

# Common Terms in End-of-Life Care

*English – Somali*

## English

*Common Terms in End-of-Life Care*

## Somali

*Erayada Ugu Badan ee Loo Isticmaalo Daryeelka  
Maalmaha-ugu-Dambeeya-Nolosha*

**Advance health care directive:** A legal form that states what kind of health care a patient would want if he or she becomes unable to communicate or make decisions. The patient can also name someone to make health care decisions on his or her behalf, if needed. A person must be at least 18 years old to make this document. It can be changed at any time.

**Tilmaanta daryeelka caafimaadka horumarsan:** Arji sharci ah oo qeexaya nooca daryeelka caafimaad ee qofka bukaanka ah uu u baahanayo haddii isaga ama iyadu ay noqdaan inay awoodi waayaan inay xiriir sameeyaan ama go'aan qaadan kari waayaan. Qofka bukaanka ahi wuxuu sidoo kale magacaabi karaa shakhsi u sameeya go'aanada daryeelka caafimaad shakhsigaasi oo ka wakiil ah isaga ama iyada, haddii loo baahdo. Qofka bukaanka ah waa inuu da'adii ugu yaraan tahay 18 jir si uu sameeyo warqadan. Waa la badali karaa wakhti kasta.

**Artificial nutrition and hydration:** When a person cannot swallow safely, a tube is used to carry nutrients and water into the body. There are three ways this is done: 1) the tube may go into a blood vein; 2) the tube may go through the nose down into the stomach; 3) the tube may go through a hole placed through the abdomen into the stomach.

**Cuntada la farsameeyey (artificial) iyo biyo-siinta:** Marka qofku si caadi ah wax u liqi kari waayo, tuubbo ayaa la isticmaalayaa si ay jidhka dhexdiisa u qaado nafaqeyayaasha iyo biyaha. Waxa jira saddex hab oo loo sameeyo: 1) tuubbada waxa la gelin karaa xidid dhiig; 2) tuubbada waxa la sii dhex marin karaa sanko waxana la gelinyaa caloosha; 3) tuubbada waxa la sii dhex marin karaa dalool laga sameeyey ubucda (uur ku jirta) waxana la gelinayaa caloosha.

## English

## Somali

**Capacity:** A person's ability to make choices about his or her health care. This is different from **competence**. The capacity to make decisions may be present at some times and not others. When patients are unconscious or cannot think clearly, they do not have the capacity to make choices at that time. A **health care agent** (decision maker) will need to make choices for them. The doctor decides when a patient has decision-making capacity.

**Awoodda go'aan gaadhista:** Awoodda qofku ku gaadhi karo go'aano ku saabsan daryeelkiisa ama daryeelkeeda caafimaad. Tani way ka duwan tahay lahaanshaha kartida go'aan gaadhista. Awoodda go'amada lagu gaadho marna qofku wuu yeelan karaa marna way ka maqnaan kartaa. Marka bukaanadu miyir la'a yihiin ama aan fikirkoodu saxnayn, malaha awood ay wax ku doortaan wakhtigaas. Wakiilka daryeelka caafimaadka (go'aan gaadhe) ayaa iyaga wax u dooran doona. Dhaqtarka ayaa go'aamin doona marka bukaanu leeyahay awoodda go'aan gaadhista.

**Chemotherapy:** A way to treat cancer that uses medicines to kill cancer cells. These medicines may be given by mouth or through a blood vein.

**Dawada kansarka:** waa hab lagu daweyo kansarka oo la isticmaalo dawooyin si loo dilo unugyada kansarka. Daawooyinkan waxa laga siin karaa afka amma xidid dhiig.

**Code status:** A decision made by a patient or family that directs doctors and nurses in whether or not to try to revive a patient whose breathing or heartbeat has stopped.

**Xeerka xaalada:** Waa go'aan ay gaadheen bukaanka amma qoyskiisu oo dhakhaatiirta iyo kalkaaliyayaasha caafimaadka u tilmaamaya in ay isku dayaan iyo in kale, dib uga shaqaysiinta wadnaha iyo sambabada bukaan neefsiga iyo wadnuhu is taageen.

**Competence:** A person's legal ability to make decisions. This is different from **capacity**. If the court decides that a person is not competent, it will determine which decisions a person cannot make. Then the court will name a legal decision-maker to make those decisions. A court decision about competency is usually a long process.

**Lahaanshaha kartida go'aan gaadhista:** Kartida sharci ee qof u leeyahay in uu go'aamo gaadho. Tani way ka duwan tahay awoodda go'aan gaadhista. Haddii Maxkamadu ayadu go'garawsato in qofka buki go'aan gaadhi Karin , markaas maxkamada ayaa go'aaminaysa waxyaabaha aanu qofku go'aan ka gaari karin dabadeedna qofka wakiilka ka ah faraysa una cadayndoonta go'aanada sharci, kuwa ay yihiin ee uu qokaas laga rabo inuu u gaadho bukaanka ama uu go'aamiyo markaasi isagu. Go'aanka maxkamada ee qofka go'aan gaadhi karin caadiyan waxay qaadataa mudo dheer.

## English

**CPR (Cardiopulmonary Resuscitation):** CPR is a process to try to revive a patient whose breathing or heartbeat has stopped. It does not reverse the patient's health problems. The process involves pushing down on the chest and blowing air into the mouth. It may also involve giving medicines or electric shocks. CPR can be painful for the patient.

**Dialysis:** A treatment to clean the blood when the kidneys are not working. This treatment may be needed several times a week. Dialysis takes blood from an artery, cleans it and puts it back into a vein.

**DNI:** Stands for “Do not intubate.” To intubate means to put a breathing tube down the throat. The tube can then be hooked up to a breathing machine (a respirator or ventilator). The patient cannot speak while the breathing tube is in place. DNI is used when the patient and family do not want the patient to be hooked up to a breathing machine.

**DNR:** Stands for “Do not resuscitate.” To resuscitate means to try to revive a patient whose breathing or heartbeat has stopped. The process of reviving a patient is called **CPR** (cardiopulmonary resuscitation). DNR is used when the patient and family do not want the patient to be given CPR.

## Somali

**CPR (dib uga Shaqaysiinta Sambadada iyo Wadnaha):** CPR waa waa hab laysku dayo in dib looga shaqaysiiyo wadnaha iyo sambabada bukaan neefsiga iyo wadnuhu istaageen. Kama dhigna inay bukaanka xaaladiisa caafimaad badalayso. Waxyaabaha la samaynayo waxa ka mida xabadka ama feeraha oo hoos loo riixo iyo afka oo hawo lagu afuufo. Waxaa kale oo ku jiri karta in daawooyin la siiyo ama koronto lagu qabto. CPR-ku wuxuu u keeni karaa bukaanka dareen xanuun oo aad u badan.

**Sifaynta dhiigga:** Daaweyn lagu sifaynayo dhiiga marka aan kelyuhu shaqaynayan. Daaweyntan waxa loo baahan karaa todobaadkiiba dhowr mar. **Mishiinka sifaynta dhiigu** waxuu dhiig ka qaadaa xidid sida dhiig wadnaha ka yimid, wuu sifeeyaa, ka dibna wuxuu dib ugu celiyaa xidid sida dhiig wadnaha u socda.

**DNI:** Waxay u taagan tahay “Tuubbo ha gelin.” In tuubbo la geliyo micneheedu waa in tuubbo lagu neefsado la geliyo dhuunta. Ka dibna tuubbada ayaa lagu xirayaa mishiinka neefsiga (neefsiye ama hawo siiye). Qofka bukaanka ahi ma hadli karo wakhtiga tuubbada neefsigu ay ku jirto. DNI waxa la sameeyaa marka bukaanka iyo qoyskiisu aanay rabin in bukaanka lagu xidho mishiinka neefsiga.

**DNR:** Waxay u taagan tahay “In aan dib looga shaqaysiin wadnaha iyo sambabada” “In wadnaha iyo sambabada dib looga shaqaysiiyo” micneheedu waa in laysku dayo in dib looga shaqaysiiyo wadnaha iyo sambabada bukaan neefsiga iyo wadnuhu istaageen. Habka dib uga shaqaysiinta wadnaha iyo sambabada bukaanka waxa la dhahaa **CPR** (dib uga shaqaysiinta wadnaha iyo sambabada). DNR waxa la sameeyaa marka bukaanka iyo qoyskiisu aanay rabin in bukaanka loo sameeyo CPR.

## English

## Somali

**Health care agent:** A person with the authority to make health care decisions for a patient who does not have the **capacity** to make health care decisions on his or her own. The patient may choose this person ahead of time (in an **advance health care directive**). If there is no legal document naming someone, the closest living relative is the surrogate decision maker.

**Wakiilka daryeelka caafimaadka:** Waa qof awood u haysta inuu gaadho go'amada daryeelka caafimaadka bukaanka aan lahayn **awood** uu ku gaaro go'aanka daryeelkiisa caafimaad ama daryeelkeeda caafimaad. Bukaanku wuxuu qofkan dooran karaa wakhti ka horeeya (**tilmaanta daryeelka caafimaad ee horumarsan**). Haddii ananay jirin dukumiintig sharci ah oo mar hore qof loogu cadeeyey ama lagu doortay, kolkaas waxaa wakiil go'aan gaadhe u noqonaya qofka buka, qofka ugu dhaw ee ama qaraabadiisa ah.

**Hospice:** Care for people who are very sick and not expected to live more than six months. Hospice focuses on comfort and relief of symptoms. Hospice care can be given in the home, a nursing home or a residential hospice. Hospice workers provide physical, emotional and spiritual care for both the patient and the patient's family.

**Hospice:** Daryeel la siiyo dad aad u xanuunsanaya oo aan la filayn inay noolaadaan wax ka badan lix billood. Hospice-ku wuxuu xoogga saaraa dhib ka yaraynta iyo khafifinta calaamadaha xanuunka. Daryeelka Hospice-ka waxa bukaanka lagu siin karaa guri, guri xannaanno (nursing home) ama guri-hospice. Shaqaalaha Hospice-ku waxay la shaqeeyaan bukaanada iyo qoysaskooda si ay daryeel jidh, caadifadeed iyo mid ruuxi u siiyaan bukaanka iyo qoyskiisa.

**Palliative care:** Palliative care focuses on relieving pain and suffering and providing the highest quality of life possible. Staff members provide physical, emotional, spiritual and social support for the patient and the patient's family. Palliative care may be offered along with other medical care. The palliative care team works with the patient's other doctors and caregivers.

**Daryeelka dhib-yaraynta:** Daryeelka dhib-yarayntu wuxuu xoogga saraa yaraynta xanuunka iyo dhibka bukaanku dareemayo iyo bixinta tayada nolosha ugu saraysa ee suurtagalka ah. Shaqaalaha dhib-yarayntu waxa ay la shaqeeyaan bukaanada iyo qoysaskooda si ay u bixiyaan taageero xagga jidhka, caaddifadda, ruuxiga, iyo bulshada ah. Daryeelka dhib-yaraynta waxa la siin karaa bukaanada iyo qoysaskooda qaba baahiyo caafimaad oo badan iskuna xidh-xidhan.

**Radiation therapy:** A way to treat cancer that uses high-energy, invisible rays to kill cancer cells inside the body.

**Kaah (Shucaac) ku dawayn:** Waa hab loo daweeyo kansarka oo la isticmaalo falaadho aan la arki karin oo tamar badan leh si loo dilo unugyada kansarka ee jidh gudahiisa ku jira.