



Waraqda xaqiijinta

Boosyada marka aad dareento neeftaadu kugu yartahay

Waxaan diyaarinay warqadan xaqiijinta si ay kuu caawiso marka aad neefta ku adkaato. **La-talin ka doono Dhakhtarkaaga haddii neef yarida ay kugu cusub tahay, ama haddii neefsashadaadu ay ka sii darayso.**

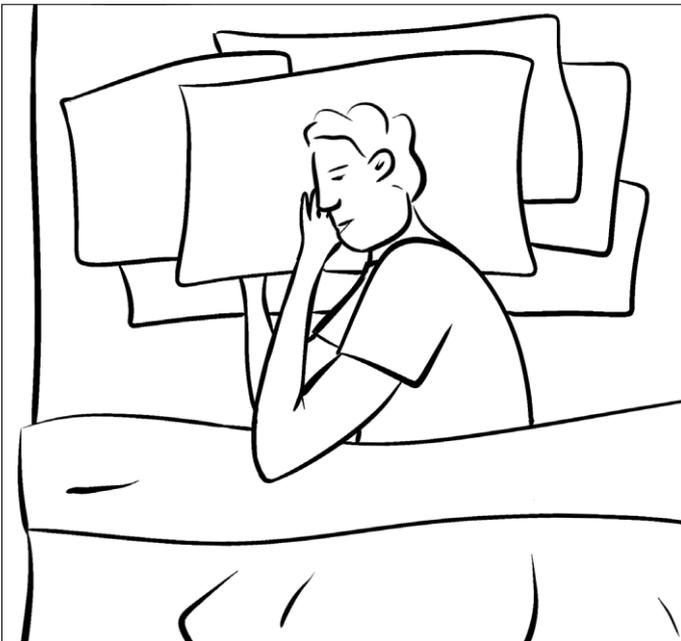
Qaabkani wuxuu kaa caawin karaa inaad si fudud u neefsato. Waxay kaloo kaa caawin karaan inaad dareento raaxo badan markaad neeftaada ku adkaato Haddii ay kugu adagtahay inaad kasii wado goobahan, la hadal kooxdaada daryeelka caafimaadka. Waxay kuu soo jeedinayaan isbedel adiga kugu habboon.

1. Ku seexo dhinacaaga

- Isku jiifo sariirta ama fadhiga
- Isticmaal barkin ama barkimo si aad madaxaaga iyo laabtaada u taageerto
- U leexo dhankaaga bidix ama midig, oo xoogaa u tiirso dhinaca calooshaada
- Gacantaada hoose dhig barkinta hoosteeda
- Cududdaada sare ku xaji barkinta, adoo taageeraya madaxaaga
- Lugtaada sare kor u laab

2. Horay u foorarso markaad fadhido

- Ku fadhiiso miiska
- Cagahaaga wax yar kala fur
- Gacmahaaga miiska saar oo kuhaay
- Madaxa iyo jirka sare u leexo si uu miiska ugu fadhiisto
- Isticmaal marawaxad ama kabbasho biyo si aad isu qaboojiso



3. Joogsasho nasasho leh

- Gidaar ku tiirso
- Gacantaada geli jeebkaaga ama suunka si aad u taageerto
- Dabci garbahaaga, gacmahaaga iyo qoortaada



4. Horay u foorarso markaad istaagto

- Ku tiirso miiska sare shaqada ama meel kale oo adag
- Ku ilaali masaafada kugu habboon ee u dhaxaysa jidhkaaga hoose iyo dusha sare
- Dabci garbahaaga, gacmahaaga iyo qoortaada



www.kch.nhs.uk/breathlessness-support

Acknowledgement

Original resources were provided by the Breathlessness Intervention Service at Addenbrooke's Hospital. Adapted and trialled in the NIHR and Cicely Saunders International funded Breathlessness Support Service trial (2010) at King's College Hospital.

Adaptation of the resources for the "Breathlessness Support: addressing the ethnicity and health literacy imbalance" project (2024) was funded through Q Exchange.

