

Maaraynta Xaaladda Degdega Ah Ee Nafaqodarada, Gaar Ahaan Goobaha Caafimaadka Ee Qabaleeyada Miyiga (Health Post)

**Wasaarada caafimaadka ee
dawlada Dhexe**

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**Buuga Tixraaca xaalada degdega ah ee
shaqaalaha fidinta caafimaadka**



Erayada Ingiriisiga ah ee la soo gaagaabiyay (Acronym)

Health Extension Workers (HEWs) - hShaqaalaha Fidinta
Caafimaadka

Mid-Upper Arm Circumference (MUAC) - Cabirka
Wareega Cududa ama Jinta gacanta

Out Patient Therapeutic Program (OTP) - Barnaamijka
Daawaynta Bukaanku Socodka Qaba Nafaqadarada

Ready to Use Therapeutic Food (RUTF) - Cunto Loo Diyaariyay
Isticmaalka Dawaynta Caruurta Qabta Nafaqadarada

Sever Acute Malnutrition (SAM) - Xaaladda Aadka u
Daran ee Nafaqadarada ah

Stabilization Center (SC) - Goobta Bukaanku jiidka ee Lagu
Daaweeyo Bukaanka Nafaqadaradu Hayso

Therapeutic Feeding Program (TFP) - Barnaamijka
Daawaynta Nafaqadarada aadka u daran

Targeted Supplementary Food Program (TSFP) - Dadka
Yoolka u ah Barnaamijka Cunto u Kordhinta Kuwa Liita

Tusmo

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Hordhaca

Nuqulkan tixraaca ah waaxa logu tala galay in la siiyo shaqaalaha fidinta caafimaadka (HEWs) si ay u raadiyaan caruurta bilaanafaqada ah ee ku dhexjirta caruurta, sidii ay u cadayn lahaayeen xaaladda degdega ah ee nafaqo daro (SAM) iyo in ay xidhiidhiyan caruurta qabta nafaqodarada iyo goobaha nafaqo celinta siba xaaladaha aadka u sii daran (SAM) si loo kordhiyo, korna loogu qaado tayada adeega la siinayo caruurta ku sugan xaalada nafaqo daro kuwaas oo ku dhex nool bulshada.

Nuqul Hagaya Shaqaalaha Fidinta

Caafimaadka si ay u Maareeyaan Bukaanku Socodka Qaba Nafaqadarada Daran (OTP)

I - Waqtiga Diyaar-garowga Lagu Jiro

Shaqaalaha fidinta caafimaadka waxaa looga baahanyahay in ay sameeyaan diyaargarow ku sabsan barnaamishka daawaynta bukansocodka nafaqadarada qaba, qalabka loo bahanyahay iyo saadka u yala si loo bixiyo adega barnaamishka dawaynta bukan socodka nafaqadarada qaba, shaqooyinka looga bahanyahay waqtiga diyaar garoga waxaa ka mida :-

A- In la firfircooni-galiyo shaqaalaha sida mutadawacnimada ah uga shaqeeya caafimaadka bulshada gudaheega (VCHWs) si shaqaalaha aan soo sheegnay loo adeegsado waqtiga sahaminta, wacyi-galinta bulshada, iyo waliba in ay kaantaroolan in aan lagu soo buuqin shaqaalaha waxbaadhaya.

B- Shaqaalaha sida mutadawacnimada ah uga shaqeeya caafimaadka bulshada gudaheega (VCHWs) waa in la siiya toobabar iyaga oo shaqadooda sii wadanaya (on job training)gaar ahaan sida sahaminta loo sameeyo , lana siyaa qalabka lagu cabiro jinta ama gacanta (MUAC Tape)

C- In la wacyi-galiyo bulshada si ay u surowdo in la cadayn karo dhamaan caruurta ku sugan xaalada nafaqo daro iyada oo ay mutadawiciintu si firfircooni ku jirto u raadinayaan caruurtaas.

D- In la cayimo maalin gaar ah todobaadkii oo la bixinayo adeega bukansocodka qaba nafaqo darada (OTP).

e- In la xaqiijiyo qalabkan iyo saadka hoos ku xusan in ay yaalan gobta caafimaadka.

Sheyga	Kaddadka Ugu Yar ee yalla / bishii
Plumpy'nut iyo Buskudka (BP100)	4 kartoon todobaadkii ama 16 kartoon bishiba
Kiniinka Gooryaanka (Mebendaazol)	0.5 tiin
Qalajiye (Amoxicillin 100mg)	1 tiin
Kiniinka Dhiigyarida (Folic acid)	15 kiniin
Kabsoolka fiitamin A (Vitamin a capsule)	30
Talaalke Jacudoca	
Koobabki caaga ah	2
Biyaha lacabayo	1 Jeerigaan
Miisaanka 25 kilo ee nigisyada wata (Salter scale (25kg)+pants	1
qalabka lagu cabiro wareega jinta (MUAC tab)	2
Qalab lagu caabiro heerkulka Jidhka (Thermometer)	1
Saabun loogu talaagaley faraxalka (Soap for hand washing)	1
Kaarka qaypta bukaan socodka (OTP card)	30
Buuga diwaangelinta (Registration Book	1
Kaararka lagu diiwaangeliyo alaabta ama Buuga diiwaangelinta (Stock card/supply registration)	1

II. Nidaamka Barnaamijka Daawaynta Bukaan-socodka Qaba Nafaqodarada

1. Kala saarida iyo jiifinta bukaanka (screening and admission)

Talaabada koobaad:

waa in la cabiraa caruurta iyda oo la isticmaalayo qalabka cabirka jidhka (anthropometric) lagana jeegareeya barar labada lugoodba, marka hawshan la samaynayana waa in mudnaanta la siiya caruurta aadka u liidata.

- Caruurta ay da,doodu u dhaxayso 6 bilood -18 sano waa in laga baadha barar,la cabiraana miisankoda, lana cabiraa wareega cududooda (jinta gacanta)
- Caruurta ay da,doodu ka yartahay lix bilood waa in laga baadha barar iyo in la fiiriyo macaluusha daran ee ka muuqta jidhkooda (sever wasting)

Talaabada labaad:

Waa in la go,amiyaa in ilmuhu nafaqodaro hayso iyo in kale Haddii ilmaha ay da,diisu ka yartahay lix bilood lagu arko barar lugaha ah iyo muqaalkiisa oo u muuqda in ilmahaasi qabo macluul ad u liidata,ilmahaasi waxa uu qabaa nafaqodaro aad u daran,loomana baahna in lagu sii sameeyo badhis saayida, sida in la tijaabiyo cunto qaadashadiisa, iyo xaalado kale oo cakiran

Caruurta u dhaxayso 6 bilood-18sano Haddii cabirka wareega gacanta (jinta gacanta) ilmaha (MUAC) u dhexeeyo 11-12cm, bararna lahayn (oedema) ilmahaas wax uu qabaa nafaqo-daro sahlan (moderate m nutrition

Talaabad uu ilmahaas u baahanyahay - waa in hoyadda lagala taliyo habka quudinta ilmaha iyo daryeelkiisa loona gudbiyo meesha ugu dhaw ee uu ka jiro barnaamishka bixiya cuntada lagu kabayo carurta liidata (TSFP)

Haddii cabirka wareega gacantu (jinta gacanta (MUAC) ka yaryahay 11cm ama uu leyahay barar labada lugood ah ilmahaas wax'uu qaba nafaqo daro aad u xun (SAM)

Talaabada Loo Bahanyahayna - Waa in la raaca nidaamka dawaynta xaaladda aadka u daran ee nafaqo darada (TFP) sida hos ku xusan.

Talaabada saddexaad:

Caruurta ay dadoodu u dhaxaysa 6bilood- 18sano qabana nafaqodarado xaddhaaf ah, hadii lagu arko calaamdahan cakiran ee soo socda waa in loo gudbiyaa meesha la jiiifiyo bukanka qaba nafaqodarada (TFU/SC)

Calaamadaha/xaalada cakiran(complication)	Ilmaha waa in loo gudbiyaa qaybta bukan jiifka marka lagu arko mid ka mida kuwan soo socda
calaamadaha guud ee khatarta ah (general danger sign)	In uu wax kasta soo matago, gariir, qaylo, miyir la'aan iama in uu cuntada qaadan kari waayo.
Dhaxan(pneumonia/ severe pneumonia)	• hafka ama xabadka oo ilmaha gota ama diisma Neeftuur lagu arko ilmaha (waxaana neefturka ilmaha lagu cabiraa da, dooda daqiiqadiiba inta ay neefsanayaan) - Ilmaha jira 6Bilood-12Bilool (daqiiqadiiba 50 iyo wixii ka sareeya) - Ilmaha jira 12B-5sano (daqiiqadiiba 40 iyo waxii ka sareeya) - Ilmaha 5 jirka wayn (daqiiqadiba 30 iyo waxii ka sareeya)
shuban dhiig (dysentery)	- haddii saxarada dhiig ku jiro
xumad(qandho) ama kulaylka jidhka oo hoos u dhaca	- heerkulka jidhka (qandho) haddii u la mid yahay ama ka sareeyo 37.5 ama gacanta lagu garankaro in uu qandhaysan yahay. - haddii heerkulka jidhku ka hooseyo ama leegyahay 350C ama gacanta lagu dareemikaro qabawga jidhka

Talaabada 4:

waa in caruurta yaryar ee ay da,doodu u dhaxayso 6 bilood -18 sano loo sameeya tijaabada cunta qaadashada ,gaar ahaan kuwa aan qabin calaamadaha cakiran (culculus) marka la samaynayo tijaabada cunto qaadashada waa in la racaa nidaamka (**tijaabada cunto qaadashada ee k u cad shaxada labaad**)

A - Haddii ilmuhu ku dhaco tijaabada u gudbi goobta bukaan jiifka

B- Haddii ilmuhu ku baaso tijaabada u gudub talabada labaad ee ilmuhu u bahanyahay

Talaabada 5:

waa in la go,aamiyaa in ilmaha lagu daaweyo barnaamishka bukaan socodka(OTP) iyo in loo gudbiy gobta bukan jiifka (TFU/SC).

- Waa in la kala saara caruurta iyda oo lagu salaynayo da, dooda, shuruudaha u yaala cabirka jidhaka, calaamadaha khatarta ah (Cakiran) iyo nidaamka tijaabada cunto qaadashada iyda oo la raacayo nidaamka shaxda hoos ku xusan.

- Dabadeed waa in la go,aamiyaa in ilmuhu ka mid noqonayo barnaamishka bukan socodka(OTP) iyo in loo gudbinayo gobta bukan jiifka sida xarumaha caafimaadka,cusbitalada si uu u helo adeega bukaan jiifka qaba nafaqodarada qaba (TFU/SC) lana racaa shaxda soo socota.

- Waa In la gudbiyaa dhamaan caruurta u liidata nafaqodarad una dheertahay xaalad caafimaad oo aad u daran,loona gudbiyaa cusbitaal/x.caafimaad oo leh barnaamishka quudinta, Dhamaantoodna sii warqada gudbiska.

- Hadiise qofka ilmaha hayaa diido in ilmahaas la gudbiy ,waa in aad waqti siisaa sidii aad ugala hadlilahay, hadiise uu marlabaad ku diido,waa in lagu daaweyaa barnaamishka halkaa ka jira ee bukan socodka(OTP) ado racaya nidaamka , kuna qor kaadhka daawaynta qaybtiisa natijada (outcome) warbixinta sheegaysa in qofkaasi ku diiday in ilmahaas la gudbiyo.

• Indha-indhaynta iyo kala soocida caruurta qabta nafaqodarada kadiska ah (acute malnutrition)

Indha indhayn	Kala saarid	Talaabada loobahanyahay in la qaado
• Haddii ilmuhu yahay 6 bilood - kana muqato macaluul aad u daran (severe wasting) ama - barar lugaha ah • Haddii ilmuhu yahay lix bilood ama ka badan - o wareeg cabirka gacantiisu tahay (MUAC) <11cm ama barar labada lugooda ama midka mida calaamadahan - Calaamadaha khatarta ah (danger signs) - Ku guldaraystoo tijaabada cunto qaadashada - Dhaxan daran/ O of wareen (Pneumonia /severe) - Dhaxan/Oof wareen(Pneumonia) - Shuban dhiig - Qandhada jidhka oo hos u dhacda	→ Xaalad aad u cakiran oo nafaqodaro liidata ah (severe complicated malnutrition).	→ Waa in si degdeg ah loo gudbiyaa meesha ugu dhaw ee lagu marayo buktada jiifka u bahan (TFU/SC).
Haddii ilmo da,diisu tahay 6 bilood ama ka badantahay , - Wareega cabirka gacantiisu tahay 11cm ama barar labada lugood ah, - Uuna cunto qaadashadiisu ay iska fiicantahay	→ Waa ilmo ay nafaqadiisu liidato laakin ayna xaaladiisu cakirnayn	→ Waa in lagu daaweyo barnamishka daawaynta bukansocodka qaba nafaqodarada (OTP) iyada oo loo isticmaalayo nidamka u degan barnaamishka OTP
haddii ilmaha wareega gacantiisu tahay (MUAC) 11cm ama inkayar 12cm,bararna usan ku lahayn labada lugood	→ nafaqo daro sahlan ayuu qabaa (moderate m-nutrition)	→ waana in loo gudbiyaa barnaamishka cuntada siiya caruura ku dhaw nafaqodarada (SFP) hadu ujiro., waa in lagala taliyaa qofka ilmaha haya qudinta ilmaha iyo daryeelka ilmaha,
Haddii ilmaha wareega cabirka gacantiisu ka sarayso 12cm (MUAC) bararna usan leheyn	→ ilmahaas ma qabo wax nafaqo daro ah	→ Hoyadda waxan u sheegaynaa in ay ilmaha sidaas u dhaqaalayso waxayna mudatay hambalyo

2. Sida loo mareeyo caruurta nafaqadoodu liidato ee ku taxan barnaamishka nafaqaynta carurta bukansocodka ah (OTP)

Talabada 6: Ilmaha ha la diwaangaliyo, kana buuxi kaadha bukansocodka qaba nafaqadarada (ego sida loo buxinayo shaxda tilmaamaysa buxinta kaadhka)

Talabada 7: u sharax hoyada ama qofka wada ilmaha (barnamishka daawaynta bukanocadka qaba nafaqo darada OTP) sidaa hoos kuxusaan

- Ilmaha u miis cunto dhan todobaad iyada oo lagu salaynayo ilmo kasta miisankiisa, cuntadaas oo ah taloo diyaariyay in barnamishkan loo isticmaalo
- Kula tali hoyadda ama qofka wadda ilmaha qodobadan soo socda oo ah baraarujin caafimaad.
 - Cuntadan ilmaha la siinayo waxaa lo diyaariya caruurta qabta nafaqo darada waxaan ku jirta daawo sidaas darteed lalama isticmaalikaro.
 - Arinta ku saabsan naaska-waa in ilmaha la siiyaa naaska inta aan la siin cuntadan diyaarsan ka kor iyada oo loo egayo bahida ilmaha.
 - Cuntada sida gaarka ah loo diyaariyay waa in lasiiya ilmaha intan la siin cunto kale, waa in malintiiba 3-4 saaxadood mudo ay u dhaxayso lagu celceliyaa.
 - Markaasta oo ilmuhu cuno cuntadan waa in la siiyaa biyo nadiifa oo ku filan
 - Waa in hooyada ama qofka ilmaha quudinayaa saabuun ku maydha inta uuna ilma qudin ka hor
 - Nadafada cuntada waa in la ilaaliya lana daboolo
 - Inta Badan ilmaha buka wuu u nugulyahay qabawga sidaas darteed waa in ilmaha la da'daa si loo ilaaliyo herkuka jidhkiisa
- fiira gaara(NB)
 - Waa in marka aad hooyada u dhamayso cashiradan aad waydiisa su'aalo kala duwan si aad u ogaato in hooyadu fahantay iyo in kale.
 - Adiga oo isticmaalaya shaxda ka waramaysa xadiga dawada ah ee la siinayo ilmaha waa in aad si joogta ah u siisa

Dawoo(Drug)	Daaweyn (Treatment)
Fiitamiin A (Vitamin A)	- Waydii hoyadda hadii la siiyaay lixdii bilood ee ugu danbeeyay - Hadii aan horey losinin hal dose sii waqtiga lajiifinayo
Kiniinka dhiigyarida (Folic Acid)	Hal dose hala siiyo waqdiga la jiifinayo
Qalajiye (Amoxicillin)	Hala siiyo hal dose waqtiga la jiifinayo iyada oo kormeeruhu dul joogo+Totoba malimood oo kale oo uu guriga u qaato
Gooryaan Diliista (Deworming)	Hal dose hala siiyo Todobaadka laabaad (booqashada labaada)
Duumo (Malaria)	Xadiga la siinaya waxa uu ku xidhanyahay nidaamka daawaynat malaariyada ee qaranka
Jadeecada, da'da 9 bilod iyo kuwa kaweeyn (Measles (from 9 monthsold)	Waydii hooyada in ilmaha la talaalay iyo in kale, hadii ay hooyadu tidhaah lama talaalin, ilmaha talaal Todobaadka afraad (boqashada afraad).
Kiniinka dhiigyarida (Iron)	Iron looma bahna waayo waxa ay ku jirtaa cuntada la diyaariyaay

Talabada 8: Waa in hooyadda ama qofka wadda ilmaha la balamiyaa todobaadkiiba hal mar, si lolasocdo xaladisa.

FIIRO_GAARA

Waa in vitamin (A) la siyaa caruurta la soo seexiyo oo dhan marka laga reebo ilma leh bararka iyo carurta iyagu qaadatay vitamin (A) lixdii bilood ee la soo dhafay gudaheeda.

3. La socoshada xaaladda caruurta ku taxan barnaamijka

Dhamaan caruurta ku taxan bornamishkan daawaynta bukansocodka qaba nafaqodarada waa in ay todobaadkii hal mar yimaadan goobta caafimaad ee barnamishkani ka socdo sidaas darteed shaqaalaha fidinta caafimaadka ee halkaa jooga waa in uu cayimaa maalin gaar ah oo xaata caruurta barnaamishkan ku taxan lagula socdo xaaladooda.

Qofka shaqaalaha ah ee hawshan wadaa waa in uu sameeya boqosho guri – guri ah, gaar, ahaan caruurta aadka u liidata waa in lala socdaa xaladdoda

Talabada 1aad:

Wagtiga lagu jiro booqashada, hooyada waydii in ay jirto ama ilmaha lagu arkay

- Shuban, matag (vomiting) qandho ama waxkasta oo dhib ah oo ku cusub ilmaha
- In ilmuhu dhameeyay cuntadii diyaarsanayd ee loogu tala galay (RUTF) in tadobaad ay ku dhamaato.

Talabada 2: Waydii in ay jirto ama ilmaha lagu arkay.

- Haddii ay jirto xaalad xun(cakiran) oo lagu arkay ilmaha
- Heerkulka jidhka ilmaha ama neefsiga ilmaha
- Miisanka ilmaha, wareega cabirka gacanta ilmaha iyo barar
- Kuna samey ilmaha tijaabada cunta qaadashada

Talabada 3: waa in aad qaada talabo (ficil) adiga oo ku salaynaya wixii aad aragtay markii aad ilmaha ku samaynaysay indha-indhaynta iyo daba-galida

• Balse gudbi ilmaha haddii aad ku aragtid mid ka mida xaaladdahan

- Xaalada ilmaha oo ka sii darayso
- Ilmaha haddii lagu arko cunto qadasho laan kadib markii la tijaabiyay
- Haddii ilmaha bararku ku sii kordhayo
- Miisanka ilmaha oo ka sii daray (laba boqasho oo isku xigxiga)

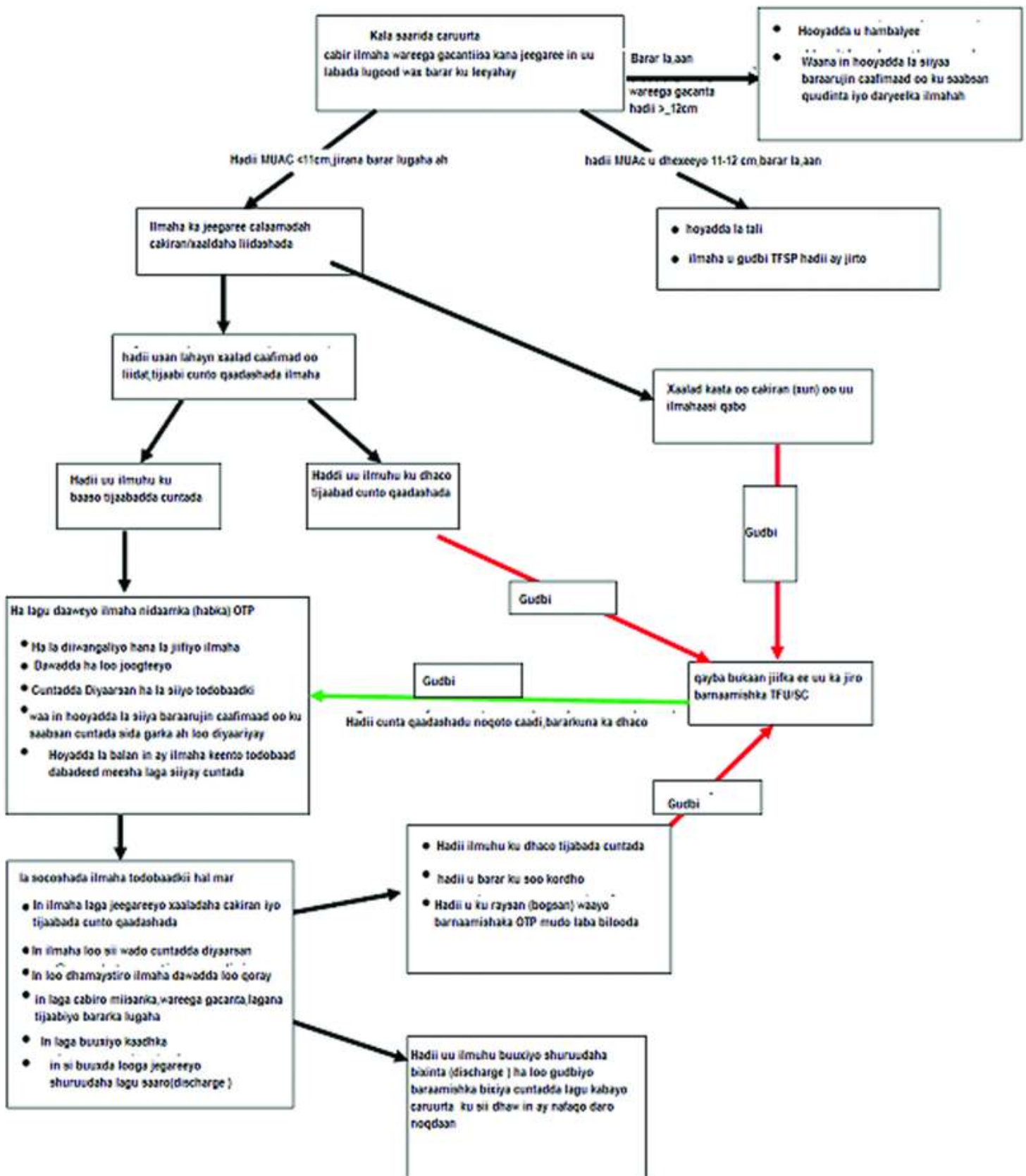
• Haddiise anay jirin wax'loo gudbiyo ilmaha waa in aad sii wadaa la socoshadiisa Todobaad laha ahayd ee adeega barnaamishkan sida.

- In loo dhamaystiro daawadii loo qondeyay
- Raashinkii uu ku jiray lawska (pulmpy nut)
- In la siyo balankii todobaadka danbe
- Iyo in wixii warbixina lagu qoro kaadhka

Hadiise ilmuhu ka maqanyahay guriga waqtiga booqashada Waxaad farta shaqaalaha mutadawacnimada uga sheqeeya caafimaadka bulshada (VCHWs), in uu boqdo guriga warbixintan u keen shaqaalahas fidinta caafimaadka ee jooga halkas.

• Waa in bukanka la bixiyaa ama laga saraa barnamishkan haddii uu buxiyo shuruudahan soo socda. (criteria of discharge)

- A- Hadii ilmaha markii la soo seexinayay uu bararsanaa, waa in hadii laga waayo wax barar ah mudo laba todobaad ah ama laba booqasho (14) waa la fasaxayaa ilmahaas.
- B- Haddiise ilmuhu una lahayn wax barar ah markii la soo jiifinayay waa in la saraa (discharge) marka u buxiyo misaankii laga rabay adiga oo raacaya shaxda shanaad ee kutala bogaa 19.
- C- Haddiise ilmuhu ku guuldaraysto in uu buxiyo shuruudaha lagu saari laha mudo ka badan laba bilood waa in loo gudbiyaa goobta bukaanjifka ee nafaqodarada.
- D- Markasta oo aad ilmaha kujira barnamishankan fasaxaysid waa in aad eegtaa shuruudahan soo socda
- In hoyadda ilmaha wadatay la baray habka quudinta iyo daryeelka ilmaha
 - In hooyadu heshay shahaadadii lagu sharfayay, u dhamaystirka daawada ilmaheega.
 - In ilmaha la diiwaan galiyay waqtiga bixitaankiisa iyo xaaladiisa In ilmaha la diiwaan galiyay waqtiga bixitaankiisa iyo xaaladiisa



Shax loo isticmaalo qiimaynta iyo wax ka qabashada caruurta da'doodu ay u dhaxayso 6bilood illaa 18 sano

*** Waa in la Raacaa shaxdan waayo waxay fududaynaysaa in ilmaha lala socdo xaaladiisa, islamar ahaantaa la qaado talaabada ilmuhu u**

III. Bixinta adeega asasiga ah ee ka hortagid nafaqo darada.

Shaqaalaha fidinta caafimaadku waxa uu masuul ka yahay gaar ahaan waqtiga ay ku jiraan boqashada gurguriga ah, sharaxaad ka bixinta iyo kor u qaadida qorshaha qoyska, nadaafada dadka iyo deegaanka, baraarujinta dadwaynaha, shaqadaas oo iskuugu jira mid uu shaqo ugu baxayo bulshada gudaheega iyo mid uu kawadayo gobta caafimaad ee qabaleega miyiga (HP).

Hadaba iyada oo taasi jirto baranamishkan daawaynta bukaansocodka nafaqadiisu liidato waa mid ku fican in lagu kala saaro laguna siiyo adeeg asasiya oo anfaca hoyadda dhalaanka iyo dadka daryeelaya buktada, haddaba shaqaalaha fidinta caafimaadku waa in u indha-indheeya bixiyaana adeega lagaga hortagayo cudurada sidaa

• Nadaafada qoyska iyo deeganka

- In la asturo qashinka
- In la ilaaliyo nadaafada cuntada iyo badbaadadeeda
- Nadaafad qofka
- Nadaafada biyaha iyo ilaalinteeda iyo gadhsintooda
- Nadaafada guriga

• Arimaha caafimaadka qoyska

- Qorshaha qoyska
- Talalka hoyada iyo caruurta

• Ka hortagida iyo kontaroolka cudurada faafa

- Ka hortaga iyo kantaroolida malariyada
- Ka hortaga iyo kantaroolida TB iyo HIV/AIDS

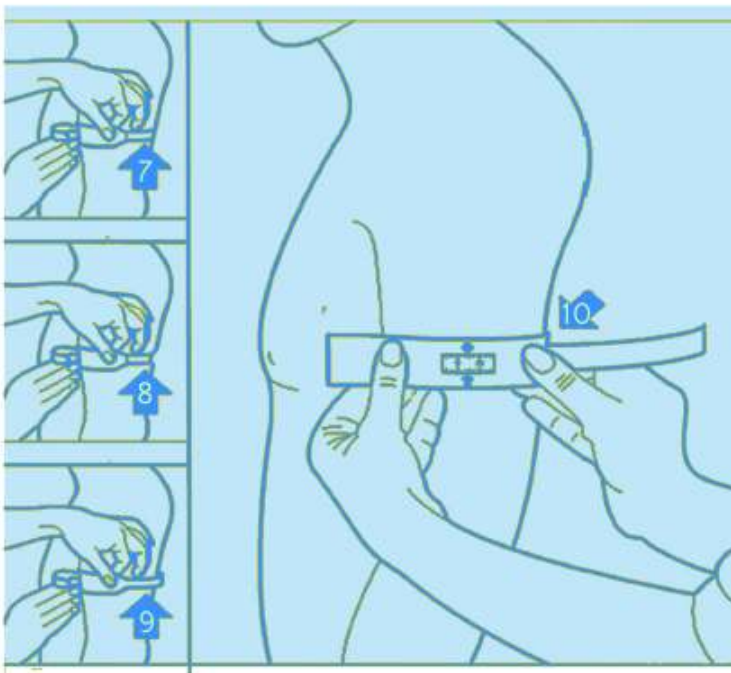
• Iyo wixii kale ee loo bahanyahay

Lifaaqyo

Shaxdda 1aad: Nidaamka iyo habka loo isticmaalo qalabka lagu cabiro jidhka (anthropometric measurement)

1.1 - Habka loo cabiro wareega gacanta ama cududa (MUAC)

- Hoyada ka codso in ay ilmaha ka saarto shadka ama marada saran gacanta bidix haddii ay suuro galtahay waxaa fican in ilmuhu si toosan u istago, qofka cabirayaana dhinac ilmaha ka istaago.
- Qiyaas meesha ku began cududa ama gacanta qaybta u saraysa (firso sawikra muujinay cabirka gacanta)
- Xaji gacanta ilmaha, kuna xidh gacan cabiraha (MUAC) cududa ilmaha, waxa aad xaqiijisaa in lanabarku dusha soomarsanyahay, waxa kale oo aad xaqiijisaa in gacan cabiru dulsaaranyahay gacanta ilma si siman (eego sawirka ku tusaya sida loo cabiro (MUAC))
- La soco giganantata gacan cabiraha (MUAC) aad sartay gacanta ilmaha, xaqiij in MUAC si saxa u gigananyahay, waa in una si xaddhaafa u giganay ama u dabacsanayn, waanad ku celcelinkartaa haddii loo bahado
- Marka aad xaqiiso in gigananta MUAC, in ay tahay gacantii la rabay, hadaba akhri wax'aad aragtay.
- Waa in aad markiiba diiwan galiisa natiijada



Habka loo cabirayo culayska ilmaha.

- 1- Waa in aad nidamka u sharaxdaa hooyada ama qofka haya ilmaha
- 2- Rakibo ama samayso miisanka 25kg meesha aad ku cabirayso caruurta, haddiise loo bahado in aad miisanka meeshad doonto u la dhaqaaqdaan, waa in misaanka aad gashataa ul kuna qabtaan laba qof.
- 3- Gali nigis/kalsoonka ilmaha loo galiyo marka la cabirayo iyada oo lagu simayo culayska kalsoonka zero
- 4- Ilmaha ka saar dharka una gali nigiska/kalsonka loo galiyo marka la cabirayo
- 5- Xaqiiji in ilmaha usan cuskan ama taban meelnaba
- 6- Waa in aad cabirka eegta adiga oo irbada misaanka la simaya indhahaga (misanka yuna ka sarayn kana hoosayan, hadii ilmuhu dhaqdhaqaaqo waxaa dhacda in ayna irbada miisanku dhaqdhaqaaqdo, marka waxaa laga rabaa in aad qiyasto qiyaasta ugu dhaw
- 7- Marka dhaqdhaqa miisanku istaago diwaan gali meesha ay istagto irbada cabir sheegtu
- 8- Meesha miisanka iyo alabta kaleba talo u calamadso meesha todabad walba lagu cabiro caruurta.



Sidi loo caddeyn lahaa nafaqadarada kusoo boodka ah ee caruurta

1

KAHUBI BARAR



Adigoo
isticmaalaya
(adeegsanaya)
labadada
suul kujooji
(nab) labada
cagood



eeilmaha mudo
3sikin ah
Haddi ay ilmuha
labada cagood
(good naqdaan)
ilmahaas

wuxuu leeyahay
barar



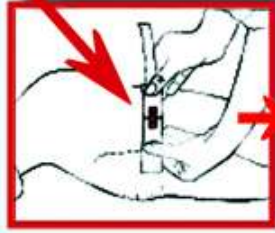
Ilmahan nafaqo
daro daran ayaa haysa
wuxuna ubaahan yahay in si
degedega ah loog u gubiyo
xarunta cafimadka ee
ugudhow si uu
uhelo qudin.



Federal Ministry of Health

2

Cabirka MUAC (WAREEGA JINTA BIDXDA) AH



Ilmahan nafaqo
daro daran ayaa haysa
wuxuna ubaahan yahay in si
degedega ah loog u gubiyo
xarunta cafimadka ee
ugudhow si uu
uhelo qudin.



Ilmahan waxa
haysa nafaqo daro
dhehdhehad ah wuxuna
ubaahan yahay cunto
dheri ah iskuna
dheeli tiran.



Ilmahan
nafaqo daro mahayso
sidaas darted u
mahadceli hooyada.



unicef

Shaxda 2 aad: Nidaamka ama habka loo tijaabiyo ilmaha cunto qadashadiisa.

Cunto qaadashada bugaanku waxay tusaale fiican u tahay xaladda caafimaadka ee guud, cunto qadasho la, aanta ilmuhu waxay ku tusaysaa in ilmuhu qabo xalad aad u xun, una baahanyahay in loo diro meelaha lagu daryeelo buktada jiftada ah.

Talaabooyinka loo bahanyahay in la raaco

Talaabooyinka loo bahanyahay in la raaco

- Tijaabinta cunto qaadashadu waa in ay ka dhacdaa meel loogu tala galay oo cidlo ah.
- U sharax hooyada ama qofka ilmaha haya ujeedada loo samaynayo iyo sida loo samaynayo tijaabadan
- Qofka ilmaha hayaaa waa in uu gacmaha maydhaa
- Qofka ilmaha hayaa waa in uu u fadhista si fiican, dhacdaasana ku qabta ilmaha, waxana ku qasbanyahay in isticmaal alaabta la socota cuntad diyaarsan ama gacantiisa isaga oo inyar inyar siinaya
- Qofka haya ilmaha waa in uu cuntada diyaarsan u siyaa si taxadir ku jiro, markastana ilmaha ku guubaabiyo inuu cuntada qaato, hadiise uu ilmuhu diido, qofku haku celceliyo isga oo gubabinaya ilmaha ila inta uu ku jiro waqtiga tijaabada badanaana, waqtiga tijaabadu waa soddan(30) daqiiqo, waa in laga taxadiraa in ilmaha lagu qasbo cuntada diyaarsan
- Waa in ilmaha la siyo biyo, laguna siya koob waxayna ku xidhanyihiin biyaha u qaadanayo hadba sida uu cuntada u qaato
- Sidaa loo macneeyo ama lagu sufeeyo tijaabada qaadashada cuntada
- Waa in aan fiirsanaa shaxda hoos ku xusan ee ka waramayso tijaabada cunto qaadashada kuna kala ogaana in ilmuhu ku baasay iyo in uu ku guuldaraystay cunto qadashada.
- Ilmaha ku baasay tijaabada maxa la gudboon
- Ilmaha cuntada la deyaariyay ka qaata waxuun haba yaraatee, waxaa lagu tirinaynaa in uu tijaabada ku baasay.
- U sharax hooyada ama qofka wada ilmaha in wadada kaliya ee u furan tahay in uu ku taxanaado barnamishka OTP.
- Waana in lagu diwaan galiya gaadhka OTP.
 - Ilmaha tijaabada ku dhacay
- Ilmaha aan cuntada waxba ka qaadan haba yaraatee waxaa lagu tiriyaa in uu ku dhacay tijaabadii
- u gubabi qofka ilmaha haya in wadada kaliya ee u banani tahay in loo qaado ilmaha meelaha lagu xanaaneyo bukanka u bahan jiifka, una sharax sababta loogu qaadayo xagaas
- Una gudbi ilmaha meel la jiifinkaro oo lehna barnaamishka daawaynta bukanka jiftada ah.

Shaxda Tijaabadda Cuntoqaadashada

Xadiga cunta ah ee u qadan karo ilmaha nafaqadarada, si u dhafo tijaabada cunta qaadashada			
Cuntada sida gaarka ah loo diyaariyay(RUTF)*		Buskudka BP100*	
Miisanka jidhka(Kg)	Qardaas	Miisanka jidhka(Kg)	Xabadood
< 4 sano	1/8 ILaa 1/4	<5	1/4ILaa-1/2
4 ilaa 10 sano	1/4 ILaa 1/2	5-10	1/2ILaa 3/4
10 laa 15 sano	1/2 ILaa 3/4	10-15	3/4ILaa 1
>15	3/4 ILaa 1	>15	1-1.5

Shaxdda 3: Cuntada sida gaarka ah loo Diyaariyay (RUTF) waa in al siiya Caruurta ay sida aadka ah u liidato nafaqadoodu iyda oo lugu salaynayo da, dooda

Miisankiisu xaga uu galayo	PLUMPY'NUT®		Buskudka BP100®	
	Inta qardaas maalintii	Inta qardaas todobaadkii	Inta xabo maalintii	Inta xabo todobaadkii
3.0 -- 3.4	1 ¼	9	2	14
3.4 -- 4.9	1 ½	11	2 ½	18
5.0 ---6.9	2	14	4	28
7.0 -- 9.9	3	21	5	35
10.0 --14.9	4	28	7	49
15.9 –19.9	5	35	9	63

Shaxdda 4add: xadiga dawada ah ee ilmaha sida joogtada ah loo siinayo

Miisaanka (kg)	Qiyaasta lasiinayo maalintii	250 Mgcapsuul/Kiniin
< 5	125 mg	½
5-10	250mg	1
10-20	500mg	2
20-35	750mg	3
>35	1000mg	4

Fiitamiin A Ga (Vitamin A)

Da'da (Bilo)	Fiitamiin A IU, Maalinta kowaad
1-6	Hal xabo kabsolka buluuga ah(100,000 IU=30ug
12(or 8kg) ama kabadaan	Laba xabo ookabsolka buluuga ah(200,000 IU)=60ug

Kiniinka Dhiigyarida (Folic acid)

Goormaa la siinaya	Xadiga la siinayo
Wagtiga la jiifinayo	5 mg

Gooriyaan Dilista (Deworming)

Da,da	>=2sano
Kiniinka goryaanka (Albendazole)	1 Kiniin halmar (once)
Kiniinka goryaanka (mebendazole)	5 Kiniin halmar (once)

Shaxdda Saad: Culayska ilmaha lugu soo jiifiyay iyo midka looga baahanyahay marka la saarayo (La fasaxayo)

Miisanka lagu Jiifiyay	Miisanka lagu saaray	Miisanka lagu Jiifiyay	Miisanka lagu saaray	Miisanka lagu Jiifiyay	Miisanka lagu saaray
3	3.5	5.3	6.2	7.6	8.7
3.1	3.6	5.4	6.2	7.7	8.9
3.2	3.7	5.5	6.3	7.8	9.0
3.3	3.8	5.6	6.4	7.9	9.1
3.4	3.9	5.7	6.6	8	9.2
3.5	4.0	5.8	6.7	8.1	9.3
3.6	4.1	5.9	6.8	8.2	9.4
3.7	4.3	6	6.9	8.3	9.5
3.8	4.4	6.1	7.0	8.4	9.7
3.9	4.5	6.2	7.1	8.5	9.8
4	4.6	6.3	7.2	8.6	9.9
4.1	4.7	6.4	7.4	8.7	10.0
4.2	4.8	6.5	7.5	8.8	10.1
4.3	4.9	6.6	7.6	8.9	10.2
4.4	5.1	6.7	7.7	9	10.4
4.5	5.2	6.8	7.8	9.1	10.5
4.6	5.3	6.9	7.9	9.2	10.6
4.7	5.4	7	8.1	9.3	10.7
4.8	5.5	7.1	8.2	9.4	10.8
4.9	5.6	7.2	8.3	9.5	10.9
5	5.8	7.3	8.4	9.6	11.0
5.1	5.9	7.4	8.5	9.7	11.2
5.2	6.0	7.5	8.6	9.8	11.3

Miisanka lagu Jiifiyay	Miisanka lagu saaray	Miisanka lagu Jiifiyay	Miisanka lagu saaray	Miisanka lagu Jiifiyay	Miisanka lagu saaray
9.9	11.4	15	17.3	36	41.4
10	11.5	15.5	17.8	37	42.6
10.2	11.7	16	18.4	38	43.7
10.4	12.0	16.5	19.0	39	44.9
10.6	12.2	17	19.6	40	46.0
10.8	12.4	17.5	20.1	41	47.2
11	12.7	18	20.7	42	48.3
11.2	12.9	18.5	21.3	43	49.5
11.4	13.1	19	21.9	44	50.6
11.6	13.3	19.5	22.4	45	51.8
11.8	13.6	20	23.0	46	52.9
12	13.8	21	24.2	47	54.1
12.2	14.0	22	25.3	48	55.2
12.4	14.3	23	26.5	49	56.4
12.6	14.5	24	27.6	50	57.5
12.8	14.7	25	28.8	51	58.7
13	15.0	26	29.9	52	59.8
13.2	15.2	27	31.1	53	61.0
13.4	15.4	28	32.2	54	62.1
13.6	15.6	29	33.4	55	63.3
13.8	15.9	30	34.5	56	64.4
14	16.1	31	35.7	57	65.6
14.2	16.3	32	36.8	58	66.7
14.4	16.6	33	38.0	59	67.9
14.6	16.8	34	39.1	60	69.0
14.8	17.0	35	40.3		

Shaxdda 6aad: Foomka warbixin bileedka-Maareynta Nafaqodarada-Barnaamijka quudinta

Xarunta caafimaadka	
Killililka	
Gobolka	
Degmada	
Taariikhda	
Lafuray	

Cida barnaamijka wadda/Xarunta caafimaadka			
Diyaariyaha warbixinta			
Bisha/Sanadka warbixinta (Taariikhda Itoobiya)			
Nooca Barnaamijka	Bukaan-jiif	Bukaan-socod	Kooxaha wareega

	Tirada guud ee bilowga sanadka (A)	Kuwa cusub ee la diwaan galiyay			Laga soo gudbiyay (B5) xarun quudineed oo kale	Tirada guud ee ladiwaan-galiyay (C)	Tirada baxday(D)							Lagudbiyay (E)		Tirada guud ee baxday (F)	Tirada guud ee dhamaadka bisha (G)
		W/H<70% ama MUAC<110mm (Caruur) ama MUAC<180mm (Dad waaweyn (B1)	Barar (B2)	intuu Bogsaday kadibna soo laabtay (B3)			soo laabtay (B4)/kadib markii lawaayay	Bogsaday (D1)	Aan la ogayn (aan la'aqoonin) (D3)	Lawaayay (D4)	Aan caafimaadin (D5)	Lagudbiyay sababo awgeed (D6)	loo gudbiyay (E1) bukaansocod	loo gudbiyay (E2) bukaansocod jif			
Jililalka Da'da																	
<6 months																	
6-59 months																	
5-10 years																	
11-17 years																	
>18 years																	
TOTAL																	

- Kuwa cusub ee ladiwaan galiyay= bukaan ka sida tooska ah loogu ogolaaday in loo bilaabo barnaamijka nafaqaynta (Kuwa cusub wajiga 2), Marasmas(B1), Kwashiorkor(B2) ama intuu bogsaday kadibna xarunsaday (B3)
- Soo laabtay kadib markii lawaayay(B4)= bukaan ka laga waayay xarunta quudinta ee hadana dib loogu diwaan galiyay xarunta muddo kayar 2 bilood. Hadii bukaan ka lawaayay uu dib ugu soo laabto labo todobaad (bukaan jiif) ama kadib labo bilood.
- Laga soo gudbiyay xarun quudineed oo kale(B5)= bukaan bilaabay in xarumo quudineed oo kala duwan iyo in loo diro barnaamij joogta ah oo quudin ah. Tan waxaa loo kala gudbin karaa bukaan jiif bukaan socod ama bukaan socod bukaan jiif.
- Bogsaday(D1)= bukaan ka gaadhay sharuudaha bixinta.
- Dhintay(D2)= bukaan ka dhintay isagoo ku jiray barnaamijka bukaan socodka, dhimashadaas waa in lagu xaqiijiya boqasho.
- Aan la ogayn/ aan la aqoonin(D3)= bukaan ka tagay barnaamijka laakiin natiijadoodu aan la xaqiisan boqasho.
- Lawaayay(D4)= bukaan jiifka maqnaaday 2 bari oo isku xigta iyo bukaan socodka maqnaaday 2 isbuuc ayaa la xaqiijiya boqasho.
- Aan caafimaadin(D5)= bukaan ka aan gaadhin shuruudaha bixinta kadib afartan bari barnaamijka bukaan jiifka ama 2 bilood barnaamijka bukaan socodka.
- Lagudbiyay sababo caafimaad awgeed(D6)= bukaan ka loogu gudbiyay xarun caafimaad ama isbitaal sababo caafimaad awgeed iyo xarun caafimaad oo aan quudin sii socoto lahayn.
- La gudbiyay(E)= bukaan ka loo bilaabay banaamij quudin ah loona diray meel kale ooy quudini ka socoto.
- Bukaan jiif loo gudbiyay bukaan socod(E1)= markii bukaan jiifka loo ogolaado barnaamijka wajiga koowaad iyo in loo diro wajiga labaad(barnaamijka bukaan socodka)
- Bukaan socod loogu gudbiyay bukaan jiif (E2)= markuu bukaan ku ahaa barnaamijka wajiga labaad dibna loogu celiyo bukaan jiif.

Shaxdaa7aad: Buuga Diwaan Galinta Ee Barnaamijka Daaweynta Bukaana socodka qaba nafaqo darada

D/L	Magaca oo Sadexan	Ciwaanka	Dada	Jinsiga	Kuwa cusub ee la diwan galinayo Haa/Maya	Lagudbiyay ama kuwa dib loo diwaan gali- yay Haa/Maya	Kuwa cusub				Kuwa la bixiyay				Natiijada (bogsaday,dhintay, aan la ogayn,i agudbiyay, aancaafimaadin)	Faalo
			Bilaha/ Sanadka	Lab/ Dhadig			Taariikhda	Culayska (Kg)	Barar (Haa/ Maya)	MUAC (cm)	Taariikhda	Culayska (Kg)	Barar (Haa/ Maya)	MUAC (cm)		
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																
17																
18																
19																
20																

Shaxdaa 8aad: Foomka ilmaha lagag gudbiyo OTP marka loo gudbinayo meelaha la jiifiyo bukaanka u baahan jiifka

Lam.D: _____

Goobta laga gudbiyay: _____ **OTP/TFU** **Goobta loo gudbiyay** _____

Magaca Ilmaha: _____

Jinsiga Lab/dhadig: _____

Da.da: _____

Degmada: _____ **qabaleega:** _____

Buuxi shaxdan marka aad ilmahaha Gudbinayso

	Taarikhda	miisaanka	Wareega,g	Barar	Tijaabadcunto qaadashada
Lagu jiifiyay					
Lagu Gudbiyay					

Dawada la siiyay	Xadiga Dawada la siiyay	Taarikhda
Fiitamiin A (Vitamin A)		
Kiniinka Dhiigyarida (Folic acid)		
Talaalka Jadeecada (Measles vac)		
Kiniinka Goryaanka (Albendazole/mebendazole)		
Qalajiye (Amoxicillin)		
Ka hortagga duumada (anti-malaria)		

Sababta loo gudbiyay ilmahan	Calaamadi midka mida kuwan
Cunto qqadasho la,aan	
Barar jidhka oo dhana + + +	
Calaamadah guud ee khatarta ah	
Neeftuur ≥	
Shuban dhiig	
Qandho	
Bararka oo soo kordhaya	
Shuban keenaya miisan dhac	
Miisanka oo aan kordhin saddexdiibooqasho ee ugu danbeeyay	
Codsiga qofka ilmaha haya	

Qofka Gubiyay _____ **sexexisa** _____

Shaxda 9aad: Shahadada la siinayo qofka laga saarayo OTP

Lam Diwaanka _____

Goobta gudbisay _____ **OTP/TFU Goobta loogudbiyay** _____ **TFU/OTP**

Magaca _____

Da'da (bill ku xisaabi <5 sano) _____ **noca jinsiga** _____

Degmadda _____ **qabaleega** _____

Taariikhda _____

Buuxi shaxdan

	tariikhda	culayska	cabirka gacanta MUAC	Darajada barar	tijaabinta qadashada cuntada
Jiiftada					
Kabaxay					

