

Hayado caafimaad oo asaasi ah (Primary Health Organisation “PHO”)

Hayadaha caafimaadka ee asasiiga ah oo markii lasoo gaabiyo looyaqaano (PHOs) waxay ka mid yihiin noocyada cusub ee daryeelka caafimaadka.

PHO-yada waxay bulshada u suurta galinayaan in bulshadu hesho khadamad ku saabsan caafimaadka taas oo ay xaqa uleeyihiin, sidoo kale, waxay sugayaan in hayadaha caafimaadku si fiican isula shaqeeyaan.

Khabiir walba oo ka mid ah PHO khabaradeeda, sida Dhakhaatiirta, kaalkaaliyeyaasha caafimaadka, lataliyeyaasha, farmashiiyeeyaasha, afhayeenada caafimaadka iyo dadka kale ee ku lugta leh arrimaha caafimaad, waxay mar walba leeyihin wada-shaqeyn soke, sidaas oo kalena waxay wada shaqeyn la leeyihin bulshada.

Iyaguna waxay isula shaqeeyaan si wacan iyaga oo isdhaafsanaya fikradaha iyo xirfadaha si ay qofka jiran u siiyaan khidmada ugu wanaagsan ee suura galka ah. Mararka qaar hadii dhakhtarka uu ka tirsan yahay PHO-yada lacag yar ayuu ku dawaynayaa qofkii jiran ee u yimaada.

Hayad walba oo PHO ka mid ah waxaa maamula gudi ka kooban xirfadleyda caafimaadka iyo dad laga soo xuley bulshada. Mumatiliinta bulshada ka socda waxaa loogu tala-galay in ay sugaan in shaqada PHOs uu yahay mid anfacaysa bushada. Qofkii u baahan in uu bulshada matalo kana qayb qaato go’amada waxuu la xiriiri karaa qof ka mid ah PHO ama dhakhtarkiisa iyaga ayaa warbixin kaa siin doona sidii aad uga qayb qaadan lahayd.

Aad ayey u sahlan-tahay in qofka jirani uu ka mid noqdo PHO. Hadii aad tahay qof marwalba dhakhtarka taga, dhakhtar-kaaguna uu ka mid-yahay PHO si toos ah ayaad uga mid-noqonaysa PHO. Si aad u habsato dhakhtar-kaaga waydii in aad PHO ka midtahay iyo in kale.

Meelaha “*Capital & Coast District Health Boards*” ay masuulka kayihiin waxay lee yihiin shan PHOs waxaana shaqo loogu jiraa sidii mid lixaad oo u xilsaaran dadka basifiga ah loo samayn lahaa.

Shanta PHOs ee ka jirta goobahaas waa:

1. Kapiti PHO (Kapiti)

Ph. 801-780802523-615

2. Porirua Plus (Porirua)

Ph: 04237-5993 ama 025292 5143

3. Tumai mo te Iwi (Porirua iyo xaafadaha ku heeraaran)

Ph: 237-4534

4. Capital PHO (Waqoyiga Wellington iyo waliba Konfurta Johnsonville)

Ph: 801-7808

5. South East and City PHO (Magaalada Wellington iyo xaafadaheeda waqooyiga) Ph: 389-9906

6. Karori PHO – kala xiriir, Lyn Allen ph: 04 9204562

Hadii aad u baahan-tahay fahfaahin dheeraad ah waxaad fiirin kartaa websitka internetka ee C&C DHB oo cinwaankiisa yahay.

www.ccdhb.org.nz/PHO/index.htm

ama wasaarada caafimaadka websit-keeda oo cinwaankiisu yahay:

www.moh.govt.nz

hadii kale waxaad wici kartaa C&C DHB “Primary Care Team”

Julia Carr Ph: (04) 803-1112

Waxaa kaloo la xiriiri kartaa Kapiti Community Health Group Trust

Ph: (04) 298 6917

Ama laxiriir Porirua Healthlinks

(04) 238 4753.