

Practice Name:

## Māori Health Plan



We acknowledge that the 1840 Treaty of Waitangi is the founding document for the relationship between the Crown and the Iwi Maori. The Crown principles of:

Partnership - working together to develop strategies for Maori health gain.

Participation- involving Maori in the decision making, planning, development and delivery of health and disability services.

Protection –working to ensure that Maori have the same level of health as non Maori, safe guarding Maori cultural concepts, values and practices.

These are the three core relationship principles upheld by <Practice>.

The overarching vision of this plan is to achieve the goals of Whānau Ora, by supporting whānau to be self-managing, by facilitating access to full whānau participation, by contributing to healthy whānau lifestyles and assisting and promoting whānau cohesion.

We will embrace Whānau Ora as an inclusive, culturally anchored approach. It has been developed from a Māori world view and philosophy with an overarching aim of improving outcomes for Māori.

## Section 1 Indicator 5.1

### Maori Health Plan

#### Purpose

The purpose of this plan is to build a pathway to effective and efficient services built on a whanau-centred approach within our primary health care home through clear actions and strategies to advance Maori health within our practice population and within the wider community.

#### Scope

The plan applies to the Health Team at <Practice>, to all other health professionals who work within our Practice, any alliances that we may have within our network and any contractors that may be employed by the Practice.

#### Policy

The policy recognises the principles of Better, Sooner more convenient in primary care goals, and the better, sooner more convenient principles. The policy will ensure that we will develop a more personalised health care system that recognises the need providing integrated care that is seamless with other health care providers and our community.

The practice team will be aware and work with the knowledge that Maori experience poorer outcomes across a wide range of indicators of health and well-being. The Team is aware that there are a wide range of factors that contribute to the development and maintenance of disparities in health outcomes and include inequalities in the wider determinants of health such as education, income, housing and other environmental exposures. As a healthcare team we are aware of the barriers to accessing care and will work to reduce any barriers that may affect access and treatment.

We will work together with Maori and their community liaisons to ensure better care for our Maori patients and their whanau. Working together we will create the conditions in which individuals, their family / whanau can take greater control over their lives to maximise their health and well-being.

The policy identifies a direction that will guide our services towards improving Maori health outcomes within our practice and within the wider community.

We will ensure that our healthcare professionals are motivated and skilled in providing care that place Maori patients first at the centre of all health services.

The Practice Team will demonstrate an understanding of the benefits of appreciating cross cultural issues. Maori demonstrate diversity across their communities and between individuals. It is important that all staff learn the preferences of their patients and strive to create and sustain a trusting therapeutic relationship. The practice Team is responsible to understand where cultural differences may arise and cause confusion or misunderstanding. These may include interpreting and sending non-verbal messages, the method of expressing agreement or disagreement and the inclusion of whanau in the medical setting.

Many whānau are already self-managing in so far as they make their own decisions, care for their own people and supply their own needs. However, whānau capacity for self-management may be diminished by illness, lack of information, separation from other whānau households or support networks, dysfunctional intra-whānau relationships, financial insecurity, inadequate resources either within the whānau or within wider communities, and an absence of leadership. The overall wellbeing of whānau can also be undermined by inadequate access to key services and opportunities for positive development, economic and social barriers, and alienation from societal or cultural goals and values, or from social and support networks.

The policy recognises Maori values :

### **Base Elements of Kaupapa Māori in Health Services**

All principles carry holistic underlying themes of spirituality, collectively, identity, and history.

Our staff will have an awareness of the importance of whakapapa –knowledge of the past, present and future and how these link a Māori and their world.

- Te Reo – the relevance of language and its important tie with identity.
- Tikanga Māori – Operating interventions inside the Māori cultural system.
- Rangitiratanga – Autonomy and the significance of control over life and cultural wellbeing.
- Empowerment of tangata whaiora and whanau – empowering outcomes for the individual and family to assist in their overall health.
- Whanaungatanga – the importance and integration of inter-relationships for Māori, as well as individual health elements.

### **The Māori Concept of Health**

The Māori concept of health is much wider than that of the physical wellbeing; it embraces other dimensions of a person's existence. The Māori Health Model, (Sir Mason Durie 1982, Te Whare Tapa Wha, has an integrated view of health based on four cornerstones, which equally represent the four walls of a house, symbolic of structure and support for Maori health:

#### **Te Taha Wairua (The Spiritual Dimension)**

Te Taha Wairua is unique to every individual. It is the life force that determines who you are, reflecting where you have come from and provides guidance to the future influenced by one's ancestors.

Māori in everyday life acknowledge and respect the presence of ancestors by the observance of certain practices and procedures.

#### **Te Taha Hinengaro (The Mental Dimension)**

This is the mental and emotional dimension of a person. Māori believe that the mind cannot be separated from the body or the soul.

#### **Te Taha Whanau (The Family Dimension)**

This recognises the importance of the function and role of the family, in providing sustenance, support and an environment conducive to good health.

### Te Taha Tinana (The Physical Dimension)

This is the physical or bodily aspect of a person. Māori believe that the mind, body and soul are all closely inter-related and influence one's physical state of well being. Physical health cannot be dealt with in isolation nor can the individual person be seen as separate from one's family.

### Maori Health Plan Practice Goals

1. Improvement the management of long term conditions for our Maori patients.
2. Improve Maori mother, child and youth health.
3. Improve Maori smoking cessation rates.
4. Improve access and equity for our Maori population

### Practice Maori Patient demographics

Age Group	Maori Ethnicity Identified	Female	Male
Under 6			
7-14 years			
15-24 years			
25-44 years			
45-64years			
Over 65years			

### Practice Maori Health Action Plan

Priority Area	Action Plan
CVD Screening	
CVD Management	
Smoking Cessation	
Diabetes	
Immunisation	
Child Health	
Ethnicity Data	

## Resources

- Treaty of Waitangi, Act 1975, Articles 1,2,3
- He Korowai Oranga: Māori Health Strategy; 2002
- Tikanga Best Practice (ADHB)
- RNZCGP Cultural Competence – Guide for GP
  - Best health outcomes for Māori: Practice Implications – Medical Council of New Zealand
  - Bpac- Improving Māori Health
  - Bpac- Māori Health – The Challenge
  - ACC- The Māori patient in your practice

## Links

<http://www.healthpoint.co.nz/public/other/auckland-dhb-maori-health/>

[www.maorihealth.govt.nz](http://www.maorihealth.govt.nz)

[www.health.govt.nz/.../he-korowai-oranga-maori-health-strategy](http://www.health.govt.nz/.../he-korowai-oranga-maori-health-strategy)

[www.waitangi.tribunna.govt.nz/treaty/kawharutranslation.asp](http://www.waitangi.tribunna.govt.nz/treaty/kawharutranslation.asp)

[www.maorihealth.govt.nz/tataukukuraMaorihealthchartbook2010](http://www.maorihealth.govt.nz/tataukukuraMaorihealthchartbook2010)

[www.tpk.govt.nz/in-focus/whanau-ora/](http://www.tpk.govt.nz/in-focus/whanau-ora/)

[www.msd.govt.nz](http://www.msd.govt.nz)

# Screening / Immunisation Audit for Enrolled Māori Patients

The practice has XXX Maori patients = X.X% of enrolled population

Practice Name:		Audited by:		Date:	
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**Method**

Run a query builder of the practice's enrolled Māori patients. From this determine a reasonable number of patients to audit.

Note the % of the practice Māori patients audited – X.X %

Audit each patient's notes to ascertain whether the patient is up to date with screening and immunisation for the following:

- Cervical Smear, Breast Screening, CVD Risk Assessment, Diabetes, Smoking, Immunisation and ADT

(Use N/A if patient does not fit the criteria)

	NHI-	Cx smear	Breast Screening	CVD	Diabetes	Smoking	Immunisation Childhood or Flu Vax	ADT
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
<b>Total</b>								


Audit Summary

Results

Screening	Number completed ✓	Total eligible	=	%
• Cx Screening				
• Breast screen				
• CVD risk				
• Diabetes				
• Smoking status				
• Immunisation				
• ADT				

Areas for Improvement /Action Plan:

#	Action Plan	By whom	Date planned

Maori Health Policy	Section 1 Indicator 5.1
	Date: 17 <sup>th</sup> November 2016
Authorised: Carol Ennis 	
Review Date	Signature
Review Date	Signature