

Gastarikada (gastro)

Somali

Gaastirakada (Gastroenteritis) waa cudur ku dhaca mindhicirka oo keena shuban (saxaro biyo leh) iyo marmarka qaarkood matag (hunqaaco). Matagu si dhakhso ah ayuu u degi karaa, laakiin shubanku wuxuu socon karaa ilaa 10 maalmood.

Gaastrikada waxaa sababi kara jeermisyo kala duwan, inkasta oo sababta ugu badan ee keentaa gaastrikada ay tahay infakshan fayras ah. Carruurta intooda badan uma baahna inay qaataan daawo gaastarico; Si kastaba ha ahaatee, waxaa muhiim ah inay cabbaan biyo badan si looga fogaado inay fuuq baxaan.

Gastarikadu si sahlan ayay u faaftaa, waxayna ku badan tahay oo ku daran tahay ilmaha iyo carruurta yaryar. Carruurta da'doodu ka yar tahay lix bilood ayaa si fudud u fuuq bixi kara, waxaana loo baahan yahay inuu hubiyo dhaqtar haddii ay qabaan gaastarikada.

Astaamaha iyo calaamadaha gaastarikada

Haddii ilmahaagu qabo gaastarico:

- waxay dareemaan caafimaad daro, mana doonayaan inay wax cunaan ama cabbaan
- wayna matagaan 24 ilaa 48 saacadood ee ugu horreeya (sida caadiga ah ka hor inta uusan bilaabmin shubanka)
- waxay leeyihiin shuban, kaas oo socon kara ilaa 10 maalmood.
- waxay qabaan xanuunka caloosha
- waxay leeyihiin qandho.

Daryeelka guriga ah

Daaweynta ugu muhiimsan waa inaad ilmahaaga ku ilaaliso cabitaannada inta badan. Aad ayey muhiim u tahay inaad u bedesho dareeraha ku lumay sabab matag iyo shuban.

Gastrolyte, HYDRALyte, Pedialyte iyo Repalyte waa noocyo kala duwan oo dheecaan fuuq-celin ah oo loo isticmaalo in lagu beddelo dareerayaasha iyo cusbada jirka. Kuwani waa ikhtiyaarka ugu fiican haddii ilmahaagu uu fuuqbaxay. Waxa kale oo ay helayaan sida barafka cagaaran, oo carruurta badanaa ay ku faraxsan yihiin inay cunaan.

Haddii ilmahaagu diido biyaha ama dareeraha fuuq-celinta afka, isku day inay cabaan juuska tufaaxa oo la barxay. Waxaad sidoo kale siin kartaa ilmahaaga caanaha caadiga ah; si kastaba ha noqotee, carruurta qaarkood ma jecla inay cabaan caano haddii ay qabaan gastarikada.

- Haddii aad naas nuujinayso ilmahaaga, sii wad arintaas sidan oo kale hase ahaatee ku sii badi nuujintaas. Waxa kaloo aad ka siin kartaa dareeraha fuuq-celinta afka. Sii ilmahaaga cabitaan kasta mar waliba oo ay matagaan.
- Haddii aad dhalada caanaha ku quudiso ilmahaaga, ku beddel quudinta formulaada ee leh fuuq-celinta afka ama cabitaano cad 12-ka saacadood ee ugu horreeya, ka dibna sii caanaha caadiga ah oo yar yar, hase ahaatee qadar badan oo joogto ah. Sii ilmahaaga cabitaan kasta mar waliba oo ay matagaan.
- Carruurta oo idil, sii qadar yar oo dureere ah – marar badan cantuugo 15 daqiiqo kasta dhammaan carruurta qabta shuban ama matagga. Tani waxay si gaar ah muhiim ugu tahay haddii ilmahaagu matagayo.
- Ilmahaagu wuxuu diidi karaa cuntada marka ugu horeysa ee ay ku dhacdo gastarikadu. Tani maahan dhibaato maaddama ay cabayaan dureere.

Ha siin ilmahaaga daawooyinka aad ka iibsan kartid adigoo ka haysan warqad dhaqtarka oo hoos u dhigaya mataga iyo shubanka, maadaama daawooyinkan ay waxyeello u keeni karaan carruurta.

Carruurta qabta gastarikada way faafiyaan cudurka, sidaas awgeed gacmahaaga si fiican u dhaq ka dib marka aad taabatid ilmahaaga, gaar ahaan ka hor intaan la quudin iyo ka dib marka la beddelo xafaayada. Ilmahaaga ka fogee carruurta kale intii suurtoagal ah illaa shubanku ka joogsado.

Goorta la arkayo dhaqtarka

Carruurta da'doodu ka yar tahay lix bilood waa in had iyo jeer dhaqtar eego haddii ay qabaan gaastarico, sababtoo ah waxay halis aada ugu jiraan fuuq-baxa.

Ilmaha kasta oo qaba gaastrikada waa in uu la kulmaa dhaqtar haddii:

- ay matagayaan, shuban leeyahiin aysana wax cabayn
- ay leeyahiin shuban badan (sided illaa 10 shuban- biyood, ama laba ilaa sadax saxaro weyn maalintiiba) ama haddii shubanku aanu soo fiicnaan 10 cisho ka dib
- ay matag badan yihiin ayna u muuqdaan kuwo aan awoodin inay ceshadaan dareere kasta
- waxayna muujiyaan calaamadaha fuuq-baxa sida: xafaayadaha oo in yar qoyan ama aan musqusha aadin, yeesha midab huruud- madow ah ama kaadi baroon ah, dareemaan madax-wareer ama dawakh, ama bushimaha iyo afku qalalan yihiin.
- eeyihiin calool xanuun xun
- ay leeyihiin dhiig ku jira saxaradooda
- waxay leeyihiin matag cagaaran
- ama ay jiraan sababo kale oo wal-wal ku galinaya.

Haddii ilmahaagu aad u fuuq-baxaan oo aanu ceshan karin wax dareera ah, waxaa laga yaabaa inay u baahdaan in isbitaal la dhigo si sanku tuubo looga suro dareeraha caloosha gaysa (a nasogastric tube) ama si toosa xididka iyada oo loo marinayo faleebo ah IV).

Tilmaamaha muhiimka ah ee in la xusuusto ah

- Carruurta da'doodu ka yar tahay lix bilood oo leh gaastarikada ayaa si fudud u fuuq-bixi kara waxayna u baahan yihiin in dhaqtar baaro.
- Sii ilmaha cabitaanka mar kasta oo ay matagayaan. Wad nuujinta naaska. Haddii lagu quudiyo dhalada, waxaad ka siisaa fuuq-celinta afka ah 12ka saacadood ee hore.
- Sii carruurta yar-yar cabitaan badan.
- Cunuggaaga ama ilmahaagu waxuu ku qaadsiin karaa infekshan, sidaa darteed si joogto ah u dhaq gacmahaaga, gaar ahaan ka hor intaan la quudin iyo ka dib marka laga bedelo xafaayada .
- U gee cunuggaaga dhaqtarka haddii ay noqdaan kuwo fuuqbaxay, qabo calool xanuun xun ama aad ka wal-walsan tahay.

Macluumaad dheeraad ah

- Better Health Channel: [Gastroenteritis](http://betterhealth.vic.gov.au/health/conditionsandtreatments/gastroenteritis) (betterhealth.vic.gov.au/health/conditionsandtreatments/gastroenteritis)
- Raising Children Network: [Gastroenteritis](http://raisingchildren.net.au/articles/gastroenteritis.html) (raisingchildren.net.au/articles/gastroenteritis.html)
- Macluumaadka Caafimaadka Ilmaha: [Fuuq-bax](http://rch.org.au/kidsinfo/fact_sheets/Dehydration) (rch.org.au/kidsinfo/fact_sheets/Dehydration)



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

Dib-u-eegidda 2018

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.