

Puffers and Spacers (Somali)

Neef-qaade iyo isbaysars (Puffers iyo spacers)



Waa maxay neef-qaade (puffer)?

Baafar (ama neef-qaade) ayaa loo isticmaalaa in lagu daweeyo calaamadaha xiiq-dheerta (dhawaaq foori sare leh marka la neefta la qaadanayo iyo marka neefta lasoo tufayo).

Neef-qaadayaashu (puffers) waxay noqon karaan kuwo wax nafisiya (waxay nafisiyaan calaamadaha neefta, taasoo fududaynaysa neefsashada) ama ka-hortagga (waxay joojiyaan calaamadaha neefta inay soo noqnoqdaan).

Waa maxay spacer-ku?

Spacer-ku waa caag sidii tubo ama dhalo oo kale u wareegsan (cylinder-shaped) oo lagu xirayo neef-qaadaha (puffer ka). Caadiyan, waxa aad guriga u qaadan doontaa caagaas lagu xiro neef-qaadaha ee loo yaqaan spacer ka (iyo maaski, marka loo baahdo) ee uu ilmahaagu ku isticmaalay cisbitaalka. Waxaad ka iibsan kartaa spacer ka farmashiyaha xaafaddaada.

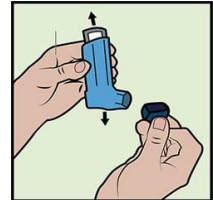
Goorta la isticmaalayo spacer ka

Dhammaan carruurto waa in ay isticmaalaan caaga spacer ka si ay ugu neefsadaan (ku neefsadaan) daawadooda neef-qaadaha (puffer) ah. Spacer-ku wuxuu yareeyaa daawada galeysa afka ilmahaaga, si waxbadan badan oo daawada ah ay u gasho sambabada.

Sida loo isticmaalo spacer-ka

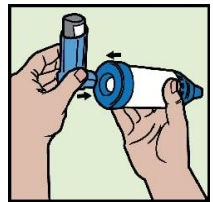
Tallaabada koowaad (step 1)

Neef-qaadaha (puffer) ka saar furka (iyo spacer kaba haddii uu fur ku xiran yahay). Kor u qabo neef-qaadaha (puffer ka) oo si fiican u rux.



Tallaabada labaad (step 2)

Ku xir neef-qaadaha (puffer ka) spacer-ka dabadiisa.

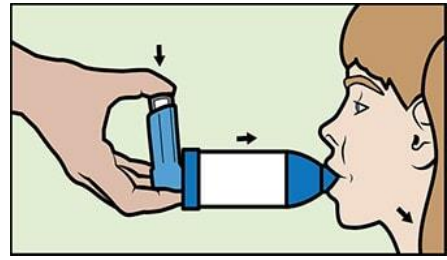


Tallaabada seddexaad (step 3)

Afka hore ee caaga spacer ka ah saar ilmahaaga afkooda.

Tallaabada afaraad (step 4)

Ku buufi hal mar oo daawa ah caaga spacer ka oo usheeg ilmahaaga inuu si caadi ah neefta u qaato una soo tufo 4 jeer.

**Tallaabada shanaad (step 5)**

Rux neef-qaadaha (puffer ka) iyo caaga spacer ka inta u dhaxaysa qiyaas kasta. Ku celi si aad u siiso ilmahaaga inta jeer ee uu dhakhtarkaaga kugula taliyay. Ku xir furka neef-qaadaha (puffer) markaad isticmaashid.

Goorma ayaan isticmaalayaa maaski leh spacer?

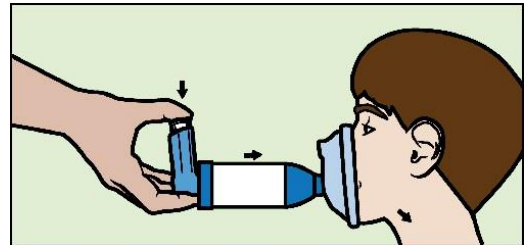
Haddii ilmahaagu uusan caaga spacer ka ah si fiican ugu dabooli karin bushimaha, waa inay isticmaalaan maaski. Nooca maaskiga la isticmaalayo ayaa kala duwanaan doona waxayna ku xiran tahay ilmuhu siday u kala waji yaryihiin.

Sida maaski (mask) loogu isticmaalo spacer ka**Tallaabada koowaad (step 1)**

Ku xir maaskiga afka hore ee caaga spacer ka ah (iyadoo uu neef-qaaduhu ama puffer ka ku dhagan yahay).

Tallaabada labaad (step 2)

Si tartiib ah u saar maaskiga ilmahaaga afkooda iyo sankooda oo hubi inaysan meelna banaaneyn.

**Tallaabada seddexaad (step 3)**

Daawada ku buufi hal mar caaga spacer ka. Ku hay caaga spacer ka iyo maaskiga meeshooda inta uu ilmahaagu neefta ka qaadanayo soona tufayo neefta 4 jeer.

Tallaabada afaraad (step 4)

Rux neef-qaadaha (puffer ka) iyo caaga spacer ka inta u dhaxaysa qiyaas kasta. Ku celi si aad u siiso ilmahaaga tirada qiyaasta loo baahan yahay. Ku xir furka neef-qaadaha (puffer) markaad isticmaashid.

Sida loo nadiifiyo caaga spacer ka

Biyo qandac ah, oo saabuun leh ku dhaq caaga spacer ka inta aadan koow isticmaalin iyo bil kasta kabacdi. Ha biyo raacin markaa dhaqdid. Rux si biyaha uga daataan oo u daa in hawadu qalajiso. Maro ha ku qallajin spacer ka amaba xitaa xaanshi/waraaq. Kalkaalisada ilmahaaga, GP-ga, macalinka neefta ama farmashiistaha waa in uu fiiriyaa spacer ka 6 ilaa 12 biloodba mar.

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

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Cudur-daar: Macluumaadkan waxaa soo saaray xirfadlayaasha daryeelka caafimaadka iyadoo ujeedaduna tahay in loo isticmaalo tilmaame kaliya waxaana loogu talagalay in lagu taageero, balse aysan beddelin, wadhadalka dhakhtarka ilmahaaga ama xirfadlayaasha daryeelka caafimaadka. Macluumaadka si joogto ah ayaa loo cusboonaysiiyaa, markaa fadlan hubi inaad tixraacaysa nuqulkii ugu dambeeyay. Raadso la-talin caafimaad, ee markaas ku habboon, walaacyada ku saabsan caafimaadka ilmahaaga.