

E PUIPUI PEFEA NE KOE MO TAU TINO TAUSI A PAKIAGA O TE PAKILI MO TE 'KANO ONA KO TE TAOTAOGINA (PRESSURE INJURIES)?

Kāfai koe e moe i luga i te moega:

- fakamafulifuli tou tulaga i takilua ki te takitolu itula, so se tamā fakamasikiga e fesoasoani kii
- fakaaogā aluga o taofi ke mo a ou tulivae mo fatugugu e pateletele, kae maise loa mānafai koe e moe ki tou feitu
- taumāfai o faka'seai ne pīkipikiga o te laugatu e ufi i ei tou moega
- kāfai e sagasaga koe i luga i te moega, ke iloa fua ne koe me kāfai koe e fakaseke ki lalo e mafai o pakia tou muli io me ko ou mulivae
- fakamolemole ke maua se fesoasoani mānafai e manakogina ne koe.

Kāfai koe e sagasaga:

- Ke tai fakamāmā te taotaogina (pressure), fakapale ki mua io me fakapale faka'feitu i nai minute i te taki afa itula.

NEA FOKI A NISI FESOASOANI E MAFAI NE KOE O FAI?

- Kai ki meakai 'lei kae paleni kae lasi foki te inu vai.
- Tausi faka'lei tou pakili ke mā kae malō.
- Fakamolemole ki tau nēsi ke fesoasoani atu manafai e faigatā koe o mimi io me tiko.

Tau nēsi, se tino tela e fakaaogā a suksesukega kae aofia foki a togafiti o fesoasoani, fakamalosi kae faka'tumau a faifaiga tāua mo te faka'leiga o masaki (occupational therapist), se tino 'fo (physiotherapist); tokita, io me se tino e poto i mea tau meakai 'lei mote fakapaleniga o meakai (dietician) e mafai o fesoasoani kia koe ke palani faka'lei tou tausiga o faka'seai a pakiaga o te pakili mo te 'kano ona ko te taotaogina.

FAKA'MASAU KI AU TINO TAUSI: FESOASOANI O FAKAGASUESUE AKA AU SEAI SE TAOTAOGINA



Ne puke mai i fakamatalaga o te Ola'lei o te Fakai Sauté o Aukilani (Counties Manukau Health) mo Te Komiti o te Fakai o Aukilani i te Tausiga o te Ola'lei (Auckland District Health Board).

SEAI SE TAOTAOGINA TOU PAKILI E TĀUA KII

TE PUIPUIGA MAI PAKIAGA O TE PAKILI MO TE 'KANO ONA KO TE TAOTAOGINA I TE FALE



nzwcs.org.nz/pressureinjuries

SEA TE PAKIAGA O TE PAKILI MO TE 'KANO ONA KO TE TAOTAOGINA (PRESSURE INJURY)?

Kāfai koe e nofo leva i se koga e tasi e mafai o faka'maseigina tou pakili mo ou 'kano.

Te faka'maseiga e mafai o sae pela me ne mea faka'pusa ke oko ki matapakiaga 'poko, kola e faigata o fai ke 'lei. Kāfai e maua ne koe te faka'maseiga o tou 'pakili mo te 'kano ona ko te taotaogina e māfai loa o oko ki se masina tupu ke mafu.

A pakiaga o te pakili mo te 'kano ona ko te taotaogina e masani foki o fakaigoa ki mea'pala e māfua mai i te moe leva i luga i te moega (bed sores), ko mea'pala ona ko te taotaogina (pressure sores), ko kogākoga kola e taotaogina (pressure areas), io me ko foge ona ko te taotaogina (pressure ulcers). E mafai fua o faka'sae i ne itula.



Ko te fakailoga muamua i te pakiaga o te pakili mo te 'kano ona ko te taotaogina e mafai sālē te pakili o kese tena lanu kae se fakalau'tea manafai e taotao. Tino kola e 'tea olotou pakili e masani o fakakulakula kae ponapona, kae nisi tino kola e uli olotou pakili e masani o fakauliuli kae ponapona.

E māfai foki koe o logologosala io me tigāina i te mae.

E MAFAI KOE O POKOTIA I PAKIAGA KONEI?

E lasi te pokotia o koe i pakiaga o te pakili mo te 'kano ona ko te taotaogina manafai koe:

- e tai leva loa te taimi e sagasaga io me moe
- e 'suisiu tou pakili mai te tatakia io me faigatā o mimi io me tiko
- e 'mu tou foitino io me se 'tafe faka'lei te toto
- e se kai ki mea'kai 'lei kae paleni io me e se lasi te inu vai
- e fakaaogā soko a mea fai galuega faka tokita kola e mafai o patele ki tou pakili.

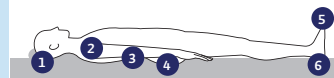
E UI LOA E MAFAI KOE O POKOTIA I PAKIAGA KONEI, E MAFAI FOKI LOA O FAKA'SEIGINA A PAKIAGA O TE PAKILI MO TE 'KANO ONA KO TE TAOTAOGINA

KO KOGĀKOGA FEA O TOU FOITINO E MASANI O POKOTIA I PAKIAGA KONEI?

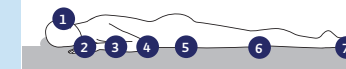
Pakiaga o te pakili mo te 'kano ona ko te taotaogina e māfua i te lasiga o taimi i koga o tou foitino kola e taofi ne latou tou 'mafa e pela foki mo ou ivi kola e pili ki te pakili.

- 1 Ulu
- 2 Tuāuma
- 3 Tulilima
- 4 Muli
- 5 Maikaovae
- 6 Mulivae

I tou tua



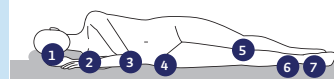
Mai mua



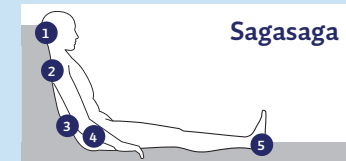
- 1 Ulu
- 2 Kauvae
- 3 Fatafata
- 4 Tulilima
- 5 Koga tapu o fafine/tagata (genitals)
- 6 Tulivae
- 7 Maikaovae

- 1 Taliga
- 2 Tuāuma
- 3 Tulilima (mai tua)
- 4 Tega
- 5 Tulivae (mai loto/mai tua)
- 6 Fatugugu
- 7 Mulivae

Tou feitu



Sagasaga



- 1 Ulu
- 2 Tuāuma
- 3 Papa
- 4 Muli
- 5 Mulivae

Kāfai e isi ne mea konei mai luga o tou foitino e maemae faipati ki te tino galue o te Ola'lei.