

Kom lawv lub plawv nyob rau kev sis tw kiskas

(Keep Their Heart in the Game)

Daim Ntawv Qhia Kom Paub Txog Lub Plawv Cia Li Nres Tsi Ua haujlwm Tamsis Ntawd (Sudden Cardiac Arrest) Rau Cov Tub Ntxhais Kiskas thiab Niamtxiv/ Tus Saibxyuas

Lub plawv nres tsi ua haujlwm tamsis ntawd yog dabtsi?

Sudden cardiac arrest (SCA) yog thaum lub plawv cia nres tsi dhia ua haujlwm tamsim ntawd. Thaum zoo li no lawm xa tsi tau ntshav mus rau sau lub hlwb thiab rau tej siab ntsws, uas tseemceeb lawm. SCA TSI YOG plawv nres (heart attack). Heart attack yog hla ntsha txhaws ntshav mus tsi tau rau lub plawv. SCA yog lub plawv khiav ua haujlwm tsi sis haum, uas ua rau tus tibneeg ntawd cia li hnovqab ntog. Qhov uas lub plawv ua haujlwm tsi sis haum ntawd yog vim thaum yug los yeej muaj mob rau lub plawv lossis lub plawv yeej xeeb tau los tsi tshuam zoo pestsawg.

Nyob rau lub tebhcaws Meska no cov uas lub plawv cia li nres tamsim muaj coob npaum licas?

Yam mob no yog yam ua rau tibneeg tuag coob tshaj nyob rau lub tebchaw Meska no, nws muaj li ntawd 300,000 tus tibneeg plawv cia nres txhua xyoo uas yog tshwmsim sab nraud dua li hauv tsev hauv tsev khomob, uas yog muaj li 9 tus ntawm 10 tus tau tuag. Muaj txog li tsheej phav tus hluas uas plawv cia li nres, uas yog qhov tuag thib #2 ntawm cov uas muaj nub nyoog yau tshaj 25 xyoo thiab qhov uas tuag thib #1 yog cov tub ntxhais kiskas thaum lawv khiav ua exercise.

Leejtwg thiab yuav yog cov feem ntau plawv yuav nres tamsim?

SCA (plawv nres) feem ntau tshwm sim rau thaum ua exercise tawm dagzog lossis ua tej yam kev uasi kiskas, yog li ntawm cov tub ntxhais uas ua kiskas yog cov uas feem ntau yuav raug qhov no. Txawm hais tias yeej muaj tej yam qhia tau uantej tias lub plawv yeej muaj teebmeem los, muaj kev tshawb nrhiav tau hais tias cov hluas los lawv yeej muaj teebmeem rau lub plawv thiab tiamsis tsi kam qhia rau cov laus paub xwb. Tejzaum lawv tsi qhia vim yog lawv txajmuag, lawv tsi xav hais tsam lawv tsi tau uasi lawm, lawv xav yuam kev hais tias lawv lub cev tsi muaj zog txaus thiab lawv yuav tsum tau sivzog fww, lossis lawv cia li tsi quav ntsej txog qhov mob ntawd xwb, vim lawv xav tias nyaj nws "yuav mam mam zoo nws." Tsi tas li ntawd yog yeej muaj keebkwm rau yam mob no hauv tsevneeg, qhov no hajyam ua rau yuav raug tus mob (SCA) plawv nres tamsis ntau dua.

Koj yuav tsum tau ua licas yog hais tias koj tus tub ntxhais kiskas muaj tej yam mob li no?

Peb yuav tsum tau qhia rau cov tub ntxhais kiskas kom paub tias yog lawv muaj tej yam mob rau lub plawv, nws tseemceeb heev uas lawv yuav tsum tau qhia rau ib tus laus paub thiab yuav tsum tau coj mus kuaj sai li sai tau ntawm lawv tus kws khomob. Yog hais tias tus tub ntxhais kiskas muaj tej yam mob uas tejzaum yuav ua rau nws plawv nres tamsim (SCA) yuav tsum tau nrog tus kws khomob tham seb puas yuav tsum tau mus kuaj ntxiv. Yuav tsum tau tos seb kws khomob hais licas mam li rovqab tuaj ua kiskas, thiab yuav tsum tau hais qhia rau tus coach, thiab tus cobqhia thiab tus nurse nyob ntawm lub tsev kawm ntawv kom paub txog qhov uas kuaj tau.

Kev uas pab cawm thaum plawv nres

Feem ntau cov EMS siv li 12 nastshis mam li tuaj txog tus neeg uas plawv nres ntawd. Txhua nasthis uas qeeb rau kev cawm tus neeg plawv nres ntawd, qhov uas cawm tau nws tsawg zus li 10%. Txhua tus yuav tsum npaj txhij rau kev pab thaum nws ntog kiag thawj nasthis ntawd

Paub uantej txog tej yam xwmtxheej uas qhia tau tias plawv yuav nres (Early Recognition of Sudden Cardiac Arrest)



Kom paub ntxov tias plawv nres zoo licas
Ntrog thiab cia li hnovqab lawm

Hu uantej rau 911 (Early Access to 9-1-1)



Huas pa, muaj obcaug
Nyob tom rajpa, ua suab
Nraj lossis ua tsi tau pa.
Ua tej yam thoob li qaug dadpeg.

Pab uantej los ntawm kev uas nia hauv siab thiab tshua pa (Early CPR)



Cia li pib tshua pa rau tamsim.
Nia hauv siab nkaus xwb-qhov
CPR no yuav tau nias ceev
nrooj thiab nias kom tob li 2
inch rau hauv lub plawv uas
yog 100 zaus to jib nasthis

Kom lawv lub plawv nyob rau kev sis tw kisas

(Keep Their Heart in the Game)

AED yog dabtsi?

Automated external defibrillator (AED) yog ib txojkev pab cawm cov tibneeg uas lub plawv cia li nres tamsim. Lub AED no yeej nqa tau mus txhua qhov, nws yog ib lub uas yoojyim siv thiab yeej ntsuas tau tias lub plawv dhia tsi zoo licas thiab yuav tau xa hluav taws xob mus tshov kom lub plawv rovqab dhia zoo li qub. Lub AED no leejtwg los yeej siv tau, txawm tsi tau kawm los yeej siv tau. Muaj lus kaw qhia rau hauv tibi kom tus neeg pab cawm ntawd paub tias yuav nyem qhov twg hluav taws xob thiaj tshov,



thiaj tseem muaj ib cov AED uas yog thaum twg ntsuas tau tias lub plawv dhia tsi zoo kiag li lawm, nws cia li xav hluav taws xob tuaj tshov. Tus tib neeg uas pab ntawd yeej ua tsi tau rau tus plawv nres ntawv raug mob li los ntawm qhov uas siv lub AED no- Yim pab ntov yim zoo xwb. AED yog tsim los pab rau cov tibneeg ntawd kom lub plawv rovqab dhia sis haum. Nug seb nyob ntawm koj lub tsev kawm ntawv lub AED nyob rau qhovtwg.

Lub machine uas tshoj hluav taws xob kom lub plawv rov dhia dua (Early Defibrillation)



Cia li muab lub automatic external defibrillator (AED) uas yog lub pab tshov hluav taws xob kom lub plawv kom rovqab dhia zoo li qub coj los siv tamsim. Lub (AED) no muaj kev qhia ua tej kauj ruam rau tus tibneeg kom pab cawm tau thaum muaj xwmtsheej ceev.

Kev uas xub pab uantej (Early Advanced Care)



Emergency Medical Services (EMS) yog kev pab rau kev khomob thaum muaj xwmtxheej ceev Cov tibneeg tuaj pab cawm Tsi hais kev cawm tshua pa nia hauv siab kom rov cia thiab thauj mus rau pem lub tsev khomob

Kom lawv lub plawv nyob rau kev sis tw kiskas (Keep Their Heart in the Game)

Qhia kom paub tias yam mob no zoo licas & thiab tej yam uas twb pom muaj uas yuav ua rau lub plawv nres- Sudden Cardiac Arrest (SCA)

Qhia rau tus Coach thiab nrog koj tus kws khomob tham yog koj pom muaj tej yam li no raug rau koj tus tub ntxhais kiskas

Tej yam uas qhia tau tias tejzaum plawv yuav nres

- D Cia li hnovqab lossis qaug dabpeg, tshwjxeeb thaum lub sijhawm uas tseem tabtom ua exercise lossis tomqab ntawd
- D Pheej ib sim hnovqab ib zaug lossis hnovqab vim zoo siab dhau lossis vim ntshai dhau
- D Ua tsi taus pa lub sijhawm ua exercise
- D Lub plawv dhia ceev ceev lossis pheej dhia tsi sis haum
- D Pheej qaub ncig leeg lossis mob tobhau
- D Mob hauv siab lossis tsi xim nyob thaum ua exercise
- D Tsaug tsaug heev tomqab ua exercise

Tej yam uas twb pom muaj lawm uas feem tau yuav ua rau lub plawv nres SCA

- D Tsevneeg yeej muaj keeb kwm plawv tsi zoo lossis muaj tus cia li tag sim neej tamsim uas tsi tau muaj 50 xyoo
- D Tsevneeg muaj keeb kwm mob ntev loo rau QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, lossis Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- D Tsevneeg muaj tus uas pheej hnovqab, qaug dabpeg, poob deg lossis yuav luag poob deg lossis ua tsheb sis nraus
- D Paub tias lub plawv xeeb tsi tsuam zoo, twb kho lawm lossis tsi tau kho
- D siv yeeb tshuaj, xws li yeeb dawb (cocaine), tej yam tshuaj uas hnia qus, "yeeb tshuaj haus uasi" drugs, haus cov dej energy drinks lossis noj tshuaj pab kom muaj zog thiaj ua tau kiskas

CIF tabtom ua dabtsi los mus tiv thaiv cov tub ntxhais kiskas?

CIF tau ntxiv ib qhov txojcai rau (bylaws) kom muaj kev kawm cobqhia rau cov coach txog plawv nres SCA kom lawv muaj daim Certification thiab yuav tsum tau xyaum ua thiab muab lub meejmom rau cov coaches los rho tawm tus tub ntxhais kiskas uas lawv pom tau tias tejzaum yuav ntog hnovqab- uas yog thawj qhov kev qhia tias tej zaum nws lub plawv tsi tshuam ua haujlwm zoo. Tus tub ntxhais kiskas uas raug muab rho tawm tsi pub ua kiskas vim yog pom tau tias tejzaum nws lub plawv yuav nres (SCA) yuav tsi pub nws rov tuaj ua kiskas mus txog rau thaum ib tus kws khomob uas muaj license tau tshuaj xyuas nws uantej tas tso. Niamtxiv, tus saibxyuas thiab tus neeg uas tu saibxyuas tus tub ntxhais kiskas ntawd yuav tsum tau nrog nws tham txog nws lub plawv kev noj qab haus huv thiab txhua tus uas muaj feem txuas rau kev ua kiskas nyob hauv high school kom paub tias yuav tsum tau pab licas kom lawv thiaj paub npaj lawv tus kheej yog muaj tej yam xwm txheej ceev li no tshwm.

Kuv nyeem thiab totaub txog tej kev mob rau plawv nres (SCA) thiab paub txog txojcai tshiab uas CIF muaj los tivthaiv pab kom txhob muaj plawv nres rau kuv tus tub ntxhais kev kawm ua kiskas.

Kom lawv lub plawv nyob rau kev sis tw kislav

(Keep Their Heart in the Game)

TUB NTXHASI KISLAS XEE NPE

SAU TUB NTXHAIS KISLAS NPE

HNUB

NIAMTXIV/ TUS SAIBXYUAS XEE NPE

SAU NIAMTXIV/ TUS SAIBXYUAS NPE

HNUB

