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Te Tau Ihu Māori Mental Health
outcomes and tangata whaiora
experiences in Te Wahi Oranga
(Nelson Acute Mental Health
Inpatient Unit).

An exploratory study.

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Abstract

There are significant differences between Māori and non-Māori mental health in New Zealand. Māori have higher prevalence of serious mental health disorders than non-Māori, yet in comparison to non-Māori, Māori are less likely to access health services; are less likely to be referred to specialist mental health services by General Practitioners (GPs) and more likely through law and welfare agencies; are more likely to be involuntarily admitted; have higher admission (and readmission) rates, are more likely to be diagnosed with psychotic disorders on admission; and have higher suicide and mortality rates.

The aim of this research was to explore outcomes for Māori in Te Tau Ihu (Nelson/Marlborough), New Zealand and understand Māori tangata whaiora (service users/patients) experiences from admissions through to discharge from a mental health acute inpatient unit in Te Tau Ihu. First, five years of inpatient data was collated to identify whether there were similarities between Te Tau Ihu Māori and Māori nationally in terms of admission rates, readmission rates, seclusion practices, length of stay and diagnostic data. Second, using a narrative inquiry approach embedded within a Kaupapa Māori framework, 13 tangatawhaiora were interviewed.

This research has found that there are some similarities between Māori in Te Tau Ihu and Māori nationally in terms of the higher number of admissions and first time re-admissions, higher rates of psychotic disorders and seclusion. However, Te Tau Ihu Māori compare more favourably in terms of lower two or more subsequent re-admissions, and there is minimal difference between Māori male and female admission rates.

In terms of tangata whaiora experiences, there are consistencies with other studies around concerns with medication, stigma and discrimination, lack of respect, boredom, fear and safety, and relationships with staff. There are also new learnings in terms of the complex relationship with medication, the importance of food and music as a relationship enabler, the strength of having Māori staff on the unit and a call for more therapeutic interaction.

The findings endorse the need for more comprehensive care planning based on Te Whare Tapa Whā (mental, physical, family, spiritual dimensions) to better support tangata whaiora.

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So this Shane, is for you.

Glossary

Atua	Māori gods or spirits
Inpatients	Service users/Tangata whaiora admitted to an acute mental health inpatient unit.
Kai	Food
Kaupapa	Strategy, policy or cause.
Kaupapa Māori Health Services	<p>Common characteristics of Kaupapa Māori Health Services are:</p> <ul style="list-style-type: none">• kaumaatua/kuia are an integral part of the service;• there is an emphasis on whaanaungatanga;• the governance and mission of the Service is based on a Kaupapa Māori model;• Tangata Whai Ora are mostly Māori;• the local Māori community supports the service;• the kaupapa of the service is consistent with wider aims and aspirations of Māori development;• the service operates using Māori Tikanga, Māori beliefs, values and practices• the majority of staff are usually required to be Maori.
Maata waka	Iwi groups living outside of their traditional rohe (boundary).
Mākutu	To inflict physical and psychological harm and even death through spiritual powers, bewitch, cast spells.
Mana	Prestige, authority, control, power, influence, status, spiritual power, charisma - <i>mana</i> is a supernatural force in a person, place or object
Manawhenua	A set of customary land rights of a hapū or iwi which denotes their ownership, control and sovereignty over a defined area of land.
Mental Health Disorder (admission to acute inpatient services)	<p>Under the Mental Health (Compulsory Assessment and Treatment) Act 1992 a mental disorder is defined as an:</p> <p><i>abnormal state of mind (whether of a continuous or an intermittent nature), characterised by delusions, or by disorders of mood or perception or volition or cognition, of such a degree that it—</i></p> <p><i>(a) Poses a serious danger to the health or safety</i></p>

of that person or of others; or (b) Seriously diminishes the capacity of that person to take care of himself or herself;— and mentally disordered, in relation to any such person, has a corresponding meaning.

Pākehā	<p>Term used for New Zealanders who are of European descent. The term is used in this thesis from a more historical lens to describe European contact pre 1840 to the 1980's.</p> <p>Recently the word has been used to refer inclusively to either fair-skinned persons or any non- Māori New Zealander, and Non-Māori is used between 1980's to 2012.</p>
Primary Mental Health Services	<p>The assessment, treatment and, when needed, the ongoing management of people with mental health and/or addiction issues in the primary care setting. It encompasses promotion, prevention, early intervention and ongoing treatment for mental health and addiction issues.</p>
Recovery	<p>Recovery is defined as the ability to live a meaningful and satisfying life in the presence or absence of mental illness or addiction.</p>
Rohe	<p>The territory or boundaries of iwi.</p>
Service Users Tangata Whaiora Tangata Whai ora	<p>A person who is obtaining treatment of support for a mental disorder, also known as psychiatric or mental illness. Where possible, tangata whaiora has been used to indicate Māori; and service users for non-Māori.</p>
Tapu	<p>Be sacred, prohibited, restricted, set apart, forbidden, under <i>atua</i> protection.</p>
Te Ao Māori	<p>Māori world view, which includes for example, Te Reo Māori, Tikanga, Marae, Wahi Tapu, access to whānau, hapu and iwi.</p>
Te Tau Ihu o Te Waka a Maui	<p>Top of the South encompassing Tasman, Nelson and Marlborough districts. The prow of Maui's waka. The shortened version is Te Tau Ihu. This is also used interchangeably with Nelson Marlborough.</p>
Te Wahi Oranga	<p>The acute mental health inpatient unit based in Nelson.</p>

Tika	What is just, fair and correct.
Tikanga	Tikanga can be described as general behaviour guidelines for daily life and interaction in Māori culture. Tikanga is commonly based on experience and learning that has been handed down through generations. It is based on logic and common sense associated with a Māori world view.
Wahi tapu	Sites of historical and cultural significance.
Waka	Canoe, vehicle, conveyance.
Whakapapa	Whakapapa links all animate and inanimate, known and unknown phenomena in the terrestrial and spiritual worlds. Whakapapa therefore binds all things. It maps relationships so that mythology, legend, history, knowledge, tikanga (custom), philosophies and spiritualities are organised, preserved and transmitted from one generation to the next. Whakapapa is the core of traditional mātauranga Māori (Māori knowledge). Whakapapa means genealogy.
Whānau	Family. In a Māori worldview this also includes the extended family.