

Sepsis

Sepsis cu Zeidah a Si?

Sepsis cu nunnak caah ñih a nung ngai mi zawtnak phun, kan pum ah a lutmi zawtnak le kan pum an i dohnak in a chuakmi phun a si. Sepsis cu rianrang in congghramh a haumi zawtnak a si i, thlobbul colh a hau.

Kan pum nih zawtnak rungrul kha a doh tikah sepsis cu a hung chuak. Sepsis cu cun kan pum chung thil tampi kha a hrawh hna i thihnak tiang a chuahter khawh. Mah sepsis in damnak ding lam ñha bik cu a rannak in i thlobbul hi a si.

Mizeipoh sepsis ngah khawh a si. Asinain, vawlei cung sepsis a ngahmi lak i 40% cu kum 5 tang ngakchia an si. Sepsis ngah khawhnak lam a um deuh mi ngakchia hna lakah a tanglei hna hi an i tel:

- Ngakchia no, bawhte, le nauchuakka
- Caan saupi i ngeih zawtnak phun zunthlum tehna, kal zawtnak, thin zawtnak le lung zawtnak a ngeimi ngakchia le phinlinh khamnak hnarkah-si tbk a hmang lio mi
- Raikhamnak thazaang a der deuh mi ngakchia, khemo a hmang mi caansaupi hnarkah si tbk a hmang mi ngakchia pawl
- Raikamsi a dihlak in chunh awk ah a no tukmi, rainkhamsi aa chunh lo mi, raikhamsi a dihlak in aa chan lo mi ngakchia
- Ngandamnak ca i hmanmi sehthil aa bunhmi ngakchia, abik in thihri pawl tonnak lei pehtu sehthil aa bunhmi
- Nai te ah operation aa tuahmi, meikangh, duah a tuarmi le aa hliammi ngakchia hna
- Sepsis a ngei bal mi ngakchia hna
- Sizung he aa hlaatnak khuatelei ah a ummi ngakchia hna

Sepsis in i khamnak

Na fa kha sepsis in khamh khawhnak lam ñha bik cu a hlankan i khamnak tuah le thlop khawhmi zawtnak rianrang in tuah colh hi a si (Virus rungrul in a chuakmi zawtnak tampi cu thlobbul khawh an si lo).

Zawtnak a luh nakhnga lo na bawmh khawhmi:

- Na fa kha pum thianhlimnak ah bawmh le an pum le an kut thiang te in chiah
- Zawtnak in kham khawhnak ding ah na fa raikhamsi chunter peng (COVID-19 and flu telh in)
- Thakza sehnak, hma, le vun cung hliamhma tehna kha thiang te in chiah, le an dam lo asiloah an vun a hung sen, asiloah a linh ahcun sibawi sin ah kalpi ding
- Zawtnak a chuah ahcun, na sibawi sinah kal law amah nih aan chimh ning in sii-ai dinter ding



- Sizung maw sibawi sin na kal ahcun na fa kha a hlan ah sepsis a ngeih bal le ngeih bal lo kha sibawite asiloah sii lei rianuantu kha theihter ding
- Sepsis hmalang (lekhkana) a chuak hmasa pawl kha hngalh i zuam law, sepsis a si kho men ti na ruah ahcun ambulance kawh awk ah i t̄aṭa hlah.

A lang hmasa mi sepsis lekhkana pawl

Na kha sepsis a ngeih le ngeih lo hngalh hi a har ngai, zeicahtiah a lekhkana pawl hi zawtnak neem deuh pawl a simi chungno, kiktaih, taklinh tbk pawl he an i lawh ngai caah a si.

Sepsis aa dannak tu cu na fa kha faak ngai in a zaw lai.

Sepsis lekhkana a tanglei hna hi an i tel:

- An thawchuah a rang asiloah saupi thawchuah lo in an um
- An vun kha ningkello in tongh ngam lo tiang in a kik
- An takvun ah a t̄ial pipi in a de, a dum, asiloah an takvun a rau
- An tak a phar
- An mit a ku peng, molmok in an um, asiloah an i hlau kho lo
- Dai te in an um ziar kho lo, an kutke a sawng
- Tluuk, hnuhdawh asiloah kuaih tehna an hmang
- A faakmi a tam, asiloah an si a vaang
- An luak
- An zunte zun a tlawm deuh

Na fa cu punghman nakin a zaw deuh bantuk in a um ti in na lung a hrin ahcun, khulrang in hraamkau law, 'Sepsis a si sual hnga maw?' tiah hal hna.

Sepsis cu zeitin dah thlop a si?

Tuante thlopbul nih nunnak a khamh, sepsis cu rianrang in thlop ahcun damh khawhmi a si.

Na fa kha sepsis a ngeih i sizung na luhipi ahcun:

- Sibawite le nurse-te nih na fa cu an chek lai, cun a lekhkana kha an zoh lai, zawtnak aa laak khawhnak a hram an kawh lai i sepsis a si le si lo kha bia an chah khawh lai.
- Na fa cu a thihri chung ah t̄im in thi an dawp lai i an thi an chek chek khawh, cun sii-ai le a haang pawl kha an peek khawh.
- Thi chek ah hin thizuat aa tel kho i thizuat timi ah cun na thi an laakmi kha dur chung ah a chung bacteria a t̄hantertu sii he an chiah lai i bacteria a hung t̄han tikah zei bantuk dah a si kha an hngalh lai.
- Sii-ai ah cun antibiotics kha zawtnak thlopnak ah an hman khawh.
- Thihri chung ah a rawnh in rawnhmi le sii-ai dangdang zong kha na fa kha an peek khawh.
- Operation zong a herh kho men.
- Na fa kha a zawt tuk ahcun, a hleice in thlopbul awk ah ICU ah an chiah khawh.

Your healthcare team should talk to you throughout your child's admission about:

Sii lei t̄uanvo ngeitu hna nih na fa sizung a um chung cu an in chawnh peng awk a si:

- Sepsis ngeih cu caan tawi, caan sau caah zei dah a lawh ti kha an in chimh a herh.
- Sizung nan um chung i na fak thlobbul ding ning le aho nih dah a thlop lai ti tehna kha an in chimh a herh.
- Sizung i a hmasa bik thlobbulnak an peek hnu i a dam hnu ah zei dah a cang kho timi pawl zong kha an in chimh a herh.
- Na lungre a theih tikpoh ah zeitin chim ningcang zong kha an in chimh a herh.

Sepsis bantuk zawtnak tawlchan hi lungre a thei ngai i mi a zuamcawh ngaingai tawn.

Nangmah le na chungkhar nih bawmhchanh nan herh ahcun social worker tibantuk ngandamnak lei t̄uanvo ngeitu hna kha chim hna u.

Sizung in nan chuah hnu ah zei bantuk pawl dah hngalh awk an herh?

- Chuahnak cakuat.
- Zeitluk dah a dam awk a si timi tinhmi langhternak ca le sizung chuah hnu i nan umnak sibawi telh in ngandamnak lei riantlai pawl hna he a hnuzul tuah ding pawl fianternak ca.
- Nan chuah hnu i na fa din awk a herhmi sii-ai pawl.
- Na fa zawtnak a zual deuh asiloah a puan t̄han hngalhnak lehkhana pawl le na lungre a theih ahcun zei dah na tuah awk a si chimhnak ca.
- Zawtnak nih tlaaknak in kham a herhnak le ding le sepsis a chuah t̄han nakhnga lo khamnak ningcang pawl.
- Sepsis nih hmailei caan saupi ah a hei chuahpi te khawhmi pawl le sizung in nan chuah hnu ah na fa nih a herhmi thil pawl tawlrel ningcang pawl.



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Mah cañal cu pumtlinglo hna caah an nawl ning zohpiak in an duhmi format phunphun in tuahpiak khawh a si.

T̄uanvo laaklonak: Hi cauk chuahmi cu a zatlaang in cawnnak le theihherh caah tinhmi a si. Zawt thlobbulnak ah cun sibawite kha ruahnak hal hna.
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