

About Your Pain

Pain is the body's way of sending a message to your brain that help is needed. Tell your doctor or nurse about your pain so they can keep you comfortable. These are questions you may be asked about your pain:

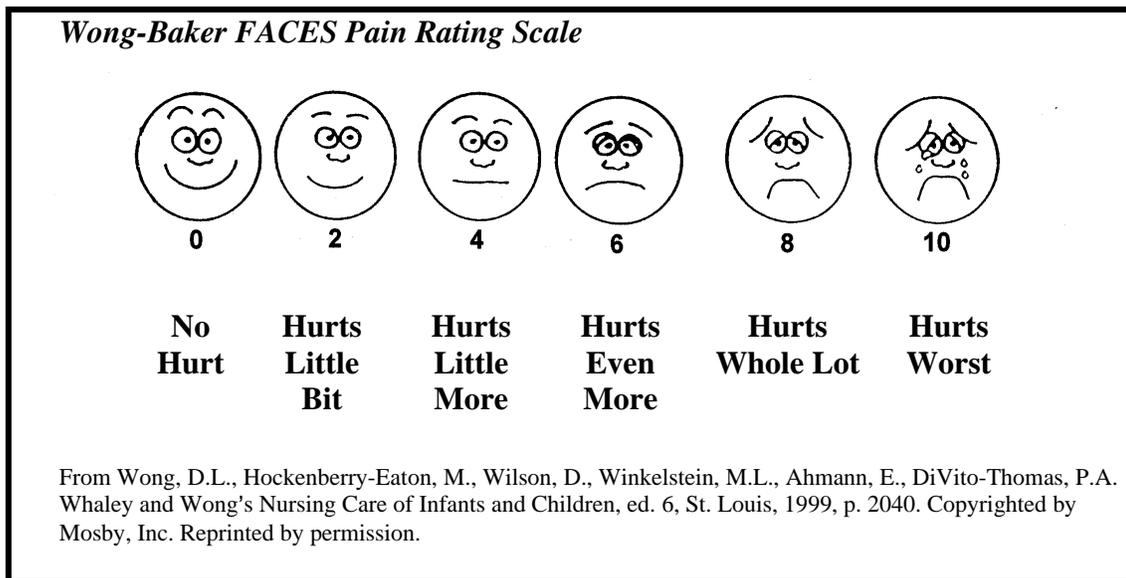
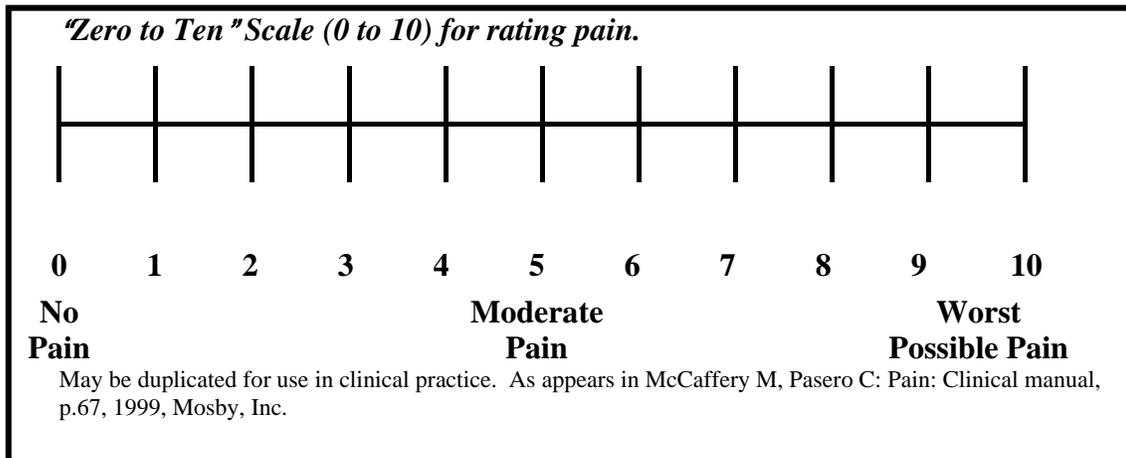
- **Where is your pain?** Point to the place on your body where it hurts.
- **Does the pain spread to other parts of your body?**
- **When did the pain start?**

Wax ku Saabsan Xanuunkaaga

Xanuunku waa habka uu jidhku dhanbaalka ugu diro maskaxdaada ee ah in caawino loo baahan yahay. U sheeg dhakhtarkaaga ama kalkaalisada sida xanuunkaagu yahay si markaas aan u awoodno inaan kaa yeelno mid lur la'aan ah. Waxa jira su'aalolagaa weydiin karo wax ku saabsan xanuunkaaga:

- **Xaggee ayuu xanuunku kaa hayaa?** Tilmaan meesha jidhkaaga ka mid ah ee ku xanuuneysa.
- **Miyuu xanuunku ku baahay qaybaha kale ee jidhkaaga?**
- **Goorma ayuu xanuunku billowday?**

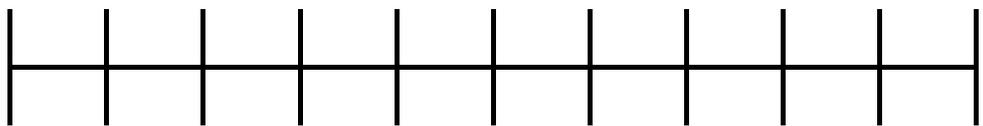
- **How much does it hurt?** Point to a number or face that shows us how much pain you are having.



- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?

- **Ilaa intee ayuu xanuunku le egyahay?** Tilmaan lambar ama wejiga na tusaya inta uu xanuunkaagu la egyahay.

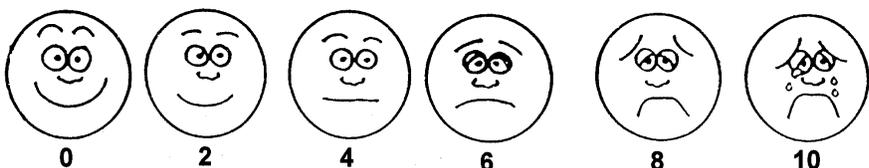
Eber illaa Toban "Qiyaasta (0 illaa 10) ee qiyaasida xanuunka.



0	1	2	3	4	5	6	7	8	9	10
Ima										
xanuuneeyso				Xanuun meel					Xanuunka	ugu xun
				dhexe ah						

Laga yaaba in loo adeegsado shaqada rugta. Sida ka muuqata McCaffery M, Pasero C: Pain: Clinical manual, p.67, 1999, Mosby, Inc.

Wong-Baker Qiyaasta WEJIYADA Xanuunka Muujinaya



0	2	4	6	8	10
Xanuun	Xanuun	Xanuun	Xanuun	Xanuun	Xanuun
ma leh	wax yar	xooga yar	ka yara	aada	ba'an
			badan		

Ka Wong, D.L., Hockenberry-Eaton, M., Wilson, D., Winkelstein, M.L., Ahmann, E., DiVito-Thomas, P.A. Whaley and Wong's Nursing Care of Infants and Children, ed. 6, St. Louis, 1999, p. 2040. Xaqa nuqulka Mosby, Inc. Reprinted by permission.

- **Sidee ayuu yahay xanuunku?** Ma ku gubanaysaa, xat-xataynaysaa ama xanuunaysaa? Ma mid damman baa mise mid fiiqan? Ma mid joogto ah baa mise wuu yimaadaa oo iska tagaa?
- **Miyuu waqti maalinta ka mid ah ugu daran yahay?** Subixii? Fiidkii?

- **What makes the pain feel better?** What makes the pain feel worse? What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, cry or to be less patient?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

- **Maxaa xanuunka mid intaa ka dhaama ka yeela?** Maxaa xanuunka uga sii dara? Maxaad samaysay si aad isugu daydo inaad xanuunka iska yarayso? Miyey daawadu ka yeeshaa mid sidii hore dhaama? Ma wuxuu aad kuu xanuunaa marka aad fir-fircoon tahay mise marka aad jiifto?
- **Miyuu xanuunku saameeyaa qaybaha kale ee noloshaada?** Miyuu kugu adkeeyaa in aad seexato, cunto, ama aad is daryeesho ama daryeesho kuwa ale? Miyuu kuu keenaa caloolyow, ooydo ama sabar la'aan?

**Takhtarkaaga ama kalkaalisada kala hadal xanuunkaaga.
Walaacyadaada la socodsii su'aalana weydii.**

2005 – 9/2010 Health Information

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