

KEV KHO QHOV MOB:

YAM UAS NEEG ALASKA YUAV TSUM TAU PAUB TXOG

Yog koj raug ib qho mob, phais mob los sis kho hniav, feem ntau yeej ua rau koj mob. Qee yam mob yeej zoo sai los yog raug kho. Tham nrog koj tus kws kho mob nrhiav hom kho mob ntxim zoo tshaj plaws rau koj tus mob.

VIM LI CAS THIAJ LI YUAV TAU CEEV FAJ TXOG COV YEEB TSHUAJ?

Cov yeeb tshuaj yog tshuaj khis mis uas zoo xws li tshuaj heroin, nws muaj feem tshwm sim tsis zoo rau cov neeg quav yeeb thiab yog siv tshaj, txawm tias yuav siv raws li qhia los xij:



Kev siv tshuaj tshaj yog ib qho ua rau tuag los ntawm tsheb sib tsoo ntau tshaj plaws nyob rau hauv Alaska rau xyoo 2016. Kev siv yeeb tshuaj ua rau tsav tsheb tsis tus.

Alaska Department of Health and Social Services (Alaska Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv thiab Pej Xeem Sawd Daws)



Ntau dua **3 ntawm 5** kis siv tshuaj tshaj yog ntsig txog ib yam yeeb tshuaj.

Centers for Disease Control and Prevention (Cov Tsev Haujlwm Tiv Thaiv thiab Tswj Xyuas Kab Mob), Alaska Department of Health and Social Services (Alaska Lub Tsev Haujlwm Saib Xyuas Kev Noj Qab Haus Huv thiab Pej Xeem Sawd Daws)



Hauv lub teb chaws, **4 ntawm 5** cov neeg siv tshuaj heroin tau pib siv cov yeeb tshuaj tsis raug.

American Society of Addiction Medicine (Feem Saib Xyuas Tshuaj Kho Neeg Meskas Yuav Yeeb Tshuaj)



7% ntawm cov neeg hluas hauv Alaska tau siv cov tshuaj kho mob tsis raug hauv 30 hnuv dhau los lawm.

2017 Alaska Qhov Kev Tshawb Fawb Kev Coj Tus Cwj Pwm Tsis Zoo Ntawm Cov Hluas



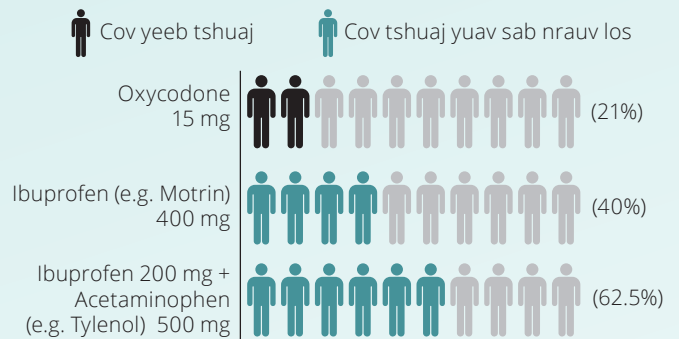
Ntau dua **40%** ntawm cov neeg hluas uas siv cov tshuaj tsis raug los sis quav tshuaj yog muab lawv niam thiab txiv cov tshuaj tso hauv lub thawv rau tshuaj los siv.

Ntsig Txog Kev Sib Koom Tes txog Kev Ceev Tsis Pub Cov Menyuam Yaus Siv Tshuaj Tau

TSIS YOG TSHUAJ YEEB SIV KHO QHOV MOB

Thaum siv tshuaj kho tus mob, qhov zoo tshaj plaws ces txhob pib siv yam tshuaj tsis yog yeeb tshuaj kho. Xav txog lwm hom kev xaiv kho uas tej zaum yuav ntxim zoo, tab sis yuav ua rau muaj yam tshwm sim tsis zoo tsawg dua.

Cov tshuaj yuav sab nrauv los kuj ntxim zoo thiab. Daim duab kab no qhia txog cov neeg uas siv tshuaj kho kom qhov mob naug muaj txog 50% tom qab phais mob:



1/NNT, Cochrane Reviews, raug pom zoo los ntawm Dr. Don Teater, Teater Health Solutions

Nce raws li hom mob, yeej muaj ntau hom tshuaj siv kho qhov mob rau xaiv:



Kho lub cev, zaws thiab hnoo koob.



Sib tuav tswv yim nrog ib tug kws npliag siab, tus neeg ua haujlwm pab pej xeem sawd daws, tus kws kho mob puas hlwb los sis lwm tus kws kho mob pab kev ntxhov siab.



Ua ev xaws xais xws li taug kev, kev yoj tes taw maj mam kom ua pa haum, kev ua ev xaws xais tseem ceeb, ua luam dej, dhia tes taw, thiab ua yoga.



Lwm yam kev xaiv xws li cov khoom noj kom yuag, kev tso suab nkauj rau mloog, siv tshuaj loom kho, siv tshuaj ntsuab kho, thiab kev zaum twj ywm qis muag.

YEEB TSHUAJ: YAM KOJ YUAV TSUM TAU PAUB TXOG

Qee zaus cov yeeb tshuaj kuj zoo kho qhov mob loj xws li kab mob khees xaws los sis kho kom ntau tus mob kiag tam sim tom qab phais mob, yuav tau xav txog ntau yam.

YOG KOJ SIV IB HOM YEEB TSHUAJ, THAM NROG NROG KOJ TUS KWS KUAJ MOB ...



- » Lub qhov mob qub, mob puas hlwb suav txog kev npau taws los sis ntxhov siab, thiab kev siv yeeb tshuaj yav dhau los ntawm tus kheej los sis tsev neeg.
- » Cov tshuaj kho mob, tej zaum koj yuav tau siv kho rau qhov quav dej cawv los sis lwm yam yeeb tshuaj.
- » Kev siv ntau tsawg thiab lub caij siv hom yeeb tshuaj.
- » Yam mob tshwm sim tom qab siv tshuaj yog ua rau kiv taub hau, ua pa nyuaj, tsam plab, tsis xav sib deev, qhov mob haj yam mob ntxiv, siv tshuaj tshaj, los sis lwm yam.

YOG KOJ SIV IB YAM YEEB TSHUAJ KHO QHOV MOB LOJ ...



- » Yuav tsum siv hom yeeb tshuaj no tsis pub dhaws peb hnuv (feem ntau yeej tsis pub tshaj 10 ntsiav tshuaj).
- » Koj yim siv ib yam yeeb tshuaj tsawg hnuv, thiab siv tsawg dua qhov siv, yim ua rau muaj feem tshwm sim lwm yam mob tsawg. Yuav tsum tau siv tshuaj kom tsawg, siv rau lub sijhawm luv luv xwb.

YUAV PAB UA RAU KOJ THIAB LWM COV NEEG NYOB NROG KOJ NYAB XEEB.



KHAW S COV TSHUAJ CIA KOM ZOO

Khaws cov tshuaj cia kom cov menyuum yaus, cov hluas thiab lwm tus neeg uas tsis yog cov siv txhob muab tau.



MUAB COV TSHUAJ UAS TSIS SIV LAW M POV TSEG KOM ZOO

» Mus qha ib daim ntawv qhia txog kev muab tshuj pov tseg kom raug zoo rau hauv koj lub tsev rau ntawm lub chaw State of Alaska Public Health Center.

Xav nrhiav ib lub chaw ua haujlwm nyob ze tshaj plaws ntawm koj, mus saib:
<http://dhss.alaska.gov/dph/Nursing/>

» Los sis, mus ncig xyuas lub koom txoo National Prescription Drug Take Back.

Visit www.takebackday.dea.gov



IB TXWM TSIS MUAB COV YEEB TSHUAJ QHIA RAU SAWD DAWS SIV

Kev muab cov tshuaj no qhia rau cov neeg siv tuaj yeem ua rau lawv quav tshuaj, siv tshuaj tshaj thiab ua rau tuag tau. Cov yeeb tshuaj yog cov tshuaj raug tswj kav — kev muab sib faib rau noj yog txhaum cai.

“NWS PUAS YOG IB YAM YEEB TSHUAJ?”

Cov yeeb tshuaj ua piv txwv:

Codeine
Fentanyl (Duragesic)
Hydrocodone
(Vicodin, Norco)
Hydromorphone
(Dilaudid)
Meperidine (Demerol)
Methadone
Morphine
(MS Contin, Kadian)
Oxycodone (Opana)
Oxycodone
(OxyContin, Percocet)
Tramadol (Ultram)

Nws muaj ntau lwm yam tshuaj heev, yog li tawd yuav tau saib xyuas kom yog cov yeeb tshuaj uas koj siv.



American College of
Emergency Physicians®
ALASKA CHAPTER
ADVANCING EMERGENCY CARE

KEV LEES PAUB:

Fairbanks Wellness Coalition, Bree Collaborative thiab Washington Health Alliance.

LWM COV CHAW PAB TXHAWB:

Effect of a Single Dose of Oral Opioid and Nonopioid Analgesics on Acute Extremity Pain in the Emergency Department: A randomized Trial, JAMA, November 2017. Volume 318, No. 17.