Yadda Ake Taimakon Wanda Yake Fama da Ciwon Kansa

Taimakon wanda yake fama da ciwon kansa ya fi dogara ne kan kasancewa tare da shi a kai a kai da ba da taimako mai amfani, bisa abin da yake so. Kananan ayyuka na musamman — abinci, kai shi a mota, saƙon tambayar lafiya — sau da yawa sun fi manyan abubuwa muhimmanci.

Bayani a taƙaice

Taimakon wanda yake fama da ciwon kansa ba wai samun amsoshin da suka dace ba ne. Yana nufin kasancewa tare da shi a kai a kai da ba da taimako mai amfani, bisa abin da yake so da gaske. Kananan ayyukan kulawa na musamman yawanci sun fi manyan abubuwa ma'ana.

Goyon baya na zuci

Sau da yawa abu mafi daraja shi ne kawai kasancewa tare da shi. Ka saurara ba tare da ƙoƙarin gyara abubuwa ba. Ka bar shi ya tsara yadda abubuwa za su tafi. Ka tunatar da shi cewa ba shi kaɗai ba ne. Gajeren saƙo na 'ina tunaninka,' ba tare da matsa masa ya amsa ba, na iya faranta masa rai a rana mai wuya.

Taimako mai amfani

Ɗauke masa wani aiki na gaske yana rage masa nauyi na gaske. Tayin taimako na musamman ya fi tasiri:

- Kawo abinci, ko tsara jadawalin kawo abinci.
- Kai shi da dawo da shi daga ganin likita.
- Zirga-zirgar ayyuka, sayayyar kayan abinci, ko ɗauko magunguna.
- Kula da yara, kula da dabbobin gida, ko taimako a ayyukan gida.

Ka bar iko a hannunsa

Ciwon kansa yana ƙwace iko mai yawa daga hannun mutum, don haka yana da amfani a mayar masa da wani ɓangare. Ka ba shi zaɓuɓɓuka maimakon ka yanke masa shawara. Ka mutunta amsoshinsa, har ma da 'ba yau ba.' Taimako ya kamata ya zama kamar hannu a buɗe, ba matsi ba ko kaɗan.

Ka bar mutumin ya jagoranta — ka ba shi zaɓuɓɓuka kuma ka bi zaɓinsa.

Kada ka manta da masu kula da shi

Mutanen da ke yin kulawar yau da kullum suna ɗauke da nauyi mai girma, kuma yana da sauƙi a manta da su. Ka kai musu abinci, ka ba su damar hutawa, ko kawai ka tambayi lafiyarsu. Hakan yana taimakon dukan gidan. Wannan shafi bayani ne na ilimi, ba shawarar likita ba ne. Ka ƙarfafa iyalin su dogara ga tawagar kula da lafiyarsu da hidimomin tallafi.

Lokacin da za a nemi taimako da wuri

Kasancewa kusa da wani na nufin kai za ka iya fara lura da matsala. Ka yi magana maimakon ka jira.

- **Ka kira ko ka tura saƙo zuwa 988 (Suicide and Crisis Lifeline), ko ka kira 911, idan** mutumin yana maganar kashe kansa, yana cewa wasu za su fi jin daɗi idan ba shi, ko kuma yana kama da yana shirin cutar da kansa.
- **Ka kira 911 ko ka je sashen gaggawa na asibiti idan** kwatsam ya kasa numfashi, yana jin ciwon ƙirji, ya suma, ya yi farfaɗiya (seizure), ya ruɗe, ko ba a iya tashe shi. Kada ka tuƙa mota da kanka.
- **Ka taimaka masa ya kira tawagar kula da kansarsa nan take, dare ko rana, idan** yana da zafin jiki na 100.4°F (38°C) ko fiye yayin chemotherapy ko wata jiyya da ke rage ƙwayoyin jini. CDC tana ɗaukar wannan a matsayin gaggawa ta lafiya: zazzabi na iya zama alama ɗaya tilo ta kamuwa da cuta mai tsanani. Idan ba a iya samun tawagar da sauri ba, ka kai shi sashen gaggawa na asibiti kuma ka faɗa nan take cewa yana karɓar chemotherapy.
- **Ka taimaka masa ya kira tawagar kula da lafiyarsa nan take idan** ya daina ci ko sha. Don gaggawa, ka kira 911 ko ka je sashen gaggawa na asibiti.
- **Ka ƙarfafa shi ya kira cikin kwana ɗaya ko biyu idan** baƙin ciki, rashin bege, ko damuwa mai yawa ya daɗe fiye da makonni biyu, ko ya daina zuwa ganin likita.

Wani abu ɗaya kuma: kada ka ba da shawarar wasu magunguna, ƙarin sinadarai (supplements), ko tsarin abinci. Ko da shawara mai kyakkyawar niyya na iya kawo cikas ga jiyya. Maimakon haka, ka mayar da shi wurin tawagar kula da lafiyarsa.

Majiyoyi

- National Cancer Institute — Support for Caregivers of Cancer Patients (cancer.gov/about-cancer/coping/caregiver-support)
- National Cancer Institute — When Someone You Love Is Being Treated for Cancer (cancer.gov/publications/patient-education/when-someone-you-love-is-being-treated)
- CDC — Watch Out for Fever (Preventing Infections in Cancer Patients) (cdc.gov/cancer-preventing-infections/patients/fever.html)
- NIMH — Depression (nimh.nih.gov/health/publications/depression)

An dogara ne da wata amintacciyar majiya

Wannan fassara ce mai sauƙin fahimta ta bayanan ilimi da aka dogara da National Cancer Institute. Don Allah karanta asalin majiyar domin samun cikakkun bayanai na zamani. Don ilimi kawai ne — ba shawarar likita ba ce. Kullum ka yi magana da tawagar kula da lafiyarka.

National Cancer Institute: cancer.gov/about-cancer/coping/caregiver-support

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Kana da haƙƙin samun mai fassara kyauta. Asibitoci da asibitocin shan magani (clinics) a Amurka waɗanda ke karɓar kuɗin tallafi daga gwamnatin tarayya dole ne su samar maka da ƙwararren mai fassara ba tare da ka biya ko sisi ba. Kana iya neman mai fassara a wurin karɓar baƙi ko kafin lokacin ganin likitanka. Ba dole ba ne ka kawo ɗan uwa ko yaro ya yi maka fassara.

A intanet: cancerexplained.org/languages/ha/how-to-support-someone-with-cancer

An fassara daga makalar Turanci da ke cancerexplained.org. Sigar Turanci ce aka duba da majiyar.

Educational information only, not medical advice. An AI-assisted editorial system helped prepare this page. No named medical reviewer has reviewed it unless one is listed.

Kyauta ne a buga, a kwafa, a raba ba tare da an canza komai ba. Ba a buƙatar izini. Don Allah kada a canza bayanan lafiyar. Majiya: cancerexplained.org. Bayanan ilimi ne, ba shawarar likita ba.