

# Common Terms in End-of-Life Care

## English – Hmong

### English

#### *Common Terms in End-of-Life Care*

### Hmong

#### *Cov Lus Kho Mob Kheev Siv Thaum Tu Ib Tug Uas Yuav Tas Sim Neej*

**Advance health care directive:** A legal form that states what kind of health care a patient would want if he or she becomes unable to communicate or make decisions. The patient can also name someone to make health care decisions on his or her behalf, if needed. A person must be at least 18 years old to make this document. It can be changed at any time.

Daim ntawv txib ua ntej hais txog kev kho mob (Advance health care directive): Ib daim ntawv sau tseg raws li kev cai lij choj uas qhia tias ib tug neeg yeem txais tej kev kho mob twg yog tias nws hais tsis tau lus lossis txiav txim siab rau nws tus kheej tsis tau lawm. Tus neeg mob kuj muab tau lub luag hauj lwm rau lwm tus kom sawv nws cev txiav txim txog tej kev kev kho mob thiab, yog tias cheem tsum. Ib tug neeg twg yuav tsum muaj hnuv nyoog li 18 xyoo lawm, nws mam li sau tau daim ntawv txib no. Daim ntawv txib no muab hloov tau thaum twg los tau.

**Artificial nutrition and hydration:** When a person cannot swallow safely, a tube is used to carry nutrients and water into the body. There are three ways this is done: 1) the tube may go into a blood vein; 2) the tube may go through the nose down into the stomach; 3) the tube may go through a hole placed through the abdomen into the stomach.

**Tso zaub mov thiab dej mus rau hauv lub cev:** Thaum ib tug neeg nqos tsis tau dabtsi zoo lawm, ces yuav tsum siv ib txoj yas (tube) kom thiaj tso tau tej zaub mov thiab dej mus rau hauv lub cev. Muaj peb txojkev ua li no: 1) tso txoj yas mus rau hauv ib txoj hlab ntsha; 2) tso txoj yas mus rau hauv lub plab ntawm lub qhov ntswg; 3) tso txoj yas mus rau hauv lub plab dhau ntawm ib lub qhov uas tho ntawm plag mog.

## English

**Capacity:** A person's ability to make choices about his or her health care. This is different from **competence**. The capacity to make decisions may be present at some times and not others. When patients are unconscious or cannot think clearly, they do not have the capacity to make choices at that time. A **health care agent** (decision maker) will need to make choices for them. The doctor decides when a patient has decision-making capacity.

**Chemotherapy:** A way to treat cancer that uses medicines to kill cancer cells. These medicines may be given by mouth or through a blood vein.

**Code status:** A decision made by a patient or family that directs doctors and nurses in whether or not to try to revive a patient whose breathing or heartbeat has stopped.

**Competence:** A person's legal ability to make decisions. This is different from **capacity**. If the court decides that a person is not competent, it will determine which decisions a person cannot make and will name a legal decision-maker to make those decisions. A court decision about competency is usually a long process.

**CPR (Cardiopulmonary Resuscitation):** CPR is a process to try to revive a patient whose breathing or heartbeat has stopped. It does not reverse the patient's health problems. The process involves pushing down on the chest and blowing air into the mouth. It may also involve giving medicines or electric shocks. CPR can be painful for the patient.

## Hmong

**Rab peev xwm (capacity):** Ib tug neeg twg txoj kev muaj peev xwm txiav txim siab txog txoj kev kho nws tus mob. Qhov no txawv qhov uas ib tug neeg meej pem npaum li cas (competence). Qhov uas yus muaj peev xwm txiav txim siab txog ib yam dabtsi qee zaum muaj ho qee zaum tsis muaj. Thaum cov neeg mob looj hlias los yog feeb tsis meej lawm, lawv tsis muaj peev xwm txiav txim siab txog ib yam dabtsi thaum ntawd. Ib tug neeg sawv cev pab txiav txim siab txog kev kho mob yuav tsum sawv lawv cev. Tus kws kho mob yog tus txiav txim tias tus neeg mob puas muaj peev xwm txiav txim siab txog kev kho mob los tsis muaj.

**Tshuaj kho mob cancer (chemotherapy):** Ib hom kev kho mob cancer uas siv tshuaj tua cov kab mob cancer. Tej tshuaj no yog tshuaj noj los yog tshuaj tso ntawm txoj hlab ntsha.

**Yuav kom ua li cas (code status):** Tus neeg mob los yog nws tsev neeg ib txoj kev txiav txim siab uas taw kev rau cov kws kho mob thiab lwm cov neeg kho mob saib puas yuav tsum sim pab cawm tus neeg mob uas tsis ua pa lawm los yog lub plawv nres lawm.

**Meej pem npaum li cas (competence):** Ib tug neeg twg uas meej pem txaus txiav txim siab raws li txoj kev cai lij choj. Qhov no txawv qhov uas muaj **peev xwm (capacity)**. Yog tias lub tsev hais plaub txiav txim tias ib tug neeg tsis meej pem txaus, ces tsev hais plaub mam li tsa ib tug neeg los sawv cev tam tus neeg tsis meej pem ntawd los ua tus txiav txim rau nws. Feem ntau qhov uas tsev hais plaub txiav txim txog saib ib tug neeg meej pem los tsis meej pem yuav siv sij hawm ntev.

**CPR (Kev Nias lub Plawv kom Rov Qab Khiav [cardiopulmonary resuscitation]):** CPR yog ib txoj kev pab cawm ib tug neeg mob uas tsis ua pa lawm los yog plawv nres lawm. Tsis yog ib yam uas kho tus neeg tej kev mob. Kev ua CPR ces yog nias tus neeg mob lub hauv siab thiab tshuab pa mus rau hauv tus neeg mob lub qhov ncauj. Tej zaum kuj yog muab tshuaj rau los yog siv hluav taws xob tom. Tej zaum CPR yuav mob tus neeg mob.

## English

**Dialysis:** A treatment to clean the blood when the kidneys are not working. This treatment may be needed several times a week. Dialysis takes blood from an artery, cleans it and puts it back into a vein.

**DNI:** Stands for “Do not intubate.” To intubate means to put a breathing tube down the throat. The tube can then be hooked up to a breathing machine (a respirator or ventilator). The patient cannot speak while the breathing tube is in place. DNI is used when the patient and family do not want the patient to be hooked up to a breathing machine.

**DNR:** Stands for “Do not resuscitate.” To resuscitate means to try to revive a patient whose breathing or heartbeat has stopped. The process of reviving a patient is called **CPR** (cardiopulmonary resuscitation). DNR is used when the patient and family do not want the patient to be given CPR.

**Health care agent:** A person with the authority to make health care decisions for a patient who does not have the **capacity** to make health care decisions on his or her own. The patient may choose this person ahead of time (in an **advance health care directive**). If there is no legal document naming someone, the closest living relative is the surrogate decision maker.

## Hmong

**Kev lim ntshav:** Ib txoj kev kho mob lim cov ntshav kom huv thaum ob lub raum tsis ua hauj lwm. Tej zaum yuav tsum lim ntshav ib limtiam ob peb zaug. Kev lim ntshav no yog nqus tej ntshav tawm ntawm ib txoj hlab ntsha yug lub cev mus muab lim kom huv huv, ces muab tso rov qab rau hauv ib txoj hlab ntsha rov mus cuag lub plawv.

**DNI:** Txhais tau hais tias “Tsis txhob muab ib txoj yas ua pa ntxig rau hauv lub caj pas (Do not intubate).” Lo lus “intubate” no txhais tau hais tias muab ib txoj yas ua pa ntxig mus rau hauv lub caj pas. Txoj yas no lawv mam muab txuas rau ib lub tshuab ua pa (ib lub tshuab ua pa los yog tshuab cua). Tus neeg mob hais tsis tau lus thaum muaj txoj yas. Ua DNI thaum tus neeg mob thiab nws tsev neeg tsis xav tus neeg mob siv lub tshuab ua pa.

**DNR:** Txhais tau hais tias “Tsis txhob pab cawm (Do not resuscitate).” Pab cawm no txhais tau hais tias lawv sim pab cawm ib tug neeg mob uas tsis ua pa lawm los yog lub plawv nres lawm. Txoj kev pab cawm ib tug neeg nrhiav kev kho mob li no yog hu ua CPR (cardiopulmonary resuscitation). Ua DNR thaum tus neeg mob thiab nws tsev neeg tsis xav kom cov neeg kho mob ua CPR rau tus neeg mob.

**Neeg sawv cev pab txiav txim siab txog kev kho mob (health care agent):** Ib tug neeg uas tau lus tso cai lawm kom sawv cev pab txiav txim siab txog tej kev kho mob rau ib tug neeg mob uas tsis muaj **peev xwm** txiav txim siab txog tej kev kho mob rau nws tus kheej lawm. Tus neeg nrhiav kev kho mob xaiv tau tus neeg no ua ntej (rau **daim ntawv txib ua ntej hais txog kev kho mob**). Yog tsis muaj ib daim ntawv raws kev cai lij choj tis tus neeg uas yuav txiav txim, ces tus neeg uas txheeb tus neeg mob heev tshaj yuav tau los sawv nws chaw ua tus txiav txim.

## English

**Hospice:** Care for people who are very sick and not expected to live more than six months. Hospice focuses on comfort and relief of symptoms. Hospice care can be given in the home, a nursing home or a residential hospice. Hospice workers provide physical, emotional and spiritual care for both the patient and the patient's family.

**Palliative care:** Palliative care focuses on relieving pain and suffering and providing the highest quality of life possible. Staff members provide physical, emotional, spiritual and social support for the patient and the patient's family. Palliative care may be offered along with other medical care. The palliative care team works with the patient's other doctors and caregivers.

**Radiation therapy:** A way to treat cancer that uses high-energy, invisible rays to kill cancer cells inside the body.

## Hmong

**Qhov chaw tu cov neeg mob loj (hospice):** Txoj kev tu cov neeg uas muaj mob loj es yuav tsis nyob ntev tshaj rau lub hli. Qhov chaw tu cov neeg mob no tsom ntsoov qhov uas ua kom cov neeg mob nyob nyog thiab pab kom lawv tsis hnov mob heev. Kev tu li no muaj tau hauv tus neeg mob lub tsev, ib lub tsev laus, los yog ib lub tsev tu neeg mob loj. Cov neeg ua hauj lwm tu cov neeg mob loj li no pab tus neeg mob thiab nws tsev neeg rau ntawm sab cev nqaij daim tawv, sab siab sab ntsws, thiab sab ntsuj plig huv tib si.

**Pab tu kom tsis txhob hnov mob (palliative care):** Kev pab tu kom tsis txhob hnov mob tsom ntsoov qhov uas pab daws tej kev txom nyem thiab tej kev mob heev thiab pab kom cov neeg mob loj li no ua neej nyob nyog npaum li ua tau. Cov neeg ua hauj lwm pab tus neeg mob thiab nws tsev neeg rau ntawm sab cev nqaij daim tawv, sab siab sab ntsws, thiab sab ntsuj plig huv tib si. Tej kev pab tu kom tsis txhob hnov mob no yeej ua tau ua ke nrog lwm yam kev kho mob thiab. Pawg neeg pab tu kom tsis txhob hnov mob ua hauj lwm ua ke nrog lwm cov kws kho mob thiab cov neeg tu mob uas saib xyuas tus neeg mob.

**Kev kho mob los ntawm sab hluav taws xob (radiation therapy):** Ib txoj kev kho mob cancer uas siv tej duab hluav taws xob uas pom tsis tau kom tua tau tej kab mob cancer hauv lub cev.