

Māori Health Review™

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From Issue 58:8 – 2015

Culturally and linguistically diverse patients' views of multimorbidity and general practice care

Authors: McKinlay E et al.

Summary: These researchers explain that scant data are available as to how culturally and linguistically diverse (CALD) patients experience multimorbidity and their views of care delivery in New Zealand general practice. This qualitative investigation therefore examined the views of multimorbid CALD patients about multimorbidity and the health care available in a Very Low Cost Access general practice. Ten patients were recruited from a subgroup of those on the diabetes register aged between 45 and 64 years, who had more than 3 other long-term conditions. Ethnicities were recorded as Samoan, Cook Island Māori, and Cambodian. They participated in either individual interviews or language-specific focus groups. Participants described multimorbidity as having considerable impact on their life. They reported feeling responsible for supporting their own health and many detailed self-management techniques. However, they also expressed confusion, lack of information and limited understanding of multimorbidity, particularly in relation to managing medication. Not all patients were aware of the range of available general practice services and some described difficulties in accessing general practice care.

Comment: The finding, that “*despite being motivated to self-manage, this . . . group reports challenges. . .*” confirms my observations. I also wonder if clinicians would benefit from strategies that improve their knowledge of, and access to, ‘available services’.

Reference: *J Prim Health Care. 2015;7(3):228-35*

[Abstract](#)

Independent commentary by Dr Matire Harwood

Dr Matire Harwood (Ngapuhi) has worked in Hauora Māori, primary health and rehabilitation settings as clinician and researcher since graduating from Auckland Medical School in 1994. She also holds positions on a number of boards, committees and advisory groups including the Health Research Council. Matire lives in Auckland with her whānau including partner Haunui and two young children Te Rangiura and Waimarie.

Research Review publications are intended for New Zealand health professionals.

Disclaimer: This publication is not intended as a replacement for regular medical education but to assist in the process. The reviews are a summarised interpretation of the published study and reflect the opinion of the writer rather than those of the research group or scientific journal. It is suggested readers review the full trial data before forming a final conclusion on its merits.

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TATAU KAHUKURA: MĀORI HEALTH CHART BOOK 2015 (3RD EDITION)

The Ministry of Health released *Tatau Kahukura: Māori Health Chart Book 2015 (3rd Edition)* on 9th October. The chart book provides a snapshot of Māori health in the early 2010s. This chart book, like previous editions, presents key indicators relating to the socioeconomic determinants of health, risk and protective factors for health, health status, health service use and the health system. The most recent data available for each indicator was used. The indicators align to those used in more general annual monitoring at a national level.

The chart book shows that Māori have higher rates than non-Māori for many health conditions and chronic diseases, including cancer, diabetes, cardiovascular disease and asthma. Māori also experience higher disability rates.

The Ministry intends to continue to update this profile of Māori health regularly (every three to five years).



Hard copies of the chart book can be ordered from the Ministry website www.health.govt.nz.

The publication is also available to download with the full suite of data tables.

For more information, please go to <http://www.maorihealth.govt.nz>

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