

Rongoā Māori Service Specifications

The provider shall supply the following services in accordance with the specifications set out. Specification pertaining to the provision of the Services (contained in the Rongoā Māori Services Agreement or made known to the Rongoā Māori Provider by Health Hawke's Bay and/or Te Whatu Ora – Hawke's Bay):

1. Background

Rongoā Māori is a traditional Māori healing practice grounded in tikanga Māori and Māori worldviews. It includes the use of herbal remedies as well as the incorporation of physical and spiritual therapies.

Rongoā Māori is a vital aspect to tangata Māori as it encourages whānau, hapū and iwi to achieve mana motuhake (self-autonomy), rangatiratanga (self-determination) and mana.

In addition to the above, Rongoā is an important aspect of healthcare to Māori despite their concurrent use of Western medicine. It is more than medicine, it represents identity, whakapapa, culture and history. Traditional treatment can be pursued for several reasons including illness that is atypical or not responding to conventional treatment.

A proportion of the community may choose to utilise Rongoā Māori before seeking western medicine for a variety of conditions including but not limited to:

- Stomach Pains
- Eye Pain
- General Aches and Pains
- Joint Aches
- Muscle Aches, Sprains, Swollen Joints
- Bladder and Kidney Pain
- Toothache

Māori view health holistically which incorporates spiritual, psychological, physical, environmental, cultural, social and family elements. Mainstream health services focus on treating a person's physical health and do not

adequately address other aspects of Wellbeing. Māori face other barriers when accessing mainstream healthcare including financial, geographical or cultural. Because of this, Māori are not having their needs met by conventional services and services such as Rongoā will better target these needs by engaging with traditional healers.

2. Definition

Rongoā Māori- traditional healing practices based on Māori worldviews and epistemology. It is maintained by specific tikanga Māori values and has an emphasis on spiritual dimensions of health. The practice of Rongoā involves consideration of the client's entire hauora and is therefore paramount to achieving a culturally responsive service.

3. Services Provided

3.1 Rongoā rākau- Herbal remedies derived from native plants. Medicines included:

- Balms
- Tonics
- Lotions
- Poultices

3.2 Romiromi Spiritual healing through correcting of the body with energy release. It includes work such as:

- Karakia
- Cleansing work
- Mirimiri (massage)
- Kōmiri (deep tissue massage)
- Tā miri (intuitively reads trauma, physical, emotional, psychological, generational pain trapped in the body)

4. Service Delivery

Standard Rongoā Māori services are specifically targeted to Māori and Pacific residents of Hawke's Bay as a complimentary to Mainstream medicine and invoiced to Health Hawke's Bay on a fee for service basis.

All services will be provided by a Rongoā Practitioner. A Rongoā Practitioner is defined as a person who practices traditional Rongoā healing and meets the formal requirements as defined below:

Tikanga ā Rongoā

Tikanga ā Rongoā is a voluntary set of standards developed by Ministry of Health and Rongoā representatives throughout Aotearoa which contracted services must adhere to. It includes several toolkits that provide the relevant information for delivering safe and effective care.

Tūrora Tino Rangatiratanga- Focus on the total wellbeing and overall health

Te Pāharakeke o te Rongoā- Details structures, strategies, systems, policies and procedures to ensure quality delivery.

Rongoā Taonga Tuku Iho- Endorses overarching principles which create the foundation for the development and implementation of the service.

Te Mauri o te Rongoā- Upholds the preservation of mauri as the life principle for Māori wellbeing.

Te Kahukiwi Rongoā- Supports determining rongoā principles and practices

5. Additional Requirements

It is required for all contracted services to ensure that:

- Patients are aware of any follow-up treatment or consultation that may be required
- Patients are referred to other services where appropriate, particularly for emergency or acute needs
- Co-operation between other health professionals according to the wishes or needs of the patient takes place.

6. Diabetes Care

Health Hawke's Bay is interested to assess how Rongoa Māori services might support whaiora to care for their diabetes.

In addition to the standard Rongoā Māori services you will identify whaiora who you are caring for who have Type 2 diabetics who are under the care of a General Medical Practitioner for their diabetes.

You agree to work in partnership with their GP to monitor the status of their diabetes through the use of 6 monthly HBA1c tests arranged by their GP.

You will provide HHB with an annual report summarising the number of whaiora that you are caring for, and the HBA1c levels over the 12 month period.