

Māori Health

The 2018/19 year has taken Te Awakairangi Health Network on a significant journey, exploring how our Network can achieve more in improving health outcomes for Māori. We completed *Tau Ututu - Primary Health Care Report for Māori*. The report demonstrated there are still clear inequities in access and outcomes for Māori patients in the Hutt Valley. Our Board has committed to achieving equity in health outcomes, with the report's recommendations approved for implementation over the next three years.

Our values are:

- Whanaungatanga
- Manaakitanga
- Rangatiratanga
- Pūkengatanga

These values reflect our commitment to engage at multiple levels with local iwi, hapu and Māori health experts to learn, advocate and develop best practice for Māori.

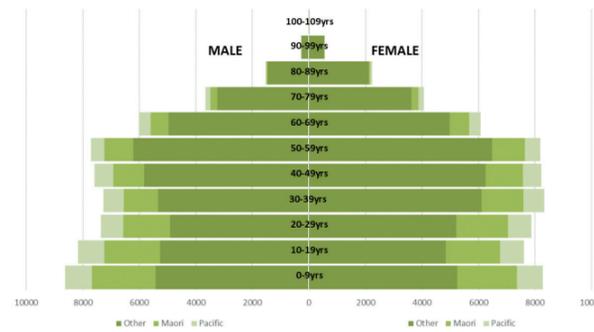
Two new positions have been established to guide the Network on this journey. Te Kaiwhakarite Māori and Clinical Director, Population Health guide our understanding of Te Āo Māori, our obligations under Te Tiriti o Waitangi, and our use of population health approaches to optimising health outcomes, especially for Māori whānau. This is strengthening our ability to understand and present data on health inequities, to practice with cultural safety, and to work more closely with sector leaders and communities to design interventions to reduce these inequities.



Rawiri Hirini, whānau and colleagues celebrating his award.

In 2019, Hutt Valley DHB established the *Matariki Achieving Excellence in Māori Health Awards* to celebrate the work Māori organisations and health workers do to improve whānau experience, eliminate health inequities for Māori and develop the Māori workforce. We were delighted when Rawiri Hirini (Te Kaiwhakarite Māori) won the Tupuānuku Excellence in Māori Health Leadership (tuakana/teina) Award.

Our Population



Tackling the big challenges

2018/19 has been a year of tackling big challenges.

Te Awakairangi Health Network has long recognised inequities in healthcare, and has delivered a range of services and programmes to mitigate these inequities. In 2018, we took another step, completing *Tau Ututu - Primary Health Care Report for Māori*. The recommendations from the report have been woven into all aspects of our planning processes, demonstrating the commitment Te Awakairangi has to achieving equity in health outcomes, particularly for Māori. The year was also notable for the implementation of the Government policy to reduce patient fees for CSC holders across our Network, resulting in 24,000 more people having better access to more affordable care.



Given the mental health issues affecting the people of the Hutt Valley, we were delighted when our joint proposal for the Piki pilot (for 18 to 25 year olds) was successful in late 2018. The service is up and running, providing innovative and responsive care for young people, and extending the mental health services we provide.

The sustainability of general practices is another challenge. In 2018/19, we have continued our local work with the Health Care Home model, with nine practices now implementing this. At national level, we have advocated for increased investment and more equitable funding for general practice, and for increased support to train more general practitioners and primary care nurses.

Thanks to all our Board members and staff for their commitment and effort, making a positive difference to health in the Hutt Valley.

Joe Asghar, Chair

Bridget Allan, Chief Executive

Annual Report 2018/19



OUR VISION
Everyone in the Hutt Valley is healthy and well

OUR PURPOSE

We will make a positive difference to the health and wellbeing of everyone in the Hutt Valley, with a clear focus on achieving equity.

OUR VALUES

Whanaungatanga

Manaakitanga

Rangatiratanga

Pūkengatanga

OUR GOALS

People and whānau are empowered and resilient

Enhanced and sustainable general practices

Connected health and community services

OUR STRATEGIES

- Keeping people well
- Connecting people to the care and support that meets their needs
- Strengthening the patient voice

- Improving sustainability and capability of general practice
- Growing the primary care workforce
- Improving access and extending primary care
- Promoting self management and enhanced care

- Partnering for a healthy and resilient community
- Integrating services
- Advocating for investment in primary and community care

Clinical Services



TeAHN Wellbeing Team and Ministers at the Piki launch in the Hutt Valley, August 2019 Leticia Woods, Debbie O'Connor, Brett Jones, Kara Mihaere, Lisa Almand, Faye Hanna, Stephen Maslin, Tash Lowe, Minister Julie Anne Genter, MP Chlöe Swarbrick, Leah Cooper

Integrated Therapies for 18-25 year olds with mild to moderate mental health conditions

The Government's free youth mental health pilot, Piki, is on track to help an estimated 10,000 young people with mild to moderate mental health and substance use challenges across the Wellington, Hutt and Wairarapa areas over the next two years. Piki was launched in March 2019 and will run until June 2021.

Te Awakairangi Health Network is delivering the Piki initiative in the Hutt Valley in partnership with Tū Ora Compass Health PHO and key stakeholders.

"We are delighted to be offering free and innovative mental health solutions through the Piki initiative to a base of over 13,500 young people in the Hutt Valley," says Bridget Allan, CEO of Te Awakairangi Health Network.

"We're especially pleased to be removing access barriers for those young people needing support who can now refer themselves directly through the Piki website (www.piki.org.nz) as well as through their GP or practice nurse. Young people can access strengthened support services online, by phone, peer support navigators, and by talking face-to-face with therapists," she says.

349,574 GP visits

139,698 Practice Nurse visits

1,012 people helped by our Community Health Workers

1,021 people receiving TeAHN's wellbeing (primary mental health) service

11,168 radiology procedures

funded by community radiology programme

504 skin lesion procedures undertaken by practices

614 patients supported by TeAHN's outreach nursing service

For more information including summary financials go to: <https://teawakairangihealth.org.nz/financial-report/>

Community Action



Population Health Coordinator Jodie-Ann Webster, Minister of Pacific Peoples Hon Aupito William Sio and Manager of Health Promotion and Poly Odyssey Ana So'otaga

Poly Odyssey, the day event to accompany Polyfest Hutt Valley, is an innovative health promotion approach to wellbeing for Pasifika. TeAHN bought together Pasifika leaders in health, education, social services and the Hutt Valley Healthy Families Team to co-design a framework and delivery model alongside Pasifika indigenous knowledge holders. This rich Pasifika experience was offered to 50 schools, early childhood centres and learning organisations. Around 2,000 primary and secondary students and their teachers were immersed in the different languages, customs and storytelling from five Pasifika nations- Cook Islands, Māori, Samoa, Tokelau and Tonga - as well as sitting in a full sized Vaka Atafaga. Pasifika leaders and innovators designed Poly Odyssey to weave preventative health messages through traditional Pasifika and Māori customs, arts and storytelling. Ana So'otaga, Manager Health Promotion at Te Awakairangi Health Network says "our goal for Poly Odyssey was to create a wellbeing process for all involved through a rich and authentic Pasifika experience".

Te Awakairangi Health Network and Te Rūnanga o Te Atiawa celebrated their five year partnership at Te Rā o te Raukura providing a Hauora Warrant of Fitness zone. This year 217 people were screened in one day, screening for several health conditions and giving practical healthy lifestyle advice. One of the GPs said "I felt I did more good today than in a whole week of routine general practice". Another of the Kaiārahi noted "the excellent team work all around, especially the male health checks." TeAHN recognise the success in the Hauora Warrant of Fitness model and are taking it into other community settings.

Along with Tū Ora Compass Health, our team supported Te Matatini National Kapa Haka event with a Te Reo Māori model of healthy lifestyle brief intervention, called Whakapakari Tinana. The team talked to hundreds of the 65,000 participants about nga wawata (goal setting), korikori (physical activity), moe (sleep), kai and wai (food and drink), and whānau. Our team used this model at other local events, such as Tumeke Taita and Healthy in the Hutt.



Te Rā o te Raukura Festival 2019

Practice Development

Health Care Home (HCH)

The Health Care Home model is now working in nine of the 21 practices in the Hutt Valley, covering 89,000 patients.

- GP triage is creating capacity, with many patients having their need for acute care met through a phone call (rather than having to visit the GP)
- There is greater patient access to care, with the HCH practices offering extended hours (55 additional hours per week)
- All HCH practices are offering patient portals, with three practices having more than 50% of their patients using a portal to communicate with them
- Patient Advisory Groups are established in practices to advise on further improvements.

Clinical Pharmacist Services

In 2018/19, Te Awakairangi had three clinical pharmacists working across six general practices. The pharmacy team work with those involved in the care of patients to optimise medication-related outcomes, in addition to supporting practice system enhancements. Practices value the specialised and complementary skills of the clinical pharmacist, as noted by one GP- "I realised the importance of a clinical pharmacist only once she started working with us."



Queen Street Medical staff member Jade Stempa and Te Awakairangi Health Network Clinical Pharmacist Barbara Moore

All practices are engaged in the Royal New Zealand College of General Practitioners accreditation programmes

897 attendees at **53** TeAHN education and professional development sessions

18 Practices offering patient portal with more than **32,000** patients activated

100% of practices working with Long Term Condition practice plans

95% of practices supporting the Patient Experience Survey

454 Live Health Pathways



Hutt City Health Centre staff Paula Hobman (Practice Nurse), Raewyn Montgomery (Practice Manager) and Te Awakairangi Health Network dietitian Jan Milne

An innovation led by our Health Promotion team has seen the installation of 'Health Kiosks' across 14 of our general practices. These time saving kiosks measure a person's height, weight, BMI and blood pressure in less than 30 seconds. This encourages patients to talk with their general practice team about weight issues, and to get connected to the support they need.