

Pepa Whakamārama mā te Kaiwhakauru



Taitara rangahau: **Te Rangahau EASY-ALLO**

Te whakamāmā i te āhuetanga hei whakatutuki i te whāinga hinutoto tiomimi (serum urate) i roto i te hunga mate porohau: he whakamātautau rautaki raro-kore mā te whakamahi i te tauira tuku pota allopurinol

Kaitautoko:	Te Whare Wānanga o Ōtāgo	Tohutoro a te Komiti Matatika:	HDEC 2022 FULL 13478
Ngā kaitūhura matua:	Ahorangi Lisa Stamp Ms Leanne Te Karu Ahorangi Nicola Dalbeth	Waea:	02108496887

He pōhiri tēnei ki a koe kia whakauru mai ki tētahi rangahau mō te āhuetanga pai rawa hei whakapiki i te allopurinol mō te whakamaimoa i tō porohau. Kei a koe te tikanga ki te whakauru mai, kāore rānei. Ki te kore koe e hiahia ki te uru mai, ehara i te mea me whakamārama atu e koe, ā, kāore he pānga ki ngā manaakitanga e whiwhi ana koe. Mēnā kei te hiahia koe ki te whakauru mai i tēnei wā, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

Ka āwhina tēnei Puka Mōhiohio kaiwhakauru i a koe ki te whiriwhiri mēnā me uru mai koe. He whakamārama he aha e mahia ai e mātou te rangahau, he aha te aha o tō uru mai, he aha pea ngā painga me ngā mōrea ki a koe, ā, ka aha i muri i te mutunga o te rangahau. Ka kōrero tahi mātou i ēnei mōhiohio me koe me te whakautu i ō pātai. Ehara i te mea me whakatau i tēnei rā mēnā ka uru mai koe ki tēnei rangahau, kāore rānei. I mua i tō whakatau me kōrero pea koe ki ētahi atu mō te rangahau, pērā i te whānau, ngā hoa, ngā kaiwhakarato hauora rānei. E tuwhera ana tēnei ki a koe.

Mēnā ka whakaae koe kia whai wāhi mai ki tēnei rangahau, ka tonoa koe ki te haina i te Puka Whakaae kei te whārangi whakamutunga o tēnei tuhinga. Ka whiwhi koe i tētahi tārua o te Puka Whakamārama mā te Kaiwhakauru me te Puka Whakaae hei pupuri māu.

He 8 whārangi te roa o tēnei tuhinga, tae atu ki te Puka Whakaae. Me āta whakarite kua pānui koe i ngā whārangi katoa, kei te mārara hoki ēnei ki a koe.

HE AHA TE KAUPAPA O TE RANGAHAU?

He momo kaiponapona te porohau e pā noa mai ana i Aotearoa. Ko te nui rawa o te waikawa tiomimi i roto i te toto te pūtake matua o te porohau.

Hei whakahaere i te porohau me iti iho te rahinga waikawa tiomimi i roto i te toto i te 0.36mmol/l. Mēnā ka taea tēnei rahinga i te wā roa ka iti iho te maha o te pānga mai o te porohau, ā, ka mutu.

Ko te allopurinol te rongoā e tino whakamahia ana hei whakaiti i te nui o te waikawa tiomimi i roto i te toto. Ko te āta whakapiki haere i te pota allopurinol onāiane i taka mai i ngā rahinga waikawa tiomimi i te toto te tauira papai rawa. Engari, he roa pea te wā, ā, he nui te wā mahi inā rā ehara i te mea he tika tētahi pota kotahi mō te katoa. I tēnei rangahau e rapu ana mātou i tētahi āhuetanga atu anō hei whakapiki i te allopurinol ka tino pai rawa anō e ai ki te pota ka matapaetia e mātou mōu.

HE PĒHEA TE HANGA O TE RANGAHAU?

E whakahaerehia ana tēnei rangahau i Tāmaki Makaurau me Ōtautahi. E rapu ana ki te whakaemi i te 380 ngā tāngata mate porohau.

Ka tohua matapōkeretia ngā kaiwhakauru ki tētahi o ngā rautaki tuku pota allopurinol e rua: te tuku pota tino whakamaimoa i te hinutoto tiomimi a te nēhi me te āta tiroiro i te toto i ia marama, he tikanga whakapiki haere i te pota e ai ki te pota allopurinol ka matapaetia.

Atu ki te ono ngā toronga ā-tinana ki a koe i roto i te tau me te waea atu pea ki a koe i waenga i ēnei toronga. Ka uiuitia anō pea koe i te mutunga o te 12 marama hei āwhina i a mātou kia mārama ai ki ngā mea whaitake, me ngā mea kāore he take. I te mutunga o te 12 marama, ka tukuna koe ki tō rata mō te whakahaere haere tonu i te porohau. Ka whakapā atu anō ki a koe i te 1 me te 2 tau i muri i tō toronga whakamutunga kia kite ai kei te pēhea te whakahaere i tō porohau.

Ka whakamahia e mātou te allopurinol hei rongoā whakaheke i ō rahinga waikawa tiomimi i te toto. He pire tēnei ka kainga i ia rā. Ka tohua matapōkeretia koe ki te āhuatanga onāiane mō te whakapiki i te allopurinol mā ngā whakamātautau toto ā-marama, te rautaki rerekē rānei ka arahina kētia mā te pota o te allopurinol ka matapaetia e mātou me whiwhi koe.

KO WAI KA ĀHEI KI TE WHAKAURU MAI KI TĒNEI RANGAHAU?

He tono tēnei ki a koe kia whakauru mai ki tēnei rangahau i te mea kua pā te porohau ki a koe, ka mutu kei te tīmata koe ki te kai allopurinol, kei te kai allopurinol rānei koe i tēnei wā engari he nui tonu te rahinga tiomimi i roto i a koe. I roto i te rangahau ka haere tonu ētahi atu o ō rongoā.

HE AHA ANŌ KEI ROTO I TŌKU WHAI WĀHI KI TE RANGAHAU?

MĒNĀ ka whakaae koe ki te whakauru mai ki te rangahau,

- Ka tonoa koe ki te whakakī i ngā uiui mō tō porohau (hei tauira, e hia tō pakeke i te pānga tuatahi mai, e hia ngā pānga mai i tērā tau, ā, he mate atu anō ōu), ō whakaaro mō te rongoā me te pānga o tō porohau ki tō mahi me tō ao noho
- Ka whakaratoa ngā tūtohu rongoā ki a koe mō te allopurinol me ngā tohutohu me pēhea te whakapeto. Ka tukuna anō e mātou he mahere ki a koe hei ārai i te porohau i a koe e whiwhi ana i te pota allopurinol tika, me ngā rongoā hei whakamaimoa i te porohau mēnā ka pā mai.
- Ka tonoa koe kia whakamātautauhia ō toto. Ka whakamātautauhia e mātou tō waikawa tiomimi, tatau toto, mahi a tō ate, mahi a ō tākihi me ngā taumata o te allopurinol kei ō toto. I ia toronga ka uiuitia koe, arā e hia te pānga mai o te porohau ki a koe, ā, mēnā i pā mai he pānga kino i te allopurinol. Ka tonoa anō koe e mātou ki te whakautu i ētahi uiui mō ō rongoā me tō porohau.
- Mēnā kei te haere atu ki te wāhi i Tāmaki Makaurau, ka tukuna e mātou he matawai pāorooro o ō pona, waewae hoki i te toronga rangahau tuatahi, ā, me muri i te 12 marama. Kāore he mamae o te matawai pāorooro, ā, kāore he iraruke. Ka tāpirihia he 15-20 meneti atu anō ki te toronga rangahau. Ka taea tonu e koe te whakauru ki te rangahau mēnā kāore koe i te whiwhi i te matawai pāorooro.
- Mēnā ka pā mai te porohau ka tangohia pea e mātou ētahi tīpako toto atu anō
- I runga i tō whakaae ka whakapā atu anō pea mātou ki tō rata whānau, te tiroiro i ō whakaaturanga hauora hāngai, te uru rānei ki ō whakaaturanga o Ngā Ratonga Pūkete Mōhiotio Hauora o Aotearoa kia kite ai mātou e pēhea ana tō hauora.
- Ka pōwhiritia ētahi kaiwhakauru ki te whakauru mai ki ngā uiui mō tō rātou wheako i te mutunga o te rangahau

KA AHATIA AKU TĪPAKO TOTO?

E ai ki te wāhi ka tangohia ō tīpako toto, ka tukuna ēnei ki ngā taiwhanga hōhipera tūmatanui, ki ngā taiwhanga hapori i Ōtautahi, i Tāmaki Makaurau rānei.

Ko ētahi o ngā tīpako toto ka kohia i roto i te rangahau ka rokirokitia ki ā mātou pouakatio haumarua i Te Whare Wānanga o Ōtāgo, Waitaha me Waipapa Taumata Rau. Ka mau tapanga ēnei me tētahi tau rangahau ahurei. Ka whakamahia ēnei mō ētahi mahi taiwhanga tauwhāiti e āta tirotiro ana i te kakātanga o te porohau. Kāore he mōhiohio i runga i ngā tapanga e mōhiotia ai koe. Ka tukuna ētahi tīpako mai i ngā tāngata i uru mai i Tāmaki Makaurau ki Ōtautahi mō ngā whakamātautau tauwhāiti kāore i mahia i Tāmaki Makaurau.

Kāore tēnei rangahau e pupuri pītaurira. Kāore e tukuna ngā tīpako o te rangahau ki waho o Aotearoa.

I te mutunga o te rangahau, i te otinga o te tātaritanga ka whakakorehia e mātou ō tīpako. Mēnā e hiahia ana koe kia whakakorehia ō tīpako mā te karakia ka taea e mātou tēnei te whakarite.

Mēnā ka hiahia koe ki te wehe mai i te rangahau ahakoa te wā me whakapā atu ki te kaiwhakarite rangahau. Ka whakamahia tonutia ngā tīpako toto, ngā mōhiohio rānei i tātaritia atu ki taua wā.

He whakapono pea ōu mō ngā tikanga tapu me ngā uara o ngā tīpako pūtautau ka whakakorehia me ngā raraunga mai i te pūtautau. Me kōrero koe ki tō whānau mō ngā take ahurea e pā ana ki te rokiroki i ō pūtautau, raraunga hoki ina tika ana. Mēnā kei te hiahia tautoko tikanga Māori koe ka taea te tuku tēnei. Me whakamōhio mai koe, ā, ka whakaritea e mātou tēnei mōu, ka taea rānei e koe te waea atu ki te tau waea kei raro o te puka mōhiohio mā te kaiwhakauru me te puka whakaae. He rerekē ngā tautoko tikanga Māori ki te whai mōhio atu anō mō ngā maimoatanga rangahau. I ēnei āhuatanga, ka taea te whakarite kia haere atu te kaitūhura matua ki te kōrero ki a koutou ko tō whānau.

HE AHA RĀ PEA NGĀ MŌREAREA O TĒNEI RANGAHAU?

Pērā anō i ngā rongoā katoa, kei reira anō te tūponotanga mō ngā pānga kino o te maimoatanga. Ka tukuna e mātou ngā mōhiohio ā-tuhi ki a koe mō ia rongoā, e ai ki te maimoatanga e hiahia ana koe. Ka āta tirotirohia koe e mātou mō ngā pānga kino e pā ana ki ngā rongoā.

He maimoatanga matua tuatahi te allopurinol i te ao katoa mō te porohau mai rā anō i ngā tau o te 1960. He maha ōna pānga kino ka taea (pērā i te kōpukupuku, kirikā, whakapairuaki, mamae puku, mate tikotiko, ngā whakamātautau mahi rerekē a te ate me ngā tākihi me ngā rerekētanga ki te tatau toto). Ka āta tirotirohia haeretia koe e mātou mō ngā tohu o ngā pānga kino. Mēnā ka pā mai he pānga kino he mea nui kia whakapā mai koe kia whiriwhiria e mātou mēnā me whakamutu te rongoā, me whakaheke rānei te pota.

Otirā mēnā ka pā mai he kirikā, kōpukupuku, he hono mamae rānei me whakapā atu koe ki te kaiwhakarite rangahau, he kaitūhura, haere rānei kia tirohia e te rata.

Tērā pea ka āhua marū me te auhi i muri i te tango tīpako toto.

HE AHA NGĀ PAINGA KA PUTA PEA I TĒNEI RANGAHAU?

Ko ngā painga ki a koe tonu ka āta tirotirohia, āta whaiwhaihia tō porohau, ā, ka tino hāngai tō maimoatanga porohau. Ka whakahaerehia tō porohau e tētahi rōpū tohunga porohau. Ka pūmau rātou ki te whakarite ka whiwhi koe i te pota allopurinol kia mātua mutu ai te pānga mai o te porohau.

Ka āwhina anō te rangahau i a mātou kia mārāma ai ki ngā maimoatanga pai rawa mō ētahi atu tāngata mate porohau.

HE AHA ĒTAHI ATU ARA I TUA ATU I TE WHAKAURU MAI?

Ki te wehe mai koe i te rangahau ka tukuna atu he tuhinga tohutohu ki tō rata me pēhea te whakahaere pai rawa i tō porohau.

KA AHATIA AKU MŌHIOHIO?

I roto i tēnei rangahau ka hopukia e ngā rata/kairangahau, ngā nēhi me ētahi atu kaimahi rangahau ngā mōhiohio mōu me tō whakauru mai ki te rangahau. Kei roto i tēnei ko ngā otinga mō tētahi aromatawai rangahau me ngā whakamātautau toto. Mēnā e hiahia ana, ka tīkina anō pea ngā mōhiohio mai i ō pūkete hōhipera me tō rata. Kāore koe e āhei ki te whakauru mai ki tēnei rangahau mēnā kāore koe i te whakaae kia kohia ēnei mōhiohio.

Ngā Mōhiohio E Mōhiotia Ai te Tangata

Ko ngā mōhiohio e mōhiotia ai te tangata ko aua mōhiohio e mōhiotia ai koe (hei tauira, tō ingoa, rā whānau, wāhi noho rānei). Ka whai wāhi pea ngā rōpū e whai ake ki ngā mōhiohio e mōhiotia ai koe:

- Ngā kaimahi rangahau (hei whakaoti i ngā aromatawai rangahau)
- Ka whakamōhiotia atu tō rata mō tō whai wāhi mai ki tēnei rangahau
- Ngā kaimahi taiwhanga, hei tukatuka me te pūrongo i ō tātaritanga me ngā whakamātautau haumaruru
- Te Kaitautoko (Te Whare Wānanga o Ōtāgo) me ētahi atu tari kāwanatanga, mēnā ka tukuna e koe he kerēme kapeneheihana mō te wharanga i roto i te rangahau. E hiahia ana ngā mōhiohio e mōhiotia ai koe hei aromatawai i tō kerēme.
- Te Kaitautoko (Te Whare Wānanga o Ōtāgo), ngā komiti matatika, ngā tari kāwanatanga rānei mai i Aotearoa, i tāwāhi rānei, mēnā ka ōtitahia te rangahau, te wāhi rānei. Ka mahia ngā ōtita hei whakarite kei te tiakina ngā kaiwhakauru, kei te tika te whakahaere i ngā rangahau, ā, kei te tika te kohikohi i ngā raraunga.
- Tō rata ake (tō rata, mātanga rānei), mēnā ka puta he otinga ohorere i tētahi whakamātautau rangahau e hira ai ki tō hauora, oranga rānei. Mā tēnei ka taea ngā whaiwhai ake tōtika te whakarite.

Ngā Mōhiohio Kia Kaua E Mōhiotia Koe

Hei whakarite ka noho tino matatapu ō mōhiohio, kāore e whakaurua mai ngā mōhiohio e mōhiotia ai koe ki roto i te pūrongo ka tuhia e ngā kairangahau, ngā mōhiohio rangahau HOKI/RĀNEI, ka tukuna ki te kaitautoko. Engari, ka tautuhia koe e tētahi waehera ahurei. Ka puritia e ngā kairangahau he rārangi e hono ana i tō waehera ki tō ingoa kia mōhiotia ai koe mā ō raraunga kua waeheretia mēnā e hiahia ana.

Ka whai wāhi pea ngā rōpū e whai ake ki ngā mōhiohio kua waeheretia:

- Te rōpū rangahau
- Te Kaitautoko (Te Whare Wānanga o Ōtāgo), mō ngā kaupapa o tēnei rangahau.

Ka whakaputaina pea ngā otinga o te rangahau, ka whakatakotohia rānei, engari kaua mā tētahi āhuatanga e mōhiotia ai e koe.

Ngā Rangahau Anamata E Whakamahi Ana i Ō Mōhiohio

Mēnā ka whakaae koe, ka whakamahia pea ō mōhiohio kua waeheretia mō ngā rangahau anamata e pā ana ki te kaikōiwi, porohau rānei kāore i te hāngai ki te rangahau onāiane.

Kāore pea koe e whiwhi i ngā pūrongo, ētahi atu mōhiohio rānei mō tēnei rangahau ā muri ake ka oti mā te whakamahi i ō mōhiohio.

Te Haumarutanga me te Rokiroki i Ō Mōhiohio

Ka noho ō mōhiohio e mōhiotia ai koe ki Te Whare Wānanga o Ōtāgo, Waitaha me Waipapa Taumata Rau i te wā o te rangahau. I muri i te rangahau ka whakawhitia ki tētahi wāhi pūranga

haumarū, ā, ka rokirokitia mō te 10 tau i muri i te otinga o te rangahau, kātahi ka whakakorehia. Ka tāurua ō mōhiohio kua waeheretia ki ngā puka pūrongo kēhi tāhiko. Ka rokirokitia ngā mōhiohio rangahau kua waeheretia ki ngā pūranga haumarū, ā-kapua mō te wā atu ki te 20 tau i muri i te rangahau. Ka ū ngā rokiroki katoa ki ngā aratohu haumarutanga raraunga paetata, ā-ao hoki/rānei.

Ngā Mōrea

Ahakoā ka whakapau kaha ki te tiaki i tō tūmataitinga, tē taea te whakapūmau ka noho matatapu ō mōhiohio. Ahakoā ngā mōhiohio kua waeheretia, e kore e taea te whakaoati kāore koe e tautuhia. He iti noa te mōrea i tēnei wā o te uru atu me te raweke (hei tauira, ka uaua ake mōu ki te whai mahi, te pupuri i te mahi, te inihua hauora rānei) a te tangata i ō mōhiohio engari ka nui haere pea ā tōna wā i te kitenga a te tangata i ngā tikanga hou o te rapa mōhiohio.

Ngā Motika Kia Āhei ki Ō Mōhiohio

Kei a koe te motika ki te tono kia uru atu ki ō mōhiohio e puritia ana e te rōpū rangahau. Kei a koe anō te motika ki te tono kia whakatikahia ngā mōhiohio i whakahētia e koe.

Me pātai koe mēnā kei te hiahia koe ki te uru ki ngā otinga o ō whakamātautau tātaritanga me te haumarū i te wā o te rangahau. Ka taea e koe te toro ki ētahi atu mōhiohio rangahau i mua o te mutunga o te rangahau, engari ka tangohia pea koe i te rangahau hei tiaki i te pono ā-mātauranga o te rangahau.

Mēnā he pātai āu mō te kohinga me te whakamahinga o ngā mōhiohio mōu, me pātai atu koe ki ngā nēhi, ngā rata rānei o te rangahau.

Ngā Tika Tango i Ō Mōhiohio

Ka āhei koe ki te tango i te whakaaetanga ki te kōhi me te whakamahi i ō mōhiohio ahakoā te wā, mā te whakamōhio atu ki tō Rata Rangahau.

Mēnā ka tangohia e koe tō whakaae, ka mutu tō whai wāhi mai ki te rangahau, ā, ka mutu te kohikohi mōhiohio a te rōpū rangahau mai i a koe.

Ko ngā mōhiohio ka kohia tae noa ki tō wehe mai i te rangahau ka whakamahia tonuhia, ā, ka whakaurua ki te rangahau. Hei tiaki tēnei i te kōunga o te rangahau.

Mana Raraunga Māori

Ko te kaupapa o *te mana raraunga Māori* he whakamaru i ngā mōhiohio, ngā mōhiotanga rānei mō te iwi Māori (mai i a rātou rānei). E mōhio ana mātou he taonga ngā raraunga ka kohia mō tēnei rangahau. Hei āwhina ki te tiaki i tēnei taonga:

- I kōrero mātou ki te Kaitohutohu Rangahau Hauora Māori i Te Whare Wānanga o Ōtāgo me Waitaha mō te kohinga, rangatiratanga, me te whakamahinga o ngā raraunga rangahau.

MĀ WAI E UTU TE RANGAHAU?

Kāore he utu mō te whakauru ki te rangahau. E utua ana tēnei rangahau e te Te Kaunihera Rangahau Hauora o Aotearoa. Ka tukuna he tīkiti whare hokomaha o te \$50 i te tīmata me te mutunga o te rangahau. Anō hoki ka tukuna he tīkiti penehīni, he tīkiti whare hokomaha rānei o te \$20 mō ia toronga me tutuki i a koe mō te rangahau. Māu anō e utu ngā nama tūtohu rongoā mō tō allopurinol me ngā rongoā mō te porohau.

KA AHA MĒNĀ KA PĀ MAI HE RARURARU?

Mēnā ka whara koe i tēnei rangahau, ahakoā ko te tikanga karekau, ka āhei pea koe ki **te tono** paremata mai i a ACC, he rite tonu mēnā i whara koe i te mahi, i te kāinga rānei. Ehara i te mea ka whakaae noatia ō kerēme. Me tuku e koe he kerēme ki a ACC, ā, ka pau tētahi wā ki te aromātai. Ki te whakaaetia tō kerēme, ka whiwhi pūtea koe hei āwhina i a koe kia whakamāui ake.

Mēnā he rīanga hauora tūmataiti, rīanga mataora rānei tāu, me kōrero atu pea koe ki tō kaiinihua kia mōhio ai mēnā he pānga i tō whai wāhi mai ki tō rīanga.

HE AHA ŌKU MOTIKA?

Kei a koe anō te tikanga ki te whakauru mai. Ehara i te mea e herea ana koe ki te whakauru mai ki tēnei rangahau, ā, ki te kore koe e whakauru mai, kāore he pānga ki ō manaaki, maimoatanga rānei o muri ake.

Ki te whakaae koe kia whai wāhi mai, kei a koe te tikanga ki te wete mai i a koe ahakoa te wā, ā, ehara i te mea me tuku whakamārama mai, ā, kāore he pānga o tēnei ki tō tiaki hauora o muri atu. Mēnā ka hiahia koe ki te wehe mai i te rangahau ahakoa te wā me whakapā atu ki te kaiwhakarite rangahau. Ka whakamahia tonutia ngā tīpako toto, ngā mōhiohio rānei i tātarhia atu ki taua wā.

Ka noho matatapu ngā otinga takitahi o tēnei rangahau, ā, kāore e whakamahia he kōrero e whakaaturia ai koe i roto i ngā pūrongo mō tēnei rangahau. Ka noho matatapu ngā whakaaturanga rangahau, ā, ka noho haumaruru. Mēnā ka hiahia koe ki te toro i ngā mōhiohio ka kohia e mātou mōu i roto i tēnei rangahau ka taea e mātou tēnei te whakarite.

Ka whakamōhiohia atu koe e mātou mō ngā mōhiohio hou mō ngā pānga kino, pai rānei e pā ana ki te rangahau ka wātea mai ka whai pānga pea ki tō hauora.

KA AHA Ā MURI I TE RANGAHAU, MĒNĀ KA HURI RĀNEI ŌKU WHAKAARO?

I te mutunga o te rangahau ka haere tonu ō maimoatanga e ai ki ngā tohutohu a tō rata.

Me kī ka wātea mai ngā otinga o te rangahau mai i ngā kaitūhura i ngā marama maha i muri i te otinga o te rangahau. He maha pea ngā tau i muri i tō whai wāhitanga mai ki te rangahau.

KO WAI KEI TE UTU I TE RANGAHAU?

He mea utu tēnei rangahau e Te Kaunihera Rangahau Hauora o Aotearoa.

ME WHAKAPĀ ATU AHAU KI A WAI MŌ ĒTAHI ATU MŌHIOHIO, MĒNĀ HE ĀWANGAWANGA RĀNEI ŌKU?

Mēnā he pātai āu, he māharahara, he amuamu rānei mō te rangahau ahakoa te wā, ka taea e koe te whakapā atu ki:

Ingoa, tūranga	Rachel Murdoch – Research Fellow / Rheumatologist
Tau waea	09 923 4139
Īmēra	rachel.murdoch@auckland.ac.nz

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me te hauātanga i:

Waea:	0800 555 050
Waea Whakaahua:	0800 2 SUPPORT (0800 2787 7678)
Īmēra:	advocacy@hdc.org.nz

Ka taea anō e koe te whakapā atu ki te komiti matatika hauora me te hauātanga (HDEC) nā rātou tēnei rangahau i whakaae i:

Waea:	0800 400 569
Īmēra:	hdec@health.govt.nz

Mō ngā kaiwhakauru i Tāmaki Makaurau: Mēnā kei te hiahia tautoko tikanga Māori koe me whakapā atu ki te kaiwhakahaere o He Kamaka Waiora mā te waea atu ki 09 307 4949, pekawaea 29200. Whakahuatia te Taitara o te rangahau (Te Rangahau EASY-ALLO) me ngā ingoa o ngā kaitūhura matua (Stamp, Te Karu, Dalbeth)

RANGAHAU EASY-ALLO



Me tohu hei whakaatu i tō whakaaetanga ki ēnei e whai ake

Kua pānuitia e au te Pepa Whakamārama mā te Kaiwhakauru, kua pānuitia rānei ki ahau ki te reo e mārama ana ahau, ā, me tino mārama ana ki ōna kōrero.	Āe ☐	Kāo ☐
He nui te wā kua hōmai hei whakaaro mehemea ka whai wāhi ki tēnei rangahau, kāore rānei.	Āe ☐	Kāo ☐
I whai wāhi ahau ki te whakamahi i tētahi rōia, kaitautoko whānau, hoa rānei hei āwhina i ahau ki te tuku pātai, ā, e mārama ana ahau ki te rangahau.	Āe ☐	Kāo ☐
Kei te pai ki ahau ngā whakautu mai ki ahau e pā ana ki te rangahau, ā, he tārua tāku o tēnei puka whakaaetanga me te pepa mōhiohio.	Āe ☐	Kāo ☐
Kua homaitia e au tētahi pepa whakamārama mō ngā mōrea o te allopurinol, ā, i whai wā ahau ki te pānui me te tuku pātai.	Āe ☐	Kāo ☐
Kei te mārama ahau he tūao (kei ahau te tikanga) tōku whai wāhi atu ki tēnei rangahau, ā, kei ahau anō te tikanga ki te wehe mai i te rangahau ahakoa te wā, me te kore whai pānga ki aku manaakitanga hauora.	Āe ☐	Kāo ☐
E whakaae ana ahau kia kohia, kia tukatukahia e ngā kaimahi rangahau aku mōhiohio, tae atu ki ngā mōhiohio mō taku hauora.	Āe ☐	Kāo ☐
E mārama ana ahau ka whakamōhiotia taku rata, taku kaiwhakarato onāiane rānei mō taku whakauru ki te rangahau me ngā otinga tino rerekē ka puta i roto i te rangahau.	Āe ☐	Kāo ☐
E whakaae ana ahau ki tētahi kaiōtita i whakaaetia i tohua e te New Zealand Health and Disability Ethic Committees, tētahi atu mana whakarite ture, tō rātou māngai rānei i whakaaetia e arotake ana i aku pūkete hauora hāngai mō te kaupapa ake o te tiro tiro i te tika o ngā mōhiohio i mau mō te rangahau.	Āe ☐	Kāo ☐
E mārama ana ahau he matatapu taku whakauru ki tēnei rangahau, ā, kāore e whakamahia he kōrero ki ngā pūrongo o tēnei rangahau e mōhiotia ai ahau.	Āe ☐	Kāo ☐
E mātau ana ahau ki ngā whakaritenga paremata ki te tūpono pā mai he wharanga i roto i te rangahau.	Āe ☐	Kāo ☐
E mōhio ana ahau me whakapā atu ki a wai mēnā he pātai āku mō te rangahau.	Āe ☐	Kāo ☐
E mārama ana ahau ki aku kawenga hei kaiwhakauru rangahau.	Āe ☐	Kāo ☐

Ki te whakatau au ki te wehe i te rangahau, e whakaae ana ahau kia whakamahia tonutia ngā mōhiohio i kohia mōku tae noa ki te wā ka wehe mai ahau, ā, me tukatuka haere tonu.	Āe ☐	Kāo ☐
E whakaae ana ahau kia whiwhi au i tētahi matawai pāorooro i ōku hono (wāhi o Tāmaki Makaurau anake)	Āe ☐	Kāo ☐
E hiahia ana ahau ki te whiwhi i tētahi whakarāpopototanga o ngā otinga mai i te rangahau	Āe ☐	Kāo ☐
E whakaae ana ahau ki te whakamahinga o aku raraunga mō ngā rangahau hāngai ā muri ake	Āe ☐	Kāo ☐
E whakaae ana ahau kia uru atu ngā kairangahau ki ngā whakaaturanga ratonga Mōhiohio Hauora o Aotearoa	Āe ☐	Kāo ☐
E whakaae ana ahau kia whakapā mai ki ahau mō ngā rangahau whaiwhai ake ā tōna wā	Āe ☐	Kāo ☐
E hiahia ana ahau kia whakakorehia aku tīpako mā te Karakia	Āe ☐	Kāo ☐

Whakapuakanga a te kaiwhakauru: E whakaae ana ahau ki te uru atu ki tēnei rangahau.

Ingoa o te kaiwhakauru:

Waitohu:

Rā:

Declaration by member of research team:

Kua whakamāramahia atu ā-waha e au te kaupapa rangahau ki te kaiwhakauru, ā, kua whakautua e au ngā pātai a te kaiwhakauru mō te rangahau.

E whakapono ana ahau kei te mārama te kaiwhakauru ki te rangahau me tana whakaae ki te whakauru mai.

Ingoa o te Kairangahau:

Waitohu:

Rā: