



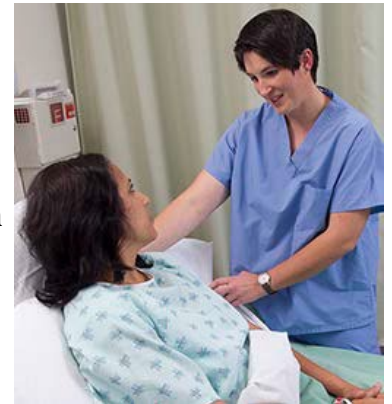
Nolasha Sebsis ka dib

Waxa aad u baahan tahay inaad ogaato

Qoraalkan waxaa loogu talagalay bukaanada qaba Sebsis (sepsis). Waxa qoraalkani kuu sheegayaa waxa la filayo inta lagu jiro soo kabashada, sida loo daryeelo naftaada, waxa ay noqon karto saamaynta wakhtiga fog, iyo marka aad wacayso dhakhtarka.

Waa maxay sebsis “sepsis”?

Sebsis waa dhibaato caafimaad oo aad u daran taasi oo u baahan in isla markiiba la daweeyo. Tani waxay dhacdaa marka jidhku si xoog leh ugu jawaabo infekshanka ama caabuqa. Jawaab celintani aad bay u xoog badan tahay oo jidhku naftiisa ayuu wax yeelayaa. Sebsisku wuxuu u horseedi karaa unug ama nud dhaawac, xubnaha oo hawl gaba, iyo dhimasho.



Weydii kalkaalisadaada haddii aad hayso ama ay jiraan wax su'aalo ah oo ku saabsan qorshahaaga soo kabashada.

Maxaa keena sebsis (Sepsis)?

Infekshan kasta oo weyni wuxuu keeni karaa sebsis (Sepsis). Caabuqu ama infekshanku wuxuu dhacaa marka jeermisku galo jirka oo ku tarmo. Jeermisyadani waxay noqon karaan fayras, bakteeriyo, ama fungus. Sebsis inta badan waxaa lala xiriiriyaa caabuq ku dhaca sambabada (Bararka Sambabka), kelyaha, kaadi mareenka, maqaarka, iyo mindhicirka.

Waa maxay tallaabooyinka ugu horreeya ee soo kabashada?

Ka dib marka aad yeelato sepsis, baxnaanintu (rehab) badanaa waxay ka bilaabmataa isbitaalka. Daryeel bixiyayaasha ayaa ku taageeri doona marka aad si tartiib tartiib ah u bilawdo inaad agagaarkaaga u dhaqdhaqaaqdo oo aad naftaada daryeesho. Waxay kaa caawin doonaan inaad maydhato, fadhiisto, istaagto, socoto, oo tagto masqusha.

Ujeedada baxnaaninta waa in lagugu soo celiyo heerkaagii hore ee markaad aad caafimaadka qabtay, ama sida ugu dhow ee suurto galka ah. Ku billow baxnaanintaada adigoo ku dhisaaya hawlahaaga si tartiib ah. Naso markaad daalan tahay.

Sidee dareemi doonaa markaan guriga tago?

Aad baad u bukootay. Jidhkaaga iyo maskaxdaadu waxay u baahan yihiin wakhti ay ku soo fiicnaadaan. Waxaa laga yaabaa inaad isku aragto calaamadahan ka dib markaad guriga tagto:

- Daciifnimo ama tamar yaraan iyo daal (dareemid daal aad u badan)
- Dareen neef-la'aan
- Jir xanuun ama damqasho
- Dhibaatooyin socodka ama dhaqdhaqaaqa
- Dhibaatooyin hurdada ah
- Miisaanka oo yaraada, cunto xumo (abateyt la'aan), cuntada oo aan dhadhamin caadi
- Maqaar qallalan oo cuncun leh oo laga yaabo inuu soo fiiqmo
- Cidiyaha oo jajaba
- Timaha oo daata

Waxa kale oo caadi ah in aad dareento marka aad guriga joogto:

- In aadan hubin naftaada
- Aanad dan ka lahayn sida aad u eegtahay
- Inaad rabto inaad kaligaa ahaato, kana fogaato asxaabta iyo qoyska
- Dib-u-xusuusasho wax hore kuugu dhacay, xasuuso xun
- Dhibaatooyin xoogga-diirad saarida (si fiican ugu fiirsasho la'aan ama ula socod la'aan), jahawareer, hubanti la'aanta waxa dhabta ah
- Dareen walaac, welwel ka badan sidii caadiga ahayd
- Niyad-jab, xanaaq, dhiirigelin la'aan
- Niyad-jabka ah inaad awoodin inaad qabato hawl maalmeedkaaga

Sidee ugu caawin karaa naftayda inaan ku soo kabsado guriga?

- Naftaada u deji yoolal toddobaadle ah oo aad si fudud u qabsan karto. Kuwaas waxaa ka mid ahaan kara in aad qubeysato, labisto, ama jaranjarada kor ugu lugeyso ama socoto.

- Naso oo dib u soo dhis xooggaaga.
- Kala hadal waxa aad dareemeysa qoyska iyo asxaabta.
- Ku qor fikradahaaga, halgankaaga, iyo marxaladihii aad soo martay joornaal.
- Baro sebsis si aad u fahanto waxa dhacay.
- Cun cunto caafimaad leh oo dheellitiran.
- Haddii aad qabtid nusqaamo xagga xusuusta ah, weydii qoyskaaga inay kuu sheegaan waxa dhacay intii aad xanuunsanaysay.
- Jimicsi samee haddii aad dareento inaad samayn karto. Si tartiib ah u bilow oo naso markaad u baahato.
- Sameeyso liis su'aalo ah oo aad weydiinaysa bixiyahaaga markaad u tago baritaan caafimaad.

Ma jiraan wax saameyn ah oo muddo-dheer ah oo uu leeyahay sebsis (sepsis)?

Dad badan ayaa si buuxda uga bogsada sebsis noloshooduna ay ku soo noqotaa caadi. Bukaana kale, waxaa jira saameyn waqti dheer ah.

Waxyaalaha qaarkood ayaa laga yaabaa inay soo baxaan toddobaadyo ka dib markaad isbitaalka ka baxdo. Waxaa ka mid ah:

- Hurdo la'aan (dhibaatooyin hurdo helis ama hurdada oo aanad muddo dheer gama'sanaan karin)
- Riyo-qarow, riyo maalmeed oo run u eeg, weerar argagax leh
- Muruqyo iyo kalagoysyo xanuun oo xooggan
- Dhibaatooyin si cad u feker ama si waadixa
- Luminta kalsoonida iyo is-aaminida
- Arrimaha xubnaha sida kelyaha oo hawl gaba ama dhibaatooyinka sambabada
- Luminta xubin (goynta jirka qaybtiis)

Goorma ayaan wacayaa dhakhtarka?

Dhibaatooyinkan intooda badani way soo hagaagaan waqti ka dib. Waa qayb caadi ah oo ka mid ah ka soo kabashada sebsis.

Wac dhakhtarkaaga haddii aad dareento inaad ka soo raynayn ama in aad bogsataa ay kugu adagtahay oo aad la qabsato.

Xagee wax badan ka baran karaa?

Booqo shabakadahan si aad wax badan uga ogaato Sepsis (sepsis):

- **Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC)**
cdc.gov/sepsis cdc.gov/cancer/preventinfections
- **Mu'asasada ka Hortaga Sepsis ee Rory Staunton (The Rory Staunton Foundation for Sepsis Prevention)**
rorystauntonfoundationforsepsis.org

Mu'asasadan ama hay'adani waxay taageertaa waxbarashada iyo dedaallada wacyigelinta ee la hiigsanayo ee ogaanshaha degdega ah iyo daawaynta sepsis.

- **Isbahaysiga Sepsis (Sepsis Alliance)**
sepsis.org

Ururkani wuxuu bixiyaa macluumaad ku saabsan mawduucyo kala duwan oo la xiriiira sepsis. Booqo sepsis.org/library si aad u hesho liis dhamaystiran oo cinwaano ah.

Nuxurka qoraalkan wuxuu ku salaysan yahay warbixin ay soo saartay Xarumaha Xakamaynta iyo Kahortagga Cudurada (CDC). Isticmaalka maaddadan ma tilmaamayso taageero ka timi CDC, ATSDR, HHS ama dawladda Maraykanka ee UW Medicine ama hay'adaha la Xiriiira. Ilaha warbixinahan ama qoraaladan waxaa laga heli karaa shabakada CDC lacag la'

Su'aalo?

Su'aalahaagu waa muhiim.

Wac dhakhtarkaaga ama daryeel-bixiyahaaga caafimaadka haddii aad su'aalo qabto ama walaac.

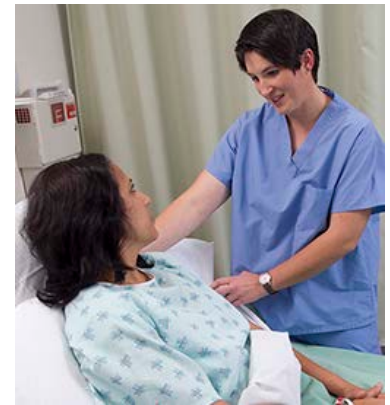
Life After Sepsis

What you need to know

This handout is for patients who have had sepsis. It tells what to expect during recovery, how to take care of yourself, what the long-term effects might be, and when to call the doctor.

What is sepsis?

Sepsis is a very serious health problem that must be treated right away. It occurs when the body responds too strongly to an infection. This response is so strong that the body harms itself. Sepsis can lead to tissue damage, organ failure, and death.



Ask your nurse if you have any questions about your recovery plan.

What causes sepsis?

Any major infection can cause sepsis. Infections occur when germs enter the body and multiply. These germs may be a virus, bacteria, or fungus. Sepsis is most often linked with infections in the lungs (*pneumonia*), kidneys, urinary tract, skin, and gut.

What are the first steps in recovery?

After you have had sepsis, your rehabilitation (rehab) usually starts in the hospital. Your caregivers will support you as you slowly start to move around and look after yourself. They will help you bathe, sit up, stand, walk, and go to the restroom.

The purpose of rehab is to restore you back to your previous level of health, or as close to it as possible. Begin your rehab by building up your activities slowly. Rest when you are tired.

How will I feel when I get home?

You have been seriously ill. Your body and mind need time to get better. You may have these symptoms after you get home:

- Weakness and fatigue (feeling very tired)
- Feeling breathless
- Body pains or aches
- Problems moving around
- Problems sleeping
- Weight loss, lack of appetite, food not tasting normal
- Dry and itchy skin that may peel
- Brittle nails
- Hair loss

It is also common to have these feelings once you are home:

- Unsure of yourself
- Not caring about how you look
- Wanting to be alone, avoiding friends and family
- Flashbacks, bad memories
- Problems concentrating, confusion, not sure what is real
- Feeling anxious, more worried than usual
- Depression, anger, a lack of motivation
- Frustration at not being able to do everyday tasks

How can I help myself recover at home?

- Set weekly goals for yourself that you can easily meet. These may include taking a bath, dressing yourself, or walking up stairs.
- Rest and rebuild your strength.
- Talk about what you are feeling to family and friends.
- Write your thoughts, struggles, and milestones in a journal.
- Learn about sepsis to understand what happened.
- Eat a healthy, balanced diet.
- If you have gaps in your memory, ask your family to tell you what happened while you were sick.
- Exercise if you feel up to it. Start slowly and rest as needed.
- Make a list of questions to ask your provider when you go for a checkup.

Are there any long-term effects of sepsis?

Many people recover fully after sepsis and their lives return to normal. For other patients, there are long-term effects.

Some issues may show up weeks after you leave the hospital. They include:

- *Insomnia* (problems getting to sleep or staying asleep)
- Nightmares, daydreams that seem real, panic attacks
- Strong muscle and joint pains
- Problems thinking clearly
- Loss of self-esteem and self-belief
- Organ issues such as kidney failure or lung problems
- Loss of a limb (*amputation*)

When should I call the doctor?

Most of these problems improve with time. They are a normal part of recovery from sepsis.

Call your doctor if you feel that you are not getting better or you are finding it hard to cope.

Where can I learn more?

Visit these websites to learn more about sepsis:

- **Centers for Disease Control and Prevention (CDC)**
cdc.gov/sepsis cdc.gov/cancer/preventinfections
- **The Rory Staunton Foundation for Sepsis Prevention**
rorystauntonfoundationforsepsis.org

This foundation supports education and outreach efforts aimed at rapid diagnosis and treatment of sepsis.

- **Sepsis Alliance**
sepsis.org

This organization offers information on a variety of topics related to sepsis. Visit *sepsis.org/library* for a full list of titles.

Content in this handout is based on materials developed by Centers for Disease Control and Prevention (CDC). Use of this material does not imply endorsement by CDC, ATSDR, HHS or the United States Government of UW Medicine or its affiliates. The source materials are available on the CDC website for no charge.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
