

Thawj Coj Cov Ntaub Ntawv

(Hmong Management Checklist)

Date _____

Name _____

A. Ntawv pov thawj tus Thawj tswj Khoom noj khoom haus		Sabh auv	Sabn rauv	N/O	N/A	Kev nqis tes kho
1	Ntawv pov thawj tus Thawj tswj Khoom noj khoom haus ntawm qhov chaw nrog rau xeev Minnesota daim ntawv pov thawj tso tam sim no.					
2	Tus Thawj Tswj ynob rau ntawm qhov chaw txhua lub sij hawm.					
B. Kev ntxuav tes thiab tu tus kheej		Sabh auv	Sabn rauv	N/O	N/A	Kev nqis tes kho
3	Kho daim ntawv teev neeg ua hauj lwm mob.					
4	Cov neeg ua hauj lwm uas ntuav los yog zawv plab raug cais tawm ntawm lub tsev lag luam.					
5	Cov neeg ua hauj lwm ua raws li cov txheej txheem kev ntxuav tes tau zoo (20 vib nas this) . Ntxuav tes ua ntej muab rau hnab looj tes.					
6	Lub dabdej ntxuav tes yuav tsum siv tau thiab muaj xab npum, phuam da dej, nplauv, thiab dej kub thiab dej txias.					
C. Tiv thaiv los ntawm kab mob sib kis		Sabh auv	Sabn rauv	N/O	N/A	Kev nqis tes kho
7	Tag nrho cov khoom yuav tsum muab cia kom siab tshaj tus npoo tsev tsawg kawg yog rau (6) nti.					
8	Tag nrho cov zaub mov muab cia yuav tsum muab hau kaw los yog qhwv.					
9	Cov khoom siv yog huv si, khaws cia thiab muaj kev kho zoo.					
D. Lub sij hawm thiab qhov kub		Sabh auv	Sabn rauv	N/A	N/O	Kev nqis tes kho
10	Cov khoom noj khoom haus yuav tsum sau qhia hnub tim tsim tawm.					
11	Pov tseg cov zaub mov uas qub tshaj xya hnub.					
12	Tus ntsuas kev kub kom raug thiab siv tau.					
13	Kev siv chav tsau txias.					
E. Lub hauv paus uas pom zoo		Sabh auv	Sabn rauv	N/O	N/A	Kev nqis tes kho
14	Muas cov khoom noj khoom haus muas los ntawm qhov chaw kev pom zoo.					
15	Yuav tsum ceev cov ntaub ntawv tus neeg muag cia hauv chaw thiab npaj muaj tseg xws li cov cim npe rau cov them rau khoom noj thiab cov ntawv kev rhuav tshem.					
16	Kuaj cov khoom seb pos muaj tej yam kev ua phem rau xws li kev ua phem rau, daim hau kawv tawg thiab tawm hmoov los yog nrog kua.					
F. Tshuaj khesmis		Sabh auv	Sabn rauv	N/O	N/A	Kev nqis tes kho

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17	Siv tej tshuaj lom khesmis kom yog, daim npe ntawv sau thiab cia kom deb ntawm cov khoom noj, khoom siv, cov tais diav, ntaub pua chaw, yam khoom uas siv ib zaug thiab noj ib zaug					
G. Siv cov tais diav thiab khoom siv kom yog		Sabh aov	Sabn rauv	N/O	N/A	Kev nqis tes kho
18	Tais diav thiab khoom ua noj haus khaws cia kom zoo tig tus tes rau cov neeg siv.					
19	Yuav tsum muaj 3-lub dab ntxuav tais daiv thiab tshuab ntxuav tais diav ua hauj lwm thiab tsau tshuaj rau kom zoo.					
20	Tso cov ntaub so ua kev nyiam huv thiab siv kom yog.					
H. Lub tuam tsev		Sabh aov	Sabn rauv	N/O	N/A	Kev nqis tes kho
21	Lub tuam tsev tau ntxuav du dais, kho thiab tsis muaj dab tsi thaiv kev.					
22	Txheej txheem Kev tua Kab noj zaub Sib xyaws ua ke nyob rau hauv qhov chaw.					
23	Taws teeb pom kev kom zoo rau tag nrho cov cheeb tsam ntawm lub chaw.					
I. Tub yees thiab tub khov nab kuab		Sabh aov	Sabn rauv	N/O	N/A	Kev nqis tes kho
24	Muaj pas ntsuas kub nyob rau hauv txhua txhua lub tub yees thiab tub khov nab kuab.					
25	Cov tub yees yuav tsum txias 41° F los yog qis dua no.					
J. Kev tswj xyuas		Sabh aov	Sabn rauv	N/O	N/A	Kev nqis tes kho
26	Nyob rau hauv thaum muaj xwm ceev, cov neeg ua haujlwm paub tias yuav hu rau leej twg: 1. Neeg saib xyuas 2. Tub ceev xwm/Hluav Taws 3. Hlauv taws xob 4. Lub Tsev Ua Hauj lwm Fab Kev Noj Qab Haus Huv Hauv zej zog (hu tau rau 311 - tom qab cov teev ua hauj lwm hu rau 911).					
27	Cov neeg ua hauj lwm tau txais kev cob qhia kawm txog cov txheej txheem thaum muaj xwm ceev.					
28	Daim ntawv qhia kev cawm loj loj yog muab tso qhia.					
29	Cim cov chaw txwv"rau cov neeg ua hauj lwm xwb"					
30	Cov neeg tsis tau kev tso cai txav kom deb n tawm cov cheeb tsam zaub mov.					
31	Cov qhov rooj mus rau nraum chaw thau khoom raug xauv thaum tsis siv.					
32	Cov neeg ua hauj lwm tau txais kev kawm txog kev nyab xeeb ntawm cov zaub mov.					
33	Cov koob yees duab thiab tswb raug nruab nyob rau cov cheeb tsam muaj kev phom sij-siab fab kev khiav mus los.					

Cov teem thiab cov seem A, B, C, D, E, F, G thiab H yog xim cim rau dlhos nrog tsab *Phau ntawv duab Qhia thiab Pob ntawv qhia Tuskegee Kev Soj Ntsuam Kev Tiv thaiv Khoom noj khoom haus* los ntawm cov Advanced Practice Centers thiab lub University of Minnesota Extension office .

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