

Mōku

(tohua ngā mea katoa e hāngai ana)

- He kaipupuri CO₂ ahau e mōhiohia ana
- He Mahere Manaaki Tōmua tāku
- E whakaae ana ahau kia tuarihia tēnei mahere ki ētahi atu kaiwhakarato hauora
- Hāora kāinga wā roa me te pāpātanga rerenga wā roa L/min

Kia maumahara

- Me whakahou i tō mahere mahi i ngā wā katoa
- Me whakarite kāore i te pau o ngongō, kua eke rānei te wā
- Me kai o rongoā e ai ki ngā tohutohu
- Me mātua heri e koe tō ngongō
- Me tiroiro haere i tō tikanga whakamahi ngongō me tō ngaio hauora

Taku Mahere Hēmanawa



1. Whakamutua o mahi



2. Kimihia he wāhi whakatā



3. Whakamahia tō kōhauhau, te kōangiāngi rānei



4. Timataria tō tikanga whakangā mō te 2-3 meneti

Mēnā kei te hēmanawa tonu koe, me whai i tō Mahere Mahi kei te whārangi whai ake

Te whakamahi puotongā

Mēnā e whakamahia ana e koe he ngongō horopeta ine (MDI), ko tā te puotongā he whāngai i te horopeta tika o te rongoā ki o pūkahukahu.



Me pātai atu ki tō ngaio hauora mō tētahi puotongā, māna e tuku mō te koreutu. Ki te kore i a koe tētahi, me whiwhi. Ka piki i ngā puotongā te whaitake o o rongoā.

1. Kia kaha te rurerure i te ngongō (me torotika)
2. Whakamaui te ngongō ki te pito o te puotongā
3. Me mau o ngutu ki te ngutu o te ngongō, kia kotahi te pēhi i te ngongō
4. Kia 4-6 ngā whakangā pōturi mā tō waha. Kau e tango i te puotongā mai i tō waha i waenga whakangā
TĒRĀ RĀNEI, kia kotahi te pūmanawa ka pupuri mō te 10 hēkona
5. Mahia anō ngā upane 1-4 mō ngā horopeta atu anō



Te horoi i tō puotongā

Horoi tō puotongā i ia wiki ki te wai mahana me te hopi horoi rīhi.

Kau e opeope, me waiho kia maroke kia mātua uru atu ai o rongoā ki o pūkahukahu, ā, kāore e piri ki ngā taha o tō puotongā.

He mea waihanga e te Asthma and Respiratory Foundation NZ

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Asthma + Respiratory FOUNDATION NZ

COPD

(Chronic Obstructive Pulmonary Disease)

Mahere Mahi



Ko tēnei te Mahere Mahi COPD a:

Kia pai ake te whakangā, kia pai ake te oranga

Ingoa:

Whare hauora:

Rā o te mahere:

Waea whare hauora:

Me mōhio ki ō tohumate COPD

Me mōhio āhea, me pēhea hoki te kai i ō rongoā

He pai mōku

Ina ora ahau koinei tōku 'pai'

- E tika ana nui o aku maremare / hūpē.
- Ka taea e au aku mahi noa.
- Korikori tinana / ngā mahi
- Ngā Tōpuni Hāora % whakangā hau rūma

[ingoa]	ngā momi	i ia ata
	ngā momi	i ia pō
[ingoa]	ngā momi	i ia ata
	ngā momi	i ia pō
ngongō:	ngā momi	ina hiahia koe ki te whakamauru ake i ō tohumate

Kei te māuiui ahau

E whakaatu ana pea ēnei tohu kua kino kē atu taku COPD:

- He nui ake tōku hēmanawa
- He nui ake taku whakamahi i taku rongoā whakamāmā
- Ka nui ake tōku ngenge / rūhā
- Kua kore au e hiakai
- Kei ahau pea ngā tohu o te kirikā (Uraura wera/makariri, pāmahana)

Me aha ahau?

- Ngā tikanga whakahaere whakangā
- Ngā tikanga penapena ngoi
- Whakawātea i tō uma
- Me ōrite te whakamahi i tō ngongō whakaora (hei tauira, i ia 4 haora)
- Me whakarite he wā hui hei kite i taku rōpū Hauora Matua i roto i te 3 rā

Timata i te prednisone:

Prednisone	mg	mō te	rā
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Mēnā kei ahau ēnei tohumate katoa he tohu nō tētahi whakapokenga uma:

- Kua nui ake te hūpē
- Kua pōuri ake te āhua o taku hūpē
- Kua kaha ake tōku hēmanawa

Timataria ngā rongoā paturopi mō ngā tohu o tētahi whakapokenga uma:

[ingoa]	ngā wā i te rā	mō te	rā
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Kei te tino māuiui ahau

Kei te māuiui haere ahau mēnā:

- Kei te kino haere kē atu ahakoa kua whiwhi rongoā atu anō
- TĒRĀ RĀNEI
- Kāore i pai ake tōku āhua i te 48 haora i muri i te kai prednisone

Me aha ahau?

- Ngā tikanga whakahaere whakangā
- Ngā tikanga penapena ngoi
- Whakawātea i tō uma
- Waea atu ki taku rōpū Hauora Matua ki te whakarite wā hui kōhukihuki i tēnei rā, haere rānei i ki te Pokapū Hauora Haora Ahiahi

Hira: Me haere koe ki te kite i te rata i tēnei rā

Ētahi atu tohutohu:

Ohotata

Kei te māuiui rawa atu ahau

- Kei te tino hēmanawa ahau
- Kāore ahau i te pai ake i taku rongoā whakamāmā
- Kei te matakū ahau
- Ka pōkaikaha, ka harotu rānei ahau
- Ka mamae pea tōku uma

Me aha ahau?

- **Waea atu ki 111** mō tētahi waka tūroro, pēhia rānei tō pātene pūoho hauora
- Me whakamahi anō te whakamāmā ina hiahiatia ana kia tae atu te waka tūroro
- Ngā tikanga whakahaere whakangā

He mea whakarite te mahere e: _____

Rā arotake whai ake: _____

Waitohu: _____