

DIS002-SO

Nuuradda kabka iyo isbilintiga waxay siiyaan taageero addinka kaddib jabista ama qalliinka. Waxaa kaloo laga yaabaa in loo adeegsado in lagu kala fidiyo murqaha addinka. Nuuradda kabka ama isbilintiga (splint) waxay gacanta ama lugta ku hayaan booska saxda ah waxayna ka hortagaan ama yareeyaan dhaqdhaqaaqa.

## Daryeelka Nuuradda kabka iyo isbilintiga (splint)

Nuuradda kabka iyo isbilintiga ayuu dhakhtarkaada kuu dalbay si addimada (gacmaha ama lugaha) aanay u dhaqdhaqaaqin kaddib jabista. Waxaa kaloo loo isticmaalaa in lagu kala fidiyo murqaha ama lagu qaabeeyo korriinka jidhkaada. Nuuradda kabka iyo isbilintiga waxaa laga sameeyey nuurad, faybargalaas (fiberglass) ama labada walxood oo isku jira. Qalabkani waxaa lagu qaabeeyaa jidhka ama addinka si dhaqdhaqaaqa looga istaajiyo meel gaar ah oo jidhkaada ka mid ah. Nuuradda iyo faybargalaaskaba waxay ku adkaadaan saddex ilaa shan daqiiqo, laakiin nuuradda si buuxda uma qallalin muddo 24 ilaa 72 saacadood. Inta lagu guda jiro muddadan nuuradda way jabi kartaa ama way diismi kartaa, sidaa daraadeed waxaa muhiim ah inaad aad u taxadartaa marka aad dhaqaaqeyso adoo sita nuuradda kabka si aad u hubiso inaad ku dhufanin sagxadda ama faraajiinta.

**Nuuradda kabka ama isbilintiga waa inay qallalnaataa – waxaan ku talinaynaa meydhashada isbuunyada** *(isbuunyo qoyan oo jidhka lagu tirtiro)*

Waa muhiim in in nuuraddaada kabka ama isbilintigaaga ay qallalnaato wakhtiga oo dhan. Nuuradda kabka ama isbilintiga oo qoydaa waxay sababi kartaa inay ku hayso qoyaanka maqaarka dushiisa, taas oo sababi karta ur iyo dhibaato maqaarka gaadha. Ha ku duubin nuuradda kabka ama isbilintiga bac oo ha'isku dayin inaad meydhato ama dabaalato – qalabka kabista xanaf ayey leeyihiin oo godad yar yar ayay u yeelaan bacda, taas oo adkaynaysa in la ogaado (ilaa wakhti aan wax laga qaban karin) marka ay biyuhu galaan suufka gudihiisa. Haddii nuuraddaada kabka ama isbilintigaada laga sameeyey nuurad, sidoo kale way jilceysaa markay qoydo mana ku siineyso taageeradii loo baahnaa muddada bogsashada. Haddii nuuradda kabka ama isbilintiga ay qoydo, waa in sida ugu dhakhsaha badan loo qiimeeyaa. Fadlan wac Telehealth Nursing isla markiiba haddii nuuradda kabka ama isbilintiga ay qoydo. Dhanka nadaafadda inta aad xidhantahay nuuradda kabka ama isbilintiga, Gillette waxay ku talineysaa meydhashada isbuunyada

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beddelkii qubeyska biyaha dusha la'iskaga shubo ama biyaha la dhex galo. Inaad xidhato dhar ku haboon cimilada iyo inaad laasinto hab musqul gal oo fiican ayaa sidoo kale muhiim u ah inay ahaato nuuradda kabka ama isbilintiga mid qallalan.

### Nuuradda kabka ama isbilintiga (splint) waa inay nadiif ahaataa

Hubi nuuradda kabka ama isbilintiga si joogto ah inayna lahayn dheecaan ama ur aan caadi ahayn, maadaama laga yaabo inay calaamad u yihiin dhibaato ka jirta suufka hoostiisa. Waxaa muhiim ah in maadooyinka bannaanka ka imaanaya laga ilaaliyo nuuradda kabka ama isbilintiga inay gudaha u galaan. Iska ilaali inaad tagto garoonka ciyaarta, santuuqyada bacaadka, xeebta, ama meelkasta oo bacaad leh. Jajabka alwaax, quruurax digireed, ama cadadka yar-yar ee rabadhka dib loo warshadeeyey. Burburka yaryar si fudud ayay ugu dhagi karaan gudaha nuuradda kabka ama isbilintiga oo sababi karaan xanaf maqaarka ah, furuurac ama nabaro. Haddii ay wax ku dhagaan gudaha nuuradda kabka ama isbilintiga, fadlan la xiriir khadka kalkaalisoooyinka (Telehealth Nursing) isla markiiba. Fadlan ka fogow isticmaalka looshanka ama budo gudaha nuuradda kabka ama isbilintiga. Sababtoo ah kuwani waxay keeni karaan xanaf maqaarka ah ama furuurac sidoo kale.

Waa caadi in wax lagu qoro nuuradda kabka dusheeda iyadoo la isticmaacloyo qalin ama khad aan tirmin. (khadda tiranta waxay ku tirmi kartaa dharka iyo go' yaasha sariirta.

### Nuuradda kabka ama isbilintiga waa inay ahaataa mid dhameystiran

Si ay nuuradda kabka ama isbilintiga u qabato wixii loogu talagalay inay qabato, waa inay dhameystirnaataa ilaa iyo inta la gaadhayo ballanta lagaaga furi doono. Si looga hortago dhaawac dheeri ah oo shaqsiyan kusoo gaadho ama waxyeelo ku timaada nuuradda kabka ama isbilintiga, waxaan ku talinaynaa in labada cagood aad dhulka ku hayso wakhtiga oo dhan. Tani micnaheeda waa inaad iska ilaalisaa inaad meel korto, isa soo laadlaadiso, booddo, oroddo, iyo inaad iska ilaalisoo inaad kaxeeyso wax kasta oo shaagag leh ( sida baaskiil, rollerblades, hoverboards iwm.).

Way fududahay in la dhaqaajiyo isbuunyada gudaha ee nuuradda kabka ama isbilintiga, taas oo sababi karta dhibaatooyin la xidhiidha wareega dhiiga ama maqaarka. Iska ilaali inaad faqfaqdo ama dibadda wax uga soo jiido nuuradda kabka ama isbilintiga. Waxba gudaha ha'u gelinin nuuradda kabka ama isbilintiga, xataa farahaada. Haddii ay nuuradda kabka ama isbilintiga dilaacdo ama jabto, ama isbuuyada la

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carqaladeeyey, waxay u baahantahay in la hagaajiyo ama la beddelo, fadlan la xiriir khadka kalkaalisoooyinka (Telehealth Nursing) isla markiiba haddii ay taasi dhacdo.

## Daryeelka maqaarka

Hubi maalin kasta si aad u xaqiijiso in nuuradda kabka ama isbilintiga aanay ahayn mid xad-dhaaf u giijsan ama xad-dhaaf u dabacsan. Nuuradda kabka ama isbilintiga oo xad-dhaaf u giijsan waxay xaddidi kartaa dhiigga gaadhaya addinka ama waxay sababi kartaa dhaawac gaadha neerfaha.

- Faraha lugaha iyo faraha gacmaha ee nuuradda kabka ama isbilintiga ku dhex jira waa in ay ahaadaan casaan oo ay qandac ahaadaan marka la taabto. Si loo tijaabiyo wareega dhiigga oo sax ah, tuuji ciddida farta gacanta ama lugta. Ciddidu waa inay noqotaa casaan 5 il-bidhiqsi gudahood ka dib markii cadaadiska laga qaado.
- Barar gudaha nuuradda kabka ama isbilintiga wuu yimaadaa sida badan, gaar ahaan qalliinka kaddib. Si loo yareeyo raaxo darada oo loo nafisiyo bararka inta lagu jiro bogsashada, kor u qaad gacantaada ama lugtaada oo ku hay meel ka sareysa wadnahaada sida ugu badan ee suurtagalka ah. Saar baraf meel kastoo loo baahdo – keliya iska ilaali boorsooyinka barafka ee dhaliya qoyaanka ama laga yaabo inay daadiyaan. ogow Nuuradda kabka ama isbilintiga waxay la qabowdaa maqaarka, sidaa daraadeed saameynta qaboojinta way soconeysaa marka barafka laga dajiyo.
- Waad awoodaa inaad dhqaajiso faraha lugaha iyo gacmaha, haddii aan dhaqaaqa laga xidhin, ama lagu talinin in aan la dhaqaajinin. Lama rabo inaad dareento kabuubyo, qodxo-qodxo ku mudaya ama xanuun.
- Ha isticmaalin wax aad ku xoqdo nuuradda kabka ama isbilintiga hoosteeda. Xoqidda waxa laga yaabaa inay maqaarka dilaaciso oo ay keento caabuq. Waxay sidoo kale durjin kartaa suufka, taasoo sababeysa nabarada cadaadiska, wareega dhiiga oo xidhma, ama dhaawaca miinshaarta nuuradda kabka marka lagaa furayo.
- Haddii lugta hoose nuuradda kabka ama isbilinti lagu xidhay, shukumaan ama barkin yar geli kubka hoostiisa si aad oogu ogolaato cidhibta inay heehaabto meel bannaan. Tani waxay kaa caawineysaa

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in laga hortago nabarada cadaadiska oo cidhibta yeelato qalliinka kaddib ama bukaanka aan awoodin inay socdaan.

## Goorta iyo Waxa Loo soo sheego Dakhtarkaada

Dhibaatoohyinka nuuradda kabka ama isbilintiga, gaar ahaan kuwa saameeya dhaqdhaqaaqa, dareenka, iyo/ama wareegga dhiigga ee addinka ayaa kuligood loo tixgeliyaa kuwo halis ah, maadaama uu dhaawac joogto ah oo kaa soo gaadha addinka dhici karo muddo gaaban gudeheed. U soo sheeg dhakhtarkaada sida ugu dhakhsaha badan ee suuro galka ah haddii aad isku aragto mid kamid ah kuwan soo socda:

- Barar, qodxo-qodxo ku mudaya, ama kabuubyo aan ku deynin ka dib marka addinka meel sare la saaro.
- Xanuun aan laga fiicnaanin marka la qaato dawadii la qoray ama addinka oo meel sare la saaro.
- Xanaaq xad dhaaf ah sabab muuqata la'aan.
- Calaamad wasakh cusub oo ka soo baxda gudaha nuuradda kabka ama isbilintiga.
- Ur aan caadi aheyn oo ka soo baxaya nuuradda kabka ama isbilintiga (urka dhididka waa caadi).
- Isbedel ku dhaca midabka ama heer kulka faraha lugaha ama faraha gacmaha.
- Xanfaf maqaarka ah ama furuurac.
- Faraha lugaha ama faraha gacmaha oo u muuqda in ay dib ugu sibdhadeen gudaha nuuradda kabka ama isbilintiga.
- Nuuradda kabka ama isbilintiga ood dareento in ay aad u giijisantahay ama aad u dabacsantahay (nuuradda kabka ama isbilintiga oo kor ama hoos u dhaqaaqda).
- Nuuradda kabka ama isbilintiga oo dilaacda ama jabta, oo u oggolaaneysa addinka inuu dhaqdhaqaaqo.

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- Xoqis xanuun badan ama gubasho gudaha nuuradda kabka ama isbilintiga.
- Nuuradda kabka ama isbilintiga oo qoyda.
- Qandho aan la garaneynin oo ah 101.5 ama ka sareysa.
- Shey bannaanka ka yimid oo ku dhex jira nuuradda kabka gudeheeda.

## Su'aalo?

La xiriir khadka kalkaalisada (telehealth nurse).

Wac 651-229-3890 Isniin ilaa Jimce, saacadaha 7 subaxnimo ilaa 4:00 galabnimo; Sabti, 8 subaxnimo ilaa 6:00 maqribnimo ; axadaha iyo fasaxyada, 8 subaxnimo ilaa 4:00 galabnimo

Wac 800-719-4040 (toll-free) dhammaan wakhtiyada kale — ama waqti kasta hadaad joogto meel ka baxsan Twin Cities (Magaalooyinka Mataanaha).

Burnsville Clinic: 952-223-3400

Clinic Maple Grove: 763-496-6000

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