

SOMALI



HAGAHA HELITAANKA DARYEELKA CAAFIGAADKA IYO BULSHADA

Noofembar 2015

Ku soo dhawow Northern Ireland

In wadan kale la yimaado ayaa noqon karta wax adag. Waxaanu kuu diyaarinay macluumaad aad u arki karto wax faa'iido leh. Buugan yar waxa uu kuu sharaxayaa adeegyada caafimaadka iyo bulshada iyo sida loo heli karo. Waxaanu hubinaynaa inaad hesho adeeg buuxiya baahidaada gaarka. Adeegyada Caafimaadka iyo Bulshada ee Northern Ireland ayaa caadi ahaan ay dadka degaanka ahi ku heli karaan lacag la'aan. Taasi waxa ay ku xidhan tahay xaaladaada gaarka ah iyadoo ay dadka qaarkood bixin doonaan lacag wax kasta oo aan aheyn adeega gargaarka degdega ah ee Caafimaadka iyo Daryeelka Bulshada. Waxaanu bixinay macluumaad sida uu yahay Adeega Caafimaadka iyo Daryeelka Bulshada ee Northern Ireland iyo sida ugu saxsan ee lagu heli karo.

Qaababka kale

Qoraalkan waxa lagu heli karaa qaabab iyo luqado kala duwan iyadoo uu ku qoran yahay luqadaha dadka laga tirada badan yahay, farta dadka indhoolka, luqad jilicsan, MP3. Fadlan la soo xidhiidh Hogaanka Sinaanta (Equality Lead) ee laanta xaafadaada haddii aad u baahan tahay qoraalkan oo luqad kale ama qaab kale ah: (fadlan eeg 1.3 wixii macluumaadka xidhiidhka).

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1. Hordhac

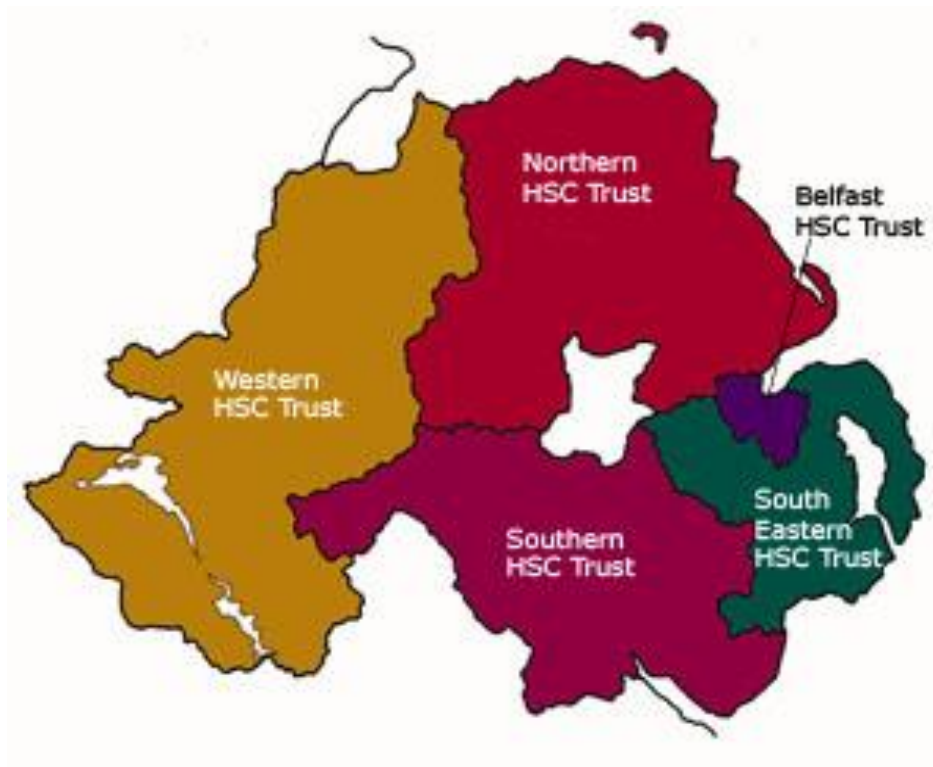
1.1 CAAFIMAADKA IYO DARYEKA BULSHADA

Waxay Northern Ireland looga yaqaanaa National Health Service (NHS), Health and Social Care ama HSC HSC du waxay Northern Ireland bixisaa Adeegyada Degdega ee xaaladaha khatarta iyo kuwa degdega iyadoo sidoo kale bixisa adeegyada bulshada sida adeega daryeelka guriga, adeega daryeelka maalinta iyo adeega shaqada bulshada.

Waxa jira 6 Hay'adoo oo Daryelka Caafimaadka iyo Bulshada oo Northern Ireland ah kuwaa oo bixiya daryeelka caafimaadka iyo adeega bulshada.

Khariirada hoostu waxay tuseysaa shanta gobol ee ku mida Northern Ireland. Goboladaas waxa loogu yeedhaa qeybaha Hay'ada Daryeelka Caafimaadka iyo Bulshada. Hay'ada adeega abulaanska ee Northern Ireland waxay qaabilsantey dhamaan shanta gobol ee Northern Ireland.

1.2 Qeybaha Hay'ada HSC



1.3 Hay'ada Adeega Bulshada & Caafimaadka Hogaanka
Sinaanta:

<p>Hay'ada Caafimaadka iyo Adeega Bulshada Belfast</p>	<p>Orla Barron Health & Social Inequalities Manager 1st Floor McKinney House Musgrave Park Hospital BELFAST BT9 7JB</p>	<p>Telefoonka: 028 95046567 Telefoonka qoraalka: 28 90637406 orla.barron@belfasttrust.hscni.net</p>
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<p>South Eastern Health & Social Care Trust</p>	<p>Susan Thompson Equality Manager 2nd Floor Lough House Ards Hospital NEWTOWNARDS BT23 4AS</p> <p>Suzanne McCartney Equality Manager Lagan Valley Hospital LISBURN BT28 1JP</p>	<p>Telefoonka: 28 9151 2177 Telefoonka qoraalka: 28 9151 137 susan.thompson@setrust.hscni.net</p> <p>Telefoonka: 028 9266 5141 Ext 87604 Telefoonka qoraalka: 28 9263 3522 suzanne.mccartney@setrust.hscni.net</p>
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Northern Health & Social Care Trust	Alison Irwin Head of Equality Route Complex 8e Coleraine Road Ballymoney Co Antrim BT53 6BP	Telefoonka: 028 2766 1377 Moobaykja/Telefoonka qoraalka: 07825667154 Fagaska: 028 27661209 alison.irwin@northerntrust.hscni.net equality.unit@northerntrust.hscni.net
Northern Ireland Ambulance Service Trust	Michelle Lemon Assistant Director of HR, Equality, PPI & Patient Experience Ambulance Headquarters Site 30, Knockbracken Healthcare Park Saintfield Road BELFAST BT8 8SG	Telefoonka: 028 90400999 Telefoonka qoraalka: 028 9040 0871 Fagaska: 028 9040 0903 Emaylka: Michelle.Lemon@nias.hscni.net

1.4 Turjumaanada

CIDA bixisa Adeega Caafimaadka iyo Bulshada waxay og yihiin inay hubiyaan in ay fahmi karaan oo la fahmi karo marka la helaayo daryeelka caafimaadka iyo bulshada.



The Northern Ireland Health and Social Care Interpreting Service (NIHSCIS) waxay ku dadaalaysaa siday u hubiso in helitaanka adegyada caafimaadku ay uga dhib yar yihiin bukaan socodka aan ku hadlin Ingriisiga ee aany luqadooda koowaad iyo midooda labaad ee ay

si wanaagsan u yaqaanaan toona aheyn. Adeegu waxa uu bixiyaa turjumaad toos loo sameeyo (taas oo ay micnaheedu tahay in turjumaan uu joogi doono xiliga balantaada). Adeegu waa lacag la'aan iyadoo uu sharci yahay, waa xuquuqdaada inaad hesho kaalmo xirfadeysan oo caawimada luqada.

- NIHSCIS waxay adeega bixisaa 24 saacadood, 7 maalmood ee todobaadkii.
- Turjumaanada waa qaar xirfad leh iyagoo soo qaatey shahaadada Turjumaanada Bulshada.
- Turjumaanada waxa looga baahan yahay inay mar kasta xidhaan kaadhka aqoonsiga ee NIHSCIS.
- Turjumaanada waxa xidhaaya sir haynta.
- Turjumaanada waxa kaliya ee ay la soo xidhiidhi doonaan bukaan socodka/macaamiisha ka hor balanta marka HSC ay ka dalbato inay sidaas sameeyaan si ay u hubinaan inay imanayaan.
- Turjumaanada waa inay helaan ogolaansho sida ka midka ah isa soo sharaxaadooda
- Kooxda hawlsha wadda ee qaabilsan dalabka ayaa weydiin doona in lagu siiyo isla turjumaankaa si uu ula sii socdo.

Waxay turjumaanadaadu sameyn karaan

- Inay laba luqadood lahaadaan oo ay yaqaanaan sida loo turjumo, loo sahlo wada hadalka.
- Si sax u ah wax u turjumaan (iyadoo aan mar kasta aheyn kalmad kalmad, laakiin micnaha wada hadalka oo dhan in la gudbiyo)
- In aan dhinacna la raacin oo sirta aan la gudbin.
- In la sharaxo arimaha qaabilsan dhaqanka iyo in la ogaado dhaqamada kale ama arimaha xaaladaha ku xidhan.
- In loo tilmaamo macaamiisha ama bukaan socodka adeegyada kale haddii ay suurtoagal tahay.

Waxa turjumaanadaadu aanay sameyn karin

- Qoritaanka turjumaadka qoraal dheer.
- Shaqada talooyinka macaamiisha (u doodista laba luqadood)
- ADIGA kuu hadlaan – waxa kaliya ay turjumi doonaan kalmadahaaga.
- Inay carruur yahaan.

- Inay kula taliyaan ama ku qaadaan.
- Ay bixiyaan telefoon lambarkaaga ama macluumaadkaaga xidhiidhka.

Sida loo dalbado Turjumaan

Waxaad u baahan tahay inaad ogeysiyo xafiiska balan qabsashada ama xafiiska qaabilaada inaad u baahan tahay kaalmada luqada. Waxa wanaagsan in hore loogu sii sheego si ay turjumaan luqada aad doonayso ah u raadiyaan. Shaqaalaha ama xafiiska qaabilaada ayaa adiga kuu qaban doona turjumaan.

Turjumaadka Telefoonka



Marmarka qaarkood waxa kaga haboonaan karta in la sameeyo turjumaada telefoonka ama haddii aan turjumaad toos ah la heli karin, shaqaalaha Adeega Caafimaadka iyo Bulshada waxa isticmaali karaan turjumaada telefoonka iyagoo isticmaalaaya The Big World. The Big World waxay bixisaa turjumaad khadka telefoonka oo balamaha caafimaadka iyo daryeelka bulshada ee Northern Ireland. Turjumaanada waa qaar xirfad leh, shahaado wata iyagoo uu qabanaayo xeer la mid ah ka kuwa u shaqeeya adeegyada turjumaada ee Caafimaadka iyo Daryeelka Bulshada ee Northern Ireland.

1.5 Shuruudaha Daaweynta Daryelka Caafimaadka

Adeegyada Caafimaadka iyo Bulshada ee Northern Ireland ayaa caadi ahaan ahaan dadka degaanka ahi ku heli karaan lacag la'aan, taas oo ay micnaheedu tahay inaanad u baahneyn inaad lacag bixiso si aad ula kulanto dhakhtar amana baahnid caymiska caafimaad aad adigu leedahay. Sida ku xidhan xaaladaada, ayaa laga yaabaa inaad bixiso lacaga adeegyada caafimaadka ah sida daaweynta ilkaha ama daryeelka indhaha.

Mabda ahaan, haddii aad bixiso iyo haddii kaleba daweyntaada waxay ku xidhantey nooca daaweyntaada iyo haddii aad ku nooshey Northern Ireland ama aad kaliya soo booqanayso. Haddii daaweyntu ay tahay mid degdeg ah oo lagu bixinaayo waaxda gargaarka degdega, rugta caafimaadka ee aab balanta loo baahneyn ama waaxda dhaawacyada yaryar, waxa weeye mid lacag la'aan lagu bixinaayo. Marka daaweynta gargaarka degdega ah la bixiyo, daryeelka ka danbeeya ee sida in dhakhtar lagu dhigo, ama aad dib ugu soo booqato iwm ayaa laga yaabaa in lacag lagaa qaado haddii aad "caadi ahaan" deganeyn

Northern Ireland ama aand u muuqan inaad buuxinayso mid ka mid ah shuruudaha lagaaga dhaafaayo.

1.6 Sidee Ayaa ku Helaysaa HCS? Kaadhkaaga Caafimaadka

Si aad u hesho adeega waa inaad ka diiwaan gashantahay rugta caafimaadka ee GP-ga.

Dhakkhtarka qoyska, ee sidoo kale loo yaqaan GP-ga ayaa ah meesha laga soo galaayo adeegyo badan oo kala duduwan. Qaar ka mid ah GP-yada ayaa gaar u shaqeeya, qaarkoodana waxay la shaqeeyaan GP-yada kale ama Xarumaha Daryeelka iyo Caafimaadka

Waa inaad iska diiwaan galiso GP isla markaaba marka aad timaado Northern Ireland halka aad ka sugi laheyd ilaa inta aad u baahanayso helitaanka adeegyada daryeelka iyo caafimaadka bulshada. Si aad isku diiwaan galiso, waxaad u baahan tahay inaad buuxiso foom. Waxa loo yaqaanaa foomka HS22X. Waxa lagu heli karaa luqado kala duduwan, riix linkiga si aad u hesho foomka -

<http://www.hscbusiness.hscni.net/1814.htm>

Foomka HS22X iyo noocyadiisa la turjumey ayaa sidoo kale laga heli karaa GP-kasta ama Business Services Organisation (BSO), kuwaas oo ilaaliya is diiwaan galintada. Macluumaadkooda xidhiidhku waa:

Business Services Organisation

Ambulance Headquarters

2 Franklin Street

Belfast BT2 8DQ

Telefoon: (028) 9032 4431

Telefoonka qoraalka: (028) 9053 5

Habka cabashada: [Complaints.bsc](http://www.complaints.bsc)

Bogga internedka: <http://www.hscbusiness.hscni.net>

Waa inaad hesho foomka dalabka, oo aad buuxiso kadibna aad soo qaadato aqoonsi iyo xaq u yeelashada ay kaa dalbadeen GP-ga aad dooratey. Haddii ay ogolaadaan inay ku qaataan, waxay qaadan doonaan foomka dalabkaaga iyagoo eegi doona waraaqahaaga. Waxa kadibna aad heli doontaa kaadhka caafimaadka oo ay soo saartey BSO. Taasi waxay qaadan kartaa ilaa sideed todobaad. Uma baahnid inaan

lacag u bixiso kaadhkaaga caafimaadka. Kaadhkaaga caafimaadku waa warqad muhiim ah; waxa uu kuu ogolaanayaa adeegyo badan.

2. Waa maxay waxyaalaha aad heli karto ee caafimaadkaaga aad ku daryeelayso?

Xusuuso inaad ta saxa ah doorato!



2.1 *Daryeelka shakhsiga*

Daryeelka shakhsiga waa ta ugu wanaagsan xanuunada yaryar, jirooyinka fudfud iyo dhaawacyada. Cuduro badan iyo cbashooyin, sida garaaca iyo xanuunka, qufaca, hargabka, caloosha kacsan iyo cunaha ku xanuunaaya ayaa lagu daaweyn karaa daawooyinka laga iibsan karro farmasiiga iyo nasasho badan. Xasuusnow, haddii aad daawo qaadata iyo haddii kaleba, kuwaas intooda badan waad iska boqsan doontaa. Qeybo ka mid ah waxyaalaha muhiimka ee daryeelka shakhsiga - kuwan soo socda ayaa lagu heli karaa warqad la'aan: Paracetamol, Aspirin, Ibuprofen, daawooyinka fuuq celinta, dawwooyinka calool istaaga, balasterka iyo heerkulbeegga. (Markasta raac tilmaamaha ku qoran baakeedka)

Haddii aad wali dareemayso xanuun waa inaad la soo xidhiidho Dhakhtarkaaga Degaanka ama GP-ga.

Waxyaalaha ku sabsan Dhakhtarkaaga Guud (GP ama Dhakhtarkaaga Qoyska)

Dhakhtarka degaanka ama dhakhtarka qoyska, sidoo kale loo yaqaano GP-ga, ayaa daryeela caafimaadka dadka degaanka iyagoo maareeya noocyo badan oo cudurada. Waxa jira in ka badan xarumo 350 GP ah oo guud ahaan ku yaala Northern Ireland.

2.3 Adeegyada Dhakhtarka Guud (GP-ga)

GP-gu waxa uu bixiyaa adeegyo kala duwan marka lagu darro:

- Tabo bixinta caafimaadka oo arimo kala duduwan
- Baadhitaanka jidhka
- Baadhista Calaamadaha cudurka
- Qoritaanka waraaqaha daawada
- Waxbarashada caafimaadka iyo baadhitaanka caafimaadka
- Bixinta talaalada
- Sameynta qaliinada yaryar.
- Bixinta daryeelka joogtada ama xaaladaha muddada dheer jira ama cudurada dabo-dheeraada
- GP-yada qaar ka mid ah waxay bixiyaan balan qabsi internedka laga sameeto ama adeega Warqada dawada ee joogtada loo qaato (iyadoo la isticmaalaayo bogga Rugta ee internedka).

GP-ga ayaa masuul ka ah inuu ku caawiyo oo uu daryeelo caafimaadkaaga. Waxay go'aanim doonaan inaad la kulanto qof kale oo takhasus caafimaad leh iyo in kale, haddii ay taas tahay, waxay sameyn doonaan wax kasta oo loo baahan yahay. GP-gaaga ayaa sidoo kale go'aamin doona nooca dawooyinka aad u baahan tahay isagoo ku siin doona warqada daawooyinka.

Waxaad xaq u leedahay daaweyn mid ka mid ah GP-ga oo rugta aad ka diiwaan gashan tahay ah. Ma lihid xaq toos ah oo aad kula kulanto dhakhtar gaar ah.

Markaad iska diiwaan galiso rugta GP-ga, waxaad la kulmi kartaa dhakhtar kasta oo jooga ciyaadada iyadoo aanad markasta la kulmi karin isla dhakhtarkii uun, hase yeeshee waxad lahaan doontaa daba socod dareelka oo rugtaa caafimaadka dhexdeeda ah. Waa inaad balan ka qabsato si aad u aragto Dhakhtar, adigoo la telefoon kula xidhiidhaaya rugta caafimaadka, ama adigoo tagaaya rugta

caafiamadka. (GP-yada qaarkood ayaa leh xiliyo la yimaado balan la'aan)

2.4 Sida loo helo xarunta caafimaadka ee GP-ga

Waxa jira in ka badan xarumo 350 GP ah oo ku yaala Northern Ireland. Halkan ka baadh xarunta GP ee meesha aad degantey

<http://servicefinder.hscni.net>.

Waxa muhiim ah inaad garanayso xuquuqahaaga aasaasiga:

- Waxaad xaq u leedahay in inuu ku daaweeyo dhakhtar jinsigaaga ah
- Waxaad ogaataa inaad xaq u leedahay inaad badasho xarunta GP-gaaga wakhtiga aad doonto.

2.5 Dalbo in dib lagu soo waco

GP-yaga qaarkood waxay bixiyaan adeega in la dalbado soo wicid iyadoo kuu diyaarin doona wakhtu telefoon lagaa soo waco, marka ay adiga kuugu haboontey.

2.6 Booqashada Guriga

Haddii aad dareemayso inaad aad u xanuunsanayso, waxaad xaq u yeelan kartaa in GP-gu guriga kugu soo booqdo. Waa inaad la xidhiidho GP-gaaga si aad kan u dalbato. Laakiin kuma adkeysan kartid in GP uu guriga kugu soo booqdo. GP-gu waxa kaliya uu ku soo booqan karaa haddii ay u arkaan in xaaladaada caafimaad ay u baahan tahay.

2.7 Daaweynta/Warqada daawada

Haddii GP-gu uu go'aansado inaad u baahan tahat daaweyn, ayay kuu qori doonaan warqada daawada, taas oo markaa aad u geyn karto farmasii kasta si aad uga soo qaadato daawada. Eeg qeybta "Adeegyada farmasiiga".

3. Adeegyada xiliyada shaqada ka baxsan

GP-yadu ayaa caadi ahaan furan Isniinta ilaa Jimcaha, wakhtiyada lagu xayaysiiyo rugta caafimaadka. Xiliyada habeenkii, galinka danbe iyo maalmaha fasaxyada bulshada adeegyada waxa bixiya Adeegyada xiliyada shaqada ka baxsan. Rugaha caafimaadka waxay hayn doonaan macluumaadka sida loola xidhiidho Adeegyada xiliyada shaqada ka baxsan. Waa inay jirto fariin la duubay oo telefoonka rugta caafimaadka iyo ogeysiis albaabka ku yaala oo bixinaaya macluumaad dheeraad ah.

Dhamaan rugaha caafimaadka ee Adeegyada xiliyada shaqada ka baxsan waxay bixiyaan gargaar degdeg ah oo dhibaatooyinka oon sugi karin GP-gaagu ibta uu furmayso. Waxa kale oo ay ku siin doonaan adeeg xataa haddii aanad ku qorneyn rug caafimaad oo degaanka. GP- da sameeya Adeegyada xiliyada shaqada ka baxsan ayaa furan haddii aad u baahato daaweyn degdeg ah marka GP-gaagu uu xidhan yahay. GP- Adeegyada xiliyada shaqada ka baxsan waxay ay furan yihiin 6 fiidnimo maalmaha todobaadka ilaa uu GP-gaagu furaayo marka xigta e arroortii iyo 24 saacadood Sabtida, Axada iyo fasaxyada bulshada. Xasuusnow inaad telefoon u soo dirto adeega ka hor. Dhakhtarka ama kalkaalisada ayaa ku siin doona talo telefoonka, go'aamin doona in dhakhtar ku arko iyo in kale ama kuu gudbin doona adeegyada kale haddii aad u baahan tahay. GP-gaaga ayaa haya macluumaadka xidhiidhka ee degaankaaga.

Daryeelka GP-ga arimaha degdega ee Adeegyada xiliyada shaqada ka baxsan ayaa laga heli karaa adigoo la soo xidhiidhaaya GP-gaaga iyo sidoo kale intrnedka. www.nidirect.gov.uk/choosewell

3.1 Waaxda Dhaawacyada Yaryar

Waaxda Dhaawacyada Yaryar ayaa daaweyn kara dhaawacyada aan aheyn khatarta ama nolosha halis u ah, sida:

- Dhaawaca soo gaadha xubnaha kore iyo kuwa hoose
- Lafaha jajaba, dilaaha, dhaawac yar iyo nabarada
- Qaniinyada - dadka, xayawaanka iyo cayayaanka
- Gubashada iyo biyo ku gubashada
- Wax kaa soo baxa iyo infegshanka nabarada
- Dhawacyada yaryar ee madaxa
- Sanka jaba iyo gorarka

- Wax isha ama sankaa kaa gala.

Haddii adiga iyo ilma ka weyn 5 sanno ay soo gaadhaan dhaawac yar waxaad tagi kartaa mid ka mid ah Waaxda Dhaawayada Yaryar (Minor Injuries Units). Carruurta ka yar 5 sanno waa in la geeyo Waaxda Gargaarka Degdega ah ee degaankaaga.

3.2 Cosbitaalka

GP-gaaga ayaa kuu gudbin kara dhakhtar takhasus leh oo jooga cosbitaalka ama waxa laga yaabaa inaad tagto cosbitaalka haddii aad u baahan tahay daaweyn degdeg ah.

Haddii GP-gaagu aanu dhibaataada waxba ka qaban karin ayuu kuu gudbin karaa cosbitaalka si ay tijaabooyin kaaga qaadaan, ama aad ula kulanto dhakhtar leh takhasus gaar ah.

Haddii uu GP-gaagu kuu diyaariyo gudbin taasi waxay micnaheedu tahay inay kuu qabteen si aad ula kulanto Dhakhtar takhasus leh ama qof Takhasus u leh tijaabooyinka ama daaweynta. Waxaad heli doontaa warqad cosbitaalka ka socota ama ciyaadada oo ay ku qoran tahay balan lagu qabtay si aad u aragto Dhakhtar Takhasus leh. Dhakhaatiirta intooda badan leh takhasuska waxa laga yaabaa in la sugo. Haddii aanay kuu suurto gal aheyn inaad tagto waa inaad kansasho/baajiso balanta. Waxa markaa lagu siin doonaa wakhti cusub.

Dhakhtarka takhasuska leh ayaa ku arki doona isagoo adiga kaala hadli doona arimaha caafimaadka. Haddii ay suurto gal tahay, waxay kuu diyaarin doonaan tijaabooyin in la soo qaado. Haddii ay sidaas tahay waxaad heli doontaa warqad ka socota cosbitaalka oo ay ku qoran yihiin macluumaad ku sabsan taariikhda iyo wakhtiga aad ugu baahan tahay inaad dib ugu noqoto tijaabooyinkaaga.

3.3 NI Adeega Soo galeynta Cusub (NINES)

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Belfast iyadoo la shaqeynaysa Wakaalada Caafimaadka Bulshada iyo Gudiga Daryeelka Caafimaadka, ayaa sameeyey adeeg ay hogaamiso kalkaalisadu oo gobolka, kaas oo dadka ku cusub Northern Ireland loogu talo galay.

Barnaamijku waxa uu bixiyaa ciyaadado kala duwan si uu u caawiyo fayyo-qabka caafimaadka iyo daryeelka dadka magan galyo doonka, qaxootiga iyo carruurta ahmiyada la saaraayo oo 0 - 16 sano u dhaxeeya.

Adeegan khaaska ah waxa ay ujeedadiisu tahay inuu gargaaro dhamaan dadka soo gala isagoo siinaaya baadhitaan hore, talaaka carruuta ee hore, macluumaadka caafimaadka iyo isaga oo u sheegaaya adeegyada kale. Ciyaadado kala duwan ayaa la heli karaa si ay u dabolaan baahida daryeelka caafimaadka iyo bulshada ee kooxda macaamiisha marka lagu darro ciyaadadaha balan la'aanta ee talo bixinta iyo gargaarka, ciyaadadaha qiimeynta caafimaadka, ciyaadadaha talaalka iyo xiisadaha korka loogu qaadaayo caafimaadka.

Dadka macaamiisha waxa la siiyaa qiimeyn caafimaad oo guud; baadhitaanka cududrad fida ee sida TB-da, Jooniska B iyo Jooniska C ee dadka macaamiisha ee wadamada khatarka badan ugu jira iyo talaalada loo baahan yahay. Gargaar/talo aya la siiyaa marka laga diiwan galinaayo GP-ga iyo dhakhtarka ilkaha; u sheegista adeegyada kale iyo u gudbinta kale ee ku haboon.

Bixinta Adeega:

- Baasaaboorka macaamiishu ay haysato ayaa lagu diyaariyey shan luqadood si kor loogu qaado wada hadalka ka dhaxeeya adeegyada kala duwan.
- Macaamiisha ayaa u qaadanaaya baasbaaboorkaas balamaha kale ee caafimaadka.
- Bixinta mantoux/BCG¹ barnaamijka carruurta ee 0-16 sanno u dhaxeeya.
- Kaa caawinaaya iska diiwan galinta GP-ga/Dhakhtarka ilkaha/Dhakhtarka ilkaha.
- Baadhitaanka caafimaadka gaar ahaan TB-DA, dhiig karka, baadhitaanka kaadida, Macaanka.
- Baadhitaanka dhiiga
- U gudbin toos ah ayaa laga sameeyey adeega takhasuska leh tusaale ahaan Rugta daawada Kaadimareenka, Adeegyada Hooyada

¹ BCG waa talaal lagu isticmaali jirey inay kaa caawiso TB-da. BCG waxay u taagan tahay "Bacille Calmette-Guerin" iyadoo loogu magac daray Dr Calmette iyo Dr Guerin oo soo saarey talaalka

- X-rayda laabta oo si degdeg ah laguugu qabto waxay sahashaa in hore oogu helo TB-da iyo u gudbinta horey ee ciyaadad laabta si baadhitaan iyo daaweyn loogu sameeyeyo haddii loo baahdo.
- Shaqada talooyinka macaamiisha.
- Caawimo iyo talo bixin si ar.

Wixii macluumaad ah ee dheeraad ah ee ku sabsan adeega la heli karo, xiliyada ciyaadada ama si aad u sameyso gudbin Northern Ireland New Entrant Service ayaa lagala soo xidhiidhi karaa: Isniinta iyo jimcaha telefoon lambarka (028) 9056 5909.

3.4 Adeegyada Gargaarka degdega

Haddii uu shil xun ama ay xaald degdeg ahi jirto, waa inaad tagto waaxda Gargaarka Degdega ee degaankaaga.



Waxaad telefoon u soo diri kartaa 999 ama 112 wixii Adeegyada Degdega ah - Inta aanad soo wacin waa inaad hubiso in xaaladaadu ama xaalada qofka aad u soo wacayso aan lagu daaweyn karin daaweynta shaqhsiga, taloda farmasiiga, taloda GO-ga, ama inuu kaligii aado Waaxda Gargaarka Degdega. Ambulaanska Gargaarka Degdega waa in kaliya loo adeegsado arimaha degdega ah ee nolosha u halista oo kaliya. Haddii aa si dhab ah ugu baahan tahay kaalmada ambulaanska soo wac 999 ama 112 marka lagu weydiyo adeega aad u baahan tahay waa inaad ku jawabto "ambulaans".

3.5 Ayaa kula hadli doona?

Markaa kadib ayaa lagugu xidhi doonaa hagaha ambulaanska kaas oo markaa ku weydiin doona su'aalo ku sabsan:

- Telefoon Lambarkaaga
- Goobta ay wax ka dhaceen
- Sida ay wax u dhaceen

Ambulaas ayaa sida ugu dhakhsaha badan lagu soo diri doona, haddii ay taasi ku haboon tahay.

3.6 Maxaa dhacaaya haddii Ingriisigu aanu aheyn luqadaada koowaad?

Haddii Ingriisigu aanu aheyn luqadaada koowaad Adeega Ambulaaska ayaa dhakhso u galin kara khadka turjumaan aqoon leh si uu suurto galiyo wada hadalka.

Turjumaadka Telefoonku waa:

- Qaar la heli karro 24 saacadood, 7 maalmood ee todobaadkii, 365 maalmood ee sanadka
- Si xirfad leh loo tabobaray oo aqoon leh
- Kaas oo qandaraas ahaan ay bixiso shirkada The Big World.

Turjumaanku waxa uu ahaan doonaa:

- Mid laba luqadood ku hadla oo yaqaana sida loo turjumo, loo sahlo wada hadalka
- Si sax ah u turjuma
- Aanu dhinacna raacin oo sirta ilaaliya
- Aanu adiga kuu hadlin - waxa kaliya ay turjumayaan waa kalmadahaaga.

3.7 Sidee ayaa laguugu kala horeysiinayaa?

Qofka khadka telefoonka ku jira waxa uu ku weydiin doonaa su'aalo dheeraad ah si uu u ogaado inta ay leegtey khatarta xaaladaadu iyo jawaab bixinta degdega ee loo baahan yahay.

Marka la soo waco Ambulance Control ayaa kala horeysiinta ku xidhan tahay baahida daaweynta iyadoo jawaab bixinta ugu degdega badan loo diro kuwa sida aadka ah ugu baahan.

3.8 Maxaad sameyn kartaa intaad sugayso ambulaanska?

Sida xaalada ku xidhan, qofka telefoonka kaa qabta ayaa ku jiri doona khadka si uu kuu siiyo talo wax ool ah ilaa inta aad sugayso inta uu ambulaansku ku soo gaadhaayo.

Tallyinka waxa ku jiri kara waxyaalo aad sameynayso:

- Sida aad u dhigeysa bukaan socodka
- Baneynta hawo mareenka bukaan socodka
- Joojiya dhiig baxa
- Sameeya CPR (Cardiopulmonary Resuscitation).

3.9 Maxaa dhacaaya haddii ambulansku aanu aheyn ta kuugu haboon?

Waxa warbixinta la dhiibay ka cadaan karta inaan loo baahneyn ambulaanska gargaarka degdega si uu xaaladaada wax uga qabto. Xaaladaha oo kale ayaa Ambulance Control ay kuu gudbin karaan daawo bixiye xarunta maareynta kuwaas oo ku siin doona talo ku sabsan daaweynta xaaladaada.

Xaaladahaas ayaa laga yaabaa in Ambulance Control ay kuu gudbiso adeega ku haboon ee Daryeelka Caafimaadka iyo bulshada si ay wax uga qabtaan baahidaada halka aad ka imaan laheyd Gargaarka Degdega (Emergency Department).

3.10 Ayaa lagu soo diri doona?

Xaaladaha khatarta degdega ah, dadka degan N.I. waxay filaan in shaqaale laba ahi yimaadaan. Hase yeeshee NIAS waxay si hufan u isticmaashaa Rapid Response Paramedics kuwaas oo ku imaan doona gaadhi. Gawaadhidaasi waxa ku rakiban aaladaha nafta badbaadiya ee loo baahan karo xaaladaha degdega ah. Gaadhigu ayaa goobta imaan kara si ka dhakhso badan isagoo u ogolaan doona shaqaalaha gargaarka degdega si ay si ka hufan ugu bixin lahaayeen daaweynta. Ambulaanka ayaa sidoo kale la soo diri si uu u siiyo kaalmo shaqaalaha ambulaanska iyo si cosbitaalka loogu soo qaado bukaan socodka.

Waxa lagu weydiin doonaa macluumaad ku sabsan magacaaga, meesha aad joogto iyo nooca dhibaataada caafimaadka. Ambulaas ayaa

sida ugu dhakhsaha badan lagu soo diri doona. Ma jiro wax kharash ah oo adeegan ahi.

Ambulaansku waxa uu ku geyn doonaa Waaxda Gargaarka Degdega ee cosbitaalka halkaas oo uu dhakhtar ku eegi doono. Sidoo kale, daaweyntan waa lacag la'aan.

Liistadan soo socotaa waa adeegyada cosbitaalka:

- Waaxda gargaarka degdega - oo bixinaysa daaweyn gargaarka degdega oo 24 saacadood ah
- Adeega caafimaadka ee xidhan - waxa uu bixiyaa qaliino iyo daaweyn, bukaan socodku waxay dhakhtarka joogaan hal habeen ama wax ka badan.
- Adeega maalinta - waxa ay bixiyaan qaliino yaryar iyo baadhitaano iyagoo sii daaya bukaan socodka si ay gurigood u aadaan.
- Adeega bukaan socodka dibada - balamaha lagu arko dhakkaatiirka leh takhasusyo caafimaad.

3.11 Maxaa dhacaaya kadib marka uu yimaado kaaliyaha abulaansku?

Kadib marka qiimeyn la sameeyo, iyo hadii aysuurto gal tahay in la siiyo daaweyn, bukaan socodka, kaaliyaha ambulaanska ayaa go'aansan kara:

- In loo baahan yahay daaweyn dheeraad ah oo Waaxda Gargaarka degdega lagu sameeyo iyo in loo baahan yahay gaadiidka ambulaanska
- In loo baahan yahay daaweyn dheeraad ah oo Waaxda Gargaarka degdega lagu sameeyo iyadoo aan loo baahneyn gaadiidka ambulaanska
- Looma baahna daweyn dheeraad iyadoo uu bukaan socodku guriga joogi doono
- Bukaan socodka waxa loo gudbin karaa xirfadley caafimaad oo kale oo ka mid ah Daryeelka Caafimaadka iyo Adeega Bulshada sida tusaale GP ama Kalkaalisada Degmada
- Bukaan socodka waxa loo gudbin karaa dhakhtar takhasus leh iyadoo daryeel ku haboon laga siin doono meel ka tirsan Daryeelka Caafimaadka iyo Adeega Bulshada.

XASUUSNOW IN - IN AMBULAANSKA KALIYA LOO ISTICMAALO WIXII GARGAARKA DEGDEGA

3.12 Adeegyada Hooyada

Haddii aad qorsheynayso inaad ilmo dhasho ama aad ka fikirayso inaad uur qaado, waa inaad sida ugu dhakhsaha badan ula soo xidhiidho GP-gaaga. GP-gaaga ayaa kuu xaqiijinaaya uurkaaga, ku siinaaya talobixinta caafimaadka, iyo kaa caawin kara si aad u go'aansato meesha iyo sida aad u umulayso.

Umulisada waxay leeyihiin takhasus gaar ah si ay u daryeelaan adiga iyo ilmahaagaba. Waxay ka shaqeeyaan cosbitaalda iyo xarumaha bulshada. Way ku daryeeli doonaan iyagoo kaa caawin doona sidii aad iskugu diyaarin laheyd umusha marka aad uurka leedahay, dhalmada ilmahaaga iyo ilaa 28 maalmood dhalmada ka dib. Umulisada bulshada ayaa kuu imaan doonta adiga iyo ilmahaaga yar umusha ka dib si ay u hubiso in wax kasta ay fiican yihiin. Umulisadu waxay kugu arki doontaa gurigaaga kadib marka aad ka soo laabato cosbitaalka. Uma baahnid inaad adigu diyaarsatid taas ee - cosbitaalka ayaa tas kuu sameyn doona.

3.13 Soo booqdayasha Caafimaadka

Booqdaha Caafimaadku waa kalkaalisoooyin gaara oo caafimaadka bulshaa kuwaas oo u tabobaran siday si kata ugu gargaari lahaayeen qoysaska iyo carruurta wax kasta oo qaabilsan caafimaadka.

Waxay kugu soo booqan doonaa guriga waxyar ka hor iyo kadib 10 ilaa 14 maalmood kadib marka uu ilmahaagu dhasho. Heerka booqashada ee tan kadib waxay ku xidhnaan doontaa natijada qiimeynta caafimaadka ee qoyska. Booqdaha Caafimaadka waxa uu eegi doonaa caafimaadka ilmahaaga iyo koritaanka ilaa inta ay dugsiga ka bilaabayaan. Waxa kale oo ay ku siin doonaan gargaar iyo caafimo qoyska wax kasta oo qaabilsan caafimaadka, tusaale ahaan niyad jabka dhalmada ka dib, hurdada, quudinta, talaalka iyo maareynta dabeecada. Haddii ilmahaagu uu leeyahay dhibaato caafimaad ayuu Booqdaha Caafimaadku u gudbin doonaa ilmaha tijaabooyin kale iyo daawweyn.

3.14 Adeega Qorsheynta Qoyska

Adeega Qorsheynta Qoyska waxa uu bixiyaa talo lacagla'aan ah oo ku sabsan uur joojinta iyo baadhitaanka af-ka ilmagaleenka iyo baadhitaanada cudurada galmada, talooyinka iyo daaweynta.

Adeegyadan waxa bixiya ciyaadayaada Adeega Qorsheynta Qoyska iyo qaar ka mid ah GP-yada.

Waxa aad GP-gaaga, umulisadaada ama soo Booqdahaaga Caafimaadka ka heli kartaa macluumaad ku sabsan Adeega Qorsheynta Qoyska. Adeega Qorsheynta Qoyska waa lacag la'aan iyadoo ah mid dahsoon/sir ah.

Ururka Qorsheynta Qoyska waxa uu bixiyaa telefoon lacag ahaan u dhigma ka degaanka oo sir ah (0845 122 8687) laga bilaabo 9.00 subaxnimo ilaa 5.00 galabnimo, Isniinta ilaa Jimcaha, isagoo bixinaaya warbixn iyo talo waxyaalo kala duwan oo ku sabsan caafimadka galmada.

3.15 Adeegyada Kale ee Caafimaadka Galmada

Rugaha caafimaadka ee takhasuska u leh cudurada galmada waxa loo yaqaanaa daawada kaadimareenka iyo rugaha caafimaadka ee cudurada galmada. Waxaad lambarka rugta caafimaadka ee degaankaaga ka heli kartaa buuga telefoonka GUM (genitourinary medicine) hoostiisa, Sexually Transmitted Diseases (STD), rugaha caafimaadka ee gaarka ama ciyaadadaha cudurada galmada. Waxaad iskaa u tagi kartaa rugahaa caafimaadka, kuwaas oo loo yaqaan:

- Lacag la'aan ah oo sir ah - cidna lama soo xidhiidhi doonaan, xataa GP-gaaga haddii aanay adiga haysan ogolaanshahaaga iyagoo cid walba u furan (iyadoon da'da, iyo nooca galmadooda toona laga eegeyn.)

Si aad u hesho GUM degaankaaga ku taala ama Xarunta Caafimaadka Galmada riix linkigan: <http://www.nidirect.gov.uk/index/information-and-services/health-and-well-being/health-services/doctors-dentists-and-other-health-services/genitourinary-medicine-gum-clinics.htm>

3.16 Shaqaalaha Bulshada

Shaqaalaha Bulshadu waxay ku siin doonaan talo iyo gargaar dadka u baahan ee leh baahiyo kala duwan oo bulshada. Taas waxa ka mid noqon kara xidhiidhka, khamrada ama dhibaatooyinka daakhiliga, curyaanimada, caafimaadka guud iyo arimaha caafimaadka dhimirka iyo badbaadada carruurta.

Adeegu waxa uu kafeeyaa dhamaan da; kasta marka laga bilaabo carruurta ilaa dadka waaaweyn. Shaqaalaha Bulshada ka shaqeeya adeegyada dadka waaweyn waxay qiimeeyaan baahida dadka waaweyn, dadka qaba curyaanimada jidhka iyo waxbarashada, ama baahiyaha caafimaadka dhimirka. Waxay la shaqeyn doonaan dadka si ay u caawiyaan siday u gaadhi lahaayeen doorashadooda hab nololeedka iyo qoysaskooda iy obulshada si ay u gaadhaan natiijada la rabo. Shaqaalaha bulshadu ayaa kaa caawin kara inaad hesho adeegyada ama waxqabdyada sida ka midka ah qiimeynta, sida daryeelka iyo gargaarka guriga, daryeelka maalinlaha, fasaxa ka nasinta ama daryeelka meesha degaanka ama guriga kalkaalinta. Shaqaalaha Bulshada waxay dadka ka caawiyaan siday u heli lahaayeen hab ay kaba baxaan xaaladaha qalafsan/naxdinta leh ee noloshooda iyo gargaarka iyaga siday u go'aansan lahaayeen xalkooda.

3.17 Adeegyada Badbaadada Carruurta iyo Dadka waaweyn

Waxa jira xaalado ay qabab ku tahay inay Shaqaalaha Bulshada soo dhex galaan si ay dhaawac ama xad-gudub uga badbaadiyaan ilme ama qof weyn. Adeega bulshada Northern Ireland waxa qabanaaya waajib sharci ah si ay u ilaaliyaan dadka halista ku jira ama kuwa xad-gudub lagu sameeyey ama si xun loola dhaqmey bulshada dhexdeeda.

Haddii aad qabto wax walaac ah oo ku sabsan amaanka ama fayo-qabka ilme, ama aad is leedahay waxaad ku dhici kartaa khatar, fadlan la soo xidhiidh daryeelka carruurta ee Gateway Team adigoo isticmaalaaya telefoonka hoos ku qoran:

Belfast Trust:	028 9050 7000
Northern Trust:	0300 1234333
Western Trust:	028 7131 4090

South Eastern Trust: 0300 1000300
Southern Trust: 0800 7837745

Haddii aad qabto wax walaac ah oo ku sabsan amaanka ama fayo-qabka qof weyn, ama aad is leedahay waxay ku jiraan khatar, fadlan la soo xidhiidh adeega Badbaadada dadka waaweyn (Adult Protection service) adigoo isticmaalaaya lambarada hoos ku qoran:

Belfast Trust: 028 95041744
Northern Trust: 028 94413125
Western Trust: 028 71611366/ 028 82835960
South Eastern Trust: 028 92501227
Southern Trust: 028 3083 2650

Xiliyada ka baxsan shaqada ayaa lala soo xidhiidhi karaa Adeega Shaqada Bulshada ee Degdega (Emergency Social Work Service): 028 9504 9999

Wixii degdega ayaa sidoo kale lala soo xidhiidhi karaa Adeega Booliiska ee Northern Ireland (PSNI): 999.

3.18 Adeegyada Caafimaadka Maskaxda

Haddii aad qabto xanuun maskaxda waa inaad marka hore aragto GP-gaaga. Iyag ayaa qiimeyn doona dhibaataada iyagoo ama ku siin doona daawo iyo kor kala socosho xaaladaada ama waxay kuu gudbin doonaan dhakhtar takhasus leh, tusaale ahaan dhakhtarka dhimirka, dabiibka cudurada maskaxda ama la talin, haddii loo baahdo. GP-gaaga ayaa laga yaabaa inuu kuu diyaariyo koo gargaara oo qaabulsan arintaa gaarka. Meesha kuwa kale ay ku jiraan daryelkaaga, sida dhakhtarka dhimirka, shaqaalaha bulshada ama xubnaha qoyska, ayaa laga yaabaa inuu GP-gaagu iyaga la hadlo si uu kuu siiyo daaweynta, daryeelka iyo gargaarka ugu fiican ee guud.

3.19 Adeegyada dadka naafada

Northern Ireland oo dhan, waxa jira adeegyo iyo caafimaad iyo daryeelka bulshada si ay ugu buuxiyaan baahida dadka qaba cauryaanimada (marka lagu daro waxbarashada, dhimirka, jidhka, iyo curyaanimada dareenka), iyo qoysaskooda iyo daryeelayashooda. Taas waxa ka mid ah qiimeynta, la talinta, caawimada nolol maalmeedka iyo

siinta aaladaha gaarka iyo ka soo kabashada, u doodida iyo adeegyada ka nasinta daryeelka.

GP-gaaga ayaa ku siin doona macluumaad dheeraad ah oo ku sabsan adeega la heli karro.

3.20 Xirfadlayasha Isbaheysiga Caafimaadka

Allied Health Professionals (AHPs) waxa weeye cinwaan guud oo loogu yeedho 7 kooxood oo xirfadley ah:

- Nafaqada iyo Cuntada
- Daawaynta Xirfadaha Shaqada
- Daaweynta Hadalka iyo Luqada
- Dabiibka muruqyada
- Cagaha
- Dhakhtarka indhaha
- Cudurada indhaha(Daryeelka indhaha).

AHPS waxay la shaqeysaa dadka da' kasta ah oo goobo kala duduwan jooga sida cosbitaalda, guryaha dadka, ciyaadadaha, rugaha caafimaadka iyo dugsiyada. Xirfadooda iyo aqoontooda gaarka ayaa caawisa dadka si ay:

- Ay ula soo laabtaan dhaqdhaqaaqooda iyo socodkooda
- Ka wanaajiyaan heerka cuntadooda
- Horumariyaan xirfadooda wadhadalka
- Dib ula soo noqdaan kalsoonidooda xirfada nolol maalmeedkooda.

3.21 Kalkaalisada Dugsiga

Kalkaalisada Dugsigu waxay ku siin doontaa baadhitaan guud oo caafimaadka oo dugsiga ka dhacada oo dhamaan carruurta sanadkooda koowaad ah iyo sanadkooda koowaad ee dugsiga sare. Waxaad caadi ahaan lagugu soo casuumi doonaa inaad timaado casharadaa kalaalisadu bixiso si aad ugal ahadasho caafimaadka ilmahaaga iyo koritaankiisa. Taasi waxa ka mid ah talaalka iyo baadhitaanka indhaha, magalka, dhererka, iyo tasmada miisanka iyo jidhka (body mass index). Haddii ilmahaagu uu leeyahay dhibaato caafimaad ayuu Kalkaalisada

Dugsiga ayaa kala hadli doonta taas waalidka iyo masuulka iyadoo u gudbin doonaa ilmaha tijaabooyin kale iyo daawweyn.

3.22 Barnaamijka Talaalka Carruurta

Talaalka ayaa ah habka ugu sugan ee lagu hor istaago in ilmahaagu uu infegshanadu kala duwan ku xanuunsado tusaale ahaan jadeeco. Ilmaha ayaa qaata talaaladiisa ugu horeeya markuu gaadho todobaadka 8 aad. Taas waxa lagu siin doonaa GP-gaaga. Waxay u baahan tahay dhowr jeer oo la muddo si ilmahaaga si buuxda ay u difaacdo iyadoo ay muhiim tahay in la wada qaado talaalka.

Haddii talaalku laga baaqdey ayuu ilmahaagu mar kale qaadan karaa, xataa haddii muddo badani u dhaxayso. Uma baahna inay dib u bilaabaan talaalka mar labaad. Cudurada qaarkood ayaa carruurta waaweyn u noqon kara khatar sidaas darteed waa muhiim inay helaan irbadooda xigta ee kor loogu qaadaayo difaacooga. Northern Ireland cudurada la bixiyo talaalkooda waxa ka mid ah: Dabeysa, Gawracatada, teetanada, Xiiqdheerta (Pertussis), Hib, Minijiitiska Kooxda C, Jadeecada, Qanjo-, jadeecada iyo (jadeeco Jarmalka). Uma baahnid inaan lacag ku bixiso talaaladan.

Macluumaadka Qaaxada ama loo yaqaan TB-da iyo infegshanka cudurada BCG ayaa lagu heli karaa luqadaha kala duduwan ee bogga internedka ee Hay'ada Caafimaadka Bulshada.

<http://www.publichealth.hscni.net/>

Warqada macluumaadka waxay bixinaysaa macluumaadka calaamadaha, kahortaga iyo daaweynta.

GP-gaaga, booqdaha caafiaadka, kalkaalisada dugsiga ama kalkaaliso joogta GP-ga ayaa kaa caawin doonta su'alahaaga ku sabsan talaalka.

3.23 Adeega Farmasiiga (Farmasiilaha)

Farmasiiga (marmarka qaar loogu yeedho kemist) waa khabiiir daawoyinka iyo sida ay u shaqeeyaan. GP-gaaga waa qofka go'aaminaaya daawooyinka aad qaadanayso. Waxay ku siin doonaan foom loo yaqaan warqada daawada taas oo ku siinaysa ogolaansho aad farmasiiga kaga soo qaadato daawada. Taas la'aanteed kuma siin karro farmasiigaagu daawoyinka, marka laga reebo daawooyink yaryar oo kaliya sida xanuun jabiyaha, kaas oo aad sidaas oo kale ka soo qaadan karto suber maarkadka iyo dukaanada kaleba. Daawooyinka lagu bixiyo warqada daawada ayaa hadda ah lacag la'aan Northern Ireland.

Farmasiigu waxa kale oo uu bixiyaa adeegyo kale oo ku lug leh arimaha caafimaadka ee gaarka - sida ka hortaga uurka ee degdega, is tijaabinta uurka, badalida irbada, saadka ogsajiinta iyo kaadi ceshi la'aanta - iyagoo bixin karaa talo ku sabsan sida si caafimaad leh loogu noolaado iyo xanuunada yaryar - sida cayayaanka iyo fayruska, xasaasiyada, caafimaadka dumarka ama juucjuuca yar iyo xanuunka.

Macluumaadka xiliyada shaqada farmasiiyada degaankaaga ayaa la soo galiyaa internetka

<http://www.hscbusiness.hscni.net/services/pharmacyota.htm>.

3.24 Dhakhtarka ilkaha

Haddii aad raadinayso daawaa Dhakhtarka ilkaha waa inaad iska diiwaan galsio dhakhtarka ilkaha. Si aad iskaga diiwaan galsio Dhakhtarka ilkaha waa inaad haysato Kaadhka Daawada. Haddii aad tahay soo booqde waxaad sidoo kale heli doontaa daaweyn. Waa inaad hubiso in Dhakhtarka ilkaha ee ku eegayaa uu kugu daaweynaayo bukaan socodka (HSC-ga). Waxa laga yaabaa inaad bixiso qaar ka mid ah adeegyada daaweynta ilkaha, taas oo ku xidhan xaaladaada, sida haddii aad ka yartey 16 sanno, aad ka yartey 19 jir aad ku jirto waxbarashado buuxda iyo haddii aad uur leedahay.

Ka hel Dhakhtarka ilkaha Northern Ireland

<http://www.hscbusiness.hscni.net/services/2070.htm>

3.25 Dhakhtarka indhaha

Haddii aad u baahan tahay in indhahaaga la eego, la xidhiidh Dhakhtarka indhaha oo diiwaan gashan. Waxa laga yaabaa inaad bixiso qaar ka mid ah adeegyada daaweynta ilkaha, taas oo ku xidhan xaaladaada, sida haddii aad ka yartey 16 sanno, aad ka yartey 19 jir aad ku jirto waxbarashado buuxda iyo haddii aad uur leedahay. Haddii aad xaq u leedahay daaweynta, waxaad sidoo kale u baahan tahay kaadhkaaga daawada si aad u hesho daaweynta HSC-ta ee lacag la'aanta

4. Maxaa dhacaaya haddii aanad ku qanacsaneyn Adeega aad heshay?

4.1 Habka cabashada

Inaad cabasho sameyso ma saameynayso xaquuqdaada iyadoo aan keeni karin inaad weydo adeeg laguugu qiimeeyey inaad u baahan tahay.

4.2 Sida loo sameeyo cabashada

Waxaad cabashadaada u sameyn kartaa habka, qaabka ama luqada adiga kugu haboon. Taasi waxay noqon kartaa inaad toos ugu sameyso, ama warqad iyo emayl ugu dirto. Waa inaad isku deydo inaad siiso Waaxda cabashooyinka (Complaints Department) macluumaadka ay ka midka tahay:

- Sida laguula soo xidhiidhaayo
- Cidee iyo waxa aad cabashada ka sameynayso
- Halka iyo marka ay sababtay cabashadu keentey dhacdey
- Haddii ay suurtoagal tahay, maxaad rabtaa in lagu sameeyo.

Sida fiican waa inaad isla markaaba ka sameyso cabasho, caadi ahaan lix bilood gudahood marka aad dareento inaad haysato arin cabasho aad ka sameyn karto caadi ahaan wax aan ka badneyn 12 bilood dhacdada ka dib.

4.3 Sida cabasho looga sameeyo GP-ga

Haddii aad rabto in lagu raali galiyo, in sharaxaad lagu siiyo ama dib loo eego daaweyntaada, waa inaad marka hore la xidhiidho meesha aad ka heshay daryeelka. Cosbitaalka, xarunta GP-ga, Cosbitaalka Gaarka ama Ciyaadada aad ka heshay daryeelka ayaa leh habkeeda cabashada ee gaarka. Fadlan la xidhiidh iyaga wixii macluumaad ah.

Waxaad faahfaahin ku sabsan cabashada adeega caafimaadka ee Northern Ireland ka helaysaa bogga internedka ee NI Direct <http://www.nidirect.gov.uk/make-a-complaint-against-the-health-service>

Waxa kale oo la xidhiidhi kartaa emaylka Patient and Client Council complaints.pcc@hscni.net ama telefoonka lacag la'aanta ee 0800 917 0222.

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Belfast:

Waxda Cabashada ee Hay'ada Caafimaadka iyo Daryeelka bulshada ee Belfast.

Musgrave Park Hospital

Belfast BT9 7JB

Tel: (028) 9504 8000

Emaylka: complaints@belfasttrust.hscni.net

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Waqooyiga:

Service User Feedback Department,

Bush House,

45 Bush Road, Antrim,

BT41 2Q3

Telefoonka (028) 9442 4655.

Emaylka: user.feedback@northerntrust.hscni.net

Waxa kale oo aad buuxin kartaa oo aad soo diri kartaa Foomka Adeega Jawaab celinta Daryeel isticmaalayaasha

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Koonfur bari:

Si aad ula xidhiidh maareeyaha cabashada ayaad: Waad u imaan kartaa, telefoon u soo diri kartaa, u soo qori kartaa qoraal, fagas u soo diri kartaa ama emayl u soo qori kartaa Waxda Cabashada;

Head of Complaints & Patient Liaison Service

Risk Management & Governance

Lough House

Ards Community Hospital
Newtownards
BT28 4AN
Telefoonka: (028) 9056 1427
Telefoonka qoraalka: (028) 9151 0137
Fagaska: (028) 9056 4815
E-maylka: complaints@setrust.hscni.net

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Koonfurta:

Corporate Complaints Officer
Craigavon Area Hospital
Portadown BT63 5QQ
Tel: 028 3861 4150
E-maylka: complaints@southerntrust.hscni.net

Hay'ada Caafimaadka iyo Daryeelka bulshada ee Galbeedka:

Maareeyaha Cabashada: Waaxda cabashooyinka
Altnagelvin Area Hospital
Londonderry
BT47 6SB
Tel: 028 7134 5171 - lambarka gudbinta: 214142
Ama toos u soo wac lambarka. 028 7161 1226
Adeega Qoraalka SMS-ta: 07780949796
E-maylka: complaints.department@westerntrust.hscni.net

Northern Ireland Ambulance Service (NIAS)

Maamulaha Cabashada iyo Xogheynta
Site 30
Knockbracken Healthcare Park
Saintfield Road
Belfast
BT8 8SG
Tel. 028 90400999
Telefoonka qoraalka; 02890400871
complaints@nias.hscni.net
www.niamb.co.uk

5. Maxaa kadib dhacaaya?

Cabashadaada ayaa lagu sheegayaa inay soo gaadhay 2 maalmood gudahood. Waxay isku dayi inay si buuxda uga soo jawaabaan cabashadaada 20 maalmood gudahood. Cabashooyinka qaarkood ayaa qaata wax ka badan kuwa kale. Waxay kuu sheegi doonaan haddii ay

soo baxdo inaanay ku soo jawaabi karin waxkhtigan la qabtey, iyagoo kuu sharaxi doona sababta.

6. Maxaa dhacaaya haddii wali aanad ku qanacsaneyn kadib marka ay Hay'adu baadhitaan ku sameysay cabashadaada?

Haddii aanad wali ku qanacsaneyn, waxaad u soo gudbin kartaa cabashadaada Northern Ireland Commissioner for Complaints (Ombudsmanka). Ombudsmanku waxa uu eegi doonaa cabashadaada si uu ugu go'aamiyo in ay u baahan tahay inuu baadhitaan ku sameeyo iyo in kale.

Macluumaad dheeraad ah oo adeegyada uu bixiyo Ombudsman ayaad helaysaa markaad la soo xidhiidho:

The Ombudsman
Freepost BEL 1478
Belfast
BT1 6BR Telefoonka lacag la'aanta: 0800 34 34 24

E-maylka: <mailto:ombudsman@ni-ombudsman.org.uk>
www.ni-ombudsman.org.uk

7. Halkee kale ayaad ka helaysaa Talo iyo Macluumaad?

Talooyinka iyo macluumaadka ayaa laga heli karaa:

- The Health and Social Care Board <http://www.hscboard.hscni.net>
- Hay'adaada Caafimaadka iyo Daryeelka bulshada:
<http://www.belfasttrust.hscni.net>
<http://www.northerntrust.hscni.net>
<http://www.setrust.hscni.net>
<http://www.southerntrust.hscni.net>
<http://www.westerntrust.hscni.net>
- Hay'ada Daryeelka Caafimaadka
<http://www.publichealth.hscni.net/>
- Golaha Macmaamiisha Bukaanku socodka
<http://www.patientclientcouncil.hscni.net>
- Ururka Adeegyada Ganacsiga <http://www.hscbusiness.hscni.net>

7.1 Khadka Caawimada ee NI: www.helplinesnetworkni.com

Bogga www.helplinesnetworkni.com bixinaaya hal meel oo laga helo lambarada iyo bogga adeega caawimada ee Northern Ireland, halkaas oo ay dadku ka heli karaan caawimada saxa ah ee baahidooda ku haboon. Bogga sida dhibta yar loo wadi karo ayaa diiwaan galinaaya macluumaadka in ka badan 20 khadadka caawimada ee Northern Ireland ee ay wadaan ururada dawliga, tabaruca iyo kuwa bulshada, ee dhamaa waxqabadka aan faa'iido laga raadineyn. Boggu waxa uu bixinayaa meel wax laga raadiyo taas oo u suurto galinaysa isticmalayaasha siday u raadsan lahaayeen gargaarka ku haboon iyagoo kaliya ku qoraaya kalmadao yaryar, si ay u helaan macluumaad waxa uu khadka caafimadu bixinaayo iyo macluumaadka xidhiidhka oo sugan iyo xiliga shaqada. Xubnaha shabakadu waxay bixiyaan adeegyo kala duwan oo muhiimm ah marka lagu daro macluumaadka, talo bixinta, la talinta, dhageysiga iyo la saaxiibida, iyagoo kafeynaaya baahiyo iyo arrimo badan oo kala duwan.

- Qofka degaankaga ah ee la doortey <http://www.nidirect.gov.uk/elections-in-northern-ireland>
- Citizens Advice Bureaux ga degaankaaga <http://www.citizensadvice.co.uk>
- Xarunta Sharciga NI <http://www.lawcentreni.org>
- Gudiga Xuquuqda Aadmaha ee Northern Ireland <http://www.nihrc.org>
- Gargaarka Qoyska <http://www.familysupportni.gov.uk>
- South Tyrone Empowerment Programme (STEP) <http://www.stepni.org>
- The Northern Ireland Council for Ethnic Minorities (NICEM) <http://www.nicem.org.uk>
- Northern Ireland Council for Voluntary Action (NICVA) <http://www.nicva.org>

Haddii aad rabto macluumaad kale oo dheeraad ah oo ku sabsan HSC iyo Northern Ireland fadlan riix linkiga lagu siiyey:

[Health and Social Care in Northern Ireland Gateway](#)