

HAUORA MĀORI KI PEGASUS



IMPROVING ACCESS TO SCREENING FOR WĀHINE

COVID CLINICS

Te Puawaitanga ki Ōtautahi Trust deliver free flu and COVID-19 vaccination clinics for Māori whānau.

RONGOĀ MĀORI

Local MD student dreams of putting Rongoā and Mātauraka Māori at the centre of Māori health provision.

PARTNERSHIP

A partnership between Pegasus Health and ScreenSouth Ltd aims to improve access to cervical screening for wāhine.





TIANA MIHAERE PEGASUS HEALTH WORKFORCE DEVELOPMENT SCHOLARSHIP RECIPIENT

Mai i Aoraki mauka,
kā rere ōna roimata,
hai Waitaki ki te tai o Araiteuru.
He mokopuna o Raikaihautu, Hotua
Māmoe, Tahupōtiki, Kahungunu,
Rangitāne.

Tiana Mihaere is inspired by the moemoeā of creating a Whare Hauora that puts Rongoā and Maturaka Māori at the centre of wellbeing and healthcare within Māori communities. Tiana is currently in her fourth year studying a Bachelor of Medicine and Surgery, but also completed her Diploma in Rongoā Māori (Māori Holistic Wellbeing) through Te Wānanga o Raukawa.

“There is no middle ground, between Rongoā Māori and being a doctor currently, so I will create my own path. I am really passionate about what that looks like,” Tiana says.

Together with her partner, Jess, who is also a Rongoā practitioner, Tiana has established a charitable trust called Te Pahī o Āio Nuku. The kaupapa of the trust is centred firmly on building up the capability of Tiana’s marae in Moeraki.

“Mana Rakatahi ki Moeraki is a kaupapa that addresses the intergenerational disconnect between our people and their whenua. It is for our young people to provide them a space to exist and learn the pūrākau of our tīpuna.”

“I have a lot of aspirations for the tamariki who are to come, that they will grow up always loving who they are,” says Tiana.

Part of this kaupapa, and a concept that Tiana plans to embrace as she develops the Whare Hauora, is maramataka. Maramataka is the connection between the moon and our wellbeing and Tiana plans to spend this summer learning more about this traditional way of measuring time.

“I want to look at how the different mata of the marama can inform the way that we practice within the Whare Hauora. There are different times of the marama where people can be really unsettled and there are certain types of work that you can do in that time and certain types of work that you probably should not. It is about us un-aligning from the Western calendar and spending solid time understanding how maramataka informs how we feel,” says Tiana.

Mō tātou, ā, mō kā uri ā muri ake nei – For us and our children after us.

MEET OUR KAIMAHI WORKING TO PRIORITISE HAUORA MĀORI



LOREN VINCENT

Ko Waitaha, ko Kāti Māmoe, ko Kāi Tahu kā iwi

accessing healthcare is so much more than just a visit to general practice. A pharmacist may see a patient more often than the general practice team. They have an opportunity to build relationships with people and potentially notice changes or discuss ongoing issues with them.” Loren says

Loren is a member of Ngā Kaitiaki o Te Puna Rongoā o Aotearoa, The Māori Pharmacists Association. With so few Māori pharmacists in Aotearoa, Loren is buoyed by the support and collaboration of this organisation and works to support and grow the cultural confidence of pharmacists and pharmacy staff around Canterbury.

“Māori living in Canterbury don’t tend to see Māori pharmacists behind the counter in a pharmacy. This can have a huge impact on equity, and stresses the importance of culturally safe environments within community pharmacy” Loren says.

One of only four Māori Pharmacists in Christchurch, Loren Vincent is also a member of the Pegasus Health Clinical Quality and Education team. Her role on the team is to bring a pharmacy lens to the education programme.

“It’s so important to have that pharmacist voice. The process of

SUSAN BOOTH

Kāi Tahu, Kāti Māmoe, Ngāti Tūwharetoa

Susan Booth coordinates the B4 School Checks in Canterbury. B4 School Checks promote hauora and assist whānau in supporting the health and development of their 4 year old tamariki.

During Susan’s 11 years’ experience in this role, she has focused on equity as the foundation of the B4 School Check programme.

“We do this by identifying and prioritising our Māori whānau. Here in Canterbury, we aim to be a national leader in our approach to ensuring equity across our populations” says Susan.

More recently, Susan has explored new ways of working to ensure our whānau ora communities are able to access the important B4 School checks. This has included contracting a mobile nurse to focus on connecting with Māori whānau for two



predominantly Māori general practices. “Our nurse has found working in a flexible way, often collaborating with Partnership Community Workers to ensure whānau participate how they most feel comfortable, very rewarding” says Susan.

WORKING WITH COMMUNITY TO SUPPORT MĀORI VACCINATION RATES

Ensuring Māori have options when it comes to health care is the motivation behind community vaccination clinics run by Te Puawaitanga ki Ōtautahi Trust. This winter, with the demand for COVID-19 vaccinations and the influenza vaccination, Te Puawaitanga ki Ōtautahi Trust have offered several vaccination clinics in locations accessible and familiar to local Māori communities.

Renee Noble is a nurse at Te Puawaitanga ki Ōtautahi Trust and has been a driving force behind the clinics. “For both Māori and non-Māori, we know that one size doesn’t fit all. The vaccination clinics are trying to pivot services to meet the needs of our community, wherever that may be, including giving them options,” she says.

In late July, a free flu and COVID-19 vaccination clinic was held at the Ōtautahi Sports Association, a place that is considered turangawaewae for the many in the local Māori community.

“Our whole kaupapa has been around supporting other people and how we can give back. On the day we provided hāngī for those who were vaccinated and it was a fundraiser to their rugby club as well. It meant that not only were we able to keep them safe from illness, but they were able to earn pūtea that they could then put into their own community,” says Renee.

Partnerships have been integral to providing these clinics in a collaborative, accessible way. Pegasus Health Hauora Māori Manager, Melody Tuliau, has been working closely with Te Puawaitanga ki Ōtautahi Trust around their vaccination mahi.

“Mel has been instrumental in making these clinics and this kaupapa a success. We appreciate that Pegasus Health has enabled her to help make this mahi part of a coordinated, system-wide approach,” says Renee.

Te Puawaitanga ki Ōtautahi Trust are preparing to start delivering childhood immunisations. Tamariki ora has always been a focus of their kaupapa and their nurses work closely with whānau through whānau mai programmes, Well Child checks and more.

“In the future, this will be another option that whānau have. Some Māori love the medical centre setting, but what we want to offer is choice. We want to work with our partners in primary care to make sure we’re all working towards delivering services in a way that’s whānau-centered,” says Renee.



Renee Noble and Melody Tuliau



PARTNERSHIP

AIMS TO IMPROVE

CERVICAL SCREENING RATES

On September 1, 2022, cervical screening will be free for all Māori women aged 25 to 60 years. Pegasus Health has expanded the funding criteria for free cervical screens in order to address the growing equity gap between ethnicity groups.

This new funding approach is just one of Pegasus Health's new initiatives to enable Maori and priority women to have better access to important health screening.

Pegasus Health signed a Memorandum of Understanding with ScreenSouth Ltd. This reflects the high value of the partnership and begins a new targeted practice approach in Canterbury.

The MOU was signed by Keiran Horne, the ScreenSouth Board Chairperson, and Mark Liddle, CEO of Pegasus Health.

"This partnership just makes so much sense. ScreenSouth is founded on partnership and the relationship between Pegasus Health and Pacific Radiology Group," says Keiran.

ScreenSouth General Manager, Louise McCarthy, reflected on the trends in screening rates over the past few years.

"With the impact of COVID, we have seen the equity gap is widening but we have also seen numbers

come down for women in the total population as well. And that is not just Waitaha, Canterbury, but across the country," she says.

A pilot group of seven Pegasus Health practices has been selected to receive targeted help from a kaimahi and support worker to help improve their screening rates for wāhine. They were chosen because of their lower rates of screening and higher numbers of Māori women in their enrolled population.

"It is about our teams working collectively and using the resources we have, to achieve the best outcomes for Maori. Pegasus are providing the kaimahi, ScreenSouth will provide the support worker and then we have got data and health promotion teams that can reach in and provide support," says Louise.

*Ehara tāku toa i te toa takitahi,
engari he toa takitini.
My strength is not as an individual,
but as a collective.*

IMPROVING ACCESS TO SCREENING FOR WĀHINE

In Christchurch's Eastern suburbs, nearly 200 women are overdue for both a mammogram and a cervical smear. ScreenSouth Ltd is tackling this with local Mana Wāhine clinics which offer breast and cervical screening in a comfortable, welcoming environment. The clinics are provided for wāhine Māori, Pasifika and other women who have poorer access to screening and higher rates of breast and cervical cancer than non-Māori and non-Pasifika.

ScreenSouth is a non-profit organisation owned by Pegasus Health and Pacific Radiology Group that administers the national breast screening programme and provides regional programme coordination for the national cervical screening programme within Canterbury. Launched in 2019, Mana Wāhine clinics bring ScreenSouth's mobile breast screening bus to communities with a high Māori population and provide a free, one-stop-shop for these important health screens.

The government target for cervical screening is 80% of women being screened every three years. Māori are under-represented in these figures with the rate of cervical screening among Māori women in Canterbury sitting at 64% as of July 2022.



“The aim of the Mana Wāhine clinic is to improve equity through ensuring screening is more accessible to Māori and Pasifika wāhine. We really want to make screening a good experience,” says Jin Cho, ScreenSouth Health Promoter.

Jin says that she encounters a lot of Māori whānau who still endure the effects of the Christchurch earthquakes in 2010/11, living in damaged housing and juggling work, tamariki and other pressures. The result of this means they don't prioritise their own health, particularly preventative health.

“We make our clinics free, a good experience and a good environment to encourage wāhine to take the time to have these important screens,” she says. “We hold them on the weekend and partner with Pegasus Health practices and community organisations like He Waka Tapu to provide nurses, transportation and other support to reduce the barriers for Māori women.”