

# janmrTelobis msofllo 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](http://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 instruqciis mizans warmoadgens interviuerisa da meTvalyurisaTvis sabaziso informaciis miwodeba TiToeuli kiTxvis ganmartebiT.

interviueri iyenebs am informacias, rodesac monawileebs 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 sabolood dadgindeba kiTxvaris Sinaarsi
kiTxva	monawilesaTvis wakiTxuli unda iyos TiToeuli kiTxva instruqciis mixedviT	<ul style="list-style-type: none"><li>SearCieT saWiro nawilebi</li><li>daamateT sasurveli gafarToebuli da SerCeviTi kiTxvebi gegmis Sesabamisad</li></ul>
pasuxebi	es grafebi moicavs SesaZlo pasuxebis variantebs, romlebic interviuerma unda unda Semoxazos an Seavsos Sesabamisi ujra. pasuxebis marjvena mxares mocemulia gamotovebis instruqciebi, romlebic aucileblad unda iqnes daculi intervius msvlelobaSi.	<ul style="list-style-type: none"><li>daamateT lokalurad specifikuri demografiuli pasuxebi (mag. C6)</li><li>gadasasvleli kiTxvis identifikacia moxdeba kodidan kiTxvis nomriT</li></ul>
kodi	grafis daniSnulebaa SesabamisobaSi moiyyanos monacemebi kiTxvaridan monacemTa Seyvanis, monacemTa analizis sintaqsis, saregistracio wignsa da faqtebis furcels Soris.	ar unda Seicvalos an gadaadgildes kodi. kodi gamoiyeneba monacemTa Seyvanisa da analizis ZiriTad identifikatorad

## stepis kiTxvaris gzamkvlevi qronikuli daavadebebis risk-faqtorebis meTvalyureoba saqarTvelo

### kvlevis informacia

mdebareoba da TariRi	pasuxi	kodi
----------------------	--------	------

monawilis saidentifikacio nomeri

□ □ □ □ □ □ □ □ □ □

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



monawilis saidentifikacio nomeri □ □ □ □ □ □ □ □ □ □			
Tanxmoba, intervius ena da saxeli/gvari		pasuxi	kodi
5	Tanxmobis teqsti waekiTx da miewoda monawiles	diax 1 ara 2 Tu ara, SewyviteT	I5
6	intervius ena	qarTuli 1 rusuli 2	I6
7	intervius Catarebis dro (24-saaTiani reJimiT)	□ □ □ : □ □ □ sT wT	I7
8	ojaxis gvari		I8
9	saxeli		I9
damatebiTi informacia, romelic SesaZloa sasargeblo iyos			
10	Tu SesaZlebelia, sakontaqto telefonis nomeri		I10

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

## step 1 demografiuli informacia

*Ddemografiuli monacemebis Sesavsebad Semdgomi instrugciisaTvis ixileT nawili 3, seqcia 2,*

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

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

monawilis saidentifikacio nomeri





□ □ □ □ □ □ □ □ □ □

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

stepi 1 qceviTi ganzomilebebi

*qceviTi ganzomilebebis Sesavsebad Semdgomi instrugciisaTvis ixileT nawili 3, seqcia 2*

*axla dagisvamT ramodenime SekiTxvas janmrTelobaTan dakavSirebuli qcevebis Sesaxeb. amaSi Sedis iseTi sakiTxebi, rogoricaa moweva, alkoholis miReba, xilis da bostneulis moxmareba da fizikuri aqtivoba. daviwyoT TambagoTi.*

<p><i>suraTi)</i></p> <p>ar vici 77</p>	<p>TambaqoTi datenili Cibuxi</p> 	T5c
	<p>sigaris sxvadasxva tipi</p> 	T5d
	<p>sxva</p>  <p><i>Tu sxva gadadi T5-ze, kidev sxva gadadi X1-ze</i></p>	T5e
	<p>sxva (miuTiTeT):</p>  <p><i>gadadi T9-ze</i></p>	T5 sxva

27	გიცდიაT Tu ara Tambaqos mowevaze Tavis danebeba ukanaskneli 12 Tvis ganmavlobaSi?	<div>Ddiax 1</div> <div>2 Tu ara da T2=2 gadadi T6-ze.</div> <div>ara</div> <div>Tu ara da T2=1 gadadi T9-ze</div>	X1	
28	Tambaqos mowevaze Tavis danebebis mdelobebisas yvelaze xangrZlivad ramden xans ar ewodiT?	dRe <div>    </div>	X2a	
		an kvira <div>    </div>	X2b	
		an Tve <div>    </div>	X2c	
		an weli <div>    </div>	X2d	
29	CamoTvliლTagan gamoiyeneT Tu ara romelime ukanaskneli 12Tvis ganmavlobaSi mowevaze Tavis danebebisTaVis? AFTER THIS QUESTION, DAILY SMOKERS SKIP TO T9, NON-DAILY SMOKERS CONTINUE TO T6a	<div>konsultacia, maT Soris specialur Tambaqos sawinaaRmdago klinikaSi?</div> <div>diax 1</div> <div>ara 2</div>	X3a	
		<div>nikotinCanacvlebiTi mkurnaloba, magaliTad specialuri saReWi rezini an aplikaciebi?</div> <div>diax 1</div> <div>ara 2</div>	X3b	
		<div>sxva medikamentebi, rogoricaa buproprioni an tabeqsi?</div> <div>diax 1</div> <div>ara 2</div>	X3c	
		<div>specialuri satelefono konsultacia?</div> <div>diax 1</div> <div>ara 2</div>	X3d	
		<div>gadasvla Tambaqos ukvamlo produqtebze?</div> <div>diax 1</div> <div>ara 2</div>	X3e	
		<div>raime sxva?</div> <div>diax 1</div> <div>ara 2</div>	X3f	
		<div>miuTiTeT:</div> <div>    </div>	X3f other	

gafarToebuli: Tambaqos moxmareba								
kiTxva		pasuxi		kodi				
30	odesme eweodiT Tu ara Tambaqos?	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 Tambaqos yoveldRiuri moweva?	asaki (wlebi) <table><tr><td></td><td></td><td></td><td></td></tr></table> Tu icis, gadadi T19a  ar vici 77						T7
33	ramdeni xnis win SewyviteT Tambaqos yoveldRiuri moweva? (miuTiTeT mxolod 1 da ara samive) ar vici 77	wlebis win <table><tr><td></td><td></td><td></td><td></td></tr></table> Tu icis, gadadi T19a						T8a
		an Tveebis win <table><tr><td></td><td></td><td></td><td></td></tr></table> Tu icis, gadadi T19a						T8b
an kvirebis win <table><tr><td></td><td></td><td></td><td></td></tr></table>						T8c		
34	rodesac Tavi daanebeT mowevas, CamoTvliITagan gamoiyeneT Tu ara romelime?	konsultacia, maT Soris specialur Tambaqos sawinaaRmdago klinikaSi?	diax 1	X4a				
			ara 2					
		nikotinCanacvlebiTi mkurnaloba, magaliTad specialuri saReWi rezini an aplikaciebi?	diax 1	X4b				
			ara 2					
		sxva medikamentebi, rogoricaa buproprioni an bateqsi?	diax 1	X4c				
			ara 2					
		<del>tradiciuli/saxalxo</del> mkurnaloba?	<del>diax 1</del>	X4d				
			<del>ara 2</del>					
		specialuri satelefono konsultacia?	diax 1	X4d				
			ara 2					
		gadasvla Tambaqos ukvamlo produqtebze?	diax 1	X4e				
			ara 2					
raime sxva? (miuTiTeT)	diax 1	X4f						
	ara 2							
miuTiTeT:		<table><tr><td></td><td></td><td></td><td></td></tr></table>					X4f other	
35	moixmarT Tu ara amJamad Tambaqos raime ukvamlo produqts, rogoricaa [saynosi Tambaqo, saReWi Tambaqo] ?  aCveneT suraTi	diax 1   Nara 2 Tu ara, gadadi T12		T9				
36	ramdeni dRe iyo bolo 7 dRis ganmavlobaSi iseTi,	dReebis raodenoba <table><tr><td></td><td></td><td></td><td></td></tr></table>						T14



**monawilis saidentifikacio nomeri**






	<p>rodesac Tqvens samuSao adgilas, daxurul sivrceSi (SenobaSi, samuSao adgilas an specifikur ofisSi), Tqveni TandaswrebiT eweoda vinme?</p>	<p>ar vici an ar vmuSaob daxurul sivrceSi77</p>	
--	---	---	--

ZiriTadi: alkoholis moxmareba						
Semdegi kiTxvebi exeba alkoholis moxmarebas						
kiTxva		pasuxi	kodi			
37	mogixmariaT Tu ara odesme alkoholuri sasmeli, rogoricaa ludi, Rvino, arayi (gamoiyeneT suraTi an TvalsaCinoeba)	diax 1  ara 2 Tu ara, gadadi D1	A1a			
38	moixmareT Tu ara alkoholuri sasmeli bolo 12 Tvis ganmavlobaSi?	diax 1  ara 2 Tu ara, gadadi D1	A1b			
39	bolo 12 Tvis manZilze ra sixSiriT moixmardiT alkoholuri sasmelis minimum erT standartul porcias? (waukiTxeT pasuxebi an gamoiyeneT suraTi)	yoveldRiurad 1 KkviraSi 5-6 dRe 2 KkviraSi 1-4 dRe 3 TveSi 1-3 dRe 4 TveSi erT jerze naklebad 5	A2			
40	moixmareT Tu ara alkoholuri sasmeli bolo 30 dRis ganmavlobaSi?	diax 1  ara 2 Tu ara, gadadi D1	A3			
41	bolo 30 dRis ganmavlobaSi alkoholuri sasmelis Tundac erTi porciis miRebis ramdeni SemTxveva gqondaT?	raodenoba <table><tr><td></td><td></td><td></td></tr></table>  ar vici 77				A4
42	bolo 30 dRis ganmavlobaSi alkoholis miRebis TiTo SemTxvevis farglebSi ramden standartul porcias iRebdiT saSualod? (gamoiyeneT suraTi)	raodenoba <table><tr><td></td><td></td><td></td></tr></table>  ar vici 77				A5
43	bolo 30 dRis ganmavlobaSi alkoholis miRebis erTi SemTxvevis farglebSi ramdeni iyo standartul porciebis maqsimaluri raodenoba yvela tipis alkoholis CaTvliT?	maqsimaluri raodenoba <table><tr><td></td><td></td><td></td></tr></table>  ar vici 77				A6
44	bolo 30 dRis ganmavlobaSi ramdenjer mogixmariaT mamakacebisTvis: 5 an meti standartuli doza qalebisaTvis: 4 an meti standartuli doza alkoholis miRebis erTi SemTxvevis farglebSi	ramdenjer <table><tr><td></td><td></td><td></td></tr></table>  ar vici 77				A7

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

ZiriTadi: kveba			
Semdegi kiTxvebi daismeba kvebisaTvis Cveuli xilis da bostneulis moxmarebis Taobaze. me maqvs kvebis baraTebi da giCvenebT adgilobrivi xilisa da bostneulis magaliTebis. Yyoveli suraTi warmoadgens ulufis zomas. am kiTxvebze pasuxis gacemisas, mxdvelobaSi miiReT gasuli wlis tipiuri kvira.			
kiTxva		pasuxi	kodi
46	ramden dRes miirTmevT xils tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba <div><div></div><div></div><div></div></div> D3 <i>Tu nuli dRe, gadadi</i> ar vici 77	D1
47	ramden ulufa xils iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba <div><div></div><div></div><div></div></div> ar vici 77	D2
48	ramden dRes iRebT bostneuls tipiuri kviris ganmavlobaSi?  gamoiyene suraTi	dReebis raodenoba <div><div></div><div></div><div></div></div> D5 <i>Tu noli dRe, gadadi</i> ar vici 77	D3
49	ramden ulufa bostneuls iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba <div><div></div><div></div><div></div></div> ar vici 77	D4
50	saSualod ramdenjer miirTmevT sakvebs yoveldRiurad?	yoveldRiurad ar vikvebebi <div><div></div></div> 1 dReSi 1-jer <div><div></div></div> 2 dReSi 2-jer <div><div></div></div> 3 dReSi 3-jer <div><div></div></div> 4 dReSi 4-jer <div><div></div></div> 5  metad <div><div></div></div> 6	<div><div></div></div> 5

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

56	ramden ulufa rZes an rZis produqtebs iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba  ar vici 77	X11
57	ramden dRes miirTmevT purs an purproduqtebs tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba  ar vici 77 D16 <i>Tu nuli dRe, gadadi</i>	X12
58	ramden ulufa purs an purproduqtebs iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba  ar vici 77	X13
59	ramden dRes miirTmevT tkbileuls an Saqris Semcvel produqtebs tipiuri kviris ganmavlobaSi? (gamoiyeneT saCvenebeli baraTi)	dReebis raodenoba  ar vici 77 D5 <i>Tu nuli dRe, gadadi</i>	X14
60	ramden ulufa tkbileuls an Saqris Semcvel produqtebs iRebT erT-erT aseT dRes? (gamoiyeneT suraTi)	ulufebis raodenoba  ar vici 77	X15

**gafarToebuli: kveba**

61	<p>ra saxis zeTs an cxims iyenebT yvelaze xSirad sakvebSi Tqvens komlSi?</p> <p>(gamoiyeneT suraTi, SearCieT mxolod erTi pasuxi)</p>	<p>mcenareuli zeTi 1</p> <p>Roris qoni 2</p> <p>karaqi an erbo 3</p> <p>Mmargarini 4</p> <p>sxva 5 <i>Tu sxva, gadadiD5 sxva</i></p> <p>ara konkretuli 6</p> <p>arcerTi 7</p> <p>ar vici 77</p>	D5
		<p>sxva</p> <p>_____</p>	D5 <i>sxva</i>


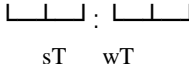

62	<p>kviraSi saSualod ramdenjer iRebT sakvebs, romelic saxlSi ar aris momzadebuli? mxedvelobaSia sauzme, sadili da vaxSami.</p>	<p>raodenoba <input type="text"/> <input type="text"/></p> <p>ar vici 77</p>	D6
----	---	--	----

**ZiriTadi: fizikuri aqtivoba**

Semdegi kiTxvebi daismeba im drois Sesaxeb, romelsac atarebT tipiur kviraSi sxvadasxva tipis fizikuri aqtivobisaTvis. upasuxeT am SekiTxvebs im SemTxvevaSic, Tu Tavs ar TvliT fizikurad aqtur pirovnebad. arsebobs aqtivobis mravali 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 araanazRaurebad samuSaos, saxlSi saqmianobas, mosavlis aRebas, Tevzaobas da nadirobas sakvebis mopovebis mizniT, samuSaos Zebnas [CarTeT sxva magaliTebi saWiroebisamebr].*

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

kiTxva		pasuxi		kodi
samuSao aqtivoba				
63	moicavs Seni samuSao “maRalintensiur saqmianobas”, romelic iwvevs 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)	diax 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-intensiur saqmianobas”, romelic iwvevs sunTqvisa da gulis ritmis mcired aCqarebas, magaliTad swrafi siaruli, msubuqi tvirTis tareba, Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi?  [CarTe magaliTi] (gamoiyene suraTi)	diax 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 giwevT zomier-intensiuri saqmianoba samuSaoze tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT	P6 (a-b)
<b>erTi adgilidan meoreze gadaadgileba</b>			
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 dasabruneblad midixar fexiT an xmarob velosipeds Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi?	diax 1 Nara 2 <i>Tu ara, gadadi P 10</i>	P7
70	tipiuri kviris ganmavlobaSi ramden dRes dadixarT fexiT an xmarob velosipeds Seuwyvetliv, sul mcire 10 wuTis ganmavlobaSi adgilze misasvlelad da dasabruneblad?	dReebis raodenoba	P8
71	ramden xans giwevT fexiT an velosipediT siaruli mgzavrobisTvis tipiuri dRis ganmavlobaSi?	saaTi : wuTebi sT wT	P9 (a-b)

5-1-16

--	--	--	--

**gafarToebuli: fizikuri aqtivoba****mjdomare cxovrebi wesi**

Semdegi kiTxva exeba mjdomare an naxebrad 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 mjdmare an mosvenebul mdgomareobaSi tipiuri dRis ganmavlobaSi?	saaTi : wuTebi <div><div><div></div><div></div><div></div></div> : <div><div><div></div><div></div><div></div></div></div><div>sT      wT</div></div>	P16 (a-b)
----	--	--	--------------

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

gafarToebuli: momatebuli sisxlis wnevis anamnezi			
82	iRebT Tu ara amJamad momatebuli sisxlis wnevis samkurnalo qvemoT CamoTvli saSualebas/rekomendacias, gamowerils eqimis an samedicino personalis sxva warmomadgenelis mier.		
	medikamentebs (samedicino preparebs) bolo ori kviris ganmavlobaSi	diax 1 Nara 2	H3a
	rekomendacias marilis miRebis Semcirebaze	diax 1 Nara 2	H3b
	rekomendacias an samkurnalo procedurebs wonis dasaklebad	diax 1 Nara 2	H3c
	rekomendacias an samkurnalo procedurebs Tambaqos mowevis Tavis dasanebeblad	diax 1 Nara 2	H3d
	rekomendacias fizikuri varjiSis dawyebase an gaZlierebaze	diax 1 Nara 2	H3e
83	migimarTavT odesme eqimbaSisTvis (saxalxo mkurnalisTvis) momatebuli sisxlis wnevis an hipertenziis gamo?	diax 1 Nara 2	H4
84	iRebT Tu ara amJamad raime samkurnalo mcenares an tradiciul saSualebas momatebuli sisxlis wnevis gamo?	diax 1 Nara 2	H5

gafarToebuli: diabetis anamnezi			
88	iRebT Tu ara amJamad diabetis samkurnalo qvemoT CamoTvliil saSualebas/rekomendacias, gamowerils eqimis an samedicino personalis sxva warmomadgenelis mier.		
	insulini	diax 1 Nara 2	H8a
	dasalev medikamentebis (samedicino prepareb) bolo ori kviris ganmavlobaSi	diax 1 Nara 2	H8b
	specialurad daniSnul racions	diax 1 Nara 2	H8c
	rekomendacias an samkurnalo procedurebis wonis dasaklebad	diax 1 Nara 2	H8d
	rekomendacias an samkurnalo procedurebis Tambaqos mowevis Tavis dasanebeblad	diax 1 Nara 2	H8e
	rekomendacias fizikuri varjiSis dawyebase an gaZlierebase	diax 1 Nara 2	H8f
89	migimarTavT odesme eqimbaSisTvis (saxalxo mkurnalisTvis) sisxlSi momatebuli Saqris gamo?	diax 1 Nara 2	H9
90	iRebT Tu ara amJamad raime samkurnalo mcenares an tradiciul saSualebas diabetis gamo?	diax 1 Nara 2	H10

5-1-19

5-1-20

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

piris Rrus janmrTeloba

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



\_\_\_\_\_

qronikuli daavadebebis risk-faqturebis meTvalyureobis WHO stepis meTodi – kiTxvari v2.0

\_\_\_\_\_

108

## step 2Ffizikuri ganzomilebebi

*Ffizikuri ganzomilebebis gakeTebisa da Sevsebis instrucia ixileT nawili 3, seqcia 3*

ZiriTadi: simaRle da wona			
kiTxva		pasuxi	kodi
109	interviueris ID		M1
110	simaRlisa da wonis xelsawyoebis 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>qalebisTvis</i> : fexmZimed xarT?	diax 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	interviueris 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)	M11a
		diastoluri (mmHg)	M11b
120	monacemi 2	sistoluri ( mmHg)	M12a
		diastoluri (mmHg)	M12b
121	monacemi 3	sistoluri ( mmHg)	M13a
		diastoluri (mmHg)	M13b
122	migiRiaT medikamentebi (samedicino	diax 1	M14

Nara 2

# gafarToebuli: TeZos garSemoweriloba da gulis ritmi

santimetrebSi (cm)                          

### step 3Fbioqimiuri ganzomilebebi

**ZiriTadi: glukozis done sisxlSi**

diac 1

**ZiriTadi: lipidebi sisxlSi**

mmol/l

**gafarToebuli: trigliceridebi da HDL qolesterini**

mmol/l      |      |      |      |



<i>Sesabamisad</i> airCie: mmol/l or mg/dl	mg/dl <u>    </u> <u>    </u> <u>    </u> <u>    </u> . <u>    </u>
--	---

