

Ibikurikiyeho nakora

(My Next Steps)

Kwitegura kuva mu bitaro

(Getting ready to leave the hospital)

Mu gihe witegura gutaha, ushobora kuba wumva utazi neza ibyo wakwitaga n'uburyo uzakomeza kugenda woroherwa.

Ushobora gukoresha ibi bibazo n'ibintu byagufasha mu gihe witegura kuganira n'itsinda ry'abaganga bagusezerera.

Igihe cyo gusezererwa nicyegereza, uzahabwa inyandiko ikubiyemo inshamake y'uko ubuzima bwawe buhagaze ukiri mu bitaro n'imiti kugira ngo wumve witeguye kandi ugire icyizere cyo gutaha.

Ibiganiro ugirana n'abaganga mbere yo gusezererwa (Discharge Conversations)

Dore ibintu wakora mu gihe uganira n'itsinda ry'abaganga ku byerekeranye no kuva mu bitaro (ikiganiro ugirana n'abaganga mbere yo gusezererwa)

- Gukora ku buryo umwe mu bagize umuryango wawe, umuntu ukwitaho cyangwa inshuti yitabira ikiganiro cyawe n'abaganga mbere yo gusezererwa. Bashobora kukitabira imbonankubone, kuri telefoni cyangwa mu kuri videwo.
- Bwiza ukuri itsinda ry'abaganga ku bijyanye n'ibyo ukeneye.
- Saba itsinda ry'abaganga gusubiza ibibazo byawe byose no gusobanura ibyo utasobanukiwe.
- Fata amajwi y'ikiganiro ukoresheje telefoni yawe cyangwa ukoreshe porogaramu My Care Conversations ya Alberta Health Services iboneka ku rubuga ahs.ca/careapp.

Ibibazo n'impungenge byanjye

(My questions and concerns)

Hari ibintu byinshi biba iyo witegura gutaha, kandi bishobora kuba bigoye kubyibuka byose. Minsi urahasanga ibibazo wabaza umuganga mu gihe witegura gusezererwa.

Kugera mu rugo amahoro

(Going home safely)

- Ese nkeneye ko bamfasha kugera mu rugo amahoro?
- Ndamutse ntashye mu mpera z'icyumweru, ni ubuhe bufasha nabona mu gihe serivisi zidahari?
- Mu gihe ndi gukira, ni izihe mpinduka nkeneye gukora ku mirimo yanjye ya buri munsu cyangwa ku byo nkora binshimisha (gutwara ibinyabiziga, gukora, ibikorwa rusange, imyitozo ngororamubiri, gutera akabariro)?

Imiti yanjye

(My medicines)

- Ni inde uzamfasha kumenya imiti yongewe mu yo nafataga, iyo gukomeza cyangwa guhagarika? Ni he nakura aya makuru?
- Nzajya mbona imiti gute nimba ntashobora kujya kuri farumasi cyangwa farumasi mfatiraho imiti itakoze mu gihe nasezerewe?
- Ese hari imiti nzakenera kwiyongeza mu yo nandikiwe mu gihe ndi mu rugo?
- Namenya gute ko ubwishingizi bwanjye buzanyishyurira imiti?
- Ni iyihe miti igabanya uburibwe idateza ikibazo nafata mu gihe ndi mu rugo?

Ubuwuzi bw'inyongera n'ibikoresho byo kwa muganga

(Extra care, supplies or equipment)

- Ese hari ibikoresho nzakenera nk'imbago, igikoresho kimfasha kugenda cyangwa ibikoresho byo kwa muganga? Ni inde wamfasha kubibona?
- Ese hari serivisi naba ngomba guhabwa ndi mu rugo? Kubera iki?
 - Mwaba mwohereje ifishi impesha serivisi?
 - Ese nkeneye urupapuro rw'imiti nandikiwe na muganga?
 - Ni ryari nakwitega guhamagarwa n'abaza kumfashiriza mu rugo?
 - Ni nde nahamagara mu gihe mfite ibibazo bijyanye no gufashirizwa mu rugo?
- Ese nkeneye guhabwa ubufasha bw'abaturage bafite ubumuga? Niba ari byo, mwaba mwohereje ifishi impesha serivisi?

Gufata neza imiti

(Medicine Safety)

Menya neza ko muganga n'umukozi ushinze gutanga imiti bazi imiti yose wandikiwe n'indi miti utandikiwe na muganga unywe ndetse hiyongeyeho amavitamini n'imiti yongera intungamubiri. Bashobora kumenya neza imiti bikorana neza bikomatanyijwe kandi itakugiraho ingaruka.

Imiti hafi ya yose ishobora kugira ingaruka mbi ku buzima mu gihe ufashe irengeje urugero. Niba ufite impungenge ku gufata imiti irengeje urugero, vugana na muganga wawe cyangwa umukozi ushinze gutanga imiti.

Ibibazo byerekeranye n'imiti

(Medicine Questions)

Uramutse ugize ikibazo cyangwa impungenge ku miti nyuma yo gusezererwa, wavugana n'umuganga wawe, umukozi ushinze gutanga imiti cyangwa Health Link kuri numero 811.

Gufashirizwa mu rugo

(Home Care)

Gufashirizwa mu rugo bigufasha kumera neza, gutekana no kugira ibyo wikorera mu rugo. Serivisi zishobora kubamo gufashwa:

- Isuku yawe bwite (kwiyuhagira, kwambara, kwita ku musatsi)
- Kubona umuti
- Kwita ku bikomere
- Gusubizwa mu buzima busanzwe

Sura urubuga ahs.ca/homecare cyangwa uhamagare numero 811.

Gahunda n'ibizami byo gukurikirana umurwayi

(Follow-up appointments and tests)

- Ese muganga w'umuryango wanjye, itsinda ry'abajyanama b'ubuzima cyangwa abandi bamfasha bazi ko nari ndi mu bitaro?
- Ni ryari nabonana na muganga w'umuryango wanjye cyangwa inzobere?

Ibibazo nakenera kubaza nyuma yo kuva mu bitaro

(Questions I may have after leaving the hospital)

- Nakura he ubufasha mu gihe ngize izi mpungenge:
 - Guhangayikishwa no gukora imirimo yanjye isanzwe (kwambara, kwiyuhagira, kurya, kwita ku bana cyangwa inyamaswa noroye)
 - Kutabasha gusubira ku kazi cyangwa ku ishuri
 - Gushidikanya ku bushobozi bwo gutwara ikinyabiziga
 - Gukenera ubufasha bwo kubona amafaranga, aho gutura, ibyo kurya cyangwa ibindi bya ngombwa by'ibanze
 - Kutabasha gufata imiti kuri farumasi cyangwa kuyishyura
 - Guhangana n'ibyiyumvo byanjye cyangwa guhangayikishwa n'uko numva merewe.
- Ese impungenge zanjye naziganiriza umuntu mbere y'uko mva mu bitaro?

Gukurikirana

(Follow Up)

Byagenda gute ndamutse ntafite umuganga wita ku muryango wanjye? Namubona gute?

Sura albertafindadoctor.ca

Ibitekerezo byanjye

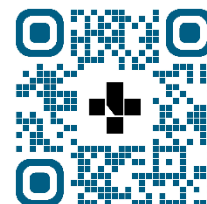
(My notes)

Andi makuru n'aho ava

(More information and resources)

Niba ushaka andi makuru ajyanye n'ubuzima cyangwa aho uyakura:

- Sura urubuga [rukuyobora ku makuru y'ukuri ajyanye n'uko ubuzima bwawe buhagaze](#) kugira ngo ubone ibifasha abarwayi, imiryango n'abarezi kugira ubuzima bwiza. Sikana kode QR cyangwa ujye ku rubuga <https://www.albertahealthservices.ca/assets/info/hp/phc/if-hp-phc-phcin-nav-health-journey.pdf>.
- Hamagara Health Link kuri numero 811 (ukora amasaha 24)
- Sura Know Your Options (Menya amahitamo yawe) kuri ahs.ca/options.
- Shaka amakuru y'ubuzima yizewe kandi asobanutse kuri MyHealth.Alberta.ca.



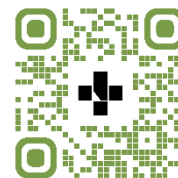
<https://qrco.de/bf8yt1>

Sangiza ibitekerezo byawe

(Share your thoughts)

Aya makuru aragufashije? Hari igitekerezo watanga kugira ngo arushaho gufasha? Subiza ibibazo bike hanyuma tumenye:

- Sura <https://qrco.de/bfkr4y> cyangwa
- Sikana kode QR.



Ukeneye inama z'umuforomo n'amakuru ajoyanye n'ubuzima muri rusange iminsi yose amasaha 24 kuri 24, wahamagara Health Link kuri numero 811.

Niba ukeneye umusemuze, vuga gusa ururimi ushaka.

Iyi nyandiko ntisimbura inama zitangwa n'inzobere mu bijyanye n'ubuzima. Iyi nyandiko igamije gusa gutanga amakuru muri rusange kandi itangwa "uko iri". N'ubwo hashyizwemo imbaraga zifatika mu kwemeza ukuri kw'aya makuru, Alberta Health Services ntizirengera kandi ntizatanga garanti, ntizavuga, ntizagira uruhare cyangwa amategeko, ku bijyanye n'uko ari ukuri rwose, ko ari ayo kwizerwa, yuzuye, yakoresha cyangwa ahura n'ibihari ku bw'impamvu yihariye kuri ayo makuru. Alberta Health Services ihakana kwirengera inshingano ku ikoresha ry'izi nyandiko, no ku birego byose, ibikorwa, ibyifuzo cyangwa ibirego byaturuka kuri iryo koresha.

Primary Health Care Integration Network, Alberta Health Services
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