



Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama adeeg bixiyahaaga caafimaad haddii aad qabto su'aalo ama warwar. Shaqaalaha UWMC sidoo kale waa la heli karaa si ay kuu caawiyaan xili walba.

206-598-_____

206-598-_____

Ama, ka wac xafiiska guud ee UWMC lambarka 206-598-3300.

Sida Loola Xidhiidho Kooxda Daryeelka Xaafimaadkaaga

- Waydii adeeg bixiyahaaga caafimaad waxa aad filan karto:
 - Ma waxa jiri doona xanuun badan ka badan kadib qaliinkayga ama xanuunkayga?
 - Intee in le'eeg ayaa laga yaabaa inay ku dhamaato?
- La falanqee siyaabaha xanuunkaaga loo kaantarooli karo:
 - Noo sheeg hababka kaantaroolida xanuunka ooh ore si fiican ugu shaqeeyay.
 - Noo sheeg sida aad u isticmaashida dawooyinka ama alkahoolka. Waxaa laga yaabaa inaad u baahato dooska daawaadaada la saxo.
 - Ka hadal warwar kasta oo aad ka qabto dawooyinka xanuunka, sida ka cabsashada qabatinka.
 - Waydii waxyeelada ay daawayntu keeni karto.
- Baro waxyaabaha la xidhiidha aaladaha qiimaynta ee aad u adeegsan karto qiyaasta xanuunkaaga. (Fiiri dhex-ku-jirka, "Xanuunkaaga Wax Nooga Sheeg" "Tell Us About Your Pain.")
- Codso dawooyinka xanuunka marka u horaysa ee aad xanuun dareento. U sheeg adeeg bixiyahaaga caafimaad haddii qabto xanuun aan tagayn ama mid cusub.
- Ku dar qoyskaaga ama cida ku taageerta qorshahaaga kaantaroolida xanuunka.

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1959 N.E. Pacific St. Seattle, WA 98195

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Pain Management
Somali

09/2001 Rev. 09/2010

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Waxbarashadda Bukaanka

Daryeelka Adeega Bukaanka



Maamulida Xanuunka

Buugyaraha bukaanka

Inta badan xanuunka waxaa lagu maamuli karaa dawooyin iyo daawayn kale.

Buugyarahani wuxuu macluumaad ka bixinayaa kaantaroolida xanuunka iyo la hadlida adeeg bixiyahaaga caafimaad sidaa darteed waxaan heli karnaa hababka sida fiican kuugu haboon.

Xuquuqda iyo Masuuliyadda Bukaanka

Waxaan xaq u leeyahay in xanuunkayga:

- Ay rumaysataan dhamaan kuwa ku shaqadda leh daryeelkayga
- Loo hubsaddo si joogto ah
- Si dhakhso ah loola macaamilo

Waxaan masuul ka ahay:

- Waraysashada doorarka xanuun bogsashadayda
- Sharixidda iyo qiimaynta xanuunkayga
- Codsashadda daawaynta marka u horaysa ee xanuunkaygu bilaabmo.
- Sheegista bal in daawadda ama daawayntu shaqaysay

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Daawooyinka xanuunka qaarkood ayay tahay in loo qaato si joogto ah iyaddoo qaarna la qaadan doono “marka loo baahdo”. Taas macnaheedu waa inaad qaadata dawada xanuunka marka ugu horraysa ee aad dareento xannuunka si aad “uga kor marto” xannunka.

Daawaynta Xanuunka

Hababka aan dawadda ku shaqo lahayn ee lagaaga fududayn karo xanuunka:

Daryeel bixiyahaaga caafimaad la sheekayso si aad wax badan uga ogaato:

- Baagaga qabow/kulul
- Meelaysiga
- Daawaynta muusiga
- Nafisidda, muuqaalada
- Taabasho ku daawaynta
- Suquurinta (Hypnosis)

Xanuunka waxaa laga yaabaa in lagu maamul daawooyinka:

- Kuwan aan obaydhka (nonopioids) ahayn sida Tylenol, aspirin, ibuprofen
- Obaydhka (sida Morphine)
- Suuxdinta lookalka ah (daawooyinka signalada xanuunka ka xaniba neerfaha)

Daawooyinka xanuunka waxaa laga yaabaa inay laga qaato:

- Afka (kiniinadda, kaabsoolta, dareeraha)
- Xarqad sida baandhayjka ah oo maqaarkaaga la dul saaro
- Irbad lagu duro xididaada (laynka IV)
- Mishiin kuu ogolaada inaad kaantroosho daawadaada xididka aad ka qaadatay (PCA)
- Tuyuub yar oo lagaa galiyo meel u dhow laf dhabarta (*epidural catheter*)

Khurafaadka ku sahabsan Dawooyinka Xanuunka

1. “Waxaa laga yaabaa inaan qabatimo.”

Dadka qaar ma doonayaan inay qaataan daawooyinka xanuunka maxaa yeelay waxay ka cabsanayaan inay qabatimaan. Daraasad ayaa cadaysay in taasi aanay ahayn dhibaato. Marka daawooyinka xanuunka loo isticmaalo sida loo qoray, bukaanku marmar iyo dhif, haddii ay timaadba, waxay qabatimaan iyaga.

2. “Waxaa iga soo gaadhi doona waxyeelo xun.”

Waxyeeladda dawooyinka sida wareerka, cuncunka, lulmada, ama calool istaaga waxaa lagu xalin karaa iyaddoo la badalo daawadda, la badalo dooska, ama lagu daro daawooyin fudud.

3. “Ma doonayo inaan u egaado ‘qof cabanayo.’ ”

Waxaad xaq u leedahay inad wax ka ogaato ka ladnaanshaha xanuunka. Sidoo kale, adeeg bixiyahaaga caafimaad wuxuu u baahan yahay inuu ogaado dhamaan calaamadaha, oo uu ka mid yahay xanuunka, si uu daryeel wanaagsan kuu siiyo.

Waa Muhiim in la Maareeyo Xanuunkaaga

Xanuunka aan laga ladnaan wuxuu daahin karaa bogsashadda isagoo:

- Adkaynaya in la nasto ama la seexdo
- Adkaynaya in si qoto dheer neef loo qaato, qufaco ama loo socdo
- Kugu keenaya inaad lumiso amateedkaaga
- Kaa dhigaya inaad ka xumaato ama raagsato adigoo isku dayaya inaad la macaamisho xanuunkaaga oo kaliya

Sababahan awgood, fadlan u sheeg daryeelahaaga caafimaad marka xanuunkaaga aan si fiican loo kaantaroolayn.

Daryeelida xanuunkaagu waa muhiim. Waxay kaa caawinaysaa inaad dareento adkaansho oo aad awoodo inaad la taacaamusho xanuunka ama aad ka ladnaato qaliinka.

Xanuunkaaga Wax Nooga Sheeg

U sheeg dhakhtarkaaga, kalkaaliyahaag, farmisigaaga, iyo ehelkaaga ama asxaabtaada:

- Halkee ku xanuunaysa.
- Waa xanuun side ah (urursan, baahsan, olol iwm).
- Xanuunku sidduu u xoog leeyahay.
- Haddii halkaasi mar walba ku xanuunto ama haddii xanuunka yimaad oo ba'o.
- Maxaa xanuunka sii xoojinaya.
- Maxaa xanuunka kaa yaraynaya.

Qiyaasaha Xanuunka

Adeegsiga mid ka mid ah qiyaasahani waxay kaa caawin doontaa inaad sheegto xanuunka ku hayaa inta uu le'eeg yahay. Adeegso ta kuugu haboon.

Ka dooro lambarka 0 illaa 10 ee sifican u sharxaya xanuunkaaga:

0	1	2	3	4	5	6	7	8	9	10
Xanuun ma jiro										Xanuun daran

AMA: Dooro erayka si fiican u sharxaya xanuunkaaga:

Xanuun ma jiro Sahlan Dhexdhexaad Aad u daran

AMA: Dooro wejiga si fiican u sharxaya xanuunkaaga:

					
0 Dhib ma jirto	1 Xoogaa yar oo dhib ah	2 Xooga dhib yar badan	3 Dhib badan leh	4 Dhib aad u badan	5 Aad iyo aad u dhib badan

Qiyaasta wejiga ee Wong DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Schwartz P: Wong's Essentials of Pediatric Nursing, 6/e, St. Louis, 2001, P. 1301. Nuqul-xaqeeda uu leeyahay Mosby, Inc. Dib loogu daabacay ruqsad.

Waxyaabo xaqiiqo ah oo ku sahabsan Daawooyinka Xanuunka Obiyowdh (Opioid)

S. Daawo intee le'eeg ayaan qaataa?

- J. Raac tilmaamaha qaruurada laguu qoray. Haddii xanuunka aad ka soo raysan waydo, la hadal adeeg bixiyahaaga caafimaad si aad uga hadasho is badaladda daawooyinkaaga xanuunka.

S. Intee in le'eeg ayay qaadanaysaa inay wax tar keento intee in le'eegna way ku dhamaanaysaa?

- J. **Daawooyinka hore u hawlgala** waxay waxtar ku yeeshaan 30 daqiiqo waxaanay ku dhamaadaan 4 saacadood. Tusaalayaal ka mid ahi kuwani waa *oxycodone* iyo *morphine*.

Daawooyinka qumaatiga u hawlgala waxay waxtar ku yeeshaan 60 daqiiqo waxaanay ku dhamaadaan 8 ilaa 12 saacadood. Tusaalayaal ka mid ah kuwani waa *Morphine SR* iyo *Oxycontin*. **Ha** calalin hana burburin daawooyinkan. Dhamaantood liq.

S. Waa maxay waxyeelooyinka caanka ah ee ay sababaan daawooyinka xanuunku? Sideen iskaga ilaalin karaa?

- J. **Calool istaag:** Si aad uga hor tagto calool istaag, cab biyo badan oo qaado saxaro jilciye sida *docusate* (Colace). Haddii calooshu ku istaago, waxaad isticmaashaa socodsiiyayaal sida *Senna* ama *caanaha magniisiya*. Haddii dhibaataaddu sii socoto, wac adeeg bixiyahaaga caafimaad.

Indho-daraandar: Iska ilaali alkahoolka iyo daawooyinka kale ee lulmada kugu ridaya sababtoo ah waxay sii kordhinayaan indho-daraandarka ay keeneen dawooyinka xanuunka. Gaadhi ha ka xaxayn ama ha ka shaqayn mishiin marka aad qaadanayso daawooyinka xanuunka.

Yalaalugadda: Qaado daawadda xanuunka xiliyadda cuntada haddii calooshu ku casirayso.

S. Sideen dib ugu soo kordhisan karaan dawooyinkayga xanuunka?

- J. Qaar badan oo ka mid ah daawooyinka obiyowdh (opioid) ayaa u baahan qoritaan cusub mar walba oo aad u baahan tahay in cusub. Farmasigaaga ayaa awoodi doona inuu kuu sheego haddii aad kordhisan karto daawadaada xanuunka ama haddii aad u baahan tahay inaad wacdo adeeg bixiyahaaga caafimaad si uu kugu qoro daawo cusub.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC staff are also available to help.

206-598-_____

206-598-_____

Or, call the main
UWMC operator at
206-598-3300.

How to Communicate with Your Health Care Team

1. Ask your health care provider what to expect:
 - Will there be much pain after surgery or with my illness?
 - How long is it likely to last?
2. Discuss your pain control options:
 - Tell us what pain control methods have worked well in the past.
 - Tell us how you use drugs or alcohol. You may need your medicine dose adjusted.
 - Talk about any concerns you have about pain medicines, such as fear of addiction.
 - Ask about side effects that may occur with treatment.
3. Learn about the assessment tools you can use to measure your pain. (See insert, "Tell Us About Your Pain.")
4. Ask for pain medicines when you first begin to feel pain. Tell your health care provider if you have pain that won't go away or that is new.
5. Include your family or support persons in making a pain control plan.

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09/2001 Rev. 09/2010

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Pain Management

A guide for patients

Most pain can be managed with medicine and other treatments. This guide gives information about controlling pain and talking with your health care providers so we can find the methods that work best for you.

Patient Rights and Responsibilities

I have the right to have my pain:

- Believed by all involved in my care
- Checked on a regular basis
- Dealt with quickly

I am responsible for:

- Asking about my pain relief options
- Describing and rating my pain
- Asking for medicine when my pain first begins
- Telling if the medicine or treatment worked

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Some pain medicines should be taken on a regular basis while others are taken “as needed.” This means you need to take the pain medicine when you first begin to feel pain so that you can “stay on top” of the pain.

Therapies for Pain

Non-drug methods to help ease your pain:

Talk with your health care provider to learn more about:

- Hot/cold packs
- Positioning
- Music therapy
- Relaxation and imagery
- Therapeutic touch
- Hypnosis

Pain may be managed with these medicines:

- Nonopioids such as Tylenol, aspirin, ibuprofen
- Opioids (such as Morphine)
- Local anesthetics (medicines that block pain signals at nerves)

Pain medicines may be given by:

- Mouth (pills, capsules, liquid)
- A bandage-like patch placed on your skin
- A needle placed in your vein (IV line)
- A machine that allows you to control your IV medicine (PCA)
- A small tube inserted in your back in the area around your spinal cord (*epidural catheter*)

Myths about Pain Medicines

1. *“I might get addicted.”*

Some people don’t want to take pain medicine because they are afraid they will become addicted. Research shows that this is not a problem. When pain medicines are used as prescribed, patients rarely, if ever, become addicted to them.

2. *“I’ll have terrible side-effects.”*

Side-effects like nausea, itching, sleepiness, or constipation can be resolved by changing the medicine, changing the dose, or adding simple treatments.

3. *“I don’t want to seem like a ‘complainer.’”*

You have a right to ask for pain relief. Also, your health care providers need to know about all of your symptoms, including pain, to give you good care.

Taking care of your pain is important. It helps you feel stronger and better able to cope with your illness or get better from surgery.

It Is Important to Manage Your Pain

Pain that is not relieved can delay your healing by:

- Making it hard for you to rest or sleep
- Making it hard for you to breathe deeply, cough, or walk
- Causing you to lose your appetite
- Making you sad or anxious by trying to deal with your pain alone

For these reasons, please tell your health care provider when your pain is not well controlled.

Tell Us About Your Pain

Tell your doctor, nurse, pharmacist, and family or friends:

- Where you feel pain.
- What it feels like (sharp, dull, throbbing, etc.).
- How strong the pain feels.
- If the pain is always there or if it comes and goes.
- What makes the pain worse.
- What makes the pain better.

Pain Scales

Using one of these pain scales will help you tell us how much pain you feel. Use the one that works best for you.

Choose a number from 0 to 10 that best describes your pain:

0	1	2	3	4	5	6	7	8	9	10
No Pain										Worst Pain

OR: Choose a word that best describes your pain:

No Pain	Mild	Moderate	Severe
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OR: Choose the face that best describes your pain:

					
0 No Hurt	1 Hurts Little Bit	2 Hurts Little More	3 Hurts Even More	4 Hurts Whole Lot	5 Hurts Worst

Face scale from Wong DL, Hockenberry-Eaton M, Wilson D, Winkelstein ML, Schwartz P: Wong's Essentials of Pediatric Nursing, 6/e, St. Louis, 2001, P. 1301. Copyright by Mosby, Inc. Reprinted with permission.

Facts About Opioid Pain Medicines

Q. How much medicine should I take?

- A. Follow the instructions on the prescription bottle. If your pain does not get better, call your health care provider to talk about changes in your pain medicines.

Q. How long does it take the medicine to start working and how long will it last?

- A. **Immediate-acting medicines** start working in about 30 minutes and last about 4 hours. Examples are *oxycodone* and *morphine*.

Slow-release medicines start working in about 60 minutes and last 8 to 12 hours. Examples are *Morphine SR* and *Oxycontin*. Do **not** crush or chew these medicines. Swallow them whole.

Q. What are the common side effects caused by pain medicines? How can I avoid them?

- A. **Constipation:** To prevent constipation, drink plenty of water and take a stool softener such as *docusate* (Colace). If you become constipated, use a laxative such as *senna* or *milk of magnesia*. If the problem continues, call your health care provider.

Drowsiness: Avoid alcohol and other medicines that make you sleepy because they will add to the drowsiness caused by the pain medicines. Do not drive or use machinery while taking pain medicines.

Nausea: Take the pain medicine with food if you are having an upset stomach.

Q. How do I get a refill of my pain medicine?

- A. Many opioid pain medicines require a new prescription each time you need a new supply. Your pharmacist will be able to tell you if you can get refills of your pain medicine or if you need to call your health care provider for a new prescription.