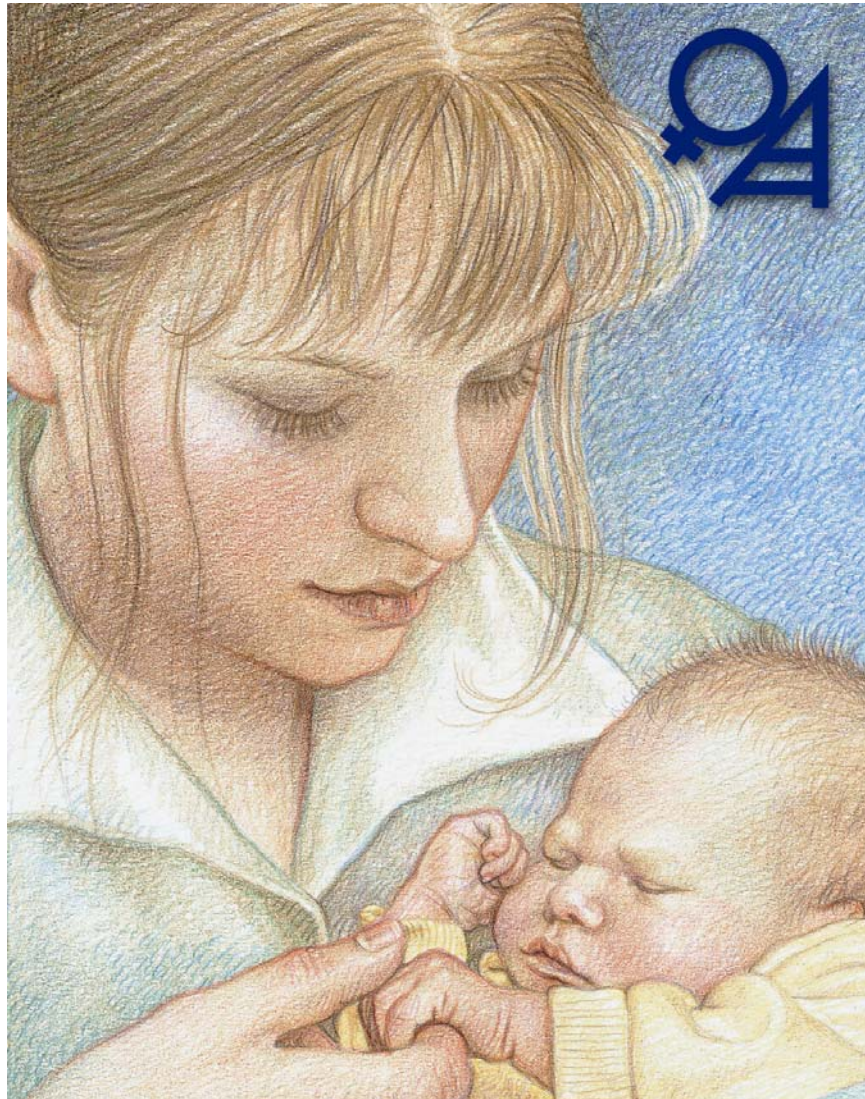


Xanuun joojiyaha foosha

Waxuu bug-yarahaan ku siinayaa xoogaa fikrad ah ee ku saabsan xanuunka foosha iyo dhalidda, iyo waxii la sameyn karo sidii looga dhigo mid xanuun yar leh. Dadka ku xannaaneeyo (tusaale, umulisadaada, takhtarka suuxinta, ama takhtarkaaga dhalmada) ku siin doonaan macluumaad dheeri ah ee ku saabsan noocyada xanuun joojiyaha oo isbitaalkaaga ama xaruntaada dhalmada ku siin karaan. Waxaan rajaynaynaa in, haddii aad ogtahay waxa aad filan kartid iyo xanuun joojiyaha aad heli karto, dhalidda cunuggaaga waxuu noqon doonaa waayo-aragnimo lagu qanco.

Waxaan, bug-yarahaan, ku isticmaalnay tixraacyo muujinaayo halka aan ka helnay maclumaadkeena. Waxaan kuwaas ku soo liis-garaynay bogagga 19 ilaa 21.

Waxaa qoray the Obstetric Anaesthetists' Association



Sidee ayay tahay foosha?

- Inta aad uurka lee-dahay, waxaad dareemaysaa in ilmo-galeenkaaga (caloosha) adkaado waqti ka waqti. Waxaa kuwaan lagu magacaaba adkaashada Braxton Hicks. Markii aad foolanaysid, adkaantaan ilmo dhaleenka wuxuu noqonaaya mid joogto ah wuuna sii xoogaysanayaa.
- Waxuu adkaashada keeni karaa xanuun u muuqanaayo sida xanuunka xeelka/caadada, waxuuna caadi ahaan sii noqonayaa mid xanuun badan intii aad sii foolanaysid. Waxay dumar kala duwan u dareemaan xanuunka foosha siyaabo kala duwan.
- Caadi ahaan, fooshaada koowaad waxay noqonaysaa midda ugu dheer.
- Haddii daawayn loo isticmaalo sidii loo horumariyo fooshaada, adkaashadaada ilmo dhaleenka wuxuu ahaan doonaa mid ka xanuun badan.
- Waxay dumarka intooda badan isticmaalaan siyaabo baaxad leh si ay ula qabsadaan xanuunka foosha (fiiri tixraaca 1 ee bogga 19). Waa fikrad fiican in loo madax-furnaado iyo in loo debacsanaado.

U diyaar-garoowga foosha

Waxay fasallada waalidnimada dhalmada ka hor kaa caawinayaan inaad u diyaar-garowdid dhalidda. Waxaa fasalladdaan wax ka qabto umulisoooyinka iyo ururada kale ee kaalmeeyo dadka inay noqdaan waaliddiin iyo dhalaan. Waxay fasallada kaa caawinayaan inaad fahamtid waxa dhici doonaa markaad foolato iyo inay kaa caawiyaan in ay hoos u dhigaan wel-welkaaga.

Waxay, fasallada dhalmada ka hor, umulisada kuu sheegaysaa waxa aad heli karto sidii aad u yareyso xanuunka foosha. Haddii aad u baahan tahay warar dheeri ah ee ku saabsan epidural'ka (waa cirbadaynta laf-dhabarka si loo suuxiyo qaybta hoose ee jirkaada), waxay umulisada kuu qaban-qaabin kartaa inaad la kulantid takhtarka suuxinta si aad ugala hadashid. Haddii aadan tegi karin fasallada dhalmada ka hor, waa inaad weli sii waydiisatid umulisadaada waxyaabaha la heli karo sidii aad u yareeyso xanuunka foosha. Waxaad ka dib taas kala hadli kartaa umulisada ku xanaanaynaysa inta aad foolanayso.

Halka aad doonaysid inaad ku dhashid waxuu waxyeelo ku yeelan karaa sida xanuunka u ahaan doono. Haddii aad ku deggan tahay halka aad ku dhalaysid, waxaad noqon kartaa qof nasan taasoo yaraanaysa wel-welkaaga

foosha (fiiri tixraaca 2 ee bogga 19). Waxay dumarka qaarkod kani loola jeedaa inay ku dhalan guriga, laakin dumar kale waxay kalsooni ka dareemaan taageerida ay ka heli karaan isbitaalka ama xarunta dhalmada. Waxay isbitaalo badan isku dayayaan inay qolalka dhalmada u ekaysiiyaan guriga waxayna kugu dhiirigelinayaan inaad dhegaysato muusikada aad ka heshid sidii uu kugu caawiyo inaad raaxaysatid.

Haddii aad qorshaynaysid inaad ku dhashid isbitaalka ama xarunta dhalmada, waxaa ku caawin karo inaad si fiican u fiirisid sidii aad u ogaato waxyaabaha fududaynta ay haystaan.

Inuu kula joogo saaxib ama lamaanaha dhalmada inta aad foolanaysid waa ku caawini karaa (fiiri tixraaca 3 ee bogga 19). Waxaa mujiim ah inaad kala hadashid lamaanahaaga dhalmada wel-welkaaga iyo waxa aad doonaysid, sidii ay kugu caawiyaan in diiradda saarto waxyaabahaas inta lagu jiro dhalidda.

Waa maxaay ah xanuun joojiyaha la heli karo?

Waa adag tahay in horay loo sii ogaado xanuun joojiyaha ee adiga kuu fiican. Umulisada kula joogto watiga foosha ayaa ah qofta ugu fiican ee talo ku siin karto. Waxaa halkaan ku xusan macluumaadka hababka ugu caansan ee xanuunka foosha lagu joojiyo ama yareeyo.



Hababka iskaa wax u qabso

- Markii aad si deggan u neefsato waxaad kordhin kartaa oksijiinka murqahaaga, taasoo xanuunka ka dhigaysaa mid aad u dabacsan. Sidoo kale, bacdamaa aad diiradda saaraysid neefsashadaada, waxaad iska indho-tiraysaa xanuunka.
- Wuxuu ahaan karaa dhib inaad nasato hadii uu xanuun ku haayo, waana sababta ay caawinaad u leedahay inaad isku taba-barato ka hor intaada foolan. Waxaa jiraan siyaabo badan ee kala duwan ee aad ku baran kartid sidii loo raaxaysto.
- In jirkaaga lagu riix-riixo inta aad foolanaysid wuxuu mar kasto yahay mid aad kuu dejinaayo kuna siinaayo kalsooni.

Isticmaalidda barkadda inta la foolanaayo

Ma jiraan daraasad badan oo soo eegay manaafacaadka iyo halista isticmaalidda barkadda dhalmada. Si kastaba ha noqotee, waxaa la muujiyay in haddii aad ku foolanaysid biyaha dhexdooda uu xanuunka yaraanaayo iyo aadan u baahanin epidural'ka si loo yareeyo xanuunka (fiiri tixraaca 4 ee bogga 19) . Waxaa jiraan xoogaa wel-welo haddii biyaha ay aad u kulul yahiin inuu dhallaankaaga dhibaato daremi karo markii lagu jiro foosha, laakin waxay daraasaadka muujiyeen inaysan ku imaanaynin halis dheeri ah adiga ama dhallaankaaga haddii aad ku foolatid biyaha dhexdooda intii aad ku foolan lahayd biyaha ka banaan. Waxay umulisadaada sii wadaysaa la socodka horumarkaaga iyo wanaagga dhallaankaaga.

Waxay unugo badan ee hooyada lee-yahiin barakadaha dhalmada, laakin waxaa dhici karto inaan la heli karin markii aad u baahan tahay. Waxaa qiimo leh inaad la eegtid umulisadaada haddii ay ka jirto halkaasi barkad iyo haddii aad isticmaali kartid iyo inkale.

Daawaynta kaamilka ah (kuwaani loo ma isticmaalo daawayn)

Waxay daawaynta kaamilka (tusaale ahaan ku daawaynta udugga) ka caawini karaan dumarka qaarkood inay la qabsadaan xanuunka inta ay foolanayaan. Haddii ay fikraddaada tahay inaad tani isticmaashid, waxaa muhiim ah inaad ka heshid talosiin qof u tabobaran daawayntaas. Buug-yarahaan ma daboolaayo homeopathy (isticmaalida waxyaabaha laysku dar-daro si loo yareeyo xanuunka) iyo daweynta dhirta ka sameysan (geedaha laga soo saarey).

Ku daawaynta udugga

- Ku daawaynta udugga waxaa ka mid ah ku isticmaalka siliidda aad meel layskugu uruuriyay si loo yareeyo cabsida, loo sii hagaajiyo wanaajintaada iyo in lagugu dhiirigeliyo inaad sii wadid foosha.

Reflexology (cilmiga dareenka jirka)

- Waxuu cilmiga dareenka ku salaysan yahay fikradda ah in gacmahaaga iyo lugahaada ka jiraan meelo oo ku xiran meelo kale ee jirkaaga oo dhan.

Ma garanayno sida oo u shaqeeyo, laakin waxuu u shaqayn karaa sida daawaynta Shiinaha ee cirbadaha yar-yar (acupuncture) (fiiri hoos). Qofka kugu sameynaaya reflexology wuxuu caadi ahaan kaa riixaaya meelo cagahaaga oo la leh xiriir qaybaha jirkaaga ee ku xanuunaayo markii la foolanaayo.

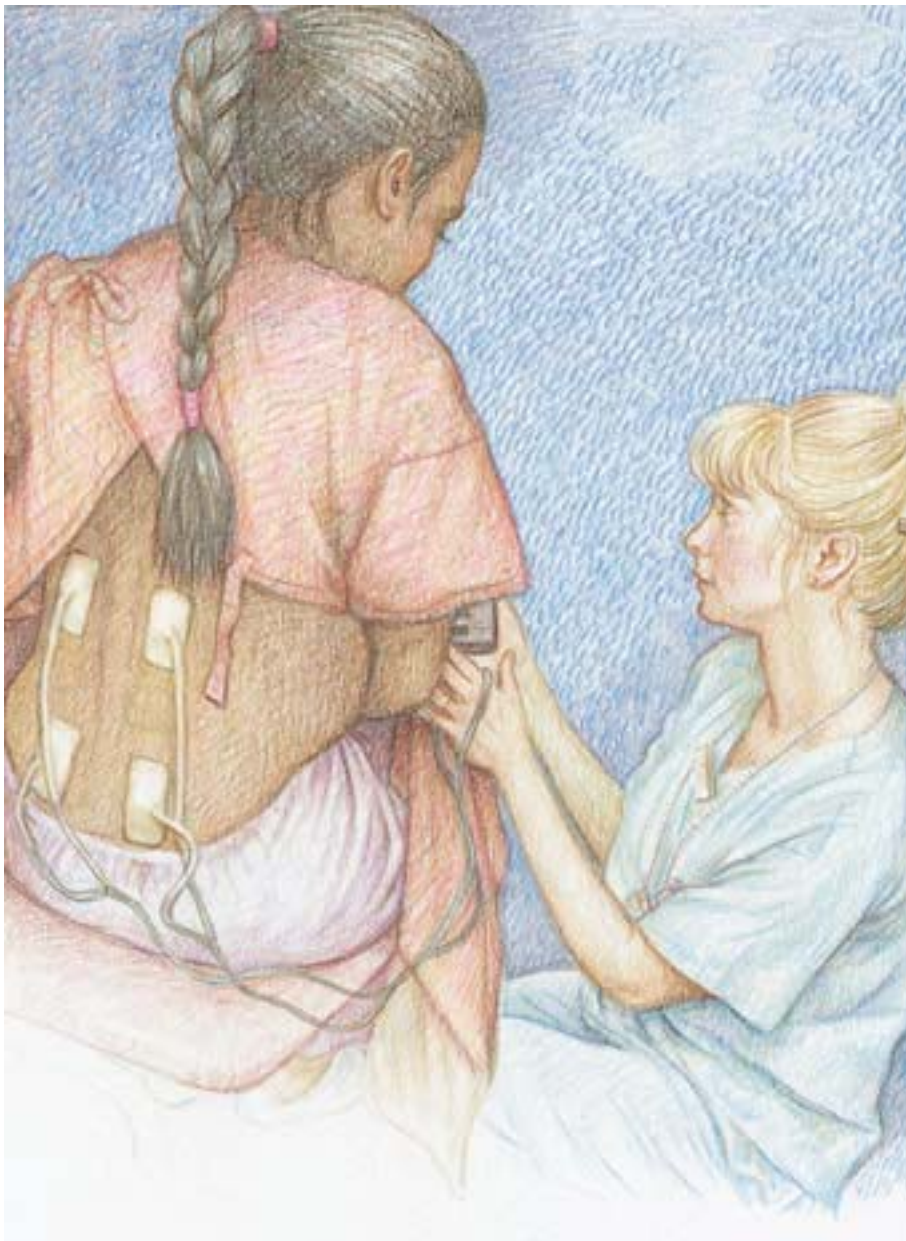
Hurdoosiinta (hypnosis) iyo acupuncture

Waxaa labaadaan daawayn isticmaalo dumar badan si looga caawiyo foosha. Dhoowr yar ee unugyada hooyada isbitaalka ayaa lagu bixiyaa adeegyadaan NHS, sidaas darteed waxaa lagaaga baahan yahay inaad heshid daaweeye takhasu leh ka hor intaadan foolan.

Hurdusiinta waxay kaa indha-tiraysaa xanuunka. Waxaa lagu bari karaa inaad isku samaysid hurdisiinta (self-hypnosis), oo lagaaga baahan yahay inaad layli ahaan u samaysid inta aad uurka lee-dahay. Haddii kale, waa inuu kula joogaa hurdisiye (hypnotherapist) inta aad foolanaysid.

Waxuu acupuncture keenayaa in cirbado lagu mudo qaybo ka mid ah jirkaaga si lagaaga caawiyo inuu xanuunka yaraado. Waxaa loo baahan yahay inuu daaweeyaha kula joogo inta lagu jiro foosha.

Waxay daraasaadka qaarkood sheegayaan in dumarka oo isticmaalay daawayntaan dareemayaan inay xakamayn karaan fooshooda waxayna isticmaalaan daawo yar oo lagu yaraynaayo xanuunka (fiiri tixraaca 5 ee bogga 19). Hase-yeeshee, qaybaha oo dhan ee dalka ma lahan daaweeyayaal leh heerka xirfaddaan waxayna kaalmayntooda noqon kartaa mid aad qaali u ah.



Koronto ku kiciyaha dareemaha maqaarka (TENS)

- Waxaa dhabarkaaga la marsiinayaa koronto yar ayado la soo marsiinaayo afar qayb ee ku suran dhabarkaaga. Kani wuxuu ku siinayaa dareen xan-xanto ah. Waxaad iskaa u xakamayn kartaa quwadda korontada.
- Waxuu mar-mar caawinaad leeyahay biloowga foosha, gaar ahaan dhabar xanuunka. Haddii aad mid kiraysato, waxaad ku bilaabi kartaa gurigaaga. Isbitaalada qaarkood xittaa waa amaahiyaan.
- Ma jiraan dhibaato la ogsoon yahay oo u keeni karo dhallaankaaga. Inkastoo aad ku maarayn kartid fooshaada caawinaadda TENS, waxaa aad surto gal u ah inaad u baahan doontid nooc kale ee xanuun joojiye waqtiga dambe ee foosha.



Entonox

Entonox waa gaas ka samaysan 50% nitrus oxide iyo 50% oksijiin. Waxaa mar-mar loo yaqaan sida **gaas iyo hawo**.

- Waxaad kaga neefsanaysaa maaskaro ama af-xirayn.
- Si caadi ah iyo deg-deg ayuu wax u qabtaa, waxuuna jirkaaga ka baxaayaa daqiiqado.
- Waxaad mar-mar dareemaysaa madax-fudeed ama labo-labo yar waqti gaaban.
- Ma u gaysanaayo dhibaato dhallaankaaga waxuuna ku siinayaa oksijiin dheeri ah, oo u fiicnaan karo adiga iyo dhallaankaaga.
- Ma kaa joojinaayo gabi ahaan xanuunka, laakin waa ka caawini karaa.
- Waxaad isticmaali kartaa waqti kasto inta ay foosha socoto.

Waxaad xakamaynaysaa tirada Entonox ee aad isticmaalaysid, **laakin si uu kuu saaqo si aad u fiican waxaa muhiim ah inaad waqtiga saxda ah isticmaasho**. Waa inaad bilaabdid ku neefsiga Entonox si deg-deg ah isla markii aad dareentid inuu kugu soo socdo adkaashada ilmo-dhaleenkaaga, si uu kuugu saaqo si buuxdo markii uu xanuunka aad u daran yahay. Waa

inaadan isticmaalin inta u dhexayso xanuunka adkaashada ama waqtiyo dheer bacdamaa uu kuu keeni karo madax-wareer iyo jiric-ricyo. Isbitaalada qaarkood, waxay ku deri karaan Entonox maaddooyin kale si uu waxtarkiisa u sii badnaado, laakin waxay kuu keeni karaan hurdo.

Opioids: morfiinka xanuun dilaha

Waxaa Opioids ku jiraan xanuun dilayaal ah sida pethidine, isla sidaas oo kale diamorphin (ee looga isticmaalo si aad iyo aad u badan dalka Ingiriiska).

Tusaalooyinka opioids kale waxaa ka mid ah morphine, meptazinol, fentanyl iyo remifentanyl. Waxay xanuun dilayaasha sida morfiinka u wax u qabtaan si isku mid ah.

- Opioids'ka waxaa caadi ahaan ku siin doono umulisada ayadoo cirbadayn doonto muruqa wayn ee gacantaada ama lugtaada.
- Xanuun yareeyaha inta badan waa xadan yahay. Waxuu bilaabanayaa ka dib qiyaastii nus sac waxuuna dhammanayaa dhoowr saacadood ka dib.
- Aad ayuu waxtarkiisa uga yar yahay Entonox.
- Inkasto oo xanuun yareeyahiisa uu xad lee-yahay, waxay dumarka qaarkood sheegayaan inay dareensiinayso nasasho dheeri ah iyo wel-welka xanuunka oo aad u yar (fiiri tixraaca 6 ee bogga 19).
- Waxay dumar kale aad uga xumaadeen waxqabadka opioids ee xanuunkooda waxayna sheegayaan inay aad u yar tahay xakamaynta.

Dhinacyada waxyeelada leh

- Waxay opioids'ka keeni karaan dareen hurdo.
- Waxay kuu keeni karaan labo-labo, laakin waxaa had iyo jeer lagu siinayaa daawada ka hortagga labo-labada si ay u joojiso.
- Waxay dib u dhigaayaan caloosha oo eber noqoto, kaasi oo noqon karo dhibaato haddii aad u baahato suuxtin (anaesthetic).
- Waxay hoos u dhigi karaan neefsashadaada. Haddii ay sidaan dhacdo, waxaa oksijiin lagugu siinayaa maskarada wejiga waxaana lala soconayaa heerarka oksijiinkaaga.
- Waxay hoos u dhigi karaan neefsashada koowaad ee dhallaankaaga, laakin waxaa la siinayaa cirbadayn si loo joojiyo sidaan.

- Waxay dhallaankaaga ka dhigi karaan dawaqsi, waxaana sidaan loola jeedaa inaan la siin karin nafaqo isla sidaas si caadi ah (gaar ahaan haddii aad isticmaashid pethidine).
- Haddii lagu siiyo opioids ka hor markii aad dhalaysid dhallaankaaga, waxyeelada gaaraayo dhallaankaaga aad ayay u yar yahiin.

Xanuun joojiyaha bukaanka xakameeyo (PCA)

Waxaa opioid'ka xittaa laga siin karaa si toos xididdada yar-yar si uu si deg-deg ah u saaqo, iyada oo loo isticmaalaayo bambo oo aad naf-ahaantaada xakamayn kartid adigoo riixaayo galuus ku xiran bambada. Waxaa PCA laga heli karaa isbitaalada qaarkood haddii ay epidural'ka (cirbadaynta laf-dhabarka si loo suuxiyo qaybta hoose ee jirkaada) suurto gal ahayn in la isticmaalo ama adiga aad doonaynin.

Waxuu PCA kuu oggolaanayaa inaad iskaa u qaadatid dhibco yar-yar oo opioid ah markii aad dareentid inaad u baahan tahay. Waxaad xakamayn kartaa tirade opioidska aad isticmaali karto. Sababo nabadgelyo aawgood, waxuu PCA xad u yeelayaa sida dhaqsida ah aad u qaadan kartid opioid'ka. Si kastaba ha noqotee, haddii aad isticmaashid PCA waqti dheer, waxay qaar ka mid ah opioids ku badan karaan jirkaga kaasi oo kordhinaayo dhinacyada waxyeelaynta oo opioid'ka u keeni karo adiga iyo dhallaankaaga.

Waxaa, dhoowr unugyo ee hooyada lagu sameeyaa PCA iyada oo loo isticmaalaayo opioid'ka lagu magacaabo remifentanil (fiiri tixraacyada 7 iyo 8 ee bogga 19). Jirkaaga ayaa u je-jebinaayo remifentanil si deg-deg ah, sidaasi darted waxyeelaynta qiyaas walbo waqti dheer kuma haynayso. Waxuu opioid-kaan ku lee-yahay saamayn xooggan xanuunka laakin waxaa kale oo ay u muuqan kartaa inuu gaabiyo neefsashadaada, sidaas darted waxuu neefsigaaga u baahanayaa in si taxadir leh loo eego. Si kastaba ha noqotee, waxqabadkiisa si deg-deg ah ayaa la weecin karaa mana waxyeelaynaayo dhallaankaaga.

Epidural'ka iyo spinal's (cirbadeynta laf-dhabarka)

- Epidurals-ka iyo spinal's'ka waa hababka ugu dhibka badan ee xanuun yareeyaha waxaana sameeyo takhtarka suuxinta.
- Takhtarka suuxinta waa takhtar ku tabobaran xanuun yareeye iyo daawooyinka ku hurdisiinaayo. Waxaa xanuun yareeyaha la isticmaali karaa inta lagu jiro suuxinta guud, epidural'ka ama spinal'ka. Waxii warar dheeri ah ee ku saabsan noocyada xanuun joojiyaha ah markii la sameeyo qallinka dhalidda (caesarean), fadlan ka akhriso buug-yaraha 'Your anaesthetic for caesarean section '. Waxuu bogga ugu dambeeyo ee buug-yarahaan kuu sheegayaa sida aad u heli karto.
- Epidurals'ka iyo spinal's'ka waa hababka ugu waxqabadka badan ee xanuun yareeyaha.
- Markii la sameynaayo epidural, waxuu suuxiyaha ku mudayaa cirbad qaybta hoose ee dhabarkaaga waxuuna u isticmaalayaa inuu laf-dhabarkaaga geliyo tubo aad u dhuuban. Meesha ayaa lagu dhaafayaa tubadaan dhuuban markii cirbadda laga soo bixio laf-dhabarka sidii laf dhabarka lagu shubo xanuun joojiye waqtiga oo dhan ee aad foolaneysid. Xanuun-joojiyayaasha waxay noqon karaan suuxiyaha qaybeed ee kaduudinayso dhimiradaada, qiyaaso yar oo opioids ah, ama labada oo laysku qasay.
- Waxuu epidural-ka qaadan karaa 40 daqiiqadood sidii u yareeyo xanuunka (taaso ka mid ah gelinta tubada dhuuban ee epidural'ka iyo waqtiga uu xanuun joojiyaha ku shaqeynaayo).
- Epidural-ka ma kugu samaynaayo dawaqsi ama ma kaa keenaayo labo-labbo.
- Qaadashada epidural-ka waxuu kordhinayaa fursadda in takhtarkaaga dhalmada uu baahdo inuu isticmaalo qalabka lagu magaacabo ventouse (qalab madaxa cunuggaga lagu suro sidii looga soo saaro ilmo dhalaanka) ama qalab birqabato u eg ee lagu soo saaro dhallaankaaga.
- Awoodda xanuun joojinta epidural-ka mar kasto kor ayaa loo qaadi karaa haddii aad u baahatid in la isticmaalo ventouse, birqabato ama qalliinka dhalmada.
- Epidural-ka wax-yelayn kuma lahan dhallaankaaga.

Epidural'ka isku darsan spinal'ka iyo spinal'ka (CSE)

Waxuu epidural'ka uu wax qabtaa si tartiib ah, gaar ahaan haddii aad qaadatay waqti dambe ee foosha. Haddii xanuun joojiyaha si toos ah loogu shubo boorsada qoyaanka ku heeraaro dhimirada ee laf-dhabarkaaga, waxay u shaqaynayaan si deg-deg ah. Waxaa kani lagu magacaabaa spinal. Waxaa lagu siiyaa sida hal cirbadayn iyada oo aan lahayn tubada dhuuban, taaso ka duwan epidural'ka. Haddii isla markiiba lagu mudo tubada dhuuban ee epidural'ka isla waqtigaas, waxaa kani lagu magacaabaa spinal-epidural ee laysku daray.

Isbitaalada qaarkood spinal-epidural'ka laysku daray waxaa la siiyaa dhammaan dumarka uu hayo xanuun xoog leh intii la siin lahaa epidural'ka. Kuwa kale qaarkoodna, waxaa loo isticmaalaa keliya spinal-epidural laysku daray dumar tiro yar ah.

Yaa qaadan karo iyo yaa qaadan karin epidural'ka?

Dadka intooda badan waxaa lagu samayn karaa epidural'ka, laakin waxaa jiraan dhibaatooyin daawo (sida fajaha, qalliin hore ee lagu soo sameeyay dhabarkaaga ama dhibaatooyinka xinjirta dhiigga) oo looga jeedo inuu kugu habboonayn. Waqtiga ugu fiican ee kani lagu ogaado waa fooshaada ka hor. Haddii aad qabtid fool dhib leh ama waqti dheer leh, waxay umulisadaada ama takhtarkaaga dhalmada kuu sheegayaan ama kuula talinayaan inaad qaadatid epidural, bacdmaa oo caawinaayo adiga ama dhallaankaaga.

Haddii uu culayskaaga saa'id yahay, aad ayay u adag tahay inaad qaadatid epidural'ka waxuuna qaadanayaa waqti dheer in lagugu mudo. Si kastaba ha noqotee, mar haddii lagugu mudo waxaad dareemi doontaa dhammaan faa'iidooyinkiisa.



Sidee loo isticmaalaa epidural'ka?

Marka koowaad, tubo dhuuban (tubo balaastik ah oo dhuuban) ayaa lagu surayaa xididdadaada yar-yar ee dhudhunka ama gacanta, waxaana lagugu shubaayaa faleebo (dareeraha xididdada) (waxaa kale oo dhici karto inaad u baahatid dareere kale inta aad ka foolanaysid sababo kale awgood sida daawo lagu de-dejinaayo fooshaada ama haddii ay labo-labbo ku hayso). Waxay umulisadaada ku waydiisanaysaa inaad usu qaloocisid dhinac ama aad u fadhiisatid si aad horay ugu rogmaticid, waxuuna takhtarka suuxinta ku nadiifinayaa dhabarkaaga jeermis-reebe (antiseptic). Waxuu takhtarka suuxinta ku durayaa jirkaaga daawada xanuun joojiyaha ee aaga, sidaas darteed markii lagugu mudaayo epidural'ka inta badan xanuun ma lahan. Waxaa tuubada epidural'ka la gelinaayaa dhabarkaaga meel u dhow dareemeyaasha laf-dhabarka. Takhtarka suuxinta waa inuu ka taxadira inusaan mudin boorsada dareerka ee ku heeraarto laf-dhabarkaaga, sababtoo ah kani wuxuu kuu keni karaa madax xanuun. Waa muhiim inaad is-dhaqaajinin inta uu takhtarka suuxinta kugu mudaayo epidural'ka, laakin ka dib markii tuubada epidural'ka la geliyo, laguna celiyo sharooto waxaad u madaxbanaan tahay inaad dhaq-dhaqaaqid.

Ka dib markii tuubada epidural'ka lagu xiro, waxaa la soo marsiinayaa xanuun joojiyayaasha. Waxay caadi ahaan ku qaadanaysa 20 daqiiqo in lagu xiro epidural'ka iyo 20 daqiiqo ka hor intii aad ka dareemto xanuun joojiyaha. Inta

uu epidural'ka uu bilaabaayo inuu shaqeeyo, waxay umulisada si joogto ah u cabiraysaa dhiggaaga. Waxuu takhtarka suuxinta caadi ahaan eegayaa in xanuun joojiyayaasha epidural'ka ay si sax ah uga shaqaynayaan dareemayaasha saxda ah asagoo saaraayo baraf calooshaada iyo lugahaaga kuna waydiinaayo haddii aad dareemaysid qabowga. Mar-mar, epidural'ka uma shaqaynaayo si fiican marka koowaad waxuuna takhtarka suuxinta u baahanayaa inuu hagaajiyo, ama xittaa inuu ka soo saaro tuubada epidural'ka mar kalena ku celiyo.

Inta lagu jiro foosha, waxaa ku qaadan kartaa qiyaasta xanuun joojiyayaasha tuubada epidural'ka ayadoo cirbadayn ah, haddii aad deg-deg ugu baahan tahay (kor u qaadis), ama bambada oo si tartiib ah kugu shubo, dareere si toos ah, ama bambada xanuun-yareeye uu bukaanka xakamaysan karo (PCEA). Habka xanuun yaraynta uu bukaanka xakameeyo, adiga naf-ahaantaada ayaa qaadan karo dhibcaha xanuun joojiyaha markii aad u baahato adiga oo riixaayo badhan ku xiran bambada.

Waxuu isbitaal kasto lee-yahay markasto hal ama labo siyaabo oo keliya, ee lagu hayn karo xanuun yareynta epidural'ka.

Ka dib markaad ku darsato qiyaasta daawada epidural'ka, waxay umulisada si joogto ah kaaga cabbiraysaa dhiiggaaga isla sida ay u samaysay markii lagugu bilaabay epidural'ka.

Waxay ujeeddada laga lee-yahay epidural'ka tahay in lagaa qaado xanuunka foosha. Caadi ahaan, waxuu epidural'ka kaa qaadayaa gabi ahaan xanuunka markii aad dhalaysid dhallaankaaga.

Waxay dumarka qaarkood jecel yahiin inay dareemaan markii ay banaanka u soo riixaayaan dhallaankooda sida ay u ogaadaan habka ay banaanka ugu soo riixaan dhallaankooda. Si sax ah looma hagaajin karo epidural'ka, sidaas darted haddii aad doonaysid inaad yeelato xoogaa dareen ah markii aad dhalaysid dhallaankaaga, waxaa suurto gal ah inaad xitta isla markiiba aad dareento xanuun.

Maalmahaan waxaa mar-mar suurto gal ah in xanuunka foosha la yareeyo iyada oo qaybta jirkaada hoos kabaabyo aad ah ama lugaha oo daciif ah epidural'ka uga dhigin. Habkaan casriga ah waxaa lagu magacaaba 'epidural'ka lagu dhaqaaqi karo'.

Waxaad kale oo awood u yeelanaysaa inaad dhallankaaga naasnuujisid epidural'ka ka dib.

Maxaa dhacaayo haddii aan u baahdo qalliin?

Haddii aad u baahan tahay qalliinka, waxaa la isticmaala epidural'ka intii adiga oo dhan lagu suuxin lahaa. Waxaa lagu durayaa daawada xanuun joojiyaha oo xoog leh tuubada epidural'ka taasoo suuxinayso qaybta hoose ee jirkaaga sidii loo qalo.

Aad ayay badbaado u tahay adiga iyo dhallaanka inti la samayn lahaa suuxdinta guud.

Haddii aad u baahan tahay qalliinka dhalmada (caesarean) laakin horay aadan u qaadan epidural'ka, waxaa la isticmaalayaa had iyo jeer cirbadeynta laf-dhabarka (spinal) laakin leh qiyaas ka sii xooggan ee xanuun joojiye oo ka badan midka lagu shubo dadka si caadi ah u foolanaayo.

Waxii warar dheeri ah ee ku saabsan epidurals'ka iyo spinals'ka ee qalliinka dhalmada fadlan ka akhriso buug-yaraha ' Your anaesthetic for caesarean section'. Waxuu bogga ugu dambeeyo ee buug-yarahaan kuu sheegayaa sida loo helo.

Faa'iidooyinka iyo halista epidural'ka

Sida aan u helno haqiiqooyinkeena?

Waxaan ka helnaa xaqiiqooyinkeena daraasaadka aan kala sooca lahayn iyo daraasaadka dheehidda.

- Waxay daraasaadka aan kala sooca lahayn yahiin markii dumarka ay qaateen hal nooc oo ka mid ah daawaynta ama mid kale iyo lays bar-bar dhigay saamayntooda. Nooca daaweynta ay dumar walba isticmaali doonto waxaa lagu go'aansan doonaa si aan kala sooc lahayn (sida markii shillin kor lolo tuuray). Waxa daraasaadka caadi ahaan lagu bar-bardhigaa dumarka qaatey epidural'ka iyo kuwa qaatey xanuun joojiye kale (sida opioids ama Entonox) inta lagu jiro foosha.

Xigashada 9 ee bogga 20 waa dib u eegidda dhammaan daraasaadka aan kala sooca lahayn ee la soo daabacay ee ku saabsan epidurals'ka foosha. Waxaa soo sameeyay Cochrane database, oo ah urur cilmiyeed ee madaxbanaan. Saamaynta epidurals'ka ee aan

ugu hadlayno hoos waxaa laga soo xigtay dib u eegiddaan, ilaa aan ka ahayn daraasaadka aan kala sooca lahayn ee ku xusan ka soo xigasho kale.

Dhoowr daraasaad oo kalee aan kala sooc lahayn, waxay dhammaan dumarka qaateen epidural'ka, laakin tirada opioid'ka ee loo isticmaalay waxaa loo go'aamiyay si aan kala sooc lahayn.

- Waxay daraasaadka la dheehday eegayaan tirooyinka ballaaran ee dumarka soo qaatay epidural'ka si loo arko waxa dhacaayo inta uu socdo epidural'ka iyo ka dib. Waa sida keliya lagu ogaan karo halista xaaladaha dhifka ah.

Waxay wararka soo socdo ku salaysan yahiin natiijooyinka daraasaadka aan kala sooca lahayn.

Faa'iidooyinka lagu qabo epidural'ka

- Waxay epidurals'ka yareeyaan xanuunka foosha si ka badan daawayn kale.
- Epidural'ka marka la sameeyo, dhiigga dhallanka ayaa ashito ka yaraanaayo dhiiggiisa (eeg tixraaca 10 ee bogga 20).
- Epidurals'ka si aad uga sii yar ayaa loogu baahan yahay in loo isticmaalo daawada si uu dhallaankaaga u bilaabo inuu neefsado markii isaga ama iyada dhashaan, markii loo bar-bardhigo opioids'ka ee lagu siiyay siyaabo kale (laga siiyay muruqa ama xididdada yar-yar).

Waxyaabaha uu epidural'ka kala farqi siinaynin

- Epidural'ka, ma keenaayo fursad aad u sarayso in aad u baahato qalliinka dhalmada.
- Ma keento fursad aad u wayn inaad qaado dhabar-xanuunka waqtiga dher. Dhabar-xanuun waa iska caadi inta uurka la lee-yahay inta badan waa sii soconayaa. Waxaad ka dareemi kartaa xanuun yar goobta lagaa cirbadeeyay epidural'ka ka dib, taasoo dhif ah, ee ku dhammaan karaan bilo (fiiri tixraaca 11 ee bogga 20).

Halista inta la isticmaalaayo epidural'ka

- Epidural'ka fursadda uu takhtarka dhalmada ku isticmaalaayo ventous ama birqabadka si loo soo saaro dhallaankaaga waa 14%. Haddii aadan qaadan epidural waa 7%.
- Epidural'ka, heerka labaad ee foosha (markii afka ilmo galeenka sii buuxda u furmo) ayaa sii dheeraanaayo waxaadna u baahan kartaa daawo (oxytocin) sidii foosha loo xoojiyo.
- Waxaad leedahay fursad ka badan inuu dhiiggaaga hoos u dhaco.
- Waxay lugahaada dareemi karaan daciif inta uu epidural-ka shaqaynaayo.
- Aad ayay dhib kugu noqonaysaa in aad kaadiso. Waxaa laga yaabaa inaad u baahatid tubo in loo gudbiyo kaadi-hayntaada sidii loo soo saaro kaadida.

- Waxaad dareemi kartaa cuncun.
- Waxaa ku qaban karo xumad, oo lala xiriirinaayo dhibaataada dhallaankaaga.
- Haddii ay qiyaasta opioid'ka ee lagugu shubo epidural'ka aad u sarreeyo, waxaa suurto gal ah inuu dhallaankaaga u baahan doono caawinaadda neefsashada (fiiri tixraaca 12 ee bogga 20) waxaana lahaan kartaa fursad loogu najaxo naasnuujinta (fiiri tixraaca 13 ee bogga 20).

Halisyo kale

- Qiyaas ahaan, qaadashada epidural'ka ma kuu keenaayo halista madax-xanuunka. Si kastaba ha noqotee, halkiiba 50 dumar walba ee lagu sameeyay epidural'ka ayaa cirbidda ka muddaa boorsada dareeraha ee ku heeraro laf-dhabarka (waxaa kani lagu magacaaba 'duleelka dural'). Haddii sidaan ay kugu dhacdo, waxaad qaadi kartaa madax-xanuun aad u daran oo ku dhammaanaayo maalmo ama toddobaadyo haddii aan la daawaynin (fiiri tixraaca 14 ee bogga 20). Haddii aad qaadid madax-xanuun aad u daran, waa inuu takhtarkaaga suuxinta kaaga la hadlaa kaana siiyaa talada ku saabsan daawaynta aad isticmaali kartid.

Waxay warar soo socdaan ku salaysan yahiin daraasaadka dheehidda

- Halista epidurals'ka iyo spinal'ka waxaa lagu soo muujiyay shaxda bogga 21 (fiiri tixraaca 15 ilaa 20 ee bogga 20 iyo 21).
- Qiyaastii hal qof 13,000 dumar kasto waxaa ku dhaco dhaawaca dareemaha oo waqti dheer ah epidural'ka ka dib, kaasi oo keenaayo dhibaatooyinka sida muruqa oo tabar beelo ama dareemidda jiric-ricyada kabaabyo ku timaado dhinaca hoose ee hal lug. Si kastaba ha noqotee, dareemaha oo halaabo dhalmada ka dib waxay dhici karaan haddii aad isticmaasho epidural'ka ama aadan isticmaalin (fiiri tixraaca 15 ee bogga 20) dhab ahaantiina 5 jeer qiyaas ahaan ayuu caadi u yahay iyada oo aan la isticmaalin epidural'ka, taaso ay jiraan 2,500 oo dumar ah ay taasi ku dhacdey.
- Ma jirto caddayn muujinayso in qaadashada epidural'ka inta aad foolanaysid inay keenayso inay dareemaha laf-dhabarkaaga u

bukanayaan si joogto ah (oo ah, inay barrarayaan iyo inay bukanayaan). Fiiri tixraaca 21 ee bogga 21.

Haddii aad ka wel-welsan tahay dhibaatooyinka daran ee ka imaan karaan epidural'ka, waxaad kala hadashaa takhtarkaaga suuxinta.

Ka soo xigasho

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Waxaa buug-yarahaan qoray Guddi-hoosaadka Wararka ee Hooyooyinka ee Obstetric Anaesthetists' Association (Ururuka Takhaatirta Suuxinta ee Dhalmada).

Waxuu guddi-hoosaadka ka dhisan yahay dadka soo socdaan:

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Mrs Shaheen Chaudry (wakiilada macaamiisha)

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- Wararka ku xusan bug-yarahaan waxay ku salaysan yahiiin caddayn lagu tashan karo. Waxaa daabacyada qaarkood ka helnay waxyaabaheena dhabta ah liiska ku xusan bogagga **15, 16** iyo **17**.
- Waxaan kale oo aan soo saarnay buug-yaraha hooyooyinka ee lagu magacaabo '**Your anaesthetic for caesarean section**' labo filim ee ku samaysan DVD-iga labo-labada ah ee lagu kala magacaabo '**Coping with labour pain**' iyo '**Your anaesthetic for caesarean section**'.
- Waxaad labada buug-yare ka heli kartaa bogga shabakadda, oo ay garab socdaan tarjubaano.
- Waxaad kale aad ka heli kartaa wararka ku saabsan xanuun ka yareeyaha foosha bogga shabakadda National Childbirth Trust www.nct.org.uk ama Adeegga Wararka iyo ilaha ka soo xigashada ee Umulisoooyinka "Midwives Information and Resources Service" (MIDIRS) ee bogga internet'ka ee www.infochoice.org

- Waxaan si wadajir ah Royal College of Anaesthetists, u soo saarnay warar dheeraad ah ee ku saabsan epidurals'ka ay ku jiraan ' Madax xanuunka epidural'ka ka dib ama xanuun joojiyaha spinal'ka' iyo 'Dhaawaca Dareemaha ee xiriirka la leh cirbadeynta spinal ama epidural'ka'. Waxaad ka soo saaran kartaa www.rcoa.ac.uk/docs/hesa.pdf ama www.rcoa.ac.uk/docs/nerve-spinal.pdf

Waxaad ku heli kartaa nuqulo dheeraad ah e labadaba buug-yare (baakado ah 50 iyo 750) iyo DVD adiga oo ka soo buuxinaayo foomka soo dalbashada:
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Qoraalka 3aad , Janaayo 2008

Khatarta ka imaan karto epidural'ka iyo cirbadeynta laf-dhabarka sidii loo yareeyo xanuunka foosha		
Nooca khatarta	Imisa jeer ayuu dhaca?	Sidee ayuu caadi u yahay?
Dhiigga oo si badan hoos uu dhaco	Halkiiba 50 dumar walba	Mar-mar
Si fiican u shaqeynin sidii loo yareeyo xanuunka foosha taasoo keenayso inaad isticmaasho habab kale ee aad ku yarayso xanuunka	Halkiiba 8 dumar walba	Caadi
Si fiican waxtar ugu leheen qalidda ilmo dhalidda (caesarean), sidaas awgeed waxaad u baahan doontaa in lagu suuxiyo	Halkiiba 20 dumar walba	Mar-mar
Madax-xanuun oo xun	Halkiiba 100 dumar walba (epidural) Halkiiba 500 dumar walba (spinal)	Caadi ama ahan
Dhaawac gaaro dareen-wadeyaasha (meel aan wax laga dareemin lugta, ama lugta oo awoodeeda yaraado)	Ku meel gaar - Halkiiba 1000 dumar walba	Naadir (dhif ah)
Wax-yeelidda la dareemo in ka badan 6 bilood	Joogto ah - Halkiiba 13,000 dumar walba	Naadir
Jeermis ka dhasho aaga lagu sameeyay epidural'ka	Halkiiba 50,000 dumar walba	Aad naadir u ah
Meningitis (cudur maskaxda ku dhaco)	Halkiiba 100,000 dumar walba	Aad naadir u ah
Epidural haematoma (xinjir dhiig)	Halkiiba 170,000 dumar walba	Aad naadir u ah
Shil ahaan loo suuxo	Halkiiba 100,000 dumar walba	Aad naadir u ah
Dhaawac aad u xun, oo ay ku jirto in baaralays (curyaanimo) la noqdo	Halkiiba 250,000 dumar walba	Aad iyo aad naadir u ah

Macluumaadka laga helo dokumentiyada la soo daabacey ma bixiyo tirada saxda ah ee khataradaan. Tirada kor ku xusan waa qiyaasid wayna u kala duwanaan karaan isbitaalada kaladuwan.