

Te Waharoa

Hei oranga niho mō te iwi Māori



Vol 2. Jun 2022

Te Ao Mārama

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EDITORIAL

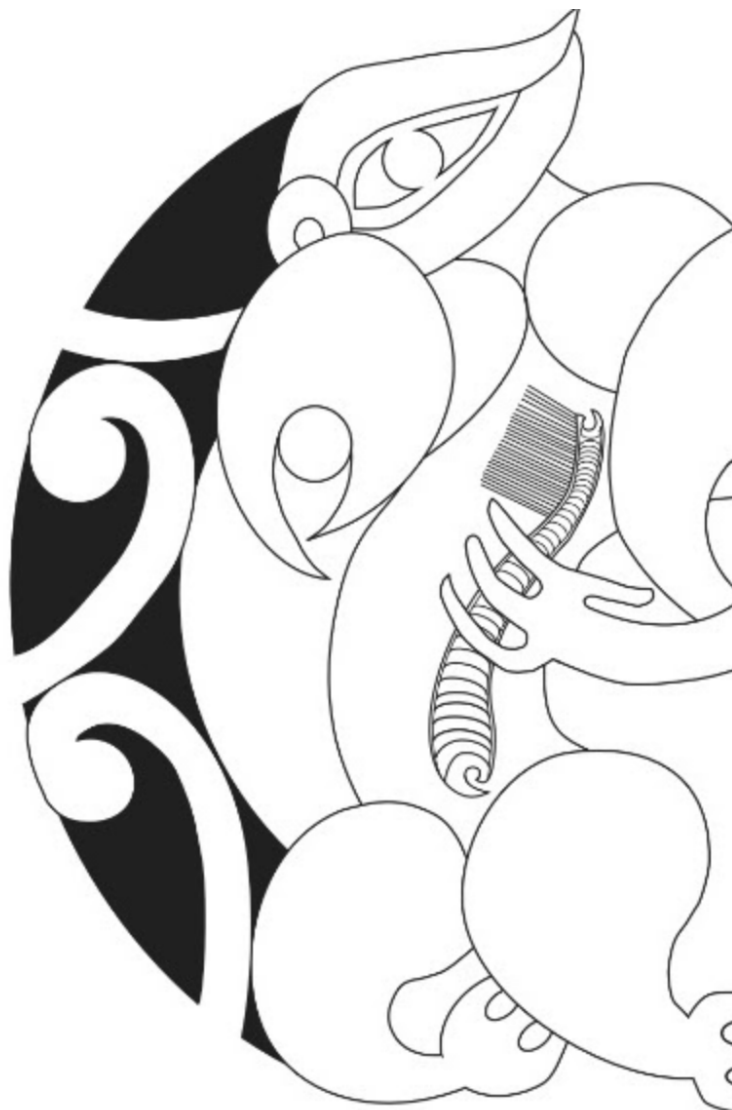
Te Waharoa is a pānui for the membership of Te Ao Mārama. Te Waharoa was intended to be created as a newsletter, as proposed at the 2021 Hui-Ā-Tau in Ōtepoti. With the breadth of positive and successful stories happening within Ōranga Niho, we very quickly realised we could not condense this information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

This volume (2) takes us back to our origins through kōrero by the late Dr. Moana Jackson and Emeritus Professor John Broughton. Taira share their perspectives of their one-week observational placements with Māori dentists around Aotearoa. Māori dentists also talk about their volunteer mahi in their respective communities.

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



Do you have a story that you would like to share with 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

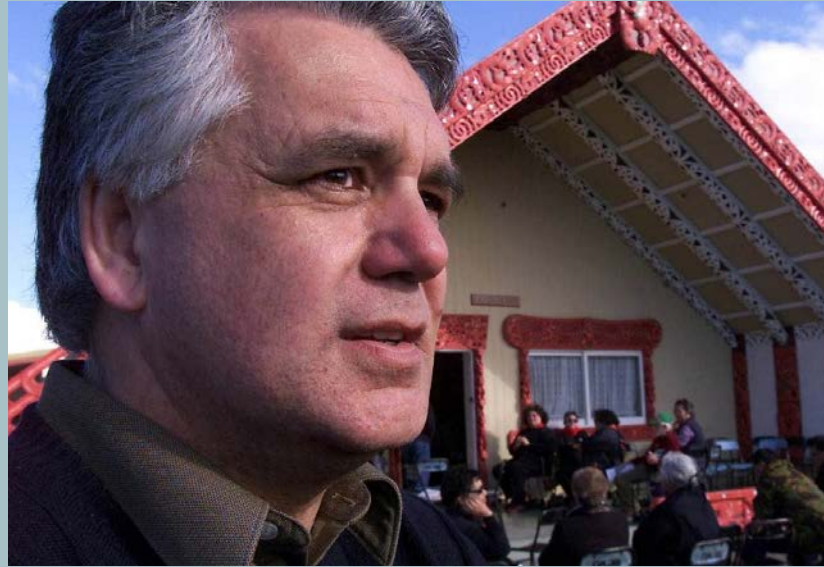
KEY NOTE ADDRESS: HUI A TAU ROTORUA 1999

Dr Moana Jackson

Te Ao Mārama wishes to acknowledge the late Moana Jackson and the aroha and passion that he put into his successful career. His leadership within te ao Māori and te Tiriti o Waitangi will continue to be influential. We also wish to pass on our aroha to Hatea and his whānau, we thank you for sharing Moana with us all.

Kua rere atu ra koe ki ngā rangi i runga, ki ō rahi ki a nui i te pō.

It is our privilege to share parts of his key note address from our Te Ao Mārama Hui-ā-Tau from 1999, to our membership here on Te Waharoa.



"For all of you within this Māori organisation, Te Ao Mārama. You have set out upon a journey to develop your own kaupapa and your constitution. Therefore Oranga Niho has been involved with constitutional change.

You are redefining your place, and where you stand as Māori people. For over 150 years, in a process that has been called colonisation, the image that we were told to see, was that we must try to function as Maori within the structures and frameworks of the institutions that were brought here just 150 years ago. The structures and frameworks that were brought here from another place, another culture, were held out as being appropriate and as being the only structures and frameworks for us as well. We were taught to believe that. So in very recent years our people in health, education, welfare and in all sorts of other areas began to say, often in very quiet and nervous way, that actually we think we have our own structures and frameworks; we have our own institutions. Not only that, but we think that we are entitled to build our own little structures and frameworks.

That was a profound change from the images we had been taught to accept for over a hundred years.

So the journey you have taken in Te Ao Mārama was a brave first step. And it was a step that has been seen as a long time coming. But it has been taken, and we are here today as proof of a journey. The journey that has begun, is actually unstoppable and your goal in terms of health is to improve the oral health of our people.

But what I'd like to talk about is the broader goal of constitutional change. You can achieve that broader goal. Our people can achieve that broader goal. So the struggle for Te Ao Mārama in the broader context, and why I think it was such a brave step to become established in the first place, is not just a simple premise as "As Maori workers in Oranga Niho we know what is best for the dental health of our tamariki," but the establishment of Te Ao Mārama was actually a challenge to the whole dental profession.

By beginning the journey of Te Ao Mārama you have begun to push the boundaries of those structures and frameworks"

"You have begun to breakdown the barriers and reclaim the right of our people to decide to set the goals for Māori dental health ourselves, and work out who will best deliver the services to help us meet those goals.

Te Ao Mārama was making a sovereign decision and was expressing a constitutional right, to order your own affairs. You are all radicals! But you have made a profound shift within your area of work, from the way that you think decisions should be made, to a strategic sense of how to deal with particularly appalling statistics regarding the oral health of our people. The decision to become established as a national Māori organisation was part of a much broader process.

There was always a profound belief in right of iwi to make their own decisions. There was always a profound belief in the right of hapū to make their own decisions. We all do it differently. This is the kawa of the marae, the constitution of the marae. In Te Arawa the kawa of the marae is different from the kawa of Ngati Kahungungu. But when we come to the marae in Te Arawa, we acknowledge and respect their kawa, their constitution. This is because we know if they come to us, they will respect our constitution. The wonderful thing about the constitution of the marae is that it was never based on the idea that one partner's constitution was superior to another. Because at the end of the mihimihi, we go across, we shake hands, we share breath in a hongī, and we become one.

What you have achieved as part of Te Ao Mārama would not have been possible ten years ago. It would have been unthinkable. For many of our people it would have been too difficult to even contemplate. But now it is not. I understand that the New Zealand Dental Association and the Dental Council of New Zealand have been very supportive of you and your organisation. Ten years ago I doubt that would have been the case.

When you made your decision and established Te Ao Mārama, The New Zealand Māori Dental Association, it was in fact part of a much wider process. It became part of a journey that will change the way this country does things. That is why I called you radicals. The word radical is a much misused word. All it means is someone who favours change. I'm yet to meet a Māori that does not favour change. I'm yet to meet a Māori that says that everything is fine, we're fine. So you are all radicals because you favour change. By coming to this hui, and by fostering the aims and objectives of your organisation, you are all part of a journey that is part of the health sector, that is, part of a wider sector.

But that goal of a political constitutional sovereignty will be unachievable if we didn't have all the other people in the other areas saying in their own way, perhaps without even using the word sovereignty, "We believe we can make the decisions for our people our way, better than anyone else."

- *Moana Jackson, 1999*
Moe mai rā e te rangatira

THE ORIGINS O TE AO MĀRAMA

EMERITUS PROFESSOR JOHN BROUGHTON

Emeritus Professor John Broughton and Mrs Inez Kingi first met in the mid 1980s, on the Māori Health Workforce Committee for the Department of Health. John, as a Māori dentist, and Inez, as a dedicated Māori dental therapist quickly realised that a Māori oral health organisation was needed. Mrs Inez Kingi was the star of the class of 1950, and was presented with the Directors Medal for Outstanding Excellence. She would also become the first tūmuaki of Te Ao Mārama, and establish Tipu Ora in the heart of Ohinemutu.

The first Māori oral health hui was held in Ohinemutu, and was funded by a Health Research Council Māori health grant under the leadership of the late Professor Eru Pomare. News of this hui quickly spread, and gained attention from around 80 leaders in Māori oral health. Much like today, the attendees were not required to be Māori, but rather, required a passion and commitment to Māori oral health. The first hui was held in the 'Te Ao Mārama' hall, and the roopu was subsequently gifted this name by Mr Pihopa Kingi.

After the first successful hui, an interim committee was formed. This committee included John Broughton, Ruth Nepia, Inez Kingi, Chris Taylor and Pihopa Kingi. They attended hui in Wellington to develop a constitution and strategic plan. During the second year of the hui, the constitution was solidified, and Te Ao Mārama became recognised as the voice of Māori oral health across Aotearoa New Zealand.

The logo for Te Ao Mārama was designed by a Dunedin artist, and father of child from Te Kura Kaupapa Māori o Ōtepoti, who attended the whānau clinic at the Faculty of Dentistry.

The success of the organisation comes down to Pihopa and Inez, who were dedicated to the kaupapa of Te Ao Mārama. They both met with the Minister of Health, Simon Upton who personally gave them pūtea out of his discretionary budget to establish an oral health service for, as Inez said, "the Tipu Ora babies". Tipu Ora then sub-contracted to Lakeland Health to provide the dental therapist to work at the new Ohinemutu-based dental clinic.

Tipu Ora became the birthplace of the Faculty of Dentistry student outplacements. The first three students to participate were fed and housed by locals, and worked out of a double unit caravan and the fixed clinic, and it was a great success. These students were provided an opportunity to treat the entire local community. The Faculty of Dentistry were very accomodating, and provided additional equipment, tools and materials enabling the taura to treat adults.

The success of this sparked student attention, and morphed into the student outplacement programme. John takes his hat off to Greg Seymour for understanding Māori values and the importance of these student outplacements.



DR TERRENCE REID

Reflections on To Waha Wairoa 2022

Tō Waha Wairoa was a community and whānau driven service, to provide the people of Wairoa access to free oral health care. The workforce consisted of volunteers, who worked across five dental chairs. Over a 5.5 day period, 307 appointment slots were filled, resulting in 677 dental treatments completed. Māori made up 95% of patients and Pasifika made up 1% of patients.

Dr. Terrence Reid shares his experience as a volunteer dentist at this initiative.

When we were invited to offer dental services to the Wairoa community, we didn't hesitate to put our hands up. Both Dr Hyrum Martin and I whakapapa back to the East Coast and Hawkes Bay, so in a way it was fitting to be in a position to give back to our own iwi/hapū and whānau. We also had our colleague, Dr Joon Han attend this weekend of community dental work. As dentists, we have such a unique skill set to offer the health sector, and the three of us think very much the same when it comes to giving back.

As a dental student, I asked a practicing dentist, "If you could sum up dentistry in a word or sentence, what would it be?". He responded, "for the people, if it's not for them, then what is it for?". This phrase has since underpinned everything I try to do in everyday practice, and has been a catalyst for any community work I have done and will continue to do.

At a previous hui as a student, I asked our Te Ao Mārama president, "How do we give back to our iwi if we don't live there, or aren't in a position to

work there?". Among the ways which we discussed, I didn't think that this kind of opportunity to give back would come by so soon.

It was a privilege to be a small part of a great week giving our time and services to the people of Wairoa. We engaged with whānau, and broke down barriers of dental fear and anxiety to provide them with check-ups, cleans and/or relieve them of pain and infection. It is a special moment when after treating a patient, they break down in tears and give you a huge hug.

Being part of community dental days always provides great perspective into the challenges that lie between clinician and patient as well as individual barriers stopping them from being seen. Wairoa currently has no dentist so patients must drive to Gisborne or Napier for the closest clinic. We look forward to being able to help out in an upcoming community service over the Matariki weekend.

Ngā Mōkai o Ngā Whetū

BOH and BDS observations with Māori dentists

In partnership with The Clare Foundation, Te Ao Mārama commenced the first round of taura observation placements across Te Ika a Maui, linking Ngā Mōkai o Ngā Whetū taura with Māori dentists at their respective providers. Te Ao Mārama wishes to acknowledge Dr Hyrum Martin and his team at Waikato Dental, Dr. Margaret-Rae Clark and her teams at Ora Toa PHO and Novo Smiles Wellington and Dr. Te Waikapoata Tamati and her teams at Whare Niho - Waitara Dental and Taranaki Dental.

Sponsorship of the first round in April covered all expenses for five taura and included flights, accomodation, airport shuttles, petrol and kai for the entire week. A second round of placements have been funded in partnership with The Clare Foundation, where taura will observe across Māori Health Providers, DHBs and private practices at the end of June/July.

The following pages are reflective reports from all taura who observed in April.



MEG TIMU BDS5

Whare niho-Waitara dental with Dr Tewaikapoata Tamati

For my week of placement, I flew to Taranaki to observe Dr. Te Waikapoata Tamati. In my first year of dental school, she was BDS5 and the tumuaki of Ngā Mōkai, so I have always looked up to her as a role model.



My week with Te Wai was amazing, and due to her informative nature (she loves to talk haha) I learnt so much. I spent the first few days in Waitara, and this was my first real insight into private practice. Waitara was a single chair practice in the Medical Centre, which meant that Te Wai treats the whole town herself. This was eye opening as most of her patients were Winz patients, Māori, and of low socioeconomic background. During our time there, I got to experience a full mouth clearance and placement of immediate dentures, sectional extractions and many simple extractions.

The second half of the week was spent at Taranaki Dental, which is shared with an orthodontic practice. This was a very high end practice with all of the latest dental technology. The patients here were based in town. As well as the clinical dentistry I

observed, Te Wai taught me about the financial year and how to handle my taxes. I also learnt how to process Winz forms and the different treatment plan schemes on a different system to Titanium. Some top tips I learnt on how to approach job hunting was to ensure you have a good mentor who will invest a little bit of their own time into giving second opinions and provide support with hard treatment plans. We also discussed how it is important to have a say on materials used within the practice and your work is only as good as the quality of the materials used.

Overall, it was an awesome experience and I loved every bit of it. I would highly recommend this to 5th year students for an insight into the real world. I am very grateful for the experience and the funding to get me there.

TAPEKA HAKOPA BDS5

Waikato Dental

Over the mid-semester break, I had the opportunity to observe at Waikato dental. There are four dentists in total, of which two are Māori, one Pacific Islander and one Korean. There are three chairs at the clinic, with one dentist working on a dental mobile bus with different schools in the region.

"As I am good friends with the dentists and their whānau, it made observing easy and relaxed".

Although I was only able to observe for two days, I found the time valuable. I was able to ask questions, and see how patient management and treatment care happens in the real world. I observed a range of treatments, including restorations, extractions and denture try-ins.

Another taura on placement with me even observed an Invisalign consultation.

While we waited for patients, I had the opportunity to ask questions relating to differences between how patient treatment is done at the dental school compared to how it may be done in the real world. It was evident that the selection of materials in the clinic are limited, which sometimes means having to think outside of the box and find suitable ways to make treatment work. I also learnt that the clinic doesn't often do endodontic treatment due to costs, and it's common for patients to select extraction over root canal treatment.

It was cool to see the good relationships between the dentists and their assistants. I saw how easy providing treatment was and how at ease the patients were because of the teamwork between

the dentists and their assistants.

The only downside would be that I couldn't observe longer. There are many positives to this experience, but what I will take away are the benefits of having a holistic approach to patient care. One thing I really admired about one of the dentists is their approach to treating their patients. They are always mindful of how their treatment will impact their patients' future. Rather than choosing to go with what will benefit their patient in the short run, they are choosing to go with what will be more beneficial for the patient in the future, taking in consideration all aspects of their life.

I am grateful for this experience and opportunity, it was well worth taking time from my holiday to do this, and I think it would be beneficial for our taura in the coming years to have these observation opportunities.

I just want to thank those who were part of making this happen for both myself and the many taura who will have the opportunity to observe in a clinic this year.



COURNTEY MCCONKEY AND ISABELLA WILSON (BOH2)

Waikato Dental

During the mid-semester break, Courtney and I were fortunate enough to be given the opportunity to go on an observational placement at Waikato Dental, Hamilton.

Image: Tapeka, Isabella and Courtney in front of Waikato Dental

This 4-day placement gave us the opportunity to explore the various aspects of the dental industry outside of dental school, and watch some pretty cool procedures. Highlights of this time include watching wisdom tooth extractions and root canal treatment. As well as seeing the various applications of both therapy and hygiene which are relevant to our scope of practice as OHTs. We learnt all about how we can work collaboratively with dentists in order to provide the best oral health care for the patient.

We extend a massive thanks to Waikato Dental for hosting us and providing us with an awesome experience, and to Te Ao Mārama for making this trip possible and organising the nitty-gritty details



MALCOLM DOHERTY (BDS5)

Ora Toa PHO and Novo Smiles with Dr. Margaret-Rae Clark

During my mid-semester break I was lucky enough to join the amazing Margaret-Rae Clarke in Wellington for a quick but very worthwhile four days. Margaret has a pretty good gig going, working at two different practices across the week – Ora Toa in Porirua and Novo Smiles in the heart of Wellington City.

Ora Toa is a Primary Health Organisation which provides public oral health care for the small community of Cannon's Creek whereas Novo Smiles is a private practice in the heart of Wellington City. Margaret essentially has the best of both worlds here and I was extremely privileged to see how dentistry works in both a private and public setting.

My first day in Wellington was mainly for orientation where Margaret showed me around Ora Toa's multiple health centres. It was awesome to see how an Iwi led organisation like Ora Toa operates and provides a wide range of care for tangata Māori. It also amazed me that everyone I met at Ora toa was so welcoming and friendly, which not only made it a great environment to work in but also an excellent space for patients to feel comfortable and cared for.

I soon learnt that Margaret's working days are quite full on. Novo Smiles was the first day of observing. We were up and walking by 8am to start work at 9am, but the early rise meant we had enough time to stop for a morning coffee. Since my visit to Wellington fell between two long weekends, this meant the only other person working was Margarets' dental assistant. These two have a really good relationship and make dentistry look easy. Throughout the day I observed many different procedures such as a root canal treatment, a couple of tricky restorations and an astonishing 20 minute crown preparation. Novo Smiles was an awesome practice to observe at as it gave me clear insight to what its like working out in the real world. I also learnt that in large cities like Wellington there is a large market for advanced dentistry such as implants and clear aligners, so there are many opportunities to up skill in the future.

My last two days were spent at Ora Toa Primary Health Organisation in Cannon's Creek, Porirua. I felt very welcome and comfortable being at Ora Toa as everyone here is so friendly and easy to get along with. Cannon's Creek is a small community consisting of a large number of Māori and Pasifika people, so observing here was quite grounding as the inequity among Māori and Pasifika oral health was very evident. The treatment needs of this community are extremely different to the patients I saw at Novo Smiles. While at Ora Toa, I observed a lot of emergency care such as extractions and relief of pain, as well as denture delivery, restorative work and deep scaling.

Something that really amazed me is the Hapū Māmā programme that Margaret runs at Ora Toa. Margaret actively searched for funding so she could provide dental care to pregnant women in Cannon's Creek free of charge, including full examinations, treatment plans and oral health education for newborns. I was also lucky enough to observe Margaret treat a pregnant mother and witness the positive outcomes that this great initiative creates.

I thoroughly enjoyed my week in Wellington and am very grateful for being given the opportunity. Observing Margaret has only fuelled my passion for dentistry and I am looking forward to joining her in the workforce in the future. I hope these observation placements can continue for future oral health taura as they have been extremely valuable.



WAIKATO DENTAL

DR. HYRUM MARTIN

After graduating from Otago University, my wife and I decided to move our whānau back to Hamilton to work for a local dental clinic. After practicing for nearly 10 months, we negotiated an opportunity to take over the practice. Waikato Dental was then established in October of 2018.

Our vision was to create a clean, fresh and modern dental clinic that not only provided high quality patient care, but also helped to break down the barriers that many of our community face in accessing dental care in New Zealand.

I practiced as the sole dentist for 1 year, and through word of mouth, generated a following that quickly lead us to expand the business, employing another two dentists and two dental assistants. Four years later, we have a team of 10 and are in the process of increasing our capacity for greater innovation and technology.

Having grown up in Waikato, I realised how 'small' it is, as we already had many pre-established relationships and connections within the community. The reputation we had with both the community and the dental

industry meant that we were able to take on 12 new schools through the Waikato District Health Board, to assist them with treating primary and intermediate aged children around the Waikato region.

Being a Māori owned Dental practice, we see firsthand the urgent need for dental care, and the impact that accessibility has had on the health and wellbeing of our people. Māori health has suffered under the existing system for far too long. This is a significant driving force for us to help break down the barriers that stop Māori from accessing dental care and achieve overall better health outcomes.

Tikanga Māori underpin the systems and processes of our business, and have given us a greater purpose. It is the foundation that helps us to reason, make daily decisions and take action-based approaches.

ANNUAL COMMUNITY

FREE DENTAL DAY

WEDNESDAY DECEMBER 23RD
8:30AM-1PM

Offer includes:
1x simple filling or extraction* PP

Service provided on a first come basis.
No bookings - Please be prepared to wait.

*excludes surgical extractions.



Business is ultimately about relationships with people, and through practicing the principles of tikanga, this continues to be an integral part of our success

This not only applies to patient care, but also how we cultivate our clinic culture, care for our team, and acknowledge and prioritise whānau commitments through flexible working arrangements. Kotahitanga enables a supportive and united work environment, as we work together to achieve our shared vision.

Some of our most rewarding work are our annual free dental days in Waikato and Wairoa. Our entire team are connected by a shared vision of helping those who struggle to access dental care. They take time out of

their own schedules to treat some of our most vulnerable communities. The response from the community has been one of gratitude and appreciation. It is very humbling, and motivates us to contribute more to improve peoples quality of life.

Our business nurtures and values our relationships with people. When relationships and connections come first, trust and respect naturally follow. My advice is to prioritise people and give back to your community - that way your work will always be fulfilling.

Outside of the hustle of mahi, we have four children aged 10, 6, 4 and 6 months, who keep us on our toes. My wife and I continue to support one another in achieving our goals and aspirations both individually and collectively.

HAPŪ MĀMĀ

DR MARGARET-RAE CLARK

Located in Cannons Creek, Ora Toa Māori Oral Health Service supports a patient base with the highest dental needs in the Capital and Coast DHB catchment areas. These needs are often complex and require multi-disciplinary care, often through our internal support services.

In recent years, Ora Toa PHO established a pēpi, tamariki and mātua service. The purpose is to engage hapū māmā in to health services early in an attempt to prevent late presentations at maternal delivery services, and promote timely access to health support. Many DHB and PHO across Aotearoa have successfully engaged with expectant mothers through hapū māmā programmes.



Hannah - Hapū Mama

At the end of 2021, we successfully received two grants from the NZDA Voluntary Dental Grant and the MAS Foundation to provide free oral health care to hapū Māori and Pasifika māmā. We have been able to reach a community of wāhine, who otherwise may not have attended dental services due to cost. Engagement with the programme is internal, where wāhine are offered free dental services via a referral to the dental team when they presented to a GP, nursing, midwifery or other community health service within the PHO.

The first appointment involves treatment planning, oral health education, and information on Bee Healthy Regional Dental Services. Hapū māmā also receive resources, including oral health tips during pregnancy and during the first six months of infancy. Community packs are also gifted (each of these a unique combination of supplies an expectant/ new mother may need such as bepanthen, condoms, snacks, resources etc).

Subsequent appointments provide māmā with the

dental treatment they need, regardless of cost. This has ranged from emergency and relief of pain, to rehabilitative care.

The community and patient base have been incredibly grateful for this service, and so have other primary healthcare staff. GP and nursing staff have enjoyed being able to offer a free service, that has allowed them to promote the importance of oral health during pregnancy- not just benefiting the mother but also aiming to improve oral health outcomes for the generation of tamariki to come.

By removing cost and access barriers to hapū māmā, the ethos is that improving dental health can improve pēpi birth weights and encourage healthy behavioural changes after pregnancy. Thus this hapū māmā initiative can have positive long term effects for a generation of newborns in the Wellington area. These services are currently unavailable at the Capital and Coast DHB. Grounded on the backbones of tikanga and strong community ties, Ora Toa is the ideal location for this initiative to take place.

REGISTRATIONS OPEN NOW

TE AO MĀRAMA HUI

08.07.22:

4.30PM

PŌWHIRI

5.30PM

DINNER AT MARAE

09.07.22:

8AM

HUI

6PM

DINNER AT SKYLINE

LOCATION:

**TE PAPAIOURU MARAE
ROTORUA**