

# Ko Ngā Tauhohenga Mate Pāwera (Anaphylaxis) ki Ngā Rongoā

Ko ngā kōrero kei roto i tēnei pānui he whakamārama i ngā āhuatanga o ngā tauhohenga mate pāwera (anaphylaxis), me te tohutohu mēnā ka pāngia e taua mate. Kei wareware, ko te kōrero ki tō rata, ki tō tapuhi, ki tō kēmihi te mea pai rawa.

## He aha te anaphylaxis?

He tauhohenga mate pāwera nui, tino mōrearea hoki te anaphylaxis. He maha ngā tohu mate:

- he uaua ki te hā, he hā tirituri rānei
- he whakapupuhi i te ārero
- ka pupuhi, ka kiki rānei te korokoro
- he uaua ki te kōrero/he whango nō te reo rānei
- he ngoio, he maremare rānei
- he āmaimai, he turaki.

I ētahi wā ka kōmā, ka ngongohe haere ngā tamariki.

Te nuinga o te wā ka puta mai ngā tohu mate i mua i te paunga o te 30 meneti mai i te wā i pāngia ai ki te tauhohenga, engari i ētahi wā ka pau ngā haora maha kātahi ka puta mai aua tohu. Ki te kore e whakamaimoatia, i ētahi wā he mate wawe te otinga.

## Nā te aha e pāngia ai ki te anaphylaxis?

He maha ngā take e pāngia ai te tangata ki te anaphylaxis. Ko ētahi: ko ngā rongoā, ko ngā taputapu e mau ai te rongoā, ko te ngau me te wero o te ngārara, ko ētahi momo kai (pēnei i te pinati).

E ai ki ngā pūrongo, ko te nuinga o ngā momo rongoā e whakaara ai i te anaphylaxis ko ngā paturopi, ko ngā whakamahea uaua e whakamahia ana mō te poka, me te NSAIDS (he puroi pūtaiaki kore, whakakakā kore hoki), engari ka taea e te nuinga o ngā rongoā tēnei mate te whakaara.

Tukuna ngā pūrongo mō te pānga o te anaphylaxis ki ngā rongoā (ko ngā tauhohe ki ngā rongoā me ngā kanokaro katoa) ki te Centre for Adverse Reactions Monitoring (CARM) ki [www.otago.ac.nz/carm](http://www.otago.ac.nz/carm). Kei te Ripanga 1 o raro iho te rārangi rongoā kua whakaara i te anaphylaxis, ā, kua tukuna ngā kōrero ki a CARM.

## Ripanga 1: Kua whakaarhia te anaphylaxis e ēnei rongoā

He Momo Rongoā	He Tauira Rongoā
Paturopi	Amoxicillin, cefaclor, cefazolin, clavulanic acid, flucloxacillin, penicillin
Whakamahea uaua me te rongoā whakamoe e whakamahia ana mō te poka	Rocuronium, suxamethonium
Puroi pūtaiaki kore, whakakakā kore hoki	Diclofenac, ibuprofen, naproxen
Patuero me te patu huakita	Chlorhexidine
Kanokaro	Ngā mea katoa (ko tēnei te take i puritia ai koe mō te 20 meneti whai muri i tō werohanga)

## Ka pāngia ki a wai te tauhohenga mate pāwera pakeke?

Ka pāngia te tauhohenga mate pāwera nui ki te tangata, ahakoa ko wai. Mēnā kua pāngia kētia koe ki te tauhohenga mate pāwera, tēnā pea ka nui te tauhohenga a tōna wā.

## Ki te puta mai ngā tohu mate o te tauhohenga mate pāwera ki ahau, me aha?

### Waea atu 111

Kia tere te waea atu 111 ki te karanga i te āwhina a te tākuta, me whāki atu kua pāngia koe ki te tauhohenga mate pāwera (mā tētahi atu e mahi māu, pea).

## He aha te maimoatanga mō te tauhohenga mate pāwera nui?

Ko te taiaki repe tākihi (epinephrine) te maimoatanga matua mō taua mate. Ka haria koe ki te hohipera.

I mua i tō wehenga i te hohipera, ka:

- tonoa koe ki tētahi ratonga mate pāwera/take ārai kia aromatawaihia (he pai te whakamātautau mō te mate pāwera kia tūhuratia ai te rongoā nāna tō tauhohe i whakaara)
- whiwhi Mahere Whakararata i te Anaphylaxis
- whiwhi puka tono i te taiaki repe tākihi me te ako ki te whakamahi, kei pāngia anōtia.

Ko te tikanga ka whiwhi poroporo Medic Alert hoki. He kōrero whakamārama anō kei [www.medicalert.co.nz](http://www.medicalert.co.nz)

## Kei hea ētahi anō kōrero whakamārama?

He pārongo anō mō te kaupapa anaphylaxis kei te paetukutuku [www.allergy.org.nz/A-Z+Allergies/Anaphylaxis.html](http://www.allergy.org.nz/A-Z+Allergies/Anaphylaxis.html)

Mēnā he pātai anō āu, whakapā atu ki tō rata, ki tō tapuhi, ki tō kēmihi rānei.