

Tom Qab Saib Cov Ntsiab Lus

Kashia Moua Yug hnuv tim: 8/15/2020

Thawj cov kev kuaj mob L-TGA, intact ventricular septum, TR Hnuv Tim 9/21/2022 - 10/6/2022

Thaj Chaw C4 PCTC MB

Nyob Kho Mob Hauv Koj Lub Tsev Kho Mob

Koj Cov Kauj Ruam Yav Tom Ntej

Lus Nug

Nug kev yuav ua li cas thiaj tau txais cov kev kuaj mob no

- 1 furosemide

Kev Ua

Txais cov kev kuaj mob no los ntawm WALGREENS #16373 - SAN FRANCISCO, CA - 550 16TH ST

- 1 aspirin
- 2 digoxin
- 3 spironolactone

Nyeem

Nyeem cov ntawv uas muab los nrog no

- 1 Cardiac Arrhythmias (Plawv Dhias Tsi Zoo): Me Nyuam Yaus: Ntaub ntawv ntau yam (Lus Askiv)
- 2 Rate-Control Medicines (Tshuaj Tiv Thaiv): Ntaub ntawv ntau yam (Lus Askiv)
- 3 Home Care after Pediatric Heart Surgery (Kev Saib Xyuas Qhov Txhab Hauv Tsev Tom Qab Me Nyuam Yaus Kev Kuaj Mob) – UCSF (Lus Askiv)

Vim li cas koj tus me nyuam thiaj tau mus kuaj mob tom tsev kho mob

Kev kuaj mob ntawm koj tus me nyuam yog: L-Tga, Levo-Transposition of Great Arteries With Ventricular Inversion (txoj leeg paj hlwb tsi zoo)

Koj tus me nyuam tseem muaj tso mob: Tga (Transposition of Great Arteries), Situs Inversus, Long Qt Syndrome (txoj leeg pab hlwb thiab kev dhias ntawm lub plawv tsi zoo)

Cov lus nug txog koj li kev tau txais kev kho mob los ntawm tsev kho mob

Pediatric Cardiothoracic Surgery (Me Nyuam Yaus Kev Kuaj Mob): (415) 476-3501 | Heart Center
(Lub Chaw Kuaj Mob): (415) 353-2008 Muab kev pab cuam 24 txhuas 7 hnuv ib lub liam tiav

Tom Qab Mus Teb Xov Tooj

Ntawm 3 hnuv tom qab koj los tsev Koj yuav tau txais kev hu xov tooj los ntawm peb pab neeg. Thov teb cov lus nug kom qhia rau peb paub tias koj nyob li cas. Yog tias koj xav tau kev pab los sis muaj lus nug tus pab cuam kws kho mob yuav hu rov qab rau koj.

Koj Tus Kws Kho Mob Nyob Rau ntawm hnuv tim 10/6/2022

PCP

Npe	Qhib Hauj Lwm	Qhov Keej
New Sang, MD	Physician	Pediatrics
Chaw Nyob: 1122 S Street #102 Fresno CA 93721		Lej xov tooj: 559-268-1737
		Fax: 559-268-1738

Cov Lus Qhia Ntawm Kev Mus Kuaj Mob

- Tsis txhob siv tes nqa me nyuam tom qab lub sij hawm phais npab 6 lub lis tiam.
- Tsis txhob muab dai ntawm xuj ntiag, tsis taug kev nce toj, caij tsheb kauj vab li 6 lub lis tiam tom qab sij hawm phais plab.
- Cov me nyuam yaus tsis nyiam kev ua si uas cuam tshuam rau lub cev / kev sib cuag, tsis muaj pob pov, caij tsheb kauj vab, caij scooter.
- tsis muaj lub hnab ev ntawv los sis nqa ntawv ntau dua 5 phaus li 6 lub lis tiam tom qab phais phab.

Txhawm Rau Txhuas Leej:

- hnav lub tsho kom huv si txhua hnuv thiab hloov khaub ncaws yog tias ntub lawm los sis ntub cov qhaub ncaug
- Tsis txhob da dej los sis kom dej li 3 lub lis tiam.
- Maj mam siv ntaub so kom qhuav, tsis txhob rub los sis xaiv ntawm cov kua nplaum

Hu rau koj tus kws kho yog tias koj tus me nyuam muaj cov tsos mob no:

- ua npaws > 100 F
- muaj paug ntawm qhov txhab
- khees, qaug zog
- ua pa nrawm / ua pa luv,
- ntuav
- quaj

Kev Kuaj Mob, Kev Kho Mob, thiab Kev Tiv Thaiv COVID

Kev noj qab haus huv hauv zej zog thiab kev nyab xeeb yog qhov tseem ceeb ntawm peb tshaj plaws. pab teb cov lus nug uas tej koj yuav muaj kab mob COVID-19, suav nrog cov ntaub ntawv kev kuaj thiab tshuaj tiv thaiv. thov mus saib ntawm peb tus vev xaib www.ucsfhealth.org.

Koj tuaj yeem saib cov yeeb yaj kiab nrog cov ntaub ntawv muaj txiaj ntsig txog kev sib kis tus kab mob COVID-19, cov tsos mob thiab yuav ua li cas tiv thaiv.

Mus saib ntawm: www.GoEmmi.com Tom qab ntawv sau tus Code: UCSFCOVID

Kev Teem Sij Hawm thiab Kev Taug Qab Lwm Yam Yav Tom Ntej

Kev Teem Sij Hawm thiab Kev Taug Qab Lwm Yam Yav Tom Ntej

Hnub Tim 12
Lub Kaum Hli

Taug qab nrog Ana Carolina Coll, MD
Hnub Wednesday hnub tim 12 lub kaum hli, 2022
Ib cardiology raws li lub sij hawm teem tseg nrog Dr. Ana Coll hnub Wednesday, 10/10/2022 thaum 8:30 AM.
Thov tuaj txog 15 feeb thaum ntsoov txog kev kuaj xyuas thiab nqa ib daim qauv ntawm koj txoj kev xaus lub neej sai, ID, thiab daim ntawv kho mob.

Community Medical
Centers
559-459-4543

Hnub Tim 19
Lub Kaum Hli

Mus ntawm New Sang, MD
Hnub Wednesday hnub tim 19 lub kaum hli, 2022
Lub tsev kho mob raws li lub sij hawm teem tseg nrog Pediatrician New Sang thaum 1:00 pm hnub Wednesday, 10/19/22. Thov tuaj txog 15 feeb ua ntej mus xyuas thiab nqa: discharge ntawv, daim ntawv kho mob, thiab ID.

Surescripts HISP
559-268-1737

Tsi Paub Cov Kev Ua Xuas

Cov Npe Tshuaj (Medications)

raws li cov ntaub ntawv koj tau muab rau peb thiab txhua yam kev hloov tshuaj uas tau ua thaum mus ntsib no. Daim ntawv teev npe ntawm koj cov tshuaj muaj nyob hauv qab no. Any new medications (cov tshuaj medications), new doses (tshuaj doses), thiab cov tshuaj refills ntiv yuav tsum raug xa mus rau lub tsev muag tshuaj los sis muab rau koj ua daim ntawv tshuaj. Thov muab cov npe tshuaj no ua tib zoo sib piv nrog koj cov hauv tsev thiab daim ntawv tshuaj uas koj khaws los ntawm lub tsev muag tshuaj. Yog tias koj pom cov npe tshuaj uas ploj lawm los sis muab cov tshuaj sib npaug Thov hu rau koj tus kws kho mob thawj los sis tus kws kho mob tshwj xeeb. Thov nqa daim ntawv teev npe tshuaj no mus rau txhua qhov kev teem caij kho mob.

PIB noj cov tshuaj no (medications)

PIB noj cov tshuaj no (medications)					
	Sawv Ntxov	Tav Suv	Tsaus Ntuj	Sij Hawm Pw	Raws Lis Xav Tau
aspirin 81 mg ib ntsiav					
Chew 0.5 ib sab ntsiav (tag nrho 40.5 mg)	1/2				
txhuas hnub	ntsiav				
Dose: 40.5 mg					
Noj zaum kawg yog: 40.5 mg thaum hnub					
tim 6 lub kaum hli, 2022 8:25 AM					
digoxin 50 mcg/mL (0.05 mg/mL) solution	1.1 mL		1.1 mL		
Feem tau hu ua: LANOXIN					
Noj 1.1 mL (tag nrho 55 mcg) txhuas hnub					

	Sawv Ntxov	Tav Suv	Tsaus Ntuj	Sij Hawm Pw	Raws Lis Xav Tau
thaum sawv ntxov thiab sij hawm pw Dose: 5 mcg/kg Noj zaum kawg yog: 56 mcg thaum hnuv tim 6 lub kaum hli, 2022 8:20 AM					
spironolactone 25 mg/5 mL oral suspension Feem ntau hu ua: CAROSPIR Noj 2.4 mL (tag nrho 12 mg) txhuas hnuv Dose: 1 mg/kg Noj zaum kawg yog: 12 mg thaum hnuv tim 6 lub kaum hli, 2022 8:25 AM	2.4 mL				

HLOOV kev noj cov tshuaj no (CHANGE how to you take these medications)

HLOOV kev noj cov tshuaj no (CHANGE how to you take these medications)					
	Sawv Ntxov	Tav Suv	Tsaus Ntuj	Sij Hawm Pw	Raws Lis Xav Tau
furosemide 40 mg/4 mL oral solution Feem ntau hu ua: LASIX Noj 1.7 mL (tag nrho 17 mg) txhuas 2 (ob) zaug ntawm hnuv Dose: 1.5 mg/kg Noj zaum kawg yog: 12 mg thaum hnuv tim 6 lub kaum hli, 2022 8:25 AM Tau hloov dab tsi xwb:	1.7 mL		1.7 mL		
1. yuav noj npaum li cas					
2. yuav noj thaum twg					

Koj yuav mus nqa cov tshuaj qhov twg (where to pick up your medications)

Mus nqa cov tshuaj ntawm WALGREENS #16373 - SAN FRANCISCO, CA - 550 16TH ST

aspirin • digoxin • spironolactone

Chaw nyob: 550 16TH ST RM 1200, SAN FRANCISCO CA 94158-2545

Lej xov Tooj: 415-365-0512

Nug koj tus kws kho mob tias yuav mus nqa cov tshuaj qhov twg (ask your doctor where to pick up these medications)

• furosemide 40 mg/4 mL oral solution

My Chart (Kuv Daim Ntawv Qhia)

Peb zoo siab los muab peb cov neeg mob thiab lawv tsev neeg lub cov ntaub ntawv hu ua MyChart. Nrog MyChart, koj cov ntaub ntawv kho mob tsuas yog nyem rau ntawm koj tus web browser los sis MyChart Mobile App. Nrog MyChart koj tuaj yeem ua tau:

- * Xa lus rau cov chaw muab kev pab
- * Saib cov kev kuaj mob
- * Thov teem sij hawm, thiab lwm yam!

Kuv puas tuaj yeem saib kuv tus me nyuam cov ntaub ntawv kho mob hauv MyChart?

Yog koj tuaj yeem ua tau! Qhov no hu ua kev ua tus twv cuab (proxy access) thiab tso cai rau niam txiv. (los sis tus saib xyuas) Nkag mus rau koj tus kheej MyChart account thiab siab koj tus me nyuam cov ntaub ntawv kev kuaj mob.

1. Mus ntawm www.ucsfhealth.org/mychart thiab nkag mus rau hauv koj tus MyChart account. Sau npe online nyob rau hauv "Create An Account" yog tias koj tsis muaj account.

2. Thaum koj nkag mus rau hauv, mus rau "MyChart Proxy Center" nyob rau hauv "Profile" ntawv qhia zaub mov, xaiv qhov kev nkag mus uas phim koj tus me nyuam lub hnuv nyoog thiab sau daim foos.

3. Koj yuav tau txais tsab ntawv ntawm MyChart nrog cov lus qhia txog kev nkag mus rau koj tus me nyuam tus account lis ntawm 2-3 hnuv.

Txhawm rau kev pab cuam, thov hu rau 415-514-6000 ntawm 24 teev/ 7 hnuv hauv ib lub lis tiam, MyChart yuav tsis tau siv rau kev xav tau thaum muaj xwm ceev. Thaum muaj xwm txhej ceev, hu rau **911**.

Qhov Hnyav Ntawm Koj, BMI, thiab BSA thaum Sij Hawm Mus Ntsib

Qhov Hnyav: 11.2 kg (24 lb 11.1 oz)

Thov siv cov lik hauv qab no txhawm rau kom paub ntau ntiv txog tias yuav ua li cas BMI thiab saib cov ntau ntawv siv raws hnuv nyoog.

Hnuv nyoog 2-20 xyoo:

https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

Hnuv nyoog 21 xyoo los sis ntau duas:

https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html

Kev Txhaj Tshuaj Tiv Thaiv Txhawm Rau Kev Khag Mus Rau Qhov No (Immunizations Administered for This Admission)

Lub Npe	Hnuv Tim
Influenza	10/6/2022

Cov Ntaub Ntawv Kev Kuaj Mob Ntawm UCSF

Koj tuaj yeem nrhiav UCSF qhov chaw kuaj mob thiab cov sij hawm qhib rau koj sau ntshav ntawm: https://www.ucsfhealth.org/clinics/laboratory_medicine/

Txhua qhov chaw muaj kev pab sau ntshav. Qee qhov chaw lees txais kev teem caij raws li tus kheej. Koj tuaj yeem teem caij ua ntej mus ntsib los ntawm MyChart.

Cov Kev Ntsuam Xyuas Hauv MyChart

Feem ntau cov kev ntsuam xyuas tau muaj rau pom hauv MyChart sai li sai tau thaum lawv ua tiav. Koj tuaj yeem nkag mus rau cov kev ntsuam xyuas no txhua lub sij hawm. Peb yuav ceeb toom koj txog cov kev ntsuam xyuas tshiab txhuas hnuv thaum 8 txog 9 a.m., hnuv Monday txog hnuv Friday (tsis suav hnuv so). Txhawm rau hloov koj cov ntawv ceeb toom los ntawm ib zaug ib hnuv mus rau tam sim:

1. Khag mus rau hauv MyChart ntawm [ucsfhealth.org/mychart](https://www.ucsfhealth.org/mychart) thiab mus ntawm Menu > [Communication Preferences](#).
2. Nias mus rau ntawm MyChart Health Notifications txhawm rau kom nthuav seem ntawv.
3. Nyob rau hauv Kev Ntsuam Xyuas, Nias rau lub thawv uas hais tias, " One daily notification " thiab nias lub pob (bottom) xim ntsuab.

Yog xav tau kev pab, hu rau UCSF MyChart Customer Service ntawm (415) 514-6000.

Kev pab thauj mus los dawb rau cov neeg mob Managed Medi-Cal

Koj puas paub tias koj qhov Managed Medi-Cal txoj kev npaj kho mob suav nrog cov txiaj ntsig ntawm kev thauj mus los dawb uas tuaj yeem pab koj mus thiab los ntawm koj qhov kev teem sij hawm mus kho mob?

Thov nco ntsoov tias: tus kws kho mob tsis tas yuav tswj xyuas koj txoj kev thauj mus los.

Koj tuaj yeem hu tau rau yog tias koj xav tau kev thauj mus los. Thov hu tsawg kawg 7 hnuv ua ntej koj teem caij thiab muaj koj daim npav Medi-Cal Plan Insurance Card Number nrog koj thaum lub sij hawm koj hu ntawv.

Alameda Alliance for Health.....866-791-4158

Anthem Medi-Cal.....877-931-4755

California Health & Wellness	877-658-0305
CalViva Health	855-253-6864
Central California Alliance for Health	800-700-3874, ext. 5625
Contra Costa Health Plan	855-222-1218
Health Net Medi-Cal	855-253-6863
Health Plan of San Joaquin	209-942-6320
Health Plan of San Mateo	844-856-4389
Molina Healthcare	888-994-4833
Partnership HealthPlan of California	888-828-1254
San Francisco Health Plan	415-547-7818, ext. 7080

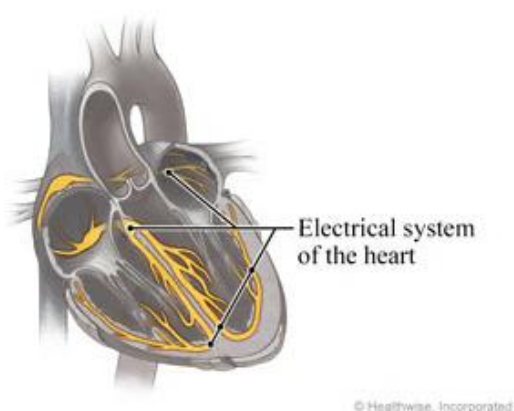
Yog muaj cov lus nug ntawm koj txog kev npaj? Thov hu ncaj qha rau Medi-Cal Telephone Service Center tus lej xov tooj, ntawm 800-541-5555.

Cov Ntaub Ntawv Txuas Nrog (Attached Information)

Cardiac Arrhythmias (Plawv Dhias Tsi Zoo): Me Nyuam Yaus: Ntaub ntawv ntau yam (Lus Askiv)

Kawm Paub Txog Plawv Dhias Tsi Zoo Ntawm Me Nyuam Yaus

Qhov Dhias Tsi Zoo Yog Dab Tsi (What is an arrhythmia)?



Qhov dhias tsi zo (arrhythmia), los yog lub plawv dhia tsis xwm yeem, yog ib qho kev hloov ntawm lub plawv dhia. Koj tus me nyuam lub siab yuav dhia nrawm los sis qeeb dhau. Los yog nws yuav ntau nrog lub suab tsis sib xws los sis dhia hla.

Lub plawv muaj lub tshuab hluav taws xob uas tsim cov teeb liab rau lub plawv dhia. thaum ib yam uas cuam tshuam rau cov teeb liab. Lub plawv dhia tsis tu ncuav yuav tshwm sim. Qee hom qhov dhias tsi zoo (arrhythmias) tsis yog teeb meem. Tab sis lwm tus yuav mob hnyav dua thiab yuav tsum tau txais kev kho.

Nws qhov teeb meem yog dab tsi (What causes it)?

Ntau yam tuaj yeem ua rau lub plawv dhia tsis zoo. Lawv suav nrog kev mob, teeb meem ntawm lub plawv uas tus me nyuam yug los, tshuaj, thiab kev phais plab. Qee cov qhov dhias tsi zoo (arrhythmias) yuav muaj nyob hauv tsev neeg. Qee zaum kuj tswm yim yam tsis paub.

Cov tsos mob yog dab tsi (What are the symptoms)?

Qee tus me nyuam yaus tsis muaj cov tsos mob ntawm lub plawv dhia.

Tab sis qhov dhia tsi zoo (arrhythmia) tuaj yeem ua rau muaj ntau yam tsos mob. Koj tus me nyuam tuaj yeem:

- Hnov tau tias qaug zog los sis nkees.
- Hnov tau tias mob taub hau los sis kiv taub hau.
- Hnov tau tias lub plawv dhia ceev los sis dhia tsi zoo.
- Ua rau xav ntuav (ntawm me nyuam).
- Ceev hauv siab.
- Ua pas hlob pas yaus.

Nws yuav muaj kev ntsuam xyuas li cas (How is it diagnosed)?

Txhawm rau kuaj qhov dhia tsi zoo (arrhythmia), tus kws kho mob yuav mloog koj tus me nyuam lub hauv siab thiab nug txog koj tus me nyuam cov tsos mob. Tus kws kho mob tseem yuav nug txog tej teeb meem ntawm kab mob plawv hauv koj tsev neeg. Tej zaum koj yuav raug nug kom khaws ib daim ntawv teev npe ntawm koj tus me nyuam cov tsos mob.

Koj tus me nyuam tuaj yeem kuaj tau ntawm tus kws kho mob lub chaw hauj lwm. Los sis tus kws kho mob yuav xav kom koj mus ntsib kws kho mob tshwj xeeb (pediatric cardiologist) txgawn rau kev ntsuam xyuas.

Cov kev ntsuam xyuas uas koj tus me nyuam yuav tsuam tau ua muaj xws li:

Kev ntsuam xyuas hluav tawm hauv nrog cev (EKG los sis ECG).

Qhov kev ntsuam xyuas no ntsuas cov hluav taws xob cov teeb liab uas tswj lub plawv dhia. EKG qhia kev ua hauj lwm hauv lub plawv.

Kev ntsuam xyuas lub plawv tom tsev.

Koj tus me nyuam yuav tau siv lub ntsuas lub plawv tom tsev. Nws tuaj yeem hnav los sis nqa. Lub ntsuam xyuas plawv. Daim iav EKGs ntawm koj tus me nyuam lub plawv.

Kev tshawb nrhiav hauv tev no lo yis.

Tus kws kho mob muab cov hlab ntsha nyias hu ua catheters rau hauv cov hlab ntsha thiab txav mus rau lub plawv. Cov catheters muaj electrodes ntawm lub ntsi. Lawv muab cov lus qhia rau tus kws kho mob txog hluav taws xob hauv lub plawv.

Nws yuav tsum tau txais kev kho li cas (How is it treated)?

Qee qhov teeb meem ntawm lub plawv dhia tsis tas yuav kho. Koj tus kws kho mob yuav sim sij hawm saib xyuas koj tus me nyuam kom paub tseeb tias koj tus me nyuam ua tau zoo npaum lis cas.

Txhawm rau cov teeb meem loj lawm, kev kho mob yuav muaj xws li:

Cov tshuaj.

Qee cov tshuaj tuaj yeem ua rau lub plawv dhia qeeb yog tias nws dhia nrawm dhau. Lwm cov tshuaj tuaj yeem tiv thaiv lub plawv dhia tsis zoo.

Cuab yeej pab (A pacemaker).

Cuab yeej pab (pacemaker) yog ib yam khoom uas muab tso rau hauv qab ntawm daim tawv nqaij thiab txuas nrog lub plawv. Nws xa cov cim tsis mob los pab lub plawv dhia kom zoo.

Cov cuab yeej pab lub plawv dhia (An implantable cardioverter-defibrillator ICD).

Zoo li lub cuab yeej pacemaker, ICD yog ib qho khoom siv uas muab tso rau hauv qab ntawm daim tawv nqaij thiab txuas nrog lub plawv. Nws siv hluav taws xob teeb liab los yog kev poob siab kom kho lub plawv dhia tsis zoo.

Kab mob plawv (Cardioversion).

Cov txheej txheem no siv cov kev poob siab los pab kom lub plawv rov qab mus dhia tau zoo.

Kev siv hluav taw xob kho (Catheter ablation).

Ib tug kws kho mob muab cov hlab ntsha me hu ua catheters los ntawm cov hlab ntsha thiab lub plawv. Cov hlau hauv cov catheters siv lub zog los rhuav tshem cov cheeb tsam me ntawm lub plawv thiaj ua rau lub plawv dhia tsis zoo.

Kev phais (Surgery).

Qee zaum yuav tsum tau muab kev phais. Lub plawv cov ntaub so ntswg tej zaum yuav raug txiav kom sim nres cov cim qhia uas ua rau lub plawv dhia tsis zoo.

Kev saib xyuas tom qab yog ib feem tseem ceeb ntawm kev kho thiab kev nyab xeeb ntawm koj tus me nyuam. Nco ntsoov cov kev teem caij thiab mus ntsib kws kho mob, thiab hu rau koj tus kws kho mob yog tias koj tus me nyuam muaj teeb meem. Nws kuj yog ib lub tswv yim zoo kom paub koj tus me nyuam qhov kev ntsuam xyuas thiab khaws cov npe tshuaj uas koj tus me nyuam tau noj.

Koj tuaj yeem kawm paub ntxiv nyob rau qhov twg (Where can you learn more)?

Mus ntawm <https://www.healthwise.net/patiented>

sau **A145** nyob rau hauv lub thawv tshawb nrhiav kom paub ntau ntxiv txog "**Learning About Arrhythmias in Children.**"

Tam sim no: hnuv tim 10 lub ib hli, 2022

Cov ntsiab lus: 13.4

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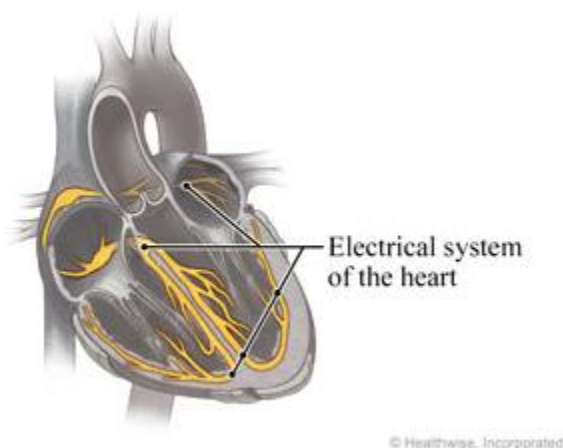
Hloov kho cov lus qhia uas muaj ntawv tso cai los ntawm koj tus kws kho mob. Yog tias koj muaj lus nug txog tus kab mob los sis cov lus qhia no, Thov nug koj tus kws kho mob txhua lub sij hawm. Healthwise, Incorporated tsis lees txais qhov kev lees paub los sis kev lav phib xaub rau koj li kev siv cov ntaub ntawv no.

Cov Ntaub Ntawv Txuas Nrog (Attached Information)

Rate-Control Medicines (Tshuaj Tiv Thaiv): Ntaub Ntawv Ntau Yam

Kev kawm pab txog Rate-Control Medicines

Kev ntuav qhia



Rate-control medicines (tshuaj tiv thaiv) yog siv kom thoob rau thaum koj lub plawv dhia nrawm dhau. Cov tshuaj no tuaj yeem ua rau koj lub plawv dhia qeeb. Lawv kuj tuaj yeem yooj yim cov tsos mob ntawm lub plawv dhia ceev.

Thaum koj lub plawv dhia nrawm dhau lawm, koj yuav hnov kiv taub hau los sis dhias taub haus. Tej zaum koj yuav mob hauv siab. Tsis tas li ntawv, koj lub siab yuav dhia ceev los dhia tsi zoo.

Cov tshuaj no tuaj yeem siv los kho cov teeb meem xws li atrial fibrillation.

Cov tshuaj no muaj peb hom. Xws li beta-blockers, calcium channel blockers, thiab digoxin.

Piv txwv

Beta-blockers

- Atenolol (Tenormin)
- Carvedilol (Coreg)
- Metoprolol (Lopressor, Toprol)

Calcium channel blockers

- Diltiazem (Cardizem, Taztia)
- Verapamil (Calan, Verelan)

Digoxin

- Digoxin (Lanoxin)

Cov teeb meem uas tuaj yeem tshwm sim tau thaum siv cov tshuaj (Possible side effects)

Cov teeb meem feem ntau ntawm kev siv **beta-blockers** muaj xws li:

- Hnov tau tias kiv taub hau los sis dhias taub hau.
- Hnov tau tias nkees.
- Muaj cov tsos mob hawb pob.
- Lub plawv dhia qeeb los sis muaj mob ntshav siab.

Cov teeb meem feem ntau ntawm kev siv **calcium channel blockers** muaj xws li:

- Xeem Ntuav.
- Tsaug leeg tes leeg taw.

Tej zaum koj yuav muaj lwm yam teeb meem tshwm sim los yog cov tshuaj tiv thaiv tsis tau teev nyob ntawm no. Xyuas cov ntaub ntawv uas txuas nrog koj cov tshuaj.

Qhov yuav tsum paub ntawm kev noj cov tshuaj no

- Yog siv Digoxin ntau dhau lawm tuaj yeem ua rau koj mob. Qhov no tshwm sim thaum siv cov tshuaj ntau dhau hauv koj lub cev. Hu rau koj tus kws kho mob yog tias:
 - Koj tsi qab los noj mov.
 - Koj muaj teeb meem mob plab. Tej zaum koj yuav hnov mob rau koj lub plab. Los sis koj yuav ntuav los sis raws plab.
 - Koj lub qhov muag muaj kev txawm txav.
 - Koj tsis meej pem.
 - Koj lub plawv dhia tsis zoo.
 - Koj dhau qhov ntawv lawm.
- Tsis txhob nres noj beta-blocker yam sai li sai tau. Qhov no tuaj yeem ua rau muaj kev ntshav siab, mob plawv, los sis ua rau plawv dhia tsi zoo.
- Noj koj cov tshuaj raws nraim li koj daim ntawv teem tseg. Hu rau koj tus kws kho mob yog tias koj xav tias koj muaj teeb meem nrog kev noj koj cov tshuaj.
- Tshawb xyuas nrog koj tus kws kho mob los sis tus kws muag tshuaj ua ntej koj siv lwm yam tshuaj. Cov no suav nrog cov tshuaj tom khw muag khoom. Xyuas kom koj tus kws kho mob paub txhua yam tshuaj, cov vitamins, tshuaj ntsuab, thiab cov tshuaj uas koj noj. Kev noj qee yam tshuaj ua ke tuaj yeem ua rau muaj teeb meem.

Tam sim no: hnub tim 10 lub ib hli, 2022

Cov ntsiab lus: 13.4

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Hloov kho cov lus qhia uas muaj ntawv tso cai los ntawm koj tus kws kho mob. Yog tias koj muaj lus nug txog tus kab mob los sis cov lus qhia no, Thov nug koj tus kws kho mob txhua lub sij hawm. Healthwise, Incorporated tsis lees txais qhov kev lees paub los sis kev lav phib xaub rau koj li kev siv cov ntaub ntawv no.

Cov Ntaub Ntawv Txuas Nrog (Attached Information)

Home Care after Pediatric Heart Surgery (Kev Saib Xyuas Qhov Txhab Hauv Tsev Tom Qab Me Nyuam Yaus Kev Kuaj Mob) – UCSF

Home Care after Pediatric Heart Surgery (Kev Saib Xyuas Qhov Txhab Hauv Tsev Tom Qab Me Nyuam Yaus Kev Kuaj Mob) – UCSF

Kev Saib Xyuas Qhov Txhab (Wound Care)

- Ntsuam xyuas txhua qhov txhab txhua hnuv kom pom tias puas muaj kab mob, (liab, rhiab, os, los sis kua paug).
- Hu rau koj tus kws kho mob yog tias qhov phais, los sis lub qhov txhab ntawm I.V. los yog qhov chaw hauv lub hauv siab zoo li muaj kab mob.
- Koj tsis tas yuav ntxuav lub qhov txhab nrog cov tshuaj tshwj xeeb. Tsuas yog siv dej dawb thiab nco ntsoov kom qhuav nws maj mam.
- Steri-strips (diam ntaub dawb) hla txhua qhov txhab tsis tas yuav raug tshem tawm. Lawv yuav tawm los ntawm lawv tus kheej thaum txoj kev kho kom tiav. Nws yog qhov zoo kom lawv tsi pub ntub dej thaum da dej los sis txuav ib ces.

Kev Dhia Ua Si (Activity)

- Tsis txhob nqa koj tus me nyuam rau hauv qab caj npab lis ntawm rau lub lis tiam txij li hnuv uas tau phais. Tsis tas li ntawv, zam txhua yam hauj lwm uas tuaj yeem ua rau lub hauv siab mob los sis ua raug rau cov leeg hauv siab. Qhov no suav nrog: ua luam dej; ua viav vias los sis nce toj nqes hav; caji tsheb kauj vab; ncaw pob; dhia ua si; los yog nqa cov khoom hnyav los sis cov khoom ntuab.

Koom Noj Khoom Haus (Nutrition)

- Feem ntau tsis muaj kev txwv rau koj cov me nyuam lis kev noj. Qhov tseeb, koj tus me nyuam yuav kheev noj dua ua ntej kev phais
- Txhua yam khoom noj tshwj xeeb yuav raug piav qhia rau koj thaum tawm ntawm tsev kho mob.

Kev Da Dej (Bathing)

- Koj tuaj yeem muab koj tus me nyuam da dej tsis tu ncuav los sis da dej thaum lub hauv siab muaj kiav txhab plooj plooj tawm, (feem ntau yog 5 hnuv tom qab tawm ntawm tsev kho mob). Qhov no tuaj yeem raug tshem tawm los ntawm koj tus kws kho me nyuam yaus thawj lub lim tiam uas koj nyob hauv tsev.

Cov Kev Txheej Xeeb Qhov Zoo Ntawm Cov Qhov Txhab (Developmental Concerns)

- Kev nyob hauv tsev kho mob thiab phais yuav ua rau tus me nyuam ntshai. Cov kev ua si niaj hnub raug cuam tshuam thiab koj tus me nyuam tsis muaj kev tswj xyuas me ntsis txog qhov tshwm sim. Nws tsis yog qhov txawv txav rau cov me nyuam tsuas yog ua ray muaj teeb meem kev pw tsaug zog thaum hmo ntuj, los sis rov qab mus rau kev coj tus cwj pwm ua ntej xws li haus dej los ntawm lub raj mis, nqus lawv tus ntiv tes xoo, los sis tso zis ntub lawv lub txaj. Qhov kev thim rov qab no yog ib ntus thiab feem ntau yuav tsi muaj thaum koj tus me nyuam muaj kev nyab xeeb lawm. Cov hauv qab no yog qee txoj hauv kev los pab koj tus me nyuam hloov kho nws lub neej hauv tsev thiab raws lis kev ua hauj lwm dhau los ntawm tsev kho mob.
- Sim thiab tsim cov txheej txheem hauv tsev sai li sai tau, txawm tias nyob hauv tsev kho mob. Ua kom koj tus me nyuam rov qab swm raws li sij hawm ntawm kev pw tsaug zog, los sis kev txawj txhuam hniav kuj yog ib qhov zoo.
- Kev muaj cov khoom ua si ntawm kws kho mob yog ib qho tseem ceeb, tshwj xeeb tshaj yog muaj rau cov me nyuam me thiab cov me nyuam kawm ntawv. Kev tuav lub stethoscope los sis kev txhaj tshuaj rau tus me nyuam los sis cov tsiaj ntim khoom ua rau lawv tswj hwm qhov xwm txheej txaus ntshai ntawv, thiab pab lawv kom dhau ntawm qhov kev ntshai ntawv.
- Kev sib tham txog tsev kho mob cov duab los sis phau ntawv yuav pab tau cov me nyuam hnov tau tias tsi ntshai thiab ua rau muaj txiaj ntsig zoo txog kev paub hauv tsev kho mob.

Tsev Kawm Ntawv (School)

- Koj tus me nyuam yuav tsum tau nyob hauv tsev kawm ntawv li 3-4 lub lis tiam txij li hnub uas phais. Hu rau koj cov xib fwb hauv cheeb tsam txhawm rau kom npaj tuaj qhia ntawv hauv tsev los rau koj tus me nyuam kom txog thaum koj tus me nyuam tuaj yeem rov mus kawm ntawv tau. Koj tus me nyuam yuav tsum tsis txhob mus kawm cov chav gym los sis chaw pob kom txog thaum koj tus kws kho uas phais nws hais tias zoo lawm.

Kev Ua Hauj Lwm thiab Kev Txhaj Tshuaj Kho Hniav (Dental Work and Immunizations)

- Feem ntau cov kws kho plawv hais kom koj tus me nyuam ncuaj sij hawm mus ntsib kws kho hniav los sis txhaj tshuaj tiv thaiv ob peb hlis tom qab phais. Qhov no txhawm rau koj tus me nyuam kom kho tau zoo. Thiab ua rau nws yooj yim dua los nrhiav qhov ua rau kub taub hau yog tias koj tus me nyuam tab tom nyob rau kom qhov txhab zoo.

Tshuaj Tiv Thiav Kab Muab (Antibiotic Prophylaxis)

- Feem ntau cov me nyuam yuav tau noj tshuaj tiv thaiv kab mob ua ntej yuav ua hauj lwm kho hniav los yog cov txheej txheem kev kuaj mob. Tshawb xyuas nrog koj tus kws kho plawv txog qhov no ntawm koj qhov kev mus ntsib tom qab ntawv.

Ua Raw Li Kev Teem Caij Mus Ntsib Tus Kws Kho Mob (Follow up Doctor Visits)

- Koj tus me nyuam yuav tsum raug pom zoo los ntawm koj tus kws kho mob hauv zej zog thiab kws kho plawv tom qab koj tawm hauv tsev kho mob. Lawv yuav saib xyuas koj cov me nyuam thaum koj rov qab los tsev. Koj tus kws kho plawv hauv zej zog yuav tuaj yeem xaj cov tshuaj ntiv thiab yuav yog tus txiav txim siab thaum twg los kho los sis tso tseg kev siv cov tshuaj. Koj yuav raug qhia thaum mus ntsib koj tus kws kho mob thaum tawm hauv tsev kho mob.

Yuav Hu Rau Tus Kw Kho Mob Thaum Twg (Hu Rau Koj Tus Kws Kho Mob Ua Ntej)

- Yog hais tias muaj teeb meem rau lub qhov txhab (kua paug, muaj dej, os, qhov txhab nuas).
- Yog tias koj tus me nyuam muaj cov tsos mob zoo li mob khaub thuas ntau dua li niaj zaus, tsi qab los, ua npaws, ntuav, los sis zoo li nkees dua li niaj zaus.
- Txhua qhov teeb meem uas tshwm sim hauv 4-6 lub lis tiam tom qab kev phais tuaj yeem cuam tshuam nrog lub plawv, txawm tias nws tsis pom tseeb. Yog li, koj yuav tsum tau mus ntsib koj tus kws kho mob yog tias koj muaj lus nug txog koj tus me nyuam tus cwj pwm thaum lub sij hawm no.

Tau ntsuam xyuas los ntawm cov kws kho mob tshwj xeeb ntawm UCSF Medical Center.

Tau ntsuam xyuas zaum kawg thaum Lub Ob Hli 2011