

**ST2-INDNZ-EPA2 – Management plan for a Māori patient**

<b>Area of practice</b>	Indigenous – New Zealand	<b>EPA identification</b>	ST2-INDNZ-EPA2	
<b>Stage of training</b>	Stage 2 – Proficient	<b>Version</b>	v0.5 (EC-approved 08/01/14)	
The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the required standard without more than distant (reactive) supervision. Your supervisor feels confident that you know when to ask for additional help and that you can be trusted to appropriately seek assistance in a timely manner.				
<b>Title</b>	<b>Develop a mental healthcare management and recovery plan for a Māori patient.</b>			
<b>Description</b> Maximum 150 words	The trainee can develop an innovative management and recovery plan for a tangata whaiora Māori (Māori consumer). They understand Māori models of health and traditional healing practices and address these in the management plan where appropriate. The trainee understands the role of whānau (family) in supporting recovery and is able to form collaborative relationships with the whānau as appropriate.			
<b>Fellowship competencies</b>	<b>ME</b>	4, 5, 6, 7	<b>HA</b>	1
	<b>COM</b>	1, 2	<b>SCH</b>	
	<b>COL</b>	1, 2, 3	<b>PROF</b>	1, 2
	<b>MAN</b>			
<b>Knowledge, skills and attitude required</b> The following lists are neither exhaustive nor prescriptive.	<p>Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.</p> <p><b>Ability to apply an adequate knowledge base</b></p> <ul style="list-style-type: none"> <li>• Understand the crucial role of whānau (family) in supporting the treatment and recovery of Māori with mental illness.</li> <li>• Understand the different roles and responsibilities within whānau and the nature of whānau relationships with tāngata whaiora (consumers).</li> <li>• Understand the role of cultural advisors and the skills involved in working alongside Māori and whānau.</li> <li>• Knowledge of Māori models of health, eg. Te Whare Tapa Whā, Te Wheke, Te Pae Mahutonga, etc.</li> <li>• Awareness of the traditional healing practices that Māori may consider using to support health and wellbeing.</li> <li>• Recognise that tāngata whaiora may consider waiata (songs), karakia (ritual chants/prayers) and te reo Māori (Māori language) as contributors to their recovery.</li> <li>• Awareness of available kaupapa Māori (Māori ideology) services and supports.</li> </ul>			

	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Collaborate with a whānau adviser to support tāngata whaiora to connect or reconnect with their whakapapa (genealogy), marae (meeting grounds), whānau, hapū (subtribe) and iwi (tribe).</li> <li>• Support tāngata whaiora to engage in activities that optimise cultural linkages and whānau connectedness.</li> <li>• Encourage te reo Māori during the consultation process. (Note, the trainee needs to be guided by the preference of the tangata whaiora for te reo Māori, English or both and adapt accordingly.)</li> <li>• Incorporate Māori models of hauora (health) in the management plan, where appropriate.</li> <li>• Incorporate, where appropriate, traditional healing practices into the management plan.</li> <li>• Utilise appropriate outcome measures (eg. Hua Oranga, Health of the Nation Outcome Scales [HoNOS]) and adjust management plan accordingly.</li> </ul> <p><b>Attitude</b></p> <ul style="list-style-type: none"> <li>• Advocate for self-determination and autonomy.</li> <li>• Recognise and support the resourcefulness of tāngata whaiora and whānau.</li> </ul>
<b>Assessment method</b>	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
<b>Suggested assessment method details</b>	<ul style="list-style-type: none"> <li>• Case-based discussion.</li> <li>• Mini-Clinical Evaluation Exercise.</li> <li>• Direct Observation of Procedural Skills (DOPS).</li> </ul>
<p><b>References</b></p> <p><b>Glossary</b></p> <p><b>hapū</b> – a kinship group, commonly a subtribe or a section of a larger kinship group.</p> <p><b>hauora</b> – health and wellbeing.</p> <p><b>iwi</b> – an extended kinship group, tribe, nation, people, nationality, race; often refers to a large group of people descended from a common ancestor.</p> <p><b>karakia</b> – often defined as ritual chants and prayers, karakia provide a mechanism to clear and mediate spiritual pathways.</p> <p><b>kaupapa Māori</b> – Māori ideology; a philosophical doctrine incorporating the knowledge, skills, attitudes and values of Māori society.</p> <p><b>marae</b> – a traditional meeting place for whānau, hapū and iwi members.</p> <p><b>tāngata whaiora (s)/tāngata whaiora (pl)</b> – a term used to describe a person who uses services; it is literally translated to mean a person who is pursuing health, wellness and recovery.</p> <p><b>tapu</b> – a term used to describe something sacred, prohibited, restricted, forbidden.</p>	

**te reo Māori** – the Māori language.

**waiata** – song. The most performed songs are waiata which take many forms and are used for a variety of purposes. Waiata are often performed at the end of speeches to support what has been said, they can also be sung to remove tapu or to engage, entertain, calm or comfort the listener.

**whakapapa** – genealogy, lineage, descent.

**whānau** – extended family, family group. In the contemporary context, the term is also used to include friends who may not have any kinship ties to other members.

Glossary of Māori terms from:

TE POU O TE WHAKAARO NUI. *He rongoa kei te korero. Talking therapies for Māori: wise practice guide for mental health and addiction services.* Auckland: Te Pou o Te Whakaaro Nui, 2010.

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar