

Liiska Hubinta Xirfadaha Kaalmada Daryeelka Gurigaremo

Liisaska hubinta soo socda waxaa ku jira habka uu qiimeeyaha adeegsado si uu u qiimeeyo shaqada uu qabto qof kasta oo qaata mid kasta oo ka mid ah xirfadaha ku jira Imtixaanka Xirfadaha. Liiska hubinta wuxuu ku bilowdaa sharaxaad ku saabsan sida xirfadda loo dajin doono si xaaladda macaamilka loogu diyaariyo imtixaanka. Ma aha in habka loogu soo qoray liiska sida musharaxa u qaban doono xirfadda.

Liisaska hubinta ma aha hawlo mana aha in loo isticmaalo sida barashada xirfadaha. Hababka xirfadahaan waxaa laga bartaa barnaamijyada tababarka, waxaana laga helaa buugaagta (tusaale ahaan, Revised Fundamentals of Care), iyo qoraalo kale oo laga barto. Hase ahaatee, waxaa dhici karto in liisaska hubinta ay waxtar u leeyahiin musharaxa iyo tababareyaasha si loo qiimeeyo shaqada fasalka.

Marka uu siinaayo imtixaanka, qiimeeyaha wuxuu fiiriya shaqada uu qabto musharaxa kaddibna wuxuu shaqada uu qabto qof kasta oo qaata imtixaanka barbar dhigaa buundooyinka xirfadda. Dhibic kasta oo la hubiyo waxay leedahay qiimo ka duwan oo ku saleysan sida ay muhiim ugu tahay ammaanka shaqada xirfadda.

Dhibic kasta oo la hubiyo waxaa la siiyay qiimo ku saleysan sida ay muhiim u tahay qabashada shaqada xirfadda. Waxaan madoobeynay dhibcaha la hubiyo, waxaana siinay qiimaha dhibcaha ugu sareeyo.

Waaxda Caafimaadka Gobolka Washington waxay go'aan ku gaartay tirada dhibcaha loo baahan yahay si loo gudbo xirfad. Go'aanadooda waxay ku saleysan yihiin badbaadinta dadweynaha.

musharaxiinta waxaa laga rabaa in ay ka gudbaan dhamaan shanta xirfad si ay uga gudbaan imtixaanka, hase ahaatee looma baahna shaqada ugu sareeyso si loo gudbo xirfadda. Qiimaha la siiyo dhibic kasta iyo tirada dhibcaha loo baahan yahay si loo gudbo xirfadda waa macluumaad sugan oo ku jira imtixaanka. Xattaa qiimeeyaha fiiriya kaddibna qora shaqada la qabto ma ogsoona qiimaha dhibic kasta ama inta dhibic loo baahan yahay si loo gudbo xirfad. Qiimeeyaha wuxuu kombuyutarka gelin doonaa waxa uu ku arko shaqada musharaxa, kaddibna kombuyutarka ayaa soo saari doono buundada imtixaanka.

Xasuusinta dhaqidida gacmaha: Farsamada dhaqidida gacmaha waxaa la qiimeeyaa horaanta imtixaanka. Xirfadaan ma aha mid lagu sheego, macnaha laguuma sheegi doono in aad dhaqatid gacmaha. Kaaliyayaasha daryeelka guriga (home care aides) waxaa laga filaa in ay ogsoon yihiin in ay dhaqaan gacmahooda ka hor iyo kaddib inta aysan istaabanin macaamilka. Muujinta marka gacma dhaqa loo baahan yahay waxaa loo qiimeeyaa sida in ay qeyb ka tahay Dhaqanka Daryeelka Caadiga (Common Care Practices).

Dhaqanka Daryeelka Caadiga waa dhaqan qeyb ka ah xirfad kasta, sida xuquuqda macaamilka, xariirka lala yeesho macaamilka, ammaanka iyo fiicnida macaamilka, iyo kantaroolka cudurka. Dhaqanka Daryeelka Caadiga waxaa la qiimeeyaa inta aad fullineysid xirfad kasta. Buundo gaar ah ayaa laguugu siin doonaa Dhaqanka Daryeelka Caadiga.

| Dhaqidida gacanta | |
|---|--|
| Marka imtixaanka xirfadaha bilowdo, musharaxa waxaa lagu qiimeeyaa farsamadiisa/farsamadeeda dhaqidida gacmaha. Musharaxa looma sheego in uu iska dhaqo gacmaha, hase ahaatee waxaa laga filaa in uu ogsoon yahay in ka hor inta aan, jir ahaan, la taabanin macaamilka, waa in la dhaqo gacmaha. | |
| Musharaxa: | |
| 1 | ma qooyaa mana u dhigaa biyo socdo gacmaha iyo gacanta hoose meesha ay iska gasho si uu u bilaabo nadiifinta? |
| 2 | ma adeegsayaa saabuun si uu u bilaabo dhaqidida gacmaha? |
| 3 | ma mariyaa xumbada saabuunta dhamaan gacmaha korkooda ilaa meesha hoose ay gacanta iska gasho? |
| 4 | ma adeegsayaa lissanka rugidda saabuunta gacmaha muddo 20 sekan? |
| 5 | ma raaciyaa mana u dhigaa biyo socda gacmaha iyo gacanta hoose meesha ay iska gasho si uu isaga dhaqo saabuunta? |

| Dhaqidida gacanta | |
|-------------------|---|
| 6 | hoos miyuu u lalmiyaa gacmaha inta uu dhaqaayo iyo inta uu raacinaayo biyaha? |
| 7 | ma isticmaalyaa warqad nadiif ah oo qalalan si uu u qalajiyo gacmaha iyo gacanta hoose meesha ay iska gasho? |
| 8 | miyuu qalajiska ku ekeyaa meelaha uu dhaqay? |
| 9 | ma adeegsayaa shukumaanka warqadda si uu u xero biyaha kaddib marka uu nadiifiyo gacmaha? |
| 10 | ma iska tuuraa shukumaanka warqadda uu isticmaalay? |
| 11 | miyuu hawsha ku soo gabo gabeeyaa gacmo nadiif ah, ma iska ilaaliya wasakhda (tusaale ahaan, xariirka toosan ee lala yeesho kantaroolka tubada, sanduuqyada shukumaanka warqadda, meesha lagu dhaqo saxuunta ama tanagga qashinka)? |

| Dhaqanka Daryeelka Caadiga (Common Care Practices) | |
|--|---|
| Dhaqanka Daryeelka Caadiga waa dabeecad ama falal qeyb ka ah dhamaan daryeelka uu kaaliyaha daryeelka guriga (HCA) siiyo macaamilka. Inta uu socdo imtixaanka, waxaa la qiimeeyaa Dhaqanka Daryeelka Caadiga, taasoo qeyb ka ah xirfad kasta uu musharaxa fulliyo. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma adeegsadaa hababka lagu kantaroolo cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 3 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta uu ku dhex jiro hawsha? |
| 4 | ma horumariyaa xuquuqda macaamilka inta uu ku dhex jiro hawsha? |
| 5 | ma horumariyaa ammaanka macaamilka inta uu ku dhex jiro hawsha? |
| 6 | ma horumariyaa wanaagga macaamilka inta uu ku dhex jiro hawsha? |
| 7 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elatarooniga ee loo yaqaan "remote", warqadaha nadaafadda, koob biyo ah)? |

| Nafaqeynta Macaamilka | |
|--|---|
| Macaamilka wuxuu fadhiyaa miiska marka la bilaabo daryeelka xirfadaan. Macaamilka awood uma laha in uu quudiyo naftiisa/nafteeda. Kaalinta macaamilka waxaa cayaara musharaxa. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma hubiyaa in macaamilka uu si toosan ugu fadhiyo kursiga ka hor inta aan la bilaabin quudinta? |
| 3 | ma fadhiistaa si uu u quudiyo macaamilka? |
| 4 | ma siiyaa macaamilka dareere uu cabo inta uu cunaayo cuntada? |
| 5 | ma la hadlaa macaamilka inta uu la cunaayo? |
| 6 | ma sugyaa si uu marka kale afka u geliyo raashin ama dareere ilaa macaamilka ka liqo ama afka macaamilka uu faaruq ka noqdo? |
| 7 | marba nooc raashin miyuu siiyaa mise wuxuu macaamilka weydiiyaa waxa uu jecel yahay halkii mar oo afka wax loo geliyo? |
| 8 | qiyaasta raashinka saaran forgeetada iyo qaadada ma la ekeysiiyaa qiyaas la'eg inta afka la gashto? |
| 9 | ma wuxuu macaamilka uga tagaa af nadiif ah marka la gaaro dhamaadka xirfadda? |
| 10 | ma siiyaa ama adeegsadaa labiska badbaadinta ka hor inta uusan bilaabin xirfadda kaddibna ma ka saaraa ka hor inta aan la dhamaystirin hawsha? |
| 11 | ma nadiifiya iyo ma qalajiyaa miiska sariirta saaran, ma ka qaadaa raashinka (tusaale ahaan, cuntada, saxuunta, alaabta wax lagu cuno) marka la gaaro dhamaadka hawsha? |

| Nafaqeynta Macaamilka | |
|-----------------------|---|
| 12 | si wanaagsan ma isaga tuuraa waxyaabaha badbaadiya dharka (haddii la isticmaal) iyo qashinka? |
| 13 | ma adeegsadaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 14 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 15 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 16 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariyaa wanaagga macaamilka inta lagu dhex jiro hawsha? |
| 18 | ma dhigyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elatarooniga ee loo yaqaan "remote", warqadaha nadaafadda, koob biyo ah)? |

| Kaalmada la Siiyo Macaamilka si uu u Socdo | |
|--|---|
| Macaamilka wuxuu ku fadhiyaa kursiga marka daryeelka bilowdo. Macaamilka wuxuu u baahan yahay kaalmo joogto ah mana adeegsado qalabka ku kaalmeeyo socodka. Kaalinta macaamilka waxaa cayaara qof kale oo imtixaanka gala. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma sharaxaa meesha loo socodo ka hor inta macaamilka uusan bilaabin socodka? |
| 3 | horay ma u jileeciyaa macaamilka oo ku fadhiya kursiga ka hor inta uusan istaagin? |
| 4 | ma u baaqa macaamilka in uu gacmaha kor isugu tiiriyo laga bilaabo kursiga ilaa istaagga? |
| 5 | ma u diyaariyaa macaamilka in uu istaago isaga oo jilbaha hoos u laaba 90 digrii, cagahana ku fidiya dhulka? |
| 6 | gacanta miyuu saaraa garabka, dusha, ama dhexda macaamilka marka macaamilka istaago? |
| 7 | ma u baaqyaa macaamilka in uu istaago? |
| 8 | si tartiib ah miyuu gadaal ka socdaa macaamilka isaga oo mara hal dhinac inta uu socdo? |
| 9 | ma socodsiiyaa macaamilka ilaa masaafada loo baahan yahay? |
| 10 | ma weydiiyaa macaamilka waxa uu dareemo marka uu istaago ama marka uu socdo? |
| 11 | ma ugu baaqaa boos ka hor inta macaamilka uusan fadhiisanin, lugahana dhigin bartamaha fadhiga kursiga si uu nabad u fadhiisto? |
| 12 | ma ugu baaqaa macaamilka in uu laalo kursiga ka hor inta uusan fadhiisanin? |
| 13 | gacanta miyuu saaraa garabka, dusha ama dhexda macaamilka marka macaamilka fadhiisto? |
| 14 | si ammaan ah miyuu macaamilka ugu fadhiisiiyaa kursiga, isaga oo simanka ku haaya dusha kursiga? |
| 15 | ma adeegsadayaa hababka lagu kantaroolo cudurka iyo Heerka Taxadirka (Standard Precautions) si aad uu u badbaadiyow macaamilka iyo HCA inta ay socoto hawsha? |

| Kaalmada la Siiyo Macaamilka si uu u Socdo | |
|--|---|
| 16 | ma horumariya baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariya xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 18 | ma horumariya ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 19 | ma horumariya raaxada macaamilka inta lagu dhex jiro hawsha? |
| 20 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Ku Kaalmee Macaamilka in uu Qaato Daawo | |
|---|---|
| Macaamilka wuxuu fadhiiyaa miiska inta laga siinaayo daryeelka. Macaamilka awood uma laha in uu furo dhallada daawada ama in uu dibaada u shubo daawada. Dhalooyinka daawada waxaa ku jira nacnac uu qofka geli doono imtixaanka u qaadan doono in ay yahiiin kaniiniga daawada. Kaalinta macaamilka waxaa cayaara qof kale oo gala imtixaanka. | |
| Musharaxa: | |
| 1 | ma isu sheega macaamilka marka uu bilaabo daryeelka? |
| 2 | ma habsadaa jadwalka daawada macaamilka? |
| 3 | ma kula talliyaa macaamilka in la gaaray waqtiga la qaato daawada? |
| 4 | ma dooradaa daawada ku qoran magaca macaamilka? |
| 5 | ma dooradaa dhallada daawada saxsan? |
| 6 | ma fiiriyaa calaamadda daawada ka hor inta uusan daawada ka saarin dhallada? |
| 7 | kaniiniga miyuu ku shubaa daboolka dhallada koobka isaga oo aan taabanin daawada? |
| 8 | ma siiyaa macaamilka qiyaas daawo sax ah oo gacanta laga saaro lagana soo bixiyay daboolka dhallada daawada, macaamilkana uusaan taabanin daawada? |
| 9 | ma u baaqyaa macaamilka in uu qaato daawada? |
| 10 | ma ku kaalmeyaa macaamilka in uu qaato daawo aan macaamilka gacanta laga saarin, ama la jileecin gacanta macaamilka si afka loo gashto kaniiniga (kaniiniyada), ama iyadoo aan si toos ah kaniiniga (kaniiniyada) loo gelinin afka macaamilka? |
| 11 | ma siiyaa macaamilka koob biyo ah oo loo adeegsado in lagu liqo dawooyinka? |
| 12 | ma u baaqyaa macaamilka in uu cabbo koob buuxa oo biyo ah? |
| 13 | ma weydiiyaa macaamilka ama ma habsayaa haddii uu liqay daawada la liqay ama ma habsadaa daawada uu liqay? |
| 14 | ma xeryaa dhallada daawada iyo ma ku celiyaa sanduuqa ka hor inta aan la soo gabgabeyn hawsha? |
| 15 | ma adeegsaday hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 16 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |

| Ku Kaalmee Macaamilka in uu Qaato Daawo | |
|---|---|
| 17 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 18 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 19 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |
| 20 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Daryeelka Afka ee la siiyo Macaamilka | |
|--|---|
| Macaamilka wuxuu fadhiiyaa miiska inta laga siinaayo daryeelka. Macaamilka awood uma laha in uu rumeeysto ilkaha. Kaalinta macaamilka waxaa cayaara qof kale oo imtixaanka gala. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma adeegsaday gacan gashad nadiif ah ka hor inta uusan u rumeynin ilkaha? |
| 3 | biyo miyuu ku qooyaa rumayga ka hor inta uusan u rumaynin ilkaha macaamilka? |
| 4 | cajiinka ilkaha miyuu mariyaa rumayga ka hor inta uusan u rumeynin ilkaha macaamilka? |
| 5 | ma u rumeeyaa kor iyo dhinacyada ilkaha macaamilka? |
| 6 | ma adeegsadaa warwareeg jilicsan marka uu u rumeeyo dhinacyada ilkaha iyo cirridka macaamilka? |
| 7 | ma rumeeyaa, ama ma u sheegaa in uu u rumeyn karo carabka macaamilka? |
| 8 | ma siiyaa macaamilka koob biyo nadiif ah oo la raaciyoo afka? |
| 9 | ma qabtaa saxanka ama koobka (koob gaar ah) mana u dhaweeyaa garka macaamilka si uu ugu hooriyo biyaha la raaciyoo iyo cantuufaa? |
| 10 | ma nadiifiyaa iyo ma qalajiyaa agagaarka afka dhamaadka daryeelka afka? |
| 11 | ma adeegsaday waxyaabaha loo dhigo (tusaale, shukumaan) si loo badbaadiyo labbiska macaamilka inta aad uu siinaayo daryeelka afka kaddibna ma ka saaryaa marka la gaaro dhamaadka hawsha? |
| 12 | ma raaciyaa mana qalajiyaa saxanka kaddibna ma raaciyaa rumayga ilkaha ka hor inta uusan meel ku keydinin? |
| 13 | ma iska tuura suufka iyo qashinka la isticmaalay iyo ma qalajiyaa miiska marka hawsha dhamaato? |
| 14 | ma iska siiyaa gacan gashadka isaga oo aan wasakheyntin naftiisa kaddib marka uu raaciyoo qalabka kaddibna meel ma ku keydiyaa? |
| 15 | ma adeegsaday hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 16 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |

| Daryeelka Afka ee la siiyo Macaamilka | |
|---------------------------------------|---|
| 18 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 19 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |
| 20 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Naddifi kaddibna Keydi | |
|---|--|
| Macaamilka wuxuu fadhiiyaa miiska ama wuxuu jiifaa sariirta inta laga siinaayo daryeelka. Macaamilka wuxuu musharaxa siin doonaa koobka lagu haayo ilkaha. Kaalinta macaamilka waxaa cayaara qof kale oo gala imtixaanka. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma adeegsayaa gacan gashad ka hor inta uusan qabanin ilkaha la gashto? |
| 3 | ma isticmaalyaa biyo qabooban ama biyo qandac ah marka uu nadiifnaayo iyo raacinaayo ilkaha? |
| 4 | ma isticmaalyaa cajiinka ilkaha si uu u nadiifiyo ilkaha blaastiigga? |
| 5 | ma rumeyaa gudaha iyo dibadda ilkaha la gashto? |
| 6 | ma raaciyaa ilkaha si uu uga saaro cajiinka rumayga ilkaha kaddib marka uu rumayga mariyo? |
| 7 | ma geliyaa ilkaha nadiifsan koobka ilkaha oo laga buuxiyay biyo nadiif ah, qabooban ama qandac ama milanka ilkaha. |
| 8 | ma ka ilaaliyaa wasakhda ilkaha inta ay socoto hawsha. (tusaale ahaan, biyaha ku jira meesha saxuunta lagu dhaqo ama ilkaha oo la saaro meel an la badbaadinin?) |
| 9 | ma isticmaalyaa farsamo si uu u yareeyo halista jebbinta ilkaha haddii ay dhacaan waqtiga nadiifinta (tusaale ahaan, marka saxanka korkiisa si toos loogu nadiifiyo marada wax lagu dhaqo/warqada shukumaanka/shukumaanka, lana dhigo saxanka dhexdiisa oo biyo laga buuxiyo)? |
| 10 | ma socodsiiyaa biyaha meesha saxuunta lagu dhaqo iyo ma ka saaryaa toosiyaha (haddii la isticmaalo) dhamaadka xirfadda? |
| 11 | ma raaciyaa rumayga, ma keydiyaa qalabka, iyo sida habboon ma isaga tuuraa qashinka iyo suufka la isticmaalay? |
| 12 | ma iska siibaa gacan gashadka isaga oo aan wasakheynin naftiisa kaddib marka uu raaciyoo qalabka kaddibna meel miyuu ku keydiyaa? |
| 13 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si aad uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 14 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 15 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 16 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |

| Naddifi kaddibna Keydi | |
|------------------------|---|
| 18 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Daryeelka Ciddida iyo Gacanta ee la siiyo Macaamilka | |
|---|---|
| Macaamilka wuxuu fadhiiyaa miiska inta laga siinaayo daryeel. Imtixaanka, musharaxa waxaa la weydiiyaa in uu daryeelo hal gacan oo keliya. Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa ma: | |
| 1 | isu sheeg macaamilka marka aad bilaabeysid daryeelka? |
| 2 | isticmaal biyo heerkulkooda yahay ammaan si aad u dhaqidid gacanta? |
| 3 | weydii macaamilka haddii heerkulka biyaha roon yahay? |
| 4 | waxaad faraha macaamilka gelisaa saxanka biyaha ka hor inta aadan nadiifin ama qaab u sameynin ciddiyaha? |
| 5 | qalaji gacanta macaamilka, kana mid ah inta u dhexeyso faraha, kaddib marka aad ka saartid biyaha iyo ka hor inta aadan nadiifin meesha hoose ama qorqorin ciddiyaha? |
| 6 | qalaji gacanta macaamilka adiga oo ku taabta shukumaan, ma aha ruggid? |
| 7 | isticmaal qoriga oranjiga si aad u nadiifisid ciddiyaha faraha hoostooda kana soo sartid waxa ku haray. |
| 8 | nadiifi usha oranjiga shukumaanka si aad uga qaadid waxa ku haray ka hor inta aadan nadiifin ciddida faraha hoostooda? |
| 9 | isticmaal boorka "emery" si aad u qorqortid ciddiyaha? |
| 10 | salaax caaradda ciddiyaha kana ilaali geeso fiiqan? |
| 11 | sii ama gacanta ka mari burcad kaddib marka la dhamaystiro daryeelka ciddida? |
| 12 | gasho gacan gashad marka aad daryeeleysid ciddida iyo marka aad raacineysid iyo qalajineysid qalabka? |
| 13 | waxaad keydisaa qalabka, waxaad sida habboon isaga tuurta suufka (suufafka) la isticmaalay iyo qashinka iyo qalaji miiska marka hawsha dhamaato? |
| 14 | iska siib gacan gashadka adiga oo aan wasakheynin naftaada kaddib marka aad raacisid qalabka kaddibna meel ku keydisid? |
| 15 | adeegso hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si aad u badbaadisid macaamilka iyo HCA inta ay socoto hawsha? |
| 16 | horumari baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 17 | horumari xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 18 | horumari ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 19 | horumari raaxada macaamilka inta lagu dhex jiro hawsha? |

| Daryeelka Ciddida iyo Gacanta ee la siiyo Macaamilka | |
|---|---|
| 20 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Daryeelka Cagta ee la siiyo Macaamilka | |
|--|--|
| Macaamilka wuxuu fadhiiyaa kursiga marka la bixinaayo daryeelka. Imtixaanka, musharaxa waxaa la weydiiyaa in uu daryeelo hal cag oo keliya. Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa: | |
| 1 | ma isu sheegay macaamilka marka uu bilaabay daryeelka? |
| 2 | ma fiiriyaa xaaladaha maqaarka cagta ee u dhexeeya faraha cagta si uu u fiiriyoo inta u dhexeyso faraha cagta kaddibna ma geddiyaa cagta si uu arko ciribta ka hor inta uusan bilaabin nadiifinta cagta. |
| 3 | ma geliyaa cagta macaamilka biyaha saxanka ka hor inta uusan nadiifin ama qaab u yeelin ciddiyaha? |
| 4 | ma isticmaalyaa biyo heerkulkooda yahay ammaan marka uu qooyo cagta? |
| 5 | ma weydiiyaa macaamilka haddii heerkulka biyaha roon yahay ka hor inta aan cagta oo idil la gelin? |
| 6 | ma geliyaa lugta saxanka laga buuxiyay biyo ilaa heer ku filan oo cagta u daboolo si dhamaystiran? |
| 7 | ma ka ilaaliyaa saabuun saxanka biyaha raacinta: (1) cagta oo lagu dhaqo marada wax lagu dhaqo iyada oo saabuunta toos loo mariyo marada wax lagu dhaqo baddalkii saabuun lagu dari lahaa saxanka biyaha; ama (2) in la isticmaalo labo saxan kala soocan oo biyo ah: mid in wax lagu dhaqo iyo mid la raacsiyo? |
| 8 | ma dhaqyaa cagta macaamilka oo idil, kana mid ah inta u dhexeyso faraha cagta asaga oo ku dhaqa saabuunta marada waxa lagu dhaqo kaddib marka aad qoysid? |
| 9 | ma raaciyaa si uu saabuunta uga dhaqo cagta iyo inta u dhexeyso faraha cagta? |
| 10 | ma qalajiyaa cagta macaamilka, kana mid ah inta u dhexeyso faraha cagta, kaddib marka uu ka dhaqo biyaha iyo ka hor inta uusan nadiifin ciddiyaha hoostooda ama qorqoridda ciddiyaha? |
| 11 | ma qalajiyaa cagta macaamilka isaga oo ku taabta shukumaan, ma aha ruggid? |
| 12 | ma isticmaalyaa qoriga oranjiga si uu u nadiifiyo ciddiyaha hoostooda kana soo saaro waxa ku haray? |
| 13 | ma nadiifiyaa usha oranjiga shukumaanka si uu uga qaado waxa ku haray ka hor inta uusan nadiifin ciddida faraha cagta hoostooda? |
| 14 | ma isticmaalyaa boorka "emery" si uu u qorqoro una toosiyo ciddiyaha? |
| 15 | ma jilciyaa geesaha ciddiyada, mana ka ilaaliyaa geesaha fiqan? |
| 16 | ma adeegsadayaa saliidda la mariyo cagta kaddib marka laga shaqeeyo ciddida, asaga oo saliidda ka dhaafa inta u dhexeyso faraha cagta? |

| Daryeelka Cagta ee la siiyo Macaamilka | |
|---|---|
| 17 | ma gashtaa gacan gashadka marka uu daryeelaayo cagta iyo marka uu raacinaayo iyo marka uu qalajinaayo qalabka? |
| 18 | ma keydiyaa qalabka, si habboon ma u tuuraa suufka la isticmaalay kaddibna ma qalajiyaa dhulka marka hawsha dhamaato? |
| 19 | ma iska siibiyaa gacan gashadka isaga oo aan naftiisa wasakheynin kaddib marka uu raaciyoo qalabka kuna keydiyo meel? |
| 20 | ma adeegsadayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 21 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 22 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 23 | horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 24 | horumari raaxada macaamilka inta lagu dhex jiro hawsha? |
| 25 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Kaalmeel in uu Labbisto Macaamilka Qaba Gacanta Daciifka ah | |
|---|--|
| Macaamilka wuxuu fadhiiyaa kursi marka daryeelka u bilowdo. Macaamilka wuxuu awood u leeyahay in uu istaago. Macaamilka wuxuu labbisan yahay shaarka-T oo nadiif ah iyo mattante, wuxuuna u baahan yahay in loo labbiso shaar, surwaal, kaalse, iyo kabo. Kaalinta macaamilka waxaa qabtaa musharax kale, oo korka ka qaadan doonaa labbis daboolo dharkiisa. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma ku darya macaamilka xulashada waxa la labbisto? |
| 3 | ma geliyaa shaarka gacanta tabarta darran ka hor inta aan la gelin gacanta ay waxyeelada soo gaarin? |
| 4 | ma u baaqa macaamilka in uu gacan ka geysto labbiska? |
| 5 | ma fadhiisiiyaa macaamilka marka uu cagaha iyo lugaha gelinaayo surwaalka? |
| 6 | ma siiyaa macaamilka kaalmo marka uu jiidanaayo surwaalka iyo marka uu xeranaayo? |
| 7 | ma bixiyaa kaalmo marka si kaalsada iyo kabaha loogu geliyo macaamilka inta uu fadhiyo? |
| 8 | ma jilciyaa kaalsada iyo si wanaagsan ma u dhuujiyaa kabaha? |
| 9 | si tartiib ah iyo si dabiici ah ma u dhaqaajiyaa jirka macaamilka, isaga oo ka ilaaliya isfudin dheeraad ah marka uu labbisanaayo? |
| 10 | ma dhamaystirtaa qaadashada labbiska isaga oo qaata dhar si wanaagsan u dhuuqsan oo si wanaagsan u toosan? |

| Kaalmeel in uu Labbisto Macaamilka Qaba Gacanta Daciifka ah | |
|---|---|
| 11 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si aad u badbaadisid macaamilka iyo HCA inta ay socoto hawsha? |
| 12 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 13 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 14 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 15 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |
| 16 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Waxaad Macaamilka u Gelisaa Kaalso Gaarta Ilaa Lugta Macaamilka | |
|---|---|
| Macaamilka wuxuu jiifaa sariirta marka daryeelka bilowdo. Imtixaankaan, musharaxa waxaa la weydiyaa in kaalsada dheer uu geliyo hal lug oo keliya. Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma diyaariyaa kaalsada dhaadheer isaga oo dhanka gudaha soo dhiga dibadda ilaa agagaarka ciribta? |
| 3 | ma geliyaa kaalsada ilaa suulasha, cagta iyo ciribta? |
| 4 | ma dhamaystiriyaa gashadka kaalsada ilaa cagta, halkaas ay suu'alasha iyo ciribta ku sugan yahiiin boos ku haboon sida waafaqsan handasada kaalsada? |
| 5 | ma u jiidyaa kor kaalsada lugta isaga oo habsanaayo in kaalsada aysan qaloocanin? |
| 6 | ma jilciyaa kaalsada dhaadheer (aan laalaab lahayn)? |
| 7 | ma u baneeyaa boos faraha cagta si kaalsada aysan cariiri ku noqonin faraha cagta? |
| 8 | ma gaarsiiyaa jilibka kaalsada dhaadheer? |
| 9 | ma u dhaqaajiyaa si jilicsan lugta macaamilka, isaga oo ka tiiriya dhanka dambe, kana ilaaliya isfidin, marka aad uu u gelinaayo kaalsada laastikada? |
| 10 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 11 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 12 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 13 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 14 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |

| Waxaad Macaamilka u Gelisaa Kaalso Gaarta Ilaa Lugta Macaamilka | |
|--|---|
| 15 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |
| Waxaad Jimicsiga Dhaqaaqa Baaxadda Jilicsan Siisaa Garabka, Jilibka iyo Ciribta Bukaanka | |
| Macaamilka wuxuu jiifaa sariirta marka daryeelka bilowdo. Imtixaankaan, musharaxa waxaa la weydiyaa in uu jimicsi siiyo hal dhinac jirka oo keliya. Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa: | |
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma tiiriyaa gacanta macaamilka isaga oo ka haaya xussulka iyo gacanta hoose inta uu jimicsiga u sameynaayo garabka? |
| 3 | kor ma u qaadyaa gacanta toosan ee macaamilka laga bilaabo sariirka ilaa dhanka madaxa sariirta (HOB) kaddibna dib ma ugu soo celiyaa sariirta hal mar (jiididda/ fidinta garabka)? |
| 4 | ma dhaqaajiyaa gacanta fidsan ee macaamilka laga bilaabo dhinaca jirka ilaa HOB kaddibna ma ku soo celiyaa dhinaca hal mar (fidinta iyo qaloocinta garabka)? |
| 5 | ma siiyaa garabka jimicsiga wareejinta? |
| 6 | ma tiiriyaa jilibka macaamilka iyo meelaha ay iska galaan ciribta inta uu jimicsi u sameyaayo jilibka? |
| 7 | gadaal ma u laabyaa jilibka macaamilka ilaa inta uu ka diido kaddibna ma la raacyaa isaga oo fidiya jilibka hal (laabidda/ fidinta jilibka)? |
| 8 | ma tiiriyaa ciribta macaamilka, isaga oo haaya meesha ka hooseyso ciribta iyo cagta, inta uu jimicsi u sameynaayo ciribta? |
| 9 | horay ma u dhigaa cagta dhanka lugta, kaddibna dhaqaaq kale, ma riixyaa cagta mana u taagyaa hoos dhanka cagta sariirta (FOB) hal mar (laabidda/ fidinta ciribta)? |
| 10 | ma siiyaa saddax (3) ku celcelinta jimicsiga garab kasta, jilib kasta iyo ciribta ROM? |
| 11 | ma weydii macaamilka waxa uu dareemo inta uu socdo leyliga? |
| 12 | ma adeegsayaa dhaqaaq tartiib ah, la kantaroolo, oo jilicsan marka uu jimicsi u sameynaayo garabka, jilibka iyo ciribta? |
| 13 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 14 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 15 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 16 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |

| Waxaad Macaamilka u Gelisaa Kaalso Gaarta Ilaa Lugta Macaamilka | |
|---|---|
| 18 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

Daryeelka Joogtada ah ee la Siiyo Macaamilka Dhedigga

Macaamilka wuxuu jiifaa sariirta inta laga siinaayo daryeelka. Macaamilka awood uma laha in uu kaalmo ka geysto daryeelkaan. Waxaa la siiyaa daryeelka joogtada ah marka la adeegsado saabuun iyo biyo. Imtixaankaan, macaamilka waa sanam dhedig ah.

Musharaxa ma:

| | |
|----|---|
| 1 | ma isu sheegaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma isticmaalyaa biyo heerkulkooda yahay ammaan si uu u nadiifiyo macaamilka? |
| 3 | ma adeegsaday gacan gashad ka hor inta uusan nadiifin hoosta? |
| 4 | ma isticmaalyaa maro ama shukumaan si uu u badbaadiyo marrada hoose si aysan u qoyin inta lagu jiro hawsha? |
| 5 | ma isticmaalyaa marrada wax lagu dhaqo oo saabuun leh si uu u nadiifiyo hoosta? |
| 6 | ma isticmaalya meel nadiif ah marrada wax lagu dhaqo iyo raacinta? |
| 7 | ma nadiifiyaa hoosta laga bilaabo horay ilaa gadaal xagga dhamaan nadiifinta iyo raacinta? |
| 8 | ma ka ilaaliyaa saabuunta biyaha ku jira saxanka si ay u noqdaan biyaha raacinta: (1) cagta lagu dhaqo marada wax lagu dhaqo iyada oo saabuunta toos loo mariyo marada wax lagu dhaqo baddalkii saabuun lagu dari lahaa saxanka biyaha; ama (2) ma isticmaalyaa labo saxan kala soocan oo biyo ah: mid in wax lagu dhaqo iyo mid la raacsiyo? |
| 9 | ma raaciyaa meelaha joogtada, ma adeegsadaa marada wax lagu dhaqo, qoyan, nadiif ah oo aan lahayn saabuun? |
| 10 | ma qalajiyaa hoosta isaga oo ku taabta shukumaan laga bilaabo horay ilaa gadaal? |
| 11 | ma nadiifiya, ma raaciyaa, iyo ma qalajiyaa si uu ugu daro calaamadda laalaabka iyo gaarsiinta ilaa agagaarka qaska (laalaabka maqaarka)? |
| 12 | ma dhigyaa macaamilka sariirta, meel masafo ammaan ah u jirta geeska sariirta haddii loo gediyo dhinac, waqtiga daryeelka? |
| 13 | ma dhaqyaa, ma raaciyaa iyo ma qalajiyaa hoosta iyo futtada? |
| 14 | ma nadiifiyaa horay ilaa gadaal waqtiga dhaqidda, raacinta iyo qalajinta hoosta? |
| 15 | ma u dhigyaa macaamilka maro hoose oo qalalsan ama go', dhamaadka hawsha? |
| 16 | ma yareyaa waxa soo gaara jirka macaamilka inta hawsha socoto? |
| 17 | ma qaadayaa gacan gashad marka uu bixinaayo daryeelka hoosta, inta uu raacinaayo iyo marka uu qalajinaayo qalabka, iyo ma ka shaqeeyaa suufka wasakhaysan? |

Daryeelka Joogtada ah ee la Siiyo Macaamilka Dhedigga

| | |
|----|---|
| 18 | ma raaciyaa, ma qalajiyaa iyo ma keydiyaa saxanka, si habboon ma isaga tuuraa suufka la adeegsaday iyo qashinka marka la dhamaystiro hawsha? |
| 19 | ma iska siiyaa gacan gashadka isaga oo aan wasakheynin naftiisa kaddib marka uu raaciyoo qalabka kaddibna meel miyuu ku keydiyaa? |
| 20 | maro miyuu ku daboolaa macaamilka, dhamaadka hawsha? |
| 21 | ma adeegsaday hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 22 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 23 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 24 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 25 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |
| 26 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

Daryeelka Katheetarka la siiyo Macaamilka la Geliyay Katheetarka Kaadida

Macaamilka wuxuu jiifaa sariirta inta laga siinaayo daryeelka. Macaamilka awood uma laha in uu kaalmo ka geysto daryeelkaan. Waxaa la bixiyaa daryeelka katheetarka iyadoo la adeegsanaayo saabuun iyo biyo. Imtixaankaan, macaamilka waa sanam.

Musharaxa:

| | |
|---|--|
| 1 | ma isu sheegyaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma isticmaalyaa biyo heerkulkooda yahay ammaan si uu u nadiifiyo macaamilka? |
| 3 | ma adeegsaday gacan gashadka ka hor inta aan la qabanin katheetarka, tubada, bacda lagu miiro kaadida ama ka hor inta aan la bilaabin nadiifinta? |
| 4 | ma isticmaalyaa marrada wax lagu dhaqo oo saabuun leh si uu u nadiifiyo katheetarka? |
| 5 | ma baddalyaa dhibicda ku taal dharka la dhaqo halkii mar uu dhaqdid iyo raaciyoo? |
| 6 | ma nadiifiyaa iyo ma raaciyaa katheetarka isaga oo adeegsada goodka wax lagu dhaqo oo hal dhinac uga dhaqaaqa duleelka (meatus) una socda hoos meel ka fog jirka? |
| 7 | ma ka ilaaliyaa biyaha ku jira saxan saabuunta si ay u noqdaan biyaha raacinta: (1) cagta oo lagu dhaqo marrada wax lagu dhaqo iyada oo saabuunta toos loo mariyo marada wax lagu dhaqo baddalkii saabuun lagu dari lahaa saxanka biyaha; ama (2) in la isticmaalo labo saxan kala soocan oo biyo ah: mid in wax lagu dhaqo iyo mid la raacsiyo? |
| 8 | ma dhaqyaa kaddibna ma raaciyaa ugu yaraan 4" oo katheetar ah laga bilaabo duleelka (meatus) ilaa hoos? |

| Daryeelka Katheetarka la siiyo Macaamilka la Geliyay Katheetarka Kaadida | |
|--|--|
| 9 | ma raaciyaa meesha nadiifsan katheetarka mana u adeegsayaa maro qoyan oo aan lahayn saabuun ama meel nadiifsan oo saabuun lahayn, waxa lagu dhaqo si aad u nadiifisid? |
| 10 | ma qabayaa katheetarka meelaha u dhaw duleelka (meatus) si looga hortaggo jiiditaanka marka la dhaqaayo lana raaciyay katheetarka? |
| 11 | ma qalajiyaa maqaarka meelaha qoyan inta daryeelka socday iyo go'yada sariirta marka la gaaro dhamaadka hawsha? |
| 12 | ma qalajiyaa maqaarka isaga oo taabta? |
| 13 | tubada katheetarka ma ka ilaaliyaa laalaabka dhamaadka hawsha? |
| 14 | ma dhigyaa bacda kaadida meel ka hooseyso kaadi haynta inta ay socoto daryeelka iyo dhamaadka hawsha? |
| 15 | ma yareyaa waxa soo gaara jirka macaamilka inta hawsha socoto? |
| 16 | ma dhigyaa macaamilka sariirta meel masaafaha ammaan ah oo u jirta geeska sariirta haddii loo gediyo dhinac, waqtiga daryeelka? |
| 17 | ma qaadayaa gacan gashadka marka uu daryeelaayo katheetarka, marka uu raacinaayo iyo marka uu qalajinaayo qalabka iyo marka uu ka shaqeynaayo suufka wasakhaysan? |
| 18 | ma raaciyaa, ma qalajiyaa iyo ma keydiyaa saxanka, si habboon ma isaga tuuraa suufka la adeegsaday iyo qashinka marka la dhamaystiro hawsha? |
| 19 | ma iska siiyaa gacan gashadka isaga oo aan wasakhaynin naftiisa kaddib marka uu raaciyay qalabka kaddibna meel ku keydiyo? |
| 20 | ma ku daboolyaa macaamilka maro marka la gaaro dhamaadka hawsha? |
| 21 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 22 | ma horumariya baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 23 | ma horumariya xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 24 | ma horumariya ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 25 | ma horumariya raaxada macaamilka inta lagu dhex jiro hawsha? |
| 26 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah?) |

| Wareejinta Macaamilka laga bilaabo Sariirta ilaa Kursiga Lugaha leh | |
|---|--|
| Macaamilka wuxuu jifaa sariirta marka uu bilowdo daryeelka. Macaamilka wuu qaadi karaa miisaan, hase ahaatee ma socon karo. Wareejinta macaamilka waxay u baahan tahay wareejinta suubka socodka (gait). Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa: | |

| Wareejinta Macaamilka laga bilaabo Sariirta ilaa Kursiga Lugaha leh | |
|---|---|
| 1 | ma isu sheegyaa macaamilka marka uu bilaabo daryeelka? |
| 2 | kursiga lugaha ma dhigyaa sariirta akteeda ka hor inta aan macaamilka lagu kaalmeynin in uu ku fadhiisto? |
| 3 | ma ku kaalmeyaa macaamilka in uu qaato kabo aan lagu taraarixin ka hor inta uusan istaagin? |
| 4 | ma siiyaa kaalmo isaga oo haaya garabka ama dusha iyo simanka si macaamilka loogu kaalmeyo in uu ku fadhiisto geeska sariirta? |
| 5 | ma adeegsayaa suunka ku wareejinta (gait) ka hor inta uusan istaajinin macaamilka si uu ugu wareejiyo kursiga lugaha leh? |
| 6 | ma adeegsayaa wareejinta suunka socodka (gait) dharka korkiisa isaga oo saara gacanta fidsan inta u dhexeyso suunka iyo jirka macaamilka? |
| 7 | ma dhigyaa kursiga lugaha si meesha ay ka wareegto lugta hore gudaha, dhinaca sariirta, marka kursiga barbar socdo ama in yar qalooacan yahay, ka hor inta uusan bilaabin wareejinta? |
| 8 | ma ku kaalmeyaa macaamilka in uu cagaha (kabaha qaba) dhigo dhulka ka hor inta uusan istaagin? |
| 9 | ma habsayaa in kor loo qaado meesha cagaha la saaro ama laga wareejiyo meesha ka hor inta aan macaamilka lagu wareejinin kursiga lugaha? |
| 10 | ma xeryaa luqaha ka hor inta aan la bilaabin wareejinta? |
| 11 | ma tiiriyaa mid ama labadaba, dhinaca hoose, macaamilka marka aad uu ku kaalmeeyo in uu istaago? |
| 12 | ma qabsayaa suunka socodka dhinacyada ama ku wareegsan gadaal marka uu macaamilka ku kaalmeynaayo in uu istaago iyo inta wareejinta socoto? |
| 13 | ma baaqyaa macaamilka in uu istaago? |
| 14 | ma geddiyaa macaamilka marka uu istaago si dhanka dambe lugaha ku toosan yahiin bartamaha kursiga lugaha leh? |
| 15 | ma u baaqyaa macaamilka si uu u qabsado meesha xusulka (xusulada) la saarto ka hor inta aan la fadhiisanin kursiga lugaha ku socda? |
| 16 | si jilicsan iyo si la kantaroolo miyuu macaamilka u dhigaa kursiga lugaha leh? |
| 17 | ma dhamaystiriyaa ku wareejinta simanka macaamilka oo ku meeleysan dusha kursiga lugaha leh? |
| 18 | ma ku fadhiisiiyaa macaamilka kursiga lugaha leh isaga oo si wanaagsan isugu toosiya kaddibna cagaha dib ugu meeleyaa meesha lugaha la saarto? |
| 19 | ma ka qaadyaa suunka socodka kaddib marka la dhamaystiro wareejinta? |
| 20 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 21 | ma horumariya baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 22 | ma horumariya xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 23 | ma horumariya ammaanka macaamilka inta lagu dhex jiro hawsha? |

| Wareejinta Macaamilka laga bilaabo Sariirta ilaa Kursiga Lugaha leh | |
|---|---|
| 24 | ma horumariya raaxada macaamilka inta lagu dhex jiro hawsha? |
| 25 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |

| Geddi iyo Dib u Meelee Macaamilka Looga Baahan Yahay in uu ku Sugnaado Sariirta, Dhinaciisa/Dhinaceeda | |
|---|---|
| Macaamilka wuxuu jiifaa sariirta, wuxuuna ku jiifaa dhabarka, marka daryeelka u biloowdo xirfadaan. Macaamilka wuxuu u baahan yahay kaalmo si uu u jeesto iyo kaalmo si uu u jiifto dhinaca. Kaalinta macaamilka waxaa cayaara musharax kale. | |
| Musharaxa: | |
| 1 | ma isu sheegyaa macaamilka marka uu bilaabo daryeelka? |
| 2 | ma ka qabayaa sinta iyo garabka macaamilka marka aad uu u geddinaayo dhinac? |
| 3 | ma dhigyaa macaamilka sariirta meel masaafu ammaan ah oo u jirta geeska sariirta haddii loo gediyo dhinac? |
| 4 | ma dhigyaa qalabka (tusaale ahaan, marrada, barkinta) dusha si loo xajiyo dhinaca uu u seexday macaamilka? |
| 5 | ma u seexiyaa macaamilka dhinac, lafta sintana ma ka ilaaliya cadaadis toos ah? |
| 6 | ma isticmaalyaa qalab (tusaale, maro, barkin) si uu u taageero lugta kore? |
| 7 | ma isticmaalyaa qalab (tusaale, maro, barkin) si aad u xajiyo safidda sinta kore? |
| 8 | ma u dhaafyaa jilibka kore in uu laabo? |

| Geddi iyo Dib u Meelee Macaamilka Looga Baahan Yahay in uu ku Sugnaado Sariirta, Dhinaciisa/Dhinaceeda | |
|--|---|
| 9 | gaar miyuu dhigaa ciribaha iyo jilbaha? |
| 10 | macaamilka ma u seexiyaa dhinac, madaxana ma u dhiga barkin? |
| 11 | gacanta hoose iyo garabka macaamilka miyuu ka ilaaliyaa in ay hoos galaan? |
| 12 | ma tiiriyaa gacanta kore isaga oo adeegsada maro ama barkin? |
| 13 | maro miyuu macaamilka ku daboolaa marka la gaaro dhamaadka hawsha? |
| 14 | ma adeegsayaa hababka kantaroolka cudurka iyo Heerka Taxadirka (Standard Precautions) si uu u badbaadiyo macaamilka iyo HCA inta ay socoto hawsha? |
| 15 | ma horumariyaa baahida bulshada iyo aadanaha ee macaamilka inta lagu dhex jiro hawsha? |
| 16 | ma horumariyaa xuquuqda macaamilka inta lagu dhex jiro hawsha? |
| 17 | ma horumariyaa ammaanka macaamilka inta lagu dhex jiro hawsha? |
| 18 | ma horumariyaa raaxada macaamilka inta lagu dhex jiro hawsha? |
| 19 | ma ku dhaafyaa alaabta caadi ahaan la isticmaalo meel uu macaamilka ka laalo marka la gaaro dhamaadka daryeelka (tusaale ahaan, telefoonka, muraayadaha indhaha, qalabka lagu shido elataroonigga (remote), warqadaha nadaafadda, koob biyo ah? |