

“Tamariki Manawa Ngawari” (Children Breathing Easy)

Tu Kotahi Maori Asthma and Research Trust



Tu Kotahi Maori Asthma and Research Trust Background

- Established 22 years ago as the first Maori Asthma Society in New Zealand
- 18 years research experience, MOU with the University of Otago and long-standing relationship with Massey University
- 22 years contracting experience with the MOH, PHO HVDHB



Takiri Mai Te Ata Whanau Ora Collective

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



What is our project about?



- Tamariki Manawa Ngawari is a project that is focused on developing asthma and respiratory resources and training for Kohanga Reo in the Wellington region
- There were two parts to Phase 1
 - Talking with the Kaiako (teachers) to gain a better understanding of what their current practices are for children with asthma and how we can ensure that we develop resources that best meet their needs
 - Talking to parents of asthmatic children who attend kohanga to develop a resource that provides them with updated and relevant information re asthma and other respiratory conditions



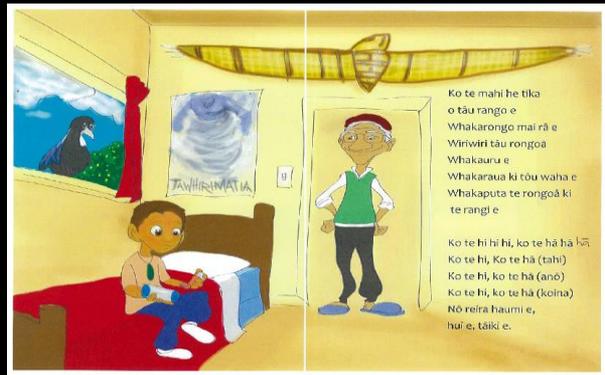
What did we achieve?



- Development of an MOA with the National Te Kohanga Reo Trust
- Completion of the pilot Kohanga visits (14 in total)
- We had a clear picture of the type of resources the Kohanga and parents would find useful including:
 - consistent policies, guidelines and training re asthma care of tamariki in the kohanga setting
 - waiata that are focused on correct use of the spacer, breathing correctly and warming up before exercise
 - Story books that accompany the waiata
 - A kemu (traditional Maori games) bag to encourage physical activity
 - A “Hauora Book” that encompasses easy to understand information about asthma and other health conditions for parents & whanau

A preview of the pukapuka (book)

- This pukapuka focuses on teaching whanau how to use their asthma inhaler and spacer. We utilise a catchy tune with a DVD to teach this task



A preview of the pukapuka contd.

- The second waiata focuses on teaching correct breathing technique



Maramataka



Taonga Takaro



- The package included a taonga takaro set that promotes traditional Maori games
- This was a great way to encourage fun activities that promoted exercise and coordination from a Te Ao Maori perspective
- *“There are limited resources for mokopuna about asthma – in the Māori language. Haere mai ki Ngāti Kahungunu Kōhanga Reo. He taonga te mokopuna.”*
- *“Awesome inventive game to teach our tamariki and tweaking to suit our babies”*

Tamariki Manawa Ngawari package



- The package included Whanau Ora books that were distributed to parents and caregivers.
- In total we distributed 870 books to whanau with tamariki attending kohanga throughout the wider Whanganui-a-Tara rohe



- *Whanau: "It's awesome to have a pukapuka that covers everything like asthma, eczema, kutu, nga rourou kai. I end up with all these pamphlets and they get lost or thrown out"*



FINDINGS

Findings



- 832 tamariki were enrolled with the 29 Kohanga Reo in the Hutt Valley, Upper Hutt, Wellington and Porirua region
- In total 185 tamariki and pepi were identified with asthma or respiratory conditions
- *A number of Kaiako spoke of the high number of hospitalisations for their tamariki and pepi*
- *The majority of kohanga reo were located in high Deprivation areas in the wider Wellington rohe*

Findings contd.



- Kaiako from 28 of the 29 kohanga reo attended our one day training programme
- All kohanga reo had a generic health policy, we were able to develop a separate asthma policy and guidelines
- Only one kohanga reo had access to mainstream asthma training prior to this programme
- All kohanga reo received training in asthma first aid and were provided with an asthma first aid kit

Feedback



Some kaiako spoke about the number of children presenting with asthma that was often severe resulting in GP visits and hospitalisations:

- **Nan:** *“Ae. Like this morning when I came to work I was told that one of our babies has been admitted to hospital with asthma. This baby never had asthma; she’s only 2 ½ yrs old so we haven’t been able to see the parents”*
- **Kaiako:** *“She’s only ever come with a blue pump. She’s only just been recently diagnosed with breathing difficulties. Mum informed us this morning that overnight she struggled to breathe and ended up in A&E and is currently still there as we speak”*

Feedback contd.



Keeping resources and information simple and relevant to the kohanga setting and ensuring the kohanga had a say in the type of resources we developed was important to the kaiako:

- **Kaiako:** *“during winter they do a thing where they’ll have summer clothes and they’ll have winter clothes and then we’ll say you can’t wear this during summer but you can wear this during winter so they know that when they go out in different weather they have to put a hat on. Cause some of the kids walk in here with no shoes, no socks on”*
- **Kaiako:** *“Well yeah out of the 10 whānau we have here, 6 of them have asthma. Six of the children and two of them are hospitalised consistently. One of them is a baby and she’s in hospital at the moment with asthma. They’re new parents, so new parents are always a bit unsure of things and as much simple information as they can get is good”*



Listening to the Kaiako feedback



- Good communication was important in Phase I, the kohanga appreciated an opportunity to have input in to the asthma training and resources
- In the past some resources have been inappropriate for the kohanga and have sat on the shelf

“cause we’ve had people come in to do the brushing of the teeth and stuff like that and they gave us a whole lot of resources but it’s a picture of a rabbit but it would be better if it was a picture of a mokopuna or a child not a rabbit. Kids know that rabbits don’t brush their teeth, they’re not silly” (Kaiako)

Listening to the Kaiako feedback contd.



- The Kaiako enjoyed the “hands on” practical training that covered basic information about tamariki and asthma
- *“Good to see demonstrations so next time at Kōhanga, we will know what to do and how long for”*
- *“The songs were really upbeat and engaging. A lot of fun”*

Ka nui te mihi ki a koutou katoa



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