

Current issue inequality in Maori Health

- Life expectancy for Maori is 7.3 less than non-Maori (Statistics NZ, 2013).
- Maori people have highest rates of obesity and diabetes (Ministry of Health, 2012).
- Maori have the highest unmet need for primary healthcare in NZ (Ministry of Health, 2012).
- Maori are most likely to face discrimination in healthcare including shorter consultations and running less diagnostic tests (Mauri Ora Associates, 2006).
- This topic was chosen as inequalities in Maori health status was observed on placement.

Maori Inequality in Healthcare System in New Zealand

Would Maori health outcomes improve if the Maori approach to health was incorporated into the current New Zealand medical system?
By Chihiro Hori

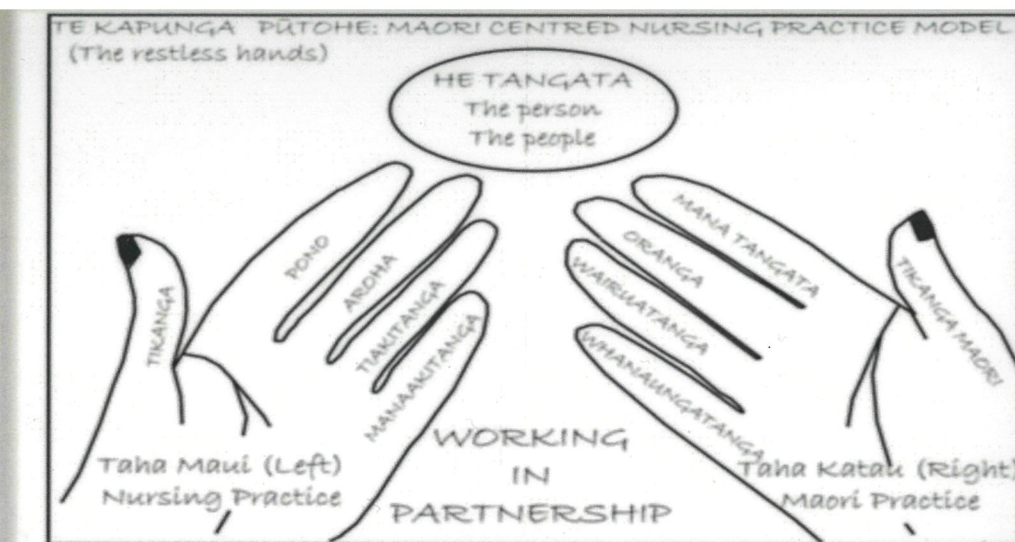
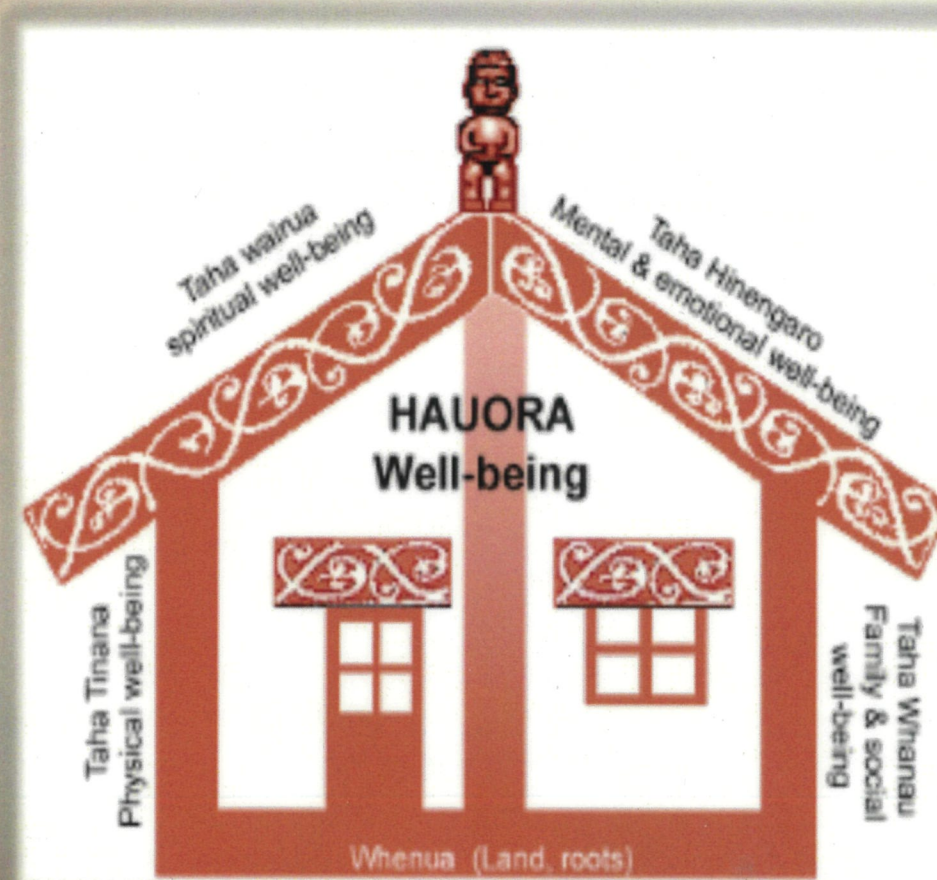


Figure 2. Dimensions of Maori Centred Nursing Practice

Evidence

- Current literature shows that *Whanau ora* provides an inclusive interagency strategy for health and societal service providers to support families in need (Ministry of Health, 2002).
- *Whanau ora* operates to empower Mori by restoring *tino rangatiratanga* (absolute sovereignty) (Ministry of Health, 2002).
- *Te Whare Tapa Wha* addresses all dimensions of Maori beliefs and values, and is shown to maximise health outcomes (Mauri Ora Associates, 2006) .

Recommendations

- Literature supports the use of the models of Te Whare Tap Wha and Whanau ora in nursing practice to improve Maori health outcomes (Ministry of Health, 2002).
- *Te Whare Tapa Wha* needs to be familiarised by nurses, as four constituents are considered to be the vital ingredients to Maori (Ministry of Health, 2002).
- Introducing each health professional involves in the care of the patient and building patient's trust (Ihimaera, 2004).
- It is essential for nurses to focus on meeting the needs of Maori through all aspects of *hauora* in order to achieve maximum health and wellbeing for Maori.

References

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The evidence based literature review on the inequality in Maori healthcare services in New Zealand is presented in a poster form. Presenting the literature review in a poster form as a knowledge transfer has been evidenced, as posters are an effective way to present and share researches to others (Christenbery & Lutham, 2013). Posters illustrate crucial information and have the ability to emphasize certain points (Christtenbery & Lutham, 2013). Unlike some other forms of delivering information, posters allow the audience to view the information at their own pace, as well as allowing several individuals to view the poster at the same time (Berg, 2005). They introduce a brief overview of the topic, and allow the audience to create informal discussion with the author (Llic & Rowe, 2015). The combination of delivering a poster, and the author being present for discussion can be more engaging, and promote active learning (Llic & Rowe, 2015). In summary, presenting the information in a poster form demonstrates a concise overview of the inadequate healthcare services provided to Maori, introducing critical Maori values and beliefs in healthcare system, as well as encouraging Maori models to be more recognised and be practised by medical professionals.

Clinical question: *Would Maori health outcomes improve if the Maori approach to health was incorporated into the current New Zealand medical system?*

A literature review was undertaken to identify the most current evidence regarding Maori patient and their whanau's experiences as being patients. The PICO/T model was used to help redefine the question into an appropriate clinical question regarding the Maori health and therefore guide the research. The PICO/T model describes the foundations of a well-formed clinical question (Schneider & Whitehead, 2013). PICO/T considers the following, the patient or problem, intervention of interest, comparison, outcome and the timeframe (Schneider & Whitehead, 2013).

PICO/T Category	Information relating to the question	Explanation
Population/ Patients	Maori patients and their <i>whanau</i>	Maori population has the highest rate of obesity and diabetes, as well as shorter life expectancy (Statistic New Zealand, 2013 & Ministry of Health, 2012).
Intervention	Maori patients' experiences at healthcare services and their perspective towards the inequality in healthcare system	When <i>hauora</i> was not met at healthcare services, patients' whanau were often missing from a part of patients' support. Some whanau did not understand English or were not informed patients' medical procedures (Mauri Ora, 2006). <i>Whanau</i> is a part of <i>Te Whare Tapa Wha</i> in Maori culture (Mauri Ora, 2006).
Comparison	Non-Maori patients	Non-Maori patients had access to high quality care while Maori patients suffered from inequality in health services (Ministry of Health, 2012). Non-Maori tended to have longer consultations compared to Maori patients (Mauri Ora, 2006)
Outcome	Whether Maori patients experienced valuable and high quality care, as similar to non-Maori patients	More Maori patients and their <i>whanau</i> tended to trust their medical professionals when they introduced their roles to patients and their <i>whanau</i> . Maori patients were more likely to open up to healthcare providers when they combined the Maori culture within the medical practice (Mauri Ora, 2006).
Timeframe	Not applicable	

References

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