

HAUORA MĀORI KI PEGASUS



A SHARED VISION FOR WHĀNAU HEALTH IN WAITAHA CANTERBURY



KAUPAPA MĀORI

Recognition for kaupapa Māori lens on suicide prevention and postvention mahi.

HAPŪ MĀMĀ

Midwifery student aims to bring Māori māmā greater choices and autonomy around their pregnancy and birth care.

ACCESSIBILITY

New Ilam Medical facility welcomes the community through the use of bilingual signage in key patient areas.





RECOGNITION

FOR SUICIDE PREVENTION

AND POSTVENTION MAHI

The Pegasus Health Suicide Prevention and Postvention Team ensures that they have a kaupapa Māori lens on the mahi they do. Kia Piki Te Ora is a Māori suicide prevention and postvention service that operates across Aotearoa New Zealand and in 2020, and Pegasus Health has formalised and funded a part-time Kia Piki Te Ora Coordinator role that sits within the Pegasus Health team.

“This role was important to better inform our Suicide Prevention and Postvention Coordinators on best practices when working with Māori and Māori communities,” Suicide Prevention Team Leader, Tim Murphy, said.

He Waka Tapu Kia Piki Te Ora Coordinator, Rawiri Hazel, is the link between Kia Piki Te Ora and Pegasus Health. “We are guided by Rawiri Hazel and his te ao Māori and tikanga knowledge. He has supported us in the use of karakia and te reo Māori and we have begun cultural supervision as a team.” Tim said

In September, Rawiri hosted a national hui of Kia Piki Te Ora coordinators at He Waka Tapu.

“The hui was about whakawhanaungatanga [the process of establishing relationships]. I wanted to find out how the coordinators could collaborate and work with each other. I invited Pegasus Health and He Waka Tapu to present and showcase the work

we are doing in Waitaha Canterbury because not all coordinators have the same relationship with their local suicide prevention coordinators,” Rawiri said.

Feedback from Te Aka Whai Ora and the Mental Health Foundation representatives who attended the hui has been overwhelmingly supportive.

“Te Aka Whai Ora told us that this approach of having Kia Piki Te Ora working alongside local Suicide Prevention and Postvention Coordinators could influence the approach nationally going forward,” Tim said.

“Over the past 12 months we have strengthened as a team and the collaboration with Rawiri and He Waka Tapu has played a major role in that. The recognition that we are doing it well has been great. There is still plenty more we hope to be able to do in this space to support Māori, their communities and continue our commitment to learning,” Tim said.

MEET OUR KAIMAHI WORKING TO PRIORITISE HAUORA MĀORI



TAWERA ATARIA-ASHBY

Ngāti Pūkenga, Ngāpuhi, Rongomaiwahine

“We support staff with understanding their mihimihi and pēpeha,” said Tawera.

“We run Mihi Whakatau monthly to welcome new starters and to connect them to current kaimahi. It is also an opportunity to learn more about who you’re working with.”

Tawera has also been supporting Melody Tuliau in coordinating workshops on Te Tiriti o Waitangi and its application to healthcare.

“It is important that our whānau are in comfortable and safe spaces when accessing healthcare and it’s important that whānau can talk about their health concerns without cultural differences being an issue. So, these cultural competency initiatives are a start to creating a culturally safe space within Pegasus and one way we can contribute to closing gaps in health inequities,” said Tawera.

Tawera came to Pegasus Health in 2021 after teaching te reo at Te Wānanga o Aotearoa. Her role as Kairuruku, Equity Leadership Team Coordinator is to support the Equity Leadership Team and a large part of that involves improving the cultural confidence internally at Pegasus.

ELLIE TUZZOLINO-SMITH

Ngāpuhi, Ngāti Wai

Ellie Tuzzolino Smith is an Urgent Care physician at 24 Hour Surgery. She moved from working at Whangarei, a rural area with a large Māori population, to the emergency department at Christchurch Hospital before settling at 24 Hour Surgery in 2021.

Ellie is passionate about the importance of a Māori health workforce.

“Every culture appreciates representation and seeing themselves and relating to people in roles that hold influence. Any role that can be influential or have some kind of power dynamic, has the potential to be harmful if you’re not showing representation in that. As a Māori doctor, it means Maori can be seen and understood by their own, but also non-Maori can be held to account,” said Ellie.

Ellie also has some great simple tips for healthcare professionals to help ensure a culturally safe environment for Māori.



“The easiest thing to do to show respect is to call someone’s name correctly in the waiting room. Immediately you’ve built rapport. The deeper work is around cultural safety, and this goes for all cultures. You need to start recognising any biases. Asking questions if you’re unsure. Trying to understand why something may be more difficult for people of different backgrounds,” Ellie said.



ARIANA ASHBY (NGĀPUHI) **PEGASUS HEALTH WORKFORCE DEVELOPMENT SCHOLARSHIP RECIPIENT**

Ariana Ashby is currently in her third year studying a Bachelor of Midwifery at Ara-Te Pukenga (formerly Ara Institute of Canterbury). Her moemoeā (dream) is to give Māori māmā greater choices and autonomy around their pregnancy and birth care.

Ariana was inspired by her midwife who supported her pregnancy and birth when she had her first child. Her midwife was an important part of Ariana’s whānau community, having also delivered Ariana’s siblings and her partner’s mother’s children.

“The relationship I had with my midwife was quite special to me. I felt protected within my birthing space. I want to provide that same care and education

to our Māori māmā and whānau for better birth outcomes, both now and for the generations to come. What is important to me is upholding the whānau mana and connection,” Ariana said.

While Ariana’s experience was one of aroha and manaakitanga, she knows that is not the experience of all Māori māmā. Birth does not always go to plan and Ariana hopes to be able to advocate for māmā when these situations occur.

“I want to be able to be a voice for our Māori whānau in situations which may not be going their way, to enhance their trust in the health system. It is important to me that respect and mana are upheld. The choices and decisions of whānau need to be honoured and I hope to be able to be an advocate that ensures these happen,” Ariana said.

EMBRACING TE REO MĀORI AT ILAM MEDICAL CENTRE

A new integrated health hub anchored by Ilam Medical Centre opened recently on Memorial Avenue in Ōtautahi Christchurch. With support from Melody Tuliau, Hauora Māori Manager at Pegasus Health, the building was officially opened by representatives from manawhenua Ngāi Tūāhuriri who acknowledged the facility as a place of healing.

Ilam Medical Centre Client Representative, Helena Parsons, was committed to ensuring that the building and spaces within be kind to staff, patients and the community and contribute to a sense of wellbeing.

One way the new facility welcomes the community is through the use of bilingual signage in key patient areas, such as reception and the bathrooms. Signs are in both English and te reo Māori.

“It only took a second of thought to be inclusive. It is so easy to acknowledge the bicultural nature of New Zealand,” Helena said.



A SHARED VISION FOR WHĀNAU HEALTH IN WAITAHA CANTERBURY

Māori health leaders from across six organisations (including Melody Tuliau and Irihāpeti Mahuika of Pegasus Health) came together to facilitate a wānanga in late October. The purpose of this wānanga was to begin to articulate a shared vision for the future of whānau health in Waitaha.. With the direction of the health system uncertain following the establishment of Te Whatu Ora and Te Aka Whai Ora, the sharing of information, aspirations and goals will support us all in understanding our place in the future of Māori health.

We started the day with whakawhānau and waiata led by the Puanaki whānau. Through waiata, attendees were able to connect with both each other and the kaupapa for the day. There were over 50 Māori kaimahi in attendance from across the whole health sector.

“A big part of the wānanga was talking about what the future looks like for Māori in Canterbury,” Irihāpeti said.

“We talked about the need for a culturally competent workforce, creating a collective and collaborative whānau journey through the healthcare system, and making sure whānau are fully informed and empowered by knowledge through their journey.”



October’s wānanga was the first step towards a shared vision of Māori health. It is important to note that we need to travel this journey together with mana whēnua as Tāngata Whēnua of this rohe.

“We need to ensure that we’re travelling this journey together. We would love to support regular hui to support us growing a collective vision of Hauora Māori in Waitaha. Connection is so important as it can feel quite lonely at times. Being able to connect with other Māori health leaders and advocates is vital,” Irihāpeti said.

The organisation group included:

- Ngaire Button CCN
- Melody Tuliau and Irihāpeti Mahuika *Pegasus Health*
- Gail McLauchlan *Te Mana Ora*
- Karaitiana Tickell *Purapura Whetu*
- Wendy Dallas-Katoa *Onuku Rūnanga representative*
- Hector Matthews *Te Whatu Ora Waitaha*