

# Te Waharoa

*Hei oranga niho mō te iwi Māori*



Vol 1. Dec 2021

Te Ao Mārama

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# EDITORIAL

Te Waharoa is a pānui for the membership of Te Ao Mārama. Te Waharoa was intended to be created as a newsletter, as proposed at the 2021 Hui-Ā-Tau in Ōtepoti. With the breadth of positive and successful stories happening within Ōranga Niho, we very quickly realised we could not condense this information in to one page..... and a magazine was born!

Te Waharoa is a platform to share positive stories from across the oral health community. Central to this is our kaupapa 'Hei oranga niho mo te iwi Māori' – Good oral health for Māori, for life.

The name 'Te Waharoa' was chosen to represent this pānui for two reasons. In te reo Māori, Te Waharoa denotes the entranceway to a Pā, a very important site in te ao Māori for whānau, hapū and iwi. The word waha can also be translated to mouth, representing the kaupapa that Te Ao Mārama and its membership work in and/or around.

In this volume (1), you will read student success stories ranging from Māori post-graduate students, Māori student graduates and student executive committees. You will also find positive stories within the Māori oral health workforce, from initiatives at Māori Health Providers and DHBs to studies that will impact tamariki Māori.

Te Waharoa is a project led by Kura Lacey and Margaret-Rae Clark who are executive members of Te Ao Mārama.

**Do you have a story that you would like to share with te whānau o Te Ao Mārama? If you would like to feature in Te Waharoa, please send an outline of your kaupapa, along with a photo to [tam.mag@outlook.com](mailto:tam.mag@outlook.com)**





# TAKU WHAKAARO

**Emeritus Professor John R Broughton**  
**CNZM ED JP(rtd) BSc BDS PhD PGDipComDent DipGrad**

I think looking back over the many years since Te Ao Mārama was established that we have a lot to be proud of within our working lives as an oral health professional. On a personal note there a few things that I am particularly thrilled about.



## Kaupapa Māori Research

The oranga niho research project which went by the massive title: “Reducing disease burden and health inequalities arising from chronic dental disease among Indigenous children: an early childhood caries intervention” was particularly significant. This was the Aotearoa aspect of the International Collaborative Indigenous Research Partnership project which was a multi-million dollar grant funded by the Health Research Council of New Zealand. This project was conducted in New Zealand, Australia and Canada among the respective Indigenous populations. Here in Aotearoa the project was carried out within the rohe of Waikato-Tainui under the stewardship of Raukura Hauora O Tainui. The final results of our NZ study were published in the September issue of the New Zealand Dental Journal. The remarkable end result was that not one of the mokopuna in the study had lost a tooth at all;

not one mokopuna was admitted to hospital for a dental reason; the rate of tooth decay was absolutely minimal such that there was no significant difference between the intervention group and the delayed intervention group. What this indicated was the impact of the Māori health provider in upholding and maintaining the health and well being, including the oral health, of the whānau who were affiliated to them. Our overwhelming conclusion was that the cultural connectedness of whānau is a major factor in hauora mo te iwi.

Broughton JR, Thomson WM, Maipi J TeH, Person M, Morgaine KC, Jamieson L, Lawrence HP “Mokopuna Māori me oranga niho (Māori infants and oral health) an early childhood caries randomised control trial among New Zealand Māori children. New Zealand Dental Journal, 117, September 2021, 129-136.

'whakaaro' continues on page 5..

### **Dental Student Community Service Learning**

To my mind, and I am biased, one of the jewels in the crown of the Faculty of Dentistry final year undergraduate BDS curriculum was the Community Service Learning programme in which our final year students went out around the country and spent 5 weeks hosted by Māori and Pacific oral health providers. We even had students going to the Pacific, to Tonga, Samoa and Fiji. Our oral health providers who so generously hosted our students saw having the students added value to their services. The students gained so much; not only clinical experiences but also appreciating and gaining a greater understanding of the Māori and Pacific communities in which they lived and worked. The feedback from the students was all the same:

“This was the best part of my whole undergraduate training as a dentist.”

Last year, and again this year, because of the Covid-19 lockdowns the programme had to be cancelled which was a great pity. The unfortunate consequence now is that the programme will not be re-instated when we get past the Covid-19 pandemic and life resumes with some normality. In Dunedin, the dental service at Te Kaika will continue in some shape or form. Anyway, I would like to place on record my undying thanks and gratitude to all the Māori and Pacific oral health providers who hosted our students in this programme over the 10 years that it ran. Ngā mihi nunui ki a koutou katoa.

### **Ngā Mokai O Ngā Whetu – The New Zealand Māori Dental Students’ Association.**

It is especially pleasing to see the number of Māori students who have chosen the dental/oral health sector as their chosen career. The numbers admitted over the last decade have been most impressive and will continue to grow in the future. When I was a second year dental student way back when, it was 12 years before there was another Māori student in second year! How things have changed.

This year because of Covid-19 all the Otago University graduation ceremonies in December have very regretfully had to be cancelled which is a huge disappointment. We will somehow have to organise something to honour our latest dental and oral health graduates.

Kia ora koutou katoa,  
Emeritus Professor John Broughton

Hei oranga niho mo te iwi Māori!

## GAINS FOR WHĀNAU

### HEALTHY COOKING WORKSHOPS



Murupara whānau are making better food choices following a series of Healthy Cooking Workshops provided by BOPDHB Oral Health Promoters, Stephen Cameron and Hatea Ruru.

Stephen and Hatea share their knowledge of healthy kai and supporting healthy oral and general wellbeing. The workshops aim for whānau to develop healthy cooking knowledge and skills

Delivered in the local community, the workshops empower and encourage whānau to apply new learnings in the home and marae settings. This includes cooking enjoyable meals from scratch using a wide range of affordable vegetables. Tips on cooking on a budget, keeping vegetables fresh for longer, using vegetable stalks in recipes and awareness of plant-based options contribute to support whānau to improve their hauora.

Tikanga Māori features in these workshops with karakia, mihimihi and whakawhanaungatanga. There are many opportunities to wānanga about the relationship between kai, oral health, and general wellbeing.

For some whānau particularly those with tamariki, an additional workshop may be added to talk more about tooth decay, oral health care, oral health services, and resources.

"There's much korero and sharing of real-life impacts of food choices on health that people can relate to our people love it"

This is a great initiative to encourage better living and the Murupara community eagerly await for the yearly wānanga to return.

For more information read Stephen's Master's Thesis Creating Healthy Food, Building Healthy Families: An Evaluation of a Healthy Cooking Healthy Lifestyle Programme in New Zealand



## BY MĀORI, FOR MĀORI

### Free Periodontal Treatment for Māori and Pasifika diabetics

Ora Toa PHO is an iwi-led health care service that provides information and kaupapa Māori services to whānau in the Porirua region and wider communities.

The service aims to empower both Māori and non-Māori to achieve and maintain healthy lifestyles.

The Ora Toa dental department is based in Cannons Creek. Due to its strong ties to Te Ao Māori and tikanga, it has a high proportion of Māori and Pasifika whānau enrolled with the service. Unfortunately for many whānau in the Porirua population, the prevalence of diabetes is 8% which is higher than any other area in the Wellington or Hutt region.

Margaret Clark *Ngāti Awa* is a new graduate dentist working part time at Ora Toa and part time at Novo Smiles in Wellington City. Through her mahi, she has seen how the community has been disadvantaged by the oral health system. Given that diabetes and periodontal disease follow a linear trend, where the more severe the diabetes, the more intense the periodontal disease process, Margaret had a desire to help whānau manage their conditions.

Earlier this year she received funding from the NZDA and the Wrigley's foundation to begin a pilot search project to integrate oral health care in to wrap around diabetic services. This started with educating doctors and nurses on how to identify periodontal disease and associated risk factors.

This was followed by dental health promotion, 'diabetes nights' with local kaumātua groups and posting informative dental flyers around the GP practice. An internal referral process was also set up so that other health services could easily recommend patients to the dental department. The final phase in the project is to provide all eligible patients with free periodontal treatment, personalized oral health instructions and education on the interaction between diabetes and periodontal disease.

Margaret hopes that data collection and feedback from patient experience will help her to evaluate the project and increase funding to ensure that more Māori whānau and communities benefit from accessible dental care.



## ASSOCIATE DEAN MĀORI

**Samuel Carrington**



Ko Te Arawa te waka  
 Ko Tamatekapua te Kaihautū  
 Ko Ngongotahā te maunga  
 Ko Rotorua-a-Kahumatamomoe te awa  
 Ko Te Arawa te iwi  
 Ko Ngāti Whakaue rāua ko Ngāti Pīkiao ngā hapū  
 Ko Hurungaterangi te marae  
 Nō Rotorua ahau  
 Ko Samuel (Hamiora) Carrington tōku ingoa

Sam has been formally offered the role as Associate Dean Māori, after five successful years as the Deputy Associate Dean Māori at Te Kaupeka Pūniho. He is humbled to take on this position at a time where momentum is growing for Māori in the health sector with the establishment of the Māori Health Authority. He sees this as an opportunity to drive ōranga niho to ensure equity for Māori oral health.

### **Novel white crowns for drill free treatment of dental caries in NZ children**

Samuel and colleagues, Dr Joanne Choi, Dr Susan Moffat, Associate Professor Lyndie Foster Page and Professor Warwick Duncan received a Health Research Council (HRC) Feasibility Study Grant (\$249,227.96). This pūtea was awarded for a feasibility study titled Novel white crowns for drill-free treatment of dental caies in NZ children.

This study aims to develop a white shell crown which will eventually replace the stainless steel crowns used to treat caries. Samuel aided in the project by stressing to the HRC how these crowns will benefit whānau me ngā tamariki Māori. Part of this study involves scanning teeth of children to gain an average tooth size for ethnicity.

Samuel is collaborating alongside Te Kura Kuapapa Māori o Ōtepoti, who have agreed to come on board and aid in this important kaupapa.

Following on from the HRC funding, Samuel and colleagues explored a further fund to optimise and develop the white shell crown out of plastic material that has similar properties as stainless steel for clinical trial. Samuel was involved in the application to the National Science Challenges Science for Technological Innovation grant application, which was awarded \$200,000 through the 2021 Kaupapa Kākano Seed project round. This further supplements the HRC funding so the new white shell crowns can be developed, ready for use nationwide.



## NGĀ TURI MAHANA

The Bee Healthy Regional Dental Service covers two DHBs, looking after hapū and iwi in Wellington Central, Huttvalley and the Kapiti Coast. At the heart of the service are two incredible wāhine, Maria Peleti and Jennifer Liu who work as Oral Health Promoters.

Their mahi as part of the early intervention team has seen great outcomes for te iwi Māori. Addressing access issues and the annual knee-to-knee program at Kōhanga Reo are two ways that the service is successfully engaging with whānau. Maria puts the success down to He Kanohi Kitea – Being present and whakawhanaungatanga with the centres.



The typical way that oral health services are delivered in Aotearoa have resulted in access issues whereby Māori whānau are disadvantaged. Many pēpi have been unable to engage with oral health services until they are at primary school, and sometimes later.

Maria and Jennifer recognise that early intervention is key to preventing unnecessary hospitalisation for GA further down the track. To ensure that pēpi have the best start in ōranga niho, the duo have engaged with Kōhanga reo in the rohe. Between 1 and 4 children at each centre is identified as needing treatment and are subsequently booked in to a Hub for follow up. Tamariki considered 'high risk' receive a 6-month follow up and Maria and Jennifer (with a standing order) are able to apply a second dose of fluoride varnish without the presence of OHT/DT.

In 2019, 477 pre-schoolers (of whom 78% were Māori and/or Pacific) were examined as part of the knee-to-knee programme. Statistics from 2021 have yet to be consolidated due to COVID, however 675 tamariki have been seen in the program this year.

### How a knee-to-knee examination works:

- Familiar environment (at Kohanga or ECC)
- DT/OHT and Kaiako sit opposite eachother with knees touching
- Tamaiti hugged & held by kaikako (facing them)
- Pillow goes behind tamaiti and they are lowered backwards on to DT/OHTs knees
- Quick titiro in the mouth and fluoride varnish applied

The team are excited for the future of these programs and hope to make a meaningful difference for whānau.





# BACHELOR OF ORAL HEALTH GRADUATES

THE GRADUATING CLASS OF 2021

*"Ka mahi tahi tatou, kia ohaka te pitomata  
hai puanani"*

*We will work together, in order to awaken  
potential to travel freely in any direction.*

The year 2021 has been a year of accomplishment and success for Māori oral health gains, with the Bachelor of Oral Health (BOH) cohort making history as the largest number of Māori taura ever to graduate from the University of Otago.

Passion, empowerment and a genuine interest to help people are common themes that emerged from these wāhine toa as graduation nears. These wāhine have varying reasons for choosing a career in oral health, ranging from previous experience in the dental workforce (Sharnee Diamond *Ngāti Wai*, *Ngāti Raukawa*, Kadi Alsop *Ngāpuhi*, Tayla Porter *Ngāti Maniapoto*) right through to helping tamariki and to 'reduce oral health inequities that impact te iwi Māori' (Lateisha Chant *Rangitāne ki Wairau*, *Ngāti Kuia*, *Ngāti Apa ki te Rā Tō*, Paige Jones *Kāi Tahu*, *Te Whānau-ā-Apanui*). Tayla Lashbrook *Muaūpoko* and Alexa Madritsch *Ngāti Awa* knew from a young age that they would work in health care. Tayla believes that "BOH has been the perfect fit" as she has a "genuine passion for helping people improve their health as well as having a good old kōrero". This whakaaro is shared

by Sharnee who said it was her “skills and passion for empowering people” that steered her towards BOH. She has naturally been able to combine skills in the industry with whakawhanaungatanga. Neive Pearson *Ngāi Tūhoe* was drawn to the degree due to the “themes of prevention and health promotion”. She believes that is what is “special and uniquely BOH”.

Many of these wāhine have already secured mahi in areas that will make a great difference for whānau, hapū and iwi. District Health Boards eagerly await the arrival of Kadi (Lakes, Rotorua) and Lateisha (Northland, Whāngarei). Lateisha will be joined in Te Tai Tokerau by Sharnee, who after completing a clinical placement this year in Kaitaia has secured a position in the Far North. For Sharnee, “returning to Te Tai Tokerau has always been a priority since leaving home in 2010”. Neive is also moving home to Tauranga, where she plans to “spend time with family and replenish Vitamin D levels”.

Tayla Porter will also be making the move back to Hamilton, and Alexa will be returning home to Whakatane where she has secured a job at Lumino. She is “very excited to give back to the community” that she grew up in. Paige will also be joining the Lumino team in Queenstown, where she is hoping to utilise both therapy and hygiene. Tayla Lashbook will be establishing herself in a brand new city, making the move to a private practice in Wellington. Her practice also operates from mobile units that visit high schools. She is looking forward to having “the best of both worlds” and utilising her full scope.

Te Ao Mārama is extremely proud of our up-and-coming bachelor of oral health workforce. We have enjoyed watching you all blossom into amazing and caring clinicians. We are excited to see all that you accomplish in the years to come, and wish you the best with your mahi and future study.





# NGĀ MOKAI Ō NGĀ WHETŪ KI ŌTEPOTI

EXECUTIVE COMMITTEE 2022

Ngā Mōkai o Ngā Whetū is the Aotearoa Māori Dental Students Association. Founded in 2007, the association is led by taura to support Māori student success in ōranga niho. The association has representatives in both Ōtepoti (Faculty of Dentistry) and Tāmaki Makaurau (AUT and the Faculty of Dentistry Satellite school in Manurewa).

With exams now over and summer just around the corner, the new executive committee for 2022 look forward to building stronger connections within the roopu and continuing to support Māori taura at the Faculty of Dentistry.

Tumuaki Emma Alcock (Ngāti Rongomaiwahine) loves that the Ngā Mokai whānau is always there to tautoko and serves as a way for taura to connect back to te ao Māori. Meg Timu (Ngāti Kahunungu, Ngāti Tuwharetoa) will support Emma as Tumuaki Tuarua. Both caring wāhine by nature, they look forward to offering support and mentorship to the roopu, from educational right through to emotional.

Kaituhi Te Rauhina Jackson (Ngāti Kahungunu ki Wairarapa, Ngāti Raukawa, Ngāi Tahu) will take the lead in organising and facilitating hui. She will also be the first port of contact for the new Ngā Mokai cohort of 2022, with the responsibility to invite new Māori tauira to the first mihi whakatau and create the 2022 Nga Mōkai Facebook Group.

Kezia Naumai (Ngātiwai, Ngāti Pīkiao) will work with the exec from a distance as Te Mangai Ki Tua rep in Manurewa. She will represent the dental tauira at the Faculty satellite school in Tāmaki Makaurau. Te Rauhina and Kezia both look forward to providing opportunities for tauira to wānanga and whakawhanaungatanga and most importantly build support systems for tauira who are away from their whānau.

Kaitiaki Pūtea Libby Collett (Ngai Tahu) will be in charge of the pūtea for the roopu. This will involve applying for funding and overseeing and managing financial performance throughout the year. Libby looks forward to seizing the opportunity to give back to a roopu that has provided her with so much tautoko over the last two years.

Kaiwhakahaere Mātauranga Josiah Kirk (Ngāti Raukawa ki te Tonga) will provide the roopu with academic assistance through study resources and tutorial support plus a heads up on what to expect for newer tauira. He looks forward to driving the mentoring programme that will pair newer tauira with more senior students to gain clinical experience before seeing their own patients in later years.

BOH Kaiwhakahaere Bella Wilson (Ngāti Kahungungu) draws on her rural town upbringing in Te Anau to acknowledge that the transition to University and Oral health can be a challenging leap. She looks forward to facilitating academic support for first year tauira as well as voicing any concerns that may arise.

Te Ao Mārama wishes Ngā Mōkai o Ngā Whetū the best of luck for the year to come. We are proud of you all and look forward to seeing what your futures have in stall.

# MĀORI POST-GRADUATES 2022



Graduating with a BDS in 2018, Dr. Kura Lacey, left (*Te Arawa, Ngāruahine*) and Dr. Jonathan Martin, right (*Ngāti Whakāue, Tuhoe*) look forward to returning to The Faculty of Dentistry to specialise in Dental Public Health and Periodontics, respectively. Kura has been delivering the Hauora Māori curriculum to students at the Faculty of Dentistry and supervises student clinics. Central to her teaching is a commitment to achieving equitable oral health outcomes for Māori and ensuring all oral health practitioners are culturally safe and competent. Jono has been working full time split between the Taranaki base hospital and Taylor Dental practice. Engaging with both the public and private sector has equipped Jono with the skills to treat a variety of patients with diverse needs.

Since graduating in 2017, Dr. Shayden Bell, centre (*Ngāti Maniapoto, Tainui, Tuhoe, Ngāti Awa*) has spent time working with his whānau back home in Whakatane. Working rurally (with his services extending to Opotiki) in high needs communities has

opened his eyes to Māori oral health inequities. He was left feeling mame that preventable issues would manifest into much larger dental problems for his whānau which ultimately ended in tooth loss. He hopes that specialising in Endodontics will reduce tooth loss related inequities for Māori whanau, and improve access to specialised care for Māori in the Eastern Bay of Plenty.

Kura believes that the oral health system in Aotearoa needs to be redesigned, and would like to see more Māori in the governance, design, delivery and monitoring of the oral health system. She hopes that through her studies, she will be able to make meaningful political change to the system. Jono believes that with many of his Māori patients, early intervention and an improved delivery of periodontal treatment could have prevented early tooth loss for whānau. It is his goal to promote periodontics and empower Māori with the knowledge to prevent this disease amongst our whānau, hapū and iwi.



**SAVE THE DATE:**

# TE AO MĀRAMA HUI-Ā-TAU

08.07.22: DINNER AND STUDENT NOHO

09.07.22: HUI AND PĀTI

LOCATION: TE PAPAIOURU MARAE,  
ROTORUA

