



- qufac iyo hargab
- cune xanuun
- dheefshiid xumo
- shuban ama caloolfadhi
- damqashada iyo xanuunka jirka

## Farmashiiste



- xanuun ilig
- bararka afkaaga
- cirridka xanuun leh ama dhiigaya
- dhaawaca gaara afkaaga
- talo ku saabsan nadaafadda afka

## Takhtarka ilkaha



- aragga mugdi leh
- cuncunka indhaha; il dhegdheg leh ama cas
- isbeddelka kadiska ah ee aragga

## Baaraha indhaha (Muraayadlaha Indhaha daaweeya)



- Si aad talo uga hesho xanuunka muruqyada, kalagoosyada jirka ama dhabarka fadlan booqo: [www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints](http://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints)
- Haddii aad gargaar dheeraad ah u baahan tahay waxaad iskaa isku gudbin kartaa ama u tagi kartaa Waaxda Dabiibka dhaqdhaqaaqa jirka Bukaansocodka (Outpatient Physiotherapy Dept.) (Qaangaarka oo keliya). Foomamka iskaa isku gudbinn ayaa diyaar ka ah Takhaatiirta Guud iyo Waaxyaha Dabiibka dhaqdhaqaaqa jirka.

## Dabiibaha dhaqdhaqaaqa jirka

**111**

Marka Takhtarkaaga Guud (GP) iyo farmashiida xaafaddaadu ay xiran yihiin, oo aad xad dhaaf u bugto oo aadan sugi karin in ay furaan, wac lambarka 111.

**NHS 24 - 111**



La xiriir Xarunta Maamulka Gudbinta Adeegga Lugaha (Podiatry Service Referral Management Centre) ee loogu talagalay DHAMMAAN dhibaatooyinka la daaweeyo ee cagta & kuraankurta adigoo ka wacaya lambarka:

- 0141 347 8909
- 8:00 subaxnimo – 8:00 habeenimo Isniin-Jimce
- 9:00 subaxnimo – 1:00 galabnimo Sabti

(Adeegga Lugaha ee NHS GG&C ma bixiyo Daryeelka Cagta ee Shakhsi ahaaneed)

## Caafimaadka lugaha



- sarmooyinka iyo gubashooyinka yar yar
- murgacashooyinka iyo cadaadisyaada
- lafaha jaban iyo dillaacsan ee lagu tuhunsan yahay

## Qaybta Dhaawacyada Yar yar (Minor Injuries Unit)



- wadne istaagga ama cudurka faaliga ee lagu tuhunsan yahay
- dhibaatooyinka neefsashada
- dhiigbaxa daran

## 999 ama A&E (Waaxda Degdegga)



- Wixii khuseeya cudurka kale ee kaa tagi waaya
- La socodka iyo maamulka xaaladaha caafimaadka ee joogtada ah

## Xafiiska Takhtarka Guud iyo Takhtarka Guud