

# MAHERE HAU

## Te Whakamahi i tō Turbuhaler

1. Me tango mai i te uhi
2. Me torotika te Turbuhaler
3. Wiria te whakamau whaikano ki tētahi taha, ā, ka whakahoki anō kia pakō
  - Kua ki tō Turbuhaler ki tētahi horopeta rongoā
4. Me hānene
5. Me whakamau te ngutu ki waenga i ō ngutu:
  - Kia kaha te momi mā te Turbuhaler. Kāore pea koe e rongo i te rongoā
  - Tangohia te ngongō mai i tō waha ka whakahā. Kāua e whakahā ki te ngutu i te mea ka mākū a roto
  - Mēnā ka nui atu i te kotahi te horopeta e hiahia ana, mahia anō ngā upane i runga ake
  - Ina mutu, whakahokia te uhi ki te ngongō ka kati
6. He tūtohu horopeta kei tō Turbuhaler i raro tonu i te ngutu. Ina kite koe i te whero i roto i te matapihi koinā te tohu me tiki tētahi Turbuhaler hou



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 āwhina ki te tautuhi me aha 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
- Kāua 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 tiro tiro haere tō tikanga whakamahi

**Me kōrero ki tō rata mō tētahi kano ārai mate rewharewha i ia Poutūterangi**

## Te tiaki i tō Turbuhaler

1. Kāua rawa e horoi tō Turbuhaler i te mea kāore e mahi tika mēnā ka mākūtia
2. Whakamarokehia te ngutu ki tētahi papamuku maroke, papanga rānei



Tikiake te taupānga Taku Huangō mō ngā mōhihio huangō, whakaora ohotata, me tētahi Mahere Mahi Huangō tāhiko! E wātea ana i Google Play, Apple App Store rānei.

Taupānga KOREUTU



### He mea waihanga e te Asthma and Respiratory Foundation NZ

📍 Level 2, The Woolstore, 262 Thorndon Quay, Pipitea, Wellington 6011 📧 PO Box 1459, Wellington 6140  
☎ 04 499 4592 📠 04 499 4594  
@ info@asthmaandrespiratory.org.nz  
🌐 asthmaandrespiratory.org.nz

# Asthma + Respiratory FOUNDATION NZ

## Mahere Mahi Huangō HAU



Māu tēnei Mahere Mahi Huangō:

**Kia pai ake te whakangā, kia pai ake te oranga**

**Me mōhio ki ō tohumate huangō**

Ingoa: \_\_\_\_\_

Rata: \_\_\_\_\_

Rā o te mahere: \_\_\_\_\_

Waea a te rata: \_\_\_\_\_

**Me mōhio āhea, me pēhea hoki te kai i ō rongōā**

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 ngā rā kāore koe e hiahia i ngā horopeta Symbicort tāpiri

Kei runga ake tō ine kaha pūheke i te

Symbicort i whakaritea auautia	ngā tuku	i ia ata
	ngā tuku	i ia pō
Symbicort ina hiahiatia	1 tuku ina hiahiatia koe ki te whakamauru ake i ō tohumate huangō	

He whakamaimoa 2-i-rō-1 te Symbicort e whakamahia ana hei ārai me te whakamāmā i ngā tohumate. Me kawē i tēnei i ngā wā katoa. Ehara i te mea me whai koe i tētahi ngongō tāpiri hei whakamāmā.

**Ētahi Atu Rongōā**


Pākaha

**Kei te kino kē atu tō huangō ina**

- Kei te kino kē atu ō tohumate huangō (tīmohu, kukuti te uma, he maremare, hēmanawa rānei)
- **TĒRĀ RĀNEI** ka āwhina anake tō Symbicort mō te 2-3 haora anake
- **TĒRĀ RĀNEI** ka nui atu i te 8 ngā tuku tapeke i te rā (whakamahinga auau + whakamāmā)
- **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 ū tonu ki tō tuku i te Symbicort PLUS 1 auau o tō Symbicort ina hiahiatia ana hei whakamauru i ngā tohumate
- Me kai prednisone mēnā kei a koe:

Prednisone	mg	mō te	rā
me te	mg	mō te	rā

**Ētahi atu tohutohu:**


Ohotata

**He ohotata ina**

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

Kei raro iho tō ine kaha pūheke i te

**Me tau te mauri...**

- Me waea atu ki 111 mō te waka tūroro
- Me whakamahi tonu koe i tō Symbicort ina hiahiatia ana
- Ahakoa 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 ināiane

Ine kaha pūheke pai rawa: \_\_\_\_\_

He mea whakarite te mahere e: \_\_\_\_\_

Rā arotake whai ake: \_\_\_\_\_

Waitohu: \_\_\_\_\_