooyinka madax-xanuun ama aragga oo caad gala
- Dawakhaad, luminta isku dheelitirnaanta
- Lallabo/matag
- Dhibaatooyin xagga feejignaanta ama xusuusta
- Isbeddellada habdhaqanka iyo dareenka (xal-waa, salfudeed, xirfadaha bulshada ee aan sidaa wax-ku-oolka u ahayn, liidashada iska-warqabka, niyadjab, walaac, isbeddellada niyadda qofka dadba sida ay tahay)
- Isbeddellada kaadi-haysta iyo mindhicirka
- Daal, tamar la'aan, adkeysiga oo liita iyo xawaaraha fikirka oo tartiib ah
- Liidashada murqaha/ dhaqdhaqaaqid la'aan
- Suuxdin
- Isbeddellada dareenka (aragga oo caad gala, aragga oo laba noqda, dareenka xasaasiyadda iftiinka oo kordha, dhawaaq dhegaha ka yeera, isbeddellada dhadhanka iyo urinta)
- Isbeddelka qaababka hurdada
- Muruq-roor (giigsanaanta iyo kakanaanta murqaha oo aan si kas ah loo sameyn, hoos u dhaca masaafada dhaqaaqa)
- Isbeddellada cunto rabitaanka iyo liqidda

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Ku dhiirrigeli macmiilka in uu xirfadaha u sameeyo si madax-bannaan haddii uu awoodo.
- Isticmaal aaladaha gacansiinta ama qalabka kaaba xusuusta (t.a. in qalabka waqtiga sheega lagu xiro saacad uu dad xusuusinayo hawlaha ama abuurista qorsheeya maalinle ah).
- Macmiilka ku caawi bilaabidda iyo/ama qabashada hawlaha loo baahan yahay.
- Dhiirrigeli nasashada, oo fasax nasasho qaado marka aad daasho.
- Iska yaree waxyaabaha jirka firfircoonida siiya iyo mashquulinta.
- Ku dhiirrigeli macmiilka in uu biyo badan cabbo.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- Ururka Dhaawaca Maskaxda: ee Mareykanka (Brain Injury Association of America)
  1-800-444-6443
  www.biausa.org
- Ururka Qaranka ee Maamulayaasha Dhaawacyada Madaxa ee Gobolka/National Association of State Head Injury Administrators
  PO Box 1878
  Alabaster, AL 35007
  (301) 656-3500
  nashia.org
- Kheyraadyada Daawaca Maskaxda ee Qarracan (TBI) ee Gobolka Washington: dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury-tbi-resources-washington-state
- Fiidiyowga Waa Maxay TBI: https://www.youtube.com/watch?v=BLEiAGmMvdk

Qaaxo (TB)

MAXAY TAHAY

Cudurka qaaxada (TB) waa caabuq hawada ka dasha oo ay keento bakteeriyada Mycobacterium Tuberculosis. TB-du caadi ahaan waxay saameysaa sambabbada, laakiinse waxay weerarri kartaa xubin kasta oo jirka ka mid ah.

CALAAMADAHA/ASTAAMAHA

Dad badan oo qaba TB-da marnaba ma yeeshaan cudurka oo firfircoon. Dadka waaweyn iyo/ama shakhsiyaadka qaba hab-dhisyada difaaca jirka oo daciif ah waxay halis badan ugu jiraan in ay cudurka u gudbaan ama dib u kicinta cudurka jirra ee aan kacdoonka keenin.

Haddii TB-da firfircoon uu dhasho, waxaa uu dhici karaa laba ilaa saddex bilood ka-dib caabuqa, ama sannado ka-dib. Caadi ahaan ma jiraan astaamo muujinaya TB-da firfircoon ilaa iyo cudurka ka hormaryo. Astaamaha cudurka firfircoon waxaa ka mid ah kuwan soo socda.

- Qandho
- Daal
- Miisaan lumin
- Qufac joogto ah
- Dhidid hebeenkii ah
- Daciifnimo
- Dhiig xaakada soo raaca

NOOCYADA DAAWEYNTA

Dadka TB-ga qaba waxay laba ilaa afar daawo antibayootig ah qaataan muddo dheer (caadi ahaan lix bilood ama ka badan). Daaweynta lagu dabbiibayo TB ayaa waxay u kala duwanaan kartaa dadka qaba cudurka firfircoon marka loo eego kuwa qaba TB-ga laakiinse aan astaamaha lahayn.

Dadka qaba TB firfircoon waxaa la gelin karaa qol go'doomin/kaliyeyn gaar ah marka daaweynta bilaabayaan. Tani waxaa lagu xaqiijinayaa in caabuqa uusan dad kale ku faafin.

Haddii shakhsiga caabuqa TB qaba uusan si joogto ah antibayootiga u qaadan, ama antibayootiga aanan jirka si fiican u qaadan, TB-da waxay noqon kartaa mid daawada iska-caabbisa. Tani waxaa loola jeedaa in daawooyin kala duwan loo baahan yahay in la isticmaalo, lana isticmaalo muddo waqti ah oo dheer. Qalliin ayaa sidoo kale loo baahan karaa si loo saaro qayb ka mid ah sambabbada halkaasi oo jeermisku aysan ku gaari karin daawada antibayootiga.

WAXYAABAHA LAGA FOGAANAYO

Iska ilaali khamriga marka aad qaadaneyso antibayootiga.

SIYAABAHA LOOGA HORTAGGO

Sida ugu wanaagsan ee looga hortaggo in cudurka uusan u gudbin dadka kale waa oggaanshaha hore. Tijaabo maqaarka lagu sameeyo ayaa la qaadi karaa si loo go'aamiyo qaadista cudurka. Tijaabada waa laga helay ah waxay tilmaameysaa qaadista TB ka hor oo daaweyn ka hortag ah waa in lagala hadlo dhakhtarkaaga.

Qofka qaba TB-da firfircoon waa in uu sidoo kale ka hortagaa faafitaanka dhibcaha isaga oo daboolaya sankiisa iyo afkiisa marka uu qufacayo ama hindhisayo ka-dibna si habboon uga takhalusaya ama u tuusaya marooyinka/warqadaha ku wasakheysan xabka/duufka.

Hawo-siin wanaagsan ayaa muhiim ah - gaar ahaan meelaha ay isugu yimaadaad dadka halista ugu jira.

TALOOYINKA DARYEELBIXINTA

WAXYAABAHA LAGA FEEJIGNAANAYO

- Qufac sii kordhey
- Dhiig xaakada soo raaca (iskujirka candhuuf iyo xaako)
- Daal iyo hoos u dhaca miisaanka jirka

WAXYAABAHA AAD SAMEYN KARTO SI AAD U CAAWISO

- Isla-markiiba kormeeraha u soo sheeg astaamo kasta.
- Macmiilka ku caawi in uu helo ballan uu ku arki dhakhtarka.
- Ku dhiirrigeli macmiilka in uu dhammaan daawooyinka lisa loogu soo qorey.

HALKA LAGA HELO MACLUUMAAD DHEERAAD AH

- Dhakhtarka macmiilka
- cdc.gov/tb/default.htm
- Ururka Sambabbada Mareykanka (Qaran) / American Lung Association (National)
  61 Broadway, 6th Floor New York, NY 10006
  1-800-LUNGUSA
  lung.org
- The American Lunch Association in Washington
  5601 6th Ave S Ste 460
  Seattle, WA 98108
  (206) 441-5100
  InfoMTP@Lung.org

Erey-bixinta Kaaliyaha Daryeelka Guriga

A

Erey	Qeexid
Abandonment / Ka-deyrin	Falka ama la'aanta qofka ama hay'adda waajibaadka daryeel uu ka saaran yahay qofka weyn ee nugul oo uga tageysa qofka la'aanta habab ama awoodo uu ku helayo daryeelka caafimaadka, hoyga, dharka, ama cuntada lagama maarmaanka ah
Abdomen / Ubuc	Nuska hoose ee dhexda jirka
Abuse / Xadgudub	Falka ama fal la'aanta ula-kaca ah ee qofka u geysta dhaawac, xiridda aan macquulka ahayn, cabsi-gelin, ama ciqaabidda qofka weyn ee nugul, oo ay ku jiraan xadgudub galmo, xadgudub dhimir, xadgudub jireed, iyo dhiigmiirashada shakhsiyeed ee qofka nugul, iyo isticmaalka aanan habboonayn ee xannibidda ka dhanka ah qofka weyn ee nugul
Active listening / Dhageysi firfircoon	Waa hab dhageysi oo dhageystaha siiyo hadlaha niyaddiisa oo dhan oo keliya uma fiirsado ereyadiisa laakiinse sidoo kale u fiirsada baaqyada aan hadalka ahayn sida jir ka hadalka iyo tayada codka ama dhawaaqa
Waxqabadyada Nolol Maalmeedka (ADLs)	Waxqabadyada daryeelka shakshiyeed ee maalinlaha ah oo ay ku jiraan qubeyska, dhaqdhaqaaqa sariirta, cunista, nadaafadda shakshiyeed, caawimaadda daawooyinka, socodka/awoodda socodka, wareejinta, iyo isticmaalka musqusha
Administer /Siin/Maamulid	In qof wax la siiyo ama la mariyo
Advance Directives / Awaamiirta Horumarsan	Dokumenti qoraal ah oo ay ku qoran yihiin rabitaannada ama dardaaranka qofka ee ku saabsan dayeelka caafimaad iyo go'aamada daryeelka caafimaadka haddii ay dhacdo in aysan awoodin in ay go'aamo iyaga isu gaaraan
Adult Family Home / Guriga Qoyska ee Qaangaarka ah	Guri xaafadeed, degaan ah oo shati u haysta daryeelka laba ilaa lix qof (guryaha u qalma waxay codsan kartaa ilaa sideed qof)
Advocate /U-qareemeyn	In aad u hadasho ama tallaabo u qaado qof kale
Aging /Gaboobid	Hannaanka jireed iyo kan dhimir ee duqoobidda
AIDS (Cudurka Yareeya Difaaca Jirka)	Marxaladda ugu sarreysa ee cudurka HIV marka hab-dhiska difaaca jirka ay waxyeello xun gaarto. Jirku wuxuu u nuglaanayaa noocyo badan oo caabuqyo halis ah.

Airborne spread / Hawada ku faafa	Hal si oo jeermisku ku faafi karo min qof ilaa qof kale una keena caabuqa. Xaaladdan, hawo ku faafiddu waxay ku lug leedahay jeermis oo hawada ku socda iyadoo qofkuna uu neefsado kana qaato afka, sanka iyo sambabbada.
Allergy / Xasaasiyad	Dareenka sareeya iyo falnaqa laga bixiyo maadooyinka qaar (t.a. cuntooyinka qaar, faxal, qaniinjada shinnida)
Alzheimer's Disease / Cudurka Dhimir Beelidda ee Alzheimer	Xanuun maskaxda ku dhaca oo si tartiib-tartiib ah u fida kaas oo saameeya xusuusta, go'aanka, iyo shakhsiyadda.
Ambulation /Dhaqaaqid	Hannaanka socodka ama meereysadka
Anatomical gift / Hadiyad Anatomi	Amar horumarsan oo qeexaya qaybaha jirka qofka ee loo adeegsan karo, dhimashada ka-dib, jir ku tallaalid ama ujeeddooyin cilmi-baaris
Anatomy / Anatomi	Qaab-dhismeedka jirka
Anticipatory grief / Tiiraanyada la filayo	Tiiraanyada dhacda ka hor dhimashada ama khasaaraha kale
Anonymous / Magac la'	Aan la magacaabin ama la aqoonsan
APS	Adeegyada Ilaalinta Dadka Waaweyn, qayb ka tirsan waaxda DSHS oo baarta xadgudubyada la tuhunsan yahay
Aspiration / Cuntada oo gasha habdhiska neefsasha	Neef ahaan u qaadashada adke ama dareere gala sambabbada. Tani inta badan waxay keentaa wareento.
Assault / Weerar	Weerar jieed. Weerarka lagu qaado qof xarunta deggan wuxuu u baahan yahay wacitaan boolis.
Assertiveness / Isla-qummanaan	U dhaqmidda si kalsooni leh, indha-adayg ka muuqata, ama cabsi la'aan
Assessment / Qiimeyn	Soo ururinta macluumaadka lagu go'aaminayo daryeelka iyo adeegyada macmiilku u baahan yahay oo uu doonayo iyo sida iyo goorta ay doonayaan in caawimaadda loo fidiyo
Assessment details / Faahfaahinta qiimeynta	Qayb ka mid ah qorshaha daryeelka DSHS kaas oo qeexaya waxyaabaha uu macmiilka ku xooggan yahay, xaddidaadaha, iyo dookhyada hawsha daryeelka, waxayna bixisaa tilmaamaha daryeelaha gaarka ah.
Assisted living facility (ALF) / Xarunta xannaaneynta waayeelka iyo naafada	Xarun degaan ah oo weyn oo shati u haysata daryeelka 7 qofood ama in ka badan

Assistive devices / Aaladaha gacansiinta	Qalab qofka ka caawiya in uu hawl qabto iyo in uu joogteyo ama dib-u-helo madax-bannaani. Tusaalooyinka waxaa ka mid ah laakiinse aysan ku koobnayn gaariga dadka naafada ah, socod-caawiye, bakoorad, kursiga musqusha oo kor u qaatan, iyo kursiga qubeyska.
Xaaladda Autism	Xanuun ama cillad koritaan oo si xun wax ugu dhimi karta awoodda luuqadda ama awoodda la xiriirridda dadka kale

B

Erey	Qeexid
Bacteria / Bakteeriya	Noolayaal yaryar (jeermisyo), kuwaas oo keeni kara cudurrada faafa
Baseline / Halka wax laga bilaabey	Xaaladda caadiga ah ee macmiilka iyo heerka awoodda (jirka, dareenka, dhimirka, hab-dhaqanka iyo bulshada)
Bed bound / Sariirta ku xadidan/saaran	Sariirka ku kooban
Bedpan / Tuunji	Tuunji loo isticmaalo in lagu qaado kaadida iyo/ama saxarada iyada oo uu qofku jiifo sariirta
Beliefs / Aaminsanaan	Aragyiyada shakhsiga, aaminsaanta, iyo fikradaha
Bias / Eexasho	Dookha kas loo sameeyay ama aan kas loo sameyn ee saameeya go'aanka qofka
Biological hazards / Khatar baayoloji	Waxyaabaha nool iyo/ama wasakhdooda ee keeni kara caabuq una baahan ilaalin gaar ah
Bipolar disorder / Xanuunka isbeddelka dabeecadaha	Xanuunka isbeddelka dareenka qofka ee hadba sida ay xaaladu tahay oo keena muddooyin dareen faraxeed uu jiro iyo sidoo kale muddooyin dareen niyadjab ah uu jiro. Sidoo kale loo yaqaanno xanuunka laba-cirfoodka ama niyadjabka manic.
Kaadi-haysta	Xubinta jirka ee ururisa ka-dibna haysa kaadida
Blood-borne pathogens / Cudur-sidayaasha dhiigga ka dhasha	Noolayaal yaryar oo faafa oo ku jira dhiigga aadanaha kuwaas oo cudur u keeni kara aadanaha

Blood pressure (BP) / Cadaadiska Dhiigga/ Dhiig-kar	Qaddarka cadaadiska fuuley derbiyada dhuumaha dhiigga qaada marka uu wadnuhu shubayo ama bambageynayo.
Daryeelka jirka	Hawlaha daryeelka shakhsiyeed ee macmiilka ka caawiya nadaafadda, dhayidda, iyo jimicsiyada dhaqdhaqaaqa kala duwan ee qaybaha jirka
Body Language / Jir-ka-hadalka	War-isgaarsiinta aan hadalka ahayn ee loo marayo dhaqdhaqaaqyo iyo baaqyo la ogsoon yahay iyo kuwa aan la ogsoonayn
Body mechanics / Makaanikada jirka	Dhaqdhaqaqa habka aan u dhaqaaqno xilliga waxqabadyada maalinlaha ah. Xeeladaha dhaqdhaqaaqa jirka ee habboon ayaa ka hortagga dhaawaca gaara qofka iyo dadka kale marka walxo qaadayaan ama dhaqaajinayaan.
Body systems / Hab-dhisyada jirka	Habka jirku uu shaqeeyo si uu u qabto shaqooyinkiisa aasaasiga ah. Tusaale ahaan waxaa ka mid ah hab-dhiska dhiig wareegga ee wadnaha, dhuumaha dhiigga qaada iyo dhiigga.
Bony prominence / Fiiq lafeed	Waa goobta jirka ay laftu u soo dhowdahay dusha maqaarka, oo ayna ka soo yuuqdo, waxaanna ka mid ah suxulka, jilibka, iyo saxanka garabka. Fiiq lafeedyadu waxay halis badan ugu jiraan dhawaacyada cadaadiska waxayna u baahan yihiin in si taxadar leh meel loo dhigo iyo in si joogto ah booska looga beddelo si looga ilaaliyo in uu dhaawac soo gaaro
Bowels / Mindhiciirrada	Hab-dhiska mindhicirrada yaryar iyo kuwa waaweyn ee farsameeya cuntada jirkana ka saara wasakhda adag
Bowel movement / Dhaqdhaqaaqa mindhiciirada	Hannaanka jirka looga saarayo saxarrada
Brainstorming / Maskax-maal/maskax-shiilid	In si xor ah loo abuuro fikrado ama xalal badan, qiimeyn ama dhalleecayn la'aan.
Burnout / Daal	Xaaladda daal jireed, dareen, iyo/ama mid maskaxeed

C

Erey	Qeexid
Calorie / Kaalari	Cabbirka tamarta jirkeennu uu ka helo cuntada aan cunno

Kansar	Unugyada jirran ama si xad-dhaaf ah u kobca, faafinaya ka-dibna baabi'inaya xubnaha iyo nudayaasha caafimaadqaba
Cane / Bakoorad	Ul lagu socdo oo loo adeegsado isku dheelitirnaan ama in miisaan lagu taageero
Carbohydrates / Kaarbohaydarayt	Maadaayin jirka siiya tamar.
Cardiovascular / Wadnaha iyo Xididdada Dhiigga	Waa wax la xiriira wadnaha, dhiigga, iyo xididdada dhiigga
Cardiovascular Disease / Cudurka Wadnaha iyo Xididdada dhiigga	Cudur kasta ee saameeya wadnaha ama xididdaa dhiiga ee jirka, sidoo kale loo yaqaanno cudurka wadnaha
Caregiver / Daryeele	Waa qof siiya daryeel shaqsiyeed, taageero, iyo caawimaad qof kale
Care plan / Qorshaha daryeelka	Qorshe qoran oo muujinaya wax kasta kooxda daryeelka ay tahay in ay sameyso si macmiilka loo taageero. Sidoo kale loo yaqaanno qorshaha adeegga ama heshiiska adeegga laga wada xaajoodey.
Care settings / Goobaha daryeelka	Halka uu macmiilka ku nool yahay sida guriga qoyska ee qaangaarka ah, xarunta xannaaneynta waayeelka iyo naafada, xarunta adeegyada la wanaajiyey, ama gurigooda ama abaarmankooda
Care team / Kooxda daryeelka	Qof walba oo macmiilka taageera, oo ay ka mid yihiin xirfadlayaasha, saaxiibada, qoyska, iyo macmiilka laf-ahaantiisa
Case Manager / Maareeyaha Kiiska	Qofka ka caawiya macmiilka qeexidda adeegyada loo baahan yahay, ku diiwaangelintooda qorshaha daryeelka, kaas oo bixiya maareynta kiiska ee joogtada ah.
Caadka Indhaha	Qarsoomidda aragga indhaha
Cell /Unug	Qaybta aasaasiga ah ee dhammaan waxyaabaha nool
Cerebral / Maskaxiyan	Maskaxda la xiriira
Cerebral Vascular Accident (CVA) / Shilka Xididdada Dhiiga ee Maskaxda	Wuxuu dhacaa marka uu dhiigga ku socda nudaha maskaxda uu joojiyo dhiig xinjirow, halbowlaha oo xirma, ama dhiigbax maskaxda ah; sidoo kale loo yaqaanno istaroog ama maskax qabad
Chemical / Kiimiko	Maado ama iskudhis

Chemical hazards / Khatarro kiimiko	Badeecooyin ku jira waxyaabo khatar ah
Chemotherapy / Kiimiko ku daaweyn	Daaweyn iyadoo la adeegsanayo daawooyin; badanaa loo isticmaalo kansarka
Choking / Ku saxasho	Cunto, walxo ama barar xiraya hawo-mareennada taga sambabada
Cholesterol /Kolosterool	Maado dufan ah oo laga helo nudayaasha jirka iyo dhiigga
Chain of infection / Silsiladda caabuqa	Lix tallaabooyin oo sharxaya sida cudurrada faafa ay ugu faafaan mid hal qof ilaa qof kale
Xanuunka Laabta oo Cufan(COPD)	Xaalad si tartiib-tartiib ah uga sii darto oo aan laga noqon karin oo haleesha hab-dhiska neefsashada oo uu qofka ku dhibtoodo neefsashada iyada oo ay sabab u tahay dhibaato sambab
Cisgender (adj) / Jinsiga lagu dhashey (sifo)	Qofka aqoonsiga jinsigiisu uu la mid yahay lab ama dheddig hadba kii markuu dhashey loo qoondeeyay.
Circulatory system / Hab-dhiska wareegga dhiigga	Wadnaha, xididdada dhiigga, dhiigga, iyo dhammaan unugyada shuba iyo kuwa qaada dhiigga iyo dheecaannada kale ee jirka oo dhan
Client / Macmiilka	Cidda ay diiradda saarayaan kooxda daryeelka, qofka caawimaadda u baahan. Sidoo kale loo yaqaanno deggane
Cognitive / Garasho	Fikirka, hannaanka maskaxda ee oggaanshaha, sababeynta, iyo xusuusashada
Cognitively impaired / Liidashada garashada	Xaalad qofka ay ku adag tahay in uu ka baraandego iyo/ama xusuusto macluumaad
Collaborative / Iskaashi	Laba qof ama dad ka badan oo ujeeddo ka wada shaqeynaya
Saxarro-weecinta	Dalool ku yaalla dusha sare ee ubucda halkaasi oo mindhiciirka laga furo ka-dibna loo jiheeyo jirka bannaankiisa
Comatose / Suuxsanaan	Miyir-beel, feejignaan la'aan
Commode / Fadhi-musquleed	Kursi dhaqaaqi kara oo leh tuunji ku dhisan si loogu qaado kaadida iyo/ama saxarada; waxaa loo isticmaalaa beddelka musqusha waxaanna badanaa la dhigaa meel u dhow sariirta macmiilka si isticmaalkiisa u sahlanaato

Common care practices / Hab-dhaqannada daryeelka guud	Habdhaqanno guud oo ay daryeelayaasha adeegsadaan xilliga daryeelka shaqsiyeed si kor loogu qaado xuquuqaha, sharafta, raaxada, iyo ammaanka macmiilka, oo ay ka mid tahay in aad u sheegto macmiilka cidda aad tahay marka aad bilaabeyso daryeelka, isticmaalka tallaabooyinka xakameynta caabuqa si macmiilka loo ilaaliyo bilow ilaa dhammaadka habraaca, iyadoo la xaqiijinayo walxaha inta badan la adeegsado in uu macmiilka gaari karo daryeelka ka-dib
Compassion fatigue / Dhacsaal naxariiseed	Walbahaarka ka dhasha wajahidda dhibaatada dadka kale.
Communicable Disease / Cudur La-isqaadsiiyo	Cudur kasta ee ku faafa min qof ilaa qof kale
War-isgaarsiin	Isdhaafsiga macluumaadka iyadoo la adeegsanayo hadal, qoraal, baaqyo, ama hab-dhaqan
Condom catheter / Kateetarka kondhomta	Kateetarka kaadi-haysta dibedda oo daboola guska wuxuunna qaadaa kaadida iyadoo loo marsiinaya tuubbo
Confidential / Sir/Qarsoodi ah	Macluumaad gaar ah, sir ah oo ay tahay in aanan dad lala wadaagin haddii uu lagama maarmaan u yahay daryeelka macmiilka mooyaane
Confusion / Jahwareer	Maskax ahaan aan caddeyn ama hubaal la'aan
Wadne Istaag Cabbudhideed (CHF)	Xaalad wadnuhu uusan aad u xooganeyn oo uusanna shubi karin dhiigga jirka oo dhan wuxuunna dhiigga u shubaa si liidata oo keenaysa in dhiiggu dib ugu soo noqdo xididdada iyo unugyada jirka. Tani waxay keeni kartaa neefashada oo dhib qofka ku noqota iyo/ama bararka cagaha iyo anqawyada.
Consent / Oggolaansho	Fasax
Calool-fadhi	Dhaqdhaqaaqa mindhiciirada oo xanuun badan ama adag, saxaro adag
Contagious / La isku daarto	Ku faafa min hal qof ilaa qof kale iyada oo uu jiro xiriir toos ah ama aan toos ahayn
Contaminated / Faddareysan	Ku jira waxyaabo halis ah sida jeermis khatar ah ama kiimikooyin
Contractures / Urur/Rooris	Marka nudayaasha murqaha ay soo gaabtaan iyada oo sabab u ah muruq-roor ama baralays, midkood joogto ah ama aan joogto ahayn
CPR (gargaarka degdegga ah ee dib loogu soo celiyo wadnaha iyo neefsashada Istaagey)	cadaadiska iyo hawo-siinta xabadka ee gacanta lagu sameeyo iyada oo la iskudayayo in dib loo soo celiyo shaqada wadnaha ee qofka’

Creed / Caqiido	Nidaamka rumeysashada ama aaminsanaanta diimeed
Cross-contamination / Is-faddareyn	Faafitaanka jeermisyada ka soo gudba hilibka cayriinka ah una soo gudba cuntooyinka kale ama marka qof uu jeermisyada faafiya isaga oo ka soo tagaya hawl "wasakh ah" ka-dibna imaanaya hawl "nadiif ah" isaga oo aan marka hore iska bixin gacmo-gashiyada mar-adeegsadka ah ka-dibna aan sameyn nadaafadda gacanta
CRU	Qaybta Xallinta Cabashooyinka. Qayb ka dhex jirta gudaha DSHS oo qabata telefoonnada waxayna ururisaa macluumaadka ku saabsan xadgudubta iyo dayaca ee guriga qoyska qaangaarka ah, xarunta xannaaneynta waayeelka iyo naafada, xarunta adeegyada la wanaajiyey, ama guriga kalkaalinta
Crutch / Usha lagu tukubbo	Taageero loo isticmaalo in ay dadka ka caawiyaan socodka, waxaa ay galaan kilkisha hoosteeda waxaanna loo adeegsadaa labo-labo
Cue/Cuing / Baaq/Baaqid	In aad qof wax xusuusiso, ku dhiirrigeliso ama ugu dhaliso
Cultural background / Asal dhaqan	Sifooyinka dabeecadaha iyo hab-dhaqannada koox bulsho gaar ah ama urur. Waxaa ku jira aragtiyo ku saabsan cuntada, lebbiska, diinta xiriirrada iyo doorarka qoyska.
Custom /Caado	Aaminsanaan ama habdhaqan muddo jirey, hab waxyaabo loo sameeyo

D

Erey	Qeexid
Danger Zone / Soonaha Khatarta	Heerkul u dhaxeeya 41°F - 135°F (5°C - 57.2°C) halkaasi oo jeermisku uu ku koro cuntooyinka halista ah suuragalka ah
Decline / Hoos-u-dhac	Yaraanshaha ama sii xumaanshaha xaalad hore ama caadi ah
Defecate / Saxaroodid	Dhaqdhaqaaqa mindhiciirada
Dehydration / Fuuqbax	Jirka oo aanan helin dareere ku filan. Tani waxay keeni kartaa xaalado caafimaad oo aad u daran iyo sidoo kale jahwareer.
Delirium / Tarsaas	Bilaabashada lama-filaanka ah ee jahwareerka. Inta badan waxaa keena caabuq, xaalad caafimaad, waxyeellooyinka soo raaca daawooyinka, xanuun, ama fuuqbax. Tarsaaska waa in si dhaqso ah loo daaweeyaa si macmiilka uu ugu noqdo halka wax laga soo bilaabey.

Xusuus dhumin (Dementia)	Isbeddelo ku yimaada maskaxda kuwaas oo keenna luminta guud ee shaqooyinka caqliga iyo isbeddelo shakhsiyadeed. Cudurka xusuus dhuminta waa mid si tartiib-tartiib ah u sii kobcaya mana lahan daawo.
Dementing illnesses / Jirrooyinka xusuus dhuminta	Cudurrada keena luminta shaqada caqliga. Kuwani waxaa ka mid ah: Alzheimer's, Vascular dementia, Parkinson's dementia, Huntington's chorea, Pick's Disease, AIDS dementia, Cruetzfelt-Jakob disease, iyo Korsakoff's disease
Demonstrate / Muuji	Si loo muujiyo
Denial / Diidmo	Diidista in la aaminno xaqiiq ama aragti
Dentures / Ilko macmal ah	Ilko been-abuur ah ama ilko gacan ku sameys ah oo beddeli kara qaar ama dhammaan ilkaha qofka. Waxaa lagu tilmaami karaa sida qayb ahaan ama dhammeystiran, iyo kor ama hoos.
Depression / Niyadjab	"Niyad hooseysa" oo joogto ah ama ba'an, xaalad uu macmiilka muujin karo xiiseyn la'aanta waxqabadyada caadiga ah ama isbeddellada rabitaanka cuntada ama qaabab hurdo, wuxuu muujin karaa dareennada quusasho, qiimo la'aan ama fikir isdilis. Niyadjabku waxaa keliya oggaan kara xirfadle caafimaad.
Dermis / Maqaarka hoose	Lakabka ka hooseeya maqaarka sare
Developmental disabilities / Naafonimada koritaanka	Xaalad bilaabata ka hor da'da 18 oo la filayo in ay socoto nolosha qofka oo dhan iyo waxayna si weyn u xaddidaa qaar ka mid ah meelahan: isdaryeelka; wadahalka; barashada; dhaqdhaqaaqa; iyo ama is-hagidda. Tusaalooyinka waxaa ka mid ah Iinta Down Syndrome, maskax suux iyo ootisim.
Sonkorow	Nooca 1—cudurka daba-dheeraada oo haleella habdhiska qanjidhada marinka la' oo beeryaruhu uusan sameyn ama uu sameeyo insuliin yar. Qofka qaba sonkorowga/macaanka Nooca 1 waa in uu qaataa insuliin si uu u noolaado. Nooca 2—Beeryaruhu wuxuu sameeyaa insuliin laakiinse jirku si habboon uma isticmaalo. Qofka qayab Nooca 2aad ee cudurka sonkorowga/macaanka waxaa laga yaabaa in uu qaato ama uusan qaadan daawooyin si uu u maareeyo xaaladiisa.
Diagnosis / Oggaanshaha	Magaca cudurka ama xaalada caafimaad
Shuban	Qaddarro saxaro dareere ah oo xad-dhaaf ah
Dietitian / Cunto-yaqaan	Xirfadle caafimaad oo ku xeeldheer qorsheynta raashiinka, doorashooyinka cuntooyinka caafimaadqabka leh, iyo diyaarinta cunnada
Digestion / Dheefshiid	Hannaan jireedka cuntada si makaaniko ahaan iyo si kiimiko ahaanba loogu burburiyo afka, caloosha, iyo mindhiciirrada, waxaanna loo beddelaa qaabab geli kara dhiigga oo ayna adeegsan karaan unugyada

Digestive system / Habdhis dheefshiid	Kooxda unugyada jirka ee sameeya dheefshiidka, oo ay ka mid yihiin afka, caloosha, iyo mindhiciirrada
Direct contact / Xiriirta tooska ah	Faafitaanka caabuqa tooska ah ee min qof ilaa qof kale
Naafonimada	Iin ama liidasho u baahan wax-ka-beddelka ama caawimaadda hawl ama shaqo. Naafonimadu waxay noqon kartaa mid joogto ah iyo mid aan joogto ahayn.
Discovery / Oggaansho	Hannaanka joogtada ah ee si buuxda loogu baranayo qof guud ahaan.
Disease / Cudur	Hawl-gabidda qayb ka mid ah jirka; looma baahna in da' lala xiriiriyo
Disinfecting / Jeermis-dilid	Iyada oo la adeegsanayo warankiilo ama milan kale oo jeermis-dil ah si loogu dilo bakteeriyada saaran walxaha iyo sagxadaha/dullaha
Disorder / Xanuun	Xaalad caafimaad oo keenta naafonimo maskaxeed ama mid jireed
Disorientation / Jahawareerid	Jahwareer ku saabsan waqtiga, taariikhda, xilliga, goobta ama aqoonsiga qofka
Diuretics / Daawada Diuretics	Maado kordhisa soosaarista kaadida
Document (v) / Diiwaangelin (f)	In la sameeyo oo la hayo diiwaanno qoran
Draw sheet /Go'yada durkinta/qaadista	Maro qofka la hoos dhigo waxaanna loo adeegsadaa in ay dad ka caawiso qaadista qofka sariirta saaran
Dhar-xirashada	Dabool difaac ah oo la saaro maqaarka si looga ilaaliyo dhaawac ama caabuq dheeraad ah. Faashadaha waxay noqon karaan kuwo “nadiif ah” ama kuwo “aan jeermis lahayn.”
Droplet spread / Faafitaanka dhibcaha	Qaadista jeermisyada ka yimaada qofka caabuqa qaba marka uu qufaco ama hindhiso
Drug interaction / Isla-falgalka daawada	Isfalgalka u dhaxeeya daawada iyo maado kale oo caadi ahaan keenaysa waxyeellooyinka soo raaca ee aan loo baahnayn taas oo ka hortageysa daawada in ay waxqabadkeedu noqdo sidii la rabey
DSHS	Waaxda Adeegyada Caafimaadka iyo Bulshada, hay'ad dowladda gobolka ka tirsan oo bixisa barnaamijyo iyo adeegyo lagu caawinayo carruurta, dadka waaweyn, iyo qoysaska gobolka Washington

DSHS plan of care / Qorshaha daryeelka DSHS	Qorshe daryeel (qoshaha daryeelka) ee uu maareeyaha kiiska u qorey macmiilka DSHS
Cunto liqidda adkaata	Ku adag cunto liqidda

E

Erey	Qeexid
E coli	Bakteeriya laga qaado cunto ama biyo faddareysan taas oo keenaysa bararka mindhciir yaraha
Eating pattern / Qaabka cunto cunista	Cuntooyinka aan cunno, xaddiga aan cunno iyo inta jeer ee aan cunno
Edema / Barar	Bararka, xajinta dareereyaasha ee nudaha; waxaa badanaa lagu arkaa anqowyada, lugaha ama gacmaha
Elastic stockings / Sharabaadyo dhaadheer oo laastiik ah	(oo sidoo kale loo yaqaanno sharabaadyada cadaadinta) shabadaadyo dhaadheer ama sigiso dhaadheer oo yareeya bararka lugaha wanaajiyanna wareegga dhiigga
Elimination / Suulin	Hannaanka ka saaridda wasakhda ee jirka ee caloosha ama kaadihaysta
Emotion /Shucuur	Dareen
Emotional and social needs / Baahiyada bulsho iyo mid dareen	Baahiyada aasaasiga ah ee qanacsanaanshaha iyo wehelka/rafiiqnimada
Empathy / Awoodda Garashada iyo Fahamka Dadka Kale	Awoodda lagu fahmayo oo dareen loogu muujinayo dareennada qof kale
Enabler / Awood-siiye	Waladaha uu macmiilku adeegsado si uu u joogteeyo madax-bannaani / wax kasta ee ka caawinaya macmiilka in uu qaato daawooyinkiisa (tusaale; koob, qaado)
Enema / Hab caloosha lagu dhaqaajiyo	Dareere ku shubidda malawadka si loo nadiifiyo ama loo kiciyo caloosha, ama si loo siiyo daawooyin ama daaweyn kale

Enhanced services facility (ESF) / Xarunta adeegyada la wanaajiyey	Xarumo degaan ah oo loogu talagalay ilaa lix-iyo-toban qof lehna hawlwadeenno gaar ah iyo adeegyo degdeg ah oo diirrada saaraya waxqabadyada hab-dhaqanka
Environment / Deegaanka	Hareeraha/agagaarka saameeya shakhsiga oo ay ku jiraan iftiinka, dhawaaqa, dareenka taabasho, iyo dhaqdhaqaaqa
Qallal	Cudur ku dhaca hab-dhiska neerfaha oo uu ku jiro suuxinta
Soo adeegashada aasaasiga ah	Aaminsanaan xaddidan, safaro marmar ah oo lagu tago degaanka maxalliga ah si loo soo iibsado cunto, agabka caafimaadka daruuriga ah, iyo agabka guriga ee gaar ahaan loogu baahan yahay caafimaada, taageeridda, iyo wannaagga macmiilka
Ethnicity / Isirka	Koox dad ah oo wadaaga dhaqan, diin, luuqad caam ah, iwm.
Excrete / Ka-saarid	Ka saaridda jirka waxyaabaha aan loo baahnayn
Expiration / Dibed u soo neefsasho	Neefsashada hawada ka soo baxda sambabbada
Extremity / Cirif	Addimaha jirka, oo ay ku jiraan lugaha iyo gacmaha
Isku-dhaca indhaha	Laba qofood oo si toos ah isu soo eegaya

F

Erey	Qeexid
Fall / Dhicid	Dhaqaaqa lama filaanka ah ee aan qorsheysnayn ee la aado dhanka dhulka ama heer hoose, dhaawac ama dhaawac la'aanba
Fall Hazard / Khatarta Dhicidda	Xaalad ama wax kordhinaya halista dhicidda
Facial expressions / Muuqaalka dareenka wejiga	Muuqaalka wejiga qofka
Fecal impaction /Saxarro isku-cadaadsan	Cuf weyn oo saxaro adag, qalallan ah oo aanan la gudbin karin

Fecal-oral route / Dhabbaha saxarada-afka	Hbka jeermiska halista ah ee ka yimaada saxarada hal qof uu ku geli kara afka qof kale, kaas oo ugu dambeyntiinna jirro keenaya
Feces / Saxaro	Wasakh ka soo baxda mindhiciirada ka-dib marka cuntada la dheefshiido
Jawaabcelin	Jawaabta ama falcelinta aan ka bixinno fariimaha aan helno
Feeding tubes / Tuubbooyinka quudinta	Tuubbooyin gaar ah ee loo gudbiyo caloosha si loogu siiyo nafaqo Sidoo kale loo yaqaanno tuubbooyin dhinac ka furka caloosha, ama G-tubes
Fever / Qandho	Heerkulka jirka ee sida caadiga ah ka sarreeyo
Liil/faaybar (Fiber)	Jillaaf aasaasi u ah saarista habboon, badanaana laga helo miraha iyo khudaarta, badarka aan boonshadabaxsanayn iyo iniinyaha
Dhiigmiirasho maaliyadeed	Isticmaalka sharcidarrada ah ama aan habboonayn ee kheyraadka, lacagta, ama hantida qofka nugul
First aid / Gargaarka degdegga ah	Daryeelka degdegga ah ee la bixiyo iyadoo laga jawaabayo jirrada ama dhaawaca, waxaanna ku xigi kara caawimaad caafimaad oo dheeraad ah
Five rights of medication / Shanta sax ee daawooyinka	Habdhaqan daawo ammaan ah oo lagu xaqiijinayo daawada saxda ah, kuurada/qiyaasta saxda ah, meesha laga qaadanayo ee saxda ah iyo bukaanka saxda ah ee waqiga saxda ah.
Flexibility / Debecsanaan	Awoodda la qabsiga ama ka jawaabidda isbeddellada ama lagu laabayo kalagoysyada
Foodborne illness / Jirrada cuntada ka dhalata	Jirro kasta ee ka dhalata cunista cunto faddareysan (sidoo kale loo yaqaanno cudurka cuntada ka dhasha ama cunto ku sumow)
Food groups / Kooxda cuntada	Badarka, waxyaabaha caanaha laga sameeyo, miraha iyo khudaarta, dufanka, iyo borotiinta
Fracture / Jab	Jabka lafta toosan/laf jabtey
Friction / Islis	Ku rugidda hal dul mid kale
Functional disabilities / Naafonimo shaqo	Xaalad jireed, garasho, dareen, ama dhimir oo ay sababeen cudur, naafonimada koritaanka, ama kiimiko ku-tiirsanaan kuwaas oo naafeeya awoodda shaqsiga uu si madaxbannaan ugu noolaanayo

G

Erey	Qeexid
Gait belt / Suunka Wareejinta/Suunka Qaab-socodka	Suun lagu xiro hareeraha dhexda macmiilka si uu uga caawiyo kala wareejinnada iyo socodka
GI system (Gastrointestinal) / Hab-dhiska GI (Caloosha iyo Mindhiciirada)	Koox xubno ah oo cuntada u diyaariya isticmaalka jirka waxaanna ka mid ah afka, hunguriga, caloosha, mindhiciirrada, beerka iyo xiidmaha
Gender expression / Muujinta jnsiga	Sida magaca qofka, magacuyaalkiisa, dharkiisa, habka uu timaha u jarto, hab-dhaqankiisa, codkiisa, iyo/ama sifooyinka jirkiisa ay u muujiyaan jinsigiisa
Gender identity / Aqoonsi jinsi	Jinsiga uu qofku gudaha, si qoto dheer ugu dareemo
Generic drug / Daawo guud	Badeeco daawo ah oo aysan iska lahayn ama maamulin shirkad gaar ah
Genitals / Xubnaha taranka ee dadka	Xubnaha taranka ee dibedda, goobaha jirka ee “gaarka ah”
Germ / Jeermis	Noole yar sida bakteeriyada, fayraska, ama fangaska oo awood u leh in uu keeno jirro ama cudur faafa
Gestures / Baaqyo	Dhaqdhaqaaq lagu sameeyo gacmahaaga, cududahaaga ama jirkaaga
Gulukooma	Cadaadiska gudaha isha oo kordha
Glucose /Guluukows	Sonkor
Grand mal seizure / Suuxidda grand mal	Suuxid ka dhalata miyir beelid
Grief and grieving / Tiiraanyo	Falnaqa dareen iyo midka jireed ee looga falnaqayo khasaaraha weyn sida dhimashada qof kuu dhow
Grievance / Cabasho	Cabasho rasmi ah
Ground Rules / Xeerarka Lagu Wada Shaqeynayo	Xeerarka aasaasiga ah ee hab-dhaqanka

Guardian / Mas'uul	Waa qof ay maxkamaddu u oggolaatey in uu metelo ama uu qaato go'aamada ku jira danaha ugu wanaagsan ee macmiilka karti ama awood la'aanta ah
Guilt / Dembi dareemid	Dareemidda in aad mas'uul ka tahay fal-dembiyeed ama gef

H	
Erey	**Qeexid**
Habit / Caado	Wax aad caadi ahaan si joogto ah u sameyso, mararka qaarkood adiga oo aanan ogsooneyn in aad sameynayso
Hand hygiene / Nadaafadda gacanta	In si joogto ah gacmaha loogu dhaqdo saabuun iyo biyo ama gacmaha in jeermiska looga dilayo waxyaabaha gacmaha la marsado ee aalkulada ku jirta (ABHR)
Hazards / Khatarro	Isha khatarta suuragalka ah, waxaanna suuragal ah ina y keento dhaawac ama waxyeello
Health care directives / Awaamiirta daryeelka caafimaad	Tilmaamo qoran oo sharxaya rabitaannada qofka ee ku saabsna go'aamo kasta oo caafimaad ama naf iska qaadista ee ay tahay in la qaato haddii ay noqdaan kuwa aan awoodin in ay go'aamada naf ahaantooda qaataa. Sidoo kale loo yaqaanno Awaamiirta Horumarsan
Hearing aid / Qalabka kaaba maqalka	Aalad lagu xirto dhegta si loo sii wanaajiyo maqalka
Hearing loss / impairment / Liidashada / Luminta Maqalka	hoos u dhaca awoodda maqalka codadka, dhegoolenimo
Heart disease / Cudurka wadnaha	Xaaladda aan caadiga ahayn ee wadnaha iyo/ama wareegga dhiigga
Hepatitis / Cagaarshow	Caabuq fayras ah oo ku dhaca beerka, waxaa ka mid ah Cagaarshowga A, B, C iyo mid kale
Heritage / Hidde	Caadooyinka iyo dhaqanka soo yaalka ah ee la iska dhexlo oo ay ummad gaar ahi leedahay

Highly susceptible population (HSP) /Dadka Aadka u Nugul	Dadka ay u badan tahay in ay la kulmaan jirrooyinka cuntooyinka ka dhasha. Waxaa ka mid ah dadka ay da'doodu ka yar tahay 5 sano jir, dadak ka weyn 65 sano jir, haweenka uurka leh, ama dadka difaaca jirkooda liita (sabab u ah kansar, AIDS, sonkorow, daawooyinka qaarkood aa xaalado kale.).
HIV (Fayruska Yareeya Difaacka Jirka Aadanaha)	Fayras weerrara hab-dhiska difaaca jirka, ka hortagga in jirka uu caabuqyo la dagaalamo. Haddii aanan la daaweyn, HIV wuxuu keeni karaa AIDS.
Hospice / Guriga lagu xanaaneeyo bukaanka maliilsan	Daryeel loogu talagalay dadka sida aadka ah u xanuunsan oo diirradda saaraya raaxada iyo tayada nolosha isaga oo yareeya xanuunka iyo dhibaatada
Host / Soore	Dhirta, xayawaanka ama aadanaha dulinka, fayraska, bakteeriyada, ama fangaska ay ku nool yihiin
Nadaafad	Ahaanshaha qof nadiif ah oo fayodhawrsan
Hyperglycemia / Macaanka oo aad ugu badan dhiigga	Heerka sonkorta dhiigga oo aad u sarreeya
Hypertension / Dhiig-kar	Caddaadiska dhiigga oo sarreeya
Hypoglycemia / Macaanka oo aad ugu yar dhiigga	Heerka sonkorta dhiigga oo aad u hooseeya
Hypotension / Kacsanaanta dhiigga oo hooseeya	Caddaadiska dhiigga oo hooseeya

I

Erey	Qeexid
Immobile / Aan dhaqaaqin	Aan awoodin in uu dhaqaaqo
Immune / Difaacan/ Tallaalan	Iska caabbinta cudurka qaar iyada oo sabab u ah caabuq hore ama tallaal
Immune system / Hab-dhiska difaaca jirka	Difaacyada dabiiciga ah ee jirka ee la dagaalama cudursidayaasha kana hortagga caabuqyada.

Immunizations / Tallaalo	Daaweyn caafimaad oo la bixiyay si qofka looga difaaco cudur gaar ah; sidoo kale loo yaqaanno tallaal
Impaction / Xarada cufeysan	Awoodid la'aanta in la saxaroodo, mindhiciirada ayaa waxaa xannibaya saxaro aad u adag
Impairment / Liidasho/ Curyaanimo	Xaalad aan caadiga ahayn, luminta guud ahaan ama qayb ahaan, ama luminta shaqada qayb jirka ka mid ah, unug, ama habdhis
Important TO / Important FOR / Muhiim ah u AH / Muhiim u LEH	Fikradda qofku xuddunta u yahay ee sharxaysa waxa uu qofku u baahan yahay si uu qofku u noqdo qof faraxsan, raaxo dareemaya, ka soo baxay wixii laga rabey, ammaan ah, oo caafimaad qaba
Inactive / Waxqabad la'aan/Aan Firfricoonayn	Aan firfircooneyn, aan shaqeynaynin
Incapacitated / Karti/ awood la'aan	Aan awoodin in uu tallaabo qaado, sameeyo, ama uu soo gudbiyo go'aamo wanaagsan (sida, qof aan awoodin in uu gaaro go'aamada ku saabsan daryeelkooda.)
Incident Report /Warbixin Dhacdo	Diiwaan qoran ee wax aan caadi ahayn, aan la filayn ama qalad
Incontinence / Kaadi ceshasho la'aan	Awoodid la'aanta in la xakameeyo kaadihaysta iyo/ama shaqooyinka mindhiciirka
Independent or Independence / Madaxbannaan ama Madaxbannaani	Qofka in uu noqdo qof isku tiirsan oo awoodo in uu hawl naftiisa u qabsado
Indirect contact / Xiriir dadban	Gudbinta cudur faafa iyada oo la taabanayo wax ama dul ay saaran yihiin jeermisyo ka yimid qof cudurka qaba
Individual provider (IP) / Bixiyaha Shakhsiga ah	Shaqaale aqoon leh oo qandaraas ku qaatey daryeel muddo dheer kaas oo daryeel-bixin guriga gudahiisa ah u fidiya macaamiisha xaqa u leh adeegyada daryeelka guriga gudahiisa ah ee Medicaid.
Indwelling catheter / Kateetarka Indwelling	Tuubbo la geliyo kaadi-haysta si ay uga qaado kaadida
Infection / Caabuq	Koboco jeermis waxyeello leh ee jirka
Infection control / Xakameynta caabuqa	Joojinta jeermisyada in ay faafaan ama keenaan caabuq

Infectious /Faafa	Si fudud ku faafa, awooda in uu caabuq keenna
Infectious disease / Cudurrada faafa	Jirro ay keenaan cudur-sidayaasha ku kora ama ku kobca gudaha jirka qofka.
Inflammation / Barar	Falnaqyada uu jirka ka bixiyo dhaawaca ama caabuqa, astaamaha waxaa ka mid ah guduudasho, xanuun, iyo/ama bararka goobta
La neefsado	In gudaha neef loo qaato
Insomnia / Hurdo la'aan	Awoodid la'aanta in la hurdo ama la sii hurdo
Instrumental Activities of Daily Living (IADL) / Waxqabadyada waxtarka u leh ee nolol maalmeedka	Hawlaha joogtada ah ee guriga ama bulshada sida cunto karinta, dukaameysiga, nadiifinta, iyo bixinta biilasha
Involuntary seclusion / Cidlaynta khasabka ah	In qofka isaga oo raali ka ahayn in la cidleeyo, nooc xadgudub maskaxeed ah.
Insulin / Insuliin	Hoormoon uu beeryaraha sameeyo taas oo kulugows gaarsiisa unugyada. Mararka qaarkood loo isticmaalo in lagu daaweeyo sonkorowga.
Insulin shock / Gilgilaad insuliin	Xaalad ka dhalata insuliin badan ama cunto aad u yar taas oo keenaysa sonkorta dhiigga oo aad u hooseysa
Interactive Learning / Barasho Iskaashi leh	Tababarka ardeyga uu yahay ka-qaybqaate firfircoon
Interpersonal / Shakhsiyaadka dhexdooda	Xiriirro u dhaxeeya dadka
Intersex (adj) / Labeeb (sifo)	Dadka xubnaha jirkooda iyo/ama hidde-sideyaashoodaba muujiya sifooynka dheddigga iyo labka
Intestines /Mindhiciirro	Xubin ka tirsan habdhis dheefshiidka oo ka soo bilowda caloosha ilaa futada wuxuunna nuugaa biyaha iyo macdanta kale
Irreversible / Aan laga noqon karin	Xaalad aanan dib loogu noqon karin sidii ay hore u ahayd
Isolation / Go'doomin/faquuqid	Ka-dhex-saaridda dadka kale

J-L

Erey	Qeexid
Joint / Kalagoys	Qayb jirka ka mid ah halkaasi oo lafaha isugu yimaadaan, sida jilbaha, curcurrada, iyo suxullada
Labia / Faruur	Laalaabka maqaarka ee afka siilka
Laundry / Dhar-dhaqid/ Lamadaayo	Dhaqidda, qallajinta, feereynta, iyo hagaajinta dharka iyo marooyinka uu macmiilka adegsado ama ka caawinta macmiilka in uu hawlahan qabto
Learning styles / Qaababka barashada	Habka uu qofku u isticmaalo dareenadiisa jireed si uu wax u barto
Legend drug / Daawo halyey ah	Daawada u baahan rijeeto dhakhtar caafimaad ama xirfadle kale oo shati u haysta
Lesions / Dhaawacyo	Nabarro
Licensed Practical Nurse (LPN) / Kalkaaliye Caafimaad oo Shati Xirfadeed Haysta	Kalkaaliye caafimaad oo dhammeystey barnaamijka kalkaalinta ay dowladdu ansixisey kana gudbay imtixaanka dowlada si loogu muujiyo si fiican u aqoonidda xirfadda
Lift / Qaadis	Kor-u-qaadis, dhaqaajin
Ligament / Carjaw	Xargaha adaga ee nudaha isku-xiraya lafaha
Linen / Maro	Gogol, go'yo, harqadda/galka barkinka, marooyinka wax lagu dhaqo iyo shumaanada
Locomotion / Dhaqaaq	Sida uu qofku u socdo
Long-term care worker (LTCW) /Shaqaalaha daryeelka muddada-dheer	qof bixiya adeegyada daryeelka shaqsiyeed, mushaar ah ee loogu talagalay dadka waaweyn ama dadka naafada ah. LTCWs waxaa ka mid ah Kaaliyayaasha Daryeelka Guriga ee Aqoonsiga haysta ama La Xaqiijiyey (HCA), Kaaliyeyaasha Kalkaalinta – La Xaqiijiyey (NAC), iyo Kaaliyayaal Kalkaalin – Diiwaangashan (NAR)
Lubricant / Xayr	Dareere simbiriirax leh, jeel, ama saliid loo isticmaalo in lagu yareyo isliska ama xanuunka nudaha jirka

Lubricate / Xayrayn	Ka dhigista simbiriirax ama sulub

M

Erey	Qeexid
Malnutrition / Nafaqa-xumo	Xaalad ka dhalata la'aanta nafaqa kugu filan oo uu helo jirka. Waxaa keenna in aanan la cunin wax kugu filan, ama in aanan la cunin cuntooyin nafaqo leh.
Mandatory Reporter / Ka-warbixiyaha Khasabka ah	Waa qof uu sharcigu ka doonayo in uu soo sheego xadgudubka la tuhunsan yahay, dayaca, ama dhiigmiirashada maaliyadeed ee dadka waaweyn ee nugul. Waxaa ka mid ah shaqaale kasta oo u shaqeeya Waaxda Adeegyada Caafimaadka iyo Bulshada; sarkaalka sharci fulinta; shaqaalaha bulshada; hawlwadeena iskuulka ee xirfadlaha ah; adeeg-bixiyaha shakhsiga ah; shaqaalaha xarunta; hawlgale ka shaqeeya xarunta; shaqaalaha adeegga bulshada, daryeelka, caafimaadka dhimirka, caafimaadka maalintii ee dadka waaweyn, daryeelka maalintii ee dadka waaweyn, caafimaadka guriga, daryeelka guriga, ama hay'adda guriga lagu daryeelo bukaanka; baaraha caafimaadka ama qofka degmada u qaabilsan baaritaannada dhimashada; xirfadlaha Sayniska Masiixiga; ama bixiyaha adeegga daryeelka caafimaadka
Malnourished / Nafaqaxumo haysa	Xaalad ka dhalata in aanan la cunin cunto qofka ku filan ama in aanan la cunin cunto caafimaadqab leh
Cunto diyaarin	Sida cuntooyinka loo diyaariyo. Waxaa ka mid ah qorsheynta cuntooyinka, karinta, soo ururinta waxyaabaha la isku daro ee cuntada, diyaarinta cuntada iyo maacuunta, iyo nadiifinta alaabta ee cuntada ka-dib.
Mechanical lift / Wiish Makaaniko	Aalad makaaniko oo ay daryeelayaashu adeegsadaan si ay macaamiisha ugu kala wareejiyaan sariiraha, kuraasta, iyo goobaha kale. Wiishashka ayaa la adeegsadaa marka dhaqdhaqaaqa macmiilka uu xaddidan yahay.
Medication administration / Maamulka daawooyinka	Taageerada daawooyinka ee ka sarreysa gargaarka daawooyinka. Tani waxaa ka mid noqon kara in macmiilka afka loo geliyo kiniini ama in loo mariyo boomaato daaweysan. Maamulka daawooyinka wuxuu u baahan yahay kalkaaliso caafimaad in ay bixiso daawada ama xil wareejin kalkaaliye caafimaad.
Medication assistance / Gargaarka daawooyinka	Ka caawinta macmiilka in uu maamusho daawooyinkiisa Tani waxaa ka mid noqon kara in kiniini la siiyo ama in kuuro daawada ah qaado lagu shubo. Macmiilka waa in uu sameeyaa tallaabada kama-dambeysta ah (sida in uu kiniiniga afka u geliyo).

Medication interaction / Isdhexgalka daawooyinka	Saameynta iskujirka ah ee daawooyinka badan ama daawooyin iyo cunto
Medication / Daawooyinka	Maado beddelaysa waxqabadka kiimiko ee jirka bani'aadamka. Waxaa ku jira daawooyinka la isu qoro, daawooyinka si caadi ah la iska soo iibsado ee aan u baahnayn qoraal dhakhtareed, faytamiinnada, iyo daawo dhireedka.
Medication Route / Dariiqa Daawada Loo Qaato	Habka ay daawadu jirka u gasho, sida afka, maqaalka, malawadka, siilka, la neefsado, ama la isku muddo
Mental abuse / Xadgudub dhimir/maskaxeed	Waxaa loola jeedaa falka ula-kaca ee hadalka ama aan hadalka ahayn ee loogu hanjabayo, lagu bahdilayo ama liidayo, lagu dhibaateynayo, lagu khasbayo, lagu faquuqayo, si aan macquul ahayn loogu xirayo, ama lagu ciqaabayo qofka weyn ee nugul. Xadgudubka dhimirka waxaa ka mid noqon karan ku qosolka, ku qaylinta, ama u dhaarashada.
Mental illness / Jirro dhimir	Xanuun maskaxda ku dhaca oo saameeya fikradaha, dareennada, iyo hab-dhaqanka
Mentally competent / Dhimir ahaan awooda	Awoodista in si cad oo caqligal ah loo fikiro
Microorganism / Noolaha yaryar	Bakteeriya cudur soosaarta, ama maado nololeed, oo aad u yar in lagu arko isha kaligeeda waxaanna keliya lagu arkaa weneyso (microscope). Sidoo kale waxaa loo yaqaannaa microbe.
Mindfulness / Feejignaan	In uu si daqiiqo-daqiiqo ah qofka ugu warqabo fikirkiisa, dareenkiisa, ama waayo-aragnimadiisa
Dhaqdhaqaaq	Awoodda looga tagayo min meel ilaa meel ama dul ilaa dul
Mobility aids / Qalabka kaaba dhaqdhaqaaqa	Aalado ka caawiya macaamiisha in ay socdaan iyo in si fudud u dhaqaaqaan, sida bakooradaha iyo socod-caawiyeyaasha
Monitor / Korjoogteynta	In si taxaddar leh loola socdo ama loo kormeero qof ama xaalad
Mucous / Xab/Duuf	Dareere dhegdheg leh, qooyan oo laga soosaaro sanka iyo qaybaha kale ee jirka
Mucous membrane / Xuub xabeed	Maqaar dhuuban oo soo saara xabka si uu u ilaaliyo oogadaha gudaha ee jirka (sida, sanka iyo afka)
Muscular system / Hab-dhiska murqaha	Murqaha, dhaqaajiya qaybaha jirka

Myocardial infarction / Wadne wareen	Wadne qabad

N

Erey	Qeexid
Natural body defenses / Difaaca jirka ee dabiiciga ah	Maadooyinka gudaha iyo bannaanka jirka ee gacan ka geysta baabi'inta jeermisyada (sida, maqaarka, unugyada dhiigga cad, asiidhka caloosha)
Neglect and negligence / Dayac iyo dayacaad	"Dayac" waxaa loola jeedaa hab-dhaqanka ama tallaabo-qaadis la'aanta qofka ama hay'adda waajibaadka daryeel uu ka saaran yahay qofka taas oo ku guuldareysatey bixinta alaabooyinka iyo adeegyada joogteeya caafimaadka jirka ama dhimirka ee qofka weyn ee nugul, ama ku guuldareysata ka fogaanshaha ama ka hortagga waxyeello jireed ama dhimir ama xanuunka qofka weyn ee nugul; ama (b) ficilka ama ka tagidda qofka ama hay'adda waajibaadka daryeel uu saaran yahay in ay muujiyaan tixgelin la'aanta dhabta ah ee cawaaqibta sidaa u weyn ee noqoneysa khatar cad oo jirta oo ku wajahan ammaanka, daryelka, ama caafimaadka qofka weyn ee nugul.
Non-ambulatory / Aan-socod	Aan socon karin
Nonverbal Communication / War-isgaarsiinta aan hadalka ahayn	War-isgaarsiinta aan hadalka ahayn, oo ay ku jiraan jir ka hadalka, baaqyada, iyo dhugashada dareenka wejiga
NPO	Waxba afka lagama qaadan karo, wax cunto ama cabbitaan ah lagama qaadan karo afka
Xil Wareejinta Kalkaaliyaha Caafimadka	Marka kalkaaliye caafimaad diiwaangashan oo shati haysta ku wareejiyo hawl gaar ah oo loogu talagalay macmiil gaar ah shaqaalaha daryeelka muddada-dheer ee la aqoonsan yahay. Xil wareejinta kalkaaliyaha caafimaad ayaa keliya lagu oggol yahay goobaha daryeelka qaarkood.
Nutrients / Nafaqooyin	Maadooyin ay dhirta ama xayawaannada u baahan yihiin si ay u noolaadaan una koraan
Nafaqo	Hanaanka jirka ee qaadashada iyo isticmaalka cuntada

O

Erey	Qeexid
Obese / Cayilan	Miisaan-siyaado ah
Objective documentation / Diiwaangelinta dhabta ah	Qorista xaqiiqooyinka oo keliya
Observe/Observation / U-fiirsasho/Indha-Indhayn	In la daawado, dhageysto, ama si kale loo oggaado faahfaahinta muhiimka ah ee ku saabsan xaaladda jirka, dhimirka, iyo dareenka macmiilka.
Ombuds / Qof difaaca xuquuqda macmiilka	Qof u qareemeeya xuquuqaha macaamiisha ku jirta xarumaha daryeelka muddada dheer
Open-ended questions / Su'aali daba-furan	Su'aalaha u baahan sharraxaad ama munaaqasho
Opportunistic infections / Caabuqyada dagashada eegta	Caabuqyada soo weerara jirka ee sababta u ah hab-dhiska difaaca jirka ee daciifka ah
Afka	Wax kasta oo la xiriira afka
Oral Care / Daryeelka Afka	Daryeelka shakhsiyeed ee gacan ka geysta ilaalinta nadaafadda iyo caafimaadqabka ilkaha, carabka, iyo cirridka
Oral hygiene / Nadaafadda Afka	Nadiifinta ilkaha, afka, iyo cirridka
Organ / Xubin	Qayb jirka ka mid ah oo qabata shaqo gaar ah, sida maskaxda, caloosha, iyo sambabbada
Organism / Noole	Wax kasta oo nool
Lafa-beel	Xaalad caafimaad oo ay lafuhu noqdaan kuwo jabi-og ama nugul iyada oo sabab u ah yaraanshaha kaalsiyamta ama faytamiin D ama isbeddello hoormoon
Overstressed / Walbahaar xad-dhaaf ah	Yeelashada walbahaar badan oo faragelinaya waxqabadyada iyo nolol maalmeedka

Over-the-counter (OTC) medication / Daawada si caadi ah la iska soo iibsado ee aan u baahnayn qoraal dhakhtareed	Daawo aan u baahneyn qoraal dhakhtareed. Daawooyinka OTC waxaa ka mid ah faytamiinno iyo daawooyin dhireed.

P

Erey	Qeexid
Pace / Xawli	Xawaaraha wax lagu sameeyo
Paralysis / Baralays/ Curyaamid	Luminta awoodda lagu dhaqaajinayo qayb jirka ka mid ah
Paranoia /Shaki iyo Diidmo aad ah oo laga qabo dadka kale	Xaalad uu qofku ku fikrio wax xun in ay dhici doonnaan ama dad in ay doonayaan in ay waxyeelleeyaan
Paraplegia	Naafo lugaha ilaa qaarka dambe ah
Paraphrase / U dhihid ama u sheegid si kale	Ku celinta hadalka adiga oo adeegsaneya ereyo kuu gaar ah
Parkinson's	Cudur ku dhaca habdhiska dhexe ee neerfaha kaas oo si tartiib ah u socda wuxuunna keenaa murqo adag, gariir iyo daciifnimo
Pathogen / Cudur-side	Jeermisyo waxyeello leh sida bakteeriyada, fayrasyada, fangiga, iyo ku dul noolayaasha caabuqa keeni kara
Perineal care /Daryeelka saxaana (Pericare)	Nadiifinta goobaha xubnaha taranka iyo dabada ee jirka
Saxaaxa	Meesha u dhaxeysa xubnaha taranka iyo dabada
Personal care services / Adeegyada daryeelka shakhsiyeed	Hawlaha la sameeyo si macmiilka loogu caawiyo hawlaha nolol maalmeedka iyo hawlaha waxtarka u leh nolol maalmeedka

Nadaafadda shakshiyeed	Nadiifinta iyo qurxinta qofka, oo ay ku jiraan daryeelka timaha, ilkaha, ilkaha gacan ku sameyska ah, xiirashada iyo soofeynta ciddiyaha
Person-first language / Luuqadda marka hore qofka	Waa habka loola hadlo dadka oo muujineysa in qofku aad uga muhiimsan yahay cudurradooda, naafonimadooda, ama xaaladahooda
Petit mal	Suuxid aan keenin miyir beelid
Wareento	Caabuq ku dhaca sambabbada, astaamaha waxaa ka mid ah qandho, qarqaryo iyo qufac
Positioning / Meelayn	Sida habboon ee macmiilka u fadhiyo ama u jiifo
Posture / Qaabka jirka	Booska ama qaabka jirka
Qalabka Is-ilaalinta ee Shakhsiga (PPE)	dhaaraanka, gacmo-gashiyada, af-xirada, qalabka lagu neefsado, iyo qalabka indhaha difaaca ee is-hortaaga gudubka cudur-sidayaasha ee mara dheecaannada jirka iyo dhibcaha hawada raaca
Precautions / Taxaddaro	Tallaabooyinka horey loo qaado si looga hortago khatar suuragal ah
Prejudice / Go'aan ama Aragti Aan Sal lahayn	Qaadashada go'aamo ama fikrado taban, gaar ahaan marka la qaato iyada oo aanan laga fikirin ama aanan aqoon loo lahayn
Potentially hazardous foods (PHF) /Cuntooyinka khatarta suuragalka ah leh	Cuntada u baahan kantaroolka heerkulka si looga hortago jeermiska in uu ku koro (sidoo kale loo yaqaanno cuntooyinka u baahan kantaroolka heerkulka/ waqtiga ee loogu talagalay ammaanka (TCS))
Pressure injuries / Dhaawacyada cadaadiska	Caafimaad-darrada maqaarka ama dhaawaca uu keeno cadaadista ama islisidda/isxoqidda oo si kordheysa u waxyeeleeya lakabyada maqaarka, dufanka iyo/ama murqaha ka hooseeya
Pressure points / Baraha cadaadiska	Meelaha jirka ay laftu keento cadaadista ugu badan ee soo fuula murqaha iyo maqaarka. Meelahan waxay halista ugu badan ugu jiraan dhaawacyada cadaadiska
Privacy / Asturnaan	In qofka la asturo oo aan la daawan marka laga caawinayo daryeelka shakhsiyeed ama in aanan laga hadal arrimaha shakhsiyeed ee macmiilka
Problem solving / Dhibaato xallin	Hannaanka loo isticmaalo in lagu tacaalo xaaladaha adag
Habraac	Tallaabooyinka saxda ah ee la qaado marka wax la sameynayo

Processed food / Cunto la farsameeyay	Cunto kasta ee la diyaariyey ama la beddelay ka hor inta aanan la iibin sida rootiga, suugada gasaceysan, raashiinka barafeysan, jibsi baradho laga sameeyay, hilib digaag karsan, iwm. Waxaa ka mid ah cuntooyinka sida dhaqsaha ah loo diyaariyo.
Professional / Xirfadlenimo	Ku soo bandhiga hab edeb ku dheehan, xis leh, oo ganacsi oo kale goobta shaqada
Professional boundaries / Xuduudo xirfadeed	Xadadka habboon ee xiriirka shaqada
Professionalism / Xirfadlenimo	Raacidda hab-dhaqan shakhsiyadeed oo heer sare
Prosthesis / Xubin jirka ka mid ah oo gacan ku sameys ah	Qayb jirka ka mid ah oo gacan ku sameys ah sida lug, gacan, naas, ama il
Psychological / Nafsaani	La xiriira maskaxda shakhsiga
Psychosocial / Bulsho-nafsaani	La xiriira wanaagga dareen, nafsaani, iyo mid bulsho
Pulmonary / La xiriira sambabbada	Waxaa loola jeedaa sambabbada
Pulse / Garaaca halbawlaha dhiigga	Bood-boodidda hawlbowlayaasha ee ay keenaan isku soo ururidda wadnaha marka uu dhiigga soo saarayo. Garaaca halbawlaha dhiigga ee asalka ah (radial) waxaa laga cabbiraa curcurka, garaaca halbawlaha dhiigga ee la xiriira foodda (apical) waxaa laga cabbitaa wadnaha korkooda.

Q-R

Erey	Qeexid
Quadriplegia / Naafo	Baralays min qoorta ilaa qaarka dambe ah
Race / Isir	Kala-qaybsanaanta bulsho ee dadka oo lagu saleeyay sifooyinka jirka qaarkood sida midabka maqaarka

Range of motion / Dhaqdhaqaaqa Kala Duwan ee Qaybaha Jirka	Inta kala-goyska jirka uu dhaqaaqi karo. Dhaqdhaqaaqa kala duwan ee qaybaha jirka ee firfircoon (AROM) waxaa loola jeedaa in macmiilka uu dhaqaajin karo kala-goysyadiisa kaalmo la'aan; dhaqdhaqaaqa kala duwan ee qaybaha jirka ee aan firfircooneyn (PROM) waxaa loola jeedaa daryeelaha in uu jir ahaan dhaqaajiyo kala-goysyada macmiilka si uu u joogteeyo debecsanaan.
Ready to eat foods (RTE) / Cuntooyinka cunista diyaarka u ah	Cuntada aanan u baahnayn diyaarinta dheeraadka ah ama karinta si loo gaaro ammaanka cuntada
Rehabilitation / Baxnaanin	Soo-celinta awoodaha jireed iyo/ama dhimir ee qofka
Religion / Diin	Nidaam aaminsanaan, xaflado, iyo xeerar loo adeegsado in lagu caabudo eebbe
Ka-warbixinta:	Ka hadalka macluumaad muhiim ah
Resources / Kheyraadka	Adeegyada iyo macluumaadka la heli karo
Respect / Ixtiraam	In qof si heersare ah loo tixgeliyo
Respect / Neefsasho	Neefsashada, waxaa ka mid ah neefqaadasho, ama neefta oo gudaha loo qaato, iyo neefsaarid, ama neefta oo bannaanka loo saaro
Respiratory system / Habdhiska neefsashada	Kooxda xubnaha jirka ee qabta shaqooyinka neefsashada; nidaamka wuxuu gudaha jirka soo geliyaa ogsijiin wuxuunna ka saaraa kaarbon laba ogsaydh
Registered nurse / Kalkaaliye caafimaad oo diiwaangashan	Kalkaaliye caafimaad oo ka soo qalinjebisay barnaamij kalkaalin, kana gudubtey imtixaanka shati-bixinta qaranka, oo ayna ka soo baxdey dhammaan shuruudaha shati-qaadashada gobolkeeda
Restraint / Juujuub	Shey ama hab lagu xayirayo dhaqdhaqaaqa ee loogu talagalay edbin ama ku habboonaan oo aan caafimaad ahaan loo baahnayn. Isticmaalka xannibaadda/juujuubka waa sharci-darro.
Rhetoric / Aftahannimo	Luuqad leh saameyn wax ka dhaadhicin oo inta badan aan lahayn daacadnimo ama waxyaabo macno leh
Rights / Xuquuqo	Heerarka cadaaladda, sharciga, iyo akhlaaqda, tusaalooyin waxaa ka mid ah xaqa asturnaanta iyo xaqa diidista daaweyn caafimaad
Role / Doorka	Waxa qofka laga filayo in uu sameeyo iyo in uusan sameyn
Routine / Nidaam joogto ah	Jadwalka ama habka waxyaabo loo sameeyo

S

Erey	Qeexid
Safety hazard / Khatar ammaan	Xaalad khatar ah ama caqabad amni
Safety razor / Sakiin ammaan ah	Qalab lagu xiirto oo ku leh aalad ilaalineed inta u dhaxeysa geeska sakiinta iyo maqaarka
Salmonella	Bakteeriya laga qaado cunto ama biyo faddareysan taas oo keenaysa caabuq ku dhaca mindhciir yaraha
Sanitize / Jeermis-ka-dilid	In meel laga dhigo ammaan si loogu diyaariyo cunto saarista
Secretion / Dhiiqis	In la soo saaro oo la soodaayo dareere
Sedentary / Inta Badan Fadhiya	Hab-nololeed ku jira kaliya dhaqdhaqaaq jireed oo khafiif ah oo lala xiriirriyo nolol maalmeedka caadiga ah.
Seizure / Suuxdin	Shaqada maskaxda oo aan caadi ahayn taas oo keenta sarco
Self-care / Is-daryeel	Falalka lagu joogteynayo wanaagga, caafimaadka iyo farxadda
Self-determination / Aayo-ka-talin	Awoodda uu qofku u leeyahay in uu xakameeyo waxa uu sameeyo iyo waxa ku dhacaya.
Daryeelka Qofka Is-haga	Sharciga ilaaliya xaqa qofka qaangaarka ah ee leh naafonimo shaqo kuna nool gurigooda in uu hago oo uu kormeero kaaliye shakhsyeed oo mushaarka qaata, sida adeeg bixiye shakhsi ah, in uu qabto hawsha daryeelka caafimaad oo qofka weyn naftiisu qabsan lahaa
Sensory / Dareen	La xiriira dareennada aragga, maqalka, taabashada, dhadhanka, iyo urinta
Service plan or care plan / Qorshaha adeegga ama qorshaha daryeelka	Hagaha ama khariidada daryeelka iyo adeegyada macmiilka doonayo una baahan yahay, oo ay ku jiraan sida iyo goorta ay adeegyadu tahay in la bixiyo iyo cidda bixin doonta. Xarunta xannaaneynta waayeelka iyo naafada, dokumentigan waxaa loogu yaqaannaa "heshiiska adeegga laga wada-xaajoodey."
Service Summary / Soo-koobidda Adeegga	Qayb ka mid ah qorshaha daryeelka DSHS oo diiwaangelisa macluumaadka xiriirka, jadwallada daryeeleyaasha, iyo yoolasha macmiilka

Sexual abuse / Xadgudub galmo	Waxaa ku jira nooc kasta oo hab-dhaqan galmo oo aanan raalli laga ahayn, oo ay ku jiraan balse aan ku koobnayn taabashada aanan la rabin ama aanan habboonayn, kufsi, galmo afka ama dabada ah, galmi khasab ah, ka qaadista sawirro qaawan, iyo dhibaateyn galmo. Xadgudub galmo ayaa sidoo kale ka mid ah habdhaqan galmo kasta ee u dhaxeeya qof shaqaale ah iyo macmiilka, iyada oo aanan la eegin haddii falka la isku raacsan yahay iyo haddii kaleba.
Sexual orientation / Dookha galmo	Soo-jiidashada jireed, jaceyl, iyo/ama dareen ee qofka u qabo xubno ay isku jinsi yihiin iyo/ama ay kala jinsi yihiin.
Sexuality / Dareen galmo	Sifooyinka ama dareennada la xiriira galmada
Shock / Shoog	Xaalad lala dhacdo oo ka timaada hoos u dhaca mugga dhiigga iyo cadaadiska dhiigga, caadi ahaan waxaa keeno dhaawacyo daran sida dhiig-baxa ama gubashada qaybo badan oo jirka ka mid ah. Wuxuu sidoo kale ka dhalan karaa xanuun ama dharbaaxo qiiro leh
Side effects / Waxyeellooyinka soo raaca	Saameyn labaad oo caadi ahaan aan loo baahnayn oo ay daawadu ama daaweyntu leedahay
Skeletal system / Hab-dhiska lafaha	Lafaha iyo isku-xirrada u dhaxeeya ee bixiya qaab-dhismeedka jirka
Maqaar	Xubinta jirka ee daboosha jirka oo ilaalisa, waxay ka kooban tahay labakyo nudayaal ah
Skin breakdown / Caafimaad-darrada maqaarka	Caafimaad-darro kasta ee ku timaada maqaarka, taas oo abuureysa halista caabuq iyo dhaawac dheeraad ah
Skin care / Daryeelka maqaarka	Nadiifinta iyo ilaalinta maqaarka
Skin integrity / Wadajirka maqaarka	Yeelashada maqaar dhammeystiran, aan waxyeello lahayn, oo is-haysta
Slide board / Boodhka taraaraxa	Boodh loo isticmaalo in lagu qaado ama lagu wareejiyo dadka haddii aysan jirin fursadda dhaawac soo gaara lafdhabarta, sidoo kale loo yaqaanno boodhka wareejinta
Spinal cord / Xandule	Mid ka mid ah xubnaha ugu waaweyn ee hab-dhiska neerfaha, waxay ku dhexjirtaa lafdhabarta waxayna farriimo ka soo qaadaa maskaxda waxay gaarsiisaa qaybaha kale ee jirka, si la mid waxay ka soo qaadaa qaybaha kale ee jirka waxayna geysaa maskaxda.
Ruuxa	La xiriirta nafta ama ruuxa, xurmo, ama diin
Sputum / Xaako	Xabka la qufaco ee ka soo baxa sambabbada

Taxaddarada Caadiga ah	Habdhaqannada ka hortagga caabuqa ee uu isticmaalo macmiil kasta, iyada oo aanan la eegayn xaaladda caabuqa macmiilka, si looga fogaado gudbinta cudursidayaasha ee dhiigga, dheecaannada jirka, maqaarka aanan ishaysan ama xuub xabeed
Sterile dressing / Faashad aan jeermis lahayn	Dabool ilaalin, bakteeriya la'aan ah oo dhaawac la saaro
Sterilization / Jeermis-dil	Hanaanka baabi'inta dhammaan noolayaasha yaryar, oo ay ku jiraan boodhka
Sternum / Laf shafeed	Lafta naaska ama laf lageed
Fuquuq	Dabeecadhaa xun iyo takoorka ka dhanka ah qofka oo ku saleysan muuqaalka jirka, oggaanshaha xaaladda, iyo/ama aaminsanaanta ee keenaya dareen ceeb ah
Stool / Saxaro	Wasakhda adag ee mindhiciirada soo marta ka-dibna jirka kaga baxda futada. Sidoo kale loo yaqaanno xaar
Daloolka saxarro-weecinta	Dalool gacan ku sameysa ah oo isku xiraya marin jirka ah iyo bannaanka, sida saxaro weecinta (colostomy), tracheostomy, ileostomy ama kaadi-weecin (urostomy)
Stress / Walbahaar	Cadaadis ama welwel dhimir ama dareen
Stressor / Cadaadiye	Xaalad ama fikir kasta ee kaa dhiga in aad dareento niyadjab, xanaaq, ama walaac
Stroke / Istaroog	Dillaaca ama xannibmidda xididka dhiigga ee ee maskaxda taas oo u diideysa qaybaha maskaxda dhiigga imaanaya, sidoo kale loo yaqaanno wadne xanuun ama shilka la xiriira maskaxda iyo xididdadeeda dhiigga (CVA)
Subjective documentation / Diiwaangelin dareen ku saleysan	In aad qorto dareennadaada shakhsiyeed, aragtiyada, ama fasiraadaha
Symptom / Astaan	Caddeynta cudur, caabuq, xanuun, ama xaalad

T

Erey	Qeexid
Temperature / Heerkul	Cabbirka kuleylka sida heerkulka jirka qofka, heerkulka cuntada, ama heerkulka hawada ama biyaha

Tendons / Seedo	Xargaha adag ee nudaha isku-xirka kuwaas oo murqaha ku xira qaybaha kale ee jirka
Thermometer / Heelkulbeeg	Qalab loogu talagalay in lagu cabbiro heerkulka. Waxaa jira heerkulbeegyo kala duwan oo lagu eegayo heerkulka jirka, heerkulka cuntada, iyo heerkulka biyaha.
Tone / Tayada codka	Dhawaaqa ereyada aad ku hadasho
Tools / Qalabka	Farsamooyinka ama walxaha kaa caawinaya in uu hawl fuliso
Toxins / Sun	Maado sun ah, waxaa soosaari kara bakteeriya, waxayna keentaa cudur iyo jirro. Sunta waxaa kaloo ka mid noqon kara kiimikooyinka badeecooyinka maalin kasta ee, haddii si khaldan loo adeegsado, uu qofku ku xanuunsan karo.
Transfer belt/gait belt / Suunka wareejinta / suunka qaab-socodka	Suun lagu xiro hareeraha dhexda macmiilka si uu uga caawiyo kala wareejinnada iyo socodka
Transfer board / Boodhka wareejinta	Boodhka fidsan ee macmiilka u suuragelinaya in uu ka soo taraaraxo hal heer oo dul ah ilaa mid kale, sidoo kale loo yaqaanno boodhka taraaraxa
Transfers / Wareejinta	Ka qaadista macmiilka meel ilaa meel kale; tusaale ahaan sariirta ilaa kursiga naafada
Transmitted / Gudbin	Hannaanka gudbinta wax laga qaadayo hal qof ama meel iyada oo la gaarsiinyo qof ama meel kale, sida caabuqa ka dhasha fayraska
U safridda adeegyada caafimaadka	U wehlinta iyo/ama u qaadista macmiilka xafiis dhakhtar ama rug caafimaad oo ku taalla degaanka maxalliga ah si loo helo baaritaan caafimaad ama daaweyn
Qaaxo (TB)	Cudur hawada ka dhasha oo aad u faafa kaas oo ay keento bakteeriya, wuxuunna ugu horreyn haleellaa sambabbada
Tumor / Buro	Baxdo ama wax aan caadi ahayn oo ka soo baxa jirka; waxay noqon kartaa mid aan khatar ahayn, ama mid khatar ah caafimaad ahaan Burada khatarta ah ayaa sidoo kale waxaa loo yaqaannaa “kansar.”

U

Erey	Qeexid
Unconditional positive regard / Tixgelinta wanaagsan ee shuruud la'aanta ah	Aqbalaadda iyo taageeridda qofka iyada oo aan la tixgalinayn waxa uu qofku sheegayo ama uu sameeyo
Unconscious / Miyir-beel	Aan feejignayn, aan awoodin in uu jawaabo
Urethra / Kaadi-mareen	Qaybta jirka ee kaadida ka qaada kaadi-haysta ka-dibna jirka bannaankiisa u saarta
Urinalysis / Baarista kaadida	Baaritaan shaybaar oo kaadida loogu sameeyo ujeeddooyinka baaritaan caafimaad; badanaa loo yaqaanno “UA”
Urinal / Weel lagu kaadsho	Weel loo adeegsado in lagu kaadsho; badanaa waxaa loo isticmaala macaamiisha sariirta jiifka ah ee ku adag in ay musqusha aadaan
Urinary Catheter / Kateetarrada Kaadida	Tuubbo la geliyo kaadi-haysta si ay uga qaado kaadida
Urinary incontinence / Kaadi ceshasho la'aan	Awoodid la'aanta in la xakameeyo shaqooyinka kaadihaysta
Urinary system / Habdhis kaadiyeed	Hab-dhiska xubnaha soosaara kaadida ka-dibna jirka ka saara.
Urinary Tract / Hab-dhiska kaadida	Xubnaha jirka ee soosaara iyo kuwa jirka ka saara kaadida, waxaa ka mid ah kelyaha, liseyaasha, kaadihaysta iyo kaadi-mareenka
Urinary Tract Infection (UTI) / Caabuqyada ku dhaca Hab-dhiska kaadida	Caabuq ku dhaca qayb ama qaybo badan ama hab-dhiska kaadida. Astaamaha waxaa ka mid noqon kara xanuun, kaadi degdeg ah, kaadi joogto ah, qandho, iyo/ama beddelka garashada (jahwareer cusub ama ka sii daraya). Waxaa laga yaabaa in uusan astaamo lahayn.
Urination / Kaadin	Hannaanka kaadida looga saarayo kaadi-haysta
Urine / Kaadi	Wasakh dareere ah oo ka timaada kelyaha, caadi ahaan cad ama midab jaalle/ jaalle khafiif ah leh
Urostomy / Kaadi weecin	Dalool ku yaalla dusha sare ee ubucda halkaasi oo tuubbo laga geliyo kaadi-haysta si looga faarujiyo kaadida

V

Erey	Qeexid
Vaccination / Tallaalid	Falka tallaal loogu muddayo jirta si loo abuurro sifaac ka dhan ah cudur gaar ah.
Vaccine / Tallaal	Wax la soosaaro oo hab-dhiska difaaca jirka u diyaarinaya la dagaalanka cudur gaar ah
Values / Qiimeyaal	Hab-dhaqan gaar ah ama caado loo arko in ay muhiim tahay
Vein / Xidid	Xadidka dhiigga ee dhiigga geeya wadnaha
Verbal / Hadal	Ereyada lagu hadlo
Vertebrae / Laf dhabarley	Lafaha laf-dhabarka
Virus / Fayras	Noolaha ugu yar ee cudur soosaara
Viral load / Rarka fayraska	Cadadka fayraska ku jira dhiigga, candhuufta, duufka, ama dheecaanka kale ee jirta
Visualization / Maskax ka sawirasho	Arkidda wax maskaxdaada ku jira
Visually impaired / Arag ahaan naafo ah	Indhoolenimo ama arag beelid
Void / Marin	Kaadin
Vomiting / Matagid	Afka sa soo tuuridda waxyaabaha ku jira calooshaada
Vulnerable / Nugul	Si fudud loo dhaawici karo, saameyn karo, ama loo weerari karo
Vulnerable adult / Qof weyn oo nugul	Qof lixdan sano jir ah ama ka weyn kaas oo leh karti la'aan jireed, dhimir ama mid shaqo ee uu ku daryeelayo naftiisa ama nafteeda; ama loo arko in uu karti la'aan yahay iyada oo la raacayo cutubka 11.88 RCW; ama kaas oo leh naafonimada koritaanka sida lagu qeexay xeerka RCW 71A.10.020; ama la dhigay xarun kasta; ama qaadanaya adeegyo uu ka helay caafimaadka guriga, guri lagu xanneeneeyo bukaanka iyo waayeellada, ama hay'adaha daryeelka guriga shatiga haysta ama loo baahan yahay in ay shati haystaan sida ku cad cutubka 70.127 RCW; ama adeegyo ka helau adeeg bixiye shakhsi ah; ama kaas oo nafiisa hayaga daryeelkiisa ama daryeelkeeda kana hela adeegto kaaliye shakhsiyaad sida receiving services from an individual provider; cad cutubka 74.39 RCW.

W

Erey	Qeexid
Walker / Socod-caawiye	Aalad loo adeegsado in lagu socdo
Weight / Miisaan	Cabbirka culeyska
Wheelchair / Kursiga naafada	Kursi lagu rakibay lugu taayir leh
Wound / Dhaawac	Dhaawac soo gaara maqaarka ama xubin

Qoraallo

Liisto-hubineedyada Xirfadaha

https://www.dshs.wa.gov/office-of-the-secretary/forms?field_number_value=16-245&title=

Washington State Department of Social & Health Services
Transforming lives

Skills Practice Procedure Checklist for Home Care Aides DSHS Approved

Common Care Practices - for you to successfully demonstrate this skill you need to:	YES	NO
Identify yourself to the client when beginning care	☐	☐
Use infection control measures and standard precautions to protect the client and yourself through procedures	☐	☐
Promote client's social and human needs throughout procedures	☐	☐
Promote client's **rights** throughout procedures	☐	☐
Promote client's **safety** throughout procedures	☐	☐
Promote client's **comfort** throughout procedures	☐	☐
Leave common use items within client's reach at end of care, e.g., phone, glasses, remote, tissues, glass of water)	☐	☐

Communication and Client Rights - for you to successfully demonstrate this skill you need to:	YES	NO
Explain what you are doing	☐	☐
Speak slowly, clearly, and respectfully	☐	☐
Engage client and listen attentively	☐	☐
Observe client for changes	☐	☐
Support client's choice and independence	☐	☐
Respect client's need for privacy	☐	☐

S.W.I.P.E.S. - for you to successfully demonstrate this skill you need to:	YES	NO
Gather **Supplies** before starting task	☐	☐
Wash your hands before contact with a client	☐	☐
Identify yourself by telling the client your name	☐	☐
Provide privacy throughout care with a curtain, screen, or door	☐	☐
Explain what you are doing for the client	☐	☐
Scan the area to be sure everything is back in place after the task is done	☐	☐

Hand Washing - for you to successfully demonstrate this skill you need to:	YES	NO
Make sure supplies are within easy reach so no contaminated surface is touched throughout task	☐	☐
Turn on warm water at sink	☐	☐
Wet hands and wrists thoroughly	☐	☐
Apply soap to hands	☐	☐
Lather all surfaces of fingers and hands, including above the wrists, producing friction for at least 20 seconds, keeping fingers pointed down	☐	☐
Thoroughly rinse all surfaces of hands and wrists without contaminating hands (keeping fingers pointed down)	☐	☐
Use clean paper towel(s) to dry all surfaces of fingers, hands, and wrists starting at fingertips	☐	☐
Use clean, dry paper towel or clean, dry area of paper towel to turn off faucet without contaminating hands	☐	☐
Dispose of used paper towels in wastebasket immediately after shutting off faucet	☐	☐
End procedure with clean hands avoiding contamination (e.g., direct contact with faucet controls, paper towel dispenser, sink, or trash can)	☐	☐

Put on Gloves - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Wash your hands before contact with gloves	☐	☐
Check each glove for holes or other deterioration before using	☐	☐
Grasp glove at cuff and pull onto hand	☐	☐
Grasp other glove at cuff and pull onto other hand	☐	☐
Check to make sure gloves fit snugly over each finger	☐	☐
Take off Gloves - for you to successfully demonstrate this skill you need to:		
	YES	NO
With one gloved hand, grasp the other glove just below the cuff on the outside	☐	☐
Pull glove down over hand so it is inside out	☐	☐
Keep holding removed glove with gloved hand and crumple it into a ball	☐	☐
With two fingers of bare hand, reach under cuff of the second glove	☐	☐
Pull glove down inside out so it covers the first glove	☐	☐
Remove gloves, dispose of gloves in trash can, and wash hands	☐	☐
Follow the Centers for Disease Control and Prevention (CDC) guidelines to identify when to use Personal Protective Equipment (PPE) and for donning and removing PPE - to successfully complete these skills, follow the link below to review and practice all current PPE protocols with your skills instructor.		
	YES	NO
Using Personal Protective Equipment (PPE) | CDC https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html	☐	☐
Assist a Client to Walk - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Stand in front of and face client	☐	☐
Assist client to put on and properly fasten non-skid footwear	☐	☐
Explain walking destination before client begins walking	☐	☐
Prepare client for standing by positioning knees at a 90 degree angle with feet flat on the floor	☐	☐
Have client lean forward on the chair seat before standing	☐	☐
Place transfer belt (if needed) around client's waist, assist client to stand	☐	☐
Cue client to push up with arms from chair to stand	☐	☐
Place hand on client's arm, back, waist, or hold transfer belt while client stands	☐	☐
Ask how client feels after standing or while walking	☐	☐
Walk slightly behind and to one side (weaker side, if any) of client for the full distance	☐	☐
Cue positioning before client sits, with legs centered against seat of chair for safe sitting	☐	☐
Cue client to reach for chair before sitting	☐	☐
Place hand on client's arm, back, waist or, if used, hold transfer belt when client sits. Remove transfer belt.	☐	☐
Leave client sitting safely in chair with hips against the back of the seat	☐	☐
Wash hands	☐	☐
For the HCA skills test, the client requires stand by assistance to walk. No assistive devices are used. The client is seated in a chair when care begins.		
Transfer a Client from Bed to Chair or Wheelchair - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Position chair or wheelchair close to bed with the arm of the wheelchair almost touching the bed	☐	☐
Lock wheels on wheelchair	☐	☐
Fold up or remove footrests	☐	☐
Assist client to roll toward side of bed	☐	☐
Provide support holding behind client shoulders or back and hips, assist client to a sitting position	☐	☐

Transfer a Client from Bed to Chair or Wheelchair - for you to successfully demonstrate this skill you need to (continued):	YES	NO
Assist client to put on non-skid footwear	☐	☐
Make sure client's feet are flat on floor before standing	☐	☐
Apply transfer / gait belt (if needed) over clothing, around client's waist with enough room to allow for placement of flat of hand only between belt and clients body	☐	☐
Stand in front of client	☐	☐
Grasp transfer belt on sides or around back when assisting client to stand and throughout transfer	☐	☐
Brace one or both of client's legs with your own legs, then cue client to stand	☐	☐
Turn client upon standing so that back of legs are centered against seat of wheelchair	☐	☐
Cue client to hold onto armrests before sitting in wheelchair	☐	☐
Provide controlled gentle lowering into the wheelchair seat	☐	☐
Reposition client with hips touching the back of the wheelchair and makes sure client's body is aligned with chair	☐	☐
Remove transfer / gait belt	☐	☐
Position client's feet on footrests, lock / unlock wheelchair per client choice and/or safety	☐	☐
Leave client in wheelchair with proper body alignment and feet positioned on footrest	☐	☐
Wash hands	☐	☐

For the HCA skills test care begins with the client lying in bed. The client can stand but is unable to walk. A transfer belt is used.

Turn and Position a Client in Bed - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Flatten the head of the bed, if it's not flat already	☐	☐
Stand on the side of the bed opposite the direction you plan to turn the client	☐	☐
Cue the client to scoot toward you	☐	☐
If the client is unable to scoot toward you, assist by getting the client's entire body in alignment and near you so you can safely roll the client	☐	☐
Place both hands beneath the client's head / shoulders and move that portion of the body toward you	☐	☐
Place both hands beneath the client's trunk and bottom and move that portion of the body toward you	☐	☐
Place both hands beneath the client's thighs and lower legs and move that portion of the body towards you	☐	☐
Return to the side of the bed you plan to turn the client	☐	☐
Place client's arm on top of their chest and ensure their legs are crossed in the direction you will be turning the client onto their side	☐	☐
Place your hands on the client's hip and shoulder and gently roll the client over on their side toward you (**Tip: make sure there is room to roll the client**)	☐	☐
Position client a safe distance from the edge of bed when turned onto side	☐	☐
Position client in proper body alignment	☐	☐
Head supported by pillow	☐	☐
Shoulder adjusted so client is not lying on arm and top arm is supported. Leave client's lower arm and shoulder free from being tucked under side	☐	☐
Back supported by supportive device. Position device (e.g., padding, pillow) against back rolled and tucked to maintain client's side lying position	☐	☐
Top knee flexed, top leg supported by supportive device with hip in proper alignment. Use device (e.g., padding, pillow) to support top leg, maintain alignment of top hip, leave top knee flexed	☐	☐
Leave client in side-lying position, avoiding direct pressure on hipbone with their ankles and knees separated	☐	☐
Support top arm with supportive device	☐	☐
Cover client with top sheet, remove gloves (if used) and wash hands	☐	☐

For the HCA skills test the client is lying on their back in bed when care begins.

Mouth / Oral Care - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Ensure client is in an up-right sitting position	☐	☐
Wash hands and put on gloves	☐	☐
Offer to place a towel across client's chest before providing mouth care	☐	☐
Prior to starting, ask client about any mouth pain	☐	☐
Moisten toothbrush or toothette and apply toothpaste	☐	☐
Clean all surfaces of teeth with brush or toothette, using gentle circular motions	☐	☐
Offer to brush client's tongue	☐	☐
Offer client clean water to rinse their mouth	☐	☐
Hold basin near client's chin to collect rinse water	☐	☐
Pat dry client's lips and face, and remove towel	☐	☐
Rinse and dry basin and rinse toothbrush before storing	☐	☐
Remove and dispose of gloves. Wash hands.	☐	☐
For the HCA skills test the client is sitting at a table while this care is provided.		

Clean and Store Dentures - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Put on gloves	☐	☐
Use technique to reduce the risk of denture breakage if dropped during cleaning (e.g., brushing denture directly over sink lined with washcloth / paper town / towel, filled with water inside basin)	☐	☐
Prevent contamination of denture throughout procedure (e.g., floating in sink water or setting denture directly on unprotected surface	☐	☐
Obtain dentures from client. If the client is unable to remove them, gently remove dentures from the client's mouth. Take the lower denture out first, then the upper denture	☐	☐
Rinse dentures in cool running water before brushing	☐	☐
Apply toothpaste or denture cleanser to toothbrush	☐	☐
Brush dentures on all surfaces	☐	☐
Rinse all surfaces of denture under cool, running water	☐	☐
Assist client with replacing or storing dentures	☐	☐
Rinse denture cup before putting dentures in it	☐	☐
Place dentures in clean denture cup with solution or cool water	☐	☐
Dispose of sink liner or other soiled items. Remove and dispose of gloves. Wash hands	☐	☐
For the HCA skills test the client is sitting at a table or lying in bed while this care is provided.		

Fingernail Care - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Wash hands and put on gloves	☐	☐
Put water in a bowl. Confirm the water is safe and at a comfortable temperature for the client. Adjust if necessary	☐	☐
Place water at a comfortable level for client	☐	☐
Put client's fingers in water and allow to soak	☐	☐
Pat dry client's hand including between fingers, prior to shaping or cleaning client's fingernails	☐	☐
Dry client's hand by patting with towel, not rubbing	☐	☐
Clean under nails with orange stick. Wipe orange stick on towel after cleaning each nail	☐	☐
Groom nails with file or emery board	☐	☐
Move back and forth with an emery board and do not go too deeply into the corners as this can cause the nail to split and weaken nails	☐	☐
File nails from one side to the other in one direction only or file each nail tip from corner to center	☐	☐

Fingernail Care - for you to successfully demonstrate this skill you need to (continued):	YES	NO
Cuticles act as a barrier to infection. Do not clip cuticles.	☐	☐
Finish with nails smooth and free of rough edges	☐	☐
Offer to apply lotion	☐	☐
Empty, clean water bowl(s), store equipment, dispose of used linen(s) and trash appropriately and leave the table dry at completion of procedure	☐	☐
Remove gloves, wash hands	☐	☐

If a client has a circulatory problem or diabetes, a Home Care Aide should not use an orange stick on the client's fingernails.

For the HCA skills test the client is sitting at a table while this care is provided.

Foot Care - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Wash hands and put on gloves	☐	☐
Inspect the client's foot carefully before starting the procedure by checking between the toes and the heels of the foot. Inquire whether the client has any pain or sensitive areas before beginning	☐	☐
Put water in basin, filling it no less than halfway full	☐	☐
Ask client if water temperature is comfortable before foot is completely submerged. Adjust if necessary	☐	☐
Put the client's foot completely in the water	☐	☐
Supporting foot and ankle properly throughout procedure, remove foot from water, wash entire foot, including between toes, with soapy washcloth. **Keep water in basin soap free for use as rinse water by: (1) washing foot with washcloth with soap applied directly to the washcloth instead of adding soap into basin of water; or (2) using two separate basins of water: one for washing and one for rinsing**	☐	☐
Be sure to add the soap to the wet washcloth rather than directly in the water	☐	☐
Wash client's entire foot including between toes with soapy washcloth after soaking	☐	☐
Rinse to remove soap from foot and in between toes	☐	☐
Prior to cleaning dirt out from under client's nails, gently pat their foot dry including between their toes	☐	☐
Clean under nails with orange stick. Wipe orange stick on towel after cleaning each nail	☐	☐
Groom nails straight across with file or emery board	☐	☐
Move back and forth with an emery board and do not go too deeply into the corners as this can cause the nail to split and weaken	☐	☐
File nails from one side to the other in one direction only or file each nail tip from corner to center	☐	☐
Cuticles act as a barrier to infection. Do not clip cuticles.	☐	☐
Finish with nails smooth and free of rough edges	☐	☐
Ask if client would like lotion applied. If so, put lotion in your hand and apply lotion to the client's entire foot making sure not to put lotion in-between the toes. Remove excess lotion (if any) with towel	☐	☐
Assist client to replace socks and shoes	☐	☐
Empty, rinse, wipe bath basin, and return to proper storage	☐	☐
Remove gloves and wash hands	☐	☐

If a client has a circulatory problem or diabetes, a Home Care Aide should not use an orange stick on the client's toenails.

For the HCA skills test the client is sitting in a chair while this care is provided.

The following are general tips when helping a client with nail care:	YES	NO
Inspect your client's feet and hands regularly for changes in color (especially redness), temperature, blisters, cuts or scratches, cracks between the toes / fingers, or other changes. Document and report any swelling or redness you notice around the area. Always verify the client's care plan prior to performing nail care	☐	☐
Monitor minor cuts and keep them clean	☐	☐
Do not put lotion in-between the toes – the lotion causes moisture that promotes fungal growth	☐	☐
Do not cut down the corners of a client's nails or dig around the nail with a sharp instrument for any client	☐	☐
Smooth, clean nails provide comfort and safety for a client. Jagged or sharp nails can catch and tear on clothing and may cause injury to the toes / fingers. Always handle a client's feet and hands gently and carefully	☐	☐

Assist Client with a Weak Arm to Dress - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Ask client what they would like to wear	☐	☐
Put on all items, moving client's body gently and naturally, avoiding force and over-extension of limbs and joints	☐	☐
Assist client to put the weak arm through the correct sleeve of the shirt, sweater, or slip before placing garment on the unaffected side. Place shirt sleeve over weak arm before putting on non-affected arm	☐	☐
Cue client with dressing	☐	☐
Ensure client is sitting when putting feet and legs into pants and when assisting with non-skid footwear	☐	☐
Provide support to client when pulling up and securing pants	☐	☐
Finish with client dressed appropriately (clothing right side out, zippers / buttons fastened, etc.)	☐	☐
Wash hands	☐	☐

For the HCA skills test the client is able to stand. The client is wearing a T-shirt and underwear and needs to be dressed in a shirt, pants, socks, and shoes. The client will be dressed over their own clothing.

Put a Knee High Elastic Stocking on Client - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Prepare stocking for application by turning stocking inside out, at least to heel area	☐	☐
Place foot of stocking over toes, foot, and heel, moving client's foot and leg naturally, supporting extremity and avoiding force or over-extension of limb and joints	☐	☐
Pull top of stocking over foot, heel, and leg	☐	☐
Make sure stocking is smooth, with no twists or wrinkles, and is not too tight over the client's toes	☐	☐
Complete application of stocking over foot with the toes and heel in proper position per stocking design	☐	☐
Leave stocking raised to knee and wrinkle free	☐	☐
Wash hands	☐	☐

For HCA skills test the client is lying in bed while this care is provided.

Passive Range of Motion for One Shoulder - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
While supporting the limb through the following exercises, move joint gently, slowly, and smoothly through the range of motion to the point of resistance. Stop if pain occurs	☐	☐
Ask the client about their comfort level throughout the exercise. Stop if pain occurs	☐	☐
Support client's arm holding under elbow and wrist, while performing range of motion for shoulder	☐	☐

Passive Range of Motion for One Shoulder - for you to successfully demonstrate this skill you need to (continued):		
	YES	NO
Raise client's straightened arm toward ceiling, back towards the Head of Bed (HOB) and return to a flat position as one repetition (shoulder flexion / extension). Repeat at least three (3) times	☐	☐
Move client's straightened arm away from side of body towards HOB and return client's straightened arm to midline of client's body as one repetition (shoulder abduction / adduction). Repeat at least three (3) times	☐	☐
Place client's flexed elbow at client's shoulder level, rotate forearm toward HOB and rotate forearm down towards hip. Repeat at least three (3) times	☐	☐
Wash hands	☐	☐
For the HCA skills test the client is lying in bed while this care is provided.		
Passive Range of Motion for One Knee and Ankle - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
While supporting the client's limb through the following exercises, move joint gently, slowly, and smoothly through the range of motion to the point of resistance	☐	☐
Knee: support the client's leg at knee and ankle joints, while performing range of motion for knee	☐	☐
Ask the client how they feel during the exercise. Stop if pain occurs	☐	☐
Bend the knee back to the point of resistance and then return leg flat to bed (followed by straightening knee as one repetition – knee flexion / extension). Repeat at least three (3) times	☐	☐
Ankle: support foot and ankle while performing range of motion for ankle	☐	☐
Push the foot forward towards the leg, and in a separate motion push the foot pointed down toward to the foot of bed as one repetition (ankle flexion / extension). Repeat three (3) times	☐	☐
Wash hands	☐	☐
For the HCA skills test the client is lying in bed while this care is provided.		
Assist a Client to Eat - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Ensure client is sitting upright in chair before assistance begins	☐	☐
Offer client a clothing protector	☐	☐
Sit at client's eye level to assist the client to eat	☐	☐
Offer food in bite-size pieces, alternating types of food offered or ask client's preference for each bite	☐	☐
Offer a beverage to the client during the meal	☐	☐
Make sure the client's mouth is empty before offering the next bite or sip of beverages	☐	☐
Engage client in conversation throughout the meal	☐	☐
Wipe food from client's mouth and hands as necessary and at the end of the meal	☐	☐
Remove clothing protector, if worn, and dispose of in proper container	☐	☐
Remove leftover food	☐	☐
Leave table clean, dry, and clear of food items	☐	☐
Wash hands	☐	☐
For the HCA skills test the client is sitting at a table when care begins for this skill.		
Assist a Client with a Bed Bath - for you to successfully demonstrate this skill you need to:		
	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Put on gloves	☐	☐
Remove or fold back top bedding. Keep client covered with bath blanket or top sheet	☐	☐
Remove client's gown / sleepwear	☐	☐
Ensure the water temperature is safe and confirm with the client it is at a comfortable temperature for them. Adjust if necessary	☐	☐

Assist a Client with a Bed Bath - for you to successfully demonstrate this skill you need to (continued):	YES	NO
Keep water in basin soap-free for use as rinse water by: (1) washing with washcloth with soap applied directly to the washcloth instead of adding soap into the basin of water; or (2) using two separate basins of water: one for washing and one for rinsing	☐	☐
Replace water anytime it gets soapy, cool, or dirty	☐	☐
Place a dry towel behind the client's head / neck	☐	☐
Wet washcloth (no soap) and begin with eyes. Use a different area of the washcloth for each eye, washing inner to outer corner	☐	☐
Wash the rest of the face, ears, and neck using soap (if the client prefers)	☐	☐
Rinse, dry area with a towel – pat, don't rub	☐	☐
Expose one arm and place a towel underneath it. Support the client's arm with the palm of your hand underneath the client's elbow. Wash the client's arm, shoulder, and armpit. Rinse and pat dry	☐	☐
Place the client's hand in the water basin. Wash the client's hand, rinse, and pat dry. Repeat with the other arm and hand	☐	☐
Wash, rinse, and pat dry the client's chest and abdomen	☐	☐
Uncover one of the client's legs and place a towel lengthwise under the foot and leg. Bend the knee and support the leg with your arm. Wash the leg, rinse, and pat dry	☐	☐
Slide the client's foot into the water basin. Wash the client's foot, rinse, and pat dry. Repeat with the leg and foot	☐	☐
Assist the client to turn on their side, away from you. Place a bath blanket or towel alongside their back Wash the client's back and buttocks, rinse, and pat dry	☐	☐
Assist the client to their back. Provide privacy and let the client perform their own perineal care (if able); if not, this task is covered separately	☐	☐
Leave client covered with top sheet and/or blanket at the end of care	☐	☐
Remove bedding that may have gotten wet	☐	☐
Place soiled clothing and linen in proper container	☐	☐
Empty, rinse, clean, sanitize bath basins and return to proper storage	☐	☐
Remove and dispose of soiled gloves	☐	☐
Wash hands	☐	☐

Assist with Perineal Care - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Fill basin with water, use water that is a safe and comfortable temperature for the client. Adjust as requested	☐	☐
Wear gloves while providing perineal care, while rinsing and drying equipment and handling soiled linens	☐	☐
Protect client's bedding from getting wet with a towel or disposable bed pad	☐	☐
Uncover the perineal area. Make sure the client's privacy is maintained	☐	☐
Keep water in basin soap-free for use as rinse water by: (1) washing with washcloth with soap applied directly to the washcloth instead of adding soap into the basin of water; or (2) using two separate basins of water: one for washing and one for rinsing	☐	☐
Gently wash entire perineal area with a soapy washcloth. Use a clean area of the washcloth for each stroke. Clean from front to back of perineal area	☐	☐
Rinse entire perineal area with a clean washcloth. Use a clean area of the washcloth for each stroke. Rinse from front to back of perineal area	☐	☐
Gently pat dry perineal area, moving from front to back	☐	☐
Assist client with rolling to side. Make sure client is a safe distance from the edge of bed	☐	☐
Wash, rinse, and pat dry buttocks and peri-anal area. Use a clean area of the washcloth for each stroke. Wipe from front to back to avoid contaminating the perineal area	☐	☐
Replace bed pad or bottom sheet, if necessary	☐	☐
Minimize exposure of the client's body during the procedure	☐	☐
Leave client covered with top sheet and/or blanket at the end of care	☐	☐
Remove soiled or wet washcloths, towels, bed pads, bedding, or clothing. Dispose of in proper containers	☐	☐
Remove and dispose of soiled gloves	☐	☐
Wash hands	☐	☐

For the HCA skills test the client is a female mannequin. The client is lying in bed while this care is provided. This skill will be performed using soap and water not wipes.

Catheter Care - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Test water temperature in basin. Determine if water temperature is safe and verify with client it is comfortable adjust if necessary	☐	☐
Keep water in basin soap-free for use as rinse water by: (1) washing with washcloth with soap and apply directly to the washcloth instead of adding soap into the basin of water; or (2) using two separate basins of water: one for washing and one for rinsing	☐	☐
Minimize exposure of the client's body during care	☐	☐
Wear gloves, before handling catheter, tubing, urinary drainage bag or beginning cleansing and throughout the procedure while providing catheter care, while rinsing and drying equipment and handling soiled linens	☐	☐
Position client a safe distance from the edge of the bed if turned on side during care	☐	☐
Place towel or pad under catheter tubing before washing as to not get client's sheets or clothing wet during cleaning	☐	☐
Uncover area surrounding catheter only	☐	☐
Use soapy washcloth to cleanse catheter	☐	☐
Change spot on washcloth for each washing and rinsing stroke. Do not tug catheter. Hold catheter near opening where it enters the body to avoid tugging it	☐	☐
Clean at least four inches of the catheter nearest the opening of the urethra, moving from the opening downwards away from the body. Use a clean area of the washcloth for each stroke	☐	☐
Using a different washcloth, rinse at least four inches of the catheter nearest the opening, move from the opening downwards away from the body, using a clean area of the washcloth for each stroke	☐	☐
Pat dry any area of client's skin that may have gotten wet	☐	☐
Leave skin areas that become wet during care and bed sheets dry at completion of care	☐	☐
Keep the urinary drainage bag positioned lower than bladder throughout care and at the end of the procedure. Make sure there are no kinks in catheter tubing	☐	☐
Dispose of towels and other items in proper containers	☐	☐
Leave client covered with top sheet at the end of care	☐	☐
Remove and dispose of gloves and wash hands	☐	☐
For the HCA skills test the client is lying in bed while this care is provided.		

Condom Catheter Care	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Put on gloves	☐	☐
Uncover genital area only	☐	☐
Wash and dry penis carefully, cut long hairs	☐	☐
Observe skin of penis for open areas	☐	☐
If sores or raw areas are present, do not apply condom	☐	☐
Put skin adhesive over penis	☐	☐
Roll condom catheter over penis area	☐	☐
Attach condom to tubing. Check that the tip of the condom is not twisted	☐	☐
Secure tubing to the client's leg. Ensure bag is below the level of the bladder	☐	☐
Remove and dispose of gloves and wash hands	☐	☐

Medication Assistance - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Check client's medication schedule	☐	☐
Remind the client it is the scheduled time to take their prescribed medication	☐	☐
Select the correct medication bottle, labeled with client's name	☐	☐
Take the medication container from where it is stored, look at the label, and verify the 5 Rights - medication, client, amount, route, and time	☐	☐
Open the container, look at the label and verify the 5 Rights again	☐	☐
Pour the medication from the bottle to the lid cap without touching medication	☐	☐
Give client the correct number of pills by pouring them from the lid cap to their hand without touching the medication	☐	☐
Cue client to take medication	☐	☐
Assist the client to take medication without having your hand over the client's hand or tipping the client's hand to place pill(s) into the client's mouth, or placing the pill directly into the client's mouth	☐	☐
Offer the client a full glass of fluid (for oral medications)	☐	☐
Observe and make sure the medication is taken. Ask client or check if medication is swallowed	☐	☐
Close the medication container and put it back in the appropriate place; verify the five (5) rights again	☐	☐
Document that the client has taken the medication. If they have not, document that too	☐	☐
Wash hands	☐	☐
For the HCA skills test the client is sitting a table while this care is provided.		

Assist Client with use of Bedpan - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. Communications / Client Rights and Common Care Practice Skills	☐	☐
Before placing bedpan, lower the head of the bed	☐	☐
Wear gloves to place bedpan correctly under client's buttocks (standard bedpan: positions bedpan so wider end of the pan is aligned with the client's buttocks; fracture pan: position bedpan with handle toward foot of bed). Have client bend knees and raise hips (if able)	☐	☐
Raise head of bed after placing bedpan under the client	☐	☐
Put toilet tissue within client's reach	☐	☐
Ask client to let you know when they are finished	☐	☐
Offer to cover client with a bed sheet or blanket	☐	
Lower the head of the bed before removing the bedpan	☐	☐
Put on gloves before removing the bedpan	☐	☐
Remove bedpan and empty contents into toilet	☐	☐
Provide perineal care (follow checklist procedures)	☐	☐
Clean and sanitize equipment as per protocol. Return to proper storage	☐	☐
Remove and dispose of gloves and wash hands	☐	☐

Shave with a Safety Razor - for you to successfully demonstrate this skill you need to:	YES	NO
Use S.W.I.P.E.S. skill	☐	☐
Put on gloves	☐	☐
Ask client if they wear dentures. If so, make sure they are in their mouth	☐	☐
Wash face with warm wet washcloth	☐	☐
Apply shaving lather to the area to be shaved	☐	☐
Hold razor securely	☐	☐
Hold skin taut with free hand and shave with smooth even movements in direction of hair	☐	☐
Rinse safety razor in warm water between strokes to keep the razor clean and wet	☐	☐
Shave sides first, then nose and mouth	☐	☐
Wash, rinse, and dry face	☐	☐
Clean and put away equipment	☐	☐
Remove and dispose of gloves and wash hands	☐	☐

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