

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 tuarhia 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 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. 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 opepe, 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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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 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:

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 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

Timataria 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

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

He mea whakarite te mahere e: _____

Rā arotake whai ake: _____

Waitohu: _____