

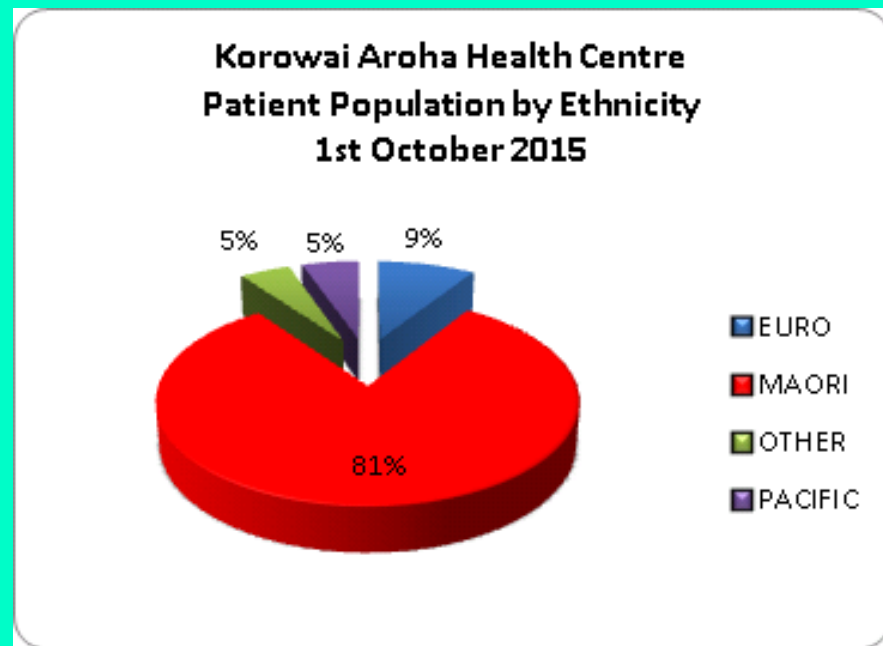
TAKING NURSING OUTSIDE THE CONSULTATION ROOM

NZNO Wellington 2016 Tim Ryan



KOROWAI AROHA HEALTH CENTRE

DEMOGRAPHICS



Tane Takitu Ake

(MEN STANDING TOGETHER)

Tane Takitu Ake

As a nurse what can I do about the
revolving door syndrome for men?



THE TEAM

Aaron	Randel
Tracy	Ormsby
Dean	James
Tim	Ryan



DETERMINANTS OF HEALTH

Long term conditions

Low self esteem

Job loss

Social disfunction

Poor Whanau engagement

The Pilot



- Whanaungatanga

- Manaakitanga



The four concepts: physical, psychology, family and spiritual

WHAT PEOPLE ARE SAYING

“Can you please see Mr Smith as I have tried everything but I feel he is disengaging...”

His GP

“ this program will be the last straw ...if nothing changes i am leaving...”

Wife of one of the Tane

“I am really struggling with Sam’s management of his diabetes....”

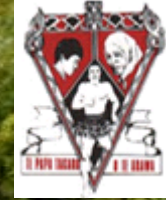
His practice nurse

TE WHARE TAPA WHA MODEL

Taha Hinengaro
Taha Whanau
Taha Wairua
Taha Tinana



Patuwatawata



Tane Takitu Ake Program

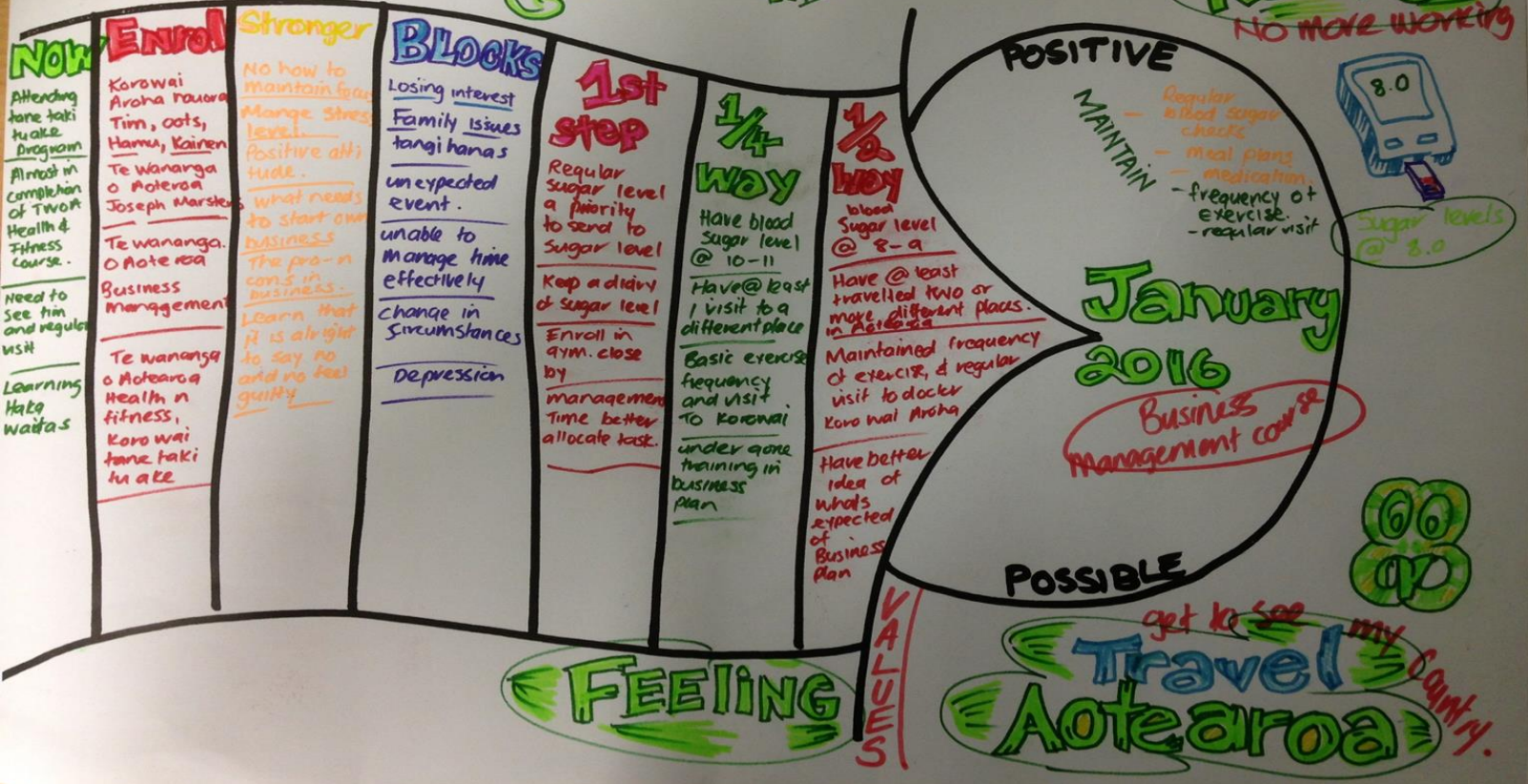
Outline

- 10 weeks
- 10 Tane
- 3 stages
- Many outcomes

GOALS

17th November 2014

Under control





Taking it outside the four walls

A group of approximately ten people are seated in a long, narrow, traditional wooden boat on a calm body of water. The boat is dark brown and has a distinctive high, curved prow. The people are wearing life jackets and casual clothing. The water is a deep blue, reflecting the sky and the surrounding landscape. In the background, there are rolling green hills and a forested mountain under a clear blue sky with a few wispy clouds. The overall scene is peaceful and scenic.

Using analogies

DEALING WITH STRESS

LOOK FOR THE CAUSE OF
STRESS SEEK HELP AND
GUIDANCE IN FINDING SOLUTIONS.

RELAX TO OVERCOME TENSION
TEACH YOURSELF TO RELAX
DO EASY ON YOURSELF, AND
TO DO EASY ON CRITICISING OTHERS.

LEARN TO BE MORE ASSERTIVE AND
BE ABLE TO SAY NO.

Maori mythology



Cancer session



Gym work



Nutrition



Graduation



Meet Charles

Recently diagnosed with testicular cancer. Wife at her wits end. LAST HOPE...

GROUP WORK





Improved Holistic Health

- Coaching
- Plays with his kids
- Happy wife - Happy life
- Cancer society has used him for promotional purposes

Meet Lester

He was referred to us from the Asthma service.

Retracted into his own world, was in a room of 13 freaked him out.

Reached for his inhalers..Had to leave the Whanaungatanga on the first day!



LOW SELF ESTEEM LEFT HIM
NOT ENGAGING...



Then, Lester discovered Tane Takitu Ake...

Maori and Pacific Island
Symposium 2016

Room full of 160 delegates

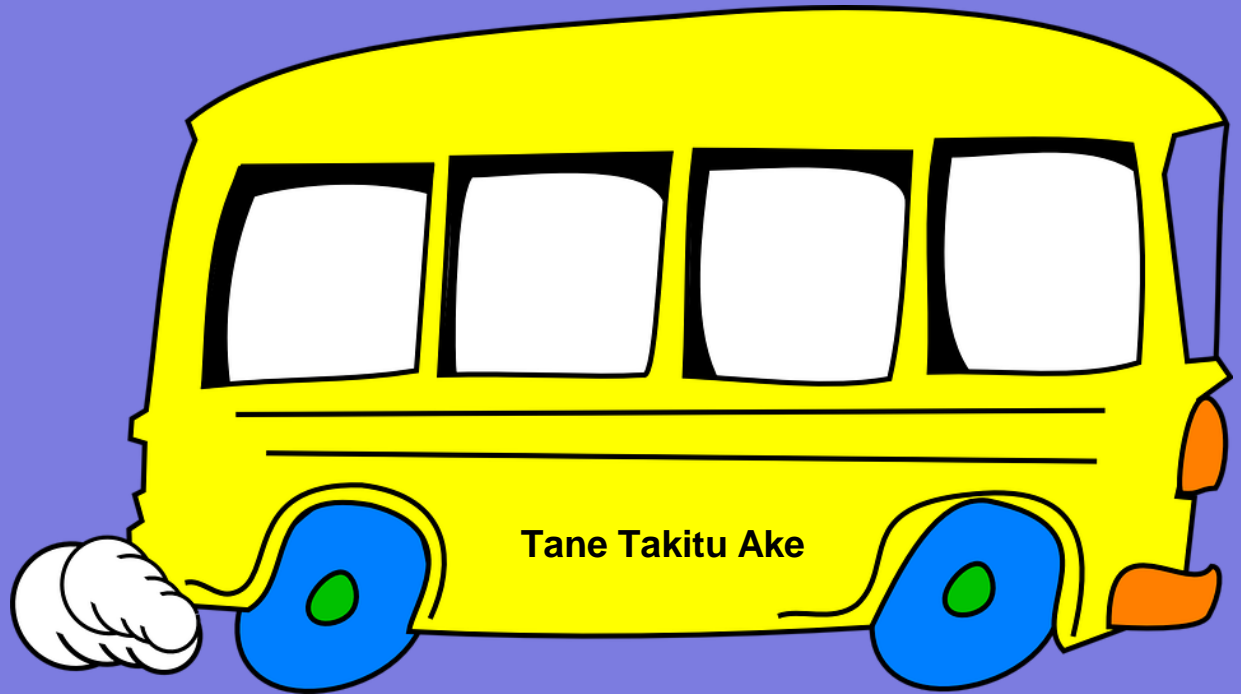
Working towards a degree



NURSES A FORCE FOR CHANGE



SURPRISING WHAT COMES OUT IN CONVERSATION...



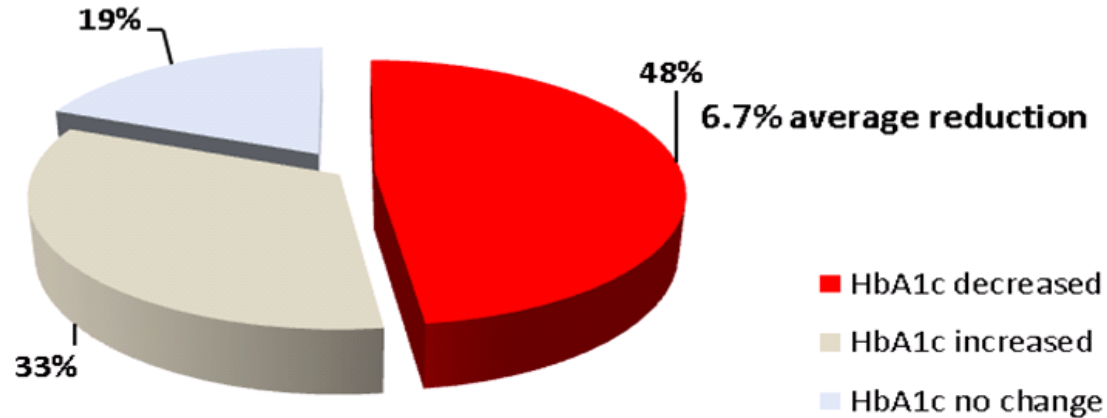
CLINICAL ADVISOR

- **Safety**
- **Patients, Facilitators**
 - **Contribute**
 - **Specific plans**
 - **Biomarkers**

The Formula is

GOAL
WIN
EMOTIONS
= CHANGE

Percentage of change in HbA1c over Program from All Groups



HbA1c results

SELF MEASURES

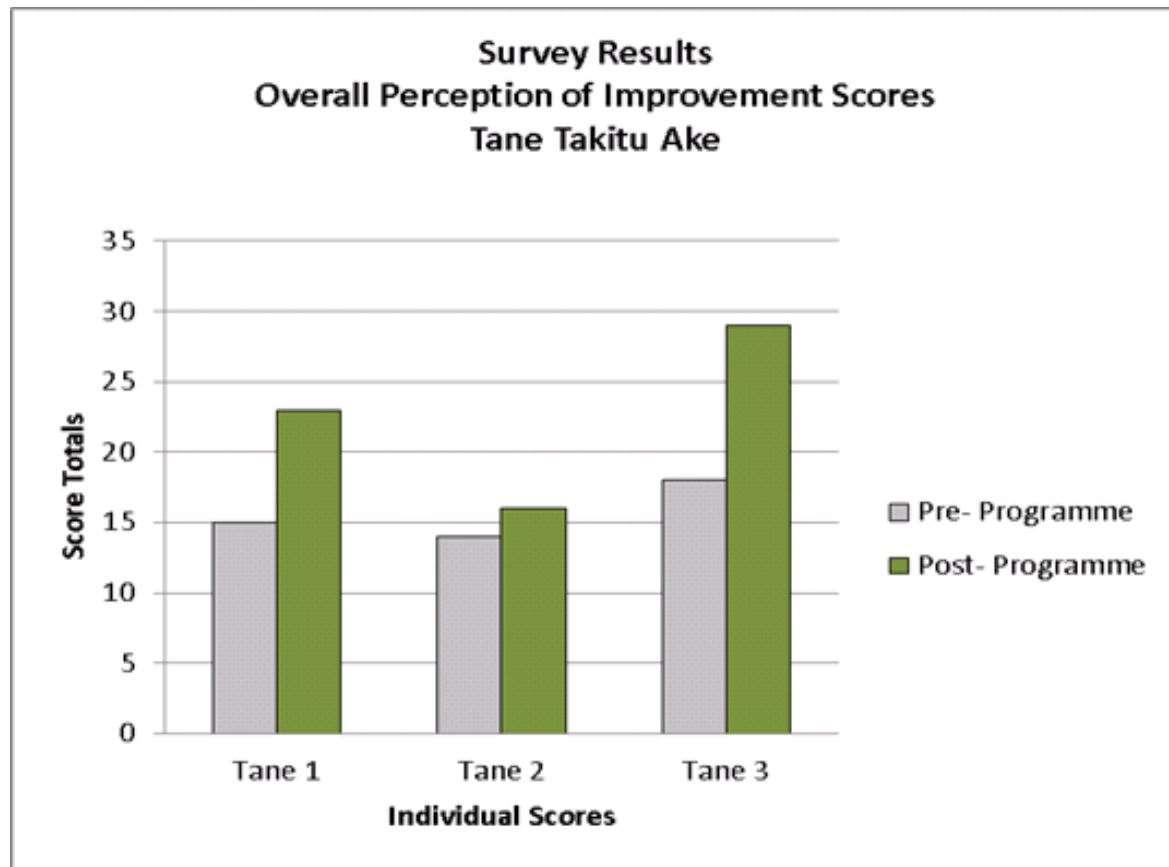
Surveyed on:

Relationships-Whanau

Cultural awareness

Physical activity

Health management



GIVING BACK

	BP	Pulse	Weight	Waist C	BMI	Cholesterol	HDL	Diabetes control	Walk Test
Beginning	160/99	89	129	120	37	7	0.80	67	450
End	140/88	85	127	110	36	5	1.0	58	500
Comment	Excellent	Good	Good	Excellent	Good	Excellent	Good	Excellent	Excellent

These results reflect your achievements over the program, well done!

TAKE HOME MESSAGES

- ❖ **The right Team**
- ❖ **Groups work**
- ❖ **Patients need a measure**
- ❖ **Goal + Win + Emotions = Behaviour Change**
- ❖ **Clinical Oversight**
- ❖ **Face to Face**
- ❖ **Communicate with the Team**
- ❖ **Change the environment**
- ❖ **Nurses as an agent of change**

QUESTIONS PLEASE

