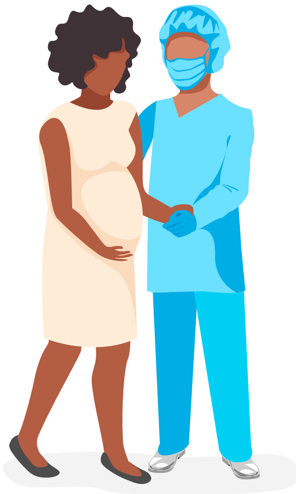
RCoA Royal College of Anaesthetists | OAA Obstetric Anaesthetists' Association | LabourPains | Trusted Information Creator – Patient Information Forum

Suuxdinta dhabarka hoose: khataraha iyo waxyeelada



Ku saabsan suuxdinta dhabarka hoose

Suuxinta dhabarka hoose waa nooc suuxin ah oo lagu geliyo tuubo caag ah oo aad u dhuuban (catheter)dhabarkaaga. Dhakhtarkaaga suuxinta ayaa isticmaala tuubada(catheter) si uu kuugu siiyo daawooyin xanuunka lagu baabi'iyo ama qaybta hoose ee jirkaaga loo kabaabyo. Kateetarka (catheter) wuxuu ku sii jirayaa dhabarkaaga, waxaadna heli kartaa daawo dheeraad ah oo xanuunka lagu baabi'iyo haddii aad u baahato.

Suuxinta dhabarka hoose (Epidurals) waxaa badanaa loo isticmaalaa xanuun baabi'in inta lagu jiro dhalmada si isku-soo-ururin murqaha (contractions) ay u noqdaan kuwo aan raaxo-darro badnayn. Waxaad ka heli kartaa macluumaad dheeraad ah oo ku saabsan suuxinta dhabarka hoose (epidurals) oo ku saabsan dhalmada bogga internetka LabourPains.https://bit.ly/PainRelief-Labour.

Suuxinta dhabarka hoose (Epidurals) sidoo kale waxaa loo isticmaali karaa qalliinka iyo xanuun baabi'iye qalliinka ka dib. Waxaad ka akhrisan kartaa wax badan oo ku saabsan suuxinta dhabarka hoose (epidurals) ee qalliinka boggayaga internetka kaas oo lagu heli karo luqado kala duwan halkan: www.rcoa.ac.uk/patientinfo/translations#languages.

Ku saabsan khatarta iyo suuxinta dhabarka hoose (epidurals)

Dadka waa kala duwan yihiin, waxaana adag in la saadaaliyo qofka uu saamayn doono waxyeello ama halis.

Ogaanshaha khataraha waxay kaa caawin kartaa inaad kala hadasho kooxdadaada caafimaadka oo aad gaarto go'aano xog-ogaal ah oo ku saabsan daryeelkaaga ama qorshaha dhalmada.

Khataraha ku jirta buug-yarahaan waa celceliska laga helay daraasadaha cilmi-baarista. Waxaad ka heli kartaa wax ku saabsan cilmi-baarista aanku bixinnay suuxinta ee qayb jirka ah iyo shaxda caddaynta khatarta, oo aad ka arki karto boggayaga internetka: www.rcoa.ac.uk/patientinfo/epidural-evidence-table.

Khatarahaagu way ka sarayn karaan wayna ka hoosayn karaan kuwa tiradaan. Haddii aad ka fikirayso in lagugu sameeyo qalliinka suuxinta dhabarka hoose (epidural) , dhakhtarkaaga suuxinta wuxuu kaala wada hadli doonaa khataraha u badan tahay ama kuu xooggan.

Haddii aad ka fekereyso in lagugu sameeyo suuxinta dhabarka hoose (epidural) xilliga dhalmada, waxaa laga yaabaa inaadan la kulmin takhtarka suuxinta ilaa aad foolaneyso. Maadaama foosha dhalmada ay noqon karto mid aan la saadaalin karin, waxaa laga yaabaa inaad go'aansato inaad hesho Suuxinta dhabarka hoose (epidural)xitaa haddii aadan qorshayn. Haddii suuxinta dhabarka hoose (epidural) uu qayb ka yahay qorshahaaga dhalmada iyo haddii kale, akhrinta buugyarahan iyo kuwa kale ee ku jira bogga internetka Xanuunka foosha (LabourPains) waxay kaa caawin karaan inaad u diyaargarowdo wax lama filaan ah oo aad ka fikirto su'aal kasta oo aad qabtid.

Khatarta iyo suuxinta dhabarka hoose (epidurals) inta lagu jiro dhalmada

Sida laga soo xigtay caddeynta ugu dambeysay, suuxinta dhabarka hoose (epidurals):

- ***kaama*** dhigeyso mid aad u badan tahay dhalmo qalliin (cesarean) ah
- ***kaama*** dhigeyso mid isticmaala qalab soo jiida ilmaha marka foosha lagu jiro (ventouse) ama qalabka lagu soo qabto ilmaha marka foosha lagu jiro †(forceps)
- kama ***dhigayo*** ilmahaaga mid hurdo qaba ama u gaysta waxyeello muddo dheer ah
- ***ma*** keeno dhabar xanuun dhalmada kadib.

Doorashada suuxinta dhabarka hoose (epidural) si xanuunka loogu baabi'yo inta lagu jiro foosha dhalmada waxay kaa caawin kartaa dhimista fursadda dhibaatooyinka halista ah, sida dhiigbaxa culus (haemorrhage), infekshannada, xinjirowga dhiigga ama baahida daryeelka degdegga ah (intensive care).

†Qalabka loo adeegsado in lagu caawiyo soo bixitaanka ilmaha inta lagu jiro dhalmo caadiga ah (vaginal birth).

suuxinta dhabarka hoose (epidurals) waxay dhalmada ka dhigi kartaa mid ammaan badan haddii:

- aad la noolshahay cayilka caloosha(obesity)
- aad leedahay dhibaatooyin caafimaad oo hore
- aad umalaynayso inaad hal imo ka badan sido
- ilmahaagu dhashay ka hor waqtigiisa [dhicis yahay (premature)].

Maxaa dhacaya haddii suuxinta dhabarka hoose (epidural) aysan shaqayn?

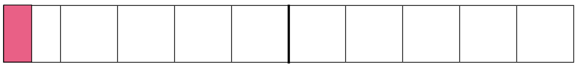
suuxinta dhabarka hoose (epidurals) mar walba si fiican uguma shaqeyso sidii la rabay, mararka qaarna gabi ahaanba ma shaqeyso. Waxay qaadataa qiyaastii 20 daqiiqo in la diyaariyo iyo ilaa 30 daqiiqo in ladareemo saamaynta buuxda. Haddii aysan si fiican kuu shaqeyneynin, u sheeg umulisadaada ama dhakhtarkaaga suuxinta. Waxay awoodaan:

- inay kugu siiyaan dawooyinka suuxinta dheeraad ah iyada oo la isticmaalayo kateetar (catheter)
- inay ku weydiistaan inaad beddesho booskaaga
- In lagu beddelo kateetarka meel kale oo dhabarkaaga ah(dib-u-meelayn)
- soo jeediyaan nooc kale oo dawooyinka suuxinta ah.

100 qof oo qaadatay suuxinta dhabarka hoose (epidural) inta lagu jiray foosha

ku dhawaad 10 ka mid ah ayaa sidoo kale u baahday daawo kale oo xanuun dhimis ah iyo suuxinta dhabarka hoose(epidural)

90-na uma baahan

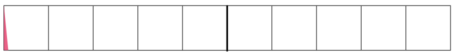
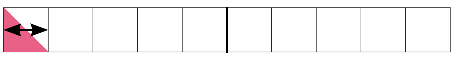


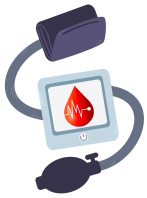
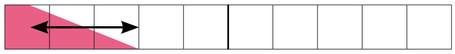
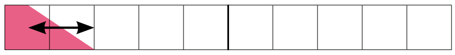
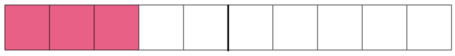
Qiyaastii 5 ayaa dib loogu celiyey suuxinta dhabarka hoose (epidural)

95-na uma baahan

Khataraha iyo waxyeellooyinka la xiriira suuxinta dhabarka hoose (epidurals)

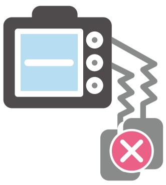
Tirooyinkan waxay ka soo baxeen 100 qof oo suuxinta dhabarka hoose (epidural) isticmaalay.

Maxaa dhacay?		**Mudo intee la'eg?** **Ma la daaweyn karaa?**	**Meeqa?** **laga soo qaaday boqolkii qofba (boqol qof)**
	Madax-xanuun (madax-xanuunka ka dib duritaanka qaybta hoose dhabarka [dural-ka])	Waxay dhici kartaa maalintii kowaad ilaa usbuuca ka dib suuxinta dhabarka hoose (epidural). Way fududaan kartaa oo way fiicnaan kartaa dhowr maalmood gudahood iyadoo la isticmaalayo xanuun baabi'iye aan dhakhtar qorin, ama way daran tahay oo waxay u baahan kartaa daaweyn isbitaal. Waxaad macluumaad dheeraad ah ka heli kartaa madax-xanuunka duritaanka qaybta hoose dhabarka [dural-ka] kadib boggayaga internetka: www.rcoa.ac.uk/patientinfo/headache-spinal-epidural	 0.5 ilaa 1 ayaa noday 99 ilaa 99.5-na ma noqon
	Qandho	Waxay dhici kartaa saacadaha ka dambeeya suuxinta dhabarka hoose (epidural) waxayna socon kartaa dhowr maalmood. kooxdaada daryeelka caafimaadka waxay ku siin karaan antibiyootiko haddii uu ka dhashay infekshan.	 1 ilaa 10 ayaa noqday 90 ilaa 99-na ma noqon

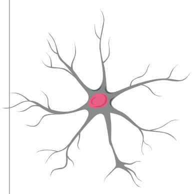
	**Cadaadis dhiig oo hooseeya oo u baahday daaweyn**	Waxay dhici kartaa isla markiiba waxayna socon kartaa dhowr saacadood kadib suuxinta dhabarka hoose (epidural). waxay kaa dhigi kartaa inaad dareento xanuun, wareer ama hurdo. Kooxdaada daryeelka caafimaadka waxay ku siin karaan daawo si cadaadiska dhiigaaga loo saaxo.	 5 ilaa 30 ayaa noqday 70 ilaa 95-na ma noqon
	Dareemidda xanuun(lalabbo)	Waxay dhici kartaa isla markiiba waxayna socon kartaa dhowr saacadood kadib suuxinta dhabarka hoose (epidural). Kooxdaada daryeelka caafimaadku waxay ku siin karaan daawooyinka ka hortagga jirrada haddii ay dhacdo.	 5 ilaa 20 ayaa noday80 ilaa 95-na ma noqon
	Cuncun	Isla markiiba way dhici kartaa waxayna badanaa baaba'daa dhowr saacadood ka dib. Kooxdaada daryeelka caafimaadku waxay ku siin karaan daawo aad daweeyso cuncunka.	 Ku dhawaad 30 ayaa noqday Ku dhawaad 70-na ma noqon
	kaadinta kaadida oo ku dhibta	Waxaa laga yaabaa inaadan dareemin haddii aad u baahan tahay inaad suuliga tagto ka dib suuxinta epidural. Kooxda daryeelka caafimaadku mararka qaarkood waxay ku taliyaan kaadi saare oo ah, tuubo khafiif ah si kaadida uga soo saarto kaadi haystaada. Tan waxay ku sii jiri kartaa ilaa maalinta xigta.	

khatarahan hoose waa kuwo naadir ah.

tirooyinkaan ayaa laga soo qaatay 1,000kii qofba.

Maxaa dhacay?		Mudo intee la'eg? Ma la daaweyn karaa?	Meeqa? laga soo qaaday 1000kii qof ee kasta (1,000 qof)
	**Sumowga suuxinta goob yar oo jirka ka mid ah (suuxdin badan oo ku jirta dhiiggaaga). Tani waxay keeni kartaa dhibaatooyin daran sida qallal (suuxdin) ama wadne istaag (marka wadnuhu joojiyo garaaca)**	Kuwani waa dhibaatooyin halis ah. Kooxdaadu waxay ku daawayn doontaa si degdeg ah haddii ay dhacaan.	Ku dhawaad 1 ayaa noday Ku dhawaad 999-na ma noqon

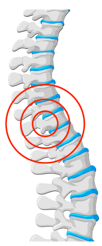
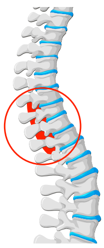
Tiradaan waxaa laga soo qaatay 20,000 ee qof ee kasta.

Maxaa dhacay?		Mudo intee la'eg? Ma la daaweyn karaa?	Meeqa? Ka mid ah 20,000 qof kasta (labaatan kun oo qof).
	**tabardarro, kabaabyo, Lugo, baryo iyo cago gariir (waxyeello neerfaha)**	**Waxyeello ku meel gaar ah** (maalmo ama toddobaadyo) oo badanaa si iskeed ah u hagaagta. **Waxyeello joogto ah.**	8 ayaa noqday 19,992-na ma noqon Ku dhawaad 1 ayaa noday Ku dhawaad 19,999-na ma noqon

Tiradaan waxaa laga soo qaatay 50,000 ee qof ee kasta.

Maxaa dhacay?		Mudo intee la'eg? Ma la daaweyn karaa?	Meeqa? Ka mid ah 50,000 qof kasta (konton kun oo qof)
	Calaamadaha cudurka qoorgooyaha (Meningitis) waa madax-xanuun, qandho iyo matag	Infekshanka cudurka qoorgooyaha (Meningitis-ka) wuxuu dhici karaa maalmo ama toddobaadyo ka dib suuxinta dhabarka hoose (epidural). Tani waxaa lagu daweyn karaa antibiyootiko.	1 ayaa noqday 49,999-na ma noqon

Tiradaan waxa laga soo qaatay 200,000 ee qof ee kasta

Maxaa dhacay?		Mudo intee la'eg? Ma la daaweyn karaa?	Meeqa? Qof kasta oo ka mid ah 200,000 qof(laba boqol oo kun oo qof)
	**Caabuqa ku dhaca lafta dhabarka ama agagaarkedha**	Waxay dhacdaa maalmo ama toddobaadyo ka dib suuxinta dhabarka hoose (epidural). Waxaa lagu daweeyaa antibiyootik ama mararka qaarkood qalliin si meesha looga saaro nabarka.	2 ayaa caabuqu ku dhacay 199,998-na kuma dhicin
	**xinjirowga dhiigga oo ku wareegsan laf-dhabarta(vertebral heematoma)**	Tani waa dhibaato halis ah oo laga yaabo inay u baahan tahay qalliin degdeg ah. Waxay sababi kartaa curyaannimo lugaha ah haddii aan si dhakhso ah loo daaweyn.	1 ilaa 2 ayaa dhiigxingirow yeeshay 199,998-na kuma dhicin

Tiradaan waxaa laga soo qaatay 500,000 ee qof ee kasta.

Maxaa dhacay?		Meeqa? laga soo qaatay 500,000 ee qof ee kasta (shan boqol oo kun qof)
	Curyaan noqoshada	2 ayaa caabuqu ku dhacay 499,998-na ma curyaamin

Macluumaad dheeraad ah oo ku saabsan khatarta dhaawaca neerfaha ka dib qalliinka epidural ama laf dhabarta waxaa laga heli karaa halkan: www.rcoa.ac.uk/patientinfo/nd-after-spinal-epidural.

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Macluumaadkan waxaa laga yaabaa in la koobiyeysto si loo soo saaro agab macluumaad bukaan.
Fadlan tixraac ishan xigashada asalka ah. Haddii aad rabto inaad qayb ka mid ah macluumaadkan ku isticmaasho daabacaad kale, waa in la bixiyaa qirasho ku habboon oo laga saaraa sawirada, summadaynta, sawirrada iyo astaamaha. Wixii macluumaad dheeraad ah, fadlan nala soo xiriir.