A new course from He Ako Hiringa aims to improve clinical outcomes for older Māori.

Suitable for all clinicians, [*Medicines and older Māori*](https://www.akohiringa.co.nz/education/medicines-and-older-maori)is a free course that comprises four short videos, a self-reflection guide, downloadable posters, and other relevant links and resources.

Compared to non-Māori, Māori older adults have significantly higher rates of conditions such as cardiovascular disease and gout and have reduced access to certain medicines. Older patients are also at increased risk of medicines-related harm, which is especially concerning for Māori, who experience polypharmacy at a younger age than New Zealand Europeans.

*Medicines and older Māori* was produced in conjunction with Joanna Hikaka, a pharmacist from Waitematā DHB, whose research as a PhD candidate formed the basis of this course. The development of Ms Hikaka’s research was made possible with funding from the Health Research Council of New Zealand.

For Ms Hikaka, the goal is that her research will help improve the statistics for older Māori. “I'm hoping this course helps to highlight the need for active and critical review of medicines for older Māori. This resource will help patients and providers to start conversations that lead to improvements in optimal medicines use, which will ultimately improve health outcomes and reduce the risk of harm.”

When it comes to communicating to older Māori patients, Ms Hikaka highlights the fact that they want to be involved in their health journey. “Māori don't want to be passive in this process. From those I have worked with, there is clear direction that older Māori want to be well informed, so that they can make decisions relating to medicines and their wellbeing in general.”

The four videos in this course cover:

1. **Introduction**

This video outlines the course and what clinicians can expect from the videos and other resources.

1. **Ethnic variation in the quality use of medicines for older adults in Aotearoa**

Video two introduces concepts around why extra care is needed with medicines use in older adults, how to measure the quality use of medicines, and what the New Zealand data show us about inequities in medicines use in older adults.

1. **Medicines review services for older Māori**

The third video in this course examines medicines review services and how these can improve the safe and effective use of medicines for older adults, as well as the inequities within these review services.

1. **Older Māori experiences of medicines and medicines-related services**

In the last video, clinicians hear directly from kaumātua about their experiences of medicines and medicines-related services. These quotes will improve clinician awareness about the real-life impacts of inadequate prescribing on older Māori.

As one kaumātua so aptly stated: “*No te whitiwhiti kōrero i mohio ai – It is through shared conversation that I understand*”.

Posters have been developed from these conversations with kaumātua. They are available to download in the course.

*Medicines and older Māori* is available at [akohiringa.co.nz](http://akohiringa.co.nz). It is endorsed by the College of Nurses Aotearoa (NZ) for 45 minutes of professional development.

*Medicines and older Māori* will be promoted on He Ako Hiringa’s [Facebook](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.facebook.com%2fAkoHiringa&umid=2713da2d-382c-4f3f-98e9-6c9c659935df&auth=34fa837b49e6090184229998ee9514d99044fa50-91163073c26d6265d5a4bc49a26dd87bea63ef7a), [Twitter](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2ftwitter.com%2fakohiringa&umid=2713da2d-382c-4f3f-98e9-6c9c659935df&auth=34fa837b49e6090184229998ee9514d99044fa50-30a098b862710869022db37bde9a3cae483a3c59) and [LinkedIn](https://ddec1-0-en-ctp.trendmicro.com:443/wis/clicktime/v1/query?url=https%3a%2f%2fwww.linkedin.com%2fcompany%2f68619626%2fadmin%2f&umid=2713da2d-382c-4f3f-98e9-6c9c659935df&auth=34fa837b49e6090184229998ee9514d99044fa50-6d7d1bd0093063ad23b52a03f142bbe8b8e15ecd) pages on 20 and 24 May. Please feel free to like and share these posts.