

Mōku

(tohua ngā mea katoa e hāngai ana)

- ☐ He kaipupuri CO₂ ahau e mōhiotia ana
- ☐ He Mahere Manaaki Tōmua tāku
- ☐ E whakaae ana ahau kia tuarīhia tēnei mahere ki ētahi atu kaiwhakarato hauora
- ☐ Hāora kāinga wā roa me te pāpātanga rerenga wā roa:

Kia maumahara

- Me whakahou i tō mahere mahi i ngā wā katoa
- Me whakarite kāore i te pau ō ngongō, kua eke rānei te wā
- Me kai ō 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 ō mahi



2. Kimihia he wāhi whakatā



3. Whakamahia tō kōhauhau, te kōangiangi rānei



4. Tīmataria 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 ō 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 ō rongoā.

1. Kia kaha te rurerure i te ngongō (me torotika).
2. Whakamaui te ngongō ki te pito o te puotongā.
3. Me mau ō ngutu ki te ngutu o te ngongō, kia kotahi te pēhi i te ngongō.
4. Kia 4-6 ngā whakangā pōturi mā tō waha. Kaua 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.

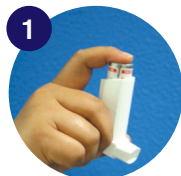
Te horoi i tō puotongā

Horoia tō puotongā i ia wiki ki te wai mahana me te hopi horoi rihi.

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



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COPD

(Chronic Obstructive Pulmonary Disease)

Mahere Mahi

Ko tēnei te Mahere Mahi COPD a:

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...

HEPAIMŌKU

Ina ora ahau koinei tōku 'pai'

- E tika ana te 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:

[Ingoa]

ngā momi ina
hiahia koe ki te
whakamauru
ake i ō
tohumate

KEI TE MĀUIUI AHĀU

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 hiaikai
- 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

Tīmataria i te
prednisone:

mg mō te

rā

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

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

[Ingoa]

ngā wā i te rā mō te

rā

KEI TE TINO
MĀUIUI AHĀU

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 tūroto, pēhia rānei tō
pātene pūoho hauora
- Me whakamahi anō te whakamāmā ina hiahia ana kia
tae atu te waka tūroto
- Ngā tikanga whakahaere whakangā

He mea whakarite
te mahere e:

Rā arotake
whai ake:

Waitohu: