

Teeb meem plawv: Tu hauv tsev (Hmong)

Plawv xeeb txawm tau tsis zoo yog zoo li cas?

Llub plawv tsis zoo muaj ua ntej thaum yug lawm.

Lub npe ntawm koj tus me nyuam lub plawv qhov tsis zoo yog hu ua:

(The name of your child's heart condition is):

Kuv yuav tu kuv tus me nyuam li cas?

Tham nrog kws kho mob los sis neeg tu mob txog kev qhia pub noj rau koj tus menyuam.

Quaj yog ib qho uas phov heev tshaj ntawm me nyuam mos. Ib txhia quaj tsis muaj dab tsi, thiab yuav zam tsis tau. Tab sis quaj ntev ntev kuj yog ib qho kev ntxhos siab rau koj tus me nyuam. Koj yuav pab tau koj tus me nyuam mos txuag lub zog xws li ntxias nws qhov quaj thiab zov nws kom xis nyob. Txhob cia tos ntev ntev mam pub koj tus me nyuam noj.

Koj yuav pom koj tus me nyuam nkees sai heev thaum ua si mintsis xwb. Cia pw tsaug zog ntau thiab nyob ntsiag to yuav pab koj tus me nyuam rov muaj zog dua li qhov nws xav tau. Tham nrog nej tus kws kho mob txog koj tus me nyuam tej qib kev ua si.

Cardiac conditions: Care at home (English)

What is a congenital heart defect?

A congenital heart defect is a heart problem that happens before birth.

How can I care for my child?

Talk to the doctor or nurse about guidelines for feeding your child.

Crying is the most active state for a baby. Some crying is normal and cannot be avoided. But prolonged crying can be stressful for your baby. Help your baby conserve energy by attending to the crying and keeping your baby comfortable. Avoid having your baby wait for feedings.

You may find your child gets tired more easily with normal play. Extra naps and quiet play are good ways to help your child regain needed energy. Talk with the doctor about your child's activity level.

Kuv yuav qhia tsev kawm ntawv li cas?

Qhia tus nais maum to tsev kawm ntawv thiab xib fwb txog cov tshuaj koj tus me nyuam noj thiab yam nws ua si tsis tau. Hais kom cov neeg ua hauj lwm tom tsev kawm ntawv xyuas koj tus me nyuam zoo li zoo tau. Yog tsim nyog, yuav tau xa ib daim ntawv rau tom tsev kawm ntawv hais txog tej yam txwv tsis pub nws ua. Yuav tau tham nrog koj tus me nyuam tus kws kho mob txog qhov nov.

Dab tsi ntxiv kuv yuav tsum paub txog kuv tus me nyuam cov tshuaj?

Kawm tag nro cov npe tshuaj koj tus me nyuam noj, lawv zoo dab tsi, qhov twv fab, thiab tej yam yuav tau ceev faj txog.

Teem ib lub caij muab tshuaj thiab muab kom ncav sij hawm (li 1 teev). Tsis txhob muab tshuaj tov zaub mov los sis kua txiv vim rau qhov yog koj tus me nyuam noj tsis tas cov zaub mov ces koj yuav tsis paub tias koj tus me nyuam haus tau cov tshuaj ntau npaum li cas lawm. Khaws cov tshuaj cia kom nraim me nyuam muab tsis tau thiab tsis pom.

Thaum twg kuv tus me nyuam thiaj ntsib kws kho mob dua?

Tus kws kho plawv yuav qhia koj tias thaum twg koj tus me nyuam thiaj yuav rov mus ntsib nws. Koj yuav tsum mus ntsib nej tsev neeg tus kws kho mob kom nrog kuaj xyuas koj tus me nyuam lub cev, kev xav/paub tab thiab loj hlob tuaj.

What should I tell the school?

Tell the school nurse and teacher about any medicines your child takes and any activity limits. Encourage school personnel to treat your child as normally as possible. If needed, a letter can be sent to the school listing any restrictions. Please talk with your child's doctor about this.

What do I need to know about my child's medicines?

Learn the names of all medicines your child is taking, what they do, side effects, and any precautions that need to be taken.

Have a schedule and give medicines on time (within 1 hour). Do not put medicines in food or liquids because if your child does not finish the food you will not know how much medicine your child received. Keep medicines out of children's reach and sight.

When should my child see the doctors?

The cardiologist will tell you when your child needs to be seen. You should also continue to see the primary doctor to check your child's physical and emotional growth and development.

Dab tsi ntxiv thiab kuv yuav tsum paub txog?

Cov me nyuam plawv tsis zoo yuav muaj kis kab mob paub rau lub plawv yooj yim dua tom qab lawv mus kho hniav los yog qee yam phais kho. Qhov no tshwmsim tau thaum tej kab mob uas ib txwm nyob hauv qhov ncauj nkag mus rau cov hlab ntsha thiab taug mus rau lub plawv.

Kev muaj kab mob paug rau lub plawv yuav txo tau yog hais tias tu cov hniav kom zoo. Txhuam cov kaus hniav ib hnuv ob zaug. Muab phuam ntub dej kauv koj tus ntiv tes coj los so tus me nyuam cov kaus hniav. Koj tus me nyuam yuav tsum pib mus ntsib kws kho hniav nruab nrab ntawm hnuv nyoog 2 thiab 3 xyoos tu kom lub qhov ncauj txhob muaj mob. Qhia tus kws kho hniav txog koj tus me nyuam qhov teeb meem ntawm lub plawv.

Rau kev kho nhiav thiab qee yam phais kho, yuav tau muab ib qho tshuaj tua kab mob rau **ua ntej thiab tom qab** lub sij hawm ntawd. Tham nrog tus kws kho plawv yog tias koj muaj lus nug txog ntawm qhov yuav tsum siv cov tshuaj tau kab mob.

Koj tus menyuam kuj yuav muaj kev chim siab los sis txob txob tom qab phais ib qho loj tas los sis nyob hauv tsev kho mob. Qho no yuav pom tshwm muaj thawj ob peb hnuv hauv tsev. Yog nws ua rau koj txhawj, hu rau kws kho mob.

Menyuam yaus thiab cov pib mus kawm ntawv yuav rov qab coj zoo li qub thaum tsis tau phais xws li tso quav thiab nws nyob nws, thiab yuav muaj kev txob siab rau ib ntus. Lawv yuav rov ua tau zoo li qub tom qab ntawv tej lub sij hawm.

What else do I need to know?

Children with heart problems may be more likely to get endocarditis (heart infection) routine dental care or some types of surgery. This can occur when bacteria that are normally found in the mouth enter the bloodstream and travel to the heart.

The risk of endocarditis is reduced with good dental care. Brush the teeth at least twice a day. Clean an infant's teeth with a washcloth wrapped around your finger. Your child should begin seeing a dentist between ages 2 and 3 to keep the mouth healthy. Tell the dentist about your child's heart condition.

For dental procedures and some surgeries, an antibiotic may be needed **before and after** the appointment. Check with the cardiologist if you have questions about the need for antibiotics.

Your child may be moody or irritable after major surgery or hospital stays, often within the first few days at home. If it you become concerned, call the doctor.

Toddlers and preschoolers may go back to earlier behaviors in areas such as toilet training and independence, and may have more separation anxiety for awhile. They should regain these skills after some time.

Menyuam yaus thiab cov pib mus kawm ntawd yuav muaj kev ua yog toog npau suav phem ib ntus. Saib xyuas thiab puag plhws yuav pab lawv rov mus pw tsaug zog. Cov me nyuam hauv tsev yuav muaj cov yeeb yam no tib yam thiab yuav tau saib xyuas ntau ntxiv thiab nqee lawv ib yam.

Thaum twg thiab tsim nyog kuv hu rau tus kws kho plawv?

- ua pa ceev los yog nyuab
- daj ntseg
- tsis noj los sis nto fws sij hawm noj mis
- tsaug zog heev dua ib txwm
- txob txob heev thiab ntxias tsis tau
- tsis xav ua si heev
- kav npab los kav ceg txias txaj xiav
- xiav xiav ntawm tes, taw, ntiv tes, di ncauj, los sis pos hniav
- ntuav los yog zawv plab ntev dua 24 teev
- qhov kub siab dua 101°F ntev tshaj 24 teev
- cim qhov hloov kev ua si los sis noj mis
- ntuav tshuaj tawm los

Rau ib txhia cov teeb meem no, tus kws kho plawv yuav kom koj hu mus ntsib tus kho mob saib xyuas nej tsev neeg.

Yam dab tsi uas muaj nyob txawm peem?

Tsev Khomob Menyuam muaj ib **sib txhawb zog**, Niam thiab txiv rau lub Plawv”, rau cov niam txiv uas menyuam muaj plawv tsis zoo. Nug tus neeg tu mob los sis kws kho plawv rau tej xov no, hu: 612-813-6645, los saib ntawm www.parentsforheart.org.

Toddlers and preschoolers may have nightmares for a short time. Reassure and comfort them to help them go back to sleep. If siblings also have nightmares, they may need extra reassurance and comforting too.

When should I call the cardiologist?

- breathing faster or harder
- pale color
- eating poorly or sweating while eating
- sleeping more than usual
- very irritable and cannot be comforted
- less interested in play
- cool with mottled (blotchy) arms or legs
- more blueness of the hands, feet, fingernails, lips, or gums
- vomiting or diarrhea for more than 24 hours
- temperature higher than 101°F for more than 24 hours
- marked changes in activity or eating
- vomiting medicines

For some of these problems, the cardiologist may ask you to contact the primary doctor.

What resources are available?

Children’s has a **support group**, “Parents for Heart”, for parents of children with heart problems. Ask the nurse or cardiologist for information, call 612-813-6645, or visit www.parentsforheart.org

The **American Heart Association** muaj ntaub ntawv qhia txog plawv muaj mob xeeb txawm tau tsis zoo. Tus xov tooj yog 612-835-3300.

Meld Special yog ib qho chaw pab dawb hauv nroog ntxaib yuav muab xov xwm thiab kev pab rau cov niam txiv uas muaj me nyuam muaj teeb meem plawv ntev ntev. Qhov kev pab no saib ntsuam xyuas ntawm “ordinary” hauj lwm tu ib tu me nyuam los sis kev cuam tshuam nyuaj tus ib tug me nyuam muaj mob ntev. Tus xov tooj yog 612-332-7563.

PACER Center, Inc. (612-827-2966) yog ib qho chaw rau cov niam txiv uas me nyuam plawv muaj teeb meem.

Tej zaum koj tus me nyuam yuav tsim nyog tau txais kev pab nyiaj vim yog qhov nws lub plaws muaj mob. Cov social worker hauv Children yuav pab koj tshawb nrhiav seb yam nyiaj twg thiaj muaj txawm peem. Tus nais maum yuav muaj peev xwm pab koj nrog tham raws li ntawm koj kev thov.

Lus nug?

Daim ntawv no tsis yog hais rau koj tus me nyuam xwb, tab sis qhia txog lwm yam siab nraud thiab. Yog koj muaj lus nug, hu rau kws kho mob.

Rau tej ntawv nyeem ntxiv thiab ntawv qhia txog qhov no thiab lwm yam mob, thov hu rau Lub Chaw Cia Ntawv ntawm Lub Chaw Loj Pab Tsev Neeg (612) 813-6816 los sis (651) 220-6368, los sis mus saib hauv peb qhov Web site: www.childrensmn.org.

The **American Heart Association** has information about congenital heart disease. The phone number is 612-835-3300.

Meld Special is a free Twin Cities program that offers information and support for parents of children with chronic conditions. This program focuses on the “ordinary” tasks of raising a child as well as the impact of a chronic condition on raising children. The phone number is 612-332-7563.

PACER Center, Inc. (612-827-2966) is a resource for parents of children with disabilities.

Your child may qualify for **financial help** because of his or her heart condition. Children’s social work staff can help you find out what financial resources are available. The nurse can help you contact them at your request.

Questions?

This sheet is not specific to your child but provides general information. If you have any questions, call the cardiologist.

For additional reading and reference material about this and other health topics, please call the Family Resource Center library at (612) 813-6816 or (651) 220-6368, or visit our Web site: www.childrensmn.org.

Children’s Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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