

**HĒAI HE TŪLAGA FAIGATĀ  
KO TŌ KILI TE TĀUA**

**E VĒHEA ONA  
PUIPUI NĀ  
KILI PAPAFU  
MAI LUGA I  
TE TAOMIA  
MATALOA I  
TE KĀIGA**



# HEĀ TE KILI PAPAFU MAI LUGA I TE TAOMIA MATALOA?

**Kāfai koe e nofo mataloa i he tūlaga e fokotahi ko tō kili ma te kanofi e mafai ke fakakino.**

Ko te manuka e halahala lava ma e mafai ke kamata mai i he kiligano o te kili ki he manuka fuaefa, ma e faigatā ke togafiti fakalelei. Kāfai koe e maua i he kili papafu mai luga i te taomia mataloa hōvē e maua ni māhina oi fātoa toe mālōlō ai.

Ko te kili papafu mai luga i te taomia mataloa e fakaigoa foki ko he pou moega (bed sores), pou pelehia (pressure sores) koga pelehia (pressure areas), pe ko te papala pelehia (pressure ulcers). E mafai kilātou oi tutupu i ni itūlā.



Ko te fakailoga muamua o he kili papafu mai luga i te taomia mataloa e māhani lava ko he vāega o te tino kua hui te lanu ma e hē hui ki te lanu paepae kāfai e lolomi. Ko nā tino e lanu hehega nā kili e tau maua i ni māila lanu kukula, ka ko nā tino e lanu uliuli nā kili e tau maua i ni māila lanu violē pe lanu moana.

E mata lagona foki e koe he fakalogoga logokino pe ko te tigā.

# E VĒHEA ONA MAFAI E KOE MA TAU TINOTAUHITAUALE ONA PUIPUI NĀ KILI PAPAFU MAI LUGA I TE TAOMIA MATALOA (PRESSURE INJURIES)?

## **Kāfai koe e moe i te moega:**

- fai ma liliu te tūlaga o koe i te lua ki te tolu itūlā i taimi uma, ke pā lava ki he tamā fakamaneke e mafai ke fehoahoani
- fakaaogā nā aluga ke tāofi ai ō tulivae ma nā tapuvae ke nahe papaki kitētahi, kae maihe lava kāfai koe e takoto fakatafa
- taumafai ke kalofia nā gāuga i ō kie moega
- kāfai e nofo ake ki luga i te moega, ke iloa e koe ko te hekeheke ki lalo e mafai ke manuka ai ō nofoaga ma nā mulivae
- talohaga mō he fehoahoani kāfai e fia maua e koe.

## **Kāfai koe e nofo i te nofoa:**

- fakamāmā te mamafa i te totoko ki mua, pe ko te totoko ki te itū ma te tahi itū mō ni nai minute i he afa itulā i taimi uma.

# E I EI HE TŪLAGA E FAKAPOPOLEGIA AI KOE?

E ono maua lahi atu koe i he kili papafu mai luga i te taomia mataloa kāfai koe e:

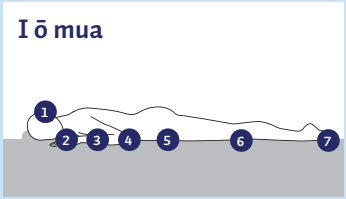
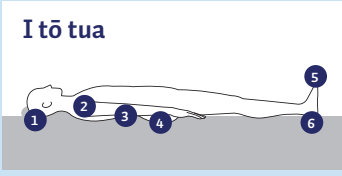
- nofo pe takoto mō he taimi mataloa
- i ei he kili huhū mai te āfu pe ko te tūlaga faifai hō o te fekaulatalata ma te fekaumamao
- hē i ei ni fakalogoaga pe ko te hē lelei te tafe o te toto
- hē kai ki he meakai pāleni lelei pe ko te nofo hālofia i te fia inu
- māhani fakaaogā nā mea faigāluega a te falemai tēia e pā ki tō kili.

E TUHA LAVA PE KO  
KOE E I HE TŪLAGA  
FAKAPOPOLEGIA,  
**KO TE KILI  
PAPAFU MAI  
LUGA I TE TAOMIA  
MATALOA E MAFAI  
KE KALOFIA**

# TĒ FEA TE VĀEGA O TŌ TINO E I HE TŪLAGA FAKAPOLEGIA LAHI?

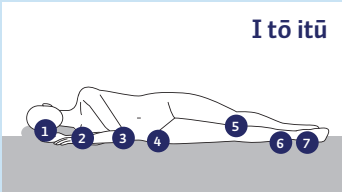
Ko nā kili papafu mai luga i te taomia mataloa e tupu lahi lava i he tūlaga kāfai ko tō tino e ia taukavea tō mamafa ma he tūlaga kāfai ko ō pogāivi e tafapili ki luga.

- 1 Ulu
- 2 Takuau
- 3 Tulilima
- 4 Kaulemu/Nofoaga
- 5 Muamuāvae
- 6 Mulivae



- 1 Ulu
- 2 Kauvae
- 3 Fatafata
- 4 Tulilima
- 5 Vaega Hā (Genitals)
- 6 Tulivae
- 7 Muamuāvae

- 1 Taliga
- 2 Takuau
- 3 Tulilima (fafo)
- 4 Uluālaga
- 5 Tulivae (loto/fafo)
- 6 Tapuvae
- 7 Mulivae



- 1 Ulu
- 2 Takuau
- 3 Lalo o te tua
- 4 Muli
- 5 Mulivae

Kāfai e i ei he mea o nā vaega iēnei e kāmata oi tigā talanoa loa ki te tino e taukikilagia koe i te olamālōlō (health professional).

# HEĀ HETAHI MEA E MAFAI ONA FAI E KOE KE FEHOAHOANI KI EI?

- Kai he meakai lelei o te olamālōlō (healthy diet) ma inu ke lahi te huāvai.
- Tauhi tō kili ke mamā ma mago
- Talohaga ki tau teine fōmai ke fehoahoani atu kia te koe e tuha ai ma te tūlaga o te hē tai ki te tukutua i tau fekaulatalata pe ko te fekaumamao (incontinence).

Ko tau teine fōmai, tino fehoahoani ke toe maua te mālohi o te tino ma te māfaufau (occupational therapist), tino fehoahoani ke fakalelei he tauale pe he lavea auala i nā fofō ma te fakamālohi tino (physiotherapist), fōmai, pe ko te tino poto fuafua nā meakai e lelei mō te olamālōlō (dietician) e mafai ke fehoahoani atu kia te koe ke fuafua tau taukikilaga ke puipuia ai nā kili papafu mai luga i te taomia mataloa.

FAKAMANATU KI AU TINOTAUHITAUALE:  
FEHOAHOANI MAI KIA TE  
AU KE GĀOIOI  
HĒAI HE TŪLAGA FAIGATĀ



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Te Kaporeihana Awhina Hunga Whara

Na fai mai nā mea na tapena e te Counties Manukau Health ma te Auckland District Health Board.