

Te rā o tō mahi pokanga tinana i āta whakamaheretia

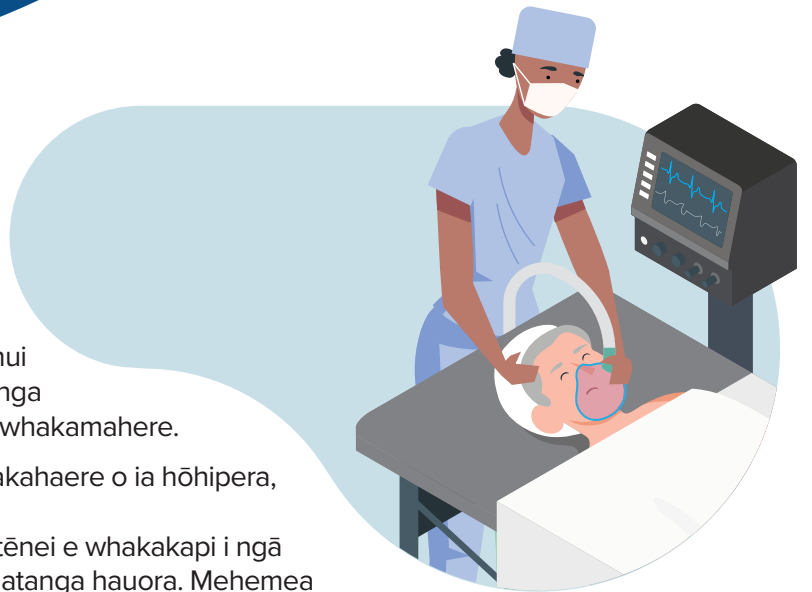


He tino haumaruru te rongoā whakarehu. Ko tā ngā rongoā whakarehu he whakangāwari i te noho o te tūrora i te wā o te pokanga tinana. He rata mātanga tēnei mea te rata whakarehu i āta whakangungua kia tuku i ngā rongoā whakarehu, hei tiaki hoki i a koe i mua, i waenga, i muri hoki i tō pokanga tinana.

Ko tā tēnei mātārere he whakaatu i ētahi kōrero whānui hei āwhina i a koe, kia pai ai tō takatū mō ngā āhuatanga ka tūponotia i te rā o tō pokanga tinana, kua oti kē te whakamahere.

Putā noa i Aotearoa, he rerekē iti nei ngā tikanga whakahaere o ia hōhipera, o ia hōhipera.

Hei aratohu whānui noa iho ēnei mōhiotanga. Kāore tēnei e whakakapi i ngā tohutohu tākuta takitahi kua homai e ō kaihora taurimatanga hauora. Mehemea kāore koe i te tino mārama mō tētahi mea, me hoki anō ki tō tīma hauora i ngā wā katoa, me ō pātai mō ngā mea kāore koe i te mārama.



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Me tae tonu koe ki te hōhipera i te wā kua homai ki a koe, ā, me maumahara koe ki te mau atu i ngā mea e tika ana mō tō noho.

Mā te tira i te hōhipera koe e whakamōhio mō ngā panonitanga e hiahiatia ana hei mahi māu, mō ō rongoā o ia rā, ki te kore, he pai noa ki te kai i ō rongoā o ia rā, me tētahi inu wai iti.

He mea tino hira kia mutu i a koe te kai e 6 hāora i mua i te pokanga tinana. Ka taea e koe te inu kūtere pūataata kia tata kē atu ki te wā - mā tō hōhipera koe e tohutohu mō te wā kia whakamutua. Hei tiaki ēnei ture i ō pūkahunga kei raru i ngā kai, me ngā inu ki te hiahia tō rata whakarehu ki te tuku rehu whānui ki a koe. Ahakoa kāore koe i whakaritea e rātou kia whiwhi rehu whānui, he mea nui kia whāia e koe ēnei tohutohu, mō te tūpono panoni o te mahere hei taua rā.



Tō tira taiwhanga poka tinana

Kia tae koe ki te hōhipera, he maha ngā tāngata i reira hei tūtakitanga māu.

Mā tētahi tapuhi koe e

- Pōwhiri ki roto, māna hoki e āwhina tō huri kākahu, kia reri ai mō te taiwhanga. Me kuhu pea koe i ētahi tōkena māmā, hei tiaki i a koe, kei pāngia e tētahi tepe toto i ō waewae.
- Ka haere pea ētahi whakamātautau iti, tae atu ki te ine i tō pēhanga toto ki te hiahiatia, ā, ka haere hoki pea ētahi whakamātautau toto whakamutunga, taurimatanga tāpiri rānei ka hiahiatia pea mō tō pokanga tinana.



Mā tētahi rata whakarehu e

- Kōrero ki a koe mō ngā āhuatanga ka mahia i roto i tō pokanga tinana.
- Whakamārama ngā rongoā ka whakamahia, ka pēhea hoki te pānga ki tō tinana me tō hinengaro.
- Kōrero ki a koe mō ngā tūraru tērā pea ka pā, me te whakautu i ō pātai katoa.
- Ka inoitia hoki koe kia haina i tētahi pukapuka whakaae, mehemea kāore anō kia hainatia



Mā tētahi kaupoka tinana hoki e

- Kōrero ki a koe mō tō pokanga tinana
- Whakautu ō pātai
- Inoi ki a koe kia haina i tētahi pukapuka whakaae.

Ka inoitia hoki koe mō tō whakaae mō ētahi whāingainga toto, mō te tūpono ngaro o ētahi o ō toto, ā, ka uia hoki koe mehemea e hiahia ana koe kia whakahokia ētahi wāhanga tinana ka tangohia i roto i tō pokanga tinana, ki a koe.

I mua i tō pokanga tinana

Mō te nuinga o ngā tāngata, ka haere tō pokanga i roto i te 2-4 hāora i muri i tō taenga atu, heoi anō, i ētahi wā ka roa kē atu te tāringa, nā reira haria atu tētahi mea hei mahi māu, hei tauira, he pukapuka hei pānui, he pūkei kāri rānei.

Kia tae ki te wā kia kuhu atu koe ki te taiwhanga poka tinana, ka āta titiro te tapuhi ki a koe kia mōhio ia kua oti katoa ngā whakamātau tika katoa mō mua i te pokanga, me te pōwhiri i a koe ki te taiwhanga.

Kia tae koe ki roto i te taiwhanga, ki te titiro atu, he maha ngā tāngata i reira. Ka mahi tahi ngā tāngata katoa hei tīma, ā, he wāhanga nui tō tēnā, tō tēnā hei tiaki i a koe. I ētahi wā, ka noho mai ētahi pia rata, pia tapuhi hoki, ētahi ringapū hangarau hoki i te taha o tō tīma taiwhanga, e ako ana i te wāhi mahi.

Ka haere tonu pea ētahi atu whakamātautau haumaruru. Ka whakaūngia ō taipitopito e tō rata whakarehu, ā, ka tūtaki koe ki te ringapū whakarehu e mahi tahi nei me tō rata whakarehu.

Ka whakaurua he pū whakauru ioio ki roto, ki tō kawititanga ringa, ki tō ringa rānei, mō te nuinga. Ka whakamauria atu ētahi pine ine ki a koe e te ringapū whakarehu – mō te nuinga he ine hāora ki tō matimati, me tētahi mōwhiti ine pēhanga toto ki tō ringa.

I reira ka takatū tō rata whakarehu ki te tīmata i ō rongoā whakarehu. Ka kōrero rātou ki a koe hei taua rā mō te pēheatanga o tēnei mahi. Tērā pea ka whāngaia tētahi rehu whāiti ki a koe, he whakarehu māmā rānei, tētahi rehu whānui rānei. Ka taea e koe te kimi kōrero mō ngā momo rongoā whakarehu rerekē ki tō mātou pae tukutuku www.myanaesthesia.nz.

Mehemea kei te tukua tētahi rehu whānui ki a koe, ka whakahā koe i te hāora mā tētahi taupoki kanohi, i mua i te tīmatanga o te rongoā whakarehu.

I te wā o tō pokanga tinana ka tiro tiro haere tonu te tīma ki a koe kia mōhio kei te haumaruru, kei te māhorahora tonu tō noho. Ka noho tonu tō rata whakarehu i tō taha kia mutu rā anō te pokanga i tō tinana. Ka mahi tahi hoki tō tīma taiwhanga ki te tiaki i tō tūmataitinga.



I muri i te pokanga

I muri i tō pokanga, ka haere koe ki te rūma pikinga ora, he tata tonu ki ngā taiwhanga poka tinana. He ohore pea tēnei āhua, te oho anō i tētahi rūma tauhou, me ētahi tāngata tauhou, i tētahi wāhi kāore anō pea koe kia noho i roto i mua. I roto i te rūma pikinga ora ka tiakina koe e tētahi tapuhi, māna koe e tiaki kia haumarua koe i muri i ō rongoā whakarehu, kei te pai te mamae i a koe, ā, kei te pai ngā mea katoa.

Kia mōhio pū tō tapuhi whakaora kei te haumarua koe, ka nekehia koe ki tētahi mātūtū whānui, ki te mātūtū rā kotahi rānei, mehemea kei te hoki tika atu koe ki te kāinga i te rā tonu o te pokanga tinana.

Mehemea kei te hoki koe ki te kāinga i taua rā anō, me kimi i tētahi tangata pakeke hei taraiwa i a koe ki te kāinga me te noho i tō taha mō ngā hōra 24 i muri atu.

Mehemea he pokanga tinana nui, me noho koe i te hōhipera mō te pō kotahi, neke atu rānei. Ka noho tahi pea koe i tētahi rūma hōhipera i te taha o ētahi atu tūrora. Kia tino mōhio pū rā anō ō rata me ō tapuhi he haumarua tō hokinga atu ki te kāinga, ka tukua koe kia puta me tētahi whakarāpopototanga o ō taurimatanga hōhipera. Ka hoatu he rārangi kēmihi mō te whakangāwari i te mamae.



Me tino kōrero koe mō ō āwangawanga ki ngā rata me ngā tapuhi i mua i tō hokinga atu ki te kāinga. He tino whakaaro te āta tuhi mārire i ngā tohutohu. Me hari pea tētahi puka tuhituhi iti e koe ki te hōhipera.

Mō ētahi atu kōrero



Ki te hiahia koe ki ētahi atu kōrero, me matawai (whakaahua) te waehera QR, me peka atu rānei ki www.myanaesthesia.nz. Kia mārama koe, katoa ngā mōhio tangata i te pae tukutuku kua tuhia ki te reo Ingarihi.



Ka kitea hoki ētahi whakautu mō ētahi atu pātai auau mō ngā rongoā whakarehu, me te takatū mō tō rā poka tinana i āta whakamaheretia ki www.myanaesthesia.nz. Ka taea hoki e koe te matawai i tēnei waehera QR, te haere tika rānei ki ngā pātai auau (FAQ).

Hei aratohu whānui noa iho ēnei mōhio tangata. Kāore tēnei e whakakapi i ngā tohutohu tākuta takitahi kua homai e ō kaihora taurimatanga hauora. Mehemea kāore koe i te tino mārama mō tētahi mea, me hoki anō ki tō tīma hauora i ngā wā katoa, me ō pātai mō ngā mea kāore koe i te mārama.

He mōhio tangata mā te tūrora mai i te Rōpū Hou o ngā Rata Whakarehu
www.anaesthesia.nz

Ka noho te manatārua o tēnei mātāreke ki te Rōpū o Ngā Rata Whakarehu o Aotearoa.
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