

# Ngā wharanga pēhanga o te hunga kua pāngia e te mate aho tuaiwi: he tauākī whakatau

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WHIRINGA-Ā-NUKU 2021



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Kei te mihi mātou ki ngā whakahaere e whai ake nei i tō rātou tautoko i tēnei tauākī whakatau:

**Burwood  
Spinal Unit**



**Auckland Spinal Rehabilitation Unit**



**Home & Community Health  
Association**



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## Ngā mihi

Tēnā koutou te hunga i tuku noa mai i ā rātou kōrero i runga i te ngākau makuru mō tō rātou noho ki raro i te mate pēhanga me te wharanga aho tuaiwi.

## Te Tiriti o Waitangi

Ko te Tiriti o Waitangi (te Tiriti) te tūāpapa o te kāwanatanga o Aotearoa i tū ai te motu o Aotearoa. Ko tā mātou whāinga matua, he tautoko i te Karauna me āna hononga i raro i te Tiriti kia rite tahi ngā hua o ngā whakarātonga ki te Māori.

E arahina ana ngā kaimahi hauora e te anga Tiriti o te Manatū Hauora [1] hei whakatinana i ngā mātāpono i roto i ā rātou mahi hauora. Mēnā e whai ana ngā ratonga hauora i ngā mātāpono, e taea ai e te Māori te whakaahua atu i tōna mana ake e whakawhiwhia ai ia ki ngā hua whai kōunga, whai tikanga anō o te ao hauora. Otirā, ka tautokona ngā kaimahi hauora ki te mahi tōtika, ki te āta manaaki hoki i a ngāi Māori.

Huri noa i te ao hauora, e pūmau ana mātou ki te whakatūnga o ngā ratonga hauora whai kōunga i raro i te whakaaro kotahi, e pai ai te kuhu atu a te Māori me ngā tāngata katoa e pāngia ana ki ngā wharanga o te aho tuaiwi.

## Te mana taurite

Ki Aotearoa, he rerekē ngā matea hauora o ngā momo tāngata rerekē, pērā i te Māori me ngā iwi o Te Moananui-a-Kiwa.

Ko te mana taurite he momo tikanga whakahaere kia tika ai ngā mahi me ngā rauemi hei kaupare atu i te rerekē o te āheinga atu ki ngā mahi hauora whai kōunga e hua mai ai ngā putanga kino ki ngā rōpū tāngata rerekē.

Ko tētahi take matua, ko te whakahekenga o te pānga atu o ngā āhuatanga taurite-kore i te ao hauora e takea mai ana i te noho ā-papori, ā-tikanga, ā-ōhanga, ā-rohe rānei. Me māia, me mahi ngātahi ngā rautaki mahi a te pūnaha hauora me te hunga whaikaha whānui.

## Ngā wharanga aho tuaiwi

I raro i ngā kōrero a tēnei tuhinga, ko te wharanga aho tuaiwi (arā, ko te spinal cord injury – ko te SCI rānei) te pānga atu o tētahi mate, o tētahi tūkinō rānei ki te aho tuaiwi (hei tauira ko te pānga atu o tētahi mate nā te wharanga), tērā rānei, ko tētahi mate tūkinō-kore (arā, kua hua mai i tētahi mate hauora).

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## Ngā kōrero matua

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I raro i te Tiriti o Waitangi, me kaupare atu ngā āhuatanga taurite-kore hei whakapiki ake i ngā putanga hauora, hei whakatutuki hoki i ngā hiahia me ngā wawata o te Māori.



Me mātua whakaako, me tautoko hoki ngā tāngata e pāngia ana e te SCI, ō rātou kaitiaki me ō rātou whānau kia kauparehia atu ngā wharanga pēhanga ki waenga i tēnei hunga.



Ko te mana taurite he momo tikanga whakahaere kia tika ai ngā mahi me ngā rauemi hei kaupare atu i te rerekē o te āheinga atu ki ngā mahi hauora whai kounga e hua mai ai ngā putanga kino ki ngā rōpū tāngata rerekē.



He nui pea ngā mātanga hauora me ngā kaitiaki ā-hāpori e tiaki ana i ngā tāngata e pāngia ana e te SCI, nā reira me whai rātou ngā mōhiotanga kotahi e pā ana ki te kauparetanga atu, ki te whakamaimoatanga me te whakapainga o ngā wharanga pēhanga ki Aotearoa.



Ko te kauparenga atu o ngā wharanga pēhanga ki runga i ngā tāngata e pāngia ana e te SCI tētahi take nui kia kore e mau pūmau ngā pānga kino o taua mate ki te hauora, ki te waiora me te oranga o te tangata.



He nui tonu ngā rauemi, ngā rawa me ngā kōrero ki Aotearoa nei, ki rāwāhi anō; ko te whāinga a tēnei tauākī he tautohu i ngā mahi tōtika mā ngā tāngata e pāngia ana e te SCI.



E kaha ake te tūpono atu o ngā wharanga pēhanga ki runga i ngā tāngata e pāngia ana e te SCI i ērā kāore e pāngia ana e te SCI, ā, nā ngā āhuatanga o tō rātou mate, mā te mātanga rātou e tautoko, e whakamaimoa.



Kei ngā rohe ngā ara mahi me ngā tikanga mahi tōtika mō te kauparenga atu me te whakahaeretanga o ngā wharanga pēhanga huri noa i Aotearoa. Me aro atu ki aua kōrero i te taha o ngā mōhiotanga e mau ana ki tēnei whakapuakitanga.

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## Te ara i whāia me te take i whakawhanakehia tēnei tauākī

Kua whakawhanakehia tēnei tauākī e tētahi rōpū pūkenga rau, arā, ko te hunga kua pāngia e te SCI e noho ana i roto i te hapori rātou ko ngā kaitiaki ā-whānau, waihoki ko ngā mātanga hauora e mātau ana ki te kaupapa (arā, ko 'Ngā Pūkenga') kua whakarārangihia ki te āpitihangā 1. Kua whakawhanakehia tēnei korero i runga i te mōhio me whakahāngai ngā tikanga mahi e pā ana ki ngā wharanga pēhanga a ngā tāngata kua pāngia e te SCI huri noa i Aotearoa. Otirā, i runga anō i ngā āhuatanga motuhake o tēnei hapori, kei reira anō ngā whakatūpatotanga e pā ana ki ngā wharanga pēhanga.

He wāhi tēnei tauākī o ngā mahi a te Kaporeihana Āwhina Hunga Whara ki te kaupare atu i te pānga atu o ngā wharanga pēhanga ki te hunga e kaha pāpāngia ana e tēnā mate. Kei te mahi ngātahi te Kaporeihana Āwhina Hunga Whara, te Manatū Hauora me Kupu Taurangi Hauora o Aotearoa ki te taha o ētahi atu whakahaere nō te rāngai hauora me te hunga whaikaha mō ētahi kaupapa ā-motu, ā-rohe anō ki te kaupare atu i ngā wharanga pēhanga.

Ehara i te mea e kapi katoa ana tēnei whakarāpopoto i ngā āhuatanga katoa e pā ana ki ngā mahi tōtika mō te kauparenga atu me te maimoatanga o ngā wharanga pēhanga. Whāia ēnei kōrero i te taha o ngā rauemi e ārahi ana i ngā mahi whakatikatika mā te hunga e pāngia ana e ngā wharanga pēhanga, me kōrero anō hoki ki te tangata kua pāngia e te SCI.

Kua whāngaia tēnei tauākī e ngā taunakitanga, ā, e whakaū ana hoki tēnei i ngā tohutohu whai-taunaki nō rāwāhi me ngā pūrongo kāwanatanga mō te kauparenga atu me te whakatikatikatanga o ngā wharanga pēhanga mā ngā tāngata kua pāngia e te SCI, pērā i ngā tohutohu i whakawhanakehia ki ētahi atu whenua, arā, ki Kānata [2], ki Niu Haute Wēra hoki i Ahitereiria [3].

Me whai tēnei tauākī i te taha o ngā kaupapa ā-rohe, ā, me pānui hoki i te taha o te tuhinga o Guiding Principles for Pressure Injury Prevention and Management in New Zealand i whakaputaina e ACC i te marama o Haratua i te tau 2017.

**KUA WHAKAPŪMAUHIA TĒNEI WHAKATAU NĀ NGĀ PŪKENGA: MAHURU 2021**

**RĀ AROTAKE: MAHURU 2026**



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## Ngā hua o te wharanga pēhanga

He nui te pānga o te mate pēhanga (e karangatia ana ko te ‘ipuiipu pēhanga, ko ngā ‘ipuiipu moenga’ anō rānei) ki runga i te hauora me te oranga o te tangata. Ka hua mai ngā mate tuarua kino, (ka nui ake) te mate whaikaha, ka tukuna ētahi ki te hohipera, ā, ka hemo hoki pea ētahi tāngata.

Hāunga anō ngā pānga ki te hauora ā-tinana, tērā anō ka pā ngā wharanga pēhanga ki te hauora ā-hinengaro me te āheinga o te tangata e pāngia ana e te SCI ki ngā tūmomo mahi. Arā, ka pā ki tana tūranga mahi, ki te tū o te taha pūtea, ki te āhei ki te toro haere me te hauora o te hinengaro. He nui tonu te pānga ki te tangata, ki tō rātou whānau me ā rātou tamariki. Ka whakapiki ake te kauparenga atu me te whakapaipaitanga tōtika o ngā wharanga pēhanga i te pai o te oranga o te tangata, ā, ka kore te tangata e kuhuna atu ki te hohipera.

Ka taea te nuinga o ngā wharanga pēhanga te kaupare atu – otirā, ko te kauparenga atu tonu o ngā wharanga pēhanga, ko te hekenga o ngā pēhanga rānei tētahi o ngā whāinga tōmua o te pūnaha hauora o Aotearoa.

Ka pā mai te wharanga pēhanga, he nui te tūponotanga o te pāpātanga atu anō, nā reira, mēnā ka wawe te kauparenga atu, he nui te painga ki te oranga o te tangata. Ki te kore e whakatikaina, ka kaha tonu te pāpātanga atu o tērā mate ki a ia.

**“Ka mau au ki taku moenga, ka huri anō taku mahere tiaki tūroro, ka piki ake ngā mahi tautoko. Ka huri hoki taku tūranga i te whānau – mai i te kaikōkiri (ko Pāpā te tēkehi), ki te tūroro. Ka heke taku hauora ā-hinengaro. Me piki ake te nui o ngā tāngata e āwhina ana, ngā whakaritenga mō ngā huihuinga, te utu ki taku whānau, waihoki me piki ake hoki te pūtea hauora mai i ngā tāke.”**

BOB | C5/6 tangata mate pararaiha

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## Ngā wharanga o te aho tuaiwi (SCI) me te mate pēhanga

Ki Aotearoa, kua piki ake te nui o ngā SCI hou ki tua o te 200 tāngata i ia tau: kei te takiwā o te tokowhā tērā i ia wiki [4]. E ai kī tētahi rangahau nō te tau 2020, kei te piki ake te pānga atu o te SCI tūkinu ki Aotearoa, ko te nuinga he kaumātua Māori, he kaumātua nō Te Moananui-a-Kiwa rānei [5].

Ko te iwi o te tangata tētahi take nui i te pānga atu o te mate pēhanga i waenga i te hunga e pāngia ana e te SCI. Ahakoa te tau, mō te hunga e pāngia ana e te SCI, ka pā te mate pēhanga ki te kotahi tangata Māori i te tokowhā, heoi, kei raro iho i te kotahi i te tokorima te nui o te tūpono i waenga i ētahi atu iwi.

Me pūmau te titiro ki te kauparenga atu me te maimoatanga o te mate pēhanga i waenga i te hunga e pāngia ana e te SCI, i te mea, he nui tonu ngā āhuatanga e whakapiki ake ana i te tūponotanga o te putanga mai o tētahi wharanga pēhanga ki a rātou.

Ka kore pea te tangata e pāngia ana e te SCI e rongoi i te mamae i te wāhi e pupū ake ana te wharanga pēhanga, ā, i ngā haora ruarua noa, ka kino haere te wharanga i mua i te kitenga atu. Ka kore hoki pea te tūroro e āhei ki te kite i ō rātou ake kiri, ki te neke rānei i ō rātou tinana hei hiki i te pēhanga o te kiri.

Ka whakawhirinaki atu te hunga e pāngia ana e te SCI ki ētahi atu ki te tiroiro i ō rātou kiri. Heoi, ehara i te mea ka āta kitea ngā tohu o te wharanga pēhanga i taua wā tonu, ā, me he parauri te kiri, he uaua anō te kite atu i ngā tohu. Nō te tōmuri o te kitenga atu, he uaua kē atu te whakatikatika.

I te nuinga o te wā, ka whakamaimoatia ngā wharanga pēhanga e ngā mātanga hauora kāore e mātau ana ki te mate pēhanga, ki te wharanga aho tuaiwi rānei, e ngā mema o te whānau rānei he maiorooro tō rātou mōhio ki ngā tohu tuatahi o te mate pēhanga me te whakamaimoatanga. Nā te iti o te mōhio ki ngā taipitopito o te mate, ka tōmuri te whakamaimoatanga, ā, he nui ake te pānga ki te hauora i te roanga o te wā.

Ahakoa te uaua, he mea nui tonu kia moata te kitenga atu me te whakatikatikatanga o te wharanga pēhanga o te tangata kua pāngia e te SCI, kia pai ai te whakamaimoatanga, kia iti noa anō te pānga ki te oranga o te tangata.

**“Nā te moata o te kitenga atu me te whakatikatikatanga, he iti noa ngā raruraru i pā mai, heoi, he nui noa atu te pānga o te wharanga pēhanga ki runga i te tangata e pāngia ana e te SCI i ērā o te taha tinana anake.”**

BOB | C5/6 tangata mate pararaiha





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# Ngā mātāpono o te kauparenga atu, o te whakaatutanga, o te whakamaimoatanga me te whakatikatikanga o ngā wharanga pēhanga o te hunga e pāngia ana e te SCI

Koiane ngā mātāpono hei ārahi i ngā mahi e pā ana ki ngā wharanga pēhanga o ngā tāngata e pāngia ana e te SCI. E hāngai ana ēnei kōrero ki ngā wāhanga katoa o ngā mahi tiaki me te whakamaimoatanga.

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## HĀPAINGIA

Ko te tangata te pūtake o ngā mahi, ā, ko te mahi a ngā kaitiaki katoa, he hāpai i te hiranga o ngā mahi tiaki, o te mahi maimoa anō, mōna ake hei tangata takitahi.

## MANAAKIHIA IA TANGATA

Hāunga anō ngā tikanga mahi tōtika, ka manaakihia ia tangata i runga anō i ōna anō āhuatanga, arā, i tōna iwi, i tōna hītori, i ngā wheako o mua mō te wharanga pēhanga, i ōna anō hiahia me ērā o te whānau.

## ME MAHI NGĀTAHI

Ka whakatutukihia ngā mahi kaupare me ngā mahi whakamaimoa i te taha o te tangata me tōna whānau, ā, i runga anō i te āwhina o ngā ringa matarau o ngā kaiwhakarato hauora me ngā kaiwhakahaere pūtea.

## ME HĀNGAI, ME TŪTURU NGĀ KŌRERO

Ka āta whakahāngaihia ngā kōrero āwhina ki ngā āhuatanga o te tangata, ā, ka whakawhanakehia ngā ara rerekē me ngā mahi rerekē i ngā wā e tika ana.

## ME WAVE TE WHAKATIKATIKA

Me wawe te whakaatutanga atu o ngā take whakarururu me ngā āwangawanga, ā, ka tere whakatikaina.

## NGĀ KAWENGA O NGĀ KAITIAKI

Ka āta whakawhitiwhiti kōrero ngā mātanga hauora, ā, ka āta tohua ngā kawenga a tēnā me tēnā. He mea nui tēnei i te kauparenga atu, i te kitenga atu me te whakatikatikanga o ngā wharanga pēhanga.

**“Ki te kore te whānau, kua rarururu nui koe. Ko rātou anō ō ringaringa me ō waewae, ko tō toka tū moana tonu.”**

KINA | C5/6 tangata mate paraeiha



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## Te mahi ngātahi ki tētahi rōpū pūkenga rau

He mea nui kia mau i te rōpū hauora o te tūroro ngā kōrero mōna i te wā e tika ana, ā, me mārama hoki ki a rātou ko wai te kaiārahi o te rōpū i taua wā. I ētahi wā, ko te tūroro anō te kaiārahi.

Ngā tikanga mahi tōtika:

- Me mahi ngātahi ki te tangata rātou ko tōna whānau, ko āna kaitiaki i ngā wā katoa.
- Āta tuhia tō aromatawai me ō mahi whakamaimoa i ngā wā katoa.
- Me whakamōhio atu ki ngā mema o te rōpū hauora ngā kokenga whakamua, ngā whakatūpatō me ngā take o te wā. Me tonu āwhina i ētahi atu ratonga motuhake i ngā wā e tika ana.
- Me āta tuku atu ngā kōrero ki ētahi atu mema o te rōpū hauora, me mārama hoki ki a rātou ko wai te tangata e kawea ana i te haepapa mō te tūroro i ngā wāhanga katoa o te whakamaimoatanga.
- Me whakamōhio atu ngā kōrero ki a ACC i ngā wā e tika ana ([acc.co.nz/contact](http://acc.co.nz/contact)).



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## Ngā tikanga mahi e pā ana ki te mate pēhanga mō te hunga kua pāngia e ngā wharanga aho tuaiwi

Kei te wāhanga e whai ake nei te whakatauranga whānui e pā ana ki ngā mahi tōtika ki te kaupare atu, ki te whakamaimoa, ki te whakatikatika i te mate pēhanga o ngā tāngata kua pāngia e ngā wharanga aho tuaiwi. He mea whakaemi tēnei whakatauranga nā Ngā Pūkenga, ā, e whai ana anō i ngā kōrero a ngā rauemi e rārangi mai ana i te mutunga o tēnei tuhinga.



**AROMATAWAITIA**



**KAUPAREHIA**



**TAUTOHUA**



**WHAKAMAIMOATIA**



**WHAKAOREORETIA/  
WHAKARAUORATIA**

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# 1. Aromatawaitia ngā take mōrearea



Me whai ēnei tohutohu hei aromatawai i te nui o te tūpono ka pā tētahi wharanga pēhanga ki te tangata kua pāngia e te wharanga aho tuaiwi:

- a** Me wawe te whai i tētahi whakamātautau tōmua e kitea mai ai ngā take nui ka tūpono pā te wharanga pēhanga, kātahi ka tautohua te nui o te tūpono ka pā te mate pēhanga ki te tangata, ā, tuhia.
- b** Me āta aromatawai ngā tāngata he nui te tūpono ka pā te wharanga pēhanga ki a rātou, me tuhituhi ngā māharahara. Me whai pea te anga mahi o SSKIN kei raro iho i te wāhanga o Kauparetia hei ārahi i te mahi aromatawai. Me whakamahi hoki rānei ngā anga mahi pērā i te Waterlow, i te Braden Scale, i te PURPOSE T rānei.
- c** Me whakawhanake, me whai tētahi mahere kaupare take mōrearea, me whakahāngai ngā mahi ki taua tangata tonu.
- d** Kia rite tonu te aromatawai, arā, i ia ono marama, kia nui kē atu rānei, i runga anō i ngā āhuatanga o te tangata me te nui o ngā take mōrearea. Me whakahou anō te mahere whakakaupare pēhanga i ngā wā e tika ana.
- e** Ki te ara mai tētahi take māharahara i te tangata, i te whānau rānei e pā ana ki te mate pēhanga, me aromatawai taua take kia ea ai ēnei māharahara. Mā te mahi aromatawai ka kitea ngā āhuatanga hei whakatikatika, ka kitea hoki te pai, te kino rānei o ngā mahi e whāia ana ināianei.
- f** Me whai whakaaro ki te pakeke o te tangata, me te nui o ngā tau kua pāngia ia e te wharanga aho tuaiwi. Ka kaumātua haere te tangata, ka heke te pakari o ōna uaua, ka kūreherehe hoki te kiri. Nā whai anō, ka heke hoki te nui o te kiko ki waenga i ngā kōiwi me ētahi atu wāhi. He wawe te pānga mai o ēnei āhuatanga ki te tangata kua pāngia e te SCI, ahakoa te pakeke, ā, ka heke haere ēnei āhuatanga, ka piki ake te nui o te tūpono ka pā atu te wharanga pēhanga ki a ia. Ka pā mai ēnei āhuatanga nā te ngarohanga o ngā uaua, te ngarohanga, te hekenga rānei o te rongō ā-kiri, nā te rerekē o te tū o te tinana me te hekenga o te āhei ki te nekeneke.
- g** Ka huri ngā āhuatanga whaiaro o te tangata, tōna wāhi noho rānei, me aromatawai anō pea a ia.

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## 2. Kauparehia



- a** Me mōhio te tangata rātou ko ōna kaitiaki, ko tōna whānau anō ki ngā tohumate:
- i Me whāngai ngā kōrero/mōhiotanga e pā ana ki ngā wharanga pēhanga, ā, me whakawhitiwhiti kōrero ki te tangata e pā ana ki ngā mahi hei tautoko i a rātou anō ki te kaupare atu i ngā wharanga pēhanga.
  - ii Me āta whakangungu ngā kaitiaki, me mōhio rātou ki ngā tohumate tuatahi o te putanga mai o ngā wharanga pēhanga.
- b** Whakatūria tētahi mahere i te taha o te tangata rātou ko ō rātou kaitiaki, ko tō rātou whānau hei whai mā rātou, hei whakaea i ngā take mōrearea. Me whai te anga o SSKIN kia tika ai ngā āhuatanga katoa:
- i **Ngā rawa ā-tinana.** Me whakamahi ngā rawa ā-tinana i ngā wā e tika ana, hei whakaheke i te nui o te tūpono ka pā mai ngā wharanga pēhanga, ā, hei painga mō ngā hiahia o te tangata tonu; kia iti anō te putanga mai o ngā wharanga pēhanga nā te whakamahinga o ngā taputapu; kia rite tonu te tiroiro o te whakatakoto o ngā rawa, i muri atu hoki i te nekenga o te tinana o te tangata.
  - ii **Aromatawaitia te kiri.** Me rite tonu te tiroiro i ngā wāhi katoa o te kiri kāore e tino kaha ana te rongo whakapā, kia rua, neke atu, ngā wā i te rā, waihoki, i ngā wā ka ara mai tētahi take māharahara. Me whai tētahi tikanga horoi tōtika.
  - iii **Me neke.** Me whai tētahi tikanga whakahaere mō te tū me te nekehanga o te tangata.
  - iv **Te mimi turuturu me te hauwai.** Kia tika te whakapaipai i te para tūtae me te mimi; me mau ngā kākahu me ngā takai e tika ana hei whakaheke i te pānga mai o ngā wharanga pēhanga.
  - v **Ngā kai.** Me whakarite ngā kai me ngā inu tōtika mō te hauora o te tinana me ngā niho; kia nui te kai pūmua me ngā huaora; mēnā e tika ana, tonoa tētahi aromatawai nā te rata kai.
- Mēnā e tika ana, tonoa ngā mōhiotanga o tētahi momo mātanga hauora hei whakaea i ngā take o runga ake nei.

**“Ka rongo au i te putanga mai o tētahi mea (he wharanga pēhanga), ka ara ake au i tērā wāhi, ka kore au e hoki atu. E kore rawa au e pīrangi ki te noho roa anō ki taku moenga. He pai kē atu te rā kotahi, kia rua rānei ngā rā, kia kotahi wiki rānei te roa, engari anō te noho ki te moenga mō e hia marama te roa – ka mahue i a au ngā painga o te ao.”**

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## 3. Tautohua



Ahakoā ngā whakapaunga kaha o te tangata takitahi, o ō rātou whānau, o ō rātou kaitiaki rātou ko ngā mātanga hauora ki te whakaheke i te nui o te tūpono pānga atu o te wharanga pēhanga, ka pā tonu mai tēnei mate. He nui ake te pānga ki te hunga kua pāngia e te SCI nā ngā āhuatanga o tō rātou mate.

He mea nui kia āta tautohua te kino o te wharanga pēhanga i runga anō i ngā tohutohu e mōhiotia whānuitia ana mō ngā momo wharanga. E tautoko ana tēnei i te tika me te hāngai o te whakamaimoatanga, ā, ka whāngai hoki ēnei tohutohu i ngā kōrero ki te tangata rātou ko ō rātou whānau, ko ō rātou kaitiaki. Ko te whakahau, me whai ngā tohutohu o te National Pressure Ulcer Advisory Panel (NPUAP)/European Pressure Ulcer Advisory Panel (EPUAP) (2009) [6] ki te tautohu i ngā wharanga pēhanga – ahakoā he wero anō tēnei ki te hunga e pāngia ana e te SCI, i te mea ka kore pea rātou e rongu i te mamae (arā, koia tētahi o ngā tohutohu matua). Kua whakaputaina e te Pan Pacific Pressure Injury Alliance (2020) ngā rauemi

hei āwhina i te tautohunga o ngā wharanga pēhanga ki runga i ngā momo kiri rerekē [7]. Me rite tonu te aromatawai o ngā wharanga pēhanga, kia wawe anō te kitenga atu.

Me tautohu ngā wharanga mā tētahi aromatawai tōtika o te kiri me te kiko, arā:

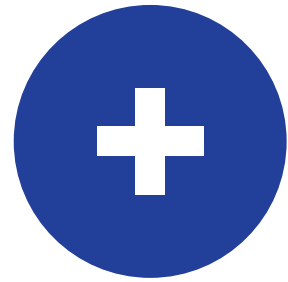
- a** Me mōhio ki te rerekētanga o te pēhanga kiri mā me te pēhanga kiri whero,
- b** Me whakamātau te pāmahana o te kiri me te kiko,
- c** Me aromatawai te nui o te mate pupuhi – i te nuinga o te wā mā te karu, mā te whakaine, mā te whāwhā rānei. Mēnā e āhei ana, me whakamahi tētahi pūmatawai e kitea ai te nui o te wai ki raro i te kiritai (arā, i ngā wā e kore e taea te kite ā-karu nā te tae o te kiri), ā,
- d** Me whakamātau te āhua o te kiri, arā, he pēhea te mārō o te kiri.

**“Kei te mārama ki a au ināianei, he mea nui kia āta mōhio au ki ngā āhuatanga o tōku kiri, kei aukatia taku haere ki ngā huihuinga nui, pērā i ngā rā whānau, i ngā mārena me ngā kaupapa ā-kura. Ko taku ngarohanga i ērā hui nui mō tētahi take ka taea te kaupare atu, te mea kino rawa.”**

JOSH | C6 tangata mate pararaiha

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## 4. Whakamaimoatia



Ki te ara mai te wharanga pēhanga i te tangata kua pāngia e te SCI, he mea nui tonu kia tika, kia wawe hoki te whakamaimoatanga. Mā te mātanga hoki tēnei mahi mēnā e tika ana. Ki te kore te pēhanga e hīkina, ka kino haere te mate i ngā hāora ruarua noa iho. Me whakapā atu ki te GP o te tūrora i te tuatahi. Me he kino rawa te wharanga pēhanga, ā, kāore e taea e te GP te aromatawai i tana mate ki te whare rata, ki te kāinga rānei o te tūrora me tonu āwhina i tētahi o ngā mātanga hauora tōtika o te hapori. Me tonu āwhina anō hoki pea i tētahi atu momo mātanga hauora, ā, i taua wā, me whakamōhio atu hoki i te Spinal Unit Outpatient Service. Mēnā ka kuhuna ki te hōhipera, me tonu ngā rawa hauora tōtika hei hiki ake i te pēhanga ki runga i te kiri.

Ki te hiahia tautoko koe, whakapā atu ki tō Spinal Unit Outpatient Service, ā, tirohia hoki te anga whakahaere o SSKIN kei te wāhanga o Kauparehia ki runga ake nei.

Ngā momo whakamaimoatanga:

- a** Aromatawaitia te mamae ki te kite i te kino o te wharanga pēhanga, āta whakatakotia ngā kōrero a tō aromatawai – hei tauira, whakaahuahia te mamae, mahia he tāwhaiwhai rānei.
- b** Whakamaimoatia i taua wā tonu, me tonu āwhina i tētahi mātanga ki te kore e mōhioia ngā mahi tōtika. E rua ngā momo mahi whakamaimoa:
  - i Ngā mahi tiaki wharanga poka-kore, arā, ko te mehanga, ko ngā panipani, ko ngā tāpi, ko te whakapaipai para kiri, ko te rongoā ngongo kiri rānei.
  - ii Ko ngā momo pokanga, pērā i te mahi werowero para kiri (kātahi ka mahia tētahi momo rongoā ngongo kiri), ko te kapinga o te mamae, ko ngā kiri uwahi me ngā uHINGA kiri hou.

**c** Aromatawaitia te nui o te hiahia o te tangata ki ētahi atu momo tautoko, pērā i te kaitiaki, i ētahi haora āwhina anō, i ētahi atu taputapu āwhina hoki. I ētahi wā, kāore e tika ana kia noho te tangata ki te kāinga, ā, me tuku pea te tangata ki tētahi o ngā momo whare tiaki mō tētahi wā, pērā i te whare tiaki tūrora, i te hōhipera rānei. Me whakamōhio atu te Spinal Unit mēnā he kino rawa te mate. Mēnā kua whakaritea kētia te taha pūtea, matapakina ngā huringa ki ngā mahi tiaki ki te taha o te kaituku pūtea; ki te kore, mā te GP te tonu ki te whare tuku pūtea e whakarite.

**d** Aromatawaitia ngā āhuetanga e pā ana ki te tuku para tūtae me te tuku mimi, ā, matapakina ngā āhuetanga hei whakarerekē mēnā e tika ana, kei pā atu te mate mimi turuturu, kei whakakinohia rānei te mamae.

**e** Me whakatakoto mahere kia hīkina katoatia te pēhinga ki runga i te mamae. Me whakarite pea ngā momo whakaritenga ka taea te whakatutuki ki rō moenga.

**f** Aromatawaitia te tika o te kai o te tangata, ā, tonoa tētahi aromatawai mai i tētahi rata kai mēnā e tika ana.

**g** Aroturukihia, whakainehia, whakahaerehia, ā aromatawaitia anō te whakamahutanga ake o te mamae. Mēnā e kitea ana kei te kino haere te wharanga pēhanga, kōrero atu ki te tangata, whakatikaina tana mahere rongoā i taua wā tonu, ā, tonoa ngā mātanga e tika ana. Whakamōhioia atu te GP, te ACC me te Spinal Unit Outpatient Service o tō rohe i te wā e tika ana. He mea nui te whakamōhio wawe atu. Mēnā kāore anō te wharanga kia ora pai anō i te paunga o te marama kotahi, me whakapā atu ki te Spinal Unit Outpatient Service i tō rohe.

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## 5. Te whakanekeneke anō, te whakarauora anō



- a** I muri i te maunga o te tangata ki te moenga me whakatakoto tētahi mahere whai kounga mō te whakarauoratanga, pērā i tētahi tikanga whakanohonoho i te tūrora nō muri atu i te whakamahutanga ake o te mamae, ā, me whakaea tonu ngā take e pā ana ki te mate SCI. Whakapā atu ki te Spinal Unit Outpatient Service i tō rohe mō ētahi atu kupu āwhina e pā ana ki te whakarauoratanga o te tangata i te wā o te wharanga pēhanga, i muri anō hoki i te whakamahutanga ake.
- b** Ka tere pā anō ngā wharanga pēhanga ki te kiko kātahi anō ka whakarauoratia. Ki te āta whakatakotohia tētahi mahere whakanekeneke/whakarauora, i te taha o te rōpū pūkenga rau, ka heke te nui o te tūpono ka pā mai anō te mate. Kei te hāpori pea tēnei momo ratonga, i ētahi wā, ka whai hua te tangata i te whakaurunga atu ki tētahi Spinal Unit nō muri atu i te whakamahutanga ake o te mamae, kia whakanekenekehia, kia whakarauoratia ia.

- c** Me hoki anō ki ngā aratohu e pā ana ki te aromataiwatanga o te nui o te mōrea, ki te kauparenga atu, ki te tautohunga anō (ki runga ake rā), i te mea, he tikanga ēnei hei whai mā te hunga kua pāngia e te SCI mō ake tonu atu, kia heke te nui o te tūpono ka pā mai tētahi wharanga pēhanga tino kino, ka mate rānei rātou i te wharanga kino.
- d** I te roanga o te wā, he mea nui ngā tikanga whakahaere, i te mea, ka rerekē te kaha o te kiri, kaua ki muri atu i te wharanga pēhanga noa iho, engari nō te kaumātuatanga o te tangata me ngā huringa o tōna anō orange. Me kaha tonu te tiro tiro, me rite tonu ngā aromatawai, me whai whakaaro anō ki ngā hangarau me ngā rawa hou hei āwhina i te kauparenga atu o ngā wharanga pēhanga. Ka rerekē haere tētahi āhuatanga, pērā i te wharanga pēhanga hou, me aromatawai anō ngā āhuatanga katoa.

**“Mai i te tirohanga o te tūrora, ahakoa te momo wharanga pēhanga, ka huri katoa tōku ao. He tini tonu ngā wharanga pēhanga kua pā mai ki ahau i te roanga o ēnei tau 35 i a au e mau ana ki te tūru wīra. I ētahi wā, ka whakarauoratia ake taku mate i ngā hāora ruarua noa iho, he wā anō, ka hia wiki au e mate ana. Kua pā mai ērā mate i te kīkī o ngā hū, i taku noho ki runga i te tātua o te waka rererangi, i te hē o tētahi mātarihi, i te noho ki roto i tētahi wāhi o te hōhipera kāore e tino mātau ana ki ngā mate aho tuaiwi, i te mau o ngā pona ki raro i te tēpu, i te rerekē o te noho o te tinana ki roto i te tūru wīra, i te haehaenga iti o te kiri ki te pēhanga, [arā,] ka kore te pēhanga e whakamahu ake.”**



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## Kuputaka

**Kiri whero (Erythema):** Ko te whero o te kiri nā te whakawhānuitanga ake o ngā ia-toto. [8]

**Mate pupuhi (Oedema):** Ko te pupuhi ake o te tinana i te kuhunga o te wai ki ōna wāhanga, ki te kiko rānei.

**Pēhanga kiri mā (Blanchable erythema):** He wāhi whero o te kiri ki te āta pēhia ka mātea, ā, ka pūwhero anō i te hīkinga ake. He tohu māori noa tēnei ki ngā momo pēhitanga.

**Pēhanga kiri whero (Non-blanchable erythema):** Ko te whero o te kiri i muri iho i te pēhitanga, i te nuinga o te wā kei te wāhi e puta ake ana ngā kōiwi. He tohu tēnei o te mate pēhanga Rōpū/Wāhanga 1. Ka kore pea tēnei āhuatanga e kitea ake ki te kiri parauri.

**Pēhinga (Shear) – te pānga o te pēhanga:** Ko te tōpana ki runga i tētahi papa e pēhia ana e tētahi mea. [8]

**Te rongoā ngongo kiri (Negative pressure wound therapy):** He momo mahi rongoā hei whakarauora i tētahi mamae. Ka tangohia atu te para kia māmā ake ai te rere o ngā taiora me te hā ora; ka tangohia ngā para – koia anō te wāhi e tipu ai ngā huakita; ka pai ake te tipu mai o te kiko hou; ka pai ake te tipu mai o ngā ia-toto hou; ā, ka tangohia atu hoki ngā āhuatanga e ārai ana i te whakamahutanga ake o te mamae. [8]

**Te tuku para kiri (Debridement):** Ko te tangohanga o ngā para ki runga, ki te taha rānei o te mamae. Mā konā ka whakakorehia ngā para, ka tangohia atu ngā huinga huakita, ā, ka mahu ake anō te tinana. [8]

**Whakamārōtanga (Induration):** He wāhi mārō – ehara i te toka konupūmā, i te kōiwi rānei.

**Spinal Unit Outpatient Service:** Ko ngā ratonga e tautoko ana i ngā tāngata, huri noa i Aotearoa, kua pāngia e tētahi mate o te aho tuaiwi.

**Auckland Spinal Rehabilitation Unit** (Waea: 09 270 9000; <https://www.countiesmanukau.health.nz/our-services/a-z/auckland-spinal-rehabilitation-unit/>) e tautoko ana i ngā tāngata kei te wāhanga o raro o Te Ika-a-Māui.

**Burwood Spinal Unit** (Waea: 03 383 6850; [www.cdhb.health.nz/bsu](http://www.cdhb.health.nz/bsu)) e tautoko ana i ngā tāngata kei Te Waipounamu me te wāhanga o runga o Te Ika-a-Māui kua pāngia e te SCI.

(Mai i Taranaki ki Te Matau-a-Māui, ā, heke iho).

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## Āpitihanga 1

### Ngā Pūkenga

He mea whakaputa tēnei tauākī e tētahi rōpū pūkenga rau o ngā tāngata kua pāngia e te SCI e noho ana ki te hapori, o ngā kaitiaki ā-whānau, o ngā mātanga hauora (arā, ko Ngā Pūkenga) i runga i tō rātou mātau, i tō rātou mōhio hoki ki te kaupapa. Kua arotakehia te taura tuatahi e ngā tūrora, e ngā whare tautoko, e ngā mātanga hauora me ngā whare pūkenga. Nā te ACC te kaupapa i whakahaere.

Ko Ngā Pūkenga me ō rātou whare whakahaere ēnei:

<b>INGOA</b>	<b>WHAKAHAERE</b>
Bob Symon	He kanohi mō te hunga mate pararaiha
Denise Hislop	Auckland Spinal Rehabilitation Unit, Counties Manukau District Health Board
Gary Duncan	Royal Australasian College of Surgeons
Jo Nunnerley	Burwood Academy / Whare Wānanga o Ōtākou
Kate Gray	Hutt Valley District Health Board
Lee Taniwha	He kanohi mō te hunga mate pararaiha
Lindsey Cockcroft	Burwood Spinal Unit, Te Pōari Hauora o Waitaha
Pam Mitchell (ki Nov 2020) Anj Dickson (mai i Feb 2021)	New Zealand Wound Care Society
Pania Tulia	Kaitiaki ā-whānau
Tākuta Peter Vincent	Te Whare Tohu Rata o Aotearoa
Prudence Lennox	IDEA Services, IHC Group
Raj Singhal	Te Pōari Hauora o Waitaha



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