

Dhaawacyada Madaxa ee Carruurta

Maanta waxaa cunugaada lagu soo arkay dhaawac madaxa kaga yaala. Dhaawacyada madaxa badankoodu ma aha wax halis ah mana keenaan dhibaato mudo dheer qaadata. **Umaleyn mayno in cunugaagu u baahan yahay in uu isbitaalka sii joogo. Waxaanu aaminsanahay in cunugaagu badbaado u tahay inuu guriga joogo.** Hoos waxaa ku qoran qaar ka mid ah su'aalaha guud ee ku saabsan dhaawacyada nuucan ah.

Waa maxay shoog maskaxeed?

Mararka qaar markuu cunugu dhaawac kasoo gaaro madaxa, maskaxda ayaa dhaawacanta. Dhaawac maskaxeedka dabacsan ayaa waxaa la yiraahdaa shoog maskaxeed oo inta badan uma baahna daaweyn.

Astaamaha shoog maskaxeedka bukaanba bukaanka kale waa uu ka duwan yahay. Bukaanada qaar way suuxaan (miirka ayey beelaan) ilaa cabaar halka kuwa kale ay dareemaan ciiryaamo ama indhadaraandar. Dhaawaca kadib carruur badan waxay qabi doonaan madax xanuun, wareer, lalabo (xanuun caloosha aad ka dareento), ama hunqaac (matag).

Haddii aad tahay qof dhaga la' ama maqalka kugu adag yahay, fadlan noo sheeg. Waxaan bixinnaa adeegyo lacag la'aan ah kana mid yihiin Turjubaanno luuqadda dadka dhagaha la' (ASL iyo SEE), Turjubaanno luuqadda Ingiriiska oo akbriya bishimmaha, TTY, Sammeecado taleefoon, qalab wax lagu qorto, iyo qalab qoraal ah.

Head Injury in Children

Today your child was seen for a head injury. Most head injuries are not serious and do not cause long-term problems. **We do not think your child needs to stay in the hospital. We believe that it is safe for your child to go home.** Below are answers to some common questions about this type of injury.

What is a concussion?

Sometimes when a child injures the head, the brain is injured. A mild brain injury is called a **concussion** and usually does not need treatment.

Symptoms of a concussion will vary with each patient. Some patients may pass out (lose consciousness) for a time while others feel foggy or confused. After the injury many children will have headache, dizziness, nausea (feel sick to your stomach), or vomiting (throwing up).

Waa goorma inaan raadsado daryeel dhaawaca madaxa kadib?

Daryeel raadso isla markaaba hadduu cunugaadu:

- kasoo dhacay meel fogaanteedu joog gaareyso 5 tallaabo ama ka sii dheer.
- si adag u dhuftay ama walax si dhaqsi leh u dhaqaaqayey.
- uu ka yar yahay 6 bilood jir.
- isbedel ka qabay qaabka madaxa (dhallaanka boodbooda way kuusnaan kartaa ama u ekaan kartaa mid aan caadi aheyn).
- qabay dhiigbax aan joogsi laheyn kadib markaad cadaadiso ilaa 10 daqiiqadood.
- qabay dhiig ama dheecaan ka imanayey dhegaha ama sanko.
- suuxo (miir beelo).
- aad u daalo, dabci xumaado ama ku adag tahay in uu soo tooso.
- qabato qalal.
- hunqaaco 2 ilaa 3 jeer wax ka badan dhaawaca kadib.
- qabay madax xanuun oo aad u daran ama kasii darayey.
- dhib ku qabay socodka, hadalka, ama aragtida.
- qabay kabuubyo ama itaal dari ka hayso qeyb kasta oo jirka ka mid ah.

When should I seek care after a head injury?

Seek care right away if your child:

- fell from a height of 5 feet or higher.
- was hit very hard or by a fast-moving object.
- is less than 6 months old.
- has an odd head shape (in an infant the soft spot may bulge).
- has bleeding that won't stop after you apply pressure for 10 minutes.
- has blood or fluid coming from ears or nose.
- passes out (loses consciousness).
- becomes more tired, crabby or hard to wake up.
- has a seizure.
- vomits more than 2 to 3 times after the injury.
- has a headache that is severe or gets worse.
- has trouble walking, talking or seeing.
- has numbness or weakness in any part of the body.

Sidee baad ku ogaataa inuu dhaawaca madaxa halis yahay?

Ugu horreyn, waxa aan fiirinaa calaamadaha dhaawac maskaxeedka halista ah, sida dhiigbaxa ama barar maskaxda dhexdeeda ah. Tani isla markaas ayaa la daweyn karaa.

Waxa aan su'aalo kaa weydiinaynaa sida cunugaaga u dhaawacmay iyo astaamaha. Waxaa kale oo aynu samaynaa baaris jirka iyo maskaxda ah loogu kuuro galayo xaalada maskaxda iyo fikirka cunugaaga.

Miyaad qaadaan sawirka CT?

Sawirka CT waxaa loo isticmaalaa Raajo si sawiro looga qaado jirka gudahiisa. Shucaaca kasoo baxaya sawirada CT waxay ku siyaadin karaan dhibaateyn inta uu jiro dhan. Waxaa wanaagsan in laga fogeeyo baaristan cunuga ilaa looga isticmaalo baahi cad mooye. Haddii aynu u baahano in aynu qaadno sawirka CT waxaan u qaadi doonaa tallaabo qaas ah oo aynu xadeynayno shucaaca cunugaagu helayo.

Sidee baan guriga ugu daryeela cunugeyga?

Marka uu guriga joogo, waa inaad si aad u dhow cunugaaga u ilaalisaa.

Ka caawi inuu cunugaaga nasto. Cunugaagu waa inuu nastaa ilaa ay astaamaha ka ba'aan. Tani macnaheedu waxay tahay in uusan qaban hawlo daaliya maskaxda sida qoris ama ciyaaraha fiidiyowga iyo hawlo jirka uu ka qabto. Cunugaagu waxa uu u baahan karaa in uu guriga joogo marka uu iskuulka ka yimaado ilaa uu ka ladnaado.

How do you know if a head injury is serious?

First, we look for signs of a serious brain injury, such as bleeding or swelling in the brain. This would be treated right away.

We ask questions about how your child was hurt and the symptoms. We also do physical and mental tests to assess the state of your child's brain and thinking.

Do you take CT scans?

A CT scan uses X-rays to take pictures of the inside of the body. The radiation from CT scans can add up and be harmful over a lifetime. It is best to avoid this test for a child unless it is clearly needed. If we need to do a CT scan, we will take special steps to limit the radiation your child receives.

How do I care for my child at home?

At home, you should watch your child closely.

Help you child rest. Your child should rest until symptoms go away. This means no activity that tires the brain such as texting or video games and no physical activity. Your child may need to stay home from school until feeling better.

Ka dawee bararka. Hadduu cunugaagu qabo kuus ama barar, mari kiish baradeedka markiiba ilaa 20 daqiiqadood.

Ka dawee xanuunka. Sii Tylenol (acetaminophen) oo madax xanuunka iyo xanuunka kale 4 saac ilaa 6 saac kasta.

Isha ku hay astaamaha. Cunugaaga weli astaamaha wuu qabi karaa xitaa marka guriga uu tago kadib. Hawlo badan waxa ay kaga sii dari karaan. Caawimaad raadso haddii ay jiraan astaamo kasta oo cusub. Eeg diiwaanka soo socda.

Ku war-celi isla markiiba waaxda degdega hadaad ogaato:

- Hunqaac raaga 4 ilaa 6 saacadood dhaawaca kadib
- Madax xanuun sii darsada
- Hurdadoo sii siyaada ama soo toosidoo dhib ku ah
- Hab-dhaqan aan caadi aheyn
- Darandarid ama xusuustoo lunta
- Qoorta oo taaganta
- Qalal
- Dhib ku qabid socdaalka, hadalka ama aragtida
- Itaaldari ama kabuubyo oo qeyb kasta oo jirka ka mid ah

Waxii macluumaad dheeraad ah:

Wac qadka la taliyaha kalkaalisada: 612-672-1065 ama Booqo www.pemguidelines.org

Treat swelling. If your child has a bump or swelling, apply an ice pack for 20 minutes at a time.

Treat pain. Give Tylenol (acetaminophen) for headaches and pain every 4 to 6 hours.

Watch symptoms. Your child may still have symptoms after you get home. Too much activity can make them worse. Get help if you see any new symptoms. See the list that follows.

Return to the emergency department right away if you notice:

- Vomiting that lasts for 4 to 6 hours after the injury
- Headache that gets worse
- Increasing sleepiness or trouble waking up
- Behavior that is not normal
- Confusion or memory loss
- Stiff neck
- Seizure
- Trouble walking, talking or seeing
- Weakness or numbness in any part of the body.

For more information:

Call nurse advisors' line: 612-672-1065 or Visit www.pemguidelines.org

Xagee baan ka heli karaa daryeel raadraacid ah?

Waa inaad dhakhtarka qoyskaaga la lahaataa booqasho raadraacid ah dhaawaca kadib. Bukaan socod eegtada isboortiga xitaa waa meel ku fiican raadraaca daryeelka. Waxay kuu sheegi karaan goorta uu cunugaagu badbaado u yahay in uu ku laabto isboortiga ama hawlaha.

Isboortiga Fairview iyo Daryeelka Lafaha waxay Magaalooyinka Twin ku leeyihiin bukaan-socod-eegyo badan. Waxay baari karaan sida fiican ay maskaxdu u shaqeynayso dhaawaca kadib. Baaristan waxaa loogu yeeraa Raad ku reebid. Waxa ay natiijada dhakhtarka ka caawinaysaa in uu doorto daryeelka cunugaada u wanaagsan.

Isboortiga Fairview iyo Daryeelka Lafaha

Qadka teleefanka tooska: 952-460-4440

Ballamaha: 612-672-7100

Qadka ku jira: www.fairview.org/fsoc

Where can I get follow-up care?

You should have a follow-up visit with your family doctor after a head injury. A sports clinic is also a good place for follow-up care. They can tell you when it is safe for your child to return to sports or activities.

Fairview Sports and Orthopedic Care has several clinics in the Twin Cities. They can test how well the brain is working after an injury. This test is called *Impact*. The results will help the doctor choose the best care for your child.

Fairview Sports and Orthopedic Care

Concussion hotline: 952-460-4440

Appointments: 612-672-7100

Online: www.fairview.org/fsoc