

Xanibaada Neerfaha oo Joogta ah

Si loo xakameeyo xanuunka

Qoraalkan wuxuu sharxayaa sida tuubada xannibaadda neerfaha ee joogtada ahi u shaqeyso iyo waxa aad filan karto marka la dhigo.



Ku sawir koodhka QR taleefankaaga si aad u hesho fiidiyowyo waxtar leh.

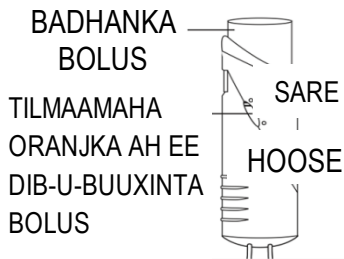
Waa maxay xannibaadda dareemayaasha ee joogtada ahi?

Habka xannibaadda neerfaha ee joogtada ah, tuubo yar oo balaastiig ah (kateeter) ayaa la gelin doonaa si ay u caawiso maaraynta xanuunka. Kateetarka waxaa la dhigayaa meel u dhow neerfayaasha kantaroolaya dareenka iyo dhaqdhaqaaqa xubinta jirka ee xanuunka leh. Qalab yar ayaa ku shubaya ama ku bamgareynaaya daawada kabuubyada kateetarka si uu u xakameeyo xanuunkaaga.



Maxay tahay in aan fisho?

- Kateetarka xannibaadda neerfaha kaama wada qaadi doono dhammaan xanuunkaaga. Laakin, uma baahnid inaad qaadato xanuun baabi'iyeyaal badan inta ay shaqaynayso.
- Qalabku wuxuu si ootomaatik ah u bamgareeyaa daawada iyada oo ku socota xawaare tartiib ah si si joogta ah loogu yareeyo xanuunka. Waxaa jira badhan aad riixi karto si aad naftaada u siiso qiyaas dheeraad ah oo daawo kabuubyo ah haddii aad dareento inaad u baahan tahay.
- Xubinta meesha tuubada kateetarka la geliyo way kabuuboon doontaa waxaana laga yaabaa inay daciif noqato. Waxaa laga yaabaa inaad awoodin inaad miisaankaaga oo dhan saarto.
- Waqti ka dib, bamka si tartiib ah ayuu u lumin doonaa qaabkiisa oo wuu sinmi doonaa. Tani waxay qaadan doontaa 2 ilaa 3 maalmood. Marka uu bamku madhan yahay, waxaad arki doontaa xudunta adag ee gudaha (eeg sawirka bogga 2).
- Xubin ka tirsan kooxda daryeelka ayaa si joogto ah kuula soo xiriiri doona inta kateetarkaagu kugu jirto si loo hubiyo inay si badbaado leh u shaqaynayso.
- Ha beddelin qiyaasta heerka socodka hadaan dhakhtarkaagu kuu sheegin.



Badhanka bolus-ka waxa loo isticmaalaa in lagu siiyo qiyaas dheeraad ah oo daawo kabuubyo ah, haddii loo baahdo.



Bamka marka uu madhan yahay. Sawirka waxaa la isticmaalay iyada oo ogolaansho laga haysto Halyard Health.

Sideen isu siiyaa qiyaas dheeraad ah oo ah daawada kabuubyeyrada?

1. Hoos u riix badhanka bolus-ka ilaa badhanka uu meesha ku xidhmo.
2. Daawada ayaa iman doonta. Badhanka bolus-ka ayaa soo boodi doona dhowr daqiiqo ka dib. Bolus-ku wuxuu markaa bilaabi doonaa inuu buuxiyo.
3. Tilmaamaha oranjka ah ee dib-u-buuxinta bolus-ka ee dhinaca ayaa ku tusaya inta daawo ku jirta bolus-ka.
4. Qiyaas kale oo buuxda oo daawo ah ayaa la heli karaa marka tilmamaha dib-u-buuxinta bolus-ka oranjka uu joogo heerka ugu sarreeya. Tani waxay qaadan doontaa ilaa 30 daqiiqo.
5. Riixda badhanka ka hor dhamaadka wakhtiga dib-u-buuxinta waxay ku siin doontaa qayb keliya oo ka mid ah qiyaasta daawada.

Is-daryeel

- Had iyo jeer ilaali xubinta leh xannibaadda neerfaha. Ka taxadar dusha meesha kulul, qabow, adag, ama fiiqan. Si fudud ayaad u dhaawacmi kartaa sababtoo ah xubintaada ma dareemayso xanuun ama cadaadis.
- Taxadar marka aad dhaqaaqaysid. Waxaa laga yaabaa in dheelitirkaaga ay saameeyo.
- Ha jiidin kateetarka.
- Had iyo jeer qof ha ku caawiyo marka aad istaagto ama socoto inta aad qabto xannibaaddan dareemayaasha. Sug ilaa inta daawaynta lagaa joojinaayo oo aad dib u soo ceshato dareen buuxa iyo xoogga addimadaada ka hor intaadan isku dayin inaad keligaa istaagto ama socoto.
- Haddii kateetarka uu lugtaada ku jiro, had iyo jeer isticmaal aaladaha caawinta sida jilib ma-dhaq-dhaqaajiyaha (immobilizer), biraha lagu boodo, ama lugeeyaha (walker) markaad socoto ama taagan tahay.
- Raac tilmaamaha dhakhtarkaaga ee ku saabsan meelaynta iyo dhaqdhaqaaqa ama waxqabadka.
- Ha ahaato goobta la geliyey kateetarka iyo faashadda mid engegan.

Ma jiraan wax waxyeelooyin ah oo ay keento?

Baroosiijarada oo dhama waxay ku lug leeyihiin khataro, waxyeellooyin ay keeni karaan, iyo dhibaatooyin suurtagal ah. Saamaynta ugu badan ee lidka ku ahi waa xanuun wakhti gaaban ah ee goobta kateetarka.

Mararka qaarkood, qadar aad u yar oo daawo kabuubyo ah ayaa ka daadanaya dhaymada hoosteeda, laakiin tani maaha wax laga walwalo. Khataraha kale waxaa ka mid ah caabuq, dhiig-bax, iyo tabardaro socota. Waa naadir in saameyn xun oo ku lid ah iyo dhibaatooyin ka timaado habkan.

Sideen u saaraa kateetarka marka bamka uu madhan yahay?

1. Fadhiiso oo iska qaad dhaymada kateetarka Korkiisa. Ha isticmaalin maqas.
2. Si adag u qabso kateetarka maqaarkaaga u dhow. Ka soo saar maqaarkaaga adigoo si tartiib ah oo joogta ah u soo jiidaya. Kateetarka waa inuu si fudud u soo baxaa. Waa inaad dareentaa wax aad u yar ama aanad dareemin raaxo la'aan.
3. Haddii aad dareento xanuun fiiqan oo degdeg ah markaad bilowdo inaad soo jiido, jooji. Na soo wac si aad u hesho tilmaamo (eeg lambarada taleefanka ee sanduuqa "Su'aalaha").
4. Ka dib markaad soo saarto kateetarka, ka hubi oo ka eeg caarada calaamad madow. Wac bixiyahaaga haddii aadan arkin calaamadda madow.
5. Kateetarka iyo bamka ku rid qashinka.
6. Waxaad ku dhejin kartaa baandheyj ama faashad yar meeshii uu kateetarka ku jirey.

Si aad u daawato fiidyowga saarista kateetarka, fadlan booqo www.myon-q/faqs.aspx.

Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyahaaga daryeelka caafimaadka haddii aad qabtid su'aalo ama walaacyo.

- Adeegga Suuxinta Gobolka ee Harborview:
(Harborview Regional Anesthesia Service)
Maalmaha shaqada laga bilaabo 8 subaxnimo ilaa 5 galabnimo, wac 206.999.0992.
- Saacadaha shaqada ka dib iyo dhammaadka usbuuca iyo maalmaha fasaxa ah, fadlan wac khadka taageerada alaabada ee ON-Q 24-saac si aad ula hadasho kalkaaliso caafimaad oo diiwaangashan: 800.444.2728

Goorta la wacayo

Isla markiiba na soo wac haddii aad leedahay mid ka mid ah calaamadahan halista ah:

- kabuubyo bushmaha ah (dibno)
- Dhadhan bir oo afkaaga ah
- Dhegahaaga oo ku dhawaaqaya
- Dawakhaad ama wareer daran
- Lalabbo iyo matag



Continuous Nerve Block

For pain control

This handout explains how a continuous nerve block catheter works and what you can expect when it is placed.



Scan this QR code with your phone for helpful videos.

What is continuous nerve block?

In your continuous nerve block procedure, a small plastic tube (catheter) will be placed to help with pain management. The catheter is placed close to the nerves that control feeling and movement in the painful limb. A small device pumps numbing medicine through the catheter to control your pain.

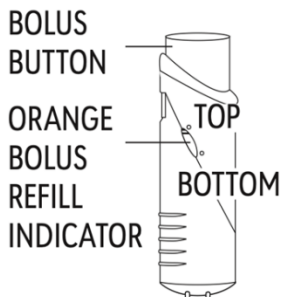


What should I expect?

- The nerve block catheter will not take away all your pain. But, you will not need to take as many pain pills while it is working.
- The device automatically pumps the medication at a slow flow rate for continuous pain relief. There is a button you can press to give yourself an extra dose of numbing medication if you feel you need it.
- The limb where the catheter is placed will be numb and may be weak. You may not be able to put all your weight on it.
- Over time, the pump will slowly lose its shape and flatten. This should take 2 to 3 days. When the pump is empty, you will see a hard core inside (see the image on page 2).
- A care team member will routinely contact you while your catheter is in place to make sure it is working safely.
- Do not change the flow rate dial unless your doctor tells you to.

How do I give myself an extra dose of numbing medication?

1. Press down on the bolus button until the button locks into place.
2. The medicine will be delivered. The bolus button will pop up after a few minutes. The bolus will then begin to fill.
3. The orange bolus refill indicator on the side shows you how much medicine is in the bolus.



The bolus button is used to give an extra dose of numbing medication, if needed.



The pump when it is empty.

Image used with permission from Halyard Health.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- Harborview Regional Anesthesia Service: Weekdays from 8 a.m. to 5 p.m., call 206.999.0992.
- After hours and on weekends and holidays, please call the ON-Q 24-hour product support hotline to speak to a registered nurse: 800.444.2728

When to Call

Call us right away if you have any of these serious symptoms:

- Numb lips
- Metallic taste in your mouth
- Ringing in your ears
- Severe dizziness
- Nausea and vomiting

4. Another full dose of medicine is available when the orange bolus refill indicator is at the top level. This will take about 30 minutes
5. Pressing the button before the end of the refill time will give you only part of the medicine dose.

Self-care

- Always protect your limb that has the nerve block. Be careful with hot, cold, hard, or sharp surfaces. You can easily get hurt since your limb does not feel pain or pressure.
- Be careful when you move. Your balance may be affected.
- Do not pull on the catheter
- Always have someone help you when you stand or walk while you have this nerve block. Wait until the therapy is stopped and you have regained full feeling and strength in your limb before you try to stand or walk by yourself.
- If the catheter is in your leg, always use assistive devices such as a knee immobilizer, crutches, or a walker while walking or standing.
- Follow your doctor's instructions about positioning and activity.
- Keep both the bandage and catheter insertion site dry.

Are there any side effects?

All procedures involve risks, side effects, and possible problems. The most common side effect is short-term pain at the catheter site.

Sometimes, a very small amount of the numbing medication leaks underneath the dressing, but this is nothing to worry about. Other risks include infection, bleeding, and ongoing weakness. It is rare to have serious side effects and problems from this procedure.

How do I remove the catheter when the pump is empty?

1. Sit down and take off the dressing over the catheter. Do not use scissors.
2. Firmly grasp the catheter near your skin. Slide it out from your skin with gentle, steady pulling. The catheter should come out easily. You should feel very little or no discomfort.
3. If you feel sudden sharp pain when you begin to pull, stop. Call us for instructions (see phone numbers in the "Questions" box).
4. After you remove the catheter, check the tip for a black mark. Call your provider if you do not see the black mark.
5. Place the catheter and pump in the trash.
6. You may place a small bandage over the spot where the catheter was.

To watch a catheter removal video, please visit www.myon-q/faqs.aspx.