



መእሰሪ ሓገዝ ከሳድ/ሰርቪካል ኮላር

ዉሑሰ ክንክን ኣብ ገዛ

እዛ መጽሓፍ መእሰሪ ሓገዝ ከሳድ ብኸመይ ከም እትኸደንን እትፀርን ትገልጽ።

መእሰሪ ሓገዝ ከሳድ /ሰርቪካል ኮላር እንታይ እዩ?

ሰርቪካል ኮላር መእሰሪ ደገፍ ከሳድ እዉን ይብሃል እዩ። ርእሰኻን ከሳድካን ቐጥ ኣቢሉ ዝሕዝ ፕላስቲካዊ መሳርሒ እዩ። ዝበዝሑ ጊዜያት መእሰሪ ደገፍ ከሳድ ድሕሪ ዓቢ መጥባሕቲ ወይ ብርቱዕ መጉዳእቲ ንኣብነት ከም መሰበርቲ ከሳድ ምስ ኣጋጠመ ዝግበር እዩ።

መእሰሪ ደገፍ ከሳድ ስለምንታይ የድልየኒ?

ዶክተርካ ኣብ እዋን ምሕዋይካ ትኸደኖ መእሰሪ ደገፍ ከሳድ ኣዚዝልካ ኣሎ። እዚ መእሰሪ ደገፍ ከሳድ ከሳድካ ኣብ ዝሓዉየሉ ግዜ ኣብ ግቡእ ቦታ ንምትሓዝ ክሕግዝ እዩ።

ነቲ መ መእሰሪ ከሳድ መዓሰ ይኸደኖ?

ነቲ መእሰሪ ከዳድ ኩሉ ግዜ፣ ዋላ'ውን ሻወር ወይ ማይ ኣብ እትሕጸበሉ ግዜ ተኸደኖ። ዝተረፈ ኣካላትካ ድሕሪ ምሕጸብካ፣ ነቲ መእሰሪ ከሳድ ንኸተዉጽእ፣ ከሳድካ ንኸትሕጸብ፣ ከምኡውን ነቶም ጉዝጓዝ ንኸትቐይር ሓጋዚ ከድልየካ እዩ።



ናይ ክንክን ጉጅለኻ ነቲ መእሰሪ ከሳድ ኣብ ግቡእ ቦታ ብኸመይ ከም እትእትዎ ክርእዩኻ እዮም።

ትሕቲ እቲ መእሰሪ ከሳድ ዘሎ ከመይ ገይረ የጽርዩ?

ዶክተርካ ኮፍ ክትብል ጸገም የብሉን ክሳብ ዘይበለካ ነቲ መእሰሪ ከሳድ ንምዉጻእ ብሕጅኻ በጥ ክትብል ኣለካ።

እንታይ ክትገብር ኣለካ

- ኣብ ዓራት በጥ በል። መተርኣሰ ኣይትጠቐም።
- ርእሰኻ ናብ ሓደ ወገን ከየዘምበልካ ተኸ ኣብ ዝብል ኣቐዋም ሕዞ። ከሳድካ ንቐድሚት፣ ንድሕሪት፣ ወይ ንጎኒ ኣይትጥወዮ።

ሓጋዚኻ እንታይ ክገብር ኣለዎ

- ነቲ ናይ ቪልኪር/ዝጣበቐ መእሰሪ ይፍታሕ፣ ከምኡውን ናይ ቐድሚት ክፋል ናይቲ መእሰሪ ከሳድ የውፅእ ።



ዳሕረዋይ ከፋል ናይቲ ኳሌታ ኣብ እተልግሶን እትትክእን ናይቲ ሕሙም ከሳድ ከይተቐሳቐሶ ተጠንቐቐ።

- ሓደስቲ መንዝጎዚታት ብግቡእ ንኸእቱ እቶም መንዝጎዚታት ከመይ ተቐሚጦም ከም ዘለዉ ተጠንቐቐኡ ይርእ። ቐጺሉ ድማ ነቶም ዝረሰሑ መንዝጎዚታት የውፅእ።
- እቶም መንዝጎዚታት ምስቲ ዝጣበቐ መእሰሪ/ቤልክሮ ይተሓሓዙ። ነቶም ጽኑያት መንዝጎዚታት ኣብ እተእትወሉ እዋን እቶም መንዝጎዚታት ናይቲ ሕሙም ቐርብት ምስቲ ፕላስቲክ ካብ ምፍሕፋሕ ንምክልኻል እዚአም መንዝጎዚታት ከሳብ ጫፍ ናይቲ መእሰሪ ደገፍ ከሳድ ከም እተዘርገሐ ኣረጋግጽ።
- ካብ ትሕቲ ናይቲ ሕሙም ከሳድ ብጥንቓቕ ብምወጻእ ነቲ ዳሕረዋይ ከፋል ኣወጽእዮ። እዚ ኣብ እትገብረሉ እዋን ናይቲ ሕሙም ከሳድ ንኸይተቐሳቐሶ ተጠንቐቐ።
- ነቶም ኣብ ዳሕረዋይ ከፋል ዘለዉ ዝረሰሑ መንዝጎዚታት ብጸኑያት ቐይሮም። ነዚአም ከም ኣገዳስነቶም ቐይሮም።
- ናይቲ ሕሙም ከሳድ ብሳምናን ማይን ቐስ ኢልካ ሕጸቦ። ነቲ ቐርብት ምሉእ ኣንቐጽ።
- ኣብ ትሕቲ እቲ መእሰሪ ደገፍ ከሳድ ዝኾነ ዝቐይሐ ወይ ዝተቐጥዐ ነገር ተመልከት። ኣብ ልዕሊ ኣዕጽምቲ ዘለዎም ከባቢታት ከም መንከስን ኣዕጽምቲ ከሳድን ብጥንቓቕ ተመልከት።

ነቲ መእሰሪ ደገፍ ከሳድ መሊሰካ ንኸተቐምጦ፡-

- ብኸሊቲኡ ወገን ኣብ ቐድሚትን ድሕሪትን ከፋላት ዘለዉ ምልክታት ናብቲ ናይ ሕሙም ርእሲ ንላዕሊ ኣንፈት ንኸመልከቱ ነቲ መእሰሪ ደገፍ ከሳድ ጥወዮ።
- መጀመርታ ነቲ መእሰሪ ደገፍ ከሳድ ብድሕሪቱ ኣቐምጦ፡- ነዚ ዳሕረዋይ ከፋል መእሰሪ ከሳድ ተጠንቐቐካ ኣብ ትሕቲ ናይቲ ሕሙም ከሳድ ኣንሸራትቶ ፡- ብማዕረ ኣብ ማእኸል ዝግረፈ ምዃኑ ኣረጋግጽ።
- ነቲ ናይ ቐድሚት ከፋል ንምእታዉ ኣብ ትሕቲ ናይቲ ሕሙም መንከስ የእትዎ፤ ከምኡውን ነቶም ጎንታት ቐሩብ ናብ ኣእዛን ገጽካ ይድፋኣዮ።

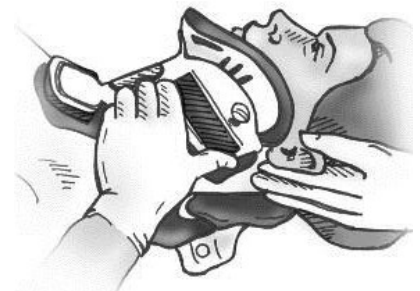


ምልክታት ንላዕሊ ናብቲ ሕሙም ርእሲ ከመልከቱ ኣለዎም።



እቲ ናይ ቐድሚት ከፋል ኣብ ትሕቲ ናይቲ ሕሙም መንከስ የእትዎ።

- ኣብቲ መእሰሪ ከሳድ ንድሕሪት ከይደፋእካ ነቶም ጎንታት ኣብ ከባቢ ናይቲ ሕሙም ከሳድ ጥወዮም።



ጎንታት ናይቲ መእሰሪ ከሳድ ኣብ ከባቢ ናይቲ ሕሙም ከሳድ ጥወዮም።

- ንጽፋፍ ምግጣም ነቶም ዝጣበቑ መእሰሪታት ቪልክሮ እሰሮም። ኣብ መንጎ ቐድሚትን ድሕሪትን ክፋል ናይቲ መእሰሪ ከሳድ ኣብ ክልቲኡ ክፋል ቦተን ዝጣበቓ መእሰሪታት ቪልክሮ ዝተሓሓዘ ዝኾነ ክፋት ቦታከም ዘየለ ኣረጋግጽ።



ንጽፋፍ ምግጣም ነቶም መእሰሪታት እሰሮም።

እቲ መእሰሪ ደገፍ ከሳድ ኣብ ቦትኡ ድሕሪ ምእታው፡-

- እቲ ሕሙም ቐስ ኢሉ ናብ ጎኒ ከም ዝጥወ ግበሮ። ርእሶም ናብ ጎኒ ንቐይቕልቐል ንእሸተይ መተርእስ ወይ ዝተጻጸፈ ሸጎማኒ ትሕቲ ምዕጉርቶም ግበረሎም።
- ኣብ ላዕለዎይ ጎኒ ናይቲ መእሰሪ ደገፍ ከሳድ ነቲ ዝጣበቐ መእሰሪ/ቪልክሮ ፍትሓዮ። ዳሕራዎይ ክፋል ንታሕቲ ዕጻፎ። ናይቲ ሕሙም ድሕሪት ርእሱ ንዝኾነ ምቕያሕ ወይ ቕጠዕ ፈትሾ።
- ነቲ ዳሕራዎይ ክፋል መእሰሪ ከሳድ ቐይሮ። ጽቡቕ ገይርካ እሰሮ።

ናይቲ ሕሙም ድሕሪት ርእሱ ንምቕያሕ ወይ ቕጠዕ ፈትሾ።



እቲ መእሰሪ ደገፍ ከሳድ ብልክዕ ተገይሩ ከም ዘሎ ብኸመይ ይፈልጥ?

- ኣብ መንጎ ታሕተዎይ ክፋል ናይቲ መእሰሪ ደገፍ ከሳድን ላዕለዎይ ኣፍልብኻን **1 ኣጸብዑቲ** ጥራይ ከተእቱ ትክእል።

- መንከሰካ ናብቲ መእሰሪ ደገፍ ክሳድ ክተእቱ፣ ርእሰኻ ካብ ሓደ ጎኒ ናብቲ ሓደ ክትጠዊ፣ ወይ ክሳድካ ንላዕልን ታሕትን ክትጠዊ የብልካን። ነዚ ክትገብር እንድሕር ክኢልካ እቲ መእሰሪ ደገፍ ክሳድ ብፅቡቕ ኣይተቐመጠን።

ነቶም መጎዘጎዚታት ደጊመ ክጥቐመሎም ይኸእል ድየ?

ነቶም መከላኸሊ መጎዘጎዚታት ድሕሪ ምሕጻብካ ደጊምካ ክትጥቐመሎም ትኸእል ኢኻ። ነዚ ንምግባር፡-

- ነቶም ዝረስሑ መጎዘጎዚታት ብሳምናን ማይን ሕጸቦም።
- ኩሉ እቲ ሳምና ለቕልቑ።
- ዝተረፈ ማይ ጽሞቑ። ቐጺልካ ነቶም መጎዘጎዚታት ብሽጎማን ጠቕሊልካ ክሳብ ዝከኣለካ ማይ ክተወጽእ ጽሞቑም። ቐጺልካ ነቶም መጎዘጎዚታት ንኸነቕጹ ቢጥ ኣብሎም።

ዶክተርካ መዓስ ከም እትድወለሉ።

ነዚ ዝስዕብ ምስ ዝህልወካ ንዶክተርካ ደዉል፡-

- ኣብ ትሕቲ እቲ መሰሪ ደገፍ ክሳድ ቐስልታት ወይ ምፍሕፋሕ ምስ ዝህሉ
- ሓድሽ ወይ ዝገድድ ዘይምቐእነት ወይ ቃንዝ
- ሓድሽ ወይ ዝገድድ ድኻም
- ሓድሽ ወይ ዝገድድ ምድንዛዝ

ንመን ከም እትድወል

ንሕቶታትን ህጹጽ ዘይኮኑ ሻቕሎታትን፡-

- ኣብ እዋን ሰራሕ ሰዓታት ካብ 8 a.m. ክሳብ 4 p.m.፡-
 - ንክሊኒክ መጥባሕቲ ናይ ነርቭን ዓንድሕቕን ብ206.744.9340 ደዉል ፣ ምስ ነርስ ንምዝራብ 2 ጠዉቕ።
 - ናብ ክሊኒክ መስበርቲን ሕክምናን ዓዕፅምቲ ብ206.744.3462 ደዉል። ምስ ነርስ ንምዝራብ 2 ጠዉቕ።
- ድሕሪ ሰዓታትን ኣብ በዓላትን ቐዳመ-ሰናብትን፣ ናብ መስመር ክንክን ማሕበረሰብ ብ206.744.2500 ደዉል።

ኣብዚ መጽሓፍ ዘለው ሰእልታት ብፍቓድ ካብ Ossur Americas ዝወፃሉ እዮም።

ሕቶታት?

ሕቶታትካ ኣገደስቲ እዮም። ሕቶታት ወይ ሻቕሎታት ምስ ዝህልወካ ናብ ዶክተርካ ወይ ኣቕራቢ ክንክን ጥዕናኻ ደዉል።

ቐዳመ-ሰናብቲ ካብ 8 a.m. ክሳብ 4 p.m.፡-

- ብ206.744.3462 ናብ Harborview Orthopedic Clinic ደዉል። ነቲ ድምጺ ዝመልእ ምስ ሰማዕካ 2 ጠዉቕ።
- ብ206.744.3462 ናብ Orthopedic Clinic ደዉል። ምስ ነርስ ንኸትዛረብ 2 ጠዉቕ።

ናይ ድሕሪ ሰዓታትን ኣብ ቐዳመ-ሰናብትን በዓላትን፣ ናብ 206.520.5000 ደዉል።

Your Cervical Collar

Self-care at home

This handout explains how to wear and clean a cervical collar.

What is a cervical collar?

A *cervical collar* is also called a neck brace. It is a plastic device that holds your head and neck very still. Most times, a cervical collar is worn after major surgery or a serious injury, such as a broken neck.

Why do I need a cervical collar?

Your doctor has prescribed a cervical collar for you to wear during your recovery. The collar will help to keep your neck in the right position while it is healing.

When do I wear the collar?

Wear the collar at all times, even when you shower or bathe. After you wash the rest of your body, you will need a helper to take the collar off, wash your neck, and change the pads.



Your care team will show you how to place the collar in the right position.

How do I clean under the collar?

You must lie flat on your back to remove the collar unless your doctor says it is OK to be sitting.

What You Need to Do

- Lie flat in bed. Do **not** use a pillow.
- Keep your head in a neutral position. Do **not** bend your neck forward, backwards, or sideways.

What Your Helper Needs to Do

- Undo the Velcro straps and take off the front piece of the collar.
- Look carefully at how the pads are placed so that you insert the new pads correctly. Then take out the dirty pads.



Be careful not to move the patient's neck when removing and replacing the back piece of the collar.

- The pads attach with Velcro. When you insert clean pads, make sure the pads extend over the edge of the plastic collar to protect the patient's skin from rubbing against the plastic.
- Take off the back piece by carefully sliding it out from under the patient's neck. **Be careful not to move the patient's neck while doing this.**
- Replace the soiled pads on the back piece with clean ones. Change these as needed.
- Gently wash the patient's neck with soap and water. Fully dry the skin.
- Look for any redness or irritation under the collar. Look carefully over bony areas like the chin and collarbones.

To put the collar back on:

- Turn the collar so that the arrows on both the front and back pieces of the collar are pointing up toward the patient's head.
- **Place the back of the collar first.** Slide the back piece carefully under the patient's neck. Make sure it is centered evenly.
- To place the front piece, tuck it under the patient's chin and aim the sides slightly up toward the ears.

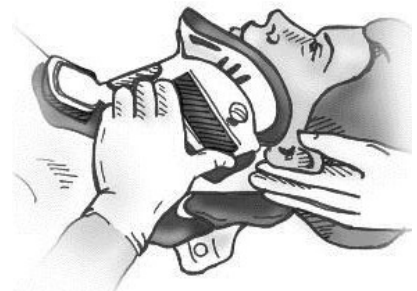


Arrows should point up toward the patient's head.



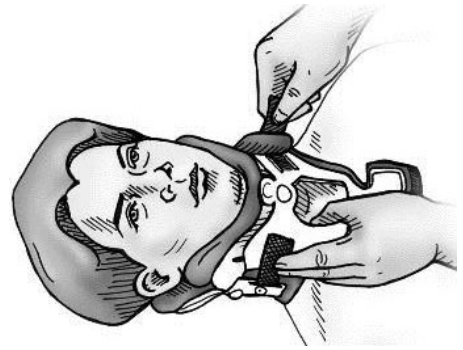
Tuck the front piece under the patient's chin.

- Without pushing backward on the collar, curl the sides around the side of the patient's neck.



Curl the sides of the collar around the patient's neck.

- Fasten the Velcro straps for a snug fit. Make sure there is no space between the front and back pieces of the collar where it connects at the sides with the Velcro straps.



Fasten the straps for a snug fit.

After the collar is in place:

- Have the patient carefully roll on their side. Put a small pillow or folded towel under their cheek so their head doesn't tilt sideways.
- Undo the Velcro strap on the upward side of the collar. Fold the back piece down. Check the back of the patient's head for any redness or irritation.
- Replace the back piece. Fasten it snugly.



Check the back of the patient's head for redness or irritation.

How do I know if the collar is on right?

- You should be able to insert **only 1 finger** between the bottom of the collar and your upper chest.
- You should **not** be able to tuck your chin into the collar, turn your head from side to side, or tilt your head up or down in the collar. If you can do that, the collar is not tight enough.

Can I reuse the pads?

You can reuse the pads after you have washed them. To do this:

- Wash the soiled pads with mild soap and water.
- Rinse all of the soap out.
- Wring out the excess water. Then wrap a towel around the pads and squeeze to remove as much water as you can. Then lay the pads flat to dry.

When to Call Your Doctor

Call your doctor if you have:

- Any soreness or irritation under the collar
- New or worse discomfort or pain
- New or worse weakness
- New or worse numbness

Who to Call

For questions and non-urgent concerns:

- Weekdays from 8 a.m. to 4 p.m.:
 - Call the Spine and Neurosurgery Clinic at 206.744.9340. Press 2 to talk with a nurse.
 - Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.
- After hours and on holidays and weekends, call the Community Care line at 206.744.2500.

Questions?

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

Weekdays from 8 a.m. to 4 p.m.:

- Call the Harborview Orthopedic Clinic at 206.744.3462. Press 2 when you hear the recording.
- Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.

After hours and on weekends and holidays, call 206.520.5000.

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