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| **Seeing a doctor, specialist or health professional** | **Dhakhtar arkida, aqoonyahanka caafimaadka ama ka takhasuska** |
| Victoria has a wide range of health care professionals to meet all your health needs. | Victoria waxay leedahay daryeelka caafimaadka oo fara badan oo aqoonyahano ku kulmaan dhammaan baahida caafimaadka. |
| From your local GP to specialists and allied services covering both complimentary medicine and conventional treatments, there is a diverse range of expert to help you. | Laga bilaabo dhakhtarkaaga (GP) xaafadaada Ilaa kuwa takhasuska leh iyo adeegyada la xiriira daboolaya labadaba daawada bilaashka ah iyo daaweynta caadiga ah, waxaa jira khubaro badan oo kala duwan kuna caawineysa. |
| For everyday non-emergency and ongoing health issues, your first place for treatment and advice will usually be your local GP, who is a general practitioner, but is commonly known as a GP. | Xaaladaha aan degdega ahayn ee maalin kasta Iyo arimaha caafimaad oo joogtada ah, meeshaada ugu horeysa ee daaweynta Iyo talladu waxay badanaa ahaaneysaa GP ga xaafadaada, oo ah dhakhtarka guud, laakiinse oo badanaa loo yaqaan GP. |
| GPs, as well as other allied health professionals, such as physiotherapists, psychologists, podiatrists, and dentists can be accessed directly without referral. | Xaaladaha aan degdega ahayn ee maalin kasta iyo arimaha caafimaad oo joogtada ah, meeshaada ugu horeysa ee daaweynta Iyo talladu waxay badanaa ahaaneysaa GP ga xaafadaada, oo ah dhakhtarka guud, laakiinse oo badanaa loo yaqaan GP. |
| This is called primary, or first, care. | Tan waxaa layiraahdaa ta ugu muhiimsan, ama daryeelka koowaad. |
| There are also medical specialists. | Waxaa sidoo kale jira dhakhaatiirta takhasuska caafimaadka. |
| However, you will need to have a referral from your GP to access these services. | Si kastaba ha ahaatee, waxaad u baahan doontaa Inaad hesho foomka gudbinta si GP gaagu u isticmaalo adeegyadaan. |
| Talk to your GP for more information. | Kala hadal GP gaaga wixii macluumaad dheeraad ah. |
| Your GP will have an understanding of you and your medical history. | GP ayaa fahmi doona adiga iyo taariikhda caafimaadkaaga. |
| I think it's really important for someone to have a good relationship with their GP. As someone they can come to and trust with their health problems. | Waxaan u maleynayaa dhab ahaantii Inay muhiim u tahay qof inuu la lahaado xiriir wanaagsan GP giisa sidii qof ay u iman karaan Oo ay ku kalsoonaan karaan dhibaatadooda caafimaad. |
| A GP is a person who's fairly central and you might have any kind of health problem, whether it be physical problem or a mental problem or you might want to just talk about your general health and prevention, you can be really well assured that anything you tell the doctor's not going to go outside of the room. It's completely confidential. | GP gu waa qof dhexdhexaad ah oo aad la yeelan karto nooc kasta oo dhibaato caafimaad ah, haddii ay tahay dhibaato jireed ama dhibaato maskaxeed ama aad u baahato inaad hagaajiso kala hadalka caafimaadka guud Iyo ka hortaga, Waxaad dhab ahaantii noqon kartaa In si wanaagsan laguugu hubiyo in wax kasta oo aad u sheegto dhakhtarka ugama baxayo bannaanka qolka. Dhammaan waa wax qarsoon. |
| It's really important when a person comes to the doctor to tell the doctor exactly what you're doing, exactly what you're taking. Whether it be prescribed medication or over the counter medication, alternative substances, natural medicines. That's all okay, just tell the doctor and also alcohol and any elicit substances you might be taking. The doctor just wants to know to get the best outcome for you. | Run ahaantii waa muhiim in marka qof u yimaado dhakhtarka Inuu u sheego dhakhtarka isla waxaad sameynayso siday yihiin isla waxaad qaadato haddii ay daawada laguu qoray ama midaad iska soo iibsato daaweynta, waxyaalaha bedelka ah, daawooyinka dabiiciga. Taasi dhammaan waa okay, u sheeg uun dhakhtarka iyo sidoo kale aalkolada Iyo walxaha tooska ah ee laga yaabo inaad qaadaneyso. Dhakhtarku wuxuu hadda doonayaa Inuu ogaado si uu kuugu helo natiijada ugu fiican adiga. |
| Your GP can also prescribe suitable medications, refer you to specialists for further treatment, recommend allied health professionals, or write medical leave cover notes for your employer if you are unwell. | GP gaagu wuxuu awoodaa sidoo kale inuu qoro daawooyinka haboon. Oo uu kuu diro dhakhaatiirta takhasuska leh daaweyn dheeraad ah uu kugula taliyo caafimaadka la xiriira Iyo aqoon yahanada, ama qor qoraalada fasaxa caafimaad ee loo shaqeeyaha haddii aadan fiicneyn. |
| Having an open and honest relationship with your GP and any other healthcare professionals you see is essential to assist in helping you stay as healthy as possible. | La yeelashada xiriirka kalsoon ee furan ee GP ga. Iyo ciddii kale ee ah aqoon yahanada daryeelka caafimaadka ee aad aragto waa u muhiim inay kaa caawiyaan sidii aad caafimaad u yeelan lahayd Ilaa intii suurtogal ah. |
| If you are dissatisfied with a healthcare professional, you have the right to get a second medical opinion. | Haddii aadan ku qanacsaneyn aqoon yahanka daryeelka caafimaad waxaad xaq u leedahay inaad hesho fikrad labaad oo caafimaad. |
| Healthcare professionals play an important role in advising and helping you to prevent illness and maintain good health. | Aqoon yahanada daryeelka caafimaadku waxay ka ciyaaraan door muhiim ah la talinta iyo kaa caawinta inay ka hortagaan jiro oo aad ilaaliso caafimaadka wanaagsan. |
| They can help with a whole range of health and wellbeing issues, such as eating well, keeping active, maintaining good mental health. | Waxay kaa caawin karaan dhammaan caafimaadka kala duwan iyo fiyoobaanta oo ah arimaha sida si fiican wax u cunida, ilaalinta firfircoonaanta, Ilaalinta caafimaadka maskaxda ee wanaagsan. |
| As an example, let's say you're concerned about a painful knee. | Tusaale ahaan, aan niraahno waxaad saluugsan tahay wax ku saabsan jilib xannuun badan. |
| Your GP will assess your condition and may refer you to a radiologist. | GP gaaga ayaa qiimeyn doona xaaladaada oo laga yaabo inuu kuu gudbiyo dhakhtarka raajada. |
| You may decide to contact a physiotherapist and make an appointment. | Waxaad go’aansan kartaa inaad la xirrirto daaweynta dabiiciga oo aad sameysan ballan |
| You don't always require a referral from your GP. | Had iyo goor uma baahnid soo gudbinta GP gaaga. |
| There are, of course, benefits to seeing your GP about this issue, too. | Waxaa jira , xaqiiq ahaantii, faa’iidada aragtida GP gaaga wax ku saabsan arintan, xitaa. |
| Your GP can assess your issue in conjunction with the picture they already have of your overall health. | GP ayaa qiimeyn doona arinta oo la xiriirta sawirka ay haddaba qaadeen ee caafimaadkaaga guud ahaaneed. |
| Once you have seen the radiologist you have been referred to the results will be returned to your GP who will talk with you about the next steps in your health plan. | Isla markaad aragtid dhakhtarka raajada ee laguu diray natiijooyinka waxaa lagu soo celin doona GP gaaga oo kaala hadli doona wax ku saabsan talaabooyinka ku xiga ee qorshahaaga caafimaad. |
| If it turns out that you need further more specialised help, in this case it could be an orthopaedic surgeon, then a referral must be obtained. | Haddii ay noqoto in aad u baahan tahay caafimaad dheeraad ah oo takhasus xaaladaan waxay noqoneysaa dhakhtarka qaliinka lafaha kadibna soo gudbin waa in la helaa. |
| Seeing your GP is either free or subsidised by a government rebate. | Arkida GP gaaga waa midkood mid bilaash ah ama lagu kabayo lacag celinta dawlada. |
| If your GP bulk bills, Medicare should cover the whole cost. | Haddii GP gaagu uu dawlada ku dalaco, medicare ayaa bixineysa kharashka oo dhan. |
| If they charge a set consultation fee, Medicare pays a portion of this. | Haddii ay ku dalacaan lacag ujro ah oo go’an aragtidooda, Medicare waxay bixineysaa qayb ka mid ah tan. |
| Costs to see other healthcare professionals or other specialists can vary. | Kharashaadka aad ku arkeyso daryeelka caafimaadka aqoonyahanada ama takhasuslayaasha kale way kala duwanaan kartaa. |
| Most charge a fee, but Medicare refunds part of that cost. | Badi waxay soo dalacaan lacag ujro ah, laakiinse medicare baa dib u soo celisa kharashka qaybtii. |
| It's a good idea to check how much you will have to pay before you start your treatment. | Waa fikrad wanaagsan in la jeegareeyo intaad bixin doonto ka hor intaadan bilaabin daaweyntaada. |
| There can be times when your GP and other healthcare professionals are unavailable. | Waxaa dhici karta wakhtiyo marka GP gaaga iyo aqoon yahanada daryeelka caafimaadka aan la heli karin. |
| In this instance, there are telephone helplines, like nurse on call, available 24 hours a day for general medical advice. | Wakhtigan, waxaa jira khadka caawimaada taleefanka, sida kalkaalisada la waco, oo lahelo 24kii saac maalintii ee talada caafimaad ee guud. |
| Finding a GP, specialist, or other healthcare professional is something you can play a big part in. | Helitaanka GP, dakhtarka takhasuska leh ama aqoonyahanka daryeelka caafimaadka ee kale waa waxaad ka ciyaari karto qayb weyn. |
| By being involved in your healthcare and talking openly and honestly with your GP, you'll get the best results. | Adoo ku lug yeelanaya daryeelka caafimaadkaaga oo si furan ula hadlaya oo daacad ah GP gaaga waxaad heli doontaa natiijada ugu fiican. |
| Remember to ask questions, get a second opinion if you need to, listen to health advice, ask for a translator if needed, and act early. | Xasuuso inaad su’aalo weydiiso, hel fikrad labaad haddii aad u baahato, dhageyso tallada caafimaadka, weydiiso turjumaan haddii loo baahan yahay oo wax ka qabo goor hore. |
| For more information, visit BETTERHEALTH.vic.gov.au/healthprofessionals | Wixii macluumaad dheeraad ah, gal BETTERHEALTH.vic.gov.au/healthprofessionals |