



Te rehunga me te whakawhānau pēpi

Nā roto i te āhua o te hapūtanga, o te mahi whakawhānau hoki ka puta ētahi huringa rangitahi noa engari nui tonu ki ō tātou tinana. Ko ngā momo āhuatanga ka tino kitea i te wā o te whakawhānau ko te auhi, ko te mamae anō hoki, ka mutu, me haere ētahi wāhine kia pokea i te wā e hapū ana. Ehara i te mea me whai kaitukurehunga i a koe e hapū ana, e whakawhānau ana rānei i tō pēpi, heoi anō, he pai te mōhio he aha anō ō kōwhiringa.

E taea ai te rehunga i a au e hapū ana?

E taea ai te mahi poka i te wā e hapū ana, e whāngai ū ana hoki. Ka aromatawaitia koe e tō kaitukurehunga, ā, ka whakaritea tō rongoa kia hāngai tonu ki a koe anō. E hīkaka ana hoki rātou ki te whakamārama i te hātepe ki a koe, oti rā, ki te whakautu i ō pātai katoa.

Me pēhea taku whakahaere i te auhi i te wā whakawhānau?

Mā tō tapuhi whakawhānau me tō tākuta whakawhānau koe e āwhina ki te whakahaere i te mamae māmā, āhua kaha anō hoki. Heoi anō, ki te hiahia koe kia roa ake te whakamāmātanga, kua mate rānei te poka whakawhānau, me tonu kaitukurehunga kia awhina mai i te tīma whakawhānau. Kei ngā hōhipera matua katoa ngā kaitukurehunga, heoi anō mehemea e whakaaro ana koe ki te whakawhānau i tō pēpi ki tētahi hōhipera pakupaku ake, me kōrero ki tō tapuhi, Tākuta rānei.

Pēhea te roa kia pai ai taku whāngai ū i muri i te rehunga?

I te nuinga o te wā e taea ai te pā inamata atu kiri-ki-te-kiri ki tō pēpi, me te tīmata te whāngai ū i te wā e rite ana koe.

Me whai rongoā whakamāmā au i muri i te whānautanga mai o te pēpi?

Ka hiahia rongoā whakamāmā pea koe i muri i te whānautanga mai o te pēpi. E taea ai te nuinga o ngā rongoā whakamāmā te kai i a koe e whāngai ū ana, engari ka kōrerohia tēnei e koutou ko tō tīma whakawhānau ā taua wā.

E mōhio ana koe...?

Kei runga rawa te haumarua o Ahitereiria, o Aotearoa hoki mō te tikanga poka e whakamahi ana i te rehunga, ka mutu, he tākuta mātanga whai whakangungu tino kounga rawa huri noa i te ao ā tātou tākuta.



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Hei mana nui i te Taiao o Ahitereiria-Aotearoa, e whakatakoto mōhiohia mārama, whai taunakitanga hoki ana a ANZCA hei mea āwhina i a koe ki te whakataui i ngā whakataui i runga i te mārama tonu. Karapahia te waehere QR kia haere ki tō mātou paetukutuku anzca.edu.au. He aratohu noa iho ēnei mōhiohia, ehara i te mea kapi i ngā mōhiohia ka whiwhi koe i tō kaitukurehunga.



Te whakamāmā i te mamae whakawhānau

He rerekē ia whakawhānau, ia whakawhānau, heoi anō he āhuatanga māori noa hoki te rongo i te ngau o te mamae i te wā e whakawhānau ana. Mā tō tapuhi me tō tākuta whakawhānau koe e āwhina me te mamae whakawhānau māmā, āhua mamae hoki, heoi anō, ki te hiahia koe i te rongoā whakamāmā kaha ake, roa ake te mau, kua mate rānei te motu whakawhānau ka tonoa tētahi kaitukurehunga e tō tīma whakawhānau.

Ngā tikanga whakatau mauri

Hei āwhina māu me tō mamae i te tīmatanga o te whakawhānau, ka tonoa koe e tō tapuhi kia tīmata ngā tikanga whakatau wairua pērā ki ngā toro tinana, ngā mirimiri me ngā tikanga whakangā. He mōhio kē pea koe ki ēnei mai i ngā akomanga whakawhānau. He āwhina hoki ēnei hei whakatau i a koe, kia taea ai hoki e koe o mamae hukihuki te whakahaere. Mehemea kei konā tō hoa rangatira, e taea ai hoki e rātou te āwhina.

Te Hau Whakakoako (arā te “laughing gas”)

Mā te whakangā ranu hāora me te hau hāora ota-rua (mōhiohia whānuitia ana ko te “hau whakakoako, laughing gas, rānei”) he mea āwhina kia māmā ake te ngau o ngā hukihuki, kia tau ake anō ai hoki tō tinana. I te nuinga o te wā ka kainga te hau mā tētahi taputapu ka whakaurua ki te waha, e taea ai tēnei te whakauru, te tango rānei kia riro māu tōna rere e whakahaere, kei a koe te tikanga. E taea tonu ai e koe te aro, te neke, te rongo.

He rongoā kaha ake

Ki te taumaha rawa tō noho, e taea ai e tō tākuta whakawhānau te hoatu rongoā whakamāmā i te mamae he mea ahu mai i ngā whakaporehu (opioid), pērā ki te rehunanu (morphine). I te nuinga o te wā ka werohia tēnei ki roto ki tō uaua. He haumarua te whakamahinga o te nuinga o ngā whakaporehu ka tukuna pērātia atu ahakoa āhea i roto i te wā whakawhānau. Mā konei e mārama tonu ai, e rongo tonu ai koe te āhuatanga o te whakawhānau. He mea tino whai hua ēnei, ka mutu ka tino tere te hikinga o te mamae, engari, kāore e pērā rawa te roa o te whakamāmā.

He rongoā whakamāmā mau tonu

Mehemea kāore e nui ngā hua o te hau whakakoako, o te rehunanu rānei - kua mate rānei te motu whakawhānau - ka tonoa pea e tō tākuta whakawhānau tētahi kaitukurehunga hei tautoko mai i tō tīma whakawhānau kia taea ai te tuku rongoā whakamāmā kaha ake, roa ake anō hoki te mau pērā ki ngā wero tuarā(epidural) mō te whakawhānau.



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Te rehunga wero tuarā

Ko te tino rongoā whakamāmā katoa i ngā hukihuki whakawhānau ko ngā wero tuarā. He mea whakakore i ngā rongo o tō tinana mai i tō poho heke iho, engari oho tonu ana koe i te whakawhānautanga mai o tō pēpi. Mā ēnei e taea ai te whakamāmātanga pūmau tonu o te mamae, te whakakaha ake, te whakaheke iho rānei kia rongo tonu ai koe i ngā nekeneke, nukunuku anō.

He aha ngā take mō te whiwhi wero tuarā?

Mehemea kāore tonu e tino tau ana tō tinana i runga i te hau whakakoakoa, i te rehunanu rānei - ka mate rānei te motu whakawhānau - ka tino tohutohuria pea koe e tō tākuta whakawhānau kia whiwhi i tētahi wero tuarā. Arā anō pēa ētahi atu take ā-hauora - arā, mehemea he māhanga āu kei tō puku, he toto purutu rānei āu - kia whiwhi ai koe i ngā momo wero tuarā.

He pēhea te mahi a te wero tuarā?

Ka werohia koe e tō kaitukurehunga ki tētahi rehunga ā-wāhanga tinana - i te nuinga o te wā he mea ranua ki tētahi rongoā ahu whakaporehu pērā ki te fentanyl - ki tētahi wāhi huri ana i ngā ioio tuarā kei te hiku o tō tuarā. He mea aukati tēnei i te haerenga ki tō roro o ngā tohutohu mamae mai i ngā hukihuki, me te whewheratanga o te tara.

Ka tukuna he pū kirihou pakupaku nei e kīia ana he “pū wero tuarā(epidural catheter)” mā te ngira wero tuarā. Kātahi ka tangohia tēnei ngira, e whakarērea ana ko te pū anake, ka whakapiria tēnei ki tō tuarā, ā, mā reira e taea ai te tuku rongoā whakamāmā mamae.

Āhea e taea ai e au te tono wero tuarā?

I te nuinga o te wā e taea ai te tono wero tuarā ahakoa te wāhanga o tō whakawhānau, haunga anō ngā take hauora hei aukati i tō hiahia kia whiwhi wero tuarā, i muri hoki i te kōrero ki te tapuhi, ki te tākuta whakawhānau hoki/rānei. Kei waenga i te āhua rima ki te 30 meneti te roa o te poka wero tuarā, ka rongona te rongoā whakamāmā e tīmata ana i roto i te rima meneti o te whiwhinga i te rehunga ā-wāhanga.

Ka ahatia mehemea ka mate motu whakawhānau au (‘c-section’)?

Mehemea kua mate motu whakawhānau koe, e taea ai e tō kaitukurehunga te whakamahi te wero tuarā ki te tuku i te rehunga, kia kore ai tō tinana e rongo i te paku aha i raro iho i te poho. Nā te mea he tikanga poka tēnei, ka kaha noa ake te rehunga, nō reira, ka noho tonu mai tō kaitukurehunga mō te katoa o te wā. I te nuinga o te wā ka oho tonu koe, i tua atu i ngā wā e tika ana kia whiwhi koe i te rehunga whānui.



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