



ANZCA
FPM

TE RĀ REHUNGA
Ā-MOTU 2021
18 WHIRINGA-Ā-NUKU

Te whakamāmā i te mamae whakawhānau

He rerekē ia whakawhānau, ia whakawhānau, heoi anō he āhuatanga māori noa hoki te rongo i te ngau o te mamae i te wā e whakawhānau ana. Mā tō tapuhi me tō tākuta whakawhānau koe e āwhina me te mamae whakawhānau māmā, āhua mamae hoki, heoi anō, ki te hiahia koe i te rongoā whakamāmā kaha ake, roa ake te mau, kua mate rānei te motu whakawhānau ka tonoa tētahi kaitukurehunga e tō tīma whakawhānau.

Ngā tikanga whakatau mauri

Hei āwhina māu me tō mamae i te tīmatanga o te whakawhānau, ka tonoa koe e tō tapuhi kia tīmata ngā tikanga whakatau wairua pērā ki ngā toro tinana, ngā mirimiri me ngā tikanga whakangā. He mōhio kē pea koe ki ēnei mai i ngā akomanga whakawhānau. He āwhina hoki ēnei hei whakatau i a koe, kia taea ai hoki e koe ō mamae hukihuki te whakahaere. Mehemea kei konā tō hoa rangatira, e taea ai hoki e rātou te āwhina.

Te Hau Whakakoakoa (arā te “laughing gas”)

Mā te whakangā ranu hāora me te hau hāora ota-rua (mōhiotia whānuitia ana ko te “hau whakakoakoa, laughing gas, rānei”) he mea āwhina kia māmā ake te ngau o ngā hukihuki, kia tau ake anō ai hoki tō tinana. I te nuinga o te wā ka kainga te hau mā tētahi taputapu ka whakaurua ki te waha, e taea ai tēnei te whakauru, te tango rānei kia riro māu tōna rere e whakahaere, kei a koe te tikanga. E taea tonu ai e koe te aro, te neke, te rongo.

He rongoā kaha ake

Ki te taumaha rawa tō noho, e taea ai e tō tākuta whakawhānau te hoatu rongoā whakamāmā i te mamae he mea ahua mai i ngā whakaporehu (opioid), pērā ki te rehunanu (morphine). I te nuinga o te wā ka werohia tēnei ki roto ki tō uua. He haumaruru te whakamahinga o te nuinga o ngā whakaporehu ka tukuna pērātia atu ahakoa āhea i roto i te wā whakawhānau. Mā konei e mārāma tonu ai, e rongo tonu ai koe te āhuatanga o te whakawhānau. He mea tino whai hua ēnei, ka mutu ka tino tere te hikinga o te mamae, engari, kāore e pērā rawa te roa o te whakamāmā.

He rongoā whakamāmā mau tonu

Mehemea kāore e nui ngā hua o te hau whakakoakoa, o te rehunanu rānei - kua mate rānei te motu whakawhānau - ka tonoa pea e tō tākuta whakawhānau tētahi kaitukurehunga hei tautoko mai i tō tīma whakawhānau kia taea ai te tuku rongoā whakamāmā kaha ake, roa ake anō hoki te mau pērā ki ngā wero tuarā(epidural) mō te whakawhānau.



Hei mana nui i te Taiao o Ahitereiria-Aotearoa, e whakatakoto mōhiohio mārāma, whai taunakitanga hoki ana a ANZCA hei mea āwhina i a koe ki te whakatau i ngā whakatau i runga i te mārāma tonu. Karapahia te waehe QR kia haere ki tō mātou paetukutuku anzca.edu.au. He aratohu noa iho ēnei mōhiohio, ehara i te mea kapi i ngā mōhiohio ka whiwhi koe i tō kaitukurehunga.