



Olelo Hawaii-Niihau (Hawaiian)

# He mau ninau no ka CPR

He paakiki ka ninau ana e pili ana i ka hana CPR (cardiopulmonary resuscitation), oia ka pauma ana i ka puuwai a ola hou ka ma'i kauhola puuwai. Kakaikahi loa ka poe i ike maka i ka hana. Ua ike no paha oe i ka hana CPR maluna o ka pahu hoolele kii, he palupalu ka hana ke nana aku a manao ia he hana pono no me ka pilikia ole. Aole pololei ka hoike ana o ka CPR maluna o ka TV.

Na keia palapala e hoakaka e pili ana i ka hana CPR a me na mea nui hou ae ke hooholo oe e hana i ka CPR.

## Kōkua Mau - He Papa Hana no ka Hooponopono ana i ka Hana Malama Olakino

WHAT DOES CPR LOOK LIKE?

### HE AHA KE ANO O KA CPR?

He loihi ka hana CPR. Pela e hoao ai e hoala hou i ka puuwai ke pau kona pana ana.

Hoomoe ia ka mea ma'i maluna o kekahi papa paakiki a i ole ma ka honua a pauma kou mau lima mawaenakonu o kona umauma he 2 iniha ilalo no ka poe kanaka oo. Pono e pauma me ka lima 100 a 120 manawa paha iloko o ka minuke hookahi. Hiki ke hoomaka ia ka hoohanu ana i ka mea ma'i me ka punuku hoohanu me ke eke i kau ia maluna o ka waha. Ke hiki mai ka poe limahana o ka oihana popilikia, na lakou no paha ho-o i ka ili hoohanu a hoohana paha lakou i ka mikini hoohaalulu uila me na pa kau ia maluna o ka umauma. E ho-o ia ka ili IV (intravenous line) maloko o kekahi aa-koko a hookulu ia ka laau lapaau maloko o ka ili.

Ina ala hou ka puuwai mamuli o keia mau hana, lawe ia ka mea ma'i i ke keena popilikia o ka haukapila. E lawe ia ka poe ola i ka mahele ICU (Intensive Care Unit) ma ka haukapila e kukulu ia ka mikini hoohanu a me ka mikini nana puuwai. I ka nui o ka manawa, oia mau no ka moe o ka mea ma'i me ka ike ole.

WHO IS LIKELY TO BENEFIT FROM CPR?

### OWAI KA POE NAWALIWALI LOA NO KA HANA CPR?

O ka poe makule ka poe nawaliwali loa i ka nui o ka manawa, a malia paha aole hana pono loa ka CPR. No ka nui loa o ka poe makule, aole lawa ka ikaika o ka puuwai e kokua ai ka CPR. Ke loa ka mea ma'i i ka ma'i kuluma o ka puuwai, ke akemama, ka lolo a i ole ka hakuwala, malia paha aole ola hou ke loa i ka ma'i kauhola puuwai. Ke nui na ano ma'i kuluma koikoi o ka mea ma'i, emi loa mai ka hana pono o ka CPR.

No ka poe ma'i i ka ma'i poina o ka lolo, emi loa ke kokua o ka hana CPR. Ua nui ka hana noii pili i ke ola hou ana o ka poe ma'i koikoi o ke olakino e noho nei ma ka hale malama olakino me ka hilinei i na poe e ae na lakou no malama i ko lakou olakino, a ua emi loa ke kokua o ka hana CPR, he 0-5% paha ka nui o ka poe ola hou ke lawe ia oia mai ka hale malama i ka haukapila mamua o ka loa i ka ma'i puuwai. No ka poe oo me ka ma'i cancer koikoi, he 0 - 1% ka nui o ka poe ola hou.

No ka poe opiopio mai, hiki ke hoomanawanui ke kino i ka poino ma'i puuwai a ola hou i ka lapaau ana, aka, no ka poe oo loa me ka ma'i kuluma, ke make malie nei no paha na mahele like ole o loko o ke kino.

# HOOMAU NO MA KEKAHI AOAO

# HOOMAU NO MA KEKAHI AOA O

Aole lawa ka ikaika o ko lakou mau kino e hoomanawanui ai i ka nele o ke ea e hanu ai ke pau ka hana a ka puuwai, aole paha hiki ke pana maikai ka puuwai e ola ai i ka hana CPR. No ka poe ma'i o ke ake me ka hakuala, aole paha e hana pono na laau haawi ia no ka popilikia.

## WHO IS MOST LIKELY TO BENEFIT FROM CPR? **OWAI KA POE OLA I KA CPR?**

Aia ke ola o ke kanaka i ka CPR i ke kumu i pau ai ka hana a ka puuwai, ke kulana olakino o ke kanaka mamua o ka pau ana o ka puuwai, a me ka loihi i pau ai ka pana ana mamua o ka hoomaka ia o ka CPR. He paakiki ka hoomaopopo ana i ka hana pono o ka hana CPR no kela me keia kanaka, aka, ua hoike ia maloko o na hana noii he nui ka poe hiki ke ola hou i ka hana CPR. He ola hou ka mea ma'i i ka CPR ina aohe oia loa i ka ma'i koikoi loa, ke hikiwawe kona maule ana, a ke hoomaka koke ia ka hana CPR mahope pono o ka pau ana o ka pana o ka puuwai, a ke pana pono hoi ka puuwai me ka hana hoohaalulu o ka mikini uila.

## ARE THERE ANY COMPLICATIONS FROM CPR? **LOAA NA PILIKIA MA KA HANA CPR?**

Ke nana oe i ka pahu hoolele kii, manao oe he palupalu ka hana, aka, okoa no ke hana maoli oe. Hiki ke loa ka pilikia maoli. O ka pilikia nui loa, o ka haki o ka iwi aoao. Ua palapala ia ka haki iwi he 97% o ka manawa i hana ia ai ka CPR, a haki no hoi ka iwi umauma he 43% o ka manawa. Pii ka mea e pilikia ai ka haki o ka iwi ke oo loa ke kanaka, a hiki no hoi ke hakihaki na iwi like ole. O kekahi kumu, o ka emi no paha o ka makala a pii ka pakepake wale o ka iwi o ka poe oo loa. Maui ka umauma no 59% o ka poe i hana ia ai ka CPR, a he 30% ka nui o ka poe i wela ia ka ili me ka mikini hoohaalulu puuwai.

Hiki ke pau loa ka pono o ka hana o ka lolo mamuli o ka pau o ka hanu ana no ka poe he 50% i hana ia ai ka CPR maluna o lakou. O kekahi mau pilikia emi hou mai o ke koikoi i ka hana CPR, o ke kahe o ke koko o ka umauma (0-18%), opa ia ka puu (0-20%), inoino mai ka opu (0-31%), inoino mai ke akemama (0-13%), a inoino mai ka lehelehe a me ka niho (0-8%).

Lawe a kukulu ia keia palapala mai na palapala i hana ia e ka hui  
Coalition of Compassionate Care of California  
www.CoalitionCCC.org 2016 & 2023

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WHAT HAPPENS IF I DECIDE NOT TO HAVE CPR?

## **PEHEA INA HOOHOLO WAU AOLE E HANA IA KA CPR MALUNA O'U?**

Mahope o ka noonoo nui ana o kekahi poe kanaka i na pomaikai a me na pilikia o ka CPR, hooholo no kekahi poe aole e hana ia ka CPR maluna o lakou. Aka nae, hopohopo kekahi poe aole lakou e lawelawe ia i ka hana lapaau kupono. Ke hooholo oe aole e hana ia ka CPR, ua pili no i ka hana CPR wale no. Ke hoole oe i ka hana CPR, aole pili ia manao i ka hana e malama a lapaau ai ia oe. Ina aole oe makemake i ka hana CPR, a ina ke noho nei oe ma kekahi haukapila, e hoike ia maloko o kou moolelo aole e hana ia ka CPR maluna ou ke pau ka pana o kou puuwai a pau pu ka hanu. Ina aia oe ma ka home, e hoopihapiha i ka palapala POLST (Provider Orders for Life Sustaining Treatment).

E hoike i kou makemake no ka CPR maluna o kou palapala Kuhikuhi Malama Olakino (Advance Directive) a i ole ka POLST. No ka hoakaka ana no ka palapala Kuhikuhi Malama Olakino, e nana i ka aoao:

[kokuamau.org/resources/advance-directives](http://kokuamau.org/resources/advance-directives).

Loaa ka hoakaka ana no ka POLST a me ka palapala pu ma ka aoao o Kōkua Mau: [kokuamau.org/polst](http://kokuamau.org/polst). Pono e hoopihapiha ia keia palapala e ke kauka, ke kahu ma'i laikini ia (APRN), a i ole ke Kōkua Kauka (Physician Assistant: PA) ma ka mokuaina o Hawaii.

Loaa keia palapala a me na kokua e ae no ma na olelo like ole, o ka palapala Kuhikuhi Malama Olakino (Advance Directive) a i ole ka POLST na kou mea malama olakino, kou kauka, a i ole ka hui inikua, a i ole ma ka aoao o Kōkua Mau: [kokuamau.org/languages](http://kokuamau.org/languages)



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