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Cicely Saunders International
Better care at the end of life

NHS
King's College Hospital
NHS Foundation Trust

Iwe otito

AWON IPO FUN IGBA TI O BA LERO PE O NI EEMI KUKURU.

A ti se iwe otito yi lati se iranlowo fun o nigbati o ba ni isoro lati mi. **Gba imoran lati odo dokita re ti isoro lati mi ba je tuntun fun o, tabi ti mimire ba nburusi.**

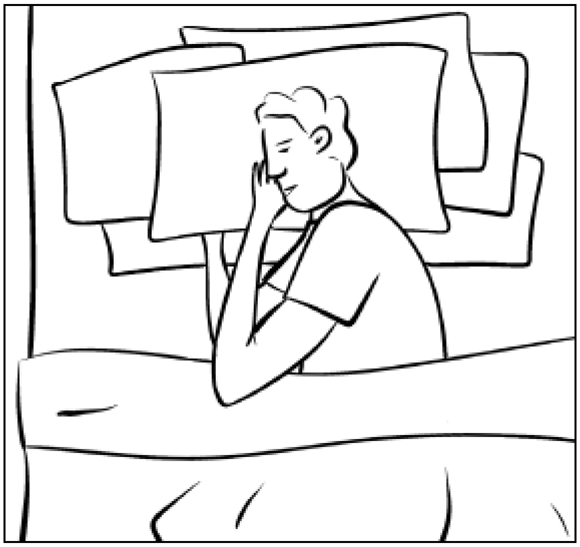
Awon ipo wonyi le se iranlowo fun o lati mi ni irorun. Won tun le se iranlowo fun o lati ni itura die si nigbati mimi re ba kuru, Ti o ba ri pe o nira lati bosi awon ipo wonyi, baa awon egbe itoju ilera re soro. Won yi o da aba awon ayipada ti o le sise fun o.

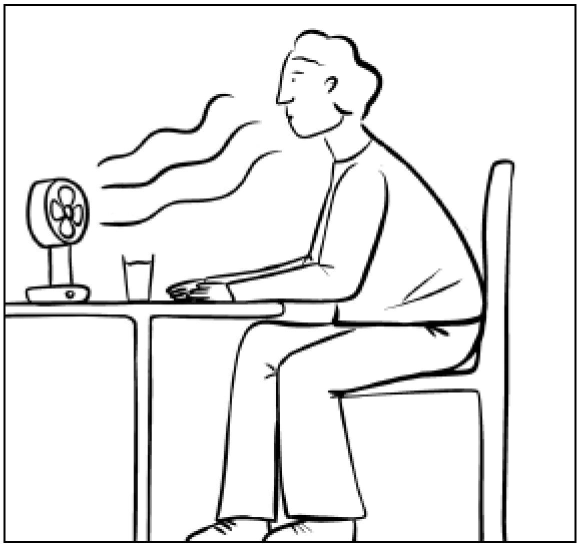
1. **Dubule ni Egbe re**

-Dubule lori ibusun tabi aga gbooro.
-Lo irori tabi awon kushinni lati se atileyin ori ati aya re.
-Yipada si apa osi tabi otun, ki o tera die si egbe ikun re.
-Fi apa kekere owo re si isale labe awon irori.
-Fi apa oke owo re si ori irori lati se atileyin
-Te oke ese re soke.

2. **Te Siwaju nigbati o ba joko**

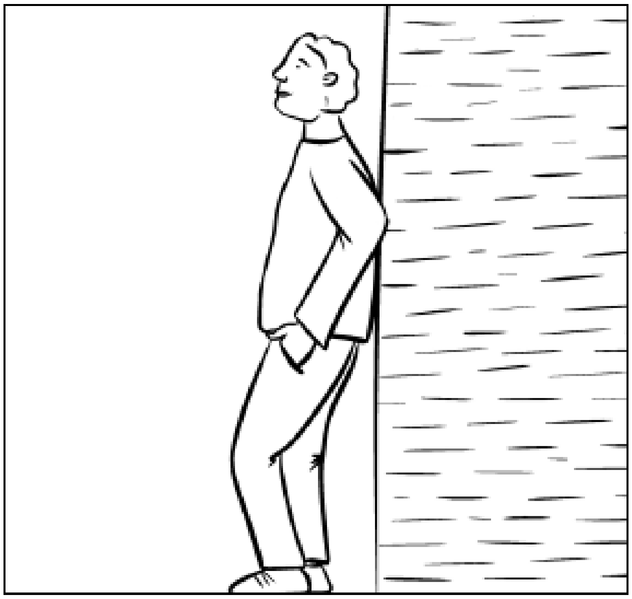
-Joko ni ibi ti tabili wa.
-Tan ese re die die yato si ara won.
-Sinmi awon apa re lori tabili
-Tite ori re ati oke ara re and lati sınmi lori tabili
-Lo ero alagbeka tabi ki o ro ra mu omi lati fi okan re bale





3. **Ipo iduro ti o ni isınmi**
-Gbigbara le ogiri d—
-So awon atampako re sinu igbanu tabi awon apore fun atileyin."
-Sinmi awon ejika re, apa ati orun.

4. **Te Si waju nigbati o ba dide**
-Gbe ara le ori kanta tabi oju ile ti o duro
daada
-Je ki aaye itura wa laarin isale ara re ati ori ile.
-Sinmi owo re, orun-owo ati orun re.



www.kch.nhs.uk/breathlessness-support

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