



Collaboration Study Newsletter

Tēnā koe,
welcome to the second edition of the Collaboration study newsletter. This is where we can share our study with you, provide updates on what's been happening and introduce you to our mahi and team.

Aim: To identify the health and well-being needs of Wāhine Hapū and Māori with chronic conditions using a co-designed and comprehensive wellbeing screening assessment

He Pānui: newsletter

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Project Overview

This project aims to identify health and wellbeing needs for our two cohorts:

pregnant Māori women and Māori living with chronic conditions. We have co-designed a whānau inclusive, holistic approach to meet those needs. This includes being provided information in regards to their health, improving the access to opportunities, resources and services, and determining interactions and engagements with health providers. The wellbeing needs assessment is intended to identify key areas of improvement to strengthen our system to better care for our people. This study is guided by the He Pikinga Waiora implementation framework.

Whakahou *Study updates*

Research milestones and updates since our last newsletter

- Three **advisory groups** have been held for each arm of the study, and the next are scheduled for November
- We have submitted a paper for publication based on the **Smoking Cessation hui** we held in late 2021
- The team have been busy and now all **co-design and focus groups** have been completed for both cohorts — the analyses are complete and related academic papers are being drafted for publication
- Summer 21/22 we hosted student **Nu'umoe Duffy**. She interviewed staff from services that support whānau (e.g. Kaitiaki, whānau ora, WHIRI) to learn how these services operated and identify gaps or overlap.
- Last summer, we had **Wallis Malcolm** do a summer studentships with us and she looked at the holistic needs of Māori patients living with COPD/lung disease. Her poster made it into the final for best poster, ka rawe!
- Early in our project we obtained a **Waikato Medical Research Foundation grant** to provide clinical support (Māori nurse supported by a GP) for wāhine hapū in our project. We are fortunate to be able to now provide this for our chronic condition cohort. We employed a nurse coordinator Ashleigh Muraahi (pg. 3) to support these participants in the pilots.
- Last year Lynley Uerata had her beautiful pēpi Mason (photo right). We're so glad she came back to mahi and regularly brings him in to work for cuddles!
- We have recently begun recruitment for the pilots on BOTH arms of the study and we'd appreciate any support with promoting the study (*recruitment posters provided on request*)



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Meet the Research Team

When Lynley went on maternity leave, we employed Haylee to fill in for her. Haylee and Lynley are still working with the team but for less hours and so Tia has recently joined us to support recruitment in the chronic conditions pilot. Ash is our nurse supporting whānau in both arms of the study (see next pg).



Ko wai au?

Ko Pukenui rāua ko Motakiora ōku maunga

Ko Mangaokewa tōku awa

Ko Maniapoto tōku iwi

Ko Ngātirora tōku hapu

Ko Te Tokanganui-ā-noho rāua ko Te Tikanga ōku marae

Ko Tainui rāua ko Haunui ōku waka

Ko Tia Dargaville Rehua tōku ingoa.

Originally born in Australia, I travelled home at a young age to build my childhood on the Thames Coast with my family. I was able to indulge in my culture and grow a sense of identity from this. I moved on to graduate highschool at Hamilton Girls High School before starting out my career in the health system. In my short window of time here, I've been able to absorb and impact a lot. I've done some mahi coordinating the Hauora Māori Training Fund and facilitating for Te Aka Whai Ora, in Primary and Community Care. This was generally focused around Māori in health and equity within the system. I am currently a student at the University of Waikato, doing my Bachelor of Communications, majoring in Public Relation. I am a Research Assistant for the Rangahau team in Te Whatu Ora.

Ngā Mihi

Tia Dargaville



Ki te taha o tōku

Matua he uri ahau

nō Waikato, I te

taha o tōku Whāea

he uri ahau nō Ngāti

Awa. I tipu ake au ki

Kirikiroa I te taha o

tōku whāea, aku

tuakana me taku

teina, ā, I kuraina ahau ki te Kura Kaupapa Māori o

Whakawātea, waihoki ki te Whare Kura o Ngā Taiātea.



I currently live in Kirikiriroa with my husband and our beautiful five year old daughter. I have worked within different spaces in Māori health for close to five years now. During this time, I have enjoyed working closely alongside whānau, supporting them to live healthier, thriving lives. At the end of 2022, I joined the Rangahau team as a Research Assistant on the Chronic Conditions arm of the Collaboration study. My role involves engaging with Whānau Māori to deliver a Whānau Hauora Assessment tool that has been co-designed to identify wellbeing needs and support whānau to access the help and care that they need to stay well. I'm also working part-time for Hei Ahuru Mowai, the Maori Cancer Leadership group.



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*Ko Tainui tōku waka
 Ko Kakepuku tōku maunga
 Ko Punui tōku awa
 Ko Ngāti Maniapoto tōku iwi
 Ko Paretekawa tōku hapu
 Ko Mangatoatoa, ko Te Kopua, ko Kahotea te marae
 No Piopio ōku tīpuna
 Kei te noho mau ki Te Awamutu
 Ko Ashleigh Muraahi tooku ingoa
 Tēnā koutou katoa,*

Meet our WHIRI nurse Ash



It is a pleasure to be apart of this kaupapa as the nurse for Hapu Māmā & Māori with Chronic Conditions. My role in this project is to support our research participants with any health needs that come out of the whānau hauora assessments.

A bit about me, I was brought up in Tamaki Makaurau and moved home to Te Awamutu to be closer to whanau 7 years ago. I married a Welsh man and we have four daughters together. Being a mama myself, and a Maori Nurse I have lived and seen the challenges whānau Māori experience when navigating our health care system. My nursing kaupapa has always been about support whānau to achieve their health goals, however big or small. I look forward to supporting this kaupapa.

Ngaa mihi nui,
 Ashleigh Muraahi

Sub-studies Overview



Wāhine Hapū Oral Health Experiences - Karen Turanga

*Ko Te Upoko o Tahumata te maunga
 Ko Okana te awa
 Ko Wairewa te roto
 Ko Uruao te waka
 Ko Wairewa te marae
 Ko Kai Tahu te iwi
 Ko Karen Turanga tōku ingoa.*

Study aim: To find out what the experiences of Māori women with dental Health during or post pregnancy are, and how this impacts pēpi



I grew up with my grandparents between the West Coast and Canterbury. My whānau spread between Westport and Greymouth to the West and Ashburton to Kaikōura on the East of Aotearoa. I joined the Army and trained as a Dental Hygienist in the early 80's, retiring in the early 2000's, when I went into private dental practice. I moved to Hamilton in 2006 as an independent contractor. After thirty plus years as a clinical dental hygienist it was time for a change. As I had no formal tertiary education, in 2020 at the tender age of 56 years, I started my Undergraduate degree at the University of Waikato. I gained a Bachelor of Health in Poutū-manahau Population Health and have now started a part-time Master of Social Science in Social Policy at Waikato University. My background is diverse, and I have a range of research interests including improve hauora Māori health and inequities, wahine particularly in organisational settings, mental health, dental health and access for Māori, and the relationship of identity in health, hauora and socio-economic outcomes. I am a Research Officer working on a Wāhine Hapū dental sub-study, as part of the larger Collaboration study.



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Sub-study: Karanga Atu, Karanga Mai: Responding to the call of young māmā who want to share their clinical health experiences and create change



The health and wellbeing of teenage mothers has been identified as a high-priority, yet they continue to report poor clinical experiences. In the HRC Collaboration study, young Māori mothers from a teen parents centre shared stories of 'invisibility' that they attribute to their age including poor communication, a lack of support, and poor healthcare service generally from doctors, nurses, and midwives. This sub-study focuses specifically on the experiences in clinical services. The purpose of this study is to learn more about these young women's healthcare experiences (positive and negative) in an effort to improve the way healthcare professionals service and treat young mothers and their tamariki. The research methods are semi-structured interviews and a short series of wānanga that have included a participant analysis and the co-design of guidelines and educational resources. We also expect the findings to inform a larger study for which we hope to seek external funding to conduct this study in other locations.

Sub-study Steering Group: Gloria Clarke (Lead Investigator, The University of Waikato), Nina Scott (Te Aka Whai Ora), Ross Lawrenson, Amy Jones & Tina Baty (Te Whatu Ora Waikato) and Gillian Cotter (Leader at He Puaawai - Teen Parent Unit).

*Ko Te Arawa te waka
Ko Rangiuru, ko Ōtawa ngā maunga
Ko Kaituna, ko Te Raparapa-a-hoe ngā awa
Ko Tūhourangi ki Ōtūkawa rāua ko Ngāti Rangiwewehi ki
Manoeka ngā iwi
Ko Tūhourangi, ko Haraki, rātou ko Hei ngā marae.
Ko Gloria Clarke toku ingoa.
Ngā mihi mahana ki a koutou katoa.*

I am privileged to be the lead investigator on this project and to be Mia's thesis supervisor. I am a lecturer in Te Huataki Waiora School of Health at the University of Waikato, and an alumni of Fraser High School. I'd like to thank Nina, Amy, Tina, and Ross for bringing this kaupapa to our attention and partnering with us, and am grateful to the University for providing the funds for this project. We look forward to sharing with you all what we have learnt from our research participants. Mauri ora!

- Gloria Clarke (Lead Investigator)



Ko Puketohunoa te maunga
Ko Taumarere te awa
Ko Ngātokimatawhaorua te waka
Ko Ngāti Manu te hapū
He uri tēnei nō te whare tapu o
Ngāpuhi,
Ko Pōmare te tuarua e tau nei.

Tēnā koutou katoa,

My name is Mia Kolo and I am the Research Assistant for this project. I was raised in the far north and moved to Waikato to complete my Bachelor of Social Science - double majoring in Māori & Indigenous Studies and Te Reo Māori. I am now in the process of completing a Masters of Health in conjunction with this project and have really enjoyed working with the young māmā in this cohort in hopes to help influence change in this space. I have a huge passion for this topic and want to continue the legacy of this project in the near future.

Ngā mihi nui!

