

**janmrTelobis ms oflio organizaciis `steps~ (STEPS) kiTxvaris gzamkvlevi
(ZiriTadi da gafarToebuli)**



qronikuli aragadamdebi daavadebebis

meTvalyureobisaTvis (STEPS)

20 Avenue Appia, 1211 Geneva 27, Switzerland
damatebiTi informaciisaTvis mimarTeT:
www.who.int/chp/steps

kiTxvari

Sesavali

es nawili moicavs steps instruments da aseve kiTxvaris Sevsebis gzamkvlevs, romelsac interviuerebi da meTvalyureebi iyeneben adgilze muSaobisas. aq mocemulia TiToeuli kiTxvis mokle ganmarteba.

mizani

kiTxvaris instruksiis mizans warmoadgens interviuerisa da meTvalyurisaTvis sabaziso informaciis miwodeba TiToeuli kiTxvis ganmartebiT.

interviueri iyenebs am informacias, rodesac monawilebs dasWirdebaT konkretuli kiTxvis gamartiveba an ar ecodinebaT pasuxi.

interviuerma da meTvalyurem Tavi unda Seikavon sakuTari interpretaciebis SeTavazebisagan.

grafebis ganmarteba

qvemoT mocemul cxrilSi mocemulia TiToeuli grafis mokle ganmarteba

grafa	aRwera	Asaitis adaptacia
nomeri	kiTxvis nomris daniSnulebaa daexmaros interviuerebs, swrafad ipovnon saWiro kiTxva intervius Sewyvetis SemTxvevaSi	SecvaleT kiTxvebis numeracia mxolod mas Semdeg, rac sablood dadgindeba kiTxvaris Sinaarsi
kiTxva	monawilesaTvis wakiTxuli unda iyos TiToeuli kiTxva instruksiis mixedviT	<ul style="list-style-type: none">• SearCieT saWiro nawilebi• daamateT sasurveli gafarToebuli da SerCeviTi kiTxvebi gegmis Sesabamisad
pasuxebi	es grafebi moicavs SesaZlo pasuxebis variantebs, romlebic interviuerma unda unda Semoxazos an Seavvos Sesabamisi ujra. pasuxebis marjvena mxares mocemulia gamotovebis instruqciebi, romlebic aucleblad unda iqnes daculi intervius msylelobaSi.	<ul style="list-style-type: none">• daamateT lokalurad specifikuri demografiuli pasuxebi (mag. C6)• gadasavleli kiTxvis identifikacia moxdeba kodidan kiTxvis nomriT
kodi	grafis daniSnulebaa SesabamisobaSi moiyanos monacemebi kiTxvaridan monacemTa Seyvanis, monacemTa analizis sintaqsis, saregistracio wignsa da faktebis furcels Soris.	ar unda Seicvalos an gadaadgildes kodi. kodi gamoyeneba monacemTa Seyvanisa da analizis ZiriTad identifikatorad

stepis kiTxvaris gzamkvlevi qronikuli daavadebebis risk-faqtorebis meTvalyureoba saqarTvelo

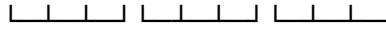
kylevis informacia

mdebareoba da TariRi

pasuxi

kodi

monawilis saidentifikacio nomeri



1	klasteris saidentifikacio nomeri		I1
2	klasteris dasaxeleba		I2
3	intervueris saidentifikacio nomeri		I3
4	kiTxvaris Sevsebis TariRi	dRe Tve weli	I4

monawilis saidentifikacione nomeri		
Tanxmoba, intervius ena da saxeli/gvari		pasuxi
		kodi
5	Tanxmobis teqsti waekiTxa da miewoda monawiles	diaz 1 ara 2 Tu ara, SewyviteT
6	intervius ena	qarTuli 1 rusuli 2
7	intervius Catarebis dro (24-saaTiani reJimiT)	 sT : wT
8	ojaxis gvari	
9	saxeli	
damatebiTi informacia, romelic SesaZloa sasargeblo iyos		
10	Tu SesaZlebelia, sakontaqto telefonis nomeri	

CaiwereT da SeinaxeT saidentifikacio informacia (I6-I13) Sevsebuli kiTxvaridan calke.

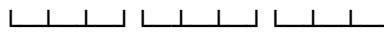
step 1 demografiuli informacia

Demografiuli monacemebis Sesavsebad Semdgomi instruqciiisa Tvis ixileT nawili 3, seqcia 2,

ZiriTadi: demografiuli informacia			
kiTxva		pasuxi	kodi
11	sqesi (miuTiTeT mamakaci/qali garegnuli SefasebiT)	mamakaci 1 qali 2	C1
12	Tqveni dabadebis TariRi? ar vici 77 777 7777	 dRe Tve weli	Tu cnobilia, gadadi C4 C2
13	ramdeni wlis xarT?	wlebi	C3
14	ramdeni weli gaatareT sul skolaSi an sruldRiani swavlebis reJiMSi (skolamdeli ganaTlebis garda)?	wlebi	C4

gafarToebuli: demografiuli informacia			
15	Tqvens mier damTavrebuli ganaTlebis umaRlesi done?	aranairi saskolo ganaTleba 1 arasruli dawyebiTi 2 sruli. dawyebiTi 3 arasruli saSualo 4 sruli saSualo 5 sauniversiteto 6 diplomis Semdgomi 7 uari 88	C5
16	romel jgufs [eTnikur/rasobriv/kulturalur qvejgufs/sxvas] miekuTvnebiT?	qarTveli 1 afxazi 2 osi 3 azerbaijaneli 4 somexi 5 rusi 6 sxva (miuTiTeT) 7 uari 88	C6
17	rogoria Tqveni ojaxuri mdgomareoba	dauqorwinebeli 1 amJamad daqorwinebuli 2 calke mcxovrebi 3 ganqorwinebuli 4 qvrivi 5 Tanamacxovrebeli 6 uari 88	C7
18	am CamonaTvalidan ra metad Seesabameba Tqveni samuSaos statuss bolo 12 Tvis manZilze?	saxelmwifo moxele 1 arasamTavrobo seqtorSi 2 TviTdasaqmebuli 3 araanazRaurebadi 4	C8

		studenti 5 diasaxlisi 6 pensioneri 7 umuSev. (Sromiunariani) 8 umuSevari Sromisuunar) 9 uari 88	
19	18 wlis zeviT asakis ramdeni adamiani, Tqveni CaTvliT, cxovrobs Tqvens komlSi?	adamianTa raodenoba	C9

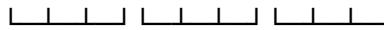
**gafarToebuli: demografiuli informacia**

kiTxva	pasuxi		kodi
20	SegiZliaT Tu ara miTxraT, ra iyo komlis saSualo Semosavali (larebSi) gasul wels? <i>(miuTiTeT mxolod erTi varianti, ara samive)</i>	kviraSi	gadadi T1 C10a
		an TveSi	gadadi T1 C10b
		an weliwadSi	gadadi T1 C10c
	uari 88		C10d
21	Tu Tqven ar iciT raodenoba, SegiZliaT Tua ara miTxraT komlis wliuri Semosavalis done, Tu me wagikiTxavT garkveul SesaZlo variantebs larebSi?	≤ 2600-ze 1 meti vidre 2600, ≤ 5000 2 meti vidre 5000, ≤ 10.000 3 meti vidre 10.000, ≤ 20.000 4 meti vidre 20.000 5 ar vici 7 uari 88	C11

stepi 1 qceviTi ganzomilebebi*qceviTi ganzomilebebis Sesavsebad Semdgomi instruciisa Tvis ixileT nawili 3, seqcia 2***ZiriTadi: Tambaqs moxmareba**

axla dagisvamT ramodenime SekiTvxas janmrTelobasTan dakavSirebuli qcevebis Sesaxeb. amaSi Sedis iseTi sakiTxebi, rogoricaa moweva, alkoholis miReba, xilis da bostneulis moxmareba da fizikuri aqtivoba. daviwyot TambaqoTi.

kiTxva	pasuxi	kodi
22	amJamad eweviT Tu ara Tambaqs produqtebs, rogoricaa sigareti, sigara an eweviT Cibuxs? <i>(aCveneT suraTi)</i>	diax 1 ara 2 Tu ara, gadadiT T6a-ze
23	eweviT Tu ara Tambaqs yoveldRiurad?	diax 1 Nara 2 Tu ara, gadadiT X1-ze
24	ra asakidan daiwyeT moweva yoveldRiurad?	Aasaki(wlebi)
25	gaxsovT, ramdeni wlis win daiwyeT moweva yovedRiurad? <i>(miuTiTeT mxolid 1, ara samive)</i> ar vici 77	wlebSi
		tu icis, gadadiT T5a-ze
		an TveebSi
26	Semdegi Tambaqs produqtebidan ramdens eweviT yoveldRe saSualod? <i>(miuTiTeT produqtis TiToeuli tipisTvi, aCveneT</i>	Aan kvirebSi
		samrewvelo warmoebis sigareti
	xeliT daxveuli sigareti	T5b



suraTi)

ar vici 77

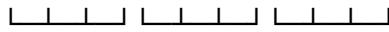
	TambaqoTi datenili Cibuxi		T5c
	sigaris ssvadasxva tipi		T5d
	sxva	Tu sxva gadadi T5-ze, kidev sxva gadadi X1-ze	T5e
	sxva (miuTiTeT):	gadadi T9-ze	T5 sxva

27	gicdiaT Tu ara Tambaqs mowevaze Tavis danebeba ukanaskneli 12 Tvis ganmavlobaSi?	Ddiaz	1	X1
		ara	2. Tu ara da T2=2 gadadi T6-ze; Tu ara da T2=1 gadadi T9-ze	
28	Tambaqs mowevaze Tavis danebebis mcdelobebisas yvelaze xangrZlivad ramden xans ar eweodiT?	dRe		X2a
		an kvira		X2b
		an Tve		X2c
		an weli		X2d
29	CamoTvlilTagan gamoiyeneT Tu ara romelime ukanaskneli 12 Tvis ganmavlobaSi mowevaze Tavis danebebisaTvis? AFTER THIS QUESTION, DAILY SMOKERS SKIP TO T9, NON-DAILY SMOKERS CONTINUE TO T6	konsultacia, maT Soris specialur Tambaqs sawinaaRmdego klinikaSi?	diaz 1	X3a
		ara 2		
		nikotinCanacylebiTi mkurnaloba, magaliTad specialuri saReWi rezini an aplikaciebi?	diaz 1	X3b
		ara 2		
		sxva medikamentebi, rogoricaa bupropioni an tabeqsi?	diaz 1	X3c
		ara 2		
		specialuri satelefono konsultacia?	diaz 1	X3d
		ara 2		
		gadasvla Tambaqs ukvamlo produqtebze?	diaz 1	X3e
		ara 2		
		raime sxva?	diaz 1	X3f
		ara 2		
		miuTiTeT:		X3f other

**gafarToebuli: Tambaqs moxmareba**

kiTxva		pasuxi	kodi
30	odesme eweodiT Tu ara Tambaqs?	diax 1	T6a
		Nara 2 Tu ara, gadadi T9	
31	eweodiT Tu ara yoveldRiurad odesme?	diax 1 Nara 2 Tu ara, gadadi X4	T6
32	ra asakSi iyaviT, rodesac SewyviteT Tambaqs yoveldRiuri moweva?	asaki (wlebi) ███ Tu icis, gadadi T19a ar vici 77	T7
33	ramdeni xnis win SewyviteT Tambaqs yoveldRiuri moweva? (miuTiTeT mxolod 1 da ara samive) ar vici 77	wlebis win ███ Tu icis, gadadi T19a	T8a
		an Tveebis win ███ Tu icis, gadadi T19a	T8b
		an kvirebis win ███	T8c
34	rodesac Tavi daanebeT mowevas, CamoTvlilTagan gamoiyeneT Tu ara romelime?	konsultacia, maT Soris specialur Tambaqs sawinaaRmdego klinikaSi? diax 1 ara 2	X4a
		nikotinCanacvlebiTi mkurnaloba, magaliTad specialuri saReWi rezini an aplikaciebi? diax 1 ara 2	
		sxva medikamentebi, rogoricaa bupropioni an bateqsi? diax 1 ara 2	X4c
		tradiciuli/saxalxo mkurnaloba? diax 1 ara 2	
		specialuri satelefono konsultacia? diax 1 ara 2	X4d
		gadasvla Tambaqs ukvamlo produqtetebze? diax 1 ara 2	
		raime sxva? (miuTiTeT) diax 1 ara 2	X4f
		miuTiTeT: ███	
35	moixmarT Tu ara amJamad Tambaqs raime ukvamlo produqtts, rogoricaa [saynosi Tambaqa, saReWi Tambaqa] ? aCveneT suraTi	diax 1 Nara 2 Tu ara, gadadi T12	T9
36	ramdeni dRe iyo bolo 7 dRis ganmavlobaSi iseTi,	dReebis raodenoba ███	T14

	rodesac Tqvens samuSao adgilas, daxurul sivrceSi (SenobaSi, samuSao adgilas an specifikur ofisSi), Tqveni TandaswrebiT eweoda vinme?	ar vici an ar vmuSaob daxurul sivrceSi77		
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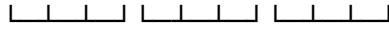
**ZiriTadi: alkoholis moxmareba**

Semdegi kiTxvebi exeba alkoholis moxmarebas

kiTxva	pasuxi	kodi
37	<p>mogixmariaT Tu ara odesme alkoholuri sasmeli, rogoricaa ludi, Rvino, arayi (gamoiyeneT suraTi an Tvalsacinoeba)</p>	<p>dax 1</p> <p>ara 2 <i>Tu ara, gadadi D1</i></p>
38	moixmareT Tu ara alkoholuri sasmeli bolo 12 Tvis ganmavlobaSi?	<p>dax 1</p> <p>ara 2 <i>Tu ara, gadadi D1</i></p>
39	bolo 12 Tvis manZilze ra sixSiriT moixmardiT alkoholuri sasmelis minimum erT standartul porciyas? (waukiTxeT pasuxebi an gamoiyeneT suraTi)	<p>yoveldRiurad 1</p> <p>KkviraSi 5-6 dRe 2</p> <p>KkviraSi 1-4 dRe 3</p> <p>TveSi 1-3 dRe 4</p> <p>TveSi erT jerze naklebad 5</p>
40	moixmareT Tu ara alkoholuri sasmeli bolo 30 dRis ganmavlobaSi?	<p>dax 1</p> <p>ara 2 <i>Tu ara, gadadi D1</i></p>
41	bolo 30 dRis ganmavlobaSi alkoholuri sasmelis Tundac erTi porciyas miRebis ramdeni SemTxeva gqondaT?	<p>raodenoba </p> <p>ar vici 77</p>
42	bolo 30 dRis ganmavlobaSi alkoholis miRebis TiTo SemTxvevis farglebSi ramden standartul porciyas iRebdiT saSualod? (gamoiyeneT suraTi)	<p>raodenoba </p> <p>ar vici 77</p>
43	bolo 30 dRis ganmavlobaSi alkoholis miRebis erTi SemTxvevis farglebSi ramdeni iyo standartul porciebis maqsimaluri raodenoba yvela tipis alkoholis CaTvlit?	<p>maqsimaluri raodenoba </p> <p>ar vici 77</p>
44	bolo 30 dRis ganmavlobaSi ramdenjer mogixmariaT mamakacebisTvis: 5 an meti standartuli doza qalebisaTvis: 4 an meti standartuli doza alkoholis miRebis erTi SemTxvevis farglebSi	<p>ramdenjer </p> <p>ar vici 77</p>

gafarToebuli: alkoholis moxmareba

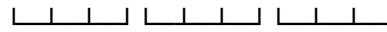
45	bolo 30 dRis ganmavlobaSi ramdenjer miiReT alkoholi sakvebTan erTad? nu CaTyliT mcire wasaxemsebel sakvebs da msgavss.	Cveulebriv sakvebTan er. 1 zogjer sakvebTan erTad 2 iSviaTad sakvebT. erTad 3 arasodes sakvebTan erTad 4	A8
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ZiriTadi: kveba

Semdegi kiTxvebi daismeba kvebisTa Tvis Cveuli xilis da bostneulis moxmarebis Taobaze. me maqvs kvebis baraTebi da giCvenebT adgilobrivi xilisa da bostneulis magaliTebs. Yyoveli suraTi warmoadgens ulufis zomas. am kiTxebze pasuxis gacemisas, mxdvelobaSi miiReT gasuli wlis tipiuri kvira.

kiTxva		pasuxi	kodi
46	ramden dRes miirTmevT xils tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77	D3 
47	ramden ulufa xils iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba ar vici 77	D2 
48	ramden dRes iRebT bostneuls tipiuri kviris ganmavlobaSi? gamoiyene suraTi	dReebis raodenoba ar vici 77	D3 
49	ramden ulufa bostneuls iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba ar vici 77	D4 
50	saSualod ramdenjer miirTmevT sakvebs yoveldRiurad?	yoveldRiurad ar vikvebebi dReSi 1-jer dReSi 2-jer dReSi 3-jer dReSi 4-jer metad	X5 1 2 3 4 5 6



51	ramden dRes miirTmevT xorcs an xorcpoduqtebs tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77 D10	X6
52	ramden ulufa xorcs an xorcpoduqtebs iRebT erT- erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba ar vici 77	X7
53	ramden dRes miirTmevT Tevzs an Tevzeulis produqtebs tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77 D12	X8
54	ramden ulufa Tevzs an Tevzeulis produqtebs iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba ar vici 77	X9
55	ramden dRes miirTmevT rZes an rZis produqtebs tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77 D14	X10



56	ramden ulufa rZes an rZis produqtebs iRebT erT-erT aseT dRes? (gamoyeneT suraTi)	ulufebis raodenoba ar vici 77	X11
57	ramden dRes miirTmevT purs an purproduqtebs tipiuri kviris ganmavlobaSi? (gamoyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77	X12
58	ramden ulufa purs an purproduqtebs iRebT erT-erT aseT dRes? (gamoyeneT suraTi)	ulufebis raodenoba ar vici 77	X13
59	ramden dRes miirTmevT tkbileuls an Saqrис Semvel produqtebs tipiuri kviris ganmavlobaSi? (gamoyeneT saCvenebeli baraTi)	dReebis raodenoba ar vici 77	X14
60	ramden ulufa tkbileuls an Saqrис Semvel produqtebs iRebT erT-erT aseT dRes? (gamoyeneT suraTi)	ulufebis raodenoba ar vici 77	X15

gafarToebuli: kveba

61	ra saxis zeTs an cxims iyenebT yvelaze xSirad sakvebSi Tqvens komlSi? (gamoyeneT suraTi, SearCieT mxolod erTi pasuxi)	mcenareuli zeTi 1 Roris qoni 2 karaqi an erbo 3 Mmargarini 4 sxva 5 Tu sxva, gadadi ara konkretuli 6 arcerTi 7 ar vici 77	D5
		sxva	D5 sxva

62	kviraSi saSualod ramdenjer iRebT sakvebs, romelic saxlSi ar aris momzadebuli? mxedvelobaSia sauzme, sadili da vaxSami.	raodenoba [REDACTED] ar vici 77	D6
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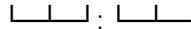


ZiriTadi: fizikuri aqtivoba

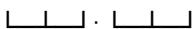
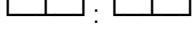
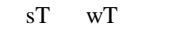
Semdegi kiTxvebi daismebe im drois Sesaxeb, romelsac atarebT tipiur kviraSi ssvadasxva tipis fizikuri aqtivobisaTvis. upasuxeT am SekiTxeves im SemTxvevaSic, Tu Tavs ar TviT fizikurad aqtiur pirovnebad. arsebobs aqtivobis mrawali sfero, rac unda iyos CarTuli; samuSao, aqtivoba saxlSi da mis gareT, ezoSi, erTi adgilidan meoreze gadaadgileba (transportTan dakavSirebuli) da rekriacia (samuSaodan Tavisufal an dasvenebis periodSi) varjiSi da sportiT dakaveba. Ees Sesavali nawili ar unda iqnes gamotovebuli.

Tavidan respondentma unda gansazRvros, ramden dros atarebs is muSaobaSi. samuSao moicavs anazRaurebad da araanaazRaurebad samuSao, saxlSi saqmianobas, mosavlis aRebas, Tevzaobas da nadirobas sakvebis mopovebis mizniT, samuSao Zebnas [CarTeT sxva magaliTebi saWiroebisamebr].

Semdgom kiTxebze pasuxebSi “maRalintensiuri saqmianoba” aris aqtivoba, rac moiTxovs did fizikur Zaldatanebas da iwevs sunTqvisa da gulis ritmis Zlier matebas, “zomierintensiuri saqmianoba” aris aqtivoba, rac moiTxovs zomier fizikur Zaldatanebas da iwevs sunTqvisa da gulis ritmis mcire matebas.

kiTxva		pasuxi	kodi
samuSao aqtivoba			
63	moicavs Seni samuSao “maRalintensiuri saqmianobas”, romelic iwevs sunTqvisa da gulis ritmis Zlier aCqarebas, magaliTad [simZimeebis tareba an aweva, miwis Txra an samSeneblo saqmianoba] Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi? [CarTe magaliTi] (gamoiyene suraTi)	dax 1 Nara 2 Tu ara, gadadi P 4	P1
64	ramden dRes giwevT maRalintensiuri saqmianoba rogorc Tqveni aqtivobis nawili tipiuri kviris ganmavlobaSi?	dReebis raodenoba 	P2
65	ramden xans giwevT maRalintensiuri saqmianoba samuSaoze tipiuri dRis ganmavlobaSi?	saaTi : wuTebi  :  sT wT	P3 (a-b)
66	moicavs Seni samuSao “zomier-intensiuri saqmianobas”, romelic iwevs sunTqvisa da gulis ritmis mcire aCqarebas, magaliTad swrafi siaruli, msunuqi tvirTis tareba, Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi? [CarTe magaliTi] (gamoiyene suraTi)	dax 1 Nara 2 Tu ara, gadadi P 7	P4
67	ramden dRes giwevT zomierintensiuri saqmianoba rogorc Tqveni aqtivobis nawili tipiuri kviris ganmavlobaSi?	dReebis raodenoba 	P5



68	ramden xans gihevT zomier-intensiuri saqmianoba samuSaoze tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT  : 	P6 (a-b)
erTi adgilidan meoreze gadaadgileba			
	Semdgomi kiTxvebi gamoricxavs fizikur ativobas samuSaoze, rac ukve moxsenebulia. axla minda gkiTxoT Tqveni erTi adgilidan meoreze gadaadgilebis saSualebebis Sesaxeb. magaliTad, samuSaoze, sayidlebze, bazarSi, RvTismsaxurebaze [CarTeT sxva magaliTebi saWiroebisamebr].		
69	adgilze misasvlelad da dasabrunelblad midixar fexiT an xmarob velosipeds Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi?	danax 1 Nara 2 Tu ara, gadadi P 10	P7
70	tipiuri kviris ganmavlobaSi ramden dRes dadixarT fexiT an xmarob velosipeds Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi adgilze misasvlelad da dasabrunelblad?	dReebis raodenoba 	P8
71	ramden xans gihevT fexiT an velosipediT siaruli mgzavrobisTvis tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT  : 	P9 (a-b)

ZiriTadi: fizikuri aqtivoba, gagrZeleba			
kiTxva		pasuxi	kodi
Rekriaciuli aqtivoba			
Semdgomi kiTxvebi gamoricxavs samuSaos da gadaadgilebis ativobas, rac ukve moxsenebulia. axla minda gkiTxoT sportze, varjiSze da aqtur dasvenebaze [CarTeT saWiroebisamebr]			
72	Maqvs Tu ara Tqvems sportul datvirTvas, varjiSs da aqtur dasvenebas maRalintensiuri xasiaTi, romelic iwvevs sunTqvisa da gulis ritmis Zlier aCqarebas, rogoricaa [siribili an fexburTi] Seuwyyvetliv, sul mcire 10wuTis ganmavlobaSi? <i>CarTe magaliTi] (gamoiyene suraTi)</i>	dax 1 ara 2 <i>Tu ara, gadadi P 13</i>	P10
73	ramden dRes giwevT maRalintensiuri sportul datvirTvis, fitness an rekriaciis (dasvenebis dro) aqtivoba tipiuri kviris ganmavlobaSi?	dReebis raodenoba	P11
74	ramden xans atarebT maRalintensiuri sportuli datvirTvis, fitness an rekriaciisaTvis (dasvenebis dro) tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT	P12 (a-b)
75	aqvs Tu ara Tqvems sportul datvirTvas, fitness an rekriacias (dasvenebis dro) zomier-intensiuri xasiaTi, romelic iwvevs sunTqvisa da gulis ritmis mcired aCqarebas, rogoricaa swrafi siaruli [velosipediT siaruli, curva, frenburTi] Seuwyyvetliv, sul mcire 10wuTis ganmavlobaSi? <i>CarTe magaliTi] (gamoiyene saCvenebeli baraTi)</i>	dax 1 ara 2 <i>Tu ara, gadadi P 16</i>	P13
76	ramden dRes giwevT zomierintensiuri sportuli datvirTvis, fitness an rekriaciis (dasvenebis dro) aqtivoba tipiuri kviris ganmavlobaSi?	dReebis raodenoba	P14
77	ramden dros uTmobT zomier-intensiur sportul datvirTvas, fitness an rekriacias (dasvenebis dro) tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT	P15 (a-b)

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gafarToebuli: fizikuri aqtivoba**mjdomare cxovrebis wesi**

Semdegi kiTxva exeba mjdomare an naxevrad mwoliare mdgomareobaSi samsaxurSi, saxlSi, gadadgilebisas, megobrebTan erTad, [magidasTan jdoma, megobrebTan jdoma, manqaniT, avtobusiT, matarebliT mgzavroba, kiTxva, kartis TamaSi an televizoris yureba] gatarebuli drois CaTvliT, magram ar exeba Zilis periods. [*CarTe magaliTi*] (*gamoiyene saCvenebeli baraTi*)

78	ramden dros atarebT mjdomare an mosvenebul mdgomareobaSi tipiuri dRis ganmavlobaSi?	saaTi : wuTebi [] : [] sT wT	P16 (a-b)
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ZiriTadi: momatebuli sisxlis wnevis anamnezi

kiTxva	pasuxi	kodi
79 gauzomia Tu ara TqvenTvis odesme sisxlis wneva eqims an samedicino personalis sxva warmomadgenels?	Ddiaz 1 ara 2 <i>Tu ara, gadadi H6</i>	H1
80 odesme uTqvams Tu ara TqenTvis eqims an samedicino personalis sxva warmomadgenels, rom Tqven sisxlis wnevis momatebuli cifrebi an hipertenzia gaqvT.	Ddiaz 1 ara 2 <i>Tu ara, gadadi H6</i>	H2a
81 uTqvamT es bolo 12 Tvis ganmavlobaSi?	Ddiaz 1 ara 2	H2b

gafarToebuli: momatebuli sisxlis wnevis anamnezi

	iRebT Tu ara amJamad momatebuli sisxlis wnevis samkurnalo qvemoT CamoTvlil saSualebas/rekomendacias, gamowerils eqimis an samedicino personalis sxva warmomadgenelis mier.	
82	medikamentebs (samedicino preparatebs) bolo ori kviris ganmavlobaSi	diaz 1 Nara 2
	rekomendacias marilis miRebis Semcirebaze	diaz 1 Nara 2
	rekomendacias an samkurnalo procedurebs wonis dasaklebad	diaz 1 Nara 2
	rekomendacias an samkurnalo procedurebs Tambaqs moweviis Tavis dasanebeblad	diaz 1 Nara 2
	rekomendacias fizikuri varjiSis dawyebaze an gaZlierebaze	diaz 1 Nara 2
83	migimarTavT odesme eqimbaSisTvis (saxalxo mkurnalisTvis) momatebuli sisxlis wnevis an hipertensiis gamo?	diaz 1 Nara 2
84	iRebT Tu ara amJamad raime samkurnalo mcenarios an tradiciul saSualebas momatebuli sisxlis wnevis gamo?	diaz 1 Nara 2

ZiriTadi: diabetis anamnezi

kiTxva	pasuxi	kodi
85 gagisinjavT Tu ara sisxlSi Saqari odesme eqimTan an samedicino personalis sxva warmomadgenelTan?	dax 1 Nara 2 <i>Tu ara, gadadi S1a</i>	H6
86 odesme uTqvams Tu ara TqenTvis eqims an samedicino personalis sxva warmomadgenels, rom Tqven momatebuli gaqvT sisxlSi Saqari an gaqvT diabeti?	dax 1 Nara 2 <i>Tu ara, gadadi S1a</i>	H7a
87 uTqvamT es bolo 12 Tvis ganmavlobaSi?	dax 1 Nara 2	H7b

gafarToebuli: diabetis anamnezi

	iRebT Tu ara amJamad diabetis samkurnalo qvemoT CamoTvlii saSualebas/rekomendacias, gamowerils eqimis an samedicino personalis sxva warmomadgenelis mier.	
88	insulini	dax 1 Nara 2
	dasalev medikamentebs (samedicino preparatebs) bolo ori kviris ganmavlobaSi	dax 1 Nara 2
	specialurad daniSnul racioni	dax 1 Nara 2
	rekomendacias an samkurnalo procedurebs wonis dasaklebad	dax 1 Nara 2
	rekomendacias an samkurnalo procedurebs Tambaqs moweviš Tavis dasanebeblad	dax 1 Nara 2
	rekomendacias fizikuri varjiSis dawyebaze an gaZlierebaze	dax 1 Nara 2
89	migimarTavT odesme eqimbaSisTvis (saxalxo mkurnalisTvis) sisxlSi momatebuli Saqrish gamo?	dax 1 Nara 2
90	iRebT Tu ara amJamad raime samkurnalo mcenarios an tradiciul saSualebas diabetis gamo?	dax 1 Nara 2

daavadebebis da mkurnalobis istoria

kiTxva	pasuxi		kodi
91	dausviaT Tu ara TqvenTvis romelime qvemoT CamoTvlili daavadebis diagnozi?		
	insulti	diax 1 Nara 2	S1a
	avTvisebiani simsivne	diax 1 Nara 2	S1b
	momatebuli qolesteroli sisxlSi	diax 1 Nara 2	S1c
	miokardiumis adreuli infarqt	diax 1 Nara 2	S1d
92	migimarTavT Tu ara eqimisTvis an samedicino personalis sxva warmoamgenlisTvis bolo 12 Tvis manZilze?	Ddiax 1 ara 2 Tu ara gadadi S4a-ze	S2
93	CamoTvliliTagan ra ufro Seesabameba eqimTan an samedicino personalis sxva warmoamgeneltan vizitis mizezs?		
		mivmarTe vinaidan mqonda janmrTelobis konkretuli problema 1	
		mivmarTe profilaqtikuri gasinjvisTvis 2	
		orive zemoTCamoTvlili 3	
		CamoTvliliTagan arcerTi 4	
94	eweviT Tu ara TviTmkurnalobas, an mkurnalobas rekomendebuls sxva adamianebisgan garda jandacvis muSakisa, romelime qvemoTCamoTvlil paTologaze?		
	diabeti an momatebuli glukozis done sisxlSi	diax 1 Nara 2	S4a
	maRali arteriuli wneva	diax 1 Nara 2	S4b
	insulti	diax 1 Nara 2	S4c
	simsivne	diax 1 Nara 2	S4d
	momatebuli qolesteroli sisxlSi	diax 1 Nara 2	S4e
	miokardiumis adreuli infarqt	diax 1 Nara 2	S4f

ojaxis istoria		pasuxi	kodi
kiTxva			
dausviaT Tu ara Tqveni ojaxis wevrisTvis rodesme romelime qvemoT CamoTvlili daavadebis diagnozi?			
95	diabeti an momatebuli glukozis done sisxlSi	diaz 1 Nara 2	F1a
	maRali arteriuli wneva	diaz 1 Nara 2	F1b
	insulti	diaz 1 Nara 2	F1c
	avTvisebiani simsivne	diaz 1 Nara 2	F1d
	momatebuli golesteroli sisxlSi	diaz 1 Nara 2	F1e
	miokardiumis adreuli infarqt	diaz 1 Nara 2	F1f

piris Rrus janmrTeloba

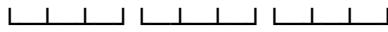
kiTxva	pasuxi		kodi
96	ramdeni bunebrivi kbili gaqvT?	1 Tu arc erTi bunebrivi kbili ar aqvs, gadadi arc erTi O4 1-dan 9-mde kbili 2 10 -dan 19 -mde kbili 3 20 kbilze meti 4 ar vici 77	01
97	K Tqven rogor SeafasebdiT Tqveni kbilebis mdgomareobas?	saukeTeso 1 Zalian kargi 2 kargi 3 saSualo 4 cudi 5 Zalian cudi 6 ar vici 77	02
98	Tqven rogor SeafasebdiT Tqveni RrZilebis mdgomareobas?	saukeTeso 1 Zalian kargi 2 kargi 3 saSualo 4 cudi 5 Zalian cudi 6 ar vici 77	03
99	gaqvT Tu ara mosaxsneli kbilis protezi?	diax 1 Nara 2 Tu ara, gadadi O6	04
100	CamoTvlilidan romeli mosaxsneli kbilis protezi gaqvT? (miuTiTeT TiToeuli)		
	zedaybis kbilebis protezi	diax 1 Nara 2	05a
	qvedaybis kbilebis protezi	diax 1 Nara 2	05b

monawilis saidentifikacio nomeri

□ □ □ □ □ □ □

101	bolo 12 Tvis ganmavlobaSi Tu qgoniaT kbilebis an piris Rrus tkivili an diskomforti?	diaz 1 Nara 2	06
102	ramdeni xnis win iyaviT ukansknelad stomatologTan?	eqvs Tveze naklebi 1 6-12 Tve 2 1 welze meti, magram 2welze naklebi 3 2 an met welze meti., magram 5welze naklebi 4 5 an meti weli 5 arasdros mimkurnalia 6 Tu arasdros, gadadi stomatologTan 09	07
103	ra iyo stomatologTan Tqveni vizitis ZiriTadi mizezi?	konsultacia/rCeva 1 kbilebTan, RrZilebTan an piris RrusTan dakavSirebuli tkivili an problema 2 mkurnaloba/Semdgomi mkurnaloba 3 rutinuli sakontrolo damuSaveba 4 sxva 5 Tu sxva, gadadi 08 sxva sxva (daakonkrete) □ □ □ □ □	08 08sxva
104	ra sixSiriT ixexavT kbilebs?	arasdros 1 Tu arasdros, gadadi 013a TveSi erTxel 2 2-3-jer TveSi 3 kviraSi erTxel 4 2-6-jer kviraSi 5 dReSi erTxel 6 2 an metjer dReSi 7	09
105	xmarobT kbilis pastas kbilebis gasaxexad?	diaz 1 Nara 2 Tu ara, gadadi 012a	010
106	xmarobT ftoridis Semcvel kbilis pastas?	diaz 1 Nara 2 ar vici 77	011
107	xmarobT CamoTylilidan romelimes kbilebis gasaxexad? (miuTiTeT TiToeuli)	diaz 1 Nara 2	012a

monawilis saidentifikacio nomeri



	diax 1 Nara 2	O12b
kibilis xis sawmendi	diax 1 Nara 2	O12c
Zafi (kibilis Zafi)	diax 1 Nara 2	O12d
xis naxSiri	Ydiaz 1 Nara 2	O12e
saReWi Cxiri	Ydiaz 1 ara 2	O12f
sxva	1 Tu diax, gadadi Ydiaz O12sxva Nara 2	O12g
sxva (daakonkrete)	[REDACTED]	O12sxva
Tqveni kibilebis mdgomareobis gamo gqoniaT Tu ara Semdegi problemebidan romelime bolo 12 Tvis ganmavlobaSi? (miuTiTeT TiToeuli)		
sakvebis ReWvis gaZneleba	Ydiaz 1 ara 2	O13a
saubris gaZneleba/sityvebis gamoTqmis gaZneleba	Ydiaz 1 ara 2	O13b
daZabulobis SegrZneba kibilebis an piris Rrus gamo	Ydiaz 1 ara 2	O13c
uxerxuloba kibilebis gamoCenisas	Ydiaz 1 ara 2	O13d
kibilebis gamo Rimilis Sekaveba	Ydiaz 1 ara 2	O13e
Zilis xSiri Sewyveta	Ydiaz 1 ara 2	O13f
samsaxurSi gamoucxadeblobis dReebi kibilebis an piris Rrus gamo	Ydiaz 1 ara 2	O13g
Cveuli aqtivobis gaZneleba	Ydiaz 1 ara 2	O13h
meuRlis an TqvenTan axlos myofi adamianebris mxridan Seuguebloba	Ydiaz 1 ara 2	O13i
socialur aqtivobaSi monawileobis Semcireba	diax 1 Nara 2	O13j

step 2Ffizikuri ganzomilebebi

Ffizikuri ganzomilebebis gakeTebisa da Sevsebis instruqcia ixileT nawili 3, seqcia 3

ZiriTadi: simaRle da wona			
kiTxva		pasuxi	kodi
109	intervueris ID		M1
110	simaRlisa da wonis xelsawyebis ID	simaRle wona	M2a M2b
111	simaRle	santimetrebSi (cm) 	M3
112	wona <i>Tu didia sasworisaTvis, kodi 666.6</i>	kilogramebSi (kg) 	M4
113	<i>galebisTvis:</i> fexmZimed xarT?	dax 1 <i>Tu ki gadadiT M 8</i> Nara 2	M5
ZiriTadi: weli			
114	welis xelsawyos ID		M6
115	welis garSemoweriloba	santimetrebSi (cm) 	M7
ZiriTadi: sisxlis wneva			
116	intervueris ID		M8
117	sisxlis wnevis gamzomi xelsawyos ID		M9
118	gamoyenebuli manJetis zoma	patara 1 MsaSualo 2 Ldidi 3	M10
119	monacemi 1	sistoluri (mmHg) diastoluri (mmHg)	M11a M11b
120	monacemi 2	sistoluri (mmHg) diastoluri (mmHg)	M12a M12b
121	monacemi 3	sistoluri (mmHg) diastoluri (mmHg)	M13a M13b
122	migiRiaT medikamentebi (samedicino	dax 1	M14

preparatebi) sisxlis wnevis dawevis mizniT, gamowerili eqimis an samedicino personalis sxva warmomadgenelis mier, bolo ori kviris ganmavlobaSi?

Nara 2

gafarToebuli: TeZos garSemoweriloba da gulis ritmi

123	TeZos garSemoweriloba	santimetrebSi (cm)	[empty box]	M15
124	gulis ritmi			M16a
	monacemi 1	gulis SekumSvios ritmi wuTSi	[empty box]	
	monacemi 2	gulis SekumSvios ritmi wuTSi	[empty box]	M16b
	monacemi 3	gulis SekumSvios ritmi wuTSi	[empty box]	M16c

step 3Fbioqimiuri ganzomilebebi**ZiriTadi: glukozis done sisxlSi**

kiTxva		pasuxi	kodi
125	migiRiaT sakvebi an sxva raime wlis garda bolo 12 saaTis ganmavlobaSi?	dax 1 Nara 2	B1
126	laborantis ID	[empty box]	B2
127	xelsawyos ID	[empty box]	B3
128	dRis periodi, rodesac aRebul iqna sisxlis analizi (24-saatian reJiMsI)	saaTi : wuTebi [empty box] : [empty box] sT wT	B4
129	glukoza sisxlSi uzmoze Sesabamisad airCie : mmol/l an mg/dl	mmol/l [empty box] . [empty box]	B5
		mg/dl [empty box] . [empty box]	
130	dRes miRebuli gaqvT insulinini an dasalevi medikamentebi daniSnuli eqimis an samedicino personalis sxva warmomadgenelis mier sisxlSi glukozis Sesamcireblad?	dax 1 Nara 2	B6

ZiriTadi: lipidebi sisxlSi

131	xelsawyos ID	[empty box]	B7
132	mTliani qolesterini Sesabamisad airCie : mmol/l an mg/dl	mmol/l [empty box] [empty box]	B8
		mg/dl [empty box] . [empty box]	
133	bolo 2 kviris ganmavlobaSi miRebuli gaqvT momatebuli qolesterinis samkurnalo medikamentebi daniSnuli eqimis an samedicino personalis sxva warmomadgenelis mier	dax 1 Nara 2	B9

gafarToebuli: triglyceridebi da HDL qolesterini

134	triglyceridebi	mmol/l [empty box] . [empty box]	B10
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Sesabamisad airCie: mmol/l or mg/dl

mg/dl □ □ □ . □

