

# He Whakaratonga Hauora Kaupapa Māori

DAVID JANSEN\*

## Abstract

Raukura Hauora o Tainui is a non-profit Māori health provider delivering health services in the Waikato and South Auckland areas. One of the general practices is based at Te Puea Marae in Mangere. This report details some of the experiences of a Māori trainee intern working part-time in the general practice clinic, and part-time on some policy project work for the organisation.

The general practice is based on Māori values, customs and traditions, for example payment is by way of koha, and arrival at the clinic is supported by traditional greetings and hospitality. The report includes reflections on the medical and non-medical issues which were dealt with during the elective including types of clinical presentations, patient characteristics, referrals, screening and follow-up procedures.

The policy work for the organisation included working with the integration committee addressing the new policy environment of the District Health Boards, assistance with strategic review planning for Raukura Hauora, and the South Auckland Diabetes Coordination project.

Useful experience was gained in working with a Māori primary health care service with exposure to a range of clinical and non-clinical practice. The opportunity to engage with Māori patients in a supportive cultural environment and use Māori language in clinical contexts was invaluable.

Māori health providers are delivering quality comprehensive primary and pre-primary care services in a changing environment. Māori medical students will find working with Māori health providers a challenging and stimulating experience.

## He Kupu Whakataki

Ko te timatanga mai o ngā korero mō tēnei whakaratonga hauora Māori ka ahua mai i a Kingi Tawhiao, ka heke iho mai ki tēnei whakatipuranga.

I waihanga te rōpu e karangahia nei ko Raukura Hauora o Tainui ā ka timatahia te whare hauora i te tau kotahi mano iwa rau e iwa tekau ma tahi. Ka timata te whakaratonga i waenganui i te iwi e noho ana i ngā taone o Rāhui pokeka me Ngāruawahia. E rua ngā wahanga inaianei o Raukura Hauora o Tainui, koia tērā kei te ihu o te waka arā ki Tāmaki, ā koia tērā kei te riu o Waikato, ā kua whanui ake ngā whakaratonga. I te timatanga ko ngā nēhi ka mahi i waenga i ngā whānau, nawai rā ka tipu kia waihanga ngā whare hauora i Tūrangawaewae, i Waahi, ki reira mahi ai ngā tākuta, ngā nēhi me ngā kaimahi hauora (pēnei i ngā kaiatawhai, kaitautoko hauora).

**The opportunity to engage with Māori patients in a supportive cultural environment and use Māori language in clinical contexts was invaluable.**

Ko taku waimarie ki te mahi mō Raukura i ēnei marama e toru kua pāhure ake nei. I taku hokitanga mai ki te Wānanga Hauora

o Tāmaki i te kimi ahau ki tētahi kaupapa mahi hei oranga mōku. I taua wā ano ka tūtaki māua ko taku tuakana i a Taitimu Maipi rāua ko Thomas Maniapoto ki te korero, ki te kimi tautoko mai i te tokorua mo te kaupapa whakaako i ngā tākuta o Tāmakimakaurau i ngā take hauora Māori, ngā tikanga hauora Māori. Wawe tonu te tautoko mai o Taitimu i te kaupapa, e pēnei ana tāna: mehemea he kaupapa tauawhi i te hauora o ngāi tāua ka tautokohia, mei kore ka kore e tautoko. Kātahi ka tohungia a Thomas e ia ki te mahitahi i ahau i runga i te kaupapa 'Improving Consultations with Māori Clients.' I tērā tau ka whakahaerehia tēnei kaupapa i raro i Raukura mō ngā kaimahi katoa o te Kaporeihana mō ngā tangata kua whara (ACC), engari kāore a Thomas i te watea ki te awahina te whakaratonga. Heoi anō ko taku e whakamārama atu nei, koia tēnei te timatanga o aku mahi me Raukura. Ka tika hoki kia mihia rātou e ahau, nō reira kei te tuku mihi atu ki

\*Ngati Tangata, Maori doctor, House Surgeon, Auckland.

Raukura Hauora, ki aku rangatira, aku tuakana. Tēnā koutou.

Ka mutu inā whakaaro ahau mo tēnei kōwhiringa ka rata nei ahau ki te mahi i waenga i te whanau o Raukura, luatahi ki te whakahoki koha atu ki te kaupapa, tuarua kia kitea e ahau i ngā āhuatanga o te ratonga hauora Māori i raro i te rangatōpū kaupapa Māori, te rangatōpū a iwi.

Heoi anō ka mihi ki a Thomas, nana i whakaae tuatahi i taku tonu. Waihoki ka wehe atu a Thomas i tāna tūnga mahi mō Raukura (ka whakawhiti atu ki te Hohipera o Tāmaki ki raro), ā muri iho nei ko Kerry Hiini, te tumu whakahaere hou. Kāti rā ka mihi noa atu ki a korua.

## Whakataukāki

Tā Kingi Tawhiao te kupu korero: 'Mehemea karekau he matakite, ka mate te iwi.' Koia tēnei te tuatahi o ngā mahi mō Raukura Hauora, kia tirohia whānui, kia tirohia te pae tawhiti, kia kimī i te whakaotinga o ēnei mahi.

Tā Te Puea te tīmatanga o ngā ratonga hauora i tērā rautau, i āna mahi i waenga i te iwi inā pā mai ngā urutā, ngā mate hou ka mauria mai i tāwahi. Koia te mate urutā 'koropotaputa' te mate ka kōputaputa te kiri mehemea ka ora te tūrora, koia hoki te rewharewha, te taru tawhiti ka matemate nei te tokomaha i te tau kotahi mano, iwa rau, tekau mā waru. Ka whakamātauria e Te Puea te waihanga hohipera mō te iwi Māori, engari ka aukatihia e te Pakeha.

Heoi anō, ka ora tonu āna moemoea, ka whakatūtuki tērā ko Tūrangawaewae ka hangaia i Ngāruawahia. Koia hoki tērā ngā moemoeā ka manaakitia e ngā kuia kaumātua kia whakatū te kaupapa hauora, ā i te tau kotahi mano, e iwa rau, waru tekau mā ono ka tūtuki me te tīmatanga o Raukura Hauora i Rāhui pōkeka.

I ahau e mahi nei i tēnei kaupapa tētahi whakatauki anō ka whākina mai. Nā Winston Maniapoto i hōmai tēnei whakaaro rangatira:

kaua e whakaarohia te mahinga, otira te otinga. Koia hoki e whakahau i a tātou ki te titiro tawhiti, ki te titiro whanui ki te whai i te hauora mō te iwi.

## He Whakaratonga Hauora

Ko Raukura Hauora o Tainui he ratonga hauora Māori. Kei Tāmaki tokowhā ngā Tumu Whakahaere (ngā kaiwhakahaere). Ko Bill Takerei te Tumuaki, ā ko Morehu Macdonald te Tumu Whakahaere mō ngā take hauora, ko Kerry Hiini te Tumu Whakahaere mō ngā take rorohiko, ngā take tūpono, ngā take mōrea, ā ko Winston Maniapoto te Tumu Whakahaere mō ngā take hauora hinengaro.

Keiraro i a Morehu ka whakahaerehia ngā whare hauora, ngā whare haumanu e toru (ko Te Puea, ko Ōtāhuhu ā ko tērā kei te hohipera o Ōtāhuhu). Ko ia hoki kei te whakahaere i ngā take hauora mō te iwi whanui, te korikori tinana, te ārai whara me te aukati kaipaipa. Kei raro hoki i a ia ngā mahi hauora i waenga i te iwi, pēnei ana te kaupapa Tamariki Ora, ngā nēhi-a-iwi, me ngā mahi whakaako hauora.

Ko tā Winston ngā mahi e whakahaerehia nei ko ngā kaiawhina, kai atawhai e mahi i waenga i te iwi whanui me ngā whanau e pehi nei i raro i te māuiui hinengaro. Ko ēnei kaimahi hauora hinengaro e awhi nei i te tangata wairangi, te tangata whai ora, kia āwhina, kia kaua e hoki ki te hohipera. Ko tētahi atu kaupapa ko te whare manaaki i te tangata kua pēhi ki raro i te taumahatanga o te waipiro me te taru kino. He whare nohoanga mō rātou, me ki he piringa.

Tā Kerry ngā mahi huhua, ngā kaupapa hou, ka whāia e Raukura. Ko ia kei te whakaaro mō ngā take rorohiko, ngā take mō ngā mahi whakauru arā i waenga i ngā mahi hauora-a-iwi me ngā hohipera.

Te Waihanga Kaupapa Here,  
Te Waihanga Māhere Rautaki

Īna tae atu ahau ki Raukura Hauora ka pātāhia e rātou ki te āwhina ki te tūtuki ngā take e rua. Ko te tuatahi e pā ana ki ngā mahi whakauruuru, ngā honohononga i waenga i ngā kaupapa hauora tuatahi (kaupapa-a-iwi, me ki 'primary') ki ērā kaupapa hauora tuarua (o ngā hohipera, me ki 'secondary').

I te mutunga o tērā tau ka pōtitia he Kāwanatanga hou, arā ko Reipa me Tūhono. Kātahi ka tīmata ki te huri i ngā āhuatanga katoa o ngā ratonga hauora. Ka huri anō ngā

hohipera hei Poari Hauora-a-rohe, mā ngā Poari nei e whakahaere i ngā kaupapa hauora katoa. Mataku ana ngāi tāua i tēnei rerekētanga, heoi ka kitea hoki i te painga ka puta mehemea ka mahingātahi

te iwi Māori me te Poari. Mai i te tīmatanga o tēnei tau ka whakatūria tētahi ohu mahi, tētahi komiti e karangahia nei ko te South Auckland Health/Primary Care Organisation Integration Committee (SAH/PCO). Nā te hohipera o Tāmaki ki raro (SAH) i waihanga tētahi pūrongo hei whakaatu atu i te huarahi whakamua mō ngā kaupapa hauora mō te rohe. Kāore i whakaaengia e te nuinga o ngā ratonga hauora tuatahi.

Nō reira te komiti nei ka whakatūria, ā ko tāna te waihanga i tētahi pūrongo hei whakatika i tērā o te hohipera, he pūrongo kia tīmata te mahinga-tahitanga i waenga i te hohipera (SAH) me ngā ratonga hauora (PCOs). Nō reira

**Tā Kingi Tawhiao te kupu korero:  
'Mehemea karekau he matakite, ka  
mate te iwi.'**

ka pīrangihia e te komiti nei i ngā whakaaro o ngā ratonga kaupapa Māori, pēnei i tā Raukura Hauora.

Ko taku waimarie ki te tae atu ki te laha o Kerry mā i taua wā, inā hoki ka taea e ahau te paku āwhina. Ka āpititia te whakaotinga o tēnei mahi. I rere atu ahau ki Ōtautahi ki te korero ki a Carolyn Gullery (ko ia tētahi o ngā kaituhi o te pūrongo), ā i haere hoki ahau ki ngā huihui o te komiti, ā ka hui hoki ki te laha o Carolyn me Paul Cressey. Ka kawea mai hoki anō a Carolyn ki te tari o Raukura Hauora ki Ōtāhuhu, korero ai, kia rangona e ia ngā āwangawanga. Ka mutu nā Carolyn i whakaoti te pūrongo i tēnei wā, ā ka haria atu ki te tūmuaki o SAH i tēnei wiki tonu.

Ko te tuarua o āku mahi ka tonoa e Raukura, ko te āwhina ki te waihanga i te māhere rautaki hou. Nō reira ka whakahaerehia e ahau ētahi hui hei whakarauemi i ngā whakaaro o te hunga whakahaere o Raukura Hauora.

Ka tīmata tēnei mahi i te tirohanga whakamua, tirohia nei i ngā painga ka puta mai tae mai ki tēnei wā. Tuarua ka titiro whakamuri ki te pae tawhiti, ki ngā moemoeā Haere tonu ana ngā korero ki ngā hiranga ka whakaaraa i a tātou, ā ka whakaarohia he aha ngā mahi tuatahi, ngā mahi matua kei mua i a tātou. Kua waihanga nei ahau i te tīmatanga o te māhere rautaki, ā ka āpititia ki tēnei pūrongo.

Ka āwhina hoki ahau i te kaupapa whakaritenga mate huka. Ko tāku mō tēnei ohu mahi, ko te whakawā i ētahi panui kua whakatāngia mo te mate huka. Éhara i te mahi uaua, engari anō āhua roa tonu te wā kia pānuhia katoatia ngā pukapuka. Ka āpititia āku tuhinga i raro iho nei.

## Aku Mahi Rata

Marie anō ahau kia mahi i te whare hauora ki Te Puea marae. i te taha o tērā o ngā tākuta Rata Ahmed Al-Ani. Mahara tonuhia e ahau taku taenga tuatahi atu ki roto ki te whare hauora rā, ka mihi atu ki te kiripaepae (arā te kaimihi o mua). Ka whakawhiti mihi mai māua, ko Teola tērā Katahi ka tūtaki ahau i a Rata Al-Ani, me te nēhi ko Tangi Vautier.

Nāwairā ka tīmata ki te uiui i tētahi tūrora. Timatahia mai ko māua ko Rata Al-Ani ki roto i te ruma, kāore i roa (ko taua rā anō) ka whakaritea he rūma mōku anō. I muri mai i ia whakataranga tūrora ka korero mai māua, te nuinga o te wā ka kuhu mai a Rata Al-Ani me te uiui atu i te tūrora.

Ko te nuinga noa atu o ēnei tūrora he Māori, ko ētahi he haka-hula (arā ko tētahi karangatanga nō ngā moutere, ko tērā atu nō Aotearoa). Ruarua noa iho ngā pākeha ka tae, tokowhā pea i te toru marama.

Rima tekau paihēneti pea o ngā tūrora he kuia kaumātua, neke atu i te toru tekau paihēneti te tamariki mokopuna, iti ake i te rua tekau paihēneti te rangatahi me te pakeke. He aha i pēnei ai, tuatahi ka noho tata nei ngā kaumātua i roto i ngā whare kaumātua, tuarua ka nui ake ngā tamariki Māori (ki tō te pākeha), ā ka mutu ko ēnei ngā tāngata ka pāngia nuitia e te mate.

Ka mahara ahau ki tētahi wahine ka tae mai, ko Kara. Mai rā anō te korero mō te tākuta e pēnei ana, ko te tirohanga tuatahi ka whakamohio atu ki te mate me te māuiui, ki te hauora me te oranga rānei o te tangata. Kati rā, ka kuhu mai tēnei wahine, ka kitea nei e ahau i tana māuiui, te rauwhero o tōna kiri, ka werawera, ā ka kitea te mamae (anei ngā kupu; kōharitari, kōpito) i tōna kanohi, i te hūpeke tōna tinana. Ko tā te rata te uiui, te patapātai kia mohio i te korero tāhū o te mate, arā ināhea ka tīmata, he aha te tohumate tuatahi, aha rā. Ko tā Kara ka tīmata mai tēnei mate i te tau kotahi mano e iwa rau, iwa tekau mā ono, i a ia i te hohipera o Kaitiaki. I taua wā ka pokaina ia e te rata kokoti (te tākuta poka, te mātanga) te tango mai i ngā

konga kouawai. Engari ka tapahia nei te rerenga waiate. Mai i taua wā ka mate taratahi ia, inā ka aukati te rerenga waiate. E rima ngā wā kua hoki anō a Kara ki te hohipera

kia whakapuare te rerenga waiate. Heoi, i tēnei rā i te kirikā ia, i te patu rere tōna manawa, nō reira ka tukuna atu ki te hohipera. Heoi anō he take anō ka pēhi ki runga i te wahine nei, kua kitea nei e ia tētahi puku, tētahi punga i tōna ū matau. Ko te take matua ko tana mate kouawai, nō reira ka tukuna atu ki te hohipera, ā ko tāku me mahara kia tuku atu ki tērā hohipera mātai ai i te pupuhitanga o tōna ū. E toru wiki kei muri iho, inā tae mai te panui putanga mai i te hohipera, ka waea atu kia hoki mai a ia. Aoake ka haere mai, i te kirikā tonu ka tūtohu he rongoā, ā ka tuhia te panui tuku ki te hohipera o Tāmaki ki raro, te wāhanga wahine.

Koia anō tētahi o ngā tūrora ka tae mai, ko tētahi kuia. Ko tana i tērā wiki i tae mai i te ahiahi o te Paraire me te mamae uma. Kāore i kona te tākuta, engari te nēhi e tere nei ki te waea atu ki te waka tūrora hei kawea atu te kuia nei ki te hohipera. Ka pērā anō te kuia i te Tūrei. Kotahi anō te rangi kua puta ki waho o te hohipera, nō reira a ia i te haere mai ki te tākuta, ā ka tīmata taua mamae anō. Nāku te kuia nei e whāngai i te hauhā, me te rongoā mo tōna manawa. Nāwairā ka heke te mamae, engari e rima meniti ka hoki mai. Heoi anō ka waea atu ki te waka tūrora anō, ā ka kawea anōhia ki te hohipera.

He kuia anō ko Mere, he puhī, ahakoa tana tino kaumātutanganga kāore ia i te moe tane. Heoi anō ko tana mate e pā mai ana āhua roa tonu ko te toto ka rere mai i tana tara. Ka mate roma mimi hoki, ā i ētahi wā ka tino haunga ki raro. I te mea kua āta tirohohia e tētahi rata

**... ko te tirohanga tuatahi ka  
whakamohio atu ki te mate me te māuiui,  
ki te hauora me te oranga rānei  
o te tangata.**

kokoti, ā i te mōhio hoki ahau ki taua rata, ka waea atu nei ahau ki a ia. I whakamaharatia te kuia ki a ia, ā ka whakaaetia nei kia hoki te kuia nei ki te hohipera tōtika mai. Ko tāku aroha mōna i te mea kua āhua roa tonu e tatari ana kia whakatikaina. Heoi anō, e rua wiki ki muri, ka haere ake nei ahau ki tōna whare kōrero ai, kotahi wiki i te hohipera te kuia nei, ka whakaurua te karu whakatata ki roto i a ia ki te kimi i te puare e tūhono nei i waenga i te whēkau me te puta. Kāore i kitea, heoi anō rā, nā te rongoā ka hoatungia ka heke haere te mate.

Tērā ko te teiteitanga o aku mahi i waenga i te iwi. I te pēnei, ka tikina e ahau tētahi tokorua, mai i te wāhi tatari, ka ārahi atu ki te taiwhanga rata. Ka puta atu anō, ā i nā hoki mai ahau ka rongo ahau i te tokorua e korero Māori ana, ko te whaea ki te tamaiti, e whakaatu ana i te whakaahua o Te Atairangikāhu me Whatumoana. Kātahi ka mihi atu, ka mihi mai. Ka ohorete te māmā kia rongohia tētahi rata e korero Māori ana, haunga ko tēnei kiritea nei. Heoi anō, ka haere tonu ngā korero me te patapātai, he aha te mate, ināhea ka tīmata, e mamae ana te korokoro, he maremare, i te wera, i te ānini te māhunga, ērā tūmomo patai. I te mutunga, ka whakarongo ki tōna manawa, ōna pukapuka, ka tirohia tōna pūhoromī, ā ka whāwhā i tōna kaki. Kāore i te tino māuiui, ka whakawhitiwhiti whakaaro māua ko tōna whaea, ka whakaae kia kaua e hoatu he rongoā, engari ka whākina atu ngā tohumate kino mō te kiriuhi ua kaka (meningitis). Hei te mutunga rā anō ka mōhio nei ahau koia tēnei te wā tuatahi kua whakahaerehia katoatia te mahi i te reo Māori. Ka miharo, ēhara i te whakakakē, engari ka paku whakahihī.

I tētahi rā ka tae mai te tokorua mai i tētahi kamupene hoko rongoā. Ko te tokorua rā ka hokona te rongoā whakaheke i te tatau o te hinu i roto i te toto. He tino mate tēnei mō te Māori. Engari rā he maha ngā ture e pā ana ki tēnei rongoā i mua i te tūtohutanga. Mehemea ka pā mai tētahi mate anō i te wā kotahi, pēnei ana i te mate huka, te mate manawa rānei ka taea te tūtohu i te rongoā ka karangahia ko 'lipitor.' Nō reira i taua wā ka tīmata mātau

ko rata Al-Ani ko Tangi ki te kimi i te tāngata e pāngia nei i ēnei mate. Nā te waihanga i tētahi kaupapa rorohiko ka kitea rātou, a ka tukuna atu te tono kia haere mai. He kaupapa tika tēnei kia tika ngā ratonga haumanu. Hei taku mutunga ki Te Puea kua neke atu i te tokoono ngā tūroro ka tohungia.

Kāti rā, he tokomaha noa atu ngā tūroro ka kitea e ahau, ka tutakina e ahau i te tekau mā rua wiki ahau i reira. Ka tika kia tuku atu ngā mihi nunui ki ngā kaimahi me ngā tāngata o Te Puea. Tēnā koutou katoa.

## Ngā Hua ka puta

Tuatahi ka taea e ahau te whakahoki koha atu ki a Raukura Hauora. Mai rā anō rātou e tautoko nei i ahau, nō reira koa ana te ngākau kia whakaaetia te mahi ki e Puea. Ngāwari noa te mahi i waenga i te iwi i ēnei tūmomo ratonga, ko te taonga ka ūwhia ki runga i ahau ko te aroha, ko tāku e tuku atu he paku āwhina.

Tuarua ka taea e ahau te kite i ngā kaupapa here hou ka whakahaerehia nei i runga i ngā tohutohu o te Kāwana hou. Ka tino rerekē ngā whakaritenga mō ngā kaupapa hauora, ā kua kite nei ahau i ētahi o ngā nekenekehanga i waenga i ngā ratonga kaupapa Māori me ngā hohipera.

Tuatoru kua rata ahau ki aku mahi tākuta i roto i te reo Māori. Koia te tino taonga ka hōmaingia, ko te noho ki te taha o ngā kuikuia, ngā koroua ki te korero Māori i roto i ēnei mahi. Ko taku waimarie, kia mahi ki roto ki tēnei whare hauora e tata nei ki te marae, e tata nei ki ngā whare kaumātua. E kore rawa ahau e wareware ki tēnei tino koha.

Kāti rā e kore e mutu te mihi ki te iwi, ki ngā kaimahi. Ka nui taku aroha ki a koutou. Tēnā koutou katoa.

Ēhara tēnei i tōna ingoa tūturu, ka whakarerekētia kia manaaki i te noho wehe, i te noho motuhake.

## HE WHAKATAUAKI

Te Paki o Hewa.

*The heart is troubled with anxiety.*