



KA PIKI TE WAI
KA HEKE TE UA
KA PUTA TE PUNA
HEI RONGOĀ

*The mists ascend to the heavens, the rains fall from the clouds,
a spring appears and becomes sustenance for all.*

President's Report 2014

Tēnei kōtuku rerenga tahi, i hoki atu rā ki tōnā kāinga, ki te whānau, ki te taha o ngā tipuna, okioki ai

Kei te urupā o Ōwhata, te koromatua nei e okioki ana, ki te taha tonu o ōnā mātua, ōnā whānau me ngā ika-ā-whiro, moe ai.

E Hiwinui, e kore aroha mutunga kore, nei rā te mihi o te hunga o Ngā Kaitiaki o te Puna Rongoā e pā te pōuritanga, e tangihia ana te mamae, e kinikini ana te kiri, kei whea mai o tātou ki te kore koe e tū hei kōhatu mō te hunga nei?

Nei anō te marea e tuku maioha ki a koe, ki a Te Arawa waka whānui, tēnā koutou, tēnā koutou, tēnā koutou katoa.

It is with a somewhat heavy heart that I write the report for Ngā Kaitiaki o Te Puna Rongoā o Aotearoa - The Māori Pharmacists' Association (MPA). Just recently our beloved kaumatua Matua Hiwinui Heke has passed to the other side of the veil. Matua Hiwinui was a well-respected man in the community and has done so much for the pharmacy profession over the years, and particularly for Māori in pharmacy and our roopu – indeed he has been a rock upon which we have built the Māori Pharmacists' Association. His good works will no doubt be remembered among his whānau and by those whose lives he touched, including ours. We are forever indebted to him and his whānau for providing this special venue for us to meet each year – here at Owata Marae, where we can continue to be close to him, his beloved wife Ema and their whānau.

It seems that time passes so quickly these days. Already another year has passed and it is time to record and reflect upon the progress we have made as an organisation. I guess it is a similar process to what our tupuna went through during Matariki. A time when once the harvest was over and the work was done, time was spent reflecting and indeed preparing for the coming year.



As I reflect on what we have done this year a few things come to mind. The main one that seems to have taken up so much time is the continual challenge to find sustainable funding that will enable us to achieve our aim as an organisation, which is

“To lead Māori responsiveness in the pharmacy sector”.

We have put in so many applications, RFPs and RFIs this year and sadly all unsuccessfully. It got to the point where we felt we really were in a ‘no man’s land’ as far as funding was concerned. We have a unique set of skills that we know can be used to benefit the lives of whānau, hapu and iwi throughout the country and yet we cannot find a sustainable funding source to make it work or to even run a pilot project. Thankfully this realization forced us to engage in a different way and we made an appointment to meet with Minister Turia to discuss our challenges. She was very supportive and believes that there is opportunity for us to be more involved in helping whānau understand more about medicines. That meeting has opened doors for us and because of it we are now more positive about the ways we can source some funding.

Also this coming year the MPDS fund for which we apply annually is now going to 3 year funding cycles. In order to apply for 3 year funding we need to have a robust strategic plan for the next 3-5 years. Thankfully we’ve had expert guidance in this from Darryn Russell and we’ve put together a strategic plan that builds on the previous one and will help us move into the future and build sustainability. Darryn has put a significant amount of time and effort into this plan as we’ve needed to arrange it according to the specific requirements of the Ministry. We’re certainly greatly indebted to Darryn for the guidance given on this important piece of work and look forward to putting these plans into action over the coming years.

One of the unique skills we have as an organisation is the combination of skills in both clinical and cultural competency. This is becoming so much more important in the work that we do as it includes working with whānau and therefore building relationships of trust, effective communication and building health literacy. As we’ve mentioned before we believe that health literacy for example is more the responsibility of the health professional to deliver understandable health messages in a respectful manner. We continue to push for and promote cultural competence of pharmacists across the profession in the various fora we are involved in.

We have continued to engage in our usual realms including PRISM, HOSPOP and the schools of pharmacy in both Otago and Auckland. Thanks goes to those that have been involved and continued to promote our message to those rangatahi out there and those that have assisted to watch over, nurture and mentor those students and interns. It is sad to also note that Marama Parore who has been a great support to us over the years, is no longer working for Pharmac. We are unsure at this stage what that will mean for



our relationship with Pharmac and we look forward to meeting with those that will take her place within the organisation. We hope that the role will be given the importance and urgency that it requires in supporting the health and wellbeing of Māori whānau throughout the country.

Our mentoring service for these students, the student hui each year as well as the hui a tau we have for the organisation have all been successful and serve the purpose of building stronger ties with each other within the profession.

In April 2013 Leanne and myself were also able to attend the Health science hui for Māori health professionals at Otago. It was a great opportunity to discuss with Māori students across all the health professions what pharmacy is all about. We had lots of comments from students who were surprised at what pharmacists actually do across the variety of working areas from community to hospital, in general practice and manufacturing. A few students from other disciplines actually said they would have chosen pharmacy had they known the range of activities they could be involved in. This leads me to think about what we are doing in the recruitment area. While it can be difficult to get in front of groups or whānau to actually talk about pharmacy as a profession, I think there is value in finding opportunities to share as much as possible about what you do as a Māori pharmacist with as many people as you can. The more people that know about it the better. Perhaps for too long we've waited for someone else to do it or for a group to do something. Now is the time to share what it is you do and why you do it. What are the benefits you've experienced as a result of the work you do? What impact have you had on whānau? Is that not worth sharing? The first point of call should be our newsletter – let's really give that a boost this year and go around the whole membership and have each of us explain what it is we do, how we serve whānau and the benefits for whānau and ourselves of working in the way we do. By the end of the year we will have built up a pretty good portfolio or evidence showing what pharmacists can do but more importantly what impact we have as Māori pharmacists in our communities. There is certainly some great work happening out there – we just need to share it. This material could then even be used to promote pharmacy to rangatahi in a variety of forums. So get your little blurb ready!

We are certainly grateful and must acknowledge the work that is done by those of the executive and members who give of their time, talents and service to further the work. We are grateful for your sacrifice. Pauline, again for the great work she does for us behind the scenes. Jo and Arthur for the fantastic work they have done with keeping our financial records in order. This has been of great benefit and assurance to us when applying to various funding bodies to know that we are financially sound. Anna again has always been a great support and ever willing to do more and support the work we are doing. Leanne, Darryn and Cath have been invaluable this year as we've met at



various times throughout the year to put together some of these applications and tap into the various networks that are out there. I'm thankful for all the executive members and the input they have had throughout the year. Thanks also to those that are new on the executive who have begun to orient themselves to the service opportunities available here.

This year we've also introduced the concept of having regional representatives – members of the association who are not currently on the executive and who are able to assist with organizing regular catch ups and networking of members within the region they live and work in. The idea behind this is that we can keep in touch with each other more often and through discussions that will naturally develop see if there are some key learnings or opportunities to work more together. It's also a good chance to see each other a bit more than just once a year when we meet for our annual hui.

Achievements and Involvement

Here is a quick breakdown of what has happened over the last year that has, and continues to contribute to the overall vision of MPA. When you look at all the things we are doing and achieving as an association it is certainly heart warming and bodes well for the future health and wellness of whānau.

- The student hui was another success – thanks to Arthur and Jo from the executive as well as Teei Kaiaruna in Auckland who helped to organize and run that
- We continue to be involved in mentoring our students in both schools of pharmacy. We are pleased to also congratulate Brendon McIntosh, Marilyn Loe, Susan Wilson and Kate Kilpatrick on completing their degrees and who are now currently working as interns. Special mention must also be made as Kate won everything possible it seems!
 - University of Auckland Top Student 4th Year Pharmacy (PSNZ prize), Top Student Overall BPharm Degree (Pharmacy Guild Prize), Professional Pharmacy Studies Prize, First in Course Award Law & Ethics, First in Course Award in Integrated Pharmacy Studies (Pharmacy 407 & 408), and the Pharmacy Management Prize which was jointly won with Susan Wilson!
- Congratulations also to our Hiwinui Heke recipients for 2013; Brendon McIntosh, Jilly Alexander, Susan Wilson and Robert Haua



- To those that have now completed their internships and are now our newest pharmacists! Well done Abbie Copinga, Aleshia Bowman, Anstey Harsant and Andy Davis!
- Congratulations also to Tess James and Tim Walker for receiving the postgraduate scholarships offered at Otago. Tess is working at Middlemore Hospital and Tim is at Kerikeri Pharmacy. Thanks also to the University of Otago School of Pharmacy for providing the scholarships for 2 of our members. Start thinking now about applying for next year those that would like to further their studies.
- A huge congratulations to Leanne who received her award for Inaugural Pharmacist of the Year in June 2013!! Leanne has contributed so much to the pharmacy profession as a whole not to mention all the great work she has done in driving MPA to where it is now and of course in working tirelessly with and for whānau throughout the country. We are gladdened that she has been recognized by the wider profession by receiving such an award of which she is certainly most deserving.
- Leanne and Arthur continue to be involved with Otago and Auckland Universities as liaisons for MPA and meet with the Schools of Pharmacy and Board of studies as well as attend student events including the white coat ceremony that has become a regular feature in Dunedin.
- At a strategic level we are involved in the Heads of Schools and Professional Organisations of Pharmacy (HOSPOP) hui which enable us to have some influence on what the schools are doing and how they support our taurira.
- Cultural competence workshops – sadly the uptake of these within the profession has not been as expected. The question will come down to whether or not cultural competency will be assessed, who will assess it and so on now that it is part of the competence standard required for an annual practicing certificate. Time will tell what impact this has on the wider profession.
- Attendance and participation in various hui throughout the year such as HOSPOP, Pharmacy Board of Studies, Pharmacy Reference Group for the Implementation of the Strategy for Māori Health (PRISM), Pharmacy Industry Training Organisation (PITO) and other informal meetings with lecturers, tutors and students. PRISM is still the only forum where all stakeholders in pharmacy meet regularly so I feel it is important to continue to be involved in these to be seen by the other members of these organisations, and reinforce the fact that we can and do make valuable contributions to the sector.



- MPDS funding hui as well as participation in the Hauora Māori Health Scholarships hui. We were successful again in getting some funding from MPDS to go towards the costs of various hui and other activities that we are involved in. The Hauora Māori Health Scholarships hui give us the opportunity to have a say in how that funding is distributed.
- Applied for Te Ao Auahatanga Innovation funding AGAIN (were unsuccessful).
- Hui with Minister Turia and Chai Chua who is the Acting Director General of Health. These meetings have left us feeling a little more confident that there is a way forward for MPA as far as getting funding goes to run the projects we have envisaged us doing as an association.

The coming year

I'm looking forward to the hui a tau this year. A great opportunity to hear from Minister Tariana Turia and also Professor Sir Mason Durie speak specifically to us and the role we can play in the health and wellness of our whānau. I'm sure that there will be some great insights and pearls of wisdom that we can take from this hui and look forward to the fruits that will come to bear as a result.

We have recently had a meeting with Minister Turia the Associate Minister of Health. She was very interested to hear about our experiences and what we propose to do in taking pharmacy out of the bricks and mortar setting to the whānau knowing the fit it will have with whānau ora. Because of this meeting we were then able to meet with Chai Chua who is the acting Director General of Health. We learnt from his point of view the funding and how it works within the DHBs. One of the points he highlighted for us is the need to have a DHB alongside us that will continue to fund a potential project past the initial funding we might receive from MOH. As a result of these meetings there is a glimmer of hope that we can organize a pilot in a distinct community that will address a specific DHB need, with initial funding from MOH and ongoing funding from DHB.

The goal is a pilot that will build on the evidence that has been compiled from the He Rongoa Pai He Oranga Whanau hui. It would involve culturally competent pharmacists going out and visiting with whānau and improving medicines optimization and utilization. It could well be at a marae setting or any other setting in which the whānau was comfortable. Pharmacists would take their skills and knowledge outside the bricks and mortar of traditional pharmacy and get alongside whānau and help with increasing their overall health and wellness.



This brings to mind the concept of rangatiratanga. I was reminded of this the other day at a workshop. Ranga is to weave. Tira is the tails or the people in this instance. Rangatiratanga can therefore be about weaving the people or using our skills and attributes in order to weave and unite together the people in a way that will produce an end product of beauty or significance. What will that be?

What are the everyday things we do that weave us together that ranga our tira? One I would suggest is the things we do – the traditions we have as an association. I've found in my own life that the traditions within our family is what has kept my family strong and continues to do so. If we liken that to our association as a whānau then the traditions could be things like the annual hui a tau, the student hui, the mentoring program for our young students and interns, regular connection and communication with each other. Perhaps there are other ones that we need to begin to incorporate as traditions within our association whānau that will strengthen us and those that become part of our whānau.

So much of the health and wellness research these days seems to focus on what we might call our purpose. It would seem that more people are looking further than the accumulation of material things for happiness. People want to enjoy their work AND feel like they are adding value. Some of the most profitable companies now have a 'green' bottom line to help them measure the impact for good they are having within their community. Many have found that a greater sense of self worth comes from doing something you enjoy and knowing that it has a benefit and will serve a purpose beyond yourself. This desire to serve others springs from our own realization of and gratitude for what we have ourselves. Probably why things like gratitude journals are becoming so popular these days in the wellness field. The more we can appreciate what we already have around us the more likely we are to want to help and serve others to have the same. We may well have health, employment and financial stability, happy and fulfilling relationships, warm homes and comfort but there are many of our whānau who do not. It is our duty to seek them out and serve them through the skills we have as medicines specialists. There are many of our wider whānau that groan under the burden of excessive medicines and ill health. The disproportionate statistics we all know too well.

At times it may seem like an unconquerable problem. There are too many systems to negotiate, too many confounding factors. However we can take hope in knowing that small changes will eventually lead to great changes. Let us not be overwhelmed by the seemingly insurmountability of the task at hand. We can overcome. We will overcome. Like the poutama principle teaches us, step by step we can overcome huge challenges and land ourselves in a better place. Small steps we take now to work with whānau in a different way, small changes we make to the way we communicate with whānau, small steps that whānau themselves make in changing their own perceptions of life and their own lifestyles and traditions within their own whānau will all add up and lead to healthier, stronger and more resilient whānau as we move whole heartedly into the future. We only need start with ourselves. Ghandi said that we should "be the change we



wish to see in the world”. That means not only thinking about a change and talking about a change but actually living it and doing it – by being. We are human ‘beings’ after all.

Give some thought to the traditions you have yourself and the traditions of your own whānau. What has been good and supportive – what do you think may need changing in order to support a healthier whānau. When we can see what is required and then act on it, we are far more likely to be able to influence and empathise with the situations of others and assist them in moving in their own journey towards health and wellness.

He aha te mea nui o te ao? He tangata, he tangata, he tangata.
What is the most important thing of this world? It is people, it is people, it is people.

No reira, tēnei te mihi aroha ki a koutou, koutou mā, te whānau o Ngā Kaitiaki o Te Puna Rongoā o Aotearoa. Kei te mihi, kei te mihi, kei te mihi.

Wiremu Matthews