

CARDIOPULMONARY RESUSCITATION (CPR) **(Thawchham Leh Lungphu Chawl Thut Enkawl)**

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Bus a a chuan laiin mi pakhat chu a chau thut mai a, a tlu a, a thawk a chham a, a duk ta nghal vek mai a. A chuanna bus ah chuan nurse fel lehthiam tak mai a lo chuang ve hlauh mai a, a awmah a nem zawt zawt a, a ka in thawk a pe a, minute reilo te ah chuan a mar phu a rawn awm leh a, a rawn sen chhuak leh a, a thawk te pawh a rawn awm leh ta a, midang tanpuina in damdawiin ah an hruai ta a. He nurse fel takin a tih hi cardiopulmonary resuscitation (CPR) a ni a, khawvel hmun hrang hrang ah nitin hetiang a chauh thut leh lungphu chawlh thut hi a thleng thin a, CPR hmang hian nunna tam tak chhanchhuah an ni thin a ni.

‘Cardiopulmonary resuscitation’ tih hmasak ber a an sawi fo thin chu zawlnei Elija in hmeithai fa a tihdam kha a ni a. Elija kha hmeithai fa chungah khan vawithum a bawhkhup hnu ah a lo dam leh ta a nih kha (I Lalte 17:21). Hma sawn zel in vawiin ni thleng hian tihdan tha zawk dapin nikum 2010 thleng khan tihdan tur an la siam thar zel a, 2010 guideline-ah phei chuan a hma a tihdan hun rei tak lo pawm leh zawm tawh ABC (Airway, Breathing, Circulation) chu thlakin CAB (Chest compression, airway, breathing) an lo ti ta hial a ni. CPR hi doctor leh nurse, damdawi lama thawk zawng zawng leh police leh sipai te, leh tlawmngaia mi chhan chhuak thin te hian an hre tur a ni a, zau leh thiam zawka kan in zirtir hi a pawimawh hle a ni.

CPR tihdan hi awlsam thei ang berin sawi tum ta ila:

1. CALL FOR HELP- TANPUI TU KOH: Mi nikhawhre lova a tluk in emaw, a thawk lohin emaw, a lungphu a chawl emaw a nih chuan a hmasa ber in tanpuitu koh tur a ni a, kan velah midang min tanpui tu kan ko vat anga, damdawi lam thiam koh vat a tha hle a ni. Chumi hnu ah chauh damlo chu kan buaipui ang. Hei hi a chhan chu mahni maiin hetiang damlo na te hi enkawl an theih loh a ni. Tin, min tanpuitu tura kan sawm te khan midang zel an ko thei ang a, keimahni khan damlo buaipui chauh kan ngaihtuah thei bawk dawn a ni. Chuvangin mi nikhawhre lo, thawk la lo leh lungphu chawl kan hmuh in TANPUI TU KAN KO HMASABER TUR A NI.

2. CHEST COMPRESSION- AWM A NEM: Kan damlo bawih sawm chu kan mut zangthal tir anga, a awm lai tak ah kan nem nghal zawt zawt tur a ni. Awm a nem na tur lai hi hnute inkar ruh ah a ni a, minute 1 ah vawi 100 tal a tam, inches 2 a thuk nem tur a ni (Puitling ah). Awm a vawi 30 nem zel hnuah damlo hi thawk vawi 1 pek tur a ni ang. Awma nem hi a pawimawh em avangin chawlh loh tur a ni a, tih tur pawimawh dang tam taka wm mahse second 6 aia rei chawlh loh tur ani.

3. AIRWAY - THAWK KAWNG ENFIAH: Awm ah vawi 30 nem hnuah hian damlo thawk kawngte enfiah tur a ni. Damlo thenkhat chuan mahni a thawk an tum a, mahse an hrawk ah an lei emaw, thil dangin emaw a hnawh thin a, hetiang damlo te hi an khabe atangin an lu kawih dak tur a ni. Tin ka leh hrawkah hnawhtu a awm chuan lak chhuah sak te pawh a ngai thin bawk,

4. BREATHING - THAWK TIR: Awm ah vawi 30 nem zawh veleh hian damlo chu vawi 1 thawk tir zel tur a ni ang. Damlo chu a thawk miao loh avangin thawk hi a chhanchhuak tu te hian pek a ngai dawn a ni.

Thawk pek dan: Damlo lu kawih dak deuh tur a ni a, kut lehlam in a hnar hmeh ping a, kut lehlamin khabe ah dawm a, ka in thawk pek tur a ni. Rawmawl pan deuh chhanah thawkpek hi a him a, a tenawm loh phah bawk. Damlo ka a kan thawk loh hian a pawimawh ber chu damlo in thawk a dawng ngei tih hriat nan damlo awm a in sep kang ngei tur a ni ang.

CPR hi a pawimawh em em a, awlsam te a mi nuna chhan theihna a nih avangin thiam a tha hle. Hriat belh duh tan doctor te hnenah zawh theih reng a ni e.