

Mob rau cov minyuam

mos (Hmong)

Peb txoj kev rau siab tswj tej kev mob

Peb ntseeg tias minyuam mos thiab tej minyuam loj muaj txoj cai tau txais kev daws mob kom zoo tshaj uas tsim nyog pab rau lawv yog muab es yuav tsis muaj teeb meem. Yog li ntawd, peb ua hauj lwm ua ib pab ua ke tswj mob thiab kev txhawj, siv tshuaj thiab tsis siv tshuaj kho. Peb lub hom phiaj yog cia cov neeg ua num thiab cov tsev neeg ua hauj lwm ua ke los mus ntsuam xyuas kom sai rau tej mob thiab kho nws kom zoo.

Minyuam mos puas txawj mob?

Txawm tias minyuam mos tseem tab tom loj hlob thiab qhia tsis tau lawv tej mob, lawv mloog tau mob, thiab lawv tej mob kho tau. Pab kws saib xyuas neeg mob xav ua txhua yam uas lawv ua tau kom txo tau mob thaib ua kom koj tus minyuam mos xis nyob.

Vim li cas minyuam mos thiaj mob?

Mob muaj los ntawm ntau yam, xws li:

- ua mob tom qab phais:
 - qhov phais (lub qhov phais)
 - ncab rub los yog nias tej hlab ntsha los yog khoom nruab nrog
- xws li pib tso dej qab ntsev raws leeg (IV) los yog nqus ntshav mus kuaj
- cov hlab ntsha uas hnov tej nqaij mob puas ntsoog lawm los yog o
- ib qho hnov mob ua muaj peev xwm ua tau los ntawm ib tus kab mob

Pain in infants (English)

Our commitment to pain management

We believe that infants and children have a right to the best level of pain relief that can be safely provided. Therefore, we take a team approach to pain and anxiety management, using drug and non-drug therapies. Our goal is to have staff and families work together to evaluate pain promptly and treat it effectively.

Do infants have pain?

Even though infants are still developing and cannot tell us about their pain, they do feel pain, and their pain can be treated. The health care team wants to do all they can to relieve pain and make your baby comfortable.

Why do infants have pain?

Pain can have many causes, including:

- soreness after surgery caused by:
 - the incision (opening made in surgery)
 - stretching or pushing on tissue or organs
- procedures such as starting an IV or drawing blood for a lab test
- nerves that sense tissue damage or swelling
- an achy feeling that can be caused by an infection

- mob tej sawv nqaij vim tau pw saum txaj ntev ntev lawm, los sis yog nyuam qhuav pib siv tej sawv nqaij (muscles) thawj zaug
- tsis xis nyob los ntawm rau tej xaim yas
- nqaij hle tawv los yog ua kiav txhab

Ua li cas peb thiaj paub tias ib tug minyuam mos mob?

Minyuam mos qhia tsis tau rau peb txog lawv tej mob los ntawm hais lus, li cov minyuam muaj hnuv nyoog, tab sis lawv tau los ntawm tej yam ntxwv qhia tau peb. Peb kuj muaj peev xwm ntsuas mob tau nrog tej kev saib ntsia tej yam ntxwv los yog tej cim tseem ceeb qhia ntawm lub cev (plawv dhia, ua pa, ntshav ntoj) kom pab txiav txim tau tias tus minyuam mos tab tom mob mob.

Minyuam mos ua li cas thaum lawv tab tom mob mob?

Minyuam mos yuav ua cwj pwm txawv thaum lawv mob thiab thaum lawv sis nyob. Txhua tus minyuam mos nyias txawv nyias thiab tej zaum yuam ua qhov qub tas li ib zaug dhau ib zaug. Saib rau tej cwj pwm sau qhia nram qab no.

Minyuam mos siv ntau hom cwj pwm qhia qhov mob. Tej cim qhia no tej zaum kuj muaj tshwm thaum minyuam tsis mob thiab, tab sis ob peb yam ua ke ces **feem ntau** tshwm rau tus minyuam mos uas muaj mob lawm.

- Quaj: Tej zaum tus minyuam mos yuav quaj tsis ntsiag li. Feem ntau suab quaj nce soob thiab ntev loo. Cov minyuam ua mob nyav heev los sis cov yug ntxov thiab tsis muaj zog tej zaum lawv kuj ntsiag to xwb txawm tias lawv tsis xis nyob.

- sore muscles from being in bed for a long time, or from starting to use muscles for the first time
- discomfort from tubes
- skin abrasions or sores

How do we know an infant is in pain?

Infants cannot tell us about their pain in words, like older children, but they do give us clues in certain behaviors. We can also measure pain by observing behaviors or vital signs (heart rate, breathing rate, blood pressure) to help decide if the infant is having pain.

How do infants act when in pain?

Infants will act differently when they are in pain than when they are comfortable. Each infant will respond individually and may be inconsistent in how they react from time to time. Look for clues listed below.

Infants use a combination of **behaviors** to signal pain. These signs may occur when the infant is not in pain, but combinations are **usually** present in an infant with pain.

- Crying: The infant may cry robustly. Crying is often increased in pitch and length of time. Babies who are very sick or premature and have no energy may be silent even though they are uncomfortable.

- Cim qhia ntawm ntsej muag: Minyuam mos yuav hnya muaj tawv hauv pliaj txoom ntsws los sis plaub muag txoom nrog rau sib sib zog qi qhov muag. Qee zaus lawv lub qab puab tsaig tshee tshee. Txawm tias cov minyuam mos uas rau lub tshuab ua pa lawm los tej zaum kuj ua li no thiab.
- Qhov ceev ntawm tej leeg nqaij ntshiv: Minyuam mos yuav ua tej leeg nruj nreem, rub npab rub ceg caws los sis qee zaus ncab tag. Law kuj yuav nyem nrig los sis ua lawv lub cev nkhaus. Cov minyuam mos uas mob nyav heev tej zaum kuj poob qhov leeg muaj zog thiab cia li muag ncee.
- Minyuam mos ua mob mob kuj yuav txob txob, nyob tsis tswm, kuj tsis kam noj thiab kuj yuav tsaug tsis taus zog.
- Qhov nti yuav yog nyob ntawm tus minyuam mos tus mob zoo li cas thiab seb muaj zog npaum cas. Ib txhia minyuam mos yuav ntswj heev caws npab caws ceg. Qee zaus cov minyuam uas ncab ib ce nruj nreem ntawv kuj yuav ntsiag to thiab tsis nti li.
- Tej qauv tsaug zog/sawv: Cov minyuam mos uas mob mob feem ntau txob taus dua thiab tsaug zog tsawg dua. Ib txhia minyuam mos kuj nyob twj ywm thiab zoo li tsaug zog.
- Facial expression: Babies may have a furrowed or deeply wrinkled brow with eyes squeezed shut. Sometimes their chin quivers. Even babies on breathing machines may do this.
- Muscle tension: Infants will tense up their muscles, pulling the arms in and the legs up or sometimes stretching everything out (this is called flailing). They may also clench their fists or keep their body rigid. Infants who are very sick may lose muscle tension and become floppy.
- Infants in pain are also often irritable, restless, may refuse to eat and might be unable to sleep.
- Movement will depend on the infant's health status and energy level. Some infants will squirm and vigorously bend arms and legs. Infants that are frail will be very quiet and not move.
- Sleep/wake patterns: Infants in pain are often fussier and sleep less. Some infants may withdraw and seem to be asleep.

Niam txiv yuav ua tau li cas?

Niam txiv muaj ib txoj num tseem ceeb heev daws qhov mob. Vim koj paub koj tus minyuam mos zoo tshaj, koj muaj peev xwm ua num xyuas kom zoo nrog cov neeg kho mob hauv Children's no (xws li kws kho mob, neeg tu mob, los tus child life specialists) nrog txiav txim txog tu qhov mob. Koj yog tus neeg zoo tshaj plaws uas pab koj tus minyuam mos ua/thev tej yam tshiab thiab nyuab.

What can parents do?

Parents have a very important role. Because you know your infant best, you can work closely with Children's staff (such as doctors, nurses, or child life specialists) to make decisions about managing pain. You are the best person to help your baby deal with new and difficult situations.

Qhov pab daws koj tus minyuam mos tej kev mob, koj muaj peev xwm:

- Nyob nrog, los yog hais lwm tus neeg uas paub koj tus minyuam mos kom tuaj xyuas.
- Qhia cov neeg ua hauj lwm yog koj xav tias qhov mob yeej tsis ntaug, los yog tsim nyog muab koj tus minyuam tej tshuaj loog mob txo vim nws tsaug zog heev los yog phov taus dhau lawm.
- Siv tej kev ntxias ua ntej thiab tom qab ua tej yam nyuab nyuab/sab sab tag: Maj mam npuaj npuaj los sis zaws koj tus minyuam, phuag, co mus los, los yog hais lus ua suab muag muag. Peb yuav pab koj txiav txim seb qhov twg yog qhov zoo ntshaj uas yuav pab ntxias tau koj tus minyuam mos.

Yuav ua li cas thiaj txo tau qhov mob?

Kev tsis siv tshuaj

Mob yog 2 yam tib si rau lub cev thiab hauv nruab siab (qhov xav). Minyuam mos hnov mob hauv lawv lub cev, lawv kuj hmoog tau tej mob li kub nyhiab, ncus ncus (li qaib thos), los yog mob ntswj (li tu leeg). Tej zaum lawv yuav xav thiab nco txog tej mob. Rau qhov minyuam mos tsis tau txawj hais lus, nws kuj nyuab rau peb kom paub tseeb tias lawv xav li cas thiab seb lawv nco qab tej kev mloog tau li cas tiag. Peb yuav ua peb qhov zoo tshaj plaws txo tej mloog tau thiab tej kev txhawj txog qhov mob. Tej yam uas yuav pab txo tau qhov txhawj yog:

- Hloov ib cheeb tsam ntawm tus minyuam mos. Ua suab nrov thiab ua ub ua no kom tsawg ntawm ze lub txaj yuav pab ntxias tau tus menyuam.
- Ntxais txiv mis qhuav yuav pab tau tus minyuam mos uv tej kev kho thiab lwm yam uas yuav ua rau mob mob.

To help your baby cope with pain, you can:

- Be present, or ask others who know your baby to visit.
- Tell the staff if you think the pain is not being controlled, or if your baby is ready to have pain medicine decreased because he or she is too sleepy or more active.
- Use routine calming activities before and after a stressful event: gently patting or massaging your baby, holding, rocking, or talking in a soothing voice. We will help you to decide which are the best methods to help calm your baby.

What can be done to reduce pain?

Non-medicine methods

Pain is both a physical and psychological (mental) state. Infants feel pain in their body; they might feel sensations like burning, throbbing, or cramping. They may also have thoughts and memories about pain. Because infants do not yet have language, it is hard for us to know exactly what they think of it and how they remember feeling. We try to do our best to reduce the feelings and the worry about pain. Some things that can help reduce the worry are:

- Change the infant's environment. Less noise and activity at the bedside will help calm the baby.
- Sucking on a pacifier can help an infant cope with procedures and other painful events.

- Cuam tshuam xws li ua lub suab muag muag, yas suab, dab neeg, los sis tej suab nkauj yuav tshem tau tus minyuam mos qhov nco ntsoov qhov mob thiab qhov kev kho.
- Co mus los li qub – los yog qoj kom xwm yeem, co twj ywm kuj yuav pab tau thiab.
- Kho tus minyuam mos kom nyob tau nruaj thiab nti tsawg yuav ua kom huam xeeb heev. Muab tus minyuam mos cev nqaij los npuab yus cev nqaij (phuav ntawm hauv siab, tsis hnav khaub ncaws li), los yog tawv nqaij chwv tawv nqaij kuj yuav xis heev thiab.
- Zuaj los yog maj mam zaws yuav pab txo tej leeg kom muag thiab cuam chuam tej hlab ntsa uas xa qhov mob mus rau saum lub hlwb. Li ntawd lub hlwb thiaj tsis hnov tej mob ntau.
- Muab tej yam sov los yog txias, xws li ntaub sov los yog hnab nab kuab (ice pack), npuab rau qhov raug mob nws yuav txo tau qhov mob ncus o los yog mob sawv nqaij. (Qhov no yuav ua los ntawm tus nas mom).
- Distractions like using a soothing voice, music, stories, or songs can take an infant’s attention away from the pain or the procedure.
- Rhythmic motion - rocking or other slow, steady movement - can help.
- Positioning infants so that they are more contained and move less can be very comforting. Doing Kangaroo Care or skin-to-skin contact can be very soothing.
- Rubbing or gentle massage helps relax the muscles and confuse the nerves that send pain messages to the brain. Then the brain does not sense as much pain.
- Putting something warm or cold, like a warm wrap or an ice pack, on an injured area can reduce pain from inflammation or sore muscles. (This would be done by the nurse.)

Peb yuav pab qhia koj txog qhov kawm siv tej kev no.

Tshuaj

Nws muaj ntau yam tshuaj rau qhov mob uas peb siv tau. Hom twg zoo tshaj rau koj tus minyuam mos yog nyob ntawm ntau yam nrog rau hom mob twg, yuav mob ntev li cas. Qee yam tshuaj piav qhia nram qab no.

Tshuaj hloog ua npuas (anesthetic cream) EMLA® los yog ELA-Max, muab npuab tau rau ntawm daim tawv nqaij kom loog. Nws kuj yuav muaj cov khwv ua tej pob thiab (patch). Feem ntau kuj siv tso ua ntej thaum hno koob, xws li tso dej qab ntsev (IV). Nws yuav tsum tso rau ntev li 60 nasthis nws thiaj

We will help you to learn how to use these techniques with your child.

Medicines

There are many types of pain medicines we can use. Which type is best for your baby will depend on many things, including the type of pain, how long it will last, and the reason your child has pain. Some medicines are described below.

Anesthetic cream, such as EMLA® or ELA-Max®, can be put on the skin to numb it. It may be available in the form of a patch. It is often used before a needle is inserted under the skin, such as an IV. It has to be on for at least 60 minutes in

ua hauj lwm. Nws tsis tiv thaiv txhua yam uas tsis xis nyob, tab sis pab kom ntaug. Feem ntau yuav tsis siv rau cov minyuam mos uas nyob tsawg tshaj 37 vas thiv hauv niam plab. (Saib daim ntawv qhia “Anesthetic cream”.)

Kho tej mob ntawm ib ncig cev nqaij yuav ua tau los ntawm ntxhaj cov tshuaj lidocaine rau ib thaj chaw me chig ua ntej rau txoj yas los yog ua ib qho kev kho. Qhov no zoo ib yam li siv cov tshuaj hloog novocaine ntawm kws kho hniav lub hoob kas.

Tshuaj non-steroidal anti-inflammatory (NSAIDs) txo qhov mob thiab qhov o. Mus yuav tau tom tab laj ntawm tej txee thiab pab txo qhov mob mintsis mus rau qhov mob ib nrab. Ua kom txhob mob plab, yuav tsum noj nrog zaub mov yog thaum noj tau. Tshuaj ibuprofen (Motrin®, Advil®, los lwm hom) yog ib qho piv txwv ntawm cov NSAID.

Acetaminophen (Tylenol® los lwm yam) kuj yog ib yam tshuaj nyob ntawm txee uas pab tau zoo mob mintsis mus txog rau mob ib nrab thiab. Nws fab los qaug tsawg dua cov NSAIDs tab sis tsis txo qhov o.

Tshuaj loog muaj yeeb xyaw yog cov tshuaj siv kho mob me ntsis mus rau mob nyhav, ntau zaus siv tom qab thaum phais. Muab lawv tso raws ntawm txoj leeg ua tso dej qab ntsev (IV) los yog noj ntawm qhov ncauj. Narcotics kuj ua tau kom khaus, xeev siab, thiab cem quav. Minyuam mos yuav tsaug tsaug zog thiab ua pa qeeb qeeb. Qee zaum cov NSAIDs los yog acetaminophen thiab narcotics yuav muab siv ua ke. Ua tiv thaiv kom txhob cem quav, koj tus minyuam yuav tsum haus dej ntau tshaj li niaj hnuv, los yog yuav tsum tau tso cov tshuaj ua kom quav muag.

order to work. It does not prevent all discomfort, but helps reduce it. It is not usually used on babies less than 37 weeks of gestation. (See the education sheet “Anesthetic cream.”)

Treating local pain can be done by injecting lidocaine in a small area before a tube is put in or a procedure is done. This is like using novocaine at the dentist’s office.

Non-steroidal anti-inflammatory drugs (NSAIDs) reduce pain and inflammation. They can be bought over the counter and help manage mild to moderate pain. To reduce stomachache, they should be taken with food or formula when possible. Ibuprofen (Pediaprofen®, Motrin®, Advil®, or another brand) is an example of an NSAID.

Acetaminophen (Tylenol® or another brand) is another over-the-counter medicine that helps treat mild to moderate pain. It has fewer side effects than NSAIDs but does not reduce inflammation.

Narcotics are strong medicines used to treat moderate to severe pain, often used after surgery. They may be given by IV or taken by mouth. Narcotics can have side effects of itching, nausea, and constipation. Infants will often become sleepy and their breathing can slow down. Sometimes NSAIDs or acetaminophen and narcotics are used together. To prevent constipation, your baby should drink more fluids than usual, or may need a stool softener.

Nyob hauv tsev kho mob, nws kuj muaj lwm txoj kev xaiv tau txais tshuaj mob. Cov minyuam uas tau phais kho tej zaum kuj yuav tau rau ib txoj yas me me tso rau ntawm thaj tsam hlab ntsha (epidural) uas npuab ib ncig ntawm tus hlab txha caj qaum thiab tso tshuaj neaj nraim mus rau cov hlab ntsha kawg. (Saib nplooj ntawv qhia “Epidural analgesia.”)

Tom qab koj tus minyuam mos mus tsev, ua raws li koj tus kws kho mob qhia muab tshuaj rau qhov mob. Muab tshuaj rau qhov mob sai sai thaum pib mob. Yog mob heev lawm yuav ntaug nyuab. Nco ntsoov muab tshuaj rau thaum mus pw kom pab koj tus minyuam tsaug zog zoo. Ib txhia tshuaj yuav tsum muab raws lub xuab moos. Koj tus kws kho mob mam qhia koj lub caij yog uas yuav tsum tau muab.

Nco ntsoov hu kws kho mob yog tias cov tshuaj ntxim li tsis pab qhov mob los yog mob heev ntxiv. Yog koj hu kws kho mob hais txog qhov mob tej zaum lawv yuav nug koj seb koj tus minyuam puas kub tob hau, qhov mob heev npaum cas yuav yog seb koj tus minyuam mos coj li cas, thiab seb lub qhov nqaij los yog qhov phais zoo li cas (yog muaj ib qho).

Lus nug?

Daim ntawv no tsis yog hais rau koj tus minyuam xwb tab sis qhia rau txhua yam. Yog koj muaj lus nug los yog txhawj xeeb, thov tham nrog kws kho mob los yog cov ua hauj lwm nrog koj tus minyuam. Koj tus kws kho mob los yog neeg tu mob kuj yuav nrhiav tau lwm tus kws paub kev mob zoo ntshaj nyob hauv tsev kho mob no. Txoj kev tu mob zoo yog ib qho kev koom tes ua ke.

In the hospital, there are some other options for receiving pain medicines. Children who have had surgery may have a small catheter (tube) placed in the epidural space next to the spinal cord and have medicine sent directly to the nerve endings. (See the education sheet “Epidural analgesia.”)

After your baby goes home, follow your doctor’s instructions about giving pain medicines. Give the medicine as soon as the pain starts. Severe pain is harder to take away. Be sure to give medicine at bedtime to help your child sleep comfortably. Some medicines need to be given around the clock. Your doctor will tell you the schedule for this if it is needed.

Be sure to call the doctor if the medicine does not seem to help the pain, or if the pain becomes worse. If you call the doctor about pain you might be asked if your child has a fever, how severe the pain is based on how your baby is acting, and what the wound or surgical site looks like (if there is one).

Questions?

This sheet is not specific to your child but provides general information. If you have any questions or concerns, please talk with the doctor or the staff working with your child. Your doctor or nurse can also access other pain experts in the hospital. Good pain management is a team effort.

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