

# Ahkwoyelah Kihnet

## Ip II



Yohk srihpac in ek kihnet ke ahwowo nuhtum an tukun laslas. Ma e kahsrut tisu se ke kihnet se ingacn in tiac tihngtihng, in muh tiac “fulfuli” nuh ke tisu se yac an. Kahkhsrihk ek in kahsrut:

- Ahksrihkyelah kuh ahkmihnyelah kapihr sacn (ke mahngelihk fulfuli nuh ke tisu se yac an) ac tihngihlyac
- Ahksrihkyelah puhla kuh srihng raunelah kihnet sacn
- Oruh in tiac arulacna ngal kihnet

Ingena ke laslas se ke uhlihk nuhtum an mahlah, kom kuh in muhtacwacack kahl kihnet sacn. Met liki kahl laslas sacn, kahkhsrihk kahl siskac an na fah kahl kihnet sacn. Fin tuhlihk nuhtum an sruhnga kuh foloyak ke kom kahl sissen kinet sacn, sang poum nuh ke kihnet sacn ac tiac mokle. Fin tuhlihk nuhtum an kuh, elos kuh in kahl kihnet sacn ac siskac an. Fin tuhlihk sacn tiac luhngse kom in kahl, kom kuh in sang sie nuknuk mihnihni ah nuh fin kihnet sacn fah kahl.

Pacl se tuhlihk sacn lwelah km in kahl kihnet sacn, kuht e luti kom lah kom e ek fuhkah kihnet sacn. Kom e moklwe kihfihn poum rauni.

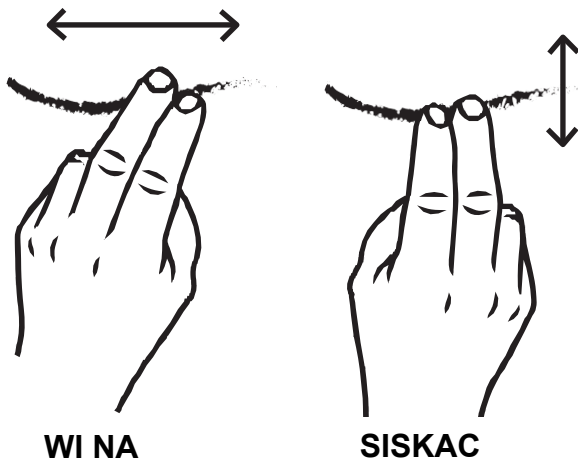
Nuhnak muhnaht ukwe step inge (ac liye petsac in etuh yohk kac):

Wiwina acn ma kihnet sacn an kac uh tata lom an enenuh in siena ke kom e kahl kihnet sacn.

Acn ma kinet sacn an kac \_\_\_\_\_

Toasriyac kuh atac:

- ☐ Kahkhsrihk kuh muhlalah
- ☐ Ma na fal (tiac tanyac upac kihfin poum in kahl kihnet sacn ac moklwe kewana kinet sacn ac kol an)
- ☐ Ma sahyac: \_\_\_\_\_



1. Fihliyac kihfin poum ke kihnet sacn
2. Kahkhsrihk tanyac ke kihfihn poum nuh ke kihnet sacn
  - ☐ Tuhn ke kihnet sacn e sohkohni ac tanyac sacn oruh e tuhruplac kulun monum
3. Moklwe kihnet sacn ke kihfihn poum
  - a. Mihnit 5-10
  - b. Pacl 3 ke lwen se
4. Muhtacwacack moklwe kihnet sacn ut ke atac kuh acn se fana na fah oruh kain in atac inge fin tuhlihk intum an lwelah kuh luhngse:

- ☐ Siskac-nuh-sikac
- ☐ Raun srihsrihk
- ☐ Kuhruhruh



5. Oruh tuhlihk nuhtum an in alken!

**Division of Pediatric Rehabilitation Medicine**

(Acn in Ono Ahkwoye Tuhlihk Srihsrihk)

**Wound, Ostomy, Continence Nurse Consultant: WOC Nurse Team**

(Mwet Orekma ke Kihnet, Laslas, Nurse ma Kahsrut Orekma ke Kihnet: U in Nurse se WOC)

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Approved by PFE 12/22/22

## Kihnet uh kuh in puhlamlamlah?

Ke laslas se muhtacwacack mahlah, kuh in puhlamlamlah ac srihng. In oruh in tiac puhlamlamlah (sroksrona), losrin ac krim kuh in akmuhsraye. Met liki orekmakihn oacna sie losrin kuh krim nuh ke kihnet sacn, **nuhnak muhnaht siyuck sin taktuh lom an lah e wona fin kom orekmakihn**. Yohk srihpac pac in kosraclah kihnet sacn liki faht ah. Sunskrin kuh in orekmakihnyuck tukun matwac ahlukkelah mahlwem 6.

Nimet orekmakihn losrin keng (oasr fohloh). Kain in gel ac losrin ma kuh in orekmakihnyuck pa:

- Aloe vera
- Mederma®
- Aquaphor®
- Vaseline®
- Eucerin®
- Vitamin A&D Ointment®



- Nimet ek fin mahngelihk kuh ikacklah kihnet sacn.
- Fin ngal kihnet sacn, sulpac mahngelihk, kuh oasr srihng mayak tiac ek ac pahngonack u in ono ah
- E sruhsrahlah tuhsruh e wacngihnlac tukun mihniht 15-20, nuhnak muhnaht tiac ek fin srackna sruhsrah ahlukkelah mihnit 20 yak.
- Tiac ek fin tuhlih nuhtum an tiac lwelah.
- Tahfelah ek kihnet sacn ke lusen mahlwem 3 ma.
- Tahfelah in karihngihn liki faht ah ke lusen yac 1 ma.

## Fin oasr oacna sie kihsensiyuck kuh elyah, nuhnak muhnaht pahngonack:

- ☐ U in Ono: \_\_\_\_\_
- ☐ Acn in Ono: \_\_\_\_\_
- ☐ Taktuh in Ono: \_\_\_\_\_
- ☐ Mwet Sahyac: \_\_\_\_\_

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