

## NGĀ TOHUTOHU WHAKAMAHI

### Me pēhea te whakamahi i te pūrere turbuhaler tōpū budesonide/formoterol:

1. Whakamataratia ka tangohia ai te uhi aupuru.
2. Kia matika te pupuri i te turbuhaler
3. Hurihia te puringa whaikano ki te mutunga rā anō o tana haere ki tētahi ahunga, kātahi ka whakahokia kia rongo rawa koe i te ngotongoto.
  - Kua whakapurutia tō turbuhaler ināianei ki tētahi pota rongoā.
4. Āta whakahā ki waho.
5. Waiho te ngutu o te pūrere ki waenganui o ōu ngutu:
  - Kia hōhonu, kia kaha hoki te momi mā te turbuhaler. Kāore pea koe e rongo i te tāwara, i te pā mai rānei o te rongoā.
  - Tangohia te ngongo i tō waha, ka whakahā ai ki waho. Kaua e whakahā ki waho ki te ngutu o te pūrere, ka haumākū hoki i a koe a roto.
  - Kia nui ake i te kotahi pota e hiahiatia ana, mahia anō ngā hātepe o runga.
  - Kia mutu te mahi, whakahokia te uhi ki runga i te ngongo, ka hurihia ai kia kati.
6. He matapihi tūtohu pota tō te turbuhaler kei raro paku iho i tana ngutu, kia kitea te whero i te matapihi kua tae ki te wā hei whiwhi i te turbuhaler hou.



### Te tiaki i tō turbuhaler:

1. Kaua e horoi i tō turbuhaler, kāore hoki e tika tana mahi ina mākū.
2. Ūkuia te ngutu o te pūrere ki tētahi rauangiāngi, paranene maroke rānei.

Ka whakaotia tēnei mahere mahi huangō i te taha o tō mātanga tiaki hauora, nēhi rānei, hei āwhina i te whakahaere i tō huangō. E whakamārama ana tō mahere me pēhea te whakahaere tau roa i tō huangō, e āwhina ana hoki ki te tautohu me aha koe ā te wā e ora nā koe, ā te wā e māuiui nā hoki, ā te wā rānei e hiahia āwhina ana koe i runga i te ohotata.

Mēnā he pātai āu mō te whakamahi i tēnei mahere, kōrero tahi ki tō mātanga tiaki hauora, nēhi rānei.

### KIA MAUMAHARA:

- Kia auau te whakahou i tō mahere
- Whakaritea kia kore ai e pau ō ngongo, kia kore ai e tawhito rānei
- Kainga ō rongoā e ai ki ngā tohutohu
- Me hari e koe tō ngongo whakamāmā i ngā wā katoa
- Kia auau te kōrero ki tō mātanga tiaki hauora, nēhi, kaitaka rongoā rānei kia pai tonu ai ō tikanga whakamahi i tō ngongo

**Toro atu ki tō whare haumanu hei whiwhi i te rongoā āraitimate rewharewha i ia Māehe**

Nā te Asthma and Respiratory Foundation NZ i hanga

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# AIR\*

## Mahere Mahi Huangō

(\*'Anti-Inflammatory Reliever' therapy)



Ko tēnei Mahere Mahi Huangō nā:

**Hēhē ora, ao ora.**

Ingoa \_\_\_\_\_

Rā o te mahere \_\_\_\_\_

Mātanga  
tiaki hauora \_\_\_\_\_

Whare haumanu  
nama waea \_\_\_\_\_

**Kia mōhio koe ki ō tohumate huangō...**

**Kia mōhio koe āhea, me pēhea hoki te kai i ō rongoā...**

**E PAI ANA KOE**

**Kua whakaritea paitia tō huangō mēnā**

- Kāore ō tohumate huangō i te nuinga o ngā rā (te ngāngā, te poho nanati, te maremare, te hēmanawa rānei)
- Kāore he maremare, he ngāngā i te pō
- Ka āhei koe ki te mahi i āu mahi māori katoa me te kori tinana kau noa
- I te nuinga o ngā rā kāore koe e hiahia i ngā pota tāpiri o te budesonide/formoterol

He nui ake tō tau ine-huangō i te: \_\_\_\_\_

Te budesonide/formoterol  
**i whakaritea auautia:**

te (ngā)  
whakangā i ia ata

te (ngā)  
whakangā i ia pō

Te budesonide/formoterol  
**ina hiahia:**

Kia 1 te whakangā ā te wā ka hiahia ana koe hei whakamāmā i ō tohumate huangō

He rongoā e 2 ki te 1 te budesonide/formoterol hei ārai atu, hei whakamāmā anō hoki i ngā tohumate. Haria tēnei i ngā wā katoa. Kāore he take o tētahi ngongo atu anō hei ngongo whakamāmā.

**Ētahi atu rongoā**


**KINO**

**E kino kē atu tō huangō mēnā**

- E kino kē atu ō tohumate huangō (te ngāngā, te poho nanati, te maremare, te hēmanawa rānei)
- **TĒRĀ RĀNEI** e 2 ki te 3 hāora noa iho te āwhina a tō budesonide/formoterol
- **TĒRĀ RĀNEI** he nui ake i te 8 te tapeke o ngā whakangā i ia rā (mā te ngongo māori + ngongo whakamāmā)
- **TĒRĀ RĀNEI** kei te rongo koe me kite koe i tō mātanga tiaki hauora

He iti iho tō tau ine-huangō i te: \_\_\_\_\_

**Kōkiritia...**

- **Me kite koe i tō mātanga tiaki hauora i te rā nei**
- Kia haere tonu te kai i te budesonide/formoterol ME kia 1 te whakangā o te budesonide/formoterol ina hiahia he whakamāmā i ngā tohumate
- Me tīmata te kai prednisone mēnā kei a koe

**Prednisone**

mg mō te \_\_\_\_\_ rā

kātahi  
kia

mg mō te \_\_\_\_\_ rā

**Ētahi atu tohutohu**


**OHOTATA**

**He ohotata mēnā**

- Kei te tere te kino haere atu o ō tohumate
- **TĒRĀ RĀNEI** e uaua ana ki a koe te kōrero, te hēhē rānei
- **TĒRĀ RĀNEI** ko te kai i te budesonide/formoterol kei te paku āwhina noa iho
- **TĒRĀ RĀNEI** whakamahi ai koe i te budesonide/formoterol i ia 1 ki te 2 hāora

He iti iho tō tau ine-huangō i te: \_\_\_\_\_

**Kia mauri tau tātou...**

- **Waeatia 111 mō te waka tūrora**
- Whakamahia tonutia tō budesonide/formoterol i ngā wā ka hiahia
- Ahakoa ko te āhua nei kei te piki haere te ora ki a koe, kimihia tonutia te āwhina hauora.
- Mēnā kāore anō koe kia tīmata i te kai prednisone, me tīmata ināiane

Otinga tau ine-huangō pai katoa \_\_\_\_\_

Kua whakaritea te mahere e \_\_\_\_\_

Rā arotake whai ake \_\_\_\_\_

Waitohu \_\_\_\_\_