



the asthma foundation
Better respiratory health for New Zealanders



Ever wondered what it would be like to step outside the box?

Insights into the journey of Hauora Māori asthma nurse champions

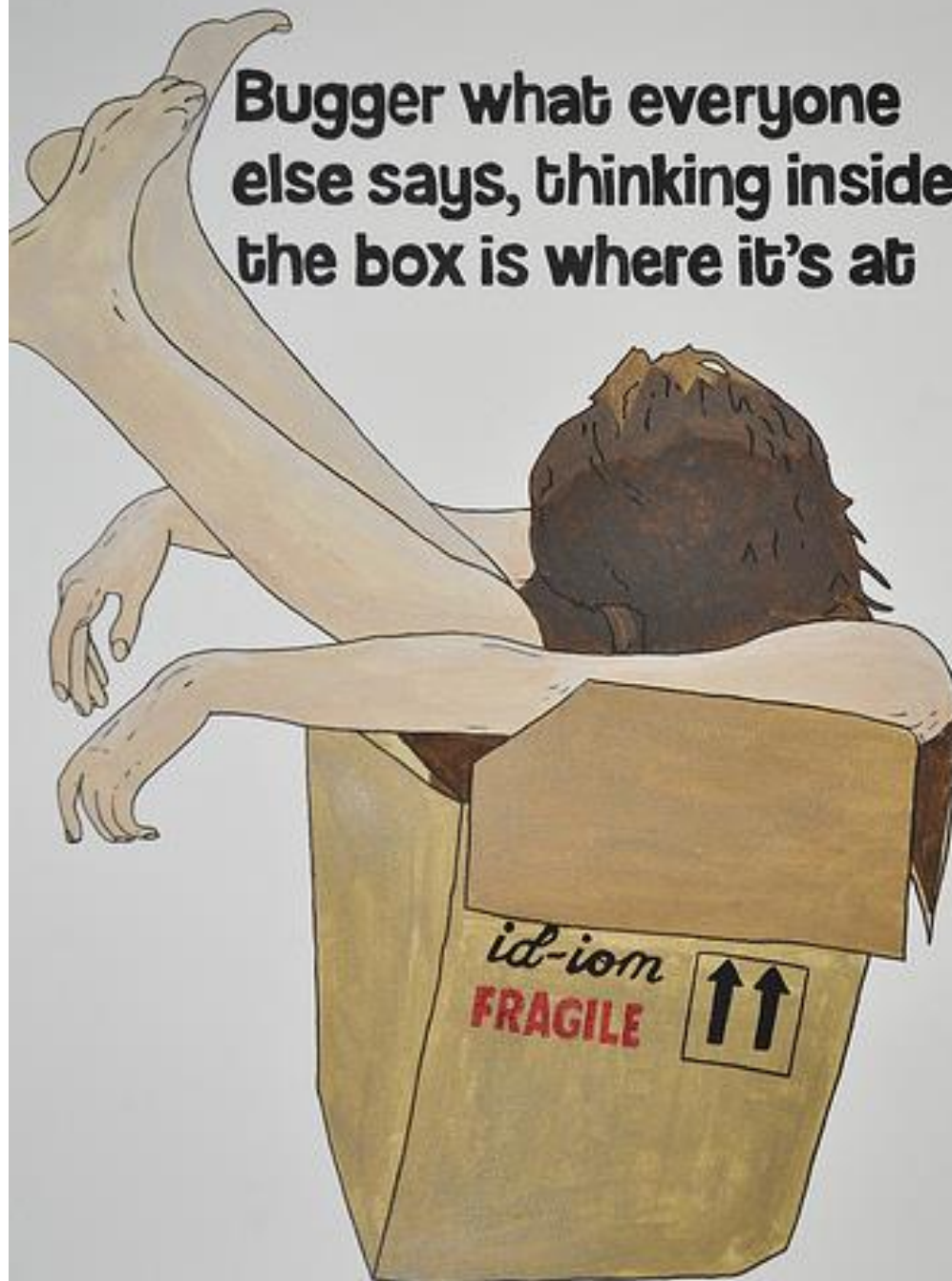


Bernadette Jones, Lee Walters,
Maraea Nathan, Vicky Maiava
New Zealand Respiratory Conference 2015

Safe and secure inside the box



**Bugger what everyone
else says, thinking inside
the box is where it's at**



Lee Walters

Ngā Mataapuna Oranga (Tauranga)



the **asthma foundation**
Better respiratory health for New Zealanders



DELIVERY

MAORI

Community

ASTHMA



DATA



ASTHMA



AIMS

2015

[illegible]

INTERVIEWS





CHANGE OF HEART





- Existing relationships
- Gained consent directly
- Invited questions
- Follow up email
- Booked GP appointments
- Research Coffee
- CEO/General Manager Support
- How to use a recorder

PEOPLE

SYSTEMS

DATA

- Keeping quiet/ No interruptions
- Apprehensive participants
- Interviewing skills – question formation
- Feedback reports/ Terminology



National Asthma Week

1-7 September 2015

WHAT
are WE
DOING?

Te Manu Toroa

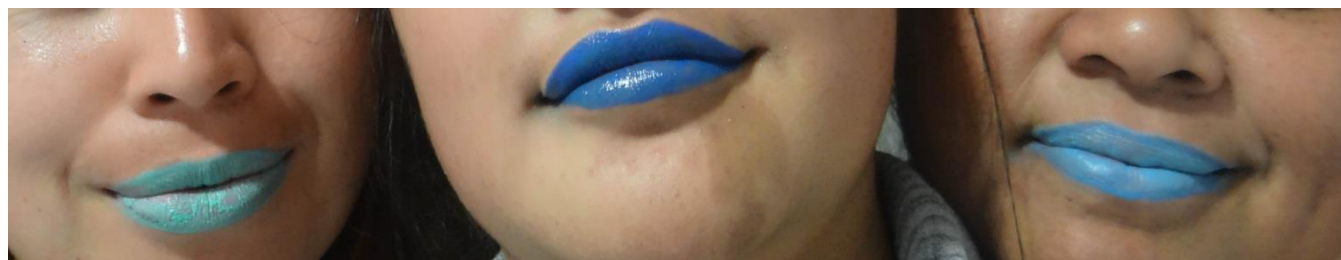
WHAT CAN WE DO



HOW



**SOMETHING
BLEW**





the
WHANAU
approach



the
COMPETITION
approach



exciting **GOT IT**
FUN **Lets talk** pts
CNM blue lipstick **WE**
Its new involved
engage



AIMS GAMES

NZCT AIMS INTERNATIONAL SPORTING
CHAMPIONSHIPS





SENIOR SALES REPRESENTATIVE

NEGOTIATOR

PROPOSAL WRITER

CHANGE AGENT

PROJECT MANAGER

RESOURCE DEVELOPER

MARKETING

ORGANISER

INNOVATIVE LOGO DESIGNER

NETWORK CO-ORDINATOR

Exercise-induced asthma

Can occur minutes after you
start exercising **AND**
Continue 15 minutes after exercise

■ Stay in
the Game



■ Game On



■ Asthma
is a team
sport



ACTION AGAINST ASTHMA

2 breathe



ASTHMA AWARENESS

Reminder for kids, parents, coaches...

Asthma Checklist – Kids in Sports

Asthma Sports Tool kits need:

- Asthma emergency care plan
- Fast relief inhalers
- Spacer
- Spare relievers (Ventolin)



Asthma Tips:

- Nose breathing
- Warm-ups & cool-downs
- Always use a spacer with an inhaler
- Use Reliever 5–10 minutes before game
- A Reliever works quickly with symptoms
- Use a preventer daily for better control

Asthma Messages:

- Identify team asthmatics
- Keep Inhalers & Spacers nearby
- Team Buddies help remember inhalers



“We get lots of proposals but this idea is meeting a need”



Bay of Plenty Times



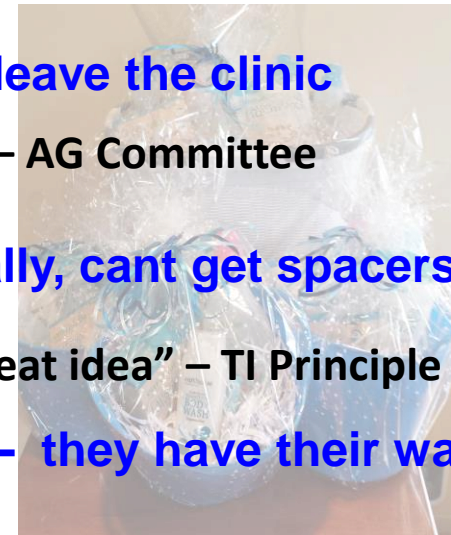
They never leave the clinic

“Yes, yes, yes” – AG Committee

We live rurally, cant get spacers

“taking it to the kids, great idea” – TI Principle

Too old – they have their way



- Semplar

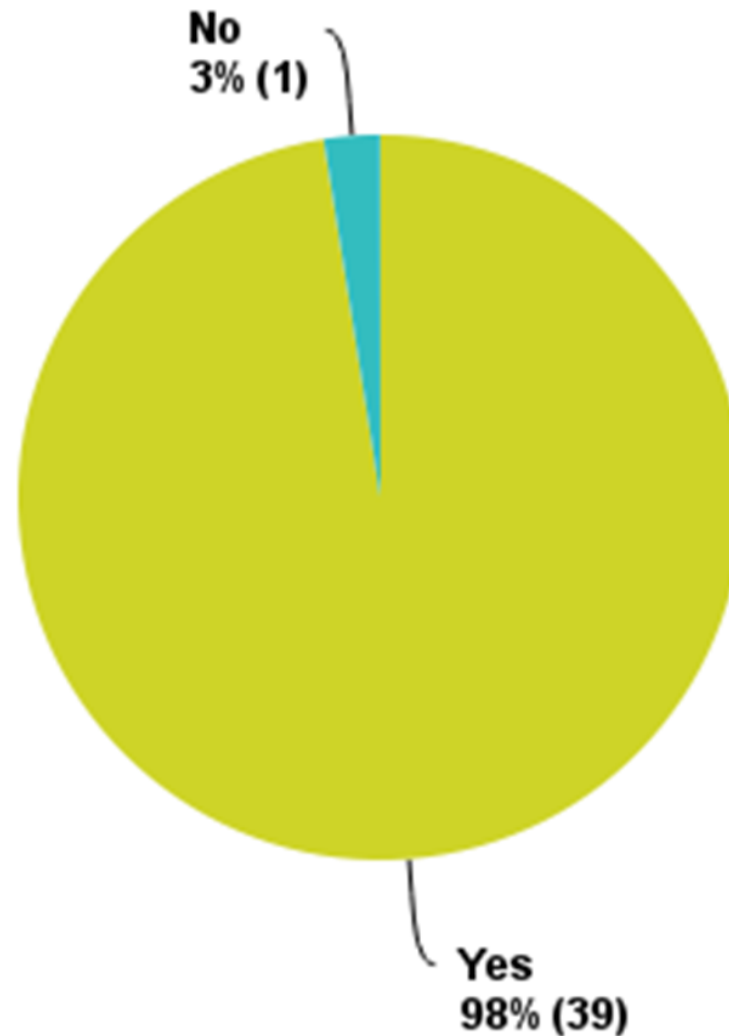
“Why has no one done this before” – Netball Association

Shot gun idea Kids who play sports have controlled asthma

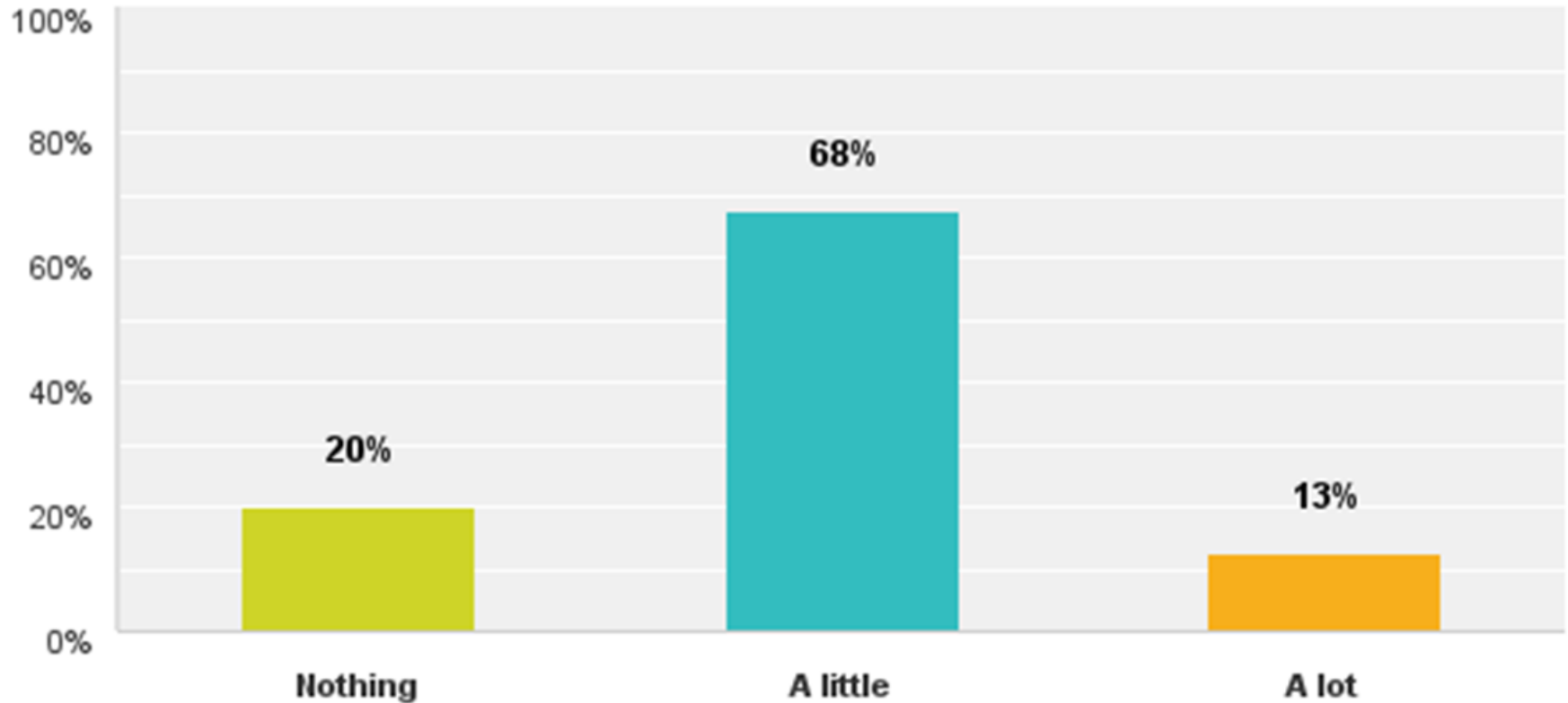


Survey Results

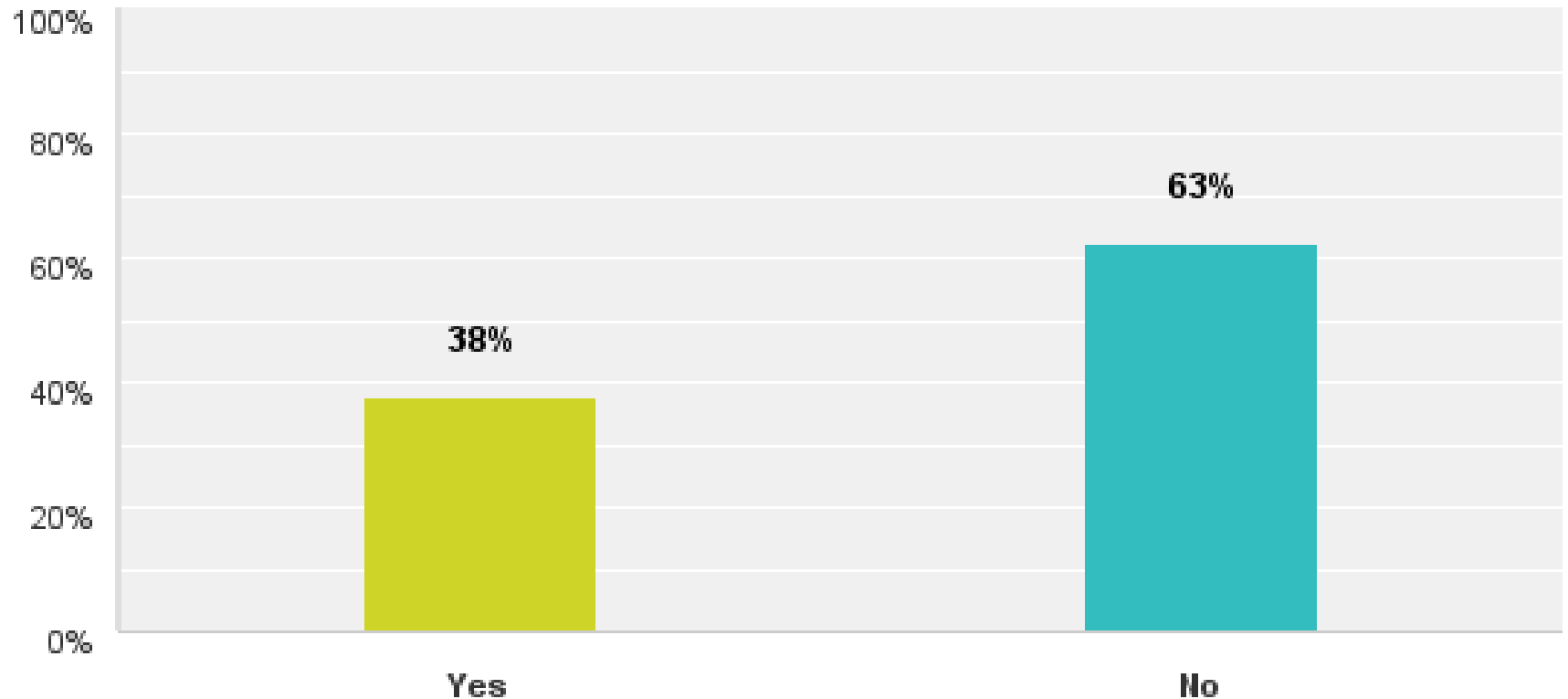
Do you know someone with asthma?



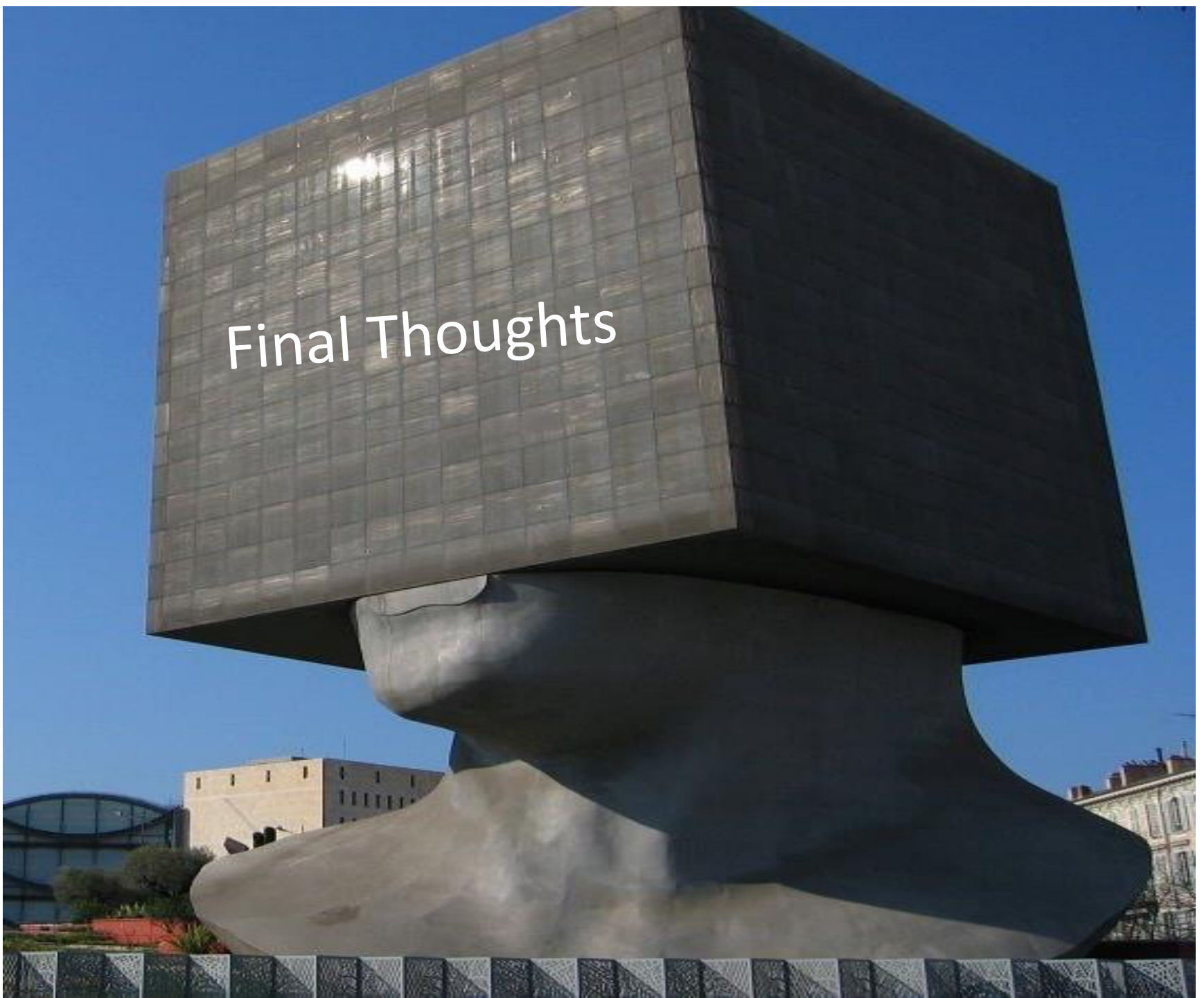
How much do you know about asthma?



Would you know how to help someone having an asthma attack?



Final Thoughts



Future Steps

IT'S A BRIGHT ONE



KIDS



Takari Mai te Ata

Te Awakairangi (Lower Hutt)



Takiri Mai Te Ata Health Services

- Kokiri Marae Keriana Olsen Trust
- Kokiri Marae Maori Women's Refuge
- Whai Oranga o Te Iwi Health Centre
- Tu Kotahi Maori Asthma Trust
- Wainuiomata Marae
- Mana Wahine
- Naku Enei Tamariki



Plan: Develop Asthma Resources

Method

- 🌸 Evaluate asthma data from GP clinic & identify the gaps
- 🌸 Qualitative interviews with health professionals (nurses, doctors) to explore what they teach about asthma
- 🌸 Develop asthma video to use alongside talking cards, posters.....



Issues:

- 🌸 “asthma has not been a priority or concern for a long time at [our practice]”
- 🌸 “I don't have time...to cover everything or to identify issues”
- 🌸 I couldn't find an Asthma Plan [on Medtech]
- 🌸 “I feel our patients are well covered in giving asthma education as we work in partnership with Tu Kotahi, and also they follow-up with our patients.”
- 🌸 “We have lots of asthmatic patients who do not have inhalers, who are not refilling their prescriptions often enough”.



Is health literacy an issue with asthma patients?

- 🌸 [Yes] with all ethnicities and socio-economic groups
- 🌸 I try to reiterate, use repetition of the same message
- 🌸 Go back to basics - educate about spacers, preventers, & emergency plan
- 🌸 I discuss important information only
- 🌸 I get their input always
- 🌸 It could be better to have this reinforced by the [Tu Kotahi nurse] nurse who has time



Where do you want to access asthma guidelines from?

- Health Pathways (on toolbar)
- From the Bestpractice tools in medtech/online from Ministry of Health website
- Printed information is also useful to have available (journals) as backup to computer system
- Need quick access of information, so online is best, easy to use systems



Practitioner key asthma messages for future asthma resources

- 🌿 stop smoking / don't start smoking/ dangers of second hand smoke
- 🌿 Healthy lifestyles (weight / eating)
- 🌿 use your preventer inhaler
- 🌿 importance of correct inhaler use & spacers
- 🌿 Keep inhalers with you at all times



Ideas for resources

- 🍷 Clinic-based asthma nurse champion
- 🍷 Web designer input – funding available
- 🍷 Phone apps for parent and teenagers – when to see your GP/or when to go to ED, how to take your inhalers
- 🍷 Interactive puzzles/games for children, something they can play with their peers.



Challenges:

- Buy-in from other staff (nurses, GP's....) I needed to build understanding of the research and role of the asthma champion.
- Staff attitudes: 'not just a Maori issue'
- Accessing asthma data from Medtech: non-standardised, doctors had their own systems
- Conducting interviews: time constraints, not an in-depth interview



Results:

- Developed asthma 'talking' cards for health professionals
- Involved rangatahi about what asthma messages they wanted on resources
- Designed asthma posters for clinic



Asthma Champion Role

- Good fit with the Long Term Conditions and Children's Health Networks (HVDHB)
- Provides health literacy for our health professionals and whanau
- Monitors whānau with asthma routinely throughout the year
- Accesses data on the most recent hospital admissions and provides follow-up visits



Benefits to the Practice

- Provides education / understanding / reinforcement – has the time
- A go to person, total focus
- Address smoking / housing / a needs assessment and referrals to other services
- Work towards (future) national health targets / indicators / via Bpac
- Use practice data to evidence how effectively asthma services are being delivered.



Benefits to the community



- Doctors confident with asthma assessments from Tu Kotahi nurses
- Doctors and nurses using best practice guidelines for patients with asthma
- Unique relationship Tu Kotahi nurses have delivering asthma services within the Practice
- More involvement with asthma research improves asthma outcomes for whānau

Benefits to the community



- Doctors open to trialling new medications recommended by asthma nurses
- Doctors happy knowing asthma patients are followed up on a regular basis
- Referrals to Tu Kotahi asthma nurses have increased

Future opportunities

- Commitment to be involved in future asthma research opportunities
- Māori health plan now imbedded in the Practice
- Developing an asthma health literacy culture for all health professionals
- To have a high performing, Best Practice organisation that works in partnership with the community







KOTAHITANGA

*Tamaki Makaurau
Engaging with
Rangatahi*



the **asthma foundation**
Better respiratory health for New Zealanders



Vicky Maiava RN. & Atarea Arnold RN
Kotahitanga Whanau Ora Collective

KOTAHITANGA WHANAU ORA COLLECTIVE

- Papakura Marae



- Te Kaha o Te Rangatahi Trust

- Turuki Healthcare Trust



RANGATAHI 12 TO 18 YEARS INTERESTS



- ❖ KAPA HAKA
- ❖ NET BALL
- ❖ RUGBY/LEAGUE
- ❖ WAKA AMA
- ❖ POLY FESTIVAL
- ❖ ART
- ❖ FOOD MARKETS
- ❖ CRICKET



- South Auckland is a vibrant cosmopolitan centre and home to the largest Polynesian and Maori community in the world.
- South Auckland has a large percentage of over crowding and housing shortage in the country.
- Manukau City has one of the highest percentages of under 18 year olds.





RADIO

Preference in music:

Mai FM 88.6

Flava Music (iHeart Radio)





**Instagram
Snapchat**



- **Great for Watching other peoples music videos**



**Facebook not
so popular with
Rangatahi**



RANGATAHI ROLE MODELS



Ken Maumelle

Warriors
X student



Richie McCaw




- All Blacks are popular
- Former student from college now a warrior
- Rangatahi talk about their Koro
- League player from NSW Rabbitohs



Tana Umaga

CHALLENGES

- ▶ Getting staff at the school on board
 - ▶ Accessing rangatahi and collecting data
 - ▶ Liaising with school (Principal, school nurse, staff...)
 - ▶ Consent from parents
 - ▶ Analysis of data for evaluation
- 

ASTHMA BARRIERS FOR RANGATAHI



- ❖ No where to go for asthma support except Dr and school Nurse
- ❖ No rangatahi were referred to a Asthma Nurse Specialist
- ❖ No one explains things properly and takes the time to educate us
- ❖ Lack of asthma promotion support/advice
- ❖ Nothing in the way of Asthma support on TV compared with other health campaigns
- ❖ Seen by GP for inhalers but not much offered in the way of asthma education
- ❖ No action Plans



IDEAS

- ☐ **Celebrity role model from South Auckland raising asthma awareness messages.**
- ☐ **A cool place to hang out at school and have health education sessions available**
- ☐ **Asthma ads on TV with messages similar to current TV advertisements.. Is your asthma controlling your life?**
- ☐ **posters with appropriate messages.**



**Celebrity
Role
Model
poster with
Asthma
message**

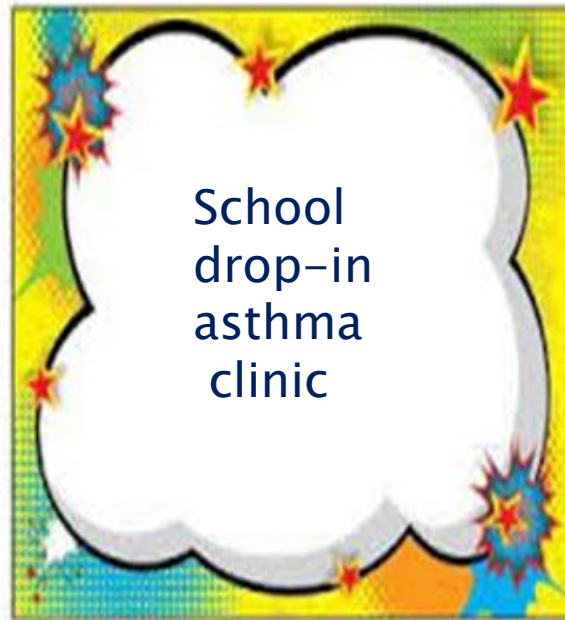


STUDENT MESSAGES


- ▶ My asthma can stop me from playing sports
- ▶ My sister tells me off for coughing all night
- ▶ My family tell me I wheeze all the time
- ▶ My mum said don't use your inhaler just breathe
- ▶ I have to stop playing netball and take a puff of ventolin that's not good



WHERE DO RANGATAHI GO FOR SUPPORT ?



Future Opportunities:

- ▶ Set-up a student-led school based asthma awareness campaign and become the school champion
 - ▶ Train the students to support
 - ▶ Have rangatahi engage with an asthma nurse specialist in the community
- 

Improving health for Māori
means all of us need to work
outside the box



