



Iwe otito

Lilo ero afefe ti a n gbe ka.

A ti se iwe otito yi lati se iranlowo fun o nigbati o ba ni eemi kukuru. **Gba imoran lati odo dokita re ti eemi kukuru ba je oun tuntun si o, tabi ti mimire ba nburu si.**

Nje li lo ero afefe agbeka yio ran mi lowo nigbati eemi mi ba kuru?

Afefe tutu lati inu ero afefe agbeka le se iranlowo fun e lati je ki eemi kukuru yato. Ero afefe ina igbalode ti o ni abe meta abi ju be lo da bi enipe o sise dara julo. Fife afefe ye kio je alabode tabi ki o lagbara.

Bawo Ni Mose Le Lo Ero Afefe Agbeka?

- Joko ni ipo itura
- Mu ero afefe abeka na ni iwon ika mefa tabi medogun iwon ese bata ni iwaju oju re.
- Toka ero afefe abeka na si arin oju re.
- Je ki afefe to n ko ja gba egbe imu re ati si oke ete re.
- O ye ki mimi re o lo si le die larin iseju die.



Nigba wo ni o ye kin lo ero afefe agbeka?

O le lo ero afefe agbeka fun igba pipe ati niwon igba ti ofe.

Ero afefe agbeka le se iranlowo;

- ti o ko ba le mi lo jiji
- nigbati o gba isinmi lati ise kan.

Ranti lati fi ina sinu ero afefe agbeka nigbati o ba jade kuro ni ile tabi ki o mu eda ti o n gba ina si ara miran nigbati o ba jade ninu ile.

Nje lilo ero afefe alagbeka ni ewu bi?

Ko si awon isoro ti a mo pelu lilo ero afefe agbeka nigbati o ba wa ni ipo eemi kukuru.

Ti ero afefe agbeka to ko ba dara fun e gbiyanju:

- Ero afefe ti o da duro tabi eyi ti won gbe si ori tabili
- Si si sile awon ferese lati jeki afefe tutu wole
- Li lo awon aso kekeke tutu fun oju re.

www.kch.nhs.uk/breathlessness-support



Acknowledgement

Original resources were provided by the Breathlessness Intervention Service at Addenbrooke's Hospital. Adapted and trialled in the NIHR and Cicely Saunders International funded Breathlessness Support Service trial (2010) at King's College Hospital.

Adaption of the resources for the "Breathlessness Support: addressing the ethnicity and health literacy imbalance" project (2024) was funded through Q Exchange.