

Whai huatanga

Desiree Hawkins







Health

Definition of health varies on a continuum
Depending on age, impairments, access and
culture

minimum health



optimum health.

Mental distress

Healing of superficial symptomology



WHAIHUA/ FLOURISHING

Tuatahi:

2. PAKARITANGA / STRENGTHS

3. MĀIATANGA / POTENTIAL
ability to learn, develop, and grow

1. TUAPAPA - FOUNDATION
Ideology, culture, morals values

WHANAU SURF/ TANGAROA

PŌRARURARU/ IMBALANCED

Tua-rua:

WAIWAI

KAK

APAPA

MANAAKI PAITIA/ NURTURING

Tua-toru:

Nga kete awihina, coping mechanisms

REDUCE

WHAKAAETANGA/ ACCEPTANCE

Ta-waha:

RANGATIRATANGA
Getting things sorted, keep to treatment plan re-adjusting lifestyle and acceptance

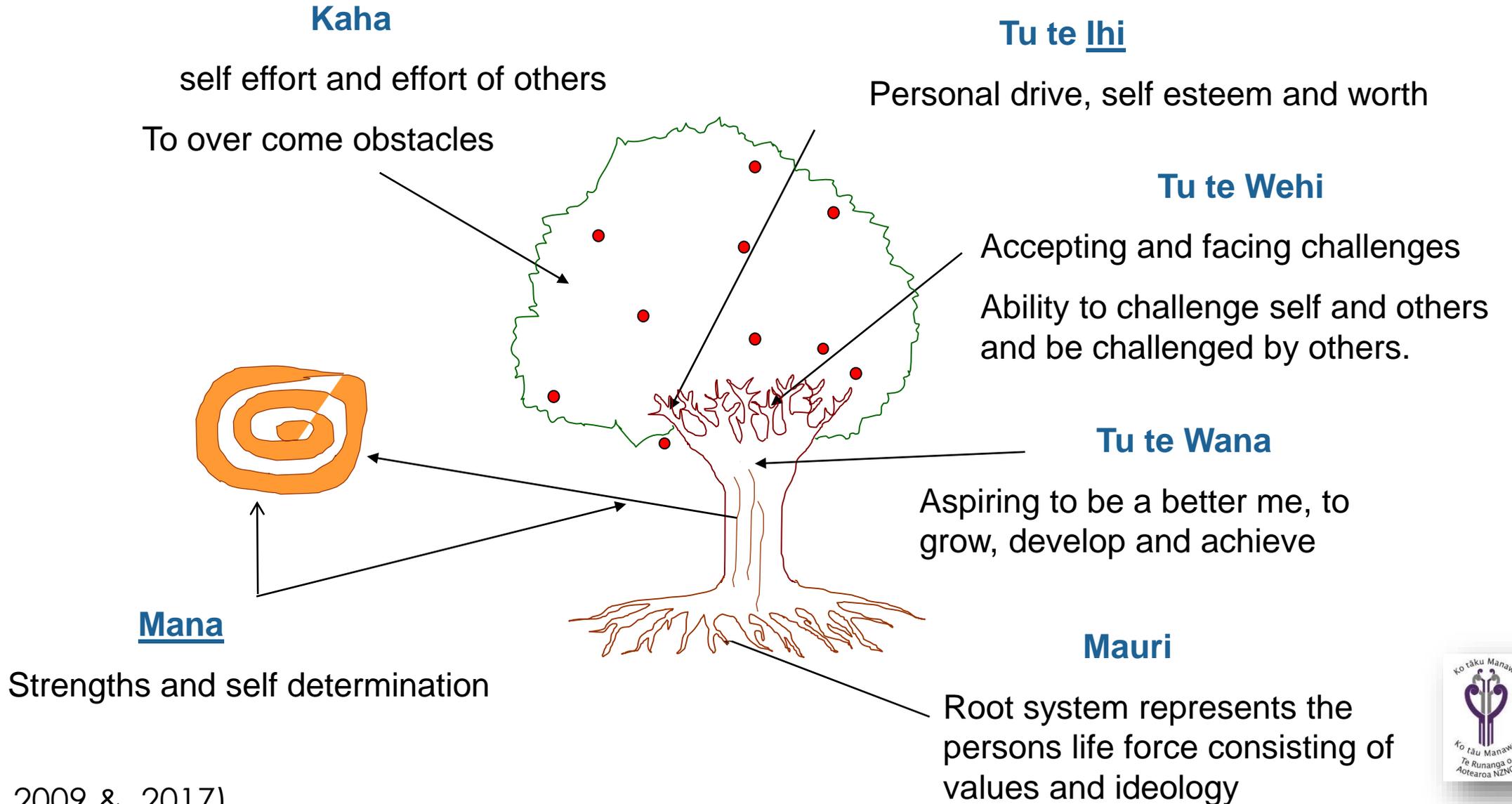
WHAKARAERAE
Reminder of ones Vulnerability to relapse

STIGMA

WHAKARITE/ BALANCED

Maintaining changes to achieve independence and quality of life.

WHAIHUATANGA/ FLOURISHING



(Hawkins, 2009 & 2017)

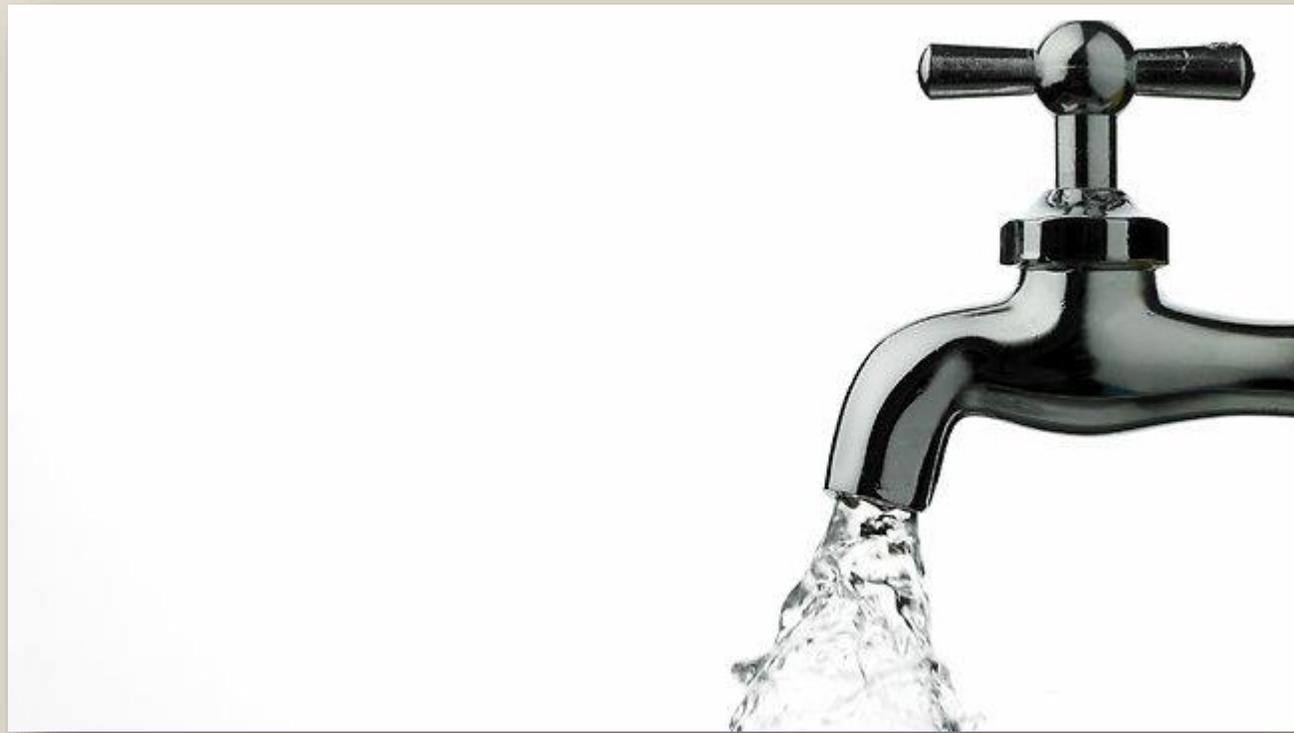


Whai huatanga

is an interactive model based on a rakau
(tree) system developed to make a
difference

Research required

Why



Continuums

Te Korel

Te Ao Marama



Poor Health

Good Health



Te Pu

Te Ao Marama



Noho Mauri
Languishing

Oho Mauri
Flourishing





Flourishing (Oho Mauri) is "a state where people experience more positive emotions, positive psychological functioning and positive social functioning, most of the time".

(Blissett, 2011; Keyes, 2002; 2007a; 2007b; 2012 & Seligman, 1998; 2002;

Languishing (Noho Mauri) is "a state where people experience more negative emotions... negative psychological functioning and negative social functioning, most of the time

Poipoia te kakano kia puawai

Nurture the seed and it will blossom



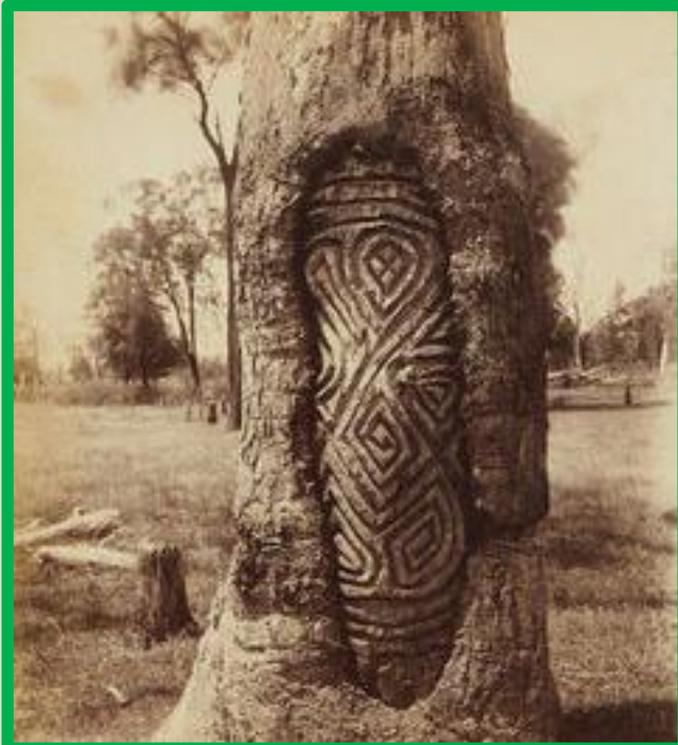
Why?

A tree metaphor is a simple
to remember

Connection to change

Opportunity to explore more
concepts through the root
system

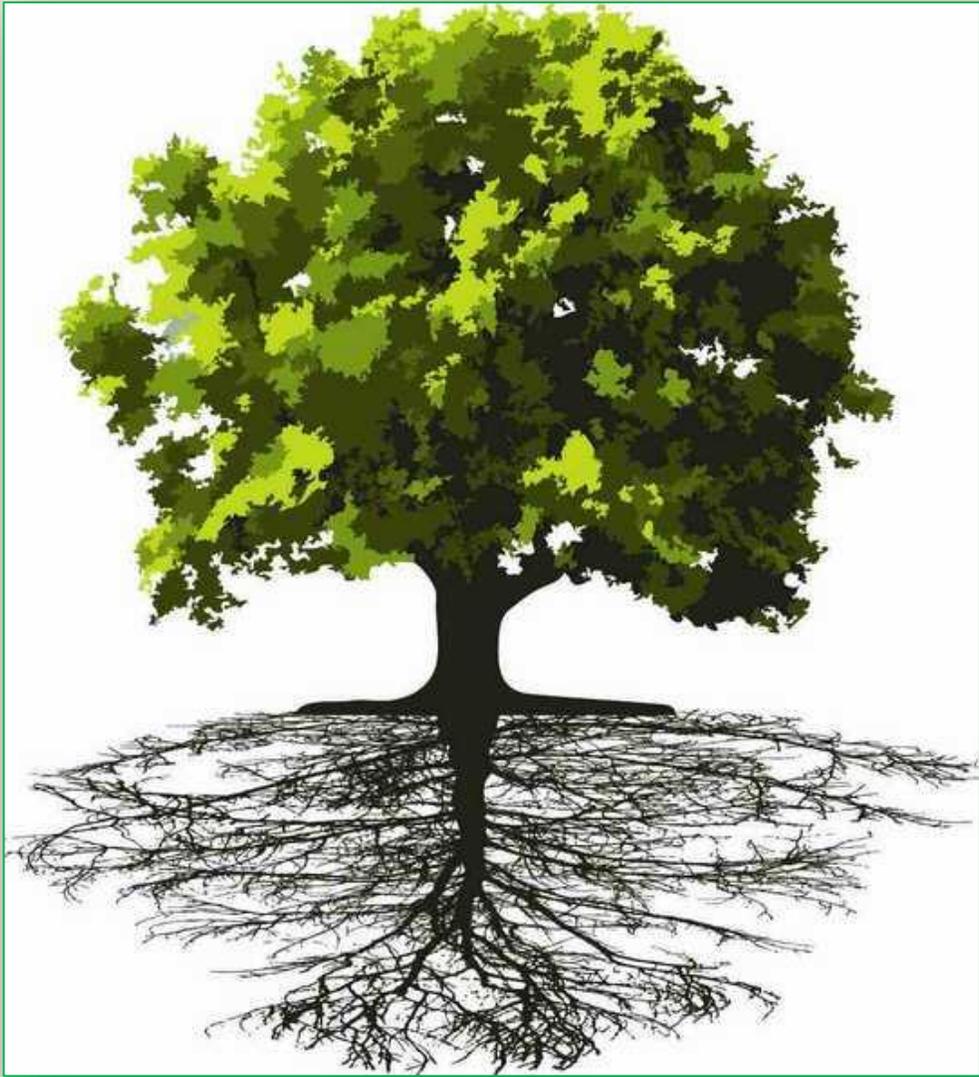




INDIGENOUS PEOPLE value trees in a cultural context

Maori
Pacific Island
Aboriginal
Native American
Hawaiian
Japanese
& other cultures





Activity



Visualise strengthening this seedling?

Depicting that trees and people can flourish in extreme environments

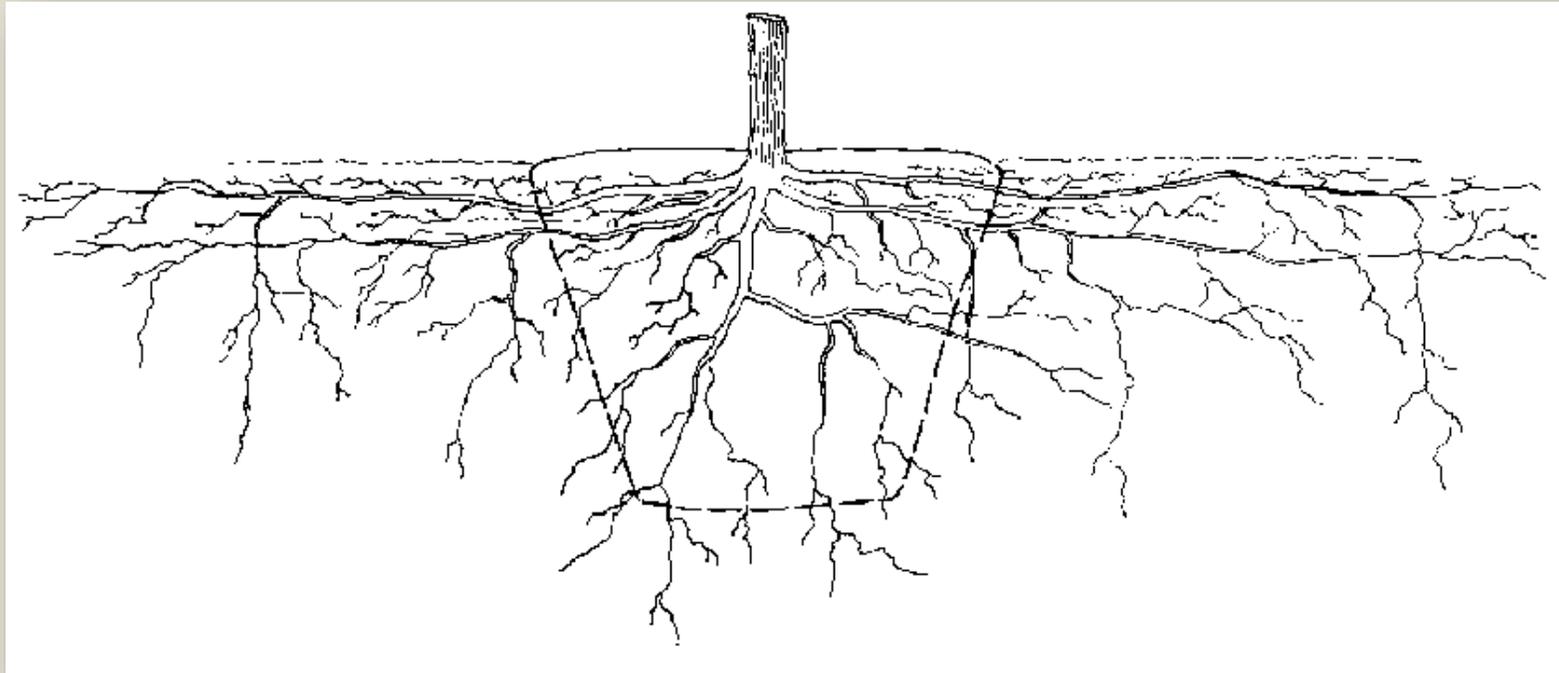


Ko te ahurei o nga tangata arahia o tatou mahi

Let the uniqueness of the people guide our work



MAURI



SHIFTING NOHO MAURI TO OHO MAURI



Figure one: poor root system retrieved from <https://starnursery.com/rootsfield.htm>



Figure one: poor root system retrieved from <https://starnursery.com/rootsfield.htm>

E hara taku toa i te toa takitahi
Engari, he toa takitini

Success is not the work of one, but the work of many

Nurses research in response to the call for help!

If you feel inspired to be part
of a national Maori research in
partnership
with me and like minded people
There is a registration form



Whai huatanga Research

Aim: To evaluate the effectiveness of the Whai Huatanga model in nursing practice?

Participants: Maori nurses in Aotearoa

Objective:

1. To gain knowledge about the model
2. To gain self reported data
3. To gain information from participants what successful thriving looks like

Subjective of ethics approval...



IN LOVING MEMORY
OF CHASE WILLIAM WHAITIRI

AND THOSE SADLY MISSED BUT NEVER
FORGOTTEN...

MAURI ORA!

REFERENCES

*CLINICAL AND CULTURAL REFERENCES ARE
DOCUMENTED IN THE NOTES PAGES*