

Neef

Somali



Neeftu (asmada) waa xaalad caadi ah oo ay sababtay ciriiri ku dhaca marinnada hawada yar ee sanbabada. Ciriirigu wuxuu dhacaa marka marinnada hawadu ay bararaan oo hurgumaan taas oo keenta xab badan in la soo saaro. Intaa waxaa dheer, in kooxda muruqyada ah oo ku wareegsan marinnada hawadu ay noqdaan kuwa giigsan. Isbeddeladani waxay sii adkeeyeen hawada si ay u soo baxdo ama uga soo baxaan sanbabada, waxayna keenaan hindhisada, qufaca iyo dhibaatooyin neefsashada.

Xiiqdu waxay ku badan tahay dhallaanka iyo socod-baradka, hase ahaatee maaha dhammaan carruurta qabta xiiqda inay sii qabaan neefta. Qiyaastii afartii caruurba mid baa lagu ogaanayaa neefta mararka qaarkood inta lagu jiro caruurnimada.

Iyadoo la qaadanayo daaweynta saxda ah, ku dhawaad dhammaan carruurta qaba neefta waxay awoodi doonaan inay ku biiraan cayaaraha waxayna horseedi karaan nolol firfircoon. Carruurta qabta neefta waa inay leeyihiin Qorshaha Waxqabadka Neefta ah oo kuu sheegi doona sida looga hortago dhacdada neefta (mararka qaar loo yaqaanno weerarka asmada) iyo sida loo maareeyo neefta markay dhacdo.

Neeftu waxay noqon kartaa mid aan la saadaalin karin, oo saameyn ku yeelata ilmo kasta siyaalla kala duwan. Carruur badan ayaa ka bogsoota neefta.

Calaamadaha iyo astaamaha neefta

Calaamadaha caamka ah ee ilmahaagu qabo xanuunka neefta waa:

- Dhibaatooyinka neefsashada - ilmahaagu wuxuu noqon karaa mid aan neefsanayn asagoo nasan, dareenka giigsanaanta xabadka, waa inaad si adag u shaqeysaa si aad u neefsato, ama aadan awoodin inaad buuxiso jumlado buuxa sababtoo ah dareemid neefsasho la'aan. Waxay u muuqan karaan inaysan tamar helayn.
- Xiiqdheerta – marka neefsashada ilmahaagu u eg tahay foori.
- Qufaca – badanaa wuxuu dhacaa habeenkii ama saacadaha hore ee subaxda; marka cimiladu ay qabowdo; iyo inta lagu jiro jimicsiga. Qufaca keligiis maahan neefta.

Kuwaas kore ayaa ah calaamadaha dhacdada neefta fudud. Calaamadahani waxay inta badan socdaan laba ilaa saddex maalmood, mararka qaarkoodna way ka badanayaan. Xiiqda intooda badani waa kuwo khafiif ah.

Xaaladda aadka u daran ee neefta ah:

- Ilmahaaga ayaa laga yaabaa inay ku adkaato inuu neefsado, noqdo mid kacsan, daallan ama xitaa dhutinaya
- waxaad ku arki kartaa dhaqdhaqaaqa qoto dheer ee cunahooda ama xabadkooda marka ay isku dayaan inay neefsadaan.

Wac ambalaaas isla markiiba markay jirto dhacdada neefta daran.

Maxaa sababa neefta?

Sababta keenta neefta badanaa lama yaqaan. Waxay ku dhici kartaa qoysaska, iyo carruurta qaarkood waxayna la xidhiidhaa xaalado kale, sida cambaarta, sanboorka iyo xasaasiyadaha.

Waxaa jira waxyaabo badan oo keeni kara xanuunka neefta. Cudurka ugu badani waa infekshinka neef-mareenka ee uu keeno fayraska, sida qabowga. Sababaha kale ee neefta caadiga ah waxaa ka mid ah:

- Jimicsi
- isbedelka cimilada ama xaaladaha dabaysha
- boodada boodhka ee guriga, ubaxyada ama xayawaanka rabaayadda ah.

Qiiqa sigaarka, xitaa dharka ama alaabta guriga, waxay sababi karaan dhacdada neefta, markaa ha u oggolaan qofna inuu sigaar ku cabo gurigaaga dhexdiisa ama agagaarka ilmahaaga.

In kastoo aanay had iyo jeer suurtoagal ahayn in la ogaado marka dhacdadu dhacayso, waxay kaa caawineysaa inaad ogaato waxa laga yaabo inay keenaan neefta ilmahaaga, sidaa darteed waxaad isku dayi kartaa inaad iska ilaaliso.

Goorta la arkayo dhaqtarka

Haddii ilmahaagu qabo dhibaatooyin neefsasho, xiiqdheer ama qufac, waa muhiim inaad dhaqtarka u qaadid si looga hadlo inay tahay neefta. Haddii ilmahaagu qabo neef, weydii dhaqtarkaaga inuu abuuru Qorshaha Waxqabadka Neefta. Qorshuhu wuxuu kuu sheegi doonaa sida looga hortago xiiqda neefta iyo sida loo maareeyo dhacdooyinku markay dhacaan.

Daaweynta - Qorshayaasha Waxqabadka Neefta

Qorshaha Waxqabadka Neefta ee ilmahaaga waa in lagu hayaa meel aad si fudud uga heli karto. Hubi in qof kasta oo daryeelaya ilmahaaga yaqaano in ilmahaaga neefta qaba oo uu fahmo waxa la sameeyo inta lagu jiro xanuunka neefta.

Ka hortagga waa qaybta ugu muhiimsan ee daaweynta. Iska ilaali waxyaabaha sida caadiga ah u keenaya dhacdada neefta, oo ay ku hayaan xaalado kale sida sanboorka iyo cambaarta oo la kontaroolo.

Labada nooc ee daawaynta inteeda badan loo isticmaalo carruurta qabta neefta waa kuwa dejiyayaasha iyo ka hortagayaasha. Xaaladaha khatarta badan, kantaroolayaasha ayaa laga yaabaa in loo baahdo.

Dejiyayaasha
<p>Dejiyayaasha waxay ka caawiyaan inay furaan marinada hawada si ay u sahlanaato inay neefsadaan. Waxay furaan dhuunta neefsiga ciriiriga ah waxayna u sahlana hawada in ay soo maro, jebinaysana astaamaha neefta. Waxay si dhakhso ah u shaqeeyaan - badanaa daqiiqado. Daawada ugu badan ee loo isticmaalo dejinta waa salbutamol, oo badanaa loo yaqaan 'Ventolin'.</p> <p>Inta lagu jiro dhacdada neefta, ilmahaagu wuxuu u baahan doonaa dejiyayaasha laba ilaa afar saacadood oo kasta. Markay dhacdo in dhacdadii hore laga soo roonaaday, ilmahaagu wuxuu u baahan doonaa inuu sii wado qaadashada dejiyayaasha saddex ilaa afar jeer maalintii ilaa uu qufaco oo xiiqdu dhamaato.</p> <p>Dhaqtarkaaga ayaa sidoo kale laga yaabaa inuu kuu qoro prednisolone (nooc ka mid ah steroid). Tani waxay kaa caawineysaa inay ka dhigto tuubooyinka neefsashada kuwo ka jawaab-celiya qaadashada Ventolin. Waxa kale oo ay ka caawisaa ka hortagga in dusha sare ee marinada hawada ay bararaan ama xidhmaan</p>
Ka-hortagayaasha
<p>Ka-hortagayaasha ayaa ka caawiya ka hortagga neefta inay dhacdo. Flixotide ama Pulmicort waa kuwa ka hortagaya oo la jiidayo, Singulair waa ka hortag ah foomka kiniiniga. Daawooyinka ka hortagidda waa in la qaataa maalin kasta.</p> <p>Carruurta oo dhami uma baahna daawada ka hortag ah. Haddii ilmahaagu muujiyo astaamaha neefta wax ka badan toddobaadkii hal mar, dhaqtarkaagu wuxuu soo jeedin karaa daawada ka hortag ah. Carruurta qaadata ka hortagayaasha waxay u baahan yihiin inay si joogta ah u arkaan dhaqtarka, si loo hubiyo in daawooyinku si fiican u shaqeynayaan. Dhaqtarku wuxuu habayn doonaa qiyaasta daawada marka loo baahdo.</p>
Maareynta
<p>Marka calaamadaha neefta aan lagu xakamayn karin ka hortagayaasha keliya, kooxo daawooyinka loo yaqaan 'symptom Maareynta', sida Serevent iyo Formoterol, ayaa sidoo kale loo isticmaali karaa. Waxay ka caawiyaan si la mid ah Ventolin iyo Bricanyl, hase ahaatee waa kuwo waqti dheer socda. Xakamaynta calaamadaha ayaa had iyo jeer loo isticmaalaa marka lagu daro ka hortagayaasha, waxaana badanaa lagu daraa hal daawo (inhaler).</p>

Siinta daawada neefta

Neefsashadu waa habka ugu fiican ee loo qaato dawooyinka neefta badankooda. Nebulisers waa mashiinnada u bedela daawada dareeraha ah mid uumiga ah oo lagu neefsan karo maaskaro ama qalabka afka. Carruurta intooda badani waxay isticmaali doonaan qalabka isdhexleerka leh xoqan, kuwaas oo ka shaqeeya sidoo kale nebulisers. Qalabka Spacerka waa ka raqiisan yahay, ka dhaqso badan yahay iyo wax badan uu qaadi karo oo ka badan nebulisers, kuwaas oo inta badan loo isticmaalo isbitaallada iyo ambalaaska.

Hubi inuu ilmahaagu yaqaano sida loo qaato dawooyinka neefta, iyo inaad fahamto sida loo caawiyo. Eeg xaashida macluumaadka ee [Asthma – use of spacers](http://rhc.org.au/kidsinfo/fact_sheets/Asthma_use_of_spacers) (rhc.org.au/kidsinfo/fact_sheets/Asthma_use_of_spacers).

Hubso in ilmahaagu qaato dawooyinka neefta oo ay la socdaan mar walba.

Maxaa la sameeyaa inta lagu jiro dhacdada xanuunka neefta

Haddii ilmahaagu qabo xanuunka neefta, raac talada Qorshaha Waxqabadka Neefta ee ilmahaaga, ama raac tilmaamaha hoos ku xusan 4x4x4 tallaabooyinka koowaad ee gargaarka degdegga neefta:

1. U fadhiisi ilmahaaga si habsami leh oo quman adiguna isdeji.
2. Rux bafarka dejiyaha buluugga oo ku sii afar qaybood oo baafafka kala gedisan spacerka, haddii la heli karo. Sii hal baaf ah mar kasta oo weydii ilmahaaga inuu afar neefsi ka qaato qalabka spacerka ka dib markii uu ka qaato baaf kasta.
3. Sug afar daqiiqo. Haddii aysan jirin wax horumar ah ee neefta ilmahaaga ku celi tallaabada 2aad.
4. **Haddii aysan wali jirin wax horumar ah, isla markiiba wac ambalaaska.** U sheeg in ilmahaaga ay hayso asma degdega. Si joogta ah ugu soo celi tallaabooyinka 2 iyo 3 intaad sugeysid ambalaaska.

Qodobbada muhiimka ah ee la xusuusanayo

- Weydiiso dhaqtarkaaga Qorshaha Waxqabadka Neefta.
- Daaweynta dejiyaha waa in la qaato si loo dejiyo calaamadaha neefta.
- Daawada Ka-hortaga waa in la qaataa maalin kasta, haddii dhaqtarkaagu qoray.
- Hubi inuu ilmahaagu yaqaano sida loo qaato dawooyinka neefta, iyo inaad fahamto sida loo caawiyo.
- Hubso in ilmahaagu qaato dawooyinka neefta oo ay la socdaan mar walba.
- Haddii ilmahaagu qabo dhacdo neef ah, raac Qorshahooda Waxqabadka Neefta ama 4x4x4 neefta tallaabooyinka gargaarka degdegga ah.
- **Wac ambalaas haddii calaamadaha ilmahaagu si degdega ay uga sii daraan, ama haddii aysan neefsan karin, oo aanay awoodin inay hadlaan, ama dibnaha ay buluug noqdaan.**

Macluumaad dheeraad ah

- Macluumaadka Caafimaadka Ilmaha: [Asthma – Use of spacers](http://rch.org.au/kidsinfo/fact_sheets/Asthma_Use_of_spacers) (rch.org.au/kidsinfo/fact_sheets/Asthma_Use_of_spacers)
- Macluumaadka Caafimaadka Ilmaha: [Asthma - videos](http://rch.org.au/kidsinfo/fact_sheets/asthma-videos) (rch.org.au/kidsinfo/fact_sheets/asthma-videos)
- Better Health Channel: [Asthma Emergency first aid](http://betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-emergency-first-aid) (betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-emergency-first-aid)
- [National Asthma Council Australia](http://nationalasthma.org.au) (nationalasthma.org.au)
- [Asthma Australia](http://asthmaaustralia.org.au/vic/home) (asthmaaustralia.org.au/vic/home)
- [ASCI- Australia Society Clinical Immunology and Allergy inc.](http://allergy.org.au) (allergy.org.au)
- Barnaamijka Neefta Bulshada ee [Qaybta Galbeed](http://cohealth.org.au/health-services/child-and-family-health/community-asthma-program-cap) ee Fiktooriya (cohealth.org.au/health-services/child-and-family-health/community-asthma-program-cap) ama [Qaybta Waqooyi](http://dpvhealth.org.au/all-services/community-asthma-program) ee Fiktooriya (dpvhealth.org.au/all-services/community-asthma-program).



Waxaa soo diyaariyay The Royal Children's Hospital isagoo taageero ka helaya Dawlad-goboleedka Victoria Government rch.org.au/kidsinfo

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Kids Health Info waxaa taageera The Royal Children's Hospital Foundation. Si aad ugu deeqdo, ka eeg rchfoundation.org.au

Afeefta

Macluumaadkani maaha inuu beddelo wada hadalka dhaqtarkaaga ama xirfadlaha daryeelka caafimaadka. RCH wuxuu sameeyey dadaal macquul ah si loo hubiyo in macluumaadkani uu sax yahay wakhtiga daabacaadda. RCH kama ahan mas'uul wixii khalad ah, isfaham la'aan, ama guusha daaweyn kasta oo lagu xusay qoraalladan. Macluumaadkan si joogto ah ayaa loo cusboonaysiiyaa. Had iyo jeer hubi oo hubi in aad haysato macluumaadkii ugu dambeeyey.