

MAHERE WĀHANGA-3

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 te waha. Kua 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 tiro tiro haere tō tikanga whakamahi

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

Tikiake te taupānga Taku Huangō mō ngā mōhiohu 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 WĀHANGA-3



Māu tēnei Mahere Mahi Huangō:

Kia pai ake te whakangā, kia pai ake te oranga

Ingoa: _____

Rata: _____

Rā o te mahere: _____

Waea o te rata: _____

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

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

Me kōkiri ngā mahi...

- **Me haere koe ki te kite i tō rata i tēnei rā**
- Me whakamahi tonu i tō pūārai **ME** te whakamahi i tō ngongō ki te rahinga e hiahia ana hei whakamauru i ngā tohumate
- Me kai prednisone mēnā kei a koe:

Prednisone	mg	mō te	rā
kātahi	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 tūrora**
- Me whakamahi tonu koe i tō ngongō – mā tētahi puotongā, mēnā ka taea te whakamahi i te taha o tō ngongō
- 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 ināianei

Ine kaha pūheke pai rawa: _____

He mea whakarite te mahere e: _____

Rā arotake whai ake: _____

Waitohu: _____