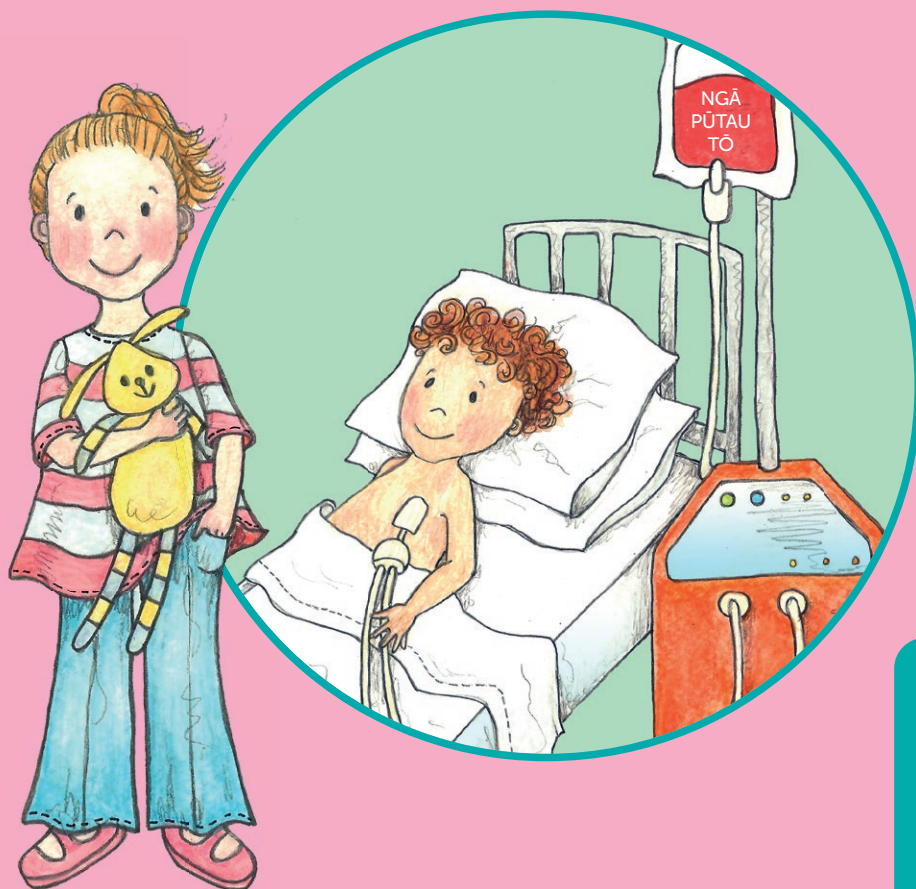


Te Tukunga Pūtau Tō a Jess

He aratohu mā ngā tamariki kaituku pūtau tō



 leukaemia &
blood cancer
new zealand

our mission is to care, our vision is to cure

Mōu ake

Nōu anō tēnei pukapuka hei whakamārama i te tū hei kaituku pūtau tō me ētahi o ngā mea ka tūpono pea ki a koe.

taku ingoa tuatahi:

.....

taku pakeke:

.....

taku hōhipera:

.....

rā o te tukunga:

.....

E tuku ana ahau i ōku pūtau tō ki a:

.....

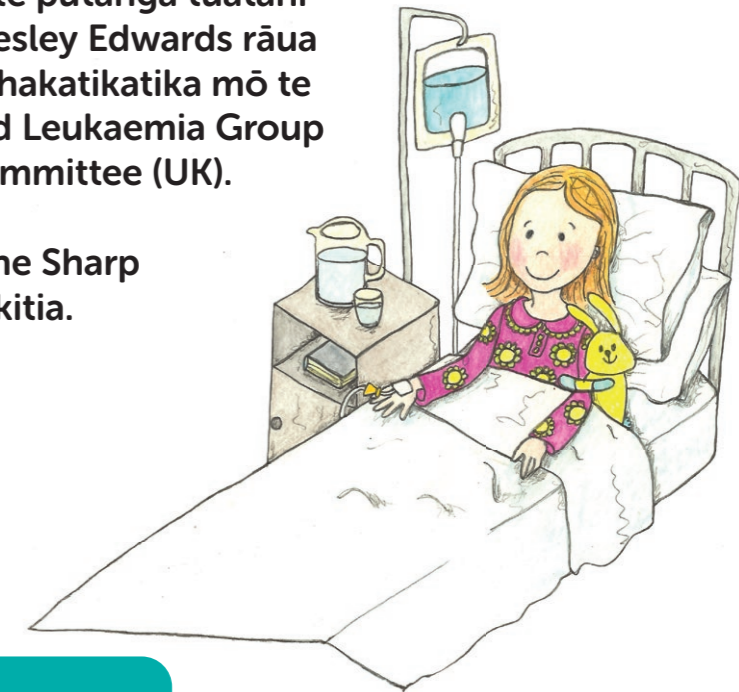
Ngā mihi ki a:



Te Tukunga Pūtau Tō a Jess

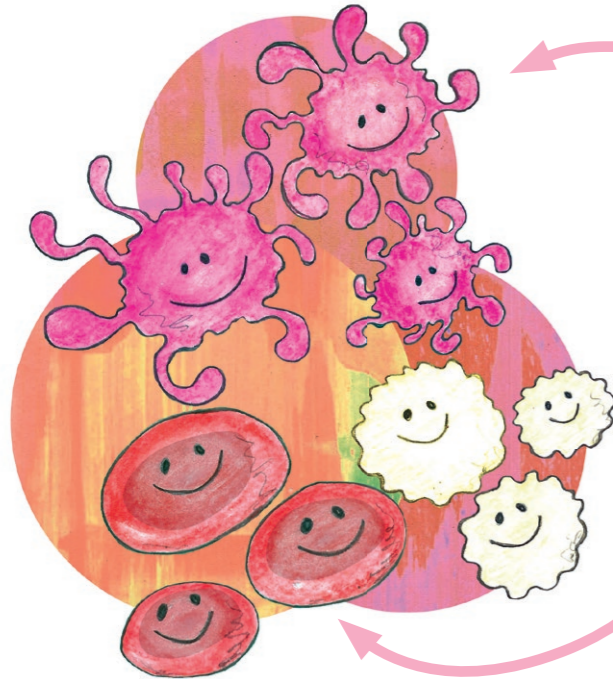
He mea whakaputa te putanga tuatahi nā Jenny Astall, nā Lesley Edwards rāua ko Penny Owens i whakatikatika mō te Children's Cancer and Leukaemia Group Publications Committee (UK).

Nā Christine Sharp
ngā pikitia.



He aha rā te pūtau tō?

Ka hangā e ngā pūtau tō ō pūtau toto katoa i roto i te wheketere ka huaina nei ko te roro kōiwi.



Ka auporo ngā mōtepe i te totototo ina motuhia koe, ina hinga rānei kia whara

Ko ngā pūtau toto mā ka āwhina i tō tinana ki te whawhai i ngā mate

Ko ngā pūtau whero ka tuku i te ngao kia āhei koe te omaoma haere me te tākaro

Kāore ngā pūtau tō o tō tungāne, tō tuahine, tō whanaunga rānei i te mahi pai. Nō konei i matea ai e ia he huaranga pūtau tō. Me hoatu ki a ia ngā pūtau tō hōu kei te mahi pai, kia ora anō ia.

Tūtaki ki a Jess

Ko Jess tēnei. Māna e kōrero ki a koe he pēhea te āhua o te kaituku pūtau tō.



Ko te tikanga o te kaituku pūtau tō he hauora ngā pūtau tō i roto i tō roro kōiwi, kei te mahi pai, otirā i whakaatu te whakamātautau toto e ōrite ana ō pūtau tō ki ō tō tungāne, tuahine, whanaunga rānei.

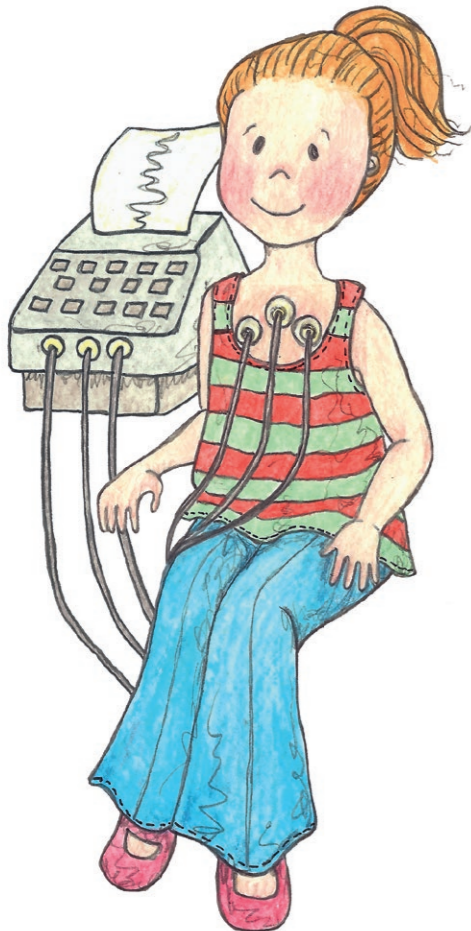
I mua i te tukunga pūtau tō

E hiahia ana a Jess ki te kōrero i te aha ka tūpono i mua i tō tukunga pūtau tō, ina mōhio mātou he ōrite koe mō tō whanaunga.

Ka āhua nui ake te toto e tangohia i a koe mō ngā whakamātautau toto.

Ka tūtaki koe ki te tākuta me te tapuhi e whakamārama ki a koe te tikanga o te kaituku pūtau tō, me te whakatūturu he ora atu koe, he hauora hoki.

Ka tūtaki hoki ki tētahi tangata ka huaina he kaitautoko kaituku. Ka whakatūturu ia e mārāma ana koe ki te aha ka tūpono ina haere mai koe ki te hōhipera hei kaituku pūtau tō, otirā kei te WHAKAAE koe kia tū hei kaituku pūtau tō.



He aha anō te kaitautoko kaituku?

Ko te mahi a te kaitautoko kaituku he whakatūturu e mōhio ana koutou ko ō mātua ki ngā mea ka pā ki a koe ina tuku koe i ō pūtau tō, otirā kei te whakaae ō mātua ki tō tukunga.



Ngā kaimahi i te hōhipera

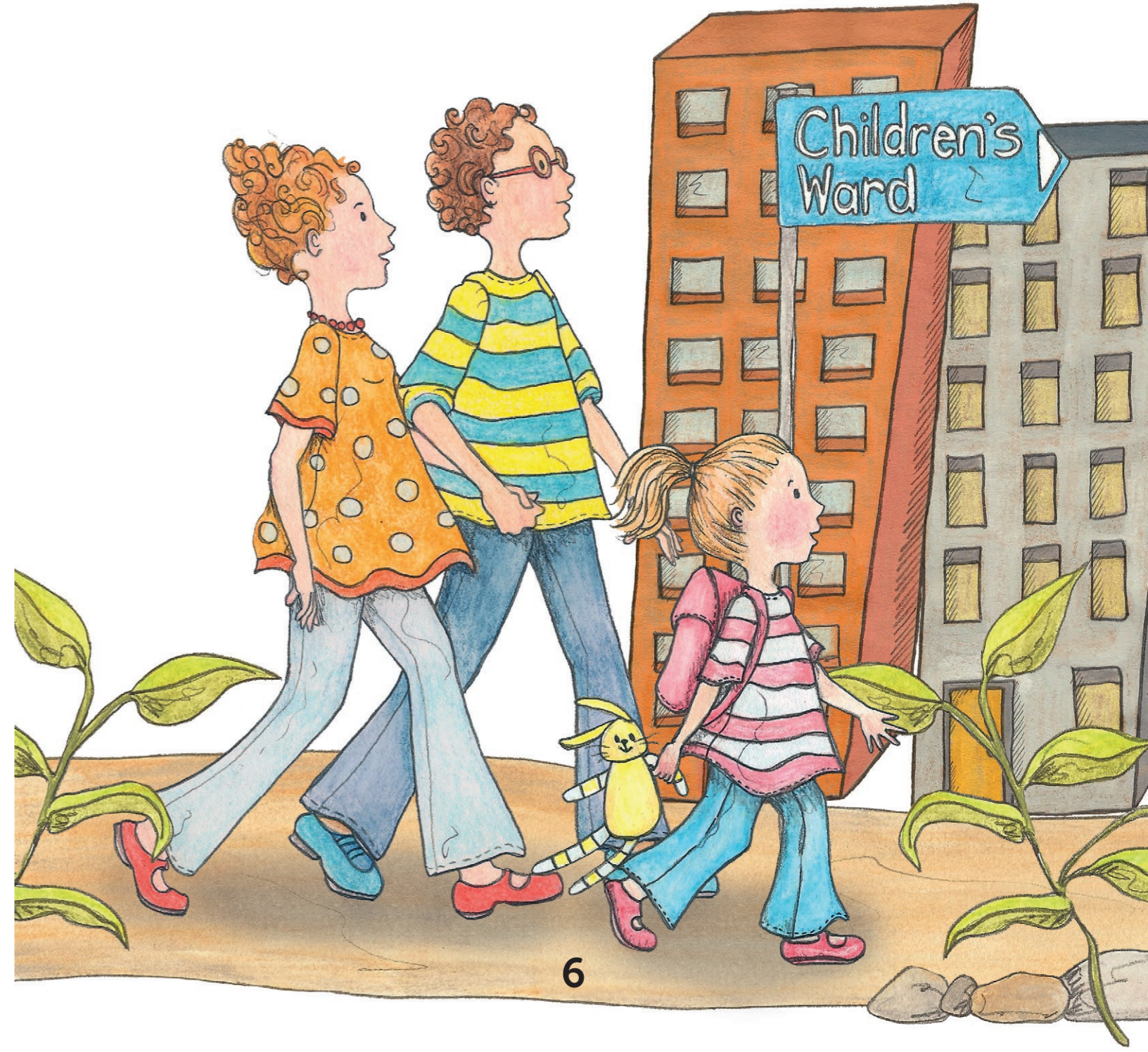
Ka tūtaki koe ki te tokomaha o ngā tāngata hōu i te tukanga tuku pūtau tō.

He rārangi tēnei o ngā tāngata maha pea e tūtaki koe. Me tuhi pea koe i ō rātou ingoa kia maumaharatia e koe, me tātuhi pikitia rānei o rātou.

Ngā tākuta huaranga
Ngā tapuhi huaranga roro kōiwi
Kaitautoko kaituku
Tākuta ārai mamae



5



6

Te haere ki te hōhipera

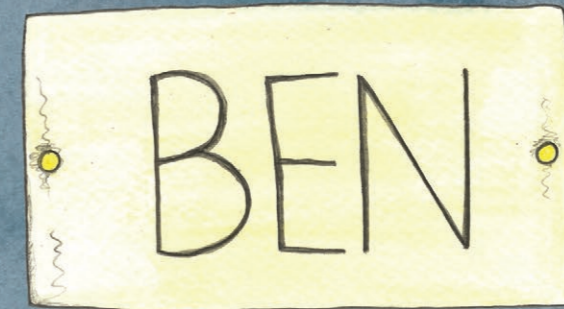
Ko te tikanga ka noho koe i te taiwhanga tamariki mō te pō kotahi, ngā pō e rua rānei, ina tukua ō pūtau tō.

He rerekē te ngākau o ngā tāngata katoa mō te haere ki te hōhipera. Kei te hiamō pea koe, kei te āwangawanga, kei te koa, matakū, pōuri, riri, wehi, māharahara rānei? Tērā pea ka āwhina te kōrerorero mō ēnei kare ā-roto.

He poto
noa te wā me
noho koe ki te
hōhipera

Ina haere koe ki te hōhipera ki te tuku pūtau tō, tērā pea kei te hōhipera kē te kaiwhiwhi o ngā pūtau tō e rongōātia ana ki te haumanu ā-matū. Tērā anō pea kua whiwhi kē ia ki ngā whakaahua whakaroto motuhake ka huaina he haumanu iraruke.

Taro ake, kei tōna rūma motu kē ia kia kore ai e pāngia e te moroiti tahumaero. Ina toro atu koe ki a ia, me hauora koe, me horoi hoki i ō ringa.



Ka uru mai a Jess ki te hōhipera

Ina haere atu koe ki te hōhipera me mau atu he pāhi kākahu me ngā takawairore. Kia mahara hoki, he nui tonu te takawairore me te mea hei mahi i te hōhipera.



Kaua e wareware:
Ngā kākahu moe/ kahupō
Parahiniho me te paniniho
Kākahu mā
He pukapuka hei pānui
Ngā takawairore hei tākaro
He karetao motuhake,
he teri rānei

He aha anō tāu e pai ai kia mauria mai?

Tuhia he rārangi hei whakamahara i a koe anō.

9

Ina tae atu koe, ka whakakitea ki a koe te taiwhanga me te wāhi e moe ai koe. Ka rerekē te moenga i tō moenga o te kāinga. He taha ōna ka taea te hiki kia kaua koe e taka atu ina moe ana.

Ka tirohia e tō tapuhi tō taumaha, ka tangohia tō pāmahana me tō pēhanga toto. E kore e mamae tēnei.

Ka kuhu te mīhini pānui-pāmahana ki tō taringa, ki tō kēkē rānei, ā, ka ngaoko pea.

Ka whakamaua te pōkai pēhanga toto ki tō ringa, tō waewae rānei. Ka kōrapu, ka ita tonu mō tētahi wā poto.

Ka hiahiatia hoki mōu he whakamātautau toto i mua i te haere ki te taiwhanga pokanga. He timo tere noa iho tēnei ki tō matimati, ka taea rānei he kirīmi motuhake kia kōpā tētahi uaua i tō ringa.



10

Takatū ana mo te pokanga o Jess

Me whiwhi koe i tētahi pokanga iti kia tangohia ētahi o ō pūtau tō.

I mua i te pokanga, ka kōrero te tākuta me te tapuhi ki a koutou ko ō mātua mō te pokanga me tō noho hōhipera.

Hei te rā o te pokanga kāore e āhei koe te kai, te unu rānei mō tētahi wā poto, nā reira he pai tonu kia nui te kai i mua i te haere ki te moe i taua pō.

He aha he kai māu i te pō i mua o tō pokanga?



Te whakamoetanga mō te pokanga

Kia kore ai koe e rongohia i te mamae ina tangohia ngā pūtau tō i a koe, ka whiwhi rongoa motuhake koe ka huaina he ārai mamae e whakamoe i a koe.

Ka taea pea e tō tungāne, tō tuahine rānei te kōrero ki a koe mō tēnei i te mea kua whiwhi ārai mamae pea ia kia whakaurua tōna ngongo rongoa, ka huaina he 'ngongo Hickman' i ētahi wā. Ka mauria koe ki tētahi taiwhanga motuhake ka huaina ko te rūma rehu whakamoe e hoatu ai tō ārai mamae. Nā ka tino matemoe koe.

Ko te tākuta e āwhina kia moea e koe tēnei moe motuhake ko te tākuta ārai mamae. Ka mau te tākuta ārai mamae i ngā kākahu me te pōtae pēnei, otirā ka pēnei koe kei te mau kākahu moe rātou!

Ka noho tonu tō māmā me tō pāpā i a koe, he tapuhi rānei kia moe rā anō koe.



Te whakamoetanga mō te pokanga

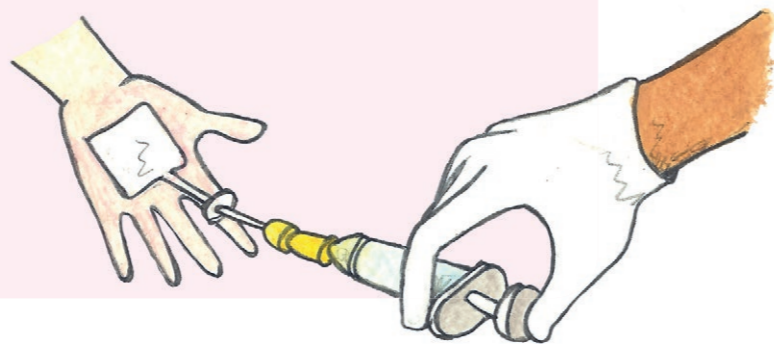
E rua ngā tikanga e hoatu ai pea e te tākuta ārai mamae
ō rongoā mō tō moe motuhake.

Te tikanga tuatahi:

Ka taea kia whakaurua he ngongo iti, e huaina nei he kenura
(cannula), ki muri i tō ringa. Tuatahi, ka meatia he kirīmi ki tō
ringa. Hei whakakōpā tēnei i tō kiri me kore e tino rongo koe
i te kenura e uru ana.

Ka takaia tō ringa hei pupuri i te kenura kia ita.

Ina meatia e te tākuta ārai mamae
te rongoā ki roto i te kenura
ka whakamoe tērā i a koe.



13

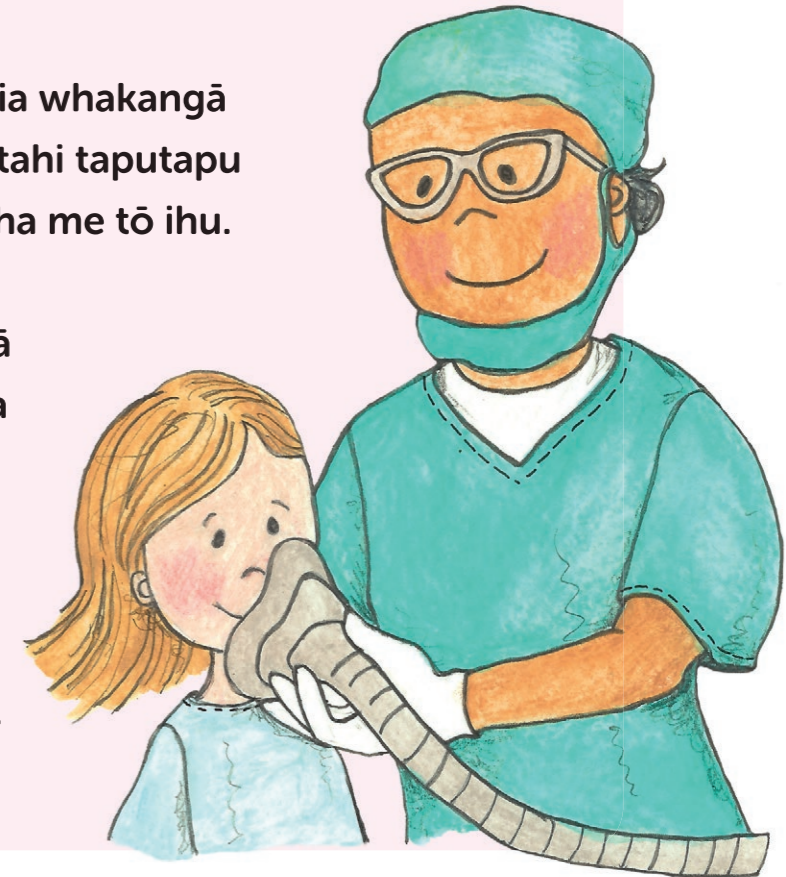
TĒRĀ RĀNEI

Te tikanga tuarua:

Ka mea te tākuta ārai mamae kia whakangā
e koe he rehu motuhake mā tētahi taputapu
ngohe ka whakamaua ki tō waha me tō ihu.

E āhei ana tō māmā me tō pāpā
te noho i tō taha i te taiwhanga
ārai mamae.

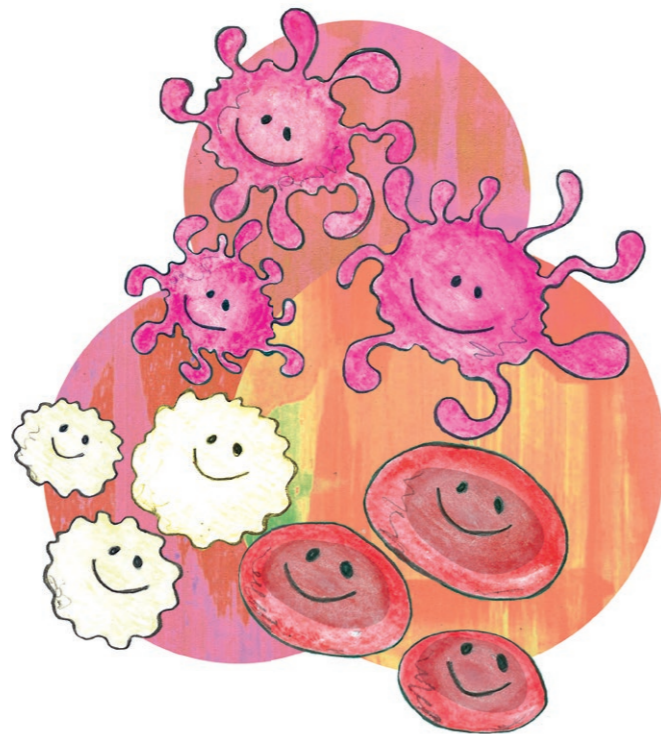
Ina haere koe mō tō pokanga
ka mau koe i tētahi kahu
motuhake, ō kākahu moe rānei.



14

Te pokanga o Jess

Ina moe ana koe, ka tango te tākuta i te wāhi iti o ngā pūtau tō i ngā kōiwi o tō hope. He wē ō roro kōiwi kei roto anō ngā pūtau tō, he āhua rite hoki ki te toto. He nui tonu te roro kōiwi i tō tinana, ā, me tango noa e te tākuta he wāhi iti.



15

I muri i te pokanga

Ka oho koe i te rūma whakaora i muri i tō pokanga. Ka haere atu he tapuhi me ō mātua ki te whakahoki i a koe ki te taiwhanga.

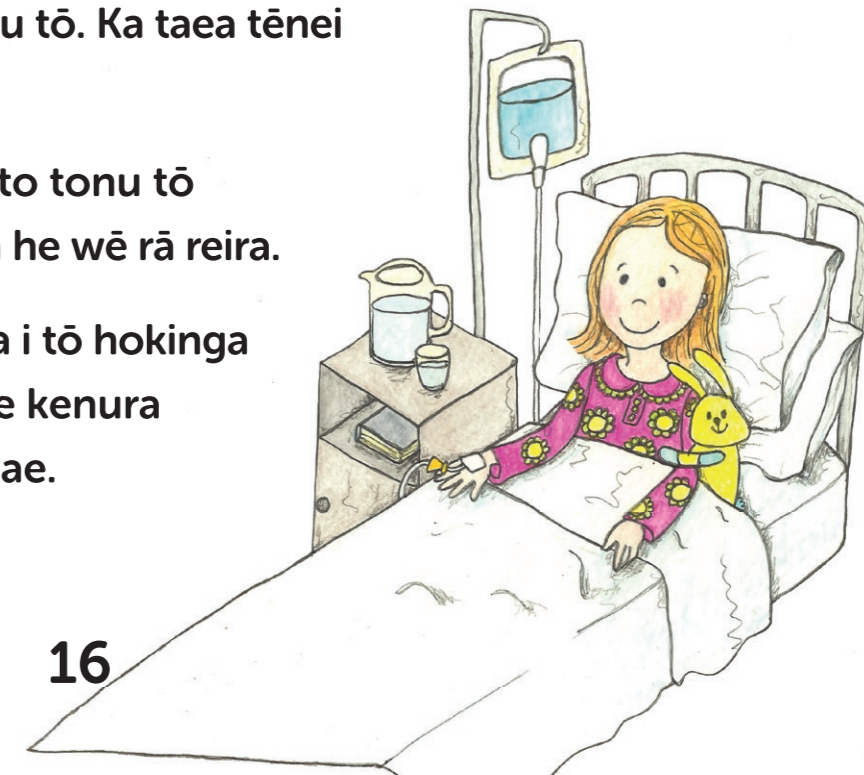
Ka tae anō koe ki te taiwhanga tērā pea ka matemoe tonu koe. Kei te pai noa iho tēnei.

Ka mamae tonu pea tō tuarā mō tētahi wā, engari ka hoatu te tapuhi i te rongoa ki a koe kia pai ake tēnei.

Ka mau i tō tuarā he whakapiri i te wāhi i tango ai ngā tākuta i ō pūtau tō. Ka taea tēnei te tango aoake.

Ina oho koe tērā pea kei roto tonu tō kenura. Kei te rere tonu pea he wē rā reira.

Ka tangohia te kenura i mua i tō hokinga ki te kāinga. Mā tō tapuhi te kenura e tango, otirā kāore e mamae.



16

Kai ana, inu ana a Jess

Ka oho koe i tō moe motuhake ka āhei koe te kai me te inu ina pai koe. Me kai, me inu hoki koe i mua i te whakaae a ngā tākuta kia hoki koe ki te kāinga. He mea nui te haere ki te whare paku ki te mimi i muri i tō moe motuhake, me mōhio hoki ngā tapuhi kua oti tēnei i a koe.

He aha hei kai māu i muri i tō pokanga?

Ka āhei koe te noho ake kia tākaro me ō takawairore ina pai koe. Ka haere atu ngā tapuhi ki te kite i a koe me te tango i tō pāmahana me tō pēhanga toto.



17

Ka ahatia ngā pūtau tō o Jess?

Ka oti i ngā tākuta te tango i ō pūtau tō ka āta whakaritea e rātou kia hoatu ki tō tungāne, tō tuahine rānei. Ka hoatu ngā tākuta i ngā momo rongoā maha ki a ia.

Kātahi ka hoatu ki a ia ō pūtau tō rā te 'ngongo Hickman', ngongo rongoā rānei, kāore hoki ia e rongoi i ngā pūtau tō e uru ana.

Me noho tō whanaunga i te hōhipera mō ētahi wiki kia waia ai tōna tinana ki ngā pūtau tō hōu.



18

Hoki ana a Jess ki te kāinga

Me noho pea koe ki te hōhipera mō tētahi pō kia tino mōhio ngā tākuta me ngā tapuhi kei te pai koe.

I muri i te tukunga i ētahi pūtau tō tērā pea ka pāpaku ō taumata rino (he wāhi ēnei o ō pūtau toto whero). Ki te pērā, me kai pea koe i ngā pire rino, i te miere rino rānei hei āwhina.

I mua i te wehe i te hōhipera mō te kāinga me haere pea kia kite i tō whanaunga. Ka taea te pōhirihihi ki a ia mā te matapihi, te kōrero rānei mā runga waea, mā te irirangi-ā-ringā rānei. Kāore pea e taea te tākaro tahi kia puta rā anō mai ia i tōna rūma motu kē, me tiaki hoki mātou kia kore e hopu mate ia i tētahi atu.

I tētahi rangi ake o tō hokinga ki te kāinga, me hoki pea koe kia kite i te tākuta kia mōhio ai ia kei te pai tonu koe.



Ka mutu nei tētahi mahi tino hira

Kāti he mahi tino motuhake anō tāu i te wā e noho ana tō whanaunga i te hōhipera. Ka taea e koe te tuku kāri, pikitia hoki ki a ia, me te toro atu ina pai ia.

Ināianei kei ngā tākuta me ngā tapuhi te mahi tiaki i a ia.

Ngā mihi nui mō te tū hei kaituku pūtau tō!



Te tikanga o ēnei kupu

Ka rongoa pea koe i ngā kupu hōu maha i a koe i te hōhipera.
Kei raro nei ētahi o ngā kupu matua me te tikanga. Ki te ruarua
koe mō ētahi atu, me pātai noa ki tō tākuta, tō tapuhi rānei.

REHU ĀRAI MAMAE

Ina hoatu rongoa ngā tākuta ki a koe hei whakamoe i a koe i te pokanga,
kia kore ai koe e rongoa i te mamae.

WHAKAMĀTAUTAU TOTO

Ina tirohia he tauira iti o ōu toto kia kite e hia ngā pūtau whero,
ngā pūtau mā me ngā mōtepe.

MATE PUKUPUKU

Ina tino rerekē (kino) ngā pūtau i roto i tō tinana, ā, ka tipu tonu,
ka tipu tonu, he mea herekore.

HAUMANU Ā-MATŪ

He ranunga o ngā rongoa rerekē e maimoa ana i te mate pukupuku.

KARAPA CT

He whakaahua whakaroto e titiro ai te tākuta ki roto i tō tinana
ki ō whēkau katoa. Me takoto hū rawa koe.

Te tikanga o ēnei kupu

MĀTANGA TOTO

He tākuta ka tiaki i ngā tūrora me te tahumaero toto, pona taikiri rānei,
me te raruraru o te toto, te pona taikiri rānei.

NGONGO HICKMAN

Ka whakaurua i raro i te rehu ārai mamae he ngongo kotahi, ngā ngongo
e rua rānei, ka puta te pito i te poka iti i te kiri o tō poho.

PUKUPUKU TAIKIRI

Ko te mate pukupuku i te pūnaha taikiri.

NGĀ PONA TAIKIRI

Te wāhi noho o ngā pūtau e whawhai i te mate me te tahumaero.
Ka rahi ake ngā pona taikiri ina whawhai i te mate me te tahumaero,
kei te hanga hoki i ētahi pūtau anō.

KARAPA MRI

He karapa e whiwhi ai te tākuta i te pikitia mārama o ngā mea e ahatia
ana i roto i tō tinana. He nui pea tōna haruru, otirā, ahakoa kāore e
mamae, tērā pea ka whiwhi koe ki te rehu whakamoe, te rongoa rānei
hei whakapārore i a koe.

Te tikanga o ēnei kupu

KOREPŪTAUMĀ

Ina tata kore ō pūtau toto mā (ngā pūtau mā ka whawhai i te mate). Ko te tikanga o te korepūtaumā ka nui ake tō mōrearea ka pāngia koe e te mate.

MĀTANGA MATE PUKUPUKU

He tākuta e maimoa ana i te tangata mate pukupuku.

KARAPA PET

He karapa anō e āhei ai te tākuta te kite i ngā mea e ahatia ana i roto i tō tinana! Ko ngā wāhi o te tinana kei reira te pukupuku pona taikiri ka kitea i te karapa hei wāhi mārama.

NGONGO PICC

He ngongo kotahi, e rua rānei ka whakaurua ki roto i a koe i raro i te rehu whakamoe, e puta ai te pito i tētahi poka iti i te kiri o tō ringa.

NGONGOKAWE

He ngongo ka whakaurua i raro i te kiri tata ki te kēkē i a koe i raro i te rehu whakamoe, ka haere i raro i te kiri ki te uua matua i te kakī. Ka hoatu he rongoā, ka tangohia rānei he toto, ka pania he 'kirīmi wana' ki te kiri e poki ana i te ngongokawe i te hāora kotahi i mua atu – kia kōpā taua wāhi me te kore e mamae ina uru te ngira.

RARURARU TŪPONO

Tētahi mea ka tūpono pea nā te maimoatanga, hei tauira, te rongo i te mate, te makawe makere iho rānei.



Ko Leukaemia & Blood Cancer New Zealand tētahi whakahaere ā-motu i Aotearoa i whakaihia ki te tautoko i ngā tūrora me ō rātou whānau e mate ana i te pukupuku toto, te pukupuku taikiri, te pukupuku roro kōiwi, me ngā mate toto pērā.

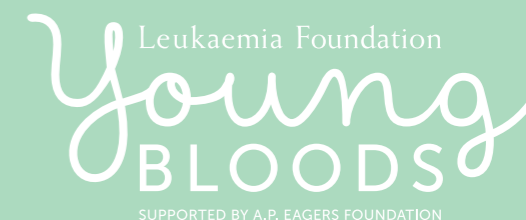
He rerekē te wheako o ngā whānau katoa; ehara i te mea ngāwari te ora i te pukupuku toto, mate toto rānei, engari kei a koe ētahi hoa tautoko.

0800 15 10 15

www.leukaemia.org.nz

Nā Jenny Astall i tuhituhi te putanga tuatahi, nā Lesley Edwards rāua ko Penny Owens i whakatika mō te Children's Cancer and Leukaemia Group Publications Committee (UK). He mea whakarerekē nā te Leukaemia Foundation of Australia me te tautoko a ngā mātanga mate toto me ngā tapuhi o Ahitereiria. Ngā mihi motuhake ki a Dr Michael Osborn, Bernadette O'Grady me Jill Shergold. E whakamihia nuitia ana e te Leukaemia Foundation te CCLG mō te whakaaetanga ki te whakarerekē me te whakaputa i tēnei pukaiti hei whakamahī i Ahitereiria.

Nā Christine Sharp ngā pikitia.





our mission is to care, our vision is to cure

**Ki te mea he pātai āu,
ki te ruarua rānei koe mō tētahi mea,
me pātai ki tētahi o tō kapa maimoa, whakapā
rānei ki Leukaemia & Blood Cancer New Zealand.**

Waea koreutu 0800 15 10 15

Waea 09 638 3556

Waea tuhi 09 638 3557

Īmēra info@leukaemia.org.nz

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