

Aalada Lagu Cabirro Xawaaro-socodka Hawada Sambabada Kasoo Baxda

Peak Flow Meter

A peak flow meter measures how fast air moves out of the lungs. This is a good way to check changes in your airways from asthma before you may feel them. Then you can take your medicines early to stop these changes and avoid a severe asthma attack. Use a peak flow meter as directed by your doctor.

How to use your peak flow meter

1. Remove any gum or food you may have in your mouth.
2. Connect the mouthpiece to the peak flow meter.
3. Move the mark to 0 (zero).
4. Hold the meter with 1 hand.
5. Stand up or sit up straight.



6. Take in a deep breath.
7. Close your lips tightly around the mouthpiece.
8. Blow out as hard and fast as you can for 1 to 2 seconds into the mouthpiece with 1 blow.
9. Write down the number on the gauge. If you cough or make a mistake, reset the mark to 0 (zero) and do it again.

Aalada lagu cabirro xawaaro-socodka hawada sambabada kasoo baxda waxeey cabbirtaa sida ugu dhakhsaha badan ee hawadu uga soo baxdo sambabada. Tani waa hab wanaagsan oo lagu hubinayo isbeddellada ku yimaadda marinnada neefsashada ee cudurka neefta ka hor intaadan dareemin. Kadib waxaad qaadan kartaa daawooyinkaada goor hore si aad u joojiso isbeddeladan oo aadna uga fogaato cudurka neefta ee daran. U isticmaal aalada lagu cabirro xawaaro-socodka hawada sambabada kasoo baxda sida uu dhakhtarkaagu ku farayo.

Sida loo isticmaalo aaladaada lagu cabirro xawaaro-socodka hawada sambabada kasoo baxda

1. Saar wixii xanjo ah ama cunto ah oo aad afkaaga ku hayso.
2. Ku xidh af ku xidhiidhiyaha aalada lagu cabirro xawaaro-socodka hawada sambabada kasoo baxda.
3. U dhaqaaji calaamadda 0 (eber).
4. Ku qabo aalada 1 gacan.
5. Istaag ama toos u fadhiiso.



6. Si qoto dheer gudaha ugu neefso.
7. Si adag ugu xidh bushimahaaga agagaarka af ku xidhiidhiyaha.
8. Si adag oo degdeg ah ugu afuufi inta aad kari karto 1 ilaa 2 ilbiriqsi gudaha af ku xidhiidhiyaha 1 afuuf.
9. Hoos ku qor nambarka cabbirka/aalada. Haddii aad qufacdo ama aad qalad samayso, ku celi calaamadda 0 (eber) oo mar kale samee.

10. Repeat these steps 2 more times. Write down the highest of your 3 readings.
11. Clean the mouthpiece with soap and water.

What the Reading Means

Your action plan is based on zones of how bad your asthma is, called asthma severity. Your peak flow can help you find out what zone you are in. You do this by comparing your current peak flow to your personal best peak flow.

Your personal best is your highest peak flow recorded over a 2 to 3 week period when your asthma is under control.

- **Green Zone. Green means good:** You want to be in the green zone every day. Green means your peak flow shows your lungs are working well. Your medicine is working, and you can go ahead with your daily activities.

Your green zone is readings above

_____.

- **Yellow Zone. Yellow means caution:** Yellow means your lungs are working harder. Your medicine may need to be changed. Take the action your doctor has ordered for you or call your doctor. Use caution in your daily activities.

Your yellow zone is readings between

_____ and _____.

10. Ku celi tillaabooyinkan 2 jeer oo kale. Hoos ku qor cabbirka ugu sareeya 3-daada cabbir.
11. Af ku xidhiidhiyaha ku nadiifi saabuun iyo biyo.

Waxa uu Yahay Macnaha Cabbirka Aalada

Qorshe hawleedkaagu wuxuu ku salaysan yahay aagagga sida ay cudurka neeftaadu u xun tahay, oo loo yaqaan darnaanta neefta. Aaladaada lagu cabirro xawaaro-socodka hawada sambabada kasoo baxda ayaa kaa caawin karta inaad ogaato aagga aad ku sugan tahay. Waxa aad tan samaynaysaa adiga oo is barbar dhigaaya cabbirka hawadaada sambabada ee hadda iyo cabbirkaada ugu fiicnaa ee hawada sambabada ee shakhsi ahaaneed.

Cabbirkaada ugu fiicnaa ee shakhsi ahaaneed waa cabbirka ugu sareeyay ee aalada cabbirta xawaara-socodka hawada sambabadaada ee la diiwaan geliyay muddo ah 2 ilaa 3 toddobaad marka ay neeftaadu tahay mid xakameeyan.

- **Aagga Cagaarka. Cagaarka macnahiisu waa wanaagsanaan:** Waxaad rabtaa inaad joogto aagga cagaaran maalin kasta. Cagaarku macnahiisu waa in ay aalada cabbirta xawaaro-socodka hawada sambabadaadu ay muujineeyso in sambabadaadu ay si fiican u shaqaynayaan. Daawadaadu iney shaqaynayso, oo aadna sii wadan kartaa sameeynta hawl maalmeedkaaga.

Aaggaaga cagaaran waa cabbirada ka sarreyaan _____.

- **Aagga Jaallaha ah. Jaallahu macnahiisu waa taxaddar:** Jaallahu macnahiisu waa sambabadaadu si adag ayay u shaqaynayaan. Waxaa laga yaabaa in daawadaadu ay u baahan tahay in la beddelo. Qaad tallaabada dhakhtarkaagu ku soo amray ama wac dhakhtarkaaga. U isticmaal taxaddaritaan dhaqdhaqaaqyadaada maalinlaha ah.

Aaggaaga jaalaha ahi waa cabbirada u dhexeeyaan _____ iyo _____.

- **Red Zone. Red means STOP:** Red means you are having breathing problems, and your asthma is not under control. **Go to the doctor or call 911.** You need treatment right away.

Your red zone is readings below

_____.

Some meters have color markers that can be set to show your target zones.

Your doctor or nurse can help you figure out your target zones based on your readings when your asthma is controlled. You may need to check your readings for several days and bring them with you to the doctor's office or clinic. Your target zone may be different than another person's because of your size, age, and lung function.

Each meter is a little different. If you change meters, you will need to find your asthma zones using the new meter.

Follow-up care is a key part of your treatment and safety. Make and go to all appointments and call your doctor if you have problems, questions, or concerns. Knowing your test results and keeping a list of the medicines you take is also a good idea.

- **Aagga Casaanka/Gaduudka. Gaduudku macnahiisu waa JOOJI:** Gaduudka wuxuu ka dhigan yahay in aad la dhibtooneyso dhibaatooyin xagga neefsashada ah, oo cudurka neeftaaduna uusan ahayn mid xakameysan. **Aad dhakhtarka ama wac 911.** Waxaad u baahan tahay daaweyn isla markaaba.

Aaggaaga gaduudka ah waa cabirrada ka hooseeyaan _____.

Aaladaha/Mitirrada qaarkood waxay leeyihiin calaamado midab leh oo la dejin karo si ay u muujiyaan aagagga beegsigaaga ah.

Dhakhtarkaaga ama kalkaalisadaada ayaa kaa caawin kara/karta inaad ogaato aagagga bartilmaameedkaaga ah iyadoo lagu saleynayo cabbiradaada marka neeftaada la xakameeyo. Waxaa laga yaabaa inaad u baahato inaad eegto cabirradaada dhowr maalmood oo aadna la imaato xafiiska dhakhtarka ama rugta caafimaadka. Aagga bartilmaameedkaagu wuu ka duwanaan karaa kan qof kale sabab ah xajmigaaga, da'daada, iyo shaqada sambabadaada.

Aalad/Mitir kastaa xoogaa wuu yara duwan yahay. Haddii aad bedesho mitirada/aaladaha, waxaad u baahan doontaa inaad hesho aagagga cudurkaada neefta adoo markaa isticmaalaya mitirka/aalada cusub.

Daryeelka la-socodka waa qayb muhiim ah oo ka mid ah daawayntaada iyo bad-qabkaaga. Sameeyso oo aad dhammaan ballamaha aad leedahay oo wac dhakhtarkaaga haddii aad qabto dhibaatooyin, su'aalo, ama walaacyo. Ogaanshaha natiijooyinkaaga baaritaanka iyo heysashada liiska daawooyinka aad qaadato sidoo kale waa fikrad wanaagsan.