

Waayo-aragnimadaada NHS Menopause (Joogitaanka caadada.) Bristol, South Gloucestershire, iyo North Somerset

1. Ku saabsan sahankan - iyo xuquuqdaada

Sahankan waxa uu ka yimid Healthwatch Bristol. Waxaan rabnaa inaad dhowr miridh noogu dhaafto inaad nooga sheegto khibradaada ku saabsan waxbarashada, taageerada, iyo daaweynta menopause. Menopause (Joogitaanka caadada.) waa marka caadadaadu istaagto sababtoo ah heerarka hoormoonka oo hooseeya. Tani waxay badanaa dhacdaa inta u dhaxaysa da'da 45 iyo 55. Waxay mararka qaarkood u dhici kartaa si dabiici ah goor hore, ama sababo shakhsi ahaaneed oo kala duwan (mararka qaarkood sababta lama garanayo).

Warbixinta sahankan ayaa la shaacin doonaa waxaana loo diri doonaa kuwa maalgeliya oo bixiya adeegyada daryeelka caafimaadka maxalliga ah, iyadoo la rajaynayo inay horumariyaan heerarkooda daryeel.

Healthwatch Bristol waa horyaalnimada caafimaadka iyo daryeelka bulshada deegaankaaga. Wax badan oo nagu saabsan ka hel: www.healthwatchbristol.co.uk

Sahankan waa qarsoodi iyo qarsoodi (waa la xafiday oo laguma xidhi karo naftaada). Waxaan kaliya u isticmaali doonaa cinwaankaaga iimaylka (haddii lagu daro) su'aal dabagal ah wakhti dambe, haddii aad ogolaato ama ogolaato.

Fadlan halkan ka arag siyaasadayada khaaska ah:
www.healthwatchbristol.co.uk/privacy

Waxaan u baahanahay ogolaanshahaaga Healthwatch Bristol si aan u kaydino jawaabahaaga sahanka si waafaqsan bayaankayaga sirta ah si aan u isticmaalno si aan u wanaajino bixinta adeegyada caafimaadka iyo daryeelka ee Bristol, North Somerset iyo South Gloucestershire. Fadlan ka dooro haa xagga hoose haddii aad na siiso ogolaanshahaaga inaan tan samayno ama maya haddii aadan bixin.

- Haa
 Maya

2. Waxbarasho (waxa aad ka ogeyd Menopause (Joogitaanka caadada.) ka hor/kadib marka aad caawimo ka raadsato shaqaale daryeel caafimaad)

1. Ma ku nooshahay Bristol, North Somerset, ama South Gloucestershire?

- Bristol
- Waqooyiga Somerset
- Koonfurta Gloucestershire

2. Intee in le'eg ayaad ka ogeyd Menopause (Joogitaanka caadada.) ka hor intaadan caawinaad codsan? (0 midna maaha, 10 waa badan yihiin) Fadlan goobaab lambarka aad dareemayso inuu kugu habboon yahay.

--	--	--	--	--	--	--	--	--	--

1 2 3 4 5 6 7 8 9 10

3. Waa maxay meesha ugu horeysa ee aad u tagtay talo, macluumaad, ama daawaynta Menopause (Joogitaanka caadada)?

- Dhakhtar
- Farmashiyaha
- Qoyska ama asxaabta
- Internet ah
- Doorbida in aan la odhan
- Mid kale (haddii aad dooratay mid kale, fadlan sharax jawaabtaada halkan ku qor):

4. Markaad raadinayso daaweyn, waxay u badan tahay inaad tagtay rugta GP-ga ama xarun. Ma doorbidi lahayd rug caafimaad ama xarun u gaar ah menopause ama caafimaadka haweenka?

- Haa
- Maya
- Waxaa laga yaabaa in
- Doorbida in aan la odhan

Faallo:

3. Marxaladaha Menopause (Joogitaanka caadada.)

5. Ma waxaad qabtaa menopause-ka-xun, menopause-ka dib, ama aad la kulmeyso menopause hadda?

- Peri-menopausal (Peri-menopausal waa markaa waxaad leedahay astaamo ka hor intaanay caadadu joojin. Waxa aad gaadhaa menopause marka aanad caadada yeelanin 12 bilood.)
- Menopause- ka dib (Menopause-ka dib waa wakhtiga ka dambeeya menopause.)
- La kulmasid menopause hadda (Menopause waa marka caadadaadu istaagto sababtoo ah heerarka hoormoonka oo hooseeya.)
- Ma hubo

6. Haddii aad tahay menopausal- ka dib, ma darentaa dhakhtarkaaga, ama shaqaalaha daryeelka caafimaadku inuu ku siiyay macluumaad ku filan marxaladan? Fadlan iska dhaaf haddii tani aysan adiga ku khusayn.

Fadlan jawaabtaada hoos ku qor:

7. Haddii aad tahay Menopausal-ka hor, dhakhtarkaaga ama shaqaalaha daryeelka caafimaadku miyay ogaadeen in calaamadahaagu ay sabab u yihiin menopause? (Fadlan bannaanka ku dhaaf haddi aanay tani ku khusayn).

- Haa
- Maya

Fadlan hoos ku qor wixii faallooyin ah:

8. Haddii aad tahay menopause-ka hor, ma dareemeysaa in uu ku taageeray dhakhtarkaaga ama shaqaalaha daryeelka caafimaadka marxaladda menopause-ka hor? (Fadlan bannaanka ku dhaaf haddi aanay tani ku khusayn).

- Haa
- Maya

Fadlan hoos ku qor wixii faallooyin ah:

4. Calaamadaha (isbeddelka jirkaaga ama maskaxdaada)

9. Waa maxay calaamadaha lagugu arkay ee kaa dhigay in aad raadsato gargaar caafimaad ama aad u tagto dhakhtarka?

Fadlan jawaabtaada hoos ku qor:

10. Ma u malaynaysaa in calaamadahaaga lagu qalday sidii dhibaato caafimaad oo kale, halkii ay ka ahaan lahaayeen menopause?

- Haa
- Maya
- Waxaa laga yaabaa in
- Doorbida in aan la odhan

Haddii aad leedahay wax waayo-aragnimo ah oo aad jeclaan lahayd inaad nooga sheegto, fadlan halkan ku qor:

11. Haddii aad u malaynayso in calaamadahaaga ay khaldeen dhakhtarkaaga ama shaqaalaha daryeelka caafimaadka, ma lagu siiyay wax daawo ah oo aan ahayn daawaynta menopause? Fadlan hoos ku qor

Haddii aad dareento in calaamadahaagu qaldameen, fadlan halkan ku qor:

5. La kulanka dhakhtarkaaga iyo daawaynta (wax la sameeyay si loo daweeyo jirro, dhaawac ama laga caawiyo qof inuu dareemo fiicnaan)

12. Sideed u aragtay dhakhtarkaaga ama shaqaalaha daryeelka caafimaadka ee ku saabsan menopause? (Waxaad dooran kartaa wax ka badan hal).

- Neerfaha
- Raaxo leh
- Xishood
- Danbiile
- Cajjib
- Deggan
- wareersan
- Cabsi badan
- Xiiseynaya
- La fududeeyay
- Ku qancay
- Mid kale (haddii aad dareentay wax kale, fadlan halkan ku qor waxa aad dareentay):

13. Miyaad ka heshay talooyinka dhakhtarkaaga ama shaqaalaha daryeelka caafimaadka (talinta waxa la sameeyo ee calaamadaha) mid waxtar leh?

- Aad u caawinaysa
- Aad waxtar u leh
- Xoogaa waxtar leh
- Ma aha mid aad waxtar u leh
- Innaba waxtar maaha

Haddii aad jeclaan lahayd inaad wax badan ku darto, fadlan ku qor halkan:

14. Haddii aad dooran karto, ma jeclaan lahayd inaad aragto dhakhtar lab ama dhedig ah ama shaqaale daryeel caafimaad?

- Lab
- Dhedig
- Waxba ha ka qaban
- Doorbida in aan la odhan

15. Dhaqtarka ama shaqaalaha daryeelka caafimaadku si cad ma u sharaxay waxa sababay calaamadahaaga?

- Aad u cad
- Aad u cad
- Xoogaa cad
- Ma cadda
- Ma cadda haba yaraatee

16. Intee in le'eg ayaad fahantay fursadaha kala duwan ee lagu daweynayo calaamadahaaga menopause?

- Si buuxda loo fahmay
- Xoogaa fahmay
- Runtii lama fahmin
- Innaba lama fahmin

17. Haddii lagugu daweyyay, aad qorshaynayso daawaynta, ama aad hadda daawaynta u leedahay menopause, waa maxay daawayntan?

Haddii aad ku faraxsan tahay, fadlan ku qor jawaabtaada hoos:

18. Haddii aad u qaadanayso Daaweynta Beddelka Hormoonka (HRT) ee menopause, intee in le'eg ayay tani ku caawisay? (Fadlan bannaanka ku dhaaf haddi aanay tani ku khusayn).

***Daawaynta Beddelka Hormoonka - daawaynta beddeleysa hormoonnada heerarka hoose ee menopause awgeed.**

- Aad u caawinaysa
- Aad waxtar u leh
- Xoogaa waxtar leh
- Ma aha mid aad waxtar u leh
- Innaba waxtar maaha

Haddii aad jeclaan lahayd inaad wax badan ka qorto arrintan, fadlan hoos ku qor:

6. Taageerada joogtada ah ee adeegyada caafimaadka ama daryeelka bulshada deegaanka

19. Sidee u malaynaysaa in adeegyada daryeelka caafimaadka (dhakhaatiirta, isbitaallada ama meel kasta oo aad u tagto taageero caafimaad) loo horumarin karo dadka soo maray, ama soo maray, menopause?

Fadlan jawaabtaada hoos ku qor:

20. Meesha aad u shaqayso ma leedahay siyaasad menopause ama si kasta oo ay kuugu taageeri karaan menopause? (Fadlan bannaanka ku dhaaf haddi aanay tani ku khusayn).

- Haa
- Maya
- Ma hubo

21. Ma jiraan wax kale oo aad jeclaan lahayd inaad ku darto khibradahaaga menopause?

Fadlan jawaabtaada hoos ku qor:

7. Fadlan wax nooga sheeg naftaada

Waxaan rabnaa inaan hubinno inaan matalno (u hadalno) qof walba iyo markaad noo sheegto macluumaad dheeraad ah oo adiga kugu saabsan, waxaad naga caawin doontaa inaan si wanaagsan u fahanno sida khibradaha dadku u kala duwanaan karaan iyadoo ku xiran dabeecadahooda shaqsiyeed (maxaa adiga kaa dhigaya, adiga).

22. Fadlan noo sheeg da'daada

- 13 ilaa 15 sano
- 16 - 17 sano
- 18 - 24 sano
- 25 - 49 sano
- 50 - 64 sano
- 65 ilaa 79 sano jir
- 80+ sano
- Doorbida in aan la odhan
- Lama yaqaan

23. Aqoonsiga jinsigaagu ma la mid yahay jinsigaaga la diiwaan galiyay markaad dhalatay?

***Aqoonsiga jinsiga – aqoonsiga jinsiga waxa uu tilmaamayaa dareenkeena qofka aan nahay iyo sida aan u aragno una sharaxno nafteena**

- Haa
- Maya
- Doorbida in aan la odhan

24. Fadlan noo sheeg nooca galmo ee aad ku aqoonsan tahay.

Hanuuninta Galmada - qofka aad dareento in uu jidh ahaan iyo maskax ahaanba kuu soo jiito, tani waxay noqon kartaa soo jiidasho jacayl ama shucuur, ama labadaba

- Asexual
- Labada jinsi
- Nin khaniis ah
- Heterosexual/toos ah
- Naag khaniis ah
- Pansexual
- Doorbidayaa inaanan sheegin
- Doorbida inaad is sharaxdo:

25. Keebaa adiga quseeya, marka la eego xaaladdaada guurka (guurka) ama lammaanahaaga?

- Kali ah
- Wada-noolaanshaha
- Kujira iskaashi bulsho
- Guursaday
- Kala maqan
- Shuraakada madaniga ah ee la furay/Isfuray
- Carmal
- Doorbida in aan la odhan

26. Miyay mid ka mid ah xaaladahan ku khuseeyaan adiga, agagaarka uurka?

- Su'aashani ima khusayso aniga
- Hadda waxaan leeyahay uur
- Hadda waxaan ahay naas nuujin
- Waxaan dhalay 26 toddobaad ee la soo dhaafay
- Waxaan doorbidayaa inaanan dhihin
- Lama yaqaan

27. Fadlan door qowmiyadaada

Qowmiyad – qowmiyadda (jinsiga ama dhaqanka) aad ka tirsan tahay.

- Carab
- Aasiyaan/Aasiyaan Ingiriis: Bangladeshi
- Aasiyaan/Aasiyaan Ingiriis: Shiinees
- Aasiyaan/Aasiyaan Ingiriis: Hindi

- Aasiyaan/Aasiyaan Ingiriis: Pakistani
- Aasiyaan/Aasiyaan Ingiriis: Asalka kale ee Aasiya/Aasiyaan Ingiriisi
- Madow/Madow Ingiriis: Afrikaan
- Madow/Madow Ingiriis: Kariibiyaanka
- Madow/Madow Ingiriis: Mid kasta oo kale oo Madow/Madow British ah
- Qowmiyado isku dhafan/badan: Aasiyaan iyo Cadaan
- Qowmiyado isku dhafan/badan: Afrikaan madow iyo caddaan
- Qowmiyado isku dhafan/badan: Black Caribbean iyo White
- Qowmiyado isku dhafan/badan: Ka soo jeeda qowmiyado kale oo isku dhafan/badan
- Cadaan: Ingiriis/Ingiriis/Waqooyi Irish/Scottish/Welsh
- Cadaan: Irish
- Cadaan: Asalka kale ee cadaanka ah
- Doorbida in aan la odhan
- Mid kale (fadlan sheeg):

28. Waa maxay diintaada ama waxa aad aaminsantahay?

- Masiixi
- Muslim
- Hinduuga
- Sikh
- Yuhuudi
- Buddhist
- Diin la'aan
- Doorbida in aan la odhan
- Mid kale (fadlan sheeg):

29. Ma u malaynaysaa inaad tahay daryeele?

*** Daryeele – daryeele waa qof kasta, oo ay ku jiraan carruur iyo dad waaweyn oo daryeela xubin qoys, lammaane ama saaxiib u baahan caawimo jirro, daciifnimo, naafo, dhibaato caafimaad maskaxeed ama qabatinnimo oo aan la qabsan karin taageero la'aantooda.**

- Haa
- Maya
- Doorbida in aan la odhan

30. Kuwan soo socda kee baa si fiican u qeexaya xaaladdaada dhaqaale ee hadda (xaaladda lacagta).

- Aad u raaxo badan (Waxaan haystaa lacag ka badan kharashyada nolosha, iyo kayd badan oo aan ku kaydiyo ama ku bixiyo waxyaabo dheeraad ah)
- Ila iyo xad u raaxo badan (waxaan haystaa lacag igu filan kharashyada nolosha, iyo wax yar oo faaruq ah si aan u badbaadiyo ama aan u isticmaalo waxyaabo dheeri ah)
- Kaliya in igu filaan (waxaan haystaa lacag igu filan kharashyada nolosha iyo wax yar oo kale)
- Runtii la halgamaya (ma haysto lacag igu filan kharashyada nolosha oo mararka qaarkood lacagtu way iga dhammaanaysaa)
- Doorbida in aan la odhan

8. Qowmiyaddaada

Qowmiyad – qowmiyadda (jinsiga ama dhaqanka) aad ka tirsan tahay.

31. Bulshooyinka qaar ayaa fikrado iyo aragtiyo kala duwan ka haysta menopause. Ma dareentay qowmiyaddaada ama beeshaadu inay saamaysay dareenka aad ka qabto menopause? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

32. Qaabkee, haddii ay jirto, ma u dareentaa qowmiyaddaada ama bulshada aad ka tirsan tahay inay saameyn ku yeelato inaad taageero weydiisato dhakhtar ama shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

33. Ma dareemaysaa in menopause-ka lagu soo dhawaaday dareen ama dhaqankaaga uu tixgeliyey shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

9. Aqoonsiga jinsigaaga

*Aqoonsiga jinsiga – aqoonsiga jinsiga waxa uu tilmaamayaa dareenkeena qofka aan nahay iyo sida aan u aragno una sharaxno nafteena

34. Sideed ku sifayn lahayd aqoonsigaaga jinsiga? (Fadlan dooro mid)

- Naag
- Nin
- Transgender (erey dallad ah oo lagu tilmaamo dadka aqoonsigooda jinsiga hadda ka duwan yahay jinsiga ay ka diiwaan gashan yihiin dhalashada)
- Aan binary/Aan waafaqsanayn (jinsi aan ku dhicin mid ka mid ah labadan qaybood, lab ama dhedig)
- Waxaan door bidaa inaan la odhan
- Doorbida in aad adigu sifayso (fadlan qor waxa aad ku sifayn lahayd aqoonsigaaga jinsiga sida):

35. Ma dareentay in aqoonsigaaga jinsigaagu uu saameeyay dareenka aad ka qabto menopause? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

36. Qaabkee, haddii ay jirto, ma u malaynaysaa in aqoonsigaaga jinsigaagu uu saameeyay inaad taageero weydiisato dhakhtar ama shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

37. Ma dareemaysaa in menopause-ka lagu soo dhawaaday dareen ama aqoonsigaaga jinsiga uu shaqaale daryeel caafimaad tixgeliyey? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

10. Gypsy, Roma ama bulshooyinka socotada ah

38. Ma isu haysataa inaad tahay Gypsy, Roma ama socdaale? (Haddii aad doorato 'maya', fadlan u gudub qaybta 11).

- Haa
- Maya
- Doorbida in aan la odhan

39. Ma dareentay in aad ka tirsan tahay bulshada Gypsy, Roma ama dadka safarka ah ay saamaysay sida aad u dareemayso joogitaanka caadada? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

40. Qaabkee, haddii ay jirto, ka mid ahaanshiyaha bulshada Gypsy, Roma ama Socotada ayaa saameyn ku yeeshay inaad taageero weydiisato dhakhtarka ama shaqaalaha daryeelka caafimaadka? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

41. Ma dareentaa sidii in menopause uu si dareen leh ula soo dhawaaday ama in aad tahay qayb ka mid ah bulshada Gypsy, Roma ama Socotada ama uu ku tixgeliyey shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

11. Naafada ama xaaladaha muddada dheer

42. Miyaad isu haysataa inaad tahay qof naafo ah ama aad qabto xaalad wakhti dheer ah? (Haddii ay maya tahay, fadlan u gudub qaybta 12).

- Haa
- Maya
- Doorbida in aan la odhan

43. Ma dareentay naafonimadaada ama xaaladaada mudada dheer inay saamaysay sida aad u dareemayso menopause? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

44. Qaabkee, haddii ay jirto, naafadaada ama xaaladaada mudada dheer ay saamaysay inaad taageero weydiisato dhakhtarka ama shaqaalaha daryeelka caafimaadka? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

45. Ma dareemaysaa in menopause-ka lagu soo dhawaaday dareenka naafanimadaada ama xaaladaada mudada dheer, ama in tani uu tixgeliyey shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada hoos ku qor:

12. Naafada aragga ama qofka isticmaala Luqadda Calaamadaha Ingiriiska (BSL)

46. Ma isku haysataa mid aragga naafada ka ah? (Haddii ay maya tahay, fadlan u gudub qaybta 13).

- Haa
- Maya
- Doorbida in aan la odhan

47. Miyaad dareentaa cillad araggaaga ama adeegsiga Luqadda Calaamadaha Ingiriiska (BSL) ay saamaysay sida aad u dareemayso joogitaanka? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

48. Qaabkee, haddii ay jirto, cilladda araggaaga ama isticmaalka BSL ay saameyn kugu yeelatay inaad taageero ka weydiisato dhakhtar ama shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

49. Ma dareemeysaa in menopause-ka loo soo wajahday dareen la'aan araggaaga ama isticmaalkaaga BSL, ama in tani uu tixgeliyey shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

50. Macluumaad, talo iyo daawo loogu talagalay menopause ma lagu heli karaa qaab la heli karo? (Fadlan iska dhaaf haddii aadan dareemeynin in tani ay adiga kugu xiran tahay).

Fadlan jawaabtaada halkan ku qor:

13. Naafada Barashada

51. Miyaad isu haysataa inaad tahay qof naafo ah oo leh naafo waxbarasho? (Haddii ay maya tahay, fadlan iska dhaaf oo u gudub qaybta xigta).

- Haa
- Maya
- Doorbida in aan la odhan

52. Ma dareentay in Naafanimadaada Waxbarasho ay saamaysay dareenka aad ka qabto menopause? Wax yar ma nooga sheegi kartaa khibradaada tan. (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

53. Qaabkee, haddii ay jirto, naafadaada Waxbarasho ayaa saamaysay inaad taageero weydiisato dhakhtarka ama shaqaalaha daryeelka caafimaadka? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

54. Ma dareemaysaa in menopause-ka lagu soo dhawaaday iyadoo xasaasi u ah Curyaanimadaada Waxbarasho ama xaaladaada mudada dheer, ama in middaan uu tixgeliyey shaqaale daryeel caafimaad? (Fadlan iska dhaaf haddii aadan dareemayn in tani adiga ku khuseyso).

Fadlan jawaabtaada halkan ku qor:

Aad baad ugu mahadsantahay inaad dhammaysay waayo-aragnimadaada Menopause (Joogitaanka caadada.) ee NHS - BNSSG ee Healthwatch Bristol. Waxaan ka mahadcelineynaa waqtiga aad qaadatay si aad uga jawaabto su'aalahan.