

Markhaatiyaal, Cadaymoo / Bayaan:

- Imiika /Hadda waan sii soocon karaa;
- Waan yara qufaca, oo waxaan dareemayaa inaan awood u leeyahay inaan dib u bilaabo nolol caadi ah.

- 'Bal Samee / Qabo uun! Adkaysigu waa furaha.' Sabatoo ah way shaqeysa!

- 'Imiika /Hadda maalin walba waan jimicsadaa, waxaana sameeyaa shaqadayda guriga!'

- 'Waxaad baran doontaa inaad la noolaato COPD.'

- 'Mar dambe ma argagixidonoo; Waxaan bartay sida loo xakameeyo neefsashadayda.

- 'Waxaan bartay fikrado waxtar leh si aan u ilaaliyo tamarta.'

Faahfaahinta xiriirka / xidiidka:

Kooxda Neefsashada Bulshada (CORE)
020 7288 5474

Adeegga la-talinta bukaanka iyo xidhiidhka (PALS)

Haddii aad hayso bogaadin, cabasho ama walaac fadlan kala xidhiidh kooxdayada PALS 020 7288 5551 ama whh-tr.PALS@nhs.net

Haddii aad u baahan tahay daabac weyn, maqal ama nuqul tarjuman oo buug yarahan ah, fadlan iimayl u dir whh-tr.patient-information@nhs.net. Waxaan isku dayi doonaa inta karaankeena ah si aan u daboolno baahiyahaaga

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Baxnaaninta sambabada

(Pulmonary Rehabilitation – Somali)



Buug-yaraha macluumaadka bukaanka



Waa maxay baxnaaninta sambabada?

Waa barnaamij kooxeed loogu talagalay dadka qaba xaaladaha sambabada oo uu maamulo physiotherapist.

Barnaamijku wuxuu ka kooban yahay jimicsi jireed iyo xiisado waxbarasho oo la qabto laba saacadood, laba jeer toddobaadkii, muddo lix toddobaad ah.

Baxnaaninta sambabada waxay ujeedadeedu tahay:

- Si aad u dareento xakamaynta neeftaada
- Iska yaree neeftaada markaad samaynayso hawl maalmeedka, sida kor u qaadista jaranjarada
- Kordhi kalsoonidaada inaad si badbaado leh u jimicsato
- Horumari tayada noloshaada iyo madaxbanaanidaada
- Ku siiya fursad aad kula kulanto dadka qaba xaaladaha isku midka ah oo aad la wadaagto khibradaha

Sidee loo tixraacaa?

Haddii lagugu aqoonsado mid ka mid ah xaaladaha sambabada ee soo socda: COPD, Neefta, Bronchiectasis, Fibrosis sambabada, iyo haddii neefsasho la'aantu ay kaa horjoogsanayso inaad socoto in ka badan 100 yard, ama kaa joojinaysa inaad qabato hawl maalmeedkaaga, kala hadal GP-gaaga sidii aad u heli lahayd u gudbinta baxnaaninta sambabada.

Kahor intaadan bilaabin baxnaaninta sambabada:

Waxaad u baahan doontaa inuu ku qiimeeyo xubin ka tirsan kooxda baxnaaninta sambabada.

Qiimaynta waxaa ku jiri doona buuxinta qaar ka mid ah su'aalaha iyo samaynta imtixaan socod gaaban. Qiimayntan waxa lagu celiyaa dhamaadka barnaamijka si loo arko sidaad horumar u gaadhay.

Waxaa jiri doona fursad badan oo aad kaga hadasho wixii su'aalo ah ama walaac ah oo aad qabtid.

Maxaa dhacaya inta lagu jiro baxnaaninta sambabada?

Fasal kasta waxa loo qaybiyaa ila fadhi iyo fadhi waxbarasho.

Jimicsi:

Takhtarka jimicsiga jirka ayaa habayn doona layliyada si uu ugu habboonaado baahiyahaaga iyo awooddaada.

Kulamada layliga waxa ay ka koobnaan doonaan diirimaad, tababar, iyo qaboojin.

Si dhow ayaan kula socon doonaa inta lagu jiro kalfadhiyada si aan u hubinno inaad ammaan tahay.

Waxbarasho:

Kulamadan ayaa kaa caawin doona inaad si fiican u maareyso xaaladaada. Waxaa bixin doona xirfadlayaal caafimaad oo kala duwan sida physiotherapist, kalkaaliyayaal iyo dhakhaatiirta cuntada, si aan magacyadooda u soo koobno.

Mawduucyada waxaa ka mid ah:

- fahamka xaaladaha sambabadaada
 - maaraynta caabuqyada xabadka
 - la qabsiga neefta
 - talo ku saabsan daawada neefsashada
 - maaraynta shucuurta
 - nasashada
- Muhiimadda jimicsiga
- sida si wax ku ool ah looga nadiifiyo xaakada/xabka/xabxaabka laabtaada
- Muhiimadda cuntada

Baxnaaninta sambabada waxaa laga bixiyaa meelahaan.

Hornsey health centre, 151 Park Road, London, N8 8JD

Whittington hospital, Magdala Ave, London, N19 5NF

St Mary's community centre, Upper Street, London, N1 2TX

