

Waa maxay farmashi-yaqaan daawo?

Somali

STAYWELL

Farmashi-yaqaannada daawada waa kuwa leh xirfad aad u sarraysa ee caafimaad kuwaasoo sannado badan loo tababaray inay noqdaan kuwa takhasus u leh daawada iyo sida ay u shaqeeyaan.

Si toos ah ayay kuula shaqayn karaan, iyagoo qayb ka ah kooxda caafimaadka guud, si loo xaqiijiyo inay daawadaadu ku caawinayso oo aad ku fiicnaato oo aadna ahaato caafimaad-qab.

In uu ka mid yahay farmashi-yaqaan kooxda caafimaadka guud macnaheedu waa in sida ugu fiican ay kuu daawayn karaan xirfadlayaasha ugu fiicam ee baahidaada quseeya.

Dhammaan farmashi-yaqaannadu waxay ka diiwaan-gashan yihiin Golaha Farmashiga Guud (General Pharmaceutical Council).

Wixii macluumaad dheeraad ah iyo daraasado kiisas, fadlan booqo NHS England ee

www.england.nhs.uk/commissioning/primary-care-comm/gp-action-plan/cp-gp-pilot

iyo the Royal Pharmaceutical Society ee

www.rpharms.com/our-campaigns/pharmacists-and-gp-surgeries

Sawirada waxaa bixiyay oo xuquuqda leh Satellite Pictures iyo The Old School Surgery, Bristol.

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Goorma ayaan arkayaa farmashi-yaqaan daawo?

Waxaad arkaysaa farmashi-yaqaan daawo markii aad u baahan tahay talo-bixin khabiireed ee ku saabsan daawadaada.

Haddii xaaladdaadu u baahan tahay baaritaan, waxaad caadiyan arkaysaa GP marka hore, kaasoo kaddib kuu gudbinaya kalkaaliye caafimaad ama famashi-yaqaan daawo.

Hoos waxaa ah tusaalayaal sida farmashi-yaqaan daawo wax u caawin karo:

Xaaladaha waqtiga dheer

Haddii aad qabto xaalad sida neef, nooca 2 ee macaanka, arthritis ama dhiig-kar sare, farmashi-yaqaan daawo wuxuu kaala hadlayaa daawooyinka aad qaadanayso si loo xaqiijiyo inay adiga kuu shaqaynayaan. Waxay sidoo kale kaa caawin karaan isbedelka nooca-nololeed si lagaaga caawiyo maaraynta xaaladdaada.

La kulmida saamayno gaar ah

Haddii aad kala kulmayso saamayno gaar ah daawooyinkaaga, adiga iyo farmashi-yaqaanka daawo ayaa ka wada hadlaya tan kana wada shaqaynaya si loo helo xal, sida badalaadda daawadaada ama cabbirka.

Haddii aad qaadanayso tiro daawooyin kala duwan, farmashi-yaqaan daawo ayaa kaa caawin kara si loo xaqiijiyo inay si fiican kuugu shaqaynayaan iyadoo wada jira.

Dib-u-eegidda daawooyinkaaga

Haddii aad qaadanayso daawooyin waqti dheer, waa in lagu arkay dib-u-eegid ugu yaraan hal mar sannadkii.

Farmashi-yaqaan daawo ayaa dib-u-eegis ku samayn kara dhammaan daawooyinkaaga, kala hadlayaa sida ay kuugu shaqaynayaan iyadoo samaynaya baaritaanno caafimaad, sida cabbirida dhiig-karkaaga. Waxay sidoo kale kuu habayn karaan baaritaanno dhiig iyo arrimo kale.

Kaddib ku sugnaasho cisbitaal

Haddii la badalay daawooyinkaaga intii aad ku jirtay cisbitaalka, farmashi-yaqaanka daawo ayaa kaa caawin kara sharaxaadda is-beddeladan iyadoo xaqiijinaya inaad ka hesho faa'iidada ugu badan daawooyinkaaga.

Xannuunada guud

Haddii aad la il-daran tahay xannuun guud sida hargab, sanboor, shuban ama cudur isha, waxaad arki kartaa farmashi-yaqaan daawo halkii aad ka arki lahayd GP-gaaga. Farmashi-yaqaan daawo wuxuu kuu qori karaa daawooyin lagu daawaynayo xaaladdaada. Waxaa mar kasta lagu gudbinayaa GP haddii ay jirto baahi.

Ballantaada

Sida markii aad arkayso GP ama kalkaaliye caafimaad, ayaad ku arki kartaa farmashi-yaqaan daawo qolka la-tashiga.

Arkidda farmashi-yaqaan ma badalayso ballanta lala leeyahay dhakhtar. Weli waad arki kartaa GP-gaada haddii aad u baahan tahay.

Farmashi-yaqaan daawo kuma siinayo daawooyinkaaga. Waa inaad ka qaadataa daawooyinkaaga farmashiyaha bulshada ama dhakhtarka bixiya sida caadiga ah.

Fadlan ogaysii goobta caafimaadka haddii aad u baahan tahay joojinta ama dib-u-samaysashada ballantaada.

