

Mob rau cov minyuam yaus thiab tub ntxhais hluas (Hmong)

Peb txoj kev rau siab tswj tej kev mob

Peb ntseeg tias cov minyuam mos, minyuam yaus, thiab tub ntxhais hluas muaj txoj cai tau txais kev daws mob kom zoo tshaj uas muab rau yuav tsis muaj teeb meem. Yog li ntawd, peb ua hauj lwm ua ib pab ua ke tu mob thiab kev txhawj xeeb, siv tshuaj thiab kev tsis siv tshuaj. Peb lub hom phiaj yog kom muaj cov ua hauj lwm thiab cov tsev neeg los ua hauj lwm ua ke ntsuam xyuas qhov mob kom sai thiab kho nws kom zoo.

Dab tsi ua 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 ntshav los yog khoom nruab nrog
- qhov ua xws li pib tso dej qab ntsev los yog nqus ntshav mus kuaj xyuas kab mob
- cov leeg uas hnov tej nqaij raug mob los yog o
- ib qho mloog tau hnov mob kuj muaj los ntawm tau kab mob
- mob tej sawv nqaij los ntawm kev ncab ib ce, us num ntau dhau lawm, los yog tau pw saum txaj ntev heev lawm
- ua ke nrog ntawm lub cev thiab kev xav nruab siab tsis muaj kev nyab xeeb zoo

Qhov mob yuav kho tau. Cov neeg kho mob xav ua txhua yam lawv ua tau los daws qhov mob thiab ua kom koj tus minyuam xis nyob.

Pain in children and adolescents (English)

Our commitment to pain management

We believe that infants, children, and adolescents 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.

What causes 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
- sore muscles from stretching, overuse, or being in bed for a long time
- the combination of physical and emotional discomfort

Pain can be treated. The health care team wants to do all they can to relieve pain and increase comfort.

Ua li cas peb thiaj paub tias ib tug me nyuam los yog tub ntxhais hluas muaj qhov mob?

Lawv yuav qhia tau peb tias lawv mob qhov twg thiab mloog nws zoo li cas. Yog lawv qhia tsis tau peb, los yog lawv tsis kam qhia peb, peb saib nws tej qhov yeeb yam.

Peb kuj muaj peev xwm ntsuas mob tau nrog tej khoom siv phib xej. Tus neeg saib xyuas tu yuav tau saib ntawm tus yam ntxwv los yog tej cim tshwm sim (plawv dhia, ua pa, leeg ntoj) kom pab ras txog tej kev mob. Cov minyuam loj thiab tub ntxhais hluas qhia tau qhov mob raws li siv ib tug them lej los yog ntsej muag hloov txawv, ua qhia nrog rau qhov lawv hnov mob.

Qhov mob tshwm sim li cas?

Cov tshwm sim yuav txawv rau txawv hnuv nyoog. Saib tej yeeb yam li qhia nram qab no.

Minyuam mos siv ntau hom yeeb yam qhia qhov mob. Cov qhia no muaj tshwm thaum me nyuam tsis mob, tab sis ntau qhov ua ke **feem ntau** tshwm rau tus minyuam mos ua muaj mob.

- txob txob, nyob tsis tswm
- quaj txuj txwv
- quaj tsis ntsiag li los yog quaj tawv heev
- ua plhu puas puas
- nyem tes ruaj ruaj
- ua ib ce txhav qhi
- tsis kam noj mis
- pw tsaug zog tsis taus

How do we know a child or teen is in pain?

They may be able to tell us where they hurt and how it feels. If they cannot tell us, or if they are reluctant to tell us, we can look for clues in certain behaviors.

We can also measure pain with special tools. The caregiver can look at behaviors or vital signs (heart rate, breathing rate, blood pressure) to help recognize pain. Older children and adolescents can rate their pain using a number scale or an expressive face scale, which corresponds to how they feel.

What are the signs of pain?

Signs of pain may vary for different ages. 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.

- irritable, restless
- whimpering
- crying continuously or intensely
- facial grimacing
- clenched fists
- keeping their body rigid
- refusing to eat
- unable to sleep

Cov 1 xyoos rov saud yuav:

- piav qhov mob
- quaj
- ua ntsej muag ntshaus ntshaus
- ua ib ce txhav, tsis kam nkag los yog mus kev
- chim siab yooj yim
- txhoj puab heev
- nyob tsis tswm los yog pw tsis taus

Cov loj pib mus kawm ntawv yuav:

- piav qhov mob
- ua ntsej muag neeg mob
- ua ib ce txhav los yog tsis kam txav
- tsis pub kov qhov mob
- quaj
- nyob tsis tswm los yog chim siab
- ua npau suav phem
- tsis kam lees qhov mob yog lawv saib zoo li ib qho rau txim, los yog ntshai muab tshuaj kho

Cov loj mus kawm ntawv yuav tham tau ntau qhia kiag qhov mob, yam mob, thiab mob ntau npaum li cas. Cov yeeb yam muaj feem ntau xws li:

- tuav rawv los yog thaiv rawv thaj tsam mob
- ua ntsej muag ncaj ncaj
- ntsej muag ntshaus
- nyob ntsoos ntsoos
- tsis xis nyob
- nyob tsis tswm, phov phov
- cuam tshuam kev pw tsaug zog
- npau suav phem

Toddlers may:

- describe the pain
- cry
- show facial grimacing
- keep their body rigid, refuse to crawl or walk
- be more easily frustrated
- be aggressive
- be restless or unable to sleep

Preschool children may:

- describe the pain
- show facial grimacing
- keep body rigid or refuse to move
- not want the area touched
- cry
- be restless or irritable
- have nightmares
- hesitate to admit pain if they view it as a punishment, or fear the treatment for it

School-age children can talk more directly about the cause, type, and amount of pain. Common behaviors may include:

- holding still or guarding the area that hurts
- flat-faced expression
- facial grimacing
- emotional withdrawal
- irritability
- restlessness, thrashing
- disrupted sleep
- nightmares

Cov tub ntxhais hluas yuav ua yeeb yam neeg laus thiab minyuam yaus ua ke. Xyuas rau tej zoo lis nram no:

- hloov qhov kev ua si
- tsis koom nrog lwm tus
- hloov qhov noj los yog qhov kev pw
- tsis xis nyob, nyob tsis tswm
- chim siab los yog thim tus kheej

Niam txiv yuav ua tau li cas?

Niam txiv muaj ib txoj num tseem ceeb heev daws qhov mob. Vim koj paub koj tus tub los tus ntxhais 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 rau tej yam tshiab thiab nyuab.

Nrog pab daws tej kev mob, koj muaj peev xwm:

- Nyob nrog, los yog hais lwm tus neeg paub koj tus me nyuam 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 tuas dhau lawm.
- Muab kev saib xyuam rau koj tus minyuam kon ntau li ntau tau, ua tej yam uas muaj tseeb.
- Muab kev qhuas, txawm tias ua tau ib qho zoo me me xwb; qhuas muab kev txhawb pab menyuam daws tej kev mob.
- Cia ua si tej yam uas nyob twj ywm rau ua ntej thiab tom qab muaj ib qho kev ntxhov siab.

Teens may show a combination of adult and childlike behavior. Look for:

- change in activity level
- decreased cooperation
- change in eating or sleeping patterns
- irritability, restlessness
- anger or withdrawal

What can parents do?

Parents have a very important role in pain management. Because you know your son or daughter 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 with new and difficult situations.

To help in coping with pain, you can:

- Be present, or ask others who know your child to visit.
- Tell the staff if you feel the pain is not being controlled, or if your child is ready to have pain medicine decreased because he or she is too sleepy or more active.
- Give your child as much control as possible; offer choices that are realistic.
- Give praise, even when it's a small success; praise gives encouragement that helps children cope.
- Use routine calming activities before and after a stressful event.

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 yaus thiab tub ntxhais hluas hnov mob hauv lawv lub cev, tab sis lawv kuj xav rau saum lawv lub taub hau thiab. Tej yam uas lawv hnov yog mob li kub nyhiab, ncus ncus (li qaib thos), los yog mob ntswj (li tu leeg). Tej yam uas lawv yuav xav yog: “Vim li cas kuv ho mob,” “Yuav mob ntev li cas,” “Ua cas tsis muaj leej twg muab nws tshem mus,” thiab “Kuv raug mob vim kuv phem?” Lawv kuj yuav xav tias nws yuav mob heev ntxiv, los yog nws puas yuav ploj mus. Qhov txhawj los yog kub siab nov tiag yuav ua rau qhov mob zoo li mob heev thiab nws, tig rov los, ua txhawj heev tshaj. Peb yuav rhuav tshem qhov kev txhawj mus los no tau li cas? Tej yam uas yuav pab txo tau qhov txhawj thiab mob yog:

- Npaj rau kev kho (raws li hnuv nyoog thiab kev paub tab) pab tiv thaiv kev nyuaj siab thiab mob lub cev, kom to taub zoo thiab daws kev mob.
- Kev phov nrov zoo li ua suab muag muag, yas suab (music), dab neeg, los yog suab nkauj yuav muaj peev xwm ua tus neeg tsis xav txog qho mob los yog qhov kev kho (phais).
- Co mus los li qub – los yog qoj kom xwm yeem, co twj ywm li no kuj yuav pab tau thiab.
- Kev ua evxesxais
- Kev so nyob twj ywm xws li tshuab npuas, los yog nqus pa kom tob, yuav txo tau qhov kev txhawj xeeb.
- Plhws los yog maj mam zuaj yuav pab kom tej leeg muag thiab cuam txhuam tej leeg uas xa qhov mob mus rau saum lub hlwb. Li ntawd lub hlwb thiaj tsis hnov mob puas tsawg.

What can be done to reduce pain?

Non-medicine methods

Pain is both a physical and psychological (mental) state. Children and teens feel pain in their body, but they also think about it in their head. Some of the things they feel are sensations like burning, throbbing, or cramping. Some of the things they might think are: “Why do I hurt,” “How long will it last,” “Why can’t someone take it away,” and “Do I hurt because I was bad?” They might wonder if it will get worse, or if it will ever be gone. This worry or anxiety can actually make the pain seem worse and this, in turn, causes even more worry. How can we break this “pain-anxiety-pain” cycle? Some things that can help reduce worry and pain are:

- Preparation for procedures (according to age and development) helps to prevent emotional and physical pain, and increase understanding and coping.
- Distractions like using a soothing voice, music, stories, or songs can take a person's attention away from the pain or the procedure.
- Rhythmic motion-- rocking or other slow, steady movement can help.
- Exercise.
- Relaxation techniques such as blowing bubbles, or focusing on deep breathing, can reduce anxiety.
- 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.

- Muab tej yam sov los yog txias, zoo 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 (muscles).
- Xav rau lwm yam los yog hais kom looj (hypnosis) yuav pab neeg nyob twj ywm thiab xav tias lawv nyob lwm qhov chaw lawm.

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 yog nyob ntawm ntau yam nrog rau qhov ua mob thiab hom mob twg, qhov 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. Feem ntau kuj yuav siv tso ua ntej thaum hno koob, xws li tso dej qab ntsev raws leeg. Nws yuav tsum tso rau ntev li 60 nasthis nws thiaj ua hauj lwm. Nws tsis tiv thaiv txhua yam uas tsis xis nyob, tab sis pab kom ntaug me ntsis. (Saib daim ntawv qhia “Anesthetic cream”.)

Tshuaj non-steroidal anti-inflammatory (NSAIDs) txo qhov mob thiab qhov o. Mus yuav tau tom tab laj ntawm tej txe thiab pab txo qhov mob mintsis mus rau qhov mob ib nrab. Kom txhob mob plab, yuav tsum noj nrog zaub mov 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 txe uas pab kho mob mintsis mus txog rau mob ib nrab. Nws fab los qaug tsawg dua cov NSAIDs tab sis tsis txo qhov o.

- 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.
- Imagery or hypnosis can help people relax and imagine that they are somewhere else.

We will help you to learn how to use these techniques.

Medicines

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

Anesthetic cream, such as EMLA® or ELA-Max®, can be put on the skin to numb it. 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 order to work. It does not prevent all discomfort, but helps reduce it. (See the education sheet, “Anesthetic cream”.)

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 when possible. Ibuprofen (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 (ntsuaj 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 muaj feem ua tau khaus, xeev siab, thiab cem quav. Lawv yuav ua tsaug zog thiab ua pa qeeb qeeb. Qee zaum cov NSAIDs los yog acetaminophen thiab narcotics yuav muab sib tov siv ua ke. Thaum noj cov narcotics ntawm qhov ncauj, yuav tsum noj nrog zaub mov thiaj tsis xeev siab. Ua kom txhob cem quav, menyuam yaus thiab tub ntxhais hluas yuav tsum tau haus dej kom ntau los yog siv cov tshuaj ua kom quav muag muag.

Nyob hauv tsev kho mob, nws kuj muaj lwm txoj kev xaiv tau txais tshuaj mob. Me nyuam thiab tub ntxhais hluas siv tau lub caws tshuaj (patient-controlled analgesic (PCA)) txau mus rau uas lawv nias ib lub pob kom xa ib qhov tshuaj mus rau. (Saib nplooj ntawv qhia “Patient-controlled analgesia.”) Minyuam yaus thiab tub ntxhais hluas uas raug phais tas tej zaum lawv tau rau ib txoj yas me me “catheter (tube)” ntsaws mus rau ntawm ze tus hlwb txha caj qaum thiab tshuaj xa ncaj nraim mus rau ntawm cov hlab ntshav kawg. (Saib daim ntawv qhia “Epidural analgesia.”)

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

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. They can cause sleepiness and slower breathing. Sometimes NSAIDs or acetaminophen and narcotics are used together. When narcotics are taken by mouth, they should be taken with food to prevent nausea. To prevent constipation, children and teens may need to drink lots of fluids or take a stool softener.

In the hospital, there are some other options for receiving pain medicines. Children and teens may use a patient-controlled analgesic (PCA) pump in which they push a button to deliver a controlled amount of medicine. (See the education sheet “Patient-controlled analgesia.”) Children and teens 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 child or teen 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 promote comfortable sleep. Some medicines need to be given around the clock. Your doctor will tell you the schedule for this if it is needed.

Nco ntsoov hu kws kho mob yog tias cov tshuaj tsis pab kom zoo qhov mob los yog nws mob heev ntxiv. Yog koj hu kws kho mob hais txog qhov mob nws yuav nug koj txog ua npaws, qhov mob ntawd heev npaum li cas raws koj qhov ntsuas, thiab lub qhov nqaij mob los yog qhov phais zoo li cas (yog muaj ib qho).

Lus nug?

Daim ntawv no tsis yog hais rau koj tus me nyuam 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.

Rau tej ntaub ntawv nyeev ntxiv txog qhov no thiab txog lwm yam kev noj qab haus huv, Thov hu los yog mus saib ntawm Qhov Chaw Loj pab Tsev Neeg lub chaw khaws ntawv, los yog mus saib hauv peb qhov Web site: www.childrensmn.org.

Be sure to call the doctor if the medicine does not seem to help the pain or if it becomes worse. If you call the doctor about pain you might be asked about fever, how severe the pain is based on your scale, 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.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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