

NHS PHARMACY FIRST SCOTLAND

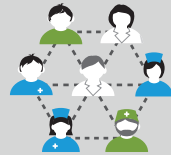
TALADA|DAAWAYNTA|GUDBINTA



**TALO KU SAABSAN
CALAAMADAHAAGA**



**DAAWAYNTA HADDII
LAGULA TALIYAY**



**U GUDBINTA
ADEEGYO KALE**

Macluumaadka bukaanka



**Healthier
Scotland**
Scottish
Government

Waa maxay NHS Pharmacy First Scotland?

- **NHS Pharmacy First Scotland** waa adeega NHS oo ay bixiso farmashiyaha beesha deegaankaaga (farmashi qandaraas leh si uu u bixiyo daawooyinka iyo adeegyada NHS).
- Haddii aad qabto jirro fudud, farmashiyaha ayaa ah meesha ugu horeysa oo inaad tagto si talo uga heshid.
- Caadi ahaan uma baahnid ballan waxaadna aadi kartaa farmashi kasta.
- Farmashiistahaaga ayaa ku siin kara talada cudurka fudud, iyo dawo haddii ay u malaynayaan inaad u baahan tahay.

Yaa adeega u baahan?

Waxaad isticmaali kartaa **NHS Pharmacy First Scotland** haddii aad ka diiwaan gashan tahay rugta GP-ga Scotland ama aad ku nooshahay Scotland. La hadal kooxda farmashiyaha haddii aad u baahan tahay macluumaad dheeraad ah.

Sidee adeegu u shaqeeyaa?

- Farmashiistaha iyo kooxahoodu waa khabiiro ku takhasusay daawooyinka waxayna kaa caawin karaan walaacyo caafimaad oo yaryar.
- Farmashiistaha ayaa ku siin kara talo iyo daaweyn (haddii aad u baahan tahay) jirrooyinka yar sida kuwan soo socda.

finanka	Injirta Madaxa
Xasaasiyadda	Baabasiirka(baabasiirka)
Dharabow	Sanboor/xasaasiyad
Dhabar xanuun	Boogaha wajiga
Caburka sanko ama sanko oo xirma	Dheefshiid xumo
Nabarka hargabka	Nabraha afka
Calool-istaagga	Xanuunka
Qufac	Caado xanuunka
Caabuqa ilmo galeenka (haweenka)	Cune xanuunka
Shubanka	Gooryaanka
Dheg xanuun	Cabeebka
Cambaarta	Burooyinka
Madax xanuunka	Burada

- Farmashiyeyaasha, sida GP-yada, waxay kaliya ku siin karaan dawooyinka iyo alaabooyinka qaarkood NHS-ta. Dhammaan kuwan waxaa la caddeeyey inay waxtar u leeyihiin daawaynta xaaladdaada. Haddii aad rabto daawo gaar ah ama badeecad, waxaa laga yaabaa inaad u baahato inaad iibsato. Farmashiistaha ayaa talo kaa siin doona arrintaan.
- Haddii farmashiistuhu u maleeyo inay kuu fiican tahay inaad aragto GP-gaaga, waxaa laga yaabaa inay si toos ah kuu gudbiyaan ama ay kuu sheegaan inaad ballan qabsato.

Sideen u isticmaalaa adeega?

- **NHS Pharmacy First Scotland** waxaa laga heli karaa dhammaan farmashiyeyaasha Scotland ee bixiya daawooyinka NHS-ta.
- Waxaad dooran kartaa farmashiyaha aad isticmaalaysid.
- Xaaladaha intooda badan, uma baahnid inaad ballan samaysato.
- Markaad booqato farmashiyaha, farmashiistaha (ama mid ka mid ah kooxdooda) ayaa ku weydiin doona xoogaa macluumaad ah, oo ay ku jiraan magacaaga, taariikhda dhalashada iyo koodka boostada.
- Farmashiistaha ayaa:
 - o ku weydiin doona wax ku saabsan calaamadahaaga;
 - o ku siinaayo talo ku saabsan xaaladdaada;
 - o kuu keenaayo daawo (haddii aad u baahan tahay); iyo
 - o kuu gudbinaayo xirfadle daryeel caafimaad kale (tusaale ahaan, GP-gaaga) haddii ay u maleynayaan in tani lagama maarmaan tahay.
- Waxay dejin doonaan Diiwaanka Daawaynta Bukaanka (PMR) si ay u qoraan wixii talo iyo daaweyn ah ee ay ku siiyaan.
- Waxaad codsan kartaa inaad isticmaasho aagga la-tashiga ama qolka farmasiga haddii aad rabto inaad si gaar ah ula hadasho farmashiistaha.

Wali ma aadi karaa farmasiyada kale?

- Haa, waxaad aadi kartaa farmashiye kasta si aad daawooyin uga soo iibsato, u soo qaadato warqadaha daawada ama aad isticmaasho adeega **NHS Pharmacy First Scotland** . Uma baahnid inaad mar walba isticmaasho mid la mid ah.
- Si kastaba ha ahaatee, haddii aad had iyo jeer isticmaasho isla farmashiyaha, farmashiistaha ayaa dhisi kara diiwaanka daaweyntaada, kaas oo kaa caawin kara inaad si wax ku ool ah u maareyso xaaladaada. (Diiwaankan lama wadaagayo cid kale.)

Maxaa dhacaaya haddii aanan ku faraxsanayn adeegga aan ka helay farmasiga?

- Marka hore, la hadal farmashiistaha si ay isku dayaan inay arrinta isla markiiba u xalliyaan.
- Haddii aadan tan sameyn karin, ama haddii aad horay ula hadashay farmashiistahaaga oo aadan weli ku faraxsanayn, waxaad la xiriiri kartaa kooxda jawaab-celinta iyo cabashooyinka ee guddiga caafimaadka NHS ee degaankaaga. Faahfaahinta xiriirka waxaa lagu bixiyaa mareegaha wargelinta NHS www.nhsinform.scot.

Sidee wax badan lagu ogaan karaa

- Macluumaad dheeraad ah oo ku saabsan wax kasta oo ku jira buug-yarahaan, la xiriir:
- farmashiyaha xaafaddaada;
- dhakhtarkaaga ama xubin ka tirsan shaqaalaha NHS ee ku lug leh daryeelkaaga;
- NHS waxay ku wargelisaa khadka caawinta **0800 22 44 88** (wacida laga soo waci karo taleefoonka guryaha waa bilaash), ama NHS waxay ku wargelisaa bogga intarneedka www.nhsinform.scot;
- Adeegga Talo-bixinta Bukaanka iyo Taageerada (PASS) ee 0800 917 2127 ama xafiiska la-talinta muwaadiniinta deegaankaaga (ka raadi xafiiska kuugu dhow mareegaha internetka oo ah www.cas.org.uk ama buuga taleefoonka ee xaafaddaada).

Macluumaadkaan waxaa laga heli karaa mareegaha Dowladda Scotland (www.gov.scot) iyo shabakada Inform-ka ee NHS (www.nhsinform.scot).



Scottish Government
Riaghaltas na h-Alba
gov.scot

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Daabacaaddan waxa lagu shatiyeeyay shuruudaha shatiga dawladda furan v3.0 marka laga reebo meel kale oo lagu sheegay. Si aad u aragto shatigaan, booqo **nationalarchives.gov.uk/doc/open-government-licence/version/3** ama u qor Kooxda Siyaasadda Macluumaadka, Keydka Qaranka, Kew, London TW9 4DU, ama iimayl: **psi@nationalarchives.gsi.gov.uk**.

Meesha aan ku aqoonsannay cid saddexaad oo macluumaad xuquuqda daabacan ah waxaad u baahan doontaa inaad ogolaansho ka hesho kuwa haysta xuquuqda daabacaada ee ay khusayso.

Daabacaadan waxaa laga heli karaa **www.gov.scot**

Wixii su'aalo ah oo ku saabsan daabacaadan waa in lagu soo hagaajiyaa
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Dib loo eegay oo dib loo daabacay iyadoo leh hal wax ka beddel yar oo ku yaal bogga 7.

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