

# PĀRONGO TŪRORO 1

## Te rehunga mā tō tamaiti

Ko te tamaiti, ahakoa te pakeke, ahakoa he pēpi kātahi anō ka whānau mai, ka mate rehunga pea. Kei te pakeke o tō tamaiti; te momo mate, ngā āwangawanga whanaketanga rānei; me te āhua o te poka, ko ngā pūkenga me ngā wheako ka hiahiatia mā ngā kaimahi rongoā, tae atu ki te momo hōhipera e tika ana hoki kia mātua whakarite ka whiwhi tō tamaiti i te atawhai e tika ana.

### Ki hea whiwhi poka ai taku tamaiti i raro i te rehunga?

Kua oti kē i te nuinga o ngā hōhipera te whakarite herenga pakeke tūroro, arā anō ētahi kāore e whakaae ana ki ngā poka, ki ngā tukanga rānei mō te tamaiti. Ka tū tonu ētahi tukanga o ia rā pērā ki te poka miramira kakā, ngā ngongo taringa, te maimoatanga niho rānei ki te nuinga o ngā hōhipera, ngā whare poka ā-rā rānei kua whakaritea mā ngā tamariki ake. Engari mō ngā tamariki tino nohinohi, te hunga e pāngia ana e ngā tini mate hoki/rānei me te hunga e mate poka matua ana, tōna tikanga ka atawhaingia ki tētahi o ngā hōhipera nui e whai ratonga tamariki ana, i roto rānei i tētahi hōhipera tamariki.

### Mā wai e tiaki taku tamaiti i te wā kei raro rātou i te rehunga?

He tākuta whai pūkenga mātanga rawa ngā kaitukurehunga me te mātauranga, pūkenga haumanu tino ahurei. Ko tā rātou mahi he mātua whakarite he haumaru, he hāneanea hoki te noho a tō tamaiti. Ka tūtaki te kaitukurehunga ki a koe i mua i te poka ki te whakaratarata i a kōrua ko tō tamaiti me te whai haere i ngā kōrero mō te atawhai nui ana ki a koe, ki a rātou rānei. Ka noho rātou ki te taha o tō tamaiti ki te āta tiro tiro me te aroturuki i a rātou i te roanga o te rehunga.

### He aha ngā momo rehunga e taea ai te whakamahi i te taha o ngā tamariki?

Ko te nuinga o ngā tamariki ka whakarehua ki ngā rongoā e whakamoe i a rātou ki roto i tētahi āhuatanga mauri moe kāore rātou i te mōhio e aha ana i te wā o te poka kia mutu rā anō ngā rongoā. E kīia ana tēnei ko te rehunga whānui, ā, ki a rātou, he rite ki te tūāmoe. E taea ai te whakakapi te rehunga whānui e te rehunga mō tētahi wāhi anake, arā, kia werohia ki tētahi wāhi, ka kēkerewai te wāhi o te tinana ka pokaia kia tau rawa atu te āhua o tō tamaiti i tōna ohotanga ake. E taea ai ētahi atu rongoā te hoatu, te whakahau rānei hei āwhina i tō tamaiti ki te kai, ki te inu rānei i muri i te ohotanga ake.

### He aha te mahi māku?

He āwhina nui ki tō tamaiti kia mōhio ka ahatia i roto i te hōhipera. Me rite koe ki te whakautu i ā rātou pātai me te aro ki ngā take pai mō te poka. Haria mai ngā mea pērā ki ngā taonga tākaro, matahiko rānei e pai ake ai te noho ā tō tamaiti i te wā i te hōhipera rātou.



Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhiohio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhio. Karapahia te waehere QR kia haere ki tō mātou paetukutuku [anzca.edu.au](http://anzca.edu.au). He aratohu anake tēnei mōhiohio kua mō te whakakapi i ngā mōhiohio mai i tō kaitukurehunga.





ANZCA  
FPM

TE REHUNGA  
ME NGĀ TAMARIKI

## PĀRONGO TŪRORO 2

# Te whakarite mō te rehunga o tō tamaiti

Ka tūtaki te kaitukurehunga o tō tamaiti ki a kōrua ko tō tamaiti i mua i te poka, kia pai tana whakaratarata i a rātou; kia ako i ngā āhuatanga whakahirahira ki a rātou; kia mōhio he pēhea tō rātou oranga o mohoa nei; kia mōhio ki ngā mea katoa ka pā ki te āhua o tā rātou atawhai i tō tamaiti. E taea ai e koe te pātai, te kōrero hoki mō ngā mea katoa e whakamāharahara ana i a koe e pā ana te rehunga, ki t/ētahi atu mea rānei e pā ana ki te rā o te poka. Ka kōrero te kaitukurehunga ki a koe mō te rehunga, mō te tino āwhina hoki e taea ai e koe hei atawhai i tō tamaiti, tae atu ki ngā āhuatanga whakamāmā i te mamae i muri i te poka, me pēhea hoki tō atawhai pai i a rātou i te kāinga.

He aha ngā pātai a te kaitukurehunga ki a au?

Ki te whakaheke i te tūpono mai o ngā raruraru i te rehutanga, ka pātai tō kaitukurehunga:

- Nōnahea tō tamaiti i kai i tana kai whakamutunga. He mea nui te whakamutu i te kai e ai ki ngā tohutohu.
- Mehemea he raruraru oranga o mohoa nei ā tō tamaiti pērā ki te maremare, te rewharewha, te kirikā rānei.
- Mehemea he hītori tā tō tamaiti o te huangō, he raruraru manawa, he hoihoi te ngongoro, te maniore, ētahi atu raruraru tinana rānei.
- Mehemea kei te kai rongoā tō tamaiti ahakoa te momo, ahakoa rānei he tāpiringa, he whakaritenga otaota rānei.
- Mehemea he mate pāwera tā tō tamaiti ki te rongoā.
- Mehemea he niho oreore, he perehi niho, he pereti niho, he momo mea whakatikatika niho rānei ā tō tamaiti.
- Mehemea he tangata kaipaipa kei roto i te whānau ake.
- Mehemea kua raruraru anō t/ētahi o te whānau i te rehunga.



Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhiohio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhio. Karapahia te waehe QR kia haere ki tō mātou paetukutuku [anzca.edu.au](http://anzca.edu.au). He aratohu anake tēnei mōhiohio kua mō te whakakapi i ngā mōhiohio mai i tō kaitukurehunga.

# I te wā o te rehunga o tō tamaiti

I muri i te kōrero whānui i mua i te rehunga, ka whakaritea tō tamaiti mō te rehunga e te kaitukurehunga. Ko te hoatu i te whakarokiroki (i mua i te rongoā) ki tō tamaiti hei āwhina mō te maniore; te hoatu i te pani rehunga kia kēkerewai tētahi wāhi o te kiri ki reira werohia ai ki te whāngai-ā-iaia mō te whāngai i te rongoā rehunga; me te hoatu i ngā āhuatanga whakawarea pērā i ngā kōrero paki, ngā ataata, ngā taonga tākaro rānei.

## He pēhea te āhua o te tuku rehunga whānui ki ngā tamariki?

Ko te rehunga whānui mā te tamaiti ka tīmata i a rātou e whakahā ana i te hau rehunga mai i te uhi mata, mā te werohia rānei o te rongoā rehunga ki roto ki te iaia tonu, ki tētahi whāngai ā-iaia rānei. I te nuinga o te wā he tere ake te wero ki te iaia hei tīmatanga, i te whakahā i te rehunga whānui. He wā anō arā, mō ngā tamariki pakeke, i te wā rānei o tētahi whawhatitata, ko te wero te tukanga ka tino hiahia.

## E āhei ana ahau te haere ki te taha o taku tamaiti ki te taiwhanga poka?

He āwhina tēnei ki tō tamaiti, ka mutu, he haumaruru. Tērā pea e āhei ai hoki koe te haere ki te taha o tō tamaiti mō te tīmatanga o te whakarehunga. He āwhina nui mehemea he tau tō āhua, e whai ana hoki koe ki te whakatau i tō tamaiti kia noho harikoa tonu ia. I te whana mai o te rehunga ka kitea pea e koe ētahi momo korowhiti o te tinana,, te ruru o ngā karu, te ngongoro, me ētahi atu āhuatanga rerekē ki tana whakahā. He āhuatanga noa iho tēnei o ia rā, o ia rā. Kia mutu te whakarehunga o tō tamaiti ka arahina koe e ngā kaimahi ki tētahi wāhi whanga. Ka mātua whakarite hoki rātou kei a koe tō tau waea, kia pai ai tā rātou waea atu ki a koe kia haramai ki te taha o tō tamaiti i te wāhi whakaora, i te ohonga mai o tō tamaiti.

## Ka ahatia i muri i taku wehenga?

Ka noho tonu tō tamaiti ki raro i te rehunga, ka aroturukingia, ka āta manaakitia hoki rātou e te kaitukurehunga. Ka whai wā koe ki te whakatā me te whakapai ake anō i a koe, te whakarite hoki mō te wā ka noho tahi anō ai kōrua i muri i te tukanga.

Tirohia tō mātou ataata  
He aha tēnei mea te Rehunga?  
mō ētahi atu mōhiohio



[anzca.edu.au/what-is-anaesthesia](https://anzca.edu.au/what-is-anaesthesia)



SCAN ME

Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhiohio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhio. Karapahia te waehe QR kia haere ki tō mātou paetukutuku [anzca.edu.au](https://anzca.edu.au). He aratohu anake tēnei mōhiohio kaua mō te whakakapi i ngā mōhiohio mai i tō kaitukurehunga.

# I muri i te rehunga o tō tamaiti

I muri i te poka ka whakamutu tō kaitukurehunga i te whāngai rongoā rehunga ka tīmata te tukanga whakaoho. Kia haumarū rā anō, ka arahina tō tamaiti e tō kaitukurehunga ki te wāhi atawhai muri-rehunga (PACU) ka hoatu ngā mahi ki te tapuhi whai whakangungu mō te rūma whakaora, māna e aroturuki haere te oranga o tō tamaiti i te roanga o te wāhanga whakaoho, e mātua whakarite hoki he hāneanea, he haumarū anō tō tamaiti.

Āhea e taea ai e taku tamaiti te kai me te inu i muri i te poka?

I runga i ngā tohutohu mai i tō kaitukurehunga, mātanga poka hoki ka tono kai, inu hoki pea te tapuhi whakaora i muri i te ohotanga mai o tō tamaiti.

Ka pāngia taku tamaiti i ngā pāngia tuarua

He pūkenga ngā tapuhi rūma whakaora ki te aromatawai i ngā raruraru pēnā ki te auhi, ki te hiakai, ki te hiainu rānei. He wā anō, kua kōmingomingo, kua pōraruraru ngā tamariki i te ohotanga mai i te rehunga whānui. Ehara tēnei āhuetanga i te āhuetanga taumaha, ka tere mutu, kua kore te tamaiti e maumahara ki tēnei i te nuinga o te wā. He mea āwhina pea mā te nohinohi i tēnei wā, ko tētahi taonga tākaro taunga ki a rātou. Mehemea e tika ana, ka hoatuna pea he rongoā whakatau i taua kōmingomingo.

Me whiwhi taku tamaiti i te atawhaitanga i muri i te rehunga?

I muri i te poka kotahi rā, e āhei ai tō tamaiti ki te hoki ki te kāinga i muri i te whakaaetanga mai ā te mātanga poka me te kaitukurehunga he haumarū, he pai hoki ki a rāua te āhua o tō tamaiti. Ka hoatu ngā kaimahi tapuhi whakaora i ngā mōhihio mō te atawhaitanga o tō tamaiti i muri i te poka, tae atu ki te whakahoki i ngā tohutohu i hoatu ki a koe e te kaitukurehunga i mua i te poka. He mea āwhina tēnei i a koe ki te aromatawai me te atawhai i tō tamaiti me tōna oranga ngākau i te kāinga.



Hei mana tātaki mō te rehunga ki Ahitereiria, ki Aotearoa hoki. Ko tā ANZCA he whakaputa mōhihio whai taunakitanga e wātea ana ki te katoa hei āwhina i a koe ki te whakatakoto whakatau i runga i te mōhio. Karapahia te waehe QR kia haere ki tō mātou paetukutuku [anzca.edu.au](https://anzca.edu.au). He aratohu anake tēnei mōhihio kaua mō te whakakapi i ngā mōhihio mai i tō kaitukurehunga.