

## Diabetes Community Coordinator (Taranaki locality)



Diabetes NZ and Pinnacle Midlands Health Network are thrilled to announce the appointment of Matire Ropiha to the new position of Diabetes Community Coordinator/Hauora Kaimahi.

Matire, from Rongomaiwahine, Ngāti Kahungunu, Te Atiawa and Ngāti Haumia, brings a wealth of advocacy skills and experience to the role. However she feels that above all, what she offers is lived experience of type 2 diabetes.

She says, "I was diagnosed with gestational diabetes in 2008 which progressed to type 2 after I gave birth to our daughter." Diabetes has also affected members of her family.

### Diabetes Community Coordinator role

Based in Taranaki, Matire will liaise with iwi health organisations, diabetes youth, and various community groups. She will help those who are newly diagnosed to navigate health systems, as well as coordinate diabetes self-management programmes, and provide ongoing support to those with diabetes. She also says it's important to make sure there is also support for the support people.

This role fills an urgent gap in current diabetes care in Taranaki. The role is 50 per cent Diabetes NZ as the Diabetes Community Coordinator, and 50 per cent for Pinnacle MHN being a Hauora Kaimahi within the extended care team.

Matire will offer home visits or see people at the PHO offices for individualised emotional support, some basic lifestyle advice for those with type 2 diabetes, advise people of their needs for ongoing screening for long term complications and encourage them to attend their follow up appointments with their health care team. For those families with a newly diagnosed child who has Type 1 diabetes she will be the point of access to refer on to the local Youth Branch of Diabetes NZ. Matire will also be establishing diabetes support groups for adults around Taranaki.

### Group education programme for people with diabetes

In 2021, a six-week structured Type 2 diabetes self-management education programme will become available. This programme of two hours a week will educate participants on all aspects of diabetes and self care, whilst teaching them goal setting and offering motivational support. Matire will be able to follow up participants after the programme as they want for ongoing motivational support.

### Calling for Practice Nurses

We are also looking for interested Practice Nurses who may wish to attend a workshop early in 2021 to learn how to facilitate the programme. It is expected that any nurse attending has the support of their practice to provide educational support to this programme free of charge for their patients. It is intended there will be dietetic educational support for some sessions.

### Referring to Diabetes Community Coordinator

Complete e-referral via Best Practice (BPac) for:

- Newly diagnosed Type 2 diabetes – for 1:1 visits and structured group education
- Patients interested in attending diabetes support groups
- Youth with Type 1 or Type 2 diabetes

### Contact details

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