

ARIA ASTHMA
RESEARCH IN
ADOLESCENTS

E kore a huango e puritia ahau ki muri

Te akoranga rangahau rongoā ARIA mō
ngā taiohi (12–17 tau) me te huango

Ako ētahi anō mō

Te akoranga rangahau rongoā ARIA





Mō te akoranga rangahau rongoā ARIA

Ko tētahi o ngā rongoā onāiane e raihanatia ana mo te mahinga o te huangō, kotahi ia rā, pūoko kotahi, he rongoā taurua e rua ngā rongoā e pupuri ana: fluticasone furoate me te vilanterol (FF/VI). E raihanatia ana tēnei pūoko pūkoho taurua mo te mahinga o te huango i roto i nga tūrora, e 5 tau me te pakeke ake.

Kei te arotake te akoranga ARIA i tētahi wā ōrite i ia rā, pūoko kotahi, i te rongoā takitoru e pupuri ana **toru ngā rongoā**: te fluticasone furoate, te vilanterol me te umeclidinium (FF/VI/UMEC), mo te mahinga o te huango i roto i ngā taiohi e 12 ki te 17 tau te pakeke. Kua raihana kētia tēnei pūoko rongoā takitoru (FF/VI/UMEC) ki te whakaora huango i roto i ngā pakeke e 18 me te pakeke ake i te whenua e noho ana koe. Te ARIA whaingā akoranga kia kite ai mēnā ka taea hoki tēnei pūoko rongoā takitoru whakamatau te mahi mō ngā taiohi e 12 ki te 17 te pakeke me te huango kore e mana.

Hei mahi i tēnei arotakenga, ko te pūoko rongoā takitoru whakamatau i roto i te hū (FF/VI/UMEC) ka whakaritea ki te pūoko rongoā taurua (FF/VI) i roto i ngā taiohi (12–17 tau) neke atu i te 24 ngā wiki. Ka whiwhi ngā kaiuru katoa i te mahinga huango me te whakamāmātanga tere ko te mahinga "whakaora" hei whakamahia i te mea e hiahia ana mō ngā āhuatanga huangō puta noa i te akoranga.

Mā tēnei kaiārahi e homai he tirohanga whānui o te akoranga ARIA, e āhei ana ki te whai wāhi, me ngā mea e tūmanakohia ana. Mēnā kei te whakaaro koe ki te whai tō (tētahi atu whanaungatanga rānei) ngā taiohi (12 ki te 17 tau, huri noa) whai wāhi, ka whiwhi koe i tētahi puka whakaetanga mōhiotia (ICF) me ētahi anō mōhiotio taipitopito i mua i te hononga atu. He tino tūtohu te whai wāhitanga, ā, kāore tō ngā taiohi (tētahi atu pānga rānei) i te herea hei hono mēnā ka pātai koe, ka tono rānei i ētahi anō mōhiotio. **Karapa koa te waehe QR hei toro i te paetukutuku akoranga mō tāpiri mōhiotio.**

I roto i te akoranga ARIA, ko tō (pānga tētahi atu rānei) te haumarutanga me te ora o te taiohi, ko mātau tino manakē. Ka āta mātakina e mātau to rātau hauora puta noa i te akoranga hai whakaū i to rātau haumarutanga. Kua whakatapua to mātau tīma ki te tautoko i a koe me te kōrero i ētahi uiui, ngā māharahara rānei kei a koe.



Karapa koate waehe QR hei toro i te paetukutuku akoranga mō tāpiri mōhiotio:
teenasthmastudy.com/mi-nz

Mō te pūoko rongoā takitoru o te tūhuratanga

Kua akona kētia te haumarutanga o te pūoko rongoā takitoru (FF/VI/UMEC) i roto i ngā pakeke e 2,436 kāore i tino whakahaeretia tōna huango ki a rātau rongoā onāiane. Kua whakaritea te pūoko rongoā takitoru ki te tētahi pūoko rongoā taurua kua raihana kētia (FF/VI) mō te mahinga huango i roto i ngā pakeke.

I whakaaturia e ngā tūrora e mau ana i te pūoko rongoā takitoru **pūkahukahu tino pai ake taumahi** i whakatauritetia ki te hunga e mau ana i te pūoho rongoā taurua. Te kōtaha haumaruru he rite tonu ngā pūoho hū e rua.

I runga anō i ēnei hua akoranga rongoā, ināiane kei te hē te pūoho rongoā takitoru **kua raihanatia hei rongoā te rongoā** mō te tiaki i te huango i ngā pakeke i ngā whenua maha, tae atu ki te whenua e noho ana koe. Ko tēnei rongoā te puff kotahi tuatahi i whakaaetia, kotahi te rā, ko te pūoho rongoā takitoru mō ngā pakeke whai huango.

Kei te arotake te akoranga ARIA mēnā ka whai hua hoki tēnei pūoho rongoā takitoru whakamatau mō **ngā taiohi 12 ki te 17**.

Ko wai ka āhei ki te whai wāhi?

Hei hono ki te akoranga, me mātua:



Kia pakeke i waenganui i 12 me 17 ngā tau te pakeke



Kei a rātou **huango kore e mana**



Kua i runga i **hauora tautiakitanga pūmau** mō te 6 ngā wiki neke atu rānei

Ehara tēnei i te rārangi katoa o te paearu; ka hiahiatia e ngā kaiuru tūpono hei whakautu i ētahi tāpiri pātai hauora, ā, ka whai rongoā ngā whakamātautau hei whakaū ka taea e rātau te hono ki te akoranga.



He aha ka taea te tūmanako i te wā o te akoranga?

Ka noho ngā kaiuru i tēnei akoranga mō te 7 ngā marama, ā, ka 6 neke atu rānei ngā toronga akoranga i roto i tēnei wā. Ka tū pea ēnei toronga katoa i te **whare hauora akoranga, mēnā rānei e whakaaetia ana, e whakaaetia ana rānei, tērā pea kei runga ētahi toronga i te waea, i te mamao rānei mai i te kāinga**. I hoahoatia te whakaurutanga i roto i te akoranga kia iti iho te pānga ki te oranga kāinga me te kura.

Mō te hunga e kōwhiri ana ki te whai wāhi ki te akoranga, ka tukua he hōtaka toro katoa me ngā taipitopito katoa e hiahiatia ana mō ia wāhui akoranga.

Ka whiwhi hoki koe i ngā rauemi whakawhiti kōrero, mōhiohio hoki hei whakarato ki tō (tētahi atu whanaungatanga rānei) te kura o te taiohi kia whakamōhiohia ai rātou, ā, ka taea te whakarato e hiahiatia ana te tautoko me ngā whakaritenga. Ko te tikanga kia āwhina tēnei ki te whakamōkito i ngā raruraru ki a rātau mahi kura, ā, ka tukua kia haere tonu rātau ki te whai wāhi ki ngā ngohe mātauranga, pāpori hoki i te wā o te akoranga.

Me pēhea e hoatu ai ngā rongoā akoranga?



Ka tīmata ngā kaiuru katoa mā te tango i te raihana kē **te pūoho rongoa takirua** (FF/VI) **kotahi ia rā mō te 4 ngā wiki.**



I muri ake tēnei wā, ka noho ngā kaiuru **kua tautapa matapōkeretia** ki tētahi haere tonu me te pūoho rongoā taurua (FF/VI), ka whakawhiti rānei ki te pūoho rongoā takitoru whakamatai (FF/VI/UMEC), kotahi ia rā mō ngā wiki e 24 e whai ake nei.



Putā noa i te akoranga, ehara i te kaiuru, i nga kaitiaki, e kore hoki te tīma akoranga e mōhio ko pūoho tēhea kua whakaritea he hū. **Ka taea te uru atu ki tēnei mōhiohio mēnā e hiahiatia ana** mō ngā take haumarū.



Ka whiwhi hoki ngā kaiuru i tētahi **whakamāmātanga tere** “whakaora” **pūoho rongoā** (salbutamol) hei whakamahi i te mea e hiahiatia ana mō ngā āhuatanga huango i te wā o te akoranga.

Me pēhea te hauora o ngā kaiuru kia aroturukitia i te wā o tēnei akoranga?

I te wā o te akoranga, ka āta whakamātauria te hauora o ngā kaiuru mā ngā toro auau ki te pae akoranga. Kei roto pea i ēnei toronga ētahi momo whakamātautau me ngā aromatawai, pēnei i te:



Ngā whakamātautau tinana



Te ine i ngā tohu ora (te pēhanga toto me te auau o te ngakau)



Aromatawai manawa



Ngā Pātai



Ngā whakamātau toto



Ngā whakamātautau mimi

Kaore ēnei ngā ngohe katoa e puta i ia haerenga.

Tata ki te 2 haora pea ia haerenga, ā, ka hoahoatia kia ngāwari me te māia mo nga kaiuru me o rātau kaitiaki. E whai ana mātou ki te whakamōkito i te raruraru ki ngā oranga o ia rā o ngā kaiuru i a mātau e whakarite ana i te tiaki i te hauora o ngā kaiuru.





He aha aku ngā kawenga hai kaitiaki i roto i tēnei akoranga?



Kōrero ki te tākuta akoranga, ki ngā kaimahi akoranga rānei mō te akoranga



Whaiaro a anō e haere tahi ana me te kaiuru ki ngā toro akoranga katoa



Homai mōhiohio mō te kaiuru ki te tākuta akoranga me ngā kaimahi



Ki atu ki te tākuta akoranga, ki ngā kaimahi akoranga rānei mēnā e hiahia ana koe, te kaiuru rānei ki te whakamutu i te akoranga



Āwhina i te kaiuru kia whai i ngā tohutohu akoranga



Ki atu ki te tākuta akoranga, ki ngā kaimahi akoranga rānei mō ngā huringa ki te whakamahinga rongoā onāiane i te kaiuru (tae atu ki ngā rongoā neke atu i te tatau, ngā vitamine, me ngā tāpiri)

Tērā anō ētahi utu mo te whai wāhi?

Ka wātea ki ngā kaiuru te rongoā akoranga, ngā tikanga e pā ana ki te akoranga, ā, ka wātea ngā haerenga akoranga ki ngā kaiuru.

He aha nga painga me ngā mōrea o tēnei akoranga?

Mā te whai wāhi ki tētahi akoranga rongoā e āwhina ki te whakapai ake i te mātauranga rongoā, mā te whakarato mōhiohio mō ngā painga me ngā mōrea o ngā rongoā hou. Ka ngā pānga taha pea ngā rongoā raihana me ngā rongoā tūhura, ka whakamāramatia e te tākuta akoranga ki ngā kaiuru me ā rātou kaitiaki i mua i te hononga ki te akoranga.

I roto i te akoranga ARIA, he tino manakē te haumarutanga me te ora o ngā manakē. He tīma tūturu o nga tohunga rongoā ka āta mātaki i ngā kaiuru puta noa i te akoranga me ngā taki-ake auau me ngā aromatawai. Mā tēnei ka tere te tāutu me te whakatau i ngā pānga taha tūpono, ngā āwangawanga hauora rānei. Ka wātea ngā kaimahi akoranga hei whakautu pātai me te whakarato tautoko, me whakarite kia haumaruru, kia whakamōhiotia hoki ngā kaiuru me ā rātou kaitiaki puta noa i te akoranga.

He whakahau te whai wāhi ki tēnei akoranga?

He mea noa iho te whai wāhitanga ki tēnei akoranga. Ki te tutuki i ngā kaiuru te paearu me te whakatau hei rēhita, ka taea e rātou te kōwhiri kia wehe i te akoranga ahakoa te wā me te kore hiahia ki te whakarato take.



Hei ako ētahi anō, haere ki te paetukutuku akoranga rongoā i teenasthmastudy.com/mi-nz karapa rānei i te waehera QR. Ka taea hoki e koe te waea atu ki tō mātou pae akoranga paetata i te tau o raro nei.

Ako i ngā taipitopito hoapā pae:

Ka taea e te tīma akoranga te whakarite i tētahi wāhui whakamātautau hei whakamārama taipitopito i te akoranga.

