



Xyoo Kawm Ntawv \_\_\_\_\_

MENYUAM NTAWV TXIAV TXIM PAB THAUM MUAJ MOB HAWB POB (ASTHMA - HMONG)

Me nyuam Npe \_\_\_\_\_ Hnub yug \_\_\_\_\_

Tsev Kawm Ntawv \_\_\_\_\_ Qib \_\_\_\_\_ Xibhwb/Chav \_\_\_\_\_

Niam Txiv/Tus Neeg Saib Xyuas \_\_\_\_\_

Chaw Nyob \_\_\_\_\_

Xovtooj (Tsev) \_\_\_\_\_ Xovtooj (Haujlw) \_\_\_\_\_ Xovtooj ntawm tes (cell) \_\_\_\_\_

Tus neeg hu rau thaum muaj Kev Kub Ntxhov \_\_\_\_\_ Txheeb li cas \_\_\_\_\_ Xovtooj \_\_\_\_\_

Me nyuam tus kws kho mob Hawb Pob (Asthma) \_\_\_\_\_ Xovtooj \_\_\_\_\_

Lwm tus kws kho mob \_\_\_\_\_ Xovtooj \_\_\_\_\_

Koj tus me nyuam mob hawb pob Asthmas tau ntev li cas los lawm? \_\_\_\_\_ Hli/Xyoo
Thov luj menyuam tus mob hawb pob ib txog kaum seb hnyav txog theem twg. 1 (mob meme) 10 (mob hnyav heev) \_\_\_\_\_
Koj xav tias xyoo tag los no tus menyuam khaj pes sawg hnub tsis mus kawm ntawv vim nws mob hawb pob Asthmas? \_\_\_\_\_ hnub
Qhia tej yam thaum tus me nyuam yuav pib mob hawb pob asthma tias zoo li cas (Khij yam yuav ua rau tus menyuam mob)

- Dhia ua si mus los
Mobhnoos/khaub thuas
Huab cua hloov kub/no
Tsiag txhu
Tsw yam muaj ceem heev
Plua tshauv qhuav (Chalk)
Ntaub kas-pev hauv hoob
Noob paj zeeg
Tsw pwm
Tsw luam yeeb/lwm yam pa ncho
Kev nyuaj siab
Lwm Yam
Khood Noj
Tej yam khoom tsis haum es phiv

Muaj lus dabtsi sau rau nov \_\_\_\_\_

Koj tus me nyuam muaj cov tsos mob zoo li cas ua ntej nws yuav mob hawb pob Asthmas?

- Txhaws qa, ntihnos qeev(throatclearing)
Dub dub ntawm qab qhov muag
Uapa nyuab nyuab, uapa tsisntos
Ua pa hawb hawb(wheezing)
Hnoos
Lubntsejmuag txawv txawv
Nyuab siab, nyob tsis tswm
Hnov lub hauv siab ceev ceev

Koj tus me nyuam ua dab tsi nyob rau tom tsev pab thaum nws mob hawb pob Asthmas? (Thov khij txhua yam nws ua)

- Tsum tsis ua si
Kom ua pab hlob pa yau
Kom nyob twj ywm/so
Haus dej
Zaum kom ntsej
Siv tshuaj
Siv lub pab ua pa (inhaler)
Siv lub ntshawb pa tshuaj (Nebulizer)
Noj tshuaj
Qhiatxoglwmkaujruamyuavsivthammaujmobhawbpob asthmahnyav

Thov sau cov tshuaj koj tus me nyuam noj pab nws tus mob hawb pob Asthmas rau nov:

Table with 3 columns: Lub Npe Tshuaj, Ntau li cas, Siv pes tsawg zaus. Rows for (Tom tsev kawm ntawv) and (Tom tsev).

Tus menyuav puas tau kawm siv lub raj nqua pas (spacer) los yog lwm lub twj los pab nws siv lub pab ua pa (inhaler)? [ ] Tau [ ] Tsis Tau

LUS TSEEM CEEB: Yog niam txiv lub luag haujlwm muab tshuaj tuaj rau tus menyuam tau siv tom tsev kawm ntawv. Yuav tsum tau ua daim ntawv Tso Cai Muab Tshuaj Los Ntawm Niam Txiv/Tus Tswj Fwm (5330 F1) kom tiav thiab kos npe los ntawm ib tug kws khomob txhua xyoo. Cov tshuaj yuav tsum cia nyob nws rau hauv lub kav/hwj nej nqa los. Xeev Wisconsin txojcai 118.291 kam tus menyuam nqa nws lub raj pab ua pa nrog nws es siv tom tsev kawm ntawv yog tau ntaub ntawv tso cai los ntawm kws khomob thiab niam txiv. Nws yog ib qho zoo rau koj tus menyuam yog tias cov neeg tom tsev kawm ntawv paub hais tias nws nqa lub raj ua pa nrog nws es thiaj li paub pab nws soj ntsuam kom siv tau zoo.

THOV UA KOM TIAV THIAB KOS NPE RAU SAB NRAUM DAIM NTAWV NO

Koj tus menyuam puas xav kom ua tej yam raws li nram no pab rau nws tus mob hawb pob asthmas thaum tuaj nyob tom tsev kawm ntawv?

- Txo cov kev uasi hauv chav dhia (gym) \_\_\_\_\_
- Txo kev mus ua si nraum zoov \_\_\_\_\_
- Txhob pub tsiaj nyob hauv chavkawm \_\_\_\_\_
- Tsis pub noj qee yam zaubmov \_\_\_\_\_
- Kev txhawj txog kev xav thiab tus cwj pwm \_\_\_\_\_
- Sojntsuam thaum mus uasi kev deb \_\_\_\_\_
- Xathiab tos tshwj xeeb rau tom tsev kawm ntawv \_\_\_\_\_
- Saib tom qab noj tshuaj seb puas muaj teeb meem dabtsi \_\_\_\_\_
- Lwm yam \_\_\_\_\_
- Koj tus menyuam puas yuav tau ntsuas pa (peak flow readings) rau lub sijhawm kawm ntawv nruab hnuab?
- Tus Zauv Ntsuas Zoo Rau Tus Kheej (Personal Best Peak Flow Number) \_\_\_\_\_
- Ntsuas Tsawg Zaus \_\_\_\_\_

### **Npaj Rau Thaum Muaj Kev Kub Ntxhov**

Yuav tsum tau npaj ua li cas thaum muaj kev kub ntxhov yog tus menyuam muaj cov tsos mob hnoos, ua pa tsis taus, los yog hnov mob hauv siab.

**Saib ntawm tus menyuam qhov “Kev Pab Tshwj Xeeb” (Student’s Individualized Plan) seb yuav kom ua li cas. Yog tus menyuam tsis muaj qhov “Kev Pab Tshwj Xeeb” ua raws li cov theem lus nram no.**

1. Muab tshuaj rau noj raws li tau kev tsocai.
2. Hais kom tus menyuam rov qab mus rau nws chav kawm yog nws tus mob zoo me ntsis tom qab tau tshuaj tas. Yuav tsum soj ntsuam xyuas kom kawg hnuab seb nws puas mob ntxiv lawm.
3. Hu xovtooj qhia rau niam txiv/tus neeg thaum muaj kev kub ntxhov paub yog tus mob tsis zoo.
4. **Hu rau 9-911 thaum muaj kev kub ntxhov yuav tsum tau cawm yog hais tias tus menyuam mob hnyav xws li nram no:**
  - Tom qab muab kev pab zaum ib rau tas, dhau li 15-20 nas this los tseem tsis tau khees li.
  - Ua pa nyuab nyuab nrog:
    - Hauv siab thiab caj dab hmlos thaum ua pa
    - Tus menyuam khoov ua ib pob
    - Tus menyuam huas pa tsis nto
  - Mus tsis taus kev lossis hais tsis tau lus
  - Cia li tsis uasi, thiab pib tsis tau ib yam dabtsi ntxiv lawm
  - Di ncauj thiab cov rantes cia li dawb thiab xiav tuaj

**Muaj lus dabtsis sau rau nov/thiab seb xav kom ua li cas:**

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Cov lus sau no yuav muab faib rau cov xibhwb hauv chav kawm, tus neeg tsav npav, thiab lwm tus ua haujlwm hauv tsev kawm ntawv yog thaum tsim nyog yuav tau qhia paub.

Niam txiv/Tus Tswj Fwm Kos Npe: \_\_\_\_\_ Hnuab tim \_\_\_\_\_