

# 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.<sup>1</sup> Pharmacist-led medicines review services can improve the quality use of medicines. These services, developed internationally, are underutilised in Aotearoa<sup>2</sup> and may currently increase health disparities.<sup>3</sup> Utilising kaumātua knowledge to develop medicines review services may support the achievement of Māori health equity.

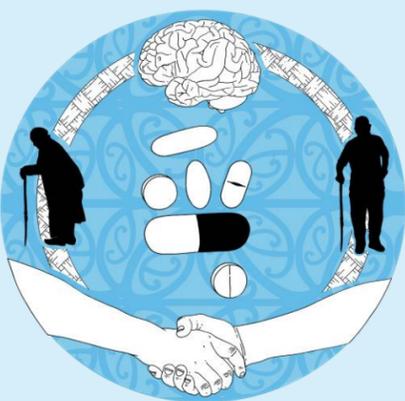
## WHAT DID WE DO?

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

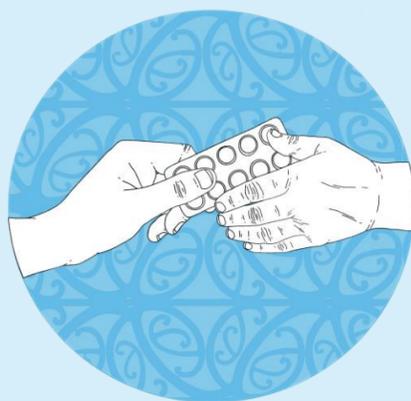
## KEY MESSAGES



**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..."*

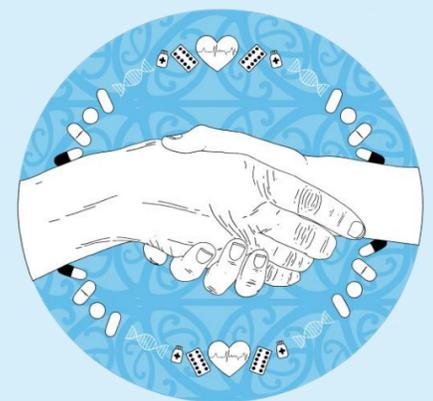
Richie, 82, explaining her experience in pharmacies



**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



### JOURNAL ARTICLE

Hikaka J, Jones R, Hughes C, Martini N "It is through shared conversation, that I understand"—Māori older adults' experiences of medicines and related services in Aotearoa New Zealand. *NZMJ*. 2020 12;133(1516):33-46.

### ACKNOWLEDGEMENTS

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Huriana Kopeke-Te Aho (Artist)