Kaumātua have the ability, desire and right to control their medicines journey
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OBJECTIVE
Explore kaumātua (Māori older adults) experiences of medicines and medicines-related services in Aotearoa.

BACKGROUND
Understanding patient experience is a vital component of health service development. Pharmacist-led medicines review services can improve the quality use of medicines. These services, developed internationally, are underutilised in Aotearoa and may currently increase health disparities. Utilising kaumātua knowledge to develop medicines review services may support the achievement of Māori health equity.

WHAT DID WE DO?
Semi-structured interviews were conducted with 10 kaumātua. Reflexive thematic analysis was used to generate themes using a kaupapa Māori theoretical framework. Themes were presented to participants and kaumātua groups. Themes were then developed into key messages for lay audiences. Key messages were visualised through working with a Māori artist.

Eligibility criteria:
Māori, 55 years or older
5+ medicines
Community dwelling in Waitematā DHB

KEY MESSAGES
Medicines have positive and negative impacts on mind, body and social connections
“I can walk around, can play sport, mix and mingle, go to the kaumātua hui”
Wiki, 76, explaining the part medicines play in his life

Medicines supply appears to be a business transaction rather than an act of care
“They treat everybody the same, they greet everybody and, yeah, and [it’s just] a process…”
Richie, 82, explaining her experience in pharmacies

Kaumātua have the ability, desire and right to make their own medicine decisions
“I just decided to hell with the medicine – out – then I cured myself.”
Hana, 79, when deciding to stop a medicine causing adverse effects and the impact of this

Caring, authentic health partnerships to support medicines decisions are valued
“No te whitiwhiti kōrero, i mohio ai (It is through shared conversation, that I understand)”
Weka, 68, on the importance of two-way pharmacist discussion

DISCUSSION
This research has been used, in part, to develop a medicines review intervention for kaumātua which is currently being tested in a feasibility study. An important aspect of this research was developing information to feedback to Māori communities and practicing pharmacists, to better inform everyday practice and support to the achievement of Māori health equity.

REFERENCES

ACKNOWLEDGEMENTS
Kaumātua participants
Huriana Kopeke-Te Aho (Artist)

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