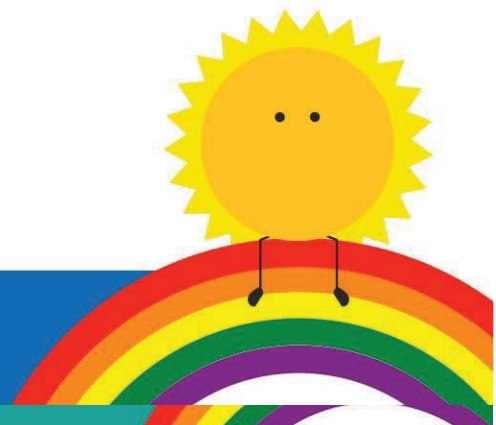


Ɔyarefoɔ ho nsem

# Ntehyeewa ne Nteesoo

Kwan a wobɛfa so ama wo ba ate  
apo



# Wode Salbutamol (nheela bluu) sɛdeɛ wobɛsa nteesoɔ yareɛ no wɔ gir

Sɛ wo ba no hyɛ asɛɛ bɔ nteesoɔ a ɛhia pa ara sɛ wode dheela bluu no bɛsa ho mpopoɛ. Saa pono yi bɛtumi akyerɛkyerɛ wo ayaresa kwan berɛ biara a ntehyeewa no bɛba na ɛbɛbtoa ate ayaresa no so ahweyie kwan so berɛ wo ba no ho retɔ no. ɛhia sɛ wobɛkari wo ba no yareɛ ho mpopoɛ no berɛ ano berɛ ano, anyɛ bie koraa nnonhwere nnan biara na wode anya ahotɔsoɔ sɛ ne ho retɔ no. Wei ho hia pa ara nkanka anadwo anadwo na hwe sɛ ɛbɛyɛ adeɛ a ɛdi kan a wobɛhwe anɔpa biara.



**Fii wo ba no**  
Ɔnhome anaasɛ ɔreteɛ so anaa?  
Ɔrebre ansa na watumi ahome anaa?

**Aane?**

- Ma no **ɔhomebum 2** baako baako na tete ntam.
- Sima 5-10 ntam no hwe sɛdeɛ ɔrehome no.
- Sɛ nsesaɛɛ papa biara mmaɛɛ a, san ma no **ɔhomebum 2** na san hwe no sima 5-10 ntam.
- Ne ne nyinaa mu nsesaɛɛ papa mmaɛɛ a, san si so bio kɔpem sɛ wobɛma no akɔduru **ɔhomebum 10** na san hwe sima 5-10 ntam.
- 

**Daabi?**

- Wɔnhia wɔn dheela bluu no.
- Kɔ so hwe wɔn saa ara, anyɛ bie koraa nnonhwere 4 biara saa ara nnonhwereɛ 12.
- Mmɔfra a wɔn apomuden reba na wohunu sɛ wɔn ho ye no, ɛwɔ sɛ wokɔ so hwe wɔn berɛ ano berɛ ano na mmom ɛnni sɛ wonyane wɔn.
- 

**Fii wo ba no bio**  
Wo ba no homeɛ da so ye wo dadwene anaa?

**Aane?**

- Ma dheela bluu no **ɔhomebum 10** baako baako na tete ntam na afei
- **HWEHWɛ MMOA NTɛM SO!**
- Fre 999 anaasɛ kɔ Putupurufoɔ Asoɛɛ no.
- 

- Mesɛ wo twɛrɛ deɛ wohunu wɔ wo nkarihwe no mu ne salbutamol ayaresa no mu wɔ krataa a ɛwɔ kratafa a ɛdi ho no so no.
- Woreba ayaresabea biara a fa nwoma no bra.
- 

- Sɛ wo ba no nte apo koraa a, ɛbetumi aba sɛ obɛhia dheela bluu no ntɛntɛm so bɛye nnonhwereɛ 4.
- Sɛ ɔnhia no **ntɛntɛm so** bio a ɛkyerɛ sɛ wo ba no ho retɔ no.
- Sɛ ɔnhia no **ntɛntɛm so** a ɛbetumi aba sɛ wohia ayarehwe Sɛ biribi ha wo a, fre 111, kɔhunu wo Dokota, anaasɛ kɔ putupuru asoɛɛ ho.
- **Sɛ wosusu sɛ wo ba no nte apo koraa a, fre 999.**
- 

Sɛ wonte sɛ ɔreteɛ so, wo ba no/abɔfra no mmɛ ansa na wahome a, ɛno nso bɛtumi akyerɛ sɛne mframa kwan no mu reyɛ ketewa. Sekaane QR koodu no na nya nhwɛsoɔ anaa kɔ: <https://tinyurl.com/breathlesschild>



## Μπορούε ne nheela dwumadie ho nsem:

Wɔayε eyi sε wɔmfα nni dwuma bere a ɔrenya ahooɔen afi ahurututu mu ntua mu, sέ ebia wo ba no ahia ayaresabea anaase onhia no. Wubetumi de eyi ako wo ba no post attack review \* .

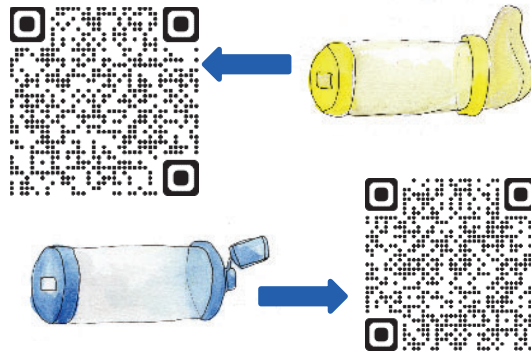
Da	Bere	Μπορούε bi wɔ hɔ?	ɔhomebum dodoɔ a wode maa no
Da 1 ni a wɔyii mo firii ayaresabea -εwɔ sε mpεn dodoɔ a wobεma no ɔhomebum no so te. Sε wogu so rema ɔhomebum 10, nnɔnhwere 4 ntam a, san kɔ Putupuru asoεεε hɔ.			
Nna 2 ni a wɔyii mo firii ayaresabea -εwɔ sε mpεn dodoɔ a wobεma no ɔhomebum ne ne dodoɔ no so te. Sε ente saa, frε wo Dɔkota, 111 anaase Putupuru asoεεε hɔ.			
W'ani agye sε wo ba no / abɔfra no ho reto no anaase ɔda so ara hia nheela bluu bebreε? Sε wowɔ dadwene bi a mesrε wo hunu wo Dɔkota anaase frε 111			

\*\* Eho hia sε wo G.P. adesua akyi ntua - .dan kɔ kratafa 5 na woanya nsem pii.



## Kwan a wɔbɛtumi de berɛ ntetemu afa nheela

Fa smartphone kamra sekaane QR koodu ahodoɔ yi, anaasɛ hwɛ lenke a ɛwɔ asɛɛ ha yi hwɛ sɛdɛɛ yɛde nkataanim ne ano ntetemu afidie di dwuma wɔ nheela ho fa:

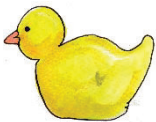


<https://www.asthma.org.uk/living-with/inhaler-videos/spacer-no-mask>

1. Woso nheela no na yi ne ti no.
2. Fa nheela no hyɛ ntetemu afidie no to a ebue no.
3. Fa nkataanim no to abɔfra no anim anaasɛ fa ano afidie no hyɛ n'anom, na hwɛ sɛ kwan nna ho (ɛwɔ sɛ mmɔfra a wɔadi mfeɛ 3 no mu dodoɔ no ara tumi yɛ wei a nkataanim nka ho).
4. Mia nheela no so baako na anyɛ bie koraa no ma abɔfra no nhome bɔkɔɔ 5 (anaasɛ kan bɔkɔɔ kɔsi 10) berɛ a wɔrehome fa ntetemu afidie no mu.
5. Yi nheela no na woso no.

Twɛ sima 1 ansa na wɔde ɔhomebum a ɛtɔ so mmienu no ama no

Sɛ ɔhomebum foforo ho bɛhia a, si anamɔn 1 – 5 no so bio. Ntetemu afidie a ɛyɛ plasteke no, ɛwɔ sɛ wohohoro mu ansa na wɔde adi dwuma a ɛdi kan koraa no na afei hohoro mu bosome biara sɛdɛɛ ɔyɛfoɔ no akyerɛ no.

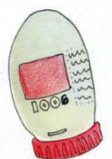


**ɛwɔ so wohohoro wo ntetemu afidie no mu bosome biara.** Tutu wo ntetemu afidie no na fa samina nsuo dedɛɛdedɛɛ hohoro mu (sɛdɛɛ wohohoro nkyɛnsee mu no).

Gyae no na ɛho nsɔne nwo, mesɛ wo mpepa ho anaasɛ mfa ntoma mfa ho – ɛma ɛmu no kyere na ɛno nti aduro no tetare ntetemu afidie no mu!

Sɛ wo nheela no nte sɛ deɛ ɛwɔ mfoɔni a ɛwɔ soro yi mu, anaasɛ asɛ ɛntumi ne ntetemu afidie no nyɛ adwuma a, ɛwɔ sɛ wo ne wo dɔkota anaasɛ nɛɛse di ho nkɔmmɔ hwɛ sɛ ɛyɛ ma wo ba no a.

[www.asthma.org.uk](http://www.asthma.org.uk) wɔ video a ɛkyerɛ sɛdɛɛ wɔde nheela di dwuma fa.



## Nea εσε σε woys bere a woanya ayamtu akyi

Se wo ba no anya ayamtu/akisikuru, sé ebia ohia ayaresabea anaase onhia a, εσε σε wohu no wɔ nna kakraa bi mu wɔ G.P. anamɔntuo. Eto da bi a wɔfre eyi ntua akyi anaa "dɔnhwerew 48" nhwehwemu.

Eyi ne σε:

- Hwe σε wɔn ho reto wɔn yiye
- Σε yeβete nea εde ntua no bae ase na yeaboa ma wɔasiw foforo ano
- Σε wobehwe σε ebia wo ba no behia σε wɔsesa ne da biara da nnuru, na hwe hu σε wowɔ nea εdɔso wɔ fie a εβema ne ho ato no
- Ye wo ba no ayamtu nhyehye no foforo, na boa wo ma wote aphotoso nka σε wode bedi dwuma.

## Nsem wɔ kasa ahodoɔ mu



Fa wo smartphone sekaane saa QR koodu yi na hunu saa nwomawa yi wɔ kasa ahodoɔ mu.

Video wɔ ho a wobɛtumi ahwe sɛdeε wobehwe wo ba no homeε, nheela ne afidie no dwumadie.

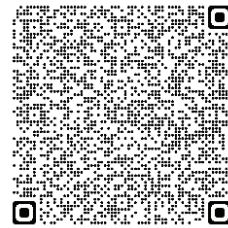
<https://tinyurl.com/NELasthma>



## Sukuu a wote wɔn a wɔwɔ ntehyeewa ase

Wo sukuu no te wɔn a wɔwɔ ntehyeewa ase anaa? Ewɔ σε sukuu no:

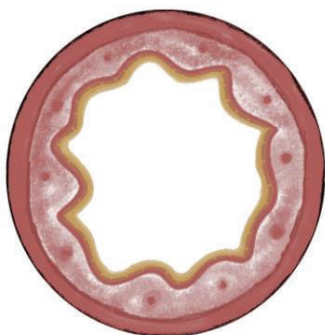
- Nim σε wowɔ ntehyeewa na wɔwɔ wo ntehyeewa / ɔhomeε a nnyegyeeε wɔ mu ho akwankyerε no bi wɔ ho.
- Nim baabi a wo putupuru nheela ne ntetemu afidie no wɔ, ne kwan a wobɛtumi afa so de adi dwuma.
- Nim nipa a σε wɔwɔ wo ba no ho dadwene bi a ewɔ σε wɔβε no amannee
- Σε putupuru bi ba a wɔtumi kyere σε eyε putupuru



## Deen ne Ọhomee a nnyegyeee wɔ mu?

Ọhomee a nnyegyeee wɔ mu ye ntehyeewa ho mporoee no mu baako, nanso etumi ba tebea ahodoɔ a enye ntehyeewa mu. Ebetumi aba bere biara a emfa ho ne mfee a woadi. Enye hwerema nnyegyeee bi a se wo homee kwan (ọhomee doroben) no mu reye ketewa a eba.

Etɔ da bi a gye se **stethoscope** nko ara na yebetumi de ate wei. Dee ede ba no ye bebree a ebi ne virɔso nfɛhyen. Se wonte ọhomee a nnyegyeee wɔ mu na se wohunu se wo ba no bre ansa na wɔtumi ahome a, ebetumi aye nsɛnkyerenne a ekyere se mframa kwan no mu reye ketewa.



### Ntehyeewa a woahwe so yie

Wowɔ ntehyeewa anaase ọhomee a nnyegyeee wɔ mu

no nkyere se bere biara wo homee beye ɔhaw. Se wofa wo nnuro no sɛdee yeakyerɛ wo no a, bere biara wobɛtumi ahome kama a wonnya ɔhaw biara.



### Ntehyeewa a wonhwe so yie

Se woanhwe so yie a, ọhomee doroben no ho ba ɔhaw, (ye kɔkɔ, ekuro ba mu, ehono na ete yeaw ntɛm). Saa ara nso na amaman pii firi mu ba na eporopopo pii, a ekyere se wobɛtumi abobo wa.



### Ntehyeewa ba a

Wei kyere se ɔhaw aba obi mframa kwan no so. Doroben no mu aye kɔɔ, aye kuro na ahono ara ama mframa kɔ mu a na aka a entumi nkɔ mu mfiri mu ɔmmre kwan so. Mframa beyere ne ho afam na aye nnyegyeee (abo hwerema). Amaman no bɛdɔɔ so asene kane no na enam so ama woate nka se wo koko mu aye mma.



## Kwan ben so na, aden na, na ehe na nuro no ye adwuma:

Nheela a esoso ano no **GYE NKWA**. Se ebeye adwuma a gye se wode di dwuma da biara.



**AKWANHOSAN** wo mu, na eno nti wonhia wo dheela bluu no, na ema wote apo.

- Se wonya ntehyeewa ho chwaw a, ema twitwagyefoo dheela no ye adwuma yie.
- Esi nneema a ekofa ntehyeewa ho haw ba no kwan
- Eno nti wonhia steroid tablete na wonhia se wobeko ayaresabea
- Eko w'ahurututuo no a chia no no mu tee
- **Enye adwuma ntentem nanso eye adwuma yie – taa fa di dwuma**

Nheela bluu no ye **TWITWAGYE** ayaresa, wode bedi dwuma a na mpooe wo ho



### **WOTAE DE DI DWUMA MMOROSOO:**

Wode di dwuma boro mprenu nnawotw a ekyere se wonhwe ntehyeewa no so yie.

Ebetumi ama mpooe a ekyere se wo ntehyeewa no regye nsam no akote

Betumi ama salbutamol (nheela bluu) no adwumaye ako fam

Betumi de nsunsuansobone bi te se akoma a erebo ntentem anaase awosoawosoo aba.

### **NTEHYEEWA HAW BA A:**

Nnonhwere 4 biara mu fa chomebum **KOPEM 6** di dwuma wo nnonhwere 24 ntam, bere a eho hia saa.

**Wohia pii a na eye putupuru asem.**

Ewo se wodi wo chomee a nnyegyeewe wo mu nhyehyee no so na wohwehwe mmoa

**Wosi** so wo ne dodo mu (6-10 chomebum) a na chia se wohwe wo wo ayaresabea.

### **:AHOTO REBA A**

Fa dheela bluu no ma chomebum kopem mpen 6, emu dodo biara a chia se ne ho bebae no. Se chia no nnonhwere 4 biara anaase dee eboro saa a, ekyere se ntehyeewa no ho haw tim ho a ereko so – hwehwe ayarehwe akyi kwan.



## Osiakwan anaase Anososo Nheela no

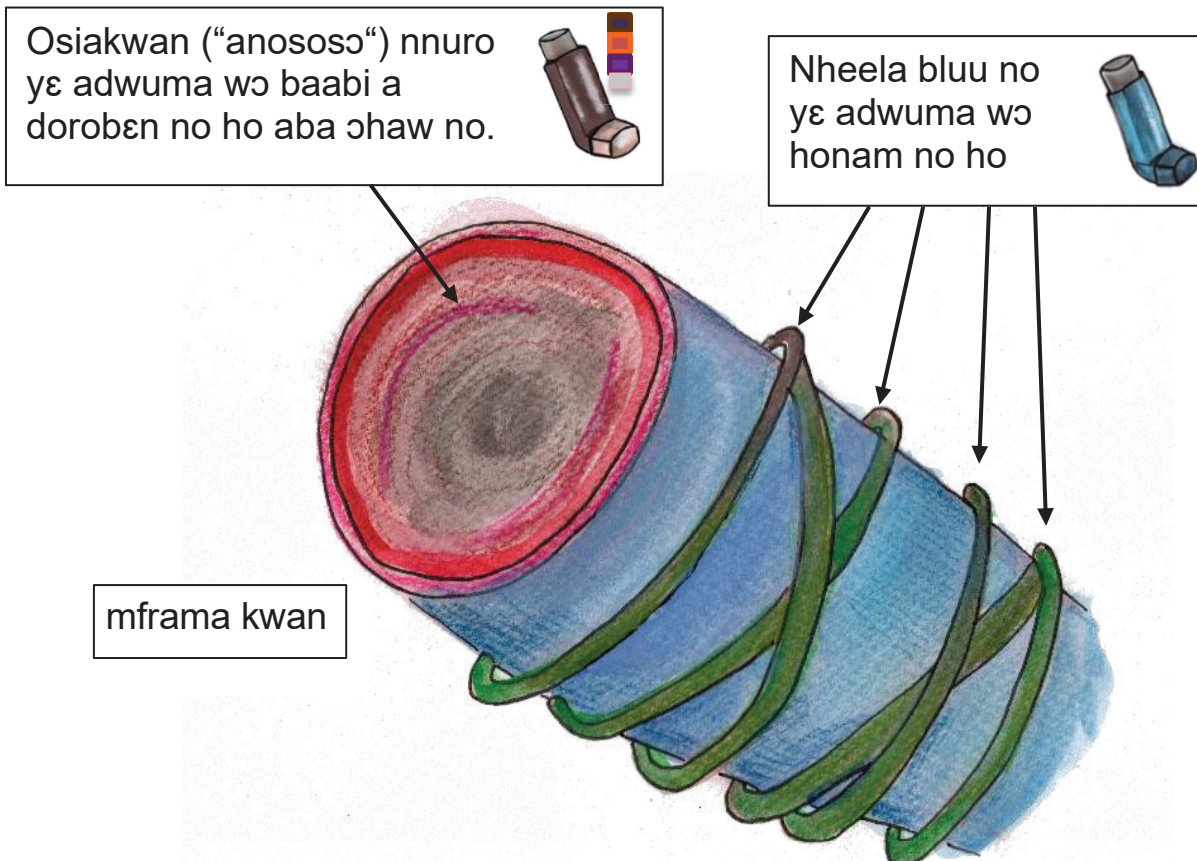
Saa nheela yi (mpen pii eye brawn, pɛɛporo anaase ankaa ahosuo) ma ɔhaw a aba mframa kwan no mu no kɔ fam. Eye adwuma nyaa nanso wei ne ayaresa a eye ɔhaw no ankasa ho adwuma no. Wei nti na EWƆ se da biara a ye ntetemu afidie no so de ma, a emfa ho se yen ho mpo ye no.

## Ɔgyee anaase Ahotɔ nheela no

Mpen pii no saa nheela yi ye bluu. Eye honam a ewɔ ɔhomee doroben no ho no ho adwuma. Weinom te se nhoma a emu tumi twe; mpen pii no emu go, nanso se ɔhaw bi ba a, na emu ayeyere miamia mframa kwan no, nam so ma no ye den se wobehome. Mframa a eyere ne ho fam no ye hwerɛma nnyegyee a yefre no nteeso.

Nteeso ye nnyegyee a efiri ɔhomee kwan a ewa fam no mu ba bere a worehome afa mframa kwan nketewa mu apue.

Nheela no ka kyere honam no se womma won mu nye mmre, na eno bue doroben no mu ma kwan ma mframa ntumi fa mu kama. Saa nheela yi ye adwuma ntem so bere a ehia nanso ensi ɔhaw no ano kwan te se anososo dee no.





## Kɔfabaeɛ

Kɔfabaeɛ ahodoɔ a ɛtaa de ba bi ne nneɛma bi te sɛ wiem nsakraeɛ, (wei bɛtumi ayɛ hye, nwunu, weseɛ, muntumm, nsuto dennen – kyere sɛ, biribiara...). Nnipa a wɔwɔ ntehyeewa no mu bi wɔ ho a, nsakraeɛ ba wiem nsakraeɛ mu a, ɛtumi ye ɔhaw keɛseɛ koraa sene wiem tebea no mpo.

Kɔfabaeɛ nkaeɛ binom ne aduane mu akyiwadeɛ, mfuturo, mmoa ho nwi, ntakra, nwirem mu nneɛma, apomutenetene, kesu, atenka, homon mu nsakraeɛ, papu ne virɔso ahodoɔ. Obiara ne sɛdeɛ ne deɛ tee. Ɛhia sɛ wobɛhunu deɛ ɛkɔfa wo deɛ ba ne sɛdeɛ wobesi asi ano kwan anaase wobete so.

Atenaɛ mu nneɛma a ɛkanyan nipadua no nya nsunsuansoɔ wɔ obiara mframa kwan so nanso ano bɛtumi ayɛ den ama wɔn a wɔwɔ ntehyeewa. Saa nkannyanneɛ yi bi ne nwisie, sigerete, deɛ ɛsɛ mframa mu, mfɔɛɛ ne ntu. Deɛ ɛsɛ mframa mu ye kɔfabaeɛ a yɛdu so resua ho adeɛ da biara. Nwisie a ɛfiri ahyeɛn mu ba no ye ade titire a ɛsɛ mframa mu pa ara na ɛbɛtumi anya nsunsuansoɔ wɔ wɔn a wote mu ne wɔn a wɔnam fam no nyinaa so.

## Adwenkyere a wobɛtumi afa so ate deɛ ɛsɛ mframa mu no so:

Fa akwan a ɛso nye dede pii ne anamɔn kwan so sɛdeɛ wonkyɛ wɔ kwan so (sɛ ɛbɛye yie anka wei bɛboa pa ara wɔ sukuuko ne sukuu mu firi mu). Sɛ ɛbɛye yie a, tu kwan bere a bagyabagya bere atwam. Hyɛ abusua no nyinaa nkuran na monnante, ntwi sakre anaase ntwi scoot pii - mframa mu sɛɛ bɛtumi ako soro bere a wote kaa mu koraa asene sɛ wonam fam. Ɛsan nso boa te mframa mu sɛɛ so ma obiara.

Wo (anaase obi a wanyini) bɛtumi atwere wo din agye mfram mu sɛɛ ho nkaebɔ ama aba wo mobaa fon so **[www.cleanairhub.org.uk](https://www.cleanairhub.org.uk)** Bɔ mmɔden sɛ wode nnuro ne samina ahodoɔ a aduhwam nni mu na kemikaa a ɛwom wɔ fam bɛdi dwuma. Wei bɛboa wo dan mu atenaɛɛ.



<https://www.cleanairhub.org.uk/tower-hamlets>  
kɔpɛ adwenkyere, na twere wo dɔn gye amanneɛbɔ

## Tawanom

Yɛnim sɛ sigerete nom ne wusie hua nye mma yen ahurututuo.

Wohia mmoa a wode bɛgya tawanom a kɔ, [www.smokefree.org](https://www.smokefree.org) anaase wo ne wo dɔkota nkasa na n'ani bɛgye ho sɛ ɔbɛboa wo.



Sekaane QR koodu no na fa so kɔ beaɛ ho



## Afidie so Apomuden Pasepoto no

Afidie so Apomuden Pasepoto no ye mobaa so aapo ma mmofra, won a wonnyiniie ne mpanimfoo.



### Wo ntehyeewa ayarehwe wo wo nsaano:

- Fa wo ntehyeewa nhyehyeee no ka ho baabiara a wobeko
- Hunu dee wobetumi aye bere a chaw no bi beba wo so
- Kae wo ho se wobefa wo nnuro
- Gye nkaebo a efa nhwiren aba ne mframa mu seee a ewo baabi a wowo ho.



### Twe wo ha:

Sekaane QR koodu no na fa twe wo App store ne Google Play



Digital Health Passport

## Asthma + Lung UK

Wei ye mmoakuo bi a wowa akadee pii a ebetumi aboa wo ne w'abusua.

Wowa mmoa nkutahodie akwan emeel, telefon ne whatsapp:

Email: [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

Whatsapp: 7999 377 775

Fon: 0300 222 5800

### Se Borfo nye wo kurom kasa a:

Wosan nso de mmoa ba wo okasa ahodo.

Fre na bo wo din kyere won, telefon noma ne okasa kora a wohia.

Wobere okasa nkyeremuni na wofre wo akyire.

Wowa anesefo abenfo a wowa fon ne whatsapp so, wowa video pii a ebeboa wo ama wode wo nheela no adi dwuma kwan pa so, ntanete so akuo a wobetumi atu wo fo aboa wo, na wobetumi nso de krataa so nsem amane wo.



## Sɛdɛɛ wobɛkari ɔhaw a ɛwɔ ɔhomeɛɛ mu ahwɛ

Ɛho hia sɛ wobɛhunu sɛdɛɛ wobɛtumi akyerɛ sɛ wo ba no brɛ ansa na wahome. Nsɛnkyerɛnne kakra wɔ ho a yɛbɛtumi de ahunu sɛ abɔfra bi ho kyere.

- **Akyikɔ** – wei ne berɛ a wobɛhunu sɛ wo wedɛɛ no retwetwe kɔ wo mfe nkrampan no ntam anaasɛ asɛɛ. Ɛtɔ da bi wei bɛtumi ayɛ wo koko mfimfini ho na wei yɛ nsɛnkyerɛnne a ɛha adwene.
- **Tracheal Tug** – wei yɛ berɛ a ɛkɔn no **twe fa mframa dorobɛn no so. Ntɔtɔfeewa** nso bɛtumi awoso wɔn ti na **wɔn hwene mu nso adɛɛdɛɛ.**
- **Wɔbɛtumi akasa anaasɛ adidi?** Ɛho hia sɛ wobɛhunu sɛ wo ba no bɛtumi akasa sɛdɛɛ daa ɔkasa no anaa- ɔbɛtumi aka ɔkasamu ferenkyemm, anaa nsɛmfua baako baako- anaasɛ ɔnkasa koraa?

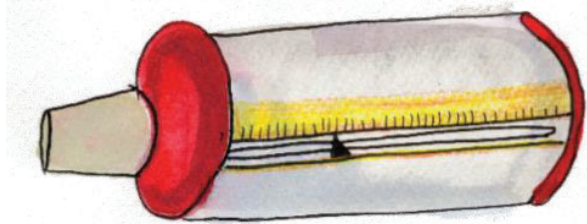
## Ne Mpɔmpɔnsɔɔ (“Peak Flow”)

Sɛ wo ba no tumi fa saa kwan no so a, yɛbɛtumi ahwɛ sɛ yɛde Peak Flow no bɛyɛ adwuma.

Peak flow yɛ sɛdɛɛ wɔsusu sɛdɛɛ mframa fa mframa kwan (ɔhomeɛɛ dorobɛn) no mu **ntɛm** so fa. Yɛde sima baako mu lita dodoɔ na ɛsusu (l/min). Wobɛtumi anya peak flow mita ahodoɔ, nanso berɛ biara nɔma na wobɛnya sɛ nsunsuansoɔ. Ɛhia sɛ wobɛhunu sɛdɛɛ wo daa nɔma tɛɛ na woahunu sɛdɛɛ wo nɔma a ɛyɛ papa pa ara nso tɛɛ.

Yɛtaa de peak flow di dwuma sɛ sɔhwɛ de susu **sɛdɛɛ mframa kwan no mu sua fa**. Yɛnim sɛ, sɛ obi a ɔwɔ ntehyeewa anaasɛ nteesoɔ bɛn kɔfabasɛɛ bi a ɛbɛtumi ama honam a ɛwɔ mframa kwan no mu mia no tawee. Sɛ ɔhaw bi adi kan aba mframa kwan no ho dada a, ɛbɛtumi ama no adi kan apono ama emu ayɛ tawee.

Yɛde wo tenten a woyɛ na ɛsusu peak flow no, de hwɛ deɛ yɛrehwehwɛ sɛ wobɛpu aba. Sɛ wonim deɛ ɛyɛ w’ankasa wo mmɔdemmo a, wobɛtumi de peak flow adi dwuma wɔ fie de ahwɛ sɛ wohia wo nheela bluu no a.



Peak flow mita ahodoɔ no mu baako.



## Dee wɔaprente no akɛsɛɛ ne ɔkasa nkaɛɛ

Yɛbetumi ama wo nsa aka saa nsem yi wɔ akwan ahodoɔ pii so a ebi ne dee wobɛtumi akenkan no ɔmmɛ so anaase wɔaprente no akɛsɛɛ, na yɛbetumi de ako ɔkasa ahodoɔ mu, sɛdeɛ wobɛbisa biara. Wopɛ sɛ wotie mu yie a, wo ne wo kleneke kuo no nkasa.

## Ka dee wosusu kyere yen

Twiti yen **@NHSBartsHealth**

Wo ne yen nkasa wɔ ha [facebook.com/bartshealth](https://www.facebook.com/bartshealth)

Kyere w'adwene wɔ ha NHS Choices [www.nhs.uk](http://www.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Mesɛ wo sɛ wohia nsem atitire anaase afotuo bi wɔ Trust dwumadie ho a wo ne yen nni nkɔmmɔ wɔ ha: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

**Nkaedum:**BH/PIN/1201

Da a wɔtintimiiɛ: 26.04.2023

Yen ayarefoɔ nsem kratasin ahodoɔ no nyinaa yɛsan hwɛ mu mfeɛ mmiensa biara.

