

Pre-school Wheeze (Somali)

Xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor



Xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor (Waxa kale oo loo yaqaan cudurka marinnada hawo-mareenka ama shanqar fayrasku keeno) waxay saamaysaa marinnada hawada (Tubooyinka hawada ka qaada afka ee geeya sanbabada) carruurta da'doodu u dhaxayso 1 ilaa 5 sano.

Waxay dhacdaa marka marinnada hawada ee ilmahaaga ay bararaan oo uu diif ama xaako ka buuxsanto, taas oo adkeynaysa inay neefsadaan.

Xiiq-dheerta waxaa inta badan keena caabuqyada fayraska laakiin waxa kale oo keeni kara isbeddelka cimilada (hawo kulul oo isu badaleysa hawo qabow), caarada boodhka iyo qiiqa sigaarka.

Dhakhtarku waxa uu ku ogaan karaa xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor marka uu dhegaysto laabta ilmahaaga oo uu fahmo calaamadaha jirrada.

Inta badan carruurta qabta xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor neef (asthma) kuma dhacdo markay weynaadaan.

Calaamadaha iyo xanuunka



Dhawaaqa xiiqsan (dhawaaq foori camal ah marka la hawada la qaadanayo iyo marka la neefsanayo)

Neefsashada degdega ah iyo/ama neefsashada oo ku adkaata

Muruqyada laabta ayaa is galaya marka la neefsanayo



Qufac

Daawaynta

Xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor waxa lagu daweeeyaa dawo inta badan la nuugo (la neefsado) si ay toos ugu gasho sambabada. Daawooyinka waxaa ka mid ah kuwo wax nafisiya iyo steroids.

Kuwa wax nafisiya (tusaale, Ventolin, Asmol, Bricanyl)

Cunugaagu waa inuu isticmaalo nafisiye (reliever) isla marka uu yeesho calaamadaha neefta ama ka hor intaanay jimicsi samayn (haddii uu saas ku taliyo dhakhtarka ilmahaaga). Daawada lagu nafiso (Relievers):

- waxaa la isticmaalaa xilliga jirrada/neefta
- si degdeg ah ayay kaaga nafisinaysaa calaamadaha jirrada ee neefta



- si degdeg ah ayay u shaqeyneysaa saameyntooduna waxay sii jiri kartaa ilaa 4 saacadood
- waxaa laga heli karaa farmashiyaha. Uma baahnid inuu dhakhtar kuu qoro.

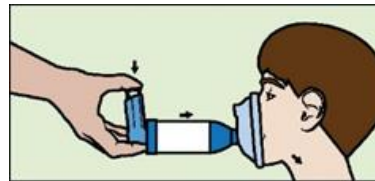
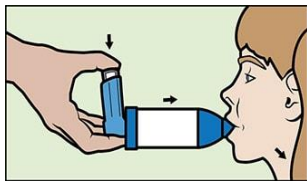
Steroids (dareera)

Ilmahaagu waa inuu tan u qaataa sida dhakhtarkaagu ku farayo. Steroids:

- waxaa lagu daweyn karaa calaamadaha neefta
- waxay qaadan kartaa dhowr saacadood si ay kuugu shaqeyso
- waxaa laga heli karaa farmashiyaha. Dhakhtar inuu kuu qoro ayaa loo baahan yahay.

Waxaa laga yaabaa in dhakhtarkaagu ku siiyo *Qorshe Howleed loogu talagalay in lagu xaliyo xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor* taas oo sharxaysa sida iyo goorta ay tahay in ilmahaagu qaato dawada neefta ee loo yaqaan puffer.

Carruurta waa in ay had iyo jeer isticmaalaan spacer ka lagu xiro puffer ka si ay ugu neefsadaan puffer ka. Spacer-ku waa caag sidii dhalooyinka cabitaanka u sameysan oo ka caawiya in daawadu ay toos u gasho sambabada ilmahaaga. Haddii ilmahaagu ay ku adag tahay inay afkooda saaraan spacer ka, waxay isticmaali karaan maaski.



Daryeelka guriga

Xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor waxaa lagu daaweyn karaa guriga iyadoo:

- la raacayo *Qorshe Howleedka loogu talagalay in lagu daaweeyo Xiiq-dheerta Bilaabata Carruurta inta aysan iskuulka bilaabin kahor (Pre-school Wheeze Action Plan)* ee uu diyaariyay ilmahaaga takhtarkooda (ku xafid meel ammaan ah).
- inaad ka fogeysid ilmahaaga qiiqa sigaarka
- inaad hubisid in ilmahaagu had iyo jeer wataan daawada neefta ee ah puffer iyo spacer (iyo maaski, haddii loo baahdo)
- inaad la wadaagtid ilmahaaga *Qorshe Howleedkooda loogu talagalay in lagu daaweeyo Xiiq-dheerta Bilaabata Carruurta inta aysan iskuulka bilaabin kahor (Pre-school Wheeze Action Plan)* qof kasta oo daryeela ilmahaaga (sida qaraabada iyo macalimiinta).

Haddii aad wax welwel ah ka qabtid xaaladda ilmahaaga, wac 13 HEALTH (13 43 25 84) si aad ula hadashid kalkaaliso diiwaangashan 24 saac maalintii, todobada maalmood ee isbuucii qiimaha wicitaankana wuxuu la mid yahay adoo wacaya meel ka mid ah xaafada aad degan tahay. Weydiiso turjubaan haddii aad mid u baahan tahay.

Goorta loo baahan yahay in la arko dhakhtar

U tag GP-gaaga haddii u ilmahaagu:

- soo tooso habeenkii isagoo xiiqsan
- isticmaalayo daawada neefta ugu yaraan 3-dii saacadoodba mar in ka badan 24-tii saacadood.

Dhakhtarka waa inuu ilmahaaga si joogto ah uu u baaro maadaama calaamadaha jirrada iyo daawadu ay isbedeli karaan. Haddii ilmahaagu uu isbitaal u galay xiiq-dheerta bilaabata carruurta inta aysan iskuulka bilaabin kahor, waa in loo geeyaa dhakhtarkooda 1 toddobaad gudahood markii guriga lagu soo celiyo.

Wac Seddexda Ebar (000) isla markiiba oo sii joogteey isticmaalka daawada neefta haddii ilmahaagu leeyahay:



dhibaato neefsashada ama hadalka ah



bishimo buluug ah



calaamadaha jirrada oo si degdeg ah uga sii dara.

Macluumaad dheeraad ah

Ka daawo fiidiyowiyada waxbarashada neefta ee Caafimaadka Carruurta Queensland <https://bit.ly/chqasthma>

Waxaa soo saartay Waaxda Gurmadka Degdegga ah, Isbitaalka Carruurta ee Queensland. Waxaan qiraynaa talooyinka macaamiisha iyo daryeelayaasha.

Resource ID: FS319 **Reviewed:** July 2022 **Cudur-daar:** Macluumaadkan waxaa soo saaray xirfadlayaasha daryeelka caafimaadka iyadoo ujeedaduna tahay in loo isticmaalo tilmaame ahaan kaliya waxaana loogu talagalay in lagu taageero, ee aan lagu beddelin, wadhadalka lala yeelanayo dhakhtarka ilmahaaga ama xirfadlayaasha daryeelka caafimaadka. Macluumaadka si joogto ah ayaa loo cusboonaysiiyaa, markaas fadlan hubi inaad tixraacayso nuqulkii ugu dambeeyay. Raadso la-talin caafimaad, ee markaas ku habboon, walaacyada ku saabsan caafimaadka ilmahaaga.