

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040
(telefoon bilaa lacag ah)
www.gillettechildrens.org

Ila soo xidhiidh

Su'aalo Degdeg ah
Ama cabashooyin
Telefoonka caafimaad
ee Kalkaalinta
651-229-3890

Su'aalo Kale
Oo ku saabsan
Daryeelkaaga
Rugta bukaanka St. Paul:
Khadka Wicitaanka
Kalkaalisaada
651-578-5000

Bukaanada jooga Goobaha
Kale:
Kala xidhiidh lambarka
Kooxdaada daryeel
caafimaad Gillette.

Ballamo
651-290-8707

Tilmaamaha uu Raacayo Bukaanka Isbitaalka ka baxaya ee ay ku xiran yihiin External Fixator (biro lafaha isu qabta oo banaanka u soo baxsan)

Discharge Instructions for the Patient With an External Fixator | Somali

waxbarashada bukaanka
DIS020-SO

Dhaqdhaqaaqa

Marka laga reebo hadii lagu faro in aadan wax qaadin maahee, waad qaadi kartaa culays aad u dulqaadan kartid adiga oo qalab ku kaalmeeya gargaarsanaya (ull lagu tukubo oo garbaha la gashado/kan 4ta lugood leh ee gacmaha lagu qabsado). Inta uu kugu xiran yahay biraha isku haya lafaha ee banaanka u soo baxsan (Fixator) ka fagow ciyaaraha la isku dhici karo iyo orodka.

Cuntada la cunayo

Cun cunto ay ku badan tahay maadada kalshiyum, fosfaros kuna ku yar yahay. Tusaale ahaan cuntooyinka kaalshiyamku ku badan yahay waxaa ka mid ah caanaha, yoogorta, khudaarta mugdiga cagaaran ah. Multi-vitamiin uu ku jiro kaalshiyam in aad qaadata ayaa lagugu dhiiri gelinayaa. Ka fagow cuntooyinka ay ku badantahay fosfaros sida kola, soodada mugdiga ah, beets (geed baradhada oo kele xididada ka dhala), hilib lo'aad iyo cabitaanka Tang.

Nadiifinta boogta kabayga lafaha isku haya (Pin care)

Waa in aad boogta kabayga lafaha iskuhaya aad u nadiifisaa sidii lagu faray, adiga oo isticmaalaya biyo cusba leh ugu yaraan todobaadkiiba hal mar. Maalin kasta kormeer boogta kabayga. Haddii aad qubaysato, waa in markasta oo aad qubaysatid ka dib boogta kabayga la nadiifiyo.

Ka fiiri kabayga/meesha faashaddu ku xirantahay hoostooda calaamado hurgun/infakshan sida:

- Guduud
- Dhacaan
- Barar iyo/ama qandho

Haddii aad ka shakido am aka dareento hurgun/infakshan in uu abuurmay, uu kordhi inta goor ee aad nadiifiso boogta kabayga meesha hurguntay/infakshantey kana dhig maalin walba, 1/2 biyo cusba leh oo caadi ah iyo 1/2 haydarogen (hydrogen) peroxide iyo boomaatada Bactroban. Haddii calaamadaha hurgunku/infakshanka ayyan ka rayn ka dib markii aad maalin iyo labo ku waday nadaafintii dheeraadka ahayd, bilow antibiyootik (isbitaalka ayaa lagaa siinayaa warqad ay ku qoran tahay daawadu oo aad guriga la aado) kana wac rugta caafimaadka (651) 229-3890. Isla markaana waa inaad waddaa nadiifinta qodobka oo meesha boogta kabayga lafaha iskuhaya.

Tilmaamaha aad raacayso si aad isbuunyo ugu nadiifiso biraha isku haya lafaha ee banaanka u soo baxsan

1. Ku dhaq saabuun baktiiriya disha (antibacterial) ah
2. Dib ayaa u isticmaali kartaa isbuunyada marka aad biyo ku karkariso kadib. Isticmaal digsi/dhari aadan cunto u isticmaali doonin mar danbe.
3. Biraha isku haya lafaha ee banaanka u soo baxsanhawada ku qalaji

Tilmaamaha Wareejinta

Haddii aad tahay qof addin loo dheeraynaayo ama la toosinaayo, biraha wax kala haya (struts) ku wareeji gacmaha ama boolasha ku wareeji kiyaawe/baanad sidi lagu faray. Waa in aad wareejisaa boolasha biraha isku haya lafaha ee banaanka u soo baxsan maalin walba isku sacaad/wakhti in si ku haboon laftu ugu samaysanto. Waxaana laga yaabaa in birahaaga isku haya lafaha ee banaanka u soo baxsan uu ku rakiban yahay qalab isagu is dheeraynaaya.

Socda bogga xiga

Buugaag, DVD-yo iyo kabadan

Raadi qalabka ku saabsan

Naafada, xaaladaha caafimaad

Iyo taageerada daryeel bixiyaha.

Khayraadada caafimaad iyo Waxbarasho

dhismaha jaamacadda St. Paul, ee u dhaw dabaqa afaraad skyway

651-229-3938

hre@gillettechildrens.com

Jadwalka aad Wax Ku Wareejinayso

Wareeji biraha wax kala haya (*Turn struts*) _____.

Dhakhsaha uu isku bedelaayo qalabka isagu is dheeraynaaya (*Automator rate*):

1 _____

2 _____

3 _____

U wareeji jihada falaarta, _____ saacba ama (*every ___ hours*)

_____ goorba maalinti marka ay tahay (*number of times per day*)

_____, _____, _____, iyo _____, (*specific times*)

ama tixraac tilmaamaha wareejinta gaarka ah ee dhakhtar kaagu ku siiyay.

Gillette Triage Nurse (kalkaaliyeyaasha caafimaadka ee kala haga/saara xaaladaha caafimaadka bukaanka ee Gillette) ka wac 651-229-3890 haddii waxyaabahan soo socdaa dhacaan:

- Qandha ka saraysa 101.5 darajo
- Dhuunta oo ku cun-cunta
- Xanuun daran