

**Magaca Ardayga:** \_\_\_\_\_ **Sanad Dugsiyeedka:** \_\_\_\_\_

**Taariikhda Dhalashada:** \_\_\_\_\_ **Fasalka:** \_\_\_\_\_ **Dugsiga:** \_\_\_\_\_

**Bilawga iyo Soojiritaanka Cudurka**

Meeqa jir ayuu ahaa ilmahaagu markii lagu tilmaamay Neefta? \_\_\_\_\_

**Astaamaha (calaamadee afr-gees kasta oo tilmaamaya astaamaha ilmahaaga)**

- Qufac Maalinimo
- Qiix-Dheer
- Nakhas Gaaban
- Laab Xanuun
- Xab
- Qufac Habeen
- Qiix-Dheer Habeen
- Hurdo Googoos Astaamaha Awgood
- Codiga Inheler (daawada neefta)
- Waxkale: \_\_\_\_\_

**Waxyaabaha Neefta Kiciya (calaamadee waxyaabaha neefta ku kiciya ilmahaaga)**

- Jimicsi
- Hawa Qabow
- Xanuunada Neefsashada/Hargab
- Xayga Dhirta
- Hawa Xumo
- Dhogorta Xoolaha
- Caadifad (baqo, oohin, xanaaq, qosol)
- Cunto
- Daawo
- Qaac, Kiimiko, Ur xoog badan
- Waxkale: \_\_\_\_\_

**Daawooyinka Haatan Ilmihu Qaato**

- Albuterol inhaler (Proair®, Ventolin HFA®, Proventil)
- Levalbuterol inhaler (Xopenex®)
- Daawooyinka Elerjiga (Magaca, Qiyaasta, Inta goor): \_\_\_\_\_
- Waxkale (Fadlan Tilmaan): \_\_\_\_\_

Ilmahaagu ma adeegsadaa cabirka **Peak Flow Meter**?

- Maya
- Haa (Inta goor, Akhrisyada haatan) \_\_\_\_\_

**U Gudub Bogga Xiga**

**Daawada iyo Dugsiga**

Ma ku isticmaali doonaa ardaygaagu inhaler dugsiga dhexdiisa, ey ku jirto xisadda jimic, nnadiyada, safarada gaagaaban, iwm.?  Maya  Haa\*

**(\*Haddii aad HAA tri, la xiriir kalkaalisada dugsiga si aad u buuxiso foomamka ogolaanshaha ee loo baahanyahay)**

**Maaareyn/La-tacaalid**

Imissa jeer ayuu ardaygaagu isticmalaa inhaler-kooda? \_\_\_\_\_

Imissa jeer ayaa ardaygaaga lagala tacaaley neefta xafiiska dhakhtarka sanadkii lasoo dhaafay? Fadlan Faahfaahi.

Imissa jeer ayaa ardaygaaga la geeyey qolka Gargaarka Degdega ah ama dhakhtar la dhigay sanadkii lasoo dhaafa nnef qabatay awgeed? Fadlan faahfaahi.

Calaaamadee afrgeeska tilmaamaya astaamaha neefta ee ardaygaaga:

isma bedelin  wey sii xumaaneysaa  wey soo wanaagsanaaneysaa

**Aqoonta ardayga ee Xaaladaha Neefta**

Ardaygaagu ma ogsoonyahay waxyaabaha neefta ku kiciya?  Maya  Haa

Si kalsooni leg ardaygaagu ma u soo sheegi karaa marka uu isku arko astaamaha ba'an ee neefta?

Maya  Haa

Aqoon ma'u leeyhaya ardaygaagu qaabka isticmaalka saxan ee inhaler kiisa/keeeda?  Maya  Haa

Tilmaamo: \_\_\_\_\_

\_\_\_\_\_  
Saxeexa Waalid/Masuul

\_\_\_\_\_  
Taariikh

\_\_\_\_\_  
Waxaa Dib U Eegay Kalkaaliso/ye Dugsi

\_\_\_\_\_  
Taariikh

Kahor imaanshaha dugsiga, ilmo kasta oo leh xaalad caafimaad oo nafta halis gelinaysa waa in uu soo bandhigaa dawo ama amar daawaynta oo wax ka qabanaya xaaladda. Xaalad caafimaad oo nafta halis gelisa macnaheedu waa xaalad gelin doonta ilmaha khatarta dhimasho inta lagu jiro maalinta dugsiga haddii daawaynta iyo/ama amarka daawaynta iyo qorshaha kalkaalinta aanu meesha jirin. Ka dib soo gudbinta daawaynta ama amarka daawaynta, qorshaha kalkaalisada waa in ay diyaariyaan kalkaalisada dugsiga. Amarada daawaynta iyo daawaynta ayaa loo baahan yahay in la dhammaystiro sannad dugsiyeed kasta. Ardeyda leh xaalad caafimaad oo nafta halis gelineysa waxaa loo gudbin doonaa kooxda 504 si ay u qiimeeyaan. (WAC 392-380-045, RCW 28A.210.320, Habka Kormeeraha Guud ee SPS 3413SP)