



Waraqda xaqiijinta

Xasilloonida Jimicsiga

Waraqdan xaqiijinta waxay sharraxaysaa sida loo isticmaalo hagida sawirada. Barashada sida tan loo sameeyo waxay ku caawin kartaa marka ay neeftaadu kugu adkaato. **La-talin ka doono Dhakhtarkaaga haddii neef yarida ay kugu cusub tahay, ama haddii neefsashadaadu ay ka sii darayso.**

Diyaarin

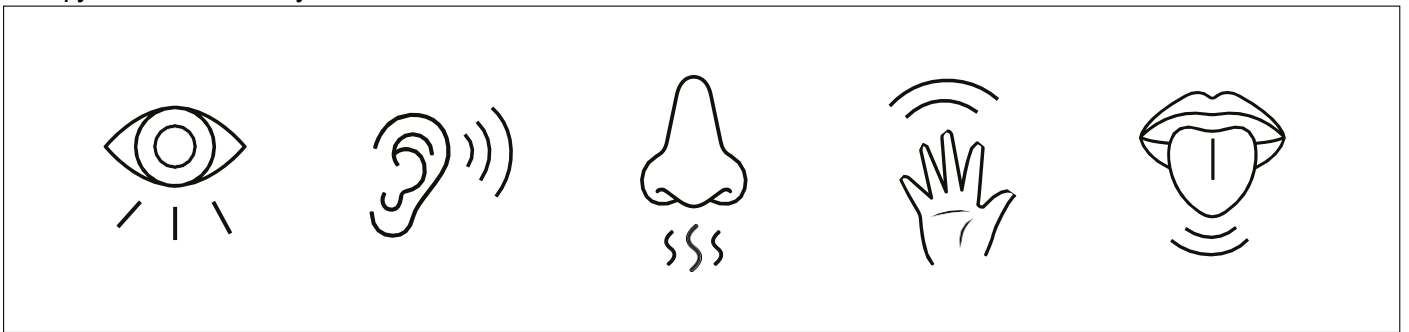
- Isku day inaad hesho boos raaxo leh, sida fadhi ama sariir.
- Dadka kale u sheeg inay ku mashquulinin Telefoonka meel iska dhig.

Naso

- Indhaha isku qabo.
- Haddii ay kugu adag tahay inaad indhahaaga xidho, dooro meel gidaarka ama sagxada kaa soo hor jeeda. Indhaha ku hay meeshaas.
- Maskaxdaada, hubi qeyb kasta oo jidhkaaga ka mid ah si aad u hesho qeybaha dareenka. Iska ilaali weji maroorsiga/kaduudka, ama garbaha foorarsan/qaloocon Isku day inaad u nasashido si tartiib ah muruqyada.

Bal ka fikir dhacdo

Dooro meel gaar ah oo aad ku dareento farxad iyo amaan. Waxay ku jiri kartaa gudaha ama banaanka. Markaad xaalada maskaxdaada ku aragtid, isticmaal shanta dareen si ay kuugu muuqato mid dhab ah. Bal qiyaas tafaasiisha yar.



- Marka hore, maxaad arki **kartaa**? Ka fikir qaababka iyo midabada.
- Marka xigta, maxaa ka **maqli kara**, oo **urisa**?
- Bal qiyaas inaad shey yar soo qaadayso. Sidee **dareemaysaa**? Qaabkee buu yahay? Ma qallafsan yahay mise waa siman yahay?
- Hadda, ka feker dareenka **dhadhanka**. Waxaa laga yaabaa inaad haysatid wax aad cunto. Waxaa laga yaabaa inaad dhadhamin karto hawada fiican.

Xusuusnow sida aad ugu qanacsan tahay oo aad ugu faraxsan tahay meeshan gaarka ah. Markii aad dareentid xasillooni iyo in ay tahay waqtigii aad ku dhameysan lahayd, ka tag goobtaada maskaxdaada kujirto.

Markaad dhameysato

- Ka dib markaad ku jirto xaalad degdeg ah, jidhkaagu wuxuu u baahan yahay waqti uu ku soo kabsado. Ku raaxayso dareenkan.
- Si tartiib ah u kac. Ha ku degdegin inaad si too ah u soo wareegto.

Talooyin

Inta badan ee aad ku celceliso jimicsigan, ayaa kuu fududaan doona. Dhaqan ahaan, waa inaad awood u yeelatid inaad la qabsato marka aad u baahan tahay.

- Ku bilow wax yar - isku day 10 daqiiqo, laba jeer maalintii.
- Telefoonka ku duub fariimaha aad rabto ama qof ku weydii in uu ku caawiyo. Isticmaalka dardargelinta la duubay waxay ka joojin kartaa maskaxdaada inay **'ka dhaqaaqdo'** waxayna kaa caawin kartaa inaad diirada saarto.

www.kch.nhs.uk/breathlessness-support

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