

Diiwaanka Cadaadiska Dhiigga

Akhriiso 'Sida Loogu Cabbiro Dhiig-karkaaga Guriga' si aad u hesho habka ugu wanaagsan ee aad ku cabbiri karto Dhiig-karkaaga. Cabbir cadaadiska dhiiggaaga. Sug 5 daqiiqo oo mar kale cabir. Tan samee laba jeer maalintii, subaxdii iyo habeenkii. Natiijooyinkaaga ku qor foomka hoose oo la wadaag bixiyahaaga.

Hubso inaad ku darto:

- Taariikhda iyo waqtiga aad akhriday natiijada.
- Cadaadiska dhiigga oo leh lambarka systolic ee bidixda iyo lambarka diastolic ee midig (tusaale ahaan, 130/80).
- Haddii loo baahdo, ku dar faallooyin sida inaad qaadatay daawooyin ama aad dareentay walwal ama xanaaq.

Maxaa la sameeyaa haddii tirada cadaadiska dhiiggaagu kor u kaco¹:

- Haddii cadaadiska dhiiggaaga ee systolic uu ka sarreeyo 180 iyo/ama cadaadiska dhiiggaaga ee diastolic uu ka sarreeyo 120 IYO aad muujinayso calaamado (xanuun laabta ah, neefta oo ku qabata, xanuun dhabarka ah, kabuubyo, daciifnimo, isbeddel ku yimaada aragga ama hadalka oo ku adkaada), aad waaxda gurmada degdegga ah.
- Haddii cadaadiska dhiiggaagu uu ka sarreeyo 180 iyo/ama cadaadiska dhiiggaagu uu ka sarreeyo 120 oo aan lahayn wax calaamado ah, la xiriir xafiiska bixiyahaaga daryeelka caafimaadka.
- Haddii cadaadiska dhiiggaagu ka sarreeyo 140 iyo/ama cadaadiska dhiiggaagu uu ka sarreeyo 90 muddo ka badan laba toddobaad, fadlan wac xafiiska bixiyahaaga daryeelka caafimaadka.
 - » Waxaad sawir ka qaadi kartaa diiwaankan oo aad ku shubi kartaa diiwaankaaga caafimaadka elektaroonigga ah si aad ula wadaagto bixiyahaaga.

Cadaadiska dhiigga ee guriga aan bartilmaameedsanayo waa ka yar yahay _____ / _____ mmHg.
systolic / diastolic

Date		Time	Faallooyinka	Garaaca Wadnaha (garaaca daqiiqaddiiba)	Natiijada BP #1 (mmHg)		Natiijada BP #2 (mmHg)	
					Systolic	Diastolic	Systolic	Diastolic
Tusaale 11-19-24	AM	8:30 AM	Daawada 9AM	75	138	82	135	80
	PM	8:00 PM	xanaaqsan	84	157	92	154	90
	AM							
	PM							
	AM							
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	AM							
	PM							
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1. American Heart Association. (n.d.). Fahmida akhrinta cadaadiska dhiigga. <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

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