

Unoko/lavea pe ni tigaiga ona ai ko he lavea ki te ivi tua: kotokotoga mō te maliliega lauaitele

NOVEMA 2021



He Kaupare. He Manaaki.
He Whakaora.
prevention.care.recovery.

Ko ki mātou e fia fakafetai ki nā fakalapopotoga iēnei mō te lātou maliliega ke hapoti he kotokotoga vēnei agai ki nā tigaina ona ai ko he lavea ki te ivi tua.

**Burwood
Spinal Unit**



Auckland Spinal Rehabilitation Unit



**Home & Community Health
Association**



Fakahologa o nā Ulutala

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Kupu Fakafetai

E fakafetai lahi atu kia te ki lātou iē na fai hao uma ma te loto kātoatoa ke foaki mai ai a lātou fakamatalaga agai ki o lātou he mālohi talu ai ko nā unoko pe ni tigaina fakalogo ona ai ko he lavea ki o lātou ivi tu.

Te Tiriti ō Waitangi

Te Tiriti ō Waitangi (te Tiriti) ko he pepa fakapitōa ia e fakavae ai nā tonu fai a te mālo i luga o Niuhila Aotearoa ma e fakamautū ai nā fakanofonofoga i loto o te atunuku. Ko o mātou mokomokoga ke hapoti te Mālo i ana faigāpāga faka-va-o-mālo (Tiriti) ma ke fakataunuku pe tiliva nā tautuaga i he auala e mafai ai ke kikila tutuha ai nā fakamoemoega mō tagata Māoli.

Ko te Pepa Taki ala a te Matāeke o te Ola Malōlo [1] e mau ai ni fehoahoaniga mō ki lātou iē ei loto o nā tautuaga tau falemai ke fakatino ai te apalaiga o nā taki kautū a te Tiriti i a lātou galuega i nā aho taki tahi. Ko te apalaiga o nā taki iēnei ki nā tautuaga e fakafaigofie ai mō tagata Māoli ke fakaali te lātou mana, fakamautinoa e ki lātou mau ni tautuaga tau te ola malōlo e pito hili te lelei ma e talafeagai ki te lātou aganuku, ma e fakamalohia ki te kau tautua a te ola malōlo ke fakatino lelei ma te fakaaloalo o lātou tiute ki hō he tagata Māoli.

I te laina kua vahe ke hetu ai na taukikilaga kehekehe, ko ki mātou e tāmāu ki te fauga o ni tautuaga tau te ola malōlo e holoholo lelei. e pito hili te lelei ma e avanoa ki hō he tagata Māoli, ma hō he tino te e iei ni o lātou lavea tau te ivi tua (Spinal Cord Injury - SCI).

Kikila Tutuha

I loto i Niuhila Aotearoa, ko nā kulupu kehekehe e fau e ni tino, e iei ai nā Māoli ma nā tagata Pahefika, e kehekehe foki o lātou manakoga tau te ola malōlo.

Ko te kikila tutuha e ia amanakia te manakoga ke fakaogā ni auala vēna na lihoi pitohili ona lelei ke tautali ai ki nā levolo kehekehe kua faka-avanoa ke mau gofie ai te ola malolo lelei kae ke hē iei ai ni fakalavelave ki te hē lava tapena ma te hē lava o te avanoa mō na kulupu kehekehe iēnei.

Ko te fakalaititiga o te fakailoga tino i na vāega tau te ola malōlo ona ai ko nā vāega tau nofonofoga, aganuku, heleni, ma te kogāfenua e nonofo ai ko ni ki vāega tāua uma iēnei. E manakomia he auala e manino ma e maopo e iei ai na metotia uma ki loto o nā hihitemi a te ola malōlo ma ki lātou e hē kātoatoa te mālohi (disability) vēna ki nā heke (sectors) lauaitetele iēnei.

Lavea ki te ivi tua

Mō te kautū o tēnei pepa, ko te lavea ki te ivi tua e iei ai te tauale na mafua ona ai ko he pakivalea pe he lavea ki te ivi tua (mō he fakatakitakiga, ko ni lavea na mafua ai te hē mālohi), pe kafai e heki lavea (mō he fakatakitakiga, hē mālohi mahani).

Nā Fekau kautū



Ke fakamālohi te apalaiga o te Te Tiriti ō Waitangi e tāua ke kikila totoka ki nā vāega iē e iei ai te fakailoga tino, kae ke fakalelei atili ai nā fakamoemoega tau te ola malōlo ma ke fakafetaui ai nā manakoga ma nā mokomokoga o nā tagata Māoli.



Ko te kikila tutuha e ia amanakia te manakoga ke fakaogā ni auala vēna na lihoi pitohili ona leleii ke tautali ai ki nā levolo kehekehe kua faka-avanoa ke maua gofie ai te ola malolo lelei kae ke hē iei ai ni fakalavelave ki te hē lava tapena ma te hē lava o te avanoa mō na kulupu kehekehe tenei.



Ko te puipuiga o nā unoko, lavea pe ni tigaina ona ai ko he lavea i nā tino iē e maua i te SCI e tāua lele kae maihe ki te taufaiga lava ke hē iei ni afainaga e kavekave loloa ki o lātou ola malōlo tautokatahi vēna o lātou ola malolo lelei, ma ni olaga pito hili te lelei.



Ko ki lātou iē e maua i te SCI e ono mafai ke maua gofie e latou nā lagona tigaina ona ai ko he lavea ki te ivi tua ilō ki lātou iē e heki maua e te SCI, ma ona ai ko o lātou lavea e manakomia e lātou nā fehoahoaniga vēna ma nā fakatogafitiga fakapitoa.



Ko nā fehoahoaniga ma te koleniga o nā tino iē e maua e te SCI, ma o lātou tauhi tauale, vēna nā kaiga e tāua i te taufaiga ke fofō nā unoko pe bi tigaina ona ai ko he lavea i na fuainumela o tagata iēnei.



E iei he vāega patino o te kaugaifaluega a te ola malōlo ma te komiuniti e aofia i te taukikilaga o ki lātou e maua i te SCI, e tāua la ke fakamautinoa e totoka ma e gatahi te māina ma mālamalama pe vefea te puipuiga o nā unoko ma nā tigaina, vēna foki ma te vave iloa, vave fakatogafiti, ma te taukikilaga lelei i Aoteloā Niuhiā.



E lahi lele nā lihoi kehekehe, nā meafaigaluega, ma nā fautuaga e avanoa, uma i loto i Aotealoā Niuhiā ma te lalolagi kātoā; ko tēnei kotokotoga e taumafai ke fakamatea nā fakatinoga pito hili ona fetau mo nā tino e maua i te SCI.



Ko nā taki faka-loto-i-fale ma nā fakatinoga pito hili te lelei mō te puipuiga ma te taukikilaga o nā unoko pe ni lavea e avanoa ma e maua i Aotealoā Niuhiā, ma e tatau ke fakaogā ma fakatalatalanoa fakatahi ma nā tahi fakamatalaga kua heti atu i loto o tēnei galuega.

Pe vefea ma ko hea te na fau ai tēnei kotokotoga

Ko tēnei kotokotoga nā fauhia e ni tino fakapitōa mai i ni matāta kehekehe kua maua e te SCI ma e aumau i te komiuniti, e iei ai foki ma nā kaiga e tauhi e lātou, nā tino faigaluega fakapitōa a te ola malōlo e patino o lātou iloa ki ni matakupu kua tākua ve ko ('Te Kauhaga Fakapitōa') e lihi atu i te Laupepa 1. Ko tēnei galuega na fauhia ma e amanaki ki te fakatino o ni auala e mautū ma gatahi ki te tautaliga ki nā tino e tigaina mai nā unoko pe ni lavea vēna ki lātou e maua e te SCI i loto i Aotealōa Niuhihila, ma e mātau totoka nā fakanofonofoga a te komiuniti, e ono mafua mai ai ni afainaga agai ki nā unoko pe ni lavea.

Ko tēnei kotokotoga ko he vāega o te galuega a te Accident Compensation Corporation's (ACC's) ke puipui ai nā unoko pe ko ni lavea i nā tino iē e ono maualuga te afaina. Acc, te Matāeke o te Ola Malōlo ma te Health Quality & Safety Commission Niuhihila kua galulue fakatahi ma nā tahi matāta a te ola malōlo vēna na matāta mō nā tino e hē kātōa te mālohi ki nā auala ke fakalelei atili ai te puipuiga o nā tino e iei ni unoko, lavea pe ni tigaina ona ai ko ni lavea, ko ni vāega faka-loto-i-fale (local) vēna ma te atunuku(national).

Ko tēnei kotokotoga e hē mātua kātōatoa uma ai nā fakamatalaga pe ni fakatinoga ki nā matāta uma lele o te puipuiga ma te fakatogafitiga o nā lavea, unoko pe ni tigaina ona ai ko he lavea, E tatau ai la ke fakaogā fakatahi ma ni tahi lihoi te e kaumi ai ni taki totoka ke fakatino ki te taukikila leleiga o nā unoko pe ni lavea mō nā tauale vena ki lātou e maua ite SCI, ma e talanoa haele ma na tauale iēnei.

Ko te kotokotoga nā tuku fakatahi fuafua ki ni fakamaoniga, ma e fakauau nā galuega iēnei fua ki ni fakavae-fakamaonia mai nā taki a te lalolagi vēna nā lipoti a te mālo agai ki nā puipuiga ma te taukikilaga o nā unoko pe ni lavea ia ki lātou e maua ite SCI, e iei ai foki nā taki kua fau e ni tahi atunuku ve ko Kanata [2] ma New South Wales, Auhetalia [3].

Ko tēnei galuega e mafai ke fakaogā foki fakatahi ma ni taki i luga lava o fenua ma e tatau ke faitau fakatahi ma te taki e taku ko te Guiding Principles for Pressure Injury Prevention and Management in New Zealand, he pepa na lōmia e te ACC ia Me 2017.

KOTOKOTOGA O TE MALILIEGA LAUATELE NA PĀHIA E TE KAUHAGA FAKAPITOA: HETEMA 2021

AHO E ILOILO AI: HETEMA 2026



Afainaga o nā unoko pe ni tigāina

Ko nā vāega iēnei e lahi o lātou fakauigaga (e mafai foki ke taku ve ko ni 'tigaina ona ai ko he lavea pe ko ni unoko ona ai ko te takoto mataloa') e mafai ke iei o lātou afainaga matuiā ki te ola malōlo ma te ola malōlo lelei o nā tino tautokatahi e maua ai. E mafai ke mafua ai ni tahi tauale fakapokepoke, (e lahi) hē kātoa te mālohi, taofi ite falemai ma iētahi tino e mafai lava ke feoti ai.

I tafa ake o nā afainaga ki te ola malōlo faka te tino, ko nā lagona tigāina ona ai ko he lavea e ono mafai ke maua ai foki te hē tulaga manuia o te ola malōlo faka te mafaufau ma na tahi afainaga e ono maua e nā tino e maua i te SCI. Ko nā afainaga iēnei e iei ai te mafai ke faigaluega, te tulaga manuia o te tama-o-kaiga, ma te aiā ke mafai ai ke femalagaaki, vēna ai foki ma o lātou ola malōlo lelei faka te mafaufau (mental wellbeing). Ko te tino e afaina, o lātou kaiga ma vēna a lātou fanau ma nā hoa e matuā afaina lava. Ko te Puipuiga ma te manuia o te taukikilaga lelei o nā unoko pe ni lavea e mafai ke maua ai he olaga ola malōlo kae matagofie o iēnei tauale vēna te fakataikole o te ono mafai ke taofi i te falemai.

Ko te lahiga o nā tauale vēnei e mafai ke fakaheai – ma ko te puipuiga o nā unoko, lavea pe ko te fakataikolega o nā afainaga e tūa, ma e fakaaauau pea lava, te fakamuamua ite hihitemi a te ola malōlo i Aotaloa Niuhiila.

Ko nā lagona tigā ona ai ko he lavea ki te ivi tuā e ono lahi te maualuga te mafai ke toe hula, ma ko te vave fofō e mafai ke maua ai he olaga lelei mo nā tino ie e maua ho i te tauale tēnei ko te tigaina ona ai ko he lavea ki te ivi tua.

“Kafai au ka fano oi fai haku mālologa, ko te peleni mo toku taukikilaga lelei (care)e hui foki, auā ka lahi ai te hapoti e manakomia. Ko toku tiute i loto o te kaiga e tahui mai te tinomatua (Te tamana-te kavetavale) ki he tino e ola fakalagolago. Ko toku ola-malōlo faka te mafaufau e fano lava e hē lelei, Ko te fuainumela o tagata e manakomia ke fehoahoani, fakatātiaga lelei o nā taimi ke fakatonu te kikila ki he fōmai, nā tau ki toku kaiga, ma te tax ola malōlo e tatau ke hiki.

BOB | C5/6 e pipili fakaholo kātoa

Lavea ki te ivi tua ma nā lagona tigaina ona ai ko te ivi tua

I loto o Niuhila, e ova malie ake i te 200 o na tauale fou i te SCI i nā tauhaga uma: e fakatuha ki te taki toka fa i vaiaho taki tahi [4]. E iei he galuega na fakatino ite 2020 na iloa ai, ko te mafai ke maua ho o ni tigaina i nā tino e SCI i Aotealoa Niuhila e maualuga maihe lava mō nā tino Maoli ma nā tino Pahefika mātutua [5].

Ko te fuainumela o tagata e nonofo ma te SCI e kehekehe lava fuafua ki nā koga e omamai ai. Ko hō he tauhaga, ko na Māoli e maua ite SCI e mafai ke fokotahi i te fa o avanoa e mafai ai ke maua i na tigaina o nā unoko, fakatuha ki te tahi ki te lima o avanoa i nā tahi atunuku.

Ko he vāega la ka tokakaga lahi kiei ko te puipuiga ma te fakatogafitiga o nā tigaina ia te ki lātou iē e maua i te SCI, auā e lahi nā vāega e ono fakamaualuga ai te mafai ke maua i nā tigaina.

Ko he tino e maua e te SCI e mafai ke hē ia lagona he tigaina i te koga ote tino e tau oho ake ai te tigaina, ko to na uiga ko te tigaina e mafai ke teki lava oho i he taimi vave lele kae e hē kitea. E ono hē mafai e nā itūkaiga tauale iēnei ke taukikila ki o lātou paku pe vave liliu ki he tahi itū ke fakamāmā ai te tigaina. Ko nā tino e maua ite SCI e ono fakamoemoe lahi lele ki nā tahi tino ke taukikila ki nā unoko i o lātou paku. E tuha ai, ko nā āuga o nā unoko e mafai ke hē matea vave, ma e mafai ke matea gatā i nā paku e pouli malie te lanu, ko to na uiga ko te taimi e mafai ai ke kitea e ono faigatā ke fakataikole te afainaga.

Ko nā unoko e lahi fakatogafiti e nā tino fakapitoa o te ola malōlo iē e hē gafa patino ma nā tigaina ona ai ko he lavea pe ni unoko pe ko te SCI, vēna ai ma nā kaiga iē e iei ni o lātou iloa ki te vave matea ma vave fofō o nā unoko. Ko te taikole o te iloa fakapitoa e ono mafai ai foki ke tuai te taukikila leleiga o nā lavea pe ko ni unoko, e mafai ai la ke lahi he afainaga ki nā fakamoemoea tau te ola malōlo mō nā itū kaiga tauale vēnei.

Fakamautinoa e iei he unoko pe he lavea i he tino e maua e te SCI ma vave fakatino he peleni mō te taukikilaga lelei e mafai ke faigatā kae e tāua mō te totoka o te fakatogafitiga ma ke taikole nā afainaga ki te olaga o te tino tauale.

“Ko te vave matea, vave fofō ko te lahiga ia o nā vāega kua gafa ma au agai ki oku unoko pe ni lavea, mai te taimi e ko iloa ai ki te taimi e fakatogafitia ai, ko te mafuaga foki ia e taikole ai nā afainaga kawai e iei ni oku unoko, kae e tatau lava ke mātau nā afainaga o nā unoko pe ni lavea mō ki lātou iē e maua e te SCI auā e lahi atu nā vāega e tatau ke fakafeagai ma ki lātou ke mate lelei ai.

BOB | C5/6 e pipili fakaholo kâtoa



Ko nā taki mō te puipuiga, fakamautinoaga, fakatogafitiga, ma te taukikilaga lelei o nā unoko/lavea i nā SCI.

Ko nā taki iēnei mai te taki fakavae ke tautali ai ki nā unoko/lavea mō ki lātou e maua i te SCI. E tatau ke apalai uma ki nā vāega o te taukikilaga ma te fakatogafitiga.

FAKALEOGA O TE LEO TAU HĒ LAGONA

Ko te tauale kua fakamuamua e tagata uma, ma e fakamuamua foki e ki lātou iē e taukikilaga tauale te fakaleoga o nā manakoga o te tauale mō he taukikilaga pito hili te lelei vēna ona mātāu nā fakatogafitiga mō nā tauale tautokatahi ma o lātou aiā tatau.

METOTIA MŌ TE TAUTOKATAHI

E amanakia uma nā galuega lelei kua fakatinoā, e mātāu foki te taukilaga lelei ma te fakaaloalo ki te tauale i to na lava hikomaga, aganuku, talafakaholopito, to na iloa na iei agai ki nā lavea/unoko, na manakoga, ma nā manakoga o te kaiga.

FAKAPĀGA

Ko te puipuiga ma te fakatogafitiga e fefaiaki fakatahi lava ma, e manakomia lele te auai pe ko te kaufakatahi o te, tauale, to na kaiga, ma te fakaogā o ni auala kehekehe fakatahi ma ki lātou e galuelue ite ola malōlo vēna ma ki lātou e fakatupe nā vāega iēnei.

FAUTUAGA TALAFEAGAI MA FETAUI

Ko nā fautuaga e fuafua patino lava mō nā vāega e fetāui ki te taukikilaga o te tauale, ma ni tahi auala ma ni filifiliga e fau ki nā vāega e tatau kafai kua manakomia.

FAKAHOLOGA O NĀ VĀEGA FUA KI NĀ AHO

Ko nā fakapopolega ma nā fakafitāuli e fakamatea vave ma e vave fofōgia foki.

FAKAAUAUGA O TE TAUKIKILAGA LELEI

Ko te fekaveaki aloakia o nā galuega i te va o nā tino faigāluēga a te ola malōlo e totoka ma e mākeke, e vēna ke manino te taukikilaga kua fakatātia. E tātāu lele tēnei vāega i te faka-heaiga, pikiga ma te taukikilaga o nā tigaina ona ai ko he lavea.

"E hē ke mafaiā oi fai he mea kafai e hē iei tō kaiga. Ko ki lātou ia kua fai ma o vae ma lima, ko ki lātou ia kua fai ma fatu ke fakavae ma fakamoemoe koe kiei."

KINA | C5/6 e pipili fakaholokātoa



Galulue ma he kauhaga e gafa ma ni vaega-kehekehe

E tāua lele ke nofo mālama uma nā tino i loto o tēnei kauhaga maihe lava ki te fakamautinoaga ko nā fakamatalaga e totoka, ma e manino kia teki lātou iē e gafa ma te taūkitakiga o te ola maālolo o te tauale i tēna taimi. Ko nā tahi vāega, ko te tauale lava te ia fakamālohia lava ia.

Fautuaga mō ni fakatinoga lelei.

- Galulue fakatahi ma te tino tauale, o lātou kaiga ma nā tino tauhi tauale i taimi uma.
- Fakamaumau o hiakiga uma ma nā fakatogafitiga i he auala e faitau gofie ma e fakauau pea.
- Fakamautinoa ko nā tahi kauhaga o te kulupu a te ola malōlo e fakauau te taulogologo agai ki nā taumafaiga, afainaga ma nā fakafitauli. Hikitia ki ni tahi tautuaga fakapitoa e ono talafeagai.
- Fakamautinoa e manino te fekaveakiga ki nā tahi hui patino i loto ote kauhaga a te ola malōlo, ma ke fakamanino ki te tino eo ia te tiute ke taukikila ai te tauale i nā vāega uma e aofia mō te taukikilaga o te tauale.
- Ke fakailoa ki te ACC, i hō he vāega e tatau ai (acc.co.nz/contact).



He auala fautuagia ki nā tigaina e lagona ona ai ko he lavea i nā SCI

Ko te vāega ka hohoko e taku atu ai, te levolo e pitohili te maualuga, te maliliega lauaitete ki nā fakatinoga pitohili te lelei, te fofōga, te taukikilaga lelei o nā tigaina ona ai ko he lavea ia teki lātou iē e nonofo ma te SCI. Ko te Kotokotoga ki he Maliliega lauaitete tēnei na tuku fakatahi e te Kauhaga Fakapitoa, ma nae hakili fehoahoani ki na lihoi kua lihi atu i te fakaikuga o tēnei pepa.



AHEHIGA O NĀ AFAINAGA



PUIPUIGA



FAKAMATEA/FAKAILOGA O HE UNOKO PE HE TIGAINA



FAKATOGAFITI



**KE TOE FAKAGAIOI/
KE TOE FOFŌGIA I NI AUALA
PITOHI TE LELEI.**

1. Ahehiga o nā afainaga e ono tutupu



Mō he tino te kua maua i te SCI, taumulimuli ki nā hitepu iēnei ke ahehi ai te ono mafai ke maua e lātou nā tigaina.

- a** Fakatino he hukehukega/hiaki muamua ki nā afainaga e ono maua i he taimi vave, ke fakamautinoa ai te levolo o nā afainaga e ono mafai ke maua mō te tauale, ma nā pepa e tatau ke fakatumu.
- b** Fakatino he ahehi maeaea ke hiaki ai nā lagona tigā mō ki lātou iē e maualuga te levolo e ono mafai ai ke maua nā tigaina, lekoti uma na vāega e fakapopolea. Ko te pepa takiala a te SSKIN kua heti atu i lalo i te Vāega tau te Puipuiga e mafai ke fakaogā ke taki ai nā ahehi/hiakiga, ma nā meafaigaluega ve ko te Waterflow, Braden Scale pe ko te Purpose T e mafai ke fakaogā.
- c** Fau ma fakatino he peleni takiala mō te puipuiga fua ki nā afainaga, patino tonu lava mō te tino tautokatahi.
- d** Fai ma toe fakafoki te fakatinoga o te ahehi kua tākua, i loto o he leva e tuha ma te ono mahina pe e i lalo ifo fuafua lava ki nā fakafitauli e fakafeaagai ai ma te levolo o nā afainaga o te tino tautokatahi. Tahui te peleni puipui kafai e manakomia.
- e** Kafai ko he tauale pe ko o lātou kaiga e iei ni vāega e popole kiei agai ki nā tigaina e mafua mai i he lavea, e tāua ke fakatino he ahehi ki nā afainaga e ono iei (risk) ke tautali ai ki iēnei popolega. Ko tēnei ahehi la e mafai ke fehoahoani ki te fakamautinoaaga kafai e manakomia ni tahi huiga ke fakatino pe e lava nā fakatinoga kua fakatātia.
- f** Ke mātau na tauhaga ma te matua o te tauale vēna te leva talu te nonofo ma te SCI. Ko te fano o te tino e matua, e ono pakū ai te mafai o te paku ke taofi to na memei (firmness) vena foki te maho. Ko to na uiga ka taikole foki te ufiufiga i te va o nā ivi ma nā tahi vāega (surfaces). Mō ki lātou iē e nonofo ma te SCI, ko iētahi huiga iēnei e vave hula kafai kua maua i te SCI, e tuha pe ko hea te matua, ma e fakaauau, e ono lahi ai la te maualuga o te afaina mai nā tigāina (pressure injury). E mafua mai ona ko te taikole pe ko te heai o nā maho, te heai pe ko te taikole o te mafai ke iei ni fakalogoga/lagona (sensation), huiga ki te nofo ma te taikole o te gaoioi.
- g** Ke mafaufau ki he ahehi fou kafai e iei ni huiga tautokatahi pe kua hui te koga e nofo ai te tauale. Mō he fakatakitakiga, huiga ki te peleni mō te haogalemū o te hifi ma te fefaiakiga o te tauale, pe he huiga ki te ola malōlo ma te taukikilaga lelei.

2. Puipuiga



- a** Fakamautinoa te tino tauale, na tauhi-tauale ma o lātou kaiga e lātou iloa pe nia nā āuga ke mātau.
- i Foki ni fakamatalaga/ākoakoga agai ki nā unoko, lavea pe ni tigaina ona ai ko he lavea ma fakatalatalanoa ma te tauale pe vefea ona maua ni fehoahoani ke taukikila lava ia ke hē ia maua ni unoko.
 - ii Fakamautinoa ko nā tauhi tauale e lava a lātou koleniga ma e mālamalama ki nā āuga muamua o nā unoko, tigaina ona ai ko he lavea.
- b** Fau he peleni ma te tauale, o lātou tauhi-tauale ma nā kaiga ke fakatino, ke taukikila lelei ai nā afainaga. Fakaogā te takiala a te SSKIN ke fakamautinoa ai ko nā vāega uma e kava ma totoka:
- i **Nā vāega e hapoti ai.** Fakaogā i loto o he taimi talafeaagai, nā vāega ke hapoti ai, ma nā meafaigaluega ke fakataikole ai te afainaga o nā unoko pe ni tigaina (pressure injuries) ma e talafeaagai mō nā manakoga tautokatahi; fakataikole te ono lahi o nā afaina o te tigaina ona ai ko nā meafaigaluega; fakamautinoa ko nā meafaigaluega e hiaki ho pe tukutonu, maihe lava kafai kua fakatakoto pe fakanofa fakalelei.
 - ii **Ahehiga o te Paku.** Fakatino nā hiakiga mahani ke kikila ki to tino kātōa pe e iei ni pou i tō paku fakalua ite aho, ma hō he taimi e iei ai he fakafitauli; fakatino he peleni talafeagai ki te tauhiga fakalelei ma tūmamā ki tō paku.
 - iii **Makeke oi fakagaoioi tō tino.** Fakatino foki he peleni ki te fakagaoioiga ma te tafufuliga o tō tino kae ke hē iei ni pou e fau ona ai ko te takoto mataloa.
 - iv **Fakafanoga o te fekau mamao ma te palahihui.** Fakatino he peleni lelei ki te fakafanoga o tau fekau mamao ma te fekau vai; fakaogā nā meakie ma nā fuhiga lelei ke mautinoa ai e mamā mea uma i taimi uma kae ke fakataikole ai o te maua o ni pou.
 - v **Na meakai.** Peleni ni meakai ola malōlo e iei ai hō he vāega tau vai-inu ma nā vāega uma e tuku ki te gutu; mafaufau ki ni meakai iē e lahi ai nā protein ma nā vaitaimini; fehokotaki ki he tino patino ki nā meakai mō he ahehi kafai e manakomia.
- Kafai e manakomia, ke kave ki he tino patino ma te ola malōlo ke tautali ai ki hō he fakafitauli kua tākua i luga.

“Ko hōhe taimi e ko haofia ai ka kāmata ko lagona he tigaina, e fofō fakavave lele ma fakamautinoa e hē toe ko lagona. Ko au kua hē toe fofou lele ke toe lahi he taimi e tatia ai au. E hala he aho fokotahi pe lua. pe he vaiaho foki, ilō te fakafano o ni mahina e fia e tatia ai au ma lahi na mea e mihi.”

3. Fakamatea/Fakailoga o he unoko pe he tigaina



E tuha pe ko nā tauale, o lātou kaiga, tino tauhi mā te kaufaigaluega a te ola malōlo e ki lātou fakatinoa uma nā auala ke puipuia ma fakataikole ai te afainaga o te ono maua ni unoko, e tatau ke mātau e mafai ke maua pea lava ni unoko. Ko tēnei vāega e hako i nā tauale SCI ona ai ko te natula o tēna tauale.

E tāua ke matea na fakailoga o te tigaina kui atu ite fakaogā o nā hitepu e fakaogā e te kaufaigaluega mō iēnei lavea. E fehoahoani lele tēnei vāega ke maua ai ni fehoahoaniga talafeagai ma hako mō te lavea, ma e tāua foki te fakatalatalanoa ma te tauale, te kaiga ma nā tauhi. Ko te hihitemmi a te international National Pressure Ulcer Advisory Panel (NPUAP)/European Pressure Ulcer Advisory Panel (EPUAP) pressure injury mō te fakavahegaga o nā itū kaiga tauale iēnei (2009) [6] ko te hihitemi ia e fakamālohia ke fakaogā mō te fakavahegaga o nā itū kaiga unoko pe ni tigaina kehekehe, e faigatā mō ki lātou iē e maua e nā tigaina ona ai ko te SCI – ko he vāega Tāua ia ke fakamautinoa ai – e mafai ke hē iei. Ko na lihoi ke fehoahoani ai ki te fakavahegaga o nā unoko ki nā paku kehekehe kua fatu e te Pan Pacific Pressure Injury Alliance (2020)[7]. Ko te hiaki ho ma te vave iloa o nā lavea pe ni unoko iēnei e tāua.

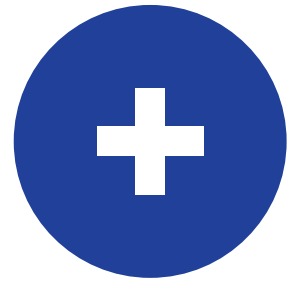
Ko te fakamateaaga o nā vahega kehekehe e iei ai te manakoga ke ahehi nā paku mā nā vāega kehekehe, e aofia ai te:

- a** te fakakehekeheega o te blanchable (huiga ki te lanu o te paku e ve e paepae kafia e lolomi) mai te non-blanchable erythema (hē mafai ke hui te lanu o te paku kafia e lolomi).
- b** Ahehiga o te vevela o te paku ma nā tahi vāega,
- c** Hiakiga o te oedema (fula), e mahani lava oi kitea gofie, kafia e fua, ma talomilomi. Kafia e avanoa ke fakaogā te sub-epidermal moisture (SEM) mahini scan (mō he fakatakitakiga kafia e kitea gatā ona ai ko te lanu o te paku), ma
- d** Ahehiga o te tātiaga o te totōga (tissue), fakatakitakiga ke hiaki pe makeketu pe heai.

"Kua fātoa ko haofia te tāua o te kikila totoka ma taukikila lelei ma fakamautinoa toku paku e lelei, kafia au e fakamaoni ki tēnei vāega e hē lahi ni mea tāua e mihi e au i toku olaga ve ko nā aho fanau, avaga ma nā polokalame a te ākoga. Auā ko te hē auai o au ki nā polokalame tāua iēnei ona ai ko toku hē fakaeteete ma fakatamala ko he vāega tēna e faigatā lele."

Josh | C6 e hē pipili fakaholo kātoa

4. Fakatogafitiga



Kafai he tauale o te SCI kua maua i ni unoko ve ko nā pou, e tāua ke vave fofō fakalelei, e manaia kafai e kikila e he fōmai fakapitoa kafai e manakomia. Kafai ko te tigaina e hē teka, ko te pou e mafai ke maua ma e tigaina foki mai he tūlaga feoloolo ki he tulaga fakalofa lele i he taimi pukupuku. Ko te fōmai (GP) a te tauale ko te tino ia e tatau ke mua fakafehokotaki kiei. Kafai ko te tauale e tigaina lahi, ma ko te fōmai e hē mafai foki ke ahehi te lavea pe ko te unoko e tigaina ai te tauale, i te falemai pe ko te fale o te tauale, e tatau la te tauale ke kave ki he tino fakapitoa tafapili ki te fale o te tauale ke kikila e tēna tino fakapitoa. E ono manakomia foki ni iētahi fehoahoaniga fakapitoa, e manakomia ai foki la te fale fakapitoa a te Special Unit Outpatient Service ke fakafehokotaki kiei. Kafai e manakomia ke taofi ite falemai, ke fakamautinoa e iei he tino fakapitoa, ke ia taukikila ma fakatino ona tiute, e maua gofie nā lihoi ke fakateka ai nā lagona tigaina o te tauale.

Fehokotaki ki te Iunite a te Kau tautua i te Spinal Unit Outpatient Service kafai e manakomia he hapoti ma ke faitau ki nā fakanofonofoga e heti mai i loto i te pepa taki a te SSKIN kua heti atu i lalo i te kotokotoga mō nā Puipuiga (Prevention) i luga.

Fakatogafitiga ke mafaufau kiei:

- a** Ahehi te lavea ke haofia ai pe vefea tonu te lahi o te tigaina, ke kilia foki te tuhiga ote mafuaga na fakavae kiei tau ahehi/hiakiga – mō he fakatakitakiga, kui atu i ni ata na tapuke pe ni ata nā tuhi fakalelei.
- b** Fakatino ni fakatogafitiga vave, ma hakili ni fehoahoani fakapitoa kafai nā fakatinoga na ke faia e hē tulaga manuia ma kilia. Ko nā fakatogafitiga e vaevae ki ni vāega e lua:
 - i Fakatogafitiga e hē manakomia ke takoto, ve ko te apalai o nā vaipou, nā kulimi, fuhiga, pe fakaogā foki nā fofō mahani ve ko nā vaiao pe taukikila lelei lava ma fakahavili te unoko.
 - ii Fakatogafiti e manakomia ke takoto, ve ko te tipi kehe o te unoko pe ko te pou (e ono manakomia ke lahi te fakamaoni ke tūmamā ki te unoko i taimi uma ke vave mate ai), pupuniga o te pou kui i he takotoga (direct wound closure), tipi kehe o ni paku (skin) lelei mai to tino ke fakalelei ai te unoko e manakomia ke takoto (skin graft), pe toe fau lava ni paku fou mai i nā paku lelei (reconstructive flaps).

c Ahehi pe manakomia e te tauale ni iētahi fehoahoani, mō he fakatakitakiga he tauhi tauale, taimi fakaopoopo ke taukikila lelei ai, ma nā tahi lihoi. Ko iētahi taimi, ko te hikomaga i te fale e ono hē lava ai he fehoahoani ma hētahi levolo ke taukikila lelei ai te tauale ilō nā fale fakapitoa mō nā tauale vēnei pe ko te falemai foki lava ke kikila totoka ai nā itukaiga lavea vēnei. Ko te Iunite mō nā lavea i te ivi tua (Spinal Unit) e tatau ke fehokotaki kafai e iei he tauale kua taofi ona ai e tigaina. Fakatalatalanoa ma nā tino e totogi nā pili o te tauale kafai e iei; kafai la e hē iei, ke talanoa ki te fōmai o te tauale mō ni iētahi fehoahoani.

d Ahehi te peleni ki te tagavai (bladder) ma te tagameakai/gakau (bowel) o te tauale pe totoka, ma fakatalatalanoa ni huiga, kafai e manakomia, ke fakaitiitia ai ni fakafitauli ma ni iētahi fakapolega ki te unoko.

e Ke iei he peleni ke fakaheai kātoa te lagona o ni tigaina ona ai ko he lavea ki te unoko. E ono manakomia ke kikila totoka foki ki he peleni ki te fakatakotoga lelei ki te moega o te tauale.

f Ahehi foki nā itukaiga meakai e kai e te tauale ma kave ke kikila e he tino fakapitoa mō nā meakai ola malōlo kafai e manakomia.

g Monita, fua, ma taukikila lelei, ma toe ahehi te lavea taki vaiaho ke fakamautinoa ai e fano e mate. Kafai e iei ni fakamaoniga ko te unoko e hē fano e mate kae e atili te tigā, talanoa ki te tauale, tahui te peleni mō te fakatogafitiga fakavave, mā ke kave ke kikila e he tino fakapotia. Fakailoa ki te lātou fōmai, ACC, ma te Iunite mō te ivitua i tēna pitonuku pe ko fea lava te koga tafapili talafeagai. Ko te vave fakailoa pe kave ki he fōmai fakapitoa e tāua. Kafai lava ko heki mate fakalelei i loto o he mahina, fehokotaki ki te Iunite mō te ivi tua (Spinal Unit Outpatient Service) tafapili atu.

5. Ke toe fakagaioi/ke toe fofōgia i ni auala pitohili te lelei.



- a** Fau he peleni kilia ke toe fofōgia fakalelei kafai kua uma te piliota nae tātia ai, ve ko te auala ke fakanofa ai kafai kua mate lelei te unoko, ma fofōgia hōhe tahi fakafitauli agai ki te SCI. Fehokotaki ki te Iunite mō te ivitua (Spinal Unit Outpatient Service) tafapili atu mō ni iētahi fehoahoani pe ni fautuaga ki te taukikilaga o te tauale i tua ma mua o te taimi e fai ai nā fakatogafitiga ki ona tigaina.
- b** Ko nā unoko fātoa mate, e ono mafai ke toe ola. Ke peleni lelei he polokalame mō te toe fakagaioi/ toe fofōgia i ni auala pitohili te lelei, ke fau e te kauhaga fakapitoa mō nā itū kaiga lavea vēnei, e manakomia ke fehoahoani ai ki te fakataikole o ni afainaga. E mafai ke maua tēnei tautuaga i loto o te komiuniti, pe ko iētahi taimi ko te tauale e lahi penefiti atu kafai e kave ke taofi i loto o te Iunite fakapitoa mō te ivitua kafai kua mate te unoko, kae ke kāmata koloni ai ke toe mafai ke gaoioi gofie.
- c** Toe liliu oi kikila ki te taki ki te ahehiga o nā afainaga, ma fakamatea (kikila ki te taki i luga), aua ni taki e manakomia i te olaga kātoa o ki lātou iē kua maua i te SCI ke fakataikole ai te afainaga o te ono maua e ni iētahi unoko pe ni iētahi tauale fakapokepope atu.
- d** Te Taukikilaga lelei i he taimi leva e tāua, auā te paku e ono hui kafai e iei he lavea ma e hui foki ona ai e fano e matua nā tauhaga ote tauale ma na tahi vāega lava o te olaga (lifestyle factors). E manakomia ke lahi te kikila totoka, ma ke hiaki ho ma ke mafaufau ki na tekinoloti fou vēna nā meafaigaluega fou e ono fehoahoani ki te puipuiga ō ni iētahi lavea pe ni unoko foki. Ko hōhe huiga ki nā fakanofonofoga mahani o te tauale, mō he fakatakitakiga he unoko fou, e manakomia ai he ahehi pe he hiakiga fou foki.

"Mai i he kikilaga a he tauale, ko hō he tigaina e mafua mai i te nofo ko he vāega tēnei e ono hui ai te ola o he tino. Mai te ova ake ite 35 tauhaga talu toku nofo vēnei i te nofoa-faipaku nae taukikila lelei toku paku, kua ko lagonā ho nā tigaina e mafua ko te nofo-mataloa. Ko nā vāega iēnei e fakaholo mai i nā itula, ki nā vaiaho i te taukikilaga ke mauitinoa e holoholo lelei. Ko na mafuaga e iei ai te fifita o nā hevae e fai, nofo ki luga o he fuhipaku-vakalele, he fakahetonu ki he fāmalu, taofi i he tahi potu o te falemai e hē fakapitoa mō nā tauale ki te ivitua, nā haitia nā vae i lalo laulau, hugia ki te hiepi o te ivitua, gahe taikole ki te paku [ko to na uiga] e hē mafai ke mate gofie."

BOB | C6 e hē pipili kātoa

Fakahologa o nā uiga o nā kupu

Blanchable erythema: He kogāmea o te paku (tulou) kua kukula e hui te lanu ki te paepae mō he tamā taimi kafai e lolomi mālie te paku ma e toe kukula kafai kua hē lolomi. Ko he vāega tīga o te tino, e ono mafai ke mafua ona ai ko te lahi o te toto e fano ki tēna koga o te tino talu ai ko he lavea (hyperemic response),

Debridement: Te fakaheiga o nā vāega hē lelei mai i loto pe i autafa o te unoko. Ko tēnei vāega e afaina ai nā unoko iē e ono maua ona ai ko te takoto mataloa aua ko nā hiama e mafai ke hoholo ki nā tahi koga o te tino tafapili ki te unoko, ma fau ai he hikomaga mō hiama ke ono fau ai ni iētahi unoko e hē ola malōlo mō te tauale.[8]

Erythema: Ko te kukula i he vāega o te paku ona ai ko te fuaefa o nā ua i loto o tēna vāega.[8]

Induration: He vāega e mākeketu ona ai ko te heai o ni ivi i tēna vāega.[8]

Negative pressure wound therapy: Ko te fakatogafitiga o he unoko ke fakamālohia ai e mate lelei kui ite fakaheiga o ni fula (third space oedema), ko tona uiga e fakalahi ai te okehene mā nā vāega lelei ka maua; fakaheiga o ni tahi unoko, auā e fau e na hiama e kave kehe uma e nā hiama e ono fau e lātou ni iētahi unoko; fakamalohiga o te tino ke toe fau faka-te-natula e ia nā vāega ke toe fakaholo lelei ai te toto; promotion of angiogenesis; vēna ke fakamālo te tino ke toe ia faua nā ua nā kave kehe ona ai ko te lavea ma te fakaheiga o ni vāega e ono toe fau ai ni unoko.[8]

Non-blanchable erythema: Kafai he vāega o te paku tafapili ki he ivi o te tino e kukula i te taimi e lolomi ai. Ko ni āuga iēnei o te unoko Vāega/Sitepu I. Te uliuli o he vāega o te paku e ono hē mafai ke matea kafai e kave kehe.

Oedema: Ko ni fula e mafua mai i ni vai e lahi e fau i loto o nā tahi totoga o te tino i he taimi leva.

Shear (shear stress): Ko te fitā e ono mafai ke maua ona ai ko te mamafa o te fōhi e apalai ki he koga o te tino.[8]

Spinal Unit Outpatient Service: Nā tautuaga e mautū i Aukilani ma Kulaihitieti e fehoahoani ki nā tino i Aotealoa Niuhiā iē e afaina ona ai ko ni tigaina i te ivitua.

Auckland Spinal Rehabilitation Iunite (Telefoni: 09 270 9000; <https://www.countiesmanukau.health.nz/our-services/a-z/auckland-spinal-rehabilitation-unit/>) e maua ai te fehoahoani mō ki lātou e aumau i luga ake o te afa ki luga o te North Island.

Burwood Spinal Iunite (Telefoni: 03 383 6850; www.cdhb.health.nz/bsu) e fehoahoani ki nā tino e nonofo ma te SCI ma e aumau i te South Island ma lalo ifo o te afa ki lalo o te North Island (Taranaki ki Hawkes Bay ma lalo atu).

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Nā lihoi na fau mai ai te kotokotoga mō he maliliega lauaitale

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Laupepa 1

Na hui o te Kauahaga Fakapitoa

Ko tēnei kotokotoga na fauhia e he kauhaga e omamai i ni galuega kehekehe faka-kautū patino lava mō nā tino e maua e te SCI i te komiuniti, nā tino e taukikila mai nā kaiga, ma nā kaufaigaluega kehekehe a te ola malōlo e iei o lātou iloa fakapitoa (e takua ko te 'Kauhaga Fakapitoa') ko a lātou iloa fakapitoa mā nā mea nā fakafeagai ma ki lātou na lahi lele te fehoahoaniga ki tēnei galuega. Ko te tuhiga muamua (draft) a nā fakafehili atili na leleiga ma na vaivaiga o tēnei galuega e nā tahi hoa i te matāta lava tēnei, na fakalapotopotoga e galuelue fakatahi ma na tauale vēnei, nā kaufaigaluega falemai, ma iētahi kauhaga. Ko nā galuega nae gafa ma te ACC.

Ko te Kauhaga Fakapitoa ma o lātou fakalāpotopotoga patino ko:

IGOA	FAKALĀPOTOPOTOGA
Bob Symon	Hui o na tino fakatau
Denise Hislop	Auckland Spinal Rehabilitation Unit, Counties Manukau District Health Board
Gary Duncan	Royal Australasian College of Surgeons
Jo Nunnerley	Burwood Academy / University of Otago
Kate Gray	Hutt Valley District Health Board
Lee Taniwha	Consumer representative
Lindsey Cockcroft	Burwood Spinal Unit, Canterbury District Health Board
Pam Mitchell (Kia Novema 2020) Anj Dickson (Mai ia Fepuali 2021)	New Zealand Wound Care Society
Pania Tulia	Tino fakapitoa mo te taukikilaga o na kaiga
Dr Peter Vincent	Royal New Zealand College of General Practitioners
Prudence Lennox	IDEA Services, IHC Group
Raj Singhal	Canterbury District Health Board



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