

QALLITAANKA DHALMADA

Qiyaastii 30% Australiya dhalmooyinka waa qaliin - qalliinka waa marka ilmuhu ku dhasho tiyaatarka qalliinka iyada oo la jeexayo caloosha qeybta hoose, oo ka sareysa lafaha xubinta taranka. Waxaa loo arkaa qalliin weyn oo caloosha ah. Waxaa lagu siinayaa daawo si aadan waxba u dareemin.

Qalliinka waa la dooran karaa [taas oo macnaheedu yahay in la qorsheeyay oo aad ogtahay taariikhda ilmahaagu dhalan doono] sababaha qaarkood ee qalliinka loo dooranayo waxaa ka mid noqon kara - waxaa lagugu qalay ilmo hore oo waxaadna jeceshahay in laguugu qalo mar kale, adiga ama ilmahaagu ayaa laga yaabaa inaad qabtaan arrin caafimaad taas oo macnaheedu tahay qalliinka ayaa badbaado noqon kara, mandheertaada ayaa laga yaabaa inay dabooshay makaanka afkiisa meesha uu ka furmo isla markaasna foosha siilka ayaan suurto gal ahayn.

Ama, qalliinkaaga ayaa laga yaabaa inuu yahay mid xaalad degdeg ah, taas oo macnaheedu tahay inaad awalba foolaneysay, balse wax dhacaan oo uu ilmuhu u baahan yahay inuu dhakhso ku dhasho. Sababaha qaar ee qalliinka degdegga ah waxaa ka mid noqon kara - biyaha oo jabay isla markaasna xudunta ayaa banaanka uga soo hor baxday ilmaha, dhiig ka yimaada xubinta taranka haweenka, wadnaha nuunaha ayaa tilmaamaya in dhibaato jirto, cadaadiska dhiiggaagu waa mid aad u sarreeya oo khatar badan keenaya. Waxaa jiri kara sababo kale - marwalba hubi in dhakhtarka kuu sharaxay sababta qalitaanka loo sameynayo.

Badanaa hal qof ayaa kugu wehlin kara qolka qalliinka - wuxuu noqon karaa lammaanahaaga, qaraabadaada ama qof kale oo taageero ah. Badanaa dad badan oo kale ayaa kujira tiyaatarka qalliinka- 2 dhakhtar qalliin, suuxiye, 3 kalkaalisooyin caafimaad, farsamayaqaan masraxa, umuliso waxaana sidoo kale jiri kara dhakhtar ilmo.

Umulisada ayaa mari doonta liistada hubinta iyadoo ku weydiineysa xoogaa su'aalo ah, ka dibna kalkaalisoo caafimaad oo joogta tiyaatarka qalliinka ayaa ku weydiin doonta su'aalo qaar. Waxay sameyn doonaan xoogaa jeegareyn ah oo ay ka mid noqon karaan dhageysiga garaaca wadnaha ilmaha waxayna qaadi karaan cadaadiska dhiiggaaga iyo heerkulka (temperature). Waxaa lagaa codsan doonaa inaad gashato goonnada isbitaalka iyo sharaabaadyo, qofka ku taageera wuxuu gashanayaa dharka isbitaalka.

CAESAREAN

The caesarean rate in Australia is around 30% - a caesarean is when the baby is born in an operating theatre via an incision in the lower abdomen, just above the pubic bone. It is considered major abdominal surgery. You will be given medicine so you don't feel anything.

A caesarean can be elective [which means it is planned and you know the date your baby will be born] some reasons for an elective caesarean may include - you had a caesarean section with a previous baby and wish to have a repeat caesarean, you or your baby have a medical issue which means caesarean section may be safer, your placenta may be covering the opening of the cervix and a vaginal birth is not possible.

Or, your caesarean may be an emergency, which means you would already be in labour, contracting and something happens where the baby needs to be born quickly. Some reasons for an emergency caesarean may include - your water breaking and the umbilical cord coming out before the baby, bleeding from the vagina, the baby's heartrate indicates she is in distress, your blood pressure is dangerously high. There are other reasons - always make sure the doctor has explained to you the reason for the caesarean.

You can usually have one person with you in the operating theatre - this may be your partner, your relative or other support person. There are usually a lot of other people in theatre - 2 surgeons, an anaesthetist, an anesthetic nurse, a scrub nurse, a scout nurse, a theatre technician, a midwife, [there might be] a neonatal/baby doctor too.

The midwife will go through a checklist asking you some questions, then a nurse in theatre will ask you some questions. They will do some checks which might include listening to the baby's heartbeat and take your blood pressure and temperature. You will be asked to put on a hospital gown and some stockings, your support person will change into hospital clothes. After the baby is born, you will be able to hold your baby if you feel like it and your baby is well.

Your baby will stay with you until you are ready to go to the recovery room - some hospitals will allow the baby to be with you in recovery, others do not. If your baby is not allowed to stay with you, they will be taken to the postnatal ward to be weighed and dressed. Usually your partner or support person can go with them.

You might stay in recovery for about 45 minutes. When you are well enough, you will be taken to the postnatal ward to be with your baby.

If you have an emergency caesarean section, the same things happen but they happen faster. Your recovery will take longer after a caesarean, you cannot lift things heavier than your baby for about 6 weeks after.

DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.