

# DAIM NTAWV QHIA TXOG 3-KAUJ RUAM

## NTAWM KEV XAIV IB TUG KWS KHO MOB ME NYUAM YAUS

Koj xav kom tau qhov zoo tshaj plaws rau koj tus me nyuam thiab kev xaiv ib tug kws kho mob me nyuam yaus yog ib txoj kev txiav txim uas tseem ceeb heev. Xav txog cov tswv yim no thaum uas koj los txiav txim.

### 1 XYUAS SEB DAB TSI TSEEM CEEB RAU KOJ

Xyuas seb dab tsi tseem ceeb rau koj thiab koj tsev neeg thaum uas xaiv ib tug kws kho mob me nyuam yaus. Ntawm no yog ib co lus nug tseem ceeb uas yuav tau xav txog:

- Tus kws kho mob txoj kev xav hais txog kev kho mob yog dab tsi? Nws puas dhlos raws li yam uas koj xav tias muaj nqis?
- Lub tsev kho mob me cov chaw nyob puas yooj yim rau koj? (Puas muaj lwm cov kev xaiv uas nyob ze ntawm tsev, tom hauj lwm, los sis lwm qhov chaw tseem ceeb hauv koj lub neej?)
- Lub tsev kho mob me puas muaj tej yam uas yuav yooj yim uas tseem ceeb rau koj? (cov sij hawm lub tsev kho mob qhib, kev pab kho mob sai, teem sij hawm tib hnuv mus kho mob los sis cia li mus kho mob, nkag mus saib tej ntaub ntawv kho mob los sis lwm yam zoo li no hauv online)
- Lub tsev kho mob me puas muaj kev koom tes nrog ib lub tsev kho mob loj los sis muaj kev sib txuas nrog ib pab pawg neeg kho mob tshwj xeeb?
- Tus kws kho mob thiab/los sis lub tsev kho mob me puas yog ib qho uas "koom hauv ib pab pawg" rau qhov kev pab them nqi kho mob uas them rau koj tus (cov) me nyuam?

### 2 NRHIAV TSWV YIM THIAB KOJ MUS TSHAWB NRHIAV

- Nug koj tus kws kho cov poj niam uas cev xeeb tub los sis tus kws pab poj niam yug me nyuam kom pab muab tswv yim. Hais kom muab cov lus qhia ntau tshaj li ntawm lub npe thiab cov tsev kho mob me: nug seb yog vim li cas lawv ho xav tias koj yuav tsum tau ntseeg tus kws kho mob ntawd los kho koj tus me nyuam.
- Nug tsev neeg thiab cov phooj ywg uas muaj kev xav ib yam li koj txog qhov uas lawv tau ntsib los ntawm lub tsev kho mob me los sis cov kws kho mob pab me nyuam ntawd.
- Tshab fawb txog cov kws kho mob me nyuam yaus thiab cov tsev kho mob me hauv online los xyuas seb lawv haum li cas nrog qhov uas koj pom tias tseem ceeb. Lub tsev kho mob cov vas sab (websites) yog ib qho chaw zoo los pib, tiam sis yuav tau xav txog qhov uas mus tshawb fawb online los sis hauv cov chaw uas sawv daws tuaj sib ntsib ua ke (social media).
- Hu rau lub tsev kho mob me es nug cov lus nug koj muaj; yog tias tus kws kho mob me nyuam yaus tsis khoom, nrog tus neeg saib xyuas hauv lub tsev kho mob me tham.
- Teem ib lub sij hawm mus nrog tus kws kho mob me nyuam yaus tham (tim ntsej tim muag los sis hauv xov tooj). Muaj ntau lub tsev kho mob me muaj cov chav qhia rau cov niam txiv uas tab tom muaj me nyuam los pab lawv hauv txoj kev txiav txim no.

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**Hugo**  
Children's Minnesota  
Primary Care Clinic  
651-426-1141

**Maple Grove**  
Partners in Pediatrics  
763-559-2861

**Minneapolis**  
Children's Minnesota  
Primary Care and  
Adolescent Clinics  
612-813-6107

**Plymouth**  
Partners in Pediatrics  
763-520-1200

**Rogers**  
Partners in Pediatrics  
763-428-1920

**St. Louis Park**  
Partners in Pediatrics  
952-930-8400

**St. Paul**  
Children's Minnesota  
Primary Care Clinic  
651-220-6700

**West St. Paul**  
Children's Minnesota  
Primary Care Clinic  
651-726-9500

[childrensMN.org/  
primarycare](http://childrensMN.org/primarycare)

### 3 TXO KOJ COV KEV XAIV KOM TSAWG THIAB NUG COV LUS NUG UAS MUAJ

#### Cov chaw

- Puas muaj ib lub tsev kho mob uas nyob ze ntawm koj uas muaj raws li qhov koj tim tsum?
- Puas muaj chaw nres tseeb yooj yim thiab nkag tau mus rau hauv lub tuam tsev yooj yim?
- Lub tsev kho mob puas muaj cov tsev kho mob me uas koom nrog lwm cov uas nyob ze yog tias koj lub tsev kho mob me tsis khoom?

#### Cov kws kho mob hauv lub tsev kho mob tshaj lij npaum cas

- Lawv tau ua hauj lwm los tau pes tsawg xyoo?
- Lawv tau mus kawm ntawv tas pes tsawg xyoo (Kws kho mob, kws ntsuam mob, kws kho me nyuam yaus los sis tsev neeg)?
- Koj xav tau tus kws kho mob rau me nyuam yaus uas yog txiv neej los sis poj niam rau koj tus me nyuam? Puas muaj poj niam thiab txiv neej tib si hauv lub tsev kho mob yog tias koj tus me nyuam muaj kev xaiv txawv tom ntej no?

#### Lawv txoj kev xav txog kev kho mob/hom kev sib txuas lus

- Lawv txoj kev sib txuas lus zoo li cas? Lawv puas mloog koj hais thiab ntseeg koj txoj kev xav? Lawv puas txais tos cov lus nug, lawv puas muab tswv yim thiab kev taw qhia thiab ua hauj lwm tam li yog ib tug khub hauv txoj kev kho koj tus me nyuam?
- Lawv txoj kev xav txog kev kho mob yog dab tsi? Lawv xav li cas txog kev txhaj tshuaj? Lawv teem sij hawm mus soj ntsuam seb puas muaj mob heev npaum cas — lawv puas caum lub koom haum American Academy of Pediatrics cov tswv yim xav kom ua? Lawv qhov kev xav hais txog kev sau tshuaj yog dab tsi? Lawv puas kho txhua yam ntawm tus me nyuam — siv sij hawm los tham txog kev tiv thaiv, kev noj haus, kev loj hlob, kev xav thiab seb tsev neeg nyob rau ib puag ncig zoo li cas?

#### Yooj Yim

- Lawv lub sij hawm qhib ua hauj lwm yog li cas?
- Puas muaj qhov teem sij hawm tuaj kho mob tib hnuv ntawd los sis cia li tuaj kho mob?
- Lawv muaj cov kev pab tom qab lub sij hawm ua hauj lwm los sis cov kev pab sai li cas?
- Lawv puas muaj cov sij hawm qhib rau ob hnuv zwj seem (weekends)?
- Lawv muaj pes tsawg tus kws kho mob me nyuam yaus uas ua hauj lwm hauv lub tsev kho mob los kho koj tus me nyuam yog tias koj tus me nyuam tus kws kho mob tsis khoom?
- Lawv puas muaj ib tug kws ntsuam mob los teb xov tooj yav nruab hnuv los ntsuam xyuas seb qhov mob ntawd

yuav tau kho sai npaum cas thiab los pab koj txiav txim seb puas yuav tsum tau teem sij hawm mus kho mob?

- Lawv teb cov xov tooj tom qab sij hawm qhib ua hauj lwm kaw lawmli cas?
- Muaj cov kev pab dab tsi ntawm lub tsev kho mob me (yees duab hluav taws xob X-ray, soj ntsuam roj ntsha, pab qhia pub niam mis rau me nyuam noj, kev kho mob los sis qhia txog txoj kev noj qab haus huv hauv xov tooj los sis ib yam twj uas sib pom tau (telehealth), cov kws kho mob tshwj xeeb, khw nqa tshuaj)?

#### Kev nyab xeeb

- Lub tsev kho mob puas kaj thiab txais tos zoo?
- Cov neeg ua hauj lwm puas muab kev pab thiab puas siab zoo?
- Lawv puas nkag siab txog tus me nyuam txoj kev tim tsum thiab puas teb raws sij hawm?
- Puas muaj ib qho chaw tos txawv rau cov me nyuam uas xis nyob thiab/los sis cov me nyuam yug tshiab?
- Lub sij hawm tos puas tsim nyog? Puas muaj sij hawm txaus rau koj los nug koj cov lus nug thaum koj mus ntsib lawv yam uas tsis muaj qhov xav tias zoo li maj maj?

#### Cov chaw koom tes nrog

- Lub tsev kho mob me puas yog ib feem ntawm ib pawg chaw kho mob loj uas muaj cov tsev kho mob me rau me nyuam yaus?
- Lawv koom tes nrog rau cov tsev kho mob loj twg?
- Lawv xav kom mus rau chaw kho mob thaum muaj xwm ceev hauv lub tsev kho mob loj twg los sis chaw kho mob sai twg?
- Koj qhov kev tuav pov hwm puas them rau cov kev pab no ntawm cov chaw kho mob no?

#### Kev tuav pov hwm

- Lub tsev kho mob me puas nyob hauv koj daim ntawv tuav pov hwm pawg neeg kho mob?
- Lub tsev kho mob puas txais ntau hom kev tuav pov hwm nyob tsam koj qhov kev tuav pov hwm ho hloov?
- Yuav ua li cas yog tias koj tsis muaj kev tuav pov hwm?
- Puas yuav ua hli them tau cov nqi yog tias koj qhov kev tuav pov hwm tsis kam them cov nqi? Puas muaj lwm cov kev pab nyiaj?
- Lub tsev kho mob me lis cov nqi them, cov nqi, cov nqi tsub thaum mus soj ntsuam roj ntsha thiab cov nqi uas chaw tuav pov hwm them li cas?