

## Qoor-Hayahaaga (Cervical collar)

### Is-daryeelka guriga

*Qoraalkani waxa uu sharxayaa sida loo xidho oo loo nadiifiyo qoor-hayaha (qoor-ku-duubista ama qoor-xejiyaha).*

### Waa maxay qoor-hayuhu (cervical collar)?

Qoor-hayaha (cervical collar) waxaa sidoo kale loo yaqaanaa qoor-ku-duubista. Waa qalab caag ah oo madaxaaga iyo qoortaada si adag u haya si aanay u dhaqdhaqaaqin. Inta badan, kuleetiga qoorta (cervial collar) ayaa la xirtaa ka dib qalliin weyn ama dhaawac halis ah, sida qoorta oo jabta.

### Maxaan ugu baahanahay qoor-hayaha (collar)?

Dhakhtarkaagu waxa uu kuu qoray qoor-haye (collar) si aad u xidhato inta aad soo kabanayso. Qoor-xirashada ayaa kaa caawin doonta inaad qoortaada ku hayso booska saxda ah inta ay bogsanayso.



*Kooxdaada daryeelka ayaa ku tusi doonta sida loo dhigo qoor-hayaha (collar) booska saxda ah.*

### Goorma ayaan xidhaa qoor-hayaha (collar)?

**Mar walba xidho qoor-hayaha, xataa marka aad qubeysanayso ama maydhanayso.** Ka dib markaad maydho jidhkaaga intiisa kale, waxaad u baahan doontaa caawiye si uu qoor-hayaha (collar) kaaga saaro, qoortana uu u dhaqo, una beddelo suufka (pads).

### Sideen u nadiifiyaa qoor-hayaha (collar) hoostiisa?

Waa inaad si siman dhabarka ugu seexataa si aad u soo saarto qoor-hayaha (collar) haddii aan dhakhtarkaagu dhihin waa caadi inaad fadhido.

### Waxa Aad U Baahan Tahay Inaad Sameyso

- Si siman sariirta ugu seexo. **Ha** isticmaalin barkin.
- Madaxaaga ku hay meel dhexdhexaad ah. Qoortaada **ha** u leexin horay, gadaal, ama dhinac.

### Waxa uu Caawinahaagu u baahan yahay inuu sameeyo

- Fur xarkaha ama suumanka Velcro oo ka saar qaybta hore ee qoor-hayaha (collar-ka).



*Ka digtoonow inaad dhaqdhaqaajin qoorta bukaanka marka aad ka saarayso ee aad beddelayso qaybta dambe ee collar-ka.*

- Si taxadar leh u eeg sida suufka (pads) loo dhigay si aad si sax ah u geliso suufka cusub. Ka dibna soo saar suufka wasakhaysan.
- Suufyada (pads) waxay ku xiran yihiin Velcro. Markaad geliso suufyo nadiif ah, hubi in suufyadu ay ku fidsan yihiin cidhifka qoor-hayaha (collar-ka) caagga ah si ay uga ilaaliyaan caagga inuu xoqo maqaarka bukaanka.
- Ka saar qaybta dambe adiga oo si taxadar leh uga soo bixin qoorta bukaanka hoostiisa. **Ka taxadar inaad dhaqdhaqaajin qoorta bukaanka markaad tan samaynayso.**
- Ku beddel suufyada (pads) wasakhaysan ee qaybta dambe kuwo nadiif ah. Beddel kuwan marka loo baahdo.
- Si tartiib ah qoorta bukaanka ugu dhaq saabuun iyo biyo. Si buuxda u engeji maqaarka.
- Ka fiiri wax guduud ah ama xanaaq( xoqniin) ah qoor-hayaha (collar-ka) hoostiisa. Si taxadar leh u fiiri meelaha lafaha ah sida garka iyo lafaha kaxanta.

#### **Dib u gashashada collar-ka:**

- U rog qoor-hayaha (collar-ka) si fallaadhaha ku yaal labadaba hore iyo gadaalba ay ugu jeedaan xagga madaxa bukaanka.
- **Marka hore dhig ka dambe ee qoor-hayaha (collar-ka).** Si taxadir leh dib ugu geli qaybta dambe ee qoorta bukaanka hoosteeda. Hubi inay si siman dhexdhexaad u tahay.
- Si aad u dhigto qaybta hore, ku riix oo ku xidh gadhka bukaanka hoostiisa oo dhinacyada ku beeg xagga dhegaha.

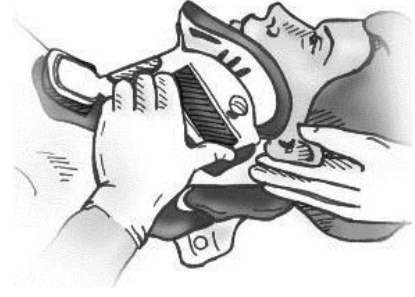


*Fallaadhaha waa inay u jeedaan madaxa bukaanka..*



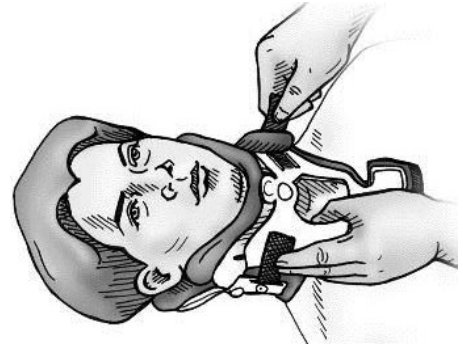
*Geli qaybta hore garka bukaanka hoostiisa.*

- Adigoon gadaal u riixin qoor-hayaha (collar-ka), ku laab dhinacyada ku wareegsan dhinaca qoorta bukaanka.



*Ku laab dhinacyada collar-ka wareegga qoorta bukaanka.*

- Ku xidh xarkaha Velcro si fiican oo ku gijjisan. Hubi in aanay meel bannaan u dhexayn qaybaha hore iyo dambe ee qoor-hayaha (collarka) halka ay kaga xidhmaan dhinacyada leh xargaha ama suumanka Velcro.



*Ku xidh xarkaha si ku dhegan.*

### **Ka dib marka qoor-hayaha (Collar-ka) la gashto:**

- Bukaanku si taxadar leh ha isugu rogo dhinacooda. Dhig barkin yar ama shukumaan laalaaban dhabankooda hoostiisa si aanu madaxoodu dhinacyada ugu janjeersamin.
- Ka fur suunka Velcro ee dhinaca sare u jeeda ee qoor-hayaha (collar-ka). Hoos u laab qaybta dambe. Ka hubi dhabarka madaxa bukaanka wax kasta oo guduud ah ama xanaaq ah.
- Beddel qaybta dambe. Si fiican ugu dhuuji.



*Ka hubi dhabarka madaxa bukaanka guduudasho ama xanaaq.*

## Sideen ku ogaan karaa in qoor-hayuhu (collar-ku) uu yaallo meesha saxda ah?

- Waa inaad **1 far** keliya gelin kartaa inta u dhexaysa hoosta qoor-hayaha (collar-ka) iyo xabadkaaga sare.
- Waa **inaadan** awoodin inaad gadhkaaga geliso qoor-haya (collar-ka), madaxaaga u wareejiso dhinac ilaa dhinac, ama madaxaaga kor ama hoos u leexiso qoor-hayaha (collar-ka) dhexdiisa. Haddii aad tan samayn karto, qoor-hayuhu (collar-ku) si kugu filan uma giijisna.

## Dib ma u isticmaali karaa suufka (pads)?

Dib ayaad u isticmaali kartaa suufka ka dib markaad dhaqdo. Si tan loo sameeyo:

- Ku dhaq suufka (pads) wasaqeysan saabuun khafiif ah iyo biyo.
- Biyo raaci dhammaan saabuunta.
- Ka marooji biyaha dheeraadka ah. Dabadeed shukumaan ku duub suufka (pads) oo tuuji si aad biyaha ugu badan ee aad awooddo uga saartid. Ka dibna suufka u dhig si siman si ay u engegaan.

## Marka la wacayo dhakhtarkaaga

Wac dhakhtarkaaga haddii aad leedahay:

- Xanuun kasta ama xanaaq kasta oo ka hooseeya qoor-hayaha (collar)
- Raaxo la'aan cusub ama xanuun cusub ama ka soo daraya
- Daciifnimo cusub ama ka soo daraysa
- Kabuubyo cusub ama ka soo daraysa

## Cidda la wacayo

Wixii su'aalo ah iyo walaac aan degdeg ahayn:

- Maalimaha shaqada laga bilaabo 8 subaxnimo ilaa 4 galabnimo.:
  - Wac Rugta Caafimadka ee Laf-dhabarta iyo Qalliinka Neerfaha 206.744.9340. Taabo 2 si aad ula hadasho kalkaalisada.
  - Wac Rugta Caafimadka ee Lafaha 206.744.3462. Taabo 2 si aad ula hadasho kalkaalisada.
- Saacadaha shaqada ka dib iyo maalimaha fasaxa iyo dhammaadka usbuuca, wac Khadka Daryeelka Bulshada 206.744.2500.

*Sawirada qoraalkan ku jira ayaa la isticmaalay iyada oo ogolaansho laga haysto Ossur Americas.*

### Su'aalo?

Su'aalahaagu waa muhiim. Wac dhakhtarkaaga ama daryeel bixiyaha caafimaadkaaga haddii aad qabto su'aalo ama walaac.

Maalimaha shaqada laga bilaabo 8 subaxnimo ilaa 4 galabnimo.:

- Wac Rugta Lafaha ee Harborview 206.744.3462. Taabo 2 marka aad maqasho duubista..
- Wac Rugta Lafaha 206.744.3462. Taabo 2 si aad ula hadasho kalkaalisada.

Saacadaha shaqada ka dib iyo maalimaha fasaxa iyo dhammaadka usbuuca, wac 206.520.5000.

## Your Cervical Collar

### *Self-care at home*

*This handout explains how to wear and clean a cervical collar.*

### What is a cervical collar?

A *cervical collar* is also called a neck brace. It is a plastic device that holds your head and neck very still. Most times, a cervical collar is worn after major surgery or a serious injury, such as a broken neck.

### Why do I need a cervical collar?

Your doctor has prescribed a cervical collar for you to wear during your recovery. The collar will help to keep your neck in the right position while it is healing.

### When do I wear the collar?

**Wear the collar at all times, even when you shower or bathe.** After you wash the rest of your body, you will need a helper to take the collar off, wash your neck, and change the pads.



*Your care team will show you how to place the collar in the right position.*

### How do I clean under the collar?

You must lie flat on your back to remove the collar unless your doctor says it is OK to be sitting.

### What You Need to Do

- Lie flat in bed. Do **not** use a pillow.
- Keep your head in a neutral position. Do **not** bend your neck forward, backwards, or sideways.

### What Your Helper Needs to Do

- Undo the Velcro straps and take off the front piece of the collar.
- Look carefully at how the pads are placed so that you insert the new pads correctly. Then take out the dirty pads.



*Be careful not to move the patient's neck when removing and replacing the back piece of the collar.*

- The pads attach with Velcro. When you insert clean pads, make sure the pads extend over the edge of the plastic collar to protect the patient's skin from rubbing against the plastic.
- Take off the back piece by carefully sliding it out from under the patient's neck. **Be careful not to move the patient's neck while doing this.**
- Replace the soiled pads on the back piece with clean ones. Change these as needed.
- Gently wash the patient's neck with soap and water. Fully dry the skin.
- Look for any redness or irritation under the collar. Look carefully over bony areas like the chin and collarbones.

**To put the collar back on:**

- Turn the collar so that the arrows on both the front and back pieces of the collar are pointing up toward the patient's head.
- **Place the back of the collar first.** Slide the back piece carefully under the patient's neck. Make sure it is centered evenly.
- To place the front piece, tuck it under the patient's chin and aim the sides slightly up toward the ears.

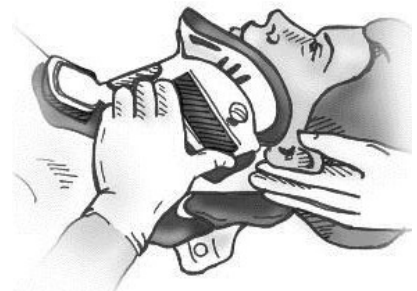


*Arrows should point up toward the patient's head.*



*Tuck the front piece under the patient's chin.*

- Without pushing backward on the collar, curl the sides around the side of the patient's neck.



*Curl the sides of the collar around the patient's neck.*

- Fasten the Velcro straps for a snug fit. Make sure there is no space between the front and back pieces of the collar where it connects at the sides with the Velcro straps.



*Fasten the straps for a snug fit.*

### **After the collar is in place:**

- Have the patient carefully roll on their side. Put a small pillow or folded towel under their cheek so their head doesn't tilt sideways.
- Undo the Velcro strap on the upward side of the collar. Fold the back piece down. Check the back of the patient's head for any redness or irritation.
- Replace the back piece. Fasten it snugly.



*Check the back of the patient's head for redness or irritation.*

### **How do I know if the collar is on right?**

- You should be able to insert **only 1 finger** between the bottom of the collar and your upper chest.
- You should **not** be able to tuck your chin into the collar, turn your head from side to side, or tilt your head up or down in the collar. If you can do that, the collar is not tight enough.

## Can I reuse the pads?

You can reuse the pads after you have washed them. To do this:

- Wash the soiled pads with mild soap and water.
- Rinse all of the soap out.
- Wring out the excess water. Then wrap a towel around the pads and squeeze to remove as much water as you can. Then lay the pads flat to dry.

## When to Call Your Doctor

Call your doctor if you have:

- Any soreness or irritation under the collar
- New or worse discomfort or pain
- New or worse weakness
- New or worse numbness

## Who to Call

For questions and non-urgent concerns:

- Weekdays from 8 a.m. to 4 p.m.:
  - Call the Spine and Neurosurgery Clinic at 206.744.9340. Press 2 to talk with a nurse.
  - Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.
- After hours and on holidays and weekends, call the Community Care line at 206.744.2500.

### Questions?

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

Weekdays from 8 a.m. to 4 p.m.:

- Call the Harborview Orthopedic Clinic at 206.744.3462. Press 2 when you hear the recording.
- Call the Orthopedic Clinic at 206.744.3462. Press 2 to talk with a nurse.

After hours and on weekends and holidays, call 206.520.5000.

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