

Boroonkiitada

Somali

Baroonkiitadu waa caabuqa xabadka oo caadi ah kuna dhaca carruurta yar yar, waxaana keena caabuqa fayraska ee sanbabada. Caabuqu wuxuu keena barar iyo xab ku samaysma hawo-mareenada, taas oo adkeysa neefsiga.

Baroonkiitadu waxay ku badan tahay dhallaanka da'doodu ka yar tahay lix bilood, laakiin mararka qaarkood waxay ku dhacaan dhallaanka ilaa 12 bilood jira.

Daawooyinku badanaa ma caawiyaan daawaynta Baroonkiitada. Carruurta waxay u baahan yihiin inay nastaan oo ay helaan quudino yar marar badan, si aysan ku daalin marka la quudinayo oo aysan fuuq-bixin.

Haddii uu ilmahaagu qabo Baroonkiitada, waa inaad iska ilaalisaa inaad la xiriirto dadka kale dhowrka maalmood ee ugu horreeya, maadaama fayraska keena Baroonkiitada lays-qaadsiyo.

Calaamadaha iyo astaamaha baroonkiitada

Cudurku wuxuu u bilaabmaa sidii hargab, iyo astaamaha ugu horreeya ee ilmahaagu yeelanayo waxaa mid ah qufac khafiif ah, iyo duuf ama sanko oo xiran. Hal ama laba maalmood ka dib, qufaca ilmahaagu wuu ka sii darayaa, waxayna bilaabaya inay yeeshaan dhibaatooyin neefsasho. Astaamahooda waxaa ka mid ah:

- Neefsasho degdeg ah
- neefsashada oo sharqan leh una muuqata qiix
- neefsashadu waa shaqo adag - waxaad arki kartaa feeraha ama maqaarka ka hooseeya qoorta oo hinraagaya ama dulasha oo neef-tuuraya; Carruurta yaryari waxay madaxooda wareejiyaan markay neefsanayaan
- dhibsasho iyo xummad
- dhibaatooyin cunnid ama cabitaan.

Calaamaduhu inta badan waxay aad u xun yihiin maalinta labaad ama maalinta saddexaad, ilmahaagu wuu jiran karaa todoba ilaa 10 maalmood. Qufacooda way sii socon karaan laba ilaa afar toddobaad.

Goorta la arkayo dhaqtarka

Waa inaad la kulantaa dhaqtarkaaga haddii aad u maleyneyso in ilmahaagu qabo Baroonkiitada. Waqtiga intiisa badan, baaritaanada sida raajada feeraha, suufka sanko lagu soo-tiro ama baaritaanka dhiigga maahan lagama maarmaan in la ogaado cudurka Baroonkiitada.

Haddii ilmahaagu qabo dhibaato xagga neefsashada ah ama uu dhibaato kala kulmo quudinta, waxaa laga yaabaa inay u baahdaan in la dhigo isbitaalka. Isbitaalka dhexdiisa, shaqaaluhu waxay u baahan karaan:

- inay ilsha-kuhayaan ilmahaaga
- siiyaan ogsajiin dheeraad ah
- ka siiyaan cabitaan dheeraad ah tuubo laga geliyo sanko ilaa caloosha (nasogastric tube), ama si toos ah ugu xiran xiddidka iyada oo loo marayo faleebo (daaweynta duritaanka ama IV).

Antibiyootikada lama siiyo sababtoo ah baroonkiitada waxaa keena fayraska. Antibiotics ma daaweeyaan fayrasyada. Daawooyinka sida steroids, adrenaline iyo daawada xiiqda ayaa sidoo kale waxtar u leh daawaynta baroonkiitada.

Cunugyada qaarkood kuwaas oo qaada baroonkiitada waxay halis ugu jiraan inay si deg deg ah uga sii daraan. **Ilmahaaga u geewaaxda degdegga ee isbitaalka kuugu dhow haddii ay yeeshaan astaamaha baroonkiitada oo ay:**

- horay dhicis ugu dhasheen
- ka yar yihiin 10 toddobaad
- qabaan cudurrada karoona sambabada joogtada ah, cudurada wadnaha ee lagu dhasho, xaaladaha neerfaha oo karoona ah ama uu difaaca-jidhkoodu yar yahay (leeyihiin habdhiska difaaca oo daciif ah)
- Aborijiin ama Torres Strait Islander.

Daryeelka guriga ah

Carruurta badankood ee qaba baroonkiitada ayaa lagu daweyn karaa guriga kadib markii ay dhaqtarku arkeen. Waxaad ilmahaaga u daryeeli kartaa sida soo socota:

- Ilmahaagu ha helo nasasho badan.
- Sii naas nuujin badan, ama qadar yar oo ah caanaha la qasay ah. Tani waxay ka ilaalin doontaa inay noqoto mid aad u daalan marka la quudinayo, waxayna hubin doonaan inaysan fuuq baxin.
- Dhibcaha sankaa ee Saliinka ah ama buufinta sankaa ah ayaa kaa caawin kara in la banneeyo marinka sankaa ee xabka, kaas oo u ogolaanaya ilmahaagau uu si raaxo leh isu quudiyo.
- Ha u ogolaan qofna inuu sigaar ku cabo guriga ama agagaarka ilmahaaga. Tani waxay si gaar ah muhiim ugu tahay ilmaha yar ee qaba xanuunada neefsashada.

Waa inaad dib ugu noqotaa si aad u aragto dhaqtarkaaga haddii ilmahaagu qabo baroonkiito aynaiyo:

- waxay leeyihiin qufac ka sii daraya
- waxay qabaan wax ka yar nuskood quudkood ama diidayaan cabitaanka
- waxay u muuqdaan kuwo daal badan ama hurdo ka badan sidii caadiga ahayd
- waad ka walwalsan tahay sabab kastoo jirta.

U tag dhaqtarka kuugu dhow ama waaxda degdegga caafimaadka ee isbitaalka haddii ilmahaaga:

- ay ku adag tahay neefsashada, neefsashada aan caadiga ahayn ama si dhakhso ah u neefsashada ah ayadoo nasasho leh
- aan si caadi ah u quudan karin sababtoo ah qufac ama xiiqda
- is beddelaya midabka wajiga markay qufacayaan
- wuxuu leeyahay maqaarka kaas oo ciiro iyo dhidid leh.

Wac ambalaas isla markiiba haddii ilmahaagu la-halgamayo neefsashada ama haddii bushimuhiisu bilaabaan inay noqdaan buluug.

Qodobbada muhiimka ah in la xusuusto

- Baroonkiitada waa cudur faafa oo caadi ah, oo uu keeno fayras, taas oo saameeysa ilmaha ilaa 12 bilood jir.
- Carruurta inta badan way jiran yihiin todoba ilaa 10 maalmood. Way faafiyaan maalmaha ugu horeeya jirrada.
- Raadso daryeel caafimaad haddii ilmahaagu uu dhib ku yahay neefsashada, quudinta ama cabitaanka.
- Daawo badanaa looma isticmaalo si loo daaweeyo baroonkiitada. Carruurta waxay u baahan yihiin inay nastaan oo cabaan cabitaan yar marar badan.
- Hubso in ilmahaagu ku jiro meel aan sigaar lahayn.

Macluumaad dheeraad ah

- Macluumaadka Caafimaadka Ilmaha: [Fever in children](http://rch.org.au/kidsinfo/fact_sheets/Fever_in_children) (rch.org.au/kidsinfo/fact_sheets/Fever_in_children)
- Macluumaadka Caafimaadka Ilmaha : [Qandho dejiyaha carruurta](http://rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children) (rch.org.au/kidsinfo/fact_sheets/Pain_relief_for_children)
- Dr Margie: [Sida loo aqoonsado noocyada kala duwan ee qufaca](http://rch.org.au/drmargie/2015/06/16/how-to-recognise-the-different-types-of-cough-in-children) (rch.org.au/drmargie/2015/06/16/how-to-recognise-the-different-types-of-cough-in-children)
- Better Health Channel: [Baroonkiitada](http://betterhealth.vic.gov.au/health/conditionsandtreatments/bronchiolitis) (betterhealth.vic.gov.au/health/conditionsandtreatments/bronchiolitis)
- Arag dhaqtarkaaga



Waxaa soo diyaariyay The Royal Children's Hospital isagoo taageero ka helaya Dawlad-goboleedka Victoria Government rch.org.au/kidsinfo

Dib-u-eegidda 2018

Kids Health Info waxaa taageera The Royal Children's Hospital Foundation. Si aad ugu deeqdo, ka eeg rchfoundation.org.au

Afeefta

Macluumaadkani maaha inuu beddelo wada hadalka dhaqtarkaaga ama xirfadlaha daryeelka caafimaadka. RCH wuxuu sameeyey dadaal macquul ah si loo hubiyo in macluumaadkani uu sax yahay wakhtiga daabacaadda. RCH kama ahan mas'uul wixii khalad ah, isfaham la'aan, ama guusha daaweyn kasta oo lagu xusay qoraalladan. Macluumaadkan si joogto ah ayaa loo cusboonaysiiyaa. Had iyo jeer hubi oo hubi in aad haysato macluumaadkii ugu dambeeyey.