

# Goorta Aad Wacayso Kooxdaada Sonkorowga

## Ka hor inta aadan wicin

- Soo qaado macluumaadka qiyaastaada daawada ee hadda. Waxaa laga yaabaa in qofka telefoonka kaa qabta uusan arki karin diiwaankaaga caafimaadka ama in uusan u dhawayn kumbiyuutar waxaana dhici karta in uusan macluumaadkan garanaynin.
- Kiimikada ketone fiiri haddii gulukooska dhiiggu badan yahay ama ilmuhu buko.
- Soo diyaari magaca, goobta iyo lambarka telefoonka farmashiidaada caadiga ah.

## Su'aalaha guud

206-987-2640

Isniinta–Jimcaha  
7da subaxnimo ilaa 4:30  
galabnimo

- Hagaajiska qiyaasta insulin (dooro xulashada 3)
  - Dib u bixinta daawada rijeetada (dooro xulashada 3)
  - Foomamka dugsiga
  - Si aad ula hadasho Kalkaaliye caafimaad Diiwaangashan (dooro xulashada 4)
- Waxay qaadan kartaa in ka badan 24 saacadood si uu qof uga soo jawaabo wicistaada.

## Su'aalaha degdegga ah

206-987-2000

24 saacadood  
7 maalmood

Shaqaalaha telefoonka ka codso in uu farriin kuugu diro kooxda cudurka macaanka ama sonkorowga

- Daawada insulin waa wada dhammaatay
- Bixiyey qiyaas xad dhaaf ah ama qiyaas ku yar ee daawada insulin
- Bixiyey daawo insulin qalad ah (tusaale: Humalog halkii Lantus)
- Dhibaatooyinka qalabka lagu soo saaro daawada insulin oo adiga ama shirkadda qalabka samaysay aydaan xallin karin
- Gulukooska dhiigga ku yar (ka yar 70) oo aanan ka ficil celinayn daawaynta
- Kiimikada ketone ee meeldhexaad ah ilaa ballaaran ee sii socda daawaynta ka dib. Raac tallaabooyinka ku jira buugyaraha “Ketone Management Guidelines” (Tilmaamaha Maamulka kiimikada Ketone) ee ku saabsan sida loola dhaqmo kiimikada ketone ee meeldhexaad ah ilaa ballaaran.

## Xaaladda degdegga ah

Wac 911 ama tag waaxda xaaladda degdegga ah

- Waxaa la bixiyey daawada Glucagon/Baqsimi
- Muuqaalka kiimikada ketone ballaaran oo ku jira waxaana la socda kuwan midkood:
  - Cadaadiska xabadka
  - Matagid in ka badan labo jeer 2dii saacadood
  - Dhibaatada neefsashada
  - Isbeddelka xaaladda maskaxda

## Si aad War dheeraad ah u Hesho

- Hormoonada  
206-987-2640
- Weydii bixiyaha daryeelka caafimaadka ilmahaaga
- seattlechildrens.org

## Adeegyo Afceliye Bilaash ah

- Isbitaalka gudihisa, weydii kalkaaliyahaaga caafimaadka.
- Isbitaalka dibaddiisa, soo wac Khadka Afceliyaha Qoyska (Family Interpreting Line) ee bilaashka ah, 1-866-583-1527. Afceliyaha u sheeg magaca ama khadka gaarka ah ee aad u baahan tahay.



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Isbitaalka Seattle Children's waxuu adeegyo afceliye oo bilaash ah ugu deeqaa bukaanada, xubnaha qoyska iyo wakiillada sharciyeed ee dhego la' ama dhego culus ama ku hadla luqad aanan af Ingiriisi ahayn. Isbitaalka Seattle Children's waxuu macluumaadkan ku soo diyaarin doonaa qaabab kale marka la codsado. Xarunta Khayraadka Qoyska (Family Resource Center) ka soo wac lambarka 206-987-2201. Waxaa buugyarahan dib u eegay shaqaalaha bukaanada ee isbitaalka Seattle Children's. Hase yeeshee, baahiyahaaga ayaa gooni kuu ah. Ka hor inta aadan macluumaadkan tallaabo ku qaadin ama isku hallaynin, fadlan la hadal bixiyahaaga daryeelka caafimaadka.

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# When to Call Your Diabetes Team

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## Before you call

- Have your current dosing information with you. The person answering the phone may not have access to your medical record or be near a computer and may not know this information.
- Check for ketones if blood glucose is high or child is sick.
- Have the name, location and phone number of your regular pharmacy ready.

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## General questions

206-987-2640

Monday-Friday

7 a.m. to 4:30 p.m.

- Insulin dose adjustments (choose option 3)
- Prescription refills (choose option 3)
- School forms
- To talk to a Registered Nurse (choose option 4)

It may take more than 24 hours for someone to respond to your call.

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## Urgent questions

206-987-2000

24/7

Ask the operator to page the diabetes team for you

- Completely out of insulin
- Gave too much or too little insulin
- Gave the wrong insulin (example: Humalog vs. Lantus)
- Insulin pump problems that you or the pump company can't fix
- Low blood glucose (under 70) and not responding to treatment
- Moderate to large ketones that continue after treatment. Follow the steps in the "Ketone Management Guidelines" handout for how to treat moderate to large ketones.

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## Emergency

Call 911 or go to the emergency department

- Glucagon/Baqsimi has been given
- Presence of large ketones **with one of the following:**
  - Chest heaviness
  - Vomiting more than twice in 2 hours
  - Trouble breathing
  - Change in mental state

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### To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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