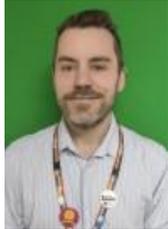


## Kooxda Shabakadda NTPN Martha-CARE Baro

### Takhaatiirta gaarka ah



Craig Knott



Jenny  
Pallawela



Beatrice  
Allnutt



Javier  
Gavela

### Kalkaaliyeyaasha Taageerada Qoyska



Kylie Lyons



Anne  
Dowson



Annie  
Bruce

## Martha-CARE

**Communication Assistance and Rapid Escalation**  
(Wadaxiriir Gargaar iyo Sare u gudbin Dhakhso ah)



## Macluumaad loogu talagalay Qoysaska iyo Daryeeleyaasha

Mashruuca Tijaabada Shabakadda Caafimaadka carruurta ee  
Waqooyiga Thames





## Waa cidma Shabakadda Caafimaadka carruurta ee Waqooyiga Thames?

Waxaan annagu nahay koox taageera dhammaan isbitaallada lagu bixiyo adeegyada carruurta ee ka mid ah London, Waqooyiga Webiga Thames iyo weliba qaar ka mid ah isbitaallada ka baxsan London ee Bariga. Waxaan rabnaa in dhammaan carruurta ay isbitaalladani daryeelaan ay si loogu siman yahay u helaan daryeel badbaado leh oo tayo sarreeya.



## Waa maxay Martha-CARE?

Martha-CARE waa hab duwan oo aad gargaar ku hesho haddii aad ka walwal qabto ilmahaaga ku jira isbitaalka. Waa adeeg ay bixiso Shabakadda Caafimaadka carruurta ee Waqooyiga Thames (North Thames Paediatric Network) (NTPN) waxuuna qayb ka yahay mashruuc ka ballaaran oo uu ka shaqeeyo adeegga NHS oo lagu magacaabo **Xeerka Martha (Martha's Rule)**.



## Waa maxay Xeerka Martha?

Waxaa laga yaabaa in aad Xeerka Martha (Martha's Rule) ka maqashay wararka ama aad sawirro derbiyeed ku aragtay isbitaalka. Waxaa weliba mararka qaar lagu magacaabaa 'Call for Concern' (Walaac u Qaylin). Waxay taasi ka timid kiiska ama xaaladda ku dhacday gabar lagu magacaabo Martha oo aad ugu bukootay ama ugu jirratay isbitaalka waxaana la maqli waayey walwallada ay qoyskeedu iyada ka qabeen. Waalidka Martha ayaa rabay in ay hubiyaan in qoysaska iyo daryeeyaasha dhammaantood ay u suurtoqasho in ay gargaar helaan oo la maqlo haddii ay walwallo ka qabaan ilmahooda.



## Sidee ayuu mashruuca Martha CARE u hirgalaa?

Mashruuca Martha-CARE waa hab kaloo aad adigu ku hesho gargaar marka aad isbitaalka joogto haddii aad weli walwal qabto ka dib marka aad isticmaasho Xeerka Martha ama Walaac u Qaylinta (Call for Concern). Waa lambar telefoon oo lagu gaaro koox kaloo ka baxsan isbitaalka aad ku jirto. Waxaa lagu magacaabaa Adeegga Gaadiidka Daran ee Carruurta (Children's Acute Transport Service) (CATS). Adeegga CATS waa adeeg gaar ah oo taageera isbitaallada ay ku jiraan carruur aad u bugta. Takhtarkaaga ama Kalkaaliyahaaga ayaad weydiisan kartaa in ay kuu diraan wicista Martha-CARE. Lambarku waxuu furan yahay 24 saac/7 maalin.



## Maxaa ka dhacaya wicista?

Waxaad awoodi doontaa in aad la hadasho Takhtarka gaarka ah ee adeegga CATS marka kooxdaaga maxalligu ay iyaga ka wargeliyaan ilmahaaga iyo wixii ka dhacay isbitaalka. Waxaa adiga lagaa waraysan doonaa walwallada aad qabto iyo sababta aad ugu baahatay in la diro wicista Martha-CARE. Saacadaha shaqada ee caadiga ah gudahood waxaa weliba wicista ku jiri doona kalkaaliyaha taageerada qoyska oo adiga ku caawin doona. Haddii ay jiraan koox takhasus leh oo ku lug leh daryeelka ilmahaaga, markaa iyaga ayaa weliba laga yaabaa in lagu marti qaado wicistan. Waxaan isku dayi doonaa in aan idinla shaqayno adiga iyo Takhaatiirta iyo kalkaaliyeyaasha ilmahaaga si aan kaaga caawinno walwaacyadaada.



## Maxaa dhacaya ka dib?

Kalkaaliyeyaasha taageerada qoyska ee adeegga Martha-CARE ayaa adiga kula soo xiriiri doona qiyaas ahaan 4-6 toddobaad ka dib marka aad isticmaasho adeegga Martha-CARE si ay u hubiyaan sida aad adiga iyo ilmahaagu tihiin iyo si ay u eegaan ra'yiga aad ka heshay adeeggayaga. Waxaan rabnaa in aan hubinno in aan bixinno daryeelka ugu fiican markaa waxaan in badan rabnaa in aan ogaanno ra'yiga aad qabto.



## Halkee ayaan ka heli karaa macluumaad dheeraad ah?

Fadlan la hadal Kalkaaliyahaaga ama Takhtarkaaga haddii aad macluumaad dheeraad ah u baahan tahay. Haddii kale baraha internetka ee soo socda ayaa haya macluumaad aad uga sii badan

NHS England - <https://www.england.nhs.uk/patient-safety/marthas-rule/>  
NTPN - Martha's Rule <https://ntpn.co.uk/marthas-rule-2/>