A Māori Model of Primary Health Care Nursing

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Te Atihau-nui-a-Paparangi

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Abstract

While the philosophy and policy of primary care nursing are consistent with Māori development objectives, the practice can fall short of this ideal. This thesis identifies and examines the shortfall in terms of Māori women’s expectations and identifies ways in which traditional nursing practice among Māori communities may be enhanced. The research highlights the need for nursing to broaden our concepts of health, community, and public health nursing, to focus more on issues of capacity building, community needs, and a broader understanding of the social, political, cultural, and economic contexts of the communities we work with.

This research used a critical ethnographic method underpinned by a Māori-centered approach to explore health as experienced by Māori women. The primary data collection involved, a period of intensive fieldwork within the community, use of in-depth interviews, attendance at hui, and a review of literature and policy documentation. The findings of this research articulate a model of health that is a dynamic process based on the restoration of, and maintenance of cultural integrity, and is based on the principle of self-determination. Primary health care is a process of enabling Māori to increase control over the determinants of health and strengthen their identity as Māori thereby improving their health and position is society.

The findings support a substantive Māori model of Primary Health Care Nursing that provides a framework for theoretical research, which will lead to further conceptual refinement. The model also provides a framework for education curricula and nursing practice that will enhance nursing’s ability to meet the needs of Māori.
Acknowledgements

To the whānau, the staff, and Board of Te Oranganui Iwi Health Authority for supporting the research, and the Māori health research community for their constant encouragement, support and advice. To all those who participated in this research, your contributions have provided the substance of this thesis. Thank you for taking the time to share your knowledge and experience.

My grateful thanks to the Health Research Council of New Zealand for their support in awarding me the Māori Health Research Training Scholarship which allowed the completion of this doctoral thesis. Also, thanks to my supervisors Dr Chris Cunningham, for his contribution through supervision above and beyond the call of duty, and to Professor Julie Boddy for her support and wise council throughout this time.

To all the whānau for your support and encouragement, especially Donna, Nicki, Ben, and Nanni Heather, for the wonderful job you have all done caring for my moko, without you, none of this would have been possible. To my mother who has been there through out, thank you for your constant support and encouragement, and all the meals.

Mihi you bring meaning to friendship. To Lesley, for the wonderful support and encouragement you have given both as a friend and as a colleague. Thanks to Jean Vanags and Lois Grant-Hroch for their valuable contributions in editing and formatting this work.

To all who have made this journey possible, my sincere love and thanks.
This thesis is dedicated to the memory of Garth, without whose support and encouragement I would never have ventured on this journey, and to my Dad for always believing that we could do anything.
### Māori/English Glossary of Terms

<table>
<thead>
<tr>
<th>Māori Term</th>
<th>English Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ahi ka</td>
<td>keep the home fires burning</td>
</tr>
<tr>
<td>Aroha</td>
<td>love</td>
</tr>
<tr>
<td>Awa</td>
<td>river</td>
</tr>
<tr>
<td>Hapū</td>
<td>sub-tribe</td>
</tr>
<tr>
<td>Hauora</td>
<td>lifebreath, health</td>
</tr>
<tr>
<td>Hui</td>
<td>meeting or gathering</td>
</tr>
<tr>
<td>Hui whanui</td>
<td>large meeting/gathering</td>
</tr>
<tr>
<td>Iwi</td>
<td>tribe</td>
</tr>
<tr>
<td>Kai Awhina</td>
<td>community health worker</td>
</tr>
<tr>
<td>Kainga</td>
<td>home</td>
</tr>
<tr>
<td>Kaitiaki</td>
<td>guardian</td>
</tr>
<tr>
<td>Kanohi</td>
<td>face</td>
</tr>
<tr>
<td>Kanohi ki te kanohi</td>
<td>face to face</td>
</tr>
<tr>
<td>Kapa haka</td>
<td>form of modern Māori cultural group performance</td>
</tr>
<tr>
<td>Karakia</td>
<td>prayer or incantation</td>
</tr>
<tr>
<td>Kaumātua</td>
<td>elderly men</td>
</tr>
<tr>
<td>Kaupapa</td>
<td>groundwork, topic or subject</td>
</tr>
<tr>
<td>Kohanga</td>
<td>nest</td>
</tr>
<tr>
<td>Kohanga reo</td>
<td>preschool – language nest</td>
</tr>
<tr>
<td>Korero</td>
<td>speak</td>
</tr>
<tr>
<td>Kuia</td>
<td>elderly women</td>
</tr>
<tr>
<td>Kura</td>
<td>school</td>
</tr>
<tr>
<td>Kutu</td>
<td>headlice</td>
</tr>
<tr>
<td>Mana</td>
<td>prestige, authority</td>
</tr>
<tr>
<td>Mana wahine</td>
<td>prestige and authority particular to Māori women</td>
</tr>
<tr>
<td>Mana whenua</td>
<td>having rights over this land</td>
</tr>
</tbody>
</table>
Maori

Maoritanga

Marae

Marae atea

Mirimiri

Mua

Muri

Noa

Oranga

Pa

Paepae

Pākehā

Papatuanuku

Rangatira

Reo

Ringawera

Rohe

Rongoā

Taha

Taha hinengaro

Tamariki

Tangata whenua

Tangihanga

Taonga

Tapu

Tika

Tikanga

Tinana

Tino rangatiratanga

Tipuna

Tohunga

Tuakana

Tupapaku

Tutu

native peoples of Aotearoa New Zealand

Māori culture and beliefs

Māori gathering place, place in front of the meeting house

courtyard in front of a meeting house

massage

in front

back

free from tapu/restrictions

wellbeing/wellness

village

The beam in front of a meeting house. Commonly refers to the seating area for orators.

New Zealand european

earth

chief

language

workers’ cook

district

natural medicine

side

emotional wellbeing

children

indigenous/people of the land

funeral

precious or valuable item

sacred

justice

protocols and practices

body

sovereignty

ancestor

skilled person

elder sibling

body

a shrub Coraria Arborea
<table>
<thead>
<tr>
<th>English</th>
<th>Māori</th>
</tr>
</thead>
<tbody>
<tr>
<td>cemetery</td>
<td>Urupa</td>
</tr>
<tr>
<td>women</td>
<td>Wahine</td>
</tr>
<tr>
<td>song</td>
<td>Waiata</td>
</tr>
<tr>
<td>canoe</td>
<td>Waka</td>
</tr>
<tr>
<td>mother/aunty</td>
<td>Whaea</td>
</tr>
<tr>
<td>traditional carving</td>
<td>Whakairo</td>
</tr>
<tr>
<td>genealogy</td>
<td>Whakapapa</td>
</tr>
<tr>
<td>stick close to, fasten</td>
<td>Whakapiripiri</td>
</tr>
<tr>
<td>extended family</td>
<td>Whānau</td>
</tr>
<tr>
<td>the women of the family/whanau</td>
<td>Whanau wahine</td>
</tr>
<tr>
<td>making of a family</td>
<td>Whānaungatanga</td>
</tr>
</tbody>
</table>
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