



Ku soo celi foomka oo dhammaystiran:  
 Jefferson County Public Schools,  
 Health Services Department, LAM Building  
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JEFFERSON COUNTY PUBLIC SCHOOL  
 QORSHAHA CAAFIMAAD EE DUGSIGA  
 CUDURKA CUDURKA

Sannad  
 Dugsiyeedka:

HA KU QORIN AAGAN  
 1719111214

\*\*\*Fadlan si wanaagsan u daabac.\*\*\*

**QAYBTA A Waalidka/Ilaaliyaha: Alaabada oo dhameystiran 1 - 11**

1) Aqoonsiga Ardayga #

2) Magaca Dambe ee Ardayga

3) Magaca Hore ee Ardayga

4) Taariikhda Dhalashada

5) Iskuulka

6) Fasalka

**Magaca Waalidka/Masuulka & Macluumaadka Xiriirka**

7) Magaca

8) Lambarka taleefanka  ( ) -

9) Cinwaanka Boostada, Magaalada, Gobolka, Zip

10) Xiriirka Degdega ah

( ) -

11) Ogeysiis ku socda waalidka/mas'uulka: Saxiixida foomkaan waxay ka sii deyn doontaa Guddiga Waxbarashada ee Degmada Jefferson iyo shaqaalaha mas'uuliyadda nooc kasta oo ka dhalan kara qorshahan wax qabad. Foomkani kama fududaan doono mas'uuliyadda iskuulka ama shaqaalihisa dayacaadooda. Sidoo kale, waxaan halkan ku siinayaa rukhsad bixiyaha xanaanada caafimaadka oo dhameystiraya isla markaana saxiixaya foomkaan si aan ugu weydaarsado macluumaadka shaqaalaha JCPS ee ku saabsan xaaladan caafimaad. Waan garwaaqsanahay oo ogolaaday markii aan cunugeyga u oggolaado inuu ka qeyb galo safarka dibadda ee dugsiyada bixiyo daawooyinkan iyo/ama adeegyada caafimaadka waxaa sidoo kale bixin kara tabaruce shatiyeysan.

**Waalidiinta fadlan ogow: Foomka oggolaanshaha riijetada waa inuu ku jiraa faylka dugsiyada daawooyinka lagu siiyo dugsiyada**

SAXIIX WAALID /MASUULKA

LAMBAR TELEFOON  ( ) -

TAARIIKHDA

X

**QAYBTA B BUUXIYAY KELIYA BIXIYAHA CAAFIMAADKA: Alaabada oo dhameystiran 12 – 19**

12) Ciladda sonkorowga  Nooca 1  Nooca 2

13) Maamulka Insulin

\* Nooca Insulin  Wax-qabad Degdeg ah (Humalog, Novolog, Aprida)  Muddo dheer (Lantus/Basaglar, Levemir)  Kale \_\_\_\_\_

\* Bixinta Insulin  Saliingaha  Qalink  Bamgaree  Kale \_\_\_\_\_

14) Isticmaalka CGM:  HAA  MAYA

15) Gulukooska Dhiigga oo Hooseeya: 70/80 mg/dL

\* Astaamaha  Gaajoon  Daciif/Firfircoon/Midab doorsoon  Madax xanuun  Feejignaan la'aan/jahwareer  Dawakhaad

Lababo/Cunto xumo  Hadal Duudduuban  Suuxdin  Isku haynta  Ka jawaabin  Aragti Madoobaaday

Kale (Cadee):

16) Gulukooska Dhiig Karka Sare: \_\_\_\_\_ mg/dL

\* Astaamaha  Haraad/kaadi badan  Daallan/Daallan  Maqaar diirran/Qalalan/diifmay  Aragti Madoobaaday

Calool xanuun/Lalabbo/matagid  Neefsashada Miraha  Tabar darrida/muruqyada oo xanuuna

Kale (Cadee):

17) HEERKA MADAXBANAANIDA:  Madaxbanaan  Kormeerka Kaliya  Caawinaad

18) QAYBTA INSULIN:

\* Bartilmaameedka Gulukooska Dhiigga: \_\_\_\_\_ ilaa \_\_\_\_\_

QALABKA QALABKA QALABKA:

Haddii BG > \_\_\_\_\_ mg/dL, sii \_\_\_\_\_ unit halkii \_\_\_\_\_ mg/dL > \_\_\_\_\_ mg/dL

FOOMKA KAABISTA KETONE

\* Ka hubso ketones marka gulukoosta dhiiggu ay tahay > 200mg/dL x2 episodes ama ardaygu xanuunsan yahay, HA KU SAXIN ketones inta badan 4tii saacadoodba)

Sii insulin dheeri ah sida soo socota: YAR YAR = \_\_\_\_\_ unit, MUDDADA = \_\_\_\_\_, Weyn = \_\_\_\_\_

QAADASHADA CARBOHYDRATE:  Kahor cuntada  Cuntada kadib

Quraac	1 Unug halkii _____ garaam oo Carbs ah
Cunto fudud	1 Unug halkii _____ garaam oo Carbs ah
Qado	1 Unug halkii _____ garaam oo Carbs ah
Casar Casar ah	1 Unug halkii _____ garaam oo Carbs ah
PE/Waxqabadka	1 Unug halkii _____ garaam oo Carbs ah
Xil ka qaadis	1 Unug halkii _____ garaam oo Carbs ah
Kale/Sida Loo Baahan Yahay	1 Unug halkii _____ garaam oo Carbs ah

\* Ku wareeji:  DHAMMAAN cutub  Cutubka BARKIISA

\* Sax wixii Gulukoosta Dhiigga Sare haddii > 3 saacadood tan iyo markii ugu dambaysay Bolus

19) **Macluumaadka Bixiyaha Daryeelka Caafimaadka**

Foomka waa inuu saxeexaa Bixiyaha Daryeelka Caafimaadka iyo waalidka / ilaaliyaha

Saxiixa Bixiyaha Daryeelka Caafimaadka

Taariikhda

Magaca Daabacaha Daryeel Caafimaad

Shaabad Caafimaad ee Caafimaadka (ayaa looga baahan yahay ka shaqeynta)

X