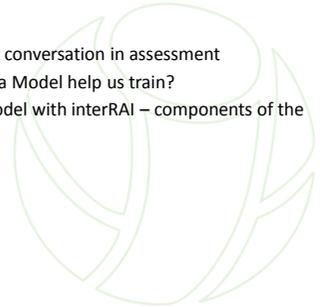


- What is interRAI?
- Importance of cultural conversation in assessment
- How does the Meihana Model help us train?
- Using the Meihana model with interRAI – components of the model



### Integrating the Meihana Model when training and completing interRAI assessments

Ashleigh Wiley, interRAI Educator



Image: [www.rowyounwaka.co.nz](http://www.rowyounwaka.co.nz)

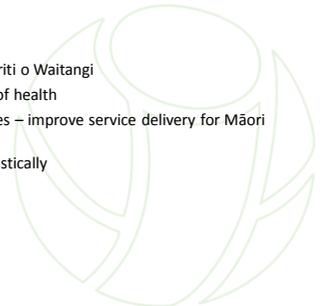


### What is interRAI?

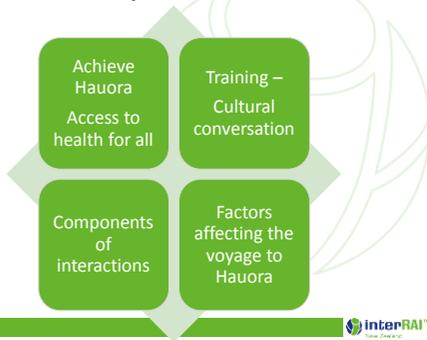
- Comprehensive clinical assessment tools
- International best practice
- Used in all 20 DHBs for home care needs assessment
- Aged residential care facilities
- Over 100,000 assessments per year

### Importance of cultural conversation in assessment

- Scope of practice & Te Tiriti o Waitangi
- Culture is a determinant of health
- Address health inequalities – improve service delivery for Māori patients and whanau
- Capturing the person Holistically



### How does the model help us train and understand health/needs of Māori?



### The Meihana model



### Components of the Meihana Model



**Patient:** Patient identifying as Māori with ethnicity correctly confirmed

- Often inaccurately recorded
- All patients should be asked their ethnicity and have this reviewed over time
- Cultural safety/competency



**Whānau:** Support network available to the client

- Often feel excluded
- Inclusion important in gathering history and understanding symptoms and impact on patient/whānau
- Assess Whānau understanding of the condition, prognosis, and their expectations around management



**Tinana:** Physical health and Functioning of the patient

- Encourages to assess past and current functioning to clearly understand the physical status of the patient
- Considers symptoms, treatments, exercise, diet, physical exam and substance use



**Hinengaro:** Emotional and psychological wellbeing of the patient

- Assessment needs to evaluate psychological wellbeing
- Explore the patients perception of their condition and impact this has on their wellbeing



**Wairua:** Beliefs regarding connectedness and Spirituality

- Explore attachments to people, places and taonga – treasured items
- Allow a conversation about religion, death and dying
- A lack of connectedness may be a key risk factor for depression



**Taiao:** Physical environment of the patient/whānau

- Home environment- physical and interpersonal spaces promote privacy and dignity, for example, areas for support networks to attend
- Are there potential barriers to access the service like car parking, Māori friendly environment?



**Iwi Katoa:** Health services and systems that provide patient/whānau support

- Identify whether the patient/whānau have had appropriate access to services/systems
- Exploring current enablers/barriers to access services helps towards planning care

## Factors affecting the journey



### Nga hau e wha (Four winds)

Signify the societal/historical influences on Māori

- Colonisation
- Racism
- Migration
- Marginalisation

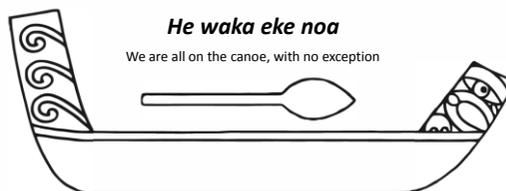
### Nga Roma Moana (Ocean Currents)

Represent components of the Māori world view

- Ahua – Personal indicators of To Ao Māori, identifying who they are
- Tikanga – Māori Culture principles
- Whānau – Relationships within Māori world
- Whenua – Genealogy and connection to land

## Want to know more?

- For further information on **Te Whare Tapa Whā**: [Ministry of Health website](#)
- For further reading on the **Meihana Model**: [Waikare o te Waka o Meihana](#) and [Meihana Model: A clinical Assessment Framework](#)
- For more information on the **Meihana Model**: [lecture](#) presented by Suzanne Pitama
- To practice your **pronunciation**: [Waikato University](#) website which has audio to help you with pronunciation
- To increase your **Māori vocabulary** you can sign up to receive a daily word from [Kupu o te Ra](#)



[www.rowyourwaka.co.nz](http://www.rowyourwaka.co.nz)

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