Fekau‘aki mo aú

(fakatonuki ‘a e ngaahi me‘a kotoa pē ‘oku kaunga kia aú)

- ☐ ‘Oku ‘ilo‘i au ko ha tokotaha tauhi CO_2 (retainer)
- ☐ ‘Oku ‘i ai ‘a ‘eku Advance Care Plan (Palani kuo Fakaloloto‘i ki he Tauhí)
- ☐ ‘Osikena ‘i ‘api ki he vaha‘a taimi lōloá mo e lahi ‘o ‘ene tafé (flow rate): _____ L/min

Manatu‘i

- Tauhi ho‘o palani ngāué ke ‘i he tu‘unga fakamuimuitahá
- Fakapapau‘i ‘oku ‘ikai ke maha pe ‘osi e ‘aonga ‘a ho‘o ngaahi me‘a pamu mānavá (inhalers)
- Faka‘aonga‘i ho‘o ngaahi fo‘i‘akaú ‘o hangē ko ia kuo tu‘utu‘uni atú
- Vakai‘i ma‘u pē ‘a e founga ‘okú ke ngāue‘aki ai ‘a ho‘o pamu mānavá mo ho‘o tokotaha ngāue ki he mo‘ui leleí

Ngaahi tokoni ki hono mapule‘i ‘a e nounou ‘a ho‘o mānavá

Hulu‘i (scan) ‘a e kouti QR ko ‘ení ke ma‘u ai ha fakahinohino ki hono mapule‘i ‘a e nounou ‘o ho‘o mānavá.

Ko ‘eku palani ki he nounou ‘o ‘eku mānavá



1. **Ta‘ofi ‘a e me‘a ‘oku ke faí**



2. **Mafuli ki ha tūkunga ke mālōlō ai ho sinó**



3. **Faka‘aonga‘i ho‘o ií, pe ko e havilivili ‘o e ‘eá**



4. **Kamata faka‘aonga‘i ‘a ho‘o founga mānava ‘okú ke sai’ia aí ‘i ha miniti ‘e 2-3**

Kapau ‘okú ke kei ongo‘i ‘oku faingata‘a ho‘o mānavá, muimui ki ho‘o **Palani Ngāué** ‘i he peesi hono hokó.

Ko hono faka‘aonga‘i ‘o ha spacer (me‘a mānava‘angá)



Kapau ‘oku ke faka‘aonga‘i ha pamu mānava ‘oku ‘i ai hono fua mita ki he faito‘ó (metered dose inhaler - MDI), ‘e tokoni ‘a e spacer ke ma‘u ai ‘a e lahi totonu ‘o e faito‘ó ki ho ma‘ama‘á.

‘Eke ki ho‘o tokotaha ngāue palofesinale ki he mo‘ui leleí fekau‘aki mo ha spacer; te nau lava ‘o ‘oatu ta‘etotongi ia. Kapau ‘oku te‘eki ai ke ke ma‘u ia, te ke fiema‘u ha me‘a pehē. ‘Oku fakalahi ‘e he spacers ‘a e tu‘unga ola lelei ‘a ho‘o faito‘ó.



1. Lulu‘i ke ngalulu lelei ‘a e pamu mānavá (puke fakahangatonu ki ‘olunga).
2. Fakahū ‘a e pamu mānavá ‘i he tafa‘aki ki mui ‘o e spacer ‘oku avá.



3. Fakama‘u e loungutú ‘i he konga ki he ngutú, lomi‘i tu‘o taha pē ‘a e pamu mānavá.
4. Mānava māmālie tu‘o 4-6 ki loto mo tu‘a ‘i ho ngutú. ‘Oua na‘á ke to‘o ‘a e spacer mei ho ngutú ‘i he vaha‘a taimi ‘o e mānavá.

   PE mihi‘i ha fo‘i mānava māmālie lahi ‘e taha pē ki loto pea ta‘ofi ai ‘i ha sekoni ‘e 10.



5. Toe fakahoko ‘a e sitepu 1–4 ke fakalahi ange ‘a e faito‘ó.

Ko hono fufulu ‘o ho‘o spacer



Fufulu tu‘o taha he uike ho‘o spacer ‘aki ha vai māmāfana pea mo ha huhu‘a fufulu peleti.

‘Oua ‘e vaima‘a, fakatafe pē ke mōmoa ke fakapapau‘i ‘oku hū ho‘o faito‘ó ki ho ma‘ama‘á pea ‘ikai pipiki ki he tafatafa‘aki ‘o e spacer.

Cardiac + Respiratory FOUNDATION NZ

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Cardiac + Respiratory FOUNDATION NZ

Palani Ngāue

(Mahaki Tauhi ‘o e Halanga Mānavá - Chronic Obstructive Pulmonary Disease)

COPD

Ko e Palani Ngāue ko ‘eni ‘o e COPD ‘oku ‘a e:

Cardiac + Respiratory FOUNDATION NZ

Ko Hoʻo Palani Ngāue ki he COPD

Hingoá

Tokotaha ngāue ki he moʻui leleí

ʻAho ʻo e palaní

Telefoni ʻa e kautaha ngāue ki he moʻui leleí

ʻIloʻi hoʻo ngaahi fakaʻilonga ki he COPD...

ʻIloʻi ʻa e taimi mo e founga ke fakaʻaongaʻi ai hoʻo faitoʻó...

ANGAMAHENI PĒ KIATE AU

ʻI he taimi ʻoku ou sai aí, ko ʻeku ʻangamaheníʻ ko e:

- ʻOku ʻi ai ha tuʻunga angamaheni ʻo e lahi ʻo ʻeku talé/fulá
- Te u lava ʻo fai ʻeku ngaahi ngāue angamahení
- Te u lava ʻo lue ʻi he mita/kilomita ʻe
- Ko ʻeku oxygen saturation ʻoku % ʻi hono mānavaʻaki e ʻea ʻi he lokí

[hingoá]

ʻa e foʻi pamu (puffs) he pongipongi kotoa pē

ʻa e foʻi pamu he taimi poʻuli kotoa pē

[hingoá]

ʻa e foʻi pamu (puffs) he pongipongi kotoa pē

ʻa e foʻi pamu he taimi poʻuli kotoa pē

Fakafiemālié (Reliever):

[hingoá]

ʻa e foʻi pamu he taimi ʻokú ke fiemaʻu ai ke fakafiemāliei ho ngaahi fakaʻilongá

ʻOKU OU PUKE

Ko e ngaahi fakaʻilonga ko ʻení ʻoku hā mai ai ʻoku kovi ange ʻa ʻeku COPD:

- ʻOku lahi ange ʻa e nounou ʻo ʻeku mānavá
- ʻOku ou hokohoko ange ʻeku fiemaʻu ʻa ʻeku faitoʻo fakafiemālié
- ʻOku ou helaʻia/tāvaivaia ange
- ʻOku mole ʻa hoku uʻa ke kaí
- ʻOku ou ngali mofi (vela/momoko, ko hoku fua māfaná)
- ʻOku ngali ke lahi ange ʻa ʻeku fulá

Ko e hā ʻoku totonu ke u fai?

- Ngaahi founga ki hono mapuleʻi ʻo e mānavá – *huluʻi ʻa e kouti QR ʻi he peesi ʻi muí*
- Fakalahi ange hoʻo mālōloó
- Fakaʻataʻatā ʻa e fulá
- Fakaʻaongaʻi maʻu pē ʻa e pamu mānava ke fakafiemālié (hangē ko e houa ʻe 4 kotoa pē)
- Fokotuʻu ha ʻapoinimeni ke sio ki he ʻeku timi Primary Health Care ʻi loto ʻi he ʻaho ʻe 3

Kamataʻi ʻa e Prednisone:

mg ʻi ha | *ʻaho ʻe*

Kapau ʻoku ou maʻu kotoa ʻa e ngaahi fakaʻilonga ko ʻení ko ha fakaʻilonga ia ʻo ha mahakiʻia ʻi he halanga mānavá:

- ʻOku fakautuutu ange ʻa e lahi ʻo e fulá
- Kuo liliu e lanu ʻo ʻeku fulá ʻo lanu fakapōpōʻuli ange
- ʻOku lahi ange ʻa e nounou ʻo ʻeku mānavá ʻi he angamahení

Kamataʻi ʻa e ʻenitīpaiotikí (antibiotic) ki he ngaahi fakaʻilonga ʻo ha mahakiʻia ʻi he halanga mānavá:

[hingoá] | *hono tuʻolahi ʻi he ʻaho ʻi ha* | *ʻaho ʻe*

ʻOKU OU PUKE LAHI

ʻOku fakaʻau ke u puke lahi ange kapau:

- ʻOku fakaʻau ke kovi ange neongo e lahi ange ʻa ʻeku ngaahi faitoʻó

PE

- ʻOku ʻikai pē ke u sai ange ʻi he hili ʻo e houa ʻe 48 mei he ʻeku fakaʻaongaʻi ʻa e prednisone

Ko e hā ʻoku totonu ke u fai?

- Ngaahi founga ki hono mapuleʻi ʻo e mānavá – *huluʻi ʻa e kouti QR ʻi he peesi ʻi muí*
- Fakalahi ange hoʻo mālōloó
- Fakaʻataʻatā ʻa e fulá
- Telefoni ki heʻeku timi Primary Health Care ke fokotuʻu ha ʻapoinimeni fakavavevave he ʻahó ni pe ko e ʻalu ki he After Hours Medical Centre

Mahuʻinga: Sio ki ha tokotaha ngāue ki he moʻui leleí he ʻaho ni

Ngaahi fakahinohino kehé:

FAKAVAVEVAVE

ʻOku ou *fuʻu* puke lahi ʻaupito

- ʻOku fuʻu nounou ʻaupito ʻeku mānavá
- ʻOku ʻikai ke u maʻu ha fakafiemālie mei heʻeku faitoʻo fakafiemālié
- ʻOku ou manavahē
- ʻOku ngali kehe ʻa ʻeku puputuʻú pe tulemohé
- ʻOku ngali ke u langa fatafata

Ko e hā ʻoku totonu ke u fai?

- **Telefoni ki he 111 ki he meʻalele ʻa e falemahakí (ambulance)** pe lomiʻi ʻa e meʻalomi ki hoʻo meʻa fakatokanga fakafaitoʻó
- Fakaʻaongaʻi ha faitoʻo fakafiemālie lahi ange ʻo ka fiemaʻu kaeʻoua kuo aʻu mai e meʻalele ʻa e falemahakí
- Ngaahi founga mapuleʻi ʻo e mānavá

Naʻe teuteuʻi e Palaní ʻe

ʻAho ke fakahoko ai hono toe vakaiʻí

Fakamoʻoni hingoá