

## Fw: Hauora Taiwhenua Newsletter January 2025

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**From:** Mary Morrissey | PMAANZ Chair [chair@pmaanzt.org.nz](mailto:chair@pmaanzt.org.nz)  
**To:** Carole Unkovich | PMAANZ Admin [admin@pmaanzt.org.nz](mailto:admin@pmaanzt.org.nz)  
**Date:** Sun, Feb 2, 2025, 5:51PM

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Can you put this onto the website please, Karen has a write up in it!!!

Ngā mihi / Kind regards

**He tauākī whakamaunga atu = "A declaration to climb that mountain"**

Mary Morrissey

 [chair@pmaanzt.org.nz](mailto:chair@pmaanzt.org.nz)

 +64 21 131 5101

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**From:** Hauora Taiwhenua Rural Health Network <[communications@htrhn.org.nz](mailto:communications@htrhn.org.nz)>  
**Sent:** Friday, 31 January 2025 4:09 pm  
**To:** Mary Morrissey | PMAANZ Chair <[chair@pmaanzt.org.nz](mailto:chair@pmaanzt.org.nz)>  
**Subject:** Hauora Taiwhenua Newsletter January 2025

## HAUORA TAIWHENUA NEWSLETTER

# January 2025

### IN THIS ISSUE:

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Kia ora tātou

Welcome to 2025 and it seems to be a year of change and surprises already!

With a new Minister of Health at the helm, we have no idea of the direction that primary care will take. Early statements from Minister Brown in the media indicate a focus on targets and his family's personal experiences of the need for easy access to healthcare



personal experiences of the need for easy access to healthcare. And, as I write this, an interview on Stuff with the Minister indicates that he sees a potential solution to general practice shortages and waitlists being in telehealth solutions along with extending the scope of members of the primary care team. It is not surprising to us that these could appear to be valid solutions in an urban-centric worldview, where it is possible to access urgent care clinics and A&E departments in major hospitals if things are badly wrong and hands-on treatment, is required. It is a very different situation in our rural settings.

Our first priority is to arrange a meeting with Minister Brown to provide information and context around the unique factors at play in rural health. We are being supported in the call for a meeting by both Minister Doocey, who retains his Associate Health portfolio with a delegation for rural health, and Minister Patterson as Minister for Rural Communities.

We also need to ensure there is a focus within this Government on increasing the rural health workforce. This means attracting, training and retaining people in all health professions in rural primary care settings. The College of GPs released its GPEP intake figures for the current year and it was disappointing to see that the number had decreased from the high point last year. The only positive was an increase in those signing up to train in Rural Hospital Medicine training. Unfortunately, this reflects the latest survey of graduates from the two medical schools that show very low intentions to enter General Practice as a career compared to other specialities. If the need for New Zealand is an increase in the number of GPs, then the selection and subsequent training within the med schools, and then incentives post-graduation, need a radical overhaul if we are to achieve different outcomes in the future. We have been following the Waikato Medical School proposal with interest because this does propose a very different model that is focused on a General Practice (and rural) pathway. We also note that the capital budget of \$380M which is being used as a political football in the debate, includes regional infrastructure to support teaching and accommodation in rural areas – which would be welcomed by practices and rural hospitals that help train these future GPs. We would welcome and support proposals from the existing med schools that equally focussed on training more graduates that were on a pathway to becoming rural GPs, and financially supported the host practices that help carry out that training.

We are hosting a Rural Māori Health Summit at Pipitea Marae in mid-February in partnership with our Te Tiriti Partner, Te Rōpū Ārahi, on February 17th. We hope to understand what the Ministry of Health and Health New Zealand are currently doing to implement the Māori Health Strategy in the context of the Rural Health Strategy; and how this will be monitored to close the atrocious gap in health outcomes for rural Māori. There is clear evidence that rural Māori are the group with the greatest need from the health system, we hope that our Summit will result in a number of tangible calls to action that we can place in front of the Minister for the remaining 18 months of the coalition Government's current term.

And please don't forget to register for our May Rural Health Conference at Te Pae in Christchurch. This will be a great opportunity to get together to laugh, smile and learn as a dedicated group of rural health professionals. I look forward to catching up with you all again then.

Ngā mihi nui  
Dr Grant Davidson  
**Chief Executive, Hauora Taiwhenua**



**Dr Grant Davidson**  
Hauora Taiwhenua  
*Chief Executive*



**Advocacy  
Work**



**Membership  
Benefits**



**Current  
Vacancies**

## **Welcome Mikaela Bohnenn to the Hauora Taiwhenua Rural Health Network Board**

We are delighted to announce that Mikaela Bohnenn has joined the Hauora Taiwhenua Rural Health Network Board as our new **Student Representative**.

Mikaela is currently pursuing a Master's in Nursing Science at the University of Otago, with a strong passion for advancing rural health equity. She brings a forward-thinking perspective to Hauora Taiwhenua, focusing on shaping the future of healthcare in Aotearoa.

With a solid background in Anatomy and Public Health from her undergraduate studies, Mikaela has developed a deep understanding of the need for a more inclusive and comprehensive health system. This realisation has inspired her to advocate for systemic change and to be a voice at the table for students and future healthcare workers.

Highly motivated and dedicated, Mikaela is eager to collaborate with senior colleagues to bridge healthcare disparities and create lasting solutions for future generations.

We're excited to have Mikaela's valuable insights and passion on board as we continue working towards improving rural health outcomes for all.

Please join us in welcoming Mikaela to the team!



### **Hauora Taiwhenua Advocacy: A Voice for Rural Health**

***In the last few weeks of 2024, we made sure that the rural voice was heard in some important government work.***

First off, we made a submission to Health NZ on its **Hauora Māori Strategy**, and its **Suicide Prevention Action Plan**. We didn't hold back in expressing our disappointment that the plan had next to no relevance to the impact suicide has on rural communities, especially rural Māori. Our Chair and CE leapt at the chance to discuss it with the Minister for Mental Health, Hon Matt Doocey when they met with him in November for our regular quarterly meeting. While Minister Doocey was very interested in hearing what we had to say, this hasn't resulted in any feedback or follow-up from Health NZ's mental health team. Rest assured; we'll be following up on this now that the working

year is underway!

Next, our submission to the Ministry of Health's **Long-Term Initiatives Plan** for Active Aging got us thinking about what rural folks will need to stay active and healthy as they get older. We had some fun imagining the 4WD mobility scooters we'll need to get around town in if we can't drive, since most rural towns don't have Uber or taxis, but we resisted the urge to include this suggestion in our submission!

Just before Christmas, we sent in a written submission to the Parliamentary Select Committee on the **Principles of the Treaty of Waitangi Bill**. We focused on how the Bill could affect rural Māori health and included examples of how this is tracking from research we included in our Snapshot of Rural Health. We were also invited to make an oral submission to the Select Committee so earlier this week, our Chair, Fiona Bolden, and Tania Chamberlain from Ngāti Kahungunu ki Tāmaki-nui-a-Rua in Dannevirke did this on our behalf.

Over the past few months, we've been hosting webinars with the Co-Director Rural Health, Rachel Pearce and Sean Clink about the Health NZ Rural Hospital Sustainability Project. It's kept our Rural Hospital Chapter members in the loop and given everyone a chance to discuss issues that have come up through the project. The final webinar in this series, in which Rachel will share the Report findings and Implementation Plan, will be held in a few weeks.

And last but not least, we've produced two new videos in our profiling Rural Hospitals series, featuring Dunstan and Gore Hospitals. These videos are fantastic for showcasing the vital role each hospital plays in their communities and are powerful tools in our national, and international recruitment campaigns for rural GPs and hospital doctors. If you have a spare moment, make yourself a cuppa and **check them out!**

Thanks for all your support! We really appreciate the contribution so many of you make to making sure our advocacy work speaks of the realities of working across rural health services and living in rural communities.



**Marie Daly**  
**GM Advocacy**

[marie.daly@htrhn.org.nz](mailto:marie.daly@htrhn.org.nz)

## Dame Tariana Turia: A Legacy of Empowerment in Māori Health



***We were deeply saddened to hear of the passing of Dame Tariana Turia, whose tireless work and leadership have had an enduring impact on Māori health and wellbeing. Two of our long-serving members, Kim Gosman and Judith MacDonald, have shared their reflections on working alongside Dame Tariana to compile this tribute to her remarkable legacy:***

Dame Tariana Turia's journey in advocating for Māori health and wellbeing spans decades of tireless work and leadership. Her contributions to the Māori health sector are vast, and her legacy continues to shape how services are delivered to Māori communities today.



## Dame Tariana Turia

Throughout her career, she worked tirelessly to influence policy, challenge inequities, and empower whānau across Aotearoa, ensuring that Māori had a strong voice in health decisions and systems. Her work has not only transformed Māori health services but also shaped the broader landscape of how healthcare is delivered in New Zealand.

In the early stages of her career, Tariana played a central role in the establishment of Māori health services, beginning with her involvement in advocating for the rights of Māori within the Ministry of Health. Her direct approach ensured that Māori voices were heard, even when Māori were largely excluded from health policy discussions. With strong iwi support and the guidance of respected kaumatua, she pushed for changes that would improve the quality of care and services available to Māori communities. This advocacy culminated in the development of the Māori Health Strategy, which has remained a cornerstone of New Zealand's health system to this day.

A key element of Tariana's vision was the integration of Māori cultural practices into healthcare services. She championed the principles of whānau ora, an approach focused on empowering families to take charge of their health and wellbeing, shifting away from the traditional model of service provision. Whānau ora emphasises family empowerment, giving whānau the tools and resources they need to address their own needs and challenges. This approach has become a critical element in improving health outcomes for Māori, not just in the Whanganui region, but across the country.

Throughout her political career, Tariana's leadership extended beyond health policy. As a member of the Whanganui District Health Board and a board member for the National Hauora Coalition, she used her platform to advocate for Māori health at every level. Her work in tobacco control reform, particularly her focus on the impact of tobacco on wāhine and pēpi, exemplified her commitment to improving the health and wellness of Māori communities. Her roles as Minister for Disability and Associate Minister for Health provided further opportunities for her to drive change and effect meaningful policy reform.

Tariana's influence also extended to developing cultural safety practices in healthcare. She was instrumental in pushing for the incorporation of Tikanga Māori into health systems, ensuring that all health professionals were equipped to work effectively with Māori patients and communities. This emphasis on cultural competency not only benefited Māori but also enhanced the quality of care for other ethnic groups in New Zealand.

Her legacy is also reflected in the continued growth and success of Māori health organisations, such as Te Oranganui, the Iwi-led primary health organisation she helped establish in Whanganui. This organisation has been instrumental in integrating clinical healthcare with whānau ora principles, providing a model for Māori health services that continues to serve as an example of excellence.

One of the key lessons from Dame Tariana's journey is the importance of vision and persistence in the face of challenges. It didn't matter where her political career took her or her role in the Māori world, she became a voice people listened to because people could see the results of her work.

She was unwavering in her commitment to improving Māori health outcomes, and her legacy continues to inspire leaders in the sector today. Her work is a reminder that effective change requires not only strong advocacy but also a deep understanding of the cultural needs and values

of the communities being served.

Dame Tariana Turia's contributions to Māori health have had a profound impact on the way services are delivered and the way Māori are represented within the health system. Her vision for a healthcare system that is inclusive, culturally competent, and focused on empowering whānau has shaped the future of health policy in New Zealand, and her legacy continues to influence the next generation of leaders in Māori health.

## HTRHN Rural Health Scholarships

# Recipients 2025

[READ THE FULL SUMMARIES HERE](#)

Congratulations to Shrina Patel and Keita Fuller on being awarded the HT Rural Health Scholarships for 2025, each receiving \$5,000 to support their research projects in rural health and wellbeing. Their work will provide valuable insights to improve outcomes for rural communities in Aotearoa.

We also celebrate Eamon Walsh, a 2024 scholarship recipient, whose research on spinal epidural abscess has now been completed and published in the *Journal of Clinical Neuroscience*.

Find below a brief introduction to their research—read the full summaries on our website via the link above. Well done to all!



### **Shrina Patel: Exploring Health Literacy Challenges and Solutions: Perspectives from Rural Healthcare Professionals in Aotearoa**

Shrina Patel's research delves into the health literacy challenges faced by rural communities in Aotearoa. Using Sørensen et al.'s framework and a mixed-methods approach, she explores how healthcare design, funding, and communication impact outcomes, aiming to identify solutions that enhance patient care and reduce provider burdens in rural settings.



### **Keita Fuller: Exploring Mātauranga in rural sports and the potential for participation in enhancing the wellbeing of competitors, whānau and community in Aotearoa.**

Keita Fuller's research examines how Mātauranga Māori is transmitted through participation in rodeo, a sport reimaged in Aotearoa. With 60% of competitors whakapapa Māori, the study explores how rodeo fosters cultural knowledge, community ties, and wellbeing. Grounded in Te Ao Māori principles, the findings aim to inform both rodeo communities and broader Māori health initiative



### **Eamon Walsh: Spinal epidural abscess: Does social deprivation influence 1-year mortality?**

Eamon Walsh's research explores whether social deprivation influences one-year mortality rates in patients with spinal epidural abscess (SEA), a serious spinal infection. Analyzing over a decade of hospital data, his study found that factors such as age, neutrophil count, and heart failure were linked to higher mortality, but social deprivation, rurality, and Māori ethnicity were not.

These findings challenge common assumptions about healthcare access and

outcomes, highlighting the need for improved diagnostic and treatment strategies. Eamon's research contributes valuable insights to rural healthcare, helping to refine approaches for managing high-risk SEA patients in Aotearoa.



## National Rural Health Conference 2025

**Early Bird Registration now open!**  
**Member Discounts Apply**

Join us from **1-3 May 2025** at **Te Pae, Christchurch** for the National Rural Health Conference. The event focused on building healthy, sustainable, and resilient rural communities is the premier event in New Zealand dedicated to rural health and wellbeing.

[Register Now!](#)

### MEET THE SPEAKERS

#### KEYNOTE SPEAKERS



**DR CARLTON IRVING**

Friday 2 May  
9.30am



**JOHN MACASKILL-SMITH**

Friday 2 May  
11.10am



**DR ROD MARTIN**

Friday 2 May  
1.30pm



**MATT CHISHOLM**

Saturday 3 May  
8.45am



**DR SOPHIE HART**

Saturday 3 May  
4.30pm

#### CONFERENCE MC

**PAUL MCGREGOR**

As a trained lawyer, Paul has done everything but practise law. He's worked in government, managed and chaired community organisations and co-led a collaboration consulting firm. A career highlight was working for Lifehack – a systems-led intervention into youth mental health.

In all these roles, he saw that people often had trouble working well together. Now, he helps leaders create places where everyone feels included and can do their best work. When Paul's around, expect lots of curious questions, a few stories, a laugh and a smile – especially when the conversation is a difficult one.



## Nominations are now open for the Peter Snow Memorial Award 2025

*The Peter Snow Memorial Award honors individuals who have made outstanding contributions to rural health in Aotearoa New Zealand. Established to celebrate dedication, leadership, and innovation, this award shines a light on those who have gone above and beyond to support the wellbeing of rural communities.*

*Nominations for the 2025 award are now open. This is your chance to acknowledge someone whose work has made a real difference in rural health. Help us celebrate those driving positive*

Learn more and submit your nomination here

news and media



# News and Media



## Inspiring the Next Generation of Rural Health Leaders

As we navigate the ever-evolving landscape of rural health, it's essential to reflect on the stories of those who are dedicated to improving healthcare access and services in our rural communities. One such story is that of a passionate medical student who is not only committed to the future of rural health but has already made significant strides in this field. Geraldine, a medical student nearing the completion of her degree, shares her journey, aspirations, and commitment to bringing about lasting change in rural healthcare.



[READ THE FULL ARTICLE HERE](#)

Born in the Philippines and raised in Rotorua, Geraldine's journey into medicine was shaped by a deep sense of community and a desire to make healthcare accessible to those who need it. Being the first in her family to attend university, Geraldine recognised early on the inequities in healthcare and felt a strong calling to bridge the gap. This drive was further ignited during her first year of university when she participated in a Grassroots Rural Health trip. The experience exposed her to the unique challenges rural communities face and solidified her commitment to rural health.

## Shaping the Future of Rural Healthcare with PRIME and Innovation.

A significant shift in rural healthcare has recently occurred with changes to ACC legislation, which now allow paramedics to be officially recognised as PRIME (Primary Response in Medical Emergencies) responders. This update is a game-changer for rural communities like Hanmer Springs, where timely access to emergency care can be limited due to distance and resources. For the team at Hanmer Springs Health Centre, this legislative change has been an exciting development, enabling their paramedic practitioner to officially register as an ACC provider and respond to PRIME calls. This not only enhances the care





they can offer their local community but also ensures that paramedic services are properly compensated, allowing them to further integrate into the practice's healthcare delivery model.

[READ THE FULL ARTICLE HERE](#)

The first PRIME assignment for Hanmer Springs Health Centre's paramedic practitioner came just one day after the legislation passed—a fitting demonstration of the immediate benefits these changes are bringing to rural health care.

## Nurse Practitioners in the rural settings.

By Denise Irvine

The Nurse Practitioner role was introduced in 2001 by Nursing Council New Zealand, the regulatory body of nursing in New Zealand. The role was developed to offer a new access arrangement to health care. This role offers a unique blend of nursing and medical knowledge, clinical leadership scholarship, research planning and advocacy. As of March 2024, there were over 750 nurse practitioners in New Zealand.

*"Many thanks to Catherine Beazley, a Nurse Practitioner who is employed by Hauora Hokianga who gave me time to explain the role of the Rural Nurse Practitioner"*

Nurse Practitioners are registered nurses with advanced education and experience. They are authorised to practice in an expanded nursing role in clinical settings. The role may include things traditionally performed by another health professional, such as prescribing medicines or ordering diagnostic tests. They work within a specific area of practice using advanced knowledge and skills gained from their extended education. They may, for example, work in the area of older people. In this area, they will have wide and deep knowledge. The variety of settings they work in may include pain management, school children, teenagers, chronic conditions, obstetrics/midwifery, postpartum care and men's health, to name a few.

[READ THE FULL ARTICLE HERE](#)



### **About PMAANZ (Primary Managers Association of New Zealand)**

PMAANZ is a dedicated support network for practice managers, particularly those in rural areas. The association offers a range of resources, including a messenger page for problem-solving, educational webinars, and an annual conference. PMAANZ is committed to providing practical support and guidance, ensuring that practice managers can thrive in their roles, no matter the challenges they face.

*"Bulls has been my home on and off for the past 50 years. I grew up on the Airforce base, and my husband and I have two lovely daughters. I've worked at Bulls Medical Centre Ltd for 26 years, where my employers have always supported my work-life balance. Our practice is filled with memorabilia, including ancient medical instruments, old ECGs, planes, and bikes, each with its own story to tell.*



*Over the years, I've witnessed significant changes in primary care and the Rural Primary Health Sector, with both positive and negative changes. I love my role, helping people, and sometimes working on the front desk, which gives me insight into our fantastic admin staff's work and allows me to interact with our lovely patients. I'm proud that our growing practice has retained its rural family feel, knowing most of our patients and their families.*

*I have been a member of PMAANZ for some years now. As a Practice Manager in a rural area, PMAANZ has provided invaluable support with all the surprises that came with this role. This excellent organisation has been a source of guidance and assistance. PMAANZ offers a messenger page for members to solve problems and answer questions together. Additionally, they run educational webinars and an annual conference. The PMAANZ team is only an email or phone call away."*

**- Karen Greer, Bulls Medical Centre**

We provide information, peer communications, guidance, and more to support health administration staff at all levels and in all health practices. Whether you're navigating your day-to-day role or working toward your long-term aspirations, we're here for you.

We'd love to connect with you. For more information, visit the Practice Managers and Administrators Association of NZ website at [www.pmaanzt.org.nz](http://www.pmaanzt.org.nz), or contact the team via email or phone.

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## ***Rural Advanced Practice Nursing in Rural, Remote and Islands - An International Book to be Published***

**Rural Advanced Practice Nursing in Rural, Remote and Islands** will be published in 2026 by Springer Publishers, endorsed by ICN as part of their APN book series

*Rural Advanced Practice Nursing* focuses on a comprehensive approach to preparing and enhancing rural, remote and island nurses with the skills and theoretical foundations required to address the distinct challenges of rural healthcare. *Rural Advanced Practice Nursing* contributes to the Springer Publishers' *Advanced Nursing Practice Series*, while complementing with the broader objectives of this series endorsed by ICN, to deepen nursing expertise of advanced practice unique to numerous global rural contexts.

*Rural Advanced Practice Nursing* engages with the unique challenges and rewards of rural nursing and rural nursing practice. This scope of practice embraces the personal and professional demands of nursing the rural community, practising in rural facilities including hospitals, providing emergency response, and public health in rural geographical contexts. This book brings an international perspective for practitioners and researchers as they engage in rurality, rural culture, indigeneity,

health disparities, and global rural nursing.

The international editors of this book are seeking interest from international rural NP/APNs/CNS/educators/researchers/policy and workforce planners interested in contributing.

This book is divided into four parts commencing with rural and rurality and the importance of equitable outcomes. Part two moves to explore rural clinical presentations underpinned by evidence-based practice and innovative models. Part three considers the pedagogy of rural context and teaching strategies including interprofessional and e-Health/technologies and Simulation practice. Part four focuses on a rural framework for professional practice including competencies associated with teamwork, advocacy and leadership to accommodate the changing rural landscapes as they relate to disturbance, displacement and disruption.

A global focus on the six WHO global regions will help structure the book content, the editors are seeking representation from each of those regions to guide global rural perspectives.

The international editors welcome ongoing dialogue please contact Professor Jean Ross [jean.ross@op.ac.nz](mailto:jean.ross@op.ac.nz) if you would like to contribute to a co-authored chapter or provide a supportive role.



**Professor Jean Ross**  
Otago Polytechnic

A promotional poster for 'Storytelling Workshops'. At the top, it says 'Mātanga Tapuhi | Nurse Practitioner'. The main title 'Storytelling Workshops' is in large, bold, yellow font. Below the title, there is a question: 'Can you influence hearts and minds? Do you want Nurse Practitioners to have a greater voice in our communities?'. Underneath, it describes the workshop as an interactive, fully-funded half-day workshop facilitated by award-winning journalist Jehan Casinader. A photo of Jehan Casinader, a smiling man in a grey blazer, is on the right side of the poster. At the bottom, it lists the dates and locations: 'MARCH 2025 Whangārei, Auckland, Taupō, Christchurch &amp; Upper Hutt' and provides a registration email: 'PLACES LIMITED. REGISTER NOW: s.adams@auckland.ac.nz'.

### Leading with Stories: NPs & NP Champions

The **Leading with Stories** workshops, facilitated by Jehan Casinader, a NZ award-winning journalist & presenter, are designed to help NPs & their champions lead and influence others, by capturing hearts and minds – of communities, colleagues, employers, and policy-makers.

2025 will see over 900 NPs registered and it is critical that the voice of NPs and their contribution to health is strongly heard.

There is no charge for the workshop and catering is provided.

Workshops are in early March: 5<sup>th</sup> – Whangārei; 6<sup>th</sup> - South Auckland; 7<sup>th</sup> Taupō; 11<sup>th</sup> – Christchurch; 12<sup>th</sup> – Upper Hutt  
**Participants will come away with practical stories to grow the visibility & knowledge of the NP role.**

**CLICK HERE** to register your interest for a workshop. Further information is on this link. And feel free to send this onto NP colleagues and NP champions.

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