



**The Royal Australian
and New Zealand
College of Obstetricians
and Gynaecologists**
Excellence in Women's Health



Te Kāhui Oranga ō Nuku

He kōrero mō ngā wāhine e hapū ana me ō rātou whānau

I whakahoungia i te Rātapu 29 Poutū-te-Rangi 2020

Ka hapū ana te wahine, he wā hākoakoa, he wā ki te titiro whakamua mō te nuinga o ngā wāhine me ō rātou whānau. Whai muri i te tauākī e pā ana ki te urutā Mate Korona (COVID-19), kāore e kore ka pā te āmaimai ki ngā wāhine e hapū ana mō tō rātou ake hauora me te hauora o te pēpi i te kōpū, o te pēpi kua puta tata nei ki te ao mārama. Ko ēnei kōrero he mea tuku atu e pā ana ki ngā mōreareatanga ki ngā wāhine e hapū ana, ki ā rātou tamariki hoki, te tiaki i a koe anō i a koe e hapū ana, me ngā panonitanga ki te momo poipoi tangata i mua, whai muri hoki i te putanga ki te ao mārama.

Waihoki, he rauemi hou kei te paetukutuku o RANZCOG. E āta whai ana a RANZCOG i ngā āhuatanga o te wā, kei te torotoro hoki ki ngā mātanga o Ahitereiria, Aotearoa, huri noa i te ao, hei taura, mai i te Royal College of Obstetricians and Gynaecologists.

E mātua mōhio ana mātou ki te uaua o te tuku i ngā kupu āwhina mārō nā te pakupaku noa o te mātauranga, me te kore mōhio mehemea ka whai hua ngā mahi o tētahi whenua ki tētahi atu whenua. Ko tā mātou he ngana ki te whakahou, ki tā mātou e taea ai, ngā kōrero e pā ana ki tēnei kaupapa whakateretere .

1. Ka nui noa atu te tūpono ka pāngia ki te Mate Korona te wahine e hapū ana?

Ko ngā wāhine hapū kei roto i te kāhui me tūpatō.

2. He kino ake te māuiui o te tangata i te Mate Korona mehemea he wahine e hapū ana ia?

I tēnei wā, te āhua nei kāore i te kino ake te māuiui o te wahine e hapū ana i te Mate Korona tērā i te māuiui o te tangata nō te pāpori whānui. Ko te whakapono, ka pā atu ngā tohu mate ngāwari/āhua ngāwari o te maremare, rewharewha noa iho ki te nuinga o ngā wāhine e hapū ana.

Heoi, nā te hou o tēnei mate he pāpaku noa iho ngā taipitopito kōrero e hāngai ana ki te pānga o te Mate Korona ki ngā wāhine hapū me ā rātou pēpi. Nōreia, ko ō mātou kupu āwhina he mea ako nō te mate poke rewharewha, me te rongoā ki te urutā SARS i te tau 2003. He mōrearea pea te urutā rewharewha ki ngā wāhine e hapū ana, te pēpi i te kōpū, me ngā pēpi kua puta tata nei ki te ao mārama. He maha ngā momo rerekētanga ka pā atu ki te tinana o te wahine i a ia e hapū ana. Ko ētahi o ngā rerekētanga - ka ngoikore haere ngā pūkahukahu, ka nui ake ngā mahi a te manawa, ka nui ake te hau māori ka momihia, ka rerekē hoki te pūnaha ārai mate. Nā runga i ēnei rerekētanga, he mōrearea ake te urutā rewharewha ki te wahine e hapū ana.

3. He nui noa atu te tūpono o te mate kāhu i te Mate Korona?

Mō ngā wāhine e ngana ana kia hapū ai rātou, ngā wāhine kātahi anō ka hapū rānei, karekau he taunaki kōrero e kī ana he nui noa atu te tūpono o te mate kāhu mena ka pāngia ki te Mate Korona.

4. Ka taea e te huaketo te rere ki taku pēpi i a au e hapū ana?

Kua whakaputaina ngā kēhi torutoru inātata nei e whakaatu ana āe, ka taea pea e te huaketo te rere mai i te whāea ki te pēpi (te rere iho). Heoi, he tino hou tonu, kāore anō kia whakamanahia ērā whakakitenga. Karekau he taunaki kōrero e kī ana kua whara ngā pēpi. Kia mauritau wāhine mā i runga i te hōhōnu o ō mātou mōhiotanga e pā ana ki ngā huaketo ngōngō, waihoki, karekau he taunaki kōrero e kī ana ka whara, ka rerekē rānei tō pēpi nā te Mate Korona.

5. Ka taea tonutia e au te whānau i te pēpi ki te hōhipera mehemea kua pāngia ahau ki te Mate Korona?

Ko te wāhi tino marutau ki te whānau i te pēpi ko te hōhipera, kei reira ngā kaimahi mōhio me ngā taputapu ohotata, mō te tūpono ka whakamahia. Me mātua mōhio, ko te tikanga kāore e tino rerekē ai te whakawhānau pēpi, ā-māori nei, ā-poka nei rānei, waihoki, kia kaha te tautoko, te poipoi i ngā wāhine i tēnei wā whakahirahira kia kore ai e matakū, e āmaimai rānei. Kāore e rerekē ai ngā mahi whakaora tangata, atu i ērā e hāngai ana ki te patu poke māori noa nei. Kāore he pānga ki te whakawhānau ki rō wai, te whakamahi rongoā whakamoe, te whakanukunuku tinana rānei. Kei te whakaae a RANZCOG, RCOG, me ētahi atu rōpū kia whakamahia te haurehu hauota-rua ōkai i te whānautanga mai. Heoi, kei te mātua mōhio mātou he whāruarua kei ngā taipitopito kōrero e pā ana ki te horoi, te whakahāora me te whakarehu i te horopaki o te Mate Korona. He mea arotake ēnei kōrero nōreira kei panonihia pea.

6. Me whānau-poka, aha rānei au ki te whakaheke i te tūpono ka rere te huaketo ki tāku pēpi?

Karekau he taunaki kōrero e kī ana mā te whānau-ā-poka, te whānau-tōmua rānei e heke iho ai te rerenga iho. Hāunga te tūraru tinana, te tūraru pēpi rānei, mehemea kua pāngia te wahine ki te Mate Korona, kua pātata rānei ki te kāhui kua pāngia, tēnā, whakatārewahia ngā whānau-poka me ngā whānau-tōmua.

7. He aha ngā taumahatanga kei pā ki tāku pēpi mehemea ka pāngia au ki te Mate Korona?

Kua whānau-tōmua ētahi pēpi i ngā wāhine i whai tohu Mate Korona i Hāina. Kāore i te mārama mēnā i whakatōmuahia te whānau pēpi nā runga i te Mate Korona, nā te māuiui o te wahine rānei. Te āhua nei, kāore e kino ake ngā pānga o te poke ki ngā piripoho, ngā pēpi rānei.

8. Ka taea tonutia e au ngā rongoā āraimate, ngā whakamātautau, te hui rānei i mua i te whānautanga mai mehemea kua pāngia au ki te Mate Korona?

Ko ngā hui i mua i te whānautanga me ngā whakamātautau orooro, pēpi, whaea hoki ka haere tonu, heoi, ka paku panonihia e ai ki ngā kōrero e whai ake.

Ahakoia karekau he pānga ki te mahere whakakore i te Mate Korona, me whai tonu te wahine e hapū ana i ngā rongoā āraimate mō te mare motu me te rewharewha.

9. Ka taea tonutia e au te whāngai atu i te wai ū mehemea kua pāngia au ki te Mate Korona?

Akiakina, tautokona hokitia ngā wāhine e hiahia ana ki te whāngai atu i te wai ū ki ā rātou pēpi. Karekau he taunaki kōrero e kī ana ka rere te huaketo mā te wai ū, nōreira, he nui noa atu ngā painga o te wai ū, tērā i ngā whakatūpatotanga o te rereihonga o te Mate Korona mā te wai ū. Mēnā kua pāngia te whaea ki te Mate Korona, ehara i te mea me wehe rāua ko tana pēpi, heoi, me mātua aro ki ngā tikanga akuaku, me whai whakaaro hoki te mau kanohirua i a ia e whāngai atu ana i te wai ū.

10. Me pēhea au e aukati i te Mate Korona?

Karekau he rongoā āraimate mō te Mate Korona i tēnei wā. Koia nei ngā kupu āwhina o te Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) kia kore ai e pāngia:

- Kia kaha te horoi ringa ki te rongoā whakanoa ringa ā-waiwaihā, ki te hopi me te wai rānei
- Kia kaua e tata atu ki ngā tāngata e maremare ana, e mātihetihe ana
- Kaua e pā atu ki ngā karu, te ihu, te waha rānei
- Me tū tīrara, me mutu haere tō torotoro atu ki ērā atu
- Kia kaua e takaroa te whakamōhio atu, te mātaitai i ngā tohu mate
- Kia tere atu te whai rongoā me ērā atu āhutatanga whakaora tangata mehemea he kaha te pānga o te poke
- Kia kaua e maha ake i te kotahi tangata tō tira āwhina
- Mehemea kua pāngia tō hoa ki te Mate Korona, e kitea ana ngā tohu mate rānei, kia kaua tō hoa e haere ki tō taha ki te hōhipera

11. He marutau tonu te haere ki wāhi kē me te puta ki waho?

Ko te tikanga kāore ngā wāhine e hapū ana e hāereere poka noa nei. Ko te kōrero whānui ko tēnei, he marutau ake te kāinga i ngā wāhi mō te tūmatawhānui. Me mutu haere tō eke i ngā waka tūmatawhānui, waihoki, me mahi i te kāinga mēnā e taea ana.

12. E aha ana ngā hōhipera me ngā whare haumanu ki te whakaheke i te tūpono ka pāngia ki te Mate Korona?

Kua whakatakotohia e RANZCOG ngā mōreareatanga o te urutā Mate Korona ki ngā wāhine e hapū ana me ngā kaimahi whakaora tangata. Nā whai anō, kua akiaki a RANZCOG i ngā hōhipera tūmatawhānui, ngā hōhipera tūmataiti me ngā whare haumanu tūmataiti ki te whakarautaki i te ara kia kore ai e pāngia ngā kaimahi me ngā tūroro. He mea whakahirahira kia kaha tonu te ratonga whānau pēpi ki Aotearoa me Ahitereira i tēnei wā taumaha o te urutā Mate Korona. Waihoki, kei te akiaki a RANZCOG i te whakakoretanga, te whakarite kia whakakorenga rānei, o ngā poka pēpi kōwhiri. Kia kawea tonutia ngā ratonga whānau pēpi taumata 1. Me mātua whai Personal Protective Equipment (PPE) ngā kaimahi katoa ki ngā hōhipera, me whai akoranga hoki te tangata ki te whakamahi.

Ko ngā whakarerekētanga ki ngā whakaritenga poipoi wahine e hapū ana e whai ake nei:

- Whakakorehia, whakatārewahia, kia torutoru ake rānei ngā hui i mua i te whānautanga mai.
- Kia kaua e roa ake i te 15 meneti ngā hui i mua i te whānautanga mai.

- Mehemea ka taea, me toro atu ki ngā mātanga hauora mā te rorohiko, kua e toro kanohi ki te kanohi nei
- Whakakorengia ngā akomanga whānau pēpi kanohi ki te kanohi
- Kia torutoru (te hoa tāne/wahine anake) ngā kaitautoko i a ia i te hōhipera
- Kia whai whakaaro ki te wehe tōmua i te hōhipera
- Hāunga te tohutohu o te hōhipera, kua e whakatōmua i te whānautanga mai o te pēpi kia mimiti ai te tūpono ka pāngia ki te kino

13. Me aha au mēnā ka māuiui?

Ka rongo ana koe i ngā tohu mate o te rewharewha (kirikā, maremare, korokoro mamae, paipairuaki, ruaki, tikotiko, nenge, hēmanawa) me whakarite koe i te arotakenga hauora whāwhai (whare haumanu kirikā, whare tākuta, Whare Ohotata) kia whakamātauria koe mō te Mate Korona. Mehemea kua pāngia koe ki tētahi o ēnei tohu mate, kua tohungia koe ki te noho taratahi, kua pāngia rānei ki te Mate Korona, me whakapā atu koe ki tō whare hauora ki te whakatārewa i tō hui. Mā kōnei e taea tonutia e koe ngā hua o ngā kaitiaki engari ka mimiti te tūpono ka pāngia ērā atu wāhine e hapū ana me ngā kaimahi.

14. Kei te āwangawanga au mō te Mate Korona

Ka tika hoki, i aro atu ngā whakaaro ki ngā tūraru tinana o te Mate Korona me te hauora o te tūmatawhānui. Heoi, kia mōhio ai tātou, he hononga o te hapūtanga me te mātuatanga ki te pāpourī me te āmaimai, waihoki, ko tēnei wā he mea whakataumaha i ngā wāhine, ā rātou hoa me ō rātou whānau. Me kaha tautoko i ngā ratonga e tiro tiro ana, whakatau ana, tiaki ana i te hunga āmaimai me te hunga pāpourī, waihoki, me tū tonu ngā ratonga whakarekerekere ā-whare, warawara hoki. Me whai āwhina i tō mātanga hauora mehemea e āwangawanga ana koe.

Kei te aroha atu ō tākuta, ō kaiwhakawhānau pēpi me ērā atu kaimahi whakaora tangata ki a kōrua ko tō pēpi. E mārāma ana mātou ki tō āwangawanga. Mēnā ka taea, me whai wā koe ki te whakatā, ki te kai pai, ki te aro hoki ki ngā kaupapa whakahākoakoa i a koe. Kei tō pēpi te whakaruruhou tino pai rawa atu, arā ko koe, nōreira, me aro atu ki a koe anō, ki ō kare ā-roto me tō tinana, koia ngā mea tino whakahirahira. Ko tā mātou he whakamōhio atu ki a koe, ko te tūpono e pā atu ai te kino ki a koe, ki tō pēpi rānei, he tino iti. Ko ngā kaimahi he mātanga, he mea ako matatau, he tāngata arotahi ki te kaupapa, he tāngata e mōhio ki te tiaki i a koe.

Kei te whai whakaaro atu, kei te aro atu hoki ngā mema me ngā kaimahi katoa o RANZCOG ki a koe. E tika ana ko te wā e hapū ana, te wā whānau me te mātuatanga he wā hākoakoa mō ngā whaea, ngā matua me ō rāua whānau. Tēnei te whakamihi ki a koutou i a koe e hapū ana, whai muri hoki i te whānautanga mai o tō pēpi.

Kōrero Tautoko

Ko ngā tohutohu āwhina ki te tūmatawhānui he tohutohu āwhina hoki ki ngā wāhine e hapū ana. Kei te tūtohua e RANZCOG ēnei paetukutuku hei pūkōrero whaimana:

www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

www.cdc.gov/coronavirus/2019-ncov/index.html

www.who.int/health-topics/coronavirus

www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus

www.rcog.org.uk/coronavirus-pregnancy

He kupu karo

Ko te Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) te kāhui taumata mō te hauora o ngā wāhine ki Ahitereiria me Aotearoa, kua riro mā mātou ngā kupu āwhina, te tukunga o ērā kupu āwhina, me te tautoko i ō mātou mema, ngā tūrora me te hapori whānui i ngā rā o te urutā Mate Korona.

Kei te tautoko mātou i te wāhi o te kāwanatanga, ngā kāhui hauora me ngā kaiarahi hauora ki te whakamahere i te ara whakamua mō te katoa. Ka whakaputaina ō mātou kōrero whai muri i te whakawhitiwhiti kōrero ki ngā āpiha me ngā mātanga hauora i runga i te mōhio kei rerekē haere ngā āhuatanga o tēnei urutā, he mate matarau e whai pānga tētahi wāhanga ki tētahi atu, he mea e kore e taea te matakite.

Ka ngana a RANZCOG ki te whakaputa i ngā kōrero me ngā tohu āwhina tino pai e taea e mātou nā runga i ngā pārongo o te wā. Nā te tino hou tonu o te Mate Korona me ngā whāruarua raraunga e pā ana ki te urutā nei, he tino pērā rā mō te hapūtanga, kei tino tere te whakakorenga o te mana o ngā kōrero kua puta kē. Ka ngana mātou ki te whakahou i ngā kōrero kia putaputa mai ai ngā pārongo hou. Nōreira, kāore a RANZCOG e whakaputa kōrero ki tua o ngā kaupapa i tohua ai mātou.

E tika ana kia whai atu i ngā kōrero RANZCOG anō nei he kupu āwhina, kua hei kupu tohutohu, waihoki, me whai ngā kaimahi hauora katoa me te tūmatawhānui i ngā kupu tohutohu o te kāwanatanga me ngā kāhui hauora.