

# AALAD JUG-MASKAXEED

Oo loogu talagalay Tababarayaasha, Macalimiinta, Waalidiinta, Ardayda, Dadka-dhaya Ciyaaryahanada

## Waa maxay jug-maskaxeed?

Jug-maskaxeed waa dhaawac maskaxda ah oo aan lagu arki karin raajada-x, qalabka wax lagu eego ee CT, MRI-yada. Waxay saameyn ku leedahay sida qofka u fikiri karo iyo siduu wax u xusuusan karo waxayna keeni kartaa astaamo iyo calaamado kala duwan. MA AHA in qofka uu la miir-beelo jugta-maskaxda.

## Maxaa keena jugta-maskaxda?

Waxaa keeni kara jug-maskaxeed jug walba oo gaarta madaxa, wajiga ama qoorta, ama jug gaarta jirka oo xoogeedu u gudbo madaxa, tusaale, kubbad madax ku dhacda marka kubbadda cagta la ciyaarayo, ama in lagu qabto gidaarada marka xeeqada la ciyaarayo.

## Waa maxay astaamaha iyo calaamadaha jugta-maskaxda?

Hal ama wax ka badan ee astaamaha iyo calaamadaha soo socda waxay tilmaami karaan jug-maskaxeed in aay jirto:

|                      | Astaamaha La-sheegay:   | Calaamadaha La-arkay:   |
|----------------------|---|---|
| <b>Jir-ahaan</b>     | <ul style="list-style-type: none"> <li>Madax-xanuun</li> <li>Qoor xanuun</li> <li>Calool xanuun</li> <li>Aragti aan fasiix-ahayn</li> </ul> | <ul style="list-style-type: none"> <li>Cadaadis madaxa ah</li> <li>Madax-wareer</li> <li>Laba-labo</li> <li>Iftiinka/shanqarta oo dhibta</li> </ul>   |
| <b>Garasho-ahaan</b> | <ul style="list-style-type: none"> <li>Dareen aan fasiix ahayn</li> <li>Soo-jeedinta-maskaxda oo adkaata</li> </ul>                         | <ul style="list-style-type: none"> <li>Xusuusta oo ku adkaata</li> <li>Difficulty concentrating</li> <li>Difficulty remembering</li> <li>Confusion</li> <li>Slowed reaction time</li> </ul> |
| <b>Dabecad-ahaan</b> | <ul style="list-style-type: none"> <li>Carro-fudeyd</li> <li>Murugo/calool-xumo</li> </ul>  | <ul style="list-style-type: none"> <li>Walaac/neerfis</li> <li>Diiqadeysnaan/buufis</li> <li>Caadifado aan habooneyn</li> <li>Diiqadeysan/buufis</li> </ul>                                 |
| <b>Hurdo</b>         | <ul style="list-style-type: none"> <li>Dhaandhaanimoo</li> </ul>  | <ul style="list-style-type: none"> <li>Hurdo gam'idda oo adkaata</li> <li>Dhaandhaanimoo</li> </ul>   |

**Xusuus:** Waxaa dhici karta in ardayda da'doodu ka hooseyso 10, kuwa leh baahi gaar ah ama ardayda Ingiriis ama Faransiis uusan ahayn afkooda koowaad, aay ku adkaato in aay la wadaagaan dadka sida aay dareemayaan. Calaamadaha jugta-maskaxda ee ardayda yaryar waxaa dhici karta in aaysan u muuqan sida kuwa kale.

## Qorshe Wax-qabad: Waxa la sameeyo haddii aad ka shakisan tahay in ardayga aay gaartay jug-maskaxeed.

Haddii ardayga uu **miir-beelay:**

- Bilow Qorshe Wax-qabd Deg-deg ah oo wac 911.
- Ka soo qaad dhaawac qoorta ah in uu jiro iyo, haddii lagu tababaray oo kaliya, ka-jooji-dhaqdhaqaaqa ardayga ka hor inta aaysan EMS-ta iman.
- Ha qaadin ardayga ama qalabka ciyaaraha; sug EMS-ta in aay yimaadaan.
- Ha ka tagin ardayga keligii.
- La xiriir waalidka/weliga ardayga.

Haddii ardayga uu **miir-qabo:**

- Dhaqdhaqaaqyada isla-markiiba jooji.
  - Marka si amaan leh loo wadi karo, ka wad ardayga dhaqdhaqaaqa.
  - Samee qiimeyn bilow ah ee jugta-maskaxda – dib-u-eeg Astaamaha iyo Calaamadaha, samee Imtixaan xusuusta iyo Miisaanka (khasab ma aha).
- i. Qiimeynta bilowga ah ka dib, haddii jug-maskaxeed laga shakiyo:**
- Ha u ogolaan ardayga in uu ku laabto dhaqdhaqaaqa.
  - La xiriir waalidka/weliga ardayga si aay u qaadaan.
  - La joog ardayga ilaa waalidka/weliga ka yimaado.
  - Haddii calaamadaha ama astaamaha sii xumaadaan, wac 911.
  - Ogeysii waalidka/weliga in sida ugu dhaqsiga badan ardayga uu u baahan yahay dhaqar ama kalkaaliye caafimaad uu baaro oo sii koobi aaladdan ah.

**ii. Qiimeynta bilowga ah ka dib, haddii jug-maskaxeed aan laga shakiyin:**

- Ardayga wuxuu ku noqon karaa dhaqdhaqaaqa.
- La xiriir waalidka/weliga ardayga si aad u ogeysiiso dhacdada.
- Sii waalidka/weliga koobi aaladdan ah oo ogeysii in ardayga lala socdo 24-28 saacadood maadaama astaamaha iyo calaamadaha aay qaadan karaan saacado ama maalmo in aay soo baxaan.

## Imtixaamid Xusuus

Jug-maskaxeed ayeey tilmaami kartaa ku fashilmidda in si sax ah looga jawaabo mid ka mid ah su'aalaha soo socda.

- Dhaqdhaqaaqee/ciyaartee ayaan ciyaareynaa hadda?
- Garoonkee/Goobtee ayaan joognaa maanta?
- Waa gelinkee maalinta hadda?
- Waa maxay magaca macallinkaaga/tababarahaaga?
- Dugsigeed dhigataa?

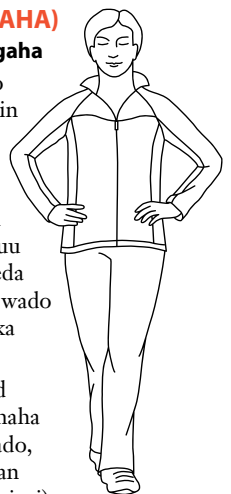
**Xusuus:** Su'aalaha waa in lala socodsiiyaa ardayga da'diisa iyo dhaqdhaqaaqa.

## Imtixaamidda Miisaanka (KHASAB MA AHA)

**Fariimaha loogu talagalay isdaba-dhigidda lugaha**

Weydii ardayga in lugaha uu isdaba-dhigo isagoo lugta laxaadka-yar dambeysiinaya. Culeyska waa in si isla eg labada lugood oo dhan loogu qeybiyo. Ardayga waa in uu isku dayaa in uu taagnaado muddo 20 ilbiriqsi ah isagoo gacmaha simaha ku haya indhahana isku-haya. Tiri inta jeer ee uu ardayga ka dhaqaaqay meeshan. Haddii ardayga uu ka turaanturoodo meesha, uu furo indha-hiisa/heeda oo uu ku noqdo meeshii bilowga ahayd oo uu sii wado miisaamiddii. Bilow waqtiga in aad xisaabto marka arday uu bilaabo oo uu indhaha isku-qabto.

Eeg ardayga 20 ilbiriqsi. Haddii ardayga uu qalad sameeyo (tusaale, gacmaha simaha ka qaado; indhaha furo; lugta hore ama ciribta kor u qaado; talaabsado, turaanturoodo, ama dhaco; ama uu joogo meel aan ahayn meeshii bilowga ahayd wax ka badan 5 ilbiriqsi), tan waxay tilmaameysaa jug-maskaxeed. SCAT 2 2009



# HAGAYAASHA ARDAYDA KA SOO KABANEYSA JUGTA-MASKAXDA

Waa muhiim in ardayda aay firfircoonaadaan oo isbortis ciyaaraan. Laakiin, ardayga lagu soo sheego jug-maskaxeed wuxuu u baahan yahay in uu raaco Ku-laabasho Waxbarasho/Ku-laabasho Qorshe dhaqdhaqaaq Jireed oo shaqsi ah, dhaqtarna uu la socdo.

## Ku-laabashada Waxbarashada iyo Ku-laabashada Dhaqdhaqaaq Jireed

Talaabada 1 ee ardayga lagu soo sheegay jug-maskaxeed waa isku mid Ku-laabasho Waxbarasho iyo Ku-laabasho Qorshe dhaqdhaqaaq Jireed.

**Talaabada 1:** Rest, Nasasho, leh dhaqdhaqaaq jireed iyo garasho oo xaddian. Tan macnaheedu waa TV, kombiyuutar, fariin qoraal ah (texting), ciyaaraha fiidyowga, ama aqris xaddidan. Talaabada 1 weey sii soconeyso ugu yaraan 24 saac iyo ilaa calaamadaha/astaamaha aay ka soo hagaagayaan ama ardayga oo ka noqonayo astaamo/calaamado la'aan.



## Ku-laabasho Waxbarasho\*

Habka Ku-laabashada Waxbarashada waa mid shaqsi ah oo tartiib ah si baahida ardayga ee gaarka loo daboolo. Ma jirto qaacidda hore loo sameeyey oo lagu sameynayo istaraatiijiyo lagu caawinayo ardayga leh jug-maskaxeed si uu ugu laabto howla-hiisa/heeda waxbarasho.

## Talaabada 2A: (astaamaha oo soo hagaagaya)

Talaabadan muddadeeda, ardayga wuxuu u baahan yahay istaraatiijiyooyin iyo/ama habab loo wajaho fasalka oo shaqsiga u gaar ah si uu ugu noqdo howlo waxbarasho oo buuxa – kuwan waxay u baahnaa doonaan in lala ekeysiiyo soo kabsashada sida aay u dhaceeyso.

Talaabadan marka la joogo, dhaqdhaqaaqa garashada ardayga waa in tartiib-tartiib loo kordhiyaa (dugsiga iyo aqalkaba) sababtoo ah jugta-maskaxda waxay saameyn kartaa waxbarashada sida uu ku yahay.

**Xusuus:** Howlaha garashada maskaxda waxay keeni karaan in calaamadaha jugta-maskaxda ardayga aay soo-noqdaan ama ka sii daraan.

## Talaabada 2B: (astaamo la'aan)

Ardayga wuxuu bilaabaa howlo waxbarasho isagoo aan lahayn istaraatiijiyooyin iyo/ama habab loo wajaho fasalka oo shaqsiga u gaar ah. Xitaa marka ardayga uusan lahayn astaamo, waa in si taxadar ah loo sii ilaaliyaa si loo eego astaamaha/calaamadaha in aay soo laabtaan iyo/ama in aay jiraan sii-xumaasho ku timaada dabecadaha shaqo ama wax-qabad.

**Xusuus:** Talaabdan waxay isku mar dhacaan Talaabada 2 ee – Ku-laabasho Dhaqdhaqaaq Jireed. Ardayda waxaa dhici karta in aay si toos ugu gudbaan Talaabada 2B haddii aaysan lahayn astaamo.

## Ku-laabasho Dhaqdhaqaaq Jireed

### Talaabada 2:

Shaqsigee ku xiran tahay, dhaqdhaqaaq jireed oo fudud oo neefsashada ku shaqo leh oo kaliya sida socod ama baaskiil aan dhaqdhaqaaqeyn.

### Talaabada 3:

Dhaqdhaqaaq gaar ah oo la xiriira ciyaaro gaar ah, tus., ku taraarixidda barafka ee xeeqada, orodka sida kubbadda cagta. Oo aan lahayn istaabasho jireed.

### Talaabada 4:

Dhaqdhaqaaqyada aan lahayn istaabasho jireed, sida tababar murqaha dhisa oo isa-soo-tara, tababar-qaadasho istaabasho la'aan ah iyo u gudbid tababar ka sii dhib badan, tus., ku celicelinta dhiibidda kubbadda ee kubadda cagta iyo xeeqada barafka.

**Xusuus:** Talaabada 5 ka hor waxaa loo baahan yahay fasax dhaqtareed ama kalkaaliye caafimaad.

### Talaabada 5:

Marka dhaqtar laga helo fasax ka dib ka-qeybgal buuxa ee dhadhaqaaq jireed oo caadi ah ee ciyaaraha aan-la-is-taabtan. Tababar/ciyaaro-tababar ah ee ciyaaraha jirka-is-taabto.

### Talaabada 6:

Ka-qeybgal buuxa ee ciyaaraha jirka-is-taabto.

**Xusuus:** Talaabooyinka ma aha maalmo. Talaabo walba ugu yaraan waa in aay qaadataa 24 saac, dhererka waqtiga loo baahan yahay in lagu dhameystiro talaabo walbana waa kala duwanaa doontaa iyadoo ku saleysan xoogga jugta-maskaxda gaartay ilmah/dhalinyarta.

Haddii calaamado iyo/ama astaamo jug-maskaxeed soo laabtaan iyo/ama aay dhacdo sii xumaasho dabecadaha shaqo ama wax-qabad, ardayga wuxuu baahan yahay in uu baaro dhaqtar ama kalkaaliye caafimaad.

## Wixii war dheeraad ah ee jugta-maskaxda booqo:

**Concussions Ontario:** [www.concussionsontario.org](http://www.concussionsontario.org)

**Ophea:** [safety.ophea.net](http://safety.ophea.net)

**Parachute:** [www.parachutecanada.org/active-and-safe](http://www.parachutecanada.org/active-and-safe)

**Dowladda Ontario:** [www.ontario.ca/concussions](http://www.ontario.ca/concussions)

*\* dib ayaa loo soo saaray iyadoo ogolaasbo laga beysto Ophea, Ontario Physical Education Safety Guidelines (sannad walba ayaa la cusbooneysiisaa) Waxaa laga saleeyey aaladaha qoraaleed ee aay ku jirto International Consensus Statement on Concussion in Sport (2013) iyo aaladda jugta-maskaxeed ee ThinkFirst.*

*Aaladdan waxaa dib-u-eegay the Parachute/ThinkFirst Canada Concussion Education iyo Awareness Committee iyo the Recognition and Awareness Working Group, qeyb ka mid ah the mTBI/ Concussion Strategy, ee Ontario Neurotrauma Foundation oo bixisay kharashka lagu sameeyey aaladdan.*