

Te whakaora mai i te mate whakatāoke



Health Quality &
Safety Commission
Te Tāhū Hauora



Ka aha ā muri atu i te pāngia ōu e te mate whakatāoke

He aha te mate whakatāoke?



Ka puta te mate whakatāoke ina kaha rawa (kāore i te whakamatuatia) te urupare a te pūnaha awhikiri, e tūkinotia ai i ngā pūtautau, i ngā whēkau hoki. Ka pūtake mai taua āhuatanga i tētahi whakapokenga taketake ahakoa te momo, hei tauira, nā ngā whakapokenga huakita, huaketo, puruheka rānei.

Ka puta te mate whakatāoke ina kaha rawa te urupare a te pūnaha awhikiri o tō tinana – e āwhina ai i a mātou i te nuinga o te wā ki te whawhai whakapokenga – me te aha ka tūkinotia ngā pūtautau, ngā whēkau hoki. Ka puta i taua mea he panoni i roto i tō tinana e hemo ai pea te tangata.

Ka taea e taua mea te tāmi, te tūkinotia rānei ngā whēkau pērā i ngā ia toto, te kiri, ngā pūkahukahu, te manawa, ngā tākihi, te roro hoki.

Ka tūkinotia pea hoki ngā pūnaha ā-roto o tō tinana. Hei tauira, tō pūnaha ioio.

Ka ora katoa tata ki tōna haurua o ngā mōrehu o te mate whakatāoke i roto i ētahi wiki ruarua nei, i ētahi marama rānei. Engari, ka pā ki ētahi ko te māuiui i muri i te mate whakatāoke (Post Sepsis Syndrome (PSS)).

E whakaahua ana te PSS i ngā raruraru haere tonu ka hua mai i te mate whakatāoke, i te whakapokenga taketake, i te hanumitanga rānei o aua mea. Whakaahua whānuitia ai te PSS hei panoni ki te āheinga hirikapo me te āheinga tinana, me ngā raruraru hauora, hinengaro hoki.

He rerekē ngā tohumate o te PSS. Ka pāngia pea koe e ētahi māuiuitanga tauroa e hōu ana, tērā rānei ka kite pea koe ka hē kē atu ngā māuiuitanga tauroa kei reira kē i mua atu i te mate whakatāoke.

Mō te nuinga o te tangata, atu ki te rua tau te roa toharite o te whakaoranga mai i te PSS.

Ehara i te mea ka pā anake te PSS ki te tangata i whakapau wā ai i te ICU.



**EHARA TE MATE WHAKATĀOKE
I TE WHAKAPOKENGĀ.
He urupare hē, mōrearea hoki
nō tō pūnaha awhikiri.**



**He auau te tūpono mōhio
koe ki ngā tohumate PSS
ā muri atu i te hokinga atu
ki te kāinga i te hōhipera.**



**Ka kite pea i ētahi rerekētanga ā-tinana, kāre ā-roto hoki i a koe e whakaora ana mai
i te mate whakatāoke:**

- » te ngoikoretanga whānui, taumaha hoki
- » te ngenge
- » te hēmanawa
- » he hīwiniwini me te mamae
- » te hekenga taumaha o te tinana, te korenga o te mina kai, te rerekē o te rongo ā-arero o te kai i tērā o mua atu
- » he maroke, he māngeongeo nō te kiri, te taka rānei o ngā pūtau kiri mate
- » te ngaromanga makawe
- » ngā maikuku me ngā niho mōwhakiwhaki
- » te pōātinitini me ngā ānini māhunga
- » he rerekē te kite o ngā whatu
- » te pāwera ki te panoni pāmahana, tērā rānei he māmā kia wera, kia makariri rānei koe
- » te pāwera ki ngā rerekētanga taiao, ki ngā pahū, ki ngā whakaohoho rānei pērā i ngā wāhi hoihoi e muia ana e te tangata, he nui rawa rānei ngā āhuatanga e haere ana
- » ngā whakapokenga auau.

**Ki te noho tonu ētahi o aua tohumate,
ka hē kē atu rānei, koinā pea ngā āhua
ā-tinana, hauora rānei o te PSS.
Me kōrero koe ki tō rata, nēhi rānei.**

Ka pāngia pea koe e ēnei āhuatanga ā muri atu i te hokinga atu ki te kāinga:

- » ngā piropiro tārere
- » te anipā, te mate pāpouri rānei
- » te rongo i te hihiko-kore
- » te korenga o te māia, te whakapono whaiaro rānei
- » te kore e aro ki tō āhua e kitea
- » te hiahia ki te noho mokemoke, ki te noho taratahi i ō whanaunga aroha
- » ngā hokinga whakaaro, ngā maumaharatanga kino rānei, tērā rānei mēnā kāore i te tino mārāma aua maumaharatanga, ka puta pea he aurongo kino e hāngai ana ki taua maumaharatanga
- » te whakarangirua i te ao (he aha ngā mea pono me ngā mea kāore i pono)
- » te koretake o te āta whakaaro tapatahi, te raruraru rānei ki te pupuri me te whakarite a te roro i ngā mōhiohio
- » te hōhā i te kore i hoki mai 'tōu āhua o mua'
- » te kaniawhea me te ahotēa mō te māharahara kua kawea nei e te whānau i a rātou e tautoko ana i a koe
- » te toko ake o te whakaaro kāore tētahi e mōhio e pēhea ana koe.



Ki te noho tonu ētahi o aua tohumate, ka hē kē atu rānei, koinā pea ngā āhua ā-hinengaro, hirikapo rānei o te PSS. Ko te tohutohu me tiro atu ki tētahi tūngaio hauora hei matapaki i aua āhuatanga.

Ko te mate whakatāoke e hāngai ana ki te pāpātanga teitei o te tūkino hinengaro tauroa, pērā i ngā mate ahotea taupoto me te kohuki taumuri (Post Traumatic Stress Disorder (PTSD)).

KO TE TOHUTOHU ME WAWE TE KIMI ĀWHINA HEI WHIWHI KOE I TE TAUTOKO KA HIAHIATIA.

Te whakaoranga i te kāinga

He mea nui te mōhio ki tō whakatau mate whakatāoke hei āwhina kia mārama ngā wero o te whakaoranga, mēnā kei reira he wero.

Ko te whakaoranga mai i te mate whakatāoke he mea nui ake i te whakaoranga mai i tētahi whakapokenga, i te poka rānei, i te noho roa rānei i te hōhipera. He rerekē pea te whakaoranga mō tēnā me tēnā, ka roa ake hoki i tērā ka tūmanakotia.

Ka pāngia pea ētahi e ngā raruraru haere tonu. He mea āwhina te kōrero ki tō rata, nēhi rānei mō ngā āwangawanga tauwhāiti. Ka taea pea e rātou koe te āwhina hei kimi tautoko mai i ētahi atu kaiwhakarato hauora hāpori. Hei tauira, ka hiahiatia pea te tautoko mai i ngā kaihaumanu korikori, i ngā kaihaumanu ngangahau, i ngā kaimātai hinengaro, i ngā kaitohuora, i ētahi atu mātanga hauora rānei.

Ka hiahia ētahi mōrehu ki te haumanu, ki te tautoko rānei mai i ngā mātanga rongoā Māori, i ngā kaiārahi taha wairua, ahurea rānei. Mā te tiritiri o aua mōhiohio e āwhina ai pea i a rātou me koe ki te whakamahere tiaki kia pai katoa te tautoko i tō whakaoranga.

He uaua i ētahi wā te kite, te ine rānei i tō whakaoranga. Inā koa he pōturi taua āhuatanga. Anei ētahi ngohe ka āwhina pea.

- » Tuhia he hautaka e pā ana ki ngā mea ka rarua koe. Hei tauira, mēnā ko te āta whakaaro tapatahi te raru, me mahi he ngohe he māmā te tuaruatia, he panga kupu pea. Tuhia ia te wiki he pēhea te mahi i taua mahi, hei tauira, kei te māmā haere taua ngohe? Ka roa ake rānei te wā e āta whakaaro tapatahi ana koe ki taua ngohe? Hei te takanga o te wā, ka kite koe i te āhua o te kauneke. Tērā rānei, ki te kore he kauneke, me whakamōhio koe i te tangata e āwhina ana i koe.
- » Ki te ngoikore ā-tinana koe, me whai ki tētahi kori ka taea e koe te tuarua. Tērā pea, he hīkoi huri noa i te poraka. Hei te takanga o te wā, ka kite koe mēnā ka pai ake tō kaha me te ngāwari o te kori, kāore rānei.



Ka pā pea te mate whakatāoke me te whakaoranga ki te whānau katoa. Ina kei te kāinga tētahi whanaunga aroha, he tino tānga manawa pea ki a koe kua kore ia e noho tonu ana i te hōhipera, ka anipā rānei koe i te nui o ngā haepapa mō te tiaki i a ia.

Ka rite tonu te pāngia o te hunga e tata katoa ana ki te mōrehu mate whakatāoke tae ana ki te tamariki, e ngā pānga kāre ā-roto. Ka whakararu, ka hia tangi, ka anipā, ka pōuri, ka tino nenge noa iho koe ko ētahi atu o te whānau.

He mea nui te tiaki i a koe anō. Me whai wā mōu ake, me kōrero mō te āhua o ōu kāre ā-roto, me kai i ngā kai hauora, kia nui hoki te moe. Waihoki, kaua e matakū ki te kimi āwhina.

Ki te kore e taea e koe, e tētahi o te whānau rānei te tū pakari, he pātai āu rānei, ka āhei koe te tono āwhina me te tautoko i tō rata. Ka taea hoki te whakamahi ngā rauemi kei raro:

Kei te hiahia koe ki te kōrero? Pātuhi ki 1737

Sepsis Trust NZ

sepsis.org.nz

Sepsis Australia

australiansepsisnetwork.net.au

Youthline

youthline.co.nz

Healthline

healthy.org.nz

yellowbrickroad.org.nz/

anzics.org/information/

mylifeaftericu.com/

hqsc.govt.nz/our-work/improved-service-delivery/sepsis/



