

Mahere Wāhanga-4

Te whakamahi puotongā

Mēnā e whakamahia ana e koe he ngongō horopeta ine, ka āwhina te puotongā i a koe kia whiwhi koe i te horopeta tika o te rongoā ki ō pūkahunahua, ā, kia whaitake ake. Kāore ngā ngongō paura maroke e hiahia ana i ngā puotongā.

Me whakamahi he puotongā i ngā wā katoa mō tō pūārai. Ka taea e tō rata te whakarato ēnei mō te koreutu.

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.

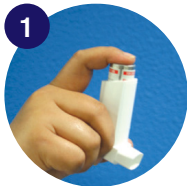
TĒRĀ RĀNEI kia kotahi te pūmanawa ka pupuri mō te 10 hēkona.

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 rīhi.

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



Ka whakaotihia tēnei mahere mahi huangō me tō rata, nēhi rānei hei āwhina ki te whakahaere i tō huangō. E tohutohu ana tō mahere me pēhea te whakahaere i tō huangō mō te wā roa, ka mōhio he aha tō mahi i a koe e pai ana, e māuiui ana rānei, ina hiahia āwhina rānei i tētahi ohotata.

Mēnā he pātai āu e pā ana ki te whakamahi i tēnei mahere me kōrero ki tō rata, nēhi rānei.

Kia maumahara:

- Me whakahou i tō mahere mahi i ngā wā katoa
- Kaua e tukuna kia pau, kia tawhito rawa rānei tō ngongō,
- Me kai ō rongoā e ai ki ngā tohutohu
- Me mātua heri e koe tō ngongō
- Mā tō rata, tō nēhi rānei e tirotiro haere tō tikanga whakamahi.

Haere ki tō rata mō tētahi kano ārai mate rewharewha i ia Poutūterangi.



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Mahere Mahi Huangō WĀHANGA-4

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Māu tēnei Mahere Mahi Huangō:

Me mōhio ki ō tohumate huangō...

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

KEI TE PAI

Kei te pai tō huangō mēnā

- kāore ō tohumate huangō i te nuinga o ngā rā (tīmohu, kukuti te uma, tūngāngā rānei)
- kāore koe i te maremare, tīmohu rānei i te pō
- ka taea ō mahi katoa te mahi me te korikori tinana
- i te nuinga o te wā kāore e whakamahia e koe tō ngongō

Kei runga ake tō ine
kaha pūheke i te

Pūārai

[ingoa]

ngā tuku i ia ata

ngā tuku i ia pō

Ngongō

[ingoa]

ngā tuku ina hiahia koe
ki te whakamauru ake i
ō tohumate huangō

Me kawea i tō ngongō i ngā wā katoa

Ētahi Atu Rongoā

KINO KĒ ATU

Whakatūpato - kei te kino kē atu tō huangō mēnā

- he tohumate ōu i te nuinga o ngā rā (tīmohu, kukuti te uma, tūngāngā rānei)
- kei te oho ake koe i ngā pō me ngā tohumate
- kei te pā mai te whurū ki a koe
- ka hāhā koe ina korikori tinana ana koe

Kei raro iho tō ine
kaha pūheke i te

Me takatū...

- Me nui ake te whakamahi i tō rongoā pūārai:
- Kia whā ngā tuku i te rā
- Me whakamahi tonu koe i tō ngongō - mā tētahi puotongā, mēnā ka taea te whakamahi i te taha o tō ngongō

Ētahi atu tohutohu

PĀKAHA

Whakatūpato - kei te kaha kē atu tō huangō mēnā

- kei te kaha kē atu ō tohumate (tīmohu, kukuti te uma, he maremare, hēmanawa rānei)
- TĒRĀ RĀNEI** ka āwhina anake tō ngongō mō te 2-3 haora anake
- TĒRĀ RĀNEI** ka nui atu i te 12 ngā tuku i roto i te rā
- TĒRĀ RĀNEI** ka hiahia koe ki te haere ki te kite i tō rata

Kei raro iho tō ine
kaha pūheke i te

Kōkirihiā...

- Me haere koe ki te kite i tō rata i tēnei rā**
- Me kai haere tonu i ō rongoā mō te “kino kē atu”
- Me kai prednisone mēnā kei a koe:

Prednisone

mg mō te

rā

kātahi
kai

mg mō te

rā

Ētahi atu tohutohu

OHOTATA

Ohotata

- kei te tere te kaha haere o ō tohumate
- TĒRĀ RĀNEI** kei te uaua ki a koe te kōrero, whakangā rānei
- TĒRĀ RĀNEI** kāore tō ngongō i te tino āwhina
- TĒRĀ RĀNEI** kei te whakamahia e koe tō ngongō i ia 1-2 haora

Kei raro iho tō ine
kaha pūheke i te

Me tau te mauri...

- Me waea 111 ki te tono waka tūroro**
- Me whakamahi tonu koe i tō ngongō - mā tētahi puotongā, mēnā ka taea te whakamahi i te taha o tō ngongō
- Ahakoā ka pai haere ake koe me wawe tō haere ki te tiki āwhina hauora
- Mēnā kāore anō kia tīmata tō kai i tō prednisone, me tīmata ināianei

Ine kaha pūheke
pai rawa

He mea whakarite
te mahere e

Rā arotake whai ake

Waitohu