

Name of Course / Conference: Tikanga Best Practice Kete 1, 2 and 3		
Date of Attendance: 25/07/08, 08/08/08, 22/08/09	Learning Hours: 18	Cost - nil
Presenter(s): (Name and Qualifications)		
Venue: Te Wananga o Aotearoa and Pukaki Marae		
Course Content: (include programme)		
Learning Objectives:		
<ol style="list-style-type: none"> 1. To describe Maaori health disparities our District Health Board. 2. Describe the health impact of settlement, legislation and government action on Maaori mental, physical and spiritual needs. 3. Demonstrate an understanding of how both Maaori values and beliefs and the DHB values can be applied in the workplace. 		
Evaluation of learning objectives:		
<ol style="list-style-type: none"> 1. I was aware of the differences in the health outcomes between Maaori and other ethnic groups in our DHB but was surprised to learn the life expectancy for Maaori is 8-9 years less than other ethnic groups. Maaori also have higher rates of CHD, diabetes and child health related illnesses. Our DHB is well documented to have a higher than national birth rate and it was interesting to find out Maaori have the highest fertility rate plus have the highest rate of child related illnesses. 2. I now have a better understanding of how the impact of settlement negatively affected Maaori such as poorer standards of living, lower standards of health and education and how the introduction of alcohol and new diseases affected them. 3. I found it very interesting to look at both the Maaori values and beliefs along with the DHB's values. When broken down it could be seen that many of the values were similar such as Mana Whenua which emphasizes people making connections and working together to improve health and wellbeing of all Maaori which ties in with our DHB value of teamwork/partnership. 		
Application of knowledge: (What will you do differently?)		
Knowing more about the health disparities between Maaori and other ethnic groups especially in children's health has made me aware for the need for us as professionals to do more to try and bridge these gaps which may involve us trying new approaches to achieve. The course made me		

realise that even small changes to practice can make a difference such as working on first impressions and building more of a rapport/connection with your Maaori patients. Since the course I have made a concerted effort to pronounce Maaori names correctly and if unsure ask rather than say it incorrectly. I have spent more time engaging with members of the Whanau on the first visit, introducing myself to all members of the whanau present and finding out their role in the child's feeding etc. I have found that this has resulted in me having a better relationship with the families and they are more willing to follow the advice I have given. I also learned that the word Maaori should be spelt that way not Maori.

Recommendations: Feel this is a core training course for anyone working in the health sector to attend. Gives you a good understanding of the values and beliefs of Maaori . Would benefit from including more practical suggestions on how to implement Tikanga into our day to day roles in the health organisation.

Signature:

Date: