Mōku ake

(tohua ngā mea katoa e hāngai ana)

☐ He kaipupuri CO_2 ahau e mōhiotia ana

☐ He Mahere Tiaki Tōmua tāku

☐ Te hāora tauroa ā-kāinga me te pāpātanga rere: _____ *L/min*

Kia maumahara:

- Kia auau te whakahou i tō mahere
- Me whakarite kāore ō ngongō i te pau, i mōnehu rānei
- Kainga ō rongoā e ai ki ngā tohutohu
- Kia auau te mātai i tō tikanga whakahā ngongō me tō kaiwhakarato hauora.

Ngā tohutohu mō te whakahaere i tō hēmanawatanga

Matawaia tēnei waehere QR mō te aratohu whakahaere i tō hēmanawatanga

Taku mahere hēmanawa



1. Whakamutua āu mahi



2. Kimihia tētahi tūnga okioki



3. Whakamahia tō kōhauhau, te hau rānei



4. Tīmataria tō tikanga whakahā mariu mō te 2-3 mineti

Mēnā kei te hēmanawa tonu koe, whāia tō **Mahere Mahi** i te whārangi e whai ake nei.

Te whakamahi puotongā



Mēnā ka whakamahi koe i tētahi ngongō e inea ai te pota (MDI), ka āwhina te puotongā kia whiwhi koe i te pota tika o te rongoā ki ō pūkahukahu.

Pātai ki tō mātanga hauora mō te puotongā; ka whakaratoa koreutu ia e rātou. Mēnā kāore ō mea pēnei, me whiwhi koe i tētahi. Mā te puotongā e whakapiki i te whaipainga o tō rongoā.



1. Kia kaha te rūrū i te ngongō (me matika te pupuri).



2. Whakaurua te ngongō ki te puare i tētahi pito o te puotongā.
3. Me kakati ngā ngutu ki te paewaha, ka pēhi i te ngongō kia kotahi anake te pēhi.



4. Kia 4 - 6 ngā whakahā ki roto, ki waho, i tō waha, me āta haere. Kaua e tango i te puotongā i tō waha i waenga i ngā whakahā.

   TĒRĀ RĀNEI me āta whakahā ki roto, kia nui tonu, ka pupuri mō te 10 hēkona.



5. Tukuruatia ngā mahi 1-4 mō ētahi atu pota.

Te horoi i tō puotongā

Me horoi tō puotongā kia kotahi te wā i te wiki, ki te wai mahana, me te hopiwē.

Kaua e ringi ki te wai, ā, me waiho mā te hau e whakamaroke e uru mārika ai te rongoā ki ō pūkahukahu, me te kore e piri ki ngā taha o te puotongā.

Cardiac + Respiratory FOUNDATION NZ

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Cardiac + Respiratory FOUNDATION NZ

COPD

(Mate la-Tuku Pūkahukahu Tauroa)

Mahere Mahi

Ko tēnei Mahere Mahi COPD nā:

Cardiac + Respiratory FOUNDATION NZ

Tō Mahere Mahi COPD

Ingoa | Mātanga Hauora

Rā o te mahere | Waea whare hauora

Kia mōhio koe ki ō tohumate COPD...

Kia mōhio koe āhea, me pēhea hoki te kai i ō rongoā...

HE PŪNOA MŌKU

Ina ora ahau, ko taku 'pūnoa':

- He rite te nui o taku maremare/me te wharo anō
- Ka taea e au aku mahi o ia rā
- Ka taea e au te hīkoi i te _____ mita/km
- Ngā topuni hāora _____ % hau whakahā ā-rūma

[ingoa] — *ngā pota i ia ata* — *ngā pota i ia pō*

[ingoa] — *ngā pota i ia ata* — *ngā pota i ia pō*

Ngongo Whakamāmā: [ingoa] — *ngā pota hei whakamāmā i ō tohumate i te wā e hiahiatia ana*

E MĀUIUI ANA

E tohu ana ēnei tohu kua kino taku COPD:

- Kua hēmanawa ake
- Kua nui ake te hiahia ki taku rongoā whakamauru
- Kua ngenge/ruha ake
- E ngaro haere ana te mina kai
- E pāngia ana pea ki te kirikā (wera/makariri)
- Kua nui ake pea taku hūwareware

Me aha au?

- Ngā tikanga whakahaere whakahā - *matawaia te waehere QR kei te whārangi o muri*
- Kia nui ake te okioki
- Whakawātea i te hūwareware
- Kia nahanaha te whakahā i te ngongo whakamāmā (hei tauira, i ia 4 haora)
- Whakaritea he toronga ki tō kāhui Tiaki Hauora Matua i roto i te 3 rā

Tīmata te kai Prednisone: _____ *mg mō te* _____ *rā*

Mēnā kua pāngia ki ēnei tohumate katoa e whai ake nei, he tohu tērā o te pokenga poho:

- Kua piki ake te nui o te hūwareware
- Kua uriuri ake te tae o te hūwareware
- Kua nui haere taku hēmanawa

Tīmata ki te kai i nga rongoā paturopi mēnā he tohu pokenga poho āu:

[ingoa] — *ngā wā i te rā mō te* _____ — *rā*

E TINO MĀUIUI ANA

E piki ana taku māuiui mēnā:

- e kino haere ana te māuiui ahakoa te kai i ngā rongoā āpiti

TĒRĀ RĀNEI

- Kāore i ora ake i muri i te 48 haora o te kai prednisone

Me aha au?

- Ngā tikanga whakahaere whakahā - *matawaia te waehere QR kei te whārangi o muri*
- Kia nui ake te okioki
- Whakawātea i te hūwareware
- Waea atu ki taku kāhui Tiaki Hauora Matua ki te whakarite toronga whitawhita i tēnei rā, te haere rānei ki te Whare Hauora Whitawhita

Take Hira: Haere ki tētahi mātanga hauora i te rā nei

Ētahi atu tohutohu:

WHAWHATI TATA

E *tino hārukiruki* ana taku māuiui.

- E tino hēmanawa ana ahau
- Kāore au i te whakaoraoratia e aku rongoā whakamauru
- Kei te mataku ahau
- Tērā pea ka whanokē taku rangirua, taku tunewha rānei
- E mamae ana pea taku poho

Me aha au?

- **Waea ki 111 mō te waka tūroro** ka pēhi rānei i tō pātene pūoho hauora
- Me kai i te rongoā whakamauru tāpiri ina hiahitia kia tae atu rā anō te waka tūroro
- Ngā tikanga whakahaere whakahā

Kua whakaritea te mahere e

Rā arotake whai ake

Waitohu