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# **A Māori Model of Primary Health Care Nursing**

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**Te Atihaunui-a-Paparangi**

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# MASSEY UNIVERSITY

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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 in 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.

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## Māori/English Glossary of Terms

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

Māori	native peoples of Aotearoa New Zealand
Māoritanga	Māori culture and beliefs
Marae	Māori gathering place, place in front of the meeting house
Marae atea	courtyard in front of a meeting house
Mirimiri	massage
Mua	in front
Muri	back
Noa	free from tapu/restrictions
Oranga	wellbeing/wellness
Pa	village
Paepae	The beam in front of a meeting house. Commonly refers to the seating area for orators.
Pākehā	New Zealand european
Papatuanuku	earth
Rangatira	chief
Reo	language
Ringawera	workers' cook
Rohe	district
Rongoā	natural medicine
Taha	side
Taha hinengaro	emotional wellbeing
Tamariki	children
Tangata whenua	indigenous/people of the land
Tangihanga	funeral
Taonga	precious or valuable item
Tapu	sacred
Tika	justice
Tikanga	protocols and practices
Tinana	body
Tino rangatiratanga	sovereignty
Tipuna	ancestor
Tohunga	skilled person
Tuakana	elder sibling
Tupapaku	body
Tutu	a shrub <i>Coraria Arborea</i>



Urupa	cemetery
Wahine	women
Waiata	song
Waka	canoe
Whaea	mother/aunty
Whakairo	traditional carving
Whakapapa	genealogy
Whakapiripiri	stick close to, fasten
Whānau	extended family
Whanau wahine	the women of the family/whanau
Whānaungatanga	making of a family

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## Table of Contents

Abstract .....	i
Acknowledgements .....	ii
Māori/English Glossary of Terms .....	iv
Table of Contents .....	vii
INTRODUCTION .....	1
Indigenous health .....	1
Background .....	2
Overview of the thesis .....	4
Conclusion .....	7
CHAPTER ONE .....	8
Health reforms .....	8
Introduction .....	8
The New Zealand health reforms: 1975-1990 .....	8
National's proposals for reform in the 1990s .....	11
The 1996 Coalition health policy .....	13
Labour-Alliance Coalition 2000 .....	14
Traditional Māori approaches to public health .....	14
Colonisation and Māori health .....	15
The role of Māori in the health sector .....	16
Māori development and health .....	18
A Māori development approach to health .....	20
Māori participation in reformed system .....	22
Conclusion .....	26

CHAPTER TWO .....	27
Primary health care concepts and challenges.....	27
Introduction .....	27
Ottawa Charter .....	28
Building healthy public policy.....	28
Creating supportive environments .....	28
Strengthening Community Action and Developing Personal Skills.....	29
Reorienting health services .....	29
Primary health care .....	30
Health services definitions .....	31
The principles of primary health care .....	31
Equity .....	32
Prevention .....	32
Appropriate technology.....	32
Intersectoral action .....	32
Community participation .....	33
Approaches to primary health care .....	34
Community development .....	34
Community Orientated Primary Care (COPC).....	35
Reducing health inequalities through primary health care .....	36
International experience .....	37
The Treaty of Waitangi and health .....	39
PHC and population-based approaches in New Zealand:.....	41
Māori primary health care.....	42
Examples of Māori primary health care initiatives.....	44
Māori primary health care teams .....	46
By Māori for Māori Services .....	47
Summary .....	48
 CHAPTER THREE .....	 49
Nursing and primary health care.....	49
Introduction.....	49
Primary healthcare and primary care .....	50
Philosophical congruence of nursing with primary health care.....	52
Nursing in the context of health care .....	52
Primary health care nursing .....	53
Models of community and public health nursing.....	54
Nursing theory and community health nursing.....	55
Modern nursing .....	55

Population health movement.....	56
Community orientated primary health care .....	58
Measuring the difference nursing makes .....	59
Current New Zealand context .....	60
Summary .....	63
CHAPTER FOUR .....	65
Theoretical position.....	65
Introduction.....	65
Ethnographic traditions .....	66
Kaupapa Māori research and Māori-centred research .....	70
Methods.....	76
An overview .....	76
The research question.....	76
Accessing the community .....	77
Sampling strategies .....	79
Stage one: Fieldwork .....	80
Stage two: Preliminary reconstructive analysis .....	82
Stage three: In-depth interviews .....	83
Stage four: Local systems relationships.....	83
Stage five: Wider systems relationships .....	85
Ethical issues.....	86
Information Dissemination .....	87
Conclusion .....	87
CHAPTER FIVE .....	90
Whanganui community Māori profile.....	90
Context No. 1: Māori women in Aotearoa/New Zealand .....	91
Housing .....	93
Family formation.....	93
Socio-economic risks to health .....	94
Health affecting behaviours .....	94
Context No. 2: Whanganui Region.....	95
Socio-demographic profile – Whanganui Māori .....	95
Ethnic Groups .....	96
Household Income .....	97
Income Support .....	98
Social Factors .....	98
Deprivation.....	99

Context No. 3: Recent political history.....	100
Whanganui River .....	102
Context No. 4: Te Atihaunui-a-Paparangi .....	107
Urban and rural distribution.....	107
Age structure .....	107
Unemployment.....	108
Context No. 5: Te Oranganui.....	108
Profile of the women in this research.....	109
Conclusion .....	110
CHAPTER SIX.....	111
Māori health beliefs and practices .....	111
Introduction .....	111
Whānau .....	113
Healing.....	113
Aroha.....	115
Whānaungatanga.....	115
Collective responsibility .....	116
Spirituality.....	117
Customary Māori understandings .....	117
Religion.....	121
Cultural integrity.....	122
Understandings of primary health care .....	123
Conclusion .....	125
CHAPTER SEVEN.....	128
Māori women’s sense of self .....	128
Introduction .....	128
A historical context .....	129
Home-place .....	131
Expression of Māori identity.....	134
Ancestral land .....	134
Whakapapa.....	134
Proximity to whānau .....	135
Marae participation .....	136
Māori language .....	137
Role models.....	137
Mana wahine – the power of women.....	141
Cultural revitalisation.....	141

Conclusion .....	143
<b>CHAPTER EIGHT .....</b>	<b>144</b>
Māori women's perceptions of and responses to marginalisation .....	144
Introduction .....	144
Defining marginalisation – direction from the literature .....	144
Giving voice to perceptions of being marginalised .....	145
Experiencing the attitudes and behaviours of health professionals .....	146
Community health workers – marginalised and mediating?.....	148
Cultural practices as mediators .....	149
Socio-economic factors .....	150
Economics .....	152
Physical access .....	152
Conclusion .....	155
<b>CHAPTER NINE .....</b>	<b>158</b>
Discussion .....	158
Discussion of findings.....	159
Intent .....	163
Approach .....	163
Concept .....	164
Orientation - specific practices .....	164
Outcomes.....	165
Intent .....	166
Community development.....	166
Empowerment .....	167
Capacity building .....	169
Recognising diversity.....	170
Collective responsibility .....	170
Interdependence .....	171
Concept .....	172
Holistic concept of health .....	172
Equity .....	174
Social justice .....	174
Orientation – strategies .....	175
Having a clear vision and articulating it .....	175
Being responsive to the needs and expectations of Māori .....	175
Demonstrating commitment.....	176
Enabling collaboration .....	176

Empowerment of communities and clients .....	176
Providing adequate resources.....	176
Implications of ‘Nursing Primary Health Care for Māori’ .....	176
Conclusions .....	178
Workforce .....	178
Research .....	179
Appendix one .....	180
Reflections of a Māori researcher .....	180
Bibliography.....	182