



Waraqda xaqiijinta

Adigo Isticmaalaya hawo-qaadaha gacanta lagu qabto

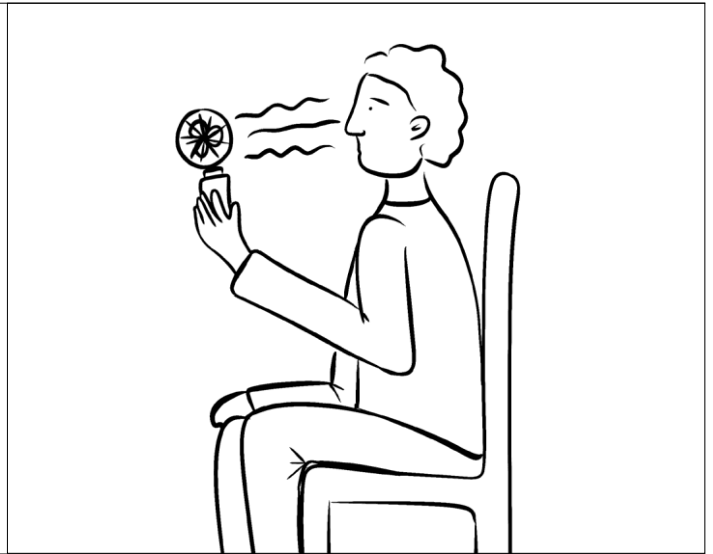
Waxaan diyaarinay warqadan xaqiijinta si ay kuu caawiso marka aad neefta ku adkaato. **La-talin ka doono Dhakhtarkaaga haddii neef yarida ay kugu cusub tahay, ama haddii neefsashadaadu ay ka sii darayso.**

Isticmaalka marawaxada maka caawin doontaa marka aan dareemo neefta oo gabaabsi ah?

Hawo qabow oo ka timaada marawaxada gacanta lagu hayo ayaa laga yaabaa inay kaa caawiso inaad dareento neefsasho-la'aan. Marwaxada korontada ku shaqeeyso ee leh saddex ama in ka badan oo shabaq ayaa u muuqata inay si fiican shaqeeyso. Hawada kasobaxda waa in ay ahaataa mid dhexdhexaad ah ama xoog leh.

Sideen u isticmaali karaa marawaxadda?

- Istaaji oo meel fiican dhig.
- Ku hay marwaxada 6 inji ama 15 sentimitir wejigaaga hortiisa.
- Ku toosi marwaxada **bartanka** wejigaaga.
- Dareen hawo dhaqdhaqa **hawo dhinacyada sankaga** iyo **bushimahaga kore**.
- Waa in aad dareentaa neefta oo yaraata daqiiqado yar gudahood.



Goorma ayaan isticmaali karaa marawaxadda?

Waxaad isticmaali kartaa marawaxadda ilaa inta jeer ee aad rabto. Marwaxada waxa laga yaba inay kugu caawiso:

- haddii aad si lama filaan ah neefsada u yarato
- marka aad hawlaha ka nasaneyso.

Xusuusnow inaad dib dab ugiliso marawaxada ama aad qaado baytari labad marka aad ka maqan tahay guriga.

Miyuu ammaan yahay isticmaalka marawaxadaha gacanta lagu qaado?

Ma jiraan wax dhibaato ah oo la ogyahay oo ku saabsan isticmaalka marwaxada marka aad dareento neefta oo kugu yarato.

Haddii aad dareentid in marwaxada gacanta lagu qabto uusan adiga kugu habboonayn, isku day:

- marawaxadaha la istaajin karo dhulka ama miiska
- fur daaqadaha si ay hawo qabow u soo gasho
- waxaadna u isticmaashaa wejigaaga maro qabow.

www.kch.nhs.uk/breathlessness-support

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