

Cancer Care Ontario

Action Cancer Ontario

Xaaladda Waxqabad ee Bukaankoodka Iska Warbixiyay

Howlaha & Waxqabadka: Bishii la soo dhaafey guud ahaanteedda dhaqdhaqaaqayga waxaan ku qiimeynayaa sida tan ee soo socota:

- waa si caadi ah oo aan wax xad ah la hayn**
Normal with no limitations
- ma ahayn caadigeygii, laakiin waan u adkeysan karey oo si ilaa xad baan howlahayga caadiga u qabsanayay**
Not my normal self, but able to be up and about with fairly normal activities
- uma tooso howlaha badankood, laakiin in ka yar maalinta nuskeed waxaan saarnaa sariirta ama kursiga**
Not feeling up to most things, but in bed or chair less than half the day
- howl iska yar ayaan qabsan karay oo maalinta badankeed waxaan saarnaa sariirta ama kusiga**
Able to do little activity and spend most of the day in bed or chair
- sideedaba sariirta ayaan iska saarnaa, mar mar dhif ah ayaan sariirta ka kacay**
Pretty much bedridden, rarely out of bed

Patient's Name _____

Date _____ Time _____

Completed by (check one):

- Patient
- Family caregiver
- Health care professional caregiver
- Caregiver-assisted