



NZ COLLEGE
OF SEXUAL &
REPRODUCTIVE
HEALTH

TIKANGA MĀORI IN WHAKATAHE/ABORTION CARE -

SUMMARY OF INFORMATION FOR KAIMAHI HAUORA - HEALTH PRACTITIONERS

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Tips for health practitioners to consider during whakatahe/abortion care delivery .

This wananga aims to support qualified health practitioners within an whakatahe/abortion service provide culturally responsive health and disability services to Māori.

It is underpinned by Māori values, protocols, concepts, views of health and Te Tiriti o Waitangi.

Central to this wananga is the expectation that whānau are treated in ways that respect their diversities as well as their values and beliefs.

This presentation provides a summary of key points from other presentations within the training documents:

- Te ao Maori presentation with audio [link]
- Models of Health presentation with audio [link]
- Video example of consultation demonstrating the use of tikanga in abortion care [link]



TIKANGA

Tikanga is an issue of principles, values and spirituality and is as much a comment on process as it is on fixed attitudes or knowledge.

Tikanga includes Māori beliefs that are inherited values and concepts practised from generation to generation. Values include the importance of te reo (language), whenua (land), and in particular whānau (family and extended family group).

Māori views on health are framed by an holistic approach that encompasses four key elements - wairua (spiritual), hinengaro (psychological) tinana (physical) and whānau (extended family). See Maori models of health care power point for more background on Te Whare Tapa Wha

Karakia (blessing or prayer) has an essential part in protecting and maintaining these four key elements of health care.



Tikanga (Continued)

Prior to European contact the health of Māori communities was promoted and protected through a complex system of tapu (sacred/forbidden/restricted) and noa (free from tapu/unrestricted).

These concepts formed the basis of law and order and safe and unsafe practice and still align well in today's health environment.

Tikanga guidelines should mirror the intent of tapu and noa.

In terms of everyday practice, food that is noa must be kept separate from bodily functions, which are tapu.

In some instances, behaviour and practices that are not consistent with Māori beliefs and values can cause distress and result in a lack of confidence and participation in health care services by Māori.

An example would be returning products of conception in food containers for example placenta in ice cream containers.



Karakia

Allow time for karakia, ensure they are not interrupted
If you don't know what is suitable for a person and their whanau ask them.

There are a number of apps and links with karakia:

-EXAMPLES

-ĀKE ĀKE APP

Offer karakia during care processes including:

- *at the start of a consultation about whakatahe/abortion*
- *before and after an early surgical whakatahe/abortion*

EXAMPLE KARAKIA:

E NGĀ ATUA ME NGĀ ATUA WAHINE
HOMAI KI MĀTOU OU RANGIMARIE
OU WHAKAPONO
OU AROHA
OU KAHA
I TENEI RĀ

TO OUR GODS AND GODDESSES
PLEASE GIVE US YOUR PEACE
YOUR FAITH
YOUR LOVE
YOUR STRENGTH
ON THIS DAY

Taonga

Taonga have importance to Māori extending beyond sentiment to spiritual value.

A taonga worn on the body has protective significance.

For most whakatahe/abortion care there will be no need to remove Taonga

However, any requirement to touch taonga should first be discussed with the patient and their whānau.

Respect for taonga is shown when :

- taonga is taped to the patient rather than removing it;
- obtain permission from the patient before removing body taonga if it must be removed for safety;
- offer the person or whānau the option of removing body taonga themselves;
- consider a method of securing a body taonga close by the patient during surgery;
- place taonga in the care of family members if the person wishes it;



Whānau

The concept of whānau extends beyond the nucleus of biological family. There is emphasis in Māori culture on familial and community ties.

During consultation and decision making ensure the whānau that the person seeking whakatahe/abortion care wishes to have involved in their care are their and present. Include them in the consultation.



TE PĀRONGO / WHAKAPĀPĀTANGA – INFORMATION / COMMUNICATION

- Ethnicity is identified by the person
- Check with the person that their ethnicity is recorded correctly if their identify as Māori ensure you record their iwi correctly
- Health information is confidential ensure that you ask the person seeking care before sharing their information with other health care providers.
- *Check your system does not automatically send information to another provider for example a discharge summary to a primary care provider*



TE KAI / PAPAMUKA / WAI TINANA – FOOD / LINEN / BODY SUBSTANCES

Tapu and noa are key concepts that underpin many Māori practices. Things that are tapu (sacred) are kept separate from things that are noa (not restricted.)

Health practitioners in whakatahe/abortion care need to be familiar with the concept that for Māori the body and bodily substances are tapu and food is noa.

In whakatahe/abortion care examples of ways to observe the principles of tapu and noa include:

- *Providing a place to wash with water*
- *Not using pillowcases other than placement under the head*



NGĀ WĀHANGA TINANA – BODY PARTS

- The separation of body parts/tissues/substances from the body is at variance with Māori belief in waiora.
- *For early medical whakatahe/abortion prepare the person for what to expect so when they pass the pregnancy they are prepared to manage the tissue.*
- *It is important when providing early surgical whakatahe/abortion to have culturally and health and safety suitable containers for returning products of conception.*