

Patient/Family Education

Taub hau raug mob (Hmong)

Dab tsi yog taub hau raug mob?

Ib qho taub hau raug mob yog ub no tuaj raug los yog ua mob ntev rau taub hau. Thaum uas nrhiav tsis pom tshwm muaj qhov raug cov hlwb sij hawm nov, tej zaum yuav muaj teeb meem tuaj 48 teev tom qab, tej zaum yuav tsis mob heev, thiab mob ntev ntau hnub, ntau vas thiv, los sis ntau hli. Nws tseem ceeb yuav tau saib koj tus me nyuam kom zoo tom qab raug mob.

Raug mob lub hlwb zoo li cas?

Nyob rau hauv ob peb hnub ua ntej:

- o tuaj “tej thaj muag muag” mos liab
- ntshav los sis kua ntshiab tawm hauv qhov ntswg qhov ntsej los
- xeev siab (mob plab)
- ntuav ntau tshaj 2 zaug
- phov chim siab, los yog lwm yam hloov ntawm koj tus menyuam txawv tshaj li ib txwm
- mob taub hau heev ntxiv los sis ntev tshaj li 24 teev
- qhov muag plooj plooj
- kiv taub hau, nyob tsis tus, teeb meem mus kev
- tsis muaj zog tam sis ntawd los yog teeb meem siv ib sab cev
- hais lus tsis meej los yog hais tsis taus lus
- yuam kev tsis yog thiab tsis nco ub no
- chua leeg
- sawv rov los nyuab nyuab
- tawv nqaij daj

Head injury (English)

What is a head injury?

A head injury is a blow or trauma to the head. While no signs of a brain injury may have been found at this time, problems may develop up to 48 hours later. The signs may be subtle, and may last for days, weeks, or months. **Watch your child closely** after the injury.

What are signs of a brain injury?

Within the first few days:

- bulging “soft spot” in an infant
- blood or clear drainage from nose or ears
- nausea (upset stomach)
- vomiting more than 2 times
- more irritable, or other change from your child’s normal behavior
- headache that gets worse or lasts longer than 24 hours
- blurred vision
- dizziness, clumsiness, trouble walking
- sudden weakness or trouble using one side of body
- slurred speech or trouble talking
- confusion and memory loss
- seizures
- hard to wake up
- pale skin color

Cov tshwm sim tom qab ntxiv:

- txhoj puab los sis thab lwm tus
- npau taws
- phov ub no heev dua li ib txwm
- nkees dua li ib txwm
- tsis hnov lus
- yoog tsis tau kev qhia
- xav tau qeeb qeeb los yog txiav txim siab tsis tau
- teeb meem nrog tsis tau lwm tus ua ke
- teeb meem tsis hmoog los yog nyob twj ywm
- nco tsis tau ub no
- teeb meem txog kawm los yog nyeem ntawv
- pheej ntuav tej thaum (tsis paub qhov ua rau ntuav)

Kuv yuav tu kuv tus me nyuam li cas?

- Tsa koj tus menuam yog hais los ntawm neeg tus mob los sis kws kho mob, thiab xyuas nws tus cwj pwm.
- Tsis ua si li 24 teev lawm.
- Yog koj tus me nyuam kam, tso ib hnab dej khov (ice) rau qhov raug mob kom txhob o.
- Yog ntuav, muab dej ntshia rau haus (xws li apple juice, Popsicles®, broth, or gelatin) rau thawj ob peb teev tom qab raug mob. (Saib daim ntawv qhia txog “Ntuav.”)
- Muab tshuaj acetaminophen (Tylenol® los yog lwm hom) rau mob taub hau los sis tsis xis nyob txhua txhua 4 teev twg.

Later signs:

- impulsive or tends to interrupt others
- irritable
- more passive than normal
- more tired than normal
- hearing problems
- trouble following instructions
- slowed thinking, or trouble making decisions
- trouble getting along with others
- trouble paying attention or concentrating
- memory problems
- learning or reading problems
- vomiting now and then (no known cause)

How should I care for my child?

- Wake your child if directed by a nurse or doctor, and check for normal behavior.
- Limit activities for 24 hours.
- If your child accepts it, place an ice bag or cold pack on the injured area to stop any swelling.
- If vomiting, offer clear liquids (such as apple juice, Popsicles®, broth, or gelatin) for the first few hours after injury. (See the education sheet “Vomiting.”)
- Give acetaminophen (Tylenol® or another brand) for headache or discomfort every 4 hours as needed.

Thaum twg thiaj tsim nyog kuv hu rau kws kho mob?

Hu kws kho mob yog koj tus menuam muaj **tej yam** txog cov cim qia txog hlwb raug mob, los sis koj muaj lus nug los kev txhawj xeeb txog raws li qhov saib pom koj tus me nyuam los sis ua yeeb yam.

Hloov tus cwj pwm, kev xav, thiab siab xav feem ntau yuav zoo ntxiv mus ob peb vas thiv ua ntej tom qab raug mob. Yog tias lawv mob ntev tshaj li 4 vas thiv, hu rau koj tus kws kho mob. Ib qho tshawb ntsuam xyuas los ntawm tus neuropsychologist (tus paub txoglbub hlwb ua hauj lwm thiab yeeb yam) yuav tsum tau ua. Tus neeg neuropsychologist muaj peevee xwm yuav qhia tau yam kev pab rau koj tus menuam kawm tau ntawv, nco tau zoo, thiab coj xeeb ceem zoo tom qab taub hau raug mob.

Kuv tus menuam ua si tau li cas xwb?

Txawm tias qhov raug mob no tsis ua muaj qhov puas ntsoog los, koj yuav tsum tiv thaiv kom txhab muaj qhov to mus ntxiv rau koj tus menuam lub taub hau. Raug mob me tsis so rau taub hau rau sij hawm luv luv (xuab moos, hnub, los sis vas thiv) yuav ua raug mob loj rau lub hlwb thiab teeb meem mus ntev. Zam kev sib tw xws li hockey, football, soccer, skiing, thiab lwm yam kev ua si uas zoo li yuav ua kev puas tsuaj rau koj, kom txog thaum muaj kev pom zoo los ntawm tus me nyuam tus kws kho mob. Nov yog ib co kev qhia thoob plaws:

Koj tus menuam rov qab mus ua si tau li qub yog hais tias:

- tsis muaj qhov tsis nco qab.
- qhov mob ntawd ntev li 15 feeb los sis luv dua.

When should I call the doctor?

Call the doctor if your child has **any** of the listed signs of brain injury, or if you have any questions or concerns about the way your child looks or is acting.

Changes in behavior, thinking, and mood usually improve during the first few weeks after the injury. If they last longer than 4 weeks, please call your doctor. An evaluation by a neuropsychologist (a specialist in brain function and behavior) may be needed. The neuropsychologist can suggest ways to help improve your child's learning, memory, and behavior after a brain injury.

What activities can my child do?

Even if this injury caused no damage, you should prevent further blows to your child's head. Repeated mild head injuries within a short time (hours, days, or even weeks) could result in serious brain injury and long-term problems. Avoid sports such as hockey, football, soccer, skiing, and any other activities that seem risky to you, until approved by your child's doctor. Here are some general guidelines:

Your child can return to normal activity if:

- no loss of consciousness.
- symptoms lasted 15 minutes or less.

Yog hais tias koj tus menuam muaj qhov tsis nco qab ntev li ob peb seconds, tos ib lim tiam tom qab tej kev mob ploj mus tas tso.

Yog hais tias koj tus menuam tsis nco qab ntev li ib feeb los yog ntau dua, tos ob lim tiam tom qab tej kev mob ploj mus tas tso.

Dab tsi ntxiv kuv yuav tsum paub?

Nov yog cov kev koj ua tau pab kom koj tus menuam zoo sai li hnub los yog vas thiv tom qab raug mob mintsis ntawm taub hau:

- Muaj sij hawm ntau so thiab ua si.
- Ua raws li qhov yuav muaj txiaj ntsim txhua hnub.
- Cia ua si maj mam ntau zus, raws li thev taus.
- Nug tus kws kho mob thaum twg koj tus menuam mam mus kawm ntawv tau thiab ua si li qub.
- Qhia cov neeg hauv tsev thiab xib fwb txog qhov raug mob, thiab yuav hloov cov ntawv kawm thiab kev ua si, thiab saib xyuas qhov tshwm ua teeb meem. Muab daim ntawv qhia no tham nrog rau lawv.
- Soj ntsuam koj tus me nyuam tej kev kawm ntawv mus rau ntau hli tom ntej.
- Siv khoom (neeg kho mob, neuropsychologist, school counselor) yog pheej mob ntxiv ntev dua ob pe vas thiv.

If your child was unconscious for a few seconds, wait one week after all symptoms go away.

If your child was unconscious for a minute or more, wait two weeks after all symptoms go away.

What else do I need to know?

Here are some ways to speed your child's progress in the days and weeks following a mild head injury:

- Allow extra time for rest and play.
- Follow a predictable daily routine.
- Increase activities slowly, as tolerated.
- Ask the doctor when your child should return to school and regular activities.
- Tell family members and teachers what happened, how to modify class work and activities, and to watch for signs of problems. Share this education sheet with them.
- Monitor your child's school performance for the next several months.
- Use resources (medical staff, neuropsychologist, school counselor) if problems continue beyond a few weeks.

Lus nug?

Daim ntawv no tsis yog hais rau koj tus me nyuam xwb, tab sis hais tag nrho rau sawv daws. Yog koj muaj lus nug ab tsi, thov hu rau nej lub chaw khomob.

Rau kev paub ub no ntxiv, kev kawm, thiab kev pab, hu mus rau ntawm chaw Brain Injury Association of Minnesota
www.braininjurymn.org los yog hu
(612) 378-2742 los yog 1-800-669-6442. Kev pab cuam muaj xws li:

- tsev nqa ntawv
- pawg sib txhawb
- kev kawm ntawv
- tiv thaiv kev raug mob
- kev pab txhawb nqa

Rau tej ntaub ntawv nyeem ntxiv txog qhov no thiab lwm yam mob/kev noj qab haus huv, thov hu los yog mus saib ntawm Lub Chaw Loj Pab Tsev Neeg lub Chaw Cia Ntawv los yog mus saib peb qhov Web site:
www.childrensmn.org.

Questions?

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

For more information, education, and support, contact the Brain Injury Association of Minnesota, at www.braininjurymn.org or call (612) 378-2742 or 1-800-669-6442. Services provided include:

- resource library
- support groups
- educational programs
- injury prevention
- advocacy

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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