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# PATIENT INFORMATION / የታካሚው መረጃ

Name / ስም



Age / እድሜ

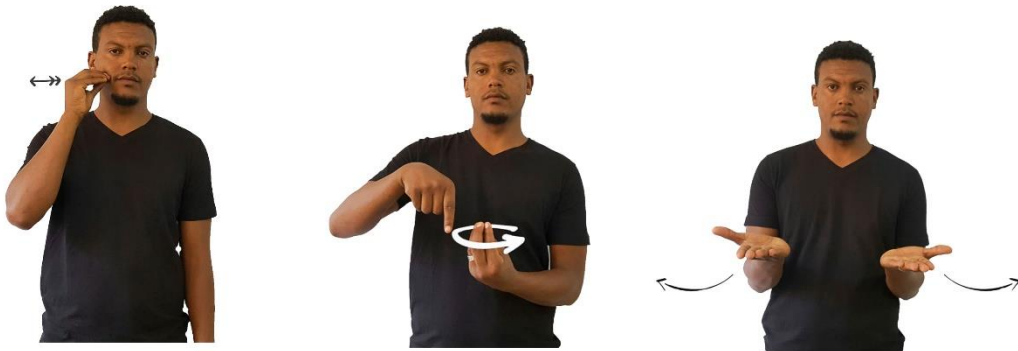


ዓመት ስንት

Sex / ጾታ



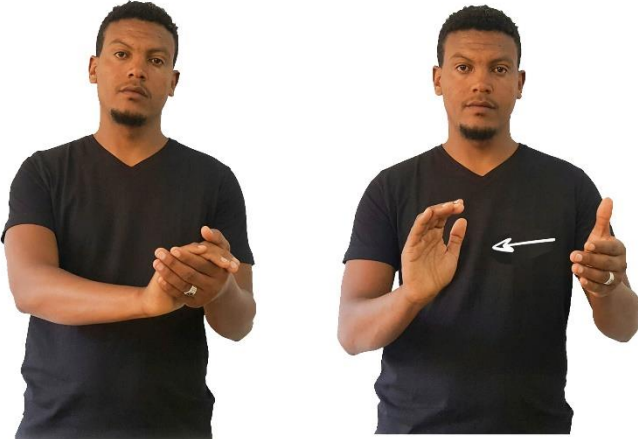
Address / አድራሻ



ቤት አካባቢ የት

**RELATIONSHIP**

Divorced / አግባብ የፈታ



ማግባት መፍታት

Widowed / ያላገባ/ች



ጋብቻ ምንም

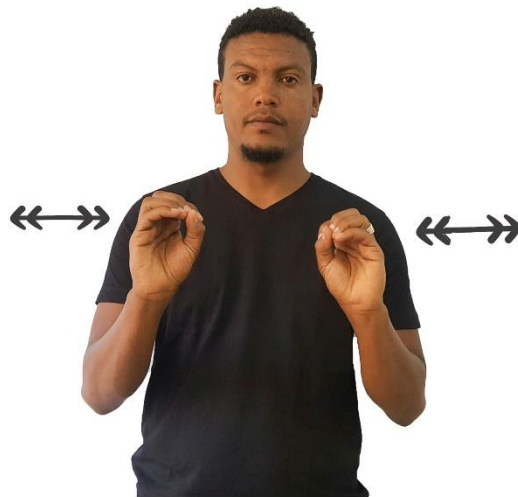


Partner / ቅደኛ አለኝ/ህ



ፍቅረኛ አለኝ/ህ

None / የለኝም



Occupation / ስራ



Civile servant / የመንግስት ሰራተኛ



መንግስት ስራ

House wife / የቤት እመቤት



እናት ቤት ቁጭ

Student / ተማሪ

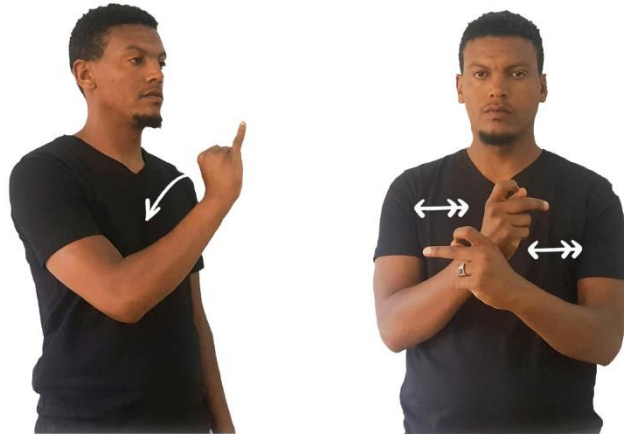


NGO employee / መንግስታዊ ያልሆነ ተቋም ሰራተኛ



የግል ድርጅት

Self employed / የራስ ድርጅት



የራስ ድርጅት

Unemployed / ስራ የሌለው



ስራ የለም

## FAMILY PLANNING / የቤተሰብ ምጣኔ

### BACKGROUND INFORMATION / የታካሚው ታሪክ

Have you had your first menstruation? / የመጀመሪያ የወር አበባሽን አይተሻል?



መጀመሪያ ወር አበባ መምጣት

Yes / አዎ

No / አይደለም



Have you had sexual intercourse already? / የግብረ ሥጋ ግንኙነት ፈጽመሻል?



ግብረ ስጋ ግንኙነት መፈጸም

Are you currently sexually active?/ ባሁኑ ጊዜ የግብረ ስጋ ግንኙነት በመፈጸን ላይ ነሽ?



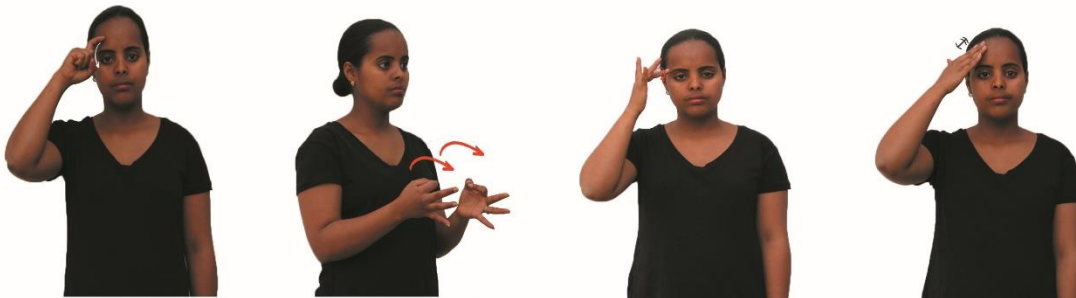
ግብረ ስጋ ግንኙነት መቀጠል

Do you have a regular sexual partner? / መደበኛ የወሲብ ቅደኛ አለሽ?



ቅደኛ ግብረሰጋ ግንኙነት አለ

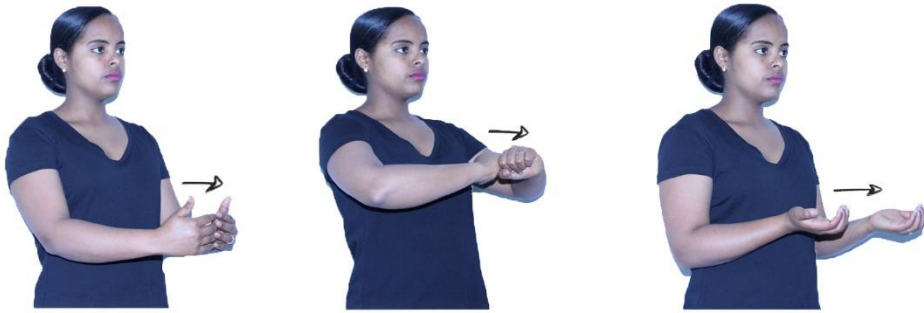
Are you concerned about sexually transmitted diseases or HIV/AIDS? / በግብረ-ሥጋ ግንኙነት ስለሚተላለፉ በሽታዎች ወይም ኤች ኤች ቪ. / ኤድስን ግንዛቤ አለሽ?



ግብረ ሰጋ ግንኙነት መተላለፍ በሽታ ማወቅ



Do you want to prevent pregnancy now? / አሁን እርግዝናን መከላከል ትፈልጋለህ?



እርግዝ መከላከል መፈለግ

**CURRENT CHILDREN / የልጆች ብዛት**

Do you have any children? / ልጆች አሉኝ?



**ልጆች አሉ**

How many times have you been pregnant? / ስንት ጊዜ አርግዘኝ ታውቂያለኝ?



**አርገዝ ስንት ጊዜ**

How many live births have you had? / ስንት ልጆችን በተሳካ ሁኔታ ወልደሻል?



ትክክል ስንት መውለድ

How many children do you have? / ስንት ልጆች አሉሽ?



ልጆች ስንት

How old is your last child? / የመጨረሻው ልጅሽ ስንት አመቱ ነው?



ልጅ ስንት ዓመት መጨረሻ

Do you want more children for the future? / ለወደፊት ልጅ መወለድ ትፈልግዋል?



ወደፊት ልጅ መፈልግ

Are you currently breastfeeding a baby less than six months old? / በአሁኑ ወቅት ከስድስት ወር በታች የሆነ ህፃን ጡት የሚጠባ ልጅ አለሽ?



ህጻን ማጥባት 6ወር በታች አለ

**CONFIRMING ANY PREGNANCY / እርግዝናን ማረጋገጥ**

Do you think you could be pregnant? / እርጉዝ ልሆን እችላለሁ ብለኸ ታስቢያለሽ?



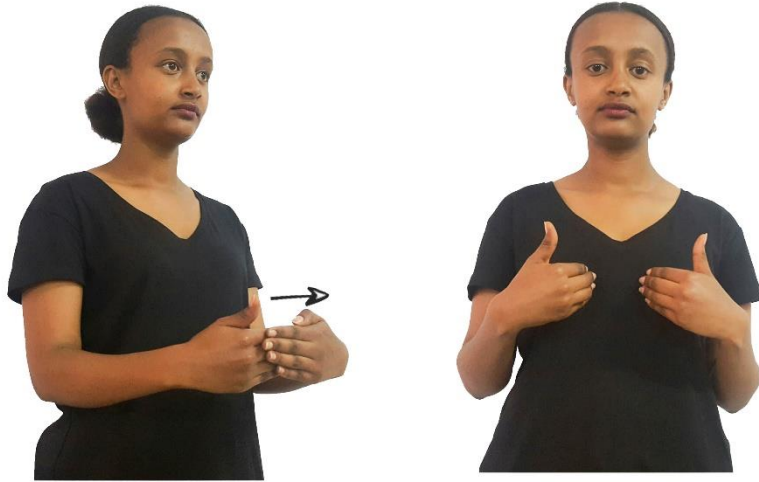
**እርጉዝ መጠራጠር አንቺ**

When was your last ministration? / የመጨረሻ የወር አበባ የመጣ መቼ ነው?



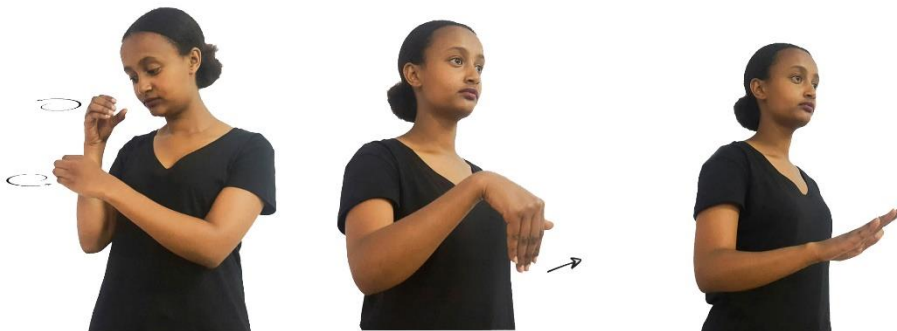
**አበባ ወር መቼ**

I need to test for pregnancy / እርግዝና መኖሩን ማረጋገጥ እፈልጋለሁ



እርግዝና አለ

Go to Lab / ላብራቶሪ ሂዷል



ላብራቶሪ ሂዷል

Provide some urine / ሽንት ስጪ።



ሽንት አምጪ።

## PREVIOUS CONTRACEPTIVE USE / የቅድሞ ወሊድ መከላከያ አጠቃቀም

Previous contraceptive use / ከዚህ ቀደም የወሊድ መከላከያ አጠቃቀም



መከላከል መጠቀም በፊት

Do you know what contraceptives are? / የወሊድ መከላከያ ምን ማለት እንደሆነ ያውቁያለሽ?



መውሰድ መከላከል ምን ማወቅ



Have you ever taken any contraceptives before? / ከዚህ በፊት ማንኛውንም የእርግዝና መከላከያ ወስደሽ ታውቂያለሽ?



በፊት መውለድ መከላከል መጠቀም ማወቅ

Which? / የትኛው?



Pills / ፒልል



Injection / መርፌ



Condoms / ኮንዶም



Implant / ኢንፕላንት



IUD / ሱፕ



Calendar method / ቀን መቁጠሪያ ዘዴ



ቀን መከታተል

## Sterilization / መሟጠጥ

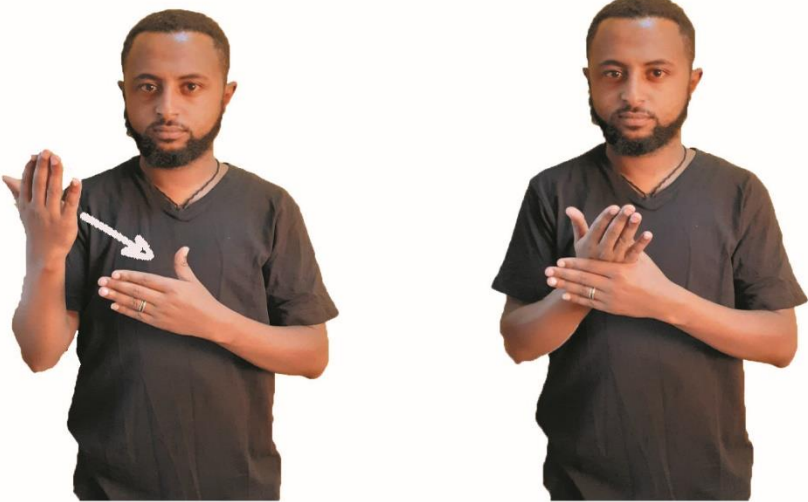


## Breastfeeding method / ጡት ማጥባት ዘይዳ



## ማጥባት ዘይዳ

abstinence / መታቀብ



Were you happy with that method? / በዚያ ዘዴ ደስተኛ ነበሩ?

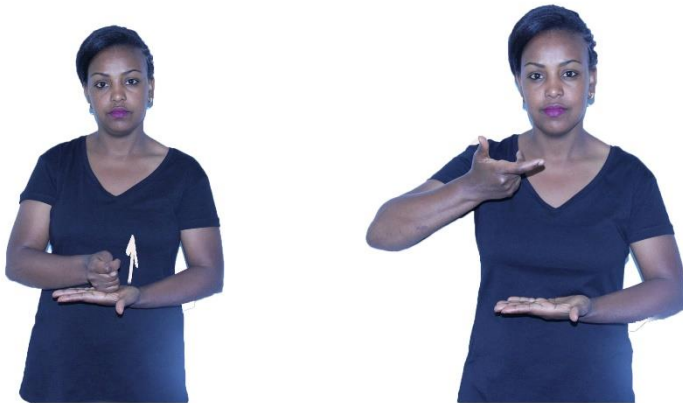


መጠቀም ደስታ ነበረ

# Why not? / ለምን?



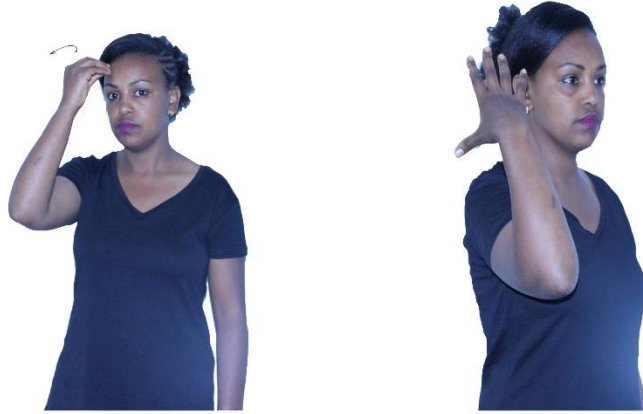
## Too expensive / እጅግ ወድ ስለሆነ



ወድ



I kept forgetting / እየረሳሁት



Not pleasurable / ደስ አይልም



ደስታ የለም

Didn't like side effects / የጎንዮሽ ጉዳቱን ስላልወደድኩት



ጉዳት አልፈልግም

Not effective / ውጤታማ አይደለም



ፕሮፌሽን አይደለም

Partner did not like / አጋራ አልወደደም



ባል መጥላት

I got patches on the skin in the face / ራቱ ላይ ማዲያት ስላገኘሁበት



ማዲያት

I had increase of weight / ክብደት ስለጨመረብኝ



ጨመረ ኪቡ

I had fear to become infertile / መሃን እንዳያደርገኝ ስለፈራሁ



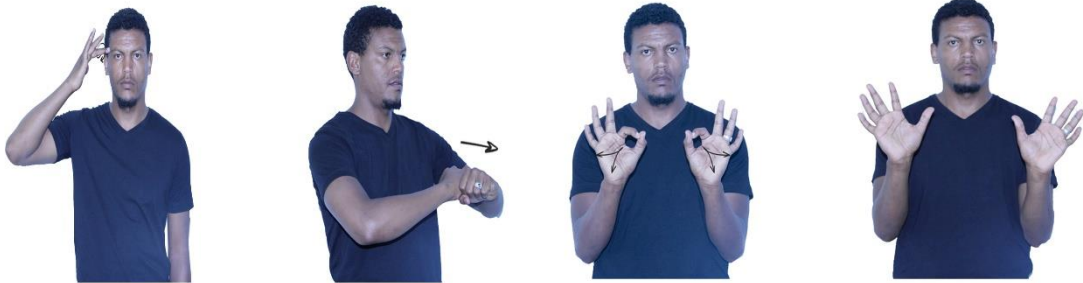
መሀን መፍራት

I want a method that I can keep private / ዘይወጥሩዎትኝ እንዲሆን ስለምፈልግ



መደበኛ መፈለግ

Does not protect against disease / ከባሽታ አይከላከልም



ባሽታ መከላከል የለም

## NEW CONTRACEPTION / አዲስ የወሊድ መከላከያ

Which contraceptive method / አሁን የትኛውን የወሊድ  
would you like now? / መከላከያ ዘዴ ይፈልጋሉ?



መከላከያ የቱ መፈለግ

Pills / ፒልስ



Injection / መርፌ



Condoms / ኮንዶም



## Implant / ኢንፕላንት





IUD / ሱፕ



Calendar method / ቀን መቁጠሪያ ዘዴ



ቀን መከታተል

## Sterilization / መሟጠጥ



## Breastfeeding method / ጡት ማጥባት ዘይዳ



## ማጥባት ዘይዳ

Abstinence / መራቅ



Do you want to keep your contraceptive private from your partner? / የወሊድ መከላከያዎን ከባለቤትዎ ለመጠበቅ ትፈልጋለሁ?



ባል መከላከያ መደበኛ መፈለግ

## PRENATAL CARE / ቅድመ ወሊድ ክትትል

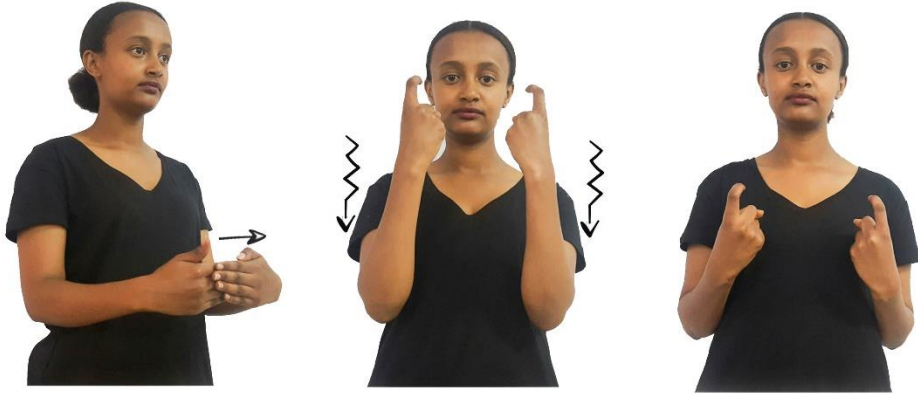
Prenatal care / ድህረ ወሊድ



መወሊድ በፊት

**CONFIRMING THE PREGNANCY / እርግዝና መኖሩን ማረጋገጥ**

Confirming the pregnancy / እርግዝናን ማረጋገጥ



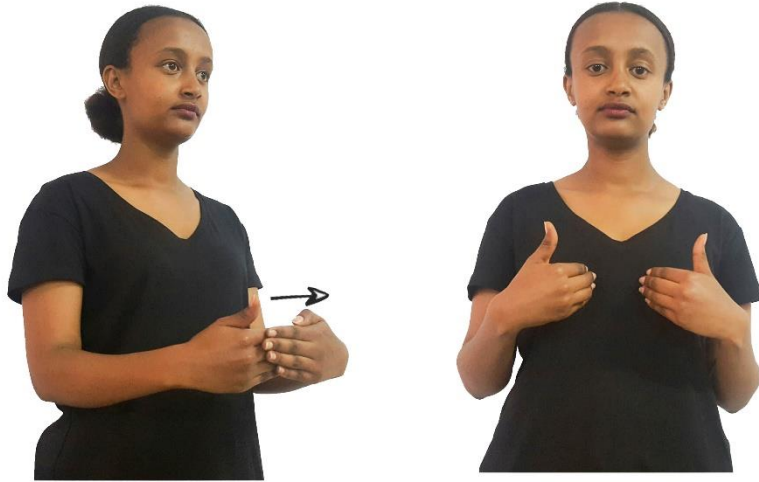
**እርጉዝ መመርመር**

When was your last ministration? / የመጨረሻ የወር አበባ የመጣ መቼ ነው?



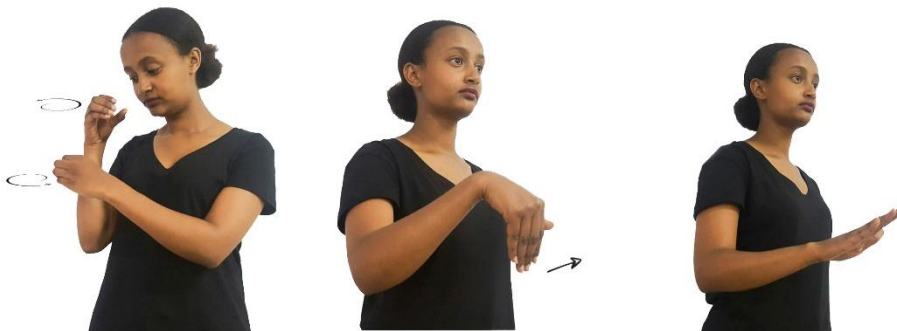
**አበባ ወር መቼ**

I need to test for pregnancy / እርግዝና መኖሩን ማረጋገጥ እፈልጋለሁ



እርግዝና ክስ

Go to Lab / ላብራቶሪ ሂጃ



ላብራቶሪ ሂጃ

Provide some urine / ሽንት ስጪ።



ሽንት አምጪ።



## CONTRACEPTION / የወሊድ መከላከያ

Were you using contraceptive? / የወሊድ መከላከያ ትጠቀሟሉ ነበር?



### እርጉዝ መከላከል መጠቀም

What contraceptive / ምን አይነት የወሊድ መከላከያ  
did you use? / ትጠቀሟሉ ነበር?



### መከላከል ምን አይነት

Pills / ፒልል



Injection / መርፌ



Condoms / ኮንዶም



Implant / ኢንፕላንት



IUD / ሱፕ



Calendar method / ቀን መቁጠሪያ ዘዴ



When did you stop? / መቼ አቆምሽ?



ማቆም መቼ

## PREGNANCY WISH / የእርግዝና ፍላጎት

Do you want the pregnancy? / እርግዝናውን ትፈልገዋለሽ?



እርጉዝ መፈለግ

Why not? / ለምን?



Rape / አስገዳዪ መድፈር



አፍኖ መድፈር

No money / ገንዘብ የለኝም



ብር የለም



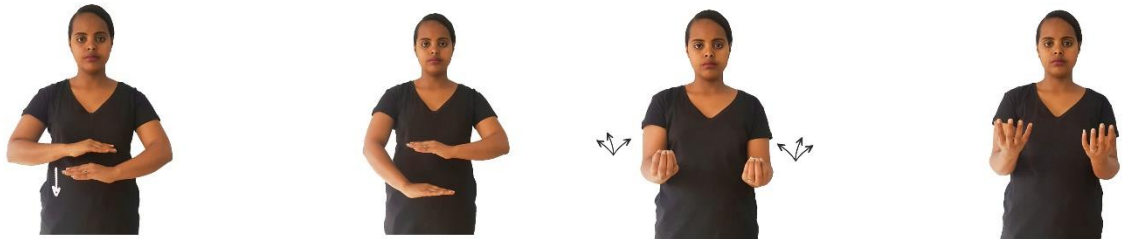
No wish to have a child/unplanned / ልጅ አልፈልግም



ልጅ አልፈልግም

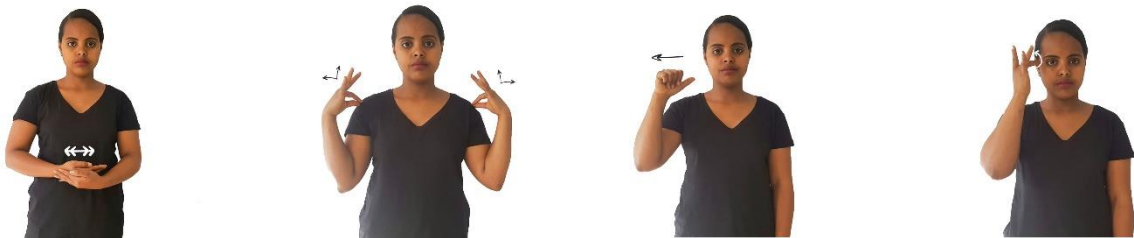
## PREVIOUS PREGNANCIES / የቀድሞ እርግዝና ሁኔታ

How many live births have you had? / ሌሎች ልጆች አሉሽ



ወለደ ስንት

Did any of your previous babies have health or medical problems? / ከዚህ በፊት የወለድኻቸው ልጆች የጤና ችግር አልባቸው



ልጅ ጤና ሌላ ህመም

Did you have a miscarriage? / ውርጃ አጋጥሞሽ ያውቃል?



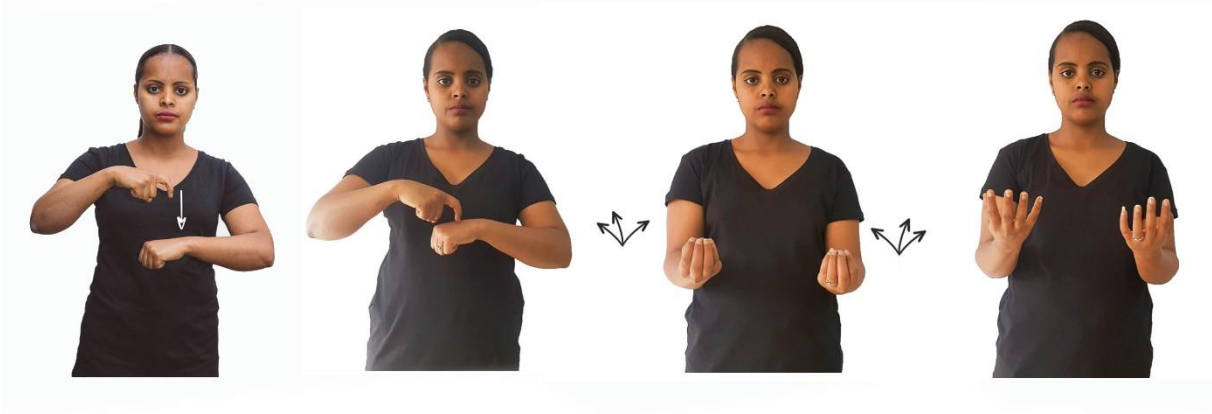
## በራሱ ማስወረድ

Did you have an abortion? / አስወርደሽ ታውቁያለሽ?



## ማስወረድ

At how many weeks / ለምን ያህል ጊዜ



ጊዜ ስንት

**MEDICAL HISTORY / የህክምና ታሪክ**

Do you have / እነዚህ ህመሞች ነበሩ



**ህመም ነበረ**

Cardiac problems / የልብ ህመም



**ልብ ህመም**

Chronic hypertension / ከፍተኛ የደም ግፊት



ደም ግፊት ከፍተኛ

Diabetes / ስኳር



Depression / ድብርት



Allergy to drugs / የመደሃኒት አለመስማማት



መደሃኒት አለመስማማት

Mental health problem / አእምሮ ህመም



አእምሮ ህመም

Any other health care problems not related to pregnancy / ከእርግዝና ጋር ያልተያያዘ ሌላ ህመም አለ



እርግዝና ጤና ሌላ ህመም



Are you taking any medication? / ሌላ መድኃኒት ትወስዷለሽ?



ሌላ መድኃኒት መውሰድ

**PRENATAL CARE / ቅድመ ወሊድ**

Are you drinking Alcohol? / መጠጥ ትጠጫለሽ?



**አልኮል መጠጥም**

Are you smoking? / ታጨኻለሽ?



ሲጋራ መጠቀም

Are you using drugs? / ሀሽሽ ትወስዷለሽ?



ሀሽሽ መጠቀም

Yes, Then STOP dangerous / አዎ ስለዚህ መውሰድ  
for baby / አቁሚ አለበለዚያ ህፃኑን ይገዳዋል



**ህጻን ገዳት**

Are you taking folic acid? / 'ፎሊክ አሲድ እየወሰድሽ ነው?



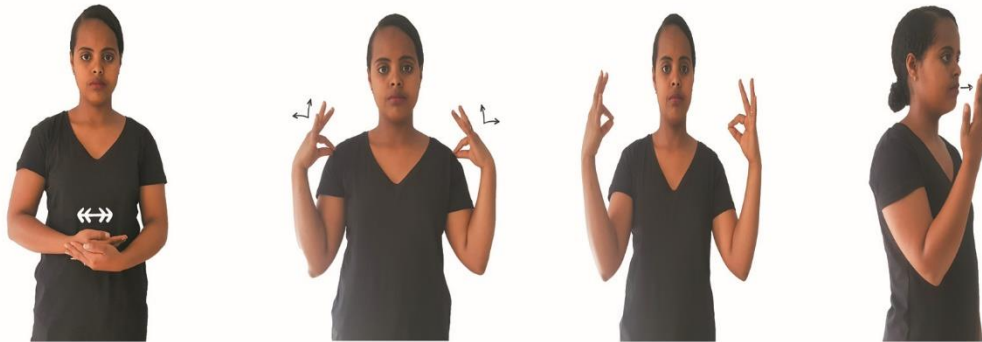
ፎሊክ መዋጥ

Are you taking calcium? / ካልሼም እየወሰድሽ ነው?



የአጥንት መድሃኒት መውሰድ

No? Then start. Healthy for baby! / አልጀመርኩም፣ ጀምራ ለልጅ ይጠቅማል



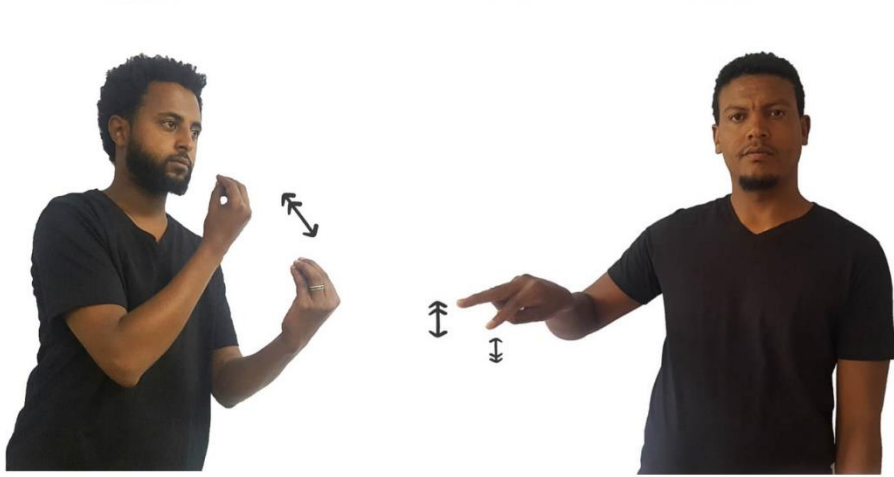
ልጅ ጤና ነበረ

Make sure to... / ላንሻ የሚጠቅመው



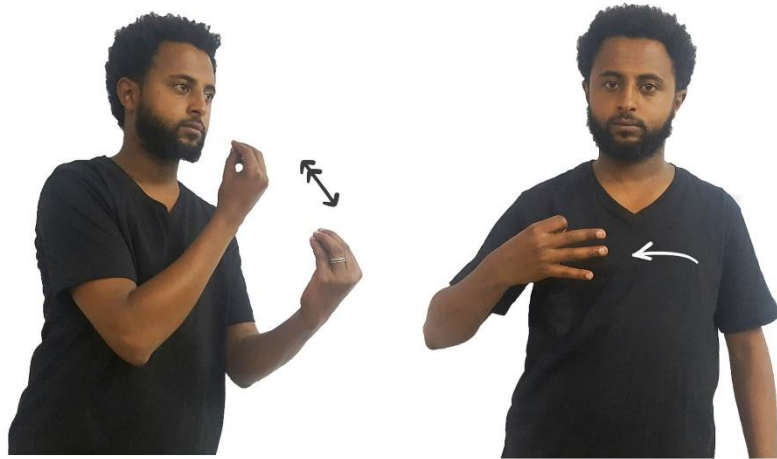
ጠቃሚ

Take a balanced diet / የተመጣጠነ ምግብ ተመገቢ.



መመገብ ተስማሚ.

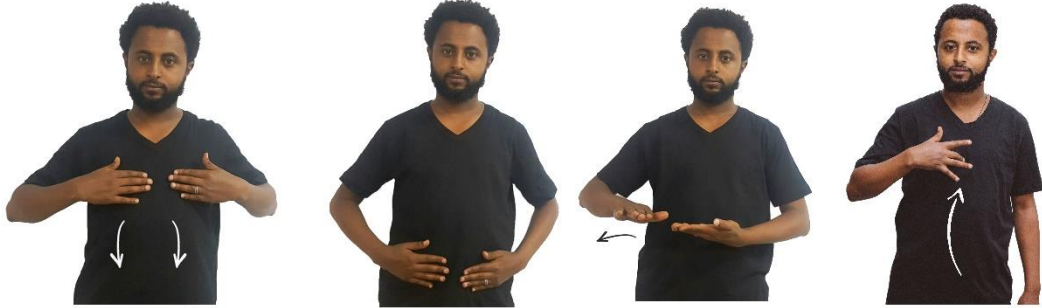
Eat more than usual / ከተለመደው በላይ ብዬ



መመገብ በደንብ



Keep personal hygiene / የግል ንጹህናሽን ጠብቂ



ሰውነት ንጹህ ጽድት

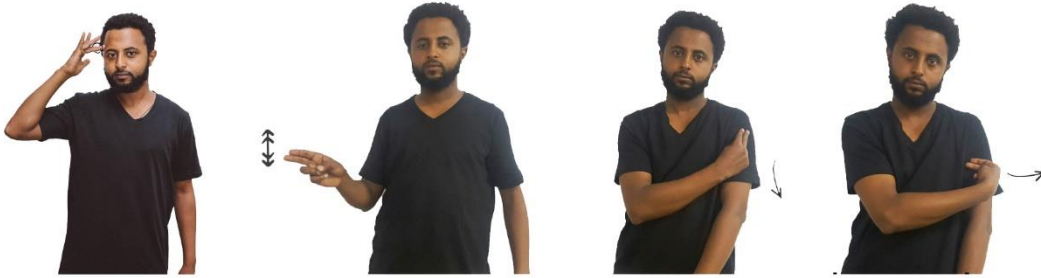
Take sufficient rest / በቂ እረፍት ውሰጧ



በቂ እረፍት

## DANGER SIGNS DURING PREGNANCY /በእርግዝና ጊዜ የሚከሰቱ አስጊ ምልክቶች

If you have any of these go to hospital or health center immediately / ከታች ከተዘረዘሩት ውስጥ አንዱ ስሜት ከተሰማሽ በፍጥነት ወደ ሆስፒታል ሂጂ.

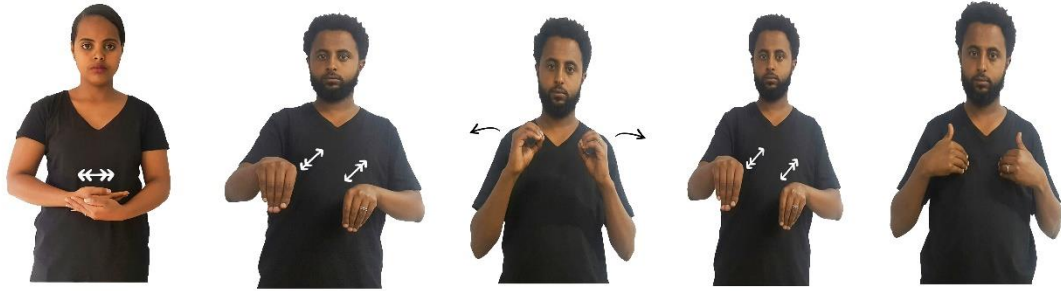


አመመ ቶሎ ሆስፒታል

Blurred vision / ብኝታ



Don't feel fetus move/ የልጅ እንቅስቃሴ ከቆመ



ልጅ መንቀሳቀስ ምንም መንቀሳቀስ አለ

Leaking of flood from vagina / ከብልት ውስጥ የሚወጣ ፈሳሽ አለ



ብልት ፈሳሽ

Severe abdominal pain / ከባድ የሆድ ህመም



ከባድ ሆድ ህመም

Fever and too weak to get out of the bed / ትኩሳት እና ከአልጋ መንቀሳቀስ አለመቻል



ትኩሳት መንቀጥቀጥ

Convolutions/fits / የሚጥል በሽታ



አይምሮ ማዞር

Bursting of water bag without labor pain / ምጥ ሰይመጣ የሽንት ውሃ መፍሰስ



ሽንት ውሃ መፍሰስ

Sever breathiness/ የአተነፋፊ ችግር



መተንፈስ ችግር

Do you have / እነዚህ ህመሞች ነበሩ



ህመም ነበረ

fever / ትኩሳት



Abdominal examination / የሆድ ምርመራ



ሆድ ምርመራ



Swelling of face hands and legs / በፊት እጅ እና እግር ላብ



Feel ill / የህመም ስሜት



ስሜት ህመም



Nausea / ማቅለሽለሽ



HEALTH CHECKS / የጤና ምርመራ

HIV / ኤች ኣይ ቪ



Blood pressure / የደም ግፊት



ደም ግፊት

An Ultrasound / ኢልትራ ሳውንድ

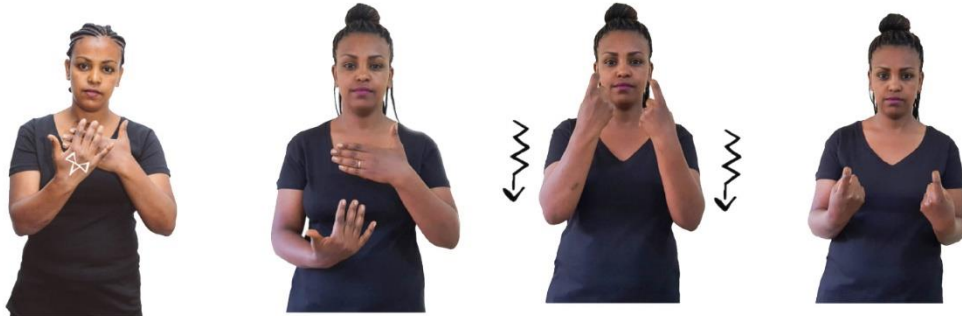


Urine test / ሽንት ምርመራ



ሽንት ምርመራ

Blood pressure test / ደም ግፊት ምርመራ



ደም ምርመራ

Take some blood / ደም መስጠት



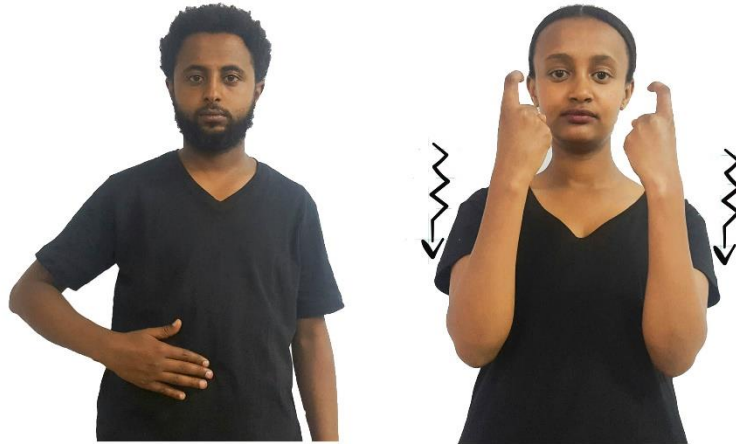
ደም መስጠት

Weigh you / ተመዘኛ



ሚዛን ቁሚ

Abdominal examination / የሆድ ምርመራ



ሆድ ምርመራ

**WORD LIST / የቃላት ዝርዝር**

vagina / ብልት



womb / ማህፀን



Fetus / ጽጌስ



Placenta / እንግዳ ልጅ



መውለድ ቀይ ጥቅልል መቅበር



contraction / መኮማተር



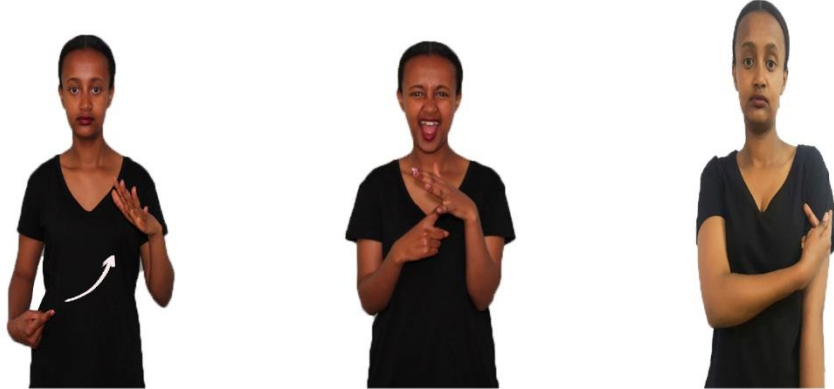
HIV/AIDS / ኤች ኦይ ቪ ኤድስ



ኤች ኦይ ቪ ኤድስ

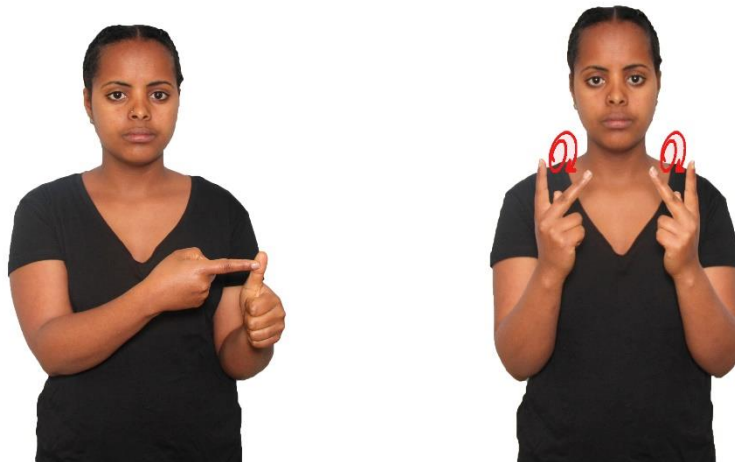
## VACCINATIONS / ክትባት

Have you had T.T. / የቲታኖስ መርፌ  
(Tetanus Toxoid) injections? / ተወግተሻል?



ቲታኖስ መርፌ

First visit / የመጀመሪያ ጉብኝት



መጀመሪያ ጉብኝት

After 1 months / ከ 1 ወር በኋላ



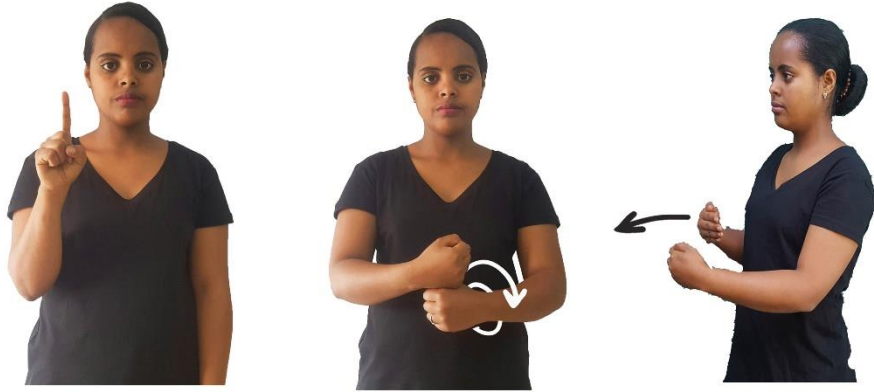
1 ወር በኋላ

After 6 months / ከ 6 ወር በኋላ



6 ወር በኋላ

After 1 year / ከ 1 ዓመት በኋላ



1 ዓመት በኋላ

Last/Previous / ባለፈው



Next/Future / ቀጣይ

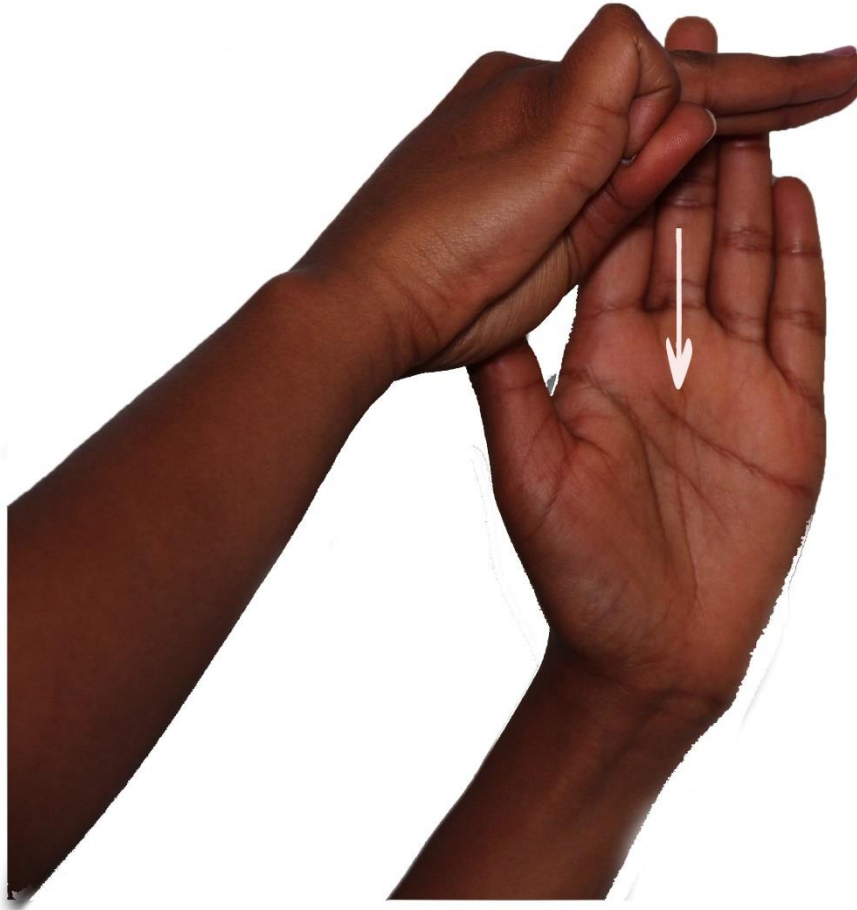


September / መስከረም





October / ጥቅምት



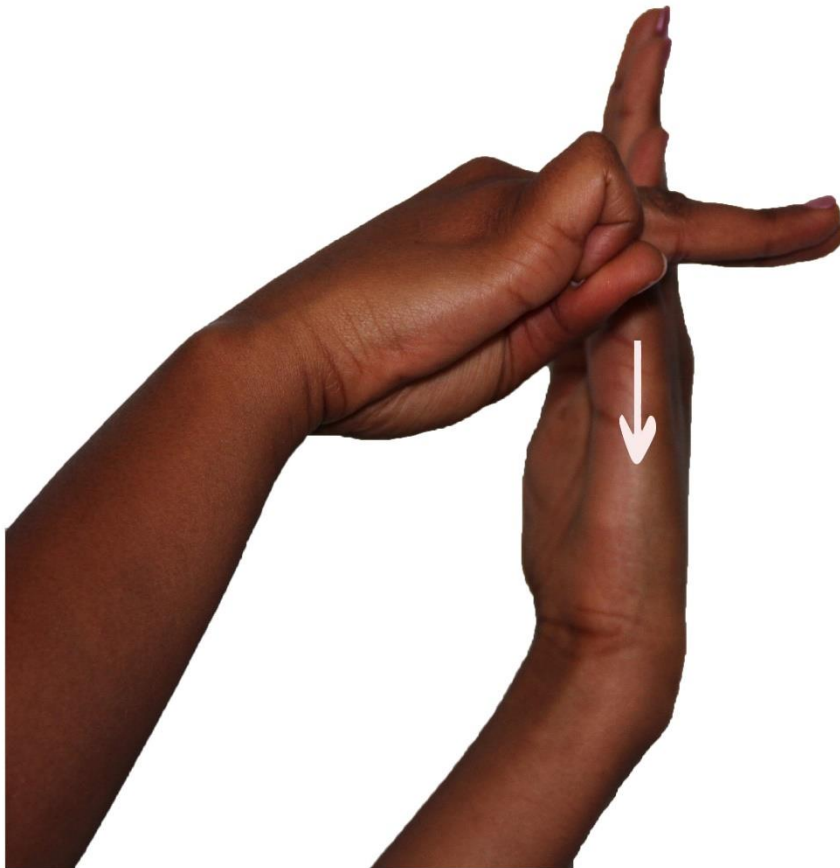
November / ህዳር



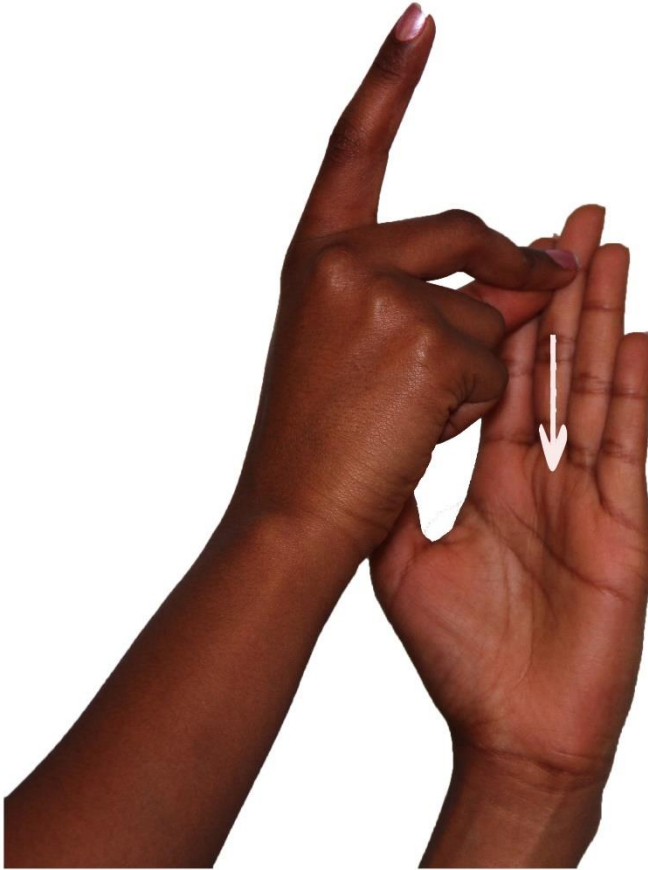
December / ታህሳስ



January / TC



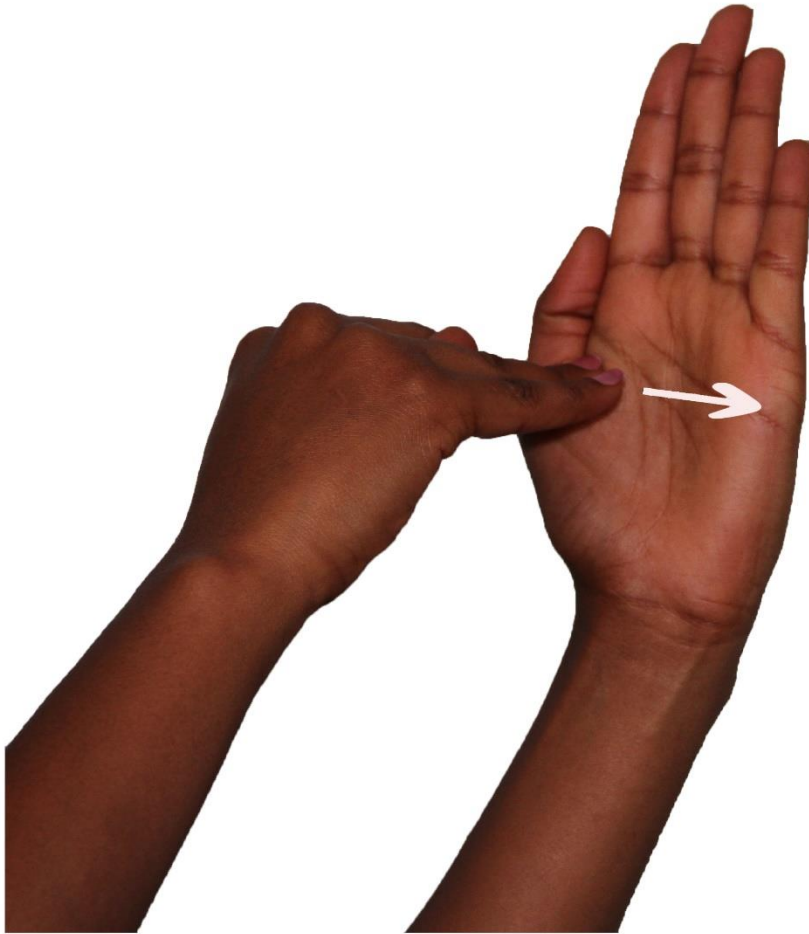
February / የካቲት



March / መጋቢት



April / **ᄃᆞᆫᆯᆞᆫ**

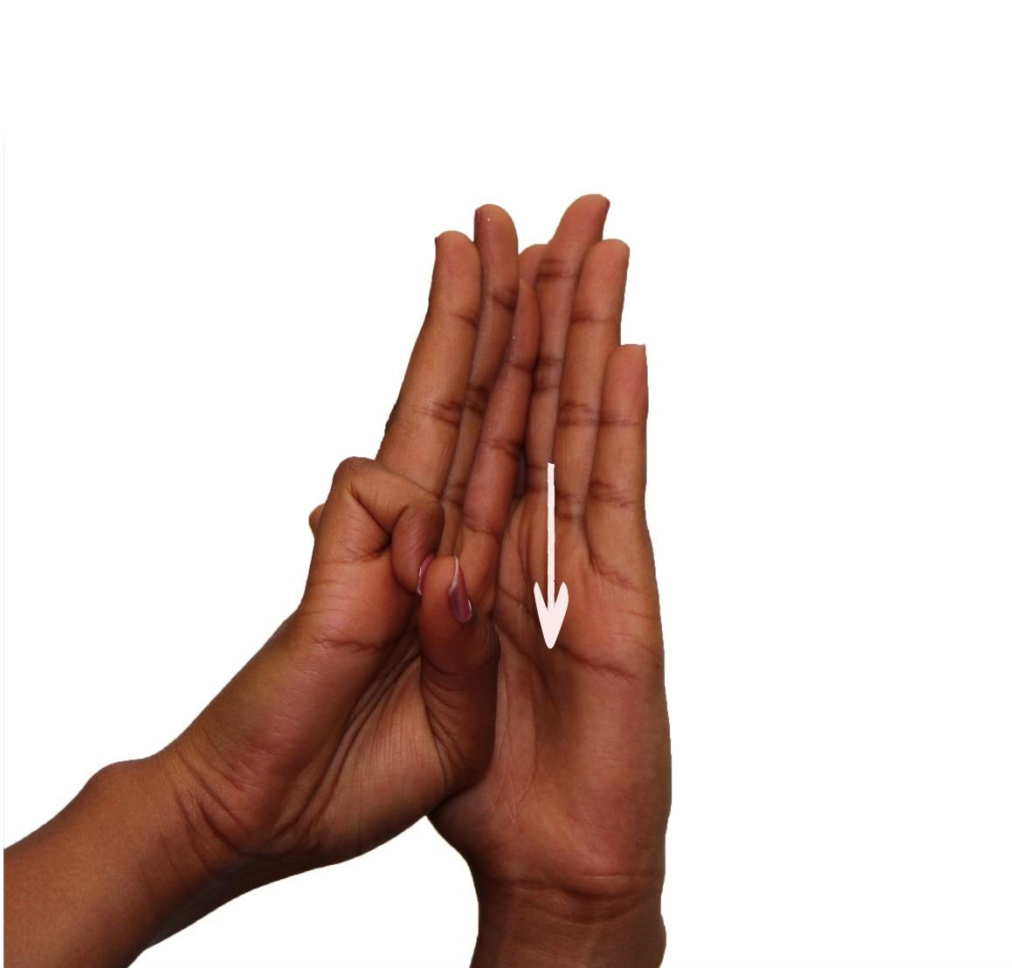


May / ግንቦት

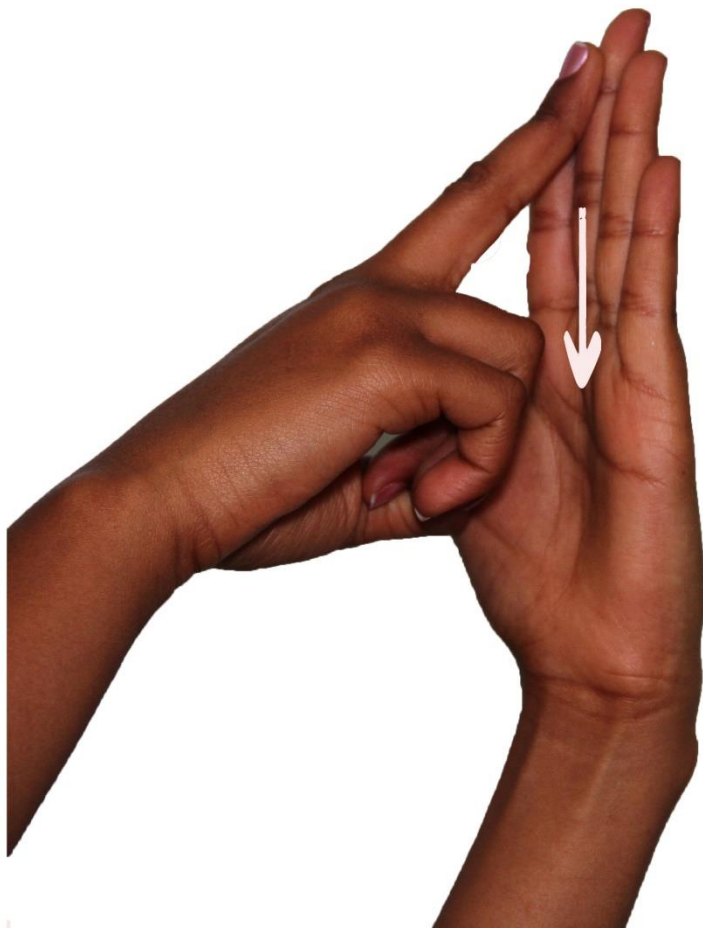




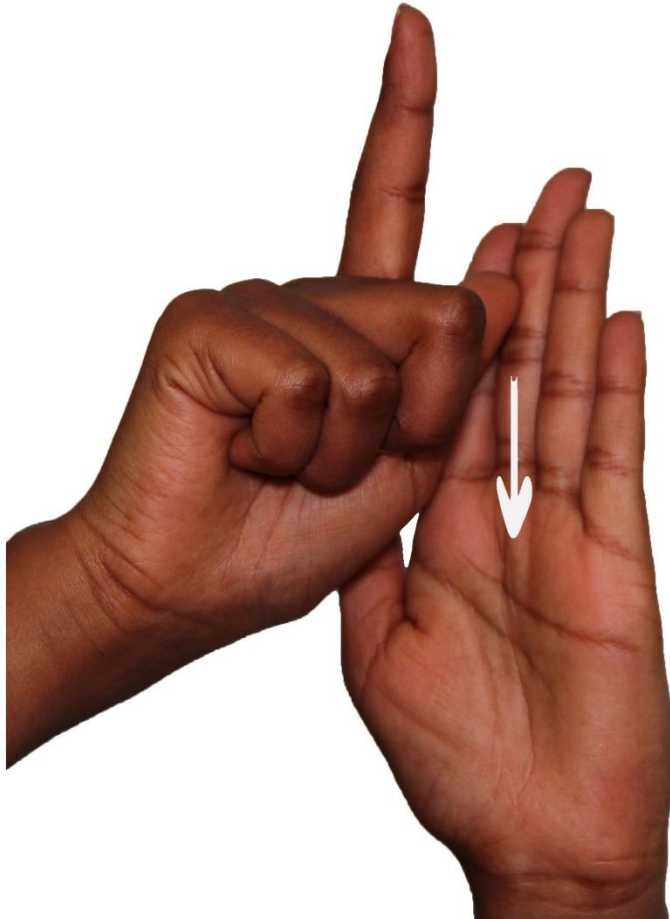
June / ሰኔ



July / ሐምሌ



August / ነሃሴ



Monday / ሰኞ



Tuesday / ማክሰኞ



Wednesday / ረቡዕ



Thursday / ሐሙስ



Friday / አርብ



Saturday / ቅዳሜ



Sunday / እሁድ



Day / ቀን

Months / ወር





week / ሳምንት

