

Ballan Qaad wax loogu Raaxeynaayo: Soo Koobidda Macmiilka

(Commitment to Comfort: Client Summary)

Macluumaad lagu hagaajinayo raaxada talaalada

(Information to improve comfort with immunizations)

Waa maxay Ballan Qaad wax loogu Naseexeynaayo?

(What is the Commitment to Comfort?)

Ilaa 25 boqolkiiba dadka qaangaarka ah waxay qabaan cabsi ama walwal ku saabsan cirbadaha. Ballan qaadka AHS ee wax loogu naseexeynayo (CTC) waxaa kujira shan mabda' oo gacan ka geysanaya sidii loo dhimi lahaa xanuunka iyo dhibaataada ka horeysa tallaalka, ama ka dambeysa ama inta uu socdo. Mabaadii'daasi waxay ku salaysan yihiin cilmi baaris.

Shanta mabaadi'da ee CTC

(Five CTC Principles)

- Deji Qorshe Raaxo (tallaalka ka hor)**
 (Make a Comfort Plan (before immunization))
 - Waxaad naftaada u dejin kartaa qorshe raaxo ballantaada tallaalka ka hor.
 - Guud mar ku samee mabaadii'da CTC ee hoos ku xusan si aad u aragto wixii adiga sida ugu wanaagsan kuu anfaca.
 - Xiro shaar gacmihiisa kor loo laabi karo ilaa garabka, ama mid gacmo gaab ah.
- Isticmaal kareemka kabuubyada - waa wax la yeeli karo ama la deyn karo**
 (tallaalka ka hor)
 (Use Numbing Cream - optional (before immunization))
 - Kareemka kabuubyada maqaarka dushiisa ayuu socdaa si uu u dhimo xanuunka cirbadda.
 - Kareemka kabuubyada qof walba waxaa laga yaabaa inuusan u fiicnayn.
 - Kala hadal farmashilaha wax ku saabsan kareemka kabuubyada noociisa kuu roon adiga.
 - Isticmaal kareemka kabuubyada **ballantaada** ka hor.
 - Kareemka kabuubyada ma **yaali** doono ama lagama bixin doono goobaha tallaalka ee AHS.
 - Noocyada kala duwan magacyadoodu waxay kala yihiin Ametop, Emla iyo Maxilene. Waxaad raacdaa tilmaamaha ku dul qoran.
 - Eeg Tilmaamaha [Numbing Cream Guide](#) (Kareemka Kabuubyada) si aad u hesho xog dheeraad ah aadna ula hadasho farmashile.
- Si Raaxo Leh u Fariiso (inta lagu tallaalay)**
 (Position Comfortably (during immunization))
 - Haddii ay macquul tahay, u fariiso si raaxo leh oo toosan ayadoo gacantaadu ay dabacsan tahay.
 - Haddii aad hadda ka hor tallaalka ku suuxday, ama aad dareemeyso miyir beel, durba u sheeg qof bixiya daryeel caafimaad oo haddii ay macquul tahay, fariiso ama dhabbaco.
 - Kicinta iyo dabcinta murqaha ayaa ku caawin kara (kici 15 ilbiriqsi intaa kadib, dabci 15 ilbiriqsi).

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4. Isticmaal Jahwareer (inta tallaalku socdo)

(Use Distraction (during immunization))

- Inaad iska jahwareeriso oo is ilowsiiso tallaalka waxay kugu caawin kartaa inaad dareento raaxo badan.
- Waxaad meel kale u jeedin kartaa dareenkaaga inta tallaalku socdo. Tusaale: aayar u qaado neef qoto dheer, isticmaal taleefankaaga/taableet, ama ka fikir meel aad jeceshahay.
- Eeg [Distraction Techniques Guide](#) (Tilmaamaha Hababka Jahwareerka).
- Kala hadal qofka ku tallaalaya ama qofka taageerada ku siinaya wixii kuu wanaagsan.
- Xasuusnow inaad timaado adigoo diyaarsan oo wata sameecadaha wax lagu dhageysto ee dhagaha la gashado ama wax lagu raaxeysto, haddii loo baahdo.

5. Isticmaal Luuqad Wanaagsan oo xushmo leh (tallaalka ka hor, inta uu socdo ama kadib)

(Use Positive Language (before, during and after immunization))

- Xasuusnow istaraatiijiyadaha raaxada ee CTC ee sida wanaagsan u shaqeeyay oo isticmaal waqtiga kaa xiga.
- Ka fikir inaad dadka kale la wadaagto khibradaada wanaagsan ee ku saabsan tallaalka.

Wixii xog ah ee dheeraad ah kala soo xiriir: [COVID-19 Care after Immunization](#)

(Qeybta Daryeelka COVID-19 ee Ka Dambeeya Tallaalka)