



Mōhiohia mā ngā tūroro, ngā kaihoko me ngā kaitiaki

Tauhohe Pāwera Inati (Anaphylaxis)

Ko te tauhohe pāwera inati tētahi putanga mate pāwera taumaha e mōrearea ai te oranga o te tangata, ā, me maimoa hei ohotata rongoā i ngā wā katoa. Ka puta mai te tauhohe pāwera inati whai muri mai i te pā tinana ki tētahi mea mate pāwera (i te nuinga o te wā he kai, he pepeke, he rongoā rānei), e mate pāwera ana taua tangata. Kāore te katoa o ngā tāngata whai mate pāwera e mōrearea ana ki te tauhohe pāwera inati.

He mea nui kia mōhiohia ngā tohu me ngā tohumate o te tauhohe pāwera inati

Ka mōrearea pea te oranga o te tangata i ngā tohumate o te tauhohe pāwera inati, ā, ka tae atu ki tētahi o ēnei e whai ake nei:

- He uaua/hoihoi te hā
- He uruhumu tā te arero
- He uruhumu/kita kei te korokoro
- He uaua te kōrero, he reo whango hoki/rānei
- He ngaengae, he maremare pakepake rānei
- He āmai pakepake, he tanuku hoki/rānei
- He kōmā, he tāwerewere (ki te taitamariki)

I ētahi wā, i mua i te tauhohe pāwera inati ka pā ētahi atu tohumate pāwera he iti iho te mōrearea pērā i:

- Te uruhumu ki te kanohi, ngā ngutu, ngā karu hoki/rānei
- Ngā kōpukupuku, ngā kārawa rānei
- Te mamae ki te kōpū, te ruaki (he tohu ēnei o te tauhohe pāwera inati mō te mate pāwera pepeke)

Ko ētahi āhuatanga hei whakaaweawe pea i te kaha o tētahi putanga mate pāwera. Kei roto i ēnei ko te whakakorikori tinana, te mahana, te waipiro, ā, ki te hunga e mate pāwera ana ki te kai, ko te rahi o te kai kua kaingia, me te āhuatanga o te whakarite i taua kai.

He mea nui te tūtohu i te pūnga o te tauhohe pāwera inati

I te nuinga o te wā ka uiui tō tākuta i a koe i tētahi raupapa pātai e āwhina pea hei whakawhāiti i te rārangi o ngā pūnga e tinga ana pērā i ngā kai, i ngā rongoā rānei i kaingia i taua rangi, te pā tinana ki ngā pepeke rānei. Mā tēnei aronga e āwhina hoki te awere i ngā āhuatanga ka pōhēhētia i ētahi wā he tauhohe pāwera inati, pērā i te hemo, te hūkeke mate hukihuki rānei. Mēnā ka whakaarohia te mate pāwera, ka whai pea mai ētahi mātaitanga mate pāwera i tēnei, i te nuinga o te wā he mātaitanga ā-toto mō ngā IgE tautuhi pāwera (allergen specific IgE) (i mōhiohia i mua hei RAST tests), te mātaitanga oka kiri rānei, hei āwhina ki te whakaū, te awere rānei i ngā mea i whakakā pea i te mate.

E wātea ana ētahi mōhiohia e pā ana ki te mātaitanga mate pāwera ki te paetukutuku ASCIA:

www.allergy.org.au/patients/allergy-testing/allergy-testing

He mea nui kia mōhio koe ko ētahi o ngā huarahi e kī ana he huarahi whakamātau mate pāwera ērā (tae atu ki te cytotoxic food testing, Vega testing, kinesiology, allergy elimination techniques, iridology, pulse testing, Alcat testing, Rinkel's intradermal testing, reflexology, hair analysis me te IgG food allergy testing) ehara i ngā huarahi kua whakapūmautia ā-rongoā, ā-pūtaiao rānei hei whakatūturu i te mate pāwera. E wātea ana ētahi mōhiohio e pā ana ki ēnei mātaitanga ki te paetukutuku ASCIA:

www.allergy.org.au/patients/allergy-testing/unorthodox-testing-and-treatment

Mā te whakahaere pai i te tauhohe pāwera inati e whakarauora ngā tāngata

Mēnā e mōrearea ana koe ki te mānihi hā, ka hiahiaatia te whakahaerenga a tō tākuta haere ake nei. Me whai wāhi ki tēnei:

- **Te tuku ki tētahi pūkenga mātai ārai mate haumanu/mate pāwera***
- **Te tautohu i te/ngā pūtake o te tauhohe pāwera inati** - Ka whai wāhi ki tēnei ko tētahi hītori rongoā whānui me tētahi mātaitanga whare haumanu, whai muri i tērā ko te whakamāramatanga o ngā hua o ngā mātaitanga mate pāwera.
- **Te whakaako i te karo i te/ngā pūtake** - He hira pū tēnei ki ngā mate pāwera kai kikino, nā te mea ko te karo i taua kai anake te huarahi hei karo i te putanga mate pāwera. Ka hiahiaatia hoki pea he tohutohu mai i tētahi mātanga kai mate pāwera tautōhito.
- **Ko te whakarato i tētahi Mahere Mahi mō te tauhohe pāwera inati** ASCIA** - Ka whakaratoa e tētahi Mahere Mahi ASCIA he kupu tohutohu mō te wā me whakamahi tētahi adrenaline (epinephrine) autoinjector (epipene), me pēhea hoki te whakamahi.
- **Ngā toronga auau whai ake ki tētahi pūkenga mātai ārai mate haumanu/mate pāwera.**

* Ko ngā pūkenga rongoā e whakarato ana i ngā ratonga mātai ārai mate haumanu me te mate pāwera kua rārangiā ki te paetukutuku ASCIA:

www.allergy.org.au/patients/allergy-and-clinical-immunology-services/how-to-locate-a-specialist

** Me whakaoti ngā mahere Mahi ASCIA i tētahi tākuta me te pupuri ki te taha o te adrenaline autoinjector (epipene). E wātea ana ngā Mahere Mahi ASCIA mō te Mānihi Hā ki te paetukutuku ASCIA:

www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis

Ko te adrenaline te huarahi maimoatanga tuatahi mō te tauhohe pāwera inati

He tere te mahi a te adrenaline hei huri kōaro i ngā pānga o te tauhohe pāwera inati, ā, koirā te huarahi maimoatanga tuatahi mō te tauhohe pāwera inati. Kei roto i ngā adrenaline autoinjectors (ngā epipene) te kai kotahi, pūmau te rahi o te adrenaline, ā, kua hoahoatia kia tukuna e te hunga ehara i te kairongoā, pērā i tētahi hoa, kaiako, kaitiaki tamariki, matua, tauhou, e te tūroro ake rānei (mēnā kāore i te pērā rawa te māuiui kia taea tēnei).

Me tūtohu anake tētahi adrenaline autoinjector (epipene) hei wāhanga o tētahi mahere whakahaere whānui i te tauhohe pāwera inati, kei roto i tērā ko tētahi Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati me te whakaakoranga e pā ana ki ngā ara hei whakaheke i te mōrearea o ngā putanga mate pāwera. Mēnā kua tūtohutia he adrenaline autoinjector (epipene) ki a koe, ki tāu tamaiti rānei, he mea nui kia ako, kia whakaharatau hoki koe me pēhea te whakamahi, mā te whakamahi i tētahi taputapu whakangungu ia 3-4 marama.

He Mōhiohio Anō

Mō ngā rauemi tauhohe pāwera inati (tae atu ki ngā Mahere Mahi ASCIA, ngā pātai auau, ngā Mahere Hāereere ASCIA, ngā mōhiohio adrenaline autoinjector, ngā rauemi whakangungu me ngā aratohu) toro atu ki te paetukutuku a ASCIA:

www.allergy.org.au/health-professionals/anaphylaxis-resources

He uaua i ētahi wā te whai tauhohe pāwera inati ki a koe anō, ki te whānau rānei. Kei te whakaratoa e ngā whakahaere tūroro e whai ake nei ētahi mōhiohio whai take, tautoko hoki:

- Allergy & Anaphylaxis Australia www.allergyfacts.org.au
- Allergy New Zealand www.allergy.org.nz

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Ko ASCIA te hinonga ngaio keo o ngā pūkenga mātai ārai mate haumanu/mate pāwera ki Ahitereiria, ki Aotearoa hoki

Paetukutuku: www.allergy.org.au

Īmēra: info@allergy.org.au

Wāhi reta: PO Box 450 Balgowlah NSW 2093 Australia

Kupu karo

Kua whakawhanaketia, kua arotakengia aropātia tēnei puka e ngā mema ASCIA, ā, kua hangaia i runga i ngā whakapae pūkenga me ngā tuhinga tā e wātea ana i te wā o te arotake. Kāore i te takunetia ngā mōhiohio ki roto i tēnei puka hei whakakapi i te tohutohu rongoā, ā, me tuku katoa ngā pātai e hāngai ana ki tētahi whakatau māuiui, maimoatanga rānei ki tētahi mātanga rongoā. Kāore te whanaketanga o tēnei puka i te utua e tētahi puna arumoni, ā, kāore i te whakaaweawetia e ngā whakahaere arumoni.

I whakahoungia ngā kōrero i te marama o Mei 2018