

## Teste Isin Kulit ba Tuberkulina Tuberculin Skin Test

### Sa ida maka mear ran (TB)?

- Mear ran (TB) moras ida mai hosi infesaun bakteria (ular ki'ik oan tebe-tebes, la haré ho matan) *Mycobacterium tuberculosis*. Mear ran (TB) bele halo aat atebok ho mos fatin seluk iha ita nia isin, hodi sai moras bo'ot.

### Sa ida maka teste isin kulit ba tuberkulina?

- Teste isin kulit ba tuberkulina (TST), mos naran *Mantoux test*, hodi buka hatene se ema iha ona infesaun mear ran (TB) nian.
- Foo deit sona ki'ik oan ida iha kulit nia okos, bai-bai halo iha liman kabun karuk, oras 48-72 liu tiha, ema haré daun fatin nia reasaun, dala ruma iha bolla ki'ik oan ida.
- Se mosu buat kabuar ruma, ne'e hatudu katak ema ne'e iha infesaun TB ka uluk iha ona sangra BCG. Se bubu boot karik, nia sei mesak diak deit.
- Ema uit oan deit iha komunidadade (percentagem ki'ik oan) mak iha resultadu positivu hosi teste ida ne'e (Teste Isin Kulit ba Tuberkulina), mai be **ema barak ne'e bé iha infesaun TB, la hetan moras mear ran (TB)**.

### Molok atu halo teste TST:

Importante tebe-tebes atu fo hatene enfermeiru se imi:

- Iha moras kankru hanesan moras naran *lymphoma* ka *Hodgkin's*
- Hemu aimoruk sira ne'e bé bele imi nia organismu defesa nian sai fraku hanesan *cortico-steroides* (exemplu: *prednison*), *cyclosporin* ka aimoruk quimoterapia nian (hodi trata kankru)
- Foin iha infesaun ruma (iha fulan kotuk) hanesan gripe todan, sarampu, mear busa (tosse konvulsu)
- Foin iha sangra hasoru (iha fulan kotuk) papeira, sarampu ho rubella ka varisella.
- Iha HIV/SIDA
- Kondisaun hirak ne'e bele halo susar atu halao ka interpreta teste ne'e.

### Hia kuidadu ho sangra fatin:

- Labele koir sangra fatin
- Labele taka sangra fatin ho adesivu, kreme ka pomada
- Se iha buat kabuar ruma, labele sukut fera
- Halao imi nia vida hanesan bai-bai hodi servisu nafatin, halo desporto hodi haris.

### Teste liu tiha atu halo sa ida?

- Teste hotu tiha, **oras 48 -72 liu tiha, tenki fila fali ba klinika** hodi haré ho mos hakerek tutir teste nia reasaun.
- Ema balu ne'e bé iha teste nia resultadu negativu, bele halo teste ida tan.

### Tanba sa maka fila fali Teste Isin Kulit ba Tuberkulina?

- Teste ida halo uluk bele iha resultadu negativu tanba teste ne'e bele iha reasaun sedu liu, mai be lakon tiha.
- Teste ida tuir fali, ba estimula organismu defesa (immune system) atu reage hodi halo reasaun ida lakon tiha ona, mosu fali.
- Resultadu negativu ho positivu falsu hirak ne'e, halo ema ne'e bé halo desisaun atu haré hodi tratamentu susar tebe-tebes. Teste ida halo tuir fali bele tulun hodi esplika posisaun ida ne'e.

**Se imi iha preokupasaun ruma kona teste baihira imi sai hosi ne'e,  
bele dere arame ba klinika hirus matan nian.**

**Klinika Hirus Matan Iha NSW****Klinika iha Cidade:  
Metropolitan Clinics:****Telefone Numeru.  
Telephone No.**

Central Sydney	Canterbury Hospital	9787 0162
	Concord Hospital	9767 5675
	Royal Prince Alfred Hospital	9515 8846
Northern Sydney	Hornsby Hospital	9477 9317
	Manly Hospital	9976 9542
	Royal North Shore Hospital	9926 7905
South Eastern Sydney	Prince of Wales Hospital	9382 4636
	St George Hospital	9350 2503
	St Vincent's Hospital	8382 3876
	Sydney Hospital	9382 7535
South Western Sydney	Liverpool Hospital	9829 4888
Wentworth	Nepean Hospital	4734 2536
Western Sydney	Parramatta Health Services	9843 3110

**Klinika iha Kampu:  
Rural Clinics:**

Central Coast	Gosford Hospital	4320 3388
Far West	Broken Hill Hospital	(08) 8080 1317
Greater Murray	Wagga Wagga Centre of Public Health	6933 9125
	Griffith Community Health Centre	6966 9900
Hunter	John Hunter Hospital	4921 3372
Illawarra	Wollongong Hospital	4253 4138
Macquarie	Dubbo Centre of Population Health	6841 2345
Mid Western	Orange Base Hospital	6393 3480
Mid North Coast	Coffs Harbour Health Campus	6656 7855
	Port Macquarie Health Centre	6588 2755
	Taree Health Centre	6592 9625
New England	Tamworth Base Hospital	6768 3392
Northern Rivers	Lismore Base Hospital	6620 2280
Southern	Bega Community Health Centre	6492 9620
	Cooma Community Health Centre	6455 3201
	Goulburn Community Health Centre	4827 3913
	Narooma Community Health Centre	4476 2344
	Queanbeyan Community Health Centre	6298 9233
	Young Mercy Care Centre	6382 1111

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