

Qodobka Muhiimka ah

- U sheeg daryeel bixiyahaaga caafimaad ama wac Kalkaalka Telefoonka caafimaadka (651-229-3890) haddii aad wax casaan ah ka dareento goobaha ku qarsoomin 20 miridh.

Cadaadiska nabarka ama boogta sariirta waa dhaawac gaadhsiisan Maqaarka iyo nudaha. Caadi ahaan waxay ku dhacdaa qaybta lafta leh ee jidhka (badhyaha, cidhbaha, salka laf dhabarta, sinaha ama lafaha garabka) Haddii aan hore loo dawayn, nabarku waxa uu noqon karaa mid halis ah oo xataa waxa uu u baahan karaa qaliin.

Dadka qaar waxa ay halis ku yihiin in ay yeeshaan nabadarada cadaadiska, oo ay ku jiraan qof kasta kaas oo:

- Caawimo dhaqaaqa uga baahan
- Ku qaata saacado badan sariirta ama kursiga curyaanka
- Aan lahayn xakamaynta mindhicirada ama kaadi haysta
- Aan cunin cunto dheeli tiran oo aan cabin biyo ku filan
- Aan dareemi karin xanuun ama cadaadis
- Birta lagu xidho si ay taageerto cagta qofka naafada ah, caaga ama kursi curyaan fadhi gaar ah leh

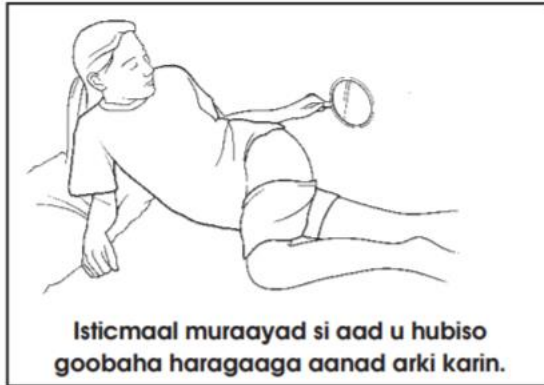
Dadka dhibaataadu ka haysato u fekerka si cad ama Ma dareemi karo qayb jidhkayga ah — sida kuwa leh kala baxa xangulaha iyo laf dhabarta, dhaawac madax ama dhaawaca xangulaha — ayaa gaar ahaan halis ugu jira kobcinta nabadarada cadaadiska.

Sababaha Nabarada Cadaadiska

Ku fadhiga ama u jiiifka hal dhinac muddo dheer oogo adag, si kursi aan waxba la iska xigsiin ama sariir, waxay keeni kartaa cadaadis.

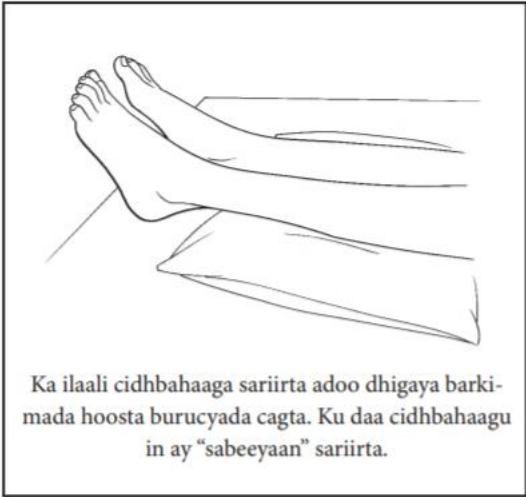
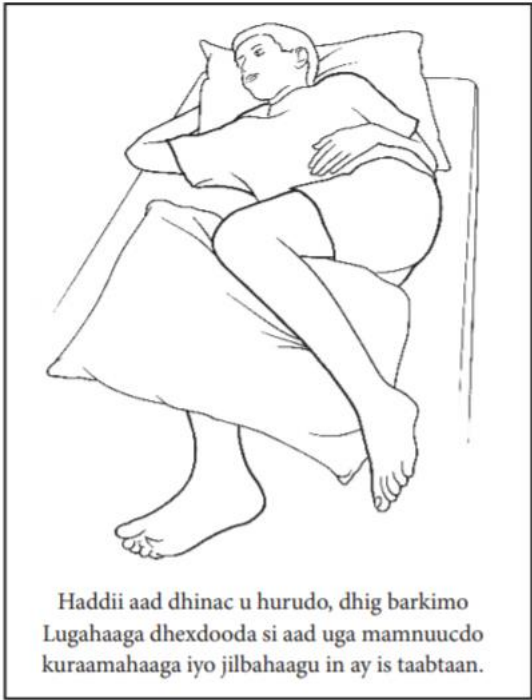
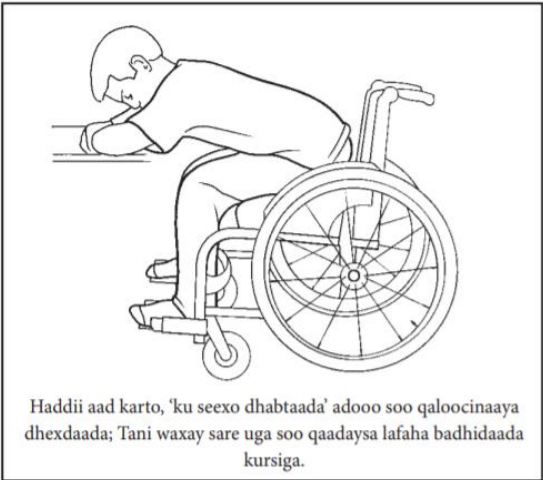
Haddii anad dhaqaaqin inta badan, maqaarka ayaa maroojisma dhexda jidhkaaga iyo sariirta ama kursiga. Maroojisku waxa uu yareeyaa qulqulka dhiiga ee haraga iyo nuda. Taas macnaheedu waa dhiiga uma gudbin karo nafaqeeyayaasha iyo ogsajiinta caafimaad ka dhigta maqaarka. Maqaarka wuu casaan doonaa. Haddii cadaadis aan laga qaadin goobta cas, waxyeelo dheeraada ah ayaa ku dhici karta hoosta lakabka sare ee maqaarka, mar marka qaarna hoos ilaa lafta.

Ka hortaga Cadaadiska Cadaadiska



- Ka hubi jidhakaagoo dhan casaan maqaarka ah maalin kasta.
- Cab biyo badan.
- Cun cunto dheeli tiran.
- Maqaarkaagu nadiif ha ahaado.
- Haddii aanad kaadida xejisan karin, ku isticmaal kiriimka jidhka badhida la mariyo iyo gumaarka is bedel kasta oo kalsoonka/xafaayada. Tani waxay ka ilaalisaa maqaarka in uu nuugo qoyaanka dheeraadka ah.
- Arag qofka ku takhasusay samaynta lugaha macmalka, si uu kuu leekyasiyo taagertada, sida caaga taageera cagta- kuraanta (AFO) ama taageertada laf dhabarta. Arag qof ku takhasusay fadhiisiga ama qalab adkaysi leh oo caafimaad (DME) iibiyaha kursi curyaanka saxda a iyo furaashka sariirta.
- Ka bedel miisaankaaga sariirta: (Ka eeg sawirada dhanka midig.)
 - Bedel goobta sariirta ee jiiifka labba saac oo walba.
 - Iska ilaali lakabyada waxa la iska xigsiiyo furaashaka kalsoonka/ xafaayada iyo go'yaasha u dhexeedaya qofka iyo sariirta.
 - Jidhkaaga waa in aan la soo jiidin ama la jiidin gudubka sariirta.
- Ka qaad miisaankaaga kursiga curyaanka: (Ka eeg sawirka hoos.)
 - Bedel goobta kursi curyaankaaga ugu yaraan 2 daqiiqo saacad kasta.
 - Haddii aad awood u leedahay, samee "jmiciga bush ub" ama ku tiirso dhinac ilaa dhinac.
 - Si buuxda uga soo kac kursigaaga curyaanka dhowrkii saacadood ee walba.

Iska Ilaali Nabarada Cadaadiska
Watch Out For Pressure Ulcers – Somali



Goorta la Raadsanayo Caawimo

Goob cas waxay si degdega unoqon kartaa dhaawac. U sheeg daryeel bixiyahaaga caafimaad ama wac Kalkaaliska CaafimaadkaTelefoonka (651-229-3890) haddii casaantu ay baabi'i waydo 20 daqiiqo gudahood.