

Gastroenteritis (Somali)

Gastroenteritis

Gastroenteritis (gastro) waa infakshan ku dhaca mindhicirka kaas oo sababi kara shuban (saxaro biyo ah), matag ama labadaba. Wuxuu ku badan yahay carruurta waana sahlan tahay in la qaado, si sahlan loo faafiyo oo badanaa wuxuu dhashaa markuu cudurku dillaaco. Matagga caadiyan si dhakhsi ah ayuu u degaa laakiin shubanku wuxuu socon karaa ilaa 10 maalmood. Gastroenteritis waxaa sababi kara fayras, bakteeriya ama parasites.



Calaamadaha lagu garto



Matag 2 ilaa 3 maalmood ah



Calool xanuun



Shuban ilaa 10 maalmood ah



Fuuqbax



Qandho

Fuuqbax

Carruurta yaryar (gaar ahaan da'doodu ka yar tahay 6 bilood) waxay halis sare ugu jiraan fuuqbax waana in si taxadar leh loola socdo. Waxaad ogaan doontaa in ilmahaagu fuuq baxay haddii:

- tirada xafaayadaha ah ee laga badalo ay ka yartahay kala bar inta caadiyan laga badalo maalin kasta
- haddii ay leeyihiin maqaar qabow, dhibco-dhibco leh ama gareey ah oo ayna dareemayaan hurdo-hurdo
- aysan galin musqusha wax badan oo ay midabka kaadidooduna xooga madoow dahay
- haddii ay dareemayaan wareer oo kale ama dawakh ama bishimaha iyo afku qallalan yihiin.

Daawaynta

Ka hortagga fuuq-baxa ayaa ah daawaynta ugu muhiimsan. Aad bay muhiim u tahay in qoyaan kasta oo ilmahaagu ku lumiyo matag ama shuban ahaan wax u badala lasiiyo. Carruurta aad u fuuq-baxdo waxay u baahan karaan in lagu hayo cusbitaalka si loogu siiyo biyo faleenbada gacanta (tuubo xididka la galiyo) ama sankooda (tubo sanko laga galiyo).

Daawada joojisa shubanka lagulama talinayo antibiyootigana waa dhif in loo baahdo. Dhakhtarkaaga ayaa ku ogeysiin doona daawaynta uu u baahan yahay ilmahaaga.

Daryeelka guriga

Sii ilmahaaga cabitaan sonkor leh si ay uga caawiyaan inay helaan biyo ku filan. Sii canuggaaga kaabashooyin yaryar (maxaa yeelay taasi uma badna in dib loosoo matagi karo) adoo isticmaalaya sirinji, qaaddo ama koob. Waxa kale oo aad siin kartaa casiirka tufaaxa (50:50 lagu qasay biyo) ama baraf.



Haddii ilmahaagu naaska u nuugo si aan badneen, marar badan in la nuujiyo, waxay ka caawin doontaa in jirkoodu qoayaan helo.

Biyaha afka laga cabo ee loogu talagalay inay qooyaanka jirku lumiyay ay badalaan sida Gluco-lyte, Gastrolyte, HYDAlyte, Repalyte iyo Pedialyte ayaa sidoo kale loo isticmaali karaa in lagu caawiyo ilmahaaga. Si sax ah u raac tilmaamaha ku aadan qiyaasta la qaadanayo. cabitaanka solution ka ah ee adag ama daciif ka ah ayaa laga yaabaa inay carqaladeeyaan heerarka milixda jirka oo ay waxyeeleeyaan ilmahaaga.

Biyaha laftooda lagugulama talinayo maadaama aysan ku jirin sonkorta iyo cusbada ilmahaagu u baahan yahay.

Wixii talo caafimaad ah oo aan degdeg ahayn, wac 13 HEALTH (13 43 25 84) si aad ula hadasho kalkaaliso diiwaangashan 24 saacadood maalintii, todobada maalmood ee wiiggii qiimaha wicitaankana wuxuu la mid yahay adoo xaafada aad degan tahay wacaayo oo kale.



Weydiiso turjubaan haddii aad u baahan tahay.

Goorma ayuu ilmahaagu bilaabi karaa cunista cuntada?

Carruurta waaweyn, ku bilow inaad siiso cunto adag 24 saacadood gudahood. Tani waxay kaa caawin kartaa in muddada shubanku soconayo ay yaraato. Ku bilow cuntooyinka aan fudud sida baasto cad, bariiska biyaha lagu karkariyey ama baradhada, rootiga qalalan ama buskudka caadiga ah.

Haddii ilmahaagu ka yar yahay 12 bilood, caanihii caadiyan loo qasi jiray dib ugu biloow 24 saacadood ka dib. Biyo-biyo haka dhigin caanaha.

Ha faafin fayraska

- Gastroenteritis-ka aad buu u faafaa markaa ka fogee ilmaha jiran kuwa kale intii suurtoagal ah ilaa uu ka bogsanayo.
- Gacmahaaga si fiican ugu dhaq saabuun iyo biyo gaar ahaan ka hor intaadan cunin ama diyaarin cunto, iyo markaad beddeshid xafaayada wasakhaysan ka dib. Gacma-nadiifiye alcohol ah (alcohol sanitiser) ma dili doono infekshanka.
- Si joogto ah u beddel xafaayadaha ilmahaaga oo isticmaal kareemka hoose ee zinc-ku salaysan si aad uga joojisid in shubanku gubo ilmahaaga maqaarkooda.

Goorta loo baahan yahay inaad aragtid dhakhtar

U gee ilmahaaga GP-ga haddii ay:

- haddii ay qabaan shuban socda in ka badan 10 maalmood.

U kaxee ilmahaaga qaybta gargaarka degdega ah (emergency department) ee kuugu dhow haddii:

- ay ka yar yihiin 3 bilood, oo ay matagayaan (shuban iyo shuban la'aan ba) oo ay leeyihiin qandho
- hadii matagoodu badan yahay oo aysan jirka ku heyn karin cabitaanka la siiyo, gaar ahaan haddii ay da'doodu ka yar tahay 6 bilood
haddii maalinti wax ka badan 8 jeer ay shubmayaana shuban biyo ah
- haddii xafaayadaha kaadida ee maalintii laga badalo ay ka yaryihiin kalabar inta caadiyan laga badalo
- haddii ay dareemayaan calool xanuun daran
- haddii ay soo matagayaan matag cagaaran
- hadii dhiig uu kujiro matagooda ama saxaradooda
- haddii ay ka dareemayaan xanuun daran qoorta ama madaxa
- haddii ay xanaaqsan yihiin ama hurdeysan yihiin
- waxaa laga yaabaa inuu liqay badhanka batariga.

Haddii dhakhtar uu la kulmay ilmahaaga laakiin calaamadihii jirrada ay ka sii darayaan, ku noqo dhakhtarkaaga si aad talo dheeraad ah u hesho.

Waxaa soo saartay Waaxda Gurmadka Degdegga ah ee Isbitaalka Carruurta ee Queensland. Waxaan qiraynaa talooyinka macaamiisha iyo daryeelayaasha. **Resource ID:** FS153 **Reviewed:** July 2022 **Cudur-daar:** Macluumaadkan waxaa soo saaray xirfadlayaasha daryeelka caafimaadka si loogu isticmaalo tilmaame ahaan kaliya waxaana loogu talagalay in lagu taageero, ee aan lagu beddelin, wadahalada lala yeelanayo dhakhtarka ilmahaaga ama xirfadlayaasha daryeelka caafimaadka. Macluumaadka si joogto ah ayaa loo cusboonaysiiyaa, markaa fadlan hubi inaad tixraacayso nuqulkii ugu dambeeyay. Raadso la-talin caafimaad, ee markaas ku habboon, walaacyada ku saabsan caafimaadka ilmahaaga.