

# Decolonising Primary Care

Riiti Conway

Project Manager – Health Equity

# Ko Wai Au



He mana tō te whānau  
Whānau Centred

Tōkeke  
Equitable

Manawa whakaute  
Respectful

Pono  
Transparent

## Overview



Health Equity Refresh



Meihana Model and WAI2575



Decolonising primary care – where to start?



3 key skills to master using decolonisation mindset as a tool



Breakout activity



Wrap-up

## Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

## Equity



Individuals are given **different supports** to make it possible for them to have equal access to the game, thus producing equity.

## Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

**In Aotearoa New Zealand, people have differences in health that are not only avoidable but unfair and unjust. Equity recognises different people with different levels of advantage require different approaches and resources to get equitable health outcomes.**

# Health Equity: Why is it important in Primary Care/General Practices?

## Te Tiriti o Waitangi 1840

- Founding document of New Zealand
- Treaty between colonial settlers and indigenous Māori
- Agreed terms which are unfulfilled today evident in health, economic, social disparities

## Pae Ora Healthy Futures Act 2022

- Health sector principles aim to reduce inequities and health disparities among Māori and other underserved populations
- Tiriti o Waitangi principles guide priorities for Māori health equity

## United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) 2006

- Article 24.4 – “indigenous individuals have an equal right to the enjoyment of the highest attainable standard of physical and mental health”.
- “States shall take the necessary steps with a view to achieving progressively the full realization of this right”.

## Health Equity: How is it currently being achieved in Primary Care/General Practice?

- RNZCGP Cornerstone and Foundation Standards
- Practice Hauora Māori Plan
- Practice Equity Policy and Plan
- Practice Development Plans
- Health Targets
- Patient Feedback Groups
- Professional Development and Training 

Informed by:

- *He Korowai Oranga Māori Health Framework*
- *Te Tiriti o Waitangi Principles of Care*
- *Te Pae Tata – Interim NZ Health Plan 2022*

# So why are health outcomes still poor for Māori?

## Health Equity: what else needs to be addressed?

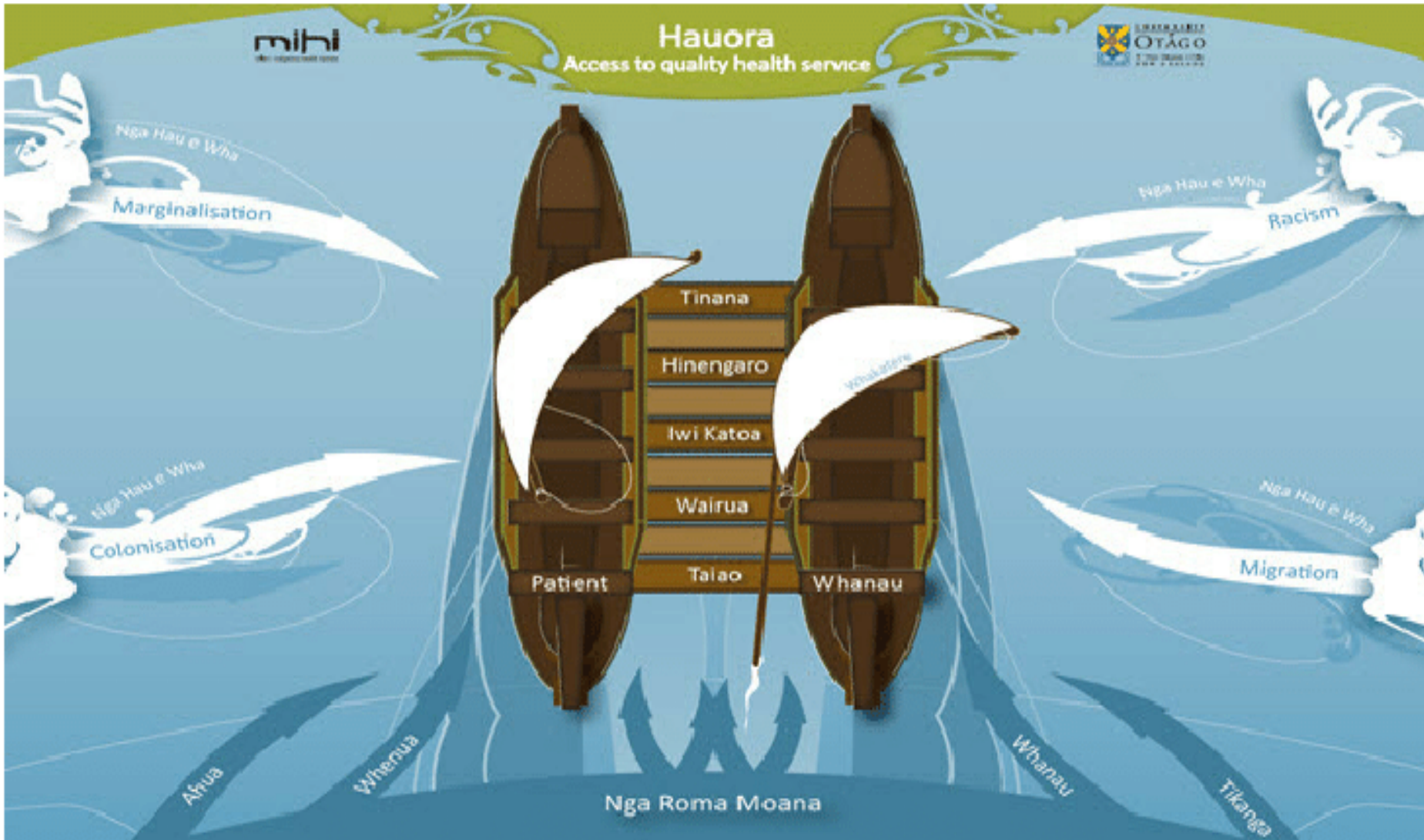
### Digging deeper...

- Unconscious bias
- Racism
- Not acknowledging the role of colonisation in health outcomes
- The idea that ‘time heals’



What are some key health outcomes you see in Māori patients as a result of colonisation?

# Meihana Model



SP WI. Meihana model: A clinical assessment framework. New Zealand Journal of Psychology, 2007 Nov;36(3):118.

He mana to Whanau  
Whānau Centred

Tōkeke  
Equitable

Manawa whakaute  
Respectful

Pono  
Transparent



Search



- COVID-19
- Your health
- NZ health system
- Our work**
- Health statistics
- Publications

Home > Our work > Populations > Māori health > Health Services and Outcomes Kaupapa Inquiry > Wai 2575 data & resources

**Māori health**

He Korowai Oranga

Whakamaua: Māori Health Action Plan 2020-2025

Te Tiriti o Waitangi

Ao Mai te Rā | The Anti-Racism Kaupapa

**Health Services and Outcomes Kaupapa Inquiry**

**Wai 2575 data & resources**

Māori health providers

# Wai 2575 Māori Health Trends Report data and resources

The Ministry of Health's Māori Health Insights team has produced the [Māori Health Trends Report](#), to inform the Wai 2575 Health Services and Outcomes Kaupapa Inquiry (Wai 2575).

This page contains the supporting data files from report and summary files that give an overview of the data in each section of the report.

# Decolonisation – what is it?

Decolonisation is restorative justice through cultural, psychological and economic freedom. True decolonisation seeks to challenge and change White superiority, nationalistic history and “truth”.

The [Rights of Indigenous people](#) (UN) states “Indigenous peoples have the right to self-determination. By virtue of that right they freely determine their political status and freely pursue their economic, social and cultural development.”

Decolonisation is a term that scares some and gives hope to others. It is an uncomfortable and bewildering concept for many New Zealanders - yet needed if we are going to build a country that is fair and equal for all who live there.

<https://theconversation.com/explainer-what-is-decolonisation-131455>

“Decolonisation is for everyone” – Nikki Sanchez



“These are the things which divide the Māoris from the Europeans. They feel that the promises made by the Europeans have not been fulfilled, while all that the Māori have promised has been fulfilled.”

Hori Kerei Taiaroa, MHR speaking in NZ Parliament 21 October  
1878

# Local context: Parihaka and Dunedin



## “Decolonisation is for everyone” – Nikki Sanchez

- Decolonisation is work for EVERYONE to do
- For Māori – Kaupapa Māori health services, working with MHA, internal iwi support
- For Practice Managers and staff – Workforce development, Cultural competency and safety training, continuous quality improvement for Māori/Pacific/rural/disabled, keeping up with health plans and policies
- For Individuals – self-reflection, acknowledging history, adopting a decolonisation mindset



## Adopting a decolonisation mindset is a tool you can use to further your clinical skills...

- Lived experience and cultural knowledge are an **asset**
- Being treated by someone who has a ‘decolonisation’ mindset will help the patient decolonise themselves
  - “Racist structures make the victim the problem.”
- Current workforce must do the internal work to adopt a ‘decolonisation’ mindset
  - Professional development goals
  - Self-reflection
  - Being brave and seeking out opportunities to connect with Māori

# How to apply this:

- 1. Place whānau at the heart of the system to improve equity and outcomes** ✓
- 2. Embed Te Tiriti o Waitangi across the health sector** ✓
- 3. Develop an inclusive health workforce** ✓
- 4. Keep people well in their communities** ✓
- 5. Develop greater use of digital services to provide more care in homes and communities** ✓
- 6. Establish Te Whatu Ora and Te Aka Whai Ora to support a financially sustainable system** ✓

Partnership, Participation and  
Protection, Equity

Equitable health outcomes  
and patient experiences

Indigenous Self-  
Determination (Tino  
Rangatiratanga)

Decolonising Primary Care

# 3 key skills to work on

Hauora Māori	Cultural Competence	Cultural Safety
<p>Medical practitioners have knowledge of <b>the historical and contemporary Māori health situation</b>, use <b>Māori health models</b> within clinical practice, <b>engage appropriately</b> with Māori patients, whānau and communities, are familiar <b>with te reo Māori and tikanga Māori, and the diversity of Māori beliefs, values and experiences.</b></p>	<p>Culturally competent medical practitioners are committed to ongoing development of the <b>knowledge and skills to work effectively within cross-cultural contexts.</b> They recognise that the definition of <b>culture is wider than ethnic understandings</b>, and includes other social groups defined by their behaviours, beliefs and values.</p>	<p>Culturally safe medical practitioners engage <b>in ongoing development of critical consciousness</b>, involving self-reflection on their own biases, attitudes, assumptions, stereotypes, prejudices, structures and characteristics that may affect their practice.</p>

## Summary



Equity is achieved through decolonisation



You must understand your patients in order to help them



Be brave and step out of your comfort zones

## Resources

- WAI2575 Inquiry: Oranga and Māori Health Inequities  
[https://forms.justice.govt.nz/search/Documents/WT/wt\\_DOC\\_152096130/Wai%202575%2C%20B025.pdf](https://forms.justice.govt.nz/search/Documents/WT/wt_DOC_152096130/Wai%202575%2C%20B025.pdf)
- The Waitangi Tribunal's WAI 2575 Report: Implications for Decolonizing Health Systems  
<https://www.hhrjournal.org/wp-content/uploads/sites/2469/2020/06/Came.pdf>
- The Colonising Environment: AN AETIOLOGY OF THE TRAUMA OF SETTLER COLONISATION AND LAND ALIENATION ON NGĀI TAHU WHĀNAU  
<https://www.canterbury.ac.nz/media/documents/ngai-tahu-research-centre/The-Colonising-Environment---PDF-final.pdf>
- Meihana Model and the Hui Process A clinical assessment framework  
– [https://www.psychology.org.nz/journal-archive/Pitamaetal\\_NZJP36-3\\_pg118.pdf](https://www.psychology.org.nz/journal-archive/Pitamaetal_NZJP36-3_pg118.pdf)