

# TILMAAMO/WAXYAABO LOO SHEEGAYO BUKAANKA SOO QAADISTA TIJAABO SHEEYBAAR

## INTA AADAN BILLAABIN

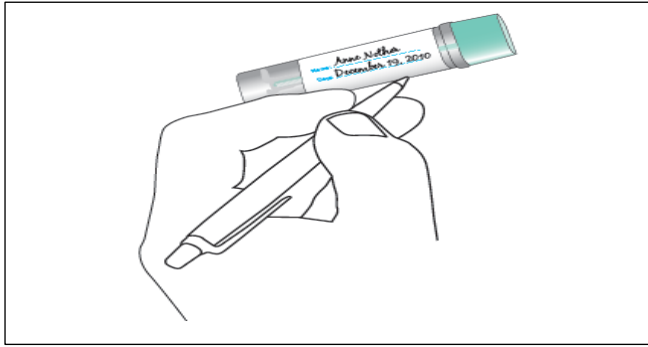
Dhakhtarkaada cudurada guud ayaa ku weeydiistay in aad tijaabadan sheeybaar sida ugu dhakhso badan u soo qaado. Isticmaal qalin madoow ama buluug ah si aad magacaada iyo taariikhdaada dhalashada ugu qorto meesha calaameeynta [label]. Ha qaadin tijaabada inta aad xilliga caadada ku jirto, sug illaa ay ka dhamaato ka dibna qaad tijaabada.

FIT (Tijaabo laga qaadayo saxarada) waa baaritaan lagu sameeynayo saxarada si loo ogaado in uu ku jiro dhiig yar oo si caadi ah loo arki karin.

Dhakhtarkaada guud ayaa kuu amray in la sameeyo baaritaankan oo qeyb ka ah baaritaanka lagu sameeynayo calaamadaha xanuun ee ku haayo, si meesha looga saaro in uu ku hayo Kansar. U sheeg dhakhtarkaada haddii uun safar kugu jiro ama aad fasax aadeeyso.

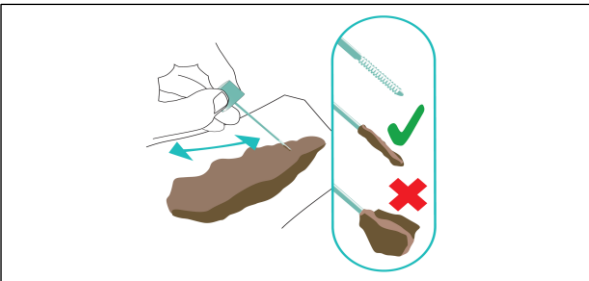
Qalabka tijaabada lagu qaado waxaa ka mid ah caag yar oo balaastiko ah. Waa in aad qaadaa tijaabada kuna soo celisaa dhakhtarkaada cudurada guud sida ugu dhakhso badan. Fadlan si tallaabo tallabo ah u raac qaabka loo qaado tijaabada saxarada.

## 1. Calaamad u sameey tijaabada (saxarada yar ee baaritaanka lagu sameeynayo)



**Qor** Magacaada **taariikhda aad dhalatay** iyo **taariikhda** aad qaadday saxarada la baarayo adoo ku qorayo qalin madoow ama buluug ah. Haddii macluumaadkaaga horeey ugu qornaayeen meesha calaamadda [label] lagu sameeyo, fadlan hubi in ay sax yihiin.

## 3. Qalabka wax lagu soo bixiyo kusoo qaad saxarada la baarayo



Fur qaybta sare ee sheeyga tubada ah ee tijaabada lagu qaado adoo wareejinayo, ka fuji usha ka dibna **xoq dhamaadka usha saxaradana la socoto**. In yar oo saxarada ah ayaa loo baahan yahay in ay usha ku taallo.

## 2. Sida loo qabto tijaabada saxarada



**Waxaa muhiim ah in tijaabada saxarada ee aad qaadeeyso aysan gaarin biyaha musqusha ama suuliga.**

Waxaa jiro siyaabo kala duwan oo lagu qaado tijaabada saxarada, tijaabi:

- Waraqaha musqusha oo la laa laabay ku qabo gacantaada.
- Gali bac ama gacmo gashi (gloves) yar, nooca hal mar la isticmaalo ah gacantaada.
- Ku saxaroo caagad nadiif ah oo warqadda musqusha lagu laabay si aad si fudud saxarada musqusha ugu riddo markaas kadib.

Waxaa suurtoagal ah in aad garaneeysid si kaaga fudud sidan, laakiin hubso in aad qabato tijaabada saxarada inta aysan biyaha gaarin ka hor.

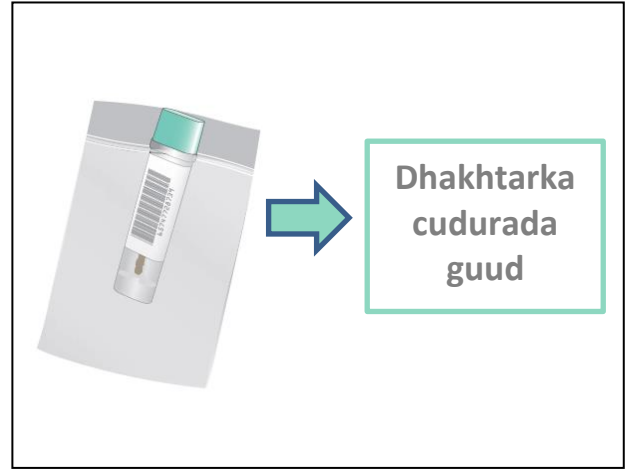
#### 4. Xir shayga ay tijaabada ku jirto



Usha tijaabada lagu soo qaaday dib ugu celi tuubada. Hubi in tuubada xiran tahay oo gali bacda balaastikada ah.

**Ha illoobin in aad gacmaha iska dhaqdo!**

#### 5. Geey tijaabada la baarayo

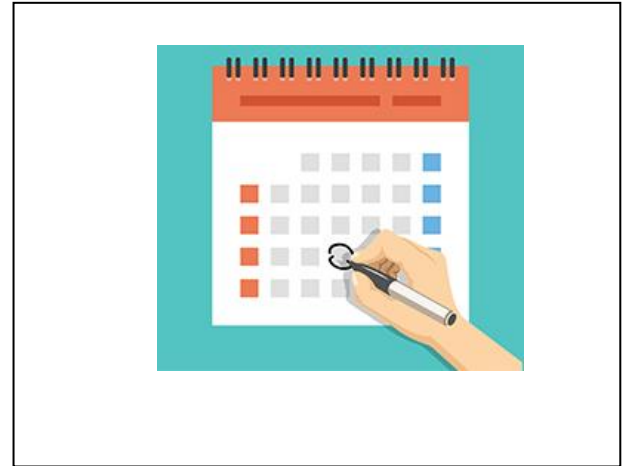


Dhakhtarkaada cudurada guud u geey tijaabada oo soo dhaweeynta u dhiib si looga qaado oo baaritaan loogu sameeyo **7 casho gudahood.**

#### 6. Natijada

10 maalmood gudahood ayeey natijada soo gaari doontaa dhakhtarkaada cudurada guud, weeyna kula soo xiriirayaan si ay kaala hadlaan natijada.

Calaameeyso taariikhda aad geysay kadibna haddii aadan wax akhbaar ah ka helin dhakhtarkaada guud muddoo 2 todobaad gudahood ah, fadlan la xiriir.



**FADLAN HUBI IN AAD BUUXISAY DHAMMAAN TALLAABOYINKA TIJAABADA LA QAADAYO U GEEY DHAKHTARKAADA GUUD OO GEY XAFIISKA SOO DHAWEEYNTA**

Aragtidiinu muhiim ayeey inoo tahay. Waxaanu isticmaalnaa talooyinka ay inoo soo jeediyaan bukaanka iyo daryeelayaasha si aan horeey ugu marino adeegyada si aan u hubinno in aan bixinno daryeelka bukaan ee ugu wanaagsan ee suurtoagal ka ah. Fadlan inoo soo gudbi khibradaada adeegan oo email noogu soo gudbi [england.tcstlondon@nhs.net](mailto:england.tcstlondon@nhs.net)

*TCST waa qayb ka mid ah Health London Partnership, iskaashi ka dhaxeeyo dhammaan London CCGs, WEST ESSEX CCG, iyo NHS gobolka England London si loo caawiyo fulinta caafimaad wanaagsan gudaha London.*