

Ku saabsan Xanuunkaaga

About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain, so they can help you feel better.

Xanuunku waa qaabka jirkaagu fariinta ugu diro maskaxdaada si aad u hesho caawimaad. U sheeg dhaqtarkaaga ama kalkaalisadaada macluumaadka ku saabsan xanuunkaaga, si ay kaaga caawiyaan inaad caawimaado.

You may be asked to describe your pain:

- Where is your pain? Point to the place on your body where it hurts.
- Does the pain spread to other parts of your body?
- When did the pain start?

Waxaa lagu waydiin karaa inaad sharaxdo xanuunkaaga:

- Halkee ka dareemaysaa xanuunka? Taabo jirkaaga meesha aad xanuunka ka dareemayso.
- Xanuunku miyuu ku faafay qaybaha kale ee jirkaaga?
- Goorma ayuu kugu biloowday xanuunku?

Qiimeynta Cabirka ku salaysan Lambarada

Numeric Rating Scale



Qiimeynta Cabirka Xanuunka ee Wong-Baker FACES®

Wong-Baker FACES® Pain Rating Scale



0

Majiro
Xanuun

No Hurt



2

Xanuun Wax
Yar Ah

Hurts Little Bit



4

Xanuun Wax
Yar Ka Sii
Daran

Hurts Little More



6

Xanuun Kaba
Sii Badan

Hurts Even More



8

Xanuun Wax
Badan Ka Sii
Daran

Hurts Whole Lot



10

Xanuunka
Ugu Daran

Hurts Worst

- How much does it hurt? Point to a number or face that shows us how much pain you are having.
- What does it feel like? Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- Is it worse at any time of the day? Morning? Evening?
- What makes the pain feel better?
- What makes the pain feel worse?
- What have you done to try to relieve the pain?
- Does the medicine make it feel better?
- Does it hurt more when you are active or lying still?
- Does the pain affect other parts of your life?
- Does it make it hard to sleep, eat, or care for yourself or others?
- Does it cause you to be upset, cry or to be irritable?
- Xanuun intee le'eg ayaad dareemaysaa? Taabo lambar ama waji noo muujinaaya heerka xanuunka aad dareemayso.
- Waa nooc ee xanuunku? Ma leeyahay gubasho, jiririco mise ma xanuun hoosebaa? Ma xanuun hoose baa mise waa mid saaid ah? Mar kasta miyaa dareentaa mise marna waad dareentaa marna waa uu baaba'aa?
- Waqti gaar ah oo uu maalintii saaid yahay miyaa jira? Subixii? Fiidkii?
- Maxaa xanuunka kaa baabi'iya?
- Maxaa xanuunka kugu siyaadiya?
- Maxaad sameysay si aad iskudaydo inaad xanuunka la tacaasho?
- Daawada miyay xanuunka kaa baabi'isaa?
- Xanuunku ma wuxuu saa'id kugu yahay marka aad hurudo mise marka aad soojeedo?
- Xanuunku miyuu saameeyay qaybaha kale ee nolashaada?
- Miyuu kuu diidaa hurdada, cuntada, ama inaa daryeesho nolashaada ama mid dadka kale?
- Xanaaq miyaad ka qaadaa, miyaa ooydaa mise dulqaad la'aan maka qaadaa?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

Kala hadal dhakhtarkaaga ama kalkaalisada arrimaha la xariira xanuunkaaga. La wadaag walaacyadaada waydiina su'aalo.