

EREYBIXINTA

Uur-jiifka - waxaa loola jeedaa inta lagu jiro uurka

Dhalmada / umusha kadib - waxaa loola jeedaa ka dib marka ilmuhu dhasho

Biiilka jumlada - haddii aad leedahay kaarka Medicare tani waxay ka dhigan tahay inaad bixin kharashka ballantaada

CALD - dhaqan ahaan iyo luuqad ahaan kaladuwan

Abdo palp - garaaca caloosha, halkaasoo umulisada ay ku daremeyso ilmahaaga calooshaada, inta badan waxaa lagu sameeyaa ballanta uurka ama xilliga foosha. Kadib markuu ilmuhu dhasho, si loo hubiyo inuu ilmo-galeenkaagu si fiican u furmay

Ilma-galeenka / ilma-galeenka - halka uu ilmuhu ku korayo

Wadnaha uurjiifka - garaaca wadnaha ilmaha, ayaa la dhageystay iyadoo la adeegsanayo doppler [sonicaid] ama ultrasound

Doppler - aaladda gacanta ee qalabka wax lagu baaro ee loo adeegsado dhageysiga garaaca wadnaha ilmaha

VE - baaritaanka xubinta taranka dumarka, oo ay sameyso umulisada ama takhtarka, badanaa waxaa lagaa doonayaa inaad dhabar dhabar ugu jiifato sariirta

Muddada - waqtiga uurka laga bilaabo 37 toddobaad ka dib, marka haddii ilmuhu dhasho looma tixgelin doono inuu dhicis yahay

Afka ilmagaleenka - oo loogu yeero qoorta ilmo galeenka / ilmo galeenka, afka ilmo galeenku wuxuu furmaa inta lagu jiro foosha

Dilaaca - furitaanka afka ilmagaleenka inta lagu guda jiro foosha waxaa loo yaqaan dilation ama dilation. Afka ilmagaleenka waxaa loogu yeedhi doonaa 'si buuxda u dilaacay' ka hor intaysan foosha bilaaban

Ilmaha caloosha kujira - ilmaha caloosha ku jira, ama dhalashada ka hor

Perineum / Peri - waa qeybta jirkaaga u dhexeeya cambarka iyo futada

Marxaladda 1aad - foosha, furitaanka makaanka afkiisa

Marxaladda 2aad - riixitaanka, dhalashada ilmaha

Marxaladda 3-aad - Madheerta waa xubinta korisa xilliga uurka, siisa ilmahaaga oksijiin iyo nafaqooyin, iyo ka qaadista walxaha qashinka, waxay ku dhegan tahay ilmo-galeenka xudunta ayaana isku xirta ilmaha iyo mandheerta

Xadhigga / xudunta - wuxuu ilmaha ku xiraa mandheerta, wuxuu u qaadaa dhiigga oksijiinka leh ilmaha wuxuuna ka qaadaa waxyaabaha qashinka ah. Xadhigu badanaa waa la gooyaa dhalashada kadib, waana la dhujjiya - wuxuu soo dhacaa qiyaastii 5-10 maalmood dhalashada ka dib

Meconium - saxarada ugu horeysa ee ilmaha, waxay umuugataa madow ama cagaar aad u madow waana mid aad dheg dheg u ah

'Biyaha' ama 'sharaabka' - biyaha ku xeeran ee ilaaliya ilmaha, oo sidoo kale loo yaqaanno dheecaanka amniotic

Kiish Amniotic ah - canugga waxaa lagu hayaa ilmo-galeenka kiishka amniotic, waxaa biyo fadhiisiya biyaha ama dheecaanka amniotic

CTG - aaladda elektiroonigga ah ee loo adeegsado in lagu ilaaliyo wadnaha ilmahaaga aan dhalan. Xargaha laastikada ah waxaa loo isticmaalaa in lagu xiro kormeeraha calooshaada si loo dhagaysto wadnaha ilmaha isla markaana loola socdo dhaqdhaqaaqa ilmo-galeenka

GTT - baaritaanka dulqaadka gulukooska, waxaa la dhammeeyaa inta u dhexeysa 24-28 toddobaad ee uurka. Waxaa lagaa qaadayaa baaritaan dhiig kahor iyo kadib cabitaanka gulukooska si loo ogaado inaad qabto sonkorow uur

GBS - kooxda B streptococcus. Baadhitaan la sameeyo inta u dhexeysa 35 - 37 toddobaad ee uurka. Waxaad u isticmaaleysaa suuf cudbi dheer si aad uga soo qaado siilkaaga iyo dabadaada tijaabo. Haddii lagaa helo (positive) waxaa lagu siin doonaa antibiyootiko inta lagu jiro foosha

IOL - foosha. 'Faleebo' ayaa lagaaga duri doona gacanta daawada loo yaqaanno syntocinon ayaa lagu siin doonaa iyadoo la isticmaalayo bamka si loo bixiyo qiyaasta loogu tala galay. Tani waxay bilaabi doontaa foosha.

CS / LUSCS - qaliinka dhalmada ama qeybta hoose ee qaliinka dhalmada

Episiotomy - jeexitaan qalliin ah oo maqaarka u dhexeeya xubinta taranka iyo dabada la gooyo iyadoo la isticmaalayo maqas la nadiifiyay si dhalashada ilmaha looga dhigo mid dhakhso badan. Badanaa waxaa la sameeyaa xaaladaha degdega ah. Waa la tolaa dhalashada kadib..

Dhalashada qalabka - marka ilmuhu dhasho iyadoo loo isticmaalayo qalab ka caawiya dhlmada [vacuum, oo loo yaqaanno Kiwi cup]. Dhakhtarku wuxuu qalabka ku dhejin doonaa madaxa ilmaha hooyaduna way riixi doontaa inta ay jiidayaan.

Hooyada waxaa la gelin doona qalab la yiraahdo 'stirrups'

Lithotomy position - marka lugaha haweeneyda umusha la galiyo qalabka loo yaqaan 'stirrups' si ay ugu suurtagasho dhakhtarka inuu sameeyo baaritaan ama ka caawiyo dhalashada ilmaha

MCHN - Kalkaalisada Caafimaadka Hooyada iyo Dhallaanka, ayaa daryeel siin doonta hooyada iyo dhallaanka ilaa ilmuhu uu aado iskuul. Waxay kormeertaa koritaanka iyo horumarka ilmaha iyo in ay gaarto heerarka ugu sarreeya

Xarunta MCH - Xarunta Caafimaadka Hooyada iyo Dhallaanka

SUDI - geeri lama filaan ah oo aan la sharraxin ilmaha intuu aad u yaryahay

SIDS - Cilladda dhimashada dhallaanka ee lama filaanka ah

GLOSSARY

Antenatal – means during pregnancy

Abdo palp – abdominal palpation, where the midwife feels your baby through your abdomen, usually done in a pregnancy appointment or during labour. And after the baby is born, to check that your uterus is well contracted

Bulk bill – means if you have a Medicare card you will not have to pay any money for the appointment

CALD – culturally and linguistically diverse

Uterus / womb - where the baby is growing

Fetal heart – baby’s heartbeat, listened to using a doppler, ultrasound

Doppler – handheld ultrasound device used to listen to baby’s heartbeat

VE – vaginal examination, performed by midwife or doctor, you are usually required to be lying on the bed on your back

Term – time of pregnancy from 37 weeks onwards, when if the baby was born it would not be considered premature

Cervix – referred to as the neck of the womb/uterus, the cervix opens during labour

Dilation – the opening of the cervix during labour is called dilation or dilating. The cervix will be called ‘fully dilated’ before the pushing phase of labour begins

Fetus – the baby in utero, or before birth

Perineum/Peri – the part of your body between the vulva and the anus

1st stage – labour, cervix opening

2nd stage – pushing, the birth of the baby

3rd stage – Placenta is the organ that grows during pregnancy, providing your baby with oxygen and nutrients, and taking waste products away, it attaches to the uterus and is connected to the baby by the umbilical cord

Cord / umbilical cord – connects the baby to the placenta, transports oxygenated blood to the baby and takes waste products away. The cord is usually cut after the birth, and clamped – it drops off about 5-10 days after birth

Meconium – baby’s first poo, it looks black or very dark green and is quite sticky

“waters” – the bag of water that surrounds and protects the baby

Amniotic sac – the baby is held in the uterus by the amniotic sac, cushioned by the waters or amniotic fluid

CTG – electronic device used to monitor your unborn baby’s heartrate. Elastic straps are used to hold the monitor on your abdomen to listen to the baby’s heart and the activity of the uterus.

GBS – group B streptococcus

CS/LUSCS – caesarean section/lower uterine segment caesarean section

Induction or IOL – medication is used to stimulate the uterus to contract and labour to start. This may involve; a vaginal examination, the insertion of medication or a device into the vagina, the breaking of the waters, an intravenous drip to give drugs. This will require monitoring of the baby using the CTG and increase the chance of other interventions

MCHN – maternal and child health nurse

MCH Centre – maternal and child health centre

SUDI – sudden unexpected death in infancy

SIDS – sudden infant death syndrome

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.