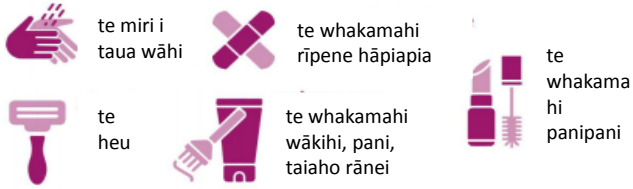


## Ngā 'KAUA E' mo te wāhi maimoa

### Me karo i ēnei



te miri i taua wāhi

te whakamahi rīpene hāpiapia

te whakama hi panipani

te heu

te whakamahi wākihi, pani, taiaho rānei

## E mamae / maroke ana te waha me te Korokoro

E mōhiotia ana tēnei ko te Mucositis. Tēnā whakamōhiotia tō rōpū mēnā e pā ana te mamae, he uaua ki te horomi, he kōmaoa ā-waha, he uaua hoki ki te kōrero. **Ka tirohia pea koe e te Tākuta Niho me te Kaihaumanu Reo Kōrero i mua, i te wā hoki o tō maimoatanga.**

### Tikanga tiaki auau i te waha:

#### 1. Tikanga horoi auau i te waha:

I muri i te kai - Whakamahia tētahi taitai niho ngohengohe me tētahi pēniho pūkōwhai kowani-kore. Ka taea e te rōpū niho te tohutohu i a koe ki te whakamahinga o ngā hua pūkōwhai.

#### 2. Opeopea tō waha/niho i muri i te kai/taitai niho:

**Te horoi waha tote/pēkena houra** — hei āwhina ki te opeope atu i te hūware mātotoru/piapia me te whakaiti i te waikawa o te waha:

1/2 tīpune tote + 1/2 tīpune pēkena houra = kua memehatia ki te karaehe o te wai korohū kua mātaotao. whakararātia i te waha, ka opeope.



#### 3. Horoi-waha patu mamae Difflam

Whakamahia te 10ml ka opeope i te waha i mua i te kai hei whakamauru i te mamae me te raru.

Whakararā mō te 1/2 ki te 1 mineti ia hāora mēnā e hiahiatia ana

\* Tangohia ngā niho horihori inā whakamahi ana i ngā horoi-waha

## Ngā aki hei āwhina i ngā raru o te waha

| Kia mā tonu tō waha | Me tīmata te tiaki i tō waha i te tīmatanga o te maimoatanga<br>Me auau te horoi i tō waha, me ō niho (tirohia te whārangī i mua)  |
|---------------------|--|
| Tiakina tō waha     | Me whakaiti, me whakakore rānei te kai hikareti<br>Kia mākū tonu tō waha me ō ngutu mā te pani tiaki ngutu, te ngote kongā tio, te inu wai rānei.<br>Ina maroke ana tō waha, me whakamahi ware horihori, rare huka kore, me ngā monoku ā-waha.   |
| Tirohia tō waha     | Whakamahia he whakaata me te rama muramura ki te tiro i roto i tō waha ia rā mō ngā hāhikahi, ngā wāhi wherowero, mā rānei, te toto rānei.   |
| Tiakina o niho      | Ka kite koe i te Tākuta niho i mua, i te wā hoki o tō maimoatanga  |
| Whakahaere mamae    | Me kai i ō rongoā i runga anō i ngā tohutohu, inarā i mua i te wā kai.   |
| Te kai me te inu    | Me kōwhiri i ngā kai ngohengohe, mākūkū, ā, he māmā ki te horo, pēnei i te raihi, rīwai penupenu, hēki kaurori me te miraka tepe.<br>Whakamahia ngā wairanu hei whakamākūkū i ngā kai.<br>Kaua e kai i ngā kai kakukaku, waikawa, kakā rānei.<br>Kaua e inu waipiro, ngā wai kawa rānei.<br>ME karo i ngā kai me ngā inu tino wera, tino mātao rānei |

## Hūware mātotoru

- Ka wheako pea koe i ngā panoni ki tō hūware i te wā o tō maimoatanga hei tauira ka mātotoru, ka ahoaho, ka piapia hoki
- Kia kaha te āta inu i te wai
- Tirohia ngā tohutohu horoi-waha
- He āwhinatanga pea te pūrere whakamākūkū hei whakamākūkū i tō korokoro me te waha - me kōrero ki tētahi nēhi/Tākuta

## Ngā panoni kai / heketanga mōmona

- Ka tautokona koe e tētahi mātanga whiringa kai puta noa i tō maimoatanga hei āwhina ki te pupuru i tō taioranga.
- Ka rerekē pea tō tāwara kai (rangitahi) - ka rerekē tēnei mō ia tūroro. Ka tino mākihakiha pea te tāwara o te kai, kāore rānei ōna tāwara, he tino kawa rānei.
- Kia auau ake te kai i ngā kai iti, kaua ko ngā kai nui e 3..

Ngā tohutoro  
SCoR—The Society and College of Radiographers  
evIO—Cancer Institute NSW

# Haumanu Hihinga ki te Māhunga me te Kakī: Ngā Pānga Kino

(Radiation Therapy to the Head & Neck: Side Effects)

## Tirohanga Whānui

Ka pā pea ētahi pānga kino i te haumanu hihinga ki tō wāhi maimoa engari ka rerekē ki ia tūroro. Kua kōrero pea te Mātanga Mate Pukupuku Hihinga i ngā pānga kino wā poto, wā roa ki a koe i te wā o te tukanga whakaaetanga.

E whakamārama ana tēnei mātārere i ngā pānga kino wā poto. Ka tīmata pea ēnei tohumate i te wā o te wāhanga haumanu hihinga, ā, ka taumaha pea i te 1-2 wiki i muri mai i te wāhanga whakamaimoatanga. Engari ko te tikanga ka tau haere i te āhua 6 wiki i muri i te maimoatanga.

Ka tirohia koe e ngā nēhi mate pukupuku i te rā tuatahi, tuarua rānei o tō maimoatanga ki te kōrero anō i ōu āwangawanga, pātai rānei. Ka taea anō te whakarite i ētahi atu aromatawai i tēnei wā.

Welcome Haere Mai | Respect Manaaki  
Together Tūhono | Aim High Angamua



## Ngā Pānga Kino ka Kaha Kitea

- Ruha
- Te mamae me te pupuhi
- Pānga ā-kiri
- E mamae ana te waha me te korokoro
- E maroke ana te waha me te korokoro
- Hūware mātotoru
- Kua ngaro te tāwara / te hiakai / hekenga taumaha
- Makeretanga Makawe - i te wāhi maimoa anake - e kore pea e tūturu
- Whakapairuaki – he whānui ake te pānga mēnā e maimoatia ana koe ki te hahau. Me kōrero ki ā mātou nēhi mō ngā tohutohu

## Mēnā e whai hahau koe, ā, e wheako ana i ngā pānga kino mai i tēnei maimoatanga, tēnā whakamōhiotia atu tō rōpū

### Kai konei mātou hei āwhina i a koe!

Ia rā, ka pātai tētahi kaihaumanu hihinga kei te pēhea koe. Kaua e tawhitawhi ki te whakaputa i ngā amuamu. Ina pā ēnei pānga kino ki a koe engari kāore i whāiti ki tēnei rārangi; ka taea e mātou te tono i a koe ki ā mātou nēhi mate pukupuku ki te kōrero anō i ēnei. Ka tautokotia hoki pea koe e tētahi Tākuta niho, Mātanga whiringa kai, Kaihaumanu Reo Kōrero, Nēhi Mātanga, ā, mē tētahi Tākuta Mate Pukupuku i te wā o tō maimoatanga.

## Ngā taipitopito whakapā

Ratonga Toto me te Mate Pukupuku ā Rohe  
Whare 8, Papa 4  
ADHB

Waea: 09 307 4949  
Taupaepae toronga waea 22631  
Ngā nēhi toronga waea 22837  
Mātai Mate Pukupuku Tārū toronga waea  
23826 (Mane-Paraire 8-4pm)

## Ruha

- He nui ngā āhuetanga e hua ai te ruha
- Te pānga o te maimoatanga i runga i ngā pūtau noa
  - Te ahotea e pā ana ki tō māuiuitanga
  - Te haerenga ia rā ki te maimoatanga
  - Te whakahaere i tō tauoranga i waho ake o te maimoatanga

### Ngā huatau:

- Me whakarite i ngā whiringa kai tōtika
- Kia kaha te inu
- Te whakangā me te āta kori (hīkoi)
- Me tiaki anō i a koe - ētahi tikanga whaiaro hei āwhina i a koe ki te whakangā
- Te rapu āwhina i ētahi atu

## Te mamae me te pupuhi

Ka pupuhi pea te wāhi maimoa me te aha ka mamae pea. Kainga he rongoā whakamauru pēnei i te paracetamol i te wā e hiahia ana. Kōrero ki tō rōpū maimoa mēnā kua kore e taea te whakamauru i te mamae.

## Pānga ā-kiri

Ka pā pea tētahi pānga ā-kiri ki te kiri o tō kanohi. E kore e puta wawe mai, engari ka puta haere i te roanga o te maimoatanga kātahi ka pai haere e 2-4 wiki i muri mai i te maimoatanga;



te āta huri kia māwhero atu, kia uri atu rānei



he āhua maroke, kitakita rānei, ā, he mamae



ka puta ake he harehare, he māngeongoe hoki



kōpūpū, horehore rānei

## Tohutohu tiaki kiri

E kore e taea te kaupare atu i nga pānga ki tō kiri, engari tērā ētahi āhuetanga ka taea hei āwhina i a koe kia hāneanea tō hono;  
Kōrero ki tō kaihaumanu hihinga, nēhi rānei mō tō tikanga tiaki kiri. Māna koe e whakamōhio mēnā e tika ana kia panonitia ētahi āhuetanga **Tuhipoka – kaua e whakamahi pani pare tikākā i te wā o te**



Ka taea e koe te te haere ki te kaukau engari KAUA i te wā e kōpūpū ana, e horehore ana rānei tō kiri.



Ka taea e koe te mau i ngā kākahu tangatanga mēnā he hāneanea ake tērā



Me karo i ēnei Te tauraki i te rā, ā, me ārai i te wāhi i ngā hihī o te rā

## Te akuaku me te monoku

- Mā ā mātou nēhi e tuku i te pani ā-kiri hei whakamahinga i te wā o te maimoatanga. Engari mēnā he mariunga tōu tēnā kawea mai ka whakaatu ki ā mātou nēhi
- Whakamahia te monoku i ētahi wā ruarua i te rā, engari kaua e pania i mua tata i tō maimoatanga
- Whakamutuhia te pani mēnā ka pāwera tō kiri, ka kōputa, ka hohore rānei te kiri

Te horoi me te kaukau

Āta titiro kāore te wai i te wera rawa: āta horoia te kiri ki ngā hua e whakamahia noatia ana e koe, ā, ka āta pokipoki kia maroke ai

ngā patu mōrūruru/rehu

Me whakamahi tonu i tō patu mōrūruru ake, māna ka māngeongoe tō kiri: me mutu mēnā ka kōpūpū, ka horehore rānei tō kiri